

The Warrior May 8, 2015

## **Commentary**

# Three life lessons

By Master Sgt. Matthew Coltrin 509th Logisitics Readiness Squadron first sergeant

Hey Airmen with a capital "A", the following are three life lessons to help you refocus, achieve personal expectations and maximize your contributions to the Air Force, right now.

Lesson one, focus on what you control. It is a time in our Air Force which we have been presented a myriad of changes and challenges. From changes to Enlisted Performance Reports (EPRs) to instituting Static Close-out Dates (SCODs), to balancing a greater mission with less Airmen, to sequester and force reductions.

Being cognizant of the challenges presented to us is wise but focusing on the piece we own is more critical. What is that piece? Being awesome... exemplifying the core values, trying our best... professionally, spiritually, personally and socially... understanding one's position in the force structure, understanding our role and leading by a positive example. You see, despite all the challenges we are going through as

By Capt. Jeffrey M. Bishop, APR

Chief, 131st Bomb Wing Public Affairs

a team, our Air Force's universal beliefs have remained largely unchanged. In the Air Force we recognize, internalize and reward individuals who display integrity, excellence and service. Get there, stay there, live there. "The measure of a man is not during times of comfort but during times of change and controversy." -Martin Luther King Jr.

Lesson two, understand you control your own destiny. If you are not familiar with the internal/external locus of control theory, accomplish a little fun study unto this subject. In a nutshell, locus of control describes the amount of control individuals believe they have over their own lives, careers or destiny. Pessimistic individuals try to erode our internal locus of control. This is bad for you and this is bad for the mission. No one controls your destiny more than you. Ignore the naysayers, work hard and let the consequences follow, period. "If you are going to achieve excellence in big things, you develop the habit in little matters. Excellence is not an exception, it is a prevailing attitude." -Charles

**OS:** Save our stories!

Lesson three, exude tough minded optimism in your daily activities. This does not describe flattery or brown-nosing, or giving pump-up speeches with buzzwords and clichés, but it describes an internal fortitude of self-control. You WILL have bad days and you won't always win. Tough minded optimism describes overcoming our fly instinct and forcing the body to fight. It describes being part of the solution not just identifying the problem. It means taking action or overcoming obstacles and it means no matter how uncomfortable any situation becomes we never sellout our integrity for the easy way out. We identify the challenges set ahead of us but never cower. We maintain tough minded optimism with a realist perspective that the winds will eventually calm but right now we take charge of the Airmen entrusted to our charge and fight. Why do you ask, because we have no other option but to win! Adversity causes some men to break; others to break records." -William Ward.

Now go out there, refocus and maximize vour contribution to our force. We are all in this fight together... lead on!

## THE WARRIOR

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For more information, call the Warrior office at 660-687-6126, email Whiteman.Warrior@us.af.mil, fax 660-687-7948, or write to us at Whiteman Warrior, 509th Bomb Wing, 509 Spirit Blvd. Suite 116, Whiteman AFB, Mo., 65305.

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Army Lt. Olin "Short Round" Hardy and L Company infantrymen wait to hear news on the radio during the Korean War.

memories - the stories - pass away with the infirmities of time

and age, and eventually, death. For Veterans of "The Forgotten

War" in particular, the opportunity to capture their stories for

forever is quickly passing by. But it doesn't have to be that way.

Lt. Olin "Short Round" Hardy was beloved by the men he

served with, not just because he was a great forward observer,

but because he managed to bridge the infinite divide between

Artillery, his trade, and the Infantry of Company L. His misad-

ventures bringing scavenged creature comforts to the foxholes

at the front, or in bringing extra fire to bear on enemy positions,

made him legendary, even 60 years after the Korean War. Today,

his remaining brothers in arms toast his memory and the deeds

that drove them to advocate that he earn the Combat Infantry

The men telling Hardy's stories are in their 80s, and the size

of the once-large group has dwindled to only a handful. The

Badge, an honor normally exclusive only to Infantrymen.

Courtesy photo

Army Sgt. Jack Shannon completes an operational jump into North Korea as a "Rakkasan," a member of the elite 187th Airborne Regimental Combat Team air assault group.

In the same war, Sgt. Jack Shannon jumped out of airplanes, then waged combat at close quarters with both North Koreans and Chinese regulars. I only know this by inference, though, because my father-in-law never talked to me about any of that, though I could see those things haunted him. Instead, I heard about him helping loosen the airplane cargo pallet carrying a Jeep over its drop zone - only to have the pallet break loose and take the Jeep - and Jack - with it. A few heart-stopping "ass-over-elbows" moments later, he managed to get ahold of

the Jeep mid-air, climb in and hold tight for a hard – but survivable – landing. Or there's the story of a fellow soldier who was afraid that a North Korean might creep into camp at night to slit his throat as he slept, so he set booby traps all around his quarters - and almost blew himself up, along with everyone in

Then there's my own Dad, Airman Third Class George Bishop, who enlisted for the noblest of reasons: to get away from home as young as legally possible. He was also in Korea, and served as an electrical technician on some of the world's first computers. In his free time, he dealt blackjack in the Officer's Club, and

See SOS, page 10

## On the cover

U.S. Air Force photo/ Staff Sgt. Alexandra M. Longfellow Motorcyclists ride to the Missouri Veterans Cemetery in Higginsville, Mo., April 27, 2015 as part of Motorcycle Safety Day. The individuals who participated in the mentorship ride cleaned headstones of dirt and

News May 8, 2015

## **NEWS BRIEFS**

## **DISPOSITION OF PERSONAL**

2nd Lt. Anthony T. Vahling is authorized to make disposition of the personal effects of Senior Airman Michael K. Rafael, deceased, 509th Civil Engineer Squadron as stated in AFI 34-511. Any person having claims for or against the deceased please contact 2nd Lt. Anthony Vahling (660)-687-2532.

#### **CAF Day: Run The Runway**

Team Whiteman,

Come out for this year's Run the Runway on May 15! The run will start at approximately 7:05 a.m. after Reveille, the National Anthem and the wing commander's Opening Remarks. Squadrons need to be formed up NLT 6:45 a.m., west of the runway. The appropriate areas will be marked by cones with squadron designations. The uniform of the day will be PT Bottom / Squadron Morale Top (or

The running area is designated as a no hat, no salute zone. Bring your squadron guide-ons! Parking will be available on the north ramp of the airfield, and please carpool to conserve space.

Lastly, NO cameras or cell phones are permitted! Public Affairs photo support will be provided.

For more information call Tech. Sgt. Lukas Bartels at (660) 687-3652 or Tech. Sgt. David Coleman at (660) 687-5073.

#### Youth Employment

Youth Employment Skills (YES) Program is an on-base volunteer program for high school students and is offered through Whiteman AFB Teen Programs. This program, underwritten by the Air Force Aid Society (AFAS), is a joint effort between AFAS and Air Force Services to offer high school students an opportunity to learn valuable work skills, "bank" dollar credits toward their postsecondary education and have a positive impact on their base community.

Teen Programs is looking for teens that would like to volunteer and base agencies that would like teen volunteers to learn various skills that will help them in future careers

Student volunteers are interviewed for positions coordinated by Teen Coordinator and base agencies appropriate for the YES Program. YES volunteers are not be placed in the following positions: thrift store, cashier positions, chapel positions, base retail operations, waitressing, school program or any Red Cross position.

If you are an interested agency or have a high school teen interested (teen must be a dependent of active duty Air Force sponsor) in volunteering for scholarship money, please call 660-687-5586.

## WEATHER

Today	Saturday
Storms Likely	Storms Likely
Hi 75	Hi 75
Lo 63	Lo 62
Sunday	Monday

Partly Sunny

Hi 69

Storms Likely

Hi 77

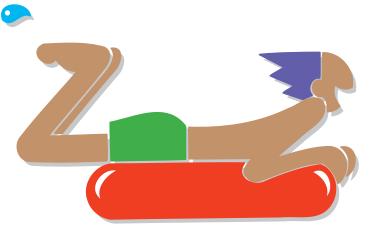
Lo 63

## Brace yourself, summer is coming: Keep cool at the base pool By 509th Force Support Squadron

Summer is approaching and the best way to cool off this season is to visit the Whiteman Community Pool.the outdoor pool, that is!

For many years, Air Force Global Strike Command financially supported the base pool program by allocating funds to cover the personnel expenses required to hire lifeguards. However, current budget constraints have eliminated that funding.

What does this mean to you? As a Non-appropriated Fund (NAF) business activity, the pool must be self-sufficient and maintain a level of profitability in order to remain viable. Without funding allocated for lifeguards, the pool would operate at a fiscal loss. There were several options considered, including elimination of lap swimming, reduction of operating hours, increased fees and charges, and closure of the pool. One other option that was considered was to absorb the loss to the Morale, Welfare, and Recreation (MWR) fund. This was only a possibility based on the overall strength of our local MWR fund. Through your continued support of force support programming, local NAF businesses, and re-investment into our community,





the Whiteman AFB MWR fund remains solid and is currently meeting all Air Force financial goals.

How are we staying open? The Force Support Squadron and Team Whiteman Total Force Enterprise partners have "teamed up" to fund this year's outdoor pool program. Your Outdoor Recreation Program will also incorporate suggestions brought forward during Whiteman Town Halls and marketing surveys.

This season, we will open earlier and close later than previously. Mondays will remain closed for pool maintenance. However, the Tuesday - Friday operating hours will be 11 a.m. - 8 p.m. During the week, two swim lanes will be allocated for lap swimming enthusiasts, 11 a.m. - 1 p.m. every Tuesday through Friday. Saturday and Sunday hours of operation will be noon - 6 p.m.

You can purchase a family pool season passes for \$75, single person season pass for \$45, or a daily pass for \$2 per visit. Season passes can be purchased at Outdoor Recreation, and pool parties can also be scheduled by calling Outdoor Recreation at (660) 687-5565. Our rates will remain the same as last season to better serve you and hopefully provide a higher cost savings. We hope to see you at the pool this season.

# **Outstanding Airman of the** Year Award recipients



U.S. Air Force photo/Senior Airman Joseph Raatz

Outstanding Airman of the Year Award recipients from the 509th Bomb Wing pose with Brig. Gen. Glen D. VanHerck, 509th Bomb Wing commander (left), and Chief Master Sgt. Shawn Drinkard, 509th BW command chief (right) at Barksdale Air Force Base, La., April 16, 2015. The Wing's winners were Senior Airman Mason Meherg, 509th Comptroller Squadron, Tech. Sgt. Shonta Simes, 509th Force Support Squadron and Senior Airman Ryan McGarrigle, 509th Operations Support Squadron.



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**Feature** May 8, 2015

## Nuclear leaders share current, future state of deterrence



Admiral Cecil D. Haney, U.S. Strategic Command commander, speaks during a strategic deterrence symposium, May 5, 2015, at the University of Central Missouri in Warrensburg, Missouri. Senior leaders from USSTRATCOM, Air Force Global Strike Command and U.S. Submarine Forces discussed the state of current and future nuclear deterrence forces. USSTRATCOM is one of nine DoD unified combatant commands and is charged with strategic deterrence; space operations; cyberspace operations; joint electronic warfare; global strike; missile defense; intelligence, surveillance and reconnaissance; combating weapons of mass destruction; and analysis and targeting.

#### Story and photos by Airman 1st Class Joel Pfiester 509th Bomb Wing Public Affairs

Top leaders from U.S. Strategic Command, Air Force Global Strike Command and U.S. Submarine Forces shared the state of current and future nuclear deterrence forces May 5, during the Strategic Deterrent Coalition's symposium at the University of Central Missouri in Warrensburg, Missouri.

"Strategic deterrence in the 21st century is a topic that's so important to the future of our country and must be a part of our nation's priorities," said Adm. Cecil D. Haney, USSTRATCOM commander and keynote speaker. "The president has stated that while we aspire that the world be free of nuclear weapons, as long as these weapons exist, the U.S. will maintain a safe, secure, and effective arsenal for deterring our adversaries and guaranteeing the defense of our allies."

Haney stressed the importance of strategic deterrence as a fundamental element of the U.S. defense strategy and why the nation must maintain ready and reliable nuclear forces.

Today, while we live in a world that has significantly decreased the number of nuclear weapons through verifiable and achievable treaties and policies, we cannot take this for granted," said Haney. "At the same time, we live in a world where strategic threats have increased, meaning we must deter multiple countries and simultaneously in multiple domains."

One such domain is the sea, which is supported by the capabilities of U.S. Submarine Forces, including the ballistic missile submarine (SSBN). Since the 1960s, SSBNs have provided a survivable strategic deterrence through the stealth and precise delivery of the Trident II D5 fleet ballistic missile. The SSBN is one leg of what's known as the nuclear triad, the foundation of the Department of Defense's nuclear deterrence strategy.

Vice Admiral Michael Connor, U.S. Submarine Forces commander, spoke on the nuclear triad and Navy's role in strategic deterrence during a panel.

The demonstrated capability of the triad and the readiness posture we maintain everyday provide the clear signal to potential advisories that it isn't really worth getting into a major conflict, nuclear or conventional," said Connor. "That is what we do. That's what we deliver every day and it is hugely important."

The Air Force's deterrent forces, the intercontinental ballistic missile and bomber forces, comprise the other two legs of the triad. The land-based Minuteman III is the responsive leg of the triad, proving a foundation for strategic stability. The B-2 and B-52 bombers offer flexible, long-range platforms that can perform a variety of missions and carry an assortment of

Amplifying his Navy counterpart's comments, AFGSC commander Lt. Gen. Stephen Wilson said nuclear weapons have deterred wars between great powers for 70 years.

"The conservative number is that 68 million people were killed in World War II with [another] 100 million injured -- before nuclear weapons," Wilson said. "We can't comprehend that now. What's changed is this weapon came along that has deterred wars between great powers. That's what nuclear weapons bring to the table every single day... [and] we use those weapons every single day to deter adversaries."

The common theme resonated with each speaker: strategic deterrence is a key priority.

The U.S. Air Force and Navy provide the president with ready and reliable nuclear deterrent, but Haney identified the need for a long-term, visible commitment to the sustainment and modernization of the forces.

"We must improve our capabilities and refine our approaches to support an effective 21st century deterrent," said Haney said.



Lt. Gen. Stephen Wilson, Air Force Global Strike Command commander, answers questions on the command's mission and investment in improving the command's culture as part of a panel during a strategic deterrence symposium, May 5, 2015, at the University of Central Missouri in Warrensburg, Missouri. Senior leaders from USSTRAT-COM, Air Force Global Strike Command and U.S. Submarine Forces discussed the state of current and future nuclear deterrence forces.



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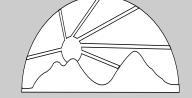
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**AMVETS**-Membership Dinner 1st Tues. each month 6 p.m. - AMVETS Building

VFW-1st Fri. each month 7 p.m. - VFW Building

**VFW Auxiliary**–1st Fri. each month 7 p.m. - VFW Building

**Boy Scouts** - Troop 509 Methodist Church, Peter Blaszczyk, 660-563-6333

Cub Scouts - Pack 405 Kevin Templin 660-864-6455

Cub Scouts - Pack 509 Methodist Church

Girl Scouts - Jo Ellen Elwell 563-3514

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8 The Warrior Feature

# Motorcycle Safety Day



More than 35 riders participated in a mentorship ride to the Missouri Veterans Cemetery in Higginsville, Mo., April 27, 2015. The riders cleaned all headstones of dirt and debris as part of Motorcycle Safety Day.



Motorcyclists ride to the Missouri Veterans Cemetery in Higginsville, Mo., April 27, 2015 as part of Motorcycle Safety Day. The individuals who participated in the mentorship ride cleaned headstones of dirt and debris.



Master Sgt. Damian Bunch, 509th Operations Support Squadron aircrew flight equipment quality assurance, gets ready to ride the safety course during Motorcycle Safety Day at Whiteman Air Force Base, Mo., April 27, 2015. The course allowed motorcyclists to practice proper stops and turns. (U.S. Air Force photo by Staff Sgt. Alexandra M. Longfellow/Released)



Senior Airman Armond Dinett, 509th Maintenance Squadron, signature diagnosis journeyman, Tech. Sgt. Joel Sneddy, 509th MXS low observable craftsman, and Senior Airman Shane Smith, 509th Aircraft Maintenance Squadron administration assistance, scrub headstones of dirt at the Missouri Veterans Cemetery at Higginsville, Mo., April 27, 2015.



U.S. Air Force Capt. James Campbell, 509th Medical Group physician assistant, relaxes near his bike during Motorcycle Safety Day at Whiteman Air Force Base, Mo., April 27, 2015. More than 50 individuals were in attendance to promote motorcycle safety and mentorship.

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## **SOS** Continued from Page 2-

infamously came up with a number of schemes for getting ahead in the world the fast way – which invariably is the wrong way, which led him to get busted down in rank at least twice. He certainly also had adventures and close calls, though of a graft-and-greed nature, far from the front – experiences that reflect a different man than who I knew and loved as my father – a man still in his youth and still learning, albeit the hard way.

Besides Korea, the one thing in common amongst these three heroes – and to too many others – is that no one captured their stories firsthand. While I've told some of them here, what I've recounted is hearsay – subject to my own frame of experience and to my shabby memory. Sadly, then, what's retold in sparse detail is pretty much the extent of which I know about any of these situations – and thus, what anyone knows about them. Details about the experiences – the smells, what they were thinking, what they were feeling, what they learned from what happened and so much more – are lost forever, because each of these men – and so many more of our Veterans each day – has passed away.

These stories, then, are a gift; I am proud that the ones I have, as few and limited in detail as they are, were entrusted to me. I'm trying to save them for my children and for theirs. But I didn't get much, and I didn't get many, and now it's too late for me to get any more.

When they were alive – and elderly – I thought it might be unseemly to ask to hear them, and especially, to record them. That's my greatest regret now. My 16-year-old son has seen this through me, and he gets it. For his Eagle Scout service project, he'll lead a group of young men to capture video histories of other Veterans for their families, for historians and for the public alike, through the Library of Congress's Veterans History Project and the Missouri Veterans History Project. He won't get his grandfathers' stories, but he will get others' grandfathers' stories.

Each of us can do so, too, whether as a volunteer for one of these programs, or less formally with our immediate circle of family members, friends or neighbors. From my own experience, I'd pass along the following and encourage everyone who knows a Veteran to:

- \* Ask to hear their stories
- \* Ask to see pictures or other "artifacts" from their service patches, uniforms, souvenirs, etc. and ask them to tell you about them
- \* Ask to record their stories audio or video for exact capture of their words, but also for non-verbal information like body language or voice tone
- \* Realize they may not appreciate what a big deal their stories are to you or to anyone; they did not grow up with social media and its associated narcissism
  - \* Be OK if they decline your request
- \* If they won't let you record them, or if you don't want to ask to record them, then jot down as much as you can recall hearing, as soon after you hear it, as possible
- \* Recognize that there may be some things they never want to talk about
- \* Accept that there may be some things that they won't talk to you or a loved one about, but they might talk to a total stranger about
- \* Realize that many of these stories are connected to wounds seen and unseen; be prepared for reactions that may surprise you and them
- \* Go Barbara Walters: engage your best conversation skills to elicit information and details with insightful questions and good follow-ups that take the conversation deeper
- \* Listen ... truly listen to what's being shared with
- \* Don't judge what you hear
- \* Let them know that you appreciate them sharing their stories with you

To learn more about capturing Veterans' stories, visit the Library of Congress Veterans History Project website.

Do you have any Veteran stories that you'd like to share? What advice do you have for someone who wants to ask a Veteran to hear his or her story?

# The Deals are Heating Up!







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# Celebrating Nurse Appreciation Week



U.S. Air Force photo/Senior Airman Keenan Berry

Members from the 509th Medical Group pose for a group photo for Nurse Appreciation Week at Whiteman Air Force Base, Mo., May 05, 2015. Nurses and medical technicians work behind the scenes ordering renewing medicine, reading communicating test results and relaying providing health information and education to patients. Doctors, nurses and medical technicians work together to ensure patient health improves. For most, inspiration to take care of people stems from prior experience and history.

#### By Senior Airman Keenan Berry 509th Bomb Wing Public Affairs

National Nurses Day is celebrated annually on May 6 to raise awareness of the important role nurses play in society. It marks the beginning of National Nurses Week, which ends on May 12, the birthday of Florence Nightingale.

National Nurses Week was first witnessed in October 1954, anniversary century from Nightingale's mission during the Crimea War. May 6 was presented as the date for the observance in 1982.

Nurse Appreciation Week is also celebrated by the military honoring both nurses and medical technicians who take pride in what they do.

"This is an important event because people often don't realize that nurses and medical technicians have a huge impact on care," said Airman 1st Class Dylan Kielcheski, 509th Medical Operations Squadron family practice medical technician. "Patients believe they come to just see the doctor but there is actually a full team of people who are working on their healthcare."

Nurses and medical technicians work behind the scenes ordering renewing medicine, reading communicating test results and relaying providing health information and education to patients. Doctors, nurses and medical technicians work together to ensure patient health improves. For most, inspiration to take care of people stems from prior experience and history.

"I love being able to help people at their



worst," said Maj. Christopher Goodenough, 509th MDOS. "I was inspired by two Marines who both lost two of their limbs during combat. Their friendship was so powerful that each was more concerned about the other's well-being rather than their own. This display of camaraderie and brotherhood motivated me to do what I do now."

Many nurses and medical technicians come from different walks and backgrounds that inspired them to pursue this occupation.

"This is an interesting and diverse career field," said Maj. Krista Grey, 509th Medical Group Education and Training Flight Commander. "It's nice being able to see different patients and help restore them back to

their original optimize their health."

Whiteman medical personnel have a passion for doing their task in assisting Airmen, retirees, civilians and dependents in reaching their desired health; an honor worth celebrating.

The Medical Group kicked off the week with an ice cream social on Wednesday, 6 May. Other events will occur in accordance to their schedule.

"A few of our committee members came up with a handful of questions that will be sent out to the entire Medical Group to answer," said Staff Sgt. Heather McCoy, 509th MDG NCO in charge of education and training. "Anyone who submits the correct answer will be placed in a drawing and at the

end of each day, a winner will be drawn."

There will be a scavenger hunt for the entire medical group to participate in on Friday, 8 May. Monday, May 11, will be a baby photo contest of several medical technicians and nurses who have submitted their photo. Finally, on Tuesday, May 12, the medical group will end with a catered lunch for all the nurses and technicians, provided by the funds they were able to raise. For information please contact the 509th Medical



# **Basic Officer Training Selectees**

Team Whiteman,

Be sure to congratulate four of our very own who have been selected for Basic Officer Training. This was a highly competitive process and each of these Airmen are well-deserving of this accomplishment.

**Staff Sgt. Richard Anderson** 509th Communications Squadron

**Staff Sgt. Timothy Heiden** 509th Operations Support Squadron

**Senior Airman John Lucas** 509th Civil Engineer Squadron

**Staff Sgt. Piara Swank** 509th Contracting Squadron



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Classes may be cancelled or added depending on enrollment.

#### THE FOLLOWING CLASSES ARE NOW FORMING:

SESSION 1 JUNE 8th- JUNE 26th (5-9:20 pm)

Composition 1 Mon. - Wed.

Speech Mon. - Wed.

SESSION 2 JUNE 29- JULY 17th (5-9:20 pm)

American History M-W

Speech M-W

Principles of Management M-W

SESSION 3A JULY 20th- AUG 7th (5-9:20pm)

Humanities T-Th

SESSION 3B JULY 20th- AUG 21st (5-9:20pm)

Collage Algebra M-W

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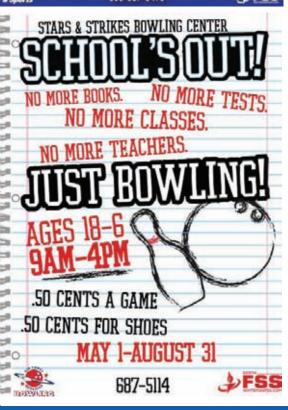
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## FCC NEWS AND INFORMAT

FCC OFFICE 660-687-5590

## **Base Residents**

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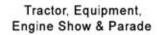
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## Blackwater's 1st Annual





## May 9th, 2015

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Dancers Perform 12 - Tractor Parade

1 - Children's Peddle Pull 3 - Native American

Dancers Perform 4-6 pm Concert

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