

Charleston Profile

**Airman 1st Class
Jennifer A. Kagel
17th Airlift Squadron**



Tech Sgt. Daniel Murphy

Kagel is a C-17 loadmaster. Her job is to ensure the loading and unloading of cargo and is responsible for the pre-flight and post-flight inspection of the aircraft systems. Kagel also has to ensure the aircraft is properly balanced for takeoff.

"Before coming into the Air Force, my biggest responsibility was getting to class on time," said Kagel. "Now I have this huge responsibility."

Kagel is a native of Chicago, Ill. whose only previous tie with the military was her father's Army service in Vietnam. She was assigned to Charleston AFB in April 1999. "I wanted a different pace," said Kagel. "I had attended college for two years and wanted to see what opportunities the Air Force had to offer."

The excitement of seeing the world helped draw Kagel to the Air Force. "I love the traveling and seeing the cultural diversity," said Kagel. "It's something I wouldn't have got to do in college."

A C-17 from Charleston recently flew a repatriation mission to Vietnam and Kagel was the loadmaster for the mission. "We flew from Guam into Thailand and on to Hanoi," said Kagel. "I think it's incredible to do this. It's something I never would have imagined doing."

When she isn't flying around the world, Kagel likes to help out in the community. "I help out on Tuesday and Thursday at Lambs Elementary as a tutor," she said. She recently completed her career development course and is concentrating on her bachelor's degree in Forensic Psychology. It may be too early to tell if Kagel will make a career of the Air Force, but for the time being she said, "I Love the Air Force."

Spotlight

Quarterly awards: The 437th Transportation Squadron quarterly award winners are: Airman — **Airman 1st Class Dawn Potter**; Noncommissioned officer — **Staff Sgt. Michael Ritz**.

Around the base

Transportation association: The Charleston Chapter of the National Defense Transportation Association meets April 12 at 11:30 a.m. in the Charleston Club. The meeting will include a presentation by Sam Hoerter, Charleston County Aviation Authority. Cost is \$10 per person. The public is invited. Respond no later than April 10 to Dale Cozart by calling 963-3058 (e-mail is dale.cozart@charleston.af.mil) or Maj. Marshall Mantiply at 963-4193 (william.mantiply@charleston.af.mil)

Quarterly breakfast: The chiefs and colonels quarterly breakfast will be held April 11 at 7 a.m. in the Charleston Club.

Military Child Month: The annual Month of the Military Child Festival will kick off Saturday from 11 a.m.-2 p.m. on the football field behind the base Youth Center.

Charleston AFB Youth Programs, the Child Development Center and Family Child Care have all pitched in to make this year's event fun for

everyone. This year will feature pony rides, games, face painting, clown, an air castle, arts and crafts and a dunking booth. This free event is open to all military youth and is sponsored by the Family Member Support Flight. For more information, call 963-5684.

Briefing: A commissioning briefing for all enlisted members interested in becoming a commissioned officer in the Air Force is April at 10 a.m. in the Education Center.

Personnel must attend a commissioning briefing before scheduling an appointment with a guidance counselor. Call 963-4575 to schedule an appointment for this briefing.

Smart card: The 437th Supply Squadron will bring the new Supply Asset Tracking System (SATS) to its final phase of implementation April 15. Upon full implementation, only supply personnel will be able to issue parts to customers with a SATS "smart card."

Signing paper documents or hand receipts for supplies and equipment will no longer be possible except in the case of SATS hardware problems. In order to receive a SATS smart card, visit the Supply Customer Service office in Bldg. 611 or call them at 963-4800.

School Physical/Health Fair: The 437th Medical Group will host a school

and sports physical day, in conjunction with a health fair today from 1 p.m. to 4 p.m. at the Medical Group (Bldg. 364). The school/sports physicals program is being conducted for the base's school aged population to help families prepare for the upcoming school year.

No appointments are needed for physicals, but families planning to visit call should in advance so that medical group members can anticipate how many physicals to expect. Call 963-6880/6750 if you're planning to visit.

Health fair visitors are invited to participate in dental, visual, cholesterol and blood pressure screenings, as well as talking one-on-one with professional nursing healthcare providers about common disease management issues. The health fair will offer displays on a variety of services offered throughout the clinic.

Chiefs' Group: The CAFB Chiefs' Group will hold their monthly meeting April 20 at 11 a.m. in the Charleston Club.

Representatives from Bank of America will address the group and lunch will be provided. All chiefs (active duty, Reserve, retired) are invited and encouraged to attend.

Airshow help needed: Planning is already under way for the 2000 Air Expo, scheduled for Oct. 14. Those interested in helping with Charleston AFB's premier annual event

should call Maj. Petra Sharrett at 963-5656 or email her at 437AW.airexpo@charleston.af.mil.

Scholarships available: The local chapter of Daedalians is sponsoring a Flight Scholarship in the amount of \$1,000, with potential matching funds from their national headquarters for a total of \$2,000.

The scholarship is available to interested high school seniors or college students who demonstrate the desire and potential to become a commissioned military pilot. Anyone interested or if you have further questions should call Lt. Col. Luke Howard at 863-7142 or Capt. Brian Newberry at 856-4014.

Annual leave donations: Sandra Cameron (437 CES/CERF), Thomas Durant (437 OSS/OSM), Drunella White (437 MDG/SGOMF) and Jorg D. Bewersdorf (437 AGS/LGGA) have had recent medical emergencies and are in need of an undetermined amount of leave.

Anyone wishing to donate annual leave should call 963-4476, and request OF 630-A or use the electronic form and fax to 963-4462.

Ecumenical Lenten series: The Base Chapel has begun a six-week ecumenical luncheon series, "The History, Traditions, and Beliefs of Lent," on Wednesdays. Each of the chaplains will conduct a 10-15 minute

session on a specific Lenten theme, beginning with a general overview then moving through events surrounding the passion, death, and resurrection of Jesus Christ.

The program, including a soup and bread lunch, will be held in the Base Chapel Annex beginning at noon and will last no more than one hour.

Education Center: The Community Education Center will not be offering any testing sessions (CLEP, DANTES, ECI, etc.) from April 13-20. Plan your testing to work around these dates as our test proctor will be unable to conduct testing.

Family Support Center

The Family Support Center will sponsor the following events during April. All workshops are held at the FSC unless otherwise noted. For information, call 963-4406.

Pre-Deployment Briefings, 8 a.m., Monday, April 10, 17 and 24; 4 p.m., Thursday, April 13, 20 and 27

Educational Opportunities Specialist, 10 a.m. to 1:00 p.m., Tuesday Job Search Process III & IV, 5:30-9 p.m., Tuesday and Thursday

Sponsorship Training, 8:30-9:30 a.m. and 3:30-4:30 p.m., Wednesday

Estate Planning, 9 to 11 a.m. & 6 to 8 p.m., Wednesday

Investments, 1-3 p.m., Wednesday

About Step-Families Workshop, 11 a.m. to noon, Wednesday

Newcomer's Tour, 8:30 a.m. to 3 p.m., Thursday

Everything You Ever Wanted to Know About Credit Reports, 9-10:30 a.m., Apr 11

How to Develop A Spending Plan Workshop, 9-11 a.m., Apr 12 and 26

Checkbook Management, 1-2:30 p.m., Apr 12 and 26

How to Deal with an Angry Child, 10 a.m. to 1noon, Apr 12

TAP 3-Day Workshop, 8 a.m. to 4:30 p.m., Apr 18-20

Mini Job Fair, 3-5 p.m., Apr 20

Troops-To-Teachers, 10-1111 a.m., Apr 24

Car Buying Workshop, 9-11 a.m., Apr 25

Violence & Youth, 1-4 p.m., Apr 25

SMOOTH Move, 8:30 a.m. to noon, Apr 27

Securing Your Financial Future, 9-11 a.m., Apr 28

At the chapel

Dormitory home cooking night: Tuesdays, 6 p.m., Bldg. 475. The baked goods are free and occasionally there are full meals. The chapel provides ingredients for anyone who wants to bake. Requests for favorite meals are accepted.

Lunch with the chaplain: Tuesdays, 11 a.m. to 1 p.m., at the dining facility. This gives everyone an opportunity to meet his or her chaplain. For information, call 963-2536.

Base orientation visits are going well

By Col. Vern "Rusty" Findley II
437th AW commander

I appreciate everyone's efforts in helping to get me spun up on issues and concerns so quickly. I am really having a great deal of fun! I hope to see many more of your smiling faces as I make my rounds through the remainder of the squadrons and groups.

I've always had the philosophy that if you are not having fun at what you are doing, then you really need to look in a mirror and ask yourself why. From what I've seen so far, I don't think that's a big problem here at the premier airlift wing on the face of the planet. I've seen a lot to be proud of already in the short time I've been here. Last week, I visited with the 437th Support Group and I was truly impressed by the people that I met. This week I plan to visit the wing staff agencies.

I have really enjoyed the opportunity to meet the young men and women of Team Charleston who do such a fantastic job for our Air Force and country. My experience here and elsewhere in the Air Force is that our people are the best our nation has to offer.

Outstanding airmen

There are folks like Senior Airman Jeannine McGuire of the 437th Comptroller Squadron who was selected as the Air Force Financial Services Airman of the Year, and Senior Airman Freddie Lorick who works in customer service and is fondly referred to by his co-workers as "Fast Freddie" for reasons that I can't go into in this column. In the 437th Mission Support Squadron, I met Senior Airman Terra Bradley who works in the awards and decorations section of the Military Personnel Flight, who I had to coax out of her that she really loves Charleston Air Force Base.

And the 437th Services Squadron folks under the leadership of Maj. Brian "David Letterman Jr." Blankenship, who I won't forget for a long time, were truly impressive as they welcomed me with their now standard "hoots, whistles and high-five" salutes in the club.

Then there was a young man, Airman 1st Class James Slayton from the 437th Civil Engineer Squadron, who I met during my orientation and who has the distinction of being the first person to receive a wing coin under my command. In an email from Tech Sgt. Sherley Jones II, and his wife Corlette, to Lt. Col. Jon Roop, 437th CES commander, they relayed the following story about Slayton:

"I want to commend your squadron for the assistance provided to me on Saturday, March 11 by Airman 1st Class James K. Slayton. My wife and I were away from home and a hose split in two on our washer. This caused our house to flood in every room. Airman Slayton was dispatched to take care of the issue. When I arrived home I was informed of the situation and after the photo personnel took pictures we began the clean up process. Airman Slayton did above and beyond what I would have expected 437th CES personnel to do. He stayed and helped for about 3 hours in assisting with the cleanup. I think most airmen would have left after doing the initial part of their job. He assisted my wife and me with moving furniture, taking out rugs and various other things," he said.

"What makes this event even more personal, is the fact that my wife and I had just come back from North Carolina a few days earlier from burying our son. We were not in the best state of mind to handle such a situation. Thanks to his assistance along with another friend of mine we were able to dispense of the water after 3 hours. Airman Slayton sets an example that more airmen should exemplify."

This email highlights one of the many examples of the great things that our folks are doing above and beyond what is expected.

Settling in

It was a great week getting around to see many of the people that make up Team Charleston. I got my household goods and I am now slowly wading through them, but I am not going to hold up my orientation schedule to unpack. I will continue to charge forward and make it a point to meet as many of you as I can.

I am looking forward this week to getting up in the air and flying again. I hope to get two sorties this weekend and in April I look forward to going on a channel mission. In between those, I am planning to visit the 437th Logistics Group and 437th Operations Group next week and the 437th Medical Group the following week. More to follow in next week's column.

I enjoy meeting with as many of the wing's leaders and supervisors as early and often as I can. I had lunch with the first sergeants and chiefs this past week and also met with squadron and group commanders. These were two very good introductory meetings. I thanked them for all that they are doing as leaders and supervisors in this wing. Like I told the first sergeants and chiefs on Monday, sometimes there is a tendency to forget the commanders, supervisors and leaders when it comes to doling out the thanks. I like to make it a point to thank **all** of Team Charleston for what they do each day.

Earth/Arbor Day

If you drove by the base picnic grounds on Wednesday, then chances are you saw the more than 1,100 local school children gathered at our fourth annual Earth/Arbor Day from 9 a.m. to 1 p.m. More than 30 exhibitors made presentations to fifth grade elementary school students from 14 Charleston County Schools.

Students got to hear and see presentations on everything from how to save the Manatee, a touch tank from the soon-to-open South Carolina Aquarium to a display from the Turtle and Tortoise society. The 437th Civil Engineer Squadron environmental flight arranged for awards to the winners of the poster, essay and mural contests.

A number of base agencies participated in this event to include our firefighters and security forces. It was a true Team Charleston effort with many volunteers from throughout the base. The environmental flight took on the difficult task of arranging this worthwhile event for our children. They have my sincere appreciation for another event well-done.

Have a safe and fun weekend!

Action Line

The Commander's Action line is your direct link to me. It's your opportunity to make Charleston Air Force Base 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.

Easy to pick up keys

I locked myself out of base housing about two weeks ago. I called maintenance, who told me to go to the housing office for a spare key. To my surprise, I just walked in and said I locked my keys in the house and the lady at the desk asked for my house number and gave me the key. She told me to return it when I finished. I could have been anyone getting that key and that bothered me because she never asked for identification.

That same week, I saw something on TV about hotel/motel keys being taken and people returning to break in later because the locks weren't changed. That brought my situation to light. Maybe you ought to test housing again to see if they would make the same mistake twice. This could of ended differently if I was not a resident of my house, thankfully, but what if I weren't?

Please let others know they should stop the person right away and ask for a key when they are asking for something important like a key. Thank You.

Thank you for your concern. The housing office has a policy for issuing keys to individuals when they have been locked out of their quarters. In most cases, when a member is locked out, they do not have identification with them.

Consequently, housing office personnel use other means of identifying the individual picking up the key, such as asking for information that only someone close to the member would know. Unfortunately, in your case this was not done. You have made an excellent point and the proper procedure has been reinforced to the housing office staff.

Airlift DISPATCH

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Enlisted only?

My question is in reference to the March 17 issue of the Airlift Dispatch. On page 3 of the paper it gives the justice action for the month of January through February for the Charleston Air Force Base. As I was reading I noticed that the enlisted ranks were the only ones (for those two months) being used as an example. My question is do the officers ever get used as an example in this article? If no, please explain.

The "Justice Files" article is based on *all* of the judicial and nonjudicial proceedings which have taken place at Charleston AFB for the past two months. The individuals and the offenses they committed are not examples - rather they are actual synopses of the crimes committed by our Air Force members. The purpose of the article is to help deter individuals from making the same mistakes, and to show Team Charleston the effects of committing a crime against the UCMJ. You are correct that there are no officer actions mentioned in the most recent article that is because there were no officers who received judicial or nonjudicial punishment in the past two months. When there is an officer action, rest assured that it will be in the justice files article.

Full House

I am writing this to you in hopes that you can explain a few things that I am concerned about. I live in Hunley Park, across from the homes now

designated as Temporary Living Facility units. It concerns me that complete strangers are constantly shuffling in and out of our neighborhood. I know that it is supposed to be for military members and their families, but it seems as though anyone with an ID card passing through Charleston is authorized to use these facilities. I believe it is great that people PCSing in and out of the base are able to use these units to temporarily house their families, but other people are a different story! For instance, how many people are able to stay in them? I have seen as many as 10 people staying in the same unit. Perhaps they have huge families, but it looks as though it is friends or lots of extended family, not to mention that they seem to let people check in at all hours of the night, which is very annoying.

I think that Charleston Air Force Base has adopted a totally unsafe practice in allowing billeting to use these for strangers. In the second Air Force Year of the Family, you are welcoming complete strangers to come and go as they please. How are we supposed to get to know and trust our neighbors, when we have a motel across the street? How are we supposed to know that these people are trustworthy? How are we supposed to let our kids go outside and ride their bikes when we have yet another person checking in to their temporary house?

If these houses on one side of the road are good enough for military housing, the houses across the street should be the same. I say let people live in

them, not just for temporary stays. Let a family move in that we can get to know and be friendly with. That we can trust.

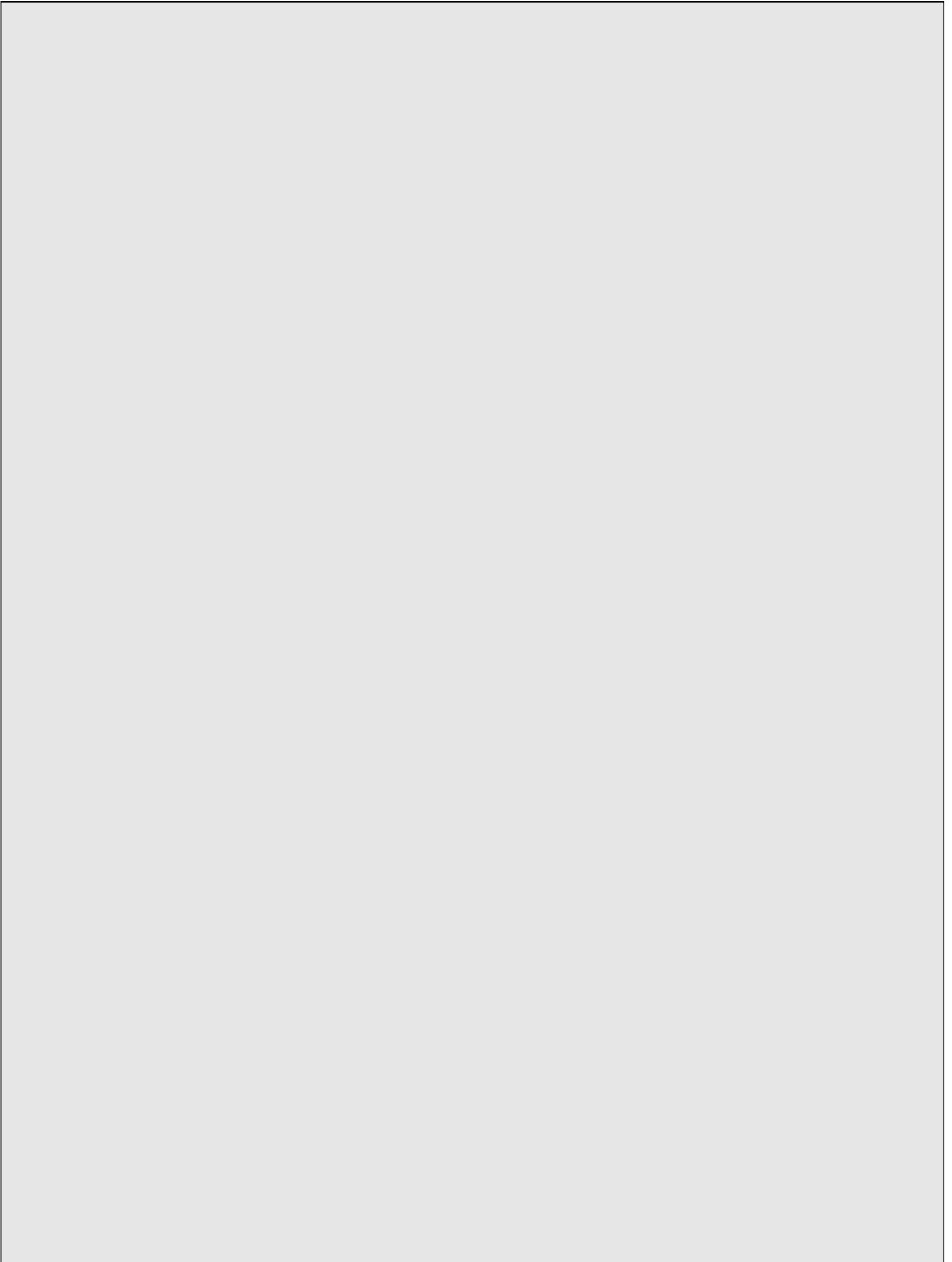
We are families over here, and should not have to live across from motels. Please do something about this. I have called housing and they cannot solve it. I think that allowing billeting to "make a buck" while putting families in jeopardy is a very unsafe practice.

The use of excess Hunley Park Housing for families in transit has met with extremely positive response, especially since there are only 18 TLF units (hotel style) on the main base. Only personnel authorized to use base facilities are housed in our lodging quarters. The Hunley Park TLF units are designated for families that are in PCS status.

Word has spread that we have actual homes available and families PCSing in and out ask for them specifically. Some of the units do house as many as ten people and some guests do, from time to time, have friends and family members visit. This is understandable, just as it is when people host family and friends in their own home.

We strive to make moving less stressful by providing a home-like atmosphere. Our visiting families should observe the normal occupant courtesies that all Hunley Park residents are expected to observe.

If at any time you do not feel this is happening, please notify our Lodging Manager, Joe Abell, at 963-3819 for assistance.



By Staff Sgt. Michael Duhe
437 AW Public Affairs

In a wooded area near the Ability to Survive and Operate yard, a five-man security forces team silently advances forward through the trees, weapons pointed up and ready.

In a C-17 parked on Charleston AFB's busy flightline, maintainers from the 437th Aircraft Generation Squadron carefully check an avionics rack and other electronic equipment, making sure each component is in working order.

Security forces and C-17 maintainers are among the eight teams the 437th Airlift Wing will send to Rodeo 2000. This year's competition is May 8-11 at Pope AFB, N.C.

Members of the C-17 maintenance team are 2nd Lt. Ben Edwards, Master Sgt. Mark Burns, Tech Sgt. Tony Trodglen, and Senior Airmen John Emmons, Todd Westhaven, Renee Hess, Sean Starkey, Chris Neldner, John Taylor and Chris Quarles.

The maintainers are preparing their aircraft for Rodeo 2000 by inspecting parts that need to be replaced or repaired, according to team chief, Master Sgt. Mark Burns. "We want to find as many things as we can now."

Once at the competition, Rodeo "umpires" will perform pre-flight and post-flight inspections.

"It'll be competitive," Burns said. "Win or lose, we'll give them a good product. We're looking forward to it."

The security forces team is made up of team leader 2nd Lt. Justin White, Staff Sergeants Toby McKnight, Mike Wilson, Royall Mack, Ryan Lowry and Keith Collins.

Their portion of the competition will consist of combat rifle, combat handgun, combat endurance and combat tactics. The rifle competition will utilize different courses of fire and include running between relays and firing with gas masks. The handgun will also use different courses of fire. The combat endurance will be an obstacle course followed by a run, and the combat tactics scenario will be given to the team when they arrive at Rodeo.

"We'll be doing a lot of M-9 and M-16 firing and physical conditioning to prepare," said White.

The team will use the different ranges offered at Ft. Jackson, which is near Columbia, for M-16 firing and obstacle course work.

They'll use the Border Patrol ranges at the Naval Weapons Station for the M-9, and North Field, the base ATSO area and other base locations to train on the different tactics material.

"All of this is a generalization of the competition and training," White said. "We won't know exactly how each competition will work until later in the game."

(Editor's note: This article is a first in a series on Charleston AFB's Rodeo 2000 teams.)

Getting Ready for Rodeo



photos by Staff Sgt. Michael Duhe

Tech Sgt. William Dunlap (center) is helping the security forces team prepare for the Rodeo 2000 competition.



Senior Airman John Emmons inspects avionics equipment.



Dunlap illustrates defensive security forces techniques.



Senior Airman Chris Quarles inspects sealant applied to a navigation light lens assembly.



MAGNOLIA PLACE DINING FACILITY



On the Menu

Today

Lunch -- meat loaf, roast veal, mustard-dill fish, rice pilaf, mashed potatoes, club spinach, glazed carrots, green beans

Dinner -- stir-fry chicken, fried fish portions, rice, macaroni cheese, succotash, squash asparagus

Saturday

Lunch -- country style steak, baked ham, cauliflower, pinto beans with bacon, french fried okra, potatoes au gratin, rice

Dinner -- lasagna, sauerbraten, corn O'Brien, cabbage, simmered carrots, franconia potatoes, rice

Sunday

Lunch -- grilled bratwurst, chicken a la king, steamed rice, baked potatoes with margarine, beets, lima beans, broccoli

Dinner -- salisbury steak, baked chicken, cornbread dressing, southern style green beans, spinach, mashed potatoes

Monday

Lunch -- baked stuffed pork chops, tamale pie, chicken fajitas, Jefferson noodles, okra melange, Brussels sprouts combo, parsley buttered potatoes, spinach

Dinner -- lasagna, roast veal, rice pilaf, broccoli and cauliflower, french fried okra, corn, mashed potatoes

Tuesday

Lunch -- beef noodles, southern fried catfish fillets, Caribbean jerk chicken, carrots, Southern style green beans, baked potato halves, peas

Dinner -- macaroni and cheese, Yankee pot roast, country captain chicken, bean combo, corn, okra and tomato gumbo, mashed potatoes

Wednesday

Lunch -- grilled Salisbury steak, pork adobo, stir fry chicken with broccoli, steamed rice, Southern style greens, mashed potatoes

Dinner -- Swedish meatballs, baked fish, noodles, Chinese fried cabbage, potatoes au gratin, Brussels sprouts, mixed vegetables

Thursday

Lunch -- roast turkey, roast beef, Polish sausage, rice, savory bread dressing, peas with mushrooms, mashed potatoes, broccoli, corn

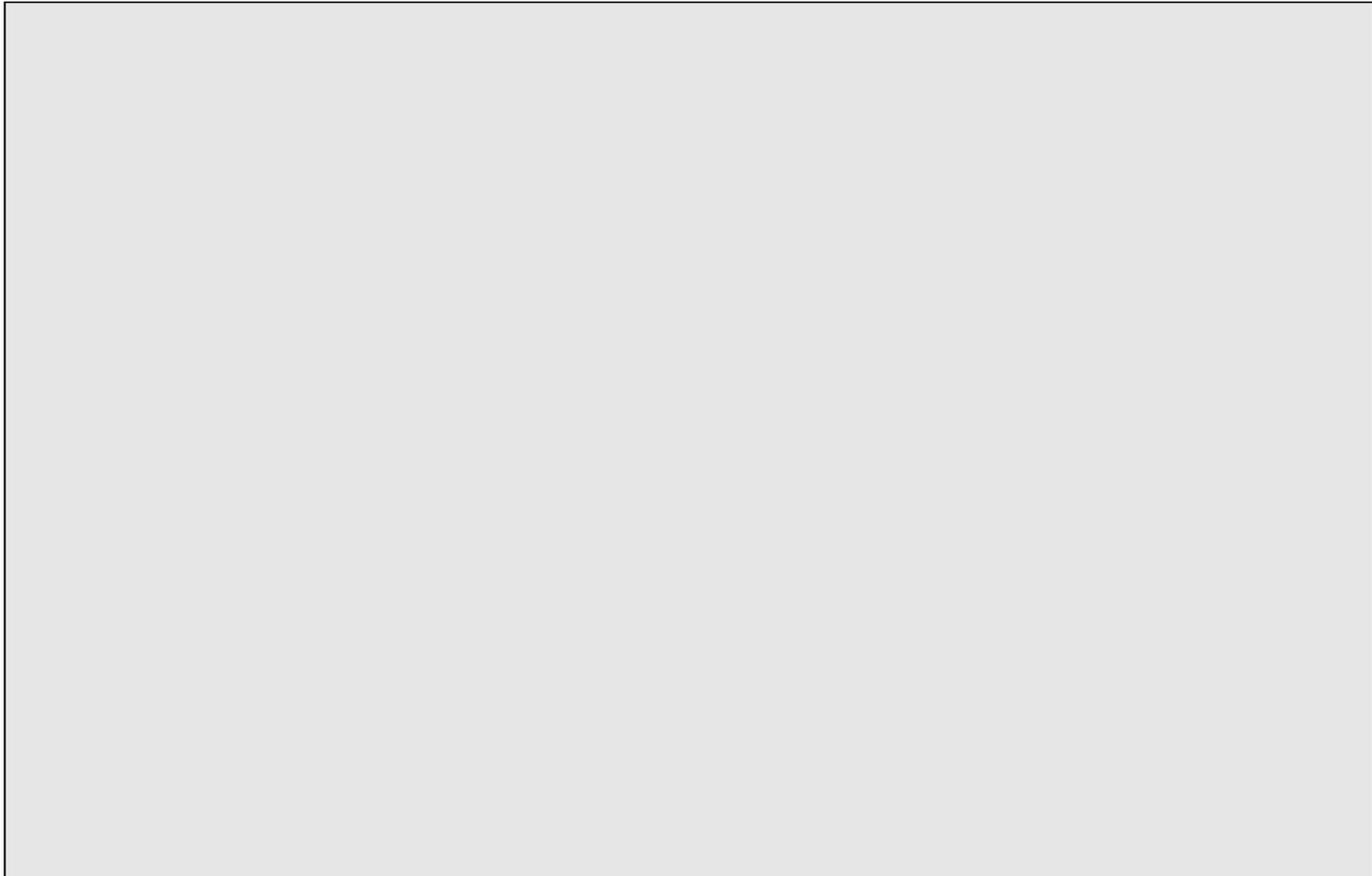
Dinner -- roast pork loin, Hungarian goulash, rice, Southern style green beans, carrot and celery almondine Brussels sprouts, mashed potatoes



The Wall that heals

Master Sgt. Charlie Hall, Jr.

A traveling one-half scale replica of the Vietnam Memorial Wall in Washington, D.C., was recently set up at Patriot's Point for public viewing. Charleston AFB provided volunteers to help people look up names of loved ones and friends on the wall.



Chapel schedule



107 Arthur Drive

Office hours: 7:30 a.m. to 4:30 p.m., Monday-Friday.
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 each month at 11 a.m. in the Chapel Annex. For Sacrament of Marriage, call the Catholic chaplain six months prior to wedding. For information on other special services, women's group, youth group, singles group and Bible studies, call 963-2536.

Protestant Services

Sunday -- 8 a.m. Contemporary Worship Service, 9:30 a.m. Sunday School building 245, 11 a.m. Traditional Worship Service, 11 a.m. Children's Church.

For information on other special services, women's group, men's group, youth group, singles group, single parents' group, choir and Bible studies, call 963-2536. Marital, family and baptismal counseling available.

Buddhist: Columbia Shambhala Meditation Center, Suite 109, Columbia, S.C. 29405

Orthodox: Holy Trinity, Greek Orthodox Church, 30 Race St., Charleston SC. Phone: 577-2063.

Jewish: Call Jewish Lay Leader: Airman First Class David Winner at 963-2102.

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

Movie schedule

Admission prices:

Adults -- \$2 (12-years and older)

Children -- \$1 (6-11 years old)

Children (3-11 years old) -- G-rated movies for \$1

Any child under 17 years of age requires a parent or adult guardian (21 years old) to purchase admission ticket for the minor child to view R-rated movies.

Movie schedules are provided by the Army and Air Force Exchange Service. Patrons should call the theater at 963-3333 to verify movie titles, running times and start times, which are subject to change.

Tonight, 7:30 p.m.

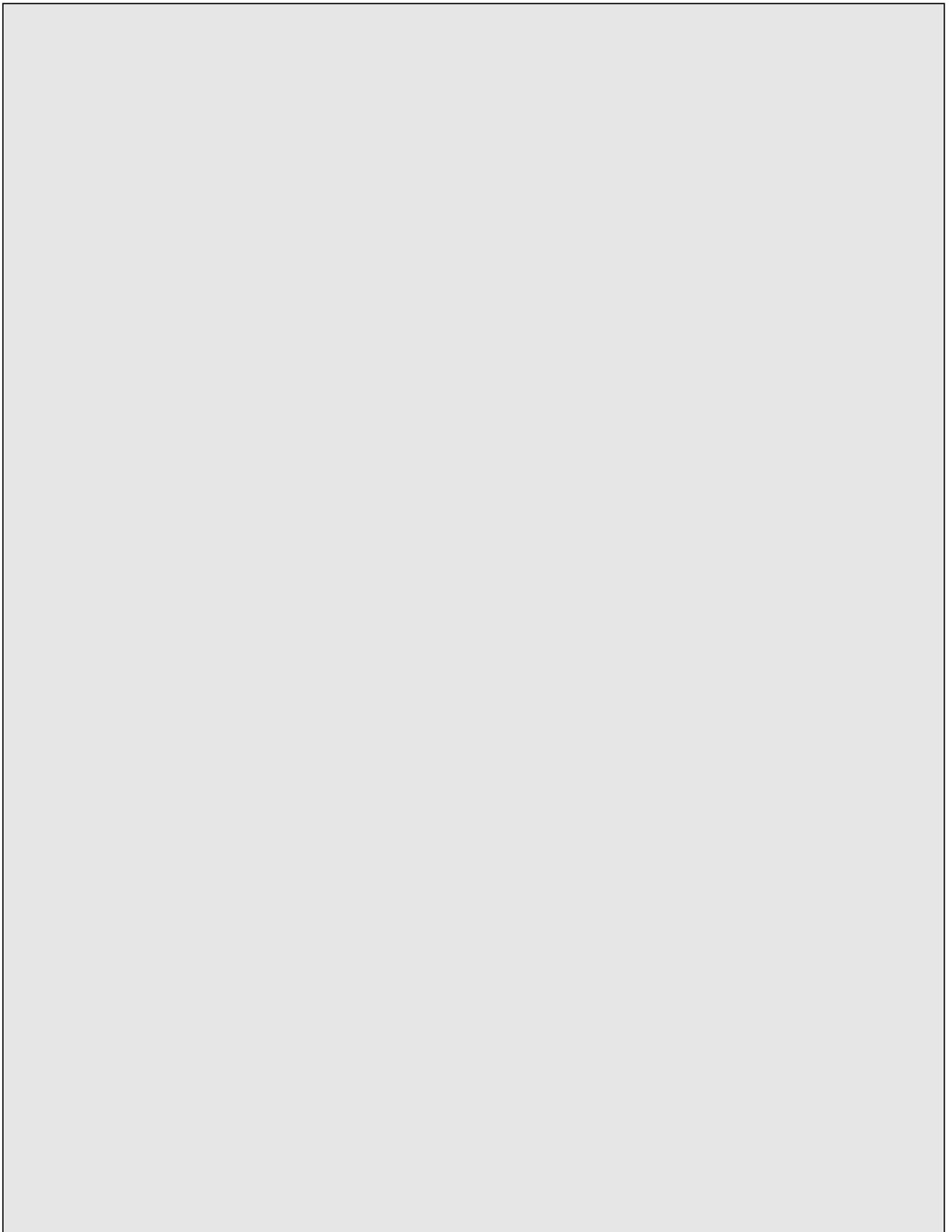
"The End of the Affair" - Ralph Fiennes, Julianne Moore

It's 1939 and England is at war. A passionate married woman, Sara, is attracted to brooding novelist Maurice when they meet at a party. They begin a passionate, illicit and sexually liberating love affair. Without warning, Sara ends the affair. Two years later, Maurice's obsession with Sara is rekindled as he reenters her life. **(R) 100 minutes**

Saturday, 7:30 p.m.

"The Beach" - Leonardo DiCaprio

While at a hotel in Bangkok, a young traveler named Richard finds a map left by a whacked-out neighbor who just committed suicide. The map supposedly leads to an island paradise where some other wayward souls have settled. **(R) 119 minutes**



Crunch your way to a stronger, tighter midsection

Turn on the TV and you're likely to come across an infomercial trying to sell you the latest product or video guaranteed to flatten and tone your stomach. For just \$29.95 (and up), you too can have a washboard stomach or 'abs of steel.' While there is nothing inherently wrong with most of these products, they are not the panacea manufacturers claim them to be. Recognizing that not everyone can achieve a chiseled midsection, it is possible to develop strong abdominal muscles, thereby strengthening the back, without spending a lot of money. In fact, you can start doing the following exercises right now, free of charge.

Clearing Up Misconceptions

First of all, let's get something perfectly clear. No amount of crunches or torso twists will get rid of the excess fat that many of us carry around our middles. Regular cardiovascular exercise, on the other hand, will do the trick. And more important than just making us look better, losing fat around the middle is important for keeping the heart healthy.

Technique Is Everything

The single most important thing you can do to correctly train your abdominals is to use proper form. There are many myths and misconceptions when it comes to abdominal training. Here are some points to remember when performing ab-



dominal exercises.

- Don't pull on the neck during the movement. Keep the chin a fist's distance from your chest.
- Start with the arms across the chest; as your abdominals become stronger, extend the arms behind the head.
- Don't throw the body, or use jerking motions to complete the movement. Keep it slow and controlled.
- Keep the abdominals pulled in by visualizing your navel pressing down toward the floor. Keep your back flat against the floor.
- Always exhale as you contract and inhale as you release.

Variations Of The Crunch

The best exercise to tone and strengthen the upper abdominals is also the easiest: the basic

crunch. This exercise is performed with knees bent, and back flat on the floor. Raise the chest and shoulders several inches from the ground, exhaling as you come up and inhaling as you release.

To work the obliques, the muscles on the sides of the stomach, perform the crunch at alternating angles, reaching with the shoulder (not the elbow) across the body to the opposite knee. Repeat on the other side.

Finally, to work the lower abdominals, bring the knees up toward the chest, forming a 90 degree angle with the body. Using only the lower abdominals and not the legs or hips, bring the knees slightly toward the chest as you exhale. Return to the starting position. Remember, this is a very small movement. Don't try to bring the knees up to the face.

There are no hard and fast rules as to the number of repetitions you should do of these abdominal exercises. Start with 10 repetitions of each and increase as your abdominals become more conditioned. Twenty-five repetitions of each exercise is a good goal to keep in mind as you train your abdominals. And, with 30 minutes of cardiovascular exercise, three times per week, you'll be on your way to a leaner and healthier midsection. *(Courtesy of the American Council on Exercise, a non-profit health and exercise organization.)*

Sports Line

No restriction: Beginning Monday, individuals on the Monitored Fitness Improvement Program will be allowed to utilize the base fitness center for exercising and will no longer be restricted to exercising at the Health and Wellness Center. Those on the MFIP will carry and maintain their own MFIP cards and after exercising will be able to have their MFIP cards documented by either the HAWC or fitness center personnel only. The fitness center hours of operation are Monday through Friday from 5 a.m. to 11 p.m.; Saturday and Sunday from 7 a.m. to 6 p.m.; and holidays from 12 p.m. to 6 p.m. If you have any questions or comments, feel free to contact the HAWC at 963-4007.

Smoking cessation: The Health and Wellness Center will hold a free "Quit Smart" Tobacco Cessation Facilitator Course Friday from 8 a.m. to 5 p.m. at the HAWC.

This one-day train-the-trainer seminar combines a multimedia presentation to show you how to implement and promote a Quit Smart tobacco cessation program for up to 30 people.

Limited seating is available. Course content includes assessing nicotine addiction and coping skills.

To register or for more information call the Health and Wellness Center at 963-4007.

Catch the Rays: The South Carolina Stingrays are giving all military members another chance to join the fun of a Stingrays game. Fan Appreciation Night is Saturday, as the Rays take on the Pee Dee Pride. Military members will receive \$2 off each upper bowl I seat plus enjoy free parking for this night. Military members

should show their ID cards at the Coliseum ticket window.

Stop by the Outdoor Rec Center to get Stingray tickets. Tickets are on sale for \$4 and \$7. Don't miss these rock bottom prices. Call the ORC today at 963-5271.

Intramural standings

Bowling leagues

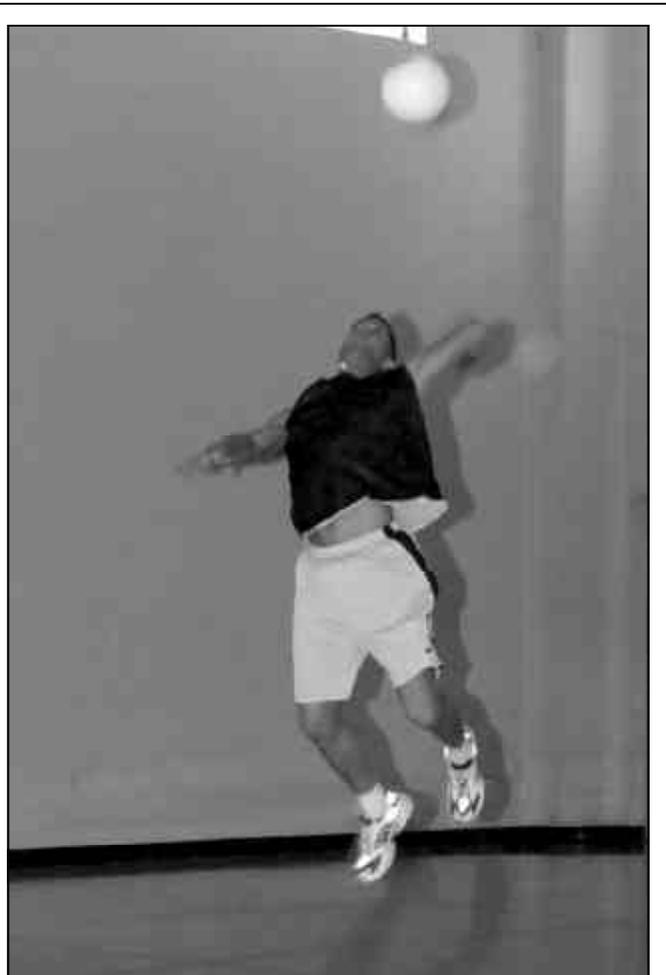
American	National
1. 637 AGS 2	1. CES
2. EMS 4	2. APS
3. 637 AGS 3	3. LSS
4. LGT	4. EMS 2
5. EMS 1	5. 637 AGS
6. APS 2	6. MSS
7. APS 3	7. Comm
8. SVS	8. Det. 3
9. SFS	9. 15 AS
10. 437 OSS	10. EMS 3
11. CTCS	11. CRS
12. APS 4	12. Blind Team

Bowling championship: The intramural bowling roll-off to determine the top teams in the American and National leagues is May 1-3 at Starlifter Lanes. Competition will begin each day at 5:30 p.m.

The top five teams from each league will compete, and each league will have a first and second place winner.

Volleyball

1. 1 st CTCS	Racquetball
2. CS/SVS	1. SFS
3. 437 AW	2. 437 AGS 1
4. AGS	3. 437 AW
5. Navy Hosp.	4. 373 TRS
6. SUP	5. CS
7. SFS	6. 1 CTCS
8. 373 TRS	7. CES
9. 15 AS	8. APS
10. CES	9. CRS
11. EMS	10. SUP
12. LGT	11. EMS
13. Med Grp.	12. 437 AGS 2



Super serve
David Deremer of the 1st Combat Camera Squadron volleyball team serves while warming up for a recent game against 437th Medical Group.

Staff Sgt. Michael Duhe

