

# WARRIOR

TRAINED &

# READY

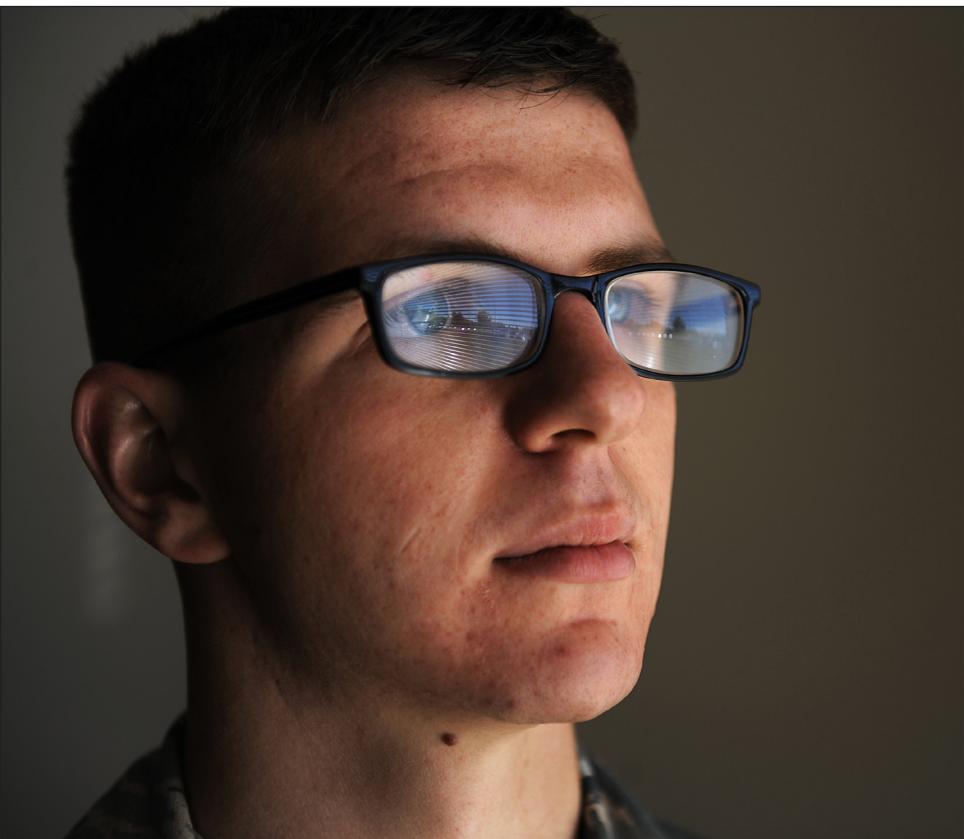
PG.8

WHITEMAN AIRMEN CARRY OUT BIOENVIRONMENTAL EXERCISE

AFTER THE BLACKOUT: PG.5

ANG MEMBER STARTS FRESH

# First-Timers: FTAC essays



**Airman 1st Class Charles Scott Cooper III**

**By Airman 1st Class Charles Scott Cooper III**  
Cyber Security Technician, 3D0X3  
From San Diego, California

As an Airman, I am sworn to a cause, a way of life – a duty – an oath to uphold and defend the physical words, ink, and history that create the ideals of freedom in this great country. Anytime, anywhere, I aim to accomplish my assignment,

striving for unachievable perfection and endless refinement at this installation. I am a Cyber Surety Accountant, I am assigned to Whiteman AFB in its mission of Strategic Deterrence, Global Strike and Combat Support.

In the Cyber Surety field, responsibilities include the information-security equipment in various information assurance programs. I am the hub that ensures the equipment reaches the neces-

sary nodes to get pilots into the air to complete their mission. Proper care and handling of this equipment ensures secure communication for those in the air. Without this specialized communication occurring, the pilots could be hindered in their missions. I aid in the guarantee of the vision for Whiteman AFB to be today's combat ready innovators of tomorrow.

I am placed with a degree of trust to know the plethora of policies and regulations regarding proper use of the network and its enforcement. In doing so, I mitigate or stop any unauthorized or illicit attempts to violate these policies on the network, thus deterring threats in the cyber world to enable the safety of physical world.

Despite all this, I have one more mission – one we all share – to Aim High! Fly, Fight, Win! A mission that can only be accomplished by being a Wingman: a watcher, a friend, a brother, an example that strives onward. Wingmen work together and succeed together; I am learning that without direction we will sink unless we fly forward. Our adversaries seek to destroy this ethos, yet they will fail with our success. Our mission is to embody the culture, to endure the trials and disturbances that threaten to upheave our country. Bound to morals, through a unified commitment, I am linked with each of my comrades. Not only am I to be Wingmen for each of you, so we can live today, but I am sworn to everyone here allowing all others to last – in freedom – in an enduring tomorrow.

## THE WARRIOR

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## David Cook visits Team Whiteman



U.S. Air Force photo/Senior Airman Jovan Banks

Recording artist David Cook performs for members of Team Whiteman at Whiteman Air Force Base, Mo., Sept. 23, 2016. Cook came to Whiteman as part of a music tour performing concerts at various military bases around the country.

## On the cover

U.S. Air Force graphic  
An Emergency Management Support Team (EMST) member simulates checking alpha radiation levels during training at Whiteman Air Force Base, Mo., Sept. 21, 2016. The EMST uses ADM-300 multi-functional survey instruments to detect, measure and digitally display alpha, beta, gamma, and x-ray radiation.

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](http://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**

<b>Today</b>	<b>Saturday</b>
Sunny	Partly Sunny
Hi 72	Hi 72
Lo 50	Lo 53

<b>Sunday</b>	<b>Monday</b>
Partly Sunny	Mostly Sunny
Hi 76	Hi 78
Lo 54	Lo 55

# Servant Leadership: Army Master Sgt. Cedric King speaks to Whiteman Airmen



U.S. Army Master Sgt. Cedric King speaks at Hendricks Hall, University Central Missouri campus, during the Servant Leadership Lecture Series, Sept. 21, 2016. On July 25, 2012, during his second tour in Afghanistan, King was severely injured by an improvised explosive device. The blast caused major internal injuries and the amputation of both legs. King shares his inspirational story of endurance with audiences across the country, including schools, churches, the National Football League, and Fortune 500 companies.

*U.S. Air Force photos/  
Tech. Sgt. Andy Kin*



Please join us for Retiree Appreciation Day on Saturday, Oct. 1, 2016, at Whiteman Air Force Base, Missouri!

The day will include informational briefings from AAFES, Commissary (DecA), Legal, Tricare, door prizes and a tour to conclude the event!

Registration begins at 7 a.m. at the Mission's End club and the program will begin at 8 a.m. with opening remarks from Brig. Gen. Paul Tibbets IV.

For questions please contact the Retiree Activities Office at (660) 687-6457.

# Reel Time Theaters

*We're saving a seat for you.*

**FRIDAY, SEPT. 30 • 7 p.m.**

Magnificent Seven (PG-13)

Adults - \$6.25, children - \$4.00

**SATURDAY, OCT. 1 • 7 p.m.**

Hands of Stone (R)

Adults - \$6.25

**SUNDAY, OCT. 2 • 3 p.m.**

Mechanic Resurrection (PG-13)

Adults - \$6.25, children - \$4.00

## END OF YEAR CLOSEOUT MESSAGE FY 2016 (DEGRADED OPERATION)

In preparation for the end-of-year close out for fiscal year (FY) 2016, Enterprise Solution-System (ES-S) and Integrated Maintenance Data System (IMDS) will be down on Sept. 29, 2016, at the normally scheduled time for End of Day processing. Please be reminded that only priority 02/03 requests will be accepted during this time. Normal processing should resume Oct. 3, 2016.

**For Flightline Support, please contact Aircraft Part Store  
at (660) 687-7137**

**For all other requirements, please contact (660) 687-1165**

If you have any further questions,  
please contact the following:

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maydanell.lim@us.af.mil**

or

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stephen.cook.10@us.af.mil**

**Tech. Sgt. Vincent Baugh at (660) 687-7137/  
vincent.baugh@us.af.mil**

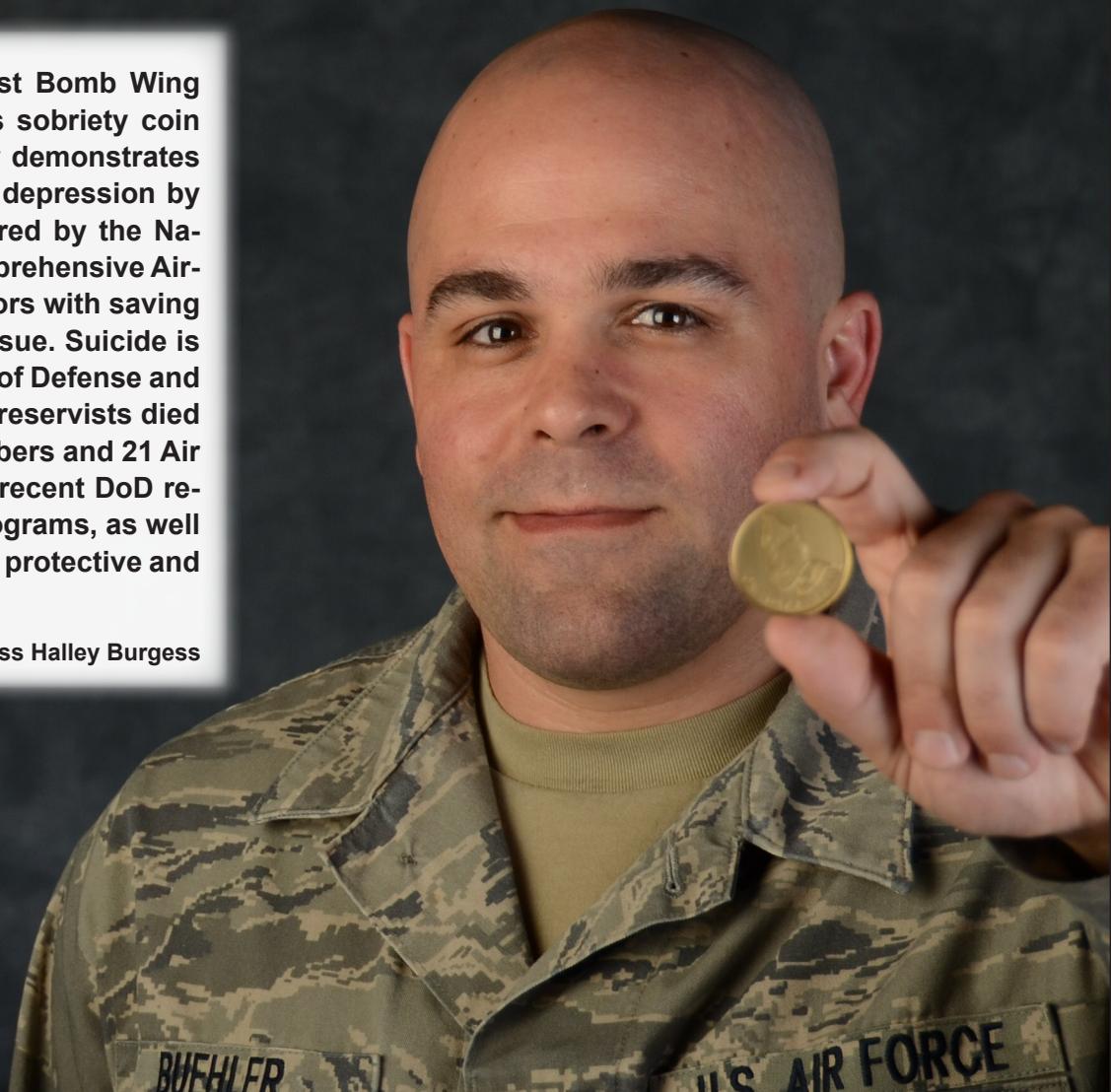
**Tech. Sgt. Jason Wynn at (660) 687-2681/  
jason.wynn.1@us.af.mil**



# After the blackout: Missouri Air Guardsman starts life anew

**Tech. Sgt. Jeremy Buehler, a maintainer with the 131st Bomb Wing (BW) at Whiteman Air Force Base, Missouri, holds his sobriety coin that reads "One Day At A Time," Apr. 8, 2016. Buehler demonstrates mental resilience as he has overcome alcoholism and depression by using psychological and mental health resources offered by the National Guard. Mental fitness is one of four pillars of Comprehensive Airman Fitness in AFI 90-506. Buehler credits his supervisors with saving his career. But, Buehler isn't the only one facing this issue. Suicide is one of the most urgent problems facing the Department of Defense and society. Eighty eight Army, Navy, Air Force and Marine reservists died by suicide in 2015, while 100 Army National Guard members and 21 Air National Guardsmen killed themselves, according to a recent DoD report. The Guard has ongoing education and training programs, as well as psychological health professionals who help create a protective and resilient culture within the wings.**

U.S. Air National Guard photo/Airman 1st Class Halley Burgess



**By Senior Airman Nathan Dampf**  
131st Bomb Wing Public Affairs

Being told what he'd done while blacked out from heavy drinking didn't scare Tech. Sgt. Jeremy Buehler. It was a regular occurrence for the 131st Bomb Wing Citizen-Airman.

This time, however, he woke up in a hospital bed to learn that he'd intentionally cut his own leg 30 times, fought with six police officers and had to be wrestled into an ambulance.

Buehler used that event -- and his unit's intervention -- as a springboard to his recovery from depression and alcohol abuse to the new life he's living today.

"Three years ago, I started entering a state of depression," said Buehler. "It came from a suppressed resentment and anger toward my dad, who didn't appreciate the lifestyle I was living."

That lifestyle was one that included partying hard and not letting anyone out-drink him, said Buehler, who is a maintainer with the 131st Maintenance Group.

"I always want to be the best, and that meant I wasn't going to let anyone drink more than I did," he said.

That alcohol use began to cause problems for the husband and father of three girls.

"In January 2014, my wife and I started having trouble," Buehler said. "One night, I went out but didn't come home. She warned me that we'd be done if it happened again. That happened just two weeks later. She left."

Forced away from his family, the full-time technician leaned more heavily on alcohol to bury his concerns. That only amplified his depression and drove him deeper into despair, he said.

"I was here, but I wasn't doing anything," he continued. "My boss would walk by and tell me, 'Snap out of it. You're better than this.' But, I didn't care. I'd leave, go drink somewhere and then drive home."

One of those nights, Buehler went home and put a gun to his head. He was so drunk that he passed out while debating

if he should end his life.

The second time he did this, he called a friend who talked him out of it. A third time, he passed out again and woke with the gun in his hand. He knew he had to do something.

"I called a buddy to come take my guns," said Buehler.

Although his friend took the firearms, Buehler still had a seven-inch tactical knife. He began intentionally cutting himself as a coping mechanism.

On March 24, 2014, Buehler woke up in a hospital. He didn't remember the night before. He was told that while drunk, he had cut and stabbed himself 25 to 30 times with the combat knife. He had called a friend for help, and his friend showed up - as did six police officers.

During a 45-minute altercation with the police that involved two drawn guns and pepper spray, Buehler was wrestled into an ambulance stretcher and driven to a Kansas City hospital.

"That was the lowest I had gotten," said Buehler. "I knew something had to happen. Cheryl (Reed, the then 131st BW psychological health manager) and I came to talk to me and I learned about some treatments."

With their guidance, he started attending Alcoholics Anonymous meetings for help and began one-on-one counseling at least two times per month - and more often as necessary.

"Thanks to my supervisors who knew me, they didn't want to get rid of me," Buehler said. "They saved my career. They knew the person I was and knew that wasn't me."

He continues to go through an alcohol dependency program.

"I've been sober since March 25 (2014). I've been doing well. I got all of my certifications back. I basically was a new Airman."

Buehler has rebuilt his reputation and now supervises half a dozen Airmen, ensuring maintenance efforts on the B-2 Spirit.

Buehler isn't the only one facing this issue. Suicide is one of the most urgent problems facing the Department of De-

fense and society. Among the reserves and National Guard, 88 Army, Navy, Air Force and Marine reservists died by suicide in 2015, while 100 Army National Guard members and 21 Air National Guardsmen killed themselves, according to a recent DoD report. Overcoming alcohol dependence and the urge to kill himself was a mental challenge, according to Buehler - and one he struggled to tackle on his own.

To help, the Guard has ongoing education and training programs, as well as psychological health professionals who help create a protective and resilient culture within the wings, said Bethany Harris, director of psychological health for the 131st.

"Psychological fitness includes mental and emotional strengths that aid you in coping positively with every day as well as unique life challenges," said Harris. "When we talk about suicide, we look at risks, but we also look at protective factors. Those are positive behaviors and supportive connections that can help protect against stress and promote effective coping."

Those behaviors fall into the four Air Force Comprehensive Airman Fitness pillars. They may include positive relationships (social and mental pillars), coping skills (mental pillar) and positive beliefs (mental and spiritual pillars), said Harris.

"The Air Force has many resources to aid our wingmen and promote psychological fitness," she said. "Early intervention and help-seeking behaviors are imperative." A handy resource is the Wingman Toolkit mobile app or the wingman-toolkit.org website.

With the help of friends, co-workers and his unit, Buehler's recovery demonstrates strong mental resilience.

While rebuilding his career, he's also had to rebuild his relationship with his daughters and ex-wife. His girls enjoy riding in his truck, going swimming or playing games when they see each other twice a week and every other weekend.

"We have a great relationship and do what we can with the time I have with them," he said. "They knew the person I was before, and hopefully they feel I'm back to normal now."

# 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 Whiteman 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:



- 2nd Lt. David Jones, 509th CES, 99.7%**
- Airman 1st Class Colby Reed, 509th OSS, 99.3%**
- Capt. George Clark, 20th ATKS, 99.3%**
- Airman 1st Class Nicholas Bara, 509th CES, 99%**
- Airman 1st Class Taylor Whetzel, 509th MXS, 98.9%**
- Senior Airman Amanda Blossom, 20th ATKS, 98.9%**
- Capt. Dustin Bodine, 509th OSS, 98.6%**
- Staff Sgt. Matthew Ramirez, 509th MXS, 98.5%**
- Airman 1st Class Nicholas Gallimore, 509th AMXS, 97.9%**
- Tech. Sgt. Derek Levesque, 509th CES, 97.4%**
- Senior Airman Seth Lewis, 358th FS, 97.3%**
- Master Sgt. Matthew Mattes, 509th CES, 97.3%**
- Tech. Sgt. Nicholas Watson, 509th MXS, 97.3%**
- Senior Airman Devin Williams, 509th AMXS, 96.1%**
- Senior Airman Christopher Orsi, 509th AMXS, 95.7%**
- Senior Airman Robert Rodriguez, 509th CES, 97.3%**
- Capt. Christopher Warms, 20th ATKS, 97.3%**
- Master Sgt. Shonta Simes, 509th FSS, 97%**
- Senior Airman Jairzinho Chin, 509th FSS, 96.8%**
- Tech. Sgt. Noah Leither, 509th CES, 96.6%**
- Capt. Ryan Germain, 509th MDOS, 96.6%**
- Senior Airman Samantha Henderson, 509th CONS, 96.1%**
- Senior Airman Davis Munoz, 509th CES, 95.9%**
- Airman 1st Class Benedic Flores, 509th CES, 95.7%**
- Staff Sgt. Miguel Castano, 509th CES, 95.7%**

# Whiteman on the ready



ABOVE: Volunteers act as adversaries preparing to ambush the flightline during training at Whiteman Air Force Base, Mo., Sept. 20, 2016. The scenario tested the 509th Security Forces Squadron response to a hostile force attempting to destroy Air Force resources.

RIGHT: A member of the 509th Security Forces Squadron (SFS) secures Air Force resources on a C-17 Globemaster III during training at Whiteman Air Force Base, Mo., Sept. 20, 2016. The training increases readiness of 509th SFS Airmen.



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



Members of the 509th Security Forces Squadron (SFS) prepare to sweep an area of a C-17 Globemaster III for hostile forces during training at Whiteman Air Force Base, Mo., Sept. 20, 2016. The training tested first and emergency responders in their ability to defeat a hostile force and identify hazards present.



U.S. Air Force Senior Airman Emerson Malabuyoc, a bioenvironmental engineering technician with the 509th Medical Operation Squadron, simulates sampling for beta radiation on the ground during training at Whiteman Air Force Base, Mo., Sept. 21, 2016. The training tested the emergency responders' ability to react to a possible radiation contamination incident.



A team of volunteers act as adversaries exiting a UH-60 Blackhawk during training at Whiteman Air Force Base, Mo., Sept. 20, 2016. Their objective was to simulate an attempt to destroy Air Force resources on the flightline.

**THINK  
SAFETY**

# UCM MILITARY APPRECIATION PREGAME TAILGATE WITH PRESIDENT AMBROSE

**SATURDAY, OCT. 8**  
**10:30 a.m. - 12:30 p.m.**

All military members and families are invited to help **UCM honor our military** at a fun tailgate celebration before the Mules take on Nebraska-Kearney!

**LOCATION**

North of Audrey J. Walton Stadium at The Crossing outdoor event plaza located at the corner of South and Holden streets

**TAILGATE FUN INCLUDES**

Bounce houses      Lunch  
Face painting      Yard games

**TICKETS**

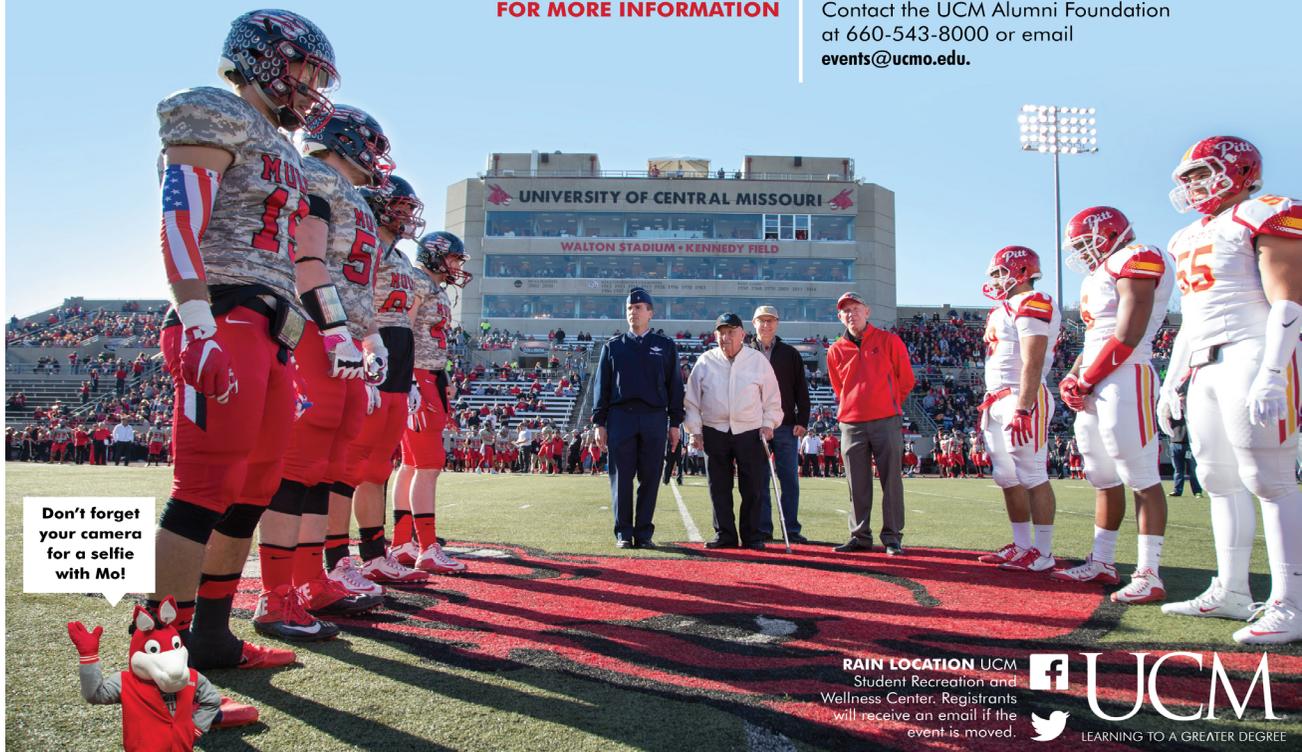
Guests will receive a general admission ticket to watch the Mules football game following the tailgate.

**REGISTER AT**

[ucmo.edu/tailgate](http://ucmo.edu/tailgate)

**FOR MORE INFORMATION**

Contact the UCM Alumni Foundation at 660-543-8000 or email [events@ucmo.edu](mailto:events@ucmo.edu).



Don't forget your camera for a selfie with Mo!

**RAIN LOCATION** UCM Student Recreation and Wellness Center. Registrants will receive an email if the event is moved.



View the *Whiteman Warrior* online by logging onto [www.whiteman.af.mil](http://www.whiteman.af.mil)

# Carter: DoD will rebuild, sustain its nuclear deterrence enterprise

By Jim Garamone

DoD News, Defense Media Activity

WASHINGTON, Sept. 26, 2016 — Defense Secretary Ash Carter kicked off a visit to DoD's nuclear deterrence enterprise, telling airmen at Minot Air Force Base, North Dakota, that DoD will invest, innovate and sustain to rebuild that enterprise's capabilities that remain the bedrock of U.S. defense strategy.

The secretary spoke at a hangar on the flightline of the base. He thanked the airmen at the base, and by extension, thanked the thousands of other technicians who man, maintain, guard and operate the bombers, ICBMs, ballistic missile submarines and the command-and-control systems around the world.

"As you know, everyone has their role to play," he said, "and while each physical piece is important, it's really the people who make the whole greater than the sum of the parts."

## Bedrock of U.S. Security

The secretary emphasized throughout his talk with the airmen that America's nuclear deterrence is the bedrock of U.S. security and the highest priority mission in the Defense Department.

"Because while it is a remarkable achievement that in the more than seven decades since 1945, nuclear weapons have not again been used in war, that's not something we can ever take for granted," he said. "And that's why today, I want to talk about how we're innovating and investing to sustain that bedrock."

Carter has a long history with the nuclear mission, working in the 1980s on basing for the Missile Experimental missile system. He speaks from experience when he says the deterrence mission has both remained the same and changed.

"At a strategic level, of course, you deter large-scale nuclear attack against the United States and our allies," he said. "You help convince potential adversaries that they can't escalate their way out of failed conventional aggression. You assure allies that our extended deterrence guarantees are credible -- enabling many of them to forgo developing nuclear weapons themselves, despite the tough strategic environment they find themselves in and the technological ease with which they could develop such weapons. And, if deterrence fails, you provide the president with options to achieve U.S. and allied objectives -- a responsibility that I know President Obama takes with the utmost seriousness, as you do -- all to reduce the risk of nuclear weapons being used in first place."

The nuclear deterrent also provides an umbrella under

which service members accomplish conventional missions around the world, the secretary said.

## Changed Nuclear Landscape

But the nuclear landscape has changed and it will continue to pose challenges, Carter said.

"One way the nuclear landscape has changed: we didn't build new types of nuclear weapons or delivery systems for the last 25 years, but others did, at the same time that our allies in Asia, the Middle East, and NATO did not," the secretary said, "so we must continue to sustain our deterrence."

Russia has modernized its nuclear arsenal, and there is some doubt about Russian leaders' strategies for the weapons.

"Meanwhile, North Korea's nuclear and missile provocations underscore that a diverse and dynamic spectrum of nuclear threats still exists," Carter said. "So our deterrence must be credible, and extended to our allies in the region."

North Korea is building nuclear warheads and the means to deliver them, the secretary said. The North Korean threat spurs spending on missile defense in the United States and the deployment of systems to South Korea, he added.

"We back all of that up with the commitment that any attack on America or our allies will be not only defeated, but that any use of nuclear weapons will be met with an overwhelming and effective response," Carter said.

India and China are behaving responsibly with their nuclear enterprises, the secretary said.

"In Iran, their nuclear aspirations have been constrained and transparency over their activities increased by last year's nuclear accord, which, as long as it continues to be implemented, will verifiably prevent Iran from acquiring a nuclear weapon," Carter said. "The last example I'll cite is Pakistan, where nuclear weapons are entangled in a history of tension, and while they are not a threat to the United States directly, we work with Pakistan to ensure stability."

## Nature of Deterrence Remains the Same

Despite the changes since the end of the Cold War, the nature of deterrence has not changed, the secretary said. "Even in 2016, deterrence still depends on perception -- what potential adversaries see, and therefore believe -- about our will and ability to act," he said. "This means that as their perceptions shift, so must our strategy and actions."

A large-scale nuclear attack is not likely, the secretary said. The most likely scenario is "the unwise resort to smaller but still unprecedentedly terrible attacks, for example by Russia or North Korea, to try to coerce a conventionally superior opponent to back off or abandon an ally during a crisis," Carter said. "We cannot allow that to happen, which is why we're working with our allies in both regions to innovate and operate in new ways that sustain deterrence and

continue to preserve strategic stability."

NATO is reexamining the nuclear strategy to integrate conventional and nuclear deterrence to deter Russia, he said.

Meanwhile, across the Pacific, the United States engages in formal deterrence dialogues with its allies Japan and South Korea, Carter said, "to ensure we're poised to address nuclear deterrence challenges in Asia."

Carter said the U.S. is taking steps to ensure that its nuclear triad -- bombers, ICBMs and ballistic missile submarines -- do not become obsolete.

"We're now beginning the process of correcting decades of under-investment in nuclear deterrence," the secretary said.

## Nuclear Underfunding

DoD has underfunded its nuclear deterrence enterprise since the end of the Cold War, Carter said.

"Over the last 25 years since then, we only made modest investments in basic sustainment and operations, about \$15 billion a year," he said. "And it turned out that wasn't enough."

The fiscal year 2017 budget request invests a total of \$19 billion in the nuclear enterprise, Carter said. Over the next five years, he said, plans call for the department to spend \$108 billion to sustain and recapitalize the nuclear force and associated strategic command, control, communications, and intelligence systems.

The budget also looks to modernization, the secretary said. Plans call for replacing old ICBMs with new ones that will be less expensive to maintain, keeping strategic bombers effective in the face of more advanced air defense systems, and building replacements for the Ohio-class ballistic missile submarines, the secretary said.

"If we don't replace these systems, quite simply they will age even more, and become unsafe, unreliable, and ineffective," Carter said. "The fact is, most of our nuclear weapon delivery systems have already been extended decades beyond their original expected service lives. So it's not a choice between replacing these platforms or keeping them. It's really a choice between replacing them or losing them. That would mean losing confidence in our ability to deter, which we can't afford in today's volatile security environment."

While these plans are expensive, they are only a small percentage of total defense spending, the secretary said.

"In the end, though, this is about maintaining the bedrock of our security," Carter said. "And after too many years of not investing enough, it's an investment that we as a nation have to make, because it's critical to sustaining nuclear deterrence in the 21st century."

## AF GLOBAL STRIKE COMMAND 2015-2016 LANCE P. SIJAN AWARD WINNERS

Senior Enlisted Nominee  
**SENIOR MASTER SGT.  
DAVID HALL**  
509th Security Forces  
Squadron

Junior Officer Nominee  
**1ST LT.  
GRANT HATFIELD**  
509th Civil Engineer  
Squadron

Senior Officer Nominee  
**LT. COL.  
CHRISTOPHER JOYCE**  
509th Aircraft Maintenance  
Squadron

# Whiteman leadership receive flu vaccine



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

Leadership from Whiteman Air Force Base, Mo., receive influenza vaccinations Sept. 27, 2016. Active duty Airmen are required to receive an annual vaccination.

