



Year of the B-2

WARRIOR

Vol. 4 No. 38
September 27, 2013

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B-2 Spirit:
Celebrating 20 years

Generals speak to importance, relevancy of nuclear enterprise

By Tech. Sgt. Lesley Waters

Air Force Public Affairs Agency,
Operating Location – Pentagon

WASHINGTON (AFNS) -- Three Air Force generals discussed the state of the service's nuclear enterprise during the Air Force Association's 2013 Air & Space Conference and Technology Exposition here Sept. 17.

Lt. Gen. James Kowalski, the Air Force Global Strike Command commander; Maj. Gen. Garrett Harencak, the Strategic Deterrence and Nuclear Integration assistant chief of staff; and Maj. Gen. Sandra Finan, the Air Force Nuclear Weapons Center commander, shared their perspectives on the nuclear enterprise and the role of deterrence in the nation's defense.

"The challenges we face today, are different and much more complex than they were back (during the Cold War) in that ideological death struggle with the Soviet Union," Kowalski said to open the panel.

The only capability some countries have is nuclear weapons, which represent existential threats to the United States and the rest of the world.

Kowalski said the United States must be able to deter any adversary and assure any ally, maintaining an arsenal that is safe, secure and effective.

Harencak covered three items that showed how safe, secure and effective the U.S. stockpile is.

"First, we, your United States Air Force, does nuclear deterrence ops superbly, each and every day," Harencak said.

"There has not been a time where there has



U.S. Air Force photo/Airman 1st Class Nesha Humes
Lt. Gen. James Kowalski opened the "Nuclear Enterprise Panel" Sept. 17, 2013, at the Air Force Association's 2013 Air & Space Conference and Technology Exposition, in Washington, D.C. Kowalski said the United States must be able to deter any adversary and assure any ally, maintaining an arsenal that is safe, secure and effective. Kowalski is the commander of Air Force Global Strike Command.

been a safer, more secure nuclear enterprise than today," Harencak said. "It is because of the senior leadership who is committed to the nuclear enterprise for today and the future."

"Second, is the relevancy of deterrence and the triad," he said. "Deterrence is as relevant today in 2013, as it was in 1973, 1963 and 1953."

The triad refers to the three arms of the nation's nuclear arsenal, which consists of strategic bombers, intercontinental ballistic missiles and submarine-launched ballistic missiles.

Harencak echoed Kowalski when he said how difficult it is in sustaining and modernizing the weapon systems to provide deterrence in an ever-evolving strategic environment.

He concluded his remarks by saying, "We maintain a safe, secure and effective stockpile for the United States and its allies for as long as nuclear weapons exist."

Finan concluded the panel saying the Nuclear Weapons Center is responsible for delivering the nuclear capabilities the warfighters use. She highlighted how the NWC plans to recapitalize on the nuclear systems to include the ICBM program and depot maintenance concept.

"These programs will help us squeeze the value from every dollar we have," Finan said.

The Air Force is trying to extend the life of the nuclear systems by working closely with the Navy on an interoperable warhead, she said, fusing capital assets and anything else to share costs and knowledge to make both more effective.

"We are facing some difficult challenges in the budget world," she said. "We have to deliver for the United States the nuclear capabilities with the resources we have."

The three-day conference is a professional development conference sponsored and conducted by AFA in support of the total Air Force.

Flu season is around the corner

Staff Sgt. Kendra Turner

509th Medical Operations Squadron

If you have ever had the flu, you know it can knock you out, with family members, friends and co-workers not far behind. Today, it's more important than ever to have the correct facts about the flu and the vaccines available to prevent this dangerous respiratory disease.

Every year, more than 200,000 people in the United States are hospitalized for flu-related complications, and 36,000 die. Most of these are preventable with the flu vaccine. The Center for Disease Control and Prevention (CDC) recommends a yearly seasonal flu vaccine for everyone 6 months and older.

Vaccination is especially important for people who are at high risk for complications from flu, and for people who live with or care for someone who is at high risk.

So what is influenza?

Influenza is a contagious disease caused by a virus which infects the nose, throat and lungs. It can cause mild to severe illness and at times can lead to death. The flu virus is spread by droplets made when people with the flu cough, sneeze or talk. These droplets can land in the mouth or nose of people who are nearby and potentially cause illness. Flu symptoms usually come on very suddenly.

People who have the flu often feel some or all of these symptoms:

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, although this is more common in children than adults.



U.S. Air Force graphic

During this flu season, venues for the influenza vaccine will be announced base wide as shipments arrive. We are expecting to start our flu venues in late September or early October.

The vaccinations have already started for Whiteman AFB emergency first responders. Our next population to vaccinate is the remaining active-duty members followed by dependents. The Whiteman AFB Immunization Clinic will be offering both the nasal mist and a flu shot to protect against the seasonal flu.

In addition to vaccinations, practicing good hand hygiene, covering your coughs and avoiding crowded areas can help protect you from getting the flu.

Stay healthy - get vaccinated now!

For more information, contact Whiteman AFB Immunizations at (660) 687-4304 or Public Health at (660) 687-2179.

You can find more flu facts at www.cdc.gov/flu/keyfacts.htm.

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. Chris Brockway, 442nd Logistics Readiness Squadron traffic management apprentice, tapes a package at Whiteman Air Force Base, Mo., Sept. 23, 2013. All packages must be secured and delivered to the customer in a timely manner.

NEWS BRIEFS

Knob Noster State Park volunteer events

Free WildHeart concert: Oct. 5 from 4 to 5 p.m. at the campground amphitheater. Reception to follow

Fall clean-up/project day: Oct. 12 from 9 a.m. to 1 p.m. Meet at the Visitor Center for work assignments including park roadside and interior trash clean-up, trail construction and rehabilitation, and exotic species control. Bring work gloves, sturdy closed-toe shoes, insect repellent and water. Volunteers should pre-register for this event so we can plan enough projects. To register call (660) 563-2463 by noon Oct. 11.

Hispanic Heritage Month events

Kids event: This will be held at the Whiteman Chapel Annex on Oct. 4 from 3:30 to 5 p.m.

Closing celebration: This will be held at the Missouri Air National Guard Armory on Oct. 16 from 11 a.m. to 1 p.m.

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, cellphone, 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
Sunny	Showers
Hi 85	Hi 77
Lo 61	Lo 64
Sunday	Monday
Sunny	Sunny
Hi 75	Hi 77
Lo 53	Lo 50

Retiree Appreciation Day happening Oct. 5

Whiteman Retiree Activity Office

Whiteman's annual Retiree Appreciation Day is scheduled for Oct. 5.

Registration will start at Mission's End ("the Club") at 7 a.m.

The usual activities include a health fair and information tables with representatives from veteran service organizations, government agencies and active duty components which have a direct impact on the retiree population.

Please direct any questions to the Retiree Activity Office at (660) 687-6457.

SCHEDULE OF EVENTS:

- 7 a.m. – Registration and health education begins
- 7:30 a.m. – Official welcome
- 7:50 a.m. – Posting of colors, pledge of allegiance, national anthem and invocation

- 8 a.m. – Keynote speaker (Brig. Gen. Thomas A. Bussiere)
- 8:45 a.m. – 509th Medical Group overview
- 8:50 a.m. – Tricare overview
- 9 a.m. – Tricare Retiree Dental
- 9:15 a.m. – 509th Force Support Squadron
- 9:30 a.m. – Commissary (Defense Commissary Agency)
- 9:45 a.m. – Door prizes and break
- 10:15 a.m. – Survivor Benefits Program, casualty assistance
- 10:30 a.m. – Military Personnel Flight customer service
- 10:40 a.m. – Legal Office
- 10:50 a.m. – Veterans Affairs
- 11:10 a.m. – Base Exchange (AAFES)
- 11:30 a.m. – Door prizes
- 11:35 a.m. – Health education ends
- 11:45 a.m. – Lunch
- 1 p.m. – Base bus tour (includes B-2 Spirit and Oscar 1)
- 3 p.m. – Program ends

Whiteman Top III award



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

U.S. Air Force Airman 1st Class Dalvin Washington, 509th Operations Support Squadron aircrew flight equipment technician, receives the Whiteman Top III award at Whiteman Air Force Base, Mo., Sept. 19, 2013. Washington enrolled in classes immediately following a successful Career Development Course end-of-course test and has completed an English course, as well. He has also helped Airmen and their families move their belongings, and he ran the POW/MIA booth from 1 to 4 a.m. after working a full shift.

Air Force Week in Photos



An A-10C Thunderbolt II departs after completing air-to-air refueling from a KC135 Stratotanker while over Michigan, Sept. 13, 2013. Both units are assigned to the Michigan Air National Guard and stationed at Selfridge Air National Guard Base, Mich. The A-10 is assigned to the 107th Fighter Squadron. The KC-135 is assigned to the 171st Air Refueling Squadron.

U.S. Air National Guard photo/Master Sgt. David Kujawa

Youth Center excels during no-notice inspection

By Rebecca White
509th Force Support Squadron

During a no-notice inspection Aug. 26-29, the 509th Force Support Squadron's Child and Youth Programs excelled.

In accordance with Public Law 104-106 and the Military Child Care Act of 1996, the unannounced inspection of the Child Development Center, Youth Center and Family Child Care is directed to ensure programs maintain Department of Defense certification and national accreditation.

The team of three inspectors spent four days in the programs conducting record review, observations, and interviews with staff and parents. The focus items for this inspection include an audit of Child and Youth Program background check procedures as well as ensuring programs offer quality, available and affordable child care.

Parent surveys were conducted at both the Youth Center and CDC, with both programs receiving 2.9 out of 3.

The below info summarizes the kudos received during the outbrief.

Family Child Care

- Meticulous documentation
- Outstanding lending library - Filing system is "best practice" for Air Force
- Alice Aubele was notably mentioned

Youth Center

- Only base who had all of the staff background checks up to date for the school-age and sports programs

- Outstanding job in sports department -All children's and coaches records were perfect

- Sharon, Stacie and Connie - Thank you for your help in finding all that was needed and assisting while without a sports director, director and school-age program coordinator the first days

- Lisa Gee did an outstanding job working with the school-age children

- Kim - Congratulations on the Keystone Club receiving a gold award; great participation

- Recreation staff had great interactions with youth

- Torch Club and pre-teen continuity books are outstanding

- Recreation staff wrote submissions for four Boys & Girls Club of America Honor Awards

Child Development Center

- Meaningful interaction between teachers and children

- Genuine caring and respect for children

- High level of education and training for all staff

- Environments conducive to learning

- Lesson plans that extend learning and set the foundation of learning

- Leslie - Training documentation was outstanding

- Pre-school classrooms extended learning, letting the children lead and followed their interests. Especially Terry in room 3 -- lots of great learning happening!

- Toddlers - Great interactions and truly cared for the children and what they had to say

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Resilient Airmen rally during Storytellers II

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

Years of marriage spent apart, abusive relationships, banishment from family – these are the stories of Airmen who stood before their wingmen during the Storytellers II breakfast Sept. 19 at Whiteman Air Force Base.

Storytellers events around the Air Force started after a prompting question from senior leadership: “Every Airman has a story. What’s yours?”

Storytellers acts as a platform from which Airmen and dependents who have overcome difficulties in their lives can share their tales of resiliency.

“It takes incredible bravery for them to stand on stage without hesitation and share the hardships they have gone through,” said U.S. Air Force Chaplain (Capt.) Kenneth Johnson from the 509th Bomb Wing while addressing the audience. “The stories are meant to inspire you and inspire hope, as well as to encourage you to share the knowledge and advice you learn here with others.”

This time around, the event featured the stories of four Airmen and one dependent who all went through challenging times in their lives but came out more resilient when all was said and done.

One of the Storytellers, U.S. Air Force Master Sgt. Pamela Field from the 509th Maintenance Group, dealt with a string of abusive relationships before joining the Air Force. After enlisting, though, the trouble



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

The Storytellers II event Sept. 19, 2013, at Whiteman Air Force Base, Mo., gave four Airmen and one dependent a chance to share their stories of resiliency during tough times in their lives. The purpose of Storytellers is to encourage listeners to take the advice they learn from the event and apply it to their lives, as well as encourage others in their life to do the same.

did not cease.

“The reason I tell my story is because some people don’t know what a healthy relationship looks like,” Field said. “They might think they can’t do better because they’ve heard all their lives how horrible they are. They might be trapped physically, emotionally or financially, but still think they can endure everything.”

“There is so much more than physical pain that comes with being in an abusive relationship,” she added. “It changes who you are. But with the bad things come resiliency and forgiveness. More important than forgiving them is forgiving yourself for things you don’t have control over. You have to surround yourself with positive people who make you feel good.”

This sentiment was echoed by many of

the speakers – in the end, having someone there for them helped them heal. But the victory of getting to that point was often hard-won.

U.S. Air Force Tech. Sgt. Maurice Ingram from the 509th BW Equal Opportunity Office shared his story of overcoming depression. In 2004, he became overwhelmed while juggling everything expected of him personally and professionally while simultaneously managing his terminally ill mother’s care even though they were geographically separated.

“The situation was tough on everyone, but everyone was looking to me for hope,” Ingram said. “I was an NCO, a dad, a minister. I might have looked together on the outside, but I was dead inside. I didn’t even realize I was depressed. I made it to work on

time and I had money in my bank account, but there were not enough extracurricular activities or work in my ministry to lift me up out of that.”

Also present at the event were resources available to help attendees who might also be going through tough times, including a chaplain, a mental health representative and a victim’s advocate.

Overall, Storytellers is not just an opportunity for Airmen to share their stories; it provides a unique chance to find strength in shared experiences and community in the Air Force family.



U.S. Air Force photo/Staff Sgt. Brigitte N. Brantley
Sheri, wife of U.S. Air Force Master Sgt. Donald Gray, 509th Bomb Wing first sergeant, shares her story of resiliency during the Storytellers II event, Sept. 19, 2013, at Whiteman Air Force Base, Mo. Throughout their marriage, the couple has gone through long periods of separation.

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<p>1:00-2:00</p> <p>66628 \$178,500 4 BR 1625 Timber Ridge W 16th to Hunter's Ridge, N to Timber Ridge, Right to 1625 Timber Ridge Shown by Ruby</p>	<p>1:00-2:00</p> <p>65851 \$184,900 3 BR 1620 Timber Ridge W 16th St to Timber Ridge, Right to 2nd Right Turn Shown by Sue</p>	<p>1:00-2:00</p> <p>63198 \$189,900 3 BR 8065 Crickett Lane W 16th to Hickory, S on Hickory, Right on Hawthorne, Stay Left on Crickett Shown by Pat R.</p>	<p>1:00-2:00</p> <p>63825 \$227,000 3 BR 1945 Timber Ridge W 16th St to Hunter's Ridge, West where the Rd splits Shown by Kathy</p>

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U.S. Air Force Staff Sgt. Chris Brockway, 442nd Logistics Readiness Squadron traffic management apprentice, arranges packages at Whiteman Air Force Base, Mo., Sept. 18, 2013. The co-seasoning program allows Reserve Airmen the opportunity to progress from a 3-level to a 5-level certification in a more timely manner than the traditional Reserve schedule allows.

442nd Mission Support models total force integration

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

The 442nd Mission Support Group is composed of four squadrons that exist to improve, secure and protect the base, as well as to ensure personnel get paid and are otherwise taken care of.

These squadrons are the 442nd Security Forces Squadron, 442nd Logistics Readiness Squadron, 442nd Force Support Squadron and 442nd Civil Engineer Squadron.

The 442nd MSG, which falls under the Air Force Reserve Command, sends Airmen to these squadrons to provide support and instruction, and to receive on-the-job-training in return, said U.S. Air Force Col. Jeffery Barnett, the group's commander.

"We take care of getting the big rocks out of the way, while the folks on the ground get all the other things done. Together we help clear the path," said Barnett. "We integrate with the squadrons from the 509th Bomb Wing in many ways. One of those ways is the co-seasoning training program, which is the Reserve's method to progress an Airman from a 3-level to a 5-level quickly. If an Airman wasn't in this program, it would take them 5 to 7 years to get their 5-level."

This co-seasoning program is an effective one because it allows Airmen just out of technical training the opportunity to receive active-duty orders and work with their 509th counterparts. The Airmen are signed off on tasks required for their respective career fields, and in return, the 509th squadrons receive more manpower to handle work orders, back-logs and numerous other tasks.

"The great value is our young troops getting the opportunity to go over to the squadrons, learn and build long-term relationships," said U.S. Air Force Lt. Col. Anne Yelderman, 442nd MSG deputy commander. "It really opens up a lot of opportunities for them in the long run."

These opportunities come in the form of receiving more intensive OJT than a typical Reserve schedule allows.

"We currently have several troops working in the traffic management office and vehicle maintenance," said Yelderman. "It is very difficult for a reservist to receive good hands-on training two days a month because it is just not enough time for them to progress. It's one thing to read a book and understand what's going on, but it's another when the task has to be physically performed. There is a strong sense of 'Team Whiteman' within the traffic management unit."

The functional representative of the AFRC determines how much time an Airman is allowed in co-seasoning training. Depending on the squadron and career field, an Airman can be in the program for three months up to a year. The decision is also based upon obtaining the most production for the least amount of money.

Once an Airman completes all tasks assigned from his unit, he is eligible for new tasks and promotions.

These experienced Airmen also provide back-up in the situations of active-duty members deploying or out-processing to another base. If there is a need in one of the four squadrons, a 442nd Airman can perform those tasks to prevent work build-up.

The 442nd MSG also provides money to help improve joints projects around the base. The money they receive from AFRC can only be used for joint purposes because the Reserve units are not underneath the same command as the 509th.

The 442nd MSG supports their Airmen's career development to help improve productivity and increase manpower within the four supporting squadrons.

"We are proud of the hard work our Airmen produce on a daily basis," said Barnett. "Their ability to learn and do their tasks helps contribute to the Whiteman mission."



U.S. Air Force Airman 1st Class Hannah Campbell, left, and U.S. Air Force Staff Sgt. Chris Brockway, 442nd Logistics Readiness Squadron traffic management apprentices, process inbound shipments at Whiteman Air Force Base, Mo., Sept. 18, 2013. Inbound shipments must be processed in a timely manner so base customers can have their assets delivered or picked up.



U.S. Air Force Senior Airman Joshenna Richardson, 442nd Force Support Squadron knowledge operations journeyman, assists a customer with a travel voucher in the Defense Travel System at Whiteman Air Force Base, Mo., Sept. 19, 2013. The co-seasoning training program is the Air Force Reserve Command's method to progress an Airman from a 3-level to a 5-level qualification within a 3-12 month time frame.



U.S. Air Force Airman 1st Class Austin Goebring, 442nd Security Forces Squadron response force member, studies a security forces manual at Whiteman Air Force Base, Mo., Sept. 19, 2013. As a reservist, Goebring works with the 509th Security Forces Squadron to complete his Career Development Courses to advance further in his career.

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

Volunteers deliver toys



Contributed photo by Miranda Craig, KOMU reporter
U.S. Air Force Airman 1st Class Kylie Lowder, 509th Security Forces Squadron, helps deliver toys at the University of Missouri Women's and Children's Hospital during a volunteer event Sept. 20, 2013, in Columbia, Mo. The event was organized by U.S. Air Force Tech. Sgt. Michael Vacca, also from the 509th SFS, after an inspiring conversation with his 6-year-old son. During the visit, volunteers visited more than 20 children to pass out toys and put smiles on their faces.

17th Anniversary Edition 2013

Bodyworks

DAY SPA & BOUTIQUE

17th Anniversary October 3, 4, 5

THURSDAY OCTOBER 3RD

- \$17 bareMinerals Facials followed by Complimentary Make "Unders" (Reservations recommended)
- Complimentary Photo in front of our 17th Anniversary Edition "Magazine Cover"
- bareMinerals Gift with Purchase
- Drawings and refreshments



FRIDAY OCTOBER 4TH

- TOP SECRET Anniversary Gift Certificate Specials
- Check our Facebook page and Website on October 4th
- Image 02 Lift Facial Certificates \$77
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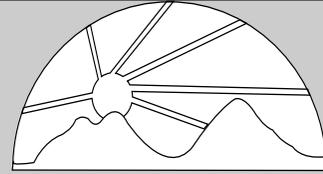


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 Call Husineh Curts @ 660-238-6201 for more info.
Masons—2nd & 4th Thurs. 7:00 p.m. - Knob Noster Masonic Lodge AF & AM
Garden Club—1st Thurs. of each month 6:30 p.m. - Trails Regional Library - Knob Noster Branch

Alcoholics Anonymous (AA)—Every Fri. 8 p.m. - Basement of Methodist Church • Every Mon. 2 p.m. - Chapel Annex 2 at WAFB
Knob Noster Board of Aldermen—1st & 3rd Tues. each month - Basement of City Hall
Whiteman Area Piecemakers Quilt Guild—3rd Thurs. each month 7 p.m. - Methodist Church
AMVETS—Membership Dinner 1st Tues. each month 6 p.m. - AMVETS Building

VFW—1st Fri. each month 7 p.m. - VFW Building
VFW Auxiliary—1st Fri. each month 7 p.m. - VFW Building
Boy Scouts - Troop 509 Methodist Church, Peter Blaszczyk, 660-563-6333
Cub Scouts - Pack 405 Bill Sander 687-1154
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On Saturday, Oct. 5, the Whiteman Officers Spouses Club is hosting our "Kids' Shop and Sell" event from 8 a.m. to noon at the Whiteman Deployment Center (Bldg. 705), on Arnold Avenue across from the 442nd Fighter Wing headquarters building.

The Kids' Shop and Sell is like a huge flea market or yard sale. You pay a \$20 registration fee to secure your space. You may sell any items related to kids, babies or maternity. This includes, but is not limited to, clothes, toys, books, furniture, baby gear, strollers, etc.

All profits are yours to keep – no commission fees! You pay only \$20 to register and reserve your space and everything you make you take home! The first 23 people to register will be provided a table. After that, participants will have to bring their own table. Spots are filling up, so don't wait -- reserve your spot today!

Home businesses and consultants are welcome upon approval, but must provide their own table. Seller set up will be at 7 a.m. the morning of the sale. To reserve your space today, call Jackie at (937) 510-1377.



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This Week in the NFL – Surprises, Disappointments and Picks



This season, Colin Kaepernick and the 49ers have been anemic on both sides of the ball—Elaine Thompson/AP

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

Three weeks. Nearly a quarter of the NFL season come and gone. Over the course of 48 games (plus the 49ers/Rams last night), some teams have burst onto the scene, while others have been a major letdown, failing to meet high, or, in the case of the New York Giants, mediocre, expectations. Sorry New York.

This week I'll take a look at who I think are this year's most surprising teams so far, both from the positive and negative side of things, pick a couple games worth your attention this Sunday, and finally give you my fantasy advice for Week 4.

TRENDING UP

You know that feeling when you reach in your pocket and pull out \$5 you forgot you left there last time you wore those pants? That's what this season has been like for Miami Dolphins fans. Off to a 3-0 start, the Fish are playing well on both sides of the ball, winning their first two games on the road and coming back in Week 3 to knock off the Falcons. Mike Wallace is the elite receiver that Miami has lacked in recent years, and running backs Lamar Miller and Daniel Thomas are a decent tandem in the backfield; I'd be a fan of Thomas taking fewer goal-line touches from Miller every week, but that's a whole different discussion. Second-year quarterback Ryan Tannehill is looking pretty good under center, completing 66 percent of his passes so far this year, putting him on pace to throw for more than 4,400 yards. The offensive line needs to work on better protecting him, and the defense struggled stopping even a depleted Falcons rushing attack, but overall, this is a much-improved team, one that could be slugging it out with the Patriots all season for the AFC East crown.

Honorable mentions – Kansas City Chiefs, Cincinnati Bengals, Dallas Cowboys

TRENDING DOWN

On the other end of the spectrum, I really want to go with the Giants, but I'm going to stick with my initial pick and say the San Francisco 49ers. New York has been pretty bad this year, but everyone knew before the season started that their secondary was suspect and the rushing attack was untested. They're bad, at least so far, but that hasn't shocked the sports world. San Fran, on the other hand, came into this season having been about 5 yards away from winning the Super Bowl last year, and in three games, they've gone 1-2, losing to Seattle on the road and to Indianapolis at home. Now, there's no shame in losing to the Seahawks at CenturyLink Field, but losing 29-3 is just, well, bad. And there's no good explanation at all for losing 27-7 at home to the Colts. After lighting up Green Bay for 412 passing yards and three TDs, QB Colin Kaepernick has amassed just 277 yards in his two subsequent games, along with four interceptions and no TDs, and the running game has been unable to get rolling. The defense has been sub-par, as well. In 2011 and 2012, this unit gave up more than 25 points in a game a total of five times. Five times. In three games this year, they've allowed at least that many in each one. Now, I expect them to turn it around and be a playoff team, but they're my pick for most disappointing performance so far.

Honorable mentions – New York Giants, Washington Redskins, Pittsburgh Steelers

GAMES TO WATCH

Seattle Seahawks at Houston Texans

All I'm saying is that this better be Fox's Game of the Week. Undefeated Seattle comes in leading the league in total defense, averaging nine points allowed and 241 total yards per game (what?!), in conjunction with a fairly balanced offense led by RB Marshawn Lynch and QB Russell Wilson. The Seahawks are still without an elite wide receiver, however, which does limit their



The Dolphins are one of the most surprising teams this year, starting the season 3-0—Michael Conroy/AP

aerial attack somewhat in games against quality defenses, which Houston has, but I would argue Seattle is the best team in the NFL right now.

The Texans are no pushover, though. The addition of WR DeAndre Hopkins has given QB Matt Schaub another legitimate option in the passing game, and tight end Owen Daniels is off to a great start, as well. Defensive end J.J. Watt and linebacker Brian Cushing anchor a defense that allows only 249 yards per game, second behind Seattle. They have given up a lot of points so far this season, about 27 a game, but this is still an elite group. I'm taking Seattle in this one, 24-16.

Philadelphia Eagles at Denver Broncos

While the Seahawks/Texans promises to be a defensive contest, the Eagles and Broncos will both be looking to light up the scoreboard in Denver. Eagles' head coach Chip Kelly will be looking to even his team's record at 2-2 using the no-huddle, hurry-up offensive strategy that made him famous while coaching at the University of Oregon, and he will be looking to QB Michael Vick, RB LeSean McCoy and WR DeSean Jackson to do it. So far, it's worked fairly well, as Philadelphia is eighth in the league in points scored this year, and second only to Denver in yards per game, averaging 461 yards every contest. The question is the defense; this unit is allowing 323 passing yards a game, and against Peyton Manning, that's...not good.

Denver, meanwhile has been solid through three games. Peyton Manning probably won't throw for seven TDs in a game again this season, but he's still one of the best, if not the best, in the game today. He now holds the record for most touchdown passes through three games with 12 overall. After a big game in Week 1, rookie TE Julius Thomas is proving to be a consistent target for Manning, in addition to WRs Eric Decker and Demaryius Thomas, and the Broncos

lead the league in run defense, allowing 43 rushing yards per game, and only 2.3 yards per carry. Against a secondary as suspect as the Eagles', never bet against Peyton Manning. I'm picking the Broncos, 41-24.

My pick record this year – 2-1

FANTASY WATCH

This week's Fantasy Watch player is actually two players – NY Jets WRs Stephen Hill and Santonio Holmes. Yes, I understand a wideout's value is directly tied to the talent of his quarterback, but Jets QB Geno Smith is starting to learn the NFL system, and if nothing else, young quarterbacks tend to develop strong passing relationships with one or two receivers early, which can pay dividends down the road. And yes, I get that Holmes is older and has had a questionable work ethic lately; I think he's got enough gas in the tank for at least one more good season. Against the Bills secondary last week, Hill had three catches for 108 yards and a TD, while Holmes had five catches for 154 yards and a score. I would recommend stashing one of these guys on your bench, preferably for use during a bye week, or as a WR3 if you really need to. In any event, grab Hill or Holmes now, as Hill is owned in only 2.8 percent of leagues and Holmes in 7.6 percent. There's certainly risk with starting a Jets wideout, but against weaker secondaries, the reward could well be worth it.



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MONDAY 9/30

Seniors Bowling- 10am-1pm - Stars & Strikes

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509 FSS PAGE EDITOR: KYLE C. HAMRICK
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Fire Facts FYI



National Fire Protection Association

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

Candles

- From 2007-2011, candles caused 3 percent of home fires, 4 percent of home fire deaths, 7 percent of home fire injuries and 6 percent of direct property damage from home fires.
- On average, there are 32 home candle fires reported per day.
- Roughly one-third of these fires started in the bedroom; however, the candle industry found that only 13 percent of candle users burn candles in the bedroom most often.
- More than half of all candle fires start



when things that can burn are too close to the candle.

Escape planning

- According to an NFPA survey, only one-third of Americans have both developed and practiced a home fire escape plan.
- Almost three-quarters of Americans do have an escape plan; however, more than half never practiced it.
- One-third of Americans households who made and estimate they thought they would have at least six minutes before a fire in their home would become life threatening. The time available is often less. And only 8 percent said their first thought on hearing a smoke alarm would be to get out!

Smoke alarms

- Almost two-thirds (62 percent) of reported home fire deaths resulted from fires in homes with no smoke alarms or no working smoke alarms.
- Working smoke alarms cut the risk of dying in reported home fires in half.
- In fires considered large enough to activate the smoke alarm, hard-wired alarms operated 92 percent of the time, while battery powered alarms operated only 77 percent of the time.

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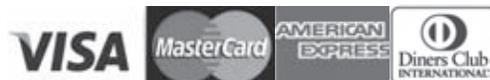
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McCARTHY TOYOTA OF SEDALIA
2013 ALL OUT CLEAR OUT
TOYOTA
SE HABLA ESPAÑOL!

IT'S AN ALL OUT 2013 CLEAR OUT!
ALL 2013 VEHICLES MUST GO!
WE'RE DOING WHATEVER IT TAKES!

UP TO **\$10,000 OFF MSRP*** & UP TO **\$4,000 OVER KBB FOR YOUR TRADE^**



NEW **2012** TOYOTA
Matrix L
STK#X11580
\$17,981



NEW **2012** TOYOTA
Camry LE
STK#X118
\$18,883

PLUS TAX, TAG AND TITLE. INCLUDES ALL FACTORY REBATES AND \$750 COLLEGE GRAD REBATE. MUST HAVE OBTAINED A DEGREE WITHIN THE LAST 2 YEARS. *MAXIMUM AMOUNT ON NEW 2013 TOYOTA SEQUOIA STK#X12314. ^BASED ON FAIR TRADE VALUE, MILEAGE AND CONDITION OF VEHICLE, LESS ANY RECONDITIONING COSTS. TOWARD THE PURCHASE OF A NEW VEHICLE. EXPIRES 9/30/13



The Best New Cars Make The Best Used Cars.

2012 TOYOTA
COROLLA LE
STK#P21028
\$207
PER MONTH



2012 TOYOTA
PRIUS TWO
STK#P21022
\$271
PER MONTH



2010 TOYOTA
TUNDRA
STK#P20941A
\$299
PER MONTH



2011 TOYOTA
4RUNNER
STK#P21019
\$418
PER MONTH



PLUS TAX, TAG AND TITLE. ALL PAYMENTS BASED ON APPROVED CREDIT. 2.99% FOR 75 MONTHS, 10% CASH OR TRADE EQUITY DOWN. 75 MONTHLY PAYMENTS OF \$14.63 FOR EACH \$1000 BORROWED.

10% OFF
• LUBE OIL FILTER
• TIRE ROTATION
• BRAKE INSPECTION
• MULTI POINT INSPECTION

VALID AT MCCARTHY TOYOTA OF SEDALIA. UP TO 5 QUARTS OF OIL. DIESEL & SYNTHETIC EXTRA. MOST VEHICLES. EXCLUDES PRIOR SALES. CANNOT BE COMBINED WITH ANY OTHER OFFER. COUPON MUST BE PRESENTED AT TIME OF WRITE UP. NO FURTHER DISCOUNTS APPLY. PLUS TAX & SHOP SUPPLIES. OFFER EXPIRES 09/30/13.

15% OFF **4 WHEEL ALIGNMENT**
NORMALLY \$79.15, NOW JUST \$64.15
WITH THIS AD PLUS! RECEIVE A COURTESY ALIGNMENT INSPECTION

VALID AT MCCARTHY TOYOTA OF SEDALIA. UP TO 5 QUARTS OF OIL. DIESEL & SYNTHETIC EXTRA. MOST VEHICLES. EXCLUDES PRIOR SALES. CANNOT BE COMBINED WITH ANY OTHER OFFER. COUPON MUST BE PRESENTED AT TIME OF WRITE UP. NO FURTHER DISCOUNTS APPLY. PLUS TAX & SHOP SUPPLIES. OFFER EXPIRES 09/30/13.

\$20 OFF TRANSMISSION FLUID EXCHANGE

VALID AT MCCARTHY TOYOTA OF SEDALIA. MOST VEHICLES. EXCLUDES PRIOR SALES. CANNOT BE COMBINED WITH ANY OTHER OFFER. COUPON MUST BE PRESENTED AT TIME OF WRITE UP. NO FURTHER DISCOUNTS APPLY. PLUS TAX & SHOP SUPPLIES. OFFER EXPIRES 09/30/13.

COLLISION CENTER WILD CARD SAVINGS RECEIVE A VISA GIFT CARD WHEN YOUR REPAIR IS...

- \$2,000 - \$3,000 RECEIVE A \$100 GIFT CARD
- \$3,001 - \$4,000 RECEIVE A \$150 GIFT CARD
- \$4,001 - \$5,000 RECEIVE A \$200 GIFT CARD
- \$5,001 - \$6,000 RECEIVE A \$250 GIFT CARD
- \$6,001 AND UP RECEIVE A \$300 GIFT CARD

VALID AT MCCARTHY TOYOTA OF SEDALIA. MOST VEHICLES. EXCLUDES PRIOR SALES. CANNOT BE COMBINED WITH ANY OTHER OFFER. COUPON MUST BE PRESENTED AT TIME OF WRITE UP. NO FURTHER DISCOUNTS APPLY. PLUS TAX & SHOP SUPPLIES. OFFER EXPIRES 09/30/13.

QUALITY PRE-OWNED VEHICLES



2010 PONTIAC G6 GT
STK#P20945A
\$174 PER MO.



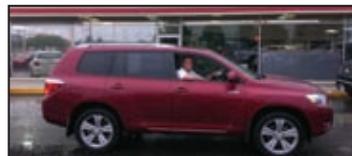
2011 CHRYSLER 200
STK#X12352A
\$207 PER MO.



2008 SUBARU OUTBACK
STK#X12436A
\$212 PER MO.



2013 DODGE JOURNEY
STK#X12012A
\$261 PER MO.



2008 TOYOTA HIGHLANDER
STK#X11667A
\$305 PER MO.



2011 DODGE RAM
STK#X12239A
\$324 PER MO.



2008 CHEVROLET TAHOE
STK#P20932B
\$372 PER MO.



2013 FORD EDGE SPORT
STK#X12450A
\$464 PER MO.



2009 TOYOTA VENZA
STK#X11764A
\$273 PER MO.

PLUS TAX, TAG AND TITLE. ALL PAYMENTS BASED ON APPROVED CREDIT. 2.99% FOR 75 MONTHS, 10% CASH OR TRADE EQUITY DOWN. 75 MONTHLY PAYMENTS OF \$14.63 FOR EACH \$1000 BORROWED.

3110 W. Broadway, Sedalia, MO 65301
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SedaliaToyota.com

Sales Hours:
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