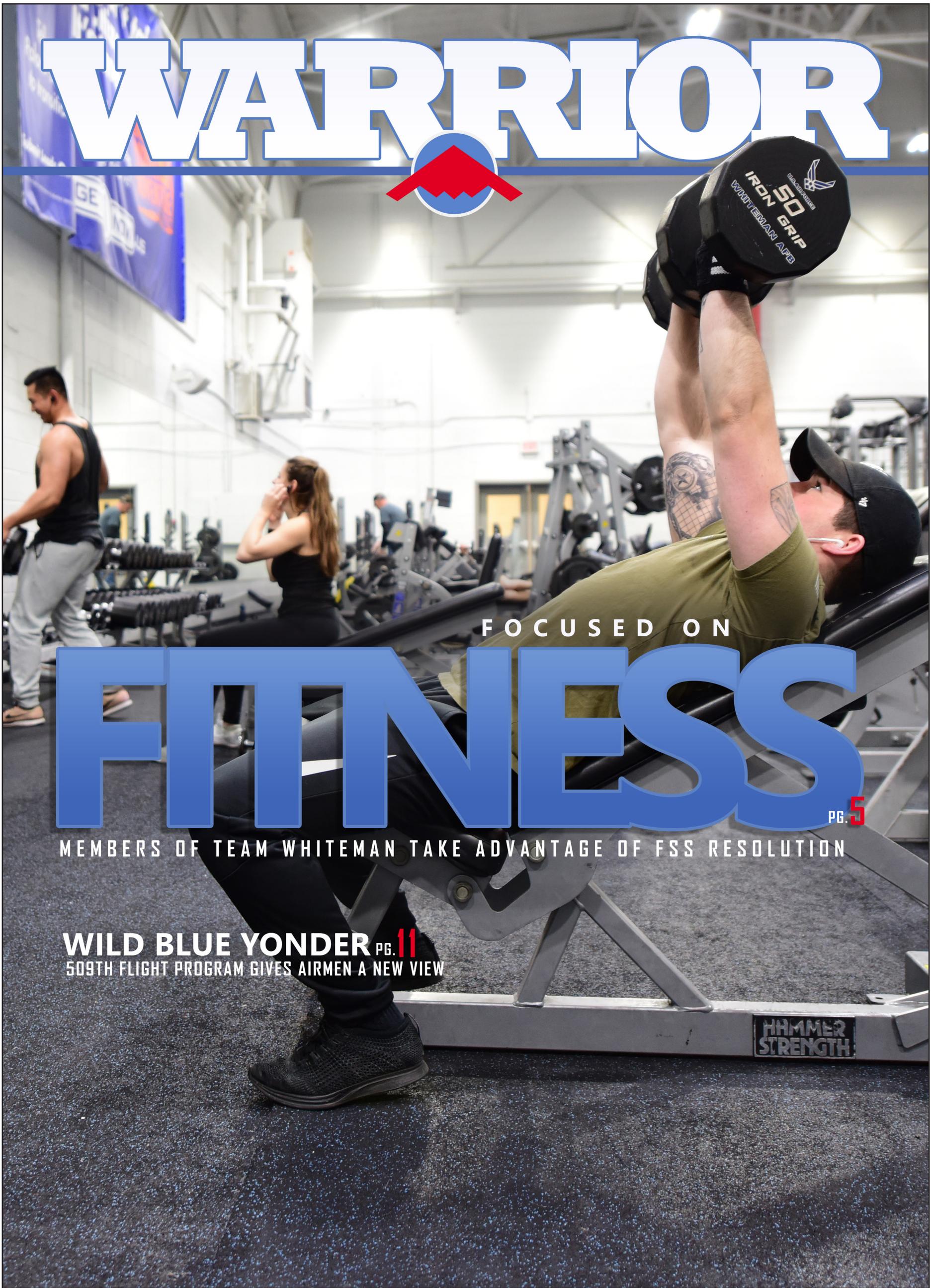


# WARRIOR



FOCUSED ON

# FITNESS

PG. 5

MEMBERS OF TEAM WHITEMAN TAKE ADVANTAGE OF FSS RESOLUTION

**WILD BLUE YONDER** PG. 11  
509TH FLIGHT PROGRAM GIVES AIRMEN A NEW VIEW

HMMER  
STRENGTH

# How bad do you want it?

By Lt. Col. Keith Butler

509th Operations Support Squadron commander

Like many kids, I loved fast jets and desperately wanted to fly them. Little did I know how hard I'd have to work for it.

During high school wood shop, tragedy struck in less than a second. A grab, a jolt, then fluid; I just lost a fight with a table saw. I watched my dream of being a military pilot draining away as the blood poured down my arm. Lying in the surgery room that evening, the doctor told me I might lose three fingers. I woke up scared the next day to find my entire forearm wrapped up to the size of a boxer's glove.

I graduated high school in 1991 with all five fingers (thankfully) but sustained permanent nerve damage along with striking out on attending the U.S. Air Force Academy and Reserve Officers' Training Corps. Undaunted, I enlisted and found myself in front of a grouchy old Military Entrance Processing Station doctor scouring over my records, scrutinizing my right hand, unconvinced that I could serve. Again, my dream is slipping away until he asked what hand I wrote and shot with. I quizzically answered "Left." Then he huffed "Well you can still shoot so I'll let you in, but you'll never be an officer." Maybe the dream wasn't gone for good. Maybe I'll get another chance to play ball.

Six years later, I'm married, an NCO, and living a comfortable life. After some serious soul-searching, I decided to step up to the plate and swing again for those pilot wings. Thankfully I had great leaders

who helped show me the way and I earned an Airman Scholarship and Commissioning Program slot through ROTC. The dream started coming back, time to play ball.

During my commissioning physical, however, the doctor scrutinizing my records and examining my hand said, "I'll clear you for a commission, but you'll never be able to fly. Sorry." Once again, the dream was slipping away. That night I decided that while I might fail by not making the cut, I would never quit. Bumping up against the age limit for pilot training, I crammed four years of college into two and a half. With hard work and little sleep, I earned those butter bars and scored a pilot training slot. The dream is getting closer to reality.

The last obstacle was the flight screening physical. For two days I was poked and prodded. Again, doctors combed through my medical records and studied my hand. With a pounding heart when called up to get my results, the director gave my right hand a strong handshake. He simply said "Congrats, now get to work." I stared proudly at the big red "FLY" stamped on the front of my medical records. The red blood I spilled years ago was now the color of victory. I was going to pilot training. Homerun.

It has been 29 years since I lost that table saw fight, with lots of success and failures along the way. I'm humbled for having earned my wings, flying F-16 Fighting Falcons, F-117 Nighthawks, and B-2 Spirits, along with the honor of squadron command. So as you read this and think about your dreams, I ask you... "How bad do YOU want it?"



Courtesy photos

## THE WARRIOR

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509th Bomb Wing Commander

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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 by Staff Sgt. Danielle Quilla  
U.S. Air Force Senior Airman Nicholas Mastroiani, an installation controller assigned to the 509th Security Forces Squadron, performs dumbbell bench presses in the fitness center weight room at Whiteman Air Force Base, Mo., Jan. 24, 2018. The fitness center features specialty weight equipment and a large assortment of free weights for those with strength training and muscle toning in mind.

# WAFB tax center open Feb. 1



The Whiteman Air Force Base Tax Center is scheduled to open Thursday, Feb. 1, 2018, for free advice, assistance, preparation and electronic filing of federal and state income tax returns through the Internal Revenue Service's Volunteer Income Tax Assistance program.

Active duty military members, retirees, military dependents and Department of Defense civilians may receive assistance.

The Tax Center is located in the Professional Development Center building 515 in room 209. A satellite location will also be open at The University of Central Missouri's Whiteman Veteran's Center, located on the ground floor of Elliot Union.

The Base Tax Center will be open for appointment only Monday through Thursday from 8 a.m. to 3 p.m. and will accept

walk-in's on Friday from 10 a.m. to 3 p.m. until April 17, 2018. The satellite location at University of Central Missouri will be open on Tuesdays and Thursdays from 5 – 8 p.m. by appointment only.

To receive tax preparation/e-filing assistance, you must bring:

- Photo IDs – Proof of identification (taxpayer/spouse)
- Social security cards (or ITIN card, if applicable) (taxpayer/spouse/dependents)
- Birth dates (taxpayer/spouse/dependents)
- Prior year tax return (they no longer have copies of prior returns for previous clients)
- Wage/income statements (i.e. W-2s, W-2G, 1099-B, 1099-R, 1099-G, 1099-Misc.)
- Interest and dividend statements

(1099-INT, 1099-DIV)

- Affordable Care Act healthcare documents (IRS Form 1095-A, 1095-B or 1095-C)
  - Dependent care information (day-care provider name, address, tax ID # and amount paid)
  - Education credit information (1098-T and receipts for out-of-pocket expenses)
  - Proof of bank routing and account number (for direct debits or direct withdrawals)
  - Any other forms applicable to your return (i.e. "1098-E Student Loan Interest Paid", 5498 IRA contributions, 1098 Mortgage Interest Paid, real estate taxes)
- To ask questions or schedule an appointment, call Airman 1st Class Tayler Griffin, 509th Bomb Wing Legal Office, at 660-687-3672.

## 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 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)

### 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.

### 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.

## WEATHER

<b>Today</b>	<b>Saturday</b>
Cloudy	Sunny
Hi 58	Hi 54
Lo 41	Lo 33

<b>Sunday</b>	<b>Monday</b>
Mostly Sunny	Sunny
Hi 47	Hi 35
Lo 28	Lo 22



## To our valued patrons

As a result of the Federal Government shutdown our normal deliveries have been delayed. Beef products may temporarily be out of stock pending future deliveries over the next 24-72 hours.

It is our goal to recover as quickly as possible.

THANK YOU FOR YOUR PATIENCE  
and  
THANK YOU FOR SHOPPING YOUR COMMISSARY

# Reel Time Theaters

*We're saving a seat for you.*

**FRIDAY, JAN. 26 • 7 p.m.**

Downsizing (R)  
Adults - \$7.00

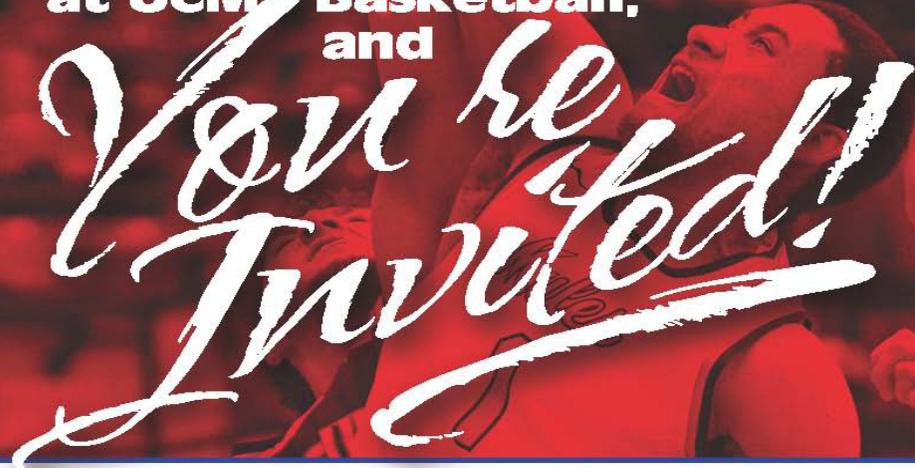
**SATURDAY, JAN. 27 • 7 p.m.**

All The Money In The World (R)  
Adults - \$7.00

**SUNDAY, JAN. 28 • 3 p.m.**

Pitch Perfect 3 (PG-13)  
Adults - \$7.00, children - \$4.75

**Saturday, February 3, will be  
MILITARY APPRECIATION DAY  
at UCM Basketball,  
and**



**Jennies & Mules vs.  
Northeastern State RiverHawks  
February 3, 1:30 and 3:30 p.m.  
UCM Multipurpose Building**

**Free Admission for all active and  
retired Military members and  
their families, plus a food voucher  
for a beverage and a hot dog!  
(courtesy of UCM Concessions by Sodexo)**

**WHITEMAN  
AIR FORCE BASE**

**UNIVERSITY OF  
CENTRAL MISSOURI.**



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!

# New Year, new you: Fitness Center's resolution



U.S. Air Force photo by Staff Sgt. Danielle Quilla

Members of Team Whiteman use rowing machines in the Fitness Center for exercise at Whiteman Air Force Base, Mo., Jan. 24, 2018. Beginning Feb. 1, Whiteman will compete against five other bases in the Base vs. Base Rowing Challenge to see who will have the best overall average meters by Feb. 28. For more information about the competition or other fitness options, contact the Fitness Center at (660) 687-5469. *Related photos may be found on pages 8 and 9.*

**By Airman 1st Class Taylor Phifer**  
509th Bomb Wing Public Affairs

The year 2018 is here and it's time for those New Year resolutions to kick in. Many people are vowing to do things like eat healthier, get organized or learn a new language. For those making a commitment to health and fitness in the New Year, the Fitness Center at Whiteman Air Force Base, Missouri, is a good place to get started.

"Being active is an important piece in having an overall healthy life," said U.S. Air Force Tech Sgt. Jacob Casey, the section chief assigned to the 509th Force Support Squadron. "With all the options we offer, working out doesn't have to be a chore. We want members to realize fitness can be a fun way to get out and spend time with family and friends."

Varying from yoga to weight training, the Fitness Center gives

members a variety of class options to get people moving.

"A new class we've just added this year is called Movement is Medicine," said Staff Sgt. Amy Tordera, the fitness program manager assigned to the 509th FSS. "This gives you a personal trainer while still being in a group setting. The class focuses on improving your mobility, flexibility, stability and maintaining correct form while working out."

For those who don't want to workout with a group, there are personal trainers to work with members in a one-on-one setting. With help and guidance from a trainer, members can stay accountable and get an extra push toward their 2018 fitness goals.

Along with personal trainers to drive members toward achieving their resolutions this year, the Fitness Center added the new Iron Warrior Challenge, derived from the previous running club, that members can be a part of with no charge. The challenge includes four-mile markers that are set at: 131, 442, 509 and 1955

miles and members can reach these markers by accumulating miles from running, biking and swimming. To motivate members, the Fitness Center will reward those who hit these mile markers.

"With only a year to complete this challenge, we want it to motivate people to get out and be active in 2018," said Tordera.

Along with the Iron Warrior Challenge, there are other challenges, tournaments and opportunities for members to get involved in throughout the year. February's month long Base vs. Base Rowing Challenge, the Mustache Dash 5K in March, the upcoming indoor soccer tournament, adult triathlon, and the homerun derby to kick off the softball season are just a few events the Fitness Center will be offering this year.

"The main goal for the Fitness Center is to provide our members with many different classes, intramural sports and other fun events that they can get involved in while achieving their goals and having a good time," said Casey.



**On behalf of Brig. Gen. John J. Nichols,  
Chaplain, Lt. Col. Kent Schmidt would like to invite you to the  
National Prayer Breakfast at Whiteman Air Force base  
on Feb. 13, 2018, 8 a.m. at Missions End.**

**The keynote speaker will be  
Chaplain Maj. Gen. Dondi Costin, Air Force Chief of Chaplains,  
speaking on "Faith Works".**

**Tickets will cost \$5 and include a full American breakfast. For more  
information or to sign up, contact the base chapel at (660) 687-3652.**

# Balfour Beatty Communities Foundation accepting applications for annual scholarship program

Applications are now being accepted for the Balfour Beatty Communities Foundation scholarship program for the 2018-2019 academic year. All residents living in Balfour Beatty Communities housing – including spouses and children – who are pursuing a degree are eligible to apply. Applications must be submitted no later than March 30, 2018.

The Balfour Beatty Communities Foundation Scholarship Program recognizes those residents who are students or aspiring students excelling academically and looking to make a difference both in and out of the classroom.

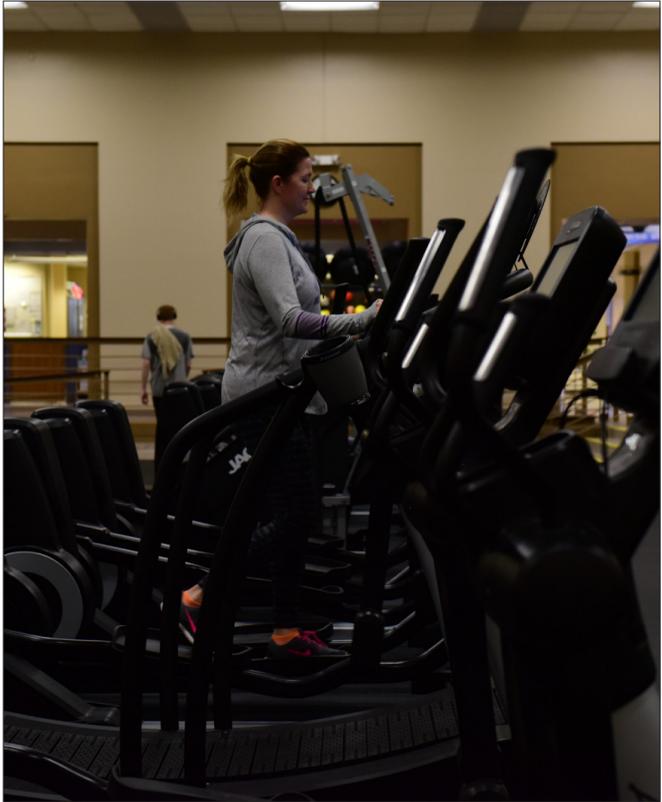
Scholarship applicants must currently reside in Balfour Beatty Communities housing and plan to attend or already attend an accredited college or university on a full-time basis in the fall of 2018, or be enrolled in a program of study designed to transfer directly into a four-year program.

The Balfour Beatty Communities Foundation is a non-profit organization committed to supporting the post-secondary educational goals of residents who live in a Balfour Beatty community. About 300 academic scholarships have been awarded to residents, including active duty service members and their dependents, since the program was established in 2009.

Scholarship awards range from \$1,000 to \$2,500, with the potential for being larger for exceptional submissions. Achievements made by our applicants, both in academics and community participation, consistently inspire us every year. We're honored to be able to assist them in their academic endeavors through our scholarship program.

For more details regarding scholarship requirements and to complete an online application, please visit the Foundation's website, [www.bbcommunitiesfoundation.org](http://www.bbcommunitiesfoundation.org).

# Focused on Fitness



Members of Team Whiteman use weight training and cardio equipment in the fitness center at Whiteman Air Force Base, Mo., Jan. 24, 2018. In addition to the weight and cardio areas, the fitness center designated a parent/child room to allow parents to still get their work out in while keeping a close eye on their child.

*U.S. Air Force photos by Staff Sgt. Danielle Quilla*



**Bases Participating:**

-  Barksdale AFB
-  Ellsworth AFB
-  F.E. Warren AFB
-  Malmstrom AFB
-  Minot AFB
-  Whiteman AFB

The base with the best overall average meters will be the first recipients of the rowing challenge traveling trophy.

Squadron trophy for furthest distance rowed & individual prizes will be awarded.

- Kick off begins @ 0500 on February 1<sup>st</sup>.
- Participants may only compete during normal Fitness Center hours of operation.
- Participants must check in and out with a Fitness Center staff member.



Contact SSgt Torderra or SSgt Lavaring at (660)687-5496 or for more information find us on Facebook [/WhitemanAirForceBaseFitnessCenter/](#)



# Into the wild blue yonder

By Senior Airman Jovan Banks  
509th Bomb Wing Public Affairs

Building a culture of trust and camaraderie is something every group, squadron and shop strives for to increase the overall morale of the unit. Each group adds their own unique customs to achieve the level of morale that keep Airmen not only happy to be a part of their particular squadron but also proud in the work they do.

Over the last year the 509th Operations Group has used a long standing program to ensure that their Airmen are motivated. The 509th Bomb Wing Orientation Flight Program dates back to 2007 and is used for job familiarization.

“It was exciting hearing that I was chosen for a flight,” said Senior Airman Peter Joice, an Intelligence Analyst assigned to the 509th Operations Support Squadron. “Being chosen has definitely

improved my morale, it has made me feel like my work is appreciated.”

There are two types of T-38 Talon flights that the program uses to get Airmen into the blue yonder. They are able to do so by way of an orientation flight or an incentive flight.

“Incentive flights are intended to provide a visible reward to active duty and Air Reserve Airmen, while familiarization flights increase understanding of the mission.”

Flights have been deliberately increased, giving more Airmen the opportunity to be a part of the program.

“We hold one to two flights a week,” said U.S. Air Force Lt. Col. Robert Schoenberg, the director of operations of the 509th OSS. “This is an increase of eight hundred percent compared to last year.”

The operations group is going to great lengths to ensure their

Airmen know the extent their leaders will go to, to show one Airman that they are needed in the fight.

“I want them to realize how important they are,” said Schoenberg. “I have no doubt that when our Airmen know the end result of their hard work they will have greater job satisfaction and personal pride.”

Whether the program is used to provide a different perspective to Airmen working within their career fields or for a reenlistment. It is a unique way to bring Airmen closer to their units.

“Moreover, the creative ways these flights are being used demonstrates the functional adaptability of this unique program,” said Schoenberg.

It is this type of forward thinking that keeps esprit de corps flowing throughout groups making creating a strong and cohesive unit of Airmen.



*U.S. Air Force Courtesy photos*