

# WARRIOR



Vol. 3 No. 36  
Sept. 7, 2012

## The 'Spirit' of NORE



### ON THE INSIDE

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From Jan. 1 through Aug. 17, there have been a total of 70 suicides in the Air Force.

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#### Veterans bike across America

Five military veterans from the Long Road Home Project, who have made it their mission to bike more than 4,200 miles across the country, made a stop here, Sept. 4-6.

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#### Intramural football season begins Monday

As Labor Day passes, the biggest attraction for sport fans is the start of a new football season, and here at Whiteman, the start of the intramural flag football season, which begins Monday.

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#### Caption Contest #3

It's not easy to come up with a photo caption. Try your luck and skills at writing a funny photo caption. Winners will be announced in an upcoming edition of the Warrior.

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### WEATHER

<b>Today</b>	<b>Saturday</b>
Stormy	Sunny
Hi 79	Hi 74
Lo 70	Lo 53
<b>Sunday</b>	<b>Monday</b>
Sunny	Sunny
Hi 78	Hi 81
Lo 52	Lo 53

Courtesy of National Weather Service

U.S. Air Force photo/Senior Airman Cody Ramirez

Senior Airman Terence Kopczynski and Airman 1st Class Tyler Gorman, 509th Aircraft Maintenance Squadron B-2 Spirit crew chiefs, conduct pre-flight inspections for a B-2 during a Nuclear Operational Readiness Exercise, Aug. 29. The NORE tested the 509th Bomb Wing and the 131st Bomb Wing on their readiness in generating aircraft and deploying them when called upon. For more photos, see page 5.

# Are You Ready to Receive?

Commentary by Maj. Brian Leo  
709th Munitions Squadron commander

Are you ready to receive?

In the NFL, this means, "is your team ready for the football?" In the 709th Munitions Squadron, the statement "ready to receive" has an entirely different meaning. It means something different in all your jobs, too, but the statement is absolutely a part of the awesomeness of Airmanship.

One of the earliest things I was taught was to be coachable. A long time ago, I was quite the Little League baseball player, and I knew it. So, when my Dad tried to help me "refine" my skills I wasn't too receptive, and of course ignored or resisted as much as possible. I had my own ideas as to how much practice I thought I needed, (it wasn't much), and those ideas didn't match his. He saw my skills and only wanted to make me better with constructive criticism, but I didn't think of it that way.

I was immediately defensive and just thought he was berating me about the few times I had missed a catch, or not backed up one of the bases, or not known to which plate to throw. During one game I made a basic mistake in the outfield that had a big impact on our game. Was I upset? You bet. I couldn't believe I'd done it, and it was huge emotionally.

After the game, my Dad explained why he'd been trying to tell me some of my weaknesses and all he cared about was I improve and have fun. I needed to be coachable and catch what people meant to make a change. "Wow," I thought, "you mean my NASA-engineer Dad might know something about this game?" He told me to listen closely to what people are saying and "receive the message," and not get defensive so fast. It's funny how my coach had been saying the same thing all along.

We're all a little averse to being told we're screwing up, if that's how we receive the message, but if no one tells us about it, we just keep on chugging along below our potential. Receiving any mes-

sage without bias is very important. In PME we're taught to be a good leader, you must be a good follower. In the same respect, to be a good listener you must be able to see through any emotion and receive the true message someone's trying to convey. Granted, there are times when we really do need to be told directly we're screwing up, but the majority of times the sender is only trying to identify room for improvement because they truly care about the impact on the mission.

In our case as Airmen, it involves the One Team, One Fight mantra, and its impact on the Air Force's ability to Fly, Fight, and Win. Every Airman has room to improve. We all have blind spots, and it takes others to tell us what we could improve at. Do you remember your OJT? Did you start your Air Force career in something you knew nothing about? How did you learn what's right and wrong in your job? I'm guessing nobody did it on their own.

I'm first to say I'm not a guru at anything, but it started with that lesson as a youngster for me to be able to say that out loud. My ego has definitely been tempered since then. In today's Air Force, as loyal as we are to our career fields and as proud as we are of our knowledge, we should always look for true meaning in the words someone uses when trying to "help" us with an opportunity to learn, even if we didn't ask for it. Learning is forever.

Open up, take a breath, step back and let it rip (the learning part). Be willing to introspectively look at yourself and see if the message-giver is right. It can only make you better, and reinforce team bonds with your fellow Airmen. Oh, and it just might be the right thing for the Air Force mission.

The different ways you might hear a message is for another article, but no matter how someone approaches you with unsolicited advice, be willing to expand your mind. It can be a learning point for both sender and receiver. Absorb the dose of reality you may be missing. Pick up every little piece and advance your development. Hear it, decipher it, move on. You'll be much better for it. Be "ready to receive."

# September is Suicide Prevention Month

By Master Sgt.  
Thelma Mayden-Hamm  
509th Medical Operations Squadron  
Mental Health Flight Chief



More airmen committed suicide in the first three months of this year than in any other first quarter in the past decade. From Jan. 1 through Aug. 17, there have been a total of 70 suicides in the Air Force.

With the number of suicides in 2012 doubling in the services compared to ten years ago, Defense Secretary Leon E. Panetta has called it one of the most complex and urgent problems facing the department, said a Pentagon spokesperson during a briefing with reporters June 8.

Stigmas associated with seeking help for mental health issues continues in the military culture. There are some jobs where it is perceived that you cannot have a mental health condition. However, in a recent review of mental health care provided, 97 percent of people who sought mental health care did not have adverse actions or career impact. Greater impact from mental health problems is generally seen when problems go unreported and untreated.

We have been briefed numerous times on suicide, but it is crucial to recognize symptoms of those at risk:

- Thinking about hurting or killing him/herself
- Experiencing excessive rage, anger or desire for revenge
- Seeking access to pills, weapons or other means of harming him/herself
- Having feelings of anxiety, agita-

tion or hopelessness

- Talking or writing excessively about death, dying or suicide
- Repeatedly reliving past stressful experiences
- Unable to sleep or sleeping all the time
- Experiencing dramatic changes in mood
- Withdrawing from friends, family or society
- Feeling there is no reason for living
- Engaging in significant alcohol or drug use
- Feeling trapped, like there is no way out
- Engaging in risky behavior, such as driving recklessly
- Showing distinctive or drastic changes in behavior

Often when a military member commits suicide, friends and coworkers state that the individual appeared fine and they were shocked. Hopefully this response can serve to remind everyone to take time out to take care of each other and ask how we are doing. Take an extra step to ask how someone is doing one on one. As a supervisor, evaluate your airman as a whole person and not just in-reference to how the individual is at work. Take time to get to know your co-workers and subordinates.

Frontline supervisors are often the closest link in identifying concerns. The importance of the role of these supervisors is one of the reasons why the frontline supervisor training is mandated for all new supervisors.

Additionally, it is vital that every member take responsibility for themselves and seek assistance from co-workers and supervisors with stressful situations and personal problems that have the potential to impact mental health and performance.

When problems escalate, seek help! Do not assume that you can handle your stressors yourself, that no one else can help, that your problems will just go away, or even that "most people can handle their stress so I should be able to". These are unhelpful and often not true. When you start to see suicide as a viable answer to your life stressors, you should seek help immediately!

Suicide is everyone's responsibility. Be a good wingman! Mental Health is available for any questions and requests for additional briefings to units. We can provide suicide briefings and stress management upon request at any location. We also have many other services and resources available.

Please contact us at 687-4341, and we will be happy to assist.

## THE WARRIOR

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

509th Bomb Wing, 1081 Arnold Ave., Bldg. 59, Whiteman AFB, Mo., 65305.

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

NEWS BRIEFS

**Balfour Beatty Communities Lifeworks**

Join us for an event! All events are free and open to all military personnel and families. Events held at the Lifeworks House, 245 Selser. Don't forget to like us on Facebook: facebook.com/whitemanhomes

**Monday, 10 a.m.:** Bumps 'n' Babes: A playgroup for expectant mothers and moms with babies under age one. This is a fun time for socializing and getting to talk about all things baby!

**Monday, 5 p.m.:** Resident Satisfaction (CEL) Kick Off Party- 5 pm at Community Activity Center. Join us to fill out your short survey! Enjoy free food, prizes, and fun!

**Tuesday, 4 p.m.:** After School Walking Club and Snack-Meet at the Lifeworks House to walk the trail right after school and enjoy a fresh, healthy snack afterward!

**Wednesday, 2 p.m.:** Adult Crafting: Fall Wreath: We'll be making a festive fall wreath for our front doors! We'll supply all materials, just come and socialize as we make this craft! Children are welcome to attend.

**Thursday, 10 a.m.:** Playgroup: Children of all ages are welcome to come play!

**Sept. 14, 4 p.m.:** Cooking Class: Make Your Own Trail Mix! For adults and kids, we'll set up supplies buffet style for trail mix. Add what you want for a healthy and tasty treat to take home.

**WAMOM meeting**

The next Warrensburg Area Mothers of Multiples monthly meeting is Sept. 18 at the First Presbyterian Church of Warrensburg. Founded by two Whiteman AFB spouses, WAMOM strives to provide mutual support, friendship, information, and networking opportunities for all parents of twins, triplets, and higher-order multiples from the first days of pregnancy through all stages and years of parenting. For more information, visit [www.WarrensburgMultiples.org](http://www.WarrensburgMultiples.org), or e-mail [WarrensburgMultiples@gmail.com](mailto:WarrensburgMultiples@gmail.com).

**Air Force Housing Web Site**

Visit [www.Housing.af.mil](http://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.

**Air Force Accepting Prior Service Applicants**

Have you previously served as an enlisted member in the Air Force or other branch of the U.S. military? If so, and you were honorably discharged and have been out of the service less than six years, you may be eligible to serve in the U.S. Air Force. The Air Force is currently seeking individuals to serve in their previous job or to possibly retrain. To learn more, contact your local Air Force recruiter, call 1-800-423-USAF or visit [airforce.com](http://airforce.com) and speak live with an Air Force adviser.

For more news briefs, visit <http://www.whiteman.af.mil/news/announcements/index.asp>

# Veterans bike across America



U.S. Air Force photo/ Senior Airman Cody Ramirez  
**Ryan Creel, a medically retired Army Staff Sgt., and Master Sgt. Andrew Chocha, ride toward Whiteman AFB, Sept. 4, as part of the Long Road Home Project. Five military veterans are biking 4,200 miles across the country as a way to heal war wounds and raise money to help war veterans.**

**By Heidi Hunt**  
509th Bomb Wing Public Affairs

Five military veterans from the Long Road Home Project, who have made it their mission to bike more than 4,200 miles across the country, made a stop here, Sept. 4-6.

During their stay at Whiteman, veterans Marie Tracy, Glenn Isaac Fretz, Ryan Creel, Colleen Bushnell and Steve Taylor, were afforded the opportunity to see Team Whiteman in action, tour the base, and view the B-2 Spirit.

The ride began July 15, in Ocean City, Wash., and is scheduled to conclude Oct. 14, in Alexandria, Va. Thus far they have spent 55 days peddling across America

and plan to complete 90-days of travel by the time they cross the finish line.

The Long Road Home Project was started by Casey Miller as a way to help veterans with their transitions back to civilian life. While the LRHP's overall goal is to ride to heal war wounds and raise money to help war veterans, each participant rides with an individual purpose as well.

"The first goal is to let the road heal for my veteran participants," said Miller. "Each is riding for their own reasons and letting the road help in that healing process. Secondly, we're trying to raise awareness for veterans' issues ... We want to make people aware of those different things veterans face as they come home."

The former service members include diverse ages, ethnicities, religious backgrounds, political affiliations, sexual identities and physical abilities.

"The disabled veterans are bringing awareness to the American people of the challenges facing our brothers and sisters in arms who have and are returning from wars in Iraq and Afghanistan," said retired Chief Master Sgt. Mark Clark and project officer.

As they travel across the nation, the five riders and two support staff are sleeping in an RV and using facilities at campgrounds and such along the way.

"Since Whiteman, and the large veteran community in the greater Kansas City, Mo., area are known for their hospitality, I took it upon myself to work with Chief Master Sgt. Lee Barr, 509th Bomb Wing Command Chief, and made arrangements to let the veterans sleep in a real bed, take a real shower and relax during their stay[here]," said Clark.

Financial donations were provided courtesy of the Air Force Sergeant Association Chapter 804, American Legion Post 21, American Legion Riders, Chapter 21, Whiteman Chiefs Group, Whiteman Top Three, First Sergeant Council, Whiteman Tier II and together they were able to cover their room costs.

"Team Whiteman was thrilled to host these veterans participating in the Long Road Home Project," said Barr. "Their dedication to bringing national awareness to wounded veterans is noble and honorable."

"As they ride bicycles across our great Nation, I trust Americans will come out in mass to support this exceptional cause."

For more information, or to donate to the Long Road Home Project, visit [longroadhomeproject.com](http://longroadhomeproject.com).

*Please Join Whiteman in Celebration...*

**United States Air Force**

**65th Anniversary**

**Where & When**  
University of Central Missouri Ballroom  
September 8th, 2012  
Social Hour starts at 6 pm  
Program begins at 6:45 pm

**Price for Tickets**  
25 Dollars for E-5 & below  
30 Dollars for all others

**What to Wear**  
Mess Dress or Semi-formal for all military  
Formal wear for all civilians

**Music to be Provided By**  
The USAF Band of Mid-America

**2012 Air Force Ball Menu**

**First Course:**  
Traditional Greek Salad with Parmesan Pita Wedges

**Main Course (Choice of):**

- Steak Forestiere**  
Grilled Marinated Sirloin topped with Sautéed Ozark Forest Mushrooms; Red Wine Jus
- Apple and Pecan Stuffed Pork Loin Maple Chardonnay Glaze**  
Roasted Local Macintosh Apples and Pecans Roll Stuffed Pork Loin Served with a Maple and Chardonnay Reduction
- Vegetarian: Ozark Forest Mushroom Cake with Chardonnay Cream Sauce**  
It will mimic the look of the beef entree and be served with the same accompaniments as the other two entree selections.

**Sides**

- Starch
- Herb Roasted New Potatoes**
- Vegetable
- Honeyed Baby Carrots**

**Dessert Options:**

- Sacher Torte**  
Raspberry Filled Chocolate Ganache topped Chocolate Cake
- Mini Lemon Blueberry Dream Cake**  
Individual Mini Lemon Cake, Blueberry Filling and Cream Cheese Icing

# Man on the Street:

## How do you and your wingman stay mission ready?



*"Plan ahead, get mentally prepared and make arrangements to schedule."*

– Tech. Sgt. Germania Rojas, 509th Bomb Wing NCO in charge of BW administration



*"Clear and effective communication between base personnel and leadership."*

– Airman 1st Class Keith Smith, 509th Bomb Wing Command Post administration



*"Continuous training; never losing focus of why we're here and what is expected of us."*

– Master Sgt. Patrick Robertson, 509th Comptroller Squadron NCO in charge budget



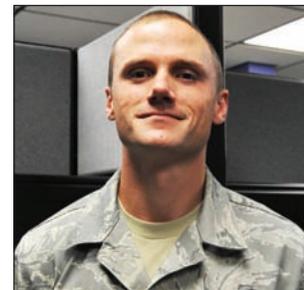
*"Staying fit and ready to deploy and perform my duties to the best of my ability."*

– Senior Airman Justin Stipes, 509th Civil Engineer Squadron heating, ventilation and air conditioning journeyman



*"Ensuring our troops are physically and mentally ready to execute the mission in garrison and at a deployed location."*

– Tech. Sgt. Arvin Walkup, 509th Civil Engineer Squadron NCO in charge of heating, ventilation air conditioning



*"We take pride in what we do with strict adherence to standards, while doing so remembering to laugh and enjoy each other's company."*

– Tech. Sgt. Anthony Lardino, 509th Force Support Squadron NCO in charge fitness assessment cell

By Heidi Hunt  
509th Bomb Wing Public Affairs

# OPSEC

Technology and the world-wide web make the sharing of information easy. Remember do not share or pass along critical information when outside of the appropriate workplace. Know your surroundings and always practice proper protocol.

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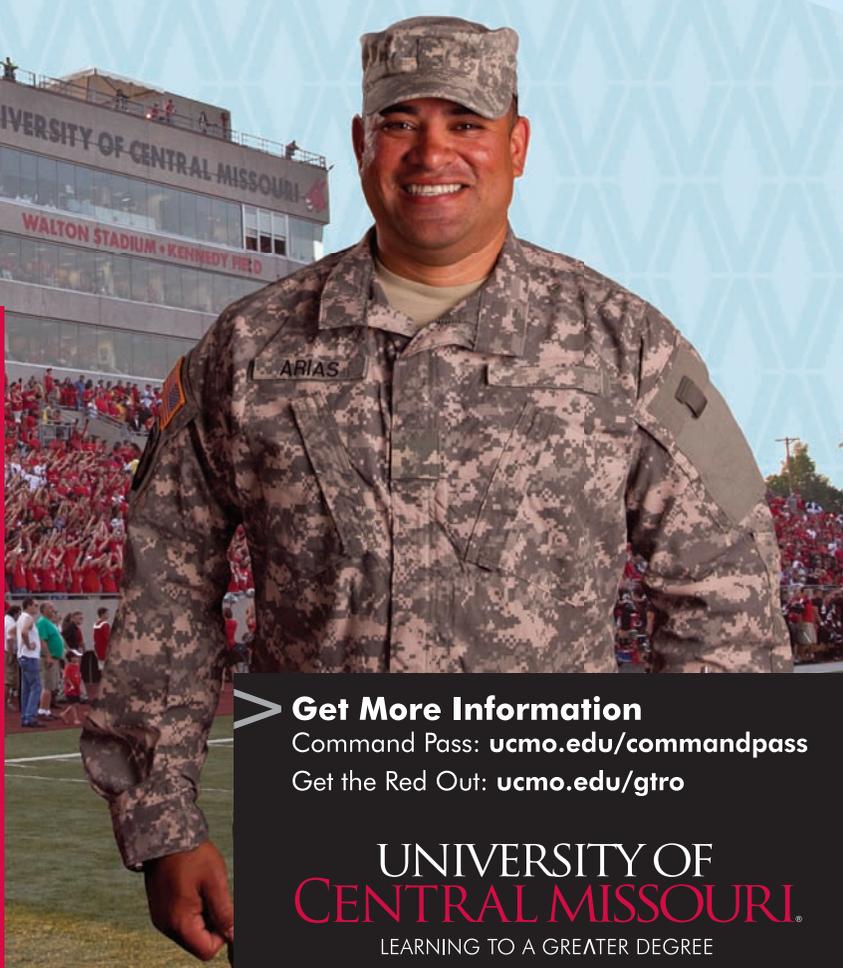


### Join Us!

Get the Red Out street fair  
10 a.m. - 12:30 p.m.  
Saturday, Sept. 8, 2012  
Holden Street between Clark and South streets

Followed by the first home football game at 1:30 p.m.  
UCM vs. Northwest Missouri State University

\*The pass is good for all regular season home games only.



### Get More Information

Command Pass: [ucmo.edu/commandpass](http://ucmo.edu/commandpass)  
Get the Red Out: [ucmo.edu/gtro](http://ucmo.edu/gtro)

UNIVERSITY OF CENTRAL MISSOURI  
LEARNING TO A GREATER DEGREE

# 'Spirits' soar during NORE



The Spirit of Ohio, a B-2 Bomber, takes off during a Nuclear Operational Readiness Exercise, Aug. 29. The Spirit of Ohio was one of four jets generated and launched for the exercise. U.S. Air Force photo/Airman 1st Class Bryan Crane

Pilots from the 509th Bomb Wing respond to an alert call in support of a nuclear operational readiness exercise, Aug. 29. The NORE exercises alert calls to prepare aircrews to respond to real-world wartime emergencies.



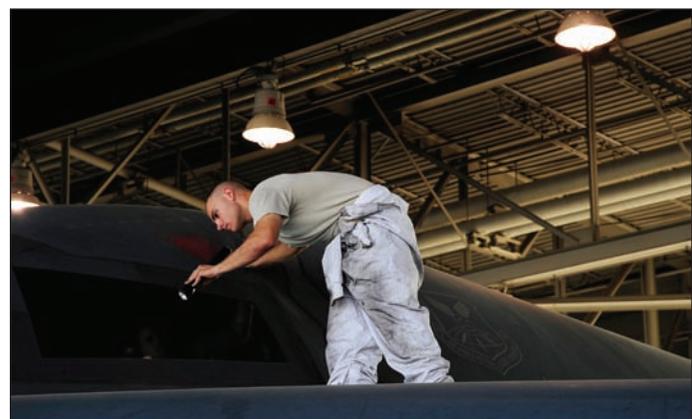
U.S. Air Force photo/Senior Airman Nick Wilson



U.S. Air Force photo/ Senior Airman Cody Ramirez  
Senior Airman Tyler Gainey and Staff Sgt. Joseph Reames, both 509th Aircraft Maintenance Squadron B-2 Spirit crew chiefs, converse over the roar of a B-2 during a Nuclear Operational Readiness Exercise, Aug. 29. The exercise allowed the entire wing - active duty, Guard, Reserve, retired and civilians alike - to show their vigilance and teamwork as part of Team Whiteman.



U.S. Air Force photo/Senior Airman Cody Ramirez  
Airman 1st Class Stephan Kuipers, 509th Aircraft Maintenance Squadron B-2 Spirit crew chief, waits to taxi a B-2 Spirit during a Nuclear Operational Readiness Exercise, Aug. 29. Everyone on base was involved in the base in one way or another; from Brig Gen. Thomas Bussiere, 509th Bomb Wing commander to airmen brand new to the base. The NORE tested the 509th Bomb Wing and the 131st Bomb Wing on their readiness in generating aircraft and deploying them when called upon.



U.S. Air Force photo/Senior Airman Cody Ramirez  
Staff Sgt. Joseph Reames, 509th Aircraft Maintenance Squadron B-2 Spirit crew chief, inspects a B-2 for any damages or discrepancies during a Nuclear Operational Readiness Exercise, Aug. 29. The NORE tested the 509th Bomb Wing and the 131st Bomb Wing on their readiness in generating aircraft and deploying them when called upon. It is also how Whiteman prepares for future Nuclear Operational Readiness Inspections.



JOIN KANSAS ATHLETICS ON SEPT. 15, 2012 FOR  
**SALUTE TO SERVICE DAY**

**SALUTE TO SERVICE**

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**2012 KANSAS FOOTBALL ALL FOR SATURDAY**

## Military Appreciation Events

**Saturday, 1:30 p.m.**  
*University of Central Missouri vs. Northwest Missouri State at Walton Stadium.*

Featuring a pre-game barbecue/pep-rally on the lawn of President Ambrose's house.  
For more information, visit <https://whiteman.eis.af.mil/int/509thBW/BBB/default.aspx>

**Sunday**  
*Kansas City Chiefs Home Opener vs. the Atlanta Falcons*

Tickets only \$25 for military.  
Featuring a B-2 flyover.  
Contact Darren Adams at 816-920-9300 or DAdams@chiefs.nfl.com

**Sept. 15**  
Kansas City Royals' Armed Forces Day  
Tickets available discounted for military at kc.royals.com  
Featuring an A-10 flyover

## Suicide Prevention Awareness Month

*I am not alone*

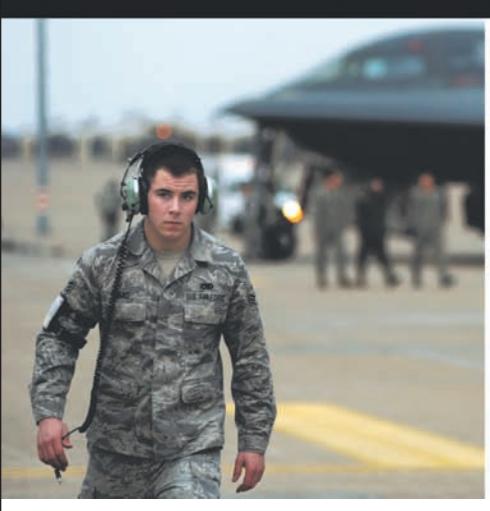
- I am a mentor.
- I am a comrade.
- I am a friend.
- I am a loved one.
- I will reach out for help.*



**I am an Airman**

You are not alone. There is support. If you or someone you know is in immediate danger of hurting himself or others, please call the National Suicide Prevention Lifeline.

**1-800-273-TALK (8255)**  
or  
**Whiteman's Mental Health Flight at (660) 687-4341**




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<p><b>2012 DODGE CHALLENGER SE</b></p> <p>Stripe Pkg, Spoiler, Tinted Windows STK# 26067A</p> <p><b>Sale Price \$23,995</b></p>	<p><b>2012 CHRYSLER 300</b></p> <p>28 Miles Per Gallon, Aluminum Wheels STK# 14106A</p> <p><b>Sale Price \$26,995</b></p>

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# From the frontlines: Staff Sgt. Richard Mahaney



U.S. Air Force photo/Senior Airman Nick Wilson

**Staff Sgt. Richard Mahaney, 509th Force Support Squadron assistant NCO in charge of installation personnel readiness, returned July 1, after spending five months deployed as a personnel support for contingency operations team member. Mahaney worked on inprocessing members through the area of responsibility. He also processed redeploying servicemembers to and from the AOR.**

**By Senior Airman Nick Wilson**  
509th Bomb Wing Public Affairs

When it comes to having respect for the worth and dignity of every Airman, one Air Force Global Strike Airman held this value true by keeping accountability for every Airman who comes in and out of his unit during his recent deployment to Southwest Asia.

Staff Sgt. Richard Mahaney, 509th Force Support Squad-

ron assistant NCO in charge of installation personnel readiness, returned July 1 after spending five months deployed as personnel support for contingency operations.

Mahaney worked on inprocessing members through the area of responsibility. He also processed redeploying servicemembers to and from the AOR.

"We accounted for all personnel until they got assigned to a different unit," Mahaney said. "So if we lose a member, then it's our responsibility to find them."

His day-to-day duties included pulling daily rosters, checking for new waivers, reporting personnel accountability to squadron and group leadership, inprocessing members, outprocessing members and redeploying members.

"While I was deployed my job was pretty much exactly the same as the job I have here at Whiteman," Mahaney said. "The only difference is that in my office here at Whiteman we review waivers, while we reviewed waivers and altered the format to my group commander's liking while I was deployed."

Besides his duties in the office, one of the tasks Mahaney was responsible for that made this deployment unique was processing and redeploying members that saw combat.

"Some of their belongings would be burnt up or they would come to us in pain," Mahaney said. "We would make sure that they got to the correct facilities like the clinic and hospital or if they were severely hurt, we got casualty notifications done."

Mahaney's dedication and leadership, both at home and deployed, has not gone unnoticed.

"Ricky's professionalism, mentorship and guidance helped the new PERSCO team successfully transition into the deployed location and job," said Staff Sgt. Alexander Matthew, 509th Force Support Squadron NCO in charge of IPR. "He always was willing to go out of his way to assist customers with their concerns until their needs were met."

Mahaney said he enjoyed the 'me time' he was able to get during his deployment. He had a lot of extra time to study career development courses, study for his next rank and work out. The free time he got also gave him more of an opportunity to bond with his fellow Airmen.

"I like the fact that everyone on my team was closely-knit like a family," Mahaney said. "I met a lot of new people over there. Learning about people and their culture and way-of-life is always an experience to me."

Mahaney says he'd like to deploy again. One of the main things he liked about this deployment was being able to lend a helping hand to people during times of need.

"It feels good to be helping out when at the right place and time," Mahaney said. "That's part of the reason of why we're the best at what we do as a military and Air Force."

## Fitness Center upgrades parent-child workout room

**By Heidi Hunt**  
509th Bomb Wing Public Affairs

Upgrades to the 509th Force Support Squadron Fitness Center parent-child room were recently made more convenient, as part of an ongoing commitment to improve the quality of life for Team Whiteman.

Several upgrades took place, beginning in July and throughout the month of August, in efforts to raise participation from parents with children who may find it difficult to use the cardio equipment without having to worry about finding child care.

The \$10,000 transformation includes a blue-ray DVD player, an assortment of G-rated movies, a play center, toys, books and decorative wall-art decals.

"Our goal is to ensure and provide a safe, fun and educational environment for children," said Michael Taylor, 509th Force Support Squadron Fitness Center Director. "The final focus was designed for children to be entertained and keep active while the parents workout."

When funding was approved to make improvements, we cleared everything out and started fresh, according to Staff Sgt. Brian Heim, 509th Force Support Squadron Sports Director and project manager.

"We have already received positive feedback from parents," Taylor said. "We

are happy that we could make the upgrades to the room where parents can feel secure with their children."

"The updates to the room are great," said Leslie, wife of Staff Sgt. Rafael Lineiro, 509th Aircraft Maintenance Squadron Load Crew Team Chief. "I really enjoy the new look."

"It makes coming [here] a lot more convenient for my children and I," added Stephanie, wife of Airman 1st Class Kelton Wheeldon, 509th Communications Squadron.

In an effort to keep children entertained, Heim said toys will be changed out over time to give the children something different to play.

As finishing touches come to an end, parents and their children are encouraged to visit the fun and family atmosphere, according to Heim.

"My family really enjoys using the room, and we want others to have the same experience," said Heim.

The Fitness Center's hours of operation are Monday through Thursday, 5 a.m. to 1 a.m., Friday, 5 a.m. to 9 p.m., and Saturday, Sunday and holidays, 8 a.m. to 6 p.m. For more information, contact the Fitness Center at call 660-687-5496.

For additional Fitness Center updates, visit [whitemanfss.com](http://whitemanfss.com) or search Whiteman AFB Marketing via Facebook.



U.S. Air Force photo/Heidi Hunt

**Parents exercise while watching their children play at the 509th Force Support Squadron Fitness Center parent-child play room, Aug. 28. The play room was recently upgraded as part of an ongoing commitment to enhance quality of life for Team Whiteman.**

# Whiteman Chain of Command

## 509th BW Staff



## 509th BW Commander



Brig. Gen. Thomas Bussiere

## 509th BW Command Chief



CMSgt. Lee Barr

## 509th BW Vice Commander



Col. Robert Spalding III

## Associate Units



# American300 'Never Quit' keeps on pushing

By Air Force Global Strike Command Public Affairs

**BARKSDALE AIR FORCE BASE, La.** -- The 'Keep on Pushing' tour is scheduled to slide into Barksdale and F. E. Warren AFB, Wyo. Sept. 4-8 for another round of Air Force Global Strike Command's resiliency initiative, the American300 'Never Quit' series.

"I think our Airmen will really enjoy this tour," Lt. Col. Michael Rakoczy from the Air Force Global Strike Command Resiliency Team. "Like all of our guests, this speaker has a unique story to tell."

Devon Harris, a retired captain in the Jamaica Defence Force and former member of the Jamaican bobsled team, will share his own story of persistence, while spreading the message that one can keep on pushing to accomplish professional and personal goals.

Harris and his teammates who comprised the first Jamaican bobsled team inspired the Disney movie "Cool Run-

nings," which captured the team's initial struggle to compete in the 1988 Olympic Winter Games in Calgary, Canada. The team persevered and competed. Harris went on to compete in the 1992 Winter Games in France and the 1998 Winter Games in Nagano, Japan.

"Mr. Harris has said that one of the greatest lessons he's ever learned is that maintaining a positive attitude will carry you far," said Rakoczy. "Part of the goal of Air Force Global Strike Command's resiliency mission is that our team members keep a perspective like this in mind when facing life's challenges."

The intent of 'Never Quit,' along with several other professional development and resiliency programs, is to address quality of life for Airmen throughout the command.

For up to date stories and imagery from 'Never Quit' tour stops at Global Strike bases visit Air Force Global Strike's Facebook page, [www.facebook.com/AirForceGlobalStrikeCommand](http://www.facebook.com/AirForceGlobalStrikeCommand).

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**SESSION 3B** (OCT 16<sup>TH</sup> - NOV 18<sup>TH</sup>)

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College Algebra T-Th

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## TEAM WHITEMAN COMMUNITY

**American Red Cross Volunteer Opportunity at Whiteman AFB** — The American Red Cross has multiple volunteer opportunities at the 509th Medical Group. Anyone interested in volunteering should first contact the Medical Group's volunteer coordinators in the Resource Management office, room 1130, or call 660-687-6782. Volunteers can serve in a variety of service positions including patient check-in, answering phones, records management, pharmacy, lab, radiology support and other general administrative functions. Professional volunteers are also welcome. The MDG volunteer coordinator will help those with the Red Cross volunteer application process. More information and forms can be found at <http://www.redcross.org/en/volunteer>.

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

**Found property** — Keys, wallets, bicycles, jewelry, cellular telephones and other items have been turned in as found property to Security Forces Investigations. To inquire about lost property, go to building 711, room 305, or call 660-687-5342. Vehicles have been identified as suspected abandoned and will be towed at the owner's expense. For more information about vehicles, contact Steven Scott at 660-687-5342.

**Airmen Against Drunk Driving** — AADD is a Whiteman AFB Active Airmen Association program designed by Airmen to provide Whiteman personnel, with a valid Department of Defense ID card, (active duty, retirees, Guard, Reserve, cadets and dependents) a free safe ride home 24/7 in the local area by dialing 660-687-7433 (RIDE) when they've had too much to drink and their coordinated plan has fallen through. The local area includes: Warrensburg, Knob Noster, Windsor, Sedalia and Whiteman AFB. Rank, name, and age are kept confidential. Rather than risk your life and career, take advantage of AADD.

**Palace Chase Briefing** — Palace Chase Briefings are

held the third Wednesday of every month at 11 a.m. in the Professional Development Center, building 519, room 101. For more information, contact Master Sgt. Rodney Harrell, in-service Recruiter at 660-687-1868 or 660-460-1041.

**Whiteman AFB Domestic Abuse Victim Advocate 24 Hour Emergency Crisis Line** — Whiteman AFB Domestic Abuse Victim Advocate 24 Hour Emergency Crisis Line is available 24/7 for safety planning, support and referrals. Victim advocates can be reached during duty hours and for non-emergencies at 660-687-4341.

**Retiree Activities Office** — The Retiree Activities Office provides an interface between the active duty and the retiree population from all military branches. The RAO is staffed by volunteers and open from 9 a.m.-3 p.m., Monday through Friday. The RAO is looking for volunteers and training is provided. For information, call 660-687-6457 or 1-800-303-5608 or email [rao@whiteman.af.mil](mailto:rao@whiteman.af.mil).

**Breastfeeding Support Group** — Breastfeeding Support Group is a 90-minute support group offered to Whiteman members and is the first Wednesday of every month from 11:30 a.m. -1 p.m. at the A&FRC. Contact Briana Kovach at 660-687-0368 for information. Children are welcome and should bring something to play with. No RSVP needed.

## FAMILY ADVOCACY OUTREACH

**Stress Management** — Stress Management is a one-time, 90-minute session support group and is offered the first and third Friday of every month from 3-4 p.m. in the Airman & Family Readiness Center. Students will learn how different stressors make an impact and how to make positive changes to reduce stress. To sign up, contact 660-687-4341.

**1-2-3 Magic** — 1-2-3 Magic is a two-session research-based parenting skills class offered twice a month on the second and fourth Tuesday from 2-4 p.m. It teaches parents easy-to-follow steps for disciplining children ages two-12 without yelling, arguing or spanking. Parents will learn how to get their children to stop doing what they don't want them to do and encourage them to start doing what they want them to do. Parents will learn techniques for handling misbehavior in public and dealing with testing and manipulation. Reservations required, call 660-687-4341.

**Common Sense Parenting** — Common Sense Parenting is offered in three, 90-minute classes every month and is scheduled according to the parent's needs. The Family Advocacy Program offers two different classes. One for parents of children ages 3-5 and another for par-

ents of children ages 6-16. This class will demonstrate how to give clear messages, stay calm and teach child self-control as well as prevent misbehavior. Reservations required, call 660-687-4341.

**You, Your Children & Divorce** — You, Your Children & Divorce is a 90-minute class offered twice a month on the second and fourth Tuesday from 11 a.m.-12:30 p.m., for individuals with children whose parents are in the process of a divorce. Class content focuses on helping parents help themselves and their children through a divorce successfully and minimize negative effects on the children. Reservations are required. Call 660-687-4341 for more information.

**Prevention & Relationship Enhancement Program** — Prevention & Relationship Enhancement Program is a communication workshop for couples (married, engaged and/or dating) who have a good relationship and want to make it better. This is a six-hour workshop and will be held every three months on a Friday from 9 a.m.-3 p.m. Call 660-687-4341 for the next workshop date and location.

**New Parent Support Program** — New Parent Support Program is an educational outreach program available to all expecting parents, and parents with children through the age of two. In-home visits from a registered nurse and a licensed social worker will provide professional advice, educational material and resources for both parents. For more information, call 660-687-4341.

**Dads: The Basics** — Dads: The Basics is a four-hour workshop for new dads to learn about caring for their new baby. The workshop is taught by other fathers and is held on a Saturday morning from 8 a.m.-noon every three months. Call 660-687-4341 for next workshop date and location.

**Shifting Angry Response Patterns (SHARP)** — Shifting Angry Response Patterns is a four-session class offered every month on Thursdays from 10-11:30 a.m. for individuals interested in learning effective strategies for understanding and managing anger. Reservations required, call 660-687-4341.

## AIRMAN & FAMILY READINESS CENTER

**Spouse Orientation Acclimation & Resources** — Spouse Orientation Acclimation & Resources is a 60-minute program offered every Monday from 10-11 a.m. at the Whiteman Inn. The target audience is spouses who are brand new to the base. The program is designed to inform newcomer spouses with resources available to them, base and local community information as well as answering questions. Children are welcome. For more information, call 660-687-7132.



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# Intramural football season set to begin



U.S. Air Force photo/Staff Sgt. Jason Huddleston

**Airman 1st Class Kyle Ellis, 509th Operations Support Squadron runs for a first down during their flag football game against the 509th Aircraft Maintenance Squadron. The 2012 intramural flag football season begins Monday.**

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

As Labor Day passes, the biggest attraction for sport fans is the start of a new football season, and here at Whiteman, the start of the intramural flag football season.

This year, the Whiteman Intramural Flag Football League will feature 18 teams, placed in two separate divisions.

"The teams will be placed in two divisions, AFC and NFC, with nine teams in each division," said Staff Sgt. Brian Heim, 509th Force Support Squadron fitness center sports director. "The top four teams in each division will advance to a single-elimination playoff to determine the league champion."

The regular season begins Monday and is scheduled to end Oct. 18, with make-up days to follow. The playoffs are slated to begin Oct. 31.

"Due to our high operations tempo there will be breaks in the season to best accommodate all teams and avoid any forfeits due to mission requirements," Heim said.

Games will be played base track field but may have to be moved to the field located across from Skelton Park due to a planned renovation of the turf inside the track, added Heim.

"Between last season and now, we installed goal post and a new lighting system along with bleachers to accommodate the season," Heim said. "We are very proud of the new playing field."

Each team will field seven players with a minimum of three offensive linemen. All players are eligible to receive a forward pass. When the flag is clearly taken from the

ball carrier, the down will end, and the ball declared dead.

Games will be played in two 20-minute halves with a continuously running clock except for the last two minutes of the end of the game. Teams will be allotted two timeouts per half. The season will begin on a playing field of 50 yards by 100 yards, with 10-yard endzones. The field will be divided into five zones, and the team must cross into the next zone in four downs to gain a first down.

"The new season couldn't start sooner," said Cody Ramirez, member of the Comptroller Squadron Team for the second year. "I hope it is as competitive as it was last year. Just based off practices and scrimmages, I think there will be some high intensity games."

Football is a fun sport and a great way to build unit morale and cohesiveness, while also sneaking in some exercise Heim said.

"Building camaraderie and esprit de corps are at the very heart of the intramural sport program," Heim added. "It is designed to give individuals a chance to have fun together outside of work and play a sport that they enjoy. We provide five Intramural sports year round, even though the standard is to only provide four, to give Team Whiteman members a chance to relieve stress and enjoy their downtime."

Games will be played Mondays through Thursdays, the first game begins at 5:30 p.m. and the last game beginning at 8:30 p.m. Heim said all fans are welcome to come out and enjoy the fun competitive atmosphere.

For a copy of the current season schedule, visit [www.whiteman.af.mil/shared/media/document/AFD-120905-017.pdf](http://www.whiteman.af.mil/shared/media/document/AFD-120905-017.pdf)

## Caption Contest

**Caption contest #3**  
**Rules**

1. To enter, write an imaginative, humorous and printable caption related to Air Force experience for either one or both photos.

2. E-mail entries to [whiteman.warrior@whiteman.af.mil](mailto:whiteman.warrior@whiteman.af.mil) by 2 p.m. Friday, Sept. 14. Entries must include name, rank, squadron and caption to be eligible.

3. The winning author(s) caption(s) is the one that receives the most laughs or groans from our panel of impartial judges.

4. Winners will be announced in the Sept. 28 edition of the Whiteman Warrior.

5. Contest is just for fun. No prizes will be distributed.

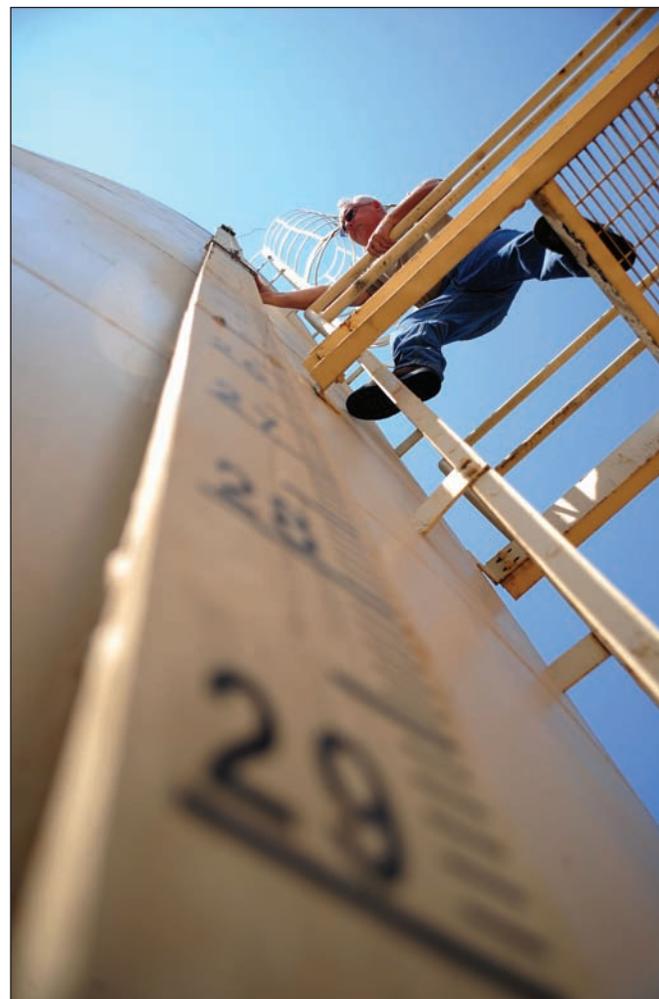


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### SUNDAY 9/9

**Football Frenzy-Starts at 11am-Mission's End**  
Come and enjoy all of Sunday's NFL games and our food & beverage specials. Take part in trivia for prizes, and also use or free wifi for your Fantasy Football Leagues! Call **687-4422** for more information about Football Frenzy!

### TUESDAY 9/11

**Right Start-7:30-9:30am-Mission's End**  
Join us to learn more about Whiteman AFB at our newcomer orientation. Call **687-7132** for more information.

### WEDNESDAY 9/12

**Boss & Buddy-3:30-7pm- Mission's End**  
Hang out after work and enjoy the cheapest hot wings around only .45 cents a wing! Call **687-4422** for more info.

### THURSDAY 9/13

**Pre-Deployment Brief-1-2pm-A&FRC**  
Join our Pre-Deployment Briefing and learn some of the best information about preparing yourself and your family for deployment. Call **687-4422** for more information.

### FRIDAY 9/14

**Tasteful Affair-4-6pm-Mission's End**  
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509 FSS PAGE EDITOR: KYLE C. HAMRICK  
CONTACT US! 687-7929

# 442nd Fighter Wing promotions

By 442nd Fighter Wing Public Affairs

The following 44nd Fighter Wing Airmen were promoted to the next rank, Sept. 1:



*The 442nd Fighter Wing is an A-10 Thunderolt II Air Force Reserve unit at Whiteman Air Force Base, Mo. Geographically separated units include the 917th Fighter Group, Barksdale AFB, La.; the 476th Fighter Group, Moody AFB, Ga.; and the 924th Fighter Group, Davis-Monthan AFB, Ariz.*

**SENIOR AIRMAN**

**Luke Morgan,**  
442nd Operations Support Flight

**TECHNICAL SERGEANT**

**Brandon Mickells,**  
442nd Civil Engineer Squadron

**MASTER SERGEANT**

**Mark Bolander,**  
442nd Aircraft Maintenance Squadron  
**Bradley Brown,**  
442nd Civil Engineer Squadron  
**Paul Hanson,**  
442nd Aircraft Maintenance Squadron

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## AT THE MOVIES

**Saturday, 7pm - The Dark Knight Rises**

Eight years after Batman took the fall for Two Face's crimes, a new terrorist leader, Bane, overwhelms Gotham's finest, and the Dark Knight resurfaces to protect a city that has branded him an enemy.

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**Sunday, 3pm - Diary of a Wimpy Kid: Dog Days**

During his summer vacation, "Wimpy Kid," the hero of the phenomenally successful book series, hatches a plan to pretend he has a job at a ritzy country club which fails to keep him away from the season dog days, including embarrassing mishaps at a public pool and a camping trip that goes horribly wrong.

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## FREE Classified Advertising in the Whiteman Warrior READ ALL RULES BEFORE PLACING AN AD

- Advertising is free to all active-duty, guard and reserve military members and civil servants who work on base or at the MoARNG in Warrensburg only. Military or civil service rank must be included in the space for "rank." We do offer free advertising to retired military members.
- Ads of a commercial nature such as baby-sitting, lawn maintenance, house cleaning, product sales, apartments or houses for rent, work-at-home opportunities or any other service in which the person makes a profit must be prepaid. Paid ads must be placed directly through the Sedalia Democrat at 1-800-892-7856, dropped off at 700 S. Massachusetts Ave., Sedalia, Mo., 65301 or e-mailed to [theclassifieds@sedaliademocrat.com](mailto:theclassifieds@sedaliademocrat.com). They accept VISA, MasterCard, cash, personal check or money order.
- Free ads are for one-time sale of personal items only. Free ads can't be placed for churches, groups, clubs, organizations or friends not affiliated with the military. Each item must be sold for \$150 or less.
- Only one free ad\*, maximum 30 words, will be allowed to run at any given time by the same household, for a maximum of eight weeks. Ads over the 30-word maximum will be edited at the publisher's discretion. \*People who are PCSing may place more than one ad and sell the items at any price.

- Include your home phone in the ad so people can contact you. USE OF DUTY PHONES IN ADS IS AGAINST AIR FORCE REGULATIONS.
- Print legibly, and place punctuation and spaces where necessary. Use only one word per line.
- Free ads aren't taken over the phone. They must be dropped off at or mailed to the 509th Bomb Wing Public Affairs Office, 1081 Arnold Ave Blvd, Bldg 59, Whiteman AFB, Mo., 65305. Ads may also be faxed to 660-687-7948.
- Many offices on base are using old forms\*\*. If you would like a copy of the new ad form to keep in your office, call 687-6123 and we'll fax a new form for your use. Or, you can download it at <http://www.whiteman.af.mil> and click on "Whiteman Warrior Classified Ad Form."
- Homes for sale that are listed with a realtor must be paid for. Only people who are PCSing and selling homes FSBO (for sale by owner) qualify as a free ad.
- Free yard sale ads are for active-duty, guard, reserve and retired military members living on or off base. People who live on base must have their yard sale approved by the housing office first.
- The deadline for placing new ads, canceling or making changes to ads is 10 a.m. Friday, one week before desired publication.
- Ads that don't meet these guidelines will not run. Free advertising is a privilege extended to you by the publisher, and your cooperation is greatly appreciated. Submissions do not guarantee publication. Publication is on a space available basis.

Services Offered 69

**Jaele Shaver,  
Independent  
Mary Kay  
Beauty Consultant**  
www.marykay.com  
/jlynns or email  
jlynns@marykay.com

**PCSing? MOVING?**  
Guaranteed Stress-Free  
Finals! Covering  
everything inside &  
out for over 18 years!  
Painting, oil stains,  
trash/recycle, yard  
work. Short notices  
possible. Only 1 day  
needed! Call  
"The Final Touch"  
660-233-3327  
Not sure what to do??  
We give free estimates!



Misc. For Sale 135

**\*\*CABINETS\*\*** Gorgeous  
NEW kitchen cabinets. Solid  
wood. Enough to fit a complete  
kitchen. Can add or subtract.  
Never installed. Cost- \$8500.  
Take \$1600 or best offer.  
(660-252-4330).

**HOT TUB- 5/6 Person Spa-**  
2012 Model, New- not being  
used. Cost \$7900, Take \$3200  
or best offer. Can deliver. Call  
417-353-2455.

**INTERACTIVE INDOOR** bike  
trainer, sofrac roller, travel  
trac adjustable inertial trainer-  
brand new. \$150.  
660-619-0269, sa

The  
Ideal  
Climate  
For Your  
Growing  
Business.

Apartments For Rent 207

**2 BR** 1 bath. Washer/dryer  
hookups. Full basement. 4  
miles from base. No pets.  
\$450 deposit, \$450/month.  
Great deal! 660-238-0998.

**2 BR** central heat/air, all elec-  
tric, washers & dryers.  
Water/trash/sewer paid. Great  
Sedalia location. \$535 & \$585/  
month. 460-0779 or 826-4509.

**2 BR** with deck/patio, new car-  
pet, brand new laundry, central  
air, private parking. Some utili-  
ties paid, \$389. **2 BR** House,  
trash paid, \$495. NO: dogs,  
cats or smoking. Call 660-  
624-0276; if no answer call  
715-479-8092.

Don't forget to add your e-mail  
address to your classified ads!  
**DEERBROOK APARTMENTS**  
710 A. Deerbrook Circle  
Knob Noster Mo  
1 & 2 BR Apartments  
3 BR 2 bath Duplexes  
2 miles from the Air Force Base  
Pool, On-site Laundry and  
Storage Available.  
management@  
deerbrookapartments.com  
Call 660-563-3518

Apartments For Rent 207

**303 S. STATE ST.** 2 BR apt,  
stove & refrigerator, newly re-  
modeled, laundry facilities  
available, water & trash paid,  
12x30 garage, no pets. Avail-  
able now! \$370 month with  
military discount plus \$300 de-  
posit. Call 660-233-6107 or .  
660-624-9884.

Houses For Sale 249

**FIRESIDE  
REALTY**  
  
**TONY R. KENDRICK**  
Owner/Broker  
**FOR SALE OR RENT**  
1,2,3,4,5 Bedroom,  
Various Floor Plans.  
Call for Availability  
211 E. Russell • Warrensburg  
660-747-5353  
www.4firesiderealty.com

Apartments For Rent 207

**RACJAC.COM**  
Stone Creek Apartments  
1500 Thompson Blvd.  
660-826-8345

Townhouses For Rent 213

**LARGE 3 BR** (1450 sq. ft.), 2  
baths, 1-level, all appliances,  
garage, security system, no  
smoking or pets. \$775/month.  
Sedalia. Call (660) 826-4509

**KEY  
REALTY**  
  
Visit our website for all area listings [www.KeyRealtyWarrensburg.com](http://www.KeyRealtyWarrensburg.com)

Houses For Sale 249

**5 BR 2.5 BATH** New carpet,  
fenced yard, 3 decks, big pool,  
2-car garage, located just min-  
utes from Base in the desir-  
able Villages of Whiteman.  
Must see! Call 660-233-3179  
or 2555. Priced to sell! sa

**GREAT 5 BEDROOM**, 3 bath,  
2500 sq. ft. home in Warrens-  
burg. Fully finished walk-out  
basement with 2 bedrooms  
and full bath. For questions or  
showing, call (660) 747.2177

401 E. Russell Ave.  
Warrensburg, MO  
Office: 747-7043  
David Roberts: 238-3936  
Bobby Hall: 864-4492  
Craig Conant: 238-6042  
Tony Conant: 909-2939  
Holly Dow: 238-5634  
Vance DeLozier: 909-7043

Lake Property For Sale 267

**LAKE OF THE OZARKS** -  
LAKE LOTS \$3950 each, \$75  
down, \$59 per month. Also  
3+/- acre tracts starting at  
\$10,900. Owner financing, no  
credit checks and easy terms.  
Beautiful trees, free lake ac-  
cess, boating, fishing and  
swimming areas. Missouri  
Conservation dock and boat  
ramp. Ad ends Sept. 24th Ivy  
Bend. (573)372-6493.  
[www.ivybendlandoffice.com](http://www.ivybendlandoffice.com)

Automobiles 300

**W-G-M-K**  
**Home of the  
Jump Start  
Program!**  
Congratulations to the  
hundreds of customers  
who have taken  
advantage of the  
**Jump Start!**  
Program!  
If you have ever had some  
bad luck with your credit  
for whatever reason, but  
need to buy a car,  
call Ron at 660-826-8320.  
We can help!  
**PEOPLE WHO READ  
NEWSPAPERS ARE  
BETTER AND  
MORE  
EFFECTIVE  
PARENTS**  
It all starts with  
Newspapers

**Integrity  
First**

**Service  
Before Self**

**Excellence In  
All We Do**

**Ren'T'Own® Auto - The Convenient  
And Easy Way To Get Into A Vehicle**



- Easy Application-Quick Approval
- Affordable Payments
- Flexible Terms
- No Obligation! You can return the car at any time for any reason without penalty!



300 E. Russell Ave.  
Warrensburg, MO  
www.SharpeAutoSales.com

**COUPON**  
**\$200 Off** Lease Origination  
Present To Sharpe Auto Sales Expires 10-31-12  
**Enjoy Freedom & Flexibility with Ren'T'Own® Auto!**  
**660-747-2277**



**24-HOUR  
STORAGE  
FACILITY**

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

**660-909-3102**

**CLEAN, DRY & CONVENIENT**  
Lowest Rates

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

*Join Us In*  
**WORSHIP**



**Calvary Episcopal Church**

713 S. Ohio Avenue  
Sedalia, MO 65301  
660-826-4873

www.calvarye.org  
Sunday Eucharist at 10:00 a.m.  
Children's Sunday school at 9:00 a.m.

**Northside  
Christian Church**

500 N. Ridgeview Drive  
Warrensburg  
**747-8632**

Sunday Worship 9:00 & 10:30 AM  
Sunday School 9:00 & 10:30 AM  
Wednesday Bible Study 6:00 PM  
(Wednesday activities September-May only)

"A real place...  
...for real people."  
For more information go to...  
www.northsidechristianchurch.com

**Shiloh Missionary  
Baptist Church**

212 N. Main St.  
Warrensburg

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

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

**CHRIST & TRINITY  
LUTHERAN CHURCH  
ELCA**

Everyone is welcome at the  
Lord's Table.

3201 Southwest Blvd.  
Sedalia, MO  
**660-826-8764**

Sunday School:  
9:15am-10:15am  
Worship: 10:30am

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



**First Assembly  
of God**

Dr. Alvin Langston  
Dr. Esther Kay Langston

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

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

**First Christian Church**  
101 S. Monroe ~ Knob Noster



Sunday School...9:00am  
Worship...10:00am  
Wed. Night Supper Club  
Dinner...5:45pm • Classes...6:45pm  
Nursery Provided For All Services

**563-2827**  
Minister: David Jordan  
www.knobnosterfcc.com

**Bethel Baptist  
Church  
Join Us!**

Sunday School 10am  
Morning Worship 11am  
Evening Worship 6pm  
Wednesday: Prayer & Bible Study 7pm  
• Nursery & Kids programs for ALL ages.

"Independent, Bible Centered"  
416 NW Highway 13  
Warrensburg, MO 660-747-2173  
(4 miles N. of Warrensburg)  
"Making a difference one person at a time"



**Heartland  
Church**  
Psalm 127:1  
"A Church With A  
Heart Of Love"  
Sunday Worship 10:00am  
Sunday School 9:00am  
Pastor Greg Morris  
777 NE Highway 23  
**563-3810**

**CROSSROADS**

Seventh Day  
Adventist Church  
WARRENSBURG

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

Worship Service 11:00 a.m.  
Sabbath School 9:45 a.m.  
Pastor Al Oetman  
**660-656-3332**

**Worship With Us**

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

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

**563-4813**  
charitychristiancenter.org

Independent Fundamental

**Grace Baptist Church**  
3304 S. Ingram - Sedalia

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

**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**

"Applying God's Word in  
Today's World"

Sunday Worship 9:00 & 10:45 am  
Sunday School 9:00 & 10:30 am  
Childcare Available  
1302 S. Maguire  
Warrensburg  
**747-9186**

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

**FAITH LUTHERAN  
CHURCH  
MISSOURI SYNOD**

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

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

**THINK SAFETY!**