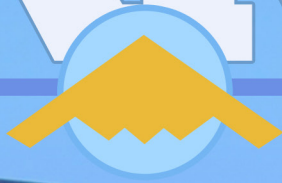


WARRIOR



FAMILY

RUNNING IN THE NAME OF

RESILIENCY

▶ TEAM WHITEMAN PARTICIPATES IN STRIKER LIFE RUN

PG.8



▶ PG.3 COURAGE TO FIGHT CANCER

TEAM WHITEMAN MEMBER TELLS HER SURVIVOR STORY

▶ PG.2 WING WELCOMING

509TH GETS NEW VICE COMMANDER

509TH BOMB WING HAS A NEW VICE COMMANDER

509th Bomb Wing Leadership



Col. Mark R. Ely
VICE COMMANDER, 509TH BOMB WING

Colonel Ely grew up in Tarpon Springs, Florida, and received his commission after graduating from the United States Air Force Academy in 1992. Earning his pilot wings from undergraduate pilot training in 1996, he has flown more than 3,400 hours, to include over 200 hours in combat.

Colonel Ely has served in a variety of operational assignments. He has served as a B-52 instructor and evaluator pilot at Barksdale AFB, Louisiana, and commanded the 23d Bomb Squadron at Minot AFB, North Dakota. He has held staff assignments at the Air Force Personnel Center, Randolph AFB, Texas, and the Pentagon, serving in the Headquarters U.S. Air Force. His most recent assignment was at the Joint Functional Component Command for Global Strike, U.S. Strategic Command, Offutt AFB, Nebraska.

ASSIGNMENTS



FLIGHT INFORMATION

3,400
FLIGHT HOURS
200+
COMBAT
AIRCRAFT FLOWN
T-37, T-38,
B-52H, B-2A



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:



- Staff Sgt. Joseph Lee • 509th CS • 97.1%
- 2nd Lt. Michelle Petry • 509th CES • 100%
- Staff Sgt. Nathan Farris • 509th MUNS • 95.9%
- Senior Airman Usuwinn Zorn • 509th OSS • 98.9%
- Master Sgt. Raymond Capehart • 509th BW • 97.4%
- Staff Sgt. Erron Sayas • 509th OSS • 96.6%
- Senior Airman Zachary Williams • 509th MDOS • 98.5%
- Senior Airman Jaron Radebaugh • 509th MXS • 100%
- Senior Airman Michael Driskill • 509th BW • 95.7
- Senior Airman Guillermo Flores • 509th AMXS • 97.9%

- Master Sgt. Julia Cheney • 20th ATKS • 100%
- Tech. Sgt. Michael Denuette • 20th ATKS • 98.4%
- Senior Airman Joshua Garcez • 509th AMXS • 95.7%
- Capt. Gaetano Falcone • 13th BS • 97.9%
- Lt. Col. John Lantz • 509th CES • 99.1%
- Airman Colin Graceffa • 509th MXS • 95.4%
- Tech. Sgt. Tia Wiggers • 509th LRS • 96.2%
- Staff Sgt. Matthew Madore • 509th MDOS • 95.7%
- Maj. Jasmine Simmons • 509th MDOS • 96.5%
- Maj. Kellie Courtland • 509th LRS • 98.2%

THE WARRIOR

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509th Bomb Wing Commander

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

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

On the cover

U.S. Air Force photo/
Tech. Sgt. Miguel Lara III
Participants take off at the start of a 5K during the fifth-annual Striker Life run at Whiteman Air Force Base, Mo., May 21, 2016. The event also included a half marathon and 10K race open to all ages, military or non-military affiliated.

NEWS BRIEFS



U.S. AIR FORCE
EagleEyes

WATCH.REPORT.PROTECT.

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	Saturday
Storms Likely	Chance of Storms
Hi 76	Hi 79
Lo 67	Lo 64
Sunday	Monday
Chance of Storms	Partly Sunny
Hi 83	Hi 83
Lo 63	Lo 64

More than surviving

By Airman 1st Class
Michaela R. Slanchik
509th Bomb Wing Public Affairs

"Other people get cancer, not me," said U.S. Air Force Staff Sgt. Lauren Palmer, a 509th Aircraft Maintenance Squadron (AMXS) commander support staff (CSS) personnel craftsman. "That will never happen to me."

That's exactly what Palmer thought—even after she noticed a lump on the bottom of her neck in August 2014.

She made a doctor's appointment to see what else it could be. A biopsy was performed on October 16, and the following Monday she received the official diagnosis.

"I remember being in ALS [Airman Leadership School] after we finished PT [physical training] and were cleaning the building," said Palmer. "The doctors called me at 3 o'clock and said, 'You have Hodgkin's lymphoma.'"

"That was it, I had cancer," said Palmer.

Hodgkin's lymphoma, also known as Hodgkin's disease, is a rare cancer that attacks the lymphatic system.

The 509th AMXS CSS Airman, wife and wingman was now fighting for her life.

"At first I felt crushed; I was upset; I didn't know what to do," said Palmer. "I really faced mortality—I had something in my body killing me."

The Air Force teaches Airmen to be physically, mentally, spiritually and socially fit, but sometimes there is little that can be done to prepare for the struggles they may face. However, you can choose to overcome—and that's exactly what Palmer chose to do.

David Roberts, Palmer's husband, said the hardest part at first was when she started losing her hair due to the chemotherapy.

"It's always been Lauren and Lauren's hair," said Roberts. "So when we had to buzz it all off, it was kind of a big deal. I would always fluff her hair up and she would get really mad. I had to do it one last time before we cut it all off. Then we buzzed half of it; then both sides and left the top. I



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

U.S. Air Force Staff Sgt. Lauren Palmer, a 509th Aircraft Maintenance Squadron commander support staff personnel craftsman, marshalls a B-2 Spirit at Whiteman Air Force Base, Mo., May 4, 2016. Palmer was nominated for the opportunity in order to see what it's like to work directly with the B-2 and its mission.

tried to keep it up-beat and positive through the whole thing."

Roberts said in order to make it more fun, the couple took pictures of her hair in its various stages of being cut off.

Palmer said she was known for her curly hair and felt that part of her identity was missing when she initially lost her hair.

Three days after the hair cut Palmer said, "This saves me an hour every morning. I like this."

Because of her support system, Palmer said her time going through chemo wasn't the struggle she had imagined.

"My husband was so supportive; my work was so supportive; my nurses were awesome; and the people around me getting chemo were awesome," said Palmer. "I was surrounded by a group of people full of vibrancy."

Even with her support team, the challenges her cancer posed would become increasingly evident in her day-to-day fight.

"I felt tired. I felt nauseous. I felt like I

was running a 5K all day, every day," said Palmer. "I would be sitting on the couch and be out of breath. I would get tired just from walking across the room."

Palmer said although she felt sick and decrepit, she didn't want to look or act that way.

"Every time I went to get chemo, I would get dressed up," said Palmer. "I'd wear a strapless dress so it was easier to get the [chemotherapy] port in. I would put some mascara on my then-little, tiny eyelashes. My nurses were so proud of me."

Although there were times when Palmer said she would get tired of being sick and was depressed or hopeless, she never let the thoughts stay for very long. She knew she was going to make it through.

"I definitely had my moments where I thought 'What if this did defeat me? Should I let this defeat me?'" said Palmer. "A lot of the healing comes from your mental attitude. I decided that I was going to get better and make it through cancer. I had plans for the future. I couldn't not make it."

Palmer said that she is proud of who she has become as a person. She made a choice to be an optimistic, positive person regardless of the adversity she faced.

"You can sit and wallow, curse and scream, rip your hair out. But where does that get you?" asked Palmer. "It's not going to take away your cancer or anything else you're going through. Instead, you can choose to be a positive influence to those around you."

Palmer said she appreciates her job more now. Every day she strives for excellence and pushes herself to be her best.

"I could be sitting at home feeling sick all day, or I could be at work accomplishing something and helping other people," said Palmer. "It's a gift and a joy to put the uniform on and go to work every day. I absolutely love every opportunity the Air Force can provide. I got to marshall a B-2 the other day! I enjoy those once-in-a-lifetime kinds of experiences."

Between the bills, needing time off



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

U.S. Air Force Staff Sgt. Lauren Palmer, a 509th Aircraft Maintenance Squadron commander support staff personnel craftsman, right, and her husband, David Roberts, reminisce on past trials and triumphs in their home May 13, 2016. The couple told their story about the journey after Palmer was diagnosed with Hodgkin's lymphoma in October, 2014.

See Surviving, page 5

Team Whiteman all-school graduates

PARK UNIVERSITY

Bachelor of Science Degree Candidates

Melanie L. Bainbridge.....	Management/Health Care
Staff Sgt. Gary Coffey	Social Psychology
Heather M. Elwell	Social Psychology
Walter A. Farwell **	Management/Human Resources
Ayla M. Frazier.....	Management/Human Resources
JaEllen Hickman.....	Management/Health Care
Master Sgt. Maurice I. Ingram.....	Management/Human Resources
Senior Airman Nicole H. Jones.....	Criminal Justice/Law Enforcement
Master Sgt. Alicia Maharaj *	Management/Computer Information Systems
Tech. Sgt. Crystal A. Manning	Management/Human Resources
Senior Master Sgt. Jeffrey D. Martin *	Management/Computer Information Systems
Micaela D. Rush	Management/Health Care
Jacob R. Schumacher.....	Management/Human Resources
Kristin L. Shaw.....	Management/Health Care
Tech. Sgt. James D. Stucks	Management/Human Resources
Raymond G. Switzer ***	Social Psychology
Jennifer L. Unkel **	Management/Health Care
Charles A. Wilson.....	Management/Accounting

- # With Honors
- * Cum Laude
- ** Magna Cum Laude
- *** Summa Cum Laude

STATE FAIR COMMUNITY COLLEGE

Associate of Arts Degree Candidates

Alluzyn Armendariz.....	Open
Staff Sgt. Lindsey D'Agostino	Open
Bailey Dusenbery.....	Open
Senior Airman Corey Erevia *	Mathematics
Senior Airman Shawna Ericksen	Business
Senior Airman Derek Field	Conservation
Senior Airman Samantha Field.....	Open
Shelby Goodman.....	Social Work
Senior Airman Paul Hollister *	Open
Staff Sgt. Andrea Huffstetler.....	Open
Staff Sgt. Rebecca D. Long.....	Open
Cassandra Love.....	Allied Health/BSN
Gavin McKenzie.....	Open
Cory Ann Nicolson	Allied Health/ADN
Staff Sgt. Eric-Bailey Olivero.....	Chemistry
Senior Airman Fontaine Richardson.....	Open
Angelo Stephens Jr.	Open

Associate of Applied Science Candidate

Traci Schroeder	Health Information Technology
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Associate of Science Candidate

Staff Sgt. Lavon Lehman **.....	Engineering
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*Honors (GPA 3.60 to 3.84)

**Highest Honors (GPA 3.85 to 4.0)

Reel Time Theaters

We're saving a seat for you.

FRIDAY, MAY 27 • 7 p.m.

Angry Birds (PG)

Adults - \$6.25, children - \$4.00

SATURDAY, MAY 28 • 7 p.m.

The Jungle Book (PG)

Adults - \$6.25, children - \$4.00

SUNDAY, MAY 29 • 3 p.m.

The Jungle Book (PG)

Adults - \$6.25, children - \$4.00

Surviving

Continued from Page 3

of work and a strong support group, Palmer said she was thankful to be a part of the Air Force family throughout the whole experience.

“I couldn’t have asked for a better support system than the military,” said Palmer. “Being able to gain the inspiration and hear the stories of other [non-combat and combat] wounded warriors helped me make it through.”

Palmer was in remission as of Feb. 24, 2015, meaning there was no active cancer. On June 23, 2015, she was declared cancer-free, and on Dec. 10, 2015, her chemotherapy port was removed.

“It was a wonderful, glorious moment in my life,” said Palmer. “My cancer was definitely a very positive time in

my life, and I really wouldn’t trade that experience for the world. It really made me appreciate everything that life has to offer and the importance of being here and being alive. I hope to use my cancer and help other people. If I help motivate or inspire someone to be resilient, then it was worth it.”

Today, instead of focusing on her long-term plans, as she used to, Palmer said she focuses on what is happening in any given moment and getting the most out of it.

“What the future holds for me is just trying to maintain a positive and healthy environment for myself and those people around me and trying to remain as resilient and happy as possible,” said Palmer. “I think that’s my goal in life—to be as happy and positive as possible.”

Whiteman AFB newest Master Sgt. selects



Tech. Sgt. Christy Aguigui 509th Security Forces Squadron	Tech. Sgt. Richard Jenkins 358th Fighter Squadron	Tech. Sgt. William Radcliff 72nd Test & Evaluation Squadron
Tech. Sgt. Antwaynete Andrews 509th Communications Squadron	Tech. Sgt. Tyler Johnson 509th Aircraft Maintenance Squadron	Tech. Sgt. Janie Ramsey 509th Bomb Wing
Tech. Sgt. Joseph Atherton 509th Munitions Squadron	Tech. Sgt. Jonathan Kannenberg 509th Civil Engineer Squadron	Tech. Sgt. Troy Ramsey 509th Aircraft Maintenance Squadron
Tech. Sgt. Vincent Baugh 509th Force Support Squadron	Tech. Sgt. Joshua Karash 509th Medical Operations Squadron	Tech. Sgt. Sean Rowe 72nd Test & Evaluation Squadron
Tech. Sgt. Cody Brewer 509th Communications Squadron	Tech. Sgt. Anthony Lardino 509th Force Support Squadron	Tech. Sgt. Jayme Sanford 509th Aircraft Maintenance Squadron
Tech. Sgt. Jamarco Clinton 20th Attack Squadron	Tech. Sgt. Marie Lee 509th Munitions Squadron	Tech. Sgt. Dustin Schwartz 358th Fighter Squadron
Tech. Sgt. Michael Connor 509th Aircraft Maintenance Squadron	Tech. Sgt. Noah Leiter 509th Civil Engineer Squadron	Tech. Sgt. David Seenauth 372nd Training Squadron
Tech. Sgt. Stephen Cook 509th Logistics Readiness Squadron	Tech. Sgt. Cole Miller 509th Security Forces Squadron	Tech. Sgt. Elzbieta Shockley 509th Force Support Squadron
Tech. Sgt. Albert Dean 358th Fighter Squadron	Tech. Sgt. Jon Moentmann 509th Communications Squadron	Tech. Sgt. Daniel Smith 509th Security Forces Squadron
Tech. Sgt. Michael Denutte 20th Attack Squadron	Tech. Sgt. Marvin Morris 509th Medical Support Squadron	Tech. Sgt. Jennifer Sponseller 509th Bomb Wing
Tech. Sgt. Gabriel Deverney 509th Maintenance Squadron	Tech. Sgt. Florenda Mullinex 509th Bomb Wing	Tech. Sgt. Kirkland Walker 509th Aircraft Maintenance Squadron
Tech. Sgt. Matthew Finney 393rd Bomb Squadron	Tech. Sgt. William Nehrt 509th Maintenance Squadron	Tech. Sgt. Tia Wiggers 509th Logistics Readiness Squadron
Tech. Sgt. Christina Hollis 509th Munitions Squadron	Tech. Sgt. Michael Perkins 509th Civil Engineer Squadron	Tech. Sgt. Landon Wilcox 509th Logistics Readiness Squadron
Tech. Sgt. Eric Hunt 509th Aircraft Maintenance Squadron	Tech. Sgt. Trisha Petersen 509th Munitions Squadron	

Mess Dress Giveaway

SUBMIT YOUR BEST PICTURE AND WIN A FULL MESS DRESS!
ONE COMPLETE MESS DRESS UNIFORM FOR
ONE MALE AIRMAN AND ONE FEMALE AIRMAN.
PLUS EACH WINNER WILL GET TWO TICKETS TO THE AF BALL !

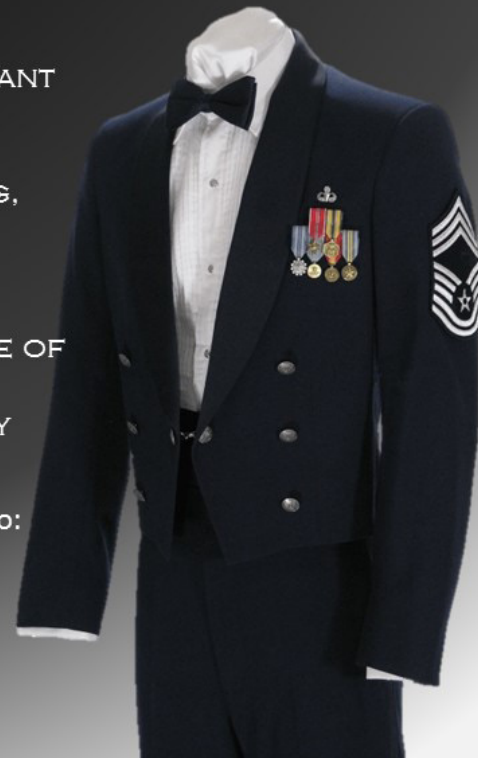
THEME:

“Excellence, the True Spirit and Legacy of Whiteman AFB”

RULES:

- OPEN TO E-4 AND BELOW
- ONE ENTRY PER CONTESTANT
- SUBMISSION MUST BE AN ORIGINAL IMAGE (DRAWING, PAINTING, ETC. CREATED DIGITALLY OR BY HAND)
- MUST SUPPORT THE THEME OF THIS YEAR'S AF BALL AND INCLUDE AN EXPLANATORY ESSAY.

Submission deadline 10 Jun 2016 to:
MSgt Jeremiah Carley
MSgt Sean Morris



Sponsored by the AF Ball Committee
Funded by the Whiteman Spouses Group



April 2016 courts-martial, Article 15s and discharges

Below is a summary of some of the more serious disciplinary actions that have occurred on base in April 2016.

Non-Judicial Punishment

- A Master Sgt. from the 509th Maintenance Squadron received an Article 15 for violations of Article 92, UCMJ, for maintaining an unprofessional relationship, and Article 128, UCMJ, for simple assault. For these offenses, the member received a reduction to the grade of Tech. Sgt., forfeiture of \$2,002 pay per month for two months (suspended), and a reprimand.

- An Airman 1st Class from the 509th Maintenance Squadron received an Article 15 for two violations of Article 111, UCMJ, for reckless and drunken driving. For these offenses, the member received a reduction to the grade of Airman, forfeiture of \$878 pay per month for two months (suspended), 30 days restriction to base, 30 days extra duty, and a reprimand.

Courts-Martial

- Senior Airman Thomas J. Neill from the 509th Logistics Readiness Squadron was found guilty at a general court-martial of two violations of Article 121, UCMJ, for theft of non-government property of a value under \$500, and one violation of Article 130, UCMJ, larceny. Neill was sentenced to reduction to the grade of Airman Basic, four months confinement, and a bad conduct discharge.

Discharges

- A Senior Airman received an involuntary administrative discharge for failure to maintain physical fitness standards, for which the member received an honorable service characterization.

- A Senior Airman received an involuntary administrative discharge for conditions that interfere with military service, for which the member received an honorable service characterization.

- Two Airman 1st Class received involuntary administrative discharges for conditions that interfere with military service, for which the members received honorable service characterizations.

- An Airman 1st Class received an involuntary administrative discharge for failure to maintain physical fitness standards, for which the member received an honorable service characterization.



services page



Team Whiteman,

The new Stars and Strikes Bowling Center's grand opening is right around the corner, and in conjunction, we are holding a naming contest for the new street!

Names are very important; Whiteman AFB has meaningful names for buildings and streets located on the installation.

Get those creative juices flowing and help the 509th Force Support Squadron name "New Street."

Here is how the contest works:

Step 1: Review all of the submission guidelines posted to www.whiteman.af.mil.

Step 2: Come up with a name that would be respectful, tasteful and worthy of the Whiteman legacy.

Step 3: Forward the name and reasoning to 509.BW.PA@us.af.mil between 8 a.m. on May 25, 2016 to 5 p.m. on June 6, 2016.

Step 4: The winner will be notified if their entry has been selected as the street name and a prize will be awarded.

If you have any questions please contact the 509th Bomb Wing Public Affairs office at 660-687-5727 or by email at 509.BW.PA@us.af.mil.

classifieds

