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Commentary

Who you spend time with is who you become

Chief Master Sgt. Stuart Allison 509th Mission Support Group

"Watch the company you keep. Both optimism and gloom are contagious."

—Alan Weiss

Throughout the last year, I have been on a quest to document simple success strategies that can maximize career success. I have highlighted the power of rituals and goal-setting strategies in increasing personal performance. In this commentary, I would like to share with you another key success strategy – being selective about the company you keep.

Raise your standards. Embrace a peer group that challenges you.

Whether you admit it or not, you have some small competitive edge in you. Use it to your advantage. Surround yourself and compete with people who will challenge you; each of you will feed off the success of the other. Set mutual goals and see who can achieve them first. You will hold each other accountable. Peoples' lives are a direct reflection of the expectations of their peer group. There are studies that show that one's income levels and physical fitness directly correlate with their closest circle of friends.

Avoid people who fill their lives with negativity and pessimism.

You probably know someone who always has a sarcastic remark or pessimistic outlook on anything that happens. He or she is always



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

blind to any positive result from a situation. When you set new goals, it's these people who are the first ones to shoot down your ideas and not give you any support. They sometimes do it in subtle ways, asking "Are you really sure you can do that?", or "Maybe you'll be one of the few that succeeds." You should encourage honest feedback from trusted friends, but avoid the constant pessimism that too many cling to.

Share your goals with the people who will support you.

You have probably been told that once you establish your goals, you should announce them to the world, as doing so will help keep you accountable. Maybe you have had trouble in the past keeping your goals. Well-intentioned family members and friends may remind you about these past failures. You do not need that negative energy on the path to success. Share your goals with people who you know will care about your success, who will cheer you on and who will support you.

Proximity is power. Who you associate with will determine how far you get in establishing your rituals and following through on your goals. Will you work with a group of people who will challenge you or one that will breed apathy? Will you join a group of people who will support or a group that will keep you down? How will you use the power of others to continue on your path to success?

To move forward, think about your current circle of friends and family. Make a list of the people who will be the most supportive and those that will be less so. Be sure to note who can give you the best advice for achieving your goals. If you cannot find anyone, ask around and seek someone out. A powerful peer group can help you refine your vision, set challenging goals and create an action plan. Remember, who you spend time with is who you become.

THE WARRIOR

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The Sedalia Democrat Layout and Design

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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.

Stay safe on Thanksgiving!



509th Civil Engineer Squadron Fire Department

Did you know according to the National Fire Protection Association that Thanksgiving is the leading day of the year for home fires involving cooking equipment? Here are just a few tips for you to follow to stay safe in the kitchen this Thanksgiving from NFPA and your local fire department.

- Stay in the kitchen when you are cooking on the stovetop so you can keep an eye on the food.
- Stay in the home when cooking your turkey and check on it frequently.
- Keep children away from the stove. Have a three-foot kidfree safe zone around the cooking area.
- Make sure kids stay away from hot food or liquids. The stream or splash from vegetables, gravy or coffee could cause serious burns
 - Make sure turkeys are completely thawed before deep-frying.

- Keep the floor clear so you do not trip over kids, toys, pocketbooks or bags.
 - Keep knives out of the reach of children.
- Be sure electric cords from electric knives, coffee makers, plate warmers or mixers are not dangling off counters within reach of a child.
 - Keep matches and utility lighters out of the reach of children.
 - Never leave children alone in room with a lit candle.
- Make sure your smoke alarms are working. Test them by pushing the test button.
- Have activities planned for kids to keep them busy and out of the kitchen. Involve them in Thanksgiving preparations with recipes that can be done outside the kitchen area.

If you have any questions about Thanksgiving safety, please give Tim Robinson a call at 660-687-6083 or Darren Millard at 660-687-6080.

On the cover

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

A white carnation is held by a woman veteran Nov. 11, 2013, at the University of Central Missouri's Veterans Day ceremony in Warrensburg, Mo. According to the Veterans Administration, women make up almost 12 percent of veterans from operations Enduring Freedom, Iraqi Freedom and New Dawn, and the ceremony specifically emphasized the contributions of women to the national defense.

News The Warrior Nov. 15, 2013

NEWS BRIEFS

Telephone news line set up for retirees

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

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

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

New location for Retiree Activities Office

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

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

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

Air Force Housing Web Site

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

Found Property

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

CCAF GEM Program

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



WEATHER

, ,			
Today	Saturday		
Mostly Sunny	Chance of Showers		
Hi 66	Hi 66		
Lo 34	Lo 48		

Sunday	Monday
Chance of Showers	Partly Sunny
Hi 68	Hi 44
Lo 57	Lo 40

Motorcycle safety: The last ride of fall

Staff Sgt. Jack Richardson

509th Maintenance Group MXO motorcycle safety representative

As the riding season winds down and the weather turns to a more wintery mix, many of us riders find ourselves compelled to ride on the few clear, albeit cold, days remaining before winter fully strikes.

Keep in mind that it is only the end of the riding season; next spring will bring a new one and it is only a few months away. Do not go out and take unnecessary risks because you think you are running out of time. Be safe so you are able to ride again next season, and always ride within your means.

All motorists must take caution given the abundance of Missouri wildlife. Specifically, November starts the beginning of the rut; deer will be much more often crossing roads. The month of November has the highest amount of deer involved motorcycle collisions every year, according to the American Automobile Association.

Also keep in mind as the trees continue losing their leaves and the weather get wetter, a patch of road surface coated in wet leaves is extremely slippery and can cause serious traction issues for a motorcyclist. Those hazards, combined with the reduced daylight hours, may affect visibility and in turn decrease reaction time, making for possibly the most dangerous time of year to be on a motorcycle.

For the riders who believe a wreck will only affect them, I have a simple message for you -- you are wrong. Think about your family, your friends and loved ones. Keep them in mind next time you find yourself riding "spirited" down a stretch of road or taking unnecessary risks with yourself and your machine. As long as you are



U.S. Air Force graphic/Randy Gon

in the military, you will always have a family and your injuries, or worse, your death, will always affect others.

So have fun out there, but be safe, ride responsibly and do not let yourself become another statistic.

Remember that you represent the military in every decision you make. Speeding and passing cars is dangerous not only for you as the rider, but also for those around you. Just because your bike may be capable of triple-digit speeds does not mean you should do it. Making one bad decision can change your life forever; it can also affect the Service Members' Group Life Insurance and your surviving family members.

So get out there and enjoy the final days of the 2013 riding season, but as you head out, be mindful of the weather, the road conditions and most importantly, your safety and everyone around you.

Congratulations to Whiteman's new chief selects



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

Whiteman Air Force Base's newest chief master sergeants have been selected! In the center from left to right: Senior Master Sgts. Christopher Yevchak, Mark Umfleet and Jack Quinn pose with current chiefs Nov. 13, 2013, at Whiteman Air Force Base, Mo. Only 1 percent of the enlisted tier ever achieves this prestigious rank.



The renovated Whiteman Theater will have a grand re-opening Wednesday, Nov. 27 at 3 p.m., with a showing of Frozen 3D (G). • Adults- \$7.75, children - \$5.75

The Warrior
Nov. 15, 2013

FSS opens new facility



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

(From right) U.S. Air Force Brig. Gen. Thomas Bussiere, 509th Bomb Wing commander; Gary Shirley, base architect; Col. Christopher Darling, 509th Mission Support Group commander; Maj. Chip Hollinger, 509th Force Support Squadron commander; and Lt. Col. Aaron Wilt, 509th Civil Engineer Squadron commander, cut the ribbon for the 509th FSS building's grand opening at Whiteman Air Force Base, Mo., Nov. 13, 2013. The building is open between 7:30 a.m. to 3 p.m.

Fire hydrants flushing

The 509th Civil Engineer Squadron utilities section will begin the Missouri Department of Natural Resources-mandated requirement to flush hydrants from Nov. 18 to Nov. 22. Flushing hydrants is a yearly task that will improve water quality on Whiteman by removing any possible sediment from the distribution system. Personnel residing on base and all those using the base should keep the following warnings in mind when they observe hydrant flushing taking place: do not drive directly through the hydrant flow, do not let children play in the hydrant flow as they could be injured from the hydrants' pressure and if you notice discolored water, simply flush the water until it flows clear. Under no circumstances should laundry be done until clear water is obtained from the washer and verified by the user. Any person experiencing prolonged discolored water should contact the 509th CES customer service section at 660-687-6350.



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News The Warrior Nov. 15, 2013

Deputy judge advocate general visits Whiteman



U.S. Air Force Maj. Gen Steven Lepper, Air Force deputy judge advocate general, shakes hands with U.S. Air Force Tech. Sgt. Yolanda Brown, 509th Bomb Wing NCO in charge of military justice, in the legal office at Whiteman Air Force Base, Mo., Nov. 7, 2013. Lepper visited the base to tour both the legal and Area Defense Counsel offices.



U.S. Air Force Staff Sgt. Kathryn Gritzmaker, 509th Bomb Wing Area Defense Counsel defense paralegal, shares a laugh with U.S. Air Force Maj. Gen Steven Lepper, Air Force deputy judge advocate general, and U.S. Air Force Maj. Cynthia Kearley, Air Force assistant executive officer to the judge advocate general, at Whiteman Air Force Base, Mo., Nov. 8, 2013. Lepper visited the base to tour both the legal and Area Defense Counsel offices.



U.S. Air Force Maj. Gen Steven Lepper, Air Force deputy judge advocate general, laughs with a paralegal technician in the legal office at Whiteman Air Force Base, Mo., Nov. 7, 2013. Lepper visited the base to tour both the legal and Area Defense Counsel offices.

U.S. Air Force photos/Staff Sgt. Alexandra Boutte

America Recycles Day provides opportunity to renew environmental dedication

Nov. 15 is a holiday! Whoa, calm down and take the brief-case back out of the closet. No one gets a day off work, but you can buy a card or even party supplies to mark the occasion. It might not be a traditional holiday, but appropriate materials do carry a special logo.

Just turn the card or plates upside down and find the famous three-arrow triangle that designates an item as being made from recyclable products.

November 15 is "America Recycles Day," a special day set aside to encourage Americans to recycle and buy recycled products. First celebrated in 1997, the number of participants has grown each year as communities and individuals renew their commitment to preserving our planet's resources.

Recycling has been around for many years and has proven to be an easy and effective way to manage waste. According to www.americarecyclesday.org, the average American generates about seven and a half pounds of waste each day – nearly one and a half tons a year! Recycling plastic, metal and paper not only significantly reduces the amount of material sent to incinerators and landfills, it also goes into making many new products.

Most of us are used to seeing paper and cardboard made from recycled paper, but did you know that the soda bottle you recycled a couple of months ago may be in that new park bench down by the Whiteman commissary? The more people recycle, the more material is available for products we all use every day. So how does this help the environment? In addition to not going into landfills, using recycled material means that manufacturers have to take fewer raw materials from the environment. This saves a lot of energy and helps preserve natural habitats.

Here at Whiteman AFB we are committed to preserving the environment through, in part, offering comprehensive recycling services. In the last year, we have added glass and pallets to the long list of commodities we recycle. We offer 24/7 access to the recycling center across the street from the

shoppette.

We offer many recyclable drop-off bins located throughout the installation. You can place separated cardboard, office papers, aluminum cans and plastics in these and our recycling center personnel will come by to pick up. We offer recyclable containers for any Team Whiteman individual that requests them. These can be placed in the workplace or used for a special event such as a picnic or ceremony. And we strive to accommodate any other unique requests. If you are having an inspection party and anticipate an excess amount of paper, then let us know and we will accommodate.

The Air Force is dedicated to protecting and respecting the natural resources of our country and our world. As part of our ongoing "Win the War Against Waste" campaign, an initiative to reduce solid waste, we encourage all our active-duty members, civilian employees and their family members to support us on Nov. 15 by renewing their commitment to recycling.

News

Diamond Sharp!



U.S. Air Force photo/Staff Sgt. Nick Wilson

U.S. Air Force Staff Sgt. Zachary Hildebrand, 20th Reconnaissance Squadron mission intelligence coordinator, is presented with the Diamond Sharp Award by members of the First Sergeant's Council, Nov. 11, 2013. Some of Hildebrand's accomplishments include gathering 250 pounds of clothes and goods to donate to a local survival house and recalling self-aid and buddy care training to provide aid to a rugby teammate who suffered rapid blood loss despite having minimal supplies and no numbing agent.



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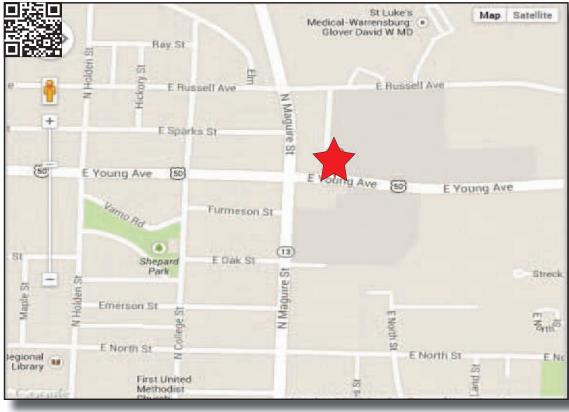
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U.S. Air Force Lt. Beth Makros, 394th Combat Squadron commander, is greeted by applause as takes the stage Nov. 11. 2013. at the University of Central Missouri's Veterans Day ceremony in Warrensburg, Mo. The theme, "Honoring Our Women Veterans," celebrated all the contributions women have made to U.S. mili-

tary operations.



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



U.S. Air Force photo/Staff Sgt. Nick Wilson

Nov. 9, 2013. Each year UCM hosts a military appreciation game to show gratitude to members of the armed forces past and present.



U.S. Air Force photo/Staff Sgt. Brigitte N. Brantley Women veterans are recognized at the University of Central Missouri's Veterans Day ceremony, Nov. 11, 2013, in Warrensburg, Mo. Veterans from various conflicts and all service branches attended the ceremony



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

U.S. Air Force Lt. Col. Beth Makros, 394th Combat Training Squadron commander, shakes the hand of a U.S. Navy veteran Nov. 11, 2013, at the University of Central Missouri's Veterans Day ceremony in Warrensburg, Mo. Each female veteran was presented with a carnation in recognition of her con-

AF Leaders send Veterans Day message

Chief of Staff Gen. Mark A. Welsh III and Chief Master Sgt. of celebrate veterans of every Service who have built the finest the Air Force James Cody issued the following message to the military the world has ever seen. And we honor their service Airmen of the United States Air Force:

Two days ago, on Nov. 9, 2013, three of the four surviving Doolittle Raiders performed their final toast in honor of the 80 brave men who volunteered for a daring raid on Tokyo on April 18, 1942. Launching 16 B-25 bombers off the deck of the USS Hornet, the Doolittle Raiders struck at the heart of the enemy when the war in the Pacific looked bleak. The leadership, innovation and courage of those 80 Raiders set the standard for America's Airmen. This may have been the Raiders' final toast, but as long as there is a United States Air Force, Airmen will toast the Doolittle Raiders.

This Veterans Day, we pay tribute to generations of men

Acting Secretary of the Air Force Eric Fanning, Air Force and women who have served and still serve in uniform. We which has protected this great republic for more than two centuries. To those who made the ultimate sacrifice, we owe a debt that can never be repaid.

> Today, we salute America's veterans and their families. We thank all the veterans who embody the highest ideals of this Nation that we cherish so dearly...people like Lt. Col. Dick Cole, one of the four living Doolittle Raiders. He said of volunteering for the raid, "They had a note on the company bulletin board that they were looking for volunteers for a dangerous mission ... I signed my name."

Happy Veterans Day!

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Sports
The Warrior Nov. 15, 2013

Kansas City Chiefs bring winning streak to Whiteman



U.S. Air Force photo/Staff Sgt. Nick Wilson

Members of the Kansas City Chiefs defensive line and cheerleading squad check out the B-2 Spirit at Whiteman Air Force Base Nov. 12, 2013. The Chiefs also visited Whiteman Elementary and hosted a "Play 60" event. "Play 60" is a campaign sponsored by the NFL encouraging kids to exercise at least 60 minutes every day.

This Week in Sports – NFL Picks, Focus on Fantasy

By 1st Lt. John Cooper

509th Bomb Wing Public Affairs

Picks of the Week

This week's look at sports will be a bit shorter, so let's get to it. Last week I went 4-0 on picks, thanks to a failed two-point conversion in Chicago and a strong defensive effort by the Broncos against the Chargers. This week features some great matchups, as well, so I'll up the picks to seven, and look to keep the perfect streak going. Feel free to post your picks when we post the Warrior on Facebook Friday afternoon!

- 1) Eagles over the Redskins
- 2) Saints over the 49ers

- 3) Broncos over the Chiefs
- 4) Upset Steelers over the Lions
- 5) Upset Giants over the Packers
- 6) Wild Card Chargers over the Dolphins
- 7) Wild Card Patriots over the Panthers

Also coming soon – an announcement about an NCAA bowl challenge you can be a part of!

Fantasy Watch

See why I recommended stashing Andre Brown last week? The Giants' starting running back put up great stats last week, running for 115 yards and a touchdown, and his day could have been even bigger, as he got four total touches inside the Raiders' 5-yard-

line. If you picked him up, congrats, and hopefully you did the same with Shane Vereen. I don't see Vereen having a huge game against a great Carolina defense on Monday night, but he could be solid, and a definite contributor to your lineup down the stretch.

Another player worth your attention is 49ers receiver Michael Crabtree. Crabtree was Colin Kaepernick's favorite target last year after the rookie QB took over the starting job from Alex Smith, and he is looking at a return in Week 13 after suffering a tear in his Achilles in the preseason. He provides an immediate improvement in San Francisco's aerial attack, and makes the other receivers around him better just by being on the field. He may be rusty, but I expect Kaepernick to look for him 10-12 times a game, and with his potential upside, I'd use a roster spot on him now. Good luck this week in your matchups!

Shooting baskets for the CFC



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

Jonathan Elder, far left, 509th Security Forces Squadron, poses after winning the Combined Federal Campaign (CFC) three-point shoot-out Nov. 8, 2013, at Whiteman Air Force Base, Mo. The event raised \$280 for the CFC. Also pictured are Master Sgt. John De La Rosa, Whiteman CFC representative, and Master Sgt. Charles Yates and Tech. Sgt. Damian Bunch from the 509th Operations Support Squadron.

You can still donate through Nov. 22!

Contact your unit CFC representative or visit www.heartlandcfc.org to donate.

Advertisements

Unfortunately for men afflicted with prostate cancer, treatment options like surgery and standard radiation can come with debilitating side effects like incontinence and impotence, both of which can impact your lifestyle dramatically. There is a better way—it's called proton therapy from ProCure, and men who receive this treatment report little to no side effects.

Prostate cancer shouldn't be the end of intimacy.

Proton therapy precisely targets tumors and delivers up to 60% less radiation to surrounding healthy tissues. You owe it to yourself and your relationship to get a second opinion and learn more about the advantages of proton therapy. Visit us at procure.com/ok or call 877.917.7628.

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Join in bowling with your friends, and take time out for a hot
cup of Seattle's Best Coffee. Bowling is only \$1 per game.
Shoe rental is not included in game price. Call 687-5114
for more info.

WEDNESDAY 11/20

Boss & Buddy-Starts at 4:30pm- Mission's End Join us for cheap wings, great food, fun & friends. Share some wings with your fellow co-workers and enjoy watching sports, or even a few of our beverage specials. Call 687-4422.

FRIDAY 11/22

Blue Plate Special- 11am-2pm- Royal Oaks G.C. Join us for "Fish Friday" at Royal Oak's Duffer's Grill and grab some lunch for only \$6.75. Includes main entree, 2 sides, 1 roll & a fountain soda. For more information please call Duffer's Grill at 687-5573.

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FCC NEWS

Home Community Care

Guard/Reserve parents who are single, dual Guard/Reserve, or whose spouse is working, are eligible to use this free program for their primary UTE weekends. Care for the HCC program is provided by in a contracted, licensed FCC home. Come to the FCC office for an application prior to participation. Reservations need to be made a week prior.

Supplemental Care

This program provides free overnight, weekend and holiday care for emergency responders or those who work 12 or more consecutive hour shifts and have no other adult at home. This care supplements the regular child care arrangements you are already paying for and is provided in a contracted, licensed family child care home. Come to the FCC Office to apply prior to participation.

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Feature

With great mustache comes great responsibility



U.S. Air Force photo illustration/Staff Sqt. Nick Wilson

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

series about No-shave November)

(Editor's Note: This is part one of a two-part

Many Airmen think of November simply as the start of the winter season. However, to members of the 509th Comptroller Squadron, it means "No-shave November" is in full effect!

The Airmen in the squadron are participating in No-shave November to boost camaraderie and raise awareness for prostate and testicular cancer.

"I feel that with a great mustache comes great responsibility," said 2nd Lt. Zachariah Wood, 509th CPTS financial services officer. "It shows how Finance is really leading this wing by taking it one step forward, making it even better."

The idea of having men in the squadron and wing staff participate came from a conversation one of the Airmen had with his father over the

"My dad was in the Air Force for 26 years," said Staff Sgt. John Proen, 509th CPTS NCO in charge of financial services. "He's had a mustache since the first day he could grow one."

Proen said it is interesting to see the similarities he has with his father when he grows out his

No-shave November also helps Airmen keep their spirits up when they need to give themselves a break from the daily grind of supporting personnel at Whiteman.

"It raises morale because it's fun," Proen said. "It's always funny coming in and seeing how much different someone's mustache looks

Proen said that No-shave November has helped generate a brotherhood among the men in the finance office.

"We agreed that we're not going to shave our mustaches, regardless of whether or not our wives tell us how bad they think it looks," Proen said. "We even said that if something bad happens, and if you wake up in the morning, you look up in the mirror and you're like, 'Oh my gosh what is going on here?! I need to take it off!' look at your recall roster, call your fellow brother and he'll talk you out of shaving your mustache and help you keep it."

To symbolize the camaraderie created by No-shave November, all participants signed a pact promising they will not shave their mustaches until the end of the month.

"We signed in red ink to make it as if you're signing your own blood as a joke," Proen said. "It makes it feel more official."

The biggest motivation for those who signed the pact was a group photo which will be taken at the end of the month to show the progression of everyone's mustaches, Proen said.

"If you decide to shave off the mustache, then you're not going to be in the photo," he said. "We have 16 people signed up now and no one's failed yet. Everyone's sticking with it, and I think everyone's going to stay strong until the

Before reaching 16 participants, there were only two partakers. However, thanks to word of mouth, the Airmen were able to gain more ac-

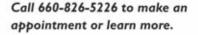
"There were a couple of people I thought who wouldn't make it this long mainly because they said, 'My wife's going to hate it and she's going to make me shave it," Proen said. "Your wives can get by seeing you for a month with a little hair on your face.'

Although November is a busy part of the year for members in the finance office, No-shave November helps bring about laughter and a sense of brotherhood that keeps the mission moving.

'We have busier and slower times of the year," Proen said. "Regardless, we're still motivated to come in to work, hang out with the guys and make everyone feel like they're part of the group."

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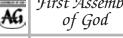
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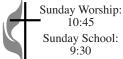
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