

WARRIOR



THE NEW

B-2 BOSS

509TH BOMB WING GETS NEW WING COMMANDER **PG. 6**

▶ **PEAK POSITION**

MEMBERS OF TEAM WHITEMAN SCALE MOUNT EVEREST

PG 8

▶ **MEDICAL MANPOWER**

WHITEMAN MEDICAL AIRMEN SERVE ABROAD

PG 3

Weekly commander's message

Team Whiteman,

Michele and I would like to thank everyone for the unbelievable reception you have provided us. Though we have only been here a short time, we are extremely impressed by the mission and the Airmen of the 509th and 131st Bomb Wings, as well as our mission partners. It has been an exciting week as I have been out meeting a lot of incredible Airmen and watching you execute our nation's most vital strategic mission.

Speaking of excitement, this week we welcomed home over 80 of our Total Force teammates from a Bomber Assurance and Deterrence deployment. This deployment, which we conducted alongside our B-1 and B-52 partners at RAF Fairford, fostered collaboration across Air Force Global Strike Command and provided vital integration training with our allies.

While overseas, our Total Force team validated our ability to operate from a forward deployed location and showcased our unique deterrence capabilities. We also enhanced our readiness to respond to any contingency or challenge across the globe. Thanks to everyone who made this deployment so successful and I hope all of you are able to enjoy some well-deserved time with your friends and families – welcome home!

Last night it was great to celebrate with White-

man's newest supervisors and leaders at our Airman Leadership School graduation. The Airmen who graduated are the next generation of leaders who will guide and mentor our youngest teammates. Being a frontline supervisor can be a challenge, but it is also very rewarding. I know you all are ready for this great responsibility, and I am truly grateful for your leadership – both now and in the future.

Finally, I wanted to pass along that our colleagues at UCM will be hosting "The Wall That Heals" on their campus from June 29 – July 2. The wall is a Vietnam Veterans Memorial replica that travels across the country with a mobile education center designed to honor our brothers and sisters in arms who served during this conflict. As many of you know, our wing executed two major combat deployments in support of ARC LIGHT missions during the Vietnam War, so this event at UCM is a good way for us to remember the service and the sacrifice of those who came before us.

Have a safe, enjoyable weekend, and be a wingman to anyone in need!

-v/r

JJN

JOHN J. NICHOLS, Colonel, USAF
Commander, 509th Bomb Wing



U.S. Air Force photo/ Senior Airman Jovan Banks

Team Whiteman families welcomed home over 80 active duty and guard Airmen after a deployment on June 21, 2017, at Whiteman Air Force Base, Missouri. The deployment was to Fairford, United Kingdom, in support of a Bomber Assurance and Deterrence mission.

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 do not guarantee publication.

For more information, call the **Warrior** office at 660-687-5727, email 509.bw.pa@us.af.mil, fax 660-687-7948, or write to us at Whiteman Warrior, 509th Bomb Wing, 509th Spirit Blvd. Suite 116, 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 Jazmin Smith

Col. John Nichols (right) assumes command of the 509th Bomb Wing during a wing change of command ceremony on June 16, 2017, at Whiteman Air Force Base. Maj. Gen. Thomas Bussiere (left), commander, 8th Air Force, officiated the change of command.

NEWS BRIEFS



U.S. AIR FORCE
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To submit a web tip go to the AFOSI web page at <http://www.osi.af.mil>.

How to report an anonymous tip using a smart phone:

1. Open the smart phone app
2. Manually select an agency
3. Choose USA then Federal Agency then select AFOSI
4. Create a passport, select New Tip and fill out the form with as much information as possible.

How to report an anonymous tip via text message:

Text "AFOSI" plus your tip information to 274637 (CRIMES)

Stealth Lounge

If you are a young Airman, let the Stealth Lounge make your time at Whiteman more enjoyable. Stop by after work to play some pool, darts, foosball, or the newest games on Xbox One or Playstation 4. The lounge opens at 4 p.m. during the week and noon on weekends. There is free dinner every Thursday at 5:30 p.m., with an optional discussion on spiritual resilience to follow at 6:30 p.m. There are also free premium snacks and Wi-Fi. Come for the free stuff, stay for the fun and friends.

Like the Stealth Lounge on Facebook to stay up to date on special events and tournaments.

Air Force Housing website

Visit www.housing.af.mil to find your new home with the Air Force. This website serves as a one-stop shop for Airmen and their families to obtain information about the housing options and support services available to them at Air Force bases worldwide.

Found property

Keys, wallets, bicycles, jewelry and other items have been turned in as found property to Security Forces Investigation Section. To inquire about lost property, go to building 711, room 305, or call Detective Steven Scott at 660-687-5342.

WEATHER

Today	Saturday
Chance of Storms	Mostly Sunny
Hi 83	Hi 79
Lo 68	Lo 59
Sunday	Monday
Mostly Sunny	Mostly Sunny
Hi 77	Hi 79
Lo 56	Lo 56

Medical personnel support bomber mission in U.K.



U.S. Air Force firefighters, as well as medical personnel and Royal Air Force Fairford Firefighters, work together to lift a gurney during a medical exercise at RAF Fairford, U.K., June 13, 2017. Exercises like this increase interoperability between the two departments and prepare them to work together during real-life scenarios.

By Airman 1st Class Randahl J. Jenson
28th Bomb Wing Public Affairs

FAIRFORD, United Kingdom -- At a typical air force base, Airmen have a full medical staff to look after them if they become ill. This is not the case at many deployed locations, and for the roughly 800 Airmen deployed here, they have four medical personnel supporting their needs.

Two flight surgeons and two medical technicians from the 110th Bomb Squadron and the 37th Expeditionary Bomb Squadron (EBS) serve roughly 800 U.S. Air Force Airmen, as well as Royal Air Force Fairford employees.

"As a flight surgeon deployed with the 37th EBS, it's my responsibility to ensure our aircrew are in a state of optimal health," said Capt. Christopher Sandoval, flight surgeon. "We make sure they are able to carry out the bomber assurance and deterrence missions here."

When they're not working at the expeditionary clinic on base, these medical experts are with aircrew and participating in exercises that increase interoperability between agencies at RAF Fairford.

"All of our aviators are evaluated to make sure they maintain their medical capabilities," said Lt. Col. Joseph Fugaro, 110th Bomb Squadron (BS) flight surgeon. "When you cross six-plus time zones and operate in a new environment, there may be some issues."

U.S. Air Force photo/Airman 1st Class Randahl J. Jenson

As part of the Missouri Air National Guard, Fugaro devotes one weekend a month to drill at Whiteman Air Force Base. At home, he is a full-time intensive care unit doctor. Here, Fugaro is a full-time Airman serving with other Air Force Global Strike Airmen and allies in bomber assurance and deterrence missions.

Working with the RAF Fairford and U.S. fire departments, the medical team organized an exercise involving a mock aircraft mishap, fire and two "injured" volunteers.

"It's good to intermingle with the British and our firefighters so that we know if something like this were to happen, we will know how to respond and be able to in a timely manner," said Senior Airmen Lauren Pape, 110th BS guardsman and flight and operational medical technician.

After firefighters pulled weighted training dummies, the size and shape of an adult, out of the fuselage and extinguished the flames, medical personnel assisted both U.S. Airmen and RAF Fairford firefighters perform life-saving techniques on two live volunteers.

"We like to practice like we play," Fugaro said. "In a real-life event, we would all work together. The medical element doesn't always get to work very closely with the RAF [Fairford] departments. Therefore, familiarization between aerospace medical and the fire department should be something we work towards here."



The free Whiteman Air Force Base app is available to read the latest base news, find pictures of promotion ceremonies, locate needed phone numbers and even get information about various base events.

Now available on Android!

Search "Whiteman Air Force Base" on the Google Play Store or visit whiteman.af.mil for a link!



Reel Time Theaters

We're saving a seat for you.

FRIDAY, JUNE 23 • 7 p.m.

Transformers: The Last Knight
(PG-13)

Adults - \$6.25, children - \$4.00

SATURDAY, JUNE 24 • 7 p.m.

Transformers: The Last Knight
(PG-13)

Adults - \$6.25, children - \$4.00

SUNDAY, JUNE 25 • 3 p.m.

Transformers: The Last Knight(PG-13)

Adults - \$6.25, children - \$4.00

TEAM WHITEMAN'S MISSION IS TO
EXECUTE STRATEGIC DETERRENCE, GLOBAL STRIKE
AND COMBAT SUPPORT...ANYTIME, ANYWHERE!

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TOTAL FORCE AIRMEN EXECUTING SAFE, SECURE AND
EFFECTIVE NUCLEAR AND CONVENTIONAL
AIRPOWER...COMBAT-READY TODAY, INNOVATING FOR TOMORROW!

Rise of the machines



U.S. Air Force photo/Airman Taylor Phifer

Members of the Knob Noster Stealth Panther Robotics Team, demonstrates how the team competes at Whiteman Air Force Base, Mo., June 14, 2017. This was the team's inaugural year, and they competed in multiple competitions including the Missouri State Competition and the World Championships in St. Louis, Missouri.

By Airman Taylor Phifer

509th Bomb Wing Public Affairs

After thousands of hours and long nights of planning, designing and building two robots, a dream became a reality. It was unlikely for a small high school robotics team in the middle of Missouri to make it all the way to the World Championships, but this team possessed a tremendous amount of desire and commitment that made it happen.

"It's the passion and dedication that goes into something that will make it great," said U.S. Air Force Brig. Gen. Paul W. Tibbets IV, the previous 509th Bomb Wing commander. "This team set that example. We recognize that we can do anything we set our minds to no matter where we come from."

The Stealth Panther Robotics (SPR) 6424 team, of Knob Noster High School, competed against some of the best veteran teams in the world and finished top three in its division at the 2017 FIRST Robotics World Championships held April 26-29 in St. Louis, Missouri.

FIRST, For Inspiration and Recognition of Science and Technology, is an international youth organization that operates the FIRST Robotics Competition (FRC). The FRC challenges high school students to design and build game-playing robots and make them complete specific tasks in order to score match points to win the game.

This year, the robotics competition had a steampunk theme. At the start of the match, the robot had to operate for 15 seconds without control from the team, the team then used remote controls to operate their robot for the remainder of the match. The goal was to maneuver their robot to collect neon green whiffle balls, which represented fuel cells, and deliver them to a simulated boiler. This generated steam, which was then transferred to an airship in the middle of the field. Each team had one airship, which was pressurized with steam from the boiler and loaded with plastic gears collected from the field that connected the boiler's power to four rotors

on top of the airship. The team had to collect, deliver and place enough gears on the airship in order to spin all four rotors. Finally, in the last 30 seconds of the match, the robots had to latch on to a rope connected to the airship and rise into the air.

The team travelled to multiple competitions that gave students real-world engineering experience.

The team started at regional competitions in Kansas City, Missouri and Minneapolis, Minnesota. Regionals then took them to the Missouri state competition in Wentzville, Missouri. At state the SPR 6424 team finished as a semifinalist and earned the Rookie All Star Award, which gave them a ticket to the World Championships.

The Rookie All Star Award is the highest-judged award for first year robotics teams. It is awarded to a team based on pre-season achievements, professionalism, teamwork, technical design and execution, performance, and overall representation of the FIRST core values.

"We did phenomenal as a rookie team this year," said AJ Gooding, a member of the SPR 6424 team. "We finished in the top 25 percent our first year out in the game, and that's an accomplishment for anyone."

With the help and leadership of Whiteman Air Force Base and the local community, Knob Noster High School was able to get this program started. Whiteman supplied the team with a building as a dedicated facility to test and practice with their robots. Volunteer Airmen also spent over 600 hours mentoring and helping the team by passing their engineering knowledge to this next generation of innovators.

"These kids' lives were changed for the better by the mentors and coaches of this program," said U.S. Air Force Maj. Gen. Garrett Harencak, the commander of the Air Force Recruiting Service, Joint Base San Antonio-Randolph, Texas. "Whiteman and the community not only changed these kids' lives, but so many others by this example and by what they were able to accomplish."

Therapy dog comforts Team Whiteman

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

Team Whiteman's Sexual Assault Prevention and Response (SAPR) office recently welcomed a new therapy dog to their office.

Apollo is a 3-year-old Labrador mix, who was rescued from an animal shelter and trained at Warrior's Best Friend, an organization in Liberty, Missouri, that trains service dogs for veterans with post-traumatic stress disorder or traumatic brain injuries.

"When Sajak, the SAPR office's first therapy dog was medically retired last year, I began the search for a new therapy dog to join our team," said Amy Creighton, the Missouri Air National Guard 131st Bomb Wing's sexual assault response coordinator. "After speaking with several organizations, we decided to work with Warrior's Best Friend. That group then began their search for the perfect dog for our program, and after several long months of waiting, Apollo was brought into their program from a local shelter."

Apollo attended training in Liberty for several months learning commands to help serve the population that he works with at Whiteman Air Force Base. Along with all of his "good citizen" commands such as "sit, stay, down and shake", he has also been trained on more trauma specific commands such as "block." Blocking is a command given when a person needs a physical barrier between them and a crowd or another person to feel safe.

Creighton was teamed with the dog as his handler and after graduation in May, Apollo now reports to work each day with her in the SAPR office.

Since Apollo came into training from a shelter, Creighton was given the unique opportunity of choosing a name for him, a task that she took very seriously.

"I wanted a strong name that conveyed his mission within the SAPR office," said Creighton. "It took a little time, but we decided on Apollo, which was the name of the Greek god of medicine, light, and healing. We hope he will

bring light and healing to everyone he has contact with."

Apollo is a trained therapy dog, not to be confused with a fully trained service dog. There are several differences between the two, but the most significant difference is a service dog is matched to work with one person performing specific tasks for that person each day. A therapy dog, like Apollo, is trained with the purpose of serving and helping multiple people that may need his time and love.

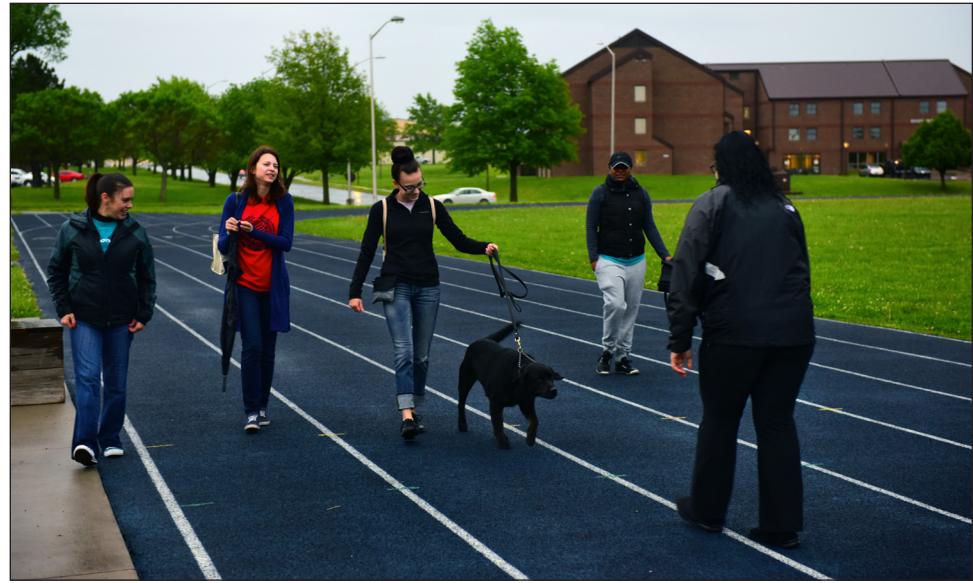
"Therapy dogs like Apollo offer time, comfort, and an unconditional and non-judgmental love that people who have been victimized often feel they cannot receive from a human in that moment," said Bethany Harris, 131st Bomb Wing's director of psychological health. "Multiple studies have shown that sitting with, or petting a dog lowers blood pressure, lifts spirits, slows down a person's heart rate, and has an overall calming effect."

According to Creighton, Apollo's mission is to be one of many "tools" in the toolbox of resources that the SAPR office has to offer survivors of sexual assault. There is no "one-size-fits-all" approach to working with victims of this crime, and the SAPR office goal is to offer as many options as possible to help victims onto their own personal path to healing and becoming a survivor.

Sajak, the SAPR office's previous therapy dog, was retired due to medical reasons. He now enjoys a new role as a family dog in Creighton's home. "I don't think Sajak considers himself retired, really," Creighton said. "Although he no longer travels into work with me each morning, it brings the whole family a great deal of comfort knowing that he will be waiting with his tail wagging to greet us when we get home each night."

The SAPR office encourages everyone with base access to stop by and meet Apollo and get to know what services are available to base personnel and their families.

If you or anyone you know has been affected by sexual assault, Creighton encourages you to reach out to the SAPR team. The team is available 24/7 on their hotline at 660-687-7272.



U.S. Air Force photo/Airman 1st Class Jazmin Smith
B-52 aircrew returning from an ARC LIGHT mission over Southeast Asia. Just as in earlier wars, the bombs painted on the fuselage showed the number of missions flown.



U.S. Air Force photo/Airman 1st Class Jazmin Smith
The Whiteman Air Force Base Sexual Assault Prevention Response (SAPR) office recently welcomed Apollo, a 3-year year-old Labrador mix therapy dog, to its team. Apollo is trained with the purpose of serving and helping people that may need his time and love during a personal crisis. If you or anyone you know has been affected by sexual assault, the SAPR team is available 24/7 on their hotline at 660-687-7272.



U.S. Air Force photo/Airman 1st Class Jazmin Smith
Bella Jeffers, a therapy dog trainer for Warrior's Best Friend, prepares to give a treat to Apollo, a therapy dog, at Whiteman Air Force Base, Mo., April 28, 2017. Apollo was in training for several months to learn commands to serve as a therapy dog.

The 509th BW gets new commander



U.S. Air Force photo/Airman Taylor Phifer

Col. John Nichols assumes command of the 509th Bomb Wing from Brig. Gen. Paul Tibbets IV (right) during a wing change of command ceremony on June 16, 2017, at Whiteman Air Force Base. During the ceremony, which was officiated by Maj. Gen. Thomas Bussiere, commander, 8th Air Force, Col. Nichols stated, "It is my distinct honor to stand before you today ready to serve as your 509th Bomb Wing commander." As the 509th Bomb Wing commander, Col. Nichols is responsible for the combat readiness of the Air Force's only B-2 base, including development and employment of the B-2's combat capability as part of Air Force Global Strike Command.

The peak of fitness

By Airman Taylor Phifer
509th Bomb Wing Public Affairs

The trail forced them to walk slowly, taking 6 inch steps, and continuously look down at their feet. They were in a tunnel of mile-high mountains, so high they couldn't see the sky without straining their necks. Car-sized boulders, blistering cold and slow-moving clouds surrounded them.

Their backs ached from the heavy gear and the bottoms of their feet blistered in their boots. After seven days of hiking, they finally reached their destination: Mount Everest South Base Camp in Nepal.

For three Airmen assigned to Whiteman AFB, Missouri, hiking to Mount Everest South Base Camp allowed them to maintain their physical, mental and social fitness for their Air Force careers.

"When I was there making the hike nothing else could bother me," said U.S. Air Force Senior Airman Sukh Bhandari, an aerospace ground equipment journeyman assigned to the 509th Maintenance Squadron. "I was in my happy place and nothing could take that away from me."

Alongside Bhandari, U.S. Air Force Airman 1st Class Anish Chauhan and U.S. Air Force Senior Airman Shane Hoag, both water and fuel systems management journeymen assigned to the 509th Civil Engineer Squadron, made the week long hike up to approximately 17,500 feet on Mount Everest in Nepal.

Bhandari and Chauhan were born and raised in Nepal. Bhandari moved to the United States when he was 14 years old and Chauhan when he was 19 years old.

"When I was younger and in Nepal, the thought of hiking to Mount Everest was never there, but later in life, when I was in the United States, I realized that it was something I wanted to accomplish," said Chauhan. "I'm glad I went back to hike it, and I also got to see my family for the first time in years."

Bhandari and Hoag have known each other since they went through Air Force basic military training. About three years ago, they first started talking about the mountain. Later, when the two were stationed at Whiteman AFB, they were able to make their dream a reality.

"When I was young it was one of those things where I would spin a globe, point to a place on it and tell myself that I would go there one day," said Hoag. "That's how I came upon the thought of hiking Mount Everest."

Their journey started on May 12, 2017, as they started their hike up the mountain. It took the group seven days to reach Mount Everest South Base Camp. Every day they woke up, ate, and were out the door by 8 a.m. They walked for about eight hours each day and made stops to eat and rest at small towns and discrete villages along the mountain trail.

For these Airmen, the hike was physically challenging. Each carried roughly 30 pounds of gear on their backs. Bhandari said he had so much gear he had to leave some of it at a hotel on the way up the mountain and pick it up on the way back down.

Along with the physical challenge of carrying several changes of clothes, hygiene products, food, and equipment on their backs, they also endured painful headaches and difficulty breathing with less and less oxygen the higher they hiked.

"It wasn't as noticeable when we were hiking, but at night when we would go to bed it was so hard to sleep because we could feel the blood pounding in our heads," said Hoag. "The air was so thin, it was like trying to breathe through a straw."

The Airmen said with the gear on their backs and a hard trail to hike, they felt tiny compared to the massive mountains around them. Hiking to an altitude of approximately 17,500 feet they were surrounded by clouds at times, which made the visibility more difficult.

"We would be walking up the mountain through clouds and could feel the mist come around us," said Hoag. "At one point we couldn't see anything in front of us because of the clouds. It was a little eerie, but at the same time, it was exhilarating."

Although the hike brought challenges, once they reached the base camp they realized why they started the journey.

"Getting to the base camp was a big deal for us," said Chauhan. "Once we got up there on one side we could see four or five of the tallest mountains in the world, and that was amazing."

The Airmen said the view was worth everything they went through during the seven-day trek up the mountain.

"I'd be smiling the entire time because of the view," said Bhandari. "It felt like you could almost touch the mountain. You'd look around and see nothing but mountains covered in white snow so bright that you needed sunglasses to see."

The snow-covered and rock filled trail was long and steep, but nothing less than beautiful. The Airmen said they will never forget the trip or the feeling once they reached the base camp.

"It was the feeling of success once we got there," said Hoag. "I would look out over the mountain and think to myself, 'wow I really did it.'"

Although this adventure was challenging, it was beneficial for their Air Force careers by keeping them physically, mentally and socially fit.

The Airmen agreed it was a surreal feeling and almost like a different world on Mount Everest. This hike gave them all a sense of pride and accomplishment.

"Now that we've completed that mountain, it's on to the next," said Bhandari.



Courtesy photos

Multi-faith center opens for base use



U.S. Air Force photo/Airman Taylor Phifer

U.S. Air Force Brig. Gen. Paul W. Tibbets IV, the previous 509th Bomb Wing commander, and Team Whiteman members speak at the chapel consecration at Whiteman Air Force Base, Mo., June 14, 2017. The chapel was under renovation since January 2017, and received new carpeting, paint, wood fixtures, trim and more.

The fighter

By Airman Michaela R. Slanchik
509th Bomb Wing Public Affairs

It's 7 p.m. on Friday, September 23, 2016. I have the weekend off. Tonight is my club's motorcycle event. So I head over to the hotel and start setting up. My buddy calls and asks if I can have some water bottles ready for him. I put my helmet on, tighten the straps, hold the ignition and crank the handle on my bright red bike. As I approach the intersection, the smallest voice tells me to turn left and just go to the convenience shop. Instead, I turn right and head for the gas station. Before I know it, I'm forced to make the fastest, and possibly most important decision of my life. I slam on my back brake as a car illegally turns in front of me. Do I dodge left and hit the semi, or cut right into oncoming traffic?

No, I have to hit the brakes and prepare myself for the 20 feet that the police report says I skid across the highway after a drunken driver strikes me.

A helicopter lands near U.S. Air Force Senior Airman DeMarcus Garrett, a 509th Security Forces Squadron patrolman, and rushes him to the best trauma hospital in the area.

"They closed the door and warned me it was going to be very loud," said Garrett. "Finally, I heard the turbines slowing down then I cracked a joke and the doctors rushed me inside."

Despite the popular thought that he wouldn't, Garrett woke Sunday, to his friends, family and fellow Airmen.

"I had every wire known to man in me," said Garrett. "I was told I would be in a wheelchair until February 2017."

"I watched myself deflate in that hospital," Garrett added. "I felt like a stick figure with a cantaloupe head."

The sterile smell of rubbing alcohol and the monitors attached to him weren't going to define him anymore. The fight to heal would instead.

The healing process started with baby steps, such as eating healthy and keeping a positive attitude.

"The first, and only thing, I would eat were carrots," said Garrett. "My mom would always tell me orange stuff would

make my eyes pretty. Every day, she would call and read scriptures and pray with me."

"I'm a fighter" became Garrett's new mantra.

He began physical therapy and saw improvements little by little, day by day.

Garrett was discharged from the hospital on October 18, 2016, and became a part of the Air Force Wounded Warrior program. His first event was in Las Vegas, Nevada.

"I didn't realize how much I needed that until I was there," said Garrett. "Being around like-minded people who have been through so much helped my recovery."

Garrett continued to fight, his motivation to get back into his routine in the gym and fulfilling his duties as an Airman drove him.

"I make the most out of every day," said Garrett. "I don't take people for granted anymore."

Although Garrett suffered from a broken tibia and fibula, fractured wrist, collar bone and sternum, bruised kidney and lung, class IV lacerations to his liver and shattered right side of his pelvis, he was still alive. He has his helmet to thank for that.

"Five hundred and seventy-three dollars saved my life," said Garrett.

Riders can't control what other motorists do, but they do have control over how prepared they are if disaster strikes.

"Motorists should double and triple-check for bikes," said Garrett. "When that fails, the best a rider can do to react is think through options and follow your gut."

Being an experienced rider of 12 years, Garrett always puts safety first.

"It's inevitable to have fun on a sport bike," said Garrett. "However, I have never tried to be cool on a motorcycle."

Living out his second chance, Garrett says he has been humbled and will never let his guard down when riding or driving.

"My mom told me if I get another bike she will come slash my tires," said Garrett.

Despite his mother's concern, Garrett says he will ride again.

"If you break your ankle in basketball, you let that bone heal and get back to what you love," said Garrett.

SLEEP SUPPORTS RESILIENCY

Studies show that sleep deficiency alters activity in some parts of the brain. If you're sleep deficient, you may have trouble making decisions, solving problems, controlling your emotions and behavior, and coping with change.

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