



## Newslines

### Closures

The Family Support Center will close today from 7:30 a.m. to 2 p.m. for Thanksgiving basket distribution. Due to training, the center will close Tuesday and reopen Wednesday at 1 p.m. In case of emergency, call **895-1252**.

The 20th Comptroller Squadron will close from 11:30 a.m. to 3:30 p.m. Nov. 21 due to a holiday luncheon. For emergencies, call **983-2196**.

### Prescription processing

Starting Monday, prescriptions written by off-base physicians will be processed at Shaw's satellite pharmacy, near the GNC store.

### CAIB meeting

The Community Action Information Board is set to meet in the wing conference room Monday at 2:30 p.m.

### Force Development

The Air Combat Command Force Development briefing team, led by Brig. Gen. Steve Miller, is set to hold mandatory officer briefings Thursday in the Base Theater at 8 a.m., 10 a.m., 1:30 p.m. and 4 p.m.

### Christian luncheon

The next Christian Fellowship luncheon is set for Thursday at 11:30 a.m. in the Shaw Conference Center. The cost is \$3. Reservations must be made by noon Tuesday. For more information, call **895-1408** or **895-1106**.

### Airmen's Cookie Drive

The Airmen's Cookie Drive is scheduled for Dec. 5 at the Community Center. Cookies can be dropped off from 7-10 a.m. that day. For more information or to volunteer for setup, making cookie trays, or cleanup, call **499-3553**.



### Lightning fast

**Tech. Sgt. James (Boltie) Prior (right) and Senior Airman Darik Pickerel, both from the 20th Component Maintenance Squadron, take a three-mile jog on the track Wednesday. Boltie, the 20th CMS mascot, runs to promote fitness Wednesdays at 7:30 a.m.**

*Photo by Airman 1st Class Susan Penning*

## Ground safety trend released

**By Airman 1st Class Susan Penning**  
*Editor*

The Annual Ground Safety Trend Analysis for fiscal year 2003 was recently released.

"The trend for this year looks good, but loss of life is never acceptable," said Col. Sam Angelella, 20th Fighter Wing commander.

The 20th Fighter Wing experienced one Class A mishap in 2003, the same number as the past year. This year's Class A resulted in one fatality, one injury and \$150,230 in costs, said Linda Carter, 20th Fighter Wing Ground Safety Chief.

According to Air Force Instruction 91-204, *Safety Investigations and Reports*, a mishap is labeled Class A when a fatality, permanent total disability, destruction of or damage beyond economical repair to an Air Force aircraft or a mishap cost of \$1 million or more occurs.

"Private motor vehicle mishaps continue to be our

leading cause of serious off-duty mishaps," Carter said. "Both speed and alcohol were involved in this year's motorcycle-related Class A mishap."

There were no Class B mishaps in 2003, down from one in 2002, added Carter.

A Class B mishap indicates a total cost of \$200,000 or more but less than \$1 million, a permanent partial disability or inpatient hospitalization of three or more personnel.

The wing experienced 34 Class C mishaps this year, down from 46 in 2002, Carter said.

A Class C mishap results in reportable damage of \$20,000 or more, but less than \$200,000 or an injury resulting in a lost workday case involving eight hours or more away from work beyond the day or shift on which it occurred; or occupational illness causing loss of time from work at any time.

"Incorporating personal risk management into all on and off-duty situations is the best way to keep our members alive and mission-ready," Carter said.

## Weekend weather

Friday	Saturday	Sunday
		
Clear High: 58 Low: 37	P. Cloudy High: 62 Low: 36	Cloudy High: 67 Low: 42

*Courtesy of the 20th Operations Support Squadron Weather Flight*

**Inside:** **Page 10: Space camp:** Shaw youth get lesson from out of this world.  
**Page 16: The Shaw Spirit readership survey:** results in, questions answered.

# Great American Smokeout 2003

## Members, nation gear up to kick the habit



By Staff Sgt. Alicia Prakash  
Staff writer

The annual Great American Smokeout is Thursday. During this event, people throughout the United States are educated on health risks and encouraged to stop smoking.

The American Cancer Society made the tobacco-free day nationwide in 1977 after the success of the California Division of ACS's Great American Smokeout.

Participating in the event is very important, said Capt. Mattie Goode, 20th Aeromedical-Dental Squadron Health Promotions Flight commander.

"It is a great initiative for smokers and can be the beginning of many days [of being smoke free]," said Goode.

According to the American Lung Association, someone who stops smoking can see positive results in 30 minutes with the slowing down of the pulse rate. After 10 years of not smoking, the risk of developing cancer becomes about the same as for non-smokers.

"Education is one piece, but the main thing is behavior modification," said Goode.



Nicotine withdrawal decreases tolerance to stress, decreases the ability to concentrate, increases personal irritability and can disturb the sleep cycle needed for optimal performance, said Goode. In addition to health risks, nicotine addiction may adversely impact readiness and the military's mission. In a field setting, a lit cigarette becomes a beacon in the dark and cigarette butts can be an important clue for enemy intelligence.

Staff members at Shaw's Health and Wellness Center educate through classes, pamphlets and videos.

A tobacco cessation class at the center discusses building a support system, exercising, nutrition and physical addiction.

"People don't have to smoke," Goode said. "It is not a genetic disposition."

Though there is no smoking gene, the nicotine in cigarettes can be addictive. Sometimes, combating the addiction is not easy.

Nicotine replacement therapy is also available in the tobacco cessation class to qualifying individuals.

In the last three months, 24% of smokers at Shaw who joined the cessation class have quit, said Goode.

For the Great American Smokeout, the HAWC is providing Adopt a Smoker packages. The package includes fact sheets and buttons for members willing to help a smoker kick the habit through encouragement.

"We want smokers to quit. Most smokers already realize the risks and are willing to quit if it can be accomplished successfully," said Goode.

For more information, call the HAWC at 895-1216.

# Operation True Giving: a reason for the season

By Frances Watson  
OTG Committee member

It has been said it is better to give than to receive. Operation True Giving, a volunteer-directed Christmas outreach program in the Sumter area, is doing just that.

OTG is dedicated to helping less fortunate families and individuals. The program is entering its 19th year of service to the local community, and over the past 18 years, has helped provide presents and non-perishable food items to approximately 2,000 needy families totalling almost 6,100 individuals. The families are selected

by Sumter-area health, welfare and social-service organizations.

The goal each year is to make 70 deliveries to families and nursing home residents.

In order to achieve this goal, the program needs families, individuals, squadrons and other organizations to volunteer to serve as sponsors.

Sponsors agree to provide a new wrapped gift for each member of their sponsored family and the fixings for a holiday meal, to include a canned ham, since some recipients may not have adequate refrigeration. Many sponsors also include extra food, gifts, special-need items,

candy, decorations, etc.

Sponsors decide the size of the family they feel they can support. Those who don't feel they can support an entire family might sponsor a nursing home resident (meals are not needed.)

Those willing to be sponsors can contact Mary Ann Putman at 499-1449. Sponsors should let her know the size of the family they wish to support.

Sponsors and recipients are already being matched up at this time.

Once matches are made, Putman provides the sponsor with a family

designation number and the first name only of each family member. Other information provided includes each member's age, clothing size, gender, special request information and an OTG point of contact. Sponsors should then purchase gifts and food items, wrap the gifts and write the name and family number on each present. Packages can be brought to the Palmetto Chapel annex Dec. 4 or 5 from 8 a.m. to 5 p.m.

Deliveries are scheduled for Dec. 6.

To volunteer for gift deliveries or for additional information, call John Rogers at 499-2916.



## The 20th Fighter Wing holiday party is coming!

Place: Shaw Conference Center

Date: Dec. 13

Time: 7 - 11 p.m.

Door prizes  
Food  
Live entertainment





Photo by Tech. Sgt. Shirley Henderson

## Underground bound

Staff Sgt. Paul Nowacki, 243rd Engineering Installation Squadron, Portland, Maine, Air National Guard, goes underground to check cable and fiber optics here Monday. The project is part of the construction of Shaw's new Education and Services Center.

## 20th Security Forces Squadron Blotter

(Editor's note: The blotter includes incidents from the 20th Security Forces Squadron reports. The following information is intended to increase awareness of resource protection and safety concerns.)

■ An airman and his spouse were charged with assault during a domestic dispute in their military family housing unit.

■ An airman was charged with Child Neglect when his child was reported missing and located in the base housing area the following day by SF.

■ SF responded to four inci-

dents regarding accidents and damage to vehicles.

■ An airman reported a pay phone was damaged at dorm 428.

■ Two civilians were detained at the Base Exchange for shoplifting.

■ This week, eight speeding tickets were issued.

In case of emergency, call **911**. Direct routine questions and non-emergency concerns to the 20th SFS at **895-3670**. If you have information about any crime, listed here or otherwise, call the 20th Security Forces Investigations section at **895-3600**.



## Traffic Tips

Driving while fatigued can lead to accidents. Members should not attempt or continue driving if they are fighting to stay awake. If a lengthy trip is planned and there are additional drivers in the vehicle, rotating drivers is a good idea. If, while driving alone, sleepiness sets in, members should pull over in a safe place and nap for a while until they can safely drive again. Studies show fatigued drivers have perception/reaction times approximately equivalent to an alcohol-impaired driver. The risk is not worth any time saved by continuing on the road while tired.

## OPSEC reminder

When dealing with countermeasure development, always weigh the cost of the preventative step against its benefit.

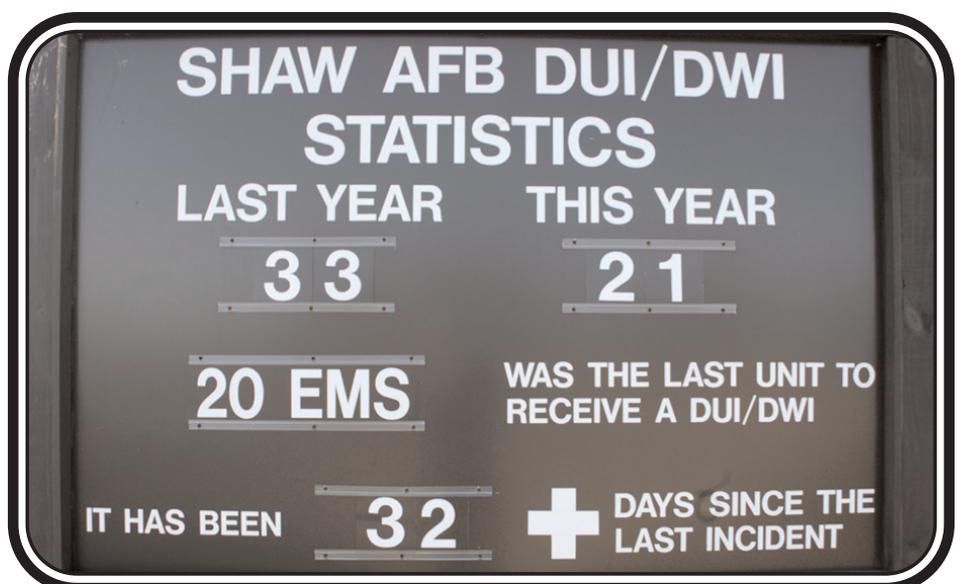
## Trivia contest

**Question:** What is a Class A ground mishap?

**Last week's question:** Explosive ordnance reconnaissance involves three steps: identify, mark and report.

**Last week's winner:** Master Sgt. Jay Wessendorf, 28th Operational Weather Squadron

The first person to e-mail *The Shaw Spirit* at [spirit.editor@shaw.af.mil](mailto:spirit.editor@shaw.af.mil) with the correct answer will get their name in next week's paper.



**AADD 983-9722** (As of Thursday)

## Cherveny retirement

Master Sgt. Mark Cherveny, 20th Aircraft Maintenance Squadron, is retiring after 20 years of service. He and his family have been at Shaw four years.

The Islip Terrace, N.Y., native and his wife, Wendy, have two sons, Brandon and Alex. After retirement, Cherveny will relocate to upstate South Carolina and work in the electronics industry.

The retirement ceremony is today at 2 p.m. in the Shaw Conference Center.

## Tyndall NCO Academy graduates

The following Shaw technical sergeants graduated from Tyndall NCO Academy Oct. 30 at Tyndall Air Force Base, Fla.:

Timothy Abrahamson, 20th Equipment Maintenance Squadron; Anthony Blalock, 20th Logistics Readiness Squadron; Sonjia Brown, 9th Air Force; Steven Cooker, 20th Civil Engineer Squadron; Ray Debor, 20th Aircraft Maintenance Squadron; Joseph Frasson, 20th EMS; George Hammons Jr., 20th LRS; Thomas Hutchison III, 20th Component Maintenance Squadron;

Raymond Jock Jr., 20th CMS; Randolph Johnson, 337th U.S. Air Force Recruiting Squadron; Cedric Jones, 20th EMS; Thomas Krecioch, 20th AMXS; Alvina Ladson, 20th LRS; Steven McSwain, 20th CES; Christopher Mazingo, 20th CES; Robert Pryor, 20th EMS; William Reynolds III, 609th Air Intelligence Squadron; Lee Rivers Jr., 77th Fighter Squadron; and Stephen Wilkerson, 20th EMS.

**Distinguished graduate:** Thomas Briggs Jr., 28th Operational Weather Squadron

# Team Shaw members stay in the blue

The following is a list of Shaw personnel who re-enlisted in October:

### Master sergeants

James Bennett Jr., 20th Equipment Maintenance Squadron; Anthony Bryant, 20th Services Squadron; Paul Dunlap, 609th Air Communications Squadron; Michael Gartland, 20th Fighter Wing; Robert Healy Jr., 20th Security Forces Squadron; Dexter Johnston, 15th Air Support Operations Squadron; Joseph Long, 20th Logistics Readiness Squadron; Robert Morris, 609th Air Support Squadron; Rose Rich, 20th Communications Squadron

### Technical sergeants

Carlos Delacruz Jr., 20th CS; Douglas Devall, 20th SFS; Thomas Fraley III, 20th EMS; Raiford Hinton Jr., 20th Component Maintenance Squadron; Bruce McCause, 20th CMS; Richard Philemon, 20th SFS; Alfred Rucker, 20th CS; Gregory Sawyers, 20th EMS; Earnest Sharp Jr., 20th SFS; Eugene Slagstad Jr., 20th EMS; Anthony Tyler, 20th Maintenance Operations Squadron; Mercedes Victory, 20th MOS; Walter Weatherford, 20th CS;

Gregory Wyer, 20th SFS; Joseph Zabawa, 609th ACOMS

### Staff sergeants

Shaun Barnette, 20th CMS; David Davies, 20th Aircraft Maintenance Squadron; William DeAngel, 20th Operations Support Squadron; Kane Gorton, 20th MOS; Kurt Guidry, 20th MOS; Daniel Huffman Jr., 20th Comptroller Squadron; Cassandra Johnson, 31st Intelligence Squadron; Jason Myers, 20th Civil Engineer Squadron; Jacqueline Perrin-Watson, 609th Air Intelligence Squadron; John Pugh, 337th Recruiting Squadron; Nathaniel Swab, 609th ACOMS; Candice Walter, 20th OSS; Jeremy Whitworth, 20th LRS

### Senior airmen

Aaron Brant Jr., 20th FW; John Kochenower, 20th CS; Essex Martinez, 20th CES; Howard Morgan, 20th CS; Pedro Moya Jr., 20th Medical Operations Squadron; Johnathan Pascoe, 20th EMS; Ephraim Stacy, 79th Fighter Squadron; and Stefanie Travers, 20th OSS.



## Operation Christmas Child

Gift-filled shoe boxes will be collected at the Palmetto Chapel Monday and Tuesday from 1 to 5 p.m. for needy children in troubled areas of the world. Each box should be labeled for a boy or girl in the following age categories: 2 - 4, 5 - 9 or 10 - 14. Suggested gifts, new not used, are school supplies (pencils, crayons, calculators), stuffed animals, dolls, cars, hygiene items, sealed hard candy and picture books. Please, no toy guns, knives or items that may break easily, leak or spoil. For more information, call Hugh Wilson at **895-1106**.