

WARRIOR

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Phase inspection: Fit for flight



U.S. Air Force photo/Senior Airman Wesley Wright
Staff Sgt. Brandon Cole, 442nd Maintenance Squadron Armament Flight technician, attaches a remove-before-flight-ribbon to an A-10 Thunderbolt II as part of the regular phase inspection cycle March 27. The 442nd MXS is part of the 442nd Fighter Wing, an A-10 Air Force Reserve unit at Whiteman Air Force Base, Mo.

Virtual wingman makes smart choices easy

By Maj. Rosaire Bushey
Air Education and Training Command
Public Affairs

JOINT BASE SAN ANTONIO -- RANDOLPH, Texas (AFNS) -- Air Education and Training Command unveiled a new mobile phone application that is designed to provide resiliency and safety information to Airmen. The app was shown at the Air Force Community Action Information Board meeting March 29.

Among the highlights of the app are features such as a local taxi finder and information on high-risk activities, according to Mr. Robbie Bogard, AETC ground safety manager.

"For people who live in the continental U.S., the app will allow people to use GPS tracking to determine where you are and show phone numbers for local taxis," he said.

This makes it easier for people to make a smart decision when they find themselves without a designated driver in a strange place.

See Wingman, page 3

By Senior Airman Wesley Wright
442nd Fighter Wing Public Affairs

The 442nd Maintenance Squadron has performed twice the number of normal phase inspections here to keep the 442nd Fighter Wing's A-10 Thunderbolt IIs in top fighting shape.

The Air Force requires it before 500 hours of flight time, each A-10 must be brought into a maintenance hangar to undergo a phase inspection. This could be phase I, where the plane is considered fully mission capable upon passing inspection, or phase II, where a pilot must take the jet on a check-flight after the inspection. To avoid having too many jets out of service at once, the inspection schedule is staggered so while one or two planes are receiving routine maintenance the rest are out fulfilling the mission.

Chief Master Sgt. Cary Brown, 442nd MXS superintendent, said the phase team has learned to do more with less, especially now that...

"The current home station phase crew is not fully manned, it is a skeleton crew, doing a phase in about 30 days versus the normal 20," he said.

Their mission is not confined to Whiteman AFB; however, the unit regularly deploys and performs phase inspections when deployed.

"The current deployed phase crew is doing a phase every five to six days versus 20 days - the normal flow at home station when fully manned," Brown said.

Despite the high work tempo, Brown said the unit comes through.

"It is about aircraft availability; we are constantly pushing aircraft through," Brown said. "We do timely inspections to get them out there."

Senior Master Sgt. Mike Bannon, 442nd Intermediated Automatic Test Station Shop supervisor, agreed with Brown.

Bannon was brought in to fill the phase and repair and reclamation flight chief spot left vacant by the group's recent deployment.

"After you send a plane out, you typically have a few days to a week to perform additional duties and get the dock prepped for the next plane," Bannon said.

While A-10s may all look alike, Brown said each has its own feel.

"Every plane has its own nuances; pilots give feedback to crew chiefs, who can tell us what is needed," Brown said.

Brown said despite being shorthanded due to the recent deployment, the job is too important to fall by the wayside.

"It's critical to put those hours back into the fleet," he said. "Those aircraft have to be available."

Bannon said the phase crew is dedicated to their job.

"Our phase inspection team is a great group of people who refuse to fail," Bannon said. "They enjoy their job and what it stands for."



ON THE INSIDE

From the Frontlines:
Staff Sgt. Ruben Zamora

Whether it's home or abroad, aerospace propulsion craftsmen are needed to ensure Air Force jets are ready to fly, fight and win at a moment's notice.

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Tobacco use:
SMOKE, CHOKE, CROAK

Tobacco products don't just affect your health internally; they also manifest themselves physically, particularly in the mouth.

6



509th MDG supports local LPN students

While working under the direction of registered nurses and doctors, Licensed Practical Nurses provide basic health care, according to Capt. Kenneth Person, 509th Medical Group officer in charge of education and training.

8-9

WEATHER

Today	Saturday
Most Cloudy	Most Cloudy
Hi 71	Hi 75
Lo 61	Lo 62
Sunday	Monday
Cloudy	Mostly Sunny
Hi 74	Hi 62
Lo 56	Lo 42

Courtesy of National Weather Service

Historian documents 509th, Whiteman AFB significance

By Megan Blair

509th Bomb Wing historian

Many of you may be unaware that the wing has a historian. Many Air Force wings have a historian who is responsible for documenting the achievements and challenges the unit met during the year and keeping vital, mission-related statistics.

This information is then compiled into the annual history for future research needs. The annual histories for my office date back to 1958. Air Force historians also deploy to 11 forward operating locations in the Area of Responsibility to capture the mission-related history of the units there.

I am also responsible for the wing and base archive that dates back to World War II. The archive is a treasure trove of information.

Here are some facts about the wing that I have discovered while cataloging the archive:

Our emblem, like many AF wings, features a pair of wings, except ours are displayed differently from the others. When the ancient Greeks approached a stranger, they raised their arms with the palms outward to show that they were carrying no weapons—a sign of peace. The 509th obtained special permission to display the wings in this configuration to show that it too, comes in peace.

In 1993, when the wing stood back up, the commander at the time sent a request to have the emblem changed. With the end

of the Cold War, he felt that the mushroom cloud was an inappropriate symbol to display. The AF disapproved the request.

The headline for the base newspaper announcing the end of WWII read, “The damn thing’s over; Officially ends 6 p.m.”

The July 1947 history of the 509th Bomb Group, then located at Roswell Army Air Field, N.M., features the statement: “The Office of Public Information was kept quite busy during the month answering inquiries on the “flying disc”, which was reported to be in possession of the 509th Bomb Group. The object turned out to be a radar tracking balloon.”

In the mid 1960s, 509ers pushed for the creation of a commemorative monument that would highlight the history of the wing and its commanders. At the time, the wing was scheduled to be inactivated so the commander along with the other 509ers, wanted a memorial honoring the wing’s many contributions, keeping memories of the 509th alive. The wing ended up not inactivating, but instead received a new mission. The interesting historical fact is that the wing might have been saved because of the memorial. The wing’s sergeant major was sent to the Pentagon to research the former commanders, but he was denied access so he decided to go up the chain. He ended up in the office of the AF Vice Chief of Staff, Gen. William H. Blanchard, who had been a commander of

the 509th. He was also surprised to find out that the wing was inactivating. He called another former 509 commander, Gen. John D. Ryan, to find out what was going on. The sergeant major heard Blanchard ask “Jack, who in the hell gave permission to inactivate the 509th?” Blanchard assured the sergeant major that they would get to the bottom of this. He returned to Pease Air Force Base, N.H., but without an official order the wing continued inactivation plans.

The monument was dedicated Dec. 17, 1965. Less than a month later, the wing received word that they would be staying at Pease AFB and fly B-52s and KC-135s. When the 509th moved from Pease AFB, the monument moved with them. It is now located in front of Base Ops.

The 509th has a long, distinguished history and I am proud to be your wing historian to make sure your contributions are added to this distinguished history.

On April 26 at 10 a.m. in the Base Theater, you have a chance to hear about the wing’s history first hand from Mr. Leon Smith, a member of the 509th Composite Group. By the toss of a coin, Smith was chosen as backup to arm the bombs for Hiroshima and Nagasaki. Following the war, he was part of Operation Crossroads.

I hope you all will come out to hear about the beginnings of the 509th from one who was there.

THE WARRIOR

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

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Commander's Corner

Team Whiteman,

This past week has been tragic for us...Monday we lost two Airmen who were assigned to the 509th Bomb Wing, one in Security Forces and the other in Aircraft Maintenance.

It has been and will be for some time to come, a very, very difficult period for many, especially the families who are grieving the loss of their loved one. My thoughts and prayers remain with the families, friends and Whiteman members affected by these two separate deaths.



The events this past Monday remind us that life is precious; yet it also can be short and end abruptly without notice. Nobody knows when a friend or loved one will be here with us, or when they will be gone, so I encourage each of you to cherish the moments you have today, and make the most of the relationships. We cannot tell when our last moment will be with someone, so make every second count.

Although the two deaths were unrelated—one individual died from an unforeseen medical problem and the other was found at his residence with the cause of death under investigation—this brings to the forefront of my mind the importance of the Wingman concept.

There aren't always warning signs of an unknown medical condition or if our Wingman is in distress. While we cannot predict the future, what we can do, and what I expect every Airman in my command to do, is to pay attention to our Wingman, listen with our ears and eyes for those tell-tale signs.

Finally, I want to pass my deepest condolences to the family and friends of our departed brothers and the airmen from both the 509 SFS and 509 AMXS. Joanna's and my thoughts and prayers are with each and every one of you.

Defensor Vindex.

-Brig. Gen. Scott Vander Hamm,
Commander

The grass is greener...on both sides of the fence

By Lt. Col. David Thompson

110th Bomb Squadron commander

“See there’s a big-eyed fish, swimming in the sea,

Oh, how he dreamed to be a bird, Swooping, diving through the breeze.

One day, he caught a big blue wave, up onto the beach,

And now he's dead, you see; a fish's dream should stay in the sea.

Oh God, under the weight of life, things seem brighter on the other side”

--Dave Matthews

Ever wonder what you were meant to do, or feel like you are drowning in what you are doing now? Have you ever found yourself peeking over the fence at something else; sure that life would be much sweeter on the other side? You’re not alone. Last year, a survey showed that less than 40 percent of Americans felt satisfied with their jobs – and this during one of the worst economies of our lifetime, where many are unable to find any job.

My dad used to tell me, “David, find something you love to do, and you’ll never work a day in your life.” Unfortunately, my Dad didn’t tell me that he spent most of the 60s in a smoky room wearing a rainbow headband. Work is hard, no matter what job we do. Even for those lucky few that really, really love their job, there’s still a reason it’s called work.

So what were YOU made to do? You have God-given gifts, talents,

personality traits, likes and dislikes. What do those point to?

Like a lot of pilots in the late 90s, I was anxious to leave the military. Every fighter pilot I knew had one goal – finish your Air Force commitment and get an airline job. So approaching the end of my commitment, I set my sights on that goal and reached it. I remember getting ready to finish training and this good old boy captain from Dallas was giving me my final checkride. “David,” he said with a big smile and a deep, Texas drawl, “you’re gonna love it here. The only people who don’t love this job are those guys who don’t like being away from home.” As Napoleon Dynamite would say... “Dang!”

Many of my decisions while in the military were based, in part, on one thing – the desire to not be away too much from my family! I’d been dreaming of the green grass for so long on this new side of the fence, I never realized it might have been just a different shade of green on the other side.

The reality is we all have jobs to do, right now. For you, that job might be finding a way to get your family back to where you grew up. Or you might have your sights set on a career that you’ve always dreamed of. How then, can we do and love the job we’re in, while either working toward something better or different or making the one you’re in last for a whole career?

First – find a way to contribute to, and love, your work. Your See Grass, page 5

NEWS BRIEFS

Take Back the Night Walk

Team Whiteman, family and friends are invited to participate in a Take Back the Night Walk from 7:15 p.m. at the Whiteman Fitness Center April 20. Participants will walk as a group to the pavilion at Ike Skelton Park. After the walk, members will be provided with free food and music. TBTN began as a way to protest the violence that women experienced while walking in public at night. The purpose is to speak out against this violence and raise community awareness as a preventive measure against future violence. For more information, call Amy Creighton, 509th Bomb Wing, Sexual Assault Prevention and Response team at 660-687-2324.

Whiteman Blood Drive

The Whiteman Blood Drive is scheduled from noon to 5 p.m., May 2 at the Community Center. To make an appointment log on to esaveslifefor.org and use sponsor code: whiteman. For additional information contact 2nd Lt. Diana Wong at 660-687-5007.

American Red Cross Volunteer Opportunity 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 redcross.org/en/volunteer.

Volunteer opportunities for High School Students (dependents)

High school sons or daughters of active duty Air Force members can volunteer up to 250 hours over the four years of high school, with a maximum potential of \$1,000 toward college or vocational-technical school. The Youth Employment Skills Program is an Air-Force-wide program that offers high school students the opportunity to learn new skills, volunteer their time while helping their community and receive money toward their educational endeavors. For every hour volunteered, \$2 will go to base youth programs to support recreational improvements, computer labs, and other programs. For more information about the YES program, contact Whiteman Youth Programs at 660-687-5586 or search Whiteman AFB Teen Programs via Facebook and click "Like."

UCM president receives incentive flight



U.S. Air Force photo/Senior Airman Montse Ramirez
Dr. Charles Ambrose, University of Central Missouri president, prepares for an incentive flight on a T-38 Talon here Wednesday. The incentive flight gave him a deeper understanding of the full spectrum of Air Force Global Strike Operations.

Wingman

Continued from Page 1

Other features include Airman-to-Airman videos, information on risk management, hazard reporting, motorcycle safety, crisis/distress support, sexual assault prevention/response, and more.

"The app is not meant to be a primary resiliency tool or replace face-to-face interaction with other Airmen," Bogard said. "But, it does supplement this interaction when another Airman isn't available. Our goal in developing the 'Virtual Wingman' was to provide information to all our Airmen through a readily available tool most Airmen have - a mobile phone. We hope that we provide all Airmen access to the wide variety of great safety and resiliency information available from various Air Force sources. Often, this information is difficult to find, so we sought out pertinent information and consolidated it in one place for our Airmen. We are hoping this will prove to be a valuable tool for everyone."

"While Air Education and Training Command is having a very good year as far as safety is concerned, we want to continue to innovate in how we reach our Airmen so we can drive our mishap rates down to historical lows," said Master Sgt. Kyle Baum, AETC Ground Safety Division.

"Our Airmen will now have a series of tools they can access when they have concerns with risk management and safety," Baum said. "And we didn't limit it just to safety-related topics; we also included information on both suicide prevention and sexual assault prevention, areas of concern across our Air Force."

The application, which is not platform specific, will work on any mobile device with access to the internet, although some functionality may be lost on older devices, according to Carol Wall, the Air Force Virtual Wingman project manager.

"Any mobile user who has a mobile device capable of web browsing, can download the application for free and the app will work on a personal computer as well," Wall said.

To view a video overview of the Virtual Wingman application, go to: YouTube/18Lzy6J7z2M.

Airmen can download the mobile app by visiting: airforcevirtualwingman.com.

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From the Frontlines: Staff Sgt. Ruben Zamora



U.S. Air Force courtesy photo

SOUTHWEST ASIA -- Staff Sgt. Ruben Zamora stands next to an A-10 Thunderbolt II during an inspection March 16, 2012. Zamora is assigned to the 442nd Fighter Wing Aircraft Maintenance Squadron, Whiteman AFB, Mo., and returned Wednesday from Kandahar Air Field. Zamora is an electrical aircraft maintenance technician who recently served on his third deployment.

By Senior Airman Laura Goodgame
509th Bomb Wing Public Affairs

Whether it's home or abroad, aerospace propulsions craftsmen are needed to ensure Air Force jets are ready to fly, fight and win at a moment's notice. Entrusted to this responsibility is Staff

Sgt. Ruben Zamora, 442nd Fighter Wing Aircraft Maintenance Squadron, who returned Wednesday from his deployment where he tended to the mission's need of keeping the A-10 Thunderbolt IIs in the air.

Zamora supported maintenance of the A-10 engines and some of his duties in-

cluded phase inspections, fault isolation and troubleshooting.

"Our crew was able to repair a damaged A-10 engine to fully mission-capable status to meet mission demands on the line," Zamora said.

Although by trade Zamora is a traditional reservist, he is currently on active-duty status and was assigned to the 455th Air Expeditionary Wing. He was based at Kandahar Air Field, Afghanistan.

While his duties at Whiteman AFB differ from his deployment, he said he enjoys his job both stateside and when he was in theatre.

As an aerospace craftsman, Zamora is faced with the responsibility of knowing when the aircraft has taken off and that pilots' lives are in his hands.

"I also troubleshoot more often and problem solve quickly," Zamora said. "Aircraft needs to get up in the air once that call for help is made via the radio. There is no room for human error on the flightline when every second counts.

"We were a direct line of defense to troops on the ground and it is pretty awesome to know that we were a bigger piece of the pie," he said.

Zamora joined the service after 9/11 and feels he always had a sense of military duty.

"This deployment further enhanced that feeling especially when talking to Army folks that were deployed there and seeing how appreciative they are of our

aircraft mission support," Zamora said.

Because of Zamora's sense of duty, he worked through temperatures which often dropped below freezing on the flightline in the winter, and hot during the summer months.

"Zamora was one of my best workers I had during this deployment because he can handle multiple tasks to include everything from ordering parts and troubleshooting a computer, to fixing an aircraft," said Staff Sgt. Boyd Kempher, 442nd FW Maintenance Squadron and Zamora's supervisor. "Zamora is one of the most reliable and well-rounded Airman who has worked alongside me."

This is Zamora's third deployment, but his first to Afghanistan.

"No deployment is ever the same," Zamora said. "After the first one is out of the way, you start to pick out the junior Airmen and Soldiers who serve in a combat zone for the first time. You can pick up on the warning signs when you see someone depressed or overwhelmed because they have already been through the cycle of emotions from your first time in theatre."

He said he thinks it makes service members better wingmen and supervisors to their Airmen, being able to speak from previous experiences.

"I am proud to serve my country and if Uncle Sam calls me up again to serve in a combat zone, I will gladly go assist my brothers and sisters in arms," Zamora said.

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Early retirement possible for some enlisted Airmen

By Debbie Gildea

Air Force Personnel, Services and Manpower Public Affairs

JOINT BASE SAN ANTONIO – RANDOLPH, Texas -- Staff sergeants, technical sergeants and master sergeants in 19 overmanned career fields may be eligible for early retirement in fiscal year 2012 under the Temporary Early Retirement Authority, Air Force officials announced.

The application window for TERA, commonly referred to as the 15-year retirement, will be open April 10-30 in order to shape the force to meet current and future mission requirements, said Col. Kenneth Sersun, Chief of Military Force Policy Division.

"The current voluntary and involuntary force management programs have enabled the Air Force to continue to size and shape congressionally mandated end strength levels," said Sersun. "However, we must have the right balance of skills to meet future mission needs, so we will continually assess requirements and force management options."

TERA is one of several programs the Air Force is using to achieve that balance, according to Lt. Col. Tara White, AFPC retirements branch chief.

"We expect to approve approximately 250 TERA applications this fiscal year. Airmen who are approved must retire not later than Sept. 1," she explained. "Approval will be based on overmanned specialties, time in service of 15 to 19 years, and grade."

For example, in this fiscal year, a staff sergeant with 15 years of service in an overmanned career field may be eligible for TERA. However, a staff sergeant with 15 years of service in a balanced or undermanned career field will not be eligible for TERA.

In the event it becomes necessary, additional selec-

tion criteria will include active duty service commitment, time in grade, and commander recommendation, White said.

Eligible overmanned career fields in FY12 include the following:

- 2A0X1P – Avionics Test Station and Components
- 2A3X3 – Tactical Aircraft Maintenance (technical and master sergeants only)
- 2A6X3 – Aircrew Egress Systems (technical and master sergeants only)
- 2S0X1 – Materiel Management
- 2T1X1 – Vehicle Operations (staff sergeants only)
- 2T370 – Vehicle Maintenance (technical and master sergeants only)
- 2T3X7 – Vehicle Management and Analysis (master sergeants only)
- 3D0X1 – Knowledge Operations Management (technical and master sergeants only)
- 3D1X3 – Radio Frequency Transmission Systems (technical and master sergeants only)
- 3D1X5 – Ground Radar Systems (master sergeants only)
- 3D1X6 – Airfield Systems (technical sergeants

only)

3E0X2 – Electrical Power Production (technical sergeants only)

3E1X1 – Heating, Ventilation, Air Conditioning and Refrigeration

3S0X1 – Personnel

4A0X1 – Health Services Management (staff and master sergeants only)

4J0X2 – Physical Medicine (master sergeants only)

4N071 – Aerospace Medical Service (technical and master sergeants only)

4T0X1 – Medical Laboratory (technical and master sergeants only)

6F0X1 – Financial Management and Comptroller (staff and master sergeants only)

The Air National Guard and the Air Force Reserves do not plan to conduct force management action in FY12, Sersun said, but all components are working together to ensure the Total Force is prepared for FY13 manpower reductions. For Air Force Reserve information, go to afreserve.com. For Air National Guard information, go to goang.com/careers.

For more information about TERA and other personnel issues, visit the Air Force Personnel Services website at <https://gum-crm.csd.disa.mil>.

MMA: keeping Whiteman members fit to fight

By Senior Airman Montse Ramirez

509th Bomb Wing Public Affairs

"We are not going to win wars because we are great hand-to-hand fighters, but we are going to win wars because of the qualities that it takes to become a great Mixed Martial Arts fighter," said Matt Larsen, Modern Combatives president and former U.S. Marine.

The same qualities that drive fighters and makes them better, are the same qualities they carry over to their military career, according to Billy Matheny, 509th Security Forces Squadron security training instructor and civilian martial arts instructor.

"I teach mixed martial arts in Warrensburg," Matheny said. "The basis is jiu jitsu which is unarmed fighting that the samurai used ages ago. We also do kickboxing and take punches and kicks from karate, tae kwon do and Thai boxing."

Matheny said the U.S. Army has embraced the combative system completely and hopes the Air Force will come to embrace it also as it's the fastest growing sport in the country.

"It improves your confidence and obviously your physical fitness level without you even realizing it," Matheny said. "It teaches you so much more than just the physical skill itself. It gives you ambition, drive, determination and a need to succeed."

Several Air Force members are already on the MMA bandwagon, including Whiteman member Airman 1st Class Jessica Beckham, 509th Maintenance Squadron low observable production assistant.

"She is the number one ranked female in the world for her weight class for amateur female fighters," Matheny said. "She has the biggest sense of pride and team work. Quitting for her is not a possibility and she doesn't know the meaning of giving less than 100 percent."

Beckham is one of the Whiteman members who has been training with Matheny for about a year and a half improving her skills.

"He has taught me about control and composure," Beck-

ham said. "I learned that raw talent is obviously a good thing, however, technique and repetition are the building blocks for success."

Matheny, who has three different black belts and fought some of the greatest fighters in the world, said Beckham has been the only student who has ever made him tap out.

"I was being lenient and when we started grappling; I was giving 20 percent and she was giving 100 percent," Matheny said. "She got me on an ankle lock that went from 0-100 in a heartbeat and before I knew it I had tapped out. Then I thought 'did I really just tap out?'"

"I've seen tremendous progress in Jessica," he said. "She was very strong when she started but now she's learned to reign in her strength and apply it when necessary."

Matheny said he tries to teach students a work ethic that will transfer to every aspect of their life including the Air Force.

"Self discipline is crucial," he said. "They need to buckle down and work for what they want. Nothing in life worth having comes easy; you get out of it what you put into it."

He also said he teaches them about teamwork since it's harder for one individual to quit if the team is counting on them.

"They go in to the cage individually, but they don't get there by themselves," Matheny said. "They train, sweat, work and bleed together during practice. They realize that nothing worth having is worth having by yourself and they learn to have respect for each other and their opponents."

In addition to making Airmen mentally stronger it makes them physically fit and with very few and minor injuries if any, according to Matheny.

"Since your body is in such good shape it is able to handle more and is less likely to get hurt or sick," he said. "It makes Airmen faster, stronger and with better endurance. The odds of them getting hurt outside the cage are lower because they are stronger and during a fight it's a controlled setting with a referee and there is no dishonor in tapping out at the sign of pain."

For more information or to sign up, contact Matheny at billy@warriorjijitsu.com or log on to warriorjijitsu.com.

Grass

Continued from Page 2

enthusiasm for even the most menial tasks will be recognized and rewarded. There is something you can do in the job you're in right now that will set you apart. Figure out what it is and set about doing it.

Second – find a way to serve others. The less I focus on myself and what I'm not getting, and the more I focus on how I can serve someone else, the more I forget the day-to-day difficulties of a job. What does that mean for you? Do you have anyone in your squadron, your church, your neighborhood that is hurting, that just had a baby or needs a word of encouragement? Seek them out and make your job right now to serve their need.

Finally – Make your life about more than your job. Our jobs, as much as we try to make them, can't be everything in our lives. There will be a day when this job is just a memory for you. So recognize and count the blessings each day brings. There are a ton of little things each day that make you and your life unique and amazing. I love when my children jump on me in bed in the morning. I love sharing a laugh with a buddy. I love planning a vacation in a place nicer than Missouri, and I love tucking the children in at night. There's something great in your life, too. Take a moment and be thankful each day for it.

In the end, what we do for a job might not matter as much as what we do while we're in that job. Don't end up being the fish out of water ... find something you love, something you're good at. Assess your priorities, your talents and your future. You might find out you're right where you need to be.



**RECYCLE ...
Think Green**

Tobacco use: SMOKE, CHOKE, CROAK

By Senior Airman Montse Ramirez
509th Bomb Wing Public Affairs

Tobacco products don't just affect your health internally; they also manifest themselves physically, particularly in the mouth.

"As dentists we are notorious for knowing if you use tobacco products by taking a look at your teeth and gums," said Capt. Carl Bhend, 509th Medical Group health care provider.

Nicotine causes constrictions in vessels making them smaller and not allowing as much blood flow and oxygen to get transferred to parts of the body, such as gums.

"Without oxygen gums die and recede, showing the root of the teeth," he said. "Smoke. Choke. Croak."

"If I have a patient that has been using tobacco products, I ask them if I can tell them about the effects it has on them and they think, 'Oh great, he's going to preach the sermon on lung cancer and heart disease,'" Bhend said. "But I just give them a mirror and let them see for themselves. That's the advantage I have as a dentist; I don't need an X-ray to show you your lungs, you can just see your teeth and back of your tongue."

Bhend said he hopes that by pointing out how tobacco has affected the appearance of his patients' teeth, it will give them more of a shock value than just hearing the illnesses they might get.

"One of the best weapons we can use is education," Bhend said. "If you're well educated on what's going on with you and your body, you'll be able to make wiser decisions. If there isn't someone out there putting out that information, change won't

happen for the better. And once you give the information, you need to follow through and encourage them in the process."

When he gets patients back who have quit, he said he likes to throw them a little celebration with their permission by getting on the public announcer and saying "attention to the dental clinic, we have a patient among us who has decided to say no to tobacco," while playing 'Celebration' by Kool & The Gang in the background.

"It's cheesy but someone might hear it and get encouraged by it," Bhend said. "I've had members tell me they heard the song and then quit smoking so they want me to play it for them."

One member who heard the song being played got encouraged to quit is Airman 1st Class Rachel Craig, 509th MDG dental health care provider.

"I heard him talk to others about what smoking does to your teeth and gums, on top of all the other health risks," Craig said. "And I started to notice that it stinks, it smells afterward, it doesn't taste good, and it's not attractive, so I decided it was time to quit."

Craig said she quit 'cold-turkey' Thanksgiving 2011.

"I'm not going to say it was easy, but it was definitely worth it," she said. "Especially since I'm a runner. It didn't make sense for me to smoke; it only made it harder to do what I enjoy."

"For those who want to quit, they should find what motivates them and focus on that," Craig said. "Whether it's your children, your health, your teeth or just the fact that you don't want to have bad breath, just pick something."

Sixty nine percent of tobacco users want to quit

and 52 percent made an attempt in the past year, according to an Air Force publication.

To help those who want to kick the habit, the Air Force is implementing tobacco-free Military Treatment Facilities.

The purpose of the tobacco-free MTF campus policy is to protect the health of staff, patients and visitors; help tobacco users to quit and maintain abstinence; and demonstrate Air Force commitment to healthy workplaces.

"By preventing members to smoke in the vicinity, it reduces second-hand smoke exposure which is worse than first-hand," Bhend said. "First-hand smokers get a filter when they inhale."

"There's also third-hand smoke which is harmful because it doesn't require a smoker present," he said. "The toxins that linger from the smoke settle into furniture and other materials and if it comes in contact with someone it can be harmful."



U.S. Air Force/graphic

From the Frontlines: Staff Sgt. Jesse Soderberg



Courtesy Photo

AL UDEID AIR BASE, Qatar -- Staff Sgt. Jesse Soderberg, 509th Comptroller Squadron finance customer service technician, sits at his desk while deployed to Al Udeid Air Base. Soderberg was on his third deployment, but this was his first since cross-training into finance from flightline maintenance.

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

When many think of deployed locations their first thought is Iraq or Afghanistan, but deployments happen all across the world.

For Staff Sgt. Jesse Soderberg, 509th Comptroller Squadron finance customer service technician, it was a deployment

that took him to Al Udeid Air Base, Qatar, from August 2011 to February 2012.

While on his deployment, Soderberg was tasked with new duties that he never experienced before. He was in charge of remote location Permanent Change of Stations while deployed and worked in customer service for the first time.

"Customer service became a huge part of my job which was all new to me," Soderberg said. "It was different but it

felt good to help people with their concerns."

Soderberg and his unit worked 7 a.m. until 7 p.m., doing everything from exchanging money and cashing checks, to helping customers pay bills at home.

"It was important for us to keep the troops minds off of their money matters so they could stay focused on the mission at hand," Soderberg said.

This was Soderberg's third deployment in his 10-year career, but it was his first since cross-training into finance from flightline maintenance.

"My first two deployments were tough being away from my wife, but this one was really difficult being away from my two children for the first time," Soderberg said.

It was nice to have social media and Skype to be able to keep in touch with his family and see them, he added.

Overall Soderberg enjoyed his deployment as he has with all of them.

"It is always going to be what you make of it," Soderberg said. "You can go out there and be angry the whole time you're deployed and away from your family, or you can make the best of it and enjoy that you're helping defend your country."

For the first time while deployed Soderberg had a chance to pay his respect to fallen Soldiers who had lost their lives in the line of duty.

"It's sad to see people getting ready to be transported back home," Soderberg said. "But to get the chance to pay your respect to them for the things they did was a good feeling."

As hard as it was being away from his family for so long, he credited the people he worked with for making the time go by fast.

His family at his home station also made the transition smooth as his former supervisor, Tech. Sgt. James Mitchell, 509th CPTS deputy dispersing officer said, "He is a hard worker."

"He always does a lot of important work and doesn't expect much in return ... he is a silent hero."

Now Soderberg is happy to be home again and watching his children grow.

Sealing out decay

By Master Sgt. Crystal Jarvis
509th Medical Operations Squadron
Registered Dental Hygienist

Dental sealants are a mechanism which aid in the prevention of tooth decay.

A sealant is a tooth colored acrylic material that is placed on the chewing surfaces of back teeth. They are placed on the chewing surfaces of teeth to protect the enamel from bacteria that cause cavities. The procedure for placing a sealant is relatively quick and simple. Sealants can benefit individuals of all ages, especially children.

Why should a sealant be placed? Daily tooth brushing removes plaque from most areas on the teeth; however, toothbrush bristles are too large to fit into the pits and fissures (nooks and crannies) of the chewing surfaces on back teeth. The pits and fissures of the back teeth are the ideal place for bacteria to create cavities. Having a sealant placed seals the pits and fissures, aiding in the prevention of cavities. While sealants decrease the chance of cavities on certain areas of teeth, it is important to remember that proper oral hygiene and proper nutrition still play a huge part in the prevention of cavities.

Sealants are relatively simple to apply. There is no need for the tooth to be anesthetized. The surface of the tooth is prepared with a weak acid solution which helps the sealant material bond to the tooth. The sealant material is then applied to the tooth, and cured with a blue light that makes the sealant material set.

Sealants that are properly placed can be



U.S. Air Force photo

maintained for years. Occasionally, a sealant may come off and need to be replaced. Your dentist can check the retention of a sealant during dental visits.

Dental insurance may cover a portion of the cost of having sealants placed. Make sure you check with your insurance company before having sealants applied.

Ask your dentist if you or your child would benefit from having sealants placed at your next dental appointment.

(Submission courtesy of the 509th Medical Operations Squadron dental clinic)



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509th MDG supports local LPN students



U.S. Air Force photo/Senior Airman Nick Wilson
Airman 1st Class Joshua Prince, 509th Medical Operations Squadron aerospace medical technician, gets his temperature taken with a thermometer by a licensed practical nursing student from the Warrensburg Area Career Center April 4.



U.S. Air Force photo/Senior Airman Nick Wilson
Michelle Brookshier, Warrensburg Area Career Center licensed practical nursing student, speaks to Airman 1st Class Joshua Prince, 509th Medical Operations Squadron aerospace medical technician, before giving him a nebulizer treatment.

“We’re supporting our local community in being able to provide the clinical training experience necessary for LPNs to achieve their nursing and educational goals,” Person said.

By Senior Airman Nick Wilson
509th Bomb Wing Public Affairs

While working under the direction of registered nurses and doctors, Licensed Practical Nurses provide basic health care, according to Capt. Kenneth Person, 509th Medical Group officer in charge of education and training. When it comes to assisting in the training of these nurses, the 509th MDG has answered that call.

Each week, LPN students from the Warrensburg Area Career Center take a seven-hour class with members from the 509th MDG that gives hands-on experience on different aspects of their job.

“We’re supporting our local community in being able to provide the clinical training experience necessary for LPNs to achieve their nursing and educational goals,” Person said.

During the class, the students work at the different medical agencies in the 509th MDG. This helps provide students with the skills and flexibility to handle almost any kind of clinical environment and atmosphere they might have to work in.

“We have rotations that give students an opportunity to work with patients and play the role as a nurse before they graduate to give them as much real-life experience as possible,” said Alicia Hayden, Warrensburg Area Career Center practical nursing instructor.

The students participated in rotations between the Whiteman AFB Immunizations Clinic, the Blood Laboratory, Family Health and Pediatrics. One of the main reasons students visit clinics on base and other medical facilities in the area, is to see the differences as far as what is expected of them and to learn different techniques and procedures for their job.



U.S. Air Force photo/Senior Airman Nick Wilson
Airman 1st Class Brandy Ortiz, 509th Medical Operations Squadron aerospace medical technician, gets her blood taken by Mel Blyth, Warrensburg Area Career Center licensed practical nursing student.



U.S. Air Force photo/Senior Airman Nick Wilson
Airman 1st Class Joshua Prince, 509th Medical Operations Squadron aerospace medical technician, gets his blood pressure measured by Michelle Brookshier, Warrensburg Area Career Center licensed practical nursing student.



U.S. Air Force photo/Senior Airman Laura Goodgame
Brittani Hunter, Warrensburg Area Career Center licensed practical nursing student, observes the proper technique of giving vaccinations at the 509th Medical Operations Squadron Immunization Clinic.



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Air National Guard medical team sets bar during disaster response test

By Master Sgt. Mike R. Smith
139th Airlift Wing Public Affairs

ST. JOSEPH, Mo. (AFNS) -- It took only 36 minutes for the 139th Airlift Wing's medics to make their presence known as medical performers during a recent homeland response evaluation.

Fifty Air Force doctors, nurses, emergency medical technicians and support staff began their test in haste, pulling equipment from their six-truck/trailer convoy.

In what seemed an instant, they fashioned a working, mass casualty triage center with record speed, officials told them.

"It was pretty seamless," said Air Force Maj. Kim Smith, medical element leader, Homeland Response Force, FEMA Region 7.

The recent evaluation at the Muscatatuck Urban Training Center near Butlerville, Ind., validated the force's readi-

ness and training.

The Missouri Air National Guard medical team makes up about 10 percent of this otherwise Army National Guard force, which rolls out for super-size disasters; those with thousands of potential casualties, in areas with massive infrastructure damage. Hurricane Katrina is the general example.

Most of the medical Airmen are traditional Guard members based at Rosecrans Air Guard Base. Their disaster mission provides direct support to civilian authorities through triage.

Smith said that means citizen-Airmen are at hand, supporting emergency responders at disaster sites during the real-deal, when overwhelming numbers of people need aid.

For example, their medics are trained in search and extraction, so they can facilitate on-the-spot life saving care. They can monitor the sick and

injured during any chemical, biological or radiological decontamination. They can also manage massive numbers of patients between ambulatory and non-ambulatory care to move them on.

This process could be repeated uncountable times during a large-scale event.

Smith said each FEMA region has a HRF coming online. Their recent validations ensure combined interests that these joint National Guard forces are prepared.

Five-hundred Missouri Guard members exercised the joint force for several days, under long hours and often soaked in the rain.

Smith said they took note of the multitude of interests involved in disaster operations as well as gained confidence in their training.

"Coordination is one of the greater challenges during an event," said Smith. "We did excellent."



Missouri Guard photo by Staff Sgt. Michael Crane
Missouri National Guard Soldiers and Airmen carry a role-player posing as a victim during a Region 7 Homeland Response Force exercise at Muscatatuck Urban Training Center near Butlerville, Ind., March 23. More than 500 Missouri National Guard Soldiers and Airmen participated in the exercise, which evaluated their ability to react to large-scale disasters within the U.S.



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This Weekend at the Movies

Project X

April 14, 7 p.m. • Rated R

Thomas Mann, Oliver Cooper and Jonathan Daniel Brown -- "Project X" is an out-of-control comedy that follows a group of buds who set out to throw the most epic 17th birthday party ever. The film documents a high school party that gets completely out of control, shot from the perspective of the digital cameras that the children have with them. 88 minutes.

Dr. Seuss' the Lorax

April 15, 3 p.m. • Rated PG

Zac Efron, Taylor Swift and Danny DeVito -- The animated adventure follows the journey of a 12-year-old as he searches for a real Truffula Tree, the one thing that will enable him to win the affection of the girl of his dreams. To get it he must find the story of the Lorax, the acerbic yet charming character who fights to protect his world. 90 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

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 660-687-7132.

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.

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.

FAMILY ADVOCACY OUTREACH 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.

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.

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

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 Fri-

day from 9 a.m.-3 p.m. Call 660-687-4341 for the next workshop date and location.

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.

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.



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Thursday, April 19, 2012*

Weekly series w/Modifieds, Sprints, Streets, Hobbys
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THURSDAY NIGHT
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Join a league & receive 3 free games a day to practice, Monday-Friday!

School Age Program SUMMER CAMP
May 29 - August 10
K-12yrs. 6am-6pm

The SAP is now taking requests for care in our Summer Camp child care program. Youth will have the opportunity to experience a variety of activities including swimming, field trips, special guest presentations & more!

Pick up a registration packet, at the Youth Center during normal business hours, Monday-Friday 0600-1800 or have them sent via Email!

Register Now!

SAP **FORCE**

MOUNTAIN BIKE RIDE
OUTDOOR REC
Ride the trails, share lunch, and enjoy the scenery!

APRIL 28
7AM-5PM

WARSAW, MO

All Bike Equipment and instructional fees are fully funded by ODR. Instruction will be provided by Mac Vorce & his staff. His team has developed a 28 mile bike course for varying skill sets around the Lake of the Ozarks region. This class will offer basic trail maneuvering and instruction on an obstacle course. Riders will then be free to ride the trails of their choice. A light lunch will be provided, and participants will have an opportunity to stop at a number of shops and or diners in the downtown Warsaw area at their own expense.

687-5565 **FSS** WHITEMANFSS.COM

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2012
★ America's Armed Forces ★
KIDS RUN
WHITEMAN AFB, MO
SKELTON PARK
SATURDAY
MAY 5

Air Force installations around the world will be participating in the Annual America's Armed Forces Kids Run. Whiteman Youth Center will hold their run on **Saturday, May 5** at the base lake. The run is designed for youth to have fun w/ their families and be introduced to the lifetime fitness activity of walking & running w/ emphasis on a healthy lifestyle.

Sign up at our Month of the Military Child Carnival, April 12th or you can call the Youth Center at 660-687-5586.

Bottled Water Will Be Provided

The first 50 that sign up will receive a free t-shirt!

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APRIL

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FCC NEWS!
EXTENDED DUTY CARE

Register now for the Extended Duty Care Program. It is available to help DoD parents meet child care requirements for extra duty during exercises and emergencies. Care is provided in a contracted, licensed family child care home to augment regular care arrangements and is free. Come to the FCC office for an application prior to participation. Call for more details.

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.

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

VISIT US ONLINE @ WWW.WHITEMANFSS.COM

Smoke testing for selected sewers to begin at Whiteman

By United Research Services Corporation

Air Force Global Strike Command Headquarters and Whiteman Air Force Base have contracted with United Research Services Corporation to perform physical inspections and smoke testing of base sanitary sewers and man-holes located in military family housing. Testing is expected to last from April 23-26.

Smoke testing is conducted in order to determine where cracks and other defects are located in the sewer system. Smoke will exit the pipe through these defects and make its way to the surface where it can be observed and documented by field crews.

Smoke will also exit through the normal venting systems in the sewer. It is common to see gray smoke exiting from the rooftop vents on homes during smoke testing. This is expected and does not cause concern. Smoke should not enter homes unless defective plumbing exists or drain traps are dry.

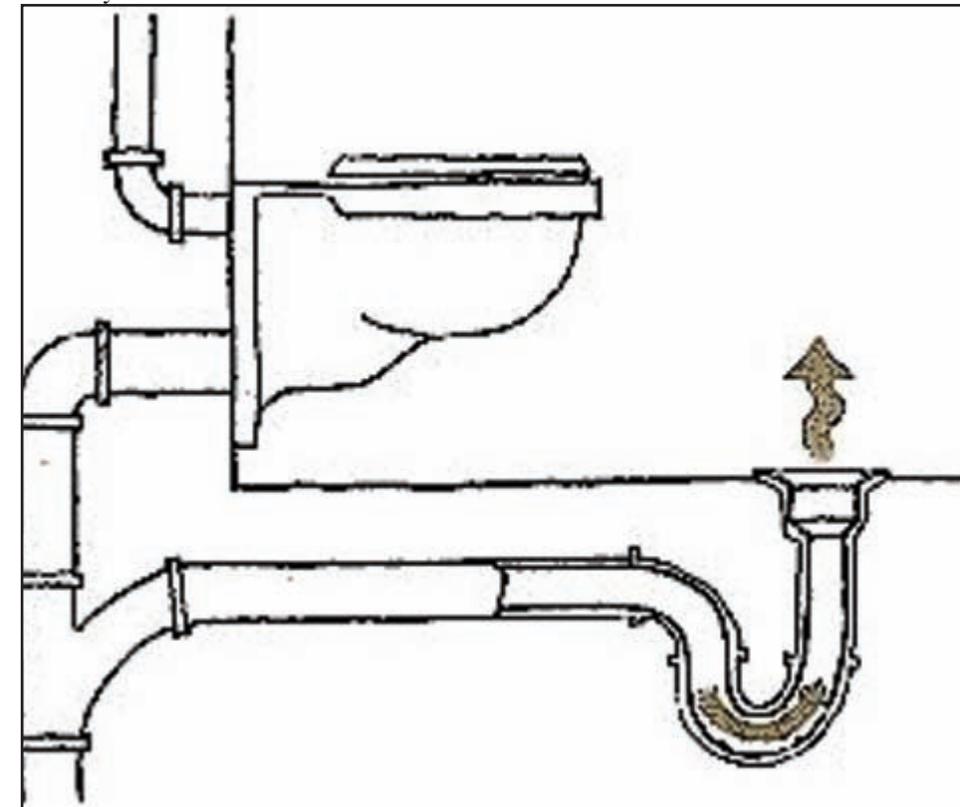
If you have seldom used drains (e.g., shower stalls) in your home, pour a gallon of water in each drain to fill the drain trap. This procedure will help prevent the possibility of smoke entering your home during the smoke testing activity.

More information on what to expect while tests are being conducted will be provided to the base population in the

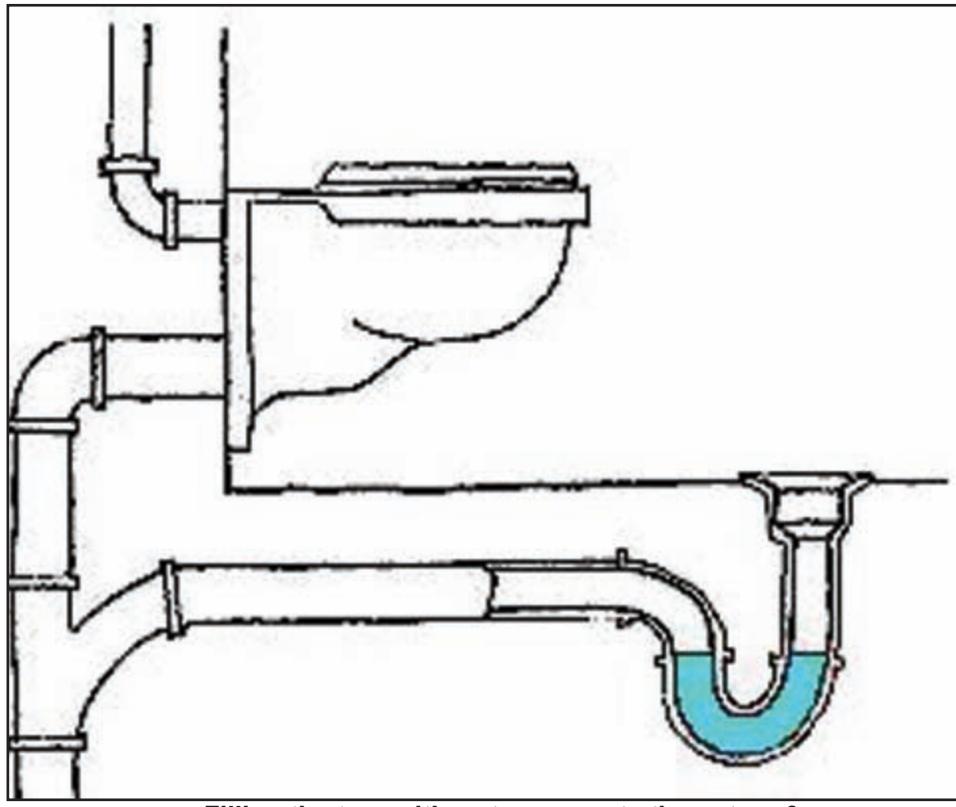
form of flyers posted to affected houses. These tests utilize a non-toxic, non-hazardous chemical smoke that leaves no residue and creates no fire hazard. Field crews will be wearing URS safety clothing and vehicles will be marked with URS logos. Information gained from this study will be used to repair and improve the Whiteman AFB wastewater collection system.

Questions regarding the smoke testing activity should be directed to Ernie Macios, 509th Civil Engineer Squadron construction project manager, at 660-687-6295.

(Submission courtesy of the United Research Services Corporation)



Drain traps can dry out, allowing sewer gases to enter the building



Filling the trap with water prevents the entry of sewer gases



Contractors observe smoke leaving the sewer system.

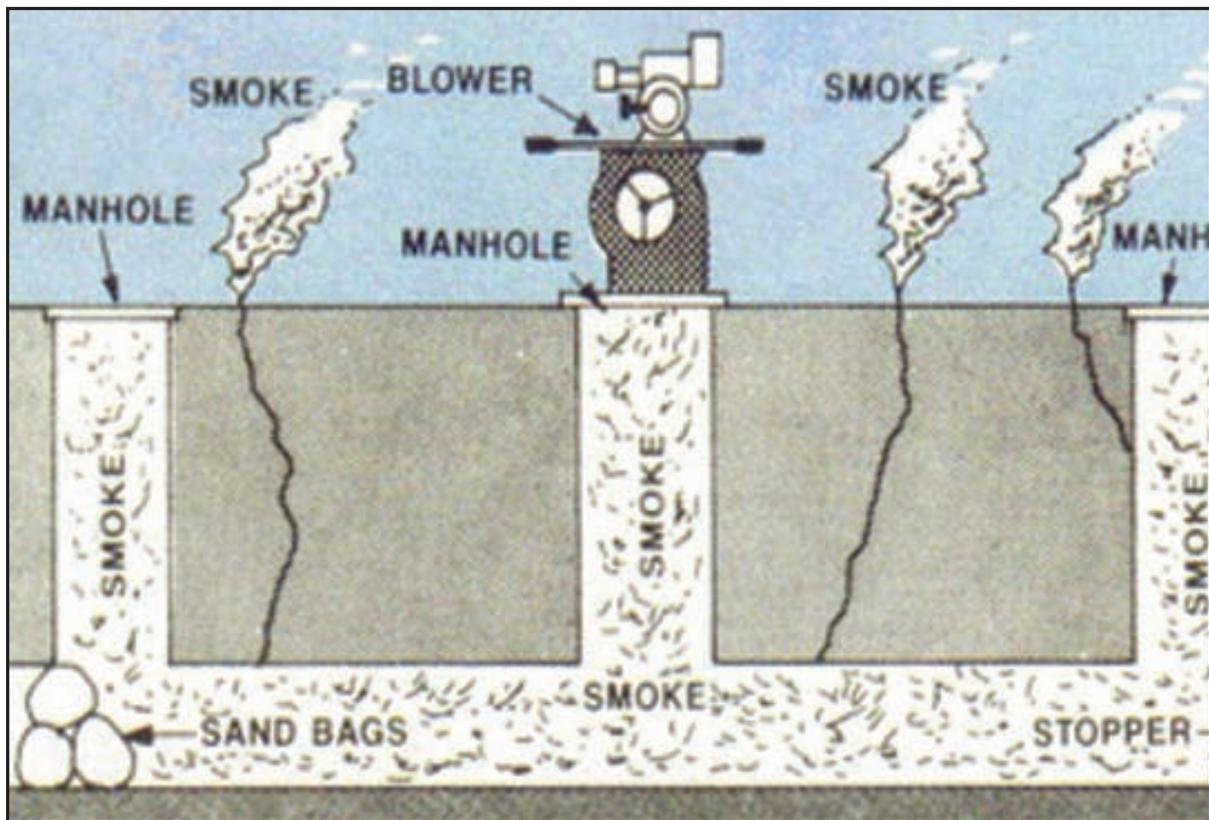


Diagram of how smoke will enter and exit sewer system.

Hundreds return from deployment



U.S. Air Force photo/Staff Sgt. Danielle Johnston

Nearly 300 reservists from the 442nd Fighter Wing here and a geographically separated unit at Barksdale AFB, La., returned from a 90-day deployment to Afghanistan, Wednesday. The 442nd FW is an A-10 Thunderbolt II Air Force Reserve unit at Whiteman AFB.



U.S. Air Force photo/442nd Fighter Wing Public Affairs

Master Sgt. Mark Shaw, 442nd Aircraft Maintenance Squadron, returns here from a deployment in support of Operation Enduring Freedom, Wednesday. The wing deployed the air expeditionary force package to include maintainers, operators and support personnel.



U.S. Air Force photo/Staff Sgt. Danielle Johnston

Staff Sgt. Jasen McLendon, 442nd Aircraft Maintenance Squadron crew chief, meets his daughter, Sara Beth, for the first time, Wednesday. Members from the 442nd Maintenance and Operations groups deployed Dec. 28, 2011 in support of Operation Enduring Freedom.

Welcome To

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LOCAL ACTIVITIES

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

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

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Misc. For Sale 135

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Help Wanted 90

Misc. For Sale 135

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Help Wanted 90

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Houses For Rent 209

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Houses For Sale 249

HOME FOR SALE BY HEIRS. Nice, lovely, 3 bedroom 2 bath earth contact home. 1 car attached garage. Excellent Condition. Asking \$110,000. 660-827-0795/221-0532(P.M)

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Houses For Sale 249

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