

WARRIOR



READY SET JUMP.

509TH CES AIRMAN'S SKYDIVING PASSION
PG.8

GATE SECURITY INCREASE
509TH SFS IMPLEMENTS NEW GATE HOURS
PG.3

Focus on the why?

By Lt. Col. Kent Schmidt
509th Bomb Wing Chaplain

Sometimes chaplains fail to practice what they preach. A few weeks ago, as I was trying to learn a new job as wing chaplain, to prepare for a national prayer breakfast, and to complete assignments for a Psychology Ph.D., my stress level, and probably my blood pressure, began to skyrocket. I'd forgotten about some words I'd written for another base newspaper six years ago. To paraphrase, this is what I wrote:

It's all too easy for those of us serving in a high-tempo Air Force to get driven and consumed by the "what." Getting caught up in the reactive world, some call it the tyranny of the urgent, can cause us to lose

sight of the big picture, or the "why?" The "why" becomes subsumed by the "what."

I'd like to encourage you to make it a point, each and every day, to take a minute or two, perhaps at the top of every hour, to step away from your work station or computer screen, close the door, close your eyes, take a deep breath or two and ask yourself "why?" Why am I doing what I'm doing today? Why am I on this current trajectory?

Focusing on "why" enables us move on to the more creative "how?" Dozens of recent studies have shown that we become more motivated, more productive and more innovative if we take occasional re-centering, stress-reducing breaks throughout the day. Rather than being a victim of

the reactive dynamic, this focus on the why also results in living a connected life ... life with a purpose.

The "what" then becomes connected to purpose and meaning... to the "why" and, finally, to the "how." How ought we to live our lives? If we can answer these two questions, we can begin to live authentically.

Ultimately, I believe, we all serve a higher purpose that is connected to our true identities. I encourage you to make the time to study your favorite philosopher, to read a good book, or to attend your chosen place of worship, so that you might strengthen, or even rediscover, your true identity, your higher purpose, and the ultimate "why" that makes your life worth living.



The annual Air Force Assistance Fund campaign is now officially underway. The AFAF is here to assist Active Duty, Reserve, Retired Military, and their families in times of need. Help comes in many forms: childcare during a stressful PCS, a grant for travel expenses for an emergency, emergency aid, scholarships, grants for medical care, loans, homes for retired Air Force veterans and their surviving spouses, Heartlink, or even grants for wheelchairs and prosthetics.

Across a wide breadth of circumstances, the AFAF exists to sup-

port the Air Force family. The campaign started March 26th and will run through May 4th. Please engage with your unit's AFAF representatives as they visit all sections at Whiteman AFB; take some time, and listen to what they have to say. The AFAF is all about Airmen helping Airmen; not only those who are serving now, but also the Airmen who have come before us, and those who have yet to begin their Air Force journey.

For questions contact 1st Lt. Gregory Jenkins at (660) 687-7188 or Master Sgt. Christopher Dvorak at (660) 687-4342.

The Whiteman Education Center

will host an Education Fair on Wednesday, April 25th
at the Mission's End Club from 10 a.m. to 3 p.m.

Universities from the local area, as well as many online schools,
will be available to discuss their programs with you in person.

This is a great opportunity for enlisted, officers, civilians,
dependents, retirees, and contractors
to begin or resume their academic journey!

Contact the Education Center for more
information at 660-687-5750.

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 by Airman 1st Class Taylor Phifer
U.S. Air Force Senior Airman Anish Chauhan, a water and fuels systems management journeyman assigned to the 509th Civil Engineer Squadron, poses with his skydiving gear at Whiteman Air Force Base, Mo., March 26, 2018. Chauhan showcases his parachute and altimeter used during his skydiving jumps. Chauhan took a three-hour class to learn how to pack his own parachute and can now pack it within 45 minutes.

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 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

Today	Saturday
Sunny	Mostly Cloudy
Hi 56	Hi 59
Lo 32	Lo 44

Sunday	Monday
Chance Rain/Snow	Showers Likely
Hi 41	Hi 53
Lo 29	Lo 21

Security Increases at Whiteman AFB

509th Bomb Wing Public Affairs staff report

Changes to gate hours and security measures are scheduled to begin Monday, April 2, 2018, at 6:00 a.m. at Whiteman Air Force Base, Missouri. Base patrons and visitors are encouraged to plan their commutes accordingly and pay attention when entering the gates.

- Arnold Gate (North/Knob Noster) hours will be changed to 6 a.m. – 6 p.m. Monday through Friday only.

- LeMay Gate (South/Commercial) will not be open to privately owned vehicles. It will only be open to contractors and commercial vehicles from 6 a.m. to 6 p.m. Monday through Friday only.

- Spirit Gate (West/Main) hours will remain open 24/7 with additional security measures. Please pay attention when entering the gate.

These changes are being implemented by the 509th Security Forces Squadron to ensure the installation's perimeter is secure.

The security of service members, civilians and their families is one of the Air Force's highest priorities.

"Whiteman AFB is vital to our national defense, so we must take every step to protect the people who keep this installation running—our fellow Airmen, coworkers, and neighbors," said Brig. Gen. John Nichols, 509th Bomb Wing Commander.

In addition to the changed hours, Airmen and others with base access may notice various other security measures around the gates, such as the presence of security forces vehicles and additional barriers.

As a matter of Operations Security (OPSEC), base personnel are asked to refrain from posting about or commenting on details regarding enhanced security measures on social me-

dia. Furthermore, vehicle operators are reminded to never stop their vehicle on top of an active vehicle barrier system.

"Our security forces Airmen are some of the best in the world; my squadron is fully aware of the responsibility placed on them and we will remain vigilant and ready, but the security of our base is a team effort and we need all Team Whiteman Airmen on board," said Lt. Col. Justin Secrest, 509th SFS Commander.

It is the responsibility of all base personnel to contribute to the defense of the installation. If you see something, say something.

Though the new measures are not a response to any specific threats against the installation, that doesn't mean they are any less serious.

"Whiteman AFB is privileged to reside near communities that support us and trust us, we enjoy great relationships with our neighbors, but that doesn't mean we are immune to threats—we still need to be watchful," Nichols emphasized.

Installation leadership directs Airmen to report any suspicious activity to local law enforcement or to Security Forces at 660-687-3700.

When reporting suspicious activities to Security Forces please be as specific as possible and include the location, time, equipment, size, the type of activity and description of appearance for those involved.

"Every threat is serious," said U.S. Air Force Capt. Daniel Merkh, the 509th SFS operations officer. "The fact that we are charged with Air Force resources, Air Force personnel and their families, is not lost on us."

The 509th SFS and its partner agencies continually examine ways to make the installation and facilities safer.

"We are doing this for you," said Merkh. "Some base defense measures may seem inconvenient, but it is all to make you—and your families—safer, as well as to protect our installation resources."



Reel Time Theaters

We're saving a seat for you.

FRIDAY, MARCH 30 • 7 p.m. SATURDAY, MARCH 31 • 7 p.m.

Red Sparrow (R)

Adults - \$7.00

Red Sparrow (R)

Adults - \$7.00

SUNDAY, APRIL 1 • 3 p.m.

Fifty Shades of Freed (PG)

Adults - \$7.00, children - \$4.75

Saturday, March 31, will be
MILITARY APPRECIATION DAY
at UCM Baseball,
and



**Mules vs.
Nebraska-Kearney Lopers**

March 31, 1 p.m.

Crane Stadium/Tompkins Field

**Free Admission for all active and
retired Military members and their
families, plus a food voucher for a
beverage and a hot dog!**

Tickets and vouchers will be available at the ticket
window on gameday - just show your military ID.

**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!

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BHOP

Behavioral Health Optimization Program

- For Active Duty, Dependents, and Retirees
- Services within the Family Health Clinic
- Provided by a Licensed Clinical Social Worker
- Variety of areas addressed
 - Sleep, Stress, PTSD, Depression, Anxiety, Parenting, Relationships, Weight Loss, and MANY more...
- Quicker access to appointments
- Short term treatment alternative to Mental Health



Call 660-687-2188
Ask for a
BHOP appointment



Strengthen your Physical & Mental CAF pillars

Whiteman AFB Express offers diesel



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

The 509th Civil Engineer Squadron's liquid fuels maintenance shop is responsible for installing the diesel fuel option at Whiteman Air Force Base, Mo., which was made available Jan. 19, 2018. The shop designated two diesel lanes, fuel pump 7 and 8, at the Express to allow members of Team Whiteman to have access to diesel fuel on base.

By Staff Sgt. Danielle Quilla
509th Bomb Wing Public Affairs

Diesel fuel is now an option at Whiteman Air Force Base, Missouri, because of the efforts of the 509th Civil Engineer Squadron's liquid fuels maintenance shop.

The LFM shop teamed up with the Army & Air Force Exchange Service to begin the Whiteman Express project on Jan. 8, 2018, despite the freezing cold weather.

"The last time the base had diesel for sale was in 2013," said U.S. Air Force Tech Sgt. Jason Baraceros, the LFM shop NCO in charge assigned to the 509th CES. "The product was pulled out due to fuel tank integrity and environmental issues."

However, the LFM shop performed a detailed evaluation of the location's current setup and came up with the idea to swap tanks and use a sole tank instead of a shared baffled tank.

"The team endured freezing temperatures and managed to overcome constant pneumatic pump freeze ups in order to remove existing product," said Baraceros. "This allowed reclamation of our current inventory of unleaded fuel in less than a week, saving AAFES \$50,000 in contractor cost."

The project was completed on Jan. 19, 2018, with two stations, fuel pump 7 and 8, offering diesel fuel.

"The squadron regularly provides affordable maintenance and mechanical assistance on Express fuel equipment," said Exchange General Manager Mary Omler. "The Exchange appreciates the support of the 509th in helping us bring diesel to the Whiteman Express."

The Express also offers regular, mid-grade and premium unleaded gasoline at all the pumps. The gas station is open from 5:30 a.m. to 1:30 a.m. Monday through Thursday, 5:30 to midnight on Friday, and 7 a.m. to 11 p.m. Saturday and Sunday.

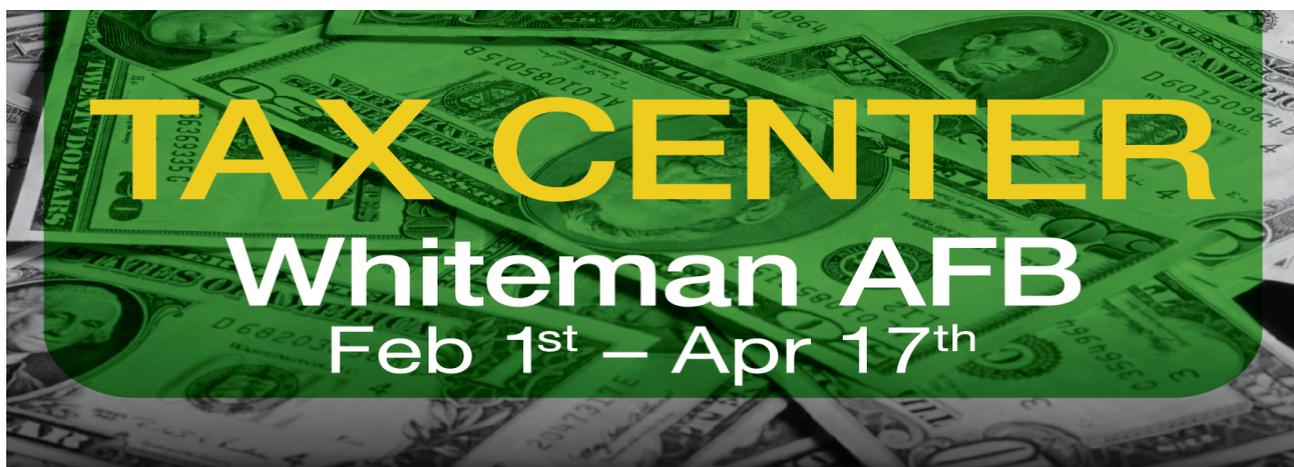


Photo: Army & Air Force Exchange Service

U.S. Air Force Airman 1st Class Jeremy Parks of the 509th Civil Engineer Squadron fills up his truck with diesel fuel at Whiteman Air Force Base, Mo. The Army & Air Force Exchange Service began diesel service at the Express on Jan. 19.

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The Whiteman Air Force Base Tax Center is scheduled to open Thursday, 1 Feb 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 (VITA) program. Active duty military members, retirees, military dependents, and Department of Defense civilians may receive assistance.

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 (daycare provider name, address, tax ID # and amount paid)
- Education credit information (1098-T and receipts or 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)

LOCATION:

Professional Development Center
Bldg. 515, Rm. 209

HOURS:

APPOINTMENT ONLY:
Day: Monday – Thursday
Time: 0800 – 1500

WALK-IN'S:
Time: 1000 – 1500

CONTACT:

SCHEDULE APPOINTMENT OR QUESTIONS:
A1C Tayler Griffin
509th BW Legal Office
687-3672



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Ready, set, jump:

509th CES Airman's skydiving passion

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

Imagine flying in a small and tightly-packed plane 14,000 feet in the sky and hearing 1-2-3, jump! Without thinking, you're suddenly free falling, feeling the wind hit your skin and getting a rush of adrenaline through your entire body. You pull the parachute open and are maneuvering yourself down to the ground. Carefully basing your movements on the wind direction and speed to ensure you land correctly.

This is something U.S. Air Force Senior Airman Anish Chauhan, a water and fuels systems management journeyman assigned to the 509th Civil Engineer Squadron, frequently experiences when he spends his free time skydiving.

"It all started because I wanted to do something exciting, but now it has become a part of my life," said Chauhan. "Whenever I'm having a bad day, I find myself thinking about how much fun I'd be having if I was in the air. It's a feeling like nothing else. After my first jump, skydiving became a passion of mine."

Chauhan started skydiving as a way to have fun and try something new. Once he experienced it for the first time it was something he fell in love with and he knew he wanted to work his way up to a solo jump.

"My first ever jump was back in 2012, which was a tandem jump, with an instructor strapped to my back," said Chauhan. "Although it was a little awkward to have someone else strapped to me, it was a really great experience that had me craving that rush and feeling of serenity again."

My first solo jump was a totally different experience. It all started with an eight-hour night shift at the water plant. Following work, I had to drive to Kansas City, Missouri, for a three-hour skydiving class. After learning the basic and emergency



LEFT: U.S. Air Force Senior Airman Anish Chauhan, a water and fuels systems management journeyman assigned to the 509th Civil Engineer Squadron, freefalls during a skydiving jump March 10, 2018, over Kansas City, Mo. Chauhan's jumps at 14,000 feet, freefalls at around 120 mph and pulls his parachute open at 4,500 feet. He has a couple of minutes when he's freefalling to practice new maneuvers in the air.

Courtesy photo

skydiving procedures, I geared up and was ready to go. As we flew to our jumping altitude the nerves really started to kick in, I felt butterflies in my stomach and my heart was pounding through my chest. Finally, I jumped out of the plane at 14,000 feet with two instructors holding straps on my gear. It's almost a blur now, all I remember from that jump was the uncontrollable spins and sudden jerks once I deployed my parachute."

After his first solo jump, Chauhan said he loved the excitement of skydiving and knew he wanted to do more and continue learning, so he decided to work toward becoming a skydiving instructor.

"As a beginner, I still get anxious every time I get on the plane," said Chauhan. "Normally, I'm the second or third one to jump out and my heart still beats fast when I start to see people jumping."

Although the nerves are still there, I think I've overcome the fear of falling. Now as a solo skydiver, I have more time to try maneuvers when I'm free falling. I jump out of a plane at about 14,000 feet and don't open my parachute until I'm around 4,500 feet. So that gives me a couple of minutes before the chute opens to practice maneuvers."

Chauhan is an avid adventurer, along with skydiving he also rock climbs and hikes, in May 2017, he hiked up to the South Base Camp of Mount Everest at an altitude of 17,568 feet.

He said, like rock climbing and hiking, he started skydiving because he wanted a new thrilling adventure, but grew to really appreciate the experience that every jump brings him.

"It's like going on a drive to clear your mind, when I'm skydiving I find a sense of peace," said Chauhan. "Even though I'm falling usually around 120 mph, I have total control over my body up there and all the movements that I make. I can position my arms, legs and body in different ways to make different maneuvers. That's what I like most about solo skydiving because what comes next is completely up to me."

After 35 jumps, Chauhan plans on taking it even further and working towards becoming a skydiving instructor, which requires a minimum of 200 jumps.

"If I get out of the military, I'd like to go back to my home in Nepal and open a skydiving business," said Chauhan. "Skydiving is not a home sport in Nepal. The businesses hire skydivers from other parts of the world which can get really expensive and unaffordable for the majority of the people. I would also like to be the first or one of the very few Nepal-born licensed skydivers."

Chauhan's dream of becoming an instructor will allow him to encourage and teach others to skydive and experience the once-in-a-lifetime feeling that skydiving has brought him. Whether it's an extreme sport like skydiving, or something more calm and relaxing like yoga, Chauhan hopes everyone can find something in life that they love to do.



BACKGROUND PHOTO: U.S. Air Force Senior Airman Anish Chauhan, a water and fuels systems management journeyman assigned to the 509th Civil Engineer Squadron, guides his parachute during a skydiving jump July 15, 2017, over Kansas City, Mo. Chauhan has been skydiving since 2012 and is working toward becoming a skydiving instructor, he currently has jumped 35 times and needs a minimum of 200 jumps to become an instructor.

Courtesy photo

USSTRATCOM Chief Testifies on Command's Readiness to Deter, Respond

By Air Force Tech. Sgt. Chuck Broadway

WASHINGTON — U.S. Strategic Command forces are prepared to deter strategic attack and employ forces, as directed, to guarantee the security of the nation and its allies, the USSTRATCOM commander told the Senate Armed Services Committee here today.

“The most important message I want to deliver today is that the forces under my command are fully ready to deter our adversaries and respond decisively, should deterrence ever fail,” said Air Force Gen. John E. Hyten. “We are ready for all threats.”

Ever-Changing, Global Warfighting Command

USSTRATCOM personnel are positioned across the world, and are responsible for multiple domains, including air, land, sea and space. The command sets conditions across the globe as the ultimate guarantor of national and allied security, Hyten said.

“Our forces and capabilities underpin and enable all other joint force operations,” he said. “[USSTRATCOM] truly is a global warfighting command, and the strength of its command is its people,” the general told the senators. “The soldiers, sailors, airmen, Marines and civilians of this enterprise have the most important mission in our entire department, in our entire nation. Their hard work and dedication ensures our nation’s strategic capabilities remain safe, secure, reliable, and ready.”

USSTRATCOM’s responsibilities include strategic deterrence, nuclear operations, space operations, joint electromagnetic spectrum operations, global strike missile defense analysis and targeting and current cyberspace operations. The general said the country is challenged by adversaries who continue to expand their range of capabilities across all of these domains, and that USSTRATCOM must continue to develop capabilities to defeat those adversaries.

“To maintain military superiority in this multi-polar, all-domain world, we must out-think, out-manuever, out-partner and out-innovate our adversaries,” he said. “Deterrence in the 21st century requires the integration of all our capabilities, across all domains, enabling us to respond to adversary aggression anytime, anywhere.”

Nuclear Deterrence, Readiness

The recently completed 2018 Nuclear Posture Review reinforces and clearly defines long-standing national objectives regarding nuclear weapons, while focusing on current and future threats, Hyten said. Providing nuclear deterrence is the lead priority for USSTRATCOM, the general added.

“The bedrock of our nation’s deterrence continues to be our safe, secure, ready, and reliable nuclear triad,” he said. “We started the NPR with an assessment of the threat ... and based our approach on what our adversaries are doing today and the increasing challenges of the future. The



DoD photo by EJ Hersom

Air Force Gen. John E. Hyten, commander of U.S. Strategic Command, testifies for the Senate Armed Services Committee in Washington, March 20, 2018.

surest way to prevent war is to be prepared for it. While the current [nuclear] triad continues to provide the backbone of our national security, we will eventually consume the last remaining margin from our investments made in the Cold War.”

Hyten said the nuclear triad is critical to current and future success. This includes modernization programs, such as the B-21 bomber, the Columbia-class ballistic missile submarine, the ground-based strategic deterrent, the long-range standoff cruise missile, nuclear command and control, and life-extended nuclear warheads. He said these capabilities will undoubtedly meet the nuclear deterrent needs now and well into the future.

“We have to remember that the strategic environment is dynamic,” the general said. “It changes constantly and our approach to deterrence must be equally dynamic to address these evolving threats. Sustained Congressional support will ensure we remain ready, agile, and effective at deterring strategic attack, ensuring our allies and partners today and into the future.”

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Enlisted Commissioning Fair

11 April 2018
Professional Development Center
Ford Auditorium
1300-1500



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