



RETIREE

TIMES

A publication of the
Vandenberg AFB
Retiree Activities
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Retiree Appreciation Day 2003

By 1st Lt. Richard Palmer USAF
30th Medical Group

The 30th Space Wing hosted the 2003 Retiree Appreciation Day on Saturday, Nov. 15 at the Vandenberg Air Force Base Pacific Coast Club. There was a tremendous showing of support and gratitude as more than 30 different vendors set-up display booths and provided giveaways to more than 650 retirees, family members, and friends that attended the event. There were group briefings that provided information to the attendees on various topics such as: Medical and dental benefits, accessing financial concerns on the Internet, casualty benefits, and many others.

Retired Air Force Maj. Gen. Sid Novaresi was the guest speaker and provided information on the latest legislative updates that are affecting the retiree population and how the retirees still have a say in making changes for the greater good. There were a lot of happy faces in the crowd as Cy Buehler, RAO Director pulled registration names out of the door prize box and shouted out the names of the winners. The Retiree Appreciation Day Committee along with the help and support of the Retiree Activities Office purchased more than 20 door prizes ranging from fruit baskets to gift certificates. The Grand Prize winners were retired Tech. Sgt. & Mrs. McManus in which they won a brand new 21" television set.

Overall, the 2003 Retiree Appreciation Day was a complete success. Team Vandenberg would like to say thank you to all the retirees that have dedicated endless hours of their own time volunteering for various activities, which help support the bases mission. On behalf of Team Vandenberg, we appreciate your continued support in the community and we hope to see you again in 2004.



Vandenberg AFB Honor Guard parades the colors at Retiree Appreciation Day. RAO Photo

Retired Master Sgt. Robert "Bob" Eastwood departs RAO

By CAPT. CYRIL BUEHLER,
SUPPLY CORPS, USN (Ret.)
Retiree Activities Office Director

The first voice you heard when phoning or the first person who greeted you when visiting the Retiree Activities Center was "Bob." On a daily basis, he usually was the first

to arrive and the last to leave. To our customers, he was a retiree encyclopedia. He had an immediate answer to most of the many questions regarding military retirees. And if he didn't, he would do research until he could come up with an answer.

He has accepted full time employment and will not be able to continue to be a part of the Retiree Activities Office. As the old saying goes, "Our loss is their gain," and it is especially true in this case.

On Jan. 16, friends and volunteers gathered at the Retiree Activities Office to thank Bob for his guidance at the office and to wish him every success.

Flu Season Hits Team Vandenberg

By Maria Coutée, RN, BSN
30th Medical Group

This year, many experts expect to see the worst flu season in more than five years with predictions of severe outbreaks around the country. So far, there have only been a few cases of influenza discovered at Vandenberg and none have resulted in serious consequences. Most people realize that the common cold may take several weeks to get over, and less time for the flu.

Influenza and colds are both respiratory system infections caused by viruses. Early symptoms of the cold and flu are similar, and it can sometimes be difficult to tell if you have the flu or a very bad cold. The flu can cause more serious illness than a common cold.

Colds and the flu are usually caught by inhaling the virus in airborne droplets produced when someone who is suffering from a cold or flu, sneezes or coughs. Once the virus has been inhaled, the body's immune system recognizes the virus as foreign. The immune system protects your body from microbes like cold and flu viruses and your body has a series of defenses to help it to do this effectively.

The following information has been outlined in an effort to help the population of Team Vandenberg recognize when it may be appropriate to seek medical attention. Our mission, in addition to providing world-class health care, is to prevent, cure and educate.

Difficulty breathing or chest pain: This is not the same as a stuffy nose. Chest pain, shortness of breath in addition to cold/flu symptoms could indicate a more serious problem such as heart disease, asthma, pneumonia, bronchitis or other health problems. Contact your primary care manager or go to the emergency room.

Persistent fever: Normal body temperature can vary depending on the individual, the time of day and even the weather. For most people, a temperature of 98.6°F is normal, and a temperature at or above 38°C or 100.4°F is considered a fever. Concern is warranted if a fever, in the presence of cold/flu symptoms, that is unrelieved by the use of medication such as ibuprofen and/or acetaminophen. It is important to stay hydrated by drinking one glass of fluids (water or electrolyte replacements) every hour while you are awake. A fever may be caused by a viral infection, such as a cold or flu. Infections that are more serious and other diseases may also cause fever

Vomiting or inability to keep fluids down: Some use the term *flu* interchangeably with the term *stomach flu*. The latter is an illness associated with nausea, vomiting and diarrhea, which can be caused by bacteria or viruses,

See Flu Page 7

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Official Business

Retiree Activities Center **Building 10364, Base Exchange Area**
Office Hours: Tuesday through Friday 10 a.m. to 2 p.m.
 Closed Saturday, Sunday, Monday and Federal Holidays

Director's Corner

BY CAPT. CYRIL BUEHLER,
SUPPLY CORPS, USN (Ret.)

Retiree Activities Office Director

The year 2003 has come and gone. Looking back we like to remember the successful Retiree Appreciation Day that Vandenberg Air Force Base conducted. We also saw improved use of the Retiree Activities Office with more users. Organizations now using our facilities are: The Society of Military Widows; Military Officers Association of America board and a monthly bridge club. If your organization requires an on-base meeting place, please contact us.

As some philosopher once said, "The only thing sacred is change itself." And that phrase holds true in matters affecting military retirees. We try to remain current on legislative and court actions that affect military retirees. So when you hear a rumor or fact, but are just not sure what it is, give us a try to verify or disprove it.

In the past we have boasted about our computer room with five DSL

No-cost income tax filing service now at the Retiree Activities Center

computers being available for training and retiree use. The only thing that was lacking was retirees using them. We did have occasional requests for training, but most of the users were from the VAFB

Famcamp checking their email. Our computer room has now undergone a change. Starting this month you can have your Federal and California Income Tax Returns completed and filed electronically at no cost to you. If history is an indication, the computer room will get great use. For the tax year 2002 more than 2000 returns were prepared for the VAFB community with

refunds of more than \$3 million and saving more than \$338,000 in tax preparation fees. See the accompanying article in this edition. We will still have an on-line computer for retiree use.

Lastly, we always welcome comments or suggestions about our operation.



Cy Buehler

Mark your calendars!

Retiree Activities Center

The next potluck luncheon will be March 18 beginning at noon followed by a program at 1 p.m. The site is Building 10364 – Base Exchange area, across from the Home & Garden Shop where retirees, spouses and widows gather to hear guest speakers, socialize and enjoy cookies and coffee. The schedule is as follows:

Feb. 11 – Wednesday -- Society of Military Widows, speaker on community affairs and home care

Mar. 10 – Wednesday -- Society of Military Widows, Speaker TBA

Mar. 18 -- Thursday -- potluck and speaker TBA

Jun. 17 -- Thursday -- potluck and speaker TBA

Please check the *Space & Missile Times* for details as days come closer. Also, listen to KUHL Tuesdays at 8:20 a.m. for current news on events; and watch for flyers posted at the Retiree Activities Center.

RETIREE TIMES

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The appearance of advertising in the publication, including any inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force, or Lompoc Record Publications, of products or services advertised. Everything advertised in this publication shall be made

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RAO Photographer

available for purchase, use or patronage without regard to race, color, religion, sex, national origin, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

Non-advertisement content is compiled from various sources by the Vandenberg Retired Activities Office. Even though reasonable effort has been made to assure the accuracy of the contents, no guarantee of such accuracy is made nor should be assumed. Direct questions on the various topics to the agencies and phone numbers listed in the articles. All photographs, unless otherwise indicated are RAO or Air Force Photos.

Publication deadlines are the 15th of March, June, September and December. The Retiree Activities Office reserves the right to edit all submissions for style and space. Send submissions to 30SW/CVR, 747 Nebraska Ave., Suite A200, Vandenberg AFB, CA 93437-1461 or via facsimile to (805) 606-0437. The phone number is (805) 606-5474. Email may be addressed to retirees.office@vandenberg.af.mil.

Retiree Appreciation Day prize winners named

Grand Prize TV – Retired Tech. Sgt. McManus

Fruit Basket – Retired Master Sgt. Zura; Mmes. Bates, Green, Topp, Wenrich and Marshall

Souvenir Mug – Retired Master Sgt. Gordon; Retired Senior Master Sgt. Warmick; Retired Master Sgt. Wenrich; Retired Master Sgt. Canfield; Mmes. Phillips and Bailey

\$25 Commissary Certificates – Mr. Harris; Mmes. Swanson, Engler, Delgado, Stalcup and MacKinnon; Retired Maj. Trost; Retired Cmdr. Capinha; Retired Master Sgt. Lowther; Retired Master Sgt. Peapaealalo

Attention TRICARE Prime travelers

TRICARE MANAGEMENT AGENCY – When you or a family member travel during the summer or the holidays, remember to carry your TRICARE Prime card. As an enrollee in Prime, you will need an advance authorization from your Primary Care Manager to use a military medical facility for other than primary care services at a clinic, which serves as your PCM. You also need advance authorization for any non-emergency care you may receive while you're away from the area in which you're enrolled in TRICARE Prime.

You won't need advance authorization for emergency services, but be sure you obtain documentation of the emergency nature of the care, such as a statement from the attending physician. A medical emergency is the sudden and unexpected onset of a medical condition, or the acute worsening of a chronic condition, that is threatening to life, limb or eye sight, and which requires immediate medical treatment, or which requires treatment to relieve suffering from painful symptoms. Medical emergencies include heart attacks, cardiovascular accidents, poisoning, convulsions, kidney stones, and other acute conditions. Pregnancy-related medical emergencies must involve a sudden and unexpected medical complication that puts the mother, the baby, or both, at risk.

If you have an "urgent" medical problem, but can't get to your PCM, call your Health Care Finder for instructions. The toll-free number for the HCF is on your Prime ID card. Remember, if it isn't an emergency, you need permission first, even to see a military doctor, other than your assigned PCM. You won't need a referral for pharmacy services that you obtain at a Prime network pharmacy or at a military medical facility's pharmacy.

NASM opens at Dulles Airport

AMERICAN FORCES PRESS SERVICE—The National Air and Space Museum highlighted the contributions of military aviation during opening ceremonies of the new Steven F. Udvar-Hazy Center Dec. 9, 2003. Chairman of the Joint Chiefs of Staff Air Force Gen. Richard B. Myers gave the keynote speech at the event.

The Salute to Military Aviation Veterans was part of the extravaganza opening the annex of the Smithsonian Institution's most popular museum.

Veterans were able to get a first look at the new facility and receive a copy of "America's Hangar"—a souvenir book detailing the aviation treasures at the annex. The annex opened to the general public Dec. 15. The opening was part of the Centennial of Flight celebrations. The 100th Anniversary of the Wright Brothers first flight at Kitty Hawk, N.C., was Dec. 17.

Located at Dulles International Airport in Virginia, the center will house more than 200 famous aircraft. These include the B-29 Superfortress "Enola Gay" that dropped the first atomic bomb, a Marine F-4U Corsair, the SR-71 Blackbird, the B-17 Flying

Fortress, the UH-1 Huey helicopter and many other historically significant and meticulously restored aircraft.

Free tax assistance available

By Ann Fox

30th Space Wing Judge Advocate's Office

With the start of the New Year, the forms needed for filing your income taxes will soon be arriving. Your Vandenberg Air Force Base tax team is here to help you at our new location in the Retiree Activities Office building across from the Four Seasons store. This will be more convenient and there will be easily accessible parking facilities.

Since the W-2's and 1099 R's will be available early this coming year on the web, your taxes can now be prepared much sooner than ever before. However, the first date to file taxes electronically is January 16. State electronic filing is not always as quick, but our base tax office can prepare your state forms and electronically file them either with your federal e-file action or separately, thus insuring you the quickest refund turnaround time.

Many states, like California, have implemented use taxes on out-of-state sales of merchandise

purchased through catalogues, home shopping television, the Internet, etc. and shipped in-state for the privilege of using those goods within their borders. California has added a new line to their forms for this change in the tax law. Your tax office will have this updated information for you.

Staying on top of changing state and federal tax issues has never been easy, but to keep current your tax office volunteers will be completing this season's tax program training in early January. Take advantage of our experience and updated knowledge and contact the tax office to schedule an appointment – the earlier the better.

Remember, this tax preparation service is provided free of charge to all active duty and retired military as well as their dependants. We are always looking for volunteers to assist in the running of the office. If you have any questions, please call us at (805) 606-3650.

AFPC provides CRSC online access

AIR FORCE PERSONNEL CENTER – From eligibility criteria and application to tracking throughout the process, the Air Force provides their Combat Related Special Compensation eligible members with online updated information and the latest guidance.

The 2003 National Defense Authorization Act authorized payments to all military retirees with at least 20 years of creditable service whose disability resulted from a combat-related injury for which they were awarded a Purple Heart. It also authorized payments to military retirees with at least 20 years of creditable service whose 60 percent or greater disability resulted from combat-related activities.

As of Dec. 17, the Air Force had received 9,131 applications with a total of 1,920 being approved and 1,673 applications being disapproved. Currently, 1,400 applications are awaiting medical records from the VA. The Air Force processes 250 applications per week.

Retirees who have submitted CRSC applications or who feel they may be eligible are encouraged to review the web site for the latest information on the CRSC Program. For additional information on the Air Force CRSC online access program go to <http://www.afpc.randolph.af.mil/disability/CRSC/CRSCnew.htm>.

At the December potluck



RAO Photo

Barbershop quartet "Just Passing Through" entertains the gathering at the December potluck. From the left is Army retiree Ralph Guthrie, tenor; Air Force retiree Mike Beebe, lead; Army retiree and former prisoner of war Bill Leas, bass and Navy veteran George Crosby, baritone.



RAO Photo

Enjoying lunch at the December potluck are RAO Director Cy Buehler and recently assigned 30th Space Wing Vice Commander David J. Thompson. Thompson is no stranger to Vandenberg in that he previously served as 30th Space Wing Chief of Safety.

Dependent scholarship applications encouraged

AMERICAN FORCES PRESS SERVICE — The application period for the children of active duty, retired, Guard and Reserve members to apply for \$1,500 academic scholarships kicked off Nov. 4, 2003. Applications are available online or at any commissary for the 2004 program for the application period running until Feb. 18, 2004.

Dependent unmarried children (under age 21, 23 if enrolled as a full time student) of members may apply for a scholarship. The applicant must attend an accredited college or university, starting in the fall term of the year 2004, on a full-time basis

working toward a first undergraduate degree. The scholarship provides for payment of tuition, books, lab fees and room and board.

Now in its fourth year, the program, operated by the Defense Commissary Agency, www.commissaries.com/, has awarded nearly \$2.5 million in scholarships to some 1,500 children of U.S. service members and retirees. Last year, 550 scholarship recipients were selected from 6,500 applicants. The goal is to award at least one scholarship at every commissary location, depending on the number of qualified applicants and funding.

Part B late enrollment penalty waived

AIR FORCE RETIREE NEWS SERVICE — The Medicare Prescription Drug, Improvement and Modernization Act of 2003, H.R. 1, recently signed into law by President Bush will affect many members of the retiree community in the near future and in the years to come. There are three very important changes relating to enrollment in Medicare Part B.

First, the bill waives Medicare Part B late enrollment penalties for those military retirees who have not yet signed up for Part B in order to become eligible for TRICARE For Life. The penalty had been 10 percent of the premium for each year of eligibility that passed without enrollment in Medicare Part B. This may be applicable to you if you had other medical coverage and did not enroll when first eligible.

Individuals in this category include those who reside overseas where Medicare doesn't pay and those who thought a local military medical facility would always be available for their health needs.

Uniformed services beneficiaries who would be eligible for TRICARE for Life, but are not enrolled in Medicare Part B may enroll without penalty during a special enrollment period through Dec. 31, 2004. The special enrollment period will be announced via Medicare on the TRICARE Web site and will be publicized widely.

Second, uniformed services beneficiaries who enrolled in Medicare Part B in 2001, 2002, 2003, or 2004 and are subject to a premium surcharge for late enrollment in Part B can get those surcharges eliminated by demonstrating that they are covered under TRICARE.

Retirees and other beneficiaries must be able to demonstrate to the Secretary that he/she was a covered beneficiary before Dec. 31,

2004, (as defined in section 1072(5) of title 10, United States Code). A method will be established for providing rebates for penalties paid for months on or after January 2004. That implies that there will be no rebates on penalties paid before that time. The elimination of surcharges is effective Jan. 1, 2004 but the Department of Health and Human Services must work out procedures to be followed.

The third change made by the bill affects all seniors, not just uniformed services beneficiaries. The Part B premium will be tied to income beginning in 2007. Premiums for individuals with incomes above \$80,000 and couples with incomes above \$160,000 will increase.

IOM creates web site for veterans

VETERANS AFFAIRS – The Institute of Medicine has created a new Internet web site with information on a variety of military-related health issues.

The web site, at <<http://veterans.iom.edu>> has separate sections for health care issues affecting the last four major military conflicts – World War II, the Korean War, the Vietnam War and the Gulf War. At each section, visitors can read electronic versions of IOM-produced reports or purchase publications.

Other sections list IOM's completed reports and reports in progress, while another area contains studies about chemical and biological agents suspected of causing health problems for military members. There is also a section with reports and information on deployment health.

Part of the National Academy of Sciences, the IOM is a nonprofit organization that provides advice on matters of biomedical science.

Gate changes announced

The Titan Gate on the Lompoc-Casmalia Rd. was closed on Dec 20. All traffic needing access to North Vandenberg should use El Rancho Rd. On the same date, the hours of operation for the Lompoc Gate were changed to Monday through Friday, 6 a.m. to 7 p.m. All commercial vendors need to arrive not later than 5 p.m. It will be closed on Saturday and Sunday.

Searching for Sampson AFB personnel

Searching for all personnel who served or trained at Sampson Air Force Base from 1950 to 1956. This includes all basic trainees, permanent party, "WAFS," students in special schools, officers and noncommissioned officers stationed at Sampson. Please contact Chip Phillips at PO Box 331, Williamsville, NY 14231-0331 or by E-mail at chip34@aol.com.

What is Comprehensive Senior Care?

Comprehensive Senior Care is an organization of Professional Care Managers with extensive geriatric experience. They are committed to helping seniors improve their ability to live independently and enhance their quality of life.

Seniors who are frail or experiencing memory loss need support, encouragement and understanding. The Care Managers team can help find appropriate caregivers, arrange for house cleaning help, locate resources for home/yard maintenance and other areas of concern. Often the CSC professional works with the family members and concerned others to help reduce the need for nursing home placement.

Every situation is unique and family members often find themselves extended beyond what they can handle. Care Management is helpful in most situations because they can provide as little or as much help

as is needed. After an initial consultation, a plan of care is developed that outlines who will do what and when. Having a Care Plan to follow reduces anxiety, anticipates emergencies and provides specific step-by-step problem solving strategies. Services provided are many and varied depending on the need of the client.

The Care Managers provide coordination of services, placement assistance, crisis intervention, and liaison with families at a distance. CSC can arrange for and supervise private caregivers and provide one-time assessment/consultation. Often an elderly person just needs daily money management services. Managing daily finances is often the first area to be negatively affected by aging, memory loss or disability: something as simple as sorting the mail, writing checks, balancing the bank statement paying the bills, processing entitlement &

insurance claims. These services are vital to the well being of the elderly.

CSC is a fee-for-service Geriatric Cue Management Program of Life Steps Foundation, Inc. For additional information call 597-3092 or visit <http://www.lifestepsfoundation.org>.
(Reprinted with permission of RSVP)

Afterburner enters cyberspace

AIR FORCE RETIREE NEWS SERVICE – Members of the Air Force retiree community have shown they are comfortable with electronic communications and happy to save the Air Force money by doing away with their printed copy of the *Afterburner*. Since the question: "Afterburner, do you still need it?" was submitted to the 32,000 plus subscribers of the Air Force Retiree News Service in mid-September, the response has been overwhelming with more than 2,000 people volunteering to forgo the printed version. Messages continue to trickle in as individuals, who don't receive the news service, discover the story posted on the retiree web site at <http://www.afpc.randolph.af.mil/afretire>.

Many of those who canceled the printed version are well in their 80s proving that computers are no longer just a young person's machine. Once computers became more affordable and more user friendly, the retiree community quickly saw the benefits.

The previously mentioned question will also be posed to readers of the printed January

issue of the *Afterburner*. This will enable contact with those who have computers and internet access, but who haven't yet discovered the AFRNS and the retiree web site. Starting with the January issue, the *Afterburner* will be posted in a portable document format. Notice will be sent through the AFRNS when the publication is posted.

While the response was overwhelming, the really big job is to input the proper code into the Air Force Personnel Data System. As it stands now, about half the respondents have been coded so quite a few who canceled will still get an *Afterburner* in January. Please be patient as coding will continue on a daily basis until the job is complete.

Thanks to all who responded. If you haven't done so, please consider it. Send that e-mail with the subject "Cancel *Afterburner*" to billy.turner@randolph.af.mil. Remember that duplicates will only cause confusion and time delays. Include your address and the last four digits of your social security number so you can be distinguished among those with the same name.

Retiree**Appreciation****Day**

RAO Photo

Retired Air Force Maj. Gen. Sid Novaresi speaks with attendees at Retiree Appreciation Day. Novaresi, president of the People's Advocate grassroots movement, retired in 1982 with more than 17,000 hours flight time. His awards include Distinguished Service Medal, the Legion of Merit and the Distinguished Flying Cross, to name a few.



RAO Photo

Former 30th Space Wing Vice Commander and RAO Coordinator, Col. Wayne E. Louis with retired Air Force Col. John X. Loughran III, Air Force Retiree Council Area II Representative.



RAO Photo

RAO director Cy Buehler and Retiree Appreciation Day project officer 1st Lt. Richard Palmer handle the drawing for prizes.

New Flight/Missile Medicine sick call hours

By Maj. Timothy D. Nelson

30th Medical Group

Beginning Jan. 1, Flight/Missile Medicine's new sick call times will be from 7:30 to 8 a.m. Friendly reminder: sick call is designed for patients who are unable to wait for an appointment. Examples would be vomiting, diarrhea, severe pain, etc. For more routine ailments, such as, soreness, medication refills, and waiver renewal appointments, please continue to make scheduled appointments by calling Flight/Missile Medicine at 606-5560. When using Flight/Missile Medicine sick call, we ask that patients arrive between 7:15 and 7:30 a.m. to ensure that we can see you in a timely manner.

Pharmacy refills need greater lead time

By Cmdr. Earl Gustafson USN (Ret.)

Retiree Times Editor

The Vandenberg AFB pharmacy automated refill line now carries a message indicating phone orders for refills received after 3 p.m. will not be available for pickup until noon of the **second** workday following the call requesting the refill. The number for refills is 606-7440 or toll free (877) 826-3979.

Pass/Decal hours extended

The 30th Security Forces Squadron's pass and registration office is extending hours of operation to be open 8 a.m. to noon Saturday for vehicle decal registration. (Source: S&MT 12/19/03)

Flu from Page1

other than the flu. It is a stomach illness, whereas the flu is an illness of the respiratory system. Repeated episodes of vomiting can easily result in dehydration. If you cannot keep down fluids, you may need to receive fluids intravenously.

Painful swallowing: A sore throat may be one of the first symptoms experienced with a cold. The throat is usually painful, often appearing red and inflamed, and the voice may be affected. Sufferers may find it hard and painful to talk. If the larynx becomes infected, this is known as laryngitis. A sore throat can also be a symptom of bacterial infections such as Strep Throat. Although minor discomfort when you swallow can be tolerable, severe pain can be a sign of an infection or injury, which needs to be evaluated by a health care professional.

Persistent coughing: Coughs can begin as much as several days after the onset of other cold/flu symptoms. Coughing starts when part of the airway in the lung becomes inflamed or irritated. This is a basic reflex designed to remove the irritant. A cough can either be an irritation (dry), or a productive (moist) cough. A dry or tickly cough is caused by inflammation of the upper airways, and may be due to dust, foreign bodies or an infection of the throat, without the presence of mucus on the chest. A moist cough is the body's way of expelling mucus (phlegm), which builds up in the lungs. Over-the-counter cough syrups can relieve both dry and moist coughs. A cough that will not go away is very often just postnasal drip that may be treated with antihistamines. However, it could also be related to asthma or a reflux disorder, both of which can be treated by your doctor. If you have a cough for more than 2 to 3 weeks, your doctor may want to try an antibiotic to treat this type of infection.

Persistent congestion and headaches: Nasal congestion, or a 'stuffy', 'blocked' or 'plugged up' nose is one of the most common conditions often associated with colds, the flu, allergies or sinus problems. It is caused by the membrane lining of the nose becoming inflamed and irritated and thus an accumulation of excess mucus builds up. When the lining of the nose swells the airways become narrower and more easily blocked with mucus, making it difficult to breathe through the nose. Symptoms may include feeling 'stuffed up', having a totally blocked nose or a nose that is blocked but runs continually, breathing through the mouth which often becomes dry, sneezing and mild headaches and a feeling of pressure over the sinuses (above and around the eyes). If untreated, nasal congestion may develop into conditions such as sinus infections.

Remember to wash hands regularly, cover your mouth with facial tissue when you sneeze or cough, get rest and stay hydrated. (*This information is designed to impart general information only. It is not intended to replace medical advice. If you have specific questions/concerns please call at 606-CARE.*)

Service Organization Directory

Air Force Sergeants Association

2nd Tuesday of each month at 3:30 p.m.,
Vandenberg Services Center, Tech.Sgt. Scott
Astrosky (805) 606-9308,
scott.astrosky@vandenberg.af.mil

Society of Military Widows

Central Coast Chapter 44
2nd Wednesday of each month at 1 p.m. usually,
followed by a guest speaker at 2 p.m.,
Vandenberg Retiree Activities Office, Juanita
Anderson, (805) 937-0940,
spartlerjia@aol.com

Military Officers Association of America

Santa Maria-Lompoc Chapter
Call for location and time, Norman Enoch (805)
938-9999
Central Calif. Coast Chapter -- San Luis Obispo
2nd weekend of each month, call for location and
time, John Mirolla, (805) 528-8269,
pjmirolla@msn.com
Santa Barbara Chapter
2nd Tuesday of each month, Harry's Café, call
for time, Steve Keller, (805) 965-0359,
keller103@cox.net

Tickets, Tours, Cruises

Vandenberg Leisure Tours is in Building 10122, the Services Center, located near the corner of California Boulevard and Washington Avenue. It offers a wide variety of excursions to suit every taste. In addition, the tour office lists favorable rates at hotels and motels in the vicinity of Southern California theme parks and Los Angeles Airport. Active duty, retired military, civil service personnel,

Jan. 18-21 Laughlin Flamingo, \$85
Feb. 7 Riverdance, \$82
Feb. 13-16 Lake Tahoe Holiday, \$179/\$199
Mar. 5-7 Death Valley, \$198
Mar. 18-20 Palm Springs, \$270

government contractors, families, and guests are eligible to participate. The address is P.O. Box 5459, Vandenberg AFB, CA 93437-0459. You might also visit their website at <http://www.30svs.com/index2.html>. Click on Downloads and then Upcoming Tours. For complete information on the following upcoming trips, contact the tour office at (805) 606-7976.

Apr. 1 Crystal Cathedral, \$65
Apr. 21-29 Costa Rica, \$1,895
May 20-27 Mid-Atlantic Capitols/Seaports
Jul. 25- Aug. 4 Alaska Cruise, \$1,636-2,737

