



E-4 and below: \$1
E-5 and above: \$4
When: March 2
Where: Conference Center
Time: 7:30 a.m.
For more information, call 895-1106.

Flight service technicians keep Shaw supplied



Airman 1st Class Robert Bergkamp, 20th Logistics Readiness Squadron, unloads equipment for Shaw's F-16s Tuesday.



Photos by Staff Sgt. Lee Watts

Above, Airman Zack Phelps, 20th LRS, uses a forklift to move crates filled with F-16 parts.



Above, Staff Sgt. Johnathan Smith, 20th LRS, inspects time compliance technical orders prior to shipment. Right, Airman 1st Class Lawrence Reed (left) and Staff Sgt. Alano Jordan (right), both 20th LRS, check incoming shipments of aircraft components for potential damage before clearing them for transfer to Shaw's F-16 parts store.



20th ADOS helps children brush up on dental health

By Ms. Adriene M. Dicks
Correspondent

As National Children's Dental Health Month, February is a time for children to brush up on good dental habits.

The observance began as a one-day event Feb. 8, 1949, in Cleveland, Ohio. The event grew into a week-long observance in 1955 and became a month-long celebration in 1981.

According to Capt. Allison Workman, 20th Aeromedical-Dental Squadron dentist, a child should see the dentist for the first time at 1 year old. However, according to the American Dental Association, only three out of five children have seen a dentist before kindergarten.

During a child's first visit to the dentist, parents can expect an evaluation of their child's mouth to ensure their teeth are coming in correctly and gauge overall dental health. Capt. Workman said it's an opportunity for the dentist to educate parents on how to help their children have healthy teeth. Some things a dentist will discuss with parents are baby-bottle tooth decay and

pacifier and thumb sucking. Putting a baby to bed with anything in their bottle but water can cause baby-bottle tooth decay or early childhood caries. According to Capt. Workman, symptoms of caries are white spots on teeth or brown areas on the teeth that lead to cavities, especially on the back of the teeth where the bottle nipple may be positioned. Also, stopping pacifier and thumb sucking by age two helps avoid protruding or buck teeth.

"Parents should start their children with healthy dental habits early," said Capt. Workman. "Flossing is something many people don't do, but I have seen that when children start flossing at an early age they think it's fun."

According to the ADA, it's important to clean between teeth at least once a day with floss or an interdental cleanser to remove plaque in areas a toothbrush can't reach.

Other healthy habits children should develop are a healthy diet, brushing after meals and snacks and receiving regular dental checkups. Capt. Workman says children should normally see their dentist twice a year. However, if a child has a history of no



Photo by Ms. Adriene M. Dicks

Dental clinic staff members set up a display at the BX Tuesday to pass out toothbrushes and dental health information.

cavities, their dentist may say it's OK to only come in once a year. Using over-the-counter fluoride rinses also aid in keeping teeth healthy.

Airman 1st Class Deanna Shore, 20th ADOS dental technician, teaching children the dangers of smoking is also beneficial to dental health.

"Not only does smoking stain teeth and cause other health problems, it can also increase the chances of periodontal disease which can lead to tooth loss," said Airman Shore.

Members of Shaw's dental clinic staff have visited the Base Exchange,

Child Development and Youth Centers this month with information on dental health.

During the visit to the BX, Senior Airman Lawanda Byrd, 20th ADOS dental technician, explained if children do have sweets like soda or candy, make sure they brush and floss afterward. This keeps the bacteria in the mouth from reacting with sugar to form the acid that causes cavities.

Capt. Workman said the dental clinic staff hopes to get information to children and parents to help them have healthy smiles throughout their lives.



Spirit Spotlight



Senior Airman David Heath



Organization: 20th Communications Squadron
Duty title: Radar maintenance technician journeyman
Job duties: Perform maintenance on air traffic control and weather radar equipment
Hometown: Jacobsburgh, Ohio
Time in service: Three and a half years
Off-duty interests: Electronics theory, design and repair; robotics; welding and metal fabrication

Words I live by: "Try to be the best in everything you do."

Airman 1st Class Teneha Clements



Organization: 28th Operational Weather Squadron
Duty title: Systems and information clerk
Job duties: Provide administrative guidance to personnel, control and monitor all correspondence and supporting documents and establish procedures to ensure suspenses are tracked and met
Hometown: Colorado Springs, Colo.
Time in service: Two years
Off-duty interests: Reading

Words I live by: "If you don't shake up your life, all the good stuff will settle on the bottom."