

Underage drinking, Pg. 3/ A second chance at life, Pg. 5

WARRIOR

A close-up photograph of a man in military attire. He is wearing a black headlamp on his forehead, which is illuminated. He has blue eyes and is looking upwards and to the right with a focused expression. He is wearing a dark, textured jacket. The background is dark and out of focus, suggesting an indoor or nighttime setting.

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Heritage Months: don't hate, celebrate

By Candy Knight

509th Bomb Wing Public Affairs

The United States of America has a rich and diverse ancestry that helped build this great nation, and our military draws its strength from our country's rich tradition of diversity. This is one reason why the military recognizes the achievements and contributions made possible by that legacy during heritage months each year.

However, many people continue to question why we have heritage months.

I believe Peter Ferrara, an associate law professor at George Mason University in Virginia, provides a good answer in his article, "What is an American?" written shortly after the 9/11 attacks.

He wrote, "Americans welcome people from all lands, all cultures, all religions, because they are not afraid. They are not afraid that their history, their religion, their beliefs, will be overrun, or forgotten. That is because they know they are free to hold to their religion, their beliefs, their history, as each of them choose. And just as Americans welcome all, they enjoy the best that everyone has to bring, from all over the world. The best science, the best technology, the best products, the best books, the best music, the best food, the best athletes."

The military often celebrates heritage months through the presentation of facts about heroic veterans. We have all heard about the Tuskegee Airmen and the Navajo code talkers, and the obstacles and challenges they overcame to join and serve in the military.

But heritage months also give us a unique opportunity to dig deeper and learn a little more. For instance, during Black History Month, you might take the opportunity to learn about William Carney, the first black recipient

of the Medal of Honor, or Lt. Cdr. Wesley Brown, the first black graduate of the United States Naval Academy. Also, do you know who Crispus Attucks was? He was a slave, who on March 5, 1770, became the first casualty of the American Revolution when he was shot dead by the British during the Boston Massacre.

Did you know that during the Civil War, thousands of women volunteered to be nurses, while some women even disguised themselves as men in order to join the Army? These brave women included Frances Clalin Clayton, who disguised herself as Jack Williams, or Loreta Velazquez, who used the alias "Harry Buford" and rose to the rank of captain. Women's History Month in March is a great time to learn more about these and other courageous women.

During Asian Pacific American Heritage Month in May, we'll learn how after Japan attacked Pearl Harbor, Hawaii, in 1941, the government placed many Japanese Americans living on the mainland in internment camps. Yet despite this blatant discrimination, thousands of Japanese Americans stepped forward to put their lives on the line during World War II.

No country has a spotless history, the United States included, but heritage months are a time to remind us despite our nation's past mistakes, our ancestry makes us who we are, and it helps brings us together. They are not just observances of political correctness, but times to remind us why we are proud serve our country, because deep down we know the men and women who came before us left us with a legacy that needs to be carried into the future.

Heritage months provide an opportunity to remind everyone that even as we maintain and celebrate our own unique traditions and heritage, we contribute to the principles that make this the land of free and home of the brave.

Don't know what you got (till it's gone)

By Capt. Bret Evans, Jr.

90th Missile Maintenance Squadron

FE. WARREN AIR FORCE BASE, Wyo. (AFNS) – In the fall of 1988, the hair metal band Cinderella delivered to the world a pearl of wisdom beyond their years when they melodically destroyed our eardrums with "Don't Know What You Got (Till It's Gone)." This power ballad's intended message refers to the harsh reality lovers face after parting ways, but can also be applied to the relationship all Airmen face -- the romance between themselves and the Air Force.

Like any quality dramatic work, the aforementioned romance has many themes that feature our two characters in situations where every wavelength of the human emotional spectrum becomes visible during an Airman's career.

The notion of a career is multifaceted, but I believe the Chinese philosopher Confucius said it best: "Find a job you love and you will never have to work a day in your life."

I don't exaggerate when I say that I've been fortunate enough to be 'living the dream' in my Air Force career. After I wake up in the morning and wipe the gunk out of my eyes, I lie there and think about being an Airman. What an honor it is to serve my God, my country and my family as a member of the most powerful military force in the history of the world.

This career has afforded me a job in which I take great pride, money in my bank account,

medical and dental coverage, and the opportunity to do a lot of the cool stuff that most just see in the movies or read about in books.

Several of you have been in a relationship with the Air Force longer than you've known your spouse and certainly longer than your children have walked the earth. I imagine that most of you chose to devote more than the standard of 40 hours each week to her. The Air Force has dressed you nearly every morning; introduced you to friends; been your source of grief, frustration and pride; paid you for solid work; encouraged you to better yourself, whether academically, ethically, physically or spiritually; dealt you discipline; and asked for your commitment more than once.

There are times when our commitment wavers and our relationships suffer. Perhaps you haven't lived up to the core values or your oath. Have you failed to perform beyond the standard level in duty, fitness or administration? Have you sought to better the team by sharing your talents or do you hoard knowledge as a means of leverage? Have you exerted maximum effort in showing stellar conduct, maturity, compassion and wisdom in your relationships with superiors, peers and subordinates?

The negative response to these questions may result in the deterioration and destruction of this beautiful romance with the Air Force that you've worked so hard to cultivate. Another consideration that perhaps worries you is the idea

that the relationship you have with the Air Force will end too soon. This thought is always in the recesses of my mind every time the Air Force introduces new force management measures.

Regardless, the essence of an Air Force romance is like any other romance: "Put someone else first and give them everything you have until it hurts, and then give some more," from Rock of Ages.

The Air Force romance, or any romance, cannot endure long under the practice of conditional giving, which was an undertone of a speech former Air Force Chief of Staff Gen. John Jumper delivered in the spring of 2009. At the end of his address, one quote in particular had welded itself in my mind: "Do the best you can with what you've been asked to do. Right here, right now."

What a practical message – apply maximum effort to those things which you actually control. Someone I greatly respect once told me that you'll only get as much out of anything as what you put into it. Your romance with the Air Force is no different. In an attempt to halt this romance from dancing to the lyrics of Cinderella's song, my charter is simple – do something great for yourself and make the romance you have with the Air Force the very best it can be. If you haven't given your best to that relationship, you may unfortunately find yourself on the outside looking in and remembering that you "Don't know what you got (till it's gone)."

THE WARRIOR

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On the cover

U.S. Air Force photo/
Airman 1st Class Keenan Berry

U.S. Air Force Tech. Sgt. Nathan Wesley, 393rd Aircraft Maintenance Unit crew 1 weapons load crew member, "sways the bomb" during the 2013 Load Competition of the Year. Loaders use sway pads to secure the bomb in the aircraft to prevent it from coming loose or falling out during the loading process.



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NEWS BRIEFS

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A toll-free telephone news line has been set up for retirees and surviving spouses who do not have computer access.

By calling 1-800-558-1404, retirees and spouses can stay informed using this new easy-to-use menu-driven service. Callers can select from several different topics that are compiled from various electronic news sources.

Topics include pay and annuity matters, medical and health care, and other benefits and entitlements.

New location for Retiree
Activities Office

The Retiree Activities Office has officially moved to its new location. Their new address is:

750 Arnold Ave., Ste. 114
Whiteman AFB, MO 65305

They can still be reached at 660-687-6457 or toll-free at 1-800-303-5608. Office hours are still Monday through Friday 9 a.m. to 3 p.m.. For updated information, visit <http://www.whiteman.af.mil/units/509thbombwing/whitemanretireeactivitiesoffice/index.asp>.

CCAF GEM Program

Military members avoiding taking classes because of work shifts, deployments or other time constraints have a new program to assist them. Community College of the Air Force degree requirements can be met through distance learning using the CCAF General Education Mobile (GEM), a partnership between CCAF and other schools. For more information call (660) 687-2420.

Air Force Housing Web Site

Visit www.Housing.af.mil to find your new home with the Air Force. This web site 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.

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Sunday	Monday
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Hi 18	Hi 21
Lo 8	Lo 3

Core values don't include drinking underage

By Maj. Dean Cusanek
81st Security Forces Squadron

KEESLER AIR FORCE BASE, Miss. (AFPN) -- It used to be that having a couple of drinks after work was the thing to do. A whole group would head from the dorms to the Airman's Club and drink the night away.

In the early 1980s, things started to change. The drinking age was changed to 19, then 20 and then 21. People were upset.

I hear the same complaints today that I heard then -- "If I am old enough to fight and die for my country, I should be old enough to have a drink whenever I want one."

That sounds all "hooah," but when you give it a sanity check, it isn't. To die for your country is one thing, but to die because you made a poor choice to break the law and drink underage is quite another.

Underage drinking is against the law.

So, what's so special about 21? It isn't just an age lawmakers pulled out of a hat. According to information posted on the Mothers Against Drunk Driving website, in the late 1960s and early 1970s, several states lowered their drinking age from 21 to 18. Research indicated a significant increase in highway deaths of the teens affected by these laws.

Therefore, in the early '80s, a movement began to raise the drinking age back to 21. States monitored the difference in highway fatalities. Research found that teenage deaths in fatal car crashes dropped by up to 28 percent. In 1982, when many states had a minimum drinking age of 18, 55 percent of all fatal crashes involving young drivers also involved alcohol. Since then, the alcohol-related traffic fatality rate has been cut in half and more than 17,000 lives have been saved.

Alcohol has also been proven to have adverse effects on the brains of young people. Young brains don't finish developing until about the age of 20, and the last regions of the brain to mature involve the ability to plan and make complex judgments. Young brains are vulnerable to the dangerous effects of alcohol, especially the learning and memory functions.

Young people who drink impair the brain functions they rely



U.S. Air Force graphic/Gwen Davis

on so heavily for learning and making split-second decisions that could affect their lives and the lives of those around them.

As military members, we're held to the highest standards. We're expected to be mature, productive members of society, to make sound decisions and live by our core values -- regardless of our age. The core values of integrity first, service before self and excellence in all we do are much more than minimum standards. They remind us what it takes to get the mission done. They inspire us to do our very best at all times. They are the common bond among all comrades in arms.

We rely on each other to build and sustain the world's most respected air and space force. If we use the core values as our compass, together we'll get the mission done.

(Courtesy of Air Education and Training Command)

Force Improvement Program gives
Airmen direct line to Air Force leaders

By Airman 1st Class Joseph Raatz
Air Force Global Strike Command
Public Affairs

BARKSDALE AIR FORCE BASE, La. -- Senior Air Force officials have put plan into motion that will give Airmen an opportunity to make real, visible and enduring changes to their command.

The Force Improvement Program has been created as an aggressive, action-oriented effort with the goal of making rapid and substantial change to the ICBM mission. The FIP was designed from the ground-up as a field-level initiative to draw on the experiences of Airmen at all levels.

"Unlike other studies we have seen in the past, the foundation for the FIP is that our own ICBM base Airmen (you) will identify challenges within your mission area and recommend solutions," Lt. Gen. Stephen Wilson, commander of Air Force Global Strike Command, said in a letter to missile crew members. "I can't stress this enough; this is a grass-roots-level effort. From the bottom, up, that's where the solutions are going to come from."

At the heart of the FIP is the Functional Cultural Working Group. These working groups are comprised of teams of Airmen, junior noncommissioned officers, senior NCOs and company-grade officers from each missile wing. There are five FCWG

teams in total, one each from the fields of missile operations, security forces, maintenance, mission support and helicopter operations.

The FCWG teams will visit each missile wing throughout February to meet with their peers locally and work with them to identify challenges in their respective mission areas, and upon completion will recommend solutions directly to Wilson.

"I will, in turn, implement recommendations within my purview and report the results and Air Force level recommendations to Secretary James and General Welsh for their consideration," Wilson said, referring to Secretary of the Air Force Deborah Lee James and Air Force Chief of Staff Gen. Mark A. Welsh III. "I've spoken to the CSAF and Secretary and they are ready to act."

Each FCWG team will be augmented by mentors and experts from outside the ICBM field, such as U.S. Navy submariners, Navy or Marine security professionals, bomber combat systems officers and members of the 576 Flight Test Squadron and 381 Training Group from Vandenberg Air Force Base. These additional members will provide the teams with a fresh perspective from an outside source.

"The goal of the FIP is to identify challenges associated with performing duties at our missile wings and to propose innovative, concrete solutions that your senior

leadership can take action on in the coming weeks," Wilson said. "Note, I said 'weeks,' not years."

In addition to the FCWG teams, the FIP will include several other initiatives running concurrently to achieve more comprehensive solutions.

To better understand the challenges faced by ICBM crew members and their families, an email-based feedback system will be open to family members at AFGSC's three missile wings. This system opens up a direct line of communication to command leadership, giving family members an avenue to voice their concerns, address real everyday challenges and propose solutions. Email addresses of respondents will be masked, providing peace of mind. More information about the program will be provided through the chain of command as it becomes available.

Airmen will also be given the opportunity to participate in a confidential survey that will enable open and honest communication with leadership.

Both the email-feedback system and the field survey will be available Feb. 10 - 20.

"I ask that each of you participate in this program in order to provide honest and constructive feedback to me and our senior leaders," Wilson said. "This is your opportunity to foster positive change within your unit, wing, and our command. Don't pass it up."

Monthly Fire Prevention Safety Tip

By Tech Sgt. Chris Gunn
509 CES/CEFP

The winter months are still here and with that we continue to use heating equipment to stay warm. According to the National Fire Protection Association, heating equipment is a leading cause of home fire deaths. Almost half of home heating equipment fires are reported during the months of December, January and February. The following are some helpful tips that can prevent heating-related fires:

- Make sure your smoke alarms are working. Test monthly!
- Keep anything that can burn at least three feet away from heating equipment, whether the furnace, fireplace, wood stove or portable heater.
- Only use heating equipment that has the label of a recognized testing laboratory (URL).
- Make sure your portable heaters have "tip switches." These "tip switches" are designed to automatically turn off the heater in the event they tip over.
- Don't use heating equipment to dry wet clothing.
- Plug portable heaters directly into outlets and never into an extension cord or power strip.
- Turn portable heaters off when leaving the room or going to bed.
- Make sure the fire place has a sturdy screen to prevent sparks from flying into the room, and burn only dry, seasoned wood. Allow ashes to cool before disposing in a metal container, which should be kept a safe distance from the home.

• For wood-burning stoves, install chimney connectors and chimneys following manufacturer's instructions or have a professional do the installation.

• Make sure all fuel-burning equipment is vented to the outside to avoid carbon monoxide poisoning.

• Never use your oven or propane grills for heating homes.

Now that you're staying safe and warm with your portable heating equipment the question will be asked, "What do I do when the heating equipment malfunctions and catches fire?" You call 911 and grab the fire extinguisher and then what? Do you really know how to use a fire extinguisher to extinguish a fire?

Whether it's yes or no, we have four simple steps for you to follow. It's called the "Pass Method:"

- **P** - ull the pin, release a lock latch or press a puncture lever.
- **A** - im the extinguisher nozzle at the base of the fire.
- **S** - queeze or press the nozzle.
- **S** - weep from side to side.

Whiteman Fire Emergency Services would like you and your family to stay warm, safe and ready for any unexpected incidents. If you have any questions about fire prevention, fire safety or training, please contact our Fire Prevention Office for information at 687-6080, 687-3748, or 687-6083. Also, please log on to our Facebook page at Whiteman AFB Fire Emergency Services for more fire safety tips.

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A second chance at life, surviving against all odds

Airman 1st Class Keenan Berry
509th Bomb Wing Public Affairs

Ischemic heart disease kills thousands of people every year in Western countries. Its main impact – it reduces blood flow to the heart.

George Baldwin, L3 communications logistician, encountered the effects of this infamous ailment in November last year, in what proved to be a life-changing experience.

“It was a Monday morning – Nov. 18, 2013...I didn’t feel great,” said Baldwin. “About 10:50 a.m., I went to go warm up my lunch. I put it in the oven and went to get a soda. As I was going back towards my desk, I became very dizzy and attempted to reach for a chair in front of me to catch my balance. I wanted to get to that chair and sit down.... But I never made it. In an instant, I fell to the floor and lost consciousness.”

It was during this event that Baldwin’s coworkers – Howie Lambien, L3 Communications engineer, and Bob Ridenour, L3 Communications field service engineer – though startled, responded without hesitation, and provided vital life-saving aid to Baldwin.

Baldwin passed away momentarily while unconscious, but was later revived by the help his coworkers provided using an automated external defibrillator (AED).

“Howie called 911 and sent a fellow coworker down to wait for the ambulance while I initiated the CPR process on Baldwin,” said Ridenour. “Howie got the AED and I stopped long enough for him to put the pads onto Baldwin’s body and let it do its job. It shocked him once and instructed us to continue compressions, so we kept performing CPR until it analyzed Baldwin’s heart rate. From there, it shocked again and that’s when he started to come around.... And then that wonderful



U.S. Air Force photo/Airman 1st Class Keenan Berry
George Baldwin, L3 Communications logistician, stands proud at Whiteman Air Force Base, Mo., Jan. 31, 2014. Baldwin maintains support equipment and orders components to repair the B-2 simulator.

sound of help arriving by ambulance to assist him.”

Lambien and Ridenour stepped aside to let the paramedic team take control of the situation.

According to Baldwin, the incident occurred in the same room an AED was located.

“I was really scared,” said Lambien. “The AED saved him. George was gone, his face was purple, but

the machine brought him back. The machine tells you what to do once it’s activated and set up correctly. We have a lot of rooms, and only one AED. If this occurred anywhere else, things could’ve taken a turn for the worse.”

After Baldwin’s recovery, he immediately wanted to return to work to thank the men who saved his life.

“When I returned to work, I instantly walked up to Howie and said thank you” said Baldwin. “He then said to me... ‘Well, what do you want me to do. It was either help or run away, and I wasn’t going to run away!’”

Ever since the incident occurred, Baldwin has made significant changes to increase his overall health.

“I now have a pacemaker to monitor my heart rate,” said Baldwin “I exercise a little more and I quit smoking, as well.”

Baldwin learned to value the presence of AEDs wherever he goes. He also encourages people to not take CPR for granted and to be more aware of their surroundings in case such an event occurs.

“The most important thing I want people to take from this is to learn and be fluent at CPR,” said Baldwin. “It’s important to know where an AED is within the building and to know how to use it. I also want my story to encourage Whiteman Air Force Base to look into getting more AEDs around different facilities. It’s really important!”

Baldwin is very fortunate to have survived the effect of a common disease known to claim lives, and live to share his message regarding AED and CPR awareness.

It is imperative that people are highly qualified in CPR and are prepared to handle situations like this one; preparation, knowledge and readiness are the keys to saving someone’s life. You never know when you may need to be a lifesaver.

Competitive spirit, drive to help others push up-and-coming Missouri Air Guardsman

By Airman 1st Class Nathan Dampf
131st Bomb Wing Public Affairs

As a junior enlisted Airman in the Missouri Air National Guard’s 131st Bomb Wing, Senior Airman Cortney Leavitt is making quite an impression with the Citizen-Airmen she supports.

The combination of a customer service mindset and a competitive attitude pushes the 131st Mission Support Group’s knowledge operations manager to mentor those around her as she assists in the group’s administrative functions.

“Airmen Leavitt is a strong example of the great leaders of tomorrow,” said Col. Mark Beck, 131st MSG commander. “She is part of an outstanding group of young adults who will continue the traditions and outstanding performance the 131st has seen over its 100-year history. The future of the Air National Guard, specifically the 131st, is bright because of Airmen like her.”

Leavitt comes from a family of Airmen with bright careers. Her father is a chief master sergeant with the Illinois Air National Guard’s 126th Air Refueling Wing, and her husband and brother are members of the 131st. Family is important to Leavitt, who said helping her Air Guard family keeps her motivated.

“I’m a people-person,” said Leavitt. “I want to help the people around me. Even if I don’t know the answers they need, I’m



U.S. Air National Guard photo/Airman 1st Class Nathan Dampf
Senior Airman Cortney Leavitt, knowledge operations manager for the 131st Mission Support Group, explains her basic military training experiences and survival tips to the newest members of the 131st Bomb Wing during a Student Flight class Jan. 11 at Whiteman Air Force Base. Assisting with the Student Flight is one of Leavitt’s many responsibilities that allows her to mentor others within the wing.

driven to find those answers for them. My family has always been driven that way. And, being in the unit with my brother and husband, sometimes we get a little competitive.”

After being named the 131st MSG Airman of the Year, Leavitt jokes that she is winning the family competition. But, she is proud of her family’s accomplishments. Recently, her husband, Airman 1st

Class Scott Leavitt, had his name placed on the B-2 “Spirit of Missouri” as one of the aircraft’s designated crew chiefs. And, her brother, Staff Sgt. Travis Weiler, has been named Airman of the Quarter in the 131st Maintenance Group.

In addition to her 2013 MSG Airman of the Year Award, last year was a big year for Leavitt, who left her munitions position and cross-trained to take on her

current full-time position as knowledge operations manager. In that capacity, she assists with a multitude of administrative tasks. Additionally, she volunteers in the Combined Federal Campaign fundraising efforts and helps lead the 131st’s Student Flight that prepares enlistees for Basic Military Training at Lackland Air Force Base, Texas.

In the absence of the primary Student Flight administrator, Leavitt took over and assisted the newly-recruited Airmen. During the January drill, she explained her own experiences from basic training and shared tips to help the future Airmen succeed.

“I enjoy working with the new Airmen and ensuring they are well-informed,” said Leavitt. “I want to make sure they have all the resources they need, so they are prepared to tackle one of the biggest obstacles of their lives.”

Assisting new Student Flight members and other wing “customers” is her favorite part of the job. She has made it a priority to be their “go-to person,” she said.

That is exactly how her peers see her. “Senior Airman Leavitt is a go-to individual,” said Tech. Sgt. Traci Lee, a personnel specialist in the 131st Force Support Squadron. “If you want to get something done, you go to her. That attitude personifies how Airmen should conduct themselves.”

Sippy Cups and Your Child's Teeth

By The American Dental Association

As soon as teeth appear in your child's mouth, decay can occur. One of the risk factors for early childhood caries (sometimes called baby bottle tooth decay or nursing mouth syndrome) is frequent and prolonged exposure of a baby's teeth to liquids, such as fruit juice, milk or formula, which all contain sugar.

Tooth decay can occur when a baby is put to bed with a bottle. Infants should finish their naptime or bedtime bottle before going to bed. Because decay can destroy the teeth of an infant or young child, you should encourage your children to drink from a cup by their first birthdays.

Many training cups, also called sippy or tippy cups, are available in stores. Many are no-spill cups, which are essentially baby bottles in disguise. No spill-cups include a valve beneath the spout to stop spills. However, cups with valves do not allow your child to sip. Instead the child gets liquid by sucking on the cup, much like a baby bottle. This practice defeats the purpose of using a training cup, as it prevents the child from learning to sip.

Do not let your child carry the training cup around. Toddlers are often unsteady on their feet. They take an unnecessary risk if they try to walk and drink at the same time. Falling while drinking from a cup has the potential to injure the mouth.



A training cup should be used temporarily. Once your child has learned how to sip, the training cup has achieved its purpose. It can and should be set aside when no longer needed.

Tips

For sipping success, carefully choose and use a training cup. As the first birthday approaches, encourage your child to drink from a cup. As this changeover from baby bottle to training cup takes place, be very careful to monitor the following factors:

- what kind of training cup you choose
- what goes into the cup
- how frequently your child sips from it
- that your child does not carry the cup around

Talk to your dentist for more information. If your child has not had a dental examination, schedule a baby check-up for his or her teeth. The American Dental Association says that it is beneficial for the first dental visit to occur within six months of the appearance of the first tooth, and no later than the child's first birthday.

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Thumb Sucking: When Should You Be Concerned?

By Leslie N. Jones, DDS



Thumb-sucking is a natural and normal habit for babies and young children. It often begins in the womb and continues after birth. As children grow, sucking of thumbs and fingers becomes a way to learn about their environment. Some children find this habit relaxing and will suck to soothe and comfort themselves, especially when falling asleep. Most children lose interest between 2 and 4 years of age, but those who do not are at risk for developing a variety of dental problems.

Long-term thumb-sucking can interfere with development of the mouth and palate and can cause malposition of permanent teeth. "Buck teeth," front teeth that do not close properly (an open bite), and development of a lisp are some of the more obvious side effects associated with sucking. Such problems can require orthodontic treatment to correct – treatment that may not have been necessary without the habit. Pacifiers can affect teeth in similar ways, but the habit is usually much easier to stop.

When does thumb sucking become a problem? One factor that affects the likelihood of a child developing dental problems is the intensity with which it is done. Children who rest their thumbs in their mouth are less likely to develop future problems than those who vigorously

suck their thumbs. If the sucking is aggressive enough, children may even develop problems with their baby (primary) teeth. Another factor involved with developing problems is the presence of permanent teeth. If permanent teeth have begun to erupt – usually around age 5 or 6 – sucking is much likelier to cause the problems mentioned above.

What can you do? Encourage your child to drop their thumb-sucking habit before his or her permanent teeth erupt; if your child continues to suck his or her thumb at age 4, it is time to intervene. Do not punish your child. Rather, praise them for not sucking. If your child sucks a thumb when anxious, focus on the cause of the anxiety and provide comfort. Explain to your child that he or she should stop sucking in order to keep his or her teeth looking pretty. If all else fails or you need additional encouragement, ask your dentist for help.

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AIRMEN SHOWCASE EXCELLENCE IN LCOY COMPETITION

By Staff Sgt. Nick Wilson
509th Bomb Wing Public Affairs

One way Air Force Global Strike Command shows the value of superior technical and weapons system expertise is through weapons load competitions.

In keeping with that spirit, Airmen from Whiteman's 13th and 393rd Aircraft Maintenance Units and Air National Guard Airmen from the 131st Bomb Wing competed in the 2013 Load Crew of the Year competition at Whiteman on Jan. 24, 2014. The competition showcased teamwork, precision and attention to detail among Airmen in support of nuclear deterrence and global strike operations, and also provided a chance to recognize the most outstanding weapons load team of 2013.

"Competition breeds excellence," said Lt. Col. Mark Riselli, 509th

Maintenance Group deputy commander. "[It's good] anytime there's competition that introduces a little bit of healthy stress into the loading environment. You're loading against peers, you're loading against time and you're loading to be the best."

This healthy competition between the 509th and 131st Bomb Wings also creates a great opportunity for Airmen participating on both sides, Riselli said.

"The crews loading during the Load Crew of the Year competition are truly the best," said Tech. Sgt. Jason Biddlecome, 509th MXG B-2 Spirit loading standardization crew member. "They've already won one or more quarterly load competitions. So if you're a young Airman watching the competition, you know what you need to do to become excellent."

The competition provides younger Airmen an opportunity to see more experienced loaders in action. This allows the newer Airmen to get a chance to

work with team chiefs as they handle different situations that arise during a high-stress environment.

"Not everything goes as planned," Biddlecome said. "Sometimes you have to stop, improvise and come up with a solution that still meets Air Force regulations."

In addition to the competition benefiting Airmen, it also gives junior non-commissioned officers a better leadership perspective.

"Loaders become tight with everyone on their team," said Tech. Sgt. Hugo Astudillo, 509th Maintenance Group load standardization crew member. "They learn from each other and they learn from each other's experiences."

As NCOs and senior airmen pass down their experiences to younger Airmen, it creates a constant, synergistic chain of learning, Astudillo said.

The loaders who competed were evaluated in a multitude of areas, including

safety, timeliness, reliability, a 25-question written test and a dress-and-appearance inspection.

The load barn is no exception when it comes to dress and appearance, Riselli said.

"If you look sharp, you are sharp and you act sharp," Riselli said. "From the moment you walk across the fence line to the load barn, if you're looking sharp then that's an indicator that you're going to act sharp. Your dress and appearance and how you perform on a test is definitely linked to how you're going to perform on a task."

The 25-question test is also an important aspect of the competition, Biddlecome said.

As one of the NCOs who creates the test, Biddlecome gets to include some questions on the test that challenge loaders.

"Some of the questions on the test loaders haven't seen before," Biddlecome said. "There is a lot of stress and thought that goes into these questions when Airmen take this test."

In addition to the 25-question test and dress-and-appearance inspection, the most dynamic part of the test being evaluated by the judges are the loading tasks themselves. Judges were specifically looking at safety, reliability, proficiency and timing of the loads.

"Each team had to load five 500 pound inert conventional munitions," Riselli said. "What we looked at first was safety –how the crews handle the weapons and maneuver as a team in confined spaces in and around the aircraft."

Not only is safety an important aspect of the weapons load process, but it is also critical in every aspect of aircraft maintenance, Riselli said.

"Safety is the number one thing we talk about every day in training and it's the number one thing we consider when loading weapons on a B-2," Riselli said. "Safety and compliance is the bedrock of everything we do in the aircraft and munitions maintenance realm."

When evaluating reliability, judges looked at how the weapon was loaded, fused and interfaced with the aircraft, Riselli said.

"Our instructors are watching and critiquing every aspect of a training load, to include this competition; we want to be absolutely certain a weapon is reliable and will hit the intended target when released from the aircraft," Riselli said.

Load proficiency is defined as crew members' ability to precisely execute procedures the same way every time a munition is loaded.

"Proficiency is the ability to perform a technically adequate munitions load every single time and this completion will give each team an opportunity to showcase their skills," Riselli said. "We have a world class full-size B-2 mock-up trainer that we use which is critical to the successful training of B-2 weapons loaders."

The full-size B-2 trainer is the only trainer of its kind in the Air Force, and it provides a unique and vital opportunity for young Airmen to practice loading.

"We have Airmen with varying levels of knowledge and experience on all the crews and this is great for young Airmen to be a part of – being on a team with a seasoned technical sergeant who can impart a lot of knowledge," Riselli said. "But it is important to highlight and not forget each member of the team plays a critical role regardless of rank or experience. We are still very much relying on that 18- or 19-year-old to perform their portion of the load flawlessly on a \$2 billion aircraft."

In addition to demonstrating proficiency, Riselli said timing is also a very critical aspect to loading weapons to the B-2.

"We want to be safe, but we also want to get it done in an expeditious manner because that becomes important in supporting real-world operations," Riselli said.

Overall, win or lose, one rewarding part of being a weapons loader is working with a group of teammates to see the fruit of their labor delivered to the enemy's door-step.

"You're beside your teammates the entire time," Biddlecome said. "The camaraderie is what kept me doing that job. People depend on me and I depend on them."

The winner of the LCOY competition will be announced by Col. Chase McCown, 509th Maintenance Group commander, during the Maintenance Professional of the Year banquet on Feb. 7.

"We know who the winner is, but we're not going to tell the Airmen until the night when they're in front of all of their friends and family," Riselli said. "That's a good venue to do that."



Weapons load crew members from the 393rd Aircraft Maintenance Unit congratulate each other on completing all their requirements. The loaders who competed were evaluated in a multitude of areas including safety, timeliness, reliability, a 25-question written test and a dress-and-appearance inspection.



Senior Airman Justin Francisco, 393rd Aircraft Maintenance Unit crew 3 weapons load crew member, detaches a weapon. In addition to the hands-on competition, competitors also took a written test and were evaluated on their adherence to dress and appearance standards.



Weapons load crew members from the 393rd Aircraft Maintenance Unit conduct a composite tool kit inspection during the 2013 Load Crew of the Year Competition. During the competition, each CTK was inspected within a time limit of 20 minutes.



Senior Airman Justin Francisco, 393rd Aircraft Maintenance Unit weapons load crew member, detaches a weapon during the 2013 Load Crew of the Year Competition at Whiteman Air Force Base, Mo., Jan. 24, 2014. During the competition, each crew is evaluated not only on their loading procedures, but also on how well they score on a 25-question test, a composite tool kit inspection and a dress-and-appearance test.

*U.S. Air Force photos/
Airman 1st Class Keenan Berry*

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U.S. Army Forces Command Deputy Chief of Staff visits Whiteman



U.S. Air Force Tech. Sgt. Joseph Dubose, 509th Maintenance Group loading standardization crew member, briefs U.S. Army BG (P) Barrye Price, U.S. Army Forces Command Deputy Chief of Staff, and Brig. Gen. Thomas Bussiere, 509th Bomb Wing commander, on weapons load trainer and various munitions compatible with the B-2 Spirit at Whiteman Air Force Base, Mo., Jan. 29, 2014. During his tour, Price visited the 509th Aircraft Maintenance Squadron and gave a speech at the base's Martin Luther King luncheon.



LEFT: U.S. Army BG (P) Barrye Price, U.S. Army Forces Command Deputy Chief of Staff, speaks during the Martin Luther King Luncheon. Barrye was the first African-American to obtain a doctorate from the Department of History at Texas A&M University.

RIGHT: U.S. Army BG (P) Barrye Price, U.S. Army Forces Command Deputy Chief of Staff, speaks with Airmen from the 509th Aircraft Maintenance Squadron. Barrye currently serves as the Deputy Chief of Staff, G-1, Army Forces Command, at Fort Bragg, N.C.



U.S. Air Force photo/Airman 1st Class Keenan Berry

AF news team preps for '28-days in AFGSC'

JOINT BASE SAN ANTONIO-LACKLAND, Texas (AFNS) -- Two photojournalists and a broadcaster from the Air Force Public Affairs Agency here are gearing up for a 28-day trek to provide an inside and in depth look at the Air Force Global Strike mission and the Airmen who make it happen.

AFPA documentation team members Tech. Sgt. Steve Grever, Staff Sgt. David Clark and Staff Sgt. Jon Snyder will be traveling to Vandenberg Air Force Base, Calif., Malmstrom AFB, Mont., Minot AFB, N.D., F.E. Warren AFB, Wyo., Whiteman AFB, Mo. and Barksdale AFB, La., from Feb. 1 to Mar. 1. The team will chronicle their journey on AFGSC's official blog and produce news features, broadcast video products and capture mission imagery for the Air Force.

AFGSC public affairs director Lt. Col. John Sheets said the news team will show the dedication the command's Airmen have in accomplishing their mission.

"Deterrence and assurance is a 24/7 mission and it takes a team of dedicated Airmen to make that happen,"

Sheets said. "Whether they're in the missile fields, on the flight line, in the back shops, or the in the skies above, the 25,000 Airmen of Global Strike Command are committed to providing safe, secure and effective combat-ready forces for nuclear deterrence and global strike operations."

Grever, the news team's NCO in charge has experienced the nuclear enterprise's unique culture and environment when he was assigned to Minot AFB from 2001 to 2004.

"I was able to learn a lot about the Airmen who perform these critical missions when I was stationed at Minot," said Grever. "During our team's tour of AFGSC, we will meet with senior leaders and the Airmen who comprise the Air Force's nuclear enterprise. We'll share their stories to provide some insight into the challenges they deal with being on alert 24 hours a day, seven days a week."

News team member Staff Sgt. David Clark, a 3rd Combat Camera Squadron broadcaster, said he's excited about getting to know the Airmen of AFGSC.

"I've worked with Airmen at several AFGSC bases

during my three and a half years at 3rd Combat Camera Squadron, but I'm really looking forward to spending the next four weeks traveling around the command, getting the opportunity to learn much more about these dedicated Airmen and sharing their stories with everyone out there," Clark said.

Staff Sgt. Jon Snyder, a 3rd CTCS photojournalist, said he's excited about the trip because it will give him the opportunity to tell the story of Airmen who have an extremely important and difficult job.

"I really want to give the viewer an understanding of who each Airman is as an individual and show how important this person is to the mission," Snyder said. "It can be a tough job for a security forces Airman standing guard in the missile fields in -40 degree temperatures. But, it's an important job, and they know it."

The documentation team will produce daily blog posts and share links to photo galleries and videos that will be made available on the 28 Days in AFGSC Blog at <http://globalstrike.dodlive.mil>

Whiteman AFB wins housing award

By Airman 1st Class Joel Pfiester
509th Bomb Wing Public Affairs

The Balfour Beatty Communities and Whiteman Housing Management Office received the 2013 Outstanding Housing Installation Team Award at Whiteman Air Force Base Jan. 29, 2014.

Recent improvements in housing quality along with the addition of new community buildings, amenities and resident programs led to Balfour Beatty Communities' and the Whiteman HMO being presented the award by the Professional Housing Management Association.

"This is a great team we've put together here," said Joe Joyner, 509th Civil Engineer Squadron installation management chief. "BBC has bought a phenomenal group of individuals here to work, not only in the area of community management, but also with their renovations and new construction crews. The amenities that they've completed here over the last year and a half are just tremendous. Probably some of the best in the Air Force right now."

The BBC and Whiteman HMO team won the award competing against some stiff competition.

"Each year, installations across the DOD have an opportunity to nominate their housing offices, whether privatized or traditional housing, for the installation level award and we put together a package a few weeks back," said Joyner. "It's really an award that validates the outstanding work of the



Courtesy photo

Members of the Balfour Beatty Community housing team stand outside of the new community center. The new community center opened in the fall of 2013 for military members and their families currently living on Whiteman.

housing team that here at Whiteman."

Last December BBC opened a new community center for the families living on Whiteman.

"We opened the new community center which has a full rec-center, a gym, a beautiful indoor pool and also the facility office area," said Ms. Christina Sonnier, the BBC community manager here.

"We started tracking attendance the first week in January and we just ended the month with over 2,300 attendees at the rec-center for the month," said Sonnier.

Since family housing was privatized at Whiteman in March 2012, there have been many new improvements to the homes themselves including new fencing, patio covers and landscaping, according to

Melissa Lewman, the Whiteman housing manager.

"We've upgraded the kitchens and the exterior appearance of 140 of our Ridgeview neighborhood homes, as well as adding brand new energy efficient appliances, new flooring and those kinds of things," said Joyner.

BBC is also getting the community involved in events with the Lifeworks program, said Sonnier. Some of the different events include Zumba classes, hula exercise classes and water aerobics.

The BBC here also plans on continuing to make additions to the base housing community.

"We are actually planning to open a neighborhood center this summer and it's going to be around 2,500 square feet," said Sonnier. "It's going to be a multi-use building where residents can reserve it for birthday parties or meetings in the conference room."

The collaboration and close partnership between the base and BBC is the key reason why the housing team brought home the award.

"I just personally want to say how proud I am of this entire team," said Joyner. "They've worked extremely hard to build a strong partnership, and that's not easily done. Without that, nothing works. It doesn't matter how good your homes are, or how good the amenities are, it's the daily partnering that goes on to make sure our residents are taken care of."



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9:30pm: Walmart
9:35pm: Carmike Cinemas
9:45pm: Pine St.
10:05pm: Whiteman Fitness Center

1:30am: Pine St.
1:45am: Whiteman Fitness Center (Last Stop)

Hop on Hop off services available within Warrensburg upon arrival.



660-624-4120

*Must have a valid Military ID to enter Whiteman Air Force Base. Any personnel not in possession of DoD ID will have to wait at the visitors center until pick up or drop off is completed on installation.

\$8 One Way

WHITEMAN FITNESS CENTER

Feb. 14



Valentine's Day 5K

Show Time: 0630

Race Time: 0700

Come out and wear Red & Pink!

Volunteers Needed Sign Up at The Fitness Center Front Desk!



FCC NEWS

PCS CARE

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

PCS CHILD CARE FOR ARMY, NAVY & MARINES

This program is for Army, Navy & Marine families (all ranks) assigned to active duty Air Force installations who are arriving or departing from the AF installation. Twenty hours of child care per child is authorized in a AF licensed or affiliated FCC home. All reservations must be made through the FCC office. Please call for more details.



FCC OFFICE
660-687-5890

WHITEMAN AFB INFORMATION, TICKETS & TRAVEL



SATURDAY MARCH, 29 SIGN UP BY MARCH 7

Join us at the KC Sprint Center to watch some of your favorite Disney Stars take the ice, in this amazing, fun, family oriented show! Mickey, Buzz Lightyear, Princess Tiana, Aladdin & Princess Jasmine & More!

\$35 PER PERSON
COVERS TICKET & TRANSPORTATION

We will be leaving the ITT parking lot at 5pm. Playpass is accepted for this event! (Purchasers must ride with ITT)



687-5618



Simply take a funny, heartwarming, impactful, etc., photo at any FSS event throughout the month, send it to: whitemanmarketing@gmail.com by the first day of the following month.

Encourage your friends and family to "like" your photo in the "Photo of the Month" album on our facebook page. (facebook.com/whitemanmarketing)

If your photo receives the highest amount of likes, you walk away with a \$25 FSS Gift Card!

*When sending your photo please include your name and the FSS Event where you took your photo! You can submit one photo, per person, per event. The more events you attend the more chances you have to win!

687-7929

SNEAK PEEK EVENTS:

- February 14: **CoCo Keys Waterpark Trip w/ The Pre-Teens**
- February 21: **Youth Membership Night @ The Youth Center**
- February 28: **Murder Mystery Night (Prime Rib) @ Royal Oaks**

March 7: **PowerPlay Trip: Single Airman Initiative**

Check out our calendar online at: whitemanfss.com

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

Tech. Sgt. receives Chiefs' Choice Award



U.S. Air Force photo/Staff Sgt. Nick Wilson

U.S. Air Force Tech. Sgt. Brian Galster, 509th Maintenance Group quality assurance inspector, is presented with the Chiefs' Choice Award by members of the Chief's Group at Whiteman Air Force Base, Mo., Jan. 30, 2014. Galster's primary accomplishment that contributed to his receiving the award was providing critical inputs to ensure maintenance processes were corrected and sustained, which led to his unit performing exceptionally during the recent Defense Nuclear Surety Inspection. Galster's actions directly resulted in him being named a "Superior Performer" during the DNSI.

Northside Christian Church
500 N. Ridgeview Drive
Warrensburg, Missouri 64093
Office: (660) 747-8632
www.nccb.org

Sunday Service Times
8:30 A.M.
9:50 A.M.
11:10 A.M.

Jesus Saves Pentecostal Church
400 W. Culton St.
Warrensburg

Transportation Available

Sunday School 9 A.M.
Sunday Worship 11 A.M.
Wed. Dinner & Bible Class 6:30 P.M.

Elder Morris L. Collins, Pastor
660-747-5369

Join Us In
WORSHIP

Shiloh Missionary Baptist Church
212 N. Main St.
Warrensburg

Sunday School Starts 11:45 AM
Sunday Worship Service 10:00 AM
Thurs., Midweek Service 6:30 pm - 8:00 pm

"The Church that love is building"
Rev. Terrence Moody - Pastor
660-747-5685
www.smbctoday.org

...be filled with the Spirit.
Ephesians 5:18

First Assembly of God
Dr. Alvin Langston
Dr. Esther Kay Langston

Sunday School 9:30 a.m.
Sunday Service 10:30 a.m.
Midweek Renewal 7:00 p.m. Wed's.

240 NW Highway 13 ~ Warrensburg
660-747-6762
www.AG-WBG.org

Bethel Baptist Church
Join Us!

Sunday School 10am
Morning Worship 11am
Wednesday: Prayer & Bible Study 7pm
Nursery & Kids programs for ALL ages

"Independent, Bible Centered"
416 NW Highway 13
Warrensburg, MO 660-747-2173
(4 miles N. of Warrensburg)

bbe-burg.org

Heartland Church
Psalm 127:1

"A Church With A Heart Of Love"
Sunday Worship 10:00am
Sunday School 9:00am
Pastor Greg Morris
777 NE Highway 23
563-3810

CROSSROADS
Seventh Day Adventist Church
WARRENSBURG

Everyone Needs A Place To Come Home To
Join us every Saturday
5 miles W. of Warrensburg at the intersection of Hwys 50 & 58.

Worship Service 11:00 a.m.
Sabbath School 9:45 a.m.
Pastor Al Oetman
660-287-5849

Worship With Us
Charity Christian Revival Center
59 NE D. Hwy. - Knob Noster
Apostle Willie Shields, Jr.

Sunday School 10:00am
Worship Service 11:00am
(Children's Church & Nursery Available)
Wednesday Praise Service 7:00pm

563-4813
charitychristiancenter.org

Independent Fundamental
Grace Baptist Church
3304 S. Ingram - Sedalia

Sunday School 9-45am
Worship Sunday 10:45am & 6pm
826-2918
Pastor Alvin Sipe
Wednesday Bible Study 7pm

First Baptist Church
PRAYER WITNESS
DISCIPLESHIP MINISTRY

110 E. McPherson
Knob Noster
Pastor: Jim Richards
Sunday School 9:30am
Worship 10:45am
Nursery Provided
563-3071

Warrensburg Church of Christ
722 S. Maguire
Warrensburg, MO 64093

SUNDAY
9:30am - Sunday School
10:30 am - Worship
6:00 pm - Worship
WEDNESDAY
7:00 pm - Bible Study

"The Churches of Christ salute you!"
Rom. 16:16
Email: contactus@cofcwsbg.org
Web address: http://www.cofcwsbg.org
660-747-5519

Knob Noster United Methodist Church

106 E. Wimer,
Knob Noster, MO 65336
660.563.2724
knobumc@numc.com

Sunday Worship: 10:45
Sunday School: 9:30

First Baptist Church
"Applying God's Word in Today's World"

Sunday Worship 9:00 & 10:45 am
Sunday School 9:00 & 10:30 am

Childcare Available
1302 S. Maguire
Warrensburg
747-9186

Web Site: www.fbcwburg.org
Email: fbcwburg@fbcwburg.org

FAITH LUTHERAN CHURCH
MISSOURI SYNOD
507 S. WASHINGTON KNOB NOSTER

660-563-5973
Sunday Worship 9:30 AM
Sunday School 10:45 AM
Adult & Children
Jr. High and High School Youth Groups Meet Monthly

Bring Your Family and Come Join Us This Sunday
(ACROSS FROM THE HIGH SCHOOL)

WARRIOR

Serving the Whiteman Community

REAL ESTATE SALES

FIRESIDE REALTY



TONY R. KENDRICK
Owner/Broker

FOR SALE OR RENT

1,2,3,4,5 Bedroom,
Various Floor Plans.
Call for Availability

211 E. Russell • Warrensburg
660-747-5353
www.4firesiderealty.com

For Sale By Owner

5 BR 3 FULL BATHS, brick & vinyl home on .34 acres, Jefferson City area, 2780 sq. ft., full basement has 2 BR apartment with ground level exterior entrances, 2-car attached garage, central air, natural gas, city water & sewer, wheelchair accessible, appliances included, \$167,500. Call 573-392-7978



2002 Ford F-150 XLT,

4x4, 5.4 V-8 engine, 15,000 miles on new automatic transmission, extended cab, power windows & locks, tilt wheel, cruise, cold air, excellent interior, 230,000 highway miles, \$5300 or best offer. **Call 660-553-0581.**



Great country living on 13+/- acres w/great hunting. 3 bedroom ranch home w/partial basement, 30x30 outbuilding w/concrete floor all close to town. Call today! ANSTINE REALTY & AUCTION, LLC 660-525-9914 MLS #67800 Only \$94,900

FEATURED PROPERTY



MANY UPGRADES to this 4 Bedroom, 2 Bath Ranch!

New metal roof, windows, storm doors and doors, hot water heater, leaf gutters and guards, furnace, etc. Blacktop circle drive circles to front of garage which is 24'x24' and has matching metal roof, electricity and remote garage doors. Home is "move in" ready, very clean and tidy with TONS of storage.

MLS #43256 Asking Price **\$139,900**



For more info, contact:
Lori Wagner, Agent
(660) 624-0107



Providing Exceptional Client Services

600 S. State St.
Knob Noster, MO
(660) 362-0288



Apartments /Townhouses

1 BR, \$350. All electric, washer & dryer hookups. Located in Knob Noster. Call 660-909-3453

DEERBROOK APARTMENTS

710 A. Deerbrook Circle Knob Noster Mo
1 & 2 BR Apartments
3 BR 2 Bath Duplexes
2 miles from the Air Force Base
Pool, On-site Laundry and Storage Available
management@deerbrookapartments.com
Call 660-563-3518

Houses For Rent

423 W. South, Warrensburg, 4 BR 3 bath, 2 car garage, back deck, washer/dryer, newly remodeled, next to College. \$1200/month. 816-698-9190

3 BR, 2.5 BATH, 2900 Sq. Ft., 811 S. Carr. Finished basement, fenced yard & deck, all appliances, including washer & dryer. Intercom system. Pets OK with deposit. \$1000 mo. + \$1000 deposit. Call 660-366-5010

Houses For Rent

405 MCPHERSON, Knob Noster: 3 BR, 1 bath, central heat/air, off-street parking. \$500/month. 660-281-6116

Lots

LAKE OF THE OZARKS-FAMILY FUN. Lots starting at \$3,595. each, \$75 down, \$59 per month, owner financing, no credit checks, beautiful scenery, great fishing, swimming, boating, free lake access and boat ramps. Prices good through Feb. 17th. Hwy 135 South out of Stover, MO, take Lake Road 135-12 to the Ivy Bend office. CLOSED TUESDAY, WEDNESDAY, and THURSDAY. (573) 372-6493 www.ivybendoffice.com

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Brand-New Car!
Brand-New Job!
Your Dream House!
A New Pet!
Sedalia classifieds feature all that... and more!*

1(660) 826-1001



Lake Ozarks Home. 1800 ft., 3 BRs, 2.5 Bath, Dock, New roof on blacktop, \$153,500. Can add adjacent lot 3 BR, 1200 sq. ft. home, \$85,000. Retiring. Both \$235,000. Consider Owner Financing. Call 1-660-438-9593.



3 bedroom brick ranch home on spacious lot close to schools. Lots of landscaping, nice outbuilding w/ concrete floors, updated and move-in ready! ANSTINE REALTY & AUCTION, LLC 660-525-9914 MLS #67802 \$81,500



Great Lake Property – First Tier – Herbs Beach. Spacious 2 level home with 4 bedrooms, 2 1/2 baths. Beautiful multi-level deck overlooks water. Includes 2 slip docks with power lifts, 2 car garage and lots of storage. All appliances stay. ANSTINE REALTY & AUCTION, LLC 660-525-9914 MLS #67549 Now Only \$164,900

AUTOMOTIVE



Home of the **Jump Start Program**

If you have ever had bad luck with your credit for whatever reason, but need to buy a car, W-K is where you need to be!

Come take advantage of W-K's Jump Start Program, just as many of your neighbors have! Call Ron today at 800-382-5088. And remember, we are here to help you!



AUTOMOTIVE

Jerry Baker

Auto Sales, LLC

600 Industrial Dr.
Sedalia, MO

660-826-5451

- 06 Yukon Denali AWD.....13,995
- 09 Acadia SLT AWD.....16,995
- 07 Toyota 4Runner 4wd.....13,995
- 10 Traverse.....15,995
- 03 Grand Cherokee.....4,995
- 98 Expedition 4wd.....3,995
- 07 GMC CrewCab 4wd 6.0.....18,495
- 07 Dakota QuadCab 4wd.....14,495
- 07 Chevy Regular Cab 4wd.....12,495
- 05 Dodge QuadCab 4wd.....11,995
- 07 Explorer Sport Trac 4wd.....14,495
- 09 Chevy CrewCab 4wd.....20,995
- 07 Dodge QuadCab 4wd.....14,995
- 06 Dodge QuadCab 2500 4wd Diesel.....17,995
- 02 Chevy XCab 4wd.....10,495
- 00 Chevy XCab 2500 4wd Longbed.....10,495
- 99 Chevy XCab 4wd 1-Owner.....7,995
- 99 Dodge ClubCab 68K.....6,495
- 99 Ford F350 DRW V10.....7,995
- 95 Nissan XCab Auto.....3,495
- 09 Dodge Caliber.....8,995
- 02 Ford E150 Conversion.....4,995
- 12 Malibu 47K.....4,995
- 05 Buick LaCrosse.....7,995
- 12 Fusion 48K.....14,995
- 09 Malibu.....9,495
- 08 Grand Prix 70K.....8,995
- 01 Nissan Sentra.....4,495
- 06 Impala.....7,495
- 02 Cavalier.....3,995

www.jerrybakerauto.com



MERCHANDISE FOR SALE

New Mattress Sets: Twin \$89.99; Full \$99.22; Queen \$179.99; King \$299.99; Queen pillow top \$249.99. Dutch Kountry Market Call 660-563-2941 10340 50 Hwy, Knob Noster

THE CHANGE JAR

Consignment Boutique

Gather your loose change... It's time for our Annual **Change Into Spring Sale!** One day only - **Saturday, Feb. 8.**

617 S. Maguire
Warrensburg
Mon-Fri 10-6
Sat. 10-5
660-747-8419

Place your ad in the **Sedalia Democrat** classifieds today!

Call one of our **Advisors at 826-1001** to learn more, or to place your ad.



FOR SALE

Retail/Office Building - total 4,064 sq. ft. High Traffic location with 3 street access and off street parking. Building consist of two separate retail office spaces. Ideal for business with potential of lease space to offset expenses.

Many possibilities!!!
500 W. 16th St., Sedalia \$98,500
Call after 5:00 PM
660-826-4241



Commercial Building For Sale. Great Location. This former restaurant sits on a corner lot in Knob Noster, MO. Zoned for Commercial use. Approx. 1,728 sq. ft. total space and includes a basement. Contact LeMay Realty, Joe Lemay, Broker. Office 660-563-6000 MLS# 43554. Price reduced to \$58,000.

SHOW AND \$ELL

3 + 3 = \$65 includes color

photo of your vehicle

YEAR AND VEHICLE HERE

Copy about the vehicle goes in this spot.
Copy about the vehicle goes in this spot.
Copy about the vehicle goes in this spot.
Copy about vehicle \$XX,XXX. Name, Address and Phone Number.

photo of your home

COPY DESCRIBING YOUR HOME...so many bedrooms, so many baths. List of extras ... garage (single or double), maintenance free exterior, family room, school district, fenced back yard, basement, extra lot, heating, air conditioning, parking availability, etc.

36 Words or less; 1st 4 words bold; one item only; price must be listed to qualify for FREE ad

3 Days In Democrat \$65

Monday, Wednesday and Friday
(Regular deadlines apply)

If your advertised item doesn't sell, get 3 additional days FREE (Ads run Mon., Wed., & Fri., Price must be stated in ad)

~ or ~

3 Days In Democrat (Mon., Wed., & Fri) + **3 Weeks In A Plainsman** + **3 Weeks In The Warrior** = **\$99** includes color

If your advertised items doesn't sell, you'll receive

3 Days In Democrat (Mon., Wed., & Fri) + **3 Weeks In A Plainsman** + **3 Weeks In The Warrior** = **FREE** includes color

Contact Your Ad Rep For Details, or call 660-826-1000 Ext. 239



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