

WARRIOR

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U.S. Air Force photo by Airman 1st Class Cody H. Ramirez

Children returning from their simulated deployment are greeted by a line of Airmen during Operation Spirit April 16. Operation Spirit is hosted once a year to show military children a glimpse of what their parents might experience through a deployment. See page 5 for more photos.

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Have the will to make a will

A three-round burst to the chest; a car accident traveling to church; choking on a meatball during dinner—these are just a few of the ways that people can die.

WEATHER

Today	Sunday
Storms	Showers
Hi 64	Hi 61
Lo 47	Lo 55

Saturday	Monday
Cloudy	Storms
Hi 60	Hi 69
Lo 48	Lo 52

Courtesy of National Weather Service

Switch your ABCs

By Airman 1st Class Tara A. Williamson
18th Wing Public Affairs

KADENA AIR BASE, Japan (AFNS) – Most Airmen who have gone through CPR training remember being taught the ABCs, or airway-breathing-circulation.

However, American Heart Association officials are suggesting people change the ABC sequence to CAB, or circulation-airway-breathing.

"Changing from ABC to CAB will save more lives," said Staff Sgt. Mark Simpson, 18th Comptroller Squadron, after taking the new CPR course. "It's a better system for getting nutrients to the brain and the rest of the body by compressing the heart first and not delaying the compressions, which is a very important part of the CPR process."

Tech. Sgt. Jeanette Espiritu, a basic life-support administrator, explained that the studies of the CAB method allow the person administering CPR to immediately begin compressions, increasing the chances of saving someone's life.

"I believe it's a lot better than before," said Tech. Sgt. Rafael Ortega, 18th Logistics Readiness Squadron NCO in charge of individual protective equipment, who also took the CPR course. "With the medical group providing this training, it creates a better outcome for the injured. Not just in the Air Force, but anywhere. This training is priceless."

All Airmen will be taught the new CPR sequence in Heartsaver and health care provider courses, officials said. Airmen needing to update their CPR certificates should contact their unit CPR instructor.

Whiteman AFB children receive operational spirit

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

The sun was barely above the horizon, morning dew still clung to grass and a room filled with more than 100 faces waited in anticipation to 'deploy.'

Children from the Whiteman community attended Operation Spirit April 16 at the deployment center here to experience firsthand what their parents encounter through deployments.

Geared toward children, the program brings the deployment experience to a level they can understand. "The goal of Operation Spirit is to educate military children on the deployment process, alleviate fears that a child might have, and most importantly ... to have fun while learning about their parent's experiences," said Sandi Williams, 509th Force Support Squadron and an Operation Spirit organizer.

The day started with a mission brief from Brig. Gen. Scott Vander Hamm, 509th Bomb Wing commander, who answered questions and wished the children luck on their 'deployment.' Mission, intelligence and weather briefings educated the children about some of things their parents deal with on deployments.

"They had the opportunity to ask questions and get real answers," Mrs. Williams

said. "This was their day and it gave the children a chance to share something special with their parent, something they hear talked about, but now they can discuss it with a better understanding of the process."

Their journey continued with out-processing through a deployment line, which included simulated vaccinations, orders and equipment (a bag of goodies) in this case.

Following the out-processing, chinks of children were bused to the flightline to see the B-2 Spirit, AH-60 Apache, A-10 Warthog, C-130 Hercules and T-38 Talon.

"We got to go on a carrier plane and see the B-2," said Tanner Tipton, son of Tech. Sgt. Nikole Tipton, 509th Force Support Squadron. "It was awesome!"

A bus ride back to the deployment center ended their deployment. The children were led to a room with equipment from a variety of base units on display.

Tech. Sgt. Thomas McGrew, 509th Civil Engineer Squadron, said this was his fourth year attending with his children and he was pleased at the turn-out.

"At each station we can tell our children our story and how each station relates to our personal deployed experiences," Sergeant McGrew said. "Operation Spirit also shows the children a lot of equipment that we deal with as military members."

New 509th MDG concept: FHI

By Capt. Christopher Hollis
509th Medical Group

What is the Family Health Initiative (FHI)?

The Family Health Initiative (FHI) is a team-based approach to health care that maximizes health outcomes by providing continuous, coordinated care via a patient-centered medical home.

FHI will solidify the Air Force surgeon general's vision of how primary care at Air Force Military Treatment Facility should be: a medical that's pleasing to patients and medical staff.

Currently, when you make a medical appointment in either the family health or pediatrics clinic you may not be seeing your normal provider. One of the focuses of FHI is to improve that care through consistently seeing the same provider and FHI team. Every effort will be made to ensure you are cared for by the same family health team every time you visit the clinic.

It is unlikely that every appointment will be with the same provider due to urgent care needs and provider availability, but improved continuity means you will know your health care team better and they will know you better. Ultimately, allows for better medical management. There may be times, when

due to temporary duty assignment, leave or medical necessity, that you do not see your assigned provider. However, with the FHI this will be the exception rather than the norm.

Why FHI?

FHI is designed to permit greater flexibility in your medical appointments, while allowing our family-focused family medicine providers to get to know you and your family. FHI is an active approach to establish a "medical home" for its patients. The patient-centered medical home focuses on the patient being the center of health care and the driver of care rather than the passive recipient. Care is coordinated by your individual medical provider who is leading a team of medical professionals providing continuous, comprehensive and personalized prevention-based health care.

Care that is truly patient-centered considers patients' cultural traditions, personal preferences, values, family situations and lifestyles. It makes you and your loved ones an integral part of the care team who collaborate with health care professionals in making clinical decisions. Patient-centered care puts responsibility for important aspects of self-care and monitoring in your hands along with the tools and support you

need to carry out that responsibility.

What type of impact has FHI had at other sites?

FHI has been instituted at more than 30 sites already. Data from the Air Force Family Health Clinics that have fully implemented FHI has shown improved continuity, improved health outcomes (better prevention and control of disease), improved patient satisfaction and improved staff satisfaction.

When will FHI start?

The FHI training for the 509th Medical Group began earlier this month. Further training during a second visit from the Air Force Medical Operations team will occur in June. The official kick-off for FHI at Whiteman is July 1.

How to access care?

To schedule appointments, you will still call the appointment line at (660) 687-2188 or visit www.tricareonline.com. Active duty personnel will be seen at the 509th MDG for all urgent care within 24 hours. Supervisors of active duty are reminded that they can grant 24-hour quarters to their personnel without a medical appointment in accordance with Air Force Instruction 41-210, 3.6.4.

For more information about Tricare benefits, visit our local Tricare Service Center at the 509th Medical Group.

Seasoned spouse: Waiting and uncertainty

By Jolene Tolbert
5th Bomb Wing spouse

MINOT AIR FORCE BASE, N.D. -- "The waiting is the hardest part. Every day you see one more yard. You take it on faith. You take it to the heart. The waiting is the hardest part." These words by Tom Petty come into my mind every time I'm waiting for something.

I believe military families do more waiting to hear what is next than the average family. With most assignments finally out for this year, the waiting is over. It was suggested I write about dealing with waiting and uncertainty.

'The waiting is the hardest part. Every day you see one more yard. You take it on faith. You take it to the heart. The waiting is the hardest part.'

Tom Petty

When I started this commentary, I told you sometimes I would share my stories just so you know that everyone goes through the same kinds of things. Well this is that kind of column.

One would think that after more than 20 years I'd be used to the assignment game, but sorry to tell you, it doesn't get a whole lot easier. You know the drill -- the assignments will be out on Thursday, now they'll be out next Friday, now they're not saying when. All the while, it's all you can think about.

You accost your spouse every evening, "Any word yet?" You might even call or two during the day. Everyone in the house is a little on edge, then a lot on edge. You feel like you have no control over what is happening in your life. You start to wonder if those mysterious assignment boards enjoy this little game.

Then you start to hear the rumors. If it's that dream assignment you start to get butterflies and can't help checking out a few things on the Internet. Still, you try not to get your heart set on it. Or, it's not what you were hoping for; so, you are a little down, but you know it still might change. This may not be your scenario, but it sure is what it looked like around our house for a month or so.

I must admit, I did not handle the uncertainty well. Of course, once you know your assignment, you can deal with it, whether it's

that dream job or not; but Lordy, Lordy, that waiting. Seriously, I thought I'd get better at it, but this year it seems I literally puttered around the house waiting. In light of this fact, I am obviously in no position to offer advice on how to survive the process. I did a little research for tips to help you and me next time we're waiting for something.

A lot of the research and advice concentrates on taking charge of the change, to see it as an opportunity, to be open to the possibilities that will open up because of the change, etc. While these are all true and helpful, I find it frustrating sometimes because we really have so little control over the change. Here are some of the better ideas:

Focus on the present -- We can do nothing about the past and little about the future, but we have more control over the present. We cannot control the circumstances, but we can control our reaction to these circumstances. Focus on being in the here and now.

Stay busy -- We all know this is true. Yet, it can be very easy to withdraw from your usual activities because of the anxiety. I pledge to do better with this one next time. Instead of puttering around waiting, I could have been doing something useful.

Keep sight of the long-term vision -- This one is so true. You know that once you are actually moved, everything will be fine.

The military often talks about resiliency, but what does that mean and how can we be resilient in the face of change and uncertainty? Here are common traits that influence their resiliency, found by researchers at the University of Georgia, of people who had productive lives past the age of 100:

Optimism - They had a positive view of the past and future, not dominated by negativity.

Engagement -- They were actively involved in life, not passive observers.

Mobility -- They stayed physically active.

Adaptability -- They had an extraordinary ability to handle and accept change and loss.

I am not sure how many of those traits are inborn or learned, but they are surprisingly simple.

Change is going to be a part of our lives for as long as we live. I know that if I happen to live to 100, I would like to be active and productive. I am sure you would, too. Keep these tips in mind when you know a change is coming and hopefully you, and I, will handle the uncertainty more gracefully.

THE WARRIOR

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

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

NEWS BRIEFS

Marketing yourself for a second career

The Airman and Family Readiness Center is hosting a free lecture about how to market yourself for a second career Wednesday from 8:30-11 a.m., given by retired Air Force Col. Dan Koslov, in the professional development center auditorium. The lecture is open to all ranks and spouses but focuses on officers and senior NCOs. To RSVP call, (660) 687-7132 by Tuesday.



UCM Military Appreciation Baseball game

Team Whiteman members are invited to the UCM Military Appreciation Baseball Game, noon April 30 at Crane Stadium-Tompkins Field against Pittsburg State. Show military ID at the ticket window and admission is free for military members and their family members. Show support as Col. James Dawkins tosses out the first pitch.

Whiteman Block Party

Whiteman's annual block party honoring the Month of the Military Child, Child Abuse Prevention Month and Sexual Assault Awareness Month is Thursday at the chapel annex and the youth center. There will be free food, music and an information fair at the chapel annex from 5-6:30 p.m. The children's event at the youth center is from 5:30-7:30 p.m. For more information call (660) 687-6533.

Air Force Assistance Fund

The Air Force Assistance Fund campaign is an annual, on-the-job fundraising appeal conducted among Air Force military personnel and retired military now working as Department of Air Force civilians, since they may benefit from the services of the AF AF affiliate charities and runs until May 2. AF AF campaign contributions provide financial support to four AF AF affiliates: Air Force Village, Air Force Aid Society, Air Force Enlisted Village and the General and Mrs. Curtis E. LeMay Foundation. To make a contribution, contact your assigned unit project officers.

Whiteman Top Three announces scholarship grant

The Whiteman Top Three Association will award their annual program providing a two-\$250 scholarship grants to Whiteman Air Force Base enlisted personnel and their families (E-1-E-6). Applications for the scholarship grants are available at the Whiteman Education Office. The application package consists of the application form and transcripts from previous classes and a single-page essay are due by June 30. For more information call Master Sgt. Nathan D. McCoy at (660) 687-5331.

Col. James Dawkins final flight



U.S. Air Force photo by Senior Airman Kenny Holston
Col. James Dawkins, 509th Bomb Wing vice commander, is sprayed down by his family after his final flight in a B-2 Spirit April 18. Col. Dawkins will leave Whiteman to take command of the 5th Bomb Wing, Minot Air Force Base, N. D.

Team Whiteman walks to take back the night

By Heidi Hunt
509th Bomb Wing Public Affairs

Just before the sun set in her cozy community she decided to embark on her daily run. She normally ran earlier in the day, but her schedule was full and she made it fit where possible.

Against her better judgment and the echo of her parents' preaching not to run at night, she slipped on her sneakers and played her favorite running-list.

Hesitation crossed her mind, but no one was around for miles and that was comforting. After all, what could possibly happen in her little town where she practically knew everyone?

Scenarios like this are what women face when walking at night, therefore Take Back the Night was established according to www.takebackthenight.org and focuses to eliminating sexual violence in all forms, and thousands of colleges, women's centers and rape crisis centers have sponsored events all over the country.

Last Friday, the Sexual Assault Prevention and Response program hosted a TBTN walk as a way to protest the violence that women experienced while walking in public at night.

More than 100 walkers were in attendance at this AFGSC base.

"The purpose of this march is to speak out



U.S. Air Force photo by Capt. John Severns
More than 100 Team Whiteman members walked in support of Take Back the Night hosted by the SAPR April 15. The group started the walk at the fitness center track and ended at the Skelton Park where they listened to music, ate food and socialized.

against this violence and raise community awareness as a preventative measure against future violence," said Amy Creighton 509th Bomb Wing SAPR program assistant.

The group started the walk at the fitness center track and ended at the Skelton Park where they socialized.

Sexual assault is one of the most under reported crimes, with 60 percent still being left

unreported according to the U.S. Department of Justice. Males are the least likely to report a sexual assault, though they make up about 10 percent of all victims.

For information on bystander intervention, sexual assault prevention or to report a sexual assault, call the SAPR office, (660) 687-2324 or (660) 687-7272 24/7 confidential hotline.

Hazmat waste amnesty day for base family housing

By Heidi Hunt
509th Bomb Wing Public Affairs

The 509th Civil Engineer Squadron environmental element is sponsoring a household Hazmat Waste Amnesty Day today from 9 a.m. to 2 p.m. in celebration of Earth Day. This event is intended for Whiteman AFB military family housing residents only and is not intended for work centers.

"This is the perfect opportunity to rid yourself of that used oil in the garage, that old cleaner under the sink or that paint from a few projects ago," said Paul F. Edwards, 509th Civil Engineer Squadron environmental engineer. "This is a great occasion for those of you getting ready for the upcoming permanent change of station (PCS) season as well."

Base residents are encouraged to bring their unneeded, unwanted paints or cleaners to the parking lot behind building 709 of the Civil

Engineer and Force Support headquarters, building according to Mr. Edwards.

The 509th CES will accept the following items:

- Household chemicals with labels
- Paints
- Used oils
- Lead batteries

The 509th CES will not accept the following items:

- Ammunition
- Explosives
- Tires
- Rubbish
- Electronics

For additional questions or concerns, contact Mr. Paul Edwards at (660) 687-3272.

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Whiteman AFB children receive operational spirit



ABOVE: Tanner Tipton, son of Tech. Sgt. Nikole Tipton, 509th Force Support Squadron, gets his face painted during Operation Spirit April 16. Operation Spirit is hosted once a year to show military children a glimpse of what their parents might experience through a deployment. RIGHT: Tech. Sgt. Rob Randall, 509th Civil Engineer Squadron explosive ordnance disposal operator, shows a child how to operate a bomb removal robot during Operation Spirit. BELOW LEFT: A child receives immunizations while out-processing during Operation Spirit. BELOW RIGHT: A chalk of children prepare to deploy after out-processing during Operation Spirit.



From the Frontlines:
1st Lt. Rachel Savage



U.S. Air Force photo by Capt. Tristan Hinderliter

AFGHANISTAN -- U.S. Air Force 1st Lt. Rachel Savage, Laghman PRT information operations officer conducts a dismounted patrol in Mehtar Lam Aug. 29, 2010.

By Airman 1st Class Montse Ramirez
509th Bomb Wing Public Affairs

In a place where civil society is run by men, her participation in government projects was a foreign concept to the locals.

Her unveiled face showed her light, freckled skin and pearly white teeth. Her camouflage uniform showcased a U.S Air Force name tag just like her male co-workers; something the local men had never seen a woman wear in their county, making them

skeptical about her capabilities she said. 1st Lt. Rachel Savage, Laghman Provincial Reconstruction Team information operations officer, dealt with these challenges for nine months when she left this Air Force Global Strike Command base. She deployed to Forward Operating Base Mehtar Lam, Afghanistan, from February to November 2010, after spending three months at combat skills training.

See Frontlines, Page 14

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Whiteman AFB Easter Day Holy Services and Activities

Catholic

Today, 3 p.m. – Good Friday Services
Saturday, 8 p.m. – Easter Vigil Mass (Begins in chapel courtyard)
Sunday, 9:30 a.m. – Easter Sunday Mass
Sunday, 11:15 a.m. – Easter Egg Hunt at chapel for children

Protestant

Sunday, 8 a.m. – Traditional Worship Service

Sunday, 11 a.m. – Contemporary worship service

Activities

Saturday, 1 p.m. – Bunny Hop and Easter Egg Hunt at Skelton Park, with different age groups and goodie bags for all. For more information call (660) 687-5617.

Sunday 10:30-1:30 p.m. – Easter Day Brunch at Mission's End. Reservations are required by 5 p.m. For more information call (660) 687-4422.

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Sync, Sunroof, Alloy Wheels, Automatic #2056A

2008 MERCURY SABLE
30K MILES
Local Trade, Sharp! #2143A

2008 CHEVROLET MALIBU LT
#P172

2007 FORD 500 SEL
Leather #2186A

2003 CHEVROLET SILVERADO
\$13,995
4x4, Z71 #2199A

Chris Boulais
Sales Manager

2010 CHEVROLET IMPALA LT
Power Windows, Locks, Cruise, Very Sharp #P199

2003 CADILLAC CTS
80,000 MI.
Loaded, Ride In Style, Local Trade, #1434B

2000 PLYMOUTH GRAND VOYAGER SE
\$3,950
#2180A

2007 CHRYSLER PT CRUISER
Low Miles, Local Trade, Must See, #13552A1

2003 FORD EXPLORER
Alloy Wheels, Eddie Bauer, Leather, Loaded, #1371B

Drew Bappe
Finance Manager

2007 TOYOTA CAMRY CE/L
Great Cruise, Local Trade, #2178A

2010 FORD TAURUS LIMITED
18,000 MI.
Big Savings, Loaded, #A182

2010 MAZDA 3
Great on Gas, Sharp! #P204

2007 FORD EXPLORER
59K MILES
Leather, 3rd Seat, 4x4, Local Trade

2011 FORD F250 XLT SUPER DUTY
\$29,950
Ready To Work #2181A

Randy Goodman
Sales

2008 CHEVROLET SILVERADO 2500 HD
LT, 4x4, Tow #222A

2004 FORD F250
Power Stroke, 4x4, Local Trade, #2098B

2010 FORD FOCUS
56K MILES
SES Sports Sync, #P241

2009 CHEVROLET IMPALA LT
\$13,990
#P200

2008 MERCURY GRAND MARQUIS LS
Alloy Wheels, Power Windows, Locks, Sharp, #2090A

Vincent Collet
Sales

2007 JEEP COMMANDER
\$14,995
3rd Seat, Local Trade #2156A

2007 PONTIAC G6
37K MILES
Local Trade, Must See #A175A2

2007 FORD F150
4x4, Local Trade, 48K Miles, Nav., Moonroof, #2142A

2002 JEEP WRANGLER
Local Trade, Hard/Soft Top, Sharp, #2172A1

2006 FORD FUSION SEL
Alloy Wheels, Power Windows, Locks, Sunroof, #2040B

Phil Jamison
Sales

Chris Cook
Sales

Exercise soars at Whiteman

By Capt. John Severns
509th Bomb Wing Public Affairs

Team Whiteman concluded a Nuclear Operational Readiness Exercise here April 13 with the generation of eight B-2 Spirit bombers, half of which took to the sky while the other four taxied to exercise areas for maintainers to practice recovery operations.

Although the fly-off was the most visible part of the exercise, the two-week operation couldn't have taken place without countless hours of behind-the-scenes planning, set-up and execution, according to Brig. Gen. Scott Vander Hamm, 509th Bomb Wing commander.

"This exercise validates our ability to carry out the vital mission entrusted to us by our nation," the general said. "As

I expected, the Airmen of Team Whiteman demonstrated outstanding pride, professionalism and dedication in generating aircraft and supporting the maintainers and operators on the flightline."

The exercise came only weeks after the 509th and 131st Bomb Wings flew their first combat missions since the B-2 flew in the early days of Operation Iraqi Freedom in 2003. Despite the high operations tempo, exercises such as this are necessary part of improving the wings' performance, according to the general.

"We identified areas of excellence and areas for improvement, and as a whole the exercise will help us accomplish our real-world mission and prepare us for future inspections," he said.



U.S. Air Force photo by Senior Airman Kenny Holston



U.S. Air Force photo by Tech. Sgt. Charles Larkin, Sr.



U.S. Air Force photo by Airman 1st Class Montse Ramirez



U.S. Air Force photo by Master Sgt. Steven Pearsall

Team Whiteman amp B-2 Spirits during a training sortie April 13. Twenty B-2 Spirit aircraft are operated and maintained by the 509th and 131st Bomb Wings. The B-2's primary mission is to attack time-critical targets early in a conflict to minimize an enemy's war-making potential.



U.S. Air Force photo by Master Sgt. Steven Pearsall

Whiteman charges for energy initiative

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

One of the Air Force's ongoing concerns remains reducing the demand, increasing the supply and changing the culture behind energy management.

Currently the largest energy user in the Department of Defense, the Air Force is attempting to reduce its energy consumption dramatically by 2015.

In support of these changes, Air Force Global Strike Command bases are focused on lowering energy consumption, increasing energy supply and educating base personnel on being an energy-conservative community.

Whiteman has a specific goal of decreasing energy consumption by 30 percent from a baseline established in fiscal year 2003.

"We have a quarterly energy management steering group meeting with senior commanders on base to discuss the major projects in process on base and how we are doing compared to goals that have been set by the Air Force," said Mike Reinhardt, Whiteman resource efficiency manager.

He added, "The reports are graphed out and if we aren't achieving desired rates, we figure out why and what we are doing to fix it."

Mr. Reinhardt said the group wanted to start at the highest levels, so the importance of energy management can be recognized across the wing and moved down the chains of command.

To reduce energy demand, Whiteman has upgraded or replaced old style light fixtures, exchanged high voltage bulbs with energy conserving bulbs, completed energy improvements on the steam plant and planned for much more.

More than \$20 million worth of projects are in different planning stages and an equivalent dollar amount of additional projects

are waiting on funding, according to Mr. Reinhardt.

"We are looking at boiler systems, lighting systems, installation-rejuvenations and heating demands all as part of the pillar of reducing demand," Mr. Reinhardt said.

According to Andrea Goodson, 509th Civil Engineer Squadron chief of asset optimization, 60 percent of energy is used on heating and cooling ventilation, 20 percent for lighting and 20 percent for all other plug sources. Meters are being added to base housing to keep track of energy consumption.

"People living in base housing and in the dormitories are both briefed upon arrival to save energy," Mrs. Goodson said. "They are told what the recommended temperatures to keep their house during winter and summer months are and to set the temperature accordingly when not occupied for a period of time."

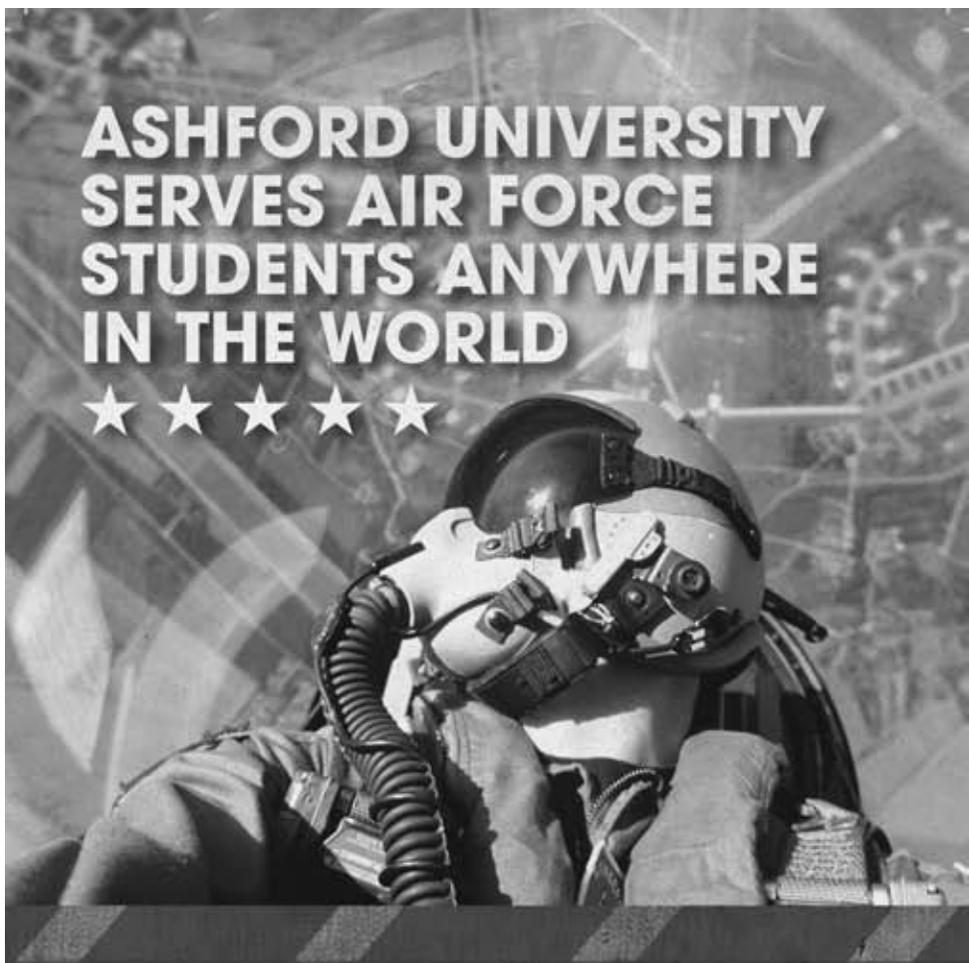
Increasing energy supply is difficult at Whiteman with the area lacking an environment where solar or wind based renewable energy can thrive.

According to Mr. Reinhardt, Whiteman does have renewable energy though multiple ground source heat pumps, in which more are in the process of being built.

"We're doing a great job in analyzing opportunities and developing projects to improve energy savings," Mr. Reinhardt added.

While Whiteman follows the three pillars of the Air Force's Energy Plan, the growth of the base and size of mission makes cutting 30 percent of energy use by 2015 a possible, but difficult-task.

"The largest challenge is our population here is growing and we are being measured on energy usage per square foot, or energy intensity," said Mrs. Goodson. "It will be difficult to meet future goals with constant progression on bas, but that doesn't stop us from trying."



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Have the will to make a will

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

A three-round burst to the chest; a car accident traveling to church; choking on a meatball during dinner—these are just a few of the ways that people can die. No one knows how they'll die, so why not have a will prepared for the worst-case scenario? "Why should I make a will?" you ask yourself. "I'll be dead, so who cares what happens."

Simple: a will allows a person to designate who receives their property—including children—when they die. Without a will, nothing is guaranteed. This is especially important to recognize when serving the military during a time of war, according to Capt. Jason Templin, 509th Bomb Wing Judge Advocate civil law chief.

"If you die intestate (without a will) all of your property will be divided according to state law: first to your spouse, then children and finally to other relatives," Captain Templin said. "Essentially what you're doing is allowing the state to dictate where your belongings end up."

And there is more to think about than just property, according to Captain Templin.

"It is also important to decide who will be your executor, or property distributor, and who will care for your children when you die," the captain said.

"Say you don't have a will set and you happen to die in an accident while the baby-

sitter is watching your children," he stresses in a worst-case-scenario. "Who will end up caring for your children? They go where the state decides is most suitable, which isn't always a bad thing, but wouldn't you rather your children go to someone you choose, know and trust?"

But how much will this cost? Actually, nothing. A service that would cost hundreds of dollars for civilians can be done for free in less than an hour, according to Captain Templin.

And it doesn't stop at wills; you can get powers of attorney and living wills too, he added.

"A living will allows a person to make end-of-life decisions in advance—before that person is in a persistent vegetative state," Captain Templin said. "That way, you don't put the stress of making a life or death decision on a loved one."

Powers of attorney, in contrast, gives an agent the right to make important decisions for the person—from filing tax returns to deciding what medical treatment that person gets.

If people want a will or other services, appointments can be scheduled Mondays 8-10 a.m., and Wednesdays 1-3 p.m. The legal officer will review the will with you to ensure the information is correct. The will is then signed and notarized with witnesses to make it official.

The legal officer will then tell you how to care for the will to ensure your family receives it properly when the time comes.

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April 29
4-person scramble
 Check In: 11-11:30am
 Lunch: 11:30am-12:30pm
1pm Shotgun Start

\$20 plus cart & green fees
 Tournament open to Active Duty, Reservist, Retirees, DoD Civilians and dependents. BCC members must register by calling Chris Walker at 660-351-2132.

Please sign up and pay by COB Apr. 24 Limited to the first 36 teams.

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Food & Entertainment

SATURDAY 4/23

IRS Inventory Reduction Sale ~ Royal Oaks

During the month of April, Royal Oaks is having an Inventory Reduction Sale. Swami Golf GPS on clearance, men's & women's golf shoes starting from \$45 and up, Pinehurst golf bags that were \$70 now \$60, and now in stock, Srixon golf balls. Call 687-5572 or stop by to see all the hot deals on display!

SUNDAY 4/24

Easter Sunday Brunch ~ Mission's End

Bring the entire family for an Easter Sunday Feast! Two seatings available; 10:30 a.m.-Noon & Noon-1:30 p.m. Members: \$16.50/Children 5-12 yrs \$6. Nonmembers: \$18.50/Children 5-12 yrs \$7.50. Children four and under are free. Make reservations by 4 p.m., Friday, April 22. For more information, please call 687-4422.

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

Join us for fun, family bowling! One hour bowling, shoe rental, a large 1-topping pizza and a pitcher of soda, all for \$20. Up to six people per lane. For more information, call 687-5114.

MONDAY 4/25

Lunch Bunch ~ Community Center

Are you Brown Baggin' it? Push yourself away from that desk and join us for lunch on your terms. Come on in during our Hours of Operation. We offer: vending area for drinks and snacks, Wi-Fi, Big Screen TV for your daytime drama fix, comfortable kick-back chairs, sunny atrium, reading area, ping pong and pool, or let us be your quiet time haven. For more information call the Community Center at 687-5617.

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

The menu for today is: BBQ Chicken, BBQ baked beans, coleslaw and garlic bread. For more information, please call 687-4422.

Family Night Buffet ~ 5-7 p.m. ~ Mission's End

Come out and let the kids enjoy a great time, good food, movies, games and giveaways! Members are Free! Nonmembers 13 and up \$8.95; 12 and under \$4.95. For more information call 687-4422.

TUESDAY 4/26

Stained Glass Class ~ 5:30-8:30 p.m. ~ Arts & Crafts

Learn the art of stained glass. Six-week open enrollment class scheduled every Tuesday, 5:30-8:30 p.m. Cost is \$115, supplies included. Sign up by noon the Friday prior to class. Call 687-5691.

WEDNESDAY 4/27

Katy Trail Bike Ride Deadline ~ Outdoor Rec

Today is the sign up deadline for the Katy Trail Bike Ride scheduled April 30 or May 14, 7 a.m.-6 p.m. Cost is \$15 per person; \$20 if bike rental is required. Call 687-5565 for more details.

Boss-n-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. Call 687-4422 for details.

THURSDAY 4/28

Cook's Night Off ~ Mission's End

Call in your order to 687-4422 by 2 p.m.; pick up 5-8 p.m. A perfect meal that feeds a family of four. April's menu is Smoked Brisket, Black Eye Peas, Savory Rice, Pasta salad, Dinner roll and sliced Pound Cake. Cost is \$15.95 for members; \$18.95 nonmembers.

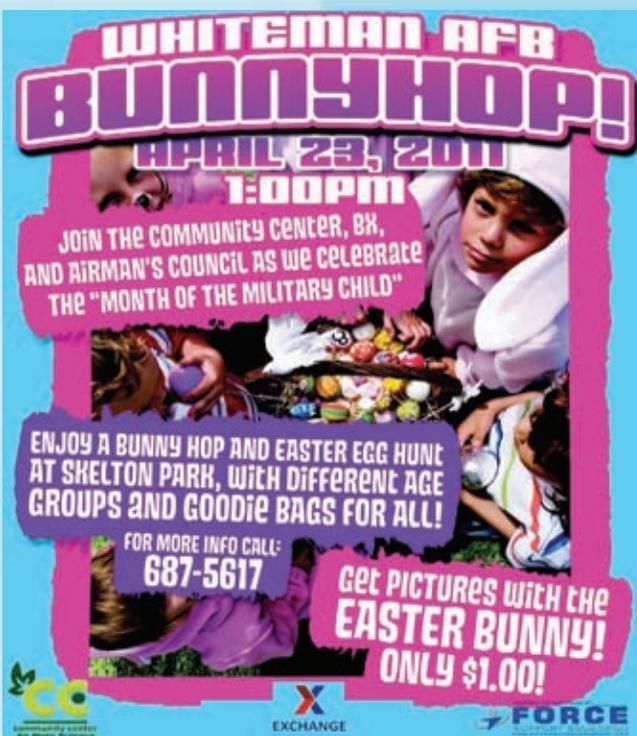
FRIDAY 4/29

Friday Social Hour ~ 5-7 p.m. ~ Mission's End

Come to the Mission's End for great music, bar bingo, Wii Dance, Spades and Domino tournaments! Free Hors' d'oeuvres and drink specials served. Club members free; nonmembers \$7 at the door. Must be 18 years or older to enter. Call 687-4422.

Cosmic Color Pin ~ 7:30-10:30 p.m. ~ Stars & Strikes

Come out every Friday or Saturday nights in April to enjoy Cosmic Color Pin bowling with a chance to win a free game every time you bowl. Games are just \$2. Call 687-5114 for more details.



WHITEMAN AFB BUNNY HOP!
APRIL 23, 2011 1:00PM
 JOIN THE COMMUNITY CENTER, BX, AND AIRMAN'S COUNCIL AS WE CELEBRATE THE "MONTH OF THE MILITARY CHILD"
 ENJOY A BUNNY HOP AND EASTER EGG HUNT AT SHELTON PARK, WITH DIFFERENT AGE GROUPS AND GOODIE BAGS FOR ALL!
 FOR MORE INFO CALL: 687-5617
 GET PICTURES WITH THE EASTER BUNNY! ONLY \$1.00!



MONTH OF THE MILITARY CHILD FAMILY FUN CARNIVAL
THURSDAY APRIL 28, 2011
 JOIN IN THE CELEBRATION OF OUR YOUTH!
AT THE CHAPEL 5:00-6:30PM
FREE DINNER!
 HOT DOGS, BEANS, CHIPS, ICE TEA, LEMONADE AND COOKIES
AT THE YOUTH CENTER 5:30-7:30PM
 FAMILIES WILL TAKE PART IN CAKE WALK & BINGO! CARNIVAL GAMES, BOUNCE HOUSE, SIGN UP FOR DRAWINGS AND GIVEAWAYS! FACE PAINTING AND MORE!
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FCC NEWS!
Want a profitable home base career?
 Providers are needed to provide care for the following: evenings, weekends, swing shift workers, infants, special needs and mildly ill children. Air Force offers a subsidy for providers for all children under age 3 and any child who falls in the critical needs areas. Providers who hold a license are subsidized \$160 a week per qualifying child. Providers with chronic health problems are accepted.
 Call 687-5590 for more information about any FCC programs.

Youth & Teen Events

MONDAY 4/25

MOMC Open Recreation ~ Youth Center

Youth, ages 9-18, join us for Month of the Military Child free open recreation in April. Preteens: Monday-Friday 3:15-6 p.m., Teens: Monday-Thursday 3:15-8 p.m. & Fridays 3:15-6 p.m. Call 687-5586 for more details.

Tumbling Registrations ~ Youth Center

Registrations are ongoing now through April 29 for the Summer Session Tumbling classes. Various classes available to accommodate different experience levels. Class space is limited. Cost is \$45; \$5 family discount per child of three or more children. For more information, please call the Youth Center at 687-3199.

Start Smart Baseball Registrations ~ Youth Center

The Youth Center is taking sign ups for Start Smart Baseball for ages 3-5 year olds. Start Smart Baseball is a six week instructional program that helps parents work one-on-one with their children. Cost is \$25 without kit; \$61 with kit. Sign up deadline and parent meeting scheduled May 30, 5:30 p.m. Call 687-3199 for more details.

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. For more information, please call 687-5586.

TUESDAY 4/26

Homeschool Art Studio ~ 1-3 p.m. ~ Youth Center

Make Whiteman Youth Center your Homeschool away from Home! Homeschool Hour provides a chance to utilize our gymnasium and art studio to enhance your schooling experience for FREE! Today, will be creating art. For more information call the Youth Center at 687-5586.

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

Preteens, ages 9-12, learn to work together to plan and implement activities. Torch Club meets every Tuesday during the school year. 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. Nonmembers are welcome to join! Call 687-5586.

WEDNESDAY 4/27

Month of the Military Child BINGO ~ Youth Center

We are celebrating Month of the Military Child this month. Youth ages 5-18 may come by each Wednesday from 4-4:30 p.m. to play BINGO for a prize! This is a FREE program. Eight years and under must be accompanied by an adult. For more information, please call the Youth Center at 687-5586.

FRIDAY 4/29

Free Teen Shuttle Service ~ 2:30 p.m. ~ Youth Center

Attention teens attending Warrensburg middle & high schools! Need a ride to get to the Whiteman AFB Youth Center to hang out with friends? The Youth Center provides free shuttle service every Friday! Pickup is at 2:30 p.m. at the middle school then the high school. Permission slip (military ID card if 16 years and older)



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FORCE
 SUPPORT SQUADRON
 Force Support page editor.....Cathy Sison
 509th Force Support Squadron.....687-4386
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This Week at the Movies

Mars Needs Moms

Saturday, 7 p.m.

Seth Green, Joan Cusack — Take out the trash, eat your broccoli - who needs moms, anyway? Nine-year-old Milo finds out just how much he needs his mom when she's nabbed by Martians who plan to steal her mom-ness for their own young. Milo embarks on a quest to save his mom- a wild adventure that involves stowing away on a spaceship, navigating a multi-level planet and taking on the alien nation and their leader. With the help of a underground earthman and a Martian girl called Ki. Rated PG for action/adventure, comedy, science fiction/fantasy, animation and adaptation. 88 minutes

Rango

Sunday, 3 p.m.

Johnny Depp, Abigail Breslin — A chameleon that aspires to be a swashbuckling hero finds himself in a Western town plagued by bandits and is forced to literally play the role in order to protect it. Rated PG for rude humor, language, action and smoking. 107 minutes

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

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AIRMAN AND FAMILY READINESS

Divorce Survival — Divorce survival is aimed at helping individuals who are going through or have recently gone through divorce. Ideas and tools will be available to help the transition in dealing with emotions, children and unique challenges. The course is held every Monday, noon-1 p.m. and participants are encouraged to bring a lunch. For more information, call (660) 687-7132.

WIC — WIC is nutrition education, health promotion and supplemental food program aimed at assisting women, infants and children who have special nutritional needs. WIC office personnel will be at the Airman & Family Readiness Center on Tuesdays and Thursdays at 8:30 a.m. First time attendees who want to sign up for WIC must first call (660) 747-2012 for details.

TEAM WHITEMAN COMMUNITY

Whiteman Inn — The Whiteman Inn is open 24 hours a day. All active-duty, retired, Reserve and Guard members and Department of Defense civilians, including family members of authorized personnel, are eligible for space-A lodging. Reservations can be made up to 120 days in advance, space permitting. Call (660) 687-1844 to make a reservation. For more information on lodging at any Air Force Base, call 1-888-AFLODGE (235-6343).

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

FAMILY ADVOCACY OUTREACH

Prevention & Relationship Enhancement Program — Prevention & Relationship Enhancement Program is a communication workshop for couples (married, engaged and/or dating) who have a good relationship and want to make it better. This is a six-hour workshop and will be held every three months on a Friday from 9 a.m.-3 p.m. Call (660) 687-4341 for the next workshop date and location.

New Parent Support Program — New Parent Support Program is an educational outreach program available to all expecting parents, and parents with children through the age of two. In-home visits from a registered nurse and a licensed social worker will provide professional advice, educational material and resources for both parents. For more information, call (660) 687-4341.

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TENTATIVE WHITEMAN SCHEDULE SUMMER 2011
Classes may be cancelled or added depending on enrollment.

SESSION 1 (JUNE 6TH-JUNE 24TH)
Speech M-W • Comp 1 T-Th

SESSION 2 (JUNE 27TH-JULY 15TH)
American History M-W • English Comp 2 T-Th

SESSION 3A (JULY 18TH - AUGUST 5TH)
Humanities M-W

SESSION 3B (JULY 18TH - AUGUST 19TH)
College Algebra T-Th

Contact: Sandy Mullins 107 S. State Street Knob Noster, MO 65336 660-563-2400 smullins@national.edu	Facility Hours Monday 9:00am-5:00pm Tuesday 9:00am-5:00pm Wednesday 1:00pm-5:00pm Thursday 9:00am-5:00pm
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www.national.edu
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Frontlines Continued from Page 6

bat skills training.

Lieutenant Savage's mission on the team was to mentor provincial-level officials in order to build lasting capacity in the region, eventually leading to a more stable Afghan government structure.

"My job was to mentor the line director of information, culture and youth, the provincial governor's spokesman and work closely with local media," she said. "I also assisted in the task force's radio-show to broadcast messages and fostered other Afghan means of communication from their government to the local populace."

She said the job, however, wasn't easy due to the culture shock she and the Afghans experienced.

"I sometimes felt like an alien by the way they looked at me," Lieutenant Savage said. "The Afghans thought me wearing pants was inappropriate. Talking to them sometimes was difficult because they weren't as at ease with women as

they were with my male counterparts."

Her mission at the FOB and her mission at Whiteman were completely different, she said. Her task here, as the deputy of public affairs, is to inform public audiences of base activities by working with the media and community members and to encourage the positive relationship they maintain with the base.

While deployed, Lieutenant Savage interacted with the locals and played with the children, which she said were some of her favorite memories.

During one of her last missions outside the wire Lieutenant Savage took Frisbees for the children to play with.

"I taught them how to use them and we played for a while, but when I was getting ready to leave, one of the little girls followed me," Lieutenant Savage said. "Through the interpreter, the little girl wanted to know if I would ever come back to her village to play. For the first time it hit me that going home was bittersweet."

Serving the Whiteman Community

509th Bomb Wing

442nd Reserve Fighter Wing

Maritime Expeditionary Security Squadron 11 Det. D

1-135th Attack Battalion

131st Guard Bomb Wing



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

CENTRAL LOGOS
Custom Screen Printing and Embroidery
429-5646
www.centrallogos.com
125 W. Pine St., WSBG (next to Fitter's)
105 N. State St., Knob Noster

Public Notices 6

COME VISIT THE STRAWBERRY PATCH! Flea Market & Antique Store. Variety of items and reasonable prices. Booths available \$25-\$50 per month. 108 N. State. (660)563-3944

Services Offered 69

LAWN SERVICE MOW.MIL
Serving WAFB
• Seasonal, PCS, TDY mowing Service
• Wingman referral program
• Call for Free Estimate/Details
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Public Notices 6

Central Lawn
One Time Cuts, Weekly, or Total Lawn Care. USAF retiree owned. Deployment/TDY Rates available. Fire Pit and Smoker Wood delivered. Call Bill for a list of all services.
660-441-4468

Services Offered 69

www.2photo.us
Photography by James McConnell, portraits on location.
• Photo Restoration,
• Gifts available
• Custom Photo Jewelry
Call (660)747-4211

Services Offered 69

Advantage Lawn Mowing
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Ask for Wes (Retired US Military)
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PCSing? MOVING?
Guaranteed Stress-Free Finals! Covering everything inside & out for over 14 years! Painting, oil stains, trash/recycle, yard work. Short notices possible. Only 1 day needed! Call "The Final Touch" 660-233-3327 Not sure what to do?? We give free estimates!

Daycare Centers 84

McCONNELL'S LICENSED
Childcare for ages 0-3 years. Located on Anderson Street in Warrensburg. Call 660-429-4211.

WALNUT TREE IN-HOME CHILD CARE
has 2 openings for newborns. Call (660)563-5918

Help Wanted 90

Food Service
SUBWAY OF WINDSOR and KNOB NOSTER
now accepting resumes for Assistant Manager.
Please mail your resume to:
P.O. Box 145,
Knob Noster, MO 65336

General

NEW BEGINNINGS LEARNING CENTER looking for part time help. Nursery & toddler experience required. Must be 18. Call (660)563-2424

Pets & Supplies 117

ENGLISH BULL DOG PUPPIES, AKC registered, big & healthy, vet checked & shots. \$1500 each. Call (660)232-5230

Misc. For Sale 135

THE CHANGE JAR
Consignment Boutique
We have a great selection of **Easter Dresses!** Come check us out!
417 N. Maguire (Behind Sonic) Warrensburg
660-747-8419

Misc. For Sale 135

TOTAL BODY 5000 home work out system. Asking \$85 or best offer. Call 816-288-2223. sa

Apartments For Rent 207

2 BEDROOM, 1 bath, washer & dryer included, \$550 per month plus deposit. Located in Knob Noster. Call 660-909-3453.

NEWER DUPLEX

3 BR, 2 full baths, very nice. Very close to Base. Easy access to 50 Hwy. Appliances included, all electric. 2 car garage. \$725 per month. Pets OK. Call 816-522-3922

Apartments For Rent 207

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Then call to see the insides.
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Houses For Sale 249

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www.PatBrasel.com
www.WhisperingHillsMO.com
www.WhitemanAFB-RealEstate.com
www.HomesInspiredByNature.net

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

Apartments For Rent 207

STUDIO Appliances, trash paid, laundry facilities, 12x30 garage, all utilities paid, 303 S. State St., Knob Noster. \$370/month + \$300 deposit. NO PETS. 660-233-6107 or 660-563-9051 for appointment.

Houses For Sale 249

ADORABLE 1 & 2 BR APTS with free water, trash, sewer, mowing and snow removal. New carpet, new laundry. Military discount. No dogs/cats or smoking. Available immediately. \$379. 660-624-0276, 660-429-6455

Apartments For Rent 207

ADORABLE 1 & 2 BR APTS with free water, trash, sewer, mowing and snow removal. New carpet, new laundry. Military discount. No dogs/cats or smoking. Available immediately. \$379. 660-624-0276, 660-429-6455

Houses For Sale 249

MO Vet & VA Home Loans
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660-747-5353
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Houses For Rent 209

4 BEDROOM FARMHOUSE 1 bath, screened-in deck, full basement, large front yard, garden space in back, newly remodeled, 10 miles from WAFB or Sedalia. \$600 per month. 660-463-2466, 660-287-1435

SHOP THE WARRIOR CLASSIFIEDS for REAL VALUES.

Houses For Sale 249

FAMILY, RANCH STYLE home, 4 bedrooms, 2 baths, finished basement, newly remodeled kitchen, new windows, new front door, too many upgrades to list. Please call 660-864-4100 or 660-709-5422 RE/MAX ask for Mrs. Brasel sa

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

Houses For Sale 249

HAVE IT ALL! Elegant upscale 4 BR, 2.5 bath, 3 garage, 2709 sq. ft. Blue Springs High School, U.S. highest rating, 5 minutes from Independence Mall. Pictures at forsalebyowner.com #22923540 \$269,500. Call 816-721-9138 sa

Lake Property For Sale 267

LAKE OF THE OZARKS - Spring Special - cabin, all utilities, \$28,900, \$2000 down, \$285 per month. No credit checks. Free lake access and boat ramps. Prices good to April 25, 2011. Take Lake Road 135-12 Between Stover and Laurie, Missouri to the Ivy Bend land office, or call 573-372-6493 www.ivybendlandoffice.com

Automobiles 304

W-K
W-K has just introduced the "JUMP START" finance program. This program is designed to help people whose credit has suffered due to layoffs, divorce, bankruptcy, or just bad luck! Everyone has, at one time or another, needed a JUMP START! Our family is here to help your family. Please call Ron at 660-826-8320 Let us help!

Trucks & 4x4s 304

Ford
2006 F150 SUPERCREW 4x4, Lariat, 5.4 V-8, auto, fully loaded, black leather interior, white exterior, 59K miles, excellent condition. \$22,500. jamste1005@yahoo.com or call (660)238-3179.

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Featured Homes Of The Week



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RANCH HOME
Ranch features 4 bedroom, 2 bath, attached 2-car garage
MLS 39453 \$160,500



2 STORY HOME - JUST LISTED!!!
Traditional 2 story home with 4 bedrooms, 2 full baths, 2 half baths, 2-car attached garage
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Phone: (____) _____ Email: _____

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16-digit # _____ - _____ - _____ - _____
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