



Kukailimoku

War God Of King Kamehameha I • 154 COMPAG

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Hickam Air Force Base
Hawaii

November 8, 1992

Veterans Day Message From the Chairman, Joint Chiefs of Staff

We, as a people, have set aside today as a national day of recognition and special tribute to all veterans — past and present — for their dedication, sacrifice and exceptional service to their country.

On behalf of a grateful America, a special thanks and sincere gratitude to:

Those men and women who have served our country during times of peace and during times of war;

Those who realize that man's struggle for freedom is eternal, and like all things of value must be earned and preserved;

Those who meet loneliness, sacrifice, hardship, uncertainty and risk with undaunted valor and pride;

Those who have contributed time, determination, commitment, courage and their lives to the promotion of American ideals; and

Those who have served as guardians of freedom and protectors of democracy.

We commemorate this legacy of strength, compassion and achievement as displayed by America's veterans. You have created and upheld a tradition of excellence. Your selfless devotion to service has not gone unnoticed. Today's Free World stands as testimony to your commitment to independence and democracy. Your diligence and devotion have safeguarded this nation through war and in peace. We remember you, and we thank you.

On behalf of the members of the Joint Chiefs of Staff, I salute all veterans who have served this great nation. I am particularly proud of our Armed Forces today — of the spirit and fortitude, of the strength and discipline, of the men and women who dedicate themselves each day to the preservation of security and freedom.

Colin L. Powell
General, U.S. Army

Holding the Line on Contamination

U.S. Department of Labor Occupational Safety and Health Administration

Bloodborne Facts - Keeping work areas in a clean and sanitary condition reduces employees' risk of exposure to bloodborne pathogens. Each year about 8,700 health care workers are infected with hepatitis B virus, and 200 die from contracting hepatitis B through their work. The chance of contracting human immunodeficiency virus (HIV), the bloodborne pathogen which causes AIDS, from occupational exposure is small, yet a good house-keeping program can minimize this risk as well.

Decontamination - Every employer whose employees are exposed to blood or other potentially infectious materials must develop a written schedule for cleaning each area where exposures occur. The methods of decontaminating different surfaces must be specified, determined by the type of surface to be cleaned, the soil present and the tasks or procedures that occur in that area.

For example, different cleaning and decontamination measures would be used for a surgical operatory and a patient room. Similarly, hard surfaced flooring and carpeting require separate cleaning methods. More extensive efforts will be necessary for gross contamination than for minor spattering. Likewise, such varied tasks as laboratory analyses and normal patient care would require different techniques for clean-up.

Employees must decontaminate working surfaces and equipment with an appropriate disinfectant after completing procedures involving exposure to blood. Many laboratory procedures are performed on a continual basis throughout a shift. Except as discussed below, it is not necessary to clean and decontaminate between procedures. However, if the employee leaves the area for a period of time, for a break or lunch, then contaminated work surfaces must be cleaned.

Employees also must clean (1) when surfaces become obviously contaminated; (2) after any spill of blood or other potentially infectious materials; and (3) at the end of the work shift if contamination might have occurred. Thus, employees need not decontaminate the work area after each patient care procedure, but only after those that actually result in contamination.

If surfaces or equipment are draped with protective coverings such as plastic wrap or aluminum foil, these coverings should be removed or replaced if they become obviously contaminated. Reusable receptacles such as bins, pails and cans that are likely to become contaminated must be inspected and decontaminated on a regular basis. If contamination is visible, workers must

clean and decontaminate the item immediately, or as soon as feasible.

Should glassware that may be potentially contaminated break, workers need to use mechanical means such as a brush and dustpan or tongs or forceps to pick up the broken glass-never by hand, even when wearing gloves.

Before any equipment is serviced or shipped for repairing or cleaning, it must be decontaminated to the maximum extent possible. The equipment must be labeled, indicating which portions are still contaminated. This enables employees and those who service the equipment to take appropriate precautions to prevent exposure.

Regulated Waste - In addition to effective decontamination of work areas, proper handling of regulated waste is essential to prevent unnecessary exposure to blood and other potentially infectious materials. Regulated waste must be handled with great care, i.e., liquid or semi-liquid blood and other potentially infectious materials, items caked with these materials, items that would release blood or other potentially infected materials if compressed, pathological or microbiological waste containing them and contaminated needles.

Containers used to store regulated waste must be closable and suitable to contain the contents and prevent leakage of fluids. Containers designed for needles also must be puncture resistant. They must be labeled or color-coded to ensure that employees are aware of the potential hazards. Such containers must be closed before removal to prevent the contents from spilling. If the outside of a container becomes contaminated, it must be placed within a second suitable container.

Regulated waste must be disposed of in accordance with applicable state and local laws.

Laundry - Laundry workers must wear gloves and handle contaminated laundry as little as possible, with a minimum of agitation. Contaminated laundry should be bagged or placed in containers at the location where it is used, but not sorted or rinsed there.

Laundry must be transported within the establishment or to outside laundries in labeled or red color-coded bags. If the facility uses Universal Precautions for handling all soiled laundry, then alternate labeling or color coding that can be recognized by the employees may be used. If laundry is wet and it might soak through laundry bags, then workers must use bags that prevent leakage to transport it.

Research Facilities - More stringent decontamination requirements apply to research laboratories and production facilities that work with concentrated strains of HIV and HBV.

PERSPECTIVE

A S T O R S'



By *Chaplain (Capt) Robert Nagamine*

As we complete our ORE and prepare for our upcoming ORI, let's strive to keep the right attitude. Whether or not things work out perfectly, we must have the right attitude. It makes a world of difference because it can determine the magnitude of our eventual success. It gives us that added edge to be successful and overcome difficult situations.

Let's strive for teamwork. The more we have teamwork, the more we will accomplish together. Geese give us an excellent example of how much teamwork helps. I once read how geese fly wing tip-to wing tip in an inverted V formation. Every bird takes his turn in leading the flock by taking the hardest job, the point of the V. As each bird gets tired, he fans out to the edges of the V and the rested birds move up to the point of the V. Consequently, geese fly 71 percent farther than other birds. Teamwork can really make a difference. Let's practice it.

When negative feelings weigh us down, let's occasionally take a break and remind ourselves of positive things. As Thanksgiving gets closer, let's remember the scripture passage that says: "Finally brethren, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is

gracious, if there is any excellence, if there is anything worthy of praise, think about these things." Thinking about positive things will help give us a positive attitude. With God's help, let's make it happen!

For the Family

If we were mobilized on short notice to another hurricane relief effort like Operation Garden Sweep, would we feel confident that our dependents would be well taken care of while we are away? Do we currently have a workable plan for them? Periodically, as Guard members, we must reevaluate our current situation and ask ourselves questions involving plans for our dependents. Consider the following situations and see if you fall into any of these categories.

Mobility preparation will change if all of a sudden you find yourself a single parent. Through separation, divorce or becoming a widow, you need to set up plans for the care of your children. If you are divorced, you need to

make arrangements to have your former spouse or someone responsible and trustworthy to take care of your children until you return.

If both husband and wife are in the Guard, this also presents a unique challenge. When these couples have dependents, plans must be designed to include the possibility that both husband and wife are mobilized. This is where relatives and friends can be of great help.

Important to note is that when the term "dependent" is used, it doesn't always refer to children. A single person or a couple may have a dependent who is over 18 and not able to take care of him/herself. Planning must not overlook dependents like these.

Also, plans must consider if you suddenly and unexpectedly die. Who will then take care of your dependents on a permanent basis? Drawing up a will can alleviate some uncertainties. Legal documents that need to be made and periodically updated are: (1) power of attorney authorizing medical treatment, (2) power of attorney for a temporary designee and/or a permanent designee (person designated to take care of your dependents while you are away), and (3) a will with guardianship provisions.

There are also financial support concerns and possibly educational concerns that need to be worked out. The designee caring for your dependents must have adequate support to care for them.

I hope the above information is helpful to your family in creating the best possible plan. If you want more information that will help your family and other families, have your spouse or family member consider joining a family support group. To do this, contact your unit.

Interdenominational Worship Service

How about getting
your Sunday UTA off
to a great Start? An
interdenominational
worship service is held
every Sunday UTA at
8:00 am in the Group
Dining Room. And it is
open to everyone.

See you there!



Operational Readiness Exercise! ORE! ORE! ORE!
This UTA is when we practice for the ORI which should be upon us real soon. The by-word is patience and understanding as we go through the exercise scenario this weekend. Flexibility is the key as we really don't know what the 'IG' folks will be tasking us with. We must remember customs and courtesies, safety, security, mobility, and teamwork. 'Nuff said!!! The 10th Annual CAM Sq Recognition Banquet seems to get better and better. This year, we welcomed more than 450 people to the event as we honored individuals who went beyond the call to get the job done in an outstanding fashion. Hats are off to MSgt. Clifford Ono (Outstanding Senior NCO), Sgt. Russell Miyamoto (Outstanding NCO) and SrA. Daryl Mauricio (Outstanding Airman). The Outstanding Load Crew award went to TSgt. Miles Moriyama, SrA. Kevin Palea, SrA. James Mackenzie and Armament Specialist SrA. Jarin Wong. SrA. Gregory Silva was awarded the Missile Maintenance Specialist award. Congrats to all. The good folks in the Flight Line will be planning next year's banquet, so make your plans now...Much thanks to all those who contributed special prizes this year as we had a record number of dinner certificates, gift certificates, and airline tickets, including a trip to Tahiti for two (Hope Charlie McKee has fun on the trip). Don't forget to get your tickets for the HIANG Awards banquet to be held at the Hickam Officers Club on November 20...The welcome mat goes to AB Kent Seo (Plans & Scheduling section), Amn. Blake Morikawa (Missile Shop) and Sgt. Martin Beardaux (Munitions Maint). Blake comes to us via the Palace Chase program...Welcome back goes to AB Michael Oshiro (Missile Maint) and A1C Danny Johnson (Munitions Maint) as they recently returned from BMT and tech school at Lowry AFB. Just missed the snow!!!! The Maintenance Control folks congratulate birthday folks SrA. Charles Lee and SrA. Glen Primero. Cake-n-Ice Cream??? With the implementation of the Depot Level Repairable (DLR) program, would like to congratulate SMSgt. Doug Abe as he assumes that new full time position. Welcome goes to MSgt. Wayne Okabe as he takes on the full time Logistics Management Specialist position vacated by Doug.

Wayne now takes over the Programs and Mobility office and Doug moves into the First Sergeant's office. Good luck to you both...Belated congrats to Gerard Lum (Egress Shop) on his recent promotion to the rank of TSgt...We continue to receive information on those individuals who went above and beyond the call during the Hurricane Iniki relief effort. Sgt. Gerald Oshiro of the Electric Shop provided invaluable expertise in fixing and repairing all the chain saws that were used for the clean-up operations. He not only fixed the saws, but even lubed and adjusted the machines for future use. This was all done on his own time working two shifts. He went back to Kauai to help in the relief effort a second time. Mahalo, Gerald!!! Sgt's Mark Shaw, Herman Bongco, Les Galon and Randall Fukunaga from the Hydraulics Shop also volunteered for additional duty on Kauai as they assisted many of the older folks remove rubbish and debris from their homes and yards. Aloha and Mahalo for your help!!! Would also like to give special recognition to MSgt. Leonard Tam for his aloha spirit. The weekend after the hurricane hit the islands, many people were busy helping with loading relief supplies on the military aircraft for the Kauai people. Many of the people who helped did so without thought of compensation because they wanted to do something to help those in need. Well, those who participated that weekend were put on State active duty orders and were paid for their efforts. Leonard, after receiving his check, commented that he 'volunteered' to help and did not want to accept the check. Without blinking an eye, he put the check in his wallet, pulled out his checkbook and wrote a personnel check in the amount of the State check and gave the check to SMSgt. Doug Abe with instructions that the money was to be used for the people of Kauai. Mahalo and Aloha to you, Leonard, for your generosity!!! Well, that's all for now, folks, so til next month, "Life is a continuous process of getting used to things we hadn't expected." (Author unknown)...fhiga

State Department of Defense Engineering Office
Fire Protection Annual Training
Date: Tuesday, November 10, 1992
Time: 10:00 am
Place: Building 90
Required for all State and Federal employees
Class size limited to 25 persons
To enroll, call the Engineering Office, Alice Roseberry or Carmela Vigue, at 735-3522 by Monday, November 9 by 11:00 am.

HIANG EDUCATION OFFICE

A Key To Your Future



CUSTOMER SERVICE HOURS

Monday-Friday 7:30am - 4:00pm

UTA 9:00am - 3:00pm

CAREER KOKUA HOURS

Monday-Friday 2:00pm - 3:00pm or by appointment

UTA 11:30am - 12:30pm or by appointment

LOCATION

Building 3415, 2nd Floor, CBPO

PHONE: 449-7794

Air Force Ready Reserve Stipend Program (AFRRSP) - The Stipend Program is designed to provide an incentive for health professionals to continue their education and training in the following:

DOCTORATE FIELDS

General Surgeon
Orthopedic Surgeon
Anesthesiologist

NURSING FIELDS

Operating Room Nurse
Nurse Anesthetist
Psychiatric Nurse
Trauma Nurse

The program supports commissioned/non-commissioned officers who are pursuing bachelors/ masters degrees in the above fields. If approved, participants may receive up to \$794.00 per month. Members using this program will incur a Reserve Service Obligation (RSO) of two years for each year in which they receive the stipend. Any full-time nursing students that have obtained an RN license and are pursuing a bachelors/ masters degree may call for an application request. Full-time medical students pursuing doctorates in the above fields may also call.

Announcing an Educational Benefit For AGR Members - Title 32 AGR individuals who started their FIRST AGR tour on/after November 29, 1989, other than Initial Active Duty Training (IADT), will be eligible for Chapter 30, Active Duty Montgomery GI Bill.

Officers and enlisted members that qualify for this benefit will be sent eligibility criteria and information for enrollment. Questions may be directed to MSgt. Rose Vendiola at 449-7794.

Household Hazardous Waste Disposal

by Capt. Mike Compton
HIANG Environmental Coordinator

In this age of environmental awareness, many people have called my office asking about how to properly dispose of hazardous wastes generated at home. Many household chemicals are dangerous and illegal to dispose in a landfill. They can leech through the soil and contaminate our drinking water and our local fish.

Thankfully, the State of Hawaii has realized this and has provided free hazardous waste collection for households. The following are the locations, dates and times for 1992:

Windward: Castle High School, Saturday, November 21, 8:30 am - 2:30 pm

Leeward: Kapi'olani Community College, Diamond Head Campus, Parking Lot C, Sunday, November 22, 8:30 am - 2:30 pm.

They will accept Oil-based Paints, Solvents, Used Oil, Pesticides, Household Cleaners, and all types of Batteries.

They will not take business or farm wastes. They **cannot** accept explosives. Also, since latex paint is water based, it is not a hazardous waste and should be disposed of as normal trash.

Questions about this collection should be addressed to the State Department of Health, at 275-2000. If you have any other questions about environmental issues, call the HIANG Environmental Management Office at 449-5711.

What's Happening?

The Kukailimoku is looking for public affairs representatives from units of the 154 COMPG who's activities are not currently being covered in our monthly newspaper. You've seen the regular columns from the folks from different units letting you know what's happening in their unit. If you feel that the performance of your personnel or the activities of your particular unit are not getting the publicity they deserve, maybe it needs a public affairs representative. We're here for you. Drop by or give us a call at 449-7750.

Social Actions

by TSgt. Carswell Ross

Warning Signs: How can you tell if your child is abusing drugs or alcohol?

This information was adapted from "Once Through the Heart: A Police Detective's Triumphant Struggle To Rescue His Daughter From Drugs," by Ralph Blumenthal (New York City Police Officer). The book is published by Simon & Schuster. The article was taken from Parade Magazine, October 18, 1992.

There is no single telltale pattern, experts say - especially since the teenage years often produce unpredictable behavior changes, including depression. According to the Partnership for a Drug-Free America. However, there are some tipoffs. Some of the tipoffs are:

- * Chronic eye redness, sore throat or dry cough.
- * Chronic lying, especially about whereabouts.
- * Wholesale changes of friends.
- * Stealing.
- * Deteriorating relationships with family members.
- * Wild mood swings, hostility or abusive behavior.
- * Chronic fatigue, withdrawal, carelessness about grooming.
- * Major changes in eating or sleeping patterns.
- * Loss of interest in favorite activities, hobbies or sports.

If you suspect that your child is using drugs, here's what you can do:

- * Do not blame yourself or your partner.
- * Do not confront a child while under the influence of alcohol or another drug. Wait until he or she is "sober," then discuss your suspicions calmly and objectively.
- * Set rules and firm standards; impose discipline.
- * Seek an evaluation from health and/or medical professionals; consult support groups, e.g., Alcoholics or Narcotics Anonymous.
- * For more information, phone the help line of the National Institute on Drug Abuse: 1-800-662-HELP, Monday to Friday, 9:00 a.m. to 3:00 p.m. EDT; on Sunday and Saturday, noon to 3:00 a.m. EDT.
- * Consult Social Actions: HIANG 449-8000 or USAF 449-1701.

For a free copy of "Growing Up Drug-Free," the federal government's drug prevention booklet for parents, send your name and address to: Growing Up Drug-Free, Consumer Information Center, Dept. 60, Pueblo, CO 81009.

Promotions

Hats off to the following individuals who were promoted/appointed to the ranks shown effective on the dates indicated:

154 CAMS	
SRA CAROL C. KASHIWABARA	30 OCT 92
A1C SHANNON E. KNELL	3 OCT 92
A1C KEVIN M. TAKAHASHI	3 OCT 92
154 SVF	
SSGT MAURICE R. COLLETTE	16 OCT 92
154SPF	
TSGT WILLIAM A. RAMOS	16 OCT 92
203 AREFS	
SRA JASON K. GARCIA	16 OCT 92
AMN RYAN L. K. THOMPSON	16 OCT 92

ANGNCOAGA

by SMSgt. Ken Sonan

Chapter 18 is supporting The Cancer Research Center of Hawaii with their 12th Annual Patty Smith Fun Run/Walk during November 1992. Approximately 800 people will participate in this year's Fun Run/Walk. Monies raised from this project will help the Cancer Research Center of Hawaii. Volunteers are needed for this project. If interested, please call Chairperson, MSgt. Craig Harimoto at 449-5016/7781. Your help is needed on the dates and times indicated below. You can choose any date or all three dates. Mahalo for your support.

November 12 - 6:00 pm - 9:00 pm

Packing hand-outs

November 14 - 10:00 am - 2:00 pm

Issuing hand-outs to participants

November 15 - 5:30 am - 10:00 am

Marshalling the run/walk

NEXT UTA

December 5th & 6th

CBPO Connection

by MSgt. Iris Kabazawa

As we prepare for the ORE & ORI, I thought it only fitting to reprint the following:

MOBILIZATION & MOBILITY

Do you know what the difference is? MOBILIZATION is the act of preparing for war or other emergencies; it is the process by which the armed forces, or part of them, are brought to a state of readiness to respond to the emergency. During mobilization, you will be in a state of transition from civilian life to full-time military status. It is imperative, therefore, that you ensure your family and employer are aware that the commitment made to the state and country involves the possibility of being mobilized to respond to a state or national emergency.

Mobilization need not mean we are going to war. Nor does it mean that 100% of the unit would be mobilized at any one time. Mobilization means being prepared! You have an obligation to your unit, family and employer to be prepared for the possibility of mobilization. This means having your personal affairs in order; having a will prepared, power of attorney issued for your spouse or other responsible party, being enrolled in Sure Pay to prevent any delay in pay or allotments, and maintaining current emergency data information with your personnel records.

State mobilization occurs when the Governor orders the Adjutant General to furnish the required resources of equipment and personnel to an emergency situation. It can occur rapidly. Most of you now know what this means, having been called to state active duty in response to the Hurricane Iniki disaster.

National mobilization efforts flow from the President and Secretary of Defense to the affected Selected Reserve Units. Congress has placed strict requirements that must be followed before mobilization can occur. National mobilization normally will occur in the states of build-up, but could occur overnight in case of attack by foreign or domestic enemies that threaten the country.

You could be ordered to the base by phone or letter. It is possible that you will not be able to furnish any information to your family or employer except that you have been mobilized; you may not be able to say anything because of the need for secrecy. Depending on the emergency call up, you may be immediately sent to another area or be allowed to report to your home of record to complete personal

business before reporting to an active duty site. Being prepared for any situation is the key.

MOBILITY is the process of deploying from this base to whatever site we are ordered to. You may be ordered to proceed alone, with others of the group or with the group as a whole entity. The AFSC in which you are proficient is authorized within an overall manning structure that includes all active and inactive military forces within the Air Force/Air Reserves. You may, however, be utilized in any other AFSC in your record, should there be a shortage. As individuals, we may be ordered to augment active forces that are not manned at 100% of wartime needs if a national mobilization effort occurs.

Practicing the above (Phase One) is part of what the ORE/ORI is all about. If you are part of a mobility tasking, do yourself and us a favor by ensuring your ID Card and ID Tags, as well as your physical and shots, are up-to-date. Report all personal changes (i.e., marriage/divorce/births/deaths; address changes etc.) to CBPO as soon as it occurs. Unnecessary corrections on the mobility processing line reflect negatively on you and your unit.

MENU

Roast Turkey
Stuffing
Mash Potatos
Vegetables

Burger and Fries

Happy Thanksgiving

KUKAILIMOKU

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

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FULLTIME EMPLOYMENT AVAILABLE WITH THE HAWAII AIR NATIONAL GUARD

These are the current vacant federal civil service positions open for recruitment. You can read more about the position by checking with your orderly room for complete details or see TSgt. Phillips, Bldg 3400, Room 210, Monday-Friday.

JVA#	POSITION	GRADE	CLOSING DATE	LOCATION
FY92-231	AERIAL REFUELING TECH (INST)	GS-09/AGR	13 NOV 92	HICKAM (203)
FY93-002	SUPPLY CLERK	GS-05	10 NOV 92	HICKAM (RMS)
FY93-003	SPVSRY PRODUCTION CONT	GS-09/AGR	17 NOV 92	HICKAM (CAMS)
FY93-007	MACHINIST	WG-12/AGR	04 DEC 92	HICKAM (203)
FY93-010	FABRIC WORKER	WG-09/AGR	20 NOV 92	HICKAM (CAMS)
FY93-011	ELECT INTEGRATED SYS MECH	WG-12	24 NOV 92	HICKAM (CAMS)
FY93-012	AIR OPERATIONS TECHN	GS-05-07	24 NOV 92	HICKAM (FS)
FY93-013	AIRCRAFT DISPATCHER (ALERT)	GS-07 (2)	30 NOV 92	HICKAM (203)
FY93-014	ACFT PNEUDRAULICS SYS MECH	WG-11/AGR	15 DEC 92	HICKAM (203)
FY93-015	ELECTRONICS MECHANIC	WG-12	08 DEC 92	KAUAI (298)

Beeline

by TSgt. Laura Masuda, Bioenvironmental Eng Svcs

Occupational Eye Injuries

We take our eyes for granted until something happens to them. Many eye injuries occur at work. Causes can be from direct trauma, chemicals, light, laser, heat, and radiation.

Symptoms and signs of eye injuries are (1) blurred vision that does not clear up, (2) loss of all or part of the visual field, (3) sharp stabbing or deep throbbing pain, (4) double vision, (5) black eye, (6) red eye, (7) pupil size differs, or (8) laceration, bleeding, or abrasions of the eye. Any eye symptoms need to be checked by medical personnel.

First aid for eye injuries depends on the type of injury. If chemicals are involved, irrigate the eyes immediately with water for 5-10 minutes, then seek medical help. For physical injuries, such as foreign body or lacerations, protect the affected eye by shielding it from further injury with an eye pad or covering, and transport the victim to receive medical help.

Eye protection, such as safety shields, goggles, and those with special protective lenses for impact, welding or laser use are a

necessity in work areas where eyes are vulnerable. The proper eye protection must be used for that particular job. For example, face shields are required for arc welding or use with tools that cause particles to fly. Protective eye-glasses or goggles should always be worn under face shields, since workers frequently raise the shield to breathe more easily, thus exposing the eyes to injury.

Protect your vision, since it is irreplaceable.

Shotline

by Capt. Adele Auyong

The TAC hospital wishes to welcome SSgt. Emilio Maldonado, joining us as a 902X0. We look forward to working with him. But with new people coming in, we lose some members that have been with us a while. We bid a sad farewell to MSgt. Severo Cole, who retired in October. Also leaving are Sgt. Greg Pelarye and SSgt. Francia Alameida. They will be missed, but we wish them the best of luck in their new pursuits.

FLU SHOTS! Don't forget to get the annual flu shot. This is a required shot. To get the most benefit for this immunization, it is best to take it early in the season -

October, November, December! The immunization section will be open Saturday, November 7 from 2:00-3:00pm and Sunday, November 8 from 8:00-9:00am.

Healthful Hint: A little walking can change your whole life. Simple brisk walking is perhaps the best all around aerobic (fat-burning and heart training) exercise. It requires no special equipment besides some comfortable walking shoes, and it is easy to stick with since there is virtually no risk of injury.

Make it a habit to go for a brisk 45-60 minute walk everyday, or at least every other day. Before breakfast, or before dinner are the best times to walk. (If it rains, dress appropriately and let it rain). Try it for a week. You will enjoy it and be amazed at the difference it makes in your life.

Dental Note: The great dilemma...Waxed or Unwaxed? If unwaxed dental floss shreds or breaks when you use it, ask your dentist why? It may be catching on some rough old fillings, out of repair bridge work, or decayed tooth enamel. In any case, these rough spots should be fixed. Unwaxed dental floss is the "floss of choice" because it flattens out when wrapped around a tooth, cleaning better.