

AIRLIFT Dispatch

Vol. 42, No. 17

437th Airlift Wing, Charleston AFB, S.C.

Friday, April 25, 2003



Photo courtesy of Foster's Daily Democrat, Dover, N.H.

Homeward bound

During an in-flight refueling by a California Guard KC-135, former prisoners of war Chief Warrant Officer David Williams and Pfc. Patrick Miller are seen returning home in a C-17 flown by Charleston AFB Saturday.

FULL FORCE

Last of CAFB's C-17s arrive; now at 53



Page 6

IN BAGHDAD

Teamwork helps get C-17s in heart of Iraq

Page 7

GRASCAR

Mowers raise grass cutting to new level



Page 15

FIT TO FIGHT

Airman works hard to become war-ready

Page 18

Team Charleston: One family, one mission, one fight!

COMMENTARY

Commander's Comments

By Col. Brooks Bash
437AW commander

Hearty congratulations to this quarter's award winners, announced at a Tuesday luncheon: **Capt. Jason Nulton**, 437th Logistics Readiness Squadron; **1st Lt. Richard Grab**, 437th Comptroller Squadron; **Senior Master Sgt. Allan Harris**, 437th Mission Support Group; **Tech. Sgt. Jeffrey Jones**, 437th Civil Engineer Squadron; **Airman 1st Class William Senecal Jr.**, 437 CES; **Senior Airman Gregory Hallum**, honor guard member from the 437th Maintenance Group; **Kathleen Perry**, 437th Mission Support Squadron, (category I civilian); and **Cynthia Hughes**, 437 CES, (civilian category II).

Additionally **Capt. William Ormiston**, 15th Airlift Squadron, has been named 21st Air Force's nominee for the Gen. Robert "Dutch" Huyser award, which recognizes superior leadership and significant accomplishments. Congratulations to all of our award nominees and winners!

Another outstanding Team Charleston member is **Senior Airman Alexandra Melenciano**, a dental assistant apprentice who was my shadow on Tuesday. She is a former Marine, with less than a year on station. She likes the educational and training opportunities the Air Force offers, and is a fine example of the airmen this base relies on for outstanding mission accomplishment.

Thank you to everyone who joined us at the Bunny Hop Thursday, particularly those squadrons who came out in force. Mark your calendars for May's Armed Forces fitness run, May 13.

In celebration of May as the month of military child, the CAFB youth programs are sponsoring a family fun day tomorrow, 11 a.m. to 2 p.m. on the field behind the Youth Center. With face painting, games, a jump castle, and pony rides, this is a great opportunity to build some happy memories with your children. Please come out and join the CAFB family in honoring its youngest members.

The following weekend, the Air Force Association holds its state convention here, with golf, a C-17 tour, and an awards banquet. See page 13 for additional information.

Also in May we celebrate Asian Pacific Islanders month, with activities including Taste of Asia at the base exchange, May 3, 10 a.m. - 1 p.m. There will be an Asian ethnic lunch at the Club, Bowling Center, and Dining Facility May 19. On May 23, 2-5 p.m., there will be karate demonstrations and Polynesian dancers teaching hula dancing at the grand opening of the newly renovated pool.

Though Operation Iraqi Freedom is transitioning to a sustainment



Photo by Airman 1st Class Jason Bailey

Col. Brooks Bash, 437th Airlift Wing commander, helps inspect the bicycle racks during a dorm inspection here Tuesday.

phase, our operations tempo has not let up. The 437th Aerial Port Squadron set a new record Easter Sunday, sending out 683 tons of cargo. In the two weeks following the April 7 activation of approximately 160 aerial porters from the 315th Airlift Wing's 38th and 81st Aerial Port Squadrons, the aerial port set a new two-week high for cargo loaded, with a daily average of 478 tons. The 437th Logistics Readiness Squadron Traffic Management Office, which unloads the trucks of arriving cargo, and the 437th Security Force Squadron, which inspects trucks arriving on base, stepped up their pace, with an average 330 trucks every week, compared to a pre-war average of 83 trucks weekly. Additionally, the Gaylor Dining Facility increased its meal service recently from a pre-war average of 19,000-21,000 meals per month to 30,000 meals served last month.

Everywhere I go on base, I see people working hard, making a direct contribution to the war effort. Keep up the great work, and be safe!

Correction

■ The April 18 edition of the *Airlift Dispatch* incorrectly identified the squadron responsible for airlift operations at Rhein-Main AB, Germany. The 817th Expeditionary Airlift Squadron, led by CAFB's 14th Airlift Squadron, managed missions from that location, with active duty and Reserve aircrews from all airlift squadrons at CAFB and McChord AFB, Wash., flying missions in support of Operations Enduring Freedom and Iraqi Freedom.

Action Line caller thanks housing maintenance personnel

Q: I would like to recognize the folks over in the housing maintenance section for their hard work and quick response times to calls. I had the opportunity to request their assistance four times within a three-week time period and was amazed at the timeliness of their response and the magic they worked when

they arrived. I just wanted pass on my sincere appreciation for the dedication and professionalism I was afforded. They have one of the many thankless jobs in the military today, and I would just like to say thanks.

A: Thank you for taking the time to recognize the outstanding work of our

civil engineer professionals. The housing maintenance craftsmen who worked on your facility, Michael Walker, Jack Still, and Mitch Dowdle, along with the other 16 members of our housing maintenance staff, do a fantastic job maintaining our housing units on a daily basis. They respond to nearly 12,000 service calls annually, admittedly a daunting task, but have definitely discovered the formula for

success in their business. Again, thank you for recognizing just a few of the many talented, hard-working professionals we are proud to have as members of Team Charleston.

— Col. Brooks Bash
437AW commander

action@charleston.af.mil
963-5581

... Integrity ... Service ... Excellence ...

Protocol: core values at work

By **Kathy Knichel**
437 AW Protocol

Command Post picks up a hot line when a distinguished visitor drops in unexpectedly. The wing commander calls to say President Bush is coming to town. A squadron section commander picks up the phone and dials to get a sample script and advice for a change of command, retirement or promotion ceremony.

Who's at the other end of the line for all these callers?

The 437th Airlift Wing Protocol office—putting the Air Force core values into practice to make Protocol a frequent benchmark for the rest of the command.

Integrity first. In the past three months, we have hosted 38 distinguished visitors, compared with 135 visitors in all of 2002. With a staff of two civilians and three NCOs, that pace makes us the second busiest protocol office in the command, with only Andrews AFB, Md., topping our pace.

Without integrity, and with this many visitors, it would be easy to let the smallest details slide. But it's that attention to detail—having the vehicle pre-positioned, double-checking the wake-up call, meeting a special dietary need on the menu—that sets us apart.

Service before self. Most of the functions or visits Protocol supports recognize and honor the service of Charleston's airmen and civilians. We routinely produce detailed agendas for distinguished visitors, making arrangements for greeting, transporting, lodging and feeding visitors. We also give the final scrub to numerous base-wide event scripts, such as changes of command, pin-on

ceremonies and retirements. Our goal in all of this is to make the visit or event meaningful to the people who serve.

Excellence in all we do. Our mission requires the office to be flexible and able to respond quickly, as was illustrated recently when a three-star general visited with less than 72 hours notice. On top of already high ops tempo, Protocol organized and distributed a complete agenda; the visit went off without a hitch.

But while people often think of us only in terms of high-visibility visits, we also work to make even the smallest ceremony top-notch. That commitment to excellence has earned CAFB a reputation throughout the Air Force for first-class support.

worth repeating

"Core values guide our service and make Protocol a key player in the wing's ability to accomplish the mission."



— **Kathy Knichel**
437th Airlift Wing Protocol

Protocol is the first place you go if you need a checklist for a ceremony or are selected to serve as a project officer for the wing commander. We will give you everything you need to make your visit successful. We are also the last place to go when you are putting the final touches on a dining-in, award banquet or heritage luncheon.

Committees, drawing from the experience handed down by their predecessors and implementing the commander's vision, plan these types of events. However, we can direct you to other resources and give you assistance with handling distinguished visitors.

Whatever your event, Protocol is there to help you. Our mission is to provide ambassadorship to all distinguished visitors while creating a lasting impression of Team Charleston and the surrounding community. From beginning to end, core values guide our service and make Protocol a key player in the wing's ability to accomplish the mission.

The DOC spot



Capt. Krista Civiletti

437 MDG Phoenix Team element leader

Education: After earning her bachelor's degree from Kutztown University of Pennsylvania, Civiletti also earned a doctorate of Osteopathy from Philadelphia College of Osteopathic Medicine.

While stationed at Scott AFB, Ill., she went to the St. Louis Family Practice Residency Program in 2001.

Civiletti then arrived at Charleston AFB in July 2001.

Best part of job: Getting to know the whole family. People go into Family Practice for the whole family dynamics. It's the inclusive mind, body and spirit of Family Practice that I enjoy most.

Biggest challenge: "All of the administrative duties on top of the medical care of the patient."

Sound medical advice:

"An ounce of prevention beats a pound of cure."

Dispatch

The *Airlift Dispatch* is published by Diggle Publishing, Inc., a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 437th Airlift Wing. This civilian enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the *Airlift Dispatch* are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Air Force.

The appearance of advertising in this publication,

including inserts or supplements, does not constitute endorsement by DOD, Air Force or Diggle Publishing, Inc., of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

Editorial content is edited, prepared, and provided by the 437th Airlift Wing Public Affairs Office. All photographs are Air Force photographs unless otherwise indicated.

Deadlines

The deadline for submitting stories for space-available publication is prior to noon of the Friday preceding

the desired publication date. The *Airlift Dispatch* staff reserves the right to edit all copy submitted for publication.

Advertising

Classified advertisements may be referred to Diggle Publishing, Inc., P.O. Box 2014, Mount Pleasant, S.C., 29465, or e-mailed to classified@digglepub.com. Classified advertisements are free, with the exception of personal business ads, for active-duty military members and their spouses, retirees and reservists.

Address/Numbers/e-mail

Editorial content is provided and edited by the 437th Airlift Wing Public Affairs Office, Bldg. 1600, Rm. 224. Phone: (843) 963-5608, Fax: (843) 963-5604

Mail to: 437 AW PAI, 102 East Hill Blvd. Charleston AFB, SC 29404-5154
E-mail to: dispatch@charleston.af.mil

Editorial staff

437 AW Commander - **Col. Brooks Bash**
Chief, Public Affairs - **Maj. Linda Pepin**
Chief, Internal Information - **Capt. Krista Carlos**
Editor - **Airman 1st Class Stephanie Hammer**
Staff writer - **Tech. Sgt. Ruby Zarzyczny**
Photo support provided by 437 Visual Information:
Staff Sgt. Corey Clements
Airman 1st Class Tyrone Pearsall
Airman 1st Class Jason Bailey
Andre Bullard

NEWS

Team Charleston receives last of scheduled C-17s

New plane arrival April 17 brings CAFB's Globemaster total to 53

By Senior Master Sgt.
Charlie Hall, Jr.
81st Aerial Port Squadron

It wasn't just another shiny new C-17 that arrived; it was the final one scheduled for Charleston AFB.

An all Reserve crew from the 315th Airlift Wing flew the 102nd production C-17 April 17 from the Boeing plant in Long Beach, Calif., to CAFB, bringing Charleston's fleet total to 53.

The delivery official, Brig. Gen. Bob Corley, is a pilot with Northwest Airlines, and a reservist with the Secretary of the Air Force's Inspector General office in Washington, D.C.

"It flew like a dream," said General Corley as the aircraft touched down for a picture-perfect landing in Charleston after the five-hour coast-to-coast flight.

Also along for the delivery were aircrew members representing all three Reserve flying squadrons assigned to the 315th Airlift Wing.

Maj. Steve Bartosh, instructor pilot with the 701st Airlift Squadron, took General Corley through the C-17 simulator at the Boeing plant, and flew right seat most of the way home to Charleston.



The last of Charleston AFB's C-17 arrived on base April 17, bringing the total number of C-17s at CAFB to 53. Photo by Staff Sgt. Corey Clements

Maj. Debbie Rieflin, 315 AW safety officer, also shared in the flying the aircraft to Charleston.

"We took turns flying it here, but it was the general who made the takeoff and landing," said Rieflin.

"Being a part of this delivery team was really a momentous occasion," he continued.

Also representing the wing staff was the vice commander, Col. J.P. Hall. Colonel Hall commented that

this aircraft and Charleston's first C-17 delivered June 14, 1993, are as different as night and day.

"The navigation and communication system on this aircraft are much more advanced than the earlier version nearly 10 years ago," Colonel Hall said.

There have been 13 "block" changes from the first aircraft until now. A block change is a series of modifications and improvements.

"Other major improvements are the extended range fuel tanks," added Colonel Hall. This capability really shortens the crew duty days by eliminating time consuming fuel stops.

Maj. Bill Edwards, command pilot with the 317 AS, rounded out the delivery pilot crew. He described the state-of-the-art satellite phone system to General Corley.

"This system allows you to sit on a remote runway on a dark, stormy night downloading cargo and call anywhere in the world for the current weather at your next location," said Major Edwards.

The loadmasters on board also represented all three squadrons. Master Sgt. Bobbie Barrett, 300th Airlift Squadron, Tech. Sgt. Peter Anderson, 317 AS, and Master Sgt. Allen Larson, 701 AS, had the honor of sharing loadmaster duties on the flight to Charleston.

"Now that's the way a seat is supposed to feel," said Sergeant Larson as he sat comfortably at the loadmaster station.

P-102 flew its first operational mission Saturday to Rhein-Main AB, Germany, in support of the war on terrorism.

Trident United Way recognizes CAFB's commitment to families

Team Charleston receives Lowcountry Family-Friendly Workplace award

By 2nd Lt. Shaloma McGovern
437 AW Public Affairs

Charleston AFB was selected as this year's recipient of the Trident United Way's 2003 Lowcountry Family-Friendly Workplace Award, large business category, for demonstrating family-friendly practices throughout the previous year.

The award was formally presented to CAFB April 11 as part of the Trident United Way's celebration of the Week of the Young Child. The

award recognizes businesses from all sectors of South Carolina's Lowcountry that consistently demonstrate family-friendly practices through workplace programs, policies and practices.

"CAFB was head and shoulders above other applicants," said Chris Kerrigan, Lowcountry Trident United Way president.

"Family Friendly" is a broad term referring to a work environment that seeks to support the employees' needs outside the workplace, according to Trident United Way officials. Family-friendly workplaces establish and sustain programs and policies meant to ease the stress inherent in managing both job and family responsibilities.

"Putting the nomination package together was the easy part, the hard work comes from the base helping agencies," said Master Sgt. Ken Gilmore, 437th Mission Support Squadron family readiness NCO. "The agencies at CAFB continue to demonstrate an active commitment to employees and

families."

The following are a few areas of CAFB recognized by the award:

- The 437th Services Squadron provides customer-driven programs and services to promote fitness, family well-being and unit cohesiveness

- The Fitness and Sports Center has the latest in exercise equipment and programs, including diet, nutrition and general fitness seminars held regularly

- The Outdoor Recreation Center provides a wide variety of equipment rentals and helps schedule individuals and groups for canoe trips, white water rafting, rock climbing, camping, biking and scuba diving

- CAFB youth programs offer recreational, educational, and social activities for 5-17-year-olds

The base will automatically be considered for the South Carolina State Family Friendly Workplace Award.

Team effort puts C-17s on the ramp at Baghdad

By Maj. Linda Pepin
437 AW Public Affairs

Charleston C-17s touched down in Baghdad under cover of darkness April 10, carrying 885,000 pounds of cargo and 288 personnel for a mobile command post in the Iraqi capitol.

Aircrews from all four CAFB active-duty airlift squadrons flew the seven flights, landing on the ramps of Baghdad International Airport because the fleeing regime had obstructed the runways, according to Col. Tim Lewis, 437th Operations Group deputy commander, who commanded the mission.

"What was really impressive was seeing the entire team come together to support the mission—the support guys, the communicators, the contracting guys, the planners, the crews, the loadmasters—it was an entire team effort that came together and worked just magnificently," Colonel Lewis said, crediting maintenance crews for their role. "The maintainers had to make sure the planes were ready for us—they were just incredible."

"It was a great experience to finally see all of our training and hard work get utilized for such a great

cause," said Staff Sgt. Sean Starkey, 437th Aircraft Maintenance Squadron.

The mission required more than just the airlift crews and their support personnel, according to Colonel Lewis. "We had guys who synchronized and deconflicted the routes, who made sure we had fighter coverage for suppression of enemy air defenses, who made sure we had electronic attack to support us, and who got close air support for us."

Flying into the airfield, C-17 crews were not under any aimed or effective enemy fire, the colonel said. "Did we see the stuff? You betcha. We could see the fires in Baghdad, and bombs going off all around, but where we were, we didn't have anything directed at us."

"The tactics were similar to what we used in Afghanistan," Colonel Lewis continued. Aircrews used night vision goggles and were guided in with covert runway lighting that can be seen only with NVGs, not with the naked eye.

"Once we got on the ground, everyone helped in minimizing the time the aircraft was on the tarmac," said Tech. Sgt. Chris Schick, 17th Airlift Squadron loadmaster. "We could not have downloaded the aircraft as fast without the help from our commu-

nication specialists or maintenance personnel."

As a former commander of the 386th Aerospace Expeditionary Group in Kuwait, where he supported Operation Southern Watch for a year, Colonel Lewis takes great satisfaction in having flown into the Baghdad airport—something he never envisioned.

"The feeling of being a commander in Kuwait, looking at the Iraqi integrated air defense system and knowing it was possible [to get through], and then to actually do it was the opportunity of a lifetime," he said.

"You have concern, because there were still numerous known [anti-aircraft artillery, surface-to-air missiles, man-portable air defenses] and small arms fire going on—so you still had concern," said Colonel Lewis. "But it was like, you get a little smile and you go, 'we gotcha.' It's like scoring the 60th point in the Superbowl and the other team has zero."

"Having the opportunity to land at Baghdad International was a great culmination of our support for Operation Iraqi Freedom," said Lt. Col. Mike Thayne, an aircraft commander from the 14 AS. "This was the great prize – we all wanted to say we'd operated into Baghdad."

AMXS named best in Air Force

By 2nd Lt. Jennifer Andrews
437 AW Public Affairs

The 437th and 315th Aircraft Maintenance Squadrons won the large aircraft category of the 2002 Maintenance Effectiveness Award for best aircraft maintenance unit in the Air Force.

"The 437th and 315th squadrons launch the C-17s with professionalism," said Maj. Robert Butz, 437th AMXS maintenance supervisor. "From moving combat troops and equipment, to vehicles and support equipment for the president, we do our jobs with pride all over the world."

The squadron's mission is to perform aircraft maintenance, ground handling and servicing, and mission configuration on C-17s to support the wing's global airlift, aeromedical evacuation, combat airdrop, transient and special operations missions. The squadron also deploys personnel and equipment in direct support of contingency and humanitarian relief operations.

"We really define the concept of service before self," said Major Butz. "In 2002, we supported more than 11,200 sorties and flew more than 46,000. We also demonstrate what 'total force' really means. Our Reservists are virtually indistinguishable

from their active duty peers. They add great value to this organization."

With war looming, the squadron maintained an 85 percent mission-capable rate and a 95 percent maintenance departure-reliability rate with no increase in manpower.

The squadrons also took their skills on the road with 553 maintenance personnel tasked to more than 112 separate deployment sites.

"The award recognizes the hard work and dedication of our maintenance workforce, 24 hours per day, 7 days a week," said Chief Master Sgt. Dave Champagne, 437 AMXS superintendent.

"AMXS maintainers and the C-17 are really the backbone of Operations Enduring Freedom and Iraqi Freedom," said Chief Champagne. "Our people have shown their pride, their training, and their discipline. I'm so proud to finish my 30-year Air Force career as a member of this winning team."

The active duty and Reservists working together seamlessly contributed to the award.

"This award—Air Force level recognition—reflects very well on the highly skilled and dedicated maintainers who make this mission happen," said Major Butz. "Our people continue to amaze us with outstanding performance."



Photo by Airman 1st Class Tyronna Pearsall

Senator in the house

Lt. Col. Lindsey Graham, a Reserve judge advocate and U.S. senator, served April 17-18 at the Charleston AFB legal office during his Individual Mobilization Augmentee duty.

AROUND THE AIR FORCE

Tax relief, danger pay eligibility expands

WASHINGTON – Tax relief and special pay for servicemembers involved in Operation Iraqi Freedom have expanded.

On April 11, a Defense Department memo certified that OIF troops stationed in Turkey and Israel and deployed to Mediterranean waters east of 30 degrees east longitude are now eligible for combat zone tax relief.

Also, servicemembers deployed in the same Mediterranean water area now qualify for imminent danger pay.

Effective date for the added combat zone tax relief in Turkey and Israel is retroactive to Jan. 1. Water-deployed eastern Mediterranean troops started their tax relief status April 11, the same date they became eligible for imminent danger pay.

These rules determine entitlement to imminent danger pay:

— Servicemembers who serve on official duty in one of the designated areas for any part of a month are entitled to imminent danger pay for the entire month.

— People on duty flying in airspace specifically included in a danger-pay area are eligible even if they do not land there. On the other hand, if the airspace is not designated for the pay, servicemembers are not eligible for it unless they land in the area.

— Servicemembers who perform duty on a vessel operating in an area designated for that pay are eligible.

The emergency supplemental bill President George W. Bush signed April 16 raised imminent danger pay to \$225 per month, a \$75 increase retroactive to Oct. 1.

For tax relief, enlisted members and warrant officers serving in a combat zone for any part of a month exclude all gross income received for military service that month. Amounts excluded from gross income are not subject to federal income tax.

For commissioned officers, the monthly exclusion is capped at the highest enlisted pay, plus any hostile fire or imminent danger pay received. That means through September 2002, the most an officer could earn tax free each month was \$5,532.90 (\$5,382.90, the highest monthly enlisted pay, plus \$150 hos-

tile fire or imminent danger pay).

With the start of the increased imminent danger pay Oct. 1, the combat zone tax relief limit was raised to \$5,607.90 per month for the rest of 2002. This year, this limit is \$5,957.70. **(Air Force Print News)**

AAFES serves troops in Iraq from Landcruiser

DALLAS – The Army and Air Force Exchange Service's "Team Iraq" was on hand during the first days of Operation Iraqi Freedom in that country at logistic support areas in Adder and Tallil.

In less than a day after arriving in Tallil Air Base April 6, the AAFES team was able to begin serving the troops.

Craig Sewell, who has responsibility for all operations Enduring Freedom and Iraqi Freedom exchange services, and Dennis Hatcher, Kuwait area manager, loaded merchandise into an old Toyota Landcruiser with a 50-caliber machine gun mounted on top. They then set out to find their first customers. Along the way, the "combat retailers" managed to stop at five

locations around Adder and Tallil.

"We took along the most requested merchandise — cigarettes, snack items, chewing tobacco, baby wipes and Gatorade," said Hatcher.

Sewell said some of the items were so popular that commanders got on their radios to notify vehicles on patrol that they were available and that the AAFES team would be heading their way. The merchandise items had all been carried into Iraq by the AAFES team in backpacks and footlockers via a C-130 Hercules flying at 300 feet off the ground — low-level flying under combat conditions — from Kuwait to Adder.

"It was not pretty, but pretty was not as important as providing the service," said Sewell. "This is real combat shopping in Iraq."

That same day, other members of the team went in search of a permanent "hard site" facility location. They found it in what Hatcher referred to as a "bombed out, trashed out, deplorable looking base." Nevertheless, 6 p.m. April 9 — three days after arriving in country — the AAFES team turned an old, 10,000-square-foot gymnasium into an exchange ready for business. **(Air Force Print News)**

Officials warn of flea, tick collar dangers

WASHINGTON – Officials at the Armed Forces Pest Management Board said good-intentioned citizens and family members should not include flea and tick collars in care packages to troops.

Responding to reports that people and organizations are sending pet collars to troops in Iraq and Afghanistan, Army Maj. Dwight Rickard, contingency liaison officer for the board, warned of the dangers involved.

"Flea and tick collars are not approved for humans and, in fact, are quite detrimental to the skin," Rickard said.

According to Rickard, the best way to protect against fleas and ticks is to use measures found in AFPMB Technical Guide-36, titled "Personal Protective Measures Against Insects." The guide describes DOD's insect repellent system and other techniques to ward off fleas, ticks and chiggers.

To learn more about the insect repellent system, visit the pest management board's Web site at <http://www.afpmb.org>. **(Air Force Print News)**

Combat Camera Photo of the Week



Soldiers in the mist

Special operations soldiers patrol through west Baghdad recently to provide security for a local hospital.

Photo by Staff Sgt. Jeremy Lock

NEWS BRIEFS

Spotlight

Range safety: Illegally entering the base firing ranges, located adjacent to the Rivers gate, explosive ordnance disposal ranges, munitions storage site and the Cross County Road gravel pit, is illegal and can be extremely dangerous due to weapons training conducted daily. The ranges are not for personal use. For more information or authorization, call the range personnel at 963-5292.

Community support

Concert: The Clarion Hotel is sponsoring a freedom concert in honor of military members and their families May 4, 1 p.m. Tongue and Groove, a local band, will play and several businesses will donate food and supplies. Reservations are required. For more information, or to make reservations, call the hotel at 572-2200.

Baseball: The Citadel Bulldogs and Charleston Southern University play at Riley Park May 7 at 7 p.m. The event is free to military personnel and their families with a valid ID card. For more information, call Rebecca Raynor at 953-6765.

Around the base

Remember the Holocaust: A self guided walk through the history of the Holocaust is on display Monday-Tuesday, 10 a.m. - 3 p.m., at the Carolina Room at the Charleston Club.

A Holocaust film focusing on the lives of three Holocaust survivors living in Charleston will be on display Tuesday, 6:30 p.m., at the Jewish Community Center at 1645 Wallneberg Blvd, Charleston, S.C.

A Silent Memorial Candlelight March starts at the Holocaust Memorial and Marion Square, Downtown Charleston, and ends at the BSBI Synagogue, 182 Rugledge Ave. Wednesday, 6:30 p.m. For more information, call Capt. Heather Gordon at 963-3662.

Top 3: The Top 3 Association will hold their annual Golf Tournament May 9, 11 a.m., at the Wrenwoods Golf Course. The cost is \$15 plus green fees and cart. For more information, call Senior Master Sgt. Matt Harless at 963-8004, or e-mail matt.harless@charleston.af.mil.

Charleston Warrior of the Week



Sean Erbe

437th Communication Squadron

Sean Erbe is a visual information specialist at the 437th Communications Squadron Visual Information.

"I design brochures, motivational posters, signs; pretty much anything a customer needs to get their message out," said Mr. Erbe. "I also provide audio-visual support for various wing functions."

Mr. Erbe loves the graphic design portion of his job.

"I enjoy working with customers to give them a product that fulfills their needs, and sometimes exceeds their expectations," said Mr. Erbe. "Whenever I see something I designed hanging on a wall somewhere it really makes me feel good."

"In the future I see myself working in graphic design with a large advertisement firm," he continued. "I hope to someday own an art gallery in downtown Charleston. I enjoy downtown Charleston. To me it is the most beautiful part of the Lowcountry, and I go down there every chance I get."

When not at work, Mr. Erbe said he spends the majority of his time with his girlfriend of three and a half years and "just tries to enjoy life."

"I guess what makes me unique is that I try to put a positive spin on everything in life," he said. "I just make everything fun."

Photo by Staff Sgt. Corey Clements

The Top 3 Association will also hold its annual Steak Out June 4, at the base picnic ground. Top 3 ticket point of contacts are needed from each unit. For more information, call Master Sgt. Charles Gosner at 963-7133.

Health care by appointment: Recently, the 437th Medical Group experienced a significant increase in patients 'walking in' for health care. To continue to provide exceptional customer service, the clinic's policy is to provide health care by appointment. They ask all patients with routine and non-emergency needs to call for an appointment at 963-6880 to enable the 437 MDG to provide timely, quality care for all patients.

Emergency care: If you have a critical condition or emergency that threatens life, limb or eyesight, call 911 or go to the nearest emergency room. After the emergency is taken care of, call a Primary Care Manager within 24 hours for authorization and TRICARE referral at 963-6790 for Family Practice, or

963-6923 for Flight Medicine.

Airmen's Attic: The Airman's Attic takes donations to assist senior airmen and below. Acceptable donations include household items, linens, clothing, toys, furniture and appliances. To make a donation, visit the Airmen's Attic at the Family Support Center Mondays, 9-2:30 p.m. and 3:30-4 p.m., and Tuesdays-Fridays, 9 a.m. - 4 p.m. They are closed the first Friday of every month.

DRMO: The Defense Reutilization Marketing Office can help meet mission requirements. All DoD organizations can screen free excess assets at www.drms.dla.mil. For more information, call the 437th Logistics Readiness Squadron at 963-4835.

Stories: The Medical Operations Squadron is looking for personal stories on how base nurses or medical technicians may have positively touched a patient's life for use in an upcoming article. Volunteers are asked to contact Lt. Col. Dezell at 963-6830 if they have a story they would like to share.

AFA: The Charleston Chapter of the Air Force Association hosts the South Carolina state convention at Charleston AFB, May 2-3.

Events include a May 2 golf tournament at Wrenwoods Golf Course, with noon registration. Cost is \$35 per person and includes cart and green fees. There is a \$25,000 cash prize for a hole-in-one, and a new car as another hole-in-one prize. Sign up through the Wrenwoods Golf Course, or by calling 963-2200.

The awards banquet is May 3, noon, at the Charleston Club. Maj. Gen. Ron Bath, director of Air Force Strategic Planning, is the keynote speaker. Cost is \$12 per person. Convention attendees will also have the opportunity to tour a C-17 and other base vehicles that support the C-17 mission.

The AFA is an independent non-profit civilian organization promoting public understanding of aerospace power and the role it plays in the security of the nation.

For additional information on the convention or to join the AFA, call Col. David Snodgrass or Capt. Colin Huckins at 963-2200.

FEATURE

MOW OVER NASCAR

THERE'S A NEW RACE IN TOWN

Are you a NASCAR fan, but with the pace of operations can't find enough time to go to the races? Well, there is a sport just for you – GRASCAR lawn mower racing.

"It [GRASCAR] started with a group of Air Force maintenance guys after they saw on the Internet how to make their lawn mowers go faster," said Master Sgt. Jeff Henderson, noncommissioned officer in charge of Maintenance Special Operations Flight, 437th Aircraft Maintenance Squadron.

Modeling their races after the United States Lawn Mower Racing Association created in 1992, the

first races in Charleston were held "just for fun."

Later Henderson and his partner, Master Sgt. Bob Vanlinden, Baracuda Flight superintendent, 437th AMXS, owners of a Lawn Service, "mowed" in and sponsored more organized races during the Charleston 2002 GRASCAR season.

"We race for trophies and bragging rights," said Vanlinden. "We even have a Web site, www.grascar.com, where you can read the

GRASCAR rules and get the season standings, as well as learn about some of the drivers

2003 Official Driver Standings

Factory experimental

1. Philip Paradise, Baldwin Enterprises
2. Joseph Monter, Messa Racing
3. Troy Barber, TSB Racing
4. Dave Charls

Stock modified

1. Matthew, Hot Wheels Racing
2. Paradise
3. Monter
4. Eugene Guse, TSB Racing
5. Samanatha Paradise, Baldwin Enterprises
6. Debra Baldwin, Baldwin Enterprises
7. Mark Henderson, Henderson Racing
7. Jeff Henderson, Henderson Racing
7. Sean Starkey, TSB Racing
7. Bob Thaman, TSB Racing
7. Steve Keastner
7. Rudy Dyess, Dyess Racing
7. Robert Vanlinden, Vanlinden Mowers

Baldwin Enterprises racing team creates logo signs to identify their team trailers. These trailers are used to transport racers and their modified lawn-mowers.



Philip Paradise (back) and Matt Wheeler (front) mow to a photo finish as they enter the last turn of the GRASCAR racetrack near Ridgeville, S.C.

Photos By Senior Master Sgt. Bob Neuman

and their mowing machines."

Vanlinden said anyone young or old, male or female can race.

"I got into GRASCAR because, with the pace of things today, our family has not been able to spend much time together," said Debbie Baldwin, deputy chief, 315th Airlift Wing Public Affairs. "We decided to participate in the events together."

"At my urging, my husband built four mowers," said Baldwin. "The Hooters mower with a 12.5 hp engine; Ol Glory with a 15 hp engine; and Full Rabbitt and Bambi, both with 18 hp engines. Additionally, I designed a logo for our team, The Baldwin Enterprise Racing Team. I wanted my mower to reflect my patriotism, so I made it red, white and blue."

When the first day of the race came, racers ensured each mower had a fully charged battery, was clean and all liquids were filled, said Baldwin. "Dressed in our team shirts, we headed to a horse pasture in Ridgeville, S.C., where the first race of the 2003 GRASCAR circuit was held."

GRASCAR lawn mowers race

in four classes: Stock (10 mph), Stock Modified (20+ mph), Factory Experimental – decks removed (60 mph) as well as two Grass Eliminator Drag Racing divisions. All mowers have their cutting blades removed.

The first race of the season was a 10-lap stock modified race.

"My heart pounded as I started Old Glory and headed to my pole position, 5th position, behind my daughter and son-in-law," said Baldwin. "I was the oldest one on the track, and I held on for dear life as I took that first curve and hit the tire. I was gaining on my daughter, but due to mechanical failure, I didn't finish the race."

"You may think I am crazy racing lawn mowers at my age, but the most important fact is our family had a good time together," said Baldwin. "With the world the way it is today, nothing is as important as family and friends."

For more information on GRASCAR, visit www.grascar.com or contact Staff Sgt. Matt Wheeler at 760-0418. (Courtesy of the 315th Public Affairs Office.)

Chapel schedule



107 Arthur Drive
Office: Monday-Friday, 7:30 a.m.-4:30 p.m.
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 of each month at 11 a.m. in the Chapel Annex.

Protestant Services: *Sunday* - 9:30 a.m. Sunday School in Bldg. 245, 11 a.m. Traditional Worship Service and 11 a.m. Children's Church. *Sunday* - 9:30 a.m. Contemporary Worship Service in Bldg. 217 (old Chapel).

Buddhist: Columbia Shambhala Meditation Center, Suite 109, Columbia, S.C. 29405. Phone: (803) 254-9048.

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

Jewish: Synagogue Emanu-El, 5 Windsor Dr., Charleston, S.C. Phone: 571-3264.

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

Movie schedule

Admission: 99 cents for adults and children.

Any person under 17 years of age requires a parent or adult guardian (a minimum of 21 years old) to purchase an admission ticket for the minor to view R-rated movies. The ticket office opens 30 minutes prior to start of movie, unless otherwise noted.



Movie schedules are provided by AAFES. Patrons should call 963-3333 to verify movie titles, running times and start times,

which are subject to change.

Tonight, 7:30 p.m. **"Daredevil" – Ben Affleck**

Story of Matt Murdock, son of a boxer who gets killed by petty criminals for refusing to take a dive. This drives young Matt to fight crime, despite a childhood accident that robbed him of his sight. **(PG-13) 102 minutes**

Saturday, 7:30 p.m. **"Tears of the Sun" – Bruce Willis**

A team of Navy SEALs is sent into the jungle of Nigeria on a search-and-rescue mission for a doctor. Can a handful of U.S. soldiers get to their rendezvous point, or will several hundred African soldiers on their tail get them first? **(R) 121 minutes**

May 2, 7:30 p.m. **"Willard" – Crispin Glover**

Pestered by his coworkers, Willard exacts revenge when one of his pet rats is killed at work. Led by the unusually intelligent rat Ben, an army of rats descends on those who did Willard wrong. **(PG-13) 100 minutes**

SPORTS & FITNESS

Airman chops off pounds to become **FIT2 IGHT**

Story and photo by
Master Sgt. Angel Newman
437 AW Public Affairs

Now, imagine yourself a foot wider—around your mid section.

A 437th Civil Engineer Squadron airman doesn't have to imagine. He used to sport that extra foot and 70-plus pounds to go with it.

"Used to" are key words for Senior Airman Tim Geraghty, 437 CES heating, ventilation, air conditioning and refrigeration technician, who made a huge lifestyle change to become fit to fight.

"My weight and fitness level really became an issue for me when I was placed on the weight management program," said Airman Geraghty. "I had to make some changes."

Jason Ham, CAFB Fitness Program manager, first met Airman Geraghty in February 2002 during his initial evaluation for the Weight and Body Fat Management Program. He saw Geraghty had a long way to go to become a fit Air Force member.

"It was obvious he was in poor fitness standards due to a large weight gain he had had over the first years of his Air Force career," said Mr. Ham. "But I was impressed with his determination and commitment to losing the weight to get back within body-fat standards."

Both Mr. Ham and Airman Geraghty agreed that a very focused diet and consistent exercise program would be the best path for long-term weight loss and fitness.

"I had to start watching what I ate," said Airman Geraghty. "I cut back on carbohy-



Senior Airman Tim Geraghty changed his diet and lifestyle to lose 75 pounds and more than a dozen inches.

drates and red meat and added a lot more fruits and vegetables."

In addition to changing his diet, Airman Geraghty needed to find a fitness program that worked for him. His shop had a physical fitness program three times a week, but he needed something more, something he could really get involved with and stick to.

"You have to find out what works for you and what you are interested in," said Airman Geraghty. "For me it was martial arts. I now train three times a week in Konigun Ninjutsu. It gives me a great workout and increases my flexibility."

This combination equaled success for the Maryland native.

"It was amazing to see him come in each month getting smaller and smaller," said Mr. Ham. "His progress was a topic of conversation among many of the instructors here at the HAWC. He stayed focused and determined to make a lifestyle change."

Airman Geraghty said his coworkers and family were very supportive of his efforts.

"I got a lot of guidance from the HAWC, and now our shop has extended its physical training time to five days a week," he added.

Senior Airman Adrian Espiritu, 437th Comptroller Squadron customer service technician, watched Geraghty shed the pounds and increase his fitness. Espiritu shares Airman Geraghty's interest in martial arts and has been a regular training and sparring partner for more than two years.

"We both like this martial art style because it gives you the best workout," said Airman Espiritu. "It also helps you deal with stress and focus on the task at hand."

Airman Geraghty tackled the art of focus over the past year to maintain a program that led him back Air Force standards and a healthier life.

"Setting goals that are realistic and relevant are the most powerful tools to embracing fitness and proper diet as a way of life," said Mr. Ham. "Don't be concerned with how quickly you lose weight or get in shape. Be most concerned with consistency and making a lifestyle change."

Mr. Ham equates a "fit body with a fit mind," adding that the huge demands placed on today's Air Force personnel require everyone to be ready to go in a moment's notice.

"Fitness is readiness," Mr. Ham said. "A member who is physically fit typically does not have health restrictions that prevent deployment. And the product is a warrior who is able to sustain long duty hours to support a military that is getting smaller, yet required to do more."

It may all come down to motivation and determination.

"Every January the fitness center is packed with motivated people who want to shed those unwanted pounds," said Mr. Ham. "But by March they disappear."

Airman Geraghty agrees that persistence pays off. He has three new—much smaller—uniforms to prove it.

Editor's note: This is the first in a series on Team Charleston personnel making lifestyle changes to better meet the Air Force mission.