

Finding light through darkness



U.S. Air Force photo/ Senior Airman George Goslin

Senior Airman Dennis Sloan walks on the flightline in search of a photo May 5, 2013 at Joint Base Charleston, S.C. A victim of sexual assault, Sloan says his passion for photography keeps him breathing and offers solace from his otherwise painful memories. Sloan is a 628th Air Base Wing Public Affairs photojournalist.

By Senior Airman Dennis Sloan

Joint Base Charleston Public Affairs

JOINT BASE CHARLESTON, S.C. (AFNS) --Keeping a secret that defines you, that has shaped your life for nearly three years now and is sure to shape the rest, a secret that you go to sleep with every night and wake to every morning is sometimes hard to keep trapped inside.

I could probably go my entire life without revealing the sad truth that I was raped, but to stay silent is to allow individuals who prey upon the innocent to flourish.

Exactly one day after photographing Airmen proudly marching through the streets of a city receiving joyous responses and unanimous support for their sacrifice of service to the United States of America, I was sexually assaulted by a male Airman.

That secret is one that took me nearly a year to even reveal to my mother and I have yet to reveal to the majority of my family or friends. The Airmen I serve alongside everyday have no idea that I'm a victim of sexual assault, until now.

Some people may wonder why I would reveal my story in such a public forum, and the truth is I hope this story reaches a person, a son, a friend or even an Airman who has been sexually assaulted and it allows them some peace in knowing they are not alone no matter how dark their day may seem.

In my case, I reported my assault within a matter of days because I knew if I buried the truth it would overcome me and the result would be fatal. I initially filed a restricted report, but once I gained strength and understanding of my situation I then filed an unrestricted report.

After being sexually assaulted, many victims, including myself, are very confused about the situation and blame themselves for what happened. Large amounts of alcohol, isolation and subduing played a huge factor in my sexual assault. You can imagine waking to this reality the next morning as if it were a nightmare, but this nightmare was real and would continue to play over and over again in my head for months following the assault.

Filing an unrestricted report opened me up to a world of re-victimization. The Office of Special Investigations called me within hours of filing my unrestricted report to conduct an interview. The interview consisted of me recounting my sexual assault down to the minutest detail. I understood the interview must be done to gather evidence to potentially bring the perpetrator to justice, but no matter how many people warned me of that interview I could never have been prepared.

I am not discouraging victims from filing an unrestricted report, but they shouldn't walk in blindly. Reliving one's experience is painful. Yet, by involving law enforcement, you just might prevent another sexual assault.

The effects of my sexual assault, filing an unrestricted report and knowing the perpetrator was still at the base I lived on started to pour into my work. Less than six months prior to my assault I was chosen by my office to sit in front of the Below the Zone board with the intent to achieve the rank of senior airman well before others because of my dedication to service and my craft. You can imagine how strange it may seem to leadership that an Airman who was considered one of the best in an office could all of a sudden change.

There was a large amount of misunderstanding between me and my office. I was not willing to reveal my situation to them and in return it left them with little knowledge of why I was not performing as well, coming in late and almost not there, in a sense, even when I was.

I struggled to find sleep every night and even when I did I would wake hourly from a dream relating to my sexual assault. When I would try and do my job my mind was always replaying the incident over and over again. I became isolated and constantly worried people knew about my situation, which caused me a great deal of anxiety.

I cannot lie, I did think about suicide for some time, but it never came to that thankfully.

One day while photographing the flying squadron at my base I had what I call a moment of clarity. I spent the majority of the day photographing Airmen fixing engines, marshalling aircraft and everything inbetween. It wasn't until I returned to my dorm at night that I realized I had not thought once about my sexual assault or even the struggles in my office. I was free for a day.

That day didn't last very long though. Once I laid my head down that night all of it came roaring back into my brain. A short amount of relief, but still it was a silence I had not heard in so long. That night I decided if I wasn't sure if I wanted to live, but knew I could not take my own life, that I would give myself to the one thing that silenced it all ... photography.

I started slow and when I arrived at my new base, thanks to a humanitarian transfer, I still had some hurdles to overcome, but through counseling and a steady diet of photography I was moving forward for the first time in a long time. Even now, years after being sexually assaulted and dealing with being misunderstood, every time I raise the camera up to my right eye I feel peace, I hear nothing and see everything.

Life is definitely different for me now. When I devoted my life to photography nearly three years ago, I wasn't quite sure what that meant and still don't, but photography keeps me breathing, keeps me feeling, keeps me alive. I constantly search for the light that brings silence to my pain.

Being a victim of sexual assault is not something that is easily described, but to put it into perspective, I was diagnosed with Post Traumatic Stress Disorder not only from the assault, but the prolonged exposure to a hostile environment at my base that plagues me to this day. I still struggle to find sleep, struggle to communicate with others and most of all I struggle with the idea of sharing my life with another person.

The person who raped me had no regard for how the assault would affect me. The crime he committed has little to do with passion and a lot to do with control, manipulation and taking power away from someone. Through this commentary I hope to regain some of that power and control he stripped from me and give other victims of sexual assault some as well.

Very few men report being sexually assaulted and I believe that is because they fear how society will view them, how they'll be judged and how they even may be considered less of a man. So I ask everyone who reads this: I am a male and I was sexually assaulted -- do you think less of me?

THE WARRIOR

Editorial Staff

Brig. Gen. Glen VanHerck 509th Bomb Wing Commander

1st. Lt. John Cooper

Chief, Public Affairs Ms. Candy Knight

Deputy Chief, Public Affairs

Senior Airman Lacie A. Carmody Editor

Photojournalists Staff Sgt. Alexandra Boutte Staff Sgt. Nick Wilson Staff Sgt. Brigitte N. Brantley Senior Airman Bryan Crane

Airman 1st Class Joel Pfiester The Sedalia Democrat Layout and Design

Airman 1st Class Keenan Berry

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

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

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

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

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

For more information, call the Warrior office at 660-687-6126, email: Whiteman. Warrior@us.af.mil, fax us: 660-687-7948, or write to us at: 509th Bomb Wing, 1081 Arnold Ave., Bldg. 59, Whiteman AFB, Mo., 65305.

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

On the cover

winning the prestigious award.

U.S. Air Force photo/ Senior Airman Bryan Crane The Omaha Trophy is awarded annually to four outstanding units that represent USSTRATCOM's mission areas. Team Whiteman's mission success in 2013 contributed to its

NEWS BRIEFS 5

B-2 Barista Café

The Mission's End is proud to announce the opening of the B-2 Barista Café. Hours of operation are Monday through Friday, 11 a.m. to 1 p.m.

Spirit Café

Don't have plans for Friday evening? Go to the Spirit Café!

Not sure what to eat on Friday evening? Go to the Spirit Café!

Want to enjoy a rousing game of Titan Falls? Go to the Spirit Café!

Free food every Friday evening, comrades to enjoy it with, and lots of games and movies!

It sounds so good I want to go to the Spirit Café too! So, don't waste time. Tell a friend and take a friend to the Spirit Café today!

Whiteman Commissary Warehouse Sale

The Whiteman Commissary will have their annual Spring Warehouse Sale May 3 and 4, 10 a.m. to 4 p.m. For additional information call the commissary at 687-5655.

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
Sunny	Mostly Sunny
Hi 65	Hi 75
Lo 39	Lo 47
Sunday	Monday
Sunny	Sunny
Hi 78	Hi 81
Lo 51	Lo 56

509th Bomb Wing Receives the Omaha Trophy



Lt. Gen. James Kowalski, U.S. Strategic Command deputy commander, present the Omaha Trophy to Brig. Gen. Glen VanHerck, 509th Bomb Wing commander, and Chief Master Sgt. Lee Barr, 509th Bomb Wing command chief, during a ceremony at Whiteman Air Force Base, Mo., April 28, 2014. The trophy is awarded annually to four outstanding units that represent USSTRATCOM's mission areas. Winners are selected are based on formal evaluations, meritorious achievement, safety and other factors such as community involvement and humanitarian actions.

By Senior Airman Bryan Crane 509th Bomb Wing Public Affairs

The 509th Bomb Wing was awarded the 2013 Omaha Trophy in the Strategic Aircraft Operations category, April 28, 2014, at Whiteman Air Force Base, Mo.

This is the second time Whiteman has one this award, the title was previously held in 2006.

The Omaha Trophy, sponsored by the Omaha's Strategic Command Consultation Committee, is awarded annually to four outstanding units that represent USSTRATCOM's mission areas, their role in global operations and USSTRATCOM's continued emphasis on strategic deterrence.

The four awards given are the Global Operations, Intercontinental Ballistic Missile, Submarine Ballistic Missile and Strategic Aircraft Operations trophies. Selections are based on formal evaluations, meritorious achievement, safety and factors such as community involvement and humanitarian actions.

The Omaha Trophy was first awarded in 1970 by the citizens of Omaha, Nebraska, through the Strategic Air Command Consultation Committee, to the most outstanding SAC wing in honor of the 25th anniversary of the SAC.

Over the years more categories have been added. In 1992 when SAC was deactivated and USSTRATCOM was activated, USSTRATCOM Consultation Committee went to two awards.

In 2003, two more categories where added. The award was dropped back to two categories for one year in 2007 and returned back to its current format of four categories in 2008.

Lt. Gen. James Kowalski, U.S. Strategic Command deputy commander, presented the award on behalf of Adm. Cecil Haney, U.S. Strategic Command commander, before addressing Team Whiteman's Airmen and praising their continuous mission success.



The Omaha Trophy was presented to Team Whiteman during a ceremony April 28, 2014 at Whiteman Air Force Base, Mo. The Omaha Trophy, sponsored by the Omaha's Strategic Command Consultation Committee, is awarded annually to four outstanding units that represent USSTRATCOM's mission areas. Team Whiteman was awarded the trophy in the Strategic Aircraft Operations category.

U.S. Air Force photos/Senior Airman Bryan Crane

Reel Time Theaters

We're saving a seat for you.

FRIDAY, MAY 2 • 7 p.m. The Amazing Spiderman 2 (PG-13) Adults - \$5.75, children - \$3.50

SATURDAY, MAY 3 • 7 p.m. The Amazing Spiderman 2 (PG-13) Adults - \$5.75, children - \$3.50

SUNDAY, MAY 4 • 3 p.m. The Amazing Spiderman 2 (PG-13) Adults - \$5.75, children - \$3.50

Global Strike announces Annual Maintenance Award winners

Team Whiteman; Please join us in congratulating these outstanding maintenance team members!

Maintenance Management Systems Professional of the Year Senior Airman Alexander Kim

Maintenance Professional of the Year; **Tech Sgt. Jeffory Schroeder**

Aircraft Avionics Technician of the Year Master Sgt. Andrea Palmer Staff Sgt. Seth Evans Airman 1st Class Jeffrey Wheeler

Munitions System Technician of the Year **Tech Sgt. Christopher Pearson**

Outstanding Munitions and Missile Maintenance CGO of the Year Capt. Kenneth French

Chiefs' choice award!



U.S. Air Force photo/Airman 1st Class Keenan Berry

Senior Airman Sarah Carter, 509th Operations Support Squadron aircrew flight equipment technician, receives a Chiefs' Choice award at Whiteman Air Force Base, Mo., April 22, 2014. Carter designed the flight personnel's wall with individual pictures and biographies to recognize enlisted heritage. She was a key player in coordinating a retirement ceremony, planning activities to accommodate more than 75 family and friends. She also helped the Chiefs' Group prepare an event program for the annual chief induction ceremony.

Army & Air Force Exchange Service websites unaffected by Heartbleed vulnerability

DALLAS – Army & Air Force Exchange Service customers and vendors have expressed concern about security of their information in light of reports about the Heartbleed security flaw.

The Exchange's online shopping site, shopmyexchange.com, and business partner site, partners.aafes.com, have not been compromised by the Heartbleed security flaw, a vulnerability found in servers that allows hackers to see and collect traffic passing between a server and a web browser once a secure connection is established.

"Because of proactive updates and monitoring, all our systems have been protected," said Philip Stevens, Exchange Executive Vice President and Chief Information Officer. "The Exchange is continually updating its systems to protect against security flaws such as Heartbleed, and protecting military shoppers' personal information remains a priority."

If Exchange shoppers are concerned about the safety of their data on other web sites, they can protect themselves from the security flaw by changing online passwords for personal banking, shopping, email and social networks. Shoppers are also advised to closely monitor credit cards and bank statements for unknown or fraudulent transactions.

Mother's Day Wish List

Dear Children,

I have appreciated the lovely flowers and bedding plants, etc that you give me each year for Mother's Day - but this year I wanted to give you a fresh idea that I will truly enjoy. I would like some SPA time at Bodyworks Day Spa. Here is my "Wish List"



Day at The Spa May 2014 \$244 (regular price \$275)

Sea Salt Scrub, 30 minute Jacuzzi with Aromatherapy, 60 minute Integrated Massage, SPA Pedicure, SPA Manicure, Image Signature Facelift Catered Lunch from Panera, and a Take the Spa Home gift bag. - 6 hours



Mom & Me May 2014 \$194 (price \$230)

Our two most requested services for two people. Enjoy a 60 minute Integrated Massage and a 60 minute Image Signature Facial (no peel - with optional bareMinerals Makeover) with your mom or someone you love. 2 hours for 2 guests



Best of Bodyworks May 2014 \$144 (regular price \$165)

Our best for your best (mom, nurse, teacher, grad....) 60 minute Integrated Massage session, Image Signature Facelift, and Expresso Pedicure (with complimentary Starbucks beverage) = 2 3/4 hours



Mother's Day Renewal May 2014 \$94 (regular price \$127)

30 minute Integrated Massage Session and 30 minute Image 02 Lift Facial (optional bareMinerals makeover and Avalon Organics Lavender Lotion & Shower Gel 1 hour plus (depending on optional makeover)



Pedi & Polish Package May 2014 \$54

Footworks Pedicure with Zoya or Vinylux Polish for Toes and Vinylux Mani for Fingers • 1 1/4 Hours





3111 West Broadway Thompson Hills Shopping Center Sedalia 660-827 -2452 www.bodyworksdayspa.net

Dedication and selflessness: Tech. Sgt. Christopher Kitts

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

Air Force Global Strike Command recently announced its 2013 Airmen of the Year, and among them was one of Whiteman's finest.

Tech. Sgt. Christopher Kitts, 509th Operations Support Squadron aircrew flight equipment quality assurance, was recognized as the Global Strike NCO of the Year for his outstanding achievements over the course of the year.

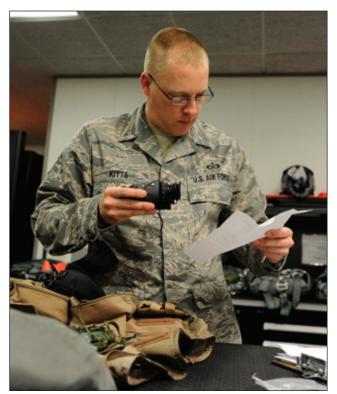
"I feel humbled and honored to receive this," Kitts said. "This award is not only for me, but for my career field, aircrew flight equipment."

Kitts's job performance and community involvement are just two ingredients contributing to his success in receiving the award.

He guided 26 NCOs and Airman through 148 errors found within the flight equipment, led COPE NORTH AFE, altered 1.6K-sq.-ft. shop consisting of 253 pilots and saved the Air Force \$798K. Kitts also led the wing POW/ MIA run, gathering 640 participants from 26 units, honoring 83K+ POW/MIA.

Aside from being an outstanding Airman, Kitts is inspired every day he walks across the office threshold. When it comes to the mission, complacency is not his "friend."

"I enjoy knowing aircrew members are able to see their families at the end of the day," Kitts said. "My job is to make sure aircrew fight equipment is correctly inspected the first time. Aircrew members do not receive a second chance at life if the flight equipment doesn't work



as planned. I take a personal pride in myself to learn everything possible there is to know about my job and teach others to do the same."

Kitts has served 13 proud years in the U.S. Air Force. He spent time at two other duty stations, Shaw AFB, South Carolina and Andersen AFB, Guam. He deployed during Operation Iraqi Freedom and Operation Enduring Freedom. Throughout his career, Kitts has learned some valuable lessons that helped him grow into the Airman he is today.

"There are times that you win and times that you learn," Kitts said. "We all learn from our mistakes, it is up to you to change that loss into something positive. I've read leadership and management books from time to time and they've helped me take my losses and change them to something positive."

Kitts applied his dedication and performance along with these lessons to produce an effort recognized by AFGSC. He offers advice to younger Airmen around the Air Force who strive to reach the "standard of excellence" he sets before them.

"Everyone has the opportunity to succeed in life," Kitts said. "The future is yours; take advantage of every opportunity that you get and seek to better you whether at your job, community, involvement or education."

Kitts's supervisor expressed a few words in regards to his outstanding achievement.

"I am extremely proud of Tech. Sgt. Kitts," said Capt. Aaron Timmermann, 509th OSS flight commander. "Not only was he named the AFGSC NCO of the Year, but the mentorship he has provided to the Airmen within AFE and the 509 BW shows his dedication to the Air Force mission. His influential leadership and ability to deliberately develop the people around him cemented a new standard with AFE that will have a continuing positive effect for years!"

Kitts said he would like to thank his wife Tonia, his commanders and supervisors throughout his career for always pushing him to do his best at everything.

Leading by example: Master Sgt. Josef Albert

By Senior Airman Bryan Crane 509th Bomb Wing Public Affairs

Twelve years ago, Senior Airman Josef Albert was in Airman Leadership School learning the finer points of being a supervisor and an NCO in the world's greatest Air Force.

Today, Master Sergeant Albert is commandant of Whiteman's Airman Leadership School, and was recently named Air Force Global Strike Command's 2013 Senior NCO of the Year, earning the prestigious award for his role as commandant, community involvement, educational accomplishments, and instructing more than 230 Airmen annually on the importance of being good leaders and role models.

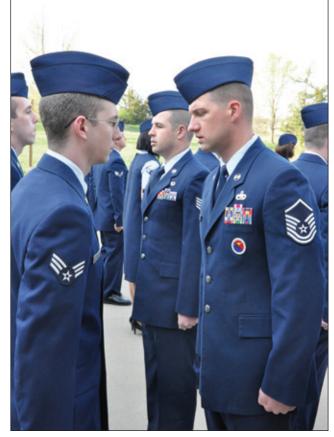
"It was a huge honor," Albert said. "I was floored when I won at the bomb wing level, so win or lose at the 8th Air Force level, I was honored to just be there." Albert added he became more nervous after winning the award.

"I became nervous because I expect so much of someone who wins an award at that level," he said. "Being recognized for such a high-level award I started to think, 'am I going to be able to exemplify the type of example one would expect from someone winning an award like this.' I expect a lot of myself and want to live up to other Airmen's expectations as well."

Albert has dedicated his Air Force career to teaching Airman in any capacity he could since his first days as a supervisor at Hurlburt Field, Florida, and as a Military Training Leader at Keesler Air Force Base, Mississippi.

"I came in at 18 and didn't always make the right decisions as a young airman," Albert said. "It was when I went to ALS that Staff Sgt. Matt Smith helped push me in the right direction and made me really believe in professional military education."

During his first supervisory role, Albert realized being a supervisor meant more than just delegating tasks to his Airmen. Being a supervisor he had to pay close attention and get to know his Airmen, and by doing this, he could possibly helped them avoid mistakes that



could cost them their careers.

"That experience early as a supervisor really made me think twice," Albert said. "I realized that I wanted to do more in a leadership role and help counseling Airmen on a larger scale."

The drive to do more led Albert to apply to be a MTL at Keesler AFB, his first role as a higher leadership figure.

"I ranked up fast while at Keesler and became a Flight Chief," Albert said. "My commander asked me about my future and what I would like to do. So I told him I would love to be an ALS Commandant. He wrote in my EPR that I would be a perfect fit in that role." Three years later he was accepted to run the ALS program here at Whiteman.

"This is in my heart, something I've wanted to do for a long time," Albert said "I am truly passionate about helping others to succeed. Seeing people achieve a sense of fulfillment in their lives and doing anything I can along the way to help is what fuels me day to day."

Albert uses the acronym RULE, which he devised years ago, as a way for him and others to succeed in life.

"RULE stands for remember, understand, learn and exemplify," Albert said. "I try to remember our heritage and those who've lost their lives for our country. No matter how bad of a day you seem to be having you can remember them and know you haven't sacrificed as much as they have. You need to make sure you really understand the core values of our Air Force. To show you understand integrity, service before self and excellence in all I do in your everyday actions not to just mindlessly say the words. You need to take every experience in life, good or bad, and learn for them. You have to really be active and seek out knowledge. Finally, you always want to exemplify. You want to be that person that always sets the example, the person others look up to."

Albert grew up in Fond du Lac, Wisconsin, and has been married to Dolsie Tomek for 15 years. They have three children: Kayla, Ethen and Kaden.

"It's an awesome experience," Albert said of being a father. "After work I don't have a lot of free time, I'm going to school for my masters degree in leadership, which takes up most of my time out of work, so I really enjoy spending as much time as I can with my kids."

Albert wanted to recognize the other senior NCOs at Whiteman and said he would not have won this award without their guidance and support.

"I'm not in this position to try to win awards," Albert concluded. "But I'm glad I was recognized for something I love doing; it really reaffirms my faith that our system works."

CMSAF Roll Call – Commitment and Courage

Roll Call! Today we serve in the world's greatest Air Force. We're an agile force that responds in a moment's notice to national threats, provides global capabilities to the joint fight, and dominates in air, space and cyberspace. We are the best, because we have the best...you. We win the fight, strengthen the team and shape the future because our Airmen share a common commitment and the necessary courage to serve and sacrifice.

We commit to our core values. We commit to each other, our fellow Airmen...the men and women who share the same heritage, the same mission and the same passion to serve. We have the courage to face an enemy under fire, the courage to take on new roles and new challenges and the courage to step forward when others may step back.

Commitment and courage set us apart as Airmen. They are the traits we must rely on to conquer a terrible problem: sexual assault.

This month we have paused for Sexual Assault Awareness Month. It's been an opportunity for us to break from the daily grind, to take a knee and to think and talk about sexual assault. We've come a long way over the last year, and yet we still have so far to go.

Sexual assault is a serious issue; it continues to destroy the lives of our fellow Airmen and weaken our force...yet make no mistake about it, we are good enough to overcome. We are the world's greatest Air Force and we have the world's greatest Airmen with the commitment and courage we need to succeed.

We must fully commit to eradicating the crime of sexual assault from the ranks. We must commit to creating an environment where every Airman is treated with dignity and respect. We must have the courage to admit sexual assault is happening and is a problem, the



courage to act when a fellow Airman is in danger, and the courage to speak up when we hear or see something that just isn't right. We know what's right, and what's not.

Throughout history we have relied on our commitment and courage to conquer our enemies, foreign and domestic, seen and unseen. We have been brave in the face of danger, because of our unshakable pledge to our nation, to the mission and to each other. We cannot

U.S. Air Force graphic/Corey Parrish

continue to win the fight if we choose to accept and ignore the reality. Sexual assault is a problem we must take on and defeat. We cannot allow this enemy from within to continue to exist and define who we are as an Air Force.

Every Airman must have the commitment and courage to conquer the enemy of sexual assault. Our greatest strength will be the cause of victory...that is you, each and every Airman.



Unlike other banks, we reduce your USAA Bank credit card APR to 4% for 12 months on your current balance and new purchases while you're deployed or PCSing. After 12 months, your variable regular APR, currently between 9.9% and 25.9%, will apply! We're committed to help make your life easier during deployment or PCS.



Apply for a USAA Bank credit card today. USAA.COM/CREDITCARD or 800-531-8722



¹ Subject to approval. As of 4/1/14, regular APRs are 9.9% to 25.9%, depending on your credit history and other factors. APRs will vary with the market based on the Prime Rate. There is a transaction fee of 3% on cash advances (\$200 maximum on each balance transfer and each convenience check) and 1% on foreign transactions waived for 12 months with this offer. Rates and fees subject to change. Please contact us for the most current information. Offer subject to approval. To receive this special 4% rate, you must tell us when you start deployment/PCS. We must receive your notice within 90 days after the start of deployment/PCS. We reserve the right to require documentation. Purchase of a bank product does not establish eligibility for or membership in USAA property and casualty insurance companies. This credit card program is issued by USAA Savings Bank, Member FDIC. © 2014 USAA. 203518-0414

BOTHWELL'S CANCER CENTER TECHNOLOGY THAT CURES. EXPERTS WHO CARE.

I find it very impressive that a city our size has the caliber of cancer care we do. We built this center so our family, friends and neighbors wouldn't have to travel for leading edge cancer treatment – they could have it right here, close to home. I'm honored to be part of the expert team that has been assembled here to provide comprehensive cancer care in such a nurturing, natural environment.

- Dr. Bassem Chaar

Call 660-829-7792 to learn why hope grows here.

Exceptional Care, close to home.



Proudly supporting MILITARY FAMILIES & THEIR DEPENDENTS

WHITEMAN SCHEDULE SUMMER 2014

Classes may be cancelled or added depending on enrollment. THE FOLLOWING CLASSES ARE NOW FORMING:

SESSION 1 (JUNE 9th - 27th) 5pm-9:20 pm Comp I M-W Speech M-W DAY SHIFT (9am - 1:20 pm) American History T-Th SESSION 2 (JUNE 30th - JULY 18th) 5pm - 9:20pm Speech M-W Principles of Management M-W American History T-Th DAY SHIFT (9am - 1:20 pm) Comp. 1 M-W SESSION 3A (JULY 21st - AUG 7th) 5pm - 9:20pm **Humanities T-Th** SESSION 3B (JULY 21st - AUG 22nd) 5pm - 9:20pm College Algebra M-W **Newly Remodeled** College Algebra T-Th Facility Hours:

Contact: SESSIO Sandy Mullins 401 Angus Lane 1 Mile West Of McDonalds Knob Noster, MO 65336 660-233-4170

660-233-4170 smullins@national.edu



© 2014 Bothwell Regional Health Center

AF top Airman gives insight to budget decisions



Air Force Chief of Staff Gen. Mark A. Welsh III speaks at the National Press Club in Washington, April 23, 2014. Welsh provided attendees a glimpse into the future of the Air Force and completed a question and answer session to conclude the breakfast.

By Staff Sgt. Torri Ingalsbe Air Force Public Affairs Agency

Operating Location-P

WASHINGTON (AFNS) -- "The demand for what the Air Force provides is on the rise; unfortunately, the supply is going in the other direction," said Air Force Chief of Staff Gen. Mark A. Welsh III.

Welsh spoke to members of the National Press Club about tough choices the Air Force has had to make in the face of budgetary constraints, during a breakfast April 23 here.

"Every recommendation we're making these days does hurt," Welsh said. "It's taking capability or capacity away from combatant commanders. We're figuring out how to wisely move forward, keeping our Air Force balanced as we downsize it over time. We're reducing capability in every one of our core mission areas, that's the reality of it -- every, single one."

Welsh described many behind-the-scenes activities and operations, which typically go unseen by most Airmen and the public.

"When you walk into a room and you look at a light switch on the wall, unless you're an electrician, you really don't have idea what's behind the wall," he said. "But every time you flip the switch, the light comes on; every, single time. That's kind of the way our Air Force is. We don't do a whole lot of things in the world that are visible to you every day."

Welsh highlighted the key mission areas in which Airmen operate on a daily basis, and the analytical processes used to determine where to make necessary cuts with the least mission impact.

"We're doing everything we can to maintain that balance between being ready to do the nation's business today, and being capable of doing it ten years from now," Welsh said. "It's hard to make a \$20 billion reduction per year without making some significant change. Trimming around the edges as we make our budget proposal just wasn't going to work. We had to look at some pretty dramatic things."

One of the dramatic changes is the proposed elimination of the A-10 Thunderbolt II fleet.

"It's not emotional, it's logical; it's analytical," Welsh explained. "It makes eminent sense from a military perspective, if you have to make these kinds of cuts. Nobody likes it."

He described the process of getting to the conclusion of cutting one of the Air Force's most beloved airplanes, and one that he has flown. To find the same \$4.2 billion savings in air superiority; intelligence, surveillance and reconnaissance; global airlift and command and control posed unacceptable risks to all service chiefs and combatant commanders, Welsh said.

"So we looked at all those options," he said. "We took each one independently and we ran it through an operational analysis, and we came very clearly to the conclusion that of all those horrible options, the least operationally impactful was to divest the A-10 fleet. That's how we got there."

Welsh said to achieve the same monetary savings of divesting the A-10 fleet, it would take about 363 F-16 Fighting Falcons out of the fight.

"Everything in this entire chain of events is hard," he said. "The balance is pretty delicate; the cuts are real. The issues are serious, and they deserve serious consideration."

Although the financial climate, coupled with a growing and evolving threat environment, puts additional strain on all branches of the nation's military, Welsh expressed his confidence in the capabilities of the Airmen in his charge.

"This is a fascinating time to be in the U.S. military, and it's a great time to be an American Airman," he said. "Your Airmen are very proud of who they are; they're incredibly proud of what they do, and they're incredibly good at doing it."

RECYCLE This Paper ...

Think Green

NO APPLICATION FEE

Monday - Friday 9:00am-5:00pm



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

Accredited since 1941

Feature

SAPR down day: Combatting sexual assault

Story and photos by Airman 1st Class Joel Pfiester 509th Bomb Wing Public Affairs

"A year ago I had no idea that I would be standing here in front of you thought we would experience.

These were the words spoken by the father of a sexual assault victim before the 5K Race for Respect at Whiteman Air Force Base Apr. 25, 2014.

The race was part of the Sexual Assault Prevention and Response standdown day that was focused on helping victims of sexual assault overcome the challenges they face, helping Airmen and civilians recognize negative at the Sexual Assault Prevention and Response office at Whiteman. behaviors offenders might display, and instructing Team Whiteman on creating healthy and respectful work environments.

Before the race, McDaniel offered insight on his families experience with sexual assault.

"It was the hardest time in my life," McDaniel said. "I've had a bunch of ent ways to prevent sexual assault.

near-death experiences but I've never experienced anything like this." McDaniel went on to explain how his family overcame the turmoil that was left in the wake of their experience.

"Basically we had to make a decision," McDaniel said. "Are we going to guys," said Robert McDaniel Sr. "This is something that our family never get busy living or are we going to get busy dying? There's light at the end of the tunnel. It may not seem like it, but there is.³

> Following the 5K, the duty day commenced with a commander's call followed by small and large group discussions led by trained unit facilitators.

> "Today has been dedicated to focusing our attention on working to rid sexual assault from our Air Force," said Amy Creighton, a victim advocate

> Participation in the SAPR stand-down day training was required for all enlisted Airmen, officers and Department of Defense civilians.

> The group discussions encouraged members to engage in conversation to help individuals better understand how sexual offenders operate and differ-

The goal of SAPR Day was to provide Airmen with tools for preventing

"I do feel like the small group discussions and SAPR Day were a great



Runners gather at the starting line of the 5K Race for Respect. More than half of Team Whiteman participated in the race.





LEFT: A runner catches his breath after completing the 5K Race for Respect. The race was the first event during the Sexual Assault Prevention and Response down-day which focuses on helping victims of sexual assault cope, recognizing negative behaviors offenders might have, and how to create positive and productive work environments.

1Lt. Katherine Felder, a victims advocate crosses the finish line during the 5K Race for Respect at Whiteman Air Force Base, Mo., April 25, 2014. Victim's advocates were placed along the route with various signs displaying facts about sexual assault.

Safety first when refueling!







By Tech Sgt. Chris Gunn 509th Civil Engineer Squadron

School is almost out and vacation is just right around the corner. Load up the minivan with the family, and head off to that luxurious vacation destination for some well-deserved rest and relaxation. But as you start the trip, you're going to have to stop by the gas station and fill up.

Did you know according to the National Fire Protection Association, an estimated 5,020 fires and explosions occurred at public service stations from 2004 to 2008, meaning on average, one in every 13 service stations experienced a fire.

So before you stop and fill up your car, truck or minivan review the safety tips at service stations.

Filling your Vehicle

• Turn off your vehicle's engine when refueling.

• Keep gasoline and other fuels out of children's sight and reach. Gasoline is

highly toxic in addition to being a fire hazard. NEVER allow a child to pump gas.

• Don't smoke, light matches or use lighters while refueling.

• Pay attention to what you're doing. Pumping gas is the transfer of a hazardous substance; don't engage in other activities.

• If you must use any electronic device, such as cell phones, computers or portable radios while refueling, follow manufacturer's instructions.

• Use only the refueling latch on the gasoline dispenser nozzle, if there is one. Do not jam the latch with an object to hold it open.

• To avoid spills, do not top off or overfill your vehicle.

• After pumping gasoline, leave the nozzle in the tank opening for a few seconds to avoid drips when you remove it.

• If a fire starts while you're refueling, don't remove the nozzle from the vehicle or try to stop the flow of gasoline. Leave the area immediately and call 911.

• Don't get in and out of your vehicle

while refueling. A static electric charge can develop on your body as you slide across the seat, and when you reach for the pump, a spark can ignite gasoline vapor.

• If you must get into the vehicle during refueling, discharge any static electricity by touching metal on the outside of the vehicle, away from the filling point, before removing the nozzle from your vehicle.

Filling Containers

• Use only approved portable containers for transporting or storing gasoline. Make sure the container is in a stable position.

• Never fill a portable container when it is in or on the vehicle. Always place the container on the ground first. Fires caused by static charges have occurred when people filled portable containers in the back of pick-up trucks, particularly those with plastic bed liners. Removing the container will also prevent a dangerous spill of gasoline.

• When filling a portable container,

keep the nozzle in direct contact with the container. Fill it only about 95 percent full to leave room for expansion.

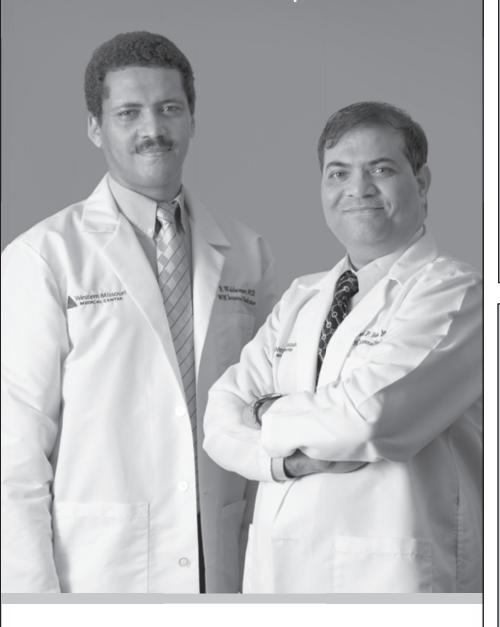
Whiteman Fire Emergency Services would like you and your family to stay safe as you visit the service station. If you have any questions about fire prevention, fire safety, or training please contact our Fire Prevention Office for information at 687-6080, 687-3748, or 687-6083.

Also, please log on to our face book page at Whiteman AFB Fire Emergency Services for more fire safety tips.





Say hello to our board-certified internal medicine specialists.



No, seriously, say hello.

Meet Bedilu Woldaregay, MD, and Syed Hasan, MD, of Western Missouri Internal Medicine. You'll be impressed by the distance they go to diagnose, treat and prevent illness. And you'll be pleasantly surprised by the short distance you have to go to find such expertise. It's all right here, closer to home.



Your Partner for Health.



Top III's MVP



U.S. Air Force photo/Senior Airman Bryan Crane Airman 1st Class Colby Nash, 509th Maintenance Squadron electrical and environmental technician, is presented the Whiteman Top III award, April 24, 2014, at Whiteman Air Force Base, Mo. Nash received the award for completing his training ahead of his peers and volunteering for Habitat for Humanity.

131st B-2 pilot's goodbye



U.S. Air National Guard photo/Senior Master Sgt. Mary-Dale Amison Lt. Col. David Thompson, 131st Bomb Wing, Missouri Air National Guard, is greeted by well–wishers on the Whiteman AFB flightline after completing his B-2 fini flight, April 26, 2014. Lt. Col. Thompson, along with Col. (now Brig. Gen.) Greg Champagne, piloted the first all-Air National Guard-launched B-2 flight in June 2008.

Service members required to get Hep B immunization

JOINT BASE SAN ANTONIO-LACKLAND, Texas (AFNS) – The Department of Defense recently updated its immunization guidelines, requiring all Service members to receive the Hepatitis B virus immunizations.

Since 2002, the Air Force has administered the vaccination to new recruits. Most deploying Airmen and health care workers have also received the vaccination. However, about 10 percent of the active-duty force has not yet been vaccinated. Hepatitis B is a potentially fatal liver disease spread by contaminated blood or body fluids.

The Hepatitis B vaccine is given in 3 doses. • Dose 1 is given.

• Dose 2 must be given at least 30 days after dose 1.

• Dose 3 must be given at least 60 days after

dose 2, and at least 120 days after dose 1.

The Aeromedical Services Information Management System has been updated to comply with this requirement. The requirement for a Hepatitis B vaccination began appearing on service members' individual medical readiness lists on March 28. Members have 365 days to complete the three-shot series before they are flagged for non-compliance.

Commanders should ensure their Unit Health Monitors notify members of this requirement. Immediate action is recommended because it takes at least four months to complete the series.

Service members can check their IMR status online by visiting the Air Force Surgeon Generals web site at https://imr.afms.mil/imr/ MyIMR.aspx.

(Information courtesy of 59th Medical Wing Public Affairs)

The Warrior May 2, 2014

Sports 2014 NFL Mock Draft

By Senior Airman Bryan Crane

Jadeveon Clowney

509th Bomb Wing Public Affairs

The 2014 NFL entry draft begins with the first round on May 8 followed by the second and third round on May 9 and the fourth through seventh rounds on May 10.

The NFL draft is the premiere event of the NFL offseason. Teams have already made big splashes in free agency and this is their last chance to add impact players for the Super Bowl runs in 2014.

1. Houston Texans - Jadeveon Clowney, DE, South Carolina

Clowney is an elite talent and the clear top pick in this draft. As the number one pick you can't pass up on a player as dynamic and physically dominating as Clowney.

2. St. Louis Rams - Sammy Watkins, WR, Clemson

Watkins comes in as the top receiver in a loaded receiver class. I see a lot of similarities to Julio Jones of the Atlanta Falcons, who any team would love to have.

3. Jacksonville Jaguars - Khalil Mack, OLB, Buffalo

Mack is a fierce pass rusher from the outside and will improve in time at dropping back in coverage. He's the second best defensive player in this draft.

4. Cleveland Browns - Johnny Manziel, QB, Texas A&M

Manziel has his question marks but he brings a ton of playmaking ability, and if he can stay healthy he could turn into a special player.

5. Oakland Raiders - Greg Robinson, OT, Auburn

Oakland would love Watkins or Mack if they slipped, but in this draft they will have to take the best player available which is Robinson.

6. Atlanta Falcons - Jake Matthews, OT, Texas A&M

Matthews is the son a Hall-of-Fame offensive lineman Bruce Matthews and cousin of NFL linebackers Clay and Casey Matthews. He can fit inat right orleft tackle.

7. Tampa Bay Buccaneers - Mike Evans, WR, Texas A&M

Putting Evans opposite the aging, yet still effective Vincent Jackson, will help whoever is quarterback in the passing game.

8. Minnesota Vikings - Blake Bortles, QB, Central Florida

Bortles is still a project at quarterback but has the physical gifts needed to succeed at the pro level. 9. Buffalo Bills - Taylor Lewan, OT, Michigan

Buffalo could use playmakers in the passing game but they also need line help. Lewan Is the best player available and tight end Eric Ebron has been linked to the Bills for a while, so he very well could be the pick.

10. Detroit Lions - Darqueze Dennard, CB, Michigan State

Dennard is in my opinion the most complete corner and could help defend the talented receiving corps in the NFC North.

11. Tennessee Titans - Aaron Donald, DT, Pittsburgh

Aaron Donald is a small defensive tackle but he's an incredibly gifted athlete that dominated the Atlanta Coast Conference. I think this is a perfect fit for the Chicago Bears to move up and take Donald ahead of the Giants, who will also be interested.

12. New York Giants - Eric Ebron, TE, North Carolina

The Giants need to add more talent to their passing game and Ebron is a matchup nightmare for defensive coordinators.

13. St. Louis Rams - Ha Ha Clinton-Dix, S, Alabama

The Rams already took Watkins with the number two pick in this mock draft, so they could go a lot of ways with this pick. Clinton-Dix is the best safety in the draft and will plug immediately into the secondary for the Rams.

14. Chicago Bears - Justin Gilbert, CB, Oklahoma State

If the Bears don't trade up for Donald, I see them taking Gilbert who some scouts feel is the best corner in the draft.

15. Pittsburgh Steelers - Kyle Fuller, CB, Virginia Tech

The Steelers could decide to trade back, which is a likely possibility. If they stay, I see them adding a corner back and Fuller is the best available at this point.

(Getty Images)

16. Dallas Cowboys - Calvin Pryor, S, Louisville

Pryor is a big hitting safety that plays well up in the box against the run. He will need work on his deep coverage skills but will be an immediate starter for the Cowboys.

17. Baltimore Ravens - Zach Martin, OT, Notre Dame

Martin will start off as a tackle, but because of length issues, could move to guard in the future. 18. New York Jets - Brandin Cooks, WR, Oregon State

Crooks is small but has good speed, hands and route running ability.

19. Miami Dolphins- Ryan Shazier, OLB, Ohio State

Shazier has great instincts that project well to the NFL. He has been a fast riser as of late.

20. Arizona Cardinals - Derek Carr, QB, Fresno State

The Cardinals have a really good team and can take a chance on Carr and have him sit behind Carson Palmer for a year or two.

21. Green Bay Packers - C.J. Mosely, OLB, Alabama

A top ten talent with an injury history, Mosley could be a great fit with the packers if he slips this far.

22. Philadelphia Eagles - Odell Beckham Jr., WR, LSU

The Eagles could go secondary with this pick but I don't like their options in this spot. Beckham is a pure playmaker and makes sense in Chip Kelly's system.

23. Kansas City Chiefs - Marqise Lee, WR, USC

The Chiefs would love Beckham to slip to them, but should take the best receiver available. Lee was slowed by injuries last year but has great route running ability and is a home run threat with the ball

24. Cincinnati Bengals - Bradley Roby, CB, Ohio State

Roby comes in with a slight question mark because of some off-the-field issues but will add youth to an aging corner back crew.

25. San Diego Chargers - Jason Verrett, CB, TCU

The Chargers need help in the secondary, and Verrett is the best available corner.

26. Cleveland Browns - Cody Latimer, WR, Indiana

The Browns added a quarterback with the fourth pick and can now look to help Josh Gordon and the receiver core. Latimer has been a fast riser and earned his spot in the first round.

27. New Orleans Saints - Kelvin Benjamin, WR, Florida State

For New Orleans, why not add another matchup threat for Drew Brees to take advantage of?

28. Carolina Panthers - Morgan Moses, OT, Virginia

The Panthers have holes on the offensive line and at wide receiver. I have them taking the best offensive tackle available- Moses who could immediately play left tackle.

29. New England Patriots - Ra'Shede Hageman, DT, Minnesota

As a Patriots fan I feel the Pats will trade out of the first round and stockpile picks because of the depth of this draft. If they stay Hageman is the pick since they need to add youth to the middle of their defensive line.

30. San Francisco 49ers - Anthony Barr, OLB, UCLA

Barr was originally slated as definite top ten pick when last season ended. He has slipped because ofquestions about his instincts, but nobody can knock his production.

31. Denver Broncos - Kony Ealy, DE, Missouri

Ealy adds depth to an already stacked Broncos team. You can never have enough pass rushers and that's Ealy's specialty.

32. Seattle Seahawks - Stephon Tuitt, DE, Notre Dame

Tuitt can immediately plug in as a replacement for the departed Red Bryant.

The draft is sure to be exciting with a flurry of trades as team fight for the players they want. Be sure to watch and follow along to see how close my mock draft is to the actual draft.

FSS — Keeping You Connected

The Warrior 3 May 2, 2014

FEATURED EVE

G

SATURDAY 5/3 Outdoor Rec is open on Saturdays! Visit us to start your adventure! Open from 8am-12pm on Saturdays! Ask us about our rates. Call 687-5565.

WEDNESDAY 5/7

Boss & Buddy-Starts at 4:30pm- Mission's End Join us for cheap wings, great food, fun & friends. Share some wings with your fellow co-workers and enjoy watching sports, or even a few of our beverage specials. Call 687-4422.





Air Force Installations around the world will be participating in the Annual America's Armed Forces Kids Run, The Whiteman AFB Youth Center will hold their run on Friday. May 9 at the Base Lake. The run is designed for youth to have fun with their families and be introduced to the lifetime fitness activity of walking and running with the emphasis on a healthy lifestyle

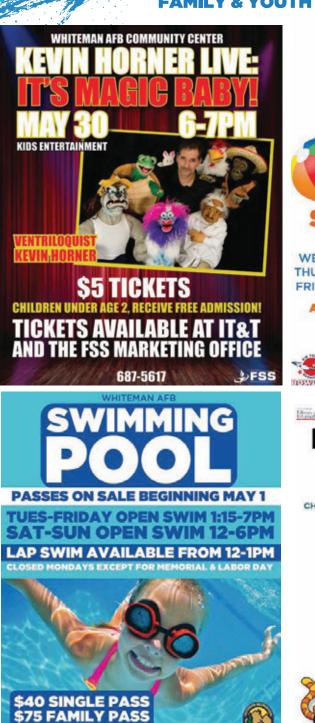
> Sign up now! Parents may call the Youth Center at 687-5586 or stop by to sign up!



Sign up for "ForceCast" to receive texts about FSS events, programs & activities to your mobile phone by clicking on the "FC" logo at the top of our website's homepage!

facebook.com/whitemanmarketing www.whitemanfss.com





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

JOIN US ONLINE @

EMANESS

N CA



Extended Duty Care (EDC)

Register now for the extended duty care program. It is available to help DoD parents meet child care requirements for extra duty during exercises and emergencies. Care is provided in a contracted, licensed family child care home to augment regular care arrangements and is FREE. Come to the FCC office for an application prior to participation. Call for more details.





Advertisements







2008 F-250 Ford Powerstroke 6.4 Liter, 160,000 miles, prior salvage title, 6-speed. \$17,000. Call (573) 257-0293.



TOP INCOME PRODUCER FOURPLEX Business with immediate income, all currently rented, two tenants over 15 years, always rents quickly. Monthly income \$1,400.00. Also, three bedroom home on adjoining lot. 601 S. Kentucky. 660-826-1117. Commercial Zoning. \$49,900.

Classifieds

The Warrior May 2, 2014

workshop with heating & cooling. \$90,000. Call

teamHARE at Re/Max of Warsaw, 660-438-7100.



tillable acres and great visibility from I-70! Easy access, located on the outer road between Emma and Sweet Spring. \$175,000 Call Steve Mott, Whitetail Properties Real Estate 816-718-7201

The Warrior 16 May 2, 2014

HRYSLER

Advertisements



888-747-5175 Jeep



329 E Young St Warrensburg, MO 64093 (660) 747-5175

Hours: Mon., Tues., Thurs. 8:30am - 7pm Wed., Fri., Saturday 8:30am - 6pm

RAM



FIRST EVER BACK-TO-BACK CHAMPION

2014

2013