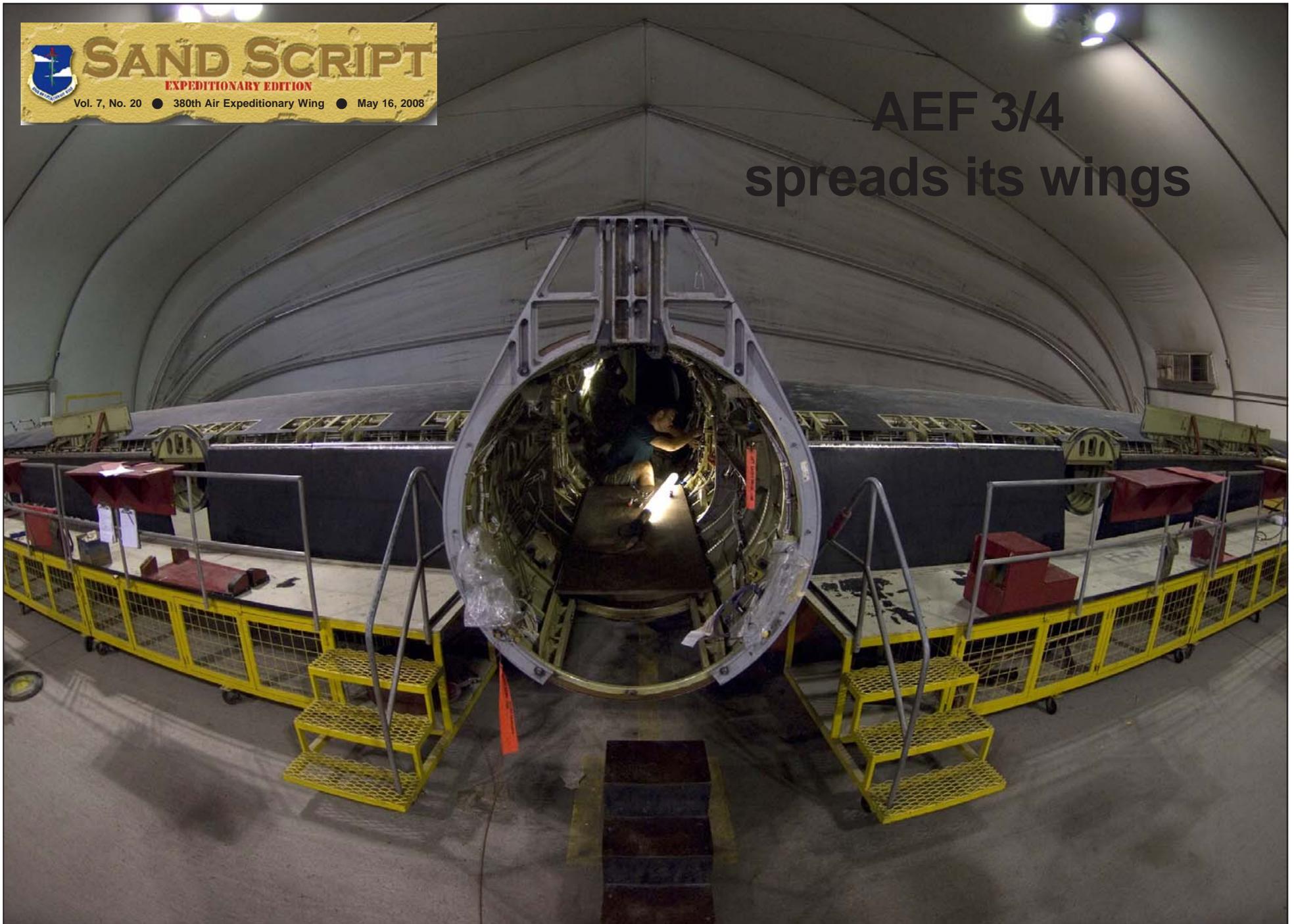


AEF 3/4 spreads its wings





On the cover

Steven Dean, 380th Expeditionary Aircraft Maintenance Squadron, conducts phase maintenance on a U-2 Dragon Lady recently. See next week's Sand Script for an indepth look at U-2 phase maintenance. Photo by SrA Levi Riendeau.

Table of Contents

Perspective	2
News	3
News	4
380th Top 10 Dangers	5
Warrior of the Week	6
Caption Contest	7



Brig Gen Lawrence Wells

380th Air Expeditionary Wing
Commander

Capt Martin Gerst

Chief of Public Affairs

SrA Ross M. Tweten

Editor

SrA Levi Riendeau

Photographer

Contents of the SAND SCRIPT are not necessarily the official views of, nor endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force. Editorial content is edited, prepared and provided by the 380th Air Expeditionary Wing Public Affairs Office.

Submit stories and photos to 380aew.pa@adab.afcent.af.mil. The SAND SCRIPT staff reserves the right to edit all submissions for content, policy and style.



photo by Capt Martin Gerst

Embassy visit

Brig Gen Lawrence Wells, 380th Air Expeditionary Wing Commander, gives a unit mission briefing to members of the US Embassy from the 380 AEW's host nation. After the briefing, embassy members received a tour of the flightline complex.

Action Line

► If you have a question or comment you would like to direct to the wing commander, send an e-mail with subject line "Commander's Forum" to: 380aew.pa@adab.afcent.af.mil. The commander will provide a response by e-mail for most issues; however, Public Affairs may consolidate duplicate questions and print the responses in a future issue of the Sand Script. People are encouraged to work issues through their chain of command prior to using the forum.

The Airman's Creed

*I am an American Airman.
I am a Warrior.
I have answered my Nation's call.*

*I am an American Airman.
My mission is to Fly, Fight, and Win.
I am faithful to a Proud Heritage,
A Tradition of Honor,
And a Legacy of Valor.*

*I am an American Airman.
Guardian of Freedom and Justice,
My Nation's Sword and Shield,
Its Sentry and Avenger.
I defend my Country with my Life.*

*I am an American Airman.
Wingman, Leader, Warrior.
I will never leave an Airman behind,
I will never falter,
And I will not fail.*

Perspective

Warrior protocol

by 1st Lt Andrea Matalik
380th Air Expeditionary Wing Protocol Office

With a new rotation of people calling the 380th Air Expeditionary Wing home for four months to one year, it's probably a good time to brush up on a few base and local customs and courtesies.

This is not an all-inclusive list but merely common circumstances you may find yourself in during your stay.

Every Friday, retreat is held in front of the 380 AEW Headquarters Building. The first Friday of the month is a formal retreat with formation. The other Fridays only require an officer of the day to retire the colors. The responsibility to provide these positions rotates among the groups and is outlined on a roster provided to the group chief enlisted managers.

When retreat sounds, you will come to the position of parade rest. At the sound of the drum roll, you will come to attention and on the first note of the National Anthem, you will present arms. Don't drop your salute until the flag has been removed from the staff and is secured by the Honor Guard member. When the Honor Guard members are out of sight, you are dismissed and you will execute an about face.

Taps is also played every evening at 2200. At this time, out of respect for fallen comrades, the 380 AEW standard is to face the flag and come to the position of parade rest. Activities can resume immediately afterward.

During our monthly Wing Promotion and Awards ceremony, or any other ceremony over which the 380 AEW Commander is presiding, Ruffles and Flourishes will be played. In an outdoor ceremony, you will face the General at the position of attention and salute through the duration of the honors. In an indoor ceremony, you will face the General at the position of attention.

Here, we have the pleasure of hosting many distinguished visitors during every rotation. In AEW 1/2 alone, we hosted the Honorable Michael Wynne, Secretary of the Air Force, General T. Michael Moseley, Chief of Staff of the Air Force, and multiple visits by Lt Gen Gary North, Air Forces Central Commander, to name a few. We also housed supporting aircraft and crew for the Vice President of the United States and the Chief of Naval Operations. Vehicles traveling with distinguished visitors on board will always have a placard in the front window on the driver's side representing the rank of the visitor. It's appropriate to salute these vehicles just as you would salute the Wing Commander or Group Commanders' vehicles. It's important to remain aware of your surroundings and render proper courtesies to distinguished visitors.

We participate in numerous events with our host nation counterparts, from 5K runs and other sporting events to flight line tours. It's good to know a few things about their customs. If sitting down in an office setting with members of the host nation, they will most likely offer you a small cup of Arabic coffee. The attendant will stand by to take your cup back. If you return the cup to the pile, he will fill it again for you. If you return it to the servant with a small wiggle of the cup, that will signify that you are finished and do not want your cup filled again.

Additional things to consider are never to turn the bottom of your feet towards the individual you are sitting with and do not ask about a spouse unless they initiate the topic.

Remember that this is your home but you're a guest in another country. When in doubt of the appropriateness of an action, always execute on the side of caution and good common sense.

99 ERS change of command

Col David Sprague, 380th Expeditionary Operations Group Commander, hands a guidon to Lt Col Vincent Catich, new 99th Expeditionary Reconnaissance Squadron Commander, during a change of command ceremony Thursday.



photo by Capt Martin Gerst

380 AEW setting high standard for higher education

by SrA Ross M. Tweten
380th Air Expeditionary Wing Public Affairs

The 380th Air Expeditionary Wing's Education Office tested 1,058 Airmen during Air and Space Expeditionary Force 1/2; a significant increase from the previous rotation's final tally of 811.

According to TSgt Martin McClain, 380 AEW Education Office Non-Commissioned Officer In Charge for AEF 1/2, averaging over 65 various post secondary and professional military education tests per week, the 380 AEW administered significantly more tests than most bases throughout the Area of Responsibility who only administer roughly 30 tests per week.

As AEF 3/4 gains momentum, the Education Office hopes to keep up its already outstanding standard.

"The processes of testing couldn't be easier," said TSgt John

Tooze, the new 380 AEW Education Office NCOIC. "The studying material is readily available and we offer tests every day, six days per week."

The 380 AEW Education Office holds three testing sessions per day at 0900, 1300, and 1600, Monday through Saturday. The office has 55 different CLEP, DSST, and Excelsior titles.

According to Capt Jeff Ketterling, 380th Expeditionary Maintenance Group Executive who completed three of the five tests required for Squadron Officer School, it's great to have this capability in the AOR.

"The process was easy and convenient, and now I'm well on my way to completing my PME."

For more information on the 380 AEW Education Office and testing, call Sergeant Tooze at 434-3748.



To view the latest news, photos, and videos from around the wing, check out the 380th Air Expeditionary Wing's new public Web site:

www.380AEW.afnews.af.mil

Share the site with your family and friends.



photo by SrA Levi Riendeau

Soggy salutation

Col David Sprague, 380th Expeditionary Operations Group Commander, gets hosed down after his final flight (21.3 hours) aboard an E-3 Sentry Tuesday.



photo by SrA Levi Riendeau

Fini-flight

Lt Col Thomas Engle, previous 99th Expeditionary Reconnaissance Squadron commander, after his final flight aboard a U-2 Dragon Lady May 8.

March Quality Assurance Honor Roll

Congratulations to the following maintainers
who were selected for
the Quality Assurance Honor Roll
for the month of April:

KC-10 Extender

TSgt Martin Alvarez
SSgt Samuel Osifalujo
SrA William Murray
SrA Jimmy James
SrA Devin Adkins
A1C Amanda O'Gara
A1C Christopher Freshour
A1C Justin Harris

U-2 Dragon Lady

TSgt Donald Birchard
TSgt Scott Reese
SSgt William Ehinger
SSgt Robert Smithson
A1C Nicholas Barron

E-3 Sentry

SSgt Joshua Outly
SSgt Trevor Wilson
SSgt Brad Base
SrA Emilio German

RQ-4 Global Hawk

TSgt Jeremy Randall
TSgt Michael Delaune
SSgt Christopher Palmer
SSgt Neil Koehn
SSgt Travis Taylor
SSgt Michael Henderson
SrA Juan Acevedo
A1C Kenneth Orozco
Amn Matthew Milles

The Quality Assurance program identifies individuals who consistently earn excellent ratings from Personnel Evaluations, Quality Verification Inspections, and Special Inspections. Selections are based on an individual receiving a minimum of three Zero-Defect inspections and or personnel evaluations logged into the QA database. Any individual receiving a major discrepancy, Detected Safety Violation or Technical Data Violation will be automatically eliminated from the list of possible selectees. Monthly QA Honor Roll Program winners receive a certificate of recognition from the 380th Expeditionary Maintenance Group Commander.



photos by SrA Levi Riendeau

The keymaster

SSgt Amanda Kapugi, 380th Expeditionary Services Squadron, hangs a key at the Lodging Office after outprocessing an Airman Wednesday.



photos by SrA Levi Riendeau

Chiefs vs. Eagles b-ball

Congratulations to the Chiefs for defeating the Eagles in another bout of Chiefs vs. Eagles basketball Friday.

380th Air Expeditionary Wing Top Ten non-combat dangers

Avoiding the plague of non-combat injuries

Simple guidelines help keep Airmen healthier

It's obvious that some of the greatest dangers to Airmen serving in a war zone are insurgents, roadside bombs, mortars, rocket-propelled grenades and bullets.

But what crawls around beneath their feet, sneaks into their lungs or worms its way into their minds may be just as lethal.

It's no secret that Airmen in good physical shape perform better in combat.

While the overall health of Airmen in war zones is good, Airmen are still susceptible to dangerous bug bites, respiratory illnesses and high psychological stresses.

Overall, 99 percent of Airmen report being in good or better health, based on pre- and post-deployment health assessments. After deployments, only 8 percent of active-duty and 11 percent of reserve Airmen reported their health was worse than before deployment.

To help you avoid the dangers that can ruin your day, make for an unpleasant deployment, or even seriously injure or kill you, the 380th Air Expeditionary Wing Safety Office and Expeditionary Medical Group have identified the Top Ten Dangers from the last few AEF cycles here.



1 - Vehicle Accidents

This is the highest risk for a fatal non-combat injury. The driving environment is unpredictable—big trucks, speed demons, pedestrians on main highways, traffic jams, etc. The roads themselves are often slippery from sand, dust, oil, and even water. Drive defensively, giving yourself space and time to react to “road surprises”. Don't compete with locals in fighting for position or speed. Use a spotter when backing up. ALWAYS WEAR SEATBELTS! Use ORM, if the conditions are unusually bad, is the trip necessary?



2 - Sports Injuries

For AEF 1/2, 90 percent of mission-impacting injuries were sports injuries. Play for the “pros” (camaraderie, exercise), not the “cons” (“must win” attitude). Stretch and warm up properly. Build up gradually. Play within your ability and conditioning level.

Wear proper footwear; running shoes are not good for basketball and sneakers aren't for running. Make a plan to increase your fitness while deployed, but only increase your running or exercise 10% per week to avoid overtraining injuries.

3 - Knives

For AEF 1/2, knives were the second most common cause of injury. Focus on the task at hand when using a knife. Cut in a direction away from your body. Keep knives sharp, since a dull knife is more dangerous than a sharp knife. Use knives only for their intended purpose, e.g. don't use a knife to tighten screws.

4 - Psychological

Deployment can be stressful, particularly family separation or if you witness or experience trauma. Those who experience trauma or who feel particularly stressed should talk about it with their friends, wingman or a Chaplain. The 380th also has a base Mental Health provider to help people through difficult times, regardless of their cause. Ask for help when you need it.



5 - Eye Injuries

Eye trauma is real in deployed environments. Corneal abrasions from dust and sand can lead to severe eye damage. Wear sunglasses and eye protection when appropriate. Contact lenses are not authorized here without the deployed commander's approval due to the high risk for eye injuries. Aircrew on the Contact Lens Program have command approval, but must use approved lens solutions and cleaning methods.

6 - Dermatological or Skin Conditions

Common ailments include heat rash and athlete's foot. The easy remedy is to launder uniforms and change socks often. Don't sleep in your socks. Wear “shower shoes” and spray bleach in the shower after use to prevent the spread of fungal infections. Shower and change into clean clothes after exercise to prevent skin irritation. Ensure your personal protective equipment is in good working order and use it. If you get soaked in fuel or other liquids, shower and change immediately if possible to avoid chemical burns.



7 - Heat Injuries

Heat stroke is a real concern here. Drink plenty of water and take rest breaks as your mission allows. Energy drinks contribute to dehydration and should be used with moderation if at all. Use sun protection to include hats when appropriate, sunscreen and shade. Heat stroke, sunburns and fainting occur at the pool too, so be smart while relaxing.

8 - Gastrointestinal

Viral outbreaks causing diarrhea and cramping can be common. A change in schedule or dietary habits can also cause GI upset. Practice good hygiene and only eat food or drink water from approved sources. The most important prevention is hand washing or alcohol hand-sanitizer use, especially before entering the Dining Facility and before/after using the restroom.

9 - Respiratory Illness

High stress and crowded conditions can lead to the spread of colds and other viral or flu-like symptoms. Mandatory Flu shots and good personal hygiene will prevent most outbreaks. Again, the most important prevention is hand washing or alcohol hand-sanitizer use, especially before entering the Dining Facility and before/after using the restroom.



10 - Animal and Insect Bites

Rules prohibit Airmen from keeping pets. But a contractor at Bagram Air Base, Afghanistan adopted a pet dog that was rabid. It bit 50 people in one night. Rabies is present in this area so avoid cats or other strays: they are wild animals, not pets. Mosquitoes come out at dusk to feed, so use DEET or insect repellent if you must be out around these times. Keep dorm rooms clean and without old food items to avoid attracting pests.

[Information courtesy of the 380th Expeditionary Medical Group and 380th Safety Office]

Warrior of the Week

SSgt Brandon Hayden



photo by SrA Ross Tweten

380th Air Expeditionary Wing

**Duty title: Wing Information Manager and
Command Chief Master Sergeant Assistant**

Home Unit: Sheppard Air Force Base, Texas

Hobbies: Playing guitar and spending time with my wife and daughter

Most fulfilling part of my job: Knowing without a doubt that my small part at the 380 AEW plays a big role in the Global War on Terror.

Supervisor's Comments: Sergeant Hayden has been a tremendous asset to AEF 1/2. He's everything a supervisor loves to see in a subordinate; trustworthy, dedicated, willing to go the extra mile, and active in improving himself personally and professionally. Sergeant Hayden adapted quickly to our fast-paced mission environment, while also working diligently to complete his 7-level career development course. He not only put his indelible mark on significant wing-level programs, but also earned a 93 percent on his CDC end-of-course exam; well above his career field's average EOC test score.

Following the example of the many fine NCOs who have preceded him, Sergeant Hayden met all challenges head-on and has set the bar a little higher for those who will follow behind him.

Community Standards Tip of the Week

Personnel will depart with all uniforms. This applies whether traveling via commercial carrier or military aircraft. Only unserviceable uniforms are allowed to



remain within the AOR. All unserviceable uniforms will have all name tapes and rank insignia removed and then be cut, sliced, or shredded into multiple pieces (all items cut into thirds) and then tossed into the "Unserviceable Uniforms" bin in front of building 300.





Winner
“Yes! 8,000 miles and not a single wrinkle!”

- MSgt Ric Sochor,
380th Expeditionary Contracting Squadron

Other submissions:

“Hmm, now where did I leave my passport?”

Ben Lovelace, 380th Expeditionary Communications Squadron

“Removing baggage nametags for security reasons has had a massive impact on the lost luggage yard.”

Lt Col Timothy White, 908th Expeditionary Air Refueling Squadron

“Oh no, I packed my wife’s PT gear.”

SSgt Brian Gerrard, 908th Expeditionary Air Refueling Squadron

“Baking in 100 degree weather, luggage wait patiently for their owners.”

TSgt Elizabeth Williams, 380th Expeditionary Logistics Readiness Squadron

Caption Contest

Send your caption to
380aew.pa@adab.afcent.af.mil
by 1700 Thursday.

Captions should be in good taste and no more than 25 words. The winning caption is published in next week’s Sand Script.

