

Tips to keep your puppy healthy

BY CAPT. LAURA EMBRY

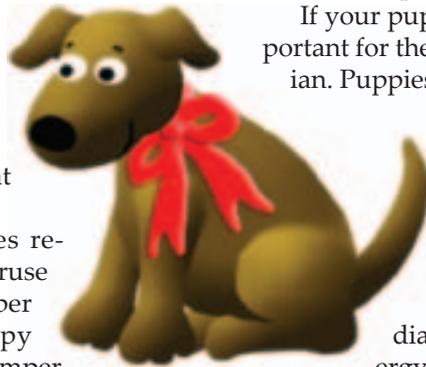
Kirtland Veterinary Services

As a responsible pet owner, maintaining a pet's health is a primary concern. We all want the new addition to the family to grow up strong and healthy. There are some important steps to take to ensure your puppy is fully protected against common diseases.

Proper and complete vaccination of your puppy is vital to maintaining your puppy's health. Vaccination helps build your puppy's immunity against common diseases that he or she may be exposed to.

Two primary vaccines puppies receive are a combination of several viruses in one shot called a Parvo-Distemper Combo, a rabies vaccine. A puppy should receive its first Parvo-Distemper vaccine when it is between 7 and 10 weeks of age. It will receive this vaccine every three to four weeks, with the last vaccine given at greater than 16 weeks old. In other words, one shot is not enough for protection. Between 12 and 16 weeks of age, your puppy should receive its Rabies shot as well.

Until your puppy has completed its vaccine series



is important not to allow the puppy to be exposed to other dogs (puppies or adults). Until your puppy's immune system is fully able to fight off infection, any contact with other animals could place your puppy at risk of getting ill. This means your puppy should not attend any training classes or play with dogs or visit any other areas outside of your home until the vaccine series is complete.

If your puppy shows any signs of illness, it is important for the puppy to be examined by a veterinarian. Puppies, like children, are more susceptible to illness than adults, and therefore need more immediate attention. One very important puppy illness is Parvovirus – more commonly known as “parvo.” It is a highly contagious disease that often leads to death. Some signs of the illness are vomiting, diarrhea or just a general decrease in energy level and appetite. The most common way to transmit the virus is through contaminated feces, but it can also be carried on a dog's hair and feet, or on contaminated cages or shoes.

Keeping your puppy healthy and happy is important. For any questions regarding your puppy's health, please feel free to contact the Kirtland Veterinary Clinic at 846-4276.

Some airmen can carry over 'use or lose' leave

Active-duty Airmen who were unable to take annual leave this past year because they supported contingency operations may be allowed to accumulate more than the normal 60 days after the fiscal year ends.

Members unable to use leave due to their support of contingency operations may be eligible for special leave accrual. Those affected can retain up to 120 days of leave until the end of fiscal year 2005, according to personnel officials.

“This program is meant to enable people to take leave they've earned,” said Senior Master Sgt. Don Taylor, superintendent of customer support operations at the Air Force Personnel Center. “In order for the program to work as planned, though, those affected need to take not only the leave they are carrying over now, but also the leave they will earn during the next fiscal year, or they may lose leave next year.”

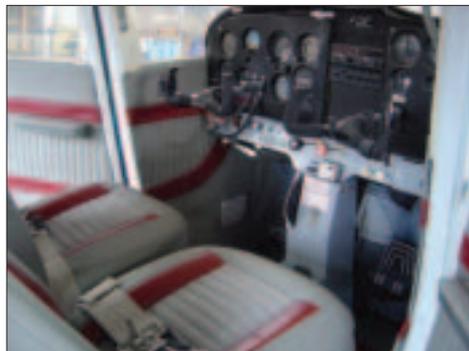
Those who meet the criteria for having excess leave should contact their local military personnel flight customer service element for additional information.

(Courtesy of the Air Force Personnel Center News Service)



ABOVE: The T-41C after it was renovated

BELOW: Before and after shots of the interior of the aircraft.



Aero Club has aircraft refurbished

In the spirit of some of television's hottest remodeling/renovation shows, the Aero Club recently refurbished a plane in what could be considered "Extreme Makeover: Aircraft Edition"

It took two weeks to have the club's T-41C 7867N painted and re-upholstered. The plane, an original model 1968 with the original paint and upholstery, was painted and the interior, including seats, carpet, headliner, and side panels were re-upholstered. Aircraft Refinishers of Devine, TX handled the painting and re-upholstering for the project.

The facility also wanted to make the plane attractive to customers and to keep them comfortable. Kirtland Flight Center members are very happy with this improvement, which is evident by the increased hours from the aircraft.

The center also has five T-41C's targeted for re-painting and re-upholstering within the next two years. The next "Makeover" is scheduled sometime in the next 2 months.

For more information call the Aero Club at 846-1072.

(Courtesy of the 377th Services Squadron)



The aircraft before the renovation.

Kirtland to conduct internal ECAMP

BY STEVE MILLIGAN

Environmental Management Public Affairs

It's time again to check Kirtland's environmental compliance temperature.

A 30-member TEAM KIRTLAND group will conduct an Internal Environmental Compliance Assessment and Management Program inspection beginning Oct. 25.

ECAMP is a self-assessment program designed to help Air Force installations and organizations comply with state and federal environmental and pollution control standards.

ECAMP is one of several tools commanders have available to determine the health of their environmental programs. It can identify, track and monitor any problems and their solutions before they become violations.

According to Mr. John Poland, director of the Environmental Management Branch for the 377th Mission Support Group Civil Engineer Division, the inspection will look at 13 areas of environmental compliance. Those areas include air quality, hazardous materials, hazardous waste, solid waste, water quality, natural resources, pesticides, petroleum, oil and lubricants, storage tanks, toxic substances and other environmental issues.

Air Force guidelines require internal inspections annually and an external inspection is to be completed every three years by Air Force Material Command. A management action plan will then address any findings produced from the inspection and outline steps and a timeline to correct them.

"By looking at ourselves first," Mr. Poland said, "we identify and correct problem areas, avoiding potentially expensive state and federal fines that could result from noncompliance."

The internal ECAMP will assess the entire base, including all Department of Defense associate units. The Department of Energy and Sandia National Laboratories conduct their own, separate environmental assessments.

Altitude makes a big difference in fitness

BY 1ST LT. MORGAN J. O'BRIEN III

377th Air Base Wing Public Affairs

For newcomers to Kirtland Air Force Base, the elevation of Albuquerque quickly becomes a topic of conversation shortly after they climb their first flight of stairs or go for their first run.

Often, those new to this kind of altitude experience shortness of breath because the "air is thinner", but what does that mean? Simply put, there is less oxygen this high up in Earth's atmosphere—physiologists usually define high altitude as greater than 3,300 feet above sea level.

Albuquerque sits 5,280 feet (1 mile) above sea level, but as the city moves northeast towards the Sandias, elevation exceeds 6,000 feet. On base, the altitude is about 5,300 feet above sea level, higher than that Denver (which only checks in at 5,280—take that, "Mile High City"!).

While beneficial for sprinters and jumpers who struggle with air resistance at sea level, thinner air adds an extra challenge for endurance sports, which require increased rates of oxygen consumption. The altitude here especially affects Air Force personnel in that the 1.5 mile run does fall within the lower limits of what is considered endurance running.

"Compared to sea level, where there's tons of additional oxygen, it's harder to run any distance more than a half-mile at altitude," said Matt Weiss, a New York-based running expert. "I think the best way to explain it to someone at sea level would be suddenly adding hills to a flat run."

With less oxygen, the pace of hard endurance training and competition—which requires high rates of oxygen consumption—gets slower at altitude.

Red blood cells carry oxygen from the lungs throughout the body. With less oxygen in the thin air, the body begins to produce more red blood cells to make up for the deficit—which is why it takes between 3-4 weeks to become fully acclimated to

elevation. In addition to physiological problems, with altitude, other issues arise.

During the acclimation period, people tend to overtrain—which reduces muscle mass—or undertrain because they cannot exercise with the same intensity shown at sea level.

"The best of both worlds comes when people 'live high, train low'," said Gary Schancer Kirtland AFB's exercise physiologist. "The athletes who get the most out of altitude training sleep and relax at altitude to benefit from increased red blood cell production, and train at sea level to benefit from the increased levels of oxygen."

An area of interest for altitude newcomers is changes in the body's physiology. According to one study conducted at Rice University, living at altitude results in a chemical change within red blood cells that makes them more efficient at unloading oxygen to the tissues.

There is a belief that these additional "super" red blood cells enhance performance at sea level, which is why you may see world class marathoners like women's world record holder Paula Radcliffe running the trails of Albuquerque during her off season.

"In order to perform well in aerobic activities such as marathons, runners need to get oxygen to the muscles as quick and efficient as possible," said Schancer. "At altitude, the body adjusts and builds the red blood cells necessary for enhance performance."

Beyond training dos and don'ts, you should also note that mountain air is cool and dry, dehydration often creeps up on you during workouts. Always remember to hydrate—but with water and not alcohol. Higher altitudes mean a decreased tolerance for alcohol. Finally, we're also much closer to the sun, so applying lotion also takes on extra importance.