

The PHANTOM'S EYE



Vol. 1 No. 9

123 TRW KyANG Standiford Field

Nov. 23, 1985

'Toughest competition'

Maintenance places third in Photo Finish

By Capt. Jeff Butcher
Public Affairs Officer

Editor's Note: This is the second part of a story detailing the wing's participation in Photo Finish '85.

Photo finish '85 put maintenance under the spotlight with the 123rd Consolidated Maintenance Squadron winning the third place position.

This was the toughest competition thus

far, according to Capt. Paul Stone, maintenance team captain. The bi-annual event, No. 5, was held at McClellan AFB, Calif., from Oct. 5-12. It was also the largest one on record as 12 different units participated including the Royal Australian Air Force.

As it turned out, maintenance competition was the closest race during the event. The 15th Tactical Reconnaissance Squadron, Kadena AB, Japan, won first place just seven points ahead of the Louisville contingency.

"I am very proud of every member of the photo finish team," Captain Stone explained. "They displayed team spirit and high degrees of job skills when doing their assignments, but topped the whole effort from beginning to the very end with the attitude that is necessary to compete at the level required."

Maintenance competition consisted of maintenance management and sortie generation. The management segment included: aircraft appearance, cockpit condition, tool con-

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VIP visit

KyANG photo

Maj. Gen. Billy Wellman, Kentucky National Guard commander, left, and Brig. Gen. Fred Bradley, Air National Guard commander, right, talk with SMSgt. David Heustis, NCOIC of the AGE shop, during the

unit's October drill. Brig. Gen. John Smith, 123rd Tactical Reconnaissance Wing commander, accompanied the visitors as they toured Standiford Field and spoke with unit members.

Commander's Column



BRIG. GEN. JOHN SMITH

We are about to enter one of the most joyous, yet depressing, heart-warming, yet dangerous times of the year. What? The holiday season - Thanksgiving and Christmas. Though a time of celebration, the holiday season with its hustle and bustle tends to cause an extra strain - sometimes difficult to withstand. Be prepared for it.

On a more professional note, the November UTA brings with it a 12AF Management Effectiveness Evaluation Team and preparatory inspection. Be ready. Look sharp - think 35-10. Be sharp - dazzle these inspectors with your

knowledge, ability, courtesy and appearance.

We have an outstanding unit - made up of outstanding, dedicated people. Let's put that to work for us during this UTA - and in further preparing for the Feb. 86 MEI. Stay on your toes.

I like to think of the KY Air National Guard as a family - I hope you do too. In closing, I extend to each member of the unit - and your family - my sincerest best wishes for a safe and very happy Thanksgiving.

Chaplain's Column

By Maj. Herbert Lattis
Chaplain

At this time of year we look forward to the Thanksgiving holiday.

Editor's Apology

Last month's issue listed the wrong position change for Lt. Col. John Greene. Colonel Greene is the deputy commander for maintenance.

Col. Joe Kottak, deputy commander for operations, was mistakenly referred to as a lieutenant colonel. Also, 2nd Lt. Dennie Lewis, chief of personnel utilization, was mistakenly referred to as a first lieutenant.

Our apologies to all of these gentlemen.

This November season we experience so many good things; a warming fire; a good football game; a resting chair; a grateful heart; a thankful prayer, a harvest, in a simple grace; a helping hand; a friendly face. There are so many things for which to say "thanks."

When you say to me, "Thank You," remember I could not have done for you what I did, had it not been for what hundreds of other people have done for me.

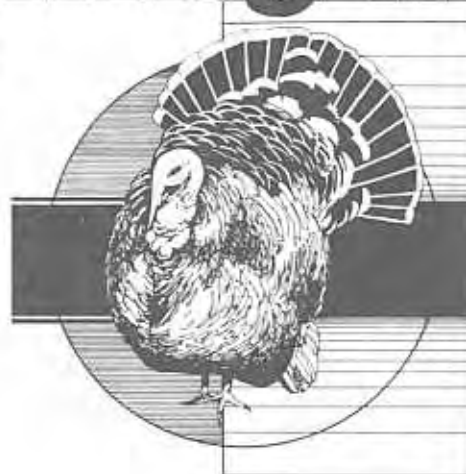
Neither could they have done for me what they did, had it not been for what thousands of other people had done for them.

And so the thing goes on in infinite time and space. Therefore, when you say "thank you," you really mean to say, "Thank You, God."

With grateful hearts, this Thanksgiving holiday reminds us to give thanks to God, from whom all good things come.

Thanksgiving Day

Nov. 28



The Phantom's Eye

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BGen John L. Smith Commander
Capt Jeff Butcher PAO
SSgt Jenny Montgomery Editor
SRA Jeffry Sansbury Writer
TSgt Larry Farr Historian
Sgt Kathleen M. Stanek Typist
TSgt Terry Lutz NCOIC, Base
Photo Lab
SSgt Charles Simpson Photographer
SSgt Ed Brinley Graphic Arts

Security concerns everyone

The overall responsibility for the security of offices or buildings on Standiford Field rests with individual agencies, not solely the security police, according to Capt. Kenneth Peters, chief security police.

"User awareness is highly important," stressed Captain Peters. Everyone, not just the security police, should be conscious of how secure they leave an area — and not just classified areas. "People need to watch for purses left out or any other type of pilferable item being left unsecured," explained Captain Peters.

"If anyone sees problems, they should

'User awareness highly important'

bring it to the attention of their supervisor, their unit security manager and the security police," added the captain.

In the past, lost keys have been costly in many ways. "Keys to the buildings are very important," said Captain Peters. "If they should ever get lost, the entire building affected must have the locks on each door re-

cored." Re-coring costs approximately \$9 per door. Not only is it a costly problem, but lost keys pose a breach of building security, said Captain Peters.

After duty hours, civilian security guards control access to the base. They keep a roster of who visits the base during non-duty hours, and where they go. "This enables us to back-track if something does go wrong and see who was on the base at a particular time," Captain Peters said.

Security is not just a part-time job; everyone must be aware of the security of their own office and the base.

OJT includes more than annual training

By TSgt. Ken Fogle
NCOIC Base OJT

On the Job Training differs in many ways from general military training. Sure you can run 1½ miles in less than the required time limit, or can fire an M16 correctly or administer first aid to a comrade; however, if you can't do the job that you are assigned to do you are not contributing to the total force of the military.

The needs of the military are quite varied and there are many jobs that need to be done. Each need is broken down into a job specialty and each and every job plays an important role in our overall mission. Sometimes it's hard to understand how the minds of the leaders work in determining Air Force needs and how to fulfill these needs, yet there is a reason for these tasks.

OJT is an all-inclusive term which describes all training received by an airman while performing duty in a specialty. A strong OJT program leads to qualified people, higher morale, a more productive environment, and will ultimately sustain mission accomplishment.

For OJT the standards are simple: The trainee must be able to do the job without assistance. If this standard isn't reached, more training is needed, the old refrain that a chain is only as strong as its weakest link is appropriate.

People who are serious about the U.S. Military and how they can contribute to the defense of this country should do their jobs and do them well. If help is needed, ask. Supervisors and the unit OJT manager are available for aid in being, as our counterparts in the Army say, "all that you can be."



KyANG photo

Flag presentation

TSgt. David Fink, 123rd Consolidated Maintenance Squadron, presents the Air Force Flag at the opening session of the 107th National Guard Association of the United States General Conference in Louisville. The conference was

hosted by the KyANG and boasted the largest sit-down dinner in the history of Louisville. The conference was held Sept. 20 to 26.

State Notes

Headquarters aids in humanitarian effort

By Maj. Ed Tonini
State Public Affairs Office

Headquarters Kentucky Air National Guard played a major role in the extraordinary humanitarian project during November. The effort was in support of "The Friends of the Americas" Foundation and their work with the Miskito Indians. Over 30,000 of these Indians have had their Nicaraguan villages burned to the ground and have been forced to flee to refugee camps in the Honduran jungles. The reign of terror they have experienced comes from the Communist Sandanistan Regime.

The relief effort began in Kentucky when State Representatives Tom Riner and Don Blandford jointly sponsored a resolution (HR-44) during the General Assembly's summer session. It requested cooperation of community leaders, and church, civic and government agencies in providing assistance to the "Friends of the Americas." Representatives Riner and Blandford, and 12 other legislators organized elementary and high

schools in 59 counties to produce "Shoebboxes for Liberty." The shoeboxes were to include personal hygiene items, needles and thread, non-perishable food and a small Christmas toy for a child. Each box has an approximate retail value of \$30. Major emphasis was also put on obtaining hospital and medical equipment.

The headquarters unit got involved when Rep. Riner asked the Adjutant General of Kentucky for assistance in transportation to storage facilities in Louisville, and airlift to the national staging area at England AFB, near Baton Rouge, La. Lt. Col. Dick Jett, project officer, was able to acquire the services of a C-130 from the Tennessee Air National Guard after weeks of coordination with the Department of State, Department of the Air Force, and the National Guard Bureau. Once airlift was confirmed, the Kentucky groups' goal became to fill the C-130 with these much needed supplies.

By time the scheduled airlift date, Nov. 9 arrived, the Kentucky group had, in fact, col-

lected nearly 7,000 "Shoebboxes for Liberty," valued at over \$200,000, as well as enough x-ray machines, hospital beds, typewriters, electric generators, and other medical equipment to fill these four C-130's.

The Tennessee C-130 was loaded to the brim with 18,000, 2,200 cubic feet of personalized care boxes as some 200 of the responsible volunteers from around the Commonwealth were awarded plaques of appreciation. The scene was recorded by all three Louisville television stations and the Louisville newspapers.

The work of headquarters continues. Arrangement now must be made for the remaining hospital and medical equipment and supplies to begin their journey to help these unfortunate people. Of the 30,000 refugees, 70 percent are children and 90 percent of them are currently suffering from advanced malnutrition, severe parasites, and malaria. "It's something we have to do, not only in the name of Freedom and Liberty, but in the name of Humanity," said Colonel Jett.

It could be you

Drunk drivers live in fantasy world

By An Air Force Officer

GRAND FORKS AFB, N.D. (TACNS) - Just recently I was on the way home from a local bar when I noticed red flashing lights in my rear-view mirror. I pulled over to the side of the road and the patrol car pulled up behind me. The policeman claimed I had disregarded a red traffic light.

He smelled alcohol and immediately made me take a field sobriety test. My blood alcohol content was over .10, the standard percentage used to determine if someone is legally intoxicated. At this time I was handcuffed and placed under arrest.

When I tried to ask the officers about my charge and what was going to take place, there was no response. I had cooperated with them completely, but I suppose I couldn't expect cordial treatment as an intoxicated driver. I was forced to spend the night in confinement, still not aware of what was going to take place.

They took all of my personal possessions (jewelry, coat, wallet,

etc.) and didn't tell me anything about my car.

The next morning I had to be bailed out of jail and faced charges of disregarding a traffic light, and a DWI.

In addition, I lose my civilian driving license for 90 days and my auto insurance will increase substantially. All in all, with lawyer fees, a bond fee, traffic violation fee and a \$300 fine, I stand to lose a large sum of money -and that's not including my increase in auto insurance.

Up until now my record was spotless. Now I have to come back from a huge mistake. And every weekend, I can show you at least 100 Air Force members, officer and enlisted alike, who are in town, having fun, being what they feel is a "responsible drinker." This brings us to a very important question: "Is there such a thing as a responsible drinker?" I seriously doubt it! If you ask social actions people, one thing they'll say is a responsible drinker is someone who knows his or her limit. But do

you know your so-called limit? Is there such a thing? And if there is, is it always constant? Does it change with the amount of food or sleep you get? Does the number of drinks you can have change when switching from beer to liquor? These are very important questions to answer and even harder to regard after the first couple of drinks.

If you understand what can and ultimately will happen to you if you keep fooling yourself about being a "responsible drinker," and I'm speaking from first-hand experience, you can avoid a mishap such as mine. That's the sole purpose behind me sharing my experience with you.

So don't fool yourself into believing that you'll be okay because you're a "responsible drinker." The only thing you'll be responsible for are your actions when your commander wants to know why you received a DWI. (Courtesy of the SAC News Service)

AIDS

Testing affects recruits entering KyANG

SrA Jeff Sansbury
Public Affairs Staff

Persons enlisting in the Kentucky Air National Guard are being tested for Acquired Immune Deficiency Syndrome, or AIDS, the ANG Support Center's Surgeon General announced Oct. 1.

The KyANG is following these testing procedures the same as every ANG unit and the regular Air Force, and will continue the testing indefinitely. Every individual entering the ANG will be tested for the AIDS virus, including prior service recruits, officer enlistees and civilians who apply for initial flying training.

Although the AIDS testing program is considered a necessary move by most KyANG medical, recruiting and personnel staff members, it has created some problems within two departments here.

MSgt. Todd Beasley, the KyANG Recruiting Office manager, said the additional testing is just "one more little thing" to slow down the recruiting process.

"The test itself is fine; I support the precaution for AIDS," said Sergeant Beasley. "But the system used here will delay the enlisting of Guard members by at least a few weeks, and that can create some real problems."

Sergeant Beasley said that blood samples taken from enlistees during their initial physical testing will have to be sent to the Wilford Hall Medical Center at Lackland AFB, Texas, for analysis. Beasley said the results could take about three weeks.

Air Force follows similar system

The regular Air Force follows a similar system to determine enlistees with the AIDS virus, but the process is less complicated.

Enlistees who wish to enter the regular Air Force have their blood samples sent to the Walter Reed Medical Center in Washington, D.C. In most cases, the results take only three days.

Lt. Col. Grady Dickinson, commander of the 123rd Tactical Hospital here, said last month that blood samples from KyANG enlistees could be tested at a private, contracted medical clinic in Louisville.

Originally, the ANG Surgeon General's Office would not allow for any testing done except at Lackland or Walter Reed medical centers. Dickinson said that a local clinic chosen to do the analysis would be more effi-

cient because it would save a considerable amount of time in administrative paperwork and other official procedures.

Presently, Guard enlistees are given their initial physical examinations at the Military Entrance Processing Station in Louisville. The results from the test are usually available within two days. If the enlistee passes, he or she can complete enlistment procedures by the next day.

According to available medical studies, about 20 percent of the American population may have the AIDS virus. But of the 20 percent, only 10 percent have the terminal disease.

'May create stigma'

"I'm not so sure the Air Force will get the results that they're looking for," said Colonel Dickinson. "It may create a stigma; the AIDS virus is not known to be carried just by the 'stereotyped population' that most people think . . . and this testing may bring about a disturbing result to the military."

The regular armed forces have already begun testing active duty members for the AIDS virus, in addition to new enlistees.

Guard announces drug testing program

SrA Jeff Sansbury
Public Affairs Office

The National Guard Bureau announced last month that the Air National Guard will implement a drug testing program effective Jan. 1, 1986.

The NGB said the drug testing will be designed to assist commanders in accomplishing their mission and in maintaining the safety, security, morale, health and coordinated effort by the United States military, and to insure that the Air Guard implements a viable program.

Commanders at all levels will advise personnel of this program.

Of particular interest to all personnel will be the fact that the NGB policy will contain language for the administrative separation of personnel that are tested positive under the drug abuse process.

Lt. Col. Grady Dickinson, commander of the 123rd Tactical Hospital here, said the



But the National Guard said it has no plans to begin testing its Guard members, yet.

"That move," said Colonel Dickinson, "is another story."

"I'm not saying that it may not be required in the near future, because I think it will; but it definitely would bring even more complications to the military," he added.

procedure for testing the 1,100 plus KyANG members has not yet been established. But he added that the urine test used for drug analysis will be conducted under strict procedure, and said that most likely an independent laboratory will be contracted to handle the testing.

Colonel Dickinson said marijuana and cocaine are two drugs that he knows for sure will be tested for use of. He said traces of marijuana can be detected for up to 30 days prior to the urinalysis.

Pending implementation of the program, commanders having knowledge of probable cause that an individual in his or her command is abusing drugs (self-admission, possession, or behavior that reveals no other logical conclusion), then commanders should exercise his or her responsibility by placing the individual into duties that will not affect the safety and welfare of personnel and base assets. This type of action will be necessary until the program is implemented on Jan. 1.



Photos courtesy Capt. Doug Hart, Nevada ANG

MSgt. Glenn Farquhar replaces the film holder into the RF-4C's belly.



TSgt. Brian Shaughnessy inspects nose gear of the RF-4C.



SSgt. Robert Kelly and SSgt. Stephen Hatfield lead the well-wishers from the KyANG as the first Phantom prepares to launch.



TSgt. Richard Scanlon makes the final pre-flight check prior to pulling the chocks.

'Kentucky aircraft rated tops'

Continued from page 1

trol/equipment condition, tech data and aircraft forms. The sortie generation aspect evolved around primary aircraft flying as scheduled and on time takeoffs.

Captain Stone stated, "The Kentucky aircraft were rated tops by a majority of the Photo Finish judging team. This indeed is a compliment in itself. The aircraft at this PF were the best looking that has ever appeared before."

In evaluating five major maintenance indicators the 123rd CAM has improved significantly especially between FY 84 and FY 85. These indicators include: fully mission capable, mission capable airframes, abort rates (total), air abort and ground abort rates and monthly maintenance plan scheduling effectiveness percentages.

During FY 85 the 123rd CAM achieved its highest fully mission and mission capable rates in five years hitting 54.058% and 61.47%

respectively. The abort rate averaged 3.775 per month and was the lowest since FY 81. Total aborts -- air and ground -- had declined 20 percent between FY 84 and FY 85. This is particularly notable because of the age of the RF-4C airframe.

Historically, for the last five years, the maintenance situation which evolved at McClellan was typical of the superior job the 123rd CAM does routinely.

CAM readiness at highest

By Lt. Col. John Greene
Deputy Commander for Maintenance

Because of training, experience, hard work, and good supervision the readiness of the 123rd CAMS is at its highest. On numerous occasions the unit has flown a 3.0 sustained sortie rate during 3-day exercises.

Our aircraft are good: They fly good; they look good. Maj. Gen. John B. Conway on two occasions personally commended the appearance of our aircraft.

Abort rate and delayed discrepancies ... the regular Air Force units can't touch us,

Our crew chiefs are all at least 7-levels with more than 16 years full-time aircraft maintenance experience. Our abort rate is an outstanding 3.7 percent; it's even better when you consider that almost one half of the aborts are spared with another aircraft and the mission still accomplished.

Our flying safety record is superb. Attained through highly proficient aircrews flying well maintained aircraft. The unit gets the mission done safely.

The bottom line is that the maintenance people take pride in their work, their aircraft, their unit, and the Air Guard. And it shows!

Medical Minutes

'The Surgeon General has determined cigarette smoking is hazardous to your health'

By Lt. Col. Jacquelyn Reid
Environmental Services

In the United States, that labeling has been mandatory on cigarette packages for more than 10 years. For four of those ten years, I read the warning nearly every day as I opened a fresh pack — I smoked nearly two packs a day. As a nurse, I cared for patients who suffered from emphysema and those who had part or all of a lung removed for cancer.

As a daughter, I watched my father, a smoker since World War II, become an invalid who had to have oxygen at home because of lung and heart disease related to smoking. As a smoker, I developed a chronic cough.

In 1977, I went back to school at Indiana University in Bloomington. Because I liked to run, I asked some friends if there was any place where I could run in bad weather. They suggested the indoor track at the IU Field House. That sounded like just the place, so off I went.

To get to the ladies shower room, I had to walk past a display put up by the Health,



Physical Education and Recreation School. The display consisted of preserved specimens of diseased lungs. Some had tumors, others only the tell-tale gray color of a smoker's lung. For several weeks, I walked past that glass case — each time pausing just briefly to look at the specimens. I asked a couple of my friends if they had seen the display, they laughed — that doesn't happen to healthy people, they said. I couldn't get the image of the heavy smoker's lung out of my mind.

One evening we were all sitting around talking and my friends started teasing me about the lung display. If I was so concerned about how bad the lung looked, why didn't I

quit, they asked. I could if I wanted to, I said. One dared me to stop. I handed him my cigarette case and went to my room for the remainder of the carton, I placed the carton on the living room mantle. June 17, 1977, I smoked a last cigarette. Since then, I had one "relapse". During finals week in December, 1977, I smoked one pack of cigarettes, but they tasted so bad, I decided not to buy any more.

According to American Cancer Society literature, five years after you stop smoking, your lungs return to their pre-smoking state. I passed that milestone in 1982. Have you ever thought about quitting smoking? If so, why not consider attending a free Stop Smoking clinic sponsored by the American Cancer Society. In Louisville, you can get information about this program by calling 459-1867. If you would be interested in attending a Stop Smoking clinic in December at the Kentucky Air National Guard, call on base 598 and leave your name and phone number. Someone from Environmental Health Services will get back with you about details.

A tooth trauma: gum disease

Submitted By Maj. John Moore
Chief, Dental Clinic

It usually progresses quietly — unnoticed — at first. It's sneaky but bent on destroying your dental well-being.

Periodontal (gum) disease wreaks havoc in a lot of adult mouths — three out of four over the age of 35. You can fight it. Your weapon: preventive care.

The main culprit in gum disease is bacterial plaque. Left unchecked, it launches a slow

but steady attack on your gum tissue, and in time, on the bones that anchor your teeth in place. Removed regularly, through daily brushing and flossing and twice-yearly professional cleanings, plaque doesn't have a chance to invade healthy territory.

Some news

Scientists keep uncovering new insights into the nature of gum disease. One scientifically-backed theory suggests that gum disease is really a cluster of several diseases, each with a specific bacterial cause.

Another implicates as many as 10 different types of bacteria in gum disease. The bacteria, researchers believe, behave somewhat like dominoes in that the presence of one type paves the way for the next. The longer plaque is left in the mouth, the more types of bacteria emerge.

As research provides further clues into the mysteries remaining, we'll move closer to eliminating gum disease. In the meantime, good home care and regular cleanings are essential.

KyANG hosts conference

The Air National Guard NCO Academy Graduates Association, Chapter 60, plans to host the Annual NCOAGA Seminar in Louisville, July 20-25.

Chapter president, MSgt. William Moore, Jr., says the group expects the largest turnouts in recent years. Sergeant Moore is also seeking volunteers to help in various committees to help make the seminar a success.

Organizations that still need assistance include: special projects committee; facilities committee; airport operations committee; in-

formation committee; distinguished guest committee and the finance committee.

Sergeant Moore can be reached at on-base extension 446.

Active membership to the NCOAGA is open to active and retired members of the Air National Guard who have graduated from an in-resident NCO Academy or Leadership School. The dues are \$10 annually, payable each October. A life membership is available for \$100.

Portable heaters: 'How safe are they?'

Submitted By Maj. Rick Gabhart
123rd Civil Engineering

I'm sure you are concerned about the high cost of heating. A lot of us are seeking alternative ways to keep the chill out. The media is saturated with news about now-fashionable wood stoves. However, the cheaper, less glamorous portable kerosene heater is by far the choice of most people.

Here are some of the pros and cons of the kerosene heater: Heater manufacturers claim that ventilation isn't necessary. However, oxygen supply is an important factor in the clean burning of any fuel. Warnings and instructions provided with the heaters attempt to account for potential oxygen depletion and carbon monoxide emission. This eliminates the costly installation required for wood stoves.

To prevent these hazards manufacturers recommend opening a window or a door to the room you're heating, but, "The basic

reason for using a heater is to warm a room." It's quite unlikely that the average person will actually open a window and let in cold air because that seems to defeat the purpose of the heater!

A Cornell University professor feels that all kerosene heaters should be vented because combustion uses oxygen and returns carbon monoxide to the atmosphere. "It is well-known that chronic exposure to carbon monoxide can have a serious effect on many individuals." A well-known New York allergist and author feels that kerosene heaters should be totally banned because he considers them an "indoor pollution menace."

Manufacturers recommend kerosene fuel of a quality referred to as 'clear white' containing 0.04 percent sulfur. In one state 15 kerosene samples were taken and only three met this recommendation. Kerosene, even that which isn't clear white, is in short supply and at least as expensive as other fuels.

Cases have already been reported where

people used gasoline in kerosene heaters with fatal results. If you elect to own and operate one of these 'indoor pollution menaces,' have you given any consideration to the storage of this fuel? If not, it should be in approved metal containers and properly identified as to its specific contents.

Use an outside storage building; if not available, do not exceed 10 gallons inside the residence. Keep away from small children. What about refueling the heater? It should be accomplished outdoors, and precautions should be taken to make sure the wick is completely extinguished. A responsible person should be in charge at all times.

Are you familiar with the local city ordinance or state law governing residential use of the kerosene heater? Requirements vary from city to city and state to state, but the danger remains the same. These comments, pointers, and standards are put together solely in hopes that an unfortunate accident can be avoided.

Stress

How does it affect our lives?

By Lt. Col. Jack P. Cross
4th Tactical Fighter Wing/
Assistant Deputy Commander
for Operations

SEYMOUR JOHNSON AFB, N.C. (TACNS) - Much has been written recently concerning the management of stress in our lives. This seems to be for some good reasons, one of which has to do with the recognition of how very important our health - both physical and mental - is to us.

Of course, this revival of interest in health has been important to U.S. military forces.

Stress falls upon each of us for a variety of reasons. The stereotype corporate executive usually comes to mind. Board meetings, monumental monetary decisions, and the ever-present need for growth in the organizations take their toll in headaches, ulcers, heart attacks, and the like. Well, corporate executives are not the only ones who suffer these problems.

Let's talk about us for awhile. We only have to be concerned about deployments, inspections, exercises, evaluations, promotions, long duty days, and extended family separations.

Some ulcer-prone executives can't hold a light to the stressful environment we live in on a daily basis; not to mention the fact that

what we do can be outright dangerous from time to time.

Where does most of the actual stress we endure come from? Certainly a great deal is self-imposed. On top of things already mentioned, we attend extra classes to improve our formal education and send away for professional military education courses to improve our job knowledge.

When we do these things, we worry about them and this increases our self-imposed stress. We each try to gain additional responsibilities. This usually leads to longer hours and the stress that goes with the new job. All of this on top of an already stretched out duty day - we just hope to hold on until the weekend. A perfect recipe for increased stress and the physical problems that can accompany it.

What can we do to break out of the cycle and guard our much-needed health at the same time? Consider some of the following. Let's recognize that we all need to put the job and our families at the top of the list.

Strong daily job performance is the acknowledged key to success in the military. All the other things count, but to a lesser degree. Our families deserve the best we can give them, as does our country. We have to learn to balance our priorities so both get the full benefit of our efforts. We have to take the

time for adequate rest and recreation - it's the way we charge our batteries. We are provided 30 days of leave each year. Work with your supervisor to make sure you take it - you earned it.

Exercise and good physical conditioning go a long way to relieve stress. Sometimes we rest better after we do a little more vigorous physical activity. Find the combination that works best for you.

Family support is one of the best ways to combat stress. Talk to your family about what you're doing. When they're involved, you feel better, work better and treat them better. Try it - it works.

Make sure you are at ease with yourself. A tall order. Get good at what you do. When you're the best, time flies, the job's easier, and the stress level declines accordingly. You simply feel better.

Lastly, develop confidence in your unit. If you and your co-workers are doing it right, the place will be pleasant, safe, rewarding and within acceptable stress levels. Make stress reduction one of your personal goals. And last, don't forget to smile a lot.

Think about these things, work on them, talk about them, and remember that you have all the tools to work in our high pressure business and succeed. Use them. We'll all benefit.

Air Force announces liberal uniform changes

RANDOLPH AFB, TEXAS (AFNS) — Air Force members now have an optional uniform to wear traveling on commercial airlines, trains or buses.

The Air Force uniform board has approved wear of the light blue long-sleeve or short-sleeve shirt with tie for men and the light blue long-sleeve or short-sleeve blouse with tab for women traveling in uniform. Additionally pregnant women will be able to wear the long-sleeve maternity blouse with tab without the smock.

According to personnel officials at Randolph AFB the changes will not affect members flying from military bases, who can wear any service uniform. However, the changes do apply to travelers departing from civilian terminals on military contract transportation.

The uniform board also approved wearing fatigues into fast food restaurants to eat and

for making convenience stops to and from work.

Other changes the board approved include:

A. Wearing the old blue cardigan sweater or the nurses' white sweater with maternity uniform combinations.

B. Wearing gloves outdoors with the pullover sweater.

C. Tucking the flight cap into the left side of the belt between the first and second belt loops with the opening facing to the rear. The hat must not protrude above the top of the belt.

D. Tucking the bill of the fatigue cap into the back of trousers when the fatigue shirt is tucked into the pants.

Personnel officials at Randolph AFB said these changes were to become effective with a message change to AFR 35-10 to have been released by the end of June.

The uniform board also approved the following changes which will become effective

when the revised AFR 35-10 is released late this Fall.

A. Wearing the women's cap 1 to 1.5 inches above the eyebrows instead of 2 to 2.5 inches above the eyebrows. The change will include an illustration showing how the hair may protrude from the front of the cap.

B. Wearing the mess dress blue satin bow tie or tab with the semi-formal uniform.

C. Centering the marksmanship badge on women's service and ceremonial uniforms one-fourth inch below the bottom row of ribbons, or, when ribbons are not worn, centering the badge on the line where the first bow or ribbons would be located. The change also limits to three the number of badges worn in addition to the marksmanship badge.

The board also made it optional for enlisted members to wear standard chevrons with the service dress uniform when worn as a ceremonial uniform. Current policy requires members to wear mess-dress chevrons.

New survey provides data on women veterans

WASHINGTON (AFNS) — Most women veterans do not appear to suffer serious problems of readjustment after leaving service, and a vast majority report that they are in good or excellent health.

These are among the findings of a survey designed to provide the Veterans Administration with information on the present and anticipated future use of VA facilities by women veterans.

The survey, conducted by Louis Harris and Associates Inc. of New York, involved interviews with 3,003 women veterans around the country. The effort began in February 1984.

Based on U.S. Census data, there are 1.1 million women veterans who make up 4.1 percent of the veteran population of the United States.

The survey is part of the VA's effort to ensure that eligible women veterans receive care and benefits equal to those of male veterans.

In the health area, the survey indicates:

— Women veterans have approximately the same prevalence of most chronic diseases as other women in the same age group.

— The age-specific rates of arthritis, hypertension and cerebral vascular disease appear to be significantly lower among women veterans than all women, particularly after age 65.

The lifetime prevalence of cancer among women veterans (9 percent) is nearly twice as

high as among the general population of adult women (5 percent).

— Other age-specific disease prevalence rates differ between male and female veterans, with gynecological problems among the most prevalent health conditions for women veterans.

Health care given attention

Use of the VA hospital and health care system by women veterans was given special attention in the study.

— One out of 10 women veterans has been a patient overnight or longer in a VA hospital since leaving the service.

— Two percent of the women report receiving in-patient care in a VA hospital sometime during the year prior to the survey. In addition, 1 percent were patients overnight or longer in non-VA facilities but had some portion of their bill paid by the VA in the year prior to the survey.

— Women veterans have a lower rate of usage of VA medical facilities compared to male veterans of the same age, particularly those of older age.

— Nearly three of 10 women veterans who have not used a VA hospital explain that they have never needed any hospitalization.

Neither the image of VA hospital care nor the distance to the nearest VA facility appears to be a barrier. Nearly half of all women veterans (49 percent) believe that the quality of care in VA hospitals is excellent or good. Those who have used VA facilities are even

more likely to give the quality of care a positive rating.

Overall, women veterans have made less use of veterans benefits than male veterans. The programs most widely used are the GI Bill (39 percent), the guaranteed home loan program (23 percent) and the life insurance program (19 percent).

The low rate of usage of VA programs by women veterans seems to reflect a problem of benefit awareness rather than preference. By comparison with male veterans from the same period of service, women veterans' level of program awareness was lower on eight of 10 programs. Among those who have used the programs and benefits, women veterans seem to be generally satisfied with most of them.

Anticipated future use of VA facilities and programs is somewhat higher than current usage. Among the women veterans surveyed:

— Almost four of 10 (39 percent) say they expect to use the home loan program within the next 10 years.

— Twenty-nine percent say they expect to use VA facilities for outpatient treatment and 27 percent for dental care.

— Twenty-one percent say they expect to use medical care programs available to veterans age 65 and over, and 13 percent say they will use those programs for veterans with low income status.

— Sixteen percent expect to use nursing home care.

In History

FIVE YEARS AGO
November 1980

Prepared by TSgt. Larry Farr
Wing Historian

On Nov. 1, 1980, the Air Force Accounting and Finance Center implemented two policy changes that affected the KyANG. One change involved the sure-pay program in which Guard members' pay could be deposited directly into their checking account rather than coming to them in the form of a check through the mail. The second change cut down the ANG's pay input from four to two times per month which resulted in ANG paydates of either the 15th or 30th.

On Nov. 4, 1980, Lt. Col. George D. Hancock, 123 TAC Hospital administrator, was elected president of the Society of the ANG Medical Service Corps Officers during the 8th annual meeting of the Association of Military Surgeons of the United States in Washington, D.C.

During the November 1980 UTA, Maj. John Ogden, base safety officer, conducted an impromptu survey to find out how many drivers were strapped in. He found only 16 of the 72 drivers he surveyed were wearing seat belts. (One wonders if the results would be better today?)

As of Nov. 2, 1980, a staff sergeant with six years of service was making \$106.20 per drill weekend. Today a staff sergeant with six years of service is making \$139.20 per drill weekend.

From Nov. 13-15, 1980, the 165 TRS aircrews flew sorties in the Eagle Strike III Exercise at Fort Campbell, Kentucky.

New military publication seeks material about military life

Publishers of "Salute" magazine have announced plans to distribute their first issue on active duty military bases starting in November. The bi-monthly magazine is designed for lower ranking enlisted service members and will contain a wide variety of articles and photos about sports, leisure time activities and other events that relate to young adults in the military.

The magazine will be free and supported by its advertising according to Don Hirst, editor. It will be available from news racks in commissaries and other locations where the magazine "family" is distributed. The first, 64-page edition will have a press run of

FIFTEEN YEARS AGO
November 1970

On Nov. 3, 1970, the Secretary of the Air Force announced that the entire 123 TRW had won the Air Force Outstanding Unit Award for accomplishments from the Pueblo recall 1968-1969. This was the 123 TRW's first AFOUA. The special order stated that the award was made for "exceptionally meritorious service in support of military operations from January 26, 1968 to June 9, 1969." Supporting evidence submitted to the Air Force was substantially gathered prior to deactivation by Maj. Donald L. Armstrong, wing information officer. Additional efforts of significant importance were made by Lt. Col. Robert K. Hendricks and Maj. Carl D. Black subsequent to deactivation. The award nomination was started with Brig. Gen. W.E. Davis, commander of the 835th Air Division (TAC) at McConnell AFB, Kansas.

TWENTY YEARS AGO
November 1965

On Nov. 26, 1965, a controversy erupted involving the FAA and the Air Board operating at Standiford Field. At issue was a barrier cable installation needed by the ANG which was required for landing the Voodoo at speeds around 200 mph. The result was a suspension of flying operations by the KyANG from Standiford Field. Aircrews were ferried, almost daily, first to Fort Campbell and then to McGhee-Tyson ANGB at Knoxville, Tenn. to continue in their transition training for the RF-101. The cable functions as an arresting device in case of landing emergencies for the jets.) The FAA refused

to budge because of its regulations which would not permit anything to protrude above the ground near a civilian runway.

During November 1965, the KyANG was still involved in converting from the B-57 Canberras (1958-1965) to the RF-101 Voodoos (1965-1976). An article in *The Louisville Times* suggested that part of the reason for recall of the Canberras was related to a Viet Cong raid on Bien Hoa on November 1, 1965. There, caught on the ground, the B-57's of the 3rd Medium Bomb Wing were blown up in the raid. At the end of November 1965, all of the acquired 24 RF-101's had arrived. After models A and D (fighters) were modified to models G and H (reconnaissance), each RF-101 was worth about \$3 million. Total assets at the KyANG were valued at \$74,619,000 with a yearly budget of \$4,359,000. The Louisville Chamber of Commerce ranked the KyANG among the ten biggest "industries" in Kentucky.

During the Nov. 13-14, 1965 drill, the duty hours were changed from 8:00 a.m. to 4:30 p.m. with roll calls at 8 a.m. and 4:25 p.m. (From what I could find, it appeared that the old hours were from 8 a.m. to 5 p.m. with a 1 p.m. roll call.) The 1 p.m. roll call was terminated and personnel were to return to their sections after a one hour lunch period. New mess hours were: 11 to 11:15 a.m. early chow with a pass; 11:15 to 11:30 a.m. for officers and 11:30 to 12:30 for enlisted personnel. A new officers mess hall was set up in the old combat support orderly room.

During November 1965, the closing of old grade lane to make way for runway construction was temporarily delayed by a court suit filed by some residents of Tuberoso Lane.

FLYING TIME RECAP For Third Quarter 1985

Last Class A Mishap - May 15, 1982
Last Command-Controlled Class A
Mishap - Nov. 5, 1974

1. Hours This Quarter:	
RF-4C	1,115
C-131	126
C-12	16
Total	1,257
2. Accident-Free Hours To Date:	
RF-4C	14,737
Support	4,761
Total	19,498
Since Last Command- Controlled:	50,793
3. Accident-Free Months To Date: 41	
Since Last Command- Controlled:	131

Bits-n-Pieces

PROMOTIONS AND DECORATIONS

Commendation Medal:
SSgt Victor L. Reed

Achievement Medal:
Capt. Jeffrey K. Butcher
TSgt Ronald L. Ernst

**Air Reserve Forces
Meritorious Service Ribbon:**

MSgt Michael L. Cook
MSgt Larry E. Oney
MSgt Wallace J. Pedigo
MSgt Richard D. Sheffler
MSgt Carl J. Williams
TSgt Ralph E. Hall, Sr.
TSgt Maureen B. Jolly
TSgt Donald A. Richeson
TSgt Bobby T. Strunk
TSgt Augustus J. Weisenberger
TSgt William H. Willis, Jr.
TSgt James R. Moore
TSgt John K. Foss
TSgt Bertha M. Pearl
SSgt Stephen C. Ellis
SSgt Steven A. Harper
SSgt Richard K. Smith
SSgt William S. Deal
SSgt James R. Dodds
SSgt Audrey L. Barney
SSgt Parker C. Floyd, Jr.
Sgt Mary E. Murd
SRA Ronald G. Overstreet
SRA James R. Skaggs
SRA Janice S. Lacefield
SRA Gregory P. Thompson
A1C Pamela S. Shacklette

PROMOTIONS:

TO: LT. COL.

Irven V. Pope

TO: MAJOR

Ronald L. Mercer
Gary L. Napier

TO: SMSGT (E-8)

Paul R. Bell
David R. Heustis

TO: MSGT (E-7)

Robert J. Burns
Kenneth E. Conner
Rosanne M. Hunter

TO: TSGT (E-6)

Phillippe M. Abrigo
William E. Buck
Phillip M. Brumback
Kennie R. Fultz

TO: SSGT (E-5)

Harold K. Bennett
Larry W. Bolton
Gregory W. Burgin
Thomas F. Gentry
James N. Owens
Brigitte Southerling

RETIREMENTS:

MSgt Larry E. Kazee

APPOINTMENTS:

2nd Lt. Johnny D. Jones
2nd Lt. Jane K. Wagner

SO LONG! The following have recently been discharged from the KyANG. Our sincere thanks to all of you, and good luck!

Lt. Col. William N. Bennett
Capt. Terry P. Fisher
SMSgt Kenneth Y. Will, Jr.
SSgt Carroll F. Brady, Jr.
SSgt Donald G. Clute
SSgt Charles A. Curtis
SSgt Thomas E. Fackler
SSgt John P. Loudermilk
SSgt Frank X. Novobilski
SSgt Donald W. Pike
SSgt Willard O. Ryan
SSgt Linda D. Skinner
Sgt Kirk D. Haffler
SRA Roy A. Windham, Jr.
A1C Donna J. Colver
A1C Glenn F. Miller
A1C Cheryl L. Thornton
A1C William H. Bledsoe, Jr.
Ann Marie A. Carrillo
AB Carolyn F. Hoskins

F.O.D. contest

A F.O.D. awareness, Foreign Object Damage, contest is being sponsored by Lt. Col. John Greene, deputy commander for maintenance.

Slogans that emphasize the importance of F.O.D. awareness are being sought by Colonel Greene. They will be placed on the board at the entrance to the main gate. People should put their ideas on an 8½ x 11 sheet of paper, in color, and send it to ATD/MA, no later than Nov. 30.

The submissions will be judged on originality and the ability to convey the importance of F.O.D. awareness, according to Colonel Greene. The F.O.D. Prevention Committee will judge the entries and the winner will be announced at the December drill.

Two accidents caused by F.O.D. have occurred at Standiford Field this year. Each accident caused approximately \$35,000 worth of damage according to Colonel Greene.

Enlisted association Christmas dance

The enlisted Association Christmas Dance will be held Dec. 21 at the Fairgrounds Armory on Crittenden Drive.

Music will be furnished by "Kessler's Friends" and the dinner will be by Po Folks Restaurant. The cost is \$25 per couple which includes free set-ups and free beer.

Contact MSgt. Glenn Farquhar at ext. 573 or MSgt. Robert Denton at ext. 490 for reservations and information.

Bowling tourney

The KyANG Athletic Association is seeking volunteers to assist with the planning of the 1987 ANG Bowling Tournament that will be held in Louisville.

The River City is fortunate to have earned the bid to host the national tournament, and SSgt. Dee Riggie, athletic association president, says he wants to go "all-out" to make the event the best ever.

"It may be 1½ years off, but we're going to start early and let everybody know that Louisville's the place to be," said Riggie.

Volunteers can help by calling Riggie at on-base 966 or at his home, at 245-6691.



Congratulations

TSgt. Bonnie Hood, 123rd Combat Support Group, and MSgt. Harvey Ramer, 123rd Civil Engineering Squadron, both attended the NCO Academy in residence at McGee-Tyson ANG Base in Knoxville, Tenn. They graduated in September.



KyANG photo