

# WARRIOR

Year of the B-2



## Whiteman Remembers

Ike Skelton laid to rest, Pg. 8

Vol. 4 No. 44  
November 8, 2013



**Eighth Air Force Warriors,**

Joanna and I, and the whole family for that matter, are very proud to be a part of the Eighth Air Force team with its storied heritage. It's hard to believe it has only been about two weeks since we rejoined this renowned organization and the entire command is wrapping up inspections and a large-force exercise. While the pace and tempo are high, with many of you working around the clock sustaining this mission, your hard work and training are paying off across the board. From our newest Airman to our seasoned veterans...from our active and Reserve components to our officers, enlisted and civilian force...each and every one of you have risen to the occasion with impeccable results.

Your service and the sacrifices of our military and civilian families are both noticed and appreciated. Our adversaries are keenly interested in what you do each and every day and are watching how we perform and demonstrate our combat capability. You send a clear message...America's nuclear force is ready and able to answer our nation's call.

Thank you for the warm welcome, and Joanna and I look forward to meeting all of you in the near future. I am very interested in you showing me what you do in our Air Force!!!

Humbly in your service,

Maj. Gen. Vander Hamm



Maj. Gen. Vander Hamm

# The quality of our lives is based upon the quality of our rituals

**Chief Master Sgt. Stuart Allison**  
509th Mission Support Group



U.S. Air Force photo /Airman 1st Class Keenan Berry  
**Chief Master Sgt. Stuart Allison is the command chief of the 509th Mission Support Group at Whiteman Air Force Base, Mo. He is currently deployed as the superintendent of the 407th Air Expeditionary Group.**

Over the last year I've been on a quest to identify and highlight simple success strategies that, if followed, will increase career success.

Where does one start on the path to becoming successful?

Some would say, "habits," but it goes farther than that. Habits are repeatable actions that we don't think about. Rituals are actions embedded with meaning.

It's the quality of our rituals that determines the quality of our lives.

When our actions have turned into habits, we've forgotten their meaning. There's nothing wrong with this for good habits, but it certainly is problematic for bad ones, because it can be the reason we are stuck in a rut. We don't reflect and don't realize that we need to change.

Rituals go a step beyond habits. They ask you to reflect – Is this a good habit? What does this habit mean to me? How will this make me a more effective as a leader? We can't just go through the motions. If we do, we stay in one place and the world passes us by.

Success is not guaranteed, but if you care about the quality of your rituals then your chances at success increase.

I deliberately set and maintain three rituals to stay grounded in a hectic world.

1. I practice gratitude and maintain perspective. I start and end each day with thinking, "What am I most grateful for? What will challenge me today and how will I grow? What did I learn from what happened today? How can I notice what is right (rather than wrong) about a situation?" You can express it out loud, think it to yourself or write it down in a journal.

2. I take care of my body. It does not matter how I am feeling or what the weather is doing

outside. I make the time and exercise without excuse. I know days will be stressful and I plan for them. I will get extra sleep knowing that being well-rested will provide me the mental edge I need for any challenge.

3. I take care of my mind. I read every day. I enjoy motivational books but stretch myself to read other types of nonfiction and fiction novels. It's relaxing and I'm able to see situations from multiple perspectives.

These rituals work for me and they may work for you, but it is better for you to decide your own rituals. Choose ones that work for you; choose ones with meaning for you.

But know, in the end, you are not simply creating new habits.

In order to help you turn this commentary

into your reality there are three things you must first establish – your vision, your vehicles for arriving at that vision and a game plan for making that progress a reality.

1. Your vision: You will need to identify your mission, purpose and passions. Take some time and answer the following questions. The answers may not come to you right away. Wrestle with them until you can answer each in one true sentence.

- Mission: What is the most important thing that you want to achieve in your life?

- Purpose: Why is your mission important? Who will it affect?

- Passions: What are your passions and are they aligned with your purpose and mission? If not, how can you better align all three?

2. The vehicles: Next, brainstorm a list of all the "rituals" you can use to live your mission, purpose and passions on a daily basis. From this list, choose only three. Why three? You want to start out small but still have enough change in your life to see an effect.

3. The game plan: Decide on a plan to implement each one. It takes around 30 days for a new action to become habitual. Choose one of the rituals for your list and create a strategy to remind yourself to do it daily. One method, used by Jerry Seinfeld, is to put up a large wall calendar. Each day that you successfully do your daily ritual, put a red "X" on that day. Keep doing this with the goal of never breaking the chain of red "Xs." Once your chain is at least one month long, start implementing your next ritual.

Meaningful rituals, rooted in positive self-improvement, are one of the key pillars of success. Upon the development and application of your vision, the vehicles and your game plan, you will develop the pathway to creating these new rituals, and thereby increasing the quality of your life.

## THE WARRIOR

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For more information, call the Warrior office at 660-687-6123, email: Whiteman.Warrior@us.af.mil, fax us: 660-687-7948, or write to us at: 509th Bomb Wing, 1081 Arnold Ave., Bldg. 59, 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/  
Staff Sgt. Alexandra M. Boutte

**Several Honor Guard members from all over Missouri fold the flag from Ike Skelton's casket at his funeral in Lexington, Mo., Nov. 4, 2013. Members of all branches of the military took part in the ceremony.**



## NEWS BRIEFS

Telephone news line  
set up for retirees

A toll-free telephone news line has been set up for retirees and surviving spouses who do not have computer access.

By calling 1-800-558-1404, retirees and spouses can stay informed using this new easy-to-use menu-driven service. Callers can select from several different topics that are compiled from various electronic news sources.

Topics include pay and annuity matters, medical and health care, and other benefits and entitlements.

New location for Retiree  
Activities Office

The Retiree Activities Office has officially moved to its new location. Their new address is:

**750 Arnold Ave., Ste. 114  
Whiteman AFB, MO 65305**

They can still be reached at 660-687-6457 or toll-free at 1-800-303-5608. Office hours are still Monday through Friday 9 a.m. to 3 p.m.. For updated information, visit <http://www.whiteman.af.mil/units/509thbombwing/whiteman-retireeactivitiesoffice/index.asp>.

## Air Force Housing Web Site

Visit [www.Housing.af.mil](http://www.Housing.af.mil) to find your new home with the Air Force. This web site 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.

## 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.

## CCAF GEM Program

Military members avoiding taking classes because of work shifts, deployments or other time constraints have a new program to assist them. Community College of the Air Force degree requirements can be met through distance learning using the CCAF General Education Mobile (GEM), a partnership between CCAF and other schools. For more information call (660) 687-2420.



## WEATHER

<b>Today</b>	<b>Saturday</b>
Breezy	Sunny
Hi 62	Hi 64
Lo 33	Lo 44

<b>Sunday</b>	<b>Monday</b>
Sunny	Partly Sunny
Hi 60	Hi 60
Lo 39	Lo 44

Missouri Air National Guardsmen win  
Gen. Jumper Awards For Excellence

By 1st Lt. John Quin  
131st Bomb Wing Public Affairs

Airmen from the Missouri Air National Guard's 131st Bomb Wing and 239th Combat Communications Squadron recently received the Gen. John P. Jumper Awards for Excellence in Warfighting Integration and Information Dominance.

The awards reflect the dedication and professionalism not only of the Airmen recognized, but of their wingmen as well, said Col. Michael Francis, commander of the 131st Bomb Wing.

"We could not be more proud of the individual Airmen who are being recognized as award recipients," Francis said. "They are outstanding examples of the caliber of Airmen who serve in the 131st and 239th, and the work they have done supporting the total force has been deemed second to none."

The 239th's award recipients include Maj. Joseph Meister, Tech. Sgt. Timothy Loyd, Tech. Sgt. James Kline, and Airman 1st Class LaDarryon Brown. The 131st's Tech. Sgt. Melissa Heupel was also recognized for her outstanding effort.

Meister, who was recognized as an outstanding field grade officer, deployed as commander of the 445th Air Expeditionary Advisory Squadron, where he managed a multi-million dollar cyberspace weapon system and safeguarded the central-west region of Afghanistan.

"My team directly supported the installation's mission sets, which secured Shindand Air Base – the premiere Afghan Air Force training base – executed hundreds of outside-the-wire missions, and enabled future mission capability through a plethora of systems capacity," Meister said.

Meister taught combat skills to the U.S. and Italian Air Force security forces, as well as to the greater female population on Shindand, which enabled air advisors to teach weapons techniques to Afghan soldiers and airmen, and all but eliminated assaults throughout the base.

Kline, who was recognized for outstanding cyber systems opera-

tion, delivered cyberspace services support to Joint Task Force – East as a part of the joint exercise Vigilant Guard 2013, and trained his teammates on the most up-to-date security optimization software and procedures, thereby helping safe-guard vital DOD data.

"Tech. Sgt. Kline developed an innovative field change order tracker system, which optimized unit productivity for centralized control and management," Meister said. "He ensured three additional work centers were fully mission-capable while his teammates deployed to Air Expeditionary Forces by maintaining 100 percent of the preventive maintenance inspections, along with the field change orders for dozens of cyberspace systems."

Loyd, who deployed as a radio transmission systems technician with the 445th Air Expeditionary Advisory Squadron, Shindand Air Base, Afghanistan, was recognized as the outstanding cyberspace transport systems noncommissioned officer.

"Loyd and his teammates maintained a \$15-million radio frequency network that supported Operation Enduring Freedom," Meister said. "He managed the instrumental recovery of \$1.5 million of land mobile radio equipment, and established a baseline for personal wireless accounting across the Regional Command-West area of operation."

Additionally, Loyd led the management of the base radio frequency spectrum, which mitigated frequency conflicts between Army, Air Force and other government agencies' radio and operational systems.

Brown, who was recognized for outstanding knowledge operations management, volunteered to learn the Army MC4 system, and created more than 200 user accounts – which directly contributed to just-in-time training for deploying Army medical units during the 2013 Global Medic/Warrior Exercise at Fort McCoy, Wis. He became the MC4 subject-matter-expert, correcting 120 service requests with 100-percent customer satisfaction.

"The forward operating base commander and first sergeant lauded

See Awards, page 12

Leaders continue to tap "innovative"  
Airmen for energy savings

By Capt. Natasha Waggoner  
Secretary of the Air Force Public Affairs Office

WASHINGTON (AFNS) – Air Force leadership calls upon Airmen to continue coming up with innovative ideas to provide the Air Force an assured energy advantage in air, space and cyberspace.

In fiscal year 2012, the Air Force spent \$9.2 billion on energy, almost 10 percent of the total budget. In a time of fiscal uncertainty, it is even more important everyone does their part in helping conserve resources, said Kathy Ferguson, Air Force for Installations, Environment, and Logistics acting assistant secretary.

"Energy is a key part of the effort to modernize our Air Force and do more with less," Ferguson said. "Every gallon of fuel and watt of energy we save allows us to have more resources to meet other Air Force priorities."

More efficient flight descent procedures, new ways of loading cargo, and vehicle idle time reduction are just a few of the ways Airmen can help the Air Force achieve its energy goals and maximize its energy advantage to support the mission.

Beginning in October, which is deemed Energy Action Month, and throughout the year, the Air Force will highlight the month's theme "I am Air Force Energy" with specific steps Airmen can take in their jobs to be more energy aware.

Hundreds of Airmen have gone above and beyond to help increase our energy security, Ferguson said. A few examples include Energy Manager David Morin led an energy program at Laughlin AFB, Texas, that collected and analyzed energy use data to increase energy efficiency and imple-

mented xeriscopic landscaping wherever possible. Xeriscaping is growing native plants that not only save money on the water bill but also save time because the plants don't need much care, and are more heat tolerant and drought tolerant than the normal garden variety plants. Through these efforts, Morin helped reduce base energy consumption by 27 percent, water by 24 percent and overall utility bills in fiscal 2012 by \$1.9 million.

U.S. Air Force Europe Energy Manager Kelly Jaramillo oversaw an energy program that included 46 projects that are estimated to save more than \$5.5 million a year. Jaramillo also implemented an energy awareness campaign that engaged the residents in military family housing and helped them reduce energy consumption 25 percent and natural gas 17 percent.

The Seymour Johnson AFB, N.C., Support Center earned a Leadership in Energy and Environmental Design Gold rating by consolidating five functional organizations into a single facility, which cut energy consumption 60 percent and costs 50 percent. The building utilizes a high-efficiency variable refrigerant flow heating, ventilation and air conditioning system, centrally maintained temperature set points, and low-flow plumbing. These features helped the base reduce potable water use 50 percent, and save 2,862 thousand British thermal units (MMBTUs) and \$55,000. A BTU is a standard unit of measurement used to denote both the amount of heat energy in fuels and the ability of appliances and air conditioning systems to produce heating or cooling.

The Air Combat Command facility energy team at Langley AFB, Va., oversaw facility energy optimization at 16 installations, which reduced en-

ergy use by 5.9 percent from 2011 and awarded 39 energy projects to save 447,471 million British thermal units (MBTUs) and \$5.4 million annually. In total, the programs implemented by ACC reduced energy consumption by 538,809 MMBTUs, cut carbon dioxide emissions by 62,835 tons, and saved \$6.67 million annually.

The 22nd Operations Group Fuel Efficiency Office at McConnell AFB, Kan., designed and implemented measures to reduce and eliminate inefficiency in the fuel management of the KC-135 Stratotanker. These measures included reducing KC-135 landing fuel and changing the KC-135 standard landing configuration. It also incorporated fuel efficiency software to inform flight speed, routing and altitude and pioneering a new training configuration which reduced aircraft basic weight and air maximizing simulator usage. Four hundred aircrew members were also trained on the importance of fuel management. These efforts saved the Air Force \$4.3 million, even though sorties increased 42 percent.

"We need the continued commitment of every Airman and family member to help us continue to drive innovation, and ensure we efficiently use every gallon of jet fuel, every watt of electricity and every drop of gasoline," said Acting Secretary of the Air Force Eric Fanning. "During these challenging economic times, every dollar counts and your every action can count towards reducing and supporting mission effectiveness."

Besides learning from their colleagues, Airmen are encouraged to take an online energy module available to all personnel with a common access card on the Advanced Distance Learning System <https://afcesa.csd.disa.mil>.



# Shopping the Whiteman AFB Exchange Pays Dividends

By Emma-Jane Swan

AAFES Central Region, Store Manager

The Whiteman Exchange is paying dividends in more ways than one as Airmen and their families exercising their benefit by dining and shopping at Exchange facilities last year generated a dividend of \$414,976.

These funds are critical to Air Force Services ability to enhance local programs and facilities including the Royal Oaks Golf Course, Fitness Center and Stars & Strikes bowling Center.

“Historically, roughly two-thirds of Exchange earnings are paid to morale, welfare and recreation programs with the other third used to build new stores or renovate existing facilities,” said the Whiteman AFB Exchange’s Store Manager Becky Stover. “This structure means that authorized customers are essentially our ‘investors.’ Fortunately, thrifty shoppers rediscovering the value the Exchange offers allowed us to provide a healthy return on their investment.”

With a mission to provide quality goods and services at competitively low prices and generate earnings to support quality of life

efforts, the dual benefit the Exchange provides military families goes far beyond the clothes, electronics and snacks on shelves.

Shoppers who visit the Exchange, either online at [www.shopmyexchange.com](http://www.shopmyexchange.com) or in person here at Whiteman AFB, actually help make the military community a better place to live and work. In fact, purchases made in the past 10 years have provided more than \$2.4 billion to military programs such as Youth Services, post functions, gyms and aquatic centers.

The Army & Air Force Exchange Service is a joint non-appropriated fund instrumentality of the Department of Defense and is directed by a board of directors which is responsible to the secretaries of the Army and the Air Force through the service chiefs of staff. The Exchange has the dual mission of providing authorized patrons with quality merchandise and services at competitively low prices and generating non-appropriated fund earnings as a supplemental source of funding for military morale, welfare and recreation programs. To find out more about the Exchange history and mission or to view recent press releases please visit our website.

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Speech M-W;

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# Supporting the mission through legal assistance



**U.S. Air Force Capt. Phillip Ervie, 509th Bomb Wing Judge Advocate chief of adverse actions, reviews a record of trial from a recent court martial at Whiteman Air Force Base, Mo., Oct. 30, 2013. The legal issues military justice professionals encounter are wide-ranging, including criminal, government contract, labor, international, environmental and real property laws.**

**By Staff Sgt. Nick Wilson**  
509th Bomb Wing Public Affairs

Even as B-2s are flying overhead and operations are in full swing, a dedicated team of legal professionals are constantly working to ensure Team Whiteman and her Airmen are in full compliance with the laws they serve to protect.

The 509th Bomb Wing Legal Office provides support and advice to commanders and base agencies on a variety of issues which include military justice, contracts, labor, environmental and operations law.

“Our statutory mission is to provide military justice support,” said Lt. Col. Todd Pennington, 509th Bomb Wing staff judge advocate. “We provide legal assistance for eligible clients for things like powers of attorney, last will and testament and different domestic relations issues, so it’s a pretty broad practice area.”

Along with being responsible for the statutory mission, the legal office also serves the Team Whiteman community through executing the military justice mission – one of the most powerful tools for commanders to maintain discipline in the force, Pennington said.

“A disciplined force is essential to any professional military force, especially in the [Air Force] community,” Pennington said. “Standards of excellence are incredibly high and we’re fortunate to get a very high-quality force that’s recruited into this mission. Keeping it that way sometimes does require the military justice tool-set.”

In addition to the military justice and statutory missions, the 509th BW Legal Office also has a civil law mission, which is used to preserve command prerogatives.

“Everything that goes on in the U.S. government is a very regulated business,” Pennington said. “There are laws that govern how we spend money, laws that govern how we employ civilian employees and laws that affect things like how we use government-owned vehicles and who can eat at the dining facility.”

Being able to show compliance with civil laws enables legal office professionals to maintain their authority and freedom of action.

“If we are fast and loose with the regulations that we have out there, we’re going to get our freedom of action taken away and we’d have to get approval

for low-level things,” Pennington said. “So it helps us preserve those command options that exist at this level.”

Another mission Team Whiteman’s legal professionals are responsible for is providing legal assistance. Legal assistance helps keep Airmen focused on their responsibilities by helping them with legal issues they have outside the work-center.

“If you have a personal legal problem weighing on your mind, that could be very scary and distracting,” Pennington said. “Through legal assistance, we can help alleviate that and get Airmen focused on the mission.”

The JA office provides support to active-duty Service members, reservists on Title 10 orders, dependents and retirees.

“We have a wide spectrum of Airmen and their families coming through our office,” said Master Sgt. Kent Kagarise, acting 509th BW law office superintendent. “They could need help with anything from questions on a divorce to assistance with a bad car they bought from someone. You can throw out almost anything in the legal world you want and we’ll be able to help with it. If you haven’t spoken to an attorney, you can come on in here and get some help.”

Kagarise said members of the legal office spend a lot of time assisting with wills and powers of attorney.

“A lot of people don’t know that with powers of attorneys there are so many things you can do,” Kagarise said. “If you have a pet and you’re deploying, you can give someone the power of attorney to take care of your pet.”

Kagarise said the primary clients of Team Whiteman’s JA office are Airmen.

“Folks are always deploying, so they’re coming to make sure their husband or wife is taken care of and ensure there is a power of attorney for their children for their family care plans,” Kagarise said.

Whether providing legal assistance or supporting the military justice mission, the goal of the 509th BW judge advocate office remains the same -- to see Airmen succeed.

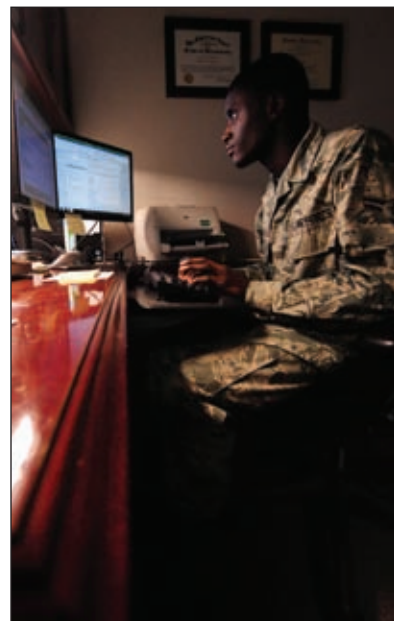
“We’re here to help and we don’t want people to think of us as the punishers and an evil dark force that is just waiting to get people in trouble,” Kagarise said. “We don’t want to see you in the courtroom. We support the mission by supporting Airmen, by supporting their families. And we do that with legal assistance and corrective actions.”



**U.S. Air Force Capt. Kevin Gotfredson, 509th Bomb Wing Judge Advocate chief of military justice, researches case law in preparation for a court martial at Whiteman Air Force Base, Mo., Oct. 30, 2013. The 509th Bomb Wing staff judge advocate office performs four essential functions: military justice, operational law and legal assistance, protection of Air Force resources, and safeguarding freedom of action, morale and welfare.**



**U.S. Air Force Capt. Phillip Ervie, 509th Bomb Wing Judge Advocate chief of adverse actions, provides legal assistance to an Airman at Whiteman Air Force Base, Mo., Oct. 30, 2013. The military justice system is designed to promote good order and discipline and to ensure mission accomplishment.**



**U.S. Air Force Airman 1st Class Casey Green, 509th Bomb Wing Judge Advocate paralegal apprentice, does research for a case at Whiteman Air Force Base, Mo., Oct. 30, 2013. Military justice handles a wide variety of legal issues on a daily basis.**



# The Judge Advocate General Corps announces law school programs: Funded Legal Education Program (FLEP), Excess Leave Program (ELP)

Submitted by the 509th Bomb Wing Legal Office

Applications for the Funded Legal Education Program (FLEP) and Excess Leave Program (ELP) are being accepted from Jan. 1 through March 1, 2014. Interested officers are encouraged to compete. The number of FLEP and ELP applicants selected in any academic year is determined based on the needs of the Air Force.

“Our Air Force missions are constantly changing, and commanders deserve to have access to legal advisors with a broad background of military experiences,” said Maj. Sean Elameto, chief of the Accessions Branch, Professional Development Directorate, Office of the Judge Advocate General. “The FLEP and ELP will ensure that we can continue to maintain a corps of officers whose military experience complements their legal training, providing commanders with the highest caliber of legal support.”

According to Elameto, Air Force JAGs do more than just provide legal assistance. In addition to prosecuting and defending clients brought before courts-martial, JAG officers routinely participate in nearly every facet of the Air Force mission, including developing and acquiring weapons systems, ensuring availability of airspace and ranges where those systems are tested and operated, consulting with commanders about how those systems are employed in armed conflict, and assisting commanders in the day-to-day running of military installations around the world.

“Every facet of every Air Force mission is bound by elements of the law,” Elameto said.

The FLEP is a paid legal studies program for active-duty Air Force commissioned officers. The FLEP is an assign-



Courtesy image

ment action, and participants receive full pay, allowances, and tuition. FLEP applicants must have between two and six years active duty service (enlisted or commissioned) and must be in the pay grade O-3 or below as of the day they begin law school. The FLEP is subject to tuition limitations, and positions may be limited due to overall funding availability. The Air Force Institute of Technology tuition limit for FY14 is expected to be set at approximately \$16,000 per year.

The ELP is an unpaid legal studies program for Air Force

officers. ELP participants do not receive pay and allowances, but remain on active duty for retirement eligibility and benefits purposes. ELP applicants must have between two and ten years active-duty service and must be in the pay grade O-3 or below as of the first day of law school.

Applications for FY14 FLEP and ELP will be accepted from Jan. 1 2014 through March 1, 2014. Both the FLEP and ELP require attendance at an American Bar Association (ABA) approved law school. Upon graduation and admission to practice law in the highest court of any state, territory of the United States, or a federal court, candidates are eligible for designation as judge advocates. To be considered for FLEP or ELP, applicants must have completed all application forms, applied (acceptance is not required at the time of application for FLEP/ELP) to at least one ABA approved law school, received their Law School Admissions Test results, and completed a Staff Judge Advocate interview by March 1, 2014. We strongly suggest that you endeavor to schedule your interview before Feb. 15, 2014. Officers must also provide a letter of conditional release from their current career field. Selection for both programs is competitive.

Applications meet a selection board in early March, and selections are made based on a review of the entire application package using a “whole person” concept. AFI 51-101, Judge Advocate Accession Program, Chapters 2 and 3, discuss the FLEP and ELP. For more information and application materials, visit [www.airforce.com/jag](http://www.airforce.com/jag), contact your base legal office, or contact Captain Megan C. Mallone, HQ USAF/JAX ([megan.mallone@pentagon.af.mil](mailto:megan.mallone@pentagon.af.mil) or 1-800-JAG-USAF).

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Former Democratic Rep. Ike Skelton, 81, passed away Monday, Oct. 28, 2013, at Virginia Hospital Center, Arlington, Va., surrounded by family and friends.

Skelton was born Dec. 20, 1931, in Lexington, Mo., the son of Isaac Newton Skelton III and Carolyn Boone Skelton.

Ike was elected Lafayette County prosecutor in 1956 before being elected to the Missouri State Senate in 1970, where he served six years before being elected to Congress. He served 17 terms, beginning in 1976, and was a member of the House Armed Services Committee from 1981 through 2010, serving as the chairman for his final two terms.

After his government service he joined the Kansas City-based national law firm of Husch Blackwell. He worked for the firm in both Kansas City and Washington, D.C.

Ike was instrumental in helping to build up Missouri's two military installations, Whiteman Air Force Base and Fort Leonard Wood.

Among his civic activities, Skelton was a presidential appointee to the American Battle Monuments Commission, which is in charge of U.S. military resting places overseas, and the World War I Centennial Commission, which is planning next year's activities marking the 100th anniversary of the start of that war. Skelton had been elected chairman of the Centennial Commission.

Skelton was honored at West Point in 2012 with the Sylvanus Thayer Award, presented to "an outstanding citizen whose service and accomplishments in the national interests exemplify the Military Academy motto, 'Duty, Honor, Country.'"



White roses rest on Ike Skelton's casket during his funeral in Lexington, Mo., Nov. 4, 2013. Ike Skelton passed away Oct. 28, 2013, after a battle with pneumonia.



Retired Missouri Army National Guard Maj. Willie Smith, director of the Missouri Military Funeral Honors, salutes Ike Skelton's casket during his funeral in Lexington, Mo., Nov. 4, 2013. Ike Skelton was the U.S. representative for Missouri's 4th Congressional District from 1977 to 2011.



A B-2 Spirit flies over Ike Skelton's funeral in Lexington, Mo., Nov. 4, 2013. In 2005, the U.S. Navy Memorial Foundation awarded Skelton its Naval Heritage award for his support of the U.S. Navy and military during his years in Congress.



Honor Guard members from all over Missouri took part in Ike Skelton's funeral in Lexington, Mo., Nov. 4, 2013. The funeral featured several members from all military branches.

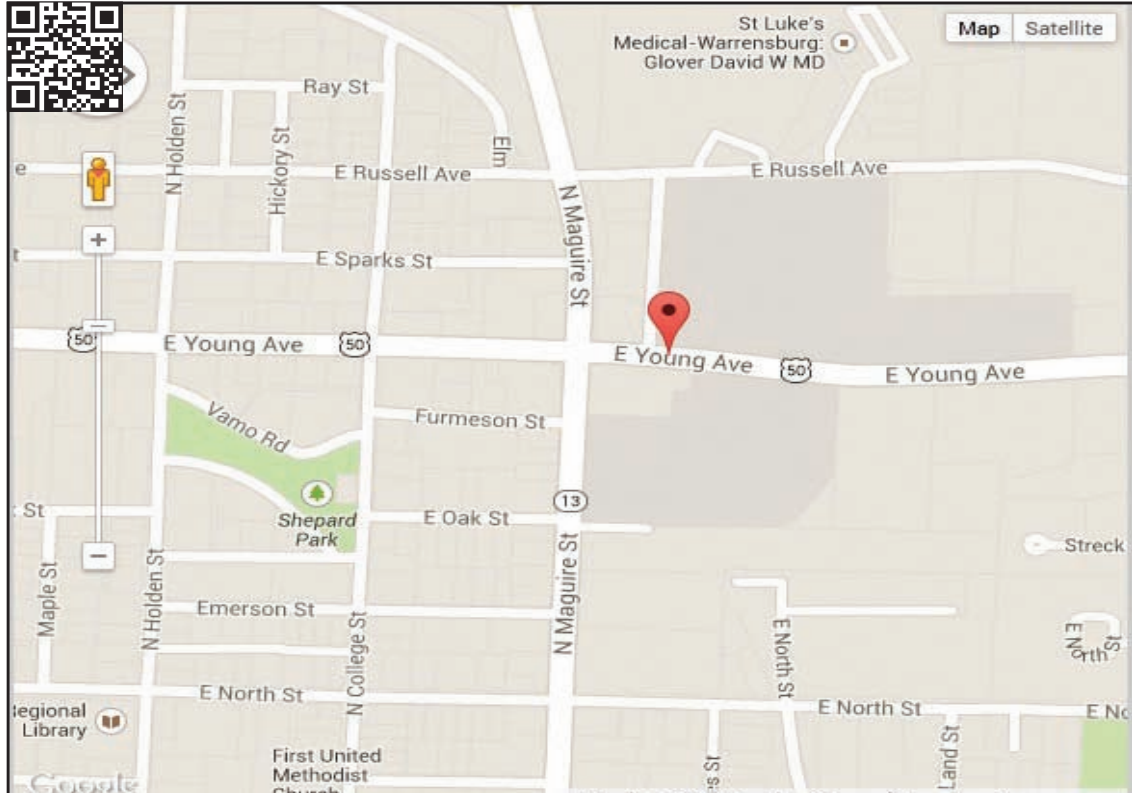


Members of Whiteman Air Force Base leadership attend Ike Skelton's funeral in Lexington, Mo., Nov. 4, 2013.





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# This Week in Sports – NFL Picks, Focus on Fantasy



Keenan Allen is the new favorite target for Chargers' QB Philip Rivers/San Diego Chargers - Greg Ronlov

**By 1st Lt. John Cooper**  
509th Bomb Wing Public Affairs

## NFL Picks of the Week

Finally. After picking perfectly last week, I'm up to 7-3 on the season. The Dolphins made me sweat a little bit, but I mean, come on, who *didn't* pick them to win on an overtime safety. Next we get to see them take on the Bucs on Monday night. Can't wait for that barn-burner.

In any event, here are this week's picks—

- 1) Lions over the Bears
- 2) Broncos over the Chargers
- 3) Upset – Eagles over the Packers
- 4) Wild Card – Saints over the Cowboys
- 5) Alabama beats LSU – just had to throw that in there!

## Fantasy Watch

This week, we'll take a look at some of the players still on your waiver wire that should be owned in all leagues, or that you should try to trade for, and next week I'll write about some strategies for the playoffs coming in a few weeks.

I'll be honest, this may turn into a rant against fantasy owners who either stopped paying attention halfway through the season or owners who only draft and pick up the big name players. Some of this year's best waiver wire pickups or late-round draft picks may

be on someone else's roster, but that doesn't mean you can't, or shouldn't, make a play for them now. First example – Steelers running back Le'Veon Bell. Even though he's a rookie, and missed the first several games of the season with a foot injury, Bell has clearly stepped up as the primary ball-carrier for Pittsburgh, averaging 16 carries and just over three receptions per game over the last five games. He's also a three-down back, and the guy they use at the goal-line. He's all upside, and in Week 9, he was started in...26.8 percent of ESPN leagues, despite being owned in 95.1 percent. Keep in mind, that matchup was against the Patriots run defense, which is now one of the worse in the league against the run now that Vince Wilfork and Jerod Mayo are out for the season. If someone in your league has him on the bench, try to trade for him. He's going to be a top-20 RB the rest of the season (ROS). I'd give up Lamar Miller, Trent Richardson and even Ray Rice for him. The Dolphins are finally using Miller more in games, but I still don't trust them to not split his carries with Daniel Thomas, while the numbers for Richardson and Rice tell you all you need to know.

The second player you need to make a play for is one I wrote about a few weeks ago – Chargers wideout Keenan Allen. Allen by far has been my favorite waiver wire pickup this year; I snagged

him right before his Week 6 matchup where he exploded against the Colts for nine catches and a TD, and he's been in my starting lineup since. Since the Chargers' Week 4 tilt against Dallas, Allen has 31 catches for 497 yards and three TDs, and is clearly Philip Rivers' main target in a pass-happy offense. Despite these numbers, Allen is owned in 100 per-, sorry, in 57.5 percent of ESPN leagues, and last week only 32.3 percent of owners started him in a great matchup against a terrible Redskins secondary. That number just blows my mind. It's almost like 43.5 percent of owners have just forgotten how to play fantasy football. This guy is a top-15 wide receiver ROS, and he's a better play than Vincent Jackson, Torrey Smith, Cecil Shorts and Hakeem Nicks; I'd even play him over Larry Fitzgerald most matchups. If you're in a league where he's on the waiver wire, pick him up now. If he's sitting on someone's bench, try to get him via trade.

The third guy to discuss is Eagles QB Nick Foles. Yeah, I know he threw a total stinker against Dallas in Week 7, but let's not forget the guy is brand new to the NFL, and against the Raiders last week, proved that he's a fantasy-worthy quarterback. Obviously, given his inexperience and unproven track record, he's not a guy I want starting for me week-to-week, but he's shown solid chemistry with his receivers, and last week's game

showed that Chip Kelly has been able to build an offensive scheme around Foles, one which better integrates LeSean McCoy and less-known players like receiver Riley Cooper and tight end Zach Ertz. Another positive aspect of having Foles as your backup is the incredibly favorable schedule the Eagles have to close out the season. Their schedule looks like this the next eight weeks – at Green Bay, Washington, bye, Arizona, Detroit, at Minnesota, Chicago and at Dallas. All of those teams rank in the bottom half of the league in terms of pass defense, and as Foles showed against Oakland, he will light up a poor secondary. Don't hear me say he's your playoff starting QB, but he could definitely help you win some games to make the playoffs or build a divisional lead. Even after waiver wire transactions this past Wednesday, he was only owned in 30.6 percent of leagues; in contrast, Eli Manning was owned in 82.4 percent. This is a classic mistake by a ton of fantasy owners – keeping a guy on their bench just because of name recognition. There's only one Manning you want to own this year, and he advertises for Buick. And plays for the Broncos. The next couple of weeks Tom Brady, Tony Romo and Russell Wilson will be on their byes, and Aaron Rodgers will likely be out at least three weeks. If you have any of those QBs, Foles could be a smart pickup.



**Awards** Continued from Page 3

his performance," Meister said. "Brown volunteered continually during the site activation task force unit optimization move from Lambert International Airport to Jefferson Barracks. He even assisted on his non-duty days and epitomizes the Air Force value of 'service before self.'"

Heupel, a member of the 131st Operations Support Flight, assisted the active-duty functional in re-writing Air Force instructions and checklists. She was named as the "one or two most knowledgeable" in her career field, and chosen as a consolidated unit inspection inspector. She led the total force integration shop in the initial nuclear surety inspection, receiving the inspector general's coin and letter of commendation, as well as the 131st wing commander's coin.

Heupel, a full-time civilian employee with

the 131st Bomb Wing at Whiteman AFB, who also serves as a drilling Air National Guardsman, guided her shop during this past summer's Air Force Global Strike Command inspection when she earned recognition as a "Superior Performer" and member of a "Superior Team."

"The Whiteman active-duty and Guard combat crew communications team has been a total force integration win, in large part to the leadership and skill of Tech. Sgt. Heupel," said Lt. Col. Ryan Bailey, 131st OSF commander. "Her professionalism and commitment has made the 'one team, one fight' concept a reality in her shop. She is a recognized expert in her career field and brings continuity and experience to her shop."

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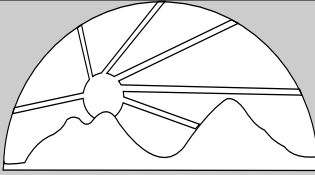



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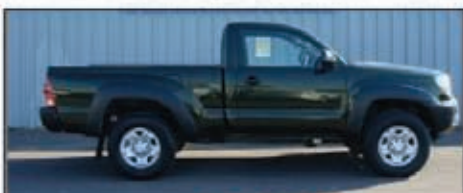
2008  
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