

WARRIOR

READY FOR A CHALLENGE

▶ WHITEMAN TEAMS COMPETE IN AFGSC COMPETITION PG. 13

▶ 1-135TH DEPLOYMENT
WHITEMAN MEMBERS TRAVEL FOR TRAINING
PG. 3



Weekly commander's message

Team Whiteman,

This week our Total Force team conducted a thorough review of the critical capabilities of our entire B-2 weapons system. This program validated many of our mission sets, including maintenance, munitions, operations, as well as the capabilities of the B-2 itself. This annual program measures our operational effectiveness and confirms the reliability of our unique platform to execute daily strategic deterrence. Once again, our entire team proved why we are America's premier bomber force!

Members of our team also participated in Global Strike Challenge events this week. Specifically, dozens of our maintenance wingmen competed in weapons handling, weapons loading, and Crew Chief competitions. Additionally, the 110th Bomb Squadron and 394th Combat Training Squadron finished our operations portion of the Global Strike Challenge by releasing weapons over the Utah Test and Training Range. Global Strike Challenge is the world's leading bomber, Intercontinental Ballistic Missile, helicopter operations and security forces competition that involves units from across Air Force Global Strike Command (AFGSC). As the reigning Fairchild Trophy winners, I have no doubt our team will compete exceptionally well for the title of "Best Bomb Wing" in the United States Air Force.

Yesterday, we had the opportunity to recognize our wing's newest promotees at our monthly promotion ceremony. We are all proud of you and know you are ready to accept the responsibilities inherent with your new rank. Congratulations again and thanks to everyone who came out to celebrate with our wingmen.

Today, I look forward to seeing many of you at our wing's All Calls. The All Calls are an opportunity for you

to get to know me better and they will provide a chance for you to speak with me directly. After each session, I will stay behind to answer any questions you may have and to listen to any concerns you feel need to be addressed. I'm excited to meet members of our team I have not met yet and please know how proud I am to be your commander.

Following the All Calls today, we will kick off the holiday weekend in style with our annual Independence Day Celebration at Ike Skelton Lake beginning at 5 p.m. There will be fun and excitement for the entire family, including inflatables, games, food, fireworks, and much more. Most of the entertainment is completely free. Our Force Support teammates have been working hard on this AFGSC Year of the Family event for many weeks and I am excited to enjoy it with you and your families.

Lastly, be safe throughout the long weekend as you celebrate our great nation's independence. If you are traveling, have a plan and be sure to check your vehicle before leaving town. If you plan to drink alcohol, ensure you have a safe, responsible way to get home. Also, remember that many of our wingmen may not have family nearby to celebrate the 4th of July with. If that's the case for your wingman or somebody you work alongside, invite them over to enjoy the holiday with you.

Thanks for all your hard work this week! Stay safe, look after one another, and be a wingman to anyone in need.

-v/r
JJN

JOHN J. NICHOLS, Colonel, USAF
Commander, 509th Bomb Wing



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

One of Team Whiteman's youngest members offers food to a goat during the Independence Day Celebration at Whiteman Air Force Base, Mo., June 30, 2016. Youth had the opportunity to get up close to farm animals, walk through a bird exhibit and ride a pony at the event. Tonight is the 2017 Independence Day Celebration at Ike Skelton Lake beginning at 5 p.m.

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 do not guarantee publication.

For more information, call the Warrior office at 660-687-5727, email 509.bw.pa@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.

On the cover

U.S. Air Force photo/
Airman Michaela Slanchik

Members of the 509th Munitions Squadron participate in Global Strike Challenge (GSC) at Whiteman Air Force Base, Mo., June 20, 2017. Airmen are hand-selected to compete in GSC from their units.

NEWS BRIEFS

**Disposition of Personal Effects
Staff Sgt. Matthew M. Sheeron**

Capt. Bradley Connor is authorized to make disposition of the personal effects of Staff Sgt. Sheeron, deceased, 509th Maintenance Squadron (MXG) as stated in AFI 34-511, Disposition of Personal Property and Effects. Any person having claims for or against Staff Sgt. Sheeron should contact Capt. Connor at 660-525-4742. (509 MXG/660-687-1931)



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EagleEyes**
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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. Open 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 enjoyable. 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.

Like the Stealth Lounge on Facebook to stay up to date on special events and tournaments.

Found property

Keys, wallets, bicycles, jewelry and other items have been turned in as found property to Security Forces Investigation Section. To inquire about lost property, go to building 711, room 305, or call Detective Steven Scott at 660-687-5342.

WEATHER

Today	Saturday
Chance of Storms	Mostly Sunny
Hi 83	Hi 85
Lo 71	Lo 64
Sunday	Monday
Mostly Sunny	Storms Likely
Hi 88	Hi 86
Lo 65	Lo 69

Ready for anything: 1-135th AHB deploys to National Training Center



Courtesy photo

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

Soldiers wake up at the crack of dawn, dust themselves off from their sandy cot—if they were lucky enough to have one, and throw on full battle rattle. They rip open their favorite MRE and hope they can finish it before the attacks begin.

Each soldier, along with their 4,000 battle buddies, is ready to simulate combat as accurately as possible for a month in 1,200 square miles of the driest desert in North America, the Mojave Desert.

Members of the 1-135th Assault Helicopter Battalion (AHB) recently returned from practicing these combat training missions at the National Training Center (NTC) in Fort Irwin, Calif.

The NTC prepares Brigade Combat Teams and other units for combat by conducting realistic training operations. The Eagle Team operations group at the NTC observed, coached and trained the 1-135th AHB and other service members on their combat-related abilities. Those ranged from executing proper mission planning, security, reactions to chemical attacks, to conducting convoys and overall readiness.

Six UH-60 Blackhawks, along with 197 soldiers deployed to the NTC from Whiteman Air Force Base, Missouri, to attend this training. The soldiers trained for nearly nine months on different scenarios in preparation for combat operations.

In order to make this training as realistic as possible without injuring trainees, the NTC teams use laser-programmed devices that, when triggered by an enemy's laser, notify the soldiers that they have been struck and need to simulate the scene as it would happen in real combat.

Guns, rockets, cannons and missiles are all

'Such integrated, extensive, in-depth training enhances our combat effectiveness and allows us to be a force multiplier. It's important to get this practice in and learn the lessons in a safe environment, meaning less lives lost and the ability to fight more effectively when it really counts.'

**-- 1st Sgt. Brian Johnson
1-135th first sergeant**

programed through the laser technology, along with aircraft, tanks and personnel with the laser-beam receivers. In addition to the lasers, soldiers also shot more than 1,400 rounds of 30 mm blank-cartridge ammo.

The training center tested aviators' response to notional enemy fire, simulated with the laser technology pointed at the aircraft from the ground by NTC Eagle Team soldiers. Downed Aircraft Recovery Teams (DART) refined their skills by reacting to the scene with appropriate measures. The DARTs practiced medical evacuations, provided mechanics, tools and parts to fix the aircraft and get it back in the fight.

Members of support and flight medical companies from 26 states across the country all attended the training.

The NTC drilled three main points to the soldiers for successful training—situational awareness, integration and communication.

The soldiers are taught to be prepared for anything at all times during missions and battlefield tasks.

"We integrated aviation units from multiple

states under one task force that was headed by our Missouri National Guard at Whiteman. Our task force worked for the Brigade Combat Team out of Mississippi and they integrated our capabilities and assets into their 'battle rhythm' and planning processes," said 1st Sgt. Brian Johnson, the 1-135th first sergeant.

At the NTC, the soldiers were also taught the importance of communicating from the highest level down to the lowest level. Maintaining communication at all levels with all units was said to be the key to everyone's mission success.

"Such integrated, extensive, in-depth training enhances our combat effectiveness and allows us to be a force multiplier," said Johnson. "It's important to get this practice in and learn the lessons in a safe environment, meaning less lives lost and the ability to fight more effectively when it really counts."

With 12 missions flown, 10 medical evacuations, 44 convoys, a total of 550 hours of flight and many lessons learned, the mission was deemed a success and the soldiers returned home on June 14th.

Reel Time Theaters

We're saving a seat for you.

FRIDAY, JUNE 30 • 7 p.m.

Transformers: The Last Knight
(PG-13)

Adults - \$6.25, children - \$4.00

SATURDAY, JULY 1 • 7 p.m.

Wonder Woman
(PG-13)

Adults - \$6.25, children - \$4.00

SUNDAY, JULY 2 • 3 p.m.

Cars 3 (G)

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
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AIRPOWER...COMBAT-READY TODAY, INNOVATING FOR TOMORROW!

USSTRATCOM Chief: Deterrence keeps conflicts off world stage



U.S. Navy photo/Petty Officer 2nd Class James P. Bleyler

U.S. Air Force Gen. John Hyten, commander of U.S. Strategic Command (USSTRATCOM), delivers a speech at the Mitchell Institute for Aerospace Studies Strategic Deterrence Breakfast Series event at the Capitol Hill Club in Washington, D.C., June 20, 2017. In his remarks, Hyten discussed the need for space, nuclear and missile defense modernization.

By Cheryl Pellerin

DoD News, Defense Media Activity

WASHINGTON — U.S. Strategic Command is a global warfighting command whose mission areas include nuclear, global strike, space, cyber, missile defense and electronic warfare and more, and nuclear is the No. 1 priority, STRATCOM Commander Air Force Gen. John E. Hyten said here today.

The general spoke during an event held at the Capitol Hill Club by the Mitchell Institute on space, nuclear and missile defense modernization.

STRATCOM is the most global of all commands, Hyten told the audience. Its dominion stretches from under the sea to 2,300 miles above the earth, he said, and the 184,000 men and woman assigned and attached to the command are the best and brightest the nation has to offer.

"Peace is our profession," Hyten said, borrowing the Strategic Air Command's motto, adding that if an adversary crossed the line with the United States, "we will respond ... with overwhelming power in a way that will ruin your day and make it so you will never attack United States of America. That is the ultimate strategic deterrent."

Nuclear Backbone

Hyten said his priorities for STRATCOM are straightforward: provide strategic deterrence, if deterrence fails provide a decisive response, and do it with a resilient, trained and equipped force.

"Peace is our Profession' is the motto for all 184,000 people, and those priorities apply to every element of this command," the general said. "But nuclear is still the backbone, and it has to be our top priority."

Between 60 million and 80 million people were killed in World War II, or about 33,000 a day. Over the decade-long experience in Vietnam, the nation lost 58,000 troops -- just two days of casualties in WWII, Hyten said.

"That's what our nuclear weapons have

done for the world," he added. "They don't eliminate conflict -- conflict will exist as long as humans exist, what they have done is kept major power conflict off the world stage. They've kept that huge death and destruction from happening when you have major power conflicts that get out of control. It's kept world wars from happening. That's the primary reason that we have to have nuclear weapons."

Modernizing the Triad

Hyten said people often ask him how the nation can afford to modernize all three legs of the nuclear triad. "The question you have to ask yourself is, how can you not afford to modernize the triad?" the general said.

Consider the intercontinental ballistic missile or the new program for the ground-based strategic deterrent, he said.

"Can you imagine a nuclear capability without the ICBM in the missile fields? That creates a huge targeting problem for our adversaries, because 400 separate ICBMs have to be targeted with multiple weapons at a time in the middle of the United States to defeat that threat," Hyten explained.

And even if an adversary managed to do that, the triad's most survivable element is the submarine force that is on alert every minute of every day, he said. And the most responsive element is the bomber force, which can be employed and called back, he noted. "It gives the United States the flexibility to deploy capabilities and recall them if needed," the general explained.

"But if you look at all those capabilities together," he said, "if we put all the modernization programs on the table, it adds up to a whole lot of money."

News outlets discuss the expense all the time, he said. "Pick a number that goes from \$600 million to over \$1 trillion over the next 30 years to modernize the capability," he said. "How much is that really?"

"Overall, it's a little over 6 percent of our defense budget ... to somehow make sure that the world knows the nation is ready and you cannot attack the United States. We have to do that," Hyten said.

WHITEMAN AIR FORCE BASE

2016 Annual Water Quality Report
(Consumer Confidence Report)
MO1079501

This report is intended to provide you with important information about your drinking water and the efforts made to provide safe drinking water.

Under the Consumer Confidence Reporting Rule of the federal Safe Drinking Water Act (SDWA), community water systems are required to report this water quality information to the consuming public. Presented in this report is information on the source of our water, its constituents, and the health risks associated with any contaminants.

Your drinking water comes from the Whiteman AFB Water Treatment Plant operated by 509th Civil Engineer Squadron. Our system has been assigned the identification number MO1079501 for the purposes of tracking our test results. The plant treats water from the Ozark Aquifer pumped from groundwater wells located on base. Your water is filtered and treated with chlorine to disinfect the water. These wells have been tested and the results are available from the 509th Medical Operations Squadron, Bioenvironmental Engineering Flight. If you would like to observe the decision-making process that affects your drinking water quality or if you have any further questions, the water plant can be reached at 660-687-1984.

The sources of drinking water (both tap water and bottled water) includes rivers, lakes, streams, ponds, reservoirs, springs, and groundwater wells. As water travels over the surface of the land or through the ground, it dissolves naturally-occurring minerals and, in some cases, radioactive material, and can pick up substances resulting from the presence of animals or from human activity.

Some people may be more vulnerable to contaminants in drinking water than the general population. Immunocompromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/CDC guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Drinking Water Hotline (800-426-4791).

Contaminants that may be present in source water include:

Microbial contaminants, such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife.

Inorganic contaminants, such as salts and metals, which can be naturally-occurring or result from urban storm water runoff, industrial or domestic wastewater discharges, oil and gas production, mining, or farming.

Pesticides and herbicides, which may come from a variety of sources such as agriculture, urban storm water runoff, and residential uses.

Organic chemical contaminants, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, and can also come from gas stations, urban storm water runoff, and septic systems.

Radioactive contaminants, which can be naturally-occurring, or be the result of oil and gas production and mining activities.

We continually monitor the drinking water for contaminants. Our water is safe to drink.

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the Environmental Protection Agency's Safe Drinking Water Hotline (800-426-4791).

In order to ensure that tap water is safe to drink, the Department of Natural Resources prescribes regulations which limit the amount of certain contaminants in water provided by public water systems. Department of Health regulations establish limits for contaminants in bottled water which must provide the same protection for public health.

Contaminants Report

The state has reduced monitoring requirements for certain contaminants to less often than once per year because the concentrations of these contaminants are not expected to vary significantly from year to year. Records with a sample year more than one year old are still considered representative.

Violations and Health Effects Information

Compliance Period	Analyte	Type
No Violations Occurred in the Calendar Year of 2016		

Regulated Contaminants

Microbiological	Result	MCL	MCLG	Typical Source
No Detected Results were Found in the Calendar Year of 2016				

Disinfection Byproducts	Monitoring Period	Highest LRAA	Range (low-high)	Unit	MCL	MCLG	Typical Source
TTHM	2016	14	14.2-14.2	ppb	80	0	Byproduct of drinking water disinfection
(HAA5)	2016	0	0-0	ppb	60	0	Byproduct of drinking water disinfection

Lead and Copper	Date	90th Percentile	Range of Results (low-high)	Unit	AL	Sites Over AL	Typical Source
Copper	2012-2014	0.171	0.0047-0.272	ppm	1.3	0	Corrosion of household plumbing systems
Lead	2012-2014	6.4	6.4-16.9	ppb	15	1	Corrosion of household plumbing systems

If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home



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plumbing. Whiteman AFB is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline (800-426-4791) or at <http://water.epa.gov/drink/info/lead/index.cfm>.

You can also find sample results for all contaminants from both past and present compliance monitoring online at the Missouri DNR Drinking Water Watch website <http://dnr.mo.gov/DWW/indexSearchDNR.jsp>. To find Lead and Copper results for your system, type your water system name in the box titled Water System Name and select *Find Water Systems* at the bottom of the page. The new screen will show you the water system name and number, select and click the Water System Number. At the top of the next page, under the *Help* column find, *Other Chemical Results by Analyte*, select and click on it. Scroll down alphabetically to Lead and click the blue Analyte Code (1030). The Lead and Copper locations will be displayed under the heading *Sample Comments*. Scroll to find your location and click on the *Sample No.* for the results. If your house was selected by the water system and you assisted in taking a Lead and Copper sample from your home but cannot find your location in the list, please contact Whiteman Air Force Base Bioenvironmental Engineering at 687-4324 for your results.

Regulated Contaminants	Collection Date	Highest Value	Range of Results (low-high)	Unit	MCL	MCLG	Typical Source
Barium	5/13/2014	0.0404	0.0404	ppm	2	2	Discharge of drilling wastes; Discharge from metal refineries; Erosion of natural deposits
Chromium	5/13/2014	2.1	2.1	ppb	100	100	Discharge from steel and pulp mills
Fluoride	5/13/2014	0.58	0.58	ppm	4	4	Natural deposits; Water additive which promotes strong teeth
Nitrate-Nitrite	5/12/2016	0.018	0.018	ppm	10	10	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits

Optional Monitoring (not required by EPA)
Optional Contaminants

Monitoring is not required for optional contaminants.

Secondary Contaminants	Collection Date	Your Water System Highest Value	Range (low-high)	Unit	SMCL
Alkalinity, CaCO3 Stability	5/13/2014	211	211	MG/L	
Aluminum	5/13/2014	0.0344	0.0344	MG/L	0.05
Calcium	5/13/2014	38.8	38.8	MG/L	
Chloride	5/13/2014	36.7	36.7	MG/L	250
Hardness, Carbonate	5/13/2014	187	187	MG/L	
Magnesium	5/13/2014	21.8	21.8	MG/L	
pH	5/13/2014	8.2	8.2	pH	8.5
Potassium	5/13/2014	3.71	3.71	MG/L	
Sodium	5/13/2014	36.4	36.4	MG/L	
Sulfate	5/13/2014	42	42	MG/L	250
TDS	5/13/2014	296	296	MG/L	500
Zinc	5/13/2014	0.00578	0.00578	MG/L	5
Perfluorobutanesulfonic Acid	8/22/2016	<2.0	<2.0	ng/L	
Perfluoroheptanoic Acid	8/22/2016	<2.0	<2.0	ng/L	
Perfluorohexanesulfonic Acid	8/22/2016	<2.0	<2.0	ng/L	
Perfluorononanoic Acid	8/22/2016	<2.0	<2.0	ng/L	
Perfluorooctane Sulfonate	8/22/2016	<2.0	<2.0	ng/L	
Perfluorooctanoic Acid	8/22/2016	<2.0	<2.0	ng/L	

Secondary standard are non-enforceable guidelines for contaminants that may cause cosmetic effects (such as skin or tooth discoloration) or aesthetic effects (such as taste, odor or color) in drinking water. EPA recommends these standards but does not require water systems to comply.

Terms and Abbreviations

Population: 9,600. This is the equivalent residential population served including non-bill paying customers.
MCLG: Maximum Contaminant Level Goal, or the level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.
MCL: Maximum Contaminant Level, or the highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.
SMCL. Secondary Maximum Contaminant Level, or the secondary standards that are non-enforceable guidelines for contaminants and may cause cosmetic effects (such as skin or tooth discoloration) or aesthetic effects (such as taste, odor or color) in drinking water. EPA recommends these standards but does not require water systems to comply
AL: Action Level, or the concentration of a contaminant which, when exceeded, triggers treatment or other requirements which a water system must follow..
TT: Treatment Technique, or a required process intended to reduce the level of a contaminant in drinking water.
90th percentile: For lead and Copper testing. 10% of test results are above this level and 90% are below this level.
Range of Results: Shows the lowest and highest levels found during a testing period, if only one sample was taken, then this number equals the Highest Value.
RAA: Running Annual Average, or the average of sample analytical results for samples taken during the previous four calendar quarters.
LRAA: Locational Running Annual Average, or the locational average of sample analytical results for samples taken during the previous four calendar quarters.
TTHM: Total Trihalomethanes (chloroform, bromodichloromethane, dibromochloromethane, and bromoform) as a group.
HAA5: Haloacetic Acids (mono-, di- and tri-chloroacetic acid, and mono- and di-bromoacetic acid) as a group.
ppb: parts per billion or micrograms per liter.
ppm: parts per million or milligrams per liter.
n/a: not applicable.
NTU: Nephelometric Turbidity Unit, used to measure cloudiness in drinking water.
nd: not detectable at testing limits.

For more information please contact the 509th Medical Operations Squadron, Bioenvironmental Engineering Flight (660-687-4324).



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IN ALL
WE DO**

Don't let ticks ruin your summer

By Tech. Sgt. Candace M. Caudill

509th Medical Operations Squadron Public Health

As warmer weather approaches, people spend more time outdoors. From neighborhood barbecues to hiking and camping, people are making the most of the warmer weather. However, Missouri has a plethora of insects that will also enjoy people being outside, especially the tick!

Ticks are tiny insects that are closely related to mites and feed off of human or animal blood. Because they cannot run or fly, they will climb to the top of grass stems or bushes to grab on to a host that walks by. It is important to remain vigilant about ticks because they can carry diseases.

Missouri has several species of ticks, but two of the most common are the Lone Star Tick and the American Dog Tick. Some of the diseases that are in our local area



American Dog Tick

are Rocky Mountain Spotted Fever and Lyme Disease. Rocky Mountain Spotted Fever is passed by the American Dog Tick. The symptoms of this disease include: fever, headache, abdominal pain, vomiting, and muscle pain. Some patients may experience a rash, but it is often absent in the first few days. Rocky Mountain Spotted Fever can be serious and fatal if not treated properly. If left untreated, some patients may experience damage to the blood vessels and bleeding in the brain and/or other vital organs. Patients may need prolonged hospitalization, intravenous antibiotics, or intensive care.

Lyme disease is also caused by ticks, typically the Black-Legged Tick and the Lone Star Tick. Patients diagnosed with Lyme disease often experience fever, chills, headache, fatigue, muscle and joint aches, and swollen lymph nodes. Approximately 80 percent of the patients will also experience the "bull's eye" rash associated with the disease. If left untreated, Lyme disease can cause severe headaches, neck stiffness, arthritis, facial palsy, and inflammation of the brain. Fortunately, the tick must be attached to you for over 24 hours to be able to transmit the disease.

Tick-borne diseases can be prevented! Ticks are most active during the warmer months (April-September). It is important to use insect repellent when going outdoors, especially when tracking through woodsy areas or where tall grass meets short grass (such as trails or near fields). Use repellent that contains 20 percent or more of DEET, picaridin, or IR3535 on exposed skin, which is also safe for pregnant women and children over two months of age. Bathe or shower within two hours after coming indoors. It allows you to find ticks that may not be attached to your skin yet. Conduct a full-body tick check using a hand-held or full-length mirror. Parents should also check their children.

If a tick is found, it is important to remove the tick correctly. Avoid old-wives tales and folklore remedies such as "painting" a tick with nail polish or petroleum jelly. The most effective way to remove a tick is to use fine-tipped tweezers:

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.

2. Pull upward with steady, even pressure. Do not twist the tick, it can break the mouth-parts inside the bite. If the mouth-parts are left in, leave it alone and let the skin heal on its own.

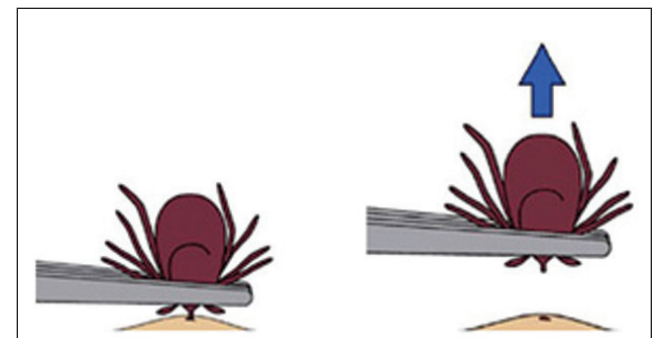
3. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol or soap and water.

4. Dispose of the live tick by submerging it in alcohol.

5. If you are able to get the tick with all mouth parts still attached, please put it in a sealed zip-lock bag and bring it to Public Health.

It is important to remember that tick-borne diseases will not show up in lab work immediately after a tick bite. Your provider cannot treat you if you are not showing symptoms. Please monitor yourself after a tick bite and see your provider immediately if you begin experiencing symptoms.

Don't let ticks ruin your summer. When insect repellent is used correctly, you can enjoy the outdoors without worrying! If you would like more information about tick-borne or mosquito-borne diseases, feel free to visit the Centers for Disease Control and Prevention website at <https://www.cdc.gov/ticks/diseases/index.html>. Also, please contact Public Health at 660-687-2179 for any questions.



Proper Tick Removal

509TH MDG COMMANDER

Colonel (Dr.) Chystal Henderson is the Commander of the 509th Medical Group, Whiteman Air Force Base, Missouri. She commands more than 280 personnel and is responsible for ensuring the execution of an annual operations and maintenance budget of \$13M and wartime readiness at the Air Force's only B-2 Bomb Wing.

Colonel Henderson received her commission into the United States Air Force Medical Corps in 1998 after completing her Doctorate of Medicine degree at the University Of Louisville School Of Medicine. Prior to her current assignment, she served as the chief, Medical Operations Division/Medical Home Panel Chair, Air Force Medical Support Agency, Falls Church, Va.



Colonel (Dr.) Chystal Henderson

509TH MXG COMMANDER

Colonel Mark A. Riselli is the Commander, 509th Maintenance Group, 509th Bomb Wing, Whiteman Air Force Base, Missouri. As Commander, he leads over 1,450 personnel in support of the Air Force's entire fleet of 20 B-2A Spirit aircraft. His group provides low observable aircraft and conventional munitions, enabling the 509th Bomb Wing to execute its deterrence, assurance, and global power missions for our Nation.

Colonel Riselli received his commission through the Reserve Officer Training Corps in May 1995. He has served in a variety of assignments in the areas of aircraft maintenance, acquisition, depot, and staff. Prior to his current position, Colonel Riselli was the Deputy Commander, 28th Maintenance Group, Ellsworth Air Force Base, South Dakota.



Colonel Mark A. Riselli

► 509TH MAINTENANCE GROUP
WHITEMAN AIR FORCE BASE



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An "innovative" design



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

U.S. Air Force Airman 1st Class Jenny Romero-Alvarez, an ophthalmic technician with the 509th Medical Operation Squadron, displays her design for the Striker Innovator Award coin at Whiteman Air Force Base, Mo., June 28, 2017. The coin was hand-picked by U.S. Air Force Gen. Robin Rand, the commander of Air Force Global Strike Command. The design features gears and a light bulb that represents forward motion and innovation, and a sketch of one of the first Wright Brothers aircraft to illustrate the progress made in the world of aviation.

RECYCLE This Paper



Ready for a challenge

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

While Whiteman’s daily mission continues as normal on the other side of the fence, members of an elite squad from the 509th Munitions Squadron (MUNS) have been practicing day in and day out in the hot summer sun, preparing for the 2017 Air Force Global Strike Challenge.

The Air Force Global Strike Challenge is a biannual competition including the nine different wings of Air Force Global Strike Command. Airmen are hand-selected from their units to compete in weapon firing, bomb builds, weapon loading, bomber and missile maintenance and other categories for a chance to win a multitude of awards recognizing the fastest and most accurate performers in their respective specialties and fight for the trophy they have trained so hard for.

For the 509th MUNS, the competition included a uniform inspection, a written test, conventional munition build and a

driving rodeo.

While training together twice a day for the past 45 days, the bomb build crew has become the epitome of teamwork.

“The biggest lesson I’ve learned is the importance of working together and everyone knowing and doing their part,” said Airman 1st Class Aaron Carlisle, a 509th MUNS inspector technician. “With all that is going on at one time you have to trust that everyone is where they need to be, and doing their part. We each have an important role to play, and if we aren’t all pulling our weight the job will not get done.”

In the 45 days of honing their techniques, the team shaved about 45 minutes off of their total performance time.

“It’s exciting to see how far we all have come from day one and how long it used to take us to get everything put together compared to now,” said Carlisle.

With a faster time and precise performance, the team put their skills to the test in the competition June 28th. The results will be released in August.



Members of the 509th Munitions Squadron practice for Global Strike Challenge(GSC) at Whiteman Air Force Base, Mo., June 20, 2017. Airmen are hand-selected to compete in the GSC from their units to compete in weapon firing, bomb builds, weapon loading, bomber and missile maintenance and other categories for a chance to win a multitude of awards recognizing the fastest and most accurate performers in their respective specialties.

U.S. Air Force photos/Airman Michaela Slanchik

Test team looks at new parachute for ACES II ejection seat



By Kenji Thuloweit

412th Test Wing Public Affairs

EDWARDS AIR FORCE BASE, Calif. -- Members of the 418th Flight Test Squadron are testing a new parachute canopy for the Advanced Concept Ejection Seat II. Testers are collecting data on the GR7000 parachute, which has been proposed to replace the current C-9 canopy used in the ACES II ejection seat. The testing is part of the Air Force's ACES II Safety and Sustainability Improvement Program.

The ACES II ejection seat system has been used for almost 40 years and brought standardization to Air Force ejection seats in the A-10, F-15, F-16, F-22, B-1 and B-2. The standardization reduced cost and training time as maintainers and pilots only have to train on one type of seat.

"The overall test objective is to demonstrate the strength of the GR7000 parachute at worst-case ejection (situations), high-altitude mode 1 deployment and evaluate the steady-state descent characteristics of the GR7000 parachute," said Alice White, 418th FLTS ACES II SSIP project manager.

White said since the initial fielding of ACES II in 1978, the Air Force has made two significant changes affecting ejection seat safety. The changes were unforeseen when ACES II was initially developed. The first change was expanding the allowable aircrew weight range -- originally 140-to-211 pounds -- to 103-to-245 pounds.

"Another significant change affecting the safety of the ACES II was the introduction of helmet-mounted devices, particularly the nuclear flash blindness goggles used by B-2A Spirit aircrew. The combination of larger allowable aircrew anthropometric range, and the added head-borne weight of the helmet-mounted devices, increased the risk of having an unsafe ejection," said Daniel Bush, 418th FLTS ACES II SSIP project flight test engineer.

The GR7000 parachute is designed to handle the greater weight ranges for pilots and to provide a slower rate of descent and oscillation, according to the manufacturer.

In the past several weeks, testing of the GR7000 parachute consisted of 10 dummy drops, 20 live-person jumps and five drops using a crosswind deployment cylindrical test vehicle, which looks similar to an inert bomb.

"Key performance values for this test are airspeed, altitude, rate of descent and canopy structural integrity. Riser loads and acceleration data also will be collected and analyzed," said Dean Van Oosterhout, 418th FLTS ACES II SSIP project engineer.

For test purposes, the 418th FLTS contracted a Skyvan from Skydive Perris, out of Perris, California. Skyvans have been previously used for live jumps, dummy drops and airdrops. The plane has an anchor cable with a winch on the right side of the aircraft cargo hold and bench seats for parachutists and passengers running down both sides. According to the 418th FLTS ACES II SSIP project pilot, Maj. Duncan Reed, the Skyvan is able to meet test requirements to climb and level off between 16,000 and 17,000 feet median sea level and trim to between 90 and 100 knots-indicated airspeed, which is required for the cylindrical test vehicle drops.

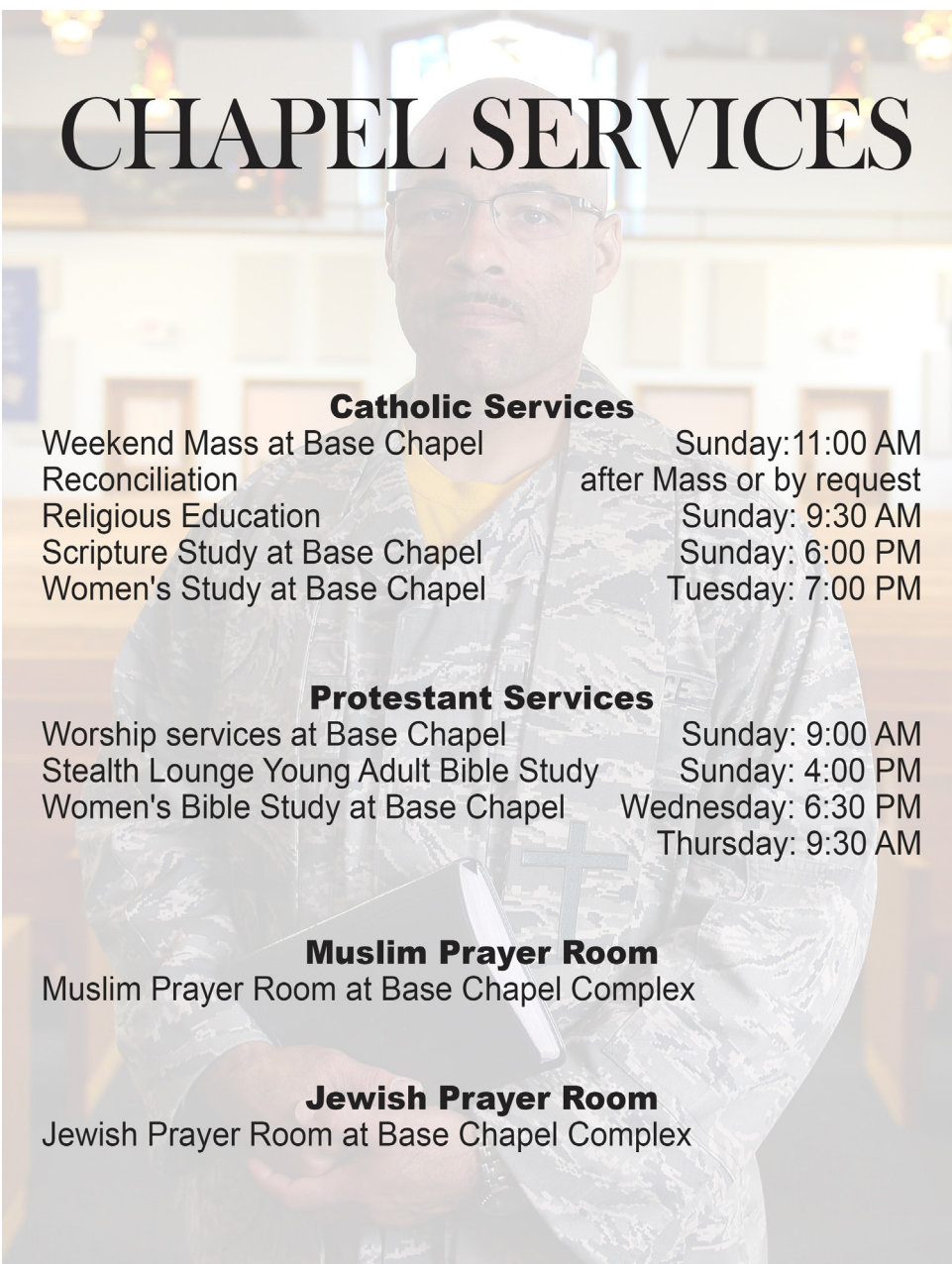
The ACES II Safety and Sustainment Improvement Program has been on-going for many years, according to White. She said in the past year, a critical design review was held that culminated in the final seat design and a qualification effort ensued.

"Approximately 80 percent of the qualification testing has been completed to date."

Van Oosterhout said this particular testing of the GR7000 was for the B-2 version of the ACES II ejection seat, but data could be applied for all ACES II ejection seats currently using the C-9 canopy.

U.S. Air Force photo/Ethan Wagner

Members of the 418th Flight Test Squadron recover a crosswind deployment cylindrical test vehicle, which was used to test a GR7000 parachute last month. Dummies and live personnel were also used to test the parachute, which is proposed as a replacement for the current C-9 canopy currently used on Advanced Concept Ejection Seat II ejection seats.



CHAPEL SERVICES

Catholic Services

Weekend Mass at Base Chapel	Sunday: 11:00 AM
Reconciliation	after Mass or by request
Religious Education	Sunday: 9:30 AM
Scripture Study at Base Chapel	Sunday: 6:00 PM
Women's Study at Base Chapel	Tuesday: 7:00 PM

Protestant Services

Worship services at Base Chapel	Sunday: 9:00 AM
Stealth Lounge Young Adult Bible Study	Sunday: 4:00 PM
Women's Bible Study at Base Chapel	Wednesday: 6:30 PM
	Thursday: 9:30 AM

Muslim Prayer Room

Muslim Prayer Room at Base Chapel Complex

Jewish Prayer Room

Jewish Prayer Room at Base Chapel Complex

Congratulations to Whiteman ALS class 17-E



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

Graduates of Whiteman Airman Leadership School (ALS) class 17-E gather for a class photo after a graduation ceremony at Whiteman Air Force Base, Mo., June 22, 2017. ALS is a five-and-a-half week-long course that prepares senior airmen to supervise and lead Air Force teams, which supports the employment of air, space and cyberspace power.

Senior Airman Angelo Allen,
509th MXG

Senior Airman Samuel Andrus,
509th LRS

Senior Airman Phillip Barmann,
509th CES

Senior Airman Brandon Berry,
509th CES

Senior Airman Reese Bonner,
509th MXS

Staff Sgt. Justin Callas,
509th CES

Senior Airman Frank Chico,
509th MDOS

Senior Airman Travis Clark,
20th ATKS

Senior Airman Julian Dancer Woodley,
509th MXG

Staff Sgt. Fabio Deavers,
509th LRS

Senior Airman Brandon Dines,
509th MXS

Senior Airman Tyler Dudley,
509th SFS

Senior Airman Kensley Dukes,
509th SFS

Senior Airman Blake Duquette,
509th CS

Senior Airman Jacob Giese,
509th MXS

Senior Airman Isaac Hansen,
509th MDOS

Senior Airman Jameilah Harvley,
509th MDOS

Senior Airman Alysia Hirst,
509th MDOS

Senior Airman Nicholas Jefferies,
DET 12

Senior Airman Bruce Jenkins Jr.,
139th MXS

Senior Airman Chanel Johnson,
509th OSS

Senior Airman Dylan Kielcheski,
509th MDOS

Staff Sgt. Keaton Kyle,
509th CES

Senior Airman Rex Longwell Jr.,
509th CES

Senior Airman John Mapes,
509th SFS

Senior Airman Michael McCuin,
509th AMXS

Senior Airman Ernest McDonnell Jr.,
442nd MXS

Senior Airman Christopher Mitchell,
509th AMXS

Senior Airman Bradley Muth,
509th LRS

Senior Airman Ashton Myers,
509th CES

Senior Airman Bryan Nixon,
509th OSS

Senior Airman Leslie Osterman,
120th CS

Senior Airman Daniel Peters,
509th MUNS

Senior Airman Danielle Quilla,
509th BW/PA

Senior Airman Nicholas Ramos,
509th CS

Senior Airman Robert Radriguez Jr.,
509th CES

Senior Airman Paolo Salomon,
509th MXS

Senior Airman Grigory Savelichev,
509th CES

Senior Airman Rodney Stacey,
358th FS

Senior Airman Brett Tarkalson,
509th OSS

Senior Airman Nicholas Tonkinson,
509th CES

Senior Airman Timothy Walden,
509th AMXS

Senior Airman James Walker,
914th MXS

Senior Airman Louis Webb,
509th AMXS

Whiteman holds 5K color run



Members of Team Whiteman participate in the base's monthly 5K run at Whiteman Air Force Base, Mo., June 23, 2017. The base hosts a monthly 5K run and this month's 5K was a color run in honor of Lesbian, Gay, Bisexual and Transgender pride month. This marks the second year that Whiteman has held a LGBT color run.

U.S. Air Force photos/Airman Taylor Phifer

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