



THE CARGO COURIER

Standiford Field, Louisville, Kentucky

123d TAW Kentucky Air National Guard

Vol. 6, No. 5, May 19, 1990



Respectfully Submitted
ARMED FORCES DAY

Commander's Column

The month of May has witnessed many events which have altered the history of our nation and produced a profound impact upon our armed forces.

It was in May, that our country entered World War I, following the sinking of the Lusitania. In May, World War II ended in Europe - VE Day. In May 1975 - President Gerald Ford announced the end of the Vietnam Conflict. May also marks the month in which two very special days are set aside to remember and honor our nation's fighting forces.

First, we have Armed Forces Day - a day observed to recognize and honor our living - the service of our soldiers, sailors, marines and airmen. Next there is Memorial Day - a solemn national holiday in which we remember those who made the ultimate sacrifice to protect

and defend the freedoms of our great nation.

I believe sometimes we forget the true purpose and meaning of Memorial Day - for we have not personally felt the sting of battle nor witnessed the horrors of war. Has this day become only the first holiday of the summer; a three day weekend; or the time for the Indianapolis 500? As the bugler sounds TAPS and his notes echo throughout our cemeteries I believe we will all remember why there is a Memorial Day.

Perhaps the words in the most famous speech of Abraham Lincoln - delivered on the Gettysburg battle ground still describe it best - "that we here highly resolve that these dead shall not have died in vain - that this nation under God - shall have a new birth of freedom - and that government of the people, by the



Col. Joseph L. Kottak
Wing Commander

people, for the people, shall not perish from the Earth."

Let us renew our commitment to the profession of arms and service to our country -- for those who came before us have given us that opportunity.

Chaplain's Column

Faith: vital to survival

By Chaplain (Capt.) Thomas Curry

The British novelist, J.B. Priestly, once wrote: "It is good for man to open his mind to wonder and awe. Without science we are helpless children. But without a deep religion we are blundering fools, reeling in our new and terrible cocksureness into one disaster after another."

Perhaps more than any other one thing, the space age has brought into focus the necessity of faith. All of a sudden faith has become a must for our survival. More vital than microwave ovens, if you can imagine that.

But faith must be more than a weak and hazy feeling that somehow things will turn out all right. It is what we have

faith in that counts. If life is to have meaning and purpose, modern man must believe in God as well as a government. We must believe in the Biblical idea of the worth of persons instead of raw power and wealth. We must believe in love instead of hate as a way of life.

Without these faiths, life will become twisted and desolate no matter how many satellites or missiles we have. "Belief in God will help you most if you also believe in yourself."

THE CARGO COURIER

This funded Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of THE CARGO COURIER are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Air Force.

The editorial content is edited, prepared and provided by the Public Affairs Office of the 123d Tactical Airlift Wing, KyANG, Standiford Field (ANG) Louisville, Kentucky 40213-2678.

Wing Commander
Public Affairs Officer
Asst. Public Affairs Officer
Editor
Staff Writer
Admin Asst.

Col. Joseph L. Kottak
Maj. Jeff Butcher
Maj. Toby Harrell
TSgt. Jenny Montgomery
TSgt. Jeff Sansbury
SSgt. Sandra Merriweather

Deadline for submission of articles for THE CARGO COURIER is the Friday after each UTA for publication the following UTA. Articles should be given to TSgt. Jenny Montgomery, Rm 123 of the O&T Bldg.

News

Kosair Charities celebrate youth

Kosair Charities is holding its third annual presentation of "A Celebration of Youth," on June 9 at Dinwiddie Lampton Jr.'s Hardscuffle Farm.

Kosair Charities Legion of Honor recently "adopted" a Kentucky Air Guardsman's daughter, pledging to provide the funds needed for corrective surgery. Amanda is the four-year old daughter of TSgt. Mark B. Hall, 123d CAM Squadron.

The chairman of this year's event is Retired Air Force Maj. Gen. Carl Black. General Black is the former commander of the KyANG's 123d Tactical Reconnaissance Wing. "The program is designed to be an adults' evening out," he said.

This year's program will feature the Louisville Orchestra and The Bob Hardwick Sound, a New York big band often engaged for social events.

"A Celebration For Youth" is Kosair Charities' public presentation of grants to pay medical bills for children of indigent families.

Organizers are inviting guests to compete in a "Best Picnic" contest by bringing and setting up picnic blankets, tables -- even tailgate parties. Prizes, donated by Brown-Forman Corp., will be awarded.

Tickets are \$15 per person and include buffet food, tea and soft drinks; ice will be provided. Entry into the tailgating area is \$10 additional. (Event brochures and ticket request envelopes are available in the unit orderly rooms this UTA.)

The event will be held rain or shine. There is no refund for tickets. Gates open at 4 p.m.; the music program will run from 6 p.m. to 9 p.m.

"A Celebration For Youth" is underwritten by the Bank of Louisville, Liberty National Bank, Citizens Fidelity Bank & Trust Co., and First National Bank.



KyANG Photo by SMSgt. Dave Tinsley

Students and primary instructors for NCO Preparatory Course Class 90-1.

NCOPC class graduates

The Kentucky Air National Guard graduated its sixth NCO Preparatory Course yesterday.

Fourteen students graduated from NCOPC Class 90-1 at a luncheon ceremony attended by Brig. Gen. John L. Smith, Air Technician Detachment commander, and Col. Joseph L. Kottak, 123d Tactical Airlift Wing commander.

The luncheon's guest speaker was CMSgt. Roy Adams, KyANG senior enlisted advisor. The luncheon was also attended by many unit commanders and supervisors.

A two-week course, the class is designed to acquaint airmen first class and senior airmen with the duties and responsibilities they will assume once they become noncommissioned officers. It is the first phase of Professional Military Education which includes the NCO Leadership School, NCO Academy and Senior NCO Academy.

Graduating students were:

SrA Barry C. Adair, 123d CAM

SrA Joseph I. Cruz, 123d RMS

SrA Christopher S. Grigsby,
123d MSS

SrA Michael D. Hedges, 123d RMS

SrA George E. Heeke, 123d CES

SrA Franklin L. Johnson Sr.,
Illinois ANG

SrA Christopher T. Lally, 123d RMS

SrA Joseph W. Shelton, 123d CES

SrA Philip G. Wells, 223 Comm

SrA Daniel W. Whitis, 123d MAPS

SrA Kenneth W. Williams,
123d Tac Hosp

A1C Michael B. Cravens, 223 Comm

A1C Kenneth S. Dones, 123d CAM

A1C Stephen H. Poindexter,
123d SPFlt

Note: As of this publication's deadline, the Leadership Award and Honor Graduate Award recipients had not been named.

First for Kentucky Air National Guard Physician Assistant begins his rounds

By TSgt. Jeff Sansbury
Staff Writer

Capt. Randall Kindler scurried from patient to patient as Air Guard members filed into the 123d Tactical Hospital here.

Last month the new physicians assistant brought his talents from Lexington and gave the base hospital a positive boost. Known as a PA, the captain has fit a missing link that once left the hospital staff somewhat hanging.

"Where I come from, it's pretty commonplace," reminded Captain Kindler. "Civilian facilities have used us for years. It's no secret."

Though the Air Force has an established PA career field, the KyANG has never sought this much desired specialty.

Captain Kindler is the first PA to serve with the 123d, and staff physicians here welcome the new appointment. Under the direction of a physician, Captain Kindler will perform primary medical care and clinical duties to support the tactical hospital.

While traditional nursing has followed patient care, the PA works as an extension to a medical doctor and can diagnose and provide some treatment. Captain Kindler will evaluate medical histories, perform physical exams and order appropriate laboratory studies for interpretation.

"I'm thrilled to death," he said after being sworn in April 21.

"It'll be interesting to see how my civilian profession can serve the Guard application. It's clear that we'll both benefit."

Since 1979, the captain has served as a PA for the Chandler Medical Center at the University of Kentucky. He specializes in pediatrics and

rehabilitation, but he is skilled in most aspects of general health care.

Married to a psychologist, he earned his bachelor's degree in allied health from the University of Kentucky and was later certified as a PA through an additional curriculum. Back in Lexington, his friends and associates support his Air Guard assignment and have expressed interests in their military counterpart.

"It's about time," said Lt. Col. Verna Fairchild, the hospital commander who was vital in attaining the new PA slot. "It nearly completes our manning goal, and it really complements our professional staff and readiness posture. The captain is a real asset."

"It should be educational for us all," added Col. John Kuhn, the KyANG's state air surgeon. "Although he's new to our unit, I can say that PAs are crucial in the civilian medical domain. We need to count on him equally here."

Colonel Fairchild said the base hospital is about 85 percent manned. She hopes to fill vacancies for a staff psychiatrist and emergency room physician this summer, as well as some nursing positions and enlisted medical personnel.

Even before he was issued a uniform, Captain Kindler hit the ground running during April's UTA when the base hospital conducted a simulated emergency scenario. While responding to an explosion here, the captain was named a team chief and super-

vised a unit in charge of treating casualties.

"It's quite a diversity; it's hard to anticipate what could happen in the military environment, because I've been here," he said, referring to his years as a Naval medic during the late 1960s and early 70s.

As an enlisted petty officer, he served at the Navy's national medical center at Bethesda, Md. "I've sort of missed wearing the uniform," he admitted.

As a PA, Captain Kindler may counsel patients on the use of drugs, the effects of treatment and other therapeutic health maintenance matters.

During emergency situations, the physician can rely upon him to administer lifesaving procedures and medications. Because he's skilled in physiology, surgical techniques, medical ethics and terminology, the role of a PA will relieve the physician of many duties and allow him or her to devote their expertise throughout the clinic or facility.

"I really enjoy filling the gap," he said. "I know it sounds cliché, but it's true."

"Our profession has really boomed, and a great deal of this is attributable to the medical profession that has given us the chance and opportunity. For the Air Guard, I think it was a good move that should clearly prove itself."

Health Update

High blood pressure month Lifestyle changes reduce risk

Submitted by Capt. David Granstrom
Health Promotion Coordinator

High blood pressure is a leading cause of heart disease and stroke. As many as 58 million Americans have high blood pressure.

Are you one of them? If you haven't had your blood pressure checked in the past year, you need to have it checked. Getting your blood pressure checked is the only way to know if it's high. You can't tell by the way you feel.

Changing your lifestyle even a little may help lower your blood pressure. For some people, these changes may reduce or even eliminate the need for medication.

Lose extra pounds. High blood pressure is twice as common among people who have weight problems. Lower weight means lower blood pressure for many people. Overweight people with high blood pressure should start a weight loss program based on healthy eating habits.

Exercise regularly. A regular exercise program (such as brisk walking, bicycling, jogging, or swimming) can help you lose weight, which may help bring your blood pressure down. Choose an activity you really enjoy. Talk to your doctor before starting any exercise program. Start your exercise program slowly, and build up gradually.

Reduce alcohol intake. Too much alcohol may raise your blood pressure, and the more you drink, the more your blood pressure can rise. Most health experts recommend that people who drink and have high blood

■ About 30 out of every 100 adults in the United States have high blood pressure. High blood pressure is more prevalent among blacks than whites (38.2 percent vs 28.8 percent, respectively).

■ The proportion of the population with high blood pressure increases dramatically with age.

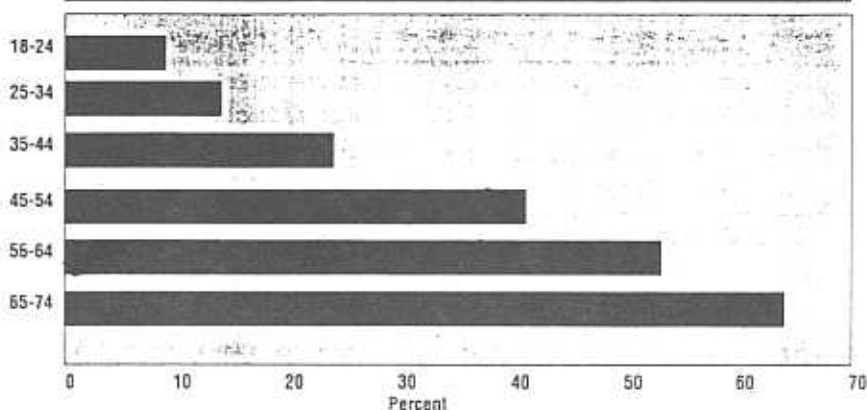


pressure limit their drinking to no more than two drinks a day.

Cut back on sodium. Cutting down on sodium (salt) sometimes helps to lower blood pressure and may help reduce the amount of medication you need. Use less (or no) salt in cooking, and don't add salt to food at the table. Try using herbs, spices, and lemon or lime juice to flavor foods. Read labels at the supermarket, and avoid snacks and processed foods that are high in sodium.

Quit smoking. Your risk of having a heart attack increases if you smoke cigarettes or have high blood pressure. Smoking cigarettes together with having high blood pressure more than triples that risk. Also, smoking can raise your blood pressure temporarily. (Taken from a pamphlet printed by the National Heart, Lung and Blood Institute)

By Age (years) Prevalence of High Blood Pressure



Source: 1976-80 National Health and Nutrition Examination Survey (NHANES II), National Center for Health Statistics.

Safety

Summer fire safety tips

By SrA Lennie Wheeler
Base Fire Department

Bring on the hot dogs and hamburgers! Get out the grills! The picnic season is here and your base Fire Department would like to offer these outdoor fire safety tips.

■ When cooking outdoors do not use flammable liquids near live coals. The result could be a flash fire.

■ When you've finished your cooking, soak the coals in water. Make sure they're "out" before you leave. Smoldering coals have been known to ignite as much as a day later.

■ If you're using a propane gas grill without an automatic igniter, always have a match lit and in position before you turn on the gas.

■ Always grill outdoors away from the house and always keep children away from the cooking area.

■ And above all, use good sense and keep safety in mind at all times. Let's not spoil the fun by having an unwanted fire or injury.

If you have any fire safety questions please refer them to the base fire department.

TAKE VINCE AND LARRY'S CRASH COURSE IN SAFETY BELTS.



Hey guys, there's some smashing news about safety belts that you should know. And Larry and I want to be the first ones to break it to you.

(But Vince is too busy to look everything up.)

LESSON NO. 1

"As you know, Larry, pretty soon all cars will come with automatic safety belts or air bags—and I don't mean your mother-in-law."

"That's right, Vince, but these new automatic systems only do part of the job to keep you from being a roadkill. It's your job to still get to make sure your safety belt is buckled up."

LESSON NO. 2

"Larry, do you know what works best when they fit tightly?"

"My hair! (Removes hair from head.)"
"No, Larry, safety belts. You've got to always make sure that yours is snug and that whatever safety belt system your car comes with is in a working order."

LESSON NO. 3

"No matter if you're on the road to Kooie going just around the corner, without a safety belt my friend you're on the road to ruin."

"Then, so that I should never see France, Vince?"

"No, dashboard breath, what I'm saying is whether your trip is short or long, you should be buckled up."

LESSON NO. 4

"And Vince, please should remind others to wear their safety belts too. Remember, there could be a dummy in your car."

**YOU COULD LEARN A LOT FROM A DUMMY.
BUCKLE YOUR SAFETY BELT.**

The Code of Conduct is a moral guide designed to assist military personnel during times of war in upholding the ideals contained in Department of Defense policy. But whether war or peace, it's your duty to act . . .

IN THE SPIRIT OF THE CODE

DETENTION BY TERRORISTS



Terrorist kidnapers are the least predictable of all captors. Stay calm, avoid aggressive behavior, and maintain courteous, military bearing. Most casualties occur during initial capture.



Avoid potentially dangerous topics like politics and religion, but talk--family or sports--to show your humanity and thereby become less a symbol for ideological hatred. Protect classified information.



Have faith in yourself, and know your government is working toward your release. As the Code of Conduct advises, the senior-ranking officer from among the hostages will take charge, establish a chain of command and invite civilians, if any, to participate.



Attempt escape if it is your only hope. Weigh the consequences carefully. It is your duty to survive the ordeal with honor in the highest traditions of military service.

SOURCE: Department of Defense Directive 1300.7, Dec 23, 1988.

News Briefs



KyANG Photo by TSgt. Charles Simpson

Perfect fit

Members of the 123d Consolidated Aircraft Maintenance Squadron back a C-130 aircraft into the newly built Clamshell hangar for the first time. The hangar is a temporary shelter that will allow maintenance crews to work on the aircraft during adverse weather.

Career and education update

Tuition Assistance

Due to budget cuts and increased requests for reimbursement, Major Jones, Tuition Assistance chairman of the board, has set the maximum amount to be distributed at \$150. This figure will be good until August of this year.

Montgomery GI Bill -- Chapter 106

As of October 1, 1990, the Montgomery GI Bill will also cover vocational training. Details will be published as soon as they are received.

For more information on either of these programs, contact SSgt. Teresa Faust, base career advisor's office, at ext. 604.

Bush nominates new chief of staff

WASHINGTON (AFNS) -- President Bush has nominated Gen. Michael J. Dugan to succeed Gen. Larry D. Welch as Chief of Staff of the Air Force.

Secretary of Defense Dick Cheney made the announcement April 27. General Welch is scheduled to retire at the end of his term, June 30.

General Dugan is Commander in Chief, U.S. Air Forces in Europe, and Commander, Allied Air Forces Central Europe, headquarters at Ramstein AB, West Germany.

From Albany, N.Y., General Dugan graduated from West Point in 1958, and basic pilot training at Laredo AFB, Texas, in 1959.

The General has been USAFE's commander and chief since April 1989. Prior to that he was deputy chief of staff for Plans and Operations, Headquarters Air Force, Washington, D.C.

A command pilot with 4,500 flying hours and 300 combat missions, General Dugan's decorations include the Distinguished Service Medal, Silver Star, Legion of Merit with two oak leaf clusters, Distinguished Flying Cross, Purple Heart, Air Medal, Air Force Commendation Medal with two oak leaf clusters, and Republic of Vietnam Gallantry Cross with Palm.

General Dugan and his wife, Grace, have six children: Colleen (Air Force captain), Erin (Air Force captain), Mike (Air Force Reserve Second Lieutenant), Sean, Kathleen and Kevin.

Help Wanted

AF 90-11 Pay Entitlements Tech
123d RMS, Closed Announcement
Closes 23 May 90

Mil Ann 90-26, Chief Officer Programs
Section
Major, AFSC 7316 Closes 1 Jun 90
National Guard Bureau -- Andrews AFB,
MD

Mil Ann 90-28, Avionics Liaison NCO
SMSgt, AFSC 45599 Closes 8 Jun 90
Howard AFB, Panama

Mil Ann 90-27, Commandant and
NCOA/LS
CMSgt, AFSC 99600 Closes 8 Jun 90
Knoxville, TN

Mil Ann 90-29, Instructor, NCOA/LS
TSgt, AFSC 99605 Closes 8 Jun 90
Knoxville, TN

Mil Ann 90-30, Commandant Academy
of Military Science
LtCol, AFSC 7516 Closes 15 Jun 90
Knoxville, TN

Mil Ann 90-25, Instructor NCOA/LS
(3) TSgt, AFSC: all Closes 1 Jun 90
Knoxville, TN

Mil Ann 90-23, Enlisted Programs/
Actions
SMSgt, AFSC 732XX Closes 25 May 90
NGB, Andrews AFB, Md