

WARRIOR

Vol. 3 No. 12
March 23, 2012

Something worth seeing



U.S. Air Force photo/Heidi Hunt

Master Sgt. Monica Hamm, 509th Medical Group optometry clinic NCO in charge, performs a non-contact corneal tonometry pressure test for Staff Sgt. Angela Heffron, 509th Comptroller Squadron finance technician, March 19. A tonometry test measures inner eye pressure and is also used as an initial indicator for glaucoma.



UNIVERSITY OF CENTRAL MISSOURI
The UCM military appreciation baseball game vs. Missouri Southern is scheduled at 1 p.m. March 31. Admission is free to military and their families. Tickets are available at the box office.

ON THE INSIDE

Going for par at Royal Oaks Golf Course

The Royal Oaks Golf Course re-opened March 1 after being closed for the winter season. The course now offers nine newly grown putting greens and patrons can take advantage of the course's features.

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From the Frontlines: Airman 1st Class Jason Lee

In a base where pharmacy technicians rarely deploy, a Whiteman member received an opportunity to do something outside of his assigned duty.

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'Wing It' impacts Whiteman and local community

While being stationed here, some Airmen have said that they have limited options to keep them entertained. Because of the unique location of Knob Noster and the surrounding area, it is challenging for many 18-20 year olds to find activities that interest them, according to Jeff Huffman, Department of Justice Grant program coordinator.

8-9

WEATHER

Today Showers Hi 62 Lo 47	Saturday Partly Cloudy Hi 74 Lo 50
Sunday Sunny Hi 77 Lo 50	Monday Sunny Hi 79 Lo 56

Courtesy of National Weather Service

Air Force changes fitness statements in performance reports policy

By Eric M. Grill

Air Force Personnel,
Service and Manpower Public Affairs

RANDOLPH AIR FORCE BASE, Texas -- Air Force supervisors can now make comments regarding unit fitness program achievements on annual performance reports due to a recent policy change.

The new policy allows supervisors to include comments on successful achievements regarding the unit fitness program for Airmen who play a key role in the unit's program. Previous guidance, released in 2007, restricted fitness comments to only physical training leaders or unit fitness program managers.

"People who are in unit leadership

See Fitness, page 7

Annual AFAF campaign kicks off March 26

By Heidi Hunt

509th Bomb Wing Public Affairs

Whiteman AFB is scheduled to kick off the annual Air Force Assistance Fund campaign, 'Commitment to Caring, Taking Care of our Own,' March 26 and patrons will be able to participate through May 4.

This year's campaign goal is to raise \$66,966, which benefits four charity affiliates: the Air Force Aid Society, Air Force Enlisted Village, Air Force Village and the General and Mrs. Curtis E. LeMay Foundation.

"The AFAF is unique because it is an annual, on-the-job fundraising appeal conducted among Air Force personnel for the benefit of Air Force personnel," said Capt. Christopher Weber, 509th Medical Support Squadron medical information services flight commander and AFAF installation project officer.

The organizations provide support to Airmen in need across the Air Force, which includes active duty, retirees, reservists, guard members, their dependents and surviving spouses in need.

"The biggest opportunity the AFAF provides

See Campaign, page 3

Spirit Day

A B-2 Spirit is scheduled to be on display at Base Operations from 9 a.m.-1 p.m., March 29, allowing Team Whiteman members to bring their families to see the aircraft. Static displays are weather-permitting and members are responsible for their guests while on the flightline. Security Forces will be on post and can answer questions about regulations. Cameras are not permitted. The aircraft will be roped off and patrons cannot enter restricted areas. For questions, contact public affairs at 660-687-6121.

Never saw this coming Lessons learned in trying times

By Maj. Gen. A. J. Stewart
Air Force Personnel Center Commander

JOINT BASE SAN ANTONIO - RANDOLPH, Texas -- I had the world by the tail: U. S. Air Force Academy graduate, Air Force pilot, six-time commander, 30-year Air Force career, and two stars; fit, healthy and strong. But subtle problems appeared out of nowhere: occasional vertigo, mild persistent headaches, cognitive challenges, having to stop during a hard run.

I went to see the flight surgeon and was immediately referred to a Neurologist. An MRI revealed a golf-ball sized tumor on the left temporal lobe of my brain and the doctor bluntly told me, "Your life will never be the same." I was literally stunned.

Swelling was critical and I was admitted for surgery five days later. The surgeon briefed me on all that could go wrong, but the young Air Force captain performed expertly. He gets my vote if I ever need another surgery.

The tumor was successfully removed down to the microscopic level. The question remained "why did I have a tumor?" The news from the lab was not good: malignant growth from stage IV of the worst form of brain cancer.

It was time to fight. After a few weeks of recovery from surgery, I felt like a million bucks. My fitness and strength were returning and I was back to full duty and physical activity. I, also, simultaneously started a six-week, aggressive anti-cancer radiation and chemotherapy treatment plan.

The doctors told me I would be fatigued, suffer nausea and

lack energy from the treatment. To counter those potential symptoms, I got back in the weight room, back on my bike, back on the running trail, back on the golf course and back to full time duty as commander of the best organization in the Air Force – Air Force Personnel Center!

The negative side effects never showed up. My fitness, strength and health remained good but it was also the hundreds of emails, cards, letters and prayers from my family, friends, coworkers and even strangers that helped me keep my spirit up.

Last week, I completed my last of 30 radiation and 42 chemotherapy treatments and I still feel great! The next critical step is another MRI in a few weeks to see if the cancer has returned. I pray for good results.

I never saw any of this coming. I have learned a few lessons along the way that may help others who find they are facing tremendous challenges.

Be fit, be strong, and be healthy every day. Fitness is not about just passing the Air Force Fitness Test or deploying, it is about saving your life. A well rested, strong body and a healthy diet can help you fight off tough challenges when they come.

Life is short and precious. If there are things you want to accomplish in life, get busy now. "One day" and "someday" may never come. Push yourself to do more, now. Tomorrow is not promised, so do not waste a day.

Be positive. Brain tumors can be fatal so there's no room for defeatism; you have to fight a challenge like you intend to win. Leave negative thoughts behind and be ready to endure.

See Never, page 11

THE WARRIOR

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The deadline for article submissions to the Warrior is Noon Friday. If a holiday falls on Friday, the deadline then becomes 4 p.m. Thursday. Articles will be published on a space-available basis. Submissions does not guarantee publication.

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:

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

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Commander's Corner

Team Whiteman,

Spring is officially here and we are less than two months away from one of the largest events this year--Wings Over Whiteman 2012!

The open house and air show is scheduled for May 19-20, from 9 a.m. to 5 p.m., with the U.S. Army Golden Knights headlining.

I want to invite all of Team Whiteman, extended family members, friends and the entire local community to come out and enjoy this free, family-oriented two-day event. The word is already getting out through various channels, but your help is also needed to spread the information and invite those you know.

This open house and air show provides an invaluable opportunity for us to open the gates to local community members and familiarize them with our missions here, all while showcasing America's finest Airmen, Soldiers and Sailors. Additionally, and equally important, is the opportunity we have to build on the existing relationship we maintain with our local communities during this event.

Many community members have already stepped forward to offer assistance and support, and we are partnering when able to maximize attendance and the overall success of WOW 2012.

At this point, we are well into the planning phase and many are working hard to make this year memorable. Although budget cuts have restricted some aspects of the air show, this change will not hinder the spectacular performances and family-filled fun we've had in previous years.

Additionally, the American300 Rowing Challenge will be here March 28-29, offering Team Whiteman another opportunity to come out and hear stories of warriors who have overcome adversity with courage and strength.

I encourage you to attend this event at the base gym, and look forward to seeing you in May for WOW 2012!

Defensor Vindex.

-Brig. Gen. Scott Vander Hamm,
Commander



Digital data flaws put identity at risk

By Cheri LeBlanc
509th Bomb Wing Information
Protection Chief

Handheld digital devices are nearly everywhere and help us manage our lives. Nowadays, folks are trading or reselling old phones to a secondary market or simply throwing away their old phone.

What if I told you that a digital forensics company explored some of those phones, to include broken or recycled phones, and still found active user account information, bank and social security numbers, geo-tags, resumes and more?

In the wrong hands, this information could be used for identity theft.

Even the new iPad and Android tablets are rising to the occasion because they can store larger amounts of sensitive data. Be extremely careful when storing certain information in these devices and know without a doubt when you change devices that the old device is completely wiped clean. Refer to your owner's manual or contact the manufacturer of the device's make or model.

You can be putting yourself, family, friends or children at

risk by uploading digital photos that are automatically geo-tagged (if the application was not disabled), according to an Economic Times article.

A researcher from the University of Worcester, England, analyzed some photos that were uploaded to a photo sharing site such as Flickr, and found that some could be linked to a specific zip code, then superimposed on a map of a given area showing where a child or person lived.

While some applications won't function without enabling the geo-tag application on a smartphone, it creates a dilemma for the user. It is up to the digital device users to make an educated and mindful decision to recognize and accept the risk associated with the possibility of showing others your personal routines or habits.

You must consider just how much "control" these devices can have on your life to include your safety and identity. Stay informed on all the latest security risks. A good source of cyber security information is the Air Force Network Integration Center at private.afnic.af.mil/CyberEarlyBird.cfm.

NEWS BRIEFS

Warrensburg AAA Interested in Baseball (hardball) Players Wanted

The Warrensburg American Legion is looking for interested men in the age group of 18 to 19 years old who want to continue their baseball careers. In order to be eligible, a player's age for the Senior American Legion Baseball competition in 2012 is open only to players born on or after January 1, 1993. The team plays a schedule of more than 40 games with tournaments in Arkansas, Blue Springs, Sedalia and Springfield, Mo., and have district, zone and state tournaments. Those interested should call, 660-441-3384 or email jrgrove@embarqmail.com.

American Red Cross Volunteer Opportunity at Whiteman AFB

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

Whiteman Tax Center

The Whiteman Air Force Base Tax Center is open for business in building 509, suite 215. Tax assistance is available to active duty, guard, reservists on Title 10 orders, dependents and retirees, free of charge with a valid military ID. Clients can call 660-687-2896 to schedule an appointment. Taxpayers are asked not to contact base legal.

Volunteer opportunities for High School Students (dependents)

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

Annual AFAF campaign kicks off

U.S. Air Force photo/Senior Airman Nick Wilson

Brig. Gen. Scott Vander Hamm, 509th Bomb Wing commander, signs his contribution to the Air Force Assistance Fund March 12. Whiteman AFB is scheduled to kick off the annual AFAF campaign, 'Commitment to Caring, Taking Care of our Own,' March 26. Whiteman Airmen will be able to participate through May 4.

Campaign Continued from Page 1

is the chance to get involved in helping their fellow Airmen," Weber said. "The charities are focused on helping Air Force members so the money raised here re-circulates to those in times of need."

Unit Project Officers will make 100 percent contact with eligible donors and give them an opportunity to contribute.

"Through the AFAF we can get approval assistance for interest free loans for emergency cases," said Master Sgt. Keith Lockard, 509th Civil Engineer Squadron Superintendent of

heavy repair and assistant installation project officer.

"Additional projects the AFAF include are: Community Assistance Programs such as Child Care for Volunteers and permanent change of station, Car Care Because We Care, Heartlink and Give Parents a Break," Lockard said.

"I have benefited from Give Parents a Break and the Car Care Because We Care program when I deployed," Lockard said. "Both are wonderful programs that I want to see my fellow Airmen to continue to use."

"Many of us may face hardships and this campaign supports the charities that allow us and our wingmen to endure those trying times," Weber said.

Trying times can range from an unexpected death in the family, to parent(s) wanting a date night without their children or a deployed member's spouse getting a free oil change.

Contributions are tax deductible and additional information can be found at www.afassistancessfund.org. To make a contribution contact a squadron UPO.

AFGSC to kick-off month long "Never Quit" Rowing Challenge April 5

By AFGSC Public Affairs

Air Force Global Strike Command Airmen will learn how much pull it takes to get to the Olympics when the command kicks off its month-long "Never Quit" rowing challenge scheduled here at 7 a.m. April 5.

The American300 Rowing Challenge, part of a command-wide initiative to strengthen and encourage Whiteman Airmen, will begin with Col. Robert Spalding, 509th Operations Group commander, rowing the first 500 meters at the Whiteman AFB gymnasium while leaders at other AFGSC bases kick off the event at their home stations.

"This challenge is designed to promote fitness, teamwork and a spirit of competition," said Col. Gregory Parsons, director of the AFGSC personnel directorate. "We are also encouraging Airmen to work to overcome obstacles in their lives."

As part of the American300 Never Quit tour stopping at the command's bases, Olympic gold medalist and world champion rower Dan Beery will share his story and demonstrate proper

rowing technique to Team Whiteman. Sean Colgan, Congressional medal recipient and a member of the 1980 U.S. Olympic rowing team, will talk to Airmen about overcoming obstacles and moving forward when faced with disappointment.

"Sean Colgan had to overcome the disappointment of not being able to compete in the 1980 Summer Olympics in Moscow due to a U.S. boycott of the games," Parsons said. "He could have used that as an excuse to give up his dream, but instead he organized two competitions with the Soviet Union following the Olympic Games, and Team USA won both."

The Rowing Challenge links the American300 "Never Quit" series with the 2012 Summer Olympics in London by challenging Airmen to row a cumulative total of 5,900 kilometers between all the bases - the distance between Washington DC and London.

The AFGSC Airman with the overall farthest distance rowed will travel to London with the American300 team in July. The

See AFGSC, page 11

Teams Whiteman shares EM information with local community



Courtesy photo

WARRENSBURG, Mo. -- Senior Airman Scott Tucker, 509th Civil Engineer Squadron Emergency Management journeyman and David Kehoe, 509th CES Emergency Manager, explains the hazardous materials identification capabilities to a park ranger. The Johnson County Emergency Management Agency hosted an emergency management fair at the campus of University Central Missouri March 17. Representing Whiteman AFB were the Emergency Management Flight, Whiteman AFB Fire Department and Explosive Ordnance Disposal. Whiteman responders explained some of the capabilities the installation provides as part of an all hazards response.



Official Whiteman AFB Emergency Management Facebook launched

The Official Whiteman AFB Emergency Management Facebook has launched and invites users to search Whiteman AFB Emergency Management via Facebook and click "Like". Users can access the most up-to-date information regarding the base's weather events, emergency management issues, activities and weather warnings.

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Going for par at



Royal Oaks Golf Course

A new rock wall was added around the pond next to the second hole at the Royal Oaks Golf Course. Royal Oaks is open March 1 to Dec. 1, Monday through Friday, 8 a.m. to 8 p.m., Saturday and Sunday, 7 a.m. to 8 p.m.

**Story and photos by
Airman 1st Class Bryan Crane**
509th Bomb Wing Public Affairs

The Royal Oaks Golf Course re-opened March 1 after being closed for the winter season. The course now offers nine newly grown putting greens and patrons can take advantage of the course's features.

"Due to lack of rain and excessive heat last summer, we lost nine of our greens so we had to start over," said Jim Ward, 509th Force Support Squadron golf course manager. "They have grown in well and really look great."

Originally, the course was a self-help project built in the late 1950s and featured nine holes. It wasn't until the early 1990s

when the B-2 Spirit arrived that nine more holes were added to complete the 18-hole course.

Donald Sechrest, golf course architect designed the newer nine holes so not all nine holes were grouped together. The new holes are three, four and five on the front and 11, 12, 13, 14, 15 and 16 on the back half of the course.

The putting greens for the nine holes constructed in the 1990s were built to U.S. Golf Association specifications. These specifications allow for better water drainage which provides for a more consistent putting surface.

"The two different types of greens makes playing each hole unique," Ward added. "This allows for a challenging course that

can intrigue even the best golf enthusiast."

The course, located on 300 acres of Knob Noster State Park, features a pond erosion project which was completed last summer on hole two and features a newly constructed rock wall.

Throughout the course there are many challenges to include: four water hazards, approximately 23 sand traps and the forest that comes into play on the majority of the holes. The total distance of the course is nearly 6,900 yards from the tips, and 6,300 yards from the white tees.

"These attributes make a nice scenery for casual and new golfers," Ward said.

Additionally, Royal Oaks offers a place to hold banquets, squadron fundraisers and tournaments throughout the year. This year

will include two glow ball tournaments to be played at night time in April and September.

"We want to provide Airmen a recreational outlet to relax and have some fun," Ward said.

Staff Sgt. Chad Imes, 509th Maintenance Group crew chief, said he enjoys the upgrades to the course and looks forward to playing throughout the year.

The Royal Oaks Golf Course is located east of the Spirit Gate and is open March 1 to Dec. 1, Monday through Friday, 8 a.m. to 8 p.m., Saturday through Sunday, 7 a.m. to 8 p.m. For more information and rates visit www.WhitemanFSS.com or call 660-687-5572. The Royal Oaks Golf Course allows access to its customers without having to go on base.



LEFT: Will Glynn takes a shot on the 11th hole at the Royal Oaks Golf Course. **ABOVE:** A pair of golf club bags rest on the 11th hole. **RIGHT:** James Buslon putts on the 11th hole at the Royal Oaks Golf Course.



From the Frontlines: Airman 1st Class Jason Lee

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

In a base where pharmacy technicians rarely deploy, a Whiteman member received an opportunity to do something outside of his assigned duty, which he said helped him grow as an Airman and person.

Airman 1st Class Jason Lee, 509th Medical Group Support Squadron pharmacy technician, returned from his five-month deployment to Ali Al Salem, Kuwait, in October.

“My main duty was to maintain accountability for all unsupervised third-country nationals while I was in the base control room keeping surveillance,” said Lee. “It was vital for our base progression and stability to have an eye on the TCNs working to ensure the installation was secure.”

Lee also said he performed vehicle and TCN searches, called in heat categories and severe weather over the radios, accounted for TCNs and vehicles, helped build hangars and kept accountability for force protection members including their locations and times on duty.

In addition to his duties, he said he dedicated his free time to volunteer opportunities such as trash pick-up and putting together beds and lockers for new tents. He



Courtesy photo

Ali Al Salem Air Base, KUWAIT -- Airman 1st Class Jason Lee, 386th Expeditionary Civil Engineer Squadron Force Protection member, helps put together a tent during a tent-building competition which he won second place for while deployed to Kuwait. Lee was on a five-month deployment performing TCN duty.

was also the Force Protection sports representative as well as the captain of his basketball team.

“I tried to keep a positive attitude throughout my deployment and grow as an

Airman and person,” Lee said. “I achieved that by keeping busy and focused. I volunteered for a tent-building competition and won second place which the base command chief coined me for.”

Tech. Sgt. David Mendez, 509th MDSS pharmacy technician, said he wasn’t surprised that Lee received recognition for his work while on his deployment.

“He’s a go-getter and always puts a lot of effort into his work,” Mendez said. “He showcases service before self in all he does.”

He said the experience was a big change in atmosphere, but the military has taught him to be able to adjust and be ready for any situation at any given moment.

“I have gained so much respect for military members of all branches who deploy at any point in their career,” Lee said. “Deploying is a huge sacrifice. Everything you are used to changes and you learn not take things for granted and to appreciate the Airman next to you who becomes your family.”

He said one of the sacrifices he had to face during his deployment was leaving behind his wife, Christina. Even though being away from her was incredibly difficult for Lee, he said he would be happy to deploy again.

“It was a big step for me and I am glad I had the opportunity to deploy,” Lee said. “I signed that dotted line to protect my country against any threat foreign or domestic, so it would be an honor to do it again.”

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Services officials announce teen summer camps



Courtesy photo

LACKLAND AIR FORCE BASE, Texas, -- Morgan Erikson, an Air Force teen from Nellis Air Force Base, Nev., is strapped into her harness by Karen Hudson, a youth program specialist from Joint Base Charleston, S.C. during a high ropes challenge at Lackland Air Force Base, Texas, at the 2011 Air Force Teen Leadership Camp. The camp is one of three annual teen summer camps designed to help youth build leadership skills and aspire to careers in space or aviation.

By Erin Tindell
Air Force Personnel,
Services and Manpower Public Affairs

SAN ANTONIO -- Air Force Services Agency officials recently announced the call for three Air Force teen summer camps for 2012.

The annual camps are designed to help Air Force youth build leadership skills and aspire to careers in space or aviation.

The Teen Aviation Camp will be held June 2-7 at the Air Force Academy in Colorado Springs, Colo., and is designed to give youth an experience that will help them decide if aviation or the academy is a career choice. Participants will get to fly inside a Cessna 145 among other aviation activities.

The Teen Leadership Camp will be held July 8-13 at the University of Texas at San Antonio. This camp will give youth a glimpse of what university life is like while developing their leadership skills. Activities include team building, rope courses, conflict resolution and public speaking.

The Air Force Services Space Camp will be held July 22-27 at the U.S. Space

and Rocket Center in Huntsville, Ala. The camp allows youth to experience, imagine and interact through space shuttle mission simulations, tours of the space center and the chance to witness everyday challenges faced by astronauts.

All applicants must be a dependent of an active duty Air Force member living on an Air Force or joint base installation or a dependent of an Air Force National Guardsman, reservist, retiree or civilian. Applicants must be entering their sophomore or junior year this fall to apply for the aviation and leadership camps. The space camp is open to youth ages 12-18.

Teens interested in applying must complete a nomination registration form and submit the form to their installation youth program by April 2. Selected participants will be notified by April 20.

Attendees will only be responsible for transportation costs; all lodging, meals and program costs will be at no charge to participants.

For more information about each camp or on Air Force youth programs, visit www.afyouthprograms.com.

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Fitness Continued from Page 1

positions promote fitness as part of their normal duties," said Tech. Sgt. Jimmy Simmons, Air Force Evaluations non-commissioned officer in charge at the Air Force Personnel Center. "Previous restrictions prevented them from getting much-deserved credit for their participation role in unit success."

The new guidance also lifts the restriction on where fitness comments can be placed.

The 2007 guidance restricted fitness achievement comments to a specific section of the enlisted performance reports, but under the new guidance, comments are allowed in any of the comment sections on the Air Force performance reports, said

Master Sgt. Ulanda Phelps, Air Force Evaluations superintendent.

The guidance applies to officers evaluation forms as well.

"The change gives flexibility back to the supervisors, which enables them to accurately assess Airmen who voluntarily contribute to the success of the unit's fitness program," Phelps said.

Comments regarding an Airman's fitness failures, including individual fitness scores or category, are still prohibited unless it is a referral report.

For information about Airman assessments and other personnel programs, visit the Air Force Personnel Services website at <http://gum-crm.csd.disa.mil>.

'Wing It'

impacts Whiteman and local community

By Senior Airman Nick Wilson
509th Bomb Wing Public Affairs

While being stationed here, some Airmen have said that they have limited options to keep them entertained. Because of the unique location of Knob Noster and the surrounding area, it is challenging for many 18-20 year olds to find activities that interest them, according to Jeff Huffman, Department of Justice Grant program coordinator.

In an effort to generate activities in the area, 'Wing It' at Whiteman was established to help create fun while reducing underage drinking among Airmen and students from the University of Central Missouri.

The overall vision of 'Wing It' is to not only reduce underage drinking, but also build a community of Airmen and students who participate in safe events and assist the local community through volunteering.

To achieve this goal Airmen from the 509th Bomb Wing and student volunteers from UCM meet up every month to plan and coordinate activities that don't involve alcohol.

Events in the past that had a large numbers of volunteers and participants included: a base pool party with a disc jockey, a day at Truman Lake with pontoon boats, Comedy Nights at UCM and free tickets to new release movies at Carmike Theater in Warrensburg.

Additionally, the organization works with the local community to inform Airmen of available events that are free or inexpensive.

"Through our work we know we are reducing and making

it more difficult for underage folks to have access to alcohol, therefore Wing It is impacting our community in a very tangible way," said Jeff Huffman, Department of Justice Grant program coordinator.

Wing It events are sponsored by the Department of Justice and the Enforcing Underage Drinking Laws grant. Event funding and advertising costs are paid for with grant money.

"Right now we are only one of two Air Force bases in the country that have been given money to fund Wing It events and we're doing all we can to make this program accessible to Airmen and students," Huffman said.

Also, some Airmen living in the dorms don't have cars, transportation is provided to and from Wing It events.

"We're going take care of Airmen, get them to the events and get them back," Milligan said. "And hopefully they'll enjoy what's being offered."

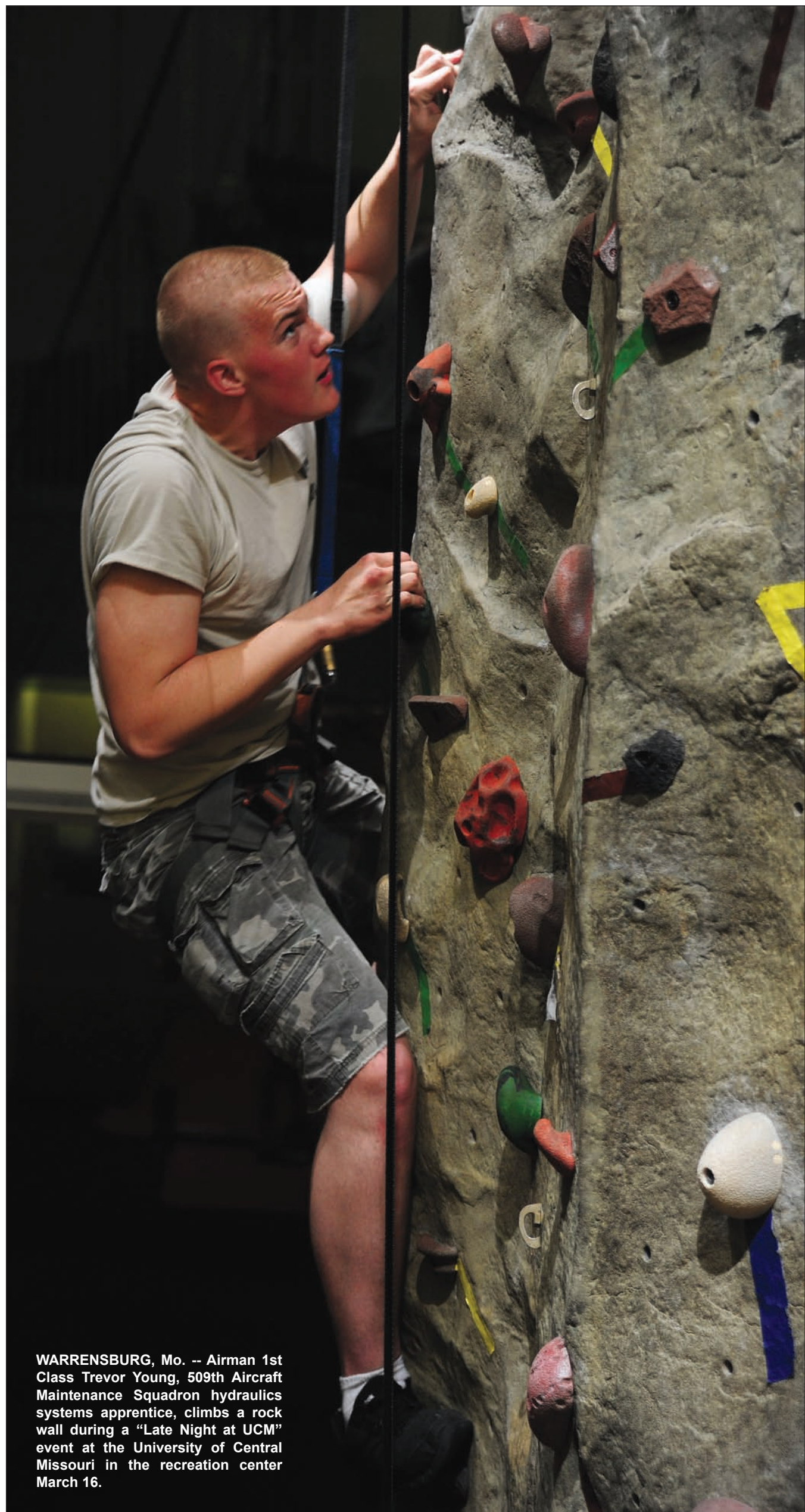
Even though the target demographic is for Airmen ages 18 to 20, dependents and UCM students have been invited to participate in Wing It events.

"We accept volunteers of any rank to assist in running our events. Our Casino Night had Noncommissioned officers and officers assisting with set-up and decoration," Huffman said. "Wing It can impact Airmen to the degree that they are willing to take over the planning of activities and volunteer service events."

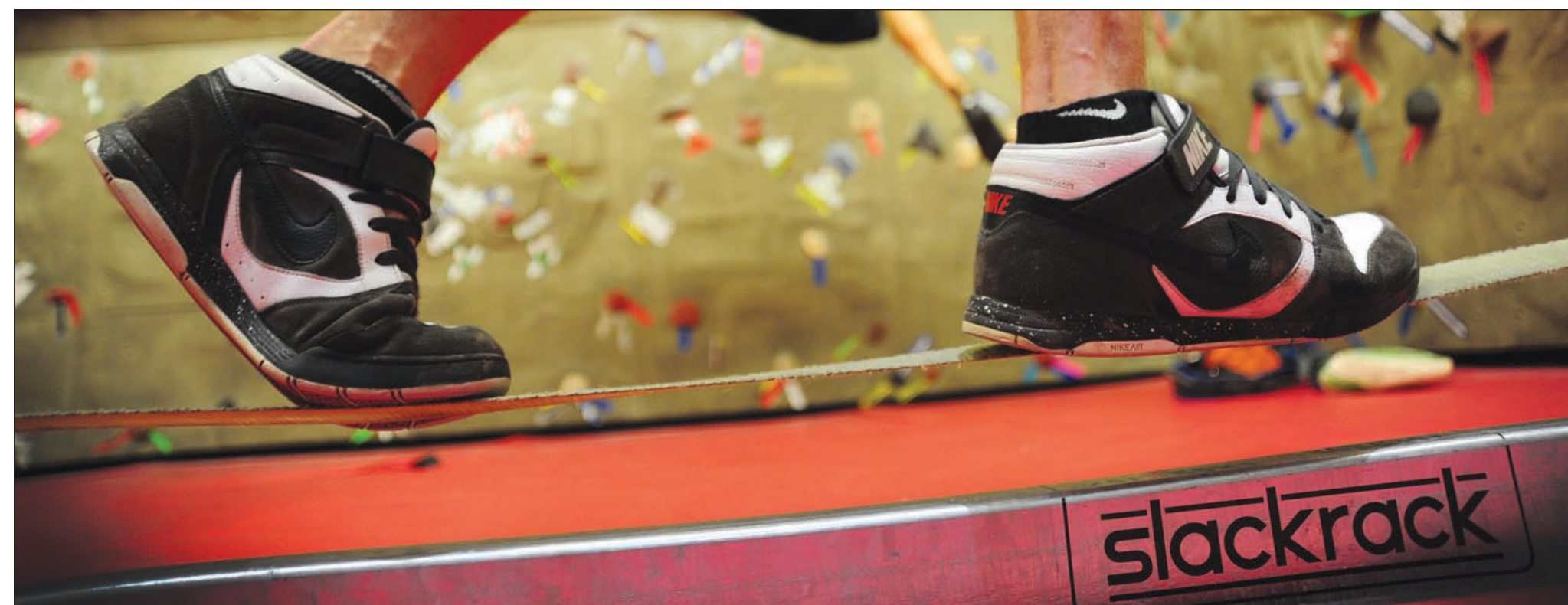
For the most up-to-date information about Wing It events and meetings search Wing It at Whiteman via Facebook or on Twitter at wing_it_at_wafb. The Wing It office can be contacted at 660-543-8074.



WARRENSBURG, Mo. -- Senior Airman Jacob Larman, 509th Munitions Support Squadron armament technician, participates in a round of sumo wrestling during a "Late Night at UCM" event at the University of Central Missouri Recreation Center.



WARRENSBURG, Mo. -- Airman 1st Class Trevor Young, 509th Aircraft Maintenance Squadron hydraulics systems apprentice, climbs a rock wall during a "Late Night at UCM" event at the University of Central Missouri in the recreation center March 16.



WARRENSBURG, Mo. -- (Above) Airman 1st Class Jason Ingalls, 131st Aircraft Maintenance Squadron aircraft armament systems apprentice, climbs a rock wall during the event. (Left) A student from University of Central Missouri carefully positions his feet on a balancing beam during a "Late Night at UCM" event.

U.S. Air Force photos/
Senior Airman Nick Wilson

442nd FW Airman selected for culinary training



U.S. Air Force Photo/Senior Airman Wesley Wright

(Right) Airman Martina Kellums, 442nd Force Support Squadron, serves a meal to an Airman at the Ozark Inn dining facility March 14. Kellums was selected through the culinary excellence program to attend a one-week course at the Culinary Institute of America at Napa Valley, Calif. The 442nd FSS is part of the 442nd Fighter Wing, an A-10 Thunderbolt II Air Force Reserve unit at Whiteman Air Force Base, Mo.

By Senior Airman Wesley Wright
442nd Fighter Wing Public Affairs

A 442nd Fighter Wing Force Support Squadron reservist was recently select-

ed to represent the Air Force Reserve at a weeklong seminar at the Culinary Institute of America in Napa Valley, Calif.

Airman Martina Kellums entered the Air Force Reserve July 18, 2011. Kel-

lums said she enlisted because joining the military had always been one of her dreams.

"It's a dream I have had my entire life, one of several goals and I have accomplished them," she said.

Kellums said she thinks the Reserve allows members to focus on their families and civilian careers without the stresses that may come while on active duty.

Senior Master Sgt. Brian Denny works at the headquarters for Air Force Reserve Command and said the selection process for this seminar is competitive.

Units submit a package on their sharpest Airmen at or below the rank of technical sergeant.

"These packages are then reviewed by a team within the headquarters of AFRC.

Gerald Cardinal, the chief of services for AFRC, has the final say on those selected," said Denny.

Two Airmen are selected from this process and two are selected from the food service excellence program evaluations conducted each year.

Kellums was nominated by Maj. Joseph B. Walter, 442nd FSS commander. Denny said Kellums was chosen because

she had a strong package and shows promise, dedication and potential.

Kellums cited Master Sgt. Dennis Hatch and Senior Master Sgt. Travis Stickels, both 442nd Force Support Squadron noncommissioned officers, as mentors who have helped her in her new Reserve career.

Denny said he believes attending this course will help Kellums, and thus, the unit.

"Airman Kellums will have the opportunity to learn from and pick the brains of some of the best and most well know chefs and hospitality industry leaders in the country," Denny said. "This is a once-in-a-lifetime opportunity, and she can bring her experiences and what she learns back to the unit to share."

Kellums said she believes attending this event will help broaden her skills and help accomplish the 442nd mission of training and deploying ready reservists. By making better food, morale can be improved, and food-service facilities can attract business from members who get the nutrients they need to perform their jobs well, she said.

Kellums said she plans to take advantage of every opportunity offered to her in the Air Force Reserve.

Air Force assessing performance feedback program

By Eric M. Grill

Air Force Personnel Service and Manpower Public Affairs

RANDOLPH AIR FORCE BASE, Texas -- Air Force officials are field testing a new performance feedback worksheet to assess how supervisors interact and provide feedback to their Airmen.

The Airman Comprehensive Assessment worksheet is designed to increase supervisor awareness of activities affecting their Airmen and better facilitate interaction between Airmen and their supervisors.

The performance feedback program was designed as a formal communication between the supervisor and Airman to establish expectations regarding duty performance, said Will Brown, Air Force Evaluations and Recognition Programs Branch chief at the Air Force Personnel Center.

The current Air Force performance feedback worksheet is supervisor driven and doesn't allow Airmen to formally assess themselves during the feedback session, he explained.

"As the Air Force continues enhancing our Airmen's capabilities, additional areas are needed in the performance feedback process to encompass the aspects of an Airman's life," Brown said. "By instituting a subordinate's self-assessment in the

feedback process, we believe the ACA worksheet will create a conduit for broader, more open communication between Airmen and their supervisors."

The first phase of field testing began Feb. 3 at 18 active-duty Air Force bases worldwide and one Air Reserve base.

Airmen at selected bases are using the ACA worksheet during the February through June 2012 test window when their normal initial or mid-term feedback is performed.

The ACA worksheet has legacy blocks for physical fitness, training and teamwork, but also takes into account the critical role Airmen have in supporting the mission as well as focusing on individuals' deployment readiness and the Airman's personal and professional goals.

Similar to the current feedback worksheet, there is a block for supervisors to communicate expectations, strengths and weaknesses, and make improvement recommendations.

Airmen at the test bases will receive an electronic notification with additional information on where to retrieve the test forms and instructions.

As part of the ACA test, supervisors and Airmen will receive a survey within 30 days of their feedback session to determine if the ACA worksheet should be implemented Air Force-wide and any improvement recommendations to the process.

Bases participating in the test are:

- Altus Air Force Base, Okla;
- Barksdale AFB, La.;
- Buckley AFB, Colo.;
- Cannon AFB, N.M.;
- Eielson AFB, Alaska;
- Dover AFB, Dela.;
- Eglin AFB, Fla.;
- Hanscom AFB, Mass.;
- Joint Base Langley- Eustis, Va.;
- Malmstrom AFB, Mont.;
- McConnell AFB, Kan.;
- Misawa Air Base, Japan;
- Offutt AFB, Neb.;
- Patrick AFB, Fla.;
- Robins AFB, Ga.;
- Royal Air Force Mildenhall, United Kingdom;
- Spangdahlem AB, Germany;
- Vance AFB, Okla.; and
- Westover Air Reserve Base, Mass.

For information about Air Force Personnel programs, visit the Air Force Personnel Services website at <https://gum-crm.csd.disa.mil>.

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American Legion donates diapers to Whiteman family



Courtesy photo

Alex Slocum, Matthews-Crawford Post 131 commander, and Kathy Cox, president of the American Legion Auxiliary sixth district, made a surprise delivery of disposable diapers to (right) Nicol and (left) Staff Sgt. Patrick Muncy, 509th Security Force Squadron. The family recently doubled in size as baby girl triplets were born to the couple. Members of the four American Legion organizations from Post 131 donated diapers to help the family. All six family members were presented free membership into the two organizations.

Never Continued from Page 2

Run your race like a winner. Attitude may be the number one component of success.

Be open and honest, up and down the chain. Our Air Force is a family. I have received the support of literally hundreds of kindred Airmen, with a big "A." The Air Force has proven itself a family from our senior leadership to our youngest Airmen, including civilians and supporters. If folks know your challenges, they can help. My AFPC and A1 family have been magnificent. They have opened their arms and hearts, and carried me through the tough times.

Be a bouncer. Bad things sometimes happen. It is not a question of whether you will take a fall so, get over it. The question is will you bounce back. It is really up to you. Be tough minded -

you are a warrior! Think like a winner and bounce.

Love your family. My wife, Areetha, has been the "wind beneath my wings" and my rock. She has been beside me every step of this journey and she insists I keep a positive attitude. She ran the Marine Corps Marathon last fall at age 50! She is 100 percent positive and endures. I thank God for having her as my wingman. My Mom, sisters and extended family have also been my cheering section. They are irreplaceable and I love them dearly.

This is a tough, unexpected fight and it is not over. Our most humble "THANK YOU!" from Areetha and me. We are overwhelmed with your support, words of encouragement and prayers.

I've cleared a few hurdles but the fight is still on. I intend to win.

AFGSC Continued from Page 3

base with the overall farthest distance rowed will receive \$50,000 in quality of life funds.

Additionally, Col. Andrew Gebara, 509th Bomb Wing vice commander, will participate with the American300 tour prior to the month-long competition by demonstrating how to row the machine at the fitness center March 28.

Any personnel (including dependents) assigned to AFGSC may participate in the rowing, however, only active duty Airmen assigned to AFGSC are eligible to win prizes. Fitness Center Staff are not eligible for the Grand Prize. Individual Prizes: US Olympic Row-

ing Team gear
Base Prize: \$50K to the AFGSC base that rows the most meters

Grand Prize: A trip to London in July 2012 with American300 to the AFGSC Airman that rows the most meters.

In the next few months, American300 will bring several other tours to AFGSC bases.

For more information, contact Master Sgt. Nathan McCoy at 660-687-6044. Those interested in participating in the row can sign up through a designated group point of contact which will be announced in next week's Whiteman Warrior and via Facebook.



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Loadmaster soars on American Idol



Courtesy photo

WESTOVER AIR RESERVE BASE, Mass. (AFNS) -- Tech. Sgt. Blaire Sieber, a loadmaster with the 439th Airlift Wing at Westover Air Reserve Base, Mass., recently participated in the American Idol competition.

By 2nd Lt. Ander Bowser
439th Airlift Wing Public Affairs

WESTOVER AIR RESERVE BASE, Mass. (AFNS) -- For one aspiring singer at Westover, 15 minutes of fame stretched out over weeks as a contestant on American Idol.

The television show broadcast to millions gave Tech. Sgt. Blaire Sieber an opportunity to stand in front of the world and live out her dream.

"It's really hard to describe the experience," she said in a telephone interview. "You feel like you're on top of the world."

The American Idol contestant from Medford, Mass., received marks of approval from global icon Jennifer Lopez, rock legend Steven Tyler and Grammy Award-winning producer Randy Jackson.

This 11th season heard vocalist hopefuls from several states, including Missouri, Oregon, California, Pennsylvania, Georgia, Colorado and Texas. Sieber said she traveled to Georgia for her audition.

"I wasn't sure that I was going to make it, so I turned it into a vacation just in case," she said of her audition in the antebellum city of Savannah.

The audition process, however, was not a vacation. American Idol contestants endure at least three sets of cuts. The number of people auditioning can exceed 10,000 people in each city, but only a few hundred make it past the first preliminary auditions. Those who are chosen then sing in front of producers. After another cut, contestants audition in front of the judges, which is the only audition phase shown on the show. Those selected by these judges are then sent to Hollywood.

Sieber said her experience consisted of many long days.

"It's the first round that takes the longest. I got there at five or six in the morning," she said. "I don't think I auditioned until four in the afternoon, and some people might not have auditioned until two the next morning."

The odds of being selected are slim. Between 10 and 60 people in each city have a chance to make it to Hollywood.

"We all put American Idol on a pedestal because it has been going on for so long," Sieber said. "You feel like you're on this rollercoaster that is perpetually moving."

Sieber made it to the top 42 performers out of more than 100,000 contestants who had auditioned and hundreds who had advanced. However, more impressive than making it as far as she did is the fact that it wasn't her first time making it onto the show.

"This is my third time auditioning, and second time on the show," said Sieber, a certified nursing assistant who is studying to become a nurse. "I didn't make it to Hollywood the first time."

Last year, she received the coveted golden ticket to Hollywood but was unable to advance past that first round in Tinsel Town.

This year, Sieber was one of only 330 American Idol hopefuls sent to Hollywood week from a pool of more than 100,000 other aspiring entertainers. She advanced through three "Hollywood Week" rounds and one performance round in Vegas, which got her into the top 42. Shortly thereafter, she bowed out gracefully.

Sieber said she would do it again if given the opportunity.

"You have to keep high hopes and say 'it is going to work out in the end,'" she said.

After all, she said it's a surreal experience to receive pointers from

"It's the first round that takes the longest. I got there at five or six in the morning. I don't think I auditioned until four in the afternoon, and some people might not have auditioned until two the next morning."

— Tech. Sgt. Blaire Sieber

international superstars, referring to Steven Tyler and his remark about her "growl."

"He told me to 'get comfortable with that growl in your voice and become friends with it,'" she recalled.

Actor and singer Jennifer Lopez told the aspiring singer to open up more.

"She told me that she wanted more from me," Sieber said. "The way I interpreted it was that she wanted more emotion in my singing."

Sieber said it was a challenge to compete in front of such musical luminaries.

"Before my first critique from JLo, I tried not to focus on whether the judges were dancing in their seats or not," Sieber said. "They are still people you idolize, but you have to focus on your performance."

Sieber is a C-5 loadmaster with eight years' experience. When she puts on the uniform to serve in the Air Force Reserve at Westover, she said it's all military business.

"I'm really lucky because I'm aircrew, and they've given me opportunities to reschedule my unit training assemblies, volunteer for missions and manage my Reserve schedule with a week here, a couple weeks there," she said. "That has really helped me get the hang of balancing the Reserve with my school and work schedules."

The 337th Airlift Squadron loadmaster said striking a balance between service to her country, her medical career, educational and singing aspirations was tough, but not impossible.

(Senior Airman Kelly Galloway, 439th Airlift Wing Public Affairs, contributed to the article)



Courtesy photo

Tech. Sgt. Blaire Sieber performs during an American Idol performance, where she lasted through three weeks of "Hollywood Week" and one performance in Las Vegas before she was eliminated.

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SATURDAY 3/24

Family Bowling Special-12-4pm- Stars & Strikes

A family of up to 6 gets 1 lane for 1 hour of bowling, 1 large 1 topping pizza, shoes and soda. Only \$25 per package, Sat & Sunday now thru April. Call 687-5114 for more info.

SUNDAY 3/25

Family Bowling Special-12-4pm- Stars & Strikes

A family of up to 6 gets 1 lane for 1 hour of bowling, 1 large 1 topping pizza, shoes and soda. Only \$25 per package, Sat & Sunday now thru April. Call 687-5114 for more info.

MONDAY 3/26

Soar Program- 10-11am- Airman & Family R.C. Whiteman spouses join other spouses at Whiteman Inn for the Spouses Orientation Acclamation and Resources Program. Children are welcome with adults. Contact the A&FRC at 687-7132 for more information.

Seniors' Bowling- 10am-1pm- Stars & Strikes

Every Monday! Only \$1 per game, Seniors come enjoy a cup of coffee and bowl a few games! Call 687-5114 for more info.

WEDNESDAY 3/28

Boss & Buddy- 4-7pm- Mission's End

Hang out after work and enjoy the cheapest hot wings around, only .40 cents a wing! Call 687-4422 for more info.

THURSDAY 3/29

March Madness Pro Shop Sale- 4-5pm- Royal Oaks

Many different Pro Shop sale items; Women's golf shoes, golf balls, sleeves and more for the whole month of March! Call 687-5572 for more information.

FRIDAY 3/30

Cook's Night Off!- 5-8pm- Mission's End

Call in your order, and feed a family of 4 for less than \$20! Orange Glazed Pork Chops, Wild Rice, Green Beans w/ almonds, Dinner Rolls, Waldorf Salad and Pineapple Cake. Call before 2pm to have your order ready for pick up, between 5-8pm. Call 687-4422 for more information.

DID YOU KNOW?

The Whiteman AFB Library is available to provide online resources overview briefings for your base office, Commander's Calls, etc.

Providing information about; Personal Career Development, College/University Research, Test Preparation and Practice Tests, Foreign Language Learning & Cultural Awareness, K-12/Homeschooling Resources and more!

Please contact the Library Director @ 660-687-5614 to schedule.

LIKE US ON FACEBOOK FOR MORE INFORMATION!
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Youth & Teen Events

TUESDAY 3/27

Time 2 Play- 9:30am-11am- Youth Center

A self-directed play group for ages birth-5 yrs old. In the Youth Center's Gym, parents can bring their children's toys, we will provide space & recreational balls. No reservations are reqd just stop in! Call 687-5586 for more info.

FRIDAY 3/30

YOUTH RECOGNITION CEREMONY!

4-5pm at the Youth Center, Come and celebrate the accomplishments of our youth! Ages 9-18, this is a free event. Parents and siblings are encouraged to attend. Pizza, chips, cookies and drinks will be served. For more information please contact the Youth Center at 687-5586.

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The Youth Center currently provides many different instructional classes, as well as programs for your children and teens. Please contact the Youth Center for more information at 660-687-5586, and feel free to check the youth calendar provided on our www.whitemanfss.com calendar page. Join in the fun with us!



509 FSS PAGE EDITOR: KYLE C. HAMRICK
CONTACT US! 687-7929

AIRMAN & FAMILY READINESS CENTER

Spouse Orientation Acclamation & Resources — Spouse Orientation Acclamation & Resources is a 60-minute program offered every Monday from 10-11 a.m. at the Whiteman Inn. The target audience is spouses who are brand new to the base. The program is designed to inform newcomer spouses with resources available to them, base and local community information as well as answering questions. Children are welcome. For more information, call 660-687-7132.

TEAM WHITEMAN COMMUNITY

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

Airmen Against Drunk Driving — AAADD is a Whiteman Active Airmen Association program designed by Airmen to provide Whiteman personnel, who have a valid Department of Defense ID card, (active duty, retirees, Guard, Reserve, cadets and dependents) a free safe ride home 24/7 in the local area by dialing 660-563-1178 when they've had too much to drink and their coordinated plan has fallen through. The local area includes: Warrensburg, Knob Noster, Windsor, Sedalia and Whiteman AFB. Rank, name, and age are kept confidential. Rather than risk your life and career, take advantage of AADD.

Palace Chase Briefing — Palace Chase Briefings are held the third Wednesday of every month at 11 a.m. in the Professional Development Center, building 519, room 101. For more information, contact Master Sgt. Rodney Harrell, in-service Recruiter at 660-687-1868 or 660-460-1041.

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

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

FAMILY ADVOCACY OUTREACH

Dads: The Basics — Dads: The Basics is a four-hour workshop for new dads to learn about caring for their new baby. The workshop is taught by other fathers and is held on a Saturday morning from 8 a.m.-noon every three months. Call 660-687-4341 for next workshop date and location.

Shifting Angry Response Patterns (SHARP) — Shifting Angry Response

Patterns is a four-session class offered every month on Thursdays from 10-11:30 a.m. for individuals interested in learning effective strategies for understanding and managing anger. Reservations required, call 660-687-4341.

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

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

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

You, Your Children & Divorce — You, Your Children & Divorce is a 90-minute class offered twice a month on the second and fourth Tuesday from 11 a.m.-12:30 p.m., for individuals with children whose parents are in the process of a divorce. Class content focuses on helping parents help themselves and their children through a divorce successfully and minimize negative effects on the children. Reservations are required. This class is necessary for divorcing parents in Kansas, Mo. and Missouri and other states. Call 660-687-4341 for more information.

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.

This Weekend at the Movies

Safe House

March 24, 7 p.m. • Rated R

Denzel Washington, Ryan Reynolds -- Washington plays the CIA's most dangerous traitor, who stuns the intelligence community when he surfaces in South Africa. When the safe house to which he's remanded is attacked by brutal mercenaries, a rookie is forced to help him escape. As the masterful manipulator toys with a his reluctant protégé, the young operative finds his morality tested and idealism shaken. Now, they must stay alive long enough to uncover who wants them dead. Rated R for strong violence throughout and some language. 115 minutes.

Journey 2: The Mysterious Island

March 25, 3 p.m. • Rated PG

Josh Hutcherson, Dwayne Johnson -- The new journey begins when Sean receives a coded distress signal from a mysterious island where no island should exist—a place of strange life forms, mountains of gold, deadly volcanoes, and more than one astonishing secret. Unable to stop him from going, Sean's new stepfather joins the quest. Together with a helicopter pilot and his beautiful, strong-willed daughter, they set out to find the island, rescue its lone inhabitant and escape before seismic shockwaves force the island under the sea and bury its treasures forever. 94 minutes.

Movie showings are featured at the Whiteman AFB Movie Theater.

Call the movie line at 660-687-5110 for more information.

Cash or check only.

*Movies are \$4.50 for adults and \$2.25 (3-11 years).

Doors open 30 minutes prior to show time.

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



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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.

Services Offered 69

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FIRST COMMAND in Warrensburg is looking for a licensed associate to work part time, salary + commission of office position 20-25 hours per week. Position includes office support, sales and administrative support. License not required but preferred. Send resumes to HCurts@firstcommand.com

Food Service
KNOB NOSTER SUBWAY is now hiring a Sandwich Artist who is fast, friendly & reliable. Must be able to work days, nights & weekends. Apply within 102A West Lucas, Knob Noster, MO.

Help Wanted 90

Medical
Administrative Assistant
Full-time position reporting to the President/CEO and coordinating an efficient and effective Administrative Office. Must be able to work independently in a fast-paced environment and maintain absolute confidentiality regarding Medical Center matters. Position also requires performing clerical duties for our Board of Trustees.

Help Wanted 90

Qualifications must include a Bachelor's Degree in Secretarial Sciences or a related field in addition to five or more years of executive secretarial experience. Proficiency in Word and Excel are required in addition to excellent complaint-handling skills.

Please submit resume to dlong@wmmc.com or mail to Human Resources, Western Missouri Medical Center, 403 Burkarth Rd Warrensburg, MO 64093.

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Misc. For Sale 135

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Misc. For Sale 135

1 & 2 BR central heat/air, all electric, washers & dryers. Water/trash/sewer paid. Great Sedalia location. \$450-\$585/month. 460-0779 or 826-4509.

Misc. For Sale 135

DEERBROOK APARTMENTS
710 A. Deerbrook Circle Knob Noster Mo
1 & 2 BR Apartments
3 BR 2 bath Duplexes
2 miles from the Air Force Base Pool, On-site Laundry and Storage Available. management@deerbrookapartments.com Call 660-563-3518

Misc. For Sale 135

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Misc. For Sale 135

1 & 2 BEDROOM with deck/patio, new carpet, brand new laundry, central air, private parking. Some utilities paid. NO: dogs, cats or smoking. \$389. Call 660-624-0276 or 630-293-0295.

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