

WARRIOR

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September 10, 2010

Undersecretary of the Air Force visits Whiteman



U.S. Air Force photo by Staff Sgt. Jason Huddleston

The Honorable Erin Conaton, Under Secretary of the Air Force, has lunch with Airmen at the Ozark Inn Dining Facility during her visit here, Sept. 2.



ON THE INSIDE

Military Appreciation Day at Mizzou

The University of Missouri at Columbia is hosting a military appreciation day Saturday at Faurot Field. The Missouri Tigers vs. McNeese State Cowboys game will begin at 6 p.m. Tickets cost \$15 and are available for everyone who wants to attend. Bus transportation will be provided. Departure time is 12:30 p.m. at the commissary. Contact a unit first sergeant for tickets or for more information.

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Coping with loss of friends, family

I didn't know them. Not personally, anyway. But when two members of a base with little more than 600 people die, it's hard not to be affected.

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Post 9/11: This isn't your father's Guard

Since the attacks of 9/11, the National Guard has had to make some of the most dramatic changes in its 373-year history, a senior National Guard leader said in a recent interview.

WEATHER

Today	Sunday
Mostly Cloudy	Sunny
Hi 86	Hi 81
Lo 70	Lo 60

Saturday	Monday
Mostly Sunny	Mostly Sunny
Hi 82	Hi 81
Lo 59	Lo 59

Weather courtesy of the National Weather Service

Airman returns to Whiteman as new CC

By Airman 1st Class Cody H. Ramirez
509th Bomb Wing Public Affairs

Brig. Gen. Scott Vander Hamm is an Airman who is familiar with Whiteman AFB, the 509th Bomb Wing, the mission and the community. He has served here previously as a pilot, a pilot trainer and a squadron commander. On Aug. 23, he returned as commander of the 509th BW and is looking forward to the next challenge.

"I'm honored to get a chance to come back to Whiteman for a third time," said General Vander Hamm. "My wife, family, and I are truly honored to be back and to lead the wing, its fine Airmen and the total force team that has been built here."

Q: What were you and your family looking forward to most when you received notification that you were coming back to the heartland?

A: We fell in love with the Midwest. We are looking most forward to reacquainting ourselves with the surrounding communities. We have very close relationships with people in Knob Noster, Warrensburg, Sedalia, Concordia, Clinton and other surrounding communities, and I was personally looking forward to coming back to a place that has little traffic. When I got the notification that I was coming back to the heartland, you couldn't wipe the smile off my face.

Q: What do you expect out of the men and women of the 509th?

A: Excellence. [Maj.] Gen. [Floyd] Carpenter challenged me at the change of command. His words were "be perfect," and that is the expectation in the nuclear mission. There is zero margin for error when it comes to dealing with the weapons that we use today, not only as a deterrent, but to assure our allies that we are handling these [weapons] in the proper manner. What I expect out of the men and women of the 509th is their attention to detail and excellence in all they do. I expect them to work as a team. I cannot be perfect unless we are perfect in every process; so through extension, the 509th needs to remain unassailable in our processes. We need to be above reproach in every process that deals with this type of weapon, and



U.S. Air Force photo by Staff Sgt. Jason Huddleston

Brig. Gen. Scott Vander Hamm, 509th Bomb Wing commander, greets Airmen during lunch at the Ozark Inn here Sept. 2.

that will cascade into everything we do. I expect a lot out of the men and women of the 509th.

Q: In one word, how would you describe yourself?

A: Loyal. I'm loyal to my commanders and that loyalty trickles down. I'm loyal to the men and women with whom I serve at work, my peers, and I'll be loyal to the men and women who serve here at Whiteman.

See Commander, Page 7

General Lorenz on leadership

By Gen. Stephen R. Lorenz

Air Education and Training Command commander

RANDOLPH AIR FORCE BASE, Texas (AFNS) – I have gained a wealth of knowledge during my career, but one point remains at the top of the list ... love your people.

Through Lorenz on Leadership articles and presentations, I have shared countless personal stories. While they always have different themes, one constant is the wonderful examples and lessons from people I have met. Our Airmen are priceless. They are what make our Air Force the most powerful in the world.

Loving your people is a personal tenet I fervently believe in and live to uphold each day. It is core to my passion and drive as a member of the armed forces and is an essential trait for leaders. Our military force's diverse makeup of servicemembers and their families are themselves powerful reminders of the special charge we have been given as leaders in service to our country.

A humbling example of this is the story of Bradley and Sara Sullivan. Eighteen months ago Brad, a captain, was preparing for his first deployment as an F-16 Fighting Falcon pilot. Amidst the flurry of pre-deployment activities, his family received two life-changing announcements. First, he and his wife were pregnant with their first child. Second, Sara was diagnosed with an aggressive form of breast cancer at the age of 28.

Following a number of difficult choices, Brad and Sara moved to San Antonio to begin

her chemotherapy, which would allow Sara to stave off cancer and still allow normal growth of their baby. To their delight, treatment went as planned. However, during the third trimester the pregnancy became increasingly complicated due to the effects of the chemotherapy, and Sara was placed on bed rest. On Sept. 8, 2009, Brad and Sara welcomed their daughter Chloe Grace into their family.

But their struggles were not over. Less than two weeks after Chloe was born, Brad and Sara were back in the hospital. Sara had suffered a massive stroke, thought to be a result of the physical ailments her body received from pregnancy and chemo. Within days of her return to Wilford Hall Medical Center, Sara was on life support and declared brain dead. She passed away shortly thereafter.

One of the many constants that continue to sustain Captain Sullivan is the community and network of unit leadership, friends and family at Randolph Air Force Base. You see, Brad and Sara were warmly welcomed into a unit that accepted them unconditionally and lovingly met every challenge with them as a family.

From the day of Sara's first hospitalization, their family was never alone as friends and family regularly visited. There was an even greater outpouring of support when Sara passed away. Now, as Chloe fast approaches her first birthday, Brad and his daughter are gifted daily with words of support, meals, and anything else required to help them walk in their new life. When difficult decisions had to be made after Sara's passing, Brad had a family liaison officer present or a member of unit

leadership who was fully prepared to present him with all options for his family. All of this is a result of a culture of community, one that begins within our Air Force and reaches out to every member of our families.

Critical to loving your people is knowing them. Not just what they do or their reputation at work, but genuinely knowing them. As leaders and peers, we must invest the time to determine what moves and motivates those around us. It is essential we know names of spouses and children. It is also imperative we understand the perspectives our people share. We must see the view an individual maintains of the world around them. This dictates an investment of time spent with them to hear their stories and life experiences. This stands to strengthen the bond you share with fellow Airmen and allows you to lead effectively.

Inevitably the investment we make in our people is returned. Oftentimes the return comes at a time of crisis, as in the story of Captain Sullivan. It is during this time that we owe it to those around us to focus centrally on what is in the best interest of the member affected.

Loving your Airmen is not a catch phrase, nor does it mean passively asking someone how their day is going. Rather, it is an active process, an investment on the part of leaders and fellow Airmen. You never know when you are going to make a difference, so never pass up an opportunity to reach out to those around you and invest in their lives. Trust me, it is an investment that will pay dividends for the rest of your life.

Coping with loss of friends, family

By Tech. Sgt. Benjamin Rojek

Joint Task Force-Bravo Public Affairs

SOTO CANO AIR BASE, Honduras – I didn't know them. Not personally, anyway. But when two members of a base with little more than 600 people die, it's hard not to be affected.

On Aug. 2, I had to photograph the ceremonial loading and departure of the remains of two 1-228th Aviation Regiment Soldiers who died recently in an off-base car accident.

Even though Army Sgts. Luis Brito and Leodegario Lizárraga didn't die in combat, or even because of it, their deaths were tragic and left unexpected holes in the lives of many.

I was going to write this commentary as a message on safe driving to tell you, the reader, to take care on the road, be aware of your surroundings, etc. While that's all good advice and something to consider while you're on the road here or anywhere else in the world, what's more important immediately after a tragedy like this is making sure you seek help if you need it.

I've lost friends to vehicle accidents throughout the years – car, motorcycle and boat – and it never gets easier. And though my heart still aches that I'll never be able to see those people again – never be able to laugh with them or play X-Box with them or tell them what good friends they were, I always take comfort in the fact that I still have friends with whom I can talk. There are still family members and buddies who will understand my grief, take the time to share memories of our departed comrades, and be there to lean on.

Even if you're not personally affected by a loss, you should still offer up your help. If you're a supervisor, take the time to talk to your troops. If one of your friends or co-workers seems down, take him aside and check up on him. Be good battle buddies and wingmen, and remind your friends that they can talk to you.

When a friend or co-worker does turn to you, don't offer false comforts, though.

According to Mental Health America, "It doesn't help the grieving person to say ... 'You'll get over it in time.' Instead, offer a simple



U.S. Air Force photo by Staff Sgt. Shane A. Cuomo

Co-workers and peers are in the best position to identify when someone is struggling. Having the courage to reach out to another Airman who is having a difficult time is the first and most critical step toward suicide prevention.

expression of sorrow and take time to listen."

Mental Health America's website also states that effective coping includes telling your friends and family how you feel.

As a military member, you may be in a remote location where you feel like you don't have anyone, but one of the great things about being a servicemember is that you do have people to talk to, from chaplains to mental health professionals.

Whether you're looking for advice or just an ear to listen, the military offers resources to help you work through your time of grief and loss. Take advantage of them.

Always remember that asking for help and talking about your feelings are not signs of weakness; those actions are important for your health.

Whenever the military suffers a loss, no matter the mission, location or number of people, it is a difficult period of adjustment. In these times, we must take care of each other, reach out a hand, and most importantly, accept the help.

THE WARRIOR

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For more information, call the Warrior office at (660) 687-6123, e-mail: warrior.whiteman@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.

NEWS BRIEFS

Retroactive Stop Loss claims

Airmen, veterans, and beneficiaries who were involuntarily extended under Stop Loss between Sept. 11 and Sept. 30 are eligible for Retroactive Stop Loss Special Pay (RSLSP). If your enlistment was involuntarily extended due to Stop Loss, and you have yet to file a claim for RSLSP, the last day to file is October 21, 2010. Go to www.afpc.randolph.af.mil/sto-ploss for links to the claim forms and instructions on how to file.

SecDef INVEST Program taking submissions

Secretary of Defense Dr. Robert M. Gates is asking all DoD military and civilian employees for their ideas on how the Department can be more efficient and effective by submitting an idea to the Innovation for New Value, Efficiency and Savings Tomorrow program, or INVEST. Air Force Global Strike Command is encouraging Airmen in the Command to submit ideas for consideration at www.defense.gov/invest. Ideas can be anything--small or large--and ideas can be for the Air Force, a sister service, or the Department as a whole. Only active-duty, Reserve and civilian personnel are eligible to participate. Ideas must be submitted by Sept. 24, and please remember, no classified information should be included in your submission. Award winners will receive cash awards ranging from \$500 to \$1,000.

Don't Ask, Don't Tell surveys

Surveys about the Department of Defense's 'Don't Ask, Don't Tell' policy are being e-mailed to randomly selected members. DoD officials say that surveys are legitimate. What might appear to be a commercial source of the e-mails could lead recipients to assume that the e-mail is not legitimate, officials say. However, the survey is an official DoD survey, sent out by a contracted entity. As such, participation in the "Don't Ask, Don't Tell" survey is appropriate and encouraged.

Special Needs Support Group

Meetings will be held the 2nd and 4th Thursday of each month at the Whiteman Chapel Annex from 6 - 7:30 p.m. This group helps bring families with a variety of special needs together and provides peer support as well as pooled resources for helping agencies. For more information or to offer any assistance, contact Master Sgt. Mona Wendzillo at (660) 687-1221.

Semi-annual inventory

The 509th Munitions Squadron will be conducting a 100 percent stockpile munitions inventory. There will be no custody issues or turn-in of munition items from Sept. 7-14. For more information, call (660) 687-8039.

Whiteman Inn

The Whiteman Inn is open 24 hours a day. All active duty, retired, Reserve and Guard members and DoD civilians, including family members of authorized personnel, are eligible for space-A lodging reservations throughout the military. Reservations can be made up to 120 days in advance, space permitting. Call (660) 687-1844 to make a reservation.

We remember



U.S. Air Force photo by Kimberly Groue
Staff Sgt. Tomeka Gordon lights candles for a noon service in the Triangle Chapel at Keesler Air Force Base, Miss., in memory of people who lost their lives in the terrorist attacks on 9/11.

Post 9/11: This isn't your father's Guard

By Sgt. Darron Salzer

National Guard Bureau

ARLINGTON, Va. (AFNS) – Since the attacks of 9/11, the National Guard has had to make some of the most dramatic changes in its 373-year history, a senior National Guard leader said in a recent interview.

"We have evolved and we have changed," said Maj. Gen. William H. Etter, the acting director of domestic operations at the National Guard Bureau. "In the past, the guard was a strategic reserve, and just like the name, it was held in reserve, waiting for the big one.

"Like any change, it was kind of insidious and started out small, so we may not have recognized it," he said.

The "big one" that would change the dynamic of the Guard would come in early 2003, when Operation Iraqi Freedom began after multinational forces, led by U.S. forces, invaded Iraq.

"What happened there was such a large demand for (American military) that the guard became a part of going overseas, and we're very proud of that and it's something that we don't want to stop doing," General Etter said.

About three-quarters of the National Guard members have deployed once, and 25 percent have deployed more than twice.

"The guard feels like it's a battle-tested, hardened organization now, with many combat veterans," he said. "With that kind of experience level, it just makes for an extremely professional and capable (organization)."

The changes have been hard, and like with any change, there has been some turbulence along the way, but the guard members are proud of the changes that have been made, General Etter added.

"This has been a nation at war, and we've fought side-by-side with all of the other forces, and I don't think there's any looking back."

"This has been a nation at war, and we've fought side-by-side with all of the other forces, and I don't think there's any looking back."

- Gen. William H. Etter

Acting director of domestic operations at the National Guard Bureau

Because of the Cold War, the guard has often been referred to as a force of "weekend warriors," which is a title that no longer applies, as it gains more respect among active-duty forces.

"I know that as we work together as a team, and we see nothing other than being accepted as an equal partner on the team during the missions that we're on," he said. "Cultures take a long time to shift, but you've got a lot of combat veterans in the guard right now, and they know what they're doing."

When it comes to the future of the guard, General Etter said he is very confident of what the guard is capable of and where it is headed.

"Where we are right now, we feel like we can continue indefinitely," he said. "Obviously nothing in the world stays the same, and if something were to happen to call us someplace else, it'd be a different story. But at the end of the day, we're going to do what we need to do."

Finally, General Etter said the guard is a great value for the country.

"We're accessible, performing a dual mission, and we're proud to serve the governors, the president and the American people," he said. "We'll be there."

Chief's Choice Award

By Heidi Hunt
509th Bomb Wing Public Affairs

Staff Sgt. Madonna Myott, 509th Security Forces Squadron law enforcement, was awarded the Chief's Choice Award by the 509th Bomb Wing Chief's Council, Aug. 27, for her duty performance.

The monthly award, selected by the Whiteman Chief's Group, recognizes E-5's and below who exemplify 'Service Before Self,' and dedication to the mission, fellow Airmen and their families.

"Sergeant Myott is an outstanding NCO in charge and leader," said Chief Master Sgt. Lee Barr, 509th SFS. "She is well respected by her peers and unit leaders. The fearless leadership she demonstrated during the Defense Threat Reduction Agency Nuclear Surety Inspection is only the beginning of a phenomenal career. She is definitely one of 509th SFS's the security forces squadron's superstars and future chief master sergeant."

Sergeant Myott said she was proud to receive the award.

"Being recognized with the Chief's Choice award is very much appreciated, but it is greatly due in part to my flight's outstanding performance during the DTRA NSI," Sergeant Myott said. "Alpha Flight's performance led to the 509th Security Forces Squadron, earning top rating from the inspectors. I know



Photo by Senior Airman Carlin Leslie
Staff Sgt. Madonna Myott, 509th Security Forces Squadron, law enforcement, receives the July Chiefs Choice Award here, Aug. 27. Sergeant Myott received the award for her actions, during exercises and daily tasks, including her first response to a heat stroke victim, saving the Airman's life.

my individual accomplishments awarded me this honor, but it is also the teamwork and leading skills of Alpha Flight personnel that deserve the recognition."

The sergeant was selected for the award for her actions, during exercises and daily task, including her first response to a heat-stroke victim. She quickly took control laying the victim on his side to prevent choking, closely monitoring the victim until medical authorities arrived, saving his life according to Chief Barr.

In addition to a certification of recognition, award winners also receive a \$25 gift card, food court meals and movie passes, courtesy of the Whiteman Base Exchange.

Eagle Eyes reprise spies, those who terrorize

By Airman 1st Class Torey Griffith
509th Bomb Wing Public Affairs

Here in the middle of the U.S., where the air is clean, skies are blue and people are friendly, the enemy lurks.

Seeking information about operations, personnel and security, terrorists and spies from less than friendly nations may be trying to obtain information about the mission, or worse, planning an attack on the base.

The Air Force Office of Special Investigations created the Eagle Eyes program to combat such attempts against military installations. Encouraging base residents and the local community to be cognizant of suspicious activities in the local area and report them.

The purpose of Eagle Eyes is to ensure the community knows what to look for and how to report suspicious activity. With a well-informed community, terrorist acts can be prevented or at least mitigated.

"Too many people are caught up in the belief that because they are on base it is automatically more secure," said Mr. Jerry Osban, 509th Security Forces Resource Protection. "While it is true there is a measure of security provided by the fence and guards, they are not the only answer. How you are involved with your community is the primary answer."

Law enforcement officers can't be

everywhere, so they count on the eyes and ears of the entire community -- active duty, guard and reserve, military family members, civilian employees, defense contractors, merchants and community members to report suspicious activity.

"Reporting is crucial to the Eagle Eyes program," said Special Agent Jacob Vaught of the Air Force Office of Special Investigations. "Community members are encouraged to report anything out of the norm, from unattended bags to possible elicitation attempts, as these actions are often small pieces of the larger puzzle. Reporting possible threat indicators allows OSI and its law enforcement partners the opportunity to make an informed decision and respond appropriately."

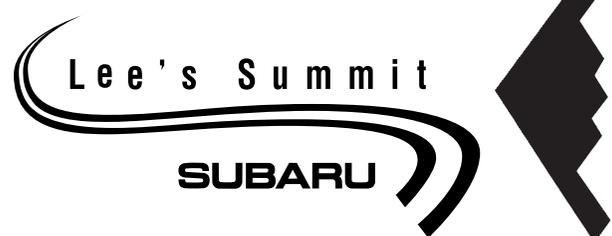
Some things to keep an Eagle Eye out for include: surveillance, elicitation or attempting to gather information during conversation, attempts to acquire sensitive information, the gathering of military uniforms and/or identification, and even dry-run attempts, where terrorists may try to judge the awareness and reactions of security personnel by hopping a fence or driving toward one of the gates at a high rate of speed.

Suspicious activity should be reported to Security Forces at 687-3700. No matter how insignificant it may seem, when something is out of place or doesn't belong, call it in.

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Dancing the night away at the 2010 Wings Over Whiteman Gala



Senior Airman Daniel B. Santos, guitarist, Staff Sgt. David Pojar, drummer and Tech. Sgt. Lara Murdzia, vocalist, perform during 2010 Wings Over Whiteman Gala, here, Sept. 2.



Gala Goers dance to the sounds of Night Wing, the country and rock showcase group of the United States Air Force Heartland of America Band.



Mel Bockleman, in his Army Air Force uniform, and his dance partner groove to the sounds of Night Wing at the 2010 Wings Over Whiteman Gala, here, Sept 2.



Tech. Sgt. Lara Murdzia, vocalist for Night Wing, entertains guests at the 2010 Wings Over Whiteman Gala, here, Sept. 2

Photo story by Airman 1st Class Montse Ramirez

From the Frontlines: Capt. Aaron Tritch

Airman 1st Class Cody H. Ramirez
509th Bomb Wing Public Affairs

While deployed to the frontlines, physical fitness is important. It provides strength to endure the toughest situations handed to the individual. Maintaining mental fitness is just as important. Who helps service members maintain mental health while on the frontlines?

Capt. Aaron Tritch, a 509th Medical Operations Squadron clinical psychologist, was assigned to a joint expeditionary tasking where he was attached to the Army at Contingency Operating Base Basra, Iraq, during his deployment Oct. 3, 2009, to March 25.

As chief of psychological services at the COB, Captain Tritch had a variety of duties that involved psychological principles and techniques to problems of human effectiveness, maladjustment and psychological disturbances.

Although he was based at a clinic, he often visited joint security stations and forward operating bases.

"As a clinical psychologist, I am trained to be clinic bound - to see patients, to diagnose and to treat them," said Captain Tritch. "The difference while deployed was the amount of outreach we did. We had to be accessible, because patients couldn't come to us.

"We regularly rotated through our area of operations and hit the outlying areas," he said. "We went on convoys and were able to fly in the helicopters, which were both exciting."

Whether in the clinic or out at a smaller

station, his work kept him busy.

"We performed a lot of therapeutic work out there, ranging from intervention work such as sleep, marital and relationship problems to smoking cessation and stress management," he said.

Capt. Tritch said he often partnered with an Army psychiatrist to provide additional therapeutic intervention help and, if needed, prescribe and supply medications.

"The Army seemed to carry a lot of old trauma, or difficult experiences and memories from previous deployments," he said. "It was interesting ... hearing all the stories, and seeing the war through their eyes."

He said that having Soldiers trust him enough to share their stories was a great experience.

"The Soldiers tended to be very appreciative when we would fly to their units," he said. "They expressed how grateful they were every time we would visit."

With their appreciation came improvement.

"The best part of my deployment was seeing the direct effect," said Captain Tritch.

"You could see where it fit into the mission and how the patients improved within their functions."

Capt. Aaron Tritch waits for a convoy to leave for a forward operating base. He said he loved the deployed experience, but missed his 16-month-old child, who was four-months old when he left.



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Commander Continued from Page 1

Q: What can Team Whiteman expect of you as our commander?

A: They can expect me to be straight forward, to have transparent leadership and a humble approach to dealing with all matters -- whether it's a matter of national significance or a matter of individual discipline.

Q: Total Force Integration is integral to the way Team Whiteman does business. How important is TFI?

A: It's important because should the active duty be completely engaged, the reserve component now is integral to how we fight our nation's wars, and the separation between components must be seamless. For example, we have Reserve and Guard units serving transparently throughout this wing. When I walk out on the flight line, it doesn't matter whether the person is active duty, Guard or Reserve. All that matters is, are they doing the job they were assigned to do so that we can execute the mission of deterrence and assurance. I think Whiteman is a shining example of how TFI was envisioned to work and how well it is working.

Q: What do you hope to accomplish during your assignment as our wing commander?

A: I want to continue the great work done by previous commanders. I want to create an environment where every Airmen, Soldier and Sailor can reach

their full potential; and a learning organization, so that if we have areas where we have a failure or we make a mistake that we learn from that and fix it.

Q: What are some of your off-duty hobbies?

A: I enjoy spending time with my family, competitive team sports, reading and working on my 1972 Chevelle.

Q: How is your family, with the range in age, adjusting to the change?

A: They do, they range from two to 27. My three eldest are all married and out of home, but the eight that live with us are handling it amazingly well. My wife is a teacher, we home educate our kids, so their schooling has been a constant. The biggest thing they're adjusting to is where to plug in for friends, sports and extracurricular activities. I think so far they are making good friends with families on the base.

Q: What would you like to say to them men and women of Team Whiteman?

A: There is no greater privileged than to serve with men and women who have volunteered to serve in a time when they could put their life on the line. There is no one that appreciates that service more than a father and grandfather that knows as my time in the military draws to a close, I'm passing the baton to very fine and outstanding future leaders.

Suicide Prevention Week: Family members first to notice signs of distress

By Shari Lopatin
TriWest Healthcare Alliance

Your service member recently returned from a deployment. And you noticed some changes.

Some may be part of the "new normal." But others you wonder about: bursts of anger, withdrawal from friends and family, trouble sleeping or sleeping too much. Should you brush it off as just a phase?

Absolutely not. Family members are often the first to recognize symptoms of stress, depression or post-traumatic stress. They can be the help for a loved one—before it's too late.

But where can you turn if you're not sure what to do? Many resources are here to help, even online, through TriWest Healthcare Alliance, the company which administers your TRICARE benefit throughout 21 western states.

Online Care

For life issues such as stress management, relationship problems and self-esteem, you can connect with a counselor 24/7/365 using chat and Web video from your home or any Internet connection. As part of TriWest Online Care, you may have access to the TRICARE Assistance Program, or TRIAP. TRIAP offers non-medical, non-reportable video counseling sessions. To be eligible for TRIAP, you must meet one of the following criteria:

- An active duty service member (includes Guard/Reserve members who've been activated)
- An active duty service member's spouse

- An active duty family member 18 years or older

• Guard/Reserve members who've purchased coverage under TRICARE Reserve Select

• Eligible for TRICARE benefits under the Transitional Assistance Management Program (TAMP)

Want more information? Curious to see what kind of help a counselor offers, even if it's guidance for you to help your spouse? Visit www.triwest.com/OnlineCare to get started.

Other TriWest Resources

TriWest and TRICARE have many other resources available to support you and your spouse: pre-deployment, post-deployment, and during deployment.

• Behavioral Health Crisis Line, 1-866-284-3743: Having a stress crisis? Not sure what to do and need to talk? Call us here, 24/7/365.

• Behavioral Health Contact Center, 1-888-TRIWEST (874-9378): Information about your behavioral health benefit and help finding a counselor.

• TriWest Behavioral Health Portal: www.triwest.com/BH: This portal is filled with a number of resources, from literature on coping with stress and parenting problems, to a map of national support organizations.

• "Help from Home" video series: www.triwest.com/HelpFromHome: Watch "Help From Home," a free series of online videos (also available as a free DVD set) that offers advice from other families and experts who've lived through it, firsthand.

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Chief of staff to participate in the Air Force Marathon 10K

By Josh Aycock
88th Air Base Wing Public Affairs

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFNS) – The Air Force chief of staff is putting himself on the starting line during Air Force Marathon events here, joining thousands of others ready to show their dedication to physical fitness.

Gen. Norton Schwartz plans to return to the Air Force Marathon for the second year in a row, this time running the 10K race with his wife, Suzie during the 14th annual event on Sept. 18.

At last year's Air Force Marathon, the general presented trophies to the top finishers of the full and half-marathons, as well as to the top finishers of the wheelchair and 10K races.

"We had a great time at last year's event, meeting all the Airmen, civilians and family members enjoying what has truly become an Air Force tradition," General Schwartz said. "Suzie and I knew we had to participate this year, and we can't wait to join the field of runners."

General and Mrs. Schwartz will be part of a record-setting number of participants. The Air Force Marathon broke a long-standing goal when it surpassed 10,000 registered runners nearly three weeks ago. This year's event also made headlines when it sold out the full and half-marathons for the first time.

"This is fast becoming the best Air Force Marathon we've ever had," said Molly Loudon, the Air Force Marathon director. "We are thrilled that General and Mrs. Schwartz plan to join us this year, and excited that they will both be among our record-setting field of runners."

The Air Force Marathon will be held Sept. 18, at the National Museum of the United States Air Force. Other events include a half-marathon and 10K, to be held the same day. Wright State University and the Air Force Marathon will co-host a 5K run on Sept. 17, at the Ervin J. Nutter Center. The Sports and Fitness Expo will also be held at the Nutter Center on Sept. 16 and 17.

For more information and to register, visit www.usafmarathon.com.



U.S. Air Force photo
Air Force Chief of Staff Gen. Norton Schwartz, seen here congratulating a runner at last year's Air Force Marathon, plans to run in this year's 10K race at the 14th annual event Sept. 18, at Wright-Patterson Air Force Base, Ohio.

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Mobility Airmen support Pakistan flood relief

By Master Sgt. Scott T. Sturkol
 Air Mobility Command Public Affairs

SCOTT AIR FORCE BASE, Ill. (AFNS) – Mobility Airmen have been involved in the Pakistan flood relief effort since floods began affecting the country in late July.

Among the Airmen deployed to Pakistan are about 30 members from Air Mobility Command's 818th Contingency Response Group, 621st Contingency Response Wing, from Joint Base McGuire-Dix-Lakehurst, N.J., who deployed to the region as a contingency response element Aug. 28, and have been continuously supporting the flow of aid.

"Anytime that the people of the United States see other citizens of the world in dire need, we have historically always felt the need to assist," said Lt. Col. Shawn Underwood, the CRE commander. "Coming here is doing the work of the American people, and it's fulfilling a promise that we've made to ourselves to be good citizens of the world. And to me, being personally involved is a very humbling experience."

Daily, C-130 Hercules aircraft and the aircrews flying them are moving aid into the country. Airmen flying the C-130 missions are part of a total force team to include active-duty, Air National Guard and Air Force Reserve Airmen.

"These floods are the worst to hit Pakistan in more than 80 years, and the Pakistanis

desperately need our help," said Lt. Col. Robert McCrady, the deputy commander of the 386th Expeditionary Operations Group. "We'll be working with other units to provide that assistance wherever it's needed. The C-130 is an outstanding aircraft for this sort of mission because it can carry everything from food and water to rolling stock and portable clinics. It also has the capability to land on dirt strips in austere environments, should the need arise."

Other mobility Airmen supporting the effort include Airmen flying C-17 Globemaster III aircraft. On Sept. 1, two C-17s from the 517th Airlift Squadron at Elmendorf AFB, Alaska, arrived in Pakistan with members from the 16th Combat Aviation Brigade from Fort Wainwright, Alaska. The planes carried two UH-60 Blackhawk helicopters along with people who are assisting with relief efforts.

Above all, the support for Pakistan by mobility Airmen is part of a larger, overall international effort. Besides the Air Force participation, servicemembers and other support personnel from the Army, Navy and Marine Corps are all part of the effort.

(Army Master Sgt. Mark Swart, Joint Public Affairs Support Element; Mr. John D. Banusiewicz, American Forces Press Service; Maj. Dale Greer, 386th Air Expeditionary Wing Public Affairs; Capt. Justin Brockhoff, 618th AOC (TACC) Public Affairs; and Staff Sgt. Kali Gradishar, Air Forces Central Public Affairs, contributed to this story.)

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Photos courtesy of Department of Defense

Getting a little TLC



Staff Sgt. Seth Lemonds, (left) and Airman 1st Class Kyle Miller, 509th Maintenance Squadron, inspect the top of a B-47 Stratojet static display aircraft before performing maintenance on it, Wednesday. The B-47 never saw combat as a bomber, but was a mainstay of Strategic Air Command bomber strength during the 1950s and early 1960s, and remained in use as a bomber until 1965



Staff Sgt. Seth Lemonds, (left) and Airman 1st Class Kyle Miller, 509th Maintenance Squadron, take measurements of damaged areas on a B-47 Stratojet static display aircraft, Wednesday. The B-47 arose from an informal 1943 requirement for a jet-powered reconnaissance bomber, drawn up by the U.S. Army Air Forces to prompt manufacturers to start research into jet bombers.

Photo story by Senior Airman Kenny Holston

Senior Airman Jonathan Cooper (left) and Airman 1st Class John Ezell, 131st Maintenance Squadron, apply sheet metal to a B-47 Stratojet static display aircraft, Wednesday. The B-47 entered service with the United States Air Force's Strategic Air Command in 1951. It was a long-range, six-engine, jet-powered medium bomber built to fly at high subsonic speeds and at high altitudes.



Staff Sgt. Seth Lemonds, (right) and Airman 1st Class Kyle Miller, 509th Maintenance Squadron climb down from a hard stand after inspecting the top of a B-47 Stratojet static display aircraft before performing maintenance on it, Wednesday. The B-47 was primarily designed to carry a nuclear payload.



Staff Sgt. Seth Lemonds, 509th Maintenance Squadron (left) and Senior Airman Jonathan Cooper, 131st Maintenance Squadron discuss sections that need to be repaired on a B-47 Stratojet static display aircraft, Wednesday. The B-47 was a major innovation in post-World War II combat jet design, and helped lead to modern jet airliners such as the B-2.



Senior Airman Jonathan Cooper and Airman 1st Class John Ezell, 131st Maintenance Squadron, drill holes in preparation of mounting metal onto a B-47 Stratojet static display aircraft, Wednesday. The 131st and 509th maintenance Airmen spent the last few days performing routine maintenance to keep the 70 plus year-old aircraft in mint condition.

Senior Airman Jonathan Cooper (right) and Airman 1st Class John Ezell, 131st Maintenance Squadron, apply sheet metal to a B-47 Stratojet static display aircraft, Wednesday.



Spouses Corner

WESC membership drive

The WESC will hold its next general membership meeting Sept. 21 and is open to all enlisted spouses. In addition to the meetings, the WESC will feature a book club, fit club and playgroup. Later this month, the WESC will be host an '80s inspired party and membership drive.

For details about WESC events, log on to www.orgsites.com/mo/whitemanesc or on Facebook. Contact the WESC President, Cassandra Belton: whitemanesc@gmail.com for more information.

Annual Craft Show

WESC is currently seeking craft vendors to participate in the annual Craft Show and Bazaar on Nov. 13. Interested vendors should contact wesc-craftshow@yahoo.com with name, contact information and a brief description of their product.

Web site brings convenient study tool

Airman 1st Class Cody Ramirez
509th Bomb Wing Public Affairs

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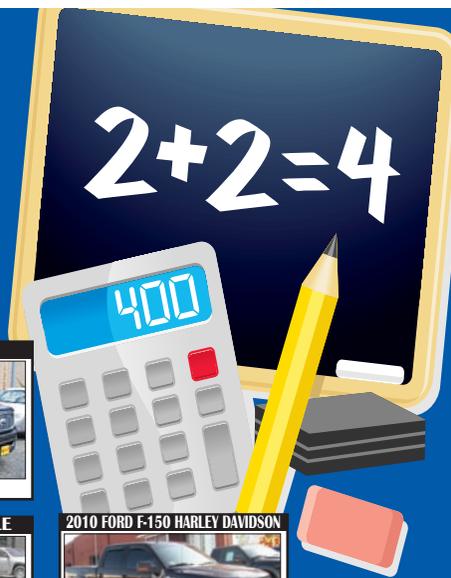
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Rekindled program provides support for special needs families

By Heidi Hunt
509th Bomb Wing Public Affairs

Three years after her son was diagnosed with Asperger's Syndrome, an autism spectrum disorder, Master Sgt. Mona Wendzillo, 509th Force Support Squadron NCO in charge of readiness, can still recall her confusion and frustration.

After the initial diagnosis, Sergeant Wendzillo spent a great deal of time researching resources and tools available to her and her family. To follow up, Sergeant Wendzillo felt it was necessary to help others understand similar situations and decided to revitalize a former special needs support group at Whiteman.

"The group's intent is to help families with a variety of special needs and provide peer support as well as pool resources from helping agencies," Sergeant Wendzillo said. "The more information is shared about the different special needs out there, the more agencies, providers, and general populace will get to know about special needs families."

Crystal Gatiss, group member, stated she liked the group because when she got to Whiteman, she had no support and no resources to help her with a similar circumstance.

Other goals for the group are to schedule briefers to talk to families, address concerns and share information. The group discusses updates on programs, resources, coping skills and new tools available to families.

Sergeant Wendzillo said that knowledge is power and we can learn from both shared experience and professional guidance.

"At our last meeting, the Whiteman's School Liaison Officer, Chi Anne McGrew, 509th FSS, briefed members alongside personnel from the Exceptional Family Member Program," Sergeant Wendzillo said. "Through the EFMP and correct coding of personnel, we can accurately reflect our EFMP/Special

Needs Family and work to get more funding, resources and providers for Whiteman.

If enough families are identified as EFMP, then Whiteman can begin to look into getting a full-time EFMP coordinator to be the singular point of contact," she said.

"To have that singular POC would be ideal," said Mrs. McGrew. "Then there would be one centralized location for families dealing with this issue."

Sergeant Wendzillo encourages families to get as involved as possible and said it is the responsibility of service members to advocate for the well-being of their dependents.

"By sharing ideas, resources and tools, we hope to help other families save a lot of time and energy and prevent discouragement," she said.

Long term goals include steady participation and possibly having separate support groups for some of the more prevalent special needs according to Sergeant Wendzillo.

"That's not to say we will only focus on these needs, but to keep the support group(s) for everyone that needs them, no matter how small the audience," she said. "We also want to initiate family gatherings with each other and have fun with other families."

Overall, the idea is to bring people with a common bond together and share resources to help educate others according to Sergeant Wendzillo.

"We are excited about this group and what it can bring to the families here at Whiteman," she said.

All families that have a special need member or want to help (through briefings or support) are invited. Meetings are scheduled the second and fourth Thursday of each month at the Whiteman Chapel Annex from 6-8 p.m. For more information, or to offer assistance, contact Master Sgt. Wendzillo at (660) 687-1221 or e-mail mona.wendzillo@whiteman.af.mil.

Uruguayan armed forces train with rescue reservists

By Capt. Cathleen Snow
920th Rescue Wing Public Affairs

PATRICK AIR FORCE BASE, Fla. (AFNS) -- Ten members of the Uruguayan armed forces visited Air Force Reserve Command's 920th Rescue Wing here Aug. 29 through Sept. 2 to get hands-on rescue orientation and training.

The South American team was made up of pilots, a loadmaster and pararescue jumpers.

Air Force officials, through the American Embassy in Uruguay, invited the visitors as part of an ongoing exchange program with U.S. Southern Command, which fosters close ties between the two nations.

Lt. Col. Saint Lehtinen, the Air Force section chief in the U.S. Embassy in Montevideo, Uruguay, served as host, escort and translator for the group.

"Our mission in Uruguay is to help grow the nation's capabilities, security and stability," Colonel Lehtinen said. "We also want to promote U.S. interests, provide humanitarian assistance and counter drug trafficking."

During the visit, members of the 920th RQW HC-130P/N Hercules squadron flew the Uruguayan pararescuemen aboard a C-130 extended-range, combat-search-and-rescue aircraft for joint jump training over the Banana River, adjacent to Patrick AFB. Uruguay is densely covered with river plants, so the Uruguayans will continue to work with the Florida pararescuemen and rescue crews to hone their skills and exchange vital information in water rescue techniques.

Next year the 920th reservists will travel to Uruguay and continue the training started in Florida.



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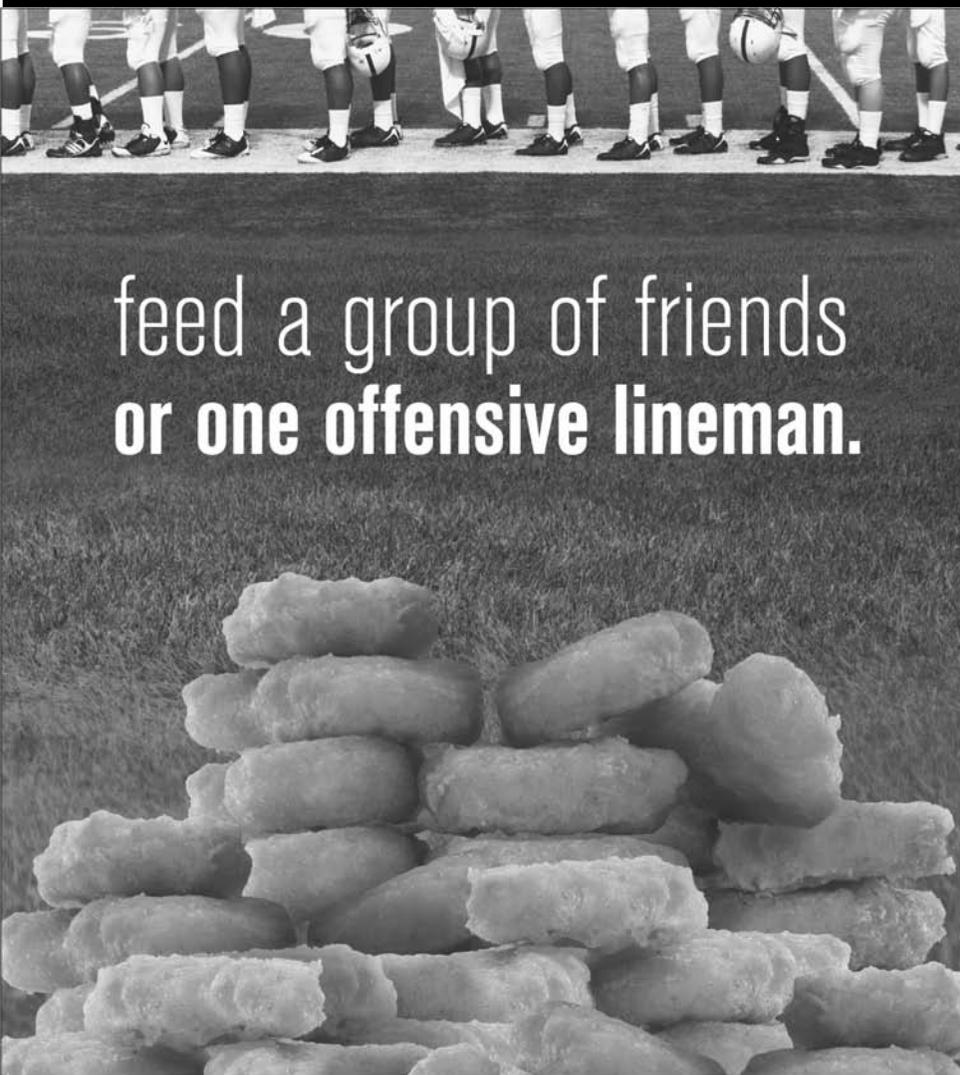
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U.S. Air Force Photo by Airman 1st Class Torey Griffith
Chad Lindbloom, a worker for Push Pedal Pull, a specialty fitness equipment dealer from Sioux Falls, SD, assembles a new treadmill, August 26. The company sent a crew to deliver and set up the new cardio room at the Whiteman fitness center.

Fitness center fits new equipment in cardio room

By Airman 1st Class Torey Griffith
509th Bomb Wing Public Affairs

The Whiteman fitness center is abuzz with the sounds of rolling belts and padding feet as members in the cardio room chug away the miles on brand new treadmills and elliptical machines.

"We purchased new equipment to meet the fit to fight standards and improve the quality of life at Whiteman," said Master Sgt. Maria Machado, NCO in charge of the fitness center. "We have some harsh weather here in the Midwest, and the old equipment was showing its age from the use it had seen."

Indoor cardio workouts help Team Whiteman members avoid the extremes that Midwest weather presents, allowing them to maintain fitness without risking heatstroke or frostbite.

"We increased the number of treadmills here so more people have the opportunity to use them," Sergeant Machado said. "Cardio is a large component of the PT test. When we looked at our customer feedback we saw that treadmills were a high priority."

"Our treadmills are open for use for 20 hours a day. Any equipment with that kind

of use is going to wear out after a while." While the old equipment wasn't all that old, it was showing its age, according to the sergeant.

Users are finding the new equipment to be very useful during the hottest part of summer.

"I'm preparing for my fitness test later this month," said Airman 1st Class Craig Schillig, 509th Munitions Squadron. "I can put a lot more miles down inside, as opposed to outside, where it's been over 100 degrees for a while."

Improving quality of life is a priority held high by all entities on base.

"Quality of life is important to us, because the fitness center is the heart of the base," said Sergeant Machado. "People come here to get fit and relieve stress. We're always looking to improve the equipment, so when people give us suggestions, we listen."

Sergeant Machado said popular suggestions are making their way from the lips of the customers to the floors of the fitness center.

"We are working hard to keep up with what civilian facilities have to offer," Sergeant Machado said.

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Have story idea?

Send any ideas to the Warrior staff
whiteman.warrior.af.mil

Food & Entertainment

TODAY 9/10

Fuel Up at the Club Drawing ~ Mission's End

Today is the first of two drawings this month for a chance to win a \$50 gas card courtesy of Mission's End. Club members may enter anytime during lunch. Call 687-4422 for more details.

Wire Wrapping Jewelry Deadline ~ Arts & Crafts

Sign up by noon today for this single session class scheduled September 14, 9-11 a.m. Cost is \$20, supplies included. Call 687-5691 today!

Karaoke ~ 9 p.m.-1 a.m. ~ Mission's End

Enjoy a night of fun singing to your favorite tunes! Hungry after you sing? We have the solution to your late night cravings. Grill will remain open until 11 p.m. during Karaoke night.

Couples Evening ~ 4-7 p.m. ~ Royal Oaks

Cost is \$20 for military or \$30 civilian guest (woman/man). Price includes two green fees, a cart for nine holes, two hot dogs and two fountain drinks. **A savings of 40%! A great price you can't beat!** Call 687-5572 for details.

SATURDAY 9/11

Family Bowling ~ Noon-4 p.m. ~ Stars & Strikes

Join us today for family bowling. One hour bowling, shoe rental, a large T-topping pizza and a pitcher of soda, all for \$20! Up to six people per lane. Can't make it today? Join us Sunday, same time, same place. Call 687-5114 for more details.

Texas Hold'em ~ 6 p.m. ~ Mission's End

GO ALL IN! Two sessions. Members are free; nonmembers \$10. Register at 6 p.m.

SUNDAY 9/12

Family Day ~ 2-7 p.m. ~ Royal Oaks Golf Course

Golf with the family on Sunday. Cost for military is \$30 or civilian guest \$45 for a family of four (two adults/two children). Price includes four green fees, two carts for nine holes, four hot dogs and four fountain drinks. **A savings of 50%! Where can you take your family for two and half hours of entertainment for that price?** Call 687-5572 for tee times.

MONDAY 9/13

Blue Plate Special ~ 11 a.m.-1 p.m. ~ Mission's End

Today's special: BBQ Ribs with Texas style red beans, potato salad and sweet corn bread. Just \$6 for members; \$8 nonmembers. For more information call 687-4422.

TUESDAY 9/14

Club Coin Special ~ 4 p.m.-Closing ~ Mission's End

Enjoy a delicious drink at the Club! This month's special: Quarterback Sack. A mixture of two parts 151 rum, one part curacao and one part dry vermouth. Served when the bar is open. Cost is \$2.50 a drink.

Stained Glass Class ~ 5:30-6:30 p.m. ~ Arts & Crafts

Learn the art of stained glass. Six-week open enrollment class scheduled every Tuesday. Cost is \$95, supplies included. Sign up by noon the Friday prior to class. For more info, call 687-5691.

WEDNESDAY 9/15

Boss & Buddy Night ~ 4-7 p.m. ~ Mission's End

Bring your boss and/or buddy over for wings, brews and bingo. 20-cent member wings; 35-cent nonmember/carry-out wings. Stick around for our members only bingo at 5:30 and 6:30 p.m.

Cook's Night Off ~ 4-7 p.m. ~ Mission's End

Let us do the cooking! Each Wednesday you can call in your order to 687-4422 anytime before 3 p.m.; pick up between 4-7 p.m. It's that easy! A perfect meal that feeds a family of four! September's menu is pork tenderloin medallions, roasted potatoes, green beans almondine, garden salad, rolls and chocolate cake. Cost is \$15.95 for members; \$18.95 nonmembers.

THURSDAY 9/16

Pizza Pizzaz ~ 4-7 p.m. ~ Mission's End

Take advantage of our pizza prices! Cost is only \$7 per large single topping pizza. Join us!

SPECIAL CLASSES AT ARTS & CRAFTS!

A variety of classes are available Saturdays at the Arts & Crafts Center. If you are looking to learn a new craft and are interested in any of the following classes, please stop by Arts & Crafts and we will arrange for you to meet our instructor. Call 687-5691 for more information.



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Education Fair

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Sept. 15, 10am-2pm
Mission's End

Door prizes! Approximately 20 schools from around the globe will be available to provide program information to anyone wishing to continue their education.

Both on-ground and distance learning schools will be in attendance.

Call 687-5755 for more info.

USO Troop & Family Golf Tournament

Saturday, September 25
Breakfast and Check-in begin at 7:30 a.m.
Shotgun start at 8:30 a.m.

Where: Royal Oaks Golf Course, Whiteman AFB MO

How: Send form to Jim Ward
Royal Oaks Golf Course
660 10th Street, Suite 223
Whiteman AFB MO 65305
or email the completed registration form to Golf@whiteman.af.mil
No phone reservations.

Prizes: Longest Drive for Men and Women
Closest to the Pin on all Par 3s

Payout: 1st, 2nd and 3rd in three flights

ENTRY MUST BE RECEIVED NO LATER THAN SEPT. 20, 2010
This event is open to active duty military, guard and reserves and their adult family members only.

This tournament is absolutely **FREE!**

FCC NEWS!

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 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.

PCS Care

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

For more information about any of FCC programs, please call 687-5590.

Force Support page editor.....Cathy Sison
509th Force Support Squadron.....687-4386
WWW.WHITEMANFORCESUPPORT.COM

Youth & Teen Events

SATURDAY 9/11

Youth Bowling League ~ 9 a.m. ~ Stars & Strikes

Come join a league! Different leagues for different age groups. Join any league any month any time during league season. Coaching available as needed. Call 687-5114 for more details.

MONDAY 9/13

Preteen Cool Crest Trip Sign Ups ~ Youth Center

Preteens, ages 9-12, today we begin taking sign ups for the Cool Crest trip in Independence, MO scheduled September 20. Cost is \$20 for members; \$25 nonmembers. For more information call 687-5586.

Dentokan Karate ~ 4-5 p.m. ~ Youth Center

Classes are offered every Monday and Wednesday for youth, ages 6-18. Cost is \$35 for members; \$45 nonmembers per month.

TUESDAY 9/14

Time to Play ~ 9:30-11 a.m. ~ Youth Center

Parents, you provide the toys, we provide the place! Bring your child age birth to five years to the Youth Center gym every Tuesday for play time! A great opportunity for your child to socialize with other children and for parents to network with each other. Cost is Free! Call 687-5586 for more information.

Torch Club Meeting ~ 4-5 p.m. ~ Youth Center

Preteen, ages 9-12, learn to work together to plan and implement activities in four areas: service to club and community, education, health and fitness and social recreation. Torch Club meets every Tuesday during the school year. Club is limited to the first 12 youth to sign up. Cost is free. Call 687-5586 for details.

Keystone Club Meeting ~ 6-8 p.m. ~ Youth Center

Teens, ages 13-18, meet to discuss leadership and community involvement. Keystone Club meets every Tuesday during the school year. Nonmembers are welcome to join! Call 687-5586 for information.

WEDNESDAY 9/15

Story Time ~ 11:30 a.m. ~ Library

Children, ages 3-5, come to the Library and listen to exciting stories and make a craft! Cost is Free!

Piano Lessons ~ 5 p.m. ~ Youth Center

Youth, ages 6-18, the Youth Center is offering piano lessons every Wednesday. Cost is \$50, four 30 minute lessons per month. Call 687-5586 for more details.

Teen Sports Club ~ 6-8 p.m. ~ Youth Center

Teens, ages 13-18, enjoy basketball, flag football, indoor soccer and more in the Youth Center gym every Wednesday. Free! Call 687-5586.

THURSDAY 9/16

Preteen/Teen Newsletter Club ~ Youth Center

Preteens/Teens, ages 9-18, do you enjoy writing or photography? If so, the Youth Center has an opportunity for you! Come join the Newsletter Club and express yourself in a fun and creative way. Preteens meet from 4-5 p.m.; Teens meet from 6-8 p.m. each Thursday. Call the Youth Center at 687-5586 for more information.

Homework Help ~ 6-8 p.m. ~ Youth Center

Teens, ages 13-18, receive free help with homework, computers and reference materials available every Thursday. Free! Call 687-5586 for more details.

Fall Into Fitness

Come out to the Youth Center
Sept 17 from 6:30pm-9:30pm

Youth ages 9-18 will take part in a number of health and fitness activities.

They will be able to sign up for the Fit Factor program as well as log on their fitness points.

Snacks and drinks will be provided and Fit Factor prizes will be awarded during the evening.

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Warrior Weekly Caption Contest

The Idea is simple. Each week, Whiteman Warrior readers will have a new photo that needs a caption. Readers of the Whiteman Warrior will then have a chance to submit their idea of the most fitting photo caption. The caption can be funny, cute, endearing, etc., as long as it is not disrespectful, profane or offensive.

and should be sent to whiteman.warrior@whiteman.af.mil with "Caption Contest" in the subject line.

Readers can submit more than one caption.

When submitting captions, readers should include rank, first and last name, and unit with their entries. Civilian participants, please submit first and last name.

Caption submissions for this week are due no later than noon on Wednesday,

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This Week's Photo



Last Week's Photo



Winner: I can run circles around your silly treadmill.
 - Kenneth Thomas
 509th Civil Engineer Squadron

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This Week at the Movies

Saturday Sept. 11, 2010 - 7 p.m.
Cats & Dogs: The Revenge of Kitty Galore
 Christina Applegate, Michael Clarke Duncan

In the age-old battle between cats and dogs, one crazed feline has taken things a paw too far. Kitty Galore, formerly an agent for cat spy organization MEOWS, has gone rogue and hatched a diabolical plan to not only bring her canine enemies to heel, but take down her former kitty comrades and make the world her scratching post. Faced with this unprecedented threat, cats and dogs will be forced to join forces for the first time in history in an unlikely alliance to save themselves – and their humans. Rated PG (animal action and humor) 82 min

Sunday Sept. 12, 2010 - 3 p.m.
Charlie St. Cloud
 Zac Efron, Charlie Tahan

Charlie St. Cloud forms a unique connection to the afterlife after surviving the tragic car accident that claimed his younger brother. Charlie is wracked with guilt, convinced that if he had just been more careful behind the wheel, Sam would still be alive today. Before Charlie can move on with his life he'll have to first let go of his past, and bid his beloved brother Sam one final, heartfelt farewell. Rated PG-13 (language including some sexual references, an intense accident scene and some sensuality) 99 min

Movie showings are featured at the Whiteman AFB Movie Theater. For more information, call (660) 687-5110

Out & About

The West Central Missouri Veterans Assistance League will hold their 8th Annual Run for Freedom Oct. 2 to benefit Veterans at the Missouri Veterans Home. There will be a 5K Run & Poker Walk. Registration time is 8 a.m. and start time is at 9 a.m. and is held at the Veterans Home. The entry fee for the 5K Run is \$20, \$15 for the poker walk. Prizes will be awarded throughout the event. For more information, call or e-mail Senior Master Sgt. Todd Sparks at (660) 687-1630.

Babysitter Training - Babysitter training is scheduled for Sept. 20, from 9 a.m. to 4 p.m. at the Airman & Family Readiness Center for youth ages 11 and up. Participants will receive informational materials and instruction

on topics such as fire awareness, home security, child care techniques, basic first-aid and age appropriate activities. Lunch and snacks are provided. Reservations required, call (660) 687-7132.

Mentor Training - The mentoring program gives active duty, retirees members and civilians the opportunity to assist local schools and motivate "at risk" students. If interested in becoming a mentor, the first training class is Sept. 31, 1-3 p.m. at the Airman & Family Readiness Center. Reservations required, call (660) 687-7132.

Parent Forum - Join the Airman & Family Readiness Center as Dr. Gary Kitto, Licensed Professional Counselor, facilitates an open forum on issues concerning children and parenting, Sept. 21, 6-8 p.m. Child monitoring will be available. Reservations are required, call (660) 687-7132.

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Check back in the next week's edition of the Warrior to find the answers.

- Across**
- 1. Stringed instrument
 - 5. Young child
 - 8. Fuss
 - 12. Obviate
 - 14. Be indebted to
 - 15. Fragment
 - 16. Water barrier
 - 17. Single
 - 18. South American animal
 - 19. Restless
 - 21. Brass instrument
 - 23. Japanese currency
 - 24. Scorch
 - 25. Weep
 - 28. Small stream
 - 30. Ploy
 - 35. Harvest
 - 37. Amphibian
 - 39. Very slow tempo
 - 40. Hawaiian island
 - 41. Overhang
 - 43. Musical composition for one
 - 44. Contempt
 - 46. Sate
 - 47. Carbon black
 - 48. Purloined
 - 50. Zeal
 - 52. Solfa syllable
 - 53. Parch
- Down**
- 1. One of two equal parts
 - 2. Assert
 - 3. Wander
 - 4. Righteousness
 - 5. Implement
 - 6. Possess
 - 7. Fangs
 - 8. Movie
 - 9. Type of year
 - 10. Highest attainable level
 - 11. Type of fuel
 - 13. Postpone
 - 15. Denotes more than one
 - 20. Combine
 - 22. Music with syncopated melody
- 24. Stringed instrument with keyboard
 - 25. Traverse
 - 26. Respond
 - 27. Cheerful sounding search engine
 - 29. Loiter
 - 31. Musical setting for a religious ceremony
 - 32. Sulk
 - 33. Ice hut
 - 34. Part of a comb
 - 36. Knitting stitch
 - 38. Small wooded hollow
 - 42. Roofing material
 - 45. Cuddle
 - 49. Indicating maiden name
 - 51. Callow
 - 54. Pointer
 - 56. Kind of restaurant
 - 57. Pack to capacity
 - 58. Polynesian dance
 - 59. Desiccated
 - 60. Part of a church
 - 61. Lift with difficulty
 - 62. Miniture whirlpool
 - 63. Soothsayer
 - 64. Painful
 - 67. Arab federation, initially

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FREE Classified Advertising in the Whiteman Warrior READ ALL RULES BEFORE PLACING AN AD

- Advertising is free to all active-duty, guard and reserve military members and civil servants who work on base or at the MoARNG in Warrensburg only. Military or civil service rank must be included in the space for "rank." We do offer free advertising to retired military members.
- Ads of a commercial nature such as baby-sitting, lawn maintenance, house cleaning, product sales, apartments or houses for rent, work-at-home opportunities or any other service in which the person makes a profit must be prepaid. Paid ads must be placed directly through the Sedalia Democrat at 1-800-892-7856, dropped off at 700 S. Massachusetts Ave., Sedalia, Mo., 65301 or e-mailed to theclassifieds@sedaliademocrat.com. They accept VISA, MasterCard, cash, personal check or money order.
- Free ads are for one-time sale of personal items only. Free ads can't be placed for churches, groups, clubs, organizations or friends not affiliated with the military. Each item must be sold for \$150 or less.
- Only one free ad*, maximum 30 words, will be allowed to run at any given time by the same household, for a maximum of eight weeks. Ads over the 30-word maximum will be edited at the publisher's discretion. *People who are PCSing may place more than one ad and sell the items at any price.

- Include your home phone in the ad so people can contact you. USE OF DUTY PHONES IN ADS IS AGAINST AIR FORCE REGULATIONS.
- Print legibly, and place punctuation and spaces where necessary. Use only one word per line.
- Free ads aren't taken over the phone. They must be dropped off at or mailed to the 509th Bomb Wing Public Affairs Office, 1081 Arnold Ave Blvd, Bldg 59, Whiteman AFB, Mo., 65305. Ads may also be faxed to 660-687-7948.
- Many offices on base are using old forms**. If you would like a copy of the new ad form to keep in your office, call 687-6123 and we'll fax a new form for your use. Or, you can download it at <http://www.whiteman.af.mil> and click on "Whiteman Warrior Classified Ad Form."
- Homes for sale that are listed with a realtor must be paid for. Only people who are PCSing and selling homes FSBO (for sale by owner) qualify as a free ad.
- Free yard sale ads are for active-duty, guard, reserve and retired military members living on or off base. People who live on base must have their yard sale approved by the housing office first.
- The deadline for placing new ads, canceling or making changes to ads is 10 a.m. Friday, one week before desired publication.
- Ads that don't meet these guidelines will not run. Free advertising is a privilege extended to you by the publisher, and your cooperation is greatly appreciated. Submissions do not guarantee publication. Publication is on a space available basis.

Public Notices 6

VISUALLY IMPAIRED ENVISION XPRESS employee needing ride to and from Warrensburg to Whiteman AFB, Mon-Fri. Hours are 7:30 am to 3:30 pm, but adjustable. Gas money offered. Please contact Becky at 660-687-4343.

Garage/Yard Sales 24

YARD SALE 1302 Vogler Ave., Sept. 11-12, 8am-5pm. Baby & adult clothes, TV, bedroom set, home decorations, living room set, etc. sa

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Help Wanted 90

Medical
Director of Patient Access
Western Missouri Medical Center seeks an experienced healthcare professional for the position of the Director of Patient Access. The applicant should have 3-5 years of supervisory experience. The Director of Patient Access is responsible for the day to day operations of Admissions and Central Scheduling (14 FTEs) for a growing Medical Center in Warrensburg, Missouri. The Director of Patient Access reports to the CFO, will serve as a member of the Fiscal Services team and interfaces extensively with other Directors in a team approach to process improvement. Excellent people and communication skills, self-motivation, and problem solving capabilities are required for the successful candidate. Bachelor's degree in business, finance or healthcare administration preferred. Experience with Meditech Information System preferred. **Send resume to dlong@wmmc.com or fax to 660-747-8553.**

Help Wanted 90

Misc. For Sale 135

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IN-STEP BIKE TRAILER, barely used \$75 or best offer, Fisher Price sand & water table, good condition \$25 or best offer. Call 563-3090 or 233-9504 sa

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