Vol. 6 No. 19/May 15, 2015

www.whiteman.af.mil



The Warrior
May 15, 2015

# **Commentary**

# Wait! Put that phone down

**By Senior Master Sgt. Escobedo** 509th Maintenance Squadron

Flash back to 1996, a young Airman walks into his team-building class. As he makes his way to the waiting area, other Airmen are standing around making introductions and carrying on in conversation. As the clock nears the starting time, the members already have an idea of who is who and where they work. Flash forward to 2015 and the same type of course, walk in and examine the room, what do you see? Typically you'll see a couple of groups who already know each other holding short conversations and others looking down at their phones. Just as quick as you notice these conversations, those groups are on their phones as well.

Yes, I know this sounds like an old guy on his soapbox complaining about technology. Don't get me wrong, technology is great! It's what technology is doing to us socially, that isn't so great. So how does this tie into the social domain of the Comprehensive Airmen Fitness pillars? A strong social network can help us through the trying times and help us celebrate our victories! The era of "instant gratification" makes it near impossible to gather socially and have face-toface conversations.

Like I mentioned before, you walk into a class designed to teach you and create a social network. Networking is out the window when the majority of people have their heads down and faces glued to their phone. I get it, it's easy to read a Facebook page and see up-to-date information on your friends, but how much do you really know about your Facebook friends?

How do you know when they are in need before it's posted on the internet or sent in a text? This is where face-to-face conversations are important to all of us as a team and socially. When you sit and talk and listen to their answers, you can actually read their body language and understand how they feel about a particular topic. The same goes for your wingman; they can get a gauge on your feelings, your emotions and understand when you say "I'm good," but you really mean "I need help!"

Without the daily face-to-face interaction, we lose the ability to understand what is being put in a Facebook post, text or email. Next time you are at an event designed to introduce networking and conversation, put down your phone. Ask the person next to you how their day is, where they work and how long they've been doing it. You might meet a person who can help you in the future or vice versa!

Improving our ability to converse will build our social domain. Next time things get tough, you will be able to communicate your feelings to your wingman, friend or supervisor. Better yet, they will be able to get a gauge on you and your actions or responses in that moment. I'll end this with this question ... What do you really know about your friends, fellow Airmen or wingman? Put your phones down and find out face-to-face.

## THE WARRIOR

#### **Editorial Staff**

Brig. Gen. Glen VanHerck
509th Bomb Wing commander

Capt. Karl Wiest Chief, Public Affairs

2nd Lt. Matthew Van Wagenen **Public Affairs Officer** 

Airman 1st Class Joel Pfiester **Editor** 

Staff Sgt. Alexandra Longfellow Staff Sgt. Brigitte N. Brantley Senior Airman Keenan Berry Airman 1st Class Jovan D. Banks Airman Jazmin Smith Photojournalists

The Sedalia Democrat Layout and Design

Published by the **Sedalia Demo- crat**, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with Whiteman Air Force Base.

This civilian enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of **The Warrior** are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement of the products or services advertised by the Department of Defense, the Department of the Air Force or the **Sedalia Democrat**.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. Editorial content is edited, prepared and provided by the Public Affairs office of 509th Bomb Wing, Whiteman Air Force Base. All photographs are Air Force photographs unless otherwise indicated.

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

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.

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

# On the cover

U.S. Air Force photo/ Staff Sgt. Alexandra M. Longfellow 509th Security Forces Squadron military working dog Buda, aggresses a suspect during training at Whiteman Air Force Base, Mo., May 5, 2015. Buda is 4 years old.



# Commander's Armed Forces Day message

Team Whiteman,

On Saturday our nation celebrates Armed Forces Day. Armed Forces Day is designed to honor those Americans, like all of you, who are devoted to giving of themselves in a manner that no reward can ever really repay and in a way that no day of tribute can ever fully honor.

Simply put, Armed Forces Day is your day and all of you – whether Active Duty, Reserve or Guard – deserve recognition for doing what so few Americans are willing to do. You raised your right hand and committed yourself to serving not only our nation and its people, but the cause of freedom itself.

I firmly believe that each generation of Americans is responsible for laying the foundation of the future for the generation that will follow. And thanks to you and your willingness to fight for a future that all Americans cherish, that future looks bright.

I truly am honored to serve with all of you. I am so grateful for your willingness and that of your families to do all you do for our great nation every single day.

Have a great and safe Armed Forces Day this weekend – look out for one another.

Regards, Glen VanHerck



Brig. Gen. Glen D. VanHerck Commander, 509th Bomb Wing

News The Warrior May 15, 2015

# **NEWS BRIEFS**

# DISPOSITION OF PERSONAL EFFECTS

1st Lt. Chris Melendez is authorized to make disposition of the personal effects of Senior Airman John J. Bottom, deceased, 509th Security Forces Squadron, as stated in AFI 34-511. Any person having claims for or against the deceased please contact 1st Lt. Melendez at (660) 687-3596 or 407-921-1054.

#### **Youth Employment**

Youth Employment Skills (YES) Program is an on-base volunteer program for high school students and is offered through Whiteman AFB Teen Programs. This program, underwritten by the Air Force Aid Society (AFAS), is a joint effort between AFAS and Air Force Services to offer high school students an opportunity to learn valuable work skills, "bank" dollar credits toward their post-secondary education, and have a positive impact on their base community.

YES allows high school students to "bank" \$6 in grant funding for every hour volunteered in an on-base function. Students may accumulate as many as 250 hours over all 4 years of high school combined, for a potential maximum of \$1500 toward their future vocational-technical or academic endeavors. In addition, the base is credited with \$2 for every volunteer hour; to be used in support of Whiteman AFB Teen Programs (up to \$10,000 per year).

Teen Programs is looking for teens that would like to volunteer and base agencies that would like teen volunteers to learn various skills that will help them in future careers

Student volunteer is interviewed for positions coordinated by Teen Coordinator and base agencies appropriate for the YES Program. YES volunteers are not be placed in the following positions: thrift store, cashier positions, chapel positions, base retail operations, waitressing, school program, or any Red Cross position.

If you are an interested agency or have a high school teen interested (teen must be a dependent of active duty Air Force sponsor) in volunteering for scholarship money, please call (660) 687-5586.

#### Found property

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

# WEATHER

Today	Saturday
Scattered Storms	Chance of Storms
Hi 80	Hi 81
Lo 64	Lo 65
Cda	Manalan

# Sunday Monday Chance of Storms Mostly Sunny Hi 81 Hi 70 Lo 67 Lo 58

# May is National Moving Month – Let us help

**Balfour Beatty Communities** 

Did you know that May is the busiest season for relocation and has been recognized as National Moving Month?

For the military, it is also known as the start of permanent change of station (PCS) season. As the privatized military housing partner for Whiteman Air Force Base, Mo., Balfour Beatty Communities (BBC) would like to take a moment to share some moving tips and offer support to prospective residents planning to make Whiteman their new home and current residents relocating to a new military installation.

Whether arriving or departing, we understand that an organized move is ideal. Below are tips to help you plan a stress-free move.

- \* The essentials Don't forget to update your driver's license, change your address and share your new address with friends and family, post office, utility companies, insurance companies, banks and financial institutions, creditors, health providers, schools, subscriptions, travel/auto clubs, and other organizations.
- \* Are you moving with children? Keep your children in the loop and talk openly about the move. Filling your children in on the big change sooner rather than later will

give them extra time to process. Be available to talk and let them express their concerns openly. A writing journal may also give them the opportunity to write down favorite memories and jot down their thoughts and feelings.

- \* Explore the area as a family. Spending time to research the area to see what fun things there are to do in your new town can build excitement for your new home and community. To find local groups online to learn more about activities and events in the area, like our Facebook page: www.facebook.com/WhitemanHomes
- \* There are plenty of ways to plan for a sustainable move like condensing and simplifying belongings by hosting a yard sale or donating, saving newspapers and coupon flyers for packing materials, and visiting local stores to stock up on excess boxes that may otherwise be discarded.
- \* If you are moving with pets, be sure to research state/province leash laws, pet ordinances, and pet licensing requirements applicable to your new location and check in with your new leasing community office regarding pet policies. Reach out to your current vet for a copy of your pet's medical records as well as any travel advice or vet recommendations in your new area. They may also offer some

tricks to lessen the stress caused by traveling

If you are moving to Whiteman, give our community management office a call to explore all available housing options open to you and your family at (660) 687-0559. Our resident specialists are on-hand to share local community information to assist your family in getting settled.

If you are a current BBC resident planning on relocating to another BBC military property, be sure to inquire about our PCS Rewards Program. We want to reward our loyal residents. If you choose to reside with us at your new location, you will be able to take advantage of the following benefits:

- \* Fast and easy relocation: Our staff will assist you with the move coordination between locations.
- \* Hassle-free search: Avoid the stress by staying with what you already know.
- \* Incentive reward: Repeat residents who leave a BBC location and move to a new BBC location where they sign a lease will receive a \$100 reward!

Contact your management office at (660) 687-0559 for details. For a full list of BBC-managed military housing properties, visit: http://balfourbeattycommunities.com/ourcompany/military-installations.aspx

We look forward to welcoming you home.

# Navy Seal, author to speak at Whiteman



U.S. Navy Seal and award-winning author of Resilience and The Heart and The Fist, Eric Greitens, will be visiting Team Whiteman to share his philosophy on resiliency and how we can build it. He is also the founder of The Mission Continues, which challenges veterans to serve and lead in communities across America while adjusting to life at home.

A BETTER LIFE

RESILIENCE

HARD-WON

ERIC GREITENS

Navy SEAL

rw York Times beatselling author of THE HEART AND THE FIST

On May 19, 2015, Greitens will present his message on living with resilience and leading with strength and compassion through adverse circumstances. There will be two opportunities to hear him speak, 10 a.m. and 12:50 p.m. in the Whiteman Eagle Gym. Book signings will immediately follow each presentation, so bring your copy of the recently released book, Resilience, to have yours signed!

# **News**



FRIDAY, MAY 15 • 7 p.m. Get Hard (R) Adults - \$6.00 SATURDAY, MAY 16 • 7 p.m. The Longest Ride (PG-13) Adults - \$6.00, children - \$4.00

SUNDAY, MAY 17 • 3 p.m. Woman in Gold (PG-13) Adults - \$6.00 children - \$4.00



# Free \$50 Dinner Card to active and retired military and 1st responders

# SAT MAY16th thru MON JUNE 1st

Fenton Nissan Tiffany Springs 9600 Northwest Prarie View Rd. Kansas City, MO. 64153 816-459-4800 www.fentonnissanofkc.com

Fenton Nissan Lee Summit 1025 SE Oldham Parkway Lee's Summit, MO. 64081 816-600-4000 www.nissankansascity.com

No obligation or purchase required.

# ASIAN-PACIFIC AMERICAN HERITAGE MONTH

"MANY CULTURES, ONE VOICE: PROMOTE EQUALITY & INCLUSION"



MAY 1 - 1PM:

PROCLAMATION SIGNING @THE BASE LIBRARY

MAY 8 - 4:30-5:15PM:

YOUTH CENTER FUN RUN @SKELTON PARK

MAY 20 - 11AM-12:30PM:

READING @THE BASE LIBRARY

MAY 21 - 11AM-1PM:

ANNUAL OBSERVANCE EVENT @ANG ARMORY

# LEE'S SUMMIT MAZDA





# **MAZDA 3**



# SPECIAL SALE

New 2014 Mazda 3 i-touring Sedan, Automatic

**WAS:**\$21,440

\*\*\*\$16,998

After all qualifying incentives.

975 SE Oldham Pkwy Lee's Summit, MO 64081 (816) 434-6040 www.leessummitmazda.com





Feature
The Warrior May 15, 2015

# Help them, help you – volunteer at your attic

By Airman Jazmin Smith

509th Bomb Wing Public Affairs

It's extremely rare for someone who spent a portion of their day volunteering, or who donated things they no longer needed, to come to regret that choice.

This is because these generous acts provide a sense of fulfillment. After donating time and/ or resources, people often feel an inner pull to become even more involved in the community. The Airman's Attic provides that opportunity to give back.

"It's a great way for folks who have actually been recipients to give back," said Staff Sgt. Andrew Eia, 509th Security Forces Squadron member and volunteer. "If they no longer need what they got from here, they can bring it back so someone else can make use of it. It's just a constant cycle. Everybody wins a little bit here and there from it."

The Airman's Attic is a volunteer-run program that takes care of hundreds of juniorenlisted service members who qualify each week at no cost.

"We cater to eligible E-5s and below and their direct dependents," said Lacey Fitte, Airman's Attic coordinator. "Guard and Reserve are allowed to utilize the Airman's Attic if they're on active-duty orders, but they have to bring the orders in with the active-duty dates on it."

For those who are on a limited budget or who at the onset of moving into their first home had little to furnish with, the attic can be utilized to offset the cost of living. The attic offers an array of items including books, movies, clothing for all ages, toys and games, home decor, furniture and appliances, seasonal decorations, electronics and uniform items. Patrons can also consider using the Cinderella's closet for their special events, as they carry an assortment of formal dresses and accessories.

"For the younger Airmen who can't afford to get certain things, the Airman's Attic provides that need," said Reta Denson, an Airman's Attic volunteer. "I've heard people say what a difference it makes for them to have a place like this where they can get things that they don't have to pay for."

Airmen who are relocating, or even spring cleaning, can donate items in good condition at the attic's shed, to the rear of the store, at any time. Although these donors may not see

the difference their contribution made, volunteers know how greatly it helps the needs of young Air Force families.

"We start from the beginning till the end," said Fitte. "You see the Airmen in the dorms come in needing things, then they make rank or they get married and have families. Then eventually, they make high enough rank where they can't come in anymore, so you see it from the beginning to the end. Giving back starting one person at a time... that's all you really can do here: Start with one person at a time."

The attic would not be open if it were not for the volunteers. In order to keep the attic up and running, those who can are encouraged to come in and see what it is the program does. There are opportunities Mondays, Tuesdays and Fridays to help out.

"I started out just coming in one day a week and enjoyed it so much, I felt the need to come back and help out more, so I'm here three days a week now," said Julie Dell, an Airman's Attic volunteer. "It's a fun environment to work in. It's nice to be a part of the community and serve the community."

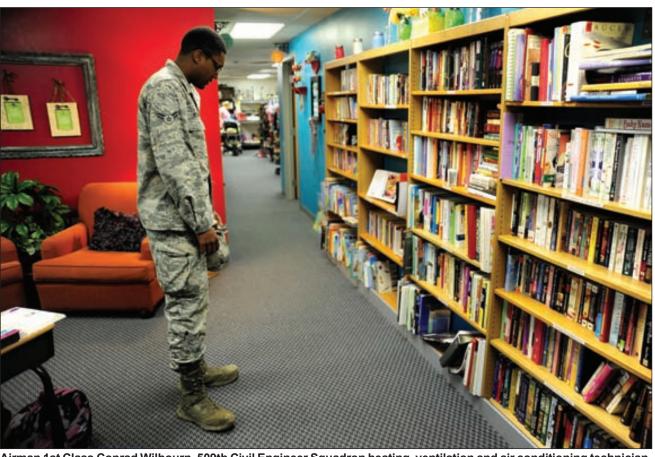
It is a lot of work to keep the Airman's Attic operating; volunteers are responsible for sorting and setting up the store, as well as maintaining the appearance. However, it helps people remain involved and connected in the community.

"Volunteering is crucial," said Fitte. "You give back to so many families at this base; it's such a great way to help and you get to know the patrons that come in. You see their faces each time, you see their children grow up. It's the perk of living in a small community. There's always something to do and it's a really fun environment, but we couldn't function and stay open if it weren't for volunteers."

The dedication and selflessness are the epitome of the volunteers who work collectively, taking the time out of their week to help their community.

"It takes that one less stress away from an Airman or a dependent," said Fitte. "It makes a difference. That one less stress is off of them, so they can carry on with the mission."

The Airman's Attic is open Tuesdays and Fridays from 10 a.m. to 2 p.m. and runs off the Knob Noster school district schedule. If interested in volunteering or for more information, check out their Facebook page at "Whiteman AFB Airman's Attic" or call them at (660) 687-3661.



Airman 1st Class Conrad Wilbourn, 509th Civil Engineer Squadron heating, ventilation and air conditioning technician, checks out the large collection of books available for free to patrons April 28, 2015, at Whiteman Air Force Base, Mo. The books are organized by various subjects and the shelves also contain a section of DVDs for shoppers to peruse.

The Airman's Attic at Whiteman Air Force Base, Mo., is open Tuesdays and Fridays from 10 a.m. to 2 p.m. Its goal is to provide support to staff sergeants and below and their dependents.





The Airman's Attic at Whiteman Air Force Base, Mo. features a uniform closet for service members to find ABUs, dress blues, PT gear and all sorts of other essential uniform items. Patrons are allowed to take two items per visit from this area.



Lacey Fitte, Airman's Attic coordinator, sorts through donations at the Airman's Attic May 1, 2015, at Whiteman Air Force Base, Mo. Volunteers work hard to maintain the store's appearance and ensure items are placed on racks and shelves.

U.S. Air Force photos/ Airman Jazmin Smith

# News



# 2015 Bike Rodeo

**Hosted By 509 SFS** In honor of the Fallen Officers





Other events:

- K9 Demo
- Weapon display
- · Vehicle display
- Sedalia's D.A.R.E
- Visit From McGruff

When: Saturday May 16.

1000 - 1400

Where: EX parking lot





# **24**-Hour

Household Items - Boats - RV's Collector Cars - Trailers

660-909-3102

# CLEAN, DRY & CONVENIENT

5'X8' UP TO 10'X50', PLUS SOME 12' WIDE UNITS Concrete Floors ~ Interior Lights

> Just Off Hwy. DD, 3 Miles West of Whiteman AFB 105 SE 591 Rd., Warrensburg

## Sometimes it's not "happily ever after"

Nobody welcomes a divorce. But we can guide you through the legal process while protecting your rights, and assist in achieving the goals you desire. Call for a consultation.

## **Low-Cost Divorce**

- Uncontested Only\* -Attorney Fee - \$350.00

**BEARD &** ASSOCIATES **LAW FIRM** 660-827-5650



Welcome to Warrensburg... A community of small town values, rich in culture and charm.

## **AUTOMOTIVE REPAIR**

C & M Automotive

We Welcome All Military Members & Their Families! *FREE* Estimates & Computer Diagnostics! Auto Repair • Mo. State Inspections • Motorcycle Inspections 175 SE 13 Hwy. - Warrensburg - Visa/Master Card/Discover 660-422-7770 or 660-909-3490 - CandMAutomotive.com

### **AWARDS • PLAQUES • TROPHIES**

**Kerley Copy Center**Name Tags • Large Format Printing • Color And B&W Copies 100 W. Pine Warrensburg, MO 64093 • 660-747-2417

www.kerleycopycenter.com

#### **BINGO**

#### American Legion Post 131

Bus. 50 E. – Warrensburg • Now accepting credit and debit cards • Doors Open at 5:00 pm Games start at 6:40 pm • TUESDAY-Prizes from \$70 up to \$1100 Two Progressive Games • 660-747-5957

#### **EQUIPMENT RENTAL**

#### **B-Quip Equipment Rental**

Tools • Equipment • Rental • Sales 2 minutes West of Warrensburg on Hwy. 50 • Warrensburg, MO 64093 1-660-422-RENT

#### **GIFTS & HOME DÉCOR**

### Treasured Blessings at Whimsy Lane

Vinyl Lettering • Handwoven Baskets • Rustic Home Décor Glass Etching • Candles • Personalized Photo Gifts 205-A N. Holden • Warrensburg • 660-747-0470

#### HARDWARE & BUILDING SUPPLIES **Economy Lumber & Hardware**

Junction Highways 50 & 13 • 660-747-7158 • Free Delivery to WAFB Complete Line of Building Materials

It doesn't cost to advertise. It pays! YOU GET RESULTS!

## **INVESTMENT SERVICES**

Edward Jones - Making Sense of Investing SEE US FOR ALL OF YOUR 401(K) ROLLOVER OPTIONS

Rich Lawson Financial Advisor 109 East Pine • Warrensburg, MO 64093 • 660-747-6128 • Member SIPC www.edwardjones.com

PRESCHOOL & DAYCARE

#### Mini Adventures Preschool & Day Care

Open from: 0545 to 1800 • 360 SW 13 Hwy • 747-1265 Age Groups: Infants to 12 years old

Before/Afterschool Program • Preschool Program • DFS Accepted

## **STORAGE UNITS**

## Store Yer Stuff, LLC

Space available for Household Items, Cars-Boats-RVs Wide range of sizes available • Clean ~ Dry & Convenient • Outdoor Storage Available Located just off DD Highway Approx. 3 mi. W. of WAFB • Warren Waller Cell #660-909-3102

#### RESTAURANT

## Oriental Cuisine Of Warrensburg

Korean & Japanese Cuisine Including Sushi Bar Open Daily 11 am - 9 pm New Location! 705 N. Burkarth (Next To Dairy Queen) 660-429-1020 • Facebook.com/orientalcuisine

#### VETERINARIAN

## Lifetime Animal Center

"Caring for all God's Creatures" **Charles L. Barry, DVM • Sharon Keairnes, DVM**Dogs, Cats, Horses, Livestock & Exotics Boarding & Grooming Available
Mon.-Fri. 7:30am-6pm • Sat. 8am-12pm • Emergency Service Available Toll Free 877-922-7838 • 227 SE 13 Hwy. • www.lifetimeanimalcenter.petplace.com

CALL 1-800-892-7856 TO PLACE **YOUR AD** 

# McCARTHY CHEVROLET LEE'S SUMMIT







\*24 MONTH LEASE WITH APPROVED CREDIT THROUGH GM FINANCIAL. TRAX: \$739, EQUINOX \$1,929 DUE AT LEASE SIGNING. SECURITY DEPOSIT WAIVED. OFFERS PLUS HANDLING, DESTINATION, TAX, TITLE, LICENSE, FEES AND OPTIONAL EQUIPMENT AFTER ALL APPLICABLE REBATES TO DEALER. \*\*\$16.67 PER \$1000 FINANCED. WITH APPROVED CREDIT, ON SELECT MODELS. OFFERS END 6/1/15

CERTIFIED PRE-OWNED 2012 CHEVROLET CRUZE

CERTIFIED PRE-OWNED 2011 GMC **TERRAIN** 

CERTIFIED PRE-OWNED 2014 CHEVROLET TRAX LTZ

CERTIFIED PRE-OWNED 2014 CHEVROLET SILVERADO 2500HD CREW CAB 4X4 STK#UL51181A

CERTIFIED PRE-OWNED 2013 CHEVROELT TRAVERSE LTZ

# GET GREAT DEALS ON QUALITY PRE-OWNED VEHICLES

2012 CHEVROLET EQUINOX 1LT . . . . STK#UL1287 GM CERTIFIED, REMOTE START 2013 CHEVROLET EQUINOX 2LT . . . . . . . STK#UL1288 GM CERTIFIED, 1 OWNER 2010 GMC ACADIA. . . . . . . . . . . . . STK#UL130 GM CERTIFIED, CARFAX 1 OWNER

\$22,333

2012 GMC ACADIA . . . . . . STK#UL1323 GM CERTIFIED, 1 OWNER

2013 CHEVROLET SILVERADO 1500 LT. STK#UL51121A GM CERTIFIED, 1 OWNER

2013 CHEVY TRAVERSE ...... STK#UL1296 GM CERTIFIED, WELL EQUIPPED

\$28,999

PRICE PLUS TAX, TAG, TITLE AND FEES. WITH APPROVED CREDIT. VEHICLES SUBJECT TO PRIOR SALE



945 SE Oldham Parkway Lee's Summit, MO 64081 www.ChevyLS.com

Sales Hours Mon-Thurs: 9AM-8PM Fri-Sat: 9AM-7PM • Sun: Closed Service Hours Mon-Fri: 7AM-6PM Sat: 7AM-3PM • Sun: Closed

FIND NEW ROADS"



Prize: One complete Mess Dress Uniform for one male Airman, and one female Airman



# 1 May - 30 June

Eligibility: E1-E4 Whiteman Airmen winner announced 1 Aug



# **Pules:**

Submit up to 10 photos and a video (90-120 seconds) chronicling how you have embraced the Whiteman areas as "Home"

one entry per contestant

# Spirit of Home

Sponsored by the Air Force Ball commitee, funded by Whiteman Spouse's Group.

# Airmen can access behavioral health services in primary care clinics

By Air Force Surgeon General Public Affairs

FALLS CHURCH, Va. (AFNS) -- Airmen, veterans and family members seeking care for a variety of mental health and medical conditions have direct access to care from their primary care clinic.

The support is available through the Air Force's Behavioral Health Optimization Program (BHOP), a consultation service within primary care designed to target any issue affecting a person's overall health and optimal functioning. According to Maj. Mathew Nielsen, BHOP chief for the Air Force Medical Operations Agency, BHOP services are not considered mental health treatment, but rather short-term care focused on healthy coping strategies, communication skills and behavioral change.

"Mental health treatment is a specialty service, and BHOP is a consultation service," Nielsen said. "It is similar to when a primary care manager refers a patient to a cardiologist, orthopedist, dermatologist or other specialists when needed."

Nielsen said Air Force data shows that nine out of 10 patients can be effectively treated within BHOP by licensed social workers and psychologists and never receive a referral to a mental health clinic.

"Research has demonstrated that BHOP is a very effective model and we are seeing a lot of patients in primary care," he said. "Patients are getting better and they report being highly satisfied with these services.'

Before seeking care from the on base mental health clinic or a community Tri-Care mental health provider, Nielsen recommends first seeking assistance from your military treatment facility's internal behavioral health consultant (IBHC). Last year, he said, nearly 35,000 Air Force beneficiaries benefited from seeing the IBHC at least once. Brief consultation is now available for a variety of topics, such as sleeping better, managing anxiety and worry, weight loss management, coping with chronic illness, pain and stressors, tobacco cessation, improving mood and chronic pain.

"Integrated primary care behavioral health consultation is a premium service for our beneficiaries," Nielsen said. "Most health care systems in the United States do not have these services available."

For more information on BHOP services, or to make an appointment, contact your primary care clinic or ask your PCM for an introduction.



**Quick Response** des enable readers additional content outside the Most QR code Market and App





Whiteman AFB The Official Facebook Page





"Have you Driven a

O% APR FOR 60 MONTHS

ve you Driven a PLUS \$750 CONQUEST CASH\*





2015 Ford Fiesta

\$14,690 Rick Ball Discount -\$691 Retail Customer Cash -\$1,000

<u>-\$12,999</u> \*\*College Student Rebate -\$500

SALE PRICE



2015 Ford Focus SE Rick Ball Discount -\$950

\$19,625 \*\*\*Ford Credit Cash \$500 \*\*College Student Rebate -\$500

-\$500

\*Competitive Conquest Cash



2015 Ford Fusion

\$22,835 Rick Ball Discount -\$990 \$21,845

Retail Customer Cash -\$2,000 \*\*\*Ford Credit Cash -\$1,000 \*Competitive Conquest Cash -\$750 \*\*College Student Purchase Cash <u>-\$500</u>

SALE PRICE



2015 Ford Escape \$23,505

Rick Ball Discount -\$1,270 \$22,235

Retail Customer Cash -\$1,500 \*\*\*Ford Credit Cash -\$250 \*Competitive Conquest Cash -\$750 \*College Student Purchase Cash - \$500



2014 Ford Edge Limited

Rick Ball Discount -\$1.694 \$34,496

Retail Customer Cash -\$2,500 \*\*Ford Credit Cash -\$1,500 \*Competitive Conquest Cash -\$750 \*College Student Purchase Cash -\$500



2015 Ford Explorer

\$32,380 Rick Ball Discount -\$1,228 Retail Customer Cash

\*\*\*Ford Credit Cash -\$500 \*Competitive Conquest Cash -\$750 \*\*College Student Purchase Cash -\$500

RICK BALL S



Rick Ball Discount -\$975 \$24,845

Retail Customer Cash -\$500 \*\*College Student Rebate <u>-\$500</u>

SALE PRICE 23.845





MSRP \$48,860 RICK BALL \$34,500 SALE PRICE



-\$3,000 F-150 Retail Customer Cash \*\*\*Ford Credit Cash -\$1.250 \*\*\*\*Retail Trade Asst.

<u>-\$1,500</u> SALE PRICE \$3

\*See Dealer for details and if your vehicle qualifies. \*\*See Dealer for college student details. \*\*\*Must finance thru Ford Motor Credit. \*\*\*\*Must trade in a 95 or newer vehicle

2505 West Broadway Blvd., **SEDALIA, Mo 65301** 

rickballfordsedalia.com

660-826-5200



# See a problem? Own It!

# **Advertisements**

# **Money Down! Interest!** or Needed





Microsuede

Compare at \$799



With 4 Pillows! Chenille Sofa Compare at \$799

Chenille Dual Recliner 🤝 Sofa Compare at \$1,299





















iComfort Savings-\$100 Off Queen Sets \$200 Off King Sets



# PLUS-FRE

Get TWO Memory Gel Pillows, a SIX Piece Sheet Set, and a \$100 FFO Home Gift Voucher! Limited Time Offer-Hurry!







Group







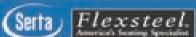






















3200 W Broadway Blvd, Sedalia, MO 65301 • (660) 829-0042

Visit us at ffohome .com

Feature
The Warrior 11

# Emerging from the fog:

# A story of loss, healing, new beginnings



U.S. Air Force photo/Staff Sgt. Jake Barreii

Avery Lokowich gives her dad, Lt. Col. Luke Lokowich, the 5th Reconnaissance Squadron commander and a U-2 pilot, a hug after her softball game April 25, 2015, at Osan Air Base, South Korea. Avery is the oldest of Lokowich's three children.

# **By Senior Airman Matthew Lancaster** 51st Fighter Wing Public Affairs

#### OSAN AIR BASE, South Korea (AFNS)

-- (This feature is part of the "Through Airmen's Eyes" series on AF.mil. These stories focus on a single Airman, highlighting their Air Force story.)

On the way to the hospital, after nine months of anticipation, Luke and JoAnne Lokowich were getting ready for what's typically the most important moment of a married couple's life. Hours later, the memories and happiness were overtaken by grief and sadness as JoAnne, after giving birth to daughter Avery, suffered cerebral hemorrhaging due to an aneurism and died.

The loss was shocking and overwhelming for Lokowich, whose life had been flourishing personally and professionally. In a matter of two hours, his entire narrative has been twisted, and in the succeeding years, he would have to face not just living in tragedy, but challenging himself to emerge from it, all while raising Avery, honoring his past, and finding strength in the future.

Lt. Col. Luke Lokowich, now the 5th Reconnaissance Squadron commander and a

U-2 pilot at Osan Air Base, Republic of Korea, is now remarried to his wife Lindsey and have two additional children: Abigail and Jacob. His first daughter, Avery, is now15 years old and a freshman in high school. The journey to new love, and new family, was a challenging trek for Lokowich, and one that seemed far-off and unlikely 15 years ago.

"It was very much a difficult mixture of joy and happiness," Lokowich said. "I've got this new baby, but at the same time this sinking feeling of 'oh God, what do I do?""

Immediately afterwards, Lokowich said he experienced huge changes including learning how to care for a newborn while preparing for a funeral and grieving the loss of his wife.

"For a couple of months it was foggy," he said. "I withdrew to just core tasks of eating, sleeping, and staying clean. I did that for myself and for Avery. I did the things I needed to do to survive and to make sure Avery was safe and healthy."

His world askew, Lokowich relied on the generosity and kindness of others to help him start healing.

"I had a lot of help from friends and family," Lokowich said. "Each person would take a week and a half or however much time

they could muster just to get me through that initial part. I had a small group of friends at Barksdale Air Force Base (Louisiana) that I went through co-pilot initial qualification training with in the B-52 (Stratofortress). They became my closest friends and in many cases, closer than some of my family members ... That's what kept me in the Air Force; I joined for the airplanes, I stayed for the people."

There are many coping mechanisms for people who experience tragedy. Lokowich went through a litany of methods, including alcohol, spirituality, exercise and work.

"Alcohol makes you forget for a little while, but it's a terrible method for coping with stress, loss, or anything else," Lokowich said. "As a mid-20 year old officer in a flying squadron I probably consumed just as much as anyone else but it's terrible for solving problems. It causes more than it solves. For a little while there it was rough going and I probably drank more than I should have. I was glad I was able to find other outlets."

Through several ways of bonding and experiencing friendship, Lokowich said he was able to slowly heal.

"One was spirituality," Lokowich said. "It is certainly fantastic to get involved with a

religious group of people who have similar experiences. It was tremendously beneficial getting together with people who also had their lives crumble around them."

Physically, Lokowich found solace in workouts like running, which gave him a chance to exercise his body while exorcizing his mind.

"Exercise is fantastic, a great stress relief," Lokowich said. "It's a social activity, especially around Shreveport, Louisiana where we were living. I probably got into better shape than I have ever been in. It's great for stress release. You've got a lot of time to think about things. At the end of it you could probably have some questions answered."

Finally, work provided an outlet for Lokowich, he credited flying with igniting his recovery.

"Work could be a good coping mechanism just to take your mind off of things," Lokowich said. "It was on my first flight following JoAnne's death that I received a real, alcohol-free reprieve from parenting and began to heal."

Lokowich said flying is an indescribable joy where he can escape from the chaos of a

See Emerging, page 14



Seven local K-9 police departments train with the 509th Security Forces Squadron military working dog section at Whiteman Air Force Base, Mo., April 30, 2015. The training included vehicle extractions, scout and apprehending suspects and building challenges.



U.S. Air Force Staff Sgt. Amanda Cubbage, 509th Security Forces Squadron military working dog handler and MWD Buda, take a rest before training again at Whiteman Air Force Base, Mo., April 30, 2015. Several local police departments attended the training, which included performing a scout for a suspect, challenging buildings and vehicle extractions.



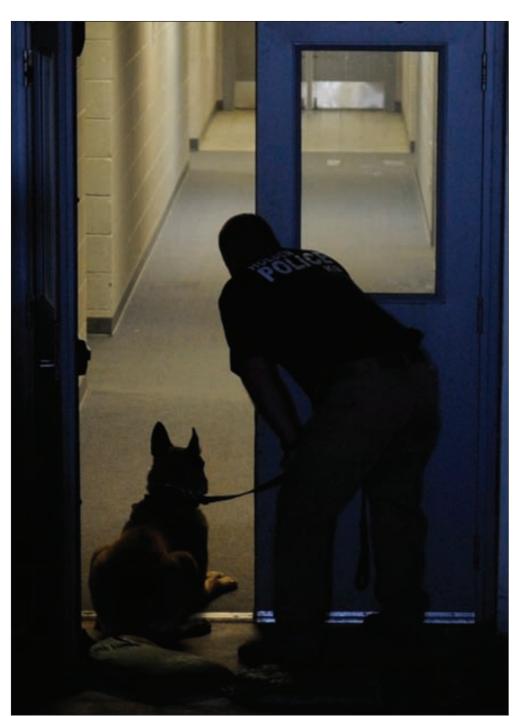
U.S. Air Force Staff Sgt. Ki Seung Nam, 509th Security Forces Squadron military working dog handler, takes a bite from MWD Kyranja during a vehicle extraction at Whiteman Air Force Base, Mo., April 30, 2015. During a vehicle extraction, a dog is sent into the vehicle to pull the subject out.



U.S. Air Force Staff Sgt. Amanda Cubbage, 509th Security Forces Squadron military working dog handler removes the leash from MWD Buda during an off-leash training session at Whiteman Air Force Base, Mo., May 5, 2015. Cubbage and Buda have been partners for seven months.



Jackson County Police Department deputy Brad Norton and K-9 Bdar, perform a scout for a "bad guy" that has taken off on foot into the woods at Whiteman Air Force Base, Mo., April 30, 2015. Several local police departments trained with the 509th Security Forces Squadron military working dog section on several tactics such as off-leash training and apprehending suspects.



Holden police officer Matt Bond with K-9 Drako, challenges the building before releasing the K-9 off-leash at Whiteman Air Force Base, Mo., April 30, 2015, during a combined training with the 509th Security Forces Squadron military working dog section. The handler challenges the building by calling out to a hidden suspect within the building before releasing the dog to find the suspect.

14 The Warrior May 15, 2015

# News

# Whiteman AFB Thrift Store

Did you know.....

....anyone with base access can shop there?

....the store is open Tuesdays and Fridays

except for holidays?

....daily specials are posted on Facebook

"Whiteman AFB Thrift Store".

....donations are accepted anytime by drop oil

in the shed behind UMB Bank?

**Volunteers Needed!!!** 

Mondays, Tuesdays and Fridays.

Discount on merchandise.

Childcare for volunteers is offered on Fridays

For more information call: 660-563-3910

# NATIONAL AMERICAN UNIVERSITY

Proudly supporting MILITARY FAMILIES & THEIR DEPENDENTS



#### **WHITEMAN SCHEDULE SUMMER 2015**

Classes may be cancelled or added depending on enrollment.

#### THE FOLLOWING CLASSES ARE NOW FORMING:

SESSION 1 JUNE 8th- JUNE 26th (5-9:20 pm)

Composition 1 Mon. - Wed.

Speech Mon. - Wed.

SESSION 2 JUNE 29- JULY 17<sup>th</sup> (5- 9:20 pm)

American History M-W

Speech M-W

Principles of Management M-W

SESSION 3A JULY 20th- AUG 7th (5-9:20pm)

Humanities T-Th

SESSION 3B JULY  $20^{th}$ - AUG  $21^{st}$  (5-9:20pm)

Collage Algebra M-W

Contact:
Sandy Mullins
401 Angus Lane
1 Mile West of McDonalds
Knob Noster, MO 65336
660-233-4170
smullins@national.edu

NO APPLICATION FEE

Newly Remodeled Facility Hours: Monday-Friday 9:00am-5:00pm



### www.national.edu

Attention first time college students: Tutoring is always available during Knob Noster faculty hours Accredited by the Higher Learning Commission and a member of the North Central Association. www.ncahlc.org • (312) 263-0456

Accredited since 1941

80636

# Emerging Continued from Page 11



Courtesy ph

Lt. Col. Luke Lokowich, 5th Reconnaissance Squadron commander, with his daughter Avery at Barksdale Air Force Base, La., during the summer of 2000, a few months after she was born. Fifteen years ago, Lokowich lost his wife, JoAnne, when she suffered a cerebral hemorrhaging due to an aneurism. With the support of his family and friends, and healthy coping methods, Lokowich has been resilient, and has since remarried and still celebrates JoAnne's life.

flawed world. He became interested in flying airplanes at a young age due to the influence of his mother. This experience went on to shape his life, not only inspiring him when he was young, but giving him the fortitude to persevere in the darkest moments of his life.

Enduring for years with the help of friends, faith, exercise, and work; one day, Lokowich was ready to revisit his past. He remembers looking at pictures of his lost wife as a turning point which inspired him to move forward in life.

"For whatever reason after lunch I started looking through old photographs (of JoAnne) and they were starting to cause me a lot of emotions," he said. "I forced myself to continue looking at the pictures and allowed those emotions, the tears, the loss, the sorrow and the guilt to continue coming out. At the end of this time I grabbed all my favorite pictures and I went down to the frame shop on base and asked to frame all of them. It was after that day I felt much better and knew that there was going to be something on the other side. To this day that frame picture hangs in Avery's bedroom, pictures of her mother."

Once he was able to move forward, he was able to find new love and begin to start a new family.

"You know when I met Lindsey, I think some people would argue that I entered a relationship with her sooner than I should have," Lokowich said. "I was very fortunate that Lindsey was placed in my path... She would stop by my house to help me fold laundry. We would talk about the day, about Avery, about JoAnne's family and about that loss. We weren't so much dating as she was helping me move through this."

Lokowich and Lindsey now have a family of their own with children: Abigail and Jacob, 9-year-old twins, and Avery. Luke said he often sees remnants of JoAnne in Avery.

"JoAnne is walking, living, breathing and smiling through her daughter," Lokowich said. "I've got a beautiful kid that acts just like her mother and she never even met this woman, but she's got those pieces and parts of her. When I argue with my 15 year old, it's like JoAnne is right there. She is her mother's daughter for sure."

Moving forward with Lindsey subjected

Lokowich to scrutiny from other people. Some criticized his decision to remarry two years after the loss of Joanne.

"It was hard for some family members to accept that I was starting to have an interest in somebody else," Lokowich said. "There were a lot of people that didn't come to the wedding. For those critics I would tell them that 13 years later it was a good decision. I'm more happily married today with Lindsey than the day I got married to her. If you have healthy methods as a way to recover and move forward from tragedy then no one can judge you on the amount of time it takes."

After all the grieving and the coping, Lokowich decided to celebrate JoAnne's life. He said he believes her passing has taught him that family is important and it should never be taken for granted.

"Sometimes I feel like we have so much safety in our society that tragedy doesn't strike often enough to realize how good the good times are," Lokowich said." "I still like to have nice things just like everyone else and have needs, wants, and things that I care about. But they don't rise to the level of importance as my family. That was probably JoAnne's biggest lesson to me that I can always thank her for. She left me with a desire to be a better husband and a better father. I didn't know what it could be like without JoAnne and now being married a second time I fully understand what it could possibly be without Lindsey and I'm not interested in doing that."

After the mourning process, Lokowich said he thinks celebrating his passed love is the right thing to do.

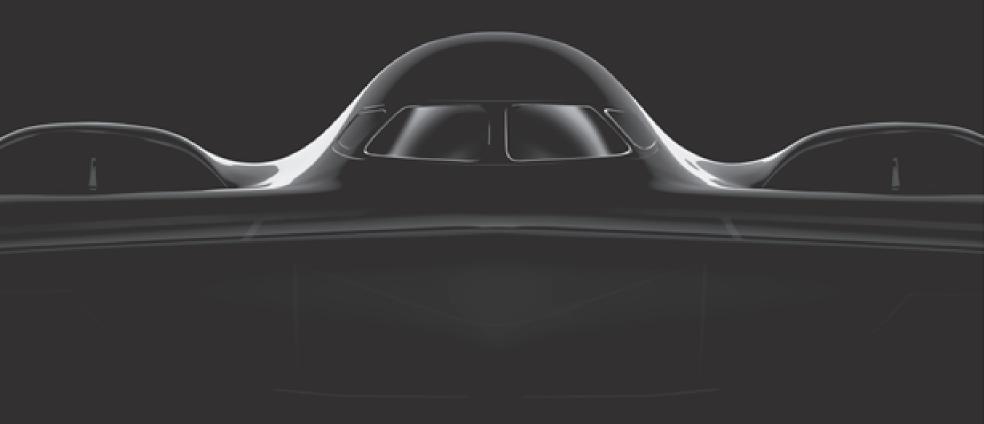
"I think JoAnne would absolutely want me to celebrate her life as opposed to mourning it," Lokowich said. "That's always been my choice."

Fifteen years after that tragedy that shook his life, Lokowich is more grateful for what he has and what he's had, than what he's lost. He said he wants people to know that, while life can be harsh, life can also be better.

"There are a lot of people that turn to thoughts of suicide, alcohol or other abusive behavior, or they just close themselves up from everybody," Lokowich said. "My advice is to celebrate the things worth celebrating and sometimes that's the person that's gone."

THE VALUE OF PERFORMANCE.

NORTHROP GRUMMAN



STEALTH

Not all stealth is created equal. For more than 70 years, Northrop Grumman has been the leader in tailless, blended-wing aircraft—an essential hallmark of true, low-observable stealth. And to this day, we're the only ones who have delivered large-scale, long-range stealth aircraft. **THIS IS WHAT WE DO.** 

# News

# **Enroll newborns in TRICARE** within 60 days of birth

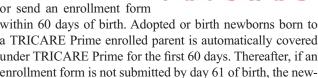
By Master Sgt. Carolyn Stewart 14th Medical Support Squadron

COLUMBUS AIR FORCE BASE, Miss. -- Service members are reminded to enroll their newborns into TRICARE within 60 days of birth or 120 days in overseas

When newborns are not enrolled within the first 60 days of birth, this can cause claims processing issues and parents

incur costly out-of-pocket expenses.

Members who want their newborns to have TRICARE Prime coverage must call



born's coverage is converted to TRICARE Standard. Adding a family member in the Defense Enrollment Eligibility Reporting System (DEERS) does not mean they are also enrolled in TRICARE. Newborns will continue to receive TRICARE Standard coverage for 365 days, whether enrolled in DEERS or not. On day 366, newborns not enrolled in DEERS will no longer be eligible for TRICARE Standard.

Coverage is different for families covered under TRICARE Reserve Select (TRS) and TRICARE Retired Reserve (TRR). Newborns are not automatically covered under TRS and TRR. A TRS and TRR application must be submitted within 60 days of birth to receive retroactive TRS and TRR coverage. If an application is sent after 60 days, coverage for the newborn will not be backdated and the family is responsible for the care the newborn received in the first 60 days.

Ensure you are submitting enrollment forms for all eligible family members for coverage and to eliminate costly out-of-pocket expenses.

For DEERS registration sponsors will need a certificate of live birth from the hospital or birth certificate, and the child's social security card.

For more information on newborn or adopted child TRICARE Prime enrollment or any TRICARE coverage plan, please call 1-800-444-5445 or go to www.tricare.mil.

# May enlisted supplemental promotion list released



By Air Force Personnel Center Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS) -- The Air Force selected 31 enlisted Airmen for promotion via the supplemental promotion process.

To see the list, go to the Air Force Portal and select the promotion news link, or go to myPers and select "Active Duty AF Enlisted" from the drop down menu and enter "Active Duty: Enlisted Promotions Home Page" in the search window. Select the page and scroll down to the supplemental promotion section.

Selection is based on overall promotion scores derived from Weighted Airman Promotion System factors, including timein-grade, time-in-service, enlisted performance reports, decorations, promotion fitness examination score and specialty knowledge test score (for junior enlisted promotions) or the U.S. Air Force Supervisory Exam and board scores (for selection to senior and chief master sergeant).

Promotion selections are tentative until the data verification process is complete, generally 10 days after the promotion release date.

For more information about other personnel issues, go to mvPers

























ALL MODELS INCLUDED! OFF MSRP

FEE. PLUS TITLE, TAX AND LICENSE. ALL PHOTOS FOR ILLUSTRATION PURPOSES ONLY CANNOT BE COMBIN



# Whiteman celebrates Asian American and Pacific Islander Heritage Month



U.S. Air Force photo/Airman Jazmin Smith

Members of Team Whiteman pose during the Asian American and Pacific Islander Heritage Month proclamation signing May 1, 2015, at Whiteman Air Force Base, Mo. For the past 22 years, May has been designated to commemorate the heritage of people of Asian or Pacific Islander descent.

By Airman Jazmin Smith

509th Bomb Wing Public Affairs

Each year, the month of May honors members from over 50 ethnic and language groups originating from the Asian and Pacific regions, who have influenced American history. In October 1992, May was officially designated as Asian American and Pacific Islander Heritage Month when it was signed into law, extending it from its previous time span of a week.

"This month is about commemorating the accomplishments and contributions of Asian Pacific Americans in the United States as well as the U.S. Armed Forces," said Tech. Sgt. Florenda Mullinex, 509th Bomb Wing Legal Office paralegal.

Each May, the Federal Asian Pacific American Council announces a theme. For 2015, they chose one that focuses on the diversity of their community: "Many cultures, one voice: Promote equality and inclusion."

"The theme to me means embracing diversity and accepting the different walks of life that make up a thriving team," said Mullinex. "I'm the first generation Filipino American in my family, born and raised in San Francisco, California. Aside from the delicious food and traditional dances, one thing I'd like to highlight about my culture is the fact that the concept of family extends outside immediate family members. Whether you're a family friend, a neighbor, or co-worker, you become part of the family."

About 5 percent of the United States' population is of Asian or Pacific Islander descent; this month Americans celebrate

their traditions and backgrounds.

Whiteman Air Force Base has several events this month, according to Mullinex. It started off with a Proclamation signing at the base library on May 1, then the following week there was a kid's fun run at Ike Skelton Park. On May 20, there will be a reading at the base library and on the following day the annual event will be held at the Air National Guard Armory from 11 a.m. till 1 p.m.

With heritage months, Airmen and families are given opportunities to learn more about other cultures.

"As we commemorate Asian American and Pacific Islander Heritage Month, we pay tribute to all those in the AAPI community who have striven for a brighter future for the next generation," said President Barack Obama in a Proclamation he signed earlier this month. "Together, let us recommit to embracing the diversity that enriches our Nation and to ensuring all our people have an equal chance to succeed in the country we love."



# WELCOME TO SEDALIA

... A modern,
"Up-To-Date"
Community
Steeped in Historic
Tradition ... With
Everything To Suit
Your Needs

#### **AUTOMOTIVE**

Williams-Woody Nissan, Inc.

3600 S. Hwy. 65, 827-1403

### **AUTO RENTAL**

American Auto Rental

2101 S. 65 Hwy • Sedalia 800-827-5205 • 660-827-5200

### **BARBER SHOPS**

Dick's Barber Shop

117 South Ohio Downtown *It Pays To Look Well* 

## FINANCIAL INSTITUTIONS

### Simmons

First National Bank 818 Thompson Blvd. • 660-826-1213 Member FDIC

CALL 1-800-892-7856 TO PLACE YOUR AD

## HARDWARE & BUILDING SUPPLIES

Westlakes Ace Hardware

1010 Thompson Blvd., 827-3630

#### MOTORCYCLES

Yeager's Cycle Sales & Service

3001 S. 65 Hwy., 826-2925 Rick Yeager, Owner

## RESTAURANTS

Goody's Steakburgers

92% Lean Beef 901 S. Limit • Sedalia • 660-826-2828

### **SPORTING GOODS**

Pummill's Sporting Goods, Inc.

116 S. Ohio, 826-0150

It doesn't cost to advertise. It pays! YOU GET RESULTS!



Courtesy pho

Tech. Sgt. Jaime Vergara, 509th Medical Support Squadron NCO in-charge of outpatient records, receives an Asian American and Pacific Islander inspired meal on May 1, 2015, at the Ozark Inn Dining Facility on Whiteman Air Force Base, Mo. With heritage months, Airmen and families are given opportunities to learn more about other cultures.

**Military Discount** 

20% OFF

All day. Everyday.

Ask about our specials.

COME IN TODAY AND LEAVE WORRY BEHIND.

SEDALIA 2801 W. Broadway (660) 826-8184

Mon-Fri: 7:30 AM-6:00 PM

Sat: 7:30 AM-5:00 PM

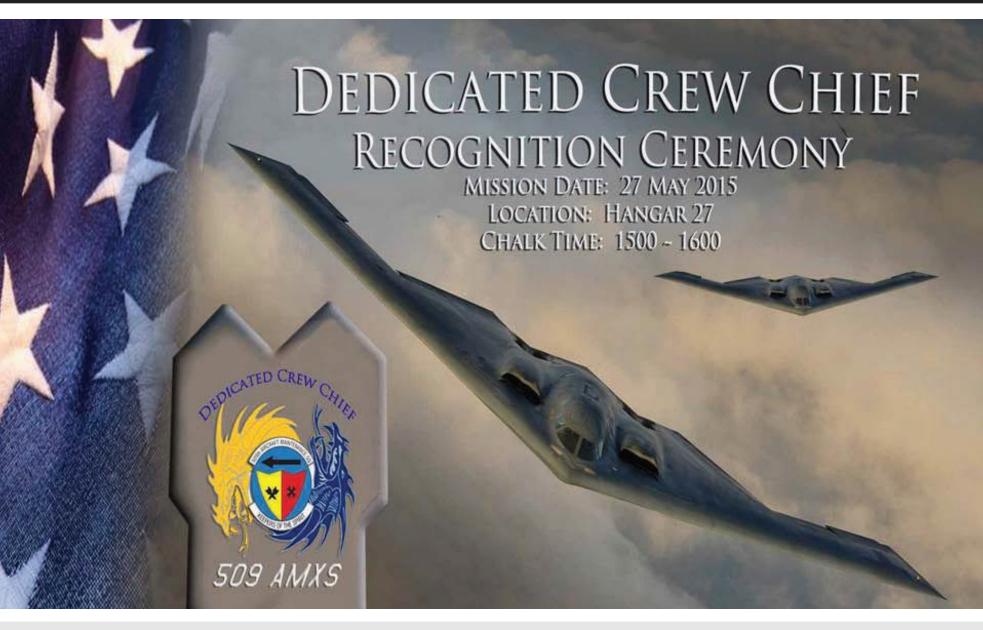
**∂**∙ jiffylube **18** The Warrior May 15, 2015

News



# 18 May @ 0700. Base Gym

For more info contact TSgt Justin Nutter 660-687-4517









Sunday School 10am Morning Worship 11am
Wednesday:Prayer & Bible Study 7pm

Nursery & Kids programs for <u>ALL</u> ages•

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

bbc-burg.org



'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. 9:45 a.m. Sabbath School

Pastor Al Oetman 660-287-5849

# . WorsbipWitbUs 🕆

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

563-4813

# Independent

**Fundamental** 

Grace Baptist Church 3304 S. Ingram - Sedalia

Sunday Schoo 9:45am Worship Sunday

10:45am &

Wednesday **Bible Study** 7pm

Victory Tabernacle **Pentecostal Church** 

505 W. Gay St. Warrensburg, MO 65093

(816)541-9907

Pastor Harry D. Stevens

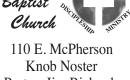
Christian Education 9:30 AM Sunday

Morning Worship 10:30 AM Sunday

Tuesday Morning Bible Class 11:00 AM

"All Are Welcome!",

# Baptist



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.orgeb address: http://www.cofcwsbg 660-747-5519

## **Knob Noster** United **Methodist Church**

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



## Shiloh Missionary Baptist Church

212 N. Main St. Warrensburg

Sunday School Starts 9:00 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

#### 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,

# APOSTOLIC TEMPLE

Sunday School 9:30 AM Morning Worship 10:30 AM Thurs. Evening Bible Study 7:30 PM

> Pastor Larry Stevens 207 E. Allen Knob Noster, MO 660-429-9008

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



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

Days In **Democrat** (Mon., Wed., & Fri)

Weeks **Plainsman** 

**Weeks** In The **Warrior** 

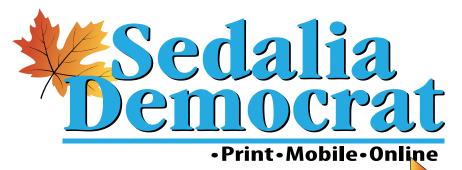
If your advertised items doesn't sell, you'll receive

Days In **Democrat** 

**Weeks Plainsman** 

Weeks Warrior

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











# JOIN US ONLINE @ FACEBOOK.COM/WHITEMANMARKETING

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

# **UPCOMING EVENTS**







# 2% CASH BACK

WHEN YOU USE YOUR ADVANTAGE CARD AT THE COMMISSARY, BASE EXCHANGE & FSS FACILITIES!

FREE GOLFING, BOWLING, BEVERAGES, MEALS & MORE!

**FSS FACILITY DISCOUNTS** 

CHANCES TO WIN \$100 FSS GIFT CARDS

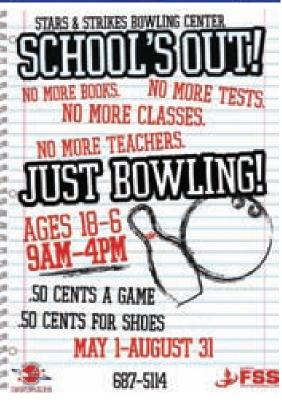
# IMMEASURABLE SAVINGS!

My Community, My Pride, My MWR Advantages!

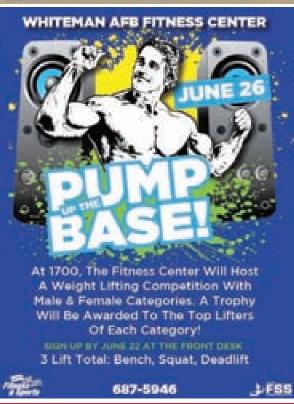
facebook.com/whitemanmarketing www.whitemanfss.com 509 FSS PAGE EDITOR: KYLE C. HAMRICK

CONTACT US! 687-7929









# FCC NEWS AND INFORMATION

FCC OFFICE 660-687-5590

# **Base Residents**

Doing child care for the AF mission? Licensing is not required if you are:
Providing occasional care for a friend or neighbor, Baby-sitting on an
occasional basis for other families, Teenager doing evening or weekend
Baby-sitting for families, Providing child care in the parents' own home,
Parent cooperative where one of the parents provides supervision for other
parents' children on an exchange basis and no fees are involved, Providing
less than 10 hours of child care a week on an irregular basis:
If you are providing care beyond these opportunities please contact the FCC
program for a licensing application.

**Contact The FCC Office for more information at 687-5590** 

# **Classifieds**

Miscellaneous

Home of the
Jump Start
Program!
Less than

Less than 'perfect credit'?
Bankruptcy?
We can help!
NEW cars
as low as 6.9%!

Call Kristina Jasper Today! 800-382-5088 wkchevy.com

ANNOUNCEMENTS

Yard Sale

#### HUGE KID'S SALE May 14th-16th! Liberty Park Convention Hall 1500 W. 3rd St. Sedalia, MO Thurs-Fri 10-8, Sat 8-3

(Sat. half price day).
Over 30,000+ items!
Preemie-Teen Clothing,
Shoes, Maternity, Toys,
Outdoor Equipment,
Baby Gear, Furniture,
Books, Games, Movies,
and much more! We
accept Cash,
Mastercard or Visa.

#### Food Services

## SUBWAY IN KNOB NOSTER,

MO is accepting applications for a sandwich artist position. Please apply in person at 102 W. Lucas, Knob Noster, MO. or online at <a href="https://www.Subway.com">www.Subway.com</a>. Accepting applications for all shifts.

REAL ESTATE SALES

## 206 Olive St Windsor, MO



Nice 11/2 story 3 bedroom, 2 bath home with basement, large living room, wood burning fireplace and the sunroom on back overlooks back deck, privacy fence. \$75,000. MLS#72131

# Windsor Realty

110 W. Jackson-Windsor, MO (660) 525-0281 windsorrealty@live.com

Houses For Sale

BY OWNER- AS IS: 3 Bedroom, 2 bath, formal living & family room, double garage, fenced back yard, unfinished basement. Best offer. Call 660-864-3472.

Lots

# LAKE OF THE OZARKS - FAMILY FUN - 3+ acre tracts starting at \$10,900, \$195 Down, \$139 per month. Owner financing, no credit checks, swimming, fishing and boating. Free lale acess and boat ramps. Sale ends JUNE 1st. Hwy. 135 South out of Stover, MO. Take Lake Road 135-12 to the Ivy Bend Office. Closed Tuesdays and Wednesdays. Call anytime (573) 372-6493.

Lake of the Ozarks FAMILY FUN. Own a lot for \$3,595., \$75 down, \$59 per month. For camping, building or own for investment. Owner financing, no credit checks. Beautiful scenery, swimming, fishing, and boating. Free lake access and boat ramps. Sale ends JUNE 1st, 2015. Hwy 135

ivybendlandoffice.com

#### REAL ESTATE SALES



**Spacious 4 Bdrm,** 3 bath ranch with extra lot located in Brookside Place, Warrensburg. Full Basement with 3rd utility garage, and numerous upgrades throughout. Call Elsberry Realty 660-747-9129, or Bill Aldrich 660-441-2533. \$274,900

#### Lots

South out of Stover, MO, take Lake Road 135-12 to the Ivy Bend Land Office. Hours closed Tuesdays and Wednesdays. Call anytime (573) 372-6493 www.ivybendoffice.com

Apartments / Townhouses

**2 Br, 1 bath**, washer & dryer, refrige, stove, newly remodeled, \$550 + deposit. 660-909-3453 Knob Noster area

AVAILABLE IMMEDIATELY: Nice 1 BR Apt., includes stove, refrig & trash pick up, 12X30 garage, \$320 mo. military discount, \$300 deposit, 12 month lease. No Pets. 660-233-6107

Houses For Rent

#### FEMALE ROOMMATE WANTED

to share large home, private room & bath, full access to house & yard. \$700 mo. all inclusive. Call 660-441-3885

#### 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

## Get the most



AUDVERTISE!

#### REAL ESTATE SALES



Turn Key Restaurant near Whiteman AFB, building and fixtures included. All the equipment in the kitchen stays to include the stove warming units, dishes. Priced to sell \$35,000. Contact Kaye Gann (660) 233-3627.

#### REAL ESTATE SALES



**4 BR, 2 Bath,** large, energy-efficient, all electric home on 20 acres, close to WAFB, blacktop access. Great for livestock, includes timber. All 4 bedrooms are oversized with expansive closets. \$249,649. Reece & Nichols, Karen Kenepp 660-563-6505.

#### REAL ESTATE SALES



lia. 45 acres currently in tillable production, 12 acres gross/hay production, timber draws for hunting, 2 nice ponds. \$249,900. Call Steve Mott, Broker with Midwest Land Group, LLC 816-718-7201\*

#### REAL ESTATE SALES



618 N. Maguire Warrensburg Office: 660-747-8191

# Open House



1595 Roanoke Court, Warrensburg Saturday, May 16th 1-3 PM Don Will Meet with You There! Business 13 South to DD Road. East on DD Road to entrance to Lake

Ridge Subdivision **Don 660-864-1671, MLS#1930131** 

www.actionrealtyco.com

#### REAL ESTATE SALES



**215 Acre Hunting Paradise**, Creek bottom farm in Morgan County Missouri. Great recreational property with tons of options. Call Mike Stoner: Land & Lakes Properties 573-774-9775, \$425,000

#### REAL ESTATE SALES



**158 Acres of Farm Land** in Pettis County, MO. 90 acres of farm land, 50 acres pasture, scattered timber for some recreational use. Contact Mike Stoner: Land & Lakes Properties 573-774-9775, \$595,000

#### ANNOUNCEMENTS

CENTRAL MISSOURI COIN CLUB

55<sup>th</sup> Annual

COIN, STAMP & HOBBY SHOW May 15, 16 & 17, 2015

Knights of Columbus Hall 1708 Elms Hills Blvd. & S. 65 Hwy • Sedalia Missouri

FREE ADMISSION • 30 TABLES - BUY - SELL - TRADE

COINS, STAMPS, CURRENCY, JEWELRY, ETC.

DRAWINGS FOR DOOR PRIZES WILL BE HELD DURING THE SHOW

LUNCH AVAILABLE, PROVIDED BY KNIGHTS OF COLUMBUS

Houses For Sale



HISTORIC HOME, FLORENCE, MO. Well maintained some wood floors, original woodwork. Wrap porch. Central heat/air, 4 bedrooms, 2 bathrooms. Large kitchen, formal dining, main level laundry, ½ acre. \$69,900. www.StoverMoRealEstate.com United Country Conner Realty 573-377-4027.

Houses For Sale



**ELEGANT HOUSE NEAR** Country Club. 2160 W. Country Club Drive, Sedalia, MO. 3,100 square feet, 0.89 acres, 4 bedrooms, 3.5 baths. \$339,900. Contact 573-424-2171 forsalebyowner.com

Houses For Sale



RUSTIC SIDED, 3 bed., 3 bath, country home, 8 wooded acres near Lake Ozark/Warsaw. Full basement w/2 car garage. Open LR, DR, kitchen design w/fireplace. FAG heat/ CA. Storage bldg. Call 660-438-4357 or 660-438-1626. \$179,900.

REAL ESTATE SALES



Highly energy efficient home on 5 acres with easy access to WAFB or UCM. 3 Bdrm., 2 Bath ranch with safe room. \$219,900 Contact Re/Max United, Kerrie Shumate; agent 660-492-0705.

IN THE CLASS

Let The Classifieds Work For You!



24 May 15, 2015 The Warrior

# **Advertisements**



\*ON SELECT MODELS. \$16.67 PER \$1000 FINANCED WITH APPROVED CREDIT THROUGH TOYOTA FINANCIAL SERVICES. PRICE PLUS HANDLING, DESTINATION, TAX, TITLE, LICENSE, FEES AND OPTIONAL EQUIPMENT. AFTER ALL APPLICABLE REBATES TO DEALER AND MAY INCLUDE ELIGIBILITY FOR PRIVATE OFFERS. SEE DEALER FOR DETAILS. EXPIRES 5/31/15.

# **DEALS ON QUALITY PRE-OWNED**



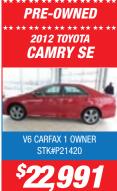
















PRE-OWNED

PRICE PLUS TAX, TAG, TITLE AND FEES. WITH APPROVED CREDIT. VEHICLES SUBJECT TO PRIOR SALE.

660-530-0265 SedaliaToyota.com

Sales Hours: Mon-Thurs: 9AM-7PM • Fri-Sat: 9AM-6PM • Sun Closed Service Hours: Mon-Fri 7AM-6P • Sat 8AM-12PM • Sun Closed

