



NEWSWIRE JULY-AUGUST 2019

The Volunteer staff of the Jefferson Barracks Satellite Retiree Activities Office publishes this NEWSWIRE to inform all military retirees, spouses, widows, widowers and their families of changes to their benefits, the status of current legislation impacting their retirement, health related information, defense policies and other matters affecting their military rights, benefits and other obligations. It contains information about Scott AFB; Jefferson Barracks AFS and the local retired community.

Schedule of Events for: July-August 2019

July 18 Thursday --- Monthly Luncheon 1100 Hrs. **Café Telegraph**, 650 Telegraph Rd, St. Louis, MO 63125. Located near the intersection of Telegraph Road and Kingston Drive just outside of Jefferson Barracks. (314) 200-9952 <http://www.cafetelegraph.com/>

August 15 Thursday --- Monthly luncheon 1100 Hrs. **Olive Garden**, 5529 South Lindbergh. 314 849 2553. Located near South Lindbergh and Tesson Ferry Rd

Scott AFB Nightingale Dining Facility Launches Food 2.0 Initiatives

Source: Airman 1st Class Solomon Cook, 375th Air Mobility Wing Public Affairs

SCOTT AIR FORCE BASE, III. – With the reopening of the Nightingale Dining Facility May 23, Team Scott will now see a change in options and the way that food is being served here.

Previously, Airmen with meal cards were the only ones allowed to eat at the dining facility, with a few exceptions for various holidays or commander support efforts when families and retirees were allowed to eat there.

Now, anyone with a DoD ID card can eat there—to include family members, retirees, and civilian employees to name a few.

Airmen who are authorized a meal card can be use it at the dining facility and any other food outlet run by the 375th Force Support Squadron, such as the bowling alley, golf course or at Zeppelin's.

This is all part of the Air Force's food transformation initiative, commonly known as "Food 2.0."

"At the DFAC, now there are more variety in meals and healthier options," said 2nd Lt. Robert Walker, 375th Force Support Squadron sustainment services flight commander. "In the past, we had a main servicing line, a grill and a salad bar. Now, we are offering a noodle house, fresh pizza and rotational dining items that come through on the main line."

This food initiative may be new to Scott, but it's the future for all Air Force dining facilities.

"There are a handful of other Air Force bases in [Air Mobility Command] that also transitioned to food 2.0, but [our campus style] is what the Air Force is trying to get everyone else to mirror. This initiative also opens up the

dining facility to the rest of the base population, and also gives the meal card Airmen more options,” said Walker.

It also makes a quality of life improvement for shift workers as they will have greater access to sustenance.

“We are also offering ‘simply to go,’ which are prepared meals that are for purchase outside of normal dining periods. This allows shift workers to come in ... and actually the DFAC remains open between dinner and breakfast meals,” added Walker.

In addition to a new amenities, civilian professionals within the cooking industry will be working hand-in-hand with the Airmen of the 375th FSS to produce the best food possible.

For the services Airmen, working one-on-one with civilian chefs is the biggest change,” Walker said. “We are learning from them and they are learning from us, so it’s a shared skillset. The Airmen will bounce around and take turns working at different stations. That way you won’t have an Airman who is just a pizza maker. He or she would also be line cooking or working back of house doing prep being trained in all aspects of DFAC operations.”

The DFAC has been closed since the summer of 2018, and Walker said they have received resoundingly positive feedback since opening.

“The last time I ate at a dining facility was at tech school,” said Airman 1st Class Nathaniel Hudson, 375th Air Mobility Wing photojournalist. “This one seems to be a lot more user friendly. It’s a lot easier to go in and grab what you want. It’s not like a traditional dining facility, you don’t wait in a long line. It’s a lot quicker and the food quality is better. The amenities – everything is new and shiny. You can tell they put a lot of time and effort into the building.”

Within the Air Force, health, wellness and fitness are the mission of FSS professionals such as Walker.

“The goal in the sustainment service flight is to keep the force ready and fit to fight whether that’s through feeding the Airmen or keeping them physically fit for operations. Keeping people sustained through proper nutrition helps them through their day to accomplish their mission,” he said.

Air Force Retention Update-Enhancing Reserve/Active Duty Transition Option

Source: Federal News Network; Scott Maucione

The Air Force already faced two scares in recent years when it came to retaining airmen for the critical jobs of maintainers and pilots, especially in the mid-career range. As Air Force Secretary Heather Wilson prepares to leave office at the end of the month, she’s planning to help implement some new personnel measures to stymie further leakage of crucial occupations. “We need to make it easier to shift from active duty to reserve or Guard, and back to active again,” Wilson said during a meeting with reporters in Washington on 16 MAY. “People have stuff that happens in their lives. They have priorities they need to deal with: Their mom is sick or they need to throttle back for a few years. It should be easier for someone who we have put millions of dollars into training to take a little bit of a pause and then come back in.”

Wilson said the Air Force will need help from Congress to make that possible. It could end up as a legislative recommendation in the 2020 defense authorization bill. Preventing the loss of airmen is especially important for the service as it has grown from a total force of 660,000 to 690,000 in the last couple of years and will likely continue to grow as demands for space, air and cyber units increase. While bouncing from reserve to active duty is a future option, the service is ready to roll out the draft of its new occupation-specific promotion track next week. “The result of [the one-size-fits-all approach] is we are kind of dependent on [the] chance to make sure we are promoting officers or career fields like research and development, test and evaluation, and acquisition,” Wilson said.

She added that the changes will have a profound impact on the Air Force in 10 years. “It will allow us to highlight and develop more scientific and technical expertise,” she said. “It’s not unusual for a young captain

to say to their commander, 'I really want to go back and get my Master's in electrical engineering or my Ph.D.' and the answer, usually, from their boss is, 'You're a great officer. Don't get off the ladder because we really need you as a senior officer in our service and getting that Ph.D. will hurt you.' It should never hurt an officer to put themselves forward in higher education that they need and it currently does." Helping airmen balance work and family

The specific tracks will focus on six areas: Air operations, nuclear and missile occupations, space operations, information warfare, combat support and future force — occupations like acquisition specialists. The Air Force will make a final decision in October after it gets input from personnel experts and airmen.

Finally, an area where the Air Force already made some progress, Wilson said, is in its talent marketplace. Wilson said better pairing between airmen and assignments translates to happier and more productive troops. "It's really a new software program and we're doing it in a DevOps way," Wilson said. "As of February, all officers are doing their assignments through the talent marketplace. Basically, all the assignments are open for this summer are open and officers can go in and say 'OK, I'm looking for assignments for major, in my logistics specialty, I've got a kid with special needs; we are joint spouse.' You check all of those things and then look at the options and what's available and bid on them. First, second and third choice."

The marketplace gives officers more transparency and choice in their assignments. That lets them live closer to family or take jobs they truly enjoy. The Air Force is taking advantage of the same algorithm as used by medical residency matching systems to get as many people as they can their first choice. "More than anything else the issue for airmen at mid-career is balancing work and family, getting some control and still meeting the needs of the force," Wilson said.

Hospital Quality of Care Update 01 - How Does Yours Rank

Source: MoneyTalksNews; Chris Kissell

Nobody likes to get sick, but it's especially bad to fall into ill health in Alaska, Delaware, the District of Columbia, North Dakota or Wyoming. Those are the only five states or districts in the nation that do not have any A-rated hospitals, according to the Leapfrog Group's spring 2019 [Hospital Safety Grade](#) report. The Leapfrog Group bills itself as "an independent nonprofit organization committed to driving quality, safety and transparency in the U.S. health system." The group issues hospital safety grades twice a year, assigning a letter of "A," "B," "C," "D" or "F" to hospitals in the U.S. These ratings are based on errors, accidents, injuries and infections.

For its latest ratings, the Leapfrog Group graded more than 2,600 hospitals. The most common rating was a "C": which was received by 32% of the hospitals graded. For the others 26% received an A, 26% a B, 6% a D, and 1% a F. The states with the most A-rated hospitals are:

- Oregon — 58% of hospitals are A-rated
- Virginia — 53%
- Maine — 50%
- Massachusetts — 48%
- Utah — 48%

To look up the grades of hospitals in your area, visit the Leapfrog Group's [home page](#). In addition to issuing grades this spring, the Leapfrog Group joined with the Johns Hopkins Armstrong Institute for Patient Safety and Quality to update its estimate of deaths due to errors, accidents, injuries and infections at rated hospitals. The Leapfrog Group says an estimated 160,000 lives are lost each year due to avoidable medical errors accounted for in its grades. However, that grim number still represents a "significant improvement from 2016," it says, when avoidable deaths were estimated at 205,000. Although hospitals rated "A" are not

perfectly safe, they are significantly safer than hospitals with other grades. The Leapfrog Group and Armstrong Institute found that compared to A-rated hospitals:

- Patients at “D” and “F” hospitals face a 92% greater risk of avoidable death, on average.
- Patients at “C” hospitals face an 88% greater risk.
- Patients at “B” hospitals face a 35% greater risk.

Hospitals that earn an “A” grade are becoming even safer as a group over time, the report states. In an announcement, the Leapfrog Group concludes: “If all hospitals had an avoidable death rate equivalent to ‘A’ hospitals, 50,000 lives would have been saved, versus 33,000 lives that would have been saved by ‘A’ level performance in 2016.

Great care is unquestionably better than subpar medical services. But getting the best health care can be expensive. That is especially true as you grow older. As was reported earlier this year: “A 65-year-old man who retires this year would need \$135,000 for health care expenses throughout his retirement, according to Fidelity’s latest annual estimates, which the company released this week. A 65-year-old woman in the same situation would need \$150,000.” Planning ahead is one way to take much of the sting out of those costs. For example, funding a health savings account can cut your tax bill today, tomorrow and well into the future. And if you invest your HSA funds wisely, they could grow exponentially, potentially covering most or all of your retirement health care costs.

Bursitis - Take Care of Your Joint Cushions

Source: NIH News in Health; June 2019

Almost everyone has joint pain at some point in life. It can flair up suddenly. Or it can start off mild and get worse over time. A common cause of joint pain is bursitis. Bursitis happens when a bursa in a joint becomes inflamed. (When you see “itis” at the end of a medical word, it means inflammation.) A bursa is a small, fluid-filled sac that acts as a cushion between bones and other moving parts, such as muscles, tendons, or skin. You have about 150 bursas in your body. They keep joints such as your shoulders, knees, and elbows working smoothly. But they can be hurt by sudden or repetitive forces.



Bursitis often flairs up because of another injury, explains Dr. Jeffrey Katz, a joint specialist at Brigham and Women’s Hospital and Harvard University. When an injury causes someone to move their joint differently than normal, it can irritate a bursa. “For example, if you have a foot injury, it can change the way you walk. Maybe you don’t even notice it, but you limp a little,” Katz says. “And that changes the way that forces from muscles and tendons pull on the bones. That subtle change can give rise to some inflammation in the bursa.” Bursitis can also be caused by putting pressure on a joint for too long, such as kneeling or leaning on your elbows. Activities that require repetitive motions or place stress on your joints—such as carpentry, gardening, playing a musical instrument, or playing a sport—can sometimes trigger bursitis. Rarely, a bursa may become inflamed due to an infection.

It can sometimes be hard to tell whether joint pain is caused by inflammation in a bursa, tendon, or muscle, Katz says. Lab tests and imaging often can’t help pinpoint the source of the pain. Your doctor will likely do a physical exam and ask questions about your activities and recent injuries. Fortunately, treatment for most simple cases of joint pain is similar no matter what’s causing it, Katz adds. This may include rest, over-the-counter drugs that suppress inflammation, and gentle stretching and strengthening exercises. Physical

therapy may help if bursitis has reduced your ability to move your joint or if it results in muscle weakness. If your bursitis is due to an infection, your doctor may prescribe antibiotics.

Bursitis and other causes of joint pain can be prevented by paying attention to how you move and perform daily activities. See the Wise Choices box for tips on preventing bursitis. Bursitis is more likely to occur the older you get. To help prevent bursitis as you age, try to stay as active as possible, Katz says. "The best way to stay out of trouble with these joint injuries is to try to stay flexible and strong," he concludes.

Men's Health Tips - Improve Your Odds of Surviving with these Nine

Source: Health.mil | Christopher W. Bunt, M.D.

Let's face it, men are often hesitant to talk about their health concerns or visit the doctor. That needs to change. According to the Centers for Disease Control and Prevention, men die at higher rates than women from heart disease, cancer, diabetes, influenza/pneumonia, kidney disease, accidents, and suicides. Early detection and treatment can improve your odds of surviving illnesses. Many of the major health risks that men face can be prevented with a healthy lifestyle, and a healthy lifestyle can start with one small choice. Make your first one today! Here are nine tips to get you started:

- 1. Move.** Men need at least 150 minutes of moderate aerobic activity, or 75 minutes of vigorous aerobic activity, each week. Moderate activities include brisk walking and mowing the lawn. You should still be able to have a conversation while doing these activities, but not quite hold an extended musical note of your favorite song. Vigorous activities include running, swimming laps, singles tennis, bicycling at least 10 mph, or jumping rope. Add strength and resistance training exercises (body weight or gravity alone is fine) at least twice a week, and include all major muscle groups, doing one set of 10 repetitions per exercise.
- 2. Say no to tobacco.** Quitting smoking improves your health and lowers your risk of heart disease, cancer, lung disease, and other smoking-related illness. Avoid secondhand smoke. Don't vape, chew tobacco, or use other tobacco products. They all increase your risk of cancer.
- 3. Control stress.** Stress is part of life. Focus on taking care of yourself. Talk to friends and loved ones. Let them know how you're feeling and how they can help. Don't use drugs or alcohol in an attempt to deal with your stress. They create more problems than they solve.
- 4. Eat better.** Reduce your consumption of processed and packaged foods. Stick to shopping for what's on the outside aisles of the grocery store. Pick one dietary indiscretion – something you don't need to eat -- and cut back. Eat more fruits, vegetables, and nuts. Instead of beef, try fish, chicken, turkey, or pork.
- 5. Drink water.** Increase your water intake when you are more physically active in hot or cold climates, running a fever, or have diarrhea or are vomiting. If your urine is clear, you're appropriately hydrated. Carry a reusable water bottle throughout the day and sip from it regularly. Refill it when empty. When eating out, substitute water with a wedge of lemon or lime for a sugar-sweetened beverage.
- 6. Get plenty of sleep.** Sleep hygiene is crucial. Go to bed and get up around the same time every day. Sleep in a cool, quiet, dark place. Don't watch TV or use your phone in bed. Aim for seven or eight hours of sleep per night.
- 7. Prevention first.** Cancer screening tests can spot disease early, when it's easier to treat. And immunizations can prevent many illnesses from impacting you at all. If you have any concerns, visit your doctor before they become major issues.
- 8. Nurture positive relationships.** Be present with your loved ones. Stop staring at electronic screens and live in the moment with those around you. Help others. Be kind. Smile and laugh more. Complain less.

9. Use mindfulness. Consider activities that allow for self-reflection. Mindfulness apps can help start you on this process. Meditation, yoga, and other “centering” activities can further expand your mind. At the end of your day, reflect about something you learned and how you can use that to improve your tomorrow.

Osteoporosis - In Aging | Protect Your Bones with Exercise

Source: NIH News in Health | June 3, 2019

Bones feel solid, but the inside of a bone is actually filled with holes like a honeycomb. Bone tissues are broken down and rebuilt all the time. While some cells build new bone tissue, others dissolve bone and release the minerals inside. As we get older, we begin to lose more bone than we build. The tiny holes within bones get bigger, and the solid outer layer becomes thinner. In other words, our bones get less dense. Hard bones turn spongy, and spongy bones turn spongier. If this loss of bone density goes too far, it's called osteoporosis. More than 53 million people nationwide either already have osteoporosis or are at high risk due to weak bones.

It's normal for bones to break in bad accidents. But if your bones are dense enough, they should be able to stand up to most falls. Bones weakened by osteoporosis, though, are more likely to break. “It's just like any other engineering material,” says Dr. Joan McGowan, an NIH expert on osteoporosis. If you fall and slam your weight onto a fragile bone, “it reaches a point where the structures aren't adequate to support the weight, you're putting on them.” Broken bones can lead to serious problems for seniors. The hip is a common site for osteoporosis, and hip fractures can lead to a downward spiral of disability and loss of independence. Osteoporosis is also common in the wrist and the spine.

The hormone estrogen helps to make and rebuild bones. A woman's estrogen levels drop after menopause, and bone loss speeds up. That's why osteoporosis is most common among older women. But men get osteoporosis, too. “A third of all hip fractures occur in men, yet the problem of osteoporosis in men is frequently downplayed or ignored,” says Dr. Eric Orwoll, a physician-researcher who studies osteoporosis at Oregon Health and Science University. Men tend to do worse than women after a hip fracture, Orwoll says.

Experts suggest that women start getting screened for osteoporosis at age 65. Women younger than age 65 who are at high risk for fractures should also be screened. Men should discuss screening recommendations with their health care providers. Screening is done with a bone mineral density test at the hip and spine. The most common test is known as DXA, for dual-energy X-ray absorptiometry. It's painless, like having an X-ray. Your results are often reported as a T-score, which compares your bone density to that of a healthy young woman. A T-score of -2.5 or lower indicates osteoporosis. There's a lot you can do to lower your risk of osteoporosis. Getting plenty of calcium, vitamin D, and exercise is a good start, Orwoll says.

Calcium is a mineral that helps bones stay strong. It can come from the foods you eat—including milk and milk products, dark green leafy vegetables like kale and collard greens—or from dietary supplements. Women over age 50 need 1,200 mg of calcium a day. Men need 1,000 mg a day from ages 51 to 70 and 1,200 mg a day after that.

Vitamin D helps your body absorb calcium. As you grow older, your body needs more vitamin D, which is made by your skin when you're in the sun. You can also get vitamin D from dietary supplements and from certain foods, such as milk, eggs, fatty fish, and fortified cereals. Talk with your health care provider to make sure you're getting a healthy amount of vitamin D. Problems can arise if you're getting too little or too much.

Exercise, especially weight-bearing exercise, helps bones, too. Weight-bearing exercises include jogging, walking, tennis, and dancing. The pull of muscles is a reminder to the cells in your bones that they need to keep the tissue dense.

Smoking, in contrast, weakens bones. Heavy drinking does too—and makes people more likely to fall. Certain drugs may also increase the risk of osteoporosis. Having family members with osteoporosis can raise your risk for the condition as well. The good news is, even if you already have osteoporosis, it's not too late to start taking care of your bones. Since your bones are rebuilding themselves all the time, you can help push the balance toward more bone growth by giving them exercise, calcium, and vitamin D.

Several medications can also help fight bone loss. The most widely used are bisphosphonates. These drugs are generally prescribed to people diagnosed with osteoporosis after a DXA test, or to those who've had a fracture that suggests their bones are too weak. Bisphosphonates have been tested more thoroughly in women, but are approved for men too. Researchers are trying to develop drugs that increase bone growth. Two are now available that are related to parathyroid hormone, which helps the body use and store calcium. These drugs are approved to help build bone in people with osteoporosis who are at high risk for having a fracture.

Another important way to avoid broken bones is to prevent falling and occasions for fracture in the first place. Unfortunately, more than 2 million so-called fragility fractures (which wouldn't have happened if the bones had been stronger) occur nationwide each year. "To reduce the societal burden of fracture, it's going to take a combined approach of not only focusing on the skeleton but focusing on fall prevention," says Dr. Kristine Ensrud, a physician-researcher who studies aging-related disorders at the University of Minnesota and Minneapolis VA Health Care System.

Many things can affect the risk for a fall, such as how good a person's balance is and how many trip hazards are in the environment. The kind of fall matters, too. Wrist fractures often occur when a person falls forward or backward. "It's the active older person who trips and puts her hand out," McGowan says. Hip fractures often arise when a person falls to the side. Your hip may be strong enough to handle weight that goes up and down, but not an impact from another direction. "That's why exercise that builds balance and confidence is very good at preventing fractures," McGowan says. For example, she says, tai chi won't provide the loads needed to build bone mass, but it can increase balance and coordination—and make you more likely to catch yourself before you topple.

NIH-funded researchers are looking for better ways to tell how strong your bones are, and how high your chances are of breaking a bone. For now, though, the DXA test is the best measure, and many seniors, even older women, don't get it, Ensrud says. If you're concerned about your bone health, she adds, "Ask your health care provider about the possibility of a bone density test."

Sacred Duty: A Soldier's Tour at Arlington National Cemetery

Source: *Tom Cotton U.S Senator from Arkansas*

Every headstone at Arlington tells a story. These are tales of heroes, I thought, as I placed the toe of my combat boot against the white marble. I pulled a miniature American flag out of my assault pack and pushed it three inches into the ground at my heel. I stepped aside to inspect it, making sure it met the standard that we had briefed to our troops: "vertical and perpendicular to the headstone." Satisfied, I moved to the next headstone to keep up with my soldiers having started this row, I had to complete it. One soldier per row was the rule; otherwise, different boot sizes might disrupt the perfect symmetry of the headstones and flags. I planted flag after flag, as did the soldiers on the rows around me. . . . [Continue reading](#)

Poppy Story - National Poppy Day

Source: <https://www.legion.org/poppyday/history>

After World War I, the poppy flourished in Europe. Scientists attributed the growth to soils in France and Belgium becoming enriched with lime from the rubble left by the war. From the dirt and mud grew a beautiful red poppy. The red poppy came to symbolize the blood shed during battle following the publication of the wartime poem "In Flanders Fields." The poem was written by Lieutenant Colonel John McCrae, M.D. while serving on the front lines.

In Flanders Fields the poppies blow
Between the crosses row on row.
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

On September 27, 1920, the poppy became the official flower of The American Legion family to memorialize the soldiers who fought and died during the war. In 1924, the distribution of poppies became a national program of The American Legion. Led by the American Legion Auxiliary, each year members of The American Legion Family distribute poppies with a request that the person receiving the flower make a donation to support the future of veterans, active-duty military personnel and their families with medical and financial needs. Poppy Day is celebrated in countries around the world. The American Legion brought National Poppy Day® to the United States by asking Congress to designate the Friday before Memorial Day, as National Poppy Day. On Memorial Day wear a red poppy to honor the fallen and support the living who have worn our nation's uniform.

Statistics on Investments

If you had purchased \$1,000 of shares in Delta Airlines 5 years ago, you would have \$49.00 today.

If you had purchased \$1,000 of shares in AIG 5 years ago, you would have \$33.00 today.

If you had purchased \$1,000 of shares in Lehman Brothers 5 years ago, you would have \$0.00 today.

But, if you had purchased \$1,000 worth of beer one year ago, drank all the beer, then turned in the aluminum cans for the recycling refund, you would have received \$214.00.

Based on the above, the best current investment plan is to drink heavily & recycle. It is called the **401-Keg**.

And as a bonus...

A recent study found that the average American walks about 900 miles a year.

Another study found that on average Americans drink 22 gallons of alcohol a year.

That means that the average American gets about 41 miles to the gallon.

Makes you proud to be an American.

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