

# WARRIOR



## TAKING COMMAND

Lt. Col. Cynthia K. McGee assumes command  
of 509th Medical Support Squadron

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## On the cover

**Lt. Col. Cynthia K. McGee assumes command of the 509th Medical Support Squadron from Col. Chrystal D. Henderson, the 509th Medical Group commander, during and assumption of command ceremony on May 17, 2019, at Whiteman Air Force Base, Missouri. McGee previously served as the chief of En-route Care and Air Evacuation Branch of the Air Force Medical Support Agency in Falls Church, Virginia. (U.S. Air Force photo by Airman Parker J. McCauley)**



**Secretary of the Air Force Heather Wilson receives the Exceptional Civilian Service Award during her farewell ceremony at Joint Base Andrews, Md., May 21, 2019. (U.S. Air Force photo by Wayne Clark)**

# Wilson praises Airmen, expresses gratitude in farewell remarks reflecting on her tenure as Air Force secretary

**Charles Pope**

Secretary of the Air Force Public Affairs

### JOINT BASE ANDREWS, MD —

Two years and nine days since becoming the 24th Secretary of the Air Force, Heather Wilson bid a formal farewell, May 21, to the institution and its Airmen, expressing gratitude for the opportunity to serve and declaring, “I will always be an Airman.”

“I lived a blessed life,” Wilson said in a 15-minute speech which reflected on her tenure as the Air Force’s highest-ranking civilian official.

She praised the skill and dedication of Airmen while comparing lessons learned from gardening as a corollary for the qualities that make for good leaders and an effective Air Force secretary. You need a plan, she said; you need friends to help, meaning allies, and “as long as it’s safe, let people tinker with the tools.”

“Our Airmen...tinker and fix things in new ways,” she said, extending the reference. “Let your people tinker with the tools. ... As a leader, you have to think about the long term and strengthen the positive culture.”

“Every one of you in this hanger, every single one of you, is a leader,” Wilson said, speaking at Joint Base Andrews in Hanger 3, surrounded by her family, senior Air Force leaders, including three former secretaries, approximately 900 Airmen and a B-2 bomber.

Wilson’s comments came at the end of the two-hour ceremony in which she was praised for her service and her achievements. Wilson announced her resignation in March after she was selected to be president of the University of Texas,

El Paso. Her last day as Air Force secretary is May 31.

In a clear reference to what she sees as her legacy, Wilson told the crowd that a good gardener is someone who “accepts with confidence you won’t be able to be able to harvest all the fruits of your labor” and embraces the “beauty of work well done on something good.”

While Wilson reflected on two years as secretary by highlighting the achievements and contributions of Airmen across the Air Force’s global enterprise, other speakers focused squarely on Wilson herself.

“You have been the leader we needed at this exact time in our Air Force,” Air Force Chief of Staff Gen. David L. Goldfein said, praising Wilson. “As an Airman’s Airman, you have served as a driving force for positive change.”

Under her direction and in partnership with Goldfein, the Air Force became both more prepared and nimble in the last two years. A shortage of more than 4,000 active duty maintainers that greeted Wilson when she arrived in 2017 has been closed to zero. Aggressive efforts to streamline the procurement process has shaved 100 years off traditional timelines while a series of major contracts approved in recent years saved more than \$17 billion.

Wilson has been a catalyst as well driving innovation. She spearheaded the analysis which said the “Air Force we need” must increase to 386 squadrons from 312 to confront threats in an era of great power competition. Wilson was also a key architect of an ambitious upgrade for the service’s science and technology strategy released in April.

That document will serve as a blueprint to better identify, develop and deploy breakthrough technologies in the future.

Wilson is leaving a considerable mark on the institution and its total force of 685,000 Airmen worldwide. She helped develop and manage the Air Force’s annual budget of more than \$138 billion and was an influential voice directing strategy and policy development, risk management, weapons acquisition, technology investments and talent management of Airmen across a global enterprise.

She was a central figure in efforts to strengthen and build the Air Force to meet new global threats, particularly those posed by Russia and China. She was a strong advocate for increasing overall readiness and addressing personnel shortages that affected the Air Force’s ability to fulfill any mission at any time.

Overall, the Air Force is 17% more ready today than it was when she was confirmed.

Wilson was a strong advocate for streamlining the contracting process when possible and injecting a more entrepreneurial approach.

In his remarks, Goldfein said Wilson will be remembered for “setting the conditions to build a more lethal and ready force we need for the future fight” while also paving the way “for the future Airmen who will follow in our footsteps.”

And while hardware is important, Goldfein said Wilson, “understood the priority is with the people and improving the quality of service and quality of life for our uniformed volunteers and their families is where it starts.”





# THE WHITEMAN WEEKLY WIRE

NEWS | UPDATES

The Whiteman Weekly Wire is published weekly in the Warrior and on [www.facebook.com/WhitemanAirForceBase](http://www.facebook.com/WhitemanAirForceBase).

Items to be published should be submitted no later than noon on Wednesdays to: [whiteman.warrior@us.af.mil](mailto:whiteman.warrior@us.af.mil) with the subject "Weekly Wire Request." Your submission must be five lines or less, including contact information. Attachments cannot be included.

The status of the installation during inclement weather or other circumstances is updated on Facebook, [www.whiteman.af.mil](http://www.whiteman.af.mil), and the Straight Talk line, which is 660-687-6397.

## X Closures / Downtime

- **The Fitness Center Track and Field is closed for renovations.** PT tests will be conducted at Knob Noster High School. All tests are run through the Fitness Assessment Cell (FAC); the FAC will transport testers to the high school to complete the walk/run portion of the test. The Knob Noster track is not available for squadron PT, but if you'd like to run and get a feel for the track, it is only available after school hours.

## ADVISORIES

- **Due to ongoing construction projects, Arnold Avenue on base between 8th and 9th streets will be closed until October 2020.** There will be a detour around this on block area. This minor closure will increase project efficiency and safety. Thank you for your understanding and patience as crews modernize the installation and ensure it is a world-class place to live and work.



## General information

- **Service members are advised to be aware of what they consume** as some states legalize recreational marijuana and THC. THC and CBD oils are illegal under federal law and Article 112a of the Uniform Code of Military Justice (UCMJ). Products containing them, such as THC beer, can cause a positive urinalysis result in a drug test.
- **TRICAREOnline (TOL)** offers online access for appointment management, prescription refills, health data, the nurse advice line, secure messages with your PCM and more. Go to [www.TRICAREOnline.com](http://www.TRICAREOnline.com).
- **Army & Air Force Exchange Service (BX)** shoppers can now buy items at [ShopMyExchange.com](http://ShopMyExchange.com) and pick them up at their local BX for free. Visit <https://www.shopmyexchange.com/#>.
- **The base gym has a parking spot reserved** during all regular hours and days. The new space is near the front entrance and is reserved for any wing annual award winner or member of Honor Guard.
- **The Exceptional Family Member Program and Special Needs Support Group** meets at 10-11 a.m. the first and third Tuesday of each month at Whiteman AFB Youth Center. The group provides free information, speakers, children's activities and other events. Call 660-687-7132 for more information.
- **Keys, wallets, bicycles, jewelry and other items** have been turned in as found property to Security Forces. Visit Building 711, Room 305, or call 660-687-5342.
- **The Qualified Recycling Program is open for drop-off 24/7** with reduced customer service staff. Cardboard, paper, newspaper, printer cartridges, lead acid batteries, scrap metal and aluminum cans are accepted. Materials left outside the Whiteman recycling center are base property; taking them is theft. Contact the recycling center with questions at 660-687-6253.
- **Are you interested in joining a vanpool or starting your own?** The Department of the Transportation (DoT) manages the vanpool program for the DoD at no out-of-pocket costs for you. This program is open to active duty, guard, reserve and civilians. Contact Maj. Keith Bratton at [keith.bratton@us.af.mil](mailto:keith.bratton@us.af.mil).
- **Have you checked out the Whiteman Air Force Base smartphone app?** The app is frequently updated with new content and resources, including events, a base directory, medical information, and information for inbound and outbound personnel. A link to the download the app is available on the Whiteman website.
- **For the latest news, photos, and videos** please refer to the official Whiteman Facebook page at [www.facebook.com/WhitemanAirForceBase](http://www.facebook.com/WhitemanAirForceBase).



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Partly sunny  
Hi 82 – Lo 66



## Volunteer Opportunities

- **Powell Gardens is looking for volunteers** ages 16 and older for numerous positions. Volunteers are given free admission year round, along with discounts and other benefits. Call 816-697-2600 ext. 304 or email [bhallak@powellgardens.org](mailto:bhallak@powellgardens.org).
- **To volunteer for Team Whiteman's Airman Against Drunk Driving (AADD) program**, contact Senior Airman Tyler Anderson at [tyler.anderson.14@us.af.mil](mailto:tyler.anderson.14@us.af.mil).
- **Whiteman AFB Fitness Center Pool is now hiring lifeguards.** Applicants must be 16 years or older and have a current lifeguard certification. Apply at [www.nafjobs.org](http://www.nafjobs.org) or call 660-687-6476/5215/7876 with questions.



## Upcoming Events

- **Flags will be placed in Sunset Cemetery in Warrensburg for Memorial Day at 10 a.m. on May 24.** Volunteers will enter in the west entrance of Main Street and groups will be given a list of names, a map with grave locations and flags. Dress appropriately for the weather.
- **Powell Gardens will host the Dog's Day Out from 9 a.m. to 6 p.m. on May 25 and the Goats in the Garden!** Tour on May 25th and 26th from 2 p.m. to 3 p.m. Dogs are to remain on leash and up to date on vaccinations. Owners are responsible to clean up after their pets. Powell Gardens wishes to show how the goats help the gardens.
- **28 Days to a Better Belly class has returned!** Every Thursday starting at 11:30 a.m. to 1 p.m. on May 30th until June 27th and the Professional Development Center in Room 222. Evening classes will be from 6 p.m. to 7:30 p.m.
- **The Professional Development Center will be hosting the Dads Basic Course** from 8 a.m. to 1 p.m. on May 30th in Room 223 at the Professional Development Center. Topics include diapering, bathing babies, packing a diaper bag, and

communication with spouse as new parents. Contact Cory Watson to RSVP at 687-7332 or at [cory.d.watson.civ@mail.mil](mailto:cory.d.watson.civ@mail.mil).

- **A pre-diabetes class is 2:30-4:30 p.m. on the first Tuesday of every month** at the 509th Medical Group Education and Training room in the basement. Call 660-687-1199 to enroll.
- **EFMP/special needs or deployment/remote status military family are invited to Coffee & Chat** 10-11 a.m. every third Wednesday of the month at Coffee SKNOBS in Knob Noster. Complimentary coffee with refreshments are offered. Children are welcome with adult supervision. For more information, call 660-687-7132.
- **The Airman & Family Readiness Center offers financial classes every month.** Individual appointments are available. Call 660-687-7132 or 660-619-2735 for more information.
- **Every Sunday at 2 p.m. – 4 p.m. at the Stealth Lounge** will host a social for anyone who speaks English as a second language. This social allows anyone who attends to practice their English and meet new people.



# Whiteman AFB Airmen close police week with retreat ceremony

Members of the 509th Security Forces Squadron and the Air Force Office of Special Investigations Detachment 811 participate in a retreat ceremony marking the end of National Police Week on May 17, 2019, at Whiteman Air Force Base Missouri. National Police Week was observed at Whiteman AFB through a variety of events following the opening ceremony to include a 5K ruck march on base and a variety of demonstrations for Team Whiteman. The retreat ceremony served as a way to honor fallen defenders and OSI agents by telling their story before a flag folding ceremony and a last call. (U.S. Air Force photos by Airman Parker J. McCauley)



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# Tennessee National Guard conducts joint training

**Tech. Sgt. Teri Elcher**

134th Air Refueling Wing, 214th Engineering Installation Squadron, 230th Signal Company

**Volunteer Training Site, Ga.** — A crowd of Army National Guard Soldiers gathers around a giant piece of heavy equipment, as an Airman in a hard hat explains the purpose and function of the various knobs and shifters. One by one, they take turns donning hard hats and helmets, climbing into the driver's seat, and taking the machine for a spin around the field under the careful supervision of the Airman.

Tech. Sgt. Matthew Plaas from the 241st Engineering Installation Squadron is very familiar with this Vermeer RT950 trencher - he's used it to perform his duties for the length of his career with the Tennessee Air National Guard. For many of the Soldiers, mostly ranked E-4 and below, this is the first time they've received training on the machines.

1st Lt. Jason Mckelvey of the 230th Signal Company was on-site training with his troops, and emphasized how important this experience was for them. "We typically don't even see this equipment until we're overseas," Mckelvey stated, "and we need to operate it to perform our job. Being able to incorporate this training and getting hands on experience is invaluable to us."

Tech. Sgt. Doug Haveman, team chief from the 241st EIS, is also familiar with this problem. The 241st EIS often works joint missions with Army troops, who frequently aren't afforded these training opportunities.

"It's a really good experience," Haveman said. "I've deployed with the Army before, and we often have to train them onsite. It's good for us to learn how to train other people, it helps them prepare and it helps us grow as trainers."

Of course this type of joint training is exactly what the Tennessee National Guard leadership hopes will continue to grow. Col. Jason Glass, Tennessee Assistant Adjutant General, Air, was on site to observe the troops working together.

"One of my initiatives is to develop Airmen and Soldiers," Glass said. "Part of that is training. The 241st and 230th have the same mission set and it only makes sense to conduct joint training. We're working on several opportunities to get the two groups together. For example, they will be working on a project at the Tennessee Volunteer Challenge Academy. We're really trying to interlace the Army and Air National Guard and get them working together across the state."

Once the soldiers learned how to maneuver the Vermeer RT950 safely, they then received instruction on how to operate the digging functions. The machine features a rock wheel for creating a narrow trench on one side, operated from the driver's seat of the vehicle. The other side features a backhoe with its own operator seat, from which the driver could also maneuver the machine into a better position, if necessary.

The 241st worked with a new group of 230th SC Soldiers every day for a week, repeating and refining their training instruction. Plaas emphasized that the experience was just as beneficial for them as it was for the Soldiers they trained.

"I've been here all week and it's been a lot of fun," Plaas said. "I feel a natural desire to instruct, so it's been a real pleasure to share the knowledge I have with our sister service. To us it's just fun to get outside and play on the equipment so it's a great experience all around



Private 1st Class Leslie Foster listens as Tech. Sgt. Doug Haveman explains operation of the Vermeer RT950. Airmen from the 241st Engineering Installation Squadron and Soldiers from the 230th Signal Company came together in Catoosa, Georgia, May 9th to perform joint training. The 241st EIS Airmen provided training on heavy equipment needed to dig trenches for installation of fiber optics and other communications services. (U.S. Air National Guard photo by Tech. Sgt. Teri Elcher)



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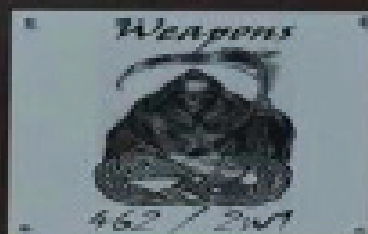
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# How to prepare for a PCS

**2nd Lt. Michael Hardy**  
509th Bomb Wing Public Affairs Office

Many men and women join the military to travel and see the world, it comes with changing duty locations.

Commonly known as PCSing, making a permanent change of station can be a stressful process. With PCS season, between May and August each year, well underway, there are key things members can do to get ready.

The key to any successful PCS is preparation and knowing what resources are available. Members should be aware of what needs to be done and when they need to do it.

A good rule of thumb is to organize tasks according to a three month plan, with three, two and one-month milestones. There are also some day-of tips to help make moving day as stress free as possible.

The Airman and Family Readiness Center here now offers a virtual Plan my Move briefing that discusses moving considerations as well as resources service members are entitled during the PCS process.

“Going virtual essentially puts the move on the service member and their family and allows them to tailor their briefing to get as little or as much out of it as they want,” said Margie Leinhart, a Work/Life consultant at the A&FRC



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## Getting Started

- **Check your PCS Eligibility** – Check under your records in the vMPF or your orders to determine when you are eligible to PCS to ensure you do not create any conflicting schedules
- **Research your new home** – Seeing what your new base offers can make you excited for new opportunities. This is much easier now with the Military One Source by going to [www.militaryonesource.com](http://www.militaryonesource.com).
- **Notify your landlord or housing office** – Since you're moving, your landlord can begin advertising for possible new service members who PCS'd to your location
- **Reach out to the Travel Management Office and A&FRC** – Both offices provide assistance in planning and options to make your move less stressful. Be aware that you must have your orders before talking to TMO.
- **Military or Do-It-Yourself Move** – One of the first decisions you and your family need to make is will you do the move yourself or do you want the military to do the move for you





## Locking in Logistics

- **Purge unwanted items** – Get rid of things you don't need or want anymore. Consider donating items to the Airmen's Attic or the Thrift Store so that others can get use of your unwanted items.
- **Compile all important paperwork** (if doing a DIY move, save all receipts) – Put things like birth certificates, social security cards, and copies of your orders in a safe place that you know where they won't get lost.
- **Take pictures and videos of belongings** – In case that something is damaged, have photos of items to prove they were not damaged before the move for insurance claims.
- **Coordinate with TMO to get movers a**
- **time/ Get volunteers to help pack** – Make sure you have a time for the movers so that you can plan your day more effectively. Ask for help from friends to help load truck in advance if you're moving yourself.
- **Plan your temporary living situation** – Some situations require you to either leave or wait an extra few days. For that reason, look up hotels near you or even find a friends you could stay with for a night
- **Figure out what movers can and can't pack** – Reach out to your movers and get an idea of what they can't pack that way you can do it before they arrive so all your belongings can be packed in one day. This eliminates some last minute stress.
- **Call and set date to cancel utilities**

## Moving Day Tips

- **Have plan for Kids and Pets** – Trying to entertain children and dealing with a barking dog can add extra stress. Have your kids spend the day at a friends or take advantage of the 20 hours of child care/ per child that are available on both sides of your PCS. The plan My Move Brief has the necessary information for you.
- **Set aside some food** – In the rush to get everything packed we throw away food and don't have anything to eat. Have some food available to eat to avoid grocery runs.
- **Feed Movers or helpers** – If it's cold day, give the movers something warm to help. If it's a hot day, a cold glass of lemonade can go a long way.



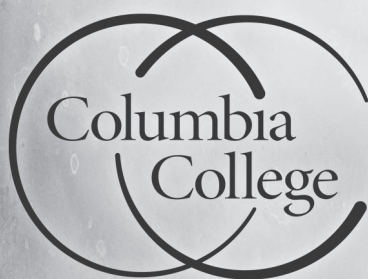
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## WINGS OVER

# WHITEMAN

## JUNE 15&16 2019

*Featuring the ACC F-22 Raptor Demo Team & the U.S. Army Golden Knights*



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## 2019 Wings Over Whiteman air, space show is June 15-16

From 509th Bomb Wing staff reports

The 2019 Wings Over Whiteman Air and Space Show and Open House is June 15 and 16 at Whiteman Air Force Base, Missouri. Admittance and parking are free.

This year's show features: Air Combat Command's F-22 Raptor Demonstration Team, the A-10C Thunderbolt II demo team and the U.S. Army Golden Knights Parachute Team, along with Whiteman AFB's B-2 Stealth bomber and T-38 Talon jet.

Guests will get an up-close look at strategic Air Force assets that our Airmen use to carry out missions across the globe as well as the technical expertise of the U.S. military.

Wings Over Whiteman also features dozens of aircraft static displays, exhibition aircraft, vintage and modern war birds, and much more.

Please visit [www.whiteman.af.mil/WOW/](http://www.whiteman.af.mil/WOW/) or [www.facebook.com/WingsOverWhiteman](https://www.facebook.com/WingsOverWhiteman) for more information.

Contact the 509th Bomb Wing Public Affairs office at (660) 687-5727 or [509.BW.PA@us.af.mil](mailto:509.BW.PA@us.af.mil) with questions.

**Be sure to check out our video on 2019's Wings Over Whiteman. It'll give you a sneak peak of this year's event and get your excited to attend! [www.facebook.com/WingsOverWhiteman](https://www.facebook.com/WingsOverWhiteman)**





Such sacrifice  
through valor made,  
A debt too deep  
to be repaid,  
From their courage  
freedom born,  
To remember them  
the poppy worn.



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Visit the **USAA Poppy Wall of Honor** – Memorial Day Weekend on the National Mall in D.C.

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[PoppyInMemory.com](http://PoppyInMemory.com)



LOOK BEFORE YOU LOCK

Think it can't happen to you ... Think again!



**MIKA**

Mika was only 6-months-old when she died from heat stroke after being left in a vehicle. Mika's father dropped off her sister, but Mika fell asleep in her rear-facing car seat while her dad was distracted by a phone call with news of a possible job after having been laid off weeks before. The road he normally took was blocked, so he had to take a detour. He stopped at the post office where he ran into a friend he'd been helping with a project at church. He then drove to the church, not realizing until later that day, he never dropped Mika off at day care. When Mika was found, it was too late.



## FACTS SHOW

new parents suffer from exhaustion due to lack of sleep, hormone changes, stress, and changes in their normal routine. Any one of these changes can cause your memory to fail at a time you least expect it. Even the best of parents or caregivers can overlook a sleeping baby in a car; and the end result can be injury or even death.



Share these important safety tips with your spouse, family, friends, co-workers, babysitters and child care providers.



## MODERN TREATMENTS ARE:

1. Covered by Medicare and Most Insurance
2. Non-Surgical / Minimally Invasive using Laser and Radio frequency
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**Colin E. Bailey, M.D., F.A.C.S.**  
**Dr. Kathleen Robbins, M.D.**



NORMAL LOOKING



LEGS SWELLING



VERICOSE VEINS



ULCER



SKIN CHANGES

*All are different stages of Venous Insufficiency which is progressive.*

## SYMPTOMS

**Leg Heaviness**  
**Burning**  
**Restless Legs**  
**Leg Swelling**  
**Aching/Pain**  
**Itching**  
**Cramps at Night**





# Activities & Events

Whiteman AFB Marketing  
660-687-7929



**Family Child Care Office**

**(660) 687-5590**

## Supplemental Care

This program provides free overnight, weekend and holiday care for "emergency responders" or those who work 12 or more consecutive hour shifts and have no other adult at home.

This care supplements the regular child care arrangements you are already paying for and is provided in a contracted and licensed family child care home. Come to the FCC Office to apply prior to participation or call for more details.

## Emergency Medical Care (EMC)

For families who are experiencing an emergency medical issue with an immediate family member. All reservations must be made through the FCC Office. Once Air Force has received verification, they will decide on the amount of time to be allotted. Call for more details.

**STARS & STRIKES BOWLING CENTER**

\*Visual representation only. Images are not actual burgers

# Burger War

**Monday – Friday  
10:30 a.m. – 1:30 p.m.**

During the month of June, come vote for your favorite burger for only \$7.50! For more information, please call Stars & Strikes Bowling Center at (660) 687-5114.

\*Grilled Cheese Burger   \* Keto Burger   \*Krispy Kreme Burger

## Whiteman Air Force Base Upcoming Events

**Saturday, May 25<sup>th</sup>**

### Memorial Day 4 Person Scramble

**9:00 a.m. – 12:00 p.m.**

Join us at Royal Oaks Golf Course for the Memorial Day 4 Person Scramble! This event is open to the public but space is limited to the first 25 teams to sign up!

\$60 per person | \$40 for members

Price includes entry fee, cart, green fees & lunch. For more information call (660) 687-5572.

**Friday, May 31<sup>st</sup>**

### Whiteman's Got Talent

**6:00 p.m. – 8:00 p.m.**

Head over to Mission's End for a night of family fun! Here you will enjoy watching Whiteman's finest dazzle and entertain while they compete for the top prizes! This is a FREE event.

For more information call (660) 687-5754.

**Monday, June 3<sup>rd</sup>**

### Burger Wars @ Stars and Strikes

**10:30 a.m. – 1:30 p.m.**

During the entire month of June, stop in to Stars & Strikes Bowling Center to vote for your favorite burger from the following for only \$7.50: Nuke Burger, Grilled Cheese Burger, Keto Burger or Krispy Kreme Burger.

For more information please call (660) 687-5114.

**Tuesday, June 4<sup>th</sup>**

### Youth Base Tour

**3:30 p.m. – 5:00 p.m.**

Don't let your youth miss this chance to see Whiteman AFB like never before! Our tour stops at all of the static display planes and missiles and ends with FREE slushies at the Shoppette! This event is for youth ages 9-12 years.

Free for members | \$3 nonmembers

To sign up please call (660) 687-5586.

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# WARRIOR

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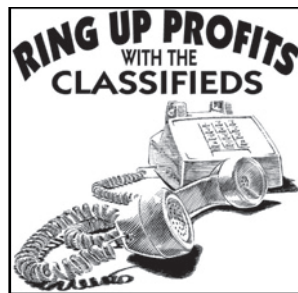
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