



Newslines

Promotion ceremony

The monthly promotion ceremony is set for Monday at 3 p.m. at Club Shaw. For more information, call 895-9573.

Closure

The Base Legal Office will close for Wills/Legal Assistance Tuesday and Wednesday, due to the base exercise. Notary services will be available during this time.

Fundraising news

CFC

Any human health and welfare organization desiring to be included in the 2004 Shaw/Sumter/Lee/Clarendon Counties Combined Federal Campaign should contact Shaw's CFC Officer, 1st Lt. Sarah Bragg, at 895-3628, for application information. Applications must be submitted no later than April 30.

AFAF

The annual Air Force Assistance Fund charity campaign is set for Monday through May 7. The AFAF provides services including: emergency relief, interest-free loans, scholarships and housing for widows. If you are active-duty, your squadron representative will contact you regarding this campaign. If you are retired and would like to make a donation, call 895-6140.

A notable ceremony

Tech Sgt. Christopher Benjamin, 20th Services Squadron NCO in charge of the Base Honor Guard, demonstrates use of a ceremonial bugle donated to Shaw March 19 by Sumter's Elk Lodge #855. A battery-operated conical insert fits inside the bell of a regular bugle and allows honor guard members to play Taps at the flick of a switch.

"Lord of our lives, our hope in death, we cannot listen to Taps without our souls stirring. Its notes are a prayer in music -- of hope, of peace, of grief, of rest. Prepare us too, Lord, for our final bugle call when you summon us home!" -- From an invocation delivered by Retired Chaplain (Col.) Edward Brogan at Arlington National Cemetery, May 28, 1999.



Photo by Ms. Adriene Dicks

New medals, ribbon authorized

Many Shaw members may be eligible to be awarded one or more of the following new defense medals and/or an additional defense ribbon:

Global War on Terrorism medals

Individuals who have deployed for Operations Enduring or Iraqi Freedom will be awarded the Global War on Terrorism Expeditionary Medal.

The Global War on Terrorism Service Medal is for those who served in airport security operations in the United States following the Sept. 11, 2001, terrorist attacks or who supported Operations Enduring Freedom, Noble Eagle or Iraqi Freedom.

Individuals can receive both medals if they meet the individual criteria.

The Global War on Terrorism Expeditionary Medal should be positioned above the Global War on Terrorism Service Medal in precedence; both shall directly follow the Kosovo Campaign Medal.

The Army and Air Force Exchange

Service has not authorized sale of these medals to date.

Korean Defense Service Medal

Only one award of the KDSM is authorized for any individual, regardless of the number of days over 30 or 60, tours, TDYs or deployments served in the areas of eligibility. The KDSM may be awarded posthumously. It should be positioned above the Armed Forces Service Medal.

KDSM is currently available at Military Clothing Sales. However, AAFES has prohibited sale until further notice. The Air Force Personnel Center will perform updates of the KDSM in the fall.

Air Force Expeditionary Service Ribbon

Members must have deployed for a minimum of 45 consecutive days, or must accumulate 90 nonconsecutive days of deployment to be eligible. Only one AFESR per deployment is authorized, regardless of number of consecutive days over 45

the individual deployed.

The intent of this ribbon is one AFESR for each time a member deploys (provided the required deployment days are met). It is not intended to be awarded in multiples corresponding to each 45 consecutive days deployed. (Example: 90 consecutive days of TDY qualifies for only one AFESR; 180 consecutive days TDY qualifies for only one AFESR; accumulation of 90 nonconsecutive days qualifies for one AFESR; etc.)

The AFESR should be worn between the Air Force Overseas Long Tour Ribbon and the Air Force Longevity Service Ribbon.

The ribbon is currently available for purchase at Military Clothing Sales. This award will not show up on members' decoration printouts until June.

For more information, call the 20th Fighter Wing Awards and Decorations office at 895-1582.

(Information courtesy of the 20th FW Military Personnel Flight.)

Weekend Weather

Saturday



Partly cloudy
High: 80
Low: 52

Sunday



Cloudy
High: 72
Low: 55

Courtesy of the 20th Operations Support Squadron Weather Flight



Page 13:

Little hands get busy with craft projects at the Child Development Center.

Page 22:

Fad diets: the best way to shed pounds, or is balanced diet and exercise the rule?



Is someone "phishing" for your information?

Internet scammers looking for people's financial information have a new way to lure unsuspecting victims: they go "phishing." Phishing is a high-tech scam that uses spam to deceive consumers into disclosing their credit card numbers, bank account information, Social Security numbers, passwords and other sensitive personal information.

According to the Federal Trade Commission, the latest phishing scam involves emails that claim to be from **regulations.gov**, a Web site where consumers can participate in government rule making by submitting comments. The emails' subject lines typically read "Official information" or "Urgent information to all credit card holders!" The message's text claims, "Due to recent changes in Rules and Regulations, it is required by Law for all Internet users to identify themselves in compliance with the Code of Federal Regulations to create a secure and safer Internet community." The email includes a link to a Web site that mimics **regulations.gov** and asks readers to provide their personal and financial information.

There is no law requiring all Internet users to register with the government, and **regulations.gov** does not collect financial information or charge consumers a fee for submitting comments. Consumers who provide their financial information in response to an unsolicited email could be at risk of identity theft.

If you get an unsolicited email that claims to be from the federal government and asks for your information, do not respond. Send the spam to the FTC at uce@ftc.gov so it can be available to law enforcement.

Avoid emailing personal and financial information. If you get an unexpected email from a company or government agency asking for your personal information, contact the company or agency cited in the email using a telephone number you know to be genuine, or start a new Internet session and type in the Web address you know is correct.

If you have recently shared your credit card or bank account information in response to an unsolicited email that claimed to be from **regulations.gov**, you should notify your credit card company or bank immediately and discuss whether you should cancel your accounts. In any event, you should carefully monitor your accounts. If you provided your Social Security number, you should contact one of the three national consumer reporting agencies, Equifax, Experian or Trans Union, and ask that a fraud alert be placed on your accounts and obtain copies of your credit reports. You also should visit the FTC's Identity Theft Web site at www.consumer.gov/idtheft to file a complaint and learn more about how to minimize your risk of damage from identity theft.

Regulations.gov is operated by the United States Environmental Protection Agency in association with the Food and Drug Administration, the National Archives and Records Administration/Office of the Federal Register, and the Government Printing Office. The FTC and other federal agencies use the **regulations.gov** portal to receive comments from the public regarding proposed rules and regulations.

To file a complaint or get free information on consumer issues from the

FTC, visit www.ftc.gov or call toll-free, **1-877-FTC-HELP (1-877-382-4357)**; TTY: **1-866-653-4261**. The FTC enters Internet, telemarketing, identity theft and other fraud-related complaints into Consumer Sentinel, a

secure, online database available to hundreds of civil and criminal law enforcement agencies in the U.S. and abroad.

(Information courtesy of the FTC and Shaw's Legal Office.)

ID theft: Defense is best weapon

WARMINSTER, Pa. -- Many military personnel and their families may not realize how widespread identity theft has become, or how personally vulnerable they may be. Nearly 10 million Americans were victimized last year, 41% more than the year before, at a cost to the U.S. economy of \$53 billion. Identity theft was the second most reported crime to the federal government in 2003.

If you have a military ID, driver's license, bank account or credit card, you may be a target for identity thieves. Becoming a victim of this crime can result in ruined credit and destroyed lives.

An effective defense against identity theft is your best weapon. Here are few strategies that can help protect you:

1. Don't give out personal information aimlessly. Before you give any personal information by mail, phone or over the Internet, confirm you are dealing with a legitimate organization.

2. Be careful with your mail. It is sensitive material that contains your personal and financial information. It may be helpful to install a residential mailbox with a

locking mechanism or purchase a door with a mail slot.

3. Guard your garbage. Identity thieves have been known to gather personal information from trash. Place garbage out on the morning of pickup rather than the night before. This gives dumpster divers less opportunity.

4. Exercise caution online. Before making any purchase via your computer, look for the icon of a lock in the lower right-hand corner of your browser window. If it's there, you're dealing with a secure site. If not, you would be safer finding another merchant.

5. Monitor your credit report. Many consumers don't realize their identity has been stolen until they are denied credit due to derogatory information on their credit reports. Register for a service that will alert you of any changes in your report.

IDT Defense, or Identity Theft Defense, is a company owned and operated by military veterans who work closely with military members, their families and government officials to counteract identity theft.

For more information, visit www.idtdefense.com or contact Mr. David Suszko at **1-800-775-9296**.

(Information courtesy of IDT Defense.)

Civilian employees get raise

Air Force civilian employees will soon see extra money in their paychecks after an executive order was signed by the President March 3, authorizing a pay adjustment retroactive to Jan. 11.

Officials will begin loading new pay tables into the system beginning March 11. But as in 2003, not all employees will receive the retroactive pay at the same time.

Most general schedule employees will see the increase plus a retroactive lump-sum in their paychecks by May, said personnel officials. It may take longer for employees with personnel actions, like a promotion or step-grade increase since Jan. 11, to see the money.

Updating began on Medical Special Rate employees' records March 19.

Federal Wage System and Non-appropriated Fund schedules are not yet published. Those updates will be processed as soon as pay schedules are available, said personnel officials.

The increase averages .9% in locality pay, plus a 1.2% increase in base pay. To view locality pay increases by location for general schedule employees, visit <http://www.opm.gov/oca/compmemo/2004/ATT2-04.asp>.

Officials said they will announce more information as it becomes available. *(Courtesy of Air Force Personnel Center)*

A I  k at:

The Survivor Benefit Plan

The Survivor Benefit Plan was developed to meet the needs of the family for continuous income protection following a member's death.

SBP is a non-profit annuity program which is administered by the government. Coverage is free while the member remains on active duty.

After retirement, monthly premiums are held in the Military Retirement System Trust Fund and benefits are paid to eligible survivors from that fund. As a result, the retiree has the assurance of a well-managed program without having to pay administrative expenses.

Prior to retiring, members can enroll in the SBP. Additional details are available by calling Shaw's SBP Counselor at **895-1592**.

(Information courtesy of the 20th Fighter Wing Casualty Assistance Office.)

Poison Prevention Week raises awareness

National Poison Prevention Week began Sunday and ends this Saturday. More than 1.1 million unintentional poisonings among children ages five and under are reported to U.S. poison control centers each year.

"Many poisonings can be prevented," says Ree Mallison of the South Carolina Safe Kids Coalition. "Knowing the Poison Center's toll-free number, which is **1-800-222-1222**, could spare precious minutes that may mean the difference between life and death for a child."

In observance of this year's Poison Prevention Week theme, "Children Act Fast...So Do Poisons," the National Safe Kids Campaign offers these poison prevention tips:

Keep poisonous products out of reach. Storing potentially harmful products out of sight and reach is one of the best ways to prevent poisonings. When "poison-proofing" your home, get down on the floor to view your surroundings from a child's perspective.

Know which household products are poisonous and stay alert while using them. Many poisonings occur

while adults are using a household product like a bathroom cleaner or bleach. Never leave a child alone in a room with a poisonous product.

Never refer to medicine or vitamins as candy. Since children tend to mimic adults, avoid taking medications in front of them. Vitamins, particularly those containing iron, can also be poisonous to children. Keep them out of your child's reach at all times and carefully monitor their use.

Throw away old medicines and other potential poisons.

Beware of certain cosmetics and personal products. Store items such as after-shave, cologne, perfume, hair spray, shampoo, artificial fingernail remover and fingernail polish remover out of reach.

Keep products in original containers. Never put potentially poisonous products in something other than their original container where they could be mistaken for something harmless.

Buy child-resistant packaging. Child-resistant caps do not guarantee children cannot open a container, but they do deter children and increase the time you have to stop them before

they swallow a poison.

Keep poisonous plants out of reach. Know the names of all the plants in your home and yard. Learn which ones are poisonous, and either remove them or make them inaccessible to children. Teach children never to put leaves, stems, bark, seeds, nuts or berries from any plant into their mouths. Household plants often involved with poisonings include dumbcane or dieffenbachia, philodendron and pothos or devil's ivy.

Install carbon monoxide detectors in the home. Household appliances fueled with gas, oil, kerosene or wood may be a source of carbon monoxide.

If your home was built before 1978, have it tested for lead-based paint. Cover lead paint with a sealant or hire a professional abatement company to remove the paint. Wash children's hands and faces, as well as toys and pacifiers, frequently to reduce the risk of ingesting lead-contaminated dust.

If a poisoning does occur, knowing what to immediately do may save a life.

■ Be prepared. Know your local

poison control center number. South Carolina's Palmetto Poison Center's toll-free hotline number, **1-800-222-1222**, connects you directly to poison prevention experts available 24 hours a day, seven days a week. Also keep the phone numbers to your physician and local emergency medical service next to each telephone.

■ Call for help. If you suspect a child has swallowed something, check his or her mouth. Remove any remaining poison, then call the poison control center, a physician or other emergency medical service. When calling, bring the container of the ingested substance to the phone with you. Do not give the child anything to treat the poison until you have consulted a poison control center or a health care professional.

■ Rinse skin with water. Don't touch the poison. Take off any contaminated clothing. Flush eyes with water for 15 minutes.

For more information, call the Palmetto Poison Center or visit www.safekids.org.

(Information courtesy of the South Carolina Safe Kids Coalition.)

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.)

■ An airman was arrested by Sumter County Sheriff's Department for Carrying a Concealed Weapon.

■ An airman was charged with Driving Under the Influence and Drunk on Duty.



■ A civilian was charged with Unlawful Entry and Criminal Trespassing.

■ Six airmen reported Theft of Personal (unsecured) Property.

■ Security Forces responded to five incidents regarding accidents and damages to POVs.

■ There were 24 traffic tickets issued during the week.

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



Traffic Tips

The price of gasoline seems to be shooting up to record levels with no relief in sight.

To help conserve gas, do frequent checks of your tire pressure. Low tire pressure will make tires drag and use more gas. Look in your owner's manual to see what the recommended pressures are.

Keeping your engine well-tuned is another good way to stretch your gas dollar.

Keep an eye on prices as you drive around and if you see a lower price, take advantage of it.

Question Corner

Question: In reference to chemical warfare agent antidotes, what does the acronym CANA stand for?

Last week's question: Shaw received its first F-16 March 26, 1982.

Last week's winner: Master Sgt. Jay Wessendorf, 28th Operational Weather Squadron

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.



DUI/DWI Statistics

Last incident: 4 days

Last unit: 20th MDSS

2004 total: 16

2003 total: 28

(As of Thursday)

Punishment: Members, receiving a DUI/DWI must report to the wing commander the following duty day in full service dress. They will be accompanied by their supervisor, 1st sergeant and squadron commander.

AADD
Past week's saves: 28

Shaw's Airmen Against Drunk Driving offer free, confidential rides back to base for members who are intoxicated. For a ride, call **983-9722**.

Shaw member wins ACC-level award

By Ms. Adriene M. Dicks
Correspondent

Base leaders boast Shaw is home to some of the Air Force's best and brightest. Team Shaw members continue to prove that point by winning awards at base, Air Combat Command and Air Force levels.

Master Sgt. Michael Joshua is among the winners at ACC level, recently being named Unit Education and Training Manager of the Year for 2003. Sgt. Joshua serves as development and instruction chief for the 20th Maintenance Operations Squadron.

In nominating Sgt. Joshua for the award, Maj. Roger Quinto, 20th MOS commander, described him as an exemplary senior NCO and a world-class manager.

"(Sgt. Joshua's) superb management skills allowed for the instruction of 4,500 students in 500 courses," said Maj. Quinto. "(He) enabled 20th Fighter Wing maintainers to generate and fly more than 14,230 successful sorties with 26,301 flying hours."

The award period was Oct. 1, 2002 – Sept. 30, 2003. Some of Sgt. Joshua's other accomplishments during that time include providing technical expertise and guidance in the development of an innovative F-16 Familiarization

Course and directing the development of six new courses to satisfy requirements by Air Force and higher headquarters.

As chief of development and instruction, Sgt. Joshua manages 11 maintenance training flight instructors and is responsible for developing courses and training for the 20th Maintenance Group. He says his work impacts Shaw's mission because he is involved in all the training completed by anyone in maintenance.

"If there are personnel who are new to the field, I and my instructors make sure they go through maintenance orientation training," said Sgt. Joshua. "And those who are already in maintenance must go through refresher training annually."

When he learned he won the award, Sgt. Joshua says he was very surprised because he didn't expect it.

"The feeling you get when you win an award at this level is much like the feeling you get when you get a promotion," said Sgt. Joshua. "But there is excellent team work in this squadron. I work with the instructors and they get the job

done. We have a great rapport. I have an open-door policy that allows for the free flow of communication. I share this award with everyone I work with."

As Sgt. Joshua's supervisor, Chief Master Sgt. Jerry Kloehr, 20th MOS Maintenance Training

Flight superintendent, says his winning this award is a culmination of things accomplished throughout the year.

"We pick the best to send up for ACC awards, and overall as a senior NCO, Sgt.

Joshua steps forward to do what is required of him and much more," said Chief Kloehr. "He

has a wealth of knowledge as far as maintenance is concerned, but he is also a role model. He is the vice president of the Shaw Top 3, he volunteers in the Shaw and Sumter communities and he is completing his bachelor's degree. He sets the standard for younger NCOs to emulate."

In his time away from work and school, Sgt. Joshua enjoys physical activity, including weight training and running, and spending time with his family, including his son, Airman 1st Class Anthony Joshua, 609th Air Communications Squadron.



Sgt. Joshua

Washington retirement

Master Sgt. Juanita Washington, 609th Air Support Squadron, is retiring after 23 years of service. She and her family have been at Shaw 17 years.

The Lebanon, Ill., native has two daughters, Ami and Elizabeth. After retirement, Sgt. Washington plans to start a second career in the Sumter area.

The retirement ceremony is scheduled for today at 3 p.m. in the Conference Center.

Ross retirement

Tech. Sgt. Jack Ross, 20th Aircraft Maintenance Squadron, is retiring after 22 years of service. He and his family have been at Shaw 10 years.

The Renton, Wash., native and his wife, Deborah, have three children, Joseph, Monika and Ameer. After retirement, Sgt. Ross plans to start a second career working with aircraft.

The retirement ceremony is scheduled for April 2 at 2 p.m. at the Conference Center.

Congratulations

Capt. Steve Pieper, a former Team Shaw member, recently received the 20th Fighter Wing Association Aerial Achievement Award for 2003. Capt. Pieper is currently an instructor at the U.S. Air Force Weapons School, Nellis Air Force Base, Nev.

SMSgt. David B. Reid Airman Leadership School graduates, class 04-C

The following personnel graduated from Senior Master Sgt. David B. Reid Airman Leadership School March 18 at the Conference Center. The speaker was Chief Master Sgt. Bruce Voigt, 20th Maintenance Group quality assurance chief.

20th Fighter Wing

Senior Airman Torey Barnes

20th Aircraft Maintenance Squadron

Senior Airman Patrick Anderson; Senior Airman Delmont Benjamin; Senior Airman Justin Cooper; Senior Airman Jonathan Delicate; Senior Airman Jonathan Dillensnyder; Senior Airman Brian Dowdy Jr.; Senior Airman George Dutton II; Senior Airman James Flanagan III; Senior Airman Patrick Hemenway; Senior Airman Douglas Hill; Senior Airman Jason Moore; Senior Airman Jonathon Murphy; Senior Airman Patrick Perry; Senior Airman Edward Piercy; Senior Airman Anthony Salazar; Senior Airman Tessa Short; Senior Airman James Swartz; Senior Airman Jerry Tucker; Senior Airman Richard Zychinski Jr.

20th Component Maintenance Squadron

Senior Airman Brian Adamson; Senior Airman Kevin Bryant; Senior Airman Jeremiah Carley; Senior Airman Aaron Huffman; Senior Airman

Jeremy Jackson; Senior Airman Anna Martinez; Senior Airman Yuri Miller; Senior Airman Kamel Morris; Senior Airman Michael Richardson; Senior Airman Scott Sproul; Senior Airman Juan Torres; Senior Airman Joshua Yocum

20th Equipment Maintenance Squadron

Senior Airman Jeremy Arledge; Senior Airman Daniel Daniels; Senior Airman Darren Griffith; Senior Airman Jeremy Huff; Senior Airman Tiffany Pye; Senior Airman Phillip Strong; Senior Airman Jaron Wagner

20th Medical Support Squadron

Senior Airman Tanya Seales

20th Medical Operations Squadron

Senior Airman Irwin Sierra

20th Operations Support Squadron

Senior Airman Stefanie Travers

79th Fighter Squadron

Senior Airman Vagus Taylor

20th Civil Engineer Squadron

Senior Airman Scott Dudley; Senior Airman Alan Ebanks; Senior Airman Avery McBride; Senior Airman Vanessa Selover

20th Communications Squadron

Staff Sgt. Taylohr Richardson; Senior Airman

David Heath; Senior Airman Bryant Hines

20th Security Forces Squadron

Senior Airman Brian Danielson

20th Services Squadron

Senior Airman Shirley McAdams

609th Air Operations Group

Senior Airman Alysha Jackson

609th Air Communications Squadron

Senior Airman Steven Day; Senior Airman Christopher Driesenga; Senior Airman Robert Garcia; Senior Airman James Hair; Senior Airman Ashlee Memitt

31st Intelligence Squadron

Senior Airman Nickolas Glanzer; Senior Airman Rachel Marchesano; Senior Airman Michael McMickle; Senior Airman Angela Tenerelli

682nd Air Support Operations Squadron

Senior Airman Cherita Johnson

Award Winners

John Levitow Award: Airman Zychinski

Academic Award: Airman Tenerelli

Leadership Award: Airman Barnes

Distinguished graduates: Airmen Carley, Tenerelli, Perry, Sierra and Marchesano



Photo by Master Sgt. Efrain Gonzalez

Hell's Half Mile -- Mission Complete

LACKLAND AIR FORCE BASE, Texas -- Basic trainees Stephen Weaver (left), Christopher Mann (center) and Ryan Locke rest after completing "Hell's Half Mile" at Warrior Week's training ground. The grueling, obstacle-laden combat tactics course is designed to expose Air Force basic trainees to a combat-like environment. The trainees complete the course in their fifth week of training.

CMSAF talks fitness, force shaping

By Tech. Sgt. Andrew Leonhard
15th Airlift Wing Public Affairs

HICKAM AIR FORCE BASE, Hawaii -- During a visit here March 15, the top enlisted airman talked about both fitness and force shaping.

Chief Master Sgt. of the Air Force Gerald Murray explained there was no plan to use the new fitness assessment as a part of the Weighted Airman Promotion System.

“(Leaders have) talked about a possible change to the enlisted-performance report that might include a new line about physical-fitness standards,” said the chief. “But other than that, right now there is no talk of changing the WAPS.”

Another topic the chief addressed was force shaping in the Air Force.

To clear up confusion, Chief Murray said it should not be looked

at as a means to reduce the total force, but a way to reshape it to meet the expeditionary needs of today's Air Force.

He also said the reshaping will not increase the air and space expeditionary forces rotation.

Chief Murray said taskings “are based against our authorization, not against our manning.”

After the first round for airmen to submit applications to exit active duty under the force-shaping plan, the Air Force fell short of the anticipated goal.

“The good news to this is that people are not rushing to get out of our Air Force -- it's a great time to serve our nation,” he said. “It's a testament to the quality of life and the commitment to service.”

“We don't want to lose a single quality airman from our force who wants to stay in,” he said.

(Information courtesy of Air Force Print News.)