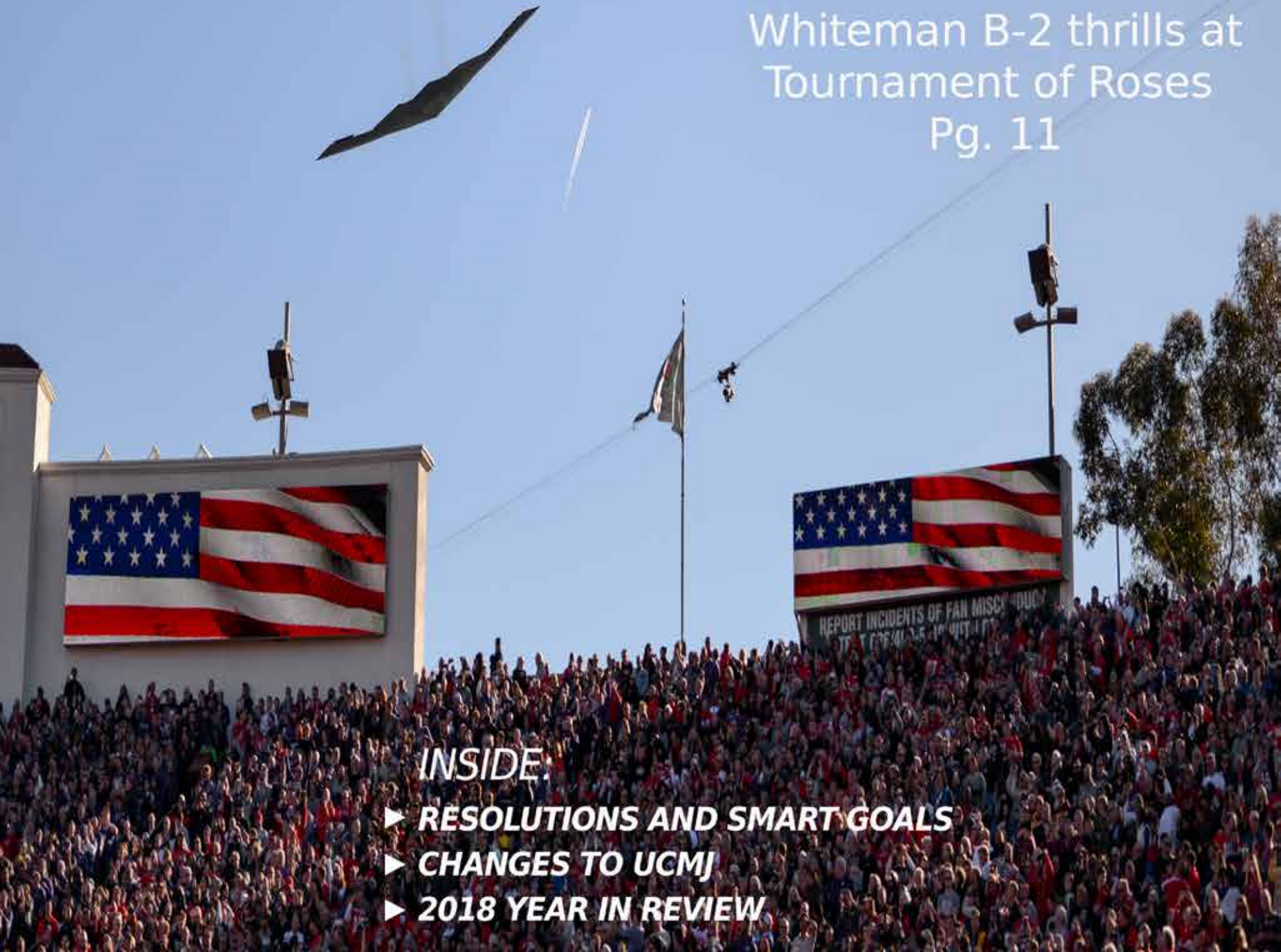


WARRIOR



FLOATS & FLYOVERS

Whiteman B-2 thrills at
Tournament of Roses
Pg. 11



INSIDE:

- RESOLUTIONS AND SMART GOALS
- CHANGES TO UCMJ
- 2018 YEAR IN REVIEW

THE WARRIOR

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On the cover

509th Bomb Wing's Lt. Col. Bob Bryant, who grew up in Southern California, and 131st Bomb Wing Vice Commander Col. Matthew Calhoun, a graduate of The Ohio State University, piloted the B-2 "Spirit of New York" during the Rose Bowl flyover on Jan. 1, 2019, in Pasadena, Calif. Celebrating the New Year, the 130th anniversary of the Tournament of Roses and the 30th anniversary of the B-2 in flight, Bryant and Calhoun continued a strong annual tradition of Whiteman engaging with the public. (U.S. Air Force photo by Capt. Keenan Kunst)



First Lt. Valyn Beasley, 55th Medical Group practice manager healthcare administrator, poses for a photo Dec. 19, 2018, at the Ehrling Bergquist Clinic, Bellevue, Neb. Beasley was recently admitted into the National Coalition of 100 Black Women of Omaha, a nonprofit advocacy organization designed to increase the economic growth, health and wellness, educational, political, and social gains for women of color, in recognition for her community service. (U.S. Air Force photo by Tech. Sgt. Rachelle Blake)

100 Black Women of Omaha nonprofit inducts Offutt AFB Airman

Charles J. Haymond
55th Wing Public Affairs

OFFUTT AIR FORCE BASE, Neb. — In her office hangs a whiteboard covered with hand-written, personalized to-do lists for Airmen she has taken under her wing. Although she officially left counseling to serve her country, she continues to find ways to integrate it into her new life with one goal in mind: Guide the leaders of tomorrow.

First Lt. Valyn Beasley, 55th Medical Group practice manager healthcare administrator at Offutt Air Force Base, was born and raised in north Omaha, just miles from the base. While stationed so close to home, she spends her time not only mentoring those inside its gates, but also members of her community. It has not gone unnoticed.

She was recently inducted into the National Coalition of 100 Black Women of Omaha (NC100BW), a nonprofit advocacy organization designed to increase the economic growth, health and wellness, educational, political, and social gains for women of color, with specific emphasis on enhancing the quality of life and lifestyles of all

African-American women.

"These are all things that are important to me and I stand for their mission and values, especially education," Beasley said. "Education has always been very important to me. It is one thing no one can take from you."

Beasley has her master's degree in counseling and business administration and has been accepted into three Ph.D. programs in organizational leadership.

"Growing up a first-generation student in a single-parent home, along with the other adversity that came with it, I have always been asked 'How did you make it through all the struggles and hardship,'" she said. "... It was simply life for me. I have the ability to get through high-stress conditions and still succeed."

It is that mindset she hopes to pass along through her work with the NC100BW.

"Through advocacy these women work as change agents to influence policy that promotes gender equity in health, education and economic empowerment," Beasley said. "It was an honor to be inducted. Now, I feel a greater sense of responsibility than I ever have. I need to do, and be, better in order to live up to this organization."

After Beasley applied for membership in the coalition, she was interviewed and the president and the committee had to decide if she was qualified to become a part of the group.

Beasley was recognized for her community service and how she impacted her environment. She is a part of a mentorship group that advises women ages 11-18.

"I am already doing the work that this organization is designed to achieve," she said. "I care about my community and am always working to make it – and others – better."

Beasley said she is proud to be representing Omaha and hopes to make significant contributions her hometown.

"I was honored that the work I have been doing in my community for so long was recognized," said Beasley. "I am truly passionate about helping others achieve their full potential – personally, professionally and academically. I believe being inducted into the NC100BW of Omaha will help me to influence others on a larger scale. Because of my involvement others have already asked me how they can get involved and I believe bringing awareness and educating is one of the best ways to influence others."



THE WHITEMAN WEEKLY WIRE

NEWS | UPDATES

The Whiteman Weekly Wire is published weekly in the Warrior and on www.facebook.com/WhitemanAirForceBase.

Items to be published should be submitted no later than noon on Wednesdays to: whiteman.warrior@us.af.mil with the subject "Weekly Wire Request." Your submission must be five lines or less, including contact information. Attachments cannot be included.

The status of the installation during inclement weather or other circumstances is updated on Facebook, www.whiteman.af.mil, and the Straight Talk line, which is 660-687-6397.

X Closures / Downtime

- **The Qualified Recycling Program** is open for drop-off 24/7 with reduced customer service staff. Cardboard, paper, newspaper, printer cartridges, lead acid batteries, scrap metal, and aluminum cans are accepted.
- **The Fitness Center Track and Field** is closed for renovations until January 2019. PT tests will be conducted at Knob Noster High School. All tests are run through the Fitness Assessment Cell (FAC); the FAC will transport testers to the high school to complete the walk/run portion of the test. The Knob Noster track is not available for squadron PT, but if you'd like to run and get a feel for the track, it is only available after school hours.



General information

- **Base Exchange Remains open** despite government shutdown.
- **Army & Air Force Exchange Service shoppers with in-store privileges**—active-duty service members, their families and retirees—can now buy items at [ShopMyExchange.com](https://www.shopmyexchange.com) and pick them up at their local Exchange—for free. Visit <https://www.shopmyexchange.com/#> to start shopping!
- **The gym on-base now has a new parking spot** reserved during all regular hours and days. The new space is near front entrance and is reserved for any wing annual award winner or member of Honor guard.
- **Every Wednesday from 11 a.m. – 12 p.m., Lt. Col Shipman leads Combat Communications** in his office at the base chapel. Combat Communications is for service men and women and spouses to talk about combat experiences and support options. Contact Lt. Col Shipman if interested but, unable to attend on Wednesday. Contact at DSN 975-3652 or COMM: 660-687-3652.
- **Exceptional Family Member Program and Special needs Support Group meets** the first and third Tuesday of each month at Whiteman AFB Youth Center. The group provides free information, speakers, children's activities and other events. Call 660-687-7132 for more information.
- **Keys, wallets, bicycles, jewelry and other items have been turned in** as found property to Security Forces. To inquire, visit Building 711, Room 305, or call Detective Steven B. Scott at 660-687-5342.
- **Materials left outside the Whiteman recycling center are base property;** taking them is theft. Contact the recycling center with questions at 660-687-6253.
- **Are you interested in joining a vanpool or starting your own?** The Department of the Transportation (DOT) manages the vanpool program for the DoD. As part of joining, the DOT will establish and acquire funding for each DoD member (no out of pocket costs for you). This program is open to active duty, guard, reserve and civilians. Contact Maj. Keith Bratton at keith.bratton@us.af.mil.
- **Have you checked out the Whiteman Air Force Base smartphone app?** The app is frequently updated with new content and resources, including events, a base directory, medical information and information for inbound and outbound personnel. A link to the download the app is available on the Whiteman website.
- **For the latest news, photos, and videos** please refer to the official Whiteman Facebook page at www.facebook.com/WhitemanAirForceBase.



Volunteer Opportunities

- To volunteer for Team Whiteman's Airman Against Drunk Driving (AADD) program, contact Senior Airman Tyler Anderson at tyler.anderson.14@us.af.mil.



WEATHER

FRIDAY
Chance Snow/Rain
Hi 38 – Lo 30

SATURDAY
Snow
Hi 34 – Lo 28

SUNDAY
Mostly Cloudy
Hi 34 – Lo 24

MONDAY
Mostly Sunny
Hi 38 – Lo 22



Upcoming Events

- **Love and Logic** will host the Becoming a Love and Logic Parent Curriculum that aims to create Happy Families and Responsible Children. From December 3 to January 14 from 1-3 p.m. at the Professional Development Center in Room 223. Class will not be held on December 24. Contact Cory at 660-687-7332 or cory.d.watson.civ@mail.mil to reserve a spot.
- **EFMP/special needs or deployment/remote status military family** are invited to Coffee & Chat 10-11 a.m. every third Wednesday of the month at Coffee SKNOBS in Knob Noster. Complimentary coffee with refreshments is offered. Children are welcome with adult supervision. For more information, call 660-687-7132.
- **A Baby Basics Class is 10 a.m.-12:30 p.m., January 16**, at the base's Medical Group Education and Training Room. This class helps prepare new parents. To RSVP or for more information, contact Melissa Tucker at 660-687-4341.
- **The 509th Medical Group is offering a nicotine cessation class.** Attending all four sessions is recommended. Session 1 is 2:30-4:30 p.m., January 15; Session 2 is 3-4:30 p.m., January 22; Session 3 is 3-4:30 p.m., January 29; Session 4 is 3-4:30 p.m., January 29. Call Health Promotion at 660-687-1199 to enroll.
- **The Whiteman Spouses' Club is accepting applications for scholarships** from high school seniors, continuing undergraduates and military spouses. Applications must be postmarked by January 31, 2019. For an application and more information, email wsc.scholarship1@gmail.com or visit www.whitemanwsc.com/scholarships.html

How to turn New Year's resolutions into SMART goals

Airman Parker J. McCauley
509th Bomb Wing Public Affairs

As Whiteman AFB brings in 2019, the tradition of people making New Year's resolutions to better themselves continues.

New Year's resolutions often have a reputation of failing due to a number of factors such as ineffective goal-setting techniques.

"I think it's important for people to think about the fact that 80 percent of resolutions, they don't succeed and they don't succeed fairly quickly, so they need to understand and really think about why," said Master Sgt. Michael A. Carbajal, the 509th Bomb Wing first sergeant. "Whether it's the timeliness figuring out what it takes to actually make things happen, or making it a true priority and understanding why they want it, I think it goes back to that 80 percent number versus, hey good idea this would be cool to do, this is why you really need to do it."

Carbajal said many resolutions fail because they are missing one of the key components of SMART.

While there are multiple methods to effective goal setting, SMART goals are one of the most popular. The acronym SMART is:

Specific: The goal and the end results need to be clear and specific.

Example: Improving a run score on a PT test.

Measurable: According to the Massachusetts Institute of Technology website, "Make sure your goal is quantifiable or measurable in some way."

Example: Improving the run time by a minute.

Attainable: According to the MIT website, "Create stretch, yet attainable goals."



Master Sgt. Michael A. Carbajal, the 509th Bomb Wing First Sergeant poses for a portrait on Nov. 28, 2018, in his office at the 509th BW Headquarters at Whiteman Air Force Base, Mo. Carbajal said two of his goals are to complete his four-year degree and to improve at bicycle racing. (U.S. Air Force photo by Airman Parker J. McCauley)

people tie in their goals with things they see everyday along with talking about them with others.

Carbajal said in December that two of his goals are to finish his four year degree and get started with his graduate degree along with beating Tech. Sgt. Carlos Garcia at every bike race.

For his degree he said it was going well and that he has all his classes forecasted.

"For the bike riding despite the cooperation of the weather I'm still getting out and riding and training," said Carbajal

He added that he's been riding an average of 5 miles at a time.

"We also need to remember to be gracious with ourselves in that we will not be perfect or able to accomplish everything as expected each day as life will get in the way," said Jones. "With this positive framework in mind, then we begin looking at our large goal which will be several months or years ahead and move backwards."

Jones put an emphasis on self reflection and setting important milestones connecting with the time-bound aspect of SMART goal setting.

"Beginning next week where do you desire to be towards your goals? Next month? 3 Months, a Year? Set small steps to get yourself to these milestones," Jones added.

Jones stressed the importance of using organization tools such as a calendar to help track progress towards goals.

"Don't let yourself get stuck, seek out good counsel from a mentor or advisor," said Jones. Lastly for a lot of us an accountability partner will help to keep us motivated and encouraged. Make the steps enjoyable and measurable. Have fun and be a success!"

Example: Ensure the minute is still a challenge to reach yet realistic still.

Realistic: The goal needs to be realistic and actually possible.

Example: One minute versus five minutes.

Time-bound: According to the MIT website, "What is the time frame for achieving the goal."

Example: For the next PT test in up to 6-12 months.

SMART goals make things more manageable and being time bound additionally helps people stick to their goals said Carbajal.

On the Airman Comprehensive Assessment worksheet in regards

to goals for self improvement it states, "Goals should be SMART."

"As a first sergeant, I think people that set resolutions need to do it honestly to better themselves and if they're really investing in themselves as human capital, that'll make them better peers, supervisors and leaders all around," said Carbajal.

Linda Jones, an internal behavioral health consultant with the 509th Medical Group also had advice for goal setting both professionally and personally.

"Setting good goals needs to be looked at as positive investments in one's life," said Jones.

"They are an investment for today, next week, next month, the next PT test and years to come. If we allow ourselves to look at goals in this light, we can look at them as a positive thing to strive for instead of a must."

In line with the SMART acronym Carbajal said specifics are very important and the lack thereof is one of the major reasons people fail. He added that people also need to make sure those goals are truly realistic and require a narrowed down timeline.

Along with SMART, Carbajal also had additional advice for staying with goals and holding oneself accountable. He recommends

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SUNDAY, JANUARY 13 • 5 p.m.
Spider-Man: Into the Spider-Verse (PG)
Adults - \$7.00, children - \$4.75



A United Launch Alliance Atlas V rocket launches from Launch Complex 41 at Cape Canaveral Air Force Station, Fla., April 14, 2018. The Evolved Expendable Launch Vehicle Secondary Payload Adapter Augmented Geosynchronous Laboratory Experiments system was onboard and is one of the 3rd Space Experimentation Squadron's primary missions. (U.S. Air Force photo by Staff Sgt. Christopher Stoltz)

U.S. will pick up pace in race to space with China, DOD official says

U.S. Department of Defense

The United States isn't out of the game yet when it comes to space, but if it wants to remain on top, it will need to do more and do it faster, a senior Defense Department official said.

"China is integrating certain new technologies and fielding those capabilities faster than the U.S.," said Chris Shank, director of DOD's Strategic Capabilities Office. "That means we have to be more responsive."

Shank spoke during a presentation in San Diego hosted by the American Institute of Aeronautics and Astronautics, where he pointed out some statistics regarding space launches last year.

"China had 39 launches, the U.S. had 31, Russia had 20, [and] Europe had eight," Shank said. "And [China] landed a robotic mission on the dark side of the moon — a first."

Shank said that while he doesn't think the U.S. has lost leadership in space, it is losing ground. After all, he noted, the United States isn't without its own recent achievements in space.

Space Development Agency

"In the same week that they land on the moon, we are at the furthest reaches of the solar system at Ultima Thule," he said. NASA's New Horizons probe flew by and observed the trans-Neptunian object about 4 billion miles from the sun last week. It's the farthest object ever explored in space.

Shank said to stay relevant in space, the United States will need to speed up its development cycle for space-based technologies significantly.

"The DOD is committed to creating a Space Development Agency," Shank said. "That would be a joint organization ... to rapidly develop and field the next generation of space capabilities. I think that a Space Development Agency will represent a real investment in experimenting and prototyping of the rapid field of capabilities. ... So buckle up — 2019 is going to be busy."



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Air Force Commissioned Officer Training School (OTS) trainees stand in formation, May 24, 2018, on Maxwell Air Force Base, Ala. OTS has recently merged Commission Officer Training (COT) with the Total Force Officer Training course to increase the quality and quantity of officers it produces annually. (U.S. Air Force photo by Airman 1st Class Samuel Contreras)

OTS restructures program to increase quality, quantity of officers

Airman 1st Class Charles Welty
Air University Public Affairs

MAXWELL AIR FORCE BASE, Ala. — The Air Force's Officer Training School (OTS) is changing the paradigm for building officers. It is pivoting away from separate programs for line (operational support) and non-line (operational-support or staff roles) officers and conducting merged classes beginning in January 2019.

The Total Force Officer Training and Commissioned Officer Training courses will be phased out over the course of 2019, said Col. Pete Bailey, OTS commandant. They will be replaced by a combined eight-week course, which will offer an off-ramp for a limited number of non-line specialties.

"The purpose for this change is twofold," Bailey said. "First, we are ensuring the best leadership training is offered to all who attend OTS, in a setting which better mirrors the environment in which they will serve. Also, this change assists in the development of a more resilient organization, which is effectively resourced to meet both steady state and surge requirements of the Total Force."

The OTS "One Syllabus for One Officer"

concept is enabled by moving from its current three-training squadron construct to a more efficient two-training squadron model, said Lt. Col. Erick Saks, 24th Training Squadron commander.

With two squadrons training both line and non-line officers, OTS can increase the quantity and quality of its officers. The initiative increases officer production capacity from around 2,700 graduates annually to 3,300, with a surge capability of up to 3,800. Students also gain the opportunity to train alongside officers who they would not have interacted with until much further along in their careers, which provides a shared foundation for both line and non-line officers.

"The real nexus behind the new syllabus was to make the right training, for the right Airman, at the right time," added Bailey. "Producing good officers and good leaders is not only a force multiplier, but will also help revitalize the organization that we take to war, which is the squadron. When you have the responsibility of training over 54 percent of the officers who access into the United States Air Force annually, you have to get it right."

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509th Bomb Wing Public Affairs

JANUARY: JTAC TRAINING AT WHITEMAN



U.S. Air Force Tactical Air Control Party specialists assigned to the 7th Air Support Operations Squadron located in Fort Bliss, Texas, and pilots assigned to Whiteman Air Force Base, Mo., board a UH-60 Black Hawk assigned to Whiteman on Jan. 31, 2018, in Lincoln, Mo. The 1-135th Assault Helicopter Battalion and Whiteman pilots trained with Joint Terminal Attack Controllers to build a partnership while understanding each other's capabilities. (U.S. Air Force photo by Airman 1st Class Taylor Phifer)

MAY: STRATCOM COMMANDER PRESENTS OMAHA TROPHY TO 509TH AND 131ST BW



U.S. Air Force Brig. Gen. John Nichols, the 509th Bomb Wing commander, center, and Col. Ken Eaves, the 131st Bomb Wing commander, display the Omaha Trophy at Whiteman Air Force Base, Mo., May 8, 2018. The award was awarded to Team Whiteman by U.S. Strategic Command and the Strategic Command Council for executing the best Strategic Bomber Operations of 2017. (U.S. Air Force photos by Senior Airman Jovan Banks)

SEPTEMBER: BOMBER TASK FORCE HOT-PIT REFUELING



A U.S. Air Force B-2 Spirit, deployed from Whiteman Air Force Base, Mo., connects to a fuels truck during a hot-pit refueling at Wake Island Airfield Sept. 14, 2018. Hot-pit refueling is a technique where an aircraft lands and is refueled without shutting down its engines. These missions showcase the U.S. forces' ability to address a global security environment and demonstrates U.S. commitment to a free and open Indo-Pacific. (U.S. Air Force photo by Staff Sgt. Danielle Quilla)

FEBRUARY: WHITEMAN OPENS WELCOME CENTER



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 serves as a one-stop shop for in-processing appointments. During an appointment, members will receive personalized attention regarding their administrative, financial and medical needs. (U.S. Air Force photo by Airman 1st Class Taylor Phifer)

JUNE: HONORING THE CHARLIE FIRE TEAM



U.S. Air Force Senior Airman Yanny Nguyen, a defender assigned to the 509th Security Forces Squadron, holds the U.S. flag during a flag folding ceremony in remembrance of the six fallen Airmen of Charlie Fire Team at Whiteman Air Force Base, Mo., June 10, 2018. Of the six fallen Airmen, two were pilots assigned to the 37th Aerospace Rescue and Recovery Squadron and four security policemen from the 352nd Missile Security Squadron. (U.S. Air Force photo by Senior Airman Jovan Banks)

OCTOBER: 2018 HAWGSMOKE COMPETITION



U.S. Air Force A-10 Thunderbolt II aircraft line the flightline at Whiteman Air Force Base, Mo., Oct. 17, 2018 in preparation for the 2018 Hawgsmoke competition. The Hawgsmoke competition is a biennial worldwide A-10 bombing, missile and tactical gunnery competition derived from the discontinued "Gunsmoke" Air Force Worldwide Gunnery Competition. (U.S. Air Force photo by Staff Sgt. Joel Pfister)

18 Year In Review

MARCH: EOD AIRMAN EARNS NCO OF THE YEAR



U.S. Air Force Tech. Sgt. Michael Vallejo, an explosive ordnance disposal team leader from the 509th Civil Engineer Squadron, poses in his gear at Whiteman Air Force Base, Mo., March 9, 2018. Vallejo was named Whiteman's 2017 NCO of the Year. (U.S. Air Force photo by Staff Sgt. Joel Pfiester)

APRIL: 509TH AND 131ST BW LOGISTICS TEAM NAMED BEST IN AIR FORCE



U.S. Air Force Tactical Air Control Party specialists assigned to the 7th Air Support Operations Squadron located in Fort Bliss, Texas, and pilots assigned to Whiteman Air Force Base, Mo., board a UH-60 Black Hawk assigned to Whiteman on Jan. 31, 2018, in Lincoln, Mo. The 1-135th Assault Helicopter Battalion and Whiteman pilots trained with Joint Terminal Attack Controllers to build a partnership while understanding each other's capabilities. (U.S. Air Force photo by Airman 1st Class Taylor Phifer)

JULY: ALPHA WARRIOR BATTLE RIG READY



U.S. Air Force Physical Training Leaders participate in an Alpha Warrior Battle Rig training course July 10-11, 2018, at Whiteman Air Force Base, Mo. The PTLs from Scott AFB in Illinois and McConnell AFB in Kansas joined PTLs from Whiteman AFB in a two-day course to become certified on the equipment in order to integrate the battle rig into unit physical training sessions. (U.S. Air Force photo by Airman 1st Class Taylor Phifer)

NOVEMBER: HUFFSTETLER RECOGNIZED AT THE KANSAS CITY CHIEFS GAME



Tech. Sgt. Daniel Huffstetler, Water and Fuels Maintenance NCO In Charge, 509th Civil Engineer Squadron, Whiteman Air Force Base, Mo., was recognized for his scholarly achievements on Nov. 11, 2018, during the Chiefs football game at Kansas City, Mo. Huffstetler received this "Salute to Service" because he is currently one class away from completing his bachelor's degree at Park University. (U.S. Air Force photo by Senior Airman Thomas Barlev)

AUGUST: 8TH AIR FORCE AND J-GSOC WELCOMES NEW COMMANDER



U.S. Air Force Maj. Gen. James Dawkins Jr. assumes command of 8th Air Force and the Joint-Global Strike Operations Center (J-GSOC) from Maj. Gen. Thomas Bussiere during a change of command ceremony at Barksdale Air Force Base, La., Aug. 20, 2018. Dawkins' last position was the deputy director for Nuclear, Homeland Defense and Current Operations on the Joint Staff at the Pentagon. (U.S. Air Force photo by Senior Airman Luke Hill)

DECEMBER: PILOT FOR A DAY



Brothers Ethan and Brian Rubio from Kansas City, Mo., look out of the B-2 Spirit Stealth Bomber cockpit during their Pilot for a Day tour Dec. 19, 2018, at Whiteman Air Force Base, Mo. Pilot for a Day is a program that allows children who are suffering from an illness, or in Ethan's case a gene deficiency, to experience what it is like to be a B-2 pilot. (U.S. Air Force photo by Senior Airman Thomas Barlev)



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Winter driving safety tips

509th Bomb Wing Safety Office

PREPARE:

1. MAINTAIN YOUR CAR. Check battery, tire tread, windshield wipers, keep your windows clear, put no-freeze fluid in the washer reservoir and check your anti-freeze.

2. HAVE ON HAND: A flashlight, jumper cables, abrasive material (sand, kitty litter, even floor mats), shovel, snow brush and ice scraper, warning devices like flares and blankets. For long trips, add food, water, medication and a cell phone.

3. STOPPED OR STALLED? Stay in your car, don't overexert, put bright markers on antenna or windows and shine dome light. If you run your car, clear the exhaust pipe and run it just enough to stay warm.

4. PLAN YOUR ROUTE. Allow plenty of time for your trip and check the weather and leave early if necessary. Be familiar with maps/directions and let others know your route and arrival time.

5. PRACTICE COLD WEATHER DRIVING.

- * During the daylight, rehearse maneuvers slowly on ice or snow in an empty lot.
- * Steer into a skid.
- * Know what your brakes will do: stomp on antilock brakes, pump on non-antilock brakes.
- * Stopping distances are longer on ice and water-covered ice.
- * Don't idle for a long time with the windows up or in an enclosed space.

PROTECT YOURSELF:

- * Buckle up and use child safety seats properly.
- * Never place a rear-facing infant seat in front of an air bag.
- * Children 12 and under are much safer in the back seat.

-Courtesy, OSHA and NHTSA

PREVENT CRASHES:

- * Drugs and alcohol never mix with driving.
- * Slow down and increase distances between cars.
- * Keep your eyes open for pedestrians walking in or near the road.
- * Avoid fatigue. Get plenty of rest before the trip, stop at least every three hours and rotate drivers if possible.
- * If you are planning to drink alcohol, designate a sober driver.



509th Bomb Wing Commander, Brig. Gen. John J. Nichols right, and 509th BW Command Chief, Chief Master Sgt. James R. Lyda, sit in a car decorated for the Tournament of Roses Parade on Jan. 1, 2019, in Pasadena, Calif. Nichols and Lyda continued the long-standing tradition of Team Whiteman representing at the annual celebration, this year being the 30th anniversary of the B-2 Stealth Bomber in flight. (U.S. Air Force photo by Capt. Keenan Kunst)

Tournament of Roses



Players of the Washington Huskies and The Ohio State Buckeyes college football teams clash during the Rose Bowl on Jan. 1, 2019, in Pasadena, Calif. The game ended with the Huskies at 23 points and the Buckeyes at 28 points. (U.S. Air Force photo by Capt. Keenan Kunst)



Brig. Gen. John J. Nichols, the 509th Bomb Wing commander, waves during the Rose Bowl football game on Jan. 1, 2019, in Pasadena, Calif. The Rose Bowl is a major college football game that follows the annual Rose Parade. (U.S. Air Force photo by Capt. Keenan Kunst)

BY THE NUMBERS

935
ACTIVE
VOLUNTEER
MEMBERS

80,000
HOURS
ANNUALLY
CONTRIBUTED

31
OPERATING
COMMITTEES

Brain surgery to bear hugs: One wounded warrior's story

D.P. Heard
55th Wing Public Affairs

OFFUTT AIR FORCE BASE, Neb. (AFNS) — Born with a birth defect causing seizures, battling anxiety, depression, and post-traumatic stress disorder, and facing divorce and separation from a child is a lot for anyone to handle. But, with a community of support things can get better.

For retired Air Force Capt. Lawrence “Rob” Hufford, no statement could ring truer. He went from an all-time low to giving a bear hug to England’s Prince Harry, Duke of Sussex, while in Australia to compete in the Invictus Games. Things are looking up for Hufford.

“I researched the effect of lingering hugs,” Hufford said. “Psychotherapist Virginia Satir said four hugs a day for maintenance, eight hugs a day for survival and 12 hugs a day for growth.”

Military service

After graduating the U.S. Air Force Academy in 2006, Hufford became a civil engineering officer and over the next nine years, was stationed in four locations and deployed to Iraq twice.

It was during this time that Hufford’s life seemed to fall apart. He reached the limit on the medicine he could take for his condition, which he says was a good and a bad thing. The drugs were causing anxiety and anger, but without them, his physical activity was limited until surgery.

In January of 2013, he had a temporal lobectomy to remove a piece of his brain that was “about the size of a tube of Chapstick,” Hufford said.

Hufford was medically retired in 2015 and in 2016, his marriage fell apart and he became geographically separated from his son.

Keeping a positive attitude while coping was a constant struggle.

‘Turning Point’

His lifeline came in the form of friend, Dana Lyon, a U.S. Air Force Academy javelin and strength conditioning coach. She had noticed that Hufford was a shell of what he once was and pushed him to become involved with the Air Force Wounded Warrior Program, or AFW2, which is an initiative that incorporates athletics into holistic rehabilitation.

In June 2017, Hufford attended Offutt Air Force Base’s AFW2 Caregivers, Adaptive Sports, Resiliency, Empowerment and Transition event. Hufford was able to share his stories with others who were suffering and got to know himself better.

“I could finally see the effects that denial issues and my illnesses had had on my relationships with other people,” Hufford said. “It was a turning point in my life.”

He applied for the Warrior Games’ winter trials at Nellis Air Force Base, Nevada, and was one of 40 selectees and 10 alternates to participate in the games at the U.S. Air Force Academy.

The next thing he knew, he was invited to participate in the Invictus Games in Sydney, Australia. The event, created by Prince Harry, Duke of Sussex, in 2014, was inspired by the Warrior Games created by the U.S. Department of Defense in 2010.

Hufford saw Prince Harry during the sailing event and told the prince that he could expect to receive a hug when they met again. Prince Harry decided that there no better time than the present and gave Hufford a big bear hug.

Giving Back

As Hufford continues to compete in Wounded Warrior programs, he also works with Omaha, Nebraska, organizations that help to identify what he calls “invisibly wounded” individuals.

His efforts don’t go unnoticed.

“Rob is always the person there supporting everyone else regardless of what he is going through,” said Marsha Gonzales, Warrior Care Support branch chief.

Impressed by Hufford, Gonzales assisted him in returning to Air Force employment.

He is currently the lead engineer for the upcoming Offutt AFB runway restoration project and the Omaha Lincoln Airfields.



Retired Capt. Lawrence “Rob” Hufford shouts triumphantly after lifting 418 pounds, setting a personal-best record in the heavyweight category of power-lifting at the 2018 Invictus Games. About 500 wounded warriors from 18 countries gathered in Sydney, Australia, to compete in adaptive sporting events in October 2018. (Courtesy photo)



Rob Hufford II, Department of Defense Warrior Games athlete on Team Air Force, competes in the men’s standing discus event at The Games in Colorado Springs, Colorado, June 1, 2018. The Warrior Games will be held at the U.S. Air Force Academy June 1-9, 2018. (U.S. Air Force Photo by Senior Airman Dennis Hoffman)



Activities & Events

Whiteman AFB Marketing
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- A teenager doing evening or weekend babysitting for families.
- Providing child care in the parents' own home.
- Parent cooperative where one of the parents provides supervision for other parents' children on an exchange basis and no fees are involved.
- Providing less than 10 hours of child care a week on an irregular basis.

If you are providing care beyond these opportunities, please contact the FCC program for a licensing application.

Returning Home Care (RHC)

Military members returning home from a 30 day or longer deployment are entitled to 16 hours of FREE child care. Come to the FCC office for an application prior to participation. Reservations need to be made at least a week prior to the care date. Call for more details.

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BURRITO BOWLS

24 JAN | 11 A.M. - 1 P.M.
(660) 687-5677

Whiteman Air Force Base Upcoming Events

Wednesday, January 16th

All You Can Eat Spaghetti & Meatballs
10:30 p.m. - Gone

Forget that boring New Year's resolution & come enjoy an all you can eat spaghetti & meatballs feast at Stars & Strikes for only \$8.00! For more information call (660) 687-5114.

Thursday, January 24th

Lunchtime Bingo Blitz @ Mission's End
11:30 a.m. - 12:30 p.m.

Come join us for our first ever lunchtime Bingo Blitz! It's the fastest way to win gift cards with 6 rounds in less than an hour! \$10 presale | \$12 at the door. For more information call (660) 687-5754.

Thursday, January 24th

Make Your Own Burrito Bowls
11:00 a.m. - 1:00 p.m.

Enjoy some mouth watering Tex Mex at Ozark Inn Dining Facility! Open to all DoD ID holders. For more information call (660) 687-5477.

Friday, January 25th

Powerlifting Competition @ Fitness
9:00 a.m. - Over

Show off your strength at the Powerlifting Competition! Score is recorded as a total of all three lifts in lbs: bench press, squat, & deadlift. For more information call (660) 687-5496.

Wednesday, January 30th

Chef Wars Cheesecake Showdown
11:00 a.m. - 1:00 p.m.

Ozark dining personnel will split teams & compete to be the cheesecake master! Come taste & vote for your favorite! All DoD ID card holders may taste test for free. Full size portions are \$1.10 + surcharge per piece. For more information call (660) 687-5477.

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Uniform code of military justice changes now in effect

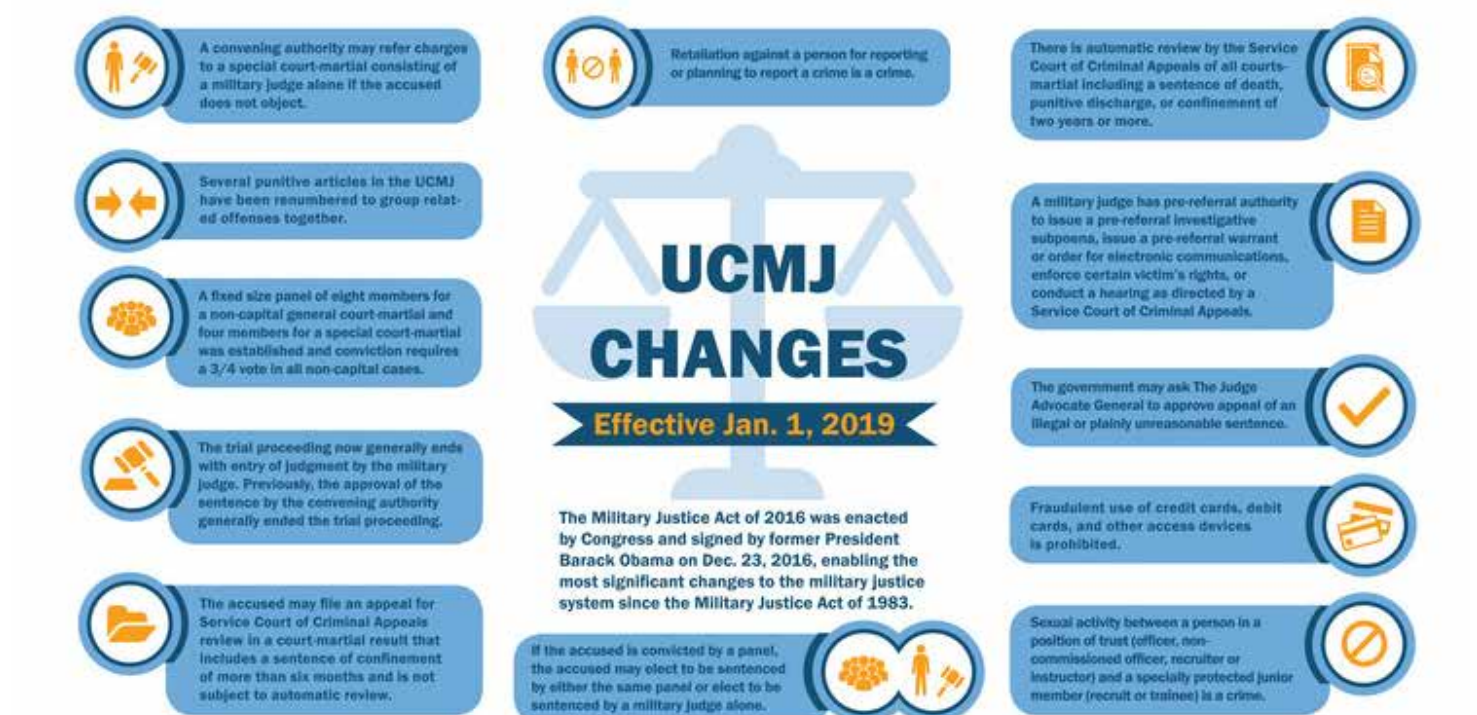
Secretary of the Air Force
Public Affairs

WASHINGTON — As of Jan. 1, 2019, the Military Justice Act of 2016 instated the most reform to the Uniform Code of Military Justice (UCMJ) and Manual for Courts-Martial (MCM) in decades, modernizing dated aspects of the military justice system while also providing transparency.

“The Military Justice Act represents the most significant change to the military justice system since the Military Justice Act of 1983,” said Lt. Gen. Jeff Rockwell, Air Force Judge Advocate General. “Over the past year, the Air Force JAG Corps has engaged in a robust training effort to educate every total-force judge advocate and paralegal on the changes contained in the Act.

Rockwell continued, “In addition to training our corps, our military justice experts are building tools and updating publications. Installation commanders, convening authorities, chief master sergeants and first sergeants will continue to receive military justice training in formal courses and from their local installation legal offices. Our focus is to ensure a smooth and seamless transition for all Airmen.”

The act is the result of U.S. Army Gen. Martin Dempsey, former 18th Chairman of the Joint Chiefs of Staff, who proposed a



systemic review of the UCMJ and MCM to the Secretary of Defense in 2013, advocating that changes need to be implemented to ensure military laws and regulations reflect today's environment.

Among its major reforms, the act will establish fixed numbers of members for courts-martial, expand judge-alone sentencing, expand the opportunity for convicted service members to appeal their

convictions and require most court-martial documents be made publicly accessible under a system similar to those used in civilian criminal justice systems.

Additionally, the act adds some new offenses, such as retaliation against a person for reporting or planning to report a crime, fraudulent use of credit cards and debit cards, and sexual activity between military members in a position of trust and specially

protected junior members. While these offenses were prohibited in the past, they are now specifically enumerated crimes under the UCMJ.

The UCMJ's is Chapter 47, Title 10, United States Code and can only be changed by legislation while the MCM is issued by the president as an executive order. The act was enacted by congress and signed by former President Obama in 2016.

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Lion's Club—2nd & 4th Mon. 7 p.m. - Jubilation Center

Knob Noster Area Business Council—4th Thurs. of each month. 660-563-1633 for more info.

Masons—2nd & 4th Thurs. 7:00 p.m. - Knob Noster Masonic Lodge AF & AM

Garden Club—1st Thurs. of each month 6:30 p.m. - Trails Regional Library - Knob Noster Branch

Alcoholics Anonymous (AA)—Every Fri. 8 p.m. - Basement of Methodist Church

Knob Noster Board of Aldermen—1st & 3rd Tues. each month - City Hall, 201 N. State Street

Whiteman Area Piecemakers Quilt Guild—3rd Thurs. each month 7 p.m. - Methodist Church

AMVETS—Membership Dinner 1st Tues. each month 6 p.m. - AMVETS Building

VFW—1st Fri. each month 7 p.m. - VFW Building

VFW Auxiliary—1st Fri. each month 7 p.m. - VFW Building

Boy Scouts - Troop 509 Knob Noster United Methodist Church, Arnold Sauther, 660-441-5219

Cub Scouts - Pack 405 Ben Pancoast, 660-238-5936

Cub Scouts - Pack 509 Knob Noster United Methodist Church

Girl Scouts - Jo Ellen Elwell 563-3514

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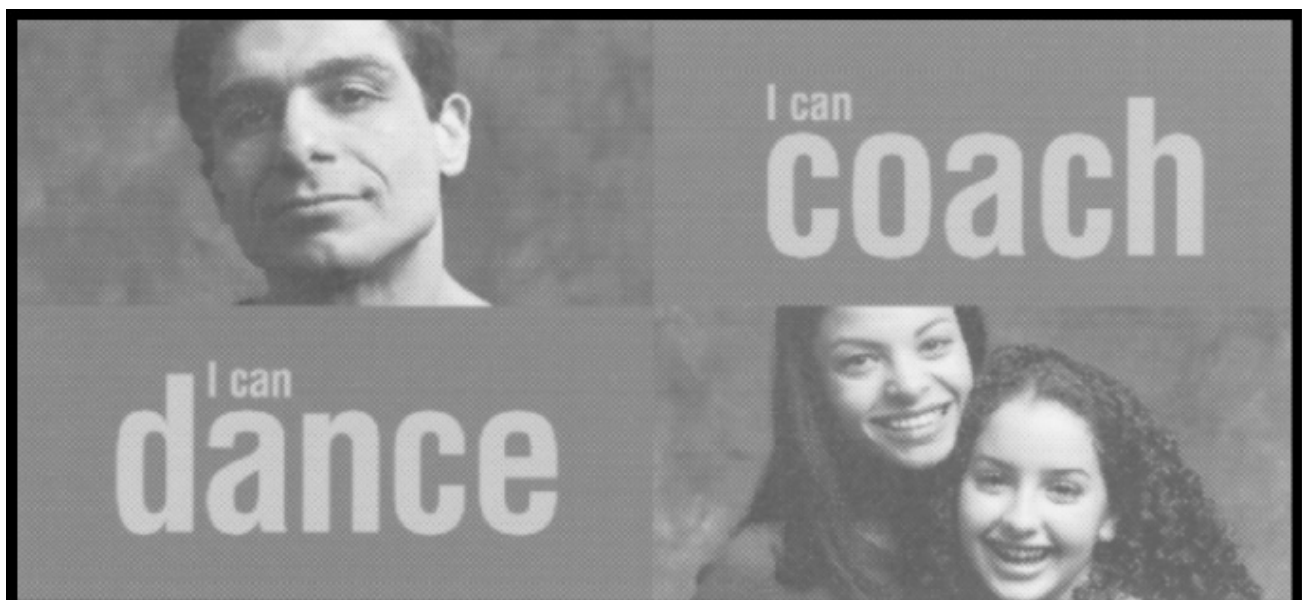
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COMMENTARY

New Year's Resolution: Read about the past for the future

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

WHITEMAN AIR FORCE BASE, Mo. — It's a common refrain today: People don't read anymore.

Gone, it seems, are the days of printed newspapers, as subscriptions have steadily declined and many daily publications have disappeared. It seems all but certain that we live in an era of headlines and newsfeed snippets that offer information designed for the passing glance at phone screens and tablets.

To accommodate this trend, Public Affairs Airmen, like me, have long been trained to write simply and keep information brief and accessible. But I often ask myself whether reading has really lost its place in today's military?

I would like to think that it hasn't. The truth is that some stories are not best told in 150 characters or less. A recent example is that of the posthumous Medal of Honor recipient Tech. Sgt. John Chapman, an Air Force combat controller who was killed during the 2002 Battle of Roberts Ridge in Afghanistan.

There are many such stories of bravery and resilience in our service. Others are stories of everyday pursuits of excellence and purpose. Reading about them allows us to learn about who Airmen really are.

Innovation built on heritage

The Air Force is a service of the future. We were forged from a changing battlespace and have been charged with innovation from the beginning. Some would say the only consistent aspect of the Air Force is change.

But what guides this culture of progress and advancement? One thing that connects everything we do in the future is our shared heritage.

While some may assert that today's Airmen don't read beyond the boundaries of their social media timelines or chat boxes, reading about the mission and challenges of the past can be a pivotal aspect of personal development and education for the future.

This importance of reading is recognized at the very top levels of the Air Force leadership.

Last year, Chief of Staff Gen. David Goldfein noted in the introduction to his 2017 reading list that, "Our heritage of success is based on innovation, made possible by our diverse group of professional, dedicated and warrior Airmen. We must sharpen

our understanding of nuclear weapons, deterrence, great power diplomacy and future war-fighting technologies."

Goldfein continued with a challenge to Airmen to take "deliberate steps toward expanding your understanding of this new national security environment, the threats we will face and the tools we will need to prevail."

To guide and encourage reading, the Air Force's highest-ranking member recommends useful and informative reading for the current generation for Airmen at all levels of their military careers.

The Air Force's professional reading list is organized by airpower topics: leadership and decision making, war fighting, strategic environment, heritage, as well as technology and innovation. Each section offers so-called gateway, intermediate and pinnacle readings, allowing Airmen to progress their understandings and content scopes.

Challenging yourself

The problem, some will contend, is time. Understandably, between long work shifts, physical training, college education and family demands, it often seems impossible to carve out even more time — yet it doesn't take much.

Reading is easier and more portable than ever before. Books are no longer confined to printed and weighty hardcovers. Nearly all of the material on the CSAF reading list is available for free on your phone and tablet via an Air Force-sanctioned library application. When reading is entirely impractical, downloaded audiobooks can continue the story during your commute or run.

So why not challenge yourself for the New Year? Take a look at the CSAF reading list today and look for a title that seems relevant to you. Visit the Whiteman AFB library or download a copy and begin reading — even for just 15 minutes a day. No more, no less.

Once you finish, form a good habit by picking another title off the list. Maybe expand your reading time to 30 minutes each day.

This is a small step that can greatly expand your knowledge of your Air Force's story today. Don't miss out on learning who we really are as Airmen.

After all, if you don't know the pages of the past, how will you write your own chapter tomorrow?

THE CSAF READING LIST is at <http://static.dma.mil/usaf/csafreadinglist/>.

The Whiteman AFB library offers a wide variety of reading on military topics and a full assortment of those recommended by the CSAF.

Library hours are Monday-Friday 9:30 a.m.-5:30 p.m., Saturdays 10:30 a.m.-4 p.m., or visit the searchable online catalog at <https://www.whitemanfss.com/library>.