

## Commander's Connection

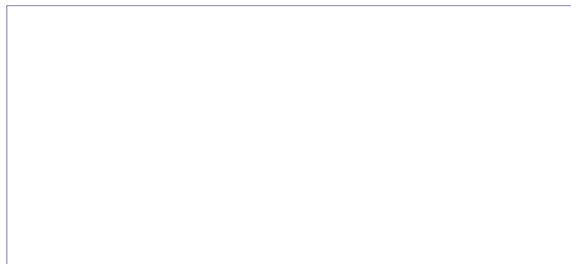


Photo by Staff Sgt. Alicia Prakash

Col. Philip Ruhlman talks with Airmam 1st Class Stephen Kingham, 20th Communications Squadron during a dormitory inspection Tuesday.

*"Commander's Connection" is a link between Col. Philip Ruhlman, 20th Fighter Wing commander, and the Shaw community. Questions or concerns that can't be resolved through normal channels can be called in and recorded at 895-4611 or e-mailed to commandersconnection@shaw.af.mil.*

*Callers should leave a name and telephone number in case questions need clarification. Comments of general interest may be published in The Shaw Spirit.*

**Q** At Shaw, the price per visit at the swimming pool was \$1.50 in April 2002. In 2003, it rose to \$2.50, and this year it is \$2.75. I like swimming very much, but the rise in cost prevents my friends and I from enjoying the pool as often as we would like. Why have the prices increased each year and will they continue to rise? Finally, why isn't the pool free like the gym and other forms of exercise we offer on base? The high cost of swimming discourages many Airmen from getting a pleasurable and healthy work out. Thank you.

**A** Unfortunately, lifeguard appropriated funding has decreased in fiscal years 2002 and 2003. With this decrease, only half of the lifeguard positions can be paid with 100% appropriated funding. The rest are paid with non-appropriated funds generated by entrance fees, pool parties and swimming lessons. Therefore, the prices had to be adjusted over the last two years to operate the pools and to ensure swimmer safety. The good news is current pool programs allow military members to lap swim free of charge Monday through Friday.

# Deploying? Don't forget about legal issues

By 1st Lt. Brad Morris  
20th Fighter Wing Legal Office  
chief of legal assistance

It is Friday at 4:15 p.m. Staff Sgt. Smith is counting down the minutes until he can enjoy the weekend with his family. The phone rings at his desk. He answers and the voice on the other end tells him to be ready to deploy ... Monday morning. The chances of this occurring on such short notice at Shaw are slim with the aerospace expeditionary forces cycle in place. Here is what Sgt. Smith did to leave his personal affairs in good order during his deployment.

**Estate planning:** Sgt. Smith put all accounts in both he and his wife's name. As an additional measure, he made sure the accounts were set up so either he or his wife, not both, had to sign to withdraw money or take action on the accounts.

His bank was able to assist him in changing any current



accounts he had to a joint account.

**Finance Issues:** Sgt. Smith set up automatic deposits and payments for regularly recurring bills and obligations while he was gone. He informed his wife where all important financial and personal documents were kept. He put valuable documents in a safety deposit box or a home safe and set up a folder for receipts and financial documents received for easy reference by his wife. He ensured his wife could access all his electronic accounts before he left.

**Powers of Attorney:** Sgt. Smith knew legal or economic issues could occur while deployed, and unless someone he trusts has written permission to act on his behalf, problems could arise. How did he handle this transition?

Sgt. Smith went to the Legal Office and had a power of attorney document prepared allowing his wife to act on his behalf. There were two choices. A general power of attorney lets the person receiving it do any legal act Sgt. Smith could do for a certain period of time. A special power of attorney where a specific person is granted the right to do some specific act, such as sell Sgt. Smith's car or file a joint tax return.

**Last Will and Testament:** Sgt. Smith and his wife had a judge advocate review their will. He suggested

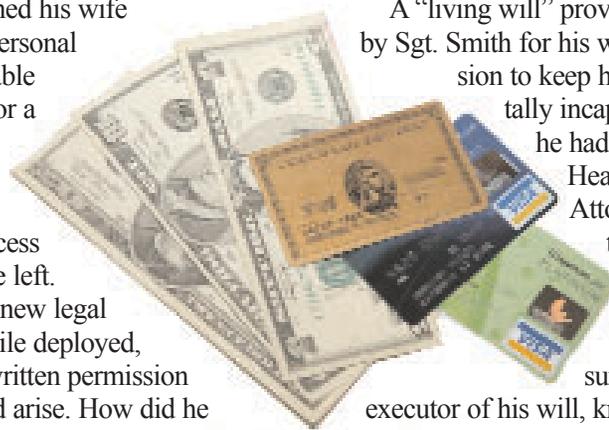
they draft a new one, since the Smith's just had a baby. It included a trust for their son's finances, until he reaches an age, such as 18 or 21, to receive the estate.

A "living will" provision was also drafted by Sgt. Smith for his wife to make the decision to keep him alive, if he is mentally incapacitated. Additionally, he had the legal office draft a Healthcare Power of Attorney. It allows his wife to make medical decisions for him, should he be unable.

Sgt. Smith made sure his wife, as the executor of his will, knew where to recover it if something unfortunate were to happen.

**Life Insurance:** Sgt. Smith reviewed his life insurance policies. He made sure his wife was listed as the beneficiary of his Servicemember's Group Life Insurance policy and contacted his commercial life insurance agent for clarification in writing stating it did not exclude paying if death is the result of war or other military service.

It was not easy for Sgt. Smith to discuss many of these issues with his wife. Should anything happen, he will be glad he took the time before it was too late.



## The Shaw Spirit

### Shaw Air Force Base editorial staff

- Col. Philip Ruhlman.....20th Fighter Wing commander
- Capt. Mark D. Gibson.....Public Affairs chief
- Staff Sgt. Lee Watts.....Internal Information chief  
earl.watts@shaw.af.mil
- Staff Sgt. Alicia Prakash..... Editor  
spirit.editor@shaw.af.mil
- Airman 1st Class Susan Penning.....Staff writer  
susan.penning@shaw.af.mil

Ms. Adriene M. Dicks.....Correspondent  
adriene.dicks@shaw.af.mil

Information intended for the *The Shaw Spirit* must be submitted Thursday the week prior of intended publication. Direct e-mail correspondence to [spirit.editor@shaw.af.mil](mailto:spirit.editor@shaw.af.mil), call (803) 895-2018, fax (803) 895-2017 or mail to:

20th Fighter Wing Public Affairs Office  
517 Lance Ave., Suite 107  
Shaw Air Force Base, S.C. 29152-5041

*The Shaw Spirit* is published by the Camden Media Co., a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 20th Fighter Wing.

This civilian enterprise Air Force newspaper is an authorized publication for members of the U.S. military services.

Contents of *The Shaw Spirit* are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force. The appearance of advertising in this publication, includ-

ing inserts or supplements, does not constitute endorsement by DoD, the Air Force or the Camden Media Co., of the products or services advertised.

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

The 20th Fighter Wing commander and public affairs office are the determining authority as to whether a particular item will appear and its placement within the paper.

All copy submitted will be edited to conform to Air Force and local policy and style standards. All photos are U.S. Air Force photos unless otherwise noted.

Direct classified ads to Camden Media Co. at (800) 450-1437 or fax (803) 432-7609 or e-mail [skaress@ci-camden.com](mailto:skaress@ci-camden.com). All are run on a space-available basis.

Classified ads may also be dropped off at *The Shaw Spirit* office in Bldg. 1122 by Tuesday at 2 p.m.

## Spiritual fitness also part of whole-person concept

**By Chaplain (Capt.) Gregg L. Chandler**  
*20th Fighter Wing protestant chaplain*

There is no doubt physical fitness is a very essential and crucial part of our physical well being. We must be ready for the challenge. For The benefits will hopefully prove to be in our best interest and will give us a major advantage. There is another element just as crucial as physical fitness ... spiritual fitness.

As quoted by Gen. George C. Marshall, Chief of Staff, U.S. Army, concerning the importance of spiritual fitness, "I look upon the spiritual life of the soldier as even more important than his physical equipment ... The soldier's heart, the soldier's spirit, the soldier's soul are everything. Unless the soldier's soul sustains him, he cannot be relied upon and will fail himself and his country in the end."

In the interest of the events in our world and in our military regarding terrorism, war, family separation, family, crises and many other concerns, we must consider our spirituality. I have found during the time of major crises, people turn to some form of spirituality. In the time of war and uncertain danger, many of our soldiers have requested special religious ceremonies and rituals primarily because they were deeply concerned about their family, their spiritual stability and their mortality.

Many who previously had spiritual roots, but somehow got away from it, soon turn back to their spiritual roots after the news of entering into an impending crisis. Even if our spiritual roots do not lead us down a well-defined spiritual pathway, it would at the least tend to cause us to search for spiritual truths bringing hope during uncertain and difficult times. Somehow, and in some way, it has the potential of helping us to find true meaning in our dilemmas.

I also noticed crises generally bring people together who would otherwise not come together, in searching to find meaning, trying to find peace, having closure and making sense of the situation.

The ultimate provoking thought here is we should not wait until a crisis, difficult situation or

tragedy to initiate a search for spirituality.

We need to get spiritual and remain spiritual on a continual basis, just as we maintain our physical fitness on a regular basis.

Some years ago, I woke up one morning in Texas and a few profound thoughts overwhelmed me. These thoughts registered loudly in my spirit. Somehow, I sensed these words were directly from God. The words in my mind and my spirit were, "Be ye physically and spiritually ready." Since that time it has not been easy accomplishing both, but I realized from that time since, and even more so now, the great importance of both.

Maintaining our physical and spiritual health is essential to our entire well being.

When we think of spiritual fitness or readiness as it relates to warfare, the scriptures in Ephesians tells us to put on the full armor of God. This consequently is related to physical readiness, but beyond that, it specifically applies to spiritual readiness. It also relates to our Ability to Survive and Operate. The scripture further tells us the reason we do this is to be able to stand against the schemes of the enemy. In our world, there is an enemy of our spiritual well-being as well as our physical well-being. When our spiritual life is not where it needs to be, our physical and mental performance can be greatly affected.

Many well-known individuals have instituted spiritual routine. We have heard our president spends time daily in devotion and prayer. If he has time in his busy schedule to do this, we could certainly make the time.

In our recent visit from our Chief of Chaplain Service, General Lorraine Potter, we heard wonderful words of admonition from her. She expressed our leaders' concerns for the spiritual fitness of our soldiers, in addition to their physical fitness. According to her, this would soon be at the forefront of matters regarding the welfare of our troops. This month, many of our Air Force chaplains and Chaplain Assistants will be attending an Air Force Chaplaincy Spiritual Fitness Conference, a first for the Air Force.

Many of us were raised in a spiritual environment. When was the last time we attended a church service? Why not make a commitment to attend a regular worship service every week, unless you are sick in bed with malaria or some disease that prohibits you from getting out of bed. Make a commitment to get up early everyday and spend at least 15-30 minutes with spiritual devotion and prayer. As we are motivated to arise, we'll experience the spiritual benefits that come with it. There used to be an old saying that, "an apple a day will keep the doctors away." I don't know if that is fully true or not, although it is a healthy thought with some healthy benefits. Consider this quote, "Thirty minutes of study and prayer a day, will keep us from spiritual decay!" Of course, for many, this would be a start, but certainly not a limitation.

Great significance is placed on our physical strength and endurance assuring us that we are ready. Spiritual strength and endurance is likewise of great importance for spiritual readiness. The Scripture found in Luke 18:1 which reads, "And he spake a parable unto them to this end, that men ought always to pray, and not to faint;" This scripture gives us another principle for us to maintain our spiritual strength. Recently I came across a saying, "Seven days makes one week, but in contrast, seven days without prayer makes one weak!"

In order to facilitate our spiritual readiness, commanders and supervisors are encouraged to allow our airmen to attend weekend worship services as much as possible considering mission requirements. According to our Chaplain Service mission statement, ....we are to provide for the free exercise of religion and worship for our soldiers and their dependants. A major part of our lives should be spiritual.

We must always remember that accomplishing our mission includes the spiritual fitness of our soldiers as well as the physical fitness of our soldiers. Again, in the words of General Marshall, "Unless the soldier's soul sustains him, he cannot be relied upon and will fail himself and his country in the end." "Let's get spiritual!" We'll all be glad we did!

