

Air Force details plans for new camouflage uniforms... See page 10

Border Eagle

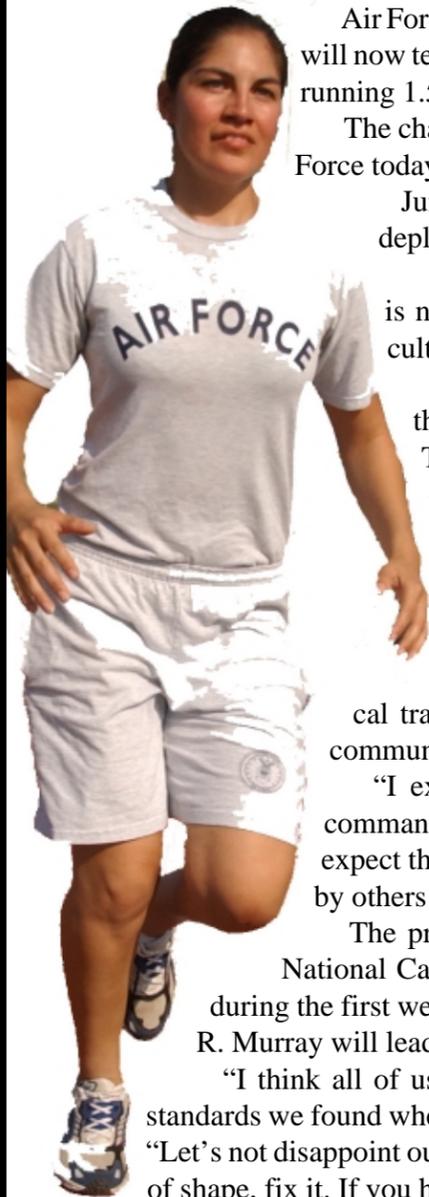
Vol. 51, No. 31

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Aug. 8, 2003

General orders 'Be fit to fight'

WASHINGTON – Airmen will begin hitting the track soon as the Air Force begins a new physical fitness program, the service's senior leader announced in his July 30 "Fit to Fight" Sight Picture.



Air Force Chief of Staff Gen. John P. Jumper directed that airmen will now test their fitness levels by performing sit-ups, push-ups and running 1.5 miles.

The change is being made because "we are a much different Air Force today," according to Jumper.

Jumper cited the physical requirements demanded by recent deployments around world as the impetus for the change.

"The amount of energy we devote to our fitness programs is not consistent with the growing demands of our warrior culture," he said. "It's time to change that."

Details will be released soon that will get airmen back to the basics of running, sit-ups and push-ups, Jumper said. The cycle ergometry test, in use for the past 10 years, will continue for those who, for legitimate reasons, are not able to run.

Other changes include issued workout clothes and a renewed focus on the commander's ownership of airman physical fitness.

"We are planning to ... put responsibility for (physical training) in the chain of command, not with the medical community or the commander's support staff," Jumper said.

"I expect this effort to be led from the top, starting with commanders and senior (noncommissioned officers)," he said. "I expect those who have trouble meeting the standards to be helped by others in their unit until they do meet the standard."

The program will begin Jan. 1. Jumper said he plans to lead National Capitol Region Air Force general officers in a fitness test during the first week of January. Chief Master Sgt. of the Air Force Gerald R. Murray will lead area command chiefs later in the week.

"I think all of us can agree that we were disappointed with the fitness standards we found when we came into the operational Air Force," Jumper said. "Let's not disappoint ourselves any longer. The message is simple: If you are out of shape, fix it. If you have people in your squadron who need help, help them.

"January 2004 is the date," he said. "Be ready."

Airman 1st Class Denise Ramirez, 47th Aeromedical Dental Squadron, jogs during a workout Tuesday at the base running track. (Photo by Master Sgt. Lee Roberts)

Laughlin employs 'caring' approach to force structure

By Master Sgt. Lee Roberts
Special to 47th Flying Training Wing
Public Affairs

LAUGHLIN AIR FORCE BASE, Texas – The Air Force recently announced its annual force structure changes, which include flying training workload adjustments here.

As a result of the July 23 announcement:

- the 47th Flying Training Wing loses 44 T-37B aircraft and gains 37 T-6A Texan II aircraft, resulting in a loss of 16 civilian positions related to the maintenance community. In addition, the 47th FTW loses seven military and 17 civilian authorizations elsewhere as a result of workforce reshaping.

- the airfield operations program realignment to Moody AFB, Ga. results in a loss of 12 military permanent party students in the 47th Operations Support Squadron. The 47th OSS also gains one military position as a result of Weather Function Reengineering.

- the 47th Medical Group loses one military and two civilian authorizations from medical annual planning and programming guidance adjustments.

According to a message from the office of the secretary of the Air Force, actions to increase or decrease duty authorizations

See Caring, page 4

Mission status

(As of July 25)

Airframe	Days Behind or Ahead	Sortie Rate
T-37	2.08	88.4%
T-1	0.70	81.7%
T-38	-1.78	79.4%
T-6	-0.80	84.9%



Commanders' Corner

Lt. Col. Robin Squellati
47th Medical Operations Squadron commander

Prepare the homefront before the battlefield

(Editors note: Lt. Col. Robin Squellati wrote this editorial as she was preparing for deployment in July. She is currently deployed to Masirah Island, Oman, where she is the Expeditionary Medical Support hospital commander.)

“Wow Mom, that’s great,”

was my son’s reaction to hearing I would be deploying. He knows that as an Air Force member, my job is to serve my country.

Air Force members are leaders through exercises and training, which prepares us for wartime missions. Our leadership roles should also prepare people who will be doing our jobs while we are deployed.

For 17 years, I prepared for deployment but wasn’t afforded the opportunity until the operations tempo increased and there were more deployment opportunities.

Deployments affect more people than the person being deployed. Here are eight tips that may help you prepare the homefront before the battlefield.

■ Know your job. Educate your replacement about your responsibilities. No one knows when they may be deployed, so this must be an ongoing process. Equip the person replacing you with the resources that you rely upon, and let them know how to obtain even more resources if necessary. Use Web sites, Air Force manuals, Air Force instructions, professional references and a networking base to help with answers to difficult issues.

■ Keep your eye on the objective. Plan mental models of what you would like to achieve. Then record the plan to follow. Those replacing you may not understand your goals. With a clear plan and good communication, the objective will be visible. Devise a tracking tool to show progress. For instance, I am responsible for ensuring that routine access standards are met. In the past few months we have improved 87-94 percent. Our patients are now better able to obtain a medical appointment when they need to be seen.

■ Mentor and communicate. I put these together

because so much of mentoring is spending time communicating. There must be daily face-to-face discussions, e-mails, phone calls, etc. If the individual is to carry on your work when you deploy, then that person must understand the requirements from your vantage point. Mentoring also involves being a role model or coach. Integrity, caring, timeliness, responsiveness and attitude are examples of traits that are more “caught” than taught.

■ Promote inquiry and dialogue. Successful organizations encourage members to ask questions. Clear answers help each of us understand our

roles. Questions can also cause us to evaluate and improve our processes.

■ Build teams. Communicate with the members of your team. In family practice, the staff is divided into two teams. The teams

“huddle” to formulate methods to overcome problems. All members may not even be aware of a problem until they hear about it at the team huddle. The huddle provides time to communicate a roadblock and then to resolve the issue through a team approach.

■ Motivate your replacement. If they are going to do their job plus your job, then they will need mega doses of motivation. While you are gone, they must assume ownership. It will help to present your job in a positive light. Realizing the importance of carrying on your goals, knowing who to contact for help and lots of positive reinforcement can help.

■ Remember there is no best leadership style. Your replacement will not be you. Focus on the objectives. Remind other staff members that each person is an individual, with unique attributes.

■ Successful leaders are highly visible. Interacting with the members of the unit is important to understanding how the mission is being accomplished. During this time, you can offer your assistance.

The more prepared your replacement is to do your job, the more objectives will be achieved. Deployments can come when you least expect them. The time to mentor is now.

“Deployments affect more people than the person being deployed.”

Border Eagle

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News for the Border Eagle should be submitted to the 47th Flying Training Wing Public Affairs Office, Bldg. 338, Laughlin AFB, TX, 298-5262. **Copy deadline is close of business each Thursday the week prior to publication.**

Advertising should be submitted to the Del Rio News-Herald, 2205 Bedell, Del Rio, TX, 774-4611. Advertising should be submitted by 4 p.m. each Friday.

Submissions can be e-mailed to:
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yvonne.conde@laughlin.af.mil

Actionline 298-5351

This column is one way to work through problems that haven't been solved through normal channels.



Col. Dan Woodward
 47th Flying Training
 Wing commander

By leaving your name and phone number, you are assured of a timely personal reply. It's also very useful in case more information is needed in order to pursue your inquiry. If you give your name, we will make every attempt to ensure confidentiality when appropriate.

If your question relates to the general interest of the people of Laughlin, the question and answer may also be printed in the Border Eagle.

Before you call the Actionline, please try to work the problem out through the normal chain of command or directly with the base agency involved.

Thanks for your cooperation, and I look forward to reading some quality ideas and suggestions.

AAFES	298-3176
Accounting and Finance	298-5204
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Civilian Personnel	298-5299
Commissary	298-5815
Dormitory manager	298-5213
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"Training the world's best pilots and deploying forces worldwide to fight and win America's wars"
 - 47th FTW mission

Motorcycles don't kill people - nonthinking people kill people

By Master Sgt. Ty Foster
 21st Space Wing public affairs

PETERSON AIR FORCE BASE, Colo. – Last year, I wrote an article about motorcycle safety titled, "What were they thinking?" I should have called it, "Why weren't they thinking?"

For as many years as I have been a rider, even longer, I have been concerned about motorcycle safety.

Two months before I bought my first bike, a motorcycle passed me on the right as I was turning right. As his bike crashed into the side of my parents' 1970 Chevy pickup, everything began moving in slow motion. He flew 30 feet through the air right over the hood of the truck. Two other motorcyclists waiting to turn at the intersection watched in dismay as this human projectile hurled toward them and his mangled bike caressed their way.

He landed face up and unconscious underneath the nearest bike and his right leg had a gash so severe I thought it had been severed. Pulling the bike off him, I looked at his helmetless head. His face, cut by my rearview mirror, was lacerated from the top of his forehead to the tip of his nose. Blood pooled over his closed eyes.

His motorcycle ended up in the ditch 10 feet away. The beer that had been between his legs as he began his impatient pass was in the grass near my parents' truck. His name, I had learned, was Ricky Hicks, and he was alive.

I met him under better circumstances about a year later. It had taken about 300 stitches to fix his wounds and he almost did lose his leg. He told me it wasn't my fault. He was drunk and had done a stu-

pid thing. Why wasn't he thinking?

I was 18 years old. I am 42 now, and I can remember that wreck like it happened yesterday.

Between then and now, I have logged tens of thousands of miles on motorcycles. I have taught motorcycle safety at eight sites in two states to more than 650 people. I have written countless articles, conducted workshops, inspections, and demonstrations in an effort to stem the red tide of Air Force motorcycle deaths and injuries. But it hasn't worked.

April 10, two riders were on a divided highway with a posted speed limit of 50 kilometers per hour – that is about 31 mph. Rider No. 1 zipped between two cars at a high rate of speed. As he entered a gradual curve, his motorcycle began to lose control. He skidded 198 feet, hit the median, was ejected from the bike and collided with an on coming vehicle. He was dragged 30 feet and tumbled another 103 feet.

Rider No. 2 watched his friend die. Rider No. 1 had just picked his bike up from the shop where it had been in for brake problems resulting from a previous mishap. He had attended motorcycle safety training about 18 months earlier. Why wasn't he thinking?

Another Air Force rider and his buddy were out for a ride May 24 on a new road. There were no street lights, minimal street markings and neither rider had driven the road before. At a speed in excess of 60 mph – posted 45 mph – an unannounced curve sneaked up on them. Rider No. 1 applied his brakes hard. Rider No. 2 swerved around rider No. 1 who then struck the curb and went airborne. Two hundred twenty-two feet later the dust began to settle on the mangled bike. This rider No. 2 also watched his friend die.

Neither rider was wearing the required protective gear. Why weren't they thinking?

June 1, an Air Force motorcyclist with a passenger was doing about 120 mph in a 60-mph zone down a divided four-lane highway. Approaching a curve, the front tire left the pavement edge. They crashed in the grass median and were launched about 500 feet. The operator lived but the passenger suffered traumatic head injuries and later died. They had been at a party, then went on a beer run while the designated drivers were taking people home. Neither wore the required protective gear. Why didn't they think?

I would recount more of these tragic losses, but it makes me sick to read them, to envision their final realities. Last year, we lost 16 airmen in fatal motorcycle crashes – Class A mishaps – Air Force-wide. This year, we have already lost 19.

Unfortunately, more will die. I have realized there is no panacea, no cure-all to eliminate the deaths of Air Force motorcyclists. As involved in their rider's lives as supervisors and commanders can be, they can't make the decisions. It is on the rider. For when riders decide to straddle their bikes, start them, shift into gear and roll onto the road, they have accepted the risk and the responsibility for whatever may occur. Their split-second decision to speed up, slow down, swerve or not to ride after a drink of alcohol is in their hands – or, rather it is in their heads.

Some people think we motorcyclists have an attitude. I think they are right. I just wish the attitude every one of us has is the same as that of Gen. Lance Lord, commander of Air Force Space Command: "Safety is an attitude – get one!"

Caring, from page 1

or decrease duty authorizations addresses the president's fiscal year 2004 budget for force structure, realignment and management actions required to achieve efficiencies, modernize or make organizational changes.

At Laughlin, officials said base personnelists worked carefully to meet the objectives of the president's budget mandate, yet a lot of effort was also taken to employ a "caring" approach in successfully meeting force structure cuts and adjustments.

Col. Dan Woodward, 47th FTW commander, said he wanted everyone involved in reducing or adjusting the base's workforce to make the process as seamless as possible by transferring military members, by cutting unfilled positions, then combining jobs or by transferring employees to other available positions at Laughlin wherever possible.

Colonel Woodward caveats that the process does not officially conclude until the end of September, but for now it seems the process has permitted the base to assist affected individuals with their specific situations.

"So far we've been able to take good care of our Laughlin family," Colonel Woodward said, "which is good news. Cutting positions is always a painful process because you are affecting people's lives. It's tough on the member, and it's tough on the work center to lose a valuable position. My goal was that we would be able to assist those affected by this reduction with finding other positions, and our civilian personnel office worked really hard to ensure that happened."

Esther Gomez, 47th Mission Support Squadron Civilian Personnel officer, said the wing commander, base leadership, and base agencies involved took every step to ensure those being identified for reduction-in-force were cared for. She added that the 16 civilian positions yet to be lost in the maintenance community would be identified at a future date by the Air Education and Training Command. However, people affected will be handled in the same "caring" way when these positions are erased from the books in fiscal year 2004.

"Up to this point we've been able to work within the system to find a place for them to work," Ms. Gomez said. "It is a good feeling for everyone to know we helped these people cope with the uncertainty surrounding the

whole force structure adjustment process."

The Air Force's force structure changes also affected 21 other AETC bases. Below are force structure results at other AETC installations in Texas:

- **At Goodfellow AFB**, the 17th Training Wing loses 14 military and 30 civilian authorizations as a result of workforce shaping.

- **At Lackland AFB**, the 59th Medical Wing gains five military and one civilian authorization from medical annual planning and programming guidance adjustments. The 37th Training Wing loses 28 military and 62 civilian authorizations, the Defense Language Institute loses nine military and 20 civilian authorizations, and the Inter-American Armed Forces Academy loses 28 military and five civilian authorizations as a result of workforce shaping.

- **At Randolph AFB**, Headquarters Air Education and Training Command loses 116 military and four civilian authorizations as a result of management headquarters reductions. AETC field operating agencies lose eight military and 18 civilian authorizations as a result of management headquarters reductions. AETC field operating agencies lose eight military and 18 civilian authorizations as a result of workforce shaping.

The 12th Flying Training Wing loses 10 T-37B aircraft. The 12th FTW loses eight military and 25 civilian authorizations and 19th Air Force loses one military authorization as a result of workforce shaping. As a result of flying training workload adjustments, the 12th FTW gains 11 military positions. The 12th Civil Engineering Squadron gains seven civilian firefighters for T-6 aircraft beddown. The 12th Comptroller Squadron gains eight civilian positions to support increases in the Air Force centrally managed TDY-to-school funds. The 12th Medical Group gains seven military and loses six civilian authorizations from medical annual planning and programming guidance adjustments.

- **At Sheppard AFB**, the 80th Flying Training Wing loses two military and one civilian authorization, and the 82nd Training Wing loses 62 military and 75 civilian authorizations as a result of workforce shaping.

(Air Education and Training Command News Service contributed to this story)

Newslines

Transition seminar

A transition assistance program seminar is planned 7:30 a.m. to 4:30 p.m. Aug. 19-21 in the Family Support Center conference room.

All separating and retiring military members are welcome to attend. Topics covered include Veteran's Administration benefits, career assessment and planning, resume preparation and interviewing for success. Personnel are encouraged to attend this class one to three years prior to separation or retirement.

Call the Family Support Center at **298-5620** by close of business Aug. 15 to sign up.

OSC welcome social

The Officers Spouses Club is having a welcome social 6:30 p.m. Aug. 19 at Club XL. The event begins with a social period followed by "Bunko" at 7 p.m. This event is open to all officer spouses and new members are welcome. For more information or to RSVP, call Shannon Smith at **298-7950**.

Clinic information

Due to critically low flight surgeon manning, all family members who are normally seen in the Flight Medicine Clinic are temporarily being referred to the Family Practice Clinic until mid-October. Active-duty patients continue to be seen in flight medicine but should be aware of possible delays.

To schedule an appointment, family members should call central appointments at **298-3578**. For more information, call Capt. Dawn Szarke at **298-3645**.

Enlisted spouses

The Enlisted Spouses Club is having a membership drive during the month of August at the base exchange and commissary.

The first meeting after summer break, which includes refreshments, is 7 p.m. Aug. 26 at the Club Amistad ballroom.

For more information, call **298-2180**.

Federal job seminar

An informative seminar covering the basics of applying for federal jobs is planned 2 to 4 p.m. Aug. 26 at the Family Support Center Conference Room. For more information or to sign up, call **298-5620** by Aug. 22.

Town Hall

Parents, leaders focus on education this Tuesday

By Master Sgt. Lee Roberts
Special to 47th Flying Training Wing Public Affairs

LAUGHLIN AFB, Texas – Parents wishing to forward their concerns and focus on educational issues in the local public school system need only come here to the base theater 6:30 p.m. Tuesday for a town hall meeting.

Hosted by Col. Dan Woodward, 47th Flying Training Wing commander, the event is expected to be a conduit for sincere dialogue between parents and wing leadership so each topic of concern can later be addressed with officials in

the local school system.

“In a nutshell,” Colonel Woodward explained, “I want parents to know that the base will voice their concerns with the school district. The quality of education our children receive is extremely important, so I hope all parents will participate in the town hall meeting and engage in some meaningful discussions.”

To gain a better understanding of the issues before engaging local school officials, the base plans to compile information obtained during the Town Hall meeting and data received from approximately 250 surveys recently mailed to Laughlin



Photo by Master Sgt. Lee Roberts

The wing commander is sponsoring a town hall meeting 6:30 p.m. Tuesday at the base theater to focus on educational issues in the local public school system.

families living on and off base.

These surveys asked various questions regarding how parents view the quality of education their

children receive at local schools. Thus far 33 survey responses have been received through the postal system, while 40 more have already been attained via E-

mail. In addition, Laughlin held a similar town hall meeting last year, but with the changeover of wing leadership and other unforeseen events these issues are now being readdressed.

Col. Keith Traster, 47th FTW vice commander, is forming and leading an issues team consisting of five people that are charged to gather background information and work with local school districts on the topics of concern gathered at the town hall meeting and from educational surveys.

“The educational issues team will work on behalf of parents, will attend to their concerns with the school

See Town Hall, page 6

Please
Recycle



Courtesy photo

Laughlin troops close PSAB ...

(From left) Airman Aaron Hale, 47th Civil Engineer Squadron; Airman 1st Class Matthew Woods, 4th CES at Seymour-Johnson Air Force Base; N.C., Master Sgt. David Seaton, 47th CES; and A1C Thomas J. Carey, 47th CES, perform the final flag lowering ceremony at the closing of Coalition Complex July 26 at Prince Sultan Air Base, Saudi Arabia. During the ceremony, Col. James E. Moschgat, 363rd Air Expeditionary Wing commander, turned the complex over to the Saudis. The flags represented the Saudi, U.S., Britain, Australia and French coalition forces.

Town Hall, from page 5

board, and will report back to the parents periodically on the status of their issue," Colonel Traster said. "The town hall meeting is a great way for parents to begin addressing educational issues. I look forward to assisting parents in this endeavor and also helping our children get the best education possible."

Base officials stress that the town hall meeting will not be an avenue to directly address issues with school board members. Instead, by

not having school officials present, Colonel Woodward said this format allows town hall participants to contribute in a relaxed atmosphere where useful information can be gathered, and then the issues team can effectively deal with the school district to resolve the issues.

(Editor's note: The base chapel is hosting "Kids Night" during the town hall meeting. Children ages 9 and below can be dropped off at the chapel beginning at 6 p.m., while parents attend the town hall meeting.)

Fitness center clarifies new age restrictions

Ages 16 and over: Unrestricted use of all fitness center facilities and equipment. No need to be accompanied by parent or legal guardian.

Ages 14-15: Require supervision from parent, legal guardian, youth program staff member or coach on cardiovascular equipment and weight rooms.

Ages 13 and under: Access to cardiovascular equipment and weight room prohibited. Other areas require supervision of parent, legal guardian, youth program member or coach.

Remember curfew on your next 'run to the border'

By 1st. Lt. Lindsay Logsdon
47th FTW Public Affairs

LAUGHLIN AIR FORCE BASE, Texas – All military members are reminded that a 1:30 a.m. curfew is still in effect here when crossing the border into Mexico.

The 47th Flying Training Wing commander first initiated the curfew when he issued a new pass policy last November in the wake of several border incidents, including the deaths of three Laughlin officers in a Mexican traffic accident.

Col. Dan Woodward, 47th FTW commander, continues to enlist the support of supervisors at every level in spreading the word that the pass policy and curfew remains in effect.

In doing so, the colonel stresses that every person should know that the policy is not intended to hinder them from having fun, but instead exists solely for their safety and well being.



Photo by 1st Lt. Lindsay Logsdon

The Laughlin base commander reminds everyone to remember that when crossing over the border to Mexico, it's important to keep in mind the base's pass policy, which includes a 1:30 a.m. curfew when spending the day at Ciudad Acuna.

"Every member of Team XL is critical to the Air Force mission and that is why this personnel accountability program was instituted, Colonel Woodward said. "I expect everyone will ensure that people at Laughlin, including TDY personnel, are familiar with the specifics of this policy. I want everyone to be able to enjoy visiting with our neighbors across the border, but

then be able to return at a safe hour avoiding late-night problems.

"Historically, incidents involving our airmen have occurred at or after 1:30 a.m. That's why we selected this curfew time," Colonel Woodward explained.

In addition, officials add, because a possibility exists that the border could be closed in the event of another "911"

type of event, the base must account for its personnel as described in the base's pass policy.

The pass policy Colonel Woodward signed Nov. 19 outlines the actions that must be taken when traveling in the local area on a pass. Regular and special passes are defined as authorized absences from duty not chargeable as leave, such as after duty hours and

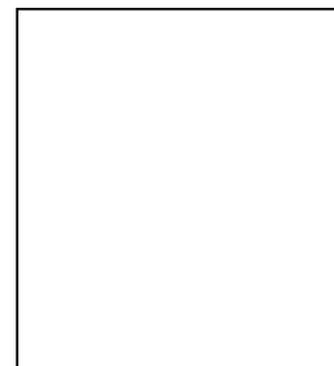
weekends.

Members taking leave or going TDY will follow current procedures. Air Education and Training Command Form 29B, a pre-departure safety briefing, is required for military members 26 and under.

Under the policy, military members on regular and special passes traveling under 175 miles in the United States do not have to fill out any forms. Members traveling more than 175 miles in the U.S. are to complete a Laughlin Accountability Form regardless of age.

All members are to complete a Laughlin Accountability Form when traveling for an overnight stay in Mexico. An exception to this rule is day-trips to Ciudad Acuna. To qualify under the exception, members must return to the U.S. before 1:30 a.m. unless they obtain prior approval from their unit commanders.

(Airman 1st Class Timothy J. Stein contributed to this story)





Take a night out of crime ...

(From left) Airman 1st Class' Ben Burns, 47th Security Forces Squadron desk sergeant, and Boniface Sapno, 47th SFS reports and analysis, provide Drug Awareness and Education information to children at Star Park in Del Rio, during the National Crime Night-Out event Tuesday. The purpose of the event is to inform the public of police services and and to build support in the local area, creating a safer, crime-free community. Laughlin's security forces have participated in the event for five years. (Photo by 1st. Lt. Lindsay Logsdon)

Air Force unveils plan to wear test new utility uniform

by Tech. Sgt. David A. Jablonski
Air Force Print News

WASHINGTON – Air Force officials announced plans Wednesday for the wear test of a new utility uniform that could replace the current battle dress uniform.

The blue, gray and green tiger-stripe camouflage ensemble is a departure from the current woodland-pattern uniform and includes many new features that are intended to increase functionality and provide a distinctive look for airmen of the 21st century, officials said.

Three hundred uniforms will undergo wear testing from January to July at Elmendorf Air Force Base, Alaska; Hurlburt Field, Fla.; Langley AFB, Va.; Luke AFB, Ariz.; McChord AFB, Wash.; Ramstein Air Base, Germany; Robins AFB, Ga.; Vandenberg AFB, Calif.; and Wright-Patterson AFB, Ohio. The test will generate feedback about fit, durability and functionality.

“Our intent is to create a uniform that will be distinctive, practical, easy to maintain, comfortable and, most important, a uniform you will be proud to wear,” said Air Force Chief of Staff Gen. John P. Jumper.

“We have become a more expeditionary force, with less time at home to spend caring for the uniform,” General Jumper said. “In the last 20 years, material technology has improved greatly. As a result, we have designed one uniform that can satisfy our various climates and utility

needs, while eliminating the need for professional ironing to provide a polished appearance.”

General Jumper said the distinctive Air Force uniform is designed to fit well, look sharp and require much less maintenance than the current uniform.

“We (also) need to ensure our airmen have a uniform that fulfills our unique air and space missions,” he added.

Chief Master Sgt. of the Air Force Gerald R. Murray said great care is being taken to ensure the best possible uniform is created to meet future needs.

“I believe that one of the great strengths of our Air Force and its airmen is the ability to adapt to new missions, new technologies and an ever-changing world landscape,” he said. “This new utility uniform is another example of seeing a need for improvement and moving forward.”

A key step in bringing any new uniform item into service is feedback from airmen in the field, Chief Murray said.

“I believe it’s a uniform fitting of the world’s greatest expeditionary Air Force and one that we will be proud to wear,” he said. “We want your feedback as well – not shoot-from-the-hip feedback, but feedback that comes from seeing the uniform in action and thinking about how it will meet your needs based on your work environment.

“It’s important to remember that this is a wear test, and the decision about whether or not to adopt some, all or none of this uniform



Staff Sgt. Daryl Alford dons the test Air Force utility uniform in the Pentagon’s courtyard.

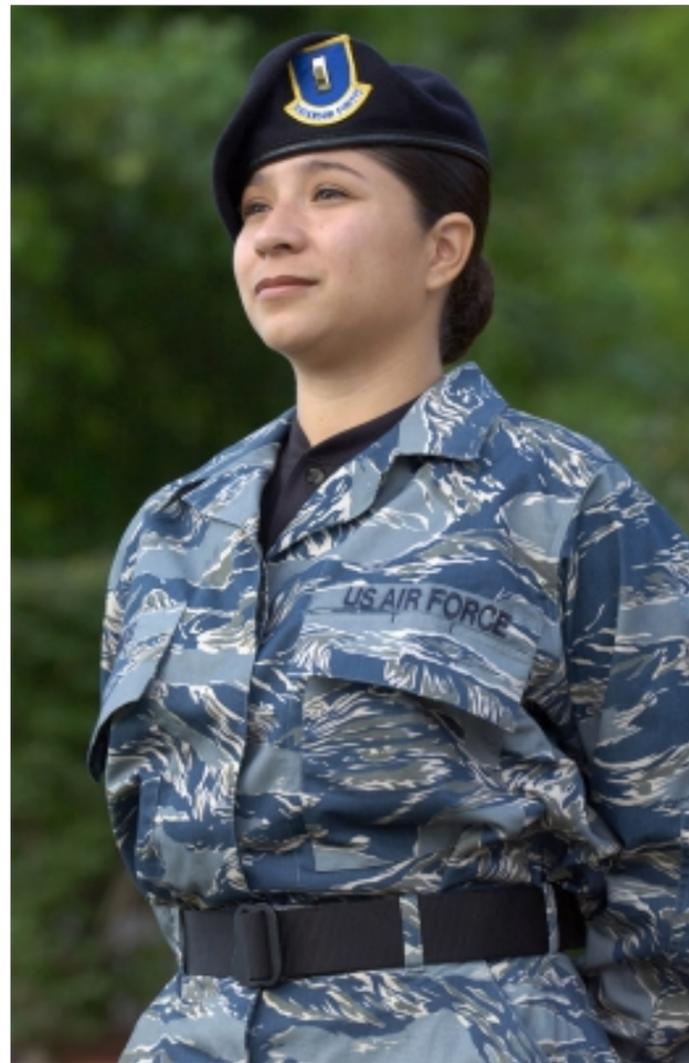
will be made after considering the results of the test and feedback about how it meets airmen’s needs,” Chief Murray said.

According to officials, the wash and wear uniform will be easier to maintain and will not require professional laundering or starching. Officials estimate that home laundering can save up to \$240 in laundry costs over the course of a year.

Unlike the current BDU, the new version comes in men’s and women’s cuts. The separate women’s uniform reflects the growth in the number of women in the service. In the late 1980s women comprised less than 13 percent of the total force; today nearly 20 percent are women.

Officials said other possible advantages to the uniform include:

- Using the same fabric identified by the Marines as the optimum material for wash and wear characteristics;
- A camouflage pattern that



Photos by Master Sgt. Jim Varhegyi

2nd Lt. Arcelia Miller, Air Force special security office, puts the Air Force test utility uniform through its paces at an entry control point. Airmen from a cross section of Air Force career fields will provide feedback on the fit, durability and functionality of the proposed ensemble that will come in men’s and women’s cuts.

corresponds to the jobs airmen do in most situations that require a utility uniform;

■ Recalling the “tiger stripe” camouflage pattern used during the Vietnam War, but with the distinctive Air Force logo embedded into a color scheme that preliminary testing indicates may provide better camouflage.

Officials are also considering maintenance-

free boots and alternative T-shirts.

The uniform patterns are being cut, with production to begin in November. Data collection and analysis, and any potential adjustments, will occur from August through October 2004. A final decision on the uniform is expected in December 2004. If approved, production could begin as soon as 2005, with a phase-in date to be determined.

Chapel Schedule

Catholic

- Saturday* ● 5 p.m., Mass
Sunday ● 9:30 a.m., Mass
Thursday ● 6 p.m., Choir; 7:30 p.m.,
Rite of Christian Initiation
Reconciliation ● By appointment
Religious Education ● 11 a.m. Sunday

Jewish, Muslim and other denominations

- Call 298-5111

Nondenominational

- Sunday* ● 6 p.m. Officer Christian
Fellowship, call 298-2238
Friday ● 7 p.m., Unity in Commu-
nity Fellowship

Protestant

- Sunday* ● 9:30 to 10:30 a.m.,
Sunday school
● 11 a.m., General worship
Wednesday ● 7 p.m., Choir

**For more information on chapel events
and services, call 298-5111.**



Laughlin Salutes

47th Flying Training Wing second-quarter winners:

Airman:

■ Airman 1st Class Ronette McBean, 47th Contracting Squadron

NCO:

■ Tech. Sgt. Douglas Pohlman, 47th Civil Engineer Squadron

Senior NCO:

■ Master Sgt. Jimmie Davis, 47th Flying Training Wing

Soldier:

■ Staff Sgt. John Orchard, 47th Security Forces Squadron

Company grade officer:

■ 2nd Lt. Michael Akins, 47th Aeromedical Dental Squadron

Civilian category I:

■ Alma Garcia, 47th Mission Support Squadron

Civilian category II:

■ Bill Goins, 47th ADS

Civilian category III:

■ Craig Wilgus, 47th CES

Nonappropriated funds category I:

■ Ramona Garcia, 47th Services Division

Nonappropriated funds category II:

■ Kelvia Marrufo, 47th SVS

Instructor pilot:

■ Capt. Dave Fazenbaker, 86th Flying Training Squadron

Volunteer:

■ A1C Lamarcus Molden, 47th Mission Support Group

Honor guard member:

■ Senior Airman Heinzel Jno-Baptiste, 47th Medical Group

Outstanding dormitory suite:

■ Airman 1st Class Cheneldra Moore, 87th Flying Training Squadron

Outstanding dormitory single room:

■ Airman Alicia Dellisanti, 84th Flying Training Squadron

The XLER

Capt. Dennis Hargis
84th Flying Training Wing T-6 check pilot



Photo by Airman 1st Class Yvonne Clark

Hometown: Boerne, Texas

Family: Wife, Sarah; two daughters, Paige and Summer

Time at Laughlin: 3 1/2 years

Time in service: Four years and two months

Greatest accomplishments: My family and my wings

Hobbies: Outdoor sports and Jeeps

Bad habits: Spending too much money on my Jeep

Favorite musician/band: Pat Green

If you could spend one hour with any person, who would it be and why? Saddam Hussein, and I would only need about 30 minutes



Photo by Airman 1st Class Yvonne Clark

And the winners are ...

1st. Lt. Paula Schoch, 47th Mission Support Group executive officer, mows her mobile home yard Wednesday. The yard of the month winners for July are: officer yard, Lt. Col. and Mrs. Roger Johnson, 86th Flying Training Squadron; enlisted yard, Senior Master Sgt. and Mrs. Martin Scott, 47th Medical Group; mobile home yard, Lieutenant Paula and Capt. Ron Schoch, 85th Flying Training Squadron. The yard of the month program was conducted May through July this year.

How to tone up your body art



Health & Wellness

By Bill Goins, 47th Flying Training Wing exercise physiologist

When you look at yourself in the mirror, do you see a sculpted work of art or a lump of clay? Well, if you see a sculpted work of art, congratulations and keep up the good work. If you see a lump of clay, welcome to art class.

How people feel about the way they look is what matters most. If

people don't like what they see, they should do something about it. Everyone has excuses for not working out, but it is important for people to select a healthier lifestyle. The more consistent people become with exercise and healthy eating habits, the less risk they stand for heart disease and other health related diseases as well as a more tone, sculpted body.

The following are some basic major-muscle group training exercises that can be conducted to help sculpt that lump of clay into a prized museum piece.

■ Sculpted legs: Dumbbell

lunges. This is a great exercise for sculpting the entire leg, hip and buttocks area for men and women.

■ Chiseled chest: Barbell bench press. The barbell bench press remains the best exercise around for chiseled pectoral muscles.

■ Lean back: Wide-grip chin ups. This exercise is not easy, but it remains one of the best exercises around for any muscle group. A "spotter" is needed for those who are unfamiliar with this exercise.

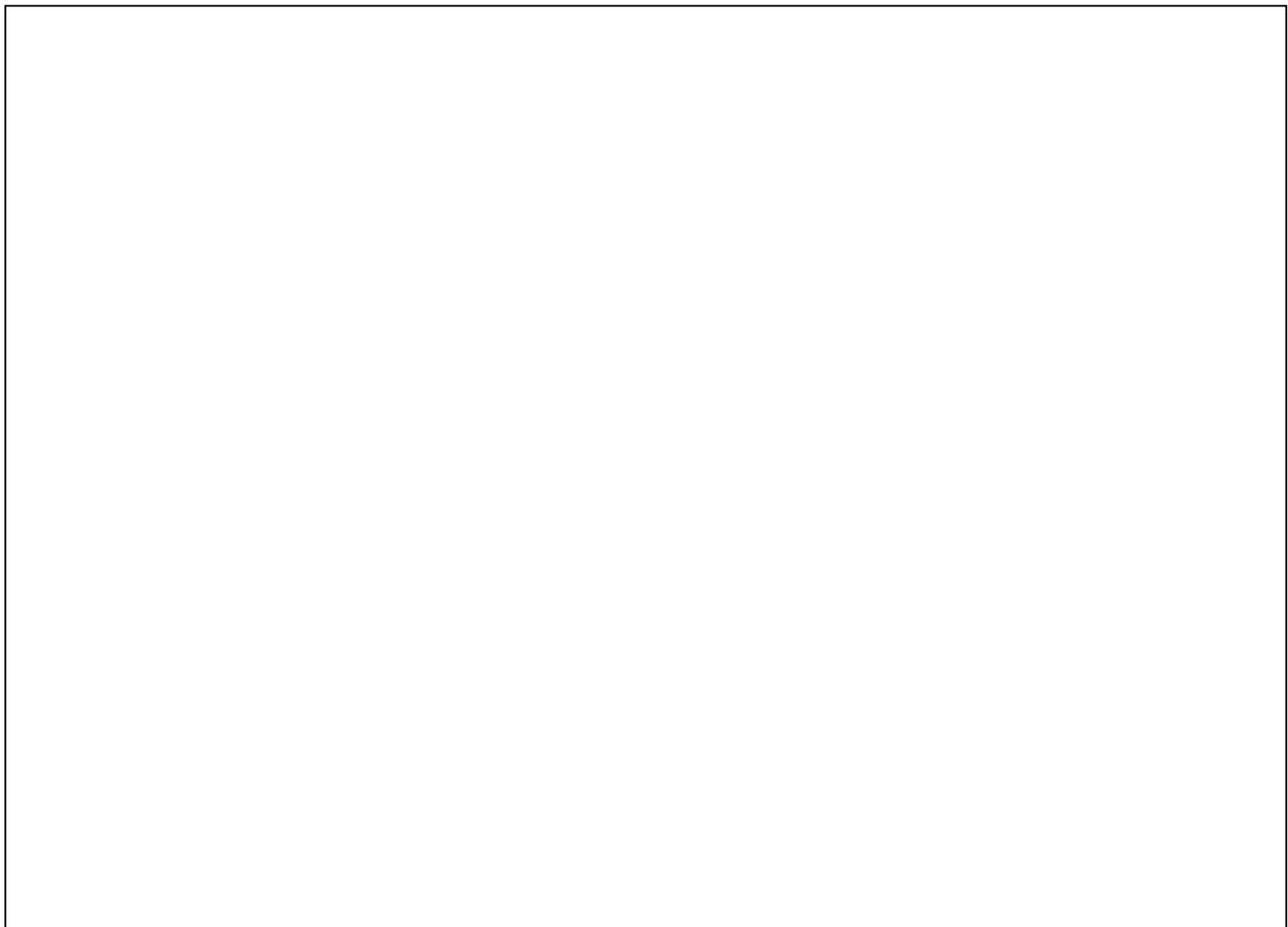
■ Granite shoulders: Seated overhead dumbbell press. Those who have never tried this exercise before should prepare for this

exercise by doing the shoulder press for two or three weeks.

■ Defined triceps: Reverse grip cable tricep extensions. This exercise molds the back sides of the upper arms into a lean, shapely masterpiece.

■ Beautiful biceps: Seated dumbbell curls. Seated bicep curls will work for men and women to achieve toned, shapely biceps.

■ Abs by da Vinci: Floor crunches. Floor crunches are one of the best, safest methods for defining abdominal muscles. Maintaining a healthy diet helps bring out the washboard-like abdominals in the midsection.



LSI uses big first inning to nip Outlawz

By Master Sgt. Lee Roberts
Special to 47th FTW
Public Affairs

Trend Western Outlawz won two innings through five, but lost one and the game. Lear Siegler Inc. scored nine runs in the first inning and then barely held on to win a thriller, 18-17, Tuesday at Laughlin's Babe Ruth Softball Field.

In the final regular season softball game for both teams, LSI jumped all over the Outlawz behind two first inning in-the-park home runs by right fielder Jerry Yanez. A 9-0 lead seemed insurmountable, but the Outlawz recovered to make a game of it.

Outlawz quickly

responded with five runs in the first and plated 12 more runs the rest of the way. LSI would only score nine more runs after the big first inning. Yanez, who hit the two home runs early on, knocked a double in the fifth inning to plate the game winner. He scored four runs and added four RBIs in carrying LSI to victory.

The game was the last of the regular season for both teams, which are headed into the base softball championship playoffs.

LSI Coach Oscar Saucedo praised his team afterward for a great effort despite having only three outfielders the entire game. "We played good even though we were short handed," he said. "We'll



Photos by Master Sgt. Lee Roberts

LSI Right Fielder Jerry Yanez knocks in the game-winning run in the fifth inning of Tuesday's matchup with the Outlawz. Yanez also hit two in-the-park home runs during the team's big first inning.

try to have a full team during the playoffs. Hopefully we'll win it all."

Describing the fierce comeback from a

determined Outlawz team, Saucedo admitted, "it was scary." He said he knew the game could have gone either way at that point, but his team held on in the end. "We really needed those nine runs," he said. "They were a big plus."

Outlawz' Left Fielder Ben Tarango said he thought his team was a bit complacent looking forward to the playoffs.

Nonetheless, he conceded that this game was just plain fun for both teams. He said the LSI team played great defense in the outfield even though they were undermanned.

Tarango also noted that the Outlawz have already put this setback behind them, and he is predicting the team will show up with their "A" game when the playoffs begin.

End of Regular Season

Softball Standings

Team	W-L
MEO 1	11-2
OSS	9-4
LSI	8-5
MEO 2	5-8
87th	5-8
86th	3-10
84/85th	1-9

Team	W-L
CES	12-1
Med Gp.	11-2
Trend 1	10-3
SFS	6-7
Trend 2	5-8
CCS	4-9
MSS	2-11



LSI Shortstop Brian Sanders grimaces as he catches a hard line drive in the third inning.



LSI Third Baseman Frankie Villegas (Left) tags out the Outlawz' Ricky Venegas.

Community Calendar

8
FRI

Boss and buddy night will be held 4 p.m. Friday at Club Amistad. Enjoy karaoke, free food and beverage specials. For more information, call 298-5346.

Cosmic Bowling is available 5-10 p.m. Fridays and Saturdays. Cost is \$10 per hour (10-person maximum) or \$1.75 per game. For more information, call 298-5526.

9
SAT

"Bulletproof Monk" is scheduled to show 1 p.m. Saturday at the base theater. For more information, call 298-5526.

11
MON

The Family Support Center has a **parent/child playgroup** 10 a.m. to noon every Monday at the Fiesta Center. For more information, call 298-5620.

Cactus Lanes is offering **Quickshot Bingo** during normal operating hours Monday-Saturday. Cost is \$1 per card. For more information, call 298-5526.

Cactus Lanes is having a **youth special** 1-5 p.m. Mondays-Fridays. Children ages 13 and under bowl for \$1 per game and receive free shoe rental. For more information, call 298-5526.

The Del Rio Council for the Arts offers a variety of local art exhibitions, guided tours and art classes at the Firehouse, 120 E. Garfield. Hours are 9 a.m.-5:30 p.m. Monday-Friday and 10 a.m.-2 p.m. Saturday. For more information, call 775-0888.

A **massage therapist** is available 11 a.m. - 4 p.m. Monday-Friday at the Fiesta Community Center. For more information, call 734-5435.

Bingo will be held 6 p.m. Mondays and Wednesdays at Club Amistad. For more information, call 298-5374.

Social hour will be held 7-9 p.m. Monday-Friday at Club Amistad. For more information, call 298-5374.

12
TUES

Leaning Pine Golf Course is having **twilight golf tournaments** at 5 p.m. Tuesdays. The tournament format is four-person scramble with an entry fee of \$7. The pro shop is also offering 25 percent off all shirts throughout August. For more information, call 298-5451.

Whitehead Memorial Museum is open 9 a.m. - 4:30 p.m. Tuesday-Saturday and 1-5 p.m. Sunday. Enjoy 20 exhibits in an open-air museum. Cost is \$4 for adults and \$3 for children. For more information or directions, call 774-7568.

13
WED

"Agent Cody Banks" is scheduled to show 6:30 p.m. Wednesday at the base theater. For more information, call 298-5526.

The Chaparral Dining Facility will be holding a **quarterly menu planning board meeting** 2 p.m. Wednesday. All squadron designated representatives and meal card patrons are encouraged to attend. For daily menus, call 298-4688.

Aqua aerobics classes are available 11:30 a.m. - 12:30 p.m. Wednesdays and Fridays at the Friendship Pool. For more information, call 298-4194.

Cactus Lanes has **Family Cosmic Night** 5-8 p.m. Wednesdays. Bowl for \$1 per person and receive free shoe rental. For more information, call 298-5526.

Fate Bell Cave Dwelling tours are held 10 a.m. Wednesday-Sunday at the Seminole Canyon State Historical Park in Comstock, Texas. Cost is \$3 per adult and \$1 for children. For more information, call (915) 292-4464.

14
THUR

The Fiesta Center is holding an **effective speaking and listening class** 8 a.m. - 4 p.m. Wednesday.

The class is open to the first 80 people to sign up. For more information or to sign up, call 298-5375.

The Fiesta Center is accepting sign-ups for fall **conversational Spanish classes**. Classes are held 6:30-8:30 p.m. Thursdays beginning Sept. 18 - Nov. 1. Cost is \$40. For more information, call 298-5474.

"Phone Booth" is scheduled 6:30 p.m. Thursday at the base theater. For more information, call 298-5526.

Mongolian Barbecue will be offered 5-8 p.m. Thursday at Club XL. Cost is 40 cents per ounce and \$3 per plate charge. Plate charge is waived with Members First discount. For more information, call 298-5374.

The Family Support Center is conducting a **tour of Acuna** 9 a.m. - 2:30 p.m. Thursday. For more information, call 298-5620.

The Family Support Center sponsors a **Bundles for Babies** class 9-11 a.m. Thursday. For more information, call 298-5620.

15
FRI

Karaoke will be held 9:30 p.m. - 1:30 a.m. Aug. 15 at Club Amistad. For more information, call 298-5346.

17
SUN

Sunday Brunch will be held 10:30 a.m. - 1:30 p.m. Aug. 17 at Club XL. Enjoy a variety of breakfast and lunch items. Cost is \$7.95 with Members First discount. Cost for children 5-12 years old is \$4.95 and children 4 and under eat free. For more information, call 298-5374.

Any groups wanting to advertize their functions in the Community Calendar may email their information to timothy.stein@laughlin.af.mil or yvonne.clark@laughlin.af.mil. The deadline for submissions is 4:30 p.m. Thursday, one week prior to publication.

Events briefs

Boat specials

Southwinds Marina is offering boat specials Sundays throughout August.

All base personnel can rent a boat for four or more hours and pay half price.

For more information, call 775-7800.

Win travel

People who sign up to be club members from Aug. 18 to Oct. 31 could win travel related prizes valued from \$500- \$5,000.

Air Force clubs are also offering prizes to current members. Current members are automatically entered to win.

For a membership application or more information, visit Club XL or call 298-5134.

Football frenzy

Club members are invited to watch weekday and weekend games at Club XL and Club Amistad.

Members have the opportunity to win a trip to a regular season NFL game, the Super Bowl and the Pro Bowl by entering prized at Club Amistad and Club XL.

For more information, call 298-5134.

Lawn service

Outdoor recreation is offering lawn care service for base personnel Monday through Thursday.

Service includes mowing, edging and weed eating. Prices vary depending on housing unit. Lawn equipment is also available for rent.

For more information, call 298-5830.