



Newslines

Blood drive

The American Red Cross mobile donation facility will be at Shaw from 10 a.m. to 4 p.m. today in the parking lot by Building 700 near Burger King.

Appointments may be made by e-mailing grant.ulmer@shaw.af.mil or calling 840-1771. To find out donation eligibility requirements, visit <http://www.redcross.org/services/biomed/blood/learn/eligibl.html>.

Main Gate construction

The Main Gate will undergo approximately six weeks of security enhancement construction beginning Monday. During that time, it will be open for inbound traffic only.

People coming from Sumter on Highway 378/Broad Street must turn left on either St. Paul's Church Road or Eagle Road and then turn right on Highway 441. Drivers can either turn onto the overpass or stay on Highway 441 and go to the Hospital Gate or Frierson Gate.

Vehicles will still be able to exit the base through the Frierson, Sycamore, North or Hospital Gates.

9-11 observance

A 9-11 observance will be held at Friendship Chapel Thursday from 11 a.m. to 1 p.m.

People may stop by anytime during those hours for personal remembrance.

Closures

The 20th Medical Group will offer limited services Sept. 12. Acute care will be provided from 7:30 a.m. to 4:30 p.m. Call 895-CARE to schedule an acute appointment during these hours. Personnel on flying status can access acute care by dialing 895-6745 or through the Flight Medicine Clinic's Active Duty Sick Call at 7:30 a.m. and 1 p.m.

The Legal Office Claims Section will not take any new claims from Sept. 15 to Oct. 6. During this period, the claims office will continue to take in the pink Department of Defense Form 1840/Rs and claims near the two-year statute of limitations. Appointments for new claims will resume Oct. 6. For more information, call 895-1563.



Photo by Tech. Sgt. Chuck Hinrichs

On parade

Members of Shaw's Honor Guard march in the Darlington, S.C., Labor Day Parade Aug. 30. Members include (l-r) Airman 1st Class Enrique Placido, Senior Airman Bryce Fitzpatrick, Airman 1st Class Camron Cowan and Airman 1st Class Emilian-Drew Closas.

Handwashing may prevent some illness

Recently, Shaw and the Sumter community experienced an increase in people with viral meningitis.

Viral meningitis is less severe than bacterial meningitis, but if someone is suspected to have VM they should see a doctor.

VM is common among children, but can affect all ages. It is a mild disease that may or may not make a person sick. Those who do get sick usually have a headache, fever and stiff neck. The illness will resolve on its own after a few weeks. Hand washing is especially important now not only because of VM, but also because other diseases are easily spread by the hands.

Multiple diseases can be prevented from spreading simply by hand washing and good hygiene. For instance, at work, personnel should take precautions to disinfect common areas and shared tools.

Good products to use for disinfection include a solution of water and chlorine bleach. Those who are ill should also take precautions at home by washing their hands when they return from work, before eating, after using the restroom and before and after preparing food.

Additional questions or concerns may be directed

to the Public Health Clinic at 895-6193.

Hand Washing: Back to the Basics

Consistent hand hygiene has been shown to prevent the spread of certain diseases and to reduce illness. Some diseases that can be prevented or controlled by hand washing include: the common cold, influenza, meningitis, bronchitis, shigella, Hepatitis A, salmonella, and rotaviruses.

To minimize the germs passed around a family, make frequent hand washing a rule for everyone, especially:

- before eating and cooking
- after using the bathroom
- after cleaning around the house
- after touching animals, including house pets
- after visiting or caring for sick friends or relatives
- after nose blowing, coughing or sneezing
- after being outside (playing, gardening, walking the dog, etc.)

The few seconds spent at the sink with a child could save a trip to the doctor's office. (Information courtesy of the 20th Medical Group.)

Inside: Page 13: AGE: there's no air power without ground power.
Page 16: Getting in the paper: how to submit something to *The Shaw Spirit*.

Civilian benefits Web site reaches 260,000 customers

AIR FORCE PERSONNEL CENTER - Continuing a trend toward online self service, Air Force civilian employees used the Web about 260,000 times in 2002 to manage their career benefits.

Another 63,000 civilian employees called and talked with a benefits counselor using telephone support in conjunction with the web, officials said.

When the Benefits and Entitlements Service Team went live in 1996, we provided services to 3,500 civilian employees at nine bases, said Janet Thomas, human resources specialist. "Today, we provide full servicing to more than 78,000 civilian employees at 83 bases and limited servicing to more than 57,000 employees at 13 bases from the time they come to work for the Air Force until they leave."

BEST provides benefits and entitlements enrollment and advisory services to fully-serviced employees in the areas of Federal Employees Health Benefits, Federal Employees Group Life Insurance, Thrift Savings Plan, retirement counseling and processing and death-in-service survivor assistance.

Employees can determine if they receive full or limited servicing by going to the BEST home page at www.afpc.randolph.af.mil/dpc/best/menu.htm and clicking on "Full versus Limited Servicing" or by contacting their local CPF at **895-2655** to see if their records are maintained there.

Shaw employees receive full service through BEST resources.

Services provided by BEST include:

■ The BEST home page provides Web pages specifically related to new, rehired, transferred, retiring, separating employees, employees entering a leave without pay status and employees entering military active duty. The "What's New" area offers information on legislative updates and program changes.

■ The BEST Newsletter provides timely reminders of FEHB and TSP open seasons and other pertinent benefits-related information. The newsletter is published electronically and e-mailed about six times a year to employees who subscribed to receive it. New subscribers can go to the BEST home page and

click on "Newsletter Subscription Service" to enroll.

■ BEST provides an automated system which all Air Force-serviced civilian employees use to conduct insurance and TSP enrollments and changes. The Employee Benefits Information System is a web-based application, more commonly known as EBIS, and the BEST phone automated system is where the employee can transact business through a series of prompts or speak with a counselor.

Instructions on how to access EBIS and the BEST phone automated system are located on the BEST home page under "How to Access the BEST Automated Systems and Reach a Counselor."

More information on civilian programs can be found on the Air Force Personnel Center home page at www.afpc.randolph.af.mil, then click on "Civilian Personnel Online."

For more information on civilian benefits and entitlements, call the Shaw Civilian Personnel Office at **895-2655**. (*Pat Womack, Shaw Civilian Personnel Officer, contributed to this story.*)

20th Security Forces Squadron Blotter

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



Base Library. Investigation revealed a beer bottle was used to break the window.

■ An airman was apprehended for Failure to Obey and Fleeing the Scene when he was instructed by a Security Forces member to stand by at the gate.

■ An airman reported damage to his vehicle while it was parked in the Fuel Systems Repair parking lot.

■ An airman was apprehended for Driving Under the Influence while attempting to enter the installation through the Main Gate.

■ A civilian reported a broken window at the

■ An airman reported damage to his vehicle while it was parked in the 79th Fighter Squadron parking lot.

■ Security Forces members responded to a verbal altercation between an airman and his spouse at their base housing residence.

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



Traffic Tips

All vehicles on base, government and private, excluding motorcycles and buses, must be equipped with seat belts and if originally equipped, shoulder harnesses.

All personnel, military and civilian, must have seatbelts properly fastened while the vehicle is in motion. Vehicle operators are responsible for ensuring all passengers have seat belts fastened. Entry onto the installation will be denied to any person refusing to fasten their seat belt. Any person in a government vehicle will have seat belts fastened at all times, on or off base. EXCEPTION: Seatbelts are not required for certain privately own vehicles manufactured prior to 1966.

OPSEC reminder

Threat is the capability of an adversary coupled with their intentions to undertake any action detrimental to the success of friendly activities or operations.

Trivia contest

Question: By which president and in what year was the Code of Conduct first published?

Last week's answer: Combined commands are made of units from more than one nation, unified commands are made of more than one branch of the service.

Last week's winner: Master Sgt. Angela Tristan, 9th AF commander's communication specialist

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

SHAW AFB DUI/DWI STATISTICS

LAST YEAR	THIS YEAR
33	19
CMS	WAS THE LAST UNIT TO RECEIVE A DUI/DWI
IT HAS BEEN 5	+ DAYS SINCE THE LAST INCIDENT

(As of Thursday)

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