

# Red Switch inventories secure telephones

Shaw's Red Switch maintenance shop has been conducting a base-wide inventory of secure telephone units and equipment after a recent request from Air Combat Command for a secure telephone inventory from each installation.

In 2003, the 20th Communications Squadron issued 20 new secure telephones to equipment custodians. This year, 20th CS handed out 84 of the devices to replace the soon-to-be obsolete STU-IIIs.

The Red Switch shop contacted all known equipment custodians to complete both projects. Any STU-III and STE users at Shaw who were not contacted by e-mail in April need to identify themselves and their assets before **June 11**.

The STU-III inventory is mandatory in order to obtain funds to continue the migration to the next generation of secure devices. STU-IIIs are no longer repairable and key updates will be discontinued in upcoming years.

Any unused, unkeyed or broken STU-III needs to be turned in by an equipment custodian to Base Supply for return to depot.

The STE inventory is needed to ensure optimum customer service is provided. Every STE should be at software version 2.2 or higher.

STE with software 1C or below can experience communication difficulties with other instruments and require a hardware change before software can be upgraded. To obtain this hardware, squadrons must order and install a specific kit. The Red Switch work center here is certified to install the kits at Shaw, and can save users more than \$150 per kit in installation fees.

STE software versions 2.0 and 2.1 are not able to communicate with secure cell phones. Only versions 2.2 or higher will communicate with all units, including secure cell phones, wire-line terminals and tactical units. Red Switch technicians can upgrade the STE software to 2.3 at no cost to the squadron in need of the upgrade.

The STE cannot make a secure connection without a KOV-14/FORTEZZA card. Those needing assistance in obtaining the KOV-14 to fully utilize their STE should contact the base Communications Security office at **895-1134**.

The procedure to check a STE software revision is as follows:

Ensure the unit has power applied and the handset (receiver) is on its

hook. In sequence, press MENU, SELECT, SCROLL (twice), SELECT, and SCROLL (twice). This will bring you to "software version." The software version in parenthesis is determined by the HP four-digit code displayed:

(1A) HP: 0378 Requires hardware and software upgrades

(1C) HP: 0445 Requires hardware and software upgrades

(2.0) HP: 0527 Requires software upgrade only

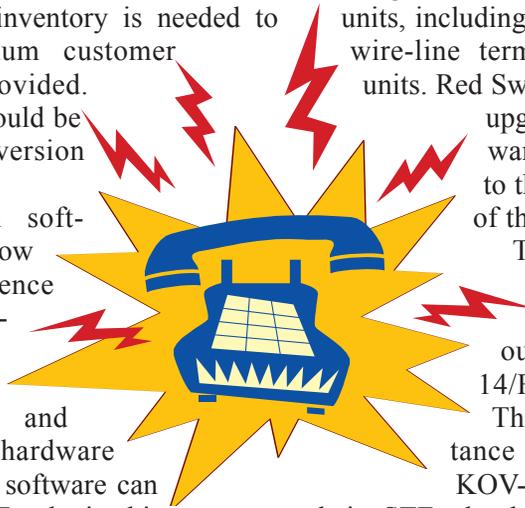
(2.1) HP: 0543 Requires software upgrade only

(2.2) HP: 0552 Requires software upgrade only

(2.2.3) HP: 0567 Requires software upgrade only

(2.3) HP: 0575 Unit is current.

To obtain further information about ordering STE kits, installing either upgrade or placing your asset on the base inventory, contact 20 CS Red Switch at **895-5830**. (*Information courtesy of 20th CS.*)



## Protection from the sun while enjoying summer fun

By Ms. Adriene M. Dicks  
Correspondent

It is the time of year when people spend more time outdoors – at beaches, playing sports and working in gardens. Spending more time outside means there is also prolonged exposure to the sun and its harmful rays.

Without protection, spending too much time in the sun can cause irreversible damage, but this damage can be avoided. There are short- and long-term effects to extended exposure to the sun. Although the short-term effects can be painful, the long-term effects can be much more dangerous to a person's health.

Sunburn can result from a few hours of exposure to the sun. The condition is characterized by pain, swelling, redness, tenderness, nausea and scaling. However, it can also happen on cloudy days. This is because the ultraviolet rays produced by the sun are only scattered on cloudy days, according to 1st Lt. Sheri Hiser, 20th Medical Operations Squadron clinical nurse.

The long-term effects of sun exposure include premature wrinkling and aging and the increased risk of skin cancer, according to the

Environmental Protection Agency. The agency reports that too much exposure can cause the skin's texture to change, making it appear tough and leathery with red, yellow, gray and brown spots. But precautions can be taken to maintain healthy skin.

According to Lt. Hiser, one of the most important steps to keeping healthy skin while spending time outdoors is using sunscreen.

"A sunscreen with a sun protection factor of at least 30 should be used when spending time outside any time of year. The higher the SPF the better," said Lt. Hiser. "It should be applied liberally at least 20 minutes before exposure. Reapply every two hours or after sweating or swimming, even if the product is water and sweat resistant."

Sunscreen works by blocking or absorbing the UV rays that are damaging to the skin.

The EPA suggests avoiding outdoor activities from 11 a.m. to 3 p.m., when the sun rays are strongest. The same precautions should be taken for babies and children, but according to Lt. Hiser, they require more time in the shade than adults.

"Children's skin is very fragile," said Lt. Hiser. "A bad burn at a young age can put a person at higher risk for skin cancer later in life."

And even though most people choose to wear shorts and short sleeves while outside due to higher temperatures, the opposite is recommended. Wearing hats and loose-fitting, lightweight, long-sleeved shirts reduces exposure to the sun and the damage it can cause.

"Sunglasses and umbrellas are also useful when protecting yourself," said Lt. Hiser. "The sunglasses protect the eyes and the sensitive skin around them, and umbrellas provide shade and it's always cooler in the shade."

### Facts and figures

- There has been a 1,800% rise in malignant melanoma since 1930
- One American dies of skin cancer every hour
- One in five Americans develops skin cancer
- People get 80% of their lifetime sun exposure by age 18

*(Information courtesy of the EPA)*

## Shaw members get "bugged" in summer

By Staff Sgt. Lee Watts  
Internal information chief

During the summer months, many people participate in outdoor activities like barbecues, swimming, hiking and camping. While having fun outside, Shaw members should beware of "creepy crawlers" that may be waiting to reach out and touch someone.

In this part of the country, there are a few multi-legged insects that can cause health problems for humans. Two of the more common -- and more dangerous -- creatures that "bug" people in this area are Black Widow and Brown Recluse spiders.

If bitten by a spider, it is important to determine what kind it is so the doctor can administer the appropriate treatment.

Senior Airman Samantha Sullivan, 20th Medical Operations Squadron medical technician, said, "Even a small bite can turn into a problem if left untreated."

Although the majority of bites don't cause serious problems, certain people need to be more cautious than others. Diabetics, children and elderly people can be more apt to have complications.

The symptoms of a spider bite may resemble other conditions or medical problems, so victims should consult a physician for a diagnosis if they think they've been bitten by a poisonous spider. Prompt treatment is essential. The 20th Medical Group offers the following information on diagnosis and treatment of spider bites.

### Black Widow bite

Some of the most common symptoms of a Black Widow bite include:

- immediate pain, burning, swelling and redness at the site (double fang marks may be seen)

- cramping pain and muscle rigidity in the stomach, chest, shoulders and back

- headache
- dizziness
- rash and itching
- restlessness and anxiety
- sweating
- eyelid swelling
- nausea or vomiting
- salivation, tearing of the eyes
- weakness, tremors or paralysis

To treat a Black Widow bite, wash the area well with soap and water. Apply a cold or ice pack wrapped in a cloth, or a cold, wet washcloth to the site. To protect against infection, apply an antibiotic lotion. Give acetaminophen for pain. Seek immediate emergency care for further treatment.

### Brown Recluse bite

Symptoms of a Brown Recluse bite may include:

- local tissue damage
- burning, pain, itching or redness at the site, which is usually delayed hours or even days
- a deep blue or purple area around the bite, surrounded by a whitish ring and large red outer ring resembling a bull's eye
- an ulcer or blister that turns black
- headache, body aches
- rash
- fever
- nausea or vomiting

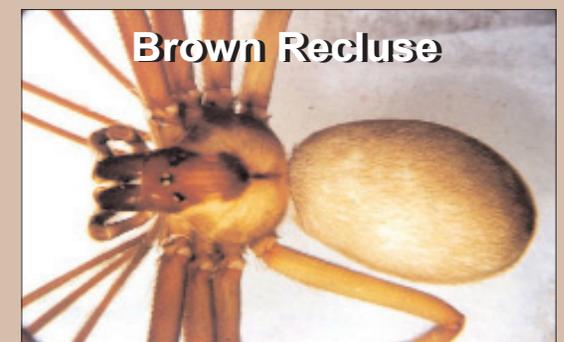
To treat a Brown Recluse bite, wash the area with soap and water. Apply a cold or ice pack wrapped in a cloth, or a cold, wet washcloth to the site. Apply an antibiotic lotion or cream. Give acetaminophen for pain. Elevate the site if the bite occurred on an arm or leg, to help prevent swelling. Seek immediate emergency care for further treatment.

### Seen these critters?



*Courtesy photos*

Adult Black Widow spiders have shiny, jet-black, rounded, globular abdomens with two reddish or yellowish triangles on the underside which form a characteristic hourglass marking. The spiders' bodies are about half an inch long.



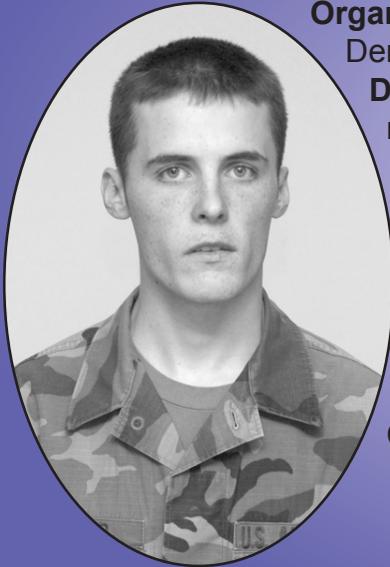
The Brown Recluse, or violin spider, is about one inch long and has a violin-shaped mark on its upper back. It prefers to stay in undisturbed areas such as basements, closets and attics. It is not an aggressive spider, but will attack if trapped or held against the skin.



## Spirit Spotlight



### Airman 1st Class Bobby Nooner



**Organization:** 20th Aeromedical-Dental Squadron

**Duty title:** Bioenvironmental engineering journeyman

**Job duties:** Respiratory protection management

**Hometown:** Horn Lake, Miss.

**Time in service:** Three years

**Family:** Wife, Serena

**Off-duty interests:** Spending time with my wife and our dogs, Charlie and Sammie

**Words I live by:** "Try not to become a man of success but rather to become a man of value."

### Senior Airman Cari Sanchez



**Organization:** 20th Security Forces Squadron

**Duty title:** Pass and registration clerk

**Job duties:** Accountability and issuance of ID cards and vehicle registration for active-duty, civilian and retired personnel

**Hometown:** St. Petersburg, Fla.

**Time in service:** Three years

**Family:** Husband, Airman 1st Class Josue Sanchez

**Off-duty interests:** My husband and preparing for our baby, due in July

**Words I live by:** "Always finish what you start."

# Public law inspires men to take health seriously

By Airman 1st Class Susan Penning  
Staff writer

Often the very people who work so hard to keep their family in good health have a tendency to neglect their own wellness. Men can use National Men's Health Week as an opportunity to be proactive about their health and help give the gift of long life to their loved ones.

On May 31, 1994, former President Bill Clinton signed a bill creating *Public Law 103-264*, which established the week ending on Father's Day as National Men's Health Week.

This year, NMHW is set for June 14 - 20. The purpose of this emphasis on men's well-being is to heighten awareness of preventable health problems and encourage early detection and treatment of disease among men and boys, according to [menhealthweek.org](http://menhealthweek.org).

Like taking a vehicle in for an oil change or a 25,000-mile tune-up, men also need to make regular appointments with their physician to keep their bodies in good condition.

According to the Men's Health Network,

statistics show men do not see a doctor for a physical exam nearly as often as women, nor are they as likely to receive health screenings to prevent more serious conditions.

One important concern for men is colon health. A nation-wide survey shows more than two-thirds of men have not consulted a doctor about their risk of developing colon cancer, and nearly half are not at all concerned about developing colon cancer -- the nation's second most deadly cancer, according to MHN. In addition, more than one-third of men polled are unfamiliar with important preventative measures for the disease, such as regular colon screenings, exercise and a healthy diet.

"Men seem to be reluctant to visit a doctor unless something is seriously wrong. But a physician can detect and diagnose problems long before symptoms show up. Men need to take a proactive approach in preventative healthcare," said Mr. Brian Kirby, Shaw Health and Wellness Center fitness program manager.

For more information, visit [www.menshealthweek.org](http://www.menshealthweek.org), or call the HAWC at 895-1216.



National Men's  
Health Week  
June 14 - 20