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Airmen Across Iowa
Pg.5 2014 Great Bicycle Ride

MAY THE FORCE BE WITH YOU

Security Forces Squadron prepares for the Global Strike Challenge

Baby On Board
Father delivers daughter in car
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WARRIOR

Don't Get On My Radar

By Chief Master Sgt. Rufino Gonzalez
509th Operations Group Superintendent

The Air Force is no different than any of our sister services when it comes to using military jargon to communicate or simply make a point. One of these examples was used on me immediately following my 5-level completion 25 years ago.

To set the stage of my introduction to positive supervisor and ratee communication, I will give you a little background. After a rigorous six months of upgrade training and long nights studying my career development courses, I had finally achieved my Journeyman status as a 5-level. We all know this doesn't end our training in the Air Force, but it does mean that we are no longer an apprentice in full time training status. I was ready to take on the world and since working with life-sustaining items in Survival Equipment, I was thrilled that I could actually sign-off my parachute logs without a trainer's initials.

My NCOIC congratulated me on my accomplishment and as he put it, rewarded me with my first additional-duty within the section. I was given the primary responsibility to monitor and maintain the Test Measurement and Diagnostic Equipment Program.

His marching orders or military jargon upon giving me this duty was "Don't Get On My Radar" (DGOMR). I nodded with concurrence as I began to walk away only to hear him tell me "Do you understand what that means?" Although an embarrassing situation would be highly likely, I admitted that I had no clue.

Little did I know that he wasn't talking about Air Traffic Control operations or a sophisticated piece of aircraft equipment. He went out of his way to explain the importance of keeping this program in 100% compliance; otherwise he would be the first to know and didn't appreciate any more work on his plate. "Do Your Job" he said.

Through the years, I've used DGOMR in just about every task, responsibility and duty given to me by my supervisors. It turns out that all Airmen are in direct control of the results of DGOMR methodology. That means when you arrive at Whiteman, if you are under 21 years of age, you don't drink. If you are of drinking age, you establish plans before you drink for yourself and your fellow wingman and you always drink responsibly. It also means that you take full responsibility for your training and take all steps necessary to master your AFSC. Additionally, you practice effective operational risk management principles while performing the mission in order to thwart injuries and damages to Air Force property. You must also strive to maintain duty environments that are vibrant and filled with highly productive teams marked by respectful treatment of others. Last but certainly not least, don't add more work to your supervisor's plate.

Be pro-active. Our Air Force is an open book test. Immerse yourself in our AFI's and technical orders and manuals. Adding to your supervisor's plate can only be further avoided by doing your very best every single day, be the best Intel Analyst, Hydraulics Systems Journeyman, Security Forces Specialist or Medical Lab Apprentice to avoid getting on your supervisor's radar.



Understanding sergeant's words: 'I've got your back'

By Chief Master Sgt. Patricia Yelverton
60th Medical Support Squadron
superintendent

TRAVIS AIR FORCE BASE, Calif.
(AFNS) – Seeing the newly selected staff sergeants recently brought back memories of when I was selected for staff sergeant.

Actually, my thoughts went to the night I graduated Airman Leadership School. As I crossed the stage after receiving my completion certificate, my co-workers gathered to congratulate me and shake my hand. My supervisor, Staff Sgt. Todd Mitchell, stayed back at the table and as I approached he shook my hand and said, "I've got your back."

I said, "Thank you," as I sat down.

While cheering on my fellow graduates, I started thinking of what my supervisor said to me. What did he mean? I expected "Congratulations" or "You did awesome," but not "I've got your back."

The next morning at work, I immediately asked my supervisor if we could talk.

I asked him, "What did you mean last night

when you said, 'I've got your back?'" His response was surprising and informative.

"Everyone has a specific role in our section," he said. "Before yesterday, your role was to master skills required as an Airman and a Health Service Management Apprentice. Today, your role changes to a frontline supervisor which includes responsibility for others. My duties also changed today, I am now your first line of defense, meaning I've got your back."

He explained, as tasks flow down from above, I will always keep you informed and prepared to complete the mission. Also, leadership will always be aware of what you and your Airmen are working on and what requirements are being met and exceeded. Most importantly, you will make many decisions affecting personnel on a personal level as well as a professional level. Your Airmen will not always agree with you and they will come to me.

"When this happens, I want you to know, I've got your back," he continued. "I will never question your decisions in front of subordinates and will never ask you to change your mind on

a decision as long as it upholds the values of the Air Force. I have to make sure your subordinates understand you are the leader and will make the decisions."

That single conversation made me a better supervisor and leader. Throughout my entire career those words have been engraved in my mind. Mitchell was right that night. I didn't need the usual congrats, good job or well done on my graduation night. I needed to be reminded what my next step in my career was and what responsibilities lie ahead as an NCO. His words gave me the confidence in my abilities to be not only the NCO I was back then, but also the chief master sergeant and leader I am today.

I have stayed in touch with now retired Master Sgt. Mitchell, for advice and mentoring. We still talk about that conversation and how he knew exactly what I needed to hear that day. He reminded me as I, in turn, remind you, "Those we lead need to know they have leaders who will stand behind them through the good and the bad."

Today, I challenge all of you to let your subordinates know you have their back.

THE WARRIOR

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Published by the **Sedalia Democrat**, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with Whiteman Air Force Base.

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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 660-687-6126, email Whiteman.Warrior@us.af.mil, fax 660-687-7948, or write to us at Whiteman Warrior, 509th Bomb Wing, 509 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 Keenan Berry

An Airman from the 509th Security Forces Squadron runs firing drills as part of the preparation for the Global Strike Command Challenge.

NEWS BRIEFS

Munitions Squadron stockpile inventory

The 509th Munitions Squadron will be conducting a 100 percent stockpile inventory from Sept. 2 through 5. If you need any munitions issued or have any that need to be turned in, please do so either the week prior or after the inventory. During this week we will only process emergency requests, submitted in writing, and approved by the group commander (or equivalent).

If you have any questions or concerns please contact Master Sgt. Lunsford at 687-8049 or Tech. Sgt. Young at 687-8051.

Did you know...

What the qualifying and disqualifying factors are to apply for Palace Chase? To be eligible for this opportunity, you must: Be a U.S. citizen, complete at least two-thirds of the initial Active Duty Service Commitment for officers and 24 months of a 4-year contract or 36 months of a 6-year contract for enlisted members, be medically qualified worldwide, meet fitness standards.

If you have any questions regarding this program, you can contact your unit First Sergeant or Master Sgt. Stephen Thomas, the AFRC In-service Recruiter, at 687-1868.

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.

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.

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
Chance of Storms	Chance of Storms
Hi 87	Hi 83
Lo 70	Lo 740
Sunday	Monday
Mostly Sunny	Mostly Sunny
Hi 87	Hi 90
Lo 66	Lo 71

Academic Integrity Policy

**DEPARTMENT OF THE AIR FORCE
HEADQUARTERS AIR FORCE
GLOBAL STRIKE COMMAND
Academic Integrity Policy**

1. Due to the special trust and responsibility entrusted to Air Force Global Strike Command, our Airmen are required to exhibit the highest levels of focus, discipline and professionalism. The first core value of the Air Force, "Integrity First," provides the foundation for our culture and a model for our behavior. Failing to execute our duties with unwavering integrity creates a quick path to mission failure.

2. It should be no surprise that I expect all Airmen, without exception, to exercise the utmost integrity as you fulfill your daily duties. AFI 1-1, paragraph 2.3.6 states, "Air Force personnel must not engage in any conduct that is improper (including conduct which gives the appearance of impropriety), illegal, dishonest or otherwise brings discredit to the Air Force."

3. One important area where your integrity must be beyond reproach is in the area of academic integrity. Academic integrity is

defined as an uncompromising adherence to a code with its foundation rooted in the Air Force core values. All AFGSC personnel must adhere to the highest standards of academic integrity while participating in any training environment. To this end, personnel are prohibited from engaging in cheating, misrepresentation, or any other act constituting a lack of academic integrity.

4. Based on the special trust and responsibility inherent in our mission, the American people demand that Airmen of integrity populate AFGSC's ranks. Failure on the part of an Airman to practice integrity in all aspects of their lives reflects poorly on both the Airman and the United States Air Force. Therefore, personnel engaging in any of the aforementioned prohibited activities may be disciplined under the Uniform Code of Military Justice.

5. To reinforce this policy, Commanders and Directors are required to address academic integrity in an appropriate forum (e.g., Newcomer Briefs, Commander's Calls, etc.) with all existing and inbound personnel. Additionally, all future AFGSC instructions and supplements will direct a clear expectation of academic integrity as a part of the test, examination or evaluation policy.

The Air Force & "Ice Bucket Challenge"

By 509th Bomb Wing Public Affairs

Currently, there is a trend on social media for individuals to take videos of themselves participating in the ALS "Ice Bucket Challenge" (i.e., having a bucket of ice water poured over them by themselves or another party). This challenge is a public relations initiative brought or supported by the ALS Association to promote awareness about ALS (a.k.a. Lou Gehrig's disease) and acts as a fundraiser. Participation in one's official capacity, however

well-intentioned, may be an impermissible endorsement of a non-federal entity. To avoid this, do not participate in the "Ice Bucket Challenge" using your rank, position, or uniform, and do not participate using Government resources or while on duty.

The "Ice Bucket Challenge" has already increased donations to the ALS Association by over \$40 million. This success will surely create similar campaigns by other charities. Participation by Air Force personnel in fundraising events of this type must be carefully vetted with an eye to the applicable authorities.

Commander's Corner

The Commander's Corner is a forum for the Team Whiteman community to make suggestions or voice concerns about Whiteman directly to Brig. Gen. Glen VanHerck, 509th Bomb Wing commander. Each week the Whiteman Public Affairs office solicits questions via the official Whiteman Facebook page, Niner Line, and emails to the Commander's Action Line, offering people an opportunity to ask questions and receive answers directly from the wing commander.

QUESTION FROM SARAH:

"I'm curious to why spouses cannot use the gym during the new after-hours program? Thank you"

RESPONSE:

"Thank you Sarah for your questions. Military spouses and families are very special individuals and our heroes on the homefront. In response to your question, spouses are authorized and encouraged to use the after-hours fitness operation. Spouses just need to stop by the front desk of the fitness center, review and sign the user agreement, which outlines rules for facility. After signing the agreement they will be used the cipher code so they can access during operational hours."

QUESTION FROM BRANDON:

"I would love a status update on the tennis courts."

RESPONSE:

Brandon, thank you for your question. The contractor received the notice to proceed Aug. 25 and the project is scheduled to be completed in January 2015 at the latest. This will be a great quality of life improvement for our community.

-- Team, we are blessed! The Air Force has the reputation of having the best quality of life programs of all the military service branches, and our Airmen and families take pride in this fact. As commander, I will do my best to ensure White-



Brig. Gen. Glen VanHerck

man continues to live up to that reputation, and I expect you to help me by addressing issues and helping take care of base, our Airmen and our families. Thank you for your questions and concerns.

Please keep them coming!

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Guardians of the Galaxy (PG-13)
Adults - \$5.75, children - \$3.75

WEDNESDAY, SEPT. 3
CLOSED

Fitness Center Annex now open

By Airman 1st Class Jovan Banks
509th Bomb Wing Public Affairs

The Whiteman community now has access to the After-Hours Fitness Center Annex, located on the first floor of the former Health and Wellness Center.

The fitness center annex began its after-hours operations Aug. 18. The annex has various equipment including two treadmills, one elliptical, a Strive chest-press, a Strive leg-press, a mini-trampoline, kettle bells, and multiple sit up rails.

Angela Anderson, the Fitness Center director, said the annex being available after-hours would benefit Airmen.

"It allows those that work swing shifts the opportunity to use a portion of the Fitness Center when it would normally be closed," Anderson said. "No longer are Airmen limited to specific times."

Anderson said the Fitness Center staff is working diligently to complete the floor renovations and update the equipment with a Hammer Strength Multi-Jungle 5-Stack and Hammer Strength Smith Machine with platform.

The annex will be unmanned, meaning no extended shifts for Airmen currently working in the Fitness Center.

To gain entry to the annex, members must first register at the Fitness Center, then review and sign a Statement of Understanding. The statement outlines the rules and regulations for using the annex. Once registered the member is issued a cipher code.

The decision to open the annex is a step in extending the hours of the entire gym.

"The annex is a bridge to the final goal of 24-hour fitness operations," Anderson said.

For more information regarding the fitness center annex call 660-687-5496.

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Speech T-Th

SESSION 2 (SEPTEMBER 30th- OCTOBER 20th) 5pm- 9:20pm

Speech M-W

Composition 2 M-W

American History T-Th

Human Resource Management T-Th

SESSION 3A (OCTOBER 21st- NOVEMBER 10th) 5pm- 9:20pm

Humanities T-Th

SESSION 3B (OCTOBER 21st- NOVEMBER 24th) 5pm- 9:20pm

College Algebra M-W

College Algebra T-Th

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Putting them back on the road



Fifteen members of Whiteman Air Force Base attended the Register's Annual Great Bicycle Ride Across Iowa July 20 to 26. The Whiteman Team met up with the Air Force Cycling Team to compromise a team of 140 active duty, retiree and dependent cyclists. The RAGBRAI is a seven-day Iowan tradition and ranges an average of 70-90 miles each day with some days exceeding a 5,000-foot climb.

By Staff Sgt. Alexandra M. Boutte
509th Bomb Wing Public Affairs

Blood, sweat, tears and burning thighs. Welcome to the life of a long distance cyclist.

Eleven members of Whiteman Air Force Base and four of their support crew made their way across the state of Iowa from July 20 to 26 during the Register's Annual Great Bicycle Ride Across Iowa.

The RAGBRAI is a seven-day Iowan tradition that began more than 42 years ago, when two staff members of the Des Moines Register rode their bicycles across their home state. The RAGBRAI's route changes each year, starting at Iowa's western edge.

The Air Force Cycling Team's participation is due of the total Airmen concept which requires all Airmen to be fit to fight. The RAGBRAI ranges an average of 70-90 miles each day, with some day's total feet of climb exceeding 5,000 feet. This year the total mileage was more than 480 miles, and climbed more than 11,300 feet.

The Whiteman team met up with the rest of the Air Force Cycling Team to

compromise a team of 140 active duty, retiree and dependent cyclists.

Chief Master Sgt. Leroy Cooper, 509th Operations Support Squadron, a second-time RAGBRAI participant and team leader for the Whiteman team, explained the Air Force mission while participating in the RAGBRAI.

"The mission here is to be representatives of the Air Force," Cooper said. "Our goal is to humanize the Air Force to the Iowa population so they can see we are people just like them and we are doing it for the service of our country."

Another part of the mission of the Air Force Cycling Team is ensuring each individual is able to finish the course. Each RAGBRAI team chooses a mission. There is no difference for the Air Force Cycling Team.

The riders in blue spandex are the first to respond to someone on the side of a road with a flat tire to an accident.

"We are here to put them back on the road so they can continue riding," Cooper said. "For us, this isn't a race, but a friendly ride to make everyone smile and enjoy their ride with little or no hiccups."

As for one Iowa farm boy, he had the chance to cycle through his old stomping grounds.

"I wanted to take my very own Air Force story to the streets of these small Iowa towns where the good word of the Air Force might just fly right on by," said Staff Sgt. Wade Meyer, 509th Maintenance Squadron and first-time rider.

While the team is out pounding the pavement each day and telling people about the Air Force, the support crew is behind the scenes ensuring the riders' journey is easy and comfortable as possible.

The job of the support team is to drive the trailers from one town to the next while the riders are cycling through their routes. Once they arrive to their next location, the crew begins setting up tents, buying groceries, ensuring coolers are stocked and finding the next place to take a shower.

"The riders needed our support," said Staff Sgt. Christopher Palacio, 509th OSS support team member. "After a long day of riding, they shouldn't be trying to set up camp to get a good night's rest

before their next ride. We were there to make their lives easier between rides."

Cooper says the Whiteman cyclists would be unable to carry out their riding mission if it wasn't for their support crew.

"We could have not done RAGBRAI without our support team," Cooper said. "After riding up to 70 miles a day, we are all exhausted. Having a team to meet us at the end of the route is such a selfless act."

Sharing road stories about the hospitality of the locals became a nightly ritual within the Whiteman camp, bringing the members of the team together.

"The spirit of this is we are all Airmen," Cooper said. "The brotherhood/sisterhood ties us together in cycling. It is about being part of something greater than ourselves. It isn't the destination, it is the journey along the way."

For more information about RAGBRAI visit www.ragbrai.org. To inquire about signing up for next year's RAGBRAI on the Whiteman team as a rider or support personnel, contact Chief Master Sgt. Leroy Cooper at 660-687-1232.

Under pressure, Airman delivers: A baby story

By Airman 1st Class Joel Pfister
509th Bomb Wing Public Affairs

Most baby delivery stories seem to follow the same generic, almost preset story-line. The mother beings the early stages of labor, heads to the hospital, begins her contractions, then some odd amount of hours later, baby is born. However, for one Whiteman Airman and his family, their baby story followed a slightly different script.

On July 20, 2014, Senior Airman Paul Stewart, 509th Maintenance Squadron, low observable structural maintainer and his wife Lindsey, were able meet their second daughter sooner than planned.

"We woke up that morning and she was already three days past her due date at that point so we knew she was coming," Stewart said. "Lindsey's labor with our first daughter, Anna, was pretty fast. She was in labor for maybe three hours so the doctors had told us that the second one is usually quicker so we needed to be to the hospital fast."

The hospital they were going to is only a short drive from their home near Whiteman Air Force Base so they didn't have very far to go.

"By the time she had realized that she had gone into labor she was already in so much pain that she could hardly even walk," Stewart said. "It took me a few minutes to get her down stairs and out of the front door, and right as she was stepping into the truck her water broke. At that point she couldn't even move so I had to actually pick her up and put her in the truck because she couldn't do it herself."

After getting loaded into the truck, the Stewarts set out for the hospital.

"I got out onto the highway and was only on the road for a couple of minutes but we didn't have enough time," Stewart said. "I pulled over to the side of the road and as I got around to her side of the truck and started to call 911, it was already happening."

Airman Stewart reacted on the spot and was successfully able to deliver his daughter right there on the side of the road.

At approximately 10:42 a.m., Emily Elizabeth Stewart was born weighing in at seven pounds, four ounces.

"By the time 911 could figure out what was going on and figure out what they needed to tell me Emily had already been born," Stewart said. "They didn't really have a chance to walk me through the actual delivery process but they were able to help me by telling me to clean her face up so she could breathe and all of that kind of stuff. Luckily we had two blankets in the truck so she was born on one and I used the other one to clean her up and wrap her in it to keep her warm."

Approximately five minutes later, the ambulance arrived and provided additional care to Lindsey and Emily.

"My wife is a trooper," Stewart said. "She did great and was out of the hospital the next night but Emily's oxygen saturation levels were low so she spent about 10 days in the hospital. She's doing



U.S. Air Force photo/Airman 1st Class Joel Pfister
Senior Airman Paul Stewart, 509th Maintenance Squadron low observable structural maintainer, and his wife Lindsey pose with their daughters Anna (left), and Emily (right). On July 20, 2014, Stewart delivered his and his wife second daughter, Emily, when they were unable to make it to the hospital in time.

great now."

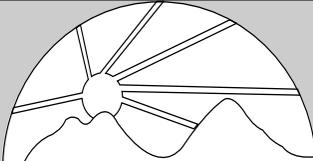
Despite the urgent and unorthodox events that took place that morning, Stewart will always remember and cherish the day Emily was born.

"It is definitely a memorable story I'll be able to tell me daughter one day," Stewart said. "Of course the birth itself was nerve-racking but at one point Lindsey and I both started nervously laughing. We just couldn't believe what had happened and even under the circumstances we were really excited to meet our new daughter. My main take away from the whole experience was that the Lord was watching over us and it's an excellent idea to have an extra blanket in the car at all times."

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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. Noon - Bldg. 3007, Behind Chapel "The Old Housing Office" 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
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- Boy Scouts** - Troop 509 Methodist Church, Peter Blaszczyk, 660-563-6333
- Cub Scouts** - Pack 405 Bill Sander 687-1154
- Cub Scouts** - Pack 509 Methodist Church
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SFS preps for Global Strike Challenge

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

Members of the 509th Security Forces Squadron prepare for the Global Strike Challenge at Whiteman Air Force Base, Missouri, Aug. 22, 2014.

During this training participants show off their skills to help determine which will be the primary and alternate M203 grenade launchers for the upcoming challenge. Members are selected based on their quick action skills, target determination and talent.



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Air Force Critical Days of Summer 2014 May 23 – Sept 2

Contributed by the 509th Bomb Wing Safety Office

Chapter 14: The World's Greatest Athlete

Air Force Summer Sports Losses (2013):

- 105 mishaps reports indicate injury caused by improper stretching or warm-up

Civilian population risk data:

- More than 10,000 people receive treatment in emergency departments from Sports, Recreation and exercise.

- Approximately 715,000 sports and recreation injuries occur each year in school settings alone.

Keeping fit is part of your responsibility as an Airman. The third core value, Excellence in All We Do includes personal excellence. In part, this says, "stay in physical and mental shape. ..." Risk management is important for mishap prevention in physical fitness and sports just as in other activities.

If you're like many, your winter workouts may have consisted mainly of sprints to and from the refrigerator during commercials. Even if you included workouts at the gym, you may still need to do some preparation for your favorite summer sport. Too much activity too soon and you might be enjoying the season on the sidelines as a spectator; ease into your activity at a comfortable level and gradually increase the duration and intensity over a recommended period of 4-6 weeks. You also need to consider lessons or some form of instruction before diving in. Trying to go above your skill level can lead to disaster. Had the Airman in the example below applied personal risk management techniques and prepared differently for this sport, he might not have been injured.

While skydiving, an Airman's parachute did not open properly. He made an attempt to cut the parachute away but could not. He released the secondary parachute, but since he had become entangled with the first parachute, the second one did not open fully. He landed violently on the ground. He was airlifted to a local trauma center with a fractured back, pelvis, lacerated kidney and spleen. He was hospitalized for two months and spent another two months on quarters.

Many sports injuries also occur when your body of not prepared for the activity. Many people who start exercising after being sedentary sustain a sports injury. However, with the proper preparation, sports injuries can often be prevented. Here are some things you can do to help prevent an injury (<https://www.luriechildrens.org/en-us/care-services/specialties-services/institute-for-sports-medicine/sports-injury-prevention/Pages/prevention-tips.aspx>):

• Warm up

- Ten minutes of light jogging or cycling before practice will increase circulation to cold muscles, making them more pliable and less prone to strain or rupture. Studies have shown that an active warm-up is associated with better athletic performance than

a warm-up that consists only of static stretching.

• Stretching

- Tight muscles are more prone to injury. Tight muscles also put more stress on the attached tendons and bones, putting these tissues at risk for injury as well. Regular stretching can improve muscle flexibility. The ideal time to stretch is after your workout. Include all major muscle groups. Hold each stretch for 20 to 30 seconds and do not bounce.

• Rest

- Allow an appropriate amount of time for rest and recovery between workouts. Schedule at least 1 to 2 days off each week. It is also important to schedule an "off-season" -- a minimum of four weeks of rest from sports each year. This is easily overlooked when you play more than one sport or play one sport year-round.

• Hydrate

- Young people are more prone to dehydration and heat illness than adults, so you should not wait until you are thirsty to drink. Drink before, during, and after workouts. Drink water for exercise that lasts less than an hour. Use a sports drink for longer workouts. Avoid caffeine, juices and carbonated beverages.

• Respond Promptly to Injuries

- Pain is a sign of injury, stress or overuse. You should not play through pain. If pain does not resolve after a day or two of rest, consult your physician. The sooner an injury is identified, the sooner proper treatment can begin. The result is shorter healing time and a faster return to sport.

• Participate in a Variety of Sports

- A variety of sports provides for balanced muscle development, prevents burnout and decreases the risk for overuse injuries. Specializing in only one sport is not recommended until after puberty.

• Begin New Activities Slowly

- A good way to prepare for a new sport is to participate in a pre-season conditioning program. Increase distance or duration no more than 10 percent per week.

• Use the Right Equipment

- Be sure equipment fits properly and is in good condition. Runners should change their shoes every 300 to 500 miles.

• Get a Sports Physical

- Before sports seasons begin, find a sports medicine physician who can help assess readiness for sports, address any medical issues that may cause risk of injury and offer recommendations to ensure safe sports participation.

For more information on the prevention of sports injuries:

<http://onsmd.com/2012/06/22/enjoy-your-summer-sports-but-dont-get-injured/>

<http://www.iiimef.marines.mil/News/NewsArticleDisplay/tabid/967/>

[Article/146654/summer-sports-injuries-easily-prevented-treated.aspx](http://www.outsideonline.com/fitness/injury-prevention/How-Much-Do-You-Know-About-Sports-Injuries.html)

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From active duty to air guard, a maintainer's road to recruiting

By Airman Halley Burgess
131st Bomb Wing Public Affairs

After nine years in the active duty Air Force, Tech. Sgt. Joseph Swanson recently joined the Missouri Air National Guard's 131st Bomb Wing as a production recruiter here.

Swanson, originally from Rock Falls, Illinois, enlisted in the United States Air Force in February 2001. After one year out of high school, Swanson was ready to do something meaningful and see the world; or at best, more of the U.S. After basic training and tech school, Swanson worked as part of the 20th Maintenance Squadron at Shaw Air Force Base, South Carolina.

When he had served a nine-year active duty commitment, Swanson realized it was time to do something new, but was reluctant to leave the military altogether. While working at Nellis Air Force Base, Nevada, he concluded it was time to move closer to home. In 2010, he transitioned to team Whiteman's 131st Bomb Wing as a full-time technician with the 131st Maintenance Squadron.

Three years later, the time for change came again and Swanson left maintenance to become a full-time recruiter.

"Since coming into recruiting, I'm learning more about other sections and other career fields that are available to the 131st, which has really helped me out personally in understanding the unit better," said Swanson.

Swanson notes how different working in recruiting is from his previous maintenance job. He says the change of pace is enjoyable.

Military members are all familiar with recruiters, but not everyone really understands what all they do.

"We seek out the highest-qualified individuals to meet the specific mission needs of the 131st Bomb Wing, and in return they receive money, education, training and satisfaction that goes along with being part of our prestigious unit," explains Master Sgt. Melissa Lakin, 131st Bomb Wing recruiting office supervisor.



U.S. Air National Guard photo/
Airman Halley Burgess

Tech. Sgt. Joseph Swanson, 131st Bomb Wing, Missouri Air National Guard, production recruiter, stands proudly before an image of the B-2 Spirit stealth bomber. "My goal is to try to spread the word because it's not like we're really selling anything. We're just educating, because it really does sell itself," said Swanson.

According to Lakin, recruiters need to have a high level of integrity and a passion for the Air National Guard, while also believing in the mission and the people. All traits are found in Swanson, she says, who is a top-notch sergeant willing to learn, learns quickly, and is a people person who loves the guard.

In the future, Swanson plans to finish his degree in Management and Human Resources through Park University courses offered at Whiteman. He also wants to get the word of the Air National Guard out to more people.

"I want to explain what we do here as Air National Guard because not a lot of folks outside of the local area are familiar with the Air National Guard," Swanson remarked. "My goal is to try to spread the word because it's not like we're really selling anything. We're just educating, because it really does sell itself."

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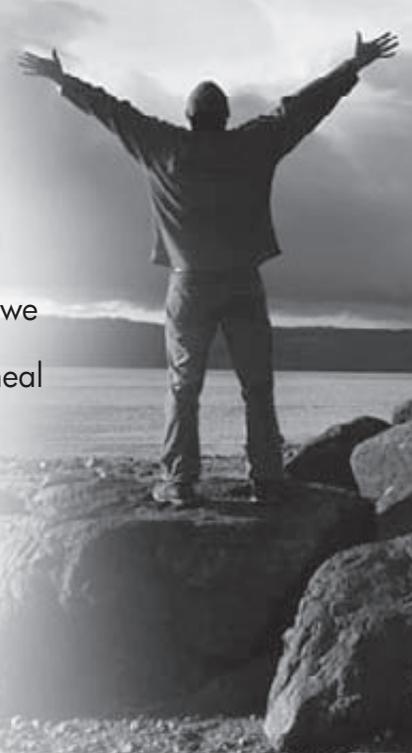
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Former CMSAF discuss hot topics of today

By Rich Lamance
Air Force News Service

JACKSONVILLE, Fla. (AFNS) -- With more than 250 years of combined Air Force experience, eight former chief master sergeants of the Air Force answered questions facing Airmen today during the 2014 Air Force Sergeants Association Professional Airmen's conference here Aug. 20.

Topics ranged from the new enlisted performance report system to recovering from mistakes made along the way, getting back to basics and advice to Airman leadership school graduates.

Former Chief Master Sergeants of the Air Force Bob Gaylor, James McCoy, Sam Parish, Jim Binnicker, David Campanale, Eric Benken, Jim Finch and James Roy addressed an audience of current, former and retired Airmen.

When discussing the new EPR system, Benken explained just how far the Air Force has come during the past 50 years in evaluating its Airmen.

"In the mid '60s we had a good-old-boy system where stripes were given out by the wing commander and they promoted whoever they wanted to," Benken said. "There was an imbalance where a lot of line people would get promoted and a lot of the staff were left out. The Air Force was much larger back then but today it is a lot smaller."

Parish talked about the transition of the system over the years and gave his perspective on why we needed change. "When I first came in we didn't even have an APR. Then we went to the 9s, then we went to the 5s, and now we're eliminating numbers.

"The thing that drove this is something we really haven't attacked. It's a thing called integrity," Parish continued. "We ask people to perform and do their own evaluation. Who is stupid enough to bring to their supervisor a 3 evaluation?"

Parish said he feels that if we do it right and stay with it, we will promote the right people.

Binnicker put things in perspective for today's Airmen when he said, "It was about identifying true outstanding performers. But everyone was getting the same ticket. We're so good (as an Air Force) that you could throw a hundred people up in the air and promote the first ten to hit the ground. The problem is we're promoting the wrong people first. I'm excited that there are no numbers on it. Now you can't equate, 'I'm a 5, or I'm a 4 or I'm a 3.'"

One question from the audience addressed the belief that this is a "one mistake Air Force," with very little tolerance for error. Roy was quick to point out, that's not the case. "There is a big difference between a one mistake Air Force and a one crime Air Force. If it's a crime then punishment

endures. I would say all of us have made mistakes and have come back from them. They've made us stronger."

Binnicker believes allowing mistakes is not so much about the Airmen involved, as it is about the culture of their leaders.

"I was visiting a base a couple of years ago, and as they are prone to do they wanted to take us on a tour, and introduce us to people. In this case I kept seeing crayons tacked to the wall. Every cubicle had a crayon box on the wall. When I asked an Airman 'What's up with the crayons?' He said this is a 'Shut up and color Air Force.' Now it's not a 'Shut up and color' Air Force and that was a leadership problem at that base and squadron. So we have to guard against that."

Gaylor told the audience that when making mistakes, it's all about the why.

"I was a cop for most of my career and one of the words often used was motive. What was the reason, why was the mistake made?" he said. "Sometimes it was underhanded, dishonest. Sometimes it was with great motive and honesty with the idea of succeeding. Another word used was mitigation. Sometimes mitigation eases the offense that was committed. I've made mistakes but the intent was to do right and the mitigation was honorable. We had a supervisor who recognized that and it became a training process. If we're a one mistake Air Force we'll be down to a few people in a very short time."

An audience question about getting back to basics brought responses ranging from a one word solution to something as simple as a little blue book.

Parish believes it starts with taking care of your Airmen. "It's all about taking care of people and not worrying about what 'I'm going to be doing next year or the year after.' That's what getting back to the basics is all about. It's about integrity, it's about service, it's about excellence."

For Benken and Roy, it's all about that 17-year old book that still has value today.

"The best example of getting back to basics I've heard is back in January of 1997 when all of you were issued the little blue book," Benken said. "Every military organization has a soul and they have a sixth sense about their soul and they know when the heart and soul of their Air Force is getting off track."

Roy said he believes, "You are the best Air Force in the world -- period. You're the best educated, the best trained, the best led Air Force in the world. But along with that, comes the belief that you live by a certain set of values. I remember when the little blue book came out. I was at Fort Leonard Wood, Missouri. It's about how you fit into that. To me coming back to basics means focusing on those core values we think so highly of."



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THE RACE IS ON AND THE WINNER IS YOU! WE'RE OUT TO SET A SALES RECORD OVER THE NEXT 60 DAYS!!

2014.5 TOYOTA CAMRY SE
MSRP \$24,020



\$18,999
OR GET **0% UP TO 60 MONTHS*** FINANCING

2014 TOYOTA PRIUS C
STK#X13149
MSRP \$21,065



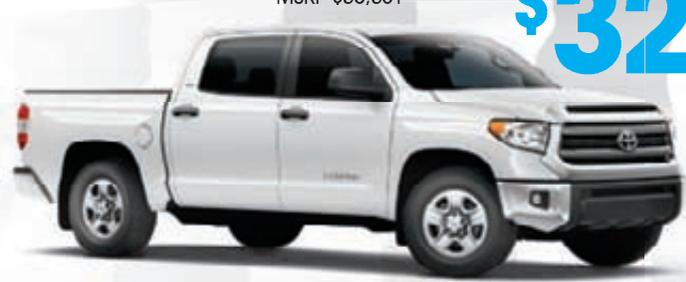
\$19,559

2014 TOYOTA RAV 4 LE
STK#X13161
MSRP \$24,635



\$21,932

2014 TOYOTA TUNDRA SR5 DOUBLE CAB 4X4
STK#X13126
MSRP \$35,381



\$32,899

*0% ON SELECT MODELS WITH APPROVED CREDIT. \$16.67 PER \$1000 FINANCED. ALL OFFERS EXCLUDE TAX, TAG, ADMIN FEE AND FREIGHT. DEALER RETAINS ALL REBATES AND INCENTIVES. WITH APPROVED CREDIT. OFFERS END 8/31/14.

GET GREAT DEALS ON QUALITY PRE-OWNED VEHICLES

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STK#P21178
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- 2012 HYUNDAI TUCSON GLS AWD \$19,993
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- 2008 TOYOTA TACOMA PRFRUNNFR V6 DOUBLF CAB \$21,999
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- 2012 TOYOTA CAMRY SE V6 \$23,994
CERTIFIED STK#X12539A
- 2011 TOYOTA SIENNA XLE V6 \$26,999
CERTIFIED STK#P21175

PRICE PLUS TAX, TAG, TITLE AND FEES. WITH APPROVED CREDIT. VEHICLES SUBJECT TO PRIOR SALE. *3.99% FOR 72 MONTHS WITH \$0 DOWN. WHILE SUPPLIES LAST. SEE DEALER FOR DETAILS.

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Sales Hours:
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Service Hours:
Mon-Fri 7AM-6P • Sat 8AM-12PM • Sun Closed

