

AIRLIFT Dispatch

Vol. 41, No. 43

437th Air Wing

November 8, 2002

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Midnight Edition



This edition of the *Airlift Dispatch* is dedicated to the members of Team Charleston who work the night shifts, while the rest of us are tucked away safely in our beds.



Photo by Staff Sgt. Melanie Streeter

All through the night

Senior Airman Justin Shleyer, 437th Security Forces Squadron, braves the elements to get his job done. Shleyer and other members of the 437 SFS are some of the most visible night workers on Charleston AFB.

New technology comes to CAFB

By AIRMAN 1ST CLASS AMY PERRY
437 AW PUBLIC AFFAIRS

Members of Special Operations in the 437th Operations Group are participating in tests for new panoramic night vision goggles, which began Oct. 29.

The panoramic NVGs increase the situational awareness of the wearer, said Maj. Rick Williamson, 437 OG director of staff and Special Operations Low-Level II evaluator pilot.

Recently, some aircrews flew a training mission while using new panoramic NVGs, said Williamson. The new goggles expand the wearer's field of view by 150 percent.

Night vision goggles are primarily used in "blacked-out" situations. Loadmasters use them dur-

See NVG, page 3

Command post keeps information flowing 24-7

Personnel work rotating shifts to watch over CAFB

By STAFF SGT. MELANIE STREETER
437 AW PUBLIC AFFAIRS

The men and women of the 437th Airlift Wing Command Post are "jacks of all trades," performing a range of duties night and day to keep the mission rolling.

"We're flight followers for all C-17s, both on and off base, worldwide," said Tech. Sgt. Mike Chouinard, 437 AW Command Post senior controller. "We do recalls for exercises and real-world situations. We also do CAT (crisis action team) recalls. We can bring everyone on base back in to respond to exercise or real-world situations."

After hours, the Command Post acts as a liaison for the wing commander, Chouinard said.

"We're his ears and eyes after

hours," he said. "But we only wake him up when we need to."

In addition to these duties, the Command Post also maintains Joint Chiefs of Staff alerts, keeping three aircraft ready to perform any mission at any time the JCS asks for them.

"We hear everything that goes on," Chouinard said. "We're kind of a dispatcher, getting information where it needs to go at all hours."

The Command Post also receives emergency messages from Air Mo-

bility Command, for both exercises and real world situations, then relays the information, like Force Protection Conditions, through the proper channels, Chouinard said. Command Post personnel are also responsible for receiving and relaying information from the Defense Message System, an automated terminal in the shop used by the Department of Defense to communicate with agencies worldwide.

See COMMAND, page 8

Family: Our foundation – military and personal – supporting each other – inseparable in the fight.

COMMENTARY

Commander's Comments

By COL. KARL YOUNG
437 AW VICE COMMANDER

This edition of the *Airlift Dispatch* pays tribute to our people who work the swing and mid shifts. Thank you for your contributions to our team and our mission.

Thank you to the 90 participants of the Commander's Halloween 5K Haunted Hike, Oct. 31. We look forward to doing it again for the Nov. 21 Turkey Trot and Smoke Out and the Dec. 18 Jingle Jog. These runs and walks are for fun and to emphasize the need for fitness. With our high operations tempo and readiness commitment overseas, fitness is important now more than ever.

I was pleased to recognize our Diamond Sharp recipients Tuesday. Receiving top honors were **Airman Keith Gayden, Jr.**; 437th Logistics Readiness Squadron; **Airman 1st Class Jamekia Williams**, 437th Aerial Port Squadron; and **Staff Sgt. Jeff Marks**, 437th Mission Support Squadron. Congratulations!

Col. Bash and 77 delegates are representing Charleston AFB at the annual Airlift Tanker Association convention in Nashville, Tenn., today through Sunday. The national convention offers professional symposiums, seminars and briefings about air mobility issues and a chance to network with others in the air mobility business.

This is a big weekend, with VA hospital parade and Tops in Blue Sunday. Tops in Blue will perform a 90-minute medley of songs beginning at 7:30 p.m. at the North Charleston Performing Arts Center. They put on a first-rate show year after year, with music to include big-band swing, latin, country, hip-hop and pop. Entry is free, but get there early to be sure to get a seat.

At least 10 units from the 437th Airlift Wing will participate in the VA hospital's annual Veteran's Day parade Sunday. We'll kick off the parade with a C-17 flyover along King Street at 2 p.m., so the best spot to catch it all is on King Street between Calhoun and Broad Streets.



Photo by Staff Sgt. Melanie Streeter

Col. Brooks Bash, 437th Airlift Wing commander, considers the options before awarding a prize for the best costume at the Haunted Hike 5K run Oct. 31. Ninety members of the Charleston AFB community participated in the run and walk, which started at the Fitness and Sports center. In coming months, the commander will host similar events, with a 5K Turkey Trot and Smoke Out Nov. 21, and a Jingle Jog Dec. 18.

I'm heading to Columbia to represent the base at the University of South Carolina football game Saturday for their Tribute to America's Armed Forces. It's always important to take opportunities to show the flag. The more people understand about the military the more they'll support us.

The Aircrew Stan-Eval Visit and Air Transportation Stan-Eval Visit teams will arrive Tuesday to begin their 10-day evaluations. The teams will ensure the 437th and 315th Airlift Wings are meeting established standards and are in compliance with aircrew and air transportation regulations. If we continue doing business with our best foot forward, the way we always do, we'll do great.

As the holidays approach, keep safety in mind. It's not too early for supervisors and flight commanders to start emphasizing to their people to be safe throughout the next two months. Have a happy and safe weekend.

Action line caller suggests improvements for passenger terminal

Q: *The passenger terminal has no facilities for storing baggage, so passengers are stuck with their luggage when they arrive. Another problem is that sometimes there are flights without the flight code listed on the reverse side of the schedule. There is a picture of a C-17 that could be removed so additional flight and destination codes could be inserted.*

A: **Regarding the flight code, the four country codes have been added to the back of the flight schedule. Thank you for bringing this observation to our attention. Concerning the absence of lockers in the terminal for baggage storage, we have determined that the lockers are not cost effective, given the**

low number of passengers. Passengers normally arrive at designated times for sign up and their baggage is checked-in in a timely manner. Thank you for your suggestions to improve our terminal.

— Col. Brooks Bash
437th Airlift Wing commander

AIRLIFT Dispatch

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Editorial content is edited, prepared, and provided by the 437th Airlift Wing Public Affairs Office. All photographs are Air Force photographs unless otherwise indicated.

Deadlines

The deadline for submitting stories for space-available

publication is prior to noon of the Friday preceding the desired publication date. The *Airlift Dispatch* staff reserves the right to edit all copy submitted for publication.

Advertising

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Editorial content is provided and edited by the 437th Airlift

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IN THE NEWS

Life support specialists prepare aircraft at night

STORY AND PHOTO BY AIRMAN 1ST CLASS AMY PERRY
437 AW PUBLIC AFFAIRS

Members of the 437th Operations Support Squadron Life Support Aircrew Flight work odd hours to make sure lives can be saved on C-17s during emergencies by keeping aircraft prepped with the correct safety gear.

Senior Airman Sharon Saxon, 437 OSS LS aircrew life support technician and shift leader, said the aircrew life support shop differs from the rest of LS because it is a 24-hours-a-day, seven-days-a-week office, whereas the other shops close during the night.

When swing shift workers report for duty, they first check work done during the day to make sure day workers are good to go home, said Saxon.

After that task is completed, LS takes the next 24-hour flying schedule and starts collecting paperwork on each of the aircraft and missions, said Saxon. Depending on where an aircraft is going or how long it is gone, different equipment is required.

"Each aircraft AFTO (Air Force Technical Order) Form 46 tells us what equipment is on each aircraft and lists the inspection due dates for the equipment," said Saxon. "For local missions, the due dates have to be good at least three days past when the aircraft returns. For missions, the due dates should be good three days past when that mission is completed."

The swing shift prepares aircraft for most of the flights that take off the next day, said Saxon. They also do mission termination inspections for all inbound aircraft.

"We take care of any local missions for the next day as well as any mission that leave before 4 a.m.," said Saxon. "Our biggest job is to post the flying schedule and (take care of) our inbound, locals and any missions."

Day shift is different from the swing shift because the swing shift posts the flight schedule and works on more actual aircraft than day shift, said Saxon.

Senior Airman Joy Kouba, 437 OSS LS aircrew life support day shift technician, said swing shift does a lot of the actual flightline work, but day shift works with outside agencies more.

"We have certain runs we have to do during the daytime, such as (fabrication shop) runs and medical kit runs," said Kouba. "Day shift is responsible for the runs because the shops are only open 7:30 a.m. to 4:30 p.m."

Airman 1st Class Richardr Aubrey, 437 OSS LS aircrew life support technician, said part of his job is to inspect any type of equipment that will help the crew survive during an emergency.

"We have to make sure we know how the plane is configured and where our equipment goes," said Aubrey. "We inspect all survival equipment for the aircrew."

Saxon said prepping the aircraft for the next



Senior Airman Sharon Saxon, 437th Operations Support Squadron aircrew life support technician, inspects a breathing device on a C-17.

day is vital.

"Our equipment is life saving to aircrew members," said Saxon. "Our most important job is to ensure that in the event an aircraft goes down, our pilots can stay alive with the survival equipment we inspect on a daily basis."

NVG

continued from page 1

ing the upload and download of cargo, said Tech. Sgt. Christopher Schick, 437 OG loadmaster planner. Threats from small arms fire, sur-

face to air missiles, mountains or other aircraft are also detected with NVGs.

As SOLL-II operators, pilots can fly covertly into airfields with the use of NVG, said Williamson.

"Certain airfields in our area of

responsibility are NVG-required," said Williamson. "That's because of the terrain, challenging approaches and threat avoidance."

Williamson said during NVG-required flights, covert lighting is used rather than the normal white lighting. Special covert lights that can only be seen by those wearing NVGs are used to mark the runways.

Williamson said the current NVG technology used by Charleston AFB aircrews works as it should, but has some drawbacks.

"There are some limitations with NVGs," said Williamson. "You only get a two dimensional (view)."

NVGs are restrictive for many reasons, according to Schick.

"You don't have 20-20 vision," said Schick. "It's like looking through two paper towel tubes. The depth perception is off slightly, and there's no peripheral vision."

NVGs make everything shades of green and black, making it hard to make out fine details, said Schick. Aside from the lack of color, wearers have to either constantly refo-

cus the lenses or be prepared to see either close up or far away.

"They are like binoculars, but each tube has to be focused individually," said Schick. "If you focus them for long distances, up close is blurry. If you focus them for short distances, far away is blurry. Most loadmasters keep their NVGs focused for distance and do up close work by touch and from memory."

To become NVG qualified, potential flight crews must either undergo training from the manufacturer or receive training from a certified instructor who attended the manufacturer's certified instructor training, said Schick.

The classes primarily teach wearers the limitations of NVGs. Following ground training, crewmembers are required to perform their crew duties using NVGs on a local training flight before deploying overseas.

A basic part of loadmaster and pilot upgrade training to special operations is learning how to function with NVGs.



Maj. Mark Terrier, 15th Airlift Squadron pilot, trains with night vision goggles. Photo by Airman 1st Class Amy Perry

NEWS BRIEFS

Spotlight

Retirement: The 437th Aircraft Maintenance Squadron is hosting a retirement ceremony for Tech. Sgt. William Singleton today, 11 a.m., at the Charleston Club. For more information, call Master Sgt. Leonard McIver at 963-5508.

Retirement: The 437th Services Squadron is hosting a retirement ceremony for Master Sgt. Barry Grant Nov. 15, 3 p.m., at the Charleston Club. For more information, call 2nd Lt. Veronica Parnell at 963-6257.

Around the base

Hair: The BX Beauty Salon will hold a Locks of Love hair drive Monday–Nov. 16 to make wigs for those who have lost their hair due to illnesses. Hair must be at least 10 inches in length to receive a free hair cut. They will be accepting walk-ins or by appointment. For more information, call 552-0812.

Parenting class: The clinic will offer a free six-session parenting class starting Tuesday and meet-

ing for six consecutive Tuesdays, 6:30–8:30 p.m. To register, call Jim Hernandez at 963-5064.

Toys: The Marine Corps Reserve Toys for Tots Program and the Law Riders Motor Cycle Club is holding the 6th Annual Toys for Tots Motorcycle Toy Ride to benefit Lowcountry children Nov. 17. Registration will be 10 a.m.–noon at the North Charleston Coliseum with a cost of \$10 for those not bearing toys, or \$5 and one unwrapped toy. The ride is free for passengers bearing one wrapped new toy. The ride will begin at noon. For more information, call the Marine Corps Reserve at 743-2221.

Golf: The 437th and 315th Maintenance Group Annual Golf Tournament will take place Nov. 15, 8:30 a.m., at Wrenwoods Golf Course. Entry fee is \$17 plus green fees, and check in will begin at 7 a.m. Sign up at the Wrenwoods Pro shop or call Master Sgt. Dan Wright at 963-5956, or Tech. Sgt. Jeff Crawford at 963-2326.

SOF: The Introduction to Special

Flu shot available for active-duty personnel

The 437th Medical Group will give the flu vaccine to active-duty personnel at the Base Theater. Flu vaccines will be available Tuesday, 7:30 a.m.–4 p.m.; Nov. 18, 6:30 a.m.–4 p.m.; and Nov. 20, 7:30 a.m.–4 p.m. For more information, call Public Health at 963-6962, or Immunizations at 963-6714.

Operations Course will be held Thursday–Nov. 15 at Charleston AFB. The course will include case studies geared toward in-depth analysis of special operations missions. For more information, call Joyce Weber at DSN 579-4731.

Gift-wrap: The 437th Mission Support Group is looking for organizations to participate in the BX gift-wrapping booth. If interested, send a representative to the meeting Thursday, 10 a.m., at the 437 MSG conference room, Bldg. 1600. The gift-wrapping will be the day after Thanksgiving until Dec. 24 and will be done for donations only. For more information, call Senior Master Sgt. Allan Harris at 963-2202.

Base hockey: The Charleston AFB Hurricanes ice hockey team is looking for players. Tryouts will be held Nov. 18, 11:30 a.m., and Nov. 20, 6:30 a.m., at the Carolina Ice Palace. There is a \$7 fee per player for the ice time. The next season starts in the middle of January and runs through the beginning of April. All active-duty AFB members with full equipment are welcome to try out. For more information, call Tech. Sgt. Norman Hill at 963-4675, or Staff Sgt. Jason Smith at 963-5537.

Chiefs: The Chief's Group will hold their monthly meeting Nov. 21, 11 a.m., at the Charleston Club. All chiefs and chief selects are invited. A representative from Heritage Trust Federal Credit Union will address the group and lunch will be provided. For more information, call Chief Master Sgt. Virgil Childers at 963-2054.

OSA: The Officers Spouses Association will be hosting a dinner Nov. 21, 6 p.m., at the Charleston Club. Marjorie Scooler, an interior designer featured on the national HGTV network, will be giving tips on interior design and rearranging. Cost is \$16.50 for club members and \$18.50 for non-members, and reservations are required. For more information or to make reservations, call Donna Baker at 207-0401 by Nov. 17.

Channel 2: The Commander's Access Channel is an effective way to publicize events to the base populous. To submit requests for airing, e-mail 2nd Lt. Shaloma McGovern at shaluma.mcgovern@charleston.af.mil.

Theft: Anyone having knowledge of a theft of government equipment or observing suspicious activity in the vicinity of building 346 around Aug. 7 should contact Air Force Office of Special Investigations at 963-4617.

Charleston Warrior of the Week

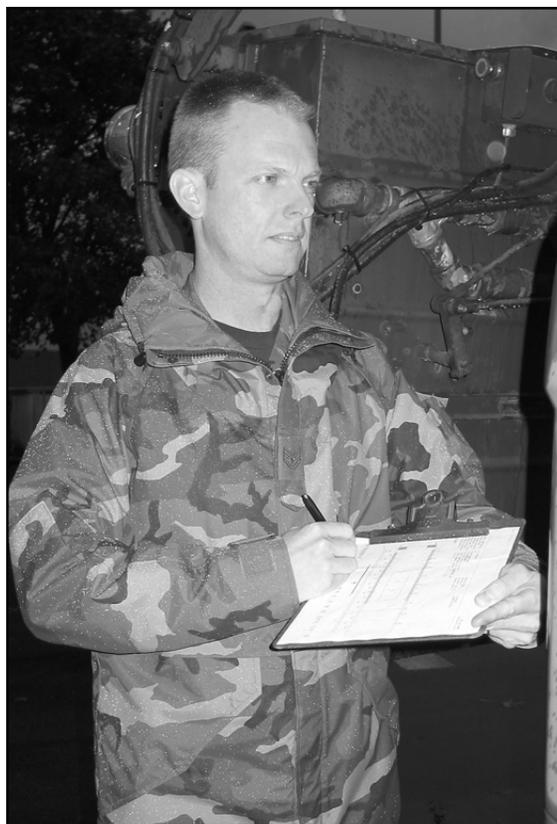


Photo by Staff Sgt. Jason Smith

Tech. Sgt. Chris Knight 81st Aerial Port Squadron

Tech. Sgt. Chris Knight is a load planner with the 81st Aerial Port Squadron. Knight is currently deployed to Rhein Main AB, Germany, working with the 726th Air Mobility Squadron.

The Ocala, Fla., native works with an underground utilities company in the civilian sector, but said he volunteered to go to Germany for 90 days to do his part in support of Operation Enduring Freedom.

"They needed people to go, and this was a great opportunity for me to support the mission," said Knight. "My wife doesn't like not having me at home, but she understands and is very supportive of what I'm doing here."

Knight's shop works 12-hour shifts while deployed. He said in early September, his squadron was turning out an aircraft about every two hours.

Things have slowed down a little, but the shop still stays very busy throughout the day.

When he's not working, Knight said he tries to catch up on sleep and do a little sightseeing. He likes being in Germany, but said he misses his wife, Tara, very badly.

"If I could tell her one thing, what would it be?" asked Knight. "I would tell her I really miss her and love her very much."

NEWS

Chaplains' work doesn't end with setting sun

Chapel is always busy, from special holiday events to weekend weddings

STORY AND PHOTOS BY AIRMAN 1ST CLASS AMY PERRY
437 AW PUBLIC AFFAIRS

The Base Chapel celebrated Halloween in style Oct. 31, offering hundreds of Team Charleston families a safe and fun evening of food, games, entertainment and candy.

During the holiday season, the chapel offers many events for Charleston AFB members to attend after hours, said Chaplain (Maj.) Phillip Guin, 437th Airlift Wing Base Chapel senior Protestant chaplain. At the end of November, many holiday events creep into the chapel's schedule.

But, the chaplain's night activities don't end there.



Tasha Kreiling fishes for prizes at the Chapel's Halloween fair Oct. 31. Tasha is the daughter of Staff Sgt. Bill Kreiling, 437th Operations Support Squadron, and his wife, Pam Kreiling.

"We have regular programs in the evening, such as Bible studies, parish groups, or men's and women's groups," said Guin. "There are many ways to serve at night. Choir practice typically meets in the evenings."

Acts 2, a program aimed toward people ages 20-40, which focuses on developing fully-devoted followers of Christ, is held Tuesdays, 7 p.m., at the old chapel. The Truth Project is a contemporary worship service held Sundays, 9:30 a.m., in Bldg. 217.

For those of the Catholic faith who want to learn more about their faith, a class is offered by the Base Chapel, said Chaplain (Maj.) Paul Stewart, 437 AW Chapel Reserve Catholic chaplain. The Tire of Christian Initiation of Adults is held Tuesdays, 7 to 8:30 p.m., in the small conference room. The next meeting will be held Nov. 19.

If a person needs counsel or if the command post needs assistance when someone needs help, the chaplains are always available to assist, said Guin.

"Chaplains end up doing a lot of after hours counseling," said Guin. "Some chaplains flex their schedules to work later into the night to assist people in need."

On weekends, chaplain's schedules are full, with Saturday weddings and Sunday services.

"We do a tremendous number of weddings," said Guin. "Nearly every weekend, we have at least one wedding booked at the chapel."

Practically every major event on base, whether it is a retirement ceremony or dinner, change of command, award dinner or Airman Leadership School graduation, has a chaplain-touch, said Guin. Invocations are done at almost every event on base, to include holiday or Christmas parties.

Guin said many people don't realize chaplains don't just do their jobs Monday to Friday.



Gwen Kreiling plays games at the Chapel's Halloween fair, just one of many events the Chapel holds after regular duty hours. Gwen is the daughter of Staff Sgt. Bill Kreiling, 437th Operations Support Squadron, and his wife, Pam Kreiling.

"Our duty week doesn't end Friday," said Guin. "Chaplains have always been a Sunday to Sunday job. Left to my own devices, I would work all the time with no stopping."

COMMAND

continued from page 1

To keep the mission running at all hours, Command Post personnel work rotating shifts, Chouinard said.

"We work two days, two swings, then two nights, followed by four days off," he explained. "That's with eight-hour shifts. When we work 12-hour shifts, we do two days, then two nights with four days off in between."

A Command Post controller for 17 years, Chouinard said he doesn't especially care for the midnight shift, but it's a shift that needs to be worked like all the rest.

"It's usually quiet," Chouinard said. "It's a nice break from days and swings, which are usually busy.

At night you can relax a little bit more."

Working the midnight shift poses a special challenge, he said.

"The thing about mids is there's no one but you to make the decision to call the wing commander on issues," Chouinard said. "If you don't know what you're doing or what you're talking about, it can come back to haunt you."

The midnight shift is responsible for building the wing commander's update and for giving the status of what's going on for the day with local training missions, real-world missions, distinguished visitors coming to base and other pertinent information, Chouinard said.

He said the most difficult thing about mids is the toll it takes.

"It's tough on the body," Chouinard said. "But the younger folks don't seem to mind it as much."

One of the "younger folks" in the Command Post backed Chouinard up.

"I'm a nocturnal person," said Airman 1st Class DeMarques Mitchell, Command Post controller. "I function better at night. I don't like getting up early. This shift lets me sleep during the day. It's worth it when you get the four days off."

Another airman in Command Post said the variety of experiences is what makes midnight shifts good for him.

"Each shift has separate responsibilities," said Airman 1st Class Bryan Rodvold, Command Post controller. "It might be a little slower

(during the night), but nonetheless there are different responsibilities."

If controllers were to work just one shift, Rodvold said they'd miss out on well-rounded training.

"If I were to work nothing but mids, then got thrown onto swings, I'd have no proficiency," Rodvold said. "Each shift is equal to me. As long as I'm working all three, I'm maintaining my (job skills)."

The other airman on shift at Command Post said she likes the flexibility the schedule gives her.

"When you work days, you have nights off to go out," said Airman Karlee Lilly, Command Post controller. "Then you can make your appointments during the day when you're working nights and not have to do them on days off."

Wing commander answers NCOs', airmen's questions

Editor's note: *These are answers to questions raised during recent NCOs' and Airman's Luncheons. The rest of the questions and answers will be published in the Nov. 15 edition of the Airlift Dispatch.*

Q: How can we increase the number of people participating in the base honor guard program?

A: Currently, our honor guard manning is down to 49 from the required 56. We are working with the units that are having difficulties filling their quota due to deployments and expect to be back up to full strength soon.

Q: Are there any plans to increase the parking for 437th Medical Group personnel?

A: The base civil engineer has not identified a requirement for an expanded parking lot near the 437 MDG. According to Col. John Hill, 437 MDG commander, the overall number of parking spaces at and near the clinic is sufficient, and to his knowledge there has not been a time within the last year when absolutely no parking was available. In order to save the closest parking for patients, Medical Group policy is that staff members will park in either the parking lot next to Behavioral Health (Bldg. 1000), or behind the clinic, across from the Chapel.

Q: Is there a plan to make Hill Avenue four lanes from Dorchester Road all the way to the flightline?

A: Yes, this project is on our list for future programs, but we do not expect funding in the next few years.

Q: Is there a move to increase the doctors and Primary Care Managers at the medical clinic?

A: The number of PCMs we have at the clinic is determined by an Air Force staffing model for the number of patients that sign up to receive their care from the 437 MDG. Using the model, Charleston AFB has the correct number of providers. The 437 MDG has identified several ways to improve patient service and to make our healthcare delivery system more efficient through continuous training of our staff, altering the internal layout of the Family Practice Clinic, improving our computer and appointment systems, and filling vacant civilian employee support staff positions.

MOC works to make maintenance happen after midnight

Maintainers man center to coordinate flightline work

BY STAFF SGT. MELANIE STREETER
437 AW PUBLIC AFFAIRS

Members of the Maintenance Operations Center work hand in hand with the 437th Airlift Wing Command Post to keep Charleston AFB's mission rolling all through the night.

"We keep track of all maintenance ... on the flightline," said Tech. Sgt. Greg Martinez, 437th Maintenance Operations Squadron

MOC. "We make sure we have enough aircraft ready to keep up with the flying schedule."

Martinez said the MOC dispatches different units to get the job done on the flightline.

"We dispatch fuels, sheet metal, electrical, basically to help the flightline get planes ready to go," he said.

Martinez is a veteran of mid shift, with more than 15 years of long nights under his belt. He said MOC personnel spend three years on the job, coming from all sorts of maintenance career fields, including crew

chiefs like Martinez, sheet metal workers, jet engine mechanics and others.

Martinez said his years spent on night shift were mostly of his own choosing.

"It gives you freedom when you get out of work," Martinez said. "If you want to do something during day shift hours you can."

Another reason Martinez gave for liking mids is the weather.

"The summer here is hot, and it's cooler during the night," he said.

A coworker of Martinez, Staff Sgt.

Jason Finch, said mids are the choice for him.

"I can do what I want during the day," said the father of two. "One of my kids is at home and the other is in school, so when I get home in the morning I can play for awhile, sleep, then get up and help with school work before coming in."

The third member of the MOC midnight crew said he also enjoys the shift.

"I like it," said Senior Airman Bryan Muller. "It's alright. It gives me time to do things I want to do around the house."

Combat Camera Photo of the Week

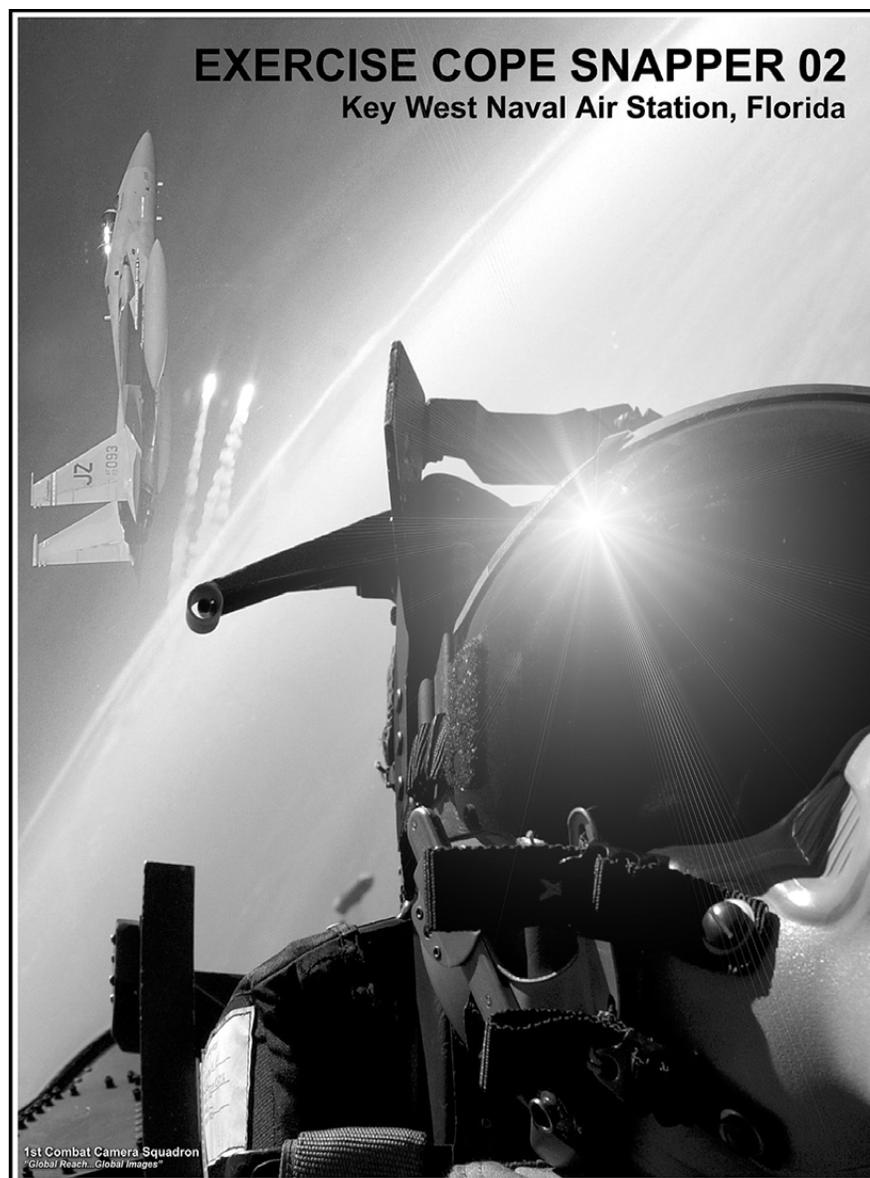


Photo artwork by Staff Sgt. Darek Malone, 1 CTCS

Out of this world

Cope Snapper Exercise 2002 is a multi-aircraft exercise that engages dissimilar air-combat training with on-fighter data link and joint operations with the Navy. This poster was created using photographs taken by 1st Combat Camera Squadron personnel during the exercise.

ALCOHOL: You use, you lose

By Lt. Col. Patrick Murray
437 ADOS COMMANDER

Alcohol! How much is too much? Are you sure you know? These seem like easy questions, yet answers are actually more complex than you probably realize.

Alcohol, even the form we drink, is looked upon by the body as a toxin, although science has identified some health benefits to moderate consumption. The liver is primarily responsible for detoxifying the blood through an enzymatic process. This enzymatic process is easily overwhelmed by more intake of alcohol.

The liver reaches a maximum rate in which it detoxifies alcohol independent of all other variables. This means that the liver can only detoxify a certain amount per hour no matter what you do. Once you've met that limit, any additional alcohol you drink stays in your blood stream and adds to your level of intoxication. So even when alcohol is being detoxified, it spreads throughout the body, and affects the central nervous system by acting as a depressant or an anesthetic.

You've all seen the "Drinking Chart" (originally produced by the State of California Department of Motor Vehicles), which can be used to determine how much you can drink and still be able to drive. Did you know that these charts are only intended to be a general guide; a general guide that is applicable to the use of a mechanized vehicle?

Such charts are based on many physiological and psychological studies of large groups of people with the aim of studying the general effects of alcohol use. It doesn't emphasize the fact that alcohol affects each individual differently.

Obviously, the most important variables are the volume and proof of the alcohol you drink. Specific physiological variables such as sex, body weight, body type (lean versus fatty), fatigue, general health status, the frequency of drinking (occasional versus habitual), and even the type and amount of food you have eaten also contribute to your blood alcohol concentration.

Another misconception is the belief that you can do certain things to "sober up." As previously mentioned, the body can rid itself of alcohol primarily through one way, and that is the liver detoxification process. Although fresh air, coffee, exercise, fluids and food intake may give the impression of sobering up, these activities actually have no impact on the BAC. Instead, these tactics affect the central nervous system by giving you a false sense of security and false impression of your actual level of alcohol intoxication.

We usually think of drinking levels or BACs in terms of one's ability to safely drive a car. But, have you considered the impact of your

QUICK FACTS ABOUT DRINKING AND DRIVING

☠ About two out of every five Americans will be involved in an alcohol-related crash at some time in their lives

☠ It is estimated that 950,000 people were injured in 1993 in crashes where police or medical personnel reported alcohol was present, an average of one injury every 33 seconds

☠ About 24 percent of 15-20-year-old drivers killed in traffic crashes had a blood alcohol content of .10 or higher; 1.6 million people were arrested for DUI/DWI in 1992; arrests were highest in the 25-29 year-old-age group

☠ The probability of a crash begins to increase significantly at .05 percent BAC and climbs rapidly after about .08 BAC

☠ Direct costs of alcohol-related crashes are estimated to be \$44 billion yearly, including \$6 billion in direct medical costs; an additional \$90 billion is lost in quality of life

drinking on yourself or the people around you in terms of general safety? Does alcohol drinking affect family dynamics, work activities, or cause recreational injuries or impaired decision making and impulsivity that could lead to unsafe practices in general? It is important to remember that the effects of alcohol on the central nervous system are revealed through many ways (signs and symptoms) from loss of inhibition and loss of judgment, to personality changes, impairment of memory and visual acuity, to slowing of reflexes and loss of coordination, to disorientation and stupor, and eventually to coma and even death.

So remember, if you feel the alcohol at all, you are impaired because your central nervous system has been affected! And a word of caution for those seasoned drinkers: you may not easily feel the effects of alcohol due to your tolerance level despite having a BAC over "legal limits." Tolerance cannot be used as a defense in a court of law when you have a BAC over .08 percent, regardless of whether or not you felt drunk. So beware!! Don't be the next perpetrator or victim. Know and respect your limits! When you drink, use the designated driver program, rely on a friend or get help from the many support services offered on base. Make the responsible choice!

Chapel schedule



107 Arthur Drive
Office: Monday-Friday, 7:30 a.m.-4:30 p.m.
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.

Protestant Services: Sunday - 9:30 a.m. Sunday School in Bldg. 245, 11 a.m. Traditional Worship Service and 11 a.m. Children's Church. Sunday - 9:30 a.m. Contemporary Worship Service in Bldg. 217 (old Chapel).

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, David Sirull, at 571-3264.

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

Movie schedule

Admission: 99 cents for adults and children.

Any person under 17 years of age requires a parent or adult guardian (a minimum of 21 years old) to purchase an admission ticket for the minor 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.

Today, 7:30 p.m.

"One Hour Photo" – Robin Williams

A young suburban family finds themselves the objects of obsession of an employee at their local one-hour photo lab after they drop some family photos off there. **(R) 98 minutes**

Saturday, 7:30 p.m.

"Ballistic: Ecks vs. Sever" – Antonio Banderas

In the deadly game of international espionage, sworn enemies Ecks and Sever find that the one they're trying to defeat might be the only one they can trust. **(R) 91 minutes**

Nov. 15, 7:30 p.m.

"The Banger Sisters" – Goldie Hawn

Lavinia and Suzette, former rock groupies and best friends, reconnect after 20 years; one is still as wild as ever, while the other has adopted a more conservative lifestyle. **(R) 97 minutes**

Nov. 16, 7:30 p.m.

"The Tuxedo" – Jackie Chan

SPORTS & FITNESS

After-hours aerobic classes keep Team Charleston fit

STORY AND PHOTO BY AIRMAN 1ST CLASS AMY PERRY
437AW PUBLIC AFFAIRS

The Fitness and Sports Center offers free nightly aerobic classes Mondays through Fridays to keep Team Charleston healthy.

Volunteer aerobic instructors teach everything from yoga to kick boxing, said Barbara Lang, volunteer aerobic coordinator.

Yoga was recently incorporated into the nightly schedule, and it's quickly becoming the newest and hottest addition to the program, said Lang. Actual aerobic classes offer a variety of exercises, including step, kick boxing and the slide.

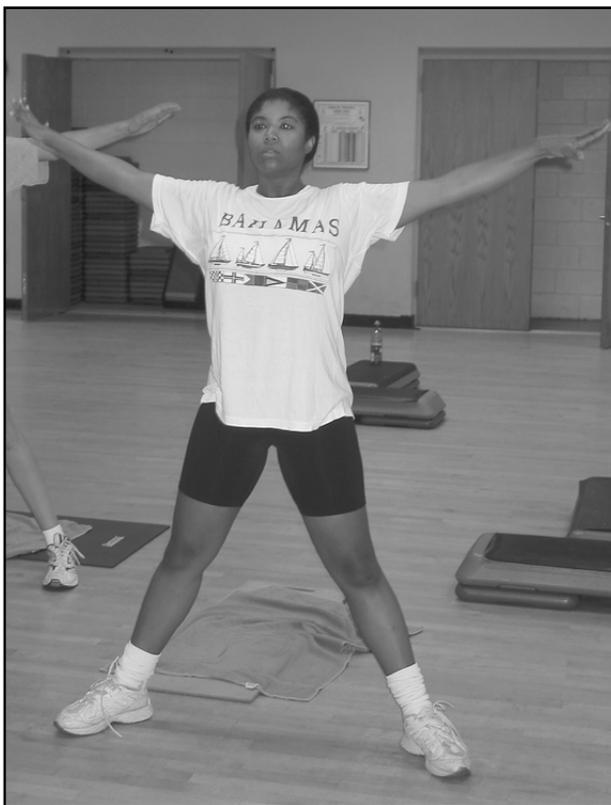
Each class usually incorporates free weights to get the best of both worlds, said Lang.

Although beginner classes are offered Tuesdays and Thursdays, 10-11 a.m., Lang said anyone could join any class.

"If anyone is interested in starting out, watch the class first," said Lang. "Don't try to just jump in it. That's where people get discouraged, when they try to keep up with people who have been doing the class for a long time."

Lang said she suggests if a class is too intense, members should adjust the level of intensity to what they are able to do. On the flip side, if it's not intense enough, exercisers can pump up the exercises themselves.

All aerobic instructors at Charleston AFB are volunteers and are certified through the Aerobics and Fitness Association of America.



Yolanda Rosamount stretches out during a Fitness and Sports Center's after-hours class.

"Normally, if someone is interested in becoming an instructor, we pair them up with an instructor who will let them teach a few classes or help out," said Lang.

If someone decides to become an instructor,

they engage in an intensive self-study course, and then attend a two-day hands-on workshop where they are tested both physically and in writing, said Lang.

The certification is valid for two years, and instructors have to either maintain continuing education units during the two years to get credits or get completely re-certified, said Lang. They must also have a current Cardio-Pulmonary Resuscitation certification.

Lang said the volunteers put a lot of work into the programs.

"They are very dedicated, and sometimes they don't get the recognition they deserve," said Lang. "Outside of the class, they learn new steps and work with new music to put together routines. It's a lot of hard work and sweat that goes into each class."

Ann Edlund, a volunteer aerobic instructor and retired Air Force member, said she has been a volunteer since 1994 because she loves to help people.

"I have a passion for helping people change their lifestyles to prevent diseases and enhance their quality of life," said Edlund. "It's easier to maintain good health than it is to regain it once it's lost. A mere 20-minute workout three times a week can significantly decrease cholesterol and blood pressure. If people would just lose weight and get in shape, I guarantee what would happen; they'd have more energy, be more productive, feel better, and chances are they'd live longer, too."

Swami's job not available; Sabol slams competition

BY THE SWAMI
PIGSKIN PROGNOSTICATOR

In a surprise turn of events this past week, rumors have been flying around that the Swami job is available.

"Rubbish and nonsense," said the Swami when contacted at Swami headquarters. "The Swami's shoes cannot be filled. No one can ever replace the Swami!"

These rumors surfaced upon the announcement of the upcoming retirement of Ed Memi, 437th Airlift Wing chief of Public Affairs.

Apparently, Memi is job hunting and has been an avid fan of the Swami for years.

"I always wanted to be like the Swami. The Swami is my hero," said Memi.

The Swami was gracious and offered Memi a job polishing the

Swami's crystal ball and acting as the Swami's spokesman.

Now back to the football business. Week nine winner was Stephen "NFL Films" Sabol with an 11-3 record.

Sabol beat out four others with 10-4 records. Sabol, a Pittsburgh fan, was ready to throw in his "Terrible Towel" on the Steelers a few weeks ago, but since Tommy Maddox took over the quarterback reins, he smells the playoffs now.

Last week's basement champ was Carlos Collazo, with a 5-9 record.

In last week's *Airlift Dispatch*, there was a typo on the dates listed. The games are correct though. Debbie Morillo was the brilliant one who caught that. She thought she won a prize for doing so. Good catch, but no prize for you.

Week 11

Name/Phone #: _____
Comments: _____

Sunday, Nov. 17
New Orleans @ Atlanta
Cleveland @ Cincinnati
Dallas @ Indianapolis
Buffalo @ Kansas City
Baltimore @ Miami
Green Bay @ Minnesota
Washington @ N.Y. Giants
Arizona @ Philadelphia

Pittsburgh @ Tennessee
San Francisco @ San Diego
Carolina @ Tampa Bay
N.Y. Jets @ Detroit
Jacksonville @ Houston
Denver @ Seattle
New England @ Oakland

Monday, Nov. 18
Chicago @ St. Louis

Monday night total points: _____
Swami's Monday night points: **35**

Swami's picks are in bold and italics.

Send your picks to: Swami@charleston.af.mil

Picks may be dropped at the Public Affairs office in Bldg. 1600, Room 224.

Picks must be submitted by Friday, Nov. 15, 4 p.m.