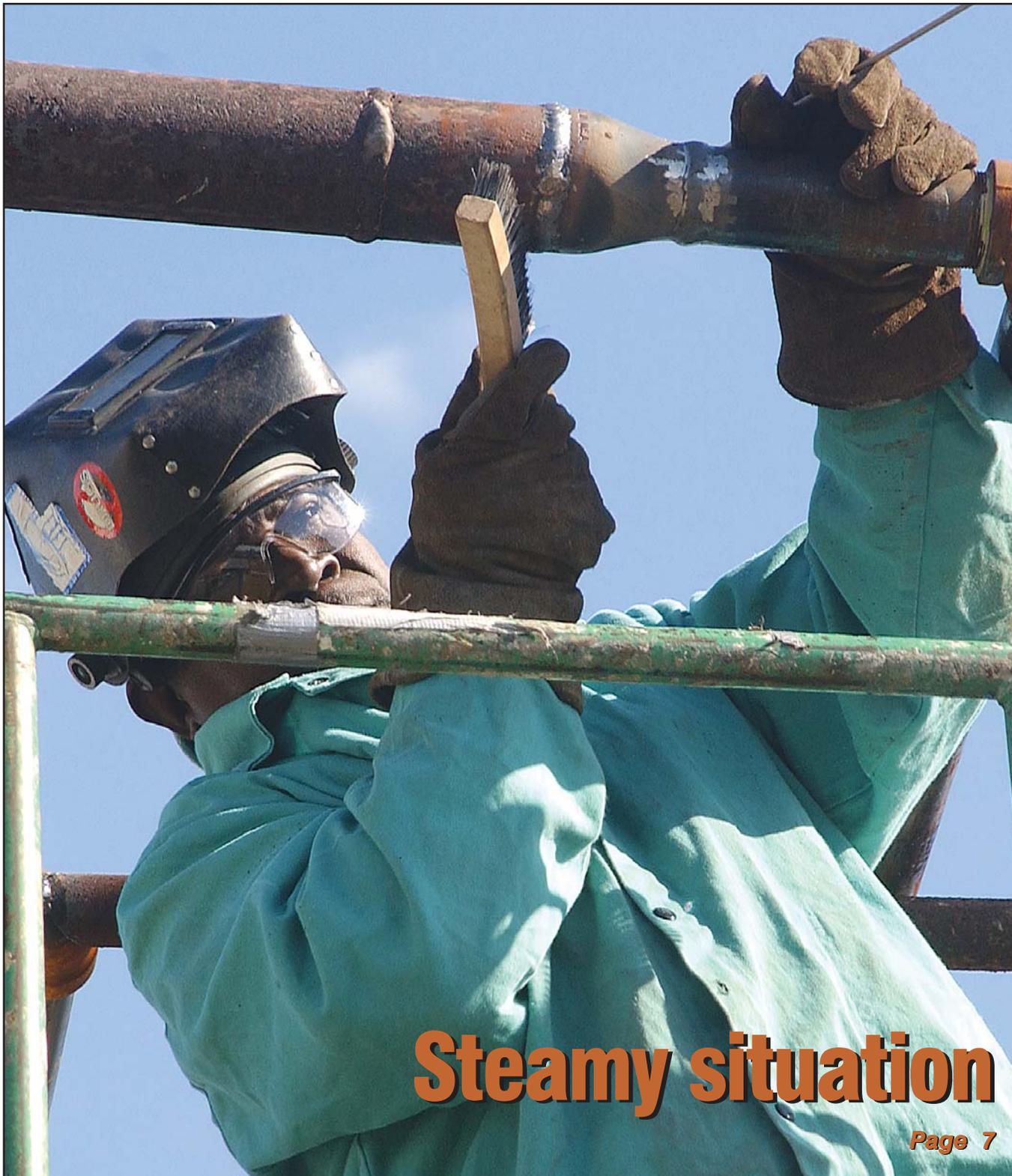


AIRLIFT Dispatch

Vol. 42, No. 9

437th Airlift Wing, Charleston AFB, SC

Friday, March 7, 2003



Steamy situation

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Sinclair Glover, a contractor with Cullum Mechanical, works on steam pipes near the 437th Civil Engineer Squadron as part of a multi-phase project to replace existing steam lines with individual building boilers.

Photo by Andre Bullard

COMMENTARY

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HAWC helps base be kind to the 'ticker'

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

COMMENTARY

Commander's Comments

By Col. Brooks Bash
437AW Commander

Thank you Team Charleston for your exceptional efforts as our operations tempo continues to grow to a near all-time high. You have done a superb job with hosting an increased number of active-duty, reserve and guard personnel on temporary duty.

Aerial Port Squadron

Additionally, I would like to recognize the **437th Aerial Port Squadron** for their hard work in helping airlift more than 1,800 tons of cargo in the first five days of March, an amount comparable to or greater than what CAFB transported during the same time frame in Operation Desert Storm.

Women's History Month

This week marks the beginning of Women's History Month. Please join me in celebrating this event at a health fair March 14, 10 a.m. to noon, at the Education Center. There will also be a social, inspirational luncheon and retreat hosted later in the month to honor the contributions of women in the past and present. Please contact Master Sgt. Alfreeda Foster 963-2747 for more information.

Awards

Congratulations to **Capt. Steve Cristofori** for winning the Air Force's Financial Analysis Officer of the Year and the **437th Comptroller Squadron** for winning an Air Force Special Act and Services Award.

AMC also announced this week **Tech. Sgt. Terry Topouzoglou** as the AMC Military Deception NCO of the Year and **Staff Sgt. Wes Robinson** as AMC Weather Operations Support NCO of the Year. Fantastic job!

Team Charleston's airmen are sharper than ever. Our monthly Diamond Sharp award winners are: **Staff Sgt. Octavia Dean**, 437th Airlift Wing, **Staff Sgt. Kevin Hammer**, 437th Civil Engineer Squadron, **Senior**



Photo by Airman 1st Class Jason Bailey

Col. Brooks Bash, 437th Airlift Wing commander, gets ready to 'bash' an old steam pipe near the 437th Civil Engineer Squadron complex Tuesday.

Airman Jonathan Mason, 437th Maintenance Operations Squadron and **Airman 1st Class Daniela Smith**, Aircraft Maintenance Squadron. Keep up the exceptional work!

Service school selections

I also want to congratulate **Lt. Col. (selects) Bill Rupp, Dan Baldessari and JJ Hokai** on their selections for Senior Service School. Outstanding.

Shadow program

Airman 1st Class James Kern, 437th Aircraft Maintenance Squadron, had the opportunity to shadow me this week. I am always pleased to show our younger troops how they fit into the "big picture" and how their efforts are appreciated. Supervisors and commanders, please continue to nominate your troops for this program.

Team Charleston, keep up the great work and be safe.

Action line addresses RV, watercraft storage

Q: Why isn't there a place for personnel who live off the base to store their boats or personal watercraft? I called the housing office and you have to live on base to store anything in their lot. There are plenty of places on base that could be fenced off for

this purpose, or we could make the current lot bigger. Is there any plan for an expanded storage lot in the future?

A: Thank you for your inquiry about boat storage. The 437th Services Squadron is in

the process of building a new RV storage area that will replace the current housing-only RV storage lot. This lot will be open to both on- and off-base authorized personnel at a savings over off-base costs. The construction is in conjunction with an environmental restoration project and should be

complete by this fall. Please watch the "Services Scene" section of the Airlift Dispatch for opening dates and fees.

— Col. Brooks Bash
437 AW commander
action@charleston.af.mil
963-5581

Dispatch

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Remember why you joined the AF?

By Capt. Jason Nulton
437 Logistics Readiness Squadron

Why did you join the Air Force? Was it for the G.I. Bill? Was it the challenge? The keeping of a family tradition? Or was it for the opportunity to serve the greater good?

Each of us comes in for different reasons, but when ops tempo is crazy and we're going a thousand miles per hour with our hair on fire to get the job done, we can sometimes lose sight of the real reasons we're here.

It's true the Air Force offers lots of great benefits for its people and their families, but the real reason it exists is not for our own self-interest. It's much greater than that - we're here to keep the world a good and safe place.

Next time you're working crazy hours and wondering why you joined, do two things:

First, take a moment to think about what you're a part of, and how we got where we are in the first place. Many like us have come before and been in situations we can only hope we'll never have to face.

Make time to learn a little about military history. Read about people like General Jimmy Doolittle, who led a squadron of volunteer aircrews on the first carrier-based bomber attack on mainland Japan in 1942. These heroes flew into uncertainty to keep the world free from tyranny. After their takeoff, they firebombed Tokyo, scoring a huge victory for the Allies. After the raid, without enough fuel to take them back to their carrier, they landed in Japanese-occu-

ried eastern China. Some crews died in crashes when they ran out of gas, others got to the ground safely but were caught and killed, others made it home. Put yourself in their situation - would you do the same?

Second, do your part to make the Air Force a better and prouder place. Remember, each of us raised our right hands and took an oath promising to defend the constitution and obey a certain set of rules, stricter than those imposed on regular civilians. At every opportunity, we should each:

- Be professional! Use proper customs and courtesies. Salute ranking officers outdoors and pay attention to detail - rank is not always easy to see. When addressing someone of a higher rank, use "sir," or "ma'am."

- Look sharp. Shine your boots, press your uniform, and keep your hair within standards. Are you a maintainer? Do you work in a supply warehouse or perform tasks that make you greasy and dirty? Keep a spare uniform nearby with a shiny set of boots so when you leave your work center, you're presenting a good image. Meet and exceed the appearance standard in 36-2903.

- Be a leader! This applies whether you're an officer, NCO, or airman. Set a shining example for your subordinates, your peers, your co-workers. Image is important. Remember perception is reality. If you supervise, take care of your people. Groom them for bigger and better things, submit them for awards, challenge them and expand their comfort zones. This is how people grow and it's up to you to facilitate!

- Do the right thing - if something is wrong,

fix it. We all have bad days and sometimes we need to vent. Whine about it, and get over it. Be part of the solution, not the problem.

- Participate in unit functions. Make sure you are around when it counts (picnics, parties, retirements, etc.). Support your team, and don't do it because you want a nice meaty award or a good EPR bullet - do it because it helps the team. Think of how you would feel at your own going-away function or retirement if nobody showed up because they "didn't want to," or "didn't have time." You'd probably feel pretty bad.

- Be positive because it's contagious, and remember our Air Force core values. They should be central to your daily life, whether you serve your country or not: integrity, service and excellence. Words to live by.

- Take care of your family. This can be tough when you're facing 12 to 14 hour workdays or 179-day deployments, but it's one of the most important things we do. Your family will be a part of your life long after the Air Force is not. Make sure they are a priority.

- Stand tall, and remember why you are here. Each of us provides a service this country would not be able to survive without. Whenever you're feeling unsure or find yourself asking "why am I here," remember why it is that you can wear the clothes you want, or go home at the end of the day and do things like watch uncensored television.

Be proud of what you do and make sure everyone knows it - you are here to keep our country free!

Charleston chat

Women's History Month: *what woman has been most influential in your life?*



"My mother - she took care of us and worked hard. She instilled the values in us."

— Chief Master Sgt. William Beary
437th Maintenance Group



"My wife tapped into my potential and inspired me and our dreams that lie ahead."

— 2nd Lt. Jim Carlson
437th Operations Group



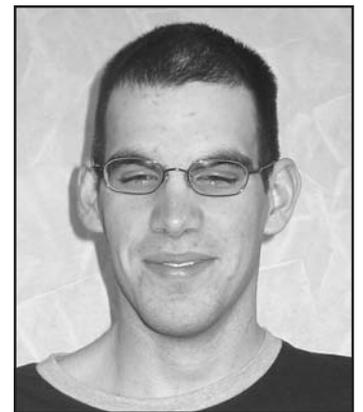
"My grandmother was the most supportive. She encouraged me to dream."

— Airman 1st Class Andrew Hubble
373rd Training Squadron



"My high school teacher Ms. Sowers, because she taught me there was life after high school."

— Mark Watkins
437th Operations Support Squadron



"My mom because she really looks out for me."

— Airman Austin Roth
437th Aircraft Maintenance Squadron

NEWS

Increased maintenance equals new C-17 test station

Avionics Integrated Systems Element's workload more than doubled since Jan.

By Staff Sgt. Melanie Streeter
437 AW Public Affairs

A new C-17 automated test station hitched a ride on the latest Boeing delivery to Charleston AFB Feb. 19, arriving just in time to help out with increased maintenance requirements here.

The number of aircraft parts, called line replaceable units, flowing through the 437th Maintenance Squadron's Avionics Integrated Systems Element has more than doubled since stage operations began in January, said Staff Sgt. Bill Phreaner, AIS shop chief.

"The new stations decrease the run time on some parts by about 50 percent," he said. "That means we can test, repair and get these parts back to supply faster for flightline support."

AIS members are working around the clock to keep up with the workload, Phreaner said.

"We're stretched to the max right now, with

workload versus manning," Phreaner said.

Even though two technicians from McChord AFB, Wash., augment the eight military and 11 civilian members of the shop, it's still rough, he said.

"We couldn't do this at all without the team effort," Phreaner said. "The Air Reserve Technicians and civilians in the shop are the glue that holds it all together, because they are the ones who have all the experience."

Since the first of the year, the AIS shop saved the Air Force \$41 million in repair avoidance costs, and \$43 million retest okay costs, Phreaner said.

The new test station is the third of five scheduled to be delivered here, said Walter Allen, senior Boeing AIS engineer scientist.

"Boeing was going to deliver it last year, but the base worked out an agreement for the company to hold on to it," Allen said.

Boeing engineers held the station at Long Beach

to help them reconfigure the testing programs used to troubleshoot C-17 parts, Allen said.

"When Charleston and McChord agreed to let Boeing keep it, it was on the condition that if a surge happened, like what is happening now, they would give it up," Allen said.

The AIS personnel and Allen contacted Boeing Feb. 14 to let the company know they needed the station. With the delivery of a new C-17 scheduled for Feb. 19, the decision was made to send the station along for the ride.

"This is really special," Allen said. "We made the request Friday, and they made it happen by Wednesday. There was a tremendous amount of coordination and cooperation between the Air Force, the C-17 System Program Office and Boeing to make it work."

The delivery marked the first time one of the \$1.1 million test stations was delivered via C-17, according to Allen.



Photo by Andre Bullard

Heads or tails

Tech. Sgt. Cliff Molina, 62nd Aircraft Maintenance Squadron jet engine mechanic, completes a dropped object prevention inspection as part of the C-17 departure checklist. Molina and more than 200 other maintenance troops from McChord AFB, Wash., deployed here to assist with increased C-17 operations in support of the war on terrorism.

SGLI

Decreased mortality rates allow cost reduction; coverage to remain same

The amount airmen pay for Servicemembers' Group Life Insurance and Family Member SGLI will be automatically reduced starting July 1.

Decreased mortality rates allow for the reductions of 1.5 cents per \$1,000 of coverage for military people and as much as a 42 percent decrease for spouse coverage.

The premium for servicemembers with \$250,000 of coverage will decrease from \$20 per month to \$16.25.

"(Veterans Affairs) had a surplus partly because of the low number of claims, and they've decided to pass this surplus on to the servicemember," said Scott Hand, chief of Air Force casualty operations at the Air Force Personnel Center, Randolph AFB, Texas. "This is a great deal for Air Force people. The price for a little peace of mind has just gone down."

SGLI is the life insurance currently available to all members of the uniformed services. It is purchased by Veterans Affairs from a

commercial life insurance company. Members on active duty, active duty for training or inactive duty for training and members of the ready reserve are eligible for insurance through this program. SGLI is available in \$10,000 increments up to a maximum of \$250,000.

Servicemembers who carry any amount of coverage are also given \$10,000 of coverage for each dependent child at no cost. Those who decline SGLI coverage are not eligible for the dependent child coverage.

"Where else can you get free life insurance for your children?" said Hand.

Similar to SGLI is the FSGLI, which covers spouses for up to \$100,000. Participation in the FSGLI program is voluntary and cannot exceed the amount of coverage the servicemember carries.

People can have coverage restored, increased or reduced by filling out the proper paperwork through the military personnel flight. **(Air Force Print News)**



Photo by Andre Bullard



Photo by Capt. Krista Carlos

Left: Billy Roshmeyer, a contractor with Easy Way Insulation, insulates pipes installed for a new boiler system at Bldg. 611. The in-building boiler cuts the need for steam pipes stretching from the base steam plant and is part of an overall project to have boilers in each building.

Above: "Geysers", like this one across from Burger King, are a familiar sight on Charleston AFB because of an aging steam pipe system. Planned upgrades to this system will eliminate the leaking steam.

Charleston steams toward pipe replacement

New boiler system rids base of leaks; 'geysers' go extinct

By Airman Stephanie Hammer
437 AW Public Affairs

Team Charleston continues a project this month to replace existing steam lines from a central steam plant with individual building boilers.

Phase one began in January with the installation of a new boiler for the 437 CES complex.

One of the most visible improvements is a decrease in the amount of steam being released from several minor leaks throughout the base, including the "geysers" at the Charleston Club, Housing Office and near the dormitories, according to Eugene Brown, 437th Civil Engineer Squadron mechanical engineer.

The multi-phase program could take as long as 15 years to finish. Work begins on the second phase of construction this month, to include removal of several hundred feet of existing overhead steam pipe near Bldgs. 570 and 611.

The central steam plant was constructed in the 1950s, with some of the steam lines installed underground, a few feet above ground (low profile) and overhead.

Making the switch to individual building boilers will eliminate miles of steam lines, according to Brown. Even though the lines are insulated, energy loss is unavoidable.

Several factors cause energy loss, said Maj. Brian Murphy, 437 CES Operations Flight commander. The expansion and contraction of steam lines, ground water making contact with hot steam pipes in underground pits and expected failures of an old system all contribute to the "geyser" effect.

"The challenging part of maintaining the system is that the steam leaks aren't visible until the base needs heat during the winter months," said Murphy. "To fix these problems, the steam must be shut off, causing buildings to be without heat. This is not practical until there are several consecutive days of warmer weather."

Along with saving energy, the long-term replacement of steam lines reduces the maintenance required on the aging lines and improves the look of the base.

"The appearance of the base will be greatly improved, which is important for a professional mindset among all base personnel," said Brown. "CAFB is making it a point to have

a professionally-maintained environment."

Besides detracting from the overall appearance of the base, Brown said the steam is dangerous to work with. Personnel must take special precautions every time they enter a confined space, and this makes maintenance more time consuming, difficult and costly.

"For underground steam lines, pits are required for access to the valves and traps, which are entered through manholes," said Brown. "Anyone who enters a pit must be attached to a safety harness so they can be pulled to safety if there is any type of emergency."

Although work will be done on several buildings throughout the base, Brown said there would be very little impact on base personnel.

"Each phase of the work will begin at the end of winter so that no heat is required during the time of construction," said Brown.

A third phase of the program will be awarded soon, providing boilers for the base gym, temporary lodging facility and the 437th Logistics Readiness Squadron vehicle repair facility, according to Brown. This phase will allow the base to disconnect underground steam lines, which have deteriorated over the years and are beyond repair.

"As long as there is a steam system on base, minor condensation leaks or "geysers" will appear," said Murphy. "This results in a never-ending maintenance cycle."

AROUND THE AIR FORCE

Promotion test change impacts deploying airmen

RANDOLPH AFB, Texas – Commanders of technical and master sergeants facing short-notice deployments now have greater flexibility as to when their airmen test for promotion.

New overseas manning requirements and the freezing of the air and space expeditionary force cycle prompted Air Force Personnel Center officials to adapt new procedures for deploying airmen.

In the past, the number of airmen receiving deployment orders while in their testing window was small, said Ken Schwartz, chief of the center's test management section.

They were generally required to test before departing, providing they had access to study materials for at least 60 days.

Now, noncommissioned officers in the current test window who receive short-notice orders can have their commander delay testing if circumstances warrant, said Schwartz. Those who delay their testing will test out of cycle when they return.

For more information, visit the career enhancement office at local military personnel flights or visit the enlisted promotions Web site at <http://www.afpc.randolph.af.mil/eprom/>. (*Air Force Personnel Center News Service*)

North Korea intercepts Air Force aircraft

WASHINGTON – Four North Korean fighter jets intercepted a U.S. Air Force plane in international airspace over the Sea of Japan early March 2, Defense Department officials said.

Two North Korean MiG-29 fighters and two other North Korean aircraft believed to be MiG-23s engaged an American RC-135S Rivet Joint reconnaissance aircraft on a "routine mission" 150 miles off the coast of North Korea, Navy Lt. Cmdr. Jeff Davis, a Pentagon spokesman, said March 3.

The North Korean fighters "shadowed" the American plane for 22 minutes starting at 10:48 a.m. local time.

Davis said the North Korean aircraft closed to within 50 feet of the American airplane at an equal altitude.

The fighters were armed and at least one may have engaged its fire-support radar and "locked on" to the American jet, he said. The RC-135S then returned unharmed to its home base in Kadena Air Base, Japan.

Defense officials said the incident is the first such direct hostile act by North Korea since MiG-17 fighters from that country shot down a U.S. Navy EC-121 reconnaissance plane over the Sea of Japan in April 1969, killing all 31 people aboard. (*Air Force Print News*)

Registration open for 2003 USAF marathon

WRIGHT-PATTERSON AFB, Ohio – Registration is under way for the 2003 U.S. Air Force Marathon scheduled here for Sept. 20.

The Air Force Marathon, traditionally held the third Saturday of September, is open to all levels of marathoners, civilians and mili-

tary, from all around the world. More than 3,200 runners participated in the marathon representing nearly every state and six countries.

Runners receive a uniquely designed T-shirt and patch. Participants who finish the marathon within the eight-hour time limit receive a medallion.

Reduced fees for early registration are available until June 30. Registration deadline is Sept. 4.

To register, or for more information, visit the marathon Web site at <http://afmarathon.wpafb.af.mil/>, or call the marathon office at 1-800-467-1823. (*Air Force Print News*)

UAVs may play increasing operational role

WASHINGTON – The Air Force's deputy chief of staff for air and space operations is cautiously optimistic about the growing role of unmanned aerial vehicles and remotely piloted vehicles in future conflicts.

"We're in a position where technology and miniaturization can

now begin to give us things we haven't been able to do before," said Lt. Gen. Ronald Keys.

Of those requirements, Keys said the remotely piloted vehicle has already proven its value. The Predator is able to remain airborne over a single location for 14 to 16 hours, and has been successfully armed.

The Air Force's premier UAV, the Global Hawk, can provide detailed surveillance for 24 hours or more.

The general said there is one vital aspect of manned aircraft that technology has not yet been able to duplicate.

"The ability of the human mind to have a very large field of vision, absorb input, focus and fuse it quickly to make a decision are advantages of manned aircraft."

Until such time as technology can totally remove pilots from cockpits, the general sees an operational mix of manned and unmanned aircraft.

"If we can get unmanned or remotely piloted systems to do the things that need to be done, then we'll pursue it. That's our commitment." (*Air Force Print News*)

Combat Camera Photo of the Week

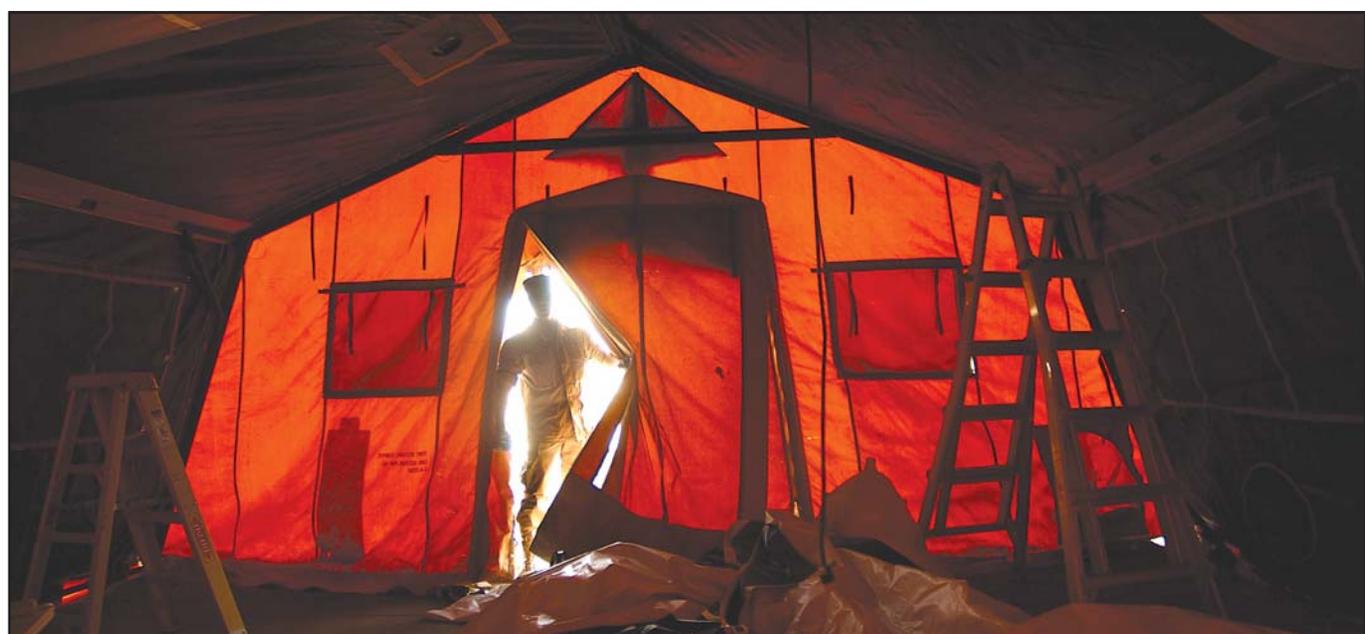


Photo by Staff Sgt. Matthew Hannen, 1CTCS

Cooking with fire

Master Sgt. Eric Dannenberg, a heating and ventilation superintendent deployed to the 320th Expeditionary Civil Engineer Squadron, checks the status of an air conditioning unit being assembled while expanding a dining facility. The 320th ECES extended a dining facility by 1,160 square feet to make way for continued troop arrivals at a forward-deployed location supporting Operation Enduring Freedom.

NEWS BRIEFS

Charleston Warrior of the Week

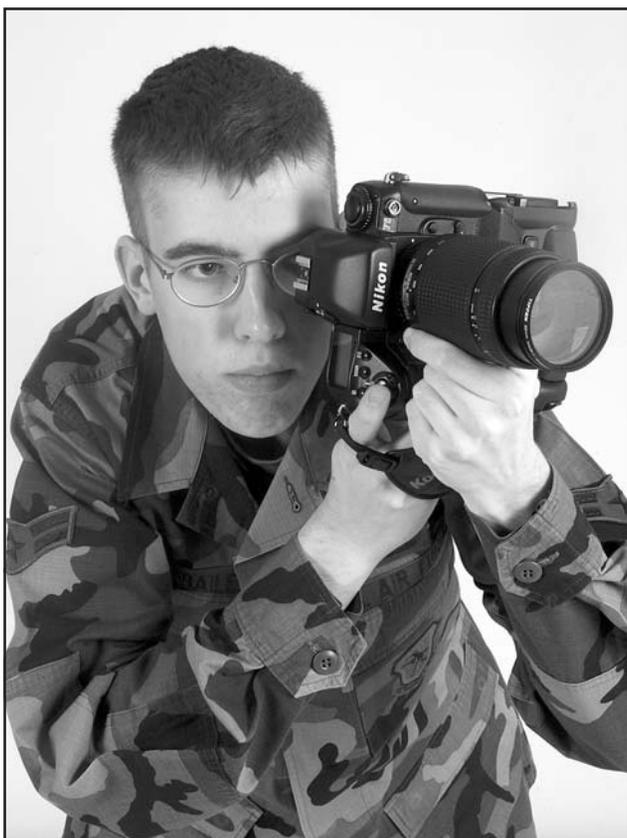


Photo by Andre Bullard

Airman 1st Class Jason Bailey 437th Communication Squadron

Airman 1st Class Jason Bailey is a still photographer apprentice for the 437th Communication Squadron. He provides still-photographic support for the base, to include visa and passport photos, studio portraits and documentation of historical events such as new C-17 arrivals and distinguished visitor tours.

"The part of my job that I like the most is seeing and learning about all of the other jobs in the Air Force," said Bailey.

Bailey said he joined the Air Force to defend his country.

"I remember growing up watching a variety of war movies and thinking 'I want to do that,'" said Bailey. "I enlisted right out of Princeton High School in Cincinnati, Ohio in December 2001.

"My first choice was something I loved in high school, and still do: photography," said Bailey. "To my amazement, I got the job. You can imagine my enthusiasm when I got the news, on (basic training) graduation day, no less."

In his free time he enjoys art, fishing and music. He plays the piano and guitar. He also enjoys working out.

fewer years of Air Force affiliation. For more information or to register by March 18, call Linda Saylor-Lankosz at 963-4406.

Taxes: Personnel serving in Saudi Arabia in support of Operation Southern Watch or Operation Enduring Freedom automatically get an extension of at least 180 days from the date they leave the area of responsibility to file their federal income taxes. For more information, call the Legal Office at 963-5502.

Boy scouts: The Charleston AFB Boy Scout Troop 484 is in need of additional leaders to continue the program. The troop meets every Tuesday, 7 p.m., at Bldg. 245. No prior scouting experience is required. For more information, call Jim or Brenda Gonnella at 552-0591, or Jeff Morey at 552-9012.

TRICARE: There is a correction to the TRICARE Web site: the 12-month mandatory enrollment period for the TRICARE Dental Plan may be waived for family members of reservists called up to contingency-related active duty for a period of 30 days or more. For more information, call United Concordia at 1-800-866-8499, or visit the 437th Medical Group TRICARE flight.

SBP: The Survivor Benefit Plan was developed to meet the needs of families following a member's death. Coverage in the plan is free while members remain on active duty, and after retirement, monthly premiums are held in the Military Retirement System Trust Fund and benefits are paid to eligible survivors from that fund. For more information about the plan, call Kathleen Perry at 963-6334.

Spotlight

Retirement: The 437th Operations Support Squadron is hosting a retirement ceremony for Tech. Sgt. Nick DeMichael today, 3 p.m., at the 14th Airlift Squadron, Bldg. 72.

Retirement: The 437th Security Forces Squadron is hosting a retirement ceremony for Chief Master Sgt. Billy Ford March 21, 3 p.m., at the Charleston Club. For more information, call Master Sgt. Sheri Oulton at 963-3614.

Around the base

Shots: The Immunization Clinic changed its hours to accommodate active-duty smallpox vaccinations. The clinic will be open to active-duty servicemembers only: Monday-Friday, 7:30-9 a.m., and 1-4 p.m.

CCoC: The City Colleges of Chicago class schedule for Term IV is now available at the Community Education Center. Class will begin March 24. For more information, call the CEC at 963-5959.

Embry Riddle: Embry Riddle Aeronautical University is holding pre-registration for Spring II classes now through March 17 at the Community Education Center. For more information, call 767-8912.

Health fair: There will be a health fair at the Community Education Center March 14, 10 a.m. - noon, as part of Women's History month. There will be several booths at the fair to include chiropractics, pediatrics, cancer prevention, pharmacy, pregnancy, skin care and make-up. For more information, call Master Sgt. Alfredda Foster at 963-2747.

ECA: Charleston AFB's environmental management program will receive its annual Environmental Compliance Assessment March 17-21. The assessment team is composed of CAFB experts who will spend a majority of their time in the more industrialized shops on base. The Air Force Environmental Compliance Assessment and Management Program is a tool the

Air Force uses to monitor compliance with federal, state, local, DoD and Air Force environmental laws and regulations.

Chiefs: The Chiefs' Group will hold their monthly meeting March 20, 11 a.m., at the Charleston Club. All chiefs and chief selects are invited and encouraged to attend. For more information, call Chief Master Sgt. Virgil Childers at 963-2054.

Heart Link: The next Heart Link program will be held March 25, 8:45 a.m. - 2 p.m., at the Family Support Center. The program is geared toward spouses with five or

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

FEATURE



Left: Tech. Sgt. Donald Girard, 26th Aerial Port Squadron, and Staff Sgt. Brian Woodley, 437 APS, load palletized seats into a C-17. The seats were successfully egress tested at Pope AFB, N.C., Feb. 19.

Below: A set of palletized seats awaits transport for egress testing. The pallet can be configured to hold 10 or 15 seats.



Take a seat C-17s to receive increased seating, transport capability

By Capt. Krista Carlos
437 AW Public Affairs

The C-17 Systems Program Office gave the new C-17 palletized seating system a “thumbs up” during an egress test Feb. 28, potentially enabling the aircraft to increase its troop-transport capability from 102 passengers to 189.

SPO personnel, Boeing representatives and Flight Test Engineers from Edwards AFB, Calif., successfully egress tested the seating system at Pope AFB, N.C., Feb. 19, when 188 passengers and eight aircrew members evacuated the aircraft in less than 50 seconds, said 2nd Lt. Dave Bartley, C-17 mission systems program manager at Wright-Patterson AFB, Ohio.

“You can expect to see the seats

become operational soon,” said Bartley. “The seats have successfully completed the egress portion of the test, but still must undergo the final approval by the engineering department before they can be deemed ‘airworthy.’”

With the C-17’s seating capacity only half that of the C-141, Air Mobility Command’s combat mission needs statement outlined a void in the command’s ability to transport combat troops into and out of austere combat airfields during contingency operations.

“This [palletized seating] is not a new concept,” said John O’Sullivan, Boeing Quality Assurance manager. “It was used in the C-141 and it adds capability to the C-17 that it currently doesn’t have.”

Each seat pallet can be config-

ured to hold 10 or 15 seats, said O’Sullivan. The egress test at Pope AFB, N.C., tested two configurations.

One configuration used nine seat pallets, no comfort pallet and 188 passengers. The other configuration was eight seat pallets, comfort pallet and 163 passengers.

The goal was to evacuate all passengers in less than 90 seconds, the Federal Aviation Administration standard.

The test used the worst-case scenario first, using the right-hand troop door and one emergency exit for both configurations, said O’Sullivan. Test experts expected some obstacles, but the passengers were able to successfully evacuate in less than 50 seconds for both seat set-ups, eliminating a need to continue with any more egress

testing.

Along with the increased capability, the seats should also provide a more comfortable trip on C-17s for AMC passengers, said Maj. John Pepin, 437th Aerial Port Squadron operations officer.

“Flying a 10-12 hour mission can take a toll on passengers, so the new seats will be a useful asset,” said Pepin.

Charleston and McChord AFBs will receive 17 sets of palletized seats each, said Bartley. Ten sets have arrived at CAFB. The remaining seven sets should arrive before mid-March.

“It’s a very valuable capability to help transport more troops to different locations and will potentially decrease the workload of the aircraft,” said Bartley.

Chapel schedule



107 Arthur Drive
Office: Monday-Friday, 7:30 a.m.-4:30 p.m.
Phone: 963-2536.

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

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

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

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

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

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

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

Movie schedule

Admission: 99 cents for adults and children.

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



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

Tonight, 7:30 p.m.

***"Darkness Falls"* – Chaney Kley**

Kyle must return home to confront his troubled past and save his childhood sweetheart and her younger brother from an unrelenting evil that has plagued the town of Darkness Falls for more than 150 years. **(PG-13) 85 minutes**

Saturday, 7:30 p.m.

***"NARC"* – Jason Patric**

A narcotics cop, who happens to be a recovering drug addict, is assigned to help uncover the truth behind the murder of a young officer. The coverup he unravels could destroy him. **(R) 105 minutes**

March 14, 7:30 p.m.

***"Final Destination 2"* – Ali Larter**

Kimberly watches helplessly as a logging truck spins out of control and loses its deadly payload, setting off a horrifying chain reaction. A moment later, she finds herself still stuck in on-ramp traffic with a line of commuters she saw die moments before trailing behind her. **(R) 90 minutes**

SPORTS & FITNESS

Expert gives advice on maintaining healthy hearts

By **Frankie Cox**
437 MDG HAWC registered dietitian

You are what you eat.

Unfortunately, the typical American diet does not help people live up to their full potential. In general, people eat too much fat, too much salt and too much sugar.

The typical American diet includes more than double the amount of fat people need, predisposing them to develop risk factors associated with heart disease, America's number one killer.

Attention to nutrition and an active lifestyle that includes a regular exercise program is key to preventing, managing and controlling heart disease.

Following a heart healthy eating

plan does not have to be difficult. In moderation, all foods can fit in a heart-healthy diet. Eating smart means having a variety of foods every day from the five food groups.

People don't have to count every calorie or gram of fat as long as they eat foods in moderation, watch the portion sizes and follow low fat guidelines.

Daily fat intake should be no more than 30 percent of the total calories per day, with saturated fat making up less than 7 percent of total daily calories.

Foods high in saturated fat can come from animals or plants. Saturated fats from animals include fatty red meats, poultry skin, beef or chicken fat, butter, cream, whole and two percent milk, ice cream

and cheese.

Plant-derived saturated fats can be found in tropical oils, such as coconut and palm oil, and are used in cooking and processing packaged foods. Hydrogenated or partially hydrogenated foods like margarine and vegetable shortening are also a source of saturated fat.

A healthy diet also limits cholesterol to less than 200 milligrams per day. Be wary of food products that contain no cholesterol, because they may contain saturated fat.

Eating plans do not have to be strict or rigid. There is no "good food, bad food." All food fits, and it may work well to simply adjust portion sizes downward, rather than count fat grams. Some people may fare well with a system as simple as

having one high fat food per meal or one high fat meal per day. It is possible to include dairy products, red meat, eggs, grains, fruits and vegetables in any healthful diet by choosing low fat items and watching how the foods are prepared, avoiding fried foods as much as possible.

The 437th Medical Group offers a Lipid Clinic to work with people who have high cholesterol levels. To participate in the Lipid Clinic, obtain a referral from a physician, and then schedule an appointment through the Health and Wellness Center or through central appointments at 963-6880. For more information on nutrition, exercise, or tobacco cessation classes, call the Health and Wellness Center at 963-4007.

Youth basketball CAFB #1 team of 9 to 10-year-olds sweeps season with dozen wins

By **2nd Lt. Shaloma McGovern**
437 AW Public Affairs

Sixteen youth basketball teams are finishing up their season this month.

The teams are divided into five age categories. The ages are: 5-6, 7-8, 9-10, 11-12 and 13-14. Each age group has four teams, except the 13-14-year-olds, who have one team.

"Each team plays 12 games," said Buster Davis, the sports director at the Youth Center.

The Youth Center advertises each sport months in advance, said Davis.

"I think the youth basketball program is good for children because it teaches them to work together as a team," said Arthur Williams, a coach for the last nine years. "They learn that they can do more when they work together rather than trying to do it all on their own."

The 9-10-year-olds played their double-elimination tournament Feb. 28-March 1. The other teams

are scheduled to play this weekend.

"It's fun for the children to interact with others and learn good sportsmanship," said Cheryl Gobbolt, who has been a parent in the program for three years.

The Youth Center is gearing up for the baseball season to start and has already purchased new uniforms. The Youth Center is also looking for coaches for all age categories. Parents need to register by March 14 at the Youth Center by calling 3-5684. The season begins April 12.

Youth basketball stats

9-10-year-olds	Won	Lost
CAFB #1	12	0
CAFB #2	7	5
CAFB #3	2	9
CAFB #4	1	10
11-12-year-olds	Won	Lost
CAFB #1	11	1
CAFB #2	10	2
CAFB #3	4	6
13-14-year-olds	Won	Lost
CAFB #1	10	2



Photo by Airman 1st Class Tyrone Pearsall

Pounding new pavement

Tech. Sgt. Trish Casciotta and Master Sgt. Brian Smart, 1st Combat Camera Squadron, test out the new pavement on the McComb's Way jogging trail here March 5. The trail, now complete, was recently closed in phases for repairs and resurfacing.