

WARRIOR



Values

Heritage

Aim High...Fly-Fight-Win



IMPORTANT

ASSETS

GEN. RAND TALKS THE IMPORTANCE OF BALANCE

PG.5

PG.8

JOINING FORCES

442D FIGHTER WING PARTICIPATES IN JOINT SEARCH AND RESCUE EXERCISE

AND THE WINNERS ARE

HIGHLIGHTS OF THE ANNUAL AWARDS BANQUET

PG.11

'Vaping': Is it safer than smoking?

By **Capt. Kallyn Harencak**
509th MDOS

Over the past few years, an abundance of stores selling e-cigarettes have popped up in malls and on street corners around the country. Chances are you know someone who uses e-cigarettes, also known as 'vaping'. You may have been told that vaping is a safe alternative to smoking, or you may be using e-cigarettes in an attempt to stop smoking regular cigarettes. If you are, you certainly aren't alone. But are they really safe?

A recent study published by the U.S. Centers for Disease Control found the use of e-cigarettes more than doubled among adults from 2010 to 2013. More than 21 percent of the U.S. population has tried e-cigarettes at least once. E-cigarette use is especially prominent in current and former cigarette smokers. In fact, surveys have shown that the majority of adult e-cigarette users perceive them to be a tool to quit or reduce conventional smoking.

So what exactly is vaping? Electronic cigarettes are battery-operated devices that heat liquid to produce a vapor inhaled by the user.

Across most brands, the main components of the vaporized liquid are nicotine, a carrier liquid, such as propylene glycol or glycerol, and some type of flavoring.

To date, there have been no studies on the long-term effects of vaping, and questions regarding their safety abound. Unlike conventional cigarettes, none of the components found in e-cigarettes are regulated by the FDA. In several brands the level of nicotine measured by chemical analysis has been found to be inconsistent with the package labeling. The liquid nicotine used in e-cigarettes is extremely concentrated and highly addictive. In fact, research has shown it to be just as addictive as heroin or cocaine. It is toxic to unborn babies and has been proven to slow growth in developing brains of children. The number of calls to poison control centers for nicotine poisoning dramatically increased since the introduction of e-cigarettes to the U.S. market in 2006. The majority of these calls were for children under the age of 18.

Of particular concern are the carrier liquids. Propylene glycol and glycerol, both used as carrier liquids, are known to break down into cancer-causing chemicals.

Analysis of these liquids has also revealed trace amounts of heavy metals like tin, nickel and lead. Additive chemical flavorings also pose a health risk. Over 7,000 flavors are available in the United States, many of which are targeted at adolescents.

A 2015 study published in the journal Environmental Health Perspectives showed that the chemical flavoring additive diacetyl was present in many types of flavored e-cigarettes, particularly sweet flavors. It has been implicated in the development of bronchiolitis obliterans, also known as "popcorn lung," an incurable lung disease with symptoms similar to severe asthma.

Not convinced yet? A 2015 Harvard study demonstrated evidence of airway inflammation and narrowing, the same signs that doctors use to diagnose diseases like asthma and emphysema, after just five minutes of vaping. Though many traditional cigarette smokers are turning to vaping as a way to quit smoking, there is no data to support that e-cigarettes are safe or effective quitting tools. What you think may be the safe choice may actually be just as harmful as puffing on a cigarette.

THE WARRIOR

Editorial Staff

Brig. Gen. Paul W. Tibbets IV
509th Bomb Wing Commander

Capt. Karl Wiest
Chief, Public Affairs

2nd Lt. Matthew Van Wagenen
Public Affairs Officer

Airman 1st Class Jovan D. Banks
Editor

Senior Airman Keenan Berry
Senior Airman Sandra Marrero
Senior Airman Joel Pfister
Airman 1st Class Jazmin Smith
Airman 1st Class Michaela Slanchick
Photojournalists

The Sedalia Democrat
Layout and Design

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

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

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

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

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

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

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

Beat the Boss

The Beat the Boss program is a monthly PT test competition between 509th Bomb Wing units that will recognize outstanding teamwork and devotion to fitness at the Squadron level. Active duty 509th Airmen who score the same or higher than the commander's score of 95.4% will earn a one-day pass and those who score a 100% win a one-day pass and one of the commander's coins.



Here are the Beat the Boss results:

Senior Airman Kelton Wheeldon
509th Communications Squadron • 96.6%

Staff Sgt. Ralph York
509th Maintenance Squadron • 96.6%

Senior Airman Brandon Stone
509th Civil Engineer Squadron • 96.8%

Senior Airman Sandra Marrero
509th Bomb Wing • 96.5%

Staff Sgt. Bryan Grillo
358th Fighter Squadron • 96.1%

Capt. Brian Cheek
20th Reconnaissance Squadron • 95.5%

Senior Airman Ryan Lose
509th Aircraft Maintenance Squadron • 99.7%

Senior Airman Zachary Conlin
509th Munitions Squadron • 95.7%

Senior Airman Jeramiah Loomis
509th Maintenance Squadron • 97.6%

Airman 1st Class Joshua Olszak
509th Aircraft Maintenance Squadron • 96.8%

Senior Airman Nicholas Monteith
509th Maintenance Squadron • 96.2%

On the cover

U.S. Air Force photo/
Senior Airman Keenan Berry

Air Force Global Strike Command commander Gen. Robin Rand gives a mission brief to Airmen and their spouses at Whiteman Air Force Base, Mo., Jan. 19, 2016. The brief focused on resiliency, leadership and families, and the importance of maintaining balance in life.

NEWS BRIEFS



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

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

How to report an anonymous tip using a smart phone:

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

How to report an anonymous tip VIA text message:

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

Air Force Housing website

Visit www.housing.af.mil to find your new home with the Air Force. This website 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.

Stealth Lounge

If you are a young Airman, let the Stealth Lounge make your time at Whiteman more fun. Stop by after work to play some pool, darts, foosball, or the newest games on Xbox One or Playstation 4. The lounge opens at 4 p.m. during the week and noon on weekends. There is free dinner every Friday at 4:30 p.m. There are also free premium snacks and Wi-Fi. Come for the free stuff, stay for the fun and friends.


Please like the Stealth Lounge on Facebook to stay up to date on special events and tournaments.

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 Sunny Hi 59 Lo 26 | Saturday Mostly Sunny Hi 60 Lo 35 |
| Sunday Partly Sunny Hi 57 Lo 43 | Monday Chance of Rain Hi 46 Lo 34 |



BLACK HISTORY MONTH

Proclamation Signing (Library) 1430 Feb. 1, 2016
BLACK HISTORY DISPLAY: BOOKS-TO-FILM



BLACK HISTORY MONTH

HALLOWED GROUNDS: Sites of African American Memories



Reel Time Theaters

We're saving a seat for you.

FRIDAY, JAN. 29 • 7 p.m.

SATURDAY, JAN. 30 • 7 p.m.

Star Wars: The Force Awakens (PG-13)

Daddy's Home (PG-13)

Adults - \$6.25, children - \$4.00

Adults - \$6.25, children - \$4.00

SUNDAY, JAN. 31 • 7 p.m.

Concussion (PG-13)

Adults - \$6.25, children - \$4.00

Congrats Major selects

Promotion to Major represents a significant accomplishment for these officers and a trust in their ability to lead our Service into the future. Please congratulate these individuals when you see them.

Capt. Dustin Bodine
13th Bomb Squadron

Capt. David Perry
20th Reconnaissance Squadron

Capt. Phillip Demeter
393rd Bomb Squadron

Capt. Grant Smith
20th Reconnaissance Squadron

Capt. Steven Gumble
509th Operations Support Squadron

Capt. Daniel StClair
509th Bomb Wing

Capt. Travis Ireson
20th Reconnaissance Squadron

Capt. John Sullivan
509th Security Forces Squadron
(IDE Select)

Capt. Michael Jackson
93rd Bomb Squadron

Capt. Joseph Vandusen
13th Bomb Squadron

Capt. Timothy Juselis
13th Bomb Squadron

Capt. Raymond Venable
20th Reconnaissance Squadron

Capt. Bryan Kloepper
509th Maintenance Group

Capt. Spencer Wartman
13th Bomb Squadron

Capt. Andrew Kousgaard
509th Operations Support Squadron
(IDE Select)

Capt. Aaron Young
13th Bomb Squadron
(IDE Select)

Capt. Jimmy Livingston
509th Logistics Readiness Squadron



AFGSC commander visits Whiteman



U.S. Air Force photo illustration/Airman 1st Class Jazmin Smith
Members of Team Whiteman stand with Gen. Robin Rand, Air Force Global Strike Command commander, his wife, Kim, and AFGSC Command Chief Master Sergeant Calvin Williams next to a B-2 Spirit at Whiteman Air Force Base, Mo., Jan. 19, 2016. While touring the aircraft, AFGSC leadership met with Airmen to hear about weapon systems available to the world's premier stealth bomber.



U.S. Air Force photo/Senior Airman Keenan Berry
Staff Sgt. Robert L. Willis, 509th Logistics Readiness Squadron non-commissioned officer in charge of vehicle maintenance, receives a coin from Gen. Robin Rand, AFGSC commander, for his superior performance. Willis served four years as a technical instructor at Port Hueneme, Calif., and his current goal is to pursue his bachelor's degree as an elementary school teacher.



U.S. Air Force photo/ Airman 1st Class Jazmin Smith
Kim Rand, right, wife of AFGSC commander Gen. Robin Rand, talks with Patricia Cotton, left, a 509th Force Support Squadron community readiness technician, during a coffee social with key spouses at Whiteman Air Force Base, Mo., Jan. 20, 2016. The Key Spouse program is an Airman and Family Readiness Center program offering support and mentoring on resources available while service members are deployed.



U.S. Air Force photo/Airman 1st Class Jazmin Smith
Gen. Robin Rand, AFGSC commander, speaks with Senior Airman Rebecca Krause, an aircraft armament journeyman assigned to the 131st Aircraft Maintenance Squadron, prior to receiving a coin for her superior performance. Krause filled a one-year temporary technician position as a weapons loader, working full-time alongside active-duty counterparts, where she trained 10 active duty and Guard members. Her continuity of training is an important factor to the armament shop's 98 percent pass rate.

By Tech. Sgt. Miguel Lara III
509th Bomb Wing Public Affairs

Gen. Robin Rand, commander of Air Force Global Strike Command, his wife Kim, and Chief Master Sgt. Calvin Williams, AFGSC command chief, visited here Jan. 19 - 21 to meet with the Airmen of the world's only B-2 stealth bomber base.

During his visit, Rand spoke with Airmen and leadership from the 509th Bomb Wing, the 131st Bomb Wing, the 442nd Fighter Wing and other tenant units on the current status of the command Air Force issues. He also toured base facilities to gain a better understanding of the Whiteman mission.

Members of Team Whiteman attended an all-call where

AFGSC leaders stressed the importance of Whiteman's unique B-2 mission, communicating how every Airman's effort impacts the overall global strike mission.

Rand emphasized the importance of being good wingmen for each other, investing in families and overcoming challenges to sustain a resilient Air Force community.

"It's personal. We recruit Airmen, and retain families...or we lose them. This is built on the foundation of the Profession of Arms...our Core Values and the Airman's Creed," Rand said. "If you want to fix a challenge, be a good wingman, be good at your job and foster a culture of dignity and respect."

While at Whiteman, Mrs. Rand visited base support agencies and observed the many aspects of what makes the base a functioning community while hearing from key spouses and



U.S. Air Force photo/Senior Airman Keenan Berry
Capt. Jesse Hemsworth, a 509th Medical Operations Squadron physician's assistant, explains decontamination procedures to Gen. Robin Rand, AFGSC commander, at Whiteman Air Force Base, Mo., Jan. 20, 2016. In addition to visiting the 509th Medical Group, Rand visited different facilities and learned about their missions as well as future base innovations.

unit representatives on resources and programs available to service members and their families.

Prior to departing, the commander thanked the Airmen for their hospitality and professionalism. Brig. Gen. Paul W. Tibbets IV, the 509th Bomb Wing commander, echoed Rand's sentiments and stressed the importance of upholding the Whiteman legacy and staying true to the Air Force core values.

"I would like to reiterate that I am extremely impressed by the dedication, capability and the credibility each member of Team Whiteman displays as we continue the vitally important mission of strategic deterrence," Tibbets said. "We all are focused on upholding the legacy of excellence that Team Whiteman is famous for, and we are excited to be writing the next chapter in our storied history."

filler

Whiteman Spouses' Club
Presents

Gift from the Heart
CHARITY AUCTION 

Come as a flapper, come as you are
Dress as a gangster or silent screen star
It's going to be fun, no matter the dress
Just bring yourself and we'll do the rest!

Saturday, February 20
Mission's End

| | |
|---|--|
| <p>\$20/PERSON <small>(Bid Number Included)</small></p> <p>6:00pm <i>Social Hour & Silent Auction</i></p> <p>7:30pm <i>Live / Piccadilly Auction</i> Heavy hors-d'oeuvres served</p> | <p>\$250/TABLE <small>VP Table of 8 Bid Number Included Additional VP Perks</small></p> |
|---|--|

Bring your quarters for the Piccadilly auction. Items start at \$.25. One lucky number wins the loot!

Seats are limited - reserve today
Tickets available by emailing
wsccharityauction@gmail.com

 *Proceeds benefit WSC scholarships and charities* 

Uphold the legacy of

**E
X
C
E
L
L
E
N
C
E**

Sports-guard day at Whiteman Dental Clinic

Each year, thousands of people get hurt on the playing field or basketball court or while skateboarding, biking and other physical activities. Blows to the face in nearly any sport can injure your teeth, lips, cheeks and tongue. A properly fitted mouth guard, or mouth protector, is an important piece of athletic gear that can protect your smile.

You may have seen them used in contact sports, such as football, boxing and ice hockey.

However, you don't have to be on the football field to benefit from a mouth guard. New findings in sports dentistry show that even in non-contact sports, such as gymnastics, rollerblading and field hockey, mouth



guards help protect teeth. Many experts, including your local Whiteman dentists, recommend using a mouth guard for any recreational activity that poses a risk of injury to the mouth.

The team at the Whiteman Dental Clinic is committed to promoting the health of the community they serve and are opening up their doors,

Saturday, Jan. 30 from 9 a.m. to 2 p.m. as part of a Sports Guard Awareness Day. This event is open to all active-duty service members and their family members ages 8 and older. Participants will have a mold made of their upper teeth in addition to being provided proper use and home care instructions. After the custom sports guards are fabricated, members will be contacted by phone to pick them up at the clinic. Please allow up to 10 business days to receive the call. No other dental treatment will be provided or scheduled at this time. Call 660-687-2201 during 7 a.m. to 4 p.m. for more information.

New Fitness Center hours of operation

The Fitness Center will be operating under new hours starting Feb. 1, 2016.

The facility will continue to have 24/7 accessibility during unmanned hours.

Monday-Thursday: 5 a.m. to 9 p.m.

Friday: 5 a.m. to 6 p.m.

Saturday & Sunday: 10 a.m. to 5 p.m.

AFGSC family days: unmanned, with 24/7 accessibility • Federal holidays: unmanned, with 24/7 accessibility

Annual Award winners recognized at banquet



U.S. Air Force Brig. Gen. Paul W. Tibbets IV, the 509th Bomb Wing commander, speaks at the 2015 Annual Awards Banquet at the University of Central Missouri in Warrensburg, Mo., Jan. 22, 2016. Members of the 509th Bomb Wing were presented awards in categories such as NCO of the Year, First Sergeant of the Year and Volunteer of the Year.

Airman of the Year:
Senior Airman Bryan Nixon, 509th OSS

Non Commissioned Officer of the Year:
Tech. Sgt. Noah Leiter, 509th CES

Senior Non Commissioned Officer of the Year:
Master Sgt. Shaun Hardy, 509th AMXS

Company Grade Officer of the Year:
Capt. Kyle Boomer, 509th CES

Field Grade Officer of the Year:
Lt. Col. Michael Bogaard, 509th MDG

First Sergeant of the Year:
Master Sgt. Chasidy Sells, 509th AMXS

Honor Guard Member of the Year:
Senior Airman Marco Cardenas, 509th MDG

Volunteer of the Year:
Mrs. Trisha Wilcox, 509th FSS

Civilian Associate of the Year:
Mrs. Sonia Campbell, 509th OG

Civilian Specialist/Manager of the Year:
Mrs. Jessica Cable, 509th MUNS

Civilian Supervisor of the Year:
Mrs. Angela Anderson, 509th FSS

Innovator of the Year:
Maj. Danny Elich, 509th OG

Supervisor of the Year:
Staff Sgt. Daniel Jones, 509th FSS

Congratulations again to our award winners!

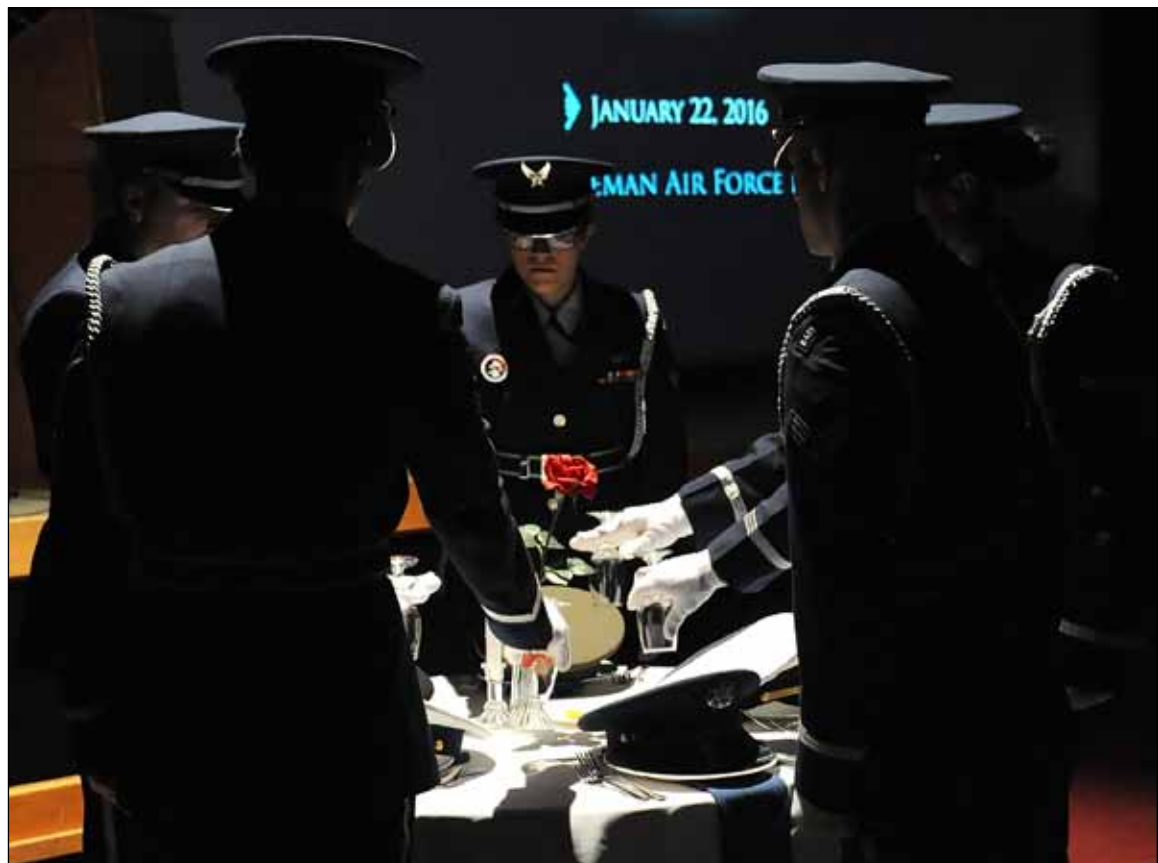


The 2015 Annual Award winners lead Team Whiteman in the Air Force song at the University of Central Missouri in Warrensburg, Mo., Jan. 22, 2016. Members of the 509th Bomb Wing received awards such as NCO of the Year, First Sergeant of the Year and Volunteer of the Year at the 2015 Annual Awards Banquet.



Dan Clark, the author of the "Chicken Noodle Soup for the Soul" series, speaks to members of Team Whiteman at the University of Central Missouri in Warrensburg, Mo., Jan. 22, 2016, during the 2015 Annual Awards Banquet. Clark highlighted the positive impact of the 509th Bomb Wing priorities and expressed his gratitude for service members.

*U.S. Air Force photos/
Airman 1st Class Michaela R. Slanchik*



Members of the 509th Force Support Squadron honor guard perform a Prisoner Of War and Missing In Action recognition ceremony during the 2015 Annual Awards Banquet at the University of Central Missouri in Warrensburg, Mo., Jan. 22, 2016. The ceremony recognizes fallen, missing or imprisoned service members.

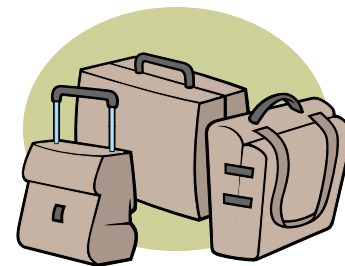
services page

PCS excess baggage charge reimbursement

Due to a new interpretation and a recent change to the Joint Travel Regulation, excess baggage reimbursement authority has been re-evaluated.

If you PCS'd on or after Oct. 1, 2014 and were denied reimbursement by the financial services center for an excess baggage charge for your PCS (up to two bags per traveler, each weighing up to 70 pounds), you may be entitled to resubmit a claim for payment as a supplemental voucher. Receipts for excess baggage may be needed to substantiate reimbursement if not provided with the original travel voucher submission.

If you have questions or need additional information to determine if you qualify for reimbursement, contact finance customer service at 660-687-2006 or email 509cpts-fmf@us.af.mil.



classifieds

