

KANZA SPIRIT

931ST AIR REFUELING GROUP



Inside

Measuring waist a measure of health

Page 3

Illustrated guide to push-ups, crunches

Page 6

Spirit Spotlight

Page 7

December 2003

McConnell Air Force Base, Kansas

Vol. 8, No. 11

CRUNCH

Time

Lou Stadler (at right), McConnell AFB exercise physiologist, demonstrates the proper technique for performing crunches required in the new Air Force fitness standards.



photo by Tech. Sgt. David Brumley

Air Force encourages adding exercise to holiday to-do list

Tech. Sgt. David Brumley
931st Public Affairs

Preparing early and starting slow are the important reminders for everyone as they begin to train for the new Air Force Fitness standards.

For many reservists who have focused on training for the three mile walk, the new changes can cause some anxiety in the best approach to getting started.

Air Force officials are encouraging anyone who is starting an exercise program for the first time to start out slowly and check with your doctor first. "Right now it is

important for everyone to get started slowly if they haven't worked out for a while," said Col. Karl J. Hurdle, 931st ARG commander. "Make sure you check with your doctor before starting any new program, and don't try to over do it. We don't want anyone to end up in the hospital by trying to do something they haven't done in a long time."

The best time to get ready to be able to meet the new standards next year is now. "There are several concerns," said Sylvia Goff, an exercise physiologist at the Bolling Air Force Base Health and Wellness center in Washington,

— See **EXERCISE**, Page 4

Holiday Happenings

All members of the 931st family are invited to the:
Commander's Holiday Reception, Dec. 6, 3:30 p.m. at Southwind Conference Room
SNCO/NCO Induction Ceremony, Dec. 7, 10 a.m. at the base theater
Children's Holiday Party, Dec. 7, 2-4 p.m. at the Kanza Conference Room



**Commander,
931st Air Refueling
Group**

Col. Karl J. Hurdle

Spirit Staff

Maj. Dave Fruck
Chief of Public Affairs

Staff Sgt. Jason Schaap
Editor

Tech Sgt. David Brumley
Staff Writer/Photographer

How to reach us

Kanza Spirit
931st Air Refueling Group
53280 Topeka Street
Suite 221
McConnell AFB, KS 67221
Commercial Phone:
(316) 759-3616
DSN: 743-3616
Fax: (316) 759-3393
e-mail:

David.Fruck@mccconnell.af.mil

Deadlines

The deadline to submit articles and newsbriefs for publication is close of business of the UTA.

This funded Air Force newspaper is an authorized publication for members of the U.S. military services.

Contents of the *Kanza Spirit* are not necessarily the official views of, or endorsed by, the U.S. Government or the Department of the Air Force.

Editorial content is edited, prepared and provided by the 931st Public Affairs Office. All photos are Air Force photos unless otherwise indicated.

The *Kanza Spirit* is mailed each month to all 931st ARG members on file with Personnel. Members not receiving their copy should check with their administration section to ensure their filed address is correct.

COMMANDER'S MESSAGE

Wow, what a year! 2003 was a year jam backed with an incredible amount of challenges for our group.

All of us can be extremely proud of how we met each and every challenge and succeeded. The group took on mobilization for Operation Iraqi Freedom and kicked butt.

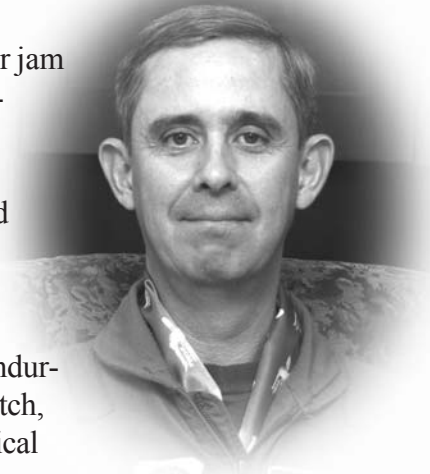
We participated in and supported Enduring Freedom, Noble Eagle, Southern Watch, Deep Freeze, Red Flag, Pacific Aeromedical Evacuations and numerous business efforts.

In fact, it would take me two full pages to list all of your accomplishments this year. Just check out our submission for the Air Force Outstanding Unit Award and you will be amazed!

As 2003 draws to a close, we find ourselves still engaged in the Global War on Terrorism. Many of our folks continue to serve overseas and others are serving here at home. The fight continues for our way of life and liberty.

During this holiday day season, please take the time to rest and recharge yourself and your family for the new challenges we will face in the New Year. I am proud of each and every one of you.

I thank you for your volunteerism and sacrifice. Please give your family a hug for the hardships they have endured so that you could defend our nation. Be aware and be safe over the holidays, I want to see you all safe and sound next year!



Karl J. Hurdle, Colonel
931st ARG Commander

**FRAUD, WASTE
& ABUSE**

To file a fraud, waste or abuse complaint with the Air Force, call (316) 759-3192 or toll free (800) 424-9098.

UTASCHEDULE

Next UTA: December 7-8

January 10-11

February 7-8

March 13-14

Waist size reflects whole health

Staff Sgt. C. Todd Lopez

Air Force Print News

The waist-measurement portion of the Air Force's new fitness standard serves as a gauge for total health, said the Air Force chief of health promotion operations.

"The waist measurement is used to determine visceral or intra-abdominal fat," said Maj. Lisa Schmidt. Air Force officials chose this measurement because ample evidence links increases in visceral fat with increased risk for disease.

"When we looked at developing health-based standards, we reviewed a lot of literature of the best ways to predict health risks for members, and abdominal circumference kept surfacing,"

Schmidt said. "With more abdominal fat, you have more risk for diabetes, heart disease, stroke and some types of cancer."

Agencies like the American Medical Association and the National Institute of Health have produced such studies, Schmidt said.

Individuals can perform the measurement on themselves by using a tape measure, she said.

The measurement is taken with the tape wrapped around the abdomen above the right iliac crest, or right above the top of the right hip bone, while ensuring the loop created by the tape remains parallel to the floor. The measurement is taken the same way for both males and females.

Air Force officials use two tables for measuring waists, one for males and one for females, Schmidt said. There are no variations in regards to height or age.

"The risk for disease is independent of your height," Schmidt said. "Other things considered, if you are 5 foot 2 inches tall or you are 6 foot 2 inches tall, your risk for disease is the same if you have a 40-inch waist. The same applies with your age. If you are 20 years old or 50 years old, the risk is the same based on waist measurements."

Additionally, unlike other body parts, the size of the waist does not grow proportionally with height, Schmidt said.

"As you get taller, it isn't as if you grow out as well,"

Schmidt said. "It is not proportional growth. The area you are measuring does not include any bone."

While there is no variance allowed for height when it comes to waist measurements, it is important to consider the fitness evaluation as a whole in regards to the total-fitness score, Schmidt said.

"The fitness score is a composite score," Schmidt said. "If you have a 20-year-old and a 50-year-old, both with a 39-inch waist, they are going to get the same points for abdominal circumference. However, that 20-year-old is going to have to run faster and do more crunches and more pushups to get the same composite score as the 50-year-old."

For airmen who measured their waists and determined

they are not within an acceptable range, there is hope, she said. Generally, visceral fat is the first to go when exercising.

It may take several months of running, crunches and weight lifting to knock an inch or two off the waist circumference, that effort pays off in more than one or two points gained on the waist-measurement part of the evaluation, Schmidt said.

"A lot of airmen will look at the chart and say it is difficult to lose an inch in abdominal circumference, and that they only get a point for it," Schmidt said. "But if you are engaged in some kind of program to lose that inch and to gain that point, some aerobic and fitness program, then in the process of gaining that extra point for waist measure you will improve your performance on the running and strength portions. They are all interrelated. This is about total health."

Airmen who look at the chart for the first time become fixated on the top numbers for their age group — those numbers needed to score a perfect 100 on the evaluation, Schmidt said. She said airmen should concentrate instead on getting a "good" or "excellent" fitness score.

The expectation is not for most airmen to achieve a perfect score. The expectation is for everyone to participate in a regular fitness program, which will result in improvements in overall fitness, she said.



photo by Master Sgt. Jim Varhegyi



The push-up begins with the feet about a foot apart, hands and face forward and back straight.



Elbows must be a little past a 90 degree angle to complete a push-up.

EXERCISE, from page 1

D.C. “Some are afraid that they will not be able to meet the ... standard because many don’t exercise on a regular basis. Others are concerned about injury they may receive from running.

“They need to start training today for year-round fitness to meet mission readiness. They must include running, push-ups and crunches into their program,” said Goff.

For many who have been walking exclusively for the past several years, beginning to run again can seem like a daunting challenge. “Running is not an inherently dangerous activity,” said Tammy DeCoux, the program manager for the Air Force Services Agency’s fitness and sports office. “A running program should be entered into slowly at first, with increasing progression of intensity and duration as conditioning occurs. Mild injuries caused by running are often due to things such as inadequate warm up, cool down or stretching; improper technique; poor running shoes; and over-training.”

According to Decoux, airmen do not need to be concerned about the safety of running— if they do it correctly. “Alternate running and walking until you are able to sustain a run,” she said. “Some will be able to sustain the run a lot sooner than others. Once you can sustain the

run, you want to increase your speed by no more than 10 percent per week.”

Shin splints, a common ailment associated with new runners, is an inflammation of the tibia. Symptoms include pain in the front portion of the lower leg. DeCoux said the injury is caused by overuse and the shock from running on hard surfaces.

“The harder the running surface, the greater the shock,” DeCoux said.

www.af.mil/news/USA

Treatment includes rest and ice, if needed. Prevention involves varying your running surface, proper stretching, proper shoes and conditioning, DeCoux said. Airmen, who are completely unfamiliar with physical training and conditioning, can find help on base with proper diet and weight-loss techniques. Local health and wellness centers, as well as fitness centers, can play a key part in helping airmen prepare their bodies for the demands of the new fitness standards, according to DeCoux.

“It is the role of the (health and wellness centers) to develop fitness programs for both individuals and for



(Left) Crunches can be done with a toe hold bar or someone holding the ankles (see photo on page 1). Crunches begin in the down position with the arms crossed and the fingers touching the shoulder blades.





Lifting the hip into the air is an approved way to rest during push-ups.



Dropping the hip down is another approved rest position during push-ups, as long as the body does not go all the way down.

units,” DeCoux said. “Base fitness centers can provide ... the equipment and guidance needed to carry out those fitness programs. Additionally, we have fitness experts in the centers to help individuals train, one-on-one.”

The McConnell AFB Health and Wellness Center, as well as the base Fitness Center have many programs available for 931st members to take advantage of as they begin to get set for the new program.

“The best you can do is train for what the test will be,” said Bill Hageman, McConnell Air Force Base

up is with your knees on the ground and your back is straight doing as many as you can do,” said Stadler. “I always tell people to go until they are fatigued. Then keep doing them each day and try to do more. Some days you may not make any improvements. Then try to do a few regular push-ups to see how well you are doing.”

According to Stadler, to do a push-up correctly, you must position your body straight, in the up position, feet about 1 foot apart, and then go down until your elbow breaks a 90 degree angle.

“Once your elbows are at a 90 degree angle you want to go a little further to break the plane,” he said. “You also want to look forward to help keep your body straight. When you are doing push-ups you’re pushing 65-70% of your body weight.”

There is also a modified crunch for building up to the full version. “My suggestion is to practice with the AB crunch, and then, once a week, time themselves doing the full crunch,” said Stadler.

According to Stadler, a full crunch is performed with the feet flat on the floor, the knees bent at a 90 degree angle, and the arms crossed in front of the chest with your fingers remaining in contact with your shoulders. Once you begin, you must have your elbows touch between your knees and upper thighs and then return back down with your shoulder blade touching the ground.

AF_Fitness_Charts.pdf

Fitness Center associate director. The fitness center also has classes in spinning, aerobics, kickboxing, yoga, and swimming that can help as well. According to Hageman, anything that will help build up your cardio-vascular system can help as you begin to get ready for the test.

For many who have done cardio-vascular exercises on a regular basis, the challenge may be preparing to do the push-ups and crunches portion of the assessment. According to Lou Stadler Exercise Physiologist at McConnell’s Health and Wellness center, a modified push-up can be the best way to get started. “A modified push-



(Left) The crunch is complete when the elbows touch between the upper thighs and the knees. This is also the position that can be used to rest. (Right) Bringing the elbows above the knees is not the proper way to finish or rest.



SPIRIT SHORTS

Family Mobility Line set for Dec. UTA

931st family members are invited to discover what the mobility process is all about and go through "the line" in a "chalk" before actually boarding a plane for deployment. Families are asked to respond with interest in either a noon or 1 p.m. chalk time on Dec. 6. Call (316) 759-3593 for more information.

Scholarships available for reservists' children

The application window for the 2004 Scholarships for Military Children program is open through Feb. 18. Children of active-duty, retired, Guard and Reserve members are eligible to apply for \$1,500 academic scholarships.

For more information about the program and application procedures, visit the program's Web site at www.militaryscholar.org

Receive Group news via email

Group members who would like to receive information about the 931st, the Air Force and other pertinent subjects can email Maj. Becky Fox at: rebecca.fox@mcconnell.af.mil

Traditional reservists are especially encouraged to submit their address so that they can be aware of information released between Unit Training Assemblies.

Submitted email addresses will be kept confidential and will not be shared with other recipients.

May UTA dates changed

The May Unit Training Assembly has been rescheduled from May 15-16 to May 1-2.

Welcome newcomer Staff Sgt. Brian Abrogast AMXS

Promotions

*Congratulations to
the following promotees:*

**Senior Master Sgt.
Presley R. Lewis
HQ**

**Master Sgt.
Valencia Johnson
18th ARS**

**Master Sgt. Kurt Smith
CES**

**Tech. Sgt. Gregory Carron
18th ARS**

**Tech. Sgt. Bradley Fields
Security Forces**

**Tech. Sgt. Carla Horner
18th ARS**

SPIRIT SPOTLIGHT

This month's selectee is a Texarkana, Texas, native who has been in the military 1 month.

Job title: Dentist

Civilian job: I have a general dentistry practice here in Wichita.

Favorite way to relax: I have a commercial flying license and am working on my flight instructor certificate. Flying allows me to leave all my worries on the ground and escape into the skies.

What annoys me: People who don't do their job

Most influential person in my life: My wife because she is the most important person in my life.

What I'm listening to now: Disney Radio—I have an 8-year-old and a 5-year-old

What I'm reading now: "Fire and Air: A Life on the Edge" by Patty Wagstaff

If I won \$1 million, I would: Give the Lord his share, invest the rest and go sit on an island!



Maj. Benjamin Lee
Aero Medicine Flight

ESGR recognized



photo by Maj. David Fruck

Kansas Governor Kathleen Sebelius signs a proclamation declaring the week of Nov. 17-23, 2003, as Employer Support of the Guard and Reserve Week. All state and territorial governors joined President George W. Bush in signing proclamations Nov. 14. Attending the signing at the Capitol Building in Topeka, Kan., was Master Sgt. Bryan King, 18th ARS boom operator (far left).

Thank You from the Hargrove Family

My daughter Vanessa and I would like to thank each and every one of you for the contributions made to the Hargrove Family Fund. The card came signed "The 931st Air Refueling Group," so this is the only way I could send out Thank Yous. The Harry Hynes Memorial Hospice received the donation in the name of Charles Hargrove. Harry Hynes Hospice is a not-for-profit agency servicing the terminally ill; and the care he received was superb and deserves every bit.

I would also like to thank everyone who attended the Memorial on Saturday, 1 November. It really helped to see so many of you. Chuck's brothers and sisters-in-law were very impressed by the support we received. They, not knowing much about the Armed Forces, as Chuck and one of his nephews were the only ones in the service, were overwhelmed with the presentation of the flag by Senior Master Sgt. Chuck Smith; and also the uniforms worn by others.

The phones calls, cards, visits at my house and in the office, along with the offers for help are very thoughtful. To take your time out of your busy lives to "Watch" over me and Vanessa are times I will always remember. Thank you.

—
Dawne Hargrove and Vanessa Kanaga

Editor's Note: Dawne Hargrove is the Group Commander's secretary. Her husband, Charles, died Oct. 25.

WICHITA WEEKEND

Old-Fashioned Christmas at Old Cowtown

Dec. 5-6 – Take a trip back in time to the late 19th century during the most beautiful season of the year.

From carolers on the boardwalks and smell of goodies to choirs in the church and cowboys around the campfire, visitors at Old Cowtown in Wichita are treated to the enchanting atmosphere of Christmas in a Kansas cattletown of yesteryear. Doors open at 6 p.m. and close at 9:30 p.m.

Admission is \$7 for adults, \$5 for ages 12-17, \$4 for 4-11, free for children 3 and under. Call (316) 264-0671 for more information.

Thunder Hockey

Dec. 5 – Wichita Thunder host the Lubbock Cotton Kings in Central Hockey League action. Game time is 7:30 p.m. at the Kansas Coliseum. Call (316) 755-7328 or visit www.selectaseat.com for tickets.

Holiday music by the Wichita Symphony

Dec. 6 – The Wichita Symphony Orchestra performs Vivaldi’s “The Four Seasons” and the “Christmas Symphony” at Century II Concert Hall beginning at 8 p.m. Visit www.wso.org for more information. Call (316) 267-7658 for tickets.

Shockers Basketball

Dec. 6 – The Wichita State Shocker men host the Rockhurst Hawks at the new Charles Koch Arena at 7:05 p.m.

Call (316) 978-3267 or visit www.goshockers.com for tickets.

Botanica Illuminated

Dec. 5-6 – Botanica, the Wichita Garden, presents Illuminations, a wonderland of light from 6 to 9 p.m.

Thousands of luminaria and holiday lights make the paths of Botanica glow as seasonal music fills the air. Holiday treats, free children’s crafts and visits with Santa.

Admission is \$5 per person, \$2.50 for children 12 and under.

At The Movies

IN THE CUT

FRIDAY, DEC. 5 7pm

1 hrs. 58 min. Meg Ryan plays a writing professor in New York having an erotic affair with a cop investigating the murder of a beautiful woman in her neighborhood.

MPAA Rating: R for strong sexuality, including explicit dialogue, nudity, graphic crimes scenes and language



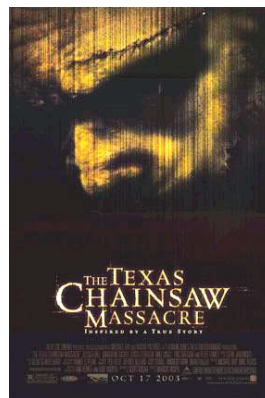
THE TEXAS

CHAINSAW MASSACRE

SATURDAY, DEC. 6 7pm

1 hr. 30 min. Leatherface returns in this remake of the cult classic about a chainsaw wielding maniac who tortures five young kids stranded on a rural Texas highway, as told by the lone survivor of the massacre.

MPAA Rating: R for strong horror violence/gore, language and drug content



*Movies are shown at the **McConnell Air Force Base Theater** and are subject to change.*

*Admission is **\$2.25** for adults, **\$1.50** for children 12 and under.*

931st ARG/PA
53280 Topeka Street
Suite 221
McConnell AFB, KS
67221-3767

PRESORTED STD
Postage and Fees Paid
McConnell AFB, KS
PERMIT #85