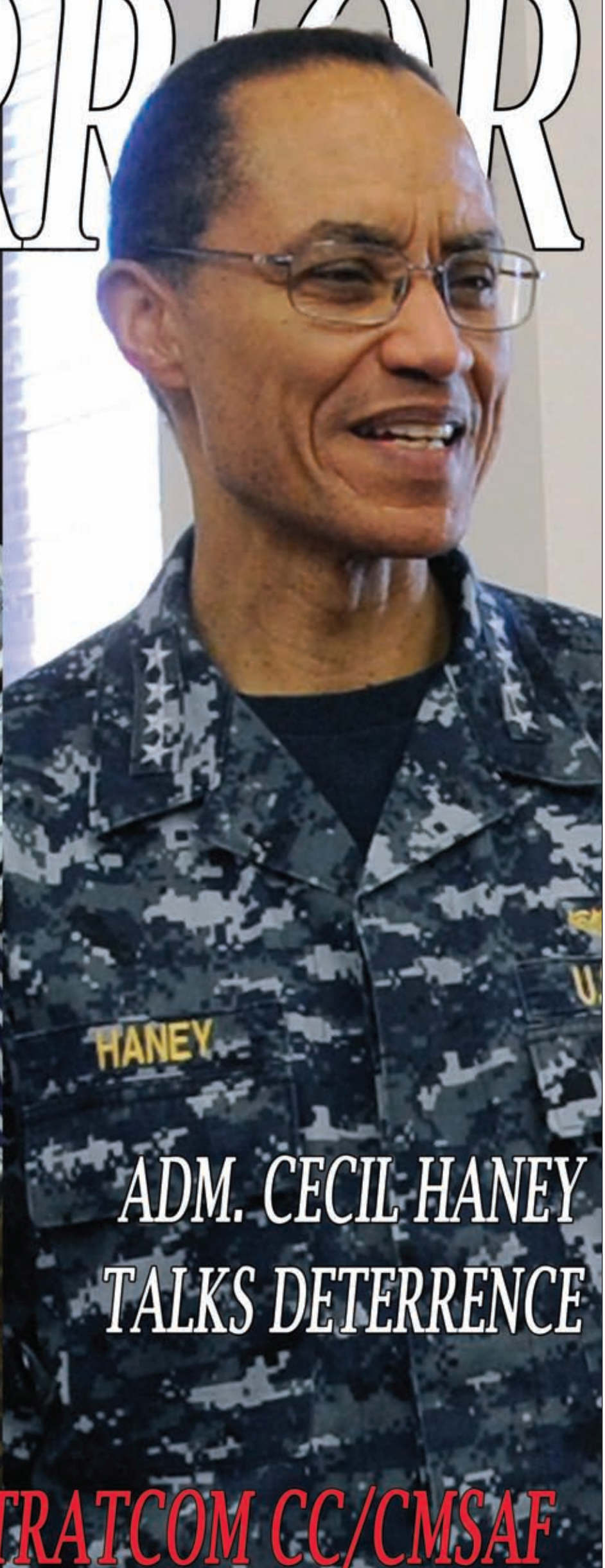


DOD top doc outlines advances, Pg. 10/ 509 CES, FSS win AF Awards, Pg. 14

WARRIOR



**CMSAF CODY VISITS
TEAM WHITEMAN**



**ADM. CECIL HANEY
TALKS DETERRENCE**

WHITEMAN HOSTS STRATCOM CC/CMSAF

CHIEFchat: CMSAF talks about force management, EPRs

By Staff Sgt. Devon Suits
Air Force News Service

FORT GEORGE G. MEADE, Md. (AFNS) -- Chief Master Sgt. of the Air Force James A. Cody addressed upcoming changes to enlisted performance reports and effects of force management during his 2nd worldwide CHIEFchat at Defense Media Activity here Jan. 9.

CHIEFchat is a recurring initiative, designed to give Airmen around the world a direct connection to the chief master sergeant of the Air Force. The chief received questions via video message, social media outlets and from members of a studio audience.

To view the CHIEFchat visit http://youtu.be/LyAmw4H9_KA



U.S. Air Force photo/Senior Airman Jette Carr
Chief Master Sgt. of the Air Force James A. Cody answers a question from an Airman, via a video message, during his 2nd worldwide CHIEFchat Jan. 9, 2014, at Defense Media Activity, Fort Meade, Md. During this session of CHIEFchat, Cody addressed upcoming changes to enlisted performance reports and effects of force management. CMSAF Cody emphasized the program to Airmen during his recent visit to Whiteman. Be sure to check it out!

Distracted driving: 'I never thought it could happen to me'

By Senior Airman Alexis Siekert
52nd Fighter Wing Public Affairs

SPANGDAHLEM AIR BASE, Germany
-- We all think, "That'll never happen to me."

We've all read the statistics and heard the slogan, "Distracted driving is deadly driving" on the American Forces Network.

But be honest, are you always as attentive as you should be?

I'll admit here and now, that I'm not.

Yes, I've taken my eyes off the road to change the radio station, check my hair in the mirror or rummage around my purse for my lip balm. And one of those very same every day actions in the wrong moment changed my perspective on how I operate my vehicle.

On this particular morning, it all started with the simple act of locating my ID card.

Twenty seconds later, my car was on an entirely different road after flipping twice over a barrier.

The fact I can type these words now is a miracle that is not lost on me. My car was totaled. The caved in roof was only part of the damage, yet I was able to walk away.

On the morning of my crash, I had plenty of time to get to work. I wasn't speeding, and my mind wasn't on anything other than the drive. As I got closer to the gate, I grabbed my wallet out of my pocket to get my ID. In the moment it took me to look down to make sure I had the right card, I veered off the road.

My tires screeched as I slammed on the breaks trying to correct my direction. I was traveling more than 40 mph when I narrowly missed oncoming traffic, took out a deer-crossing sign and two road markers before falling into the ditch. I don't remember the first turn, but I knew I was upside down the second time when I could feel my weight being fully supported by my seatbelt. You could hear the shattering of my windows and metal on concrete just before I finally came to a stop.

I was very fortunate to walk away without a scratch, bump or bruise. I attribute most of this to German engineering, my seatbelt and a lot of luck. But I'm very aware that those three factors didn't cancel out the fact that what I did was wrong. I could have killed myself or someone else.

Now a week later, I am still trying to wrap my



U.S. Air Force photo/Senior Airman Alexis Siekert
The wreckage of one Airman's vehicle rests on the access road near the Spangdahlem Main Gate after a distracted driving accident Feb. 19, 2014. An estimated 421,000 people were injured in motor vehicle crashes involving a distracted driver between 2012 and 2013, according to distraction.gov

head around those few seconds before my crash. But beyond the shattered glass and the sirens of the police and ambulatory services, I knew I had to change the way I measured risks because I can't count on being this lucky a second time.

I owed it to myself after the crash to write this story - not as a public affairs Airman merely meeting a weekly quota, or as a recent survivor of an accident such as this doing community service awareness, but as a simple word of advice to my fellow Airmen.

This isn't a preachy "Don't do this" message, just a hope no one reading this ever has to go through what I went through.

So, to help arm as many people as I can with a few tips so they don't repeat my mistake, here is a list of suggestions to make your car ride a safer experience.

1. Have your needed ID card or relevant papers out of your pocket and easily accessible before you start your vehicle. I've seen people struggle to fish out items from their back pocket while still operating a vehicle at top speeds. Some may even have to unbuckle their seatbelt

to get something, whereas mine saved my life.

2. Have a passenger change the radio or get the IDs from other passengers in the car. In my car, the guy riding shotgun is the navigator and copilot who deals with the GPS and changes the songs, so long as they agree to the stations I want to listen to.

3. I may not have been on the phone, but I think of how it only took one second of my eyes off the road to cause all this damage; accepting a phone call or reading a text could be just as dangerous.

4. If you forgot to do all of these things, at least wait until you are stopped before performing anything distracting. If you do get an important phone call or have to find something, just pull over.

Whatever it is, it is not worth your life.

These tips seem very basic, but still I took a risk in skipping one or two, and part of my morning routine included a visit to a hospital.

Perhaps you're like me and hadn't fully thought about these potential risks, but I hope none of you repeat my mistake.

THE WARRIOR

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The Sedalia Democrat

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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 660-687-6123, email: Whiteman.Warrior@us.af.mil, fax us: 660-687-7948, or write to us at: 509th Bomb Wing, 1081 Arnold Ave., Bldg. 59, Whiteman AFB, Mo., 63305.

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

On the cover

U.S. Air National Guard photo/
Airman Halley Burgess

Chief Master Sergeant of the Air Force James A. Cody speaks during a talk at the Whiteman Air Force Base Clinic during his visit, March 10. Cody met with Airmen to discuss their concerns as well as touring B-2 facilities.

NEWS BRIEFS

Estate of Staff Sgt. Chad R. Blackwell

Anyone with a possible claim against the estate of Staff Sgt. Chad R. Blackwell should contact 1st Lt. Justin Ong in the Research Engineering Office at 660-687-2382.

Telephone news line set up for retirees

A toll-free telephone news line has been set up for retirees and surviving spouses who do not have computer access.

By calling 1-800-558-1404, retirees and spouses can stay informed using this new easy-to-use menu-driven service. Callers can select from several different topics that are compiled from various electronic news sources.

Topics include pay and annuity matters, medical and health care, and other benefits and entitlements.

CCAF GEM Program

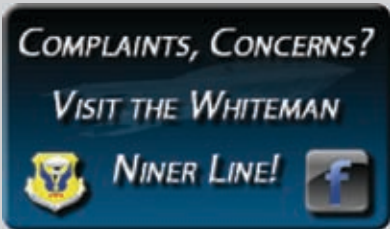
Military members avoiding taking classes because of work shifts, deployments or other time constraints have a new program to assist them. Community College of the Air Force degree requirements can be met through distance learning using the CCAF General Education Mobile (GEM), a partnership between CCAF and other schools. For more information call (660) 687-2420.

Air Force Housing Web Site

Visit www.Housing.af.mil to find your new home with the Air Force. This web site serves as a one-stop shop for Airmen and their families to obtain information about the housing options and support services available to them at Air Force bases worldwide.

Found Property

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



WEATHER

Today	Saturday
Mostly Sunny Hi 62 Lo 42	Mostly Sunny Hi 62 Lo 38
Sunday	Monday
Mostly Cloudy Hi 44 Lo 36	Mostly Sunny Hi 54 Lo 28

DOD official discusses nuclear deterrence in Congress

By Amaani Lyle

American Forces Press Service

WASHINGTON (AFNS) -- The Defense Department's nuclear deterrent is the ultimate protection for the United States while also assuring distant allies of their security against regional aggression, a senior Pentagon official told Congress March 7.

Elaine Bunn, the deputy assistant secretary of defense for nuclear and missile defense policy told the Senate Armed Services Committee's strategic forces subcommittee that while Defense Department modernization goals largely have not changed since 2010, some adjustments are on the horizon.

One such change, she reported, involves the new Strategic Arms Reduction Treaty force structure.

"The administration is considering how to reduce non-deployed strategic delivery vehicles to comply with the limits of the new START treaty by February 2018," she said. "And we will make a final force structure decision and inform Congress prior to the start of fiscal year 2015."

Bunn expressed concern about Russian activity that appears to be inconsistent with the Intermediate Range Nuclear Forces Treaty.

"We've raised the issue with Russia," she told the senators. "They provided an answer that was not satisfactory to us, and we told them that the issue is not closed."

With regard to recent ethical issues involving Air Force and Navy nuclear personnel, Bunn noted that Defense Secretary Chuck Hagel has created both internal and external special review panels.

"Those reviews are not about assigning blame," she said. "They're about identifying, assessing, and correcting any systemic deficiencies that we may uncover and in applying the best practices for carrying out our nuclear mission across the nuclear force."

Bunn also said the recently released 2014 Quadrennial Defense Review makes clear the key role of nuclear forces in the DOD strategy.

"It ... supports our ability to project power by communicating to potential nuclear-armed adversaries that they cannot escalate

their way out of failed conventional aggression," Bunn said.

The department's budget request for fiscal 2015 supports DOD's nuclear policy goals as laid out in the 2010 nuclear posture review, in President Barack Obama's June 2013 nuclear employment strategy, and in the 2014 QDR, she added.

As a result, Bunn reported, Pentagon officials will continue to ensure that the current and future administrations have suitable options for deterring, responding to, and managing a diverse range of situations, including regional deterrence challenges.

"We continue to work closely with our allies, some of whom live in very dangerous neighborhoods, to ensure continuing confidence in our shared national security goals, including assurance of our extended nuclear deterrence commitments," she told the Senate panel.

Critical to maintaining a safe, secure and effective force is the preservation of the nuclear triad: strategic bombers, intercontinental ballistic missiles and submarine-launched ballistic missiles, Bunn said.

February 2014 Courts-Martial, Article 15s and Discharges

In February 2014, five members were punished under Article 15, Uniform Code of Military Justice, and seven members were administratively discharged from the Air Force.

ARTICLE 15s

A technical sergeant from the 509th Maintenance Squadron received an Article 15 for willful dereliction of duty. For this offense, he received a reduction to the grade of staff sergeant (suspended) and a reprimand.

A staff sergeant from the 509th Aircraft Maintenance Squadron received an Article 15 for adultery. For this offense, he received a reduction to the grade of senior airman (suspended), forfeiture of \$300 pay per month for two months (suspended) and a reprimand.

A staff sergeant from the 509th Maintenance Squadron received an Article 15 for providing alcohol to a minor and adultery. For these offenses, he received a reduction to the grade of senior airman, forfeiture of \$350 pay per month for two months (suspended) and a reprimand.

An airman first class from the 509th Security Forces Squadron received an Article 15 for willful dereliction of duty. For this offense, he received a reduction to the grade of airman basic, forfeiture of \$765 pay per month for two months, 30 days extra duty and a reprimand.

An airman first class from the 509th Security Forces Squadron received an Article 15 for underage drinking and adultery. For these offenses, he received a reduction to the



grade of Airman, reduction to the grade of airman basic (suspended), forfeiture of \$375 pay per month for two months (suspended), 15 days extra duty and a reprimand.

DISCHARGES (7)

A senior airman from the 509th Security Forces Squadron received an honorable discharge for failure to maintain fitness standards.

An airman first class from the 509th Logistics Readiness Squadron received a general discharge for minor disciplinary infractions.

An airman first class from the 509th Medical Operations Squadron received an honorable discharge for failure to maintain fitness standards.

An airman first class from the 509th Aircraft Maintenance Squadron received an honorable discharge for failure to maintain fitness standards.

An airman first class from the 509th

Security Forces Squadron received an honorable discharge for a condition that interferes with military service.

An airman from the 509th Security Forces Squadron received a general discharge for a minor disciplinary infraction.

An airman from the 509th Maintenance Squadron received a general discharge for drug abuse.

COMMENT

Overall, there has been a slight decrease in non-judicial punishment actions compared to last month. However, the number of non-judicial punishment actions involving adultery has gone up. This is a disturbing trend. Adultery tears apart military families, and brings discredit on the Air Force when it is discovered. Adultery also causes commanders and supervisors to question the offender's judgment and trustworthiness. If an Airman is willing to disregard a solemn vow (whether it was made by him, or his fellow Airman) what other obligations is that Airman willing to disregard? If an Airman cannot be trusted to respect another Airman's spouse, can he be trusted to safeguard sensitive national security information or dangerous weapons? If he's willing to put his personal gratification over his military duty, should he be entrusted with leadership responsibilities? Airmen who commit adultery don't just hurt families, they squander their integrity and moral authority as a military leader. As this month's discipline roundup demonstrates, they also face real legal and financial penalties, and jeopardize their Air Force career.

2014 Air Force Assistance Fund Kickoff

We are pleased to announce the 41st annual Air Force Assistance Fund campaign. The theme, "Commitment to Caring," continues to capture our proud heritage of taking care of our own through our four Air Force charities:

The Air Force Aid Society takes care of Airmen and their families, with emergency assistance, educational loans, spouse tuition and base enhancement projects.

Air Force Village and Air Force Enlisted Village provide our retirees' widows and widowers with a home and caring community among fellow Air Force family members while the LeMay Foundation

seeks out and provides the same group short or long term financial grants.

We ask that you take a few minutes to consider supporting the 2014 Air Force Assistance Fund campaign as we strive toward our Air Force-wide goal of 6.54 million dollars.

We give for the same reason we fight for the brother or sister in arms beside us. The AFAF Campaign fully embodies that belief. Give today to help a fellow Airman.

Let's pay it forward now because we never know when the day may come that we are in need ourselves.

Air Force officials announce FY15 force structure changes

WASHINGTON (AFNS) -- Air Force officials released force structure changes today resulting from the fiscal year 2015 President's Budget announced March 4.

To ensure the service successfully transitions to a leaner force that remains ready, the Air Force plans to remove almost 500 aircraft across the inventories of all three components over the next five years.

"The FY15PB request favors a smaller and more capable force -- putting a premium on rapidly deployable, self-sustaining platforms that can defeat more technologically advanced adversaries," said Defense Secretary Chuck Hagel, at a fiscal 15 budget preview on Feb. 24.

"As we built the force structure plan associated with the FY15 President's Budget request, we attempted to strike the delicate balance of a ready force today and a modern force tomorrow, while working to ensure the world's best Air Force is the most capable at the lowest possible cost to the taxpayer," said Secretary of the Air Force Deborah Lee James. "This force structure plan balances capability, readiness and capacity and prioritizes global, long-range capabilities and multi-role platforms required to operate in a highly-contested environment."

Air Force officials also said they plan to divest entire fleets, such as the A-10 Thunderbolt II and U-2 and focus on the multi-role aircraft that can deliver a variety of capabilities combatant commanders require. Divesting entire fleets will save the Air Force billions versus millions of dollars, because divesting fleets also saves the costs associated with infrastructure, logistics, personnel and base operating support.

"In addition to fleet divestment, we made the tough choice to reduce a number of tactical fighters, command and control, electronic attack and intra-theater airlift assets so we could rebalance the Air Force at a size that can be supported by expected funding levels. Without those cuts, we will not be able to start recovering to required readiness levels," said Air Force Chief of Staff Gen. Mark A. Welsh III.

The service also developed an analytical process to help determine the proper mix of people and capabilities across the three components to meet current and future requirements. Leaders from the active duty, Air National Guard and Air Force Reserve, and two state adjutants general contributed to the process with the intent of preserving capability and stability across the total force.

"Wherever possible the Air Force leveraged opportunities to rebalance personnel and force structure into the Reserve component," James said. "For that reason, at most Air Reserve component locations where we divested aircraft, we replaced the existing flying missions with a new mission and preserved the majority of the manpower to ease the transition."

Officials said this effort will help the Air Force maintain combat capability within mandated budgetary constraints by using the strengths and unique capabilities of the Guard and Reserve components to make up for capabilities lost as active duty end strength declines.

(Courtesy of Secretary of the Air Force Public Affairs)



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Airman 1st Class James Thorne, 509th Munitions Squadron conventional maintenance crew member, explains the specifics of a 2,000-pound GBU-31 joint direct attack munition to U.S. Navy Adm. Cecil D. Haney, commander of U.S. Strategic Command, at Whiteman Air Force Base, Mo., March 10, 2014. During Haney's visit here, he stressed the importance of Whiteman's contributions to the command's deterrence and assurance mission.

Commander of U.S. Strategic Command talks deterrence

By Staff Sgt. Alexandra M. Boutte
509th Bomb Wing Public Affairs

U.S. Navy Adm. Cecil D. Haney, commander of U.S. Strategic Command, visited Whiteman Air Force Base, Mo., March 10 to observe the mission here and share his thoughts with base personnel on issues facing the command and how the B-2 is important to STRATCOM's mission and goals.

Haney began his visit by having breakfast with company grade officers here at Whiteman. He fielded questions from the group of lieutenants and captains, discussing current issues in the Air Force and describing the success of Whiteman's deterrence and assurance mission, specifically mentioning the impact of the B-2's participation in Exercise FOAL EAGLE in March 2013. He also discussed the importance of integrity at all levels.

Losing one's integrity does not happen all at once, Haney said. Instead, people typically lose their integrity as part of a process. He said one small decision after another eventually erodes one's integrity, and developing personal guidelines and expectations is key to preventing that from happening.

Haney also visited Airmen on the job, receiving a tour of the B-2, as well as various munitions the aircraft would drop in combat situations.

At lunch, Haney asked Airmen about their concerns and ideas for improving working and living conditions. He also stressed the importance of their contributions to our nation's nuclear deterrence mission, and stressed the same message of integrity that he had emphasized at breakfast.

"Do not sacrifice your integrity for anything," Haney said. "Integrity is the key to success."

He ended the lunch by posing the question, "Who is your mentor and who are you mentoring?"

During a session with Whiteman's officer corps, Haney reiterated that the B-2 plays a key role in the global strike mission, and the combined efforts of the various other USSTRATCOM missions are what make each individual mission collectively strong. He stressed the importance of the nuclear triad and the B-2's unique capability to deter and assure threats now and in the future.

USSTRATCOM relies on various task forces for the execution of its global missions, to include space and cyberspace operations, missile defense, global command and control, intelligence, surveillance and reconnaissance, global strike and strategic deterrence, and combating weapons of mass destruction.

Haney's final challenge to Whiteman Airmen – never stop learning.



U.S. Navy Adm. Cecil D. Haney, commander of U.S. Strategic Command, climbs the ladder for a tour of the B-2 Spirit cockpit during his visit to Whiteman Air Force Base, Mo., March 10, 2014. The 509th Bomb Wing supports USSTRATCOM's strategic deterrence mission by operating and maintaining B-2 Spirit bombers to deter strategic threats from adversaries and assure our allies of our commitment to their security.

High quality H2O: Water plant ensures treated water

By Airman 1st Class Keenan Berry
509th Bomb Wing Public Affairs

Water is a vital source in human life. Without it, survival is impossible. It contributes to every aspect of life, especially here at Whiteman Air Force Base.

The 509th Civil Engineer Squadron water plant team works 24/7 to ensure the base populace receives consistent purified water for most common needs such as showering and consumption, but also firefighting and maintaining the B-2 Spirit.

“Our job is to treat the water,” said Senior Airman Stacey Miramontes, 509th CES water and fuels maintenance journeyman. “We take samples from five different parts during the water treatment process: tap, effluent (after filtered), influent (before filtered), softening basin and the raw (well).”

To begin the treatment process, the water is pulled from the well, according to Miramontes.

When the water is pulled from the ground into the well, it goes through a process called air riation involving the removal of hydrogen sulfide, which causes a “rotten egg” odor. The water plant uses an air rater to rid the water of hydrogen sulfide.

“Once the water is pulled, we add chlorine, carbon dioxide (CO2) and lime to the water,” Miramontes said. “Lime is used to soften the water to prevent hardness and stains. For example, it helps prevent stains on dishes at the dining facility. Depending on how much CO2 is in the water could determine whether the pH goes up or down before it enters the filter. If there is less CO2 put into the water, it will cause the pH to go up and vice-versa. The lime causes the pH to elevate and the CO2 bring it down to a more stable range.”

Additionally, the water plant runs a series of tests



U.S. Air Force photo/Airman 1st Class Keenan Berry
U.S. Air Force Senior Airman Brandon Lynn, 509th Civil Engineer Squadron water and fuels maintenance journeyman, performs a chlorine residual test at Whiteman Air Force Base, Mo., March 3, 2014. This procedure is done to ensure chlorine residual is within the required ranges for achievable disinfection.

throughout the day, putting chemicals in the water to see how much of an element it has and its reaction. Water samples are taken during the process to ensure the water is within the required state regulated ranges. Operators are required to adjust the chemicals to maximize treatment of the water within the softening basin.

The team run tests on alkalinity and pH to monitor acceptable ranges (not too acidic not too basic) for consumption and other usage. The water plant team must also ensure there is enough chlorine in the water to remove any harmful bacteria that may be present.

“We test the chlorine, pH, alkalinity, fluoride, hardness and phosphate,” Lynn said. “Fluoride and phosphate is tested once a day and the others are tested every two hours.”

To ensure the base receives a consistent water supply, the water plant maintains a tower level of water by refilling the towers, according to Senior Airman Brandon Lynn, 509th CES water and fuels maintenance journeyman.

“We use high service pumps to pump the water from the clear well to the tower,” Lynn said. “When the tower levels drop, we have to turn on the high service pumps to fill up the tower. When we turn the pumps off, the clear well is filled with water. This is a repetitive process.”

The clear well is viewed as the “storage area,” maintaining a steady water supply to refill the tower.

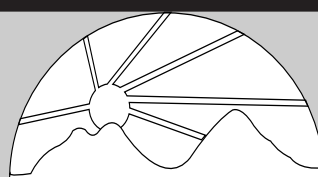
Within the water plant, the team displays a sense of passion and responsibility, for they know the vital resource they monitor is indispensable to the Whiteman mission.

“Water is needed every day, 24/7,” Miramontes said. “I enjoy doing my job knowing I impact the mission in ensuring Airmen receive treated and healthy water.”

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- Chamber of Commerce**—2nd Thurs. of each month. Call Husineh Curts @ 660-238-6201 for more info.
- Masons**—2nd & 4th Thurs. 7:00 p.m. - Knob Noster Masonic Lodge AF & AM
- Garden Club**—1st Thurs. of each month 6:30 p.m. - Trails Regional Library - Knob Noster Branch

- Alcoholics Anonymous (AA)**—Every Fri. 8 p.m. - Basement of Methodist Church • Every Mon. Noon - Bldg. 3007, Behind Chapel “The Old Housing Office” at WAFB
- Knob Noster Board of Aldermen**—1st & 3rd Tues. each month - Basement of City Hall
- Whiteman Area Piecemakers Quilt Guild**—3rd Thurs. each month 7 p.m. - Methodist Church
- AMVETS**—Membership Dinner 1st Tues. each month 6 p.m. - AMVETS Building

- VFW**—1st Fri. each month 7 p.m. - VFW Building
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- Cub Scouts** - Pack 405 Bill Sander 687-1154
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Voluntary application processing continues during force management pause

WASHINGTON (AFNS) -- Air Force officials initiated a strategic pause to all force management programs to fully evaluate potential changes to the timing, composition and eligibility criteria for each program based on budget adjustments and early lessons learned.

"Complex strategies are rarely perfect from their inception but evolve as new information and feedback allows them to be refined and improved," said Lt. Gen. Sam Cox, the Air Force deputy chief of staff for manpower, personnel and services. "The same is true of the Air Force's current force management programs."

During the pause, the general encourages eligible officers and enlisted Airmen to continue applying for the Temporary Early Retirement Authority and Voluntary Separation Pay programs. The current TERA application window remains open to March 26 and the VSP application window is open to May 1.

"Today, in some specific categories, the applications are being fully processed and approved; for other categories we are very close on final programmatic decisions and delegated decision authorities which will allow us to finish processing applications and begin notifying Airmen of the status of their applications," Cox said.

Each application will be evaluated on its own merits within each particular Air Force specialty code, grade and year group. Cox said decisions will focus on the needs of the Air Force mission and take into account such factors as remaining active-duty service commitment, pending assignment and commander recommendations.

"When we first announced our force management programs, we noted the dynamic environment would certainly result in changes as we balance being responsive to Air Force needs with remaining fair, understandable and transparent for our Airmen," Cox said. "Clear and quick communication of any future changes to the field will be a continuing priority."

Cox said Airmen should continue to reference official Air Force sources for the most up-to-date information on force management programs. Official news regarding these programs is published to www.af.mil and www.afpc.af.mil.

For more information about promotions and other personnel issues, visit the myPers website at https://mypers.af.mil.

(Courtesy of Secretary of the Air Force Public Affairs)



RECYCLE This Paper ... Think Green



U.S. Air Force photo/Airman 1st Class Joel Pfister Chief Master Sgt. of the Air Force James A. Cody congratulates Airmen prior to a Junior Enlisted All Call at Whiteman Air Force Base Mo., March 10, 2014. Cody recognized the Airmen for being professional performers for their units.



U.S. Air Force photo/Airman 1st Class Joel Pfister Athena Cody, spouse of Chief Master Sgt. of the Air Force James A. Cody, and Mrs. Marilyn VanHerck, spouse of Brig. Gen. Glen D. VanHerck, 509th Bomb Wing commander, pose with employees of the Airmen's Attic at Whiteman Air Force Base, Mo., March 10, 2014. Mrs. Cody and Mrs. VanHerck received a tour of the Airmen's Attic and the services they offer.



U.S. Air National Guard photo/2nd Lt. Justin Clark Chief Master Sergeant of the Air Force James A. Cody shows his support for Sexual Assault Awareness Month along with Mrs. Ann Beem, Sexual Assault Response Coordinator, and victim advocates at Whiteman Air Force Base, March 10. Cody toured the SARC and met with leadership during his visit to Whiteman.



U.S. Air Force photo/Airman 1st Class Joel Pfister Chief Master Sgt. of the Air Force James A. Cody briefs senior enlisted Airmen during a senior enlisted all-call at Whiteman Air Force Base Mo., March 10, 2014. Cody discussed the importance of leadership during these times of cutbacks and force-shaping.

CMSAF Cody, wife tour Whiteman, visit B-2 total force

By 131st Bomb Wing Public Affairs

Chief Master Sgt. of the Air Force James A. Cody and his wife, retired Chief Master Sgt. Athena Cody, visited Total Force Airmen and got a firsthand look at Whiteman's B-2 operations during their recent trip to the base.

The visit coincided with the March drill weekend for the Missouri Air National Guard's 131st Bomb Wing, and highlighted the successful total force integration with the 509th Bomb Wing.

"We're one Air Force and everything that we do as an Air Force, we do together. That's what makes us great," Cody told a group of junior enlisted Airmen at a weekend all call, one of a series of

such forums the Air Force's top senior enlisted leader held while here.

A topic of keen interest to Airmen was proposed changes to the enlisted evaluation system, which Cody has previously discussed on his CHIEFChat program on BlueTube, the Air Force's social media video channel. Highlights of the new system include increased focus on job performance, a move away from numbered ratings, and an enhanced Airman-supervisor feedback program.

"We've been using the new feedback form in our office, just to get a feel for how long it takes, and to see if it's asking the right type of stuff, or if it is generating the right type of discussion," he said. "The feedback is the most important thing here, because that is where you establish their potential, where the opportunity is and what your expectations are."

Cody also addressed the need for force management programs in a fiscally constrained Air Force environment.

"Nobody wants to see Airmen leave our Air Force, because a lot of them are great Airmen who want to do nothing but serve," he said. "They've been supported by great families, and they want this to be what they do in life – and we're going to tell someone they can't."

"It breaks my heart," he continued. "I empathize with them in the most meaningful way you can, but it doesn't change the scenario. Our responsibility to the nation is to take the budget they give us and give them the absolute best military they can have – and in our case the best Air Force they could possibly want."

In addition to all calls, Cody toured Whiteman's flight, maintenance and support operations. He was particularly impressed by the successful integration of the B-2 mission shared by the active duty and Guard wings at Whiteman.

"I look at each one of you, and I see a capability – a capability that's proven itself time and time, and time again," Cody told a Citizen-Airman audience. "You do everything, every bit as good as every other Airman in the Air Force, because you are every other Airman in the Air Force."

"There is no distinction between Airmen within the components, when it comes to how we do our jobs, how we live up to our Air Force standards and how we live up to Air Force Core Values," he said.



Chief Master Sgt. of the Air Force James A. Cody addresses Airmen during a Junior Enlisted All Call at Whiteman Air Force Base Mo., March 10, 2014. Chief Cody discussed budgets, force reductions, and the Air Force's core values.

U.S. Air Force photo/Airman 1st Class Joel Pfister



DOD's top doc outlines medical advances

By Terri Moon Cronk
American Forces Press Service

WASHINGTON (AFNS) -- The Defense Department's top doctor says the innovations and technology in military medicine derived from more than a decade of war in Iraq and Afghanistan have led to advances in caring for the sick and injured.

Dr. Jonathan Woodson, the assistant secretary of defense for health affairs, told the Reserve Officer Association March 6 in addition to the significant strides made in medical technology, other improvements in the military's health care system such as a "data-driven, high-learning system that constantly improves and innovates," have also made significant strides.

During the decade of war, medical data was mined from combat casualty care, which quickly transformed into strategies for well-functioning standards in military medicine, Woodson said.

The transformation from medical practices in a non-combat environment to working in theater with Army, Navy and Air Force medical personnel created more adaptive and agile military medicine, he said, noting that wars historically have been medical learning experiences.

The latest in combat trauma care, for example, begins at a service member's point of injury with sophisticated care from well-trained medics, followed by paramedics and critical-care nurses who transport the patient by helicopter to a level-2 trauma hospital that offers "robust capabilities."

There, basic procedures can be done to stabilize the patient, for air-strategic evacuation with onboard intensive care units flying at 37,000 feet to get the patient to a level-4 or level-5 trauma medical center where advanced care is provided.

The trauma system and other key advances in the last decade of combat medicine have produced the lowest death rate in the history of recorded warfare, he said, while at the same time creating greater challenges in rehabilitation.

Combat care goes beyond healing wounds, Woodson said, because other complications can exist and affect the rehabilitation process -- such as brain or spinal cord injuries, pain management issues and sensory loss.

"We need to customize the rehabilitation strategy to the individual," Woodson said. "Our mantra is to 'create the ability, not define disability.'"

The DOD is looking at rehabilitation holistically, he pointed out.

"It's about rebuilding their bodies, minds and spirits, and making them economically whole and rebuilding family units," he said.

Improvements in prosthetic technology have also advanced, Woodson said, adding that implants for prostheses also are in the near future.

"(Prosthetic implants are) light years ahead of what we had and give much more functionality," adding that such technology would be particularly helpful for upper extremities.

"With (the newest technology in) prosthetics is earlier mobility and independence, which is vocationally and psychologically satisfying," Woodson said.

"There is a new type of wounded warrior," Woodson said. "In the era of the all-volunteer force, wounded warriors see themselves as professional warriors and aren't ready to divest themselves of that identity."

Because of medical advancements, about 24 percent of wounded warriors stay on active duty and many have returned to combat, he said, adding in some cases, service members with double amputations, spinal cord injuries and sight impairment have remained on active duty.

"Some of those folks have been in command positions and are uniquely suited to command wounded warrior battalions, because it's about their cognitive ability, their leadership and ability to role model that is so important in those positions," Woodson said.

Building Security — (it is everyone's job)

By Jerry Osban
509th Security Forces Squadron

Have you ever gotten in your car and headed to work and thought did I lock my door or turn off the coffee pot as I left this morning? What do you do?

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Take the few extra minutes before leaving and be security conscious, it will save you time and effort in the long run.

For more info contact Mr. Jerry Osban, 509th Security Forces Squadron's Resource Protection/Crime Prevention Manager, at 687-4482 or jerry.osban@us.af.mil.

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Through his brothers' eyes: A Paralympic journey

By Senior Airman Jette Carr

Air Force News Service

FORT GEORGE G. MEADE, Md. (AFNS) -- In one moment Senior Airman Sean Halsted felt the rope in his hands, and in the next, it was gone. That millisecond was all it took to leave the young Airman with a debilitating injury that would cause him to reassess his entire future. This accident would not only test his resiliency, but it would also test the resiliency of his brothers -- brothers in blood and in service.

For the Halsted brothers, a life in the Air Force is all they've ever known. Together Clark, Sean, Daniel and Regan faced the unique challenges that come from growing up the sons of a career Airman.

"Being a military family, moving around, we always had the four of us together," said Regan, now a technical sergeant working as a travel pay analyst at Joint Base Pearl Harbor-Hickam, Hawaii. "We were our own group of best friends, who we could always rely on."

Even after they left the nest, the Halsted brothers remained close and one after another, all four enlisted in the Air Force. Though geographically separated, family still remained a strong constant.

In 1998 this tight-knit family would be truly tested.

While at a movie theater, the youngest brother, Regan, received a call from his mother that Sean was in the hospital with an injury he'd never be able to walk away from.

During an exercise on combat search and rescue techniques at Hurlburt Field, Fla., Sean, then a senior airman, dropped 40 feet from a helicopter while fast roping. The fall shattered the L-1 vertebra in his back, and resulted in a spinal cord injury.

"To have this happen was extremely heart-breaking," Regan said. "My thought at the time was it was going to totally limit him and crush his spirit, basically because he's always been so physical and active."

Before Sean was able to be active again, he would go through a barrage of surgeries to insert steel rods and replace them after infections started to spread. Recovery became a long and arduous task for the injured Airman due to surgical complications and the time he spent in the hospital climbed to nearly a year and a half.

"It was hard for me to keep that stiff upper lip and to be there to support when he was in so much pain," Regan said. "His body just started eating itself when he was having the infections. He lost a ton of weight in his legs, his arms. I remember I could feel pain a lot of the times I saw him."

"(Sean) was the most physical and would therefore be the most affected by physical limitations," said Sean's younger brother, Lt. Col. Daniel Halsted, the chief of aviation safety for U.S. Air Forces Central Command at Shaw Air Force Base, S.C. "Over time, I began to realize that in some ways he was the best of us to be able to overcome an injury like this, as he would be the one least limited by it -- he would learn to adapt and find ways to do similar physical activity."

After a tough recovery and trying to come to terms with his paralysis, Sean began to adapt to his new lifestyle. Instead of slowing down and taking it easy, this former athlete used his competitive spirit to get back in the game -- the Paralympic games.

"My family supported me, allowing me to recover," Sean said. "Without their support, recovery would have taken a very different path. They have pushed me when necessary, provided security, and helped me feel normal."

It was through the National Disabled Veterans Winter Sports Clinic that Sean discovered the thrill of cross country racing in skis. Taking his new sport a step further, Sean tried out for the 2006 Paralympic Nordic skiing team. Though he didn't make the cut on his first attempt, he was added to a team with other Paralympic hopefuls that would assist him in future training.

"I remember thinking that between (Sean training for the Paralympics) and overcoming some of his initial complications, that the competitions, camaraderie and physical activity 'saved his life,'" Daniel said. "While it didn't



U.S. Air Force photo/Desiree N. Palacios

Sean Halsted gets strapped into a mono-ski outside The Silvertree Hotel March 30 for the 24th National Disabled American Veterans Winter Sports Clinic in Snowmass Village, Colo. Halsted is an Air Force veteran who will be competing in the 2014 Sochi Paralympic Winter Games.

literally, it gave him the pieces in his life that I suspect he questioned whether he had lost them for good or not. He was able to explore sports in new ways and get back to physically challenging himself like he enjoyed in the past."

Sean continued to challenge himself and in 2010 he represented the U.S. in the Vancouver Paralympic Winter Games. During the games, he won three top-10 finishes for Team USA, finishing seventh, ninth and 10th.

After seeing what his brother accomplished, Daniel said he developed an even higher level of respect for Sean.

"...to not only rebound, but to rebound to the extent he has is inspiring to anyone," Daniel said. "Selfishly, he gives me something to brag about to friends and acquaintances, but more importantly, he is a constant point of inspiration on overcoming setbacks and challenges."

Sean will be competing again as a member of Team

USA during the 2014 Sochi Paralympic Winter Games which start March 6. Shooting for a personal best, the former Airman will be participating in the biathlon and cross country skiing events.

From their perspective bases, his brothers said they will be glued to the television and internet feeds as they root him on.

"He's just a big inspiration for us, for our family, and we couldn't be more proud," Regan said. "But, you know, it's Sean. It's kind of how he's been -- how we see him, always pushing. He even says it, he loves the acid taste that you get from pushing your muscles to the extent of total fatigue. He enjoys that, so he's kind of a different breed."

(Tech. Sgt. Mareshah Dickens, Defense Media Activity, contributed to this story)

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509th CES, FSS win Air Force awards

By 509th Bomb Wing
Public Affairs

Congratulations to our Civil Engineer Squadron, who recently had two individuals win Air Force Outstanding Civil Engineer Unit Awards! Be sure to congratulate Chief Master Sgt. Freddie

Davis for winning the Major General Joseph A. Ahearn Enlisted Leadership Award, and Ms. Andrea Goodson for finishing as the runner-up in the Civilian Manager I Category.

Additionally, the 509th Force Support Squadron won the 2013 Resource Management Program of the Year.

Department of Energy seeks award nominations

By Jennifer McCabe
Air Force Civil Engineering Center
Public Affairs

TYNDALL AIR FORCE BASE, FLA. (AFNS) -- Each year the U.S. Department of Energy sponsors the Federal Energy and Water Management Awards. These awards honor individuals and organizations making significant contributions to the efficient use of energy and water in the federal government. The Air Force looks to stay on top, having won 21 awards since 2010, more than any other Service.

Members are encouraged to enter initial summaries by March 13 on the Federal Energy Management Program central website. The Air Force Civil Engineer Center, Det. 1, here, will collect and evaluate the summaries. The Air Force can submit up to 15 nominations highlighting outstanding contributions in energy efficiency, water conservation, and the use of advanced and renewable energy technologies at federal facilities.

The nominations cover vehicles, aviation and operational energy and are submitted in one of five categories: project, procurement, program, career exceptional service and the FEMP director's award.

- Project awards are for individuals or teams that are exemplary in their implementation of energy efficiency, water efficiency, renewable energy and vehicle fleet management projects.

- Procurement awards are for individuals or teams that implement and institutionalize effective management, policy and strategy for energy, water and vehicle fleet management.

- Program awards are for individuals or teams that implement and institutionalize

effective management, policy and strategy for energy, water and fleet management.

- Career exceptional service awards recognize people who gave extraordinary service to their agencies in fiscal 2013 or during their career of 10 or more years.

- The FEMP Director's Award goes to a team or individual with exceptional achievements in energy, water and fleet management. This award is given at the discretion of the director.

The Air Force Facility Energy Center and the Office of the Assistant Secretary of the Air Force for Energy will select the best initial summaries and notify major commands by March 24. Selected candidates will then develop complete nomination packages and submit them to the FEMP central website by April 11.

There have been important changes from last year. These will be discussed during a seminar to be held March 18. Register at <https://www.fempcentral.com/beta/Training/EventRegistration/WorkshopRegistration.aspx>.

Air Force winners for 2013 include Kelly Jaramillo, U.S. Air Forces Europe; David Morin, Laughlin AFB, Texas; Air Combat Command, Joint Base Langley-Eustis, Va.; 22nd Operations Group Fuel Efficiency Office, McConnell AFB, Kan.; and Seymour Johnson AFB, N.C. Their combined efforts helped the Air Force save more than \$18.6 million in 2012.

"Energy is critical to the Air Force's ability to achieve our mission to fly, fight and win in air, space and cyberspace," said Dr. Kevin Geiss, deputy assistant secretary of the Air Force for energy. "These men and women are a great example of what each Airman can do to help the Air Force maintain an assured energy advantage."

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Recruit Firefighter

City of Sedalia Fire Department

The City of Sedalia will be accepting applications for a full time position of Recruit Firefighter with the Sedalia Fire Department. Interested applicants will be required to pass a written aptitude test, a stringent physical ability test and an oral review board.

Applicants must have the following to apply: twenty one years of age at time of application, High School Diploma or GED, in top physical condition, valid Missouri driver's license, EMT-B basic, Firefighter I & II certifications from an accredited Fire Academy or College Program. (IFSAC Certifications are preferred). In addition, the successful applicant will be subject to random drug screens and a criminal background check.

Applicants will be required to submit copies of their certifications along with the job application to be considered for testing.

A complete job description is available online at www.cityofsedalia.com/jobs.

The City of Sedalia offers a wide range of benefits available to all employees including availability to health insurance, dental, vision, life and retirement benefits.

All applications must be received by 4:30 p.m. on Friday April 18, 2014. **Applicants meeting all requirements will be advised by mail of the testing date and location.** Applications should be submitted to the Personnel Office, City of Sedalia, 200 S. Osage Avenue, Sedalia MO. 65301. Additional information can be obtained by emailing jrice@cityofsedalia.com or calling the Personnel Office at (660) 827-3000.

The City of Sedalia is an Equal Opportunity Employer and a Drug-Free Workplace.

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

Pets

AKC REGISTERED Welsh Corgi puppies, 8 weeks old, shots, wormed, \$400 each. Call 660-547-0205.

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- 07 GMC CrewCab 4wd 6.0...18,495
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- 05 Dodge QuadCab 4wd.....11,995
- 04 Chevy XCab 2wd.....6,995
- 02 Chevy XCab 4wd.....10,495
- 00 Chevy XCab 2500 4wd Longbed.....10,495
- 99 Ford F350 DRW V10.....7,995
- 99 Dodge ClubCab 68K..... 6,495
- 95 Nissan XCab Auto.....3,495
- 09 Mariner 2wd.....10,995
- 07 Wrangler Unlimited 50K 2wd.....15,995
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- 07 Toyota 4Runner 4wd.....13,995
- 03 Grand Cherokee.....4,995
- 03 Explorer 4wd.....6,995
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- 98 Expedition 4wd.....3,995
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- 06 Charger SXT.....9,495
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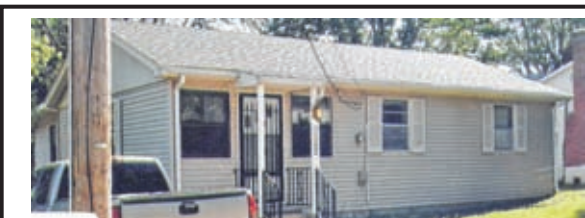
Commercial Building For Sale. Great Location. This former restaurant sits on a corner lot in Knob Noster, MO. Zoned for Commercial use. Approx. 1,728 sq. ft. total space and includes a basement. Contact LeMay Realty, Joe Lemay, Broker. Office 660-563-6000 MLS# 43554. Price reduced to \$58,000.



RETAIL/OFFICE BUILDING - total 4,064 sq. ft. High Traffic location with 3 street access and off street parking. Building consist of two separate retail/office spaces. Ideal for business with potential of lease space to offset expenses. Many possibilities!!! 500 W. 16th St., Sedalia \$98,500. Call after 5:00 PM **660-826-4241**



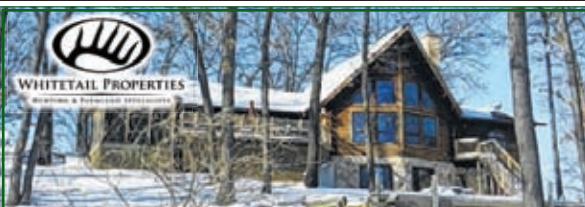
STOVER: 50 Acres +/-, 2003 Manufactured Home, 4 BR, 2 bathrooms, full foundation. Financing available. Master suite soaking tub. 2 living rooms. Kitchen island. Cedar decks. Could be split into 2 tracts. \$115,900. Owner/Agent. (816)739-3354



LAKE OZARKS HOME By Owner - Lake Access, great view on blacktop, cement drive, fenced back yard, new roof. 3 BR, 1 1/4 bath, 1200 sq. ft., Sunroom, covered deck. Asking \$85,000. 660-438-9593.



Lease/Sale 3rd & Kentucky...Sedalia Office Building/Beauty Parlor. 4 separate offices plus reception area with skylight. Paved parking. Snow removal. \$675/month. Call Jack Robinson 660-620-2700. Coldwell Banker Monsees Realty, 660-826-5811, Dan Hurley 660-473-0215



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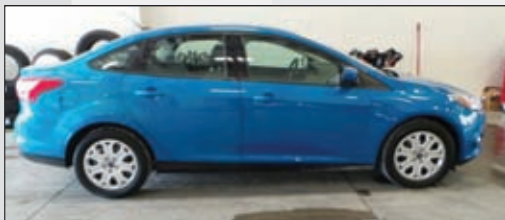
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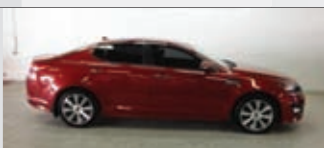
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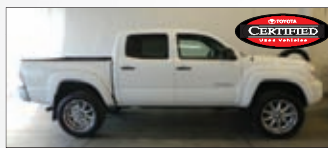
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FOCUS SE
STK#P21085A
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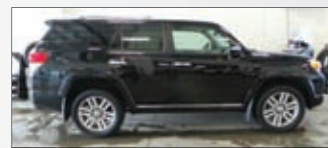
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