

WARRIOR



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ACTIVE & GUARD

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OF THE QUARTER

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Weekly commander's message

Greetings, Team Whiteman!

As you may have seen in the news, we executed a special training sortie on Monday, when our Total Force team, led by the 131st Bomb Wing, executed a flyover of the Missouri Governor's inauguration. The thousands of people in attendance were in awe as they saw America's premier bomber soar over their heads...thanks to everyone on the team who made this happen!

On Wednesday, we hosted our first Base Community Council (BCC) meeting of 2017. It was great for our team to welcome so many of our dedicated community leaders...there were over 150 people in attendance! Our BCC is the largest civ-mil organization in AFGSC, and we are grateful for its continued support!

As a reminder, our Quarterly Awards Ceremony is scheduled for today at 3:30 p.m. at Mission's End. Be sure to come out to support our award winners and to enjoy some comradery with one another! Also, today is the last day to purchase tickets for our 509th Bomb Wing Annual Awards Banquet if you are interested in attending. The banquet will occur on Friday, January 20th, and our guest speaker is scheduled to be Gen. Robin Rand, our very own AFGSC Commander...hope to see you there!

Finally, on Monday our nation will pause to honor the life and the message of Dr. Martin Luther King, Jr. Dr. King's short life was dedicated to the service of others. Now, decades following his death, the baton he carried has been passed down to this generation of Americans...to us. So over the long weekend, take time to reflect on what MLK Day is all about -- empowering individuals, strengthening communities, and creating solutions to social problems. In this spirit, I challenge all of us, including me, to be there for one another...the best that we



can and as often as we can. We need to look out for one another, and to speak up when we see something happening that shouldn't. We need to better value one another and we need to take the time to tell our Wingmen how much they matter to us and to our Whiteman family.

Be safe this long weekend. Take care of your teammates and family, and thanks for all you do for our nation...at home-station and abroad!

Defend...Avenge!

Nuke
PAUL W. TIBBETS IV
Brigadier General, USAF
Commander, 509th Bomb Wing

THE WARRIOR

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The deadline for article submissions to the Warrior is noon Friday. If a holiday falls on Friday, the deadline then becomes 4 p.m. Thursday. Articles will be published on a space-available basis. Submissions do not guarantee publication.

For more information, call the Warrior office at 660-687-6126, email Whiteman.Warrior@us.af.mil, fax 660-687-7948, or write to us at Whiteman Warrior, 509th Bomb Wing, 509th Spirit Blvd. Suite 116, Whiteman AFB, Mo., 65305.

To advertise in *The Warrior*, call the *Sedalia Democrat* at 1-800-892-7856.

Beat the Boss

The Beat the Boss program is a monthly PT test competition between 509th Bomb Wing units that recognizes outstanding teamwork and devotion to fitness at the Squadron level. Active duty Whiteman Airmen who score the same or higher than the commander's score of 98.0% will earn a one-day pass, and those who score a 100% receive a one-day pass and one of the commander's coin.

Here are the Beat the Boss results for Jan. 3-4, 2017:



Master Sgt. Jeremy Reed
821st ABG, 100%

Senior Airman Jamie Bohachek
20th ATKS, 98.1%

On the cover

U.S. Air Force illustration/
Senior Airman Danielle Quilla

U.S. Air Force Airman 1st Class Chase Davis, a weapons load crew 3-member assigned to the 13th Aircraft Maintenance Unit, examines a GBU-38 during the fourth quarter load competition at Whiteman Air Force Base, Mo., Jan. 6, 2017. Every three months the most proficient crews from each aircraft maintenance unit within the 509th and 131st Aircraft Maintenance Squadrons compete for the Load Crew of the Quarter award.

NEWS BRIEFS



U.S. AIR FORCE
EagleEyes

WATCH.REPORT.PROTECT.

U.S. Air Force Eagle Eyes provides service members and civilians a safe, discreet and anonymous option to report criminal information, counterintelligence indicators or force protection concerns.

To submit a web tip go to <http://www.tipsubmit.com/WebTips.aspx?AgencyID=1111> or the AFOSI web page at <http://www.osi.af.mil>

How to report an anonymous tip using a smart phone:

1. Use the smart phone app
2. Manually select an agency
3. Choose USA then Federal Agency then select AFOSI

4. Create a passport, select New Tip and fill out the form with as much information as possible.

How to report an anonymous tip VIA text message:

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

Air Force Housing website

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

Stealth Lounge

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

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

Found property

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

WEATHER

Today	Saturday
Freezing Rain	Freezing Rain
Hi 28	Hi 31
Lo 19	Lo 26
Sunday	Monday
Rain	Rain
Hi 36	Hi 48
Lo 28	Lo 34

James bids farewell as SecAF



U.S. Air Force photo/Senior Airman Joel Pfiester
Secretary of the Air Force Deborah Lee James, left, shakes hands with U.S. Air Force Staff Sgt. Tyler Gorman, a crew chief from the 509th Aircraft Maintenance Squadron, before flying in a B-2 Spirit at Whiteman Air Force Base, Mo., Nov. 8, 2016. During James' visit to Whiteman, she learned more about the wing's role in strategic deterrence, held an all call, and flew in a B-2 Spirit.

By Tech. Sgt. Robert Barnett

Secretary of the Air Force Public Affairs

The men and women of the Air Force bid farewell to the 23rd Secretary of the Air Force Deborah Lee James during a ceremony at Joint Base Andrews, Maryland, Jan. 11.

James led the Air Force for more than three years after being confirmed in December 2013.

"Because of your leadership, the United States Air Force is better prepared to fly, fight and win than at any time in history," said Secretary of Defense Ash Carter. "Thank you, Debbie James, for your service to this country, for your commitment to our Airmen, to their families, and to the joint force. We're safer today because of you."

Chief of Staff Gen. David L. Goldfein spoke about the impact James tenure left on the service.

"You've inspired us, you took care of us, and you led us well," Goldfein said. "It is now my distinct honor as the 21st chief of staff, on behalf of a grateful nation, and your 660,000 active, Guard and Reserve Airmen, to report that you have completed your obligation to support and defend the constitution against all enemies, foreign and domestic. That you bore true faith and allegiance to the same, and that you well and faithfully discharged your duties of the Office of Secretary of the Air Force."

During the ceremony, James was presented with the Distinguished Public Service Award by Carter. Her husband, Frank Beatty, was presented with an Air Force award for exceptional public service from Goldfein.

"When I took this job ... I knew it would be the honor of my professional lifetime,"

she said. "I did not fully understand, at the time, what an absolute joy it would be and how much I would learn from all of you."

In her remarks, James shared four stories of Airmen, who she said touched her heart.

Two weeks after James was confirmed, she received a call informing her of a convoy hit by an improvised explosive device near Kabul, Afghanistan. Ten people were killed. Among them was Capt. David Lyon, who had been in the Air Force for five years. He was a logistics specialist, executive officer for his group commander, athlete and volunteer coach for the U.S. Air Force Academy track team, she said.

James attended his dignified transfer where she met his widow, Capt. Dana Lyon, who was also stationed in Afghanistan. The couple had spent Christmas together two days prior to his death.

"In the midst of unspeakable grief, Dana taught me about how much we ask of people," the secretary explained.

Today, she is Maj. Dana Lyon, assistant strength and conditioning coach at the Air Force Academy – an active mentor in her own right, James declared.

Within days of the call about Capt. Lyon, drug use and cheating on proficiency exams was discovered at Malmstrom Air Force Base, Montana. James joined Gen. Mark Welsh, then chief of staff of the Air Force, as they investigated the situation.

They were joined by then Maj. Gen. Jack Weinstein, the 20th Air Force commander. James shared that Weinstein explained the dynamics of the nuclear enterprise, including how Air Force leaders spoke of nuclear as number one, "but no one put their money where their mouth was," she said.

"He is still the fiercest advocate for our

missileers, security forces, and all the other Airmen who represent our nuclear enterprise," she proclaimed.

James then went on to describe Tech. Sgt. Brian Williams, "one of the bravest, most dedicated people I have ever met."

Williams met the secretary when he was competing as a member of the Air Force Wounded Warrior Program. A 16-year veteran, he served in security forces where he deployed six times, including to Afghanistan. He was injured from an IED explosion, losing his left leg above the knee.

It was a difficult recovery, she said. The Air Force wanted to medically retire him, but he refused, wanting to continue serving. At the time, the service was starting to allow more exemptions for wounded warriors.

"I was the one who signed the paperwork that allowed him to stay in the Air Force," James said proudly. "It is an honor to serve with Airmen like Tech. Sgt. [Master Sgt. select] Brian Williams."

The secretary then highlighted retired Col. Charles McGee and the Tuskegee Airmen who "grew up in a time when 'separate but equal' was the law of the land."

The Tuskegee Airmen proved to be exceptional flyers, maintainers, radio operators and support personnel, demonstrating that the Air Force core value of excellence in all we do, has nothing to do with the color of an Airman's skin, she said.

Finally, she shared that as an American, she will be secure in the knowledge that the Air Force is protecting her family, friends and country 24 hours a day, 365 days a year.

"I will never ever cease being a member of the Air Force family," she said. "I will always remain an advocate for Airmen and the Air Force."

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Monster Trucks (PG-13)

Adults - \$6.25, children - \$4.00

SUNDAY, JAN. 15 • 3 p.m.

Monster Trucks (PG-13)

Adults - \$6.25, children - \$4.00

LO preventative maintenance



U.S. Air Force photo/Senior Airman Danielle Quilla
U.S. Air Force Senior Master Sgt. Nathan Keith, the low observable (LO) production superintendent assigned to the 509th Maintenance Squadron, shows 509th Bomb Wing leadership a panel that was replaced on a B-2 Spirit as a result of corrosion at Whiteman Air Force Base, Mo., Jan. 4, 2017. The LO structural maintenance section repairs the LO coatings as well as internal and external structural hardware of the B-2.

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

ENVISIONING BEING AMERICA'S PREMIER BOMB WING
TOTAL FORCE AIRMEN EXECUTING SAFE, SECURE AND EFFECTIVE NUCLEAR AND CONVENTIONAL AIRPOWER...COMBAT-READY TODAY, INNOVATING FOR TOMORROW!

*Whiteman
Annual Awards
Banquet
Mentor-Leader-Professional
January 20, 2017*

2016

1800 SOCIAL HOUR

DRESS FOR EVENT	TICKETS
MILITARY- MESS DRESS	E1-E4: \$20
SEMI FORMAL	E5-EB/O1-O4/GS5-GS9: \$35
CIVILIAN- FORMAL/SUIT	ALL OTHERS: \$40

CONTACT YOUR UNIT POC FOR MORE INFORMATION
OR TO PURCHASE TICKETS

A prayer for year-long inspiration

By Lt. Col. John W. Shipman
Chaplain, 509th Bomb Wing Chapel

"I expect to pass through life but once. If therefore, there be any kindness I can show, or any good thing I can do to any fellow being, let me do it now, and not defer or neglect it, as I shall not pass this way again," quoted William Penn.

Every Airman is a story of service and sacrifice based on integrity, service before self and excellence. You are defined by your past struggles, your current situation and your vision for the future.

Where you started this journey, those who helped you or hurt you on the journey are sources of inspiration. The clearest definition of inspiration is "That which helps you rise up in the morning and is a guide for your dreams in the future."

I joined the Air Force in 1982. I was farming with my father in Wisconsin after graduating from high school. The work was very difficult with little pay. My father served twenty years in the military before moving to the farm and three of my brothers were serving in the Air Force at that time so I thought that this may be a better way of life. I wanted a college education and more opportunities than a life on the farm would provide.

I served for nine and a half years as a proud enlisted service member starting out as an honor graduate from airman basic. I was selected for senior airman below the zone, which helped me promote to staff sergeant in four years. Within six years I was able to finish my degree

in Business Management, which in turn led me to being nominated as one of the 12 Outstanding Airmen at Wurtsmith Air Force Base, Michigan. This gave me the opportunity to be chosen for Officer Training School within eight years.

In addition, I was very active in the church. While serving in a variety of leadership roles throughout my life, I felt the call to serve as a pastor. So I left the Air Force in 1991 to attend seminary.

During my time outside of the Air Force I served as a chaplain at the Ohio State University Hospital and two congregations in Michigan. In each service opportunity or ministry setting I celebrated the time and people with whom I served. With each success, there were many times of struggle, hardship, long hours and yet, my journey was, and continues to be inspired by leadership, my family, the mission and my friends.

My proudest accomplishment in my military career happened at Lajes Field, Azores. I was asked to lead a delegation of U.S. and Portuguese Officers and NCOs to help a school near the base.

The school was in need of repairs, updated materials, and a way to keep the cows off the property. My team met with the school leadership, who presented a drafted plan to fix up the school property, install a fence to keep the cows out, as well as provide computers, sporting equipment and pencils and paper.

After giving my analysis of how best to help, the principal thanked me. He held up a small box of milk and said in his broken English, "The children in our school receive

this box of milk during the day. This is all the nourishment they receive. The things that you said you could provide are wonderful but the best thing you can provide is food."

I told him, "We will accomplish all the things stated and that the chapel at Lajes Field would provide the food for every student each day."

The team visited the school each week with food. We had a special work day to fix the school and the playground equipment. The American school even came out and presented a basketball hoop and soccer balls and we hosted a pot luck meal event where the American and Portuguese were able to come together in community.

The vision, pride, care, and effort are still a point of celebration and inspiration to what I can accomplish in my life.

This article was written to inspire you to look at your own life and recognize your success, that there are good times, there will be times of struggle and your life matters.

William Penn was spot on when he stated his expectations so he could pay it forward. Your value to the world is stated almost every day by leadership, your family and your friends ... that you and your efforts matter for global security and for establishing, maintaining and sustaining our Air Force community.

It is my hope that you will hear this vision, understand, embrace and apply it. Each one of you is a story of service and sacrifice based on integrity, service before self and excellence.

Today, my prayer is for inspiration, and inspired actions in 2017.

Snow day at Whiteman AFB



Whiteman Air Force Base, Missouri, and surrounding areas received 2-3 inches of snow last week and felt the bitter below zero temperatures. It's important to understand how to report to the installation appropriately during adverse weather, to have a winter plan, and to know where to find out more information. Team Whiteman members can expect to be notified of changes to the base operating status or if early release is authorized via:

- The AtHoc System
- Whiteman Air Force Facebook page
- The base website, www.whiteman.af.mil
- Straight Talk Line at 660-687-NEWS
- Local news and radio stations

Ultimately, if you are experiencing trouble or have questions about your duty status, please contact your supervisor and utilize your chain of command.





Whiteman Spouses' Club
Presents

Gift from the Heart
CHARITY AUCTION

Come as a flapper, come as you are
Dress as a gangster or silent screen star
It's going to be fun, no matter the dress
Just bring yourself and we'll do the rest!

Friday, February 24
MISSION'S END

\$20/Person Bid number included	\$15/WSC Member Bid number included	\$50/Group Table Table of 8, Includes Bid Number	\$250/VP Table of 8, Includes Bid Number, additional perks
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6:00pm *Social Hour & Silent Auction*
7:30pm *Live/Piccadilly Auction*

Heavy hors-d'oeuvres served

Bring your quarters for the Piccadilly auction. Items start at \$0.25.
One lucky number wins the loot!

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Seats are limited - reserve today

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Proceeds benefit WSC scholarships and charities



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or visit

www.whitemanwsc.com/scholarships.html

Fostering competition and esprit de corps



Left: Members of the 13th Aircraft Maintenance Unit transfer a GBU-38 using a MHU-83 "jammer" during the fourth quarter load competition at Whiteman Air Force Base, Mo., Jan. 6, 2017. The weapons load crew 4-member is responsible for operating the MHU-83 to safely transfer the GBU-38 to the aircraft in a timely manner.



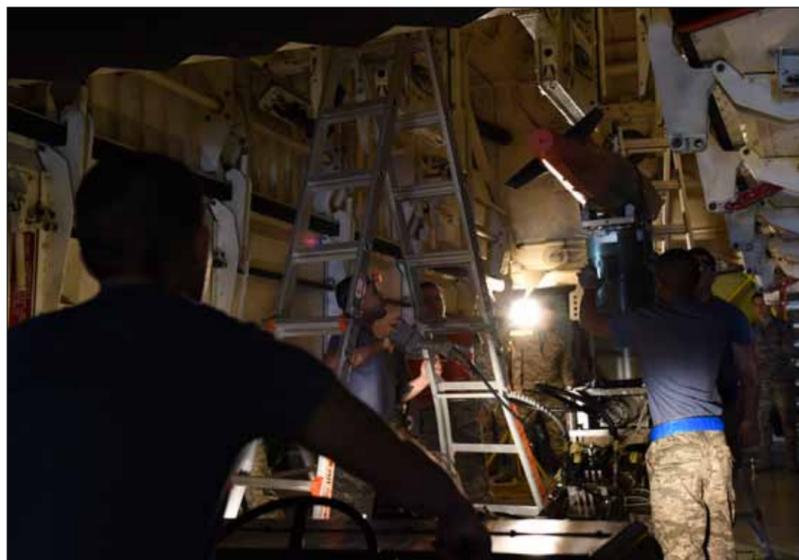
Top: U.S. Air Force Airman 1st Class Zachary Frana, a weapons load crew 4-member assigned to the 393rd Aircraft Maintenance Unit, left, and Tech. Sgt. Ricardo Zuniga, a weapons load crew team chief assigned to the 131st Aircraft Maintenance Squadron, inspect 4 GBU-38s, a 500 lb. class guided weapon, during a fourth quarter load competition at Whiteman Air Force Base, Mo., Jan. 6, 2017. Crews are required to complete the load in 45 minutes or less.



U.S. Air Force Staff Sgt. Jesse McCullough, a weapons load crew team chief assigned to the 13th Aircraft Maintenance Unit, assists in positioning a GBU-38 during a fourth quarter load competition at Whiteman Air Force Base, Mo., Jan. 6, 2017. Every three months the most proficient crew from each aircraft maintenance unit within the 509th and 131st Aircraft Maintenance Squadrons competes for the Load Crew of the Quarter award.



Top: U.S. Air Force Tech. Sgt. Chase Molitor, a weapons load crew 3-member assigned to the 131st Aircraft Maintenance Squadron, left, and Airman 1st Class Zachary Frana, a weapons load crew 4-member assigned to the 393rd Aircraft Maintenance Unit, transfer a GBU-38 with a MHU-83 during the fourth quarter load competition at Whiteman Air Force Base, Mo., Jan. 6, 2017. The 3 member responsibility is to inspect all of the weapons before they get loaded and ensure the crew has all the tools they require to complete the load.



Top: Members from the 509th Aircraft Maintenance Squadron (AMXS) and 131st AMXS prepare to compete in the fourth quarter load competition at Whiteman Air Force Base, Mo., Jan. 6, 2017. The Load Crew of the Quarter was established to foster competition and esprit de corps throughout the weapons community.



Left: Members from the 13th Aircraft Maintenance Unit load a GBU-38 during the fourth quarter load competition at Whiteman Air Force Base, Mo., Jan. 6, 2017. During the load, all crew members must be mindful of clearances between the weapon, aircraft, ladders, and personnel within the small confines of the weapons bay while trying to meet the time standard of the load. This quarter's competition added in the additional factor of another crew loading at the same time in the weapons bay beside them.



Left: Members of the 131st Aircraft Maintenance Squadron (AMXS) are presented with the 509th MXG Load Crew of the Quarter award for winning the fourth quarter load competition at Whiteman Air Force Base, Mo., Jan. 6, 2017. The 131st AMXS won with a time of 30 minutes 30 seconds, and zero discrepancies noted.

U.S. Air Force photos/Senior Airman Danielle Quilla

Whiteman annual National Prayer Breakfast

By Staff Sgt. Ronald Murray III

509th Bomb Wing chapel

The 509th Chapel Corps will be hosting a local observance of the annual National Prayer Breakfast at the Mission's End on Feb. 3 at 8 a.m.

The Air Force Global Strike (AFGSC) Command chaplain, Col. Ronald M. Harvell, is scheduled to be the guest speaker. As the command chaplain, he advises and represents the AFGSC commander on all aspects of the Chaplain Corps mission.

The prayer breakfast celebration began during World War II when a small group of congressmen and their staff began meeting for prayer and bible study. Today, the National Prayer Breakfast is held in Washington, D.C. and is sponsored by the U.S. Senate and the U.S. House of Representatives prayer groups.



The purpose of the occasion is to bring together the leadership of the U.S. in recognition of the moral and spiritual values upon which our nation was founded.

Tickets will cost \$5 and include a full American breakfast. For more information or to sign up, contact the base chapel at 660-687-3562.

FEB. 11, 2017
MIZZOU
 BASKETBALL vs **VANDERBILT**
 MILITARY APPRECIATION GAME @ MIZZOU ARENA
\$5 YOU CAN PURCHASE/PICK-UP TICKETS AT THE 509 BW HQ BLDG, RM. #216
 660-687-1397



AF evolves policies to access more talent, maintain high standards

By Secretary of the Air Force
Public Affairs

WASHINGTON (AFNS) -- The Air Force announced new policies on dress and appearance with regard to tattoos, as well as changes to service medical accession policy Jan. 9.

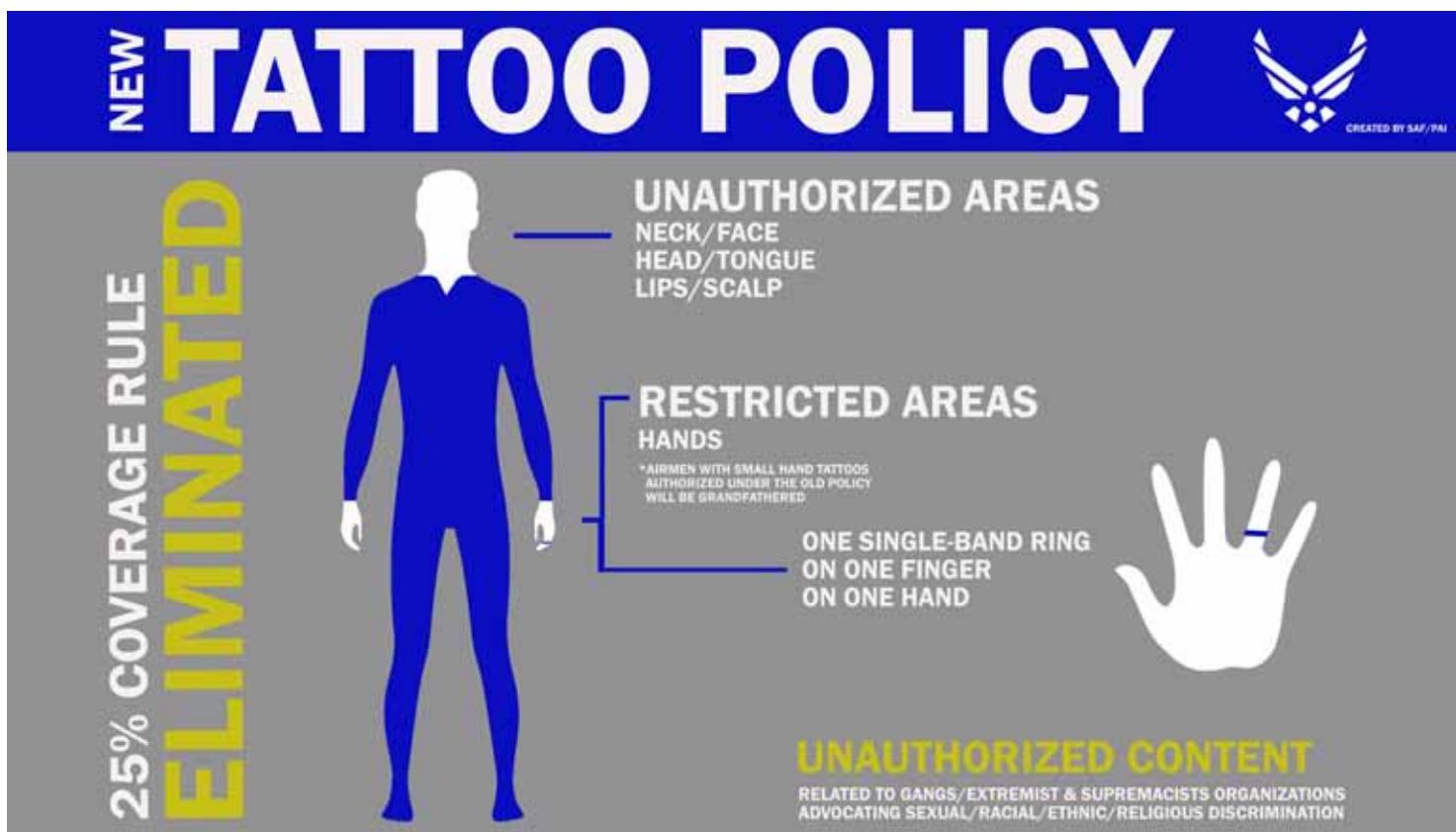
These changes result from a review of Air Force accessions policies directed by Air Force Secretary Deborah Lee James in 2016.

“As part of our effort to attract and retain as many qualified Airmen as possible we periodically review our accessions policies,” she said. “In this instance, we identified specific changes we can make to allow more members of our nation to serve without compromising quality. As a next step in this evolution, we are opening the aperture on certain medical accession criteria and tattoos while taking into account our needs for worldwide deployability and our commitment to the profession of arms.”

Authorized tattoos on the chest, back, arms and legs will no longer be restricted by the “25 percent” rule, while tattoos, brands or body markings on the head, neck, face, tongue, lips and/or scalp remain prohibited. Hand tattoos will be limited to one single-band ring tattoo, on one finger, on one hand. The hand tattoo change ensures the ability to present a more formal military image when required at certain events and/or with dress uniforms. Current Airmen with existing hand tattoos that were authorized under the previous policy will be grandfathered in under the old policy standards.

A recent review of Air Force field recruiters revealed almost half of contacts, applicants and recruits had tattoos. Of these, one of every five were found to have tattoos requiring review or that may be considered disqualifying; the top disqualifier was the 25 percent rule on “excessive” tattoos. The new policy lifts the 25 percent restriction on authorized tattoos to the chest, back, arms and legs, opening up this population for recruitment into the Air Force.

Tattoos, brands and body markings anywhere on the body that are obscene, commonly associated with gangs, extremist and/or supremacist organizations, or that advocate sexual, racial, ethnic or religious discrimination remain prohibited in and out of uniform. To maintain uniformity and good order and consistent with Air Force Instruction 36-2903, “Dress and Personal Appearance of Air Force Personnel,” com-



U.S. Air Force graphic

manders will retain the authority to be more restrictive for tattoos, body ornaments and/or personal grooming based on legal, moral, safety, sanitary, and/or foreign country cultural reasons.

The new tattoo policy is effective Feb. 1, 2017. Further implementation guidance will be released in an addendum to the policy guidance.

The Air Force’s periodic review of medical accession standards and advancement of medical capabilities prompted policy changes with respect to waivers concerning common conditions that have routinely disqualified prospective Airmen from service: eczema, asthma and attention deficit hyperactivity disorder. Waivers for eczema, asthma and ADHD currently constitute the highest volume of requests from Air Force recruiters. Additionally, current Air Force accession policy with respect to pre-service marijuana use is not reflective of the continuing legalization of marijuana in numerous states throughout the nation.

“We are always looking at our policies and, when appropriate, adjusting them to ensure a broad scope of individuals are eligible to serve. These changes allow the Air Force to aggressively recruit talented and capable Americans who until now might not have been able to serve our country in uniform,” said Chief Master Sgt. of the Air Force James A. Cody.

While medical accession standards

are standardized across the Services, the Air Force has modified some of its more restrictive service policy, or established specific criteria to streamline and standardize waiver processes to increase the number of qualified candidates entering service. These changes include:

- Eczema: Select candidates medically classified as having mild forms of eczema will be processed for a waiver. Certain occupational restrictions may be applied to secure personal and mission safety.

- ADHD: Candidates who do not meet the standard of never having taken more than a single daily dosage of medication or not having been prescribed medication for their condition for more than 24 cumulative months after the age of 14 will be processed for a waiver if they have demonstrated at least 15 months of performance stability (academic or vocational) off medication immediately preceding enlistment or enrollment and they continue to meet remaining criteria as outlined in Defense Department Instruction 6130.03.

- Asthma: The Air Force will use the Methacholine Challenge Test to provide an objective measure of candidates with an ambiguous or uncertain history of asthma. Candidates who successfully pass this test will be processed for a waiver.

- Pre-accession marijuana usage: The revised policy will remove the service

prescribed numerical limitations on prior use of marijuana when determining accession qualifications. In accordance with DOD standards, a medical diagnosis of substance-related disorders or addiction remains medically disqualifying for service. Additionally, any legal proceedings associated with pre-service use will continue to be reviewed and adjudicated separately and may be disqualifying depending on the nature of the offense(s). The Air Force will maintain a strict “no use” policy. An applicant or enlistee will be disqualified for service if they use drugs after the initial entrance interview.

The waiver process changes are effective immediately. The Air Force continues to work with the Office of the Secretary of Defense and the other services to review existing medical accession standards to allow the highest number of qualified individuals possible to serve.

“Among the fundamental qualities required of our Airmen is being ready to fight and win our nation’s wars. These accession standards ensure we maintain our high standards while bringing more consistency to our policies,” said Air Force Chief of Staff Gen. David L. Goldfein. “As medical capabilities have improved and laws have changed, the Air Force is evolving so we are able to access more worldwide deployable Airmen to conduct the business of our nation.”

THINK SAFETY

Complete NIP, receive free teeth whitening trays

By Capt. James Koll and
Staff Sgt. Reina Glenn
509th Medical Operations Squadron

Have you ever wondered why your dentist has you stick out your tongue and say “ahhh” or why the dentist feels on your neck and chin when you get a dental exam? Most patients expect to have their teeth and gums examined, but many may not realize that they are also being screened for head and neck cancer. While it’s true that the teeth and gums are a primary concern for dental professionals, the surrounding tissues are equally important in terms of evaluating your overall health.

During your check-up, the dentist is looking for anything abnormal like growths, ulcers, discolorations, and unexplained swelling. Similarly, when feeling your neck and chin, they are searching for lymph nodes that elicit a painful response. “But why?” you ask. Thousands of patients nationwide are diagnosed with head and neck cancer each year and oral cancers make up a majority of those cases. The most common locations for oral cancer are the lips, tongue, and the mucosa that lines the cheeks and throat.

The major lifestyle risk factors for oral cancer are tobacco and alcohol use.



Additionally, the interaction of heavy tobacco and alcohol use together can raise the risk to nearly 100 percent more than the risk for people who don't smoke or drink at all. Detecting early forms of oral cancer

can be done at home on a monthly basis. Check your tongue, cheeks, and outer throat for things that don't appear normal like lumps, bumps, sores, and red or white patches. If you dip or chew tobacco, you

may notice a white, leathery area at the site where you place your tobacco. It is recommended that you alternate the location of where you place your tobacco to facilitate healing. As with the heat and smoke of inhaling cigarettes, the chemicals in the dip/chew cause the tissues in the mouth to undergo an accelerated cycle of cell death and rebuilding. This pattern raises the risk for abnormal cells being formed and oral cancer to initiate.

Since tobacco users have a higher incidence of oral cancer than non-users, the Whiteman Dental Clinic has joined the fight to help its members quit and is building off the momentum of the Great American Smokeout sponsored by the American Cancer Society. As an incentive to quit, the clinic offers free teeth whitening trays to members who successfully complete the Nicotine Intervention Program (NIP), offered by the 509th Medical Group Health Promotions Department, and remain tobacco free for six months or more. Those interested in the NIP can contact Mr. Brian Kirby at 660-687-1199.

If you have questions regarding your oral health and the risks associated with smoking, please contact your local dental office or the Whiteman Air Force Base Dental Clinic at 660-687-2201.

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