



NELLIS AIR FORCE BASE, Nev. -- Senior Airman Mark Dixon, 509th Aircraft Maintenance Squadron crew chief, from Whiteman Air Force Base, Mo., communicates through his headset with a B-2 Spirit pilot during Red Flag 11-3 at Nellis Air Force Base March 8.

Deterrence assurance at Red Flag

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

Members of the 509th and 131st Bomb Wings integrated to support three B-2 Spirits at Red Flag 11-3, Nellis Air Force Base, Nev.

Red Flag is a realistic combat operations exercise, or ‘peacetime battlefield,’ providing the air forces of the United States and its allies with the ability to train to fight together, to survive together and to win together.

Red Flag 11-3 took place Feb. 21 to March 12 and marked the official transition to a three-week exercise, from the previous two-week exercise. The transition allowed for extensive training opportunities and scenarios.

“Red Flag exercises can best be described as a building-block approach to training. With the B-2 flying multiple sorties a day during the three week exercise, each mission becomes more complex to test, train and build experience for participants at the tactical level,” said Lt. Col. Mark Riselli, 509th Aircraft Maintenance Squadron commander. “Whiteman played a key role by supporting the only heavy bomber aircraft for the exercise. The United States Air Force was able to match the F-22 with the B-2 during Red

Flag to further develop our lethal stealth war fighting capabilities.”

The training opportunities available with participation in Red Flag 11-3 were immense, seeing as it is the largest Red Flag in 35 years, according to Colonel Riselli.

“Participating in Red Flag gave maintenance and support personnel the opportunity to sharpen their expeditionary skills by planning and executing the steps necessary to move personnel, parts, equipment and aircraft from the comfort and routine of Whiteman Air Force Base to a location many of us were not familiar with,” Colonel Riselli said.

Total Force Integration was a large focus of the exercise for Team Whiteman members and a rigorous test of their ability to survive and operate in a combat environment.

“Together we (the 509th BW and 131st BW) planned and executed the three week exercise with active duty and guard personnel working side-by-side every step of the way,” said Colonel Riselli.

“This seamless integration of the 509th and 131st Bomb Wings, spread throughout all aspects of operations, proves what a great complement active duty and Guard forces are to each other,” said Maj. Jen Avery, 131st Operations Support Flight B-2 pilot. “The exercise was composed of members from not

only the U.S., but Britain and Australia creating realistic, multi-national combat training against a formidable threat.”

Red Flag takes place north of Las Vegas on the Nevada Test and Training Range, which includes more than 12,000 square miles of airspace and 2.9 million acres of land.

Aircraft and personnel deploy to Nellis for Red Flag under the Air Expeditionary Force concept and make up the exercise’s “Blue” forces. Each mission brings capabilities of each weapon system together to successfully execute specific missions.

The “Red” forces threats are aligned under the 57th Adversary Tactics Group, which controls seven squadrons of USAF Aggressors, including fighter, space, information operations and air defense units. The aggressors are specially trained to replicate the tactics and techniques of potential adversaries and provide a scalable threat presentation to Blue forces, which aids in achieving the desired learning outcome for each mission.

Whiteman personnel performed their duties to perfection while deployed to Nellis, according to Colonel Riselli.

“Any time you deploy, you learn a new lesson and learning those new lessons together strengthened our total force integration mindset,” said Colonel Riselli.

Congratulations to Whiteman's Colonel selectees:

Kristin Goodwin, 509th Operations Support Squadron

Alex Mezynsky, 394th Combat Training Squadron

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Senior Airman Estiven Gonzalez

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With safety in mind, most hunters can prevent a pleasant hunting experience from turning into a catastrophic event.

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Thinking like the enemy

By 2nd Lt. Logan Clark
49th Wing Public Affairs

HOLLOMAN AIR FORCE BASE, N.M. (AFNS) -- It's simple. If I think like the enemy, I will not only be able to defend against him, but ultimately defeat him.

Very few people have ever requested I "think like a terrorist," but that's what makes anti-terrorism training so valuable.

It also makes a lot of sense, but so often we get caught up in our own problems and lives, we forget an attack can happen anytime, anywhere. As uniformed personnel or civilian employees, we all work for the United States military, which inherently puts us at risk for dissent, anti-U.S. sentiment or possibly even violence.

When I first signed up for Anti-Terrorism Level II training, I really didn't know what I was getting myself into. I thought it was just going to be AT Level I, required by the Air Force for every service member and DOD civilian employee, just on steroids -- more history, more techniques. I thought I was going to come out of this training correcting the characters in CIA movies.

I was, of course, mistaken. As cool as getting CIA training would be, AT Level II provides a different, more important service. It teaches government employees how to look through the commander's eyes to spot vulnerabilities, determine risk factors and advise the commander on the state of the installation as well as possible solutions to any problems

For a lot of people in this training, they wonder, "I'm not

in a career field that deals with any of this, why am I an anti-terrorism representative?"

Anti-terrorism is defensive -- that is, we aren't actively looking for terror threats. Instead, we must take it upon ourselves to find the vulnerabilities in our buildings and on base to ensure someone can't take advantage of a weakness to wreak havoc. It's a lot more difficult to hit a hard target than a soft one.

On top of the things you can do to protect yourself personally, like varying your routes to and from home, being non-descript while traveling and being aware of potential threats in your area, we also have a duty to be aware of weaknesses that could put you or your fellow Airmen at risk.

So how can you help out your Anti-Terrorism officer? Look around and see if there are things that could constitute a weakness. Do you have an evacuation plan? Do you lock up equipment and spaces that are either sensitive in nature or could be easily manipulated? Do you make sure the people around you are practicing good operations security measures?

Staying vigilant and keeping a watchful eye over our everyday operations and activities are how we can do our parts on an individual level for the anti-terrorism programs at our installations. So start thinking like the enemy, find the weak spots and make it so they can't be exploited.

If you think like the enemy, you can predict the enemy. If you can predict the enemy, you can defend against him -- and defense is our business, our expectation and our duty.

Complacency: A Murphy's Law facilitator

By Tech. Sgt. Keith A. Lewis
5th Medical Operations Squadron

MINOT AIR FORCE BASE, N.D. -- Anything that can go wrong will go wrong. Oftentimes, predicaments that arise causing one to utter this phrase are preceded by one behavior that no one intends to practice: complacency. Complacency is defined as being pleased with one's accomplishments, often without awareness of or concern for some defect, problem or potential danger.

For Air Force Global Strike Command and Airmen, it can occur when one repeats a task over and over, with the process and outcome always the same, until one feels there is no need to follow checklists, technical orders or other guidance to accomplish the task.

When this happens, it is very easy to miss small steps, overlook items or ignore, knowingly or unknowingly, small defects, the accumulation of which can lead to problems down the road. The saying, "I've done this a million times" is the hallmark of complacency.

This problem is common throughout all jobs, no matter how technical or mundane. There are times throughout everyone's workday when attention to detail is less than optimal. This usually occurs when a certain task must be accomplished that has been done over and over again.

It could be an item of paperwork, an MBU-20/P mask inspection, processing a travel voucher or any other number of small jobs that make up the bulk of one's duty day. Eventually, everyone succumbs. The end result may be simple, such as misrepresented statistics. Or it could be life threatening, like hypoxia for an aircrew member.

But all is not doom and woe. While com-

placency, like an unwanted houseguest, can set in without warning or permission, the condition is not entirely unavoidable.

Prevention is the key. To prevent complacency, one must change their mindset. It is critical to maintain awareness and humility. Keep a tight rein on overconfidence and recognize that no one - not even the technician who has seen it all and done more - is ever fully trained or experienced. People are always developing and improving. Contentment and satisfaction, while deserved, should be brief. There should be no such thing as memorizing the checklist. Memories fail.

Proficient training and currency are part of our bread and butter. Therefore it goes without saying that consistent and frequent training is essential. Looking for declining trends in the quality of the workmanship can also be an aid to correcting this problem. However, even under the constraints of on the job training and quality control checks, complacency still sets in. Frequent reminders, situational awareness and the practice of vigilance and using safety procedures should be integrated into all of this training.

Another method often used to great effect is affirmation. Affirmations are positive statements we can make about ourselves that highlight our strengths. Typically, they are stated first-person and in the present tense. For example: "I am a dedicated and determined technician."

These affirmations should include statements that counter complacency and are task-specific, such as, "I practice attention to detail at all times when reviewing these documents." Outwardly, lines such as those mentioned above may seem a tad corny, but have been demonstrated to have a positive impact on performance and the reduction of

complacency-related errors.

Additionally, countermeasures to combat complacency must be promoted by everyone within the unit and not just by the brass or the technicians alone. Mutual reminders about complacency should be a regular part of interactions. The use of a greeting like stay sharp is an excellent example of continuously calling attention to the essential task of combating complacency.

Finally, be creative and use all available resources. Offer incentives whenever possible. Technician of the month or quarter can add a sense of friendly competition to the mix. Having individuals or shift teams competing for annual recognition is also a viable solution.

When incentives are positive, the drive and motivation to excel is increased. These incentives need not be cost-prohibitive. A simple certificate denoting accomplishment can do wonders for an individual's sense of contribution to the mission. Even a small gift certificate to a local establishment ups the ante and facilitates the desire to outdo one's peers. These solutions could greatly reduce complacency in the workplace. But we must all embrace them and believe that complacency is a detriment to our mission effectiveness that is worth addressing.

Remember, complacency can lead to mistakes. In an Airman's line of work, these mistakes can be fatal. A screwdriver forgotten in a cockpit can cause the loss of aircraft, and more importantly, life. Misfiling a travel voucher can mess with someone's pay, potentially impacting that member as well as their family. When Murphy's Law prevails, we lose. It is incumbent upon each and every one of us to keep an eye out for Murphy and show him and his laws to the nearest exit.

THE WARRIOR

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

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

NEWS BRIEFS

Whiteman night at UCM

The University of Central Missouri is hosting a recreation and activities night, today at 8 p.m.-midnight, at UCM recreation center. UCM night is open to E-4 and below, and includes: basketball, rock climbing, video games, movies, food and prizes. Event and transportations are free. Meet at the Whiteman AFB Community Center at 7:45 p.m., and at midnight at the UCM recreation center to return to base. No RSVP needed. For more information, call Jeffrey Huffman at (660) 543-8067.

Operation Spirit registration

The Airman and Family Readiness Center is hosting Operation Spirit April 16. Operation Spirit provides children, grades K-12, with a simulated military deployment. Parents must be assigned to Whiteman AFB or on remote assignment. Children under 12 must be accompanied by an adult. Each child will receive a photo identification badge, military orders, dog tags, certificate of deployment and a free lunch. Sign-up is limited to 100 children and no return participants from 2010. Children must register in person today, 4-6 p.m., Saturday, noon-4 p.m., or Monday, 4-6 p.m. For more information, call (660) 687-7132.

My pay and tax hours

The Internal Revenue Service no longer mails tax packages. Individuals who don't have access to the defense finance and accounting services can create an account at www.mypay.dfas.com. This is a free service and those who need help establishing an account can call the Whiteman Finance Office at (660) 687-2006. The tax center is in building 59 and open Monday through Friday, 8 a.m.-4 p.m. To make an appointment, call (660) 687-5726. Due to limited spacing, personnel are encouraged to not bring children.

Parking lot closure

The west parking lot of the Commissary will be closed for full-depth repair starting approximately April 11. This project is expected to take 60 days to complete. Remind children to keep away from all construction equipment. For more information contact Mr. Paul Day, 509th Civil Engineer Squadron, at (660) 687-6388, or Mr. Jerry Whitford at (660) 687-7761.

Family Album in Warrior

Parents interested in submitting their newborn's photo in the Warrior can submit a non-copy-righted digital photograph (resolution must be a minimum of 300 and in jpeg format). Parents must download "Whiteman Family Album Form" from www.whiteman.af.mil for complete rules and send to whiteman.warrior@whiteman.af.mil with photograph. For more information, call the public affairs office at (660) 687-6123.

Airmen deploy to support relief operations



U.S. Air Force photo by Airman 1st Class Andrea Salazar

An MC-130P Combat Shadow carrying Airmen arrives March 13 at Yokota Air Base, Japan. The flight was part of American disaster relief forces to assist the earthquake and tsunami recovery effort.

By Tech. Sgt. Aaron Cram

353rd Special Operations Group

KADENA AIR BASE, Japan (AFNS)

-- More than 100 Airmen and three MC-130P Combat Shadows from the 353rd Special Operations Group deployed to Yokota Air Base March 12 to support humanitarian relief operations after an 8.9 magnitude earthquake hit the Pacific Ocean off the coast of northeastern Japan March 11.

The Airmen are prepared to provide

their unique expertise in their respective areas to the Japanese government and multiple organizations supporting relief efforts across the affected area, officials said.

"The devastation caused by the earthquake is truly heartbreaking," said Col. Stephen Bissonnette, deputy commander of the 353rd SOG. "As part of coordinated relief efforts, the group will work tirelessly with our Japanese counterparts and other relief organizations to help the people affected by the earthquake recover from this

disaster."

The 353rd SOG is able to conduct search and rescue operations, transport emergency response teams, equipment and relief supplies, survey and open airfields and helicopter landing zones with certified air traffic controllers, provide emergent medical care to injured people and assist the Japanese government and other relief agencies with a variety of highly trained support personnel for humanitarian assistance operations.

February Article 15s, Courts-Martial, discharges

In February, one Whiteman AFB military member was convicted by a General Courts-Martial; six members were punished under Article 15, Uniform Code Military Justice; and one member has been administratively separated from the Air Force.

Article 15s

❑ A senior airman from the 509th Maintenance Squadron received an Article 15 for being incapacitated for the performance of their duty. Punishment was a reduction to the grade of airman first class, suspended, forfeiture of \$500 pay per months for two months, 30 days extra duty and a reprimand.

❑ An airman first class from the 509th Civil Engineer Squadron received an Article 15 for failure to go to their designated place of duty. Punishment was a reduction to the grade of airman, forfeiture of \$200 pay per months for two months and a reprimand.

❑ An airman from the 509th CES received an Article 15 for failure to go to their designated place of duty. Punishment was a reduction to the grade of airman basic, forfeiture of \$733 pay per months for two months, suspended and a reprimand.

❑ An airman first class from the 509th Security Forces Squadron received an Article 15 for dereliction of duty. Punishment was a reduction to the grade of airman basic, forfeiture of \$400 pay per months for two months, suspended and a reprimand.

❑ An airman from the 509th SFS received an Article 15 for dereliction of duty. Punishment was a reduction to the grade of airman basic, forfeiture of \$300 pay per months for



two months, suspended and a reprimand.

❑ A staff sergeant from the 509th SFS received an Article 15 for signing a false official statement. Punishment was a reduction to the grade of senior airman, forfeiture of \$500 pay per months for two months suspended and a reprimand.

General Courts-Martial

❑ An airman first class from the 509th Aircraft Maintenance Squadron was tried and convicted by a general courts-martial of five specifications of wrongful use and distribution of a controlled substance in violation of Article 112a, UCMJ; one specification of sexual intercourse with a minor in violation of Article 120, UCMJ; and one specification of wrongfully possessing sexually explicit visual depictions of a minor in violation of Article 134, UCMJ. Punishment included reduction to the grade of airman basic, forfeiture of all pay and allowances, 90 months confinement and a bad conduct discharge.

Discharges

❑ An airman from the 509th SFS received an honorable service characterization for failure in the fitness program.

(Courtesy of the 509th Bomb Wing Legal Office)

From the Frontlines: Senior Airman Estiven Gonzalez

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

Senior Airman Estiven Gonzalez, 509th Operations Support Squadron SERE specialist, returned from his six-month deployment to Southwest Asia in November. There, he provided essential training to more than 600 soldiers who depended on him to teach them how to avoid capture and what to do if they were to get captured.

Being the only SERE specialist in Iraq, Airman Gonzalez proved that knowledge and skills aren't always linked to rank by not only teaching Joint Personal Recovery Center Army members how to avoid capture, but also conducting awareness and recovery missions.

"It was sometimes challenging to get senior-ranking members to trust me as an E-4," said the Air Force Global Strike Command member. "But they came around once they started to see I knew what I was doing."

His supervisor and colleague here explained why Airman Gonzalez was able to exceed the Army's expectations.

"He is an extremely knowledgeable and motivated SERE specialist," said Staff Sgt. Michael Garcia, 509th OSS SERE specialist. "He always gets the job done right the first time, and I'm sure his co-workers saw that while he was deployed."

Sergeant Garcia said Airman Gonzale

lez always does a great job at work, and it doesn't surprise him to find out that Airman Gonzalez did a phenomenal job while deployed, even though he has a different mission at Whiteman AFB.

"My job at Whiteman AFB is to ensure pilots get updated on SERE training that they are required to have in order to fly," Airman Gonzalez said. "I teach them everything from water survival training to emergency parachute training."

Aside from working with Army members, he also collaborated with the Department of State, showing them how they can apply Department of Defense techniques to stay safe in a war zone.

"I felt very accomplished in doing a part of my job I usually don't get to do at Whiteman AFB," Airman Gonzalez said. "It is a great feeling to be able to save lives and create an impact."

Airman Gonzalez said he was most proud of being able to leave a product behind that the Army could use and hopes they are still using everything he taught them.

"I have a sense of relief knowing that even though I'm not deployed anymore, there are people in Iraq now using and applying my knowledge."

When he was not at work, Airman Gonzalez said he was occupied with volunteer work.

"I coached a volleyball and soccer

See Frontlines, Page 12

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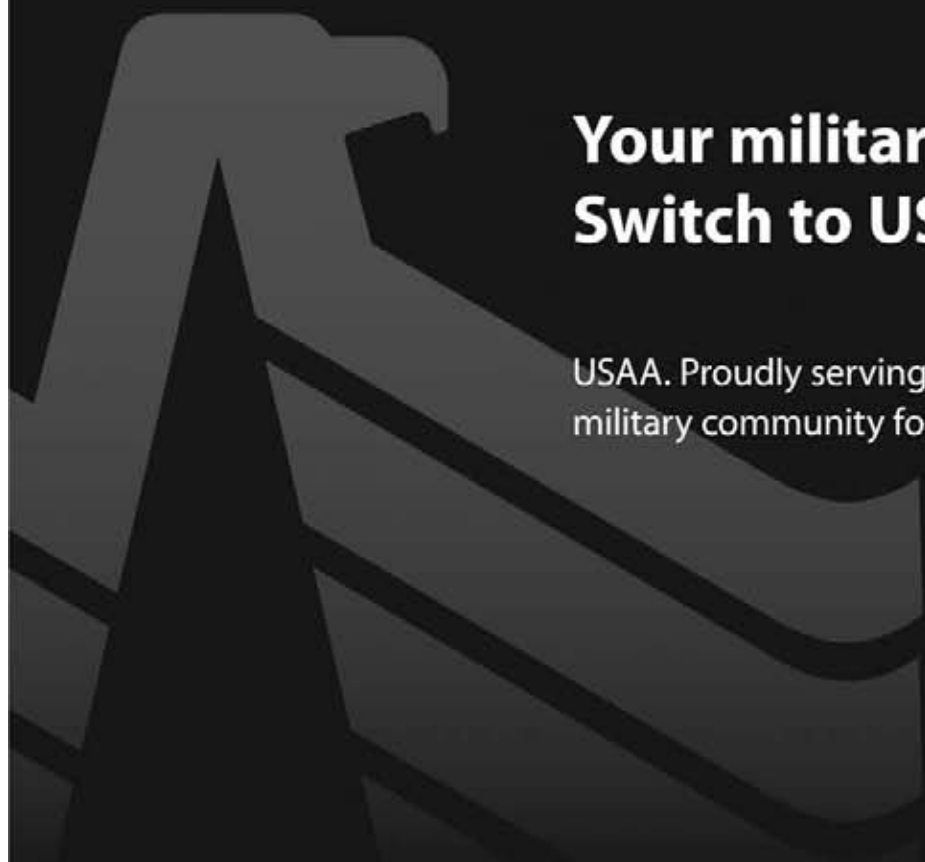
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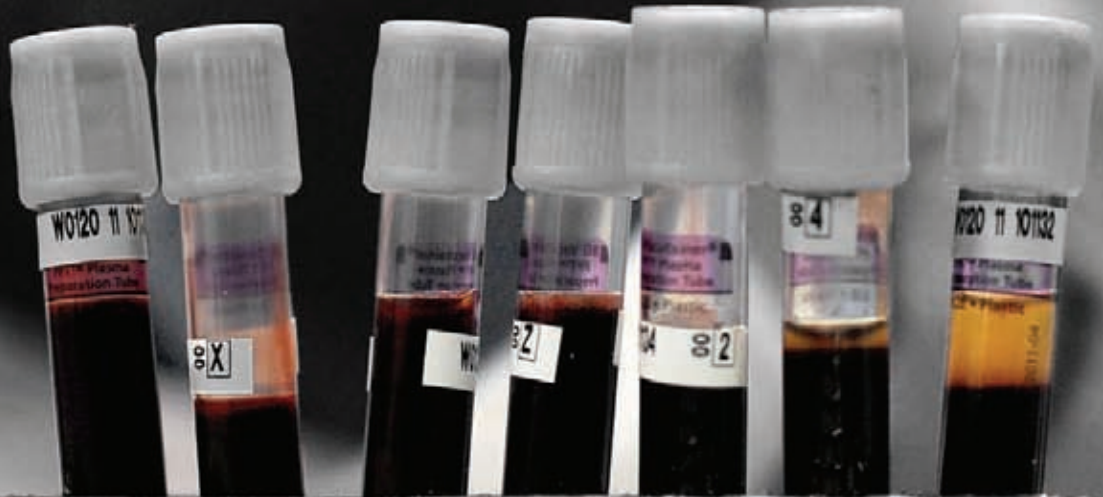
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Bleeding for a good cause

By Airman 1st Class Montse Ramirez

509th Bomb Wing Public Affairs

A convoy in Iraq is hit by an improvised explosive device, seriously injuring a servicemember. The servicemember is rushed to the nearest forward medical treatment facility where blood donated from Whiteman AFB is transfused into the victim, saving their life. This scenario, using blood from the Whiteman Armed Services Blood Program March 16, could save a life today.



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

Airmen at this Air Force Global Strike Command base held a blood drive March 16 where 115 members gave their time to support the armed services blood drive program. The ASBP mission provides support to troops engaged in Operation New Dawn and Operation Enduring Freedom. Having an adequate supply of blood in forward areas can mean the difference between life and death for those injured in the line of duty, according to www.militaryblood.dod.mil.

"The donations we receive are 100 percent dedicated to military members," said Army Capt. James Burke, officer in charge of the Fort Leonard Wood, Mo., Donor Center. "The blood is shipped within four days to ensure it's as fresh as possible."

Captain Burke said those who donate are saving military members' lives from here in the U.S. and helping the war effort save money by not having to buy blood from a medical agency.

"Whiteman AFB has been a very loyal and active donating community," Captain Burke said. "Our best turnout here has been more than 800 units a day and one unit can save up to three lives."

When a person first walks into one of the more than 20 donating centers located around the world, they must first be pre-screened. A pre-screen ensures the person meets the basic requirements to donate blood.

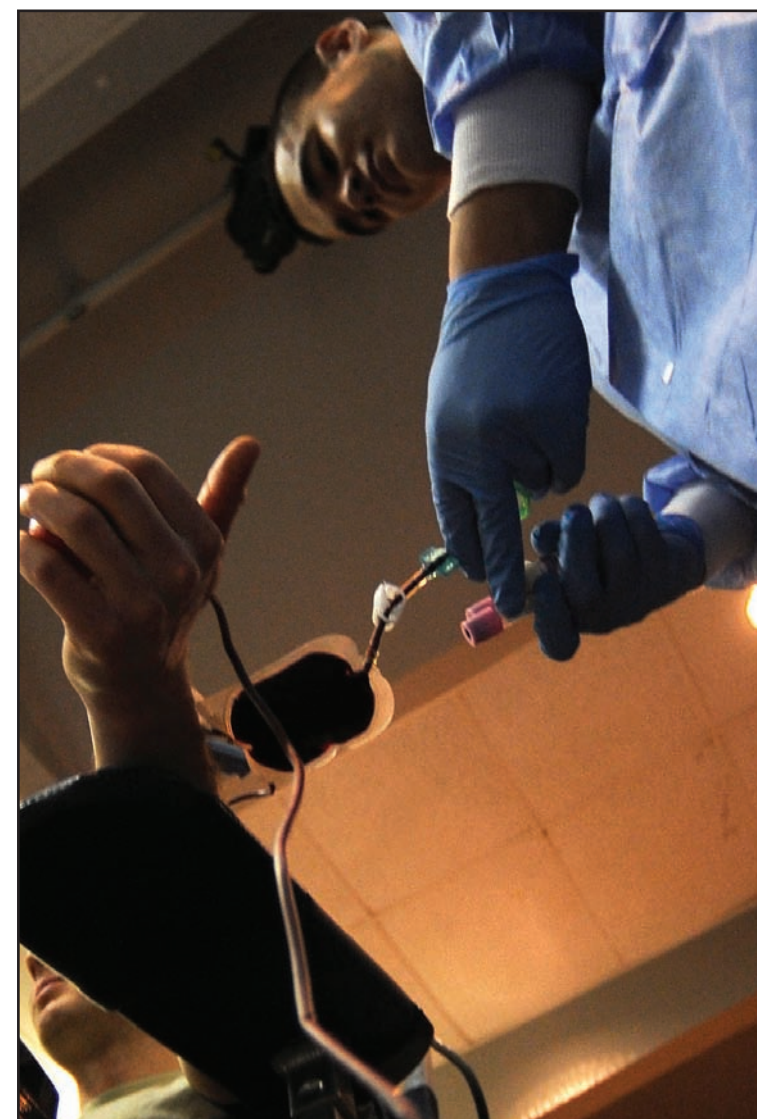
Afterwards, a nurse takes the donors vitals such as temperature, blood pressure and pulse rate before drawing blood.

"We want to ensure that not only the deployed members stay healthy, but that the ones here don't get sick trying to help," Captain Burke said. Finally, once all the blood has been collected and packed in ice, an aircraft will collect it for shipment to McGuire Air Force Base, N.J., where an Air Force aircraft will transport it to theatre as soon as possible.

Brian Rickard, a civilian contractor, said he was happy to give an hour of his time and some of his blood to help those who are on the frontlines.

"The servicemembers who need it have given so much, it's the least I can do," said Mr. Rickard. Captain Burke said blood drives occur every two months here in order to give donors the needed 56 days before donating again.

For information about the next blood drive contact 1st Lt. Phillip Zencey at (660) 687-3027.



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



AFAF kicks-off Monday

Brig. Gen. Scott Vander Hamm, 509th Bomb Wing commander, makes the first donation to the Air Force Assistance Fund March 14. The campaign runs March 21 to May 2 and benefits the Air Force Aid Society, Air Force Village, Air Force Enlisted Village and the General and Mrs. Curtis LeMay Foundation. Members can contact their unit representative for more information. The project officers are Capt. Troy Combs, 13th Bomb Squadron and Master Sgt. Tim Miller, 509th Security Forces Squadron.



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

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Supporting Nutrition Month

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

March is National Nutrition Month, putting our focus on the importance of healthy food choices and physical activities.

"Seventy-five to 85 percent of performance is based off nutrition," said Mrs. Stephanie Fraley, 509th Medical Operations Squadron health promotions dietician and Air Force Global Strike Command member. "You can't expect to perform well in any aspect if you don't give your body the proper fuel."

"I like to compare our bodies to vehicles," she said. "You wouldn't expect your car to run without gas and maintenance. The body is the same."

Mrs. Fraley offered the following nutrition tips for people looking to improve their health.

□ Add fruits and vegetables to your diet. Rather than removing non-nutritional items from your diets, add healthy foods. You're not going to have as much space in your stomach after eating the healthy food and will most likely skip out on the junk food. Just think, 'What can you add to your diet to make it better?'

□ Add fresh foods to your diet. Shopping the perimeter of the grocery store is a great idea, because that is where most of the whole foods are. The middle typically has the processed foods and preservatives.

□ Minimize portion sizes. You should reconsider what an appropriate portion size is. Typically, the size of your fist is the recommended size of a meal. Portion size is one of the main things to look at when trying to cut calories and improve overall health.

□ Balance nutrients. No one nutrient can provide the fuel your body needs. Focus on getting the most important nutrients for your body; carbohydrates, fats and proteins.

"Look at where you're at and make small changes towards the goal you want to obtain," Mrs. Fraley said. "I typically compare diets to the nursery rhyme, 'the tortoise and the hare,' and mentality that, 'slow and steady wins the race.'"

"Consistency is the most important factor," she added. "Don't try and do everything at once. Add two to three changes until they become second-nature, then add more; slow and steady."

Mrs. Fraley also offers diet advice for those looking to increase health and performance in activities such as sports or cardio.

"People are welcome to come in and ask questions or set up an appointment with me," said Mrs. Fraley. "I'll sit down and discuss exactly what their goals are and give them a nutrition plan to meet those goals."

"I believe wholeheartedly in wellness and what we promote in this venue is prevention," she said. "Rather than people having problems and coming to us after-the-fact, we want to educate them, so they evade the problems from the start. Getting involved in the nutrition and exercise sides of wellness is crucial."

National Nutrition Month is an annual campaign sponsored by the American Dietetic Association to promote nutrition awareness and education.

For more additional or to schedule an appointment, call Mrs. Fraley at (660) 687-3438.

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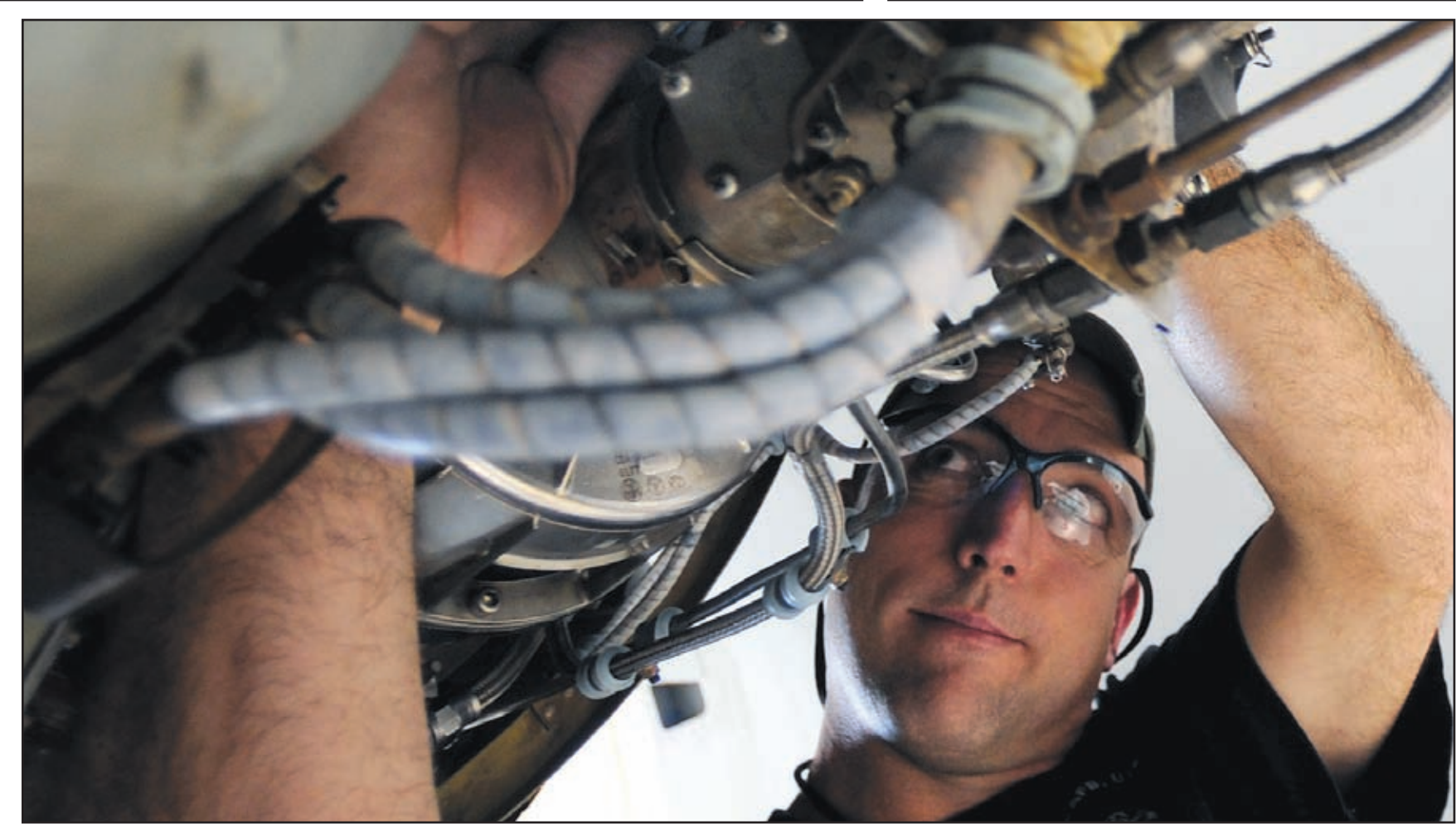


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A-10s: Not just a phase

Members from the 442nd Maintenance Squadron perform a phase inspection on an A-10 Thunderbolt II March 15. Phase inspections are performed on the fleet of A-10s every 500 flying hour. The inspection takes about two weeks, which allows the 442nd maintainers to completely break down the aircraft and examine it. All portions of the aircraft are inspected, such as the cockpit and the engine.



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

Hunting safety tips help Whiteman team be safe

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

With safety in mind, most hunters can prevent a pleasant hunting experience from turning into a catastrophic event.

Taking safety precautions not only when handling firearms as Airmen, but also when game hunting, encompasses the Air Force Global Strike Command value of safety in all things... large and small.

"To be a successful hunter, safety must remain in the back of your mind, and at the forefront of your decisions at all times," said Tech. Sgt. Charles Larkin Sr., 509th Bomb Wing public affairs NCO in charge of still photography and a 20-year hunter. "Whether you are traveling through the woods to your favorite hunting spot or about to take the shot of a lifetime, safety is success."

Before setting out with a rifle, shotgun or bow and arrow looking for that prize game, several precautions and permits are needed to ensure your hunting is done in a safe manner.

The following safety tips are courtesy Laura Brunner, 509th Force Support Squadron recreation specialist:

- ❑ Always inform someone where you are hunting and when you plan to return.
- ❑ Know the hunting ground. Don't walk around blind.
- ❑ Wear orange when required, for instance when deer hunting.
- ❑ Always ask permission from the land owner (If not, it is considered criminal trespassing).
- ❑ Never shoot into the sky. (Unless bird hunting)
- ❑ Never point a weapon at another person.
- ❑ Keep weapons pointed toward the ground, until ready to shoot.
- ❑ Know what is behind your target.
- ❑ Be aware of your surroundings.

For seasoned outdoorsmen, or would-be hunters, the 509th FSS outdoor recreation and the Missouri Department of Conservation are providing a hunter's safety course here March 25 and 26.

Ms. Brunner said the course teaches students about safety with firearms, respect for others and property, compliance with laws and wildlife regulations and awareness of hunting as a resource management tool.

"If you plan to hunt alone with a firearm, or you are 16 years of age or older, you will need to pass a hunter's education course or purchase an Apprentice Hunter Authorization before you can buy a permit," said Ms. Brunner. "You must be at least 11-years-old to take the Missouri Hunter Education class, but to hunt by yourself; you must be 16-years-old or older."

Youth under 16 years of age must hunt with an adult mentor that is properly licensed and meets the requirements and follows the prescribed regulations.

According to the Missouri Department of Conservation, accepting a permit comes with the following obligations:

- ❑ Observe all the rules of the Wildlife Code.
- ❑ Allow an agent of the Missouri Department of Conservation to inspect your picture ID, permit, game taken and hunting or trapping equipment.
- ❑ Hunt or trap wildlife in a safe manner.
- ❑ Do not loan your permit or hunting method exemption to another.
- ❑ Sign and carry permit while hunting or trapping.

"The consequences of not following the laws and safety regulations could result in fines, jail time, lifetime bans on hunting or getting seriously injured," Ms. Brunner said.

If involved in a firearms-related hunting incident, the law requires that you identify yourself and render assistance, according to the Missouri Department of Conservation. Failure to do so is a Class A misdemeanor.

For a complete list of conservation areas in the region, stop by outdoor recreation and pick up printed information and maps on local areas available.

For those who have witnessed or suspect a wildlife violation, report it to the local conservation agent or call the toll-free number at 1 (800) 392-1111; all calls are anonymous.

(www.mdc.mo.gov contributed to this article)

Whiteman Airmen selected for promotion

The 2011 senior master sergeant promotions list was released March 10.

Air Force officials selected 1,274 of 12,378 eligible master sergeants for promotion to senior master sergeant for a selection rate of 10.29 percent.

Congratulations to the following Whiteman AFB Senior Master Sergeant selectees:

Larry M. Farris,
509th Munitions Squadron
Kenneth W. Flowers,
509th Civil Engineer Squadron
Robert S. Granum,
509th Security Forces Squadron
Randy R. Greevebiester,
509th Aircraft Maintenance Squadron
Eric S. Hadsall,
509th AMXS
Eric T. Minckler,
509th CES
Martin E. Mullenbach,
509th Maintenance Group
Nicholas A. Pflughaupt,
509th Maintenance Squadron
David M. Riggins,
509th AMXS
Craig E. Smith,
509th MXS
Brian K. Warner,
509th MXS



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<p>2011 F150 CREW CAB</p> <p>for 60 mos. \$1,000 Trade In Assistance* *With approved credit. Not all buyers will qualify. Offer expires March 2011</p>	<p>2003 CADILLAC CTS</p> <p>52,000 MI. Ride In Style, Local Trade, #1434B</p>	<p>2007 TOYOTA CAMRY CE/L</p> <p>Local Trade, #2178A</p>	<p>2007 FORD F150 R/C</p> <p>\$13,499 Loaded, 11K Miles, One Owner, Sharp! #1338A</p>	<p>2010 FORD FOCUS SES</p> <p>Nice! #P233</p>	<p>2003 FORD F250 LONGBED</p> <p>7.3 L Diesel #2172A2</p>
	<p>2010 FORD TAURUS LIMITED</p> <p>18,000 MI. Big Savings, Loaded, #A182</p>	<p>2004 FORD F-150</p> <p>\$7,870 WAS \$10,995 Local Trade, #1382B</p>	<p>2002 DODGE RAM VAN</p> <p>Vacation Ready #P216</p>	<p>2007 JEEP COMMANDER</p> <p>Local Trade #215GA</p>	<p>2010 FORD FUSION</p> <p>Red Candy, Very Sharp, #P224</p>
<p>2011 F150 SUPER CAB</p> <p>for 60 mos. \$1,000 Trade In Assistance* *With approved credit. Not all buyers will qualify. Offer expires March 2011</p>	<p>2002 JEEP WRANGLER</p> <p>Local Trade, Hard/Soft Top, Sharp, #2172A1</p>	<p>2008 DODGE RAM</p> <p>Crew Cab, Power Windows, Power Locks Local Trade #A174A</p>	<p>2010 CHRYSLER TOWN & COUNTRY</p> <p>#P211</p>	<p>2007 JEEP WRANGLER</p> <p>4 Door, Local Trade, #A152C</p>	<p>2010 FORD ESCAPE</p> <p>#A179</p>
	<p>2010 FORD F250 DIESEL</p> <p>Local Trade, Low Miles, Must See #2074A</p>	<p>2008 CHEVY COBALT LT</p> <p>Coupe, Nice Local Trade #1423C</p>	<p>2010 MAZDA 3</p> <p>Sharp! #P204</p>	<p>2007 FORD F150</p> <p>Local Trade, 48K Miles, Nav., Moonroof, #2142A</p>	<p>2007 FORD EDGE</p> <p>Local Trade #1286A</p>

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Courtesy photo

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Volleyball: AMXS spikes record

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

The 509th Aircraft Maintenance Squadron's volleyball team pulled away with their first victory of the season March 10, winning two of three sets versus the 509th Maintenance Squadron's volleyball team.

"For a team that lacked preseason practice, we played very well tonight," said Laurie Taylor, AMXS team captain. "It feels great to win the game. MXS played well, but we're leaving with the victory."

Set 1: AMXS was first on the scoreboard after blocking a spike. They continued dominating the scoreboard with a lead of 9-4 until MXS picked-up the tempo, tying the game 12-12. They didn't stop there, taking the lead 19-14. With a few chants and motivational remarks AMXS came back, tying the game 19-19. AMXS continued their momentum through the first set, winning 25-20.

"We always play well the first set," Taylor said. "We usually lose it in the second and third set, but we pulled through this time."

Set 2: MXS scored during the opening serve. The set went back and forth offensively and defensively until AMXS had a good run, taking the lead 16-10. It didn't last long. MXS served their way into the lead 18-17. The 1-point lead made the difference. MXS sealed the second set 25-24.

Set 3: MXS scored the first 6-points at the start of the third set. They maintained their lead up until the game point, 14-9, when MXS blew their game winning serve. AMXS took advantage of the missed opportunity, serving their way to a 16-14 victory.

"We played alright tonight, but we need more practice as a team" said Steven Edwards, MXS team captain. "AMXS played as well as we did, but they stayed in it and we lost our focus."

Frontlines Continued from Page 4

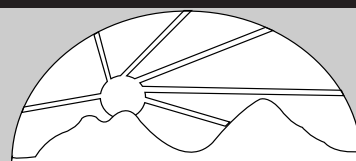
team and put together a tournament for each, bringing together individuals from 14 nations," he said. "It was a huge success; I was even able to get lights for the field."

Even though it was a great experience, he said he was glad to be home with his wife and his one-year-old baby girl, Elize.



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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
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Cub Scouts - Pack 405 Bill Sander 687-1154
Cub Scouts - Pack 509 Methodist Church
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Noon, today is the sign up deadline for Vintage Paper Dye Class scheduled March 22, 9:45 a.m.-Noon. Cost is \$20, supplies included. Call 687-5691 to reserve a spot today!

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

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

SATURDAY 3/19

Pop-a-Shot Tourn. ~ 11 a.m.-2 p.m. ~ Community Ctr

Adult/Child pairs combine to race against the clock to accumulate points on our indoor hoop. Trials will be held throughout the day and the pair with the highest combined score takes home a brand new basketball. Winners will be notified. For more information call 687-5617.

St. Patty's Day Sweeper ~ 1-5 p.m. ~ Stars & Strikes

One game bowled on 5 pairs of lanes. Entry fee is \$20 per person: \$7.50 for bowling, \$12.50 for prize fund. For more information call 687-5114.

SUNDAY 3/20

St. Patrick's Day Brunch ~ Mission's End

Two seatings available - 10:30 a.m. and 1 p.m.. A wide variety of food selections to include: breakfast items, main entree items, a carving station, omelet station, and an array of fresh fruit, assorted cakes and pastries. Cost for members is \$16.50/\$6.00 for 5-12yrs.; nonmembers is \$18.50/\$7.50 for 5-12yrs. Children 4 and under are free. For more information call 687-4422.

Family Day ~ noon-4 p.m. ~ Stars & Strikes

Come out today with the family and pay only 50 cents a game and 50 cents for shoe rental per person. There is a limit to six people per lane. For more information call 687-5114.

MONDAY 3/21

Get a Grip ~ Royal Oaks Golf Course

March is the time to switch out those grips! Drop off your clubs in the morning and we will do our best to have them ready for you to pick up in the evening. Purchase the grips from us, and we will put them on for free! Call 687-5572 for more information. In-stock grips only.

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

Today's special: sliced ham steak, w/pineapple glaze, Mac & Cheese, chef's vegetable and dinner roll. Cost is \$6 for members; \$8 nonmembers. For more info, call 687-4422.

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

Come out and let the kids enjoy a great time, movies, games and giveaways! Menu: sliced ham, chicken nuggets, breaded chicken wings, Mac & Cheese, mixed vegetables, dinner rolls, fruit Jell-o and assorted cookies and mini cakes. Members are Free! Nonmembers - 13 and up \$8.95; 12 and under \$4.95. For more information call 687-4422.

TUESDAY 3/22

Free Bowling Days ~ 3 p.m.-Closing ~ Stars & Strikes

Purchase \$6 from the snack bar, receive three free games and shoe rental when you present your receipt at the bowling counter. Can't make it today, stop by Thursday, same time, same place. Call 687-5114 for more details.

Daily Bar Bingo ~ 5-6 p.m. ~ Mission's End

Join us every Tuesday through Friday for daily bar bingo! Weekly coverall numbers called go up by one; jackpot goes up by \$50. Cost is \$1 per card. A \$20 consolation prize daily if no jackpot winner. Card sales begin 5 p.m., game starts 5:30 p.m. Only club members can participate. Stop by daily to try your luck for that grand prize! Call 687-4422 for more information. Must be 18 years old to play.

WEDNESDAY 3/23

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

Bring your boss and/or buddy over for wings, brews and bingo. 20-cent member wings; 35-cent nonmember/carry-out wings. Call 687-4422 for details.

THURSDAY 3/24

Cook's Night Off ~ Mission's End

Call in your order to 687-4422 by 2 p.m.; pick up 5-8 p.m. A perfect meal that feeds a family of four. March's menu is baked pork chops, wild rice, mixed vegetables, pasta salad, dinner roll and apple crumble cake. Cost is \$15.95 for members; \$18.95 nonmembers.

Cheap Pizza Fridays!
March 18 & 25 ONLY
4-7 p.m.
at Stars & Strikes
Any one-topping
Large Pizza
\$9.50

BOWLING 687-5114

St. Patrick's Day
Brunch at Mission's End
March 20, 10:30am-1:30pm
Two seatings:
10:30am-Noon & Noon-1:30pm
Members ~ \$16.50; Children 5-12 yrs ~ \$6
Nonmbrs ~ \$18.50; Children ages 5-12 ~ \$7.50
All children 4 years and under ~ Free
Reservations are required ;
please call 687-4422

Family Night
Buffet at Missions End
March 28, 5-7 p.m.
Come out and let the kids enjoy a great time, games and giveaways!

Menu
Sliced Ham
Chicken Nuggets
Breaded Chicken Wings
Macaroni & Cheese
Mixed Vegetables
Dinner Rolls
Fruit Jell-o
Assorted Cookie & Mini Cake

Member Family
FREE!

Nonmembers
\$8.95 (ages 13 & older) \$4.95 (ages 12 & under)

687-4422

FCC NEWS!
Returning Home Care (RHC)
Military members returning home from a 30 day or longer deployment are entitled to 16 hours of FREE child care for each child 12 years old and younger. Come to the FCC office for an application prior to participation. Call for more details.

PCS Care
Arriving or departing from Whiteman? The Air Force Aid Society pays for 20 hours of care per child for all ranks to help with our transition. Child care is authorized in AF licensed or affiliated FCC homes. The Airman and Family Center issues certificates which are good for child care within 60 days of PCSing.

Come to the FCC office to apply prior to participation or call 687-5590 for more details.

FORCE
SUPPORT SQUADRON

Force Support page editor.....Jen Mohn
509th Force Support Squadron.....687-4386
WWW.WHITEMANFORCESUPPORT.COM

Youth & Teen Events

TODAY 3/18

Teen Leadership & Space Camps Sign Ups ~ Youth Ctr.

Teens, ages 13-18, the Youth Center is accepting registrations for Teen Leadership Camp scheduled July 11-15 at the University of Texas, San Antonio and Space Camp July 25-30 at Huntsville, Alabama. Applications for both camps must be submitted by April 1. Call 687-5586 for more details or visit www.afyouthprograms.com

Sports Physicals ~ Youth Center

Schedule your child's sports physical today! Children are not permitted to participate in practices or games until a current sports physical is on file. Be ready for Spring and Summer by scheduling the physical early. Contact 687-5586 for more information.

Youth Baseball/Softball Sign Ups ~ Youth Center

The Youth Center is accepting registrations for Tee Ball & Coach Pitch Baseball for ages 5-8 and Glenn Shippy Baseball/Softball League for boys & girls grades 3rd-8th. Cost is \$35 for members; \$45 nonmembers. Sign up deadline and parent's meeting is March 25; 5:15 p.m. at the Youth Center. Call 687-5586 for more details.

Teen Dinner & Movie Sign Ups ~ Youth Center

Teens, ages 13-18, sign up for the dinner & movie trip to Lee's Summit scheduled March 26, 5-10 p.m. Cost is \$3 for members; \$5 nonmembers. Sign up deadline is March 25. Call 687-5586 for details.

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

Attention teens attending Warrensburg middle & high schools: need a ride to get to the Whiteman AFB Youth Center to hang out with friends? The Youth Center provides free shuttle service every Friday! Pickup is at 2:30 p.m. at the middle school then the high school. Permission slip (military ID card if 16 years and older) required. Must have access to the base. Call 687-5586 for details.

Operation Night Hoops ~ 7-10 p.m. ~ Youth Center

Teens, ages 13-18, join us today for a free basketball league for teens. Help build teamwork, leadership and discipline in a drug free environment. Free snacks and drinks will be provided. For more Information call 687-5586.

MONDAY 3/21

Summer 2011 Program ~ Youth Center

School Age Program is accepting applications for the 2011 Youth Summer Program. Children, Kindergarten through age 12, explore Missouri via educational activities, the arts and various recreational activities. Last day to register is April 15. Call 687-5586 or stop by to find out how to enroll your child today!

Dentokan Karate ~ 4-5 p.m. ~ Youth Center

Classes are offered every Monday and Wednesday for youth ages 6-18. Cost is \$35 for members; \$45 nonmembers per month. For more information, please call 687-5586.

TUESDAY 3/22

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

Preteens, ages 9-12, learn to work together to plan and implement activities. Torch Club meets every Tuesday during the school year. Cost is free. Call 687-5586 for details.

Keystone Club Meeting ~ 6-8 p.m. ~ Youth Center

Teens, ages 13-18, meet to discuss leadership and community involvement. Nonmembers are welcome to join! Call 687-5586.

The Community & Youth Center presents...
[ugt]
you got talent
March 26
Time: 1 p.m.
Youth & Family
Talent Contest
"The family that gets up on stage together, stays together."
Interested in competing and/or performing,
please contact the Community Center at
687-5617 to sign up today!
Sign up deadline: March 24
CATEGORIES: Children 6-8/Preteen 9-12/Teens 13-18/Families

This Week at the Movies

The Eagle

Saturday, 7 p.m.

Channing Tatum, Jamie Bell — In 140 AD, twenty years after the unexplained disappearance of the entire Ninth Legion in the mountains of Scotland, young centurion Marcus Aquila (Tatum) arrives from Rome to solve the mystery and restore the reputation of his father, the commander of the Ninth. Accompanied only by his British slave Esca (Bell), Marcus sets out across Hadrian's Wall into the uncharted highlands of Caledonia - to confront its savage tribes, make peace with his father's memory, and retrieve the lost legion's golden emblem, the Eagle of the Ninth. PG-13 - battle sequences and some disturbing images. 114 min

The Roommate

Sunday, 3 p.m.

Leighton Meester, Minka Kelly — Sara, a college freshman, finds her safety jeopardized after she's assigned to a dorm room with a deranged roommate. Rated PG-13 (violence and menace, sexual content, some language and teen partying) 93 min

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

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.

School Liaison Officer — The School Liaison Officer is available to assist military families with questions or issues in regards to Kindergarten through 12th grade schooling options. The SLO works to develop partnerships with the local school districts. The SLO is located in the Airman & Family Readiness Center, and can be reached at (660) 687-7132.

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

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 chil-

dren. Reservations are required. Call (660) 687-4341 for additional information.

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 2-12 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 your child self-control as well as prevent misbehavior. Reservations required, call (660) 687-4341.

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

Save a bit o' green!

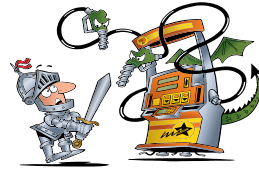
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509th Bomb Wing

442nd Reserve Fighter Wing

Mobile Expeditionary Security Division 13

1-135th Attack Battalion

131st Guard Bomb Wing



FREE Classified Advertising in the Whiteman Warrior READ ALL RULES BEFORE PLACING AN AD

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 theclassifieds@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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Public Notices 6

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- CPR (Monthly)
- Certified Medication Aide
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- IV Certification (June 4)

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Classified Ads Get Results

Houses For Rent 209

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

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Houses For Sale 249
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