

## Program makes achievements public

By Adriene M. Dicks  
Correspondent

How pleased would a Team Shaw member's family be to wake up one morning and unexpectedly read a story about their military loved one in the local newspaper or hear their name on the radio? Think something like this could never happen? Well, thanks to the Army and Air Force Hometown News Release Service, it can.

The Hometown News Release program gives servicemembers the opportunity to be recognized by family and friends even when they are miles away.

According to Hometown News officials, the service sends out more than 600,000 news releases each year to more than 11,000 daily and weekly newspapers. More than 47 million readers throughout the country see the releases.

Hometown News Release forms can be submitted for a variety of reasons, including the completion of basic training, graduations and deployments. Receiving an award or decoration, completing a special training or being promoted are

also among the reasons to use the program. The releases are sent to newspapers, radio and television stations in the servicemember's hometown.

The process begins with the servicemembers themselves. Department of Defense Form 2266, Hometown News Release, must be filled out and sent to the base Public Affairs office. The PA office sends the form to the Hometown News Service, where the provided information is turned into a news release and sent to the servicemember's hometown media outlets or any location he has family ties.

The quality and length of the news release depends on the information provided by military members. However, there is some information that must be provided in order for the form to be con-

sidered correctly completed and fit to be processed.

If a form is sent without a Social Security

Number, the information will not be processed. The number is strictly used as a tracking device. The form must also be signed to be complete. Signing the form denotes the person filling it out has read and understands the privacy act statement and will allow their information to be published, except the SSN. The form will not be used if it isn't signed.

In addition to families and friends being able to read about the accomplishments of military loved ones, the Hometown News Release Service is also a way for people back home to learn what someone from their hometown has done, and servicemembers can stay connected to home.

For more information on this service and how to use it, call the 20th Fighter Wing Public Affairs office at **895-2018/2019**.



**The Shaw Black Heritage Committee is scheduled to present**  
**Way Back Like an 8-Track**

**'70s Disco Nov. 8 from 9 p.m. to 2 a.m. at American Legion  
Post 202 at 746 Bailey St. in Sumter. The cost is \$5 in  
advance and \$6 at the door. Seventies attire is a must. A  
cash prize will be given for the best outfit. For more informa-  
tion or tickets, call Tech. Sgt. Pam Jones at 895-5195.**

## Marital bliss: What happens after 'I do'?

By Staff Sgt. Alicia Prakash  
Staff writer

The institution whereby a man and woman are joined in a special kind of social and legal dependence is the definition of marriage according to Merriam-Webster. What does a couple do when the institution is not so special anymore? Behavioral Health Partnership on base can help.

"The counseling gave us guidance for communication," said a counseled spouse. "We learned how to deal with each other all over again: just like dating."

She said after being married for eight years, she and her husband ran into financial difficulties and developed social issues. She said they lost respect for each other.

After attending three counseling sessions, her once troubled marriage is now much better.

Most people think something must be wrong to

attend marriage counseling, said Patti Busser, Family Advocacy outreach manager, but she said counseling is a preventive measure.

"Improvements are made around the house to make things better, exercise is done to improve the health of our bodies," said Busser.

In like fashion, couples should also make improvements on their marriage.

Busser said good communication is key.

According to Cheryl Christmas, New Parent Support Program treatment manager, communication is both getting to the point and listening. Sometimes partners are not as in tune to listening.

Partners should be able to open up to each other and not feel like something said will be brought up again or used against them.

In the counseling sessions, couples are able to express themselves freely. A benefit to the sessions is having an unbiased, objective professional help

guide a productive conversation between spouses, said a counseled spouse.

Busser said all relationships go through times of stress. Life as one couple, instead of two individuals, may be an adjustment and a reason to feel stressed.

"An all-about-me relationship cannot be successful," said Christmas. She said couples should work together, know each other's differences and not try to change each other.

Christmas said instead of trying to change each other, change your response. Reflect on what the attraction was in the beginning. Think about what is happening now to make the feelings change.

Keep "special" in the definition of marriage with communication and understanding. For more information, call **895-6091**. In addition to counseling, written information and videos are available for check out.



*Are you newly married?  
Are you thinking about getting married?  
Do you want to strengthen your marriage?*

*Marriage Enrichment Class  
Tuesday from 4:30-6:30 p.m. in the Pediatric  
Clinic/New Parent Support building*

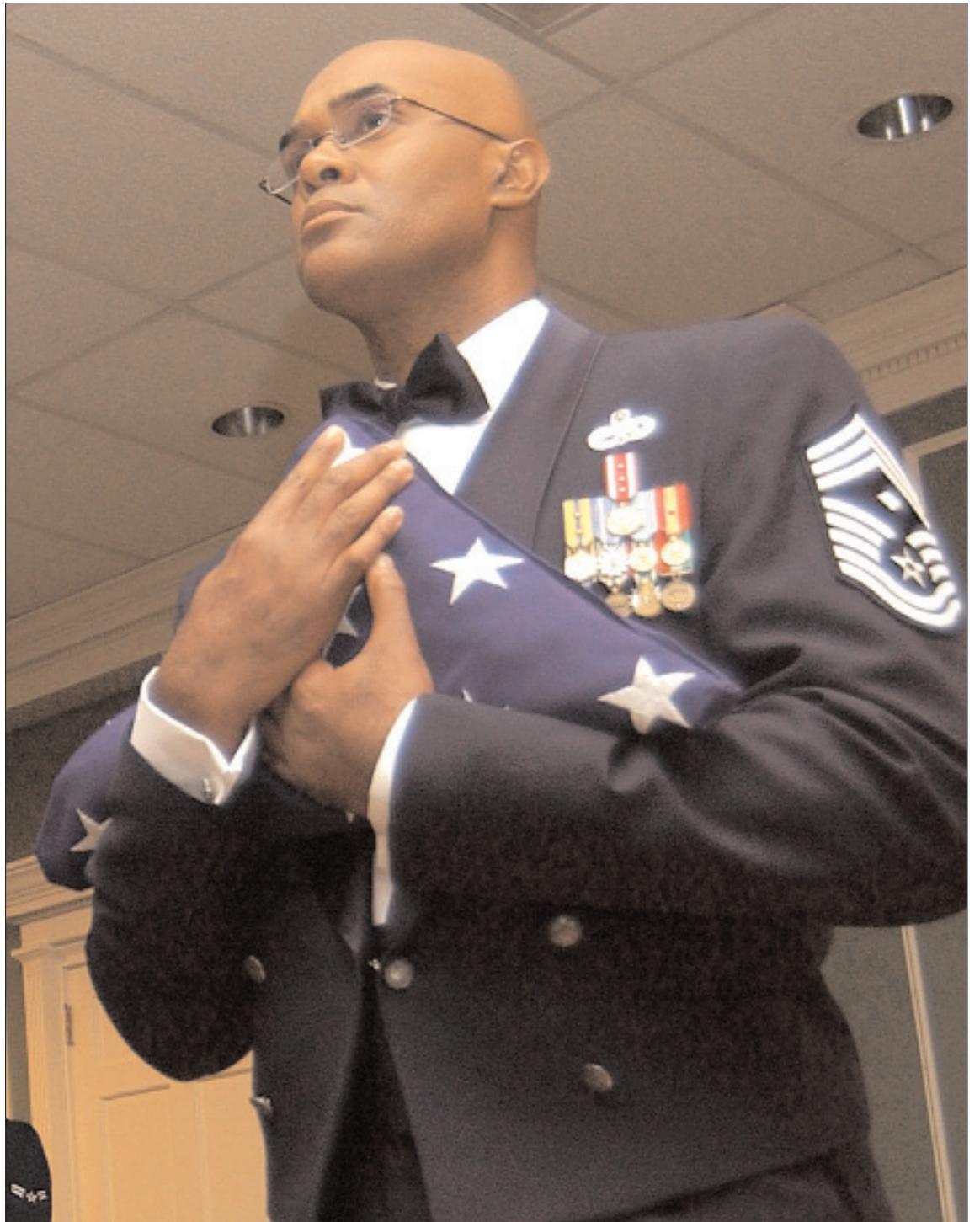
For more information, call Patti Busser at **895-6091**.



# Pride shows at Enlisted Heritage Banquet

Right, Chief Master Sgt. Leroy Frink, 9th Air Force first sergeant, accepts the folded flag and explains the duties of a chief master sergeant during the Enlisted Heritage Banquet Sept. 26. The event, held at the Conference Center, included a social hour, dinner, POW/MIA and flag ceremonies, and featured two former Chief Master Sergeants of the Air Force as guest speakers.

Below, Senior Master Sgt. Betty Abraham, 20th Mission Support Squadron, listens as a guest speaker explains the history of each CMSAF.



Photos by Master Sgt. Paul Holcomb



Above, the Shaw Honor Guard posts the colors.

Left, guest speakers and former Chief Master Sergeants of the Air Force Paul Airey (left) and Sam Parish (right) autograph programs. During the banquet, Airey, the Air Force's first CMSAF, and Parish, the eighth, had dinner, talked with Team Shaw members and posed for photos.



# Spirit Spotlight



## Staff Sgt. Chris Glaze

**Organization:** 9th Air Force

**Duty title:** Commander's communication specialist

**Hometown:** Panama City, Fla.

**Time in service:** seven years

**Off-duty interests:** Drag racing, computers, music and traveling

**Words I live by:** "Optimism is an airman's best ally. With it, one troop can make a difference in winning."

*The Shaw Spirit* runs announcements for sporting event winners, sporting leagues, retirements, award winners and graduates. For more information, call **895-2018** or send an e-mail to [spirit.editor@shaw.af.mil](mailto:spirit.editor@shaw.af.mil).