



Newslines

Zero DUI goal

Col. Philip Ruhlman, 20th Fighter Wing commander, challenges all 20th FW personnel to take care of our own.

When the 20th FW reaches 60 days without a DUI the commander will grant a wing down day.

We have 47 days to go. Make it happen!

Civilian Call

The 20th Fighter Wing civilian commander's call is set for Oct. 13 at 10 a.m. in the base theater.

ASIST workshop

Applied suicide intervention skills training is set for Monday and Tuesday from 7:30 a.m. to 4:30 p.m. at the Palmetto Chapel.

The focus of the ASIST workshop is to train members to help those who might be at risk.

For more information, contact Master Sgt. Gregory Schmalfeldt at 895-1106 or www.schmalfeldt.gregory@shaw.af.mil.

Annual training

The 20th Civil Engineer Squadron's annual facility manager training is set for Tuesday in the base theater at 8:30 a.m. All facility managers are encouraged to attend. For more information, call Staff Sgt. Darrell McGirt at 895-9665.

AADD

Airmen Against Drunk Driving is currently accepting volunteers. Those interested in volunteering are invited to attend. For more information, members can e-mail Senior Airman Ronald Haynes at ronald.haynes@shaw.af.mil or call 895-2162.



Photo by Mrs. Tarsha Storey

Sparky the fire dog, Mr. Shawn Sullivan (center) and Mr. Stanley Bridges, both Shaw fire inspectors, recently inspect a smoke detector. For Fire Prevention Week, they will visit various locations on base.

Testing smoke alarms may save lives

By Mr. Shawn Sullivan
Shaw Fire Inspector

In observance of Fire Prevention Week, The Shaw Fire Department encourages Team Shaw to test their smoke alarms.

Testing smoke alarms may sound like basic advice and people may get tired of hearing it, but this simple lesson can save lives. The presence of a working smoke alarm can mean the difference between life and death.

Despite the fact that smoke alarms are now in the majority of homes in the U.S., roughly 70 percent of home fire deaths result from fires in homes with no smoke alarms

or no working smoke alarms.

Because fires can grow and spread so quickly, it is essential that everyone in a family be able to recognize the sound of the alarm, and have a plan for getting out safely.

These life-saving devices are only effective when they're working properly. Smoke alarms with batteries that are dead, disconnected or missing can not alert you to the dangers of smoke and fire.

Once the alarm sounds, people may have as few as two or three minutes to escape safely. Their ability to get out depends on this advance warning from smoke detectors and advance planning.

By learning how to effectively use

the smoke alarm's early warning to get out safely, Airmen will reduce the risk of dying in a home fire. Test smoke alarm today. It could make all the difference.

The Shaw Fire Department will have the fire safety trailer at different locations on the base Sunday through Friday to teach children the proper way to escape if a fire were to occur.

Sparky the fire dog will be at the BX, Sunday. Parents are welcome to bring a camera to take pictures of their children with Sparky.

Presentations will also take place at several local elementary schools, teaching children the importance of testing smoke alarms.



Page 16:
Shaw's F-16 history.

Page 20:
Train ride included in mission of 20th LRS.



Traffic point system explained

Traffic points are assessed uniformly for violations of the base traffic code. Drivers can accumulate up to 11 traffic points for 12 consecutive months or 17 traffic points in a 24-month period before driving privileges will be at risk.

Those who accumulate traffic points for traffic violations on or off base may be subject to having their driving privileges suspended or may be revoked of base driving privileges. Below are some examples:

Suspension for a maximum of six months may be imposed for:

- Five traffic violations in a three-year period
- Three expired registration tickets in a 12-month period
- Reckless driving
- Open container violation

One-year revocation is mandatory for:

- Driving under the influence of any narcotic/drug/alcohol; incapable of safe operation
- Driving or in physical control of a vehicle with a blood/alcohol content of 0.08% or greater
- Driving or allowing somebody to drive an uninsured vehicle
- Refusal to submit to or failure to complete chemical test

Revocation of one year may be imposed for:

- Accumulation of 12 traffic points in 12 months, or 18 traffic points over 24 months
- Mental or physical impairment (not alcohol/drugs) to the degree rendered incompetent
- Offense off base which if committed on base would be grounds for suspension

Two-year revocation is mandatory for:

- Driving while driver's license or installation driving privileges are suspended/revoked
- A second revocation of driving privileges within a 5-year period
- Second arrest/apprehension/detention for a DUI in a five year period

These are a few traffic point system examples.

For more information, refer to Air Force Instruction 31-204, Shaw Air Force Base Supplement 1, *Air Force Motor Vehicle Traffic Supervision*. This may be accessed on the Shaw intranet by logging onto www.shaw.af.mil.

(Information courtesy of the 20th Security Forces Squadron.)

Program aides in suicide prevention

By Airman 1st Class Joel Mease
Staff writer

The Yellow Ribbon Suicide Prevention Program offers the Shaw community another resource in suicide prevention. Since 1994 YRSPP has worked across the country with schools, emergency services, churches, businesses and grassroots organizations at promoting awareness of suicide prevention.

According to YRSPP feedback has shown that over 2,500 lives have been saved through its program.

Warning signs of potential suicide include: abrupt changes in personality, giving away possessions, previous suicide attempts, use of drugs and/or alcohol, withdrawal from people, change in sleeping and eating habits, and chronic pain and restlessness.

Anyone showing one or more of those warning signs, is highly encouraged to seek help at the chapel at **895-1106**, the Family Support Center at **895-1252** or Life Skills at **895-6199**. YRSPP also has a toll free hotline at **1-800-SUICIDE**.

For more information on suicide prevention, log on to www.yellowribbon.org.

NEWS BRIEFS

Squadron cable users Financial advice

The base cable will be increasing price rates for service today and Jan. 1. The following rates will take effect today: Rate for standard cable service is \$10.70 per outlet, the rate for premium cable is \$3.60 per outlet and cable internet rate is \$79.95.

Beginning Jan. 1, the rates will change as follows: Rate for standard cable service will be \$11.25 per outlet, the rate for premium cable will be \$3.75 per outlet and cable internet at \$79.95.

Any questions may be directed to Ms. Glenda Yarbrough, 20th Contracting Squadron, at **895-6010**.

If you answer "yes" to any one of the following questions, you are headed for serious debt trouble.

- Are your credit cards charged to the maximum?
- Do you use one credit card to pay another?
- Do you skip paying certain bills each month?
- Have you taken out a consolidation loan?
- Have you bounced any checks?
- Are collection agencies calling and writing you?

For more financial advice, call the Family Support Center at **895-1252**.

Global posture

In a recent testimony, Mr. Donald Rumsfeld, Secretary of Defense, talked about some of the concepts involved in rearranging our global posture:

- Our troops should be located where they are wanted, welcomed and needed.
- Our troops should be located in environments that are hospitable to their movements.
- We need to be in places that allow our troops to be usable and flexible.
- We should take advantage of advanced capabilities that allow us to do more with less.

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.)

- Two juveniles were detained for shoplifting at the BX.
- An Airman was apprehended for child neglect after leaving her 3-year-old alone.
- An Airman turned in a bag of a controlled substance found in the dormitory.
- A civilian was detained for Criminal Trespassing after attempted unauthorized entry onto the base.
- An Airman was apprehended for open container and driving with a suspended license while attempting entry into Frierson Gate.

■ Security forces responded to 11 incidents involving POVs and GOVs.

■ There were 49 traffic tickets issued during the week.

For emergencies, call **911**. Direct routine questions and non-emergency concerns to the 20th SFS at **895-3670**. If you have information about any crime, call the 20th Security Forces Investigations section at **895-3600**.

S Question: According to this week's *The Shaw Spirit*, when were Shaw's locomotives built? **T**
P Answer to last week's question: The six essential nutrients for the body carbohydrates, protein, fat, vitamins, minerals and water. **r**
i Last week's winner: There were no correct answers submitted. **i**
r The first person to e-mail the correct answer to *The Shaw Spirit* at spirit.editor@shaw.af.mil will receive a free smoothie from the Fitness Center. **V**
i **i**
t **a**

DUI/DWI Statistics	
Last incident:	11 days
Last unit:	20th EMS
2004 total:	33
2003 total:	28
As of Wednesday	

Shifflett Retirement

Master Sgt. Robert Shifflett, 609th Air Intelligence Squadron, is retiring after 22 years of service. He has been at Shaw for two assignments, totaling nine years together.

The Waynesboro, Va., native and his wife, Lisa, plan to remain in the local area.

"Master Sgt. Shifflett has been a valuable member of the Air Force. His dedication and vigilance will be missed at Shaw," said Col. Philip Ruhlman, 20th Fighter Wing commander.

The retirement ceremony is today at 2 p.m. in the training room of building 702.

Mallett retirement

Master Sgt. Jeffrey Mallett, 20th Comptroller Squadron, is retiring after more than 21 years of service. He and his family have been at Shaw four years.

The Nitro, W. Va., native and his wife, Joy, have two children, Sara and Ben. After retirement, Master Sgt. Mallett plans to work for Teksouth.

"Well done, Master Sgt. Mallett. Team Shaw will miss your hard work and steadfast commitment to excellence," said Col. Philip Ruhlman.

The retirement ceremony is set for Tuesday at 1:30 p.m. in the Community Center.

Sharp retirement

Tech. Sgt. Earnest Sharp, Jr., 20th Security Forces Squadron, is retiring after nearly 22 years of service. He and his family have been at Shaw 16 years.

The Valdosta, Ga., native and his wife, Tassa, have a daughter, Alicia, and two grandchildren, Noah and Matthew. After retirement, Tech. Sgt. Sharp plans to start a landscaping business in Sumter.

"Team Shaw is losing a member who has devoted many years of service to the Air Force and the Shaw community," said Col. Philip Ruhlman.

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

***For the record:
Airman 1st Class Enrique
Placido, who was recently
selected for senior airman below-
the-zone, belongs to the 20th
Medical Support Squadron.***

Fire muster competition

To help celebrate Fire Prevention Week, Shaw's fire department is hosting a fire muster Oct. 9 at 11 a.m. in the Community Center parking lot.

Squadron teams can sign up to compete in the bucket brigade, bunker drill, switch-a-roo and hose roll. Teams must consist of six members, three men and three women.

Families are welcome, and children's activities are scheduled. For more information or to sign up a team, call 895-4600.



MREs to contain xylitol gum

By Ms. Marcella Birk
*U.S. Army Center for Health
Promotion and Preventive Medicine*

WASHINGTON -- Meals, Ready-to-eat will soon contain gum that helps reduce tooth decay. The new gum, made with the alternative sweetener xylitol, works by blocking the bacteria that cause cavities. The gum currently provided in MREs contains sugar and can cause tooth decay.

This change in the MREs, approved by the 2004 Joint Services Operational Rations Forum, is partially due to a recent study showing a significant increase in tooth decay for deployed soldiers. The 3rd Infantry Division, which deployed to Iraq for six months, returned home with more than two-and-a-half times the number of cavities they had before deployment, according to a

study conducted in January.

"The amount of tooth decay that occurred in just six months was overwhelming," said Army Maj. Georgia dela Cruz, public health dental staff officer at the U.S. Army Center for Health Promotion and Preventive Medicine and lead for the study.

Army Col. Christine Inouye, Reserve Component force health protection integrator, and Maj. dela Cruz were the driving force behind the change in the gum supplied in MREs.

"We are convinced this initiative will be one major solution to the dental readiness problem for the warfighters," said Col. Inouye.

"Ultimately, the warfighters are at high risk for dental disease," Col. Inouye said. "More importantly, the xylitol gum will potentially impact 2.68 million active component and Ready Reserve soldiers, Marines, sailors and Airmen while they are

deployed in a field environment."

"Deployed [service members] are at greater risk for cavities because of starchy foods, sugary drinks and infrequent tooth brushing," said Maj. dela Cruz. MREs contain carbohydrate-rich foods essential for energy in a field environment.

Unfortunately, oral bacteria use the starches and sugars in these foods to produce acids that cause tooth decay. Xylitol blocks these bacteria, interfering with their ability to "stick" to the teeth to produce damaging acids. Xylitol also increases saliva flow, which helps neutralize any acids and provides calcium to repair any weakened areas of the teeth.

Col. Robert Lutka, commander, Fort Benning Dental Activity, and Navy Capt. N. Blaine Cook, specialty leader for operative dentistry to U.S. Navy Surgeon General and the

chair of operative dentistry, Naval Post-graduate Dental School, are long-time advocates of xylitol.

"Xylitol has been used by diabetics for years as an alternative sweetener," said Col. Lutka. "It's a safe and effective way to keep [service members] healthy while deployed." Due to the number of MREs already in stock, xylitol gum will not reach service members' MREs immediately but will be included within 18 to 24 months.

"Don't wait to start using xylitol gum," said Maj. dela Cruz. "The gum can be purchased on the local economy and at commissaries, although the choice of flavors may be limited at smaller commissaries. Read the ingredients on the label and make sure xylitol is the first ingredient. Chewing the gum at least five minutes is extremely important for maximum effectiveness."

Shaw's new wing chaplain present for duty

By Airman 1st Class Joel M. Mease
Staff writer

You might have noticed a new chaplain Sunday at Palmetto Chapel or around the base the last few days. If you haven't he is more than willing to meet you.

Chaplain (Col.) Gary D. Bomberger, is the new 20th Fighter Wing chaplain for Shaw. He has been in the military for more than 24 years and has seen the world with a mission of serving people.

Chaplain Bomberger began his military career in the Army as a private operating the Hawk missile system during the Vietnam War.

After serving in the Army, he said he saw the job of the chaplain as one of the most important jobs in the military. This is because of the outreach opportunities chaplains can give to service members and their families, said Chaplain Bomberger.

Chaplain Bomberger said when he applied for seminary school he mentioned that his intentions, upon completion, were to rejoin the military as a chaplain.

He reentered the Army Reserve as an officer. During that time he served as a chaplain in the

reserves and as a pastor for Lutheran churches in Florida and Wisconsin.

During this time, the Air Force tried to recruit the chaplain. It wasn't until the third attempt that Chaplain Bomberger switched services and crossed into the blue. He now has 21 years in the Air Force.

"The military has given me great opportunities to minister around the world," he said.

Before arriving here, he was chief of readiness, headquarters Air Combat Command, Langley Air Force Base, Va. During that time he was in charge of deploying between 60 and 65 chaplains per air expeditionary force cycle around the globe.

His role here along with supporting the wing commander is to help Team Shaw members with any of their spiritual needs.

"We [chaplains] support our people because they have an awesome job," he said.

He said while at Shaw, he would like to see the chaplain staff be proactive with the lives of service members and their family members.

Chaplain Bomberger said the staff is here to help Team Shaw grow spiritually and make their lives better.



Chaplain Bomberger



Spirit Spotlight



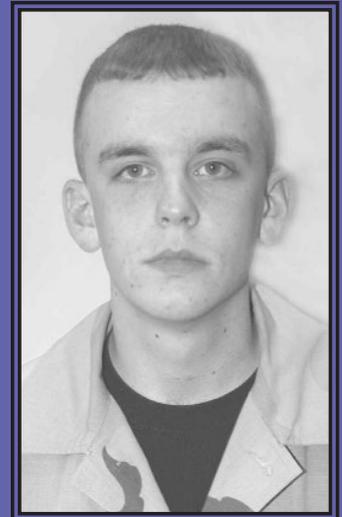
Staff Sgt. Rick Salazar



Organization: 20th Component Maintenance Squadron
Duty title: Unit deployment manager
Job duties: Maintain deployable status for personnel and equipment
Hometown: Dallas
Time in service: Nine years
Family: Wife, Melissa and children, Preston and Ariel
Off-duty interests: Spending time with family, fixing cars, and riding motorcycles

Words I live by: "God helps those who help themselves."

Airman 1st Class Daniel Reichert



Organization: 28th Operational Weather Squadron
Duty title: Weather forecaster journeyman
Job duties: Forecast weather, issue weather watches, warnings and advisories in an eight-state region of the southeastern United States
Hometown: Plymouth, Mass.
Time in service: Two years
Off-duty interests: Watching and playing sports and listening to music

Words I live by: "The road to success is often under construction."