



# Taking a shot with CATM



Senior Airman Mathew Birenbaum, 509th Security Forces Squadron combat arms instructor, reviews a round of shooting for Staff Sgt. Kelly Szydlo, 509th SFS military working dog handler March 12. Instructors are trained to inform shooters if they need to make any sight adjustments. See pages 8-9 for story and more photos.

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



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

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### AF Band launches "Send Me" video

See the official Whiteman Air Force Base Facebook page and whiteman.af.mil to watch the "Send Me". For additional information visit [www.usaf-band.af.mil](http://www.usaf-band.af.mil)

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### This weekend at the Movies

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## WEATHER

Today	Saturday
Partly Cloudy	Thunderstorms
Hi 81	Hi 76
Lo 61	Lo 61
Sunday	Monday
Cloudy	Mostly Cloudy
Hi 77	Hi 79
Lo 59	Lo 59

Courtesy of National Weather Service

## 'Operation Spirit' helps children understand deployment

By Heidi Hunt  
509th Bomb Wing Public Affairs

The Airman & Family Readiness Center is hosting the seventh annual Operation Spirit for school-aged children, grades K-12, April 21.

"Operation Spirit, a mock deployment, increases the understanding of what the child's parent(s) experiences during deployments and increases a sense of safety and security while helping to decrease the negative stressors associated with a deployment," said Master Sgt. Robyn Johnson, 509th Force Support Squadron readiness NCO and event organizer.

Each child will be recalled at 8 a.m. to building 705 and will receive military orders, photo ID, a T-shirt and dog tags with their name on it. After inprocessing, they will receive a mission and weather brief, and learn more about what they will be doing for the remainder of the day.

See Operation Spirit, page 7

# Balfour Beatty Communities host grand opening

By Senior Airman Nick Wilson  
509th Bomb Wing Public Affairs

Balfour Beatty Communities, LLC, hosted a grand opening event for residents in base housing at the Whiteman Elementary School March 10. The event was held as a formal opening of the base housing office being administered by a privatized housing company.

"[Before our arrival] base housing was absolutely wonderful here at [Whiteman Air Force Base]," said Shelly Fischer, BBC community manager. "The people here have been very professional. We hope to maintain that professionalism that they've offered through the years."

BBC purchased the homes on a 50-year lease and will be responsible for the privatization of family housing here.

"Balfour Beatty Communities is deeply committed to the military," Fischer said. "We are on Army, Navy, and Air Force installations. By the end of the year BBC will be at 55 different bases in the U.S."

Unlike the prior military-managed base hous-

ing office, BBC isn't restricted to certain ways that the military handles business. Nevertheless, rules and regulations will be decided by the installation commander.

"This is still the installation commander's base so we will continue to run his housing the way he prefers," Fischer said. "However, there will be some extra benefits added."

The extra benefits include the ability for residents to move into another house upon request, a new lawn-mowing program, construction of a community center, six basketball courts and an indoor swimming pool.

"My goal is one day, when the rest of Missouri is freezing cold and sitting at home, I want us to watch a movie while we're lounging in the new indoor pool," Fischer said.

The community center will also have a wide-screen TV, a water park for children, a fireplace, a full-size kitchen that won't require a rental fee and a fitness center.

"We're going to have a workout room which

See Balfour Beatty, page 3

# The old and the new

By Lt. Col. Steve Sims

538th Air Expeditionary Advisory Squadron Director of Operations

Of around a 100 B-2 Spirit pilots in active flying positions, finding one in Kabul, Afghanistan, probably isn't the first place you would think to look. A B-2 pilot teaching Afghans to fly a cargo airplane wouldn't be the first thing that comes to mind either. Believe it or not, there are two, one old and one new.

Whiteman AFB recently completed a hiring board for B-2 pilot applicants. One of the selectees was Capt. Matt Bruckner, a T-38C IP from Laughlin Air Force Base, Texas, and former F-15C pilot serving a 365-TDY in Kabul, Afghanistan.

Bruckner is scheduled to be one of the newest B-2 pilots and starts training in October. He currently flies the G-222, known as the Afghan C-27, a refurbished Italian twin engine turboprop airlifter, originally built in the late 70s. USAF's C-27A, operated back in the 1990s at Howard Air Base, Panama, was derived from the G-222 or "G-triple-two," as we say.

In addition to being an instructor pilot, Bruckner performs duties as the squadron's chief of standardization and evaluation. We are part of the 538th Air Expeditionary Advisory Squadron which stood up in November 2009. Our purpose is to train, assist, advise and assess Afghanistan's 373rd Fixed Wing Squadron in their efforts to build a more modern and professional airlift squadron, providing a vital capability to the Afghan National Security Forces.

The Afghan pilots we instruct and advise are also either old or brand new. Some of the pilots are in their 50s. They were trained by the Russians and fought both for and against the Russians. Then there are the new pilots, many in their 20s, straight from U.S. Undergraduate Pilot Training.

It's an interesting situation putting together old and new, trying to build a more secure Afghanistan. Each presents its own set of challenges. We sometimes find that the old pilots are set in their

ways. Many flew the Russian An-32 two-engine turboprop aircraft. Some flew L-39, MiG 21 or Su-22 fighter aircraft. They had no Instrument Flight Rules (IFR) training by the Russians. They flew only in daytime conditions clear of clouds. In the words of one of their own pilots, "The Russians taught us how to land and takeoff, but you guys are teaching us to be pilots."

When the Russians left, they were forced to fly for whatever warlord happened to be in control of the airfield that day. Oftentimes they were forced to ignore performance limitations and takeoff overloaded. Training out these bad habits, especially with the pressure from corrupt leadership, proved very difficult.

The decision was made to start from scratch, on a different aircraft, selecting the pilots who had enough skill, judgment and fairly good English to crossflow from the An-32 to the C-27. As the C-27 came online, the An-32 was phased out of service and the undisciplined pilots with it. With the arrival of the 11th of 20 C-27s in June 2011, the An-32 was finally retired from the Afghan Air Force.

The young UPT graduates present a different set of challenges. The Afghan culture holds elders in high reverence. Although young pilots coming from the rigorous USAF pilot training possess English and flying skills often exceeding those of the older pilots, they must remain respectful.

The first UPT graduate to the C-27 was arrogant and disrespectful and soon found himself shunned by the other Afghan pilots to the point where he quit. Since then we have inducted eight new UPT graduates into C-27 co-pilot training. They understand the cultural requirements and have progressed very well.

We have a great cadre of instructors that are making huge strides in training using a new tool. The C-27 Basic Aircraft Training Device arrived in October 2011. This flight simulator is a hybrid, integrating a partial cockpit along with touch screens. It allowed us to provide realistic emergency procedure training not possible in the actual aircraft. The BATD served as the catalyst to begin Aircraft

**See The old and the new, page 10**

## THE WARRIOR

### Editorial Staff

#### 509th Bomb Wing Commander

Brig. Gen. Scott Vander Hamm

#### Chief, Public Affairs

1st Lt. Rachel Savage

#### Editor

Heidi Hunt

#### Photojournalists

Senior Airman Nick Wilson

Senior Airman Laura Goodgame

Airman 1st Class Montse Ramirez

Airman 1st Class Bryan Crane

#### Layout and Design

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

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## Commander's Corner

Team Whiteman,

Many of you have heard about the Air Force's force structure announcement last week and the adjustments proposed for all three service components—Active Duty, Guard and Reserve. There is much talk of who is to go where, and what missions will be affected, but two points the AF Chief of Staff, Gen. Norton Schwartz, and his Reserve and Air National Guard counterparts, Lt. Gens. Charles Stenner and Bud Wyatt, have made clear...

"First, all three components are going to be smaller, consistent with the new defense strategy and the Budget Control Act of 2011's fiscal limits. Second, and most importantly, we will remain a superb fighting force because our people — your total force airmen — remain committed to excellence."



The bottom line is that the Air Force will avoid a hollow force by prioritizing readiness over force structure. The Airmen of tomorrow may be fewer, but they will be well-trained and equipped to adequately carry out our mission. There remains a concerted effort from leadership in all three components to maintain transparency and clear, concise communication when making these tough decisions.

So how does this announcement affect Team Whiteman, a total force base? When we add and subtract the personnel we are losing and gaining in each component, the total end strength is a plus-up of 97 personnel.

Looking forward, the restructuring transition will be difficult for some and easier for others. Remember, throughout these changes Air Force leadership has and will continue to work closely to maximize "win-win" solutions for all components while still implementing needed adjustments in line with Secretary Panetta's guidance, focusing reductions in overhead and support areas while minimizing the impact to functions tied to aircraft operations and maintenance, acquisition excellence, and the nuclear enterprise.

Defensor Vindex.

-Brig. Gen. Scott Vander Hamm, Commander

## Leave your shell behind; the lesson of the lobster

By Lt. Col. Oliver Leeds

92nd Air Refueling Squadron  
Commander

**FAIRCHILD AIR FORCE BASE, Wash. (AFNS)** -- As a child growing up in New York City, I didn't have much, but I did have a pet lobster and an early philosophy lesson (ok, it was actually a crayfish, but in my youth I didn't know the difference).

Every morning when I woke, the first thing I did was run to the fish tank to see my "lobster." One morning, a rather appalling sight greeted me: a hollow shell. It looked like the lobster, but it had become transparent, it lacked tentacles and it was definitely not moving.

My father reassured me that he wasn't dead and gone; he had shed his shell and was watching us from behind a rock. But why was he hiding? My father explained the lobster was vulnerable without his shell, and he hid to seek safety.

I don't remember how old I was when this happened, but I found fault with this explanation: "If the lobster needs to be safe and he's safe inside his shell, then why would he ever leave his shell?" In answering this question, my father sprung my first philosophy lesson on me: "If he never leaves his shell, he never gets any bigger."

Throughout my life, the number of times I've reflected on that lesson is astounding. Safety is essential, but it's not our purpose. We are programmed for growth; it's in our DNA. People from all walks of life face frequent choices between these two imperatives: to leave our "comfort bubbles" and dare something new, or to play it safe? Tragically, many choose to deny themselves life's challenges in order to play it safe and, like Shakespeare's cowards, they "die many times before their deaths."

This is not to suggest we should be anti-safety. Safety is a mindset that serves us well -- especially when we "leave our shells" -- but pursued as an ultimate end, results in nothing. Like the lobster, we ought to think of growth as the given assumption and safety as a way to manage all the vulnerabilities that go with it.

The Air Force term for growth is "professional development." That kind of growth requires us to change jobs, take new assignments and even live in new countries. In each new environment, we listen more, and we learn fast. We harden our shells with the confidence of new knowledge, and, at the end of the process, we are "bigger" in our minds and safe, too. We thrive, we lead.

## NEWS BRIEFS

**Free 'Late Nite' at UCM with Wing It at Whiteman**

'Wing It at Whiteman' is hosting a 'Late Nite' for E-4 and below from 9 p.m. to midnight today at the UCM Recreation Center. The free event offers jousting and sumo wrestling inflatable suits, rock-wall climbing, cosmic bowling and video game tournaments. For more information visit 'Wing It at Whiteman' via Facebook or call 660-543-8074.

**2012 Whiteman Spouses' Club Scholarships**

The 2012 Whiteman Spouses' Club Scholarship program is now underway. This is a joint effort by the Whiteman Enlisted and Officers' Spouses' Clubs. This year they are awarding \$1,000 scholarships in the following categories: High School Seniors, Continuing Undergraduate Students, and Spouses pursuing further education through vocational, college or graduate programs. All applications may be downloaded from the following website: [www.orgsites.com/mo/whitemanesc](http://www.orgsites.com/mo/whitemanesc). All applications must be postmarked by March 17. For questions, email [wafbspou-essscholarships@gmail.com](mailto:wafbspou-essscholarships@gmail.com).

**Upcoming Mobility and Commissary paving projects**

The south parking lot of the commissary is closed for full-depth repair. The parking lot to the west of building 706 (Mobility) is scheduled to close for full-depth repair starting March 19 and both are expected to take roughly 60 days to complete. Team Whiteman is asked to remind children to stay away from all construction equipment and materials. For more information contact Paul Day, 509th Civil Engineer Squadron at 660-687-6388, or Jerry Whitford at 660-687-7761.

**2012 Women's History Month**

In honor of Women's History Month, Whiteman AFB is hosting the 2012 Women's History Month Observance at Mission's End from 2-4 p.m. March 22. This year's theme is "Women's Education--Women's Empowerment". Stop by to listen to local speakers, a presentation on featured women in history, and for free refreshments.

**American Red Cross Volunteer Opportunities at Whiteman AFB**

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

**Balfour Beatty** Continued from Page 1

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

**Members of Team Whiteman base housing community attended a grand opening for Balfour Beatty Communities at the Whiteman Elementary cafeteria March 10. The event was held to welcome base housing residents and to learn more about future plans.**

accommodates a room where children can play so parents watch through a window," Fischer said.

In addition to construction of new facilities, the privatized housing company's Life Works section will also offer many free programs and events to military families.

"We'll have more frequent and expanded programming, so I'm anxious to get those started," said Connie Koch, BBC Life Works coordinator. "It's going to be a lot of fun for everyone!"

A few examples of the expanded programming will be arts and crafts for chil-

dren and adults, puppet shows, a walking club and cooking classes.

Another program that the privatized housing will offer is a deployed spouses program. With this program spouses will receive assistance with various tasks or chores upon request. For example, spouses won't be required to mow their fenced-in back yards while their husband or wife is deployed. The deployed spouses' program will also provide assistance to military spouses who live off base.

"Whatever their needs are, we'll try to help fulfill," Fischer said.

The BBC office is located at building 3007 and can be reached at 660-687-0559. Their office hours are from 8 a.m. to 5 p.m. Monday – Friday and are open from 8 a.m. to 7 p.m. on Wednesdays. The official BBC Facebook page for the Team Whiteman community is [www.facebook.com/whitemanhomes](http://www.facebook.com/whitemanhomes). The BBC Facebook page can be used as a source of information for updates on various events that take place for military families that live on and off base.

*(Editor's note: This is the first of the three part series highlighting base housing at Whiteman AFB.)*

## Air Force achieves historic ground safety milestone

By Masao Doi  
Air Force Safety Center

**KIRTLAND AIR FORCE BASE, N.M. (AFNS)** -- Air Force safety officials announced that since Feb. 17, 2011, the Air Force has now gone for more than 12 months without an on-duty ground fatality.

After an exhaustive search of the Air Force Safety Center's safety mishap database, officials confirmed the service reached this milestone for the first time in its history.

On-duty ground safety includes industrial, occupational, sports and recreation and traffic-related activities while on the job.

"This wonderful feat is due to the unrelenting commitment by commanders, supervisors, safety professionals and Airmen at all levels to accomplishing the

mission safely and effectively," Maj. Gen. Greg Feest, Air Force chief of safety, said. "It's truly a team effort."

Bill Parsons, Air Force chief of ground safety, echoed the Air Force's commitment to a safe work environment.

"The Air Force's investment in creating safe workplaces and procedures, managing risk and eliminating hazards clearly demonstrates that it's possible, even under tough situations, to protect our Airmen from harm," Parsons said. "Airmen work more confidently and efficiently, and tragic loss to co-workers, friends and family is avoided when organizations emphasize safety."

"I applaud the work done by all in keeping our Airmen safe," Feest added. "Let's apply the same vigilance when you're off-duty as well."

## AF announces intelligence leadership position matches

By Debbie Gildea  
Air Force Personnel, Services and Manpower Public Affairs

**JOINT BASE SAN ANTONIO-RANDOLPH, Texas** -- More than 60 Airmen have been matched to specific major's leadership positions within the intelligence community, Air Force Personnel Center officials announced.

The intelligence career field developmental team met at AFPC last fall to review eligible officers' records and select candidates for director of operations, operations group intelligence, and detachment command positions, said Lt. Col. Scott Morrison, intelligence officer assignments team chief.

Officers are vectored at various times throughout their careers to help them develop

and prepare for positions of greater responsibility. Development teams consider every aspect of an officer's career, including demonstrated leadership, professional and career development, leadership potential, and whole person factors.

"The intelligence field is critical to national defense, and officers selected for these leadership roles must be committed, focused and ready for the opportunity and responsibility inherent in the position," Morrison said. "Selection for one of these positions is a significant step in an intelligence officer's career."

To see the selection match lists, and for more information about other personnel issues, visit the Air Force Personnel Services website at <https://gum-crm.csd.disa.mil>.

# Can active duty members receive cosmetic surgery?

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

The answer is yes.

"Whiteman members need to be informed of the risks and consequences of getting an elective surgery," said Dr. (Maj.) Kellie Griffith, 509th Medical Group chief of medical staff.

An elective surgery consists of any procedure performed to reshape normal structures of the body in order to improve the patient's appearance or self-esteem, or any other procedure not deemed medically necessary.

Elective surgeries include breast augmentation, liposuction and nasal surgeries, according to Griffith, and also less obvious procedures such as orthodontics, vasectomy reversals, Botox and collagen injections.

"Your decision to have any cosmetic sur-

gery or treatment could jeopardize your medical qualification for continued military service," Griffith said. "And if any complications or infections occur from the procedure, the member has to pay out of pocket which could be devastating to an Airman's finances."

There is nothing that prohibits active duty members from obtaining cosmetic surgery at their own expense as long as certain procedures are followed, according to Air Force policy.

"The member needs to get commander's permission due to the impact the procedure may have on the member's physical fitness and duty qualification," Griffith said. "Afterward, they will receive a medical briefing informing them of their rights and responsibilities involved with the surgery."

The Airman's own personal leave must be taken for the procedure itself and for any follow-up visits. They must provide all docu-

mentation related to the procedure to their Primary Care Manager, and have a medical visit afterward to see if there has been any effect on their fitness for duty. Because it is an elective procedure obtained at their own expense, disability compensation for any unfavorable effects resulting from the cosmetic treatment will not be guaranteed.

"TRICARE will most likely deny follow-up care since they didn't pay for the elective surgery," said Kathy Cox, licensed practical nurse at the referral management center.

There are some exceptions for living organ and tissue donation.

"There are special rules for organ donation which are less restrictive than other elective procedures because we want to encourage it," Griffith said. "They can obtain a permissive TDY and convalescent leave, for example."

Whether it is a cosmetic surgery or organ

donation, Griffith said it is essential for members to speak to the medical staff prior to having any procedure done and go through the appropriate process of approval.

Cosmetic procedures are not performed at the 509th Medical Group due to the fact that Whiteman AFB doesn't have any providers with credentials to do elective surgeries, according to Griffith.

"Some Air Force doctors and surgeons perform elective procedures as practice in order to keep their skills within medical standards," Griffith said.

Within the Air Force, plastic surgery is currently available on a very limited basis at major medical centers with residency training programs.

For more information contact the 509th Medical Group Benefits Counselors at 660-687-4350 or 660-687-5014.

# OPSEC

Technology and the world-wide web make the sharing of information easy. Remember do not share or pass along critical information when outside of the appropriate workplace. Know your surroundings and always practice proper protocol.

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# Spring cleaning is vital for fire safety

## Submission by Whiteman Fire Prevention Office

Spring cleaning is an annual ritual for many people. Just as the first flowers of spring usher in a new beginning for nature, spring cleaning habits signify a fresh start after the winter months.

Spring cleaning can take on another meaning. It's the ideal time to check homes and yards for dangerous materials and unsafe conditions and to spend the time to protect our families and property.

Start by taking a few minutes to plan a safety clean-up day. Check each room in the house, including the attic and basement. Don't forget the garage, yard and storage shed.

Plan to do several different things:

1. Remove all hazards.
2. Check and correct things such as:

Frayed or damaged appliance cords, wiring, fuses or breakers.

Piles of rubbish, trash and yard debris.

Remove stacks of paper and magazines; take them to recycling centers.

Check for water leaks, especially near electrical appliances.

Check for good clearance between heating appliances and combustibles.

### 3. Properly store flammable liquids and home chemicals.

Make sure that gasoline and cleaning fluids are well marked and are out of the reach of children and pets. Store in a cool, dry place outside the house.

Clean up work areas. Put dangerous tools, adhesives, matches or other work items away and out of any child's reach.

Inventory all home and yard chemicals, paints and poi-

sons. Store them according to their label. Properly dispose of any that are expired leaking or those that look bad, but don't throw them in the trash or down the drain.

Make sure that all chemicals are kept under lock and key and out of reach of children and pets.

### 4. Plan your escape now

Make sure that everyone knows what to do in the event of a fire. Make sure there are two ways out of every room and that a meeting place outside the house for the whole family has been established.

Practice the plan. Even the best plan is no good if it is not practiced.

A lot can be done to protect you, your family and property. A little time spent on simple common sense prevention will do a lot to make your house a safer place.

For more information, call 660-687-6083/6080.

## 7 simple ideas for spring cleaning

By Heidi Hunt

509th Bomb Wing Public Affairs

This time of year, many people begin to take inventory of their home and office contents and are eager to "spring clean," but are often unsure of how to get started.

To help bounce into spring and tackle those chores, [www.iVillage.com](http://www.iVillage.com) offers the following eight tips to get organized:

### 1. Start on one section/room at a time

Don't get overwhelmed by starting to organize more than one thing at a time. Start small and work toward the next 'pile'.

### 2. Invest in a device to organize important documents

Papers lying around the house should be organized in a central location. There are many options available to organize documents such as: portable file folders, file cabinets and even fire-and-water-proof file safes to prevent damage caused by natural disasters.

### 3. Gather unused items and set aside for sale or donation

Make some extra cash on unused items by selling items or donating them.

### 4. Make a list of cleaning supplies

Try eco-friendly products. The natural scents and toxic-free cleaners can be used to scrub everything from the counters, showers to vehicles.

### 5. Make a checklist and get everyone involved

Get the entire household involved and divide chores so that no one will have to carry the entire load. More participants involved will get chores finished in a timely manner. Parents should get their children engaged and teach them good cleaning habits.

### 6. Make cleaning a fun experience with music

Create a music playlist with everyone's favorite tunes to enjoy while doing chores. Music may help keep the body moving and free the mind from tedious boredom.

### 7. Discard/replace expired products

Certain products have expiration dates and should be discarded as indicated on the packaging product. Oftentimes, expired products can actually cause harm. It's also a good time to check common household products which could be out-of-date, such as:

- Medications and supplements
- Air filters
- Food
- Cosmetics
- Beauty products
- Batteries in your fire alarm

In addition to spring cleaning tips, Department of Defense employees wishing to turn in unwanted government property to defense reutilization and marketing offices should send an e-mail to the customer's service box [509lrs.custsvc@whiteman.af.mil](mailto:509lrs.custsvc@whiteman.af.mil) or call 660-687-4044/4074 for more information.

### SPRING CLEANING CHECKLIST

Cut out the following list as a general guideline. Schedule several full days to attend to more involved projects, such as washing windows, shampooing carpets, or cleaning out closets.

#### Kitchen

- Vacuum refrigerator grill and coil
- Wipe the inside of the freezer

#### Living Room

- Rotate heavy curtains, rugs, and throw, for lightweight ones

#### Bedrooms

- Replace cool-weather bedding with warm-weather bedding
- Launder or dry-clean blankets

#### Bathrooms

- Discard expired cosmetics, beauty products, and medications

#### Home office

- Clean out files
- Review and update insurance policies, contacts, and household inventories

#### Closets

- Reorganize closets, giving away unwanted items
- Replace cool-weather clothing with warm-weather clothing

#### Utility spaces

- Remove lint from the hose attached to the back of the clothes dryer
- Clean the attic and basement, giving away or discarding unwanted items
- Vacuum and mop attic and basement floors

#### Outdoor spaces

- Scrub porch ceilings and walls
- Scrub porch floors, decks, patios, the driveway, and walkways
- Scrub outdoor furniture, umbrellas, and awnings
- Wash light-fixtures covers
- Clean gutters

#### Throughout the house

- Vacuum and wipe walls and ceilings
- Shampoo wall-to-wall carpets and area rugs with backings
- Send area rugs without backings out for professional cleaning
- Steam-clean upholstery
- Dust radiators
- Reseal stone surfaces
- Reseal grout
- Launder machine-washable windows treatment
- Dry-clean non-machine window treatments
- Take books off shelves, dust shelves and books
- Polish metal door and windows hardware
- Oil window and door hinges
- Wax wood furniture
- Wax wood, stone, concrete, brick, and unglazed tile floors
- Strip and re-wax vinyl and linoleum floors
- Wash windows and window screens
- Remove, wash, and store storm windows
- Replace air filter (be sure to write the days date on the filter)

## AF Band launches "Send Me" video



U.S. Air Force photo/Master Sgt. Bob Kamholz

Vocalist Master Sgt. Ryan Carson performs with Max Impact during the production of their "Send Me" video. Max Impact, the premier rock band of the U.S. Air Force, released a new video worldwide Feb. 29 featuring their original song "Send Me." The video integrates footage of the Airmen from Air Force Special Operations Command, as well as the Airman's Creed. See the official Whiteman Air Force Base Facebook page and whiteman.af.mil to watch the "Send Me" video. For additional information visit [www.usafband.af.mil](http://www.usafband.af.mil)

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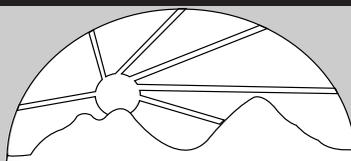
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**Professional Women's Organization**—1st Mon. of each month - Basement of City Hall  
**Lion's Club**—2nd & 4th Mon. 7 p.m. - Jubilation Center  
**Chamber of Commerce**—2nd Tues. of each month.  
 Call Tammy Templeton @ 563-4090 for more info.  
**Masons**—2nd & 4th Thurs. 7:30 p.m. - Knob Noster Masonic Lodge AF & AM  
**Optimist Club**—Sat. 7:45 a.m. - Panther Steak House for Breakfast. The last week of the month meetings Wed. 6:30 p.m. - Panther Steak House for Supper (family invited)  
**Alcoholics Anonymous (AA)**—Every Fri. 8 p.m. - Basement of Methodist Church  
**Knob Noster Board of Aldermen**—1st & 3rd Tues. each month - Basement of City Hall

**Whiteman Area Piecemakers Quilt Guild**—3rd Thurs. each month 7 p.m. - Methodist Church  
**AMVETS**—Membership Night Supper 3rd Sat. each month 7-8 p.m. - AMVETS Building  
**VFW**—1st Fri. each month 7 p.m. - VFW Building  
**VFW Auxiliary**—1st Fri. each month 7 p.m. - VFW Building  
**Boy Scouts** - Troop 509 Methodist Church  
**Cub Scouts** - Pack 405 Bill Sander 687-1154  
**Cub Scouts** - Pack 509 Methodist Church  
**Girl Scouts** - Jo Ellen Elwell 563-3514  
**Freedom of the Road Riders, Local 33** - 3rd Sun. 1 p.m. - AMVETS Building

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Operation Spirit Continued from Page 1

“Following the briefings, the children will process through the deployment line,” Johnson said. “Then each participant will be taken to the flightline to view a host of aircraft and board a C-130 Hercules to receive a briefing from the crew members.”

After the children eat lunch they will attend an awards ceremony at “tent city”, where they will view equipment from different agencies and watch a demonstration from the K-9 unit.

“Children are dealing with long and repeated separations from their parent(s). They are dealing with the happy but disruptive time when their parent(s) leave, come home and have to regain the family normalcy. The children do not sign up for the challenges of the military life style and yet they are right there with their parent(s) making sacrifices every day.

“Children make sacrifices because the life of a military child has its challenges,” Johnson said.

Last year's participant, Coreyonte, 11, son of Shannon and Tech. Sergeant Daryl Scott, 509th Logistics Readiness Squadron, said, "It was so fun, now I know what daddy has to do. I felt like I was really in the Air Force."

This event is a “force multiplier” and another valuable tool to support our children during family separations, according to Johnson.

“It is also truly a wing effort and all the volunteers involved are instrumental in the success,” she said.

The A&FRC is scheduled to register children from 4-6 p.m. today and March 20 and noon to 4 p.m. March 17. In order to be eligible parent(s) must be assigned to Whiteman AFB and children must be in grades K-12. Children under age 12 must be accompanied by an adult at registration. For more information or to sign up, or to volunteer call 660-687-7132.



U.S. Air Force stock photo by Airman 1st Class Cody H. Ramirez

Children returning from their simulated deployment are greeted by a line of Airmen during Operation Spirit last year. This year, Operation Spirit will be held April 21, 2012, and is a chance for school-aged children, grades K-12, to experience what military members do when they leave for a deployment. Interested participants should contact the Airman & Family Readiness Center at 660-687-7132. Sign up is limited to 100 children.

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Staff Sgt. Michael Van Deusen, 509th Security Forces Squadron military working dog handler, takes a shot during the M4 Tactical Rifle Qualification Course March 12. In order to qualify on the M4 TRQC, Airmen must hit 18 out of 30 targets.

# TAKING A SHOT WITH CATM

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

While deployed, Airmen face a chance of having to use their weapon. It is at the 509th Security Forces Squadron Combat Arms Training and Maintenance where they are initially trained.

Members at CATM are responsible for keeping security forces troops up-to-date on certifications, qualifying Airmen prior to their deployment and maintaining all weapons on base.

"It is important for us to ensure all personnel understand the qualifications and all safety precautions before firing," said Senior Airman William Peterson, 509th SFS CATM instructor.

If safety precautions are not followed properly serious harm can occur to the shooter and others around them. It is important to always be aware while firing on the shooting range or in real-life situations according to Peterson.

Classes include the M4 Tactical Rifle Qualification Course, M4 Air Force Qualification Course and the M9 AFQC. CATM also

holds qualifications for heavy weapons, to include the M240 Bravo Machine Gun and the M249 Automatic Rifle.

Students attend all-day training with classroom instruction before qualifying at the shooting range. Security forces members must conduct a day- and night-fire session during the M4 TRQC.

When finished with the course, some of the procedures Airmen are expected to know include how to properly clear, engage a target, safely handle and clean their weapon.

CATM instructors have to complete a nine-week class at Lackland Air Force Base, Texas, to learn how to teach members to properly handle, fire, and maintain their weapons. Instructors are also trained to read the targets and inform the shooters if they need to adjust their sights, improve on their breathing or work on other firing fundamentals.

"We want to ensure every Airman who comes through this course is certified and prepared to safely handle their weapon when engaged in real-life threats," Peterson said. "We have the opportunity to give Airmen the skills needed to do their jobs and defend our home."



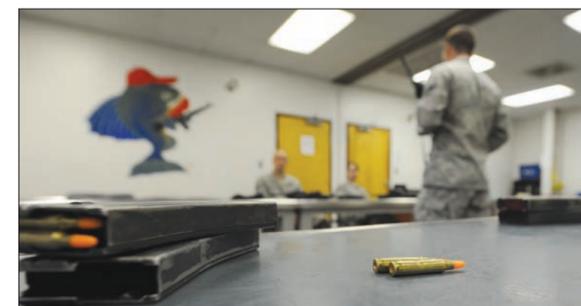
(ABOVE): Senior Airman William Peterson, 509th Security Forces Squadron combat arms instructor, clears the line to fire March 12. (LEFT) Peterson reviews weapon procedures with students.



A 509th Security Forces Squadron member cleans an M4 Carbine March 12. Combat Arms Training and Maintenance is responsible for all maintenance for the weapons on base.



Senior Airman William Peterson, 509th Security Forces Squadron combat arms instructor, reviews the outer pieces of an M4 Carbine with students.



## The old and the new

Continued from Page 2

Commander training for Afghan pilots.

We are only months away from sending the first all-Afghan crews out the door responsible for passenger safety with confidence they will be able to handle any situation. A more robust full cockpit simulator, the C-27 Flight Training Device is set to arrive at the end of this month.

With accurate visual terrain data for all Afghanistan including 24 airfields, the FTD will provide a robust environment for beginning instructor pilot training and accelerating aircraft commander, co-pilot and loadmaster training.

There's been a good foundation laid. During this past year while we've had limited students, the members of the squadron focused on developing and publishing sound guidance and procedures to standardize training and increase safety for the aircrew members and passengers who fly on the C-27.

Co-pilot and loadmaster training programs have been improved and some courses such as the aircraft commander and airdrop courses have been created from scratch. As I wrap up my last few weeks here in Afghanistan, I look forward to hearing great news of the ever increasing accomplishments of Matt and the other dedicated men and women of the 538th. Good luck and we'll see you soon.



**SOUTHWEST ASIA --** Capt. Matt Bruckner and Lt. Col. Steve Sims, both of the 538th Air Expeditionary Squadron, stand in front of a C-27 cargo aircraft. The two are deployed from the 509th Operations Support Squadron, and are teaching Afghan pilots to fly.

Courtesy photo altered

# JTF-Bravo medics see 1,000 patients



U.S. Air Force photo/Capt. Candice Allen

**SAN JUAN, Honduras --** U.S. Air Force Staff Sgt. Melissa Sparks, a Medical Element member who works in preventive medicine at Soto Cano Air Base, Honduras, gives a child de-wormer after their preventive medicine briefing on the last day of the medical readiness and training exercise March 10. Each person received a preventive medicine briefing then proceeded to the screening area. Members from Joint Task Force-Bravo, Soto Cano Air Base, Honduras, saw more than 1,000 villagers during the four-day medical readiness and training exercise in the Montana de la Flor region March 7-10.

**By Capt. Candice Allen**  
JTF-Bravo Public Affairs

**SAN JUAN, Honduras --** Members from Joint Task Force-Bravo, Soto Cano Air Base, Honduras, saw more than 1,000 villagers during the four-day Medical Readiness and Training Exercise in the Montana de la Flor region March 7-10.

"It was a very successful MEDRETE," said U.S. Air Force Lt. Col. William Fecke, deputy commander of the Medical Element. "We saw more people than we had anticipated."

During the four days, medical professionals treated illnesses including respiratory infections, skin infections, women's health check-ups, HIV testing, diabetes and

high blood pressure.

The MEDRETE team which consisted of members from JTF-Bravo, Honduran Ministry of Health, South Dakota State University nutritional team and Mission Honduras LeMars provided 661 patient screenings, 36 vaccinations, 254 dental treatments and over 652 medications distributed.

The members conducted the exercise

in the villages of La Ceiba and San Juan, spending two days at each location.

"We've definitely provided care to people who live in remote, austere locations where they had to hike for hours just to receive medical attention," said Capt. Virginia Aguilar, the MEDRETE planner. "In addition to people hiking to see us, we hiked to see them by way of the nutritional team and their door-to-door surveys."

Mission Honduras LeMars, a non-governmental organization, provided dentists, pharmacists and doctors to support the MEDRETE.

While the SDSU medical team conducted a pediatric nutritional survey in homes within the surrounding areas here as well as created a nutrition station. Additionally, when the SDSU team conducted their home surveys, the JTF-Bravo medics provided de-worming treatment to children.

"This is a good example of the cooperation we have with our partners here," Fecke said. "Without us the Mission Honduras LeMars and the SDSU would not be able to get as much supplies to as many people and without them we would probably not have gone door-to-door providing preventive medicine treatment nor had as many providers to see patients."

"This is a win-win for everyone," he said.

The focus of Mission Honduras LeMars is to improve living conditions through healthcare and medicine, water projects and supplemental food programs in Montana de la Flor, El Guante and Esquias, Honduras.

The professional exchange between U.S. and Honduran doctors and nurses will allow improved patient treatment and enhance the U.S., Honduran partnership.

In 2011, JTF-Bravo and Honduran Ministry of Health clinicians provided general medical care to 14,401 patients and dental care to 1,061 patients for a total of 15,462 local Hondurans receiving much-needed assistance.



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**The Grey**  
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Rated R

Liam Neeson, Dermot Mulroney and Frank Grillo -- After their plane crashes in Alaska, seven oil workers are led by a skilled huntsman to survive, but a pack of merciless wolves haunts their every step. 117 minutes.

**Chronicle**  
March 18, 3 p.m.  
Rated PG-13

Dane DeHaan, Alex Russell and Michael B. Jordan -- Three high school friends gain superpowers after making an incredible discovery. They find their lives spinning out of control and their bond tested as they embrace their darker sides. 84 minutes.

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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.

## 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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### Food & Entertainment

#### SATURDAY 3/17

**Family Bowling Special-12-4pm- Stars & Strikes**  
A family of up to 6 gets 1 lane for 1 hour of bowling, 1 large 1 topping pizza, shoes and soda. Only \$25 per package, Sat & Sunday now thru April. Call 687-5114 for more info.  
**Open/Women's Tourney- 10am-1pm-Stars & Strikes**  
An open & women's bowling tournament for the USBC, held at Stars & Strikes. Join us and compete in this tourney. Call 687-5114 for more information.

#### SUNDAY 3/18

**Open/Women's Tourney- 10am-1pm-Stars & Strikes**  
An open & women's bowling tournament for the USBC, held at Stars & Strikes. Join us and compete in this tourney. Call 687-5114 for more information.  
**Family Bowling Special-12-4pm- Stars & Strikes**  
A family of up to 6 gets 1 lane for 1 hour of bowling, 1 large 1 topping pizza, shoes and soda. Only \$25 per package, Sat & Sunday now thru April. Call 687-5114 for more info.

#### MONDAY 3/19

**Soar Program- 10-11am- Airman & Family R.C.**  
Whiteman spouses join other spouses at Whiteman Inn for the Spouses Orientation Acclamation and Resources Program. Children are welcome with adults. Contact the A&FRC at 687-7132 for more information.  
**Seniors' Bowling- 10am-1pm- Stars & Strikes**  
Every Monday! Only \$1 per game, Seniors come enjoy a cup of coffee and bowl a few games! Call 687-5114 for more info.

#### TUESDAY 3/20

**Operation Spirit Registration- A&FRC- 4-6pm**  
Parent and child must be present at registration. Sign up is limited to the first 100 children, for more information please contact the Airman & Family Readiness Center at 687-7132.

#### WEDNESDAY 3/21

**Boss & Buddy- 4-7pm- Mission's End**  
Hang out after work and enjoy the cheapest hot wings around, only .40 cents a wing! Call 687-4422 for more info.

#### THURSDAY 3/22

**March Madness Pro Shop Sale- 4-5pm- Royal Oaks**  
Many different Pro Shop sale items; Women's golf shoes, golf balls, sleeves and more for the whole month of March! Call 687-5572 for more information.

#### FRIDAY 3/23

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

### DID YOU KNOW?

The Whiteman AFB Library is available to provide online resources overview briefings for your base office, Commander's Calls, etc.  
Providing information about; Personal Career Development, College/University Research, Test Preparation and Practice Tests, Foreign Language Learning & Cultural Awareness, K-12/Homeschooling Resources and more!

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

**MONSTER ST. PATTY'S SWEEPER**  
MARCH 17  
1-5PM  
Stars & Strikes  
1 game bowled on 5 pairs of lanes  
-Handicap is based on 80% pf 210  
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**MISSION'S END Sing it Like a Star! Karaoke**  
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### Youth & Teen Events

#### TUESDAY 3/20

**Time 2 Play- 9:30am-11am- Youth Center**  
A self-directed play group for ages birth-5 yrs old. In the Youth Center's Gym, parents can bring their children's toys, we will provide space & recreational balls. No reservations are reqd just stop in! Call 687-5586 for more info.

#### WEDNESDAY 3/21

**Story Time & Craft- 11:30am-12:30pm- Library**  
Whiteman AFB Library's Story Time & Craft is held in the Library Meeting Room the 1st & 3rd Wednesday of every month. For more info please call the Library at 687-5614.

#### FRIDAY 3/23

**Pre-teen Lock-In - 10pm-2:30pm- Youth Center**  
Spring Break Lock-In! Ages 9-12, Stay up all night and join our activities with prizes, giveaways and more. Food & drinks will be served throughout the night. \$15 for Members, \$20 for non-members, contact us for more info at 687-5586.

**MARCH 24 Easter Egg Hunt**  
AT IKE SKELTON PARK  
DON'T MISS OUT ON THIS DAY OF FAMILY FUN WITH THE EASTER BUNNY AND FREE FOOD & DRINKS PROVIDED BY THE USO. DON'T FORGET YOUR BASKET!  
BRING YOUR CAMERA AND TAKE A PHOTO WITH ME!  
TIMES & AGE GROUPS:  
10:00AM - AGES 0-2  
10:15AM - AGES 3-4  
10:30AM - AGES 5-6  
10:45AM - AGES 7-9  
11:00AM - AGES 10-12  
\*PROGRAM WILL BE CANCELED IF THERE'S RAIN.  
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687-5586

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



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

**AIRMAN & FAMILY READINESS CENTER**

**Spouse Orientation Acclamation & Resources** — Spouse Orientation Acclamation & Resources is a 60-minute program offered every Monday from 10-11 a.m. at the Whiteman Inn. The target audience is spouses who are brand new to the base. The program is designed to inform newcomer spouses with resources available to them, base and local community information as well as answering questions. Children are welcome. For more information, call 660-687-7123.

**Four Lenses For Couples** — Four Lenses For Couples is a 120 minute interactive course used as a method for gaining insights into why people behave as they do, held from 3 to 5 p.m. March 21. Activities are designed to help people identify their personality types. Each of us has our own style, preferences and ways operating -- so how can we all work together? The course helps everyone learn how to turn irritation into appreciation and conflict into cooperation by opening up lines of communication, embracing differences and bringing out the best in everyone. Reservations are required, call 660-687-7132.

**Bundles For Babies** — Bundles For Babies is a 180 minute course designed to help new parents adjust to the rigors of parenthood. This course is held from 8 to 11 a.m. March 29 and those attending will receive a free "Bundle". Reservations required, call 660-687-7132.

**Whiteman Welcome/Right Start** — Whiteman Welcome/Right Start is a 120 minute introduction to base mission, support systems available to personnel and families, local community info, on-base services and more. The next Whiteman Welcome/Right Start is held at Mission's End from 7:30 to 9:30 a.m. March 20. Bring your spouse and receive a free day pass. For more information call 660-687-7132.

**TEAM WHITEMAN COMMUNITY**

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

**Airmen Against Drunk Driving** — 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 the first and third Friday of every month from 3-4 p.m. in the Airman & Family Readiness Center. Students will learn how different stressors make an impact and how to make positive changes to reduce stress. To sign up, contact 660-687-4341.

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

**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.

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

**You, Your Children & Divorce** — You, Your Children & Divorce is a 90-minute class offered twice a month on the second and fourth Tuesday from 11 a.m.-12:30 p.m., for individuals with children whose parents are in the process of a divorce. Class content focuses on

helping parents help themselves and their children through a divorce successfully and minimize negative effects on the children. Reservations are required. This class is necessary for divorcing parents in Kansas, Mo. and Missouri and other states. Call 660-687-4341 for more information.

**Prevention & Relationship Enhancement Program** — Prevention & Relationship Enhancement Program is a communication workshop for couples (married, engaged and/or dating) who have a good relationship and want to make it better. This is a six-hour workshop and will be held every three months on a Friday from 9 a.m.-3 p.m. Call 660-687-4341 for the next workshop date and location.

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- Advertising is free to all active-duty, guard and reserve military members and civil servants who work on base or at the MoARNG in Warrensburg only. Military or civil service rank must be included in the space for "rank." We do offer free advertising to retired military members.
- Ads of a commercial nature such as baby-sitting, lawn maintenance, house cleaning, product sales, apartments or houses for rent, work-at-home opportunities or any other service in which the person makes a profit must be pre-paid. Paid ads must be placed directly through the Sedalia Democrat at 1-800-892-7856, dropped off at 700 S. Massachusetts Ave., Sedalia, Mo., 65301 or e-mailed to the-classifieds@sedaliademocrat.com. They accept VISA, MasterCard, cash, personal check or money order.
- Free ads are for one-time sale of personal items only. Free ads can't be placed for churches, groups, clubs, organizations or friends not affiliated with the military. Each item must be sold for \$150 or less.
- Only one free ad\*, maximum 30 words, will be allowed to run at any given time by the same household, for a maximum of eight weeks. Ads over the 30-word maximum will be edited at the publisher's discretion. \*People who are PCSing may place more than one ad and sell the items at any price.

- Include your home phone in the ad so people can contact you. **USE OF DUTY PHONES IN ADS IS AGAINST AIR FORCE REGULATIONS.**
- Print legibly, and place punctuation and spaces where necessary. Use only one word per line.
- Free ads aren't taken over the phone. They must be dropped off at or mailed to the 509th Bomb Wing Public Affairs Office, 1081 Arnold Ave Blvd, Bldg 59, Whiteman AFB, Mo., 65305. Ads may also be faxed to 660-687-7948.
- Many offices on base are using old forms\*\*. If you would like a copy of the new ad form to keep in your office, call 687-6123 and we'll fax a new form for your use. Or, you can download it at <http://www.whiteman.af.mil> and click on "Whiteman Warrior Classified Ad Form."
- Homes for sale that are listed with a realtor must be paid for. Only people who are PCSing and selling homes FSBO (for sale by owner) qualify as a free ad.
- Free yard sale ads are for active-duty, guard, reserve and retired military members living on or off base. People who live on base must have their yard sale approved by the housing office first.
- The deadline for placing new ads, canceling or making changes to ads is 10 a.m. Friday, one week before desired publication.
- Ads that don't meet these guidelines will not run. Free advertising is a privilege extended to you by the publisher, and your cooperation is greatly appreciated. Submissions do not guarantee publication. Publication is on a space available basis.

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