

# WARRIOR



## OPERATION SPIRIT

HELPING CHILDREN UNDERSTAND THE DEPLOYMENT PROCESS

▶ PG.8

▶ PG.5 CHIEFS DRAFT DAY  
THE INFORMATION YOU NEED FOR THE BIG EVENT

▶ PG.3 SAFETY CYCLE  
WHITEMAN HOSTS ANNUAL MOTORCYCLE SAFETY DAY





# Travel precautions to prevent Zika

By Senior Airman Samantha Field  
509th Medical Group

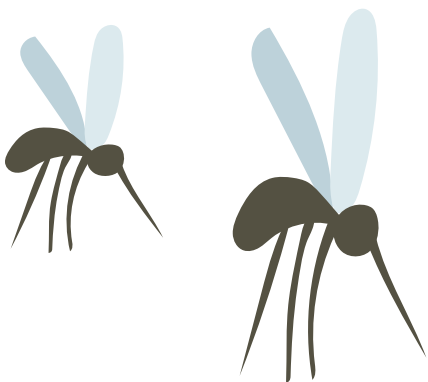
Locally-transmitted Zika virus infection has not been reported in the continental United States, but cases of Zika have been reported in returning travelers. The Centers for Disease Control and Prevention (CDC) reports a total of 388 laboratory-confirmed cases in the United States as of April 20, 2016. Of the 388 travel-associated infections, 33 were in pregnant women, eight were sexually transmitted and one person was diagnosed with Guillain-Barré syndrome (GBS).

Local mosquito transmission of the Zika virus has been reported in the Americas, Oceania/Pacific Islands and Africa. Local mosquito transmission indicates mosquitoes in the area are infected with the Zika virus and are spreading it to people. Because the Zika virus is primarily spread by mosquitoes, the CDC recommends travelers going to affected countries protect themselves from mosquito bites.

Most people infected with the Zika virus do not get sick. For those who develop symptoms, they are usually mild and last for several days to a week. The Zika virus may also be linked to GBS, a rare disorder that can cause muscle weakness and paralysis for a few weeks to several months. Most people fully recover from GBS, but some have permanent damage.

## Know Before You Go:

The 509th Medical Group recommends all beneficiaries planning to travel to Zika virus-affected locations report to the Whiteman Public Health office to start a travel-medicine consultation. The



consultation will include a health-risk-hazard assessment, health-protection recommendation report, education on country-specific health threats and countermeasures, basic preventive measures, and scheduling of an appointment with your healthcare provider. Another planning tip is to check the CDC Travelers' Health website for current travel notices by visiting [www.cdc.gov/travel](http://www.cdc.gov/travel).

## What Can Travelers Do To Prevent Zika?

There is no vaccine or medicine to treat a Zika virus infection. Travelers can protect themselves from mosquito bites by:

Covering exposed skin by wearing long-sleeved shirts and long pants.

Using United States Environmental Protection Agency (EPA)-registered insect repellents containing DEET, picaridin, oil of lemon eucalyptus (OLE, also called para-menthane-diol [PMD]), or IR3535 as directed.

Pregnant and breastfeeding women can use all EPA-registered insect repellents, including DEET, according to the product label.

Most repellents, including DEET, can be used on children older than two months.

OLE should not be used on children younger than three years.

Use permethrin-treated clothing and gear such as boots, pants, socks and tents. You can buy pre-treated clothing and gear or treat them yourself.

Stay in places with air conditioning or with window and door screens to keep mosquitoes outside.

Sleep under a mosquito bed net if air-conditioned or screened rooms are not available or if sleeping outdoors.

Mosquito netting can be used to cover babies younger than two months old in carriers, strollers or cribs to protect them from mosquito bites.

## After Travel:

Most people infected with the Zika virus do not feel sick. If a mosquito bites an infected person while the virus is still in that person's blood, it can spread the virus by biting another person.

Even if they do not feel sick, travelers returning to the United States from an area with the Zika virus should take steps to prevent mosquito bites for three weeks so they do not inadvertently spread the virus to uninfected mosquitoes.

Sexual transmission of the Zika virus from a male partner is also possible, so travelers are encouraged to use condoms or abstain from sex for up to six months after returning to the United States.

Talk to your doctor if you are pregnant. Pregnant travelers who are returning from areas with confirmed cases of Zika virus can be tested for infection.

For Additional Information:

<http://www.cdc.gov/zika/index.html>

<http://www.who.int/emergencies/zika-virus/en/>

## THE WARRIOR

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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](mailto: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.



All Events Will Have A Start Time Of 7am At Skelton Park  
We Recommend Showing Up Early As Parking Will Be Limited.

**SAME DAY REGISTRATION:**  
Available only to individuals with Base Access.  
Registration will last from 5:30 - 6:40am  
If signing up after April 24, Shirts / Shirt Sizes Cannot Be Guaranteed.

**ATTENTION RUNNERS:**  
\*If You Are Not A DOD/military Card Holder, You Must Register Before May 6. In Order To Gain Access To The Base/Runway, Because This Race Will Be Run On An Active Military Installation, You Will Be Subject To A Background Check Performed By Whiteman's Security Forces. While Completing Your Registration You Will Be Required To Submit Your Full Name As It Appears On Your Driver's License, Driver's License Number & State Of Issue, And Social Security Number.

ROUTE CONTAINS SOME OFFROAD (DIRT/GRAVEL) PORTIONS.

Information is available via our facebook page & Website at:  
[facebook.com/StrikerLifeHalfMarathon](https://facebook.com/StrikerLifeHalfMarathon) or [whitemanfss.com](http://whitemanfss.com)

## On the cover

U.S. Air Force photo/  
Senior Airman Jovan Banks  
Christian Johnson, son of U.S. Air Force Tech. Sgt. Shauna Robinson, the 509th Comptroller Squadron NCO in charge of financial management, smiles as he finishes part of Operation Spirit's obstacle course at Whiteman Air Force Base, Mo., April 23, 2016. Participants in Operation Spirit had the chance to experience elements of Air Force deployments.



## 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](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

### Today

Chance of Showers  
Hi 68  
Lo 49

### Saturday

Storms Likely  
Hi 70  
Lo 48

### Sunday

Chance of Showers  
Hi 61  
Lo 49

### Monday

Partly Sunny  
Hi 64  
Lo 46

# Whiteman holds Motorcycle Safety Day



U.S. Air Force photo/Senior Airman Sandra Marrero

**Sherry Duggan, a 72nd Test and Evaluation Squadron administrative support specialist, poses on her motorcycle during Motorcycle Safety Day at Whiteman Air Force Base, Mo., April 25, 2016. The 509th Safety Office held the event that offered information on available classes, a safety course with cones and opportunities for mentorship from experienced motorcyclists.**



U.S. Air Force photo/Senior Airman Joel Pfister

**U.S. Air Force Tech. Sgt. Marvin Morris, the 509th Medical Support Squadron NCO in charge of radiology, cleans a headstone at the Missouri Veterans Cemetery in Higginsville, Mo., April 25, 2016. As part of Motorcycle Safety Day, volunteers joined together in a mentorship ride to the cemetery to help clean the grounds.**



U.S. Air Force photo/Senior Airman Sandra Marrero

**U.S. Air Force Airman 1st Class Gabriel Ryan, a 509th Force Support Squadron retirement/separations technician, speaks with another motorcyclist during Motorcycle Safety Day at Whiteman Air Force Base, Mo., April 25, 2016. The event gave more experienced riders the opportunity to mentor younger riders.**



U.S. Air Force photo/Senior Airman Joel Pfister

**Participants in Motorcycle Safety Day clean headstones at the Missouri Veterans Cemetery in Higginsville, Mo., April 25, 2016. Participants closed Motorcycle Safety Day by taking part in a mentorship ride to the cemetery and volunteering to clean the grounds.**

*Additional Motorcycle Safety Day photos may be found on page 10*



## Reel Time Theaters

*We're saving a seat for you.*

**FRIDAY, APRIL 29 • 7 p.m.**

Batman vs. Superman (PG-13)

Adults - \$6.25, children - \$4.00

**SATURDAY, APRIL 30 • 7 p.m.**

Batman vs. Superman (PG-13)

Adults - \$6.25, children - \$4.00

**SUNDAY, MAY 1 • 3 p.m.**

Allegiant (PG-13)

Adults - \$6.25, children - \$4.00

## Earning an education with the Whiteman Spouses' Club



U.S. Air Force photo/Airman 1st Class Jazmin Smith

Recipients of the Whiteman Spouses' Club education award gather for a group photo following a luncheon at Royal Oaks Golf Course in Knob Noster, Mo., April 24, 2016. Each year, profits made by the Thrift Store and other fundraising endeavors at Whiteman Air Force Base, Mo., are donated to the Scholarship Awards Program.

## B-2s take to the skies during Neptune Falcon



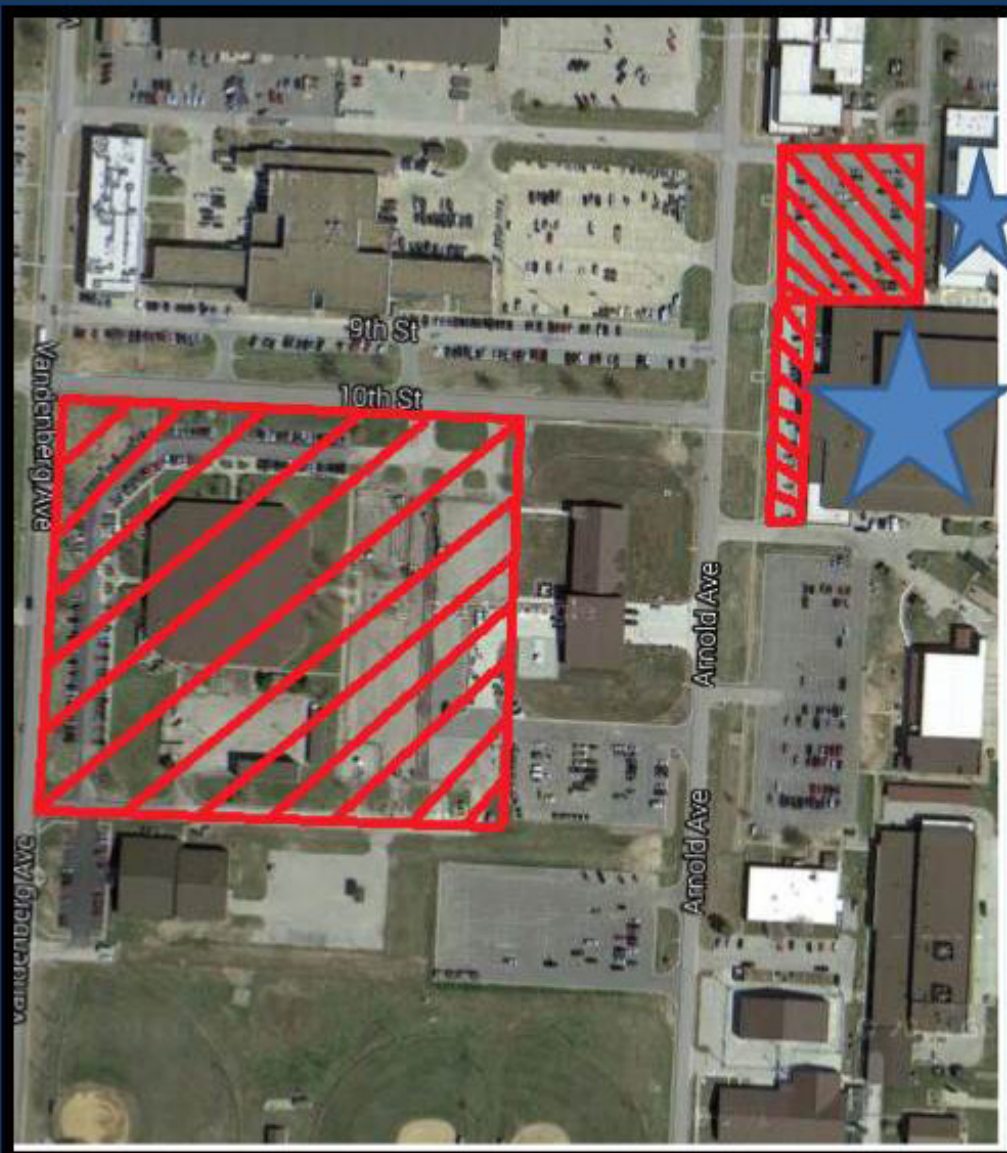
U.S. Air Force photo/Senior Airman Joel Pfister

A B-2 Spirit takes off during exercise Neptune Falcon at Whiteman Air Force Base, Mo., April 21, 2016. Neptune Falcon is an annual combatant command exercise that centers around the capabilities of the B-2 Spirit and is designed to potentially integrate assets from all four military services. Whiteman generated ten B-2s which launched in rapid succession.





# NFL Draft Day Parking Plan



## Notes:

- Do not park in unpaved areas. Please follow all parking rules, signs and traffic laws.
- Off limits parking areas are highlighted with red.
- Event area marked with blue star
- Guests are encouraged to enter Whiteman AFB through the Lemay Gate and exit through the Arnold Gate.
- Follow event signs on the installation to gain access to the event.

We are just three days away from the NFL Draft Day event here at Whiteman! This incredible event will be held in Hangar 52 and the 5-Bay Hangar on Arnold Avenue from 11a.m. - 3p.m. on Saturday April 30 rain or shine!

Some of the players currently scheduled to attend and to be available to sign autographs include Frankie Hammond (wide receiver), Charcandrick West (running back), Chris Conley (wide receiver) and Kashif Moore (wide receiver).

During the event, the KC Chiefs will be providing one lucky service member a premier, surprise giveaway pack for four people that is unavailable anywhere else – you must be present to win!

For those who plan to attend, please keep in mind the following:

- Large bags and backpacks will not be allowed into the event. Items that patrons choose to bring into the event, such as diapers, cameras, cell phones, etc., should be carried inside 1 gallon see through bags, which is in alignment with the NFL Stadium Policy. Volunteers will be on hand to look through any questionable items, bags, or purses prior to entry.

- Large strollers and wagons will not be allowed into the event. Small, single-child push strollers will be allowed inside.

- Carpooling, or walking to the event if possible, is highly encouraged as parking may be limited.

- For those arriving from off-base to attend the event, please utilize the Arnold (Knob Knoster) Gate to mitigate traffic concerns and backups.

The image above depicts where parking will be available. It also contains notes regarding parking and highlights the location of the event. Remember that parking is only allowed on hard surfaces and that everyone will be expected to follow all established WAFB parking rules and traffic laws.

As part of the event, which is open to all DOD ID card holders and their families, Team Whiteman members will be announcing the Chiefs' draft selections live on television. There will also be free food, drinks, and numerous activities for all ages to enjoy. Alcoholic beverages will be available for purchase; please have a plan in place if you choose to consume alcohol and be sure you have a safe way to get home.

Other event highlights include free giveaways, NFL Play 60 events, football-themed bouncy houses, dance competitions, art stations and a live stage show hosted by the Voice of the Chiefs, Mitch Holthus!

Last, but not least, a B-2 flyover is currently scheduled, and all Whiteman aerial assets

will be on static display at the event, weather permitting.

For more information and live updates on event day, be sure to follow the Whiteman Air Force Base Facebook page.



## AMXS Airman earns Top III MVP



U.S. Air Force photo/Senior Airman Joel Pfister

U.S. Air Force Airman 1st Class John Barickman, an aerospace propulsion journeyman with the 509th Aircraft Maintenance Squadron, center, receives a Top III MVP award at Whiteman Air Force Base, Mo., April 5, 2016. Barickman received the award after identifying a discrepancy on a B-2 Spirit main-engine control-shaft spline during an install.

**THINK SAFETY**







# Operation Spirit: Youth discover deployments



**LEFT:** Team Whiteman youths pass around an A-10 Thunderbolt II munition display during Operation Spirit at Whiteman Air Force Base, Mo., April 23, 2016. Participants of the event were informed of the capabilities and missions of the A-10, B-2 Spirit and T-38 Talon aircraft.

**TOP CENTER:** Operation Spirit participants take turns viewing an A-10 Thunderbolt II during Operation Spirit at Whiteman Air Force Base, Mo., April 23, 2016. During the event multiple aircraft were on display including an A-10, B-2 Spirit and T-38 Talon.

**CENTER:** Arissa Hale, daughter of Aris Hale, the base equipment custodian officer assigned to the 509th Communications Squadron, practices her combative techniques at Whiteman Air Force Base, Mo., April 23, 2016. Combatives was one of several stations youth were able to experience during Operation Spirit.

**BOTTOM CENTER:** U.S. Air Force 1st Lt. Randall Ott, 358th Fighter Squadron pilot, answers questions from Operation Spirit participants at Whiteman Air Force Base, Mo., April 23, 2016. Ott served as a subject matter expert on the A-10 Thunderbolt II aircraft during the event.

**TOP RIGHT:** Children, along with their chalk leader, Jermaine Walton, a prime base engineer emergency force apprentice, march onto the flightline during Operation Spirit at Whiteman Air Force Base, Mo., April 23, 2016. The children were divided into seven groups to learn about various aspects of the deployment process to include combative training, survival tactics and communications operations.

*U.S. Air Force photos/Senior Airman Jovan Banks*



# Motorcycle Safety Day



U.S. Air Force photo/Senior Airman Sandra Marrero  
**Rob Hurt, a Lee's Summit master police officer, shares his experiences with White-man Airmen during Motorcycle Safety Day at Whiteman Air Force Base, Mo., April 25, 2016. Hurt said that the safety violation he most commonly sees on the road is improper braking by relying more heavily on the back brake.**



U.S. Air Force photo/Senior Airman Joel Pfiester  
**Participants in Motorcycle Safety Day clean headstones at the Missouri Veterans Cemetery in Higginsville, Mo., April 25, 2016. As part of Motorcycle Safety Day, volunteers join together in a mentorship ride to the cemetery to help clean the cemetery grounds.**



U.S. Air Force photo/Senior Airman Joel Pfiester  
**U.S. Air Force Staff Sgt. Krystofer Benson, a 394th Combat Training Squadron client systems technician, rides his bike on the safety course during Motorcycle Safety Day at Whiteman Air Force Base, Mo., April 25, 2016. Motorcycle Safety Day, which consisted of a safety briefing, a safety course, vendor stations and a mentorship ride, was open to everyone from seasoned veterans to first-time riders.**



# Whiteman SAPR members ‘chalk the walk’



U.S. Air Force photo/Senior Airman Joel Pfister  
Sexual Assault Prevention and Response team victim's advocates pose in front of inspiring messages written in chalk at Whiteman Air Force Base, Mo., April 22, 2016. The messages were written in solidarity for survivors of sexual assault.



U.S. Air Force photo/Senior Airman Joel Pfister  
Sexual Assault Prevention and Response team victim's advocates use chalk to write inspirational messages in front of the fitness center at Whiteman Air Force Base, Mo., April 22, 2016. The messages were written to support survivors of sexual assault in recognition of Sexual Assault Awareness Month.





# Whiteman Fitness Center expands aerobic equipment



U.S. Air Force photo/Senior Airman Joel Pfister

New fitness equipment forms a row at the fitness center at Whiteman Air Force Base, Mo., April 22, 2016. The fitness center recently added 20 new elliptical machines and is scheduled to receive 20 new treadmills in the near future. The total cost of the additions is approximately \$100,000.



services page



# New Urgent Care Pilot Program for Prime beneficiaries

To increase access to care, the Department of Defense is launching an Urgent Care Pilot Program for TRICARE Prime beneficiaries. This program allows Prime enrollees two visits to a network or TRICARE-authorized provider without a referral or prior authorization.

The Urgent Care Pilot Program, scheduled to begin May 23, 2016, is for:

Active duty service members (ADSMs) (including National Guard or Reserve members for more than 30 consecutive days) in TRICARE Prime Remote

Non-ADSMs in TRICARE Prime, TRICARE Prime Remote or TRICARE Young Adult Prime

TRICARE Overseas Program beneficiaries traveling in the U.S. (not limited to two visits)

Active Duty Service Members (ADSMs) enrolled in TRICARE Prime are not eligible for this program as their care is managed by their Service. This pilot also excludes Uniformed Services Family Health Plan (USFHP) enrollees. TRICARE Overseas Program (TOP) enrollees can receive an unlimited number of urgent care visits, but only when they are traveling stateside and seeking care.

There are no Point of Service (POS) deductibles or cost shares for these two urgent care visits, but network copayments still apply.



Once you receive urgent care, you must notify your PCM about that care within 24 hours or the first business day after the urgent care visit. Authorization requirements have not changed for follow up care, specialty care or inpatient care.

When you are not sure of the type of care you need, or you require care outside of standard business hours, call the 1-800-TRICARE (874-2273). If you call the Nurse Advice Line and receive a pre-authorization for network urgent care, it won't count against your two covered visits. However, if you are enrolled to a military hospital or clinic and there are appointments available or the facility has an available urgent care clinic and you choose to go to civilian urgent care clinic, that visit will count against your two covered visits per year.

If you need more information, please visit <http://www.tricare.mil/Plans/SpecialPrograms/UrgentCarePilot.aspx>, or call Brenda Pindilli, element chief, TRICARE Operations at (660) 687-4624.



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

**Uphold the  
legacy of  
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classifieds



