

WARRIOR



DIAGNOSIS AND TREATMENT

WHITEMAN CELEBRATES LAB WEEK

► PG. 5



► PG. 8

DEFENDERS

"PROTECTING YOUR ASSETS!"

Weekly commander's message

Greetings, Team Whiteman!

It has been another busy week here at Whiteman as we focused on highlighting the accomplishments of some of our incredible Airmen. On Wednesday, we hosted a "Storytellers" resiliency event, where two members of Team Whiteman told their own, personal story about tremendous life challenges they battled and overcame, providing everyone in attendance a new perspective on empowerment and success. It is incredibly difficult to disclose our struggles, particularly in front of a crowd of peers, but it is imperative that we encourage each other to be honest about the challenges we are experiencing. I applaud Chief Green and Captain Cunningham for their bravery and thank them for sharing their stories!

Yesterday afternoon, we had the privilege of recognizing more outstanding Airmen at our monthly wing promotion ceremony ... congratulations to all of our promotees! Be proud of what you have achieved and be ready to assume additional responsibility with your new rank; you are true leaders and role models, and we are very fortunate to have

you on our team. Chief Smith and I, as well as our entire leadership team, are honored to serve alongside you!

This morning, I hope you are able to participate in the "Race for Respect" 5K starting at the base track ... show time is 6:30 a.m. The "Race for Respect" supports April's Sexual Assault Awareness Month and offers a reminder that we all share in the responsibility of helping reduce and ultimately end sexual assault. Today is a chance for all of us to come together and show our support for sexual assault victims and our commitment as an Air Force family to preventing future abuse against our brothers and sisters in arms. We unite and affirm as one team that one assault is one too many, and we are committed to doing everything in our power to stopping sexual violence and establishing a culture of respect across the base, Air Force and Nation.

I also look forward to watching another Whiteman team come together today as our stellar maintenance crews do what they do best during our Weapons Load Crew of the Quarter Competition. Our Total Force maintainers are the finest in the Air Force and as a direct re-

sult of their superb job performance and dedication, Whiteman Air Force Base is able to execute our mission of strategic deterrence, global strike and combat support ... anytime, anywhere! Chief Smith and I look forward to seeing our weapons load crews in action and wish you the best of luck!

Finally, I am excited to end the week by celebrating the Year of the Air Force Family with a fantastic family-friendly event as we welcome back the Kansas City Chiefs for the NFL Draft Day on Saturday. This great event will occur rain or shine inside Hangar 52 and the 5 Bay from 11 a.m. - 3 p.m. and features free food and lots of kid-approved fun. There are four active players from the Chiefs scheduled to be there to meet you and your families, as well as many of the cheerleaders ... don't miss out on this free event!

Have a great, safe weekend!
Defend ... Avenger!

Nuke
PAUL W. TIBBETS IV
Brigadier General, USAF
Commander, 509th Bomb Wing

THE WARRIOR Editorial Staff

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

Capt. Karl Wiest
Chief, Public Affairs

Senior Airman Danielle Quilla
Editor

Senior Airman Jovan Banks
Senior Airman Joel Pfister
Airman 1st Class Jazmin Smith
Airman Michaela Slanchik
Photojournalists

The Sedalia Democrat
Layout and Design

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

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

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

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

The deadline for article submissions to the Warrior is noon Friday. If a holiday falls on Friday, the deadline then becomes 4 p.m. Thursday. Articles will be published on a space-available basis. Submissions do 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, 509th Spirit Blvd. Suite 116, Whiteman AFB, Mo., 65305.

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

Beat the Boss

The Beat the Boss program is a monthly PT test competition between Whiteman units that recognizes outstanding teamwork and devotion to fitness at the Squadron level. Whiteman Airmen who score higher than the commander's score of 98.3% will earn a one-day pass, and those who score a 100% receive a one-day pass and a commander's coin.

Here are the Beat the Boss results for April 17-20, 2017:



Lt. Col. Justin Grieve, 509th OG, 100%

Capt. Daniel Merkh, 509th SFS, 100%

Capt. Karl Wiest, 509th BW, 100%

1st Lt. Aaron Lewis, 20th ATKS, 99.7%

Staff Sgt. Tereaud Morris, 509th CES, 99.2%

Staff Sgt. Trey Branch, 509th LRS, 98.9%

Airman 1st Class Ralph Tayamora, 509th MUNS, 98.8%

Senior Airman Kathleen Bopha, 509th LRS, 98.6%

Tech. Sgt. Brandi Robertson, 509th MUNS, 98.6%

On the cover

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

U.S. Air Force Staff Sgt. Michael Sayre, a military working dog (MWD) handler assigned to the 509th Security Forces Squadron, conducts a scent test training exercise with MWD Kyranya at Whiteman Air Force Base, Mo., April 24, 2017. MWD teams train daily to build a strong partnership between the Airman and the MWD.

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 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)

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 Thursday at 5:30 p.m., with an optional discussion on spiritual resilience to follow at 6:30 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.

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.

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
Showers	Heavy Rain
Hi 69	Hi 57
Lo 50	Lo 51
Sunday	Monday
Heavy Rain	Chance of Showers
Hi 60	Hi 58
Lo 51	Lo 41

Missouri Air National Guardsman receives prestigious safety award



U.S. Air National Guard photo/Senior Master Sgt. Mary-Dale Amison

The Air National Guard Safety Center recently selected Tech. Sgt. Patrick Hatcher, occupational safety manager for the 131st Bomb Wing, for the prestigious 2016 Air National Guard Individual Ground Safety Award. He is pictured here with Senior Master Sgt. Jim Sutton, who was the 2015 Air National Guard Individual Weapons Safety Awardee.

By Senior Master Sgt. Mary-Dale Amison
131st Bomb Wing Public Affairs

The Air National Guard Safety Center recently selected Tech. Sgt. Patrick Hatcher, occupational safety manager for the 131st Bomb Wing (BW), for the prestigious 2016 Air National Guard Individual Ground Safety Award.

The annual award recognizes Hatcher's contributions to Air National Guard (ANG) safety and in the Total Force environment with his 509th BW active duty partners.

"It is an honor to receive this award, but the real work was done by the unit safety representatives and members throughout the wing," Hatcher said. "Their efforts to adapt to the changes are the driving force behind our overall wing success."

Hatcher has been with the 131st BW since January 2008. Prior to joining the safety office, he was the section chief in the 131st aircrew egress shop. In 2015, he assumed his current role as the wing safety manager.

His emphasis on safety excellence is a core principle and a statewide challenge.

"Our mission is unique to say the least," Hatcher said. "From the B-2 mission with our Total Force partners at the 509th Bomb Wing, to our bombing and gunnery range near Fort Leonard

Wood, and our multiple missions in St. Louis, our wing stays very busy. Add in our state emergency duty mission, and it is a testament to our members how we continue to limit mishaps while performing at a high level both locally and globally."

The Air National Guard Individual Ground Safety Award is one of seven annual ANG safety awards. This is a first for Hatcher and the second ANG-level safety award for the 131st BW. Last year, Senior Master Sgt. Jim Sutton received the 2015 Air National Guard Individual Weapons Safety Award. Both members were presented their awards during the recent 2017 Air National Guard Mishap Prevention Workshop held in San Antonio, Texas.

"I couldn't be more proud of our office and wing," said Sutton. "It's an honor to represent the 131st and the Air National Guard in this capacity."

Hatcher's and Sutton's leadership agrees.

"These awards represent the dedication, long hours and hard work of great Citizen-Airmen who continually raise the Air National Guard standard," said Lt. Col. Drew Irmischer, 131st BW chief of safety. "Tech. Sgt. Hatcher and Senior Master Sgt. Sutton take great pride in what they do to support 131st Bomb Wing safety programs and the Total Force B-2 mission. We're proud of their accomplishments."



The free Whiteman Air Force Base app is available to read the latest base news, find pictures of promotion ceremonies, locate needed phone numbers and even get information about various base events.

At this time, the app is only available to iOS users and can be found on the app store. For android users, the app will be available in the very near future, so please stay tuned.



Reel Time Theaters

We're saving a seat for you.

FRIDAY, APRIL 28 • 7 p.m.

The Boss Baby (PG)

Adults - \$6.25, children - \$4.00

SATURDAY, APRIL 29 • 7 p.m.

Ghost In The Shell (PG-13)

Adults - \$6.25, children - \$4.00

SUNDAY, APRIL 30 • 3 p.m.

The Boss Baby (PG)

Adults - \$6.25, children - \$4.00

TEAM WHITEMAN'S MISSION IS TO
EXECUTE STRATEGIC DETERRENCE, GLOBAL STRIKE
AND COMBAT SUPPORT...ANYTIME, ANYWHERE!

ENVISIONING BEING AMERICA'S PREMIER BOMB WING
TOTAL FORCE AIRMEN EXECUTING SAFE, SECURE AND
EFFECTIVE NUCLEAR AND CONVENTIONAL
AIRPOWER...COMBAT-READY TODAY, INNOVATING FOR TOMORROW!

ASIAN AMERICAN PACIFIC ISLANDER HERITAGE MONTH

"Unite Our Voices By Speaking Together"

MAY 2017

POC: TSGT JANIE RAMSEY
DSN: 975-2312

MAY 1 1130 HRS : PROCLAMATION SIGNING : LIBRARY

MAY 3 1100-1300 HRS : HERITAGE MEAL : OZARK INN

MAY 10 1500-1530 HRS : YOUTH ORIGAMI : YOUTH CENTER

MAY 19 0645 HRS : GREEN DOT / AAPIH 5K : BASE TRACK

MAY 25 1100-1300 HRS : CAPSTONE EVENT : GUARD ARMORY

Whiteman AFB Motorcycle Safety Day

1 May 2017

8 a.m. - 1 p.m.

Commissary Parking Lot

**Motorcycle inspections, a practice course,
local vendors and food provided by USO.**

Alternate duty location for motorcycle riders!



For more information please contact
President: Dave Sheets at 660-687-5915
Vice President: Master Sgt. Marvin Morris at 660-687-2180

Hosted by 509th Bomb Wing Safety & Green Knights MMC



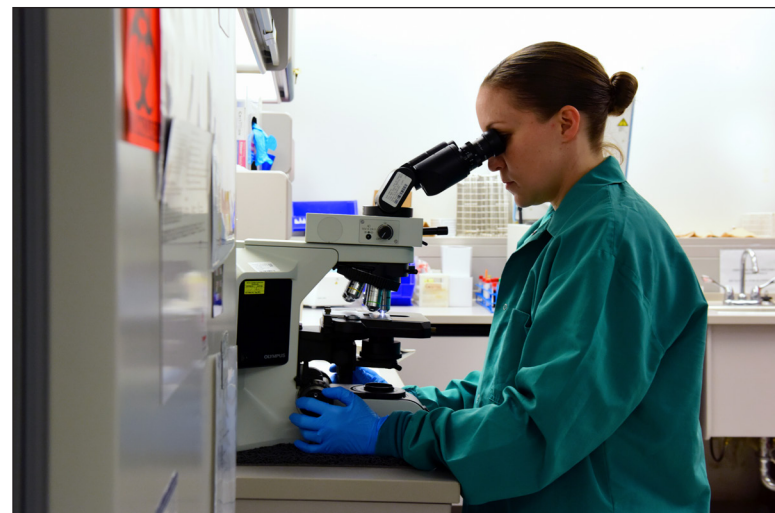
Whiteman AFB celebrates lab week



U.S. Air Force Staff Sgt. Daniel Phelps, a laboratory technician assigned to the 509th Medical Support Squadron, tests a throat swab for strep using a rapid strep testing kit at Whiteman Air Force Base, Mo., April 19, 2017. Technicians work hand-in-hand with primary care physicians to provide patients with a proper diagnosis and treatment.



Airmen assigned to the 509th Medical Support Squadron stop for a photo during "Medical Laboratory Professionals Week" at Whiteman Air Force Base, Mo., April 24, 2017. The shop's team is divided into five sections: chemistry, hematology, microbiology, serology and urinalysis.



U.S. Air Force Master Sgt. Laura Bass, the 509th Medical Support Squadron diagnostics and therapeutic flight chief, checks a sample for bacteria and parasites at Whiteman Air Force Base, Mo., April 21, 2017. If bacteria is identified, testing can be performed to determine which antibiotics the patient can use to treat the infection.



U.S. Air Force Staff Sgt. Jon Ringenoldus, a laboratory technician assigned to the 509th Medical Support Squadron, collects a blood sample from a patient at Whiteman Air Force Base, Mo., April 21, 2017. Much of the work goes on behind the scenes where technicians test and analyze specimens. Together, the lab performs more than 100,000 tests a year.

Left: U.S. Air Force Staff Sgt. Jon Ringenoldus, a laboratory technician assigned to the 509th Medical Support Squadron, places a bacitracin disk on the media to inhibit growth of Strep A species at Whiteman Air Force Base, Mo., April 21, 2017. Bacitracin disks help the technicians determine if the organism is susceptible or resistant to the antibiotic, which aids in determining which particular strain of strep species they are dealing with.

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



Community Yard Sale

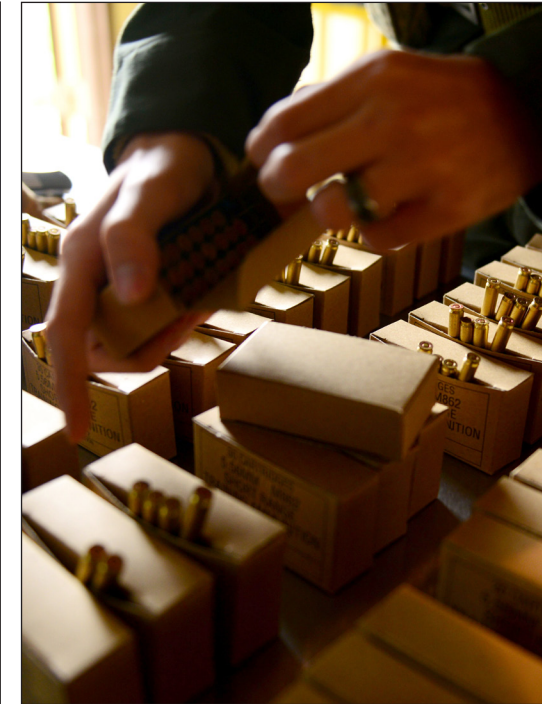
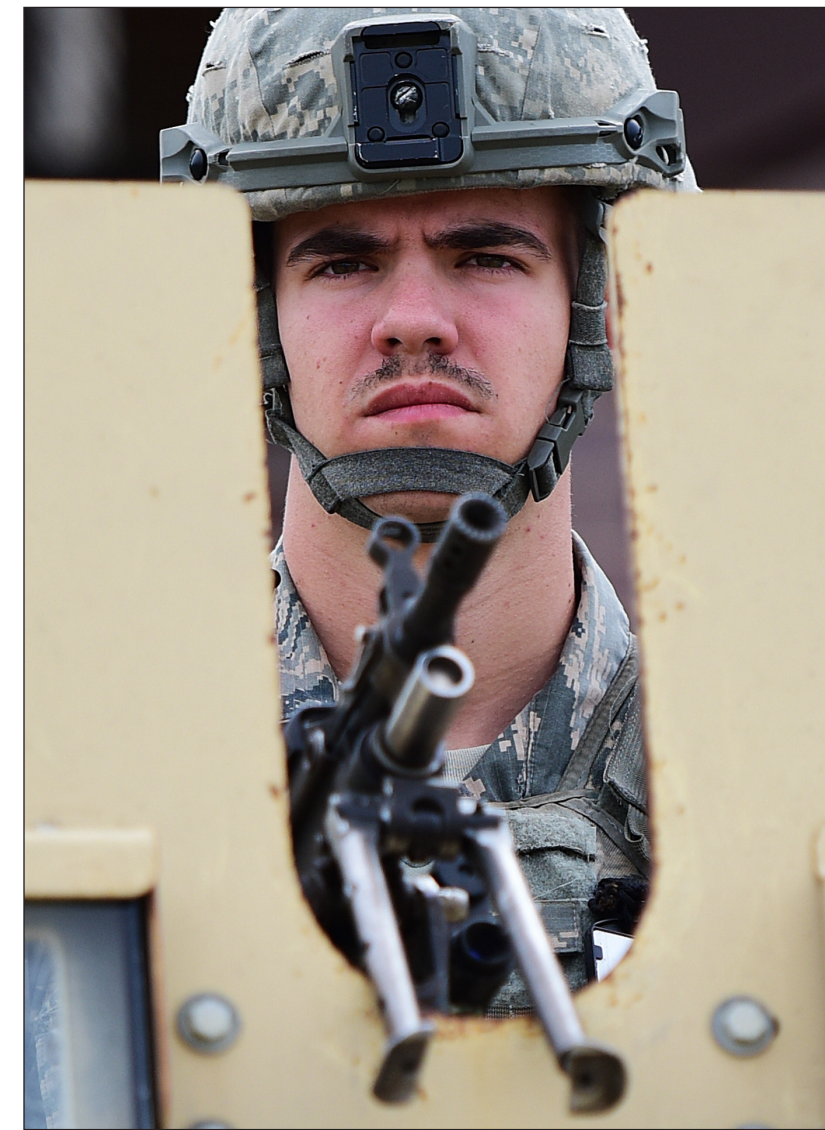
Saturday, May 6TH

Sales can start at 8am - 2pm.

Call Candi at 660-233-8211 or email: cwagler@bbcgrp.com
to add your address to the list.



The Blue Beret: 509th SFS protect, defend and fight



As the largest career field in the Air Force, it's the job of Security Forces to protect, defend and fight. They are responsible for defending air bases around the globe, law enforcement on those bases, combat arms and handling military working dogs. The 509th Security Forces Squadron defenders are on guard and fully prepared to protect high-valued assets at all times. A military working dog (MWD) handler is responsible for protecting and defending a base with their loyal canine partner by their side. The MWD handlers personally train their assigned dog in law enforcement, including how to detect drugs and explosives. Like civilian officers, the defenders are trained in law enforcement and combat arms to respond to emergencies, direct traffic and investigate crimes on base.



*U.S. Air Force photos/
509th Bomb Wing
Public Affairs*

SATURDAY APRIL 29TH GATES OPEN AT 11



5 BAY & HANGAR 52

**FOR MORE INFORMATION FOLLOW THE
WHITEMAN FACEBOOK PAGE**

THIS IS CHIEFS KINGDOM

Spouse's Club Scholarship winners



U.S. Air Force photo/Airman Michaela R. Slanchik

Recipients of the Whiteman Spouse's Club Scholarship Award program receive their awards at the Royal Oaks Golf Course at Whiteman Air Force Base, Mo., April 23, 2017. The Whiteman Spouse's Club awarded 13 scholarships, totaling almost \$20,000, to current and future college students.

**Friday, May 5,
will be
MILITARY
APPRECIATION
NIGHT
at UCM
Baseball,
and**

*You're
Invited!*

**Mules vs. Washburn Ichabods
Crane Stadium-Tompkins Field, UCM
Friday, May 5, 6 p.m.**

**Free Admission for all active
and retired Military members
and their families!**

**WHITEMAN
AIR FORCE BASE** **UNIVERSITY OF
CENTRAL MISSOURI**

MXG chief brings career full circle



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

U.S. Air Force Chief Master Sgt. Darron Hunter, the 509th Maintenance Group (MXG) superintendent, performs pre-flight checks on a B-2 Spirit and signals to the mission commander that he is clear and free to move to the runway at Whiteman Air Force Base, Mo., April 24, 2017. During Hunter's first assignment at Whiteman, he served as the dedicated crew chief (DCC) on the Spirit of Kitty Hawk, tail number 93-1086, from 2000 to 2002, before moving into Quality Assurance and Production for another seven years. In 2015, Hunter returned to the 509th as the MXG superintendent, bringing his career full circle before retiring. For one last farewell, Hunter once more performed the role of the DCC for his old aircraft, "1086."



Protecting Our



PEOPLE

Protects Our



MISSION

Each of us has a role to ensure we live and work
without the threat of sexual assault



www.dodm.org



www.milsuite.mil



www.safehelpline.org | 877-995-5247



www.sapr.mil

Holocaust Remembrance Day



U.S. Air Force photo/Airman Michaela R. Slanchik
Allen Lebovitz, a second generation holocaust survivor, shared his family's story with Team Whiteman during the Holocaust Remembrance Day at Whiteman Air Force Base, Mo., April 24, 2017. His parents, Eugene and Kate Lebovitz, married during the war, then had the opportunity to become American citizens and pursue their dreams.

Month of the Military Child



U.S. Air Force Brig. Gen. Paul W. Tibbets IV, the 509th Bomb Wing commander, speaks to Whiteman elementary school students during a Month of the Military Child assembly at Whiteman Air Force Base, Mo., April 13, 2017. April is the designated Month of the Military Child, which is a time when service members recognize their children for the important role they play in the armed forces community.

U.S. Air Force photo/Airman Michaela R. Slanchik

A spirituality of service

By Chaplain, Maj. David Leonard
509th Bomb Wing Chapel

Our world, in recent days has not been plagued by a lack of resources or an increase of want, but rather a lack of purpose and hope. The Hebrew Scriptures declare that “without a vision the people perish.” Indeed without purpose and vision it is hard to find meaning in life.

While deployed as a chaplain with Special Operations Central Command (SOCCENT), I was given the opportunity to conduct key leader engagements with local Imams and village elders. Over a meal we discussed the story of the Good Samaritan wherein the least likely of characters becomes a neighbor to the man in need. Our conclusion was that true spirituality is lived out in works of service rather than words of inspiration or noble ideas. Purpose is found in service. Spirituality has some common ground with religion, but is characterized by a connection to something beyond yourself, to others, and to a higher purpose.

As a chaplain, one of the hardest things I do is conduct memorial services following a suicide. One of the questions that is often present is “why are so many young people struggling to live?” I would suggest that one reason is that young adults are still figuring out who they are and have fewer life experiences to help them through disappointments and painful life experiences. Two things

in particular, have been shown to help people overcome painful life experiences: spiritual practice and service.

Spirituality, while often overlooked or dismissed, is a key element in mental health. Spirituality guides the way we live, and integrates the whole person. As a chaplain, I see a lot of brokenness. Spiritual brokenness can often leave a person “stuck” in overcoming painful experiences in life. Spiritual care, however, can actually help people with problems find purpose, healing, and a renewed sense of meaning in their lives. It has been shown to be a key protective factor against suicide and coping with traumatic experiences.

Spirituality can be developed by learning how to give back to others. People who give more, tend to be happier and live longer, and have better mental health. This type of spirituality involves giving back or “generativity.” Generativity is characterized by our service to others, and involves raising and guiding those who follow while contributing to the world around us. Like the Good Samaritan, it is the need to care for one’s neighbor. Being a part of a faith community may help one be both more generative and spiritual, in that it builds a sense of belonging and optimism when dealing with the world around us.

Think of how this article is opposite of so many of the messages in the world today. Often we are told that having more wealth or success will make us happier. I

have seen firsthand that success is no predictor of happiness. A spirituality of service may give a person both meaning and life satisfaction born of something greater than themselves. I am a fan of Leon Legothetis of the Kindness Diaries who became disenchanted with his high-stakes investment career and left it all to journey across the world depending solely on acts of kindness. He found the meaning of life in the kindness of other people.

My suggestion is that if you want to be really happy you must take your very best and give it away. It is in serving others that we find real meaning. I have found that my connection to God is lived out in the way I treat others. In the story of the Good Samaritan, the neighbor was not the one who lived closest to the man in need, but the one who showed the greatest care and compassion for the need he encountered. If we want to find purpose in this life we have to give more and take less. A connection to a higher purpose will help us find meaning in making a difference in the world around us.

The Whiteman Air Force Base (AFB) Chapel has several offerings for the Catholic and Protestant communities. If you are interested in participating, please visit our Facebook page Whiteman AFB Chapel for the full listing of events, or contact U.S. Air Force Tech. Sgt. James McConnell or Staff Sgt. Ronald Murray III at the Chapel Annex at 660- 687-3652.

April Child Abuse Awareness & Prevention Month

General child abuse and neglect issues:

- Physical child abuse issues, specifically bruising.
- Exposure to physical hazards (unsanitary/unsafe living conditions) and lack of supervision.

Warning signs:

- Unexplained injuries to the child (bruises, welts, red marks, broken bones, healing fractures).
- Injuries that do not line up with the narrative given for how they got there.
- Malnourishment, comments about being hungry and no food at home.
- Being underdressed for the weather, dirty clothes or a strong foul odor.
- Child's demeanor suddenly changing.
- Suddenly fearful of using the bathroom (in cases of sexual abuse) or going home.
- Children that may have more knowledge about things of sexual nature before they are age appropriate to know them.

Specific challenges military families face:

- Single parenting when spouse is deployed.
- Long duty hours.
- Stresses that come along with parenting and job and little family support when detached from "home."

What can you do?

- Contact Family Advocacy for consultation at 660-687-4341.
- Contact the Child Abuse and Neglect Hotline at 800-392-3738.
- Ask questions when concerned. (ie. Ask parent how a child got bruises. Don't assume child abuse, but also don't ignore things you are concerned about).
- Report concerns
- Volunteer to babysit for friend or neighbor when they need respite or to attend a class.
- Become a foster parent. If interested in foster care, they can contact Cornerstones of Care at 816-508-6200.

-What resources do we have available on base and who can access them?

- Family Advocacy offers parenting classes; Shaken Baby Syndrome classes; Sudden Infant Death Syndrome classes; Dad's the Basics; Anger and Stress Management classes; books; resources; prevention counseling; and New Parent Support Programs (NPSP) for children and parents (prenatal to 3 years old).
- Annual child abuse and neglect training to child caring installations, medical staff, and Security Forces to aide in awareness.
- NPSP provides child development education for parents in the home and can travel off base to aide in support.