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the change-up
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Why I became a victim advocate for fellow Airmen

By Anonymous

LITTLE ROCK AIR FORCE BASE, Ark. (AFNS) -- *(Editor's note: Though the author chose to remain anonymous, this is the real story of one Airman's experience with sexual assault. Be mindful that no two sexual assault stories are the same. If you, or anyone you know, has been or is currently a victim of any sexual crime, contact the Sexual Assault Response Coordinator or a victim's advocate.)*

When I was in college I had an incident happen to me that I wouldn't ever wish to happen to anyone, not even my worst enemy. In one night my whole perspective on my life and my world was changed.

I had just turned 21, and it was the first semester of my junior year in college. Another weekend had rolled around, and I was going to hang out with the girls. A friend of mine, "Amy," decided instead of going out we could just have a small house party at her apartment. Amy picked me up so I could drink and not have to think about driving my own car.

About seven or eight guys came over, brought drinks and everything seemed fine. We were all having a good time, playing drinking games, listening to music and dancing. There was one particular guy, who I noticed had taken a real liking to me. At times he had gotten a little too close, but it was a party; we were just having fun.

When the end of the night rolled around, Amy had gotten ridiculously drunk and started yelling and screaming for everyone to leave. She had forgotten the other girls and I was staying with her. She wanted us to leave, but ... we had no car.

The same guy that had been paying me a little too much attention all night spoke up and said he could take us home no problem. We didn't live too far from each other. My friend, "Kara" and I decided we would both ride with him to "be safe." While walking to the car, I started to complain about having a headache. After we got in the car, we dropped Kara off first. That's when I should have noticed something was wrong, because in

order to get to her place, we had to pass mine. Instead, I thought to myself, "Whatever, this headache is killing me."

After dropping Kara off, the guy asked me if I wanted to stop by the 24-hour gas station and grab some Tylenol. "Sure. I don't care; just get me home," I said. I stayed in the car while he got out for the Tylenol. I felt the alcohol kicking in a little more, but I was still aware of my surroundings. He got back in the car and handed me a pill. I took it without question.

That's where everything stopped.

To this day, I don't know what kind of pill I really took. All I know is when I got to my place and collapsed in bed, all I remember saying was "No." Even now, writing this, I still have some very explicit flashbacks, and the one clear thing is I remember saying "No!"

A couple hours later I woke up in my bed naked, cold, my arms covered in bruises with blankets and pillows on the floor. I was a mess. I got in the shower, crouched down in the corner and just let the water hit my body. What happened? Why were my arms covered in bruises? When did I get home? And then it hit me ... I had been raped. It was all so blurry, but the bruises on my arms didn't lie. I stayed in the shower for what seemed like hours. I was different now. I was broken. I threw the sheets off the bed and into the trash; I lay on the bare mattress and cried myself to sleep.

I didn't remember the name of the guy who took me home that night. He could have walked right past me, and I would have never known it was him. I tried to reach out to a couple friends the next week. I reached out to Amy because she had been the one who invited the guys over.

I remember her saying, "You know you weren't raped; why are you are lying?" I was called a "hoe" and a "slut;" I was told I wanted it. I eventually reached out to a friend I hadn't spoken to in a while, and she urged me to see a doctor even though it had been a couple days since my rape happened.

I had never been taught about rape; I didn't know what to do, who to turn to, who to talk to. I was lost. I tried to forget it all, chalking it up as a

life experience, and I made myself forget ... or so I thought.

After graduating college, I joined the Air Force. I was at my first duty station and in my brand new apartment – alone again. I started having nightmares, and there were nights I could still see the bruises on my arms. I needed help, but I didn't know how or who to ask.

I got to work one day and saw an email seeking victim advocates to work with the Sexual Assault and Prevention Response program.

Great! This was my chance to get help without really having to tell anyone what happened to me, and maybe, I would have the chance to help someone else too.

I had never dealt with the situation, and I only blamed myself. I had kept things so far back in my mind that I almost had a nervous breakdown. I had random crying spells at work before anyone came in, and when I got home, all I could do was cry and cry some more. No one around me was aware; that's how well I had taught myself to play the part of the "happy girl."

Once I became a part of the SAPR program and finally told someone what had happened to me, I was finally able to begin to heal; I am no longer broken. I am able to work with other survivors of sexual assault and help them begin to heal, and it feels good. I hope that sharing my story reaches at least one person out there who may have thought they were alone.

If you or anyone you know has been a victim of sexual assault, there are many programs available to help you. It doesn't matter when it happened: the SARC, victim advocates and chaplains, are all here to help you heal and overcome.

There are many things I could have done differently that night. Sometimes I sit and I play the situation over and over in my head. I have finally come to the conclusion that if someone wants to do you harm, they will find a way no matter what you do. It wasn't my fault, I was a victim, but now I have become a survivor.

For more resources and information, visit <http://www.sexualassaultpreventionresponse.af.mil/>

Comprehensive Airman Fitness- what is everybody talking about?

By 2nd Lt. John Rosson
509th Comptroller Squadron

In today's Air Force, "resiliency" is a hot topic. Most of us have experienced death by PowerPoint defining the term, small group talks and discussions on why it is critical for today's military service members to be capable of withstanding, recovering and growing in the face of adversity.

Many people consider "mental toughness" to be the key of resiliency. The bottom line is that the mental aspect is only a piece of the balanced lifestyle required to withstand the challenges associated with serving our country. So what else is there?

Enter Comprehensive Airman Fitness (CAF), the Air Force's approach to proactively cultivating, building and sustaining a thriving and resilient Air Force community. Within this construct, four domains are the key to strengthening the skills required by our members to cope with stressors common in military life. The following is a quick refresher on each of these domains.

Mental: The ability to effectively cope with unique mental stressors and challenges needed to ensure mission readiness. Are our perspectives and perceptions of the world around us promoting healthy thoughts?

Physical: The ability to adopt and sustain healthy behaviors needed to enhance health and wellness. Are we taking care of our bodies in a way that will enable us to perform the range of tasks required?

Social: The ability to engage in healthy social networks that promote overall

wellbeing and optimal performance. Are we cultivating relationships that promote support and caring? Do we have systems in place that we can rely on when we are experiencing adversity?

Spiritual: The ability to strengthen a set of beliefs, principles or values that sustain an individual's sense of well-being and purpose. Can we sustain the sense of who we are and what we believe during tough times?

Comprehensive Airman Fitness is not just a day at FTAC, brief at BMT or Wingman Day twice a year. It is a mind set and a way of life. The foundation of the CAF is active effort towards strengthening each domain—building a support system for you to fall back on when you need it.

Air Force Chief of Staff Gen. Welsh and Secretary of the Air Force Deborah Lee James have made it clear that our number one priority is taking care of people. Comprehensive Airman Fitness is a major player in this priority. The Air Force has published AFI 90-506, Comprehensive Airman Fitness, to outline how we are to go about instilling this mindset. Right now, Whiteman has four Master Resiliency Trainers and a growing contingent of Resiliency Training Assistants. Our focus is teaching the skills required for continual growth—paving the way for a cadre of balanced, healthy and self-confident Airmen and family members whose physical, mental, spiritual and social fitness enable them to effectively manage the stressors of today's military lifestyle.

If you are interested in playing an active role in enhancing the resiliency mindset and encouraging Comprehensive Airman Fitness, please contact me at john.rosson@us.af.mil.

THE WARRIOR

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For more information, call the Warrior office at 660-687-6126, email Whiteman.Warrior@us.af.mil, fax 660-687-7948, or write to us at Whiteman Warrior, 509th Bomb Wing, 509 Spirit Blvd. Suite 116, Whiteman AFB, Mo., 65305.

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On the cover

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

U.S. Air Force Staff Sgt. Ronald Murray, 509th Bomb Wing NCO in charge of resource management, prepares for Protestant communion at Whiteman Air Force Base, Mo., Sept. 3, 2014. Communion is held on the 1st Sunday of every month.

NEWS BRIEFS

Disposition of Personal Effects

Any person with claims for or against the estate of Tech. Sgt. Shane Swanson, 509th Aircraft Maintenance Squadron, please contact 1st Lt. Anthony Polizzi at 660-687-1427.

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If you have any questions regarding this program, you can contact your unit First Sergeant or Master Sgt. Stephen Thomas, the AFRC In-service Recruiter, at 687-1868.

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.

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.

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Force Improvement Program continues to move forward

By Air Force Global Strike Command Public Affairs

BARKSDALE AIR FORCE BASE, La. -- Air Force Global Strike Command Airmen continue to see positive changes in the nuclear force being made through the Force Improvement Program.

During her address at the Air Force Association's Air & Space Conference, Sept. 15, Secretary of the Air Force Deborah Lee James talked about those improvements and nuclear incentive pays coming for select Airmen who perform or support the nuclear mission.

AFGSC is pursuing two mechanisms for awarding incentive pay - the Special Duty Assignment Pay and Assignment Incentive Pay. Both officers and enlisted members serving in certain career fields in the nuclear enterprise will receive up to \$300 per month.

Special Duty Assignment Pay will apply to certain enlisted career fields in the nuclear enterprise. Assignment Incentive Pay is targeted for officers assigned to and working in critical nuclear billets, with primary duty in the missile fields.

"People assigned to these demanding and exclusive nuclear positions take on an extraordinary amount of responsibility, workload and inspection rigor for the world's most lethal weapons," James said. "The nuclear mission is our number one mission and we're going to compensate our Airmen accordingly."

The Air Force and AFGSC are continuing work on the incentive packages, including which Air Force specialties will receive the additional pay and how much it will be.

The incentive pays are effective Oct. 1, 2014.

Announcement of these incentives is just one success in the ongoing series of changes brought about through FIP.

Since FIP began in February, the Air Force has directed over \$160 million this fiscal year to go after urgent, near-term shortfalls in the nuclear enterprise, such as equipment and parts for ICBM maintainers, new vehicles for operations and maintenance, and quality of life improvements in the field.

Missile bases throughout the command have seen a number of changes already, including improvements to the way testing and evaluation is conducted, and the stand-up of a helicopter operations group.

To provide units with necessary manning and skills, more than 1,100 positions have been added to the AFGSC unit manning document across the major command. In addition, the Air Force will be manning eight critical nuclear specialties at a 100 percent effective rate by skill and location, including security forces, missile maintainers, bomber crew chiefs, command post controllers, nuclear weapons maintainers and loaders.

The Command recently announced that security forces Airmen at all three missile wings, as well as those serving at Camp Guernsey, Wyoming, will soon be fielding new personal gear along and a new camouflage pattern uniform that will improve their effectiveness in the field.

As FIP continues, the next major effort will be implementing recommendations that are coming from the bomber portion of the program, while continuing to implement the ICBM recommendations and other improvements generated by Airmen conducting the mission every day.

August 2014 courts-martial, Article 15s and discharges



In August 2014, five members were punished under Article 15, Uniform Code of Military Justice (UCMJ), and four members were administratively discharged from the Air Force. There were no courts-martial during the month of August.

ARTICLE 15s

A Staff Sergeant from the 509th Medical Operations Squadron received an Article 15 for having an unprofessional relationship. The member received a reduction to Senior Airman, forfeiture of \$1,164 pay per month for two months (suspended), 14 days of extra duty (suspended) and a reprimand.

A Staff Sergeant from the 509th Munitions Squadron received an Article 15 for dereliction of duty for failing to transport a firearm in accordance with

base firearms restrictions. The member received a reduction to Senior Airman (suspended), forfeiture of \$1,213 pay per month for two months with amounts in excess of \$404 pay per month for one month suspended, 30 days extra duty (suspended) and a reprimand.

An Airman First Class from the 509th Maintenance Squadron received an Article 15 for dereliction of duty for driving a personal vehicle without insurance and failure to go. The member received a reduction to Airman, forfeiture of \$858 pay per month for two months (suspended), 14 days restriction to base, 14 days of extra duty and a reprimand.

An Airman from the 509th Security Forces Squadron received an Article 15 for larceny, selling military property, making false official statements, and signing a false official statement. The member received a reduction to Airman Basic, forfeiture of \$765 pay per month for two months (suspended) and a reprimand.

An Airman First Class from the 509th Aircraft Maintenance Squadron received an Article 15 for dereliction of duty for driving a personal vehicle without proper registration, dereliction of duty for failing to turn in an old Common Access Card (CAC), failure to obey a lawful order to refrain from driving until proper vehicle registration was obtained, damage

to military property for burning a CAC, and the negligent loss of military property (a CAC). The member received a reduction to Airman, forfeiture of \$300 pay (suspended), 14 days of extra duty and a reprimand.

DISCHARGES

An Airman First Class from the 509th Aircraft Maintenance Squadron received an honorable discharge for fitness failure.

A Senior Airman from the 509th Security Forces Squadron received a general discharge for drug abuse.

An Airman First Class from the 509th Munitions Squadron received a general discharge for Minor Disciplinary Infractions.

A Senior Airman from the 509th Maintenance Squadron received a general discharge for Minor Disciplinary Infractions.



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A day at the ballgame!



U.S. Air Force photo/Tech. Sgt. Emily Alley

Members of the 442nd Fighter Wing participated in the 2014 Armed Forces ceremony at Royals Stadium on September 12, 2014 in Kansas City, Mo. This ceremony kicked off the baseball game between the Kansas City Royals and the Boston Red Sox.



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Chaplain assistants:

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

Tech. Sgt. Lukas Bartels started off his Air Force career as a command post controller. After six years, he was ready for a change. He had encountered chaplain assistants before, and he knew the job involved caring for people and helping them through tough times in their lives.

Inspired by senior enlisted leaders talking about the importance of helping out people, Bartels decided on this new path for his life.

"I became a chaplain assistant for one thing -- the people," Bartels said. "Everything we do is for the people, ensuring they receive every bit of assistance we can give them. I truly enjoy my job and seeing people get what they need to carry on with their lives."

Chaplain assistants support chaplains in all aspects of religion, including facilitating religious services and helping chaplains prepare for those services.

"We set up for services by preparing for communion, filling altar candles and cleaning the chapel to make it presentable," Bartels said.

Bartels added one of their goals is to maintain a neutral setting within the chapel as much as they can throughout the week. The chapel is home to all denominations and must uphold this standard to ensure worshippers are comfortable there.

"One of the cool parts of our career is that we are open to all religions, which allows us to observe how the services operate," Bartels said. "Chaplains are endorsed by specific denominations, which mean they abide by specific faith guidelines."

People do not always know the difference between a chaplain and a chaplain assistant; they just want someone to listen to their situation. In these cases, chaplain assistants serve as a kind of bridge between chaplains and enlisted members.

A big part of a chaplain assistant's job is pastoral care. This involves religious support teams which are normally made up of one chaplain and one chaplain assistant. They do unit engagements which entails the chaplain and chaplain assistant going to different squadrons to follow up with Airmen who requested their assistance.

Chaplain assistants also serve as a "bridge" between chaplains and enlisted members.

"A lot of times, enlisted members will see what's on the collar and will hesitate to tell chaplains what's going on," Bartels said. "Because we are also enlisted, members often feel comfortable talking to us about their situations. Although, we have complete confidentiality, we still refer members to the chaplain."

Although chaplain assistants will listen to situations and circumstances, they are trained to intervene and encourage people to see a chaplain in the time of need.

Chaplain assistants are also trained in crisis intervention, which entails dealing with issues such as domestic violence, sexual assault or thoughts of suicide. Situations requiring immediate attention can be dealt with by either the chaplain or assistant. If either of them concludes the situation needs more attention, they can refer the situation to mental health, security forces or an agency with expertise regarding the matter.

"Chaplain assistants have been an incredible resource and support to chaplains professionally and as comrades in faith," said Capt. Kenneth Johnson, 509th Bomb Wing chaplain. "Our chaplain assistants are competent, reliable and knowledgeable on a wide range of topics."

At the end of the day, chaplain assistants are here to ensure that Airmen of all faiths are spiritually ready to accomplish the mission.



U.S. Air Force Tech. Sgt. Lukas Bartels, 509th Bomb Wing NCO in charge of chapel readiness, prepares altar candles for daily Mass at Whiteman Air Force Base, Mo., Sept. 3, 2014. Daily Mass is held from Mon.-Thurs. at 11:30 a.m.



U.S. Air Force Staff Sgt. Ronald Murray, 509th Bomb Wing NCO in charge of resource management, prepares for Mass by filling the altar candles at Whiteman Air Force Base, Mo., Sept. 3, 2014. Chaplain assistants prepare the chapel frequently throughout the week to ensure chaplains are able to conduct their services.

Maj. Gen. Danner addresses BCC



U.S. Air National Guard photo/2nd Lt. Justin Clark

Maj. Gen. Steve Danner, Missouri adjutant general, speaks at the monthly Base Community Council meeting at Mission's End, Whiteman Air Force Base, Missouri, Sept. 12, 2014. Danner thanked community leaders and Whiteman leadership for their continued partnerships and support of the Missouri National Guard.



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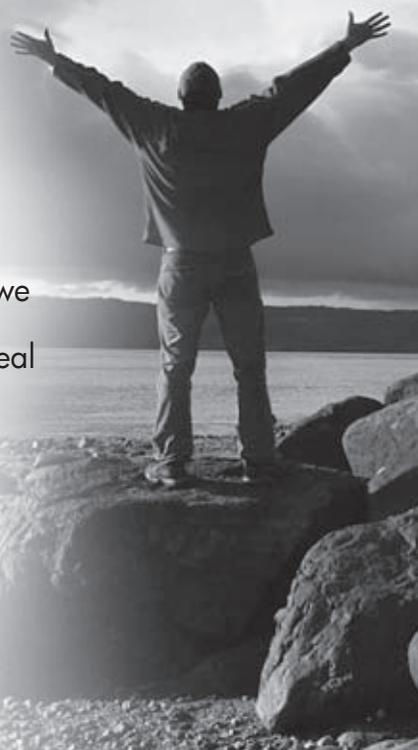
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Francis addresses crowd at SAPR briefing



U.S. Air National Guard photo/Staff Sgt. Brittany Cannon
More than 700 Citizen-Airmen participated in a wing-wide Sexual Assault Prevention and Response briefing by the 131st Bomb Wing Commander, Col. Michael Francis, followed by interactive breakout sessions at individual units during September drill at Whiteman.

Respiratory illnesses due to Enterovirus D68 (EV-D68) in Missouri

By Sgt. Jerry-Lee Calalang and
Senior Airman Jeffery Afemon
Whiteman Public Health

Recently, a pediatric hospital in Kansas City, Missouri experienced over 300 cases of respiratory illnesses in their facility. Approximately 15% of those illnesses have resulted in children being placed in an intensive care unit (ICU). Testing of specimens from several cases at a specialized laboratory at the Centers for Disease Control and Prevention (CDC) indicated that 19 of the 22 specimens were positive for Enterovirus D68 (EV-D68). Many specimens from those cases have tested positive for enterovirus, and further testing for specific virus type is pending. Among the recent EV-D68 infections in some states, children with asthma appear to have a higher risk for severe respiratory illness. However, this is still being investigated. To date, no deaths have been reported due to EV-68 in Missouri.

EV-D68 is one of many non-polio enteroviruses. The virus was first identified in California in 1962, but it has not been commonly reported in the United States. EV-D68 can cause mild to severe respiratory illness. Mild symptoms may include fever, runny nose, sneezing, cough, body and muscle aches. Severe symptoms may include difficulty breathing and wheezing.

Since EV-D68 causes respiratory illness, the virus can be found in respiratory secretions (saliva, nasal mucus or sputum). This virus likely spreads from person to person when an infected person coughs, sneezes, or

touches contaminated surfaces.

There is no specific treatment for people with respiratory illness caused by EV-D68. For mild respiratory illness, you can help relieve symptoms by taking over-the-counter medications for pain and fever. Aspirin should not be given to children. Some people with severe respiratory illness may need to be hospitalized.

You can help protect yourself from respiratory illnesses by following these steps:

- Wash hands often with soap and water for 20 seconds, especially after changing diapers.

- Avoid touching eyes, nose and mouth with unwashed hands.

- Avoid kissing, hugging, and sharing cups or eating utensils with people who are sick.

- Disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick.

Since people with asthma are higher risk for respiratory illnesses, they should regularly take medicines and maintain control of their illness during this time. They should also take advantage of influenza vaccine since people with asthma have a difficult time with respiratory illnesses. Asthma can also be controlled by avoiding the triggers that can cause an attack, such as tobacco smoke.

If you or your child is experiencing severe respiratory symptoms seek immediate medical attention.

For additional EV-D68 information contact Whiteman Public Health at 687-4305.

509th BW Staff



509th BW Commander



Brig. Gen. Glen D. VanHerck

509th BW Command Chief



CMSgt. Shawn Drinkard

509th BW Vice Commander



Col. Matthew Brooks

131st BW

131st BW Commander



Col. Michael Francis

131st BW Vice Commander



Col. Kenneth Eaves

131st BW Command Chief



CMSgt. Paul Carney

131st OG Commander



Col. Mike Pyburn

131st MXG Commander



Col. Kimbra Sterr

131st MSG Commander



Col. Mark Beck

131st MDG Commander



Col. Joanie Peterson

110th BS



Lt. Col. Jared Kennish

131st MXS



Capt. Chad Larson

131st AMXS



Lt. Col. Michael Jurries

131st FSS



Lt. Col. Catherine Sheeskey

131st CES



Lt. Col. Lane Endicott

131st LRS



Maj. Gregory Lowe

509th OG Commander



CMSgt. Rufino Gonzalez

Superintendent



Col. David Benson

509th MXG Commander



CMSgt. Lance McLaughlin

Superintendent



Col. Chase McCown

509th MSG Commander



Col. Randall Sparks

Superintendent



CMSgt. Mauree Powell

509th MDG Commander



Col. Judy Stoltmann

Superintendent



CMSgt. Marc Skinkle

Tenant Units

442nd FW Commander



Col. Hubert Hegtvedt

1-135th ARB Commander



LTC James Schreffler

20th RS Commander



Lt. Col. Jon Chesser

72nd TES Commander



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13th BS



Lt. Col. Robert Makros

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Lt. Col. Beth Makros

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Maj. Aaron Hager

509th MUNS



Maj. Matthew Drossner

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Lt. Col. Aaron Wilt

509th CS



Maj. Eric Tucker

509th SFS



Lt. Col. Jeffrey Carter

509th MDOS



Lt. Col. Joel Dixon

393rd BS



Lt. Col. Bradley Cochran

509th OSS



Lt. Col. Eric Lapine

509th MXS



Maj. Edwin Germosen

709th MUNS



Maj. Joseph Pulliam

509th FSS



Maj. Chip Hollinger

509th CONS



Maj. Quincy Hearns

509th LRS



Maj. Jason Kalin

509th MDSS



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Office: (660) 747-8632
www.nccburg.com

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

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

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Rev. Terrence Moody - Pastor
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www.smbctoday.org

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

AG 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!

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Wednesday: Prayer & Bible Study 7pm
• Nursery & Kids programs for ALL ages.

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(4 miles N. of Warrensburg)
bbc-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
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563-3810

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

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

563-4813
charitychristiancenter.org

Independent Fundamental
Grace Baptist Church
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Sunday School 9:45am
Worship Sunday 10:45am & 6pm

826-2918
Pastor Alvin Sipe
Wednesday Bible Study 7pm

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505 W. Gay St.
Warrensburg, MO 65093
(816)304-2914

Pastor Harry D. Stevens

Christian Education 9:30 AM Sunday
Morning Worship 10:30 AM Sunday
Tuesday Morning Bible Class 11:00 AM

"All Are Welcome!"

First Baptist Church

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@knumc.com

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

First Baptist Church
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Sunday Worship 9:00 & 10:45 am
Sunday School 9:00 & 10:30 am

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"A Place Where You Belong"

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Morning Worship 11:00 am
Wednesday
Bible Study 7:00 pm

Pastor Gwyndelon L Harrington
Email: almschurch@aol.com
660-909-4940

131st Air National Guard personnelist earns perfect score at tech school

Story and photo by
Staff Sgt. Brittany Cannon
131st Bomb Wing Public Affairs

A 131st Bomb Wing personnelist represented the Missouri Air National Guard with excellence by receiving a perfect score during the Air Force personnel apprentice course.

Tech. Sgt. Blake Enneking, 131st Force Support Squadron personnel systems manager, recently earned a perfect score, and received Distinguished Graduate honors during graduation ceremonies at Keesler Air Force Base, Mississippi.

"Group study can help cement your knowledge, and allows you to confirm that you understand what you are learning," said Enneking. "Along with time management and memorization learning, I was able to show that a Guardsman can accomplish a perfect score."

The 131st Bomb Wing's vision is to build Airmen for a 21st century Air National Guard who are highly motivated and expertly trained in both federal and state missions.

"Tech. Sgt. Enneking sets a high standard for not only his co-workers but also other Airmen," said Lt. Col. Catherine Sheskey, 131st FSS commander.

To obtain a perfect score, Enneking had to receive a 100 percent on five separate tests, including a final.

"Tech. Sgt. Enneking is the epitome of a can-do, will-do spirit," said Sheskey. "Excelling is not just an option; it should always be a goal."



Tech. Sgt. Blake Enneking, 131st Force Support Squadron personnel systems manager, recently earned a perfect score, in addition to receiving Distinguished Graduate honors during graduation ceremonies at Keesler Air Force Base, Mississippi. "Along with time management and memorization learning, I was able to show that a Guardsman can accomplish a perfect score," said Enneking.

Great futures start here: Exceptional Whiteman teen wins Youth of the Year honor

By 509th Force Support Squadron

Being named Youth of the Year is the highest honor a Whiteman AFB Teen Programs member can receive. Donovan McGoldrick is the local winner from Whiteman Air Force Base and the Missouri Military Youth of the Year. Donovan will receive a \$300 college scholarship from Whiteman Youth Programs and \$2,000 from BGCA Military Services.

Donovan is 17 years old, a true example of an extraordinary young man recognized by Whiteman Youth Programs and Boys and Girls Clubs of America for his sound character, leadership skills and willingness to give back to the community.

As Boys and Girls Clubs of America's (BGCA) premier youth recognition and college scholarship program, Youth of the Year recognizes outstanding contributions to a member's family, school, community and teen center, as well as success overcoming personal challenges and obstacles. Youth of the Year encourages teens to reach their full potential by achieving academic success, leading healthy lifestyles and contributing to their communities. Youth of the Year honorees are shining examples and living proof that great futures start at Whiteman AFB Youth Programs.

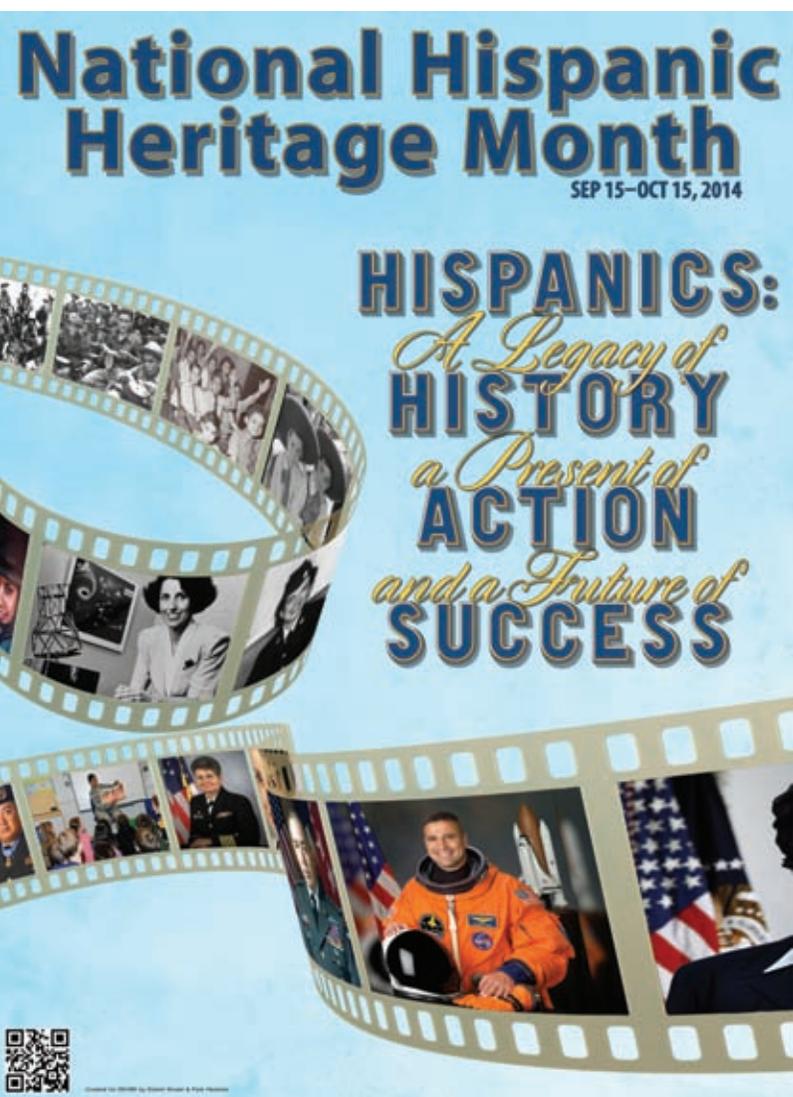
If you would like more information on Teen Programs, please call 660-687-5586 and find us on Facebook at Whiteman AFB Teen Programs.



U.S. Air Force photo/Staff Sgt Alexandra M. Boutte

Donovan McGoldrick is the local winner from Whiteman Air Force Base, Mo., and the Missouri Military Youth of the Year. Being named Youth of the Year is the highest honor a Whiteman AFB Teen Programs member can receive. Youth of the Year recognizes outstanding contributions to a member's family, school, community and teen center to reach their full potential by achieving academic success, leading healthy lifestyles and contributing to their communities. Donovan is the son of Senior Master Sgt. Peter McGoldrick, 509th Maintenance Group weapons standardization superintendent.

“A legacy of history, a present of action and a future of success”



2014 Hispanic Heritage Month

509 BW/EO

“Hispanics: A legacy of history, a present of action and a future of success.”

Sept.-Oct. 2014

PLAN OF EVENTS FOR OBSERVANCE

Tuesday, September 16

■ Kick Off & Proclamation Signing at Base Library 1100

Wednesday, September 17

■ Hispanic Heritage Story Time at Base Library 1100

Wednesday October 1

■ Hispanic Heritage Kids Event: Whiteman Elementary at 1100

Wednesday October 1

■ Hispanic Heritage Lunch Menu @ DFAC 1100-1300

Friday, October 17

■ Closing Celebration MOANG Armory 1100-1300

By Yecenia Caban Jimenez
2014 HHM Committee Chairperson

Hispanics and Latinos have played and continue to play an integral part in the growth and development of our great nation. What makes America great is that although we have different and diverse needs and desires, we’ve been able to combine all those differences to form one very diverse, but unified, family that allows us to be ourselves and expects us to accept each other.

The observation started as Hispanic Heritage Week under President Lyndon Johnson in 1968 and was expanded by President Ronald Reagan in 1988 to cover a 30-day period starting on September 15 and ending on October 15. It was enacted into law on August 17, 1988, on the approval of Public Law 100-402. The celebrations begin each year on September 15, the anniversary of independence of five Latin American countries: Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. Mexico, Chile and Belize also celebrate their independence days during this period and Columbus Day (Día de la

Raza) is October 12.

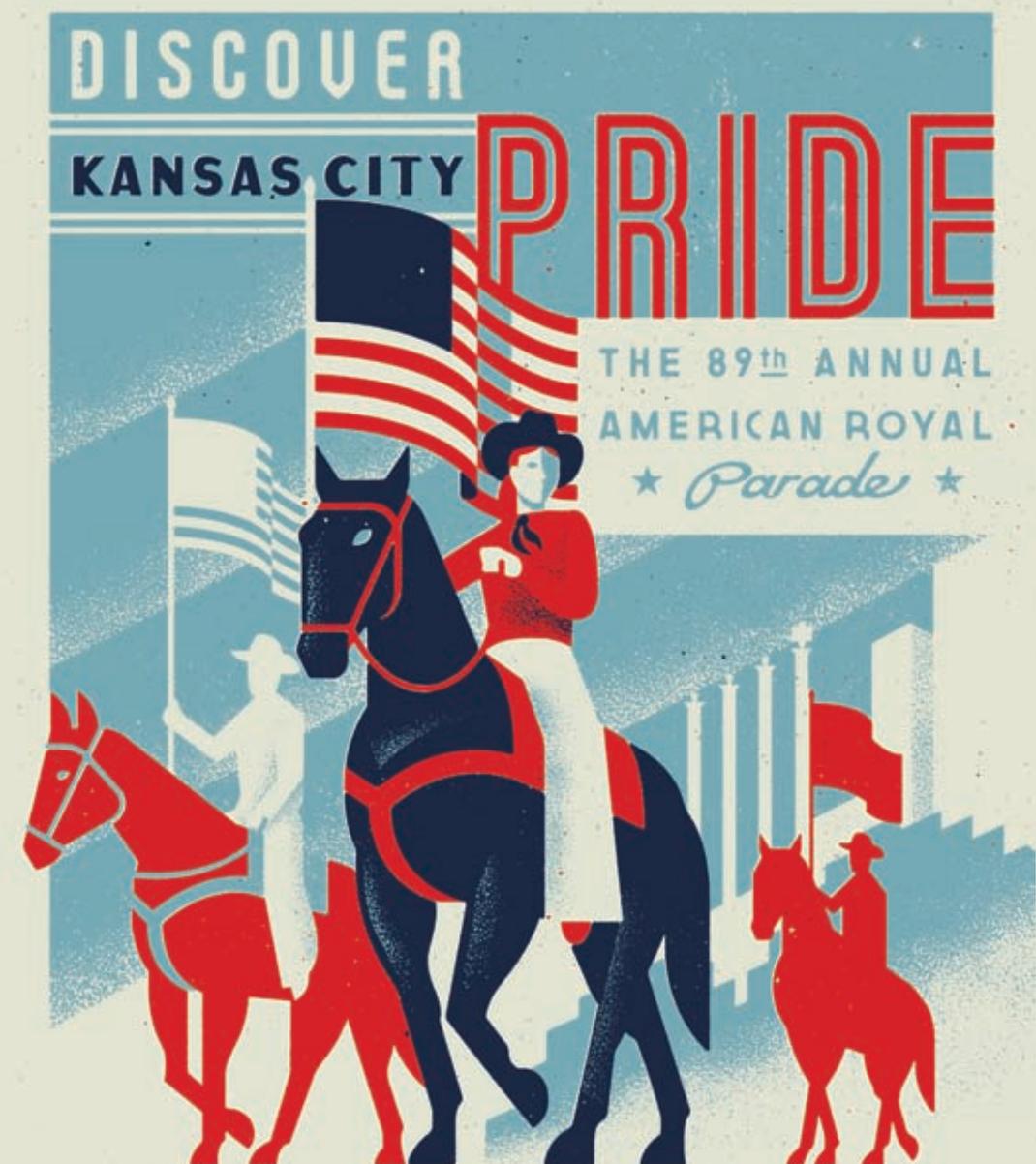
Hispanics have had a profound and positive influence on our country through their strong commitment to family, faith, hard work, and service. They have enhanced and shaped our national character with centuries-old traditions that reflect the multi-ethnic and multicultural customs of their community.

The Hispanic population of the United States as of July 2012 was 53 million, making people of Hispanic origin the nation’s largest ethnic or race minority in the Country. This constitutes 17 percent of the nation’s total population, in addition there are 3.7 million residents of Puerto Rico (a U.S. territory). The number of Hispanics or Latinos 18 years or older who are veterans of the U.S. armed forces was 1.1 million as of 2009.

Here at Whiteman, we are very honored and proud to be able to celebrate this month with the entire community and to share some of the History with you that is why we are inviting sending an invitation to all the events that will take place on base during the entire month.

“Vamos a celebrar nuestra cultura y nuestra historia, lo que nos distingue como raza.”

2014 American Royal Parade is Presented by Cerner



Saturday, September 27

9:45 am

Downtown KC - Grand Boulevard

Join thousands of your friends and neighbors for the American Royal Parade, a star-spangled salute to our military heroes and a proud Kansas City tradition!

- Nearly 4,000 marchers
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- Vintage cars
- 4-H and FFA youth
- Marching bands and drill teams

Parade runs north on Grand from Pershing to Truman Road

www.AmericanRoyal.com

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Funding for the Parade from



WHAT'S HAPPENING AT WHITEMAN?

JOIN US ONLINE @ WHITEMANFSS.COM & CLICK ON CALENDAR

FIND FEATURED EVENTS, ACTIVITIES, PROGRAMS, FAMILY & YOUTH EVENTS, FITNESS & MORE.

FEATURED EVENTS

SATURDAY 9/20

Outdoor Rec is open on Saturdays! Visit us to start your adventure! Open from 8am-12pm on Saturdays! Ask us about our rates. Call 687-5565.

WEDNESDAY 9/24

Boss & Buddy-Starts at 4:30pm- Mission's End Join us for cheap wings, great food, fun & friends. Share some wings with your fellow co-workers and enjoy watching sports, or even a few of our beverage specials. Call 687-4422.

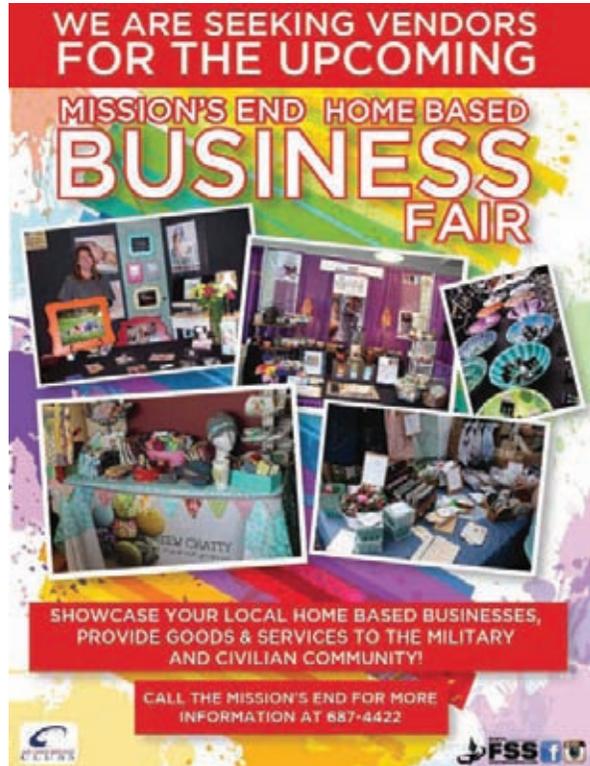


COSMIC BOWLING
FRIDAYS & SATURDAYS
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\$10 PER PERSON \$13 PER HOUR A LANE

RENT THE LANE PER HOUR FOR ONLY \$13, FROM 7:30-11:30PM FOR UP TO 5 PEOPLE ON A LANE.

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INFORMATION, TICKETS & TRAVEL

PUMPKIN PATCH & CORN MAZE DAY TRIP!

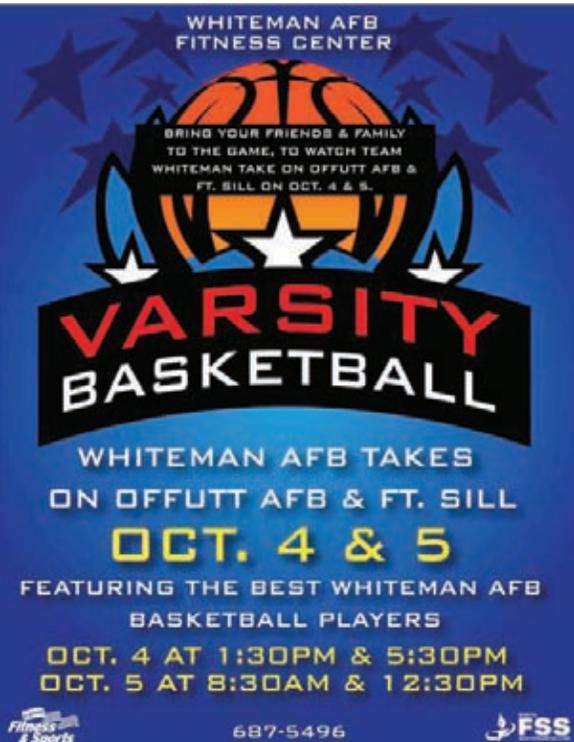
OCT. 5
OCTOBER 5
12:30 - 5:30PM

JOIN THE WHITEMAN TICKET OFFICE AS WE CELEBRATE FALL! SPEND THE AFTERNOON PICKING OUT YOUR SEASONAL PUMPKIN, TAKING A HAYRIDE, RIDING A BARREL TRAIN, JUMPING OFF A HAY MOUNTAIN & WEAVING YOUR WAY THROUGH A CORN MAZE!

ADMISSION & TRANSPORTATION:

ACTIVE DUTY: \$15
ADULTS: \$18
AGES 4-11 & 65+: \$15
KIDS 3 & UNDER: \$5
SIGN UP BY SEPT. 30

687-5618



WHITEMAN AFB FITNESS CENTER

BRING YOUR FRIENDS & FAMILY TO THE GAME, TO WATCH TEAM WHITEMAN TAKE ON OFFUTT AFB & FT. SILL ON OCT. 4 & 5.

VARSITY BASKETBALL

WHITEMAN AFB TAKES ON OFFUTT AFB & FT. SILL
OCT. 4 & 5

FEATURING THE BEST WHITEMAN AFB BASKETBALL PLAYERS

OCT. 4 AT 1:30PM & 5:30PM
OCT. 5 AT 8:30AM & 12:30PM

687-5496



[BE STRONGER, TOGETHER]

THIS FITNESS EVENT IS AN AIR FORCE PHYSICAL CHALLENGE THAT INCORPORATES SPECIAL OPERATIONS TEAM-BASED TRAINING

05 HOURS | 10 MILES | 35 PARTICIPANTS

WHITEMAN AFB FITNESS CENTER
OCTOBER 4
SIGN UP AT THE FITNESS CENTER

REGISTRATION DATES: 9/12
RETURNING DEPLOYERS: 9/12
ACTIVE DUTY: 9/19

MANDATORY 5K ON OCTOBER 3

AIR FORCE TEAM COHESION CHALLENGE



Mondays & Tuesdays: 7am - 1pm
Wednesday - Friday: 11am - 1pm
Located at Mission's End

B-2 Barista Cafe

FCC NEWS AND INFORMATION

FCC OFFICE 660-687-5590

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Providers are needed to provide care for the following: evenings, weekends, swing shift workers, infants, special needs and mildly-ill children. The Air Force offers a subsidy for providers for all children under the ages of 3 and any child who falls into the critical needs areas. Providers who hold a license are subsidized \$160 a week per qualifying child. Providers with chronic health problems are accepted. Call for more details.

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Register now for the extended duty care program. It is available to help DoD parents meet child care requirements for extra duty during exercises and emergencies. Care is provided in a contracted, licensed family child care home to augment regular care arrangements and is FREE. Come to the FCC office for an application prior to participation. Reservations need to be made at least a week prior to the care date. Call for more details.

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facebook.com/whitemanmarketing
www.whitemanfss.com

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



Whiteman, local schools reaffirm commitment to education



U.S. Air Force photo/Staff Sgt. Brigitte N. Brantley
U.S. Air Force Brig. Gen. Glen VanHerck, commander of the 509th Bomb Wing, and representatives from local schools pose after signing a memorandum of understanding (MOU), Sept. 10, 2014, at Whiteman Air Force Base, Mo. The MOU details what the schools and base will continue to do to provide educational opportunities for students. From left to right are Julian Schuster, senior vice president of Webster University; Joanna Anderson, president of State Fair Community College; the general; Dorla Watkins, vice president of finance and administration at Park University; and Charles Ambrose, president of University of Central Missouri.

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who can help at this hour?

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tonight. Do I have options?

I may need stitches,
but who takes walk-ins?

My migraine
won't go away, is
something wrong?



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05 CHEVY AVEO 4 CYL, STK, AIR, 40 MPG	3,995
04 CHEVY TRACKER 4X4, AT, AIR	3,895
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96 FORD RANGER X-TRA CAB, V-6, STK	3,495
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All real estate advertising in this newspaper is subject to the Fair Housing Act which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination." Familial status includes children under the age of 18 living with parents or legal custodians, pregnant women and people securing custody of children under 18. This newspaper will not knowingly accept any advertising for real estate which is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination call HUD toll-free at 1-800-669-9777. The toll-free telephone number for the hearing impaired is 1-800-927-9275.



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GET IN GEAR



Get your search moving by driving your car shopping to the classifieds.

Notices

Mozarkite Society of Lincoln, MO, Inc.
55th Annual Gem, Mineral & Jewelry Show & Swap
Sept. 19, 20, 21, 2014
Lincoln City Park



Lincoln, MO, 20 miles south of Sedalia on Hwy 65 behind Casey's

- Public digs for MOZARKITE during show
- Silent auctions (Auction proceeds for local scholarships)

1-3 Tables \$25; 4-6 Tables \$35; 7 tables or more \$40

For more information contact Ted Bolich at 660-890-4983

Funded in part by Benton County Tourism Commission



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)

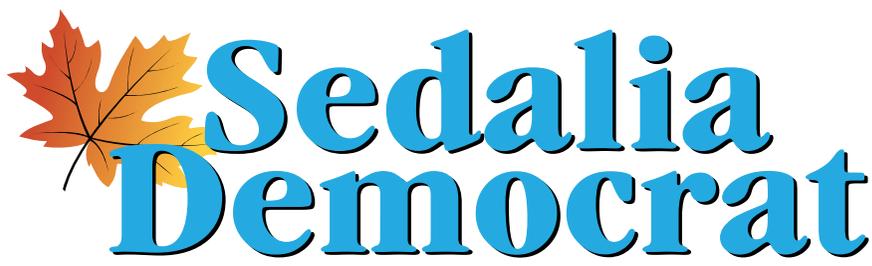
~ or ~

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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