

AIRLIFT Dispatch

Vol. 42, No. 23

437th Airlift Wing, Charleston AFB, SC

Friday, June 6, 2003

KUDOS

AF chief of staff
thanks AMC airmen

Page 2

RETIREEES

Retiree Appreciation
Fair to be held June 14

Page 6

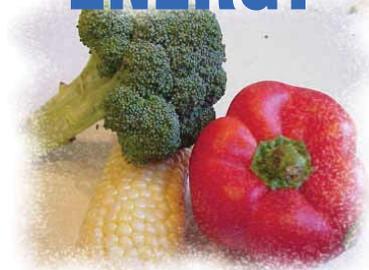
5,000 HOURS

Flying crew chief
makes C-17 history



Page 14

ENERGY



HAWC tells how to get
most from food choices

Page 18

Operation Fluffy Page 7



Photo by Staff Sgt. Jeffrey Wolfe

Fluffy, an Iraqi-born German Shepherd, is welcomed to the United States by U.S. Special Forces handler Army Sgt. 1st Class Russell Joyce Saturday. The full-breed shepherd arrived at Charleston AFB via C-17 to retire as an honorary military working dog at Fort Bragg, N.C., after serving as a U.S. Special Forces guard and pursuit dog in Iraq.

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

COMMENTARY

Commander's Comments

By Col. Brooks Bash
437th AW commander



Col. Brooks Bash
437th AW commander

Diamond Sharp

We recognized our Diamond Sharp airmen this week. First sergeants chose **Airman Jennifer Jones**, 17th Airlift Squadron; **Airman 1st Class Brian Bergeron**, 15th Airlift Squadron; **Airman 1st Class Traci Calvert**, 437th Aeromedical Dental Squadron; and **Airman 1st Class Kyle Cole**, 437th Aircraft Maintenance Squadron, as representing the best of Team Charleston's airmen. Keep up the good work!

Farewell

With deepest gratitude for a job well done, we say goodbye to **Col. Russell Deluca** on Monday, as he departs for a position at Air Mobility Command headquarters. Colonel Deluca contributed immeasurably to Team Charleston's success in Operations Enduring Freedom and Iraqi Freedom, to include serving as the 437th Operations Group commander for a period. Godspeed!

First Sergeants

Team Charleston hosts the AMC First Sergeants' conference next week. This annual conference brings first sergeants from throughout the command together to discuss issues of mutual concern. Provide a hearty Charleston welcome to these enlisted leaders. CAFB is also offering a First Sergeant Recruitment Seminar, Friday at 1 p.m. at the Services Squadron Bldg. 322, for NCOs interested in becoming a first sergeant. There is a tremendous need here and throughout the Air Force for exceptional master sergeants to become first sergeants.

Upcoming events

The "Fun in the Sun" fitness run is June 13 at 7 a.m. in front of the Fitness and Sports Center. I encourage you to join me for the run—all participants will get a T-shirt, and the satisfaction of having done something good for their health. Later that morning the base will celebrate the commissary grand opening with a ribbon-cutting at 9:30 a.m.

On June 14, Team Charleston is hosting a Retiree Appreciation Day beginning at 8 a.m. at the Charleston Club. The program includes guest speakers on retiree benefits and organizations, and will also give retirees a chance to tour a C-17.

Also on June 14, the Tradewinds Quintet from Langley AFB, Va., performs a free family-oriented concert at the base theater 5-6:30 p.m.,

featuring music from Beauty and the Beast, Toy Story Two and other tunes children will recognize.

ATWIND

The Around the World in Ninety Days contest began this week, with opportunities to win individual and base cash prizes. The contest is based on tickets you receive by frequenting various Services facilities and other base agencies. I encourage everyone—military, family members, and retirees—to play at least **two** ATWIND tickets; doing so will earn CAFB money for quality of life improvements. Our goal is to have at least 3,545 players before ATWIND ends at midnight on Aug. 31. Check the "Services Scene" portion of the *Airlift Dispatch* for additional details.

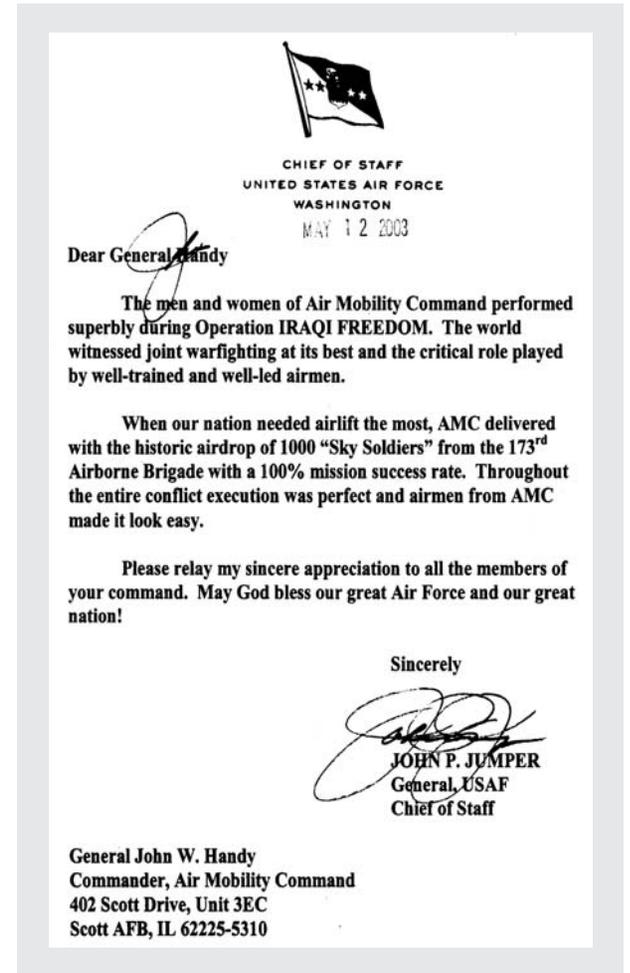
Kudos

Team Charleston continues to work hard, and that hard work is noticed. Take personally Gen. John Jumper's congratulations for a job well done, as described in his letter to Gen. John Handy, AMC commander. Outstanding work Team Charleston!

Safety

As we continue to work hard, people are getting tired. While we expect the pace to slow in the near future, we must continue to focus on safety. We have proved that this focus makes a difference, even in a time when our operations tempo has doubled: comparing the first quarter of this year to the same period in 2002, we have had one-third the number of ground safety mishaps and half as many flight mishaps. Safety is an individual responsibility, as well as an organizational duty; if you see conditions or circumstances where the risk is too high, you have an obligation to say something to your supervisor.

Keep up the great work!



Dispatch

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Warrior Spirit

Military stands as a beacon of freedom lighting the way for the world

By Lt. Col. Daniel Flynn

437th MDG Medical Support Squadron commander

On the eve of this country's struggle for independence, Dr. Joseph Warrant, one of our founding fathers, said to his fellow Americans, "Our country is in danger, but not to be despaired of. On you depend the fortunes of America. You are to decide the important questions upon which rest the happiness and the liberty of millions yet unborn. Act worthy of yourselves." These simple words, written in a time when our country struggled with war, remind us how much we are a beacon of hope for those who do not have freedom.

Today, we are engaged in the arena of battle again; one which still depends upon those of us who proudly wear the uniform. We are the custodians of our nation's defense, the warriors called upon to assure the gifts of liberty and freedom and justice. We defend these precious gifts with pride, honor, and sacrifice. These words are but a representative sample of what we refer to as "The Warrior Spirit." It should not be confused with a one-time, yearly recognition, but rather a spirit that permeates our life of service to each other and our country.

The Warrior Spirit is an intangible concept difficult to define; yet we know it when we see it. It is embodied in our actions and resolve, which serve as markers for develop-

worth repeating

"Our daily sacrifices of blood, sweat and tears binds us together under the Warrior Spirit umbrella."



— Lt. Col. Daniel Flynn

437th Medical Support Squadron commander

ing our basic character, especially during these difficult times. It is embodied in holding fast to our high ideals and personal honor, prevailing over all other considerations, regardless of how unpopular. This Warrior Spirit drives us towards a higher calling as military members, one that demands us to ignore self-serving practices, and instead inspires us to stand tall in the storm of adversity.

Those who say that we have lost the Warrior Spirit and replaced it by culture and practice of management have never stood side by side with our heroes and warriors.

You see these heroes every day going in and out of our front gate. They stand on the flight line, protecting the logistics lifelines critical to prosecuting the Global War on Terrorism; they load our aircraft, setting records with unbounded determination as if

the responsibility for victory depended upon them alone; they expertly fly into the unknown without regard for their personal safety, but making history in an effort to free a people they might never meet.

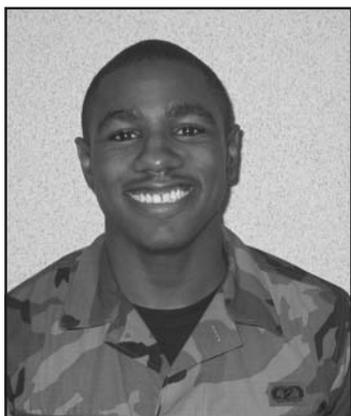
Our daily sacrifices of blood, sweat and tears binds us together under the Warrior Spirit umbrella. Never forget that we stand as a shining beacon of freedom that lights the way for the world. Our critics will never understand the essence of this spirit, and many will mock and ridicule it, but none will be able to extinguish it.

Perhaps the Warrior Spirit is best described during a speech made by Ronald Reagan who referenced the story of Martin Treptow. "Martin Treptow left his job in a small town barber shop in 1917 to go to France...There, on the Western front, he was killed trying to carry a message between battalions under heavy artillery fire. We are told that on his body was found a diary. On the flyleaf under the heading, 'My Pledge,' he had written these words: *America must win this war. Therefore I will work, I will save, I will sacrifice, I will endure, I will fight cheerfully and do my utmost, as is if the issue of the whole struggle depended on me alone.*"

Giving our service, and if necessary, our life for our country, is the noblest sacrifice of mankind and ultimate personification of the Warrior Spirit.

Charleston chat

What is your best workout advice?



"Always have confidence and never give up. Stick to your workout."

— Airman 1st Class Paul Hardaway
437th Mission Support Squadron



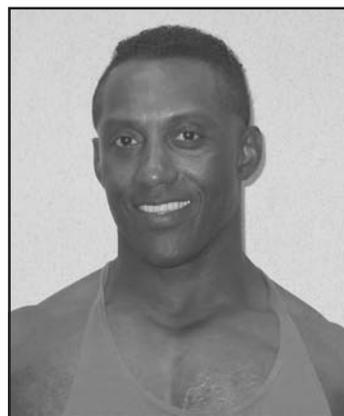
"Be persistent. It has to be a part of your routine, like brushing your teeth."

— Brig. Gen. Gerald Black
315th Airlift Wing commander



"Vary your workout, whether it's running, spinning, weights or aerobics."

— Cathy Gill
437th Logistics Readiness Squadron



"Make the sacrifice of your time, even if it's during your lunch hour. Bring your lunch to work."

— Tech. Sgt. Wayne Lightburn
437th Medical Group



"Be committed to yourself. Have a plan and stick to it."

— 2nd Lt. Cliff Bermodes
437th Contracting Squadron

NEWS

Back-to-back incidents shut down Charleston runway C-17 blows 11 tires in routine landing; airfield lighting malfunctions

By Master Sgt. Angel Newman
437 AW Public Affairs

Charleston military and civilian air traffic was delayed twice by separate incidents briefly shutting down the joint use airfield May 30.

Three civilian flights were diverted and one delayed during the closure. Impact to military missions was minimal.

At around 5 p.m. a C-17 returning from an Operation Enduring Freedom mission made what appeared to be a routine landing, when 11 of the 12 main landing gear tires blew out.

None of the 24 persons on board were injured, but the aircraft blocked both runways and delayed traffic for more than 40 minutes until it was towed out of the runway intersection for repairs. The 12th tire blew out during the towing.

"Our folks did a great job of hustling to get the aircraft off the main runway," said Maj. Robert Butz, 437th Aircraft Maintenance Squadron operations officer. "Once the path had been cleared for air traffic, the maintenance crews jacked up the aircraft and in less than 45 minutes had all tires changed so we could

worth repeating

"Our most important goal is keeping everyone flying in our aircraft safe."

— Maj. Robert Butz

437th Aircraft Maintenance Squadron operations officer

safely move it to a hangar."

The cause of the incident is under investigation. "We'll give this C-17 a thorough inspection and get to the root cause of the incident," said Major Butz. "Our most important goal is keeping everyone flying in our aircraft safe."

The cause of second incident affecting Charleston air traffic was much easier to identify.

The runway and taxiway lights did not come on at nightfall due to a malfunction in the airfield lighting computer control system. All traffic was stopped for approximately one hour while 437th Civil Engineer electricians scrambled to shed light on the situation.

Air traffic control tower technicians normally turn on and adjust the airfield lights with a computer keystroke. When the simple procedure didn't work an alternate plan was implemented.

"Getting the lights up was our first goal," said Tech. Sgt. Dean Siems, 437th CES exterior electrician. "It was challenging because the system is new technology."

When a check of the computer system in the tower didn't yield a quick fix, Sergeant Siems went to the lighting vault and manually began working the lights. For assistance with this task he contacted his coworker, the guru of airfield lighting, Randy Westervelt, also known by his call sign, "Lightbulb." Mr. Westervelt is accustomed to tackling whatever challenges the airfield presents.

"We just have to figure out what's wrong and how to fix it," Mr. Westervelt said. "Manually lighting the airfield takes more time, but it's still effective."

It's not as simple a flipping a light switch, Sergeant Siems said, but within a short time the electricians had everything resolved and air traffic resumed.

Charleston AFB honors area military retirees with Military Retiree Appreciation Day and Fair June 14

By 2nd Lt. Shaloma McGovern
437 AW Public Affairs

Charleston AFB hosts its annual Military Retiree Appreciation Day and Information Fair June 14, 8 a.m., at the Charleston Club.

"We set aside this day to recognize and remember retirees and their families for the many sacrifices they made for their country," said Col. Brooks Bash, 437th Airlift Wing commander. "We honor them for their service, and appreciate the contributions they continue to make to the base and in the community."

Rep. Henry Brown, R-S.C., is the scheduled guest speaker. Congressmen Brown represents the first District of South Carolina, including Berkeley, Charleston, Dorchester, Georgetown and Horry counties.

"This is an annual event the base is sponsoring aimed at provid-

ing recognition and useful information to the more than 16,000 military retirees in the region," said retired Army Col. Raymond Borelli, CAFB director of retiree activities. "This year we are looking forward to the largest-ever annual CAFB Retiree Activities Information Fair and Appreciation Day."

"The Air Force and our fellow Americans in the greater Charleston area have reason to be very proud of the Charleston Base," Colonel Borelli said. "The base is very supportive of our Air Force Retiree Activities Program."

More than 600 retirees are expected to attend. The Charleston AFB Retiree Activities Program has an ongoing need for volunteers to help base airmen throughout the year. Those interested in volunteering or with questions about this event should call the Retiree Activities Office at 963-2228.

Military Retiree Appreciation Day Schedule of Events

8:00 a.m. - Registration

8:30 a.m. - Opening Ceremony

9:15 a.m. - Topical Speakers

- TRICARE Issues

- 437th Services Squadron

- Social Security

- Veterans Administration Health Issues/Benefits/Billing

- USAF Retiree Council Regional Director

- Retired Enlisted Association

- Veteran Affairs Office Tri-County

- Military Officers of America Association

11:15 a.m. - Military Mission Briefings

11:40 a.m. - Closing Remarks

11:50-1:30 p.m. - Visitor Information tables set up throughout the Club
Buses will be parked at the Hill Boulevard side of the Club for touring C-17 Static Display

Lunch Options: Bowling Center, Base Exchange, Burger King or CAFB Dining Facility.

The CAFB Dining Facility is a la carte from 11:30 to 1:00, approximately \$3-\$5, depending on menu choice.

No 'bones' about it

Army veteran retires to dog house



**By Airman 1st Class
Stephanie Hammer**
437 AW Public Affairs

A German Shepherd of Iraqi descent arrived at Charleston AFB via C-17 Saturday after putting his life on the line to guard members of U.S. Special Forces.

Fluffy, a dog with a few visible scars from Northern Iraq, will retire in Fort Bragg, N.C., as an honorary military working dog.

When Fluffy first joined Sgt. 1st Class Russell Joyce, a Special Forces soldier and Fluffy's trainer, he weighed about 31 pounds and was missing his front two bottom teeth. But after only two weeks, he was put to work.

Fluffy, who takes no apparent offense to his unlikely name, was an "immeasurable success" as a military working dog.

"I asked the Kurdish (fighters) if we could have a dog," said Sergeant Joyce. The Kurds brought him "Tariq Aziz," named after Iraq's deputy prime minister, but the name didn't last long.

"I was joking around and I said, 'you know what, I'm going to call him Fluffy. My dog's name is Fluffy,'" said Sergeant Joyce. "One person started calling him that, myself, and two people started calling him that; it just stuck."

The full-breed shepherd began his career learning a few simple commands before becoming a guard and pursuit dog.

"Having a person on roving patrol is a great thing, but adding the sense of smell and the sense of hearing that a dog has really heightened the sense of awareness to early detection," said Sergeant Joyce.

"He's been in harm's way and shot at more times than anyone on my team," he continued. "He proved himself to be a worthy asset. He means a lot to me because we definitely went through a lot over there together."

Eager for retirement, Fluffy arrived in the United States escorted by Maj. Jim Pompano, 615th Air Mobility Squadron, Travis AFB, Calif., who also happened to be returning

to the states.

Major Pompano was able to make sure the dog's transition went smoothly.

"We waited until all the Ts were crossed and the Is were dotted and we had the proper paperwork, then we got the dog home," Major Pompano said. "I just happened to be leaving at the same time, so I decided the best thing I could do was just escort Fluffy right back to the states."

Although he didn't like the take-off or landing much, Major Pompano said Fluffy did pretty well on the flight home.

"I talked to Fluffy just like I would talk to anyone else," he said. "He was pretty well trained, and I didn't have any problems there."

Fluffy was greeted on the flightline with support from "so many Americans." Fluffy received hundreds of e-mails, letters and phone calls in support of his safe return to the United States.

"Every letter we received stated first, 'thank you for your service to our country, and welcome home,'" said Sergeant Joyce. "I think that America as a whole had a big hand in this, and it's really a gift from the United States to me and a gift to Fluffy to be able to come home. This dog really gets the opportunity for a fresh start here."

"I think we should take the kind of support (Fluffy) received and turn it right back around and continue to support our soldiers," Sergeant Joyce continued.

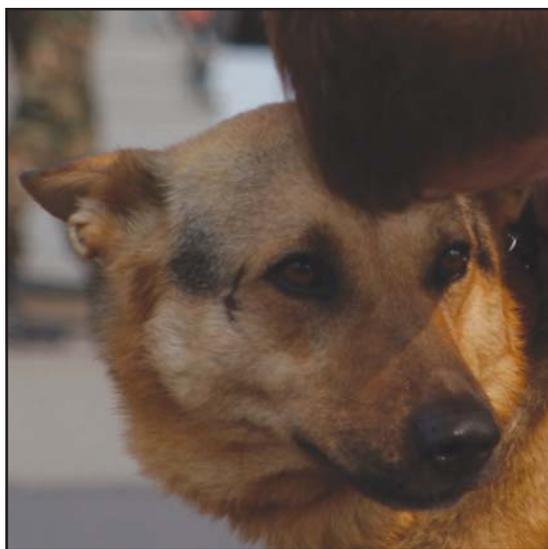
The United States Armed Forces have used canines in combat since World War I. At the end of the Vietnam War, thousands of dogs were euthanized, abandoned or turned over to the South Vietnamese army, according to the United States War Dogs Association.

But that wasn't to be Fluffy's fate.

"Bringing Fluffy to the United States isn't about me," said Sergeant Joyce. "It's about the men who weep on the phone while they talk about the relationship they had with the dogs who served them in war." (Staff Sgt. Marcia Triggs, Army News Service, also contributed to this story.)

Above: Maj. Jim Pompano (left), 615th Air Mobility Squadron, escorted Fluffy, an Iraqi-born honorary military working dog, back to the United States to retire with Army Sgt. 1st Class Russell Joyce at Fort Bragg, N.C.

Right: Fluffy, scarred from his experiences in Iraq, arrived at Charleston AFB Saturday. Fluffy aided members of U.S. Special Forces in Iraq as a guard and pursuit dog.



AROUND THE AIR FORCE

Commissaries change coupon rules

Commissaries started enforcing new policy revisions Sunday that limit coupon use to only one per item unless otherwise specified on a coupon.

"We still gladly welcome the use of coupons. We're only limiting the number of coupons a customer can use per item to what is specifically stated on the coupons. If the coupons state more than one per item can be used, then we'll accept them. If it doesn't, then we'll accept only one per item," said Bob Vitikacs, the Defense Commissary Agency's executive director for operations and product support.

The revised DeCA policy more accurately reflects manufacturers' intent for coupon use, which has always been one coupon per item unless otherwise stated, Vitikacs said. DeCA policy had allowed commissaries to accept multiple coupons unless specifically stated as only "one per item."

Under the new policy, customers can still take advantage of multiple couponing, but only through sales specifically allowing the practice. Customers can watch for advertising and in-store flyers to learn about these sales, and manufacturers will continue to provide coupons in the stores. **(Defense Commissary News Agency)**

Quality-of-life survey results are in

WASHINGTON – The results of the 2002 Chief of Staff Quality-of-Life Survey have been compiled and show an increase in satisfaction with the Air Force as a job and way of life, survey officials said.

Charles Hamilton, chief of the Air Force Personnel Center's survey branch at Randolph Air Force Base, Texas, said the 2002 survey shows increased satisfaction, virtually across the board.

"The (survey) responses were more positive than the 2000 survey," Hamilton said. "And career intent was up among all demographic groups."

Overall, 90 percent of airmen, including pilots, and 89 percent of civilians believe the Air Force is a good place to work and 81 percent of military and 91 percent of civilians report that their families are supportive of their careers, Rivers said. The re-

sponses are each higher than the previous two survey results.

The survey also showed that career intent increased among all groups from previous years, she said. Nearly 75 percent of all officers, 66 percent of the enlisted force and 82 percent of civilians report they will make the Air Force a career.

However, a common quality-of-life concern among all groups surveyed was manpower, Hamilton said.

More than one-third of all commanders and first sergeants who took the survey also reported manpower as their top quality-of-life concern, Rivers said.

Survey results indicate officers spend 7.9 hours per week, and enlisted members 8.3 hours per week, on additional duties. Civilians reported spending 3.3 hours per week on additional duties.

In spite of these numbers, the 2002 survey showed a 2.6-hour reduction in the average military workweek from the 2000 survey. Civilians reported a two-hour increase in their workweek.

"The goal of the surveys isn't to report only the good points," she said. "The information gathered from this survey will be used by senior leaders

to make the service a better way of life for all Air Force men and women and their families." **(Air Force Print News)**

C-17 weapons instructor course to begin in July

SCOTT AFB, Ill. – This summer a very select group of C-17 instructor pilots will head back to school in an effort to earn their Globemaster III doctorate.

Starting July 3, the four students will become the first class at the new five-and-a-half-month long C-17 Weapons Instructor Course at McGuire AFB, N.J.

"The C-17 WIC is intended to be a Ph.D. level course," said Maj. Johnny Roscoe, AMC chief of C-17 tactical policies and procedures. "Its goal is to produce the most highly trained C-17 weapons instructors in order to improve our combat capability through superior training and instruction."

The C-17 course will join the already existing C-130 Weapons Instructor Course and KC-135 Combat Employment School to make up the U.S. Air Force Mobility Weapons School, which will also stand up in July.

"We (mobility aircraft) are unique

in the fact that we have a global mission," Major Roscoe said. "The [U.S. Air Force] Mobility Weapons School will be based on the same heritage and standards as the Air Force Weapons School, but using the AMC expertise to specialize the training to our mission."

The intensive curriculum of the C-17 course consists of more than 300 academic hours and 25 flights, broken down into four phases: advanced tactical maneuvering, direct delivery, joint operations and mission employment.

Major Roscoe, who was a 1996 graduate of the C-130 WIC before transferring to C-17's, said it is this kind of knowledge that makes the WIC and weapons officers such a high commodity.

With the tactical role of the C-17 continually increasing in recent operations, including OEF and OIF, the standup of the course was put on an "accelerated process," he said.

Standing up a unit like this can sometimes take up to two years to implement, Major Roscoe said. The C-17 WIC will be established only nine months after getting approval from AMC leadership. **(AMC News Service)**

Combat Camera Photo of the Week



Photo by Tech. Sgt. Keith Brown

Under Alaskan skies

A Japanese air self-defense force F-15J fighter sits under the Alaskan sunset at Elmendorf AFB, Alaska, after its historic arrival for Cooperative Cope Thunder on May 27. The exercise represents the first time the Japanese have deployed fighter aircraft onto North American soil for an exercise.

NEWS BRIEFS

Spotlight

Retirement: The 16th Airlift Squadron is hosting a retirement ceremony for Tech. Sgt. David Beirs today, 2 p.m., at the Bldg. 72 auditorium. For more information, call Sherikia Wilson at 963-5076.

SFS tip of the week: When driving on base, look for any suspicious activity or individuals. If you see individuals who look suspicious (e.g. taking photos or acting unusual), or gates open that should be closed call Security Forces immediately at 963-3600.

Around the base

First Sergeants: The First Sergeant Recruiting Seminar is today, 1-4 p.m., in Bldg. 322 behind the Charleston Club to answer questions about first sergeant special duty. The seminar is open to all master sergeants or selects and their spouses. For more information, call Master Sgt. Wes Prillaman at 963-3821.

VFW: The Tech. Sgt. Walter C. Fulda Veteran of Foreign Wars Post 3433 is participating in the Retiree Appreciation Event June 14 at the Charleston Club. For more information, call Dave Mellert at 871-2407.

Study skills: There will be a study skills seminar at the Community Education Center June 18, 7:30 a.m. - 4:30 p.m. This class has been successful in helping personnel prepare to take career development course exams, college tests and CLEP/DANTES tests. To make a reservation, call 963-

Charleston Warrior of the Week



Photo by Tech. Sgt. Mark Kleber

Airman 1st Class Sarah Kakish 437th Operations Support Squadron

Airman 1st Class Sarah Kakish is an airfield management apprentice for the 437th Operations Support Squadron. Her duties include monitoring aircraft departures and arrivals, coordinating ground and in-flight emergencies, providing navigational support to crews and entering flight plans for pilots to provide clearance for takeoff.

"I recently filed an Airfile (flight plan filed by phone in the air) to bring home the prisoners of war, which I believe is an experience that I could only have had being in the Air Force," she said.

Airman Kakish joined the Air Force to gain experience and training she felt only the Air Force could give. The Fort Wayne, Ind., native has been at Charleston for eight months.

"I have visited other bases, and I've yet to find one I like better than Charleston," she said. "I enjoy the weather here as well as the beaches."

Airman Kakish works with the Big Brothers, Big Sisters program as well as the Red Cross blood drive. She said she enjoys sightseeing and shopping downtown. She also plays softball, soccer, tennis and basketball.

4575 by June 13.

Health Care Council: The Joint Health Care Consumers Council will meet June 19, 2 p.m., at the Navy Hospital Charleston Auditorium. For more information, call the Naval Hospital at 743-7607, or the Managed Care Flight at 963-6710.

CLEP exams: Some College Level Examination Program exams are

going to Computer Based Testing June 30. June 27 is the last day the Community Education Center can test anyone on the following CLEP exams: General - Humanities; Subject exams - General Chemistry, College Level German, General Biology, and Western Civilization I and II. For more information, call CEC customer service at 963-4575, or 963-7201.

School physicals: The Family Practice Clinic is performing school summer and sports physicals for Family Practice patients only June 26 and July 30. To schedule an appointment, call 963-6880. Patients must bring shot records.

Recycle: The next curbside recycling dates for military family housing is June 19. The recycling goal is to divert 40 percent of MFH waste from landfills. In April, the base recycled 4.9 percent of MFH waste and sent 99.3 tons of MFH waste to the landfill, only a 4.7 percent diversion rate. For more information or to pick up recycle bins, call the base pollution and prevention manager

at 963-2690.

Medical training: Classes for the Red Cross Medical Assistant Training Program begin in the Family Practice Clinic June 23. The program is open to family members of active duty and retired personnel. Training consists of basic sciences followed by practical and on-the-job training and lasts six months. Required attendance is five days a week, eight hours a day. Upon graduation students will be awarded an American Red Cross certificate and letters of recommendations.

Applications are available at the Family Practice Clinic and the Family Support Center, and will be accepted until June 13. For more information, call Staff Sgt. Christina Marx at 963-6969, or Staff Sgt. Katie Hartley at 963-6991.

LRS: The DRMO section will not accept any items in building 532 from June 15 - July 14. After July, DRMO will accept items in the new LRS Bldg. 610. For more information, call 2nd Lt. Thomas Miskimin at 963-2568.

The Tradewinds Quintet from Langley AFB, Va., will be performing at the base theater June 14, 5-8:30 p.m. They will be performing a family-oriented concert including a Peter and the Wolf narration, Star Wars music, Beauty and the Beast and Toy Story Two. The concert is a gift from the Air Force to base personnel, and admission is free.



TRADEWINDS QUINTET
LANGLEY AIR FORCE BASE VIRGINIA

FEATURE



Photo by Airman 1st Class Jason Bailey

By Airman 1st Class Stephanie Hammer
437 AW Public Affairs

Around the world in 5,000 hours, and he's got the pictures to prove it.

Being the first person to reach the 5,000 hour mark in a C-17 has been an "amazing" journey, said Tech. Sgt. Rodger Folkerts, an aircraft pneudraulics specialist and flying crew chief.

Sergeant Folkerts reached the 5,000 hour mark during an Operation Enduring Freedom mission May 15, according to Tech. Sgt. Ed Hood, Flying Crew Chief Program manager, who tracks and logs every mission flying crew chiefs go on.

"What other job in the world will send you to so many different places?" said Sergeant Folkerts. "I can't even list the places I've been. It's easier to list the places I haven't been. You should see my photo album."

At his home, he marks a globe with stickers of every place he's traveled - the land masses are nearly obliterated with gold stars.

Charleston AFB began the Flying Crew Chief Program in June 1993. When Sergeant Folkerts arrived here April 1996, he said he jumped at the chance to be a part of it. As a flying crew chief, he would be responsible for the "health" of the aircraft.

"I've got the best of both worlds," he said.

Sergeant Folkerts describes his career so far as "lucky."

"It's amazing that I get the privilege to fly," he said. "I tell other (flying crew chiefs), 'It's not your right to be in the program; consider it a privilege.'"

Ten months after arriving at CAFB, the Loganville, Ga., native logged his first hour on a C-17 when he flew to Panama and back Feb. 4, 1997.

"The C-17 is such a 'bad' plane," Sergeant Folkerts said. "It's just amazing what it can do. It really gets your heart beating. Five thousand hours, and I still get a kick out of it."

Sergeant Folkerts' 5,000 hours in a C-17 is equal to traveling 2,590,000 miles - enough to circle the earth more than 104 times.

In 2002 alone, Sergeant Folkerts was gone 318 days.

"Five thousand hours, and I still get a kick out of it."

"We love flying crew chiefs," said Maj. Paul Bauman, 437th Operations Support Squadron chief of training. "Their energy and expertise often times is what will keep a mission going."

Even with a demanding schedule like his, Sergeant Folkerts is only three classes away from a bachelor's degree in Applied Science.

"It's tough," he said. "The hours are long, but it's been awesome. I consider myself blessed to have such an outstanding career after only 12 years in the Air Force. I've done more in my six years at Charleston than most people get to do in 30 years."

Being a flying crew chief, Sergeant Folkerts said he has to take the bad with the good.

"I remember landing in Italy after coming back from Africa," he said. "They wouldn't let us leave the plane because they thought there was a chance we could have malaria. We had to stay on the jet for 15 hours until they gassed up and we could move on."

Using wisdom gained from experiences like that, Sergeant Folkerts hopes to manage the flying crew chief program here one day.

"I think it's an unheard of accomplishment," said Sergeant Hood. "Flying crew chiefs support all the flying squadrons here and aren't constrained by the rules and regulations of individuals on flying status. They are only required eight hours of uninterrupted sleep in a 24-hour period."

"He's been a part of every real-world operation the C-17 has been in. You name it, the C-17 has done it, and so has he.

"Sergeant Folkerts personifies the core values of the United States Air Force," he continued. "Dedication to duty, service before self - he really lives by that creed."

Even though Sergeant Folkerts "lives out of a suitcase," he said he wants to keep flying as long as he can.

"It's great to be able to live your dream," he said. "The best part is you never know where they're going to send you next."

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.

Today, 7:30 p.m.

***"Bulletproof Monk"* – Seann William Scott**

For 60 years, a mysterious monk has traveled the globe to protect an ancient scroll. The Monk must now look for a new scroll keeper. Kar is an unlikely candidate, but when he inadvertently saves the monk from capture, the two become partners in a scheme to save the world from the scroll's most avid pursuer. **(PG-13) 104 minutes**

Saturday, 7:30 p.m.

***"Holes"* – Sigourney Weaver**

A teenage is sent to a Texas detention camp for a crime he didn't commit where he and other boys are forced by the warden, a fiery woman who paints her nails with snake venom, to dig holes as a "character-building experience." Each day, the boys must dig a hole five feet deep and wide in the dry rock that was once the bottom of Green Lake. **(PG) 117 minutes**

June 13, 7:30 p.m.

***"The Lizzie McGuire Movie"* – Hilary Duff**

(PG) 90 minutes

SPORTS & FITNESS

Dealing with stress

Eating for energy helps survive long work hours

By Capt. Sean Schumm
437 MDG dietician

There are several steps people can take to help deal with long hours and stressful lifestyles. Combating fatigue during high operations and extended working hours is an important step.

A simple thing to do to help boost energy levels is eating the right way.

Some of the following strategies may be helpful:

■ **Eat more high fiber carbohydrates:** Unrefined carbohydrate sources such as fruits, vegetables and whole grains not only have many health benefits, but may also help maintain energy levels. The fiber content of these types of foods slows digestion and absorption slightly, which yields a more sustained release of energy. More refined carbohydrates such as

sugar, sweets and white bread may provide a quick burst of energy, but often result in a "sugar crash" an hour or so later.

■ **Avoid skipping meals:** Going long periods of time without eating can have a negative affect. Skipping meals can also lead to over-eating at the following meal, which can also decrease energy levels. Smaller, more frequent meals will keep the metabolism running more efficiently and provide a frequent energy source.

■ **Avoid chronic high caffeine intakes:** Coffee drinkers tend to develop a tolerance to caffeine over time. While it is tempting to reach for the caffeine to boost energy levels, chronic intake often leads to a decrease in effectiveness. Slowly cut down on caffeine intake to prevent excessive fatigue or headaches from trying to quit cold turkey.

■ **Eat "mixed" meals and snacks:** Combining carbohydrate sources with small amounts of protein or fat helps maintain energy release over time. Avoid snacks or meals that are almost exclusively carbohydrate by combining them with a source of protein and/or fat such as low-fat cheese, peanut butter, milk or meat.

■ **Maintain a good level of physical fitness:** Good fitness levels will help with day-to-day stresses and unexpected physical demands at work or play. If people are physically fit, overall energy levels will be better. Keep in mind physical fitness involves more than appearances. Fitness involves a number of factors, primarily cardiovascular and muscular efficiency, and ability to resist fatigue. Try to maintain a regular exercise routine, even when working long hours.

■ **Stay adequately hydrated:** Dehydration is known to decrease physical performance. It can also cause headaches and fatigue. To stay adequately hydrated, drink plenty of non-caffeinated fluids throughout the day. The guideline of eight glasses of water a day is generally safe and effective for most people. For those who work or exercise in warm environments, even more fluid may be necessary to prevent dehydration. Also remember sports drinks are not necessary for most people. Unless working or exercising strenuously for more than 60 minutes, sports drinks aren't needed. The extra sugar and calories in sports drinks can make weight loss more difficult for those trying to lose or maintain weight.

For more individualized instruction or information, call the Health and Wellness Center at 963-4007.

Cigarettes affect more than just smokers

By Tech. Sgt. Janet Clayton
Health and Wellness Center NCOIC

Nonsmokers may face heart disease, aggravated asthmatic conditions and impaired blood circulation. The Environmental Protection Agency estimates 3,000 nonsmokers die of lung cancer annually just by breathing someone else's cigarette smoke.

Lung cancer is not the only hazard facing involuntary smokers. For instance, the children of smokers have a greater chance of developing these illnesses:

- Colds
- Bronchitis and pneumonia, especially during the first two years of life
- Chronic coughs, especially as children get older
- Ear infections
- Reduced lung function

Asthmatic children of smokers also have more episodes and more severe symptoms than children of nonsmokers.

Additionally, children of smokers are at double the risk of having cavities and tooth decay compared to children of nonsmokers.

As with adults, higher exposure to smoke increases risk.

If the smoking parent handles most of the child care, the child's chances of developing the ailments listed above are greater. Risk is highest if both parents smoke.

Smokers who want to quit can call the Health and Wellness Center at 963-4007. They offer tobacco cessation classes that meet one hour a week for five weeks. The class offers behavior modification, stress management, nutrition, exercise, nicotine replacement therapy and Zyban.

The HAWC also offers an online program for people who can't make it to the classroom.

Soccer Standings as of Tuesday

Place	Team	Won	Loss	Tie
1	MDG	7	0	0
2	CES	5	1	1
3	NNPTC	3	1	1
4	AMXS	5	2	1
5	CS	4	2	1
6	LRS	1	4	0
7	MXS	1	5	0
8	FLYERS	0	6	0
9	NVY HOS	0	5	0

Softball Standings as of Tuesday

Place	Team	Won	Loss
1	MSS/CS	10	0
2	CES	8	0
3	FLYERS/OSS	10	2
4	AMSX 1	7	2
5	SFS	8	3
6	MXS	4	4
7	LRS 1	4	6

Place	Team	Won	Loss
8	AMXS 2	4	6
9	OS/373 TR	3	7
10	APS	3	8
11	CPTS/AW	2	9
12	NVY HSP	1	8
13	LRS 2	1	10