

AI RLIFT Dispatch

Vol. 42, No. 8

437th Airlift Wing, Charleston AFB, SC

Friday, February 28, 2003

CC CALL

Commander answers
airmen's questions

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RESERVE

Hundreds of Reservists
activated at Charleston



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CHARITY

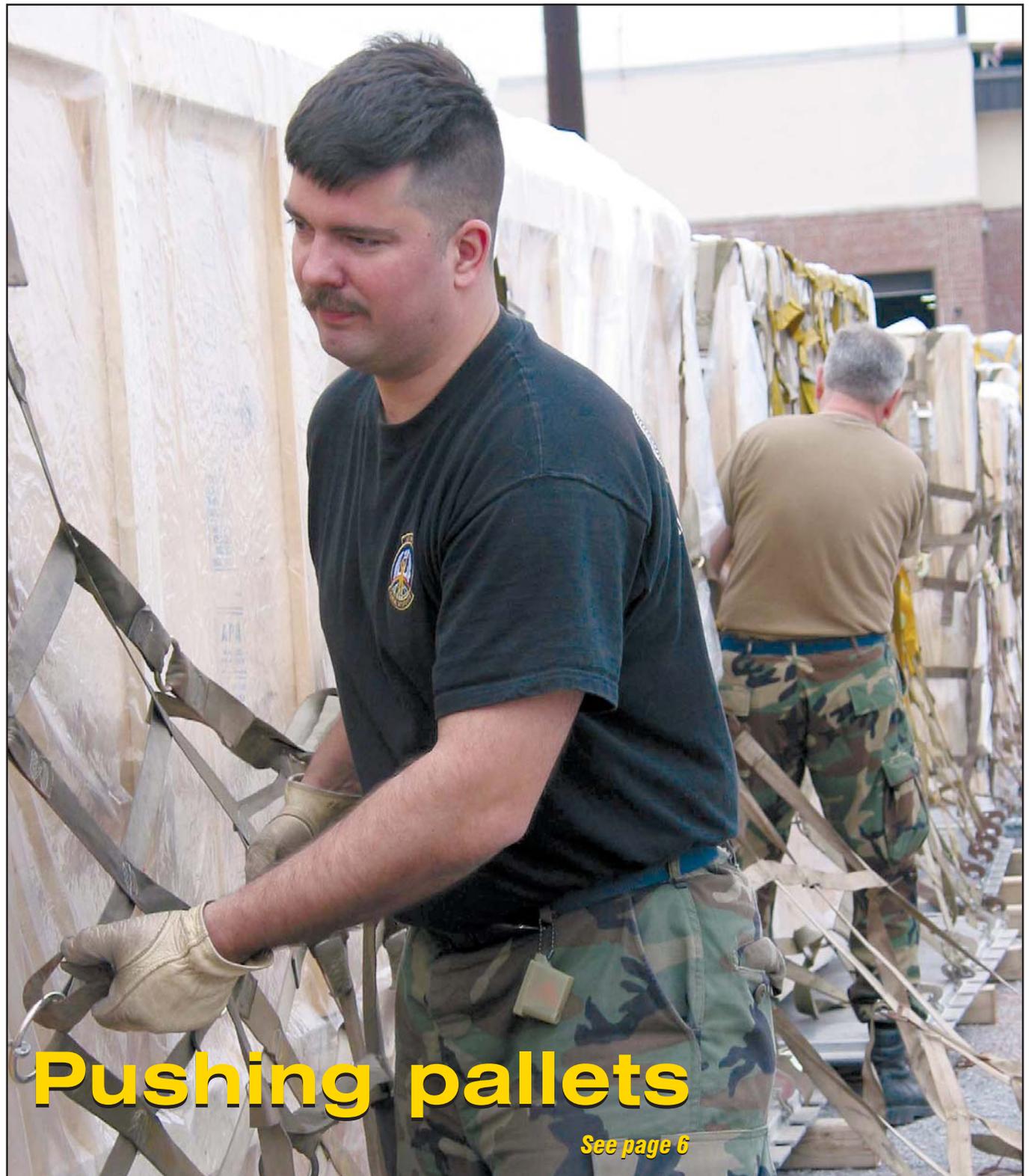
Charleston teams
up with red-haired clown

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PREGNANCY

HAWC helps expecting
mothers stay in shape

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Pushing pallets

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Senior Airman Bruce Gannon, 30th Aerial Port Squadron, Niagara Falls Air Reserve Station, N.Y., ties down cargo on the flightline here in support of the base's mission to assist in cargo operations coming out of Dover AFB, Del. Part of the APS warehouse roof at Dover collapsed Feb. 18 after a snow storm.

Photo by Airman Stephanie Hammer

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

COMMENTARY

Commander's Comments



Photo by Airman 1st Class Jason Bailey

Col. Brooks Bash, 437th Airlift Wing commander, checks out the 437th Maintenance Squadron Fuels Systems Section operations with Master Sgt. Brian Robertson, fuels systems NCOIC. The section was Air Mobility Command's nominee for the 2002 Robert J. Collier Trophy, awarded for achievement in aeronautics.

By Col. Brooks Bash
437 AW Public Affairs

I could not be more proud of the active and Reserve airmen, civilians, and TDY personnel who currently make up Team Charleston. Last week I visited members of Team Charleston deployed to Germany, Southwest Asia, and Afghanistan—they are all doing a fabulous job!

Increased ops tempo

Upon my return, I was very pleased to see Team Charleston had once

Action Line caller 'tired of feeling the squeeze'

Q: I have a question concerning the right turning lane directly in front of the shoppette on O'Neal Avenue. The area where the lane widens to form the right turning lane onto Hill Boulevard to go out the Dorchester gate is very small. Most people actually form their own lane well before the actual lane widens, especially during rush hour periods. This means people turning right are squeezing by the people waiting to turn left or go straight through the light. Someone actually clipped my

passenger side mirror while I waited to turn left. Are there any plans to widen this turning lane? We are tired of feeling the squeeze. Thanks for your time.

A: Thanks for your concern. Our Base Traffic Engineering Working Group also recognized the need for a longer turn lane. As you correctly point out, the existing right turn lane at N. O'Neal and Hill Boulevard is very short. The working group proposed to lengthen the right turn lane to accommodate at least four vehicles. Our Civil Engi-

again risen to the challenge of increased operations tempo. The wing has not only successfully met the challenge of running the largest C-17 stage operation ever, but has flawlessly taken on a significant cargo workload from Dover AFB, Del.

Force protection

Our permanent party people, the Army National Guard providing force protection, the aircrews and maintainers from McChord AFB, Wash., the reservists and active duty people on temporary duty here have all become integral to our operation. The additional people also mean more demands on services around the base; I know that our incredible Charleston attitude will continue to shine as we work together to provide top-notch service to all team members.

Safety

At the same time, I would like to ensure we all keep our focus on SAFETY. As the operations tempo continues to increase, and we get more people here who are not familiar with our processes and routines, it is important for each person to exercise additional care in performing duties. Safety considerations must be part of every task. Do your job with a sense of urgency, but with care.

Air show cancelled

With the potential for expanding the global war on terrorism looming, we must not lose focus. In that vein, regrettably, we will not host an air show this year due to a projected high operations tempo for the next few months. Thank you to Lt. Col. Steve Dye and the rest of the planning committee for their hard work in bringing us this far in preparations. Their work will be the foundation for our next air show.

Awards

The accolades are still rolling in from Air Mobility Command. Awards include: 437th Aerial Port Squadron Mobility Flight named AMC's best in 2002; Lt. Col. Judith Rosen, named AMC's outstanding field grade nurse; and the 437th Maintenance Squadron Fuels Systems Section was Air Mobility Command's nominee for the 2002 Robert J. Collier Trophy, awarded for achievement in aeronautics. Additionally, Staff Sgt. Dan Jones, who works in the 437th AW legal office, is 21st Air Force's nominee for command-level competition for outstanding Reserve paralegals. Thank you all for your great work.

Black History Month

I look forward to seeing a good crowd at the Black History Month closing dinner this evening. The committee, headed by Technical Sgt. Denese Bellamy, did a superb job of planning a wide variety of events. As this month closes out, we look forward to the coming Women's History Month, in which we recognize the contributions women have made to our military.

As we go forward, continue to be vigilant and keep safety uppermost. Team Charleston will be ready to do whatever our country asks: one family, one mission, one fight!

neers have prepared a basic site plan, will move forward. Thanks for your call, and and once funding is identified, the project drive safe!

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



Col. Brooks Bash
437 AW com-

Commander answers airmen's questions from CC Call

Q: Are there any plans to clean up the dumpster/recycling area behind the theater?

A: Thanks for the watchful eye. The dumpster area has been cleaned, and we have increased the frequency of the contactor trash pick-up to that area.

Q: Are there any plans to expand the Fitness Center to add racquetball courts?

A: After several surveys the usage of the racquetball courts was lower than several other fitness center initiatives. An addition and alteration to the fitness center that includes racquetball courts, is planned but will not be initiated until fiscal 2008 or later. We will continue to push for additional military construction funding for this project along with funding for our other mission essential base projects.

Q: Is there a plan to address the traffic flow at the Rivers Gate?

A: An expansion project has been funded to increase the vehicle search area at the Arnold Gate, commonly referred to as the Rivers Gate. This will allow vehicles requiring a search to exit the one lane of traffic and should increase traffic flow. One security forces entry controller is posted to process traffic, and a second is posted as security overwatch to aid when traffic becomes congested. Additional personnel you may encounter at the gate are there to conduct vehicle searches and random antiterrorism measures.

Q: When is the next phase of renovation in Hunley Park?

A: The next phase of the Hunley Park renovation is estimated to begin on June 7 and will improve 50 units. The effort should be completed by Sept. 10.

Q: Is there an Air Force plan to account for

personnel who are bodybuilders and repeatedly fail the ergometry test?

A: There is no special provision for bodybuilders who repeatedly fail the cycle ergometry test, and all Air Force members, including bodybuilders, must meet the same aerobic fitness standards. Bodybuilders who maintain an aerobic conditioning program normally pass the cycle ergometry test, however VO2 max adjustments are typically done after the member has been through the Monitored Fitness Improvement Program and still fails to pass the ergometry test.

Q: Is there a plan to expand the women's locker room area in the Fitness and Sports Center?

A: Yes. Part of a \$500,000 project to improve the Fitness and Sports Center includes an expansion to the women's locker room. The renovation of that section should start June 7 and be completed by Sept. 10.

Q: Is there a plan to make the Fitness Center to a 24-hour operation?

A: We have completed surveys on the demand of 24-hour operations of the Fitness Center and have concluded the usage does not warrant the expansion of the hours. Additionally, due to operational commitments, the 437th Services Squadron cannot support 24-hour operations. As our real world deployments increase we have hired several civilian employees to maintain the hours you currently enjoy.

Q: Can the crosswalk light near the Shoppette be extended so children have time to cross the street?

A: Thanks for bringing this to my attention. Our CE squadron has adjusted the timer for the "walk" light from 4 to 12 seconds, and the "don't walk" to 15 seconds.

The DOC spot



Maj. John Brewer

437th MDG Family Practice physician

Education: A graduate of Samford University in Birmingham, Ala., Brewer continued his education at the University of South Alabama for medical school. He conducted his residency at the University of Alabama, Huntsville Family Medicine Residency, Huntsville, Ala.

Best part of job: "Caring for men and women who are serving or have served the U.S.A. and generating relationships with families and helping to guide them through the complex health care environment."

Biggest challenge: "By far the biggest challenge is to provide the services requested or demanded from all of our customers while maintaining compassion and accessibility."

Sound medical advice:

"You can and should be your own primary care providers. Weight control, exercise, quitting tobacco and judicious use of alcohol will keep most people healthy, out of the clinic, and living longer. There are no quick fixes, and side effects can be deadly."

Dispatch

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Mail to: 437 AW PAI
102 East Hill Blvd.
Charleston AFB, SC 29404-5154
E-mail to: dispatch@charleston.af.mil

Editorial staff

437 AW Commander - Col. Brooks Bash
Chief, Public Affairs - Maj. Linda Pepin
Chief, Internal Information - Capt. Krista Carlos
Editor - Airman Stephanie Hammer
Photo support provided by 437 Visual Information:
Staff Sgt. Richard Kaminsky
Staff Sgt. Corey Clements
Airman 1st Class Tyrone Pearsall
Airman 1st Class Jason Bailey

NEWS

'Blizzard' of cargo crashes down on APS here

Workload increases 250 percent as Team Charleston fills gap in Dover operations

By Airman Stephanie Hammer
437 AW Public Affairs

The workload of the 437th Aerial Port Squadron increased an estimated 250 percent after the roof of two APS buildings at Dover AFB, Del., collapsed under pressure from a blizzard.

Air Mobility Command decided to send a portion of Dover's cargo to Charleston AFB, increasing the average of five to seven trucks coming through APS here each day to more than 70, according to Maj. John Pepin, 437 APS operations officer.

"There's more cargo coming in than going out," said Pepin. "Dover lost two bays, each the size of our one, which means we have three times the amount of cargo that has to be unloaded, palletized and shipped. We simply don't have enough space for that kind of volume. What used to be parking lots are now pallet yards."

Because of the additional cargo, APS is now the point of departure for five additional channel missions – routine missions flown on a set schedule between a stateside base and a forward operating location. With more than 150 people from the squadron already deployed, Pepin said the squadron needed outside aid. More than 90



Pallets line the flightline here, ready to be loaded onto aircraft after two Aerial Port Squadron buildings at Dover AFB, Del., collapsed under the pressure of a blizzard. The number of cargo-carrying trucks coming to the APS increase from an average of five to seven trucks each day to more than 70.

Photo by Airman 1st Class Jason Bailey

active-duty and Reserve servicemembers from all over the country responded to APS's cry for help.

"Everyone is very focused," said Senior Airman Bruce Gannon, 30th Aerial Port Squadron, Niagara Falls Air Reserve Station, N.Y. "We're very busy, but we're having a good time and wouldn't have it any other way."

When the APS roof crashed at Dover, it took a couple of days for the cargo to be rerouted here, said Pepin. As the trucks began rolling in Feb. 21, the cargo began piling up.

"We couldn't build up the cargo as fast as it was coming in," said Staff Sgt. James Donaldson, 437 APS cargo processing shift supervisor. "Without all the augmentees, we wouldn't be able to get the job done."

The increase in cargo coming to the base affects more than just aerial porters, according to Pepin. The 437th Logistics Readiness Squadron works non-stop to unload the trucks as fast as they come to the truck dock, and with that many trucks coming through the gates, the 437th Security Forces Squadron "stepped up" to pro-

vide increased truck searches, while the 437th Transportation Squadron is doing their part to keep all the forklifts and material-handling equipment at APS on the move, 24 hours a day, seven days a week.

"This is one of the biggest operations I've seen," said Staff Sgt. Keble Passley, 653rd Combat Logistics Support Squadron, Warner Robbins AFB, Ga. "It's hectic and fast paced, but we're all working well together."

Looking down on the squadron, forklifts travel through the cargo like mice through a maze. Every available forklift, including those rented from off-base businesses, is in motion, according to Pepin, and what doesn't ship out on planes piles up in corridors along the flightline.

It will only be a matter of days before the cargo starts leaving the base in commercial aircraft headed for their destinations downrange, said Pepin. Once the cargo starts leaving the base at a steady rate, APS will become a "smooth operation" again.

"In order to make this successful, it's going to take a lot of hard work," said Pepin. "We have to stay focused on the fact that many people are relying on us to get the 'stuff' to the fight."

"We've got a good system and good people on board," he continued. "I see this as temporary now, but we're ready for the long haul."



Photo by John Sidorjak

Two sections of the 436th Aerial Port Squadron warehouse, Dover AFB, Del., collapsed Feb. 18 after a snow storm. No one was injured in the collapse that caused more than an estimated \$1 million in damages. The damage covers two of the six cargo processing bays in the facility.

Air Force Assistance Fund Campaign underway

'Commitment to Caring' raises money to benefit servicemembers

By 2nd Lt. JENNIFER ANDREWS
437 AW PUBLIC AFFAIRS

This year's Air Force Assistance Fund Campaign, titled "Commitment to Caring," kicked off Monday and runs through March 30.

The AFAF campaign, which is running for the 30th straight year, raises money for charities that benefit active duty members, reservists, guardsmen, and retired Air Force members and their families.

There were 168 people who needed emergency assistance at Charleston last year totaling \$91,384, said Master Sgt. Steven Foster, the base Air Force Aid Society officer. Of those, 146 received loans and 22 got grants. There were 26 Charleston families who received \$1,500 Education Grants totaling \$39,000.

Charleston also received \$50,970 in community enhancement programs, said Foster.

These programs include: Bundles

for Newborn Babies, Car Care, Child Care for PCS, Child Care for Volunteers, Give Parents A Break, and \$20 phone cards.

"I think Charleston can raise even more money this year than last," said Senior Master Sgt. Scott Owens, 437th Communications Squadron and base AFAF representative. "If Charleston members just contribute the amount they pay for one lunch a month, we can exceed our contributions of years past."

Owens' has his own reason for wanting to raise money for the AFAF. When he was an airman basic, he was given \$1,600 to help pay for car repairs.

worth repeating

"This is an enormous return in investment and the perfect example of the Air Force taking care of its own."

—Senior Master Sgt. Scott Owens
CAFB AFAF representative

tistics of how CAFB benefited from AFAF in 2002. According to his statistics, Charleston received a total of \$191,384 in Air Force Aid Society benefits, just one of four AFAF affiliates.

"This is an enormous return in investment and the perfect example of the Air Force taking care of its own," Owens said. "AFAF charities are strictly for Air Force members. By

"As an airman basic, the money I received might as well have been a million dollars," Owens said. "It really helped me out, and now I want to return the favor."

Owens' other reason for wanting to raise more is apparent through the sta-

donating, you're helping yourself and each other."

There are four organizations falling under the AFAF umbrella:

- Air Force Aid Society
- General and Mrs. Curtis E. LeMay Foundation

- Air Force Enlisted Foundation
- Air Force Village Foundation

Squadron key workers are shooting for 100 percent contact and are available for those who wish to donate. Airmen can also contribute to the Air Force-related charities through cash, check or payroll deduction.

The Wing project officers for this year are: 2nd Lt. Amanda Woodall, Mission Support Group, 2nd Lt. Richard Vanslyke, Operations Group, 2nd Lt. Tony Maffini, Maintenance Group, Master Sgt. Tony Mikell, Medical Group, Technical Sgt. Darrell Williams, Technical Sgt. Marty Smith, 373 Training Squadron, and Staff Sgt. Ronald Hines, Wing staff.

315 AW Reservists taking active role in war on terror

By Master Sgt. Angel Newman
437 AW Public Affairs

A group of 315th Airlift Wing reservists is taking a much more active role in the war on terror now.

More than 300 airmen, from a diverse group of career specialties, were called to active duty in three separate phases beginning Feb. 14.

Within 24 hours of notification, the reservists were inprocessing and integrating into the Team Charleston family. The process has gone extremely well according to the Commander, 315th Mission Support Squadron, Maj. Steven Rosenmeier.

"In today's Air Force Reserve we prepare for 'call ups' like we are executing now," said Rosenmeier. While Air Force guidelines require reservist to report within 24 hours of notice of mobilization, said Rosenmeier, the vast majority reservists are here and ready to go well before that.

"That is remarkable when you consider that in that time the reservist is notifying his or her employer, wrapping up loose ends at their job, making last minute preparations with family, packing for possibly a year-long assignment, and traveling to Charleston."

The mobilization took some members by surprise, to others it was just another "day at the office".

Tech. Sgt. Davel Carr, Airlift Maintenance Squadron hydraulic specialist, was already work-



Photo by Staff Sgt. Mary Hinson
Chief Master Sgt. Stephen Brunson and Tech. Sgt. Tim Potter, 300th Airlift Squadron loadmasters, were called to active-duty to help Team Charleston support the war on terror.

ing a Charleston AFB. He had been called up after Sept. 11, 2001 for a year and had been continuing to work in the shop using Reserve manning days. The only thing that really changed for Carr was the duration of his stay.

"They came out on Friday afternoon and said, 'don't plan on leaving, you've got another year and this is not a drill,'" said Carr. "We were kind of expecting it, and I don't have heartburn with staying here. Charleston is like home."

Although Carr's real home is in a neighboring state, he said his family understands how important his military job is and are very supportive.

"My wife is a strong person, and my kids are

used to me having to take off on short notice," added Carr. "I know sometimes they are more concerned because they ask a lot of questions."

For some, this mobilization was a first.

Tech. Sgt. Joe Davis, 315th Logistics Readiness Squadron mobility technician, is no stranger to public service. When he got the call he left his job as a police officer and said farewell to his girlfriend, a fire fighter, and their young son.

"We understand sacrifice," said Davis, who has been in the Reserves for six years. This is the first time he has been activated. "But we still worry about each other."

Both NCOs say their employers are very supportive, and Rosenmeier says this sentiment echoes throughout the 315 AW.

"Civilian employers are an integral part of the Reserve," he said. "They, along with the families, make tremendous sacrifices."

Support and teamwork are words heard often when Reserve or Guard units are called into action. Their role in the total force military has escalated over the past decade, and today most units depend on those extra people to keep the mission moving when operations tempo rises.

"Everyone, active and Reserve, knows what the mission is, and everyone gives 110 percent," added Rosenmeier. "I've had the opportunity to work with all ranks, colonel to airman, from the 437th and 315th Airlift Wings and I don't think I've ever seen as much mutual respect. The teamwork here is incredible."

AROUND THE AIR FORCE

Unit CCs get more control of leave program

RANDOLPH AFB, Texas — A recent policy change returns the authority to unit commanders to approve permissive temporary duty and terminal leave of more than 90 days.

The Air Force's current instruction on military leave requires members wanting a combination of permissive TDY and terminal leave of more than 90 days to seek approval at group or wing level. It is that portion of Air Force Instruction 36-3003 that will be modified, said Master Sgt. Donald Taylor, Air Force leave program manager at the Air Force Personnel Center.

Airmen are normally permitted to have up to 60 days of leave "on the books" at the end of each fiscal year — Sept. 30. People with more than 60 days of leave accrued typically lose those extra days on Oct. 1.

Exceptions to that policy include people who had been directly supporting contingency operations. In these cases, they may apply for special leave accrual to restore up to 90 days of accrued leave. Any leave approved in excess of 60 days under this program must be taken within three fiscal years. **(Air Force Print News)**

Bush: military action last option against Iraq

WASHINGTON — Military action against Iraq is America's last option, President Bush told an audience Feb. 20 in Kennesaw, Ga., before listing nonoptions.

"Trusting in the sanity and restraint of Saddam Hussein is not an option, he said. "Denial and endless delay in the face of growing danger is not an option. Leaving the lives and the security of the American people at the mercy of this dictator and his weapons of mass destruction (is) not an option."

Bush said the United States and its allies are ready to defend the peace against an aggressive dictator. Confronting Iraq over its non-compliance with U.N. Security Council resolutions will serve as an example to other dictators who wish to disturb the peace.

"The disarmament of Iraq will also demonstrate that free nations

have the will and resolve to defend the peace," he said. "By defeating this threat, we will show other dictators that the path of aggression will lead to their own ruin. By defeating the threat of Iraq, ... we will show that the world is able and prepared to meet future dangers wherever they arise. Our goal is peace, and achieving peace requires resolve and action by free nations."

Bush said if America is forced to act, it will not only help the security of the United States but would liberate Iraq from the rule of an oppressive dictator.

He told the Iraqi people their day of liberation is drawing near and vowed to help them build a country that is "disarmed and peaceful and united and free." **(American Forces Press Service)**

Eligible policyholders may get payments

WASHINGTON — Academy Life Insurance Co. officials are seeking an estimated 110,000 current and former servicemembers who may be eligible to receive payments from a fund established as part of a settle-

ment it reached with the Justice Department Dec. 19.

Col. Steve Strong, director of legal policy in the office of the undersecretary of defense for personnel and readiness, said the insurance company will mail notices and payment applications to the last address it has for thousands of former policyholders it believes are eligible. Notices were to be mailed by Monday, he added.

Eligible persons have until June 24 to file. After that deadline, applications will not be considered, Strong emphasized.

For more information on eligibility requirements or a notice and application, call Academy Life at 1-800-523-5625. **(American Forces Press Service)**

Fertilization program helps couple have baby

LACKLAND AFB, Texas — Wilford Hall Medical Center's in vitro fertilization program is helping military couples realize their dreams of having a family.

Major (Dr.) Anthony Propst is director of the IVF program at the Air

Force's largest medical center. Propst, Lt. Col. (Dr.) Randal Robinson and Maj. (Dr.) Wright Bates work with about 125 patients each year to help them start a family.

IVF involves uniting an egg, collected from a woman's ovary, with sperm collected from her partner, under laboratory conditions. The resulting embryo is transferred to the uterus for continued growth.

"We have a very successful program," said Propst. "Forty percent of our patients started in 2001 had a baby. The national average is only 25 percent."

Wilford Hall is one of four Department of Defense hospitals that perform IVF. The others are Walter Reed Army Hospital in Washington, Balboa Naval Hospital in San Diego, and Tripler Army Medical Center in Honolulu.

There is very little cost to the government. Patients pay for their own travel, lodging, all medications, hiring an embryologist and the IVF coordinator fees. Medical expenses cost military patients between \$2,500 and \$3,650. This is significantly less than charges at civilian facilities, which can run about \$15,000. **(Air Force Print News)**

Combat Camera Photo of the Week



Photo by Staff Sgt. Cecilio Ricardo Jr., 1 CTCS

Up close

An F-16 Fighting Falcon receives fuel from a KC-135 from the 909th Air Refueling Squadron, Kadena Air Base, Japan, during Cope Tiger Feb. 18. Cope Tiger is an annual air-to-air and air-to-ground training exercise at Korat Royal Thai AFB, Thailand, designed to maintain regional peace and security in the Asian-Pacific region by enhancing relationships between the Thai air force, the Republic of Singapore air force, the U.S. Air Force, and the U.S. Marine Corps.

NEWS BRIEFS

Spotlight

Retirement: The 437th Aerial Port Squadron is hosting a retirement ceremony for Master Sgt. Buck Brawner today, 10:30 a.m., at the Passenger Terminal.

Retirement: The 437th Communications Squadron is hosting a retirement ceremony for Tech. Sgt. Russ Barnes today, 1 p.m., at the Community Education Center.

Retirement: The 437th Operations Support Squadron is hosting a retirement ceremony for Tech. Sgt. Nick DeMichael March 7, 3 p.m., at the 14th Airlift Squadron, Bldg. 72.

Around the base

Shots: The Immunization Clinic changed its hours to accommodate active duty smallpox vaccinations. During the following hours, the clinic will be closed for all other immunizations: Monday-Friday, 7:30-9 a.m., and 1-4 p.m. The Family Practice Clinic will give all other non-active duty adult immunizations during those hours. Children's immunizations and allergy shots will be given in the Immunizations Clinic Monday-Friday, 9-11:30 a.m., and by an immunizations technician through the FPC during other times.

Parenting: The clinic is offering a free Common Sense Parenting class on Tuesday, and meeting for six consecutive Tuesdays, 6:30-8:30 p.m. For more information or to register, call Jim Hernandez at 963-6504.

Workshop: The Family Support Center is having an Understanding Depression Workshop Wednesday, 11 a.m. The workshop focuses on identifying symptoms of depression, treatment options and ways to cope

Charleston Warrior of the Week



Photo by Airman Stephanie Hammer

Airman 1st Class Aaron Orth 437th Aerial Port Squadron

Airman 1st Class Aaron Orth is an Air Transportation Apprentice with the 437th Aerial Port Squadron. He is responsible for the loading, sorting and documentation of air cargo.

"When the government has to move something fast, it goes airborne," said Orth. "Keeping the air transport fleet safe and on schedule is part of my duty."

Orth enjoys the hands-on aspect of his job and the scenery changes.

"I like that I can be working indoors one minute and outdoors the next," Orth said.

Orth has always wanted to be in the military and comes from a Marine family.

"My father was a pilot, my mother was a crew chief and my brother did computer programming," said Orth. "So a strong influence in the Corps was always present. It was only through the advice of my parents that I decided to join the Air Force. They told me the quality of life was much better than any other branch."

When he's not keeping the fleet moving and safe, Orth enjoys NASCAR, church, the gym, and going to the local track with his Trans Am.

with depressive symptoms. For more information, call Capt. Julie Jacobs at 963-6977.

CCoC: The City Colleges of Chicago class schedule for Team IV is now available at the Community Education Center. Class will begin March 24. For more information, call the CEC at 963-5959.

Taxes: Personnel serving in Saudi Arabia in support of Operation Southern Watch or Operation Enduring Freedom automatically get an extension of at least 180 days from the date they leave the area of responsibility to file their federal income taxes. For more

information, call the Legal Office at 963-5502.

EMSG: The Energy Management Steering Group encourages all offices to work to reduce energy consumption. Some measures include:

- Use low-flow shower and faucet heads.
- Purchase Energy Star appliances.
- Adjust gas supply to appliances to achieve a blue flame for best efficiency.
- Set freezers at 5 degrees F and fresh food sections at 37-40 degrees F.
- Use your dishwasher; it uses less water than doing dishes by hand.

Tech. Sgt. Jeffrey Crawford and the 437th Maintenance Operations Squadron were recognized by the CAFB Energy Management Steering Group for their efforts in support of the Energy Awareness Campaign in December and January.

"Turn it off" was the theme for this campaign and encouraged units to turn off lights in unoccupied spaces.

Boy scouts: The Charleston AFB Boy Scout Troop 484 is in need of additional leaders to help continue the program. The troop meets every Tuesday, 7 p.m., at Bldg. 245. No prior scouting experience is required. For more information, call Jim or Brenda Gonnella at 552-0591, or Jeff Morey at 552-9012.

Serviceable XB3 turn-in points: The following are turn-in points for serviceable XB3 assets:

- Aircraft Generation Squadron and Maintenance Squadron – Bldg. T-80. POC is Senior Airman Jayson Tebbe-Harris at 963-3090.
- Civil Engineer – Bldg. 625. POC is Tech. Sgt. Edgar Brewer at 963-5059.
- Transportation Squadron – Bldg. 407. POC is Staff Sgt. Nichole McGee at 963-4205.
- Communication Squadron – Bldg. 129. POC is Staff Sgt. Ferguson at 963-3508.

Contact squadron POCs to make drop-off arrangements. To arrange for special pickup and resolve problems involving serviceable XB3 pickup points, call the Cargo Movement Team at 963-2267.

To submit information considered for News briefs, send an e-mail to dispatch@charleston.af.mil with subject: **NEWS BRIEFS**; or send a fax to **963-5604**, ATTN: **NEWS BRIEFS**. Submissions must be received no later than close of business Friday the week before publication.

FEATURE

Charity begins at home

437 LRS donates food, time, more

STORY AND PHOTOS BY 2ND LT. JENNIFER ANDREWS
437 AW Public Affairs



Above: Staff Sgt. Ronald Martin, 437th Civil Engineer Squadron, formally of the 437th Logistics Readiness Squadron, sets food out for families staying at the Ronald McDonald House.



Right: Tech. Sgt. Connie Sims, 437th Logistics Readiness Squadron, unpacks food the squadron delivered to the Ronald McDonald House Feb. 19. The squadron has delivered food the third Wednesday of the month for the last three years.

- There are 171 independent local chapters in 44 countries – three are in South Carolina (Charleston, Columbia, Greenville)

- More than 10 million families with sick children have stayed at the Charleston RMH

- RMHC has awarded more than \$320 million dollars in grants worldwide to make an immediate and positive impact on as many children as possible.

- RMHC's second mission is to provide access to health care, get scholarships into the hands of teens who need them, put arts education back into the schools, send children suffering from illness to camps, and support many types of therapeutic programs for children with physical and mental disabilities.

be sent to the Ronald McDonald house. Because few people within the squadron knew what the Ronald McDonald house was, Ballard contacted the Charleston Ronald McDonald house. Managers there asked Ballard if she ever considered bringing in food for the families here. Ballard went back to the squadron's morale group to talk it over, and it's been a tradition on the third Wednesday of the month ever since.

"What we do as a squadron is very small, but it's a deed that you come away feeling so much better about yourself," Ballard said. "This gives the families a hot meal so they don't have to go to fast food places or eat at the hospital for all of their meals."

The volunteers' hard work doesn't go unnoticed.

"We couldn't be happier with the help from the 437 LRS," said Kyle Varner, Ronald McDonald house manager. "Last year, the Ronald McDonald house had 277 families stay here."

People can volunteer by donating food or meals; or by doing repairs or landscaping work.

"If people can't donate meals, we have a wish list that people can help us with," said Varner. "We can always use laundry detergent, toilet paper, cleaning supplies and anything else you would normally use in your own home."

When Operation Enduring Freedom kicked off, Charleston C-17s delivered 2.4 million daily rations to people in need. But helping people in need isn't new for Team Charleston.

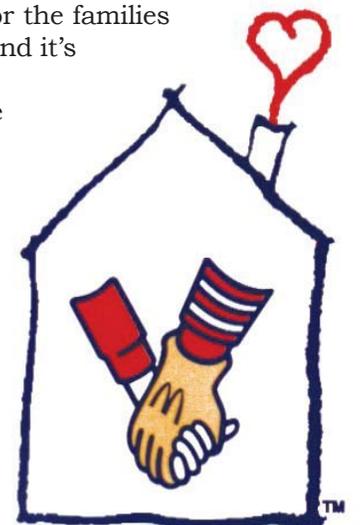
Members of the 437th Logistics Readiness Squadron are helping local people in need by preparing and delivering meals to Charleston's Ronald McDonald house.

"Hospital food gets very old and expensive rather quickly. Luckily, the volunteers made us hot meals at night," said Deborah Nardi, who stayed at the house for three and a half weeks with her daughter-in-law when her two grandsons were admitted to MUSC hospital. "Until you've been in a situation like ours, you really don't know how comforting a place like the Ronald McDonald house is. I can't stress enough how in a time where you don't know from minute to minute, hour to hour, what will happen. Having that one place to go wasn't a pressure we had to worry about."

The Ronald McDonald house, nestled between the downtown hospitals, is similar to a dorm residence with 12 rooms where families of children with severe and terminal illness can stay to be near a hospitalized child.

"The number of volunteers varies from month to month," said Gwindolyn Ballard, the 437 LRS coordinator. "On average, we have 12 people volunteer to bring food and drinks. Usually about eight people go to the house to set up, clean and serve meals. One month, we had 25 people to help serve."

The volunteering started when a squadron member's mother passed away three years ago. Instead of flowers, the family requested donations



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.

Tonight, 7:30 p.m.

"Kangaroo Jack" – Jerry O'Connell

Two friends from Brooklyn are forced to deliver mob money to Australia. When one of them places his red jacket on a kangaroo, the kangaroo bounces off with the mob money. **(PG) 89 minutes**

Sunday, 2 and 7:30 p.m.

"Tears of the Sun" – Bruce Willis

A team of Navy Seals is sent into the heart of Nigeria on a search-and-rescue mission. In the middle of Africa, they're torn between following orders and dictating their own conscience. **(R) 118 minutes**

March 7, 7:30 p.m.

"Darkness Falls" – Chaney Kley

Kyle must return home to confront his troubled past and save his childhood sweetheart Caitlin and her younger brother Michael from an unrelenting evil that has plagued the town of Darkness Falls for more than 150 years. **(PG-13) 85 minutes**

SPORTS & FITNESS

Exercising for two

HAWC gives birth to new program

By 2nd Lt. Jennifer Andrews
437 AW Public Affairs

An educational program for women who are pregnant or are thinking of becoming pregnant is available at the Health and Wellness Center.

The program, which started a year ago, is the result of patients who asked for one-on-one sessions to have their questions answered.

"The patients I have worked with love [the class]," said Jason Ham, who has been an exercise physiologist for seven years who received his prenatal certification 10 months ago. "They get one-on-one attention and are able to ask lots of questions."

Exercise benefits

Pregnant women can benefit from exercising in several ways, said Capt. Sean Schumm, a registered dietician and prenatal educator.

"Pregnant women need to gain weight," said Schumm. "However, women can also gain too much weight and active-duty women only have six months to shed the extra weight. Exercise before, during and after pregnancy helps with this process."

Aerobics stimulate the heart, lungs, muscles and joints, said Schumm. It also helps to improve circulation, increase muscle tone, and build endurance.

Light calisthenics can improve posture and back aches.

"The exercising benefits for me have been no morning sickness, no aches and pains, and I don't feel bloated," said Technical Sgt. Denese Bellamy, 437th Logistics Readiness Squadron, who is six months pregnant. "I make sure I watch my heart rate and not over do it."

Developing a good program

Every person is different and has different fitness abilities, said

Schumm. Exercise for pregnant women is different too.

"Most of our help goes to women who didn't have an exercise program, but would like to start one," said Schumm.

The HAWC sets aside appointments to help women develop their fitness program.

"I have individual slots built into my schedule to see women who are in the planning stages of becoming pregnant," said Ham.

According to the book, *What to Expect When You're Expecting* by Arlene Eisenberg, Heidi Murkoff and Sandee Hathaway, gives tips on choosing the right pregnancy exercises.

Exercises that a novice can do:

- walking at a brisk pace
- swimming in shallow water
- cycling on a stationary bike
- yoga or relaxation routines

Exercises for a well-trained athlete

- jogging up to 2 miles per day
- doubles tennis
- cross-country skiing (below 10,000 feet)

Exercises pregnant women should avoid:

- jogging more than 2 miles per day
- horseback riding
- water skiing
- diving/jumping into pools
- sprinting

Playing it safe

Exercising in the Charleston heat and humidity can be dangerous, said Ham.

"Pregnant women should avoid trying to exercise during peak hours of the day," said Ham. "They need to watch their body temperatures and not get overheated."

If women decide to exercise outside, they should monitor themselves for signs of overheating such as dizziness, faintness, or nausea, he said. Drink plenty of water before, during, and after exercise to replace lost body fluids.

"Whatever the woman is experiencing, the fetus is too," said Schumm. "We really try to emphasize hydration."

Where to go:

If you would like to learn more about pregnancy and exercising, contact Ham or Schumm at 963-6023.

Exercises to avoid during pregnancy

There are certain exercises and activities that can be harmful if performed during pregnancy. Avoid:

- Activities where falling is likely
- Contact sports

Activities that include jarring motions or rapid changes in direction

- Activities that require extensive jumping, hopping, skipping, bouncing or running
- Deep knee bends, full sit-ups, double leg raises and straight-leg toe touches
- Bouncing while stretching
- Waist twisting movements while standing
- Exercise in hot, humid weather

(Information courtesy of www.webmd.com)