
COMM offers tips on surviving a crash

By Adriene M. Dicks
Correspondent

Living in technologically-advanced times, many people have come to depend on the computer to take care of daily tasks at home and work – doing homework or research, paying bills and sending those ever-important e-mails. But, what if one day the computer that is so greatly depended on crashes? Will you be ready?

According to Staff Sgt. Mike David, 20th Communications Squadron Network Control Center configuration manager, there is no one way of pinpointing the cause of a computer crash because so many things can happen. However, there are some signs to indicate a crash may be coming. David suggests paying attention to a computer's behavior on a daily basis may help users recognize when something is wrong.

"Give the computer some time to function properly, allow it to think. When you continue to press keys when the computer doesn't respond as quickly as you would like, you are really giving it more work to do," said David. "Look for blinking lights on the computer. If lights are blinking, it means the computer is working. If there are no lights, you need to take note of everything that happened so far because there may be a problem."

If the computer hasn't crashed yet, press *ctrl+s* to save anything you may be working on, said David. Users may also press *ctrl+alt+del* to get to the task manager option. Clicking on this option allows users to see which programs are responding and which are not.

"Shutting down individual programs that are not responding may keep the computer from crashing," said David. "The computer may just need to be rebooted, and it is always best to reboot through the software instead of just hitting the power switch."

Having computers connected to an uninterruptible power supply may also help keep computers functioning properly. The purpose of a UPS is to condition the power so there aren't any spikes, according to 2nd Lt. Egan Hadsell, 20th CS NCC operations chief.

"You want the power going through your computer to be clean. If the power jumps too much, spikes may occur which may cause a computer to crash," said Hadsell. "With a UPS, you can shut down normally if there is a loss of power."

According to Hadsell, it is essential to have an alternate source for storing data.

"A computer can't always be depended on to function properly," said Hadsell. "Sometimes it's just going to crash, and there is no magic cure to prevent it. But, if you back it up, it won't be as bad."

Backing up protects against loss of data by copying it to an alternate source besides the drives on one particular computer. This can be done on floppy disc, compact disc or file servers.

Those connected to Shaw's network have access to the base's two file servers – Ssc-fs-shaw1 or Ssc-fs-shaw2. According to David, with the assistance of a work manager, individuals or whole units can set up folders on the servers to store important data they may need if access to their own computer is not possible. These folders can be accessed from

any computer on base connected to the network. Space is designated for both classified and unclassified information.

"If a computer crashes and it's not backed up, there is not much the NCC can do in the way of data recovery," said David. "Some data may be recovered, but it is unlikely that much data will be saved."

But, if someone does experience a crash, the NCC does offer help. The help desk is available to answer questions and assist during normal duty hours, and can be reached at **895-2027**. Computer technicians are also available to come to offices to help service members troubleshoot their problems. Additionally, there is a team of technicians available 24-hours a day and on weekends to fix most basic computer problems.

According to David, the easiest way to keep a computer functioning properly is to keep it as lean and clean as possible.

"Don't load your computer with a lot of unnecessary information. If there is something on your computer you don't use any more or don't need, delete it," said David. "And probably the simplest thing to do is keep the computer and the area around it clean. Dust is the absolute worst thing for your computer. It is a good idea to clean it with pressurized air from time to time."

Hadsell said, "Sometimes (computers) are just going to crash." But, if you are ready with information saved to alternate sources, it can mean the difference between reloading or replacing information. Don't make a lone computer your only source to important information.

Giving thanks for Native American culture

By Staff Sgt. Alicia Prakash
Staff writer

Thanksgiving is a holiday when families come together, eat and give thanks for the things they have and for one another. National Native American Heritage Month is another commemorative event in November. This occasion recognizes contributions these citizens have made to America.

"It's great to have a month honoring our heritage," said Senior Airman Bonnie Lame Bull, 609th Combat Operations Squadron defensive duty technician.

The United States has recognized November as National Native American Heritage Month since 1990.

"I want more people to know about and celebrate it," said Staff Sgt. James Longboat, 20th Logistics Readiness Squadron vehicle maintenance mechanic.

Lame Bull and Longboat are following in a tradition of Native Americans serving in the military; a tradition which began during the Civil War.

"When people see my name on my uniform, I feel like I am representing my tribe," said Lame Bull. She is a member of the Gros Ventre tribe,

located in northeast Montana. Lame Bull and her family moved away when she was young, but she clings to some of the tribal traditions.

"I don't wear jeans and a T-shirt everyday like they do," she said, "but I burn sweet grass to purify or bless a room in my home."

Pow wows are another tradition in the Native American culture.

"People from around the nation compete in dances and best-dressed competitions," said Longboat, a member of the Mohawk tribe from Ontario, Canada.

Some traditional Native American foods are available at pow wows, he added.

"People should become educated on our [Native American] culture," said Lame Bull.

She said she is often approached with offensive questions about her heritage.

"I have been asked why I don't wear a feather in my head."

She said such misconceptions could be cleared up through education.

With this being National Native American Heritage Month, after cutting into the turkey this Thanksgiving, pick up a book or log onto the Web and learn more about Native Americans.

Native American women veterans

It is estimated 44,000 Native Americans served in World War II and 42,000 in Vietnam. However, it is unknown what portion were women. The Women in Military Service For America Memorial Foundation is attempting to fill in the gaps by encouraging Native American women veterans to register with the memorial so their stories may be recorded and preserved.

The following details what is known about two Native American women veterans.

■ Ola Mildred Rexroat, an Oglala Sioux from Pine Ridge Indian Reservation, S.D., joined the Women's Airforce Service Pilots right out of high school. Her job was to tow targets for aerial gunnery students at Eagle Pass Army Air Base, Texas.

■ Sarah Mae Peshlakai, a member of the Navajo tribe in Crystal, N.M., enlisted in the Women's Army Corps in 1951 and served until 1957. She was assigned to Yokohama Army Hospital in Japan, where she helped care for those injured in the Korean battlefields. (*Information courtesy of www.womensmemorial.gov.)*

The naughty and nice of holiday mailing

By Staff Sgt. C. Todd Lopez
Air Force Print News

WASHINGTON -- The dates for mailing items to and from overseas locations in time for the holidays are fast approaching, and Military Postal Service Agency officials have suggestions for ensuring packages and letters arrive on time.

In fact, customers who mail early may save money and still have an on-time delivery, said Mark J. DeDomenic, chief of operations at the agency.

"As we get closer to Christmas, the mail volumes get higher, and therefore mail takes longer to be delivered," he said.

The recommended mail deadlines for sending mail from the United States to all overseas military mailing addressees for the holidays are listed below. DeDomenic said these dates can also be observed by customers sending mail from overseas locations to the United States.

Customs forms are required on all international mail, and shipments should be properly packaged before sending them overseas, DeDomenic said.

"Keep in mind that packages going to military addresses overseas are handled many times and travel long distances. Therefore strong boxes and good internal packing is important," DeDomenic said.

While the United States has restrictions on mailing items such as poisons and weapons, other countries have their own restrictions for what can be mailed, DeDomenic said. Postal customers need to consider the length of the journey overseas and the final destination when considering what to send.

"I would advise customers to not mail perishable items and to ensure they do not mail things such as batteries, hazardous materials or weapons," DeDomenic said. "Items such as coffee or tobacco are restricted to certain locations. If there is any doubt as to the mailability of particular items, customers should always check with their local post office."

Because of security restrictions, mass-mailing operations such as Operation Dear Abby or the "Any Servicemember" mailing program are not being supported by the agency, DeDomenic said.

Postal agency officials encourage service members to support the publicly available Web sites that allow the American public to write supportive letters to them.

Mailing Deadlines

Military Postal Service Agency officials recommend the following mailing deadlines to ensure packages and letters arrive on time to overseas locations for the upcoming holidays.

These dates also can be observed for sending mail from overseas locations to the U.S.:

-  **Nov. 13:** Parcel post (note: date passed)
-  **Nov. 28:** Space-available mail
-  **Dec. 4:** Parcel-airlift mail
-  **Dec. 11:** Priority/first-class letters and cards

Packing Tips

There are certain factors to consider when sending packages to our troops overseas. To make sure package contents arrive in good shape, the U.S. Postal Service suggests these tips:

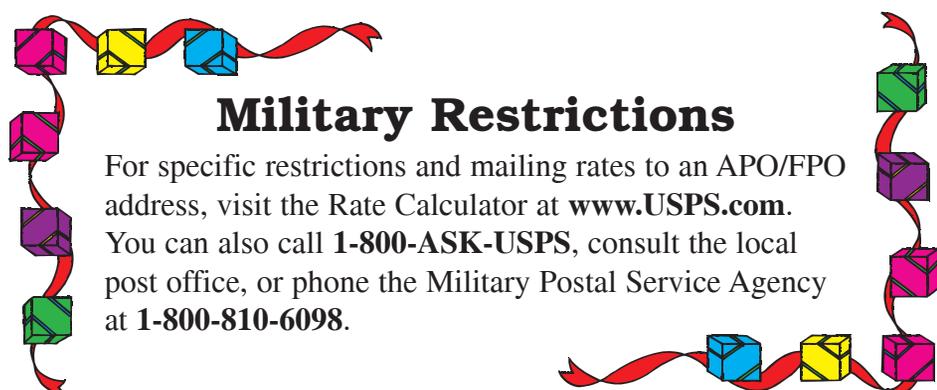
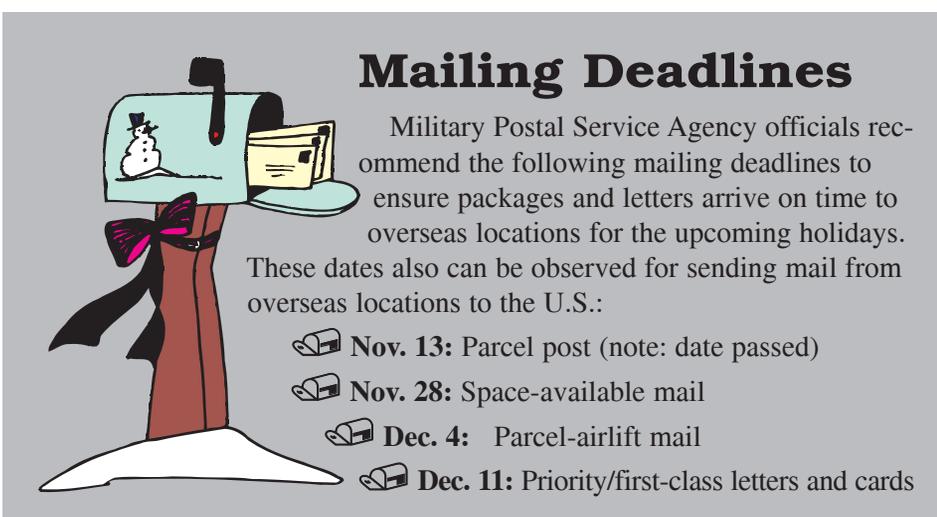
The Box: Select a strong box with room for cushioning. On recycled boxes, cover all previous labels and markings with a heavy black marker or adhesive labels.

Cushioning: Cushion contents with styrofoam or bubble wrap to keep items from shifting. It is recommended fragile items be double boxed, with cushioning inside and between the boxes to absorb shock during shipment.

Batteries: Battery powered items will sometimes get turned on during shipment. Remove and wrap batteries separately. Packages making sounds or shaking; may be destroyed.

Sealing: Tape the opening of the box and reinforce all seams with two inch-wide tape. Use clear or brown packaging tape, reinforced packing tape or paper tape. Do not use cord, string or twine.

Card: Include a card describing the contents, as improperly wrapped packages can fall apart during shipment. Listing the sender's and recipient's addresses plus a description of the contents helps in finding the package if it is sent to the wrong place.



Military Restrictions

For specific restrictions and mailing rates to an APO/FPO address, visit the Rate Calculator at www.USPS.com. You can also call **1-800-ASK-USPS**, consult the local post office, or phone the Military Postal Service Agency at **1-800-810-6098**.

Nutrition is WIC program's business

By Tech. Sgt. Chuck Hinrichs
20th Fighter Wing Public Affairs

For some, the way to quiet a little one is with food or candy. But for others, nutritious meals and healthy treats may be scarce.

Poor nutrition may have lasting effects on children's health and development, according to Alva Jones, S.C. Department of Health and Environmental Control nutrition education specialist. She runs the Women, Infants and Children program at Shaw.

WIC is a federally funded program operated by the state, providing basic nutritious foods to low- and moderate-income pregnant, breastfeeding and postpartum women, as well as infants and children up to age five at nutritional risk. Jones said WIC's target population benefits from the supplemental foods and nutrition counseling. WIC also promotes and provides support for breastfeeding.

WIC participants receive food checks approved for use at area grocery stores and pharmacies, including the Commissary, said Jones. However, they are only good in South Carolina.

The vouchers are for milk, cheese, eggs, approved

cereals, peanut butter, dried beans or peas and certain juices. Infants who are not breastfed receive iron-fortified infant formula for their first year of life.

Infant formula is especially expensive, said Jones, and WIC is a benefit to those who qualify. But WIC isn't just about free formula. The goal of the program is improving maternal and child health, she added.

"I like to help people change unhealthy or poor eating habits and realize the importance of eating fresh fruits and vegetables," said Jones.

In order to do that, the WIC office on base sponsors weekly nutrition classes Wednesdays at 9, 10 and 11 a.m. and 1:45 p.m. There is a prenatal class at 1 p.m. and a six-month baby class at 2:45 p.m. Shaw's WIC services are available at the office on Elm Street behind Shaw Heights Elementary School. The office can be reached at **895-4913**.

Jones said the classes highlight the relationship between proper nutrition and good health.

The foods provided through WIC are rich in protein, iron, calcium and vitamins A and C. These key nutrients are often lacking in the target population's diet, according to Jones. This and other nutri-

tional risks are determined by a health screening that includes a blood test and weight for children and pregnant women, explained Jones.

Other nutritional risk factors are inadequate diet, low birth weight, premature birth and children who are under or overweight.

While the two factors that determine eligibility are economic status and nutritional risk, other criteria must be met to qualify for the program, according to Cathy Stevenson, a former SCDHEC administrative specialist.

Participants must be residents of South Carolina, show proof of income before taxes, the number of people in the family, proof of pregnancy or proof of child dependency, said Stevenson.

The office is open Tuesdays, Wednesdays and Thursdays from 8:30 a.m. to 5 p.m., but closed for lunch from noon to 1 p.m.

There is a WIC office in Sumter, but Jones said Shaw is fortunate to have one on base.

"A lot of people don't know we're here," said Jones, "but we are, and our goal is to teach moms and children how to eat healthy and provide the proper nutrition."



Photo by Adriene M. Dicks

Molding young minds

Airman 1st Class Andy Mohammed, 20th Equipment Maintenance Squadron, reads to Donald Fennoy's fourth grade class at High Hills Elementary School Nov. 12. More than 30 volunteers from Shaw and the local community participated in the school-wide read aloud, which was the early kickoff of Children's Book Week. According to Carole Reynolds, High Hills volunteer and wife of Tech. Sgt. William Reynolds, 609th Air Intelligence Squadron, many Team Shaw members signed up to read one-on-one with students on a regular basis.



Date: Dec. 13
Time: 7 - 11 p.m.
Place: Shaw Conference Center



Donations needed
for a new freezer

If you or your unit are planning a fund raiser or seeking donations for a charity or party this holiday season, remember to first check with the 20th **Fighter Wing Legal Office at 895-1560.**



Spirit Spotlight



Senior Airman James Winter

Organization: 20th Component Maintenance Squadron

Duty title: Aircraft electrical and environmental systems journeyman

Hometown: Cairo, Ga.

Time in service: Five years

Off-duty interests: Playing banjo and guitar, fishing and supporting Georgia Bulldogs football

Words I live by: "If you train hard, you'll not only be hard, you'll be hard to beat." -- Herschel Walker

The Shaw Spirit runs announcements for sporting event winners, adult and youth sporting leagues, retirements, award winners and graduates. For more information, call **895-2018** or send an e-mail to spirit.editor@shaw.af.mil.