



Encampment NEWS

Day 3

Flight Colors

Alpha: Blue
Bravo: Orange
Charlie: White
Delta: Green
Eco: Red
Foxtrot: Yellow

D.D.R. For The Day

Health Damage Caused by Steroids

Steroids are far worse for the health than they are helpful to performance. Steroids cause high blood pressure, heart palpitations, and heart attacks. Brain damage and kidney damage occur frequently. Liver damage includes blood filled casuals that can burst, tumors, hepatitis, and cancer. Sterility and sexual dysfunction are common in both sexes. Some other common physical damage includes:

- Bad breath and sore throat.
- Acne and rashes.
- Body hair ad beard in women.
- Feminine breasts in men.
- Baldness in both sexes.
- Enlarged facial bones.
- Stunted height.
- Headaches and insomnia.
- Nausea, vomiting, and diarrhea.
- Water retention.

- Bone pain and muscle cramps.
- Eye infections and diseases.
- Blood clotting and difficulties.

HONOR FLIGHT

Charlie Flight



Today was Air Force day and the candidates attended classes taught by Air Force representatives on Structure and mission of the USAF, aerospace power, and aerospace heritage.

