

# The NORTHWEST AIRLIFTER

McChord Air Force Base, Wash.

Connecting Team McChord with the Combat Airlift Mission

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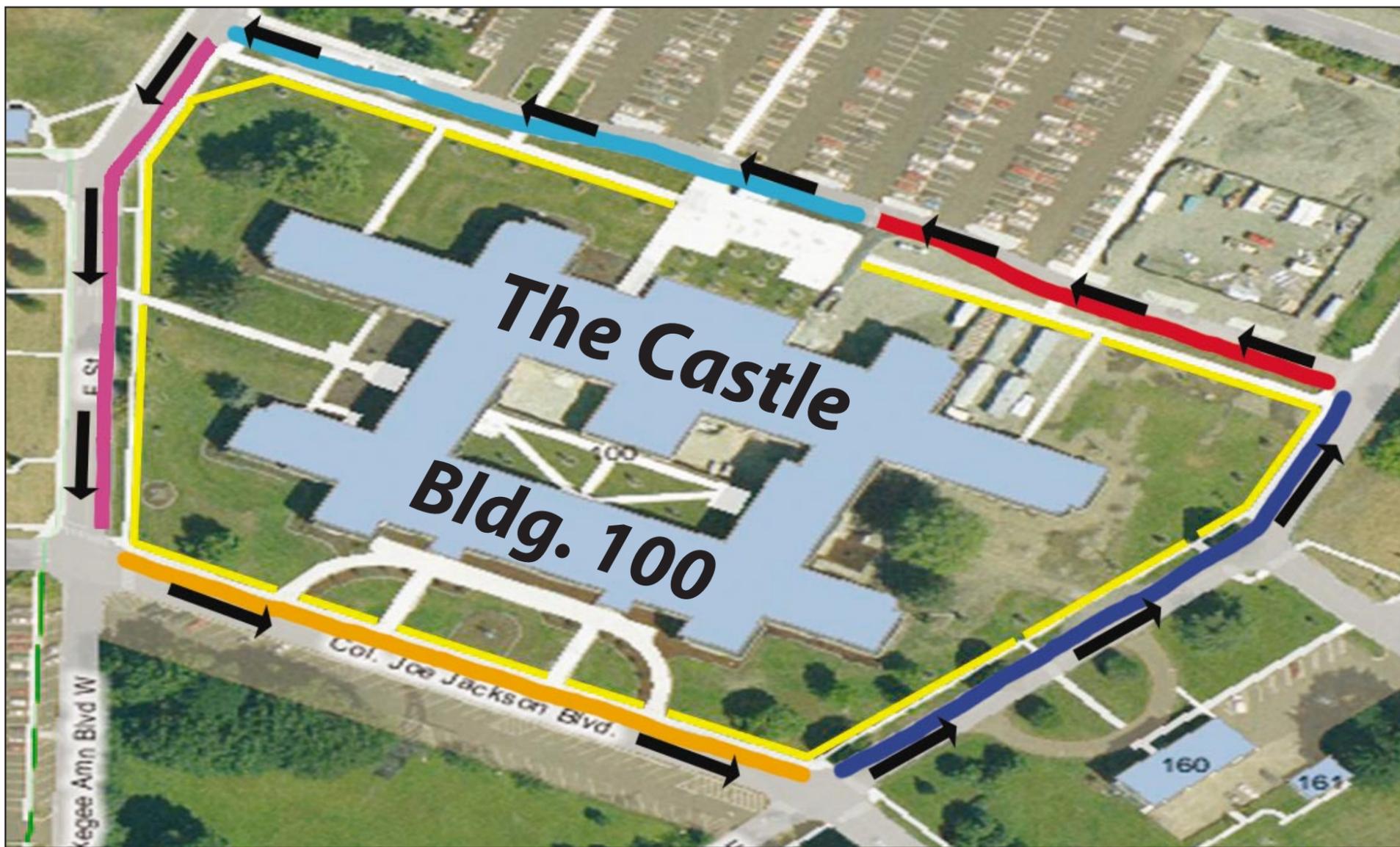
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# Force protection barrier



Graphic design by Angela Jossy

## Construction of structure underway at McChord

**By**  
Tyler Hemstreet  
Staff writer

Contractors with the 62nd Civil Engineer Squadron began work here Jan. 25 on a counter-vehicle barrier that will surround Bldg. 100.

The barrier is being built for force protection, said Donald Rosenberry, 62nd Airlift Wing antiterrorism office.

"It's just one of the many things we are doing to increase force protection and security [on base]," Mr. Rosenberry said. The project has been in the works for

many years, he said.

The barrier will be built in five phases, with each closing down one lane of the adjacent street for 30-45 days to accommodate work crews.

The first stretch of the project will close one lane of Barrack Street near the entrance of Bldg. 100 to McCarthy Boulevard, said Matthew Kitterman, 62nd CES, lead architect and project manager.

Rhododendron and heather landscaping will help to beautify the project.

There will also be two gates built at the entrance and the exit to command circle and a gate at

the north vehicle delivery access into the inner courtyard, as well as concrete bollards at each walkway to block vehicle access.

Pedestrians will have continued access to the building through temporary walk-arounds at key points of entry.

The design of the barrier is one that has been used at other Air Force installations such as Scott Air Force Base, Ill., said Mr. Kitterman.

Work on the project will run from 7:30 a.m. to 4:30 p.m. daily.

Crews will stop work while Rodeo is going on, but the project is expected to be finished Aug. 10, he said.

### Bldg. 100 Construction KEY

- Phase 1
- Phase 2
- Phase 3
- Phase 4
- Phase 5

### Weekend Weather

FRIDAY	SATURDAY	SUNDAY
Hi: 45 Low: 27	Hi: 46 Low: 34	Hi: 48 Low: 37

Forecast generated at 7 a.m. Wednesday  
Courtesy of the 62nd Operations Support Squadron

### Mission accomplished

Total McChord sorties .....	1,094
Total flying hours .....	4,193
Cargo moved (tons) .....	11,371.7
Departure reliability rate .....	94.5%
Mission capable rate .....	86.6%
Personnel currently deployed .....	538
Reservists currently activated .....	279

(Jan. 1 to Tuesday. Numbers updated Tuesday.)

### Don't miss it ... Kickoff breakfast

McChord's Black History Month Kickoff Breakfast is at 8:30 a.m. Tuesday at McChord's Clubs and Community Center. For more information, contact a unit first sergeant.

# Diverse heritage foundation of today's strength

By

Col. Jerry Martinez  
62nd Airlift Wing commander

The history of African-Americans is tightly woven into the fabric of our country's heritage. Leaders such as Harriet Tubman, Rosa Parks and Martin Luther King Jr. all helped shape our nation, changing the course of our future for all Americans.

This month we will remember their piece in history as we celebrate Black History Month, beginning with a kick-off breakfast at the collocated club Tuesday at 8:30 a.m.

It's important that we take time this month to study the contributions of African-Americans and their effects on our past, present and future.

During our past, our nation failed to recognize the importance of differing ethnicities and the many contributions they made to our nation.

However, we've learned from the lessons of the past. We know that like our country, our Armed Forces draw their strength from its people. Their diverse backgrounds and perspectives provide new ways of thinking and new

ideas that help to make us the best we can possibly become.

Our country is unique from many others because of the diversity of its citizens. The racial and ethnic backgrounds of Americans can be traced to nearly every country in the world.

Nearly every language, every religion, every family structure can be found somewhere in our country, and similarly in our Air Force.

Highlighting the benefits of our diversity and celebrating it, such as we do with Black History Month, is a step towards preventing such discrimination from happening again. I walk into shops and offices throughout base and I see Airmen of every race, faith and gender working together. When their squadron gets together to celebrate, their children play together and their spouses talk together.

I hope you will join the wing at the kickoff breakfast and the other events we have planned throughout the month to celebrate Black History.

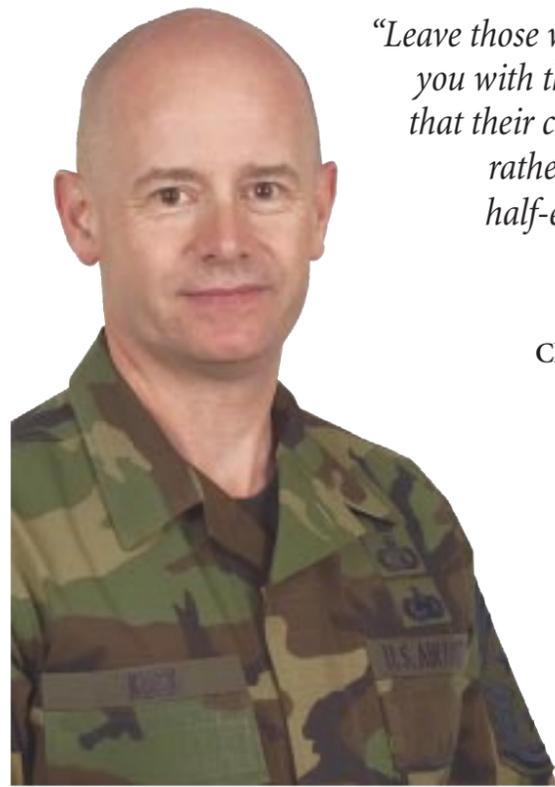
By welcoming diverse cultures and viewpoints, we ensure we are creating the best possible tomorrows for those who will follow us.

“By welcoming diverse cultures and viewpoints, we ensure we are creating the best possible tomorrows for those who will follow us.”

Col. Jerry Martinez  
62nd Airlift Wing  
commander



# Smart use of subtle influences can create positive results



“Leave those who surround you with the impression that their cup is half-full rather than half-empty.”

Chief Master Sgt.  
Russell Kuck  
62nd Airlift Wing  
command chief

By

Chief Master Sgt. Russell Kuck  
62nd Airlift Wing  
command chief master sergeant

Everyone has the power to influence someone somehow. While some of us thrive on specific role models, we can never avoid the opportunity of subtle influences.

It's important to watch what we say and do at all times. Most of the time, subtle influences happen because we overhear something that was said or become a witness to how someone acts or reacts to different situations.

As a supervisor, it's important to realize the effect of subtle influences. There are two sides to each influence — positive and negative. Leave those who surround you with the impression that their cup is half-full rather than half-empty.

We're constantly encouraging our Airmen to do the right thing. Lead by example and let your actions speak rather than your words. Too often, I hear of peo-

ple complaining about where they are and what they're doing instead of working towards a common goal. Take every challenging situation as a learning experience rather than a gripe session and encourage others to do the same.

How many times have you arrived to a new base, and you hear someone talking about how bad the local area was? Make the most of where you are and what you're doing. If you're bored, get involved in something new and tell your fellow Airmen how much you enjoyed the experience. Such a simple action can go a long way for someone who just arrived on base.

Be contagious with a good attitude. This may be the easiest way to be a positive influence. Your positive spirit will radiate unto others and, in turn, provide a foundation for them to be a subtle influence as well.

Think of how many subtle influences impact your life on a daily basis. We all have the power to influence others whether we realize it or not. It's time to take advantage of this newfound power and spread the wealth to everyone around us. Hooah.

## Ask the Commander E-mail [ActionLine@mcchord.af.mil](mailto:ActionLine@mcchord.af.mil) or call 982-2222 Commander's Action Line

*The Commander's Action Line provides a direct link of communication between you and me, with the goal of building a better community. Your concerns, questions and ideas are highly valued and are key in enhancing Team McChord's mission and community. I encourage you to give the professionals here, together with your chain of command, the opportunity to address your concerns directly.*

*However, questions that come through the Action Line have my personal attention. Please be sure to leave your name and phone number, so we can follow up with you. Comments and questions that apply to a large base audience will be published in the base newspaper.*

Col. Jerry Martinez  
62nd Airlift Wing commander

**Q: I want to say thanks for the outstanding service we received recently at McChord's pharmacy. The staff went above and beyond the normal call of duty to resolve a problem with our prescription. Our thanks and appreciation go out to the entire pharmacy staff.**

A: Thank you for taking the time to provide me feedback on our services. Our entire medical staff is simply the best, and they always

strive to provide each patient with the best care possible.

To ensure the pharmacy continues to meet customer expectations, here's some important information to keep in mind:

- All prescriptions must be picked-up within seven days.
- If you can't pick them up or are experiencing difficulties with the pharmacy system, call 982-2474 to talk with a staff member.

- Refills are processed by calling the refill line at 968-6699.
- You can also use the National Mail Order Pharmacy or the TRICARE civilian network pharmacies.
- Contact the TRICARE Service Center at 1-800-404-2042 for details.

Thanks again for the feedback and keep those questions coming!

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# Thanks for being mine:

## A letter to my sweetheart on Valentine's Day

By

Chief Master Sgt. David Harper  
62nd Operations Group chief enlisted manager

With Valentine's Day just around the corner, I thought I would use this opportunity to write to my wife, letting her know how much her sacrifices mean to me.

After I wrote it, I realized it could be a letter from any Airman to his or her spouse of many years.

The names of the operations may vary from Airman to Airman, but the sacrifices our spouses make are the same throughout the years.

Dear,

*I don't think you knew what you were getting into when you agreed to marry me. After our wedding, we began our peaceful years together. Both of them. Then came Operation Just Cause, and I went when the Air Force called.*

*It wasn't long after that we found out you were pregnant, and I left you to deploy for Operations Desert Shield and Desert Storm. Luckily, I managed to make it home for the birth of our first child, then left you again to serve in Operation Provide Comfort.*

*We managed to get back together*

*for a couple more peaceful years before a permanent change of station sent me away from you.*

*For two years you managed to hold it together on your own before you caught up with me, and we were soon blessed with our second child.*

*A couple more PCS' later, and then one day changed everything.*

*I'll never forget the day the Towers came down. We knew things would change then. When we deployed into Iraq and Afghanistan, it wasn't like my first times in combat. I wasn't as scared.*

*I guess I knew whatever happened you would be there and would take care of our family.*

*I want to thank you for all the great years.*

*Thank you for serving with me in our Air Force adventure. Thank you for being my valentine.*

I'm sure Air Force spouses who have been in as long as my wife and I will relate to this letter.

For those new spouses ... know that the sacrifices you will make for your family are deeply appreciated by your husband or wife.

And Airmen, don't forget to thank your loved ones for the blessings they give you.

## Combat Airlifter

of the week

### Airman 1st Class Noelle Desha

62nd Comptroller Squadron

**Duty title:**

Customer support apprentice

**Location of work:**

Financial services

**Hometown:**

Eugene, Ore.



**What makes her so great?**

Airman Desha computes and processes temporary duty travel vouchers for more than 9,000 active duty, Reserve and civilian personnel. She processed military pay and travel computation documents with a 99 percent accuracy rate. Airman Desha also served as Bldg. 100's facility manager during the holiday season. While in the role, Airman Desha not only filled a senior non-commissioned officer's slot, but she kept all facility manger operations such as snow removal, lock up and facility maintenance running smoothly. She is a hard worker, but it is her cheerful personality that stands out to both her co-workers and customers.



McChord's Airmen

# AROUND THE WORLD



Courtesy photo

**SOUTHWEST Asia** — Staff Sgt. Brian Voigt, a flying crew chief, stands in front of a McChord C-17 Globemaster III during a recent deployment. Sergeant Voigt is deployed from the 62nd Aircraft Maintenance Squadron.



Photo by Master Sgt. Daniel Nathaniel

**MANAS AIR BASE, Kyrgyzstan** — Capt. Anthony Calabrese explains the flight deck controls of a C-17 Globemaster III to Capt. Marc Toneguzzo and Sgt. Stephan Carre of the French Air Force. Captain Calabrese is an 817th Expeditionary Airlift pilot deployed from the 4th Airlift Squadron at McChord.



# Air Force names 2006 Sijan recipients

RANDOLPH AIR FORCE BASE, Texas — Air Force officials announced four Airmen were selected for the 2006 Lance P. Sijan Air Force Leadership Award Jan. 23.

One of the Airmen honored, Tech. Sgt. Shannon Cruz, won the Junior Enlisted Category Award while he was assigned to the 1st Air Support Operations Group at Fort Lewis, Wash.

While deployed and while under fire, Sergeant Cruz thwarted a 100-strong insurgent attack by directing close air support missions that released 10 guided bombs directly onto the enemy. His actions were commended by the special forces team leader as saving the team from a sure and inescapable death.

Though Sergeant Cruz said he is proud of winning the award, he said he is more pleased with the fact that his unit is getting recognized for its bravery and hard work.

"That just tells you the kind of stuff we've been going through out there," said Sergeant Cruz, who's now working as a free fall instructor in Yuma, Ariz. "We're in a lot of the action."

Throughout his 5-month deployment, Sergeant Cruz said his unit was ambushed 11 times. During one battle, he successfully plotted coordinates for an air attack that took out enemy targets just 350 meters away from his unit's location, he said.

"Shannon thwarted and repelled

every attack with his responsive and extremely accurate direction of close air support," said Sergeant Cruz's former non-commissioned officer in charge Master Sgt. Scott Myers, 1st ASOG.

"Quite frankly, I'm surprised he escaped injury and death; that's how bad it was. There is no glorifying his team's situation; it was dire. Shannon's action saved American and coalition lives — there is absolutely no denying that."

This marks the second year in a row that a member of the 1st Air Support Operations Group has won the award.

"Our guys are out there on the front lines, and in the dangerous situations they're having a huge impact on what's going on out on the battlefield," said 1st Lt. James Bilby, 1st ASOG executive officer.

The other 2006 winners are:

● **Lt. Col. Eric Axelbank** for the Senior Officer Category, who is assigned to Kadena Air Base, Japan. The Air Force recognized Colonel Axelbank for his leadership as commander of the largest logistics readiness squadron in the Air Force. His unit became the best in the Air Force by earning the 2005 Air Force Daedalian Major General Carter LRS of the Year trophy.

He also led his unit in achieving an excellent rating during a Pacific Air Forces Unit Compliance Inspection, despite 20 percent of his unit being deployed. His was the

first unit of its type to achieve that rating in two years.

● **Capt. Matthew Allen** won the Junior Officer Category award. The captain stationed at Pope Air Force Base, N.C., was responsible for making life or death decisions during more than 20 Operations Iraqi Freedom and Enduring Freedom combat missions. His leadership and decision making was credited as being key to the success of 444 special operations assaults. He was credited with successfully recovering 19 Americans after a helicopter crash and six Soldiers during separate combat operations.

● **Master Sgt. David John** is the winner for the Senior Enlisted Category. The Elmendorf Air Force Base, Alaska, sergeant was responsible for more than 800 convoys during his deployment in support of Operation Iraqi Freedom. His expert leadership resulted in the convoys traveling more than 450,000 miles across Iraq without a single casualty or injury. Back home, he also positioned Elmendorf to receive the C-17 Globemaster III and F-22 Raptor two years ahead of schedule.

The Sijan award annually recognizes Airmen who demonstrate outstanding leadership abilities while assigned to organizations at the wing level or below.

*(Courtesy of an Air Force Personnel Center News Service. 62nd Airlift Wing Public Affairs contributed to this report.)*

## Tax help for Airmen available



By

Tyler Hemstreet  
Staff writer

McChord's tax center began offering free assistance to Airmen, retirees and spouses of deployed Airmen Wednesday.

Located in Room 3007 in Bldg. 100, the center is offering 1040EZ walk-in tax help from 10 a.m. to 2 p.m. Wednesday.

The center is hosting the walk-in day mainly to help young Airmen eager to file their tax returns, said Patty DeCamp, 62nd Airlift Wing legal office tax reviewer.

"We're here to save them money so they don't have to go off base and pay to get their return done," Ms. DeCamp said.

If Airmen bring all their documents and file for their refund to be deposited into their checking or savings account, they will usually get their refund in 9 to 15 days, said reviewer Susan Anderson, 62nd AW.

Airmen looking to take advantage of walk-in services must be single or filing a joint return and have no more than two personal exemptions. Their taxable income must also be from wages, salaries, tips, unemployment, Alaska Permanent Fund Dividends and taxable interest of \$1500 or less.

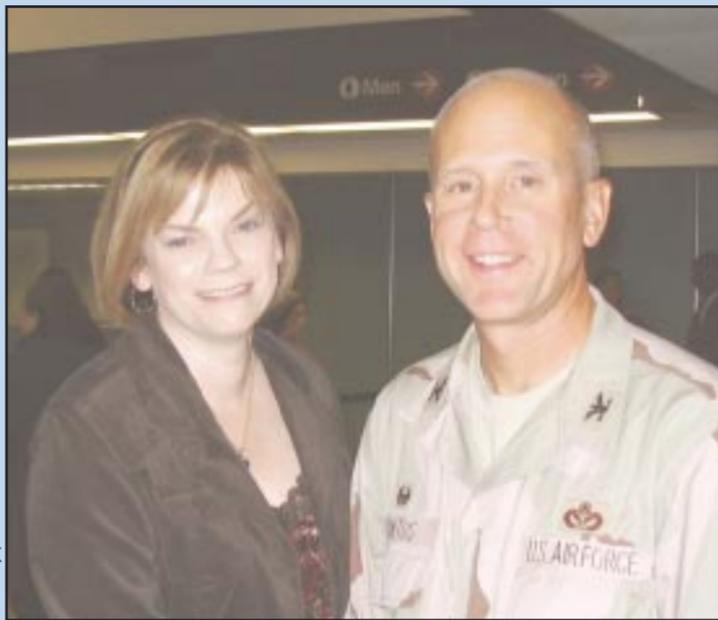
Airmen who can't make it to the walk-in day are encouraged to visit their squadron's Volunteer Income Tax Assistant representative, Ms. Anderson said.

Each VITA representative is IRS-trained and certified. Airmen interested in getting in touch with their squadron's VITA representative should contact their first sergeant.

Airmen can also call the tax center at 982-6857 to set up an appointment with a VITA representative.

People should make sure they have all their documents and last year's return before making an appointment, Ms. DeCamp said.

Airmen who have multiple business entities to report on their taxes should seek help from a paid preparer, Ms. Anderson said.



Courtesy photo

## Welcome back!

The men and women of McChord welcome Col. Keith Yaktus, 62nd Mission Support Group commander, home from deployment.

# More force shaping cuts to affect Airmen

By

Staff Sgt. C. Todd Lopez  
Air Force Print News

WASHINGTON — The Air Force has adjusted its force-shaping numbers in response to better-than-expected retention rates in fiscal year 2006.

In a message dated Jan. 26, officials said the Air Force must cut 3,090 Airmen by Sept. 30 in order to meet this year's force shaping goals.

The Air Force will use three personnel programs to help meet the goal.

Those programs involve an extension of the limited active duty service commitment, or LADSC, waiver for technical and master sergeants to retire, a second wave of date-of-separation rollbacks and a limited number of LADSC waivers for Airmen with 6 to 11 years of service in some career fields to voluntarily separate.

Last year, the Air Force offered LADSC waivers for some master and technical sergeants. The waivers allowed those Airmen to retire earlier

than normal. But so far, only 524 Airmen had been approved for that program, short of the Air Force's goals.

In response, the window to apply for the program has been extended. Airmen may now apply for this program until April 30, but they must choose a retirement date that is no later than Sept. 1, 2007.

The Air Force will conduct a second round of DOS rollbacks. Under this program, Airmen who have less than 14 years of service or more than 20 years of service, and who are currently serving on a control roster, have declined retainability for an assignment, have declined training or are serving suspended punishment pursuant to an Article 15, can be selected for the DOS rollback.

The DOS rollback program will give many Airmen a new separation date of Aug. 1, 2007. Airmen from all Air Force specialty codes can be affected by this program.

Finally, the Air Force is offering LADSC waivers to Airmen in certain career fields who have more than six

but less than 11 years of service.

Under this program, the Air Force will waive an Airman's service commitment so he or she may separate early.

A limited number of waivers will be granted, and Airmen who elect to participate in the program must choose a separation date of Sept. 29, 2007 or earlier.

Several Airmen have placed calls to McChord's Military Personnel Flight to see if they are eligible for the LADSC waiver, said Staff Sgt. Dawn Journic, 62nd Mission Support Squadron.

"Nobody so far has signed up for the program, but the thought is out there," Sergeant Journic said.

For previous LADSC waivers, Airmen have been able to check a vulnerability chart online to gauge what their chances are of being selected for the waiver.

But there will likely be no vulnerability chart for this waiver, said Capt. Todd Ladd, 62nd MSS.

*(62nd Airlift Wing Public Affairs contributed to this report.)*



Brian Deerly, 62nd Maintenance Squadron, inspects the carbon fiber ribs of a C-17 Globemaster III wing panel recently in the Aircraft Structural Maintenance shop in Bldg. 745.

# AIRCRAFT STRUCTURAL MAINTENANCE

## MXS' structural maintenance shop keeps aircraft flying, looking great

By  
Tyler Hemstreet  
Staff writer

From the newly refinished C-17 Globemaster III model perched on a stand in front of Bldg. 100 to the freshly repainted C-82 Packet aircraft at McChord's Air Museum, the 62nd Maintenance Squadron's Aircraft Structural Maintenance shop plays a key role in keeping McChord looking sharp.

"A lot of places, you're only as good as your product looks," said ASM's flight chief Senior Master Sgt. Tom Pfister, 62nd MXS. "When our aircraft go off-station, they reflect McChord."

Though the ASM flight takes great pride in the outward appearance of McChord's active and retired airplanes and support equipment, the shop is responsible for more than just applying preservative treatments and paint.

A large majority of the shop's complex work deals with repairing damaged outer panels of aircraft. Many of the outer pieces on the C-17 are made of advanced composite materials, with each layer overlapping the next, so repair requires careful attention.

The composite materials now used in building airplanes have caused the career field to expand and change quite a bit since the days of the mostly-metal C-141

Starlifter at McChord, said ASM section chief Master Sgt. Michael Wisniewski, 62nd Maintenance Squadron.

"The career development course manuals have gone from three volumes to five in the last few years," Sergeant Wisniewski said.

**"Every one of us is a craftsman. We are artists in our own right. We can make anything."**

— Master Sgt. Tom Pfister  
62nd Maintenance Squadron

The shop's crew, composed of Airmen, civilians and Air Reserve Technicians, still works with metals, but there is now a larger focus on advanced composites such as carbon fiber and other aramid synthetic fibers, Sergeant Wisniewski said.

Whenever one of McChord's C-17s sustain damage to an exposed area, the ASM shop teams up with the fabrication flight's nondestructive inspection shop to help identify how deep the damage inside the composite runs.

"They help us pinpoint exactly just what we need to do to repair it," said

Sergeant Wisniewski.

Using a router or a skin knife, ASM Airmen remove the damaged composite section and carefully craft a new one, sometimes using a hand-built mold.

"Every one of us is a craftsman," Sergeant Pfister said. "We are artists in our own right. We can make anything."

The shop also helps to identify and create solutions to prevent future damage to aircraft parts.

Recently, the shop saw several C-17s coming in with extensive damage inside their cargo doors, due to the airplanes landing on unfinished runways at deployed locations. Rocks and other debris damaged the fragile composite gear door each time the aircraft touched down.

The shop devised a high-density foam coating that fits tightly in the door's lining, creating a light, yet solid, shield for the composite.

"The foam catches or deflects the rocks or debris and saves us from the manpower and time required to install a new cargo door," Sergeant Wisniewski said. "It also saves the Air Force the costs for a new door."

By working hand in hand with Boeing representatives, the two sides develop ideas to better equip the C-17 to prevent damage to areas where routine damage occurs.

It's all in a pursuit to find a better way of doing things, said Sergeant Wisniewski.



Airman 1st Class Joshua Bell, 62nd MXS, uses a heat gun to cure a bonded patch in the inlet of a C-17's engine in Hangar 4 recently.



Staff Sgt. Matthew Benhart, 62nd MXS, replaces a broken bearing bracket on a C-17 ramp tow recently in the ASM building.

Senior Airman Matthew Nowotny, 62nd MXS, preps the top portion of a B-23 Dragon aircraft being restored for the base museum recently in the corrosion control facility in Hangar 6.

# Lookin' good

## Fitness program changes civilian's life

By  
Steve Thurow  
311th Human Systems Wing

BROOKS CITY-BASE, Texas — Diana Harmon was startled awake by her cat standing on her chest, pawing at her face. The cat was trying to get Ms. Harmon to breathe.

Weighing 270 pounds she suffered from sleep apnea and not wanting to use a Continuous Positive Airway Pressure machine, she sought alternative means. She went to the Brooks Health and Wellness Center for help.

Civilian Health Promotion Service Coordinator Diana Gonzalez started seeing Ms. Harmon and after initial assessments, a fitness program was mapped out.

Ms. Harmon wasn't thrown into an aerobics class and left to suffer until her goals were met. It was determined that a healthy start for her would involve seven minutes of cardio-vascular exercise on a stationary bike. That was less time than all the commercials that appear during a half-hour TV show.

Ms. Harmon has made exceptional progress over the past two years. She has dropped 115 pounds, is down to a size 10 and does up to an hour and a half on an elliptical trainer.

Now she wants to work out ... even needs to workout. If she has had a bad day, she'll get a babysitter so she can go to the gym.

Two years ago her children couldn't get their arms around her to give her a hug. Today her 15-year-old son gives her hugs and tells her that she's

little. That makes Harmon feel great.

By using all of the resources available to her at the HAWC, Ms. Harmon learned that there are four dimensions of human wellness: physical, emotional, social and spiritual. When you're healthy in all four areas, you're a healthy person.

"It's a relationship that helps keep you motivated and a group that's there to encourage you when you don't feel like going in to workout. You don't have to do it alone," said Ms. Harmon.

She learned that important lesson after two months of working out. When Ms. Harmon was depressed, food was her companion. After the initial two months, she experienced emptiness from the loss of that companion. She spent the next three months fighting the addiction and turned to scrapbooking to occupy the time, time she had spent eating in front of the TV.

It was a better approach than dieting.

"Diet is a four-letter word," said Ms. Gonzales. "Diets starve the body. When the body is starving, it saves every calorie that it can as fat."

That ties in with a January announcement by the Federal Trade Commission that the commission was fining four diet pill companies \$25 million for false advertising claims.

Fad diets drop large amounts of weight, but without lifestyle changes the weight will not stay off.

Ms. Gonzalez said that by following a fitness program, it's reasonable to lose one to two pounds a week and be able to keep it off.



Photo by Steve Thurow

Turning to the Brooks City-Base, Texas, Health and Wellness Center for help, Diana Harmon has lost 115 pounds over the past two years through hard work, dedication and education.

### McChord Fitness Center exercise class schedule

TIME	MON	TUES	WED	THURS	FRI
6 - 7 a.m.	Spin	Spin	Spin	Spin	Spin
7 - 8 a.m.		Gentle Yoga		Gentle Yoga	
9:30-10:30 a.m.			Yoga		
11:30 - 12:30 a.m.	Fit. Readiness	Pilates	Fit. Readiness	Pilates	Fit. Readiness
5 - 6 p.m.	Kickbox	Hip-Hop	Yoga	Step	Yoga
6 - 7 p.m.	Tae Kwon Do (Youth)	Yoga	Tae Kwon Do (Youth/Adult)	Yoga	
7 - 8 p.m.	Tae Kwon Do (Youth)		Tae Kwon Do (Youth/Adult)		

### Fitness class descriptions

**Cardio Kickbox** - A fun, high energy class using martial arts and boxing moves. Jab, cross, hook and uppercut your way into fitness. Get a rigorous workout; increase muscular strength and endurance and burn that body fat! For all fitness levels.

**Step** - The class incorporates resistance training with small free weights and traditional Step moves. This class is jam-packed with motivating music and moves. Burn fat; increase your endurance, strength, and coordination. A great class for any fitness level.

**Fitness Readiness (Fitness Improvement Program)** - Fitness Readiness is a warm up comprised of 30 minutes cross training and training elements from any of the following: basic aerobic, step, power walking, running, circuit training, grid training, boxing, sports skills, body sculpting with or without weights and cool down. Designed for aerobic participants with modifications for intermediate and beginners.

**Pilates** - Pilates is a series of exercises performed on the mat which simultaneously strengthen the center, lengthen the spine, build muscle tone and increase flexibility, while eliminating excess tension and strain on the joints. Pilates is suitable to all ages and body types.

**Spinning Bike (FIP class)** - Whether you are an experienced cyclist or a weekend cruiser, "Spinning", is a zero-impact, fat-burning, full-body cardio workout that allows you the flexibility to go at your own pace. Avoid the elements of outdoors and no equipment needed.

**Yoga** - Develop strength, flexibility, breathing control and mental focus through a progressive series of postures and connective movements. Finish with total relaxation. For all fitness levels.

**Hip-Hop** - Cardio Aerobics with high energetic new "hip" dance moves. Develops coordination and rhythm.

## Thunderbird's roar will kick off Super Bowl XLI festivities



Photo by Robbin Cresswell

The U. S. Air Force Demonstration Squadron, "Thunderbirds" will fly over Dolphin Stadium in their signature six-ship Delta formation at the conclusion of the national anthem to kick off Super Bowl XLI Sunday in Miami. The Thunderbirds fly F-16 Fighting Falcons and perform precision aerial maneuvers to demonstrate the capabilities of the Air Force's high-performance aircraft throughout the world.

WASHINGTON — The U.S. Air Force's elite demonstration squadron, the "Thunderbirds," will help kick off Super Bowl XLI in Miami with a fly-over of Dolphin Stadium Sunday.

The team's six red, white and blue F-16 fighter jets will roar over in their signature six-ship Delta formation at the conclusion of the National Anthem. The aircraft will fly over at about 500 feet and 450 miles per hour.

"We are honored to participate in the Super Bowl, especially this year, as the United States Air Force commemorates our 60th Anniversary," said Lt. Col. Kevin Robbins, Thunderbird commander. The fly-over is just one of many events the Thunderbirds will participate in during 2007 to commemorate the United States Air Force's six decades of air and space power.

The U.S. Air Force Air Demonstration Squadron is an Air Combat Command unit composed of eight pilots (including six demonstration pilots), four support officers, four civilians and approximately 120 enlisted Airmen performing in more than 25 career specialties.

"Our job is to represent the thousands of Airmen who serve their country on a daily basis, including the more than 25,000 fighting on the front lines in the Global War on Terror," said Colonel Robbins.

The Super Bowl is the nation's highest-rated TV program annually. According to the NFL, more than 141 million viewers in the U.S. tuned in to last year's game. Super Bowl XLI will be broadcast to a potential worldwide audience of one billion in more than 230 countries and territories.

(Article courtesy of a Pentagon press release.)

# JTAC Airmen earn Bronze stars for heroism

By  
Tyler Hemstreet  
Staff writer

Staff Sgts. Trevor Bradford and Matthew Muse, both joint terminal attack controllers from the 5th Air Support Operations Squadron, were awarded the Bronze Star Medal Jan. 25 at Fort Lewis.

During the ceremony, Col. Eric Schnitzer, 1st Air Support Operations Group commander, presented the medals to Sergeants Bradford and Muse for their bravery and heroism while serving in Iraq.

In 2003, Sergeant Bradford, then a senior airman, was deployed to the 15th Expeditionary Air Support Operations Squadron to support an Army cavalry regiment.

Though Sergeant Bradford was under intense direct and indirect enemy fire for more than three days, he defended his turret and continuously coordinated air support.

His quick response saved the lives of his Army cavalry troopers and destroyed 10 enemy tanks and numerous artillery and armored vehicles.

The battle in which he earned the Bronze Star was memorable, said Sergeant Bradford. During one of the fire fights with the enemy, a bullet hit the side of his turret. Moments later, a rocket propelled grenade whizzed by his head, Sergeant Bradford said.

"That really scared me," he said.

Although the details surrounding the situation stand out in his mind, Sergeant Bradford said he was just doing his duty.

"We're used to being in ambushes — it was a run of the mill thing," he said. "Even though it's nearly four years after the fact, it's still nice to get honored."



Photos by Abner Guzman

**Col. Eric Schnitzer, left, 1st Air Support Operations Group commander, pins a Bronze Star Medal with Valor on Staff Sgt. Trevor Bradford, 5th Air Support Operations Squadron, during a medals ceremony Jan. 25 at Fort Lewis.**

Sergeant Muse performed various missions with the Combined Joint Special Operations Task Force in Iraq in 2006.

While exposed to well-armed and unpredictable enemies, Sergeant Muse coordinated close air support and provided real time intelligence to establish secure drop zones and helicopter landing zones.

His knowledge of air power and accurate surveys led to life-saving reconnaissance as well as the capture of 11 high-value individuals, other suspected insurgents and their weapons and explosive supplies.

Sergeant Muse took great pride in the fact he was able to contribute to each CJSTOF mission he was a part of. Intense planning and the detailed layout of each mission had to be relayed to the accompanying air cover.

"It kept us safe and the team safe," Sergeant Muse said of the air support he provided. "Nobody could drive up behind us and ambush us."

Whether it was coordinating air cover with an AC-130 Gunship or setting up a drop zone to receive extra ammunition for this unit, Sergeant Muse said the common goal was always the same.

"We make sure everyone comes home and there are no friendly fire casualties," he said.

The Bronze Star Medal is one of the top 10 medals the Air Force awards to Airmen who distinguish themselves heroically or meritoriously.

"I couldn't be more proud of these two brave Airmen. Their determination and commitment saved a number of lives," said Lt. Col. Thomas Woods, 5th ASOS commander.

"They got the job done [during] extreme life-or-death situations and have proven to be well-deserving of these medals."



**Colonel Schnitzer congratulates other Bronze Star recipient Staff Sgt. Matthew Muse, 5th ASOS.**



**Kickoff breakfast**

McChord's Black History Month Kickoff Breakfast is at 8:30 a.m. Tuesday at McChord's Clubs and Community Center. Guest speakers will be Pastors Lee Arthur Miller and Chuck Walton and Minister Willie Tart. For more information, contact a unit first sergeant.

**MPF closure**

The military personnel flight customer service section will close at 12:30 p.m. Feb. 9 for an official squadron function. For more information, call 982-3396.

**Marriage seminar**

There will be a 6-week couple's relationship seminar from 4:30 to 5:45 p.m. Thursdays at the chapel support center starting Feb. 15. For more information or to register, call Ronica Sobiech at 982-9038 or e-mail her at [ronica.sobiech@mcchord.af.mil](mailto:ronica.sobiech@mcchord.af.mil).

**Automated sign-in**

Starting Monday the military personnel flight customer service section will begin using an automated check-in system for all MPF services including ID cards. For more information, call 982-3396.

**Chiefs' induction ceremony**

The 62nd and 446th Airlift

Wing chiefs' groups will combine their chief induction ceremonies into a single event Feb. 23 at McChord's Clubs and Community Center. Social hour begins at 6 p.m. with dinner starting at 7 p.m. The cost of dinner is \$26, and attire is mess dress for active duty members or semi-formal coat and tie for civilians. To R.S.V.P. or for more information, call Chief Master Sgt. Sheila Copeland at 982-2586 or Chief Master Sgt. Ronnie Murphy at 982-4189.

**National Prayer Luncheon**

The 62nd Airlift Wing's National Prayer Luncheon is at 11:30 a.m. Feb. 26 at McChord's Clubs and Community Center. The keynote speaker is Chaplain (Col.) Brian Van Sickle, Air Mobility Command chaplain. For more information, call 982-5556 or contact a unit first sergeant.

**OSC scholarships**

McChord's Officer's Spouses Club is accepting applications from Air Force family members for scholarships. Interested individuals may obtain applications from the following places on base: the education center, the Airman and Family Readiness Center, the library and the thrift shop. Applications must be received by March 1.

**Smooth Move workshop**

Individuals who are undergoing a permanent change of station within the next six months are eligible to attend the Smooth Move workshop from 9 to 11:30 a.m. each fourth Wednesday of the month at the Airman and Family Readiness Center, Bldg. 551. Representatives from several base agencies will be on hand to answer PCS-related questions. To register for the workshop, call the AFRC at 982-2695.

**Vehicle decals**

Department of Defense vehicle decals are issued from 7:30 a.m. to 4 p.m. Monday through Friday at the visitor control center. Decals may also be obtained 9 a.m. to 4 p.m. Monday through Friday in Bldg. 100, Suite 1001E. Drivers must bring their vehicle registration, driver's license, insurance and DOD identification card. For more information, call 982-2256.

**Youth soccer**

Registration for youth soccer is underway. Interested children must have a physical on file at the youth center that will not expire during the season before they can register. For more information or to volunteer, call Chuck Williams at 982-3432.

# Faith and Worship Programs

**For more information,  
call the chapel support center at 982-5556.**

The following chapel programs take place at the base chapel support center, Bldg. 746, unless otherwise noted.

- **Faith Formation Youth**

**Confirmation and Rite of Christian Initiation for Adults** are 6:30 p.m. Wednesdays, through April.  
● **Adult Bible Study** is from 11:00 a.m. to 1:30 p.m. Wednesdays.

## Schedule of worship services

**Catholic Services:**

All Catholic Services are in Chapel Two  
Daily Mass Tuesday - Friday 11:30 a.m.  
Saturday: 4 p.m. Confession  
5 p.m. Mass  
Sunday: 9:30 a.m. Mass  
11 a.m. Mass

**Protestant Services:**

Sunday: 8:30 a.m. Liturgical Worship: Chapel One  
9:45 a.m. Sunday School for all ages at the chapel support center  
11 a.m. Traditional Worship: Chapel One  
11 a.m. Contemporary Service: chapel support center

**Jewish Services:**

Friday: 6 p.m. Fort Lewis Chapel every 1st, 3rd and 5th at the corner of 12th Street and Liggett Avenue 966-8949

**Orthodox Activities:**

Sunday: 9:30 a.m. Divine Liturgy, St. Nicholas Church, 15th Street and Yakima Avenue, Tacoma

**Other services:**

Orthodox Christian Community, Cascade Chapel, Fort Lewis  
Sundays: 8:45 a.m. pre-Communion prayers  
9:30 a.m. Divine Liturgy

Confession is by appointment only; call Father John Anderson at 967-1717 or 906-6843, or e-mail [father.anderson@us.army.mil](mailto:father.anderson@us.army.mil)

