

Commander's Connection



Photo by Airman 1st Class Susan Penning

Col. Sam Angelella (right), gets briefed on weather operations with Lt. Col. Fred Fahlbusch, 28th Operational Weather Squadron director of operations, during a 28th OWS tour Wednesday.

*"Commander's Connection" is a link between Col. Sam Angelella, 20th Fighter Wing commander, and the Shaw community. Questions or concerns that can't be resolved through normal channels can be called in and recorded at 895-4611 or e-mailed to **commandersconnection@shaw.af.mil**.*

*Callers should leave a name and telephone number in case questions need clarification. Comments of general interest may be published in **The Shaw Spirit**.*

Q I made my first visit to the new Satellite Pharmacy, and was surprised at the lack of parking. I noticed a large number of retirees walking from other lots because there was no place to park. Is there a plan to increase parking and help out the retirees?

A Thank you for your concern for Shaw's retiree community. There are currently six parking spaces directly in front of the Pharmacy and GNC store, with one reserved for handicapped patrons. Due to the size limits of the parking area, this is all that can be constructed there. Ample parking exists in the Commissary and Base Exchange lots. When implemented, Shaw AFB Instruction 32-1097, *Shaw Air Force Base Sign Standards*, will reduce the number of reserved parking spots on base to help alleviate current parking problems.

Fit-to-fight program forecast

By Lt. Col. Elizabeth Clark
20th Aeromedical-Dental Squadron commander

I am sure you all either groaned or applauded the new fitness edict from Gen. John P. Jumper, Air Force Chief of Staff. I applauded. The 20th Aeromedical-Dental Squadron runs as a squadron every week. Scheduling, I admit, is a challenge, but this initiative gives the Air Force and Shaw a more fit force.

Our two current programs, weight management and the cycle ergometry test, will combine under the new "Fit-to-Fight" program, directed by a new Air Force Instruction to be released in January. This program looks at both fitness and health. For medical providers, this is a systematic approach towards disease prevention versus just disease management.

In January, your fitness to fight will be measured using components based on medical risk. Those components will be a 1.5 mile run, one minute of push-ups, one minute of crunches and an abdominal circumference measurement.

An increased abdominal circumference, greater than 40 inches for men and 35 inches for

women, places individuals in the high-risk group for heart disease, diabetes and other medical issues.

The run times, crunches and push-ups will be evaluated according to age and gender. The Air Force Medical Service Agency recently released the standards. Members can view the charts at: www.af.mil/news/USAF_Fitness_Charts.pdf. Members who test poorly will become a medical priority for intervention and mandatory, supervised exercise activities. This will allow the 20th Medical Group to target people whose lifestyle needs immediate attention and correction.

Medical providers will work with high-risk members and the Health and Wellness Center team to maximize fitness and reduce risk factors. Body fat and weight issues will fall to healthcare providers to address medically.

We, as military members, must present a professional image. If a service member does not, their commander can take administrative action.

I am excited about this program and look forward to preventing a significant amount of heart disease, diabetes and other medical ailments through early intervention.

20th Fighter Wing Mission

*To provide, project and sustain
combat-ready air forces*



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The Air Force Climate Survey continues through Nov. 23.

To participate, visit <http://afclimatesurvey.af.mil>.

The Shaw Spirit

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