



Photo by Airman 1<sup>st</sup> Class Amy Perry

**Mr. Fix-It**

Senior Airman Jeff Hansberry, 437<sup>th</sup> Maintenance Squadron Propulsion Flight, reinstalls the forward cowl door on an C-17 jet engine. The cowl doors are cases that surround the engine to protect it from debris.

**High-tech facility opens**

By Staff Sgt. MELANIE STREETER  
 437AW PUBLIC AFFAIRS

The 437<sup>th</sup> Maintenance Group's new corrosion control facility officially opened Nov. 20, becoming the first facility of its kind at Charleston AFB.

The \$18.5 million facility is loaded with features to make corrosion control easier, according to Capt. Jeff Olsen, 437<sup>th</sup> Maintenance Squadron Fabrication Flight commander.

With a 43,000-square-foot service bay, there is plenty of room for personnel to work on the aircraft, Olsen said. Two automated lifts, positioned on either side of the aircraft, allow access to all parts of the plane. The lifts move the length and height of the aircraft and are equipped with all of the utilities

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**ATSEV, ASEV give Charleston units top marks**

Inspection teams evaluate 437 APS, 437 OG, 315 OG, for readiness, performance

By Capt. LINDA PEPIN  
 437AW PUBLIC AFFAIRS

The 437<sup>th</sup> Aerial Port Squadron, and 437<sup>th</sup> and 315<sup>th</sup> Operations Groups came through with flying colors on the recent Air Transportation Standardization/Evaluation and Aircrew Standardization/Evaluation inspections.

Brig. Gen. Gerald Black, 315<sup>th</sup> Airlift Wing commander, and Col. Brooks Bash, 437<sup>th</sup> Airlift Wing commander, exchanged high fives at Friday's outbrief, as the inspectors awarded an

"Outstanding" rating for the ATSEV and a rating of "Excellent" for the ASEV.

The ATSEV inspectors evaluated air transportation readiness. The program provides tools to train and evaluate aerial port processes to one command-wide standard, with the expectation for safer, more efficient operations.

"We've been preparing for this for about a year, and the time and hard work of the aerial port ATSEV preparation team really paid off," said Lt. Col. Kevin Brewer, 437 APS commander.

"The people in the squadron showed inspectors how we do business every day—even with more than a quarter of our squadron personnel deployed," Brewer continued. "This inspection was good validation that we've got the right approach to accomplishing the mission."

The ATSEV inspectors recognized the aerial port for several benchmark programs, according to Ron Westall, combat readiness supervisor.

One of the programs the inspectors praised is the 437 APS records and reports database, which takes raw workload data and puts it into routine reports for headquarters.

"For example, if you want to see how many passengers and how much cargo has moved in a given time period, you can just pull the data up," Westall said. "You used to have to pull out the legal pad and the calculator; now we just pull up a computer report."

Inspectors also lauded the aerial port's ATSEV

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# Taking care of ourselves vital to Air Force mission

By MAJ. GERALD FREDERICK  
437 AMXS COMMANDER

Gen. John Handy, the U.S. Transportation Command and Air Mobility Command commander, named you and me AMC's number-one priority in his Air Mobility "Flight Plan."

It wouldn't surprise anyone that a huge part of making our people the number-one priority is taking care of them and their families. Air Force members have been hugely successful in looking after our own — those who work with us, who work for us, and even those we work for. There is no military service, or for that matter company, that supports its "family" like we do.

Having said that, there is an area where we sometimes fall short. Simply put, we do a great job of taking care of others, but all too often we do poor job of taking care of ourselves.

Too often the daily routine pushes aside that precious period of time we had set aside for our families or ourselves. Many times the mission truly demands it, and in those cases we all know we have to take care of business, to do our duty no matter what it takes.

Often, though, we are our own enemies. We leave things to the last minute, don't use our time effectively, don't plan or prioritize correctly and create situations that rob us of

precious time we can never recover. Unfortunately, it sometimes takes tragedy to make us realize we are doing this and what the potential cost is.

I was reminded twice in the last two months that life is too short and too uncertain to pass up opportunities to spend time taking care of ourselves and our families. Approximately two months ago, I had the horrific task of notifying the parents of a young airman from another base that their son died in his dormitory room. Two weeks ago we were again faced with tragedy — this time a 15 year-old niece who died from a sudden, tragic illness. Both of these young, healthy individuals no doubt had unfinished tasks on their agenda, unsaid feelings or words, things that they had put off for whatever reason, and now will never have the chance to say or do. For me, these emotional situations drove home the point that we can never take for granted the time we have.

In his Flight Plan, Gen. Handy tells us we need to "make time for yourself; mentally, spiritually, physically." Whether we use this time at the gym, at the chapel or at our child's school, we will always walk away a better person.

Keeping ourselves in shape will not only increase our energy levels, but will also

enable us to go the extra mile when our duty requires it. In addition, being healthier is an insurance policy to help us be around for our families and friends for a long time.

Our mental growth and fitness is vital to help us deal with the challenges and the stresses of today's world. Whether it takes the form of off-duty education, technical training or personal growth through reading, it will help us grow professionally as well as prepare us for the day we no longer wear blue.

Spiritual fitness takes a multitude of forms, but no matter how each of us choose to exercise it, we will find comfort and strength as a result.

Building the time into our lives to do these things may be tough with the current tempo, but we all need to make the effort to do it. Our families, our units, our coworkers, our friends and each of us will all be the better for it.

The bottom line is really simple — make sure you take the time for your families, friends and for yourself. If we miss the opportunities, we will regret it later because we can't turn back the clock and relive what we missed out on.

So avoid the regrets and make a conscious decision to make the time you need for yourself and your family. You won't be disappointed with the results!

## Don't judge a book by its cover, or an airman by rank alone

By AIRMAN STEPHANIE HAMMER  
437 AW PUBLIC AFFAIRS

The sun beats down as the mosquito skims along the surface of the quiet and calm lake, minding his own business. Before he knows it, the fish jumps up, disturbs the glassy waters, and eats him. The fish, satisfied with his evening meal, is caught off guard as the bear scoops him up and swallows him whole.

It's never easy to be at the bottom of the food chain, and the rank structure of the military is no exception. Everybody has to work their way to the top, and the day-to-day struggles of establishing one's self as a person in an environment where one "airman" might seem to be the same as another can be discouraging. Are we really what our rank limits us to, and does that limited rank hold us back?

We are all more than what we wear on our sleeves or collars. Every one of us is a person, a human being, deserving of common courtesy. Does our rank really limit who we are? Yes and no.

We are what we make of ourselves, through our actions and performance, day-in and day-out. We all wear a similar uniform, support a similar cause, and for that we are all out of the ordinary. We all matter, we all count, and we all make a difference somehow, some way, no matter how big or small our military roles are.

There is something unique and understood among us. Who else can better understand the sacrifices and hardships undergone to pay the cost of freedom than the comrade next to me?

But as airmen, we are limited only by our lack of knowledge and experience. For that, we know our place and respect those with rank above ours immediately and without question, for we know they have that which we do not yet possess. We stand to learn a lot from them, if we allow ourselves to.

It's sometimes hard to keep in mind why we joined the Air Force in the first place, but everyone has a story that plays a part in who we are.

When the towers crumbled Sept. 11, 2001, my heart went out to the people crying in the streets of New York, searching for loved ones to no avail. My husband and I had recently bought a new house, and I hadn't quite gotten around to putting the flag up outside, but that night it was the first thing I did when I got home. As I watched my husband arrange the display just to my liking, I broke into tears thinking, "There has to be something more that I can do than just hang a flag."

And there was. I joined the United States Air Force alongside my active-duty husband and father, and Air Force-civilian mother. I have worked hard to become an airman so I can make a difference along with those who were also supporting something I believe in and something that means so much to me: our freedom.

The first Air Force enlisted man since World War II to receive the Medal of Honor was an airman first class. As a loadmaster, he was primarily responsible for handling the plane's cargo, a seemingly small role in the mission. But the airman, dazed and weak with blood loss, saved the lives of an eight-man crew. Was the action of then Airman 1<sup>st</sup> Class John Levitow any less heroic because he lacked rank, and was the crew he saved any less grateful because he was "just an airman?"

My hope is that the Air Force I support will always observe the rank and have an understanding of what it means, but will have the courage to see the person behind it. Whether you're a bear or a mosquito, get to know the people around you and appreciate them for who they are. That "person" is what he or she has to contribute to the Air Force. Don't judge people for the rank they may or may not have, instead be thankful for the sacrifices and contributions they make, because, in a lot of ways, they may be the same as your own.

## NEWS

# Reservist makes holidays brighter for 437 SFS

## Sergeant and mom make, deliver home-cooked meals to those working during holidays

By AIRMAN 1<sup>ST</sup> CLASS AMY PERRY  
437AW PUBLIC AFFAIRS

One reservist here makes it easier for the 437<sup>th</sup> Security Forces Squadron members to endure the long holiday workday on Thanksgiving Day or Christmas Day.

Staff Sgt. Charlene Lowe, 315<sup>th</sup> Mission Support Squadron, began cooking meals with her mother, Gwen Lowe, for the gate guards at Charleston AFB in 1995, when she joined the Reserve.

"My brother is active duty in the Air Force, and he is usually stationed away for the holidays," said Lowe. "Since my mom (who lives in the local area) and I are so used to cooking for a big family, we cook too much food. I started out just making a couple of extra plates for the guards at the gates."

Lowe said when she found out that other members of 437 SFS would not be at home for the holidays, it made her upset.

"It just broke my heart to know that someone was not going to get just a little bit of home," said Lowe. "So we made 11 more plates."

After the events of Sept. 11, 2001, more security was added to patrol CAFB. The number of security forces members who would not be at home for Thanksgiving grew, and Lowe and her mother ended up cooking for more than 70 people.

Lowe and her mother purchased all of the food, except for the turkeys, which the squadron provided.

Then Christmas came.

"The greatest thing was when I called my mom, she said without hesitation, 'Listen Char, I have a little extra money to contribute, tell them we can do it, yeah, we can do it,'" said Lowe. "I had tears in my eyes because it touched me so much that she would be willing to give up Christmas too. I would not have been able to do any of this without her. She is truly an awesome lady and Air Force mom."

So 100 plates were made. Lowe said they were so tired, they forgot to make plates for themselves and had to search for a roll or piece of turkey for their own plates.

Lowe said most of the food they provide to the hungry airmen is made from scratch. Turkey, stuffing, cranberry sauce, string beans and much more goes onto every plate.

This year, the 437 SFS donated food and money to the cause. An airman already started shopping for the meal. The apartment complex Lowe lives in allowed her to use ovens around the complex to cook up the turkeys. A local grocery store provided the bags for the plates. Lowe's military supervisor donated vegetables this year, and purchased the containers every year before.

"We have been blessed to have such great folks help us," said Lowe. "Lord willing, we will do this every year. I think it has become a tradition at our house as well as on base. (The 437 SFS) called me this year before I could call them."

Two months into her stint as first sergeant of the 437 SFS, Master Sgt. Sheri Oulton said she was rounding people up to cook the Thanksgiving meal and was promptly told that there were two ladies who cooked the meal every year.

Oulton said Lowe thanked her for allowing the family the opportunity to prepare the meal for Oulton's troops, and insisted on making the meal again this year.

"It's nice to know there are people left like that in the world," said Oulton. "Those people who do something thoughtful and expect nothing in return; you don't run into many people like this anymore."

The former maintenance worker said she thought she had it bad working the long hours maintenance requires.

"I used to think we worked all the time unless it was a wing down day," said Oulton. "I never realized until I came to security forces that there is no such thing as a down day for them. This place is in operation 365 days a year. The troops usually work 13 hours a day, it's nice that someone thinks of them."

Gwen, is pleased for the chance to make a few military members a little better off during their workday.

"I am so thankful for the opportunity to cook for our military members, and I pray that God will give them the strength to carry out their duties," she said.

## STILL SERVING: CAFB retiree news

### Medical News

The Third Party Collection program is an opportunity to better meet healthcare needs. TPC exists to maintain and improve the quality and level of medical care at the 437<sup>th</sup> Medical Group.

While the military's health care services may cost nothing, they are paid for by federal tax dollars. Public Law 101-510 requires the 437 MDG to recover those costs if they are covered by insurance.

Medical group personnel must ask about patients' health insurance.

In the near future, a retiree representative will be in place at the pharmacy to answer questions about this program and to collect information about insurance.

Retirees are encouraged to bring questions to the representative who will clarify concerns and get information into the clinic database.

### Administrative details

The Charleston AFB Retiree Activities Program Office director is accumulating retiree e-mail addresses to enable more frequent and timely communications. To be included, e-mail Mary.Piccione@charleston.af.mil. Include an e-mail address, the correct spelling of first and last name and branch of service.

### Volunteers

Volunteering is a great way to stay in touch with other veter-

ans and their families while assisting base units in meeting their mission requirements.

There are a variety of organizations and programs that can use retirees' experience and talents. Please look in future issues of the Airlift Dispatch for articles regarding volunteer activities, and visit the Family Support Center or Retiree Activities Office for additional information.

### For more information

The Retiree Activities Office is located in Bldg. 246, Room 116.

For more information, call Raymond Borelli at 963-2228 or Judy James at 963-4409.

## MPF changes hours

The 437<sup>th</sup> Mission Support Squadron Military Personnel Flight is operating under new hours.

### Customer Service

Customer Service is now open Mondays-Fridays 8 a.m.-4:30 p.m. For more information, call 963-6375.

### Retirements and Separations

Retirements and Separations will be open for appointments only Mondays-Fridays 7:30 a.m.-noon.

To schedule an appointment, call Staff Sgt. Gerald Thompson at 963-4563. Walk-ins may visit the section Mondays-Fridays from 1 p.m.-4:30 p.m.

### All other offices

All other MPF offices are open Mondays-Thursday, 7:30 a.m.-4:30 p.m., and Fridays, 9 a.m.-4:30 p.m.

# Court finds airman guilty of cocaine use

An airman first class from the 437<sup>th</sup> Aerial Port Squadron was court-martialed here Nov. 19. The accused pleaded guilty at a special court-martial to a violation of Article 112a of the Uniform Code of Military Justice, wrongful use of a controlled substance.

In September, the accused snorted cocaine at a North Charleston bar prior to a deployment. Shortly thereafter, the accused was randomly selected for a urinalysis. The urinalysis came back positive for cocaine. Following the positive urinalysis, the accused was brought back from the deployed location and court-martialed.

A panel of court members sentenced the accused to eight months confinement, a Bad Conduct Discharge and reduction to E-1.

Courts-martial are open to the public. For more information about attending future trials or the court-martial process, call the 437<sup>th</sup> Airlift Wing Judge Advocate office at 933-5502.

*(This article was submitted by the 437AW Military Justice office.)*

## CORROSION

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needed to get the job done, including compressed air to run sanders and paint guns, and breathing air for corrosion control technicians. Hot and cold water is also available for rinsing off the aircraft after sanding.

The facility is also environmentally friendly, according to Olsen. Water used in corrosion control jobs runs into two large drains on the floor of the facility. The drains empty into a 10,000-gallon tank, where the water is tested for safety before being released.

Four huge fans on one side of the hangar push air from the nose of the aircraft to the tail, at a rate of 500,000 cubic feet per minute, Olsen said. The vents for those fans are shaped like a C-17. At the other end of the hangar, four more fans pull the air through filters, which trap potential pollutants before they can enter the atmosphere.

Computer systems monitor the building and stop potential problems before they can start, Olsen said. For example, if the hangar doors are not sealed closed, the compressed air won't turn on, so technicians

can't use their tools. Another system monitors airflow through the facility. This system will shut down compressed air if the filters are clogged.

The facility isn't limited to corrosion control, Olsen said. The floor is designed to handle the stresses of jacking an aircraft, which allows all types of maintenance to be performed there as well.

Before the new facility opened, corrosion control procedures were done in the nose dock, Olsen said. If the temperature or humidity were outside a certain range, painting couldn't be completed.

"Now we can get a better-quality paint job," Olsen said. "We'll be able to control conditions. We're saving time and money in the short term, with less frequent paint jobs. In the long term, we're preventing corrosion for the lifetime of the aircraft, however many decades that ends up being."

So far, corrosion control personnel are enjoying their new workspace.

"I think it's an excellent facility," said Rick Mraz, 437 MXS Fabrication Flight. "Everything here is static. The stands make for a better work environment. It's more comfortable."

## Combat Camera Photo of the Week



Photo by Staff Sgt. Jerry Morrison

### How to get good photos

Staff Sgt. Aaron Allmon, a combat aerial photographer from the 1<sup>st</sup> Combat Camera Squadron, and Airman 1<sup>st</sup> Class Jason Wesche, KC-135R boom operator from the 384<sup>th</sup> Air Expeditionary Wing, await the arrival of a coalition forces aircraft during an air-refueling mission over Afghanistan in support of Operation Enduring Freedom.

## Hanukkah to begin Saturday

### Holiday remembers struggle for religious freedom in 165 B.C.

CHAPLAIN (CAPT.) JOHN SHIPMAN  
437 AW PROTESTANT CHAPLAIN

Hanukkah, the Hebrew word meaning dedication, is celebrated for eight days in the Hebrew month of Kislev, which occurs this year from Nov. 30-Dec. 7.

Hanukkah is a time of remembrance focusing on the struggle for religious freedom and commemorates the victory of the Jews over the Hellenistic Syrians in 165 B.C.

The foundation of Hanukkah began in 167 B.C., with a Jewish rebellion against the Greek king, Antiochus Epiphanes who tried to force the Jews under his rule to formally adopt Greek practices.

The rebellion, led by Judah Maccabees, defeated a much larger Greek army in 165 B.C.

On the 25<sup>th</sup> of Kislev, the

Maccabees reclaimed the Jewish Temple.

The miracle of Hanukkah occurred when the Jewish people wanted to rededicate the Temple. They were unable to find enough specially prepared oil to light the Menorah, a holy lamp, used in the Temple service.

Finally, in one Temple chamber, the Maccabees found a single bottle of oil, which normally would have lasted only one night. However, the one bottle of oil lasted eight nights, until new oil, fit for the Temple, could be produced.

The Maccabean rebellion became legendary in later years, largely due to Josephus, the Jewish historian of the first century. Josephus was the first to call Hanukkah, "The Feast of Lights."

Each year when the eight Hanukkah lights of the menorah are lit, Jews everywhere recount the triumph against immorality, the rededication of the Temple in Jerusalem and the miracle of the candle oil, enough for one day, which lasted eight.

# Holiday spending can add up

## Poor financial management now can lead to mountains of debt for years to come

By **STAFF SGT. JASON SMITH**  
437AW PUBLIC AFFAIRS

The busiest shopping day of the year is Friday, and holiday shoppers will continue to fill the malls until the end of December.

Unfortunately, many Americans may already have climbed into a bottomless credit card pit.

According to the Neway (a non-profit organization helping people and families become debt free) Web site, the average balance on a credit card is \$7,000, and Americans paid approximately \$65 billion in interest in 1999.

Another statistic from the site states a credit card balance of \$8,000 will take more than 25 years to pay off if the cardholder makes minimum monthly payments at an 18 percent interest rate.

That means the cardholder pays \$15,432 to interest charges alone, bringing the actual price of \$8,000 of goods and services to \$23,432.

"If you don't think that fulfilling the urge to use plastic is such an atrocity, think again," said Barb Lang, Family Support Center personal financial manager.

"Credit card abuse is one of the leading causes of debt today. It's that same debt that destroys marriages, families, homes and even lives," she said. "Pretty powerful for such a small item, only 2 by 3 inches square."

Lang said credit cards have become such an

essential part of people's daily lives, that they don't even realize how much it costs to use them.

She warns consumers against rushing to the stores with plastic in hand to buy holiday gifts.

"One of the biggest mistakes many people make is that they don't save for large purchases such as Christmas gifts, and they feel they have no other alternative other than to use their card," Lang said. "The second biggest mistake is that they pay only the minimum amount due each month. Abuse the card by only making minimum payments, and you've built a time bomb."

The lower the monthly payment, the longer it takes to pay, and the more it costs since most card issuers require monthly payments of just 2-5 percent of the balance, said Lang. The less the consumer pays monthly, the more the credit card benefits monetarily.

Along with putting cardholders in an immediate financial bind, credit cards over usage can have a negative impact on the big picture, according to Neway.

Placing a monthly \$218 credit card payment in a money-savings plan earning 12 percent instead would turn into \$1,354,930 in 25 years. Many Americans are using money that should be put away for retirement to pay high credit card bills.

Choosing to keep credit card balances at a manageable level can be more difficult now than any other time of the year, according to Lang.

The FSC has information and services available to help. For more information, call 963-5448.

# Postal agency sets holiday mailing dates

By **STAFF SGT. C. TODD LOPEZ**  
AIR FORCE PRINT NEWS

The dates for mailing items to and from overseas locations in time for the holidays are fast approaching, and officials at the Military Postal Service Agency here have suggestions for ensuring packages and letters arrive on time.

"The first advice is to mail early," said Ed Larson, MPSA operations chief. "Check with your local post office for the recommended mailing dates. In each country there will be slightly different dates."

The recommended mail deadlines for sending mail from the U.S. to all overseas APO/FPO addressees for the holidays are:

- Space available mail: Nov. 27
- Parcel Airlift Mail: Dec. 4.
- First-class mail, letters and cards and priority mail: Dec. 11.

Additional mailing dates or updates are available at local military postal facilities. People mailing packages need to be aware that customs forms are required on all international mail, Larson said.

"I would advise people to pick up customs forms prior to sealing their packages," Larson said. "That way you can be very specific on the form. Also, check with the local post office for a list of items that are not mailable."

Larson also said mailing powdered substances, while not specifically prohibited, could cause delay in mail processing if the powder were to leak out of the packaging.

## INSPECTION

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training tracker database, which shows what training each individual in the squadron has accomplished.

Additionally, the port got accolades for its joint inspector training course, which trained 120 reservists and other base personnel this year, to ensure cargo is properly prepared for airlift, Westall said.

While inspectors praised 437 APS programs, the recognition that touched Westall came at the final outbrief. "The wing commander, group commanders, and the flyers stood up and clapped for us—that was pretty neat."

The ASEV focused on aircrew performance, standardization/evaluation programs, aircrew training programs and a number of special interest items.

Over a two-week period, the inspection team looked at documentation for standardization/evaluation, tactics, training, and the Host Aviation Resource Management System, which tracks flying hours and required documentation for crew members.

The inspection team also conducted check-rides during the inspection.

The aircrews received praise from inspectors for crew resource management—how the crew effectively communicates to accomplish the mission—and tactical procedures, according to Maj. Corey Martin, deputy chief, 437 AW Standardization and Evaluation.

Inspectors lauded the standardization/evaluation office for a web-based process guide, which gives flying squadron standardization/evaluation shops one place to go to have their questions answered, Martin said.

They also praised a locally-generated computer system that can generate practice tests for aircrews by randomly pulling test questions from a master list.

Inspectors singled out the 14<sup>th</sup> Airlift Squadron for running a model no-notice evaluation program.

Martin credits the flying squadrons with earning the good inspection rating.

"From a standardization/evaluation standpoint, it was the squadron level that had a bulk of the paperwork that had to be reviewed for compliance," he said. "Squadron commanders making those people available is what gave us the high marks."

"We take extra pride in [the high rating] with the amount of deployments we've had, the high ops tempo and personnel tempo," said Lt. Col. Jim Barr, Operations Support Squadron commander.

"A lot of the shops the teams

inspected had been vacant for many months out of the last year due to everyone being deployed, so to show that we could put everything together and do it well shows we have the right processes and the right people doing the right job," he continued.

"We already know that we've been getting the mission done in Operation Enduring Freedom," Barr said. "This shows us that the training and standardization programs, and the mission documentation, all keep coming together to keep providing crews to support the mission and whatever the President asks us to do."

"The inspection results confirm what we knew in our hearts and have been proving by our actions over the past year," said Col. Karl Young, 437 AW vice commander. "Charleston's aerial porters and aircrews are extremely well prepared to perform their combat mission."

# NEWS BRIEFS

## Spotlight

**Thanksgiving:** Thanksgiving dinner will be served at the Dining Facility Thursday, 11 a.m.-2 p.m. The menu includes shrimp cocktail, roast turkey, baked ham and steamship round; mashed and sweet potatoes, rice pilaf and cornbread dressing; buttered corn, sweet peas with mushrooms and broccoli; and pumpkin, pecan, apple and cherry pie, and more. For more information, call 963-3595.

**Clinic:** The Clinic will be closed Thursday and Friday for the Thanksgiving holiday. For emergencies, call 911. For non-emergencies, call 963-6790.

**Commissary:** The Commissary will be closed Thursday and Friday in observance of Thanksgiving.

## Around the base

**Closure:** The intersection at the corner of Stewart and Graves Avenues will be closed until Friday. This closure will primarily affect personnel who work in buildings 705 and 707, who should now use Davis Drive to enter the back end of their parking lot.

**Closure:** The intersections of Batson and Richardson Drives and Doyle Avenue and Richardson Drive will be closed Monday and Dec. 4, respectively, from 8 a.m.

to 4 p.m.

**Clinic:** The Naval Weapons Station Branch Medical Center After Hours Clinic will no longer be open

after 6 p.m. starting Monday. Access to the clinic will be through appointment. The weekend clinic hours will be 8 a.m. - 4 p.m.

**Walk:** The base will conduct a semi-annual Foreign Object Damage Prevention Program walk Tuesday, 9 a.m., at the south end of Hangar 700. It will sweep the entire length of the flightline. Line badges are not required. For more information, contact 1<sup>st</sup> Lt. Aaron Rivers at 963-4687.

**Golf:** The Fifth Annual Toys for Tots Golf Tournament is set for Dec. 7, with a shotgun start at 9 a.m., at Wrenwoods Golf Course. For a registration form or more information, call 1<sup>st</sup> Sgt. George Shine at 743-2221.

**CLEP:** There will be a math CLEP preparatory class held at the Community Education Center, Dec. 9-11, 8 a.m. - 4 p.m. The CLEP General Mathematics exam will be administered Dec. 12 and

meets the CCAF requirement for mathematics. Seats must be confirmed by Dec. 5. For more information, or to reserve a seat, call 963-4575.

**Register:** Early pre-registration for Spring I graduate and undergraduate classes for Embry Riddle Aeronautical University will be Dec. 9-23 and Jan. 2-3 at the Community Education Center, Room 128. New students should call 767-8912 to make an appointment to discuss different degree programs.

**Santa:** Santa Claus is scheduled to visit the base library Dec. 12 from 4-5 p.m. Refreshments, pictures and story telling will also be available. For more information, call 963-3320.

**VFW:** Military members who have earned hostile fire or imminent danger pay are now eligible to join the Veterans of Foreign Wars of United States. For more information, call Dave Mellert at 871-2407.

## Charleston Warrior of the Week

### Staff Sgt. Heather Amdal 437<sup>th</sup> Medical Support Squadron

Staff Sgt. Heather Amdal is the NCOIC of the medical warehouse in the 437<sup>th</sup> Medical Support Squadron Medical Logistics Flight.

In the medical warehouse, Amdal is responsible for ordering, receiving and issuing supplies, equipment and furniture for the 437<sup>th</sup> Medical Group.

"(My job) is very rewarding," said Amdal. "We get a fairly large amount of supplies and furniture in daily. I feel like I've done my job well when I see something I've ordered, received and delivered to the customer."

After joining the Air Force in January 1994 to travel the world and receive education benefits, Amdal made the decision in her first term to make the Air Force her career for life.

"I made the decision because I feel great pride serving my country," said Amdal. "You get a wonderful sense of accomplishment. I love it when people stop you in the street when you're in uniform to thank us. I also love the camaraderie in the Air Force. You don't get that in a civilian job."

Amdal is working on her bachelor's degree in Health Care Administration, and is only one College Level Examination Program test away from her Community College of the Air Force degree.

Amdal is also seeking a commission in the Medical Service Corps.



Photo by Airman 1<sup>st</sup> Class Amy Perry

## 437 MSG announces limited service hours

Units in the 437<sup>th</sup> Mission Support Group will operate under special hours Thursday:

### 437<sup>th</sup> Services Squadron

**Dining facility:** Open 24 hours, for all four meals

**Flight kitchen:** Closed, but box meals will be made and delivered out of the dining facility

**Fitness and Sports Center:** 7 a.m.-6 p.m.

**Child Development Center and Youth Programs:** Open for mission essential personnel only

**Charleston Club:** Closed for lunch, but will open at 4 p.m. to provide all regular services

**Outdoor Rec.:** Closed Thursday -

Nov. 30

**Library:** Closed Thursday-Nov. 29

**Lodging:** Open 24 hours

**Bowling Alley:** Open

**Aero Club:** Open

**Veterinarian:** Closed

### 437<sup>th</sup> Civil Engineer Squadron

**Self-Help Store:** Closed

**Housing Office:** Closed

**Housing Maintenance:** Closed

### 437<sup>th</sup> Security Forces Squadron

**Pass and Registration:** 7:30 a.m.-4:30 p.m.

**Dorchester Gate Visitor Center:** 7 a.m.-4 p.m.

## FEATURE

# TURKEY

## STUFFING & MORE

### Team Charleston members give thanks in many ways

By **AIRMAN 1<sup>ST</sup> CLASS AMY PERRY**  
437 AW PUBLIC AFFAIRS

An early morning football game, shrimp cocktail and champagne for an appetizer, lobster for dinner and cake cooked in a hole in the ground; Team Charleston members bring their own traditions to the holiday season.

Pilgrims and Wampanoag Indians celebrated the first harvest celebration in 1621. Their feast consisted of wild turkeys, geese, deer, lobsters, oysters, cucumbers, carrots, cabbages, turnips, corn and wild fruits.

The American holiday has now reached global proportions. Military members have traveled the world and shown other cultures this feast of thanks.

Although some have changed from the traditional first meal, one Team Charleston member goes back to the roots of Thanksgiving.

Airman Jennifer Morgan, 437<sup>th</sup> Communications Squadron Commander's Support Staff personnelist, is called Nanaazbah, or the One Who Walks Around the War Camp, by her family. Every Thanksgiving, her family goes to her grandmother's house on a reservation in New Mexico. Morgan's family belongs to the Little Water Chapter of the Navajo tribe.

Dinner is in a hogan, an eight-sided mud house, and starts with a traditional prayer and song. Then the elders, the grandmother and grandfather, talk about family issues and what is expected of the family.

For dinner, Morgan's family has fried bread (tortilla dough cooked in grease), tortillas, blue corn mush (corn meal and ashes boiled together), turkey, ham, mutton and earth cake.

Morgan said she enjoys her traditional Thanksgiving because it gives her a chance to be with her family.

"It gives me a chance to appreciate my family," said Morgan. "The rest of the year we're too busy doing other things, but Thanksgiving gives us a chance for everyone

to come together."

But traditions have changed since the first Thanksgiving Day. Now families gather from across the country to celebrate together or a few friends join each other to show thanks.

Staff Sgt. Todd Novak, 437<sup>th</sup> Logistics Readiness Squadron Distribution Flight Readiness Spares Package supervisor, said he and three of his friends invited airmen from their shops who may not have anything to do for Thanksgiving Day.

"We don't want them to sit at home or go to the (dining facility)," said Novak. "We know it's hard for airmen to take leave, so we want them to come over and be part of it."

The day will start with an early morning football game, said Novak. Afterward, everyone will go back to Novak's house and begin cooking.

"Thanksgiving is my favorite holiday of the year because you get a bunch of friends and family together with a lot of food, and it's a really relaxing atmosphere," said Novak. "For the past few years, my roommate and I have been going over to other friends' houses and it seemed to work well."

While many have developed new traditions while serving the military, others try to incorporate two separate traditions into one.

Capt. Aaron Reed, Area Defense Counsel, is celebrating his second Thanksgiving with his wife and can still remember his Thanksgivings in Indiana with his family.

"Before I was married, my mother's family would get together every year at my parents' house," said Reed. "In the morning, my dad, my brothers, a few of my cousins and I would go hunting."

After hunting, Reed said shrimp cocktail and champagne would be set out for the family when they rolled into town.

"I always loved the shrimp cocktail and champagne," said Reed. "Since I grew up in the middle of Indiana, having seafood was very special."

Now that Reed is married, he said the

traditions have changed a bit.

"Last year was our first year, and we didn't go back to my family's house," said Reed. "My wife's parents came here and had dinner in Charleston."

This year, Reed and his wife will be going to her family's house, and they will try to alternate every year after that.

While some Team Charleston members have a very traditional way of celebrating Thanksgiving, others couldn't be further from it.

Airman 1<sup>st</sup> Class John Greif, 437<sup>th</sup> Maintenance Squadron Maintenance Flight Aero Repair Shop technician, is from Ambergris Caye, a 25-mile-long, one-mile-wide island off the coast of Belize in Central America.

Greif said Thanksgiving was not celebrated on his island until his grandmother brought it back from America. She lived in Kentucky for a few years after marrying an Air Force pilot. When she moved back to the island, she brought the holiday back with her.

"She showed us what Americans did for Thanksgiving," said Greif. "I always thought it was funny, celebrating an American holiday when we were on a British colony, which falls under the queen."

Greif said his family never ate turkey, because on an island, they primarily ate seafood. So his family decided to form their own traditional meal.

"We would have barbecues and normal cookouts on the beach," said Greif. "We would have homemade barbecue pits made out of 50-gallon drums cut in half, and we would cook any kind of seafood you could imagine."

"The whole family comes out to celebrate," continued Greif. "Since the whole island is your family, the event is a big thing, but it's not a national holiday."

While many think Thanksgiving is just turkey, football and family, Team Charleston members show others that there are many ways to show one is thankful.

## 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:** Synagogue Emanu-El, 5 Windsor Dr., Charleston, S.C. Phone: 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.**

**Friday, 7:30 p.m.**

***"Knockaround Guys" – Vin Diesel***

Gotti is gone, the Feds are cracking down and there's no such thing as honor anymore. But for the somewhat pampered twenty-something sons of four well-known wise guys, it goes deeper than that. When you wear an infamous last name, the legit business world isn't an option either.

**(R) 91 minutes**

**Saturday, 2 p.m.**

***"Jonah – A veggie tales movie – Animated***

The Veggie gang sets sail for a whale of an adventure in Jonah. The story of Jonah and the whale as you've never seen it – a story where everyone learns that one of the best gifts you can give or get is a second chance. **(G) 83 minutes**

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

***"White Oleander" – Alison Lohman***

Astrid is a young teenager who journeys through a series of foster homes after her mother goes to prison for committing a crime of passion.

**(PG-13) 100 minutes**

## SPORTS & FITNESS

# Indoor cycling classes begin at fitness center

By **AIRMAN STEPHANIE HAMMER**  
437 AW PUBLIC AFFAIRS

The Sports and Fitness Center introduced a cycling workout routine Thursday to members of Team Charleston interested in "spinning" their way to better health.

"The cycling class is based on sports-specific training," said Jason Ham, 437<sup>th</sup> Medical Group fitness program manager. "Since we use (ergometry) to test for physical fitness, we wanted to offer something that's close to that."

According to Ham, the class is geared for every person at Charleston AFB, regardless of experience.

"Indoor cycling has really become very popular as one of the best cardiovascular exercises, since it is more heart rate orientated," said Ham. "The best part about cycling is that it doesn't matter your ability. The majority of people find this less intimidating."

According to the Indoor Cy-

cling Association Web site, [www.icasa.co.za](http://www.icasa.co.za), indoor cycling is great for general fitness. It uses a variety of muscle groups, including calf and thigh muscles, pectorals, back muscles, and triceps and biceps.

The site suggests beginners pace themselves into cycling classes. It also recommends padded cycling shorts for increased comfort and a towel to keep the handlebars free of sweat.

Indoor cycling is also a great way to burn fat and lose inches, according to the site.

The classes will be offered Mondays, 6 a.m., noon and 6 p.m.; Tuesdays, 6 a.m. and 3 p.m.; Wednesdays, noon and 4 p.m.; Thursdays, 6 a.m. and 3 p.m.; and Fridays, 6 a.m. and noon.

"It's a fun class that's about 45-50 minutes in length," said Ham. "It's non-weight bearing, so it addresses the needs of the majority of (the base). You get the aerobic activity, but it's a lot safer."



**Michelle Blanton, Center Field spinning instructor, prepares Charleston AFB volunteers to lead indoor cycling classes.**

Photo by Staff Sgt. Melanie Streeter

# Swami disappears, takes picks with him

By **SWAMI'S BOSS**  
OFFICIAL BOSS LADY

We at the official Swami Headquarters regret to inform Swami fans that he is missing.

Swami, known for his football picking skills in recent years, or lack thereof this year, hasn't shown his face at Swami Headquarters in almost a week. He was last seen grabbing a turkey leg from the Wing Staff Thanksgiving luncheon Friday.

After an astonishing four-week streak from Swami's beloved N.Y. Jets, it is believed he has gone to New York to try out for the Jets.

"We think he is far too short and not fast enough on his feet to be a major contender," said an official at Swami Headquarters. "We think he is just setting himself up for a major disappointment."

In other news, the 49ers suffered a miserable defeat from the Philadelphia Eagles, 38-17, and that was even without first string quarterback Donovan McNabb. McNabb broke

his ankle in the third play of Week 11's game versus Arizona. McNabb hobbled for three quarters and landed a 38-14 victory, tying his career high with four touchdown passes.

Eagle's second string quarterback Koy Detmer, who hasn't started a game in three years prior to Monday's beat down, landed hard on his bent left arm after being tackled around the knees by Niner's Chike Okeafor following a 24-yard completion to Jeff Thomason with 3:32 left in the third.

"We, at Swami Headquarters, like the Eagles and are glad they can still win without McNabb," said another official. "We were secretly hoping to see the team fall apart without McNabb, and have since changed our favorite team from the 49ers to the Eagles."

With Swami's whereabouts unknown, Swami Headquarters officials are preparing for the worst; no Swami column next week.

If anyone has seen the missing pigskin prognosticator, please contact Swami Headquarters at (800) WHERE-IS-SWAMI.

Week 14

Name/Phone #: \_\_\_\_\_  
Comments: \_\_\_\_\_

Sunday, Dec. 8

Cincinnati @ **Carolina**  
**San Francisco** @ Dallas  
Cleveland @ **Jacksonville**  
St. Louis @ **Kansas City**  
Buffalo @ **New England**  
Houston @ **Pittsburgh**  
Atlanta @ **Tampa Bay**  
**Indianapolis** @ Tennessee  
New York Giants @ **Washington**  
Detroit @ **Arizona**  
**New Orleans** @ Baltimore  
**Philadelphia** @ Seattle  
**Denver** @ New York Jets  
Oakland @ **San Diego**  
Minnesota @ **Green Bay**

Monday, Dec. 9

Chicago @ **Miami**

Monday night total points: \_\_\_\_\_

Swami's Monday night points: **38**

\*\*Picks must be submitted by Friday, Dec. 6, 4 p.m.\*\*