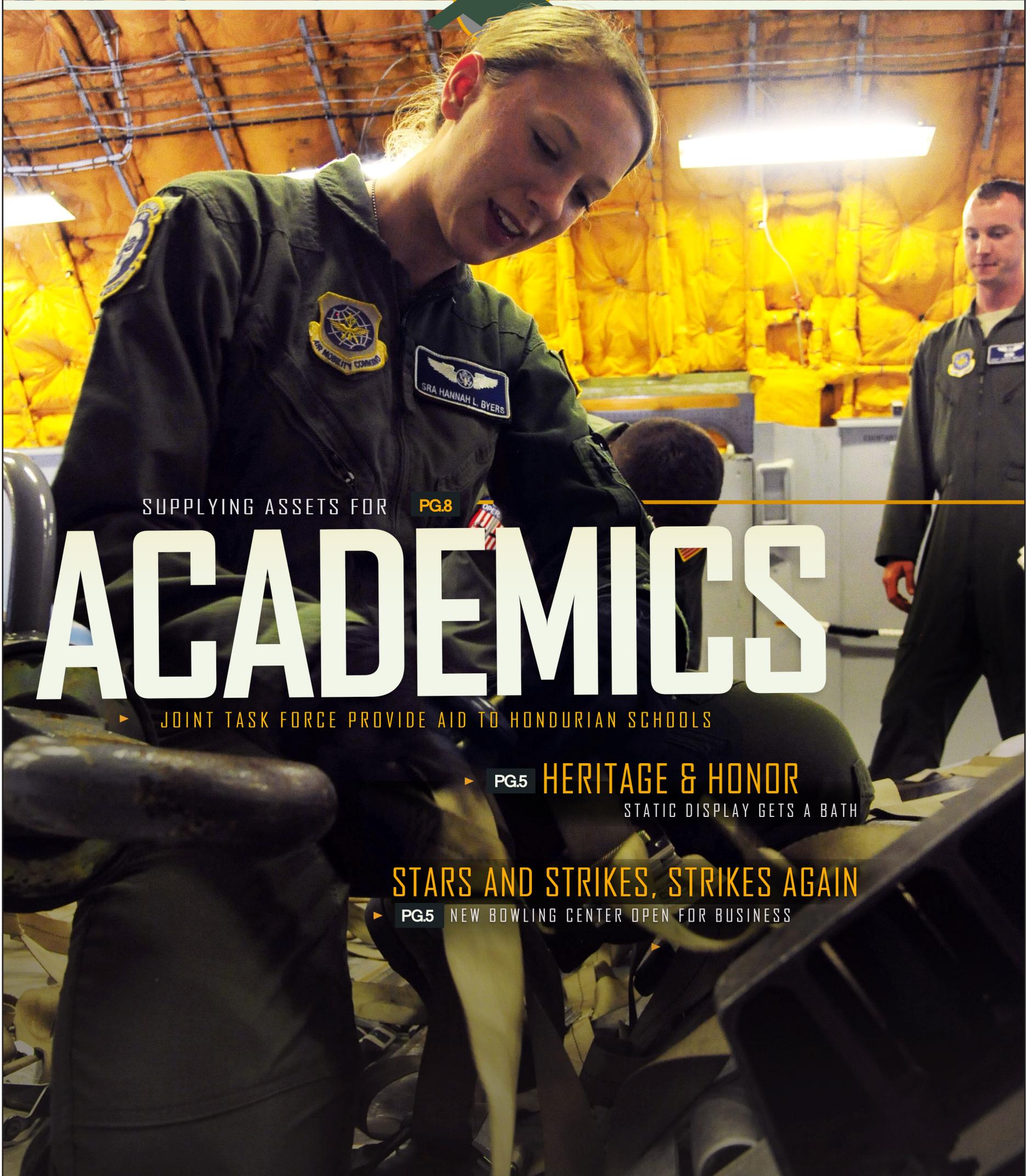


# WARRIOR



SUPPLYING ASSETS FOR **PG.8**

# ACADEMICS

▶ JOINT TASK FORCE PROVIDE AID TO HONDURIAN SCHOOLS

▶ **PG.5 HERITAGE & HONOR**  
STATIC DISPLAY GETS A BATH

**STARS AND STRIKES, STRIKES AGAIN**  
▶ **PG.5** NEW BOWLING CENTER OPEN FOR BUSINESS

# Life lessons learned on the diamond

By Lt. Col. Justin Grieve  
509th Operations Support Squadron

When I was a kid, my parents moved around a lot. I was not a military kid -- my parents were always in search of a better home closer to one job or the next. In addition, I was what was referred to as a "latchkey kid." My afternoons consisted of eating snacks, doing homework, doing the very occasional chore for my mom or dad -- and television, loads of television. Moving around a lot, coupled with parents that both worked, did not help my ability to play sports. I dabbled in soccer from year to year, location to location, and had a brief run as a Cub Scout. On a positive note, I became great at making new friends, learning to be the very definition of independence and self-reliance, and I had a truly wonderful childhood.

In middle school, I cornered my parents and informed them that I wanted to play baseball with my best friend, Josh. Why not? Let's just jump right into one of the most complicated sports out there with kids that have been playing little league since age four. Turns out, Josh and I were put on different teams. His team was really good and mine, not so much. I did not know it at the time, but I missed the years where the learning was allowed to occur during game time. We were in it to win and my contributions did not exactly always help that endeavor. So, I spent a lot of time watching baseball and learning as much as I could at practice.

My dad, thanks to a new late-night shift at work, would spend countless hours after school just hitting me pop flies in the soccer fields near our neighborhood. I still remember getting to purchase a new baseball glove.

After two years learning the ropes with a neighborhood little league team, it was time to try my hand at high school baseball. The tryout process for the baseball team was like nothing I had ever seen. This massive class 5A school with more than 2,000 students in North Texas had varsity, junior varsity and freshman teams. It was like a major league scouting event with more coaches, stations and baseball events than I had ever seen in one location. I did not get laughed out of the park, but neither Josh nor I made the roster. Bummer.

After freshman year: Surprise! It was time to move again. My sophomore year would be spent at Van High School in Van, Texas; home of the Vandals. It was here that I gave baseball another swing.

The baseball coach was a young man named Brady Pennington. I think his true passion, like every other coach in Texas, was football. Regardless, coach Pennington was a leader on the baseball

field and he had a tremendous impact on my life.

He could be terribly intimidating and brutally honest ("You're not very good at this, are you son?"). Generally speaking, he did not appear patient. In hindsight, the guy did an amazing job putting up with a bunch of high school baseball players, and he demonstrated more than a few moments where he was very patient with me. He constantly mentored and developed the entire team. For me, it was the first time someone other than my own father had taken an interest in my personal abilities.

This guy taught and reinforced baseball fundamentals. We learned to hit, throw, catch, run and take care of our field each and every day. There was only one way to play baseball with coach P -- the right way. He knew how to instruct, coach and lead. We learned from his expertise, practiced hard and reinforced skills during every game.

Very early in my time as a Vandal, we were visiting Athens, Texas, during the weekend for a baseball tournament. I had never even heard of the concept of looking to the coach at third base for a signal before hitting. So, the yelling began even before getting a look at my first pitch. After a little conference with Coach, where I learned to step out of the batter's box and get the sign -- swing away in this case...good -- I locked myself into the batter's box where I saw some of the most terrifying pitching I had ever seen. The ball moved so fast. For a brief moment, I thought I might get killed by this pitcher. Practice had been wonderful, but the culmination of individual training events this early in the season was becoming overwhelming to me.

After two unbelievable curving pitches that had been called for strikes (and checking for a new signal, of course), I decided it was time to swing. Luck was with me, and I absolutely crushed the ball. I stood there with the flair of Frank Thomas (back-to-back American League MVP in 1993 and 1994), but I was not admiring my work -- I was in shock. I remember the look of disbelief on the pitcher's face clear as day. I remember watching the ball bounce off the very top of the outfield wall and back into fair territory. Then, I remember hearing Coach yelling at me to "run!"

I only made it to first base on what should have probably been a triple, and Coach yelled at me from across the field for what felt like several minutes about how I should have been standing by him over on third base.

When I made it to the dugout after getting stranded on base, he greeted me shaking his head. I was sick to my stomach. Then, he smiled, laughed, and said

"nice hit. Next time run, okay." I could tell he was proud.

That was just the beginning. He, and my very demanding teammates, taught me more about the game of baseball in one year than I felt I had the right to know in a lifetime. I never came close to college aspirations, but it sealed my fate. Now, I absolutely love baseball!

Now, I did not share this life story with you to impress you with my lack of skill or even my love of baseball. As I look back at my relatively short life thus far, I have come to realize these moments and this coach shaped my life. I believe this story captures loads of leadership lessons. I will attempt to share some of them with you to ponder.

1) A great leader is a great coach. The best leaders, like Coach P, push you, believe in you, help you realize a greater potential and invest time in your development.

2) If you maintain high expectations, folks will rise to meet them.

3) If someone is giving you effort, but they are just not quite getting it, reward them with patience.

Finally, I will conclude with a few pieces of advice.

1) Be a leader/coach!

As an Airman, the Air Force has given, or will give, you the tools to become a subject matter expert. You have the opportunity to be a coach and leader each and every day. Do your best to train those under your supervision and challenge your peers by raising your game to their level or pushing them to surpass it. Believe in the power of teamwork.

2) If you ever get the chance, take the time to coach kids -- especially yours.

They will dazzle you. Today, I have the privilege to help coach my youngest son, Zachary, and his baseball team. It has been one of the most rewarding experiences of my life. The laughs are endless when you are trying to get 6-8 year-old kids to play baseball.

3) Last, but definitely not least, tell someone thank you for impacting your life.

Maybe it was a teacher, a coach, or possibly a supervisor that shaped who you are today. Pick up the phone, write an email or letter, or if you are lucky enough to sit down and talk with them, let them know the impact they had on you. Share a funny or serious story from your perspective. I promise you will remember events they probably do not, or at least with more clarity than they will recall.

If all else fails, Father's Day would be a great time to tell your dad how proud you are to be his son or daughter. I promise it will be a rewarding experience and they really will appreciate it.

So, without further delay, Dad, and Coach P -- thank you both.

## THE WARRIOR Editorial Staff

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## On the cover

U.S. Air Force photo/  
Airman 1st Class Keenan Berry  
**U.S. Air Force Senior Airman Hannah Byers, a 32nd Air Refueling Squadron boom operator, secures aircraft equipment at Whiteman Air Force Base, Mo., June 14, 2016. Boom operators must ensure aircraft equipment and cargo are secured in placed to prevent damage during flight.**

## NEWS BRIEFS



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### 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.

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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
Partly Cloudy	Sunny
Hi 93	Hi 90
Lo 73	Lo 69
Sunday	Monday
Sunny	Sunny
Hi 93	Hi 93
Lo 68	Lo 71

# Couple soars to new heights



U.S. Air Force photo/Senior Airman Jovan Banks  
**U.S. Air Force Lt. Col. Beth Makros, the 509th Operations Group deputy commander, Lt. Col. Robert Makros, the 13th Bomb Squadron commander, and their three daughters, take a family photo after their final flight (fini-flight) at Whiteman Air Force Base (AFB), Mo., June 3, 2016. The Makros spent their 16th wedding anniversary flying B-2 Spirits, together, for the last time at Whiteman AFB.**

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

A common idea for celebrating a wedding anniversary is to go out to dinner or see a movie. However, the Makros family spent their 16th wedding anniversary flying B-2 Spirits, together, for the last time at Whiteman Air Force Base (AFB), Missouri.

"Sixteen years together. How else do you celebrate?" said U.S. Air Force Lt. Col. Beth Makros, the 509th Operations Group deputy commander. "Let's fly B-2s together."

On June 3, 2016, the couple flew their final flights, known as fini-flights, which happened to fall on their anniversary. The couple will be moving to the Washington, D.C., area for their next assignment.

Lt. Col. Robert Makros, the 13th Bomb Squadron commander, and his wife, Beth, met while attending the U.S. Air Force Academy in 1994.

Beth said ever since they went to the academy, they both knew they wanted to be pilots. She, however, was told she couldn't fly planes due to her height.

"I would do everything I could to stretch my back out to be tall enough," said Beth. "The morning of my flight qualification physical, I walked softly down to the clinic and had them measure me immediately. They told me I was 5 feet 4 inches tall, which was the minimum. I was so excited!"

After qualification, Beth and Robert graduated the academy and went to flight school. Beth flew the B-1B Lancer at Dyess AFB, Texas, while Robert flew the F-15B Strike Eagle at Mountain Home AFB, Idaho.

"We were chasing each other for a while," said Beth. "I went to Dyess trying to get to Mountain Home. Then September 11th happened, and we started deploying, and it was harder to see each other."

After spending six years working toward getting stationed together, the couple finally got orders to Vance AFB, Oklahoma, as T-38 pilot instructors. Following the assignment, they moved to Whiteman to fly the B-2 Spirit.

Today, they are one of only three married couples to ever pilot the B-2 Spirit at Whiteman together.

"It's not just being married and having to balance the work load," said Beth. "When we first got here, it was a real challenge. [Robert] was deployed. I was a new commander and had a baby, a 3 year-old and a 6 year-old."

Although the couple faced many challenges throughout their careers, together and apart, they kept their motivations for why they continue to serve in the forefront of their minds.

"Whenever I get tired or want to give up, I think of my daughters and other peoples'

daughters," said Beth. "That's why I continue to work hard--to show them that you can have a successful marriage. You can be a good mom, and you can be in charge of things and people."

Robert said the Air Force's people, the mission and his three daughters are what keep him motivated to work.

"I know the work we do every day honors the great Americans who fought and died for this great nation," said Robert. "It's on their shoulders that all of us stand."

Both said their main focus is supporting one another to be the best they can be, while showing their daughters they have equal roles in their relationship.

"Beth and I pride ourselves on demonstrating to our daughters that mommy and daddy are equal in all things," said Robert. "We want them to know, and witness through our actions, that they can be whatever they want, and that nothing is out of reach as long as they put in the required effort and hard work."

Not only do they demonstrate equality to their daughters through their careers, but also at home.

"My husband probably cooks more than I do, he can do the girls' hair, and he gets them dressed in the mornings," said Beth. "He does that just as much, if not more, than I do, so that we can have this equal relationship, and the kids can see that."

Robert said the couple believes balance and perspective are the keys to success at work and home.

"Being able to fly our fini-flights together was a great opportunity, especially because our daughters were able to share the experience with us," said Robert.

In the future, the couple aims to give back with public service.

"Beth and I want to do more than just show up to work every day," said Robert. "We want to be a part of something bigger than just us and have an impact on those in our community. We are leaning toward non-profit work. What specifically, we are unsure, but we like the idea of working with our veterans."



U.S. Air Force photo/  
Airman 1st Class Michaela R. Slanchik  
**U.S. Air Force Lt. Col. Beth Makros, the 509th Operations Group deputy commander, and Lt. Col. Robert Makros, the 13th Bomb Squadron commander, pose with a B-2 Spirit at Whiteman Air Force Base, Mo., June 7, 2016. The Makroses are one of only three married couples to ever both fly the B-2.**

# The nuclear triad

By Lt. Col. Justin Grieve  
509th Operations Support Squadron  
commander

Members from the United States Strategic Command recently visited Whiteman Air Force Base (AFB), Missouri, to discuss an evolution to our nation's strategic nuclear war plan with 509th Operations Support Squadron B-2 mission planners. In addition, they provided a briefing on strategic deterrence theory to a small number of 509th Bomb Wing members.

It got me thinking, it would be nice if we could break down the massive concept of strategic deterrence for all of the folks at Whiteman AFB that support the nuclear mission each and every day; highlighting the awesome power of the B-2 stealth bomber.

This article will focus on a single fundamental principle of nuclear deterrence: the nuclear triad.

The nuclear triad of the U.S. consists of a portion of the Air Force bomber fleet, Air Force inter-continental ballistic missiles (ICBMs), and the U.S. Navy's submarine launched ballistic missiles (SLBMs). These three components share many attributes and capabilities, but they are inherently unique. It is the unique and complimentary nature of these forces that have stood the test of time. The flexibility of the bomber force, the robust nature of the ICBM force, and the survivability of the SLBM force are the key elements that make the nuclear triad essential and indispensable.

Flexible, robust and survivable – these three simple words you can take away from this article that, in my opinion, perfectly describe the nuclear triad.

## FLEXIBLE

The entire fleet of twenty B-2 Spirit bombers is nuclear capable. A larger number of B-52 Stratofortress bombers, also known as (aka) "BUFF", are nuclear capable, but there are B-52s in use today, on the ramps at Barksdale AFB, Louisiana, and Minot AFB, North Dakota, that are no longer nuclear capable. This was accomplished by removing some internal hardware and is accompanied by minor external changes to simplify treaty verification processes. The B-1 Lancer, aka "Bone", was a nuclear-capable bomber until the mid-1990s. Today, the B-1s at Dyess AFB, Texas, and Ellsworth AFB, South Dakota, only support the conventional, non-nuclear, mission. As of Oct. 1, 2015, all three Air Force bombers, the B-1, B-2 and B-52, fall under the authority of Air Force Global Strike Command. Note, there are also limited numbers of fighter aircraft in

United States Air Forces in Europe (USAFE) that are nuclear capable as well.

Our role in the 509th Bomb Wing is to support both nuclear and conventional taskings. We directly support the nation's nuclear capability each and every day -- ensuring the very flexible and visible bomber deterrence option.

We exercise our nuclear capability at least twice a year during Constant Vigilance and Global Thunder. These exercise events test our readiness and demonstrate our ability to visibly posture our nuclear force. If called upon, the nuclear bomber force would provide the only flexible nuclear deterrent as it is capable of being executed and recalled by the national command and control authorities.

We stand ready for no-notice exercises and real-world tasking, and are always prepared to flawlessly execute this no-fail mission.

## ROBUST

The Air Force's ICBM force consists of 450 in-ground missile silos at Minot AFB, Malmstrom AFB, Montana, and Francis E. Warren AFB, Wyoming. Not all of the silos are filled in accordance with agreements made between the U.S. and Russia in the Strategic Arms Reduction Treaty (New START). The missile fields of Minot AFB and Malmstrom AFB cover great distances in both North Dakota and Montana, respectively, while Francis E. Warren AFB stretches from the Southeast corner of Wyoming into portions of both Colorado and Nebraska.

The ICBM force, geographically separated and hardened, is also very visible -- providing a credible and extremely-robust deterrent. Without the missile fields complicating and overwhelming the targeting efforts of potential adversaries, the nation would be left with only five strategic targets (three nuclear bomber bases and two nuclear submarine bases). This change in calculus could embolden potential adversaries and would dramatically decrease the nation's deterrence capability.

The ICBM force has been on alert since 1959 and represents an immediate response option for the nation. Unlike the bomber, no generation spin-up is required.

The robust nature of the ICBM force is directly linked to the immediate alert posture and challenging tactical problem it presents to our adversaries, and is essential to the success of the nuclear triad.

## SURVIVABLE

The U.S. Navy's SLBM force is based out of two locations -- Naval Base Kitsap, Washington,

See Triad, page 14

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Finding Dory (PG)

Adults - \$6.25, children - \$4.00

# Bowling Center grand opening



**ABOVE:** A customized cake waits to be cut during the Stars and Strikes Bowling Center grand opening at Whiteman Air Force Base, Mo., June 10, 2016. The new facility includes flat-screen monitors, large projectors, an expanded dining area, kitchen and outdoor seating.

**TOP LEFT:** Outdoor seating is available at the new Stars and Strikes Bowling Center located on Whiteman Air Force Base, Mo., June 10, 2016. Compared to the old facility, the new center was increased by 17 percent to 20,400 square feet. **BOTTOM LEFT:** U.S. Air Force Brig. Gen. Paul W. Tibbets, the wing commander of the 509th Bomb Wing, speaks during the Stars and Strikes Bowling Center grand opening at Whiteman Air Force Base, Mo., June 10, 2016. Tibbets had the honor of throwing the ceremonial first bowling ball to signify the opening of the facility.

*U.S. Air Force photos/Senior Airman Danielle Quilla*

# B-29 Boeing Superfortress wash



**ABOVE:** Members of the 509th Aircraft Maintenance Squadron clean the propellers of the B-29 Boeing Superfortress static display at Whiteman Air Force Base, Mo., June 10, 2016. Each display on base should be washed at least twice a year to reduce the potential of corrosion and maintain the overall integrity of the aircraft.

**TOP RIGHT:** U.S. Air Force Airman 1st Class Juan Vazquez, an aerospace propulsion apprentice assigned to the 509th Aircraft Maintenance Squadron, power washes the B-29 Boeing Superfortress static display at Whiteman Air Force Base, Mo., June 10, 2016. The original great artist was the only aircraft to fly on both atomic bomb missions on Hiroshima and Nagasaki.

**BOTTOM RIGHT:** U.S. Air Force Airman 1st Class Juan Vazquez, an aerospace propulsion apprentice assigned to the 509th Aircraft Maintenance Squadron, power washes the B-29 Boeing Superfortress static display at Whiteman Air Force Base, Mo., June 10, 2016. The original great artist, which crashed in Canada in 1949, carried scientific equipment designed to measure the effects of the atomic attacks on Hiroshima and Nagasaki.

*U.S. Air Force photos/Senior Airman Danielle Quilla*

## 13th Bomb Squadron change of command



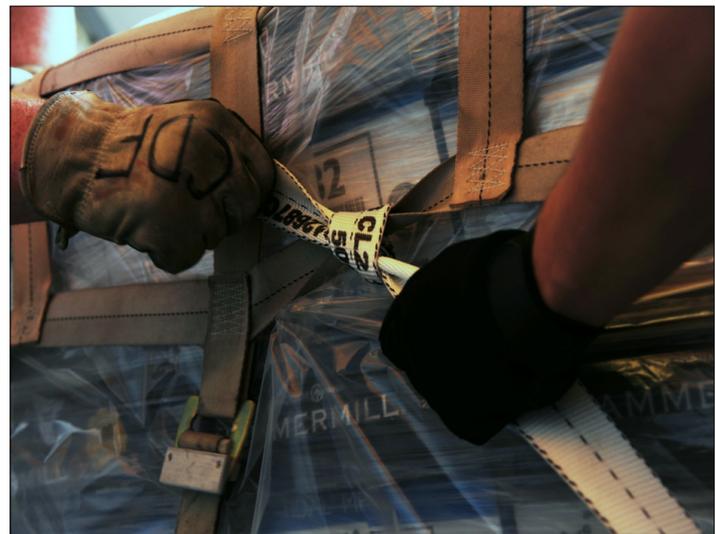
U.S. Air Force photo/Senior Airman Danielle Quilla

U.S. Air Force Lt. Col. Matthew Newell, right, takes command of the 13th Bomb Squadron (BS) by receiving the guidon from Col. Brian Gallo, the commander of the 509th Operations Group, at Whiteman Air Force Base, Mo., June 10, 2016. The 13th BS is one of the oldest units in the U.S. Air Force, and has been engaged in almost every major conflict in which the Air Force has been involved.

**THINK SAFETY**



# Whiteman, JB MDL team up to provide humanitarian relief



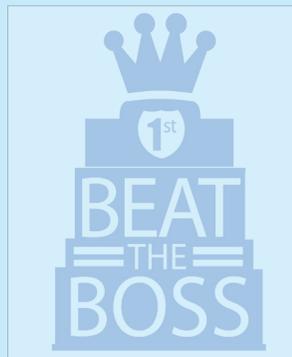
Members of the 32d Air Refueling Squadron at Joint Base (JB) McGuire-Dix-Lakehurst (MDL), N.J., and the 509th Logistics Readiness Squadron at Whiteman Air Force Base (AFB), Mo., work together to load, 12,500 pounds of school supplies onto a KC-10 Extender assigned to the 305th Air Mobility Wing at JB MDL, June 13, 2016, at Whiteman AFB. The KC-10 transported the cargo to JB Charleston, S.C., and is scheduled to ship to Honduras on a C-17 Globemaster for a humanitarian mission. The KC-10 Extender is capable of carrying cargo and personnel, however, its primary mission is aerial refueling. In addition to being able to transport 75 passengers and nearly 170,000 pounds of cargo, the KC-10 has six fuel tanks that can carry up to 356,000 pounds of fuel.

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

# 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:



**Airman 1st Class Bradley Barnhill,**  
509th SFS • 95.7%

**Airman 1st Class Joshua Arnold,**  
509th SFS • 97.4%

**Airman Tyler Murphy,**  
509th SFS • 99.3%

**Airman 1st Class Anthony Rawson,**  
509th SFS • 98.4%

**Maj. Matthew Burrows,**  
509th FSS • 100.0%

**Senior Airman Larry Brownlee,**  
509th CES • 98.5%

**1st Lt. Christian Ferguson,**  
20th AKTS • 95.7%

**Senior Airman Felix Menchacarivas,**  
509th SFS • 98.5%

**Maj. Clint Carlisle,**  
20th AKTS • 95.7%

**Senior Airman Timothy Mullins,**  
509th MXS • 95.7%

**Senior Airman Kayla Juarez,**  
509th MXG • 96.5%

**Airman 1st Class Isidro Lopez,**  
509th MUNS • 96.1%

**Senior Airman Phillippe Moore,**  
509th SFS • 96.6%

**Capt. Bradley Trump,**  
509th MDOS • 98.1%

**Capt. Douglas Fredrick,**  
509th BW • 98.7%

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services page

# Triad Continued from Page 4

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for the Pacific Ocean, and Kings Bay, Georgia, for the Atlantic Ocean. Unlike both the bomber and ICBM forces, the SLBM force thrives on its lack of visibility.

The survivable nature of the SLBM force provides a stabilizing effect. It ensures a retaliatory strike capability and actually serves to minimize the need for a rapid decision to “use or lose” ICBM and bomber forces. The SLBM force provides enhanced security for the nation and is essential to the nuclear triad and deterrence operations.

Flexible, robust and survivable -- these

three simple words perfectly, and simply, describe the nuclear triad. Each component is critical and complimentary for nuclear deterrence. You, as a member of Team Whiteman, are vital to the nuclear mission of America, and the nuclear mission is of critical importance to this nation and the allies we support. The B-2 stands, in my mind, as the ultimate nuclear-deterrence option: flexible, visible, credible and capable. Take pride in the amazing capability Whiteman AFB provides to our adversaries, and is essential to the success of the nuclear triad.

classifieds

