

The Warrior
Dec. 13, 2013

### **Commentary**

## Asking for help is courageous

By Command Chief Master Sgt. Thomas Mazzone

6th Air Mobility Wing

MACDILL AIR FORCE BASE, Fla. -- In the 1990s it was not uncommon for an Airman to hear the phrase "Suck it up!" It was also rare to find the supervisor who would encourage Airmen to seek help to work through mental health concerns. It seemed the Senior Noncommissioned Officers were worried more about maintaining the appearance of a strong and ready force. Unbeknownst to them, they were raising Airmen who would be exactly what they wanted: hard core NCOs who were afraid to show emotion, and even worse, afraid to get help. We have the opportunity to break the cycle. Are you up for the challenge?

In 2004, a technical sergeant found himself sitting in a corner of a darkened room in the back of his house, sobbing. He was alone, and his life had just fallen out from under his feet. For over 30 hours he sat there, cried there and slept there. He didn't eat and he didn't drink. He simply stared at the emptiness in front of him, wondering how this had happened. How had his life gone from seemingly normal to quiet chaos in less than a day? He didn't know how to ask for help.

He was in no condition to dissect his situation, as he lacked rational thought and had just sustained fresh, deep emotional wounds. Sitting in that corner, he challenged his faith; asking how his God could allow something so wicked to occur. He challenged himself, wondering if he didn't do enough to keep this from happening. The phone rang as he sat there. He thought about unplugging it, but it was too far away. He wondered about "making the pain go away," but instead he rolled over to fall asleep yet again. This time he awoke to the sound of his name being yelled in his own house. He never cried out "I'm back here, please help me!"

When they found him, he was a wreck. His legs were weak and he didn't want to move. He just wanted his life back... he wanted his family back. He wanted things to be the way they were before, even though he knew that was not possible. One person walked him to the living room couch. Another got him some water. They sat there in silence with him, waiting patiently, hoping he would say something. He was ashamed and didn't speak. He couldn't stomach the thought of people knowing about this, even if they were his friends. He felt they wouldn't be able to do



Courtesy photo

Chief Master Sgt. Thomas B. Mazzone, 6th Air Mobility Wing command chief, Macdill Air Force Base, Fla.

anything for him, and he never asked them to find someone who could help.

One of them contacted the first sergeant, who arrived soon after. Together, they started doing things for him, simple things. They turned on the shower, they got him clean clothes, they made him a bowl of cereal and they drove him to see his commander. He sat in the office; his commander making the time to listen to nothing being said, only the sobs of a broken man. Finally, he was asked if he would like to see a chaplain or someone from Mental Health.

I said "no," because I was scared and because that's the way I was raised in the Air Force. I was taught that seeking help was a sign of weakness, that it hurt careers and it could negatively impact the mission. My commander didn't force me. Instead he made a deal with me. He made me promise to answer the door no matter what time there was a knock, and to answer the phone at any hour. He pulled me from the flight schedule to ensure my personal safety and the safety of my fellow crewmates. He knew my passion for history and instructed me to begin a research project for the unit. All the while, he reminded me constantly of my options to speak with someone, and that it was a path back to wellness. After weeks of not smiling and busy work meant to keep my mind occupied, I finally told someone I was ready to talk.

There was no pause. I was immediately driven the 15 miles to our supporting hos-

pital, and met with someone who wanted only to learn about what happened to make me go through the pain I felt. She gained my trust, assuring me that these steps to heal myself were courageous. It took time, but I worked through it. It took friends who legitimately cared about me, and did whatever was needed. It took a command team to let me know it was okay to expose my wounds, since that was the only way to heal them. It took more time, but I was finally back in the air, doing what I loved, safely. It took a lot of people doing a lot of things at just the right time to make sure I was cared for. They never let me feel as though I was on my own. It also took a patient and loving God to wait for me to come back, and to show me there is a purpose for everything.

Since then, I've tried hard to crush the stigma associated with seeking help for mental health issues by being an example of a compassionate leader. But it wasn't until recently that I decided the best example I could use was my own. I intend to continue spreading the message that it's okay to ask for help. After mustering the courage to seek the assistance others wanted for me, I took to the path. It led me on a journey of self-discovery and helped to rebuild my confidence. In the aftermath, I continued to earn positions of responsibility, and maintained my high level security clearance. I was screened and designated to work for a special mission unit, promoted to chief master sergeant, and eventually selected to be your command chief.

The previous paragraph is not boastful pride. It's meant to encourage those who may be sitting in a similar dark corner, with what appears to be no place to go. I promise you there is a safe place, and I challenge you to ask for help. If I can crawl from my own hell with the help of others, I know you can too. I also have a message for the "dinosaurs" that remain entrenched in the belief that asking for help is weak: You're keeping your Airmen from reaching their full potential. That is exactly the opposite of what good leaders do. We should be inspiring our Airmen, and conditioning them to seek whatever help they need in order to succeed personally and professionally. Healthy Airmen accomplish the mission efficiently, and with pride.

There are so many men and women with whom we serve who have made a leap of faith and found fulfillment on the other side. All it takes is the courage to ask for help.

#### 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.

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## On the cover

U.S. Air Force photo

A B-2 Spirit, soars through the sky. The B-2's capability to penetrate air defenses and threaten effective retaliation provides a strong, effective deterrent and combat force well into the 21st century.

News The Warrior Dec. 13, 2013

#### **NEWS BRIEFS**

#### **Base Exchange Information**

- The BX's extended shopping hours begin Monday and end Dec. 23. Extended hours of operations are 8 a.m. to 7 p.m., Monday to Saturday.
- The gun counter will operate at same hours, 9 a.m. to 6 p.m., Tuesday to Saturday, and is closed on Mondays.
- "Free Pictures with Santa" from 11 a.m. to 1 p.m., Dec. 7

### 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/whitemanretireeactivitiesoffice/index.asp.

#### **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.

#### **Air Force Housing Web Site**

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#### WEATHER

Today	Saturday	
Wintry Mix	Mostly Cloudy	
Hi 36	Hi 30	
Lo 23	Lo 26	

## Sunday Monday Mostly Sunny Mostly Sunny Hi 31 Hi 37 Lo 16 Lo 20

## 131st Bomb Wing commander wraps up the year before holidays

**By Staff Sgt. Sean Navarro** 131st Bomb Wing Public Affairs

Cal Michael Francis 121st Do

Col. Michael Francis, 131st Bomb Wing commander, Missouri Air National Guard, addressed the entire wing here Dec. 8 to review the past year and to set the stage for 2014.

From carrying out routine exercises to earning high marks during multiple inspections, the 131st has made 2013 a historic year, most notably by becoming the first Air National Guard wing to become nuclear certified.

The hard work that the members of the 131st have done to fulfill their mission has not gone unnoticed throughout the armed forces, Francis said.

"Many are impressed that an Air National Guard unit is flying the B-2 Spirit, making a classic association work, and exceeding the incredibly high standards required by the nuclear mission," Francis told his Airmen. "It was really nothing short of spectacular. I can tell you two things: it does not happen by accident; it was the individual efforts of each and every one of you."

With many more exercises and inspections on the schedule, the 131st's vision and goals make it very clear that it needs to maintain readiness for the coming year. One of the ways it intends to do that is to focus on developing its people.

"I do not believe that good Airmen are born – they are made through experience, mentoring and development for a 21st-century Air National Guard," said Francis. "One of the areas I think we can improve is the development of our Airmen in both the officer and enlisted corps."

While fulfilling the nuclear mission and being perpetually ready to respond to state emer-



U.S. Air National Guard photo/Senior Master Sgt. Mary-Dale Amison

131st Bomb Wing Commander Col. Mike Francis and wing Command Chief Master

Sgt. Paul Carney stand with the 131st Airman of the Year winners. Pictured (centerleft to right): Capt. Daniel Uchtmann, Master Sgt. Frank Pliemling, Senior Master Sgt. Nicholas Eyman, Staff Sgt. Tyler Owenby and Senior Airman Ashlea Garrison.

gencies, the 131st needs to prioritize training and mentoring the up-and-coming generation of Guardsmen, said Francis.

During his address to the wing, Francis also recognized several members of the 131st for winning major individual awards, including:

**Air National Guard Chaplain of the Year:** Chaplain Lt. Col. Michael Butler(131st Bomb Wing)

ANG-level recipients for the Gen John P. Jumper Award for Excellence in Warfighting Integration and Air Force Information Dominance:

Maj. Joseph Meister, Airman 1st Class LaDarryon Brown, Tech. Sgt. James Kline

Tech. Sgt. Timothy Loyd (239th Combat Communications Squadron)

Tech. Sgt. Melissa Heupel (131st Bomb Ving)

131st Bomb Wing Outstanding Airmen of

**the Year:**Senior Airman Ashlea Garrison (Airman)

Staff Sgt. Tyler Owenby (Non-commissioned Officer)

Senior Master Sgt. Nicholas Eyman (Senior Non-commissioned Officer)

Master Sgt. Frank Pliemling (First Sergeant) Capt. Daniel Uchtmann (Officer)

As a final charge to supervisors, Francis gave this instruction, "Get out there and ask your troops, 'How can we do this better? What problems are you facing?' If we do that to produce better Airmen and we improve our processes, then the mission will take care of itself."

## Stay safe during this winter!

Winter season is a special time of year. Spending time with your family, the holidays, and the warmth from a fireplace all remind us of this festive season. But, as with any time of the year, there are specific things we need to be aware of to keep our family safe and injury-free.

Serious health problems can result from prolonged exposure to cold weather. The most common cold-related injuries are hypothermia and frostbite. The best way to dress for winter is to wear layers with a waterproof outer garment. This gives you flexibility to add or remove layers, depending on the weather and your activity. Go indoors periodically to warm up. Wet clothing or damp skin can increase the risk of hypothermia and frostbite. Don't drink alcohol. Drinking alcohol in a cold environment dilates blood vessels and increases the blood flow to the surface of your body. You may feel a flushed, warm feeling, but that increased blood flow keeps your core temperature down and puts you at risk for hypothermia. You can help your body stay warm by drinking warm, non-alcoholic beverages, eating food, and wearing proper winter weather gear.

Although freezing winter temperatures keep many adults indoors, children may want to play outside all day. Each year, emergency rooms in the United States treat thousands of children for injuries related to winter activities. Parents should ensure children are supervised while snow-mobiling, skiing, ice skating, sledding or participating in other winter activities. When is it safe to walk or ice skate on a frozen pond? Can you accurately judge the strength of ice just by its appearance? Ice seldom freezes uniformly. The strength of ice covered ponds is based on age, temperature, thickness and whether or not it is covered with snow. Additionally, the depth of water under the ice, size of the water body and the distribution of the load on the ice contributes the strength of the ice. Exercising good judgment by only ice skating in approved areas will lessen the likelihood of ice related mishap.

Driving in the winter means changes in the way you drive. Snow, sleet and ice can lead to hazardous road conditions and unforeseen dangers. Black ice is a term attributed to a thin and often invisible layer of ice

that can potentially form on sections of roads during the cold temperature months. Taking a few preventive measures will help get you to your destination in one piece. Increase your following distance and slow down when approaching intersections, off-ramps, bridges or shady spots. Prepare your vehicle for the winter by servicing your vehicle, ensuring fluids are topped off and checking tires for correct pressure and serviceability. Try to keep your vehicle's fuel tank at least half full to be able to run the engine and heater if you become stranded. Never leave younger children unattended in a vehicle. Plan your trip and allow extra time to reach your destination safely. For extended travel, ensure someone knows your travel itinerary. It is a good idea to carry a fully charged cell phone and an emergency (survival) kit in your vehicle. Some items to include are:

- Working flashlight and extra batteries
- Flares
- First aid kit
- A properly inflated spare tire, wheel wrench and the jack designed for your vehicle
  - Tow and tire chains
  - Jumper cables and a toolkit
  - Blanket, warm clothes, hat and gloves
  - Brightly colored cloth
- A bag of salt, sand or non-clumping kitty litter to use for added traction when a tire is stuck
  - Extra washer fluid
  - Ice scraper, snow brush and shovel
  - Wooden stick matches in a waterproof container

Put a deep "freeze" on holiday fires. Fires associated with holiday decorating are much more common during this season. From 2007-2011, U.S. fire departments responded to an average of 230 home structure

See Winter safety, page 14

## Community unites to provide for Airmen



U.S. Air Force photo/Staff Sgt. Brigitte N. Brantley In the front row, from left, Mayor Elaine Horn, Greg Hopper and Tom Munson from Bing's Supermarkets, and Gerry Arnold, all from Sedalia, Mo., pose for a picture Dec. 4, 2013, with first sergeants from Whiteman Air Force Base, Mo. Many citizens and organizations made contributions that helped provide 300 baskets full of Thanksgiving foods to Airmen at the base.



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Feature The Warrior Dec. 13, 2013

Staff Sgt. Gabriel Lopez, 509th Communications Squadron network technician, accesses cables to activate ports for a customer at Whiteman Air Force Base. Network technicians are responsible for maintaining all types of networks on base and allowing Airmen to access the Global Information Grid.



Senior Airman Luis Rojas, 509th Communications Squadron intrusion detection systems technician, checks electrical resistance with a multimeter to ensure an alarm is secure. If the electrical current on the alarm is not at the correct measurement, then the device will not function properly.

## Team Whiteman prepares for CCRI

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

Airmen from the 509th Communications Squadron are preparing for an inspection next year by a team from the Defense Information Systems Agency as part of a Command Cyber Readiness Inspection from March 10-14.

The CCRI focuses on cyberspace capabilities and is used by U.S. Cyber Command to maintain secure connections to the Global Information Grid.

"It's the Department of Defense's inspection of our network security," said Staff Sgt. Tyler Miller, 509th CS information assurance technician. "A CCRI could happen any time within three years, or if a hacker or intruder has gained access to our network."

The inspection has four phases. The upcoming inspection in March will be phase three for the 509th CS.

"Phase one, two and three are all noticed inspections, increasing the amount of things they looked at each time," Miller said. "The fourth phase is a no-notice inspection."

The inspection is important to all participating Air Force installations, because a failure could result in being cut off from Air Force Network by the Defense Information Services Agency.

"If outsiders get into our network, they can degrade services, shut off services or stop the mission," said Tech. Sgt. Ezequiel Gomez, 509th CS NCO in charge of network infrastructure. "We're in a culture of security and this inspection is about making sure that we are a secure network and that we are protected from losing information."

The inspectors will look at all aspects of the network including physical security, communications security, network configurations, the security of network compliance and server health, to name a few.

"It's a whole health inspection of the network," Gomez said. "They're going to ensure that we're complying with all of the secure information technical information guides. Additionally, they're going to check if we're following all of the Air Force instructions regarding some operability items, as well to see if they're running efficiently or not."

To prepare for inspection, the 509th CS has invited a Scope Edge team to help ensure the communications network is up to speed. Scope Edge is an Air Force communication team that travels to Air Force bases around the world to look at the overall health of networks and ensure they are working in the most robust manner possible.

"We've also been holding weekly meetings for about a month now to go over technical orders and Air Force instructions that cover the whole scope of the inspection," said 2nd Lt. Jace Pape, 509th CS officer in charge of client services. "We're also doing some industry best practices and other things that can help us improve our operability on the network."

Since the inspection will deal with every type of special interest system on base, many units other than the 509th CS will be involved. A couple examples are the 509th Medical Group and flying squadrons, which require specific hardware or software to do their job, Gomez said.

"This inspection does hit every network device," Gomez said. "So every single central processing unit, every server that is located on this base at some point, if not logically touched, will be physically touched."



Tech. Sgt. Brian Edwards, 509th Communications Squadron NCO in charge of network infrastructure, activates network ports. This allows a device to securely connect to the Internet.

U.S. Air Force photos/ Staff Sgt. Nick Wilson 6 The Warrior Dec. 13, 2013

## Operation Warm Heart helps Airmen in need



U.S. Air Force photo/Airman 1st Class Keenan Berry

A civilian donates to the Operation Warm Heart (OWH) program at Whiteman Air Force Base, Mo., Dec. 3, 2013. Operation Warm Heart is a non-profit, charitable program which provides monetary assistance to Airmen and families in need of food, shelter, clothing and other necessities.

### **By Airman 1st Class Keenan Berry** 509th Bomb Wing Public Affairs

There are times in a person's life when a warm, giving heart can make all the difference. Operation Warm Heart (OWH) offers service-minded Airmen the opportunity to help other Airmen and their families whose requests cannot be supported by other agencies in a timely manner.

This non-profit, charitable program is sponsored and run by the Whiteman First Sergeants Council.

Operation Warm Heart's mission is to provide emergency monetary assistance to members of the Whiteman Air Force Base community, whether they are active duty, Guard, Reserve, Department of Defense civilians, and their immediate families. Funds help recipients purchase short-term necessities such as food, shelter, gas or other similar items.

You may have seen individuals outside the commissary in recent weeks with bells in hand; these selfless members of Team Whiteman have been responsible for collecting donations for the program.

"Airmen can sign up for bell-ringing this holiday season through their squadron first sergeant," said Master Sgt. Randolph Wyatt, 509th Munitions Squadron first sergeant. "This year's annual bell-ringing program started Nov. 29 and will run through Dec. 24. Donations are made by dropping money into a box outside the commissary or Base Exchange."

Some OWH funds are also used to assist other holiday programs, such as providing Thanksgiving turkey baskets and sponsoring the Angel Tree, which both benefit needy enlisted members or junior officers.

Non-profit, charitable programs promote the holiday spirit of giving to those who are in need.

"It's always good to give," said Tech. Sgt. Travis Gatchell, 509th Aircraft Maintenance Squadron crew chief. "This is a great organization because it encourages our Whiteman community to help



U.S. Air Force photo/ Airman 1st Class Keenan Berry

U.S. Air Force Airman 1st Class Jairzinho Chin, 509th Force Support Squadron journeyman, donates to the Operation Warm Heart (OWH) program at Whiteman Air Force Base, Mo., Dec. 3, 2013. Funds from the program are used to assist other holiday programs such as Thanksgiving turkey baskets and Angel Tree, which both benefit needy enlisted members or junior officers.

out Airmen in the time of need. I enjoy contributing to make someone else's holiday special."

The Whiteman First Sergeant Council expressed their gratitude in recognizing the warm-hearted efforts of everyone involved.

"It is through the hard work and selflessness of volunteers and donators that these programs thrive," said Wyatt. "We thank and appreciate all contributors. Without their dedication, the programs would not succeed!"

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the 509th Bomb Wing as the host unit.

For the hundreds of dignitaries, civic leaders, politiwas the day Whiteman AFB came of age. At 2 p.m., a ing vital targets to open the skies for the rest of the war. huge, black, bat-winged aircraft touched down on the first B-2 Spirit Bomber, had arrived at its new home.

strategic deterrent, and providing our nation's leaders Bomb Wings march into the future.

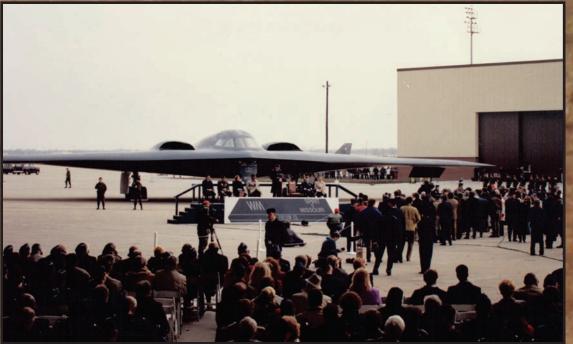
Whiteman looked different 20 years ago - the 14 Over the past 20 years, the B-2 has participated in docks between the flightline and the runway had yet to four major combat operations – OPERATION ALLIED be constructed, and everywhere around base were rem- FORCE in Kosovo, OPERATION ENDURING nants of the 351st Missile Wing, recently replaced by FREEDOM in Afghanistan, OPERATION IRAQI FREEDOM in Iraq, and OPERATION ODYSSEY DAWN in Libya. In the most recent three of those opcians and Airmen gathered here, though, Dec. 17, 1993, erations, the B-2 led the way on opening night, destroy-

For the men and women of Team Whiteman who runway, taxied across the flightline, and stopped just in- make the B-2's mission possible, this past year has side what is now ECP 2. The "Spirit of Missouri," the been one of pride and reflection. The Year of the B-2, as it was designated by the Air Force Global Strike Since then, 20 more B-2 bombers joined the Spirit Command, served as a reminder to everyone who saw of Missouri at this unassuming base in the heart of the the B-2 soar overhead just how vital its contributions to nation. And for 20 years, those bombers stood constant the national defense have been, and how much potential guard, protecting America through the power of their remains as the men and women of the 509th and 131st













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#### News

## Prepare now for tax season, DOD official advises

By Terri Moon Cronk

American Forces Press Service

With a month left before the start of tax season, service members should begin gathering documentation to file their 2013 taxes, said the director of the Pentagon's office of family policy and children and youth said.

In a recent interview with American Forces Press Service and the Pentagon Channel, Barbara Thompson suggested visiting the Military OneSource website for tax filing resources, and to learn what will be necessary to file, such as W2 forms, Social Security numbers and receipts for deductions such as child care, education, medical expenses and donations, among other write-offs.

Tax preparers at Military OneSource will do short-form tax filing free of charge for service members and their families, Thompson said.

Relocations and deployments have tax implications, Thompson noted. For example, deployed service members can receive an extension to file taxes after the normal April 15 filing date.

"It's very helpful to have someone who is experienced to help you through the cumbersome issue of taxes and tax returns," she added.

The tax preparers at Military OneSource are up to date on changes in tax laws, and can answer military-specific questions, Thompson said.

Installations also offer volunteer income tax assistance to service members and their families, while certain banks and credit unions provide education and training on tax preparation, Thompson said. She advised that service members organize their taxes by starting a file beginning each Jan. 1 for the following year's tax papers, such as receipts and other write-offs.

"You don't want to wait until the last minute," she said.

Service members and families who prepare long-form taxes with deductions such as mortgages and rental properties might want to consider hiring a tax expert to file for them, Thompson said.

"It's best to get advice to make sure you have everything covered," she added.

Additionally, people who do their own taxes need to stay on top of current tax information, Thompson said. "Sometimes tax laws change, so you have to be really smart about doing your own taxes," she added.

States' tax laws often vary, too, and because of relocations, some service members have to file local taxes in more than one state, she added.

"That's where (tax consultants) can really be of great value to make sure you know what the requirements are for states," Thompson said.

Filing federal and state tax returns usually results in either a tax return or money owed back to the government. Expecting to receive a tax return, but instead finding out that money is owed can be a shock, Thompson said. Looking at W-2s to determine how much money in taxes is being withheld is a good indicator of whether or not one will owe money.

See Tax season, page 12





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**Sports** Dec. 13, 2013

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



LeSean McCoy and the Eagles had possibly the wildest game of Week 14 against the Lions, playing in more than six inches of snow. Plan to play all Eagles on your roster this week against the Vikings. -- Photo courtesy Hunter Martin/Philadelphia Eagles

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

#### Picks of the Week

Wow. Let's recap Week 14 in the NFL -More than 100 total TDs scored, wild finishes in Pittsburgh, Baltimore and New England, and unfortunately, some major injuries to stellar players like Rob Gronkowski, Adrian Peterson and Wes Welker. All this while most of the Northeast was blanketed in a snowstorm and the Mid- and Mountain West endured temperatures in the twenties and teens. What a compelling week of football.

This week Sports is back, with picks, fantasy advice and an exciting announcement! I went 5-2 on my Week 11 picks, taking me to 16-5. This week I've got...

- 1) Broncos over the Chargers
- 2) Jaguars over the Bills
- 3) Packers over the Cowboys
- 4) Upset Steelers over the Bengals
- 5) Upset Buccaneers over the 49ers
- 6) Wild Card Patriots over the Dolphins
- 7) Wild Card Eagles over the Vikings

#### **Fantasy Watch**

So we're now in the fantasy playoffs, and hopefully you made it past the first round in your league. This week, I'll discuss some players you can add if you have holes in your lineup following the injuries across the league this past Sunday, or if you need to shore up positions on your roster for success down the stretch in the playoffs.

Running Back – The last few weeks have not been kind when it comes to running back injuries, especially for Adrian Peterson owners. Unfortunately, you can't fully replace a stud like AP, but you do have options to mitigate the damage. First off, hopefully you had Peterson's backup, Toby Gerhart, handcuffed and sitting on your bench, and if so, he's a decent play this week against the Eagles, especially after playing well against a solid Ravens defense last week.

Another option at RB is Raiders back Marcel Reece. Even as the third-string back behind Darren McFadden and Rashad Jennings, and playing primarily as a fullback, Reece stepped up last week against the top-ranked Jets run defense, running for 123 yards and a TD and catching two passes for 38 yards. Reece did this last year, as well, filling in for McFadden for several games, and proving a great spot start in the process. He's worth a flier this week against a Chiefs defense that's better against the pass

Wide Receiver – If you lost Wes Welker for last night's game against the Chargers, hopefully you have enough depth on your roster to replace

him for this week. If not, there are likely some decent options on the waiver wire, as well. First, if Titans wideout Kendall Wright is still available in your league, pick him up and start him this week, especially if you're in a PPR league. Wright had an off-game against Denver last week, but before that, in every game since Week 2, he had caught at least five passes per game, totaling more than 60 yards in all but two of those contests. He's been a solid PPR play since I wrote about him this column a few weeks ago, and he remains that today.

Another receiver to consider is Pittsburgh's Jerricho Cotchery. I normally don't recommend starting receivers whose value is essentially touchdown-dependent, but if you're stuck, the results have been hard to argue with since Week 9. Including that game against the Patriots, Cotchery has caught seven touchdowns in his last six games, proving to be a consistent target for Big Ben. The risk is clear, as his lack of production in Week 12 proves, but if he catches a TD and gets you 30 yards, he could prove a valuable addition.

Tight End - For those of you who lost Gronk last week, your best bet this week on the waiver wire is Ravens TE Dennis Pitta. In his first game back from a major hip injury that kept him out most of this year, Pitta caught six passes for 48 yards and a key touchdown late in the game against Minnesota. Last year, he was a

popular target for Joe Flacco, totaling 91 targets on the year, and he could help replace some of the production you lose with Gronk out. Other viable options at tight end are Indianapolis Coby Fleener and the Chargers' Ladarius Green. Good luck this week on your playoff run!

#### College Bowl Pick'em

Switching over to college football, it's coming up on that time of year again – bowl season. From the BCS National Title Game to the Buffalo Wild Wings Bowl, we get 35 more games to close out a great year of college football.

To make that celebration a little more fun, the 509th Bomb Wing Public Affairs Office will be hosting a college bowl "pick'em" contest, open to all members of Team Whiteman. In this contest, participants will create an entry in which they pick winners for all 35 games, and then assign a point value – between 1 and 35 – to those picks based on how confident they are in them. For example, if I'm very confident Florida State will beat Auburn, I might assign that pick a 30; if I think it could go either way, I might give it an 8. There's no cash or prizes involved, but even so, it's a lot of fun, and a great way to compete for bragging rights in your unit or your family.

We'll have more details coming out next week on how sign up and participate, so be sure to pick up next week's year-in-review edition of the Warrior, and watch our Facebook for more

information!

## Santa makes early stop at Whiteman



U.S. Air Force photo/Staff Sgt. Brigitte N. Brantley

Summer, the daughter of Staff Sgt. Alex Holloway from the 509th Security Forces Squadron and his wife Jennifer, tells Santa Claus what she wants for Christmas Dec. 12, 2013, at Whiteman Air Force Base, Mo. Dozens of children lined up at the Airman's Attic to visit with the jolly, bearded man and receive a gift.

#### **IAX SEASON** Continued from Page 10 -

Service members who receive a tax return face important decisions on what to do with the money, Thompson said.

"Do you use it to buy down debt, or put it in a savings account?" she asked, advising people to not blow their tax refunds in a spending frenzy of unnecessary purchases.

A tax return is also well-spent in a retirement savings account, she added.

"It's important to think about what you're going to do with that money and how you can best utilize it for your financial well-being," she

Meeting with a financial planner to learn the "lay of the land," and what tax deductions might apply to a service member's finances is a good idea, Thompson said. "It's really important to be savvy about that."



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## Stay Connected!

509<sup>th</sup> Force Support Squadron Events & Activities

## December 9, 2013

## Snow Creek Trip @ Outdoor Rec

Come spend a day at Snow Creek skiing, snowboarding, or tubing on Saturday 28 December from 8:30 am to 6 pm. This event is just \$25 per person and covers transportation, lift tickets, tubes and rental. To sign-up or for more information call ODR at 687-5565.

#### Oscar 01 Tour @ Youth Center

School is out at 1pm on Dec 19th so why not join the YC staff for a journey beneath the ground! We will be touring the Oscar 01 missile silo on base with the van leaving at 2 pm and returning at 3 pm. This event is free to members and just \$2 for non-members. Call 687-5586 to sign-up or for more information.

#### Santa Pictures Now Available on Facebook

If you joined us for the Holiday Tree and Menorah Lighting this past week your photos are now available on Facebook at Whiteman AFB Marketing. Swing by our page, like us, and check out some of the other great events that we have coming up in the near future. Stay Connected with FSS!

## Sesame Street Live @ ITT

ITT is planning a trip to Sesame Street
Live at the Sprint Center on
Saturday, 11 January leaving the
base at 0830 and we want you to
be a part of it. Just \$35 per person
covers your ticket and
transportation. This program is
PlayPass eligible, and attendees
can sign up at Force Support ITT.

#### Whiteman All-Star Game

#### December 13, 5:30 pm to 7:45 pm (Fitness Center)

The First Annual Whiteman AFB All-Star Basketball game is taking place on Friday, 13 Dec at 1830. Come see the East take on the West in an epic showdown with the top two players from each squadron getting a chance to compete. Also, don't miss the obstacle course challenge kicking off the event at 1730. Come out and support your squadron representatives!

### **Ugly Sweater 5K Run**

#### December 13, 6:30 am to 7:30 am (Fitness Center)

It's time to dig through your closet and track down that Ugly Sweater that your Grandma gave you for this year's Ugly Sweater 5K run taking place on Friday, 13 Dec at the Fitness Center. This is a free event, and participants can meet at the Fitness Center outdoor track at 0630 for group stretches, and the run begins at 0700. This run is sponsored in part by Herbal Solutions.

## **Ugly Sweater Karaoke Party**

#### December 13, 8:00 pm-12:00 am (Mission's End)

Don't miss out on the Mission's End Ugly Sweater Karaoke party this Friday, 13 December at 8 pm. There will be prizes for ugliest/best sweater and a Christmas cookie eating contest guaranteed to spread some Holiday cheer. Also, you have the opportunity to sing and dance the night away with some karaoke favorites all while wearing the most hideous sweater that you can find.

#### **Pheasant Hunt**

#### December 14, 6:00 am-6:00 pm (Outdoor Rec)

You are invited to join Outdoor Rec and B&C Game farm for Pheasant Hunting on Saturday, December 14th from 6:00 am to 6:00 pm. Cost is just \$75 per person, and transportation, guide dog, and 4 pheasants per person will be provided. This program is PlayPass eligible, and partially funded by the Single Airman Initiative. Call 687-5565 or stop by Outdoor Rec to sign-up or for more information.

### **Holiday Gift Sale**

### December 18, 10:00 am-4:00 pm (Royal Oaks)

On Wednesday, 18 December the Royal Oaks Pro Shop has your ticket to all last minute holiday gifts with their Holiday Gift Sale. All attendees have an opportunity to pop a balloon for a coupon good for anywhere from 5 to 50% off all in-stock Pro Shop merchandise. Plus, don't miss out on our Wednesday BBQ special at the Duffers Grill and holiday treats available during the event.







**14** The Warrior Dec. 13, 2013

#### **News**

## Winter safety Continued from Page 3

fires that began with Christmas trees. Electrical failures (decorative tree lighting) or trees placed too close to a heat source were the main causes of these types of fires. If using a natural tree, water it well every day. Ensure lights are Underwriters Laboratory (UL) rated. Keep trees away from heat sources and never decorate tree with lit candles. Electrical structural decorations accounted for an estimated 920 reported home structure fires per year. Be sure to use only lights rated for outdoor use and do not overload circuits. Do not drive nails, staples or tacks through wiring insulation; this can cause a fire. Unattended cooking is by far the leading factor in holiday fires. Be on alert! If you are fatigued or have consumed alcohol, it is not a great idea to use the stovetop or oven. If you are simmering, baking, roasting or boiling food, check it regularly, remain in the home while food is cooking, and use a timer to remind yourself that you are cooking. Keep anything that can catch fire away from the stovetop or open flames. In the event of a small fire, and you choose to fight the fire, be sure others are getting out and you have a clear way out, as well. In the event of a large fire, exit the building and close the door behind you to contain the fire. Call 9-1-1 or the local emergency numbers after you leave the building.

So much can happen during the long, cold winter months. And much can be done in preparation to prevent injuries or accidents. Sound risk management is essential to ensure we all have a safe, mishap-free winter and holiday season.



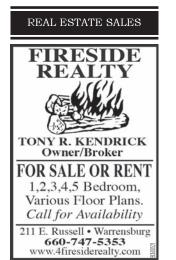


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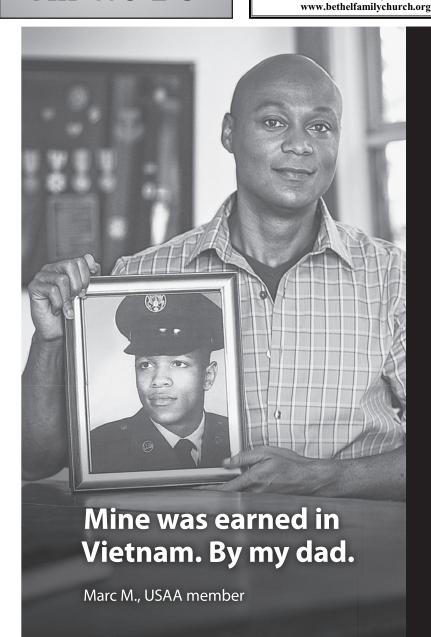
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The Warrior Dec. 13, 2013

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