

AIRLIFT Dispatch

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437th Airlift Wing, Charleston AFB, SC

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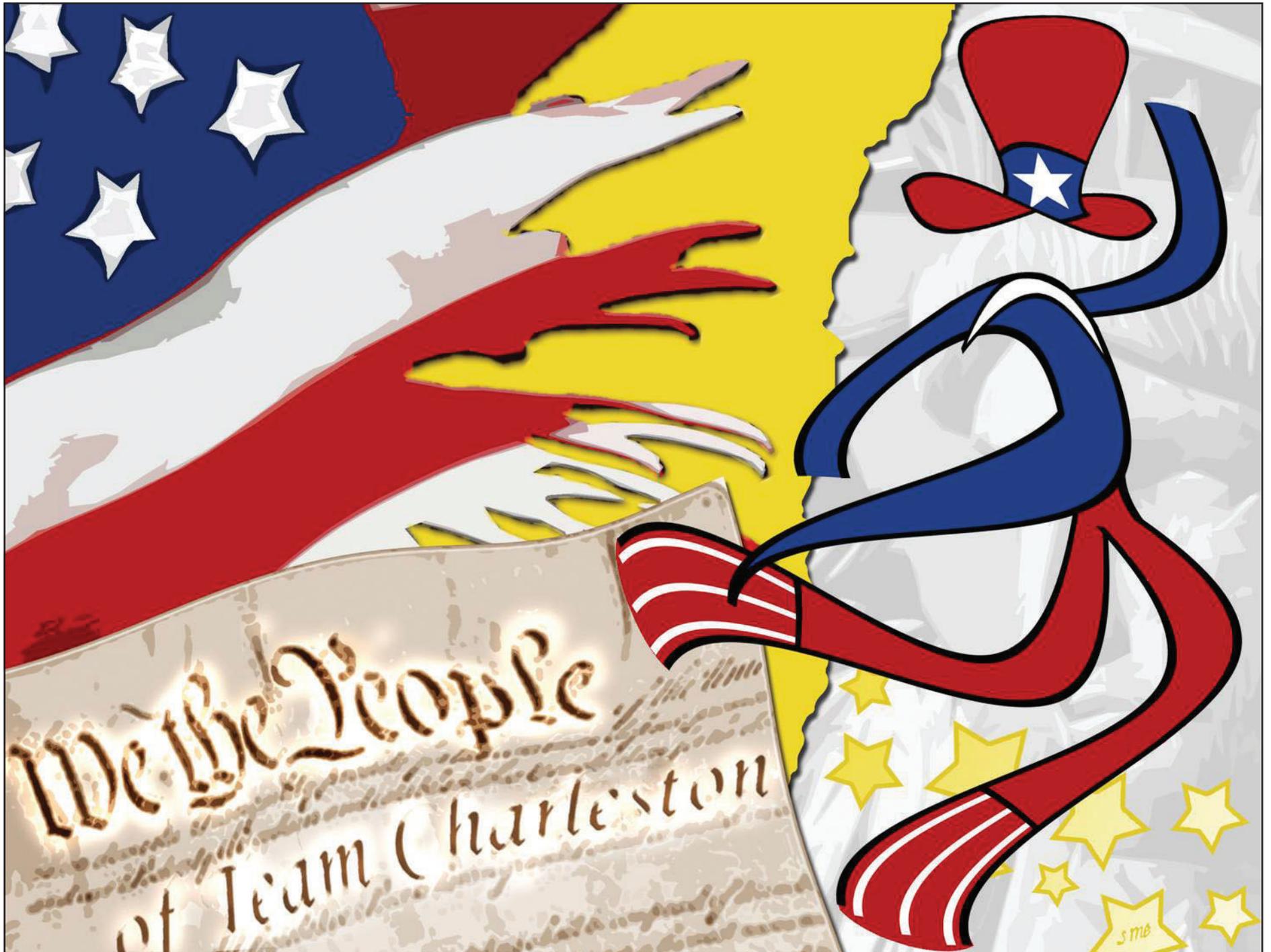


Photo illustration by Sean Erbe

**Enjoy a safe and
happy 4th of July!**

HAVE A BLAST

Think safety first when
playing with fireworks

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DOWNTOWN

Charleston to hold
several holiday events

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

COMMENTARY

Commander's Comments

By Col. Karl Young
437AW vice commander

Awards

Congratulations to our Federal Executive Association award winners, announced at a luncheon Friday. **Mr. Michael Holtsclaw**, 437th Civil Engineer Squadron, was the winner in the managerial/executive employee category, and **Senior Airman Vijay Coleman**, 437th Comptroller Squadron, won in the technician/assistant category. Additionally, **Mr. John Geraci**, 437 CES, **Mr. Carl Barton**, 437th Maintenance Squadron, and **Mr. Jeffrey Garrett**, 437 CES, were runners-up in their categories. Great showing, Team Charleston!

We also salute **Ms. Amber Calvin**, who was Charleston AFB's nominee for family child care provider of the year. Our care providers are an indispensable part of the team.

Diamond Sharp

We recognized our diamond sharp airmen Tuesday. First sergeants identified **Staff Sgt. Ron Greenwood**, 437th Services Squadron; **Senior Airman Nicole Dobson**, 437th Operations Support Squadron; **Senior Airman Demetria Holman**, 437th Mission Support Squadron; and **Airman 1st Class Jorge Vargas**, 437th Maintenance Squadron, as airmen who exemplify the traits that make our Air Force the best in the world.

Warrior Coins

Last week we presented coins to **1st Lt. Duane Richardson** and **Master Sgt. Paul Spencer**, both deployed here from the 62nd Maintenance Group at McChord AFB, Wash. Since their arrival in February, Lieutenant Richardson, as the officer in charge, and Sergeant Spencer as the deployed first sergeant, have done a great job of taking care of their deployed troops, allowing them to focus on the mission. Great job!

This week

With thanks for a job well done, we say goodbye this coming week to **Lt. Col. Maria Dowling**, 437 CES commander and to **Lt. Col. Jeffrey Watson**, our staff judge advocate. Best wishes to these two colonel-selects as they move on.

Team Charleston welcomes 13 **Air Force Academy and Air Force Reserve Officer Training Corps cadets**, here for two weeks to see the Air Force mission up close and get a firsthand view of various career fields.

Maj. Gen. Roger Brady, Air Mobility Command director of operations,



Photo by Airman 1st Class Tyrone Pearsall

Col. Brooks Bash, 437th Airlift Wing commander, cuts the ribbon signifying the grand opening of the base pool June 27. Recent renovations to the pool were done using money raised in last year's ATWIND events.

cut the ribbon Tuesday on the newly-renovated operations building. On Wednesday at noon we will re-open the Auto Hobby Shop, with new lifts and expanded service, including drop-off oil-change service.

4th of July

As we celebrate our nation's independence, many of our people are deployed overseas to help others gain the freedoms we enjoy. Just this week, we said goodbye to approximately 150 Team Charleston members as they deployed to various locations as part of Aerospace Expeditionary Force Blue, a 120-day rotation. Keep these people and their families in your thoughts and prayers.

Enjoy some extra time off this weekend, but as you celebrate, keep safety foremost. Be especially careful with firecrackers and other pyrotechnics. If you drink, do not drive; the consequences are not worth it.

Happy Independence Day—be safe out there!

The Commander's Action Line is your direct link to the wing commander. 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.

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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Master Plan 2020

It started with a vision

By Lt. Col. Maria Dowling
437 CES commander

What is vision? Knowing what you want to accomplish in the future? Setting goals?

To have a clear vision, you should have a good understanding of where you want to go and the best way to get there. You should also translate that vision into a plan or you'll never make it happen.

As members of Team Charleston, we all have a stake in the wing's vision, "Charleston Warriors: Simply the best at providing agile combat support for America." Regardless of where you work or what you do, we each have a responsibility to translate that vision into our day-to-day jobs.

The wing has worked toward its vision of being "the best" by developing a long-range master plan for facility development.

Over the past year, numerous wing members have been involved in a visionary planning effort focused on future base development. Providing outstanding facilities for our personnel to work, live and play, and making CAFB a "showplace" in the Air Force



Artist's concepts depict Charleston AFB's future education center (left) and temporary living facility.

worth repeating

"Regardless of where you work or what you do, we each have a responsibility to translate (Team Charleston's) vision into our day-to-day jobs."

— Lt. Col. Maria Dowling
437th Civil Engineer Squadron commander



is the goal. To make our vision a reality, the wing started a comprehensive planning process.

First, we identified what we thought would be our greatest facility needs over the next two decades. This resulted in a list of nine key facilities or complexes. Next, we set about developing our planning goals. While numerous, some of the key goals were to plan for potential growth on base, develop a community atmosphere, where possible, and enhance CAFB's image.

Finally, we developed a long-term plan for future base construction entitled Master Plan

2020. The plan provides concepts for nine separate facilities or complexes on base to include a new child development center, a 96-person dormitory, a new temporary lodging facility and a new education center and library complex.

In developing the plan, we involved the customer, or future facility user, in the planning process. This was vitally important to ensure the vision was shared by the facility owners. Through numerous meetings with wing personnel, we were able to better identify facility needs and develop the best possible proposals for new facilities.

It's especially important for Charleston to have a strong vision for future development given the dynamic nature of our wing's mission and the constant rotation of key personnel. Master Plan 2020 will provide the long-term continuity needed to maintain the vision.

Master Plan 2020 was developed with the "end in mind." By developing this plan, the wing has set a course for long-term, positive growth on Charleston. It started with a vision, what's yours?

Independence: celebrate just being American

By Master Sgt. Angel Newman
437 AW Public Affairs

In the Air Force, we take great pride in embracing diversity and celebrating differences. However, I guarantee we all share at least one thing - we all remember where we were the morning of Sept. 11, 2001.

I was stationed in Alaska, which is four hours behind the East coast, and was sound asleep when the attacks began.

Shortly after, the commander's executive officer called and told me we were on the highest alert and to get to the base as quick as I could. I thought, "What are you talking about, alert?" All he said was, "Turn on the T.V."

I don't even remember hanging up the phone. It seemed unreal, like an overly scripted exercise scenario. I worked with the Alaskan Region of the North American Aerospace Defense Command, and our mission was to protect America's northernmost border. We would truly be tested that day.

The change in security posture made for a hectic day, and I almost forgot we were set to begin a combined search-and-rescue exercise with the Canadians and Russians that morning. Each country had a contingent staying on base. My counterpart from Russia was a lieutenant colonel, whom I'd worked with before.

He spoke much better English

than I did Russian, and he made it a point to find me early that afternoon. "I know you are busy," he said, "but I wanted to let you know our hearts go out to you and your countrymen."

I just stood and stared at the Russian officer for a moment, but not because of who he was.

A couple years earlier, I had come to appreciate the fact we were training along side our former "archrival." It was his choice of words that got to me. He called my fellow Americans my "countrymen."

We are put into categories from the day we are born; male, female, black, white and so on. You become known as a Southerner or a Bostonian. You're in

the military. You're in the Air Force. You're part of Team Charleston. But reaching far beyond these surface titles is the real thing. Those men and women, victims of the 9-11 attacks, were my fellow Americans, and this attack was directed at our country.

I had never felt this sense of pride before. We are so often recognized for our differences, we tend to lose sight of the common thread. I hope this weekend you can set aside your other "categories" and celebrate just being an American. We are the land of the free and the home of the brave. We are truly a fortunate group.

Happy Independence Day, fellow countrymen.

Fireworks safety important during 4th of July festivities

By 2nd Lt. Dustin Hart
AMC Public Affairs

While they may not be strong enough to take out enemy aircraft, fireworks need to be treated with the same amount of respect as military weapons, Air Mobility Command safety officials said.

"Fireworks aren't designed to be as powerful as military flares and weapons," said Harold Lasell, chief of weapon safety for AMC. "But they work along the same concepts and are made with similar ingredients."

According to the U.S. Consumer Product and Safety Commission, fireworks were involved in four deaths and an estimated 9,500 injuries in 2001.

Charleston AFB prohibits the use of fireworks on base. Base firework shows are

contracted out to professional pyrotechnic teams.

While all fireworks can cause injuries or damage when handled improperly, bottle rockets, roman candles and firecrackers remain some of the most dangerous, said Tech Sgt. John Foreman, superintendent of AMC Weapon Safety.

"When not handled properly, these fireworks have the potential to spread fire and a lot of damage to a wide area," added Mr. Lasell.

According to the U.S. Eye Injury Registry, almost 70 percent of all firework-related eye injuries were caused by bottle rockets.

Roman candles and firecrackers are comparable to military aircraft flares and small arms' ammunition, Mr. Lasell said.

If using these or any fireworks, knowing the surrounding area and adult supervision

are the two most important things to keep in mind, said Sergeant Foreman.

He warned to never let children use fireworks, including sparklers, without direct adult supervision.

Children under the age of 15 accounted for approximately half of all fireworks-related injuries last year, according to the CPSC.

Checking for combustible materials around the area where the fireworks will be used prevents the possibility of secondary fires, said Sergeant Foreman.

He also said that people should never use fireworks while consuming alcohol.

"Before setting off a firework, do a risk assessment," Sergeant Foreman said. "Operational risk management is not just for while you are at work. It applies 24 hours a day, seven days a week."

ALS Class 03-F graduates; AMXS claims Levitow award

Staff Sgt. Kimberly Caver, 437th Aircraft Maintenance Squadron, earned the Sgt. John L. Levitow Award during Airman Leadership School Class 03-F and was presented with the honor at the ALS graduation dinner June 26 at the Charleston Club.

Senior Airman Richard Sylvester, Air Force Combat Climatology Center, Asheville, N.C., received the Academic Achievement Award. He was also recognized as one of the Distinguished Graduate Award recipients.

Senior Airman Robert Kolbe, 437th Aerial Port Squadron, and Senior Airman Antonio Little, 437th Maintenance Operations Squadron, were named Distinguished Graduate Award recipients as well.

Senior Airman Kevin Stasik, 437 AMXS, earned the Leadership Award.

Chief Master Sgt. Kathy Mast, command chief master sergeant at Warner Robins Air Logistics Center, Warner Robins AFB, Ga., was the guest speaker.

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

- 14th Airlift Squadron: Senior Airman Stephen Brown
- 16th Airlift Squadron: Senior

Airman Sam Stewart

■ 437th Aeromedical Dental Squadron: Senior Airman Amber Roberts

■ 437th Medical Support Squadron: Senior Airman Shannon Hale

■ 437 AMXS: Senior Airmen Troy Barber, Lance Duckworth, Theodore Herman, Shawn Oxford, Phillip Perry, Harley Ricketts, Lorenz Tiedt, Jeffrey Baker, Jason Brown, and Chad Butler

■ 437 APS: Senior Airman Jerry Good

■ 437th Civil Engineer Squadron: Senior Airmen Kenneth Harris and Michael Karacsony

■ 437th Communications Squadron: Senior Airman Richard Sobolewski

■ 437th Logistics Readiness Squadron: Senior Airmen Christopher Johnson, Lara Martin, Joseph Roberson, Ramona Hamer, Guadalupe Valenzuela, Eduardo Berina Jr. and Tamica Talley

■ 437th Services Squadron: Senior Airman Vincent Daniels

■ 437th Security Forces Squadron: Senior Airmen Jamie Lund, Nicholas Ferretti, Linda Williams and Thomas Losh

(Information submitted by the Charleston AFB Airman Leadership School staff.)

Air Force Sergeants Association ————— Improving airman quality of life

The Air Force Sergeants Association is a federally chartered, non-profit, international organization representing the professional and personal interests of more than 135,000 active-duty and retired enlisted members of the U.S. Air Force, Air National Guard and Air Force Reserve.

Since its foundation in 1961, AFSA has earned the recognition and respect of our nation's leaders for its role as the "Voice of the Enlisted."

AFSA has been successful in several ways in preserving and improving the quality of life for its members, including approval of Career Enlisted Flier Incentive Pay, elimination of the Social Security Earnings Test and implementation of the National Mail Order Pharmacy program.

The association's membership is comprised of Air Force enlistees, both active and retired, of all grades.

Officers and family members can join AFSA as auxiliary or associate members. AFSA and AFSA Auxiliary members are kept informed of Air Force enlisted issues with "Sergeants" magazine. A complete list of AFSA accomplishments and membership benefits can be viewed on AFSA's website at www.afsahq.org.

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. Chapter 306

stays active with the Charleston community through sponsoring the John Levitow Award at the Airmen Leadership School, participating in the Adopt-A-Highway program, presenting awards

at local high school ROTC ceremonies, adopting families during the holiday season and raising money for various charities. The Charleston Chapter has a website located at <https://www.charleston.af.mil> under Base Agencies.

AFSA membership is \$25 for one year, with moneysaving opportunities available for additional years. E-1s through E-4s can obtain the 18-month membership as a new member for \$18.

AFSA meets on the second Tuesday of every month at 4:00 p.m. in the Charleston Club. There will be free pizza and refreshments, along with opportunities to join the AFSA team. Contact Chief Master Sgt John Danko at 963-4590 for additional information. **(Submitted by AFSA Chapter 306.)**



Changes of Command

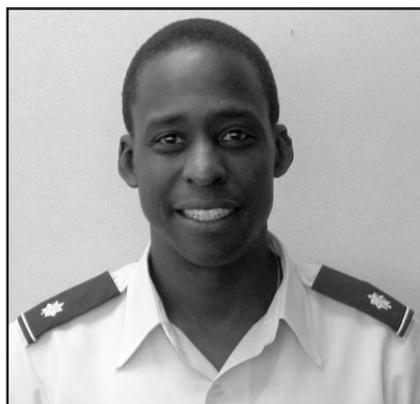
Lt. Col. Darrell Mosley assumed command of the 437th Aircraft Maintenance Squadron during a ceremony June 20.

Colonel Mosley, recent student at the Industrial College of the Armed Forces, replaced Maj. Gerald Frederick, Jr.

Colonel Mosley was born in San Diego, Calif. He earned his bachelor's degree in Mechanical Engineering from Fresno State University, Fresno, Calif., in 1984. He was commissioned through the Reserve Officer Training Corps. He also holds a master's degree in Business Administration from the University of Phoenix, Tucson, Ariz.

After graduating the Munitions Maintenance Officers' Course at Lowry AFB, Colo., Colonel Mosley was assigned to the 2nd Bombardment Wing at Barksdale AFB, La. Next, he was assigned as the aircraft maintenance unit assistant officer in charge at Kunsan Air Base, Republic of Korea. Following Kunsan AB, Colonel Mosley served in several leadership positions at Davis-Monthan AFB, Ariz., and Eielson AFB, Alaska. Before attending the Industrial College of the Armed Forces, Colonel Mosley was assigned to the Headquarters Air Force staff in several offices to include Air Force Installations and Logistics, Air Force Vice Chief of Staff and Secretary of the Air Force Legislative Liaison.

Colonel Mosley's military decorations include the Meritorious Service Medal with three oak leaf clusters and the Air Force Commendation Medal with two oak leaf clusters.



Lt. Col. Darrell Mosley

■ **Interesting fact:** "I performed a wedding ceremony for two of my troops."

■ **Favorite movie:** Any and all "Bond" movies

■ **Major pet peeve:** Not being on time

■ **Favorite authors:** Tom Clancy and Stephen King

■ **Favorite quotes:** "Things which might matter most must never be at the mercy of things which matter least." — Johann Wolfgang von Goethe, "They cannot take away our self respect if we do not give it to them." — Mohandas Gandhi, and "What lies behind us is nothing compared to what lies within us and ahead of us." — Anonymous

■ **Why did you join the Air Force?** "I wanted to serve my country and see the world."

■ **How would you describe your leadership style?** Positive, infectious, participatory and motivating

■ **Who is your role model and why?** "Irene Mosley, my mother. She showed me how to be firm, yet loving, how to enjoy the simple things in life and, above all, family is most important."

Maj. Julie Boit assumed command of the 437th Mission Support Squadron in a ceremony June 27.

Major Boit, recent deputy chief of Commander's Action Group at Randolph AFB, Texas, replaced Lt. Col. Charles Capps.

The Ladysmith, Wis., native was commissioned through the U.S. Air Force Academy in May 1991. Following her commission, Major Boit was assigned as a personnel officer at Kelly AFB, Texas. While there, she earned a master's degree from St. Mary's University in San Antonio, Texas.

Major Boit served in several leadership positions in the following years at Kunsan AB, Republic of Korea; RAF Mildenhall, England; RAF Lakenheath, England; and Naples, Italy.

In June 2000, Major Boit was reassigned to Randolph AFB, and served as Assignment Policy chief, Military Education Branch chief and Commander's Action Group deputy chief in her three-year tour.

Major Boit's military decorations include the Defense Meritorious Service Medal, the Meritorious Service Medal with one oak leaf cluster, the Air Force Commendation Medal with one oak leaf cluster and the Air Force Achievement Medal with two oak leaf clusters.

■ **Interesting fact:** "For four years, I was a base aerobics instructor and since 2001, I've run three half marathons and three full marathons. I do hope to do another marathon if I can find the time to train."

■ **Favorite movie?** "A tough one, as we own many movies ... but the top three "classics" I can watch again and again are "When



Maj. Julie Boit

Harry Met Sally," "So I Married an Axe Murderer" and "The Princess Bride."

■ **Major pet peeve?** Disloyalty and not being kept informed.

■ **Favorite author?** Wally Lamb

■ **Favorite quote?** "There is no limit to the good you can do if you don't care who gets the credit." — General George C. Marshall

■ **Why did you join the Air Force?** "For the educational and travel opportunities, initially, but I've stayed because of the people."

■ **How would you describe your leadership style?** "Keen interest, personal involvement and sincere pride in what my people do, with an emphasis on recognition of their many accomplishments."

■ **Who is your role model and why?** "My Mom. She's always been there for me. Her love and logistical talents in raising eight children are amazing ... she can do it all! But I must also include Col. (select) Jennifer Hesterman, previously my mission support squadron commander at RAF Lakenheath. Her leadership style and example is what I'll rely on during my command tour."

Independence Day activities around town

■ Red, white and blue on the green will be at the Summerville Town Square, 5-8 p.m. The parade is a five-minute shuttle ride to the firework display. For more information, call 821-7260.

■ A fireworks display will be at the Patriot's Point Naval and Maritime Museum on the Charleston Harbor. The show and tours of the ships are free beginning at

5 p.m. For more information, call 884-2727, or go online at www.patriotspoint.org.

■ The South Carolina Aquarium is having a cookout and fireworks display on their Riverside Terrace. Limited seating is available. The cost is \$20 for adults and \$15 for children, 11 and under. For more information, or to make a reservation, call 577-3474.



FEATURE



Family Fun Day



Photos by Airman 1st Class Tyrone Pearsall

Top: Corey Lundhagen, daughter of Cindy Lundhagen, 437th Civil Engineer Squadron, zips down one of the many rides offered at the Military Family Fun Day June 27.

Right: Sydney Barry, daughter of Staff Sgt. James Berry, 336th Recruiting Squadron, makes a splash on the new base pool slide after the grand opening.



Top: Alichia Pride, daughter of Staff Sgt. John Pride, 437th Logistics Readiness Squadron, bubbles over with enjoyment.

Left: Chelsea Mojica, daughter of Master Sgt. Hector Mojica, 437th Civil Engineer Squadron, goes for a new look by getting her face painted while enjoying the festivities.



AROUND THE AIR FORCE

900 airmen face involuntary retraining

RANDOLPH AFAB, Texas – More than 900 airmen may be involuntarily moved to shortage career skills starting July 7, according to Air Force Personnel Center officials.

Although 450 airmen volunteered to change career fields during the initial phase of this year's noncommissioned officer retraining program, it was not enough.

Sometime next week, officials will begin notifying airmen selected as most vulnerable to retrain. They will ask the airmen to submit their choices of shortage career fields they would most like to retrain into as part of the program's Phase II. The second phase runs through Aug. 15.

Under Phase II, not everyone is guaranteed his or her first choice. Major commands continue to accept volunteer applications. Personnel officials encourage all eligible NCOs to also consider special-duty assignments such as recruiting, military training instructors, first sergeant duty or professional military education instructor.

The retraining program is designed to help balance the enlisted force by moving NCOs in specialties with surpluses to those with shortages. In April, the Air Force said it needed about 1,400 airmen to change careers.

Factors such as retention rates and new promotions have an effect on how many airmen will finally be retrained and where they will be needed, said Chief Master Sgt. Alvin Diaz, chief of the skills management branch.

"We will work with those who have been selected for retraining, as we would any retraining case, in order to make the transition as smooth as possible for the airman and his or her family while still meeting the needs of the Air Force," said Tech. Sgt. Derek Hughes, NCOIC of Air Force retraining.

Vulnerability listings by grade and Air Force specialty code will be updated online weekly on the Air Force Personnel Center's Web site at <https://www.afpc.randolph.af.mil/enlskills/Retraining/retraining.htm>. **(Air Force Personnel Center News Service)**

Reserve hardships affect mobilization length

ROBINS AFB, Ga. – Mobilized reservists may request to remain on or get off active duty because of personal or financial hardship caused by mobilization, early deactivation or demobilization.

"We look at each situation, whether it's a request to remain mobilized or a request to demobilize early," said Col. Mike Cleveland, director of personnel at Air Force Reserve Command headquarters. "Our goal is to return airmen back to the same position of civilian life they had before being mobilized."

Circumstances that may prevent an individual from returning to civilian status also are considered in hardship requests.

"Reservists with approved cases may be retained for a period up to but not exceeding the original activation period," said Paul Clement, personnel readiness operations branch chief for the command.

Reservists should provide a detailed explanation of the hardship, Mr. Clement said. Supporting documentation may include leave and

earning statements, and statements by employers, doctors, judge advocate generals, chaplains and creditors.

Reasons for requesting a hardship to stay on active duty include:

- Individuals nullify a civilian-employment contract to come on active duty for 12 months and are scheduled for deactivation after 60 to 90 days without prospect for a new employment contract until six months after release

- Physicians sell their medical practice believing they would be on active duty for at least 12 months

- Individuals are laid off by an employer while activated

- Owners sign their private business over to another individual for the 12 months they were activated

- Full-time students withdraw from college when mobilized for 12 months but are notified to demobilize early

However, hardship requests cannot be based on problems that existed before activation, such as the individual being unemployed before mobilization. Reservists also cannot request a hardship because they can make more money on active duty than in a civilian job or ask to stay on active duty to gain eligibility

for entitlements. **(Air Force Reserve Command News Service)**

Motorcycle deaths rise in summer's '101 days'

SAN ANTONIO – Motorcycle riders account for more than half of the Air Force's safety-related deaths during this year's 101 Critical Days of Summer safety campaign, according to Air Force Safety Center officials at Kirtland Air Force Base, N.M.

Officials said there is an alarming trend in motorcycle accidents involving airmen, which have accounted for six of the 10 Air Force deaths so far during this year's safety campaign.

Those who take unnecessary risks "think they are invincible," said John Russell, chief of ground safety at the center. "Most were single-vehicle mishaps with speed and failure to maintain control (as) the key factors."

While motorcycle fatalities are a growing concern during the first one-third of the 101 critical days, the potential for deaths involving four-wheeled vehicles and work-related mishaps should not be discounted, he said. **(Air Force Print News)**

Combat Camera Photo of the Week



Photo by Staff Sgt. Shane Cuomo

Sealed with a kiss

Airman 1st Class Martin Rygula, an air transportation craftsman, takes time to write a letter while deployed to Tallil Air Base, Iraq, in support of Operation Iraqi Freedom.

NEWS BRIEFS

Spotlight

Base housing water: Utilities personnel will be flushing fire hydrants on main base and Hunley Park housing areas Monday – July 18. This may cause water discoloration. Check water clarity before use. For more information, call Tech. Sgt. Michael Hohorst at 963-4275.

Around the base

Commissary: The Commissary is closed today in observance of Independence Day.

Clinic closure: The clinic is closed today. For emergencies, call 911. For non-emergencies, call the on-call provider at 963-6790.

Recycle: The upcoming curbside recycling dates are July 17 and July 31. Aluminum cans have an average of 55 percent recycled content. Aluminum recycling is a closed-loop process, saving 95 percent of the energy needed to produce aluminum from ore. It can take as few as six weeks for an aluminum beverage can to be back in a store for consumer purchase.

First Six: The next First Six meeting is July 17, 2 p.m., at the Charleston Club. For more information, call Airman 1st Class Brandi

Charleston Warrior of the Week



Photo by Tech. Sgt. Ruby Zarzeczny

Senior Airman Jayson Tebbie-Harris 437th Aircraft Maintenance Squadron

Senior Airman Jayson Tebbie-Harris is the 437th Aircraft Maintenance Squadron DIFM Office NCOIC.

“I ensure all aircraft assets are accounted for and returned to the supply system,” said Airman Tebbie-Harris. “I coordinate supply concerns on delinquent or missing equipment items and file reports for such items if the item cannot be located. I also sort assets with precious metals to make sure the Air Force reclaims lost revenue.

“I like knowing my job, inside and out, and knowing that almost any problem that comes up I will know what to do or will know someone that will know what to do,” he continued.

The Troy, Ill., native has been at Charleston for five years. “I’ve enjoyed my time here, to say the least, and I’m very glad I got the opportunity to visit here,” he said.

Airman Tebbie-Harris said he enjoys spending time with his family.

“I like taking my daughter to the park,” he said. “It’s one of the few places I can run around like a little kid and not have people stare at me. Having a child with you is a must for this, otherwise people will stare.

“Mostly of my off duty time is spent with my family. I have a new son,” he continued.

Mathews at 963-6704.

Parenting class: A common-sense parenting class is July 22

and meets six consecutive Tuesdays, 6:30 – 8:30 p.m. For more information or to register for the class, call Jim Hernandez at 963-6504.

Air Command and Staff College Seminar Recruitment: The Community Education Center is seeking major-selects and above, and GS-11s and above, in all service components for the Air Command and Staff College seminar program. The seminar begins in early August and concludes June 2004. Members meet once a week for a three-hour session. Enrollment by Monday is encouraged. For more information or to enroll, call the CEC at 963-4578.

Community Assessment survey: The last day to complete the web-based 2003 Air Force Community Assessment survey is July 15. Active duty and Reserve servicemembers and spouses were randomly selected to complete the survey. The survey is an opportunity for people to express their opinions about various topics, including sense of community, fam-

ily adaptation, and health and well being. For more information, call the FSC at 963-4406.

SNCO Seminar: The Senior NCO Professional Development Seminar is July 22-24. All master sergeant selects are required to attend. For more information, call Senior Master Sgt. George Broome at 963-4646, or Senior Master Sgt. Susan Barnes, 963-5776.

Historical Society: The South Carolina Historical Society is seeking letters and photographs of South Carolina veterans who have served in recent conflicts to preserve and publish in South Carolina history. These would include World War II, Korea, Vietnam, the Gulf War, Operation Enduring Freedom and Operation Iraqi Freedom. Donations from OEF, OIF and other current operations need to be screened by the 437th Airlift Wing Public Affairs Office before they are submitted. Memorabilia can be sent to the South Carolina Historical Society, 100 Meeting Street, Charleston, SC, 29401, or by calling 723-3225 ext. 19.

Legal gives residential leasing advice

With the high operations tempo of the Air Force today, many Charleston AFB personnel are permanently changing station, being deployed for extended amounts of time, separating from the service and/or moving into base housing. Some discover they are bound by a residential lease and unable to break their lease without paying high termination fees or potentially ruining their credit. These situations can often be alleviated by inserting a comprehensive military clause into your residential lease agreement.

Typical military clauses allow tenants to terminate their lease only after six months of tenancy and only with proof of permanent change of station orders. However, tenants can negotiate with landlords to include a more comprehensive military clause. Additional provisions include being able to terminate the lease if the tenant separates from the military or moves into base housing.

For those members that are single or do not have a great deal of property, a clause allowing termination of the lease if the tenant receives temporary duty orders for ninety days or more might be beneficial. Generally, landlords want thirty days notice if a tenant wishes to exercise a termination clause, but the notice requirement period should be specified in the lease.

While these are suggested clauses to include in your lease, South Carolina law does not require landlords to provide any type of military clause in their lease agreements. However, landlords in the Charleston area are generally willing to include military clauses. A tenant may have to negotiate with a landlord on the comprehensiveness of the military clause. If a landlord refuses to include a satisfactory military clause, military personnel should seek tenancy at another location. For questions regarding residential lease agreements, call the 437th Legal Office at 963-5502. *(Courtesy of the 437 AW Legal Office.)*

Memorial service held for SFS airman

The 437th Airlift held a memorial service Monday for Tech. Sgt. James Soulantikas, 437th Security Forces Squadron, who died June 26. The cause of death is under investigation.

Sergeant Soulantikas was born February 8, 1968, and raised in Timmonsville, S.C. He entered the Air Force and began basic military training at Lackland AFB, Texas, in August 1987. Upon graduation, he was assigned to the 437th Security Police Squadron where he was an entry controller and patrolman. He continued to serve the Air Force at the 18th Security Police Squadron, Kadena AB, Japan and the 77th Security Police Squadron, McClellan AFB, Calif.

Sergeant Soulantikas deployed to Southwest Asia in late 1990 in support of Operations Desert Storm and Desert Shield. Between 2000 and 2002, Sergeant Soulantikas deployed to three high-threat combat zones that included the 363rd Expeditionary Security Forces Squadron, Prince Sultan AB, Kingdom of Saudi Arabia, 386th Expeditionary Security Forces Squadron, Ali Salem, Kuwait, and the 621st Air Mobility Operations

Group Tanker Airlift Control Element, Mazar-I-Shariff, Afghanistan.

In 1998, Sergeant Soulantikas served a remote tour, with the 607th Training Flight, Osan AB, Republic of Korea. A year later, he rejoined Team Charleston as a flight chief and led more than 40 active duty and Reserve security forces members and 21 Army National Guardsmen augmenting the unit.

"James, or Soul as we called him, was an outstanding Airman who was committed to the security of our nation, advancement of our career field, and safety and development of our most vital resource, our troops," said Chief Master Sgt. James Peters, 437 SFS manager. "Soul was a patriot and an exceptional leader; he will truly be missed by all of us."

Sergeant Soulantikas' military decorations include the Air Force Commendation Medal with two oak leaf clusters, Air Force Achievement Medal with three oak leaf clusters, and the Air Force Outstanding Unit Award with valor device and six oak leaf clusters. **(Courtesy of 437 SFS.)**

CAFB airman court-martialed March 19

A 437th Airlift Wing airman 1st class was court-martialed at Charleston AFB March 19.

The airman pled guilty at a special court-martial to violations of Article 80 of the Uniform Code of Military Justice (Attempted Larceny of \$4,400); Article 86 of the UCMJ (Absent Without Leave); Article 107 of the UCMJ (False Official Statement); Article 121 of the UCMJ (Larceny of Ten Checks and \$400); and Article 123 (Forgery of Ten Checks).

In October 2001, the victim (a friend and coworker of the airman) gave the airman pre-signed checks and asked the airman to pay his bills while he was deployed.

Instead, the airman made those checks out to himself and cashed them. One year later, when the victim was again deployed, the airman stole ten checks from the victim's desk, forged the victim's signature, and presented the checks at local banks for cash.

The victim was alerted to these thefts when checks he had written to pay bills were returned for insufficient funds, since his account had been drained by the forged checks.

Later, while the airman was being investigated for these crimes, he failed to report for

duty one morning and, when confronted by his first sergeant about his absence, lied, claiming he had a dental appointment scheduled.

A military judge sentenced the airman to 11 months confinement (which was reduced to seven months pursuant to a pretrial agreement between the airman and the government), 11 months forfeitures of \$767 per month, reduction to airman basic, and a bad conduct discharge.

Additionally, the military judge publicly chastised him. The judge stated he was "absolutely offended" that the airman "violated the oath [he] took" by stealing and lying.

He also challenged the airman to live up to the words of his earlier in-court statement, wherein he promised to change his ways and rehabilitate himself.

Speaking directly to him, the military judge said this challenge "rests with you and you alone."

Courts-martial are open to the public. For more information about attending future trials or the court-martial process, contact the 437th Airlift Wing Judge Advocate at 963-5502. **(Courtesy of 437th Airlift Wing Legal Office.)**

Chapel schedule



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

Phone: 963-2536.

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

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

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

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

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

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

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

Movie schedule

Admission: 99 cents for adults and children.

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



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

Today, 7:30 p.m.

"The Matrix Reloaded" – Keanu Reeves

Neo, Morpheus, Trinity and the rest of their crew continue to battle the machines that have enslaved the human race in the Matrix. Now more humans are waking up out of the Matrix and attempting to live in the real world. As their numbers grow, the battle moves to Zion, the last real-world city and center of human resistance. **(R) 137 minutes**

Saturday, 7:30 p.m.

"Bruce Almighty" – Jim Carrey

Bruce Nolan, a human interest television reporter in Buffalo, New York, is discontent with almost everything in life. At the end of his worst day to date, Bruce angrily ridicules and rages against God, who responds. He appears in human form and, endowing Bruce with all of His divine powers, challenges him to take on the big job of being God. **(PG-13) 101 minutes**

July 11, 7:30 p.m.

"The Italian Job" - Edward Norton



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SPORTS & FITNESS

Adolescent fitness

Should children work out?



Photo by Staff Sgt. Corey Clements

Keion Hines, son of Staff Sgt. Ronald Hines, 437th Comptroller Squadron, gets a "spin" on cycling from instructor Jason Ham, 437th Medical Group fitness program manager.

By Jason Ham
Exercise Physiologist

Recent research shows in the United States at least one child in five is overweight, and the number of overweight children continues to grow. Over the last two decades, this number has increased by more than 50 percent, and the number of "extremely" overweight children has nearly doubled.

Although children have fewer weight-related health problems than adults, they have a greater chance of being overweight adults, which can expose them to heart disease, diabetes, high blood pressure and some forms of cancer.

Although physical activity reduces the risk of developing weight-related health problems, the question is whether or not it is dangerous to have children 11 to 21-years-old partake in cardiovascular, resistance and flexibility training.

Aside from a few safety guidelines, there are no apparent underlying physiological factors that make adolescents less suitable than adults for prolonged, continuous activities. In fact, adolescents use oxygen more efficiently than adults do.

The problem children face when exercising is poor thermoregulation and sweating capacity, or the inability to adequately cool and

warm the body.

To avoid heat-related stress, the American Academy of Pediatrics recommends wearing lightweight clothing limited to one layer of absorbent material and exposing skin to facilitate evaporation of sweat.

The second challenge fitness professionals face when developing a physical-activity routine for children is coming up with unique and creative techniques that keep the activity fun and enjoyable. Psychologically, children prefer short-term, intermittent activities with a high recreational component.

Children should be allowed to be naturally active, have control over the intensity and duration of the activity and be free to choose the activity that best suits their interests.

The last challenge in a cardiovascular program is preventing overuse injuries due to inflexibility, imbalance of strength, poor posture and gait, and excessive loading of the back during growth spurts.

When putting together an exercise program for children, the primary goal is to introduce physical activity on a daily basis. Parents and professionals in the health and wellness field need to take into account the possible psychological effects children face when they are made to exercise. Through creativity, people can help facilitate healthy choices for adolescents that will benefit them as they approach adulthood.

Heat stroke facts

Heat stroke occurs when the body's temperature rises rapidly, the sweating mechanism fails and the body is unable to cool down. Body temperature may rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

Warning signs of heat stroke vary but may include an extremely high body temperature; red, hot and dry skin; rapid, strong pulse; throbbing headache; and dizziness, nausea, confusion or unconsciousness.

If any of these signs are present, a person might be in a life-threatening emergency. Have someone call for immediate medical assistance, and begin cooling the victim using whatever methods possible. If emergency medical personnel are delayed, call the hospital emergency room for further instructions.

Sometimes a victim's muscles will begin to twitch uncontrollably as a result of heat stroke. If this happens, do not place any object in the mouth and do not give fluids. If there is vomiting, make sure the airway remains open by turning the victim on his or her side. (Courtesy of the 437 AW Safety Office.)

Wet Bulb Globe Temperature (temperature adjusted for humidity)

ACCLIMATIZATION STATUS	RECOMMENDATIONS FOR OUTDOOR ACTIVITIES	WORK / REST (MINUTES)		FLUID INTAKE (OUNCES/HR)	
		WORK	REST	LIGHT WORK	HEAVY WORK
STAGE 1: NO FLAG (WBGT 78.0 - 81.9)					
NOT ACCLIMATED	Use discretion in planning intense outdoor physical activity	50	10	16	16
ACCLIMATED	Normal activity	50	10		
STAGE 2: GREEN FLAG (WBGT 82.0 - 84.9)					
NOT ACCLIMATED	Intense exertion can result in heat injury; monitor work activities	45	15	16	32
ACCLIMATED	Normal activity	50	10		
STAGE 3: YELLOW FLAG (WBGT 85.0 - 87.9)					
NOT ACCLIMATED	Curtail strenuous exercise and outside work details	35	25	32	32-48
ACCLIMATED	Use discretion in planning intense physical activity	45	15		
STAGE 4: RED FLAG (WBGT 88.0 - 89.9)					
NOT ACCLIMATED	Terminate non-essential work details/activities; no physical conditioning	20	40	32-48	48
ACCLIMATED	Curtail strenuous exercise / nonessential work details; monitor work activities	30	30		
STAGE 5: BLACK FLAG (WBGT 90.0 & above)					
ALL	Terminate non-essential work details/activities; no physical conditioning	20	40	48	48

The latest CAFB heat index reading can be found at <http://globemaster/437og/weather/Index.html>.