Hill Air Force Base, Utah
Ogden Air Logistics Center

Sponsor Package for Newcomers

Updated 15
September 2003

DEPARTMENT OF THE AIR FORCE
75 MISSION SUPPORT SQUADRON (AFMC)
HILL AIR FORCE BASE, UTAH

MEMORANDUM FOR INCOMING PERSONNEL

FROM: 75 MSS/DPF
7336 6th Street
Bldg 308N
Hill AFB, UT 84056

SUBJECT: Welcome Letter

1. Welcome to Hill Air Force Base, Utah. We are looking forward to your arrival and stand ready to assist you in any way we can. I am sure your sponsor has been in touch with you and is helping you prepare for your move. I want to take this opportunity to remind you of the help that is available to you at your losing installation through the Relocation Assistance Program at the Family Support Center and encourage you to contact them at your earliest convenience. They can help you prepare for your move. The following are some of the services normally available:

a. **Standard Installation Topic Exchange Service (SITES)** is a database of information about your new duty assignment which includes information on a multitude of subjects that you will want to know about. http://www.dmdc.osd.mil/sites/ or http://www.afcrossroads.com

b. **Loan closet** provides household items you may need after your household goods have been shipped.

c. **Pre-move workshops**. These workshops are designed to help you better understand the various aspects of a PCS move and to acquaint you with the agencies available to assist you with your move. Call your local Family Support Center, or the Hill AFB Family Support Center at 777-4681 for workshop dates.

d. **One-on-one counseling** provides an opportunity for you to address specific questions or concerns you may have about your move. Make sure you schedule an appointment with your Relocation Program Manager.

e. **Various Relocation software** may be available to assist you with your travel planning, ie., Rand McNally Trip Maker, Street Finder, Streets and Trips, etc.

f. **Family Support Centers** can also provide assistance in the area of financial counseling and emergency financial assistance, employment assistance, cultural adaptation, repatriation and much more.

2. Again, Welcome!! Please feel free to contact us at any time should you have any questions or require assistance. Our phone numbers are **(801) 777-4681** or **DSN 777-4681**. You can e-mail us at 75mss.dpf@hill.af.mil or visit our website at http://www.hill.af.mil/family. We are looking forward to meeting you soon.

Patricia L. Cerone, GS-11
Family Support Center
Relocation Assistance Program Manager

DEPARTMENT OF THE AIR FORCE
75 MISSION SUPPORT SQUADRON (AFMC)
HILL AIR FORCE BASE, UTAH

MEMORANDUM FOR INBOUND PERSONNEL

FROM: 75MSS/DPF (FAMILY SUPPORT CENTER)
7336 7TH Street, Bldg. 308N
Hill Air Force Base, Utah 84056

SUBJECT: Financial Information

1. A permanent change of station (PCS) move often involves significant financial expense. Many of these initial expenses will have to be paid out-of-pocket soon after your arrival. Temporary quarters may be one of your first expenses and don't forget to plan for your meal costs. Once you find permanent quarters you can expect to pay other fees in advance, including first month's rent, security deposit, telephone, utility and other deposits. Additionally, there may be initial household purchases associated with moving in. Don't forget to plan on possible auto insurance rate changes.

2. Be sure to discuss the specifics with your sponsor, First Sergeant or Commander prior to your departure of immediately upon your arrival at Hill. Advanced BAH may be available through Military Pay. If you should encounter an emergency while traveling, call the American Red Cross; or if near a military installation, see the Air Force Aid Society (AFAS) Officer. In addition, there is a Personal Financial Management (PFMP) counselor available to assist you with preparing a budget during this time of transition.

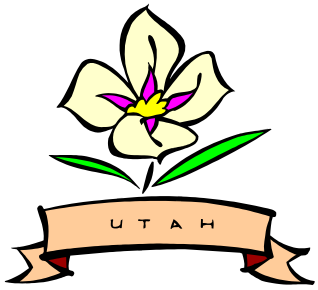
3. The Hill Air Force Base AFAS and PFMP counselor are both located in the Family Support Center (Bldg. 308N). You can reach the AFAS and PFMP counselor by phone at DSN 777-4681 and commercial (801) 777-4681.

TIMOTHY GREEN, SMSgt USAF
Deputy Director, Family Support Center

Welcome to Utah!

Hill AFB, Utah
Family Support Center

UTAH FACTS



- The name "Utah" comes from the Native American Ute tribe and means "people of the mountains" or "home on mountaintop".
- State Capital: Salt Lake City.
- Statehood Day: January 4, 1896 (45th state).
- Highest Point: Kings Peak 13,528 ft (Uinta Mountains, Duchesne Co. - NE part of state).
- Lowest Point: Beaver Dam Wash 2,350 ft. (Near St. George, Washington Co. SW part of state).
- Size: 84,900 square miles and ranked 11th largest state in the U.S.
- Population: Over 2 million, 85% live along the Wasatch front (From Logan to Provo).
- Famous Utahans: Author Steven Covey (Seven Habits of Highly Effective People), Outlaw Butch Cassidy, Dr. Robert Jarvic (inventor of the artificial heart), actor Robert Redford, skier Picabo Street and football quarterback Steve Young (direct descendent of Brigham Young).
- 94% of Utahans age 18-64 are rated literate, the highest literacy rate in the US.
- 85% of Utah's population lives along the Wasatch front; 49% of this population are members of the Church of Jesus Christ of Latter Day Saints (LDS, or Mormons). Of the total state population, approximately 64% are LDS. Most world religions are represented in the state; to locate a place of worship, contact the Base Chapel at 777-2106.

WEATHER AND CLIMATE

Utah's climate is high desert, which means that generally the summer daytime humidity is low, usually less than 30%. This low humidity is what gives us "the greatest snow on earth" – our winter snowfall is fine and powdery! Northern Utah has four distinct seasons, and while the southern desert area (Utah's "Dixie") can get quite hot in the summer, the winters there are mild, with average daytime temperatures around 55-60°. Here's a brief description of the weather in northern Utah.

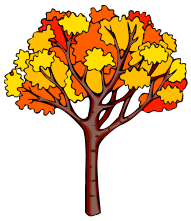
Spring

The spring is usually our rainiest time of the year, but there's still lots of sunshine (an average of 237 sunny days a year!), and the weather is mild. Trees begin to bud and daffodils bloom in late March or early April. In early spring, you can ski in the mountains in the morning, and golf in the valleys in the afternoon! The weather can be very changeable at this time of year, though, so it's best to be prepared.

Summer

Summers are dry and hot, with daytime temperatures in the high 80°s and 90°s, and at night it can go down to the 60°s. There are occasional evening thunderstorms, which can bring brief high winds, but these seldom dampen your summertime activities! Because it is dry, many homes don't have air conditioners, and instead have "swamp coolers". These coolers work by putting moisture into the air, and use much less electricity than air conditioners.

Autumn



Cool nights and temperate days make fall a favorite season for many. You may need a jacket in the morning, and by lunchtime be comfortable enough to go out in shorts and a t-shirt. The many deciduous trees turn all shades of gold, yellow, orange, and red, sprinkling the mountainsides with an autumn "rainbow". The first snowfall can be as early as October, but "serious" snow that stays doesn't usually occur until after Thanksgiving.

Winter

Along the Wasatch front, winter temperatures seldom go below freezing during the day, but it gets much colder at night, often into the teens. So don't leave your pets outside at night! The local communities are used to regular winter snowfall, and the roads are promptly plowed and kept clear. Sorry, but the amount of snow here doesn't justify buying that four-wheel drive SUV! Our Christmases are almost always "white", but the majority of snow usually falls in January and February. If you are concerned about driving in the winter, the Family Support Center's Relocation Assistance Program has "Winter Driving" videos, available for check-out.

GEOGRAPHY - The Great Salt Lake

The Great Salt Lake is both the largest body of water between the Great Lakes and the Pacific Ocean and the largest salt lake in the Western Hemisphere. The Great Salt Lake is the major remnant of Lake Bonneville, a large freshwater lake that occupied much of western Utah during the Pleistocene area (75,000 to 7,250 BC). The Great Salt Lake receives water from streams originating in the surrounding mountains. Its high salinity is caused by the accumulation of minerals because the only outlet of water is through evaporation – no streams flow out of the lake. It measures 92 by 48 miles, but is only, on average, 13 feet deep.

The Bonneville Salt Flats of the western Great Salt Lake Desert were formed when Lake Bonneville receded and evaporated. The salt flats are actually the bed of that once massive lake, and are composed mainly of potash salts ranging in thickness from less than one inch to six feet. It's one of the flattest areas on Earth, and the world speed trials are held there in October.

EARLIEST INHABITANTS

The Anasazi and Fremont Indians lived in Utah about 2,500 years ago. Across much of northern Utah, the Fremont relied mainly on hunting and gathering for much of their food. Further to the south, in the Four Corners area and across the southern portion of Utah, the Anasazi adopted a farming lifestyle, raising corn, beans and squash. The Anasazi also domesticated the turkey and used it as an important source of food.

Other Native American groups living in Utah more recently include the Ute, Southern Paiute, Navajo, and Northern and Eastern Shoshone. The Ute once held claim to much of Utah and all of

western Colorado. They ranged well onto the Great Plains of eastern Colorado into Nebraska and south into New Mexico. The Ute lived by hunting, fishing, gathering and trading with other Native American groups in the area. During the late 1800s, the Ute lost most of their lands and were restricted to reservations in southern Colorado and northeastern Utah.

UTAH HISTORY, EXPLORERS & SETTLERS

Mexicans and Spaniards were the first known Europeans to enter what is now the state of Utah. Juan María Antonia Rivera led at least two expeditions into the area of present-day Utah in 1765. Twelve years later, a 10-man exploration team led by two Franciscan priests came through Utah looking for a route between Santa Fe, New Mexico and Monterey, California. They entered Utah from the east near the present town of Jensen, in September 1776. By the early 1800s trade with the Indians in Utah was well established.

In the 1820s trappers explored most of Utah's rivers and valleys and some of the desert land. Jedediah Smith, one of the great explorers, made several significant journeys through Utah. It was his rediscovery of South Pass in Wyoming that allowed thousands of immigrants to travel west by wagon. Trapper Jim Bridger reported his sighting of the Great Salt Lake in 1824. Miles Goodyear established Fort Buenaventura on the Ogden River in 1845.

In April 1847 the pioneer company of Mormons led by Brigham Young started from Winter Quarters, Nebraska, heading to Utah. An advance party entered the Salt Lake Valley on July 22, 1847. The rest of the group entered on July 24, which is now a state holiday – Pioneer Day.

Communication between East and West became increasingly important between 1850 and 1870. The overland freight brought needed goods to Utah settlers. The Pony Express brought both mail and news in its short nineteen months of operation. In 1868, Union Pacific began to build part of the transcontinental railroad through Echo and Weber canyons. On May 10, 1869, workers joined the Central Pacific and the Union Pacific railroad lines at Promontory Summit, Utah.

UTAH TODAY

Utah is a leader in information technology. It is home to numerous high-tech companies including Gateway and Novell. In 1998 Scarborough Research Corp. stated that Salt Lake City had more personal computers per household than any other city in the United States.

Tourism has become a major economic factor year-round with the development of Utah's ski industry, and recreation areas such as Lake Powell, and over 50 state and national parks, monuments, and recreation areas.

Another growing multi-million dollar industry in Utah is film and television production. Popular television shows produced in Utah include "Promised Land" and "Touched by an Angel." Motion pictures filmed in Utah include: 2001: A Space Odyssey (1968), Butch Cassidy and the

Sundance Kid (1969), Footloose (1984), Thelma and Louise (1991), Forrest Gump (1994), Independence Day (1996), The Wild Wild West (1999), and Mission Impossible II (2000).

LIQUOR LAWS

The sale and service of alcoholic beverages is regulated by the State of Utah. Alcoholic beverage control is a concept that Utah shares with other states and countries. Utah's liquor laws are based on the general philosophy of making alcoholic beverages available in a manner that reasonably satisfies the public demand. In this respect, however, the state does not promote or encourage the sale or use of alcohol.

Legal Age

A person must be at least 21 years of age or older to purchase and consume alcohol in Utah. The following is a summary of how residents and visitors to Utah may obtain alcoholic beverages.

Wine, Liquor, and Beer

Full liquor service is available in licensed restaurants, airport lounges, and private clubs. Patrons may order liquor by the drink, wine by the glass or bottle, and beer in bottles, cans and on draft. Packaged liquor, wine, and heavy beer (over 3.2%) are available in State Liquor Stores and Package Agencies.

In restaurants, liquor, wine and heavy beer (over 3.2%) may be served from noon to midnight. Beer (3.2%) is available from 10:00 a.m. to 1:00 a.m. Patrons must be dining in the restaurant in order to be served an alcoholic beverage. Patrons may be served at their table or in a waiting area. Wine lists and alcoholic beverage menus are provided only upon request. There are approximately 500 licensed restaurants in Utah, and most are located in the Salt Lake, Park City, Ogden, and Provo areas.

In private clubs, liquor, wine, heavy beer, and beer may be served from 10:00 a.m. to 1:00 a.m. But on Sundays and holidays, liquor, wine and heavy beer may be served only from noon to midnight. Clubs sell alcoholic beverages with or without food, and patrons may be served at a bar or table. Many clubs provide live entertainment. Although clubs are primarily for members and their guests, most clubs offer temporary "visitor card" memberships for a nominal fee (usually $5 for two weeks). The visitor card allows the visitor and up to five of his/her guests to use the club. There are approximately 300 private clubs that offer full alcoholic beverage service. Most are located in the Salt Lake, Park City, Ogden, and Provo areas.

THE ARTS

The Utah Arts Council is the primary agency in Utah through which state and national funds are funneled to stimulate and encourage the arts in the state. The council distributes funds appropriated directly for the arts by both the Utah State Legislature and the National Endowment for the Arts. It acts as a state coordinator and advisor,

having an awareness of various programs that might be underway at any given time around the state. The council assists with professional help where needed and provides direct matching grants to more than 200 nonprofit organizations across the state.

Arts in Utah include the Utah Opera, the Shakespeare Festival, Broadway shows at the Capitol Theater, Ballet West, the Utah Symphony, the Repertory Dance Theater, and more. Many arts productions are taken "on the road" and can be enjoyed right here in Ogden! For additional information, go to http://www.utah.gov/about/arts.html or call 801-236-7555.

SPORTS

The Utah Jazz is Utah's professional basketball team. Utahns are "fanatical" about their team! Even if you don't like the Jazz, they will play *your* favorite team some time during the season! Tickets are reasonably priced.

Other Utah teams:
Utah Grizzlies - Hockey
Utah Freezz - Soccer
Ogden Raptors - Baseball
The Salt Lake Stingers - Baseball
The Utah Starzz - Women's Basketball

Top-quality college sports are also played at Utah's colleges and universities:
Brigham Young University
College of Eastern Utah
Dixie College
Salt Lake Community College
Snow College
Southern Utah University
University Of Utah
Utah State University
Utah Valley State College
Weber State University

For more information on sports in Utah, go to http://www.utah.gov/visiting/sports.html.

Golf

Utah has more golf courses per capita than anywhere else in the USA! Thanks to Utah's diverse climate, you can golf every day of the year. In northern Utah, you can golf starting in early spring through late autumn. In the spring, you can even ski in the morning, then play golf in the valleys in the afternoon! When it's snowy up north, go down south to Utah's "Dixie" and golf all winter! And right here, Hill AFB's golf course has been rated #1 in the Air Force!

Hunting & Fishing
You can fish year-round in Utah. The BX Customer Service has fishing licenses for sale. Hunting in Utah has become a popular family activity, and hunting tags are now sold by lottery. For information about hunting and fishing, contact the Utah Division of Wildlife Resources at (801) 538-4700 or http://www.wildlife.utah.gov/.

Skiing
Utah is home to "The Greatest Snow On Earth"; an incredible 500 annual inches of dry powder snow; and an infrastructure of 14 mountain resorts - 11 of which are within a one hour driving radius from Salt Lake City and its international airport.

Ski Resorts:
Alta Ski Area (Park City – for skiers only, no snowboards allowed)
Beaver Mountain Ski Resort (Logan – also has tubing)
Brian Head Ski Resort (Cedar City, south of Provo – also has night skiing and tubing)
Brighton Ski Resort (Park City – also has night skiing, kids under 10 ski free w/ adult)
Deer Valley Ski Resorts (Park City)
Elk Meadows Ski Resort (Cedar City, south of Provo – has a snowboard park and terrain garden)
Nordic Valley (Huntsville, east of Ogden – also has night skiing and tubing)
Park City Mountain Resort (Park City – also has night skiing)
Powder Mountain Ski Resort (Huntsville, east of Ogden – also has night skiing, snowcat and helicopter skiing to remote slopes)
Snowbasin Ski Resort (Huntsville, east of Ogden)
Snowbird Ski Resort (Park City – kids 12 and under ski free w/ adult)
Solitude Ski Resort (Solitude, Utah, Park City area)
Sundance Ski Resort (Sundance, Utah, east of Provo)
The Canyons Ski Resort (Park City – has a snowboard/ski stunt "park" and night tubing)

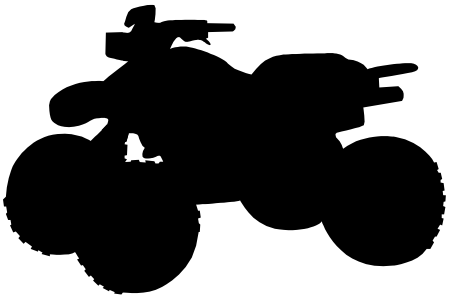
Cross country skiing is offered at:
Brian Head (435) 677-2035
Homestead Cross Country Ski Center in Midway, Utah (800) 327-7220
Solitude Nordic Center (800) 748-4754
Sundance Nordic Center (801) 223-4170
White Pine Touring Center, Park City, Utah (435) 615-5858

Tickets and Tours, located in the Thornton Community Center, Bldg. 460, has discount lift tickets for most ski resorts.

NATIONAL AND STATE PARKS AND FORESTS
Utah has 45 state parks – too many to list here! For information, call (801) 538-7220 or go to http://parks.state.ut.us/parks/parklist.htm. Many of Utah's State Parks have camping, fishing, boating, hiking, and other recreational activities.

Utah also has many National Parks and Forests:
Arches National Park (435) 259-8161
Ashley National Forest, Vernal, (435) 789-1181
Bryce Canyon National Park (435) 834-5322
Canyonlands National Park (435) 259-7164
Capitol Reef National Park (435) 425-3791
Cedar Breaks National Monument (435) 586-9451
Dinosaur National Monument (970) 374-3000
Dixie National Forest, Cedar City, (435) 865-3700
Fishlake National Forest, Richfield, (435) 896-9233
Flaming Gorge National Recreation Area (435) 784-3445
Glen Canyon (Lake Powell) National Recreation Area (520) 608-6404
Golden Spike National Historic Site (435) 471-2209
Hovenweep National Monument (303) 749-0510
Manti-LaSal National Forest, Price (435) 637-2817
Natural Bridges National Monument (435) 692-1234
Rainbow Bridge National Monument (520) 608-6404
Timpanogos Cave National Monument (801) 756-5238
Uinta National Forest, Provo, (801) 342-5100
Wasatch-Cache National Forest, Salt Lake City, (801) 524-3900
Zion National Park (435) 772-3256

All Terrain Vehicles



The best-known off-road state park is Coral Pink Sand Dunes State Park near Kanab. The USDI Bureau of Land Management and USDA Forest Service manage many trails and areas throughout the state, which are open to all-terrain vehicles. It is best to contact the land manager of the area in which you would like to ride, and contact that agency for their up-to-date recreation map, which will show trailheads, openings, and closures.
USDI Bureau of Land Management: (801) 539-4001
USDA Forest Service: (801) 524-3900

FAMILY FUN & DAY TRIPPING
There are a wide variety of inexpensive family activities to do in the local area. Here's just a few to get you started!

Antelope Island State Park, 4528 West 1700 South, Syracuse, (801) 773-2941
Activities on Antelope Island include saltwater swimming, sunbathing, camping, picnicking, photography, bird watching, and wildlife watching. Hikers, cyclists, and equestrians can enjoy more than 30 miles of roads and trails. There are a full range of facilities available – modern rest rooms, hot showers, picnic shelters, a group-use pavilion, boat launching ramp, marina, camping, guided tours, and a food, beverage and gift concessionaire. Admission is $8 per vehicle, $4 per bicycle.

Bear Lake, Logan, 1-800-882-4433, www.bearlake.org
Bear Lake is often called the Caribbean of the Rockies for its intense turquoise blue water. This resort area is known for excellent boating and water-skiing. You can jet-ski, swim at one of the many white-sand beaches, boat, water-ski, scuba dive, sail, camp and picnic, fish, golf, horseback ride, hike and cycle on the many trails, view birds and wildlife, and even go cave exploring! The region is famous for its delicious raspberry crop, and has a raspberry festival every August. In the winter, go downhill or cross-country skiing, snowmobiling, and ice fishing!

Eccles Dinosaur Park, 1544 E. Park Blvd., Ogden, (801) 393-3466, www.dinosaurpark.org
See life-size replicas of the creatures that lived two hundred million years ago. Realistic sculptures of more than one hundred dinosaurs fill the Park. These creatures are reproduced based on the findings of fossil skeletal remains. The artists bring the dinosaurs to life by adding the muscles, skin and coloration, teeth and claws. You can hear the dinosaurs walking and roaring, the crash of trees brought down by powerful herbivores, the calls of pterodons gliding through the air brought to you by a high quality sound system throughout the Park. This six-acre outdoor museum is unique in its exhibition of full-bodied creatures of the Dinosaur Age. Dinosaurs found in Utah are specially featured. Admission for adults is $4.00, children 3-17, $2.50.

Fort Buenaventura Park, 2450 A Ave., Ogden, (801) 621-4808
http://www.ogdencvb.org/Weber/fortb.html The Fort is located on 32 acres of secluded wooded land along the Weber River. A fort and cabins were re-created on the original site using 1840s building techniques. Cabin furnishings depict life in 1846, and authentic artifacts are displayed. The Fort was the first permanent Anglo settlement in the Great Basin. It was established in the fur trapping ear by Miles Goodyear, a mountain man, trapper, and horse trader. There are guided tours of the fort and cabins, nature walks, picnicking, horseshoes and volleyball, and a visitor center and trading post. Mountain Men rendezvous are enacted three times a year, usually around Easter, in September, and around Thanksgiving. Admission is $4 per vehicle.

Hogle Zoo, 2600 East Sunnyside Avenue, Salt Lake City, (801) 582-1631, www.hoglezoo.org
Utah's Hogle Zoo nurtures respect and appreciation for the natural world by providing diverse educational, recreational, and conservation opportunities. This is accomplished through imaginative exhibits and programs and professional animal care. The zoo's newest inhabitant is a polar bear, born Dec. 12, 2001. Admission is $7 per adult, $5 per child.

Lagoon, Farmington, (801) 451-8000
While it's not Disneyland, Lagoon is the largest amusement park in the area, and adds a new ride every year! There's plenty to keep family members of all ages busy, including Lagoon A Beach, a six acre water park, Pioneer Village, a reconstruction of a typical frontier community as it might have existed in the late 1800s, and X-Venture, a set of rides to thrill adults! During the weeks leading up to Halloween, come to "Frightmares" for scary and not-so-scary rides and

events for the whole family. Regular admission at the gate is $29.95, but buy your tickets on-base at Tickets and Tours for only $26.50. Season passports are also available!

Kennecott Bingham Canyon Copper Mine, 25 miles SW of Salt Lake City, (801) 252-3234
Known as the "richest hole on Earth", this gigantic mining operation has yielded more than 15 million tons of copper metal, as well as vast quantities of gold, silver, and molybdenum. It is the largest man-made excavation in the world. A Visitor's Center inside the mine features informative exhibits and videos about the half-mile deep mine. Admission is $4 per vehicle.

Ogden Nature Center, 966 West 12th Street, (801) 621-7595, www.ogdennaturecenter.org

The Ogden Nature Center is a living treasure in the heart of Ogden. It's a 127-acre wildlife sanctuary and wildlife rehabilitation center, with quiet walking tours, a gift shop, and year-round nature education programs. Some of the nature education programs are aimed specifically at children, and have included making a bird feeder, astronomy, "touch a reptile" (snakes and lizards), and bird-of-prey flying demonstration. Admission is less than $2.50 per person, and annual memberships are available.

OUTDOOR RECREATION EQUIPMENT RENTAL
Hill AFB's Outdoor Recreation has a variety of equipment available to rent, including camping equipment and trailers, skis and snowboards, canoes and fishing boats, wave runners, snowmobiles and ATVs, just to mention a few. Call Outdoor Rec at 777-9666 for more information!

Check out Relocation Services at the Family Support Center

The Relocation Assistance Program helps single and married AF members and their families, and DoD civilians, through the moving experience. If you have any questions about moving, Hill AFB, or travel information, the Relocation Assistance Program personnel are available to help you find answers. We're located in Building 308N. For more information, call the Family Support Center at (801) 777-4681, (DSN 777-4681).

AF Crossroads is the official Air Force Community web page, and has all kinds of information to help military members and their families at PCS time! Go to the **DoD Installations** page at AF Crossroads for information about Hill AFB, including details about housing, employment, education, the local community, childcare, medical services, and more.

The **Loan Locker** in Building 308N has a variety of essential items available for checkout after you've packed up your household goods, or while you're waiting for them to arrive. Some of the items we have: dishes, pots and pans, microwaves, TV/VCRs, tables & chairs, futons, child car seats, porta-cribs, and much more!

Trip mapping is a computerized street-mapping and trip-planning service available for any U.S. trip you plan to make. **Demographic reports** are available for any neighborhood in the US. Base **videos** and information packages on almost any military installation (including Army, Navy, and Marines) are available for checkout. **Smooth Move** seminars are offered to give you helpful tips and hints on making your move as stress-free as possible. **Relocation assistance** is provided one-on-one with a relocation expert to answer any questions and address specific concerns you may have.

We also have a variety of workshops to help you settle in. We offer new seminars all the time so be sure to look at our calendar every month!

The **Air Force Aid Society** (AFAS) can provide financial assistance when Air Force families have financial hardships. For assistance, contact the nearest Air Force base, or the closest office of the American Red Cross if you're not near a base. The **Personal Financial Management Program** can help you with budgeting for an upcoming move, or assist you with making a budget here at Hill AFB. The **Career Focus Program** (CFP) provides job search assistance for family members. Contact the CFP specialist at your current base for assistance in preparing a resume and pre-move job hunting. Our Career Focus Program Manager at Hill AFB can help you find the perfect job here!

The Air Force Aid Society's **"Child Care for PCS"** program funds 20 hours of child care, per child, at both ends of your PCS move. This program is open to active duty members of all ranks, and can be used when you're within 60 days of your move. Bring a copy of your PCS orders to the Relocation Assistance Program personnel to get a voucher and list of childcare providers. Hill AFB **Newcomer's Orientation** is conducted every other Wednesday. The active-duty member will be scheduled to attend this orientation during inprocessing. Spouses are encouraged to attend Newcomer's Orientation – use "Child Care for PCS" and you'll know your children are having fun while you get valuable information about Hill AFB!

HOW TO HANDLE PCS STRESS

Many studies show that a large number of stresses happening within a year are frequently followed by psychological and/or physical illness. According to researcher Hans Selye, who has written several books on stress, it is immaterial whether the cause of the stress is pleasant or unpleasant. And the effects may be long lasting, even after the initial stress is over.

How do you know if the stress of a permanent change of station is getting to you or a member of your family?

Possible symptoms include being more irritable; not being able to concentrate; having an overpowering urge to cry or run and hide; feeling weak or dizzy; and experiencing trembling, a nervous tic, stuttering, grinding of the teeth, insomnia or missed menstrual periods.

Other stress symptoms include increased smoking, eating or drinking; increased use of legally prescribed drugs; being more accident prone; and experiencing diarrhea, indigestion and vomiting.

Kathy Wiseman, a Washington, D.C. organizational and family consultant, says some families cope well with increasing levels of stress. They have a sense of what they're facing and know how to adjust. For them, moving is just another kind of irritant in family life.

For other families, however, moving is more traumatic. Wiseman says that counselors working with an individual who is having problems with a move should look at the family as a unit. The entire family needs to considered, not just the individual.

The best way to cope with the stress of moving is to be flexible and take positive steps to deal with it. In order to help the entire family:

- Hold periodic evaluation sessions (a family council) on progress, results and problems. Set long-term goals and a series of sub-goals in order to feel progress and receive encouragement from your accomplishments.

- Give warm acceptance to the family member who holds negative attitudes. This acceptance and acknowledgement of such feelings by others is often just what is needed for the beginning of growth and a change to a more positive attitude.

- Accept the idea or philosophy of trying out new things, and encourage the rest of your family to do the same.

- Find something to take the place of worrying. Keeping busy with other activities that either can demand attention or can allow mental and/or physical relaxation is one solution. Some people clean closets, other exercise or read. Regardless of how you relax and work off worry and anger, make more opportunities for it at moving time.

- Call or write ahead to people in the new community. Do research on it and make contacts. If possible, send an "advance party" to scout out the new location.

- Check out persons who might have lived in the new location. When you arrive, get in touch with any acquaintances that are there so the area feels more like home.

- Talk with people who have recently moved.

- Do some homework on movers. Find out which ones are good and them ask for them. Organize and sort through items in the house before the packers arrive.

- Choose off-base living at your new location if you like fewer restrictions, more privacy and more choice in the type of housing. Choose on-base housing if security, convenience and financial savings are most important.

- While waiting on housing, try to maintain daily routines as much as possible.

- Settle quickly, organizing children's rooms first. Try to re-establish routines that your family enjoyed before. Whatever your family routines, inaugurating it at your new assignment will give a sense of continuity.

- Explore the new neighborhood for potential dangers, especially to children and pets.

- Push your children--and yourself--to meet new people. Definite plans should be made for developing new friends. Join something. You can always quit later if it is not what you wanted or expected. Social bonds help make the adjustment to a new location.

- Locate jobs through the classified ads or networking or acquire a portable skill, such as nursing, that is needed everywhere. Get some career counseling if necessary.

- Consider each new assignment as "home." The more you get involved, the more you will enjoy your new location.

- If problems aren't resolved, find a professional so you can talk out your frustrations. Use a counselor familiar with the military lifestyle and language specific to the system.

- Above all, don't give a pet away, make promises you can't keep, make children throw out toys to which they're emotionally attached or deny your own feelings of loss.

- Don't forget that you've done it before and you will do it again!

NOTE: The above information was furnished by the Military Family Resource Center, Arlington, VA.

Hill AFB Useful Phone Numbers

From a commercial phone, use area code 801.
From a DSN line, dial the number as listed.

- Child Development Center, Bldg. 470, 777-6321
- Family Support Center, Bldg. 308N, 777-4681
- Flight Medicine, Bldg. 570, 777-7932
- Housing Office, Bldg. 180, 777-2963
- Lodging (Mountain View Inn), Bldg. 146, 777-1844
- Medical Clinic Appointments, Bldg. 570, commercial 728-2600
- Military Pay, Bldg. 1289, 777-1851
- Military Personnel Flight, Bldg. 180, 777-1845
- Military Travel Pay, Bldg. 1289, 777-1858
- Pass & Registration, Bldg. 1296, 777-1853
- South Gate Visitor's Center, 777-8631
- Traffic Management Office, Bldg. 800, 777-1849
- TRICARE (toll free) 1-888-874-9378
- Weapons Registration (Security Forces Armory), Bldg. 1219, duty hours 777-7916, non-duty hours 777-3056
- Youth Center, Bldg. 883, 777-2419

UTILITIES

UTAH POWER	1-888- 221-7070
QUESTAR GAS	(801) 621-3262
AT&T CABLE SERVICE	(801) 444-4824
QWEST (Telephone)	1-800-244-1111

Hill Air Force Base, Utah

Ogden Air Logistics Center

To access the Hill Air Force Base Phone Book, please go to this web site:

http://www.hill.af.mil/

The entire base guide is on this web site.

For maps of the base, go to:
www.hill.af.mil/map/map-west.html Map of Hill AFB, West area
www.hill.af.mil/map/map-east.html Map of Hill AFB, East area

TIPS FOR MOVING WITH CHILDREN

- Inform children early.
- Keep a positive attitude in their presence.
- Allow them to openly talk about the move and to have input in the decisions when appropriate.
- Remind children often that although everything seems to be changing, the family is still secure as a unit.
- Involve children in packing their personal belongings.
- Help them accumulate memories of present home and friends in an organized manner.
- Consider moving during the school session to avoid anxiety related to the first day of school. Be sure they are dressed like the local children on their first day of school to avoid being labeled as "different".
- Allow children to take favorite toys or possessions with them on the trip.
- Have games and snacks for the trip.
- Request special education or medical information early in the process.
- Get books about new location from franchise bookstores in your present area.
- Get books on moving for children.
- Get information for teenagers on area of interest. Begin early by involving them in groups with common interests.
- Allow children to help with selections relating to their room in the new home.
- Take a camera for pictures on your house-hunting trip when children do not accompany you.
- Allow children to "tape" messages from friends they are leaving behind.
- Allow children to make occasional phone calls to friends they left behind.
- Locate school bus stops in new neighborhood to avoid the stress of the first day.
- Contact your local Family Support Center as soon as possible, and get assistance if needed.

WELCOME TO
HILL FIELD ELEMENTARY
We are a PeaceBuilders® School

Hill Field Elementary is located at 389 South 1000 East in Clearfield, UT 84015. The school is southwest of Hill Air Force Base and most of the students (99%) are military dependents. Hill Field Elementary is part of the Davis School District; we are not a DoDD school. We are on a traditional school schedule with school beginning the latter part of August and ending the first week of June. The school day begins at 8:25 a.m. and ends at 1:30 p.m. on Monday and at 3:05 p.m. the remainder of the week.

Students attending Hill Field Elementary need to reside within the school boundary. Our boundary is Hill Air Force Base and a small group of houses northwest of the school. Exceptions require a letter from base housing indicating that on-base housing will be available within 90 days. A District boundary variance may also be considered.

To register, you will need your child's immunization record, birth certificate and social security number. Please come to the school between 8:30-11:30 a.m. to register new students. If you have any questions, please call the school at (801) 402-2350.

Our enrollment fluctuates between 650 to 700 students. To better familiarize yourself and your child with our school, check out the following web sites:

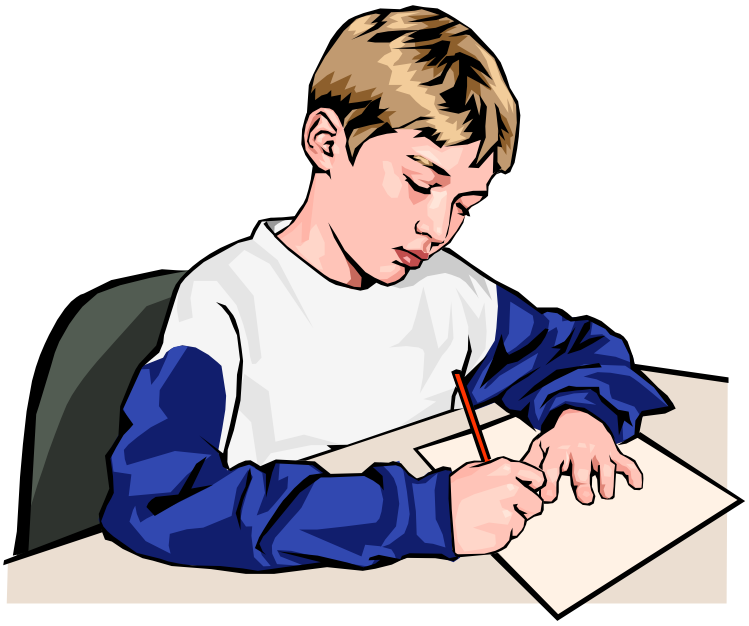
Hill Field Elementary School: http://www.davis.k12.ut.us/hillfield/
Davis School District: http://www.davis.k12.ut.us/

We are a PeaceBuilders® School. PeaceBuilders® is a school-wide behavior management program that promotes a peaceful, encouraging and supportive safe school environment. It provides a practical approach in helping students find positive ways to resolve conflicts. It facilitates new ways of looking at things and establishes a common language for working out problems. In short, PeaceBuilders® focuses on finding and honoring the good in people, not emphasizing the bad.

Take time to become involved in our school. The opportunity to be involved in the education of students is greater today than ever. The effort required may also be greater since many families have parents working outside the home. Parent attendance at school events is appreciated and noticed by students. Your support is needed for Back-to-School, SEP Conferences, and many other school and classroom activities. Join the PTA, participate with our school Multi-Cultural Committee or Community Council or volunteer to help with a one-time commitment. If you are not able to attend all of the special activities, you may still support the school in other ways; talk to your child about school and discuss the papers that your children bring home to emphasize the important of time spent in school.

Again, WELCOME! We look forward to having you become part of our school community.

KIDS IN TOUCH WITH KIDS



Give your kids a jump-start on making new friends!

We are happy that you and your family will soon be a part of the Hill Air Force Base community. You are invited to participate in our "Kids in Touch with Kids" youth program. This youth program, which is sponsored by Services Youth Activities Center, links your children with other kids already stationed here. The child sponsor sends letters and information to your children, letting them know "what's hot" at Hill and in Utah.

Upon arrival at Hill AFB, we'll give your children:

* A Youth Orientation Package for our community
* One week free membership benefits to Youth Activities
* Special welcoming and a facility tour

If you are interested in this program, please contact the Youth Center at: (801) 777-2419, DSN 777-2419 or FAX (801) 586-1531.

Or you can send the child's name, age, sex, interests, current mailing address, and anticipated arrival date to: Youth Center, Kids in Touch With Kids 75 MSG/SVYY, 7712 Sixth Street Bldg. 883, Hill AFB, UT 84056

Updated 19 May 03

Career Focus

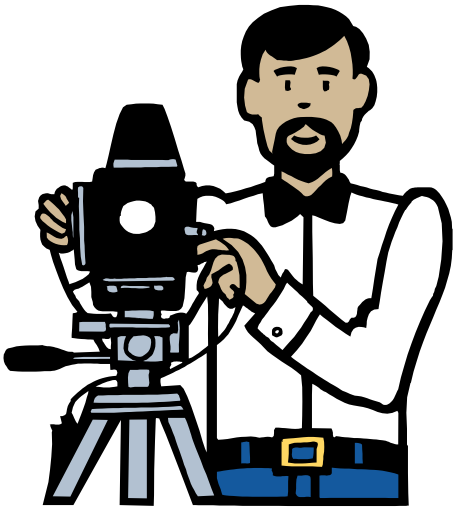
The Career Focus Program is an employment resource program. It provides information, assistance, and job skills training to enhance the marketability and employability of military spouses, family members, and DoD civilians. We also provide job referrals to full and part time employment, assistance with resumes and job applications, career counseling and planning, job fairs, and a resource center with access to computers, printers, and information on careers, jobs, and the development of job search skills.

The career focus program includes ways for you to:

- ✓ Identify your skills and interests
- ✓ Plan your career
- ✓ Improve your job search skills
- ✓ Increase opportunities for employment of a career change

With increased access to employment opportunities and information, the Career Focus Program will help you get a head start on your new career.

Call the Family Support Center at (801) 777-4681, DSN 777-4681 for more information!



OFFICER'S SPOUSES' CLUB

We have monthly functions and activity groups. Some of the activity groups that meet are: Playgroup, Gourmet Club, Lunch Bunch, Book Club, Scrapbooking and Sewing/Quilting.

If you are interested in joining either the OSC, or have questions, please contact Club Hill at (801) 777-3841.

TRICARE Service Center

7321 11th St., Bldg. 545
Hill AFB, UT 84056

MONDAY – Friday
7:30 a.m. – 4:30 p.m.

Visit our web site: http://www.triwest.com/

For TRICARE information, dial (801) 728-2600. The following options are available:

Mental Health or Substance Abuse ..... Press 1
Appointments..... Press 2
Same day & urgent appointments.....7:30 a.m. – 4:30 p.m.
Appointment cancellations .....7:30 a.m. – 4:30 p.m.
Routine, new and follow-up appointments.....7:30 a.m. – 4:30 p.m.
(Follow-up appointments beyond five weeks)
Benefits and General Questions ..... Press 4
Medical Authorizations or Referrals ..... Press 5
To Return To The Beginng Of The Menu..... Press 9

For Claims Status..... 800-225-4816

Welcome to TRICARE at Hill AFB in the Central Region!

TriWest Healthcare Alliance, the TRICARE contractor for the TRICARE Central Region, wants to be among the first to welcome you and your family members to your new home. We are dedicated to providing you exceptional service and access to consistent, quality health care. TRICARE Central is comprised of 16 states and includes 27 military installations.

Once you have settled in, make a visit to Hill AFB's TRICARE Service Center (TSC) a priority to avoid any lapse in your family's health care coverage. If you moved from another TRICARE region, your family members who are enrolled in Prime will automatically be disenrolled from your original location once enrolled here under enrollment portability. With portability, enrollment anniversary dates

and amounts credited toward catastrophic caps transfer with TRICARE Prime health benefits for active duty family members. If you arrived from another service area within the TRICARE Central Region and your family is already enrolled in Prime, you still need to visit your local TSC to be assigned a new primary care manager (PCM).

If you do not choose to reenroll your family in TRICARE Prime, they are eligible for TRICARE Standard and Extra. Although no enrollment is required for Standard or Extra, we recommend visiting the TSC to pick up a listing of providers in the area and other TRICARE program information. Remember, if your family members are not enrolled in Prime, they can receive care at the military treatment facility on a SPACE-AVAILABLE basis only.

Hill AFB's TRICARE Service Center is staffed with appointment specialists, beneficiary service representatives and health care coordinators to assist you with your TRICARE questions.

If you need more information about your TRICARE coverage, please visit us at the TSC or call us at 801-728-2600. We look forward to serving you and your family here at Hill AFB.

Hill AFB
TriWest Healthcare Alliance Staff

Utah's Environmental Concerns

Please Note: This is not an in-depth list, but an overview.

Utah Weather

Utah has four distinct seasons. The climate is dry with little humidity. Temperatures in the summer can reach into the mid-90°s, with little rainfall. During the spring and fall, daytime temperatures are fairly comfortable, in the 50°-60°s, but it will often get below freezing at night. Afternoon and evening thunderstorms can occur any time from early spring through late fall, and even occasionally in the winter. In the winter, daytime temperatures may get above freezing, but at nighttime, it will often be 5° to 20°. Winter snowfall usually occurs from late December through February, but in the valleys there is seldom more than a foot or so on the ground at any time. Up in the mountains, snowfall can reach up to six feet in one storm! Mountain weather can change very quickly at any time of year.

Heat Related Injuries.

Heat stress, heat exhaustion, heat cramps, dehydration, and heatstroke.
In extreme high temperatures, outdoor recreation should be minimized.

1) Shaded rest areas should be provided in close proximity to outdoor work areas.
2) It is critical to drink more water than is usually consumed.
3) Sunburn can be quite severe in Utah's high altitude and thin atmosphere.
    a) Wear protective clothing such as hats and long sleeved shirts.
    b) Apply sunscreen lotions when working or playing in the direct sun.

Cold Related Injuries

Frostbite and hypothermia. Hypothermia occurs when the body cannot sustain normal temperature due to exposure to cold temperatures.

1) In cool or cold weather, one should dress in several layers of warm clothing.
2) Protection against the wind and wetness are important.
3) Gloves and socks should be kept as dry as possible.
4) Wear insulated boots that do not interfere with circulation.
5) Wear a warm head covering -- 30% of heat loss is from the head.
6) Ample fluid and food should be taken.

Lightning Warning

There are still many deaths per year due to lightning strikes. Some precautions to take are:

1) Watch for approaching storms (i.e. clouds, winds).
2) Seek shelter.
3) Avoid tall objects.
4) Crouch low to the ground.
5) Listen to the local weather forecast.

Poison Ivy

In Utah, poison ivy is never more than four feet high, and prefers to grow in canyons, along irrigation canals, and roadsides. The leaves consist of three leaflets. Treatment: wash exposed area(s) with large amounts of cold water, not warm. Seek medical care from a physician. Wash contaminated clothing separately two to three times.

Spiders and Reptiles

Hobo Spider

The northwestern brown spider or hobo spider *(Tegenaria agretis)* is well known in Oregon and Washington and is also quite common in Utah. The aggressive house spider (hobo spider) is brown in color with distinctive chevron stripes on its abdomen. Indoor habitats include basement or ground floor levels, spaces between boxes, windowsills, under baseboard heaters, behind furniture, and in closets. The hobo spider often causes a bite that leaves an open, slow healing wound. Bites from this spider are frequently and mistakenly thought to be brown recluse spider bites. Keep the wound clean and prevent infection. If the bite becomes infected or does not seem to heal, see a physician.

Black Widow Spider

A mature female is a globe-shaped, black, shiny spider with a red or orange marking or hourglass on the underside of her abdomen. Males are smaller, brown and not a significant threat to man. A strong, irregular web indicates the presence of a black widow spider. This spider is resistant to many insecticides. The black widow spider bite may be painful, with little local reaction. Later, pain, cramping and rigidity may appear in the shoulders, back, chest or abdomen. Other manifestations include nausea, vomiting, headache, anxiety and high blood pressure. Clean the site well with soap and water. Apply a cool compress over the bite location and keep the affected limb elevated to about heart level. Aspirin or Tylenol may be used to relieve minor symptoms. Treatment in a medical facility may be necessary for children less than 5 years old or for adults with severe symptoms. Call the Poison Center for additional information.

Rattlesnake

The rattlesnake is a light buff color with darker brown diamond-shaped markings, usually with a rattle on the tail. It is found in grassland, deserts, woodlands and canyons. This bold rattlesnake holds its ground. When coiled and rattling, it is ready to defend itself. However, the snake doesn't always give warning with its' rattles. The rattler injects a large amount of venom when it bites, making it one of the most dangerous snakes. This toxic venom causes considerable pain and tissue damage. If you are bitten, seek medical attention immediately.

Bats

Bats are an important part of Utah's eco-systems, and they are directly beneficial to humans as they consume 30-100% of their weight in insects each night. However, direct human-bat encounters are dangerous because bats can transmit rabies. Also, bats can transmit a fungal disease called histoplamosis. The best way to keep bats from entering buildings is to locate and seal any openings the bats could be using. Fall is the best time to "bat-proof" a building. This is the time of year when most bats vacate their nests. A variety of materials, such as caulk, foam rubber, or steel wool can be used to fill in small holes. Remember that all bats are protected under Utah law, and it is illegal to intentionally kill a bat.

There are many species of insects and reptiles that inhabit Utah. If you have been bitten by a venomous insect or reptile seek the advice of your doctor or call the POISON CONTROL CENTER UTAH: 1-800-456-7707 or (801) 581-2151.

Diseases in Utah

Giardia

Giardiasis refers to a syndrome of diarrhea, excess gas, and abdominal cramping. Giardiasis is usually contracted by drinking water from untreated or improperly treated sources. The symptoms usually occur one to two weeks after exposure to the parasite. Symptoms initially include diarrhea, bloating, nausea, abdominal cramping, and malaise. Weight loss is also a frequent finding. The use of an appropriate antibiotic for seven days is usually highly effective in relieving symptoms and curing the disease.

Tularemia

Tularemia is also known as rabbit fever. This is a bacterial disease transmitted from wild animals and some domestic animals, and can also be contracted from the bite of an infected wood tick or deer tick, deerfly, or mosquito. Most rabbits carry these bacteria. It is easily transmitted during the skinning process, or if the meat is undercooked. Symptoms: Ulcers appear at the site of the infections, severe fever, flu-like symptoms, and swollen lymph nodes. Doctors recommend a preventative vaccine for people at high risk of contracting tularemia. Antibiotics are effective in the treatment to eliminate this infectious bacteria.

Hantaviris

Hantaviris is a viral disease of the lungs that is carried by rodents, especially the deer mouse. You can become infected by exposure to their droppings, and the first signs of sickness (especially fever and muscle aches) appear 1 to 5 weeks later, followed by shortness of breath and coughing. Once this phase begins, the disease progresses rapidly, necessitating hospitalization and often ventilation within 24 hours. It's fairly uncommon and the chances of becoming infected are low. Prevention is the best strategy, and it simply means taking some very practical steps to minimize your contact with rodents. It is not contagious from person to person. At the present time, there is no specific treatment or "cure" for hantavirus infection. If you have been around rodents and have symptoms of fever, deep muscle aches and severe shortness of breath, see your doctor *immediately*. Be sure to tell your doctor that you have been around rodents—this will alert your physician to look closely for any rodent-carried disease.

Emergency Services:
Davis Hospital/Medical Center: 825-9561
McKay-Dee Hospital: 627-2800
Ogden Regional Medical Center: 479-2111
Hill AFB Public Health: 777-1166
Davis County Health Department, Environmental Health/Laboratory: 451-3296
Weber County Health Department, Environmental Health/Laboratory: 399-8381

Hill AFB - AAFES Facilities

Main Shopping Mall
Bldg. 430 (801) 773-1207

Food Court - (801) 825-1866

- American Classic
- Anthony's Pizza
- Sandwich Shop
- Taco Bell

Concessions

- Barber Shop - (801) 773-4602
- Beauty Shop - (801) 773-4076
- Flower Shop - (801)773-2152
- Gift Shop - (801) 776-4903
- Optical Shop - (801) 776-3368
- Postnet - (801) 776-5700
- GNC LiveWell - (801) 776-3351

Shoppette/Class Six
Bldg. 420 (801) 825-8564

- MCSS - (801) 777-3914 Mon – Fri 0900-1800 / Sat 0900-1600
- Laundry/ Dry Cleaning/ Alterations - (801) 773-3823 Mon – Sat 0800-1800
- Service Station Mon - Fri 0600-1900 / Sat 0700-1500 (801) 773-3600
- Grounds for Coffee – (801) 525-2291 Mon – Sat 0700-1800 / Sun 1000-1600
- Frank's Franks (801) 773-3600 ext. 141 Mon – Sun 1000 -1600

Burger King
Bldg. 418 (801) 774-9093
Mon - Thu 0630-2000 / Drive Thru 2100
Fri - Sat 0600-2000 / Drive Thru 2100
Sun 0900-1800 / Drive Thru 1800

75TH SERVICES DIVISION

From a commercial phone, use area code 801.
From a DSN line, dial the number as listed.

- Services Administration Office.....777-4134
- Archery Range 777-7780
- Auto Skills Center.....777-3476
- Base Theater (Reservations) 777-4134
- Bowling Center 777-9911
- Carter Creek Cabin Res. 777-9666
- Centennial Park Res. 777-9666
- Child Development Center 777-6321
- Crosswinds Restaurant.....777-2043
- Club Hill.....777-2809
- Club Hill Barber Shop 777-4614
- Flight Kitchen 777-1010
- Golf Course.....777-3272
- Hess Fitness Center.....777-2761
- Hillcrest Dining Facility 777-3428
- Honor Guard 777-3967
- Jazzercise ..... (commercial) 773-3589
- Library.....777-2533
- Linen Exchange 777-3196
- Lodging.....777-0801
- Log Cabin Res.....777-9666
- Massage Therapy ..... (commercial) 510-5627
- Outdoor Recreation.....777-9666
- Recycling Center.....777-9007
- Resource Management.....775-2403
- Skills Development Center 777-2649
- Retreat Snack Bar 777-3841
- Riding Stables 777-8071
- Rod and Gun Club 777-6767
- Travel Office (N&N) 777-1322
- Tickets and Tours.....777-3525
- Veterinarian.....777-2611
- Youth Center.....777-2419

WELCOME TO HILL AFB THRIFT SHOP

Thrift Shop, Inc. is located in Building 308 East (next to the AAFES Furniture Store)

Open to all military, retirees, and federal workers on Hill AFB.

THRIFT SHOP HOURS:

Wednesday:	**10AM - 4PM**
Thursday:	**10 AM - 5PM**

CONSIGNMENT HOURS:

Wednesday:	**10AM - 3PM**
Thursday:	**10AM - 4PM**

Donations are accepted during regular shop hours, please turn them in at the desk.

Volunteers are needed Monday, Wednesday, or Thursday.
Childcare will be paid for!
For more information, please call 825-1026.

ACCOMMODATIONS NEAR HILL AIR FORCE BASE

HOTEL/MOTEL

(Marriott) Fairfield Inn, Exit 335 Heritage Park Blvd, Layton	801-444-1600 800-228-2800
*La Quinta Inn, Exit 335 1965 N. 1200 W., Layton	801-776-6700
*Holiday Inn Express, Exit 335 1695 Woodland Park, Layton	801-773-3773 800-465-4329
Comfort Inn, Exit 335 877 N. 400 W., Layton	801-544-5577 800-633-8300
Crystal Cottage Inn, Exit 338 814 N. Main, Sunset	801-825-2221
Super 8, Exit 338 572 N. Main, Clearfield	801-825-8000 800-800-8000
*Motel 6, Exit 342 1500 W. Riverdale, Riverdale	801-627-2880 800-466-8356
*Comfort Suites, Exit 344 21st St. & I-15, Ogden	801-621-2545
(Marriott) Ogden Park Hotel, Exit 345 247 24th St., Ogden	801-627-1190 800-528-1234
*Chase Suite Hotel by Woodfin 765 East 400 South, Salt Lake City, UT 84102	801-532-5511 1-888-433-6071

*Small pets are allowed

TEMPORARY HOUSING

Execustay by Marriott 888-401-7829

Oakwood Corporation 800-467-9522

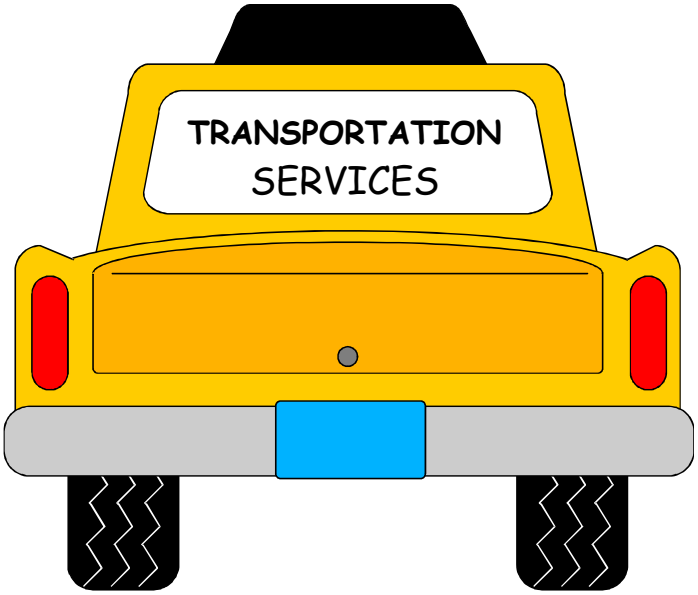
Candlewood Studio Hotel 800-946-6200

Execustay and Oakwood are short term (fully furnished) housing facilities. There are several locations in the local area, so there are plenty of vacancies.

Candlewood studio apartments are located near the Salt Lake Airport (1/2 hr. drive to Hill) and are ideal for single people or those married with no children (because of the smaller accommodations).

Most of these facilities have pools and fitness centers. Weekly maid service and washers and dryers are also available at most locations for a fee.

Hill AFB neither endorses nor supports any of the services above.
This list is provided strictly for informational purposes.



Taxis

City Cab	(801)363-5550
UTE Cab	(801)359-7788
Yellow Cab	(801)521-2100
Hill AFB Taxi Service	(801)777-1843 or DSN 777-1843

Rental Cars

Almo	(801)575-2211
Avis	(801)575-2847
Budget	(801)363-1500
Dollar	(801)575-2580
Hertz	(801)575-2683
National	(801)575-2277
Enterprise at Hill AFB	(801)825-0080

Shuttles

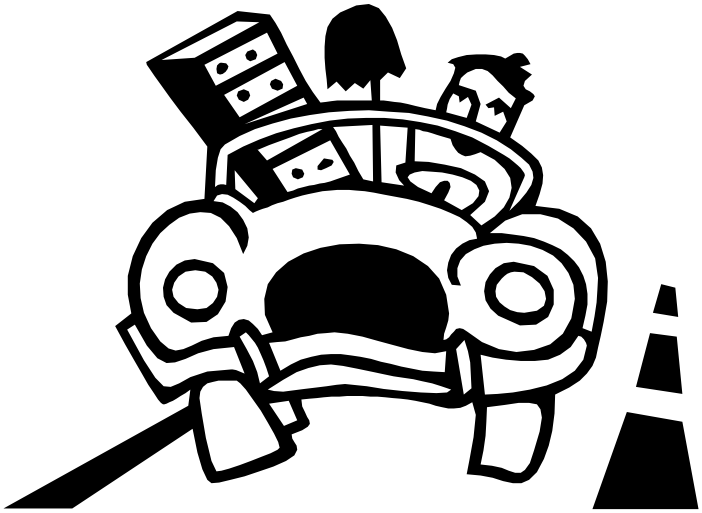
Arrow Transportation	1-888-277-6976
Beehive Transportation	1-888-895-2002
Express Shuttle	1-800-397-0773
Road Runner Airport Shuttle	(801)732-9509
Sunshine Transportation	(801)773-1576
Wasatch Mountain Services	(801)295-4666

Buses

Greyhound Bus	1-800-231-2222
Utah Transit Authority	(801)267-4636

WELCOME TO HILL AIR FORCE BASE

FROM YOUR FRIENDLY TRAFFIC MANAGEMENT OFFICE



Household Goods (Personal Property Shipping Office)

Location: Building 800

Mailing address: 75 ABW/LGTT, 11th Street, Hill AFB, Utah 84056-5206

Hours of operation: Monday-Thursday 0800-1600, Friday 0800-1500

Telephone number: (801) 777-1849, DSN 777-1849, Fax 775-2299

For your convenience, numbers are available 24 hours a day, 7 days a week. With your social security number, you can access the IVR (interactive voice system) and check the status of your shipments.

FAMILY HOUSING

Location: Building 180, Room 106

Telephone number: (801) 777-2963, DSN 777-2963

Hours of operation: Monday - Thursday 0700-1630, Friday 0700-1530

On base family housing is divided into four areas and are of various ages. The oldest homes were built in the late 1930s and are located in the historic area on base. The newest homes (78 units) were completed in 1998. Homes are one- or two-story and 2-, 3-, or 4-bedroom. Some homes have basements. All homes are equipped with a refrigerator, range, dishwasher, disposal, evaporative cooler, and carport or garage. Base housing is available to all ranks and waiting lists range from 2 to 12 months. Call the above number to get a recording of the current waiting times.

Check out the Housing web page at: http://www.hill.af.mil/housing/CEH/

Off-base housing (rent or purchase) is plentiful. Check with the off-base referral service in our office for information on available units in the local area. Available units change almost daily, so please come into our office for the most current listing.

Veterinarian Services/Boarding Kennels

Animal Care
1787 W Riverdale Rd
Roy, UT 84067
(801) 825-9701
Hours: 0800-1800 (M-F)
0800-1500 (Sat)
Daily Fees: Cats: $7.00
Dogs: $9.00 - $10.00

Brookside Animal Hospital
138 W 12th Street
Ogden, UT 84404
(801) 399-5897
Hours: 0800-1800 (M-F)
0800-1400 (Sat)
24 Hour Emergency Services
Daily Fees: Cats: $8.00
Dogs: $10.00 - $13.00

Burch Creek Animal Hospital
4847 Harrison Blvd.
Ogden, UT 84403
(801) 479-4410
Hours: 0800-1800 (M-F)
0830-1400 (Sat)
24 Hours Emergency Services
Daily Fees: Cats: $7.50
Dogs: $9.00 - $14.50

Fairfield Veterinary
230 N Fairfield Rd
Layton, UT 84040
(801) 544-8800
24 Hours Emergency Services
Daily Fees: Cats: $8.00
Dogs: $9.00 - $12.00

Layton Veterinary Hospital
1538 N Main St.
Layton, UT 84041
(801) 773-2570
Hours: 0830-1730 (Mon-Sat)
Daily Fees: Cats: $8.00
Dogs: $7.00 - $11.00

North Ogden Animal Hospital
1580 N Washington Blvd.
Ogden, UT 84404
(801) 782-4401
24 Hours Emergency Services
Hours: 0800-1800 (M-F)
0800-1200 (Sat)
Daily Fees: Cats: $7.50
Dogs: $9.50 - $13.50

Idlewire
5583 Harrison Blvd.
Ogden, UT 84403
(801) 479-3000
Hours: 0800-1800 (M-F)
0800-1700 (Sat)
1400-1600 (Sun)
Daily Fees: Cats: $6.50
Dogs: $10.00 - $13.50

Just for Pets Boarding & Grooming
45 East Gentile #9
Layton, UT 84041
(801) 546-8088
Hours: 0800-1630 (M-F)
0800-1430 (Sat)
(Other hours by arrangement, please call)
Daily Fees: Cats: $8.00
Dogs: $10.00 - $12.00

Hotels & Motels that accept pets

You cannot have your pet in on-base billeting, but there are hotels and motels off base that accept pets. Please be aware, some facilities charge a large and non-refundable fee for pets. Be sure to call in advance to ensure that they are still accepting pets.

Layton

La Quinta Inn
1965 N 1200 West 84041 801-776-6700

Hampton Inn
1702 N. Woodland Park Dr. 84041 801-775-8800

Ogden

Best Western Ogden Park Hotel
247 24th Street 84401 801-627-1190

Big Z Motel
1123 W. 2150 South 84401 801-394-6632

Flying J Inn
1206 W. 21st Street 84404 801-393-8644

Holiday Inn Express
2145 South 1200 West 801-392-5000

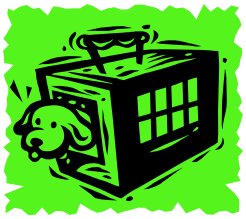
Sleep Inn
1155 S. 1700 West 84404 801-731-6500

Super 8 Motel
1508 W. 2100 South 84401 801-731-7100

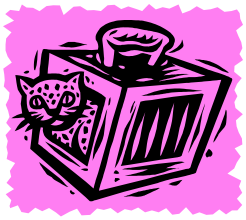
Best Western High Country Inn
1335 W. 12th Street 84404 801-394-9474

Salt Lake City

Chase Suite Hotel by Woodfin
765 East 400 South 84102 801-532-5511
Toll free 1-888-433-6071



PCSing WITH PETS



BEFORE YOU MAKE THE DECISION TO TAKE YOUR PET(S) WITH YOU, MAKE SURE YOU CHECK THE RULES AND REGULATIONS OF THE COUNTRY OR STATE YOU ARE MOVING TO.

The following guidelines apply to dogs and cats. If you are moving with a different kind of pet (bird, turtle, rabbit, ferret, etc.), please talk to your vet about moving with your pet.

These are guidelines only; if you have special concerns or questions, ask your vet or animal trainer.

When you are first notified you will be PCSing, you must fill out paperwork that will be given to you by the Military Personnel Flight. This paperwork must be completed and given to the Traffic Management Office (TMO) before your bookings are made. Be prepared to tell TMO your pet's weight, the crate's weight, and dimensions of the crate. If your flight is booked on an AMC flight (government contract flight), the number of pet spaces available is limited, so be sure you get this paperwork completed and arrangements made with TMO as soon as you can. You will have to pay for your pet's "ticket", whether it's on an AMC flight or a regular commercial flight.

AIR TRAVEL & TRAINING

More than 100,000 pets travel by air each year. This travel takes on two forms, either accompanying the owner on a passenger flight or traveling alone on a freight flight.

Unless your pet is less than eight inches tall, you won't be able to keep it with you in the passenger compartment. The size of a carry-on kennel is restricted to 16″ x 21″ x 8″ high and must fit under the seat in front of you. Therefore for all practical purposes, air travel for pets usually takes place in the cargo compartment of a passenger plane or in the cargo section of a freight flight. Traveling in the cargo compartment is probably the more desirable option, and there are no needs for concern. The cargo compartment is pressurized and environmentally controlled in the same way as the passenger compartment on a regular flight. The cargo compartment is also much quieter than the passenger section (no food and beverage carts rolling around!) and is dimly lit, so pets usually sleep for most of the flight.

PRE-FLIGHT TRAINING

Certain pre-flight training procedures are quite helpful to familiarize your pet with air travel. Prior preparation can greatly reduce the stress your pet experiences during the flight.

Pets should be trained to be comfortable and quiet in a standard air transport crate. This procedure, like car training, should begin when the pet is young. It is best to train your pet

in its own crate. This way your pet can become familiar with this new environment and will feel comfortable and at ease. However, you should wait until your pet is full grown before purchasing a crate, or be sure to purchase a crate that will accommodate the grown animal. This will insure that your full-grown pet has the crate that is just right for its personal needs. Purchasing a crate is preferable to renting one from a carrier, since you don't know whether the animal using the crate before your pet was healthy or not. Besides, by using a crate several weeks in advance, you can accustom your pet to living in it. Take your pet with you when you buy its crate so it can "try it on" for size before you purchase it. Purchase only crates that are constructed to comply with all Federal regulations, otherwise the airlines will not accept the pet.

SPECIAL PREPARATION

a. Scheduling the flight: You should schedule your pet's flight yourself, whether it's the same flight you will be on, or a cargo flight. Be sure to coordinate with TMO when you do this. Many air carriers have "Reserved Air Freight" (RAF) shipments so you can call ahead and set up a schedule, with some certainty your pet will be shipped on the flight(s) you desire. RAF arrangements should be made at least one week ahead. Plan departures and arrivals during the cool part of the day so that your pet will not have to wait on a loading dock in the heat. Never initiate shipment over weekends or holidays, when freight offices are likely to be closed and no one is around to attend to your pet.

b. Health Certificate: This is a must for commercial travel. It is issued and signed by the accredited on-base Veterinarian. The certificate is only good for 10 days from the date of issuance, so you should get it as close to your departure date as possible. Another certificate may be required for the return trip should your stay exceed 10 days. However, always check the country you are going to, to make sure you have all required shots and forms required from the vet. As with car travel, if your pet is subject to motion sickness, it may be wise to get some tranquilizers from your veterinarian.

c. Prepare the Crate for Flight: Loose water pans in a flight crate are not recommended as they are easily spilled. Most airline approved crates come with water pans that attach to the inside of the wire door. A good way to provide water for your pet in flight is to attach a 2 lb. plastic margarine tub to your crate, or freezer bowl of water in a plastic container and then attach it to the crate prior to departure so that the pet can lick his water as he needs it. The bottom of the crate should be covered with a towel or wood shavings or coarse saw dust. This will not only absorb or cover any "accidents" your pet may have, but will also provide a little more comfortable resting surface. On the outside top surface of the shipping crate, paint or print with permanent marker your name, address, and telephone number so Transport Authorities can reach you in case of some unforeseen event, cancelled flight, etc. Also check the regulations concerning how many copies of your orders are required to be attached and where to attach them.

It would be wise to securely tape a 3″x5″ card to the top of the crate indicating the name, address and telephone number of the person who is to receive the pet at its final destination.

Federal regulations require that you attach an envelope to the crate containing the pet's recent health certificate. It would be wise for you to carry or mail a duplicate copy of the health certificate and copies of the freight waybill. Quite often, attached envelopes are damaged or lost in the transit of the crate.

If the trip will last longer than 12 hours (for young animals) or 24 hours (for grown animals), you must provide food to accompany the crate as stated by Federal law. An easy way to do this is to firmly attach a heavy cloth or plastic bag to the front door (do not obstruct air flow) of the crate. Supply only dry, or "soft-moist" food. Pet treats would be nice and these fulfill the pet's requirements.

Federal Law also requires freight handlers to water your pet every 12 hours. As stated previously, firmly attach a water container to the inside of the crate, preferably to the lower, inside, portion of the front door – or in the corner of the front of the cage. This will assist the freight people in watering your pet easily without having to open the door. Pets have been known to escape as they were being watered and fed, if the door had to be opened to do so.

Words to the wise… don't put a lock on the door of the crate! If anything should happen to your pet, accidentally or unintentionally, while in transit, no one would be able to assist the pet without tearing the door off its hinges and destroying the crate.

d. Arrival Notification: If you are not going with your pet, or will not be at the airport when it arrives, you should arrange for the person picking up the pet to contact you and let you know that the pet has arrived safely. This practice can avoid many fretful hours and lost sleep.

e. Keep in mind that airlines may not allow you to ship your pet if the weather at any stop during the trip is very hot or cold.

TRAVEL BY TRAIN OR BUS

Although once quite fashionable, pets travel very little on rails anymore and the only pets now allowed on bus lines are guide dogs for the blind. A new policy of AMTRAK now restricts pets to the baggage compartment only. They are no longer allowed in drawing rooms or Pullman compartments. Someone must accompany the pet since pets are no longer accepted as freight items.

The same crate training as for air travel applies here. In addition, all pets must be confined to a well-ventilated, secure crate that can be opened for watering by AMTRAK crewmembers. That's all they'll do, however, so if you want to feed your pet, you'll have to

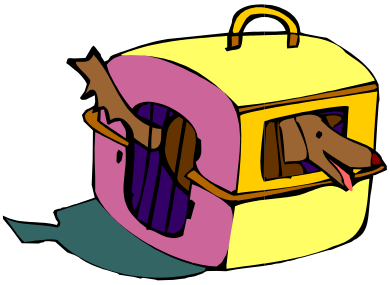
go back and do it yourself. They will allow this. For any stopovers that exceed 10 minutes, you can take your pet out for a little exercise.

Rabies Vaccination and Quarantine: Each state in the United States has its own regulations, and each foreign country has specific strict regulations. Make sure you check the regulations of the country you are going to. See if there is a quarantine period when you arrive at you new location and what the cost will be. Also, if there is a layover/reroute to your new assignment, make sure of that country's regulation. Some countries also have restrictions on bringing in certain breeds of dogs, so keep that in mind as well.

Make sure you check with your veterinarian well in advance of shipping your pet.

CAUTIONS AND COMMON SENSE

Always make airline or train reservations far enough in advance so that you will have ample time to prepare your pet for the trip.



CAR TRAVEL & TRAINING

Hundreds of thousands of pets travel by automobile today. Some of them have perfect car manners; some of them are atrocious! A pet with no car manners is as objectionable as any human with the same fault.

The well- mannered car pet should:

a. Never hang its head out of a moving car.
b. Never jump from one seat to another in a moving car.
c. Never bother the driver or invade the driver's space in a vehicle.
d. Never bark or become uncontrollable when other pets or people pass the car.
e. Sit quietly, waiting for the door to be opened. Pets should never jump all over the car or through a window in their enthusiasm to get in or out.
f. Dogs should sit and stay in one location on the seat, when commanded to do so.
g. Never use the floor of the back seat as a toilet area.

** It can be difficult to get cats to fulfill the above requirements! You may find it easier to keep your cat in its crate while the car is moving, stopping often to let it take "litter box" breaks!

Special Preparations:

a. Eating Schedules: If possible, plan your own eating times so that it will coincide with your pet's schedule. That way you can feed and water your pet at your own mealtimes. A picnic, or eating near the car, would be the best. All states have laws prohibiting pets

entering eating establishments with the exception of guide dogs. If you must eat in a restaurant, try to leave someone with the pet at all times so that he will not have to be locked up in the car. Don't pack away your pet's food and water containers. Keep them some place handy for use during meal breaks and overnight stops. Other handy mealtime aids are pet treats. They'll keep your pet's appetite satisfied along the road and serve as a full meal if necessary. Some foreign countries, such as Germany, do allow WELL BEHAVED pets in restaurants, as long as they lie quietly under the table!

b. Car Sickness: Only occasional travelers have problems with carsickness. Dogs are much more likely than cats to be prone to carsickness, and usually only when they are puppies. If your pet is a seasoned traveler it will either not suffer from carsickness or you will have found satisfactory means of preventing it.

    1. The first sign of carsickness is drooling, then restlessness and anxiety, followed by retching and vomiting. Following vomiting, signs often go away and the pet may lie down and go to sleep for a while. Within 15 minutes to an hour, however, the pet will probably have another attack. This pattern is likely to continue throughout the entire day's journey. If the car is stopped when drooling begins and the pet is exercised, the signs normally subside, at least for a while.

    2. By starting your animal out with short car trips just around the block and gradually increasing the trips (two blocks, four blocks, to school to pick up the kids, to the next town, etc.) your animal may never become carsick. There are some animals, however, that have a maximum distance they can go and then something triggers their "sick button". If you have one of these, about the only hope you have is one of the anti-emetic tranquilizers available from your veterinarian. In most cases these work quite successfully, but it is important they be given about 30 minutes prior to the trip. This gives them time to get into the bloodstream and take effect. When giving sedatives, always follow the instructions given by your Veterinarian. Never overdose! If tranquilizers don't work, you are left with the alternative of leaving the pet behind or carrying lots of wet towels, a scrub brush and some car deodorizer with you on every trip.

c. Proper Restraint: In the event you are forced to travel by auto with an animal that is not obedient or is unruly, you should always keep the animal confined inside an appropriate-sized wire crate. These crates can be bought or made. There are no exceptions to this rule. The dangers of an uncontrollable animal, rampant in a vehicle moving at high speeds, present too great a risk.

    1. Under no circumstances should a dog be permitted to travel unrestrained in the uncovered bed of a pickup truck. If your animal is crated in the uncovered bed of a pickup truck, be sure it has proper shielding from wind, weather, and extreme temperatures. Also be sure the crate is securely tied down, so it won't slide around when the truck turns. If your animal is traveling in covered pickup bed, the guidelines for car travel apply.

d. Hazards to Animals During Auto Travel:

1. Leaving rear windows open in station wagons. Fumes from exhaust can blow into car and poison the animal and you.

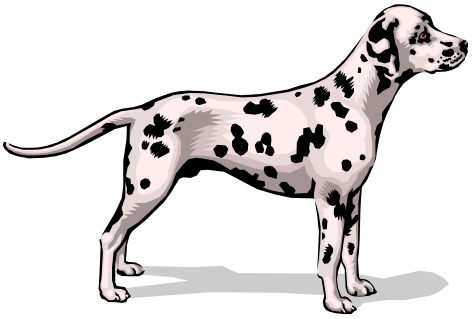
2. Leaving the animal in a parked car. Despite the repeated warnings, deaths due to heat prostration are all too common. Do not leave your animal in a parked car, even if the windows are "cracked" open in warm weather, or in southern climates. Even when it is only in the 70°s outside, the interior of the car can reach temperatures over 100°. A pet can quickly become overheated and suffer from heatstroke.

3. Taking pets out of the car without a leash, harness or lead rope. No matter how well trained your pet may be, unforeseen circumstances arise that can place any pet in danger.

4. Leaving animals unattended in campsites or motel rooms without proper safeguards for their security. Countless animals have been lost when a maid unknowingly opened a motel room on a loose animal. Also, be prepared to pay for any damage your animal may cause.

5. Never put your animal in the trunk of your car!

6. Letting pets hang their heads out of open windows in moving cars. Insects and flying debris can permanently injure eyes, lodge in the nasal passages or get sucked up into the windpipe.



CALENDAR CHECKLIST

4 WEEKS BEFORE:

- ❑ Inquire about health certificates, vaccinations, quarantines, and crates.
- ❑ Visit your veterinarian.
- ❑ If possible, visit your new location. Find out about new veterinarians, kennels, and any changes needed in your new home.
- ❑ Plan your trip. Make reservations.
- ❑ Get a travel crate and start training your pet.

1 –2 DAYS BEFORE:

- ❑ Check health certificates.
- ❑ Confirm your reservations.
- ❑ Prepare crate labels and containers. Get an ID collar for air travel
- ❑ Pack your pet's food.
- ❑ Clip your pet's nails.

MOVING DAY:

- ❑ Label and prepare the crate.
- ❑ Attach food and water dishes to the crate.
- ❑ Feed your pet 6 hours before the flight.
- ❑ Get your documents ready – including the feeding schedule for any airline.
- ❑ Medicate your pet if recommended.

CAR REGISTRATION

(Directions from Hill AFB)

To get to the Ogden location:
Take I-15 northbound, take 24th Street exit and turn right, continue traveling Eastward. Turn right (south) on Lincoln Ave, go approx. 2 blocks to 2447 Lincoln Ave.
Office hours: Mon-Fri 0800-1700
Phone: (801) 399-8351

To get to the Farmington location:
Take I-15 Southbound, take exit 327 traveling Eastbound. Turn right on to Main Street at the stoplight. Turn left onto State Street. Turn right at the Courthouse on 28 East State Street.
Office hours: Mon-Fri 0800-1700
Phone: (801) 451-3378 option 5

YOU WILL NEED TO BRING:

- **REGISTRATION**
- **TITLE**
- **SAFETY CERTIFICATE**
- **EMISSIONS CERTIFICATE**
- **Copy of most recent LES (Leave & Earnings Statement)**

Utah Emission & Safety Inspection Requirements

Diesel and gas-powered cars and trucks 1968 or newer must have an annual emissions test, which can be completed at most service stations. Emission certificates are only required in Davis, Salt Lake, Utah and Weber Counties, and are valid for 60 days. This certificate must be submitted to the appropriate Motor Vehicle office as a condition of registration.

Exempt From This Requirement

- Motorcycles
- Vehicles with a model year of 1967 and older.

For information about emissions test requirements contact the appropriate County Health Department below:

- Davis County 546-8860
- Weber County 399-8108

Safety Inspection Certificates

The state of Utah has inspection requirements for cars, trucks and on-highway motorcycles. Through Dec 30, 1998 these vehicles must be inspected annually. Effective Jan 1, 1999, vehicles less than five years old are required to be inspected every two years. Vehicles with odd-numbered model years are inspected in odd-numbered years, and vehicles with even-numbered model years are inspected in even-numbered years. Inspections are available at most service stations and are valid for 60 days. You must have your current registration at the time of inspection. If repair work is required in order to pass inspection, it may be done by anyone. When vehicles are repaired within 15 days, the inspection station is required to recheck the vehicle at no additional cost. Currently, safety inspection fees are limited to $10.00 for passenger vehicles.

For more information about Safety Inspections call the Utah Highway Patrol at (801) 965-4511.

Drivers Licenses

Drivers Licenses can be obtained at the Farmington or Ogden Department of Motor Vehicles.

447-8100 - Farmington Division
476-7700 - Ogden Division