

CHAMBER FLASH



Creating opportunities that drive commerce and promote business.

January 17, 2019













Thursday, February 6th, 5 - 7 PM

Warrensburg Community Center 445 E Gay Street, Warrensburg, MO 64093

Show your local vendors some LOVE

Get your Valentine's Day goodies here!

Local home-based and small businesses will have booths set up with unique items to buy. Each purchase will get your name into a raffle drawing at the end of the night.

For more info, visit our website: www.warrensburg.org.

Interested in being a vendor? Contact aflues@warrensburg.org for details.

This year's Shop Local Night will be held on Thursday, February 6th at the Warrensburg Community Center (same building as Parks & Rec). Local home-based and small businesses will have booths set up with unique items to buy. Each purchase will get your name into a raffle drawing at the end of the night. **We still have a few vendor spots open!**

Find the FLASH publication online at www.warrensburg.org/FLASH

>>> Upcoming Events <<<

** All Events in Warrensburg unless otherwise stated

OFFICE CLOSED

Monday, January 20th

Chamber University

Technology for Start-Ups Wednesday, January 29th, 11:45 AM JMCR—100 S. Holden Street

EnGAGE!

Mattress by Appointment & Old Drum Real Estate—Laura Lockhart Tuesday, February 4th, 9—10 AM JMCR—100 S. Holden Street

Shop Local Night

Thursday, February 6th, 5—7 PM Warrensburg Community Center

Next Chamber FLASH Newsletter

Young Professionals Coffee

Wednesday, February 12th, 7:30—9 AM Country Kitchen

Dept of Labor Overtime Rule Seminar

Thursday, February 13th, 8:30 AM JMCR—100 S. Holden Street

Women in Networking Luncheon

Friday, February 14th, 11:45 AM—1 PM Heroes Restaurant

OFFICE CLOSED

Monday, February 17th

Young Professionals Luncheon

Thursday, February 20th, 11:45 AM—1 PM Buffalo Wild Wings

Chamber After Hours

Thursday, February 20th, 5—7 PM

Inside this issue:

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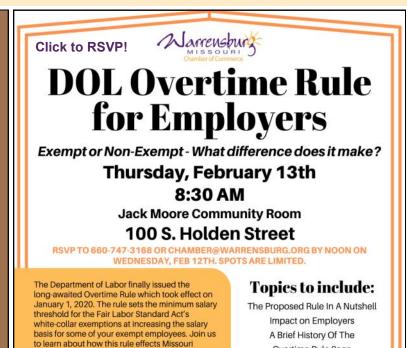


The Chamber Invites You!









Presented by:

employers and what employers should be doing

now regarding the new rule.

















Warrensburg

Overtime Rule Saga

Tips for Avoiding Last-Minute Panics





Call our office at 660-747-3168 to reserve your tickets and concession voucher by January 27th!



•Jennies & Mules vs. Washburn Ichabods • February 1, UCM Multipurpose Building 1 and 3 p.m.

Free Admission for All Warrensburg Chamber Members and Your Families!

Also, receive a concession voucher courtesy of the UCM President's Office! (Please reserve your tickets by Jan. 27)

> UNIVERSITY OF CENTRAL MISSOURI.

Otherwise,
Chamber
members can
print this flyer
out to receive
free admission
on that day.



















NYC

Day 1: We begin our Curtain Up Theatre adventure today with our flight from MCI to LaGuardia and a private coach transportation to ROW NYC Hotel. Walking tour of Times Square Theatre District.

Evening: Free Time

Day 2: Gather in the morning for a walking tour Rockefeller Center, St. Patrick's Cathedral, 5th Ave Sights and Radio City Music Hall Backstage Tour.

Afternoon Free - Possible Matinee Show Evening: Group Dinner on Restaurant Row followed by Broadway Show

Day 3: Gather in the morning for a tour of Ellis Island and the Statue of Liberty Afternoon: Walking tour of Greenwich Village - Off Broadway Washington Square, McSorley's Old Ale House Evening: Broadway Show

Day 4: Gather in the morning for a tour of Central Park, Strawberry Fields, Metropolitan Museum of Art, American Museum of Natural History Afternoon: The Vessel and High - Line Trail Evening: Radio City Music Hall Christmas Spectacular

Day 5: Gather in the morning for a tour of Wall Street, Trinity Church, 911 Memorial and Museum Evening: Free Time

NEW YORK CITY

Curtain Up Theatre Tours Presents

6-DAY Holiday Tour

December 15 - 20, 2020 FROM \$2,200.00

HIGHLIGHTS:

- Round trip Airfare from Kansas City to LaGuardia Airport
- Transportation to and from LaGuardia to NYC Hotel
- 5 nights hotel accommodations in Times Square
- Group Dinner, Tickets to Two Broadway Shows and The Radio City Music Hall Christmas Spectacular
- Professional guided tours provided by Dr. Richard Herman, Professor Emeritus of Theatre UCM

Day 6: Last minute shopping then our NYC trip comes to an end with private coach transportation from the hotel to LaGuardia Airport. We will catch our flight back to MCI.



For more details and reservations contact: Warrensburg Chamber of Commerce... Leanne Larson chamber@warrensburg.org (660) 747-3168

CHAMBER MEMBER PRICING

\$2,200.00 a person
Based on 4 to a room
Two double beds.
\$2,325.00 a person
Based on 3 to a room
Two double beds.
\$2,600.00 a person
Based on 2 to a room
Two double beds
\$3,200.00 a person
Based on single occupancy/two double beds
Non Chamber Members
Add \$100.00 to the
Pricing.





















Download this logo for free at www.warrensburg.org/who-we-are/ or warrensburgmainstreet.org/love-whats-local/

Love What's Local is a collaborative campaign between Warrensburg Main Street, Warrensburg Chamber of Commerce and the City of Warrensburg to educate and encourage Warrensburg residents to purchase local goods and use local services. Loving What's Local helps create and maintain local jobs, support locally owned businesses and community nonprofits, encourage unique businesses that add community character, reduce environmental impact of out-shopping, and provide sales tax dollars to be spent locally. Love What's Local organizes annual events (listed below) to promote its mission.



@LoveWhatsLocalWarrensburg @lwlwarrensburg



Restaurant Week

Restaurant Week is a promotion designed to encourage community members to Love What's Local by trying a new restaurant or menu item, or visiting an old favorite. Restaurant Week is not about getting a super deal on your meal, but provides a structured opportunity to let guests be more comfortable trying new things. A \$10 Lunch and \$25 Dinner is offered by participating restaurants.





Community Sidewalk Sale

The Community Sidewalk Sale is a two day event held in August. Businesses may have merchandise outside their store, or offer a sale inside their store. Participating businesses will have a Love What's Local flag in front of their business and will also be listed on the Love What's Local Facebook page.

Clean the Burg

This two day event is to encourage community volunteerism and to beautify our town. Residents, families, community groups, businesses, churches and teenagers who need to perform service hours can come up with a projects and implement them during the event. Those who participate are encouraged to share their photos on social media with the hashtag #CleanTheBurg.





Holiday Open Houses

Holiday Open Houses is a two day event where businesses display their holiday merchandise and offer deals and/or treats to customers. Offerings are listed in a guide that is posted on the Warrensburg Chamber website, the Warrensburg Main Street website and on the Love What's Local Facebook Page.



















There's Strength in Numbers

A medical plan that lets small businesses join together for more plan options and lower rates

Say hello to the Chamber Benefit Plan. A multiple employer welfare arrangement (MEWA) designed for businesses like yours.

When it comes to providing employees with cost-saving health care coverage, small businesses are at a big disadvantage compared to their larger counterparts. Because of their smaller size, their claims risk pool is spread out across a much smaller employee population. That can result in higher, less stable insurance rates — and fewer viable plan choices.

Fortunately, there's a simple and affordable medical plan alternative: the Chamber Benefit Plan.

Powered by the Missouri Chamber Federation, administered by The Health Plan (THP) with network access from HealthLink and Freedom Network Select, the Chamber Benefit Plan is available to small group employers, who:

Are members of a qualifying Chamber of Commerce

Have 2 – 50 eligible employees.

By being a part of a larger, self-funded pool, employers have financial protection backed by stop loss coverage. In addition to financial protection, the Chamber Benefit Plan offers:

Competitive, medically underwritten rates

Fixed, predictable monthly payments

A variety of plan designs, including 10 PPO and three HSA options

Access to HealthLink/Freedom Network Select network

Coverage for claims run-out/terminal liability coverage Open

Simple, streamlined administration Formulary

As a chamber member, you can take advantage of this simple, affordable medical plan. You'll get access to a full range of high-quality plans and options that can lead to significant savings. It's just one of the many advantages of being a chamber member.

Not a chamber member yet? Contact us at 660-747-3168 and we'll help you join.

Think the Chamber Benefit Plan is right for your small business? Visit www.chamberbenefitplan.com to learn more and find a Chamber Benefit Plan Certified Broker

















Community Information



January is National Mentoring Month! This month we are highlighting our need for Big Brothers, Big Sisters and Big Couples. Our 2020 Vision is that all youth achieve their full potential and we want to see every waiting little paired with the mentor that will change their life, forever!

Do you know anyone at a business or organization that you could connect Big Brothers Big Sisters with to schedule a Lunch & Learn presentation this January?

Email dana@bbbsjoco.org

OTHER WAYS TO HELP DURING NATIONAL MENTORING MONTH

Email <u>dana@bbbsjoco.org</u> to set up a recruiting event at your place of work or any social group that you're a part of.

Consider a financial contribution dedicated to our National Mentoring Month campaign.

Spread the word:

YOU DON'T HAVE TO CREATE POTENTIAL. YOU JUST HAVE TO DEFEND IT.

Warrensburg Convention and Visitors Bureau Grant Program

2020 Application Deadline Friday, Jan. 31

The WCVB Grant Program supports nonprofit projects, programs, events and sport events aimed at tourism development in the Warrensburg area.

Apply at VisitWarrensburg.com.

Contact the WCVB Office at 407A E. Russell Rd., Suite 2, or 560-262-4611 for more information

























For more information contact Johnson County Emergency Management Agency at (660) 747-2666 or on Facebook at "Joco Emergency Management Agency



Linked in

A new LinkedIn Group for employers to connect with **transitioning service members and military spouses** is now available. Please join and help us connect our community with employment opportunities.

https://www.linkedin.com/groups/12242716/





Shoe Sensation is in need of a new Assistant

Manager! This position would be great for someone looking to develop a career in a fun work environment! You would work with a small cohort of employees and enjoy the freedom of flexible hours.

You can apply online through the Shoe Sensation website or you can apply through Indeed. The Assistant Store Manager assists the Store Manager in all aspects of store operations including employee management and customer relations, stock procurement and visual merchandise displays. Additionally, in the absence of the Store Manager, the Assistant Store Manager assumes full managerial responsibilities. MORE INFO

Whiteman Spouses' Club Scholarships

2020-2021 Academic Year

Applicants must be a spouse or dependent of an officer or enlisted military member (active duty, guard/reserve assigned to Whiteman AFB, POW/MIA, retired or deceased) and residing within 50 miles of Whiteman AFB.



High School Seniors

Applicants must be a graduating senior attending college as a freshman in either Fall of 2020 or Spring of 2021. Students must graduate from a high school within 50 miles of Whiteman AFB or home schooled.

Continuing Undergraduates

Applicants must be an undergraduate college student attending an accredited program and working toward a first undergraduate degree. Applicants who have previously applied, but have not been awarded a scholarship may apply. Previously awarded scholarship recipients may not reapply.

Military Spouses

Applicants must be a high school graduate or possess a GED equivalent. Applicants must be planning to be enrolled as a part-time student (6 hours minimum) ata a vocational school, college or university for the Fall semester of the 2020-2021 academic year. Previously awarded scholarship recipients may not reapply.

Applications must be postmarked by 1.31.2020



Find the applications on the Whiteman Spouses' Club website: www.whitemanwsc.com/scholarships.html

For more information, contact: wsc.scholarship1@gmail.com.

Have a job opening in your business?







ECHO Spring Volunteer
Opportunities—
click HERE for the
sign up page!

Engage!

Looking to get the word out about your business or an upcoming event? Our EnGAGE! sessions are the first Tuesday of every month from 9—10 AM. We feature 2 speakers from chamber businesses or organizations each session. Email aflues@warrensburg.org to sign up!

















Shout Out (1)



"We're excited to announce that Melisse Wilson has joined the Summers Pharmacy team! Stop in and say hello!" - **Summers Pharmacy**



"Thank you to these lovely ladies from Central Missouri Community Credit Union for the delicious fruit tray you brought us for Law Enforcement Appreciation Day. You must've known that we are trying to eat lighter after the holidays...the ol' gun belt was getting a little tight." - Warrensburg PD

New Members!

Holsey Home Cleaning, LLC

519 N Warren Street, Suite A, Warrensburg 816-799-9054

holseyhomecleaning@gmail.com "Professional cleaning service. Commercial and residential."

Spectrum Health Care

1123 Wilkes Blvd, Ste. 250, Columbia 573-875-8687

www.spectrumhealthcare.org

"Non-profit organization focused on HIV/AIDS case management, testing, prevention, Primary Health Care and more."

Zydeco's

609 E Young, Suite C6, Warrensburg 660-362-0417

"Southern soul Cajun cuisine bringing new and exciting flavors to our community."



"The Fuller Center Board of Directors is pleased to announce a new member to its board: Sue Sterling. Sue recently retired after working 31-1/2 years as a journalist for the Daily Star-Journal. She is pictured here with Police Chief Rich Lockhart (also a valued member of the Fuller Center Board) as he gives Sue Sterling a Challenge Coin on her last day of work. Welcome, Sue! You will be a HUGE addition to the Fuller Center." - Fuller Center for Housing

Give a Shout Out!

This page is dedicated to YOUR good news! New employees, awards, achievements, Thank You's, etc. To give a shout out in the FLASH Newsletter, email the info to:

aflues@warrensburg.org.

















Ribbon Cutting Ceremony





Lock N Store Self Storage

The Warrensburg Chamber of Commerce held a ribbon cutting ceremony for its new member Lock N Store on Tuesday, January 14th. "Lock N Store Self Storage is a brand new, state of the art secure storage facility. Our business has a 24 hour online kiosk with a modern 24 hour security and surveillance system. We offer a variety of sizes of units as well as climate controlled options at competitive prices. Additionally, we offer a variety of discounts ranging from military to student discounts. Just ask!" They are located at 614 North Ridgeview Drive in Warrensburg.

Member Relations Chair Suzy Latare thanked everyone for coming and welcomed Lock N Store into Chamber membership. "This is a great business because this really is a transient community, and its part of what keeps us fresh and makes it a little harder to get your name out there, so remember the chamber is always there to get your name out," Latare stated.

Anchoring the ribbon in the photo above are Chamber member Ginny McTighe and Chamber Board of Directors member Suzy Latare as Store Manager James Anderson prepares to cut the ribbon alongside Owners Michael and Anne Hanna, family, co-workers and fellow chamber members. For more info on Lock N Store, contact them at (660) 747-5625 or visit their website at: www.locknstoreselfstorage.com.

Most Recent Reports



To view Congresswoman Vicky Hartzler's Congressional report, click <u>HERE</u>.

Latest Press Releases: CLICK HERE

More information from Vicky Hartzler:

CLICK HERE



To view State Senator Denny Hoskins's current capitol report, click HERE.

More information from Denny Hoskins:

CLICK HERE





STATE REPRESENTATIVE DAN HOUX 54TH DISTRICT



To view State Representative Dan Houx's current capitol report, click <u>HERE</u>.



STATE REPRESENTATIVE
DEAN DOHRMAN
51ST DISTRICT

To view State Representative Dean Dohrman's current capitol report, click <u>HERE</u>.

















MLK Community Service Awards



Kelly Brooks Nominated by Marcy Bryant

Mrs. Brooks is a well-known retired Warrensburg educator. You'll see her rolling around town in her vividly painted food truck The Food Spot. There's rarely a community event you don't Mr. and Mrs. Brooks hanging out of The Food Spot's window serving delicious goodies.

A few years ago, Mrs. Brooks heard an organizer was desperately needed for the Old Drum Day Festival. With no one to spearhead the event, it looked as though it would no longer continue. Even though this was out of her normal role as a vendor, she had seen the event's impact on the community and it being one of the only fundraisers for the Johnson County Historical Society, she volunteered.

Organizing a festival is not an easy task. The entire Brooks family embraced it. She worked to increase the number of vendors, volunteers and attendees through outreach and marketing. The festival's agenda continued to grow with new activities added every year. Prior to the festival, you'd see Mrs. Brooks and a grandchild putting fliers on pizza boxes or her and Mr. Brooks putting the four foot by six foot signs in various locations.

Mrs. Brooks built partnerships, increased sponsorships and applied for grants so the festival admission would remain free so everyone could attend and enjoy. She incorporated shuttle service at no cost to riders, so accessibility was not an issue. I had the opportunity to sit on the Old Drum Festival committee for two years under Mrs. Brook's leadership. I witnessed Mrs. Brooks generously giving her time, financial support and so much more so community members could celebrate their four-legged family members and make memories with their two-legged family members!





Vicki Martins Nominated by Krystal Snell

It is with pleasure that I recommend Vicki Martins for the Dr. Martin Luther King, Jr. High School Community Service Award. Vicki has shown great responsibility and regard for others. She is diligent and a hard worker, always serving others. Vicki excels in all activities she participates.

Vicki shows the qualities of humanitarianism, leadership and service in many aspects of her life. At Warrensburg High School, she is involved with various activities, such as, Family, Career & Community Leaders of America (FCCLA). I am one of the advisers for FCCLA and this is how I have gotten to know her so well. Vicki has been a leader for the last three years In FCCLA. She has held officer positions and is currently the Vice President of STAR Events & National Programs. This office involves the planning of most of our service projects throughout the year. Vicki has helped with several projects during her membership in FCCLA. She started the Honor Flight Letter writing this school year with our organization. These letters go to veterans when they are participating in their Honor Flight to see the memorial for the war they have fought. Vicki's leadership and service have helped unit the members of our organization toward common goals. She has helped students find opportunities to be leaders themselves and always strives to put others first. While a member, Vicki has completed countless hours of service in our community.

Outside of WHS, Vicki is also involved in serving the Warrensburg community. Currently, Vicki is involved with the Music in Motion program. In this program, music and the arts are made available to the special needs community. This program also provides a social outlet for these community members. Vicki is currently planning the annual dance that will be held in 2020. Not only is she planning the event, but she is also helping to financially support the event with her own funds. This truly shows Vicki's selfless, benevolent character.





Thank you to Police Chief Lockhart for being our guest speaker at this year's MLK Luncheon, and thank you to Suzy Latare for speaking in remembrance of the late Morris Collins.

















Upcoming Chamber Member Events

SAVE THE DATE



RUNWAY SHOW 2020

FRIDAY, MARCH 13 1:30 p.m. Runway Show 3 p.m. Happy Hour Missouri Veterans Home, 1300 Veterans Road.

This is a chance for our
Veterans and their loved ones
to take a stroll down the
runway in their favorite outfits.

Volunteers will assist with hair, make-up and fingernails and fifth-graders from Sterling Elementary School will serve as escorts. If you want to get involved, contact Latisha Koetting, supervisor of volunteer services, at 660-429-4661 or Latisha.Koetting@mvc.dps.mo.gov.







Downtown Opedding Opalk February 8th, 2020 1 pm - 3 pm Register through our Facebook Event

FROM DREAM TO REALITY: THE MARCH CONTINUES

DR. MARTIN LUTHER KING, JR. 2020 CELEBRATION



TUESDAY, JAN. 21, 2020

FREEDOM SCHOLARSHIP DINNER

6:30 p.m. | Elliott Student Union ballroom Keynote Speaker: Torlano Porter

Purchase tickets at the Office of Student Experience and Engagement in Administration 214 or the Warrensburg Chamber of Commerce at 100 S. Holden St.

CALENDAR OF EVENTS

WEDNESDAY, JAN. 15

MLK Community Service Awards

Luncheon 11:45 a.m.-1 p.m.

Taqueria Habana 121 E. Pine St., Warrensburg, MO Tickets are \$13

RSVP by Jan. 8 to the Warrensburg Chamber of Commerce at 660-747-3168.

WEDNESDAY & THURSDAY, JAN. 15 & 16

Community Service Blood Drive

10 a.m.-5 p.m. (both days) Elliott Student Union ballroom

MONDAY, JAN. 20

MLK Day of Service

9 a.m.-1 p.m.

Register at ucmo.edu/volunteei by Dec. 6. For more information, contact Kristie Brinkley at kbrinkley@ucmo.edu or Ricardo Zamora at rzamora@ucmo.edu.

Community Praise and Worship Service

Doors open at 6 p.m.
Service begins at 6:30 p.m.
UCM Alumni Memorial Chapel

TUESDAY, JAN. 21

Let's Talk: Issues Discussion 12:30-1:30 p.m.

Elliott Student Union atrium

WEDNESDAY, JAN. 22

Volunteer Fair

11 a.m.-1 p.m. Elliott Student Union atrium

MLK Celebration Reception

5:30-6:30 p.m.

Missouri Innovation Campus Lee's Summit

THURSDAY, JAN. 23

MLK Photo Booth

11 a.m.-1 p.m. Elliatt Student Union atrium

ucmo.edu/mlk

KEYNOTE SPEECH BY: TORIANO PORTER



writer and editorial board member at The Kansas City Star. He started his journalism career at the North Courty Journal in suburban St. Louis in 2001, shortly after leaving UCM, where he majored in journalism with a minor in creative writing. Mr. Porter has worked at The Independence Examiner and The Lee's Summit Journal. Along the way, he's won statewide, regional and national awards for his reporting. Toriano is also the author of "The Pride of Park Avenue" and "James Cool." His third book, "The Plain Ugly Truth' is slated for publication this year.

UNIVERSITY OF CENTRAL MISSOURI

























*Must be siblings to qualify

for family discount

Warrensburg Main Street First Friday Art Walk

Come out and visit your local downtown businesses the first Friday of the month! Main Street is sponsoring this fun event. Shopping, Music and Art, right in the heart of the Burg!





EVERYONE

Winter Seed Sowing

We are partnering with United Way Director, Scott Holmberg, to get a jump on spring gardening! Learn how to start seeds in a milk jug. All materials supplied.

Thursday, February 6 2:00 PM

Warrensburg Branch











240 NW State Route 13

Warrensburg, MO 64093 www.twistersports.com/pno













MISSOURI'S COMPLEX FENCE LAWS

GOOD FENCES MAKE GOOD NEIGHBORS







Monday, February 3 6:30 p.m.-8:30 p.m.

University of Missouri Extension, Johnson County 135 W. Market Street; Warrensburg, MO

"Missouri continues to have a very complicated fence law, in large part due to the fact that 2 separate laws cover the state depending on the county that your land is in."

- Land owners with livestock—what is the law's impact?
- · How are these laws interpreted?
- · Compare the laws.
- · Understand your rights and responsibilities.

This workshop will be held across the state facilitated via video conferencing to share ideas county-by-county.

Register in person at the Extension Office or by calling the Johnson County

Extension Office at 660-747-3193.

Cost: \$25 which includes the program and materials.

 $\textbf{University of Missouri, Lincoln University, U.S. \ Department of Agriculture and Local Extension Councils Cooperating and Local Extension Councils Cooperating and Local Extension Councils Cooperating and Councils Cooperating Cooperating and Councils Cooperating Cooperating Cooperating Cooperating Cooperating Cooper$

EQUAL OPPORTURETY/ADA DISTITUTIONS

Beef Cattle Session:

Forage Testing, Leasing & Market Outlook



"Making Informed Decisions for Your Beef Cattle Operation"

DATE: MONDAY, FEBRUARY 10, 2020

LOCATION: JOHNSON COUNTY EXTENSION OFFICE (135 W. MARKET, WARRENSBURG, MO)

TIME: 1:00 - 3:00 P.M.

SPEAKERS

- David Hoffman, MU Extension Field Specialist in Livestock
- Katie Neuner, MU Extension Ag Business Specialist



TOPICS

- Forage Testing: Using Your Results
 - Basics of Beef Cattle Leasing
 - · Cattle Market Outlook 2020

REGISTRATION

- Attendees need to be preregistered by February 7th.
- To register, for more information or questions: contact the Johnson County MU Extension Office at 660-747-3193 or by email at johnsonco@missouri.edu (135 W. Market, Warrensburg, MO 64093)



an equal opportunity/access/affirmative action/pro-disabled and veteran employs



A MATTER OF BALANCE

Warrensburg Senior Housing

451 Northern Hills Road, Warrensburg, MO 10 a.m. to noon, Mondays and Wednesdays beginning Feb. 3, 2020, for four weeks To register, call 660-747-3107

This eight-session class combines skills building, exercises, group discussions and more to help seniors conquer falls and the fear of falling.























FATHER DAUGHTER DATE NIGHT

Winter Wonderland Ball

2 Nights to Choose From

February 7 & 8

Music, dancing, crafts, & an elegant meal will make this date one to remember!

Come dressed in formal wear!

6pm-8pm Ages 4-12 \$40 per couple; \$20 each additional person

Registration Deadline: January 31 Community Center Multi Rooms

To register, call (660)747-7178 or visit warrensburg-mo.com





LIFE BEHIND the IRON CURTAIN

Two Perspectives

This program offers a look at East Germany from a historical standpoint and a personal reflection.

Saturday, January 25 at 1:00 p.m. Wood 100 on the UCM Campus 151 E. Clark Street, Warrensburg (free ample parking available across the street)

The Presenters

Hannah Trebec Tom Goldstein, Ph.D

Hannah Trebec was born and



raised in the former East Germany and worked there as a "White

Mouse" law enforcement officer. Hannah holds a degree in law enforcement. She moved to the United States in 1992 and speaks three languages. Tom Goldstein is an Assistant

Professor of History at UCM, whose expertise is in German,



Soviet, and Modern European History. He is the author of Writing in Red: The East German Writers Union and the Role of Literary Intellectuals.



This presentation is sponsored by University of Central Missouri Lifelong Learning. It is free and open to the public. Please join us!



Silent & Live Anction

jan. 30 milestones

silent auction 5-6:30

dessert dash & live auction 6:30

Limited Tickets Available

SPONSORSHIP PACKAGES & TICKETS AVAILABLE BY CALLING STORMY TAYLOR AT 660.441.2458 OR VICKI VOSKOVITCH AT 660.441.4437

PLATINUM \$500

* 8 TICKETS, 1/2 PAGE AD IN AUCTION BOOKLET, FB RECOGNITION & TABLE SIGN

GOLD \$250

* 4 TICKETS, 1/4 PAGE AD IN AUCTION BOOKLET, & TABLE SIGN INDIVIDUAL TICKETS \$30

* LIMITED NUMBER OF INDIVIDUAL TICKETS AVAILABLE SENIOR HIGHLIGHT \$25

* SENIOR HIGHLIGHT IN AUCTION BOOKLET

Free Basic Income Tax Preparation for U.S. Residents

Volunteer Income Tax Assistance (VITA)

Sponsored by the

School of Accountancy

and



When: Appointments available at 3:30 p.m. and 5:00 p.m.

Monday, February 10, 2020 Thursday, February 13, 2020 Thursday, February 20, 2020 Monday, February 24, 2020 Thursday, March 5, 2020 Monday, March 9, 2020 Thursday, March 26, 2020 Monday, March 30, 2020 Thursday, April 2, 2020 Monday, April 6, 2020

Where: University of Central Missouri, Warrensburg, MO
Ward Edwards 2415 (Second Floor)

What to Bring:

- Valid driver's license or photo id card
 Social Security card, Social Security Number (SSN) verification letter, or Individual Taxpayer Identifying Number (ITIN) for all persons listed on return
- Birth dates for all persons listed on return
 All income statements: Forms W-2 and
 1000 Social Security promptles are all the statements.
- All income statements: Forms w-2 and 1099, Social Security, unemployment, other statements such as pensions, dividends, interest, and any document showing taxes withheld
- All records of expenses such as tuition, books, and student loan interest
- Copies of last year's state and federal tax returns, if available
- Bank routing numbers and account
- numbers to direct deposit any refund

 Dependent child care information: name
- and address of who you paid and caretaker's SSN or other tax ID number • Health Insurance Information: Proof of
- insurance, Form 1095, or Health Insurance Exemption Certificate
- Both spouses must be present to sign forms to e-file a joint tax return

To make an appointment or for more information, call the School of Accountancy (660) 543-4631 on weekdays between 8:00 a.m. and 4:00 p.m.





















OGA

00

Warrensburg Branch

January 2020 Events

LAPSITTERS STORYTIME

Age: 0-2 years old

Build your child's early literacy foundation through a fun and interactive environment. Text @wbstory to 81010 to receive Storytime reminders.

Every Tuesday 9:30 a.m.

PRESCHOOL STORYTIME Age: 3-5 years old

100 We will explore the first steps toward reading readiness through songs, sign language, and stories. Text ewbstory to 81010 to receive Storytime reminders. Every Tuesday 10:30 a.m.

3R BOOK CLUB

Age: Adult We are going to laugh our way into the new year! This month's theme is: Humor.

12:30 p.m. Thursday, January 9

PLAY AND LEARN

Age: 3-5 years old

Bring your preschoolers to play, socialize, and explore early literacy activities!

Thursday, January 9 Thursday, January 23

LEARNING EXPRESS LIBRARY—ONLINE RESOURCES

Age: 11+ | Registration required

Learn about core skills, entrance and occupational exams, college admission, and GED prep exams. We'll discuss tools available, including a resume builder. Feel free to bring your own device. 3:00-5:00 p.m. Monday, January 13

TECH TALKS

Age: 11+

CODA Drop in for a range of technology assistance, demos, and more. Feel free to bring your own device. Monday, January 20 3:00-5:00 p.m.

EATING HEALTHY ON A BUDGET

Age: Everyone

Easy tips and tricks to keep yourself on track to a healthy diet, presented by Care Connection's Nutritionist Eeric Messer.

Thursday, January 23

DUNGEONS AND DRAGONS

Age: Everyone

Join forces with other players to fight the disappearance and iPads with D&D apps will be provided. Feel free to bring in any game accessories.

Saturday, January 25 9:00-11:30 a.m.

DIGITAL LITERACY TRAINING

Age: 16+

Learn basic computer skills from our library computer expert. Sponsored by JCALP and the Rotary Club of Warrensburg.

Monday, January 27 3:00 p.m.

Age: Middle School

Sharpen your gaming skills with the Nintendo Switch, Super Nintendo, or XBOX One.

Wednesday, January 29 1:15-3:15 p.m.

All Branches Closed Wednesday, January 1 for New Year's Day

🕜 Youth program 🕡 Teen program 🔕 Adult program 📵 Recurring program 🔞 Registration required

Johnson County Community Health Services

723 PCA RD Warrensburg, MO 64093 Phone: 660-747-6121 Fax 660-747-1294 for Administration, Public Health, Environmental, & WIC Fax 660-747-6087 for Home Health

This institution is an equal opportunity provider.

Blood Pressure screenings available by Public Health Nursing staff on a walk-in basis Monday through Friday 8am-5pm

American Heart Association BLS and HS CPR/FA: E-Learning "Skills Sessions" now available. Call 660-747-6121 Ext. 281 to schedule a time or for more information.

Car Seat Checks: Call Johnson County WIC at 660-747-2012 or 660 -747-6121 to make an appointment.

Pregnancy testing: If eligibility requirements are met a Temporary Medicaid card for pregnant women may be issued. Please call for an appointment at 660-747-6121.

STD/HIV testing: Please call for an appointment at 660-747-6121

Immunization Clinics: Monday-Friday Adults and Children from

8:00 am to 4:30 pm. A fee will be assessed for the uninsured/ underinsured based on immunization needs. Cash, check, debit or credit card is now accepted. Medicaid will be billed if child's coverage is active and card is presented.

Enhanced Immunization Program Through a partnership with VaxCare, Inc. we are now offering insured adults and children a wide variety of vaccines. Most insurance is accepted.

WIC available in Warrensburg Monday – Thursday by appointment only and please call 660-747-2012 to schedule an appointment. WIC Walk in Tuesday every Tuesday from 9-5:30.

January 2020

January 1 Closed for New Year's Day

January 2 WIC Satellite Clinic in Knob Noster: United Methodist Church from 8:45 am to 3:30 pm. For more information call 660-747-2012. This institution is an equal opportunity provider.

January 8 WIC Satellite Clinic in Holden from 8:45 am to 3:30 pm at the Holden Community Activity Center. For more information call 660-747-2012. This institution is an equal opportunity provider.

January 9

Food Safety Training Class: Class is from 10-12 noon. This is a 2-hour introductory course that covers the basics of Safe Food Handling, Dangers of Foodborne Illness and Personal Hygiene. This course is recommended for all food service facility employees (wait staff, bartenders, cooks, deli workers and dishwashers). There are no fees associated with this course. To register, please call Tiffany at 660-747-6121 Ext. 258. Location: 723 PCA Road, Upper Level Classroom (Enter East door on front of building.)

CPR/First Aid Class from 9:00 am to 4:00 pm. Pre-registration required, call 660-747-6121 Ext.281 to enroll.

January 15 WIC Satellite Clinic in Holden from 8:45 am to 3:30 pm at the Holden Community Activity Center. For more information call 660-747-2012. This institution is an equal opportunity provider.

January 16

JCCHS on KOKO 1450 AM Radio at 8:30 am. A new topic of information is discussed each month.

WIC Satellite Clinic in Knob Noster: United Methodist Church from 8:45 am to 3:30 pm. For more information call 660-747-2012. This institution is an equal opportunity provider

January 20 Closed for Martin Luther King, Jr. Day

January 23 Board of Trustees Meeting 10:00 AM

Food Safety Training Class: Class is from 2-4 pm. This is a 2-hour introductory course that covers the basics of Safe Food Handling, Dangers of Foodborne Illness and Personal Hygiene. This course is recommended for all food service facility employees (wait staff, bartenders, cooks, deli workers and dishwashers). There are no fees associated with this course. To register, please call Tiffany at 660-747-6121 Ext. 258. Location: 723 PCA Road, Upper Level Classroom (Enter East door on front of building.)

CCHC Training for Child Care Providers. 6:30-8:30 P.M Call 660-747-6121 Ext 281. PCA Road, Upper Level Classroom (Enter East door on front of building.) Call 660-747-6121 ext 281 for more information.





















Press Releases

January 7, 2020
Contact:
Kerri Lewis
Shelter Manager
660-262-4695
Kerri.lewis@warrensburg-mo.com



Animal Shelter

January 9, 2020 <u>Contact:</u> Sara Evans Services Coordinator Trails Regional Library evanss@trailslibrary.org





JCALP Donation and Partnership

Thanks to a generous \$5,000 grant from the Warrensburg Rotary Club, the Johnson County Adult Literacy Program (JCALP) has partnered with Trails Regional Library to purchase a lab of laptop computers and supplies to offer technology and digital literacy training classes to the public. While connected organizations, JCALP and the Library have not previously worked together on a project of this scale. JCALP's main focus is matching volunteer tutors with adult learners to improve skills in basic reading, math, and digital literacy. Trails Regional Library provides dedicated technology training in its branches but lacks a modern, user-friendly lab to provide patrons with the best learning environment. This partnership will allow both organizations to fulfil missions based in service and education.

With the new computer lab, Trails Regional Library's staff will host a variety of digital literacy programs, including basic computer skills. JCALP Coordinator Jeanie Jones says, "With the advent of technology, learning now involves a variety of online tools. This grant will give adult learners in our community much needed access to technology and training."

"Our focus in providing technology education is making sure our patrons gain knowledge, confidence, awareness, and applicable skills," Trails Regional Library Services Coordinator Sara Evans said. "We are so grateful to Rotary and JCALP for providing these tools to help our patrons achieve these aims with up-to-date technology."

JCALP tutors will also be able to use these computers to help adult learners with one-on-one training.

The first Digital Literacy Training program is set to begin on January 27, 2020 at 3:00pm at the Warrensburg Branch To learn more, visit trailslibrary.org.

Old Drum & Friends Animal Shelter Shares Year-End Review

(Warrensburg, MO) – Old Drum & Friends Animal Shelter has worked hard this past year providing a safe and healthy environment for all the animals under their care. With the help and support from our community, we have had an extremely successful 2019. Here is our year-end review.

Many changes occurred throughout 2019 at Old Drum & Friends Animal Shelter. The shelter is currently under new management. In addition, new adoption processes were implemented. Updates to the shelter include improvements to animal care, installing a new zip line for dogs to run, and some reorganization.

For the past year, the shelter cared for a total of 572 animals. This included 192 cats, 378 dogs, one chicken and a rabbit. Staff worked hard to ensure these animals received the best possible care, while striving to place each animal into a new, forever home.

All the hard work paid off. 183 cats went to new homes. 263 dogs were adopted, Snow White the rabbit and even Cluck Norris, the chicken, found their forever homes. This brings the grand total to 487 adoptions, creating some very happy furry friends.

Did you know the less time animals spend in the shelter, the more successful their transition into a new home will be? In 2019, the average time animals spent in Old Drum & Friends Animal Shelter was about 34 days. This was nearly a 50 percent reduction than the average time of 64 days in 2018.

The good news doesn't stop there. Although euthanizing an animal is not a desired outcome, Old Drum & Friends Animal Shelter saw a drastic decrease in the number of animals euthanized in 2019. In fact, the shelter had an 85 percent drop from 2018.

Now that 2020 is in full swing, the shelter is excited to keep the momentum going. Interested in meeting your new forever friend? Stop by during normal business hours Monday, Tuesday, Thursday and Friday from 1 to 6 pm and Saturday from noon to 3 pm. Keep in mind, although the shelter isn't open every day, and sometimes closes for holidays, staff is still on site, 365 days a year to ensure the proper care is given to each animal.





















NEWS RELEASE FOR IMMEDIATE RELEASE

For more information contact: Jeff Murphy Assistant Director for Media Relations Integrated Marketing and Communications 660-543-4640 / jmurphy@ucmo.edu

UCM Ranked as a Most Affordable School in Aviation Management, Operations

WARRENSBURG, MO (Jan. 9, 2020) – While much attention is currently given to the aviation industry's need for skilled pilots, airports and airline companies need people who have a savvy business sense and possess administrative skills required to successfully manage operations. Based on data released by Affordable Schools, anyone who wants to land such a job may want to consider pursuing their education at the University of Central Missouri.

UCM is listed as 22nd on Affordable Schools' online feature, "30 Best Affordable Bachelor's in Aviation Management and Operations 2020." With more information available at affordable-schools.net, these rankings include some of the most prestigious aviation programs in the nation.

The list of the most economical aviation management and operations degrees was determined by considering factors such as 2018-2019 tuition data for public and private universities with four-year aviation management bachelor's majors and the average student-faculty ratio at these schools. Programs at 55 institutions across the United States were considered in determining the top-value aviation management and operations degree options. The scale used to help rank schools prioritizes degree options with more faculty-student interaction.

UCM offers a Bachelor of Science in Aviation Management within the Harmon College of Business and Professional Studies, and students who seek this degree choose between two emphasis areas: Flight Operations or Airport Management. Featuring a 17-1 student-faculty ratio, the 120-credit program is accredited by the Aviation Accreditation Board International (AABI), and also features a curriculum that requires 210 work hours at internships with aviation businesses and organizations. With this degree, graduates may seek positions that include serving as an airline manager; airport director, inspector, manager, planner, or security manager; facilities manager, FBO manager, operations director or personnel manager.

Affordable Schools notes a sunny outlook for individuals who are seeking careers in aviation management and operations, based on data from organizations such as the International Air Transport Association and the U.S. Department of Labor. The Department of Labor projects management occupations are projected to grow by 7 percent and operations managers will increase by 6 percent by 2028. Projected growth for management consultants is 14 percent over the next decade.

To learn more about opportunities in aviation at UCM, visit the School of Aviation's website at ucmo.edu/harmon-college-of-business-and-professional studies/school-of-aviation.

NEWS RELEASE

For more information contact:
Jeff Murphy
Assistant Director for Media Relations
Integrated Marketing and Communications
660-543-4640 / jmurphy@ucmo.edu

Governor Appoints Prominent Sedalia Businessman to UCM's Governing Board

WARRENSBURG, MO (Jan. 8, 2020) –Ken Weymuth, a third-generation business owner from Sedalia, has been named to the University of Central Missouri's Board of Governors. Missouri Gov. Mike Parson announced the appointment, which will be effective through Jan. 1, 2025, pending Missouri Senate confirmation.

Weymuth will fill the seat held by Walter "Walt" Hicklin, Gravois Mills, who began his board service in

2007, and has continued to serve since his term expired in 2013. Weymuth will join the board in January.

The Board of Governors is UCM's policy-making body. It is composed of eight members, all from the state of Missouri. Seven members have voting privileges. The eighth is a student member and does not.

"We are grateful to have someone of Mr. Weymuth's caliber appointed to our board by Governor Parson. As an alumnus and parent of an alumnus, Mr. Weymuth has a deep understanding of the UCM mission and has been a long-time supporter. We look forward to serving with him as we continue the advancement of our university," said UCM President Roger Best.

Citing the long relationship UCM has with Hicklin, Best added, "Words do not adequately convey the appreciation we have for Walt's service. Whether as a coach, an administrator for Student Affairs or through more than 12 years of service on the Board, Walt has impacted positively thousands of students and has helped shape UCM into the regional leader that we are today."

Weymuth's connection with UCM spans multiple decades. After graduating from the Benton County R-1 School District in Cole Camp, he went on to attend what was then known as Central Missouri State University, and earned a Bachelor of Science in Business Management and Marketing in 1978.

The same year he received his college diploma, Weymuth began working in the automotive industry as a sales representative, and went on to become a third generation dealer at W-K Chevrolet in Cole Camp. In 1999 W-K Chevrolet expanded to Sedalia and added the Buick Franchise, and in 2004 Pontiac, Cadillac and GMC were added.

Weymuth married Kim Monsees shortly after completing his college degree. The couple has four sons,

Kyle, Kelsey, Kendall and Karson. The oldest of the Weymuth's children, Kyle and Kelsey, became the fourth generation of family members to work in the automotive business, which allowed Weymuth to semi-retire in 2016. In 2017 the family added the W-K Ford and W-K Chrysler Dodge Jeep Ram dealerships in Boonville.



Active in civic endeavors, Weymuth gives back to the families and other individuals in the community who have helped support his business by being involved with organizations such as the Boys and Girls Club, school boards, UCM Foundation and State Fair Community College Advisory boards, Central Bank of Sedalia Board of Directors, and Community Betterment boards. He has also served in leadership positions with professional organizations, including his service as president of the Missouri Auto Dealers Association.

















NEWS RELEASE

For more information contact: Jeff Murphy Assistant Director for Media Relations Integrated Marketing and Communications 660-543-4640 / jmurphy@ucmo.edu

UCM Alumnus, Author, Journalist Toriano Porter Will Speak at MLK Freedom Scholarship Dinner Jan. 21



WARRENSBURG, MO (Jan. 8, 2020) – Toriano Porter, an author, journalist and public speaker who studied journalism and creative writing at the University of Central Missouri, will return to his alma mater Tuesday, Jan. 21, to present the keynote remarks at the 2020 Dr. Martin Luther King, Jr., Freedom Scholarship Dinner. The dinner is a highlight of a celebration that in-

cludes activities in honor of King.

An annual event that is open to the public, the MLK Freedom Scholarship Dinner raises money to help students fund their education at UCM. In addition to Porter's remarks, the event is an opportunity to recognize this year's MLK Freedom Scholarship recipients, all of whom have been enrolled at UCM this past year. The dinner takes place at 6:30 p.m, in the ballroom of the Elliott Student Union, and advance tickets are required. To reserve seats, contact the UCM Office of Student Experience and Engagement, Administration Building 214, 660-543-4114 or the Chamber of Commerce office, 100 S. Holden St., Warrensburg, 660-747-3168.

Porter is a former resident of south St. Louis who attended UCM from 1995 to 2000, and studied journalism and creative writing. He began his journalism career in 2001 at the *North County Journal* in suburban St. Louis. He went on to work for *The Independence Examiner* and the *Lee's Summit Journal*, and today serves as an opinion writer and editorial board member for *The Kansas City Star*.

In addition to a journalism career that has included statewide, regional and national awards for reporting, Porter is the author of books that include, *The Pride of Park Avenue* and *James Cool*. His newest work is titled the *The Plain Ugly Truth*.

With the theme, "From Dream to Reality: The March Continues," the MLK celebration includes an opportunity to involve local K-12 students through an art and essay contest. Top entries from elementary,

middle and high school students will be displayed at the Freedom Scholarship Dinner. All other entries will be available for viewing mid-January through February at the Warrensburg Community Center.

The MLK Service Awards Luncheon with the Warrensburg Chamber of Commerce is planned for

11:45 a.m. to 1 p.m. Wednesday, Jan. 15, at Taqueria Habana, 121 E. Pine St. This is an opportunity to honor both a Johnson County high school student and an area resident or organization who have exhibited qualities of humanitarianism, leadership or service to the community or to a group of individuals. Tickets are required and can be obtained through the Chamber.

Wednesday and Thursday, Jan. 15-16, the Community Service Blood Drive will take place from 10 a.m. to 5 p.m. in the ballroom of the Elliott Student Union. To learn more visit the Community Blood Center website at savealife.org.

While the Martin Luther King, Jr. holiday is on Monday, Jan. 20, it will be a day of volunteerism on campus and throughout the

Warrensburg community for many university students. Also on Monday, the campus and community comes together to enjoy an inspirational evening of music during the Community Praise and Worship Service at 6:30 p.m. in the Alumni Memorial Chapel.

On Tuesday, Jan. 21, the Let's Talk: Issues Discussion takes place in the Union, providing an opportunity for individuals to share their thoughts on a variety of topics that are in the spirit of the MLK celebration.

MLK activities continue Wednesday, Jan. 22 with the Volunteer Fair from 11 a.m. to 1 p.m. in the Elliott Student Union atrium. This is an opportunity for students to stop by and visit with many community partners and learn more about how to volunteer and help others. Also on Wednesday, UCM students, alumni and community members are invited to a reception honoring Dr. Martin Luther King Jr. from 5:30 to 6:30 p.m. at the Missouri Innovation Campus in Lee's Summit.

To learn more about the MLK celebration, contact Dr. Lover Chancler at 660-543-8049 or email chancler@ucmo.edu.



NEWS RELEASE FOR IMMEDIATE RELEASE

For more information contact: Ellen Blaize eblaize@ucmo.edu

UCM Lifelong Learning Series to Present Life Behind the Iron Curtain: Two Perspectives

WARRENSBURG, MO (Jan. 2, 2020) – UCM's Lifelong Learning Series will begin its spring season by hosting two speakers, Hannah Trebec and Tom Goldstein, as they present Life Behind the Iron Curtain, Two Perspectives. The event will be Saturday, Jan. 25 at 1 p.m. in Wood 100 on the UCM campus.

Trebec, author and former East German resident, will offer a personal perspective. She was born and raised in the former East Germany and worked there as a "White Mouse" law enforcement officer. In 1989, she witnessed the life-changing moment when the wall came down, and even took a piece of it with her when she moved to the United States in 1992.

Goldstein, assistant professor of history at UCM, will offer a historical perspective. His expertise is in German, Soviet and Modern European history, and he is the author of Writing in the Red: The East German Writers Union and the Role of Literary Intellects.

UCM's Lifelong Learning Series features a wide array of programs for the general public during the academic year. The next upcoming event, titled Oppression and Power: Examining White Privilege, will be Thursday, Feb. 20 at 6:30 p.m. at the Trails Regional Library in Warrensburg. Presenters Jerry Crouse and Becky Baile Crouse will explore and discuss the meaning and impact of white privilege in our personal lives, our institutions and our communities.

The UCM Lifelong Learning series is supported by UCM's Office of Extended Studies, UCM's Emeriti Association and UCM's Alumni Association. More information about the series is available on the Lifelong Learning Facebook page.

















From University of Central Missouri-Lee's Summit Release date: Jan. 15, 2020

For more information, contact Janice Phelan, phe-

lan@ucmo.edu

JCPenney's Suit Up discounts provide UCM students with up to 60 percent off suits and accessories on Jan. 26

WARRENSBURG, MO (Jan. 15, 2020) -- JC Penney is partnering with the University of Central Missouri (UCM) Career Services Center for a special event designed to help students make positive first impressions as they prepare for job interviews, internships and careers. Through Suit Up, JCPenney is offering UCM students up to 60 percent off all suits and accessories purchased from 4 to 7 p.m. Jan. 26 at the Lee's Summit store.

Discounts are offered for all dress apparel including suits, dresses, dress pants, khakis, shoes, accessories and briefcases. Suit Up applies to UCM full-time, part-time and dual-credit students as well as UCM staff members. Students are asked to bring their student ID to the Jan. 26 event. Family members may also take advantage of the discounts if they are with the student at Suit Up. Items available at the discounted prices will be clearly marked. For more information, visit this webpage. Interested individuals may also contact Joni Porter at jsporter@ucmo.edu or (660) 543-4379.

The Lee's Summit JC Penney store is located within the Summit Fair shopping Center at 990 NW Blue Parkway. The University of Central Missouri offers undergraduate, graduate, certificate and other workforce development programs. Courses are available in a variety of formats including face-to-face, online and hybrid (face-to-face combined with online) at Warrensburg as well as at the Missouri Innovation Campus in Lee's Summit.





FOR IMMEDIATE RELEASE

Jan. 12, 2020

Contact: Shery Fogle, Lifestyles Specialist, 1-800-748-7826

Care Connection to host program in Holden to help older adults live well

Care Connection for Aging Services will offer a free workshop series in Holden to help older adults live healthier. The "Living a Healthy Life" course begins at 1:30 p.m. Wednesday, Feb. 12, at the Holden Senior Center, 204 W. Second St. The course consists of six weekly sessions of two and a half hours each on Wednesday afternoons. Pre-registration is required by calling 1-800-748-7826.

The course is offered at no cost to people 60 and older and their caregivers. "Living a Healthy Life is for people who have challenges with a chronic illness or condition, such as high blood pressure, back pain, diabetes, or heart disease, and also for individuals who are helping loved ones with any chronic issue," said Rona McNally, Care Connection's Director of Special Projects.

The workshop uses proven practices based on a series of studies conducted at Stanford University School of Medicine.

Topics include nutrition, making healthy choices, exercise, coping techniques to deal with frustration, fatigue, pain and isolation; medication management, communication with family, friends and health professionals, and the evaluation of new treatments.

"The class helps identify ways of handling the challenges of day-to-day life and setting goals for improvement," McNally said. "It's personalized. You are not told what you need to do. These situations don't involve a one-size-fits-all approach, so the workshops involve a process of identification of the methods that will work for you – healthy lifestyle choices and daily habits."

A textbook, journal, recipe book and other materials will be provided. Participants make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program.

David Kesinger, 65, a retired postal worker from Warrensburg, and his wife, Margaret, recently attended the class in Knob Noster. He said he would recommend it to others.

"It was educational. Both instructors were knowledgeable," Kesinger said. "I have Type II diabetes, and I am learning something new all the time about diabetes and what foods you should and shouldn't eat and how to prepare foods. The class addressed a lot of these things."

McNally said she hopes "participants will find support among one another. We hope you will find a buddy to provide support and accountability."

Care Connection for Aging Services is a non-profit area agency on aging serving people 60 and older in 13 counties, including Johnson. The agency mission is to provide opportunities to create positive aging experiences. For more information, visit www.goaging.org.

















Business Articles



Tip: "I'm overwhelmed" really can't be an excuse.

Digital snubbery or ghosting has become a habit

Adam Grant, author and organizational psychologist says there's really no difference between acknowledging a person digitally or in person. Imagine if this happened:

"I'm really sorry I didn't say hi, make eye contact or acknowledge your presence in any way when you waved to me in the hallway the other day. It's nothing personal. I just have too many people trying to greet me these days, and I can't respond to everyone."

Grant says, "That sounds ridiculous, right? You would never snub a colleague trying to strike up a conversation. Yet when you ignore a personal email, that's exactly what you've done: digital snubbery."

There are many reasons why we don't have time to respond to emails and messages but this quote hit home for us: "Being overwhelmed is no excuse. It's hard to be good at your job if you're bad at responding to people." We may make it our screensaver!

Here's Grant's caveat: "I'm not saying you have to answer every email. Your brain is not just sitting there waiting to be picked. If senders aren't considerate enough to do their homework and ask a question you're qualified to answer, you don't owe them anything back."



Tip: A few of our favourite things from 2019.

Take these good ideas into the next decade

Our favourite podcast: If you haven't been listening to https://example.com/he-bases-lab with Yale professor Dr. Laurie Santos make it one of your go-tos this year. The podcast is based on science and it's about engaging, connecting and other great life lessons.

Our favourite article: Can you spend five minutes reading this article? <u>4 Low-Risk Strategies for Expanding Your Network</u> by Tamara Paton. It has four great ideas to incorporate in your networking activities to start the 2020's off right.

Our favourite Positive Networking® act—open the circle: We continue to be perplexed as to why people ignore a person who is simply trying to join their group when at a networking event. It has happened to all of us! What can you do differently? Whenever anyone tries to join your circle, immediately smile. It's your way of acknowledging the new person (I see you). Then say, "Please join us!" and bring them into the conversation. Train your staff (and your kids) on this simple act of social intelligence.

Our favourite quote: "Resentment is like drinking poison and waiting for the other person to die." —Carrie Fisher

FAST @MPANY

Your cool office perks are probably overrated. Here's Why

With companies providing so many perks, it's a great time to be an employee. But if you want your work experience to be fulfilling, you need to look beyond the hype.

This upstart service takes the pain out of seriously private email

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- Send you resumes Provide networking events

for recruitment



Looking for an intern?

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"This internship program is a good platform for students to gain industrial knowledge, professional connections and job opportunities'



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Derrick Gill DGill@ucmo.edu 660-543-8432 WDF 1602 Warrensburg MO 64093



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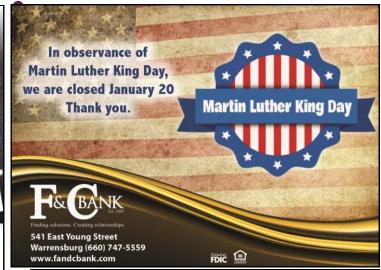
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Chamber Membership Benefits

Click to read the full **Membership Benefits Guide!**



Membership Benefits and Services



Mission: The Greater Warrensburg Area Chamber of Commerce create opportunities that drive commerce and promote business.

Purpose: The Greater Warrensburg Area Chamber of Commerce is a community that supports business, values education and empowers leaders.

www.warrensburg.org

hrsimple:com

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Contact the Chamber for more information!



The Small Business Administration, the SBDCs around the country to provide free and low-cost assistance to small businesses. They assist businesses with marketing, strategic planning, one-on-one business consultation, financial analysis planning, and a series of hands on development programs for entrepreneurs. The Chamber works to bring these services to your attention. For assistance with finances contact Kelly Asbury with The Learning Force at 660-596-7350 or kasbury1@sfccmo.edu for assistance with starting a new business.

Text **"WCOC"** to **797979** to receive

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of Commerce Events.

For more info, visit: www.warrensburg.org

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nately, there's a simple and affordable medical plan alternative. It's called the Chamber Benefit Plan and it's just one of the many advantages of joining our chamber.

Powered by the Missouri Chamber Federation, administered by The Health Plan (THP) with network access from Health Link and Freedom Network select, the Chamber Benefit Plan is available to small group employers in Missouri who have 2 to 50 eligible employees.

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- > Shared overall claims risk across a large pool > Competitive medically underwritten rates
- > Fixed, predictable monthly payments
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Welcome to Missouri Intern Connect. This free, easy service matches Missouri interns with great work opportunities across our state.

GET STARTED NOW

Students are looking for fall internships. Are your opportunities posted?

As the fall semester nears, students across Missouri are on the search for internship opportunities and hundreds of them are looking on Missouri Intern Connect. If your organization is contemplating hiring an intern, now is the time to post your listing!

With Missouri Intern Connect, organizations can also easily take an active role in recruiting interns. When you register for the site, you gain the ability to search intern profiles to find candidates in your region who have the right skills for your job and invite them to apply.

The site is completely free to use, brought to you by the Missouri Chamber and our partners to help prepare our state's workforce as part of the Missouri 2030 strategic initiative.

GET STARTED NOW











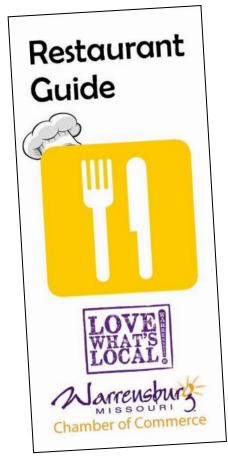
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Chamber of Commerce

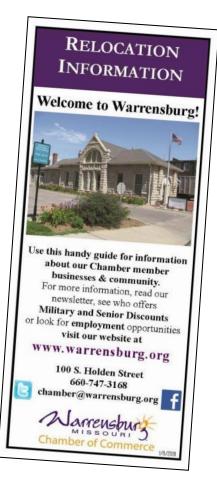


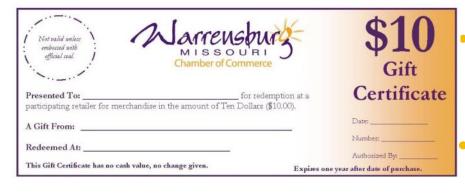
The Warrensburg Chamber of Commerce's mission is to create opportunities that drive commerce and promote business. One way we help do that is to direct newcomers or visitors to Warrensburg to our local businesses! These publications are handed out at community events, given away in our Welcome Bags that go out to Whiteman Air Force Base and various other locations, housed in our office and posted on our website.

The **Restaurant Guide** contains a list of restaurants, coffee shops, wineries, etc. in Warrensburg, as well as our Chamber members in Knob Noster. Our Chamber members are listed in bold in this publication.

Our **Relocation Information** brochure lists essential businesses and organizations to contact upon arrival to Warrensburg. This brochure only contains our Chamber members' information.

If you know someone who has recently moved to the area, or if you know someone interested in moving to Warrensburg, please refer them to our website at www.warrensburg.org to find these resources!





Chamber Gift Certificate Program

Chamber Businesses—if you would like to participate in our 2020 Gift Certificate Program, contact Member Relations Coordinator Rhonda Mosely at rmosley@warrensburg.org. This members-only program offers great shopping flexibility for our residents and is a fantastic way for local companies and organizations to provide employee gifts, rewards, and incentives. You can find more information on the Gift Certificate Agreement, or give us a call at (660) 747-3168.

















Board of Directors 2019 – 2020

Greg Hall, Chair (2017 - 2021)

Vice President, Equity Bank 612 N. Maguire St., Warrensburg, MO 64093 (660) 747-9530 Fax: (660) 747-9750 ghall@equitybank.com

Term Exp: June 2021

Jeremy VanWey, Chair Emeritus (2017- 2020)

Fire Prevention Officer Warrensburg Fire Department

102 S. Holden St., Warrensburg, MO 64093 (660) 262-4654

jeremy.vanwey@warrensburg-mo.com

Term Exp: June 2020

Andy Kohl, Treasurer (2018-2021)

Assistant Superintendent, Warrensburg R-VI School District 201 S. Holden St., Warrensburg, MO 64093 (660) 747-7823

akohl@warrensburgr6.org Term Exp: June 2021

Melissa Frey, Secretary (2019 -2022)
Executive Director, Johnson County Board of Services 200 N. Devasher Rd., Warrensburg, MO 64093 (660) 747-2619

mfrey@jcmbs.com Term Exp: June 2022

Dustin Fritsch, Chair Elect (2018-2021)

Co-owner, Pita Pit

303 E. Cooper Blvd., Suite I, Warrensburg, MO 64093 (660) 362-1444

djf98120@gmail.com Term Exp: June 2021

Kathy Baldridge (2018-2021)

Owner, Photo Gym

114 North Holden St., Warrensburg, MO 64093

(660) 951-0746

kathy.baldridge@photogym.org Term Exp: June 2021

Jamie Brisbin (2019-2022)

Manager, World Finance 120 E. Cooper Ave., Unit I, Warrensburg, MO 64093 Jbrisbin1205@gmail.com

Term Exp: June 2022

HR Manager, EnerSys Energy Products 617 N. Ridgeview Dr., Warrensburg, MO 64093 (660) 429-7595

thomas.crosier@enersys.com Term Exp: June 2020

Justin Jennings (2018 (2019) – 2021)

Manager Warrensburg Collision 220 W. Young Ave., Warrensburg, MO 64093 Justin@WarrensburgCollision.com

Term Exp: June 2021

Suzy Latare (2019-2022)

Manager of Outreach, Access, & Community Health, University of Central Missouri, UHC 220, Warrensburg, MO 64093 (660) 543-8947

latare@ucmo.edu Term Exp: June 2022

Greg McCullough (2019-2022)

Director of Human Resources, City of Warrensburg 102 S. Holden St., Warrensburg, MO 64093 (660) 262-4607

greg.mccullough@warrensburg-mo.com

Term Exp: June 2022

Jay Meldrem (2019-2022)

Owner, Heroes Restaurant & Pub 107 W. Pine St., Warrensburg, MO 64093 (660) 747-3162

heroeswarrensburg@gmail.com Term Exp: June 2022

Darinda Reberry (2018-2021) President/CEO, Western Missouri Medical Center 403 Burkarth Rd., Warrensburg, MO 64093 (660) 262-7493

dreberry@wmmc.com Term Exp: June 2021

Suzanne Taylor, Executive Director

Warrensburg Chamber of Commerce 100 S. Holden St., Warrensburg, MO 64093 (660) 747-3168 Ext 224

stavlor@warrensburg.org

Chamber Staff

Suzanne Taylor, Executive Director staylor@warrensburg.org

Leanne Larson, Office Manager llarson@warrensburg.org

Amanda Flues, Communications Coordinator aflues@warrensburg.org

Rhonda Mosley, Member Relations Coordinator rmosley@warrensburg.org

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Get Connected. Stay Connected. **GROW!**

Mission

The Greater Warrensburg Area Chamber of Commerce create opportunities that drive commerce and promote business.

Purpose

The Greater Warrensburg Area Chamber of Commerce is a community that supports business, values education and empowers leaders.

The Chamber Flash

is a twice-monthly email publication, out on the FIRST and THIRD Fridays of each month. It's a great way for Chamber members to share information about their businesses! It also keeps members up to date with member benefits, networking events and other activities.

Space in the Chamber Flash is an included member benefit for Chamber members only. E-mail your print ready ad in JPG format to chamber@warrensburg.org by **COB Tuesday** for Friday publication.

You must resubmit your flyer each week you would like it published.

The Chamber Flash is compiled and written by Communications Coordinator Amanda Flues.

Interested in membership or sponsorship?

Contact the Chamber Office at 660-747-3168 or email chamber@warrensburg.org.

> Please share the **Chamber Flash** with your staff, colleagues, friends and family!

















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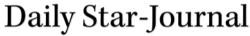




























Edward **Jones**

MAKING SENSE OF INVESTING Steve Farr, Kathleen **Brandt & Alan Brandt**





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Jim & Ann Houx









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