

WARRIOR

Vol. 4 No. 37
September 20, 2013

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Leadership about everyone moving 'up' together

Chief Master Sgt. Thomas Stiles
60th Dental Squadron

TRAVIS AIR FORCE BASE, Calif. (AFNS) — You can find leadership lessons in the strangest places.

Some people search high and low, far and wide for mentors and wise sages with the hope of finding leadership enlightenment, the moment when everything in your supervision tool box finds a purpose.

For me, that moment didn't happen during a week-long seminar, conference or executive boot camp. It happened moments before a mandatory safety briefing during a video montage used to occupy the crowd before the briefing starts. It was a simple YouTube clip and I almost missed it.

Like many people in the auditorium, I was engaged in pre-weekend conversation and wasn't paying any attention to the screen. The event emcee was still making script changes and hadn't given the "turn off cell phones and pagers" warning.

I stopped talking and found myself turned to the screen. The clip played, I listened and I learned. I looked around the auditorium with the same excitement I feel watching great football, "Did you just see that?" I had found something that tied my leadership expectations in a nice and neat, three-minute package. The video clip is titled "Up Time America" by the late Kimberly Alyn, a motivational speaker, and inspired this commentary.

I was taught since basic training that you have the responsibility to take care of everyone who has fewer stripes than you. This is the basis of servant leadership.

Once we allow our own credibility to waver and our integrity to buckle to protect ourselves at the expense of our subordinates, the entire team



Chief Master Sgt. Thomas Stiles

is weakened.

As leaders, we must be the voice. We must be the shield. We must strive to improve. This doesn't mean everyone gets a trophy. We also must deliberately deliver the hammer when needed. Our teammates deserve candor and transparency.

Accountability, credibility, resiliency and responsibility are the pillars of great leadership. However, I would say humility is the one trait that supports the trust bridge. The main goal of any supervisor should be to prepare, provide and prevent. Prepare them for the wartime mission by providing all the tangible and intangible things they need to accomplish the mission while preventing them from making the same mistakes you made. We must share our failures and successes for the greatest impact.

Respect those who have traveled the road be-

fore you and those who are walking behind you. So often, we are too quick to dismiss veterans' ideas as experiences built in a different Air Force then turn around and dismiss a junior Airman's idea because they lack experience. We can't have it both ways. A true conscientious leader values the input of all.

The easiest things to fix seem to be the things we hold off on completing and then complain that the issue has given birth to more issues. No problem is too small for your position regardless of your pay grade. However, as a leader, you will never know problems exist until they are too large if your people don't feel comfortable coming to you. I have watched plenty of stubborn, inflexible, one-trick ponies fail because they thought they had "arrived."

One of the greatest lessons I learned from a dentist was the only thing more contagious than enthusiasm is lack of it. If you don't love what you do, your people will see it. You can't be the fat gym teacher and tell your students to run while you live on a steady diet of Krispy Kremes. Your actions tell the tale. How you deliver your message is equally important. If you want your co-workers to display professionalism, teamwork and compassion, show them what it looks like.

We are an all-volunteer force and we know what we signed up to do. We signed up to be an active player in the greatest Air Force, representing the greatest country in the world. Fulfill your obligations to the best of your ability. Your teammates are counting on you. Don't spend too much time contemplating the obstacles. The ride won't last forever so make the best of it.

So there you have it, a short lesson on leadership. You can find knowledge in the strangest places. I have never met Kimberly Alyn, but I imagine she is someone who would make an appointment at the dental clinic and show up.

Free workshops help veterans, active-duty Service members transition to civilian life

University of Central Missouri

WARRENSBURG, Mo. — Military personnel who are making the transition from service to civilian life are encouraged to take advantage of free two-day workshops planned in October and November by the University of Central Missouri's Office of Military and Veteran Services and the non-profit organization Return With Purpose.

The workshops are scheduled for 8 a.m. to 4 p.m. Oct. 18-19 in Ward Edwards 2030, and 8 a.m. to 4 p.m. Nov. 15-16 in Elliott Student Union 237B. The sessions are geared toward active-duty military personnel preparing to make the transition, veterans, Guardsmen, Reservists and military spouses.

Leading the workshops will be Greg Ganschaw, chief executive officer and founder of Return With Purpose, and Elaine Queathem, the group's executive director. Ganschaw is a U.S. Air Force veteran who has worked with Fortune 500 companies to help employees and corporations to maximize their skills, abilities and productivity. Queathem has experience in operations, sales, business and international development. Both of them have teamed up to assist individuals who are transitioning from military service to civilian life, including areas of family, work and community.

Return With Purpose will aid participants in preparing for the future by helping them understand how they can design a path to the life they want, identify and remove the barriers to changing their lives, realize their potential, find a new purpose in life helping other veterans, and develop an action plan to ensure success as a job seeker, student or family member.

The workshop's curriculum was developed with input from psychologists and has been in use for more than 40 years. It is tailored to meet needs specific to military members and their families, and has been implemented

by higher education institutions that include Stanford, Penn State, and Washington University, to name just a few.

Retired Master Sgt. Melanie Platt, who is also a student at UCM, was among the participants in a recent Return With Purpose program. She noted that what she learned will make it easier for her to meld her student, work and family lives together in a less stressful way.

"The seminar explained the way each of us think and gave us the tools to remove barriers that prevent us from achieving our goals," Platt said. "By understanding how we think, we are able to adjust how we approach daily tasks, changing situations and larger life challenges. It also teaches us how we affect our self-image and the impact, positive or negative, it has on the way others perceive us."

Interested individuals must RSVP to Elaine Queathem at Elaine.Queathem@returnwithpurpose.org by Oct. 4 for the October session and by Nov. 1 for the November session. She can also address any questions related to the program via email or by phone at (314) 283-0006.

When making reservations, please advise her of your name, military status, phone number, email address and whether or not you are a UCM student.

With limited seating, first preference will be given to UCM students who meet the aforementioned criteria; however, all interested individuals are encouraged to respond to Queathem for the potential opportunity to participate and to determine the need for additional sessions.

Anyone who wants to know more about educational opportunities available for active-duty military personnel and veterans can contact Delilah Nichols, coordinator of the UCM Office of Military and Veteran Services, via email at nichols@ucmo.edu or by calling (660) 543-8977.

THE WARRIOR

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The deadline for article submissions to the Warrior is noon Friday. If a holiday falls on Friday, the deadline then becomes 4 p.m. Thursday. Articles will be published on a space-available basis. Submissions does not guarantee publication.

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/
Airman 1st Class Keenan Berry
U.S. Air Force Staff Sgt. Kirk Cash, 509th Operation Support Squadron air traffic controller, simulates communication with local aircraft at Whiteman Air Force Base, Mo., Sept. 9, 2013. The simulator is used to train Airmen in scenarios involving air traffic volume and other operational aspects.

NEWS BRIEFS

FREE breast health community event:

As a “kick off” to October being Breast Cancer Awareness Month, Western Missouri Medical Center will host a free “ladies night out” on Wednesday, Sept. 25, from 5:30 to 7:30 p.m. The event will feature beauty pampering, refreshments and a breast health seminar with an expert panel of board-certified women’s health specialists. The event will be held in WMMC’s Conference Room 1 (403 Burkarth Road, Warrensburg, located off the Main Entrance). Seating is limited, so please RSVP by calling (800) 724-4395.

Security Forces “Lost and Found”

Many personal items have been turned into the 509th Security Forces Squadron investigation section. Some of these items include the following: men’s wedding rings, vehicle and miscellaneous keys, USB flash drive, cell-phone, child’s purse, coin purse with money, three Razor scooters and one child’s bike. To inquire about these items, please contact Detective Steve Scott at (660) 687-5342.

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.

Whiteman Warrior Story Ideas

The Public Affairs Office accepts story ideas for news and feature articles on people and organizations to help provide recognition of excellence in performance and set forth norms for mission accomplishment.

To submit an idea, call 660-687-6123, or email whiteman.warrior@us.af.mil



WEATHER

Today	Saturday
Chance of Showers	Sunny
Hi 76	Hi 75
Lo 65	Lo 52
Sunday	Monday
Sunny	Sunny
Hi 76	Hi 78
Lo 51	Lo 54

Same-sex spouse benefits enrollment now available

509th Bomb Wing Public Affairs

(Editor’s note: Most information in this article came from <http://www.dover.af.mil/news/story.asp?id=12336119>. Some parts have been changed to reflect local information.)

Effective Sept. 3, 2013, same-sex spouses of Service members stationed at Whiteman are allowed to apply for spousal and family benefits and entitlements, as long as members provide an original marriage license, original birth certificate, current driver’s license and social security card.

The Department of Defense remains committed to ensuring that all men and women who serve in the U.S. military, and their families, are treated fairly and equally as the law directs.

Entitlements such as TRICARE enrollment, basic allowance for housing and family separation allowance are retroactive to the date of the Supreme Court’s decision. Any claims to entitlements before that date will not be granted. For those members married after June 26, 2013, entitlements begin at the date of marriage.

For civilian benefits administered government-wide to federal employees, the DOD will follow the Office of Personnel Management and the Department of Labor’s guidance to ensure that the same benefits currently available to heterosexual spouses are also available to legally married same-sex spouses.

Although some questions are specific to members entering same-sex marriages, most of the information is applicable to anyone getting married.

Frequently asked questions and answers:

What do I need to bring with me to start my benefits?

In order for Service members stationed at Whiteman to start their benefits, they need to bring an original marriage license, original birth certificate, current driver’s license and Social Security card.

Same-sex spouse benefits enrollment now available

The DOD will recognize all marriages that are certified with a valid marriage license. Spousal and family benefits, including ID cards, were made available to same-sex spouses effective Sept. 3, 2013.

Entitlements such as basic allowance for housing and family separation allowance are retroactive to the date of the Supreme Court’s decision, June 26, 2013. Any claims to entitlements before that date will not be granted. For those members married after June 26, 2013, entitlements begin at the date of marriage.

I heard that members were authorized administrative absence leave to go get married. How do I go about getting leave?

Commanding officers may allow military personnel in a same-sex relationship up to seven days of administrative absence for the purpose of traveling to a jurisdiction that allows same-sex couples to be married.

States that recognize same-sex marriage are Delaware, Massachusetts, Connecticut, Iowa, Vermont, New Hampshire, Washington, D.C., New York, Maryland, Maine, Washington, California, Rhode Island and Minnesota.

What is the purpose of the family care plan? Do I need one?

A Family Care Plan is very important for all families, and is especially critical for single parents and dual military parents.

A Family Care Plan should be developed whether you expect to be deployed or not; see your first sergeant to develop a formal Family Care Plan. Taking care of these considerations now will help you and your family be prepared for any period of separation.

Can I get married at the chapel on base?**If so, who do I need to contact?**

Anyone, including those going into a same-sex marriage, is entitled to use to chapel on base to get married. As was the case before the court’s ruling, a military chaplain may participate in or officiate any private ceremony, whether on or off a military installation, provided that the ceremony is not prohibited by applicable



U.S. Air Force graphic

state and local law. Further, a chaplain is not required to participate in or officiate a private ceremony if doing so would be in variance with the tenets of his or her religion beliefs.

For more information, call the Whiteman Chapel at 660-687-3652.

What other benefits are available, besides medical and dental?

The Supreme Court’s ruling means the DOD will extend benefits, including medical, dental, burial at Arlington Cemetery and with-dependent Basic Allowance for Housing to same-sex spouses of military personnel.

Also, there are 20 members-designated benefits that are available to a person of the service member’s choosing (i.e. insurance, death gratuity, Montgomery GI Bill). Service members can find the list at: http://www.defense.gov/home/features/2010/0610_dadt/Benefits_Currently_Available_Approved.pdf

Will I be able to be reimbursed for my spouse’s medical expenses?

Yes. Entitlements for medical expenses are retroactive to the date of the Supreme Court’s decision, June 26, 2013. Any claims to entitlements before that date will not be granted. For those members married after June 26, 2013, entitlements begin at the date of marriage.

How will this affect retirees?

Married retirees will be able to obtain ID cards for their same-sex spouses at the same time as active and reserve members can for their same-sex spouses on Sept. 3, 2013. They will also be able to elect coverage for the same-sex spouses under the Survivor Benefit Plan.

Air National Guard information

For questions regarding the application process for same-sex spouse benefits for ANG members, contact the 131st Bomb Wing’s military personnel flight at (660) 687-7356 or the 131st Finance Office at (660) 687-3590.

What are the hours of operation for the agencies I need to visit to get my benefits started?**509th Force Support Squadron (active duty)**

Location: Bldg. 509

Hours of operation: Monday through Friday 7:30 a.m. to 4:30 p.m.

Contact number: (660) 687-6426

509th Comptroller Squadron (active duty)

Location: Bldg. 509

Hours of operation: Monday through Friday 9 a.m. to 3 p.m.

Contact number: (660) 687-2006

131st Bomb Wing MPF and Finance Office

Location: Bldg. 3006

Hours of operation: Monday through Friday 9 a.m. to 4 p.m.

Contact number: (660) 687-3590

Whiteman Warriors highlight AF mission during ride

Staff Sgt. Brigitte N. Brantley
509th Bomb Wing Public Affairs

In late July, 15 cyclists from Whiteman joined other riders from across the Air Force for the oldest and largest recognized non-competitive bicycle ride in the nation.

The Register's Annual Bicycle Ride across Iowa, or RAGBRAI, draws tens of thousands riders annually from across the world, and serves as an avenue for Airmen to interact with citizens.

Including the Whiteman riders, nearly 100 Airmen represented the Air Force Cycling Team (AFCT) at this year's ride. The team's purpose is to promote the Air Force in the most positive way possible.

"The AFCT has been a part of the race for nearly 20 years and has a huge presence," said Capt. Christopher Conant, a 393rd Bomb Squadron B-2 Spirit pilot who organized Whiteman's participation in the event. "All the people in the small towns along the way are so supportive of us.

"They would tell us how great we are and thank us for what we do," he added. "It was awesome to be able to represent the Air Force like that."

Throughout the seven-day ride, members of the Air Force team stopped dozens of times to help any rider who needed assistance, whether it was a broken chain or a bad tire.

"Stopping so often was hard at first because of my competitive nature, but it was another great way to interact with people," said Todd Stewart, 509th Operations Sup-



U.S. Air Force photos/Staff Sgt. Abigail Klein
More than 90 Air Force members take off on the first day of the Register's Annual Great Bicycle Ride Across Iowa at Council Bluffs, Iowa, July 20, 2013. The ride began July 21 and ended July 27. This is the 19th year the Air Force has participated in the event, which began in 1973.

port Squadron wildlife biologist. "They were so nice and open, and it felt good to be able to share our knowledge with them."

The Air Force Cycling Team is open to

all active-duty Airmen, as well as reservists and guardsmen, and their families. Air Force civilians and retired Airmen are also welcome to join. For more information, visit

afccycling.com.

"Representing the Air Force was a privilege and an honor," said Stewart. "I would do it again in a heartbeat."

Learn more. Do more.

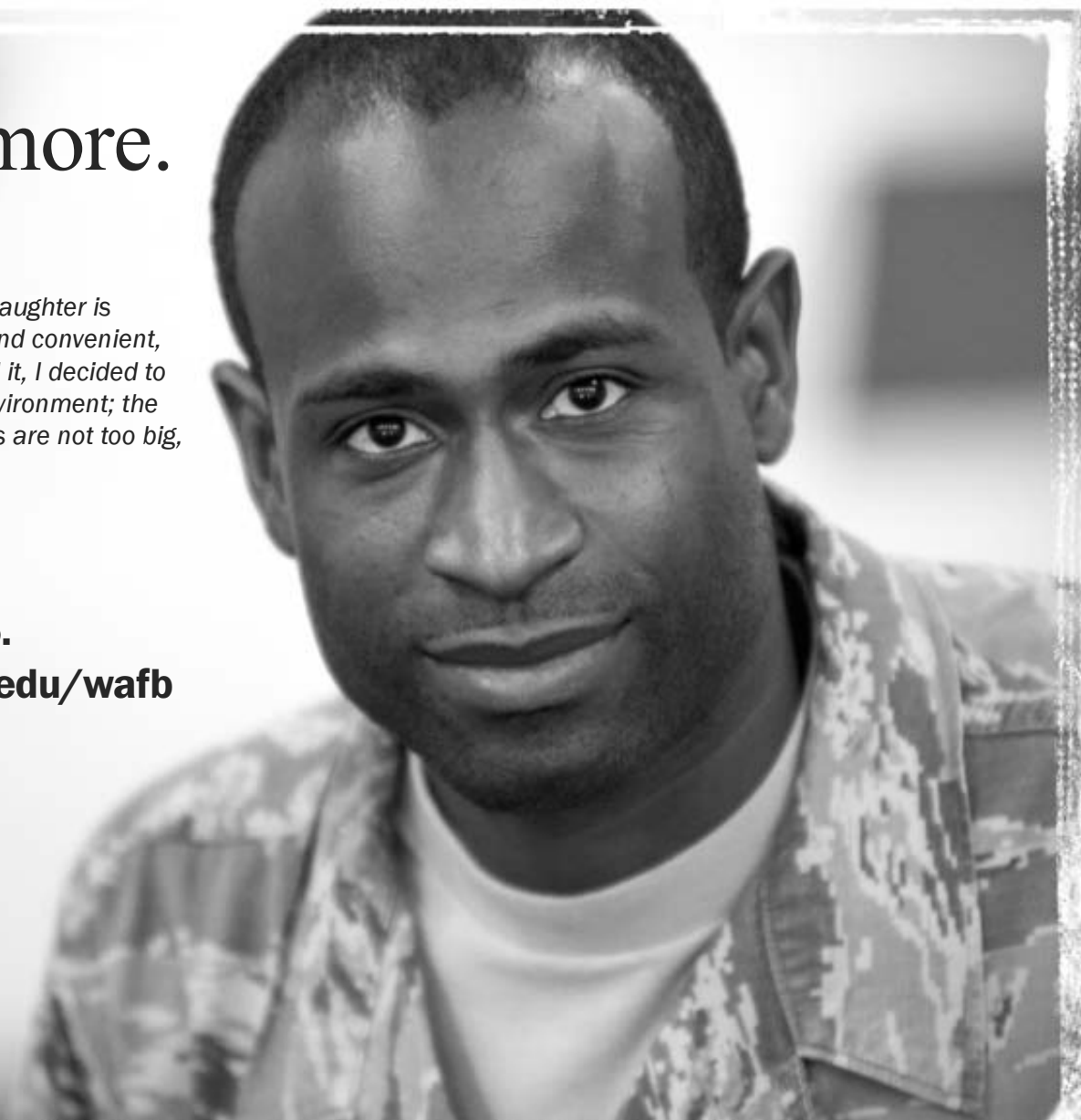
For Bruce Holden, SFCC is "all in the family."

"My wife just recently graduated from SFCC, and my daughter is currently attending. I attended because it's on base and convenient, and I wanted to earn my CCAF degree. After I received it, I decided to stay and obtain another degree. It's a very friendly environment; the teachers are professional and helpful, and the classes are not too big, so there's more one-on-one time."

Eight-week classes begin Oct. 15.

(660) 563-3358 | www.sfccmo.edu/wafb

State Fair
Community College



RAPCON: Eyes beyond the perimeter

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

The airspace around Whiteman Air Force Base extends up 9,000 feet and out 45 miles around the base in each direction.

Airmen from the radar, approach and control (RAPCON) unit have the job of ensuring all pilots and aircraft traverse this airspace safely.

RAPCON Airmen are important to Whiteman because they are the voices and eyes that keep the pilots focused on the mission. Without them, it would be difficult for pilots to find their destination, know what weather conditions to expect, or avoid aircraft collisions.

This weighty responsibility is why the RAPCON crew trains on a consistent basis. To stay on their toes, these Airmen use a simulator to work through possible scenarios in a reasonable and timely manner.

Using the simulator allows Airmen in training to test their knowledge in a safe environment.

“The simulator allows us to train and make mistakes without the worry of endangering any lives,” said Airman 1st Class Adam Cline, 509th OSS air traffic control apprentice. “The scenarios are challenging and include coordinating with other facilities about aircraft functions and using proper phraseology, but working through them while in upgrade training helps us hone our skills.”

For a year and a half, Airmen with their 3-levels must be monitored by a 5- or 7-level supervisor when operating controls.

“The simulator allows trainees to operate each position to learn to make accurate decisions,” said Staff Sgt. Christopher Palacio, 509th OSS air traffic control watch supervisor. “The scenarios we work through include high traffic volume and other emergencies. It really helps with making sure we are always prepared to keep Whiteman’s airspace as safe as possible.”

RAPCON controllers must be familiar with seven different key operational areas; those include assist, approach, arrival, military operation area controller, clearance delivery, coordinator and finals.

RAPCON also relies on state-of-the-art equipment such as radar, headsets, enhanced terminal voice switches and other communication devices to help aid pilots, said Staff Sgt. Lindsay Martin, 509th Operation Support Squadron airfield operations systems specialist.

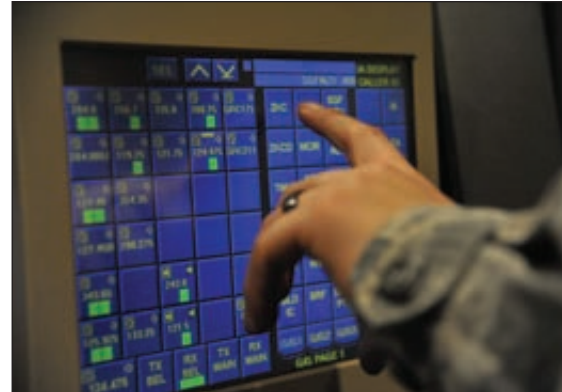
“As air traffic controllers, we sequence and separate aircraft in the sky, making sure pilots get to and from their destination,” said Martin. “There are a lot of regulations we have to abide by, but the most important thing is to make sure pilots get where they are going with no errors.”

According to Martin, once the pilots leave the tower’s sight, they communicate with Whiteman RAPCON until they reach another base’s airspace. The RAPCON unit at the receiving location will then assume responsibility for guiding the pilots to their destinations.

All this training and expertise are centered around one goal – keeping our flying warriors safe while they patrol the sky. The RAPCON crew must make sound decisions, because pilots depend on them to serve as their eyes beyond the perimeter, keeping them safe from harm.



U.S. Air Force Staff Sgt. Samuel Baugh, 509th Operation Support Squadron air traffic control watch supervisor, places a flight strip into a strip bay, Whiteman Air Force Base, Mo., Sept. 9, 2013. Flight strips keep track of aircraft missions, and contain the aircraft name, type, departure time and instructions for landing.



U.S. Air Force Staff Sgt. Samuel Baugh, 509th Operation Support Squadron air traffic control watch supervisor, coordinates aircraft movement with Kansas City, Mo., air traffic control personnel using the enhanced terminal voice switch at Whiteman Air Force Base, Mo., Sept. 9, 2013. RAPCON relies on state-of-the-art equipment such as radar, headsets, enhanced terminal voice switches and other communication devices to help pilots fly safely.



U.S. Air Force Airman 1st Class Derek Barb, 509th Operation Support Squadron air traffic control apprentice, operates the simulator at Whiteman Air Force Base, Mo., Sept. 9, 2013. The simulator is used to practice different situations and to prepare for real scenarios dealing with potential aircraft incidents.



U.S. Air Force Staff Sgt. Samuel Baugh, 509th Operation Support Squadron air traffic control watch supervisor, places a flight strip into a strip bay, Whiteman Air Force Base, Mo., Sept. 9, 2013. Flight strips keep track of aircraft missions, and contain the aircraft name, type, departure time and instructions for landing.

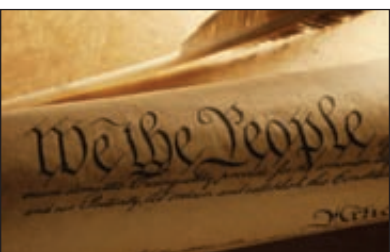
*U.S. Air Force photos/
Airman 1st Class Keenan Berry*

Honoring the U.S. Constitution



Airmen from around Whiteman wait for their turn to read the U.S. Constitution during the second annual Constitution reading ceremony, Sept. 17, 2013, at Whiteman Air Force Base, Mo. Nearly 30 Airmen were chosen to read lines from the document, which was signed this day 226 years ago.

U.S. Air Force Master Sgt. Jeremy Marksmeier, 509th Force Support Squadron first sergeant, reads the U.S. Constitution during the second annual Constitution reading ceremony, Sept. 17, 2013, at Whiteman Air Force Base, Mo. All Service members pledge to support and defend the Constitution when joining the military.



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



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Session 3a (Oct 15th- Nov 4th)

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Session 3b (Oct 15- Nov 18th)

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Responder demystifies calling
military crisis line for helpTerri Moon Cronk
American Forces Press Service

WASHINGTON (AFNS) -- When someone is in crisis and feeling despondent, reaching out for help is a stronger step to take than doing nothing, which can lead to a worsening state, a Military Crisis Line responder told American Forces Press Service Sept. 9.

Tricia Lucchesi said she encourages service members, families, veterans and friends to feel comfortable calling the crisis line.

She said people contact the crisis line to discuss a variety of issues, from feeling suicidal, depressed or anxious to feeling pressure from finances or relationships, among a wealth of other concerns.

"I want to encourage people to reach out, day or night, any day of the year,"

Lucchesi said. "Our veterans and Service members that do the best are the ones who make those calls."

To reach skilled responders who are knowledgeable of military culture, dial 1-800-273-8255 and press No. 1. The crisis line also is available by cell-phone text by dialing 838255, or through online chat at <http://www.veteranscrisisline.net/ActiveDuty.aspx>.

Lucchesi said callers can expect a live person and not an electronic menu to answer their calls.

People can call the crisis line to speak with trained professionals about their problem safely, anonymously and confidentially, "which is really important," Lucchesi said.

"We stay on the phone for as long as it takes," she added. "We'll do what-

See Crisis line, page 10

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Col. Kenneth Eaves

131st BW Command Chief



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Col. Mike Pyburn

131st MXG Commander



Lt. Col. Kimbra Sterr

131st MSG Commander



Col. Mark Beck

131st MDG Commander



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Maj. Kelley Poree



Maj. Jason Kalin



Lt. Col. Kenneth Perry Jr.

Crisis line

Continued from Page 7

ever we need to do to get that person the help that he needs," she added.

Callers receive a follow-up call from a suicide prevention coordinator the next day, or another professional who's linked into the crisis line team. A "compassionate callback," follows about 10 days afterward, Lucchesi said, to make sure the callers connected with the services they needed, and so responders can make sure callers are feeling better.

While some Service members hesitate to seek help because they fear it will have a negative impact their military career, Lucchesi advises them to make the call to the crisis line before matters worsen.

"Military people do worry about (career impact), but if they're getting to the point where they're so much in crisis, they need to call us," she said. "It becomes imperative for us to get them help, (and) if they don't call, their military career could be at risk."

The Military Crisis Line, also known as the Veterans Crisis Line at the same phone and text numbers, is a joint effort between the Defense and Veterans

Affairs departments. It provides worldwide services for active-duty troops, veterans, family members and concerned friends of those in crisis, Lucchesi said.

"Suicide has become such a prominent issue, the (departments) are working closely together to create a system to assist our members without them having to worry about their careers or confidentiality," she said.

As the nation observes Suicide Prevention and Awareness Month, Lucchesi said, she wants people to know they will find a welcoming environment of helpful responders who will stay on the phone with a caller until a "safety plan" is in place. A safety plan varies by individual, she explained, but can typically involve callers committing to seeking suggested help and various resources, and taking other actions such as securing weapons and pills that could be used to take one's life.

"Just agreeing with somebody that they can do that, and knowing they're going to get some help takes away some of the hopeless feelings they have," she

said. "Isolation is an issue for many of our veterans, service members and their families. We're here 24/7, and we never want anyone to feel alone. They don't have to sit in emotional turmoil all by themselves.

Responders don't want veterans or military personnel to become suicidal, Lucchesi said.

"We much prefer that they call us when they're in crisis so we can point them to services. We don't want to risk losing any of them," she said. "Any person who calls the crisis line has the choice about how much information they want to share".

The only time an anonymous call could require more identifying information is when the need for help delves further, but only when the caller gives permission to link to such resources, Lucchesi noted.

DOD leaders have worked for several years to remove the perceived stigma attached to seeking mental health help. Lucchesi said she hopes a reduced stigma is why the crisis line has produced an increase in calls, chats and texts.

Yet, there are other reasons why contacting the crisis line has increased, she said.

"People who have used the line learned we're not just going to send rescue out to them," Lucchesi said. "They can call here for all kinds of reasons, and if they can (set up a) safety plan, they don't have to worry about a policeman or emergency services showing up at their door."

"We're very aware that (such actions) can cause a financial burden, increase stigma, and be a problem for some people," she added, but noted that it crisis line responders are concerned someone is about to take his or her life, emergency services might be necessary.

Lucchesi emphasized the importance of contacting the crisis line, by calling, texting or chatting, whichever is more comfortable for a person in crisis.

"Someone could call here totally hopeless and have no reason at all to live," she said. "And if we're doing our job well, by the time that call ends, they're feeling differently."

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This Week in Sports – The Hunt for October

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

This week we turn from the NFL to Major League Baseball for a look at some of the great races shaping up in both the National and American League, and I'll handicap what I think will be the postseason match-ups, as well. With fewer than 10 games remaining this season, some teams have all but clinched their playoff berth, while others remain locked in a tight contest for postseason contention. And don't worry, fantasy fans; I've included this week's Fantasy Watch at the end of the column.

**All stats are current through Sept. 17*

AL East

With currently the best record in baseball and a nine-game lead over the Tampa Bay Rays, the Boston Red Sox will win the division. Offensively, Boston has been stellar, ranking first in the majors in runs, on-base percentage and slugging percentage; their .276 team batting average ranks second overall. John Lackey and Jon Lester have been pitching better recently, and Clay Buchholz is back from injury and looking sharp. Though I won't admit it to my Red Sox-fan coworkers, this is a pretty scary team, one that could make noise in October.

The Rays, Baltimore Orioles and New York Yankees are out of contention for the division title, but all three remain in the wild card hunt. Tampa Bay has been mediocre of late, with a 7-8 record in September, but they boast a solid pitching staff. Baltimore, led by the breakout performance of first baseman Chris Davis, is another legitimate playoff team. Finally, the Yankees are surprisingly back in the playoff chase, thanks to an offensive awakening led by left fielder Alfonso Soriano and third baseman Alex Rodriguez.

AL Central

The picture in the Central is similar to that of the East – the Detroit Tigers, behind probable AL MVP Miguel Cabrera and likely AL Cy Young winner Max Scherzer, are Vegas' favorites to win the World Series, and they have a six-game lead on second-place Cleveland. Detroit's offensive ranks are the mirror image of Boston's – they rank second in runs, OBP and slugging, and have an impressive .285 team average.

Cleveland and Kansas City are finishing the season strong, and are both strong candidates for a wild card berth. Though I wouldn't expect either to make it to the ALCS should they make the playoffs, both teams are fairly young and have bright futures likely ahead.

AL West

The AL West has essentially been a battle between the Texas Rangers and Oakland A's the last several years, and this year has been no different. Oakland has played consistent baseball lately, led by third baseman Josh Donaldson and pitcher Bartolo Colon. Texas, mean-



AP photo/John Amis

while, has dropped seven in a row and is in danger of losing even a wild card berth to hard-charging Baltimore, Cleveland or Kansas City. Should they pull it together and make the playoffs, they can count on solid pitching from Matt Garza and Yu Darvish.

NL East

The Braves, with the National League's best record, have been fairly consistent this year, considering they have lost several key players to injury, including veteran pitcher Tim Hudson (broken ankle), Jason Heyward (appendectomy, broken jaw) and lefty reliever Jonny Venters (Tommy John surgery). First baseman Freddie Freeman is having a stellar year, and new acquisition at third base, Chris Johnson, looks poised to win the NL batting title. Atlanta's starting rotation is young, but talented, and the bullpen, led by closer Craig Kimbrel, is the best in baseball. If the Braves can hit consistently in the playoffs, they will be incredibly dangerous.

NL Central

This division has easily been the most hotly contested all season, with the St. Louis Cardinals, Pittsburgh Pirates and Cincinnati Reds all vying for supremacy. I think St. Louis is ultimately going to win the Central, as they have the most complete team overall. First baseman Allen Craig has done well in the nearly impossible job of replacing Albert Pujols, and Matt Carpenter and Yadier Molina, when he's been healthy, have also been a steady offensive force. The rotation, led

by Adam Wainwright, is solid, though not as dominant as in past years.

Pittsburgh last week clinched its first winning season in two decades, and they will look to keep the good times rolling through the playoffs. Certain MVP candidate Andrew McCutcheon, the Pirates' centerfielder, leads the league in wins-above-replacement (WAR; essentially how many wins that player's presence adds to a team's total) and third baseman Pedro Alvarez leads the NL in home runs. Their pitching also looks solid, with Francisco Liriano experiencing a career revival and closer Jason Grilli anchoring the bullpen.

Cincinnati has been playing catch-up in the division most of the year, but is a solid club nonetheless. First baseman Joey Votto has been consistent all year long, the role players have played well and the pitching has been excellent, with the Reds leading the majors in batting average against and WHIP.

NL West

The playoff picture now was not nearly as clear back in June. The Dodgers were 29-40 on June 19, eight games out of first place, and manager Don Mattingly was under fire. Since that date, the Dodgers have gone 57-24, at one point going 39-8 over 47 games. Their offense, led by Hanley Ramirez and Yasiel Puig, has been dynamic, and their pitching staff outstanding. Clayton Kershaw leads the league in ERA, while Zack Greinke has been excellent, as well. If centerfielder Matt Kemp could get healthy, this team would be nearly unstoppable.

Playoff Prediction

AL East – Boston Red Sox

AL Central – Detroit Tigers

AL West – Oakland A's

AL Wild Card #1 – Tampa Bay Rays

AL Wild Card #2 – Kansas City Royals

NL East – Atlanta Braves

NL Central – St. Louis Cardinals

NL West – Los Angeles Dodgers

NL Wild Card #1 – Pittsburgh Pirates

NL Wild Card #2 – Cincinnati Reds

ALCS Match-up – Red Sox/Tigers

NLCS Match-up – Braves/Dodgers

World Series – Braves/Tigers,
Atlanta wins 4-3

Fantasy Watch

This week's Fantasy Watch player is Chargers wide receiver Eddie Royal. The former Virginia Tech Hokie has been red-hot the first two weeks of the season, catching five touchdowns from QB Philip Rivers, who, despite having few targets in the passing game, looks reinvigorated. Royal scored 34 points in Week 2, according to ESPN's PPR scoring, and 27 in non-PPR scoring, while putting up 17/14 in Week 1. His 90 receiving yards against the Eagles also demonstrate that Rivers will be looking for him in non-goal line situations, increasing his value even more. Pick him up while you can, as he's owned in only 18.4 percent of ESPN leagues. At this point, I would consider Royal a WR3 or solid flex play; Rivers' tendency to look for him in the red zone is just too much potential upside to ignore.

Fire Facts FYI



National Fire Protection Association

(Editor's note: This information has been reproduced from NFPA's Fire Prevention Week website, www.firepreventionweek.org.)

Smoking Materials

- From 2007-2011, every year, smoking materials caused an estimated 17,900 home structure fires, resulting in 580 deaths, 1,280 injuries and \$509 million in direct property damage.

- Sleep was a factor in one-third of the home smoking-material-fire deaths.

- Possible alcohol impairment was a factor in one in five of home smoking-fire deaths.

- In recent years, Canada and the United States have required that all cigarettes sold must be "fire safe," that is, have reduced ignition strength and be less likely to start fires.

Electrical

- About half (49 percent) of home electrical fires involved electrical distribution or lighting equipment. Other

leading types of equipment were washers/dryers, fans, portable or stationary space heaters, air conditioning equipment, water heaters and ranges.

- Electrical failure or malfunctions caused an average of almost 50,000 home fires per year, resulting in roughly 450 deaths and \$1.5 billion in direct property damage.

Cooking

- U.S. fire departments responded to an estimated annual average of 156,600 cooking-related fires between 2007-2011, fires which resulted in 400 civilian deaths, 5,080 civilian injuries and \$853 million in direct damage.

- Two of every five home fires start in the kitchen.

- Unattended cooking was a factor in 34 percent of reported home-cooking fires.

- Two-thirds of home-cooking fires started with ignition of food or other cooking materials.

- Ranges accounted for the 58 percent of home-cooking fire incidents. Ovens accounted for 16 percent.

- Children under 5 years old face a higher risk of non-fire burns associated with cooking than being burned in a cooking fire.

- Microwave ovens are one of the leading home products associated with scald-burn injuries not related to fires. Nearly half (44 percent) of the microwave oven injuries seen at emergency rooms in 2011 were scald burns.

- Clothing was the item first ignited in less than 1 percent of home-cooking fires, but these incidents accounted for 16 percent of the cooking fire deaths.



Senior leaders send Airmen, families birthday best

WASHINGTON (AFNS) -- Acting Secretary of the Air Force Eric Fanning, Air Force Chief of Staff Gen. Mark A. Welsh III and Chief Master Sgt. of the Air Force James Cody issued the following message to the Airmen of the United States Air Force:

On the 66th birthday of the United States Air Force, we salute the dedicated Airmen who provide airpower for America.

From 1947 to today, Airmen have accomplished our Service's core missions — air and space superiority; intelligence, surveillance, and reconnaissance; rapid global mobility; global strike; and command and control. We have evolved into a Service that carries out missions through air, space and cyberspace, but our core missions have remained constant. Advances in technology now allow us to fly faster, farther and higher than ever before. We use aircraft and spacecraft that no one could have imagined at our

Service's creation, and we continue to provide an asymmetric advantage for America.

Airmen have been and continue to be the strength of our Service. The U.S. Air Force was forged by airpower legends with names like Sijan, Levitow, Jones and Day. These heroes and many others made history, and their legacy continues as today's Airmen write the history of this generation. Decades from now, the names of Airmen among us today will be as familiar as the names of the earlier heroes we celebrate.

America depends on the Airmen who provide Global Vigilance, Global Reach and Global Power, and our remarkable Total Force of Active Duty, Guard, Reserve and Civilian Airmen has never failed to answer the Nation's call. Please join us in proudly celebrating the 66th birthday of the U.S. Air Force. As always, we sincerely thank you and your families for all that you do.

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Whiteman ALS graduates 31 future NCOs

509th Bomb Wing Public Affairs

The Whiteman Airman Leadership School Class 13-F graduated 31 senior airmen and staff sergeants in a ceremony Sept. 12 at the Mission's End.

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Senior Airman Tyler Danielson,
Det. 303, 495th Fighter Group

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Senior Airman Charles Chaney,
509th Aircraft Maintenance Squadron

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Senior Airman Jeremiah Jaynes,
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Senior Airman Ashlea Garrison,
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The remaining graduates by unit are:

509th Civil Engineer Squadron

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Senior Airman Kenneth Nixon

Senior Airman Raymond Reidenbach

Senior Airman Michael Thomas

Senior Airman Duard Bandy

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Missouri Air National Guard pilot surpasses 1,000 flying hours in stealth bomber



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

While fellow pilot Maj. Tim Rezac looks on, Maj. Ryan Bailey, 131st Operations Support Flight commander, presents Maj. Luke Jayne with his 1,000 B-2 flying hour patch, Sept. 14, 2013, at Whiteman AFB, Mo. All are Guardsmen with the 131st Bomb Wing, Missouri Air National Guard. Jayne joins an elite group of 35 B-2 pilots who have achieved 1000 or more hours in the B-2 Stealth Bomber.

By Senior Master Sgt. Mary-Dale Amison
131 Bomb Wing Public Affairs

A routine flying mission became a major achievement for the Missouri Air National Guard's 131st Bomb Wing when Maj. Luke Jayne surpassed 1,000 flying hours in the B-2 Spirit Sept. 14.

Crossing the 1,000-hour mark, Jayne joins an elite group of pilots, said Maj. Jared Kennish, 110th Bomb Squadron commander.

"Jayne's flight is another milestone for the 110th BS and the 131st BW," said Kennish, who logged his 1,000th hour piloting a B-2 in 2009. "In his short time in the squadron, Jayne has been a great asset. Events like this really highlight the success of our total force integration with the 509th Bomb Wing, and showcase the experience we in the Air Guard bring to the B-2 mission."

Fewer than 600 active-duty Air Force and Air National Guard pilots have flown the B-2 bomber, and of those only 35 have logged 1,000 flying hours or more.

"I have flown a couple of times recently, but was just hours shy of logging 1,000 hours," Jayne said, "I had about a three-month delay in flying due to my transition to the Air National Guard, which is normal, but it was a bit nerve wracking because I was so close."

While relatively new to the 131st, Jayne was active duty for more than 11 years, including duty stations at Vance Air Force Base, Okla., Randolph Air Force Base, Texas, and Whiteman.

"I didn't really pursue aviation until I was in college, but quickly learned that I loved it," Jayne said, "It wasn't until my sophomore year that I looked into a military option when a buddy talked me into joining Air Force ROTC at Kansas State."

Currently the weapons and tactics officer for the 110th BS attached to the 325th Weapons School, Jayne also has flying time in the

T-37 and T-38 as an instructor pilot. Saturday, he piloted the B-2 "Spirit of Alaska" alongside Col. Edward Martignetti, 509th Bomb Wing Operations Group commander.

"I first met Jayne as his squadron commander and knew straight-away that he's an exceptional aviator and instructor," Martignetti said. "I also knew that he's a perfect fit for our total force integration brethren setting the foundational standard of B-2 Spirit exceptionalism. The 509th hired him directly from undergraduate pilot training for a reason and, a decade later, the 131st hired him for the same reason -- his unrelenting drive for perfection in execution and commitment to teaching our officers and pilots the same."

"It was an honor for me, as the 509th OG commander, to be given the opportunity to fly with 'Deuce' on this milestone sortie. He has established a reputation as an outstanding pilot and will be an asset to the 131st Bomb Wing. I have no doubt that he'll be one of the first to achieve 2,000 B-2 hours!"

The 131st BW and 110th BS have lived through much of aviation history in 90 years as a unit, and since relocating from Saint Louis to Whiteman in 2008, have seen many achievements, most recently the passing of their initial nuclear surety inspection.

Only 35 pilots have ever reached 1,000 B-2 hours, and just 13 still actively fly the B-2 stealth bomber. Jayne joins fellow 1,000-hour 131st pilots Col. Mike Pyburn, Lt. Col. Rhett Binger, Lt. Col. Dave Thompson, Lt. Col. Geoff Billingsley, Maj. Jared Kennish, Maj. John Avery and Lt. Col. Mike Means (more than 1,700 hours), who recently retired from the 131st Bomb Wing.

"Flying the B-2 is an incredible privilege that I haven't lost sight of in my years at Whiteman," said Jayne. "I can't believe I get to continue doing this as a Guardsman with the Missouri Air National Guard. My family and I are very blessed and thankful for this opportunity."

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