Vol. 2 No. 35 Sept. 2, 2011

Maritime Expeditionary Security Squadron 11 Det. D

Airmen maintain health care through medical maintenance



U.S. Air Force photo by Senior Airman Cody H. Ramirez

Staff Sgt. David McCann, 509th Medical Support Squadron medical maintenance technician, inspects a dental chair at the base clinic Aug. 26 to see if the back retention sensor is defective. If so, McCann will replace the sensor with a new one and reconnect the wiring throughout the dental chair. Medical maintenance has the crucial job of ensuring all medical machinery is serviceable, so the base clinic here can safely treat its monthly average of 5,000 patients. See page 5 for story and photos.

CSA card policy change

Effective immediately, the Controlled Spend Account (CSA) card (formerly Government Travel Card) may only be used for expenses related to official government travel. Personal use of the CSA card is not authorized. Payments in excess of overall expenditures placed on the CSA card, after completion of official travel, can be obtained by the traveler using one of the following options:

- 1) Electronic funds transfer to a personal account through Citi's online access system or by calling directly, 877-784-1407. Transactions usually take 48-72 hours and there is no charge.
- 2) Request funds by check. Travelers must call Citi at the number above. Mailed check transactions usually take 14 business days and there is no charge.
- 3) A refund check will automatically be mailed to the cardholder after 60 days of inactivity on the account. Mailed check transactions usually take 14 business days and there is no charge.
- 4) Withdrawal from an Automated Teller Machine (ATM). Traveler has immediate access to funds up to the \$500 ATM limit, however, ATM service fees and a Citibank surcharge of 2 percent are not reimbursable.

Contact base CSA POC at phone number or e-mail with questions.

Malicious websites pose threat to Air Force network

By Tech. Sgt. Scott McNabb 24th Air Force Public Affairs

LACKLAND AIR FORCE BASE, Texas (AFNS) -- The discovery of spoofed Air Force websites means Air Force network users must maintain vigilant awareness before entering passwords into Air Force sites.

The 624th Operations Center is alerting Airmen across the service about malicious websites posing as official Department of Defense and Air Force pages appearing through Web searches.

All Airmen, including military, civilians and Air Force contractors, must ensure links and Uniform Resource Locators (URLs) are legitimate before entering their passwords because those who don't could render the official sites vulnerable to exploitation and other threats.

"It is vitally important for everyone to watch what they do and where they go on the Net," said Col. Alan Berry, 624th OC commander. "Any site can be hacked or spoofed at any time. In this case, an unknown actor spoofed our Air Force Portal site and also found a way to elevate their fake site in the search results provided by some common search engines. They are relying on individuals to trust the search engine or act so quickly that they do not recognize their mistake."

Berry said verifying the link isn't foolproof either. "Each person can protect themselves, and by extension the entire Air Force enterprise, by taking a little time and caution to check search results or links for accuracy and authenticity," he said.

The Air Mobility Command Threat, Analysis, and Response Cell identified the spoofing threat to the 624th OC. Berry said he's proud of the men and women of his unit, but it takes a team to keep the AFNet safe.

"Tackling this event was much bigger than just the 624th OC," said the commander. "Multiple units worked this issue and developed the quick actions to counter the spoof attempt. We are the hub for much of those efforts and often the public face, but we are not the only ones working hard to keep our networks safe and available."

The 624th OC recently issued a Notice to Airmen asking AFNet users to identify the actual Web address, normally listed below the heading of the search result before selecting a link. The NOTAM also pointed out official sites will normally have a ".mil" or ".gov" extension on the URL address such as the official Air Force website address: http://www.af.mil.

Airmen who find a spoofed Air Force or Department of Defense website should alert the local Information Assurance office immediately.

Welcome to 8th AF commander

Team Whiteman welcomes Maj. Gen. Stephen W. Wilson, Eight Air Force commander, who will join us for a three-day visit Sept. 6.



ON THE INSIDE

3 Airman 1st Class Vazquez remembered, celebrated

Members from Team Whiteman and family members of the late Airman 1st Class Luis Vazquez, 509th Security Forces Squadron, came together to dedicate a classroom in his memory during a ceremony here Aug. 25. Airman Vazquez would have turned 19-years-old the day of the ceremony.

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From the Frontlines: Chief Master Sergeant Daniel DeMers

Those who know him best describe him as a hard-working and fun-loving man. He has been known for his positive attitude and animated personality and someone who can lighten up the mood of those who come across him.

12 Atomic Luau brings fun to base



Members from Team Whiteman took a break from the work day while enjoying food and games at the 2011 Luau here Aug. 26. The Luau hosted a live band, washers, dunking booth, mechanical bull and other activities.

WEATHER

Today	Sunday
Sunny	Partly Cloud
Hi 95	Hi 80
Lo 72	Lo 56

Saturday Partly Cloudy Hi 89

Sunny Hi 77 Lo 60

Monday

Lo 61 Lo 60 Courtesy of National Weather Serv 2 The Warrior Sept. 2, 2011 Commentary

Talking natural disasters with children

By Elaine Sanchez

American Forces Press Service

WASHINGTON (AFNS) – I got a call from the school counselor Aug. 24 about my son. An earthquake that had rattled windows and walls on the East Coast the day before also had rattled my 7-year-old

Yesterday, he was so nervous about an aftershock that his teacher sent him down the hall to the counselor to talk about his fears. My son flooded the counselor with questions, she told me. "What if we get another earthquake? Why do we have to go under our desks? Why would we go outside?"

All valid questions, we agreed.

But the tricky part is finding the right answers. And I figured I'd better do that soon, since another natural disaster, Hurricane Irene, struck East Coast last weekend.

After some research, I learned the most important thing I can do is create an open environment so my son feels comfortable asking questions. Here are some other tips for talking to kids about natural disasters, courtesy of the American Psychiatric Association's Healthy Minds, Healthy Lives website:

- Give children honest answers and information. Children usually know, or eventually will find out, if you're making things up. It may affect their ability to trust you or your reassurances in the future

- -- Use words and concepts children can understand. Gear your explanations to the child's age, language and developmental level.
- -- Be prepared to repeat information and explanations several times. Asking the same question over and over may also be a way for a child to ask for reassurance.
- -- Acknowledge and validate the child's thoughts, feelings and reactions. Let them know that you think their questions and concerns are important and appropriate.
- -- Remember that children tend to personalize situations. For example, they may worry about their own safety and the safety of immediate family members, friends and neighbors.
- -- Be reassuring, but don't make unrealistic promises.
- -- It's a good opportunity to show children that when something scary happens, there are people to help.
- -- Children learn from watching their parents and teachers. They will be very interested in how you respond to events. They also learn from listening to your conversations with other adults.
- -- Monitor for physical symptoms including headaches and stomachaches. Many children express anxiety through physical aches and pains. An increase in such symptoms without apparent medical cause may be a sign that a child is feeling anxious or overwhelmed.
- -- Consider seeking help from a mental health professional if a child is preoccupied with ques-

tions or concerns about fires or other natural disasters, has ongoing sleep disturbances, has intrusive thoughts or worries, or has recurring fears about death, leaving parents or going to school.

You also can stress the importance of being prepared, which may also help to alleviate fears. For our military families, TRICARE medical plan officials have some great information on hurricane preparedness.

Beneficiaries should have an emergency kit on hand, officials advise. Kits should contain food and water, a battery-operated weather radio, flashlights, first-aid supplies and medical necessities

It's also important to have a list of healthrelated information for each family member on hand such as:

- Copies of each family member's uniformed services ID card (or sponsor's name and Social Security number), Medicare card or other health insurance card;
- -- Copies of family members' names, addresses, phone numbers, etc.;
- -- A list of primary care managers, other doctors and phone numbers;
- -- Emergency contact names and phone numbers;
- -- Known prescription medications and dos-
 - -- A list of allergies; and

See Talking, page 10

Commander's Corner

Team Whiteman,

This weekend marks the end of the Critical Days of Summer, the period between Memorial Day and Labor Day when Americans are at an increased risk of injury or death due to accidents. Whiteman has been very fortunate this summer. So far we've suffered no major accidents and, most thankfully, no deaths either on duty or due to accidents. This is not due to



luck – it's a result of sensible risk management in the home and in the workplace.

This weekend is the last long weekend before the end of summer and the cooler weather of autumn begins to arrive. As you spend time outside with your family or hit the road, remember your responsibility to act safely and mitigate unnecessary risks.

For those of you who were at the Atomic Luau last week, you'll be happy to know that we raised \$1,908, which will go toward the Air Force Enlisted Village, a non-profit organization providing safe, secure and dignified homes for the surviving spouses of retirees. Most of the money came from attendance fees, but \$78 of it was raised by the winning bid to hit Chief Cooley in the face with a cream pie. Thank you Airman and Family Readiness and all the volunteers supporting the event.

Congratulations to the 442th FW for passing their ACC ORI. This validates what we already know...they are combat ready!! AND congrats to the 20th RS for standing up their fourth combat air patrol...go Hell Hounds!

Finally, I would like to take this opportunity to recognize our most recent ALS John Levitow Award winner, Senior Airman Matthew French from our Security Forces Squadron. I could not have been more proud he received the distinction, but was beaming with pride as he deflected the praise to his dear bride, his coworkers and the outstanding graduating class, 11-G. Now team, this is excellence personified!

Defensor Vindex.

-Brig. Gen. Scott Vander Hamm, Commander

Honoring the reveille and retreat tradition

By Master Sgt. William Crider 509th Bomb Wing Wing Plans

Knowing how to react to required practices and standards began for me in basic military training. I remember when I joined the military and met some very passionate people called technical instructors.

TIs ingrained daily operating standards into my thought processes which helped to establish a foundation for me to perform as a professional in everything I do. Properly responding to reveille in the morning and retreat in the afternoon were some of those new operating standards that stayed with me but not so much for others.

I remember earlier this past June, it was a sunny day at 5 p.m. and the air temperature wasn't extremely hot, but hot enough to have the vehicle windows rolled up and air conditioner turned on. As I proceeded to the main gate to leave base, I was aware that retreat was about ready to sound off via the giant voice loud speaker. As soon as I heard the music, I stopped my vehicle on the side of the road to show and pay respect to the U.S. flag and honor the National Anthem.

At that moment, I was amazed how many other vehicles traveling on-base did not stop to include the vehicle traveling directly behind me. An accident almost occurred because I chose to follow simple custom and courtesy etiquette.

To say the least, it was disheartening to have witnessed so many people

not aware of the time or just outright chose to disregard what I was taught to believe in, which is a required practice for military personnel and their family members.

Not long before the retreat incident, from a distance, I witnessed a young Airman react to the morning reveille music in a parking lot. "To The Colors" isn't currently played as part of reveille but he stood at attention waiting for the music to play out. Midway through he opted to continue walking as he saw other military personnel in the immediate area not participating.

As I watched the situation unfold, I believe the Airman's intentions were true but he ended up being confused because no one took the time to explain the do's and don'ts.

During the past few months, not a day has passed that I haven't witnessed infractions like this. As leaders, regardless of rank, we need to reel our personnel back in to re-brief some general rules and required practices to correct what has slowly been pushed to the side.

We should all be passionate about ensuring things like disrespecting the U.S. flag or National Anthem doesn't happen.

I see personnel viewing reveille and retreat as a burden, something that wastes their time. If that's true, why play the music it all?

Think about it, how many times

See Honoring, page 14

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.

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

News The Warrior Sept. 2, 2011

NEWS BRIEFS

Munitions Squadron Semi-Annual Stockpile Inventory

The 509th Munitions Squadron will be conducting a semi-annual stockpile inventory until Sept. 9. Those needing any munitions issued or have any that need to be turned in, do so either the week prior or after the inventory. During this week, MUNS will only process emergency requests, submitted in writing, and approved by the group commander or equivalent. Call Tech. Sgt. Jason Gebbia at 660-687-8251 for additional information

Golfer's opinion sought

Headquarters AF Services has launched its annual golfer survey at 71 courses. Patrons are asked to repond to a survey which runs until Sept. 15 and can be found at www.usafservices.com

2011 Whiteman AFB Gala

The 2011 Whiteman AFB Gala is Sept. 23 in the 5-Bay Hanger at 6 p.m. Attire is formal/evening wear and semiformal/mess dress. Tickets are: \$25 for E-5/GS-5 and below and \$30 for E-6 and above. Tickets are available through your unit POC. Cash or check only. RSVP to your unit POC by Sept. 16. There is a live band and a photographer. Parents night out is available and those interested should contact the Child Development Center at 660-687-5592 or the Youth Center at 660-687-5586.

Commissary Case Lot Sale

The Whiteman Commissary's annual fall case lot sale is scheduled Sept. 17 from 9 a.m.-5p.m. and Sept. 18, 10 a.m.-4 pm. For information call 660-687-5655.

Missouri to honor 70th anniversary of Bataan Death March

A Missouri Bataan Death March is scheduled April 2012 (anniversary of event) to honor more than 50 Missourians who marched in the Bataan Death March in World War II. The VFW and American Legion posts, ROTC and Jr-ROTC units, dignitaries and citizens who wish to register can log on to www. missouribataanmarch.com. This is a free, state-wide, 8-mile march to honor them. For information call 660-422-4200 between 6-9 p.m.

Voters Assistance Office

The Whiteman AFB Voting Assistance Office is available to provide yearlong voting assistance to all U.S. citizens who have access to the Installation Voter Assistance Office. The Whiteman AFB Voter Assistance Office is located in the 509th Bomb Wing Building in room 117, MPF/MPS Customer Service section. The services include providing information and voter registration assistance. For assistance with absentee voting send an e-mail to vote@whiteman.af.mil or call 660-687-2868. The assistance is appointment based and available 8 a.m.-3:30 p.m. Monday through Friday except, Federal holidays and the wing down days.

Airman 1st Class Vazquez remembered, celebrated



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

Members of Team Whiteman and family members of the late Airman 1st Class Luis Vazquez, 509th Security Forces Squadron, came together to dedicate a classroom in his memory during a ceremony here Aug. 25. Airman Vazquez would have turned 19-years-old the day of the ceremony.

Substantial changes made to dress and personal appearance AFI

(Courtesy of the 509th Force Support military personnel section)

The new Air Force Instruction 36-2903, Dress and Personal Appearance of Air Force Personnel, has been published. Significant

changes have been made by the order of the Secretary of the Air Force.

Changes are listed below. For a complete list and additional information log on to www.afpc.af.mil/dress/index.asp

New Guidance	Previous Guidance	
☐ Tattoo measurement guide.	☐ No guidance on how to measure tattoo to ensure compliance.	
☐ Defines when cosmetic tattooing is acceptable.	☐ No reference in previous version of AFI 36-2903.	
☐ Defines what is acceptable for dental ornamentation	☐ No reference in previous version of AFI 36-2903.	
☐ States that the ABU coat (shirt) may be removed in the immediate work area but must be worn while interacting with customers and clients.	☐ No requirement to wear ABU coat while interacting with customers.	
☐ Installation commander may prescribe unit designation and cloth or silk screen emblem to be worn on left side of desert sand T-shirt not to exceed five inches in diameter.	☐ A sand colored T-shirt will be worn (no authorization for unit designation or emblem) Effective upon installation commander approval.	
Wear/use of an earpiece, any blue tooth technology or headphones, while in uniform, indoors or outdoors is prohibited unless specifically authorized for the execution of official duties. Use of a hands-free device is authorized while in uniform operating a motor vehicle if local policy permits. (Exception: Headphones and earphones are authorized during air travel and/or while wearing the physical training uniform during individual or personal physical test in the fitness center or on designated running areas unless prohibited by the installation commander.)	s □ No previous reference to blue tooth technology.	
☐ Wear of any other color undershirt and/or undershirts with flight dress uniform is no longer authorized.	☐ Commanders may authorize crewmembers at home station on Friday while wearing the FDU.	
☐ Integrated public display of affection (PDA) language.	☐ No reference in previous version of AFI 36-2903.	
All New Guidance effective July 18, 2011, except where noted.		

Supervisors have a responsibility to be knowledgeable of uniform and personal grooming and appearance standards, and individuals have a duty and personal obligation to maintain a neat appearance and professional image while wearing the uniform or performing official duties.

Additional uniform information:

Currently, deploying Airmen are issued up to four sets of Airman Battle Uniforms. This policy is in place because the ABU is required at

overseas contingency operation deployment locations, but is not a mandatory utility uniform yet. Beginning Nov. 1, 2011 the ABU becomes the mandatory utility uniform. As a result, Airmen with a required delivery date of Oct. 1, 2011, or later, are responsible for providing their own ABUs.

For more information, contact the military personnel section customer service element at 660-687-6425.

News



ALS graduates future NCOs



The Whiteman Airman Leadership School Class 11-G graduated 28 future supervisors at Mission's End Aug. 31.

The award winners were:

John L. Levitow: Senior Airman Matthew French, 509th Security Forces Squadron

Distinguished Graduates: Staff Sgt. Paul Schone, 20th Reconnaissance Squadron, Senior Airman Brock Ashbaugh, 509th Medical Operations Squadron

Academic Achievement Award: Staff Sgt. Paul Shone,

Commandant Award: Senior Airman Edward Mitchell and 509th Maintenance Squadron

The graduates were:

Senior Airman Alexandra Boutte, 509th Bomb Wing



Senior Airman Gregory Lowe, Senior Airman James Vanderwall, Senior Airman William Wolf, Senior Airman William Alverson, Senior Airman David Pownell, Senior Airman William Sullivan and 509th Aircraft Maintenance Squadron

Senior Airman Michael Garcia, 509th Civil Engineer

Senior Airman Jose Acevedo and Senior Airman Nathan Seay, 509th Logistic Readiness Squadron

Senior Airman Allen Henderson, Senior Airman Edward Mitchell, Senior Airman Jared Bryant, Senior Airman Brandon Gerst, Senior Airman Jesse McCullough and Senior Airman Jeremy Wolfe, 509th MXS

Senior Airman Nathaniel Correll, 509th Maintenance Operations Squadron

Senior Airman Kelsey Griffith, 509th MDOS Senior Airman Kellen Brown, 509th Munitions Squad-

Senior Airman Rachel Travis, 509th Operations Support Squadron

Senior Airman Mallory Power, Senior Airman Bryce Neff, Senior Airman Brittany Roomsburg and Senior Airman Rusty Rushing, 509th SFS

Senior Airman Kyle Allen, 571st Air Force Band



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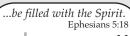
Sunday School: 9:15am-10:15am Worship: 10:30am

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563-2827 Minister: David Jordan www.knobnosterfcc.com

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site: www.megafaithministries.com
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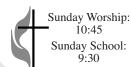
Worship Service 11:00 a.m. Sabbath School 9:45 a.m.

> Pastor Al Oetman 660-656-3332



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Airmen maintain health care through medical maintenance

Story and photos by Senior Airman Cody H. Ramirez 509th Bomb Wing Public Affairs

Would you trust a dentist who wants to take out a tooth with a wrench or a surgeon who wants to use a kitchen knife during an open-heart surgery? No matter the talent of the health care provider, their life-saving capabilities are limited by the equipment they use.

With more than 5,000 patients seen at the base clinic here each month, the 509th Medical Support Squadron medical maintenance shop has the crucial job of ensuring all clinic equipment is serviceable.

The shop of four Airmen (one deployed) has 675 pieces of equipment, which are maintained on a scheduled rotation; annually, semi-annually and quarterly for critical pieces. The maintenance shop doesn't just work on scheduled jobs, but fixes random breaks, bringing the shop's total amount of equipment to more than 1,000 items.

"We inspect and calibrate any machinery in the clinic to include the ambulance," said Staff Sgt. David McCann, 509th MDSS medical maintenance technician. "If anything goes wrong, we can fix the equipment immediately, so the clinic can quickly get back to caring for their patients."

Fixing equipment is essential, according to McCann, but he said watching over the equipment's life cycle is just as important.

"We purchase all equipment for the clinic, watch over it and repair it, and if needed dispose of it," said Senior Airman Alanna McCafferty. "We deal with the contracts for equipment and work with the contractors to make sure they understand what is needed of them."

The medical maintenance shop also tends to medical equipment that goes with servicemembers on deployments, such as suction units and insulators used on patients being transported from Afghanistan to Germany, and other life saving equipment.

The 509th MDSS medical maintenance ensures any machinery that might touch a patient is working properly, from thermometers to X-rays, to prevent damage and continue the base clinic's life saving abilities.



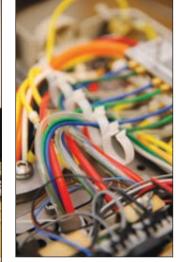
Senior Airman Alanna McCafferty, 509th Medical Support Squadron medical maintenance technician, checks the maintenance scheduled for her workday Aug. 26.



Staff Sgt. David McCann, 509th Medical Support Squadron medical maintenance technician, inspects wiring in a dental chair Aug. 26 at the base clinic.







LEFT: Staff Sgt. David Mc-Cann, 509th Medical Support Squadron medical maintenance technician, connects wiring in a dental chair Aug. 26 at the base clinic.

LEFT: A Medical Support Squadron medical maintenance technician's job requires knowledge of technical wiring inside equipment and be able to fix the machines at a moment's notice. Medical maintenance has the crucial job of ensuring all medical machinery is serviceable, so the base clinic here can safely treat its monthly average of 5,000 patients.

Feature

From the Frontlines:

Chief Master Sergeant Daniel DeMers

By Airman 1st Class Montse Ramirez

509th Bomb Wing Public Affairs

Those who know him best describe him as a hard-working and fun-loving man. He has been known for his positive attitude and animated personality and someone who can lighten up the mood of those who come across him.

With that attitude Chief Master Sgt. Daniel DeMers, 509th Maintenance Support Squadron flight chief, made his one-year deployment to Kuwait as enjoyable as possible. He left this Air Force Global Strike Command base July 2010 and returned July 2011.

During his deployment DeMers served as the 387th Air Expeditionary Group superintendent and as the commander's senior enlisted advisor for more than 1,900 Airmen during numerous expeditionary rotations.

"I oversaw personnel, equipment and facility requirements in support of the area of responsibility's second busiest aerial port of debarkation," said DeMers. "I also handled the theater's mortuary evacuation point, the Air Force's only combat line-haul trucking operation, and supervised Joint Expeditionary Tasked Airmen in support of Army and Navy missions at eight geographically separated units in five countries.'

Unlike his job at Whiteman, where he said he oversaw aircraft maintenance operations, his deployed duties shifted focus to more of a mission support flavor.

"I had opportunities to deal with airfield issues, force protection, security forces, aerial transport, civil engineering, force protection and joint operations," DeMers said. "I found working outside my comfort zone to be a valuable learning and leadership broadening opportunity."

With the saying "You eat an elephant one bite at a time," DeMers said he was able to tackle his responsibilities without adding stress and still being able to enjoy his deployment.

"I felt a great sense of purpose and pride while deployed, and knew we were playing a vital part in history," he said. "The camaraderie was a source of energy for me, like a high-speed uper-charged mojo."

Although he said he missed his family very much, DeMers said he never felt alone.

"Our Airmen, sister servicemembers and contractors were like my family during some challenging times, especially during the holidays," he said. "I feel we did a great job filling the separation gaps and taking care of each other.'

Back home, his family was anxious to have him return home, but he said with advances in technology, being away wasn't as painful as it was 'back in the day' when all they had were



SOUTHEAST ASIA -- Chief Master Sgt. Daniel DeMers inside an M915 truck while getting ready to go on a convoy in Kuwait. DeMars was deployed for a year from July 2010 to July 2011.

letters and a short morale call each week.

GMC

"I missed him so much," said his oldest, son Daniel DeMers. "It was hard not having his funny, yet, wise advice that usually got me out of trouble."

His wife Michelle and his four children, Daniel, 20, Dillon, 18, Mikayla, 15 and Makenna, 12, were proud of having their hero return safely.

In recognition for his support of Operation Iraqi Freedom, Operation Enduring Freedom and Operation New Dawn during his deployment, he was awarded a Bronze Star Medal.













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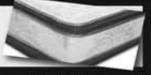


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The Warrior **News** Sept. 2, 2011

Iraqis learn HMMWV maintenance



U.S. Air Force photo by Senior Airman Tristin English

KIRKUK AIR BASE, Iraq -- Tech. Sgt. David Townsend, shop foreman for vehicle maintenance, shows Iraqis how to perform basic vehicle maintenance on a Humvee.

By Senior Airman Chuck Broadway

9th Air and Space Expeditionary Task Force-Iraq / Air Component Coordination Element-Irag Public Affairs

KIRKUK, AIR BASE, IRAQ -- Several U.S. Airmen at Kirkuk Regional Air Base, Iraq, are contributing to the Iraqi military's future by creating and instructing courses on several key aspects of maintenance and repair on the HMMWV, or humvee.

With a fleet of more than 8,000 humvees, maintenance will play a vital role in keeping the mission moving.

Currently there are three courses, each a week in length. Training includes lessons on nance, as well as common troubleshooting for each situation.

Two days a week different instructors teach the Iraqi students how to fix a particular problem. At the end of each week the Iraqis are tested to assess their progress.

This training will give them the fundamentals of vehicle maintenance so they can troubleshoot and fix the systems they'll be dealing with once we're gone," said Tech. Sgt. David Townsend, shop foreman for vehicle maintenance at Kirkuk and one of the instructors.

Most of the training is hands-on. This allows Iraqi vehicle maintainers to get up close with the equipment and ask any questions about a particular process.

Force Base, Mo., said he prefers this method because it shows they really want to learn and also allows him to gauge their progress right

"I teach them to start at the beginning of a system and work through that system until they find the problem, instead of diving in blindly and searching for the problem," Townsend, a Windsor, Mo. resident said. "A lot of them already knew the answers to some of questions."

Senior Airman Chris Berge, 321st Expeditionary Mission Support Advisory Group vehicle maintenance advisor, hopes these classes help the Iraqis realize that routine maintenance will extend the life of the vehicles.

Berge said gaining the Iraqi's trust is the most important obstacle to overcome in the

early stages of advising. The U.S. military knows a lot about vehicle maintenance and in order to share that knowledge they must share a bond of friendship with the Iraqis.

When I first got here I had to gain their trust and let them know 'I'll take care of you, get you the training and make sure you understand the training'," said Airman Berge, a Big Bear Lake, Calif. native deployed from Lackland Air Force Base, Texas. "It's a big issue for them to understand and trust you and let you take over."

Learning a specialized job is a somewhat different and new concept for the Iraqi maintainers. Maj. John Dautel, 321st EMSAG Det. 3 chief, said usually Iraqis with specialized skills are called to fix problems outside of their normal workplace and the advisors are trying to change that.

"We've been working on the integration of shops," Dautel said. "Before, they would take guys from different shops. Now, we're training the Iraqis to get exactly what they need and other people can focus on their own expert

The Iraqis are very enthused and motivated to work, according to Berge. But their fellow Iraqi air force members are still adjusting to the new way of doing business.

"The Iraqi maintainers here are trained and ready to work on vehicles. They know their knowledge and can get vehicles fixed," Berge

Even though the Iraqis are limited on tools compared to U.S. vehicle maintenance shops, Berge said it's surprising the amount of work the Iraqis get done with what they have. He said they're very smart to succeed with the tools they have. Once fully trained, the Iraqis will be able to fix most problems within 48 hours

Both Berge and Townsend feel the program is succeeding and progress is on track. The sergeants feel this experience has changed the viewpoints of the Iraqis and is a stepping stone to a fresh start.

'It's a good feeling to help these people and not be viewed as the bad guys," Townsend said. "We're giving them the opportunity to get their country back and start over. Hopefully they can prosper with their own independent country again and be our allies in the future.'







U.S. Air Force photo by Senior Airman Tristin English

KIRKUK AIR BASE, Iraq -- Tech. Sgt. David Townsend, shop foreman for vehicle maintenance, shows Iraqis how to perform basic vehicle maintenance on a Humvee at Kirkuk Air Base, Iraq.

Feature Sept. 2, 2011

Whiteman Soldier breaks Missouri dead-lift record

Story and photos by Senior Airman Cody H. Ramirez him. On his second attempt, Kirkbride triumphed over mind 509th Bomb Wing Public Affairs

Silence is all that was heard, or not heard, at the 2011 Missouri State Fair Dead Lift Competition while Army Sergeant Stephen Kirkbride, 1-135th Aviation Reconnaissance Battalion, prepared to lift 550 pounds.

His hands were chalked, his belt was fastened around his waist and adrenaline was pumping through his veins. Kirkbride tried to lift the record-breaking weight, but he failed.

"It's all in your head!" the competition judge screamed. You can do this, you just have to believe."

Hearing those words was the last thing Kirkbride remembered as he dropped the weight and saw the crowd cheering for and body lifting 550 pounds, shattering the previous Missouri state dead lift record of 515 pounds (amateur category.)

Kirkbride works full time here as an Active-Guard Reserve in the National Guard's Headquarters to Headquarters company supply shop. His job includes taking care of the vault, weapons, storage, ordering and receiving. When he wasn't working during the months leading up to the competition, he was training.

His mornings were spent jogging and although he didn't have a specific diet, he said he stayed away from junk food and grease. He spent his lunch breaks in the gym, focusing on power lifting – a small number of repetitions high in weight.

Kirkbride, who was Active-duty Air Force for four years,

said he couldn't have done it without his training partner, Staff Sgt. Kiel Ragan, who he met while serving as a fuels Airman for the 509th Logistics Readiness Squadron.

Ragan said he and Kirkbride used each others' motivation as they trained for the competition. Kirkbride didn't make a final decision whether he was going to compete or not until a week prior.

"He's an animal," Ragan said. "If it wasn't for him, I wouldn't have gone as high as I did."

Weighing only 220 pounds, Kirkbride is now the man to beat with the new amateur state dead lifting record.

"Honestly, I don't remember it happening," he said. "I just lifted it and stood up. You look into yourself and you know that you're going to do it."



Army Sergeant Stephen Kirkbride, Missouri National Guard, 1-135th Aviation Reconnaissance Battalion, adds 100 pounds to his dead-lift bar while working out at the fitness center Aug. 22.



Army Sergeant Stephen Kirkbride, Missouri National Guard, 1-135th Aviation Reconnaissance Battalion, works out at the fitness center here Aug. 22 during his lunch break.



Army Sergeant Stephen Kirkbride, Missouri National Guard, 1-135th Aviation Reconnaissance Battalion, chalks his hands before dead lifting at the fitness center Aug. 22. Kirkbride broke the 2011 Missouri State Fair Amateur Dead-lift Competition with a 550-pound lift, shattering the previous record of 515 pounds.



Army Sergeant Stephen Kirkbride, Missouri National Guard, 1-135th Aviation Reconnaissance Battalion, lifts 435 pounds while working out at the fitness center.

News

Talking Continued from Page 2 —

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- -- Prescription medications;
- -- Nonprescription drugs such as pain relievers, anti-diarrhea; medication and antacids;
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-- Personal items such as eyeglasses and other special equipment.

For more information and tips on disaster preparedness, visit the Department of Homeland Security's preparedness website. For updates on military treatment facility closures and other health care information, visit the TRI-CARE disaster information page.

Assistant Secretary visits Whiteman



U.S. Air Force photo by Senior Airman Cody H. Ramirez

The Honorable Daniel Ginsberg, Assistant Secretary of the Air Force for Manpower and Reserve Affairs, addresses future NCOs at an Airmen Leadership School graduation here Aug. 31. Grinsberg remarked on the new leaders' outstanding accomplishments and wished them a successful career. Ginsberg visited here for two days to see Whiteman's operations mission first-hand, B-2 Spirit and met with Airmen who call Whiteman home.



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News The Warrior Sept. 2, 2011



- Carl Davis, Physical Therapy Patient

After hip replacement surgery at Bothwell Regional Health Center, Carl needed several weeks of physical therapy. He would tell you that the staff at Bothwell gave him back his normal life. "Scott helped me get motivated to build myself back," Carl says of his therapist. "Many times, I came out feeling better than when I went in. ...I can't say enough good things about the physicians, nurses and therapists at Bothwell. They're by far the best I've ever seen." Today, Carl is nearly back to full strength – fishing, gardening and working in the yard. "I have more muscle strength than I've had in years," he says. "It was an outstanding experience."

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U.S. Air Force photo by Andy Morat

WASHIGTON -- Lt. Gen. Charles B. Green, Air Force surgeon general, awards Nicole Valenzuela, daughter of Master Sgt. Cristofer and Victoria Valenzuela, during the 2011 Air Force Youth of the Year Award ceremony Aug. 3 in the Pentagon auditorium. Nicole was selected at the Air Force Global Strike Command level from Whiteman AFB for her contributions to Whiteman's installation youth programs, families, schools

Air Force youth of the year recognized in Pentagon ceremony

By 509th Bomb Wing Public Affairs

WASHINGTON - Sixty teens were honored at the 2011 Air Force Youth of the Year Award ceremony Aug. 3 in the Pentagon auditorium.

Nicole Valenzuela, daughter of Master Sgt. Cristofer and Victoria Valenzuela, was selected at the Air Force Global Strike Command level from Whiteman AFB for her contributions to Whiteman's installation youth programs, families, schools and communities.

"Whiteman is proud to have one of its own receive this highest honor given to Air Force youth," said Gerald Torres, Chief of Whiteman Youth Programs.

"Nicole is a true example of an extraordinary young woman recognized by AFGSC for her sound character, leadership skills and willingness to give back to the community," said Kimberly O'Brien, Whiteman Youth Programs teen coordina-

The annual ceremony, held in conjunction with the Boys and Girls Clubs of America Youth of the Year Program, recognizes eight honorees who were selected

as their major command youth of the year. Additionally, one was selected as small command youth of the year and one each was selected as the Air Force Reserve and Air National Guard youth of the year.

Green, the Air Force surgeon general, hosted the event and presented Disney Mouse Cars to MAJCOM honorees and plaques to the installation-level honorees.

"The Air Force Youth of the Year conference was an amazing experience," said Nicole. "I met wonderful people that I can relate to working on Air Force-wide projects that will hopefully get set into motion here soon. I got involved with my school and the community as well as volunteering my time at the youth center which really helped me in achieving this award."

The teenagers also participated in weeklong events at the National 4-H Youth Conference Center in Chevy Chase, Md., including an Air Force Teen Council presentation and leadership and public speaking training. Additionally, the teenagers began developing Air Force-wide projects to reach out to other Air Force teenagers in order to get them more involved with their local communities.



2 Sept. 2, 2011 The Warrior

Feature

Atomic Luau brings fun to base



U.S. Air Force photo by Senior Airman Cody H. Ramirez

Members from Team Whiteman took a break from the work day while enjoying food and games at the 2011 Luau here Aug. 26. The Luau hosted a live band, washers, dunking booth, mechanical bull and other activities. The event raised more than \$1,900 for the Air Force Enlisted Village.

Official Whiteman AFB Facebook launched



Whiteman Air Force Base launched an official Facebook page and invites users to search Whiteman Air Force Base via Facebook and click "Like." Users can access Whiteman AFB news, features, sports, commentaries, photos,

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WHITEMAN SCHEDULE FALL 2011

Classes may be cancelled or added depending on enrollment.

SESSION 1 (SEPT. 5TH - SEPT. 23RD) Speech M-W • Comp 1 T-Th

SESSION 2 (SEPT. 26TH - OCT. 14TH)

American History M-W • Principles of Management T-Th

SESSION 3A (OCT. 17TH - NOV. 4TH) Humanities M-W

SESSION 3B (OCT. 17TH - NOV. 18TH) College Algebra T-Th

STARTING THIS FALL - NO APPLICATION FEES!

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LOCAL ACTIVITIES Professional Women's Organization-1st Mon. of each month - Basement of City Hall

Lion's Club–2nd & 4th Mon. 7 p.m. - Jubilation Center **Chamber of Commerce**–2nd Tues. of each month.

Call Tammy Templeton @ 563-4090 for more info.

Masons—2nd & 4th Thurs. 7:30 p.m. - Knob Noster Masonic Lodge AF & AM

Optimist Club—Sat. 7:45 a.m. - Panther Steak House for Breakfast. The last week of the month meetings Wed. 6:30 p.m. - Panther Steak House for Supper (family invited)

Alcoholics Anonymous (AA)—Every Fri. 8 p.m. - Basement of Methodist Church Knob Noster Board of Aldermen–1st & 3rd Tues. each month - Basement of City Hall

Whiteman Area Piecemakers Quilt Guild—3rd Thurs. each month 7 p.m. - Methodist Church AMVETS—Membership Night Supper 3rd Sat. each month 7-8 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 Cub Scouts - Pack 405 Bill Sander 687-1154 Cub Scouts - Pack 509 Methodist Church

Girl Scouts - Jo Ellen Elwell 563-3514

Freedom of the Road Riders, Local 33 - 3rd Sun. 1 p.m. - AMVETS Building

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FOOD & ENTERTAINMENT

Family Bowling Special \sim Noon-4 p.m. \sim Stars & Strikes For \$25, get one hour of bowling, free shoes, 1-large single topping pizza, and soda for a family of up to six. Call 687-5114 for more info.

Family Days \sim 4 p.m. \sim Royal Oaks Golf Course

A family of four (two adults/two children) can golf every Sunday for four green fees, two carts for nine holes, four hot dogs and drinks! Military family \$30; Civilian guest family \$45. Call 687-5572 for tee

MONDAY 9/5

Labor Day Holiday

Please view the back of the Connection Magazine or visit us online at www.whitemanforcesupport.com for holiday hours.

Labor Day Golf Scramble \sim 9 a.m. \sim Royal Oaks Golf Course

9 a.m. shotgun start. Cost is \$20 advance entry fee plus cart & green fees. Day of is \$25 plus cart & green fees. 100% payback of entry fees (good for 90 days; cannot be combined with other coupons/gift cards.) Call 687-5572 for more details.

TUESDAY 9/6

Air Force Gallery Submission \sim Arts & Crafts

Reach out and touch the world with what you've created. The Air Force Arts and Crafts Gallery showcases fine arts, crafts and photography created by military personnel, the entire base community and their families. Submission's accepted now through October 31, 2011. Call 687-4765 for more information

Weekly Grill Specials \sim 11 a.m.-1 p.m. \sim Mission's End

Enjoy this month's grill special Monday through Friday during lunch. September's menu is hot Pastrami & Swiss on sourdough bread or egg salad on toasted sourdough bread. Both items served with French fries and a Coke. Cost is \$6.75 members, \$7.75 nonmembers. Call 687-4422.

WEDNESDAY 9/7

Disc/Drum Replacement & Lift Training Deadline \sim Auto Hobby

Enroll by September 7 and learn how to lift and replace a disc/drum at the Auto Hobby Shop. Training scheduled September 9, 1-3 p.m. Cost is \$5. Call 687-5689 to enroll today.

Boss-n-Buddy Night \sim 4-7 p.m. \sim Mission's End

Stop in with your boss and/or buddy for some delicious chicken wings! Cost is 30 cents for members; \$45 cents for nonmembers/carryout. For more information, please call 687-4422.

THURSDAY 9/8

Cook's Night Off \sim 4-8 p.m. \sim Mission's End Call in your order to 687-4422 by 2 p.m.; pick up between 4-8 p.m. A perfect meal that feeds a family of four. September's menu is sliced pork loin with gravy, herb roasted potatoes, Julienne style green beans, dinner rolls, cinnamon Strudel cake. Cost is \$15.95 for members; \$18.95 nonmembers. Patrons may also order a large single topping pizza for just \$7 or a large single topping pizza with 10 pieces of wings of fire for \$14.25 for Cook's Night Off.

FRIDAY 9/9

Watercolor Class Deadline ~ Arts & Crafts

Sign up by noon, September 9 for this two session class scheduled Sept 10 & 17, 10 a.m.-2 p.m. Cost is \$45; supplies included. Call 687-4765.

Stained Glass Class Deadline ~ Arts & Crafts

Noon, September 9 is the sign up deadline for this six-session, open enrollment class scheduled every Tuesday, 5:30-8:30 p.m. Cost is \$115; supplies included. Call 687-4765 to reserve a spot today!

Dichroic Glass Jewelry Pendants Deadline \sim Arts & Crafts

Sign up by noon, September 9 for this single session class scheduled September 10, 2:30-4:30 p.m. Cost is \$45; supplies included. Call 687-4765 for more information

Chain Mail Jewelry Class Deadline \sim Arts & Crafts

Sign up by noon, September 9 for this single session class scheduled September 13, 5-8 p.m. Cost is \$25; plus \$25 for additional supplies. Call 687-4765 more details.

50 Cent Fridays \sim 3- 6 p.m. \sim Stars & Strikes

Cheap Friday night bowling and shoe rental at Stars & Strikes. Bowling and shoe rental 50 cents each . Call 687-5114 for more details.

Super Social Hour Fridays \sim 5-7 p.m. \sim Mission's End

Come to the Mission's End every Friday for great music, bar bingo, Wii Dance, Spades & Domino tournaments, and enjoy our NEW dart boards! Free Hors d'oeuvre and drink specials. Club members free; \$7 at the door. Must be 18 years or older to enter. Call 687-4422 for more info.

Sing it Like a Star! \sim 9 p.m.-1 a.m. \sim Mission's End

Come out and "Sing it Like a Star!" Cash prizes awarded to 1st, 2nd and 3rd place winners. Nonmembers may no compete for cash prizes. Call 687-4422 for more details

Reconstruction Reduced Fees

Reduced Rates:

E1-E4 \$4.50

E5 and up \$6 (includes DOD civilians, retirees and family members) Civilian Guests \$9

Cart rental rates \$6 per seat for nine holes; \$12 a seat for 18 holes

A reconstruction project has begun to repair all of our greens. Temporary greens are in place at the end of each fairway.

We ask that golfers stay off the actual greens; the project will last for approximately 60 days.

The pond erosion project has also started on hole number two to repair a retention wall and cart path.

These rates have been drastically reduced because of our current improvement projects.

We apologize for any inconvenience.

687-5572









Force Support page editor......Cathy Sison 509th Force Support Squadron......687-6525 **WWW.WHITEMANFSS.COM**

YOUTH & TEEN EVENTS

The Warrior Sept. 2, 2011

Labor Day Holiday

Please view the back of the Connection Magazine or visit us online at www.whitemanforcesupport.com for holiday hours.

TUESDAY 9/6

Day for Kids Sign Ups \sim Youth Center

Youth, ages 9-18, sign up now for the Day for Kids event scheduled September 17, 5-9 p.m. at the Youth Center. A variety of fun and exciting events planned throughout the evening. Cost is \$12 members; \$15 nonmembers. Call 687-5586 for more information.

Preteen Pumpkin Patch Trip Sign Ups ~ Youth Center

Preteens, ages 9-12, sign up today for the trip to the Kansas City Pumpkin Patch scheduled September 26, 8 a.m.-4 p.m. Cost is \$20 members; \$22 nonmembers. Call 687-5586 to reserve a spot today!

Time 2 Play! ~ 9:30-11 a.m. ~ Youth Center

Youth, ages birth to 5 years old, bring your own toys to the Youth Center every Tuesday for play time! Youth Center will provide the space and recreational balls in the BIG RED GYM! Parents are responsible for their own children. No reservations required; just stop in. Cost is free! Call 687-5586.

WEDNESDAY 9/7

Storytime ∼ 11:30 a.m. ∼ Library

Youth, ages 3-5, join us every first and third Wednesday each month for Storytime! Listen to wonderful stories and make a craft. Cost is free. Call

THURSDAY 9/8

Youth Beginning Tennis Lessons Sign Ups ∼ Youth Center

The Youth Center is taking sign ups beginning September 1 for beginning tennis lessons for ages 7-18. This is a six session lesson scheduled September 22 & 29 and October 6, 13, 20 & 27, 6-7 p.m. for ages 7-9 and 7-8 p.m. for ages 10-18. Cost is \$50 members; \$60 nonmembers. This is a PLAYpass program. Call 687-5586 for more details.

FRIDAY 9/9

Teen Cosmic Bowling \sim 7-10 p.m. \sim Youth Center

Teens, ages 13-18, hang out with friends bowling at Stars & Strikes. Cost is \$2.25 a game; \$2 for shoe rental plus extra money for concessions. Contact the Youth Center at 687-5586 for more details.



Receive training to become a licensed Family Child Care (FCC) provider on Whiteman AFB. The class is approximately one week long and runs from 8 am - 4 pm. The classes are scheduled once 4 applications are received and there is a need for new providers. Providers with chronic health problems are accepted. The program needs providers who are willing to care for infants and children during swing and evening shifts and children with special needs. Stop by the FCC office to pick up a registration package. Registration needs to be received by the Wednesday prior to the class.

BASE RESIDENTS

Doing child care to help support the AF mission? Licensing is not required if

- Providing occasional care for a friend or neighbor.
- Baby-sitting on an occasional basis for other families A teenager doing evening or weekend baby-sitting for families.
- Providing child care in the parents' own home.
- Parent cooperative where one of the parents provides supervision for other parents' children on an exchange basis and no fees are involved.
- Providing less than 10 hours of child care a week on an irregular basis.
- If you are providing care beyond these opportunities, please contact the $\ensuremath{\mathsf{FCC}}$ program for a licensing application.

Come to the FCC office to apply prior to participation or call 687-5590 for more information about any FCC programs.

Events & Morale

The Whiteman AFB Movie Theater is closed Sept. 3, 4, 10 and 11 for air conditioning maintenance.

TEAM WHITEMAN COMMUNITY

Airmen Against Drunk Driving -AADD is a Whiteman Active Airmen Association program designed by Airmen to provide Whiteman personnel, who have a valid Department of Defense identification card, (Active Duty, Retirees, Guard, Reserves, Cadets, and Dependants) 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.

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 e-mail rao@whiteman.af.mil.

FAMILY ADVOCACY OUTREACH

Breastfeeding Support Group — Breastfeeding Support Group is 90-minute support group offered to Whiteman members and is the first Wednesday of every month from 11:30 a.m. -1 p.m. in the mental health conference room located on the second floor of the Whiteman Clinic. Contact Briana Kovach at 660-687-0368 for information. Children are welcome and should bring something to play with. No RSVP needed.

Honoring Continued from Page 2 -

have you seen personnel disregard or disrespect the very things that represent our freedom?

Lack of enforcing required military practices and standards at all levels is what I believe to be the cause of these everyday infractions. We cannot choose to stand proudly at promotion or retirement ceremonies, honor the flag and National Anthem and then not do the same

when we hear reveille or retreat outside over the giant voice speaker system. The Air Force is full of proud traditions and it is not up to us to decide which of those we will adhere to.

It is more than a simple breach of protocol when we do not show our flag the respect it deserves – it is inexcusable.

For more information refer to the Air Force Instruction 34-1201.

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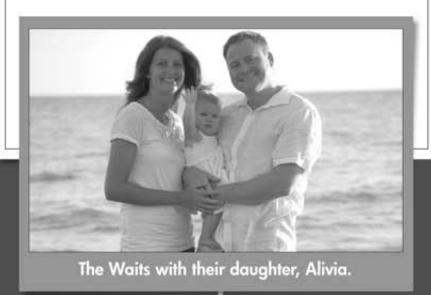
Western Missouri Medical Center (WMMC) is excited to welcome a "couple" of physicians to our Medical Staff team: Adam Wait, DO, and Amanda Wait, DO. Adam is an orthopedic surgeon with a fellowship in sports medicine and will be joining the practice of Western Missouri Bone & Joint. Amanda specializes in obstetrics and gynecology (OB/GYN) and will be joining Western Missouri Women's Health Center. The Waits are now accepting appointments and will begin seeing patients on September 1, 2011.

Dr. Adam Wait earned a Doctor of Osteopathic Medicine from Kansas City University of Medicine and Biosciences. He completed his Orthopedic Surgery Residency at Pinnacle Health Systems in Harrisburg, PA, and his Orthopedic Sports Fellowship at the University of South Florida, Tampa Bay. During residency, Dr. Wait served as chief resident over sports medicine and game coverage.

Dr. Amanda Wait earned a Doctor of Osteopathic Medicine from Kansas City University of Medicine and Biosciences. She completed her Obstetrics and Gynecology Residency at Penn State Hershey Medical Center.

The Waits are originally from Kansas and have family in the Kansas City area. They now reside in Warrensburg with their baby girl, Alivia.





To make an appointment with Dr. Amanda Wait, call Western Missouri Women's Health Center at (660) 429–2228. To make an appointment with Dr. Adam Wait, call Western Missouri Bone & Joint at (660) 747–2228. Maritime Expeditionary Security Squadron 11 Det. D

1-135th Attack Reconnaissance Battalion

131st Bomb Wing

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- 1. 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.
- 2. 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 the classifieds@sedaliademocrat.com. They accept VISA, MasterCard, cash, personal check or money order.
- 3. 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.
- 4. 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.
- 5. Include your home phone in the ad so people can contact you. USE OF DUTY PHONES IN ADS IS AGAINST AIR FORCE REGULATIONS.
- 6. Print legibly, and place punctuation and spaces where necessary. Use only one word per line.
- 7. 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.
- 8. 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."
- 9. 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.
- 10. 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.
- 11. The deadline for placing new ads, canceling or making changes to ads is 10 a.m. Friday, one week before desired publication.
- 12. 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.

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LADIES' MESS DRESS, size 10, jacket size 12, skirt size 6, white shirt fits someone an 660-221-4761 Rhonda, sa

SOFA with built in recliners, loveseat with pullout bed, cof-fee and end table, pine wood appearance. Sell together or separately, no item over \$90. Call or text 660-909-2928.

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