

# Staying safe while keeping cool in backyard pools

By Adriene M. Dicks  
Correspondent

Summer is the season when families open their backyard pools as a way to keep cool in high temperatures. Pool owners should know while providing a way to avoid overheating, they must also be aware of hazards pools can pose to young children.

According to the Consumer Product Safety Commission, an average of 250 children younger than five years old drown in pools each year and another 2,700 are treated in emergency rooms. More than half these deaths occur in June, July and August.

Constant supervision can help to prevent many of the drowning and near-drowning incidents that occur in backyard pools. According to the CPSC, a child can drown in the time it takes to answer a phone.

Although supervision is the best protection against drowning, physical barriers limiting access to pools can provide a form of security. Barriers include fences, walls and safety covers on pools.

The National Safety Council suggests homeowners not have pools installed until their youngest child is at least six years old and has received swimming and water safety instruction. However, they are also warned that a child being able to swim does not make them drown-proof. Children should be super-

vised at all times when in and around a pool.

For older children, posting warning signs may help to prevent accidents and drowning. Teenagers should be advised of the proper ways to dive and that diving should never be done in aboveground pools.

According to the CPSC, divers should also follow these rules:

- ❖ Only dive from the end of diving boards.
- ❖ Dive with your hands in front of you and steer up immediately upon entering the water to avoid hitting the bottom or sides of the pool.
- ❖ Don't dive from the side of in-ground pools. Enter feet first.
- ❖ Don't depend on pool alarms when trying to avoid accidents. Some cannot be used in conjunction with pool covers, and those worn on the wrists are set off when submerged in any water source, not just pools.

Although drownings are expected to occur with screaming and splashing, the CPSC warns drowning often occurs quickly, quietly and without caution.

The CPSC offers these tips to prevent drowning:

- ❖ Fences and walls should be at least four feet high and installed completely around the pool. Fence gates should be self-closing and self-latching. Keep furniture that could be used for climbing into the pool area away from fences.

❖ If your house forms one side of the barrier to the pool, doors leading from the house to the pool should be protected with alarms that produce a sound when a door is unexpectedly opened.

❖ A power cover, a motor-powered barrier that can be placed over the water area, can be used when the pool is not in use.

❖ Keep rescue equipment by the pool, as well as a phone and emergency numbers. Knowing cardiopulmonary resuscitation can be a lifesaver.

❖ Don't leave toys and floats that may attract young children to the water in the pool or pool area.

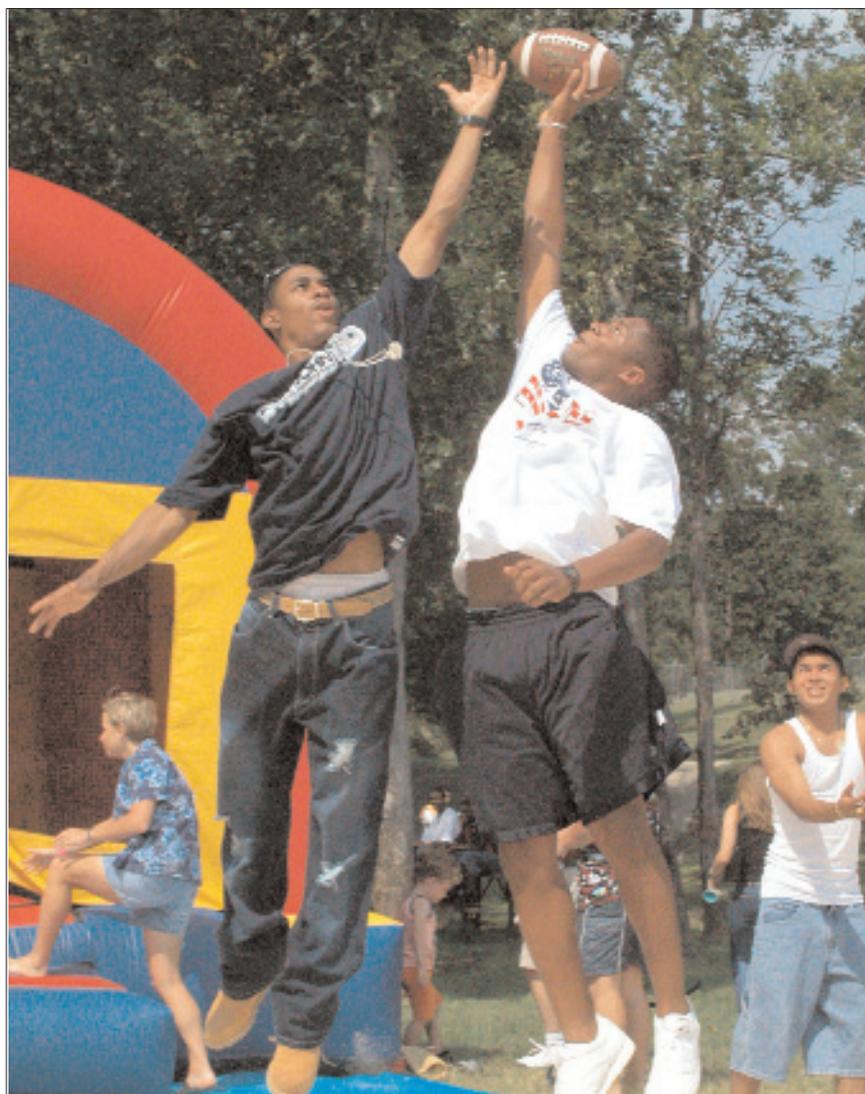
❖ Aboveground pool steps and ladders should be locked or removed when the pool is not in use.

❖ If a child is missing, always look in the pool first. Seconds count in preventing death or disability.

❖ Look for alarms meeting American Society of Testing and Materials standards. Consumers are advised to use remote alarm receivers which can be heard inside the house or places away from the pool.

❖ To prevent body entrapment and hair entrapment/entanglement, have a qualified pool professional inspect the drain suction fittings and coverings on your pool and spa to be sure they meet current safety standards. If a pool has a single drain outlet, consider installing a safety vacuum release system to avoid potential entrapment conditions.

## Jr. Enlisted Appreciation Day at Wateree



PHOTOS BY AIRMAN 1ST CLASS SUSAN

Airman 1st Class Rafia ABD-al Khaliq (left), 20th Security Forces Squadron, reaches for the football with Airman 1st Class Leon Truitt, 77th Aircraft Maintenance Unit.

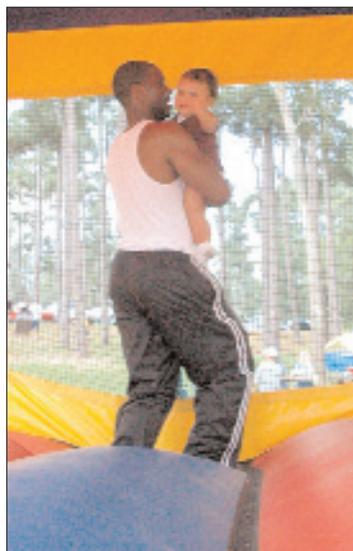


Above, Airman Shavon Kirkland (center), 20th Civil Engineer Squadron, jumps in on a game of double dutch with Airman Denika Randle (left), 20th CES, and Airman 1st Class Alice Deal (right), 20th Medical Group, at Lake Wateree Recreational Area July 25. Jr. Enlisted Appreciation Day was sponsored by Shaw's Top Three Association.



Left, Noah Nadeau, son of Anita and Master Sgt. Mark Nadeau, 20th Operations Support Squadron, cools off in the lake.

Right, Senior Airman Broderick Jones, 20th Aircraft Maintenance Squadron, entertains son Kale.



Above, Master Sgt. Geri Swanson (left), 28th Operational Weather Squadron, serves refreshments with Master Sgt. Ernest Fasoldt (right), 20th Services Squadron.

# NCC provides support to Shaw 24/7

By Staff Sgt. Alicia Prakash  
Staff writer

Computers and technology are prevalent in most everything in today's society. Cell phones can access the Web, send and receive text messages and snap pictures. On a television, a reminder can be set for an upcoming show to be viewed and recorded without a video cassette recorder. Computers are logging onto the Internet at high speed, and soon, all of Team Shaw will be signing their names to e-mails on the computer with a swipe of the card. With all this advancement, one has to wonder who will take care of glitches in the system? For the computer network at Shaw, the 20th Communications Squadron Network Control Center will handle it.

The NCC provides 24-hour support for base computers, seven days a week. They monitor e-mail, Internet and intranet services. NCC is divided into four subgroups: Network Operations, Network Maintenance, Application Services and the Help Desk.

Network Operations deals with network servers and monitors. Network Maintenance focuses on the infrastructure. Application Services handles programs and applications. The Help Desk provides different levels of support to network users.

"We deal with the work managers," said 2nd Lt.

Egan Hadsell, 20th CS Network Operations chief. "This creates a relationship of familiarity between the Help Desk and work managers and keeps them on the same level."

A week-long class is held monthly for work managers to teach them about computer operations and policies. The curriculum is inclusive of standard and Shaw-specific computer training. Though some work managers are in the administrative career field, some are not; the training is the same for all.

When an individual has a problem with his computer, his work manager should contact the Help Desk to receive assistance from the NCC at **895-2027**.

They use a ticketing system for incoming calls. The system works by starting with the Help Desk for computer or network issues. If the Help Desk cannot fix it, the problem will be forwarded to another office in the NCC. Until it has been resolved, the ticket remains open.

There are numerous reasons contributing to network difficulties, including delayed start up and connection. People deleting what they are not supposed to and incompatible programs trying to work on the same system are a couple of reasons, accord-



Photo by Staff Sgt. Alicia Prakash

**Staff Sgt. Stephanie Cureton, 20th Communications Squadron help desk technician, assists computer network users daily by finding solutions to technical problems.**

ing to Staff Sgt. Joseph Stewart, 20th CS network infrastructure technician.

"Sometimes there are so many people using so much software, the system has problems," said Stewart.

Stewart said if a work manager can't figure something out or runs into the same problem constantly, someone from the NCC will come over or the work manager can bring the computer to the NCC.

# Shaw member trains for Marine Corps Marathon

By Airman 1st Class Susan Penning  
Staff writer

All Air Force members are encouraged to work out three to five times a week to maintain an acceptable weight and fitness level. One Shaw member, however, is raising the bar, daily training his body to compete in what might be considered one of the most difficult challenges of strength and endurance, the marathon.

Tech. Sgt. James Prior, 20th Component Maintenance Squadron avionics intermediate section supervisor, is training to compete in the annual Marine Corps Marathon, scheduled for Oct. 26 in Washington, D.C.

Prior started running 10 years ago to lose weight and get fit.

Since Prior began running he noticed significant benefits in his health. He tested in the top 10 percent of his age group on the cycle ergometry fitness assessment. Prior also noticed an increase in energy and said running is a great source of stress relief.

Prior normally runs seven days a week and no less than three miles a day.

"You can't drive anywhere on base without seeing Prior out running," said Tech. Sgt. Montique

Shepherd, 20th CMS AIS assistant section chief. "He kind of reminds me of Forrest Gump."

Prior added to his regular training schedule in order to prepare for the MCM.

"I'm making sure I eat right and get enough water," said Prior. He added one "long" day on the weekend where he runs 10 miles and continues to work to increase that distance.

In addition to the health benefits of training, the MCM has given Prior an opportunity to raise money for a non-profit organization that fights leukemia and lymphoma. So far, Prior has raised \$2,800 but says his personal goal is between \$3,000 and \$5,000. Prior writes letters asking sponsors to donate for each mile he runs.

"I've been getting a lot of support from people on base," he said.

Sparked by his love of running, Prior recently founded an informal running group on base. The club meets at 8 a.m. on Saturdays at Shaw's Fitness Center and is open to anyone.

Prior said he hopes to finish the Marine Corps Marathon in less than four hours, 30 minutes.

The 2002 Marine Corps Marathon was won by Air Force Capt. Christopher Juarez, currently stationed at Nellis AFB, Nev.



PHOTO BY AIRMAN 1ST CLASS SUSAN

Prior takes daughter Meghan (left) and son Daniel (right) on his morning run July 22 in the base housing area. Prior said his kids love to go with him on his daily runs.