

The PHANTOM'S EYE

123d TRW Kentucky Air National Guard
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Commander's Column

Veteran's Day - A time for remembrance

Veterans Day - November 11 - is a special time for all Americans. We pause on this day to reflect on the love and commitment of the nearly 40 million living veterans who served this great country - our family. We cannot overlook the members of our own unit who served in times of need and who serve daily to allow Americans to prosper in peace and freedom.

Frank C. Carlucci, secretary of defense, stated in a recent letter to the military that, "We honor veterans in a manner that befits the American family. Our nation might have chosen the anniversary of a great battle. Instead, we chose the anniversary of a great silence; the eleventh hour of the eleventh day of the eleventh month

when the guns of World War I at last were still. We celebrate not war, but the end of war. We are a people at peace."

As each of us pauses and participates in the various memorial ceremonies, we can look toward the future with hope. Hope for the day when the guns are silent forever. During this same month, we also will take the time to share with our families in Thanksgiving. And to pay respect for the family unit, National Family Week begins Nov. 20 with Military Family Recognition Day on Nov. 21.

November is a month full of opportunities to reflect on the blessings that we as Americans enjoy, blessings that are not universally enjoyed.

The PHANTOM'S EYE

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Chaplain's Column

'People who care'

By Chaplain (Capt.) Thomas Curry

The new chapel theme for Fiscal Year 89 is "People Who Care." It reminds us of the challenge to care. We live in response to that challenge, affirming faith, supporting others, encouraging freedom, and upholding justice.

Kentucky Air Guard people are caring people. We believe in caring because we are a people who **affirm faith** in a God who cares. Our faith strengthens us personally and strengthens our resolve to make life better for those around us.

Caring, prompted by faith, creates a disposition to **support others**. Springing from belief in the value of human dignity, and symbolized by self-giving, we are prepared to risk whatever is needed to care for those around us.

We affirm the tremendous potential which God has placed in each person and **encourages freedom** which allows that potential to blossom.

Called to care, we are committed to **uphold justice**. We share the burden



of those who are captive, oppressed or suffering.

The new year is our opportunity to demonstrate again our capacity to care by affirming faith, supporting others, encouraging freedom, and upholding justice.

Senior Commanders' Conference

KyANG host to
more than 800

By Col. Joseph L. Kottak
Vice Wing Commander

Next week, we in the Kentucky Air National Guard will be hosting the Air National Guard Senior Commanders' Conference. This conference is an annual event sponsored by the Director, Air National Guard. It will bring together the top leadership of the National Guard for 3 days of business sessions in which the goals, state of readiness and status of forces of the Air National Guard and Department of Defense are focused upon for action.

Attendance is expected at 650 officers from the 54 states and territories, plus 175 spouses. As the host state for this prestigious event, we have planned a Kentucky Night Reception at the Center for the Arts on Monday Nov. 14 with the Conference General Session starting on Tuesday Nov. 15 in the Galt House East Hotel and concluding on Nov. 17.

Notable speakers included on the agenda are the Commander, Strategic Air Command, the Commander 1st Air Force, the Chief and Vice Chief, National Guard Bureau and one of the astronauts who recently flew on the Armed Forces.

space shuttle Discovery. The conference promises to be top notch in every way -- from the social events to the business at hand. Personnel from all our units will be working hard in a variety of jobs to make all of the conferees both comfortable and impressed with our Kentucky Hospitality.

As the Conference General Chairman, I express my sincere appreciation and heartfelt thanks to all of the conference workers who have come forth to assist me in this endeavor, for all eyes will be on Kentucky -- which is a challenge we accept and look forward to!

Guard recognizes employer's support

Kenneth Kerns of the Division of Housing and Community Development, Lexington Fayette Urban County Government received a Department of Defense Certificate of Appreciation for support of the National Guard, October 12 on Lexington.

The 123d Mission Support Squadron presented the award on behalf of the National Committee for Employer Support of the Guard and Reserve. 1stLt Jane Wagner, chief of services, nominated Mr. Kerns for the award, which is part of a national effort to recognize supportive employers of Guardsmen and Reservists.

Employers play a critical role in maintaining the personnel strength of the National Guard and Reserve. Research conducted by the Department of Defense indicates Guard and Reserve members are far more likely to remain in military service when their employers support their participation. Other studies conclude that nearly one-third of those who leave the Guard and Reserve do so

because of conflicts between the full-time demands of their civilian employment and the part-time responsibilities of their military duties.

Guard and Reserve units make up a full one-third of our total defense capability. The combination of these units and our active military services make up what is known as the Total Force. The 1.6 million men and women who serve in the National Guard and Reserve forces are more than 40 percent of the military strength of the U.S.

Employers, such as the Lexington Fayette Urban County Government, which have personnel policies that encourage employee participation in the National Guard and Reserve, play a vital role in the readiness of the National Guard and Reserve forces. By virtue of their support and encouragement of employees in the Guard and Reserve they are essential members of the Total Force.

The Reserve Components are made up of the Army and Air National Guard and the Army Reserve, Marine Corps Reserve, Naval Reserve, Air Force Reserve and the Coast Guard Reserve.

Lieutenant Wagner leads a combat ready force in the KyANG that will provide wartime service support to the 123d TRW in the event of mobilization. Mr. Kerns' support has been instrumental in the exemplary contributions Lieutenant Wagner has made to the KyANG.

Kentucky Vietnam Veterans Memorial

Ceremony dedicates monument in Frankfort

By Mike Lynch
Ky Dept of Military Affairs

Veterans of the Vietnam conflict and all modern U.S. wars are expected to literally cover the hillside in Frankfort on November 12, when Kentucky's Vietnam Veterans Memorial is dedicated. The public is invited to the ceremonies, which will start at 11 a.m., EST.

This unique monument to the 1,040 Kentuckians who died during the Southeast Asia conflict and the 23 who have not been accounted for was built with donations from Kentucky individuals, corporations and the state government. It is located on land donated by the state next to the Department of Libraries and Archives on Coffee Tree Road in Frankfort, with a panoramic view of the state capitol building.

The monument is a large sundial with the names of all Kentucky's Vietnam dead and missing inscribed in granite.

Kentucky Governor Wallace Wilkinson will give the keynote remarks at the dedication ceremony. Also scheduled to give brief remarks are Kentucky Adjutant General Michael W. Davidson, and Ronald D. Ray, chairman of the Kentucky Vietnam Veteran Memorial Fund (KVVMF).

The 202nd Army Band of the Kentucky National Guard will play music for the occasion. Air National Guard F-4 jets and Army Guard "Huey" helicopters will provide ceremonial flyovers, and a Kentucky Guard field artillery unit which served in Vietnam will fire a 19-gun salute.

In the first memorial ceremony to be held at the site, three recipients of the Congressional Medal of Honor will place a wreath at the monument.

Another ceremony is scheduled at the monument that evening when the names of the 1,040 Kentucky dead and 23 missing in action will be read aloud. As each name is read a lighted candle will be extinguished, until only the candles for the 23 MIAs remain. They will not be put out. The evening ceremony will end with the lighting of the memorial.

Dedication of the memorial comes one year after ground-breaking ceremonies officially began the construction on November 7, 1987. The KVVMF has been collecting donations for the project and will also provide a trust fund for maintenance of the site. The memorial itself will be deeded to the state after its dedication.

Background on Memorial's inception

By Mike Lynch
Ky Dept of Military Affairs

When Kentucky's Vietnam Veterans Memorial is dedicated a drive to honor those who served in the conflict will have reached its goal. It began when Vietnam veteran Ron Ray and others formed the Kentucky Vietnam Veterans Memorial Fund.

Their efforts received a public push when Governor Martha Layne Collins endorsed the drive and the Kentucky General Assembly passed a resolution favoring the project in March 1984.

The KVVMF intended the memorial to be a place of quiet contemplation, a place where Kentuckians could reflect on the Vietnam conflict and their fellow citizens who served, over a thousand of them giving their lives.

A national competition was held for the design of the monument. The KVVMF board said it was seeking a monument that should be "distinctive yet dignified. It should not seek to imitate other monuments, yet it should evoke an emotional remembrance while being aesthetically authentic as a work of art. The monument should display the names of all Kentuckians who died in the Vietnam conflict...or who are still unaccounted for."

A design submitted by Lexington, Ky., architect Helm Roberts met the criteria of the board, which accepted it by unanimous vote.

The design consists of a large working sundial with a stainless steel pointer, or "gnomon," which stretches at

an angle over a granite plaza measuring 71 feet by 89 feet. Inscribed into the granite are the names of over 1,040 Kentuckians who died during the conflict, as well as the names of 23 Kentucky citizens still classified as missing.

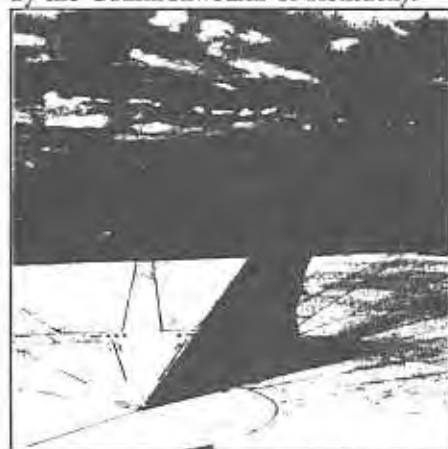
The shadow of the 24-foot-long pointer honors each of the dead soldiers with his own memorial day. The tip of the shadow falls on the soldier's name at the same time on each anniversary of his death.

Each of the "hour lines" on the granite plaza represents a year during the conflict. The arrangement of the names on the plaza shows that the first two Kentucky deaths occurred in 1962, while the last Kentuckian died in 1975, as American forces evacuated South Vietnam. The year 1968 saw the greatest number of Kentucky deaths.

The names of the 23 Kentuckians who have yet to be accounted for are inscribed behind the pointer, so that its shadow will never fall on them.

Three hundred and twenty seven pieces of four-inch-thick granite were cut from the "Pyramid Blue" quarry at Elberton, Georgia, to build the monument. They weight from 133 to 2421 pounds. The entire monument, resting on concrete pillars below ground level, weighs 215 tons.

Twin 35-foot flagpoles on the north side of the pointer will fly the flags of the United States and Kentucky. The monument will be lighted at night. The site for the monument was donated by the Commonwealth of Kentucky.



KyNG Photo by Mike Lynch
Kentucky's Vietnam Memorial
A large sundial

TMJ Syndrome

A common sense look at this common problem

Submitted by Dr. (Maj) John D. Moore
Chief, Dental Clinic

In this column I would like to address some of the most common concerns about TMJ syndrome, as well as conservative methods of treatment.

What is TMJ syndrome? Sixty million Americans have it. It's more common in the elderly, and affects men and women equally. Its exact cause is unknown, but women are nine times more likely than men to seek treatment for this malady.

The lower jaw (mandible) is attached to the skull by a joint on each side of the face, called the temporomandibular joint. We refer to it as the TMJ. Any number of problems associated with the chewing muscles, ligaments, bones or joints can prevent the TMJ from functioning properly. Hence, the term TMJ syndrome.

Signs and symptoms

There are many signs and symptoms of TMJ syndrome, not all necessarily present in all cases. Here are some of the most common:

- * Headaches, particularly present upon awakening;
- * Tenderness of the jaw muscles;
- * Pain in or around the ear, that often spreads to the face;
- * Clicking, popping or grating sounds when opening or closing the mouth;
- * Pain or difficulty in chewing, yawning or opening wide;
- * Jaws that "get stuck" or "lock";
- * Earache or pain when no infection is present;
- * Dizziness.

The best way to diagnose TMJ syndrome is to rule out other possible causes of pain. Diagnosis includes a thorough oral examination, medical

history and X-rays. Sometimes the dentist will also make casts (models) of your teeth, to obtain a record of your biting and chewing pattern.

Disorders often result when the chewing muscles and the TMJ work incorrectly. When this occurs, the muscles frequently cramp or go into spasm.

Sometimes the spasms become part of a cycle that results in tissue damage, pain and muscle tenderness. Accidents, including injuries to the jaw, neck, or head, or even diseases such as arthritis may cause TMJ disorders.

Most common causes

The two most common causes of TMJ syndrome, however, are oral habits (grinding or clenching) and improper bite.

Sometimes patients clench their teeth together subconsciously. Or they may actually grind (gnash) their teeth, usually at night. The term for this is bruxism. Clenching and grinding make the chewing muscles tired. That's what causes them to go into spasm. And spasms cause pain.

Sometimes the teeth don't come together properly when you bite. The general term for this is "malocclusion." An improper bite may cause stress on your chewing muscles, and the TMJ syndrome prevails.

Treatment of TMJ

Conservative treatment of TMJ syndrome is the best. Because every patient is different, treatment also varies from patient to patient.

☑ The first step is to eliminate the muscle spasms and pain. Moist heat packs applied to the face, muscle massage and switching to a soft, non-chewy diet is recommended. Sometimes mild muscle relaxant drugs and pain medication are prescribed.

☑ Correcting the way the teeth fit together is another technique for treating TMJ syndrome. For example, if your bite is uneven, it can be

adjusted by selectively smoothing down the teeth that are too high. (This usually involves just one appointment and is painless.) A corrective plate or splint will also help. Sometimes TMJ patients are referred to an orthodontist, who will prescribe and fit the necessary appliances to correct the bite.

☑ Counseling and relaxation therapy also help some patients with TMJ syndrome. These techniques help the patient become aware of stressful situations; they help the patients to control tension throughout various parts of their bodies. Biofeedback involves the use of an electronic monitoring device to help reduce muscle tension in the jaws.

☑ Surgery is the final method of treating TMJ syndrome. It may be used where muscle spasms have occurred for long periods of time, or where the joint itself may have become injured or arthritic. Sometimes the bones and soft tissues of the TMJ may slip out of normal position as a result of an accident or injury, requiring surgical correction.

Many patients have been successfully treated for TMJ syndrome using these techniques. The first step is bringing to your dentist's attention any signs or symptoms of TMJ irregularities you may have noticed.

4.1 Percent raise

WASHINGTON (AFNS) -- Pay for active-duty service members and drilling members of the National Guard and Reserve will increase 4.1 percent Jan. 1. Federal civilian workers will receive a 4.1 percent pay raise too.

The January pay hike will increase basic military pay and subsistence allowances by 4.1 percent. Housing allowances will increase an average of 7 percent in January, depending on pay grade and dependent status. Those BAQ rates have not yet been set.

NATO Squadron

A NATO Airbase Satellite Communications Squadron will be activated in the KyANG effective Jan. 1.

Volunteers are being sought for retraining into these 54 positions. Anyone interested should contact MSgt. Peggy Kottak, base career advisor, at ext. 604 to check required qualifications.

AFSCs needed are:

10 - 542X2 Electric Power Production Specialist

40 - 304X6C Space Communications Operator/Technician

1 - 75170 Training Technician

1 - 70270 Administrative Technician

1 - 66170 Logistics Planner

1 - Communications Officer (Commander)

This unit will have a real war-time tasking using the latest in satellite communications.

Dare To Care seeks canned goods

With the Thanksgiving and Christmas seasons approaching requests are being sought for contributions to the Dare To Care Program.

Members of the KyANG are requested to bring in canned goods, dried food and any non-perishable items

and drop them in the Dare To Care boxes furnished around the base. The food goes to need families in the Louisville, Jefferson County and Southern Indiana areas.

If each member of the KyANG would bring in just one canned good item apiece, we would have more than 1,000 items to donate to the Dare To Care Program, stated SSgt. Julie Webb, 123d MSS orderly room.

Commissary entry

Many questions have been raised concerning the requirement for Air National Guard dependent identification cards.

The Air National Guard Support Center recently restated the Air Force and Air National Guard policy for access to the commissary facilities is "access by ANG dependents will be verified by the presentation of active duty orders or a Commissary Earnings Statement (CES) and valid proof of identification, i.e., drivers license, photo ID, etc." However, Army installations do require a Reserve Dependent Identification Card for access to the commissary. This includes Fort Knox, according to Mrs. Claudia Eubanks, Fort Knox commissary supervisor.

The effective date for use of the dependent identification card has been changed from Oct. 1, to Jan. 1, 1989. As of this time, KyANG dependents are being required to have a Reserve Dependent Identification Card for access to the Army commissaries.

For further information contact CBPO at ext. 486, TSgt. Jenny Montgomery or SSgt. Deborah Nelson.

Raffle tickets

Kentucky Night Reception Raffle tickets are available this weekend at the snack bar and from the Air National

Guard Senior Commanders' Conference committee members.

Tickets are available for the chance to own a Smith and Wesson Model 60, stainless steel, .38 Chief's Special. Tickets are one for a \$1 donation or six for a \$5 donation.

Letter to AF Times Solution to the 'Quayle problem'

Editor's Note: The following letter is reprinted from Air Force Times.

I believe I have the solution to the "Quayle problem." Since having served his country in the National Guard is by all accounts in the press a non-honorable way to serve your country, then the president has only one option: Disband the National Guard!

All men and women now serving in the Guard would be placed on active duty (in the Army, of course) and all men and women who served in the past would be given the option of active duty (two years for each year in the Guard) or paying back all money paid them while in the Guard, plus interest, or receiving a dishonorable discharge.

Of course, all Guardsmen who were killed in action in any war since its start as the state militia in colonial times would be stripped of their honors and removed from national cemeteries to be buried in paupers' graves for their dishonorable service.

Of course, this creates another problem. What about the people like myself, who joined the Air Force on purpose in 1968, stayed in for 20 years, never fought in Vietnam, but only maintained the planes that did? Was my service less than honorable? I think not. Perhaps before the press belittles Sen. Quayle and the entire National Guard, they should realize that one can serve without an M-16 and without rice in their boots, and that service is honorable.

Perhaps the people of this great country would like to know where were you, the press, in 1968? Hiding at Berkeley with the rest of the demonstrators?

John P. Thomas
MSgt, USAF Ret.
Great Falls, Mont.



VOTE