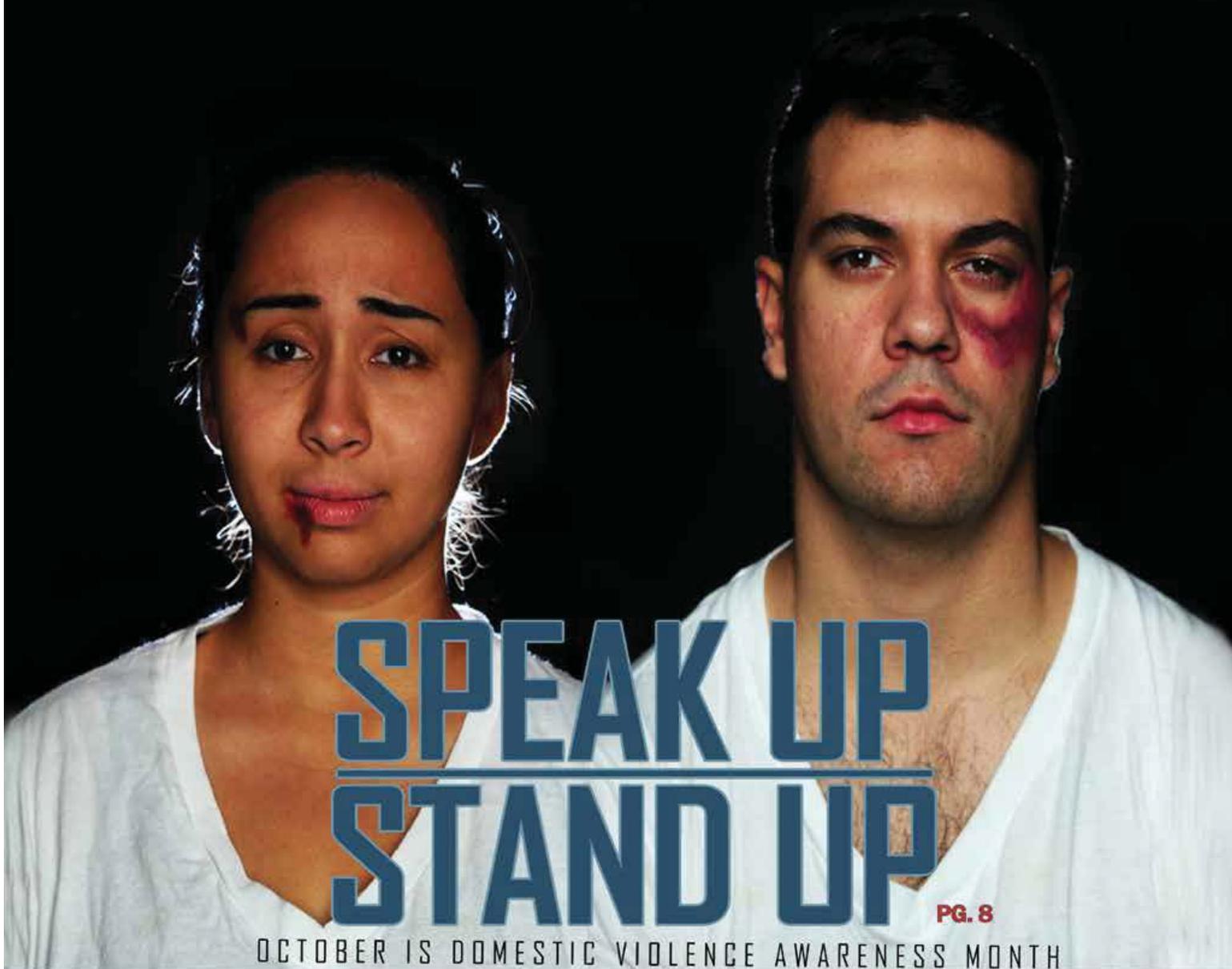


# WARRIOR

PHOTO ILLUSTRATION



## SPEAK UP STAND UP

PG. 8

OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

► **INSIDE:**

- BOMBER TRAINER RECEIVES UPGRADE
- REFLECTING ON SQUADRON HERITAGE
- FIRE PREVENTION WEEK EDUCATES WHITEMAN

## THE WARRIOR

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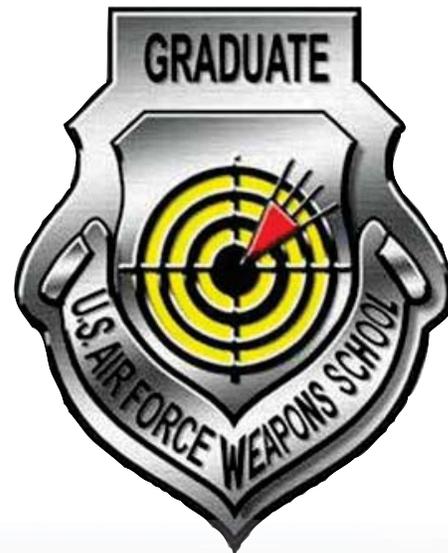
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The deadline for article submissions to the Warrior is noon Friday. If a holiday falls on Friday, the deadline then becomes 4 p.m. Thursday. Articles will be published on a space-available basis. Submissions do not guarantee publication.

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



# More than a patch: What is your squadron's heritage?

## Lt. Col. Jason Ellis

325th Weapons Squadron commander

The chief of staff of the Air Force recently authorized the wear of the Operational Camouflage Pattern uniform, which is not only a significant shift to a more practical and combat-effective uniform, but also allows you to proudly display your unit's emblem. This is another important step in the revitalization of the squadron and, just like back in the days of Battle Dress Uniforms, you are now authorized to wear your squadron's patch on your uniform. However, do you fully understand the importance of your squadron's heritage and what that patch resembles?

If not, take a few minutes and research your organization's history and legacy. Heritage is an important part of all military organizations and it is important to understand how it provides a better sense of belonging, cohesiveness and unity. By understanding this, you'll realize it is bigger than you, while at the same time, it is ultimately up to you to leave it in a better place.

Heritage should be viewed with a sense of pride. Do the greatest thing possible and be part of something larger.

I would like to take this opportunity to tell you the importance of the 325th Weapons Squadron, its heritage and the emblem's significance. First, the caveman on our patch (also known as Alley Oop, which is a comic strip character) symbolizes strength, natural instincts and inherent abilities to adapt to and overcome the harshest conditions.

History of the 325th includes multiple combat deployments during WWII, the Korean and Vietnam Wars, and Operations Allied Force, Enduring Freedom and Iraqi Freedom. The unit has flown several aircraft to include the B-17, B-29, B-36, B-52 and now the B-2.

The caveman's club symbolizes the ability to strike first and strike hard, clearing the way for all forces that follow. The tiger the caveman is sitting on signifies the unit's capability to reach any place at any time, providing the battlefield support necessary for a

decisive and dominant victory. What could better signify the Air Force Global Strike mission of the B-2?

In 2005, the 325th transitioned missions from an operational bomb squadron to a formal training unit; however, its customers are the 509th Bomb Wing and our mission is to provide the wing with the tactical experts and leaders required to employ the B-2 in future combat operations. Recent graduates of the program have planned and flown combat sorties during Operations Odyssey Dawn and Odyssey Lightning.

As a tenant unit to the USAF Weapons School, Nellis Air Force Base, Nevada, we strive to instill in our students how to live up to "the patch" and ensure they leave it in a better place, because in the end, it is bigger than them. It is up to them to understand that not one person can get the job done, but it takes a dedicated and professional team from all backgrounds to successfully accomplish the mission.

Now go wear your unit's patch proudly and live up to the legacy!

## On the cover

According to the National Coalition Against Domestic Violence (NCADV), one-third of American women and a quarter of American men have suffered some form of physical violence at the hands of an intimate partner. As a representative sample of the American population, the U.S. military is not immune to the devastating effects of domestic violence.

(U.S. Air Force illustration by Staff Sgt. Kayla White)



# Air Force to finalize review process for non-deployable Airmen

Secretary of the Air Force  
Public Affairs

ARLINGTON, Va. (AFNS) — The Air Force is finalizing details on how it will implement Department of Defense Instruction 1332.45, Retention Determination for Non-Deployable Service Members.

Until the updated policy guidance is complete in late 2018, Airmen who have been non-deployable for 12 consecutive months and their commanders will continue to follow existing procedures.

"It's important to understand this is not an automatic separation policy," said Lt. Gen. Brian Kelly, Air Force deputy chief of staff for manpower, personnel and services. "It's a process, similar to what we already do today, that allows us to evaluate our non-deployable Airmen to determine if their continued service is compatible with and can meet the requirements the nation expects of us as an Air Force. In some cases, we'll have Airmen who can meet those requirements and fulfill require-



ments without being deployable. The process we create will take care of all Airmen while recognizing and ensuring we have a fair and equitable deployment process across our Air Force."

Currently, there are approximately 1,600 active-duty Airmen who are expected to be affected by the new policy. Once the guidance is published, the Air Force will begin the process of evaluat-

ing them for a retention determination, referral to the Disability Evaluation System, or initiation of administrative separation, depending on each Airman's circumstances.

## Goodbye Talon: Air Force awards next-generation fighter and bomber trainer



Secretary of the Air Force  
Public Affairs and staff reports

ARLINGTON, Va. (AFNS) — The Air Force awarded the Boeing Company a contract worth up to \$9.2 billion for the Air Force's new training aircraft Sept. 27.

The Air Force currently plans to purchase 351 T-X aircraft, 46 simulators, and associated ground equipment to replace the Air Education and Training Command's 57-year-old fleet of T-38C Talons.

Whiteman Air Force Base houses a fleet of trainers, though they are T-38As, and are used as champion trainers to the B-2 Stealth Bomber.

The indefinite-delivery/indefinite-quantity contract allows the Air Force to purchase up to 475

aircraft and 120 simulators. The contract is designed to offer taxpayers the best value both today and in the future should requirements change.

"This new aircraft will provide the advanced training capabilities we need to increase the lethality and effectiveness of future Air Force pilots," said Secretary of the Air Force Heather A. Wilson. "Through competition we will save at least \$10 billion on the T-X program."

The original service cost estimate was \$19.7 billion for 351 aircraft.

The T-X program is expected to provide student pilots in undergraduate- and graduate-level training courses with the skills

and competencies required to transition to 4th- and 5th-generation fighter and bomber aircraft.

"This is all about joint warfighting excellence; we need the T-X to optimize training for pilots heading into our growing fleet of fifth-generation aircraft," said Air Force Chief of Staff Gen. David L. Goldfein. "This aircraft will enable pilot training in a system similar to our fielded fighters, ultimately enhancing joint lethality."

The first T-X aircraft and simulators are scheduled to arrive at Joint Base San Antonio-Randolph, Texas, in 2023. All undergraduate pilot training bases will eventually transition from the T-38 to the T-X. Those bases

include: Columbus Air Force Base, Mississippi; Laughlin AFB, Texas; Sheppard AFB, Texas and Vance AFB, Oklahoma.

An initial delivery order for \$813 million provides for the engineering and manufacturing development of the first five aircraft and seven simulators.

The contract supports the Air Force's objective of an initial operational capability by 2024 and full operational capability by 2034.

"This outcome is the result of a well-conceived strategy leveraging full and open competition," said Will Roper, assistant secretary of the Air Force for acquisition, technology and logistics. "It's acquisition's silver bullet."

### 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.

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Friday	Saturday
showers then mostly cloudy	patchy frost then mostly sunny
Hi 47	Hi 58
Lo 37	Lo 42
Sunday	Monday
showers likely then snow likely	chance rain/snow
Hi 48	Hi 48
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U.S. Air Force photo by Staff Sgt. Kayla White

## Stealth Lounge now open for Airmen, offers free food and fun

From 509th Bomb Wing Staff Reports

The Stealth Lounge, sponsored by the Whiteman Air Force Base Spirit Chapel, provides the Airmen and families of Whiteman Air Force Base a new recreation area for fun with friends – and a calm moment to get a break from a busy week.

The lounge offers an array of amenities including a coffee bar, popcorn machine, virtual-reality stations, 4D multi-channel TVs, Wi-Fi access, as well as a number of games such as shuffle board, billiards, ping-pong, darts, arcade and lawn games. Visitors also have access to a quiet meditation room with

massage chairs and a fully-stocked kitchen.

The alcohol-free lounge is open from 5-9 p.m., Thursdays through Saturdays.

A free dinner is offered on Thursday and Saturday nights, and the Spirit Chapel team also plans to host other social events such as a Super Bowl party.

The facility is located with the Honor Guard and Inspector General office in Building 528, which is behind the Base Exchange and across the street from the Dining Facility.

Questions? Call the Whiteman AFB Chapel at 660-687-3652.



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For additional information please contact:  
Occupational Safety Sgt. Dillon Nath at 667-6936  
or  
Green Knights President Mr. Dave Sheets at 667-5915



## TEMPORARY ROAD CLOSURE

Date/Time: Oct. 15 from 10 to 11 a.m.

Road closure on Spirit Blvd. from the intersection of Vandenberg Ave. to the intersection of Arnold Ave.

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For questions contact:  
509th Occupational Safety  
Tel.: 660-687-6930



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# Protect the Power to enhance readiness, resilience during energy action month

Melissa Tiedeman

Air Force Installation Energy

WASHINGTON (AFNS) – October is Energy Action Month and an opportunity to highlight the mission critical importance of energy and water resources and to encourage smart use for our installations, vehicles and aircraft.

Air Force Energy's theme "Protect the Power" calls on Airmen and the larger Air Force community to practice smarter, more efficient energy and water consumption behaviors to enhance readiness and resiliency.

"Resilient bases require a reliable, uninterrupted supply of energy to assure mission success for our wings," said John Henderson, Air Force for Installations, Environment and Energy assistant secretary. "Energy Action Month is a time for us to focus on our responsibility to make the most effective use of our energy and water resources to support our warfighting mission and to enhance readiness."

Mark Correll, Air Force for En-

## #ProtectThePower

How do you #protectthepower at Whiteman AFB? Share your tips and tricks for conservation with us at whiteman.warrior@us.af.mil.

For more information and downloadable materials for Energy Action Month, visit [www.safie.hq.af.mil/EnergyActionMonth](http://www.safie.hq.af.mil/EnergyActionMonth).

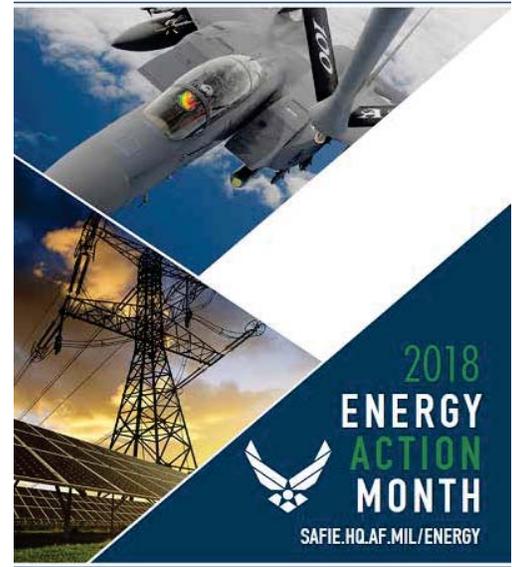
Follow Air Force Energy on Facebook @AirForceEnergy and Twitter @AFEnergy.

vironment, Safety and Infrastructure deputy assistant secretary, added, "Reducing demand increases resilience and increased resilience leads to enhanced lethality. Airmen and their families can contribute by using energy and water resources efficiently."

Meanwhile, being smart about the way we consume aviation fuel is not just about saving money – it's about increasing our combat capability, enabling more training, and decreasing maintenance hours, said Roberto Guerrero, Air Force for Operational Energy deputy assistant secretary. He went on to say, "There are limitless ways

to optimize the Air Force, whether it's uncovering inefficiencies through fuel data collection and analysis, introducing new technology, or becoming a more energy focused culture through Airmen education and training."

Whether you implement an aviation fuel efficiency project or implement an energy project at your installation, every effort taken by our dedicated Air Force community contributes to protecting our energy and water resources and helps us to increase resilience and readiness. No matter the size, every Airman can take action to "Protect the Power."



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Green Knights President: Mr. Dave Sheets @ 687-5915

# JAG Corps announces 2019 law school programs for active-duty officers

From the Air Force Judge Advocate General Corps

Active-duty Air Force officers interested in serving as a judge advocate (JAG) are invited to apply to the Funded Legal Education Program (FLEP) and the Excess Leave Program (ELP).

Officers selected for FLEP have the opportunity to attend law school at the Air Force's expense while receiving full pay, allowances and tuition.

Officers chosen for ELP are responsible for law school expenses and do not receive full pay, allowances and tuition. However, ELP participants remain eligible for active-duty benefits and continue to accrue time towards retirement and promotion. Selection for these highly competitive programs will be based on a review of application packages in their entirety with a focus on the whole-person concept. Interested officers can apply online at [www.airforce.com/](http://www.airforce.com/) jag through Jan. 10, 2019.

**Highly valuable**

Graduates of FLEP and ELP possess the unique ability to draw on their prior military experiences when

providing legal advice to commanders and other clients.

"FLEP & ELP graduates are able to combine their previous military experience with legal knowledge to offer unique perspectives to Air Force leaders," said Capt. Kelly Snyder, assistant staff judge advocate with the Whiteman Air Force Base Legal office. "Many commanders relish receiving legal advice from somebody who has been in similar shoes as a line officer themselves."

JAG officers routinely participate in nearly every facet of the Air Force mission, which includes assisting commanders in the day-to-day running of military installations around the world, enabling the maintenance of good order and discipline and helping people who take care of the mission. A typical day could necessitate providing advice ranging from contracts, medical issues, and ethics, to estate planning, criminal prosecution and administrative discipline just to name a few, Snyder said.

"JAGs are entrusted with much greater responsibility than their civilian



counterparts immediately out of law school," Snyder said. "(They) may be called upon to offer sound legal advice to senior commanders in situations impacting their people, resources, and missions. JAGs get the opportunity to litigate in court much sooner and more often than their peers out of law school.

**Basic Requirements**

FLEP applicants must have between two and six years of active-duty service and must be in the pay grade O-3 or below as of the day they begin law school. The time-in-service requirements cannot be waived for FLEP.

ELP applicants must have between two and 10 years active-duty service, and must be in the pay grade O-3 or below as of the first day of law school. If in the grade of O-3, ELP applicants must have less than three years'

time-in-grade as an O-3 as of the first day of law school.

In addition, both FLEP and ELP require attendance at an American Bar Association (ABA) approved law school. Upon graduation and admission to practice law in the highest court of any state, U.S. territory or a federal court, candidates are eligible for designation as judge advocates.

To be considered for

FLEP or ELP, applicants must have completed all application forms, applied to at least one ABA-approved law school (acceptance is not required at the time of application for FLEP/ELP), and received their Law School Admissions Test

(LSAT) results by Jan. 10, 2019. In addition, applicants need to complete an interview with a Staff Judge Advocate (SJA) before Feb. 1, 2019. Officers must also provide a letter of conditional release from their current career field.

For more information and application materials, visit [www.airforce.com/jag](http://www.airforce.com/jag), or contact Capt. Kelly Snyder at 660-687-3677 or Maj. Tyler Musselman at [airforcejagrecruiting@gmail.com](mailto:airforcejagrecruiting@gmail.com) or 1-800-JAG-USAF.



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# Stand up, Speak Up: Team Whiteman raises awareness, works to prevent domestic violence

**Staff Sgt. Kayla White**

509th Bomb Wing Public Affairs

Domestic violence is a pervasive problem impacting families across the country.

According to the National Coalition Against Domestic Violence (NCADV), one-third of American women and a quarter of American men have suffered some form of physical violence at the hands of an intimate partner.

As a representative sample of the American population, the U.S. military is not immune to the devastating effects of domestic violence.

## Violence at WAFB

"People can tend to minimize or forget that these types of things happen on base," said Cory D. Watson, family advocacy intervention specialist assigned to the 509th Medical Group (MDG) at Whiteman AFB. "But they do."

There have been 62 reported cases of domestic violence on base since 2016.

Unique psychological, social and environmental factors can contribute to an elevated risk of violence amongst service members, veterans and their families, including:

- multiple deployments;
- family separation and reintegration;
- demanding workloads;
- histories of head trauma, mental illness and substance abuse.

Watson and other members of the Violence Prevention Office here work to educate Airmen and their families about domestic violence, including how to recognize the warning signs and how to safely intervene.

## What is Domestic Violence?

NCADV defines domestic violence as the willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior as part of a systematic pattern of power and control perpetrated by one intimate partner against another. This can include physical violence, sexual violence, threats, and emotional and

psychological abuse. The frequency and severity can vary.

"It's important to note that, if left unchecked, the abuse can and usually does escalate," said Sherry L. Marshall, a domestic abuse victim advocate assigned to the 509th MDG. "It's important to understand that this is usually learned behavior. For both the victims and the perpetrators, it is something they grew up with and now view as normal."

## Recognizing signs

Members of Team Whiteman have a responsibility to keep each other safe, which means strengthening relationships and reaching out to those who might be in abusive situations.

"Learning to recognize the warning signs of abuse is the first step," Watson said. "For the victims, it can motivate them to seek help. For the people in their lives, that knowledge can help them offer help with confidence."

Military One Source, which is a U.S. Department of Defense program that provides resources for service members and their families, details clear warning signs of abuse:

- Fear of one's spouse or of ending the relationship.
- Physical abuse, including grabbing, pinching, shoving or hitting.
- Emotional abuse, such as put-downs, deliberate attempts to embarrass or humiliate in private or in front of others.
- Social isolation, in which victim is not allowed to see or talk to relatives or friends.
- Threats of violence against the victim, the victim's children or people the victim cares about.
- Unexplained bruises or injuries.
- Increased or unexplained absences from work.
- Restricted access to financial resources or a shared vehicle.
- Harassing phone calls at work or at home.
- Withdrawal from friends, family or fellow service members.

## Reporting options

Victims of domestic abuse can file a report one of two ways: either restricted or unrestricted.

Filing a restricted report with a victim advocate gives the victim the opportunity to document the abuse and gain access to helping resources, such as counseling, without having to initiate a formal investigation or pursue legal action. Anonymous information is given to the Wing commander for statistical purposes only.

"Restricted reports can be made to Family Advocacy staff, victim advocates or a healthcare provider," Marshall said.

Filing an unrestricted report will give the victim access to the same resources and support, while the abuse is investigated and legal action is considered.

"Should victims wish to file an unrestricted report, they should go to their chain of command, a member of the Family Advocacy Program or a law enforcement official," she said.

## Resources, tools

Both Marshall and Watson emphasized that all relationships fall somewhere on the spectrum between healthy and unhealthy.

"We want to emphasize the importance of prevention," Watson said. "We offer a number of services here geared toward helping airmen and their families avoid those types of dangerous dynamics."

## Prevention services include:

Family Advocacy Strength-based Therapy, or FAST, is a voluntary option for active-duty members and their families.

Skills, Strength, Techniques and Resources, or SSTaR, is designed to foster a commitment to change by offering strength-building skills and strategies to participants. SSTaR can also help identify a need for further intervention and transition participants to those resources when appropriate.

New Parent Support Program, is an at-home support facilitated by a registered nurse and licensed social worker.

This program is intended to give military families the skills they need for a happy and healthy childbearing experience. Educational support on a wide variety of topics including: newborn care, child growth and development, as well as other family or marital issues.

Family Advocacy Outreach Program offers a number of classes throughout the year, on a quarterly or as-needed basis, to meet the needs of the base population.

For referrals to on-base or off-base resources, call the Family Advocacy Program at 660-687-4341.

To speak directly to a Domestic Abuse Victim Advocate, please call 660-233-7147.

Or, call the National Domestic Violence Hotline at 800-799-SAFE (7233)

## Hope

Once victims recognize the need for help or someone in their

lives intervenes, that's when positive change becomes possible, explained Marshall.

"Please, please, please ask for help," she said. "We are here and ready to assist you."

Watson explained that intimidation or feeling like it is not their business can stop many bystanders from intervening.

"It is better to ask those difficult questions, to speak up and be wrong, than it is to have something tragic happen because you didn't," he said.

Thoughtful intervention includes showing concern, offering information on support services, and reminding them of the impact of domestic abuse on themselves and their loved ones. It is also key that the victim's decisions are respected, regardless of whether or not they choose to leave the abusive relationship.

**SPEAK UP**  
Against Domestic Violence

Speak up if you witness or suspect domestic violence. Help is available.

Family Advocacy Program | 660-687-4341  
MilitaryOneSource | www.militaryonesource.com | 1-800-342-9647  
National Domestic Violence Hotline | www.thehotline.org | 1-800-799-7233 | TDY 1-800-787-3224

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NavyFamilyReadiness

# Campaign to connect: Pay it forward at Whiteman AFB and beyond

**Tech. Sgt. Alexander W. Riedel**  
509th Bomb Wing Public Affairs

A passing smile in the hallway or a grumpy mumble of “good morning” around the office coffee maker – many daily interactions during the workday are short and efficient.

“As the days grow shorter and the weather gloomier, this can affect mood and well-being. Research has shown evidence that social interactions are vital to mental and physical health,” said Linda Ambard, violence prevention integrator with the 509th Bomb Wing at Whiteman Air Force Base.

To counteract our tendency to close off from others, Ambard’s office has launched a campaign to connect with random acts of kindness – and encourages you take part today.

## Random acts of kindness

The concept is simple. A selfless act performed by someone is accompanied with a certificate to inspire the recipient to pay it forward. The hope, said Ambard, is to kick off a chain of friendly assistance or kind surprises for others throughout the Wing and beyond.

The idea for the campaign is not a new one, said Ambard, but is loosely based on the 1999 novel titled “Pay it Forward” by Catherine Ryan Hyde. In the story, a social studies teacher assigns her class an assignment to devise and put into action a plan that will change the world for the better. Ambard adopted the campaign years ago when she was a teacher and she said many of her former students still carry it on to this day.

“It’s one little act at a time that can make a difference,” Ambard said. “The whole idea is that we can change the world one act of kindness at a time.”

Practicing kindness, even in the military, is about creating stronger teams and lasting connections throughout the community.

**So, what does it take to get out of your comfort zone? Share your story or photo of your random act of kindness by tagging us on Facebook or Twitter with #randomactofkindness.**

## Beyond the screen

“I encourage leaders to go out to their units and introduce this campaign to their personnel,” she said. “When people see their boss take time for these little acts of kindness, the Airmen are more likely to do so as well.”

Part of starting at the top, Ambard said, is not only to encourage younger Airmen to follow suit, but for senior leaders to also think of their peers as well as their subordinates.

“We get good at hellos and goodbyes,” Ambard said. “We’re less good at forming human relationships. We get so stuck in the rat race and red tape. Over time we have fewer people around us who really know us well and notice when changes happen.”

While Facebook, email and text messages connect people, Ambard said modern communication has reduced the amount of people we meet as well as chance interactions that can create interpersonal relationships. Even when we don’t feel happy, Ambard said, looking out for others can have a positive effect.

“In our world today we are stuck behind our screens and quick to point fingers at others online,” she said. “The idea of this campaign is about doing nice things for others – even while you may be hurting. If you are looking to do kind things for others, just small things, it gets the focus off you and can help create positive moments. Kindness should be the best choice.”

Service members spend years in the military, moving from station to station, Ambard said. Airmen spend their twenties and thirties working, getting married,

establishing themselves in a career and starting a family. Between work stress and family life, many cut down on time with friends or invest less time in hobbies.

“It may sound simplistic,” Ambard said. “But once you get out from behind your desk and interact with others, beyond the requirements of work, you may recognize changes in the people you work alongside. Maybe you notice somebody being just a little off and step in.”

## Putting care into action

Some teams have already embraced the program and launched their campaigns via coffee-with-the-commander meetings, while directly mingling with their Airmen, or during more-traditional commander’s call updates.

“The campaign allowed us to reflect on our core values and remind everyone that even the little things we do can have big effects on others, sometimes without us ever knowing,” said Lt. Col. Anthony DeGregoria, deputy commander of the 509th Mission Support Group. “We challenged everyone to perform one RAK and then share that story within the squadron. For us it was about being kind and the positive effects we can create in others ... who knows, maybe one of us turned things around for someone at Team Whiteman that week.”

Others implemented it directly – without much explanation – and let the acts speak for themselves. Senior Master Sgt. Dennis Caldwell Jr., a superintendent with the 509th BW command post, used the certificate to create a connection with his

deployed team members via a care package. By sharing the certificates with deployed Airmen at a distance, Caldwell said he hopes to encourage his Airmen to focus beyond the stress of the mission – and contribute positively to their deployed teams.

“For us, it was a great way to put a different spin on something many units already do,” Caldwell said. “I knew I wanted to send care packages down range to my deployed Airmen. Once I learned about the campaign, I thought this would be great to send with the packages.”

Acts of kindness don’t have to be complicated, Caldwell added. He also left one of his teammates their favorite chocolate as a token of a job well done and left the certificate to encourage them to pass on their appreciation to others.

“The controller knew it was me who left it because we had recently discussed their love for that particular candy, but it was the smile on their face when they read the certificate that made the difference,” Caldwell said. “It’s about taking a little bit of time out of your day to focus on others and make their day just a little bit brighter.”

For Ambard, it’s about a feeling of belonging.

“If you want a culture to change and people to stay loyal, whether in the military or the civilian world, you have to enable people to feel like they belong,” she said. “Feeling part of the team and mission is a big protective factor. We have to understand that people are more than their job and their uniform. They matter – to us and their families at home.”

**Feel disconnected? Overwhelmed?  
Task Force True North offers resources  
for the challenges of military life.  
Call 660-687-3135.**



## RANDOM ACT OF KINDNESS

You are a recipient of a random act of kindness. Please keep it going and pay it forward. When you do, leave this certificate with the person to encourage them to carry it on. The idea is to start a positive culture one act of kindness at a time.



#RANDOMACTSOFKINDNESS

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Missouri Health Center



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## AFIMSC completes historic fiscal year closeout

**Ed Shannon**

Air Force Installation and  
Mission Support Center

JOINT BASE SAN AN-  
TONIO-LACKLAND, Texas  
(AFNS)

— The  
Air Force  
executed a  
record \$6.9  
billion in the  
installation  
and mis-  
sion support  
portfolio  
during fiscal  
2018, nearly  
\$1 billion

more than last year, and cul-  
minating in a successful, his-  
toric fiscal year close out.

“We have the second larg-  
est (Operations and Main-  
tenance) account in the Air  
Force,” said Col. Anthony  
Smith, Air Force Installation  
and Mission Support Center  
budget director. “To have a  
mature process and ability to  
execute such a large amount  
of funding is mighty impres-  
sive for such a young organi-  
zation.”

Managed by AFIMSC,  
financial analysts enterprise-  
wide teamed to fulfill an over-  
arching strategy to place the  
next available dollar against  
the next most important re-  
quirement which highlighted  
AFIMSC’s close out success,  
said Monica Anders, director  
of the AFIMSC Resources  
Directorate.

“Our end of year close-out  
efforts are the culmination of  
strong processes in place and  
strategy we implemented from  
the first day of the fiscal year,”  
she said. “These efforts were  
strengthened over the year by  
our new 2.0 structure which  
truly starts integrating teams  
and processes to provide a

single integrated look across  
the enterprise. These inte-  
grated teams include many,  
many people, such as our  
O&M, Construction Tasking

Order, and environmental  
analysts along with AFIMSC  
detachment, primary  
subordinate unit, and  
installation budget ex-  
perts.”

The end-  
of-year closeout built on mo-  
mentum gained from budget  
execution performance in July  
when the Air Force exceeded  
a goal to obligate more than 83  
percent of the I&MS portfolio  
by July 31. Achieving a high  
execution rate two months be-  
fore the end of the fiscal year  
set up the Air Force for a well  
thought-out and executed end-  
of-year closeout and a smooth  
glide path into the next fiscal  
year, Smith said.

For the second consecu-  
tive year, AFIMSC estab-  
lished a war room from its  
headquarters in San Anto-  
nio manned by approxi-  
mately 30 budget analysts  
and financial experts dur-  
ing the last two weeks in  
September. The nerve cen-  
ter increased capabilities to  
quickly validate require-  
ments. Capitalizing on les-  
sons learned from 2017,  
AFIMSC tweaked the nerve  
center with innovative ideas  
and processes.

“We increased the capacity  
of the war room with better lo-  
gistics and improved commu-  
nication,” Smith said.

Officials paired AFIMSC  
budget analysts with repre-

sentatives from every Air  
Force major command and  
seated them side by side.  
The analysts communicated  
with installations by phone,  
email and live Defense Col-  
laborative Services. AFIM-  
SC issued cell phones for  
detachment analysts so they  
could be reached when they  
were not in the nerve center.

According to Maj. Brian  
Hoffman, war room officer  
in charge, the co-location of  
AFIMSC and detachment  
analysts allowed for tasks to  
be accomplished quicker and  
with twice the expertise and  
knowledge.

“We took advantage of  
all parties in the house and  
tackled challenges more ef-  
fectively,” Hoffman said. “We  
also improved on strategic  
communication throughout  
the war room so that we  
presented consistent mes-  
saging from AFIMSC to the  
budget shops at each  
installation.”

Capt. Amy Bragg de-  
scribed her first Air Force  
Installation and Mission  
Support Center war room  
experience with budget  
analysts from around the  
world as eye-opening.

“Even though we are  
from different locations  
worldwide, we worked well  
together throughout the  
year and came together the  
past two weeks in the war  
room,” said Bragg, who be-  
gins serving this month as a  
budget analyst for AFIMSC  
Detachment 8, Air Combat  
Command. “I have new  
appreciation for the work  
involved particularly with  
how the detachments work  
with each other and how  
AFIMSC leadership works  
with the detachments.”

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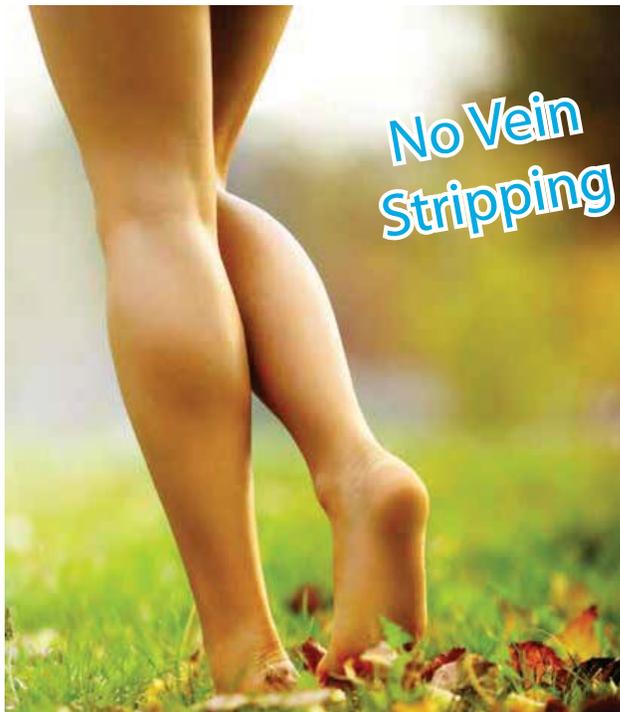
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# Her last goodbye to all loved ones

**Airman 1st Class  
Alexandra Singer**  
633rd Air Base  
Wing Public Affairs

JOINT BASE  
LANGLEY-EUSTIS, Va.  
(AFNS) — “The worst part of it all was just thinking about what she was thinking in those final moments as she was standing in the bathroom all alone, and I can’t imagine just how lonely she must’ve felt,” said Senior Airman Brianna Bowen, 1st Operations Support Squadron air traffic controller.

According to the Defense Suicide Prevention Office, suicide in the military has risen across the Department of Defense since 2017. Bowen knows first-hand about the impact suicide can have on victims and their loved ones.

Although the computer based trainings and annual military suicide prevention classes help members understand warning signs for someone thinking of committing suicide, Bowen believes a more personal stance is needed in order to

really understand the topic. March 16, 2009: The day that changed Bowen’s life.

When Bowen was just 13, her older sister Chelsea Bowen, took her own life.

Bowen sat on a nearly empty school bus, awaiting the final stop on the route. As they approached the dirt road that leads to her house, she said it was obvious something was wrong.

“We were passing about five police cars and an ambulance that didn’t have its lights on,” Bowen said.

Bowen was picked up from the bus stop by a police officer, and when she saw her father sitting outside of their house, back against the door, hugging his knees, she knew that it was big.

“Chelsea’s gone,” Mr. Bowen said.

In her final moments, Chelsea sent one last text “Goodbye, I will love you forever.”

Although Chelsea’s final text was only sent to her boyfriend, Brianna believes it was a blanket text for all

those she loved.

**An irrevocable decision**

As soon as 15-year old Chelsea and her twin sister, Miranda, got home from high school, Bowen believes Chelsea had already decided what she was going to do.

“It was a Monday, right before finals week, so I guess she planned it out that way on purpose,” Bowen said.

According to her father, Chelsea’s last verbal words to anyone in the family were “Don’t touch my backpack,” after he jokingly said he was going to take it. Their father went outside to check on their chickens, while Miranda sat down on the couch to watch TV.

One decision can have an everlasting impact, and in that moment Chelsea’s decision would change the Bowen family’s life forever.

“Every single detail of that day sticks with me,” Bowen said. “The bloody footprints throughout the house when Miranda was running to get help, to seeing her body bag being

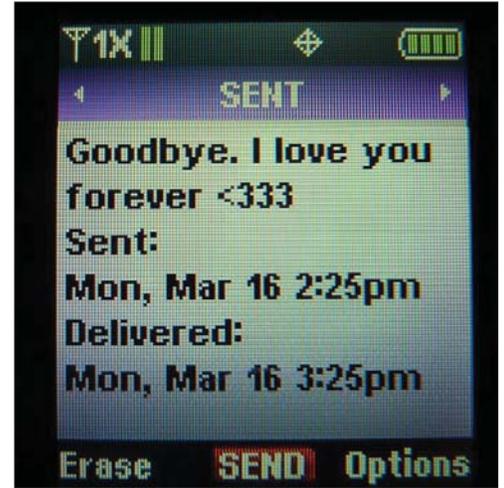
pushed out the door into the driveway.”

**Making a change**

Although a tragedy, Bowen refuses to see her sister’s suicide as just that. She has taken every opportunity to raise awareness about suicide, including starting a scholarship foundation in her sister’s name in her hometown of Gilmanton, New Hampshire.

“It is going to take strong Airmen, like Senior Airman Bowen, to stand up and tell their stories to reach people,” said Master Sgt. Thomas Miller, 1st OSS assistant chief controller. “Senior Airman Bowen’s sister chose to take her own life and that crushed (Brianna). However, instead of that being the last story written about her sister, Senior Airman Bowen chose to let her sister’s name live on by providing awareness.”

Bowen hopes for military members to come forward with their own stories to tell and help prevent more suicides from happening



The last text sent out from Chelsea Rae Bowen was to her boyfriend. Senior Airman Brianna Bowen believes the text was a blanket text for all those she loved. (courtesy photo)

with hopes that one day military members can seek more mental health help at off-base providers.

The ideal way to get awareness out for those in need of help is by connecting peoples’ emotions to the topic, according to Bowen. It’s one thing to stare at a screen or listen to a scripted lesson, it’s a whole different

experience to listen to a real person with a real story.

“Everyone is just skimming the surface because nobody wants to get into how uncomfortable it can be,” Bowen said. “It’s a battle that every single one of us fights every single day; it’s something we need to feel okay talking to each other about.”

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# Activities & Events

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STARTING AT 7 A.M. ON OCTOBER 30<sup>TH</sup>. GET A  
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YOUR ORDER  
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Halloween  
FROM STARS & STRIKES

**FCC OFFICE 660 687 5590**

**Wounded Warrior Care (WWC)**

Short-term care for children of wounded warriors. All reservations must be made through the FCC office. Once Air Force has received verification of the needed care, they will decide on the amount of time to be allotted. Call for more details.

**Child Care for Fallen Warriors**

Short-term care for children of fallen military members. All reservations must be made through the FCC office. Once Air Force has received verification of the needed care, they will decide on the amount of time to be allotted. Call for more details.

## NOW HIRING

Looking to join the FSS team?  
Check out current listings on [NAFjobs.org](http://NAFjobs.org)

## WHAT'S HAPPENING AT WHITEMAN

**Tuesday, October 16 - 5:30pm to 6:30pm**

*Marketing Focus Groups*

Join us at the Stars and Strikes Bowling Center for our Marketing Focus group. Attendees will have the opportunity to share with us what you would like to see regarding events, food, and all things related to Force Support. (Free pizza will be provided while supplies last). For more information contact the Marketing office at (660)687-7929.

**Thursday, October 18 - 4:30pm to 6:00pm**

*Youth Fall Paint Night*

Cost \$10

Do your kids love art? Are they interested in learning to paint? Children and Youth ages 8 and up can sign up for a Fall Paint Class spaces are limited, so sign up now until October 12th. For information and sign ups call the Youth Center (660)687-5586

**Wednesday, October 24 - 11:00am to 1:00pm**

*Backyard BBQ Picnic*

Come on over to the Ozark Dining Facility for a BBQ Lunch. Meals will be served outside in the picnic area. The DFAC will also host a Pumpkin Carving contest, where the winner will receive a \$10 gift card. All DoD cardholders are welcome to dine at this event.

For questions contact the DFAC (660)687-5677

**Sponsorship Awareness for Airmen and Families**

Important to Know!  
12 Oct and 7 Dec

Time: 1300-1500 PM



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EVERYONE!**



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# Whiteman Fire Department to wrap up Fire Prevention Week with Oct. 13 parade

**Airman Parker J. McCauley**  
509th Bomb Wing Public Affairs

The Whiteman Fire and Emergency Services Flight is hosting a fire prevention parade on base at 10 a.m., Saturday, Oct. 13.

As a conclusion to the Fire Prevention Week campaign, the parade will begin in the commissary parking lot, travel through base housing and finish back in the Commissary parking lot, where a grand finale event is scheduled from 12:30 p.m. to 4 p.m.

The parade will feature the Whiteman AFB Fire Department as well as others from the community, along with child-friendly mascots Smokey and Sparky.

"Come out and enjoy," said Master Sgt. Justin Pederson, assistant chief of prevention with the Whiteman Fire and Emergency Services Flight. "Even if the weather is not the best, we'll make it a good time and you'll get to see and intermingle with your fire and emergency services personnel who are here to serve the community. Kids can interact with firefighters and parents can ask questions. We're here to support you."

During the week, Fire and Emergency Services members shared fire safety and prevention information around base. Sparky and Smokey visited Whiteman Elementary School, the Youth Center and the Base Exchange to teach the three Ls:

- **Look** for places a fire could



Left: Senior Airman Michael D. Coleman, a fire fighter from the 509th Civil Engineer Squadron, speaks with Cindy Cantrell, a Commissary employee, at a Fire Prevention and Public Fire Education display at the Base Exchange on Oct. 8, 2018 at Whiteman Air Force Base, Missouri. The Whiteman Fire and Emergency Services Flight teamed up with the National Fire Protection Association to promote this year's Fire Prevention Week campaign, "Look. Listen. Learn - Be aware. Fire can happen anywhere."

start;

- **Listen** for the sound of the smoke alarm;
- **Learn** two ways out of every room.

"Working in the fire service for many years, we know that people often make choices in fire situations that jeopardize their safety or even cost them their lives," Pederson said. "We need to do a better job of teaching people about the potentially life-saving difference escape planning and practice can make."

For more information, visit [www.firepreventionweek.org](http://www.firepreventionweek.org).



Members of the Whiteman Fire and Emergency Services Flight hand out educational materials and speak with members of Team Whiteman during a Fire Prevention and Public Fire Education display at the Base Exchange on Oct. 8, 2018 at Whiteman Air Force Base, Missouri. The Whiteman Fire and Emergency Services Flight hosted a series of base-wide events in support of this year's Fire Prevention Week, including at the BX, Youth Center, elementary school and Commissary.

## OPEN HOUSES • SUNDAY OCTOBER 14<sup>TH</sup>



28689 HWY U SEDALIA, MO 65301

1:30 – 3:00

1 Bedroom, 1 bath, small fixer-upper just outside the city limits.

MLS #81157 • \$67,900



1913 S. HARRISON SEDALIA, MO 65301

3:30 – 5:00

Super cute 2 Bedroom, 1 bath home in Skyline School District, needs a little love!

MLS #81635 • \$48,500



SHOWN BY **Angie Stuart**

660-553-1215

[angiestuart31@outlook.com](mailto:angiestuart31@outlook.com)

660-827-3550 ext.#17



## Summary Court Office Announcement: Staff Sgt. Forrest Z. Touchstone

Anyone having claims against or indebtedness to the estate of Staff Sgt. Touchstone should contact 1st Lt. Jennifer C. Blanton at 660-687-3596. As summary courts officer, Lt. Blanton is authorized to make disposition of the personal effects of Staff Sgt. Forrest Z. Touchstone, IAW with AFI 34-511, Disposition of Personal Property and Effects.

All claims for or against the decedent's estate must be submitted to the summary court officer.

# McCARTHY BLUE SPRINGS HYUNDAI

## McCARTHY'S MODEL YEAR 2018 END SALE

NEW 2018 Hyundai  
**Elantra SEL** >>>



\$20,045 MSRP  
-\$2,500 HYUNDAI REBATES  
**\$17,545**

NEW 2018 Hyundai  
**Tucson SEL** >>>



\$25,130 MSRP  
-\$2,500 HYUNDAI REBATES  
**\$22,630**

2018 HYUNDAI ELANTRA SEL. STK#H8528. 2018 HYUNDAI TUCSON SEL. STK#H8973. DISCOUNT OFF MSRP. ALL REBATES ASSIGNED TO DEALER. OFFER PLUS ADMIN FEE, TAX, TAG AND TITLE. WITH APPROVED CREDIT THROUGH GM FINANCIAL. EXPIRES 10/31/18.



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**(816) 224-7500**  
McCarthyHyundai.com

**Sales Hours:**  
Mon-Thurs: 9AM-8PM  
Fri-Sat: 9AM-7PM • Sun Closed  
**Service Hours:**  
Mon-Fri 7AM-6PM  
Sat 7AM-3PM • Sun Closed

HYUNDAI Assurance  
TRADE-IN VALUE GUARANTEE  
**America's Best Warranty**  
10-Year/100,000-Mile  
Powertrain Limited Warranty

# McCARTHY TOYOTA OF SEDALIA

## McCARTHY'S MODEL YEAR 2018 END SALE



NEW 2018 Toyota  
**RAV4** >>>



**\$2,500 CASH BACK**  
OR  
**0% APR FINANCING FOR 60 MONTHS**

NEW 2018 Toyota  
**Camry** >>>



**\$1,000 CASH BACK**  
OR  
**0.9% APR FINANCING FOR 60 MONTHS**

2018 TOYOTA RAV4. EXCLUDES HYBRIDS. 0% APR FINANCING FOR 60 MONTHS WITH \$16.67 PER \$1,000 FINANCED. WITH \$0 DOWN. A 2018 TOYOTA CAMRY. CASH BACK FROM TOYOTA MOTOR SALES US, INC. 0.9% APR FINANCING FOR 60 MONTHS WITH \$17.05 PER \$1,000 FINANCED. WITH \$0 DOWN. WITH APPROVED CREDIT THROUGH TFS. ALL OFFERS PLUS TAX, TAG, TITLE AND \$199 DEALER DOC FEE. EXPIRES 10/31/18.



3110 W. Broadway, Sedalia, MO 65301  
**(660) 826-5400**  
SedaliaToyota.com

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**Service Hours:**  
Mon-Fri 7AM-6PM • Sat 8AM-12PM • Sun Closed