

WARRIOR

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Airman 1st Class Joseph Robin 509th Security Forces Squadron, aims at his target during the combat arms training in preparation for the Global Strike Challenge in November.

Security Forces team preps for Global Strike Challenge

By Airman 1st Class Cody Ramirez
509th Bomb Wing Public Affairs

The 509th Security Forces Squadron formed a team of their most qualified Airmen here to take part in the upcoming Global Strike Challenge in November.

"Security Forces is a very strenuous career field and our Airmen work hard and long hours, so it's nice to see them afforded the opportunity to show off their skills while representing Whiteman Air Force Base," said 1st Lt. Joseph Carpentieri, 509th SFS flight commander.

The competition will provide Team Whiteman with the opportunity to meet and talk with Air Force Global Strike Command senior leadership. It will also give competitors a chance to share knowledge and memories with each other while building camaraderie and morale within their major command, according to Lieutenant Carpentieri.

The team, made up of seven security

forces members, was selected because of their PT scores, combat arms records and job performance. The team members are: Technical Sgt. Christopher Camara and Roy Chavez, Staff Sgt. Brandon Bendele, Senior Airman James Doan, and Airman 1st Class Joseph Robin and Richmond Chung.

"Our job performance is vital to protecting Whiteman's assets and this competition gives us a chance to show exactly how well we do that," said Sergeant Camara, team lead. "Hopefully we can use it to show that the 509th SFS is rock solid in what we know and how well we perform."

In preparation for the event, the team has been training in combat arms, physical fitness, land navigation, team-tactic film movement, ambush response, deployment from vehicles, Self-Aid Buddy Care, communication, combat reports and other security force foundations.

"We've incorporated running into everything we do ... anywhere from sprints to perimeter runs to runs with full gear including

a gas mask," Sergeant Camara said. "We then test our shooting with exhaustion weighing down on us. It makes training more difficult once our blood starts flowing, our adrenaline pumping and our breathing becomes heavy ... it forces our team to focus on their fundamentals."

Despite the difficulty, the team members seem to be enjoying the challenge.

"The training has been great," said Airman Chung. "I can already see the improvement in my shooting. I think we have a good chance of winning with this team."

"Everyone is in shape and the team works well together," added Sergeant Chavez. "I'm confident in our team and we're ready to compete."

The security forces portion of the Global Strike Challenge will take place in the Shreveport-Bossier City area, near Barksdale Air Force Base, La. The 509th SFS will compete with as many as 400 Airmen from Global Strike, Air Combat Command and the Air Reserve Component.



ON THE INSIDE

3

Air Force releases
November
promotion list

7

Program warms
the heart of
Airmen in need

Life's mishaps do not 'take time off' for the holiday season. Operation Warmheart is here to provide short-term financial help for Whiteman families and its surrounding military community with unforeseen life expenses, especially during the upcoming holidays.

10

Whiteman Airmen
support developing
nations

The 509th Logistics Readiness Squadron along with members of the 729th Airlift Squadron executed a Denton amendment here, Oct. 15 to support a humanitarian mission to Honduras.

WEATHER

Today	Sunday
Morning Frost	Mostly Sunny
Hi 63	Hi 64
Lo 44	Lo 43
Saturday	Monday
Sunny	Mostly Sunny
Hi 69	Hi 65
Lo 45	Lo 45

Weather courtesy of the National Weather Service



The Enlisted Perspective

By CMSAF James A. Roy

Even one suicide is too many



James A. Roy, Chief Master Sgt. of the Air Force

An alarming trend is happening in our Air Force, and we need your help. We've had a drastic increase this year in the number of suicides among our total force Airmen – active duty, guard, reserve and civilians. Last year we lost 84 Airmen by suicides; this year, we've nearly reached that number, and it is only October. Even one suicide is too many!

We all take Suicide Awareness training, but that's just the first step – we must take immediate action and get involved. We need to look out for each other and understand that we're not alone. Be ready and willing to assist your Wingman and ask for help when you need it. We must all take the time to care about those around us. That's what good Wingmen do, and that's what our Air Force needs.

Supervisors at every level must act now. Get to know your Airmen better and understand their personal and professional challenges. This is not a time to sit idle and think this won't happen in your unit. No one is immune. Suicides range the spectrum of ages, locations, MAJCOMs and career fields. The two most common factors we've seen are problems with relationships and finances.

We need to be good Wingmen for others and also need to develop and maintain trusted relationships and friendships where we can talk openly and honestly about things happening in our own lives. We need to feel

comfortable exchanging ideas, views and experiences with those who are closest to us. There is always someone available for you.

So many people care about you – more than you may think; family, friends, co-workers, supervisors, first sergeants, commanders, chaplains, medical professionals and senior leaders are ready and willing to listen and help. Just give them a chance. Don't ever think you are alone or that no one will understand. We will understand, and we will help you. It doesn't matter whether you write, call or e-mail, please reach out. We are an Air Force family and you mean a lot to all of us. If you feel you are at the end of your road, you are not – talk with someone. We care about you and will ensure you receive the help you need.

You should never be afraid of seeking help for fear of reprisal. Our lives should be the priority. The Air Force also has many resources to help. Military and family life consultants, chaplains and medical professionals are all available. Also, Military One Source counselors are always available by calling 800-342-9647 or visiting www.militaryonesource.com.

With everyone's help, we can and must step up and reverse this devastating trend.

Lose the training wheels

By Col. Scott Brewer

386th Expeditionary Operations Group commander

I first taught my daughter to ride a bicycle using training wheels. The added support gave her the confidence to take off like a daredevil. She was content for awhile, until she realized her training wheels were holding her back. It was time to ride like her big brother – without training wheels.

Over the next few days, we tried, but didn't make progress. She just couldn't balance on her own.

I struggled to figure out why, and then, it hit me. I was getting in the way.

My fear of her falling kept me so close that as soon as she'd begin to tip, I'd steady her. I had become her training wheels, and if she was going to learn, I'd have to let her go, both figuratively and literally.

We both had to find balance.

How should I support and guide her without causing unnecessary injury? Should I catch her before she skins her knee and possibly gives up, or is she just leaning and able to recover? This was a tricky dilemma that meant I had to time my engagement just right.

That problem – determining when and how to engage – is the central challenge we face as leaders. It's the sweet spot between balancing the success of our mission with the risk of failure so young leaders can learn how to spot mistakes early and correct them.

While it's quite natural to try to avoid failure, doing so can limit one's opportunity to learn.

Just like learning to ride a bike, no one starts off as an expert.

It takes trial and error to learn to get your balance. When you step out of your comfort zone to do something new and fall short you are rewarded with feedback.

It's this process of making decisions, and living with the consequences, that enables our Airmen to grow and improve.

So what should you do when someone doesn't meet your expectations? Ask what they were thinking and then have them re-engage? Identify their good ideas and interject only what is needed to strengthen their ability to handle the project? Make it a collaborative effort and do it with them? Take it and do it yourself? There's a wide range of options, so how do you choose?

One way is to ask what tools need to be added to this individual's problem-solving toolbox so they can recover themselves. Are they falling or simply leaning? What will help them regain their balance so this can be an effective learning experience and build their confidence?

Finally, be sure to reflect on your own actions. Are you getting in the way and limiting others' ability to develop and grow?

I made all kinds of excuses when I started teaching my daughter to ride without training wheels, like "she's too young," or "I'm pushing her too hard." I couldn't resist my instinct to come to her rescue. I needed the courage and poise to let her lean closer to the ground so she had the opportunity to catch herself.

As soon as I changed my approach, I created a learning opportunity to help her gain self-reliance, freeing her to learn to balance herself. Within days she mastered her bike and gained the confidence to explore the neighborhood without being limited by her – or my – training wheels.

THE WARRIOR

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

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Multicultural Fest

The Multicultural Fest is today from 2 – 4 p.m. at Mission's End. Free food, music, entertainment, cultural displays, puppet show and balloon art will be provided. For more information, call (660) 687-1950.

Halloween 2010

Whiteman will observe Halloween this year on Saturday with 'trick-or-treating' hours between 6-8 p.m. Knob Noster will also observe trick-or-treating at this time.

Army Baylor Doctor of Physical Therapy Training Program

The U.S. Army-Baylor University Doctoral Program in Physical Therapy provides students entry-level competence in traditional physical therapy skills. Air Force enlisted students are commissioned in the Air Force Medical Science Corps at the rank of second lieutenant. Open to active-duty Air Force enlisted, officers and United States Air Force Academy/ROTC cadets in their final semester. Interested applicants should contact Air Force Personnel Center Biomedical Sciences Corps Utilization and Education Branch Air Force Personnel Center/Biomedical Services Corps Utilization and education branch) Email: afpc.dpamw@randolph.af.mil or call DSN 665-2775 Commercial (210) 565-2775. Additional guidance including frequently asked questions are available on the Air Force Medical Services Knowledge Exchange webpage <https://kx.afms.mil/afbsceducation>. For more information contact Luther Carter and can be reached at (660) 687-2420.

AADD poster contest

Airmen Against Drunk Driving is accepting submissions for a new poster design through Nov. 14. All entries must incorporate AADD's name and phone number. Submissions must not have crude language or explicit images. The contest is open to base members. An AAFES gift card will be award to the top three winners. For more information and to submit idea, e-mail Paul.Denton@whiteman.af.mil or call (660) 687-2595.

WAFB, UCM collaborate on community summit on underage drinking problem

By Jeff Murphy
University of Central Missouri Relations

WARRENSBURG, MO— How do you create a culture of responsible choice when it comes to alcohol consumption? That is a question about 50 individuals from Whiteman Air Force Base, the University of Central Missouri, Johnson County, and the cities of Knob Noster and Warrensburg addressed this week during the Community Summit on Underage Drinking.

The summit took place at the WAFB Royal Oaks Golf Course Monday afternoon, and was hosted by Brig. Gen. Scott Vander Hamm, 509th Bomb Wing commander, and Charles Ambrose, UCM president. These area leaders joined their constituents to strategize about ways to curb underage drinking, particularly among young airmen. Discussion also included the role the university and communities can play in this effort.

Earlier this year, Missouri received \$949,617 in funding from the U.S. Department of Justice to support a three-year joint effort to increase readiness among

WAFB personnel through a program designed to reduce the use of alcohol by Airmen under age 21. The grant is administered through the Missouri Department of Public Safety. UCM, in cooperation with Warrensburg Area Partners in Prevention, received a sub-grant from the department to coordinate and implement the project.

The grant's goal is to reduce underage drinking by implementing best practices that increase the enforcement of applicable drinking laws, and enhance research-based prevention and planning programming for underage community members. While the grant is targeted to Airmen, the education and enforcement opportunities extend beyond the base.

Vander Hamm said the coordinated effort between the base and other area groups will provide "a broader sense of community" with more people looking out for the best interests of airmen and others dealing with alcohol-related issues. He emphasized the serious nature of the work being done at the base, and the need for military personnel to always be prepared.

"The way I look at this, it is about responsibility. We have a responsibility to a huge mission," he said, noting the importance of all Airmen being ready to do what is required to serve their country.

Ambrose echoed the importance of community involvement in encouraging positive choices about drinking. He noted, "We want to create a heightened sense of value in where we live, where we work, and in the quality of our lifestyles."

The summit was facilitated by Jeff Huffman, grant program coordinator, and Amy Kiger, director of UCM's Office of Violence and Substance Abuse Prevention.

"Our vision is to create a community culture of responsible choice, one that supports legal drinking and low-risk strategies when drinking, and discourages illegal drinking and high-risk," Kiger said.

She stressed that underage drinking is occurring among Airmen, college students and high school students, and many of those underage drinkers are consuming at high-risk rates, in other words, five or more drinks

See Drinking, Page 6

509th BW announces November promotions



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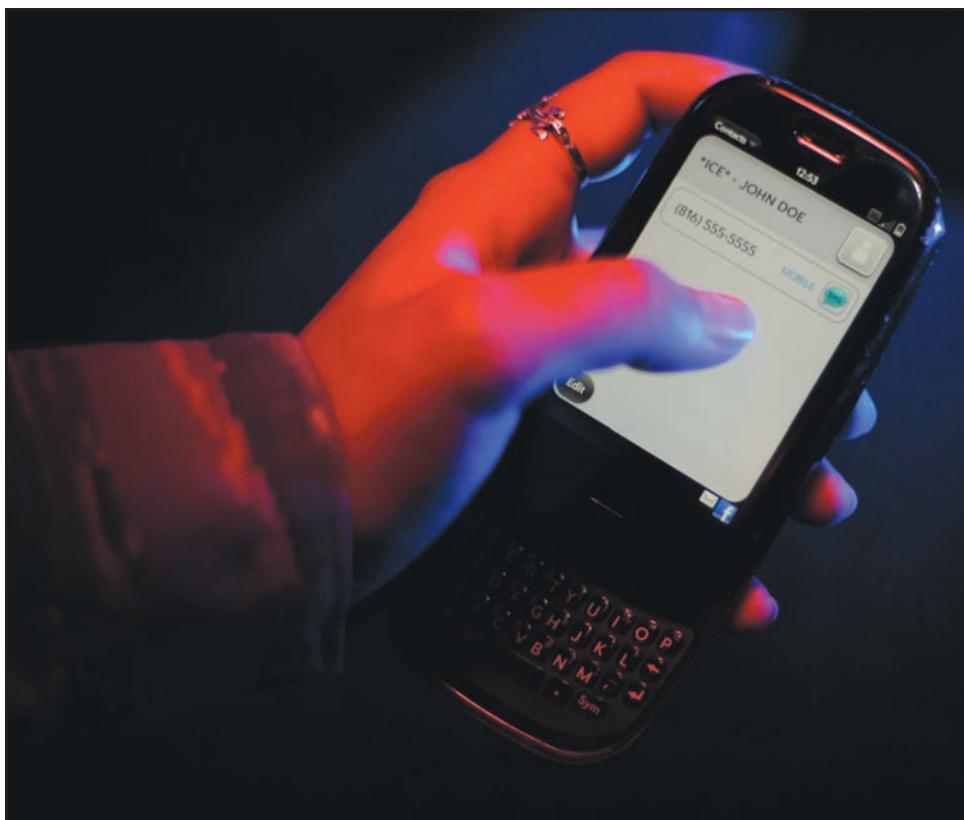


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509th LRS

*Congratulations
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U.S. Air Force photo by Senior Airman Carlin Leslie

Team Whiteman members are encouraged to include an "In Case of Emergency" or ICE contact in their mobile phone. This provides first responders and medical personnel an emergency contact number if the victim is incapacitated.

'ICE' in your cell can help first responders

By Heidi Hunt
509th Bomb Wing Public Affairs

Air Force Global Strike members are required to carry a driver's license while operating a motor vehicle, but in the event of an accident, an issued identification card does not provide information about how to reach an emergency contact.

"If something happens to you and you are incapacitated, the common practice is for responders to look through your cell phone and find out who your 'ICE' or In 'Case of Emergency number' is," said Col. Rickey Rodgers, 509th Bomb Wing vice commander.

"Programming emergency contact information into your cell phone under the listing 'ICE' enables first responders, to identify victims and contact their next of kin in case of an accident, avoiding a delay in notification," said Lt. Col. Dana McCown, 55th Maintenance Squadron Commander, Offutt AFB, Neb.

Colonel McCown emphasized the program after her parents were killed in a car accident by a drunk driver in 2007.

"My family and I experienced several 'lessons learned' which I felt are important to share with my teammates," Colonel McCown said.

"My Mom had her emergency contact information in the glove box, but had my Dad listed as the person to contact," she said. "As a result, my sister and I did not get 'notified' of their deaths, instead we had to go find our parents, which isn't something I would wish on anyone.

"At the time, I was stationed at Randolph AFB, Texas, and my sister and her family was stationed here and my

parents lived in Avon, Fla.

"Today, I recommend everyone program ICE in their cell phone, carry contact information and store it in their glove box," she said. "I also recommend listing a secondary point of contact with a number for someone who doesn't normally ride in your vehicle."

Having lived through this experience, Colonel McCown said it is equally important to not delay the notification of a car accident.

www.Sheriff.org offers the following information on how to enter ICE into your cell phone:

1. Access the address book feature on your cellular device
2. Enter the words ICE followed by the name of the person you wish to be contacted in the event of an emergency situation
3. Next enter that persons phone number

"The only word of caution I have about programming ICE into your cell phone is it should serve as a back-up plan," she said "Servicemembers should have their DD Form 93 Virtual Record of Emergency Data updated at all times and should carry ICE cards or emergency contact information in the vehicle glove box."

Colonel McCown said it's important for individuals to understand that not all first responders will check your cell phones for ICE information.

"Some may or may not check, but it serves as a great back-up plan and many responders I've been in contact with say they will look up the ICE information if it's listed and if their phones are unlocked," Colonel McCown said.

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Getting some 'explosive' training

Airman 1st Class Samantha Bauer, 509th Civil Engineer Squadron emergency management, looks at M8 paper with Airmen deciding if there was contamination by checking to see if the paper changed colors during the Chemical Biological Radiological Nuclear Explosive Agents Training course.

U.S. Air Force photo story by Staff Sgt. Jason Huddleston



An Airman puts a time and date stamp down on M8 paper during the Chemical Biological Radiological Nuclear Explosive Agents Training course



Senior Airman Candis Holmes, 509th Aircraft Maintenance Squadron, uses her Airman's Manual to determine what the substance was that she found on M8 paper during the Chemical Biological Radiological Nuclear Explosive Agents Training course.



Master Sgt. Dawn Couey, 509th Force Support Squadron, puts her gas mask on as they went into Alarm Red, MOPP 4, during the Chemical Biological Radiological Nuclear Explosive Agents Training course.



Postal Service sets holiday mail deadline

Early Shipping recommended to ensure timely arrival

By Cheryl Pellerin
American Forces Press Service

WASHINGTON (AFNS) – The recommended mailing deadline for sending economy-priced holiday packages to servicemembers in Afghanistan, Iraq and other places around the world is Nov. 12, officials at the U.S. Postal Service said.

"Shipping holiday packages early helps ensure that they arrive in time for the holidays," said Pranab Shah, the vice president and managing director of global business at the Postal Service. "They are a great morale boost for those men and women serving their country in places far from home."

Other deadlines for arrival by Dec. 25 are Nov. 26 for space-available mail; Dec. 3 for parcel airlift mail; Dec. 10 for priority mail and first-class mail, letters and cards; and Dec. 18 for express mail military service.

Holiday packages and mail headed for Iraq and Afghanistan must be sent a week earlier than the deadlines above, postal officials said. Express mail military service is not available to those destinations.

The Postal Service offers a discount on its largest priority-mail flat-rate box, a 12-inch by 12-inch by 5.5-inch carton that can accommodate laptop computers, small conventional ovens, and military care packages.

Mail sent to overseas military addresses costs the same as domestic mail, and the usual price for the large flat-rate box is \$14.50. But

for packages heading to APO/FPO addresses, the Postal Service charges \$12.50 or \$11.95 for those who print the priority-mail postage label online.

Priority-mail flat-rate boxes are free at any post office and can be ordered online at <http://shop.usps.com>. Postage, labels and customs forms can be printed online at the Postal Service website.

APO/FPO addresses usually require customs forms, postal officials said, and each country has customs regulations that apply to all mail, including U.S. military mail, coming into the country.

Mail addressed to military and diplomatic post offices overseas is subject to restrictions in content, preparation and handling.

Each five-digit military and post office ZIP code (APO/FPO) has specific restrictions, but the following are prohibited in the regions of Operation New Dawn in Iraq and Operation Enduring Freedom in Afghanistan:

- Horror comics and obscene prints, paintings, cards, films and videotapes
- Anything depicting nude or seminude persons, pornographic or sexual items, or unauthorized political materials
- Bulk quantities of religious materials contrary to the Islamic faith, though items for personal use are permitted
- Pork or pork by-products.

For specific restrictions and mailing prices to an APO/FPO address, visit the Postal Service's online price calculator or a local post office, or call 800-ASK-USPS.

Drinking

Continued from Page 3

in a two-hour period. Kiger cited the 2008 Department of Defense Survey of Health Related Behaviors among Active Duty Military Personnel showing that heavy drinkers have serious consequences from alcohol at a rate of three to six times higher than any other group of drinkers. The DOD

measures consequences such as time away from work due to alcohol use, arrest for driving under the influence of alcohol, getting into fights, illness, low performance ratings, and being passed over for promotion.

Huffman said the vision for a "community culture of responsible choice" will

be supported through work groups that involve constituents from all areas represented at the summit. These groups will deal with collaboration, sustainability and planning; education and activities; data collection and reporting; and enforcement operations and regulatory improvements.



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Arts and Crafts Center provides support for Airmen, family members

By Senior Airman Jason Barebo
509th Bomb Wing Public Affairs

The Whiteman Arts and Crafts Center offers a variety of year-round services for members of Team Whiteman.

Following Air Force Global Strike Command's vision for Airmen morale and welfare, the Arts and Crafts Center provides instructions, materials, equipment and assistance to anyone wishing to use their services.

Some of the services offered are custom framing laser etching and metal engraving. The Arts and Crafts Center also plans to offer embroidery services in the near future.

"In the past we framed a large turtle shell for a customer and a collection of 100 matchbooks for another," said Karen Gorden, Arts and Crafts Center director. "If it will fit in a frame, we'll do it. Valuable art and treasured artifacts are handled with the upmost care and framed using archival quality materials. Our professional framers are always eager to help with design and layout and our workmanship is of the highest quality."

The center recently received a specialty printing system that allows the staff to print color pictures and graphics on ceramic mugs, mouse pads, cutting boards and a variety of other surfaces.

"In addition to the services we provide, we are also proud of our large number of consignors who offer a variety of handmade items such as pottery, purses, flag boxes and coin holders," Ms. Gorden said.

Monthly classes are also offered to educate anyone wishing learn how to make their own Arts and Crafts and use some of the equipment available at the center.

For information on the Arts and Crafts Center or the Auto Hobby Shop, call (660) 687-5689 or (660) 687-4765.

Base program warms hearts of Airmen in need

By Airman 1st Class
Cody Ramirez
509th Bomb Wing Public Affairs

Life's mishaps do not 'take time off' for the holiday season. Operation Warmheart is here to provide short-term financial help for Whiteman families and the surrounding military community with unforeseen life expenses, especially during the upcoming holidays.

Operation Warmheart is a non-profit, charitable organization administered by the Whiteman Air Force Base First Sergeants Council. Additional help is provided by volunteer groups, including the enlisted and officers spouses groups, local businesses, private donations and community organizations.

"Our focus is to take care of the Whiteman family and the surrounding military community while

exhausting any avenue available to get that done," said Master Sgt. Brad Burt, vice president of the First Sergeants Council. "We provide temporary, food, shelter, and gas expenses to help active-duty, Guard and Reserve Airmen and Department of Defense civilians."

The program is supported by all Air Force Global Strike Command bases throughout the year, but additional focus is needed around the holiday season.

"This time of the year is the most important part of Operation Warmheart because this is when the most families are in need," Sergeant Burt said. "It's also when we raise the most money with activities like volunteers bell-ringing at the commissary from 'Black Friday' through Dec. 24."

Operation Warmheart also branches out by supporting programs such as:

turkey baskets, a program that supplies families in need with Thanksgiving food baskets, and the Angel Tree, which provides age appropriate gifts for children.

In 2009, Whiteman's Operation Warmheart raised more than \$15,000 to support nearly 200 Whiteman families. During Thanksgiving that year, more than 210 meals were given to the military community.

"Our Whiteman family is very involved and caring ... every time we host a fundraising outlet, we always have a handful of volunteers," said Sergeant Burt.

"Very supportive servicemembers back a great program here, which continues the spirit of giving year-round."

For more details, or to volunteer, contact a unit first sergeant.



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1-135th ARB to take up ARMS

*Story by Senior Airman Jason Barebo
U.S. Air Force photos by Senior Airman Carlin Leslie
509th Bomb Wing Public Affairs*



Army Staff Sgt. Brett Gentry, 1-135th Attack Reconnaissance Battalion maintenance technician uses a socket wrench to torque the pitch housing on the main rotor head, Oct. 25.



Army Staff Sgt. Jonathan Dalman, 935th Bravo Company Detachment Warrensburg, Mo., maintenance technician, rewires the main rotor drive for an AH-64 Attack Apache Helicopter, Oct. 25. Whiteman Air Force Base is home to the Army Aviation Support facility which maintains the Apache Helicopter when the 1-135th Attack Reconnaissance Battalion is not here for their drill weekend.

Army Chief Warrant Officer John Taylor, 1-135th Attack Reconnaissance Battalion, exits an AH-64 Attack Apache after taxiing in, Oct. 25. The 1-135th ARB is a tenant unit of Whiteman Air Force Base.



Army Chief Warrant Officer John Taylor, 1-135th Attack Reconnaissance Battalion, heads for the debriefing room after conducting a training flight, Oct. 25.

The 1-135th Attack Reconnaissance Battalion will undergo pre-inspection for the Aviation Resource Management Survey today. The survey will evaluate their processes and compare them to Army standards.

"This pre-inspection is mostly an administrative audit," said Army Major Fin Carey, 1-135th Support Facility acting commander. "A lot of things that we do must be updated on a regular basis and the ARMS teams check that we are doing that."

The last ARMS for the 1-135th ARB was in 2006.

"These assistance visits help to prepare us for Army inspections," said Warrant Officer 4 Jim Nix, a 22-year member of the 1-135th ARB. "They also come in handy for deployments by giving us tips on what other units are doing, some shortcomings and strong points they have seen, and they bring some processes for us to build on."

The Army inspects units every two years.

"It's a continuous process," Mr. Nix said. "They look at all of our records and ensure we conform to Army standards."

"My role is to ensure we are ready by reviewing our standard operating procedures, keep them up-to-date and make any necessary changes as needed."

The ARMS team will look at all aspects of the 1-135th ARB to ensure compliance and better prepare them for upcoming inspections.

"The ARMS team and the inspectors really do a great job," Mr. Nix said. "Over the years I have seen their processes go from just evaluating to also teaching us how we can better complete our mission."



Army Private 1st Class Randall Mayo, 1-135th Attack Reconnaissance Battalion maintenance technician, repairs rivets on the fuselage of an AH-64 Attack Apache, Oct. 26.

From the Frontlines: Tech. Sgt. Jennifer McKeithan

By Heidi Hunt
509th Bomb Wing Public Affairs

The military makes every effort to boost morale among servicemembers home and abroad. Morale, Welfare and Recreation programs provide a significant stress relief to deployed individuals who are away from their families for long periods of time.

Tech. Sgt. Jennifer McKeithan, 509th Force Support Squadron, NCO in charge of readiness, served as the recreation flight chief and spent 120-days deployed to the 407th Air Expeditionary Force Support Squadron, Ali Base, Iraq, and returned October 2009.

Sergeant McKeithan said the mission was to provide Airmen with activities while they were off duty.

"I was in charge of all recreational programs and special events to include joint ventures with our sister service, the Army," said the Air Force Global Strike Command sergeant.

"My staff hosted three to four events a day to provide an outlet for all Airmen.

"This helps to alleviate home sickness and also allows Airmen to meet in common areas, build friendships and network," Sergeant McKeithan said.

During her deployment, Sergeant McKeithan said her day-to-day operations were many.



Courtesy photo

ALI BASE, Iraq, - Tech. Sgt. Jennifer McKeithan (right), 509th Force Support Squadron, NCO in charge of readiness, participates in Air Force marathon while deployed. Sergeant McKeithan served as the recreation flight chief and spent 120-days deployed to the 407th Air Expeditionary Force Support Squadron, Ali Base, Iraq, and returned October 2009.

"Each morning I ensured accountability paperwork was complete and verified cash deposits were accurate and maintained a self-help storeroom," she said. "A large amount of my time was spent brainstorming events with my staff."

"Additionally, we hosted a number of activities such as horseshoe tournaments in conjunction with spades tournaments with the end goal of getting as many people out of their rooms as possible," she said.

See Frontlines, Page 11

Whiteman Airmen support developing nations

By Airman 1st Class Montse Ramirez
509th Bomb Wing Public Affairs

Members of the 509th Logistics Readiness Squadron, along with members of the 729th Airlift Squadron completed a humanitarian mission to Honduras here, Oct. 15.

The mission was part of the Denton Amendment.

"The Denton amendment provides humanitarian and civic assistance in conjunction with military operations, allowing organizations that would not ordinarily have the means to transport their donations through military aircraft to those in needs," said 1st Lt. Stefan Hafner, 509th Logistic Readiness Squadron deputy deployment and distribution flight commander.

"Providing much needed school supplies to countries, or most importantly kids that do not have them is vitally important to developing nations," said Lieutenant Hafner.

Whiteman was the handover point from civilian charitable organizations such as Friends United, Rotary Independence Mo., Rotary International, to the U.S. military transportation system.

"Whiteman was in charge of coordinating the delivery and build up of all 21,995 pounds of donated cargo to Air Force pallets and load the shipment on the C-17 cargo plane that picked it up," said Tech. Sgt. Jeffrey Mount, 509th LRS NCO in charge of small air terminal operations.

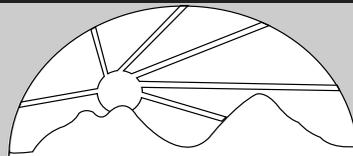
Building up and loading these pallets onto an aircraft afforded Whiteman airmen the opportunity to practice the skills they are trained to use for deployments and exercises in a tangible and meaningful way said Lieutenant Hafner.

"We always embrace the chance to do these types of missions because of the good that is being done with this humanitarian cargo, as well as the opportunity to practice our skills," said Sergeant Mount. "In the past we have moved wheel chairs to Iraq and an ambulance to El Salvador. The sense of mission accomplishment is outstanding."

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Alcoholics Anonymous (AA)—Every Fri. 8 p.m. - Basement of Methodist Church
Knob Noster Board of Aldermen—1st & 3rd Tues. each month - Basement of City Hall

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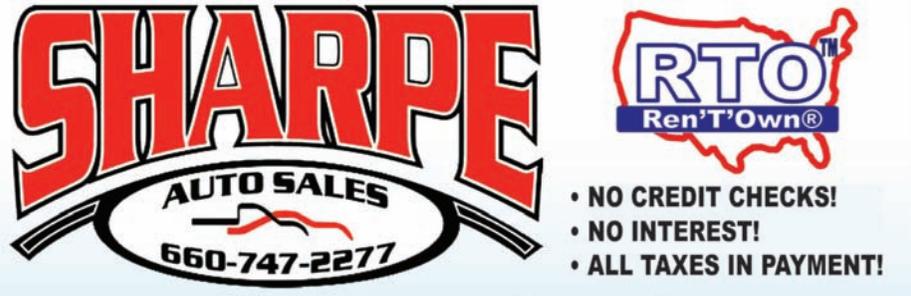
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Mortuary affairs bring honor to families

By Airman 1st Class Montse Ramirez
509th Bomb Wing Public Affairs

A team of committed servicemembers here ensures Airmen receive the honor, respect and dignity they deserve when they pass away.

The job of Air Force Global Strike Command mortuary affairs members is to carry the burden of dealing with the details of the funeral, allowing the family to grieve.

"It's important to honor and put Airmen to rest in a dignified manner, so it needs to be done right," said Staff Sgt. Jonathan Pierce, 509th Force Support Squadron, NCO in charge of mortuary affairs. "The least we could do is to get every little detail done so the family can mourn and have little stress as possible."

After obtaining news of the worse kind, the next of kin receive a phone call from Sergeant Pierce to begin the process of getting the Airman ready for his final destination.

After the first phone call between the next of kin and Sergeant Pierce is made, the door is open for family members to address any concerns they may have.

Three of the most frequent questions he addresses to the next of kin are:

1. What do we need to do to get him/her home?

Sergeant Pierce explains the procedures and ensures it will all be handled professionally.

2. Is he/she qualified for honors and mortuary benefits?

If they are active-duty they immediately qualify for honors and mortuary benefits. Also, Guardsmen and Reservist will receive the same if they were on active duty orders. Retirees also qualify for honors, but no other mortuary benefits.

3. How is the funeral going to be paid for?

The Air Force pays for the basic arrangements and transportation, flowers and catering will need to be paid for separately.

Once he receives detailed information on the family's specific arrangements for the funeral, Sergeant Pierce begins to put it all together.

Sergeant Pierce said he first contacts the funeral home and the mortician. Then, he purchases the last uniform the Airman will wear if the family requests it, and works with the military personnel flight to obtain their awards and decorations. Sergeant Pierce is the last one to put together the ribbon rack which shows their life's



U.S. Air Force photo by Tech. Sgt. Charles Larkin
Mortuary Affairs personnel put together the last ribbon rack fallen Airmen will wear, showing the Airmen's career accomplishments.

career accomplishments.

"Putting their ribbons together is rough," said Sergeant Pierce. "It's equally tragic to see a ribbon rack with many ribbons, symbolizing a long career as seeing one with few ribbons symbolizing the beginning of a career."

After the mortician has dressed and gotten her ready, Sergeant Pierce gives her one final inspection to make sure once again she's her very best for her family.

The remains are then shipped to their final destination where family members can say their last goodbyes.

It's two or three days of hard work, sometimes with very little resolution; Sergeant Pierce doesn't get to see the funeral, he just has to trust he did his job well, knowing it's his duty to pay respect on behalf of the Air Force by taking care of the Airman's final needs.

"After doing so much preparation, I don't get to see the very end of it, which is rough but as long as the family likes the result I'm glad," said Sergeant Pierce. "Sometimes I call the family to make sure everything went well to get a sense of closure."

Frontlines

Continued from Page 10

"Besides the endless paperwork and time spent organizing, coordinating and advertising, I ensured my staff was taken care of to the best of my ability.

Sergeant McKeithan said taking care of her Airmen is one of the trickiest tasks but is one of the most important duties.

Overall the sergeant said the best part about her deployment was the people because they helped her though it.

"I've made everlasting memories that I'll always be able to reflect on," she said. "I worked with and for an amazing group of individuals. There might not have been a smile at the end of every day, but in the end it's an experience we'll never forget and friendships that may not have been formed if not for the deployment."

Here at Whiteman, Sergeant McKeithan's services were commended by her supervisor, Capt. John Frazier, 509th Bomb Wing chief readiness and plans.

"Sergeant McKeithan has the uncanny ability to motivate the Airmen she works with and truly embraces the Force Support community's primary mission of taking care of people," he said.

While Sergeant McKeithan's deployment was notable she said she missed her family and friends.

"Going overseas helps you to appreciate how fortunate we are in the U.S. and this experience help remind me of why we are there and the circumstances Americans would never want our country to experience," she said. "I enjoyed the mission and would deploy again in a heartbeat."

Lookin' for a Birdie



U.S. Air Force photo by Senior Airman Carlin Leslie

Senior Airman Anthony Bojorquez, 509th Operation Support Squadron, prepares to tee-off sporting his penguin costume during the Company Grade Officer Corps Halloween Golf Tournament, Oct. 22.

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WMMC is pleased to announce the opening of a new family practice clinic in Knob Noster, MO. Sarah Hasek, MD, will begin seeing patients at Western Missouri Family Healthcare on September 20, 2010. The practice is located at 600 East Allen, Suite A, and is now accepting appointments.

Dr. Hasek earned her medical degree at the University of Missouri – Kansas City School of Medicine and completed her Family Practice Residency at Southern Illinois University (SIU) – Carbondale. She has practiced family medicine in southern Illinois for the past nine years and was an Associate Professor of community and family medicine at the SIU Family Practice Residency Program.

Dr. Hasek and her husband, Dan Dietz, reside in Warrensburg with their three young sons.



Sarah Hasek, MD

To make an appointment with Dr. Hasek, please call Western Missouri Family Healthcare – Knob Noster at

(660) 563-5555.

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MEDICAL CENTER

www.wmmc.com

SEDALIA - WARRENSBURG - KNOB NOSTER AREA INVESTMENT PROPERTY GALLERY AUCTION

SATURDAY, NOVEMBER 20 AT 12:03 PM



12 PROPERTIES

- ✓ Single Family Homes
- ✓ Duplexes
- ✓ Apartment Bldgs.
- ✓ Development land

Property inspection of all properties: November 4, 10-3PM

Auction will be held in
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Food & Entertainment

TODAY 10/29

Dichroic Jewelry Class Deadline ~ Arts & Crafts

Sign up by noon today for this single session class scheduled October 30, 11 a.m.-1:30 p.m. Cost is \$45, supplies included. Call 687-5691 to reserve a spot today!

Beginning Chain Mail Class Deadline ~ Arts & Crafts

Noon today is the deadline for this single session class scheduled November 2, 8:30 a.m.-Noon. Cost is \$25, supplies included. Call 687-5691 for more details.

Pottery Class Deadline ~ Arts & Crafts

Sign up by noon today for this three session class scheduled November 2, 9 & 16, 1-3 p.m. Cost is \$40, supplies included. For more information, please call 687-5691.

Stained Glass Class Deadline ~ Arts & Crafts

Learn the art of stained glass. Six-weeks open enrollment class scheduled every Tuesday, 5:30-8:30 p.m. Cost is \$95, supplies included. Sign up by noon the Friday prior to class. Call 687-5691 to reserve a spot.

50 Cent Fridays ~ 3-7 p.m. ~ Stars & Strikes

Join us every Friday for 50 cent bowling. Price includes bowling and shoe rental each. Where else can you go to enjoy bowling for a very low price? Call 687-5114 for more details.

SATURDAY 10/30

Family Bowling ~ Noon-4 p.m. ~ Stars & Strikes

Join us today for family bowling. One hour bowling, shoe rental, a large 1-topping pizza and a pitcher of soda, all for \$20! Up to six people per lane. Can't make it today? Join us Sunday, same time, same place. Call 687-5114 for more details.

SUNDAY 10/31

Football Frenzy ~ 11 a.m.-7 p.m. ~ Mission's End

Football Fans! Join us every Sunday to watch your favorite team on the big screen TVs. Club members can enter to win a trip to the Super Bowl or one of two regular season games! Plus, End-of-Season bonus drawing for \$5,000 in gift certificates. Call 687-4422 for more details.

MONDAY 11/1

Staff Bowling Challenge ~ Stars & Strikes

Do you have what it takes to win a bowling challenge? Pick four of your best squadron buddies or friends to challenge four of the bowling center staff to two games of scratch bowling. If you beat the bowling center staff, each bowler on your team receives one free medium, one topping pizza! Limited to one win per month. Call 687-5114 for more details.

Member's Lunch ~ 11 a.m.-1 p.m. ~ Mission's End

Club members can enjoy a lunch for just \$3. Call 687-4422.

Grill Specials ~ 11 a.m.-1 p.m. ~ Mission's End

Check out November's grill specials Monday through Friday during lunch. Your choices this month are Terriyaki pork and pineapple sandwich or Chorizo crusted Tilapia sandwich. Cost is \$6.50 for members; \$8.50 nonmembers. Call 687-4422 for more information.

Club Coin Special ~ 4 p.m.-closing ~ Mission's End

Enjoy a delicious drink at the club served any day the bar is open. November's special is Burnt Turkey. Half ounce of Brandy, one and one half ounce of Wild Turkey, four ounces of cranberry juice and a splash of lime. Cost is \$2.50 a drink. Call 687-4422 for more details.

TUESDAY 11/2

Free Bowling Days ~ 3 p.m.-Closing ~ Stars & Strikes

Purchase \$6 from the snack bar, receive three free games and shoe rental when you present your receipt at the bowling counter. Can't make it today, stop by Thursday, same time, same place. Call 687-5114 for more details.

WEDNESDAY 11/3

Cook's Night Off ~ 4-7 p.m. ~ Mission's End

Call in your order to 687-4422 anytime before 3 p.m.; pick up between 4-7 p.m. It's that easy! A perfect meal that feeds a family of four! November's menu is chicken fried steak with mashed potatoes and gravy, sauteed vegetable blend, buttermilk biscuit and red velvet cake. Cost is \$15.95 for members; \$18.95 nonmembers. Call 687-4422 for more details.

THURSDAY 11/4

Pizza Pizzaz ~ 4-7 p.m. ~ Mission's End

Take advantage of our pizza prices! Cost is only \$7 per large single topping pizza. Call 687-4422 for more information.

SILVER DOLLAR CITY CHRISTMAS & LIGHT SHOW NOVEMBER 6-7

Time: Leave 8 a.m.
Return 5 p.m.

Place: Branson, Missouri

Cost: \$185/adult
\$110/child ages 4-11
Children 3 yrs & under
Are **FREE**

Includes: Transportation
Hotel accommodations

**Check Out Silver Dollar City,
Dixie Stampede where we
Enjoy dinner & the show,
& then drive through the
Sheppard of the Hills
Christian Light Show**

Responsible for you own meals

**See Outdoor Rec for additional
Savings on this trip.**

Sign up by Nov. 2



Colossal Cookie Challenge

Held in conjunction with the "Let's Celebrate" Road Show, the Colossal Cookie Challenge encourages rivalry among participants. The goal is to provide good, healthy cookies to those who have served our country so well in the past.

This year's focus is healthy/diabetic cookies, both original and personal favorite recipes.

Cookies will be judged on Tuesday, Nov. 9; all cookies will be taken to the Warrensburg Veteran's Home for the "Let's Celebrate" Road Show.

Nov. 8 @ the Community Center Prizes awarded

"LET'S CELEBRATE" ROAD SHOW

NOV. 9, 2-4 P.M.
WARRENSBURG VETERANS HOME

Honoring our Veterans

We proudly honor veterans and their families at the Missouri Veterans Home in Warrensburg by providing entertainment and refreshments.

We solicit base talent to sing, dance and provide other entertainment.

We also need 20 volunteers to assist in the staging area and serving refreshments.

CC
COMMUNITY CENTER
687-5617

KARAOKE Contest

@ THE CLUB

NOVEMBER 12

10PM-MIDNIGHT

Singing fun in the Lavene Lounge!

\$200 for 1st place ~ \$100 for 2nd place
Winners chosen by crowd vote!

687-4422

FCC NEWS!

Supplemental Care

Provides free overnight, weekend and holiday care for "emergency responders" or those who work 12 or more consecutive hour shifts and have no other adult at home. This care supplements the regular child care arrangements you are already paying for. Come to the FCC office to apply prior to participation.

For more information about any of FCC programs, please call 687-5590.

FORCE
SUPPORT SQUADRON

Force Support page editor.....Cathy Sison
509th Force Support Squadron.....687-4386
WWW.WHITEMANFORCESUPPORT.COM

Youth & Teen Events

TODAY 10/29

Halloween Haunt at Worlds of Fun ~ Youth Center

Teens, ages 13-18, sign up by today for the trip to Worlds of Fun scheduled October 30, 2:30 p.m.-Midnight. Cost is \$30 for members; \$33 nonmembers. Teens will need to bring extra money for dinner and souvenirs. Admission price is included. Call 687-5586.

MONDAY 11/1

Preteen Indoor Swim Field Trip ~ Youth Center

Preteens, ages 9-12, today we begin taking sign ups for the field trip to Warrensburg Community Center indoor pool scheduled November 12, 5-9 p.m. Cost is \$5 for members; \$6 nonmembers. Call 687-5586 for more details.

Dentokan Karate ~ 4-5 p.m. ~ Youth Center

Classes are offered every Monday and Wednesday for youth ages 6-18. Cost is \$35 for members; \$45 nonmembers per month. For more information, please call 687-5586.

TUESDAY 11/2

Torch Club Meeting ~ 4-5 p.m. ~ Youth Center

Preteen, ages 9-12, learn to work together to plan and implement activities. Torch Club meets every Tuesday during the school year. Cost is free. Call 687-5586 for details.

Keystone Club Meeting ~ 6-8 p.m. ~ Youth Center

Teens, ages 13-18, meet to discuss leadership and community involvement. Nonmembers are welcome to join! Call 687-5586.

WEDNESDAY 11/3

Parent's Night Out/Give Parents a Break Deadline ~ Youth Center & CDC

Today is the sign up deadline for both programs at the Youth Center for ages 6-12 and CDC for ages six weeks to five years old. The program is scheduled November 5, 6:30-10:30 p.m. Cost is \$10 for members; \$12 nonmembers at the Youth Center and \$12 at the CDC. Call the Youth Center at 687-5586 or CDC at 687-5588 for more details.

Story Time ~ 11:30 a.m. ~ Library

Children, ages 3-5, come to the Library and listen to exciting stories and make a craft. Cost is free! Call 687-6217 for details.

Teen Sports Club ~ 6-8 p.m. ~ Youth Center

Teens, ages 13-18, enjoy basketball, flag football, indoor soccer and more in the Youth Center gym every Wednesday. Free! Call 687-5586.

THURSDAY 11/4

Cool Crest Trip Deadline ~ Youth Center

Youth, ages 11-18, today is the sign up deadline for the trip to Cool Crest Fun Center in Independence, Missouri. Cost is \$20 for members; \$25 nonmembers. Price includes 20 game tokens, unlimited miniature golf and go-karts for two hours. Space is limited. Call 687-5586 for more details.

Newsletter Club ~ 4-5 p.m. ~ Youth Center

Preteens/Teens, ages 9-18, do you enjoy writing or photography? Come join the Newsletter Club and express yourself in a fun and creative way. Preteens meet from 4-5 p.m.; teens meet from 6-8 p.m. each Thursday. Call 687-5586 for more information.

Homework Help ~ 6-8 p.m. ~ Youth Center

Teens, ages 13-18, receive free help with homework, computers and reference materials available every Thursday. Free! Call 687-5586.

FULL TIME CHILD CARE

The Susie Skelton Child Care Development Center currently has openings for children two to five year olds.

HOURLY CHILD CARE

Need some "me" time? Hourly care for children six weeks to five years of age now available at the Susie Skelton Child Development Center on a space available basis. Contact the CDC for more details.

For more information about both programs, please call the CDC at 687-5588.

Painting a masterpiece



U.S. Air Force photo by Senior Airman Jason Barebo
Addy Wolf, 6 months old, finger paints a pumpkin Oct. 15 at the Suzie Skelton Child Development Center here as part of a Pumpkin Patch celebration. Whiteman will observe Halloween this year on Saturday with 'trick-or-treating' hours between 6-8 p.m. Knob Noster will also observe trick-or-treating at this time.

Operation: Support Our Heroes –

The City of Concordia, Mo., is holding a Harvest Ball at 7 p.m., Saturday at the Concordia, Mo., Community Building. The community event, sponsored by Operation: Support Our Heroes (a Concordia volunteer group) and the Veterans of Foreign Wars Auxiliary Post 5649, costs \$10 per advanced purchased ticket and \$12 at the door with all proceeds going to help spouses and children of deployed members from Whiteman via Operation Warmheart.

Music for the evening will be provided by the Mo Jo Dogs, with an interval of square dancing called by Al Block of Wellington. Costumes are optional for the casual event, but a prize will be awarded for the best costume.

Tickets are available at Concordia Bank, Firehouse Floral, Salon Elite, State Bank and The Rustic Petal. For more information, call Kathy Powers at (573) 462-6335.

College 101 – The Airman and Family Readiness Center will host an informational presentation for high school juniors, seniors and their parents on Nov. 4 from 6-8 p.m.

Learn about choosing education options after high school and finding ways to finance a post-secondary education. Reservations are requested no later than Nov. 3, call (660) 687-7132.

You, Your Children, & Divorce – This 90 minute class is offered twice a month on the second and fourth Tuesday from 11 a.m. – 12:30 p.m. It is for individuals who are in the process of divorcing and have children. 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 additional information.

This Week at the Movies

Saturday - 7 p.m.

Devil

A typical day at the office takes a sudden detour into terror when the elevator becomes stuck between floors, and the passengers discover that the Devil does exist, and he's standing right before them. As emergency workers work frantically to free them, secrets are revealed and the passengers realize their only hope for survival is to confront their darkest sins in front of the others. Rated PG-13 (violence and disturbing images, thematic material and some language including sexual references) 80 min

Sunday - 3 p.m.

Alpha and Omega

Hitchhiking, truck stops, angry bears, prickly porcupines and a golfing goose with a duck caddy. Just ask Kate and Humphrey, two wolves who are trying to get home after being taken by park rangers and shipped halfway across the country. Humphrey is an Omega wolf, whose days are about quick wit, snappy one-liners and hanging with his motley crew of fun-loving wolves and video-gaming squirrels. Kate is an Alpha: duty, discipline and sleek Lara Croft eye-popping moves fuel her fire. Humphrey's motto - make 'em laugh. Kate's motto - I'm the boss. And they have a thousand miles to go. Back home rival wolf packs are on the march and conflict is brewing. Only Kate and Humphrey can restore the peace. But first, they have to survive each other. Rated PG (rude humor and some mild action) 88 min

Movie showings are featured at the Whiteman AFB Movie Theater. Call the movie line at (660) 687-5110 for more information.

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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. 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.

Public Notices	6	Public Notices	6	Services Offered	69	Daycare Centers	84	Help Wanted	90	Help Wanted	90	Help Wanted	90	Misc. For Sale	135
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Please submit resume to dlong@wmmc.com, mail to Human Resources, Western Missouri Medical Center, 403 Burkarth Road, Warrensburg, MO 64093, or fax to 660-747-8553.

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35th Annual Christmas Arts & Crafts Sale

*Saturday, November 6th
9:00 am - 4:00 pm*

Warrensburg Community Center
445 E. Gay, Warrensburg

For more information call Beverly Smith at 660-747-6092

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Houses For Sale 249

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