

AIRLIFT **Dispatch**

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437th Airlift Wing, Charleston AFB, SC

Friday, October 31, 2003



Photo by Senior Airman Tyrona Pearsall

Spooky Day

Michelle Carpenter wraps her husband, Staff Sgt. Craig Carpenter, 437th Maintenance Group, into a mummy's costume. The 437 MXG hosted this year's haunted house, which runs through tonight from 6:30 to 9 p.m. Children will be trick-or-treating on base from 6 to 9 p.m. For Halloween safety tips, see Page 17. Also, the base chapel is sponsoring a Fall Festival at 6 p.m. today at the base chapel.

OHANA

LRS/CC says military family is important

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COINS

History behind origin of coins revealed

Page 14

BASKETBALL

All Armed Forces BB camp to be held here

Page 19

MISSION POSSIBLE!

Charleston departures	16,090
Maintenance reliability	93.8%
Cargo moved	114,333 t
Personnel deployed	688
Reservists activated	968

(Jan. 1 2003-Oct. 8, 2003)

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

COMMENTARY

Commander's Comments

By Col. Brooks Bash
437AW commander

Distinguished visitor

Last week, **Lt. Gen. Michael Zettler**, the deputy chief of staff for installations and logistics, Headquarters U.S. Air Force, Washington, D.C., toured our base. General Zettler is responsible to the chief of staff for leadership, management and integration of Air Force civil engineering, communications operations, services, supply, transportation, maintenance, and munitions policies and resources to enhance productivity and combat readiness while improving quality of life for Air Force people. General Zettler was impressed with our operations and base appearance. Keep up the good work!

Civic Leader Tour

The Air Force Materiel Command civic leader tour took place Tuesday and Wednesday. Ten of our local civic leaders joined 20 AFMC civic leaders to tour our base and also Robins AFB, Ga. The CLT's purpose is to increase public understanding of the Air Force's role in national security by inviting community leaders to learn more about our mission by visiting Air Force bases. Thanks to **Rose Alexander** for coordinating the entire portion of the Charleston tour, and everyone else who supported the tour.

Inspection team

We are wrapping up a Department of Defense-sponsored national Chemical Weapons Convention Mock Challenge Inspection exercise today. The exercise helps to validate the Air Force CWC inspection process and train U.S. government CWC inspectors. Thanks to everyone who participated in the exercise.

Graduation

Congratulations to **Tech. Sgt. Richard McHose**, 437th Civil Engineer Squadron, for earning the distinguished graduate award at the Noncommissioned Officers Academy at Robins AFB last week.

Fitness

More and more people are running and going to the fitness center. Keep raising the bar on fitness and we'll all pass the new fitness test in January. Healthy airmen can tolerate extremes in temperature, fatigue and stress, which occur during deployment environments, better than unfit people. Fit airmen survive and recover from an injury and illness



Photo by Airman 1st Class Jason Bailey

Col. Brooks Bash, 437th Airlift Wing commander, waits on a base for the next hit with Chief Master Sgt. Don Hagin, 437th Aircraft Maintenance Squadron superintendent, ready to field a hit during the Colonels vs. Chiefs softball game Oct. 22. The Chiefs beat the Colonels on the diamond 13-10.

faster than who is out of shape. With our high operations tempo, being fit also keeps our vital mission going.

Safety

For those celebrating Halloween this year, be sure to follow simple safety rules before going out. Make sure an adult or responsible older youth will be supervising children under age 12. Plan and discuss the route your trick-or-treaters intend to follow. Establish a return time. Masks can obstruct a child's vision, so use facial make-up instead. Make sure the child has reflective tape on their costume to be better visible to drivers and other pedestrians. Children should also carry flashlights to be seen more clearly after dark. Have fun and be safe!

Thank you Team Charleston for all of the great work you accomplish every day. You are "Simply the Best."

The Commander's Action Line is your direct link to me. It's your opportunity to make Charleston AFB 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.

Dispatch

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Taking care of the military 'ohana'

By **Maj. Doug Bugado**
437th LRS commander

Being from Hawaii, Disney's movie "Lilo and Stitch" gets played on the DVD player more times than you can imagine in our household. I hardly thought a line from that movie would give me inspiration for an article, but sometimes things just sort of click.

The ugly little blue alien in the movie learns the meaning of the Hawaiian word "ohana" and quotes, "ohana means family. Family means no one gets left behind ... or forgotten." This quote will probably never be on anyone's top 10 list, but I think the Disney screenwriters scored again by reinforcing a lesson applicable to all of us, even the military.

Our military ohana is composed of active duty, guardsmen, Reserves, officers, enlisted, civilians and even contractors. Despite having different backgrounds and experiences, each person in our ohana brings his own skills and expertise to the table to best accomplish the mission every day. In order to keep everyone's motivation high and focused on the mission at hand, each of you should find your own way to take care of our ohana. I'm sure most of you are thinking of the various recognition programs your organization may have since everyone craves some sort of performance recognition. But, there are other smaller things each and every person can perform that could reap benefits as well.

The newest airman basic can participate in the squadron booster or morale club, help raise money for a squadron's special events, start a squadron collection of needed items for our deployed mem-

worth repeating

"Find a way to make a difference, and our military ohana will continue to flourish."



—Maj. Doug Bugado

437th Logistics Readiness Squadron commander

bers, join the First Six or maybe one of the ethnic heritage committees. Here's one I observed recently that seemed so small yet had a huge impact. An airman brought a plate of barbecue back for his supervisor who stayed behind at work while the airman attended a picnic.

Every single action counts and truly has meaning when we do our best to take care of our ohana. These are but a few ways to start.

As a supervisor, regardless of rank, our responsibility grows, and there are even more opportunities to make a difference. Many times that means getting out from behind the desk or computer to do it. When was the last time you visited your troops on the midshift or weekend duty and asked them how they are doing ... and truly listened to their reply? How often have we contacted the spouse or family of our deployed members or even the deployed members themselves? Have you sat down with your troop to answer a question about his Leave and Earnings Statement, explain the acronyms on a personnel RIP or walked him through the possibilities off

the latest EQUAL list? Have you taken a non-runner out with you on one of your runs to get them ready for the new fitness test?

All of our supervisors truly can have the biggest impact on the welfare of our ohana ... and sometimes that responsibility extends to keeping a potential wayward member on track. Supervisors should give friendly reminders to stand and salute during retreat instead of ducking into a building, commenting on unshined shoes or boots, or uniform discrepancies. An ohana takes care of one of his own to make sure we reflect the pride we feel in each other and the Air Force.

Let us not forget the civilians in our ohana too. They have some terrific recognition programs too, but there are some other ways to impact them as well. Last year, as we formed the 437th Logistics Readiness Squadron, we needed to validate our civilian position descriptions. What we found were some extremely old and archaic PDs that may not have truly depicted the functions our civilians were currently performing. The excellent civilian personnel staff helped us make a few changes and rewrite some of these PDs. For some, this resulted in increased grades for work they were already performing on a day-to-day basis. Take the time to review yours as well.

By all means, continue to pump out some great 1206s, and submit people for wing or group recognition coins ... but remember, taking care of our ohana can come in all shapes and forms, and everyone has a role in it. Find a way to make a difference, and our military ohana will continue to flourish and the mission will run that much more smoothly.

Charleston chat

What are you doing to prepare for the new 2004 fitness standards?



"I work out five days a week with my squadron, and we do the new test once a week."

— Staff Sgt. Sonja Bragg
437th Maintenance Squadron



"I go to the spin classes and participate in the bi-weekly group evaluations."

— 2nd Lt. Cliff Bermodes
437th Contracting Squadron



"I go to the classes offered by the gym, like spinning. I also weight train twice a week."

— Airman 1st Class Emmanuel Watts
437th Logistics Readiness Squadron



"I make fitness a priority in my life. I think this test will be key to Air Force and personal success."

— Staff Sgt. Brandy Erven
437th Medical Group



"My key thing is to run because it's my strongest area. I try to run at least three times a week."

— Capt. Kevin Heckle
437th Mission Support Squadron

NEWS

15 AS pilot saves the day

By 2nd Lt. Jennifer Andrews
437 AW Public Affairs

A 15th Airlift Squadron pilot saved the day by stopping a theft on a beach in Waikiki, Hawaii, recently.

Capt. Michael Freyholtz finished his weekly run and was sitting on the beach in front of the Hale Koa Hotel when he stopped a man who stole a purse from a woman. He and a C-17 crew were in Hawaii on a repatriation mission for a lieutenant in World War II.

A woman, who was swimming in the water, started screaming, 'stop that man!', and Captain Freyholtz noticed a man sprinting off the beach carrying her belongings. He then ran after the thief and tackled him about 100 yards away.

"The first thing I thought to myself was, 'what the heck am I doing?,' and then, 'this isn't really happening,'" said Captain Freyholtz.

Captain Freyholtz held the man down until a lifeguard and the police arrived.

When the police went through the woman's belongings, they discovered she had enough money on her to charge the suspect with a felony.

"She was departing with her husband for a

Hawaiian cruise in a few hours," Capt. Freyholtz explained. "That is why she had so much money on her. She was really happy we caught him."

While the captain was giving his statement to the police, the assistant manager of the hotel's restaurant came out and asked him where he was from.

"I explained who I was, and she told me to come back later with my crew," said Captain Freyholtz. "We went back later, and she gave all of us a free dinner at the restaurant."

One of the crew members contacted Lt. Col. Bob Holba, 15 AS director of operations, to tell him of the event.

"Mike's actions don't surprise me," said Colonel Holba. "He is a pretty selfless guy and will do the 'right thing' when it presents itself. But I also think most of our folks, in the 15th and in the 437th Airlift Wing, would have done the same thing - it's representative of the type of people we have in our Air Force today. When they see something wrong and they have the power to change the situation - they act. It's a privilege for both myself, as the operations officer, and Lt. Col. Stephan Shope, the 15 AS commander, to have people like Mike in our unit."

G.I. Bill upgrade

Veteran's Affairs has just made getting a college education a little more affordable.

A new program allows students and Montgomery GI Bill users to invest an additional \$600 to the original \$1,200, giving them an additional \$5,200 in the long run to spend toward their education.

"People still have 10 years to use the money," said Ms. Medora Manley, Supervisory Education Services specialist, referring to the time members have to use the GI Bill once they've started using it.

The MGIB has also grown in value, going from more than \$23,000 to \$35,460. Students can now receive \$985 per month as a full-time student.

The amount of money allotted toward the student is based on how many semester hours they're taking at any given time. The full amount is given to full-time students while those going to school part time, receive money from the GI bill based on semester hours.

For more information, call the Community Education Center at 963-4575.

Captain promotions

■ 14th Airlift Squadron

Kevin Bass, Christopher Ott, Samuel Todd

■ 15th Airlift Squadron

Mark Baran, Graham Boutz, Brian Christensen, Christopher Cox, Larry Gabe, Paul Goff, Davance Locklear, Kevin McCaskey, Jaron Roux, Aaron Walenga

■ 16th Airlift Squadron

Victor Aguilar, Gregory Bailey, Michael Dorrell, Michael Gilmore, Anthony Gurrieri, Brian Moritz, Michael Parker, Robert Rayner, Joseph Roe, Robert Thweatt

■ 17th Airlift Squadron

Joshua Ellis, David Ericson, Patrick Hegarty, Gene Jacobus

■ 437th Aeromedical/Dental Operations Squadron

Natalie Riley

■ 437th Aircraft Maintenance Squadron

Michaela Brancato, Jeffrey Holland, Gregg Jerome, Aaron Rivers

■ 437th Aerial Port Squadron

Ryan Reynolds

■ 437th Airlift Wing

Michael King

■ 437th Civil Engineer Squadron

Karissa Arnett

■ 437th Contracting Squadron

Michael Carlson, Christopher England, Katherine Jerome

■ 437th Comptroller Squadron

Richard Grab

■ 437th Medical Support Squadron

Bryan Finefrock

■ 437th Mission Support Squadron

Nicole Fiedor

■ 437th Operations Support Squadron

Charlynda Kelly

■ AFROTC, Det. 765

Austin Hnath

5K run, picnic set to celebrate Native American Heritage Month

Team Charleston is scheduled to celebrate Native American Heritage Month with a 5-kilometer run Wednesday and a picnic Nov. 20.

Native American Heritage Month, which runs the month of November every year, honors the contributions and traditions of Native Americans.

The Native American Heritage Month 5-kilometer Run is 11:30 a.m. Wednesday, with an entry fee of \$10. The first 100 entrants will receive a free T-shirt. For more information on the 5-kilometer run, call Airman 1st Class Erica Wagner at 963-7565.

Another event planned for Charleston AFB is a picnic from 3 to 6 p.m. Nov. 20 at the base picnic area. There will be food and activities for the whole family, with special Indian grass dances, archery, horse riding and crafts. Tickets are \$5 for

adults and \$3 for children 12 and under. For more information on the picnic, call Master Sgt. Brian Miller at 963-4085.

There are nearly 190,000 Native American military veterans, who have the highest record of service per capita compared to other ethnic groups. Native Americans have participated in World War I, World War II, the Korean War, Vietnam, Grenada, Panama, Somalia and the Persian Gulf.

The first American Indian Day was declared the second Saturday in May 1916 by the governor of New York. Many states followed with proclamations similar to New York celebrating different days in recognition of Native American Day. In 1990, President George Bush approved a joint resolution designating the month of November as Native American Heritage Month.

AROUND THE AIR FORCE

Air Force increases school slots for officers

RANDOLPH AFB, Texas – New ideas about force development are already fixing a longtime frustration of many officers who carried the official “school candidate” label — they could not get a slot for in-residence professional military education even with a three-year window to attend.

This year the Air Force has told more than 750 majors they will be going to developmental assignments in-residence — more than a 50-percent increase. As recently as three years ago, only about 480 slots existed for majors to attend in-residence intermediate-level programs. And that meant about 30 percent of those who had been dubbed “candidates” did not actually get to go to school.

The reason this is all possible, officials say, is the Air Force has re-defined what it means to send someone to developmental education. It used to be Air Command and Staff College at Maxwell AFB’s Air University was the hallmark of intermediate training. Other services’ schools, plus a few fellowships here and there added to the opportunities, but ACSC was the place the service looked to send most of its most promising majors. Officials say soon, under force development, each officer will be considered for developmental assignments at several phases in his or her career, based on performance, rank, years in service and the needs of their career fields and the Air Force. **(Air Force Personnel Center News Service)**

Flu shot shields servicemembers

WASHINGTON – At this time of year, clinics and hospitals can be swamped with people “bitten” by a nasty bug known as the influenza virus.

Getting the flu not only is an unpleasant experience, said Dr. David Tornberg, the deputy assistant secretary of defense for health affairs’ clinical and program policy. It is also a potentially debilitating illness that can wreak havoc in large organizations like the U.S.

military

Prevalent flu strains vary from year to year, Doctor Tornberg said. Therefore, Department of Defense and civilian health-care agencies monitor worldwide health trends to develop predictive models in determining the components “of the next flu outbreak.”

Anti-flu shot vaccines contain weakened flu viruses, Doctor Tornberg said. The administration of flu shots causes a person’s body to develop antibodies programmed to combat any appearance of flu virus, thus providing a measure of immunization.

And this year there is plenty of flu vaccine to go around, he said.

Military family members should also get flu shots, including children 6 months or older, Doctor Tornberg said. Older people should also be immunized against the flu as they can be particularly susceptible to the virus.

People who have weakened immune systems or who are allergic to eggs, from which flu shots are made, should not get flu shots, he said.

DOD health officials do not offer nasally administered flu immuni-

zations because as a live virus, the vaccine must be provided in several doses in the nasal version, Doctor Tornberg explained. The syringe-administered flu shot is better for the time-pressed military because one shot provides immunity.

People who are uncertain if they should get flu shots or nasal immunizations should consult with their physician, he said.

Annual immunization against the flu is a worthwhile endeavor since the virus can be dangerous, and in severe cases can result in pneumonia and respiratory failure, Dr. Tornberg said. **(Air Force Print News)**

POW/MIA talks end Oct. 24 in Bangkok

WASHINGTON – The four nations involved in accounting for Americans missing in action from the Vietnam War ended a meeting in Bangkok on Oct. 24.

The senior-level talks were held by officials from the United States, Cambodia, Laos and Vietnam. They exchanged ideas, experiences and

techniques that have been productive in accounting for missing Americans, and set a vision for future work in this area.

The meeting represented the first time all four nations have joined together in such talks since the war ended in 1975. U.S. officials work with each of the countries individually as specialists investigate MIA cases and excavate sites to try to recover and identify the remains of missing Americans.

Since the war ended, U.S. officials have accounted for more than 700 Americans from the Vietnam War, with more than 1,800 still unaccounted for. More than 88,000 are still missing from all conflicts.

The United States will continue its bilateral relationships in this work, said Jerry Jennings, deputy assistant secretary of defense for POW/Missing personnel affairs.

At the end of the two-day session, the delegates said they agreed that such talks were a useful forum for improving joint cooperation on this humanitarian mission. They also agreed to hold such consultations annually and to rotate where the venues are held. **(Air Force Print News)**

Photo of the Week



Photo by Master Sgt. John Lasky

3-D targeting

NELLIS AFB, Nev. — Capt. Tiamo Strother watches Senior Airman Chhay Uy use Raindrop goggles during a Red Flag war-training scenario. The goggles are used in a 3-D presentation to select the exact point for targeting. The airmen provide target coordinates for strike aircraft to hit enemy targets. Both airmen are assigned to the 32nd Air Operations Group from Ramstein Air Base, Germany.

NEWS BRIEFS

Around the base

PAX terminal: The Passenger Terminal will undergo major renovations through the next eight months. There will be a temporary entrance and exit located at the far right of the building. Services for space-available travel will not be interrupted.

Road closures: Graves Avenue from Bldg. 234 to the intersection of McCaw Street will be closed Monday and Tuesday for installation of a water line. McCaw Street from the intersection of Graves Avenue to the entrance of Bldg. 114 will be closed Wednesday through Nov. 26 for installation of storm drains, communications, water and electrical systems.

FOD Walk: The base is conducting a semiannual Foreign Object Damage walk at 9 a.m. Thursday starting at the south end of Hanger 700. All base personnel are encouraged to arrive 15 minutes early. The walk sweeps the entire length of the flightline. Line badges are not required, and transportation will be provided to return individuals to Hanger 700. Several "Golden Bolts" will be hidden, and participants who find them will be awarded prizes for exceptional attention to detail. For more information, call 2nd Lt. Tony Maffini at 963-4589 or Tech. Sgt. Travis Ellis at 963-3684.

AFSA: The next Air Force Sergeants Association meeting is 11 a.m. Thursday at the Charleston Club. The guest speaker is Chief Master Sgt. John McCauslin, AFSA headquarters international

Charleston Warrior of the Week



Airman Brandel Gempp 437th Medical Group

Airman Brandel Gempp is a mental health technician for the 437th Medical Group. Her duties include assisting four providers in supporting patient care, and conducting psychological testing, crisis intakes and processing military training instructor and military training leader packages. She also provides suicide awareness briefings and substance abuse awareness seminars.

Airman Brandel is also a member of the Critical Incident Stress Team and the infection control monitor.

She is working toward becoming certified in drug and alcohol abuse counselor.

The Chicago native also creates, writes for, publishes and distributes the 437 MDG Behavioral Sciences Flight newsletters.

Airman Brandel joined the Air Force 10 months ago to get an education. She is working on her Community College of the Air Force degree.

She arrived at Charleston AFB five months ago. In her off-duty time, she likes to go to the beach and travel.

Photo by 2nd Lt. Bryan Lewis

trustee for retiree and veteran affairs. For more information, call Chief Master Sgt. John Danko at 963-4590, or visit <http://www.afsahq.org>.

OSA: The Officers' Spouses Association is having a make it, bake it, donate it auction to help Charleston AFB families during the holidays at 7 p.m. Thursday at the Charleston Club. The cost is \$5 for club members and \$7 for nonmembers. For more informa-

tion, call Melanie Shovelski at 875-5394, or Lisa Baltus at 552-6460.

OG Golf: There will be a 437th Operations Group golf tournament at 11 a.m. Nov. 7 at Wrenwoods Golf Course. The cost is \$20 plus green fees and cart. For more information or to register by Tuesday, call 2nd Lt. David Huffstetler at 963-2916, or 963-2901.

Parenting: Family Advocacy is having a free Common Sense Parenting class from 6:30 to 8:30 p.m. for six consecutive Tuesdays beginning Nov. 12. For more information or to register, call Jim Hernandez at 963-6504.

First Six: The next First Six meeting is at 2 p.m. Nov. 13 at the Low Country Bar in the Charleston Club. For more information, call Tech. Sgt. Joseph Thomas at 963-7285, or Airman 1st Class Brandi Mathews at 963-6704.

ASMC golf: The American Society of Military Comptrollers' 5th Annual Golf Tournament is at 11 a.m. Nov. 14 at the George Miller

Country Club, Summerville. The cost is \$45, which includes the cart, green fees, tournament entry, lunch and beverages. For more information, call 2nd Lt. Patrice Coffman at 963-3750.

Chapel: The Base Chapel is hiring Catholic and Protestant Community coordinators. Interviews start Nov. 10. Individuals can pick up the statement of work and contract process letter at the Chapel from 9 a.m. to 4:30 p.m. Monday through Friday. For more information, call the Base Chapel at 963-2536.

MSS: The Mission Support Squadron will be closed from 11 a.m. to 1 p.m. Nov. 17 for an annual Thanksgiving Dinner. For more information, call Capt. Adrian Hageman at 963-4539.

Fitness: The Fitness and Sports Center is offering a new body-sculpting fitness class from 9 to 10 a.m. Tuesdays and Thursdays. Body sculpting brings the weight room into the aerobics room. For more information, call the fitness center at 963-3347.

November dedicated to military families

The month of November is designated as Military Family Month. Several activities are held throughout the month to recognize the importance of military families.

- Art contest for kindergarten – sixth grade and an essay contest for first – 12th grade. Sponsored by the Armed Services YMCA, winners will receive a savings bond.
- Coloring Contest for pre-school – 12th grade at the Base Library.
- Win a computer printer donated by AAFES. Visit the Family Support Center to earn a chance to win.
- Earn free lift time at the Auto Skills Center when you purchase oil and a filter.
- Receive a family fitness orientation at the Fitness and Sports Center.

For more information regarding these activities and more, call the Family Support Center at 963-5448 or 963-4406.

FEATURE

Coin tradition sign of acknowledgement, praise

By 2nd Lt. Jennifer Andrews
437 AW Public Affairs

The project was time consuming, but is finally finished. Late nights, several phone calls, coordinating with other personnel and triple checking everything came to a close.

A few days later, the commander walks up and thanks you for the hard work on the project. A handshake ensues, and he places something in your hand. His coin. A small, but meaningful, memento of thanks and appreciation for the work you've done.

"I think coins are a token of appreciation. It's an acknowledgement of your help," said Capt. Christopher Hobbs, 315th Aircraft Maintenance Squadron. He's received 80 coins since 1997. "I think it's an honor to get a coin. Other than an official reward, it's the highest honor one military person can give another."

Staff Sgt. Daniel Colon, NCOIC of Logistics for the 437th Operations Group, who started collecting coins four years ago and has 30 coins, thinks coins are important for morale.

"It enables leadership to give the troops a pat on the back they can always keep and look back on," Sergeant Colon said.

Everyone with a coin collection usually has a favorite with a story to go with it.

"When I was a senior airman, a chief gave me one," said Staff Sgt. Michael Kennedy, 437th Security Forces Squadron, wing personnel security program manager, who has more than 50 coins which he started collecting three years ago. "He asked everyone in my flight who he should give a coin to, and they all said me - that was cool."

Sergeant Colon thinks his Operation Enduring Freedom and Iraqi Freedom coins are his favorites.

"These two coins symbolize the hard work and dedication of millions of Americans in all the civil service fields from police officers to firefighters to our military," Sergeant Colon said. "These coins are a reminder that what we do each day is for a cause and will not be forgotten."



Photos by Staff Sgt. Corey Clements

Capt. Christopher Hobbs, 315th Aircraft Maintenance Squadron, received 80 coins since 1997 and considers coin-giving a sign of appreciation.

There have been many stories on how the coin tradition started, but one of the most popular stories dates back to World War I. A lieutenant ordered medallions in solid bronze, emblazoned with the squadron emblem, for every member of his squadron.

Later in the war, the medallion saved the lieutenant from being executed by the French.

The lieutenant's plane was damaged by ground fire, and he landed it behind enemy lines. He was captured by the Germans, who took all of his personal identification except for his medallion.

The lieutenant escaped and stumbled into a French outpost. Not recognizing the American accent, the French prepared to execute him. The lieutenant showed the captors his medallion, and they recognized his squadron's insignia. Instead of shooting him, they gave him a bottle of wine. Back in his squadron, it be-



Staff Sgt. Michael Kennedy, 437th Security Forces Squadron, holds one of his favorite coins. Sergeant Kennedy started collecting coins three years ago and has more than 50 coins.

came tradition to carry the squadron coin at all times.

(Tech. Sgt. Brian Johnson, Air Force Enlisted Heritage Research Institute director of operations, contributed to these articles.)



Playing the coin challenge game

Throughout World War I, it became tradition to carry the squadron coin on the person at all times. The coin "challenge" began when a person would challenge another person to see if they had the coin on them.

If the challenged member could not produce the coin immediately, they were required to purchase a beverage of choice for the person who challenged them. If the challenged member had the coin, then the challenging member had to buy the beverage of choice.

Here are the coin challenge rules of engagement:

1. The coin must be on your person at all times.
2. The person is responsible for the security of the coin at all times.
3. The coin can't be altered to wear as an ornament.
4. If the coin strikes a hard surface, it constitutes a coin challenge and requires an immediate response.
5. All other coin owners must then produce their coins.
6. If everyone produces a coin, the challenger must buy beverages for everyone in the group.
7. If a coin owner fails to produce a coin, that person must then buy the round of beverages for all those producing coins.

Safe Spooking



- 👤 Look for costumes that are labeled Flame Resistant
- 👤 Avoid costumes with big, baggy sleeves or billowing skirts
- 👤 Choose costumes that are light and bright enough to be visible to motorists
- 👤 Costumes should be short enough to prevent children from tripping
- 👤 A natural mask of cosmetics is better than a loose-fitting mask that might restrict breathing or obscure vision
- 👤 Swords, knives, and similar costume accessories should be of soft and flexible material
- 👤 Decorate costumes and treat bags with reflective tape
- 👤 Make sure young children are accompanied by an adult or responsible teenager when they go door-to-door.
- 👤 If you can not accompany your children, instruct them to trick-or-treat in their own neighborhood and in well lit streets.
- 👤 If children are going to be out after dark, make sure they carry a flashlight.
- 👤 Teach your children to use sidewalks if they can. If there are no sidewalks, walk on the left side of the street facing cars.
- 👤 Know which friends your children will be with and which route they are taking.
- 👤 Leave your porch light on so children will know it is ok to visit your home.
- 👤 Instruct children to never eat anything until they are home and the treats have been carefully examined.



The Passenger Terminal will X-ray candy for free from 5 to 8 p.m. Oct. 31.

Graphic by Sean Erbe

WELLNESS TIP

The Reality of Suicide

- ▶ Suicide is the third leading cause of death for Americans 15 to 34 years of age
- ▶ Suicide is third only to unintentional injury and homicide
- ▶ Suicide causes more than 8,700 deaths each year
- ▶ About 80 percent had relationship problems
- ▶ Alcohol was involved in two thirds of the suicides
- ▶ Suicide took the lives of 28 Air Force members this year
- ▶ Life Skills Support Centers can help. Consult your local center for information on Air Force suicide prevention programs



Graphic by Sean Erbe

Chapel schedule



107 Arthur Drive
Office: Monday-Friday, 9 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* - 4:15 p.m. Reconciliation, 5 p.m. Mass. *Sunday* - 9:30 a.m. Mass, 9:30 a.m. Children's Church. Sacrament of Baptism pre-baptismal classes are held the first Sunday of each month at 11 a.m. in the Chapel Annex. Daily Mass is canceled until April 2004.

Protestant Services: *Sunday* - 9:30 a.m. Sunday School, Bldg. 245, 11 a.m. Traditional Worship Service and 11 a.m. Children's Church. *Sunday* - 5 p.m. Contemporary Worship Service. *Wednesday* - noon Protestant Bible Study.

For information on other faith groups, call the Base Chapel at 963-2536.

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 the start of the 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.



Friday, 7:30 p.m.
"The Order" – Heath Ledger

A conflicted, rebellious priest travels to Rome to investigate the strange death of his mentor. The young priest, a troubled artist with whom he shares a turbulent past, and his closest friend and colleague discover the mysterious death may be the work of the Sin Eater, an ancient figure who plays God on earth by absolving the unforgiveable of their sins outside the Church, allowing great evil to go unpunished. **(R) 102 minutes**

Saturday, 7:30 p.m.
"Secondhand Lions" – Michael Caine

Walter finds himself spending the summer with a pair of cranky, eccentric great-uncles. At first appalled by their gruff uncaring manner, over time he becomes enthralled with his uncles as exotic tales and remembrances of their own youthful exploits introduce the boy to a world of imagination and wonder and reignites the old men's spirits. **(PG) 107 minutes**

Nov. 7, 7:30 p.m.
"Underworld" – Kate Beckinsale

Selene, a chic vampire, exists solely to slaughter a band of Lycane werewolves he clan has been battling for centuries. **(R) 121 minutes**

SPORTS & FITNESS

Senior NCO battles through injury to become...

FIT 2 IGHT

By Master Sgt. Angel Newman
437 AW Public Affairs

With the threat of being paralyzed and losing an Air Force career, the odds were stacked against him. A debilitating injury not only sidelined this aerial combat videographer, but the associated weight gain and reduced fitness level tripled his challenge to return to duty.

Master Sgt. Jack Nickel, 1st Combat Camera Squadron video training element

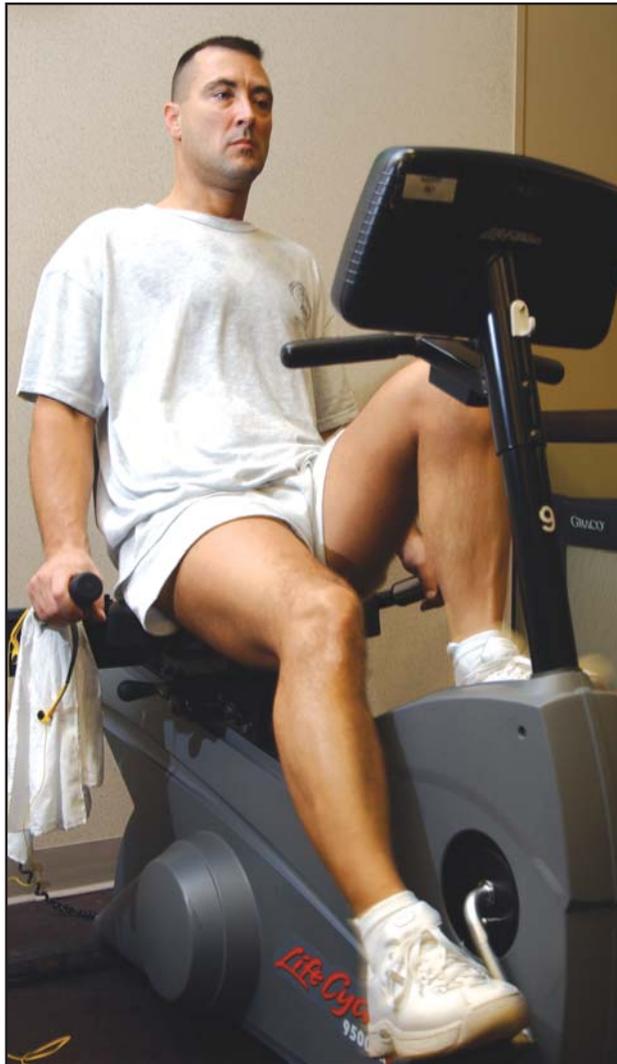


Photo by Airman 1st Class Jason Bailey

Determined to return to his job as an aerial combat videographer after a devastating injury, Master Sgt. Jack Nickel, 1st Combat Camera Squadron, combined a monitored workout plan and diet to regain strength and lose more than 60 pounds.

NCOIC, said fitness has always been a big part of his life.

"You're very visible in this job and want to look your best," said Sergeant Nickel, "not to mention the physically demanding task of flying and shooting video in a combat or even an exercise environment."

Videographers can carry more than 60 pounds of gear on their shoulders for extended periods of time.

Sergeant Nickel's ordeal began when he fell while shooting video footage at Northern Edge, Alaska's premier joint-training exercise.

"I lost all feeling in my right arm and had to go through six months of traction and physical therapy," said Sergeant Nickel.

He didn't, however, get the full recovery he expected. "My symptoms got progressively worse until I went to combat training at Fort Dix, N.J. and started having problems walking," he said.

Doctors diagnosed a bruised spinal cord requiring surgery. Without it, Sergeant Nickel was told he could wake up one day and be paralyzed. He opted for surgery.

"I had large portions of my spine fused and they removed three disks and two vertebrae and put in a piece of bone, a titanium plate and four screws," said Sergeant Nickel. He was told he'd need a year to recover.

During this time, the senior NCO wasn't able to work out and watched his fitness level spiral down and his weight spiral up.

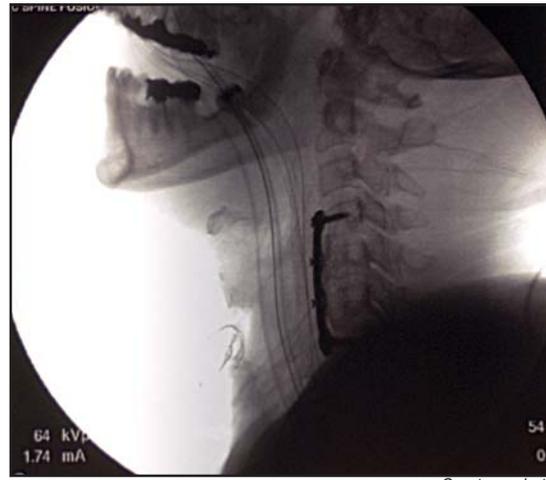
"People didn't really think I gained that much weight," said Sergeant Nickel. "I basically gained inches evenly all over."

But the scales and tight clothes held the truth ... 60 plus pounds. He knew he had to get healthy and fit.

"I started with a positive attitude wanting to be successful," said Sergeant Nickel. "I made sure my flight doctor and surgeon knew what I was doing and they monitored my health closely. I can't say enough about the support they provided ... they're great. I began watching what I ate, cutting out sugars and increasing proteins, and exercising for a full hour three times a week."

Sergeant Nickel's squadron has been a big player in helping him meet his goals.

"We have mandatory exercise three



Courtesy photo

This X-ray, taken during surgery, shows the titanium plate used to repair Sergeant Nickel's damaged spinal cord.

times a week and all of our folks workout together, with warm-up exercises, stretching and group runs Mondays and Fridays. Working out has been one of the most important things that has allowed me to stay in the Air Force," he added. The 1 CTCS has had a fitness program in place for more than 10 years to help personnel stay in shape.

"Our combat photographers and

videographers are put in harm's way with Marines, Army Rangers, AF Special Operations and other special forces to document crucial missions and to transmit their imagery back to DOD leaders for operational decision-making purposes, said Chief Master Sgt. Thomas Hare, 1 CTCS chief enlisted manager. "We have made fitness a top priority to ensure our personnel are capable of handling these types of situations in the field to accomplish the mission and for their own safety."

Sergeant Nickel's reward for his dedication was clearly visible. He lost more than 60 pounds, his waist went from 34 inches to 30 and his clothes fit again. The less visible benefits were just as impressive.

"I lowered my blood pressure from 140 over 95 to 112 over 70 and cholesterol triglycerides went from 288 to 80," said Sergeant Nickel. "This gave me more energy to help take off the weight."

His coworkers not only saw the change in Sergeant Nickel, both physically and mentally, but were inspired.

"His injury created a great deal of pain and it was hard for him to do normal tasks," said Mike Funk, 1 CTCS chief of video standardization. "Seeing the transformation has been a catalyst for others, including myself, I've lost about 30 pounds and have much more energy."

Through his success, Sergeant Nickel said he has been given the opportunity to continue doing one of the "coolest jobs in the military."

His advice to others struggling to regain their optimum health and fitness is all about dedication.

"Stick with it, never give up no matter what the obstacles and should you fail, try again," said Sergeant Nickel.

Armed Forces Basketball trains here

By Airman 1st Class Amy Perry
437 AW Public Affairs

Basketball players from each service will arrive here Monday for the All Armed Forces Basketball training camp that runs Tuesday through Nov. 16.

The 15 players will vie for a coveted spot on the 12-player All Armed Forces Basketball team as they head for the World Military Games Dec. 2 to 11.

"We have 15 exceptional guys coming here," said Eddie Goad, All Armed Forces Basketball Training project officer. "All have had college experience, and some have had pro experience."

The WMG are held every four years since 1995 and is the second largest world sporting event outside of the Olympics.

With 127 member nations around the world and only 15 different sports, only the best teams from each country are allowed to compete.

"Each year, the team is different; so you have to choose the teams by their historical records," said Goad. "Historically, the USA (All Armed Forces Basketball Team) has placed second during each of the previous WMG basketball tournaments."

Players are selected upon completion of the Armed Forces Tournament every year. Four rep-

resentatives from each service choose the best players from that year's games, and those members go on to become the All Armed Forces team.

Usually, any tournaments played by the All Armed Forces team is held right after the Armed Forces tournament. Although originally expected in September, the WMG were pushed back to early December, and the team took a short hiatus.

This year is unique because the players haven't played together in two months, and since there was a delay in the WMG, more people were chosen to come to the camp. Also, due to mission requirements, several members were unable to attend the WMG, and other people were selected to fill their spots.

Leadership, however, won't be a problem.

"As far as coaching, Antonio Robinson (Marine Corps master gunnery sergeant from Marine Corps Base Quantico, Va.) is an incredible leader, strong motivator, disciplinarian and structured; everything you would want in a head coach," said Goad. "James Jones (Marine Corps captain from Marine Corps Base Camp Lejeune, N.C.) has been with Robinson for two years. He brings his unique flavor and own set of skills to the team. They complement each other equally and superbly."

This is the fifth year Goad has been the project

officer for the All Armed Forces Basketball team. He also filled the position of assistant coach for one year.

"I'm grateful to Steve Brown, chief of Air Force sports, to afford me the opportunity to represent this team," said Goad. "The goal of every team member is to represent with honor their branch of service, their units and win the gold at the World Military Games."

Goad also said the quality of the players doesn't get any better.

"You're talking about exceptional individuals both on the court and at their jobs," Goad continued. "They savor this opportunity to represent their country. These are stellar individuals."

Basketball Games

- 6 p.m., Wednesday and Thursday, Intra-squad scrimmage, Starlifter Courts
- 3 p.m., Nov. 7, vs. Charleston Southern University, Starlifter Courts, scrimmage
- 7:30 p.m., Nov. 7, vs. CSU, CSU Field House, Split Session Scrimmage
- 7 p.m., Nov. 13, vs. College of Charleston, Johnson Center, Charleston, S.C.

Guru's picks

A 'King' is crowned champion of Week 8

By Gridiron Guru
"Greatest" pigskin prognosticator

Amanda King emerged from Week 8 action on top with a very impressive record of 12-2, beating out Jeffrey "Out of" Stockdale, Oscar "O-train" Thompson and Tony "The Tiger" McFadden, who all posted records of 11-3.

Although King's picks have been up and down this year, the Guru congratulates her for nailing it this week! Be sure to stop by Public Affairs to claim your prize.

Now on to this week's stink-out-loud recipients. Topping the list has to be the Cleveland Clowns who could only manage a mere three points against the Patriots.

The Guru asks, "What do you get when you cross the Cleveland Browns with a ground hog?" Six more weeks of bad football!

Also making the list are the San Diego Chargers, the only team in the league without a Web site because they cannot put three W's back-to-back!

The San Francisco Phoney Whiners also make the list after losing to the lowly Arizona Cardinals. The Guru thinks the Yankees should sign their kicker as his curveball is better than anyone on their roster.

This week's breaking news story is out of Dallas where Cowboys quarterback Quincy Carter nearly froze to death in his front yard when he could not get into his house. Apparently someone had painted a goal line in front of his door!

This week's halls of shame inductees are Michael Blouin who actually picked both the Bills and the Chargers on the way to a 7-7 record. His misery is shared by Lawrence "Skyking" Strother who proved to be a one-hit wonder with last week's victory, "Mean" Gene Paris who also picked the hapless Chargers and "Beam me up" Scotty Bartley who also posted weak records of 7-7. At least all of you cellar dwellers have company.

Now on to my Week 10 stone-cold, steel-pipe locks.

Gridiron Guru's Week 10 picks

Sunday, Nov. 9

Arizona @ **Pittsburgh**
Chicago @ Detroit
Houston @ **Cincinnati**
Miami @ **Tennessee**
Tampa Bay @ Carolina
Buffalo @ **Dallas**
Baltimore @ **St. Louis**

Atlanta @ **N.Y. Giants**
Cleveland @ **Kansas City**
Indianapolis @ Jacksonville
Seattle @ Washington
Minnesota @ San Diego
N.Y. Jets @ **Oakland**
Monday, Nov. 10
Philadelphia @ **Green Bay**

Monday Night total points: ____
Guru's Monday night points: **38**

The Gridiron Guru's picks are in bold and italics.
Send your picks to swami@charleston.af.mil only.
Include your name, phone number, and any comments in the e-mail.
Picks can no longer be dropped off at the Public Affairs Office.
Picks must be submitted by Friday, Nov. 7, 4 p.m.