

AIRLIFT Dispatch

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437th Airlift Wing, Charleston AFB, SC

Friday, January 31, 2003

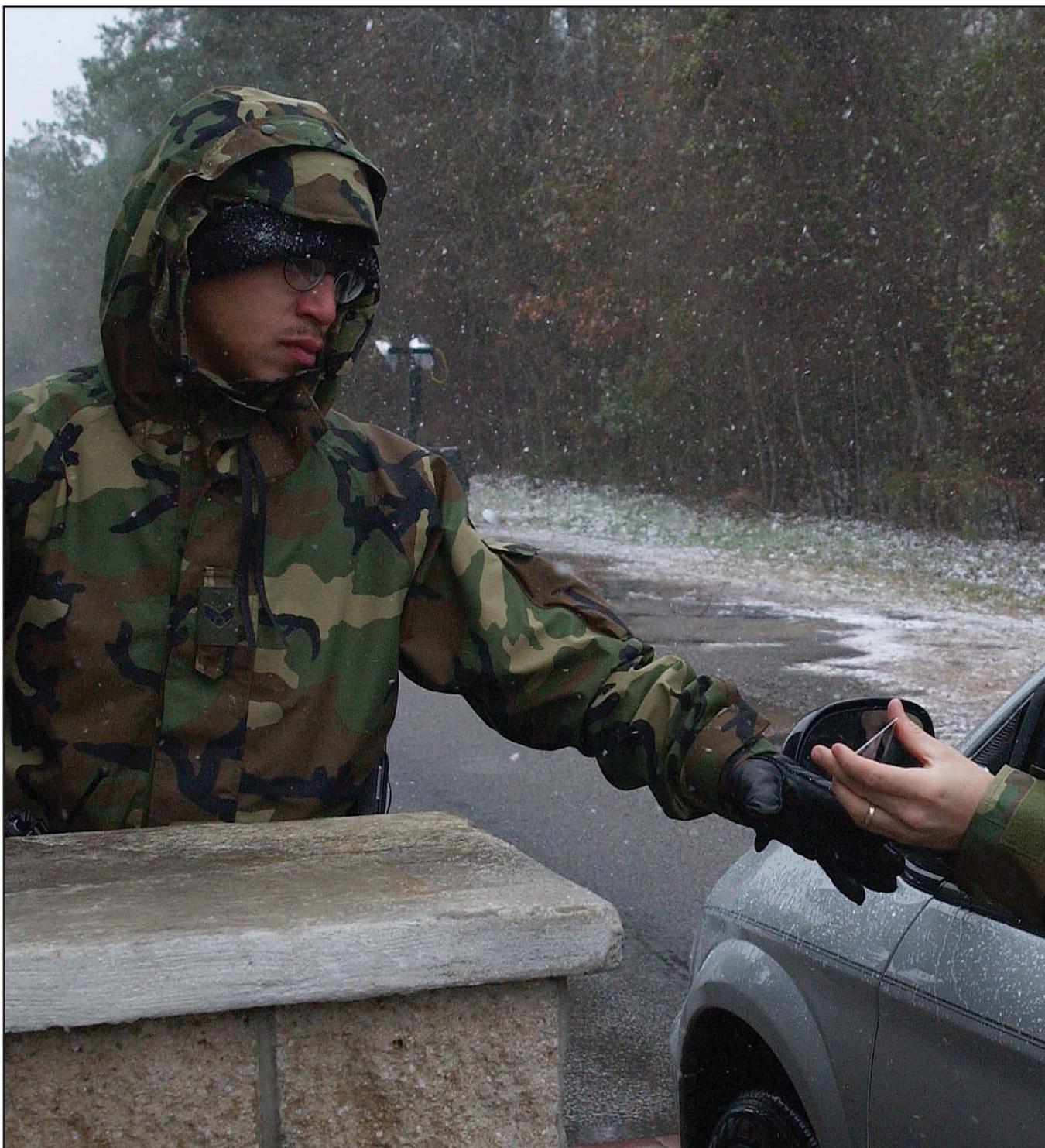


Photo by Staff Sgt. Corey Clements

Let it snow

During the first snowfall of the year, Senior Airman Jesse Matos, 437th Security Forces Squadron, checks IDs at the River's gate. Charleston AFB was released from duty a few hours early Jan. 23 due to the harsh conditions caused by the cold front that moved through the Lowcountry. Temperatures this weekend will be in the mid-60s, with lows near 40 degrees.

PROMOTIONS

437 AW CC caught doing the two 'STEP'

see page 6

SMALLPOX

AF implements new vaccination program



see page 7

EURO C-17s

Charleston, McChord team-up in Germany



See page 14

SUPPLEMENTS

HAWC addresses safety of herbal remedies

See page 18

COMMENTARY

Commander's Comments

By Col. Brooks Bash
437AWcommander

Thank you to those of you who joined the **437th Security Forces Squadron** and **437th Comptroller Squadron** on Monday's "Get Fit" run. I look forward to seeing an even bigger crowd at the Feb. 14 "Heart to Heart" run, and encourage other squadrons to participate as a unit.

Black History Month

The Black History Month observance kicks off today with a luncheon beginning 10:30 a.m. at the Charleston Club. The committee has planned a wide variety of activities including: a series of matinees, Feb. 12, 19, and 26; a 70's Jam Feb. 16; an aerobics super jam Feb 21; a bowling tournament Feb. 22; and concluding with a banquet Feb. 28. Thank you to **Tech. Sgt. Denese Bellamy**, president of CAFB's African-American Heritage Council, for spearheading the planning.

Mayors' visit

Today, we are also hosting a number of mayors from surrounding cities and towns. The gathering gives us an opportunity to update the mayors on our operations and to let them see a C-17 up close, as a way to show our thanks for the continued strong support we enjoy from local communities.

Chiefs' induction ceremony

We will induct Team Charleston's five newest Chief Master Sergeants in a ceremony Saturday. The inductees—**Chief Master Sgt. Lawrence Strother**, 437th Aircraft Maintenance Squadron; **Senior Master Sgt. Don Hagen**, 437th Maintenance Group; **Chief Master Sgt. Louis Hall**, 315th Maintenance Squadron; **Chief Master Sgt. Barbara Greenwald**, 315th Aircraft Maintenance Squadron; **Chief Master Sgt. John Danko**, 315 AMXS; and **Chief Master Sgt. Loren D. Wright**, 315th Airlift Wing—are leaders in every sense of the word, and have reached a real pinnacle in their careers. Congratulations, chiefs.

Awards

Team Charleston recently added three more awards to our growing

DoD suspends troop-donation programs, offers alternatives

DoD suspended the "Any Service Member" and "Operation Dear Abby" mail programs due to force protection concerns. Both of these programs created an avenue for terrorists to target deployed service members.

Since the Sept. 11 attacks, Charleston AFB has received calls from community members interested in donating goods to deployed service members. With the current DoD guidelines, base members must discourage organizations and community members from sending out mail and mass donations to deployed service members.

"Some well-intentioned CAFB members are soliciting care packages and mail from local service organizations, restaurants and businesses, and are volunteering to deliver the

goods via our C-17s," said Capt. Linda Pepin, 437th Airlift Wing Public Affairs chief. "While the generosity of the donors is much appreciated, we have to comply with DoD guidance expressly prohibiting these types of donations."

"Although the DoD guidance suspends mass donation programs, we in no way want to discourage family and unit members from sending care packages through the postal system to their loved ones and co-workers," said Pepin. "The Air Force just doesn't have a system in place that can handle mass-donation transport to troops in the field."

The DoD supports an Internet alternative to letter writing, www.operationdearabby.net. Military members can log on to the site to view

list, when Air Mobility Command announced its Personnel and Public Affairs awards for 2002. **Gregory Jarvela** was named AMC's outstanding civilian personnel intermediate program manager, and the **Civilian Personnel Flight** was named best in its category. **Rose Alexander** earned recognition as AMC's outstanding Public Affairs intermediate civilian. Congratulations!

Shadow program

I enjoyed having **Senior Airman Nicholas Mizzoni** as my shadow last week. Recently selected for promotion to staff sergeant, he works in the 437th Aerial Port Squadron, where he is responsible for ensuring all cargo and mail selected for movement is properly identified and assembled. On average, he transports 2,555 tons of cargo monthly. It is airmen like him who keep this wing running. Thank you!

Volunteers

Last week I presented a coin to **Leonard Flesher**, one of the base's most active volunteers for the past two years, averaging about 15 hours per week. He has also worked many holiday events at the Charleston Club, and gives his time at the base theater Friday and Saturday nights. There are almost 600 volunteers on base, with about 100 regularly giving time. We will honor these volunteers, and explore opportunities for others during National Volunteer Week, April 27 - May 3. In the meantime, anyone who would like to volunteer can do so by calling **Mike Burden** at the Family Support Center, 963-3631.

Another busy week at Charleston draws to a close, with approximately 500 people deployed, and more heading out the door. It is increasingly important that we take care of each other. You can do so by staying vigilant and being a force multiplier for our security forces, by stopping in to check on the family of a deployed member, or by taking time to thank someone who is shouldering an extra load to fill in for someone who deployed.

I am proud of the hard work each of you is doing; keep it up, and above all, be safe out there!

Corrections

■ In the Jan.17 editon of the *Airlift Dispatch*, a list of the Unit Compliance Inspection team recognitions failed to include the 437th Logistics Readiness Squadron Repair Cycle Support Team. To learn more about this team, see page 6.

■ The Jan. 24 edition of the *Airlift Dispatch* incorrectly identified airman of the quarter. The airman of the quarter is Airman 1st Class Nathaniel Lette, 437th Mission Support Group.

the letters posted by the public, and some deployed location newsletters print these greetings.

The Web site www.defendamerica.gov allows people to sign an online thank-you card to military members. So far, more than 3.3 million people have signed. The site also includes a number of links explaining how community members can help.

Any groups that have already collected donations of goods are encouraged to donate them to a worthy cause, such as a homeless shelter, nursing home, soup kitchen, battered spouse shelter or USO center at a major airport. Letters and cards can be forwarded to Veterans' hospitals or nursing homes. **(437 AW Public Affairs)**

Customer service: services squadron's number one priority

By Maj. Tracy O'Grady-Walsh
437 SVS commander

We all want to be treated with dignity and respect. The last thing we need after a long day and after waiting in a long line is to deal with a discourteous person on the other side of the service counter.

When you get lousy service, you feel challenged and become defensive. It can ruin a great day and create an atmosphere ripe for confrontation. The issues you wanted to resolve now become personal, communication stops and very little gets resolved.

Here is my promise to you: this will never happen in any 437th Services Squadron locations. We are committed to world-class customer service, which is why we were number one in customer service in the Air Force last

year. This holds true everywhere from Outdoor Recreation to the Gaylor Dining Facility, from the Aero Club to the Library, from the Child Development Center to the Sports and Fitness Center.

We believe the following principles are critical to excellent customer service:

■ **Dignity and Respect:** If we don't treat people with dignity and respect, speak to the individual's supervisor and give them an opportunity to improve their performance. The key here is immediate response. I guarantee you that our managers want to make this right 100 percent of the time.

■ **A positive attitude and good personal interface** not only contributes to a pleasant environment but it also increases everyone's efficiency in completing their jobs.

■ **First impressions are lasting impressions,** especially if you have a problem. We know our

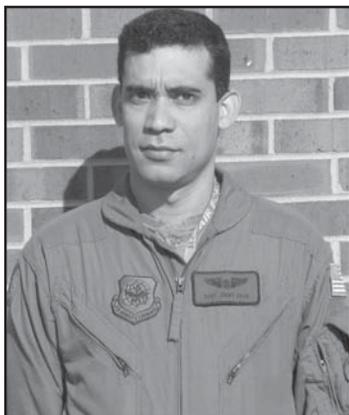
whole squadron is being judged by the impression you make in the first few seconds. Our motto is "if I'm not happy today, I'll fake it," because what does a smile cost? The alternative, losing you as a customer, is not an option. The true test of outstanding customer service is when a guest has a problem, how we handle that customer is what sets good customer service apart from the rest.

Here are four things you should always see when you walk into any 437th Services location: we will acknowledge you, we will take care of your needs, we will thank you, and we will invite you back.

If this doesn't happen, let me know and lunch is on me at any of our eating establishments. Good customer care is the linchpin to our productive, successful work centers—especially in such a high-intensity working environment as Charleston AFB.

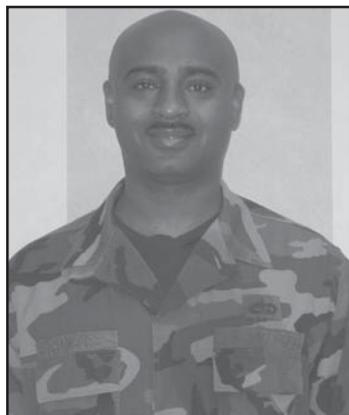
Charleston chat

What are you doing to prepare for a possible extended AEF rotation?



"I get all my personal affairs in order and make sure I have somebody check my mail."

— Staff Sgt. Jimmy Sosa
437th Operations Support Squadron



I make sure to pay all my bills off before I leave so I can be ready to go to serve my country."

— Tech. Sgt. James Chambers
315th Airlift Wing



"I spend time with my husband because you never know when the call is going to come."

— Maj. Terri Saunders
437th Airlift Wing



"I tell my wife about everything I read in Air Force Times so she's prepared if I have to leave."

— Senior Airman Sterling Seals
437th Security Forces Squadron



"I call my sisters and mom every Sunday, so it won't be hard to get to know my family again."

— Staff Sgt. Suzanne Jenkins
1st Combat Camera Squadron

AIRLIFT Dispatch

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'Exceptional' stripes take Team Charleston by surprise

By Master Sgt. Angel Newman
437AW Public Affairs

No one can say the 437th Airlift Wing commander doesn't know how to two-STEP. Col. Brooks Bash proved this Jan. 24 as he promoted two Team Charleston staff sergeants to technical sergeant under the Stripes for Exceptional Performer program.

Staff Sgt. Junita Brown, 437th Services Squadron, and Staff Sgt. Charles Johnson, 437th Maintenance Squadron, were more than surprised to have the wing commander tell them they were "out of uniform."

Brown says she still finds it hard to believe she is a "tech sergeant." The Detroit native has been in the Air Force for 13 years now and is humble about her newly acquired position.

"A lot of people are going the extra mile and I don't know how they chose

me," she said. "Our squadron is very good at recognizing accomplishments, but I never expected this level of recognition."

Johnson was equally stunned by the promotion.

"I was absolutely and utterly surprised," he said. "I think I'm still waiting for the, 'ha, ha... just kidding.'"

Johnson, an electronic countermeasures system specialist, seized the opportunity to serve as a network manager for the squadron.

"I thought it would be a good move and it definitely was," he said.

"One of my greatest pleasures is to promote deserving individuals based on recommendations by their direct supervisors and commanders. There is no doubt STEP promotes are absolutely deserving," said Bash. "I look forward to seeing more great things from Charleston AFB's two newest Tech. Sergeants."



Staff Sgt. Junita Brown, 437th Services Squadron, gets technical sergeant "pinned" on Jan. 24 as part of the Stripes for Exceptional Performers program.



Staff Sgt. Charles Johnson is "absolutely and utterly surprised" as the wing commander promotes him to technical sergeant Jan. 24. Photos by Staff Sgt. Corey Clements



Photo by Master Sgt. Angel Newman

On the mend

Senior Airman Benton York and Airman 1st Class Jose Trejo, 437th Logistics Readiness Squadron, Flightline Service Center Repair Cycle Support Team clerks, sort aircraft parts turned in by maintenance personnel. The 14-member team is responsible for shipping parts to appropriate depots for repair and was recognized for their top-notch procedures during the recent Unit Compliance Inspection.

Pharmacy initiates new prescription program

By Maj. Todd Tomlin
437MDG DTF commander

The pharmacy doesn't stock all medications that the 437th Medical Group doctor's prescribe, so on Aug. 20, the Non-Formulary Request Program was implemented at the base clinic here to coincide with the Surgeon General's directives concerning dispensing of non-formulary prescriptions in outpatient pharmacies.

This means pharmacies may provide drugs not included in the formulary on a one-time basis with the medical group commander's approval.

According to directives, formulary items are to be used in every effort by providers before a non-formulary item may be requested. If a patient needs a medication not on the formulary, and the provider exhausts all formulary medications with no success, providers may request a non-formulary item.

The total turnaround time for a request is approximately five to seven days. This includes the review process and the time for ordering and receiving the item from the wholesaler.

As always, the 437 MDG is committed to providing the highest quality medical care for all beneficiaries. For more information, call the base clinic at 963-6809.

MISSION CRITICAL

Leaders express importance of OPSEC/COMSEC

AMC stresses protecting classified, mission-sensitive information

By **Cynthia Bauer**
AMC Public Affairs

Mission-critical. That's what senior leaders at Air Mobility Command call the proper protection of classified and mission-sensitive information. The protection of such information is vital to national defense as the United States moves forward in the second year of the global war on terrorism.

Gen. John Handy, commander of U.S. Transportation Command and AMC, recently sent a memorandum to all AMC commanders calling on them to reemphasize operations and communications security with their personnel.

In his memo, Handy said, "Practicing good OPSEC and COMSEC is absolutely critical to ensure the success of our operations. Without it, we jeopardize our missions and put people's lives at risk."

Handy echoes the deep concerns of the secretary of defense as well as the secretary and chief of staff of the Air Force about the disclosure of classified information, an act Secretary

of Defense Donald Rumsfeld has called "outrageously irresponsible."

He reminded commanders that in addition to classified and sensitive information, unclassified, mission-critical information must also be protected, because seemingly innocent items could provide useful information to adversaries. He also cautioned that the release of information to the public must be approved through public affairs channels.

The general has also requested AMC commanders convey this message to each member in their commands and ensure every individual is aware of all classification guides that apply to their mission area.

AMC Director of Operations Maj. Gen. Roger Brady said OPSEC must become second nature.

"Every organization should review guidelines for visual, logistics, communications or training indicators for current operations," said Brady.

The immediate security concerns are Web page content, e-mail and telephone/radio patches. Brady pointed out that some of these transmissions are being immediately transcribed onto open Web sites and chat sessions for other chat room participants.

Another example is the unauthorized posting of photographs and sensitive information to public or individual Web pages without approval of the theater commander or public

affairs office. Such postings provide a one-stop shop for open-source intelligence collection.

"All information released to the public or posted on public Web sites must meet Department of Defense and Air Force guidelines," said Brady. "Marking our critical information a minimum of 'for official use only' and protecting this information during all planning phases provides the OPSEC measures required until this information can be shredded."

Security goes beyond the Internet, and adversaries use multiple sources of information to piece together targeting information, according to AMC OPSEC Program Manager Glynn Atchley.

"OPSEC should not be seen as strictly a communications-specific discipline," said Atchley. "Our enemies use many methods to gather information, from digging through our trash to standing outside the fence line with binoculars or a telephoto lens."

Atchley also said the rules for protecting critical information are common sense.

"The most important things to remember are to make sure sensitive or classified information is provided only to individuals with the appropriate security clearance who have a 'need-to-know,' that secure communications means are used to transmit sensitive or classified information and care is taken to follow appropriate OPSEC/COMSEC practices to avoid inadvertent disclosure," he said.

AF begins smallpox immunization program



Photo by Staff Sgt. Pamela Smith

Maj. Paulette Loisi, 320th Air Expeditionary Wing, practices her technique for giving the smallpox vaccination on an unsuspecting piece of fruit. According to the Centers for Disease Control and Prevention, smallpox is a serious, contagious and sometimes fatal infectious disease that has no specific treatment. The only prevention for smallpox is vaccination.

At Charleston AFB and throughout the Air Force, the smallpox vaccination will proceed in stages, with medical people and forces with certain mission-critical capabilities the first to receive the vaccine. The immunization clinic will be open for smallpox vaccinations only, Monday-Saturday, 8-9 a.m., and Monday-Friday, 3-4 p.m. until further notice. People requiring other immunizations should avoid coming in during those hours.

The Smallpox vaccine:

- Helps the body develop immunity to smallpox
- Contains 'live' vaccinia virus, a pox-type virus related to smallpox; the vaccine does not contain the smallpox virus and doesn't give smallpox to those who receive it
- Is given in a single dose, usually in the upper arm
- Is administered with a two-pronged needle used to prick the skin a number of times in a few seconds
- Results in a red, itchy bump at the vaccination site in three to four days that becomes a large blister and begins to drain in the first week; in the second week, the blister begins to dry up and form a scab; and the scab falls off in the third week, leaving a small scar
- Causes normal, mild side effects such as a sore arm, fever and body aches in most people; may cause more serious or even life-threatening reactions in a small percentage of people
- Is effective in preventing smallpox in 95 percent of those vaccinated
- Will be administered to people after a careful pre-screening process to identify contra indications for the vaccine.

More information about the vaccine can be found at www.vaccines.army.mil, or locally by calling 1st Lt. Brian McMorrow at 963-6708.

AROUND THE AIR FORCE

Surgeon general issues suicide prevention tools

WASHINGTON - The Air Force's surgeon general has developed two new tools as part of its community-based Air Force Suicide Prevention Program designed to aid all airmen in the ongoing effort to prevent suicides.

Lt. Gen. (Dr.) George Peach Taylor Jr. announced the "Air Force Guide for Managing Suicidal Behavior: Strategies, Resources and Tools" and the Air Force Suicide Prevention Program Web site as part of the service's strategy to provide innovative tools to help prevent suicides in the Air Force.

The 46-page clinical guide does not represent a mandate or requirement, but is a set of recommendations that are intended to assist mental-health professionals in assessing and managing suicidal behavior.

The guide is organized within eight topical chapter headings, which include: Assessment of Suicide Risk, Documentation Strategies, Ensuring Continuity of Care and Links Within the Community. The guide also has a 42-page appendix that

contains examples of procedures, forms and program products.

In calendar 2002, there were 29 suicides among active-duty airmen. That rate — 8.3 per 100,000 people — is the second lowest in the Air Force in 20 years.

From 1991 to 1996, the Air Force active-duty suicide rate was 14.1 per 100,000. From 1997 — the year in which the suicide prevention program was fully implemented — through 2002, the annual average was 9.1 per 100,000. The Suicide Prevention Web site can be accessed at <https://www.afms.mil/afspp/>. **(Air Force Surgeon General Public Affairs)**

Airmen can file taxes online for free

ST. LOUIS - The Treasury Department, Office of Management and Budget and the Internal Revenue Service in Washington launched a new Web site Jan. 17 featuring private-sector partners who will allow eligible taxpayers to prepare and file their taxes online for free.

A Free File initiative fact sheet, which includes list of the FFA mem-

bers and frequently asked questions, can be found on the IRS Web site at www.irs.gov.

President Bush proposed free online tax filing last February as one of his e-government initiatives. Treasury, OMB and IRS officials have made this possible through a public-private partnership with some tax software companies known as the Free File Alliance.

According to information found on the IRS Web site, Free File is an easier, faster and secure way for citizens to file taxes and will also allow Americans to get refunds in half the time, said officials.

The Charleston AFB Tax Center is open Monday-Friday, 7:45 a.m. - 4:30 p.m. Services are free, but by appointment only. For more information, or to make an appointment, call the Tax Center at 963-10740. **(Air Force Print News)**

Famous military cartoonist dies Jan. 23

WASHINGTON - World War II soldier-cartoonist Bill Mauldin, creator of the classic "Willie and Joe" characters, died Jan. 23 in a nursing home

in Newport Beach, Calif.

Mauldin, 81, was weakened by Alzheimer's disease and died of pneumonia.

During World War II, then-Army Sergeant Mauldin earned fame for the cartoon exploits of his two unshaven, weary, but wry, Army infantrymen as they fought Hitler's Wehrmacht troops across Europe.

Mauldin was born Oct. 29, 1921, in Mountain Park, N.M., and studied art in Chicago. He later joined the Arizona National Guard just before World War II. The Guard was federalized in 1940, and Mauldin became an Army soldier. **(Air Force Print News)**

B-52 sees biggest improvement in 15 year

EDWARDS AFB, Calif. - After three years of planning, Air Force flight test experts here introduced a new offensive avionics system for the B-52 Stratofortress.

Flight testing of the B-52 Avionics Midlife Improvement, known as AMI, began in mid-December and is scheduled to continue through March 2004, with 80 sorties averaging eight hours long and several global missions planned to last more than 24 hours. **(Air Force Flight Test Center Public Affairs)**

Center training civilian journalists

MCGUIRE AFB, N.J. — Air Mobility Warfare Center instructors here began training 60 journalists Jan. 20 during Joint Service Media Orientation and Training.

The course, also known as "media boot camp," is a Department of Defense initiative that puts journalists through a weeklong, hands-on block of classes and field instruction.

The training program teaches reporters from broadcast and print agencies how to work directly with deployed forces without endangering themselves or the lives of military people.

This course includes classroom instruction and practical field skills that cover topics like military code of conduct; combat first aid; reaction to direct and indirect fire; and camouflage, cover and concealment techniques. **(Air Force Print News)**

Combat Camera Photo of the Week



Photo by Staff Sgt. Matthew Hannen, 1CTCS

Helo help

Master Sgt. Terry Butterfield, a production superintendent, Staff Sgt. Laurence Shaw, a crew chief, and Staff Sgt. Francisco Casimirlewis, a sheet metal craftsman from the 16th Helicopter Maintenance Squadron, Djibouti, Africa, examine a buckle in the metal frame of a MH-53 helicopter. The people and aircraft are deployed here supporting Operation Enduring Freedom.

NEWS BRIEFS

Spotlight

Retirement: The 437th Medical Support Squadron is hosting a retirement ceremony for Master Sgt. Dwight Taylor today, 2 p.m., in the large conference room of Bldg. 1000. For more information, call Master Sgt. Charles Luetgen at 963-6798.

Around the base

Luncheon: A Black History Month Opening Ceremony Luncheon is today, 10:30 a.m., at the Charleston Club. The cost is \$9 for club members and \$11 for non-members. For more information, call Tech. Sgt. Denese Bellamy at 963-2262.

Chiefs: The 2003 Chiefs' Induction Ceremony will be held Saturday, 6 p.m., at the Charleston Club. All chief master sergeant selects for 2003 will be honored. Chiefs, squadron commanders and spouses are invited and may invite as many guests as they desire. The cost is \$20 per person and dress will be mess dress or semi-formal for military and business for civilians. For more information or to make reservations, call Tech. Sgt. Kim Carreno at 963-5497, or e-mail kim.carreno@charleston.af.mil.

Awards banquet: The 437th Airlift Wing is hosting the Annual Awards Banquet Thursday, 6 p.m., at the Charleston Club. For more information, contact a squadron first sergeant.

Luncheon: The National Prayer Luncheon is Feb. 7, 11:30 a.m., at the Charleston Club. The cost is \$3 per person. To purchase a ticket, contact any first sergeant or the Base Chapel at 963-2536.

AAHC: The African-American Heritage Council is hosting a barbecue buffet Feb. 12, 19 and 26, 11 a.m. - 1 p.m., at the Charleston Club. Admission is free. For more information, call Tech. Sgt. Steven Beasley at 963-5082.

Flowers: The Wing Staff Booster Club is having a fundraising flower sale on Valentine's Day, Feb. 14. This event is open to all personnel on base. For more information, call Staff Sgt. Jonathan Mathe at

Charleston Warrior of the Week



Staff Sgt. Jennifer Kindernay

437th Operations Support Squadron

Staff Sgt. Jennifer Kindernay is the assistant NCOIC for Aviation Resource Management at the 437th Operational Support Squadron.

Kindernay manages flight pay, prepares aeronautical orders and accounts for used flight time.

"I like it," Kindernay said. "It's something different every day. You're always learning something new."

Kindernay was stationed at Tyndall AFB, Fla., for five years before coming to Charleston.

"I came here through base of preference because my parents live close by," said Kindernay. "I'm happy to be here.

"(CAFB) is by far the most kept-up base I've seen. The security forces personnel start my day off great with the pleasant smiles I see at the gate every morning on the way to work," she continued.

In addition to her job, Kindernay is also studying for technical sergeant.

"I test this week, so I hope I do well," Kindernay said.

Besides studying, Kindernay also spends her off-duty time bird watching, stamp collecting and participating in motor cross racing.

963-2536.

Dental assistance: The 437th Dental Flight is accepting applications for the next Red Cross Dental Assisting class for March. This program includes a short academic phase and hands-on dental assisting training with a qualified dental assistant. The program lasts approximately six months with a 40-hour work week, 7:30 a.m. - 4:30 p.m., with holidays off. Pick up an application by Feb. 7 at the dental clinic's reception desk. For more information, call Staff Sgt. Linda Lee at 963-6842.

AFSA: The Air Force Sergeants Association holds its monthly meeting on the second Tuesday of each month, 4 p.m., at the Charleston Club. For more information, call Master Sgt. Ronnie Davis at 963-3356.

Supplement: Air Force Instruction 31-204 CAFBSUP 1, Charleston AFB Motor Vehicle Traffic Code is now located at www.e-publishing.af.mil. For more infor-

mation, call Staff Sgt. Michele Graves at 963-3625.

DRMO: The Defense Reutilization and Marketing Office can help meet mission requirements. All DoD organizations can screen free excess assets at www.drms.dla.mil. For more information, call the 437th Logistics Readiness Squadron at 963-4826.

Children's seminar: Charleston AFB will host two sessions of the Parents of Military Children Seminar Feb. 4, 10-11:30 a.m. and 6:30-8 p.m., at the Charleston Club. The seminar is about the challenges military children

face as they transition from base to base and the tools to help meet these challenges. All parents with school-age children are invited to attend the seminar, which features Dr. Mary Keller, the executive director of the Military Child Education Coalition. For more information, or to register, call 963-4406.

Health: TRICARE does not cover hearing aids for retirees or their family members under any of the TRICARE programs. Retired military members who need hearing aids can check with the Veterans Administration for assistance, or call Staff Sgt. Mark Conley at 963-6505.

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

C-17 crews maintain air bridge into Afghanistan

By Louis Arana-Barradas
Air Force Print News

Airman 1st Class Nate Hill had one thing in mind: getting his C-17 Globemaster III cargo plane airborne so it could get on with its mission.

That is "Job 1" at this once-again busy airlift base outside Frankfurt, Germany, and if doing that means standing in a steady, cold drizzle most of the day, so be it, he said.

Because Hill knew inside the aircraft were vehicles, humanitarian rations and soldiers bound for Bagram Air Base, Afghanistan, the young C-17 crew chief did not have time for distractions.

"I'm just trying to stay focused on my job," Hill said.

No doubt he will have more chances to do that because he still has two more months left on his 90-day deployment. Assigned to the 437th Aircraft Maintenance Squadron, he is now working with the 726th Aircraft Maintenance Squadron, Rhein-Main Air Base, Germany.

It is just the job Hill wanted and



Airman 1st Class Nate Hill, 437th Aircraft Maintenance Squadron, updates the air mobility control center at Rhein-Main Air Base, Germany, on the status of his aircraft. Hill is currently on temporary duty at Rhein-Main.

Photos by Master Sgt. Keith Reed

why he volunteered to deploy. He could not wait to do his part to help win the war on terrorism.

"I knew everyone here was working hard," Hill said. "I wanted to be part of that."

Help always seems to be in short supply at Rhein-Main, which has been in "closure mode" for several years. But each time something happens and Air Force airlifters need a staging base, the base comes back to life. Its

flightline — across the runway from Frankfurt's busy international airport — teams with C-17 and C-5 Galaxy long-haul aircraft. Their tail markings show they are from South Carolina, Washington state and Texas.

The aircraft fly to Afghanistan and other locations daily and make up the main link in the vital supply line that sustains U.S. and allied forces in the region.

Aboard the plane, its Air Force Reserve crew started engines and readied the plane for takeoff. The crew had arrived just a few days earlier and was eager to fly.

Tech. Sgt. Rob Suenaga, a loadmaster with the 728th Airlift

Squadron, McChord AFB, Wash., made final arrangements before takeoff. He strapped down the cargo while beads of sweat sprouted from his shaven head.

"We strap everything down, and double check it," he said. "We have to be safe."

Suenaga did not have to volunteer for this trip. He has already paid his dues, having spent 10 years on active duty with the Air Force, but like the rest of his crew, he wanted to do the two-week stint flying in and out of Rhein-Main.

"This job offers us a lot of responsibility," Suenaga said. "And I feel (strongly) about doing my duty to my country."

Hill had a more immediate goal as he zipped his parka against the chill. His cheeks turned redder as he talked on a radio to counterparts at the base's air mobility control center. In a few minutes, the huge transport would take off on its seven-hour flight to Bagram.

As the takeoff neared, Hill had no time to worry about events in other parts of the world that might change his life in the next weeks. The only thing he cared about was that he had a plane to launch.

"You can't really worry about the war (that might come)," Hill said. "If it comes, I'll be here to work it. If it doesn't, I'll still be here to work. I'll work no matter what happens."



Above: Tech. Sgt. Rob Suenaga, a loadmaster, pulls a pallet aboard their C-17 at Rhein-Main Air Base, Germany.

Right: Master Sgt. R.J. Bertsch, a loadmaster, Wash., gives passengers aboard his C-17 a safety briefing before a flight to Bagram Air Base, Afghanistan. The two reservists with the 728th Airlift Squadron at McChord AFB, Wash., volunteered to do a two-week tour in Germany.



Chapel schedule



107 Arthur Drive
Office: Monday-Friday, 7:30 a.m.-4:30 p.m.

Phone: 963-2536.

After duty hours, call the command post at 963-2531 for emergencies only.

Catholic Services: *Saturday* - 4 p.m. Reconciliation, 5 p.m. Mass. *Sunday* - 9:30 a.m. Mass, 9:30 a.m. Children's Church. *Weekdays* - 11:30 a.m. Mass. Sacrament of Baptism pre-baptismal classes are held the first Sunday of each month at 11 a.m. in the Chapel Annex.

Protestant Services: *Sunday* - 9:30 a.m. Sunday School in Bldg. 245, 11 a.m. Traditional Worship Service and 11 a.m. Children's Church. *Sunday* - 9:30 a.m. Contemporary Worship Service in Bldg. 217 (old Chapel).

Buddhist: Columbia Shambhala Meditation Center, Suite 109, Columbia, S.C. 29405. Phone: (803) 254-9048.

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

Jewish: Synagogue Emanu-El, 5 Windsor Dr., Charleston, S.C. Phone: 571-3264.

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

Movie schedule

Admission: 99 cents for adults and children.

Any person under 17 years of age requires a parent or adult guardian (a minimum of 21 years old) to purchase an admission ticket for the minor to view R-rated movies. The ticket office opens 30 minutes prior to start of movie, unless otherwise noted.



Movie schedules are provided by AAFES. Patrons should call 963-3333 to verify movie titles, running times and start times, which are subject to change.

Tonight, 7:30 p.m.

"Drumline" – Nick Cannon

Devon, a street drummer from Harlem, enrolls in a southern university, expecting to lead its marching band's drumline to victory. He soon realizes that it takes more than talent to reach the top. **(PG-13) 119 minutes**

Saturday, 7:30 p.m.

"Star Trek: Nemesis" – Patrick Stewart

The Romulan Empire is thrown into disarray when Shinzon, an exiled slave on the sister planet of Remus, murders the entire senate of the Romulus world and wants to use the crew of the Enterprise to incite a scheme to start a revolution. **(PG 13) 117 minutes**

Feb. 7, 7:30 p.m.

"Two Weeks Notice" – Sandra Bullock

After five years of calling the shots on everything from George's clothes to his divorce settlements, Lucy is calling it quits. **(PG 13) 101 minutes**

SPORTS & FITNESS

Herbal remedies, supplements – what can be believed?

By Capt. Sean Schumm
437MDG registered dietitian

A look around any health food store or dietary supplement shop will yield a “remedy” to almost any ailment. There are staggering numbers of dietary supplements used by people to treat everything from arthritis or high blood pressure to the common cold. Many of these remedies are various combinations of different herbs and vitamins or minerals and are not used under the supervision of a physician or health care professional. In fact, many doctors don't even know that many of their patients are taking some of these herbs and supplements.

The unsupervised, widespread use of these products raises many questions and concerns. The biggest question is are these products safe?

The answer is that some are relatively benign and some are very dangerous, although most fall somewhere in between. This furthers confuses consumers who are often unable to make blanket generalizations about the safety of certain products. Each individual's medical history and current prescription and over-the-counter drug use all play a part in determining the safety of any herbal product. Some products may be relatively safe for some people and dangerous for

others due to interactions with various prescription drugs or medical conditions.

All of these various combinations and questions reinforce the need to inform physicians and other health care providers of any and all herbs, supplements, and over-the-counter drugs being taken. With this knowledge, health care teams can ensure patient safety in treating various medical conditions. Tell care providers about any product being taken, whether they specifically ask or not.

The other question with herbal remedies and supplements is whether or not they work as advertised. Unfortunately, there are no clear-cut

answers here either. Some products have a compelling body of research to show some beneficial effect in treating some conditions, while others make claims that are completely unsubstantiated. The lesson here is to ask a qualified health professional about the effectiveness of a product; don't just take the word of the health food store clerk.

For more information about herbal remedies and supplements, the Health and Wellness Center is offering an Herbal Supplement Class several times throughout the year. For more information, or to find out class dates, call the HAWC at 963-4007.

Intramural basketball underway at base gym

By Master Sgt. Angel Newman
437AW Public Affairs

Team Charleston's hoop action began Jan. 21 with 14 teams vying for the illustrious title of base champs and unlimited bragging rights.

“This year's league is competitive and intense,” said Eddie Goad, 437th Services Squadron sports director. “With the (wing) restructuring, old rivalries, such as AGS and Supply, will be replaced with new ones such as AMXS and LRS. All the teams will be in the mix though, as they try to make the top eight and qualify for the playoffs.”

While the courts haven't really been “torn up” yet in this young season, Goad has seen a few standouts. It's important to note that Goad is the project officer for the All-Air Force basketball team and has been assistant coach for the Armed Forces team the last two seasons. He says he's always got his eyes on potential new recruits. So who is catching his glance so far?

“I haven't seen all the teams yet, but we have had some stellar performances,” said Goad. “The SFS tandem of Kindrick Ward and Mike Evans have each scored in double figures in their first three games. Top individual scoring honors go to Carl Johnson of OSS with 27 points and Bobby Caldwell of SVS with 32.”

The season has a long way to go with regular play scheduled to wrap up March 19 and playoffs to begin immediately after. With the reorganizations, increased mission deployments and sheer operations tempo, Goad thinks this year's action will be exciting.

“Charleston AFB has always been tasked heavily for mission requirements, and that is a way of life for squadron sports,” added Goad. “Still, there is always a core of committed people who participate, and that ensures most squadrons are represented and enables our programs to be successful.”

Fans can come out and rally their teams as intramural action heats up Monday-Thursday beginning at 5:30 p.m. Three games are played each night.

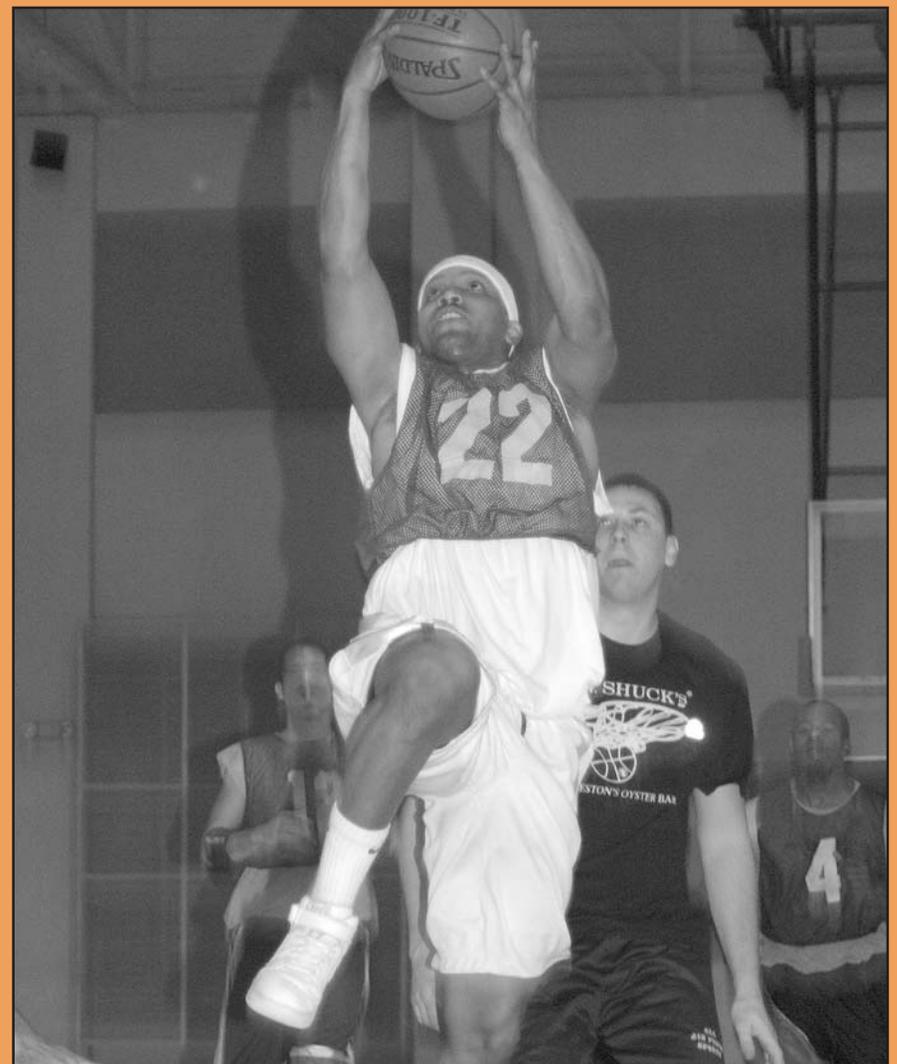


Photo by Staff Sgt. Corey Clements

Slam dunk

Kevin Sealy, 437th Operations Support Squadron, steals the ball to score two points at a basketball game here Monday. The 437 OSS team beat the 437th Services Squadron team 52 to 33.