

POTOMAC

Air Monthly

Oct 2016

THE PINK EDITION

**-A STORY FROM ONE 113TH WING'S OWN
BREAST CANCER SURVIVOR**

-PILOT FOR A DAY

**-113TH WING PILOT FEATURED IN MEN'S
HEALTH**



113TH WING

CAPITAL GUARDIANS

The **Potomac Air** *Monthly*

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Chief Master Sergeant (E-9)

Warren, Jeffrey

Pier, Linda

Staff Sergeant (E-5)

Donnelly, Sean

Gonzalez, Erica

Senior Airman (E-4)

Bland, Lamar

Cabrera, Richard

Montalvo, Rebecca

Oct UTA training and events schedule

Saturday, Oct 15

Start	End	Event	Location	POC	Phone
0800	1400	RHRP (Dental Exams)	CE Bldg 3236	SrA Hawkins	857-6657
0900	1100	Medical Appointments ONLY (Profiles)	Bldg 3282, Room A14	SMSGt Lott	857-6615
0900	1000	Case Management Group	Bldg 3213, WCR	Mrs. Owolabi	857-0090
0900	1200	End of Course Testing (EOC) - PME/CDCs	CE Bldg 3236 Room 121	SMSGt Zayas	857-3084
1300	1400	IDS Meeting	Bldg 3213, WCR	Maj Lee	857-6464
1200	1300	Chiefs Council Meeting	LRS Conference Rm	CMSGt Thomas	857-3228
1400	1530	Initial ADWSR Program Mgmt Training	Bldg 3213, WCR	SMSGt Ring	857-5244
1300	1400	Maj Jason O'Brien Promotion Ceremony	213MXS, Hangar 9	Maj Daniels	857-6935
1300	1400	Maj Thomas Conley	213MXS, Hangar 9	Maj Daniels	857-6935

Normal Hours of Operation

0830	1500	CPTF Customer Service	Trailer R62		857-0678
0900	1100	EO Out and About	Wing-wide	Capt Hartsfield	857-3238
0830	1500	FSS Customer Service	Trailer R62	SMSGt A. Wilson	857-4012
0900	1500	Mobility and Clothing Issue	Bldg. 3212	MSgt Robinson	857-9316
0800	1500	CF Customer Service	Bldg. 3222	MSgt Noon	857-0714
1300	1500	Walk-in Legal Assistance	Bldg. 3213	MSgt Blaser	857-5511

Sunday, Oct 16

Start	End	Event	Location	POC	Phone
0700	1200	Fitness Testing	East Fitness Center	SMSGt Brown	857-3997
0730	0830	Contemporary Service	CE Bldg 3236 Conference Rm	Ch Lt Col Bowen	857-1032
0730	0830	Catholic Mass	LRS Conference Rm	Ch Lt Col Bowen	857-1032
0800	1630	Newcomers Orientation		MSgt Young	857-5449
0800	1000	Medical/Dental Appointments ONLY	Bldg 3282, Room A14	SMSGt Lott	857-6615
0900	1100	POSH/ HRE Training	LRS Conference Rm	TSgt Green	857-3238
0900	1200	End of Course Testing (EOC) - PME/CDCs	CE Bldg 3236 Room 121	SMSGt Zayas	857-3084
1000	1030	Medical Walk-ins	Bldg 3282, Room A14	SMSGt Lott	857-6615
12:00	13:00	Top III Meeting	Bldg 3213, WCR	SMSGt Carroll	857-2510
1300	1400	CAIB Meeting	Bldg 3213, WCR	Maj Lee	857-6464
1300	1400	Rising 6	CE Conference Room	SrA Wilson	857-4012
1430	1600	Green Dot Training- sign up on ARCNET	Bldg 3213, WCR	TSgt Walker	857-6900
1530	1630	TSP Deployer Briefing	113MXG, Hangar 16		857-4171
1500	1600	CMSGt St Laurent Retirement Ceremony	Community Commons	CMSGt Dearie	857-4241

Normal Hours of Operation

0830	1500	CPTF Customer Service	Trailer R62	SMSGt Brown	857-0678
0830	1500	FSS Customer Service	Trailer R62	SMSGt A. Wilson	857-4012
0900	1500	Mobility and Clothing Issue	Bldg. 3212	MSgt Robinson	857-9316
0800	1330	CF Customer Service	Bldg. 3222	MSgt Noon	857-0714
1000	1200	Walk-in Legal Assistance	Bldg. 3213	MSgt Blaser	857-5511

JBA honors child as ‘Pilot for a Day’

Photos and feature by Senior Airman Jordyn Fetter
11th Wing Public Affairs

The day was filled with smiles and excitement as Kwami Penty, an 8-year-old diagnosed with a malignant brain tumor, became a “Pilot for a Day” and partook in an in-depth tour of Joint Base Andrews, Oct. 6, 2016.

The event, sponsored by the Check-6 Foundation, occurs biannually here to indulge children from Children’s National Medical Center in Washington, D.C., who are battling serious illnesses in their interest in aviation. Each child is deemed an honorary pilot and experiences a number of different activities around base.

“Kwami is the 19th child we’ve had here for this program,” said Lt. Col. Robert Balzano, 201st Airlift Squadron C-40 pilot. “It’s a joy for everyone here to be able to do this for the family and provide Kwami with some happiness.”

With his family in tow, Kwami entered the opening ceremony wearing a custom flight suit and was welcomed with the presentation of a personalized name tag.

Guided by his wingman, Maj. Cliff Taylor, 201st Airlift Squadron pilot, Kwami spent an entire day visiting base agencies, flying in aircraft simulators, viewing aircraft static displays, and participating in demonstrations by the Special Weapons and Tactics team, air traffic control tower and security forces K-9 unit.

“The simulator was really cool when he could sit behind [the cockpit] and really feel like he was flying over Washington, D.C.,” said Stephanie Penty, Kwami’s mother. “I’m sure that will be memorable for him.”

For many participants of this program, including Kwami and his family, this is their first time on a base and interacting with military members.

“This is a really unique experience and [Kwami] is very excited and happy to be here,” Stephanie said. “I’ve always been interested in coming here and I didn’t even think we’d be able to someday. We’re getting an up close look at the aircraft and are able to learn more about them.”

The event closed with the presentation of a helmet bag filled with gifts and a check from the foundation to assist the family with medical bills. Following the event, Kwami and his family made their way to National Harbor, Md., for an all-expense paid stay and dinner.

“It brings me tremendous joy just to bring a smile to this kid’s face and his family,” said Maj. Tommy Shea, 11th Wing deputy inspector general. “This event is a great experience for these kids to be able to leave their troubles behind and have fun.”



Brig. Gen. Jeffrey Bozard, 113th Wing Commander, swears in Kwami Penty as an honorary pilot as part of the “Pilot for a Day” program at Joint Base Andrews, Md., Oct. 6, 2016. The biannual event brings children who are battling serious illnesses to JBA for a day-long tour of the base. The day is kicked off with an opening ceremony during which Kwami was welcomed to the base and given a personalized name tape.



Kwami Penty flies in an UH-1 Iroquois simulator as part of the “Pilot for a Day” program at Joint Base Andrews, Md., Oct. 6, 2016. The event is held biannually for children battling serious illnesses. In addition to flying in simulators, Kwami spent the day participating in demonstrations and touring static aircraft displays.

[**Click here for News story from CBS
WUSA-9**](#)

How an Out-Of-Shape Air Force Pilot Finally Shed His Spare Tire



Feature by Mike Darling and Editors of Men's Health
Featured in Men's Health

As the father of four boys, Otis Hooper found his diet and fitness standards starting to slip under the double pressure of work and parenthood.

“Hoop,” a 17-year veteran U.S. Air Force pilot, had eight deployments under his belt, and his career had shifted. He was flying less and working in an office more. “I was so busy that I’d eat whatever was convenient—usually fast food.”

The devastating fallout from those empty-calorie bombs didn’t go unnoticed. One morning two years ago, as Hooper was having a Dad Talk with his kids about working hard, playing hard, and eating smart, his 9-year-old, Izaac, jabbed a finger into his belly.

“What about you?” he asked.

“Izaac was laughing,” Hooper says. “I laughed too, but then I thought, Actually, maybe this isn’t so funny.

Hooper came to the same realization that a lot of fathers eventually reach: He was being watched. All the time.

More important, he was being imitated. His cockpit responsibilities, which had included transporting such VIPs as the First Lady, meant little in comparison with what his sons observed.

What his kids saw was a tired, out-of-shape guy who wasn’t keeping up the way he used to.

“I owe a lot to my kids for helping me see potential in myself and inspiring me to become a better man and a better commander for my troops,” he says.

Then, around the same time, Hooper’s good friend Joel, a fellow Air Force pilot, was diagnosed with cancer of the appendix. He almost died.

“Instead, Joel not only beats cancer but goes on to complete an Ironman,” Hooper says. “I told him, ‘I want to do that with you when I turn 40.’ Another Air Force buddy shared his training and meal plans with me, and that’s what kicked off my transformation.”

Hooper started eating smarter and exercising more efficiently. In a year and a half he dropped 50 pounds of fat and added 25 pounds of muscle. According to Izaac, he went from “chunky daddy” to “ripped daddy.”

His attitude changed along with his physique. “Your motivation can change, I learned, and you have to be willing to change with it. For me it used to be about getting better for my boys. Now it’s also about giving back and helping other men.”

Hooper, 39, started entering bodybuilding competitions and giving training advice to other veterans and friends. “Every day is an opportunity to improve,” he says.

With that prod from Izaac and support from his wife, Ganielle, Hooper grasped the life-changing power of working out with something bigger than himself in mind.

“What you think your ‘why’ is—the reason you’re doing something—can evolve,” he says. “What you’re searching for is often also searching for you, but it’s up to you to find it.”

Now he shares this advice with his crew and boys: Always do more.

“When you strive to exceed expectations, you feel good about helping someone else, and at the end of the day you can also look yourself in the mirror and know that you gave 100 percent no matter what the outcome.”

[Click here for full story and video](#)
[produced by Mens Health](#)

No Mo' Cancer

A story of one Airman's resiliency in her fight with breast cancer

Feature by Senior Airman Erica Rodriguez

113th Wing Public Affairs

Meeting Tech. Sgt. Moira Howerton has forever changed my outlook on life.

I first met Moira, better known as “Mo,” during a group lunch, though I had seen her often working around the 113th Communications Squadron, always happy and energetic.

During our lunch, she told me about her career going on 14 years in the Air National Guard starting in her hometown in Ohio, ending up here in the 113th Wing after a tour at the National Guard Bureau. But as she recounted her previous year to me, it seemed like something straight out of a movie, because little did I know, Moira was battling breast-cancer.

After finishing the active duty tour with the NGB, she decided to focus on going to school full time, getting back into her personal training and spending more time with her two children. She had noticed she was more tired than usual, but thought it was due to coming off shift work and needing to get back into a schedule. She was also going to the gym very often.

One particular day at the gym, she wore a simple black, Under Armor breast-cancer awareness shirt, that she bought because, as she put it, “wouldn't show sweat stains!” she laughs.

Following a session of working out, she is approached by a stranger who is touched by the fact that Moira is wearing the shirt. The stranger explains that she is a survivor and she loved the fact the Mo was proudly showing her support.

“The woman said to me ‘I love young women advocating for it, you're never too young to get checked,’” Howerton recalls. “For some reason that kind of made me start thinking, and I know it sounds so crazy at 31 to think about breast cancer being a possibility, but I was slowing down and was also so tired, it's like something was going on with my body. I was always one to often do self-exams and I went home that night and found my lump, which at first I thought it was just all in my head and I was being paranoid, especially with this woman who just came up to me.”

She described the lump to be very small but hard, she had also noticed pain in the same area, but thought it was due to working out.

At Moira's first doctor appointment, they initially



Moira Howerton poses with co-workers from the 113th Communications Squadron on her last day of chemotherapy Oct. 7, 2015. Howerton underwent 16 rounds of aggressive chemotherapy.

thought the lump was just a cyst due to her young age and the it's location on her bra line. From there, they made another appointment for six weeks out. Fortunately the next day someone canceled an appointment, so they were able to get Moira in earlier.

The doctor tried reassuring her that it didn't seem like cancer since Moira was so young, with no family history of breast cancer and no issues breast feeding. Yet Moira just wanted piece of mind to ensure it wasn't anything wrong, so the doctor suggested she go to the ultrasound clinic next door to her appointment.

“I had this inner feeling and as soon as they did the ultrasound, I just knew it was cancer,” she said. “Instead of one lump they found two and just the way they looked, both were really small but they looked like roots of a tree.”

They took a biopsy two days later to be followed with the news that Moira did indeed have cancer. She was diagnosed with stage 2, triple negative breast cancer. (cont..)



Moira after the first night she shaved her head at Mercer Lake. The photo was used in a breast cancer awareness calendar. (Courtesy photos)

(Cont..) According to breastcancer.org, the negative results mean that the growth of the cancer is not supported by the hormones estrogen and progesterone, nor by the presence of too many HER2 receptors. Therefore, triple-negative breast cancer does not respond to hormonal therapy or therapies that target HER2 receptors, such as Herceptin. However, other medicines can be used to treat triple-negative breast cancer.

The hardest part for Moira was having to explain the cancer to her children.

“I knew I just had to be honest with them,” she said. “The world isn’t going to shelter them. But I bought books for children that explained it for them and there are a lot of resources out there that help explain it. I even brought them to one of my treatments. Just being really open and explaining things to them I feel really helped them with their fears.”

As an Airman she had to break the news to her leadership and unit, who reassured her that they had her back and would support her through everything.

“Maj. [Nathaniel] Church was amazing,” said Howerton about her unit commander. “I called him and right away he was like ‘I’m going to help you, let me find resources for you.’ He just went into awesome mode and everyone was very understanding of any drills I had to miss.”

They assigned Master Sgt. J.P. McGinley as her point-of-contact for anything streamline she needed with help in

the unit.

“He did such a great job,” she said. “They [members from her unit] came to a few treatment, they brought me food, sent me flowers and more. They were amazing especially with me being new and them not really knowing me, I really felt supported through it all. For them to step up in that way is just incredible.”

“I feel like the biggest change for me is internal,” she said. “The way I handle stress has changed. I’ve become self-aware of my own time. I’m still growing and processing everything. I was a giver, which I still am, but I’ve learned how to prioritize and be able to graciously tell people no. I’ve become a lot kinder, slower and empathetic.”

Beyond her internal changes, her external changes also heavily impacted her.

“Being a bald woman gives you a new perspective,” she laughs. “Being stripped of any vanity, you really learn what makes you really who you are. You really learn to distinguish who is genuine and who’s not.”

On Oct. 7, 2015, after going through 16 rounds of intensive chemotherapy over five months, her chemotherapy ended. (Cont..)



Moira Howerton poses with her brothers and mother. Moira has eight other siblings, five of her brothers serve in the Air National Guard.



Moira at her 12th chemotherapy INOVA in Fairfax, Va. Aug 5, 2015.

Once a person is determined to have a malignant tumor or the diagnosis of breast cancer, the healthcare team will determine staging to communicate how far the disease has progressed.

- The size of the tumor within the breast
- The number of lymph nodes affected
- The nearest lymph nodes are found under the arm, known as the axillary area
- Signs indicating whether or not the breast cancer has invaded other organs within the body

Only a small percentage of breast lumps turn out to be cancer. But if you discover a persistent lump in your breast or notice any changes in breast tissue, it should never be ignored. It is very important that you see a physician for a clinical breast exam. He or she may possibly order breast imaging studies to determine if this lump is of concern or not.

It is common myth that only women can get breast cancer. Each year it is estimated that approximately 2,190 men will be diagnosed with breast cancer and 410 will die. While this percentage is still small, men should also check themselves periodically by doing a breast self-exam while in the shower and reporting any changes to their physicians. Breast cancer in men is usually detected as a hard lump underneath the nipple and areola. Men carry a higher mortality than women do, primarily because awareness among men is less and they are less likely to assume a lump is breast cancer, which can cause a delay in seeking treatment.

Women and men should perform a self-breast-exam

each month and any changes or abnormalities should be discussed with a doctor or physician.

Moira has taught me a lot about how to appreciate every day; to never make excuses or let life beat you down. Through it all, she was determined and made a point to inspire those around her every day.

Close friends of hers created the campaign GOFOMO that aimed at raising breast cancer awareness and supporting Moira throughout her chemotherapy. As Moira loves fitness, members of the campaign were encouraged to post daily miles ran, walked, hiked, etc. or any other fun workouts they did.

“I really try to advocate knowing your own body and being resilient,” she said. “I really pushed to get myself checked, even though I was being dismissed by the doctors, because I knew something was wrong with my body. It isn’t just breast cancer, it can be with anything. I don’t want to scare anyone, the numbers are low, but if it could help just that 1 percent, then that means something.”

She taught me to listen to my body. Had Moira not been persistent with the doctors about checking her lump, she may not be here. Know yourself, take charge of your health, make that time to check yourself, and makes those doctor appointments. Cancer is something that can truly happen to anyone to which we should all be aware.

I want to thank Moira for being such a kind, special person, who as an Airman and a mother, is one of my greatest inspirations to get up and seize the day. I am proud to call her a Wingman.



Moira with her husband and two children, who are now ages four and six.



District of Columbia National Guard **Food Drive**

Date: October 24 to November 6, 2016

Location: D.C. Armory & 113th Wing
Please look for the food drive collection boxes

Contact: Capt Piccirillo (113th Wing) - cindy.b.piccirillo.mil@mail.mil
Capt Wong (D.C. Armory) - andrew.t.wong2.mil@mail.mil

Requested items



**Tuna, salmon,
chicken**



**Beans, corn,
stews, sauces**



**Brown rice &
pasta**



100% juices



Peanut butter



Flour

Each year, the Capital Area Food Bank
distributes **30 million pounds of food**
through more than **700 community partners.**



United Way #8052
CFC #30794

Donate online!

capitalareafoodbank.org

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AMERICA**

‘Fall’ into safety



Feature by Master Sgt. Shelby Marra
113th Safety Office

As the air turns cooler and leaves drop from the trees, it's important to keep a few important fall safety tips in mind. With proper precautions and safety awareness, your family can enjoy that crisp autumn weather while avoiding some of the dangers that come with the season.

Fire Safety Tips for Fall

When the weather turns cold most people spend more time inside their homes using fireplaces, furnaces, and heaters to keep warm. There's nothing quite as cozy as a fire, but it presents some safety hazards.

Service your furnace –

Have it inspected to make sure everything is in working order and there are no leaks. Use fireplaces safely – Use a fireplace screen and never leave a burning fire unattended. Make sure the fire is completely out before going to bed. Use caution with space heaters – never leave a heater unattended and keep at least three feet of empty space around the heater. Reconsider leaf burning – first ensure it is legal in your county and second it should only be attempted far away from a house or structure. Do not attempt in windy conditions.

Home Maintenance Safety Tips

Fall is the time for yard clean-ups and readying your house for the cold winter ahead. Look up before pruning trees; note where power lines are located. Use caution with ladders – wear appropriate shoes, position the ladder on a flat surface and be sure the tools you are using are specifically designed for the job you are doing. Clean up fallen leaves – keep driveway and walkway clear.

Fall celebrations like Halloween and Harvest Day

Halloween is a night for costumes, spooky thrills, trick-or-treating, candy and of course, fun. No one wants their happy Halloween to be marred by an accident. Everything from Jack O' Lantern candles to poorly lit walkways can pose a safety problem for trick-or-treaters and homeowners. But, not to worry — there are several precautions you can take before those zombies and ballerinas start knocking on your door.

Costume and trick-or-treating tips

Swords, knives, and other costume accessories should be short, soft, and flexible.

Lower your risk for serious eye injury by not wearing decorative contact lenses.

Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.

Fasten reflective tape to costumes and bags to help drivers see you.

If wearing makeup; always test it in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.

Hold a flashlight or glow stick while trick-or-treating to help you see and others see you.

Avoid trick-or-treating alone. Walk in groups or with a trusted adult.

Examine all treats for choking hazards and tampering before eating them. Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.

For your home

Be sure walking areas and stairs are well-lit and free of obstacles that could cause someone to fall. Clear away lawn ornaments, gardening equipment, toys, etc. to help avoid a liability. Keep candle-lit jack o' lanterns and luminaries away from doorsteps, walkways, landings, and curtains. Place them on sturdy tables, keep them out of the reach of pets and small children, and never leave them unattended. Keep your lights on ensuring trick-or-treaters are able to see clearly. Avoid a Halloween pet mishap by keeping Fluffy and Fido in a separate room, away from the excitement.

Interested in helping recruitment efforts?!

WE WANT YOU



Volunteer at upcoming recruiting events and school visits where you can share your D.C. Air National Guard story. Contact the recruiting office at: usaf.dc.113-wg.mbx.113wg-join-the-dcang@mail.mil

UPCOMING EVENTS:

Event Name	Location	Date
CAP 5K Run	JBA	Sat, 22 Oct
College and Career Fair	Mt Ennon Baptist Church	Sat, 29 Oct
Manassas Air Show	Manassas, VA	Sep/Oct 2017?
JSOH	JBA	16/17 Sep 2017
Seton HS Military career day	Manassas, VA	Nov 2016
Veterans Day	North Point HS, Waldorf, MD	Nov 2016
Women in the Military Extravaganza	Georgetown University	Nov 11-13 2016
Trucktober Fest	Woodbridge, VA	15 Oct 2016
National College Fair	Wash Convention center	23 Oct 2016
CSM Career Fair	College of Southern MD, Laplata	Jan 2017



October is

Domestic Violence Awareness Month

No one deserves to be abused, and anyone can be a victim.

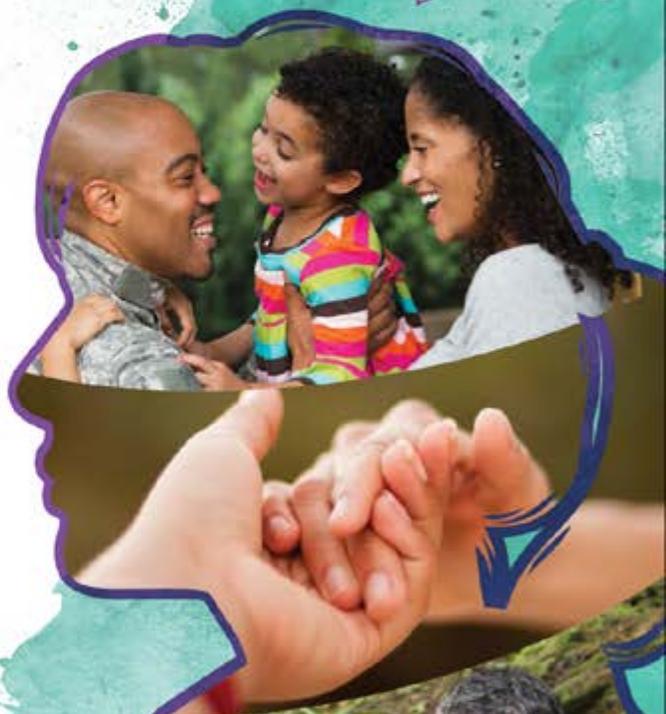
***Speak up:
Be part of
the solution***

Even simple actions can make a difference.

-  **Know the warning signs.**
-  **Learn safe and appropriate ways to raise the issue with friends and co-workers.**
-  **Take a stand to stop domestic violence.**

For assistance, contact:

- Your installation's Family Advocacy Program [240-857-8135](tel:240-857-8135)
 - National Domestic Violence Hotline at 800-799-7233
- For more information, call Military OneSource at 800-342-9647.



Keep everyone in our community safe.

