**Member #1 (MSG)**

**Please feel free to provide any additional information you believe would be helpful. If you would like us to contact you directly, please provide a phone number or email address.**

Currently there is not a functioning sauna on Kirtland AFB, please consider the below. I know money is tight, but there is a sauna at the west side gym that is out of order. Please consider the below benefits.

Let’s talk about why you should absolutely invest in a sauna—it’s not just a luxury, it’s a game-changer for your health and well-being. I’m not here to bore you with vague promises; I’m going to lay out the concrete, science-backed benefits that make a sauna worth every dollar. Picture this: you step into that warm, inviting space, and your body starts reaping rewards you didn’t even know you needed. Ready to hear why this is a must-have? Let’s dive in.

First off, saunas supercharge your cardiovascular health. When you sit in that heat, your heart gets a workout—your pulse climbs, blood vessels dilate, and circulation ramps up. Studies, like one from the \*Journal of the American College of Cardiology\*, show regular sauna use slashes the risk of heart disease and stroke. We’re talking a 50% lower chance of fatal heart issues for folks who sauna four to seven times a week. You’re not just relaxing; you’re actively strengthening your heart—without lifting a finger! Why wouldn’t you spend money to protect the engine that keeps you going?

Next, let’s tackle stress—because who doesn’t need less of that? The moment you settle into a sauna, your body kicks into relaxation mode. The heat triggers endorphin release, melting away tension like magic. Research from \*Psychosomatic Medicine\* confirms it: sauna sessions drop cortisol levels, that nasty stress hormone that keeps you wired. Imagine swapping a $100 therapy session for a sauna that pays for itself over time—peace of mind, delivered hot and steamy. You deserve that calm, and a sauna hands it to you on a platter.

Now, picture this: you’re detoxing while you unwind. Sweating in a sauna flushes out toxins—heavy metals, chemicals, you name it—through your pores. A study in \*Environmental International\* found sauna users excrete more lead and cadmium than non-users. Your body’s a temple, right? Why not invest in a tool that keeps it clean and running smooth? That’s not some gimmick—it’s your system hitting the reset button.

And don’t sleep on the muscle recovery perks! If you work out—or even if you just deal with daily aches—saunas are your secret weapon. The heat boosts blood flow, delivering oxygen and nutrients to sore muscles fast. Athletes swear by it, and science backs them up: a \*Journal of Science and Medicine in Sport\* study showed sauna use post-exercise cuts recovery time and soreness. Spend money on a sauna, and you’re basically hiring a personal masseuse that never clocks out.

Oh, and your skin? It’s going to thank you. That deep sweat clears clogged pores, leaving you with a glow that no $50 facial can match. Dermatologists nod to this—saunas improve hydration and elasticity, keeping you looking fresh. You’re not just buying a sauna; you’re investing in confidence that turns heads.

Still on the fence? Let’s talk longevity. Finnish research—where saunas are a way of life—links regular use to a longer lifespan. The heat mimics mild exercise, revving up your metabolism and immune system. You’re not just spending money; you’re buying extra years to enjoy it! A sauna’s not an expense—it’s a down payment on your future.

So, what do you say? Take the plunge and invest in a sauna. You’re not just spending money—you’re claiming a happier, healthier you. Step into that heat, feel the benefit

**RESPONSE:**

**Thank you for your very informative request and listing all the benefits of a sauna. Unfortunately, at this time, we do not have the budgetary means for a sauna in any of the fitness facilities. Moving forward, we will keep this request in mind for when we may have additional funding.**

**Member #2 (MSG)**

**What issues require our attention?**

Federal civilian employees are often delayed on base by what appears to be security forces blocking internal roads with no alternate routes or blocking gates. This appears to be for exercises or perhaps real-world safety concerns. Can you confirm that civilians should charge the time when detained as weather/safety leave and not personal time?

**RESPONSE:**

**If an employee is unavoidably or necessarily absent for less than one hour, or tardy, the agency, for adequate reason, may excuse employee without charge to leave." Under this authority, an excused absence is defined as an administratively authorized absence from duty without a loss of pay or charge to other personal paid leave. Supervisors may grant brief excused absences. The authority can be used for all employees as long as the reasons are justifiable. Cases of occasional tardiness to work, for example, due to a flat tire, gate delays, temporary road closures dues to accident or military exercise, or problem at home, can also be covered by the rule.**

**Member #3 (377 MSG)**

**What is going right on the installation or in your organization?**

Residents living in Village 7 have been putting up with a VERY strong chemical smell emitting from the Elementary School construction. If local workers have masks and are restricted from working in the local area for more than 4 hours without a break, why should local families have to put up with this smell. This can't be safe. I feel we have put up with the smell for far too long and something needs to happen. Please finish using the chemicals, most likely tar and settling agents.

**RESPONSE:**

**Thank you for your inquiry, the tar smell should stop very soon as this portion of the project is near completion and the next step of the project will not involve these same chemicals or smells.**