**509th Bomb Wing** 

442nd Fighter Wing

Serving the Whiteman Community Maritime Expeditionary Security Squadron 11 Det. D

LITIL

1-135th Attack Reconnaissance Battalion

131st Bomb Wing

Vol. 3 No. 8

# SecDef praises AFGSC Airmen



U.S. Air Force photo/Senior Airman La'Shanette Garrett

BARKSDALE AIR FORCE BASE, La. --Secretary of Defense Leon E. Panetta speaks with Lt. Col. Mark Pye, 13th Bomb Squadron commander and members from the 509th and 131st Aircraft Maintenance Squadron during a visit Feb. 17. The Secretary hosted an All Call with more than 300 Airmen to thank them for their efforts in operating, maintaining and supporting the long range strike missions performed by the B-2 Spirit, B-52H Stratofortress, and B-1B Lancer bomber aircraft.

# WARNING: Tornado season is approaching

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

Tornados are known to be some of Mother Nature's most destructive natural disasters. Missouri ranks number seven in frequencies, 12 in fatalities and nine in economic loss in the nation.

Tornados have been observed during every month of the year, with about 70 percent occurring during March through June. About 82 percent of Missouri tornados occur between noon and midnight, with the highest activity between 4 and 6 p.m., according to Senior Airman Scott Tucker, 509th Civil Engineer Squadron readiness and emergency management.

In order to ensure safety for this Air

#### See Tornado, page 11

# **Secretary of Defense visits Barksdale, praises AFGSC Airmen**

#### By Carla Pampe

Air Force Global Strike Command Public Affairs

BARKSDALE AIR FORCE BASE, La. -- The nation's top military advisor visited Team Barksdale Feb. 17, getting a first-hand look at the Air Force's strategic deterrence capabilities.

With more than 300 people in attendance, Secretary of Defense Leon Panetta began his visit with a town-hall meeting, stressing the importance of Barksdale to the nation.

"[Barksdale] is one of our premier air bases, and I wanted to stop here and tell you all how important this base is," he said. "It's a key priority for us, and it will remain a key priority in the future."

He also thanked the men and women of Barksdale for their service and dedication.

"The most important weapon we have is you - the men and women who wear the uniform." he said. "This country has asked a lot of you over the last 10 years, and everything we've asked of you, you've done, and done well."

During his remarks, Panetta addressed the

challenges faced by all those in the Department of Defense, as leadership works to identify nearly half a trillion dollars in spending cuts.

"This is a historic and challenging time," he said. "We've had some great successes, and now we face some tough choices."

When deciding on a military strategy for the future, Panetta told the Airmen that he and his top service chiefs identified several focus areas. First, they highlighted the need to maintain the strongest military in the world. They also wanted to concentrate on making smart force structure choices, so as not to hollow out the force. Finally, the department wanted to keep faith with the troops and their families

"All of that represented the guidance we needed as we developed the strategy for this country," Panetta said. "We know we're going to have a smaller force, but that force is going to be agile, quickly deployable, flexible and technologically advanced.'

#### See Secretary, page 3

Feb. 24, 2012 **BCC Luncheon** 

The Base Community Council is March 1 at Mission's End and the hosted community is Sedalia (509th Security Forces Squadron). To make a reservation, contact 509th Bomb Wing Public Affairs at 660-687-6121 by noon Feb. 27.

## **ON THE INSIDE**

**ALS graduates** future leaders

The Whiteman Airman Leadership School Class 12-C graduated 31 students Feb. 16 at Mission's End. 3

#### **Building 2012 comes** crashing down

Recently-known for being the 509th Civil Engineer Squadron base plumbing shop, building 2012 was torn down Feb. 10.

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#### Military working dogs train for success

Originating from our own local community of Warrensburg and the case of a dog named Old Drum, it's been said that, "A dog is man's best friend."

## 8-9

#### Better parenting using Love and Logic

Although there is not a do's and don'ts parenting rule book for what to do when a child is being difficult, or when a family goes through a tough time, there is a place where parents can turn for support.

10	
WEATHER	
Today	Sunday
Windy	Sunny/Windy
Hi 46	Hi 61
Lo 24	Lo 35
Saturday	Monday
Sunny	Sunny
Hi 49	Hi 52
Lo 37	Lo 40
courtesy of National Weather Service	

# 2 The Warrior Feb. 24, 2012 Commentary Privatized housing in full-swing

# **By Master Sgt. Shawn Cushman** 509th Civil Engineer Squadron

It is a time of uncertainty for many of our housing residents at Whiteman Air Force Base. Housing privatization is in full-swing and it has left members wondering what changes are in store for them.

It is human nature to be reluctant to change, especially when you don't see a need for it. There may be some negative perceptions toward privatization due to fear of the unknown, but in actuality, the changes will make this transition a much more enjoyable environment in which to live.

As a first sergeant, the morale and well being of Air Force personnel and their families is my top priority. I have to admit that I had some reservations in regards to this transition when it was first announced, but once I had the opportunity to do research and speak with everyone involved, it became apparent that privatization will benefit everyone.

Allow me to shed light on some of the housing privatizations more common misconceptions. Many people are concerned that they will not be able to own a trampoline, wash their vehicles in their driveways or enjoy a soothing fire-pit in their back yard. These are false statements. All of those things will continue to be acceptable with the understanding that public safety and utility conservation remain in the forefront.

Another concern is that the current system that attempts to group individuals with similar pay grades will change under the new contract. This is also false. The goal is to maintain the rank integrity that is currently in place. Some people may not like the idea of having the added responsibility of paying for their utilities each month, but considering the fact that you will be credited 110 percent of the average utility cost for the size of the unit you live in, a thrifty family could find themselves with a little extra cash in their pockets each month.

Now that I have addressed some of the more common concerns about the upcoming changes, I would like to inform you about some additions you will see in the community once Balfour Beatty Community is at the helm. They will renovate 140 units in the Ridgeview area. There will be eight new picnic areas, four new play lots, four new tot lots and eight more bus shelters added throughout the neighborhoods.

They will also add six basketball courts, a lighted outdoor sports complex and a brand new community center. These improvements are only made possible because of privatization. From an individual housing standpoint, you will see covered patios added to houses that do not currently possess one, the widening of driveways, keyless entry pads for door locks, new storm doors, fencing, vinyl trash blinds and outside storage facilities.

When the dust settles and the smoke clears, you will notice that the only changes that have been made are positive changes with our family's best interest in mind. The quality of life the U.S. Air Force provides for its members exceeds that of any other branch of military in the world. The partnership between Whiteman AFB and BBC should prove to be one that benefits not only our housing residents, but each and every one of us on the installation.

Remember, do not let your reluctance deter you from accepting an inevitable change that will most certainly make this a better place to live.

# Mentorship fundamentals

# Commander's Corner

#### Team Whiteman,

Yesterday we completed the annual Antiterrorism Major exercise, formally referred to as Spirit Rampart, a comprehensive 3-day test primarily used to evaluate the base plan, to include first responders, the Crisis Action Team and Force Protection implementation.

The goal was to assess Team Whiteman's reaction in the case of a real-world emergency. This specific exercise was an active shooter, however the range of emergencies we could experience are not limited to this type of crisis.

It is important each individual on base knows what is required of them during Force Protection Condition (FPCON) changes. Whether you live in base housing, work on the flightline, or sit in an office, it is prudent to



learn what your role is now in the chance a real crisis occurs.

We are approaching another tornado season, which was devastating for Missouri last year and underlined to all the importance of preparedness. Parts of our neighboring community Sedalia, and Joplin, which is only a few

hours southwest, both fell victim to devastating tornados.

Joplin's story of a tornado-ravaged town made national headlines and continues the long road of recovery. Many of you personally took part in those recovery efforts and I applaud your sacrifice as good neighbors meeting challenges with teamwork. Although we do not hope for a repeat year, we need to prepare for the worst and ready ourselves now come what may.

As the wing continues another year full of various exercises, make sure you are also preparing your family, friends and co-workers for the upcoming tornado season. Safety is paramount for Team Whiteman. Challenge each other to become familiar with what a tornado warning is versus a watch, and formulate a plan now rather than waiting until you find yourself in a dangerous situation.

#### Defensor Vindex.

-Brig. Gen. Scott Vander Hamm, Commander

**By Shirley Ross** Force Development Talent Management Air Force News Service

**WASHINGTON (AFNS)** -- I have studied, designed, launched, repaired and been a part of many mentoring programs during my 25-year-plus career in talent management. To be frank, at this point I have some pretty strong biases about how to design and execute mentoring programs because I have seen so many fail. They almost never yield what is hoped for, but there are some exceptions.

My own philosophy about how to construct mentoring programs is rooted in these exceptional successes. **What do you talk about?** 

Topics worked on in the mentoring relationship typically include areas such as strengths and weaknesses of leadership style, modifying damaging behavioral patterns, addressing gaps in leadership and management skills, or making a leap to the next level of responsibility.

Mentoring can be accomplished with a mentor either internal or external to the organization. An internal mentor, however, can offer significant advantages if well chosen. A senior executive will have a broader view of the internal working of the organization than the mentee, as well as a successful track record of negotiating success in that organization. Mentors should be chosen on several criteria, but one of the most important is their knowledge of how to make important and valuable things happen in that organization.

Mentors can also help with the landmines: where they are and how to avoid them, and how to recover from missteps. Yes, this is about politics, but politics are found in virtually every organization with people. If engaging in politics seems distasteful, then think instead in terms of influence, sensitivity to cultural norms, dealing with difficult people and knowledge of human nature -- because these are elements of politics. Political savvy and emotional intelligence significantly overlap. **Why mentoring fails** 

Lack of chemistry is the most common reason that mentoring relationships fail. Either the mentor or mentee just can't relate to the other or make a meaningful connection. When this happens, mentees can experience the meetings as too uncomfortable or just not productive, and mentors may consistently dodge their obligations to the mentee by being "too busy." If the pair does not work out, it is vital that changes be made quickly. If negotiated properly with the mentoring program lead, these changes don't have to be uncomfortable or seen as a failure.

# What works in mentoring pro grams

Whether mentors are internal or external, I prefer to have mentorships reside in the framework of a formal program rather than relying on ad hoc arrangements. The successful mentoring programs that I've designed or experienced in industry have incorporated a great deal of structure. The structural components typically include:

1. A specified period of time for the program, say, for example, nine months. This way, both parties feel

#### See Mentorship, page 7

## 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 BRIEFS**

# Active Parenting of Teen's class

Active Parenting of Teens is a 90-minute course and is offered to Whiteman members from 6:30-8 p.m. Feb. 28 at the Airman and Family Readiness Center. To make a reservation, call Jennifer Case at 660-687-4341. The course is designed to help parents see the difference in teens. The course helps teens be more cooperative, have better behavior, greater confidence, improve grades and have a happier family life. Child monitoring is available.

#### Firearm's Registration Monitor training

Those who have been identified as Firearm Registration Monitor's representatives are scheduled to train from 9 a.m. to 10:30 a.m. Feb. 29 in building 711, room 115. For those who have received an appointment letter to be assigned as a unit FRM signed by the commander, it should be brought to the training class or sent to 509th SFS/ S5LP or email jerry.osban@whiteman. af.mil

#### Vendors Sought for Military and Veterans Resource Event

Businesses and organizations offering services to active duty service members and veterans are invited to participate in the first Military and Veterans Resource Event from 8 a.m. to 3 p.m. March 13 in the ballroom of the Elliott Union at the University of Central Missouri. The purpose of the event is to provide individuals who are serving or have served their country with information about the different types of resources available to them. Vendors from surrounding communities are welcome to participate. The registration deadline is Feb. 29 for vendors wanting to participate. There is no cost to attend or to sponsor a booth during the event. A wide range of vendors are sought, including organizations representing military service members, businesses that hire veterans, military benefit organizations and more. Pertinent information will be provided to vendors at the time of registration. A registration form is available on the Military and Veteran Services website at ucmo.edu/vets/news.cfm. For questions, call the office of military and veterans services at 660-543-8776.

# Semi-Annual stockpile inventory

The 509th Munitions Squadron is conducting a semi-annual stockpile inventory during the week of March 5–9. Those who need any munitions issued or have any that need to be turned in, should do so either the week prior or after the inventory. During this week 509th MUNS will only process emergency requests, submitted in writing, and approved by the group commander or equivalent. Questions or concerns can be directed to Tech. Sgt. Jason Gebbia at 660-687-8251.

## Secretary Continued from Page 1-



U.S. Air Force photo/Senior Airman La'Shanette Garrett

BARKSDALE AIR FORCE BASE, La. -- Secretary of Defense Leon E. Panetta shakes hands with Capt. Kristen Shadden, 509th Aircraft Maintenance Squadron afteran All Call Feb. 17. The Secretary personally thanked all B-2 Spirit operators and maintainers present for their dedication to the Air Force long range strike mission.

He concluded his remarks by acknowledging the impact of the changes facing the military as a whole.

"If I have to take a half a trillion in cuts, it's not going to come without pain and impact," he said. "This is not going to be easy. It's going to be a challenge, but we're doing the right thing, and we're putting a strategy in place for the future."

Following his speech, the Defense Secretary held a brief question-and-answer session with Barksdale Airmen, covering topics ranging from force structure and the defense budget to the development of a new long-range bomber.

Panetta then re-enlisted six Barksdale Airmen, and presented medals to five Barksdale Airmen for their service during recent overseas deployments.

One of the Airmen receiving a medal from Panetta was Maj. Emil Rebik, Air Force Global Strike Command Installations and Mission Support directorate. Rebik received the Bronze Star from Panetta for his service as the executive officer for an Explosive Ordnance Disposal (EOD) Battalion in Afghanistan. During his nearly six-month deployment, he was responsible for 15 joint Navy, Army and Air Force EOD teams.

While Rebik is honored to receive the Bronze Star, he said it is really a testament to the personnel he worked with, and those who were lost along the way.

"It's an honor to be presented the medal by the SECDEF because it exemplifies the sacrifices so many of our EOD brethren have undertaken," he said.

Staff Sgt. Daniel Craig, 2nd Security Forces Squadron, was presented the Air Force Commendation Medal for service during a seven-month deployment to Oman. During that time, he was responsible for training, validation and certification of every Military Working Dog team, kept all records pertaining to the MWD program and oversaw the construction of the first MWD kennel facility.

"I'm very pleased and honored to be awarded the Air Force Commendation Medal," Craig said. "I also appreciate those who noticed my hard work in Oman and who felt I deserved the honor of it being presented by the Secretary of Defense.

"Having [the medal] presented by one of your top superiors who takes the time to visit Barksdale makes it even more special," he added.

Following the medal ceremony, Panetta presented the 2nd Bomb Wing with the Air Force Outstanding Unit Award for its exceptional meritorious service.

The Defense Secretary wrapped up his visit with static tours of the B-52 Stratofortress, the B-2 Spirit and the B-1B Lancer, followed by a briefing on the strategic deterrent capabilities within Air Force Global Strike Command.

# ALS graduates future leaders

The Whiteman Airman Leadership School Class 12-C graduated 31 students Feb. 16 at Mission's End.

The award winners were Senior Airmen: John L. Levitow: **Zachary Wirfs**, 509th Communications Squadron Distinguished Graduate: **Caleb Force**, 20th Reconnaissance Squadron, **Andrew Curtis**, 709th Munitions Squadron Academic Achievement Award: **Andrew Curtis**, 709th MUNS Commandant Award: **Senior Airman Caleb Force**, 20th RS

The graduates were Senior Airmen: 509th Aircraft Maintenance Squadron: **Keith Bryan, Benjamin Feldkamp, Jamie Thompson** and **Shawn Lutz** 509th Civil Engineer Squadron: **Elva Haywood** and **Timothy Vanden Haak** 509th CS: **David Wolff** 

509th Logistic Readiness Squadron: Talana Gardner and Robert Pomperada 509th Maintenance Squadron: Kevin Heuyard and Elizabeth Shook 509th Munitions Squadron: Jayme Webb and Austin Stubblefield 509th Operations Support Squadron: Jeffrey Rowe, Amanda Stepehns and Matthew Ulmer 509th Security Forces Squadron: Matthew Birenbaum, Nicholas Johnson, Patrick Muncy and Robert Slaughter 509th Bomb Wing: Rebecca Bright-Zell 509th Force Support Squadron: Daniel Jones and Lindsey Jaxel 509th Medical Operations Squadron Sable Parsley and Hellen Price 509th Medical Support Squadron: Erin Hughes 20th Reconnaissance Squadron: Branton Pugh 709th MUNS: Thomas Strickland



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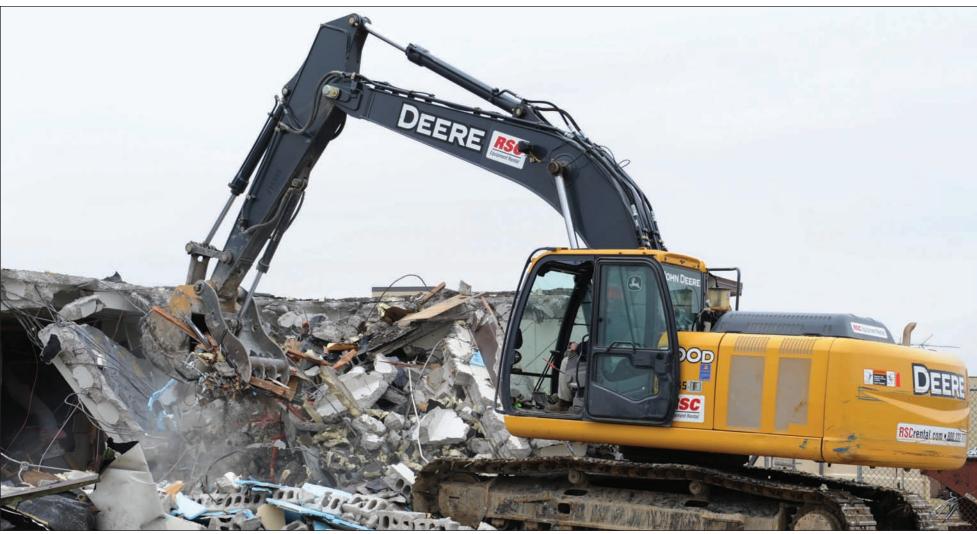
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Contractors from Alvarado Construction, Inc., tear down building number 2012 Feb. 10. The building was programmed for demolition as part of the Explosive Ordnance Disposal facility project.

# BUILDING 2012 COMES CRASHING DOWN

#### By Airman 1st Class Bryan Crane 509th Bomb Wing Public Affairs

Recently-known for being the 509th Civil Engineer Squadron base plumbing shop, building 2012 was torn down Feb. 10.

The demolition of the building was part of a larger project to provide a better facility for the 509th Civil Engineer Squadron Explosive Ordnance Disposal Flight.

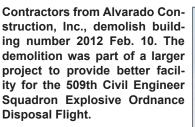
"A new facility was constructed for EOD which provided the space they needed with an efficient layout for their mission," said Ernie Macios, 509th Civil Engineer Squadron project manager.

"The project is programmed and managed by the civil engineers program flight and received approval through the Facilities Utilization Board," Macios said.

The current cost of the contract is \$6,977,610, which includes the new building for EOD and demolition of four facilities, 2012, 5415, 89 and 180, according Mark Wheeler, 509th Civil Engineer Squadron programs flight chief. The current contract completion date was Feb. 21, 2012.

The building was originally constructed as the law enforcement center in 1957 and served as home to security forces until their new facility was built in the early 1990s.

The contract for the construction was awarded to the Kansas City Corps of Engineers. The actual work was completed by the contractor, Alvarado Construction, Inc. from Denver Colorado.





A Contractor from Alvarado Construction, Inc., prepares to demolish a building Feb. 10. Building 2012 was constructed in 1957, and the original cost was \$48,173.

U.S. Air Force photos/ Airman 1st Class Bryan Crane



A Contractor from Alvarado Construction, Inc., explains to Col. Rick Milligan, 509th Mission Support Group commander, how to tear down the old plumbing shop Feb. 10. The plumbing shop has since moved into their new location in the 509th Civil Engineer Squadron building December 2011.

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# Where are you going?

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-Ryan Hembrough



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# Feature



# Mentorship Continued from Page 2 -

1. A specified period of time for the program, say, for example, nine months. This way, both parties feel on point to accomplish their objectives, and there are established start and stop points so the relationship doesn't just fizzle out or uncomfortably fade away at some point.

2. Formal guidelines and training for both mentors and mentees. Expectations and commitments are clarified and both parties have a set of formal and firm guidelines to steer them through the process. This training can be accomplished on one session, but it is important and mentors can't be given a "pass."

3. A provision to quickly address pairs that are not working out or have failed to make a connection as I've mentioned above.

#### One successful example

One unusual program I participated in as a mentor really changed my outlook about what success looks like. Sponsored and structured by an outside third party, this program used the team approach: two mentors paired with four mentees. The mentees just loved it.

I had quite a different leadership style from the other mentor, and we approached problems very differently. Those differences were a favorite feature of the mentees. Our group sessions were remarkably dynamic, and the mentees reported it helpful to see that different approaches could work equally well. They could choose for themselves which approach in which situation played to their strengths.

The second advantage of this team concept, one I wouldn't have anticipated, was that the mentees felt less awkward calling on us between meetings if they had a problem. Because they could call one or the other of us, they felt the burden they imposed was less onerous.

The mentees spoke with great feeling about how we had helped each one of them through difficult decisions and missteps that year, all with positive outcomes. When a mentoring program does work, it can indeed be powerful.

# 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, videos and more.

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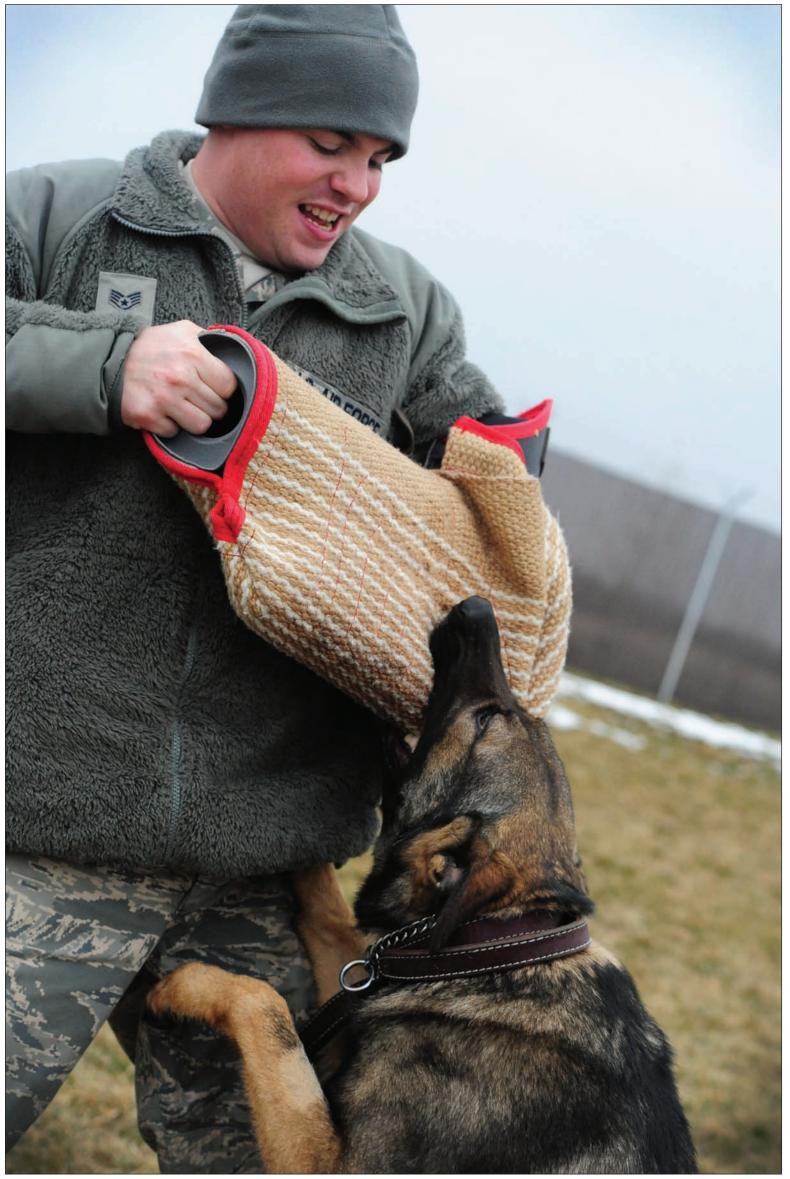
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Igore, 509th Security Forces Squadron military working dog, bites the sleeve of Staff Sgt. Adam Dye, 509th SFS MWD handler, during a bite sleeve scenario Feb. 15. The bite sleeve scenario teaches canines controlled aggression and helps strengthen the relationship between the dog and handler, which is paramount to mission accomplishment.

# Military working dogs train for success

By Senior Airman Nick Wilson 509th Bomb Wing Public Affairs

Originating from our own local community of Warrensburg and the case of a dog named Old Drum, it's been said that, "A dog is man's best friend."

This phrase holds especially true for the members of the 509th Security Forces Squadron canine handlers. Military working dogs act not only as trusted wingmen but also as a friend.

is required for a bond to form between a canine and its handler. Additionally, extra time and effort is needed to act as a deterrent." help prepare the dogs for real-world scenarios through various exercises.





handlers train with their dog every day," said Tech. Sgt. John Flores, 509th SFS MWD handler.

"We're not going to just come to work, do our standard job and go home," said Staff Sgt. James Swann, 509th SFS MWD handler. "We have to put in a lot of overtime which can be demanding."

The primary mission for MWDs is to provide protection capabilities for the personnel and resources on base. Military working dogs are another weapon and tool Effective communication, training and hard work for the Airmen to use," Flores said. "When properly used, the dogs can assist in providing base security and

> Prior to arrival at Whiteman Air Force Base, the German Shepherds and Belgian Malanois are initially

"We want to make them better dogs, so from day one trained at Lackland Air Force Base, Texas, when they are one- to-two years old.

> "As soon as we get them, we put them in our program and continue their training," Flores said. "We look at their capabilities and what we need them to do and go from there."

To ensure the MWDs are up-to-date, training is done daily and monthly by the handler.

"We evaluate obedience and different areas that them so that they are comfortable with it," Swann said. Air Force. "We'll teach them a task, they'll learn the task and then we integrate different responsibilities each time to make them proficient every time they do it."

Some of the tasks MWDs are taught include daily

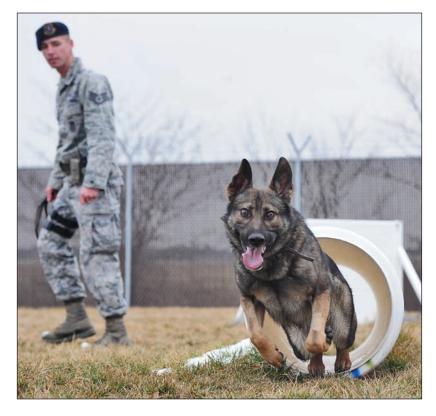
random sweeps at various locations on base so the dogs are able to act in response to real-world threats when they happen

Since a dog's scent, sight and sound are far greater than that of a human being, the MWDs play a vital role in the overall mission of 509th SFS; which is to safeguard all personnel and assets on base.

Handlers put in overtime to ensure their dogs are trained, healthy and ready for action, therefore they are could be a distraction and develop basic commands for proud to say they are dog handlers in the world's greatest

> "When you enjoy your job it doesn't matter if you come in during your off time because it is rewarding to see your dog improving," said Staff Sgt. Adam Dye, 509th SFS MWD handler.

ABOVE: Staff Sgt. Adam Dye, 509th Security Forces Squadron military working dog handler, taunts Igore, 509th SFS MWD, while Staff Sgt. James Swann, 509th SFS MWD handler, holds Igore during a bite sleeve scenario Feb. 15. Bite sleeve scenarios are used to teach the canines controlled aggression and obedience. RIGHT: Igore runs through a tunnel as Swann supervises during an obedience course. The obedience course teaches the dogs to respond to instructions of their handlers so they can provide special capabilities that assist in providing security for personnel and resources on base. LEFT: Igore runs on a balance beam as Swann supervises during an obedience course. In addition to training the dogs to follow instructions, the obedience course also helps the handlers evaluate the speed, agility and endurance of their canines



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

# **Better parenting using** Love and Logic



U.S. Air Force photo/Senior Airman Laura Goodgame

Parents learn communication skills through the Love and Logic parenting class Feb. 21. The class provides parents and adults with the techniques to help them raise responsible children and help change their child's behavior.

By Senior Airman Laura Goodgame 509th Bomb Wing Public Affairs

Although there is not a do's and don'ts parenting rule book for what to do when a child is being difficult, or when a family goes through a tough time, there is a place where parents can turn for support.

The 509th Medical Group offers a course called Love and Logic and is designed to help strengthen the parent-child bond and communication skills.

"Love and Logic is more than just a parenting class," said Kelley Beck, 509th MDG Family Advocacy Program assistant. "Love and Logic is a philosophy of raising and teaching children and allows adults to be happier, empowered, and more skilled in the interactions with children. This also allows children to grow through their mistakes and to learn to live with the consequences of the choices they make."

The class is encouraged to anyone who has an interest in parenting or who works with children.

"Love and Logic is a way of working with children that puts parents in control, teaches children to be responsible and prepares young people to live in the real world," Beck said. "It offers parents a different way to communicate with their children and teaches easy to use tools, or 'tricks of the trade' that are simple, practical and easy to learn.

"It is meant to help bring enjoyment and fun to the task of parenting while giving parents confidence in their ability to parent," Beck added.

The class educates parents on how to help children develop and grow in a healthy way, while providing parents and children with confidence and dignity.

"All this is accomplished while building a fostering, loving, respectful, trustworthy relationship with children," Beck said.

For more information about Love and Logic, visit loveandlogic.com or to sign up for the course, contact Kelley Beck at 660-687-4341. The class is held Tuesdays from 4-4:30 p.m. for four weeks, quarterly and is free to eligible Department of Defense identification holders. Family Advocacy is looking to offer evening classes in the spring but needs more people to enroll in the class.



U.S. Air Force photo/Senior Airman Kristin High BOSSIER CITY, La. -- Maj. Gen. Stephen Wilson, Eighth Air Force commander, retired Col. Steve dePyssler, alumni of Eighth Bomber Command and Senior Airman Adam Wells, the Eighth Air Force Airman of the Month, cut the cake during the 8th Air Force birthday celebration, as Airman 1st Class Amanda Williams, the youngest Airman of the Mighty Eighth, and former unit commander retired Lt. Gen. Edgar S. Harris Jr. look on at the Cyber Innovation Center in Bossier City, La., Feb. 1. The milestone marks the 70th year Eighth Air Force has been active.

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# News

The Warrior Feb. 24, 2012



# 131st BW promoted

Congratulations to the following 131st Bomb Wing who promoted during the month of February.

SENIOR AIRMEN Michael Metcalf, 571st Band Kyle Reynoso, 131st Maintenance Squadron STAFF SERGEANT Matthew Semrow, 131st MXS Nicholas Masters, 110th Bomb Squadron

# Tornado Continued from Page 1 -

Force Global Strike Command base and its surrounding communities when a tornado warning is issued, the readiness and emergency management office has the following advice in case a tornado approaches and you are:

□ In a house- Each operationally active building on Whiteman AFB will have a designated tornado shelter room. These rooms are designated by a tornado shelter sign on the outside of the door. Once in the room, get under a sturdy piece of furniture, such as a table or a desk.

□ In a vehicle- If you're driving and you see a tornado in the distance move at a right angle from the tornado. If the tornado is in the immediate vicinity don't try to outrun it. An Enhancer Factor 1 (the weakest) tornado can push a moving vehicle off the road and an EF2 tornado can pick up a vehicle completely off the ground. Instead seek shelter immediately. □ Outside- Get to the closest sturdy building possible and follow the building sheltering guidance. If you can't get to a building then lie flat in a nearby ditch or depression and cover your head and neck. Watch out for flying debris. Flying debris from tornados cause most fatalities and injuries.

"Inside the shelter in place, one should have a disaster supply kit with necessary items such as a communication device, water, first aid kit, emergency whistle, flashlight and batteries, blankets, canned food, can opener and sanitation wipes," Tucker said. "If possible, have multiple avenues for communicating in case one mode is unavailable or damaged in some way."

After a tornado, Tucker advises personnel to take accountability of their unit. The senior ranking person within the shelter should call their Unit Control Center and report names and numbers of personnel in the shelter.



# Advertisements

# Bothwell OB/GYN welcomes two new Certified Nurse Midwives

Amanda Hill and Lindsey Wilson are certified nurse midwives who have received special training to provide women's health care, including annual exams, pregnancy care, and labor and delivery. To make an appointment, call (660) 827-0015.





Amanda Hill

Lindsey Wilson

3700 West 10th Street | Sedalia, MO 65301 660-827-0015 | www.brhc.org



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The Warrior Feb. 24, 2012

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Food & Entertainment

#### SATURDAY 2/25

Family Bowling Special-12-4pm-Stars & Strikes A family of up to 6 gets 1 lane for 1 hour of bowling, 1 large 1 topping pizza, shoes and soda. Only \$25 per package, Sat & Sun now thru April. For more information please call 687-5114.

#### **SUNDAY 2/26**

Family Bowling Special-12-4pm-Stars & Strikes A family of up to 6 gets 1 lane for 1 hour of bowling, 1 large 1 topping pizza, shoes and soda. Only \$25 per package, Sat & Sun now thru April. For more information please call 687-5114.

#### **MONDAY 2/27**

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

Seniors Bowling- 10am-1pm- Stars & Strikes Every Monday! Only \$1 per game, Seniors come enjoy a cup of coffee and bowl a few games! Call 687-5114 for more info.

#### WEDNESDAY 2/29

Boss & Buddy- 4-7pm- Mission's End Hang out after work and enjoy the cheapest hot wings around, only .30 cents a wing! Call 687-4422 for more info.



#### FCC ORIENTATION CLASS

Receive training to become a licensed FCC provider on Whiteman AFB. The class is approximately one week long and runs from 8am-4pm. 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 our 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 you are: Providing occasional child care for a friend or neighbor; Babysitting on an occasional basis for other families; A teenager doing evening or weekend babysitting 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. If you are providing care beyond these opportunities, please contact us







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Jonth & Teen Évents

Time to Play- 10-11am- Youth Center A self-directed play group for ages birth-5 yrs old. In the Youth Center's Gym, parents can bring their children's toys, we will provide space & recreational balls. No reservations are read just stop in! Call 687-5586 for more info





FORCE

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**509 FSS PAGE EDITOR: KYLE C. HAMRICK** 

FORCE

CALL 687-5586

FOR MORE INFO!

# **Events & Morale**

# This Weekend at the Movies

Free showing of :John Carter

Rated PG-13

Feb. 25, 7 p.m.

*Taylor Kitsch, Lynn Collins and Willem Dafoe* -- Transplanted to Mars, a Civil War vet discovers a lush planet inhabited by 12-foot tall barbarians. Finding himself a prisoner of these creatures, he escapes, only to encounter a princess who is in desperate need of a savior.

#### Extremely Loud and Incredibly Close Rated PG-13 Feb. 26, 3 p.m.

*Tom Hanks, Sandra Bullock* -- A nine-year-old amateur inventor, Francophile, and pacifist searches New York City for the lock that matches a mysterious key left behind by his father, who died in the World Trade Center on 9/11. Emotional thematic material, some disturbing images, drama and language. 129 minutes.

Movie showings are featured at the Whiteman AFB Movie Theater. Call the movie line at 660-687-5110 for more information. Cash or check only. \*Movies are \$4.50 for adults and \$2.25 (3-11 years). Doors open 30 minutes prior to show time. \*Movies and ticket prices are subject to change without notice.

#### AIRMAN & FAMILY READINESS CENTER

**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. at the A&FRC. Contact Briana Kovach at 660-687-0368 for information. Children are welcome and should bring something to play with. No RSVP needed.

#### 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 ID card, (active duty, retirees, Guard, Reserve, cadets and dependents) a free safe ride home 24/7 in the local area by dialing 660-563-1178 when they've had too much to drink and their coordinated plan has fallen through. The local area includes: Warrensburg, Knob Noster, Windsor, Sedalia and Whiteman AFB. Rank, name, and age are kept confidential. Rather than risk your life and career, take advantage of AADD.

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

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

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

#### FAMILY ADVOCACY OUTREACH

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

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

**Stress Management** — Stress Management is a one-time 90-minute session support group and is offered every Monday from noon-1:30 p.m. in the mental health flight, second floor of the medical clinic. Students will learn how different stressors make an impact and how to make positive changes to reduce stress. Contact 660-687-4341 for more information.

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

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





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#### WHITEMAN SCHEDULE SPRING 2012 Classes may be cancelled or added depending on enrollment.

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SESSION 2 (MARCH 28<sup>TH</sup> - APRIL 17<sup>TH</sup>) American History M-W Speech **NEW** M-W English Comp 2 T-Th

SESSION 3A APRIL 18<sup>TH</sup> - MAY 9<sup>TH</sup>) Humanities M-W

SESSION <u>3B</u> APPIL College **FULL** - MAY 23<sup>RD</sup>) College Tu-Th

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## **Classifieds**



#### 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.

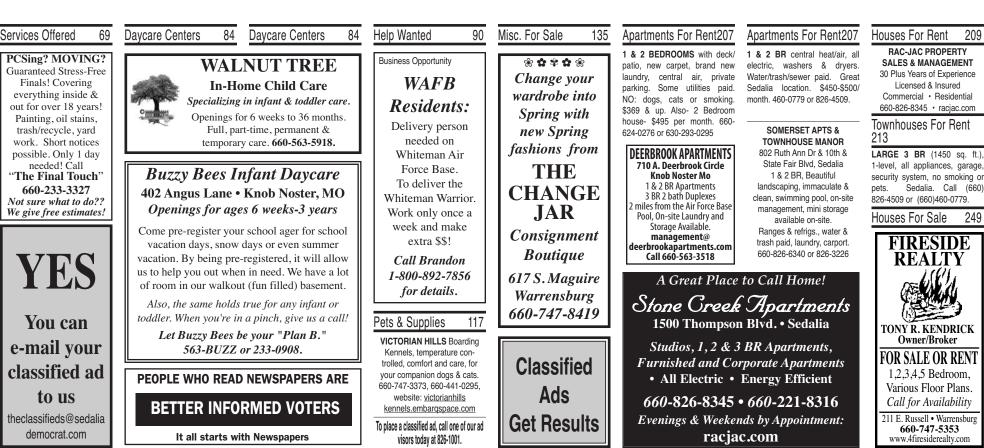
7. Free ads aren't taken over the phone. They must be dropped off at or mailed to the 509th Bomb Wing Public Affairs Office, 1081 Arnold Ave Blvd, Bldg 59, Whiteman AFB, Mo., 65305. Ads may also be faxed to 660-687-7948.
8. Many offices on base are using old forms\*\*. If you would like a copy of the 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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