

AIRLIFT **Dispatch**

Vol. 42, No. 40

437th Airlift Wing, Charleston AFB, SC

Friday, October 10, 2003



Photo by Airman 1st Class Jason Bailey

Exercise ready

Staff Sgt. James Pickel, 437th Aerial Port Squadron Combat Readiness Flight, secures a next generation small loader for the aerial port squadron in an exercise Wednesday. The exercise was set up to prepare squadrons for an upcoming week-long base mobility exercise.

COMMUNITY

437 OSS/CC urges Team Charleston to volunteer

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A NEW LOOK

437 AW/CP airman gets made over by TV station

Page 14

FOOTBALL

CPTS/AW edges by NNPTC to win, 7-6

Page 21

MISSION POSSIBLE!

Charleston departures	15,096
Maintenance reliability	93.7%
Cargo moved	106,487 t
Personnel deployed	642
Reservists activated	968

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

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

COMMENTARY

Commander's Comments

By Col. Karl Young
437AW vice commander

I recently returned from Phoenix Rally at Scott AFB, Ill. Commanders throughout the total Air Mobility Command force met, and I can tell you there is tremendous pride in what Charleston's doing. We are an instrumental part of AMC's outstanding work in the global war on terrorism, and our Air Force and Department of Defense leadership recognize this. Keep up the good work!

Distinguished visitor

We will highlight our mission and troops once again when Ron Orr, deputy assistant to the Secretary of the Air Force, visits Charleston. Mr. Orr will tour civil engineering, services and maintenance. This is a great opportunity for us to showcase our mission and shown the hard work we do every day.

Diamond Sharp winners

Congratulations to **Staff Sgt. Christina Marx**, 437th Medical Group; **Staff Sgt. James Thomas**, 437th Maintenance Squadron; **Staff Sgt. Jaime Gutierrez**, 437th Maintenance Operations Squadron; and **Airman 1st Class Tyler Franklin**, 437th Communications Squadron for being chosen for this prestigious award.

Hispanic Heritage

The Hispanic Heritage retreat is 4:30 p.m. today at the base flag pole. I encourage everyone to come and participate. There is also a dinner dance coming up Oct. 25 at the Charleston Club. Tickets are on sale until

Oct. 17. If you would like to go, call 963-2871, 963-6125 or 963-5226. It will be a great time.

Services also is helping celebrate Hispanic Heritage month by having Hispanic-themed lunch menus at the dining facility and golf course Wednesday. The Charleston Club will serve a special dinner Oct. 19. The Child Development Center and the Youth Programs Center are having Hispanic-themed youth program from today through Wednesday. The base library is also hosting a Hispanic-themed display through Wednesday. Take time to participate in these events and learn more about the Hispanic culture.

Combined Federal Campaign

We're at the end of week four, and you have helped raise a great deal to support these worthy charities. Our goal at the beginning of Combined Federal Campaign was to make 100 percent contact with all Charleston personnel. We have already contacted 97 percent of the base! If you haven't donated yet, but would like to, contact your squadron representative.

Safety

I am continually impressed with the enthusiasm and willingness of Team Charleston to lead the way. Take for example the Air Force's new fitness program. You have embraced the new requirements with vigor, and I see more people than ever before out there running, playing sports, riding bikes or even just walking. That's awesome.

I do ask while you participate in these outside activities, be careful and make sure you are wearing reflective gear during periods of darkness. For those driving, please keep your eyes open, observe the speed limits and stop for pedestrians. Awareness will stop a needless accident from happening.

Have a great week Team Charleston!

Correction

In the Oct. 3 edition of the *Airlift Dispatch*, Chief Master Sgt. Johnny Cunningham was incorrectly identified as Chief Master Sgt. Tommie Taylor on the Colonels' vs Chiefs' volleyball game.

Charleston chat

What do you think about the presidential approval of a 4.1 pay increase?



"It's good to see the pay levels starting to become equal to the job that we're doing."

— Master Sgt. Kerry Cobb
Little Rock AFB, Ark., C-130 instructor



"I support it, but there should be a higher pay compensation for our troops."

— Willis Shanks
Ret. civil engineer major



"It's a small price to pay for the men and women who put their lives on the line by serving."

— 2nd Lt. Patrice Coffman
437th Comptroller Squadron



"Although you can't put a price on anybody's life, it's a good incentive for the troops."

— Kenneth Kelly
437th Services Squadron



"It makes sense because the cost of living always goes up. It's something to look forward to."

— Airman Ana Gaul
437th Airlift Wing Plans

Reflection of Society

Serving our community ... serves us

Lt. Col. Bill Isler
437 OSS commander

We are a reflection of America whom encompasses her diversity, strengths and weaknesses. We are the armed forces of the United States of America and, more specifically to us, the U. S. Air Force.

The unique blending of society makes us the premier Air Force and armed forces team in the world.

The Team Charleston community personifies the ideals of American Society through the commitments of active duty, Reserve, civilian and Air Force family members — the key-mission enablers.

What strikes me the most, after 18 years of Air Force service, is how important and significant it is for us to shape our own reflection.

How can we impact this reflection at Team Charleston? The answer is simple. Rather than be a spectator, actively participate in the communities we live in.

The local community surrounding our base is where we can have the greatest impact on our reflection of America.

It is as simple as looking sharp in uniform,

worth repeating

“The future face and reflection of the Air Force and armed forces rests in our hands.”



—Lt. Col. Bill Isler

437th Operations Support Squadron commander

volunteering to coach basketball at the local recreation department or volunteering time as a mentor at a local school.

Either way, we can make a positive impact on those in our community simply with our presence.

We are in the throws of the global war on terrorism. Our operations tempo will remain higher than what we consider normal for the foreseeable future. This makes it that much more important for us to have a “blue suit” show of force inside of our communities.

The people who watch our actions will be the ones who will provide us support, take care of our families while we are away, and may one

day replace us in the Air Force family.

We have the ability to shape what reflection they see in the future — today!

Active involvement in the community is key to shaping the reflection of tomorrow, and many of us take a very active role in both the military and civilian community.

However, we must not become complacent in community involvement due to our operations tempo. In fact, we must double our efforts at this critical time more than ever.

If we do not maintain involvement in the community, the opportunity costs we pay today will be far too great. We cannot afford to sacrifice our show of commitment to the community.

Our future depends greatly on the relationship we build today ... that is the future of our Air Force and our nation.

The future face and reflection of the Air Force and armed forces rests in our hands.

Our active involvement in strengthening and fortifying our relationship with the local communities makes our future bright. The future fabric of our armed forces equals the associations we make in our communities today!

Action Line answers question from divorced military spouse about children

Q. I am the ex-spouse of a military member (he's now retired) with dependant children still in my household.

I have no ID card, am not entitled to or have no access to his benefits, even though we were married nearly 15 years.

Since our divorce, I have had no access to shopping on base at the commissary or even to pick-up medicines for the kids. I'm not able to do any thing without one of them with me. This is frustrating when they are in school. Does the military provide a special restricted ID for people in my circumstances?

A. Thank you for your concern regarding access to Charleston AFB without an ID card. While I do not know the specifics of your situation, the rules for a former spouse to be entitled to an ID card are the spouse must qualify under

the Uniformed Services Former Spouses Protection Act.

In accordance with Department of Defense Directive and interservice instruction, the basic eligibility requirements are: years of marriage, years of member's creditable service in determining eligibility to retired pay, and years of overlap of marriage and member's creditable service.

However, children are entitled to ID cards which authorize them medical and base privileges.

Additionally, the children are entitled to commissary benefits as long as they are residing in the sponsor's household.

Once the children are no longer residing with the sponsor, new ID cards must be issued to reflect the loss of commissary benefits. As the custodial parent, you have access to base privileges when you are accompanying your children, as the benefits belong to the children, not the former spouse. These entitlements are governed by Title 10 of the U.S.C.

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.



Col. Brooks Bash
437 AW commander

Dispatch

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NEWS

AMC reactivates 18th Air Force

By Cynthia Bauer

Air Mobility Command Public Affairs

The first major change in the Air Force's organizational structure in more than a decade occurred at Scott AFB, Ill., Oct. 1.

During a formal ceremony, Air Mobility Command reactivated the 18th Air Force at Scott AFB, to lead the command's global airlift, air refueling and aeromedical evacuation operations.

The morning also saw the redesignation of AMC's two numbered air forces, 15th Air Force, Travis AFB, Calif., and 21st Air Force, McGuire AFB, N.J., as expeditionary mobility task forces.

Gen. John Handy, commander of U.S. Transportation Command and AMC addressed his active duty, Reserve and Guard commanders in formation on the Scott parade field, as well as members of his staff, the Scott community and local civic leaders.

"What an historic day we're gathered here to witness, as Air Mobility Command makes perhaps the most

dramatic transformation of its rich and incredible history," said General Handy.

He said the reactivation of the 18 AF and redesignation of the 15 and 21 EMTFs represents AMC's ability to present forces anywhere in the world; a world he called much smaller than the one we lived in five or 10 years ago. He said life dramatically changed for all Americans on 9/11.

"The world is no longer one of simple challenges," the general said. "The world is a complicated place ... our current global war on terrorism presents remarkable challenges to this command. It started on that tragic day and continues around the world today."

Maj. Gen. William Essex accepted the standard for the 18 AF from General Handy. He will serve as the organization's interim leader until a permanent commander is nominated for promotion to lieutenant

worth repeating

"Expedite! ... What motto could be more fitting for Air Mobility Command's reactivated 18 AF?"

—Maj. Gen. William Essex
18th Air Force commander



general by the president and approved by Congress.

In his comments, General Essex focused on the 18 AF motto, "Expedite!"

"It means 'with dispatch,' or 'accomplish with speed or efficiency,'" he said. "What motto could be more fitting for Air Mobility Command's reactivated 18 AF? It describes the very nature of our business and the attitude of every person connected to the 12 wings, two expeditionary mobility task forces, three separate groups and ... our Tanker Airlift Control Center."

General Essex said the men and women of the organizations

now in the 18 AF have shown the world that "AMC does everything with speed and efficiency. These same men and women will now set even higher standards in a leaner, transformed organizational structure."

The 18 AF is charged with tasking and executing all air mobility missions. All AMC wings and groups based in the continental United States report to the 18 AF.

The 15 and 21 EMTFs serve as lead agencies for conducting mobility operations worldwide, including air refueling, airlift, aeromedical evacuation and base opening. They are key to the execution phase of warfighting. Brig. Gen. Richard Perraut commands the 15 EMTF; Brig. Gen. Kurt Cichowski commands the 21 EMTF.

The Tanker Airlift Control Center, located at Scott AFB, also reports to the 18 AF and serves as the organization's air operations hub, planning and directing tanker and transport aircraft operations around the world. Brig. Gen. Paul Selva is the TACC commander.

Awards and decorations

Recognition is important for an airman's career

By Staff Sgt. Pamela Smith

437 AW Public Affairs

As promotions become more competitive across the board, decorations and the points associated with them can be a deciding factor.

Whether a military member is an officer or enlisted, awards and decorations are vital to Air Force careers.

"Timely recognition of accomplishments is key to good morale, sustained superior performance and is a crucial part of our military culture," said Lt. Col. Adam McMillan, 437th Airlift Wing Safety chief. "It is also much more than just giving someone a piece of medal or cloth."

Colonel McMillan ensured members of his safety office were recently recognized with the Air Force Achievement Medal for their sustained work helping keep personnel and resources safe at Charleston AFB as the base built up and executed the war in Iraq.

"The whole base did a phenomenal job con-

centrating on safe mission accomplishment and Wing Safety was out there 24-7," said Colonel McMillan.

"People have an inherent need to be part of something much larger than themselves, and (decorations) help validate they have been successful in that endeavor," Colonel McMillan said.

Though leadership's primary responsibility is submitting their troops for awards, it's just as important for them to follow up with the submission and ensure the proper steps have been taken for the decoration process to run full circle.

"The most important step is to make sure the information is loaded into JANUS, which is a base-wide automated tracking system that helps with continuity," said Debbie Lasher, 437th Mission Support Squadron awards and decorations technician. "The information must be in the system or it will be sent back to its originating unit."

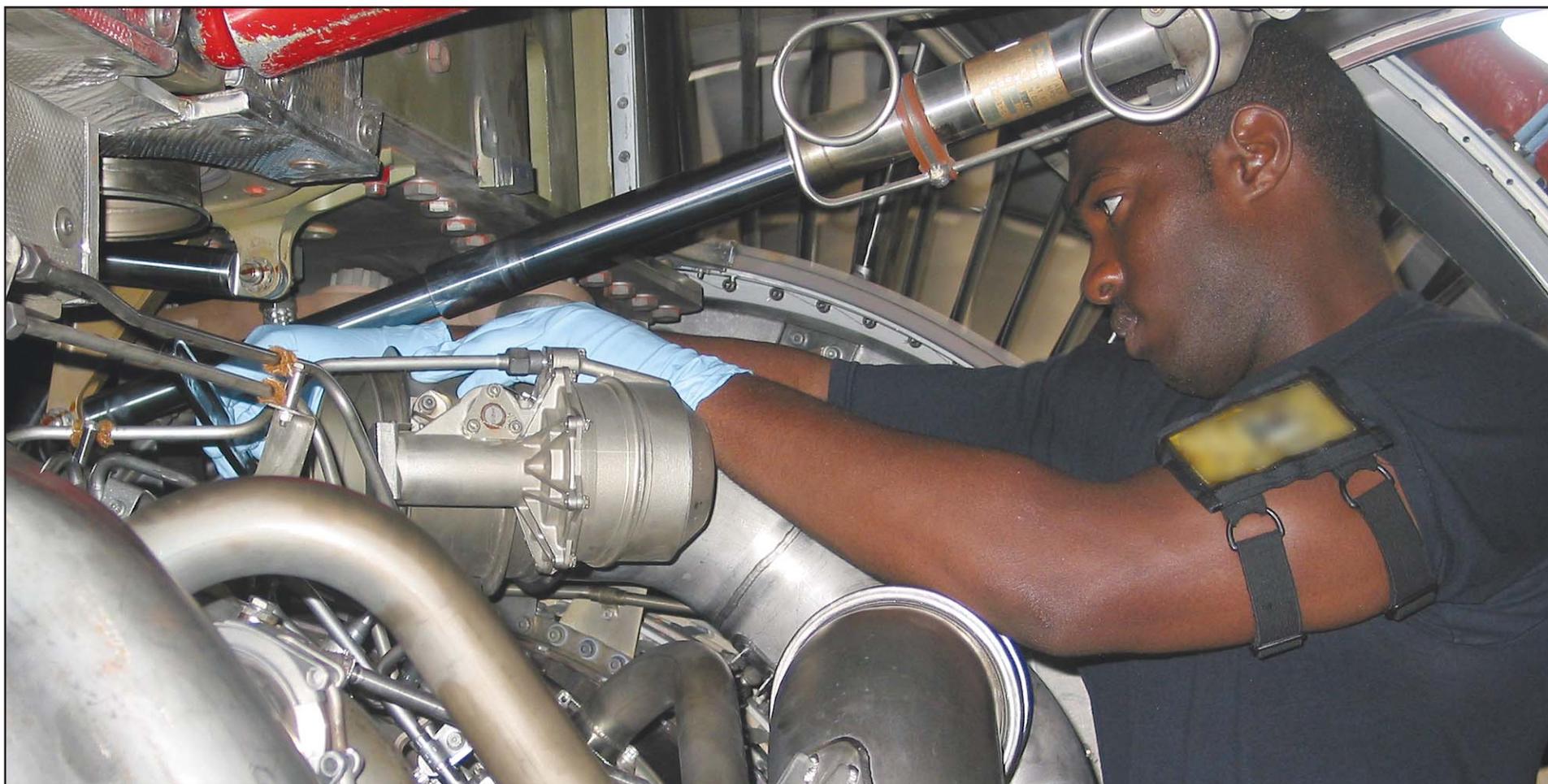
It's also important to make sure the individual's personal information is current.

"Members are responsible for making sure their records are updated," Ms. Lasher said. "Things sometimes fall out of the system for no specific reason."

These updates can be made through the individual's commanders support staff or the virtual MPF.

Once the award or decoration has been entered into the system, it can become a waiting game. According to the 437th Airlift Wing writers guide, decorations submitted for permanent change of station, separations and retirements based on meritorious service are due 60 days prior to close-out date, whereas decorations being submitted for a permanent change of assignment or an extended tour based on meritorious service, are due 30 days after the close-out date to the 437th Airlift Wing administration.

For more guidance on decorations, log onto www.afpc.randolph.af.mil, or refer to the wing writers guide, which is available in all orderly rooms.



Senior Airman Antonio Waller, 437th Maintenance Squadron Propulsion Element engine mechanic, separates engine connections from the right side in preparation for engine removal. The engine mechanics are now able to change the engine twice as fast since they changed them frequently after 9/11.

Mechanics cut engine change time in half

Story and photos by
2nd Lt. Shaloma McGovern
437 AW Public Affairs

After flying around the world for 120 days, the C-17 is ready for a check up once again. The plane sits in the hangar while maintainers lift up the flaps and

replace parts that worked very hard for the past four months. But this time the change won't take nearly as long as before and the C-17 can go back to delivering food and supplies while flying all over the world.

During the past year, 437th Maintenance Squadron personnel have reduced the time to change aircraft

engines by 50 percent. This time last year, an engine change took 36 to 48 hours. Now, it takes 16 to 18 hours on average.

"The reason we conduct engine changes so much faster is because we got comfortable with the process, and we are doing it more frequently," said George Babscheck, 437 MXS Propulsion Element foreman.

"With repetition comes proficiency," added 2nd Lt. Shawn Stermer, 437 MXS Maintenance Flight assistant commander.

In 11 months, the maintenance squadron changed more than 56 engines.

"Engine changes are scheduled every 120 days due to the wear and tear on the plane," said Master Sgt. William Rispoli, 437 MXS Propulsion Element chief. "The 437 MXS has increased the amount of engine changes due to (increased) operations tempo by 61 percent."

A lot of effort goes into changing the Pratt Whitney F-117 engine that resides in the C-17s.

"Constant communication is vi-

tal for success," said Sergeant Rispoli. "When the 'hands-on' replacement of the engine happens, communication is highly important because you are dealing with very tight space limitations and a lot of weight."

"The slightest mistake could cost thousands of dollars," added Lieutenant Stermer. "After all, each of the C-17 engines cost approximately \$10 million and weighs more than 20,000 pounds."

The past year put the maintenance squadron to the test.

"Keeping the C-17s in the sky for as long as possible is our job," said 1st Lt. Gregg Jerome, 437 MXS Maintenance Flight commander. "C-17s are vital to all of our overseas operations. They are the airlifter of choice and the workhorse of the Air Force. There are troops all over the world who rely on our planes every day. We do our best to make sure the C-17s get there on time, every time. This has ensured our success in Operation Enduring Freedom and Operation Iraqi Freedom."



Staff Sgt. Ryan Barleben, 437th Maintenance Squadron Propulsion Element engine mechanic, separates engine connections from the pylon of the aircraft in preparation for engine removal.

NEWS BRIEFS

Spotlight

Command section: The Wing Command Section is being renovated for the next month. They are temporarily relocated to the second floor of Bldg. 1600, Room 232. Phone numbers to reach the staff remain the same.

Retirement: The 437th Aircraft Maintenance Squadron is hosting a retirement ceremony for Chief Master Sgt. David Champagne at 10 a.m. Oct. 24 at the Charleston Club. For more information, call Chief Master Sgt. Lawrence Strother at 963-4591, or Staff Sgt. Diamond Cookson at 963-7088.

Retirement: The 437th Maintenance Group is hosting a retirement ceremony for Col. Tommy Hixon at 2:30 p.m. Oct. 24 at the Charleston Club. For more information, call Capt. Sara Scivally at 963-2543.

Community Support

Military appreciation: The Coastal Light Baptist Church is having a military appreciation night at 7 p.m. Oct. 24 behind the Citadel Mall.

Around the base

Commissary: The Commissary will be open Monday in observance of Columbus Day.

TSP: The Thrift Savings Plan open season begins Wednesday and ends Dec. 31. For more information, call Barbara Lang at 963-5448.

NIB: The Base Supply Store, 406 N. Graves Ave., Bldg. 713, is having an open house and Javits-Wagner-O'Day Appreciation Day from 10 a.m. to 2 p.m. Thursday to commemorate National Disability Employment Awareness Month.

MFH Recycler of the Month: The wing is recognizing residents in military family housing who participate in the curbside recycling program. The Military Family Housing Recycler of the Month will be randomly selected from base families who are recycling. The next curbside recycling dates are Thursday and Oct. 30. For more information, call the pollution prevention manager at 963-2690.

Charleston Warrior of the Week

Staff Sgt. Dave DeRemer 437th Communications Squadron

Staff Sgt. Dave DeRemer is the NCOIC of video production for the 437th Communications Squadron. He is responsible for the coordination, video documentation and video editing of wing events.

"Each and every job we do in video is unique in itself, and we have the ability to do just about anything," he said. "Our multimedia center is the best and most advanced in the Air Force. We have the best equipment, the most-talented people and put out the best products in the Air Force."

The Watertown, N.Y., native has been in the Air Force for almost 11 years and at Charleston AFB since Nov. 17, 1997.

"I joined the Air Force because I wanted to travel, and I wanted a career that would give a solid foundation for me to start a family," said Sergeant DeRemer.

While in the Air Force, Sergeant DeRemer plans to make the best of the time he has and take care of the younger troops.

"Mentoring and leadership are important to the future of the Air Force," he said. "So, I'll do my part providing both in the time I have left."

When he's not working, Sergeant DeRemer said he likes playing intramural sports with his squadron and spending time with his wife and three daughters: Logan, 8; Jordan, 5; and Allison, 2.



Photo by Airman 1st Class Jason Bailey

Suicide prevention: Family Advocacy is having a suicide prevention workshop Thursday through Oct. 17 for active duty members, civilians and their families. For more information or to register, call Jim Hernandez at 963-6504.

CGOC golf tournament: The first Company Grade Officer Council Golf Tournament is 8:30 a.m. Oct. 23. The fee is \$20, which includes lunch and drinks. Green and cart fees are not included. For more information or to register, call 2nd Lt. Sean Lewis at 963-2652, or 2nd Lt. Nick Okamura at 963-4636 by Oct. 19.

ESC: The next Enlisted Spouses Club event is at 6:30 p.m. Oct. 28 at Oscar's Restaurant in Summerville. After dinner, the club will see the Scarecrows in the Square contest in Summerville. For more information, visit www.geocities.com/charlestonesc.

Commissary: The commissary will be open seven days a week starting Monday. The new hours are:

- **Monday:** 11 a.m. – 6 p.m.
- **Tuesday-Wednesday:** 10 a.m. – 6 p.m.
- **Thursday:** 10 a.m. – 7 p.m.
- **Friday-Saturday:** 10 a.m. – 6 p.m.
- **Sunday:** 11 a.m. – 6 p.m.

Shoppette: The shoppette is extending its hours to midnight through November.

Chapel: Protestant Sunday School is held 9:30 a.m. Sundays in Bldg. 245. Classes are available for adults and children age 3 and up. For more information, call Mary Davis at 963-0303.

Medical survey: The 437th Medical Group is participating in a telephone survey to get feedback from patients about their clinic visit. A contractor, selected by the Air Force Surgeon General, will be contacting selected patients who are enrolled at the clinic to ask questions about their recent clinic appointment. The contractor will be asking six opinion questions and contacting patients Mondays through Fridays, 5:30-8 p.m., except holidays. The contractor does

not have access to any personal medical information nor will patients be requested to provide that information. This six-month program began in October. For more information, call Phillip Cooper, 437 MDG Quality Services chief, at 963-6913.

Trespassing: The base firing ranges are located adjacent to the Rivers Gate, between the Explosive Ordnance Disposal ranges, munitions storage site and the Cross County Road gravel pit. Trespassing is not illegal, but is dangerous due to weapons training conducted daily, including weekends. Ranges are not allowed for personal use. For more information, call Tech. Sgt. Mark Keck at 963-5292.

Supply: The 437th Logistics Readiness Squadron Customer Service Center is the point of contact for unit supply needs. The center researches national stock numbers, issues SATS cards and checks the status of particular items. For more information, call the center at 963-4826.

AROUND THE AIR FORCE

Airmen can review records online

RANDOLPH AFB, Texas – The Air Force has started a new program allowing airmen to complete record reviews online through the virtual military personnel flight.

Airmen will soon begin receiving e-mail notifications around their birthday each year advising them to review their electronic personnel records maintained in the military personnel data system.

“After the customer logs on to vMPF and accomplishes his or her record review, a hard copy should be printed for the member’s personal records,” said Master Sgt. Don Taylor, Air Force Personnel Center superintendent of customer support operations. “If all of the information is correct, no further action is required until the next annual review.”

In some areas where airmen may find errors, they can make the needed changes through the links provided. They should make the corrections as soon as they discover them, Sergeant Taylor said.

Other errors not yet updateable online can be corrected by the airman’s MPF or commander’s support staff. **(Air Force Personnel Center News Service)**

DFAS officials caution against look-alike sites

ARLINGTON, Va. – Officials caution the two million military and civilian users of myPay to use only the official Web site when accessing pay account information.

“Personal information is valuable and should be safeguarded,” said Claudia Bogard, director of corporate communications for the Defense Finance and Accounting Service. “Don’t provide your personal information to any Web site unless you know it can be trusted.”

Look-alike sites have recently frustrated myPay customers who were confused by accidentally finding their way to a commercial site that is in no way affiliated with DFAS or the Department of Defense.

MyPay is a secure, DFAS-operated Web site that lets active-duty, National Guard and Reserve servicemembers, civilian employ-

ees, and military retirees and annuitants take charge of their pay accounts online. The DFAS myPay Web site is found at <https://mypay.dfas.mil/>. **(Air Force Print News)**

Holiday print greeting service begins Oct. 1

SAN ANTONIO – The Army and Air Force Hometown News Service is offering its free print holiday greeting program to servicemembers worldwide. The program, now in its fourth year, will be open for submissions through Nov. 25.

An important change for this year’s program is open access to the program by individual servicemembers.

The print greeting program is a fully electronic Internet program that allows any servicemember to send a formatted holiday greeting to relatives through the Hometown News Service. After processing, the HNS staff e-mails the greetings to newspapers serving the relatives’ community. The program is free to both the servicemember and their community newspaper.

Besides having several releases

generated from each form, the servicemember can input multiple forms as well.

Program information and forms are accessible on HometownLink at <http://hn.afnews.af.mil> from any government computer system. **(Air Force Print News)**

DOD integrates military pay, personnel systems

WASHINGTON – A new Web-based system will integrate all of the services’ military personnel and pay systems, Department of Defense officials announced Sept. 29.

The Defense Integrated Military Human Resources System will provide “one-stop shopping” for servicemembers when it is fully implemented, officials said.

The new system will be more accurate and make it easier for active-duty and Reserve component servicemembers to check on their records, officials said. It will use commercial, off-the-shelf technology.

The system will absorb the 79 “legacy” systems into one Web-based system accessible to all who need to view those records, including the

servicemembers themselves.

The system will provide better, more accurate and more timely information for servicemembers and warfighters, officials said. It will allow combatant commanders “to have much better visibility over what is ultimately the most important resource they have: their people,” said David Chu, defense undersecretary for personnel and readiness.

The system will create a single record of service that will follow each servicemember. The records also will be used by the Department of Veterans Affairs after the servicemember leaves the military, officials said.

The records will be online and will have security protection. Servicemembers will be able to access their records online, and if they see errors, report those immediately.

The Army will be the first user, with an initial operations capability set for November 2005.

The system is the result of a recommendation the Defense Science Board made in the mid-1990s. Most companies had integrated their pay and personnel systems, and the board felt the military should also. **(Air Force Print News)**

1st Combat Camera Photo of the Week



Photo by Master Sgt. James Bowman

Touchdown!

Capt. Stacy Sims, 422nd Civil Affairs Battalion, Greensborough, N.C., does push-ups with Iraqi boys during Operation Touchdown in Baghdad, Iraq, Sept. 27. The 800th U.S. Military Police Brigade and the Coalition Provisional Authority office of the Ministry of Justice organized the all-day American football skills clinic.

FEATURE

Makeover Monday

Airman's wife says jeans have got to go

Editor's note: The following makeover story will air on Channel 4 at 6:30 a.m. Monday.

**Story and photos by
Airman 1st Class Stephanie Hammer**
437 AW Public Affairs

It's already the end of the week, and it won't be long before he's due back to work. With his frenzied sleep schedule taking a toll on him, he's looking forward to one of his last days off before the hectic workweek begins all over again. He yawns sleepily, rubs his tired eyes, stretches his muscles a bit and reaches for a glass of water.

Then the doorbell rings.

Slightly annoyed, he reaches for the door knob. As he pulls the door open, he shields his eyes from the floodlights of the camera. The tape is rolling, and the local reporter has just one question for him ... is he ready for his makeover?

"Woah," said Airman 1st Class Martinni Taylor, 437th Airlift Wing command post controller, as he looked at his wife of two years, Kristina, who giggled cunningly,



Airman 1st Class Martinni Taylor, 437th Airlift Wing Command Post controller, won a free makeover Oct. 2 from a local news station after his wife sent an e-mail to them.

pretending to be innocent of the situation.

Airman Taylor was chosen by a nearby news station to get a makeover at a local mall Oct. 2, thanks to a recent e-mail his wife sent them.

The news station's Makeover Monday program is a contest that makes over members of the local community for free. "She doesn't want to change you, she just wants to do something nice for you," said the reporter.

"It doesn't really surprise me," said Airman Taylor, who has been at Charleston AFB for two years. "She always says she's tired of seeing me in jeans and T-shirts, because that's basically all I wear. It's pretty simple, and you can't go wrong with that."

Because Airman Taylor makes sure his wife and kids have the nice things and tends to neglect himself a lot, Kristina said she wanted him to have a day to himself.

"He's definitely one of a kind; you don't find a lot of men like him," said Kristina. "He does everything for me; he doesn't think about himself. He always wants to know what he can do to make me happy, so I asked myself, 'What could I do to make him happy?'"

Just weeks after moving into their first apartment off base, a Feb. 15, 2001, fire destroyed everything the couple owned, including all their clothes. Since then, Airman Taylor said his outlook on his wardrobe and life drastically changed.

"When we first got married, I don't even think he owned jeans," said Kristina. "But after the fire, it pretty much became his wardrobe."

"I usually try to keep (my wife) and the rest of the family clothed first before I get around to myself," added Airman Taylor. "I had a lot of clothes, but there's no point in going through all that. Men's clothes are more expensive anyway."

With three kids to care for (5-year-old T.J., 4-year-old Christian and 11-month-old Tamia), the couple said it's hard to find time together where they can dress up and have a night out on the town.

"Once you have kids, it's very hard to find that time," said Kristina.

But, thanks to Kristina's e-mail, the help of the TV crew and a style consultant, the 22-year-old Memphis, Tenn., native was ready to



Airman 1st Class Martinni Taylor
Left: Before
Above: After

get the look he had before the fire changed everything.

Because of his slim build, Airman Taylor said he usually wears clothes to make himself look a little bigger. He was worried about trying something new, but two hours of shopping and a haircut later, he was eager to see his wife's reaction.

"Jeans are always comfortable," said Airman Taylor. "But sometimes you have to switch it up."

Kristina was speechless as Airman Taylor stepped from the dressing room in a suit and tie.

With his family looking at him in shock, he exclaimed, "Yes, it's me," as he hugged his dazed wife and scooped up his daughter Timia.

After regaining her composure, Kristina said her husband looked better than ever and, "definitely looks ready for that long-overdue date."



U.S. Marine Corps photo by Lance Cpl. Amber Basgil

Combat training

Staff Sgt. Sabrina Hauser, 1st Combat Camera Squadron photographer, shoots video of Marines with Marine Wing Support Squadron 273 as they perform marital art techniques aboard Marine Corps Air Station Beaufort, S.C., Sept. 23, 2003. Seven members from the 1 CTCS came aboard Fightertown in order to conduct a training exercise, Sept. 23.

Chapel schedule



107 Arthur Drive
Office: Monday-Friday, 9 a.m. - 4:30 p.m. (effective Sept. 2)

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. *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. No daily Mass on Mondays.

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.

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 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.

Today, 7:30 p.m.
"Open Range" – Kevin Costner

Following the day-to-day encounters with four cattle herders who road the countryside without owning a particular piece of land, or "freegrazers," living in the final years of the Wild West. This film tells the story of how they eventually team up to rid a burgeoning remote town, Harmonville, from the machinations of a ruthlessly evil rancher, Baxter, who forms a sort of "outlaw state" where he makes the laws and rules, and enforces them using scare tactics and brute force. **(R) 139 minutes**

Saturday, 7:30 p.m.
"Seabiscuit" – Tobey Maguire

It was the beginning of the 20th Century and the paths of Johnny Pollard, Tom Smith, and Charles Howard converged. These men were broken, each for different reasons, and they needed each other to become whole again. They discovered that you don't throw a whole life away just because it's banged up a little. They and they entire country found a hero in an average horse named Seabiscuit that achieved the unthinkable. **(PG-13) 141 minutes**

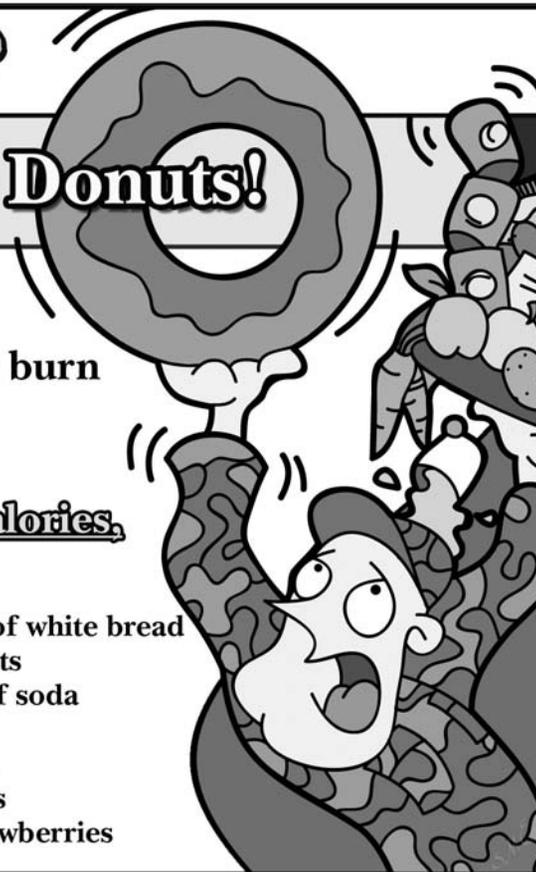
WELLNESS TIP

Running Off Those Donuts!

▶ A 175-pound person would have to run 4.5 miles in 50 minutes to burn off three glazed donuts!

▶ Three donuts equal about 625 calories, the equivalent of:

- | | |
|--------------------------------|-------------------------------|
| -2.5 pounds of apples | -One half-loaf of white bread |
| -7.5 cups of blueberries | -20 whole carrots |
| -8 cups of chicken noodle soup | -4 12-oz. cans of soda |
| -30 heads of lettuce | -10 pancakes |
| -17 peaches | -5 cups of peas |
| -120 dill pickles | -57 potato chips |
| -5 baked potatoes | -13 cups of strawberries |



Graphic by Sean Erbe

SPORTS & FITNESS

Social networks help deal with stress

By Capt. (Dr.) Julie Jacobs
437 MDG behavioral health consultant

Stress can impact us as individuals and ripple out to affect our family, friends and co-workers.

Most of us are aware of some of the basic ways to manage stress – exercise, a healthy diet and taking time out to relax.

But are you aware of the benefits of social support?

Social support comes in many forms and is generally provided by our social networks (such as work, school, place of worship, hobbies and neighborhoods).

The quality of the social network acts as a buffer for stressful times.

Social support even affects our physical health and may have an impact on cardiovascular health and immune system functioning.

If we have friends or family members with whom we can share our concerns and worries, we tend to feel better just by talking to them. But what happens when our friends and family aren't enough?

The Life Skills Support Center is working to help Team Charleston expand its social support networks in important ways.

While we at LSSC always offered individual and marital counseling as a means of support, we recently expanded our services to include a group counseling component.

Group counseling is a specialized service where people with similar concerns and goals meet together and share concerns and experiences.

I know what you're thinking, "But I'm a private person. I don't like to talk in front of others." Do you realize just about everybody says that?

There is great healing power in a counseling group since there are six to eight others who do understand what you are going through because they are too.

Yet it is not the "blind leading the blind" since each group is facilitated by one or two trained counselors.

Your group is a safe place to share and learn since members are clearly and repeatedly instructed to, "leave what is said in the group, in the group."

Apart from the specific concern you seek assistance for, you can also learn how your attitudes and behaviors affect others.

This gives you key insights into how you can build more effective and rewarding relationships.

The power of a group comes from the members themselves.

Feeling you are not alone in your problems and others have been through similar issues can provide relief in itself.

In addition, a group provides a safe place to vent negative feelings and get input from others who dealt with similar issues in their own lives.

Together we can strengthen the social connections and resources throughout our Charleston family so no one has to feel alone, misunderstood or uncared for.

The LSSC will be offering groups for active duty members, family members and retirees. For more information on joining a counseling group, call 963-6852.

You can also get information on local area support networks by contacting United Way at 211, or go to www.lowcountryhelp.org.

Two-time winner

Desautels earns another trip to victory lane

By the Gridiron Guru
"The greatest" pigskin prognosticator

Ron "Red, White and Blue" Desautels smoked the competition in Week 5, going 11-3. Desautels becomes the first two-time weekly winner this year. Please stop by Public Affairs for your prizes.

Ron was one of the very few to predict the Chicago Bears upset victory over the struggling Raiders.

Speaking of the Raiders, they share this week's stink-out-loud award with the Steelers and the winless Chargers. The Raiders couldn't beat an egg, the Steelers can't stop the pass, and San Diego just cannot break into the win column.

The Guru thinks the Chargers should change their name to the "Possums" because they play dead at home and get killed on the road! For the time being, I will omit the Jets as they had a bye week, but the Guru is sure they will stink it up

good against Buffalo this weekend!

It is time for the Guru to give credit where credit is due. Props go to the Dallas Cowboys who appeared to turn it around under the Big Tuna. I think a playoff run could be possible if they continue to play well. Note to all Cowboy fans, if they start to slip up, the Guru will be all over them like a fat kid on a cake!

Breaking news from Washington, it appears the entire Redskins defense has a drug problem; the Philadelphia Eagles drug them up and down the field the entire game!

This week's hall of shame candidate is Dave "the brain" Mason, who had several people with seven correct picks worried. Braindead Mason proceeded to let them all off the hook with his abysmal record of 6-8. Mason, a former Pittsburgh Steeler water boy, was unavailable for an interview and refuses all phone calls.

Now on to my Week 7 stone-cold, steel-pipe locks.

Gridiron Guru's Week 7 picks

Sunday, Oct. 19

Baltimore @ **Cincinnati**

Denver @ **Minnesota**

New England @ **Miami**

Philadelphia @ NY Giants

Tennessee @ Carolina

NY Jets @ **Houston**

Tampa Bay @ San Francisco

Dallas @ Detroit

Green Bay @ **St. Louis**

New Orleans @ **Atlanta**

San Diego @ **Cleveland**

Washington @ **Buffalo**

Chicago @ **Seattle**

Monday, Oct. 20

Kansas City @ Oakland

Monday Night total points: _____
Guru's Monday night points: 52

*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, Oct. 17, 4 p.m.*

CPTS/AW beats NNPTC in last second blocked kick to remain undefeated

By 2nd Lt. Bryan Lewis
437 AW Public Affairs

The game should have gone into overtime.

Jason Brena from Comptroller/Air Wing Staff blocked a potential game-winning extra-point to seal a 7-6 victory over Navy Nuclear Power Training Command in base intramural flag football action Tuesday night.

Brena blocked kick came at the end of regulation, ensuring NNPTC didn't complete a last-second comeback that would have tied the game and sent the team into overtime.

"Brena blocked the potential tying extra point," said Dwayne Norman, CPTS/AW safety. "The great play of our offensive and defensive lines greatly contributed to the efforts of everyone."

The close score was a reflection of the entire game.

The first half started slow as both defenses held each offense in the middle of the field.

"Their run-oriented offense, with some passing mixed in, kept our defense on the field most of the first half," said Butch Atchley, CPTS/AW coach. "But our defense made some big plays by swarming to the ball. They did a good job of communicating with each other out there."

The score was tied at nil heading into the half. This would change on CPTS/AW's opening drive.

Robert Blue, CPTS/AW quarterback, completed his first pass to a diving James Bailey, CPTS/AW wide-receiver, for a 15-yard gain.

The pass put CPTS/AW in NNPTC territory and sparked the offense.

Blue rifled another pass to Brena across the middle. On the next play, Blue connected again with Brena on the one-yard line.

CPTS/AW scored with a one-yard run up the middle by Norman.

"Offensively, our heroes were Brena and Bailey who hauled in critical, must have, long passes to get us down field," said Blue. "Also, the Bus (Norman) rumbled and



NNPTC (green) lines up against CPTS/AW in a flag football game Tuesday. CPTS/AW's defense blocked an extra point attempt to remain undefeated. The games are held every Tuesday, Wednesday and Thursday nights at Hurricane Field.

Photos by Airman 1st Class Jason Bailey

stumbled to breathe life into our passing attack and converted the extra point, ultimately, making the difference in the game."

NNPTC's doomed final drive began with just under a minute left on the clock.

Driving to CPTS/AW's own 10, NNPTC scored on a pass to the corner of the end zone making the score 7-6 in favor of CPTS/AW.

With six seconds left, all that remained was an extra point to send the game into overtime — an extra point that would never come, thanks to the smoldering defense of CPTS/AW.

"The blocked kick was a key play," said Atchley. "Otherwise, with the way both defenses were playing, we might still be out there."

"For the second game in a row our defense was the bright star," said Blue. "This game was a test of wills between two very good teams. Fortunately, our will was stronger."



CPTS/AW safety Dwayne Norman swipes a flag from an opposing runningback. CPTS/AW's defense only allowed 13 points to be scored against them this season.