

AIRLIFT Dispatch

Vol. 42, No. 48

437th Airlift Wing, Charleston AFB, SC

Friday, December 5, 2003



Graphic by Sean Erbe

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MXG/CC remembers Pilgrim's sacrifice

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SUCCESS

NCO scores perfect on seven-level test

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FITNESS

Body builder packs on pounds to set example

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MISSION POSSIBLE	
Charleston Departures	17,853
Maintenance reliability	93.0%
Cargo moved	125,951 t
Personnel deployed	612
Reservists activated	968

(Jan. 1, 2003 - Nov. 4, 2003)

Team Charleston: One family, one mission, one fight!

COMMENTARY

Commander's Comments

By Col. Brooks Bash
437AW commander

Holiday Thanks. I truly appreciate everyone who worked this past holiday weekend to keep the mission moving and keep us safe. Our **Aerial Port Squadron** moved more than 1,100 tons of cargo through the Thanksgiving weekend and our **Maintenance Group** had a reliability rate of more than 90 percent! Many other units also made the Charleston mission happen this holiday — you do a great job year-round, and this weekend was no exception!

CSAF visit

The Air Force Chief of Staff **Gen. John Jumper** visited our base briefly Monday. He was very impressed with our appearance and professionalism. Keep up the great work!

Diamond sharp

Congratulations to the December Diamond Sharp winners: **Staff Sgt. Kenneth Byrd**, 437th Civil Engineer Squadron; **Staff Sgt. Jamey Elms**, 373rd Training Squadron; **Senior Airman Timothy Carver**, 437th Maintenance Squadron; and **Airman 1st Class Jared Esselman**, 15th Airlift Squadron.

Farewell

Farewell to **Lt. Col. Chris King**, chief of the 315th Airlift Wing Public Affairs. He has been at Charleston AFB for more than 30 years.

Force development

There will be a mass briefing about force development for all officers at 9:30 a.m. Monday in the base theater. The new Force Development system will change how we train, educate and assign our officers. The program is designed to help you pursue the assignments, education and training to prepare you for the Air Force's missions today and in the future. It is going to change the way our current officer progression program works.

Intramural sports

Congratulations to the **437th Security Forces Squadron** for winning the flag football title this season. If you haven't had a chance to play intramural sports on base, I encourage you to do so. It is a great way to get some exercise and have fun at the same time! Also, remember to join me for the Jingle Jog coming up at 11:30 a.m. Dec. 19 in front of the Fitness Center.



Photo by Airman 1st Class Darnell Cannady

Col. Brooks Bash, 437th Airlift Wing commander, carves turkey at the Gaylor Dining Facility Thanksgiving Day lunch. Commanders served the meal Nov. 27 to Team Charleston members.

Safety

Thank you for having a safe holiday weekend. However, don't let your guard down because the holiday season isn't over yet. The upcoming holiday is longer and more dangerous.

If you plan to go out and have several alcoholic beverages during the holidays, absolutely ensure that you have a designated driver before you go! The number of drunk drivers on the road typically increases during the holiday season. Be careful!

Christmas trees and cooking are also high potential safety hazards. When it comes to Christmas trees, there are several things to remember. Use only noncombustible decorations and replace any worn or damaged light sets on your Christmas Trees. Use U.L.- or F.M.- approved light strings and avoid overloading electrical circuits and disconnect your lights when you go to bed or leave the house.

Also, never leave cooking food on the stovetop unattended, and keep a close eye on food cooking inside the oven. Make sure your cooking areas are clear of combustibles like pot holders, towels or food packaging. Keep your children or pets away from cooking areas and turn the pot handles inward, so they can't be bumped and children won't be able to grab them. According to the National Fire Protection Association, three in every 10 reported home fires start in the kitchen — more than any other place in the home.

Keep up the great work Team Charleston — the service you are providing to our Nation everyday is important and I appreciate your dedication.

The Commander's Action Line is your direct link to me. It's your opportunity to make Charleston AFB 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.

To ensure you receive a response to your concerns, please leave your name and the information needed to contact you.

Dispatch

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Holidays remind of Pilgrim's sacrifice

By Col. Michael Riddle

437MXG Commander

In 1620, the people we came to know as the Pilgrims left Europe for the New World in order to find religious freedom. They were financed by the Merchant Adventurers Investment Group of England with seven years of labor agreed as payment for their passage and supplies. The first winter at Plymouth, less than 50 of the 110 Pilgrims survived.

In March 1621, in an extremely courageous act, a Native American named Samoset, of the Abnaki tribe, walked into Plymouth and greeted the Pilgrims with the English word "welcome." He returned later with a friend named Squanto who spoke better English due to his voyages to England and Spain. It was Squanto who taught the Pilgrims how to tap the maple trees for sap, how to identify which plants were good or bad and how to plant corn. The fall harvest was plentiful. So Pilgrim Governor William Bradford invited Squanto and the Abnaki tribe for three days of eating, games of skill, celebration and thankful prayer.

The fall celebration of friendship, harvest

worth repeating

"We must be courageous and believe in the good we do, even when others don't."



—Col. Michael Riddle
437th Maintenance Group commander

and thankful prayer continued every year, and in 1817 New York made it an official Thanksgiving Day. Other states soon followed. In 1863, President Abraham Lincoln appointed a national day of thanksgiving, which has been followed by each president in turn since then, annually proclaiming the fourth Thursday of November as Thanksgiving Day.

I find it interesting our Pilgrim forefathers came here through both capitalism and the search for freedom. It is important to note neither the capitalism nor the desire for freedom would have survived without considerable help from strangers outside their community, even outside their faith and

culture. It wasn't an easy time, most died in their struggle for freedom. They were afraid of the strangers offering them assistance because they knew little about them and their cultures were so different. Making friends and accepting their help was difficult and took a lot of courage on both sides.

As we enter this holiday season, we have military men and women around the world who are strangers trying to bring help and freedom to those not as fortunate as ourselves. People are afraid of us and they are cautious because they don't know us or our culture. But we are doing good things, helping people as we have been helped many times ourselves. We must be courageous and believe in the good we do, even when others don't. As Henry David Thoreau said, "Life is a battle in which you are to show your pluck, and woe be to the coward."

As I gather my family around over the holidays, I will remember those who cannot because they are far from home, offering the hand of friendship and making real the dream of freedom. I will honor the courageous ones who do this in the face of distrust and suspicion and be forever thankful that long ago someone did the same for us.

No matter how bad, things get better

The other day I opened up a "significant events" report and read that an airman had killed himself. Just a few lines down, I saw where another had attempted suicide. As I looked at the words, I felt simultaneously sad and angry. But I also felt something more personal: understanding.

I understand what it is like to feel as if you are so far in a hole of blackness it has consumed everything in your life. I understand what it is like to want to die. But most importantly, I understand what it is like to come back.

Whether or not you have ever been in that position or known someone who has, I hope you read this message and take something from it.

The message is simple: help is out there, and things, no matter how bad, can get better. But people must be willing to use the resources available to them.

The human spirit is an amazing thing. It can survive and heal through tremendous hardships,

though the road can often be difficult. Sometimes things seem so difficult a person would consider taking his or her own life as a solution.

When things progress that far, it is time for that person to get professional help. So why don't they? Why do people hesitate to get involved? Why do suicides happen when they could be prevented? Why are people so afraid of the words "mental health?"

If your vehicle is broken, you take it to a mechanic. If you are sick, you go to the doctor. Getting help from a mental health professional is no different, yet so many people balk because they are afraid.

Wrongly, they fear it will adversely affect their career. They worry that getting help is a sign of weakness or cowardice, when in fact it is just the opposite. Getting help takes a tremendous amount of courage and strength. It means swallowing your pride and working hard, pressing forward despite the fear. But mostly, it means you are willing to fix things correctly

instead of letting them get worse.

Over the years, I have talked to many people who have experienced suicidal thoughts or struggled with depression, stress, anxiety or other problems. The people are as varied as the reasons for their feelings. Many are people you would never suspect — people who are successful and seem to have everything together. For some, the problems are situational and for others, the problems are medical. Some of those were people who at one time said, "I can't imagine anything that would make me take my own life." Regardless, they needed help.

The resources are available and things can get better, but sometimes that means you have to step out of your comfort zone. Drop the fear. Drop the judgment. Life is way too precious to let those things get in the way.

If you see someone in trouble, don't skirt around it. Be honest. Tell that person you are concerned, and why. If you think he or she is out of control, say so. You

may get ignored you but you could be the push the person needs.

If you need help, do yourself a favor and either tell someone or go get it yourself. There are people out there who will listen and help.

There are no good excuses to avoid getting help.

According to the Centers for Disease Control and Prevention, suicide claims the lives of more than 30,000 Americans a year. All could have been prevented. There are so many resources available, both military and civilian. Using them can save a life.

You may have noticed I didn't put my name on this editorial. That is not an accident. There is a point. You do not know who I am. I could be anyone — your co-worker, the person you pass in the hallway and talk to almost daily. I could be your best friend, or even your boss. It is possible I am a family member: your spouse, parent, sibling or your child.

Or, I may even be you. (**Courtesy of Air Combat Command News Service**)

NEWS

Team Charleston members 'STEP' it up again; 2 to master, 3 to tech

By Airman 1st Class
Stephanie Hammer
437 AW Public Affairs

Five airmen from Charleston AFB were promoted by the wing commander under the Stripes for Exceptional Performers program Nov. 26 and Monday.

Newly promoted Master Sergeants Della Garcia and John Travis, and Technical Sergeants Byron Kendziora, Robert Thaman and Terry Wright took a "STEP" up in the enlisted ranks.

"I am always pleased to recognize some of the most dependable and responsible Team Charleston members," said Col. Brooks Bash, 437th Airlift Wing commander. "STEP recognition is the ultimate reward for outstanding day-to-day performance. These NCOs are truly exceptional performers and well deserving."

Sergeant Garcia is a paralegal in the 437th Airlift Wing Judge Advocate. She is the first paralegal at CAFB to sit at a counsel table during a court martial. She volunteered to assist with two equal opportunity

hearings, where she arranged for witnesses and set up the courtroom. Sergeant Garcia was put in charge as acting law office manager on several occasions. She also assisted a trial counsel in drafting a precedent-setting motion in a high-profile case.

Sergeant Travis is a fuels controller for the 437th Logistics Readiness Squadron. He expertly managed readiness training for 104 personnel. He obtained 65 formal school slots, which led to a 100 percent unit type code fill rate, meeting 46 Aerospace Expeditionary Force taskings. Sergeant Travis supervised 34 upgrade trainees in five-to-seven level career development courses, which led to a 100 percent pass rate and an 87 percent overall average. He trained and integrated 13 Reserve members and attained \$316,000 for end-of-year spending.

Sergeant Wright is a loadmaster with the 16th Airlift Squadron. He upgraded to squadron special operations low-level II examiner in three months and flew more than 25 combat sorties in support of

Operations Iraqi Freedom and Enduring Freedom, where he moved more than 1.1 million pounds of equipment and supplies. Sergeant Wright also orchestrated and instructed 17 airdrop loadmasters for boat drop certification.

Sergeant Thaman is a 437th Aircraft Maintenance Squadron maintenance special operations team chief. He was key to implementing special operations loading ramps nine months ahead of schedule, which decreased load time by half an hour. He spearheaded requirements to complete C-17 infrared cover lighting tests, identified design changes and enhanced special operations capabilities. Sergeant Thaman orchestrated the shipment of aircraft tires in support of Operation Iraqi Freedom, which allowed 235 sorties to be flown in 25 days with a 100 percent departure reliability rate. He also supervises maintenance activities and works complex problems on JCS-directed alert aircraft.

Sergeant Kendziora is a utilities systems craftsman with the

437th Civil Engineer Squadron. He spearheaded recurring maintenance on 400 backflow prevention devices worth \$90,000 to protect the base water supply from contamination. He discovered and unblocked the main sewer line in military family housing, which eliminated an unbearable situation for more than 700 residents. Sergeant Kendziora also repaired a fire protection system in a key aircraft hanger, preventing any C-17 repair delays.

"We at Charleston AFB have some of the Air Force's finest personnel," said Chief Master Sgt. James Roy, 437 AW command chief. "They are prime examples of what we expect of every NCO: outstanding performer, out-front leader and engaged in our wing and community."

The practice of STEP promotions has been in place since 1980 and is used to recognize airmen who "take the extra step and give 110 percent at all times," according to Air Force Pamphlet 36-2241, Volume 1, *Promotion Fitness Examination Study Guide*.

Opportunity

UFT now accepting applications from CGOs

By 2nd Lt. Shaloma McGovern
437 AW Public Affairs

Charleston AFB company grade officers can apply now until Jan. 16 for pilot and navigational slots under the undergraduate flying training board at the formal training element in the Base Education Center.

Those officers with a date of birth after April 1, 1974, and a total federal commission service date after April 1, 1999, are eligible to apply for UFT, and the selection board will review applications from March 2 to 5.

Individuals desiring to apply are required to take the Basic Aptitude Test. To schedule an appointment, contact Lorain Robinson via e-mail lorain.robinson@charleston.af.mil.

The applications must include Air Force Form 215, aicrew training candidate data summary, active duty service commitment statement, Basic Aptitude Test score, flying class 1 physicals for pilots and 1A for navigators, copy of the last page of private flying log book-with total hours indicated, a copy of the Federal Aviation Authority license where applicable, navigator training requester must include track preference worksheet, and if an age waiver is applicable it needs to be approved by members of an officer's chain of command and then to AF/CC for final action.

"This is an excellent opportunity for CGO's to enhance personal career goals," said Rick Lee, 437th Mission Support Squadron formal training technician.

Applicants must send the completed application, postmarked by Jan. 16, to HQ AFPC/DOAOT3, 550 C Street West Suite 31, Randolph AFB, Texas 78150-4733. Applicants should advise commanders and supervisors of the application deadline if submitting an AF Form 215. Applications with incomplete or missing data may not be processed. All applicants competing for pilot training must also complete the BAT. For more information on application procedures, call the base formal training element at 963-4557, or stop by to make an appointment with Darrel Nesbitt at the Base Education Center.

(Information from an Air Force Personnel Center news release was used in this story.)

Visit from the top
Gen. John Jumper, Air Force
Chief of Staff, is greeted by the
Base Honor Guard during a
short visit here Monday.



Photo by Airman 1st Class Jason Bailey

Recruiting

OSI seeks new special agents

By 2nd Lt. Bryan Lewis
437th AW Public Affairs

Representatives from Headquarters Air Force Office of Special Investigations have scheduled a briefing to recruit new special agents from 8 a.m. to 4 p.m. Monday in the Logistics Readiness Squadron auditorium.

AFOSI has 108 Air Force-wide openings for new special agents to fill by Oct. 1, 2004.

"The team will be recruiting here due to expanded positions offered to OSI this year," said Special Agent Robert Redmon, AFOSI Detachment 310 superintendent. "They will brief on OSI missions and answer questions."

AFOSI investigates crimes against persons and property, deter base-level and contract fraud, information systems and technology threats, and provide the Air Force counterintelligence support for force protection.

Along with OSI briefings, attendees will take a School and

College Ability Test and for those without a bachelor's degree a standard written English test. Scheduled interviews will be conducted Tuesday for those who scored competitively, said Special Agent Redmon.

Those interested must be senior airmen with less than six years time in service or staff sergeants through master sergeants with outstanding records and fewer than 12 years time in service. Security forces members in the ranks of staff sergeant-select through master sergeant are also eligible. Officers must have less than 12 years total active federal military service and less than six years total active federal commission service to apply. Those planning to attend need to bring a copy of their records review from the military personnel flight.

For more information on AFOSI special agent duty, visit www.dtic.mil or call AFOSI Det. 310 at 963-3248.

LRS NCO gets 100 on test

By 2nd Lt. Shaloma McGovern
437th AW Public Affairs

A unit education and training manager from the 437th Logistics and Readiness Squadron received a 100 percent on her seven-level exam Nov. 5.

Staff Sgt. Shawna Ray is the first person from Charleston AFB and the only person ever from Air Mobility Command to score perfectly on her Air Force specialty code exam.

Sergeant Ray prepared for the course for two months online. The education and training craftsman seven level course has been online since June 17, 2002. The passing rate of the exam is 80 percent.

"Our scores range from 43 to 100, our average score is in the upper 80's," said Tech. Sgt. John Dawson, 335th Training Squadron course supervisor at the LRS schoolhouse at Kessler AFB, Miss. "She is the only airman in Air Mobility Command to receive a 100, and fourth to do so in the Air Force."

"I was extremely nervous and anxious because there were individuals who had previously failed the test," said Sergeant Ray. "I actively studied a minimum of one hour a day for two months. Opportunities presented themselves as the new logistics readiness squadron aligned. I had the opportunity to know the regulations first-hand and to assist in the new training. This also helped me know the material for my test."

Studying is not a new concept for Sergeant Ray, as she holds two associates and a bachelor's degree prior to receiving a 100 percent on her seven-level exam.

"With proper preparation, it is not impossible to score 100," said Darrell Nesbit, 437th Mission Support Squadron training technician supervisor. "Sergeant Ray's energy, drive and persistence enabled her to complete this difficult task. She would not settle for a partial answer and sought for complete deeper answers enabling her to go deeper in her studies."

AROUND THE AIR FORCE

Letters from Santa

EIELSON AFB, Alaska — Combat weather flight airmen here will once again help Santa send out thousands of signed, North Pole-postmarked letters to children worldwide.

Each year, the unit receives thousands of Dear Santa Claus letters and Christmas-wish lists. Volunteers in the 15-person unit sort and read the letters, select an appropriate reply from Santa Claus, and mail the letters with an official North Pole postmark.

The flight must receive letters to Santa by mid-December to ensure a reply before Christmas. Children whose letters arrive too late will get a special "after Christmas" letter from Santa.

Children can write to Santa at:
Santa's Mailbag
354th OSS/OSW
2827 Flightline Ave. Suite 100B
Eielson AFB AK 99702-1520

There is no cost for the letters, but self-addressed stamped envelopes or donations to help defray the cost of postage are accepted. **(Air Force Print News)**

Roche discusses Air Force future during visit

SPANGDAHLEM AB, Germany — Citing the ability to adapt as the greatest change for the Air Force, the secretary of the Air Force thanked airmen for their involvement in Operations Iraqi Freedom and Enduring Freedom during a visit to Spangdahlem AB, Germany.

Secretary of the Air Force Dr. James G. Roche met with hundreds of wing airmen to answer questions about the Air Force's future.

"We've taken our technology and adapted it to the conflict we face," Secretary Roche said. "We're taking the brains of our airmen and putting them together with technology to create a new doctrine."

In regard to AEF rotations, Secretary Roche said he hoped to work back to a normal schedule by March 2004.

"Our mobility force is the infrastructure of Iraq," Secretary Roche said. "When the Air Force leaves an (area) we always leave some people behind because they're so valuable." He also said the rotation was origi-

nally intended for stability.

The secretary gave his assessment of the Air Force's performance during the Iraqi conflict.

"You've been tested in combat and done exceptionally well," he said. "Keep up the good work and happy holidays." **(Air Force Print News)**

Tax statements available on myPay

ARLINGTON, Va. — Defense Finance and Accounting Service officials have compiled a schedule of dates when servicemembers, military retirees and annuitants and defense civilian employees can access their tax statements through myPay.

Military members and Department of Defense civilian employees will have access to view, save and print their tax statements from myPay at <https://mypay.dfas.mil>. For assistance, users can call myPay customer support at (800) 390-2348.

Officials are projecting the tax statements will be posted on myPay during the following periods.

- Military annuitants: Dec. 13 to 18

- DOD civilians: Dec. 24 to 29

- Army, Air Force and Navy reserve components: Dec. 26 to Jan. 1

- Military retirees: Jan. 1 to 5

- Marine Corps active duty and Reserve: Jan. 13 to 21

- Army, Air Force and Navy active duty: Jan. 16 to 26 **(Air Force Print News)**

New schools, centers of excellence created

FORT DIX, N.J. — Two new centers of excellence and two Air Force schools have been created, Air Mobility Warfare Center officials announced Nov. 25.

The warfare center now will be home to the centers for agile-combat support and for air mobility as well as the U.S. Air Force Mobility Operations School and the U.S. Air Force Expeditionary Operations School. These schools join the existing U.S. Air Force Mobility Weapons School, Air Force Mobility Battlelab and Resources Directorate under the warfare center. The reorganization officially takes effect Dec. 1.

The new centers bring together subject-matter experts focused on

improving Air Force capabilities by developing or improving doctrine, training, organization, materiel, leadership, people and facilities. **(Air Mobility Command News Service)**

Doctrine summit focuses on lessons learned

MAXWELL AFB, Ala. — Doctrine Summit IV gave Air Force leaders the chance to discuss lessons learned from recent and on-going operations and to assess practices for better educating, organizing, training and equipping the service to fight the next fight.

The summit was held Nov. 17 and 18 at the Air Force Doctrine Center's Air Force Wargaming Institute here.

Near the summit's conclusion, the group revisited the topics and confirmed with the secretary and chief of staff what the resulting task list looks like. Recommendations can include such things as re-equipping a weapon system for expanded mission capability, better integrating certain systems or concepts, or tailoring professional military education and training to correct some deficiency. **(Air Force Print News)**

Photo of the Week



Photo by Tech. Sgt. Lisa Zunzanyika

Iraqi bombing

BAGHDAD INTERNATIONAL AIRPORT, Iraq — Master Sgt. Bradley McKinney prepares a detonation site, where seized ordnance and improvised explosive devices were destroyed. Sergeant McKinney is an explosive ordnance disposal technician with the 447th Air Expeditionary Civil Engineer Squadron.

NEWS BRIEFS

Spotlight

Retirement: The 437th Aircraft Maintenance Squadron is hosting a retirement ceremony for Chief Master Sgt. Robert Baldwin at 10 a.m. today in the 14th Airlift Squadron auditorium.

Retirement: The 437th Operations Group is hosting a retirement ceremony for Master Sgt. Roger Hillagas at 1 p.m. Dec. 19 in the 15th Airlift Squadron auditorium.

Fitness Center Hours: The new hours of operation effective immediately are from 4 a.m. to 1 a.m. Monday through Friday, from 6 a.m. to 7 p.m. Saturday and Sunday, and from 10 a.m. to 4 p.m. holidays. For details and updated fitness class schedules, call 963-3347.

Around the base

CGOC: The next company grade officer council meeting will be at 4 p.m. today at the Charleston Club. Please bring donations for Operation Winter Wonderland at this time.

OSI: The Air Force Office of Special Investigations will be conducting a recruiting briefing from 8 a.m. to 4 p.m. Monday in Bldg. 610. Scheduled interviews will occur

Charleston Warrior of the Week

Senior Airman Chadwick Chambers 437th Medical Operations Squadron

Senior Airman Chadwick Chambers is an Alcohol Drug Use and Prevention NCOIC in the 437th Medical Operations Squadron. He is responsible for the administration and education of all substance abuse patients on base.

"I also do outreach to the Air Force community regarding substance abuse prevention, such as the Red Ribbon campaign," said Airman Chambers.

Airman Chambers joined the Air Force more than four years ago to further his education. He intends to return to college to receive a nursing degree and a commission. He also plans on spending 20 years in the Air Force.

The Scottburgh, Ind., native arrived at Charleston AFB eight months ago and said the area is beautiful. In his spare time, Airman Chambers spends time with his 7-month-old daughter, Natalie.



Photo by 2nd Lt. Shaloma McGovern

Tuesday. Anyone interested should bring a Records Review RIP to the briefing. For more information on AFOSI special agent duty, visit <http://www.dtic.mil> or call Special Agent Robert Redmon at 963-3248.

AFSA: The Air Force Sergeant

Association Chapter 306 will hold its monthly meeting at 11 a.m. Tuesday in the Charleston Club. For more information, call Chief Master Sgt. John Danko at 963-4590 or visit <http://www.afsahq.org>.

ESC: The enlisted spouses club will be gift wrapping in front of the Base Exchange Tuesday and Wednesday.

Registration: Registration for all on-base colleges will run Monday through Dec. 19 at the Base Education Center. For more information, call 963-4575 or 963-7201.

Immunization Clinic: All active duty military must receive a flu shot by Dec. 31. The immunization clinic will be open through the duty lunch hour in December.

AADD: Volunteers are needed to set up Airmen Against Drunk Driving here. For more information or to volunteer, e-mail Senior Airman Aaron Stransky at aaron.stransky@charleston.af.mil, or Airman 1st Class Amy Perry at amy.perry@charleston.af.mil.

Official Travel: The following reminders are for personnel traveling on official business:

- Official travel arrangements must be made by the base travel management office, whether here or at a TDY location.

- For after duty hour emergencies only, contact the POL Resource Control Center at 963-5079.

- To reconfirm or change flight times between 7:30 a.m. and 4 p.m., call TMO. For after hours, call directly to the respective airline.

- For passenger reservations during duty hours, call Ravenel Travel at 963-3092.

For more information, call Tech. Sgt. Shawn White at 963-3059.

New York National Guard: The 109th Airlift Wing, in Scotia, N.Y., home of the C-130 ski-birds, has traditional Guard vacancies in the following career fields: 1A2X1, 1C0X2, 1C3X1, 1N0X1, 2A5X1, 2A5X3, 2A6X1, 2A6X2, 2A6X4, 2A6X5, 2A6X6, 2A7X1, 2A7X3, 2E1X3, 2F0X1, 2S0X1, 2T0X1, 3C1X1, 3C3X1, 3M0X1, 3P0X1, 4A0X1, 4A1X1, 4A2X1, 4D0X1, 4N0X1, 4P0X1, 4T0X1, and 6C0X1, as well as full-time active duty positions in the following AFSCs: 2A5X1 and 2E271. For more information contact Master Sgt. Wesley Ryerson, at Wesley.Ryerson@nyscot.af.mil, DSN 344-2456 or 1-800-524-5070.

Rules of the road

While driving around Charleston AFB, it is easy to notice the large number of intersections controlled by stop signs. Here are some rules regarding stop signs:

- As one approaches a stop sign, the vehicle must come to a complete stop, meaning a total cessation of movement, not simply slowing down, or rolling through the intersection.

- Once stopped it is the driver's responsibility to yield the right-of-way to any vehicle in the intersection or any vehicle approaching which could pose an immediate hazard.

- When two vehicles approach or enter an intersection from different streets at approximately the same time, the vehicle on the left will yield the right-of-way to the vehicle on the right.

- Vehicles must yield the right-of-way to pedestrians at controlled intersections.

- When a vehicle is stopped at a crosswalk to permit a pedestrian to cross, it is unlawful for the driver of any other vehicle approaching from the rear to overtake or pass the stopped vehicle.

- In accordance with Air Force instructions, failure to obey traffic signals and signs or the traffic instructions of enforcement officers results in a four-point violation when cited.

For more information, call the 437th Security Forces Squadron at 963-3600.

FEATURE

4 years, thousands of pounds later, lieutenant becomes ...

FIT 2 IGHT

By Master Sgt. Angel Newman
437 AW Public Affairs

A haphazard approach to working out led one Team Charleston officer to pack on pounds where you don't want them.

Today, 2nd Lt. Shawn Stermer, 437th Maintenance Squadron maintenance flight assistant officer in charge, puts the pounds right where he wants them ... on a barbell.

Lieutenant Stermer, a competitive body builder, lifts nearly a thousand pounds on an average leg workout day and believes "showing up" to workout is half the battle. "People should think about it less and do it more," he said.

The Team Charleston officer began putting his belief into practice in 1999. He said his workouts had been "haphazard," and led to putting on 50 pounds in his first three years in the Air Force.

"My fitness level was really poor," said

Lieutenant Stermer. "I knew it was time to make a change."

The Chemung, N.Y., native began his Air Force career as an enlisted airman. His job as a KC-135 crew chief took him to McConnell AFB, Kan. From there, he deployed to Moron AB, Spain, in the spring of 1999 for Operation Allied Force where he got serious about fitness. He began to lose excess fat and gain lean muscle.

After returning to Kansas, then-Senior Airman Stermer continued hitting the gym while simultaneously hitting the books working toward his bachelor's degree. Balancing these off-duty goals with a full time job was a challenge, but one he was up to.

"My coworkers and family were very supportive," said Lieutenant Stermer. "I was attending classes essentially full time and still working five days a week in the sortie support flight. And I know my wife could have thought of better things for me to do with the little free time I had, but she was encouraging."

The lieutenant got an extra push from his workout partner who was a three-time national powerlifting champion.

"He encouraged me to sign up for a Kansas competition — the Diamond Classic — and I began training in the fall of 2001," said Lieutenant Stermer. "Signing up for the show

helped me step up my workouts and have a goal beyond getting and staying in shape."

Lieutenant Stermer placed sixth in the middleweight novice class and gained valuable experience.

"It's just a small group of people who do these shows and the amount of work and discipline that goes into it really amazed me," added Lieutenant Stermer.

Continuing to build his body and experience, Lieutenant Stermer entered the 2003 All Forces competition Sept. 13, placing second in the middleweight novice category.

Today the maintenance officer lifts five days a week and does 30 minutes of cardiovascular workouts two to three days a week. He would like to gain another 20 or so pounds of muscle to ultimately compete in a national-level competition.

Maj. William Rupp, 437th MXS commander, is glad to have Lieutenant Stermer among his ranks.

"We've got a dynamite officer who we can count on always being available, because he takes care of himself," said Major Rupp. "This is the guy I want with me when we go to war. He's physically fit and ready to handle any challenge. Heck, if you're having a tough time making it down the skyscraper stairs during an evacuation, this guy can carry you!"

An exceptional role model is a quick way Major Rupp described Lieutenant Stermer.

"The dedication he displays maintaining his personal fitness sets a positive example for everyone in the unit," he said. "It takes a great amount of discipline to achieve the results Lieutenant Stermer has, while simultaneously meeting his commitments to service and family. If he can do it, we all can."

We may not all become body builders, added Major Rupp, but we can meet and exceed the new Air Force fitness standards.

Lieutenant Stermer is grateful his leadership is supportive of his goals and continues to chalk up the benefits of staying fit.

"I look forward to working out each day," said Lieutenant Stermer. "My energy level is higher than before. I almost never get sick, and it takes fewer trips to empty the groceries from the trunk of the car. I feel better and think clearer on days I workout."

Editor's note: This is the last in a series featuring people who have made great strides in fitness. Look for continued coverage of health and fitness issues.



Photo by Airman 1st Class Amy Perry

2nd Lt. Shawn Stermer, 437th Maintenance Squadron maintenance flight assistant officer in charge, bench presses 180 pound as he trains for a body building competition. The lieutenant used weight training to help shed 50 unwanted pounds.



Photo by Tech Sgt. Ben Gonzales

North star

Airman 1st Class Christopher Hoyle, 437th Civil Engineering Squadron liquid fuels maintenance specialist, and Chaplain (Capt.) Mark Nevius, 437th Airlift Wing Protestant chaplain, prepare to place a star atop the base Christmas tree. The base Christmas tree is located on Hill Boulevard near Bldg. 1600, and will be lit each evening from 4:30 p.m. until midnight through Jan. 5.

Chapel schedule



107 Arthur Drive
Office: Monday -
 Friday, 9 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* - 4:15 p.m. Reconciliation, 5 p.m. Mass. *Sunday* - 9:30 a.m. Mass, 9:30 a.m. Children's Church. Sacrament of Baptism pre-baptismal classes are held the first Sunday of each month at 11 a.m. in the Chapel Annex. Daily Mass is canceled until April 2004.

Protestant Services: *Sunday* - 9:30 a.m. Sunday School, Bldg. 245, 11 a.m. Traditional Worship Service and 11 a.m. Children's Church. *Sunday* - 5 p.m. Contemporary Worship Service. *Wednesday* - noon Protestant Bible Study.

For information on other faith groups, call the Base Chapel at 963-2536.

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 the start of the 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.

"The Texas Chainsaw Massacre" -
 Jessica Biel

Five twenty-somethings find themselves stranded in a small Texas town, where they encounter a chainsaw-wielding maniac known as Leatherface. The killer has spent years sawing people up and constructing masks out of his victims' skin, with everyone in the town looking the other way. With no one to help them, the outsiders must find a way to escape before meeting a grisly death. **(R) 100 minutes**

Saturday, 2:00 p.m.

"Finding Nemo" - *Animated*

Marlin desperately searches the sea for his missing son, Nemo. Little Nemo finds himself in a dentist's fish tank in Sydney, Australia, along with other underwater captives. As Nemo works with his new friends on a plan to escape their tank, Marlin swims closer, but he'll need more than just fins to get into the dentist's office. **(G) 101 minutes**

Saturday, 7:30 p.m.

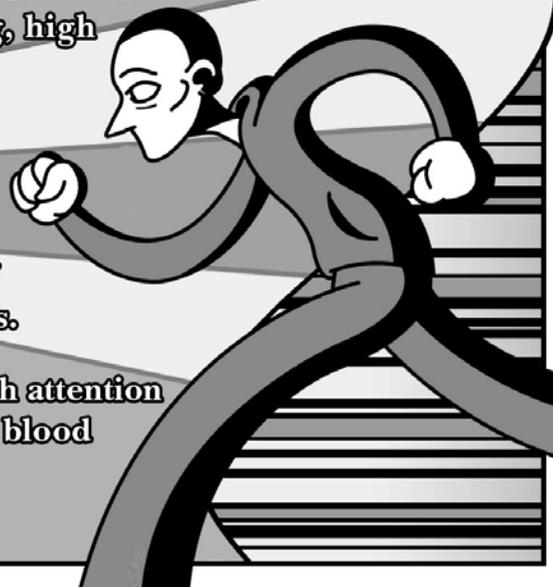
"Kill Bill" - *Uma Thurman* **(R) 111 minutes**

WELLNESS TIP



Fitness = Readiness = Health

- Physical inactivity is a more specific predictor of a shortened life span than smoking, high blood pressure and heart disease.
- Every two-minute decrease in the time it takes to run one mile reduces the risk of death by 12 percent.
- The fittest people have the lowest risk of death regardless of underlying conditions.
- Regular exercise warrants at least as much attention as smoking cessation and control of high blood pressure.



Graphic by Sean Erbe

SPORTS & FITNESS

Maintenance Group takes fitness to the flightline

By 2nd Lt. Kristy Miller
437 AW Public Affairs

The new fitness craze at Charleston AFB has led to a constant flood of people in and out of the Sports & Fitness Center. But the fitness center isn't the only place you'll see airmen breaking a sweat.

The flightline has recently become a popular place to exercise for members of the 437th Maintenance Group, who have developed physical training schedules to accommodate around-the-clock jobs. While every maintenance squadrons' program is slightly different, they share a common goal — increased physical fitness.

"The new fitness program is great for the 437th Maintenance Group," said Col. Michael Riddle, 437 MXG commander. "Everyone I talk to says they really meant to get around to working out, but never made time for it. Now we are doing it — no excuses — and people are glad. This will be a good thing for the people and a good thing for the mission."

With the new Air Force physical fitness test looming over everyone's head in 2004, fitness routines have become increasingly important to airmen. Most workouts are scheduled during the duty day to make maintaining physical fitness less of a hassle.

"Because maintenance is a 24/7 job, we can't stop the clock and all do

squadron PT at the same time," said Master Sgt. Diana Ruhlig, 437 Maintenance Operation Squadron first sergeant. "It's a matter of trying to conform, and we're still fine-tuning it."

Maintaining the functionality of the C-17 is obviously essential to the mission here, but maybe not so obvious is maintaining the functionality of the maintainers themselves.

"People work so hard on the mission that sometimes they forget about taking care of themselves," Sergeant Ruhlig said.

The 437 MXG is composed of three different squadrons, totaling about 1,200 active duty airmen. Each squadron has developed a fitness program that best suits its demanding work schedules.

"The best part about our (maintenance fitness) program is we don't need any equipment to do it," said 2nd Lt. Brian West, 437 MXS section commander. "Some of the flights workout in hangars or in the grass outside their building. Others run up and down the taxiway."

Even though most of the squadrons just started their new fitness programs recently, there have already been noticeable improvements.

Lieutenant West said every Friday, the 437 MXS does a practice PFT and results are tracked so they can see their progress. Ninety percent of the 437 MXS have al-



Photo by Airman 1st Class Jason Bailey

Members of the 437th Maintenance Group run near the flightline as part of their fitness program in preparation for the new fitness test in January.

ready shown improvement.

Commanders said they are confident increased physical fitness will have a positive impact on airmen — both mentally and physically.

"The facts can't be denied," Colonel Riddle said. "When you're fit, you have more energy, feel better about yourself and can accomplish more."

The benefits of a new fitness routine will go far beyond just helping airmen pass the physical fitness test next year. Commanders hope it will give airmen the foundation for overall

healthier lifestyles.

"Our goal is to leave no one behind. The people who have farther to go to get in shape, just get more assistance," Colonel Riddle said. "This is a leadership issue and I consider anyone who is a supervisor to now be responsible for the fitness of their subordinates. This program isn't to put people out of the Air Force — we need our highly trained people. This program is to take those of us in the Air Force and get us into fighting shape."

Winner relies on tie-breaker to claim Week 13 victory

By The Gridiron Guru
"The great" pigskin prognosticator

Karen "High Heels" Wenner was locked in a four-way tie with a record of 12-4 with Jeffrey "Admiral" Stockdale, Kenneth "If it doesn't fit, you must acquit" Glover and George "The Animal" Thompson, but Wenner was closest to the final score. Wenner has not missed a single week and is currently in the hunt for the overall crown with just a few weeks to go! Be sure to stop by Public Affairs to pick up your prizes.

This week's Stink-Out-Loud award is shared by the Oakland Faders and the Tampa Bay Yuccaneers. The Guru is officially pounding the nails in their coffins as they will not even make the playoffs, let alone defend their Super Bowl appearances! Honorable mention has to go to the N.Y. Giants who

literally stunk up the field. The Guru has been patient with them, but at this point I would list them as a 14-point underdog to the Harlem Globetrotters.

It looks like the playoff picture is beginning to develop with the Chiefs, Titans and Patriots leading the way in the American Football Conference, while the Eagles and Rams appear to be the class of the National Football Conference. The last few games are critical to these teams, and the others are fighting for the wild card berths!

This week's Hall of Shame candidate is "Beam Me Up" Scotty Greer who gets a cellar dweller dunce cap for his 7-9 effort. All of this year's hall of shame recipients will be required to attend my Football 101 class that will be offered during the off season.

Now on to my Week 15 stone-cold, steel-pipe locks of the week:

Gridiron Guru's Week 15 picks

Sunday, Dec. 14

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

Monday, Dec. 15

Philadelphia @ Miami
Guru's Monday night points: 38

The Gridiron Guru's picks are in bold and italics.
Send your picks to swami@charleston.af.mil only.
Include your name, phone number, and any comments in the e-mail.
Picks must be submitted by Friday, Dec. 12, 4 p.m.