

# DISPATCH



AIRLIFT

Inside

- ▶ Raven award / 2
- ▶ Commentary / 8
- ▶ Commissary / 11
- ▶ Sports / 15

Vol. 40, No. 9

437<sup>th</sup> Airlift Wing, Charleston AFB, SC

Friday, March 9, 2001



Photo by Ed Kelly

## Promotion can be painful

Newly promoted Master Sgt. Kenneth Murray, 437<sup>th</sup> Supply Squadron has his stripes "tacked on" by his wife, Melinda, and his commander, Maj. George Pierce II. Murray was part of the Feb. 28 promotion ceremony at the Charleston Club where 32 Charleston AFB personnel were promoted.

## CAFB docs to know you better

By Senior Airman Jason Smith  
437 AW Public Affairs

Thanks to a concept called Primary Care Optimization, Charleston AFB TRICARE Prime enrollees should know their primary care provider's name.

The 437<sup>th</sup> Medical Group is trying to "deliver the right care, by the right people, at the right time," just as the program's mission statement reads.

PCO is an Air Force pioneered concept, according to Capt. Thu Scott, 437 MDG. The concept was born in February 2000 and has been spreading across the Air Force.

"Continuity of care is important," said Scott. "PCO is a better way to serve the force. Patients will see the same doctor and the same nurse every time they come in. They will know the doctor's name and the doc-

See PCO, page 2

## New dining facility in final preparation; ready to open March 26

Story and photo by  
Senior Airman Jason Smith  
437 AW Public Affairs

The "last supper" at Magnolia Place Dining Facility will be March 18.

The dining hall will close its doors for good so members of the 437<sup>th</sup> Services Squadron can prepare to open a new and improved facility.

"It looks good," said Tech. Sgt. Phil Maynor, 437 SVS. "We have better equipment, a better facility and better working conditions. Everything is new."

The new dining facility, located about 100 yards from the dormitories, will be ready to serve the Charleston AFB enlisted corps for the mid-night meal March 25.

"That's actually considered the first meal of March

26," said Capt. Timothy Sites, 437 SVS flight commander. "Dates and technicalities aside, we're just happy and excited about getting moved in."

Lt. Col. Bruce Alexander, 437 SVS commander, is also looking forward to the move.

"A lot of talented people have worked extremely hard over the past year to provide a state-of-the-art dining facility, located in a convenient campus-style environment," said Alexander. "Our hats off to the dedicated and talented engineers of the 437<sup>th</sup> Civil Engineer Squadron and the U.S. Navy for constructing this marvelous eating establishment. It will provide a first-class dining experience for Team Charleston for years to come."

From the kitchen perspective, the new facility can in-

crease the workload of Magnolia Place. There are more than twice as many ovens, deep fryers and steam kettles, said Maynor. The new equipment is also more efficient.

From the customer's perspective, the new facility should speed up waiting periods. There is still a two-line system, but the layout has changed considerably.

"The soup and salad bar and the drink bar are separate from the serving lines," said Sites. "Also, the deli line is separate from the short-order line. Instead of waiting for a deli sandwich behind someone getting a hamburger, you can go right to the deli line."

"The separate drink counter should save time also," continued Sites. "The See Dining hall, page 2



Tech. Sgt. Phil Maynor looks over the equipment at the new dining facility. The facility is set to open March 26.

## IN THE NEWS

## Security Forces Raven shoots, hits high AMC mark

By Senior Airman Donald Church  
437 AW Public Affairs

Staff Sgt. James Sanscrainte, 437<sup>th</sup> Security Forces Squadron, won the Air Mobility Command Phoenix Raven team leader award for 2000.

AMC launched the Phoenix Raven program in 1997 in response to the bombing of Khobar Towers, Saudi Arabia, in which 19 airmen were killed. According to the mission statement, the purpose of the program is to provide additional ground security for aircraft when flying into high risk areas which have little or no security measures.

The school for Ravens is hosted by the Air Mobility Warfare Center, Fort Dix, N.J. The tough, 14-day course prepares students by exposing them to close combat tactics, international law, cross-culture communication, advance weaponry, non-lethal force techniques and team dynamics, said

Sanscrainte. During the training, it is not uncommon for trainees to experience 14-hour days with intense physical training. Students are required to score a minimum of 70 percent on the Army's physical fitness exam; an extremely difficult physical fitness test.

"Here at Charleston we have what I consider the best Raven program in AMC," said Master Sgt. John Melnick, 437 SFS superintendent of the Raven program. "We fully staff 30 percent of the missions that go on in AMC. Having Staff Sgt. Sanscrainte win this award confirms we are the best."

Ravens are assigned to aircraft in teams whenever AMC identifies that a particular mission requires additional security. The Ravens receive a briefing from Office of Special Investigations agents to inform the Ravens of where they are going, local customs and what they might be dealing with in that environment.

AMC has trained almost 800 Ravens since the program's inception, with Charleston currently having 22 Ravens assigned to the 437 SFS and another four Ravens in the 315<sup>th</sup> Airlift Wing.

Sanscrainte has been involved with the program for the last three years. He credits the program with changing his perspectives on his Air Force career.

"The Raven Program, along with a couple other factors, is responsible for keeping me in the Air Force," said Sanscrainte. "It's a great addition to our career field and has opened many doors for me. The program has also allowed us (security forces) to expand our knowledge of the big picture and attach ourselves more directly to the operational side of the house. Overall, I would have to say the Raven program has greatly increased my job satisfaction and motivated me to be the best."



Courtesy photo  
Staff Sgt. (then senior airman) James Sanscrainte participates in training.

## Dining hall

continued from page 1

drinks are separate from everything else, including the cashier line. That's been slowing things down in the past. A lot of research and planning was done to fix the problems we saw at the old dining hall."

Maynor is also optimistic about speeding things up during the Reserve Unit Training Assembly weekends. He said the lines have been long in the past because they've had to feed the normal Saturday and Sunday lunch crowd along with the reserve crowd. Now, things should go much quicker.

Along with speed, Maynor said the cosmetics and environment of the new facility

should improve customer satisfaction.

"In the past, we've had to bring in AGE (aircraft generation) equipment to cool things off in the summer," Maynor said. "We won't have that problem anymore."

The new facility has also added an Automated Teller Machine for cash withdrawals, a patio with tables and a grill, and a room with booths for holding conferences.

Currently, Maynor said Magnolia Place serves 350 people throughout the lunch period; their busiest meal. The 240 seats available now will be new, but the number remains the same as Magnolia Place. Maynor is still confident the wait in line won't be as long.

"It's OK to come anytime during lunch," said Maynor. "There are plenty of seats and tables to handle the crowd, and we're sure our new serving line style will speed things up. We've also added a portable cashier table in case it starts to really get busy."

Additional menu items can be added, according to Maynor. "The new equipment and cooking capacity has opened a lot of options that we didn't have at Magnolia Place," he said. "We've wanted to provide more to our customers for quite some time. Now, we hope everyone will be more pleased with the selection of food we offer."

Air Force wide, around 50 percent of meals available to

meal cardholders are used every day, said Sites. He hopes and expects to see an increase in that number at CAFB.

"Out of the three meals per day offered to our meal cardholders, under half are eaten at Magnolia Place," said Sites. "That's a little below average for the Air Force, but we're planning with our new location, selection and service, we'll be able to drive that number above the Air Force average."

During the time Magnolia Place is closed and the new facility isn't yet open, all CAFB enlisted members will see a slight increase in their BAS rate. Meal cardholders, who don't receive BAS, will also be paid for that period.

The Rations In Kind Not Available Rate is \$8.63 per day. The rate will start March 19 and end midnight March 25. Meal cardholders are cautioned to make sure they set enough money aside from their Thursday pay to eat at alternate locations until March 26.

The new facility's hours will be 5:30-8 a.m., 10:30 a.m.-1 p.m., 4:30-7 p.m., and 10 p.m.-1 a.m.

For the time being, the new facility will be called "the new dining facility," according to Sites. It will be renamed officially in a dedication ceremony in July.

Sites encourages all enlisted members to attend the first lunch March 26 for giveaways and a chance to win prizes.

## PCO

continued from page 1

tor will know their name."

The staffing behind the program should be in a four to one ratio, said Capt. Howard Long, 437 MDG. "Ideally, a team of one nurse, two medical technicians and one administrative troop would be teamed with one doctor. We started building these teams last May."

Scott said she has seen real success with the teams that have been working together, but shortages in manning have kept the clinic from having as many full teams as they would like.

"We have two full teams," Scott said. "Everyone else is short. The remaining doctors are working in a team-style environment, but they're sharing nurses and administrative folks right now."

The two teams that are running in full capacity are working a lot like a civilian doctor's office, said Scott.

"We want to provide 'cradle to grave' care for our military families," Scott said. "We want our family members to have the same doctor as their active-duty sponsor. There will always be redistributions due to PCSs and separations, but the concept can remain intact."

Long said he thinks the system will save valuable treatment time for the patient and doctor because of the consistency involved.

"In the past, you may have seen six doctors about the

same problem and you may have never seen the same doctor twice," said Long. "Maybe one tried a certain type of treatment that didn't work for you. Another doctor may not have known exactly what that doctor found, so you would have had to go through the whole process again. Now, your doctor knows exactly what treatments work and don't work for you."

"Each provider has a minimum of 25 appointments per day right now," continued Long. "The base has almost 13,000 TRICARE Prime enrollees. We expect that number to grow."

TRICARE Prime enrollees are the only group seen at the clinic here. This includes all active-duty military members. Dependents and retirees under the age of 65 are often Prime enrollees, depending on the program they selected. Retirees over 65 are seen on a space available basis.

"We could see a redistribution due to a change in retiree care options in October," said Long. "Right now retirees over 65 are mainly in the Medicare network. Legislation is being worked out to change all that. Part of the National Defense Authorization Act is to give retirees the life-long medical care they were promised when they served their country."

While the PCO concept isn't working to its full potential yet, both Scott and Long agree it is a powerful system to provide quality care in the future.



Workers put the final touches on the new dining facility.

# Celebrate Women's History Month Senior master sergeant promotion list released

The month of March is set aside each year to pay special tribute to women, past and present, for their accomplishments and contributions to the United States. Presidential Proclamation supports the recognition and acknowledgement of the many women who, through their determination and dedication, dared to make a change.

In 1872, Susan B. Anthony and 13 other women voted in Rochester, N.Y. They were jailed, tried and fined by a judge who told the jury to find them guilty. The effort of these women helped pave the way for others, such as Belva Lockwood, to make their mark in history.



admitted to the bar in Washington, D.C., and in 1879, drafted a law that admitted women to practice before the U.S. Supreme Court. Lockwood was the first woman lawyer to practice before the U.S. Supreme Court and run for U.S. presidency. Her efforts gave other women the desire to make an impression on the country.

In 1910, Alice Paul formed the National Woman's Party that used direct action tactics such as picketing, hunger strikes and congressional lobbying to put pressure on political candidates. Later that year, the state of Washington passed a law giving women full suffrage. Jeanette Rankin, a repub-

lican from Montana, became the first woman to serve in Congress in 1918. In 1923, Paul introduced the first Equal Rights Amendment to Congress. Paul and Rankin led the way for other women to forge ahead in government. Shirley Chisolm became the first black woman to serve in the U.S. House of Representatives. Nydia Velazquez (Puerto Rican) and Ileana Ros-Lehtinen (Cuban) became the first Hispanic Americans to serve in the House as well.

The tireless efforts of many women shall never be forgotten, because the past always links to the present. During Women's History Month, take time out to share with family members, friends and others past and current events that have provided invaluable rewards to this nation. (Submitted by the 437<sup>th</sup> Military Equal Opportunity Office.)

## Senior master sergeant promotion list released

The results are in for 14 lucky master sergeants who will be promoted to senior master sergeant this year. The promotion rate for Charleston AFB was 8.33 percent, which was above the Air Mobility Command rate of 8.06. The following Team Charleston master sergeants will be promoted:



- Steven M. Cathey - 437<sup>th</sup> Aerial Port Squadron
- Steven R. Denzik - 437<sup>th</sup> Aircraft Generation Squadron
- Dana J. Dibbar - 15<sup>th</sup> Airlift Squadron
- Matt Harless - 437<sup>th</sup> Airlift Wing
- Keith D. Finney - 437<sup>th</sup> Civil Engineer Squadron
- Winston G. Moses - 437 CES
- Steven M. Turner - 1<sup>st</sup> Combat Camera Squadron
- Michael W. David - 437th Communications Squadron
- Alan J. Harris, Jr. - 437 CS
- Robert N. Neuman - 437th Maintenance Squadron
- Tammy R. Vanetta - 437 MXS
- Russel J. McCray - 437th Mission Support Squadron
- Byron E. Pitcher - 437th Operations Group (Gain)
- Mark J. Johnson - 437th Transportation Squadron

## Making your home burglary resistant through crime prevention

Residential burglary is a crime of opportunity. The following are helpful tips in reducing your chances of being victimized.

### Doors, windows, locks and keys:

- Make sure all doors to the outside have good locks - deadbolt locks with a minimum one and one-half inch bolt; make sure locks are also installed on screen and storm doors, garage doors, patio doors and any other door that leads to the outside
- Always use the locks you have, on both your home and your garage; lock up every time you go out, even if it's only for a few minutes; almost 50 percent of burglars enter homes or property through unlocked doors or windows
- Door hinges should always be on the inside and designed so the hinge pin cannot be removed from the outside
- Never hide keys outside; burglars know where to find "secret" hiding places; it's much better to leave a key with a trusted neighbor
- Don't place identification tags on your keys or key rings; if you lose them, you give potential burglars help
- Secure sliding glass doors with bars or locks, or simply put a wooden dowel or broom handle in the door track; burglars look for sliding glass doors because they are the easiest to open
- Make sure windows, especially those at ground level, have good locks, and always use the locks you have (make sure the locks can be

easily detached to allow quick escape during a fire or other emergency)

### Shrubbery and Lighting:

- Make sure all porches and other possible entrances are well lit, with at least 40-watt bulbs
- Overgrown bushes, tree limbs or landscaping can provide cover for burglars; trim them to the height of porches or windows

### Other Tips:

- Always lock up ladders and tools; don't give a burglar the resources to break into your home.
  - If you have recently purchased a television, stereo equipment or other valuable household item, do not openly display the empty boxes in the garbage; this is a sure sign and strong temptation for burglars
  - Turn the ringer on the telephone down low; if a burglar is around, he won't be alerted to your absence by a ringing phone
  - If you are out during the day or on vacation, use an automatic timer to turn on lights and a radio at different times of the day; it is an easy way to disguise the fact that you aren't home
  - Have a trusted neighbor pick up your mail and newspapers every day while you are on vacation; have a neighbor use your garbage cans occasionally
- For more information, call Staff Sergeants David Bailey or Keith Collins at 963-2159. (Submitted by Staff Sgt. Keith Collins, 437 SFS, resource protection program manager.)

## Did you know about March?

The month of March isn't just known for the first day of spring (March 20). March is also known for the following events:

- American Red Cross Month
- Ethics Awareness Month
- Humorists are Artists Month
- International Listening Awareness Month
- International Mirth Month
- Irish-American Heritage Month
- Mental Retardation Awareness Month
- Music in Our Schools Month
- National Chronic Fatigue Syndrome Awareness Month
- National Collision Awareness Month
- National Colorectal Cancer Awareness Month
- National Craft Month
- National Frozen Food Month
- National Humane Education Awareness Month
- National Kidney Month
- National Nutrition Month
- National On-Hold Month (telephone hold)
- National Professional Social Work Month
- National Talk With Your Teen About Sex Month
- National Umbrella Month
- Panic Day, today
- Girl Scout Sabbath, Saturday
- Mario Day, Saturday
- Pulmonary Rehabilitation Week, Sunday-March 17
- Deaf History Month, Tuesday-April 15
- Good Samaritan Involvement Day, Tuesday



- National Toad Hollow Week, Wednesday-March 21
- National Brutus Day, Thursday
- "Mr. Belvedere," 1985, "Three's Company," 1977, and "The Wonder Years," 1988, premier anniversary, Thursday

More importantly than any event this month, "Beware of the Ides of March." Thursday has been named the Ides of March because Julius Caesar was assassinated (stabbed in back by Brutus) March 15,

44 B.C. (Information from *Chase's Calender of Events 2001*, Contemporary Books, Chicago.)

## NEWS BRIEFS

## Spotlight

Retirement ceremony: The 437<sup>th</sup> Airlift Wing Safety Office is hosting a retirement ceremony for Tech. Sgt. Michael Higdon, today, 10 a.m., at the base education center. For more information, call Master Sgt. Allison Bethea at 963-5597.

Retirement ceremony: The 1<sup>st</sup> Combat Camera Squadron is hosting a retirement ceremony for Master Sgt. Willard Pretlow Jr., March 16, 10 a.m., at the Charleston Club. For more information, call Staff Sgt. James Tabourne at 963-3366 or Tech. Sgt. David Underwood at 963-3331.

Retirement ceremony: The 437<sup>th</sup> Medical Group is hosting a retirement ceremony for Master Sgt. Lanette Johnson March 23, 9:30 a.m., at the Charleston Club. For more information, call Master Sgt. Frank Lisenbee at 963-6846.

## Around the base

School bus: School busses in Charleston County are not allowed to make right turns at red lights. Since Charleston County bus drivers pick up students on Charleston AFB, they are asking base personnel to excuse the inconvenience when exiting the base.

Trident: Trident Technical College is holding early enrollment for the summer semester now through April 17. Payment of tuition will be due before May 22. The term dates are May 23-Aug. 8. For more infor-

mation, call 963-4581.

Spring semester: Class registration for Embry-Riddle Aeronautical University's spring term is now through March 19. Classes run March 19-May 19. Classes are open to everyone and are held at the base education office. For more information, call 767-8912.

Education fair: The base education office is holding an Excellence Through Education Fair Tuesday, 10 a.m.-2 p.m. at the education office auditorium. Eight local college representatives will be present. There will be refreshments and prizes. For more information, call 963-4575.

Recycling: Curbside recycling pick up for military housing will be Thursday and March 29.

Chiefs' Group: The Charleston AFB Chiefs' Group is holding a meeting Thursday, 11 a.m., at the Charleston Club. Representatives from Heritage Trust Credit Union will address the group, and lunch will be provided. All chiefs are invited to attend.

Air Force Association: Nomination packages for South Carolina Air Force Association Awards are due to the commander for review by March 21. The wing can submit one nomination for each available category. For more information, call Capt. Steven Moore at 963-2970.

Dining in meeting: The next meeting for the Enlisted Combat Dining In will be March 21, 3 p.m., in the

**Consignment Shop sponsors Base Yard Sale at CAFB**

The base Consignment Shop is sponsoring a base yard sale, May 12, 8 a.m.-noon, at the picnic grounds near the Outdoor Recreation Center.

Tables for the sale can be reserved through the Consignment Shop for \$10 starting Tuesday.

The shop is open Tuesdays, Thursdays and Fridays, 10 a.m.-2 p.m. It is also open the first Saturday of every month, 10 a.m.-1 p.m.

wing conference room. The planning committee is still in need of volunteers. For more information, call Senior Master Sgt. James Moody at 963-6009 or Senior Master Sgt. Jerry Lautenslager at 963-2610.

Skills seminar: There will be a skills seminar at the base education office March 22, 7:30 a.m.-4:30 p.m. Call 963-4575 to reserve a slot.

SGLI: Military members who have the current maximum Servicemembers' Group Life Insurance coverage will see an increase in their SGLI to \$250,000 starting April 1. The monthly rate for the increased coverage is \$20. Those who currently have \$200,000 coverage and don't want the increased SGLI, need to fill out a SGLV Form 8286.

Easter baskets: The 437<sup>th</sup> Communications Squadron Booster Club is selling Easter baskets now through March 27. The \$5 baskets will be delivered April 12. To order call Paula Baker at 963-3505 or 2<sup>nd</sup> Lt. Celeste Rodriguez at 963-5071.

Camp Happy Days: More than

170 men and women volunteers are needed to work for one week at Camp Happy Days for children with cancer July 1-7. Volunteers must be at least 21 years old. For information, visit [www.camphappydays.com](http://www.camphappydays.com), or write to Camp Happy Days 2001, 1622 Ashley Hall Rd., Charleston, S.C., 29407.

## Family Support Center

Air: The Family Support Center now has a membership with Air Inc., for the convenience of those personnel deciding between separation and an Air Force career. Some of the resources available include the Airline Pilot Career Decisions Guide, Airline Application Handbook, Airline Fleet and Sim Directory and Pilot Resource Guide. Free Web access and counseling are also available. To access these resources, visit the FSC's Discovery Center in Bldg. 104. The center is open Mondays, Wednesdays and Fridays, 8 a.m.-8 p.m. For more information, call Linda Lankosz at 963-5187.

Hearts Apart: Hearts Apart is an on-going program for spouses of deployed service members. The program offers such services as e-mail, morale calls, videophone calls and free oil changes. For information, contact Tech. Sgt. Ken Gilmore at 963-5630.

Pre-Deployment Briefings: Monday and March 26, 8 a.m. and Thursday, March 22 and 29, 4 p.m.

Financial Fitness: Monday, 2-4:30 p.m.

Educational Opportunities Assistance: Tuesday, 10 a.m.-1 p.m.

TAP 3-Day: Tuesday-Thursday, 8 a.m.-4 p.m.

Employers Panel and Mini-Job Fair: Thursday, 2-4:30 p.m.

Sip-n-Chat Chucky Cheese Trip: March 17, 6:30 p.m.

Investing Fundamentals: March 19, 8:30-11:30 a.m.

Resume II: March 20, 9-10:30 a.m. and 10:30 a.m.-noon.

Troops-to-Teachers: March 20, 10-11 a.m.

Sponsorship Training: March 20, 3:30-4:30 p.m.

Home Buying: March 26, 10 a.m.-noon.

Smooth Move: March 29, 8:30 a.m.-noon.

Positive Parenting: March 29, 1:30-3:30 p.m.

All workshops are held at the FSC unless otherwise noted. For more information or to register, call the Family Support Center at 963-4406.

## Charleston Profile



Photo by Senior Airman Melanie Streeter

### Staff Sgt. Julie Fraley

#### 437<sup>th</sup> Logistics Group Training Flight

Staff Sgt. Julie Fraley is a propulsion instructor for the 437<sup>th</sup> Logistics Group Training Flight.

Her duties include teaching multiple classes for the 437 LG. These classes include the Phase II course, which is required for jet mechanics to upgrade from the three to five skill level and lasts 20 days; the Phase III course, which helps jet mechanics transition from another airframe to the C-17 and lasts 10 days; and the jet block for flying crew chief training, which lasts four days. Fraley is also currently developing a Phase IV program, which will encompass cross-utilization training, and an engine run course.

The Albemarle, N.C., native joined the Air Force partly because of the encouragement of an Air Force pilot in her hometown.

"I wanted a career instead of a nine-to-five job," Fraley explained. "I didn't want to work in a mill or a grocery store and I didn't have a degree. The Air Force seemed like the best place to go to get respect and not have to flip burgers."

Fraley became an instructor by chance when a staff sergeant in the training flight wanted to go back to the flightline to enhance his career.

"I was the trade," she said.

When she isn't teaching jet engine mechanics, Fraley enjoys playing billiards.

## COMMENTARY

## About the paper

AIRLIFT  
Dispatch

Published by Diggle Publishing, Inc., a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 437th Airlift Wing. This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military service.

Contents of the *Airlift Dispatch* are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Air Force. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the DOD, Air Force, or Diggle Publishing, Inc., of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. All photos are Air Force photos unless identified otherwise.

## Deadlines

The deadline for submitting stories for space-available publication is noon Friday, preceding the desired publication date. The *Airlift Dispatch* reserves the right to edit all copy submitted for publication.

## Advertising

Classified advertisements may be referred to Diggle Publishing, Inc., P.O. Box 2014, Charleston, S.C., 29465, Phone: (843) 849-1778 or e-mailed to [sales@islandpapers.com](mailto:sales@islandpapers.com). Classified advertisements are free, with the exception of personal business ads, for active duty military members and their spouses, retirees and Reservists.

## Address/Numbers

Editorial content is prepared by the 437th Airlift Wing Public Affairs Office, Bldg. 1600, Rm. 223.

Phone: (843) 963-5608

Fax: (843) 963-5604.

Mail to: 437 AW PAI

102 East Hill Blvd.  
Charleston AFB, SC 29404-5154

or send to:

[dispatch@charleston.af.mil](mailto:dispatch@charleston.af.mil)

## Editorial Staff

437 AW Commander  
Col. Vern M. "Rusty"  
Findley II

Chief, Public Affairs  
Lt. Col. Edmund Memi

Editor

Senior Airman Jason Smith

Staff Writer

Senior Airman Melanie Streeter

Photo Support

Base Visual Information Center

## Team Charleston continues its winning ways

By Col. Rusty Findley  
437 AW commander

It's great to be back! I learned a lot at the six-week brigadier general orientation course (Capstone), but the things I missed most were my family and the men and women of Team Charleston.

At the staff meeting Monday, I had the pleasure of presenting awards to a number of our outstanding performers. The 437th Airlift Wing Military Equal Opportunity Office received the 2000 Air Mobility Command Outstanding MEO Office of the Year award. Congratulations to Capt. Warren Wright and his outstanding staff on receipt of their fourth consecutive AMC award. I also had the opportunity to recognize our outstanding Family Support Center staff with the 2000 AMC Outstanding Family Support Center of the Year award. Wilma Mitchell and other members of the civilian personnel flight accepted the 2000 AMC Outstanding Civilian Personnel Flight of the Year award. They have won six of the last seven AMC awards.

The 2000 21st Air Force Aerial Port Mobility Flight of the Year award was presented to the 437th Aerial Port Squadron. I'm proud to say that they also won at the command level too. It is true what they say, "APS rules!" Accepting the award were Senior Master Sgt. Michael Michaud and Master Sgt. David Corrigan.

On Tuesday, I had the opportunity to recognize our Diamond Sharp award winners for February. Diamond Sharp award recipients were: Staff Sgt. Garrett Rosier, 1st Combat Camera Squadron; Senior Airman Esther Jara-Oliver, 437th Transportation Squadron; and Airman 1st Class Shannon McCann, 437th Maintenance Squadron.

We had a great showing for our monthly promotion ceremony Feb. 28. I am sorry I missed this event. A special thanks to the 437th Aeromedical Dental Squadron for arranging this month's ceremony. It continues to be a great event where all our folks get their due recognition for their achievement.

Congratulations to our senior master sergeant selectees. We did well overall with a selection rate of 8.33 percent, compared to the AMC average of 8.08. We had 13 people selected. Only the top three percent of the enlisted force makes senior or chief master sergeant.

We were very busy this week and will be next week too. The word is out: everyone is interested in visiting the premier airlift wing on the face of the planet. It is easy to understand why when you look at the role airlift plays in our nation's defense. The quality of our people and how well we do our mission makes us a "must stop" for our senior leaders when they travel.

Army Lt. Gen. Mike McDuffie, the J-4 from the U.S. Joint Staff at the Pentagon, Brig. Gen. Lawrence Lashkevich, his counterpart from the Canadian Joint Staff, and a number of members from their staffs used the Charleston area as their venue for a series of logistics discussions and an exchange of ideas Monday-Thursday. On Tuesday, we had an opportunity to brief them about our mission and give them a tour of a C-17.

We hosted a visit from Maj. Gen. John Regni, 2nd Air Force commander at Keesler AFB, Miss., and his Command Chief Master Sgt. Joseph Mast, who visited the 373rd Training Squadron, Field Training Detachment 5 Tuesday. This is his first orientation visit to FTD since assuming command. Besides meeting with the FTD staff, they had a chance to tour many of the support facilities on base such as the dining hall and the 437th Aircraft Generation Squadron dormitory. They were pleased with what they saw and had great feedback about the wing and the FTD!

Maj. Gen. Tom Fiscus, the deputy Judge Advocate General of the Air Force and his mobilization assistant, Brig. Gen. Ed Tatum, will visit us Monday. During their visit, they will spend most of their time with the Staff Judge Advocate office. By regulation, the Judge Advo-

cate General is required to visit legal offices throughout the Air Force periodically. This visit marks Gen. Fiscus' first official visit to Charleston AFB since assuming his present position.

I am especially honored to welcome John Levitow Jr., the son of the late Medal of Honor recipient John L. Levitow, for a visit to the base Monday and Tuesday. During his visit, he will have an opportunity to tour the C-17 named in honor of his father. He will also meet with various leadership school graduates that have received the Levitow Award for their outstanding performance.

A Charleston C-17 Globemaster III was named after the Air Force's most well known enlisted Medal of Honor recipient Jan. 23, 1998. "The Spirit of Sgt. John L. Levitow" is the first aircraft to be named for an enlisted person.

Brig. Gen. (Dr.) Gary Murray, commander of the Air Force Medical Operations Agency and Assistant Surgeon General for Dental Services, will visit March 16-21. He will bring several members of his staff with him during this visit. During their visit, they will meet with members of the 437th Medical Group. They will also tour a number of support facilities on the base such as the dining facility and the education center.

We also have a scheduled visit March 19-20 by Maj. Gen. Michael Wooley, commander of the Tanker Airlift Control Center at AMC, Scott AFB, Ill. Gen. Wooley will bring a special briefing team with him. The team will provide a mass briefing about the TACC in the base theater March 20, 8 a.m. They will also provide special TACC breakout meetings in the 15th Airlift Squadron auditorium the same day, 1 p.m.

These briefings are open to everyone who has contact or works with the TACC in some manner. This is a great opportunity to meet with the folks on the other end of the telephone. The visit will provide some insight into their operations and it will be used to solicit your feedback on ways they can improve. They are also here to recruit individuals to work in the TACC someday.

We kicked off our honorary commander's program today and want to encourage everyone to give their full support to this program. We cannot turn Charleston into an Air Force town unless we all work at it. We have a total of 48 civic leaders who signed on as honorary commanders and they are assigned to our squadron, group and tenant units. Please make sure that you invite your honorary commander to all of your unit functions. An informed public can make a difference!

I would like to conclude this week's column with some of the feedback that I got from my fellow general officers from the Capstone course. They had an opportunity to fly in a C-17 and I was fortunate to be briefed by a number of unified commanders as we traveled throughout Asia and Europe. A common theme among all the comments that I heard was the importance of airlift in getting the forces to the fight and how important the C-17 has been.

We have a great reputation across the board among our senior leadership and our customers. The fitting tribute was when my classmates, in an outbrief about the Capstone course, started their briefing with a slide of a C-17 with the words of "pride, professionalism and passion" featured prominently. It made me very proud to be a part of the premier airlift wing on the face of the planet. I thank you for what you do for our country each and everyday!



Photo by Staff Sgt. Andrew Rodier

Master Sgt. Ronnie Brady (left) and Tech. Sgt. Steven Foster, both from the 437th Mission Support Squadron, accept the AMC Outstanding Family Support Center of the Year award from Col. Rusty Findley, 437th Airlift Wing commander.

## FEATURE

# 'Send us more turkeys' says Central American embassy

Story and photos by  
Lt. Col. Ed Memi  
437 AW Public Affairs

When military members and their families assigned to the embassies in 32 countries in Africa and Central and South America sit down to eat a holiday meal, they can give thanks to Charleston AFB, because the base more than likely sent their food by airlift.

It is all part of Charleston's Defense Commissary Agency overseas program that flies food items every month. The 13 members of the base Commissary order the food items submitted by each military member and their family from the respective embassy. The items are picked up in tractor trailer trucks by the 437<sup>th</sup> Transportation Squadron and delivered to the 437<sup>th</sup> Aerial Port Squadron for shipment by military airlift. Food items consist of everything from meat and produce to canned goods. The base Commissary is the only Commissary on the East Coast that provides these food items to the embassies in these countries.

"We work closely with the supply person from each embassy to discuss any discrepancies in our orders," said CAFB Commissary store director Eddie Williams. "We make sure the 15 to 20 people in each embassy get what they ordered. We pull all the items together to send down to these embassies."

Williams explained that each embassy has a chain of command that will visit and discuss staff and

support, usually with someone like a squadron commander.

"Most are extremely pleased with the service that we provide," added Williams. "We have an annual conference with these commanders to discuss our support and we're always open to feedback on the telephone or by e-mail."

Military members and their families in the embassies do the grocery shopping by looking through a monthly DECA catalog with prices and item descriptions. The catalog is produced by the information management section of the Eastern Region Southern Area Commissary headquarters at Maxwell AFB, Ala. Commissary officials estimate more than \$1.2 million of food items were shipped last year.

"Any embassy can order items that we carry," Williams said. "We receive their consolidated orders by email and we go and order the items. There are no limits on the quantity for their monthly orders. The commissary offers 14,593 items that they can purchase."

It's just like shopping for groceries on the Internet and it is a tremendous quality of life program, according to Elizabeth Mazell, lead overseas support technician. "We usually get their orders about 14 days before the scheduled airlift dates, but only fill the orders once a month," said Mazell. "They can order anything that we carry. Most of the purchases are in case lots."

Military members and their families really appreciate the opportunity to order their groceries," she continued. "It is a very important quality of life program for them. For some, the local economy does not provide the same quality and selection of groceries that they are used to in the states. We are the only Commissary that allows people to shop for their groceries like this. We bend over backwards to fill these orders because we know how important it is for them."

Mazell said the holidays are busy periods because the embassies will order lots of turkeys, hams and other traditional foods.

"We had an order of 175 turkeys last thanksgiving," said Mazell. "It is very common for increased orders of certain ethnic and religious foods during Easter and Passover. There are always lots of orders for ice cream and we also get lots of orders for breakfast cereals for kids."

Louis Stille, a warehouse super-

visor in the Commissary, said they breakdown all the orders by country.

"We mark each item with an account number so they don't get mixed up," Stille said. "All the items are placed in cardboard boxes. Frozen and perishable items are placed in polar containers and we add dry ice, ensuring the items remain cold for 72 hours."

The polar containers are large 40- by 48- by 36-inch plastic containers. Each container is banded, sealing it for shipment.

The orders are usually sent out on Sundays and Tuesdays depending on the country. Each embassy order can range from 2,000 to 12,000 pounds of groceries per country. "When the items get in country, they have people check over the order to make sure they received everything that was ordered," Stille said.

The 437<sup>th</sup> Transportation Squadron usually hauls three truck loads each day.

The 450 men and women of the 437 APS live up to its motto of excellence in airlift by unloading the trucks, placing the items on 463L pallets, weighing them and storing the perishable food items in massive refrigerators until they are loaded on C-17s or other aircraft the next day.

"If only people knew how important this mission was for the families and military members; they depend upon us to get them these groceries, especially during the holidays when they are separated from their loved ones but are still doing our nation's business," said Maj. Darren Baker, 437 APS operations officer. "If these shipments are delayed because of bad weather or other uncontrollable factors, you can see the tremendous drop in their morale."

Besides direct flights to select U.S. embassies, there is also a new hub and



Romeo SanPedro, a materials handler in the base Commissary, loads groceries into a container for shipment to an overseas embassy.

spoke operation where DECA and other general cargo are sent to Roosevelt Roads, Puerto Rico, and Soto Canto, Honduras.

"From there they run it out to the embassies in Central and South America using U.S. Southern Command C-130 aircraft," said Senior Master Sgt. Randy Shallenberger, superintendent of the Air Freight Flight, 437 APS. "Only Charleston provides continuous support for Central and South America."

The process to check the paperwork, build the pallets, weigh them and get the cargo ready for airlift can take about four to five hours for a full load.

"It gets pretty interesting when the aircraft breaks down or there are delays," said Shallenberger. "When that happens, even if it is only for a day, we have to reopen all the perishable items and check the ice. We often have to replace the wet and dry ice when there are delays and it takes a while to rebuild the pallets. Re-icing a full shipment with four people takes up to five hours to complete."



Clarence Fordham, a materials handler in the base Commissary, prepares to seal a polar container of perishable groceries for shipment to an embassy overseas.



Senior Airman Anthony Mancino, a special handler for the 437<sup>th</sup> Aerial Port Squadron, examines a shipping document for a polar container. He is checking to see how long the dry ice will be good.



MAGNOLIA PLACE DINING FACILITY

## On the Menu



### Today

**Lunch:** Vegetable supreme soup, chicken, fried fish, pepper steak, rice, potatoes au gratin, peas and carrots, cauliflower, corn, gravy

**Dinner:** Lemon basted sole, yankee pot roast, filipino rice, potatoes, green beans, brussels sprouts, vegetables

### Saturday

**Lunch:** Bean soup, beef stroganoff, chicken fajitas, barbecue spareribs, spanish rice, oven-brown potatoes, fried okra, corn, peas, brown gravy

**Dinner:** Breaded pork steak, chicken jambalaya, macaroni and cheese, potatoes, squash, greens, corn

### Sunday

**Lunch:** Beef noodle soup, fried chicken, polish sausage, lasagna, yellow rice, mashed potatoes, green beans, carrots, brussels sprouts, chicken gravy

**Dinner:** Fried catfish, yankee pot roast, fried rice, rissole potatoes, calico corn, sweet potatoes, asparagus

### Monday

**Lunch:** Turkey nuggets, pork chop suey, steak ranchero, home-fried potatoes, broccoli, collard greens,

corn, rice, onion soup

**Dinner:** Yakisoba, grilled ham steaks, mashed potatoes, potatoes au gratin, vegetable stir fry, peas and carrots, cream corn

### Tuesday

**Lunch:** Beef vegetable soup, chicken, beef porcupine, fish portions, rice, macaroni and cheese, cabbage, tomatoes, gravy, vegetables

**Dinner:** Pepper steak, italian sausage, oven-brown potatoes, steamed rice, green beans, carrots, cauliflower

### Wednesday

**Lunch:** Cream of potato soup, beef and noodles, wings, liver, rice, potatoes, beets, broccoli, beans, gravy

**Dinner:** Grilled pork chops, turkey nuggets, potatoes, rice, brussels sprouts, peas and carrots, calico corn

### Thursday-German meal

**Lunch:** Cream of potato soup, pork schnitzel, grilled bratwurst, sauerbraten, boiled potatoes, german potato cakes, simmered cabbage, peas and carrots, cauliflower au gratin, cream gravy

**Dinner:** Breaded pork steaks, chili macaroni, mashed potatoes, rice pilaf, brussels sprouts, mixed vegetables, beets



Photo by Senior Airman Jason Smith

### For the children

Staff Sgt. Bart Craven, 437<sup>th</sup> Airlift Wing Safety Office, explains proper child safety seat installation at the National Child Passenger Safety Awareness Check Point here Feb. 28. Craven, two local police officers and seven other AAA-certified child safety seat inspectors conducted checks of more than 51 vehicles.

## Chapel schedule



### 107 Arthur Drive

**Office hours:** 7:30 a.m. to 4:30 p.m., Monday-Friday.

**Phone:** 963-2536. After duty hours, call the command post at 963-2531 for emergencies only.

#### Catholic Services

**Saturday** -- 4 p.m. Reconciliation, 5 p.m. Mass.

**Sunday** -- 9:30 a.m. Mass, 9:30 a.m. Children's Church.

**Weekdays** -- 11:30 a.m. Mass, Sacrament of Baptism pre-baptismal classes are held the first Sunday of each month at 11 a.m. in the Chapel Annex. For Sacrament of Marriage, call the Catholic chaplain six months prior to the wedding.

#### Protestant Services

**Sunday** -- 9:30 a.m. Sunday School in Bldg. 245, 11 a.m. Traditional Worship Service, 11 a.m. Children's Church.

**Thursday** -- 7 p.m. Praise and Worship contemporary service.

**Buddhist:** Columbia Shambhala Meditation Center, Suite 109, Columbia, S.C. 29405.

**Orthodox:** Holy Trinity, Greek Orthodox Church, 30 Race St., Charleston, S.C. Phone: 577-2063.

**Jewish:** Call Jewish Lay Leader: Airman 1<sup>st</sup> Class David Winner at 963-2102.

**Islamic:** Al-Jami Ar-Rasheed, 1998 Hugo Ave., Charleston Heights, S.C. Phone: 554-1773.

## Movie schedule

### Admission prices:

Adults/Children -- 99 cents

Any child under 17 years of age requires a parent or adult guardian (21 years old) to purchase admission ticket for the minor child to view R-rated movies. The ticket office opens 30 minutes prior to start of movie, unless otherwise noted.



**Movie schedules are provided by AAFES. Patrons should call 963-3333 to verify movie titles, running times and start times, which are subject to change.**

### Tonight, 7:30 p.m.

#### "The Pledge" – Jack Nicholson

Detective Jerry Black, a retiring police chief in a small town, has made a promise he can't break. He's pledged to a mother that he will catch the killer of her young daughter. **(R) 124 minutes**

### Saturday, 7:30 p.m.

#### "Castaway" – Tom Hanks

A FedEx systems engineer, whose personal and professional life are ruled by the clock, must transform himself physically and emotionally to survive a crash landing on a deserted island. **(PG-13) 144 minutes**

### March 16, 7:30 p.m.

#### "Save the Last Dance" – Julia Stiles

Sara comes from a small-town environment and dreams of devoting her life to ballet. Derek comes from inner-city Chicago and dances to a different beat; the rhythmic pulse of hip-hop. Together, they must overcome not only their differences, but also the opposition of their friends and families if their romance is going to survive. **(PG-13) 113 minutes**

### March 17, 7:30 p.m.

#### "Castaway" – Tom Hanks

## Fitness & Sports

### Sports line

Youth baseball: Youth baseball sign ups are now in progress at the Youth Center, Mondays-Fridays, 11 a.m.-6 p.m. Teams are being formed for ages 5-17. Baseball and softball coaches are still needed. The last day for registration is March 16. For more information, call 963-5684 or 963-3132.

Golf tournament: The 437<sup>th</sup> Logistics Group is sponsoring a golf tournament March 16, 8:30 a.m., at Wrenwoods Golf Course. The format will be a four-person, captain's choice with prizes for the longest drive, closest to the pin and top finishers. The \$15 tournament fee includes a barbecue with pork, coleslaw and beer or soda. Green and cart fees also apply as follows:

- E-4 and below—\$9
- E-5 through O-3—\$12
- O-4 and above—\$13
- Cart rental—\$8

Sign up by calling the golf course at 963-4177 or Staff Sgt. William Bellerdine at 963-4091.

Golf tournament: The 3<sup>rd</sup> Annual Support Group Golf Tournament will be held March 23 at Wrenwoods Golf Course. Check in begins at 7:30 a.m., and the tournament starts at 8:30 a.m. The format for the tournament is captain's choice. The \$20 entry fee includes range balls, lunch and beverages. Green and cart fees also apply. Many prizes will be awarded including golf passes, dinners and golf equipment. For more information call H.P. Bordeaux at 963-5495 or Erik Sonnenberg at 963-3505.

Golf tournament: The American Society of Military Comptrollers is sponsoring a golf tournament March 30 at the River Course on the Ashley on Dorchester Road. Registration starts at 11 a.m. Prizes will be awarded for the winners of the tournament, as well as closest to the flag and longest drive for both men and women. Lunch will be served after the tournament. The \$45 tournament fee includes green fees and cart rental. For more information, call Staff Sgt. Edward Lawson at 963-6421.

## MXS, CES capture Commander's Trophy

By Senior Airman Donald Church  
437 AW Public Affairs

The 2000 Commander's Trophy was presented to the 437<sup>th</sup> Maintenance Squadron for the large category and the 437<sup>th</sup> Civil Engineer Squadron for the small category competition.

"The trophy represents squadron involvement in team and individual competition and is the culmination of the hard work and sacrifices made by both squadrons to become the best," said Steve Parrish, Fitness and Sports Center director.

According to Parrish, the trophy's origins can be traced back to 1984 when it was known as the McShane Trophy, named after a pilot from Charleston AFB who was shot down during the Vietnam War. After the Air Force moved towards standardizing program and award names, the McShane trophy became the Commander's Trophy.

"The important thing for what the competition stands for is esprit de corps," said Parrish. "Being first place in every event is not what winning the trophy is all about. The important thing is that each and every squadron member participates. More often than not, the squadron that wins is not necessarily the one who placed the highest in the standings, but the one who had a team for each



and every sporting event."

Several members from the winning squadrons concurred on the importance of participation.

"I know we didn't do the best or as good as we would like to have," said Senior

Airman Jill Pollock, 437 MXS soccer coach.

"The important thing is we were there to represent our unit and to help it win. We'll practice and will be back next year to play even harder."

The Commander's trophy is known as a traveling trophy since it only belongs to the winning squadron for the year they win it, according to Parrish. On its base is a plaque that lists all the past winners, similar to the Stanley Cup in professional hockey.

Lt. Col. Jon Roop, 437 CES commander, said he's proud of the effort his squadron put forth.

"Our folks went out there, worked hard and played hard," said Roop. "For us, it's an opportunity to come together and be a family."

The Charleston AFB Commander's Trophy program includes bowling and golf on the list of sports that contribute to total point standings in the race for the trophy. Military members, civilian employees, reservists and military spouses are all eligible to be on unit teams. In addition, the past several years have seen participation from the local Navy, Army and Marine units.

"We welcome the rest of the local military community to participate in our program," said Parrish. "It makes the competition that much stronger and gives them something to be part of while apart from their services."

## Electrical muscle stimulation claims exposed

Capitalizing on the age-old "get fit quick myth," electrical muscle stimulation advertisements have become a mainstay of late-night television, the Internet and many in-flight magazines. Most promise "rock solid abs" and firmer thighs and buttocks; all without breaking a sweat. However, according to a new American Council on Exercise study, this type of EMS is ineffective, time consuming and even painful.

A common and effective physical therapy procedure, EMS is used to stimulate specific muscles by channeling electrical impulses into the body via wire connections and rubber pads. Although EMS is used successfully in the rehab environment, ACE enlisted Dr. John Porcari, an exercise scientist, to investigate the advertised weight loss and strength-related claims of the in-home EMS units.

Porcari and his team from the Human Perform-

mance Lab at the University of Wisconsin, La Crosse, recruited 29 college-age volunteers to test the effectiveness of EMS in promoting weight and fat loss, increasing strength and improving overall appearance.

Prior to beginning the study, subjects' weight, body fat, body size and strength were measured. Participants were also photographed, reviewed and graded for firmness and tone using a 10-point scale.

Five Body Shapers International EMS units (Model BM1012BI) were purchased for use in the study. Priced at \$519, the Body Shapers machine was chosen to represent average in-home EMS units. Porcari asserts that the purpose of this study was to determine the effectiveness of in-home EMS itself, not simply this particular brand of stimulator.

Seventeen subjects were placed in the EMS group, 12 in the control group.

Subjects in both groups underwent electrical stimulation three times per week for eight weeks following the manufacturer's recommendations. The machines used by the control group were altered so as not to deliver any electrical current. Stimulation targeted the triceps, quadriceps, bilateral biceps, hamstrings and abdominal muscles. "Applying the electrodes proved to be difficult and time-consuming," reports Porcari. "In the time it took to attach the electrodes and do the stimulation, the subjects could have easily completed an effective cardio or strength training workout."

After eight weeks of EMS "training," subjects experienced no significant changes in weight, body-fat percentage, strength or overall appearance. Some subjects also reported that the EMS sessions were painful when high levels of stimulation were used.

"In-home EMS has little

practical significance or carryover benefit," adds Porcari. "People need to realize that these units are going to provide very little health benefit as compared to aerobic exercise or a regular resistance-training program."

*(Courtesy of the American Council on Exercise. ACE is a nonprofit organization dedicated to promoting the benefits of physical activity and protecting consumers against unsafe and ineffective fitness products and instruction. As the nation's "workout watchdog," ACE conducts university-based research and testing that targets fitness products and trends. ACE sets standards for fitness professionals and is the world's largest nonprofit fitness certifying organization. For more information on ACE and its programs, call (800) 825-3636 or log onto the ACE Web site at [www.acefitness.org](http://www.acefitness.org).)*