

DISPATCH

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Vol. 41, No. 24

437th Airlift Wing, Charleston AFB, SC

Friday, June 21, 2002



Photo by Staff Sgt. Ken Bergmann

Crash response

Members of the 320th Expeditionary Aeromedical Evacuation Squadron unload two injured Air Force airmen from a C-17 Globemaster III at Ramstein Air Base, Germany, supporting Operation Enduring Freedom. The airmen were injured when an MC-130 Combat Talon crashed June 12.

1,000 and counting... 17 EAS passes milestone, keeps moving toward next milestone

By Staff Sgt. Melanie Streeter
437 AW Public Affairs

After a 26-hour venture, which began June 11, a crew with the 17th Expeditionary Airlift Squadron at Rhein Main AB, Germany, completed its 1,000th mission June 12.

The three pilots and two loadmasters who completed the landmark mission are all activated reservists from the 317th Airlift Squadron here.

"We took off out of Frankfurt, Germany, and about three hours, as we were heading east, we refueled in midair with a Turkish (KC-)135," said Maj. Jeff Meyers, 17 EAS pilot. "We cut through Afghanistan and eventually landed in Pakistan."

In Pakistan, the C-17 picked up approximately 100 members of the 101st Airborne Division, according to Meyers. The crew then cut back through Afghanistan, landed in Uzbekistan for refueling and returned to Germany.

The squadron's commander pointed out that while the milestone mission shows how hard crews and the military personnel who support them are working, it wasn't anything different than what goes on every day.

"Every single one of these missions is a big event," said Lt. Col. John Norton, 17 EAS commander.

Norton said between coordinating schedules, maintenance, loading and

unloading, country clearances and air refueling, along with a slew of other planning, every mission is a tremendous effort on the part of everyone involved.

"It's kind of a bumper sticker, but a thousand missions, that shows something," Norton said.

Norton and Meyers both praised the efforts of ground personnel in making missions happen.

"At a lot of these locations we go to and land, we have deployed people there who are living in tents and making the mission move down range," Meyers said. "When we landed in Uzbekistan, we had Air Force people who had been there for 60-90 days refueling our jet, just waiting for us to arrive and moving our tail number through the system. Those guys don't get the credit that they deserve."

Meyers said one group of Reserve aerial porters just arrived for what should prove to be a 179-day deployment.

"It's been really tough on them," Meyers said.

But aerial porters aren't the only ones facing long deployments, though theirs is the longest, according to Meyers. Those deployed to Rhein Main in support of Operation Enduring Freedom may stay anywhere from 45 to 90 and more days with the 17 EAS.

See 1,000, page 9

CAFB to host retiree appreciation day, fair June 29

By Staff Sgt. Pamela Smith
437 AW Public Affairs

Charleston AFB will host the second annual Retiree Appreciation Day and Information Fair June 29 at the Charleston Club.

The event will host guest speakers representing a variety of on-base services, to include the 437th Comptroller Squadron, 437th Aerial Port Squadron, 437th Opera-

tions Group, 437th Support Group and the Family Support Center.

"We're hoping to let retirees know what's available to them, not only in terms of official business, but we also want them to know what leisure activities they can take advantage of," said Nancy Corbin, 437th Services Squadron deputy chief.

The information fair begins at 8 a.m. with registration,

followed by the opening ceremony at 8:45 a.m. Col. Brooks Bash, 437th Airlift Wing commander, will share a few words with the attendees then introduce the guest speaker, Congressman Henry Brown, who represents the First District of South Carolina, which includes all or portions of Berkeley, Charleston, Dorchester, Georgetown and Horry counties.

Topical speakers throughout the rest of the morning will include representatives from the 437 SVS, Air Force Retiree Council Regional Director, Retirees Enlisted Association and Retired Officer Association, among others.

"This year's appreciation day and information fair is comprehensive and informative," said retired Army Col. Raymond Borelli, Retiree Activities Program director.

Once the speakers have finished, the attendees will be free to visit the various information booths set up around the club, see a C-17 static display or go to lunch. A shuttle service will be available to transport people to the different locations throughout the base.

The appreciation day and information fair was designed

See RETIRED, page 3

COMMENTARY

Team Charleston members continue to impress others

About the paper

AIRLIFT
Dispatch

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By **Col. Karl Young**
437 AW vice commander

Col. Brooks Bash, 437th Airlift Wing commander, is attending the 21st Air Force commander's conference this week. He took Lt. Col. Bill "Goose" Changose, 14th Airlift Squadron commander, who briefed on the humanitarian airdrop operations, and Maj. Rick Williamson, 437th Operations Group director of staff, who briefed on our efforts in getting Marines to Camp Rhino. Maj. Pat Dowling, our 437 AW Year of the Warrior Spirit project officer, also briefed the status of our YOWS initiatives. We expect some good feedback from that conference.

I would like to thank everyone from the 437 OG, 437th Logistics Group and Air Education and Training Command's 373rd Training Squadron, Detachment 5, who helped host the U.S. Air Forces in Europe German civic leader tour June 12-13.

The visit was important because it allowed many of the German mayors, who host our operations in their backyard, to learn firsthand about our mission and some of the challenges our Air Force faces. I am sure the visit gave them a greater appreciation of your sacrifices and should promote even greater cooperation between our countries.

A special thanks to 437 AW Public Affairs for their arrangements in hosting Lt. Gen. Glen "Wally" Moorhead III, USAFE vice commander, and the German civic leaders in true Team Charleston first-class style. We heard nothing but praise from the civic leaders and Gen. Moorhead.

We nominated a number of individuals for the 2002 Lance P. Sijan Award. Wing nominees to the 21 AF were Maj. Christopher Carper, senior officer category, 15th Airlift Squadron; Capt. Brady Goebel, junior officer category, 437th Security Forces Squadron; Master Sgt. Michael Garrou, senior enlisted category, 437th Civil Engineer Squadron; and Staff Sgt. Mark Swieszcz, junior enlisted category, 437 CES.

At staff meeting, I presented a wing coin to Tech. Sgt. Marilyn Haydell, 437th Supply Squadron, for being a distinguished graduate at the NCO Academy. I also presented wing coins to the following recent Airman Leadership School graduates: Staff Sgt. Julie Amos, distinguished graduate; Staff Sgt. Scott Bomgardner, Leadership Award; Staff Sgt. Joel Collingwood, Academic Achievement Award; and Senior Airman Jerry Yarrington, John Levitow Award winner.

The 14 AS Order of the Pelican Dining Out will be held this evening. The Order of the Pelican Dining Out is an annual gathering of present and former 14 AS members and wing leadership.

The Order of the Pelican, created in 1972, honors outstanding individuals strongly devoted to the 14 AS. All members of the squadron are eligible, except for the commander. The squadron leadership selects the recipients based on dedication, professionalism and the continuity of Pelican excellence. Receiving the Order of the Pelican Award for 2002 were retired Brig. Gen. Steven A. Roser, Lt. Col. Sam Cox and Master Sgt. Edison Velez, Jr. Congratulations to Gen. Roser, a former 437 AW commander and 14 AS member, and the others for receiving



Photo by Lt. Col. Ed Memi

Col. Erwin Lessell III, 86th Airlift Wing commander, Ramstein AB, Germany, arrives at Charleston with German civic leaders. The group toured Charleston June 12-13.

this top 14 AS honor.

The Around the World in Ninety Days summer campaign is in full swing. About 15 percent of the base is currently participating. Everyone can play, to include reservists, family members and retirees. To meet our goal, at least 3,548 people must play at least two game pieces. You can receive game pieces at a variety of 437th Services Squadron outlets, the Base Chapel, the Family Support Center and the Community Education Center.

If you have noticed the brand new vehicles parked at the base marquees and Charleston Club, those are just some of the reasons why you should participate in this program ... the chance to win the new Ford car or truck grand prize. Not only do you get a chance to use our outstanding services facilities, but you can win many other prizes like vacation packages or instant cash just by participating. You can play pieces by going online to www.atwind.com or by calling (888) 597-9960. It is fun and free.

I am sure many of you have heard about the news that I will be staying around a little longer, which is great news to me. I am thrilled that I will now remain on station for another year and, of course, Charleston AFB is my all-time favorite location. I can't believe my good fortune!

So, now that I will be here another year, please continue to be careful when boating and driving, especially when riding a motorcycle. As our outdoor activities increase, so does the risk of injury or bad judgment. Let's continue to be safe!

Action Line

The Commander's Action line is your direct link to me. It's your opportunity to make Charleston Air Force Base a better place to live, work and play.

First give the appropriate base agency a chance to solve the problem, but if you don't get a satisfactory answer, call me at **963-5581** or send an e-mail to action@charleston.af.mil.

Commonly called Charleston AFB
phone numbers

Base Exchange 552-5000
Charleston Club 963-3914
Education Office 963-4573
Family Support 963-4406

Housing Office 963-3859
Medical Group Info 963-6700
Security Forces 963-3611
Services Squadron 963-3821

IN THE NEWS

Block 13 upgrade coming soon: C-17s enhanced with two major changes, safety fixes landing here soon

By Airman 1st Class
Amy Perry
437 AW Public Affairs

Twelve new C-17s will have a spot on the Charleston AFB flightline spring 2003.

The first new C-17, with a Block 13 upgrade, is set to arrive July 17.

The added planes will increase the Primary Aircraft Inventory from 36 to 48.

Only aircraft currently assigned for wing manning and funding are considered part of the PAI.

A block is an improvement in the software or hardware on the aircraft, said Maj. Corey Martin, 437th Operations Group Standardization and Evaluation Division deputy commander.

"It has to be an improvement large enough that it takes a change in technical orders," said Martin. "For an aircrew, it's a way of knowing what capabilities an aircraft has."

Two major changes in

Block 13 are the Terrain Awareness Warning System and Station Keeping Equipment Follow-On.

"TAWS helps reduce the chance of Controlled-Flight-Into-Ground or obstacles," said Jerry Bateman, Charleston's C-17 System Program Office liaison. "It provides them a terrain map so they know where obstacles are to give them more situational awareness.

"It should improve their awareness of terrain impact," continued Bateman.

Martin said the increased situational awareness was beneficial.

The SKE Follow-On changes have been made to increase the number of aircraft that can fly in formation, said Bateman.

"SKE Follow-On is a new generation of software that helps (pilots) fly more aircraft in a larger range," Martin said.

Currently, a total of 18 aircraft can fly in formation only within a 10-mile range, said

Martin. Block 13 allows up to 100 aircraft to fly in a 100-mile range.

Martin said SKE Follow-On gives pilots an all-weather formation airdrop capability.

"On a (multi-function) display (in the cockpit), it'll show where the other planes are," said Martin. "Block 13 will allow 100 aircraft to fly in formation on the same frequency, and it will help with airdrops."

Other improvements may help prevent crashes, according to Martin.

"There's a new reactive wind shear warning," said Martin. "Some crashes are caused by changes in wind velocity of direction (wind shear), and Block 13 will give the pilot an indication in the heads-up display when wind shear conditions exist.

"Currently, (pilots) have to check many different things to see if wind shear is an issue," Martin continued.

Lt. Col. Steve Dellies, 437 OG stan/eval commander,

said that there are a few more important changes.

"The Aerial Delivery System computer does a check of all the equipment in the back to ensure it's ready for airdrop, and currently we get errors from the computer that says to do a no drop" said Dellies. "The new software is supposed to eliminate some of the errors."

Dellies said that Mobility 2000 is to be put in with Block 13 and should aid headquarters with communication to the crew.

"Air Mobility Command is trying to enhance their control over the mission," Dellies said.

Bateman said the last main change is Flotation Emergency Deployment System Requalification.

"If there is an emergency in water, it will deploy the life raft," Bateman said. "Currently where the FEDS are kept, the temperatures exceed the maximum temperature range allowed and it

causes problems. Block 13 improves the maximum temperature qualification range from minus 65 F to 200 F."

Not all of the changes will be available with the first delivery, said Bateman.

"They will be incorporated into the C-17 between now and October 2003 because the software is still being tested for some components," said Bateman.

Martin said that the changes have more advantages than drawbacks.

"The drawbacks are that it's a new system that has to be learned, and it's more data to have in the cockpit," said Martin. "But the advantages should outweigh these minor drawbacks."

Bateman said these changes were mainly to help out the aircrew.

"These changes were made to enhance the efficiency of the pilot, and most importantly, it gives the pilot better tools to fly the jet and complete the mission safely."

RETIRED

continued from page 1

to recognize retirees and let them know they haven't been forgotten.

"We did something like this years ago, but there's been a lull for some time," Corbin said. The Retiree Activities Program started this again last year and wants this year to be bigger and better. We want retirees to know that they're still a part of Team Charleston and the military

family."

Corbin said the event is open to retirees from all branches of the service, but isn't restricted to just those who've already retired.

"We encourage everyone to come out, even those who haven't retired yet," she said. "This will give them an idea about what's available to them when their time comes to retire."

The daylong event will end with mission briefings from the 437 SPTG and 437 OG.

Corbin said this would link the military members from the past with those serving today.

"We want them to see what our military is doing today, especially in Afghanistan," she said.

The fair is scheduled to wrap up at 3 p.m. and is free.

For easier access to the event, attendees are encouraged to have their military ID card with them and their vehicle registered with the 437th Security Forces Squadron prior to June 29.

For more information about the Retiree appreciation day and information fair, contact the Retiree Activities Program Office at 963-2228.

"We hope that most of the retirees will join us," Borelli said. "It's their special day at CAFB."

CAFB produces instructor of year

By Airman 1st Class Amy Perry
437 AW Public Affairs

A Team Charleston C-17 instructor recently won Air Mobility Command's Flying Instructor of the Year.

Maj. Rick Williamson, 437th Operations Group director of staff, received the award for his tenure as a C-17 instructor at the 14th Airlift Squadron.

Williamson said he won this award for being part of several programs such as being an instructor for airdrop upgrades and special operations.

"I was able to participate in the first night-vision-goggle dirt landing with a C-17 during a training mission in Nevada," said Williamson. "For Operation Enduring Freedom, I was the instructor on the first plane that landed at Rhino Landing Zone, (Afghanistan), which was the deepest insertion of Marine forces in Marine Corps history."

As for Special Operations C-17 instruction, Williamson was hand-picked for the Special Operations Low Level II initial cadre, said Lt. Col. William Changose, 14 AS commander.

"Williamson flew the first-ever C-17 SOLL II mission qualified in a joint multilateral training exercise," Changose said. "He was also first to be qualified to fill SOLL II alert and

the first to lead C-17 formation in a SOLL II Joint Readiness Exercise.

"He's the wing's number one expert of the C-17 special operations training objectives and requirements," Changose continued. "He was upgraded to C-17 SOLL II evaluator aircraft commander, the second ever in the Air Force to fill this vital position. He's a linchpin SOLL II evaluator."

Lt. Col. Matt Wahelan, 437 OG Special Operations chief, said Williamson was put in for the award because he was the best instructor around.

"He is the number one SOLL II instructor and evaluator," Wahelan said.

Williamson attributes luck to his fortune.

"I was just fortunate enough to be part of the initial push of C-17s into OEF," Williamson said.

Changose said Williamson is his key man on instruction matters.

"He is my most trusted advisor on all flight training issues," Changose said. "He masterfully led and chaired six training reviews and unit certification boards. He was the key to managing more than 100 upgrades in nine formal courses.

"He has no equal, and he is the perfect choice as AMC Flying Instructor of the Year for 2001," Changose continued.



Photo by Tech. Sgt. Brian Jones

Retirees play a big role in the mission of Team Charleston. Bill Chaney, a retired Air Force master sergeant, volunteers his time at the Dorchester Gate Visitor Center. Chaney has been volunteering on Charleston AFB for 11 years.

NEWS BRIEFS

Spotlight

Change of Command: The 17th Airlift Squadron will host a change-of-command ceremony Tuesday, 3 p.m., at the Charleston Club. Lt. Col. Don Shaffer will assume command from Lt. Col. Pete Hirneise. For more information, call 1st Lt. Mitch Alley at 963-2925.

Change of Command: The 437th Supply Squadron will host a change-of-command ceremony Wednesday, 9:30 a.m., at the Charleston Club. Maj. Harold Bugado will assume command from Lt. Col. Mike Pierce. For more information, call Capt. Jason Nulton at 963-4815.

Retirement: The 437th Civil Engineer Squadron is hosting a retirement ceremony for Senior Master Sgt. Karl Nichols June 28, 8 a.m., at the base flag pole. For more information, call Master Sgt. Michael Garrou at 963-5015.

Around the base

Prostate screening: Today is a prostate cancer screening day 7:30 a.m.-3:30 p.m., at the Urology Clinic on the fifth floor of Naval Hospital Charleston. All male active-duty members and retirees over age 45 are eligible to attend. The screening is by appointment only. To schedule a screening, call 743-7252.

ESC: The Enlisted Support Club will meet Tuesday, 6:30 p.m., at the

Family Support Center. A pot-luck supper and stamping party are planned. Cost for supplies is \$2. RSVP to Marcia Lytton by June 23 at 760-6892.

VA hospital: The Top Three and First Six Associations will be visiting the Ralph H. Johnson VA Medical Center on Wednesday. A bus will depart the Charleston Club at 10:30 a.m. and return at 2:30 p.m. All military personnel and family members are invited. To reserve a seat on the bus, call Staff Sgt. Keith Cedergren at 963-2531 or 963-4716.

STU: The Base Chapel is holding a Stripes to Uniforms dinner Thursday, 5:30-7 p.m. For more information, call 963-2536.

Closing: The 437th Military Personnel Flight, Civilian Personnel Flight, Community Education Center and Family Support Center will close at 11 a.m. on June 28 for a squadron function. For more information, call 963-4510.

Free rides: The Charleston Area Regional Transportation Authority is offering free bus rides to veterans all day July 4. In addition, any veteran taking the bus to the July 4 Salute to Independence, noon at Marion Square, will receive a free flag.

Housing: The base housing office will be closed July 4 and 5. For emergencies, call the fire depart-

ment at 963-3777.

Parenting: The Base Clinic is offering a free, six-session parenting class. Classes will start July 9 and run from 6:30-8:30 p.m. for six consecutive Tuesdays. To register, call Jim Hernandez at 963-6503.

Vendor day: The 437th Contracting Squadron is sponsoring the 4th Annual Purchase Card Vendor Day July 11, 9 a.m.-1 p.m., at the Charleston Club. Various small businesses from the area will have their products on display.

AAHC: The African American Heritage Council is holding a membership drive during June and July. The council will meet July 12 and 24, 11:30 a.m., in the Wings Bar at the Charleston Club. For more information, call Tech. Sgt. Denese Bellamy at 963-2262 or Tech. Sgt. Steven Beasley at 963-5082.

Civilian jobs: The Palace Acquire Intern Program open season for outstanding scholars is July 15-Aug. 2. Students with at least a 3.45 grade point average who are looking for a government job can apply through the program during this time. For more information, go to www.afpc.randolph.af.mil/cp/recruit.

AFSA: The Air Force Sergeants Association meets the second Tuesday of every month, 4 p.m., at the Charleston Club. For more informa-

tion about AFSA, or to learn about its members-only services, go to www.AFSAHQ.org.

Briefings: The Community Education Center is now offering commissioning briefings on a monthly basis. The briefings will be held on the third Wednesday of each month at 10 a.m. The primary purpose of the briefings is to give airmen enough information to make an informed decision on which commissioning program works best for their needs. Attendance is mandatory prior to making a commissioning appointment with the guidance counselor. For more information, call 963-4575.

ACSC seminar: The Community Education Center is now seeking eligible candidates (major-selects and above in all service components and GM/GS-11s and above) for the Air Command and Staff College seminar program. The seminar begins in early August and concludes in June 2003. Members meet once a week for a three-hour session. Enrollment by June 30 is encouraged to ensure receipt of course materials prior to seminar activation. In addition to the traditional seminar, ACSC will provide eligible candidates with a Cyber Seminar program. For more information, contact the CEC at 963-4578.

DCAO: The Department of Defense now offers a Debt Collections Assistance Officer Program to help TRICARE beneficiaries resolve their TRICARE-related bills that have been turned over to a collection agency. Under this program, the DCAO, located at each military treatment facility and TRICARE lead-agent office, will be the single point of contact for TRICARE beneficiaries who need assistance with their overdue TRICARE accounts. For more information, contact the local TRICARE Service Center at 740-5660, or the DCAO at the clinic at 963-6901.

Family Support Center

Pre-deployment Briefing: Daily, 10 a.m. and 2 p.m.

Home Buying Workshop: July 1, 10 a.m.-3 p.m.

Sponsorship Training: July 3, 8:30-9:30 a.m. and July 17, 3:30-4:30 p.m.

Educational Opportunities Counseling: July 9, 10 a.m.-1 p.m.

Deployment for Children and Parents: July 10, 1-2:30 p.m.

Newcomers Tour: July 11 and 18, 8:15 a.m.-3 p.m.

Investing A-Z Part I: July 12, 1-4 p.m.

TAP 3-Day Workshop: July 16-18, 8 a.m.-4:30 p.m.

Car Buying Workshop: July 16, 1-3 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 Warrior of the Week



Photo by Airman 1st Class Amy Perry

Staff Sgt. Watasha Lusby
437th Airlift Wing

Staff Sgt. Watasha Lusby is a 437th Airlift Wing Protocol specialist.

Lusby is currently on loan from the 437th Aerospace Dental Squadron Public Health section.

"I normally work in Public Health, but I volunteered to come over and help out Protocol," said Lusby. "In Protocol, we take care of all the distinguished visitors to include taking reservations for their lodging. We also advise units on base of different ceremony (protocol) for their different functions.

"In Public Health, people work in five different sections; occupational health, communicable diseases, deployment medicine, fetal protection and food safety," Lusby continued. "I've worked in all five."

The Cleveland, Miss., native has been in the Air Force for 8.5 years. Lusby has spent 3.5 of those years at Charleston AFB. She has also been stationed at Reese AFB, Texas, and Ramstein AB, Germany.

Lusby said she plans on making the military a career.

Lusby said she enjoys activities such as cooking, reading, traveling, and doing any outdoor activities.

"My favorite place I've been able to travel to because of the Air Force was over to Europe, especially Germany," Lusby said. "I was able to visit a few countries while over there, such as Belgium."

Lusby said she enjoys the rewards of Protocol.

"My favorite part of my job in Protocol is working a DV visit," Lusby said. "To get a smile from the DV to know you did good when it's all done. It makes me feel good."

AROUND THE AIR FORCE

First sergeant job becoming special duty; three-year tour

By Tech. Sgt.
Jurita Barber
Air Force Print News

The job of first sergeant in the Air Force will become a special duty assignment Oct. 1, according to the first sergeant career field manager at the Pentagon.

As a result, said Senior Master Sgt. Michael Gilbert, new first sergeants will no longer be required to cross-train into the job, and most can return to their old Air Force specialty after a three-year tour.

The change comes as a result of a 15-month review by the office of the chief master sergeant of the Air Force. The current first sergeant program fails to meet Air Force needs, Gilbert said.

"We have 1,200 active-duty first sergeant positions, and

we are currently short 120 people in meeting our program needs," he said. "This translates into about 20,000

Air Force troops, commanders and family members not being properly served."

A major goal of the change is to attract more senior enlisted leaders, some of whom may not have wanted to permanently leave their functional specialty, Gilbert said. Unlike the current cross-training program, the special duty program is designed to return members to their original career field after serving as first sergeants.

The new program will broaden the experiences of more noncommissioned of-

Changes to the first sergeant position

- Becomes special duty Oct. 1
- Three-year tour length
- After three years, most can return to original Air Force Specialty Code
- Can apply for an additional three years if desired

icers and better prepare them to serve as senior enlisted leaders in their functional areas and beyond, Gilbert explained.

"This program will help us deliberately develop some of the top enlisted leaders we will need in the future," he said.

Tour lengths will also change. The first tour will be three years. About two years into the tour, the member can apply for another three-year tour, and, depending on Air Force needs, may be selected for a second tour.

First sergeants will continue to test for promotion against others with the special duty skill, Gilbert said.

"While promotion rates for those in first sergeant assignments have historically lagged behind Air Force averages, we found those returning to their functional communities do very well promotion-wise," he said. "Their experience is obviously highly valued."

After Oct. 1, the changes will be phased in as new people come into the program. While many new first sergeants will be required to return to their old career fields, those already serving as first sergeants can remain

in the first sergeant program or return to their previous jobs.

"These folks stepped up and did what we asked them to do," Gilbert said. "They've served us well, and we need many of them to continue on as first sergeants. But we do want to give them a greater opportunity than they currently have, to go out and do more good stuff for the Air Force."

The responsibilities, duties and expectations of first sergeants have increased over time, and the Air Force is gradually setting up a system that will give greater opportunities to more NCOs who want to demonstrate leadership and have a say in what is going on at the unit level, Gilbert said.

"There's no better job in this Air Force than the unit-level first sergeant," he said.

Deployed forces offer good will

By Capt. Elizabeth Ortiz
USAFE News Service

Every day, people from the 376th Air Expeditionary Wing's security forces squadron at Ganci Air Base, Kyrgyzstan, patrol several of a dozen villages, not to keep the peace, but to promote American good will.

They know the mayors and bring candy for the children, who come up in droves to shake hands and speak with the Americans. They eagerly pose for pictures.

The base, in the capital city of Bishkek, is unofficially named in honor of New York City Fire Chief Peter J. Ganci Jr., who died in the collapse of the World Trade Center towers Sept. 11.

Airmen at Ganci sustain coalition airlift, air refueling, and fighter and attack operations in support of Operation Enduring Freedom. For the security forces deployed to the base, it is not a bad place to work.

Lt. Col. Bill Snodgrass is the 376 AEW Support Group deputy commander and "mayor" of Ganci Tent City. He said the local support has been great.

"They're happy to have us here," he said. "We're the first Americans they've ever seen."

Kyrgyzstan, or the Kyrgyz Republic as the U.S. Embassy in Bishkek prefers to call it, lies in Central Asia, to the immediate west of China. A mountainous country with a pre-

dominantly agricultural economy, it was annexed by Russia as part of Russian Turkistan in 1864 and became a Soviet republic in 1936.

The country, slightly smaller than South Dakota, according to the CIA's World Factbook, achieved independence from the Soviet Union in 1991. Almost 5 million people reside there. About 52 percent of the population is Kyrgyz and about 18 percent is Russian. Seventy-five percent of the population is Muslim. Kyrgyz and Russian are the predominant languages.

According to the CIA factbook, the country has been one of the most progressive countries of the former Soviet Union in carrying out market reforms. There has also been much democratic progress.

The former Soviet-bloc country was picked as a forward location to fight the war on terrorism, because it turned out to have the best airfield in the region, according to a U.S. official. Once the decision was made to stage a base in Kyrgyzstan late last year, an agreement was reached between the United States and the Kyrgyz government.

The wing just underwent the largest turnover of personnel since the base sprang up tent by tent almost six months ago — a 500-person rotation over the course of two weeks. For now, Ganci is here to stay, and the force structure continues to grow.



ROTC gives most opportunities

By 2nd Lt. Ryan Fitzgerald
325 FW Public Affairs

Air Force commercials on television seek people who are up for a challenge, encouraging them to walk into a local recruiting office and sign on the dotted line. But how does a person enter into the officer corps? Most join Air Force Reserve Officer Training Corps.

ROTC is by far the largest single commissioning source of Air Force second lieutenants. According to Air Force Personnel Center figures, ROTC is responsible for commissioning more than 41 percent of the active officer population.

Traditionally, people join ROTC right out of high school or during their college careers; however, that is not always the case.

Opportunities exist for enlisted people to earn a commission through ROTC.

SOAR, or Scholarships for Outstanding Airmen to ROTC, is one way.

"SOAR is a scholarship program designed for enlisted people in the force with less than six years service," said Wanda Kirkpatrick, an educational counselor at the education center. "SOAR applicants are tagged by their supervisors or commanders as strong performers with exceptional potential."

Those selected for SOAR separate from the active-duty Air Force, join an Air Force ROTC detachment and become full-time college students. After graduation, they become second lieutenants with a four-year commitment.

Another road to lieutenant bars is the Airmen Scholarship and Commissioning Program.

Similar to the SOAR program, ASCP is a way for more senior enlisted people to earn an ROTC scholarship. Those interested in the ASCP require a proven history of leadership and dedication. Supervisors nominate ASCP candidates, who then meet a board to determine their probability for success.

Before joining the ranks of senior cadets, students must attend a field-training encampment.

"The normal progression for an ROTC student is to attend an encampment between (his or her) sophomore and junior years," said Capt. Mike Liquori, assistant commandant of cadets for a recent ROTC encampment.

Though ROTC field training contains many elements of Air Force basic military training, such as drill and ceremonies, rigorous physical fitness training, academics and uniform wear, the focus of the camps is different than enlisted BMT.

"It's designed to test their leadership potential," Liquori said. "We focus a lot more on leadership training. A lot more responsibility is placed on the individual cadet."

When the cadets graduate from the summer camp, they return to their detachments. There are detachments at more than a 1,000 colleges throughout the country. There, they assume leadership roles in their cadet wing and apply effective management skills learned at field training.

While there are several roads to becoming an Air Force officer, most people choose the one that makes its way directly through many college campuses: ROTC.

Combat Camera Photo of the Week



Photo by Senior Airman D. Myles Cullen, 1 CTCS

Where eagles dare

F-15 Eagles from the 90th Fighter Squadron, Elmendorf AFB, Alaska, take off to fly a mission in support of Northern Edge 2002. Northern Edge 2002 is an annual joint training exercise held in Alaska. The exercise is designed to enhance joint operations techniques, procedures and interoperability among the services.

1,000
continued from page 1

Norton said both aircraft and personnel with the squadron are holding up well. Launch reliability rates have stayed above 90 percent, and reservists supplementing active-duty members help keep people fresh for what is proving to be a long haul.

"We also have periods where we're not as busy, and we take those as a chance to rest," Norton said. "But it's been pretty steady work for about a month now."

The 17 EAS activated in January, and Norton said there are currently between

300 and 400 people assigned. Since then, the squadron has moved more than 25,000 tons

C-17 facts

Crew Size: Three—pilot, co-pilot and loadmaster

Unit Cost: \$225 million (fiscal year 2001)

Mission: Rapid strategic delivery of troops and all types of cargo to main operating bases or directly to forward bases in the deployment area, also able to perform tactical airlift and airdrop missions

Features: Heads-up display, can airdrop both cargo and 102 paratroopers, able to land on small, austere airfields—landing in as short as 3,000 feet

Dimensions: Length: 174 feet; Height: 55 feet, 1 inch; Wingspan: 169 feet, 10 inch

Cruise Speed: 518 mph at 28,000 feet (Mach .74)

Range: Global with in-flight refueling

Cargo: Maximum load is 170,000 pounds; can fit two large buses, three helicopters, one of the Army's newest tanks or other outsized cargo

of cargo and approximately 10,000 passengers, according to Norton.



Photo by Staff Sgt. Ricky Bloom

Crewmembers from the 17th Expeditionary Airlift Squadron, Rhein Main AB, Germany, are hosed off after completing their 1,000 mission in support of Operation Enduring Freedom.

CAFB makes slow start in trip around world

By Airman 1st Class
Amy Perry
437 AW Public Affairs

Around the World In Ninety Days kicked off June 1, and Charleston AFB is off to a slow start in the Air Mobility and Space Command game.

Although CAFB finished second last year, the number of participants is down so far this year.

"It's basically a base race and an individual race," said Britt Locke, 437th Services Squadron marketing publicist. "As a base, we need 3,548 participants to meet our goal, and we will win \$5,000.

"In the base race, the first place winner will receive an additional \$20,000, the second place finisher \$10,000 and the third place finisher \$5,000," continued Locke.

In the individual race, participants have the chance to win instantly or in the sweepstakes as a grand-prize winner, said Locke.

"As an individual racing, you have the opportunity to win a vehicle, a computer, and a trip or cash (in the sweepstakes)," said Locke. "You can also become an instant winner after you log in your game piece. It will tell you if you are an instant winner."

Locke said that any military, Department of Defense civilian, retiree, or an immediate family member of any of these, are allowed to play.

"Once you log in, you race from Scott AFB, Ill., back to Scott AFB all the way around the world," said Locke. "You can go around as many times as you want."

ATWIND has five destinations members have to travel to: Vandenberg AFB, Calif., 2,200 miles or two game pieces; Hickham AFB, Hawaii, 4,400 miles or four game pieces; Kadena AB, Japan, 8,800 miles or eight game pieces; Rhein-Main AB, Germany, 14,300 miles or 13 game pieces; and Scott AFB, 18,700 miles or 17 game pieces.

"You can get game pieces at any of the 437 SVS facilities," Locke said. "Some of the different ways to get game pieces are to eat at the club on Tuesday, eat at the golf course snack bar on Thursday or check out books from the base library, the ATWIND command central, on Wednesday. Children ages 7-11 can attend Summer Fun at the base library for more chances to win.

"You can also get tickets from other on-base agencies such as the Family Support center, the base chapel, and the base education office," Locke continued. "There are many different opportunities to receive game pieces. The June Services Scene (found in the middle of the May 31 Airlift Dispatch) has more listings."

Last year, two Team Charleston members won

television sets, one member won \$500 and another member won \$1,000, according to Locke.

This year there have already been 20 instant winners in ATWIND as of press time.

One of the winners was surprised to see he won during his first year of ATWIND.

"I've received two tickets. The first one was at Wing Standup, and the second was at the (437th Operations Group) Warrior Spirit briefing," said 1st Lt. Joel Fenlason, 437th Operations Support Squadron deputy weather flight commander, who won a \$20 Services certificate. "I'm going to continue to play. I'm going to try to make it all the way around."

Another member who played last year and won nothing was shocked to see he won this year.

"It was the first ticket I got, and when I logged in, I got the T-shirt," said Master Sgt. Kevin Cooper, 437th Aerial Port Squadron Mobility Flight assistant NCOIC of operations. "It's fun, plus it helps out the base."

As a special bonus for Team Charleston, Locke revealed a free game piece number for everyone to use, once.

"When you log in, enter 99990033333 for a free game piece," said Locke.

Another way to win bonus miles is to take the military trivia quiz at www.atwind.com.

Toll-free lodging line established

Air Force Services Agency officials have established a toll-free centralized number to help people reach any base lodging operation in the continental United States.

The number, (888) AF LODGE or (888) 235-6343, eliminates customers having to contact individual lodging facilities to make reservations.

According to Angela White, Inns of Charleston guest representative, Charleston AFB has been online with the number for over a year already.

"We take about anywhere between 30-40 reservations on my shift alone," said White. "A lot of people ask for our direct number, so I assume they're using the toll-free line."

Air Force lodging branch officials are working with the Defense Travel System team to develop "one-stop shopping" for all travelers' needs. (AF News. Staff Sgt. Jason Smith, 437 AW Public Affairs also contributed to this article.)

FEATURE

Local unborn baby already has unknown sister from overseas

Story and photo by Staff Sgt. Jason Smith
437 AW Public Affairs

Maj. Tania Daniels, 315th Airlift Wing executive officer, and her husband, Maj. Jeffrey Daniels, 300th Airlift Squadron pilot, are expecting to give birth to their first child Aug. 14. What makes their story special is that the child they give birth to will already have an older sister.

At about the same time Tania will be giving birth, Jeff will be flying to China to bring home the family's adopted baby girl.

A little more than three years into their marriage, Tania and Jeff decided to have children. Tania said because her cousins were adopted and because both her and Jeff's parents had lost babies, adoption was always something the couple had considered. They also had friends who were finalizing the adoption of a daughter from China. Tania and Jeff followed the trail of their friends and were pleased with the results.

"My husband just really sensed, and I can't describe it any other way, the Lord guiding him that we should adopt whether we could get pregnant or not," said Tania. "He called me that day, and it just happened to be his birthday, and I knew, before I even heard it from his lips, that he was going to say we should adopt a little girl from China."

The couple started their paperwork in January 2001. Tania said they had to first find an agency and then show financial records, have background checks conducted, be part of home studies by social workers and various other tasks. All of the Daniels' paperwork was in order and filed with the China Center for Adoption Affairs on June 15,

2001.

Once adoption paperwork is filed with the CCAA, Tania said the waiting begins until potential families receive a referral, or information about, and a photo of the child they will be adopting.

"Tomorrow (June 15) will be a year that we've been waiting," said Tania. "At the time we signed up, the wait for a referral was 11 months. That's now been pushed back to 13 months. We hope to get her picture next month."

Choosing a girl over a boy was a fairly easy decision. Besides the fact she always imagined having daughters, Tania said China's one-child policy affirmed her decision.

"China has a one-child policy," said Tania. "The government says it's not still in effect, but it definitely is."

"To carry on the family name, and to take care of the parents in their old age, because they don't have social security, they need a boy," Tania continued. "That's the reason there are so many girls in orphanages. The abortion rate is very high, and many families are forced to abandon girls."

The girls who do get abandoned are usually left in a very public place where they'll be found quickly, according to Tania. She said that shows the families do love their children, and she would never jump to judgment about the practice until

"After I've carried this baby for seven months, I can't even fathom the hurt and anguish the mother must have gone through when she had to abandon her child. I think there was a lot of love in the decision they made to offer her the opportunity for life."

-- Maj. Tania Daniels
315 AW executive officer



Maj. Tania Daniels

she walked a mile in their shoes.

"We are very thankful to her birth parents for carrying her for nine months and loving her," said Tania. "They gave her the chance for life. After I've carried this baby for seven months, I can't even fathom the hurt and anguish the mother must have gone through when she had to abandon her child. I think there was a lot of love in the decision they made to offer her the opportunity for life."

Although their baby will have been born into a totally different culture, Tania said she doesn't see any real problems with her adapting to the American way of life.

"Adoptions are very different from how they used to be," said Tania. "I've been reading up on China, and we'll celebrate her culture with her. When she's old enough, we'll go visit China as a family. We'll try to incorporate some Chinese culture with our culture, but we'll emphasize that she's an American, first and foremost."

The couple's friends and coworkers have been very supportive of Tania and Jeff's decision to adopt internationally. Jeff said even if they knew Tania would be giving birth around the same time he would be picking up their daughter, they absolutely would've still made the choice to adopt.

Putting excitement aside, Jeff said there are still things he needs to concern himself with while making the journey to China.

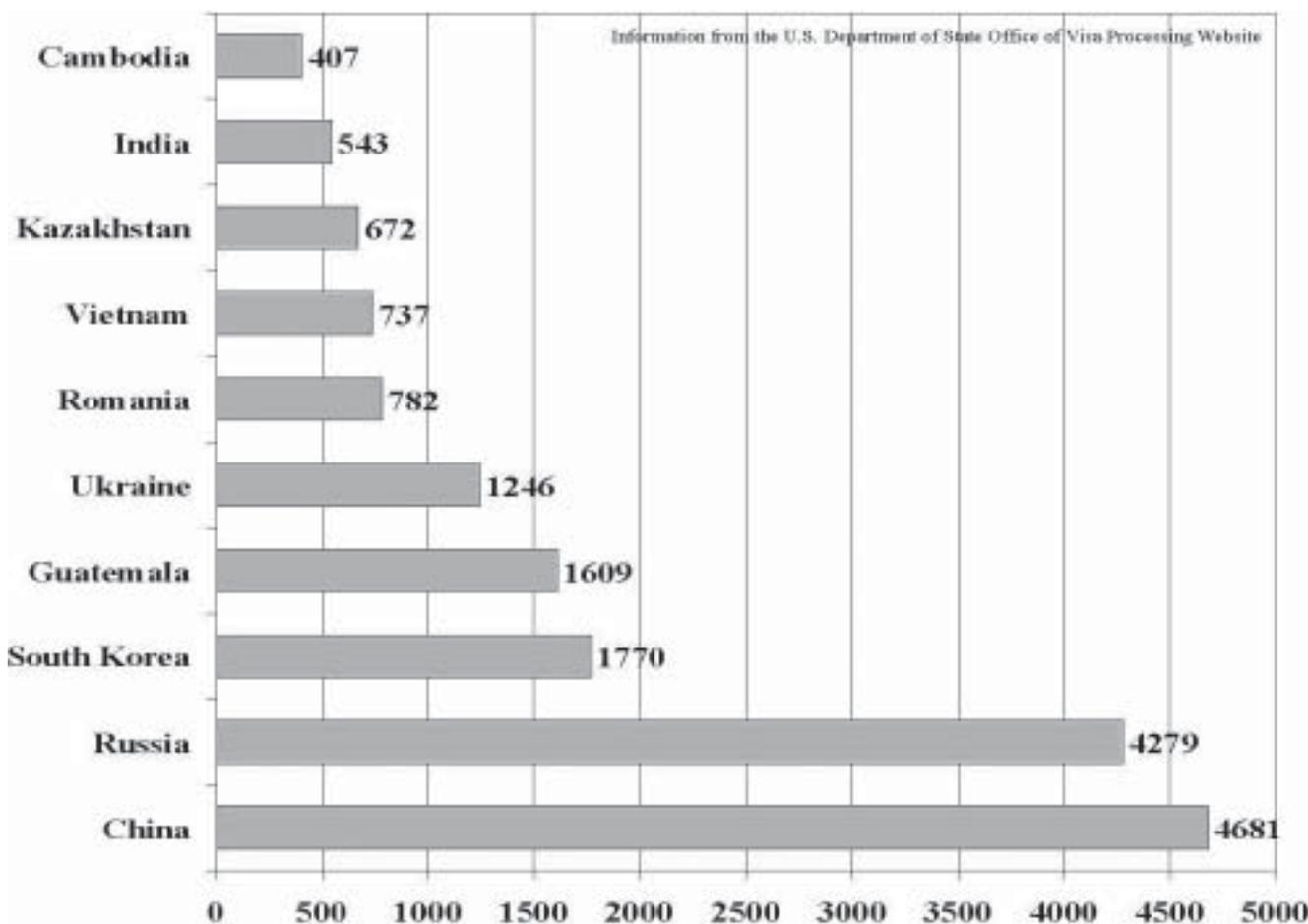
"I'm not worried as much as concerned," said Jeff. "There are additional factors that need to be thought about when traveling to China, like the fact that I'm an Air Force pilot, and that there are such harsh restrictions and limitations to human rights over there."

Jeff pointed out that international adoption can take a long time, but so far in his and Tania's venture, it's been a worthwhile experience. Tania also said she has had a very positive impression of the process thus far. She's already mentioned adopting internationally in the future.

"God can create families in many different ways," said Tania. "I honestly don't see myself loving one child more than the other. I would definitely say we're open to another international adoption in the future."

Tania will be leaving her full-time position with the Reserve in July. She said she wants to be at home to raise her children. She will continue her duties as a traditional reservist. She said anyone having questions about international adoption can call her at 963-3338.

Top ten countries from which children were adopted into the United States in 2001



TRANS airman earns Levitow Award at ALS graduation dinner

Senior Airman Jerry Yarrington, 437th Transportation Squadron earned the Sgt. John L. Levitow Award during Airman Leadership School Class 02-F, and was presented with this honor at a graduation dinner June 13 at the Charleston Club.

The Levitow Award is presented to the student who demonstrates the highest degree of excellence as a leader and scholar.

Levitow received the Medal of Honor after an incident on Feb. 24, 1969. At that time, he served as a loadmaster aboard a severely damaged AC-47 gunship over Long Binh, South Vietnam. Suffering from more than 40 shrapnel wounds in his back and legs from a mortar blast, Levitow saw a smoking magnesium flare amid a jumble of spilled ammunition canisters. Despite loss of blood and partial loss of feeling in his right leg, Levitow threw himself on the flare, hugged it close, dragged himself to an open cargo door and hurled the flare out. Almost simultaneously, the flare ignited harmlessly outside the door and away from the munitions.

Staff Sgt. Joel Collingwood, 437th Operations Group, received the Academic Achievement Award; Staff Sgt.

Julie Amos, 437th Civil Engineer Squadron, received the Distinguished Graduate Award; and Staff Sgt. Scott Bomgardner, 437 CES, earned the Leadership Award.

Graduates from the five-week course also included the following senior airmen (and staff sergeants where noted):

1st Combat Camera Squadron: Juan Femath

14th Airlift Squadron: Staff Sgt. Scott Daniel

17th Airlift Squadron: Hunter Lescoe

437th Aircraft Generation Squadron: William Moyer

437th Aerial Port Squadron: Clifton Broughton, Andrew Harkleroad, Oscar Merritt

437 CES: Staff Sgt. Scott Bomgardner, David Parks Jr., James Slayton

437th Operations Support Squadron: Marvin Streeter

437th Supply Squadron: Jason Reinke

437 TRANS: Jeremiah Kouba
U.S. Coast Guard Group Charleston: Petty Officer 2nd Class Derek Bailey

Detachment 3 Navy Consolidated Brig: Bryon Baker

Award

Reservist to compete AF wide

By Austin Light
315 AW Public Affairs

First-year reservist, Capt. Christopher Hobbs, 315th Aircraft Generation Squadron, is competing for a national award.

The General Lew Allen Junior Award is presented by the Air Force annually to someone with excellent sustained job performance, job knowledge, proven leadership, direct sortie involvement and military qualities.

After winning the Air Force Reserve Command award, Hobbs is now competing on the Air Force level.

After graduating from Virginia Military Institute in 1997, Hobbs headed straight to the Air Force. He was active duty for five years at Charleston AFB, working with 437th Aircraft Generation Squadron and 437th Airlift Wing Protocol Office.

After completing his active-duty commitment, Hobbs joined the Reserve. As a civilian, he works for Gulfstream Aerospace Co. where he is the program manager for purchased aircraft. While there he works with C-37As and C-20 business jets used by members of Congress, the first lady and other public figures.

Unfortunately, Hobbs only enjoyed

a short stay at Gulfstream as he was called to active duty by the Reserve Oct. 7. Hobbs said Gulfstream handled it very well. They split his work up among others and made sure his position was secure.

Ironically, Hobbs' boss at Gulfstream, Capt. Morris Willis, 315 AGS flight commander, was also called up, and is now working with him.

Hobbs said he is very excited and honored to be in the running for this award. He gives 100 percent credit to everyone's hard work in maintenance.

"It feels great when someone notices we try hard," said Hobbs. "This will make the wing and Charleston look good. I think maintenance deserves the recognition, especially reservists who were taken from their jobs and put to work without missing a beat."

That is exactly what Hobbs did, according to his commander. Since he started working as a reservist, he hasn't missed a beat yet.

"He's a tremendous maintenance officer," said Maj. Darryl Frazier, 315 AGS commander. "He's a super person across the board. He's able to be successful in whatever he touches. I think he deserves this award."

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. Phone: (803) 254-9048.

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

Jewish: Call Jewish Lay Leader: Senior Airman David Winner at 963-2676.

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 an 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.

"Deuces Wild" – Stephen Dorff

Leon and Bobby are brothers who, with their friends, are determined to maintain their way of life in their neighborhood. They are "The Deuces." Loyalty means everything to them, and protecting friends and family is their main priority. **(R) 97 minutes**

Saturday, 7:30 p.m.

"Big Trouble" – Tim Allen

A mysterious suitcase found in the city of Miami brings together and changes the lives of a divorced dad, an unhappy housewife, two hit men, a pair of street thugs, two love struck teens, two FBI men and a psychedelic toad. **(PG-13) 85 minutes**

June 28, 7:30 p.m.

"The New Guy" – DJ Quall

After a few years of being the uncool kid, Gill, a high school student, gets himself expelled and ends up in prison. While in prison, his cellmate gives him some tips on how to remake his image so he can start again at a different high school. **(PG-13) 88 minutes**

June 29, 7:30 p.m.

"About a Boy" – Hugh Grant

Fitness & Sports

Sports briefs

Hockey: The Charleston AFB Hurricanes ice hockey team will play Sunday, 7:15 p.m., at the Carolina Ice Palace. Admission to all of the team's games is free. For more information, call Tech. Sgt. Brian Jones at 963-5657 or Staff Sgt. Jason Smith at 963-5536.

Softball: The 2002 Intramural Softball Season has passed the

half-way point. There are games scheduled for Monday-Thursday, including SFS vs. APS 1 Monday, 5:30 p.m., at field 1, Navy Hosp vs. SUP 1 Tuesday, 5:30 p.m., at field 2, and MED GP vs. AGS, Wednesday, 5:30 p.m., at field 2.

Sports Line: Call the Sports Line at 963-4318 for all the latest scores, game times and other sports information.

Intramural softball season passes halfway point

By Senior Airman Jason Smith
437 AW Public Affairs

The Charleston AFB 2002 Intramural Softball Season has passed the halfway point, and CS/SVS is leading the league.

"We finally got all our people back," said Joel Obman, CS/SVS coach. "Still, with leave and deployments, things can change at any time."

Obman said if the team can stay together, he expects them to be on top at the end of the season. If not, the team with the most consistency will take the title.

"The Flyers/OSS are tough," said

Obman. "There are seven teams that can beat any other team on any given night. I'd watch for SUP 1 to start moving up the standings."

Place	Team	Won	Lost	Avg. runs for	Avg. runs against
1	CS/SVS	9	3	14.83	9.5
2	AGS	9	4	15.77	12.85
3	APS1	8	4	16.42	10.75
4	Flyers/OSS	8	4	15.25	9.75
5	SFS	8	4	12.42	10.17
6	TRANS	7	5	17.33	15.33
7	MED GP	7	5	16.33	11.33
8	CBS	7	5	16.33	11.67
9	SUP 1	7	5	15.5	11.67
10	MNS	7	5	12.83	11.33
11	373 TRS/Dat 5	6	6	13.33	10.75
12	SUP 2	4	8	11.75	14.42
13	Navy Hosp	2	9	6.45	17.55
14	AW Staff/CPIS	0	11	7	21.55
15	APS 2	0	11	6	22.71

Summer Health

Registered dietician says beware of barbeques, picnics

Story and photo by Airman 1st Class Amy Perry
437 AW Public Affairs

As the weather heats up, a lot of Team Charleston runs to the great outdoors for barbeques, picnics and more.

During all the excitement, people sometimes forget basic health tips.

Staying properly hydrated and using a few food safety tips is vital to a healthy summer, said Frankie Cox, Health and Wellness Center registered dietician.

"The recommendation to stay properly hydrated is 8-10 eight

ounces of water a day," Cox said. "You should avoid caffeine because it can dehydrate you. As long as the fluid doesn't have caffeine, you can usually count it as water."

"If you want a cup of coffee, have one," continued Cox. "Just drink water to counteract the caffeine."

Staying hydrated is important to remaining healthy, especially in hot weather, said Cox.

"Our tissues need (water)," said Cox. "If you get dehydrated, you can get ill or pass out. Heat exhaustion is possible, and if you don't keep up your fluid levels, you can get into trouble."

"One way to know if you are hydrated is to make sure your urine is a light lemon color," continued Cox. "If it's concentrated, has a dark color such as deep yellow or has an odor, you're not hydrated enough."

Summertime is normally when people are more inclined to have barbeques and get food poisoning, said Cox.

"When shopping for barbeques or for your home, the first step is to shop safely," said Cox. "Check dates on food, and make sure everything is cleaned properly."

Cox said while cooking meats, it's important to make sure it's completely cooked.

According to the American Dietetic Association's Safe Eating booklet, there is a bacteria danger when food reaches certain temperatures.

Temperatures between 40 F and 140 F are considered the "danger zone" because bacteria in food

can survive and multiply at these conditions, according to ADA's Safe Eating booklet.

"The biggest thing with meats is if they aren't cooked all the way, or cooked at the wrong temperature," Cox said. "You have to keep cold foods cold and hot foods hot. If you are having a barbeque or picnic, think about what you are bringing, make sure you can heat the meats up or keep the food cold in a cooler."

Cox said to stay safe from bacteria, always make sure food is below 40 F if it's cold or above 165 F if it's cooked.

"When you set out the food, it needs to stay above 165 F if it's hot food," said Cox. "If it's not, reheat the meat."

Food safety should also be used in preparation, said Cox.

"If you use cutting boards, don't cut raw meat and vegetables on the same board, unless you thoroughly clean it," Cox said. "When you thaw meats, make sure it's not on the counter. Thaw it a few days prior in the refrigerator or microwave. And if you plan on marinating it, put it in the refrigerator a few days before with your marinade."

Cleaning is also vital in food safety, said Cox.

"In preparation, hand-washing is important," said Cox. "Wash your hands in warm soapy water for 20 seconds, and wash your hands in between each food you handle to avoid cross contamination."

"Keep you counters clean with water and a little bleach to kill the bacteria," continued Cox.

Bacteria can grow even if there is no food in sight, said Cox.

"With bacteria, it grows more readily in a certain temperature and moist environments, such as wash rags if you don't let them dry out," said Cox.

It important to cook and clean all food properly, even at home,

said Cox.

"Make sure all your fruits and vegetables are rinsed with water," Cox said. "And make sure everything is cooked properly."

Cox said that many people don't know they have food poisoning.

"A lot of cases of food poisoning aren't reported because the person has fluish-like symptoms," Cox said. "People don't realize they have food poisoning."

Along with eating safe over the summer, Cox said people should be concerned with eating healthy.

"In terms of protein, make sure you get real lean cuts of meat, and trim away visible fat," Cox said. "When cooking, you should try to bake, grill or microwave. Just try not to fry your foods."

Using low-fat ingredients also helps, Cox said.

"If you make potato salad, make it at home, and use low-fat ingredients," said Cox. "Remember that mayonnaise can't sit out over two hours because it will spoil, and if it's a hot day, it shouldn't sit out for more than one hour."

Some people eat more than one serving at barbeques, said Cox.

"Watch your portion control," Cox said. "You don't have to eat the entire salad, share with everyone."

Cox said if there is a weight issue, knowing what people put in foods is difficult.

"I think people should become food snobs," said Cox. "If you don't know what is in it, don't eat it. Usually, store-bought and restaurant-bought foods are not normally made low-fat."

"Bring something you know you can eat to make sure you have something," continued Cox.

Staying healthy this summer could be summed up in six words, said Cox.

"Eat right, exercise, and use sunscreen."



Airman 1st Class Richard Etterling, 437th Services Squadron food service specialist, slices poultry for an evening meal at the Gaylor Dining Facility. All food handlers must be careful and take precautionary measures to prevent food poisoning.