

# Commander's Call Topics



February 13, 2014

“Nearly all men can stand adversity, but if you want to test a man’s character, give him power.”

Abraham Lincoln (1809-1865)  
16<sup>th</sup> President of the United States

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## Health Is At the Heart of It All

February is American Heart Month. The mission is to increase awareness about heart health, a growing problem within the Air Force according to a cardiology consultant to the Air Force surgeon general.

Lt. Col. Samuel O. Jones said that heart issues are no longer thought of in the medical community as a problem for older patients exclusively. More and more, he noted, inactivity in the nation’s youth—a problem as damaging as smoking—is causing heart problems. In some cases, unhealthy plaque buildup around the heart can start in someone’s teens.

“Airmen have to ... follow the basic tenets of a healthy lifestyle,” he said.

The modern American lifestyle of fast food and increased sedentariness due to the development of technologies that make life easier can be offset with healthier habits such as these that increase daily activity:

- Park further away when you visit the commissary and walk. Those few extra paces will add up quickly and require less than one minute of added time to your errand.
- If work has you pinned to a desk, consider standing for periods of time. The Center for Disease Control (CDC) website suggests that periodically standing can increase blood flow, burn more calories, assist with energy balance, and aid weight management, all of which benefit heart health.
- Take the stairs whenever possible; forego the elevators and escalators. Taking the stairs requires little additional time, and it benefits overall health.
- Avoid the compulsion to continually engage electronic gadgets, such as smartphones, in your free time. Take a walk instead.
- At minimum, exercise for 30 minutes three times per week.

“It’s not about making your life easier, it’s about making your life healthier,” Jones said. “Sometimes by making our lives easier we are actually killing ourselves.”

According to the CDC website, about 715,000 Americans suffer a heart attack annually, and another 600,000 die from heart disease, the leading cause of death in both men and women. The signs of heart-related problems range from very subtle to extreme in some cases.

Jones urged Airmen who may experience chest pain, dizziness or passing out, to get evaluated. Even if it turns out to be nothing, it still produces peace of mind. Other ways to be proactive about heart health include getting regular blood pressure and cholesterol checks, shunning tobacco products, lowering salt intake, avoiding fast foods, and if you currently have diabetes, managing it.

February, American Heart Month, is the time to evaluate your lifestyle and challenge yourself to adopt the habits to achieve and maintain a healthy heart.

SrA. Zachary Vucic

### ► TRENDING...

“Every Airman has a story. Their stories are sad, exhilarating, uplifting, sobering, they are every adjective you can come up with and every Airman has one. The most important thing is they are unique to that Airman,” said [Chief Master Sgt. of the Air Force James A. Cody](#) speaking at [the chief master sergeants’ orientation](#).

## ► RESOURCES

Website access to the following resources can be gained by clicking on the name.

[AF.mil](#)

[Airman magazine](#)

[Military OneSource/HomeFront](#)

[Air Force Personnel Center](#)

[Air Reserve Personnel Center](#)

[Department of Defense News](#)

[Department of Veteran Affairs](#)

[TRICARE](#)

[U.S. Government Website](#)

[Air Force Association Scholarships](#)

[Air Force Safety Center](#)

[Civil Service Employment Opportunities](#)

[NAF Employment Opportunities](#)

[Air Force Bands/Outreach](#)

## ► THIS WEEK IN AIR FORCE HISTORY

**Feb. 13, 2007** - EXERCISE FALCON CONDOR 07. Through 16 February, nearly 150 Airmen participated in a joint military exercise with the Peruvian Air Force. The exercise allowed the U.S. military to build relationships with Peru's military and civilian leaders. It involved the C-130 Hercules, E-3A Sentry, F-16 Fighting Falcon, and the B-1 Lancer. Afterwards, the aircraft remained in Peru for two more days to perform in the Falcon Condor air show.

**Feb. 14, 1989** - In its first launch, the McDonnell-Douglas Delta II space booster lifted the first operational NAVSTAR Block II GPS satellite into orbit.

**Feb. 15, 1948** - The XF-87 Blackhawk made its first flight at Edwards AFB, Calif.

**Feb. 16, 1966** - General John P. McConnell, the Chief of Staff of the Air Force, presented astronaut wings to Col. L. Gordon Cooper, Col. Frank Borman, and Lt. Col. Thomas P. Stafford.

**Feb. 17, 2007** - The 45th Space Wing supported the launch of a Delta II booster from Cape Canaveral AFS, Fla., carrying five National Air and Space Administration 'THEMIS' probes to study auroral substorms, an avalanche of solar wind powered magnetic energy that intensifies the northern and southern lights.

**Feb. 18, 1943** - The first class of 39 flight nurses graduated from the U. S. Army Air Forces School of Air Evacuations at Bowman Field, Ky.

**Feb. 19, 1936** - Brig. Gen. William "Billy" Mitchell died at Doctor's Hospital, New York City. He is buried in Milwaukee, Wis.

## ► FAMILY, HEALTH AND SAFETY

[Detecting spice: research continues at the Academy](#)

Hallucinations, violence and organ failure are just a few of the results from using Spice, a synthetic compound outlawed in 45 states and all four service branches. Now researchers at the U. S. Air Force Academy's Chemistry Research Center and the Chemistry Department are working to find ways to detect the substance in service members.

## ► PERSONNEL ISSUES

[SSgt. Promotion test rescheduled for April 1-May 16](#)

The testing dates, moved up a full thirty days, ensure that Airmen selected for promotion do not meet the enlisted retention board.

[Nominees sought for 2014 Fisher Humanitarian Award](#)

The award is presented to an individual or organization outside the Department of Defense exemplifying exceptional patriotism and humanitarianism.

[Air Force announces "pro-gear" policy change](#)

Impacting orders issued after May 1, 2014, the Department of Defense announced changes to its policy on shipping personal, professional and household goods during permanent change of station moves.

For more information on Air Force heritage, visit <http://www.airforcehistory.af.mil>

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