

the Airlifter

DOVER AIR FORCE BASE, DELAWARE

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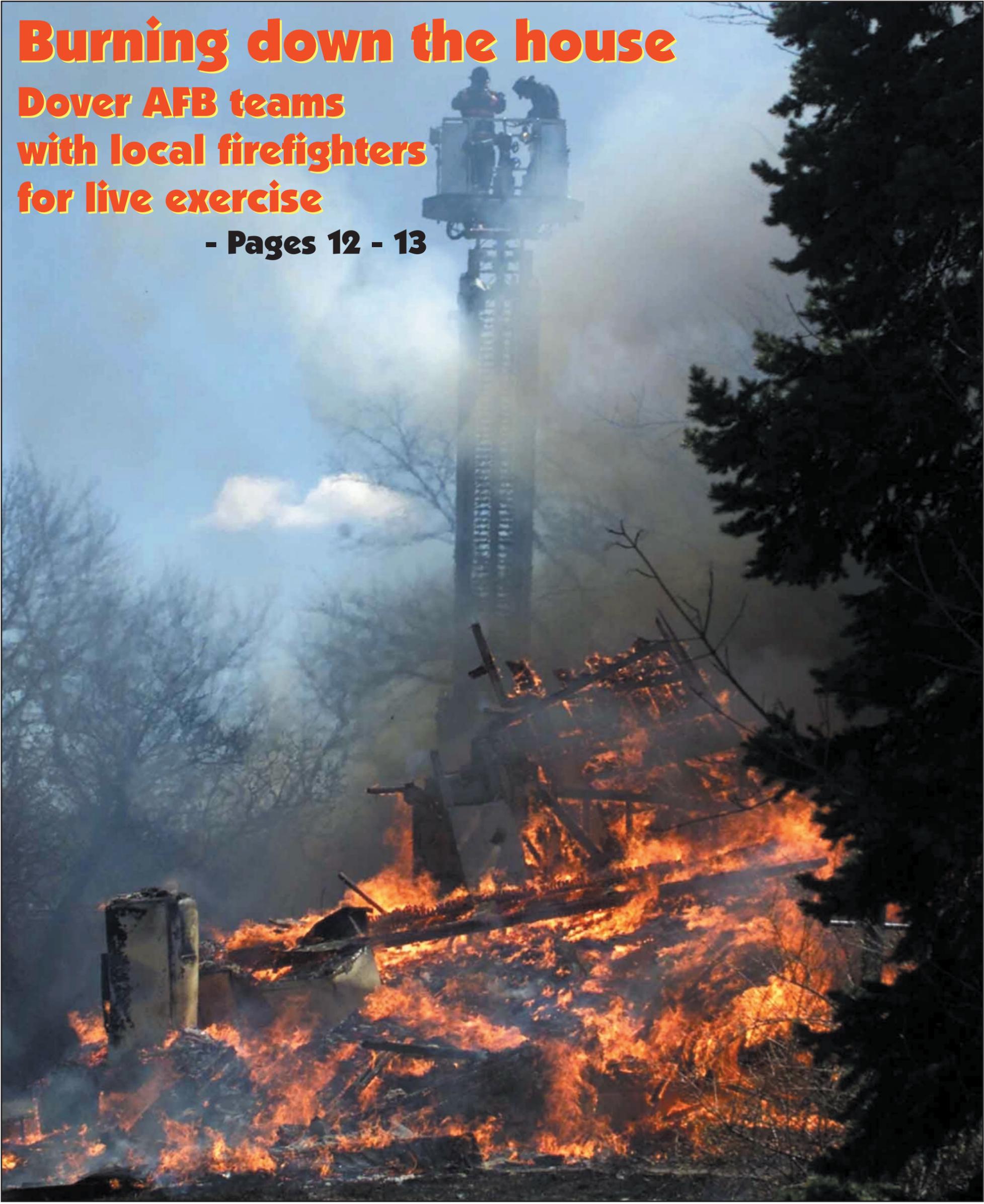
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March 23, 2001

Burning down the house

**Dover AFB teams
with local firefighters
for live exercise**

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Marriage in the military is a whole different ballgame
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Dover's aircrews shine in their toughest inspection of the year
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The 2000-2001 Intramural Basketball season ended with the lowest seed finishing on top
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Two Dover Team ladies get set to hoop it up at the AF women's basketball camp in Arizona
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Master Sgt. James Bartolomeo, 373rd Training Squadron, and his wife Master Sgt. Alma Bartolomeo, 436th Medical Support Squadron, sit with their children, (from left to right) Morgan, Tom and Alexandria, to go over everyone's schedule for next week. This is a routine meeting the Bartolomeos have to figure out who needs to be where and when.



Photo by Airman 1st Class Catharine Spence

Making it work *Dover couples discuss pros, cons of being married in military*

Airman 1st Class Catharine Spence
436th AW Public Affairs

Remember the "Newlywed Game?" Married couples would go on the game show to see just how much they really knew about each other. The winners would win a second honeymoon to celebrate their newfound love. But what happens when the honeymoon is over?

Marriages in general take a lot of work, but marriages in the military take extra work. Unlike civilian marriages, spouses in the military need to take things into consideration, such as frequent permanent changes of station and of course, deployments. Being married to a military member means being married to the Air Force as well, and with that comes many sacrifices.

Military to military married couples have an easier understanding and acceptance with the everyday struggles the Air Force may bring, but it is even harder for a civilian spouse of a military member to tackle.

Senior Airman Jason Self, 436th Civil Engineer Squadron, recently married Andrea, a young woman who was not affiliated with the military until now. The couple moved into base housing and is now anticipating the arrival of their first child.

"There are advantages to being married while in the military," said Jason Self. "The Air Force provides housing, and we don't have all the bills to worry about if we were out on our own. Money is still kind of tight, but I'm sure it would be worse if I wasn't in the military."

But along with any advantage, come disadvantages.

"There are strict rules on maintaining the house, which my wife will have to take care of when my time is up to go TDY," said Self. "Going TDY in itself will also be hard. By that time our child will have been born, and it will be difficult to leave Andrea alone with the baby and at the same time leave her to take care of everything else. Until then, we'll make the

best of the time we have together."

Unlike the Sells, Master Sgts. Alma Bartolomeo, 436th Medical Support Squadron, and James, 373rd Training Squadron, are not new to marriage. The Bartolomeos have been married for eight years. Each were single parents when they met and brought their children together to form a family. Being two active-duty Air Force members has its own advantages, but it also has its disadvantages.

Deployment is something the Bartolomeos have gotten used to over the past eight years. So when Alma leaves for a remote assignment in three months to Chuuk Island, Micronesia, for nine months, everyone in the family will be prepared.

"It'll be hard for everyone," said Alma. "I've deployed many times before, and so has my husband. Out of the eight years we've been married, I've only been home for two Thanksgivings. This year will be yet another Thanksgiving I'm away from my family. Our kids have asked why I have to go, and I start feeling guilty."

Another hard thing on their marriage is the hectic work schedules each carry.

"We're both workaholics," said James. "We work all day and we both bring home work."

So how do they deal with the hard times?

"We're each other's advisors," said Alma. "Without him supporting me, things would be a lot harder."

"I think that's what is good about being in a military to military marriage," said James. "Each person understands what is expected from the military, and they support that 100 percent. We motivate each other."

Making and keeping a strong marriage takes work over the years. Both Alma and James have made sure to keep their marriage strong and healthy throughout.

"He's been my cheerleader over the years," said Alma. "I need that. In a marriage, it's also important to agree to disagree and make long term plans."

While the Bartolomeos may be pros at this, it may be harder for some couples to deal with the things the military brings to a marriage. For these couples, Dover Air Force Base offers programs to help get them through some of the hard times.

"The military takes pride in strong, healthy marriages as they exemplify a strong sense of community and togetherness," said Leta Parker, 436th Mission Support Squadron Family Advocacy outreach manager. "However, good marriages take work and skills. It's not how much you love each other that best predicts the future of your relationship, but how conflicts and disagreements are handled."

Family Advocacy holds a four-week workshop, "Relationship Keys," where married couples learn simple, practical steps to improve relationships.

To some, military marriages bring disadvantages, like PCSs and deployments. But for most military married couples there comes just as many advantages, such as free housing and being a part of something unique.

While any marriage takes work, being in a military marriage means dealing with many a difficult issue. With good communication and a little bit of extra work, making a military marriage a strong and healthy one can be in anyone's reach.

This week- At a Glance

Retirements

Lt. Col. Thomas A. Artis, 436th Airlift Wing Command Post chief, will retire in a ceremony at the Air Mobility Command Museum today at 3 p.m. A reception will follow the ceremony. For more information, call Lee Pravitz at 677-4205 or Master Sgt. Susan Boone at 677-4676.

Tech. Sgt. Dwayne A. Cannon, 436th Contracting Squadron, will retire in a ceremony today at 3 p.m. in the Teague Conference Room at Building 639. For more information, call Tech. Sgt. William Gallman at 677-4671.

Tech. Sgt. Freddiemae B. Clinkscales, 436th Aerial Port Squadron, will retire in a ceremony March 30 at 3 p.m. at Building 505, Bay O. A reception will follow the ceremony. For more information, call Tech. Sgt. Yolanda Pouncil at 677-6134.

9th Street closings scheduled from Monday to May 4

The 436th Civil Engineer Squadron is scheduled to close portions of 9th Street to all motor vehicle traffic in order to accomplish needed high-temperature water line replacements. The street will close from Evreux Ave. to the Patterson Dining Facility, from approximately Monday through May 4, and from PDF to the Fitness Center from May 4 to July 5. No roadside parking on 9th Street from Evreux to the Fitness Center will be authorized for the duration of the construction work. For more information, call Guy Smith at 677-6831.

TRICARE Senior Pharmacy Program briefing scheduled for Monday.

The TRICARE Senior Pharmacy Program briefings are scheduled for Monday, April 2 and April 16 at the Base Theater, Building 524 at 9 a.m. The briefing is held for retired military members who are Medicare-eligible.

MPF scheduled to close March 30

The Military Personnel Flight, Building 520, will close for an official function from 3 - 4:30 p.m. March 30. The customer service counter will remain open. For more information, call Capt. Wistaria Frederick at 677-4588.

Retiree Appreciation Day scheduled for March 31

The Retiree Appreciation Day begins at the Landings at 8 a.m. March 31. Information booths will be set up to answer questions on a one-on-one basis. Briefings will include medical, space A travel and survivor benefits. The 436th Medical Group will conduct a mini-health fair, checking blood pressure, cholesterol and blood sugar. Evening festivities will begin at 6 p.m. with a social hour, followed by dinner and an awards ceremony honoring retiree volunteers. Cost of the dinner is \$13 for club members and \$16 for non-members. Dinner tickets are available at the Retiree Activities Office, Building 520, Room 105. For more information, call 677-4612.

Airlifter deadlines

The deadline for all submissions to the Airlifter is noon the Thursday before the week of publication. Submissions may be sent to the 436th Airlift Wing Public Affairs Office at 201 Eagle Way, Dover AFB, De 19902. Stories may be submitted by e-mail to airlifter@dover.af.mil.

Smart Couples

Communication Tips

STOP discussion and take

a "Time-Out" if there is:

- Yelling
- Name-calling
- Threatening behavior
- Blaming

Resume discussion later when you are calmer and ready to stay on topic

For more information contact
Dover Air Force Base
Family Advocacy at 677-2711

Logistics Group changes command

Staff Sgt. Tom Hernan
436th AW Public Affairs

Col. Syer S. Caudill Jr. assumed command of the 436th Logistics Group March 14 in a change of command ceremony held in Building 706.

Col. S. Taco Gilbert III, 436th Airlift Wing commander, presided over the official ceremony, which was attended by Logistics Group and wing personnel, and base and local community leaders.

"I'm looking forward to being here at Dover Air Force Base," said Caudill. "The men and women of the Logistics Group are key members of the Dover Team, and I'm fortunate to have been selected as the group commander."

Prior to his arrival at Dover AFB, Caudill served as the Director, Operational Support and Commander, Headquarters Squadron Section at the Air War College, Maxwell AFB, Ala. As the director, he was responsible for planning, organizing, and directing

all staff support for 262 AWC resident students and more than 164 faculty and staff.

Caudill was commissioned through Officer Training School, Lackland Air Force Base, Texas, in 1977 after receiving a degree in the Bachelor of Arts in Business Administration from University of Tennessee, Knoxville. Since completion of the Aircraft Maintenance Officer Course, Chanute AFB, Ill., Caudill has held aircraft maintenance positions from maintenance officer to maintenance supervisor to commander.

He has worked on the SR-71, U-2, T-38, KC-135A/R/Q and B-52 aircraft. Caudill has been a staff officer at Headquarters Strategic Air Command as well as a Reserve Officer Training Corps instructor. While assigned to Headquarters United States Air Force, he was the chief of Maintenance Manpower and Training, overseeing all maintenance manpower and training issues. In addition to his current command, he has also commanded



Photo by Bill Plate

Col. Syer S. Caudill Jr. (R) accepts command of the 436th Logistics Group from Col. S. Taco Gilbert III, 436th Airlift Wing commander, during a change of command ceremony here March 14.

a maintenance squadron, supporting 19 B-52G and 26 KC-135 aircraft.

Caudill has received many awards throughout his career. They

include the Meritorious Service Medal with seven oak leaf clusters, the Air Force Commendation Medal and the Air Force Achievement Medal.

436th OG earns outstanding feedback from ASEV

Staff Sgt. Tom Hernan
436th AW Public Affairs

The 436th Airlift Wing's Operations Group underwent an Aircrew Standardization Evaluation Visit from March 12 until Wednesday to evaluate the wing's aircrew readiness.

The ASEV team held an outbrief at the Base Theater Wednesday stating the Eagle Wing's performance was professional, highly competent and was exceeding current standards.

"In today's world, we have many challenges," said Col. Clifton L. Bray, ASEV team member. "But you all flew with flying colors!"

"We saw a lot of programs and a lot of top-notch work," said Bray. "That (compliment) truly comes from the heart."

The ASEV team presented 24

awards to Eagle Wing aircrew members.

"The amount of awards you all won is a reflection of the high quality of work you did," said Bray.

"This is the most awards the ASEV team has ever given out," said Col. Mark Solo, 436th Operations Group commander. "I'm very proud and grateful to be here with all of you."

"We started preparing for this a while back, and I told you I knew we'd do well," said Solo. "We had outstanding support for a great effort."

"It's fantastic!" said 2nd Lt. John Chester, 9th Airlift Squadron. "I think the results are evidence of the superb quality of both of these squadrons."

Reading from the ASEV report, Solo said, "The 436th Airlift Wing is clearly a suburb flying organization as demonstrated (by the ASEV find-

ings). The wing was very well prepared. Each office displayed enthusiasm, professionalism and willingness to listen to our recommendations."

Col. S. Taco Gilbert III, 436th Airlift Wing commander, stood in front of the audience and said, "My hats off to all of you! You prove everyday, day in and day out, that you can do this."

The ASEV team does not assign a grade to their visit, but the Eagle Wing commander had one.

"I'll give you one," said Gilbert. "Outstanding!"

"Every day, I'm proud of you, and the entire Dover Team," said Gilbert. "Thank you."

To show the importance of the

ASEV, Maj. Gen. George N. Williams, 21st Air Force commander, was scheduled to attend the hotwash session.

"General Williams got on a plane to come see all of you today," said Bray. "But unfortunately, the poor weather conditions diverted him after 30 minutes in a holding pattern. The general really wanted to be here to talk about your superb performance."

The ASEV team returned to McGuire Air Force Base, N.J., to complete their remainder of the report. Once completed, the report is given to Williams for approval.

Once approved, the report will be made available on Dover AFB's Intranet.



Photo by Jennie Farmer

Top of the morning to you, sir

Members of the 436th Airlift Wing present arms as they pass Col. S. Taco Gilbert III, 436th AW commander, during the St. Patrick's Day Parade in downtown Dover March 17. Approximately 120 Dover Team members participated in the parade, including active duty, reservists and honor guardsmen.

ASEV SPECIAL RECOGNITION

INDIVIDUALS

Name	Unit	Area
Maj. Oliver	9 AS	Flight Eval
Senior Master Sgt. Shore	3 AS	Flight Eval
Master Sgt. Gonzales	3 AS	Flight Eval
Tech Sgt. Rudolph	3 AS	Flight Eval
Tech Sgt. Whitney	9 AS	Flight Eval
Tech Sgt. Williams	3 AS	Flight Eval
Staff Sgt. Burke	9 AS	Flight Eval
Senior Airman Peck	9 AS	Flight Eval
Senior Airman Wildeson	3 AS	Flight Eval

PROGRAMS

Area	Unit	POCs
Stan/Eval Board	9 AS	Maj. Blackwell
R&C Board	3 AS	Capt Foresman
	9 AS	Maj. McCubbin
Trend Analysis	9 AS	Maj. White
No-notice	9 AS	Maj. White
	3 AS	Capt. Nistler
	9 AS	Staff Sgt. Crouse
Flight Manuals	9 AS	Tech Sgt. Whitney
	9 AS	Staff Sgt. Burke
Stan/Eval Administration	3 AS	Maj. Rauschenbach
	3 AS	Maj. Clawson
	9 AS	Maj. Marlin
	OSS	Maj. McKinney
	3 AS	Maj. Kovach
	9 AS	Master Sgt. Wydeven
	9 AS	Master Sgt. Vengen

Safety is only six steps away

From the Top

Col. S. Taco Gilbert III
436th Airlift Wing commander

The first day of spring arrived Tuesday and as usual it brings with it an increase of warmer weather and the urge to be involved in outdoor activities.

From Ocean City, Md., to Rehoboth Beach, Del., and Dewey Beach, Del., to the Jersey Shore, DelMarVa and the surrounding regions offer ample opportunity to enjoy the warm weather.

Unfortunately, spring, the summer season, and increased outdoor activity have always been accompanied by a rise in the number of safety mishaps. Last year, there were five mishaps during the spring months, and during the summer there were eight.

While the excitement of the first road trip of the year is understandable, a few moments of planning can keep a memorable weekend from turning to tragedy. Whether it be automobile or motorcycle accidents, or simple carelessness, these accidents and other dangerous mishaps are avoidable.

One way to help avoid unfortunate mishaps is by using the Operational Risk Management process when planning your activities. ORM provides you



“While the excitement of the first road trip of the year is understandable, a few moments of planning can keep a memorable weekend from turning to tragedy.”

Col. S. Taco Gilbert III

the tools to review your activity and help determine any potential risk. The six steps of ORM include: 1) identify the costs (dangers or financial), 2) assess the potential for something to go wrong, 3) stop and think of measures to minimize the costs, 4) decide which measures to implement, 5) implement the measures, and finally 6) conduct your activity and make changes as necessary.

By inserting these six simple steps into your planning, whether it be work related or off duty, you can avoid potential disaster. For more detailed information on the ORM process, go to on the base global drive and look under ORM.

Spring is here and summer is just around the corner. So as we enter these warmer months, please have a good time, but remember — safety is not optional, it remains paramount in all we do!

It's a show of pride

Guest Commentary

Col. W. Neal Mills
436th AW vice commander

Recently, I happened to be riding with the wing commander in his “white top” staff car down Atlantic Avenue. As we approached an intersection, an airman walking down the sidewalk passed by. He looked directly at us and Col. Gilbert was poised to return his salute, but the salute never came. The airman looked away and continued walking down the sidewalk.

I have had a similar experience. Walking out the back door of my office to my car, an airman was walking by. He looked directly at me, looked away, and kept walking past me down the sidewalk. I stopped the airman and reminded him of proper military customs and courtesies. He said “Oh” and finally rendered a salute. Then, he walked away with an irritated look on his face.

When we joined the military, we all agreed to abide by certain rules and regulations, including the proper rendering of customs

and courtesies to those who are senior to us. We have all gone through some form of basic training and know what we are supposed to do in that regard. It doesn't matter if it's an airman expected to salute the wing commander, or Col. Gilbert or me saluting a general officer. Rendering that salute is a matter of showing proper respect, and is the right thing to do.

by tipping one's hat. Today, of course, we raise our right hand to the brim of our hat. You can readily see the salute is steeped in heritage and tradition. We take great pride in our military heritage and tradition because they mark our profession of arms as unique compared to any other in history.

Let's go back to the definition of salute. Hmmm, a greeting, huh? Sounds like common courtesy that our parents taught us when we were growing up, doesn't it? And, we should never forget that something is always left behind whether that courteous greeting is extended or not—an impression.

I've said in many forums that the men and women of Team Dover are the finest group of people I have had the opportunity to work with in my nearly 30 years of service. Even now, you have set an all-time record for unit and individual awards and the fiscal year is only half over. You've dazzled numerous visitors to the base with your expertise and superior performance. Why risk ruining that hard earned reputation for excellence by leaving a bad impression?

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“I ask you to remember the next time you see one of our commanders' vehicles with a star or eagle plate on the front, or our small buses flying the flags of our frequent distinguished visitors, proudly pop that smart salute.”

Col. W. Neal Mills

Now that I've cited “chapter and verse”, I'd like to look at the salute from a different perspective. Webster's defines a salute as a greeting, expression of good will, or a means to honor or show respect. Historians tell us it first began with warriors wearing armor who raised their visors so they would be recognized. Later, raising an empty right hand to show respect and as a sign of peace was considered a salute.

In the days of colonial America a salute was rendered



Action Lines

677-4368

Question

I live in Military Family Housing and I have noticed there are cars parking in the occupants' reserved parking spots. When I called the Security Forces Squadron about issuing warnings or tickets, there was no response. Why can't tickets be given?

Answer

A 436th SFS patrol was dispatched upon receipt of the call. Due to confusion in the parking enforcement policy, the patrolman did not issue a citation. Citations, however, will be issued for parking violations in MFH, for both military and civilians, and points will be assessed against driving privileges.

Question

I frequently ride my bicycle from Military Family Housing to the base. I also like to visit the Base Library, but I have to lock my bicycle at the Base Exchange because there isn't a bike rack at the Library. Can a bike rack be placed at the Library?

Answer

I empathize with the inconvenience you experience in parking your bike. As a result of your inquiry, the Library is placing a bike rack high on its end-of-year buyout list for purchase. A bike rack will be purchased once funds become available. In the interim, you can use the bike rack located between Building 262 and Building 261 just to the North of the Library.

Question

Recently, there have been really long lines at the cashier in the Patterson Dining Facility. Our food often gets cold while we patiently wait. I have seen other bases implement a flat rate meal charge. Can the facility here utilize the flat rate system?

Answer

The Patterson Dining Facility staff's primary customer service objectives are to provide a quality meal and get everyone through the service line in an expeditious manner so they can enjoy the meal. The problem is mostly associated with line flow rather than the cashier. As a result of your call, an efficiency study is being requested to determine the best traffic flow possible.

In regards to the pricing question, you will find the flat rate system in small dining facilities and those facilities without the food service automated system.



The Action Line is a tool for everyone on base. I am sincerely interested in hearing your suggestions, comments and complaints.

If you have a concern and you haven't been able to resolve it through normal channels, call me at 677-4368 or send an e-mail to 436Wing.ActionLine@dover.af.mil.

Together we can make the Dover Team even stronger – thanks for your outstanding support.

- Operations Group** 677-2225
- Logistics Group** 677-2224
- Medical Group** 77-3330
- Support Group** 677-2221

Jaco Aikman



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- Tech. Sgt. Paul Fazzini . . . Editor
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Cover:

Members of the 436th Civil Engineer Squadron Fire Protection Flight and Dover Fire Department worked hand-in-hand at a live training exercise at a house in downtown Dover March 18.

Photo by Jennie Farmer

MILMOD replaces current personnel system

Local MPF customers can expect changes

RANDOLPH AIR FORCE BASE, Texas— In less than two months, military personnelists throughout the Air Force, Air National Guard and Reserve will begin using state-of-the-art technology to process “total force” personnel information.

May 1, after a successful formal testing period, the Air Force Military Personnel Data System Modernization program, or MilMod, will be turned on replacing the 1970’s technology being currently used with a relational database using the Oracle Human Resources software. It’s

been more than 20 years since the last major update.

“We’ve been working hard for nearly five years building this modernized system to take Air Force personnel processing into the next century,” said Lt. Col. Ed Oliver, MilMod program manager at the Air Force Personnel Center.

This new system will support all “life cycle” personnel management functions from recruiting through job assignment and ultimately separation or retirement. It will provide real-time updating and reporting capabilities that are not available in today’s Personnel Data System, according to Oliver.

The new system has several inherent improvements over today’s system.

“The most apparent improvement is the graphical user interface, which will give personnel technicians online, real-time access to personnel information,” he said. In short, the modernized system will provide real-time updating and reporting capabilities that are not available in today’s Personnel Data System.

But as with any new system, there will be a transition period where the normal personnel function people are used to will be unavailable.

There will be a nine-day period prior to the implementation date where no personnel transactions will be accepted into the current systems being replaced. All active duty, Guard and Reserve members are urged to complete any personnel actions prior to April 20 to ensure the transactions are processed prior to the transition, or wait until MilMod comes online May 1.

“It is important for our customers here at Dover to know there will be limited to no personnel data updates April 20 – 31,” said Capt. Wistaria Frederick, Military Personnel Flight commander. “As with any new system brought on-line, we can expect the first few days to be overburdened with updates. We ask for our customer’s patience in this endeavor.”

Normal personnel processing activities like, in- and out- processing, writing evaluations and decorations, will take place at Dover’s MPF,

**MILMOD
points of contact**
Master Sgt. Timothy Sexton,
677-4532
Chief Master Sgt. Emilio Nazario,
677-4607
Capt. Wistaria Frederick,
677-4588

however, no data updates will be accomplished until the new MILMOD system is brought online on May 1. Promotion pay-affecting transactions such as new promotions effective May 1 will be loaded by the MPF staff prior to April 20. To ensure the promotions are updated, officials are requesting promotion rosters be turned in as promptly as possible.

Although the change will bring a disruption to the normal service provided, there are avenues to ensure proper processing of data.

“If customers need to have anything updated during this time, they should contact their commander’s support staff, who will in-turn contact the appropriate MPF office for guidance,” said Frederick. “This new system isn’t happening just at Dover Air Force Base,” she said. “It’s world-wide, across all personnel functions, from AFPC to the base level.”

(Courtesy Air Force Personnel Center)



Benefit of the Week

The Army and Air Force Exchange Service traces its beginning to General Order 46 issued in 1895. Since then, AAFES has offered bargain prices on brand name merchandise and much more.

Question:

On average, how much does AAFES contribute to Moral, Welfare and Recreation funds each month?

- \$420
- \$4,200
- \$42,000

Answer:

- C) \$42,000

Visit the AAFES site for Dover AFB at http://www.aafes.com/conus_ner/dover_afb/index.html for more information on the following services Base Exchange, Military Clothing Sales, Shoppette/Class Six/Car Care Center, Burger King, Theater and much more.

SGLI benefit increases to \$250K

Dover MPF official explains options

WASHINGTON — The automatic maximum coverage for the Servicemembers' Group Life Insurance increases from \$200,000 to \$250,000 April 1.

This coverage increase is a result of the Veterans Benefits and Health Care Improvement Act of 2000. The total cost for maximum coverage will be \$20 per month.

According to pay and compensation officials, every Air Force member's SGLI coverage will automatically increase April 1. Each member will have most of April to elect a lower coverage amount without being charged for the automatic maximum coverage exceeding the member's

current elected coverage. However, all members will be fully insured for \$250,000 for the entire month of April, regardless of any elections they make during that month.

Each member may still either decline coverage or elect a reduced level of insurance in multiples of \$10,000, officials said. The cost of coverage also remains 80 cents per \$10,000 of coverage.

If people elect to change their coverage after April, they will pay for the maximum coverage for the month of April as well as for any other month in which the level of coverage remains in effect. Existing beneficiaries remain in effect until a member updates their coverage.

Changes to coverage are effective the first day of the month after a change is made. For instance, if a member chooses to reduce coverage to \$100,000 and completes a new April 2001 version of the SGLV Form 8286 April 15 and tenders the form to the MPF on the same day, that member's April premium is \$8.

Another example is when a member chooses to reduce coverage to \$100,000 and completes a April 2001 SGLV Form 8286 May 15. The member is liable for full maximum coverage premiums in April and May 2001. The newly elected coverage is effective June 1 and the member's premiums would be \$20 for April and May and \$8 for June.

"Due to the Air Force Military Personnel Data System Modernization program implementation taking place May 1, we encourage all to make their reductions or declinations before April 25 to ensure the system is updated appropriately and timely," said Capt. Wistaria Frederick, Military Personnel Flight commander.

"If a member desires less than the maximum coverage, they will need to come to the Customer Service counter in the Military Personnel Flight to complete a new SGLV Form 8286," she said.

The Military Personnel Flight will process all forms as expeditiously as possible prior to complete system shut-down on April 26. (Courtesy Air Force Print News)

Tips for better recruiting

Tech. Sgt. Annette Lucas
Dover Air Force recruiter

Efforts to help recruiting can be made by not only recruiters, but by any active-duty members as they go about their day-to-day activities. If approached by someone asking about the Air Force, a servicemember can get a good idea, through a simple conversation, whether the individual is qualified for military service.

According to Air Education and Training Command Instruction 36-2002, the following are some qualifications the Air Force is looking for:

- Single with no children
- Ages 17 to 28 (17-year-olds need parental consent)
- Meet weight requirements
- High school diploma or high school seniors
- Married to military with no children
- Married to civilian with children
- No open law violations
- Medical problems on a case by case basis

Basically, just look for someone like yourself. Ask yourself if you would want this person to work side by side with you in the Air Force. Could this person be a good airman?

The first thing someone asking about a career in the Air Force may ask about is available jobs. A good rule of thumb is to not talk the individual into one specific job. You could get their hopes up and when they actually go to the recruiter, they may not be able to get that particular job. Also, the individual may not qualify on the ASVAB test, the physical or the job may just not be available. Ask them what four or five areas they are interested in.

Also, never tell someone to not "Open General." When someone goes "open," there is a fair and equitable process the Air Force uses to place the individual into a specific specialty. They will be provided a list of jobs to choose from once they arrive to basic training in San Antonio.

The bottom line with jobs is to let the certified recruiters talk about career options. They know the process and are the best ones to counsel the potential recruit.

Lastly, always represent the Air Force in a professional manner. Each airman, sergeant and officer can positively impact recruiting when they act professionally.

Commentary

Continued from page 4

As I approach serving two years here at Dover, I have observed daily the pride and professionalism you display in performing a most difficult mission in defense of our nation. I admire you and I'm extremely proud of your accomplishments. It's clear to me you are proud of your achievements and proud to wear the uniform. I know you don't want that honor tarnished in any way.

So, I ask you to remember the next time you see one of our commanders' vehicles with a star or eagle plate on the front, or our small buses flying the flags of our frequent distinguished visitors, proudly pop that smart salute. You are paying respect to those who have earned it, and you are extending a courteous greeting. But equally important, it's the final touch of class and polish that says "I'm proud to be a member of the United States Air Force and Team Dover—the finest fighting force in the world!"

The salute is not an irritant and not something dreamed up to hassle you. It's your right, your heritage and your trademark. It really is a show of pride.

Aerial Port Squadron gets green lights during EORI

Senior Airman Erik Stetson
512th Public Affairs

Forty-one 46th Aerial Port Squadron members fought off mock attacks and repeated questioning to earn the unit high grades during an inspection at Travis Air Force Base, Calif., Feb. 27 to March 3.

The event marked the first time the unit faced an expeditionary operational readiness inspection alone.

"It was just us," said Senior Master Sgt. Clinton Foster, 46th APS Air Terminal Operations Center noncommissioned officer-in-charge. "You either knew what you were doing or you fell on your face. That's one of the reasons it was so gratifying."

People spent about six months preparing for the event. Foster said reservists who live near Dover would come in when they had time away from their civilian jobs to finish online training or look up information inspectors would require the unit to know.

The team also spent, during January, two days at Dobbins Air Reserve Base, Ga., practicing with a unit that already passed the inspection.

"We practiced harder than we worked," said

Master Sgt. Tommy Rose, 46th APS ramp services assistant NCOIC. "[The inspection] was pretty much straightforward, but they tested our knowledge, not only on our job and how to do it, but how to find things in the regulations as well. Even if you were correct with the answer, they wanted to know why you were correct."

Thirty three people went to Travis to participate in the inspection. The other eight stayed behind to support those who deployed. They helped prepare the team before takeoff and served as a resource center for the Travis team when answering questions required using reference material.

"We had four or five people going in different directions," said Tech. Sgt. Ed O'Connor, part of the support team. "There was one point where I had a receiver in both hands. I was finishing a call from one person and trying to answer another one. There were some good questions."

Job skill and regulation knowledge weren't the only areas inspectors targeted. They also staged mock attacks. The team was required to use chemical protective equipment and provide an air base defense.

"This is almost like the real thing, where you've got people coming at you with M-16s and throwing bombs at you," Rose said. "There were no explosions, but the inspectors would drop things on the ground and we'd have to find them."

Troops said inspectors complimented them in several areas, such as the quality of their weapons, the quality of their defensive strategy and their overall attitude. The grading system had three tiers, based on a traffic light. Possible grades were dark green, or excellent, light green, or satisfactory, and red, or unsatisfactory. The unit earned seven dark greens, three light greens and two reds.

Opportunities in the 512th Airlift Wing, Air Force Reserve

Explosive Ordnance Disposal

Fire Protection

Fuels Management

C-5 Pilot

C-5 Flight Engineer

C-5 Loadmaster

Air Transportation

Aircraft Fuel Systems

Aircraft Structural Maintenance

Aircraft Aerospace Maintenance
(Crew Chief)

Security Forces

Aircraft Hydraulics Systems

Aerospace Ground Equipment

Avionics Guidance and Control Systems

Propulsion (Jet Engine)

Federal civilian military leave changes to hourly charge

ROBINS AIR FORCE BASE, Ga. — When federal civilian employees who serve in the Selected Reserve use a portion of their 15-day military leave, they will now be charged by the hour instead of by the day.

The change is the result of the Consolidated Appropriations Act of 2001, signed into law Dec. 21.

Full-time federal employees working a 40-hour workweek will accrue 120 hours of military leave in a fiscal year, or the equivalent of three 40-hour workweeks to perform active duty, active duty for training or inactive duty for training. Part-time employees and employees on uncommon tours will have their military leave prorated based on the number of hours in their regularly scheduled pay period.

Air Force Reserve Command officials here said the command's policy on charging military leave changed drastically but became simpler to understand and apply.

Employees can now use military leave only for periods of a civilian workday when active- or inactive-military duty overlaps with the civilian work schedule. They may not use military leave for an entire

civilian workday if they are released from military duty and travel before the end of the civilian workday. When they request military leave for inactive duty training, they will be charged the amount of military leave necessary to cover the period of training and necessary travel from their residence to place of duty and back home.

Under the previous policy, employees were charged a full day of military leave, annual leave, accrued compensatory time off, etc., for the second and subsequent consecutive civilian workdays on which active-duty pay was earned unless they were released from active duty before the start of the civilian duty day.

For example, an employee with a civilian work schedule of Monday through Friday 7 a.m. to 3:30 p.m. who worked 4 to 8 p.m. Monday through Wednesday was charged full days of leave for Tuesday and Wednesday under the consecutive day rule. No leave was required for consecutive days of inactive duty for training.

Now employees will only be charged leave for the period of time that military duty overlaps the civilian work schedule. Civilians,

including air reserve technicians, who perform active duty at home station must have their orders approved by their group commander or higher.

Another advantage of the new policy is the elimination of having to take military leave for civilian nonwork days — weekends, holidays and scheduled days off — that occur in the middle of a tour or consecutive tours of military duty.

In the past, reservists who used 15-day military leave or 44-day technician leave on any civilian

workday of those tours, active duty or inactive duty, were charged for that intervening time. No military leave was charged for nonwork days occurring at the beginning or the end of those tours.

Other AFRC policies not affected by the legislation — for example, ART duty status policies, duty status conversions, crew rest and 44-day military technician leave for ARTs outside the United States — remain unchanged. (*Courtesy of Air Force Print News and Air Force Reserve Command News Service*)

This Week in AMC History

March 23, 1951 In Operation Tomahawk, a force of 72 314th Troop Carrier Group C-119s dropped 2,001 paratroopers and 204 tons of supplies and equipment, while 48 437th Troop Carrier Wing C-46s dropped 1,436 paratroopers and 15.5 tons of ammunition, food, and signal equipment.

March 23 - 25, 1951 A total of 148 paratroopers, injured or wounded during the second largest airdrop of the Korean War, were evacuated by H-5 helicop-

ters in 77 sorties from the scene of heavy fighting around Musan.

March 23, 1978 Capt. Sandra M. Scott, a KC-135 pilot, became the first female tanker commander to perform alert duty for the Strategic Air Command.

March 24, 1945 Troop Carrier units were employed in the daylight drop of two airborne divisions, marking the beginning of Operation Varsity, the first Allied troops to land across the Rhine River.

Courtesy of AMC Museum

STAY INFORMED

Six Safe Shots - An airman's guide to Anthrax vaccinations
www.af.mil/current/anthrax



Briefs

To get information considered for Community Notes, send an e-mail to airlifter@dover.af.mil, with Subject: **4COMMNOTES**. Or send a fax to 677-2901, ATTN: 4COMMNOTES. Submissions must be received no later than the close of business Thursday the week before publication.

ANNOUNCEMENTS AND UPCOMING EVENTS

Thrift Shop now accepting spring and summer clothing

The Thrift Shop is no longer accepting winter clothing items for consignment. Spring and summer clothing items are acceptable beginning Tuesday. The shop is temporarily not taking large exercise equipment, baskets, computers over two years old or bicycles. The shop is located in the rear of the Global Activity Center, Building 425, and is open Tuesdays, Wednesdays and Fridays from 10 a.m. – 2 p.m. The shop will be closed April 13.

Military training instructor duty briefing scheduled for April 4

A special "Recruit the MTT" team will visit Dover Air Force Base April 4. The team will give a general briefing on military training instructor duty at 9 a.m. in the Airman Leadership School Auditorium located in Building 480. If you are a senior airman and will commit to a second enlistment term through master sergeant with less than 16 years total active federal military service and are interested in learning more about the challenges and rewards of MTT duty, make it a point to attend. Applications may be accepted on the spot.

3rd AS change of command scheduled for April 6

The 436th Operations Group commander requests the honor of your presence at the Air Mobility Command Museum April 6 at 3 p.m. for the passing of the colors and com-

mand of the 3rd Airlift Squadron from Lt. Col. John Smith to Lt. Col. Andrew Redmond.

9th AS celebrates 30th anniversary

Former members of the 9th Airlift Squadron are cordially invited April 9 to attend the celebration honoring the 30th anniversary of the 9th AS. The festivities will begin at noon with a retreat ceremony at the Air Mobility Command Museum. Following the retreat, there will be a picnic at the Eagles Nest. To respond, call the squadron executive officer at 677-3593 or DSN 732-3593. RSVP by April 2.

Logistics Professional Performer Award Banquet scheduled for April 18

The 436th Logistics Group will hold a Logistics Professional Performance Award Banquet April 18 at Hangar 706. Social hour is at 6 p.m. and dinner begins at 7 p.m. The banquet will recognize all award winners in the 436th LG. For more information and tickets, call any chief master sergeant in the LG.

RAP offers opportunity for eligible Air Force members

The Recruiter Assistance Program is available for all eligible active duty Air Force members. RAP is a way to assist in finding quality young men and women to meet the challenges of today's Air Force. The Air Force will grant non-chargeable leave to those members who would like to positively impact recruiting by participating in RAP. For more information on this program, send an email to RAP2@rs.af.mil or call the Air Force Recruiting Service at DSN 487-5116 or 210-652-5116.

Small business trade fair scheduled for June 14

The 436th Contracting Squadron and the National Contract Management Association, Delaware Chapter, is sponsoring the sixth annual Small Business Trade Fair at the Landings June 14 from 9 a.m. – 3 p.m. There will be vendor networking, vendor showcases, door prizes, presentations, a continental breakfast and refreshments. The deadline for early display table(s) reservations is May 9. For more information on prices for reserving display tables, call Thelma Gabrielson at 677-5204 or 1st Lt. Kelly Hanson at 677-5033.

JOB OPPORTUNITIES

Honor Guard superintendent position available.

The 436th Support Group is looking to fill the position of superintendent, Dover Air Force Base Honor Guard. Individuals need to be available on or about May 1 in order to attend a six-week "Basic Ceremonial Course" at Bolling AFB, DC, followed by local training/overlap with the current superintendent. After successful completion of the course and meeting other requirements, the individual will receive the Special Duty Identifier of 8G000. The tour of duty will be no shorter than two years from the time the SDI is awarded. Interested individuals should submit, in memorandum format, a one page letter outlining why they would like to be selected for this position along with a Records Review Rip by March 30. Mail letters to 436th SPTG/CMS, 520 Main Gate Way, Rm 106, Dover AFB, DE, 19902-6520, Attn: CMSgt. Colby. For exact position qualifications and more information, call Chief Master Sgt. Mark J. Colby at 677-3845.

Summer hire positions available at Dover AFB

Resumes are now being accepted for civil service summer employment opportunities. The summer positions are typically 60 – 89 days in duration, beginning in the May, early June time frame. Applicants must be at least 16 years of age at time of employment.

If interested, you are required to submit a resume as outlined in the Air Force Personnel Command Job Kit and then self-nominate for job announcements. Instructions on preparing your resume, what to submit, and how to self-nominate for job announcements, may be obtained from www.afpc.randolph.af.mil/resweb.

For more information, call Belinda Scott at 677-4656 or Lorraine Guinn at 677-4661.

Family Support Center needs family readiness NCO

The Family Support Center has an opportunity for an energetic and motivated technical sergeant to become a Family Readiness non-commissioned officer. The program supports deployed families through different programs. If you are a technical sergeant with an exemplary service record, and are releasable from your current Air Force Specialty Code, then you may want to take advantage of this opportunity. If you are interested and would like more information, call Debi Hall or Senior Master Sgt. Rick Rodriguez at the Family Support Center at 677-6930.

Positions are available for transitioning airmen

The Family Support Center has a complete list of jobs available to airmen transitioning from active-duty service. For more information, call Family Support at 677-6930.

LOOKING FOR VOLUNTEERS

Randolph AFB seeking volunteers for chief

The AFPC Chiefs' Group, in conjunction with the Air Force Personnel Center, is seeking volunteers for the chief of the chief's

group position, AFPC, Randolph Air Force Base, San Antonio, reporting no later than May 31. For more information, call the Military Personnel Flight at 677-4546.

Bolling AFB seeking volunteers for chief

The AFPC Chiefs' Group, in conjunction with Headquarters 11th Wing, is seeking volunteers for the command chief master sergeant position at Bolling AFB, Washington, D.C., reporting no later than Jun. 30. For more information, call the Military Personnel Flight at 677-4546.

EDUCATION

AND ENRICHMENT

Palace Chase briefing scheduled for April 2

Are you separating or do you have questions about opportunities in today's Air Force Reserve? Palace Chase briefings are held at 10 a.m. the first Monday of every month. Palace Front/Separation briefings are held the second Tuesday of each month. For more information, call your in-service recruiter, Master Sgt. Randy Plunkett at 677-4613.

CHAPEL SCHEDULE

SPECIAL LENTEN SERVICE SCHEDULE

Tuesdays 11:30 a.m.
Main Chapel Catholic Mass

Wednesdays 11:30 a.m.
Main Chapel Catholic Mass and Protestant Reflection Service
Noon Main Chapel
Ecumenical Soup Lunch

Thursdays 11:30 a.m.
Main Chapel Catholic Mass

Fridays 11:30 a.m.
Main Chapel Catholic Mass
6 p.m. Main Chapel
Lenten Supper
7 p.m. Main Chapel
Stations of the Cross

Catholic Services

Saturday
Reconciliation: 4:00-4:45 p.m.,
Carpenter Memorial Chapel
Mass: 5 p.m., Carpenter
Memorial Chapel

Sunday
Mass:
9 a.m., Carpenter Memorial Chapel
11 a.m., Main Chapel
Daily Mass:
Tues.-Fri. 11:30 a.m., Main Chapel

Islamic Prayer

Friday
1 p.m., Carpenter Memorial Chapel

Jewish Services

Second and fourth Friday
Noon, Main Chapel Annex

Protestant Services

Sunday
Contemporary Service:
9:30 a.m., Main Chapel
Traditional Service:
11:00 a.m., Carpenter Memorial
Chapel
Gospel Service: 12:30 p.m.,
Carpenter Memorial Chapel
For all other services, call 677-3932.

Movie Time

Tonight through Sunday: *The Wedding Planner*, starring Jennifer Lopez and Matthew McConaughey, "PG-13" (language and some sexual humor), 100 min. A busy wedding planner realizes she spends so much time organizing other people's romances by way of their weddings, that she doesn't spend the time to think about her own love life.

Monday through Tuesday: *Finding Forrester*, starring Sean Connery and Rob Brown, "PG-13" (brief strong language and some sexual references), 137 min. Known as the neighborhood recluse, silver-haired Forrester is

a man whose mystery and eccentricity border on the mythical. When Jamal leaves behind his backpack full of writings, together they learn that family isn't always what you're born with.

Wednesday through Thursday: *The Gift*, starring Cate Blanchett and Katie Holmes, "R" (violence, language and sexuality/nudity), 112 min. Annie is a recently widowed mother who struggles to support her family by giving psychic readings. Soon her visions begin to unravel the town's dark secrets, and she finds herself in increasing danger.



Photo by Jennie Farmer

George Chabbott and Jim Flood Sr., both members of the Delaware USO Foundation, presented a \$50,700 check to Joan Cote, director of the USO Delaware, at the Air Force Association awards presentation at the Landings March 15. David Clindaniel, president of Dover Federal Credit Union and Col. S. Taco Gilbert III, 436th Airlift Wing commander, look on.

SHIRT TIPS

From our Dover Team First Sergeants

This week's tip courtesy of:
Senior Master Sgt. William G. Holzinger
436th Comptroller Squadron

Leave Rules

The spring and summer months are some of the most popular times for taking leave. Active-duty servicemembers are encouraged to abide by all the appropriate leave regulations and instructions.

For those servicemembers planning that big vacation, remember, leave must begin and end in the local area. The local area is defined as the place of residence from which you commute to your duty station on a daily basis.

As an example, if a member's normal days off are Saturday and Sunday, and he or she schedules leave for Monday through Friday, the member can't depart the local area on Friday after work or Saturday. Likewise, the member can't return the following Saturday or Sunday if the leave ended Friday.

Although the above example appears harmless, it violates regulation and if caught, can result in a maximum penalty of a \$10,000 fine or five years imprisonment, or both.

Remember, you earned the leave you have on the books, so use it wisely. Don't abuse it.

For more information on taking leave, see Part III of the Air Force Form 988, Leave Request and Authorization.

Meet the Dover Team



Airman 1st Class Robert Halley

Unit: 436th Aircraft Generation Squadron

Job Title: Crew chief

Hometown: Hacks Point, Md.

Hobbies: I like blading, cooking, working on my GMC Jimmy, and hanging out with my friends.

Future Goals: I'd like to travel the world and experience exotic cultures.

What I like best about the Air Force: It offers social opportunities. I meet interesting people at my job and I also enjoy working on the aircraft.



1st Lt. Ryan Boyle

Unit: 3rd Airlift Squadron

Job Title: Co-pilot (3rd Pilot Training Office)

Hometown: Tampa, Fla.

Hobbies: I'm involved in youth church activities at Holy Cross, racquetball and mountain biking.

Future Goals:

I want to fly as many different planes and to as many places as I can in the Air Force.

What I like best about the Air Force:

Flying C-5s all over the world.

If you're interested in getting the **OUTSTANDING PERSONNEL** in your unit recognized, *the Airlifter* can help.

For more information, call *the Airlifter* at 677-3376.

Meet the Dover Team provides an opportunity for outstanding military and civilian members to be recognized. Submissions may be e-mailed to the airlifter@dover.af.mil

Making a joyful noise

The Dover Air Force Base Gospel Choir celebrated their 23rd anniversary during a service at Carpenter Chapel Sunday. Ruth Shelton, Dover AFB Gospel Choir director, led the choir celebration.



Photo by Jennie Farmer

Fitness Center steam, sauna rooms undergo repairs

Tammi Byerly
436th Services Squadron

Customer safety is the Fitness Center staff's top priority. With that goal in mind, the men's steam room and sauna areas have been temporarily closed in a proactive effort to ensure a safe environment for their customers.

While doing a routine inspection of the steam room, Tech. Sgt. Dan Reville, Fitness Center manager, noticed a crack on one of the benches.

"After putting some pressure on it, I noticed the wood in that area was weak, so we closed down the room until one of the civil engineers could look at it. They confirmed it was unsafe," said Reville.

As a result, the steam room is undergoing a full renovation by the 436th and 512th Civil Engineer Squadrons. The list of items getting renovated include, the benches, the floors, walls, light fixtures, and the entry door.

"We added a waterproof backing substance to the wall to prevent moisture from getting trapped under the tiles and further damaging the wooden structure underneath," said Master Sgt. Juan Choate, 436th CES.

After the walls were repaired, the wooden benches were replaced with a cinderblock frame filled with sand.

"By using a cinderblock bench frame, we are providing customers with a more permanent structure that is less likely to rot and decay ... due to moisture," said Choate.

Besides the steam room getting a new look, patrons will also see a new look in the men's sauna.

"The benches have also been removed from this area so CE could place tiles over the existing concrete floor," said Reville. "Once that is finished, the benches will be re-installed and tightened down."

According to Reville both the sauna and steam room should be completed by March 30.



Photo Tammi Byerly

Master Sgt. Rodger Montgomery, 512th Civil Engineer Squadron, lays new tile flooring in the men's sauna at the Base Fitness Center recently. Both the sauna and the steam room are undergoing renovations and are scheduled for completion March 30.



WEEKLY WORLD OF SERVICES

Friday

- Enjoy the Landings' \$5.95 lunch buffet from 11 a.m. to 1 p.m. Today's entrees feature seafood and other selected items.
- Stop by the Landings for their \$11.95 fried oysters from 5 to 9 p.m. The a la carte menu is also available.
- Move to the groove of DJ GMB KRU at the Landings from 10 p.m. to 3 a.m.
- Bring your skates for the Youth Activity Center's late skate from 6 to 9 p.m.

Saturday

- Dine a la carte at the Landings from 5 to 9 p.m.

Monday

- Watch movies at the Youth Activity Center from 5:30 to 7 p.m.
- The Skills Center and Leisure Travel Office, located in Building 100, are now open Mondays, 9 a.m. to 5 p.m.

Tuesday

- Design light switch covers during art night at the Youth Activity Center from 6 to 7 p.m.

Wednesday

- Enjoy the Landings' \$5.95 Asian-Pacific meal from 11 a.m. to 1 p.m.
- A "bits 'n' bites" menu is available in the Mugs and Stripes lounges from 5 to 8 p.m.
- Enjoy Patterson Dining Facility's Southern meal from 11 a.m. to 1 p.m.
- Bring the family to the Youth Activity Center for a night of fun from 6 to 7 p.m.

Thursday

- Sample the Landings' \$5.95 Mexican buffet lunch from 11 a.m. to 1 p.m.
- Enjoy the Landings' two-for-one steak dinner for \$16 from 5 to 8 p.m. A limited a la carte menu is available.
- Win up to \$1,800 during bingo night at the Landings. Cards go on sale at 5:30 p.m. and games start at 6:30 p.m.
- Hear what teens have to say from 7 to 8 p.m. during the Youth Activity Center's teen talk.
- Take the Mt. Everest Challenge at the YAC from 6 to 7 p.m.
- Story time for preschoolers at the Base Library begins at 10:30 a.m.

M

arch



A D N E S S



4TH GAME FREE

(with 3 games at regular price per person)



Not valid during league play, Red Pin Bowling, or any other special.
For more info call 677-3950

SPORTS & RECREATION

Fitness Center sponsors April Fools 5K run

Join the Fitness Center staff April 3 for their monthly 5K run/walk. Awards are given to the overall male and female winners and the squadron with the most participation. Walkers begin at 10:30 a.m. and runners begin at 11 a.m. To sign up, call 677-3963.

Outdoor Recreation holds yard sale

Base personnel may participate in the multi-family yard sale April 7 from 6:30 a.m. till noon in the parking lot across from Eagles' Rest lodging facility. The cost is \$5 to participate and \$2 per rented table. Participants may also bring their own tables. To register, call 677-5553.

Patterson Dining Facility celebrates National Nutrition Month

Enjoy Patterson Dining Facility's daily healthy heart meal Monday through Friday during March for a chance to win one of the many prizes. Contest is valid during lunch only.

Prizes provided by the Health and Wellness Center. For more information, call Staff Sgt. Mark Grim at 677-3925 or Staff Sgt. Omar Cuebas at 677-3927.

Eagle Lanes sponsors March Madness, lunch special

Bowl three games at regular price at Eagle Lanes and bowl the fourth game free. Bowling is subject to lane availability and is not applicable to leagues or special events. For lane availability, call 677-3950.

During March, enjoy lunch at the King Pin Café Monday through Friday 11 a.m. to 1 p.m. and receive a game of bowling for half price with any order over \$3. Present receipt to the lanes cashier. Discount must be used the same day lunch is purchased. For more information, call 677-3950.

Skeet Range begins season

Prepare your 12- and 20-gauge rifle for the start of the 2001 Eagle Wing Skeet and Sporting Clay Spring Thaw Open, April 1. Each participant competes by shooting a total of 200 birds. National Skeet Shooting Association rules apply. Cost is \$20 for

registered birds and \$18 for non-registered. Call 678-1212 for details.

YOUTH ACTIVITIES

YAC conducts bubble gum fun

See who can blow the biggest bubble gum bubble at the Youth Activity Center, April 3. The contest begins at 6 p.m. For more information, call 677-6376.

Baseball, softball, T-ball registration begins

The Youth Activity Center is taking registrations for the youth baseball, softball and T-ball season. The cost is \$25 for members and \$35 for non-members. After March 30, registration is \$30 for members and \$40 for non-members. All participants must have an annual physical exam on record at the YAC. For more information, call 677-6376.

TRAVEL

Leisure Travel visits New York City

Explore on your own what New York City has to offer, April 7. Tour midtown Manhattan, see a Broadway show, visit museums or just shop. The Leisure Travel Office has an excellent travel guide to assist you in planning your day. The bus is scheduled to depart from the base at 7 a.m. and returns at 11 p.m. The cost is \$25 for transportation only.

Three Little Bakers trip set

Enjoy dinner and a dessert buffet April 6, while being delighted by the old time era of Kern and Hammerstein's classic production of "Showboat". The bus departs Dover Air Force Base at 4:30 p.m. and returns at 11 p.m. Cost is \$50 for transportation and tickets. For more information, call 677-3955.

Rising to the top

Supply defeats EMS for intramural basketball championship

Airman Andrew Svoboda
436th AW Public Affairs

The eighth-ranked 436th Supply Squadron grabbed the Dover Air Force Base Intramural Basketball championship title March 16 when they defeated last year's defending champion 436th Equipment Maintenance Squadron squad 50 - 48 in game two of the championship at the Base Fitness Center.

EMS, coming out of the loser's bracket, won the evening's first game against SUPS 58 - 37, but had to win both times for the championship. Their mission would not be as easy as they might have thought.

"Everyone thought they could beat up on Supply," said Jameson Pulliam, SUPS head coach. "We worked hard and proved them wrong."

"We gave it our all and Supply played a good game," said Vance Randall, EMS head coach. "Our hats are off to them."

EMS, coming off two consecutive wins the night before against the 436th Medical Group #1 and 436th Services Squadron, went in the first game playing with confidence.

"We defeated Supply both times we played them during regular-season games," said Randall, thinking as if the championship was in EMS' court.

In game one, EMS took control of the boards early and didn't let up. Eight minutes ticked by before Supply made a single shot. Jeff Andrews, SUPS, however, shot three's to counter the EMS offense keeping Supply alive.

To ensure their lead, EMS held the ball and let the clock run out, finishing the half seven points ahead of Supply 22 - 15.

"We got the jump on them from the beginning," said Courtney Barnes, EMS.

"We started out with a three-two defense, this half we're switching to man-to-man."

"EMS has got the shooters," said Carlos Ortiz, SUPS. "We have to step

up our defense and keep them from penetrating."

But this was not the case in the second half as Mark Esquer, and James Taylor, both from the EMS squad, led an offensive attack against Supply. With a 56 - 37 lead and 1:42 left on the clock, Esquer was confident enough in the EMS lead to shoot a foul-shot by bouncing the ball to the goal.

EMS took the victory, 58 - 37, sending Supply to the loser's bracket and forcing a second championship game.

"Our strong defense helped us get turnovers," said Barnes. "Once we got the ball, we could make our shots."

"Any time we give them space, they take it to the basket," said Pulliam. "I also played all my big men and we got tired. We're going to rotate more in game two and we've got to put the pressure on."

In game two, Supply made the opening shot, and held the lead for most of the first half. As a result of a minor injury, James Taylor, one of EMS' main shooters, sat the bench. The injury benefited Supply as they finished the half 28 - 22.

Jeff Andrews, SUPS, was hitting the three's to put points on the board for Supply in the second half, but with the return of Taylor, the point spread quickly closed up. Taylor tied the score 37 - 37.

With four seconds remaining in the championship game, and the score tied at 48, Marcus Bailey scored the game winning bucket, giving Supply the victory 50 - 48.

"We only had two guys on the bench," said Randall of his team's ability to stay aggressive during the game. "Our guys started to get fatigued towards the end."

Fatigue, however, wasn't a factor



Photos by Jennie Farmer

The eighth-ranked 436th Supply Squadron became the 2000-2001 Intramural Basketball League champions after defeating the third-ranked 436th Equipment Maintenance Squadron, 50 - 48, in game two of the championship at the Base Fitness Center March 16. EMS took game one 58 - 37, forcing Supply to play game two.

for the lowest-ranked Supply squad. They stepped it up in game two.

"We got more aggressive in our defense in game two," said Andrews. "The name of the game was defensive rebounds."

"Heart, determination, and will power, plus the support of the fans, gave us this win," said Pulliam of

Supply's Cinderella run through the play-offs.

"We had the talent," said Mike Reed, SUPS. "We just finally came together."

And come together they did. Supply now holds the championship and bragging rights for intramural basketball at Dover Air Force Base.

Gary Hodnett, 436th Supply Squadron, sticks to his man while covering Courtney Barnes, 436th Equipment Maintenance Squadron, during the 2000-2001 Intramural Basketball League championship game at the Base Fitness Center March 16.



STANDINGS

Intramural Bowling National League

<u>Team Name</u>	<u>W - L</u>
SVS	60-36
AGS	60-36
MDG	59-37
CPTS	54-42
COMM	34-62
APS#4	26-70

American League

<u>Team Name</u>	<u>W - L</u>
APS#1	64-36
CRS#1	62.5-37.5
APS#2	57.5-2.5
COMM#1	57-43
SUPS	54.5-45.5
EMS	52.5-7.5
CRS#2	52-48
CES	51-49
MDSS	46-54

Intramural Racquetball

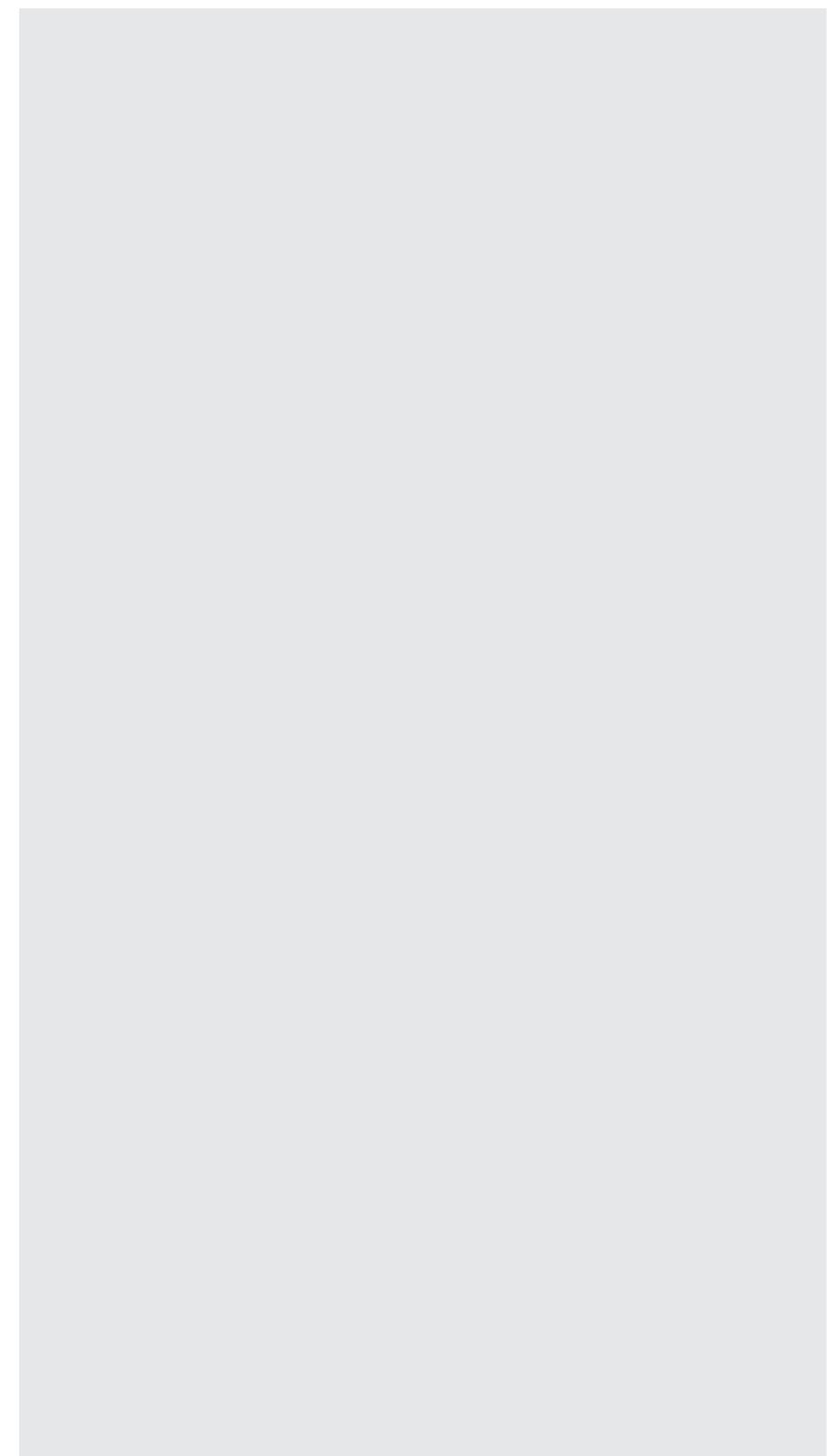
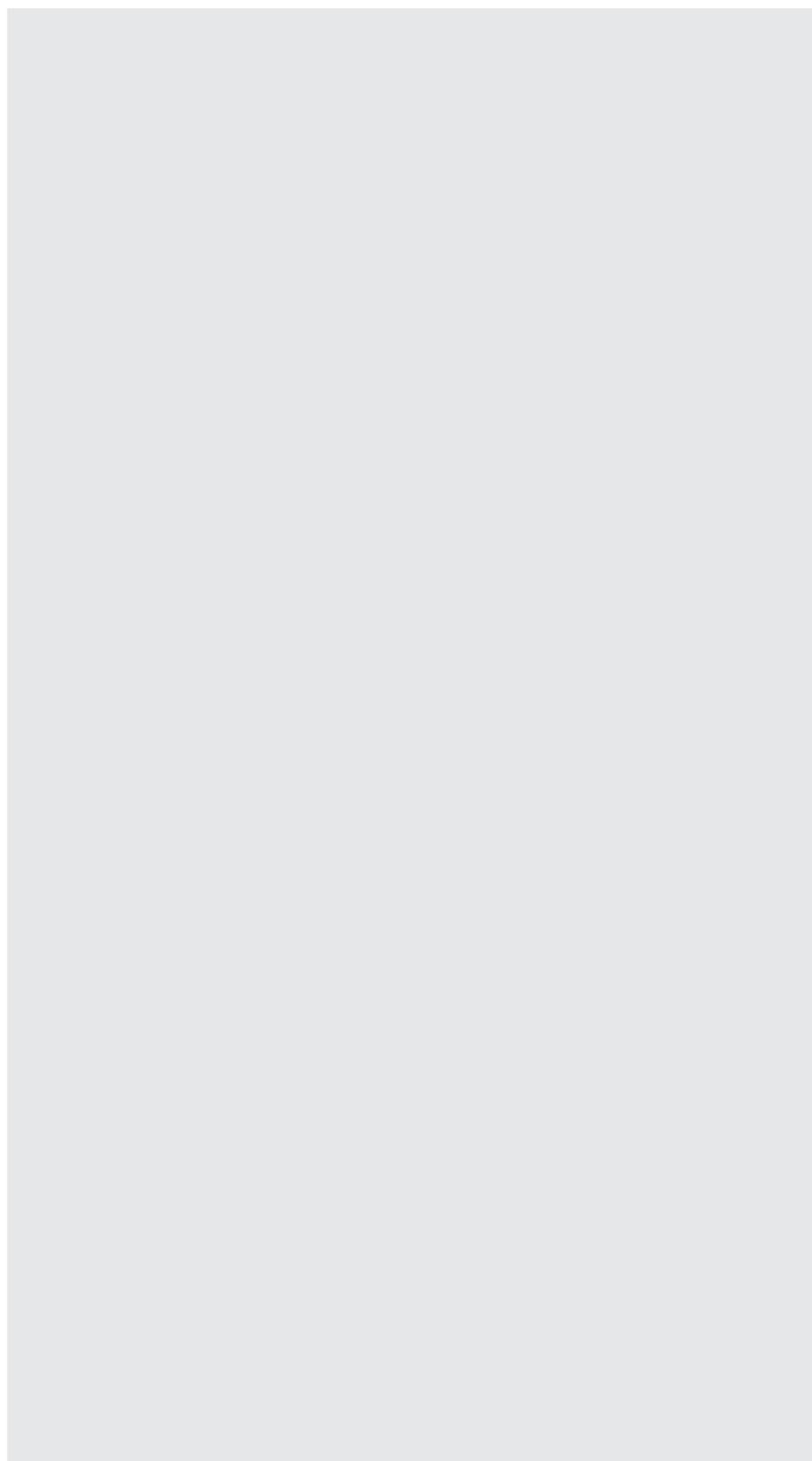
<u>Team Name</u>	<u>Points</u>
APS16
CS12
SFS12
SVS11
MSS11
CPTS5
CRS5
OSS5
LSS5
EMS0



Photo by Airman Andrew Svoboda

He shoots, he scores!

Phil MacMillen, 436th Communications Squadron, and Derek Perkins (goalie), 436th Services Squadron, practice their hockey skills at the tennis courts after work. MacMillen and Perkins are looking for more players to start a team. Anyone interested should call MacMillen at 744-9957.



Two Dover Team members selected for women's basketball camp

Airman Andrew Svoboda
436th AW Public Affairs

After submitting Air Force Form 303s, a Request for USAF Specialized Sports Training, two Dover Team members were selected to attend the Air Force women's basketball camp at Davis Monthan Air Force Base, Ariz., April 4 - 21.

At the camp, Airman 1st Class Nina Roulhac, 436th Aerial Port Squadron, and Airman 1st Class Jenee Tyson, 436th Supply Squadron, will compete with Air Force members from around the world to qualify for the Air Force women's basketball team.

Roulhac and Tyson, already teammates on Dover AFB's varsity women's basketball team, the Lady

Eagles, look forward to bringing the Dover team spirit to Arizona.

"It'll be nice to have someone down there I already know," said Tyson.

"If I was going by myself, it would still be a great opportunity," said Roulhac. "Since I'm going with someone I know, that just makes it that much better. We can talk about situations that come up and help coach each other."

Even though women's varsity basketball season has wrapped up, both women are keeping busy training and staying in shape for the camp.

"I've been going to the gym to run and lift weights," said Roulhac. "Also, when I'm conditioning, I try to eat healthy. No fast-food, more carbohydrates, and more water."

Tyson is getting her fundamentals down, working on shooting and playing one-on-one.

"I usually practice with Mark Esquer (a men's varsity basketball player) after work," said Tyson. "Practicing with guys helps me be a more aggressive player on the court. If I can take a guy, I know I can take a female. I want to be an exciting player and learn everything I can."

Roulhac, involved in many activities around base including the airman's council and honor guard, sees this camp as a positive way to round out her "total airman" profile.

"Playing Air Force sports is a great way to get involved," said Roulhac. "I also love to play and want to prove to myself that I can do it."

Although the competition will be stiff,



Photo by Airman Andrew Svoboda

Nina Roulhac (left), 436th Aerial Port Squadron, and Jenee Tyson, 436th Supply Squadron, will attend the Air Force women's basketball camp at Davis Monthan Air Force Base, Ariz., April 4.

the women welcome the opportunity to try-out for the Air Force team.

"Some of the best players in the Air Force will be competing at this camp," said Tyson. "I need to show them I'm a sound player who knows the fundamentals, a team player who isn't there to show-off, and just play my hardest."

"There are going to be females at the camp who have been playing a lot longer than I have," said Roulhac. "I've just got to tough it out, give 150 percent, and show them I need to be on the team too."

A Middleburg, Fla. native, Roulhac, has played a variety of sports including volleyball and track, in addition to playing basketball since she was 12 years old. At age 19, Roulhac has already collected many athletic awards and trophies. In high school, she was an MVP her freshman year, named an all-conference basketball player her junior year, won best defensive player three years in a row, and was awarded most outstanding athlete in her high school her senior year.

Tyson, a native of Baltimore, Md., has been playing basketball since she was in elementary school, but says she just started getting serious four years ago.

"I've played volleyball, softball,

soccer, basketball - I play anything," said Tyson. "My junior year in high school, though, I started focusing all my energy towards basketball. One day I'd like to play for the WBA (Women's Basketball Association)."

Tyson was on the varsity basketball team all four years of high school. She won the all-metro statewide award her junior year and the unsung hero statewide award her senior year. She was also named best female athlete at her high school and ranked fourth place for basketball in Maryland her senior year in addition to being a few points shy of breaking 1000 points for her high school career.

Air Force-level sports are available to all active duty and reserve members, provided they fill out an Air Force Form 303 and turn it in to the Base Fitness Center.

"Submitting an Air Force Form 303 is a great way for Dover Team members to participate in Air Force-wide training camps and sporting events," said Roddie Byers, sports director at the Base Fitness Center. "It's exciting to see Dover Air Force Base being represented nationally. We wish Tyson and Roulhac the best of luck and hope they go all the way."



Photo by Airman Andrew Svoboda

Nina Roulhac, 436th Aerial Port Squadron, defends against Jenee Tyson, 436th Supply Squadron, during some extra practice after work at the Base Fitness Center.

Dover AFB intramural volleyball season gets underway

Airman Andrew Svoboda
436th AW Public Affairs

Intramural volleyball will begin its regular season games Monday night at the Base Fitness Center.

Preseason games were played this week, giving players a chance to warm-up their volleyball skills and coaches a chance to size up their team.

"Preseason gives us a chance to find out everyone's strengths and weaknesses," said Francesca Yerian, 436th Operations Support Squadron intramural volleyball coach, who's been playing intramural volleyball for nine years. "Also, everyone is rusty and gets some good practice time in."

There will be 13 teams participating in this year's volleyball league. Individuals whose squadrons aren't putting together a team can still play by joining the player's pool. A letter from their commander is required, however, prior to entering the pool.

The squadrons that were able to put together a team will begin regular season play Monday night at the Base Fitness Center. Games are played

Monday through Thursday with four games each evening. Game times are 5:30, 6:30, 7:30 and 8:30 p.m.

Like other intramural sports, volleyball isn't just about competition.

"The best thing about intramural volleyball is getting people together who may or may not have played before and being able to work and grow as a team," said Yerian. "It's also a fun way to learn more about the people you work with and only know professionally."

The intramural volleyball season will last until June. The end of the regular season is marked by a double-elimination tournament to decide this year's champion.

Anyone interested in playing or who would like a season schedule should contact their squadron sports representative or coach.

The 436th Services Squadron played the 436th Civil Engineer Squadron in a preseason volleyball match-up March 20 at the Base Fitness Center. The teams played scrimmage games preparing for the season which starts Monday.

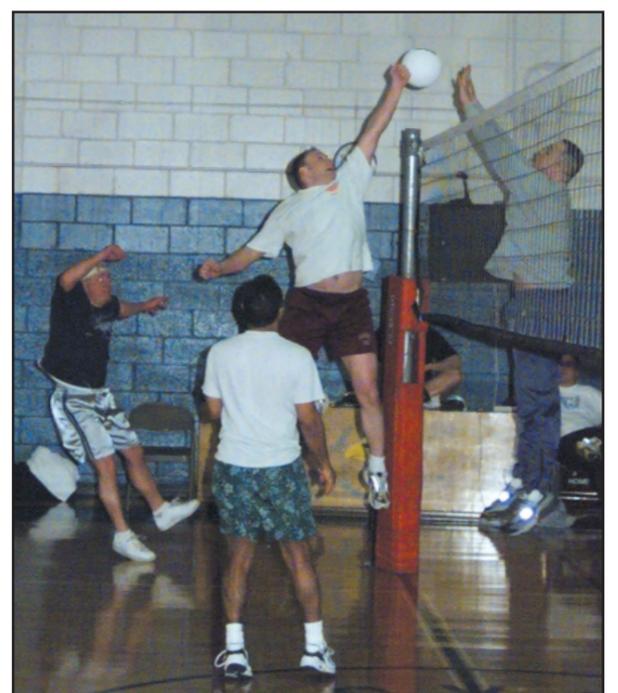


Photo by Airman Andrew Svoboda

Combat stress, depression with good eating habits

To avoid overeating when stressed:

- Don't binge or grab whatever is in sight. Take time for eating well
- Eat plenty of carbohydrate foods like fruits, vegetables, and grains.
- Limit caffeine and alcohol.
- Do something other than eating. Exercise can relieve some of that stress.
- Try quick foods and recipes. Order in if you have to, but don't skip meals
- Take time out for a healthful breakfast

Capt. Sarah Flash
Registered Dietitian

Depression and stress are not caused entirely by a poor diet, but a link between food and mood can exist. When one becomes depressed, energy level and drive are much lower than usual. Enthusiasm for most things, including meals, is lost. Healthy eating practices can suffer as a result.

Carbohydrates are an important component to a healthy diet to combat depression and should comprise 50 – 60 percent of daily intake. Carbohydrates increase the brain's production of serotonin, which heightens feelings of well-being and mood. Carbohydrates come from plant foods like fruits, vegetables, beans and whole grains and also are supplied in milk.

When under stress or depressed, avoid alcohol. Many people think alcohol makes them feel "good," but it is actually a depressant. Consuming alcohol can contribute to nutritional deficiencies of vitamins needed for good mental health.

Long-term stress can cause damage to the body

and increase risk of becoming ill. In addition, many people respond to stress by overeating. Prolonged stress can lead to chronic health conditions like heart disease, stroke, cancer or ulcers. However, studies have shown that eating a diet with plenty of fruits, vegetables, and whole grains is protective against the harmful effects of stress.

Antioxidants and phytochemicals are substances found naturally in plant foods that can boost immune function and reduce the risk of disease. Some top sources of antioxidants include broccoli, cantaloupe, papaya, spinach, asparagus, carrots, tomatoes and peaches. Foods rich in phytochemicals include tomatoes, romaine lettuce, pink grapefruit, sweet potatoes and soy products.

To get the benefits of these important nutrients, eat at least 5 fruits and vegetables every day. Getting these important stress-busting nutrients has been shown to be more effective if taken in food form rather than supplement.

Eating right is just one preventive measure which can be used to help counter depression and stress.

Working within your target heart-rate zone

Master Sgt. Eric Zelinkas
436th Medical Group

Monitoring your heart rate is the easiest way to determine if you are exercising at an intensity level that is effective and safe.

Each individual has a target heart-rate zone, at which there is enough activity to produce cardiovascular fitness. Working within this zone gives you the maximum health and fat-burning benefits from your cardiovascular activity. Aerobic activities include running, cycling, swimming, in-line skating, and brisk walking.

For maximum benefit, exercise should be done continuously for 30 to 60 minutes, three to five times per week, in your target heart-rate zone. Each exercise session should include a five to 10 minute warm-up and five to 10 minute cool-down. Be sure to check your heart rate periodically to make sure you are in your training zone. The best way to do this is with a heart-rate monitor.

A heart-rate monitor provides accurate heart rate measurements while you are exercising, so it can help you workout efficiently and safely in your target heart rate zone. Some units have a high-low function to warn when you're exercising outside of your desired range, providing an extra measure of safety.

Individuals taking medications that affect heart rate should consult their health care provider to make sure it's safe to start an aerobic exercise program. A common medication for blood pressure called a "beta blocker" not only keeps blood pressure low but also keeps heart rate low. For this reason, someone taking a beta blocker should not try to increase their heart rate into the above training zones.

Regular aerobic exercise can help you lose weight, boost your endurance and may even increase your life span. By working within your target heart rate zone, you can get in shape and be prepared for that next fitness test in no time at all.

Calculating your target heart-rate zone

(example: 40-year-old male with resting heart rate of 60)

1. Determine your maximal heart rate by subtracting your age from 220.

$$220 - 40 = 180 \text{ beats per minute}$$

2. Subtract your resting heart rate* from your maximal heart rate in step 1. (This is called your heart rate reserve).

$$180 - 60 = 120 \text{ bpm}$$

3. Multiple heart rate reserve by desired zone (i.e. 60 percent to 80 percent).

$$120 \times 60 \text{ percent} = 72 \text{ bpm}$$

$$120 \times 80 \text{ percent} = 96 \text{ bpm}$$

4. Add resting heart rate back to desired zone in step 3. (This is your target heart rate zone).

$$72 + 60 = 132 \text{ bpm}$$

$$96 + 60 = 156 \text{ bpm}$$

* Use your index finger to locate the radial artery on the thumb side of your wrist. Count the beats for 10 seconds and multiple by six. Try to take your pulse in the morning before you get out of bed.



Photo by Jennie Farmer

Rah, Rah, Rah

Cheerleaders from the Dover Air Force Base Boys and Girls Club youth basketball league perform during the St. Patrick's Day Parade March 17. The group won the "Best Participant Award" for their performance.

Does your child use safety equipment while riding?

According to the Consumer Product Safety Commission, there have been 32,700 scooter related emergency room injuries treated between Jan. 1 and Nov. 30, 2000. 85 percent of all scooter injuries are to children 15 years old or younger.



Ride cautiously at all times!

Courtesy of the 436th Airlift Wing Safety Office.

For more information, call

677-2842

Fire! Fire! Fire!

Base, city firefighters join forces to enhance training

Airman Andrew Svoboda
436th AW Public Affairs

The air, black and full of smoke, smelled of charred wood and was hot enough to press a uniform from 10 feet away at a house downtown Sunday morning.

This fire was no accident, but rather a live exercise for firefighters from Dover Air Force Base and the City of Dover, Del.

"Today we're doing a live structural exercise," said Donald Striejewski, fire chief with the 436th Civil Engineer Squadron Fire Protection Flight. "This means we light fires in an actual house instead of staged training in a concrete structure where we control the fire and smoke. In today's exercise, it'll be up to the firefighters to put the fire out."

The house designated for the exercise was an old, abandoned two-story wooden building, according to Striejewski. The property owners opted to have the fire department use it for training purposes, then burn it down, rather than just having it demolished.

The 436th PFF has a mutual aid agreement with the Dover Fire Department, which means base firefighters respond to fires within a certain radius off base and city firefighters may be called on base for aircraft emergencies.

"We have a great working relationship with the firefighters from the base, so we invited them to come out and join us," said Brian Bashista, deputy fire chief from the Dover Fire Department. "This was the first live structural exercise in about four years.

This type of exercise gives firefighters a hands-on opportunity to prepare for the real thing."

Although this was for training purposes, the live burn had to be coordinated properly. Firefighters prepared to go into the two-story house in teams of three. Their job was to put out small piles of hay and mattress fires started in the attic by training instructors. The instructors observed each team's efforts, ensuring they accomplished the task correctly.

"Safety is our number one concern," said Striejewski. "Each firefighter will wear full protective gear and self-contained breathing apparatus. No one person will be left in the house at any time."

"Also there are two ladder trucks, EMS (emergency medical services) on stand-by, and back-up crews," said Bashista. "Plus, everyone wears a personal accountability safety system beeper. These large beepers make noise anytime the firefighters remain still."

After a final safety briefing, the first team went in. The first two firefighters carried a charged hose-line and the third carried a thermal-imaging camera.

"This heat-sensitive camera allows the third man in the team to see through smoke and direct the others toward fire and victims," said Bashista. "There is also a monitor outside the house that shows a live feed of what the firefighters are seeing."

Firefighters outside the house could also tell what was going on inside by looking at the color of the smoke.

"The darker the smoke, the hotter and larger the fire," said Tom Trader, a veteran

firefighter who's been with the Dover Fire Department since 1969. "When the smoke turns white, that's steam and you know the fire's out."

Although a serious exercise, the firefighters didn't think of the day's activities as work, but more as an exciting learning experience.

"We came out here today to help some of the younger guys learn," said David Carey, a civilian who works with the fire department on base and downtown.

"Any time there's real fire involved, that's the best training you can get," said Staff Sgt. Omar Lopez, 436th CES fire protection flight.

"It was also good to get practice with the other department," said Senior Airman Armando Galaviz, 436th CES Fire Protection Flight. "We have to be able to work hand-in-hand, military or civilian, to assist each other in calls."

Lisa Townsend, a Dover Team spouse, came out to watch her husband, Senior Airman Zachary Townsend, who recently cross-trained into fire protection.

"I wasn't worried," said Lisa Townsend. "I was excited for him and I'm glad he got the experience."

The day's grand finale came when all the firefighters completed the exercise. Firefighters from both departments gathered around to ignite the house with flares and watch as it was consumed by fire.

"This was the first time in a long time both departments came together for an exercise," said Striejewski. "Everything went superb. Hopefully, we'll do more of these in the future."



A house in downtown Dover is burned to the ground after being used for a live training exercise by the members of the 436th CES Fire Protection Flight and the Dover Fire Department.



Firefighters from Dover Fire Department run a charged hose line up to the second floor of a house in downtown Dover for a live training exercise March 18.



Crews from both departments move a charged hose in front of the structure used during the live training exercise.



Members of the 436th Civil Engineer Squadron Fire Protection Flight run a hose through the front door of the structure. They eventually ran the line into the attic where their portion of the training exercise was staged.



Senior Airman Armando Galaviz, 436th Civil Engineer Squadron Fire Protection Flight, talks about the exercise with a member of the Dover Fire Department while waiting for his turn to enter the facility. This unique exercise was the first time the two departments met for one exercise in nearly four years.

Photos by
Jennie Farmer