



THE CARGO COURIER

Standiford Field, Louisville, Kentucky

123d TAW Kentucky Air National Guard

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Commander's Column

Air Force names Guardsman best of the best

It is indeed my privilege to inform all members of the Kentucky Air National Guard, that the United States Air Force has selected Master Sergeant David M. Orange Sr., 123d Combat Control Team, as one of its Outstanding Airmen of the Year. This great achievement and honor accorded to Sergeant Orange is the first ever for any member of the KyANG. To fully appreciate this achievement, it should be noted that Sergeant Orange was competing against nearly 500,000 enlisted personnel -- the combined ranks of the Air Force and Air National Guard.

I have had the personal pleasure to know and serve with Sergeant

Orange for many years. In this period I have always known him to be a man of character, honor and determination -- but most of all I know him as a gentleman.

David, we in the Kentucky Air Guard are most proud of your cherished achievement and the unselfish service you have rendered to our Nation and Commonwealth. You are among those very special few who are the best of the best.

Special tribute and recognition of Mrs. Orange (Kathy) is also befitting, for without her support, love, and encouragement, it is doubtful this quest could have been met.



Col. Joseph L. Kottak
Wing Commander

The Kentucky Air National Guard salutes and congratulates a great champion -- Master Sergeant David M. Orange as the Outstanding Airman of the United States Air Force.

Chaplain's Column

By

Chaplain (Capt.) Thomas Curry

Worry is a common problem to us all. It inhibits our energy to accomplish goals.

It invades our feelings so that anxiety becomes the dominant emotion. Here are some helpful principles to help stop worry and return to living, from

Dale Carnegie:

(1) Live in "day-tight compartment."

(2) Face your trouble.
a. Ask yourself, "What is the worst that can possibly happen?"

b. Prepare to accept the worst.

c. Try to improve on the worst.

(3) Remind yourself of the exorbitant price you can pay for worry in terms of your health.

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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

Fairchild: 1st in TAC Hospital Community

By Maj. Jeffrey K. Butcher,
Public Affairs Officer

The first female Kentucky Air Guard hospital commander has made another historical milestone. Lt. Col. Verna D. Fairchild has become the first ANG assistant for nursing, Office of the Command Surgeon, TAC headquarters.

Colonel Fairchild is the first person to occupy the newly created position. "I'm excited about the opportunity," she said. However, she quickly admitted, "I am really going to miss the people here."

The former 123rd TAC Hospital commander will be the ANG representative for staff assistance visits to TAC and TAC-gained hospitals. "Active duty Air Force people are not as familiar with Guard requirements," she pointed out.

"Our first MAC staff assistance visit had an ANG assistant for nursing, the only one previously authorized with the team, and it made such a difference for us," Colonel Fairchild stated.

"The last four years have been quite a challenge," she remarked as she was clearing out her desk. "Our people have made it worthwhile. I feel closer to the people here than those I work with on a daily basis. The command is strong, and we function as a team."

Colonel Fairchild's primary goal when she assumed command was to improve communications. "I feel we have achieved that. Sure, we have had times when morale would get down because of the heavy workload, but we were always able to bring it back up again," she said.



Lt. Col. Fairchild

In her civilian job she is the staff assistant to the commissioner, department of mental health and mental retardation services, state government. She is married to Byrnes Fairchild, a retired Air Force Reserve major. They live in Frankfort.

America's Number One Killer

By Capt. David E. Granstrom
Health Promotion Coordinator

Lung cancer is the number one cancer killer of men in the United States, with about 96,000 new cases and 85,000 deaths each year.

Smoking accounts for approximately 83 percent of lung cancers in American men, and about 34 percent of all cancer in men.

Lung cancer also is the number one killer of American women with about 46,000 deaths each year. Yet nearly three quarters of these deaths could be prevented if women did not smoke.

Smoking accounts for about 10 percent of all cancer in women.

Women who smoke one or more packs of cigarettes a day have a risk of dying from this cancer about five times as great as a non-smokers.

Cigarette smoking is the largest single, preventable cause of death and disability in this country. Risk depends on how much you smoke each day and how many years you have been smoking. The chest X-ray as a routine screening procedure, and other tests do not detect lung cancer early. Your best protection is prevention.

Individuals who smoke more than double their cardiovascular risk for coronary artery disease and sudden death. Smoking causes more deaths from chronic heart disease (CHD) than from cancer.

Don't smoke. No cigarette is "safe," though switching to low tar and nicotine cigarettes may help if you can't quit, provided you don't smoke more of them. If you smoke cigarettes and work around certain toxic substances, your risk of lung disease increases greatly. In the case of exposure to asbestos, your cancer risk increases nearly 60 times. Quitting completely lowers your risk, over time, almost to that of non-smokers as long as no irreversible disease is already present. (Information from the American Cancer Society and the 1988 Report of the Joint National Committee on Detection, Evaluation and Treatment of High Blood Pressure).

NEWS

Commissaries combine under new DOD directive

WASHINGTON (AFNS) The commissary systems of the Army, Navy and Air Force will be consolidated under one Department of Defense agency to increase efficiency and provide better customer service.

Deputy Secretary of Defense Donald Atwood signed a memorandum May 15 directing the establishment of the Defense Commissary Agency.

The memorandum follows Mr. Atwood's review of consolidation recommendations made by the assistant secretary of defense for production and logistics.

The new agency will be headed by a director who will chair a commissary advisory board consisting of representatives of the service secretaries, chairman of the Joint Chiefs of Staff and the assistant secretary of defense for force management and personnel.

Air Force commissary officials said their goal is to make the merger without disrupting customer service or savings. Most of the changes will be accomplished at the commissary headquarters.

AFCOMS will remain committed to delivering the customers the high levels of quality service they deserve and have come to expect, officials said.

Mr. Atwood has ordered a charter directing the activities of the new agency be submitted to him by July 15.

Help Wanted

AF 90-12/ AGR 90-63 Mil Vac 90-30	Sheet Metal Mechanic FMN Closed Announcement	Closes 11 Jun 90
Mil Vac 90-31	Commandant, AMS - LtCol AFSC 7516-Located at McGhee Tyson ANGB	Closes 15 Jun 90
Mil Vac 90-32	Command Communications-Computer System Program Manager - MSgt AFSC 49670-Located at NGB	Closes 22 Jun 90
Mil Vac 90-34	ANG Advisor to EIC/CC - LtCol AFSC 4996-Located at Tinker AFB, Ok	Closes 22 Jun 90
Mil Vac 90-35	Drug Interdiction Officer - Maj AFSC 1916-Located at NGB	Closes 6 Jul 90
Mil Vac 90-36	RF-4 Fighter Weapon Officer - LtCol AFSC 1115R/2255R-Located at ANG/AFRES Test Center Tucson, Ariz	Closes 13 Jul 90
Mil Vac 90-37	Operations & Tng Staff Officer - Maj AFSC 14954/22954-Located at NGB	Closes 13 Jul 90
Mil Vac 90-38	Training System Tech - MSgt AFSC 75171-Located at NGB	Closes 13 Jul 90
	ANG Senior Education Tech - TSgt AFSC 75170-Located at NGB	Closes 13 Jul 90

