

DISPATCH



AIRLIFT

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Vol. 39, No. 31

437th Airlift Wing, Charleston AFB, SC

Friday, August 11, 2000



Hanging out

Jonathon Levy and Christopher Brown stick to the "Velcro Wall" at the Family Fun Fest held last week near the base swimming pool. More than 2,000 people turned out for the event. See page 11 for more photos of the YOFAM 2000 picnic.

Staff Sgt. Michael Duhe

17 AS crew gets top honors at Air Tattoo

By Lt. Col. Ed Memi
437 AW Public Affairs

The 17th Airlift Squadron took home top honors as the best aerial demonstration at the Royal International Air Tattoo 2000, held at RAF Cottesmore, Rutland, England, July 22-23.

The award, called the Lockheed Martin Cannestra Trophy, is presented to the best flying demonstration by an overseas participant. The base had beat out a field of mostly fighter jets to win the prestigious honor, the first time any airlifter has won the competition.

Charleston performed a 10-minute aerial demonstration at Cottesmore and also had a static display aircraft on the ground for the crowds to observe. The C-17 drew a lot of attention as the United Kingdom prepares to lease four C-17s from Boeing. An aircrew and C-17 also flew to Farnborough and RAF Brize Norton, near Oxford, England, where they did seven aerial demonstrations July 24-31. The aircrews and aircraft returned here July 31.

"I know that the last eight times that someone has won this trophy, it's been a fighter unit. It's hard to compete against the fighters which often times can steal the show," said Maj. Ken Burch, one of the demo pilots from the 437th Operations Group standardization and evaluation office. The victory was especially meaningful for Burch since he leaves the Air Force this week to join the 315th Airlift Wing and United Airlines. The award allowed him to bring back the traveling trophy on his last "fini" flight.

Burch along with 17 AS RAF exchange pilot Squadron Leader Darrel Jacobs thrilled the crowds with an aerial demonstration on each day of the airshow. 15 AS RAF exchange pilot Squadron Leader Jeff Clark had also joined them on the trip. "At RAF Brize Norton, we had a lot of RAF senior officers and maintenance people tour the aircraft since that is where the C-17s will eventually be based in England. We spent about six hours showing the aircraft there."

Each of the three flying squadrons has only three aircraft commanders who are considered "demo" qualified, which requires them to be certified by the wing standardization and evaluation office. The scripted single ship C-17 demo profile consists of a shortfield take-off, a high speed pass at about 300 knots, a slow speed pass at about 105 knots, a 360 degree turn at show center, an assault landing at less than 1,500 feet with a full stop followed by a backing demonstration to show the aircraft's maneuverability.

"At Farnborough, the demo was especially impressive since we got to pull within 200 feet of the crowds and then backed into our parking space after the show. People actually started backing up when it looked like the jet might actually go into the crowd. Everyone was very impressed that such a large jet could be so maneuverable," Burch said. The crowd at Cottesmore was equally impressed with the size of the C-17.

The award at Cottesmore was a complete surprise to the aircrew. see **Tattoo**, page 3

Base trash-throwers cause CE problems

By Senior Airman Jason Smith
437 AW Public Affairs

Maj. Brian Ouellette, 437th Civil Engineering Squadron chief of operations, said he's tired of sending out his people to clean up after people who should know better.

The base bulk refuse dumpsters behind the base theater and Auto Skills Center have been filled with unauthorized trash for too long, said Ouellette.

"People are putting used oil, yard waste, tires, car parts, construction debris and anything else you can think of in the roll-off dumpsters," said Ouellette. "We recently moved the dumpsters out of these locations temporarily, and people just keep throwing junk on the ground where the dumpsters used to be."

"I've seen this problem for at least three years now, and I know it's been going on for longer than that," said Master Sgt. Kirk Battle Sr., 437 CES see **Trash**, page 3

Mission takes airman home

By Staff Sgt. Pamela Smith
437 AW Public Affairs

Senior Airman Renee Morales proved that you can go home again when he helped support the revitalized multinational counter drug operation in Colombia.

Morales, a C-17 loadmaster, was one of five 17th Airlift Squadron aircrew members who transported troops from the 7th Special Forces Group from Pope see **Mission**, page 2

IN THE NEWS

Mission

continued from page 1

AFB, N.C. to Florencia, Colombia, July 28.

Morales, who was born in New York City, moved to Cali, Colombia, in 1986 to be raised by his aunt and uncle.

"New York wasn't the best place to raise a child in the 80's and my mother didn't want to take a chance with me, so she sent me to live with relatives when I was 11," he said. Morales moved back to New York to be with his mother in 1997 and joined the Air Force a short time later.

To his advantage, Morales brought with him an ability to fluently speak Spanish, which he says is his first language.

When the mission to Co-

lombia came up, Morales jumped at the opportunity to go home.

"I've always said that if they ever need a translator for Spanish speaking countries, I'm their man," he said. Aircraft commander Capt.

Chris Carlsen, said he was happy to take advantage of Morales' ability to speak Spanish.

"He was an outstanding member of my crew," Carlsen said. "Without his unique ability and hard work, this mission would have been much more difficult. He helped overcome many obstacles."

One of those obstacles appeared when the forklifts needed to download pallets in Florencia were unavailable for use.

"After a conference, Army officials decided to start downloading the aircraft by hand," Carlsen said. Members of the Colombian Army helped U.S. personnel remove 12 of the 14 pallets, with help from Morales.

"I was able to coordinate directly with the Colombians," Morales said. "Since I speak Spanish, I was able to give them clear and concise directions about what we wanted."

Morales said the trip to Colombia provided the opportunity to help in other ways. He said he felt like he helped bridge a gap between the two countries.

"People have a misconception that all Colombians are bad, when it's mainly just the

guerrillas," Morales said.

He said their Colombian counterparts rectified that opinion in the eyes of some by the way they helped download the aircraft and looked after the American military members.

"The Colombian Army was very helpful upon our arrival and during our brief stay there," Morales said. "They cleared the mountains and the surrounding area and stayed alert for any suspicious activities."

Morales

said the mission gave some of his co-workers a new look at his home, beyond that of guerilla warfare and the drug trade.

"Colombia is a troubled country," he said, "but it also has its beauty and there's no reason to be afraid."



Senior Airman Renee Morales

'Spirit of Airborne' to be unveiled in ceremony

A Charleston-based C-17 will be named "The Spirit of Airborne," in recognition of the thousands of men and women who have dedicated themselves to and sacrificed their lives in airborne operations, during a ceremony Aug. 15 beginning at 6 p.m. at Pope AFB, N.C.

Chairman of the Joint Chiefs of Staff Gen. Henry H. Shelton and Gen. Charles T. Robertson, Jr., commander in chief, U.S. Transportation Command, and commander, Air Mobility Command, Scott AFB, Ill., will be guest speakers at the event.

The Commanding General of the XVIIIth Airborne Corps and other dignitaries from Fort Bragg and Pope

will be in attendance, and the All American Chorus and Army band from Fort Bragg's 82nd Airborne Division will perform. A C-17 flown by members of the 315th Airlift Wing will airdrop 36 Fort Bragg paratroopers at the Pope demonstration dropzone during the ceremony.

Other C-17 aircraft have been named in the past to commemorate or honor individuals/events with national and military themes or locales adjacent to C-17 bases or manufacturing plants. AMC proudly flies such aircraft as "The Spirit of Bob Hope," "The Spirit of Berlin," "The Spirit of America's Veterans," and "The Spirit of Charleston."

New dental plan expands services, includes reservists

By Staff Sgt. Kathleen Rhem, USA
American Forces Press Service

DoD's new TRICARE Dental Program will feature lower premiums, expanded services and cost ceilings, and will allow reservists and their families to enroll.

DoD awarded a \$1.8 billion, five-year contract in April to United Concordia Companies Inc. of Camp Hill, Pa., the current TRICARE Family Member Dental Plan administrator. Changes take effect Feb. 1, 2001.

"One of the most significant changes is that reserve component members and their families will be eligible to enroll," said Navy Capt. Lawrence D. McKinley, the TRICARE Management Activity's senior consultant for dentistry.

During the first two years of the contract, premiums for active duty family members will drop from the current levels. The \$8.53 single and \$21.33 family rates will drop to \$7.63 and \$19.08 respectively during the first year, and remain below current levels even during the second year.

Premiums for reservists on extended active duty and their families will mirror those of active duty members, however premiums for families of reservists not on active duty will be somewhat higher. After the first two years, premiums may rise, but "will remain very reasonable," McKinley said.

Other improvements:

■ The enrollment "lock-in" period falls from 24 months to 12. That is, active duty members must have 12 months left on their current term of service to enroll. Reservists must "express intent" to remain in the reserves for at least 12 consecutive

months.

■ United Concordia will take over enrollment responsibilities from the services' personnel offices. McKinley said this should improve customer service by allowing beneficiaries to deal directly with the contractor. Current enrollees will automatically transfer to the new system.

■ The annual maximum for general dentistry increases from \$1,000 to \$1,200, and the lifetime maximum for orthodontic care goes from \$1,200 to \$1,500.

■ General anesthesia and intravenous sedation will be covered.

■ Coverage of diagnostic and preventive services expands.

Most of the changes stem from customer feedback. "We've been listening to the beneficiaries. We've incorporated as many of their suggestions as possible," McKinley said. "We also listened to concerns from line commanders about dental readiness and the quality of life of their people."

He also said DoD officials constantly monitor civilian insurance programs. The new TRICARE plan, he said, "easily matches most insurance programs of Fortune 500 companies and is better than many."

McKinley stressed the program will evolve over the five years of the contract. TMA officials monitor civilian plans to pick up on trends and to look at things worth adopting. "Each option year, we will review what we have, and we will improve as we go along if costs will not be increased," he added.

DoD and United Concordia plan to conduct customer-satisfaction surveys monthly. For more information, beneficiaries can call United Concordia's toll-free customer-service line, 1-800-866-8499.



Ukraine mission

Tech. Sgt. Jim Varhegyi, 1 CTCS

After completing a successful mission, a flight of Charleston-based C-17s prepares to leave Lviv, Ukraine. An international mix of 179 paratroopers from the 82nd Airborne Division, Fort Bragg, N.C., and the Ukraine Department of Air Mobile Troops flew directly from Fort Bragg to the Ukraine and jumped in support of exercise Peace Shield 2000, July 15-18. Peace Shield was a Partnership for Peace exercise involving 22 countries.

CAFB August promotees

Lieutenant Colonel
Blanchard, Gregory 14 AS

First Lieutenant
Pearson, Gordon 437 AGS
White, Justin 437 SFS

Chief Master Sergeant
Stament, Timothy 437 AGS

Master Sergeant
Foster, Stephen AFCCC
Henderson, Jeffrey 437 AGS
Levering, James 437 CS
Motsinger, Gary 437 AW
Scott, Stephon 437 SUPS

Technical Sergeant
Brown, Kevin 437 SUPS
Byrth, Carl 437 AGS
Halm, Mark 437 LSS
Pain, Frank 437 SUPS
Webber, Heidi 437 AGS

Staff Sergeant
Abate, John 15 AS
Abernethy, Philip 437 AGS
Cedergren, Teresa 437 AW
Edwards, Kirk 437 MXS
Hare, Dewey 437 CS
Hudson, Matthew 437 MXS
Lang, Russell 437 MDSS
Mink, Samuel 437 CES
Robles, Luis 437 AGS
Ryan, Phillip 437 AGS
Sedovic, Michael 437 AGS

Varner, Danwel 437 AGS
Waweru, Shelby 437 AW

Senior Airman
Biesiada, Michael 437 APS
Bivins, Jamie 437 AGS
Bost, Brian 437 SFS
Coleman, Matthew 437 CES
Edmond, Jeannette 437 SVS
Gergen, Christopher TRNS
Giles, William 437 AGS
Gulke, Kari 437 APS
Komarovskiy, Boris 437 TRNS
Lea, Clinton 437 MXS
McCosco, Ryan 437 AGS
Nguyen, Toan 437 SFS
Rhoad, Frank 437 CES
Samson, Matthew 437 AGS
Silberling, Dustin 437 AGS
Soine, Seth 437 APS
Sonnenberg, Erik 437 CS
Woodard, Erick 437 SFS

Airman First Class
Bradford, Joie 437 SVS
Goode, Chad 437 SFS
Harrington, Mark 437 AGS
Johnson, Christopher 437 SUPS
Keffler, Ryan 437 MXS
Lee, Sharika 14 AS
Rome, Mario 437 MXS
York, Benton 437 SUPS
Zahn, Nathan 437 AGS

Airman
Greene, Jimmel Jr. 437 SUPS
Johnson, Celina 437 AMDS

Tattoo

continued from page 1

"There was a huge celebration after the airshow and that's when they presented us with the award. We knew that the demo had impressed the crowds, but didn't think we could compete against the Ukrainian MIG-29s, Dutch F-16s and Swiss F-5s."

Not only did the crowds come out to look at the C-17, but at Cottesmore, a number of heads-of-state, legislators and cabinet officials came out to look at the jet. "There were lots of VIPs that toured the aircraft, to include the King of Jordan and the Prince of Saudi Arabia. There were so many generals that came out that I lost count."

"While Ken was flying the RIAT demo, I was busy with the 315th crew giving VIP tours on the static. The highlight of these tours occurred on Saturday, when the King of Jordan visited. I had the him (King Abdullah II) sitting in the pilot's seat of the static C-17 on the ground watching the flying demo through the heads up display," said Lt. Col. John Millander, 17th AS commander. VIP visitors also included Gen. "Speedy" Martin, United States Air Forces in Europe commander; Air Marshall Peter Squires, the Chief of Staff of the RAF; Jeffrey Hoon, the U.K. Secretary of State for Defence and the crown prince of Saudi Arabia Prince Faisal.

"People were just very excited about the aircraft and were impressed with how much you could fit into the back of the aircraft. We would demonstrate the versatility in the back of the plane to the crowds," said Tech. Sgt. Don Eagle, a loadmaster in the 17 AS.

"The crowd was really impressed with how we could back the plane up and we started to steal the show while backing up the runway," Eagle added.

"Normally at these big airshows, they limit the demonstrations to only 7 minutes, but they made a special exception for us and allowed us to do the full 10 minute demo profile," said Burch, who has more than 5,000 hours flying airlifters. The aircrew became something of a celebrity in the crowds since videotaped interviews were played on at least six massive "jumbotron" screens placed throughout the airshow grounds. "We would walk through the crowds and people would recognize us instantly from the videos. It was like we were celebrities," Burch said.

The Royal International Air Tattoo featured more than 350 aircraft representing military forces from more than 30 countries and drew about 200,000 people each day. RIAT2000 had a major tribute to the 60th anniversary of the Battle of Britain, featuring the Spitfires and Hurricanes that flew to glory six decades ago. The tattoo is staged in support of the Royal Air Force Benevolent Fund, the military charity that reaches out to all past and present members of the RAF and their dependants.

The Tattoo was forced to find a new temporary venue because of extensive runway resurfacing work at RAF Fairford. RAF Cottesmore, one of the Royal Air Force's frontline bases is home to two squadrons of Harrier GR7s, serving as part of the British Joint Force 2000.

Trash

continued from page 1

superintendent of the Base Appearance Team. "We spend an hour and a half or two hours, at least, every week cleaning it up. That ends up delaying work orders and base beautification projects."

Last Friday, for example, Battle led a six-person team along with two CE heavy equipment operators to clean up the dumpster area behind the base theater in preparation for the base picnic. The clean up took two hours of unscheduled time away from the detail.

Ouellette commended the Base Appearance Team and the CE Horizontal Shop for their efforts to keep the area clean. He said he knows picking up someone else's trash is a thankless job, but it always gets done thanks to their hard work.

"They shouldn't have to spend their time picking up trash that other people throw on the ground, but they get it done without complaining," Ouellette said. "Those dumpsters are there to support base organizations, official wing activities, and military family housing residents. We're finding household trash, junk and hazardous materials in there that clearly come from off base. Even some of the authorized users of the

dumpsters are just littering the ground with their junk."

Cleanup efforts aren't the only drawback of the unauthorized dumping, according to Staff Sgt. Maggie Nelson, 437 CES NCOIC of Base Service Contracts. The base has paid more than \$7,000 in excess and hazardous waste fees this year alone.

CE has recruited the 437th Security Forces Squadron in the battle of illegal dumping, according to Ouellette. Random checks at the gates and dumpster areas are already in progress. Camera systems and gates have been proposed.

"I certainly hope people will take as much pride in the appearance of the base as they do in the accomplishment of our mission and help put an end to littering and dumping trash," said Col. Dennis Kaan, 437th Support Group commander.

CAFB housing residents can dispose of items that are too large for regular refuse pickup, or anything metal, during bulk pickup on Wednesdays from 1-4:30 p.m. Yard waste is picked up on Wednesdays from 7:30 a.m. to noon.

The roll-off containers should only be used for large bulky items such as broken pallets, furniture and appliances. Tires, oil, batteries, fluorescent bulbs and anything that may be considered hazardous or recyclable

should not be placed in the dumpsters. Signs are placed next to each bulk refuse dumpster to identify what refuse items can be properly disposed of in the containers.

For more information about bulk waste refuse, contact Senior Airman Anthony High, Base Refuse Contract Quality Assurance Evaluator, at 963-

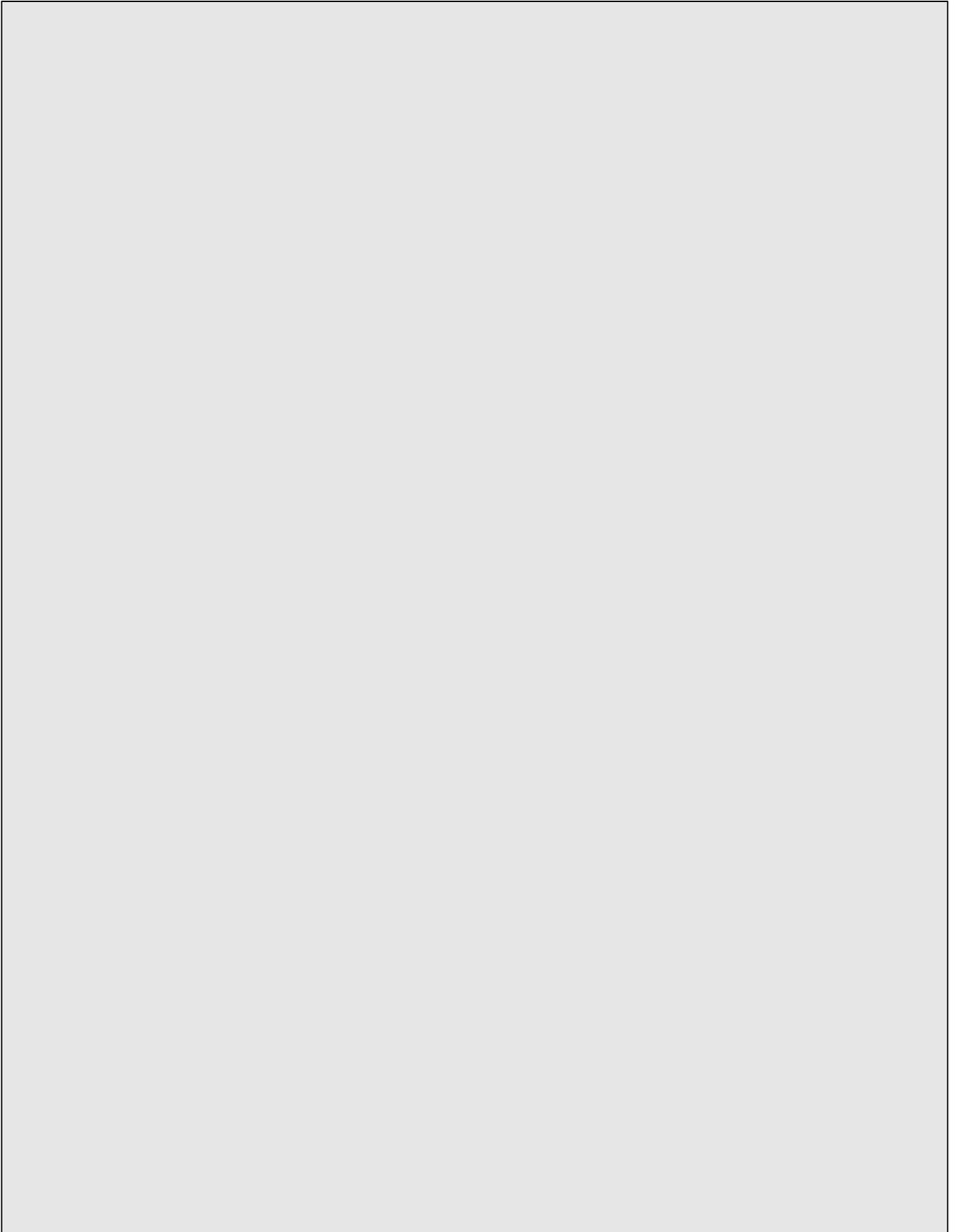
4143. Any violations at the dumpsters should be reported to Security Forces at 963-3600.

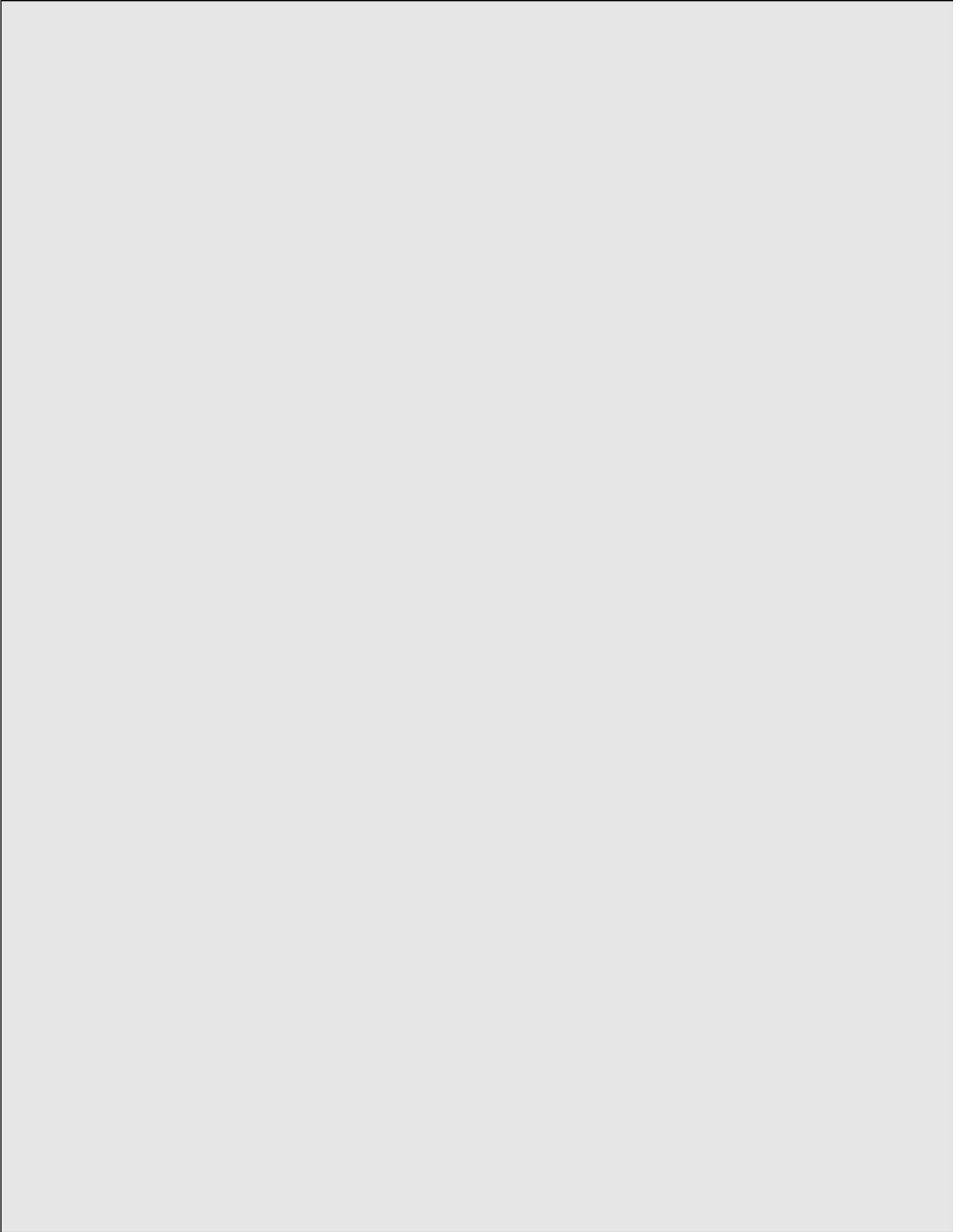
"It's an integrity issue," said Ouellette. "The C-17s will still fly and Team Charleston will still accomplish its mission, but dumping trash on the ground doesn't fit into our excellence-in-all-we-do mentality."



Senior Airman Anthony High, 437 CES

Trash, to include hazardous materials, is being thrown on the ground where a dumpster used to be behind the base theater.





NEWS BRIEFS

Around the base

Enlisted Dining-Out: An Enlisted Dining-Out will be held Sept. 16 for all Charleston AFB active and reserve enlisted personnel. Volunteers of all enlisted ranks are welcome to participate in all preparation efforts. For more information, call Master Sgt. Tracy Brewster at 963-3071 or Master Sgt. James Scanlan at 963-2798.

"Operation Frivolous Frivolity:" The Company Grade Officer Council will hold a Combat Dining-In Saturday, 6 p.m. in Nose Dock 2. The event is open to all 437th and 315th airlift wing officers. For information, contact 2nd Lt. Zabrina Robinson at 963-4239, or purchase tickets today from 4:30 to 6:30 p.m. at the Charleston Club.

Parents committee: Parents of Lambs Elementary, Hunley Park Elementary, Morningside Middle School and North Charleston High School students are encouraged to join a new committee that will represent the educational needs of base children. The committee will address issues relating to the schools that support Charleston AFB members. A meeting will be held Aug. 29 at 7 p.m. in the Family Support Center. For more information, contact Senior Master Sgt. Terrie Powell at 963-2202.

Pool hours: The base pool's hours will change on Tuesday. The new pool hours are: Tuesdays-Fridays, 2 to 7 p.m., Saturdays and Sundays, 11

a.m. to 7 p.m. and closed on Mondays. Call 963-5271 for more information.

Orthodontics: Special provisions are needed for patients who are undergoing or considering orthodontic treatment. Certain written approval is required for military members and their families. Contact the Daily Dental Clinic at 963-6842/6839 before treatment is obtained.

Retirement ceremony: The 437th Supply Squadron is hosting a retirement ceremony for Tech. Sgt. Barry Mattison Sept. 8, 10 a.m. at the Charleston Club. For more information, call Master Sgt. Curtis Perz at 963-4860 or Tech. Sgt. Barry Mattison at 963-4864.

Trident Technical College: Trident Technical College is now accepting enrollment applications. Late fees are being waived until the first day of class. For more information, call 963-4575.

PRAXIS testing: The base education office is giving PRAXIS tests on Sept. 27. The deadline to sign up for the test is Wednesday. For more information, call 963-4575.

Commissioning briefing: There will be an officer commissioning briefing at the base education center Wednesday, 10 a.m. Call 963-4575 for more information.

Military night: The Charleston

RiverDogs are hosting a military night at Joe Riley Stadium Tuesday. Game time is 7:05 p.m. Free tickets are available at the 437th and 315th public affairs offices, or the Outdoor Recreation Center.

Basketball: The Fitness and Sports Center is hosting basketball tryouts for the 2000-2001 mens' team Aug. 21-25 from 6:30 to 8 p.m. Only CAFB active duty members are eligible for the team. Call Eddie Goad at 963-4321 for more information.

Religious education: The base chapel is holding registration for the upcoming year of religious education Aug. 20, from 3 to 4:30 p.m. Preschool through eighth-grade students of both the catholic and protestant congregations can reg-



Keebler Award

Senior Airman Jason Smith

James Rice, grocery manager, and Sandy Flynn, assistant grocery manager, accept the Keebler Hollow Tree Award. The award was presented to the commissary Aug. 8 for the best small store presentation, eastern region, southern area.

ister. The chapel will be offering ice cream and toppings for "sundaes on Sunday". For more information, call Airman 1st Class Erica McGee at 963-2536.

Chiefs' Group: The CAFB Chiefs' Group is holding a meeting Thursday, 11 a.m. at the Charleston Club. Representatives from Heritage Trust Credit Union will address the group and lunch will be provided. All chiefs (active, reserve and retired) are encouraged to attend.

Family Support Center

Hearts Apart, Hearts Apart is an on-going program for spouses of deployed service members. The program offers such services as email, morale calls, video phone calls and free oil changes. For information, contact Tech. Sgt. Ken Fisher at 963-5630.

Pre-Deployment briefings, 8 a.m., Monday, Aug. 21 and 28; 4 p.m., Thursday, Aug. 24 and 31.

TAP three-day Workshop, 8 a.m. to 4:30 p.m., Tuesday-Thursday.

Mini Job Fair, 3 to 5 p.m., Thursday.

Troops to Teachers, 10 to 11 a.m., Aug. 21.

Securing Your Financial Future, 2 to 4 p.m., Aug. 22.

All workshops are held at the FSC unless otherwise noted. For more information or to register, call the Family Support Center at 963-4406.

Charleston Profile

Airman 1st Class Kinshishi Tellis 437th Operations Support Squadron

Airman 1st Class Kinshishi Tellis is an aircrew apprentice for the 437th Operations Support Squadron, Aircrew Life Support Flight.

Tellis has been in the Air Force for a little over a year now, and she says she plans on making it a career.

"I like being in the military," said Tellis. "I was in ROTC in high school, and I knew that's what I wanted to do. I looked at the other branches also, but I think the Air Force has the best jobs available and the best quality of life."

Appreciation for her work is very rewarding, according to Tellis. She said she loves her job anyway, but the occasional gratitude she receives for putting in extra effort helps to keep her motivated.

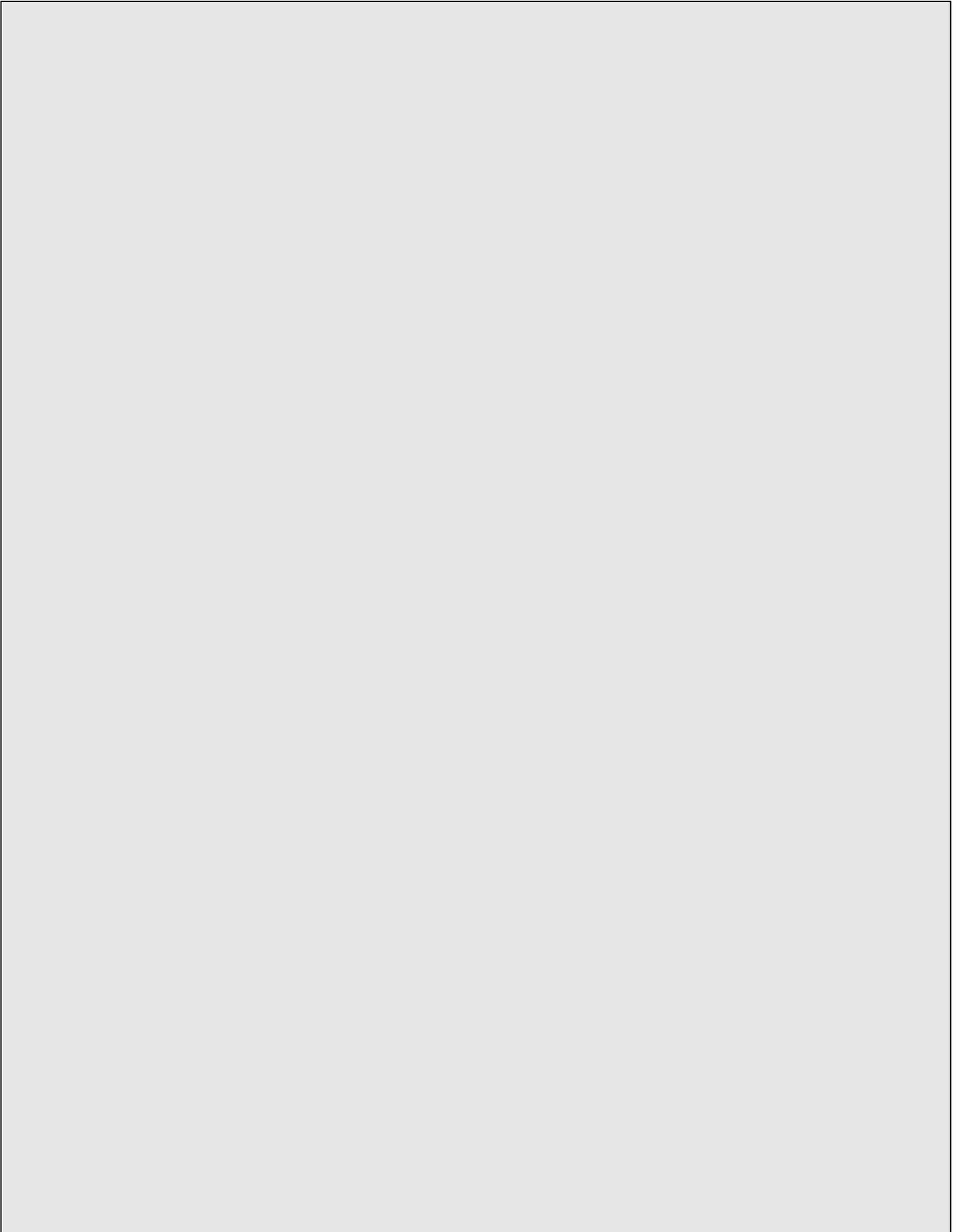
"A while back we got called out to the flightline to change out all the lenses for a crew on their way to Rodeo 2000," said Tellis. "They were in a hurry, and they really appreciated the work we did. They kept thanking us, and they gave us coins. That made me feel good, like I really helped somebody."

Tellis said she plans on working toward a bachelor's degree in psychology after she gets caught up with all of her Air Force training. She also has thoughts of becoming a commissioned officer someday.

Tellis was recognized as the 437 OSS Airman of the Quarter for the first quarter of 2000. She said she plans on continuing to give her best effort on and off duty, to make herself an asset to the Air Force.



Senior Airman Jason Smith



COMMENTARY

About the paper

AIRLIFT
Dispatch

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Base Visual Information Center

Awards and fun activities distinguish this week

By Col. Rusty Findley II
437 Airlift Wing commander

The base picnic was a great success and a special thanks to the folks in the 437th Services Squadron, especially to John Hattel and Shamra Slappey for all their hard work. The picnic offered many fun activities and a great time for all who attended. The Services folks estimate about 2,000 people showed for the picnic and they appreciated the help of the many volunteers and the Year of the Family committee members who helped make it a success. See the photo feature on page 11.



Staff Sgt. Michael Duhe

The softball game between the chiefs and colonels last Friday was a lopsided victory for us as we defeated them 26 to 4. I'll try not to gloat too much on our victory since I know that a rematch will be in the works (perhaps in a different sport) in the future and it could be a lopsided score the other way next time around. I know they will be looking for victory during the next round. Regardless of the final score, the game was a lot of fun and it was a good chance to promote esprit de corps among senior leaders. I had a great time!

At staff meeting, I was pleased to recognize members of the 17th and 15th airlift squadrons who brought home the Lockheed Martin Cannestra Trophy, which is presented to the best flying demonstration by

an overseas participant. The Charleston C-17 demo team won this distinction at the Royal International Air Tattoo 2000, held at RAF Cottesmore, Rutland, England, July 22-23. They also did a weeklong international airshow at Farnborough, England. See the story on page 1.

The aircrew and 437th Aircraft Generation Squadron maintainers for the demo and static display included Lt. Col. John Millander, Maj. Ken Burch, Squadron Leader Darrell Jacobs, Squadron Leader Jeff Clark, Capt. Ron Christiannson, Capt. Dan Zubryd, 1st Lt. Rich Carter, Tech. Sgt. Don Eagle, Staff Sgt. Mark Henriquez Staff Sgt. David Hooper, Senior Airman Adam Sereika (flying crew chief), Airman 1st Class Joshua Connell and Airman 1st Class Jamin Norton. We also had a 315th Airlift Wing aircrew that brought in a static display for the Cottesmore show. See the story on page 1.

The best part of my job is the opportunity to thank people who go above the norm to make things happen. At staff meeting, it was my pleasure to present a wing coin to Senior Airman Timothy

Lavoie, 437th Aerial Port Squadron passenger service flight, who did just that.

Lavoie provided his personal child's car seat to a family scheduled on an overseas flight and successfully avoided the family from being bumped from the flight, whose leave was about to expire. It is our thinking "outside-the-box" that shows Team Charleston clearly gets the job done with the pride, professionalism, and passion.

We had a great visit from our sister wing, MacDill AFB, Fla., who saw for the first time the premiere airlift wing on the face of the planet. The 21 members of our sister wing were truly impressed with everything they saw and had only good things to say about Team Charleston's hospitality. The opportunity to crossfeed ideas was at the

heart of what this sister wing visit was all about. I know we'll all benefit from the time invested. A special thanks to Capt. Dan Daniels and the Protocol staff for their hard work on another flawless visit.

I am looking forward to the officer combat dining-in on Saturday at 6 p.m. in the C-17 Nosedock 1, Bldg. 519. We have one of the finest guest speakers for that event, retired Lt. Gen. John Sams whom I know everyone will enjoy. A lot of work and preparation has gone into this event and I hope to see a good turnout from the base for what promises to be a fun time for all. You can still sign up by noon today, please call 2nd Lt. Zabrina Robinson at 963-4239.

I recently received an email to my action line mailbox from a retired Lt. Col. Scotty White, who praised the folks in the base veterinary clinic for helping to treat his dog. "I had some scheduling problems and Christy Leek was very flexible. I cannot say enough about her helpfulness," he said. He also thanked Sgt. Larry Linney and Capt. Larry Shelton for being exceptional service providers. He concluded in his note that the entire staff is very client oriented and professional. Thanks for providing the great service to our Air Force family!

The soldiers of Fort Bragg, N.C., Gen. Tony Robertson, commander of Air Mobility Command and Gen. Henry Shelton, chairman of the Joint Chiefs of Staff will dedicate a C-17 to the "Spirit of the Airborne" at Pope AFB, N.C. Aug. 15. The 315 AW will also do a flyby and airdrop of about 36 soldiers as part of the

ceremonies. The next day, we'll do a flyby for the grand opening of the Special Operations museum in downtown Fayetteville. The Army is our biggest fan of the C-17 and that is a fitting tribute to the men and women who maintain and fly this great airlifter.

Col. Stanley Dougherty, Headquarters Air Mobility Command chief of the airfield operations division, Maj. Tim Hiersberger and Chief Master Sgt. John Hoffman will conduct an inspection of our airfield management flight in the 437th Operations Support Squadron Aug. 14-18. The inspection, conducted every two years, will give us valuable feedback on overall airfield management and base operations. We welcome their insight and ideas!

I was pleased to visit the 437th Maintenance Squadron swing and midnight shift workers on Thursday at 11 p.m. as part of a squadron cookout. I appreciate all the hard work they do for the wing and thoroughly enjoyed my opportunity to meet and talk with many of our maintainers who give their best night after night. A special thanks to Master Sgt. Ron Phillips, assistant C-17 Home Station Check section chief, for arranging the cookout.

We're gearing up again as the wing begins to surge to support a host of overseas commitments starting today until Sept. 9. It's simply the nature of the airlift business as we enter yet another busy period. Let's pull together in true Team Charleston style and show the world again that we are the premiere airlift wing on the face of planet!

Action Line

The Commander's Action line is your direct link to me. It's your opportunity to make Charleston Air Force Base a better place to live, work and play.

First give the appropriate base agency a chance to solve the problem, but if you don't get a satisfactory answer, call me at 963-5581 or send an e-mail to action@charleston.af.mil.

To ensure you receive a response to your concerns, please leave your name and the information needed to contact you.



Air Force leadership committed to health care for all retirees

By Gen. Michael E. Ryan
United States Air Force
Chief of Staff

One of the biggest quality of life issues facing the Air Force today is health care.

For the retired members of our Air Force family, it is their number one concern — particularly having access to medical care after turning age 65. Our retirees stood for America and fought the fight. We must find solutions to their health care needs because it is the right thing to do.

Our goal is to provide a meaningful medical benefit, to include pharmacy coverage. Our challenge is to provide this without bankrupting the system. This is no small task.

There are many demonstration projects looking at alternative solutions. For example, the TRICARE Senior Prime demonstration is proving popular with our retirees. However, we have significant issues with funding and benefit design that need to be addressed before this can be a permanent solution. There is concern that there is no cohesive plan to link the demonstrations together. The solution to senior retiree care should be an integrated mix of benefit op-

tions, not a one-plan-fits-all approach.

I am gratified to see that Congress shares our concern for providing health care benefits to our senior retirees. Numerous bills have been introduced this legislative session addressing this issue. A benefit without funding does not bring health care to our retirees. We must have congressional funding support.

The Air Force is not idly sitting by, but aggressively pursuing solutions. Our Surgeon General, Lt. Gen. Paul Carlton, Jr., is pushing forward with creative options involving all parties who play a role in providing health care for seniors: the DoD, the Health Care Financing Agency, and contracted health plans. The Air Force Vice Chief of Staff, Gen. John Handy, also is pushing hard for solutions through the Defense Medical Oversight Committee, the tri-service oversight body for medical benefits and funding.

There is still work to be done to reach our goals. Air Force senior leaders are taking the lead to work with our retirees, the other military services, Health Affairs and Congress to ensure appropriate health care benefits for all our members, including our senior retirees.

Simple solutions for sensitive teeth

One of the most common complaints from dental patients is tooth sensitivity, according to Capt. Randall Jones, preventive dentistry officer here.

Sensitivity can be described as a sharp, short pain, usually initiated by hot or cold foods or exposure to cold air, said Jones. The cause of sensitivity is cell stimulation in the small tubules in the dentin. When the gums recede or the hard enamel is worn away, the small tubule surfaces are exposed, therefore causing pain.

Touching teeth or exposing them to cold air may also cause pain, said Jones. Teeth may expand and contract during hot and cold temperature changes.

In the United States there are at least 45 million adults who suffer from sensitive teeth, said Jones. Sensitivity can sometimes be reduced by using a soft-bristled toothbrush and by brushing gently. If the toothbrush bristles are pointing in multiple directions, then brushing is too hard. Brushing the teeth too hard can wear away the their root surface, exposing sensitive spots.

It's best to get diagnosed by a dentist if a tooth is extremely sensitive for more than three or four days, and if it reacts to hot and cold temperatures, according to Jones. Make sure the dentist is informed about when it

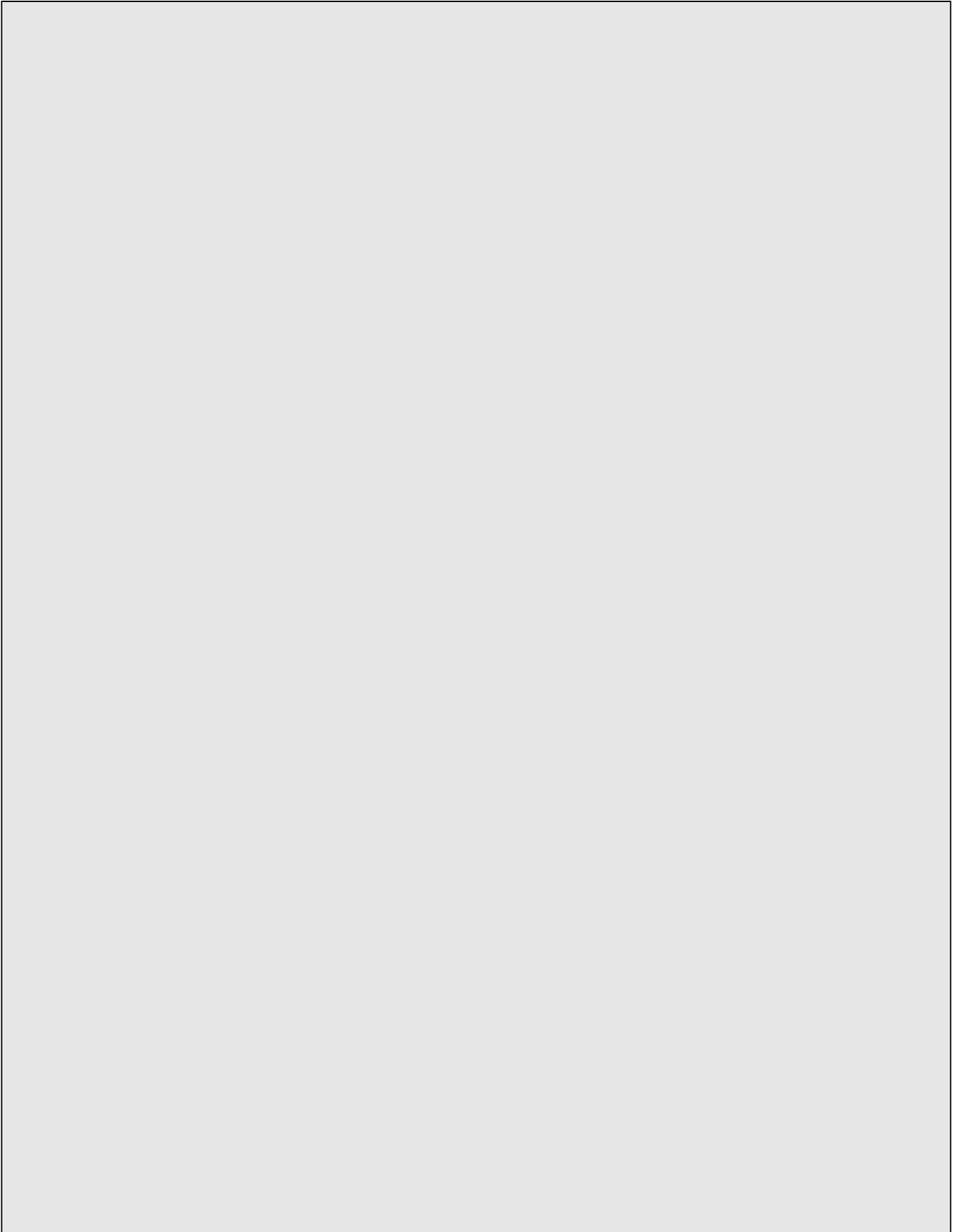
started and if there is anything that helps ease the pain such as applying a warm compress.

Dentists can do many things to manage tooth sensitivity, both in the office, and by recommending products applied at home by the patient, said Jones. A dentist may apply a protective coating or desensitizing agent. A stannous fluoride gel or an over-the-counter desensitizing toothpaste containing fluoride and either potassium nitrate or strontium chloride can also be used. These ingredients may help block the transmission of sensation to the nerve from the tooth.

The dentist may suggest changing any oral hygiene habits that may cause abrasion, or to eliminate acidic foods, medications, highly concentrated foods and flavored toothpaste, said Jones. A daily fluoride rinse or brush-on gel may also be suggested.

For more information about sensitive teeth, or any dental concerns, contact the dental flight at 963-6839. **(submitted by the 437th Dental Flight)**





FEATURE

Food and fun

Family Fun Fest draws crowd

Members of the Charleston AFB community turned out by the thousands to enjoy the Year of the Family 2000 Family Fun Fest held last week near the Base Theater/swimming pool area. The event featured food, games, giveaways, live music, swimming and plenty of ATWIND pieces for those who attended the picnic.

Activities for children were a big draw and included a Velcro wall, bungee run, Adrenaline Rush, a space walk and a clown show. Many units on base offered food or games as a fundraiser for their booster clubs. To beat the heat, children's movies were shown inside the theater.

The picnic went off without a hitch, despite stifling humidity and a brief rain shower.

"We estimate about 2,000 people were there," said Wendy Varhegyi, marketing director for the 437th Services Squadron.

According to Varhegyi, sponsors of the picnic were Sprint, USAA and Earthlink, who had representatives on hand to provide giveaways to all picnic-goers. Other ATWIND sponsors included the Ford Motor Company, Nikon, LifeFitness, U.S. Airways, Compaq, AMF and Coca-Cola. Local sponsors at the picnic included Palmetto Ford, who provided a Windstar and Focus for display, the Base Exchange and Heritage Trust Federal Credit Union. (Compiled by Staff Sgt. Michael Duhe)

photos by Staff Sgt. Michael Duhe



Members of DeKanibles perform to the crowd. The band played a mix of hits from the 50's to the present.



Staff Sgt. Andrew Rodier

Four-year-old Jena Solorzano plays in a sprinkler near the swimming pool.



T.J. McDonnell climbs on "The Adrenaline Rush."



Kayla Davis poses with Charlie the RiverDog.



1st Lt. Dawn Welborn paints a smiley face on Jordan Walker's face.



Senior Master Sgt. Bruce Blodgett, 437th Supply Squadron first sergeant, throws a baseball at the dunk tank target. The dunk tank was an especially popular attraction at last week's picnic, with officers and enlisted alike taking their turn on the seat. Col. Rusty Findley, 437th Airlift Wing commander, was one of many who "took a dip."



MAGNOLIA PLACE DINING FACILITY

On the Menu



Today

Lunch - creole shrimp, baked chicken, hungarian goulash, mashed potatoes, lemon rice, broccoli parmesan, summer squash, red cabbage with sweet and sour sauce

Dinner - barbecued chicken, onion lemon fish, rice, baked potato halves, corn on the cob, vegetable stir-fry, boston baked beans

Saturday

Lunch - roast turkey, swedish meatballs, spareribs, egg noodles, potatoes, green beans, peas, succotash

Dinner - knockwurst, salisbury steak, chicken tetrazzini, rice pilaf, potatoes, asparagus, corn cauliflower

Sunday

Lunch - parmesan fish, sweet and sour pork, beef pot roast, lemon rice, mashed potatoes, green beans with mushrooms, stewed tomatoes, mixed vegetables

Dinner - tacos, baked fish, rice, fried potatoes, peas and carrots, brussels sprouts parmesan, fried okra

Monday

Lunch - lasagna, teriyaki chicken, salmon cakes, filipino rice, potatoes, broccoli, chinese cabbage, peas

Dinner - cajun meatloaf, baked fish, rice, mashed potatoes, okra and tomato gumbo, carrots, green beans

Tuesday

Lunch - baked ham, lemon basted sole, baked turkey and noodles, rice, crispy potato wedges, calico corn herbed broccoli, glazed sweet potatoes

Dinner - roast loin of pork, crispy baked chicken, blackeye peas with rice, potato wedges, cauliflower combo, vegetables, french style peas

Wednesday

Lunch - roast beef, barbecue spare-ribs, catfish, rice, mashed potatoes, cauliflower, greens, mixed vegetables

Dinner - fish, jaegerschnitzel, mashed potatoes, rice, brussels sprouts combo, lima beans, carrots

Thursday

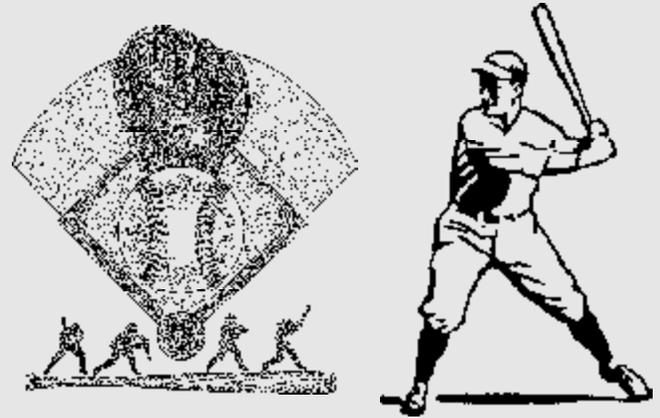
Lunch - swiss steak, chinese chicken, sausage, mashed potatoes, rice, peas and onions, corn, spinach

Dinner - chicken enchiladas, roast loin of pork, mashed sweet potatoes, spanish rice, stewed tomatoes, refried beans with cheese, cauliflower

(Menu subject to change without notice)

Come see.....

Charlie the RiverDog and RiverDog players



at the Charleston AFB commissary, Saturday from 11 a.m. to 1 p.m.

There will be autograph and photo opportunities.

Chapel schedule



107 Arthur Drive

Office hours: 7:30 a.m. to 4:30 p.m., Monday-Friday.

Phone: 963-2536. After duty hours, call the command post at 963-2531 for emergencies only.

Catholic Services

Saturday -- 4 p.m. Reconciliation, 5 p.m. Mass

Sunday -- 9:30 a.m. Mass, 9:30 a.m. Children's Church

Weekdays -- 11:30 a.m. Mass, Sacrament of Baptism pre-baptismal classes are held the first Sunday each month at 11 a.m. in the Chapel Annex. For Sacrament of Marriage, call the Catholic chaplain six months prior to wedding.

Protestant Services

Sunday -- 8 a.m. Contemporary Worship Service, 9:30 a.m. Sunday School in Bldg. 245, 11 a.m. Traditional Worship Service, 11 a.m. Children's Church.

Buddhist: Columbia Shambhala Meditation Center, Suite 109, Columbia, S.C. 29405.

Orthodox: Holy Trinity, Greek Orthodox Church, 30 Race St., Charleston, S.C. Phone: 577-2063.

Jewish: Call Jewish Lay Leader: Airman 1st Class David Winner at 963-2102.

Islamic: Al-Jami Ar-Rasheed, 1998 Hugo Ave., Charleston Heights, S.C. Phone: 554-1773.

Movie schedule

Admission prices:

Adults/Children -- 99 cents

Any child under 17 years of age requires a parent or adult guardian (21 years old) to purchase admission ticket for the minor child to view R-rated movies. 

Movie schedules are provided by the Army and Air Force Exchange Service. Patrons should call the theater at 963-3333 to verify movie titles, running times and start times, which are subject to change.

Tonight, 7:30 p.m., and Saturday, 2 p.m. **"Fantasia 2000" – Animated**

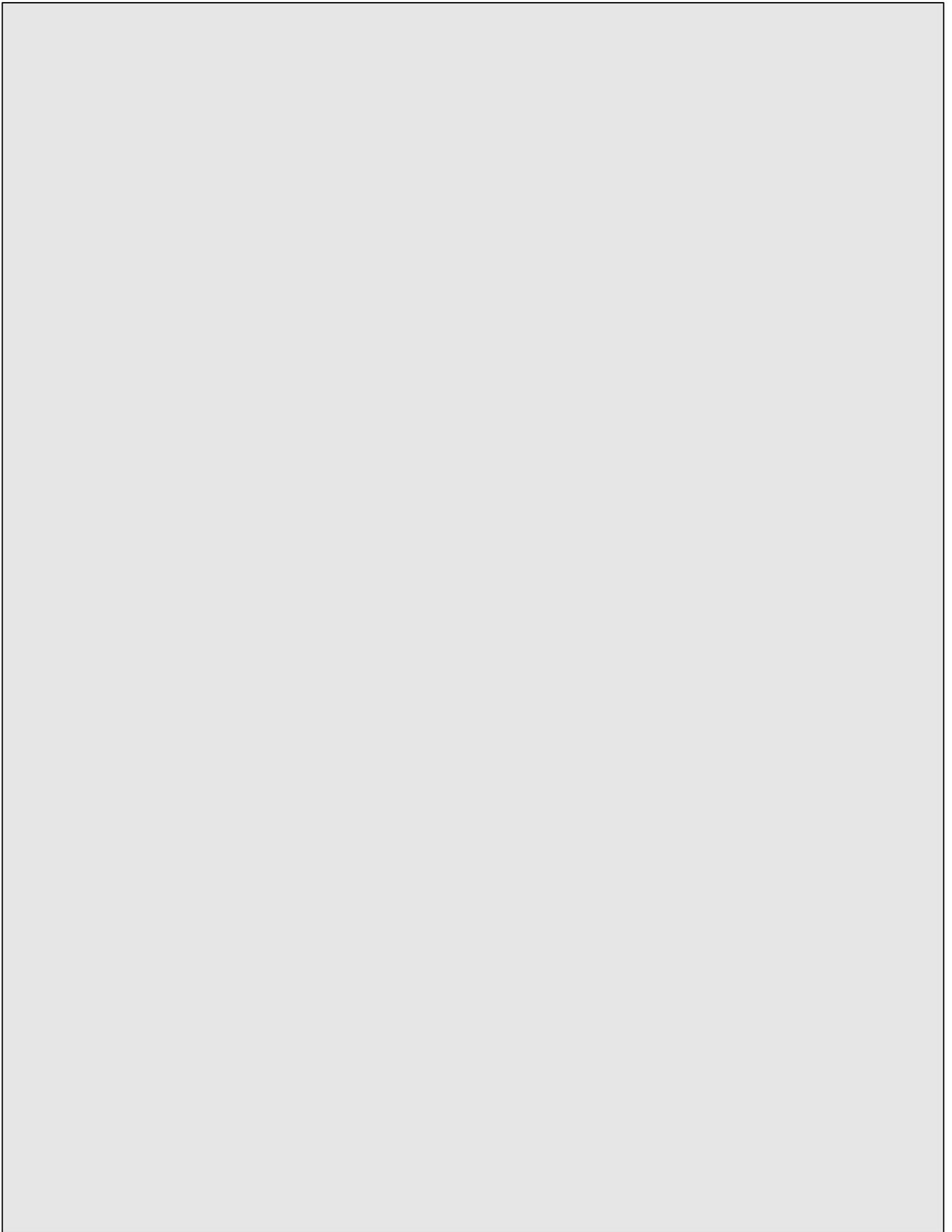
In this update of the 1940's animated Disney classic film, is the mixture of animation and music. The film is set to the music of "Beethoven's Fifth Symphony," "The Pines of Rome," "Rhapsody in Blue," "Piano Concerto No. 2" and "Pomp and Circumstances and the Firebird." Mickey Mouse stars as the sorcerer's apprentice. **(G) 74 minutes**

Saturday, 7:30 p.m. **"Me, Myself and Irene" – Jim Carrey**

When he forgets to take his medication, Charlie, a Rhode Island state trooper with multiple personality disorder, finds himself fighting his alter ego. One personality is crazy and aggressive, while the other is more friendly and laid back. Both personalities fall in love with Irene. **(R) 116 minutes**

Aug. 18, 7:30 p.m. **"Chicken Run" – Animated**

At Tweedy's Chicken Farm, any chicken who doesn't make her egg quota can meet a "fowl" fate. But Ginger and her fellow flock are determined to break out before they can be fried. Trapped behind barbed wire, fearing for their very lives, Rocky, Ginger, Babs and Fowler hatch a desperate plan to fly the coop. **(G) 83 minutes**



Fitness & Sports

Sports line

Health Fair: The Health and Wellness Center will be sponsoring a Year of the Family 2000 Family Health Fair Monday from 9 a.m.-4 p.m. in the Base Exchange lobby. It will include free health screenings for cholesterol, blood pressure and vision. Information will also be available on health-related topics. Prizes and giveaways will be offered. For more information, call 963-4007.

Golf tournament: The Chiefs' Group will host a golf tournament Aug. 25 at Wrenwoods Golf Course beginning at 8:30 a.m. Check in begins at 7 a.m. Entry fee is \$12 per player, plus green fees (includes lunch and beverage).

The format will be captain's choice. Prizes will be given for longest drive and closest to pin. Sign up at the golf course or contact Chief Master Sgt. Bob Langston at 963-2383, cell phone number 412-5887.



Larry Brazil of the Chiefs lets a pitch by during the recent Colonels/Chiefs game.



At left, fans of the Colonels had plenty to cheer about as the Colonels beat the Chiefs, 26-4.



Norm Moore (left) and Jon Roop of the Colonels collide as Roop comes up with the catch.

Strength training benefits more than muscles

Regular weight training does more than just build better muscles, it builds a better, healthier body.

Several new studies confirm the benefits of mild-to-moderate resistance training, which includes reduced blood pressure, lower LDL ('bad') cholesterol levels and higher HDL ('good') cholesterol levels, all of which improve cardiovascular health overall.

Another study examined the effect of weight training on osteoarthritis, a common condition among older adults that affects balance and increases the risk of falling. This study and others confirm that exercise of any kind improves strength, gait and ability to perform activities of daily living among older adults with osteoarthritis, and, in many cases, reduces the pain associated with the disease.

(Source: Journal of the American Heart Association)

