

WARRIOR



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AF implements changes to PT assessment

WASHINGTON (AFNS) -- The Air Force has released further guidance on the implementation of several changes to the physical assessment test, which will take place Oct. 21.

The new guidance includes additions to the body composition component of the assessment, delegation of appeal authority for fitness assessments, and changes to the walk test.

According to the new policy, those taking only the abdominal circumference component of the fitness assessment will pass with the component minimum score as opposed to the composite 75 score as was previously required. Males must now achieve an abdominal circumference of 39 inches, which is also the component minimum. Females must now achieve an abdominal circumference of 35.5 inches, which is also their component minimum.

Airmen who fail the abdominal circumference, or AC, measurement but score 75 points out of the remaining 80 points on the other components will take the body mass index, or BMI, screen, the policy states. If the Airman does not pass the BMI screen, the Airman will take a body fat assessment, or BFA. If the Airman passes either the BMI screen or BFA, the Airman passes the body composition component of the fitness assessment. This addition to the body composition component upholds our confidence in the AC measurement while allowing those rare Airmen who fail the AC measurement, but do very well on the other three components, to meet the DOD body fat standards.

Additionally, the policy states that to pass the BMI screen,

regardless of age or gender, the Airman must achieve a BMI equal to or less than 25 kg/m². This figure is obtained using the height and weight measurements taken at the beginning of the fitness assessment. To pass the BFA, males must achieve a body fat percentage equal to or less than 18 percent. Females must achieve a body fat percentage equal to or less than 26 percent. These percentages are obtained using the two or three site-taping procedures.

The wing commander or equivalent will be the first appeal authority for fitness assessments. This change will expedite the appeals process and put the chain of command back in the appeals process. The second appeal authority will be the Fitness Assessment Advisory Board at Air Force Personnel Center. The final appeal authority is the Air Force Board of Correction of Military Records.

Finally, in an effort to simplify administration of the walk test, the heart rate measurement will no longer be required. An Airman must now walk two kilometers in a certain amount of time dependent on age and gender. The walk test will be pass/fail.

“These adjustments to the Air Force fitness program will strengthen the program and continue to promote a 'Fit to Fight' mentality,” said Col. Dawn Keasley, the chief of the military force policy division.

For more information, contact your unit fitness program monitor, your fitness assessment cell, or visit <http://www.afpc.af.mil/affitnessprogram/>.

'I am Air Force Energy' campaign kicks off

509th Civil Engineer Squadron

October is the Department of Energy's "Energy Action Month," and provides an opportunity for Airmen to learn more about the impact of energy on the Air Force's mission.

This year's theme, "I am Air Force Energy," puts the Airman at the center of the campaign. The goal is to inspire the total force to be more efficient so they can give the Air Force an assured energy advantage in air, space and cyberspace.

Beginning this month, the Air Force will highlight specific steps Airmen can take in their jobs to be more energy aware. More efficient flight decent procedures, new ways of loading cargo, and vehicle idle time reduction are just a few of the ways Airmen can help the Air Force achieve its energy goals and maximize its energy advantage to support the mission.

Activities during the month include on base energy days, training, facility versus facility energy competitions, videos, fact sheets and articles distributed via the Air Force website.

These efforts will share best practices and celebrate the innovative ideas and accomplishments of Airmen at all levels across the country and around the world who have reduced energy and water use and saved money.

“In fiscal year 2012, the Air Force saved more than \$1.5 billion through smarter buildings, new technologies, and more efficient flight operations,” said Eric Fanning, Acting Secretary of the Air Force. “The smart use of energy means flying our aircraft farther, transporting more cargo, and accomplishing our mission in a more efficient and effective way.”

In fiscal 2012, the Air Force spent \$9.2 billion on energy.

Power the Force. Fuel the Fight.



I AM AIR FORCE ENERGY

“Every gallon of fuel and watt of electricity we save allows us to have more resources to meet other Air Force priorities,” said Kathleen Ferguson, acting assistant secretary of the Air Force for installations, environment and logistics.

Hundreds of Airmen have gone above and beyond to help increase our energy security. A few examples include:

- The 509th CES Energy Team at Whiteman Air Force Base recently implemented an exciting lighting upgrade project. Existing 400-watt metal halide high-bay lights were replaced with energy efficient LED light fixtures. The new LED lights use 53 percent less energy per fixture while providing better and brighter quality light. Aircraft maintainers have been extremely pleased with this win-win project – saving energy while supporting the mission!

- U.S. Air Force Europe energy manager Kelly Jaramillo oversaw an energy program that included 46 projects that are estimated to save more than \$5.5 million a year. She also implemented an energy awareness campaign that engaged the residents in Military Family Housing and helped them reduce energy consumption 25 percent and natural gas 17 percent.

Airmen are encouraged to take an online energy module available to all personnel on the Advanced Distance Learning System <https://afcesa.csd.disa.mil>.

Check out the following links for further information: <http://www.af.mil/energyinitiatives/index.asp> <http://www.facebook.com/AirForceEnergy>

<http://www.facebook.com/WhitemanEnergyProgram>

<http://www.youtube.com/user/AFBlueTube>

THE WARRIOR

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For more information, call the Warrior office at 660-687-6123, email: Whiteman.Warrior@us.af.mil, fax us: 660-687-7948, or write to us at: 509th Bomb Wing, 1081 Arnold Ave., Bldg. 59, Whiteman AFB, Mo., 65305.

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 Jannelle Dickey
Lt. Gen. Stephen Wilson addresses the audience after taking command of Air Force Global Strike Command during a ceremony at Barksdale Air Force Base, La., Oct. 23, 2013. During his speech, Wilson reminded the command's Airmen that they have special trust and responsibility to ensure the nation's nuclear arsenal remains safe, secure and effective.

NEWS BRIEFS

Whiteman "Trick or Treat" hours

On Thursday Oct. 31, Whiteman families can Trick or Treat in base housing from 6 to 8 p.m. People who don't wish to participate can turn off their porch lights. Pumpkin Patrol volunteers will be monitoring the streets to make sure they stay safe for all trick or treaters.

October coat drive

The Whiteman Airman's Attic has partnered up with Balfour Beatty to have an October coat drive. We will both be accepting gently used coats for all ages at their offices between 8 a.m. and 5 p.m. They can also bring them to the Airman's Attic Tuesday and Fridays from 10 a.m. to 2 p.m. or leave them in our shed in behind the building. We are shooting for 100 coats.

We need donations to keep coming in to keep operating. We have so much going out, so we need stuff to keep coming in as well. Our furniture side is getting very bare.

For more information, contact Tiffany Kalin, the WAFB Airman's Attic coordinator at 405-795-9347.

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@whiteman.af.mil

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.



WEATHER

Today	Saturday
Morning Frost	Mostly Sunny
Hi 56	Hi 63
Lo 28	Lo 40
Sunday	Monday
Sunny	Partly Sunny
Hi 58	Hi 66
Lo 33	Lo 42

Wilson takes command of AFGSC

By Airman 1st Class Joseph Raatz

Air Force Global Strike Command Public Affairs

BARKSDALE AIR FORCE BASE, La.

-- Lt. Gen. Stephen Wilson took command of Air Force Global Strike Command during a ceremony here Oct. 23, 2013, becoming the newest leader of the organization responsible for the nation's force of ICBMs and nuclear-capable bombers.

Presiding at the ceremony, Air Force Chief of Staff Gen. Mark A. Welsh III said Wilson "comes from a warrior family, and now he's going to lead one."

"This command, this commander and the 26,000 Airmen he leads are trusted with two-thirds of our nation's nuclear triad," Welsh said. "What you do is provide our nation with the ability to hold any target at risk, anywhere in the world, at any time. You know that, the rest of the world knows it and that's why strategic deterrence works."

Wilson addressed his new command at Barksdale's historic Hoban Hall.

"I fully understand the importance of our nuclear and global strike mission to provide safe, secure and effective deterrence for our nation," Wilson said. "It's the Air Force's most important mission -- one we can never get wrong."

"In our business, perfection is the standard, and there's no room for incomplete knowledge or substandard performance," Wilson said.



U.S. Air Force photo/Senior Airman Joseph A. Pagán Jr.

Lt. Gen. Stephen Wilson accepts the Air Force Global Strike Command flag from Air Force Chief of Staff Gen. Mark A. Welsh III during a change of command ceremony at Barksdale Air Force Base, La., Oct. 23, 2013. AFGSC's mission is to develop and provide combat ready forces for safe, secure, and effective nuclear deterrence and global strike operations to support the President of the United States and combatant commanders.

"I am extremely proud to be your commander, and I promise to give you my best effort every day," Wilson said. "I know I can count on you to do the same."

Wilson comes to the position after serving as the Eighth Air Force commander since 2011. In that position, he oversaw and managed three bomb wings and a headquarters staff support-

ing more than 12,000 personnel in maintaining nuclear readiness for the bomber leg of the United States' nuclear triad.

Wilson succeeds Lt. Gen. Jim Kowalski, who has been an integral part of AFGSC since the command's beginning.

In his farewell address, Kowalski praised the Global Strike Airmen for their hard work and dedication.

"You, the Airmen of Global Strike Command, delivered," Kowalski said. "You improved readiness by 37% during a time when the rest of the Air Force was just able to hold its own. You achieved nearly a 50% reduction in outstanding security objectives. You won the General Creech award for the best aircraft maintenance of any Air Force major command. You stood up the first-ever 24/7 tactical response force alert, while pushing ICBM on-alert levels to the highest numbers since 2001. And in 2011, you led U.S. Strategic Command's first-ever combat action during Operation Odyssey Dawn, decimating the Libyan Air Force."

"It has been an incredible privilege to serve you as the Global Strike commander," Kowalski continued. "I look forward to watching all of you take this command, and our Air Force, to the next level under the leadership of General Wilson."

Kowalski will become the deputy commander at U.S. Strategic Command at Offutt Air Force Base, Neb.

Maj. Gen. Vander Hamm takes helm of Mighty Eighth

By Airman 1st Class Benjamin Raughton

2nd Bomb Wing Public Affairs

BARKSDALE AIR FORCE BASE, La. -- Maj. Gen. Scott Vander Hamm took command of Eighth Air Force Oct. 23 in a ceremony here presided over by U.S. Strategic Command commander Gen. C. Robert Kehler.

Vander Hamm, who was also promoted to the rank of major general during the ceremony, replaces Maj. Gen. Stephen Wilson.

"I want you to know what a privilege it is to serve as your commander," Vander Hamm said. "I pledge my allegiance to you, the men and women serving to create an environment where you can train and fight, and provide you with the resources to accomplish your mission. It's onward and upward for the Eighth Air Force."

Kehler expressed confidence in Vander Hamm's and Eighth Air Force's abilities to deter adversaries and assure allies.

"There is no other air force on the face of the planet that can do the kinds of operations that are routinely performed by the Mighty Eighth," Kehler said. "This is no longer 'one size fits all' deterrence and assurance. This is tailored deterrence that is shaped specifically for an adversary; that is shaped specifically for a target audience and done with tools that include our long-range strike capabilities and those capabilities that we have come to rely on for all these years."

Eighth Air Force has a storied past as being the greatest air armada in American history. At one point, the command was able to dispatch more than 2,000 bombers and 1,000 fighters and had an end-strength of more than 200,000 Airmen, earning it the nickname, "Mighty Eighth."

Vander Hamm has picked up a legacy built by Generals Ira Eaker and Jimmy Doolittle, who also commanded the numbered Air Force, to safeguard America's interests through deterrence and global combat power.

Today, Eighth Air Force accomplishes this with the B-52 Stratofortress fleet based at the 2nd Bomb Wing here and the 5th Bomb Wing at Minot AFB, N. D., and the B-2 Spirit of the 509th



U.S. Air Force photo/Senior Airman Micaiah Anthony
Barksdale Honor Guard Airmen present Maj. Gen. Scott Vander Hamm, the new Eighth Air Force commander, with his general officer flag during his promotion ceremony at Barksdale Air Force Base, La., Oct. 23, 2013.

Bomb Wing, Whiteman AFB, Mo.

Eighth Air Force total force assets also include the 307th and 131st Bomb Wings.

In addition to the Eighth Air Force, Vander Hamm will also command Task Force 204, which presents worldwide strategic bomber and reconnaissance capabilities to USSTRATCOM and actively monitors force generation for bomber and reconnaissance assets, weapons stockpiles and nuclear force training. Other partner units include the 102nd Air Operations Group and 102nd Air Intelligence Wing at Otis Air National Guard Base, Mass.

Vander Hamm previously served as the director of plans, programs, requirements and assessments at Headquarters Air Education and Training Command at Joint Base San Antonio-Randolph, Texas.

Vander Hamm was commissioned in 1986 and is a command pilot with more than 4,500 flight hours spanning four aircraft, including the B-52.

Pilots sharpen their skills at Cannon Range

Story and photo by Melissa Buckley
and Lt. Col. Michael Sadler

Have you ever wondered where the 442nd Fighter Wing's A-10s are going on their daily flights? Or perhaps wondered where the B-2 pilots go to hone their bombing skills?

Did you know that the Missouri Air National Guard's 131st Operations Group operates the primary training range for the A-10 and provides one of several locations for the B-2 to drop ordnance?

Tucked away in the southwest corner of Fort Leonard Wood is Cannon Range, one of Missouri's top resources for military aviators. The site serves as an aerial gunnery and bombing range where pilots hone their skills in practice air-to-ground combat, training which gives them actual experience in the aircraft.

"Pilots can sit in a simulator all day, but it's different when you can actually send rounds down range," said Tech Sgt. Michael Cooper, range maintenance supervisor.

The 4,800-acre Class-A range is run by the Missouri Air National Guard's 131st Bomb Wing Detachment One based at Whiteman Air Force Base, Mo. The unit includes two officers and nine enlisted active Guard/Reserve personnel, three traditional Guard positions and a state employee, all under the command of Air Guard Lt. Col. Michael Sadler.

The facility originally opened in 1944 as an artillery range. In 1978, it re-opened as a facility for bombing training and was named Cannon Air-to-Ground Bombing Range posthumously for Air Force Col. William Wallace Cannon, who died in 1977 after he retired as the 131st Fighter Wing's commander.

Pilots from all branches of the military use the range. The aircraft typically seen in the skies include A-10 Thunderbolts, F-16 Fighting Falcons, AH-64 Apaches, UH-60 Black Hawks, C-130 Hercules, C-17 Globemasters and B-2 stealth bombers. These aircraft usually fly to Fort Leonard Wood



U.S. Air Force Tech. Sgt. Jerry Proctor, from the Missouri Air National Guard's 131st Bomb Wing Detachment One, checks target accuracy after an A-10 Thunderbolt makes a pass on a target at Cannon Range, a bombing and gunnery range at Fort Leonard Wood, Mo.

from Whiteman Air Force Base, Mo.; Fort Smith, Ark.; Tulsa, Okla.; Des Moines, Iowa; St. Joseph, Mo.; and Little Rock, Ark. The range includes 40 target arrays with over 700 distinct objects, 14 of which can be used to score a pilot's precision through use of camera towers and an advanced computer system.

"We tailor our targets to what they have seen in the past and what they think would help them in the future. We work hand-in-hand with our pilots to re-build the targets for the different types of aircraft, as well. We want them to get the training they need," Cooper said.

Aircraft fire training missiles and drop cast-iron, cement-filled, 25-, 500- and 2,000-pound training bombs. Using cameras and computers, a scorekeeper charts how close the bomb was to the target.

"We are able to tell them, over the radio, within feet of how close they came to the center of the target," Cooper said. "They are qualifying just like a Soldier with an M16 — ex-

cept with an aircraft. The pilots fly at varying altitudes and dive angles, dropping different munitions. They have to adjust their parameters for each individual target and type of delivery."

For the 500-pound and heavier munitions, parachutes can be attached to slow their descent to allow the airplane to get out of the way, just as it would need to do in combat, he said.

"When it comes time for the pilots to drop the real thing they will know exactly how the aircraft will react and what it will do," Cooper said.

Some of the range's most important training takes place on the ground.

Airmen that integrate with other deploying units from the various service branches focused on providing close air support — these Airmen are known as joint terminal attack controllers or special operations terminal attack controllers — also receive training at the range, with and without aircraft in the sky.

So next time you see aircraft taking off from Whiteman, you may be able guess that they may be headed to Cannon Range. Since 1988, Cannon Range has held a bi-annual public outreach program to educate the surrounding community on the operations at Cannon Range and about what goes on inside the fence-line. Attendance has always been very high, with some years totaling more than 3,500 visitors.

"Outreach to the public is a high priority of range leadership. If not for the cooperation of the local community and landowners we would not enjoy near the support that we do," said Lt. Col. Michael Sadler. "We operate every weekday and one weekend a month, including many late nights. By opening up the range, we eliminate the guessing as to what goes on here, and foster the relationships with the surrounding community."

With prior coordination, Cannon Range can support public requests outside of scheduled open houses. Please call 314-527-7297 for more information or to coordinate a visit.

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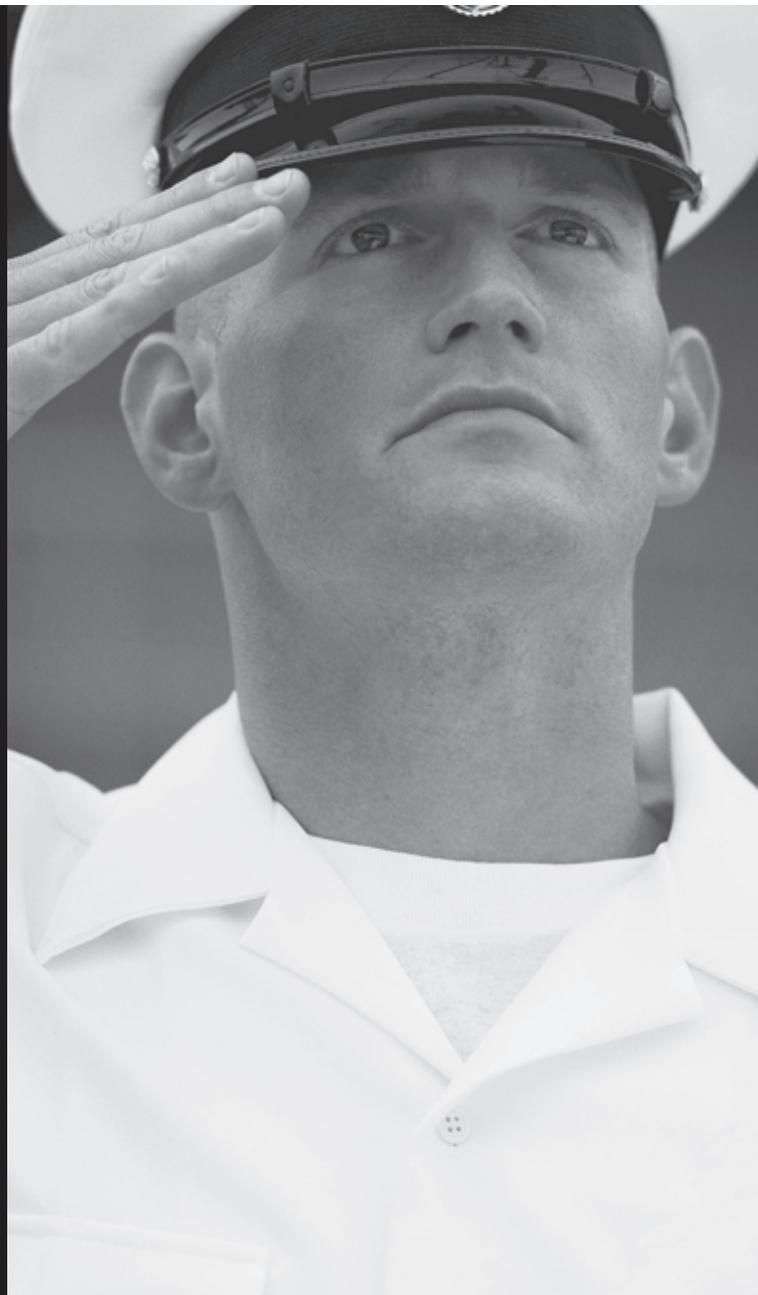
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Team Whiteman celebrates Hispanic Heritage Month

Several Latin and Hispanic culture items were displayed throughout the Hispanic Heritage Month closing ceremonies at Whiteman Air Force Base, Mo., Oct. 17, 2013. This year's theme was "Hispanics: Serving and Leading our Nation with Pride and Honor." More than 150 Airmen attended the event, which included a guest speaker and more than 30 Latin and Hispanic entrees.



ABOVE: Tech. Sgt. Lizmarie Linares, 509th Medical Operations Support Squadron physical therapy technician, fills the plate of Staff Sgt. Adam Harney, 509th Civil Engineer Squadron heating, ventilation, air and cooling technician, with authentic Hispanic food during the Hispanic Heritage Month closing ceremonies at Whiteman Air Force Base, Mo., Oct. 17, 2013. Latin language and food illustrate the strong Hispanic influence on American society today.

RIGHT: Retired Chief Master Sgt. Rob Rodriguez speaks during the Hispanic Heritage Month closing ceremonies at Whiteman Air Force Base, Mo., Oct. 17, 2013. This year's theme was "Hispanics: Serving and Leading our Nation with Pride and Honor." Rodriguez told the audience that diversity is the key to the development of our nation and Air Force.



Isabel Germosen, daughter of Maj Edwin Germosen, 509th Maintenance Squadron commander, plays with maracas during the Hispanic Heritage Month closing ceremonies at Whiteman Air Force Base, Mo., Oct. 17, 2013.

Flu season is here- vaccinate to protect you and your loved ones from flu

By Capt. Jasmine Simpson
509th Medical Group

Now that kids are back in school and the leaves are starting to change, that's usually a good indication that flu season is just around the corner. By getting a flu vaccine now for yourself and your entire family, you can help prevent flu-related illness, missed school, and missed work.



Courtesy photo

Who should get vaccinated?

Everyone 6 months of age and older should get a yearly flu vaccine. It takes about two weeks after vaccination for your body to develop an immune response. Both flu mist (24 months - 49 years old) and shot (for high risk patients and over 50 years old) will be available. Uniformed personnel on full-time military status located on an installation with MTF must receive their vaccines through the MTF. All dependent family members are encouraged to receive their influenza immunization from their local MTF. However, to enhance vaccination coverage, the TRICARE Management Activity has authorized TRICARE providers and network retail pharmacies to administer seasonal influenza vaccine at no cost to dependents with a military ID. Get vaccinated now so that you will be protected all season long!

- **Where: 509 MDG, Immunization Clinic**
- **Who: Whiteman AFB beneficiaries (retired and dependent family members)**
- **When:**
 - o Oct 17- *High Risk Beneficiaries

o Oct 21- Beneficiaries (retired & dependent family members)

*High Risk Beneficiaries include: Children, 6 months- 4 years, Adults 65 years and older, pregnant women and persons with chronic medical conditions

Who should not be vaccinated:

Children younger than 6 months of age and people who have had a previous severe allergic reaction to the vaccine. Consult a physician prior to receiving the vaccine if you are experiencing a moderate-to-severe illness with or without fever or have a history of Guillain-Barre Syndrome.

The most effective way to prevent the majority of flu infections is through an annual vaccination combined with proper hand washing and cough etiquette. Every year, more than 200,000 people are hospitalized for flu-related complications in the United States – most all are preventable with vaccination.

For general influenza information: <http://www.cdc.gov/flu/keyfacts.htm>

For additional information, contact Whiteman Immunizations at 687-4304 or Public Health at 687-6942.

Tips, tricks for keeping our community safe this Halloween

Balfour Beatty Communities

It is that time of year again—ghosts, goblins, pirates, and princesses all stroll the community on the hunt for sweet treats. With Halloween just around the corner, Balfour Beatty Communities would like to share a few tips and tricks for a safe holiday.

Choose a careful costume

- Use face paint instead of masks to avoid obstructing view
- Attach reflectors or glow-in-the-dark elements to costumes or create a glow in the dark trick-or-treat bag
- Avoid trips and falls by wearing costumes that fit properly and are not too long
- Only wear costumes that are flame-retardant

Drive and walk safely

It is a chilling fact that on Halloween, children are twice as likely to be hit and killed by an automobile than on any

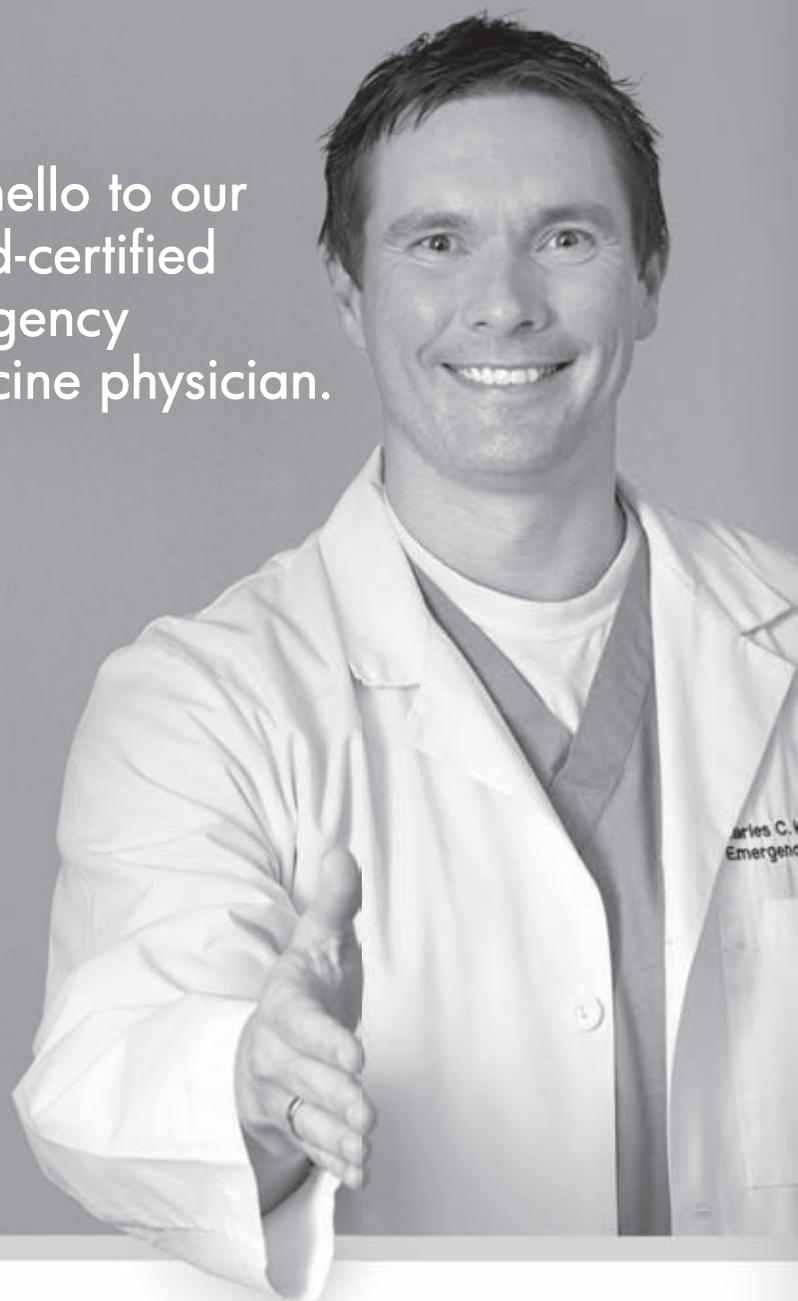
other day. To ensure that kiddos stay safe when crossing the street, we encourage drivers to stay focused, avoid distractions and drive slowly.

Talk to your children about the importance of looking both ways before crossing the street as well as crossing at corners rather than zigzagging between houses. To lessen the possibility of tripping on your property, remove any obstacles on your sidewalk and steps.

Join us for a Balfour Beatty Communities Trick or Treat! Friday, Oct.25 from 4 to 6 p.m. in the Base Chapel parking lot.

For more BBC Halloween safety tips visit our Safety page at: <http://whitemanafbfamilyhousing.com/resident-resources/safety>. To see a list of upcoming resident events visit: <http://whitemanafb-familyhousing.com/community-life/messages-events>. Balfour Beatty Communities wish all of our residents a safe and spooktacular Halloween.

Say hello to our board-certified emergency medicine physician.



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Emergency medical services are available around the clock at Western Missouri Medical Center, thanks to our board-certified emergency medicine physicians like Charles Henson, DO. It's comforting to know that, when the unthinkable happens, the emergency care you need is right next door.



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Your Partner for Health.

In honor of October being National Breast Cancer Awareness Month, schedule your mammogram today by calling (660) 262-7370.

WMMC.com

October is Breast Cancer Awareness Month

By Maj. Aimee Alviar

Women's Health Nurse Practitioner, 509th Medical Group

According to the American Cancer Society, about 1 in 8 (12 percent) of women in the United States will develop invasive breast cancer during their lifetime.

According to the American Cancer Society, an estimated 232,340 new cases of invasive breast cancer will be diagnosed among women, as well as an estimated 64,640 additional cases of in situ breast cancer this year. In 2013, approximately 39,620 women are expected to die from breast cancer. The sooner you detect breast cancer, the better your chance of survival. A mammogram is one of the best ways to detect it early enough for successful treatment. You can discuss when you should start mammogram screening with your provider at the 509th Medical Group here at Whiteman Air Force Base.

The importance of finding breast cancer early

The goal of screening exams for early breast cancer detection is to find cancers before they start to cause symptoms.

Breast cancers that are found because they are causing symptoms tend to be larger and are more likely to have already spread beyond the breast. In contrast, breast cancers found during screening exams are more likely to be smaller and still confined to the breast. The size of a breast cancer and how far it has spread are some of the most important factors in predicting the outlook of a woman with this disease.

Many women may have risk factors that they cannot change for example simply being a woman, aging, genetic risk factors, family history, and their race/ethnicity. However, there are lifestyle-related factors that you can control to decrease your incidence of breast cancer.

Alcohol

Consumption of alcohol is clearly linked to an in-



creased risk of developing breast cancer. The risk increases with the amount of alcohol consumed. Compared with non-drinkers, women who consume 1 alcoholic drink a day have a very small increase in risk. Those who have 2 to 5 drinks daily have about 1½ times the risk of women who don't drink alcohol. Excessive alcohol use is also known to increase the risk of developing cancers of the mouth, throat, esophagus, and liver.

Smoking

Tobacco smoking has shown in increased risk for breast cancer. Even being exposed to second-hand smoke has shown in increased risk for breast cancer in some studies.

Being overweight or obese

Being overweight or obese after menopause has been

found to increase breast cancer risk. Before menopause your ovaries produce most of your estrogen, and fat tissue produces a small amount of estrogen. After menopause (when the ovaries stop making estrogen), most of a woman's estrogen comes from fat tissue. Having more fat tissue after menopause can increase your chance of getting breast cancer by raising estrogen levels. Also, women who are overweight tend to have higher blood insulin levels. Higher insulin levels have also been linked to some cancers, including breast cancer.

The connection between weight and breast cancer risk is complex, however. For example, risk appears to be increased for women who gained weight as an adult but may not be increased among those who have been overweight since childhood. Also, excess fat in the waist area may affect risk more than the same amount of fat in the hips and thighs. Researchers believe that fat cells in various parts of the body have subtle differences that may explain this.

Maintaining a healthy weight throughout your life by balancing your food intake with physical activity and avoiding excessive weight gain is the crucial issue to remember.

Physical activity

Evidence is growing that physical activity in the form of exercise reduces breast cancer risk. The main question is how much exercise is needed. In one study from the Women's Health Initiative, as little as 1¼ to 2½ hours per week of brisk walking reduced a woman's risk by 18%. Walking 10 hours a week reduced the risk a little more.

To reduce your risk of breast cancer, the American Cancer Society recommends 45 to 60 minutes of intentional physical activity 5 or more days a week.

At Whiteman AFB, the 509th Medical Group providers are happy to discuss with all beneficiaries their specific questions or concerns regarding breast cancer.



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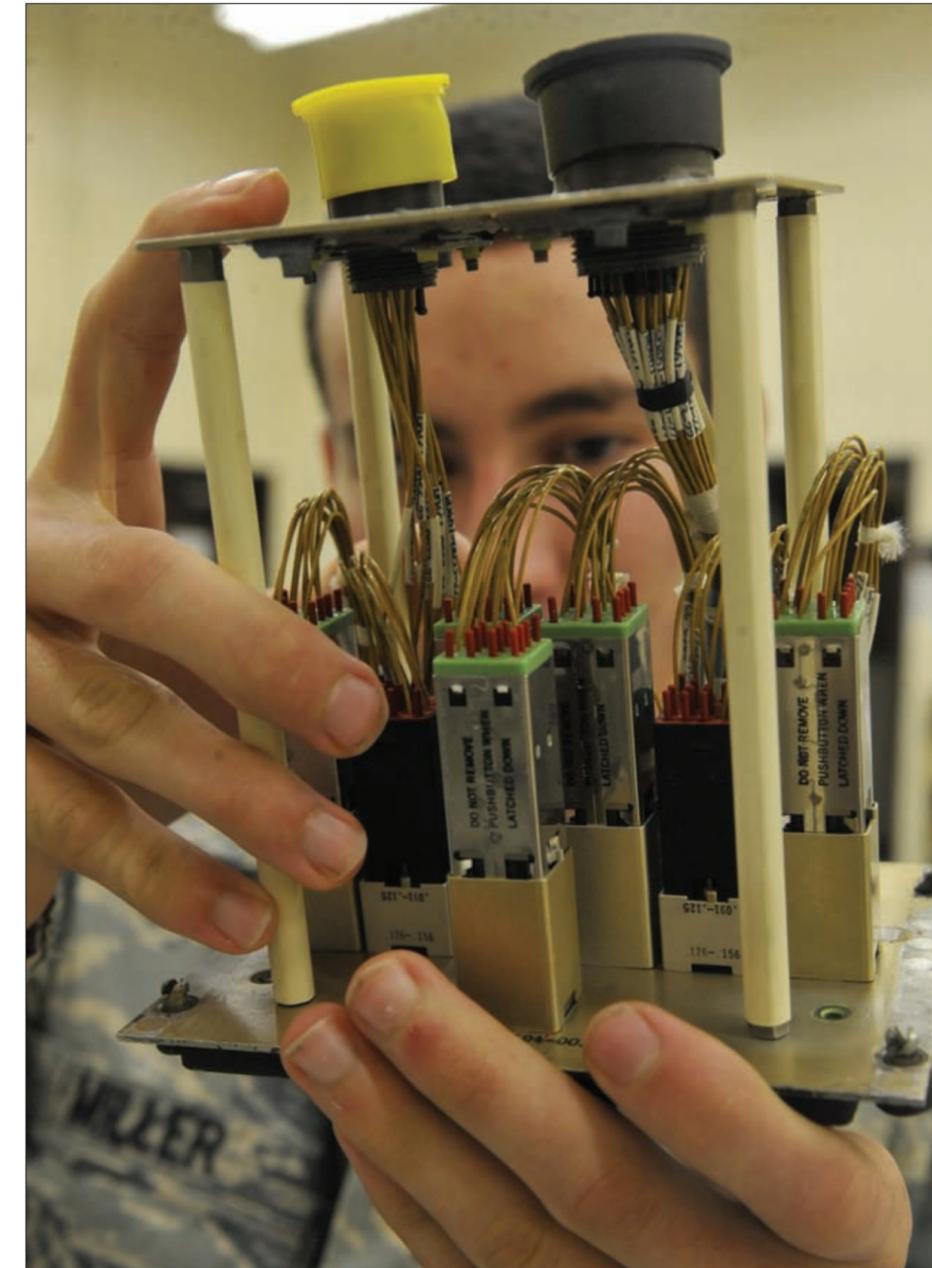
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Electrical Environment: From the back shop to the sky!



U.S. Air Force Airman 1st Class Airman 1st Class Michael Miller, 509th Maintenance Squadron electrical environment technician, inspects a bleed-air control panel at Whiteman Air Force Base, Mo., Oct. 15, 2013. The bleed-air control panel is used to control distribution of air throughout the B-2.



U.S. Air Force Airman 1st Class Chad Grauerholz, 509th Maintenance Squadron electrical environment technician, inspects an oxygen servicing station at Whiteman Air Force Base, Mo., Oct. 15, 2013. This process is designed to ensure the oxygen has not expired and there is enough pressure to fill up emergency oxygen cylinders.



U.S. Air Force Airman 1st Class Chad Grauerholz, 509th Maintenance Squadron electrical environment technician, connects a servicing hose to an emergency oxygen cylinder at Whiteman Air Force Base, Mo., Oct. 15, 2013. The emergency oxygen cylinders are used in the event a pilot needs to eject from an aircraft, providing him or her with ten minutes of oxygen while descending.



U.S. Air Force Airman 1st Class Airman 1st Class Michael Miller, 509th Maintenance Squadron electrical environment technician, inspects a wire bundle at Whiteman Air Force Base, Mo., Oct. 15, 2013. The wire bundle is used to connect components to the break-out box during bench checks.

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

Before pilots complete their mission planning, before aircraft are cleared for take-off, the 509th Maintenance Squadron Electrical Environment back shop crew aircraft work behind the scenes to ensure they are mission-ready.

The 509th MXS Electrical Environment back shop crew performs inspections to ensure all components are functioning properly on the B-2 Spirit, said Tech. Sgt. Mark Horn, 509th Maintenance Squadron assistant NCO in charge.

"We repair different types of components from the B-2 Spirit and other aircraft," said Horn. "We repair line replaceable units, maintain and service lithium-ion batteries and perform phase inspections on the B-2. The line replaceable units will come to this back shop for repair; we bench-check them and inspect the internals of the black box. If there is something wrong with it, we will repair it and return it back to supply."

The lithium-ion battery Horn referred to consists of a battery cell and a circuit card. During a test, if the batteries have bad circuit cards, they will be replaced and tested to ensure the new circuit cards are functioning and then

will be sent to supply.

Phase inspections are important because they require thorough maintenance based on time compliance technical orders and work cards. To ensure successful operation, the aircraft undergoes three types of phases – A, B and C. The A phase determines the type of maintenance components needed every 1,000 hours, the B phase determines which AF-118 engines come out every 2,000 hours, and the C phase determines how the other AF-118 engines are inspected.

The tasks assigned from the work cards also include inspecting all sides of the aircraft, ensuring there are no dents in the airline, inspecting the fire loops for fire detection on the engines and changing filters on all the re-circulated air systems, said Senior Airman Christopher Stimely, 509th MXS electrical environment technician.

"Every 1,000 hours, Airmen perform a phase inspection on an aircraft to ensure it functions properly before, during and after tasks," said Stimely. "The phases are conducted in A, B and C, each involving different components on the aircraft to include engines, filters and fire loops."

The 509th MXS Electrical Environment back shop crew plays a huge role in maintaining the B-2 and ensuring all its components are operational.

They also work with equipment such as liquid oxygen, oxygen gas and nitrogen carts. Each cart contains bottles requiring specific elemental refills. They perform 90- and 180-day inspections on the carts and change the filters that pull moisture from the lines on the carts. If there are any leaks in the lines, they immediately replace them before the bottles are depleted.

The 509th MXS Electrical Environment back shop crew refills the bottles on the nitrogen cart so the crew chiefs can use them to fill tires and to adjust the height of the strut. Nitrogen is preferred because, unlike ordinary air, it does not freeze, cause mold or moisture within the tires, or weigh as much as comparable gases.

The oxygen carts are used to remove contaminants from the oxygen systems before they cause damage to the aircraft's systems. The T-38 jets require liquid oxygen to remove contaminants from the oxygen systems.

No matter what the task, the members of the electrical environment back shop crew are constantly facing exciting challenges.

"From the moment we step in to the moment we step out, we never know what we are going to encounter during the day," said Stimely. "It's exciting repairing different parts of an aircraft and knowing that I'm playing a huge role in getting the aircraft off the ground!"

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

The 509th Medical Group presents ... the 2nd annual Haunted Hospital

On Thursday, Oct. 31, the clinic will close at 4 p.m. to be transformed into a haunted adventure. The adventure will begin at 4:30 p.m. and continue to 6 p.m. for children of all ages.

Children in costume will be able to participate in ghoulish games before taking their haunted adventure through the MDG to gather candy and prizes. For more information, contact Tech. Sgt. Tabatha Siphon at (660) 687-2203.



Officials announce deadlines for holiday mail delivery

WASHINGTON (AFNS) -- Military Postal Service Agency officials recommend that parcel post packages for service members overseas be mailed by Nov. 12 for delivery by the holidays.

Officials at MPSA, an extension of the U.S. Postal Service, have published a chart at <http://hqdainet.army.mil/mpsa/xmas.htm> that shows deadlines for various mailing options, broken down by the APO/FPO/DPO numbers of various destinations.

USPS is offering a discount on its largest Priority Mail Flat Rate box at \$14.85. The price includes a \$2 per box discount for military mail being sent to APO/FPO/DPO destinations worldwide, officials said.

Priority Mail Flat Rate boxes are available free at local post offices, or can be ordered from USPS online. Postage, labels and customs forms also are available online.

Shutdown effects continue on Defense Department, Hagel says

WASHINGTON (AFNS) -- The government shutdown is over, but it will take a while for the effects to fade, Defense Secretary Chuck Hagel said at a press conference Oct 17.

At the shutdown's height, more than 400,000 Defense Department civilian employees were furloughed because of the lapse of appropriations for the new fiscal year, which began Oct. 1. The Pay Our Military Act allowed the department to bring most back to work Oct. 7. The rest - about 5,000 -- came back to work Thursday.

"While all of us across the department welcome the fact that the shutdown is now behind us, I know that its impact will continue to be felt by all of our people," Hagel said at a Pentagon news conference. "All of them, in different ways, had their lives affected and disrupted during this period of tremendous uncertainty."

All DOD leaders will work to repair the damage from the shutdown, the secretary vowed.

"I want all of our civilian personnel to know that the work they do is critically important to this department and this country," Hagel said. "It matters to this department, and it matters for the country. The military simply cannot succeed without our civilian employees, and the president and I appreciate their professionalism and their patience throughout this very trying period."

While the department must refocus on critical work, Hagel noted, Congress did not remove the shadow of uncertainty cast over DOD.

"DOD is now operating on a short-term continuing resolution, which limits our ability to start new programs, and the damaging cuts of sequestration remain the law of the land," the secretary said.

The continuing resolution passed last night gives Congress the chance to craft a balanced long-term spending bill, Hagel said.

"If this fiscal uncertainty continues, it will have an impact on our economy, our national

security, and America's standing in the world," he added. "If the sequester level continues, there will also be consequences." The cuts could be devastating to training and to maintaining and equipping the force, he said.

"DOD has a responsibility to give America's elected leaders and the American people a clear-eyed assessment of what our military can and cannot do after years of sequester-level cuts," Hagel said. "In the months ahead, we will continue to provide our best and most honest assessment as Congress works to establish the nation's long-term spending priorities."

The secretary said he is concerned about civilian morale.

"I don't think anyone questions that the uncertainty that shutting down the government and closing down people's jobs has brought a great amount of not only disruption to our government, to our country, but to their lives, to the civilian personnel whose lives have been disrupted by this particular shutdown," he said.

Combined with no authorization, no appropriation, continuing sequestration and the uncertainty of planning, this creates a perfect stew for bad morale, Hagel said.

"People have to have some confidence that they have a job that they can rely on," he explained. "I know there are no guarantees in life, but we can't continue to do this to our people - having them live under this cloud of uncertainty."

If this continues, he added, DOD will not be able to recruit good people. The government shutdown and the nation's debt limit problem are making American allies nervous as well, the secretary said.

"Our allies are asking questions: Can we rely on our partnership with America? Will America fulfill its commitments and its promises?" he said. "These are huge issues for all of us, and they do impact our national security and our relationships and our standing in the world."

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This week in sports – top stories in college football, fantasy watch



Stacy Revere/Getty Images

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

Why Saturday is the Best Sports Day of the Week

We all know the NFL's great entertainment, regularly featuring displays of the best football talent on the planet from the likes of Peyton Manning, Dez Bryant and Robert Griffin III, but if I'm being honest, I'd have to say that many times, I'm more excited by the Saturday afternoon slate of games than the Sunday lineup. In college football, the potential for thrilling upsets is far more prevalent, the games often have much higher stakes, and the emotion of the players involved is a far greater driving force than in the NFL. That's not to say those elements don't exist in the National Football League; I simply think they more clearly define the college game.

The 2013 NCAA season has lived up to my expectations in these and other ways. We've seen some wild upsets, chaos in the polls and big-time personalities squaring off on the gridiron. Below are what I consider some of the top stories of this season so far.

1) Parity in the SEC

SEC fans never seem to get tired of talking about the supremacy of their conference, much to the annoyance of Big-12, Big-10 and Pac-12 supporters. For the last several years, Alabama, LSU and Florida are among those who have all ruled the conference with an iron grip, while teams like Tennessee, Ole Miss and Vanderbilt have either flashed briefly or been the perennial under-achievers of the conference. That seems to be changing this year.

Alabama remains dominant in the SEC West, as expected, but Auburn, which has been largely irrelevant since their 2011 national championship, is second in the conference, with their only loss coming at LSU. If Auburn runs the table, including a win against 'Bama this year, they would play for in the SEC championship game.

Their likely foe from the SEC East would be Florida or Georgia. No, I'm sorry, I started typing that sentence three weeks ago, after Georgia came from behind to win against LSU and Florida looked like it would recover from losing QB Jeff Driskel. In fact, newcomer Missouri is sitting strong at 7-0, having beaten Florida last week and ahead of second-place South Carolina by two games. Who saw that coming?

Finally, look at some of the other teams so far – Tennessee knocked off the Gamecocks in Knoxville last week in a major upset, and later in the day, ever-underrated and injury-depleted Ole Miss defeated LSU in Oxford. Even Vandy got in on the action, stunning Georgia on the road. The best teams aren't getting worse; the mediocre ones are getting better, which can only be a good thing for the nation's most elite conference.

2) Jameis Winston

As a lifelong Virginia Tech Hokie, I'm torn by the emergence of Florida State's superstar freshman QB Jameis Winston. On the one hand, he's helping demonstrate that the ACC is a legitimate conference that can compete against powerhouses like the SEC and Pac-12, and in doing so is raising the conference's profile. On the other, he represents the Hokies' greatest roadblock to an ACC championship this year.

Let's go over the stats. Against #3 Clemson

last week in hostile territory, Winston threw for 444 yards and three TDs against the Tigers, with 293 of those yards coming against the blitz, which is the most by a BCS-conference quarterback in three years. Winston's passing efficiency on the season is sky-high, at 210.4; to put that number in context, Florida State's two previous Heisman winners, QBs Charlie Ward and Chris Weinke posted efficiency ratings of 157.8 and 163.1, respectively, during their award-winning years. Winston has thrown for 1,885 yards and 20 TDs on the season, with only three interceptions along with them, very impressive numbers for a freshman. It's no wonder FSU's renowned coach Bobby Bowden said recently that Winston could be the Noles' best quarterback ever. Just watch him play, and you'll know why.

3) The terrible, terrible targeting rule

Let's face it, this rule is just terrible. While player safety should definitely be a priority, both in college and the NFL, the way the NCAA rule is written just defies all common sense. Here's what constitutes targeting – "No player shall target and initiate contact to the head or neck areas of a defenseless opponent with the helmet, forearm, hand, fist, elbow or shoulder. By rule, when in question, it is a foul." Fair enough; we don't need players gunning for the head or neck of opponents.

The problem lies in the penalty's enforcement. A player called for targeting is immediately ejected from the game in addition to the 15-yard penalty. The call is reviewable, but even if the player's ejection is overruled by video evidence indicating targeting was not intended, the 15 yards are still assessed. So in other words, the

penalty did not actually occur, but the opposing team is still awarded free yards, which can sometimes the difference between a win and a loss. On top of that, the "when in doubt, call targeting" rationale has led to numerous questionable ejections, some of which were overturned, some not. A great example was in the Alabama-Texas A&M game last month. Alabama safety Clinton Dix was attempting to intercept a ball thrown to the sideline by A&M's Johnny Manziel when he collided with the A&M receiver Manziel was looking for. Dix's arms were in the air and his head was turned back toward the ball, but a portion of his helmet collided with the receiver's, and targeting was called. Fortunately the call was overruled on review, as Dix was clearly going for the ball and not his opponent's nugget, but A&M still received a key break. Awarding penalty yardage on a non-penalty doesn't exactly inspire confidence in the officiating. Change the rule, NCAA.

Fantasy Watch

This week's Fantasy Watch highlight is Washington Redskins tight end Jordan Reed. In Sunday's game against the Bears, Reed caught nine passes for 134 yards and TD, and has clearly turned into one of RGIII's favorite targets. Pierre Garcon is still the top receiver for Washington, but Reed gives Griffin a viable option to throw underneath or in short-to-medium yardage situations, and is clearly a red-zone target for him. Reed has a great deal of potential, and is a great bye-week fill-in at TE if you own the likes of Rob Gronkowski, Antonio Gates or Julius Thomas. I predict he finishes the year as top-12 tight end. Good luck in your match-ups this week!

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.

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509th Force Support Squadron Events & Activities

October 21, 2013

Whiteman UGT Postponed

Whiteman's "You Got Talent" show at the Mission's End has been postponed, however if you would still like your talent submitted for Air Force level prizes including cash, air-fare, and time at a recording studio please contact the Marketing office at 687-6525.

End of Year Membership @ Youth Center

Whether you're new to Whiteman or you missed out on registration earlier this year, the Whiteman Youth Center wants to help you end the year right with a reduced membership fee of just \$20 from the months of October through December.

Wing-It Bowling Party @ Stars and Strikes

Calling all airmen! This Friday, 25 October the Stars and Strikes Bowling Center has your ticket to fun with a Wing-It sponsored night of bowling from 10 p.m. to 1 a.m. Come on out and join us for some alcohol free fun!

Club Membership Drive @ The Mission's End

Ever wanted to take advantage of being a Club member, but didn't know if Club membership was right for you? Well, from Oct to Dec, you have the opportunity to sign-up to be a member, and get three months free! We encourage you to try it out, and see all the great advantages that being a club member has to offer!

Whiteman Youth Center Boo Bash

October 25, 5 pm-8 pm (Youth Center)

Force Support's annual Boo Bash event is scaring up some fun this Friday at the Whiteman AFB Youth Center. Kids of all ages are welcome to dress up and come on out in your favorite costume to take part in games like the "Wheel of Misfortune," "Stinko Plinko," and more! Plus, put your bravery to the test as you take a trip through the "Tents-of-Terror" to see if you can make it out the other side. The only thing scarier than this event...is if you miss it.

Halloween Haunt Youth Center Trip

October 26, 1 pm-11 pm (Worlds of Fun)

The time to visit Worlds of Fun in 2013 is slowly coming to a close, and the Whiteman Youth Center has your ticket to enjoy the park before the season's end. This Saturday teens ages 13-18 can join the trip with ticket and transportation at just \$42 for members and \$47 for nonmembers. This event is PLAYpass eligible. Call 687-5586 to sign up or for more information.

Special Olympics Bowling Tournament

October 26, 9 am-5 pm (Stars and Strikes)

Whiteman AFB will once again be hosting the Central Missouri Special Olympics Bowling Tournament this Saturday. We are still in need of about 20 more volunteers in support of the event. Please come out and take part in this great event, and if you would like to volunteer please contact your squadron's 1st Sergeant for the link.

Football Frenzy \$1K Tailgate Giveaway!

October 27, 11 am-5 pm (Mission's End)

This Sunday the Mission's End has your opportunity to win the Ultimate Tailgate package valued at over \$1K! Every person, 18 years or older that attends the Football Frenzy event has an opportunity to walk away with the package below to include a mobile tailgating grill, gift card to Omaha Steaks, grilling apron and utensils, and much more! Must be present to win.



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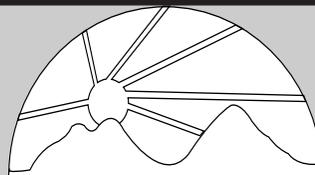
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Masons—2nd & 4th Thurs. 7:00 p.m. - Knob Noster Masonic Lodge AF & AM
Garden Club—1st Thurs. of each month 6:30 p.m. - Trails Regional Library - Knob Noster Branch

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
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Office Paper Briquettes for sale, cheap wood furnace fuel source comparable to wood energy output. Heat your home and help the environment. Friday's 1-3PM starting October 4th, \$0.02/lb - 300lb minimum order. Checks only!! Truck or Trailer only. Whiteman AFB Recycling Center, 462 3rd Street

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EOE



6013 Lowe Dr - Sedalia, MO 65301

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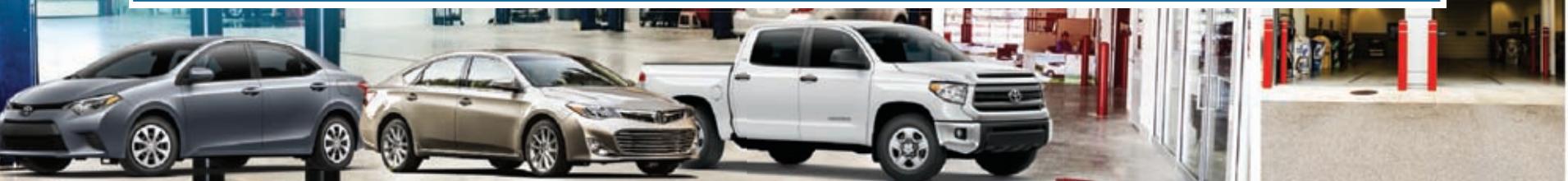


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