

WARRIOR



↑
**UP AND
ACTIVE!**

WHITEMAN FIRST RESPONDERS PARTICIPATE IN ACTIVE-SHOOTER EXERCISE



When are you planning your next vacation?

Master Sgt. Joseph Lindley

509th Comptroller Squadron first sergeant

When was the last time you took a vacation? I don't mean simply using your leave and taking a day off work, but an actual chance to get away and relax?

I ask this question for a few reasons. First, most people know by now that the amount of leave you can carry over at the end of the fiscal year has recently been reduced from 75 to 60 days. This may not seem like a big deal, but if you had carried over 75 days in October of last year you now have to use 45 days of leave before you are not at risk of losing your valuable time off.

Sure, it sounds simple to take leave; if you only use four days of leave per month for the year you have covered those 45 days and all is good. However, we are now well on our way into the second quarter of fiscal 2015 and if you have not taken any leave, there are only eight months left to use up all of that leave! It is past time to start managing your leave so you do not lose what you have earned.

I also ask about your vacation habits because I don't think people realize how to take a vacation. It used to be a very normal thing for families to take a vacation every summer. Families would load up in the car and drive off to visit places like the Grand Canyon, Yosemite, Yellowstone or one of a countless number of places.

Unfortunately for too many in the Air Force, I think the idea of a vacation is going "home" to visit family.

While this might be a good weekend trip, does it really give you the chance to recharge and de-stress? I'm not saying that you shouldn't visit your family, what I'm saying is that sometimes visiting family can cause a different kind of stress. If you are stressed over family issues, then you are not relaxing and

getting a break from your work stressors. My recommendation is to sit down at the beginning of each year and make a decision about where to take a vacation and choose a location. This gives you time to budget, plan and start saving for the trip.

This advice is not just for those that are married either: single Airmen can get a couple of friends together and have a great vacation to a new place. Air Force Instruction 36-3003 "Military Leave Program" states that, "The use of leave is essential to the morale and motivation of members and for maintaining maximum effectiveness." Bottom line, you need to get some good, healthy fun back in your life and a vacation is a great way to do it!

One of the first things people throw back at me when I mention taking a vacation is that it is easy for a master sergeant to pay for a vacation, but how is a young Airman with a family supposed to pay for a vacation?

A vacation does not have to be expensive to give you the opportunity to relax. Going camping at a national park is pretty low cost, and Outdoor Recreation can set up even the greenest camper with all the tools he or she needs to have a great camping trip.

Information Tickets and Tours offers tickets to a number of different attractions all around the country, and they usually offer a pretty good deal. Often times your insurance company or bank will offer discounts on hotels, rental cars and even flights.

There really are a lot of options for people to get a good break, and relax and still save money. You can also always seek out advice from a friend or mentor about what they do and see if it would work for you. I have helped a number of people by showing them some of the different services I have used to get a deal on a vacation. With that, my question is "When are you planning your next vacation?"

Spiritual fitness: A Jewish perspective

By Capt. Jessica Shalita

509th Medical Support Squadron

The term "spiritual fitness" can mean something different for everyone, depending on a person's background and spiritual beliefs. For Jews, this term fits nicely with some of the words that Airmen hear every day: integrity, wingmanship and balance.

Growing up in a Jewish home, I was encouraged to "do the right thing." Although this article addresses my personal experiences, I know that this is not unique to my home or to Judaism. The theme of moral integrity, however, is pervasive throughout Jewish scripture and writings. My parents made sure I understood that.

As a child, family discussions frequently focused on everyday mitzvot (singular form is mitzvah), or "good deeds." Mitzvah literally means "commandment" in Hebrew. Technically, there are 613 unchangeable commandments given to the Jewish people in the Torah (the first five books of the Bible). Some are strict commandments, like saying prayers upon waking and sleeping. However, many mitzvot derive from ancient practices and are left open to modern interpretation.

When thinking about mitzvot, I think about life's everyday miracles and good deeds. A few months ago, as I walked into a local synagogue for High Holiday services, so did an elderly woman. She shuffled alone down the sidewalk, so I waited for her and held the door. I introduced myself and it turned out that she was also alone for these important holidays. I sat with her for the next few hours, getting to know her. After the service, she hugged me and cried because she was so thankful to have someone to sit next to and talk to after the death



of her husband. As soon as I got into my car, I called my parents and told them that I had done a mitzvah and was moved to tears. Although not every good deed ends with a dramatic display of gratitude, many can be just as impactful; do not be afraid to reach out to those around you, even strangers.

In addition to mitzvot, Judaism teaches the idea of pikuach nefesh, which is the obligation to save a life in jeopardy, as long as it does not endanger one's own life. This principle comes directly from the text of the Torah: "Neither shall you stand by the blood of your neighbor" (Lev. 19:16), and it is central to Jewish ethical discussions. I discussed this at length in my Confirmation classes and it has stuck with me. When you see someone in trouble, you need to help.

The concepts of mitzvot and pikuach nefesh go alongside the Air Force idea of wingmanship: looking out for each other and, in a dire situation, doing everything one can to save the life of a fellow Airman. This is one of the reasons I joined the Air

Force as a health care provider. When I can help a patient understand their medicine or health care, my day has been worthwhile. I make a point to know the personnel I work with too and routinely ask personal questions and really listen to their answers.

Sometimes all a person needs is someone to listen and it is important to me that those around me know that I support them. Serving others gives me a sense of accomplishment. It comforts me to know that I have helped make the world a better place, even if only for one person.

One of the most important aspects of spiritual fitness is maintaining balance in one's life. Part of the point of Shabbat (translation: Sabbath) is to rest and to focus on one's faith, family and impact on the world, rather than the distractions of everyday life.

Many Jews completely refrain from using social media and electronic communications on Shabbat, although for many of us, turning off our cellular phones is not an option. Instead, I take Saturday mornings to practice yoga and spend time with people who enrich my life.

Because so much of Judaism focuses on family and community, I also look forward to twice-monthly Shabbat services. As Airmen far from home and family, these services help us achieve a sense of community and spiritual balance. After all, no matter your faith background, there is something wonderful about a community coming together for common beliefs.

I encourage each of you to reflect upon what makes you feel connected to your community and how you can better achieve the balance between self-preservation and giving to others, whether through service, faith groups or simply being kind to others.

THE WARRIOR

Editorial Staff

Brig. Gen. Glen VanHerck
509th Bomb Wing commander

Capt. Karl Wiest
Chief, Public Affairs

Airman 1st Class Joel Pfister
Editor

Staff Sgt. Alexandra Longfellow
Staff Sgt. Nick Wilson
Staff Sgt. Brigitte N. Brantley
Senior Airman Keenan Berry
Airman 1st Class Jovan D. Banks

Photojournalists

The Sedalia Democrat
Layout and Design

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

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

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

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

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

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

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

On the cover

U.S. Air Force photo/
Airman 1st Class Joel Pfister
Senior Airman Matthew Hinson, 509th Security Forces Squadron fire team member, provides cover for his team during an active-shooter exercise at Whiteman Air Force Base, Mo., Feb. 11, 2015 The exercise tested the response abilities of members from the 509th Security Forces Squadron, 509th Medical Group as well as local-civilian first responders.

NEWS BRIEFS

Continue your Air Force career part-time in the Air National Guard!

By serving, you'll continue to receive the benefits of military service with the freedom to pursue a civilian career or continue your education. With more than 140 Air Guard units, you can serve where you live. Plus you can choose to continue in your military specialty or re-train into a completely new field. The Palace Chase/Front programs offer a seamless transition to part-time service in the Air Guard. If you would like more information, please contact Master Sgt. Brian Rivera at (316) 759-6042.

100 percent inventory

The 509th Munitions Squadron will be conducting a 100 percent stockpile inventory March 2-6, 2015. If you need any munitions issued or have any that need to be turned in, please do so either the week prior or after the inventory. During this week 509 MUNS will only process emergency requests, submitted in writing and approved by the group commander (or equivalent). If you have any questions or concerns please contact Master Sgt. Jason Gebbia at 687-8049 or Tech. Sgt. Young at 687-8052.



U.S. Air Force Eagle Eyes provides service members and civilians a safe, discreet and anonymous option to report criminal information, counterintelligence indicators or force protection concerns.

To submit a web tip go to <http://www.tipsubmit.com/WebTips.aspx?AgencyID=1111> or the AFOSI web page at <http://www.osi.af.mil>

How to report an anonymous tip using a smart phone:

1. Use the smart phone app
2. Manually select an agency
3. Choose USA then Federal Agency then select AFOSI
4. Create a passport, select New Tip and fill out the form with as much information as possible.

How to report an anonymous tip VIA text message:

Text "AFOSI" plus your tip information to 274637 (CRIMES)

WEATHER

Today	Saturday
Cloudy	Wintry Mix
Hi 34	Hi 35
Lo 16	Lo 28

Sunday	Monday
Mostly Cloudy	Mostly Sunny
Hi 22	Hi 22
Lo 14	Lo 7

Airmen are the key to air power

By Staff Sgt. Torri Ingalsbe

Secretary of the Air Force Public Affairs Command Information

ORLANDO, Fla. (AFNS) — Secretary of the Air Force Deborah Lee James talked about the importance of a healthy budget, innovation and developing Airmen as key pieces to remaining the world's greatest air power, during the Air Force Association's annual Air Warfare Symposium and Technology Exposition Feb. 13, in Orlando, Florida.

"There is just absolutely no question in my mind we are the best Air Force on the planet precisely because of who we are and what we believe and what we do," James said. "Today our Air Force is fully engaged in joint operations around the world, and the demand for what we do in the Air Force — the demand for our capabilities — is increasing. In short, everybody wants more Air Force."

While the demand for Air Force capability is going up, personnel numbers and funding have decreased, forcing the Air Force to operate in a "perfect storm environment," she explained. "We are the best on the planet, but we are also an Air Force under strain and something's got to give."

To weather the storm, the Air Force is taking the strongest stand ever on sequestration, and is asking Congress for an additional \$10 billion in funding for fiscal year 2016.

"Our budget proposal actually busts the sequestration caps," James said. "For the Air Force this represents the difference between an Air Force that our combatant commanders require, and our nation expects, as compared to an Air Force that with \$10 billion less, will not be able to meet the National Defense Strategy — period."

The increase allows support of Air Force top priorities — taking care of people; striking the right balance between the readiness of today and tomorrow's modernization; and making every dollar count.

"The taxpayer's dollar is precious, and we can't afford to waste a single dollar of it," she said. "We all have a part to play in making every dollar count."

As people are her number one priority, James said she's tried to listen hard to what Airmen need. The overwhelming concerns she found through her various base visits is the reduction in force, particularly involuntary separation boards.

"I have met so many outstanding and passionate and dedicated Airmen along the way," she said. "As far as the downsizing goes, enough is enough. No more. We need to stop this. We may have already gone a bit too far, which is precisely why we are not going to do involuntary boards in 2015."

In addition to no involuntary separation boards this year, the secretary and Air Force Chief of Staff Gen. Mark A. Welsh III have called for an upward adjustment to 492,000 active, guard and reserve Airmen.

The proposed budget will allow reserve component pilots to be instructor pilots, provide funding for Sexual Assault Prevention and Response teams, child care facilities, fitness centers, educational benefits, infrastructure projects and a 1.3 percent pay raise for military and civilian Airmen.

"When we take care of Airmen and their families and we focus on resiliency for all, that means our Airmen can focus on getting ready for the many, many missions that we must undertake in our Air Force," James said. "We need everyone to be focused on that mission."

Ramping up current readiness and investing in the modernization across all mission areas of the Air Force is another piece of the budget, she explained. This allows the Air Force to rebuild its readiness



U.S. Air Force photo/Scott M. Ash

Secretary of the Air Force Deborah Lee James delivers her "State of the Force" keynote speech at the Air Force Association's annual Air Warfare Symposium and Technology Exposition Feb. 13, 2015, in Orlando, Fla. James spoke about not accepting further budget and force reductions.

over time, and procure a more modern and agile future force.

"All in all, there's a lot of good in this budget, but it's not perfect," James said. "We've still had to make a lot of tough choices."

Some of those choices include phasing out old aircraft, slowing the growth of compensation packages and some base closures. The cost savings in some areas will open others to more innovative ways to complete the Air Force mission, well into the future.

"Air Force ingenuity and creativity, in concert of course with our industry partners, can make the impossible, possible," she said. "Our potential adversaries have been watching us closely over the last 14 years, and they have watched us perform magnificently, but they have been studying us carefully," she said. "They understand that we possess a technological advantage, and they haven't been standing still. Gradually, the gap between our capabilities and our nearest competitors is shrinking."

By opening areas up to competition, especially in the space launch realm, James said she believes the Air Force can find both cost savings and technological advances.

"In my experience, both in government and industry, competition always drives down costs and improves innovation," she said. "We want both. We want less cost and we want more innovation. We also want a third very important thing — mission assurance."

Processes are in practice to ensure the Air Force is getting the most bang for its buck in all mission areas, but James said it's the Airmen who are the key to making the mission a success.

"I'm a true believer ... that our Airmen are what are going to keep our Air Force the best on the planet," she said. "I don't have all the answers, but I do know that we're going to have work really, really hard, because the most vital part of our strategic advantage ... the most vital part that no adversary will ever be able to touch — is the pride and the dedication and the passion of our Airmen of today, and we've got to make sure that we strengthen that for tomorrow."

Breaking down boiling points

By Airman 1st Class Jovan Banks

509th Bomb Wing Public Affairs

Stress can be caused by almost anything; it is a variable that varies by person and situation. Improperly managing those stress factors can lead to anger.

Dana Livsey, the Family Advocacy outreach manager of the 509th Medical Operations Squadron, looks to educate people on ways to better assess situations that lead to feelings of anger. She instructs the anger management course. During the course, Livsey teaches that anger is a habit and it is usually triggered by something unwanted or something the individual sees as unjust.

"We can't control what goes on in our lives, we can only control how it affects us," said Livsey. "You have to take control of the situation before it takes control of you."

To better assess these situations Livsey breaks them down with an "ABC worksheet." The worksheet is separated into three columns that break down each phase of conflict to help better understand why a person is angry and how they could make the situation better.

Senior Airman Dominica Fuller, an aviation resource management specialist of the 509th Operations Support Squadron, has attended two segments of the four-part course taught by Livsey.

"Typically, I get angry and say what's on my mind without thinking about the consequences," said Fuller. "The course has taught me to think before I say things out of anger and to understand why I get angry."

The classes are not like an open therapy session where individuals discuss the reasons why they are angry, but more a way of learning how to understand and control the outcome of situations while angry.

The 509th MDOS offers these courses quarterly. The next anger management course is scheduled to be held in June. For more information on how to obtain a seat at the upcoming course, call Dana Livsey at 660-975-4341.

Reel Time Theaters

We're saving a seat for you.

FRIDAY, FEB. 20 • 7 p.m. **SATURDAY, FEB. 21 • 7 p.m.**
McFarland USA (PG) McFarland USA (PG)
Adults - \$5.75, children - \$3.50 Adults - \$5.75, children - \$3.50

SUNDAY, FEB. 22 • 3 p.m.
McFarland USA (PG)
Adults - \$5.75, children - \$3.50

Military Discount

20% OFF

ALL SERVICES

All day. Everyday.

Get your car ready for winter - ask about our specials.

SEDALIA
2801 W. Broadway
(660) 826-8184

Mon-Fri:
7:30 AM-6:00 PM
Sat:
7:30 AM-5:00 PM

COME IN TODAY AND LEAVE WORRY BEHIND.



WHITEMAN SPOUSES' CLUB

Scholarship Program

It's that time of year again! Scholarships are being given away by the Whiteman Spouses' Club applications need to be postmarked by March 14, 2015. For more information and for applications please go to: www.whitemanwsc.com/scholarships.html or email wsc.scholarship1@gmail.com



will be awarded to:



- High School Seniors
- Continuing Undergraduate Students
- Continuing Education Spouses



1/2 PRICE TICKETS!

Only at the Sedalia Democrat

SEDALIA, MO
MISSOURI STATE FAIRGROUNDS
MARCH 6 - 7, 2015
7:30 PM

Kids: Get a ride in a real monster truck!

LIMITED TIME ONLY: FEB. 20-27

CHILDREN'S TICKETS ONLY! \$7⁰⁰

purchase at the **Sedalia Democrat** 700 S. Massachusetts

IT'S TIME TO LOOK AT SERVICE FROM A NEW PERSPECTIVE.

When you join the Air National Guard, you can cross-train for a new career. With more than 200 specialties to choose from, you'll have access to the advanced training you need to launch or accelerate your career as both an Airman and a civilian. For more information contact us today.

MyMilitaryFuture.com
800-452-1757

**AIR NATIONAL
GUARD**

Carter takes office as 25th Defense secretary

By Cheryl Pellerin

DoD News, Defense Media Activity

WASHINGTON (AFNS) -- Ash Carter became the 25th secretary of Defense Feb. 17, after having served previously as deputy defense secretary, defense acquisition chief and assistant secretary for global strategic affairs.

President Barack Obama nominated Carter for the position -- calling Carter an innovator and a reformer who knows the Defense Department inside and out -- the president said, "On day one, he's going to hit the ground running."

At his Feb. 4 Senate Armed Services Committee confirmation hearing, Carter described the work that lies ahead for him and the department.

"I think we are in a time," he told the Senate panel, "where the number and severity of risks is

something I've not seen before in my life."

For Carter, the job will include dealing with coalition responsibilities in Afghanistan and Iraq, and what he described as "the malignant and savage terrorism" emanating from turmoil in the Middle East and North Africa.

He'll also take on what has become a reversion to what he's called old-style security thinking in parts of Europe, long-standing tensions and rapid changes in Asia, a continuing imperative to counter the spread of weapons of mass destruction, and dangers in new domains such as cyber.

Carter's own expertise, experience, travels and interests in defense and national security have prepared him precisely to deal with these challenges and more.

As former Sen. Joe Lieberman said in introductory remarks during Carter's hearing, "It would really be hard to find someone to serve as secretary of Defense who combines as much practical Pentagon experience with so deep a background in national security policy as Ash Carter."

SecDef's message to DOD workforce

By DoD News

Defense Media Activity

WASHINGTON (AFNS) -- Ash Carter, who was sworn in as the 25th secretary of Defense Feb. 17, laid out his top priorities in a message to the Defense Department workforce.

Carter's message reads as follows:

To all Department of Defense personnel:

I am honored to become your secretary of Defense. I am proud to lead men and women who devote their lives to the highest calling -- the defense of our nation. And I am grateful to follow in the footsteps of Secretary Hagel, one of our nation's most honorable and conscientious public servants.

We live in challenging times -- times that demand leadership and focus. And starting today, I will be calling on each and every one of you to help carry out three top priorities.

Our first priority is helping the President make the best possible national security decisions for protecting our country-- and then implementing those decisions with our department's long-admired excellence.

We confront a turbulent and dangerous world: continuing turmoil in the Middle East and North Africa, and the malignant and savage terrorism emanating from it; an ongoing conflict in Afghanistan; a reversion to archaic security thinking in parts of Europe; tensions in the Asia-Pacific; the proliferation of weapons of mass destruction; and intensifying threats in cyberspace.

In addressing these challenges, I have pledged to provide the President my most candid strategic advice. I will count on your experience and expertise as I formulate that advice. I will also ensure the President receives candid professional military advice.

But as we tackle the many threats to our national security, we must never lose sight of our nation's enduring strengths -- or of the opportunities to make a brighter future and better world for our children. The United States remains the strongest and most resilient nation on earth. Because of you, we have the finest fighting force the world has ever



Courtesy photo

Ash Carter became the 25th secretary of Defense Feb. 17, after having served previously as deputy defense secretary, defense acquisition chief and assistant secretary for global strategic affairs.

known. We have friends and allies in every corner of the world, while our adversaries have few. We have long possessed the world's most dynamic and innovative economy. And our values, principles, and leadership continue to inspire hope and progress around the world.

Safeguarding America's security and global leadership will depend on another of my main priorities: ensuring the strength and health of you who make up the greatest fighting force the world has ever known -- our soldiers, sailors, airmen,

Marines, civilians, and contractors all around the world.

I will do that by focusing on the well-being, safety, and dignity of each of you and your families. I will ensure your training and equipment are as superb as you are. And I pledge to make decisions about sending you into harm's way with the greatest reflection and utmost care -- because this is my highest responsibility as secretary of Defense.

Honoring all these commitments also requires us to focus on building the force of the future, which is my third priority.

We must steer through the turmoil of sequestration, which imposes wasteful uncertainty and risk to our nation's defense. We must balance all parts of our defense budget so that we continue to attract the best people -- people like you; so that there are enough of you to defend our interests around the world; and so that you are always well-equipped and well-trained to execute your critical mission.

To win support from our fellow citizens for the resources we need, we must show that we can make better use of every taxpayer dollar. That means a leaner organization, less overhead, and reforming our business and acquisition practices. It also means embracing the future -- and embracing change.

We must be open to change in order to operate effectively in an increasingly dynamic world; to keep pace with advances in technology; and to attract new generations of talented and dedicated Americans to our calling.

I first arrived at the Pentagon more than three decades ago, and have had the privilege of serving 11 secretaries of Defense in Democratic and Republican administrations. I took the oath of office this morning because I love our country and am devoted to you who defend it. And I am committed to our fundamental mission: the defense of our nation.

I look forward to leading and serving alongside you at this extraordinary moment in our nation's history.

May God bless you and your families, and may God bless America.





KN technology

★ Veteran owned - 10% Discount with Military ID
★ Fast, Affordable and Guaranteed Computer Repair
★ Home or Office Pickup Service available
★ Any Computer/Laptop Repaired **\$75 Plus Parts**

www.kntechnologysolutions.com
101 E. Bridge St, Ste C, Knob Noster Ph: (660) 233-8243

Certified Service

**SERVICE THAT HELPS
KEEP YOU RUNNING**
SO YOU CAN FIND NEW ROADS.

**5-Quart Oil Change
4-Tire Rotation
27-Point Inspection**
\$39.95*

Coolant Flush
\$99.95*
(reg. \$109.95)

Excludes full synthetic oil and diesel engines.
*Balancing tires, tax, and more than 5 quarts of oil extra. Most V-6 and V-8 engines and other select vehicles require more than 5 quarts of oil. See participating dealer for eligible vehicles and details. Expires 3-31-15.

Lotspeich GMC
Highway 50 W - 1 Mi. West of Warrensburg
(660)747-9165 Toll Free: (888)747-5960
www.LotspeichAuto.com

**Join Us In
WORSHIP**

**MT. ZION
APOSTOLIC TEMPLE**
All truth is good, full truth is necessary

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

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

**KINGDOM
BELIEVERS**

540 E. Young Ave. Ste J
Warrensburg, MO 64093

Service Times
Tues. Prayer Service.....7:00 pm
Wed. Believers Bible Study.....7:00 pm
Sun. Morning Worship.....11:00 am

Friend Us On Facebook:
Kingdom Believers Christian Church
The Best Church in Warrensburg
www.kingdombelieverschurch.com

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

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

**Shiloh Missionary
Baptist Church**
212 N. Main St.
Warrensburg

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

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

**Bethel Baptist
Church**
Join Us!

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

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

**Heartland
Church**
Psalms 127:1

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

CROSSROADS
† **Seventh Day
Adventist Church**
WARRENSBURG

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

Worship Service 11:00 a.m.
Sabbath School 9:45 a.m.

Pastor Al Oetman
660-287-5849

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

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

563-4813
charitychristiancenter.org

Independent Fundamental
Grace Baptist Church
3304 S. Ingram - Sedalia

Sunday School 9:45am
Worship Sunday 10:45am & 6pm

826-2918
Pastor Alvin Sipe
Wednesday Bible Study 7pm

**Victory Tabernacle
Pentecostal Church**
505 W. Gay St.
Warrensburg, MO 65093
(816)541-9907

Pastor Harry D. Stevens
Christian Education 9:30 AM Sunday
Morning Worship 10:30 AM Sunday
Tuesday Morning Bible Class 11:00 AM

"All Are Welcome!"

**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@knucm.com

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

...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

**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.)

**ABUNDANT LIFE
"APOSTOLIC"**
607 Burkard Road
Warrensburg, MO 64093

"Where You Are Family"

Sunday School 10:00 am
Morning Worship 11:00 am
Wednesday
Mid-Week Service 7:00 pm

Pastor Gwyndelon L Harrington
almschurch@aol.com
660-429-2002

Japan, US conduct bilateral training at Torii Station

By Airman 1st Class John Linzmeier
18th Wing Public Affairs

KADENA AIR BASE, Japan (AFNS) -- Emergency response personnel from Kadena Air Base, Torii Station and various departments of the Okinawa Prefecture conducted an annual bilateral aircraft mishap exercise Feb. 17, at Torii Station.

The exercise creates a realistic-emergency response scenario in order to improve cooperation with local government and emergency response agencies.

"I believe we cooperated well and worked well this time, especially during the initial response," said Hidehiko Fujino, the Crisis Management in Okinawa director, and the Okinawa Prefectural Police assistant commissioner. "It went very smoothly."

Japanese emergency services joined more than a dozen agencies from Kadena in reaction to a staged aircraft mishap involving simulated injuries, an aircraft fuselage engulfed in flames and damaged vehicles with simulated victims trapped inside.

U.S. services contributed specialized skill-sets to include crash, rescue and emergency management personnel working with members from the Okinawa Prefectural Police,

firefighters, Crisis Management Okinawa, the Japanese coast guard, the Nirai fire department, and others to test their ability to save lives in a crisis situation.

The exercise gave responders the opportunity to bolster their bilateral relationship and interoperability to better understand how different agencies operate and talk through emergency situations.

"We have limited assets on the island, so any type of training that we can do with the local community helps us to prepare to work together in the event that something bad actually happens," said Master Sgt. Benjamin Scott Powell, the 18th Civil Engineering Flight assistant chief of training.

In order to deliver a commitment to maintain safety, U.S. forces must be prepared to face any emergency that can occur on Okinawa. Flight training is conducted in areas that are bilaterally approved and are continually evaluated and adjusted to ensure minimum impact is made on local communities.

"I expect us to conduct this bilateral training on a continuing basis," Fujino said. "It will help both Japan and U.S. officials to understand each other; moreover, it will enhance safety for people of Okinawa, which is very important."

 **RECYCLE This Paper ...**
Think Green

 **NATIONAL AMERICAN UNIVERSITY**



**TA...
USE IT, OR LOSE IT!**

WHITEMAN SCHEDULE SPRING 2015

Classes may be cancelled or added depending on enrollment.

THE FOLLOWING CLASSES ARE NOW FORMING:

SESSION 1 (March 7th - March 27th)

Composition 1 M-W

Speech T-Th

SESSION 2 (March 28th - April 17th)

Speech T-Th

Human Resource Mgmt M-W

American History M-W

SESSION 3A (April 18th - May 8th)

Humanities T-Th

SESSION 3B (April 18th - May 22nd)

College Algebra M-W

Contact:

Sandy Mullins
401 Angus Lane

1 Mile West of McDonalds
Knob Noster, MO 65336

660-233-4170

smullins@national.edu

NO APPLICATION FEE

www.national.edu

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

Accredited since 1941

Newly Remodeled

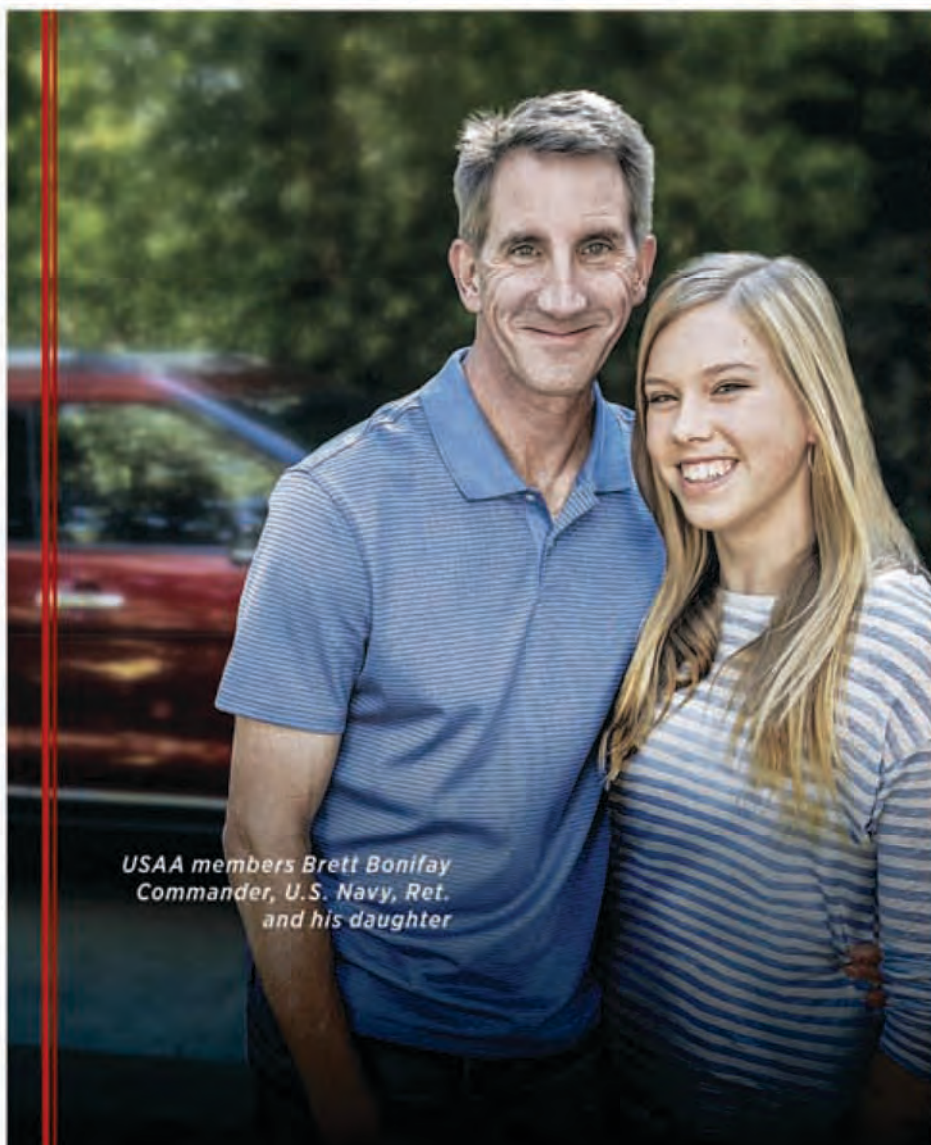
Facility Hours:

Monday-Friday

9:00am-5:00pm



806101388



USAA members Brett Bonifay
Commander, U.S. Navy, Ret.
and his daughter

**SWITCH TO
THE INSURANCE
WHERE 92% OF MEMBERS
PLAN TO STAY
FOR LIFE¹**

**USAA Auto Insurance rates
beat the competition 3 out of 4 times²**

In fact, members who switch to USAA save an average of \$409 a year.² Competitive rates: just one reason our members are as loyal to us as we are to them.

GET A QUOTE.

usaa.com/insurance

or 800-531-8722



¹92% based on 2014 member communications trend survey. ²Savings based on countrywide survey of new customers from 11/1/2012 to 10/31/2013, who reported their prior insurers' premiums when they switched to USAA. Savings do not apply in MA. Use of the term "member" or "membership" does not convey any eligibility rights for auto and property insurance products or legal or ownership rights in USAA. Ownership rights are limited to eligible policyholders of United Services Automobile Association. Membership and product eligibility and underwriting restrictions apply and are subject to change. Automobile insurance provided by United Services Automobile Association, USAA Casualty Insurance Company, USAA General Indemnity Company, Garrison Property and Casualty Insurance Company, and USAA County Mutual Insurance Company, San Antonio, TX, and is available only to persons eligible for P&C group membership. Each company has sole financial responsibility for its own products. © 2014 USAA. 207910-0814



U.S. Air Force Master Sgt. Eric Johnson, 509th Security Forces Squadron fire team leader, clears a room during an active-shooter exercise at Whiteman Air Force Base, Mo., Feb. 11, 2015. While the SFS members pursued the suspect, members of the 509th Medical Group provided medical support for the victims.



U.S. Air Force Staff Sgt. Amanda Cubbage, 509th Bomb Wing Security Forces Squadron military working dog handler, pursues a suspect during an active-shooter exercise at Whiteman Air Force Base, Mo., Feb. 11, 2015. The goal of the exercise is to familiarize members with how to respond to a real-world scenario.



U.S. Air Force Master Sgt. David Shaw, 509th Security Forces Squadron fire team leader, provides care to a moulaged victim during an active-shooter exercise at Whiteman Air Force Base, Mo., Feb. 11, 2015. Personnel participating in the exercise treated the victims based off of simulated wounds.



A member of the 509th Medical Operations Squadron provides medical care to a moulaged victim during an active-shooter exercise at Whiteman Air Force Base, Mo., Feb. 11, 2015. The exercise tested the response abilities of members from the 509th Security Forces Squadron, 509th Medical Group as well as local-civilian first responders.



Senior Airman Kaitlyn Wright, 509th Force Support Squadron fitness programs manager, portrays a casualty during an active-shooter exercise at Whiteman Air Force Base, Mo., Feb. 11, 2015. Personnel participating in the exercise treated the victims based off of simulated wounds.

Active-shooter exercise



Senior Airman Derek Asbury, 509th Maintenance Group, is transported into the back of an ambulance during an active-shooter exercise at Whiteman Air Force Base, Mo., Feb. 11, 2015. The Johnson County Ambulance District, from Warrensburg, Mo. also participated as local-civilian first responders during the exercise.

131st Chiefs' Council award



U.S. Air Force photo/Airman 1st Class Jovan Banks

The 131st Chiefs' Council recognizes Jennifer Greene, 509th Bomb Wing chief of protocol, as the 131st Chiefs' Warrior of the Quarter at Whiteman Air Force Base, Mo., Feb. 2, 2015. Greene was recognized for her exceptional customer service and commitment to serving the Airmen of Whiteman AFB.

Great Clips®
IT'S GONNA BE GREAT

Now Open

Show your Military ID and get
\$2 off your Haircut.

WARRENSBURG

303 E. Cooper Blvd. • Across the parking lot from Wal-Mart
660-422-6205

greatclips.com | salonjobs.greatclips.com | greatclipsfranchise.com Find us at  

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

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

Low-Cost Divorce

- Uncontested Only* -
Attorney Fee - \$350.00

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




*Uncontested means that you and your spouse have an agreement as to your children, your property and debt, and your maintenance.
**Does not include filing fee which varies by county (\$102.00 Approx.) or the fee for service by publication if needed or the class required for divorces with minor children.

See a problem: Own It!

WORKING MAN'S FRIEND 660-584-2175



www.billbunchchevrolet.com

FIND NEW ROADS  **3401 Highway 13 South • Higginsville, Mo. 64037**

Warrensburg
Missouri made fresh daily

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

AUTOMOTIVE REPAIR C & M Automotive

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

AWARDS • PLAQUES • TROPHIES

Kerley Copy Center

Name Tags • Large Format Printing • Color And B&W Copies
100 W. Pine Warrensburg, MO 64093 • 660-747-2417
www.kerleycopycenter.com

BINGO

American Legion Post 131

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

EQUIPMENT RENTAL

B-Quip Equipment Rental

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

GIFTS & HOME DÉCOR

Treasured Blessings at Whimsy Lane

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

HARDWARE & BUILDING SUPPLIES

Economy Lumber & Hardware

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

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

INVESTMENT SERVICES

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

Rich Lawson Financial Advisor

109 East Pine • Warrensburg, MO 64093 • 660-747-6128 • Member SIPC **www.edwardjones.com**

MUSIC

Central Band & Piano

110 E. Market - Downtown Warrensburg
Military Discount Toll Free 888-451-2263 (BAND) **www.central-band.com**

PRESCHOOL & DAYCARE

Mini Adventures Preschool & Day Care

Open from: 0545 to 1800 • 360 SW 13 Hwy • 747-1265 • Age Groups: Infants to 12 years old
Before/Afterschool Program • Preschool Program • DFS Accepted

STORAGE UNITS

Store Yer Stuff, LLC

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

RESTAURANT

Oriental Cuisine Of Warrensburg

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

VETERINARIAN

Lifetime Animal Center

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

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

'Super' Airman becomes professional bodybuilder



Senior Airman Terrence Ruffin strains for an extra rep on a weight machine at the fitness center on Eglin Air Force Base, Fla.

Story and photos by Samuel King Jr.
Eglin Air Force Base Public Affairs

EGLIN AIR FORCE BASE, Fla. (AFNS) — (This feature is part of the "Through Airmen's Eyes" series on AF.mil. These stories focus on a single Airman, highlighting their Air Force story.)

After a heavy weight workout, Senior Airman Terrence Ruffin walks over to a row of mirrors in the gym posing and flexing his muscles for more than half an hour. This behavior isn't an overabundance of ego or vanity, but a critical part of the training routine for Ruffin, a professional bodybuilder.

In November, 21-year-old Ruffin won his International Federation of Bodybuilding and Fitness "pro" card at a competition in Miami, Florida, becoming the youngest professional bodybuilder on the circuit in 28 years.

"It was a culmination of so much effort," said Ruffin, an avionics Airman with the 16th Electronic Warfare Squadron. "At that moment, the emotions were really overwhelming. I just cried and hugged my parents after it was announced."

For the 5-foot-5-inch Airman, it was an achievement more than two years in the making and a dream he had as a child.

"I grew up idolizing those muscular superheroes like Superman, Hulk and Juggernaut, and then Stallone and Schwarzenegger," said Ruffin, who ran track, played football and kickboxed in high school. "I wanted to look like them."

Those buff military-types led him to join the Air Force in 2011 to try and become a Tactical Air Control Party specialist. While a TACP career was not meant to be, the journey did lead him to the weight room and his true calling in 2012.

"Getting into that weight room after the TACP school was a saving grace," said the Beatrice, Alabama, native. "I found a new motivation, my

confidence was restored and the bodybuilding drive began there."

Ruffin said he began to learn everything he could about the sport and what it took to be competitive while training in his new avionics career field. He packed on more than 20 pounds of muscle and set a goal to compete in 2014. Three months after arriving here in 2013, his trainers urged him to begin competing earlier than his set goal.

"Terrence not only had raw natural talent, but he had the hunger, the dedication, the discipline, and most importantly, the heart to compete in bodybuilding," said Caleb Weatherington, Ruffin's coach. "He brought the full package to Miami, including his phenomenal conditioning ... with Terrence's height and proportions, I knew he would not only get his pro card, but completely dominate the competition."

At his first competition in April 2013, he earned second in the teen class and fifth in the (lightweight) 150-pound class. Allen Ajaye, a retired master sergeant and bodybuilder, managed the bodybuilding event Ruffin competed in.

"What an amazing transformation. To achieve what he achieved in such a short period of time is phenomenal," said Ajaye, of the 36th Electronic Warfare Squadron. "I also see him at his job and he has an excellent work ethic. He works hard at any task set in front of him and that is an excellent trait to have. He is very motivated."

That motivation can be tested when it comes to the required bodybuilder diet, but Ajaye stressed that diet is critical.

"You have to have small meals throughout the day to keep your muscles fed. Your muscles can very easily be broken down by your body if you're not eating correctly," he said.

Ruffin admits the diet is the hardest part of his lifestyle, but said it's all worth it when he hits the stage, which is his favorite part of bodybuilding. He compared the discipline and motivation required to be a bodybuilder to one of the Air Force core values - excellence in all we do.

"I don't want to go on stage looking anything less than my absolute best," Ruffin said. "There should be no regrets when I step up there. I love being on that stage with all eyes on me. Being able to captivate and control the crowd - it's like having my superhero moment."

Prior to his moment in the spotlight, there are some necessary grooming techniques that occur to make him "stage ready." Days before he competes, he shaves his entire body to provide a cleaner look and to better display his physique. He also adds a tanning bronzer to his skin that creates a golden tone under the lights and enhances his muscle definition.

"It is a strange concept at first, but just like the eating and gym time, it becomes part of the routine," he said. "All these steps just allow me to look my best up there."



Senior Airman Terrence Ruffin lifts 25-pound dumbbells at the fitness center on Eglin Air Force Base, Fla. In November, he became the youngest professional bodybuilder on the circuit at age 21. Ruffin is an avionics Airman with the 16th Electronic Warfare Squadron.

Ruffin said he tries to get creative with his posing routine to stand out from the rest of his competitors. He incorporated large amounts of stretching to his workouts and performed a full split as an attention-getter during his routine at the competition.

With the training and diet routine in place, Ruffin said he got the results he desired and dominated his second contest, a pro-qualifier competition in March 2014. He won first place in the lightweight open and lightweight novice competition and a 1st place overall in the novice category. These wins qualified him to compete for pro status at one of the largest bodybuilding competitions in the world in November 2014.

Becoming a professional brings with it all new challenges. To turn pro, Ruffin competed in the specific 150-pound lightweight category. At the pro level, there are only two categories: below 212 pounds and above. For the Airman, this means adding body mass to be viable. Ruffin won't enter a professional event in 2015 while he increases to a size that's competitive. He plans to add another 20 pounds of muscle and try to compete at 180 pounds.

The pro status also brings with it a celebrity-like status in the world of bodybuilding. After winning his category to turn pro, Ruffin had more than 1,000 new "friends" on his Facebook account.

Ajaye advised him on managing that fame and to not take his fans for granted, but to make time to give advice and interact within reason.

"(The celebrity side) is and will be overwhelming, but this is another task requirement that comes with being a bodybuilder," Ajaye said. "I am sure he will be able to handle it."

As he grows both in body and in online popularity, he will help train others and perform his posing routine as a professional guest at amateur events.

"Airman Ruffin has the determination and potential to go far as a bodybuilder or whatever he decides to do," Ajaye said. "His drive and diligence have taken him to great heights in such a short time and at a young age. If he continues with that type of initiative he will be able to reach even higher."

As for the soft-spoken Ruffin, he remains humble about his new fame and future.

"I just love what I do and I want to be the best at it," he said.

"Heart"-y eating

Capt. Jessica E. Shalita
509 Medical Support Squadron

February is Heart Health Awareness Month. According to the American Heart Association, heart disease is the #1, and strokes the #4 cause of death in the U.S. Do you know how to prevent them? Many of us have been told the keys to better health are a balanced diet, regular exercise and avoiding tobacco products. Of these three prevention tools, a balanced diet can make a huge difference in your health. Here are some tips to lower your risk of heart attack and stroke by maintaining a heart healthy diet.

Choose less sodium. When cooking or buying pre-packaged foods, choose a lower sodium option. Higher dietary sodium stresses the heart. If you think eliminating salt makes your food taste bland, then try experimenting with some other spices. You may just find something you like even better!

Check food labels. Many packaged foods contain large amounts of salts, like sodium and potassium, in order to extend the product's shelf life. Instead of grabbing your favorite brand, try looking at all of the labels for similar products. You may find a different brand or type of product is healthier and still tastes great.

Opt for lower saturated-fat content. Saturated-fat can raise your blood cholesterol levels and high cholesterol levels increase your risk of heart disease. Cholesterol builds up on artery walls and makes the heart pump harder. However, cholesterol levels can often be lowered by the foods we eat. Instead of full-fat options, try one labeled "low fat" or "fat free."

Many of these products taste as good as or better than their full-fat counterparts, without the negative health effects.

Cook at home. Restaurants may not provide nutrition information for all of their dishes. In order to avoid high saturated-fats and sodium, try simpler options to make at home. There are great recipes available online, and you can even cook most dishes in a large batch and freeze extra portions. Try cooking chicken soup from scratch and freezing it—it is a healthier option than the canned soup and it tastes just like mom used to make!

Remember there is no 'magic pill.' Even if you take medicines for your cholesterol, you should still manage your lifestyle with a heart healthy diet and regular exercise. Medicines for conditions like high cholesterol will only be able to work in your body if you help them work.

For more tips, contact your health care provider via MiCare or make an appointment by calling 687-2188.



Welcome To SEDALIA

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

AUTOMOTIVE

**Williams-Woody
Nissan, Inc.**

3600 S. Hwy. 65, 827-1403

AUTO RENTAL

American Auto Rental

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

BARBER SHOPS

Dick's Barber Shop

117 South Ohio Downtown
It Pays To Look Well

FINANCIAL INSTITUTIONS

Simmons

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

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

HARDWARE & BUILDING SUPPLIES

**Westlakes Ace
Hardware**

1010 Thompson Blvd., 827-3630

MOTORCYCLES

**Yeager's Cycle Sales
& Service**

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

RESTAURANTS

Goody's Steakburgers

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

SPORTING GOODS

**Pummill's
Sporting Goods, Inc.**

116 S. Ohio, 826-0150

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

SHOOTERSMART

204 Southwest 11th Street | Blue Springs, Mo 64015

816-888-GUNS



**FULL LINE
STOCKING DEALER OF**
Hand guns, Long guns,
Accessories, Ammo, Safes



**LOCK BLUE LABEL
PROGRAM**

We are proud to be a Glock Blue Label Dealer.

*"Helping you stay
locked and loaded"*



Glock offers the exclusive Blue Label program to support those who protect and serve communities across the U.S. and around the world. Military personnel, and others who qualify, will receive a discount on any GLOCK pistol of their choice.



www.shootersmart.com

WHAT'S HAPPENING AT WHITEMAN?

JOIN US ONLINE @
FACEBOOK.COM/WHITEMANMARKETING

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

UPCOMING EVENTS

**REWARDS
JUST FOR YOU!**



2% CASH BACK
WHEN YOU USE YOUR ADVANTAGE
CARD AT THE COMMISSARY, BASE
EXCHANGE & FSS FACILITIES!

**FREE GOLFING, BOWLING,
BEVERAGES, MEALS & MORE!**

FSS FACILITY DISCOUNTS

**CHANCES TO WIN \$100
FSS GIFT CARDS**

**IMMEASURABLE
SAVINGS!**

My Community, My Pride,
My MWR Advantages!

facebook.com/whitemanmarketing

www.whitemanfss.com

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

YO! FEB. 27

**80's
5K
Shuffle!**

MEET AT THE FITNESS CENTER TRACK

**SHOW AT 0630
RACE AT 0700**

**COME DRESSED IN
80'S BEST!**

Please Like Us On Facebook
Whiteman AFB Fitness Center

687-5496

FSS

**SINGLE AIRMAN INITIATIVE
PHEASANT
HUNT**

**MARCH 14
7AM-6PM**

BIRD FEVER
HUNTING PRESERVE
RICHMOND, MO

Outdoor Rec and Bird Fever Hunting Preserve invites you to hunt on their 1500 acres. This year's hunt will have both Continental and regular (dogs) style hunting. Their location is north of Richmond, Missouri. The hunt in the morning will be the Continental hunt with 125 birds release. (80 Pheasants, 75 Chukar) The afternoon hunt will be with guides and dogs to clean up what was missed from the morning hunt. All hunt come with a warm up skeet shooting and a meal. The cost for the hunt is \$100 per person. That is a savings of \$141 per person with the help of the Single Airman Initiative. Show time is 7am with a departure time of 7:30am and a return time of 6pm. We will meet at Whiteman's Golf Course.

**SIGN UP BY MARCH 6
687-5565**

NO ALCOHOL WILL BE PERMITTED
ON ANY OUTDOOR REC TRIP.

FSS

**WHITEMAN AFB
STRIKER
LIFE**

**HALF MARATHON, 5K & 10K
BEGINS AT 7AM — 5.30.15**

Go To Active.com Search "Striker Life Half Marathon"
To Sign Up For The 1/2 Marathon, 5k Or 10k Run.

All Events Will Have A Start Time Of 7am At Skelton Park
We Recommend Arriving Up Early As Parking Will Be Limited.

SAME DAY REGISTRATION
Available only to individuals with Base Access.
Registration will last from 5:30 - 6:40am
If signing up after May 24, Shirts / Shirt Sizes Cannot
Be Guaranteed.

ATTENTION RUNNERS
If you are not a 2000-member Life member, you must register before April 15, 2015.
In Order To Gain Access To The Race Runway, Because The Race Will Be Run
On An Active Military Installation, you will be subject To A Background Check
Performed By Whiteman's Security Forces. After Your Command's Request is
Approved, you will be contacted By The Striker Life Team. We will send you Full Access
To A Runners Club's Lounge, Shower & Locker Room & more. If you
Are Active Security member.

Information is Available Via Our Facebook Page & Website At
facebook.com/whitemanmarketing Or whitemanfb.com

FSS

**ROYAL OAKS GOLF COURSE
CHILI BOWL**

**GOLF TOURNAMENT
MARCH 28**

10AM SHOTGUN START

4 PERSON SCRAMBLE
SIGN UP AND PAY BY MARCH 27
TO RECEIVE ADDITIONAL ENTRIES INTO
THE GRAND PRIZE DRAWING

(\$40 Includes Cart & Green Fee
Tournament Entry Fee & Chili)
Members Cost is Only \$40

Number of flights determined by number of teams
entered. 100% of entry fees paid out as prizes to
each flight based on entries. Prizes for closest to
pin on all par 3's, longest putt on hole #5.
Prizes are paid using FSS Gift Cards. Cards do not
expire and can be used at any Force Support
Squadron Facility.

Free Range Balls Available to participants the morning of the tournament.
Chili will be available at conclusion of golfing. Participants will receive
10% off Pro Shop Merchandise the day of the event.

687-5572

FSS

FCC NEWS AND INFORMATION

FCC OFFICE 660-687-5590

Base Residents

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

Contact The FCC Office for more information at 687-5590

75 day leave carryover ends Sept. 30



By Debbie Gildea

Air Force Personnel Center Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas
(AFNS) -- Effective Sept. 30, military members will no longer be able to carry more than 60 days of leave into the next fiscal year, in accordance with 2013 National Defense Authorization Act requirements.

Unless they are approved for special leave accrual, regular Air Force and Active Guard Reserve, or AGR, members who have more than 60 days of leave must use it or lose it by Oct. 1, 2015.

The 2010 NDAA included a provision that allowed members to carry up to 75 days of leave forward to the new fiscal year because of limited leave opportunities tied to deployments and other mission requirements. The 2013 NDAA extended that provision through the end of fiscal year 2015.

"Airmen need to be aware of the change so that they can plan leave accordingly and ensure their leave balance is 60 days or fewer by the end of the fiscal year," said 1st Lt. Nate Strickland, the Air Force Personnel Center special programs branch chief. "Even if you don't have more than 60 days now, by Sept. 30, you may accrue enough leave time to be over the limit."

Some reserve members could be affected as well, said Lt. Col. Belinda Petersen, Air Reserve Personnel Center public affairs.

"All Reserve members accrue leave when they are on active duty orders for 30 days or longer; and Active Guard Reserve members accrue leave the same way regular Air Force members do, so the extension expiration will affect them," she said. "If you aren't sure whether or not you're affected, you should talk to your supervisor or contact your military personnel section for information."

Members who have approved special leave accrual are exempted from the use-or-lose rule, Strickland said. Special leave accrual approval is for members who couldn't use their leave because of national emergency, crisis, catastrophe or national security situations.

"SLA is only granted when Airmen cannot take leave under those circumstances," the lieutenant said.

For more information about military benefits, like leave, or other personnel issues go to myPers. Air Force retirees who do not have a myPers account can find instructions to create an account at www.retirees.af.mil/shared/media/document/AFD-120510-068.pdf.

BIGGEST SALES IN 2015

STK# 292160

200 RAMS IN STOCK!

ALL NEW 2015 RAM 1500'S

- EXPRESS REGULAR CAB
- 5.7L HEMI, 6-SPEED AUTOMATIC LOADED
- WON'T LAST!!!

MSRP: \$25,550

SALE PRICE \$16,995

2015 CHRYSLER 200 LIMITED

STK# 94181

MSRP: \$26,020⁰⁰

AUTO, ALLOYS, KEYLESS, BACKUP CAMERA, LOADED

SALE PRICE:

\$18,995 SAVINGS: \$7025

ALL 2014 JEEP GRAND CHEROKEE'S

STK# 464631

MSRP: \$6,000⁰⁰ OFF

THAT'S RIGHT ALL 2014 GRAND CHEROKEE'S IN STOCK

\$6,000 OFF

5 TO CHOOSE FROM

2015 DODGE JOURNEY...YES 2015.....

STK# 252191

MSRP: \$22,890⁰⁰

AUTO, 3RD ROW SEATING, KEYLESS, LOADED

SALE PRICE:

\$17,995 SAVINGS: \$4895

2014 DODGE CHARGER R/T

STK# 232160

MSRP: \$35,585⁰⁰

AUTO, ALLOYS, SPOILER, 5.7L HEMI

SALE PRICE:

\$29,585 SAVINGS: \$6000

2015 JEEP CHEROKEE SPORT

STK# 476129

MSRP: \$23,990⁰⁰

LOADED, AUTO, A.C.

SALE PRICE:

\$18,990 SAVINGS: \$5000

2015 JEEP PATRIOT

STK# 446528

MSRP: \$22,970⁰⁰

AUTO, AIR, ALL POWER, ALTITUDE PACKAGE

SALE PRICE:

\$17,970 SAVINGS: \$5000

PRE-OWNED MINIVAN SALE!

2014 DODGE GRAND CARAVAN SXT

- STOW-N-GO
- QUAD SEATING
- POWER SLIDING DOORS
- ALL POWER OPTIONS
- 29K MILES
- STK# P0909

STARTING AT \$16,995

2014 CHRYSLER TOWN-N-COUNTRY TOURING MODEL'S

- FULLY LOADED LEATHER
- STOW-N-GO
- QUAD SEATING
- 24K MILES
- STK# P9731

STARTING AT \$19,995

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

1051 SE OLDHAM PARKWAY LEES SUMMIT, MO

816.525.9825

WWW.LSDCJ.COM

LIKE US ON

WARRIOR

Serving the Whiteman Community

For Sale By Owner



SMALL FARM WITH BIG potential! Home, 30 acres (m/l), poultry barns (currently producing turkeys). High Point Area. Reasonably priced at \$490K. Additional acreage available for rent or purchase. Call 573-338-0805 for more information. 80617410



Lake Ozarks Home. 1800 sq. ft., 3 BRs, 2.5 Bath, Dock, New roof, blacktop. \$153,500. Can add adjacent lot 3 BR, 1200 sq. ft. home, \$85,000. Retiring. Both \$235,000. Consider Owner Financing or Trade In. Call 1-660-438-9593. 80620187

REAL ESTATE SALES



NW 950 Rd. - Blairstown. Beautiful Brick & Vinyl Home, Great Views of Henry County, All-Electric, 3-4 BR, 2.5 BA, Gas Fireplace, Guest Quarters. 50x60 Metal Bldg. \$219,000 Call Ruby 660-525-1438 RE/MAX Truman Lake 660-885-2201 80616625



2-3 BEDROOM RANCH, 1400 sq. ft on 2 acres. Smithton Schools. All new vinyl siding, flooring, windows & doors. New sewer line to lagoon. Newer roof. Large closets and utility room. Large shop. \$86K. 660-619-1773 80619370

REAL ESTATE SALES



Incredible 683 Acre Farm. Set up and ready to hunt! Perfect balance of big timber, 90 acres bottom ground, multiple creeks and ponds. Nice modular home and 40'x60' Metal Building. Located near Cole Camp. \$1,700 per acre. Call Steve Mott, Midwest Land Group, LLC 816-718-7201. 80618261

Miscellaneous

W-G-K

Home of the
**Jump Start
Program!**

Less than
'perfect credit'?
Bankruptcy?
We can help!

NEW cars
as low as 6.9%!

Call
Kristina Jasper
Today!

800-382-5088
wkchevy.com

REAL ESTATE SALES

**621 Poplar Dr.,
Windsor, MO.**



Nice, 3 bedroom, 1 1/2 bath raised ranch home with vinyl siding, metal roof & thermal windows. Dry basement and garage in basement.

**Windsor
Realty**

110 W. Jackson-Windsor, MO
(660) 525-0281
windsorrealty@live.com 80620475

Apartments /Townhouses

\$99 - FIRST MONTH RENT 1-2 BR apartments, Knob Noster. Water, sewer, trash included. Call 816-305-0712.

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 80607735

Houses For Rent

102 King St., Windsor, MO- Nice 2br, 1 bath, 1 car garage. Utilities not included. References and 6 month's lease required. No pets or smoking. Rent \$450 + \$450 Deposit. Call or text 660-596-1828

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

BRICK HOUSE/BUILDING, Commercial or Residential. Will rent or sell. 3+ BR, 2 bath, \$850/month + deposit. 1,760 sq. ft. Knob Noster. 916-600-6472, 660-563-0537

Autos For Sale

Chrysler
2014 Town-N-Country Touring Model: Fully loaded, leather, stow-n-go, quad seating, 24K miles starting at \$19,995 Call 816-525-9825

Chrysler
2015 200 Limited, auto, alloys, keyless, backup camera, loaded! Sale price: \$16,995 (Save \$8795 over MSRP) Call 816-525-9825

Autos For Sale

Dodge
2014 Charger SE Auto, alloys, spoiler, V6. Sale price: \$23,995 Save \$5,685 from MSRP. Call 816-525-9825

Dodge
2014 Grand Caravan SXT Stow-n-go, quad seating, power sliding doors, all power options, 29K miles. Starting at \$16,995 Call 816-525-9825

Dodge
2015 Dodge Journey Auto, 3rd row seating, keyless, loaded! Sale price: \$17,995 Save \$4,895 on MSRP Call 816-525-9825

Jeep
2015 Cherokee Sport Auto, loaded, A/C. Sale price: \$18,990 save \$5,000 from MSRP. Call 816-525-9825

Jeep
2015 Jeep Patriot Auto, air, all power, altitude package. Sale price: \$17,970 Save \$5,000 from MSRP. Call 816-525-9825

Jeep
All 2014 Jeep Grand Cherokee's are \$6,000 off the MSRP. Hurry in to Lee's Summit Dodge Chrysler Jeep or call us at 816-525-9825

MERCHANDISE FOR SALE

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



Get the most



for your buck...

ADVERTISE!

**RING UP PROFITS
WITH THE
CLASSIFIEDS**



SHOW AND \$ELL

3 + 3 = \$65

includes color

photo of your vehicle

YEAR AND VEHICLE HERE

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

photo of your home

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

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

3 Days In Democrat

Monday, Wednesday and Friday
(Regular deadlines apply)

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

~ or ~

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

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

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

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

Sedalia Democrat

•Print•Mobile•Online

THE PETTIS COUNTY
PLAINSMAN

THE SOUTH EDITION
PLAINSMAN

WARRIOR
Serving the Whiteman Community