

WARRIOR



.509TH CES.

HEAVY OPS

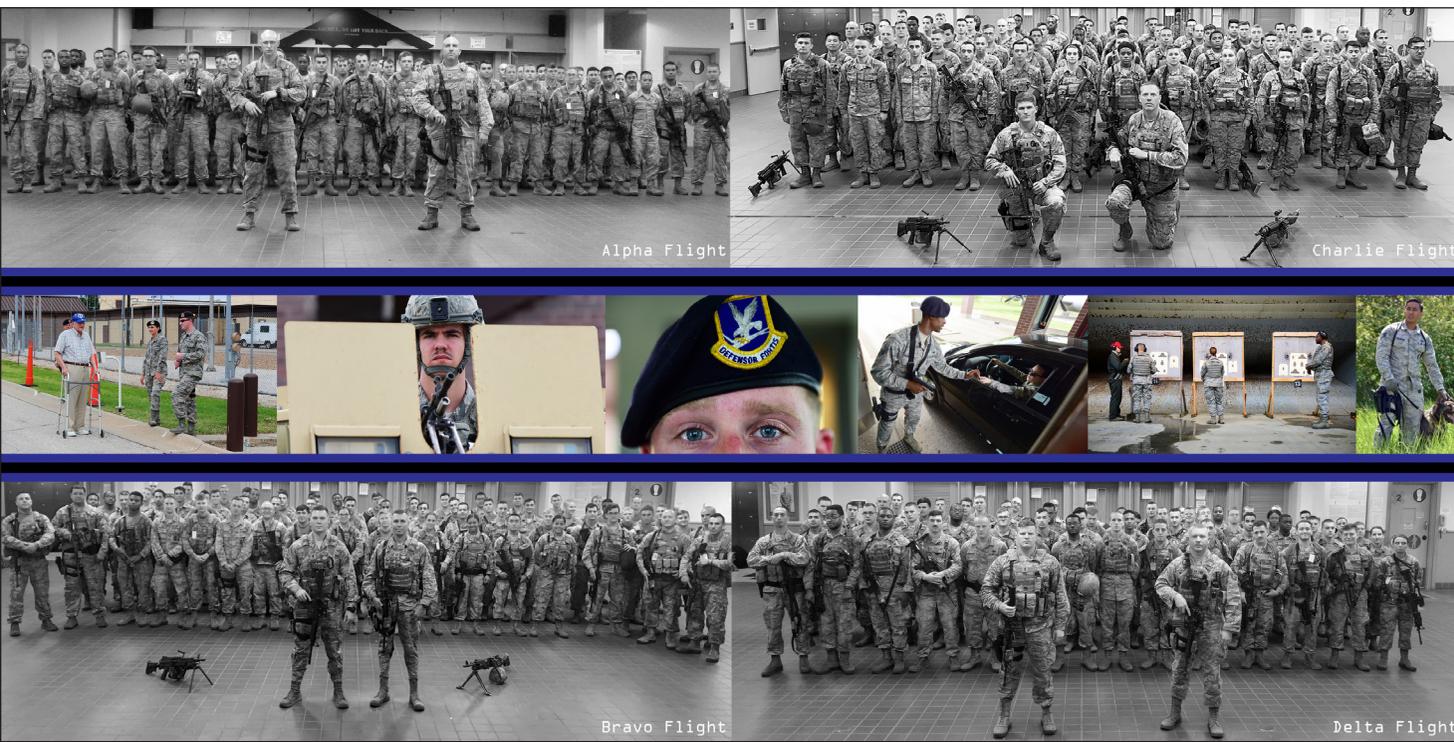
AIRMEN OF THE 509TH CIVIL ENGINEER SQUADRON PREPARE FOR VEHICLE OPERATION CERTIFICATIONS **PG.8**

PG.10

72D CENTENNIAL

TEST AND EVALUATIONS SQUADRON HOLDS 100TH AT WHITEMAN

Whiteman SFS awarded 2017 AFGSC Outstanding Security Forces Unit



U.S. Air Force photo illustration by Senior Airman Jazmin Smith

A collage of photos illustrating members assigned to the 509th Security Forces Squadron standing in their respective flight formation and on-the-job shots of defenders at Whiteman Air Force Base, Mo., through 2017. As the 2017 Air Force Global Strike Command Outstanding Security Forces Unit, these Airmen excelled in their career field and will now advance to compete against other Major Command bases at the Air Force level.

By Senior Airman Jazmin Smith
509th Bomb Wing Public Affairs

There is no standard expectation for the day when you're on alert 24/7 as a security forces member.

Posted at each gate, entry control point, and mobilized around the installation in various roles, it takes a large group to safeguard the assets at Whiteman Air Force Base, Missouri.

Over the past year, the 509th Security Forces Squadron exhibited unparalleled vigilance in accomplishing their mission. The Air Force recognized their many accomplishments by naming them the 2017 Air Force Global Strike Command Outstanding Security Forces Unit Award winners.

"No words can really describe how much of an honor it is to serve with these Defenders!" said U.S. Air Force Lt. Col. Justin Secrest, the 509th Security Forces Squadron commander. "The award provides some hard-earned recognition for our personnel; however, we already know just how special these Defenders are. They overcome challenges every day to accomplish one of, if not the most important, missions our country has in direct support of our national security."

Prior to the start of their shift, these Airmen don their dark blue beret bearing the Latin motto "Defensor Fortis."

Every day, they do just that; they are the defenders of the force.

This past year alone, they countered a small, unmanned aerial system threat during an aircraft generation. From this situation, their tactics, techniques and procedures were adopted across the command and set the benchmark for security forces coun-



ter drone operations Air Force-wide.

"Drones are this generation's emerging tactical threat, much as improvised explosive devices were 15 years ago. The 509th SFS has taken lead on implementing Air Force counter-drone initiatives and embedding them in daily security operations," said Capt. Daniel Merkh, the 509th Security Forces Squadron operations officer.

"Security Forces is on the precipice of a new era of air base defense where defensive aerial security is an operational mission set ... the other half of the Air Force's publicized offensive power," added Merkh. "It is an incredible privilege and responsibility to be leading in the effort while creating, and simultaneously implementing, local aerial defense policies that are becoming the precedent throughout the Major Command."

In addition to the mission accomplishments, the 509th SFS also focused on base and community accomplishments, another component factored to earn the award.

"Our Airmen take their responsibilities as Air Force ambassadors just

as serious as they do being this nation's Defenders," said Master Sgt. Sherrill Sinclair, the 509th Security Forces Squadron first sergeant. "This year, our unit led nine major local community events involving 275 volunteers and over 3,000 hours of support. We had leaders involved in the planning and execution of large-scale base-level events such as the Air Force Ball, the Annual Awards and the Senior NCO Induction Ceremony.

"On top of that, we developed a post-Airman Leadership School development course where we expounded upon the school's content and brought their newly found supervisory knowledge into the security forces realm," added Sinclair. "Finally, our Defenders managed to pursue their educational goals amassing 255 courses completed, earning 765 credit hours resulting in 20 Community College of the Air Force, six bachelor's and two master's degrees."

Their team also dominated the Nuclear Surety Inspection despite a manning deficit and they, in turn, were recognized with 36 superior performers, seven professional teams and a received an exemplary strong point in their Prime Nuclear Airlift Force operations.

"The camaraderie between each other enables them to keep our enemies in check, and it also empowers them to take care of one another through the long hours and difficult circumstances – a commander couldn't ask for much more than that. If you want to be inspired, come talk to these Defenders," remarked Secrest.

The 509th SFS will go on to compete against other MAJCOM winners at the Air Force level.

THE WARRIOR

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The deadline for article submissions to the Warrior is noon Friday. If a holiday falls on Friday, the deadline then becomes 4 p.m. Thursday. Articles will be published on a space-available basis. Submissions do not guarantee publication.

For more information, call the Warrior office at 660-687-5727, email 509.bw.pa@us.af.mil, fax 660-687-7948, or write to us at Whiteman Warrior, 509th Bomb Wing, 509th Spirit Blvd. Suite 116, Whiteman AFB, Mo., 65305.

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

On the cover

U.S. Air Force photo by Senior Airman Jovan Banks

An Airman of the 509th Civil Engineer Squadron prepares to lift trainer cargo Feb. 14, 2017 at Whiteman Air Force Base, Mo. The training was conducted to ensure all Airmen of the squadron are familiar with the vehicles associated with the daily task done within the CES.

NEWS BRIEFS



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Keys, wallets, bicycles, jewelry and other items have been turned in as found property to Security Forces Investigation Section. To inquire about lost property, go to building 711, room 305, or call Detective Steven Scott at 660-687-5342.

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Visit www.housing.af.mil to find your new home with the Air Force. This website serves as a one-stop shop for Airmen and their families to obtain information about the housing options and support services available to them at Air Force bases worldwide.

WEATHER

Today	Saturday
Mostly Cloudy	Rain
Hi 46	Hi 56
Lo 33	Lo 37
Sunday	Monday
Sunny	Sunny
Hi 50	Hi 56
Lo 30	Lo 30

Congratulations to Whiteman's newest ALS grads!



U.S. Air Force photo by Senior Airman Jazmin Smith
Members of Whiteman Leadership School 18-B gather for a class photo at Whiteman Air Force Base, Mo., Feb. 15, 2018. ALS is a five-and-a-half week-long course that prepares Airmen to become noncommissioned officers.

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|---|--|--|
| Senior Airman Johnathan Barrow
325th WPS | Senior Airman Kargauer Michael
509th MUNS | Senior Airman Caleb Owers
509th AMXS |
| Senior Airman Thomas Burton Jr.
509th AMXS | Senior Airman Zachary Kettner
509th LRS | Senior Airman Colin Parshall
509th MXS |
| Senior Airman Hannah Campbell
442d FSS | Senior Airman Elizabeth Lambert
509th AMXS | Senior Airman Nathaniel Radebaugh
509th AMXS |
| Senior Airman Gage Counts
509th MXS | Senior Airman Robert Lanasa
509th CS | Senior Airman Tashiona Robinson
20th ATKS |
| Senior Airman Nicholas D'Amico
509th OSS | Senior Airman Jenna Lanou
509th AMXS | Senior Airman Christopher Runyon
509th AMXS |
| Senior Airman Ryan Delatorre
509th AMXS | Senior Airman Evan Miesner
509th AMXS | Staff Sgt. Jasmine Scott
509th SFS |
| Senior Airman Justin Dyer
358th FS | Senior Airman Alexandre Miller
358th FS | Senior Airman Samantha Sheridan
509th SFS |
| Senior Airman Michael Espinosa
509th AMXS | Senior Airman Phillippe Moore
509th SFS | Senior Airman Theresa Simms
131th AMXS |
| Senior Airman Alexander Fentress
509th AMXS | Senior Airman Aaron Moses
509th FSS | Senior Airman Jacob Skidmore
509th AMXS |
| Senior Airman Derick Fisher
509th CES | Senior Airman Matthew Murphy
509th CPTS | Senior Airman Detrek Suggs
434th FSS |
| Senior Airman Timothy Gilbertson
139th MXS | Senior Airman Jonathan Neiger
509th SFS | Senior Airman Peter Sulli
509th SFS |
| Senior Airman Kiara Grose
509th AMXS | | Senior Airman Chiquita Thornton
509th MUNS |
| Senior Airman Jordan Harris
509th MXS | | Senior Airman Justin Tuell
434th SFS |
| Senior Airman Tre Hinchin
509th SFS | | Senior Airman Daquan Walls
509th LRS |
| Senior Airman Thomas Honaker
509th MXS | | Senior Airman Codie Williams
139th AMXS |
| Senior Airman Kayla Juarez
509th MXG | | Senior Airman Cody Young
509th AMXS |



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FRIDAY, FEB. 23 • 7 p.m.
Den Of Thieves (R)
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Adults - \$7.00, children - \$4.75

SUNDAY, FEB. 25 • 3 p.m.
12 Strong (R)
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Strengthen your Physical & Mental CAF pillars

Fun Dental Facts for Kids

By Maj. James Koll
509th Medical Operations Squadron

Did you know that 50 percent of people say a smile is the first thing they notice about someone? Smiling represents confidence and an overall state of happiness for people of all ages. It seems children have the right idea ... they smile on average 400 times per day!

Educating children about dentistry should be fun. Nearly 40 percent of all children are afraid to go in for a dental visit. By keeping a positive and consistent perspective on maintaining good oral hygiene, trips to the dental office will be much more enjoyable for everyone involved. Developing good habits at an early age and scheduling regular dental visits helps children to get a good start on a lifetime of healthy teeth and gums.

Here are three helpful hints for parents in regards to their children's oral health:

-Avoid putting your baby to bed with a bottle. This is the easiest way to cause tooth decay (cavities) in small children. For photographic evidence, internet search "baby bottle tooth decay" and see for yourself.

-Bring your child to the dental office before their first birthday. Dental visits every six months starting at a young age will also help your child feel comfortable and even excited to go every time. It is very important to create positive dental experiences so children do not develop, "dental phobia".

-Don't let your children brush their teeth alone. Since most children don't have the motor skills to brush effectively until they're approximately 6 years old, parents need to supervise brushing and check to make sure every surface of each tooth is clean. Plaque-identifying mouth rinses and tablets are also good tools to help parents/children evaluate brushing effectiveness.

Maintaining good oral habits throughout childhood will contribute to a happy, healthy smile that may one day make a positive first impression in the future.

Below are a few fun and informative dental facts.

-73 percent of Americans would rather go grocery shopping than floss!

-If you don't floss, you miss cleaning 40 percent of your tooth surfaces.

-The average person only brushes for 45-70 seconds at a time, the recommended amount is two-three minutes

-Americans did not brush their teeth every day until after World War II. During WWII, the military required that soldiers brush their teeth twice a day to keep their teeth healthy. The soldiers brought that habit home after the war.

-The second most common disease in the United States is tooth decay. The first is the common cold.

-When we brush our teeth, we should also remember to brush our tongue. Did you know that just like our fingerprints, everyone's tongue print is different?

-Dentists recommend that a toothbrush be kept at least six feet away from a toilet to avoid airborne particles resulting from flushing.

-A toothpick is the object most choked on by Americans.

-Dogs have 42 teeth, cats have 30 teeth, pigs have 44 teeth, and an armadillo has 104 teeth.

And last but not least ...

-More than 51 million hours of school are lost each year by children due to dental related illness. This is preventable. Please take some time this month to talk to your children about their oral health. If you have any questions regarding your child's dental health, please contact Whiteman Dental Clinic at 660-687-2201.

February is...



National Children's Dental Health Month

Hindsight is 20/20:

Don't miss your opportunity for PRK

By Senior Airman Jazmin Smith
509th Bomb Wing Public Affairs

It has been a little over two years since my vision correction surgery at Andrews Air Force Base, Maryland. I didn't walk away with any superhuman powers, but after a week of recovery, I was officially at 20/20 vision ... finally!

Although it only took a few minutes every day to pop a pair of contact lenses in, the dependence on the malleable, little pieces of plastic was something I no longer desired to have. I became envious of my perfect-sighted friends; they would never know the struggle of having to come within a foot of something to see it clearly.

Out of my desperation, and with the bit of information I had from my brother who underwent the surgery through the Marine Corps, I began fervently conducting my own research regarding vision correction offered to active-duty military.

Alas, Google offered too much information and I was overwhelmed with questions – how could I discern what was true? Shortly thereafter, I scheduled an appointment with the optometry clinic at Whiteman AFB, Missouri. Why not go to the experts?

First things first.

If you are interested in this elective procedure, schedule an appointment with the optometry clinic. There are many factors that a potential patient must meet in order to be considered for the U.S. Air Force Warfighter Corneal Refractive Surgery program. This tremendous benefit is only offered to active-duty service members at this time as a means to enhance operational readiness.

Immediate disqualifiers.

You are not eligible if you do not meet these basic requirements:

- 21 years of age or older
- Unable to provide a prescription from at least one year prior to your most recent eye exam
- Not having at least six months retainability on your contract after the projected surgery date

The prescription requirement allows the optometry clinic to determine if your vision has been stable. Please note, any eye exam taken during Basic Military Training is not an accepted prescription.

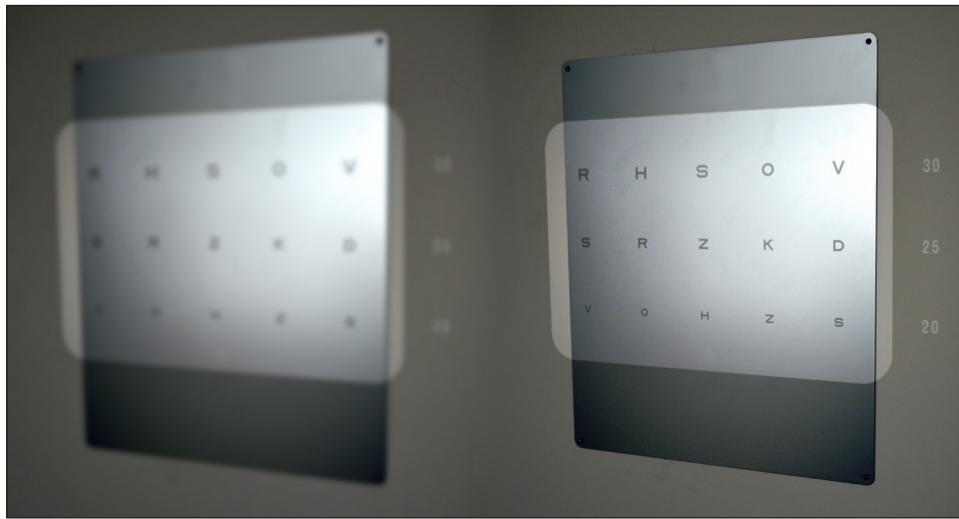
If you meet all the primary requirements during the initial appointment, you are provided with a commander's authorization form which must be signed by your supervisor, unit deployment manager and commander who must be squadron level or higher. Once completed, you can return to the front desk to schedule your follow-up appointment.

A note of importance, this form is only valid for up to six months following the date of your commander's signature.

It is the time to rock those glasses!

At this point, applicants must not wear contacts for at least 15 days to ensure proper test outcomes, which is vital in determining if you are a candidate. This time period is doubled to 30 day for flyers.

After what may have felt like forever,



U.S. Air Force photo illustration by Senior Airman Jazmin Smith

A visual screening test is shown in and out of focus to demonstrate the potential results of receiving photorefractive keratectomy eye surgery to enhance vision. The optometry clinic at Whiteman Air Force Base, Mo., performs exams to determine the eligibility of active-duty service members to receive the operation through the Warfighter Corneal Refractive Surgery program. If an Airman is a candidate for surgery, they can opt to go to any of the seven surgery centers across the United States.

you are now ready for your follow-up exam where you are made aware of any conditions that would disqualify you from a medical standpoint to apply. The optometrist reviews the results of a pressure check, vision check, and the corneal topography, or mapping of the surface curvature of your eyes. On the latter exam, they are primarily looking for irregularities and the corneal thickness.

If everything goes well, the optometry technicians provide you with the pre-operation paperwork which includes the Warfighter CRS application, a managed care agreement which allows you to receive your post-operative care at the Whiteman clinic, a print-out of the exam results, and shortly thereafter an email with the scans are provided.

On the application form, you'll find a list of CRS centers and their corresponding contact information. This will come in handy when you decide on which center you would like to go to. Currently this service is offered at the following bases:

- Joint Base Andrews, Maryland
- Joint Base Elmendorf-Richardson, Alaska
- Joint Base San Antonio, Texas
- Keesler AFB, Mississippi
- Travis AFB, California
- U.S. Air Force Academy, Colorado
- Wright-Patterson AFB, Ohio

The closest surgery centers in proximity to Whiteman are either at Colorado or Ohio, which makes these popular choices. However, please keep in mind you may choose any of the bases mentioned above.

Once you have a completed application package, it is now your responsibility to email the surgery center for further instructions and for Permission-to-Proceed authorization.

And now we wait.

The surgery center will review the application and other documents and reach out to the patient with the verdict. If you receive an approval, you will be provided further instructions and information and you can proceed to the next step of the process. A

disapproval unfortunately can happen, and the patient would be notified of the justification for this decision. For those who are cleared for the next step, please note the refractive surgeon will have final say on the treatment decision, so nothing is set in stone at this stage.

Once your packet is processed by the surgery center, you will be contacted to set up a pre-operation exam which precedes the surgery. Due to such a high volume of applicants applying, you may wait anywhere from a couple weeks to a couple months for this appointment.

After you have an appointment, it is time to rock those glasses again. Soft contact lenses should have been removed 30 consecutive days and 90 days for hard lenses prior to your pre-operation appointment.

Don't go AWOL, submit your leave.

According to AFI 36-3003, Section 4.2.3.2.13.1., when a specific time period is not provided for in Table 4.5, squadron commanders or equivalent commanders on G-series orders are authorized to approve your permissive temporary duty (TDY), when the period of absence is 10 days or less. In English, this means it is at your commander's discretion on how many days are provided to travel to and from a DoD Laser Center for refractive surgery. Since this leave is classified as a permissive TDY and is unfunded, anything you need for the commute, meals or lodging is out of your own pocket.

In addition to days for travel, you will also receive convalescent leave, which permits seven days for healing and your appointments. The surgery center will provide the paperwork to be signed by your commander and returned.

Surgery time

As far as LASIK vs. PRK, the latter is more likely to be the selected method as it is much less probable that complications could arise from an eye injury in the future. The technique used is ultimately decided by the treating surgeon during your pre-operative exam and consent briefing. Depending on your surgery center of choice, you'll likely

pick up your medications after your briefings then have your surgery the following day.

Before the procedure, numbing drops are placed in each eye a few times before you head into the operating room. In my experience, I felt absolutely nothing – like my eye was made of glass and had no feeling. It was strange, but cool.

The procedure is quick, lasting seconds to a couple minutes per eye, depending on how poor your vision is. Afterwards, a "band-aid" contact is placed over the cornea to protect the eye until your follow-up appointment.

Vampire mode activated.

Patients are put on medications for pain during the first week in addition to steroid eye drops, which they would continue to use at their surgeon's discretion, for up to four months. This allows for better results in the healing process and limits chances of long-term halos, or glares around bright light sources. During the recovery, patients experience different levels of pain and sensitivity to light while the eye works to regrow the surface of the cornea removed during treatment.

At that time, I never turned on any lights or went outside during the day time as it caused lots of discomfort, but again, this varies with each patient. Besides the medication, cold compresses were amazing for alleviating pain – I used a frozen bag of peas and it worked great.

If everything looks good at the follow-up appointment, the contacts placed on your eyes are removed. Since you're not allowed to drive back, your wonderful designated driver is able to take you home so you can get back to work!

Surgery is done, and I'm home ... now what?

As a responsible Airman, you've read all the forms you signed, specifically the Managed Care Agreement form, which is good as you now have some appointments to attend now. At one, three, six and 12 month post-surgery, the optometry clinic requires a follow-up to examine your eyes and make certain you're doing what you should for a proper recovery. Results may vary, but typically prescription stabilizes at six months. Some common results may include dryness and fluctuations in vision during the healing process. I experienced some double vision when my eyes were stressed during the first month, but that went away with time. Again, this varies from patient to patient.

Feels like a distant memory.

You are not deployable for up to four months following the procedure. You are also placed on a profile for sunglasses, which allows you to wear them in formation and whenever your eyes are light sensitive. To this day, I am grateful for the opportunity to have the procedure done. Without a doubt, it greatly improved my day-to-day life and the ease in which I can accomplish my job as a photojournalist.

After making it this far in my story, if you are interested and think you may be eligible, give the Whiteman optometry clinic a call directly at 660-687-3937 to schedule an appointment!

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The Whiteman Air Force Base Tax Center is scheduled to open Thursday, 1 Feb 2018 for free advice, assistance, preparation and electronic filing of federal and state income tax returns through the Internal Revenue Service's Volunteer Income Tax Assistance (VITA) program. Active duty military members, retirees, military dependents, and Department of Defense civilians may receive assistance.

TO RECEIVE TAX PREPARATION/E-FILING ASSISTANCE, YOU MUST BRING:

- Photo IDs – Proof of identification (taxpayer/spouse)
- Social security cards (or ITIN card, if applicable) (taxpayer/spouse/dependents)
- Birth dates (taxpayer/spouse/dependents)
- Prior year tax return (they no longer have copies of prior returns for previous clients)
- Wage/income statements (i.e. W-2s, W-2G, 1099-B, 1099-R, 1099-G, 1099-Misc.)
- Interest and dividend statements (1099-INT, 1099-DIV)
- Affordable Care Act healthcare documents (IRS Form 1095-A, 1095-B or 1095-C)
- Dependent care information (daycare provider name, address, tax ID # and amount paid)
- Education credit information (1098-T and receipts or out-of-pocket expenses)
- Proof of bank routing and account number (for direct debits or direct withdrawals)
- Any other forms applicable to your return (i.e. "1098-E Student Loan Interest Paid", 5498 IRA contributions, 1098 Mortgage Interest Paid, real estate taxes)

LOCATION:

Professional Development Center
Bldg. 515, Rm. 209

HOURS:

APPOINTMENT ONLY:
Day: Monday – Thursday
Time: 0800 – 1500

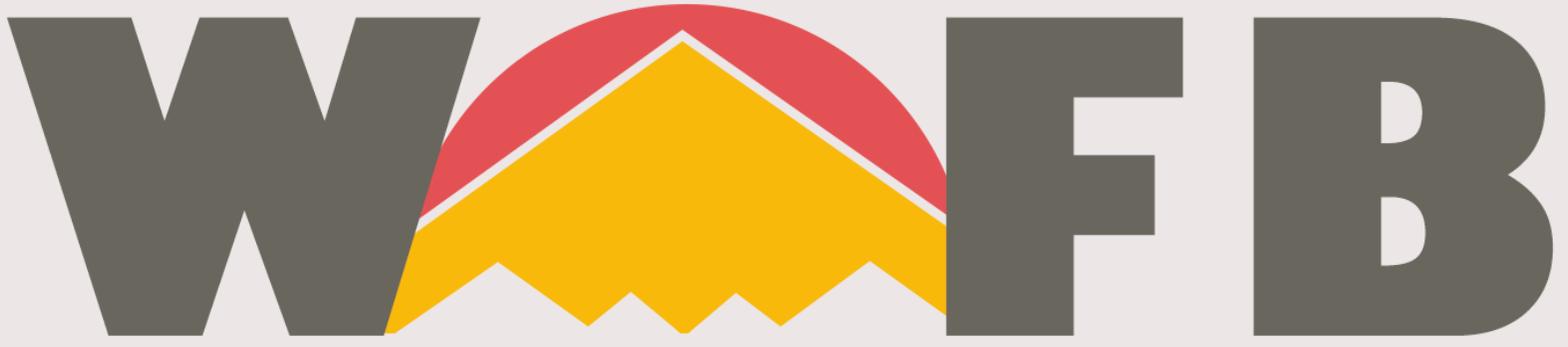
WALK-IN'S:
Time: 1000 – 1500

CONTACT:

SCHEDULE APPOINTMENT OR QUESTIONS:
A1C Taylor Griffin
509th BW Legal Office
687-3672



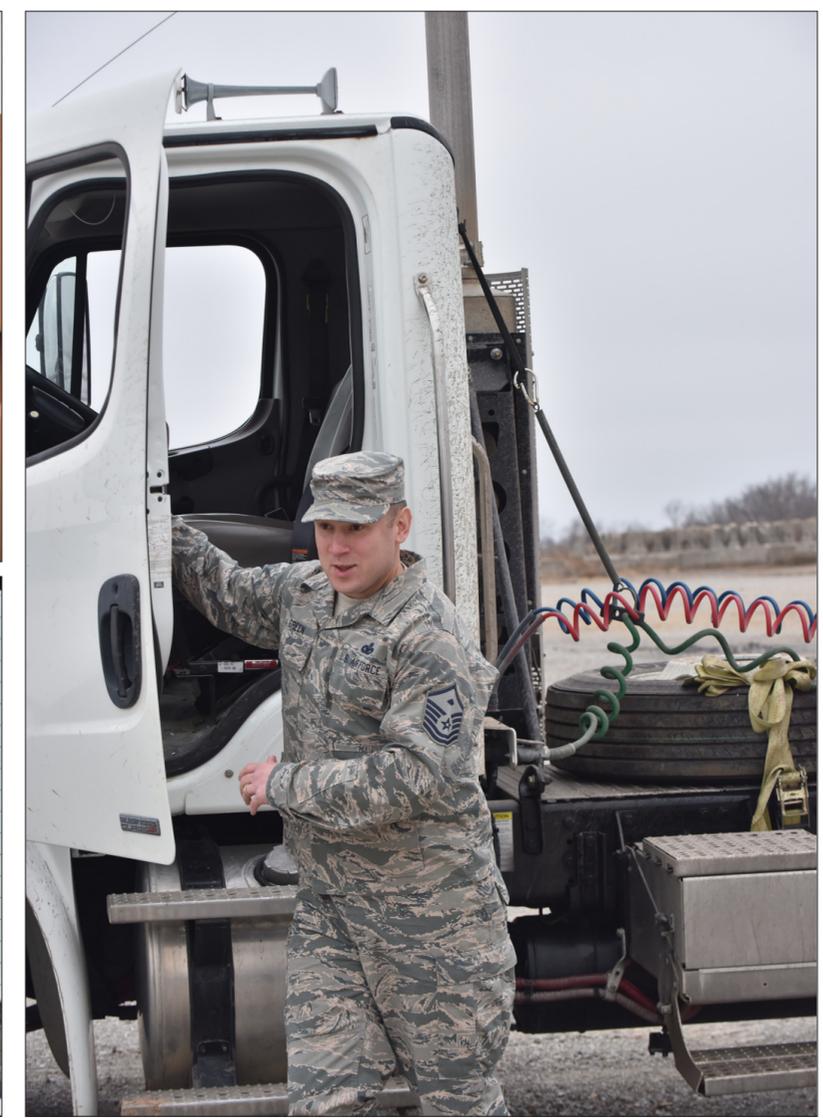
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Heavy Operations: 509th CES prepares full squadron for vehicle certification



Members of the 509th Civil Engineer Squadron are trained to operate large vehicles Feb. 14, 2017, at Whiteman Air Force Base, Mo. The training was conducted to ensure all Airmen of the squadron are familiar with the vehicles associated with the daily tasks done within the CES. The training included traditional and nontraditional vehicle training, such as front end loader forklifts, tractor trailers, skid steer, 10k forklifts, fire and rescue vehicles. All of which are required for rapid airfield damage repair capabilities.

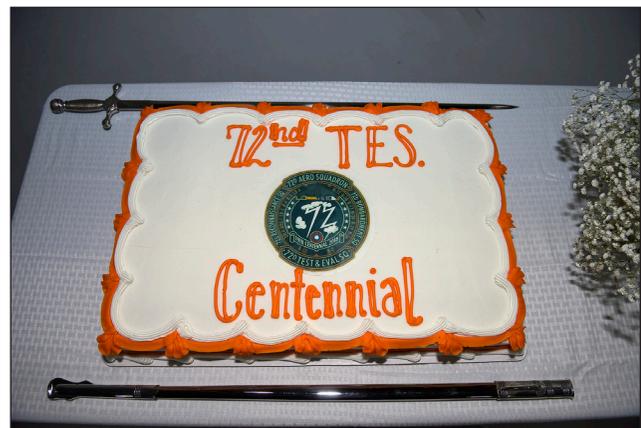
*U.S. Air Force photos by
Senior Airman Jovan Banks*

72d TES holds centennial at Whiteman



The 72d Test and Evaluation Squadron hosted a centennial celebration on Feb. 17, 2018, at Whiteman Air Force Base, Mo. The event was held to celebrate the 100 years the 72d TES has operated. During the event guests learned the history and purpose of the 72d TES from speakers U.S. Air Force Lt. Col. Benjamin Pancoast, commander of the 72d TES, and retired Col. James Solinski, the first commander of the 72d TES, while they socialized and enjoyed a formal dinner.

*U.S. Air Force photos
by Airman 1st Class
Taylor Phifer*



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Set a goal: Airmen start up street hockey at Whiteman

By 2nd Lt. Allen Palmer
509th Bomb Wing Public Affairs

When it comes to February's bitter winds, many would agree that they are an unpleasant side effect of winter and that outdoor sports are out of the question until things warm up. However, for those who enjoy playing the rough and tumble game of hockey, an icy breeze signals it is once again time to pull the equipment out of the closet for another season of fun.

At Whiteman Air Force Base, hockey can be hard to come by. The closest place to play is in Independence, Missouri, more than an hour drive away and league fees required to play range into the thousands of dollars. This leaves those on base who wish to play without an option. That is until U.S. Air Force Senior Airman Wayne Haug and Staff Sgt. Aaron Bendel from the 509th Munitions Squadron decided to step in.

On Feb. 17, Bendel and Haug organized the first street hockey event at Whiteman AFB. The event was held at the old skate park near the Whiteman Fitness Center and participants from all over the base were broken into teams equip with hockey sticks, tennis shoes and jerseys to compete against each.

"We are just two guys who love hockey and want to be able to play close to home" stated Haug, who also refereed the event. "We also hope that this will show the base that hockey has an interest at Whiteman Air Force Base. We want to be able to support either a yearly or quarterly tournament, and if participation is high, a base-wide hockey league."

The three-on-three style games allowed for a tournament format to be played and with a lone goaltender, teams were required to take the ball out past the designated marker in order to change from defense to offence. Excitement was abundant as two of the games culminated in shoot outs with the goaltender making cat like saves.

Overall the event had an atmosphere of sportsmanship and camaraderie not just between the individuals on the three-man squads, but as a collective group. Laughter and joking dominated the conversation with talks of when the next event will be held.



*U.S. Air Force photos by
Staff Sgt. Danielle Quilla*



Members of the 509th Munitions Squadron host the first street hockey practice in the old skate park area located outside the Fitness Center at Whiteman Air Force Base, Mo., Feb. 17, 2018. The hockey team is open to anyone with base access who is interested in playing the sport, and extra hockey sticks are available for those who do not have their own gear. The team's goal is to raise enough interest to be able to hold tournaments and eventually qualify the sport to be added to the intramural sport list at Whiteman AFB.

Download the WAFB App

The free Whiteman Air Force Base app is available to read the latest base news, find pictures of promotion ceremonies, locate needed phone numbers and even get information about various base events.

Now available on Android!

Search "Whiteman Air Force Base" on the Google Play Store or visit whiteman.af.mil for a link!



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FEBRUARY IS TEEN DATING VIOLENCE AWARENESS MONTH

Warning Signs That Your Date Is or May Become Abusive

- Blames you of flirting/cheating with others.
- Tells you how to dress, what to say and how to act.
- Threatens to hurt self or others if you break up.
- Dislikes your friends and family, therefore, tries to limit the time that you can spend with them.
- Breaks or hits things to intimidate you.
- Humiliates, insults and belittles you and your opinions, especially in front of others.
- Unpredictable mood swings and cannot control his/her anger.
- Believes in rigid sex roles and/or pressures you to have sex or forces you to do things that you don't want to do by saying, "if you really loved me you would..."
- Wants you to limit your extra curricular activities so you can spend more time together.

TALK TO YOUR PARENTS
LET A FRIEND KNOW
TALK TO A TRUSTED ADULT

