

## MyPay PIN: Get it today

**By Master Sgt. Jennifer Jones**  
20th Comptroller Squadron  
Customer service chief

If you haven't heard the news, it has finally happened; MyPay will become mandatory on Oct. 1. Beginning in October Air Force members will no longer receive hard copies of their leave and earning statements. In addition, mid-month pay statements and W-2's will no longer be mailed to members. Instead, all this information will be readily available at the click of a button by logging onto <https://mypay.dfas.mil>.

Use of MyPay has maximum benefits for the member, as well as, requiring less time spent away from the duty section for finance requests. No longer will you have to leave your office to request a copy of an LES or change your direct deposit. Now, from home or work, you can pull your LES or mid-month pay statement, change your address, change your direct deposit, change your federal or state income tax withholding, change Thrift Savings Plan during the bi-annual open seasons, and

view and print your W-2's.

Some upcoming enhancements to the MyPay website are the following: allotment change function for financial institutions, increase LES history from previous 2 months to 25, add viewing capability for deployed member spouses and personal statement of military compensation.

It is now imperative that all Shaw members who do not currently have a MyPay pin, contact the 20th Comptroller Squadron during customer service hours; Mondays-Fridays from 8:30 a.m. to 4 p.m.

If you have forgotten your pin, you may have it reset at the finance office or log onto the website. After your third attempt, a security page is accessed for you to re-establish your pin. In order to use this option, you must know the security word and mother's maiden name that was used when the PIN was initially established.

For a large group of personnel who are in need of MyPay PINs, an appointment may be scheduled for a squadron visit by contacting Master Sgt. Jennifer Jones at **895-4905** or [jennifer.jones@shaw.af.mil](mailto:jennifer.jones@shaw.af.mil).

## CAP your good pallets

**By Staff Sgt. Alicia Prakash**  
Editor

Many offices on base receive big shipments on pallets or skids. From computers to aircraft parts, the wooden support helps with the ease of transporting several heavy items. After the items are removed, what do you do with the pallet?

Well, there is a place on base which collects pallets that are still in good shape: the Central Accumulation Point.

Recycling pallets keeps the Air Force from having to buy new ones and saves between \$6 and \$20 for every recycled pallet.

Mr. Vinny Taratini, 20th Civil Engineer Squadron

CAP manager, said any plastic or cardboard should be removed from the pallets prior to drop off.

"If the pallets are not in good condition, the scrap wood can be taken to the Recycling Center here," he said.

The pallets stored at his facility are given to a local company for recycling or may be reused by Team Shaw members.

"Don't just toss them away," said Mr. Taratini. "We, along with the community, can benefit from turning in these pallets."

To drop off wooden pallets, visit the CAP, located near the Recycling Center on Patrol Road or call Mr. Taratini at **895-0120**.

## Shaw drinking rates may be misconception

**By Capt. Nicholas A. Lind**  
*20th Medical Operations Squadron  
Mental health flight commander*

Data gathered by Shaw's Alcohol and Drug Abuse Prevention and Treatment program over the last five years suggests Shaw's alcohol consumption is on the rise. Though the increased drinking rate appears to lead to the perception that "everyone is drinking," it is actually the other way around.

In the fall of 2002, Shaw's ADAPT program networked with Dr. Bradley Smith, a University of South Carolina professor, who identified and corrected cultural factors which contributed to binge drinking among his students.

Data gathered at Shaw from 1,090 Airmen suggests that most of us overestimate how much our peers are drinking. While the typical Shaw Airman drinks 2.5 drinks in one sitting, he thinks other Airmen drink 6.5 drinks. That is, the typical Airman perceives his colleagues consume nearly three times as much as they actually do. Even when they party on Friday and Saturday nights, Shaw Airmen report drinking between three and four drinks but think their fellow partyers are drinking between seven and eight. These findings suggest that most of us believe our own modest consumption to be the exception to the rule.

"Of course Airmen report drinking less than they perceive their peers to drink," you might say, "they

don't want to incriminate themselves on a pencil and paper measure. Is there any reason to believe that these results should be accurate?" Yes, the tendency to overestimate drinking has been demonstrated in 100% of the studies using college students, some studies including more than 17,000 students representing more than 100 colleges and using a variety of data collection techniques. These studies emphasized the anonymity of the surveys and the respondents had no reason to misrepresent their own consumption rates. It is therefore safe to assume that, like other young populations, our troops here at Shaw do, in fact, overestimate the amount of alcohol their peers drink.

Why should we care how much the typical Shaw Airman perceives his peers to drink? Well these same studies have also demonstrated that these misperceptions are associated with the number of alcohol-related incidents, such as Driving Under the Influence of alcohol incidents. The greater the misperception, the greater the negative consequences associated with alcohol. What's more, if corrected, the drinking rate goes down and, with it, the number of alcohol-related incidents. The education of the true drinking norm can reduce the negative consequences associated with alcohol by more than 33%. Our perception of what is "normal" strongly influences how we, ourselves, behave.

The take home message is, **here at Shaw, if you consume more than 2.5 drinks per occasion, you're**

**the exception rather than the rule. The more you consume beyond 2.5 drinks, the more abnormal you are.**

It is time for us to evaluate our behavior and recognize and correct high-risk behavior.

The ADAPT program offers treatment to help curb high-risk behaviors. Depending on the severity of the problem, the recommended treatments vary. The earlier problematic behavior is recognized, the more brief the treatment. If you have questions regarding the treatment possibilities and limits of confidentiality, call **895-6199**.

### **Drinking rates: reality vs. perception**

#### Reality

How many drinks containing alcohol do you consume per day?

Friday: 3                      Weekly average=2.5  
Saturday: 4

#### Perception

How many drinks containing alcohol does the typical Shaw Airman consume per day?

Friday: 7.2                      Weekly average=6.5  
Saturday: 7.8

**Your peers don't drink as much as you think!**

# Medical team puts pilots under pressure

By Airman 1st Class Susan Penning  
Staff writer

You have probably passed this building many times on your way to a dental or medical appointment without a second glance. You probably also didn't realize some of the most important training in the Air Force goes on in this shop, and military personnel are coming from hundreds of miles away to participate.

The 20th Aeromedical-Dental Squadron's Aerospace Physiology



**Airman 1st Class Jamarl Hampton, 20th ADOS Aerospace Physiology apprentice, simulates rapid decompression in the altitude chamber Wednesday.**

flight is responsible for providing training on how to cope with the challenges and dangers of aviation, according to Airman Jillian Bryant, Aerospace Physiology apprentice. "In addition, we inspect oxygen equipment, familiarize flying personnel with the proper wear of clothing and flight gear, and support high-altitude air-drop missions," she said.

Tech. Sgt. Debra Downey, NCO in charge of the flight's administration, said they also brief non-flying personnel on the effects of stress, fatigue and other health issues on job performance.

One of the critical missions of the Aerospace Physiology team here is the operation and maintenance of the altitude chamber, where flying personnel receive some of their most vital instruction. The chamber at Shaw is one of 18 currently in the Air Force. As a result, ADOS members have the opportunity to train military personnel from different areas and branches of the service.

The chamber simulates ascent and descent of aircraft and how the body is affected by those altitude changes.



**Flying personnel put on their required gear in the altitude chamber and prepare for their simulated flight.**

*Photos by Airman 1st Class Susan Penning*

One example of training includes a rapid ascent from 8,000 to 25,000 feet. At 25,000 feet, the class is asked to remove their masks. The air at this altitude is too thin to supply proper oxygen to the brain; a condition known as hypoxia, which leads to dementia and unconsciousness. Instructors use this exercise to teach students how to quickly identify and correct for hypoxia.

"Our job is important because we help save Air Force resources, including the Airmen. The training flying crews receive helps them help themselves," said Airman Bryant.

"This job is unique because there are times when I am instructing military members with 20 or more years of experience. That responsibility makes me feel proud and important," she added.

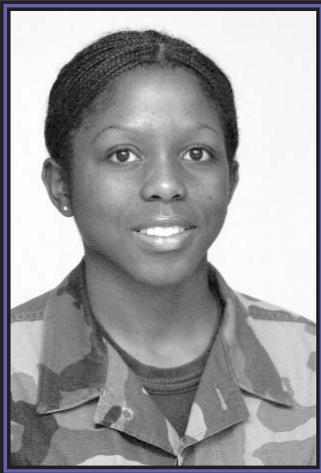
"The Aerospace Physiology team here epitomizes the dedication to duty and military bearing that are the hallmark of professional Airmen," said Maj. Tom Morrison, 20th ADOS Aerospace Physiology flight commander. "When it comes to safe and effective training in the chamber, our team functions like a well-oiled machine."



## Spirit Spotlight



### Airman 1st Class Jebeh Lansanah



**Organization:** 20th Mission Support Squadron

**Duty title:** Relocations counselor

**Job duties:** Validate PCS selection criteria and administer updates for various voluntary reassignment programs

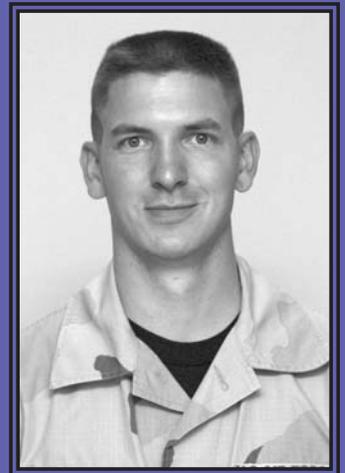
**Hometown:** Norcross, Ga.

**Time in service:** Two years

**Off-duty interests:** Participating in the Airman's Council, preparing for commissioning and working as advisor on Congressional Award board

**Words I live by:** "If you don't fly, you will never reach your height." -- India Arie

### Airman 1st Class Gregory George



**Organization:** 609th Air Communications Squadron

**Duty title:** Allied trades mechanic

**Job duties:** Perform corrosion control and paint and body work on vehicles

**Hometown:** Tyler, Texas

**Time in service:** One year and eight months

**Family:** Wife, Christina and children, Sara and Patrick

**Off-duty interests:** Spending time with family, restoring cars and deep-sea fishing

**Words I live by:** "Get tough or die."