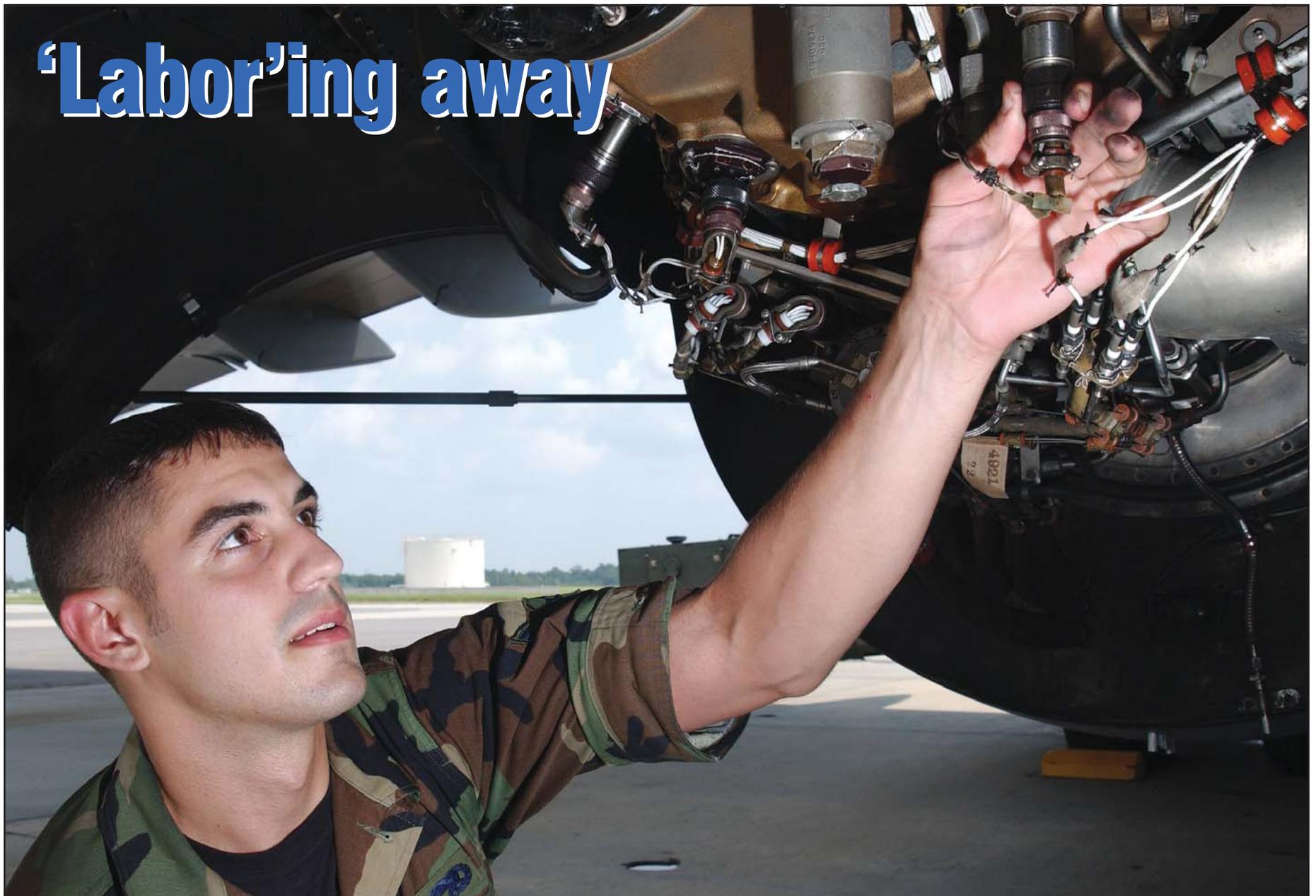


# AIRLIFT Dispatch

Vol. 42, No. 34

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

Friday, August 29, 2003



## 'Labor'ing away

*Photo by Staff Sgt. Corey Clements*

Airman Luke Micheletti, 437<sup>th</sup> Aircraft Maintenance Squadron Barracuda Flight Aircraft Propulsion Apprentice, removes a connector from a sensor on the Auxiliary Power Unit, which supplies electrical power and air to start the C-17 engines. The 437 AMXS, along with many other base agencies, will work through the Labor Day Holiday to make sure Charleston AFB's airlift mission continues.

### CFC KICK-OFF

Give charity a helping hand; see squad rep

Page 3

### VOTING

Elections coming up, absentee ballots due

Page 7

### ATWIND

CAFB kicks back at Jamician club fest

Page 15

### INSOMNIA

Stop counting sheep, get good night's sleep

Page 18

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

## COMMENTARY

# Commander's Comments

By Brooks Bash  
437AWcommander

### Welcome and Farewell

A warm welcome to our new Maintenance Group commander, **Lt. Col. Michael Riddle**, who is taking over for **Col. Tommy Hixon**. Colonel Riddle is coming to us from Tinker Air Force Base, Okla.

### Air Force Ball

Have fun! If you have not already made plans, it is not too late to buy tickets for the Air Force Ball Sept. 6. Our guest speaker is Lt. Gen. Duncan McNabb, deputy chief of staff for Plans and Programs, Headquarters U.S. Air Force, Washington, D.C. If you are concerned about driving or parking, the 437<sup>th</sup> Logistics Readiness Squadron is offering free transportation from the base to the convention center. You can purchase tickets from your squadron representative.

### Promotions

Congratulations to **Col. Chris Coley** for pinning on colonel Wednesday and **Maj. Jeri Erginkara**, who will pin on lieutenant colonel Tuesday. Also, congratulations to all of our monthly promotees. Keep up the hard work.

### Commander's Calls

I look forward to seeing each of you at the commander's calls, Wednesday - Sept. 5. Please think about the issues you would like to have me address. I look forward to answering any questions that you have.

### Combined Federal Campaign

I encourage everyone to give generously in this year's Combined Federal Campaign. The CFC is an excellent opportunity to give to a charity of your choice and to help fellow Air Force people. This year, the campaign runs from Wednesday - Oct. 15. Last year, the base generously contributed more than \$189,000 to organizations to help people in need all across our nation. For more information, see the article on page 3.

### As always, Be Safe

During the upcoming holiday weekend, have fun and relax, but be responsible. Take care of each other. Do not let someone get behind the

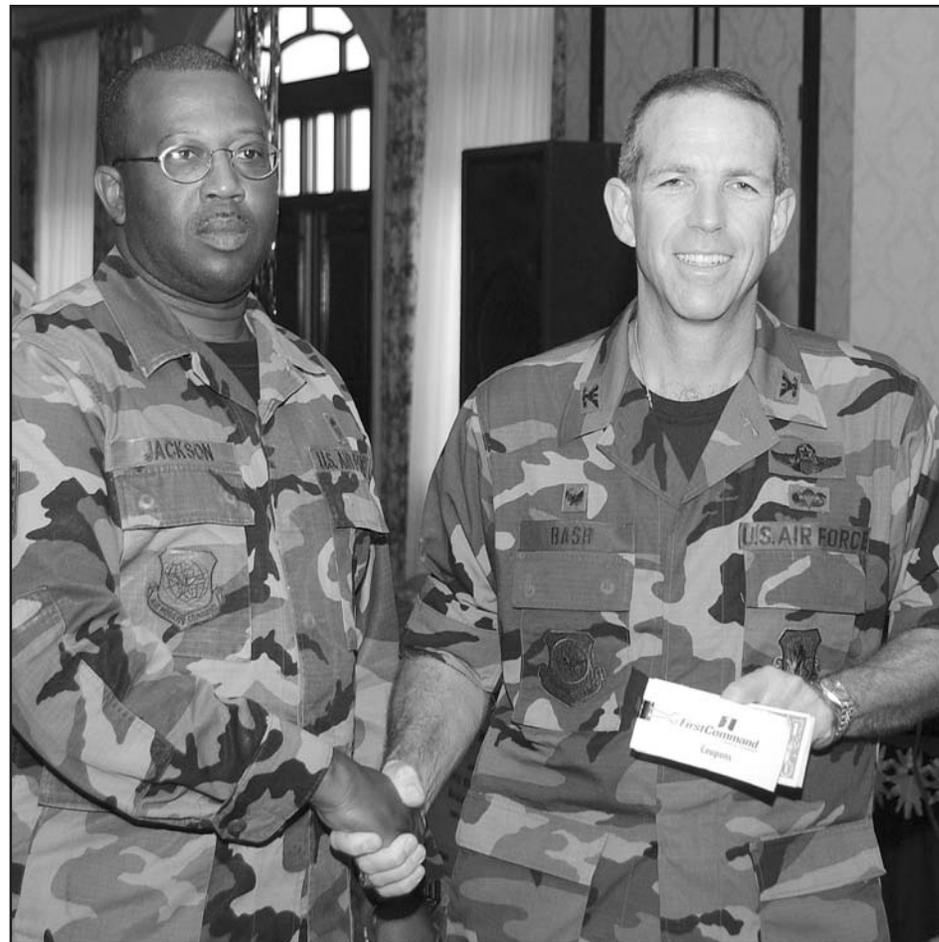


Photo by Andre Bullard

**Col. Brooks Bash, 437<sup>th</sup> Airlift Wing commander, presents Master Sgt. Billy Jackson, 437<sup>th</sup> Medical Group, with \$50 from a drawing he entered with First Command at the Club Membership Drive and ATWIND picnic Aug. 22.**

wheel after they have been drinking. If you are going to drink, plan ahead and decide on a designated driver. Make good choices.

Finally, I would like to thank each member of Team Charleston for the absolutely phenomenal job you are doing. You truly are simply the best!

The Commander's Action Line is your direct link to me. It's your opportunity to make Charleston AFB a better place to live, work and play.

First, give the appropriate base agency a chance to solve the problem, but if you don't get a satisfactory answer, call me at **963-5581**, or send an e-mail to [action@charleston.af.mil](mailto:action@charleston.af.mil).

To ensure you receive a response to your concerns, please leave your name and the information needed to contact you.

## Dispatch

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# MSG commander offers tips for success

By Col. Chris Doran  
437MSG commander

It's hard to believe a month has already passed since my arrival. Time is flying by, serving in one of the Air Force's premier organizations. To say we're busy is an understatement, but the mission is being accomplished in a safe, efficient and effective manner, thanks to dedicated professionals who make up this wing.

My topic has a mentorship theme. A favorite quote of mine is from Gen. Bill Creech, former commander of Tactical Air Command. He said, "The first duty of a leader is to create more leaders." Whatever success I've enjoyed over the years can be attributed to people I've worked for: their advice, feedback and tips. Additionally, I'd like to share a few common sense things I've learned along the way:

**Think inclusion not exclusion:** Anybody can make a decision. Making the right decision and getting people to implement it is the hard part. That's where inclusion comes in. Invite all the players involved to your meetings, get their inputs and make the decision then. People support what they help to create, so get their input, and implementation will be much easier over the long haul.

**Optimize at least two levels above your own:** In other words, think at least two levels

## worth repeating

"No one will ever criticize you for exceeding military standards, customs and courtesies ..."



—Col. Chris Doran  
437<sup>th</sup> Mission Support Group commander

above yours. Consider how your boss and boss's boss would view your position on an issue or decision. What's best for your level or organization may not be best for the larger organization as a whole, and that's how your supervisors will view things. Try to look at things through their eyes and decide accordingly.

**Work your boss's priorities and issues:** We're all busy for sure, and there never seems like enough time in a day. But odds are, your boss is even busier. That's where prioritization comes in. If it's on your boss's scope it may be because it's on his or her boss's scope, too. So, work those issues first, and clear those scopes. You'll often have a greater impact to the Air Force at large by accomplishing what several people above you think is important.

**Be prepared for the unexpected:** This is

probably more important now than ever before in our nation's history. Whatever your job, make sure you're ready now. There won't be time later. Don't procrastinate. Get your professional military education or other training requirements done early, personal affairs in order, and mobility requirements done now.

**Be visible:** You shouldn't let your inbox or e-mail drive your calendar. Get out from behind your desk to see what's going on in your organization, and personally recognize people for doing a great job rather than sending them an e-mail or note. You can never be as visible as your people want you to be, but you should plan time to get away from the office as much as possible.

**When in doubt, do the most military thing:** No one will ever criticize you for exceeding military standards, customs and courtesies, appearance, etc.

**Always do your best:** We live in a competitive environment for sure, and you're building your reputation and resume every day. Regardless, if you plan to make the Air Force a career or not, your future employment and success depends on what you're doing today.

If you're in a leadership position, at any level, take time to share some of your tips for success you've learned along the way. Your people will appreciate it and your Air Force and nation will prosper from it. Take care and be safe!

## CFC starts Wednesday, runs through mid-October

By Col. Brooks Bash  
437AW commander

One family, one mission, one fight. Every day, the men and women of Team Charleston dedicate their lives to the defense of the nation and the communities we call home.

In return, our communities help support our families and neighbors in times of need. We often do not realize how much we count on our local community to support our families when we deploy around the world, so they do not feel left behind.

Every year, we take great pride in knowing we diligently support local, national and international organizations through contributions to the Combined Federal Campaign. We are all touched in one way or another by one of the 1,000 CFC organizations, whether we helped to shelter a homeless family, funded cancer research, provided disaster relief or community childcare.

The CFC is our annual federal employee charitable fundraising

campaign. This year, the campaign runs from Wednesday - Oct. 15, with a CFC Kick-off Breakfast at the Charleston Club Wednesday, 7:30 a.m., and informational briefings at the Wing Commander's Calls Wednesday - Sept. 5 at the base theater. Last year, Team Charleston generously contributed more than \$189,000 to organizations to help people in need all across our nation.

If each one of us contributes one hour's pay each month, Team Charleston could raise more than \$800,000 to help others in need. That is an enormous impact from our small corner of the world.

Just \$8 a month fully immunizes five children in a developing country, and \$16 per month delivers two months of free meals to a homebound senior, enabling them to continue living more independently.

Twenty dollars per month provides a day of emergency shelter for a family of five removed from their

home due to neglect, abuse or violence.

Many federal employees know the 1,000 CFC organizations are carefully screened and feel comfortable using the CFC as their main consolidated charitable contribution resource, enabling them to say, "I already gave through the CFC."

We have a terrific Team Charleston CFC team at your service this year that will put the FUN in fundraising with a golf tournament and a bowl-a-thon. Your CFC leaders are chairpersons Chaplain (Maj.) James Tims at 963-2536, and Capt. Heather Gordon at 963-3662. Group representatives are Chaplain (Capt.) Mark Nevius, 437<sup>th</sup> Airlift Wing Staff; Capt. Sara Scivally, 437<sup>th</sup> Maintenance Group; Capt. Raymond Lewis, 437<sup>th</sup> Medical Group; Tech. Sgt. Joseph Beyer, 437<sup>th</sup> Operations Group; Capt. Manuel Martinez, 437<sup>th</sup> Mission Support Group; and Capt. Chris

### CFC Events Calendar

**Wednesday** – Kick-off Breakfast at the Charleston Club, 7:30 a.m.

**Wednesday - Sept. 5** – Informational briefings, Wing Commander's Calls at the Base Theater

**Sept. 25** – CFC Golf Tournament, Golf Course

**Oct. 3** – Bowlathon, Starlifter Lanes

Kirkland, 315<sup>th</sup> Airlift Wing. Squadron representatives and unit keyworkers are being trained to make 100 percent face-to-face contact (even with our deployed members) and assist you with your contributions this year.

Team Charleston is committed to serving our nation and those less fortunate. Let's not let anyone feel left behind ... the power is in your hands. I challenge you to contribute to CFC this year. Whether you give \$1 or one hour's pay, your contribution will make a difference.

## NEWS

# Clinic advises on how to avoid heat injuries

By Airman 1<sup>st</sup> Class Amy Perry  
437 AW Public Affairs

It starts with muscle cramps. It can progress to dizziness, nausea, vomiting and convulsions.

Heat injuries can affect anyone. It stems from an excessive loss of electrolytes, which makes it difficult for body heat loss, said Capt. Stephen Hamm, 437<sup>th</sup> Medical Operations Squadron Family Practice Clinic physician assistant.

When the temperature rises and the humidity increases, perspiration is the only effective method of heat loss, he said.

"One of the first signs for most healthy people is that they're getting dehydrated," said Captain Hamm. "If you can't sweat because you're dehydrated, your (body) core gets hot."

Maj. (Dr.) Gregory Sweitzer, 437 MDOS Family Practice Clinic physician, said there are many causes for heat injuries.

"Lack of air conditioning is the actual No. 1 factor per some reports," said Major Sweitzer. "Prolonged exposure to heat is obviously another cause."

"Risk factors for susceptibility to heat illness, are obesity, age (young and old), dehydration, caffeine and alcohol," he continued.

When first exposed to heat, bodies have many ways of dealing including sweating and increased respiration, said Major Sweitzer. After a certain point in temperature and duration, the body's mechanisms no longer get rid of the heat fast enough.

"Initial heat illness signs are thirst, decreased urination, profuse sweating and increased respiratory rate," said Major Sweitzer.

This can be followed by confusion, dizziness, paleness and muscle cramps. These are the first signs of heat exhaustion. If the signs progress to heat exhaustion, the patient should be brought to the base hospital, said Captain Hamm. Do not dump water on the patient because it may put them into shock.

Heat exhaustion, if ignored, can turn into heat stroke.

"Heat stroke is the deadly end of the heat illness spectrum," said Major Sweitzer. "This is when the body temperatures can approach 106-108 F. You can stop sweating, become comatose, and go into multi-organ failure and die."

To avoid heat-related injuries, prevention is key, said Major Sweitzer.

"Take breaks, remove your blouse if allowed,

keep up on fluids to maintain regular urine output and follow regulations for black flag days," said Major Sweitzer.

If someone displays signs of a heat illness, hydrate that person, remove them from the heated area and cool mist spray with a fan, he continued.

## Heat stress warning signs and actions

<p><u>Early signs</u></p> <ul style="list-style-type: none"> <li>Dizziness</li> <li>Headache</li> <li>Dry mouth</li> <li>Unsteady walk</li> <li>Weakness</li> <li>Muscle cramps</li> </ul>	<p><u>Actions</u></p> <ul style="list-style-type: none"> <li>Move to shaded area</li> <li>Allow casualty to rest in shade</li> <li>Take sips of water</li> <li>If signs worsen, transport to clinic</li> </ul>
<p><u>Later signs</u></p> <ul style="list-style-type: none"> <li>Hot body, high temperature</li> <li>Confusion, unresponsiveness, coma</li> <li>Vomiting</li> <li>Convulsions</li> <li>Weak or rapid pulse</li> </ul>	<p><u>Actions</u></p> <ul style="list-style-type: none"> <li>Call "911" for transport hospital</li> <li>Give sips of water</li> <li>Begin active cooling</li> <li>Undress person</li> <li>Pour cool water over person and fan</li> </ul>

Information from 437<sup>th</sup> Medical Group

## 'Sober or Slammer'

# South Carolina lowers BAC, increases DUI fines

By Airman 1<sup>st</sup> Class  
Stephanie Hammer  
437 AW Public Affairs

A new South Carolina law lowering the legal blood alcohol concentration level and increasing fines for driving under the influence of alcohol went into effect Aug. 19.

The new BAC level, which dropped to 0.08 from 0.10, applies to motor vehicles, boats and the operation of firearms.

"It has been proven that the most effective way to reduce alcohol-related accidents is to reduce the BAC," said Maj. Catherine Hallett, 437<sup>th</sup> Medical Group Alcohol and Drug Abuse Prevention and Treatment program manager. "Alcohol-related driving accidents account for more deaths of our military members than any other reason. What's sad is, these accidents are 100 percent preventable."

All fines for DUI in South Caro-

lina are now more than double their original values.

The new fine for a first-time DUI offense is \$992, according to the South Carolina Department of Public Safety.

A second offense increases to a maximum of \$10,744.50, and a third offense can be as much as \$13,234.50.

A maximum felony DUI fine is \$21,119.50, and a DUI fatality can result in a \$52,244.50 fine.

Repercussions for military members go beyond the monetary expense.

"Charleston AFB has adopted a zero-tolerance policy in regard to drinking under the influence," said Major Hallett. "Any military member charged with a DUI, either on-or off-base, will have to meet with the wing commander and command chief. The wing commander will insist the squadron commanders and group commanders are also present to discuss why this person did not ad-

here to standards."

Being convicted of a DUI can also result in jail time and driver's license suspensions, according to the department of public safety.

A first-time offender can face imprisonment from two to 30 days and a six-month driving suspension.

"Drinking and driving is a deadly combination that's never worth the risk," said Master Sgt. Philip Brown, 437<sup>th</sup> Civil Engineer Squadron first sergeant. "Statistics clearly indicate that in a single moment, innocent lives can be lost, dreams shattered and families forever changed - all based on an individual's irresponsible behavior."

"Simply put, drinking and driving is a crime, and a conviction will result in serious consequences, both personally and professionally," he continued. "Consuming alcohol is still a choice, and individuals who choose to drink must do it responsibly."

## Q's & A's

### What is the effect of alcohol on driving skills?

Alcohol causes poor judgment. It slows reaction time, and the ability to concentrate and make decisions. It also impairs eyesight. If BAC levels reach 0.10, people are seven times more likely to have a traffic collision than if BAC levels were zero.

### What is implied consent?

This refers to statutes in which consent for a driver to submit to BAC testing is provided for by statute, not expressly by the driver. Any person operating a vehicle in South Carolina is considered to have given consent for testing of breath, blood or urine. **(Information provided by South Carolina Department of Public Safety)**

# Armed Forces Voter week runs Monday - Sept. 7

## Base voting officer gives tips about absentee ballots

The deadline for military members to apply for an absentee voting form to vote in the upcoming Nov. 4 general elections is rapidly approaching.

Team Charleston members wanting to vote must submit a Federal Post Card Application, SF-76, request for registration or absentee ballot, before Sept. 15.

An absentee ballot is required when servicemembers and their spouses live in a state other than that of their legal residence.

The easy-to-complete form is available online at [www.fvap.ncr.gov](http://www.fvap.ncr.gov) or by contacting a unit voting representative.

Forty-two states and territories allow citizens to register and request an absentee ballot by submitting a single FPCA. However, other states may require the use of two separate FPCA forms, one to register and a second to request a ballot.

Generally, the ballots should be received by election officials at least

45 days before election day to allow ample time to process the request and mail the ballot.

The process of applying for an absentee ballot only takes about five minutes with a little help from a voting representative, according to Maj. David Newman, 437<sup>th</sup> Medical Group and base installation voting officer.

"All you have to do is fill out a pre-paid postcard and drop it in the mail," said Major Newman. "It doesn't cost you anything."

Generally, all U.S. citizens 18 years or older, who are or will be residing outside the United States during an election period, are eligible to vote absentee in any election for federal office.

In addition, all members of the Armed Forces, their family members, and members of the Merchant Marine and their family members, who are U.S. citizens, may vote absentee in state and local elections.

"It's part of our civic duty to vote," said Major Newman. "Registering to vote absentee now will allow those to vote in next year's presidential general election including primaries in most states."

### 437<sup>th</sup> Maintenance Group

**437<sup>th</sup> Aircraft Maintenance Squadron** – Master Sgt. Charles Stamm and Staff Sgt. Diamond Cookson

**437<sup>th</sup> Contracting Squadron** – 2<sup>nd</sup> Lt. Brian West and Tech. Sgt. Carl Allen

**437<sup>th</sup> Maintenance Operations Squadron** – Master Sgt. Jerry Siapno and Tech. Sgt. David Barnes

### 437<sup>th</sup> Medical Group

**437<sup>th</sup> Aeromedical Dental Squadron** – Senior Airman Yolanda Jones

**437<sup>th</sup> Medical Operations Squadron** – Staff Sgt. Angela Jesses

**437<sup>th</sup> Medical Support Squadron** – Master Sgt. Charles Luetgten

### 437<sup>th</sup> Operations Group

**14<sup>th</sup> Airlift Squadron** – Capt. Brady Caldwell and 1<sup>st</sup> Lt. Chris Riemer

**15<sup>th</sup> Airlift Squadron** – 1<sup>st</sup> Lt. Aaron Walenga and 1<sup>st</sup> Lt. John Utso

**16<sup>th</sup> Airlift Squadron** – 1<sup>st</sup> Lt. Victor Aguilar

**17<sup>th</sup> Airlift Squadron** – 1<sup>st</sup> Lt. David Ericson and 1<sup>st</sup> Lt. Patrick Hegarty

**437<sup>th</sup> Operations Support Squadron** – Staff Sgt. Heather Reid

### 437<sup>th</sup> Airlift Wing

**Wing Staff** – Airman 1<sup>st</sup> Class Ruby Rose and Staff Sgt. Freddie Lorick

### 437<sup>th</sup> Mission Support Group

**437<sup>th</sup> Civil Engineer Squadron** – Airman 1<sup>st</sup> Class Jose Castro

**437<sup>th</sup> Contracting Squadron** – 2<sup>nd</sup> Lt. Cliff Bermodes

**437<sup>th</sup> Logistics Readiness Squadron** – 1<sup>st</sup> Lt. Kristin Stevens

**437<sup>th</sup> Aerial Port Squadron** – 1<sup>st</sup> Lt. Tom Lessmann

**437<sup>th</sup> Communications Squadron** – Senior Airman Todd Mingin

**437<sup>th</sup> Mission Support Squadron** – Senior Airman Demetria Holman

**437<sup>th</sup> Security Forces Squadron** – Staff Sgt. Brandi Rich and Tech. Sgt. Philip Borneman

**437<sup>th</sup> Services Squadron** – 1<sup>st</sup> Lt. Darren Moore and Master Sgt. Kenneth Brown

### Tenant Units

**1<sup>st</sup> Combat Camera Squadron** – Vanessa Foreman and Joyce Taylor

**373<sup>rd</sup> Training Squadron, Detachment 5** – Tech. Sgt. Mark Normand and Tech. Sgt. Richard Malle

**315<sup>th</sup> Airlift Wing** – Staff Sgt. Keith Bright

For all other units, call Major Newman at 963-8683.

## ALS Class 03-G graduates; SFS gets top award

Senior Airman Brian Student, 437<sup>th</sup> Security Forces Squadron, earned the Sgt. John L. Levitow Award during Airman Leadership Class 03-G and was presented with the honor at the ALS graduation dinner Aug. 21 at the Charleston Club.

Senior Airman Justin Schleyer, 437 SFS, received the Academic Achievement Award. He was also recognized as one of the Distinguished Graduate Award recipients.

Senior Airman Ryan McCosco, 437<sup>th</sup> Aircraft Maintenance Squadron, and Senior Airman Michael Stone, 437 AMXS, were named Distinguished Graduate Award recipients as well.

Staff Sgt. Joshua Morrison, 437 SFS, earned the Leadership Award.

Chief Master Sgt. Lawrence Strother, 437 AMXS Shark Aircraft Maintenance Flight chief, was the guest speaker.

Graduates from the five-week course also include the following:

- 1<sup>st</sup> Combat Camera Squadron: Staff Sergeants Ashley Center and Tonia Skalsky

- 14<sup>th</sup> Airlift Squadron: Senior Airman Joshua Pogue

- 315<sup>th</sup> Maintenance Squadron: Senior Airman Zipporah Sherald

- 437<sup>th</sup> Aeromedical Dental Operations Squadron: Senior Airman Lori Tyrone

- 437<sup>th</sup> AMXS: Staff Sgt. Jason Wilder, Senior Airmen Milo Barrington, Robert Brown, Patrick Howard, Joel Keefer, Jeffrey Klein, Scott Madden, Jeffrey Openbrier, and Damien Thomas

- 437<sup>th</sup> Aerial Port Squadron: Senior Airmen Iean Bird and Ean Bruette

- 437<sup>th</sup> Airlift Wing Staff: Staff Sgt. Jenny Delauney and Senior Airman Kerri Burdge

- 437<sup>th</sup> Civil Engineer Squadron: Senior Airmen Gregory Glinka and Elden Pelletier

- 437<sup>th</sup> Communications Squadron: Senior Airman Carl Stiles

- 437<sup>th</sup> Logistics Readiness Squadron: Staff Sgt. Vincent Smith, Senior Airmen Toccara Evans, Charles Guernsey, Christopher Harris and Heather Lea

- 437<sup>th</sup> Maintenance Squadron: Senior Airman John Perkins and Rene Vasquez

- 437<sup>th</sup> Operations Support Squadron: Senior Airman Antonio Good

- 437 SFS: Senior Airman Dentriss Ponds

- 437<sup>th</sup> Services Squadron: Senior Airman Jessica Fruth



Courtesy photo

### Under the lights

A couple enters the Air Force Ball under the Charleston AFB Honor Guard honor condon. The Air Force Ball is Sept. 6, 6 p.m., at the North Charleston Convention Center. Contact squadron representatives for tickets.

# AROUND THE AIR FORCE

## Metallic name tag mandatory beginning Jan. 1

**SAN ANTONIO** – Personnel officials announced in a recent message to the field that the new metallic name tag will be mandatory on the service dress uniform and pull-over sweaters Jan. 1.

The items, which have been available for purchase since No-

vember, will be issued to enlisted airmen by their organizations, according to the message. Officers must purchase their own name tags. **(Air Force Print News)**

## Air Force reaches recruiting goal

**RANDOLPH AFB, Texas** – The Air Force reached its enlisted-contract

goal Aug. 22 with the signing of its 37,000<sup>th</sup> enlistment contract.

More than 32,000 people entered basic military training since Sept. 30. The Air Force now has enough contracts to meet its goal for the fiscal year and has for the past four years, according to officials.

“I salute our recruiters who are working hard to recruit the country’s best and brightest,” said Brig. Gen. Edward Rice, Air Force Recruiting Service commander. “We are committed to recruiting a diverse, high-quality volunteer force that is representative of the country it serves.”

The Air Force is not only doing well enlisting airmen, the service is also doing well commissioning officers into critical career fields, according to officials.

“The Air Force is having a banner year recruiting engineers, scientists and weather officers,” said Col. Gary Kirk, recruiting service’s operations division chief. “The last year that compares with this year’s success was 1991, and we are already postured for another strong year next year.”

Although the Air Force is having a great recruiting year, it is still hiring, Kirk said. It needs hundreds of doctors, nurses, pharmacists and aircraft mechanics, as well as people qualified for special operations, such as pararescue and combat control.

According to Colonel Kirk, the Air Force also maintained its standard of 99 percent of recruits being high school graduates.

Enlisted airmen earn 12-72 accredited hours through their Air Force training, putting them on track to earn an associates degree in one of more than 60 fields of study from the Community College of the Air Force.

“It’s no wonder that ... one of the top reasons people join the Air Force is for the opportunity to further their education,” General Rice said. **(Air Force Print News)**

## Aircraft return to Incirlik

**INCIRLIK AIR BASE, Turkey** – U.S. officials are sending four KC-135 Stratotanker aircraft and six aircrews here to provide air-refueling support for Operations Enduring Freedom and Iraqi Free-

dom. Aircraft and people began arriving Aug. 19 and should be in place by Aug. 23.

The first aircraft and aircrew are from the Air National Guard’s 121<sup>st</sup> Air Refueling Wing at Rickenbacker International Airport, Ohio. Aircraft from various Guard units will rotate in and out every 30 days, and aircrews will stay for 15 days. **(Air Force Print News)**

## Air Force teamwork saves U.N. lives

**BAGHDAD, Iraq** – Airmen from several Air Force units at Baghdad International Airport rescued seven U.N. employees injured when a terrorist bomb exploded outside their headquarters Aug. 19.

Approximately 90 minutes after the attack, 301<sup>st</sup> Expeditionary Rescue Squadron officials sent two combat search and rescue teams. Each team included one pilot and three pararescuemen. They were joined moments later by another team.

The team’s first job was to set up and use a rope pulley to retrieve a bombing victim. The victim was trapped in the rubble about 15 feet below the closest access point.

It took about 40 minutes to retrieve and fly him to the coalition hospital, where he underwent the four-hour surgery that saved him.

Eleven hours after the first rescue team responded, the final leg of the medical marathon began at the 379<sup>th</sup> Aeromedical Evacuation Squadron. The squadron’s mobile aeromedical staging facility prepared the remaining injured trio for aeromedical evacuation. Facility flight nurses and medical technicians cared for the patients.

The three-person teams include a critical-care physician, critical-care nurse and respiratory therapist. The teams set up an intensive-care unit on the airplane. Each team can care for up to three critical patients who require ventilators or up to six who do not.

Four of the seven patients were released within 24 hours. Three others were flown to medical facilities outside Iraq.

This multinational, joint-service team made sure the patients brought to the airport were safely airlifted to more advanced care outside Iraq. **(Air Force Print News)**

## Combat Camera Photo of the Week



Photo by Staff Sgt. Aaron Allmon

### Pave-ing the way

**HH-60G Pave Hawks** fly at Naval Air Station Fallon, Nev., during Desert Rescue XI. The aircraft are from Moody AFB, Ga. The joint-service combat search and rescue training exercise simulates rescuing aircrews behind enemy lines.

# NEWS BRIEFS

## Spotlight

**Retirement:** The 437<sup>th</sup> Medical Group is hosting a retirement ceremony for Maj. Carol Sheehan Tuesday, 4 p.m., at the Base Chapel Annex. For more information, call Capt. Pamela Stephenson at 963-6519.

**Summary Court Officer:** Second Lt. Jennifer Strickland, 1<sup>st</sup> Combat Camera Squadron, is detailed as Summary Court Officer to secure and make proper disposition of the personal effects of Tech. Sgt. Gary Robinson. Anyone having knowledge of money or property due to the deceased or claims against the deceased's estate, please contact Lieutenant Strickland at 963-3366, or 963-4014.

## Community Support

**Salute to America:** A Salute to America celebration and Lee Greenwood concert honoring America's military is Thursday, 5:30 p.m., at Shelter Grove Community Park, Hilton Head, S.C. The event is free to military members with valid ID cards.

## Around the base

**Chapel:** Beginning Monday, the Base Chapel hours are 9 a.m. - 4:30 p.m.

**Golf Tourney:** The Earth Day Golf Tournament fundraiser is Thursday, with an 8:30 a.m. shotgun start, at the Wrenwoods Golf Course. The cost is \$20 plus cart and green fees, which includes lunch and beverages. The proceeds benefit the Earth Day celebration. For more information or to register, call Al Urrutia or

## Charleston Warrior of the Week

**Staff Sgt. Matthew Carman**  
437<sup>th</sup> Maintenance Operations Squadron

Staff Sgt. Matthew Carman is distance learning manager for the 437<sup>th</sup> Maintenance Operations Squadron. His job is to manage automated testing facilities and multimedia courseware for more than 2,000 people. He is also responsible for ensuring proficiency in aircraft towing, power units and engine running.

"The job is challenging," said Sergeant Carman. "It allows me to help others be more proficient at their job site."

The Hammond, Ind., native joined the Air Force to complete his bachelor's degree in accounting while seeing the world.

Sergeant Carman plans to commission and complete a master's degree in business administration with a concentration on computer information systems management.

Sergeant Carman has been at Charleston AFB for a year.

During his off-duty time, he likes to spend time with his wife, Ashley, and two daughters, Baylee and Julianna. He also volunteers to mentor students at Windsor Hill elementary school and play the guitar.



Photo by Airman 1<sup>st</sup> Class Jason Bailey

Keith Thompson at 963-4978, or 963-4976.

**Oktoberfest:** Oktoberfest is scheduled for Sept. 26, 11:30 a.m. - 6 p.m., at the base dorms. The event is designed to recognize the sacrifices and achievements of Charleston AFB airmen. Master sergeants and above pay \$5 each. Oktoberfest is an alternative duty location for E-6 and below and features free food, beverages, entertainment and prizes. For more information, call

Master Sgt. Scottie Franklin at 963-4282.

**Golf Tourney:** The Charleston Chapter of the National Defense Transportation Association is having its 11<sup>th</sup> Annual Scholarship and Chapter Fund-Raising Golf Tournament Oct. 3, with check-in beginning at 11 a.m. and a shotgun start at 12:30 p.m., at the Crowfield Golf and Country Club, Goose Creek, S.C. The cost is \$40, which covers cart, green fees, beverages and lunch. For more information, call Ryan Westall at 963-3240.

**ACA:** The Annual Air Commando Association and Special Operations reunion is Oct. 10-12, in Fort Walton Beach, Fla. For more information, call (850) 581-8988, or e-mail [hqaca@aircommando.net](mailto:hqaca@aircommando.net).

**Walk a Mile Donations:** Walk a Mile is accepting donations of shoes, high heels, panty hose and money, all in good condition, to distribute to local shelters. For more information, or to volunteer to help, call Airman 1<sup>st</sup> Class Tyrona Pearsall at 963-3450.

**Recycle:** The next Military Family Housing recycling pick-up dates are Sept. 11 and Sept. 25. The U.S. generates more corrugated cardboard than any other single-waste material. Corrugated boxes can be dropped off in the cardboard recycling containers and should be emptied, flattened, and free of food or cooking oil contamination. For more information, call the pollution prevention manager at 963-2690.

**New York Air Guard** The 109<sup>th</sup> Airlift Wing, Scotia N.Y., home of the C-130 ski-birds, has traditional Guard vacancies in the following career fields: 1A2X1, 1C0X2, 1C3X1, 1N0X1, 2A5X1, 2A5X3, 2A6X1, 2A6X2, 2A6X4, 2A6X6, 2A7X1, 2A7X3, 2E1X3, 2F0X1, 2S0X1, 2T0X1, 2T1X1, 3C1X1, 3E0X1, 3E3X1, 3E9X1, 3M0X1, 3P0X1, 3S1X1, 4A0X1, 4A1X1, 4A2X1, 4D0X1, 4P0X1, 4R0X1, and 4T0X1; as well as full-time active duty opportunities in the following AFSCs: 2A6X6 & 2A7X3. For more information, call Master Sgt. Wesley Ryerson at (800) 524-5070, or e-mail [Wesley.Ryerson@nyscot.ang.af.mil](mailto:Wesley.Ryerson@nyscot.ang.af.mil).

## Air Force Ball

The Air Force Association Chapter 297 is sponsoring the Air Force Ball Saturday at the North Charleston Convention Center. Social hour begins at 6 p.m. followed by dinner at 7 p.m. The guest speaker is Lt. Gen. Duncan McNabb, Headquarters U.S. Air Force Staff, Plans and Programs deputy chief.

Tickets are \$25 and can be purchased through squadron representatives. The menu includes a garden salad, herb chicken with roasted garlic crême, vegetables, rolls, and Chocolate Lovin' Spoon Cake or cheesecake.

Baby-sitting services are offered on site for \$10, and reservations can be made with Tech. Sgt. Janet Clayton at 963-6024. The 437<sup>th</sup> Logistics Readiness Squadron offers free transportation from Charleston AFB to the convention center. Valet Parking at the convention center is offered by the 437<sup>th</sup> Comptroller Squadron.

## FEATURE

# Atwinning Picnic



Airman 1<sup>st</sup> Class Bryan Bergeron, 15<sup>th</sup> Airlift Squadron, and his son swing their way into fun at the indoor wing picnic Aug 22.



Top: Catherine Padilla, daughter of Capt. Fernando Padilla, 315<sup>th</sup> Aero-medical Evacuation Squadron, hoola-hoops her way to the picnic.



Tammy Wyas, 437<sup>th</sup> Aerial Port Squadron, removes a game piece to reveal what she won as an instant winner at the ATWIND game table.



Left: Tiffany Fludd, 437<sup>th</sup> Services Squadron, prepares food for picnic-goers.

# When a co-worker suffers domestic abuse

By Jim Hernandez

437 MDG Family Advocacy

It is not uncommon for someone to find out that a co-worker they are close to is involved in an abusive relationship. Your friend might reveal their partner is physically harming them or subjecting them to a constant pattern of emotional abuse. What can you do to help?

First of all, listen to them without judging. Victims of maltreatment often believe the abuser's negative messages about them. Your friend may feel responsible for causing the abuse, ashamed about it, and inadequate to cope well. Second, let your friend know you

care and are concerned about their safety and health. Tell them they are not responsible for the abuse, and physical violence in a relationship is never acceptable. No matter what they've done – alcohol or drug abuse, financial mistakes, parenting missteps, jealousy – nothing justifies the abuser's behavior.

Thirdly, refer your friend to a program specifically designed to assist people in abusive relationships. Such a program exists at Charleston AFB. It is called the Family Advocacy Program, part of the many services offered by the base clinic. Your friend can call Family Advocacy for assistance at 963-6972, or visit the office in Building 1000 Monday through Friday, 7:30 a.m. - 4 p.m.

*If you are the co-worker of someone experiencing domestic violence:*

- Do not directly confront them since it is important for an individual to self-disclose for their own safety and well-being.

- Express concern and a willingness to listen, and be supportive if needed.

- Offer support by listening and assisting; when an individual is ready, they will confide.

- If a co-worker confides in you, encourage communication with the human resources manager and their supervisor.

- If you witness an incident at work, contact your safety manager or law enforcement immediately. Make sure the incident is documented.

*If you are the supervisor or manager of an employee who is experiencing domestic violence:*

- Be aware of unusual absences or behavior, and take note of bruises or emotional distress.

- Contact the human resources manager to discuss concerns, resources available and ways to support the employee, e.g., safety planning, employee-assistance counseling, family resource referrals, flexible scheduling and security measures.

- Be familiar with community resources and referrals.

- Maintain confidentiality at all times; be sensitive to the seriousness of the situation.

- Discuss who is appropriate to speak with the employee; agree on all forms of communication

- Assist the employee in documenting all incidents with the batterer that occur in the workplace.

- Take action against domestic violence by encouraging employees to volunteer and provide financial or other support to your local domestic violence programs. (**Information provided by the National Coalition Against Domestic Violence.**)

## Chapel schedule



**107 Arthur Drive**  
**Office:** Monday-Friday, 9 a.m. - 4:30 p.m. (effective Sept. 2)

**Phone:** 963-2536. After duty hours, call the command post at 963-2531 for emergencies only.

**Catholic Services:** *Saturday* - 4:15 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. No daily Mass on Mondays.

**Protestant Services:** *Sunday* - 9:30 a.m. Sunday School, Bldg. 245, 11 a.m. Traditional Worship Service and 11 a.m. Children's Church. *Sunday* - 5 p.m. Contemporary Worship Service.

**For information on other faith groups, call the Base Chapel at 963-2536.**

## Movie schedule

**Admission:** 99 cents for adults and children.

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

**Movie schedules are provided by AAFES.**



**Patrons should call 963-3333 to verify movie titles, running times and start times, which are subject to change.**

**Today, 7:30 p.m.**

**"Pokemon Heroes" – Animated**

In a mysterious city of water called Alto Mare, Ash and Pikachu meet two new Pokemons, Latias and Latios, who protect a treasure called the Droplet of the heart, which is the target of a pair of thieves, Zanna and Rion. **(G) 71 minutes**

**Saturday, 7:30 p.m.**

**"Bad Boys II" – Will Smith**

Miami police detectives Marcus Burnett and Mike Lowrey are back, this time investigating the booming ecstasy business in Southern Florida. Their drug busts lead to an evil kingpin who has started a violent turf war throughout Miami. To further complicate matters, Mike begins to fall for Syd, the half sister of Marcus. It's a relationship that threatens Mike and Marcus' friendship and puts Syd's life in danger. **(R) 150 minutes**

**Sept. 5, 7:30 p.m.**

**"Lara Croft Tomb Raider: The Cradle of Life" – Angelina Jolie**

Lara Croft travels to a sunken underwater temple. It leads her to a sphere that contains the mythical Pandora's Box, which is stolen from her by Chen Lo, the leader of a Chinese crime syndicate. **(PG-13) 110 minutes**

## WELLNESS TIP

**What single food item is the highest quality food protein source, having the highest biological value?**

- The egg contains all essential amino acids (building blocks of proteins) necessary for human growth.

- The egg serves as the standard with a biological value rating of 93.7. Ratings for other foods are:

*Milk - 84.5 Fish - 76.0 Meat - 74.3 Corn - 60.0*

- One egg per day can easily fit into a healthy diet. Those with high cholesterol levels should limit egg yolks to 3 or 4 per week.



Graphic by Sean Erbe

## SPORTS &amp; FITNESS

## INSOMNIA

## Life Skills Center offers tips to combat sleepless nights

By Airman Brandel Gempp  
437 MDG Life Skills Support Center

You've worked another 12-hour shift, played with the remote, stared at the laundry and reviewed all the things you have to do tomorrow. Hey, it's only four hours until you go back to work so you just drop right off to slumberland, right?

Probably not. Visions of operations tempo dancing in your head is not the most relaxing mental picture for restful sleep.

Many people are experiencing difficulty trying to get to sleep these days (and nights). There are only a few hours until you have to go back and do it all over again, and that leads to feeling rushed to hurry and relax. Anyone who relates to these scenarios may be experiencing stress-induced insomnia.

Researchers say people who spend their free time worrying about their jobs are more likely to suffer from a variety of sleep problems. Highly demanding work, as well as work involving physical effort, is more often associated with sleep disturbances.

The strongest association with sleep distur-

bances was found in people who reported they were unable to stop thinking about work during off-duty hours. Also, studies show females appear more likely to have sleep disturbances due to job demands than their male counterparts.

But some people just can't get their minds off work. So what can be done about the inability to sleep at night? The following steps can help lead to a good night's sleep, (hey it's better than counting sheep):

- Make the bedroom an inviting place to be; create a welcoming environment, keep uniforms or other work reminders out of sight

- Use the bed for sleeping only; avoid bringing work to bed

- Establish a regular sleep-wake cycle by going to sleep and waking up at the same times every day, even weekends

- Don't nap; it can throw off the body's internal sleep-wake clock; extra sleep on weekends can also throw off sleep schedules and worsen midweek insomnia

- Don't consume caffeinated beverages or smoke cigarettes in the evening; both caffeine and nicotine are stimulants

- Don't drink alcohol two-three hours before going to bed; large amounts of alcohol at any time can disrupt sleep patterns and lead to restless sleep.

- Exercise; it not only improves mood but it also heightens the ability to fall asleep

- Eat light meals in the evening; eating very heavily in the evening can also disrupt sleep patterns

- Have the right bed and mattress; the wrong mattress can lead to musculoskeletal problems

- Talk to a professional. People who are feeling out of sorts, can't concentrate, don't enjoy the things they used to, feel short tempered or cry more easily should talk to a professional. Chaplains, first sergeants, Life Skills Support Center staff and Primary Care Managers can all give more specific and individualized guidance.

The Life Skills Support Center has a relaxation skill-building article, "How to Relax," and a web-based life-skills program, "Take Charge of Your Life," at <http://www.geocities.com/lifeskillspage>. For more information, call the Life Skills Support Center at 963-6852.

## Swami tries to negotiate new contract, gets replaced

By the Gridiron Guru  
*'New & improved' pigskin prognosticator*

The Gridiron Guru would like to welcome everybody to another season of Swami Cup football. It will be my pleasure to totally embarrass each and every one of you who make the mistake of trying to challenge me this year!

I have replaced the Swami who is threatening to sit out the entire season over a nasty contract dispute. ESPN football expert John Clayton is reporting the two sides are very far apart on a new contract, with the Swami demanding more time off, free golf passes and a reserved parking spot at the Charleston Club.

I am also happy to report the defending three-time Swami Cup champion Aldo "The Greek" Ingold has officially announced his retirement. In an exclusive interview, he stated there was simply no competition for him in Charleston, and he was relocating to Las Vegas to parlay

his football genius into millions of dollars. This means there will be a new champion for the first time in four years!

The Guru predicts an exciting season ahead with several key questions to be answered. Can the Falcons fly without Michael Vick? Will Kurt Warner regain MVP form? Will the Big Tuna win a game in Dallas? Will the Jets finally turn the corner? Are the Bucs hungry enough to repeat as Super Bowl champions? The Guru knows the answers to all of these questions, do you?

And here are the Swami Cup rules. To compete for the Swami Cup championship cup, you must play a minimum of 12 weeks. All weekly ties will be settled by predicting the total points of the Monday night game. And as a freebie, I give everyone a win for Thursday night games. You know you need the help. All entries must be e-mailed to: [Swami@charleston.af.mil](mailto:Swami@charleston.af.mil), by 4 p.m. Friday. Now, on to my week one predictions ...

## Gridiron Guru's Week 1 picks

## Sunday, Sept. 7

Arizona @ **Detroit**  
**Denver** @ Cincinnati  
**Indianapolis** @ Cleveland  
 Minnesota @ **Green Bay**  
 San Diego @ **Kansas City**  
**Atlanta** @ Dallas  
 New Orleans @ **Seattle**  
 Baltimore @ **Pittsburgh**

Houston @ **Miami**  
 Jacksonville @ **Carolina**  
 New England @ **Buffalo**  
**St. Louis** @ N.Y. Giants  
 Chicago @ **San Francisco**  
 Oakland @ **Tennessee**

## Monday, Sept. 8

Tampa Bay @ **Philadelphia**

Monday Night total points: \_\_\_\_  
 Guru's Monday night points: 40

*The Gridiron Guru's picks are in bold and italics.  
 Send your picks to [swami@charleston.af.mil](mailto:swami@charleston.af.mil) only.  
 Include your name, phone number, and any comments in the e-mail.  
 Picks can no longer be dropped off at the Public Affairs Office.  
 \*\*Picks must be submitted by Friday, Aug. 29, 4 p.m. \*\**