

# AIRLIFT Dispatch

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437<sup>th</sup> Airlift Wing, Charleston AFB, SC

Friday, February 9, 2001

## Team Charleston, Navy work together at North

By Senior Airman Mary Hinson  
315 AW Public Affairs

Total force took on a new meaning when a C-17 crew from Charleston AFB joined forces with the Navy Reserve to make improvements to North Auxiliary Airfield Feb. 2-4.

Members of Naval Mobility Construction Battalion 14 from Naval Air Station, Jacksonville, Fla., were picked up by the 317<sup>th</sup> Airlift Squadron and dropped at North Field as part of an air detachment exercise.

In exchange for the ride, once at North, the Seabees proceeded to cut down an earth mound at the end of the runway and level it with the road.

Thirty-four naval personnel worked for two days, 24 hours a day, to fix the flight hazard, said Navy Lt. Kurt Herbst, Air Detachment officer in charge.

Once approximately two acres of earth was moved, the extra dirt was used to fix damaged roads at North.

The joint endeavor was the product of an affiliation between the 315<sup>th</sup> Airlift Control Flight and the NMCB 14.

According to Master Sgt. Bill Griffin, 315 ALCF, it is the job of his unit to train mobility units on how to prepare cargo for transportation according to Air Force specifications. NMCB, the only construction battalion affiliated with ALCF, was taught how to prepare, mark and weigh, and stage all cargo for loading.

"We teach them from ground zero how to prepare," said Griffin.

According to Senior Chief John Taylor, NMCB 14 embarkment chief, the unit has been unable to garner a plane to fly them in the last nine years, so training consisted of loading and unloading a static plane and practicing on paper.

When the opportunity came about for both units to benefit, neither one thought twice.

"It's one thing to do the same old

thing, but this is pretty exciting," said Herbst.

This exercise, the first of its kind for the members, was a culmination of both the Air Force's and the Navy's hard work.

"This is the first opportunity to train to do what we are supposed to do—work with the Air Force," said Store Keeper 2<sup>nd</sup> Class Randy Scott, NMCB 14.

For the ALCF members, working with other services is nothing new; but this exercise gave them the chance to do a quality assessment on this unit, said Griffin.

The combined contributions proved to be a win-win situation for both the Air Force and the Navy.

"All this was done for less than \$1,000," said Larry Gill, 437<sup>th</sup> Operations Support Squadron airfield manager.

"It (the project) proved two sepa-



Photo by Master Sgt. Charlie Hall

Navy Senior Chief John Taylor, Naval Mobility Construction Battalion 14, Naval Air Station, Jacksonville, Fla., tightens down equipment on a Charleston AFB C-17.

See Navy, page 3



Photo by Staff Sgt. Richard Kaminsky

To serve and protect

Airman 1<sup>st</sup> Class Casey Crowe, 437<sup>th</sup> Communications Squadron, configures the Network Control Center's backup server to perform daily resource backups.

## CAFB AFSA looking for a few good members

By Senior Airman  
Jason Smith  
437 AW Public Affairs

Charleston Chapter 306 of the Air Force Sergeants Association has been representing the professional and personal interest of Charleston AFB members and retirees since the early 1970s.

Currently, membership has been dropping, and Senior Master Sgt. Bruce Blodgett, 437<sup>th</sup> Supply Squadron first sergeant, and retired Master Sgt. Ray Wiltshire want to change this downward trend.

"AFSA is a non-profit association, 155,000 members strong, that currently lobbies for the interests of all enlisted, active-duty and retired, members of the Air Force, Air National Guard and Air Force Reserve," said Wiltshire, who is also the Division 3 vice president. "We've been losing retirees, and not enough new folks

have been joining to replace them."

High membership numbers are key for AFSA to remain effective. In the past, AFSA played a major role each year in achieving gains for enlisted people. Some examples are:

- Active duty pay raise higher than what the President recommended

- Helped defeat the High One Plan that would have changed the basis for determination of retirement pay

- Helped halt administration plans to increase the Commissary surcharge for military retirees

- Implementation of a cost-shared, voluntary Dental Insurance Program for the guard and reserve

"The more members we have, the more we can do at Capitol Hill," said Blodgett. "AFSA has three full-time personnel who lobby for Air

See AFSA, page 3

## IN THE NEWS

# Charleston AFB kicks off Black History Month with luncheon

**By Senior Airman  
Cassandra Rainey  
437MXS**

The 437<sup>th</sup> Airlift Wing and the African-American Heritage Council celebrated Black History Month with an opening ceremony luncheon Feb. 1 at the Charleston Club.

The host for the event was Col. Karl Young, 437 AW vice commander. This year's theme is "Creating and Defining the African-American Community: Family, Church, Politics and Culture."

The opening ceremony may have given the Charleston community a chance to do just that by bearing witness to the progress, richness and diversity of African-American achievement.

"I was impressed with the diversity of the crowd," said Staff Sgt. Nina Campbell, 437<sup>th</sup> Operations Group. "To see everyone excited and enthusiastic has got me looking forward to the rest of the events this month."

Carolyn Murray, co-anchor for WCSC-TV's Live 5 News and Fox 24's News, was the guest speaker at the luncheon. She has worked in television news for more than 10 years as

an anchor and reporter. Murray is active in the community and has served on the boards of many organizations including the Dean's Advisory Board of MUSC College of Nursing, Crime Stoppers, Operation Understanding, Youth and Families, the Salvation Army, the Junior League of Charleston, the Trident Urban League and the Mayor's Council on Children.

During the luncheon she spoke on how changes in business and society are allowing minorities greater roles, and she talked about her own personal experiences in the world of media. At the end of the luncheon she thanked everyone for allowing her to speak as she was presented with a crystal decanter from the council.

"I had a great time sharing my experiences with everyone," said Murray. "I want to thank the council for allowing me to speak and for the wonderful gift. People are melding together because of time we take out to understand and appreciate each other."

According to research done by KRON-TV, San Francisco, Calif., the first Negro History Week was created and promoted in the 1920's by an

African-American named Carter Woodson. He chose this period in February because it included the birthdays of Frederick Douglass and Abraham Lincoln. In 1976, the month-long celebration was implemented, and it has become a time to allow Americans to reflect on both the history and teachings of African-Americans whose contributions might otherwise remain unknown.

The Charleston AFB African-American Heritage Council is also sponsoring other events during Black History Month. A health fair is planned for Thursday, 10 a.m., at the Fitness Center. There will also be a Gospel Extravaganza Feb. 18, 5 p.m., at the Base Theater. The closing ceremony for the month will be Feb. 23, 6 p.m., at the Charleston Club. For more information, call 963-2558.



*Photo by Staff Sgt. Corey Clements*

**Carolyn Murray, co-anchor for WCSC-TV's Live 5 News and Fox 24's News, spoke at the luncheon Feb. 1 at the Charleston Club.**

## Did you know?

Black History Month is in full swing at Charleston AFB. Many African-Americans have made significant contributions to this country and the world. The following African-Americans are just a few who have been pioneers in their particular fields. (Information from www.infoplease.com)

**George Washington Carver:** George Washington Carver was an American agricultural chemist. He was born a slave in 1864 and later earned his college degree as a free man.

While Carver devised many products from cotton, potatoes and even soil, he is most famous for his work with the peanut. He discovered hundreds of uses for the peanut and is credited with stimulating the culture of the crop.

**David Crosthwait Jr.:** David Crosthwait Jr., was an American inventor who had numerous patents relating to heat transfer. In addition to designing the heating system for Radio City Music Hall in New York City, Crosthwait also authored books and guides about heating and cooling with water.

**Virgil Garnett Trice Jr.:** Virgil Garnett Trice Jr., worked as a nuclear waste management engineer for the Energy Research and Development Administration. He later became a senior program analyst for the U.S. Department of Energy, where he focused on nuclear waste management.

**Roger Arliner Young:** Roger Arliner Young was the first African-American woman to earn a doctorate's in zoology. Young's contributions to the field include findings about the effects of radiation on marine animals. Young also taught a number of courses at universities including Shaw University, Howard University and North Carolina College for Negroes.

## Legislation increases education benefits

By Senior Airman  
Donald Church  
437AW Public Affairs

Congress recently passed legislation that allows GI Bill benefits to be used simultaneously with tuition assistance.

The 'Top Up' Program allows the military to pay 100 percent of TA. Congress has not given any additional funding, so the Air Force must continue operating at 75 percent TA. The program gives GI Bill users an opportunity to tap into their benefit funds to pay the 25 percent difference. Top Up also allows the Veteran's Administration to pay GI Bill participants' tuition and fees not covered by TA. The following requirements apply:

- Available only to Chapter 30 participants, i.e. students who entered active duty for the first time on or after July 1, 1985 and accepted the GI Bill

- The benefit is retroactive for courses starting on or

after Nov. 1, 2000

- Students may receive 36 months of Top Up payments; for example, payment for one or more eight-week courses in the same time frame will cost two months of Top Up while a 16-week course will cost four months of Top Up

Payments made through this program do not impact the length of future GI Bill benefits. The 36 payment months of Top Up are not to be confused with the 36 months of training time allowed under Chapter 30 benefits. For example, a student uses the Top Up program for two years while on active duty. After he separates from the military and enters college, he contacts the VA to start his 36 months of GI Bill benefits. The length of time to use benefits does not change.

Top Up does take the total amount used for tuition assistance while on active duty,



Photo by Senior Airman Jason Smith

and subtract it evenly from each month of GI Bill payment. For example, a student claims \$400 in Top Up benefits while using TA. He subtracts \$11.11 (\$400/36) and would receive \$638.89 per month (\$650-\$11.11) based on the current maximum monthly rate. This way the total amount used while on active duty is spread evenly across GI Bill payments, and GI Bill users are borrowing against the total benefit amount.

For questions or more information, please contact the base education center at 963-4575.

## Navy

continued from page 1

rate services can come together to accomplish a task," he added.

Besides having improvements made, C-17 loadmasters had the chance to work with loading some not-often-seen equipment such as a 64,000-pound bulldozer, motor grader and front-end loader.

For the Navy, the training was unequalled. It gave the unit a chance to realistically practice their mission of rapid response for contingency construction, which consists of battle damage and road repairs, said Navy Lt. Mark Blue, NMCB 14 embarkment officer.

"We're mobile. We get out, get the

job done and go home," added Herbst about the unit. "This training was nothing but a positive thing."

"This exercise proves we can work with the Air Force and get the job done. This is a big evolution for us," said Construction Mechanic 1<sup>st</sup> Class Dave Burnett, NMCB 14.

Since the trial run is complete, Gill said he is looking forward to cooperation on other projects around North.

"Everybody's looking at this as a test for doing more things in the future on a bigger scale," said Herbst.

As with any new experience, small glitches occurred, but all parties involved learned one important lesson: "As long as we talk, stay focused and stay involved, we can overcome anything," said Blue.

## AFSA

continued from page 1

Force specific issues. When we deal with issues that affect all branches, we join with the other military professional organizations to stand up for every military member. While everyone should be a member of at least one professional organization, only AFSA concentrates on Air Force specific issues."

Locally, AFSA stays active with the Charleston community. According to Wiltshire, there are even more events that Chapter 306 would like to participate in after they get an increase in membership and participation.

"We started the Christmas Tree Program here," said Wiltshire. "We give money to Camp Happy Days, we adopted two or three families each year for Christmas, we donated the flag to the Charleston Club, we present the John Levitow Award at the Airman Leadership School and we provide plaques for the award, and we also provided incentives and gifts for the base's annual award winners."

Officers and family members can join AFSA as auxiliary or associate members. Many of the things AFSA lobbies for don't just affect enlisted personnel.

"I encourage officers and family members to join also," said Blodgett. "When we go to Capitol Hill, the more members, the more pull we have. For officers, it's a great opportunity to show support for their enlisted troops. They also have access to the same benefits AFSA provides for enlisted corp. There

are scholarships, rental car discounts and insurance discounts, just to name a few.

"Like I said before, I support any professional organization that stands up for its people," continued Blodgett. "I think the other professional military organizations do good work, but AFSA stands apart because we're Air Force specific. Also, we don't sell insurance as a primary membership benefit. GEICO gives our members big discounts, but it's a benefit you can take or leave. Our main purpose is to represent the needs of the enlisted corp."

Now is a great time to join, according to Wiltshire. "We are having our annual elections in March, and it's a great opportunity to get new members actively involved in our chapter," he said. "There is also a conference in March at Langley AFB, Va., and it would be a great permissive TDY for anyone interested."

Blodgett said he has been to conferences in the past and he is impressed with the common bond that membership creates.

"There are great chances to meet people and network," Blodgett said. "Everyone is shaking hands and talking as if they've been friends for years. There's no better way to make connections than to be a part of such a tight group who share a common bond."

The cost to join AFSA is \$21 a year for E-5s and above and \$15 for E-4s and below.

AFSA will be meeting Tuesday, 4:30 p.m., at the Charleston Club. There will be free pizza, soda and beer. Everyone is welcome, and there will be opportunities to join AFSA.



Master Sgt. John Bartosh (left), 317<sup>th</sup> members of Naval Mobility Construction Battalion 1, briefs

by Master Sgt. Charlie Hall  
loadmaster, briefs  
Naval Air Station,  
improvement project.

# NEWS BRIEFS

## Spotlight

**Retirement ceremony:** The 437<sup>th</sup> Aircraft Generation Squadron is hosting a retirement ceremony for Senior Master Sgt. Scott Lewis Tuesday, 3 p.m., at the Charleston Club. For more information, call Master Sgt. Roger Feitlin at 963-4599.

**Change of command:** Lt. Col. William "Goose" Changose will accept command of the 14<sup>th</sup> Airlift Squadron from Lt. Col. Samuel Cox Feb. 16, 9 a.m., at the Charleston Club. For more information, call 963-2158.

**Prayer Breakfast:** The annual National Prayer Breakfast will be held Feb. 27, 7 a.m., at the Charleston Club. Chaplain (Col.) Cecil Richardson, Air Combat Command chaplain, will be the speaker. The National Prayer Breakfast dates back to 1952 when members of Congress, Cabinet members, clergy and lay people gathered to pray for the newly elected President Dwight Eisenhower. Since then, it has been a yearly event at which the same members gather around the country. For more information, or to RSVP, call Chaplain (Capt.) Richard Novotny at 963-2536 or your first sergeant.

**Outstanding Unit:** The 437<sup>th</sup> Airlift Wing has been awarded the Air Force Outstanding Unit Award. Members assigned to the wing during the period of July 1, 1998-June 30, 2000, are authorized to wear the AFOUA

ribbon or appropriate cluster. Civilians are authorized to wear the AFOUA lapel pin.

## Around the base

**Street closure:** To accelerate remodeling of the housing units in Hunley Park, it has become necessary to block three streets that cross between Maryland Avenue (the street extending out to Dorchester Road at the stop light) and Michigan Avenue (the street extending along side of the Hunley Park School with no stop light at Dorchester Road). The streets to be blocked off are: N. Dakota Avenue/Montana Avenue, Oklahoma Avenue/Nevada Avenue and Rhode Island Avenue/New Mexico Avenue. Starting Monday, the entrance to each of those streets will be barricaded with movable barricades and flashing lights. Those barricades will remain in place until April 2002. Hunley Park residents may still cross between Michigan Avenue and Maryland Avenue by using S. Carolina Avenue/New York Avenue, or by following Michigan Avenue around the loop until it intersects Maryland Avenue. Residents may drop off their children directly in front of the Hunley Park School, on Michigan Avenue, or beside the school on Maryland Avenue.

**Health fair:** The African-American Heritage Council is hosting a Black Heritage Health Fair Thursday, 10 a.m.-3 p.m., at the fitness center. There will be blood pressure

checks, cholesterol checks and health-related information available. The whole Charleston AFB community is invited to this free event. For more information, call Staff Sgt. Watasha Glover at 963-6962.

**Curbside recycling:** The next family housing curbside pickup date is Thursday. For more information, call 963-2690.

**Chiefs:** The Charleston AFB Chiefs' Group will hold their monthly meeting Thursday, 11 a.m., at the Charleston Club. Representatives from Bank of America will address the group, and lunch will be provided. All chiefs are invited to attend.

**Finance:** Finance will close for the day at 11:30 a.m., Feb. 16.

**Black history:** There will be a Black history luncheon "Rendering a Salute to Military Excellence" Feb. 16, 11:30 a.m., at Alice's Fine Foods and Southern Cooking on King Street in Charleston. Meals start at \$6.95 and can be purchased at the event. Military guests should wear the uniform of the day and civilians should wear business attire. RSVP with Navy Lt. Lolita Brooks at 743-7103.

**Commissary:** The Commissary will be closed Feb. 20 in observance of President's Day.

**Marriage enhancement:** There will be a Marriage Enhancement

Seminar every Tuesday, starting Feb. 20 and ending April 3, 6-8:30 p.m., at Bldg. 1000. The seminar will include blocks about effective communication and conflict management. The seminar is free, and class materials will be provided. For more information, call Jim Hernandez at 963-6504.

**Commissioning briefing:** The base education center is holding their monthly Officer Commissioning Briefing, Feb. 21, 10 a.m., at the base education center. The briefing will provide information about all U.S. Air Force commissioning programs. Call 963-4575 to reserve a seat.

**WAPS testing:** During every testing session, two examinees will be selected to verify and witness the seal breaking on booklets and the destruction of the booklets. Those selected cannot turn down the duty and will be required to stay for the entire testing session. All examinees should make arrangements to be present for the entire session in the event they are selected for these duties.

**Valentine Carnation sale:** The 437<sup>th</sup> Airlift Wing Staff Booster Club is selling carnations for Valentine's Day. Red, white and pink flowers are available. The cost is \$1 each or six for \$5. Those who purchase six or more carnations will be eligible to win a Valentine's Day gift basket. The gift basket will include a one-night stay at the Mill's House, dinner for two at Sticky Fingers, a carriage ride, a bottle of German wine and many other chocolate goodies. To order, call Master Sgt. Diane Chancey at 963-5493, Master Sgt. Dennis Pinner at 963-5635 or Tech. Sgt. Vicky Wetzel at 963-5576.

**Valentine bears:** The 437<sup>th</sup> Transportation Squadron Spirit Club and Women's Group is selling sweet-heart grams for Valentine's Day. The sweetheart grams are stuffed bears, and there are two options for \$5. Option A is a three-inch stuffed bear with chocolate candies and option B is a five-inch stuffed bear with flowers. Orders must be placed by Feb. 9 and will only be delivered to base areas. To order, call Airman 1<sup>st</sup> Class Esther Oliver at 963-4202 or Airman 1<sup>st</sup> Class Sarah Mears at 963-4205.

**MREs:** All ration/MRE custodians need to contact the Public Health Office and provide the number of cases on hand, the packing dates and the last inspection date. Call 963-6962, 963-6964 or 963-6655, or email the information to robert.roach@charleston.af.mil.

## Family Support Center

The Family Support Center is holding many workshops during February. For more information or to register, call the FSC at 963-4406.

## Charleston Profile

### Staff Sgt. Antwan Carlisle 437<sup>th</sup> Comptroller Squadron

Staff Sgt. Antwan Carlisle is a financial analyst for the 437<sup>th</sup> Comptroller Squadron.

Carlisle came to Charleston AFB from Kunsan AB, Korea, 18 months ago, and is now responsible for overseeing the transportation working capital fund. TWCF is a \$162 million budget primarily used by the 437<sup>th</sup> Operations and Logistics groups.



Photo by Senior Airman Donald Church

"It is amazing to see all the things these funds go towards," said Carlisle. "Just the fuel costs for Team Charleston can run upwards of \$100 million. It's important for us to keep a close eye on where the funds go."

Assigned under the 437<sup>th</sup> Airlift Wing Special Staff, the comptroller squadron may be one of the most misunderstood units on base, according to Carlisle.

"One thing people don't realize when they meet someone from my squadron is that we are actually a very diverse group," said Carlisle. "We have a wide range of responsibilities, and not everyone in the squadron is an expert at answering per diem questions."

Carlisle is from Goose Creek, S.C., but he has been assigned to several bases over the years, including Mountain Home AFB, Idaho, and Little Rock AFB, Ark.

Originally enlisting in the Air Force in the services career field, he retrained into finance after three years and has not stopped enjoying it.

"This is where I wanted to be," said Carlisle. "The people I work with are friendly, the environment is great and I love the job."

Carlisle is currently attending Limehouse College, where he is taking classes needed to obtain a bachelor's degree in accounting with an eventual goal of becoming a certified public accountant.

When not busy at work crunching numbers, Carlisle can be found cheering for his favorite football team, the Washington Redskins.



The following Valentine's messages were submitted by Charleston AFB members to the *Airlift Dispatch*.  
Happy Valentine's Day!

## Valentine's Day Top Ten

In the interest of helping the male members of Charleston AFB pick that perfect gift for their sweethearts on Valentine's Day, Senior Airman Jason Smith, editor, has done extensive research to find the top 10 items **NOT** to get your lady friend for Valentine's Day:

10. Groceries
  9. A vacuum cleaner
  8. A cookbook
  7. Tickets to your favorite sporting event
  6. A self-help book about relationships
  5. A bathroom scale
  4. A membership to a weight-loss organization
  3. Wrinkle-removing or age-reducing cream
  2. Any clothing item higher than a size six, regardless of her actual size
- And the number one item **NOT** to get your lady friend for Valentine's Day is:
1. An ad in the *Airlift Dispatch*

Just kidding (about number one, anyway)—Happy Valentine's Day!



FEATURE



## COMMENTARY

## About the paper

AIRLIFT  
Dispatch

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## Black history month offers plenty to do

By Col. Karl Young  
437 AW vice commander

This month we are celebrating the accomplishments and learning more about the culture of African-Americans as part of Black History Month. The opening ceremony was held Feb. 1 in the Charleston Club and featured Channel 5 news anchor Carolyn Murray as guest speaker. Everyone who attended had a great time.

On Monday, about 150 people showed to taste a wide variety of "soul food" available at the Charleston Club. A number of local vendors were on hand, and it was a great opportunity for everyone to sample various ethnic foods. Continuing with the ethnic food theme, the dining facility prepared a special lunch meal on Thursday to celebrate Black History Month. The African-American Heritage Council assisted the dining facility staff by helping to serve a wide variety of ribs, chicken and catfish. It's been a tasty week to say the least.

Other events planned for Black History Month include a health fair in the base fitness center Thursday, 10 a.m. to 3 p.m. The fair will include aerobics and booths to provide health-care screening. A gospel fest will be held in the base theater Feb. 18, 5 p.m. The event will feature a wide variety of solo performances and choirs by area churches and base airmen.

The monthlong celebration concludes with a closing banquet Feb. 23, 6 p.m., in the Charleston Club. The guest speaker for the evening will be retired Gen. Lloyd W. "Fig" Newton, the former commander of Air Education and Training Command, headquartered at Randolph AFB, Texas. Newton will also spend some time touring the base during his visit.

A special thanks to all the project officers for a truly superb chief's induction ceremony Saturday. You missed something good if you chose not to attend, as it was another outstanding job by the Charleston Club staff. It was one of those traditional military affairs that separate us from the rest, and it is one of the reasons why I love being a part of the Air Force where "no one comes close."

It was my pleasure to present the Diamond Sharp awards for January on Tuesday. Congratulations to the following top performers: Staff Sgt. Julie Buie, 437th Comptroller Squadron; Senior Airman Jamin Norton, 437th Aircraft Generation Squadron; Senior Airman Robert Ligon, 437th Medical Group; and Airman 1st Class Clayton H. Barker, 437th Civil Engineer Squadron.

Col. Rusty Findley, 437th Airlift Wing commander is proud the wing was chosen to support CAPSTONE, the brigadier general officer orientation course, with a mission supported by the 14th Airlift Squadron leaving for South America this Saturday. This is an excellent opportunity to educate our sister services about the unique capabilities of the C-17 as they travel through U.S. Southern Command.

We hosted the Skidaway Island chapter of the Kiwanis club on Monday. This chapter is considered one of the largest in Georgia, and they were very impressed with what they saw at the base. Kudos to everyone who was involved with their visit.

Several of their members belong to the board of directors for the Mighty Eighth Air Force Heritage Museum, and they encouraged many of our people to come out and visit. The museum promotes the courage, character and patriotism embodied by the men and women of the 8th Air Force from World War II to the present. We hope someday to establish a 437th Services Squadron trip to the museum. In the interim, you can visit the museum which is

located near Savannah, Georgia, at exit 102, I-95, just two miles north of its intersection with I-16, about 15 minutes from downtown Savannah. It is open seven days a week from 9 a.m. to 6 p.m., and military members get a discounted admission.

Everyone is invited, especially those who deployed, to attend the Inspector General's outbrief from the Mobility Exercise Feb. 16, 3 p.m., in the base theater. We will have a brief overview of the exercise, and a video will be shown. We encourage everyone to go to the Charleston Club after the briefings to share their "MOBEX" war stories with one another. Please join us.

The 437 MDG will be busy next week when they host Brig. Gen. (Dr.) Jim Roudebush, command surgeon of U.S. Transportation Command and Headquarters Air Mobility Command, and Chief Master Sgt. Jim O'Brien, command surgeon enlisted representative, who will meet the clinic staff and tour areas of the base Feb. 15-16. The purpose of their visit is to conduct a "how goes it visit" with the clinic staff. They are also here to look at primary care optimization, i.e. checking to see if active-duty members are getting enough personal contact with their respective providers.

Maj. Gen. George "Nick" Williams, 21st Air Force commander, will visit the base Wednesday and Thursday as he flies in on a C-17 "banner" support mission. Gen. Williams will join the squadron commanders for breakfast and get an update on the United Kingdom C-17 training program. He will receive other briefings, tour the new dining facility and have lunch with local civic leaders. He plans to try to meet many airmen on the base during his brief visit.

Lt. Gen. Ronald C. Marcotte, vice commander, AMC, will also visit the base Feb. 15-16. He will receive a number of briefings and tour the 437th Maintenance Squadron, 437 CES and several construction sites, including our very successful Hunley Park renovation project. This will be Gen. Marcotte's first visit to the base as AMC vice commander.

As the chairman of the Environmental Protection Committee, I wanted to highlight the importance of recycling to everyone. By recycling, we avoid the costs of paying the cost to haul extra tonnage to a landfill. The less we have to haul, the more money we save.

Recycling is just plain good for our environment because it protects our natural resources as well as saves landfill space. To prove that more can be done to recycle, the 437 CES gathered a number of volunteers to go "dumpster diving" and pulled out all those items that could be easily recycled, everything from cardboard boxes to soda cans. It was eye-opening to see how much we discard that could, with a little effort on everyone's part, be recycled. We can save a significant amount of money by separating out recyclables.

We are trying to make it easier for units to separate recyclables by adding additional bins. Housing residents can also get extra bins, if needed, and we will do a better job of publicizing recycling days so that people will remember. Look for future articles in the *Airlift Dispatch*.

Congratulations to the 315th Airlift Wing for doing well on their headquarters Unit Compliance Inspection and Health Services Inspection. Overall, the inspectors were impressed with what they saw and only found a few write-ups. The HSI looked at the 315th Medical Squadron and gave them very high marks. As a team, we work together well, and I know that a lot folks from the 437 AW pitched in to help, just as the 315 AW helps us out when we are being inspected. Thanks to everyone who helped out.



Photo by Staff Sgt. Andrew Rodier

Air Mobility Command Chief Master Sgt. Kenneth VanHolbeck was the guest speaker at Saturday's chief's induction ceremony.



MAGNOLIA PLACE DINING FACILITY

## On the Menu



### Today

**Lunch**-Vegetable supreme soup, fried fish, pepper steak, steamed rice, potatoes, peas, cauliflower, corn, gravy, barbecue chicken

**Dinner**-Lemon-basted sole, yankee pot roast, rice, potatoes, green beans, brussels sprouts, vegetables

### Saturday

**Lunch**-Bean soup, beef stroganoff, chicken fajitas, barbecue spareribs, spanish rice, oven-browned potatoes, fried okra, corn, peas, gravy

**Dinner**-Breaded pork steak, chicken jambalaya, macaroni and cheese, lyonaise potatoes, squash, sweet and sour greens, corn

### Sunday

**Lunch**-Beef noodle soup, fried chicken, polish sausage, lasagna, yellow rice, mashed potatoes, green beans, carrots, brussels sprouts, chicken gravy

**Dinner**-Fried catfish, yankee pot roast, fried rice, rissole potatoes, calico corn, potatoes, asparagus

### Monday

**Lunch**-Turkey nuggets, pork chop suey, steak ranchero, home-fried potatoes, broccoli polonaise, collar greens, corn, rice, onion soup

**Dinner**-Yakisoba, grilled ham steaks, mashed potatoes, potatoes au gratin, vegetable stir fry, peas and carrots, cream corn

### Tuesday

**Lunch**-Beef vegetable soup, baked chicken, beef porcupine, fish portions, rice pilaf, macaroni and cheese, fried cabbage, stewed tomatoes, brown gravy, mixed vegetables

**Dinner**-Pepper steak, italian sausage, oven-brown potatoes, steamed rice, green beans, carrots, cauliflowerer

### Wednesday

**Lunch**-Cream of potato soup, braised beef and noodles, hot wings, liver, rice, mashed potatoes, beets, broccoli, wax beans, brown gravy

**Dinner**-Grilled pork chops, turkey nuggets, potatoes, rice, brussels sprouts, peas and carrots, calico corn

### Thursday-German meal

**Lunch**-Cream of potato soup, pork schnitzel, grilled bratwurst, sauerbraten, boiled potatoes, german potato cakes, simmered cabbage, peas and carrots, cauliflower au gratin, cream gravy

**Dinner**-Breaded pork steaks, chili macaroni, mashed potatoes, rice pilaf, brussels sprouts, mixed vegetables, beets



Photo by Staff. Sgt. Andrew Rodier

### Breath easy

Maj. (Dr.) James Felste (left), 437<sup>th</sup> Medical Group, demonstrates a technique for asthma relief on Jessica Lee, 3, while her mom, Staff Sgt. Tamara Lee, 437 MDG, holds her.

## Fitness & Sports

### Sports line

**Golf tournament:** The 1<sup>st</sup> Combat Camera Squadron is sponsoring a golf tournament Feb. 23, 10 a.m., at Wrenwoods Golf Course. Prizes will be awarded for the longest drive, closest to the pin, best team score and worst team score. The cost is \$15 per person plus green fees as follows:

E-4 and below-\$9

E-5 to 0-3-\$12

0-4 and above-\$13

There will be a barbecue at the picnic grounds after the tournament. For more information, call Staff Sgt. Daren Zimmer at 963-3471 or Staff Sgt. Bret Irwin at 963-3463.

**5K Fun Run/Walk:** The HAWC is sponsoring a 5K Fun Run/Walk Feb. 24, 8 a.m., at the fitness center. The entire Charleston AFB community is invited to participate in this free event. The first 25 people will receive a t-shirt. For more information, call 963-3347 or 963-4007.

## Take the message to heart; American Heart Month in full swing

**By Frankie Cox**  
*437 MDG Dietitian*

February is American Heart Month, and it would be great for everyone to have a goal of eating heart-healthy year round.

It is no coincidence that we celebrate American Heart Month the same month that we celebrate Valentine's Day.

The typical American diet does not help us live up to our full potential. We usually get too much fat, too much salt, too much sugar and sometimes, just too much!

Eating smart means having a variety of foods every day from the five food groups. In moderation all foods can fit in a heart-healthy diet.

With a healthy heart you can reduce your risk of heart disease, America's number one killer.

Eat a diet low in fat by reducing daily fat intake to no more than 30 percent of your total calories a day.

Don't try to cut all fat from your diet, as you do need some to keep you healthy. All you need to do is cut back. Eat a diet with less saturated fat by reducing it to less than 10 percent of your total daily calories. Foods high in saturated fat can come from animals or plants. Saturated fats from animals include fatty red meats, poultry skin, beef or chicken fat/lard, butter, cream, whole and two-percent milk, ice cream and cheese. Plants provide saturated fat when tropical oils (coconut and palm oil) are used in cooking or used in processed or packaged foods. Hydrogenated or partially hydrogenated foods like margarine and vegetable shortening (also used in baked and processed foods) are also a source of saturated fat from plants.

All of us should follow an eating plan that is low in cholesterol (we only get cholesterol from animal products) by limiting intake to less than 300 milligrams per day. Be wary of food products that "contain no cholesterol," because they may contain saturated fat. Other healthy guidelines are to eat more fiber, eat more fruits and vegetables, (a goal of at least five a day) and drink between 8 to 10 cups of water each day.

Your eating plan does not have to be strict and rigid. There is no "good food, bad food." All food fits, and it may work well to simply adjust portion sizes downward, rather than counting fat grams. It is possible to include dairy products, red meat, eggs, grains, fruits and vegetables in any healthy diet. Some people may fare

well with a system as simple as having one high-fat food per meal or one high-fat meal per day.

It is also possible to incorporate fast foods; just don't rely on them for your total intake. Use the fat balancing principle. Balance a single, high-fat item or meal with a lower fat item or meal.

There are other lifestyle changes that can also help reduce risk of heart disease. You should maintain or improve your weight. It is wise to get the heart benefits of regular exercise. If you have high blood pressure or diabetes, get it under control. If you smoke, seriously consider giving up the habit and then do it.

Many of us come up with excuses why we don't or won't eat healthy and exercise. You have the time and energy to do what you really want to do, and it's never too late to get started. No more excuses...just do it!

