

WARRIOR



JTAC

JOINT EXERCISE

TEAM WHITEMAN PARTICIPATES IN CONTINGENCY TRAINING
PG.8

NEW WELCOME CENTER MAKES IN-PROCESSING EASIER

RIGHT START

PG.3

Commander's message

Team Whiteman,

The new year presents us opportunities to continue fortifying our Total Force team. Our Airmen perform the mission better than anyone else in the world and the strategic deterrence we provide is key to our nation's security. Recently we deployed 509th and 131st Airmen along with three B-2s to Guam in support of the Bomber Assurance and Deterrence mission. During this short-term deployment, our Airmen conducted training sorties to integrate capabilities with our joint and combined regional partners. Our efforts provide senior leaders with deterrence options to maintain regional stability and serve as a deterrent to those who would like to attack our way of life. This is at the heart of our mission set -- Strategic Deterrence, Global Strike and Combat Support ... anywhere, anytime.

On a related note, I encourage everyone, military and civilian, to read our new 509th Bomb Wing Strategic Plan for 2018. The plan is succinctly written and designed to outline our mission and resonate with our Airmen, civilians, and families. It's one-stop-shopping for who we are, what we do and how we do it.

As critical as our Airmen are to mission success, the family at home is key to an Airman's success. To this end, we continue building on our spouse initiatives in order to make our Airmen stronger and more resilient. For example, our Airman Leadership School team will explore a spouse's day during their curriculum, the Additional Duty First Sergeant course has added a spouse's orientation as our Key Spouse Program, Heartlink and Newcomers continue to build their programs to reach a larger audience. The "Why You're Important" Spouses' Education Initiative will continue throughout 2018 to bridge the communication gap, educate spouses on military life and provide training on issues that affect the home. We are proud that our classes are reaching very large audiences. The next session featuring assignments and developmental special duties is scheduled March 14. Each day features two sessions, 9 a.m. and 6 p.m. with free, on-site childcare at Mission's End. Although many of our spouses do not wear a uniform, we know they serve just the same.

My vision for 2018 is to continue improving our



combat lethality, building mission readiness and improving the culture at Whiteman Air Force Base. I look forward to the challenges and opportunities the new year will bring to the 509th Bomb Wing, our tenants and mission partners. We live in a very dynamic time filled with global threats. However, I firmly believe our Airmen's ability to provide strategic deterrence and their readiness to execute the mission anywhere anytime will help calm these threats and provide stability. The support of the families at home will help our Airmen be prepared and ready, if and when, our leaders call on us. I sincerely appreciate the efforts and sacrifices of all the Striker Airmen and families across Whiteman Air Force Base. Thank you for what you do for our nation and our United States Air Force.

-v/r
JJN

JOHN J. NICHOLS, Brig Gen, USAF
Commander, 509th Bomb Wing

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
Staff Sgt. Danielle Quilla

A U.S. Army crew chief with the 1-135th Assault Helicopter Battalion monitors a UH-60 Black Hawk before take off during a joint training at Whiteman Air Force Base, Mo., Jan. 31, 2018. In addition to establishing a partnership, the purpose of the training was to familiarize Joint Terminal Attack Controllers from the 7th Air Support Operations Squadron located in Fort Bliss, Texas, with the assets available at Whiteman AFB that are used in a multi-domain fight.

Change in commissary hours

Need to restock the pantry after a long weekend and find out
the commissary is closed?

Not anymore!

Starting Feb. 20, 2018, the Commissary will be open
all Tuesday's following a Monday holiday.

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
Cloudy	Wintry Mix/Snow
Hi 45	Hi 23
Lo 34	Lo 18

Sunday	Monday
Partly Sunny	Sunny
Hi 30	Hi 44
Lo 13	Lo 14

Welcome Center now open



U.S. Air Force Brig. Gen. John Nichols, the 509th Bomb Wing commander, and Sarah Lovell, the 509th BW Task Force True North director, cut the ribbon during the opening ceremony of the Whiteman Welcome Center at Whiteman Air Force Base, Mo., Feb. 2, 2018. The WWC will serve as a one-stop shop for in-processing appointments. During an appointment, members will receive personalized attention regarding their administrative, financial and medical needs.

By Staff Sgt. Danielle Quilla
509th Bomb Wing public affairs

Up until now, in-bound members to Whiteman Air Force Base, Missouri were required to visit multiple locations to complete their in-processing checklist.

However, the new Whiteman Welcome Center, building 3007 located next to the Youth Center and across the street from the Base Chapel, will serve as a one-stop shop for members to process through the Military Personnel Section, Finance and Medical.

Effective Feb. 2, 2018, all members are required to process through the center within the first 72 hours of arrival.

Sponsors will be responsible for scheduling an appointment for members prior to their arrival, and this can be done by coordinating with their unit's commander support staff to schedule the appointments on the WWC SharePoint page. Sponsors are required to attend the appointment with the members.

All unit CSS that have not received training should contact Sarah Lovell, the True North program manager assigned to 509th Bomb Wing, for training and access.

In addition, in-bound members will receive a complete list of in-processing and resiliency required appointments to show their units post-appointment. Dependents who attend will receive personalized medical briefings and access to update their Tricare information.

For more information please contact Sarah Lovell at 660-687-3135.

The Whiteman Welcome Center at Whiteman Air Force Base, Mo., opened Feb. 2, 2018. The WWC's purpose is to put in-processing appointments in one central location, so new Team Whiteman members can receive personalized attention with administrative, financial and medical requirements.

U.S. Air Force photos by Airman 1st Class Taylor Phifer



Reel Time Theaters

We're saving a seat for you.

FRIDAY, FEB. 9 • 7 p.m.

The Commuter (PG-13)

Adults - \$7.00, children - \$4.75

SATURDAY, FEB. 10 • 7 p.m.

Proud Mary (R)

Adults - \$7.00

SUNDAY, FEB. 11 • 3 p.m.

Paddington 2 (PG)

Adults - \$7.00, children - \$4.75

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!



Valentine's Day
MARDI GRAS
Masquerade

WHEN: *February 10, 2018* FROM: *7:00PM to 10:00 PM*

Tier 1
Full Service Three Course Meal, champagne bottle service, VIP seating, and flowers.
All Meals \$40 for Club members and \$50 for non-members
Choice of Chicken, Fish, or Vegetarian

Tier 2
Appetizers and champagne
\$20 members \$30 non-member

Tier 3
Entry Only : Free for Club members \$10 non-members

PURCHASE TICKETS AT *Mission's End* 7AM-2PM

ENTERTAINMENT
DJ Thunder
Spoken Word
Dance Performance
and
many other surprises*

*Exclusive club member drawing for a bottle of champagne

RSVP
by Feb 2nd for Tiers 1 & 2 and Feb 7th for Tier 3

FSS
WHITEMANFSS.COM

Whiteman AFB begins rowing to victory

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

The row to victory has begun at Whiteman Air Force Base, Missouri.

From Feb. 1 – 28, 2018, the Fitness Center encourages members of Team Whiteman to put their endurance to the test and compete in the first Base vs. Base Rowing Challenge.

“This is an annual event that we have here at Whiteman AFB, but this year we have reached out to other bases within the Air Force Global Strike Command,” said U.S. Air Force Staff Sgt. Amy Tordera, a fitness program manager with the 509th Force Support Squadron.

Barksdale AFB, Louisiana, Ellsworth AFB, South Dakota, F.E. Warren AFB, Wyoming, Malmstrom AFB, Montana, and Minot AFB, North Dakota, all have agreed and are excited to participate in the 2018 challenge.

“The base that rows the most average meters by the end of the competition will be the winner of the first Rowing Challenge Traveling Trophy,” said Tordera.

In addition to the base vs. base competition, Whiteman AFB participant scores will also go toward the squadron trophy for furthest distance rowed and individual prizes.

The competition takes place during normal operating hours Monday-Thursday from 5 a.m. to 10 p.m., Friday from 5 a.m. to 8 p.m., and Saturday and Sunday



Participants of the first Base vs. Base Rowing Challenge begin rowing during the competition opening ceremony at Whiteman Air Force Base, Mo., Feb. 1, 2018. Before getting on one of the designated air rowers, participants check in with the fitness center front desk to ensure their meters are tracked.

from 10 a.m. to 5 p.m. To ensure meters are tracked, participants must check-in and out with the Fitness Center after rowing.

The 2017 male winner, Senior Airman Jared Gerlach, from the 509th Aircraft Maintenance Squadron, kicked off the rowing challenge opening ceremony on Feb. 1

at 5 a.m., and since then the steady sound of air rowers have filled the fitness center.

With February being a short month, be sure to check in and help Whiteman row to victory.

For more information, contact the Fitness Center at 660-687-5496.



Left: U.S. Air Force Senior Airman Jared Gerlach, the 2017 male rowing challenge winner from the 509th Aircraft Maintenance Squadron, uses an air rower during the Base vs. Base Rowing Challenge opening ceremony at Whiteman Air Force Base, Mo., Feb. 1, 2018. Although the 2018 competition is against other bases within the Air Force Global Strike Command, squadron and individual trophies will still be awarded.

Above: U.S. Air Force Capt. Scott Engman, a Base vs. Base Rowing Challenge participant from the 509th Logistics Readiness Squadron, uses one of designated rowing machines for the competition hosted by the Fitness Center at Whiteman Air Force Base, Mo., Feb. 1, 2018. Each meter rowed will contribute to the overall base average to compete against five other Air Force Global Strike Command bases to win the first Base vs. Base Rowing Challenge Traveling Trophy.

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

509th BW CC signs BHM proclamation



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

Members of Team Whiteman gather for a group photo with U.S. Air Force Brig. Gen. John J. Nichols, the 509th Bomb Wing commander, during the African American History Month proclamation signing Feb. 2, 2018 at Whiteman Air Force Base, Mo. Black History Month, also known as National African American History Month, is an annual celebration of achievements by African Americans and a time for recognizing the central role they have played in our nation’s history.

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Whiteman holds JTAC contingency training



Joint Terminal Attack Controllers from the 7th Air Support Operations Squadron, located in Fort Bliss, Texas, participate in a joint training, titled Truman Relief, with the 509th Operations Group and 1-135th Assault Helicopter Battalion at Whiteman Air Force Base, Mo., Jan. 29 - Feb. 2, 2018. This was the first time pilots stationed at Whiteman had the opportunity to go through scenarios involving JTACs capabilities. JTACs are personnel who are authorized to call airstrikes and help coordinate close-air-support missions. This training allowed both parties to work together and begin standardizing how JTACs are integrated into a multi-domain fight. On Jan. 31, they simulated missions with UH-60 Black Hawks teams in the Warsaw and Lincoln, Mo., open areas.

*U.S. Air Force photos by Staff Sgt. Danielle Quilla
and Airman 1st Class Taylor Phifer*

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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

UCM host military appreciation basketball game



Dr. Roger Best, far right, the executive vice president of University of Central Missouri, presents U.S. Air Force Brig. Gen. John Nichols, center, the 509th Bomb Wing commander, with a token of appreciation during the military appreciation basketball game at UCM in Warrensburg, Mo., Feb. 3, 2018. The military appreciation day game is held every year for servicemembers and their families to help promote the military and community relations.

U.S. Air Force photos by 2nd Lt. Allen Palmer



How well do you know baby teeth?

By Capt. Travis Cripps, DMD
509th Medical Group

National Children's Dental Health Month is right around the corner and the Dental Clinic staff at Whiteman Air Force Base, Missouri hopes to improve understanding and awareness for the importance of oral health. Here is a quiz to test your knowledge of some common dental topics.

1. True or False: Baby teeth are going to fall out, so they don't matter.

False: While baby teeth will be replaced by permanent, adult teeth, it is important to recognize the roles of baby teeth. Most children between the ages of one and 12, will have at least one baby tooth. Baby teeth, like adult teeth, aid in chewing, speaking, proper tooth alignment, and self-esteem. Premature loss of baby teeth can lead to trouble eating, improper spacing between teeth, delayed eruption of adult teeth, and low self-esteem. Maintaining good oral health protects the permanent teeth as they erupt.

2. True or False: My 3-year-old brushes his teeth very well, by himself.

False: While some children are enthusiastic about brushing, very few children have the manual dexterity to accomplish this task until approximately age six. If your child is already in the routine of brushing twice a day, nice work! The next step is to assist your child with daily brushing to ensure all plaque is removed.

3. True or False: My child got his first tooth, I should see a dentist.



True: The American Dental Association recommends children see a dentist within six months of the eruption of the first tooth but no later than one year of age. The first couple of visits to the dentist are typically very easy-going and educational. Establishing a dental home at a young age not only helps with early detection of oral abnormalities, but also makes the dental office a more familiar, comfortable place for your child.

4. True or False: My child will get cavities because everyone in my family has cavities.

False: Genetics play a role in our oral health.

However, behavior plays a larger role. Cavities need certain key elements in order to form. These elements are bacteria, food, time, and teeth (no surprise). Brushing for two minutes, twice a day will likely disrupt or remove cavity forming bacteria. The less time these bacteria spend on the teeth, the lower the chances of forming a cavity. Also, cavity-forming bacteria love sugar and other refined carbohydrates! A healthy diet low in refined carbohydrates will limit the food source for the bacteria. Foods more prone to cause cavities include sodas, juices, cookies, cakes, crackers, and sticky candies. With these foods, moderation is key. Snacking frequently between meals or right before bed provides oral bacteria with a steady supply of food, leading to more cavities.

5. True or False: My dentist says my child should get sealants on his permanent teeth.

True: Sealant placement in children is very common in dentistry. These preventive restorations reduce the risks of forming cavities on the chewing surface of teeth by as much as 80 percent! Because of the lower number of cavities, children with sealants will also require fewer fillings resulting in quicker, more enjoyable trips to the dentist.

The Dental Clinic at Whiteman AFB is dedicated to providing high quality care to its Active Duty members. While dependents can only be seen on an emergent/space-available basis, the dentists of Whiteman are happy to answer any questions or address any dental concerns for you and your family at 660-687-2201. Have a great month!

Download the WAFB App

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

Now available on Android!

Search "Whiteman Air Force Base" on the Google Play Store or visit whiteman.af.mil for a link!



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WARRENSBURG CHRYSLER

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Flu shots available at 509th MDG



Courtesy photo

By Airman 1st Class Elizabeth Cowen and Airman 1st Class Christine Jackson
509th Medical Operations Squadron,
Public Health

Are you feeling under the weather? Are you experiencing a fever, runny nose, coughing, and/or body aches? Influenza or “the Flu” is defined as a viral infection that attacks your respiratory system and some it’s the symptoms are:

- Fever
- Chills
- Sore Throat
- Runny or stuffy nose
- Body Aches
- Headaches
- Fatigue
- Some people, especially children, may have vomiting and diarrhea

The majority of people who get the flu will fully recover in a few days; however, some people may develop complications. Some of these problems include pneumonia, bronchitis, and/or ear infections. The people who are most at risk for developing flu-related complications are:

- People 65 years and older
- Persons with chronic medical conditions
- Pregnant females
- Young children.

The influenza virus is spread through coughing or sneezing, but it can also be spread by an infected person touching a surface or object. Germs can be spread from one person to another from up to six feet away! Most healthy adults may be able to infect other people beginning one day before they even experience symptoms and five to seven days afterwards. That is why it is so important to practice social distancing (staying at least three feet away from the next person) or stay home if possible when you are ill.

You may be wondering what else you could do to prevent yourself from getting sick. The answer is wash your hands often! Wash your hands for at least 20 seconds with soap and water.

You can also use hand-sanitizer. Clean and disinfect surfaces and objects that may be contaminated with flu germs.

Tamiflu is a prescription antiviral medication which may be used to treat the flu (influenza) in people two weeks of age and older who have had flu symptoms for no more than two days. However, Tamiflu does not “cure” the flu, but it may shorten the course of infection.

“The 2017-2018 flu season is off to an early start in Missouri. As of Nov. 25th, 2017, there were 1,545 cases of the flu reported to the Missouri Department of Health and Senior Services, compared to 379 cases reported at the same time last year.” According to www.health.mo.gov, influenza cases occur annually, but it is difficult to predict how severe the strain will be.

Getting your annual flu vaccine is the best preventive measure to avoid contracting the flu or to decrease influenza symptoms.

“Prevention is always better than treatment,” according to Dr. Jeffrey Jahre, the senior vice president of medical and academic affairs from St. Luke’s University Health Network. The Centers for Disease Control and Prevention recommends that everyone six months of age and older get the vaccine. Those who are younger than six months, immunocompromised, or those who have had documented adverse reactions to the vaccine should discuss it with their health care provider prior to receiving the vaccine. The Food and Drug Administration has classified the vaccine as safe during pregnancy.

The 509th Medical Group Immunizations Clinic is now offering the Flu Shot to all TRICARE Beneficiaries. They are located on the 1st floor of the medical clinic and duty hours are 7:30 a.m. – 4 p.m. If you have any questions about the vaccine please give the clinic a call at 660-687-4304.

For more information, please go to the CDC website at <https://www.cdc.gov/flu/about/index.html>