

“Again and again, we have owed peace to the fact we were prepared for war.”  
– Theodore Roosevelt

## News in Brief

### Change of command

The 47th Civil Engineer Squadron will hold a change of command at 10 a.m. today at Club XL.

The 47th Medical Operations Squadron will hold an assumption of command at 2 p.m. Monday at Club XL.

### July 4th activities

Del Rio Fourth of July festivities will begin 11 a.m. with a parade at Academy and Main Street in Del Rio. The parade will proceed down Main Street ending at Moore Park.

A Laughlin flyover and bell-ringing ceremony will be held at 1 p.m. at Dr. Alfredo Gutierrez Amphitheatre. Swimming, games and food booths will be available 1-8 p.m.

Del Rio Mayor Dora Alcala and Col. Ken Smith will open the evening program at 8 p.m. at the amphitheatre followed by live music and entertainment. Fireworks begin at 10 p.m.

## Mission status

(As of June 20)

Days ahead or behind with mission capable rate

T-37	-1.64	84.0%
T-1	0.60	87.6%
T-38	-4.08	77.2%
T-6	-5.14	84.7%



Photo by David Niebergall

### Exercise, exercise, exercise...

Laughlin firefighters help the “wounded” in a smoky haze during a major accident response exercise on base Wednesday. The exercise simulated a building fire with casualties after a lightning strike at building 820. The exercise was designed to test Laughlin’s emergency response and casualty notification procedures.

## 14 Team XLers chosen for tech, master

### Compiled from staff reports

Seven Laughlin technical sergeants were selected for promotion to master sergeant Thursday and seven base staff sergeants were selected for technical sergeant.

Laughlin technical sergeants rising to master sergeant are:

47th Medical Group:

**Jeffrey Walton**

47th Mission Support Group:

**Richard Crivens**

**Pamela Lee**

**Thomas Mayo**

**Patricia McHugh**

47th Operations Group:

**Jesus Cardenas**

**Mary Jo Perry**

Projected inbounds:

**David Isbell**

**Brenda Graham**

Laughlin tech selects are:

47th Medical Group:

**Jerry Dunn**

**Hector Rodriguez**

47th Mission Support Group:

**Javier Aguirre**

**Kenneth Ramelli**

47th Operations Group:

**William Bartram**

**James Effingham**

### Nathan Kilcollins

The Air Force has selected 4,832 of 18,903 eligible technical sergeants for promotion to master sergeant, a 25.56 percent selection rate; and 7,116 of 32,501 eligible staff sergeants for promotion to technical sergeant, a 21.89 percent selection rate.

Higher retention rates - opening fewer vacancies at each rank - were one reason promotion rates are lower than last year, officials said.

The final tally will increase as

**See ‘Promotion’ page 4**

# Commanders' Corner

Maj. Fran Chopp

47th Flying Training Wing staff judge advocate

## 'Do the right thing' every time

I recently read an article in the May 27 issue of USA Today that caused me to stop and reflect on the importance of doing the right thing in every situation.

On Nov. 12, 2001, a flight crashed after takeoff from New York's John F. Kennedy International Airport, killing 265 people. Investigators pinpointed the cause of the crash as a tail fin assembly that snapped off during extreme maneuvers. This shocking loss of life might have been avoided if a single person had stood up and "done the right thing" back in 1997.

Investigators later determined that a similar mishap was narrowly avoided in 1997 when the tail fin of another jet nearly snapped off mid-flight during specific extreme maneuvers. Unfortunately the extent of

damages (cracks at the point where the tail fin attaches to the fuselage) to the aircraft in 1997 was never fully investigated until this year.

According to the article, either the aircraft nor the airline officials relayed the potential impact of those extreme maneuvers to government regulators. Had

someone "done the right thing" and made a thorough, accurate report of the stress on the structural limits of the tail fin as indicated by the 1997 incident, pilots could have been warned to avoid the type of maneuvers that caused the crash in 2001.

Everyday we are faced with situations that require us to make tough decisions. There are consequences that come with the decisions we make. Fortunately, most do not have the same impact as the ones which led up to the 2001 accident.

When I was offered the position as the staff judge advocate at Laughlin Air Force Base, a senior and very wise judge advocate advised me that in addition to standard legal advice, I should be prepared to give commanders advice on "doing the right thing." Commanders and supervisors at every level are regularly placed in a position that requires them to make tough decisions with respect to maintaining good order and discipline.

Holding people fully accountable for their actions is never easy, but doing the right thing is imperative in order to ensure a disciplined force and an effective military organization. Unfortunately, sometimes supervisory and command actions are driven by other reasons such as expediency and ease, instead of merit

or because a particular course is the right thing to do.

Sometimes actions are undertaken without regard for the subsequent impact on the remainder of the unit, the base or even the Air Force as a whole. We are influenced by our personal beliefs of what Air Force standards ought to be, not what they truly are. Sometimes we fall prey to a belief that standards should be enforced situationally. On other occasions we may fail to act at all because of a feeling that the Air Force standards are too tough for today's environment, or because we want to avoid hurting the offender's record. We rationalize taking minimal action in cases involving serious misconduct, because it was "only the first offense."

***"Holding people fully accountable is never easy, but doing the right thing is imperative in order to ensure a disciplined force and an effective military organization."***

The Air Force sets high standards in order to effectively carry out its sole mission: to defend our nation against all enemies – foreign and domestic. The Air Force core values provide a clear standard and, if followed, will help ensure that we do the

right thing. Holding people accountable for their actions is one of the best ways to uphold the Air Force core values and it serves as a deterrent for future misconduct by the offender and others. Of course, to do the right thing we must first define what the "right thing" is. The right thing is a commitment to our high standards and prompt, nonselective and appropriate action against those who do not conform to those standards. Does this mean that there is no place for leniency? Absolutely not. Our system must be fair, taking into account the circumstances of each individual circumstance. Doing the right thing is rarely simple, but a commitment to doing the right thing is what ensures our Air Force remains the world's benchmark for air power.

Commanders and supervisors are not the only ones who must make tough decisions. All of us owe it to one another to do the right thing. The individuals involved in the catastrophe, mentioned above, are no different than any of us. We all make decisions, which in the course of daily routine seem insignificant, but can have profound and even devastating impacts down the road. We must make sure that the choices we make, even with regard to everyday tasks, measure up to Air Force standards of excellence. Do the right thing!



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*Public affairs chief*

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#### Deadlines, Advertising

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: [timothy.stein@laughlin.af.mil](mailto:timothy.stein@laughlin.af.mil) or [yvonne.conde@laughlin.af.mil](mailto: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.

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.

**Col. Dan Woodward**  
47th Flying Training  
Wing commander

AAFES	298-3176
Accounting and Finance	298-5204
Civil Engineer	298-5252
Civilian Personnel	298-5299
Commissary	298-5815
Dormitory manager	298-5213
EEO	298-5879
FWA hotline	298-4170
Hospital	298-6311
Housing	298-5904
Information line	298-5201
Legal	298-5172
MEO	298-5400
Military Personnel	298-5073
Public Affairs	298-5988
Security Forces	298-5900
Services	298-5810

**“Training the world’s  
best pilots and  
deploying forces  
worldwide to fight and  
win America’s wars”**

- 47th FTW mission

## E-mail: pitfall of leadership

**By Lt. Col. Lela Holden**

*AF Surgeon General Congressional  
and Public Affairs Office*

BOLLING AIR FORCE BASE, D.C. – It seemed like a simple issue: identify two or three members who would fulfill a wing-level tasking. Our deadline was two days away, and I was getting an update from the squadron superintendent.

“Well, ma’am,” he said with the look and tone of futility, “I sent out an e-mail to the NCOs in-charge of the units but haven’t heard anything back yet. If they don’t get back to me quickly, I’ll just pick people for these taskings.”

Fast forward a month, and I was having a conversation with the flight commander of Family Practice, who was explaining some conflicts with the Flight Medicine Clinic over the handling of walk-in patients when both clinics have no appointments available.

“Well, ma’am,” she said, “I got this angry e-mail from the Flight Medicine nurse on this, and I’m not sure how to respond.”

When I asked if she had gone down the hall and around the corner to engage personally on the issue, she looked stunned.

“Well, no ma’am,” she said. “We’re both so busy, we’ve been working the problem on e-mail.”

A third incident occurred when I was serving as acting squadron commander while my boss was away on temporary duty. A patient complaint was being worked, and again, some of the less sensitive information was flowing by e-mail. Though no one was violating patient privacy, the commander was only copied on some of the message traffic.

Midway into the problem, the commander e-mailed from hundreds of miles away about a solution, but he had missed out on some important updated details in the discussion. Since he wasn’t included in every facet of the electronic discussion, his inputs, through no fault of his own, lacked proper context.

In all three cases, I was left feeling frustrated about the excessive

and problematic use of e-mail as a management tool. Yes, it can be fast and efficient. But, I am reminded of the entertaining Harry Potter book series, and the Hogwarts School of Witchcraft and Wizardry described in those tales of fantasy.

Specifically, the use of magic wands is particularly appealing. Oh, to be Harry or Hermione and simply pass a wand over an irritating, difficult, frustrating problem and just make it go away or magically transform. Would that leadership had such a magic wand. Unfortunately, e-mail is not it.

E-mail is great for describing how and when discussions of the problem can occur – it can facilitate problem solving. But don’t think that you can ultimately solve most problems with the use of e-mail alone. Too much of the non-verbal, the nuances, the complexity of tough issues that emerge in discussions are missed when e-mail is used to the exclusion of personal contact.

One cannot legitimately make statements about the tools of leadership without forcing the question: What is leadership? Regardless of the level – element, flight, squadron, wing, military or civilian, local, national or international – leadership is about building teams and engaging others to move ahead in the solving of problems and advancing the interests (mission) of the organization.

If this difficult, challenging and wonderfully satisfying task could be accomplished without leaders, every organization would have figured out how to do without them. But, leaders are crucial to help us advance in the workplace and in the world.

Notice the action words in this definition – building, engaging and moving ahead. All of these functions are enhanced by personal contact. The extent that e-mail diminishes attempts to engage personally and talk together about problems is the extent to which solutions are de-

layed, and leaders (or at least their decisions) fall into holes.

Air Force Vice Chief of Staff Gen. Robert Foglesong vividly illustrated these leadership principles recently when he discussed how the Army and Air Force dealt with the realization that more effective coordination was needed between ground and air forces.

He and Army Vice Chief of Staff Gen. Jack Keane took the issue on personally.

“Jack Keane and I met quietly three or four times over at National Defense University,” General Foglesong said. “We went out of our way not to make it public because we wanted this to be at the working level.”

Notice that he didn’t say, “because we’re both so busy, we had an extensive e-mail discussion on the solving of this difficult problem.” They met to work the problem, and at their level, the problems are big indeed and time is a very valuable commodity.

They modeled some of the critical aspects of leadership. They used personal engagement to build and strengthen the team, to solve problems and move the mission forward.

I am reminded, as I discuss leadership and its tools and the impact of technology on accomplishing the mission, of a story about a British general after World War I. In the face of airplanes and tanks, he was extolling the virtues of the well-bred horse. He was clearly looking in the rear view mirror and was less effective as a leader because of it. Indeed, we must embrace the freedoms and the flexibilities that technologies give us and not deny them with wistful, nostalgic musings about the past.

But we should also not lose sight of the unchanging reality that effective leaders know the limits of all their tools, use them fully, but are not used by them. Again, as the generals noted above demonstrate, when it comes to leadership, there is no magic wand.

## Someday you may fly this...

Capt. Dean Richardson, 86th Flying Training Squadron G Flight commander, shows several Civil Air Patrol cadets the T-1 Jayhawk aircraft. The cadets are on base to see firsthand what a student pilot goes through. While here they receive tours of base facilities and talk with members in various Air Force specialties.



Photo by Airman 1st Class Yvonne Conde

## Stop-Loss end signals success in war

By Master Sgt. Eddie Riley

*Air Force Print News*

WASHINGTON – The last of the airmen whose retirement or separation was delayed by Stop-Loss for Operation Iraqi Freedom were released Monday and will be eligible to leave the service July 31.

Air Force officials authorized Stop-Loss for 43 officer and 56 enlisted specialties in early March to meet national security objectives, specifically the war in Iraq. More than half of the specialties – 31 officer and 20 enlisted – were released from the program May 14.

Michael Dominguez, assistant secretary of the Air Force for manpower and reserve affairs, said the program's success, meaning victory in the war, led directly to its conclusion.

"Because we were able to retain these Air Force members and their expertise to contribute to the major combat phase of the war, we were able to complete that part of the mission as planned and may now allow these American heroes to move on with their lives," he said.

The Stop-Loss release applies to all active-duty, Reserve and Air National Guard people in all enlisted grades and officers in the grade of colonel and below; however, deployed airmen must remain in place for the duration of their deployment, he added.

Military personnel flight officials will contact people who had a previously approved/suspended retirement or separation to review their options and establish a new departure date. Released airmen will be allowed up to five months transition time.

### 'Promotion' from page 1

we receive and score tests for those members currently deployed, said officials. As usual, each of those airmen has from 30-60 days after they return home to test.

"People who have been deployed will be allowed to test when they return, and we'll automatically consider them for promotion. We do this on a monthly basis until everyone is considered," said Chief Master Sgt. Mark Billingsley, enlisted promotions branch chief at The

Air Force Personnel Center.

The master sergeant selection rate dropped 7.67 percent from last year, while this year's technical sergeant rate fell 11.62 percent from last year.

"Overall, we are seeing tech and master sergeant promotion rates drop down to about where we suggested as we reach the goal of increasing the 'top five' enlisted grades from 48 to 56 percent (of the enlisted force)," said Chief Billingsley. "It's important to keep this in perspective – these are the fifth highest rates of the

last 20 years. That's pretty remarkable, and should encourage people that the next stripe is still well within reach."

The complete list of selectees will be posted to the Air Force Personnel Center's web page, [www.afpc.randolph.af.mil/eprom/](http://www.afpc.randolph.af.mil/eprom/), by 6 p.m. today.

People who tested are expected to receive their score notices in early July. Individuals can also get an electronic copy of their score notice, available today, by logging into the virtual Military Personnel Flight at [www.afpc.randolph.af.mil/](http://www.afpc.randolph.af.mil/).

# Newslines

## DEFY

Laughlin's Drug Education For Youth's free summer leadership camp begins July 28 - Aug. 6.

DEFY is currently accepting applications for volunteers to assist in a two-phase program that promotes team building, goal setting and increased self-confidence for children ages 9-12 to participate.

Six volunteer positions are still available for the summer camp program and the yearlong mentoring program.

For more information, call 298-6495.

## Medical group closes

The 47th Medical Group will close at 3:30 today for a group function. Medical staff will be on hand for any emergencies.

During this time radiology, the laboratory and pharmacy will be closed and the nurse triage line will not be available.

The Tricare service center will remain open. For more information, call 298-6331.

## Optometrist

Due to manning issues, Laughlin will not have an assigned optometrist until late July. A temporary optometrist will be at Laughlin from July 7-11 to provide appointments for active-duty military members only. Schedule an appointment through central appointments at 298-3578.

For more information, call Staff Sgt. Jerry Dunn at 298-6429.

## Thrift Shop

The Thrift Shop will move to building 301 in August. There will be a bag sale July 9 and 11 to help reduce the inventory. Also, no consignments will be taken during July although donations are welcome.

All contracts will expire July 30. The shop will be open July 31 and Aug. 1 from 9 a.m. to noon where all inventory will be reduced by 50 percent.

Look for the grand reopening information in August. For more information, call 298-2580.

## Inspector general

Interim inspector general Lt. Col. Robert Seaberg will not be available as the IG until July 5. During this timeframe, Capt. Mimi Banks, alternate IG, will be handling IG issues. The IG line, 298-5638, and the Fraud Waste and Abuse hotline, 298-4170, will be checked daily for messages. Captain Banks also may be reached at 298-6335.

# Laughlin chapel gives gift to Border Patrol

**By Tech. Sgt. Anthony Hill**  
*Public affairs*

In a gesture of goodwill and partnership, Laughlin's protestant chapel community recently made a contribution that will benefit a nationwide effort launched by the Del Rio Border Patrol Chaplain Program.

Members of the protestant community here raised and donated funds to purchase a slide projector for a national training program being conducted by the local

border patrol chaplain. Chaplains (Lt. Col.) Carl Swanson and (Capt.) Terri Gast of Laughlin presented the gift June 20 at the Del Rio border patrol headquarters.

In 1999, Del Rio was the first and only Border Patrol sector in the nation to start a border patrol chaplain program, according to Chaplain Frank Lopez of the Del Rio Border Patrol. Another chaplain program began in the Tucson sector as a result.

The program's main objective is to provide agents, employees and their families

a constant presence that is specifically trained to address a variety of issues, Chaplain Lopez said, much like military chaplains.

In January, U.S. Border Patrol officials asked the Del Rio sector to begin a national Border Patrol Chaplain Program, providing an opportunity to develop programs in all 21 sectors across the nation. As a networking partner with the local Border Patrol program, Laughlin's chapel members decided to contribute to the effort.

"The protestant chapel community at Laughlin would like to honor and be a part of the new national Border Patrol Chaplain Training Program, if even in a small way," Chaplain Gast said during the presentation. "We present this slide projector to you on their behalf for use in the new program. As fellow chaplains, we also extend our hands in partnership to you and look forward to working together in the service of our country."

The Border Patrol and Laughlin chaplains have con-



Photo by Tech. Sgt. Anthony Hill

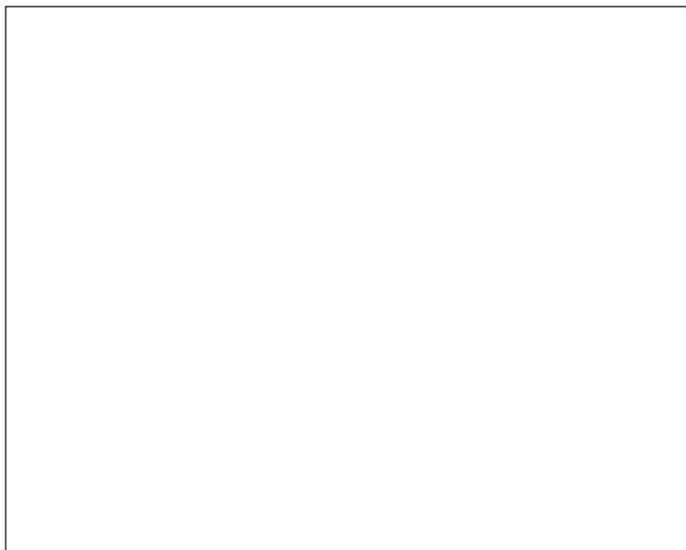
Chaplain (Capt.) Terri Gast of Laughlin's chapel presents a new slide projector to Chaplain Frank Lopez of the Del Rio Border Patrol June 20.

sistently worked together, sharing information and resources to effectively provide assistance, counseling and spiritual guidance to members within their organizations.

Chaplain Lopez thanked Laughlin's protestant chapel community for the gift and emphasized the significant role the projector will play within the new national training effort.

"What we do is a tough job," Chaplain Lopez said. "We know the Air Force sees things the way we do. That is why it is so great to be in partnership with you. This projector will help further the work by our chaplain program. It will play a vital role for our new training program and as we conduct training for our current agents."

**Do the world a favor and recycle this newspaper**



# Online auctions can cause financial problems

**Compiled by  
47th Flying Training Wing  
legal office**

The Internet has spawned an increasingly popular hybrid of shopping – online auctioning. Now, with the click of a button, people can do almost all of their shopping online at prices they choose to pay.

This is a monumental change for the way many people shop. But as with most fast spreading, user-friendly Internet applications that promise the ease of doing everyday mundane tasks in the comfort of home, online auctioning has its drawbacks.

In addition to the normal concerns of online shopping, like receiving the wrong merchandise or a damaged item, online auctioning delivers a host of other issues, including fraud. Online auction fraud generally involves failure to deliver advertised goods. As the level of fraud increases, so does its complexity and sophistication.

It is becoming more difficult to determine what happened to the undelivered goods, much less tracking

down the scam artists who never sent them. Some of the scams to watch for include: Web sites that appear to be legitimate escrow services for buyers to “safely” deposit their money for payment; bogus eBay “password verification” forms inviting victims to provide their passwords to their personal profiles; and identity theft, where sellers pose as other people and use archived pictures of someone else’s merchandise to entice buyers.

Online auctioning has been cited as the No. 1 fraud complaint on the Internet, amounting to over \$54 million in losses. More than 50,000 cases were reported to the Federal Trade Commission last year. The FTC and state prosecutors announced a major crackdown April 30. Fifty-seven legal cases were detailed, in which auction sellers had swindled thousands of customers. The average loss for fraud victims last year was \$320.

While online auction companies become more involved in combating fraud with advanced software analy-

sis that looks for fraud patterns, fraud continues to be tough to prove and track since buyers and sellers handle payment and shipping on their own. Some online payment services, like PayPal.com, have allayed buyers’ fears by offering insurance for purchases up to a certain value. However, other payment options don’t allow any recourse for the buyer, which increases the level of risk. To avoid online fraud, consider the following:

- Pay with a credit card. Credit card transactions can be traced and canceled.
- Never pay with bank wire transfers. Avoid sellers who demand Western Union payments.
- Check seller’s “feedback” rating on the auction site and poke around to see what they have bought and sold in the past.
- Communicate with seller by e-mail and, if possible, telephone before sending money.
- Keep a record of transactions.

The safest practice is to research before buying and use reputable sites when finally deciding to make a pur-

chase. Find out as much as possible about the individual or company selling the item. More importantly, know how you will be reimbursed before you buy in case your item never shows up.

To file an auction complaint, contact one of the following agencies for help:

- Federal Trade Commission (www.ftc.gov; 877-382-4357)
- Better Business Bureau (www.bbb.org)
- Internet Fraud Complaint Center (www.ifccfbi.gov)
- National Fraud Information Center (www.fraud.org)

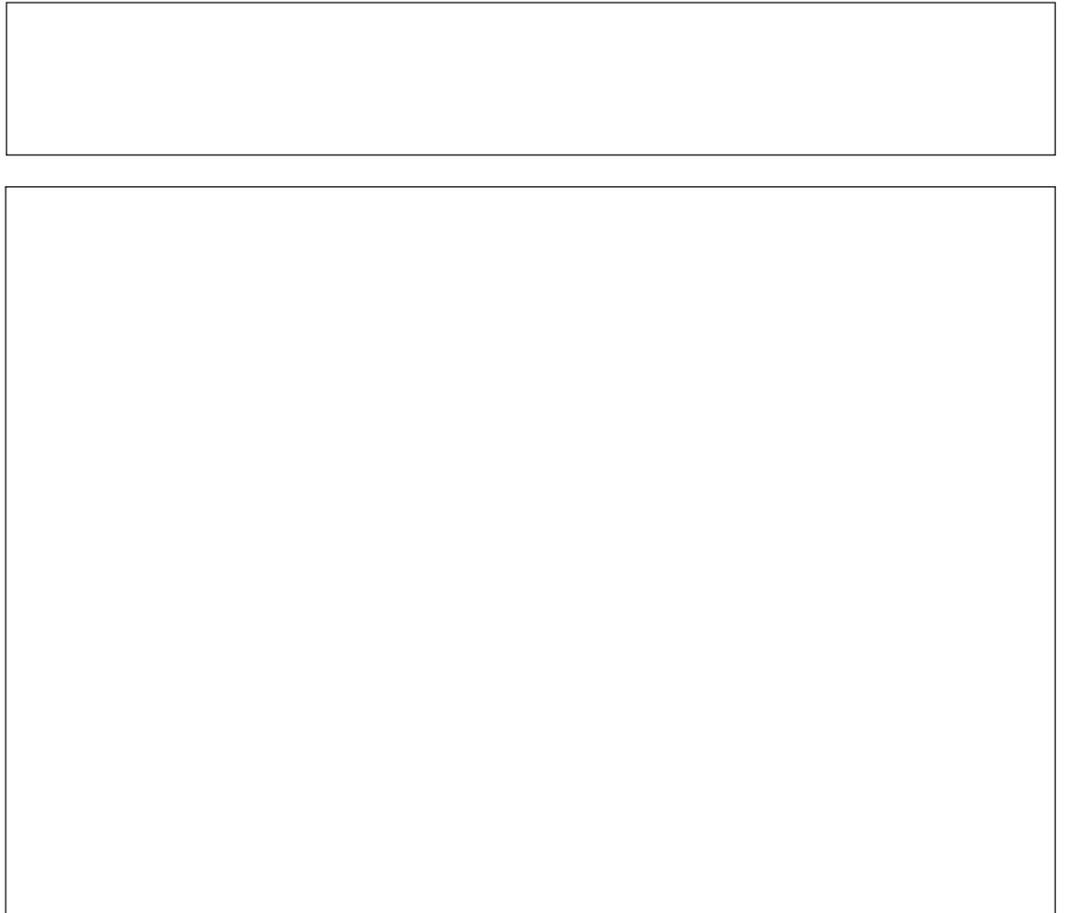
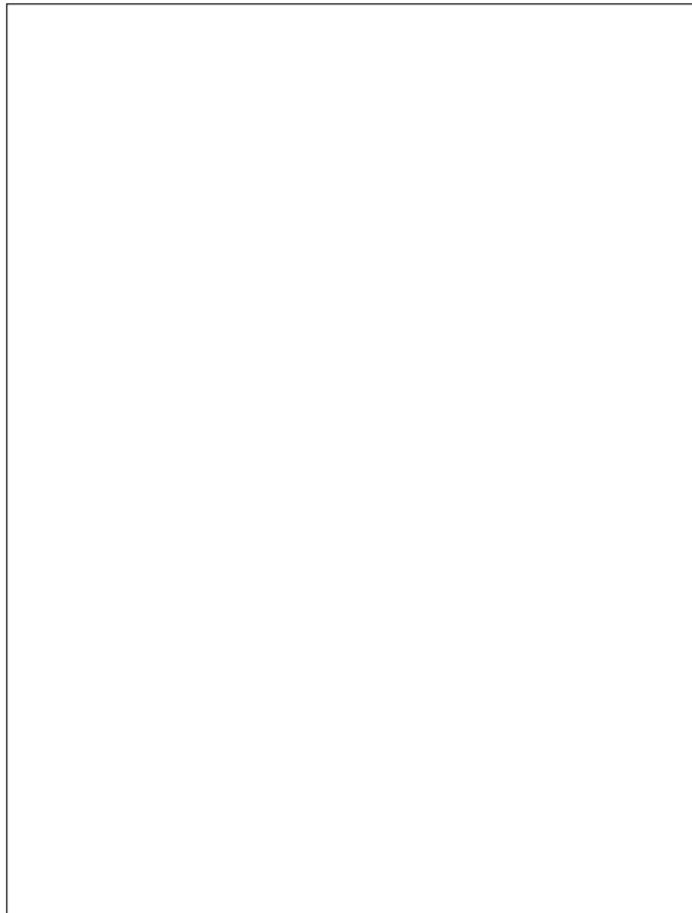
(Editor’s note: Sources include:

FBI’s Internet Fraud Complaint Center 2002 annual report.

Internet Fraud Complaint Center, Federal Trade Commission, eBay and anti-fraud specialists

“Bidding for Trouble? Online Auctions Have Everything – Including, Increasingly, Scam Artists” –By Leslie Walker

Washington Post Staff Writer  
Sunday, May 11, 2003, Page F01)



## Warrior Call recognizes deployees, families

**By Airman 1st Class  
Yvonne Conde**

*Staff writer*

Laughlin's first Warrior Call was held Tuesday at Anderson Hall to recognize those who have recently deployed and prepare future deployees.

"The Warrior Call was designed to bring together Laughlin personnel who have deployed within the past 12 months and their family members in a reunion setting," said Tech. Sgt. Thurman Rials, Family Support Center readiness NCO.

The Warrior Call began with a lessons learned session, which allowed those who recently deployed to fill out a questionnaire and talk with unit training monitors and unit deployment monitors about problems they experienced prior to and during their deployment. "This allows us to ensure future deployees do not experience the same problems," said Sergeant Rials.

Following the session, those who recently deployed were recognized while a few shared their experiences of being away from family for an extended period of time, in hopes of helping prepare

future deployees.

Future deployees were encouraged to attend the Warrior Call, particularly the reception at Club XL. "The reception gave the opportunity for those preparing to deploy to sit down and talk about ideas with those who recently deployed," said Sergeant Rials. "It brought communication together as well as allowing us to show them we do have organizations here that can help with future deployments."

While parents were brought together to talk, the Helping Us Grow Stronger committee, Family Support Center and chaplain staff sponsored family fun including pony rides and a bouncy castle for the children.

"This was a great opportunity for our warfighters to share their experiences with those who are currently preparing to deploy," said Col. Dan Woodward, 47th Flying Training Wing commander. "Hopefully our future Operation Iraqi Freedom and Operation Enduring Freedom participants and their families gained some knowledge that will better prepare them for their upcoming role in the global war on terrorism."

The Family Support Center offers an array of services to help prepare families for deployment and help keep families in touch during deployments.

For more information, call the Family Support Center at 298-5574 or 298-5620.

# OSI handles more than finding 'bad guys'

**By Airman 1st Class  
Yvonne Conde**  
*Staff writer*

They're commonly perceived as undercover agents in black hats and trench coats, but the agents of the Air Force Office of Special Investigations Detachment 410 are capable of much more than investigating the "bad guys" on base.

While OSI provides special investigative services to the base, the special agents also maintain close liaisons with local authorities to ensure the protection of Air Force people and operations, said Tim Peterson, OSI special agent in charge.

"We work with just about every agency out there," said Special Agent Peterson. "All federal, state and local agencies, including the border patrol,

the sheriff's department and city police department because, a lot of times, the things that affect the Del Rio community can affect the installation and [vice versa]."

With the Mexico border nearby, there are many occasions when Border Patrol and OSI agents call on each other for support.

In a recent incident, the Border Patrol found three Brazilian women illegally crossing into the United States. They called Laughlin OSI for assistance to find a Portuguese translator to gather more information from the women.

OSI contacted 2nd Lt. Aaron Wiley, a 47th Operations Support Squadron transition student who is fluent in Portuguese. "When I received the call from OSI to assist the Border Patrol, I was surprised,

excited and nervous all at the same time." said Lieutenant Wiley. "It felt good to have a skill that could contribute to the cause, so I was eager to help. I have been searching for ways to use my ability to speak Portuguese in service to my country."

After briefing by the Border Patrol and OSI, Lieutenant Wiley began translating for the sessions with the three Brazilian women. "The Border Patrol mentioned that it is uncommon to see Brazilians try to make their way through Ciudad Acuña, Mexico, so I assisted by asking questions on how the detainees were being smuggled into the United States," said Lieutenant Wiley. "In the end, we were able to put together a picture of how they got to the states, how they met

and arranged for the smuggling."

While Laughlin has always worked with the Border Patrol, OSI and the Border Patrol have developed a closer liaison because of the increased national security. "After Sept. 11, our priorities have somewhat shifted," said SA Ivan Vivas. "Right now our number one priority is counterintelligence and anti-terrorism."

While the prime focus is on who and what is crossing the Mexico border into the United States, the OSI agents continue with fraud and criminal investigations tied to the Air Force, which can include tips on individuals stealing from the government, homicides, sexual assaults and narcotics. "That's just a small portion of what we do," said SA Vivas. "It's unlimited. Just imagine us as a little FBI agency for the Air Force."

Generally, OSI performs an investigation in 90 days (depending on the case) and then provides the appropriate authorities with the gathered information so they may decide if an indi-

vidual is guilty of the allegations. "We're the impartial fact finders on base who perform investigations," said SA Peterson. "A lot of people think we're out to bust people all the time and get people in trouble. They don't realize that we disprove just as many cases as we prove."

Special agents are capable of gathering and processing information into facts in numerous ways. "We have special agents in many different areas who are capable of providing support for different investigative operations, such as forensics and counterintelligence," said Special Agent Vivas.

Although the special agents normally perform their investigations during office hours, SA Vivas said he rarely sees nine-hour workdays. "It's not because I'm forced to be here, it's because I love my job and become so involved in what I'm doing," he added. "It's very rewarding to get closure after working a case for weeks and sometimes months. There's nothing more satisfying than putting bad guys away."

**Public affairs is looking  
for speakers for the  
Air Force Ball.  
Speakers will talk about  
history of Air Force aviation.  
Interested individuals should  
contact Lt. Sheila Johnston  
at 298-5988 by July 7.**



Photo by Sue Sapp

## Send in the suits...

ROBINS AIR FORCE BASE, Ga. – Firefighters wear decontamination suits to assess the situation during a mass-casualty exercise June 18. Base airmen joined local and federal emergency agencies for the exercise.

## Chapel Schedule

### Catholic

- Saturday* ● 5 p.m., Mass
- Sunday* ● 9:30 a.m., Mass
- Thursday* ● 6 p.m., Choir; 7:30 p.m., R.C.I.A.
- Reconciliation* ● By appointment
- Religious Education*
  - 11 a.m. Sunday

### Jewish, Muslim and other denominations

- Call 298-5111

### Nondenominational

- Sunday* ● 6:30 p.m. Officer Christian Fellowship, call 298-2238
- Friday* ● 7 p.m., Unity in Community Fellowship (activities for children)
- Monthly* ● Women's fellowship (call 298-1351 for details)

### Protestant

- Sunday*
  - 9:30 to 10:30 a.m., Sunday school
  - 11 a.m., General worship (blend of contemporary and traditional worship, nursery provided)
- Wednesday*
  - 10 a.m., Women's Bible study
  - 7 p.m., Choir at chapel

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

## The *XLer*

**Staff Sgt. Ignacio Castro-Luna**

*47th Safety Office safety and occupational health specialist*

**Hometown:** Mezquital  
Del Oro, Zacatecas,  
Mexico

**Family:** Wife, Nancy;  
sons, Henry and Bryan

**Time at Laughlin:**

Four years

**Time in service:** Eight  
years

**Greatest accomplish-  
ments:** My children

**Hobbies:** Outdoor ac-  
tivities

**Favorite music:**  
Country

**Favorite movie:** "Sav-  
ing Private Ryan"



Photo by Airman 1st Class Timothy J. Stein



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## Photographers capture bomb damage in Iraq

**By Capt. Roger Burdette**

*Combined Weapons Effectiveness Assessment Team Public Affairs*

BAGHDAD, Iraq – Master Sgt. Michael Best has taken photographs for 28 years. The past 20 years, he has made his living taking photos for the Air Force.

But on a sunny, sultry day in mid-June in Iraq's capital city, he is looking for more than just photos. He is looking for snipers.

"I'm sure the force-protection guys have that in mind, but we all have to be vigilant," Sergeant Best said.

As he spoke, his eyes – hidden behind tinted goggles designed to protect him from the sun and blowing sand – scanned high-rise buildings easily within rifle range. A black professional-grade digital camera hung around his neck, and a black 9 mm pistol was strapped to his side.

Sergeant Best, from Charleston Air Force Base, S.C., is a combat-camera photographer traveling with the Combined Weapons Effectiveness Assessment Team. The team of nearly 100 experts from the United States, United Kingdom and Australia began traveling in Iraq in early June. In the next several weeks, the team is scheduled to visit up to 500 impact points where bombs dropped

during Operation Iraqi Freedom.

The team is led by U.S. Central Air Forces and will report its findings to U.S. Central Command this fall.

Sergeant Best is one of three combat-camera photographers traveling with the team. The other two are Master Sgt. Carla Kippes, also from Charleston AFB, and Tech. Sgt. Chris Stone, from Langley AFB, Va.

Sergeant Best looked for snipers as he stood at the Iraqi Ministry of Defense complex in Baghdad — the Iraqi equivalent of the Pentagon. Coalition forces targeted buildings in the complex during OIF to undermine Saddam Hussein's regime and disrupt its ability to direct its military. The team visited the complex to assess whether the air component achieved its desired effects.

As experts in weapons, targeting, structural engineering and other disciplines collected data at the site, Best captured digital images of the damage, weapons fragments and other sights of interest to the team. Its findings, along with the photographers' images, will be used to assess the performance and to improve weapons and tactics in the future, according to team officials.

"(Combat-camera photographer's) primary mission is to capture images wherever U.S. forces are in the world," Sergeant



Photo by Capt. Roger Burdette

Members of the Combined Weapons Effectiveness Assessment Team collect information as Master Sgt. Michael Best, foreground, photographs an impact point where a coalition weapon entered the top of an Iraqi Ministry of Defense building. Sergeant Best is a combat-camera photographer deployed from Charleston Air Force Base, S.C.

Best said. "We record for history and for our leadership what our forces actually do."

Sergeant Best recently took photos of several facilities including a bridge across the Tigris River, a radio relay communications station in downtown Baghdad, an intelligence headquarters, a Baath Party stronghold and surface-to-air missile launchers in farmers' fields.

"It's a once-in-a-lifetime experi-

ence to be part of this team and see the people of Iraq," he said. "I have a place in my heart for the Iraqi people. I feel sorry for them for what they've gone through."

"This trip is allowing me to see firsthand how a dictator can ruin things for his own people, even though he claims he loves them," Sergeant Best said. "He's only out for himself and for his (political) party. This trip has been very eye-opening."

## Motorcycle accidents kill 6 during '101 days'

**By Staff Sgt. Carlos Trevino**

*Air Force Print News*

SAN ANTONIO — Motorcycle riders account for more than half of the Air Force's safety-related deaths during this year's 101 Critical Days of Summer safety campaign, according to Air Force Safety Center officials at Kirtland Air Force Base, N.M.

Officials said there is an alarming trend in motorcycle accidents involving airmen, which have accounted for six of the 10 Air Force deaths so far during this year's safety campaign.

Those who take unnecessary risks "think they are invincible," said John Russell, chief of ground safety at the center.

"Most were single-vehicle mishaps with speed and failure to maintain control (as) the key fac-

tors," Mr. Russell said.

While motorcycle fatalities are a growing concern during the first one-third of the 101 critical days, the potential for deaths involving four-wheeled vehicles and work-related mishaps should not be discounted, he said.

"We want our personnel to enjoy their well-deserved recreational activities during this season. But, we don't want our folks to forget about assessing the risk in their activities. We have smart people; we want them to make smart decisions," Mr. Russell said.

People returning from deployment abroad face additional challenges, he said.

"Many of our members are making plans to become reacquainted with their family and friends. The last time we experienced a 101 criti-

cal days period directly following combat operations was in 1991. That summer we lost 42 Air Force warriors in needless mishaps, twice the average of summer mishaps for the preceding five years," he said.

There are things people can do to avoid becoming accident victims during the remaining safety campaign, Mr. Russell said.

"Always assess the risk," he said. "If you have uneasiness in performing a task or being a participant in an activity, evaluate it. There are risks associated with everything we do; positive results are achieved when we look at all risk factors and make smart decisions. This includes the Air Force mandatory motorcycle safety-training course, and wearing your seat belt while operating a motor vehicle."

## MEO 1 crushes MSS, 25-6, in softball

By Airman 1st Class  
Timothy J. Stein

Editor

Medical Equal Opportunity 1 crushed the Mission Support Squadron 25 to 6 in an intramural softball game here.

MSS kept the game within reach until the fourth inning when MEO 1 blew the game open by scoring nine runs.

MEO 1 started the game strong in the top of the first with the first six batters reaching base safely. Joe Monti nailed a line drive deep into right center for a triple. By the time MSS finally came to bat they were down six runs.

MSS fought back. They showed hot bats in the first. After a walk, a couple of doubles and a string of singles, MSS was only down by two going into the second.

Unfortunately for MSS, MEO 1 started the second inning right where they left off. MEO 1 hit the ball all over the field. They hit singles, doubles, triples and one inside-the-park home run. The MSS defense looked stunned and reacted to the ball poorly. When they did finally get up to bat they were set down in order. At the end of the second the score was 13-4.

The top of the third saw MSS pick up the slack on the defensive end. They allowed only two hits and no runs. They then managed to score two runs in the bottom of the third to bring the game within seven.

After a good inning, the MSS took to the field ready to shut MEO 1 down again. They almost did. MSS got the first two batters out but then everything went wrong.

MEO 1 capitalized on a couple of errors and then really got their bats swinging. Albert Vargas hit a three-run homer. Four batters later, with the bases loaded, Monti hit an inside-the-park home run when he blasted one towards the fence in left field. When the dust cleared, MEO 1 had score nine more runs and led 22-6.

MSS wasn't able to recover from the shelling they had just received. MEO 1 scored three more the next inning to win the game 25-6.

MEO 1 sits on top of the American League with a 7-0 record while MSS is on the bottom of the National League without a win and seven losses. The game may have been a mismatch from the start, but for an inning or two, one wanted to believe David could slay Goliath.

### Softball standings

#### American League

Team	W-L
MEO 1	7-0
OSS	6-2
87th	4-4
LSI	3-5
MEO 2	3-5
86th	2-6
84/85th	1-6

#### National League

Team	W-L
Med GP	7-0
CES	7-0
Trend 1	5-2
Trend 2	2-4
CCS	2-5
SFS	2-5
MSS	0-7

## Eating right, proper exercise helps create six-pack abs

By Bill Goins

47th Flying Training Wing  
exercise physiologist

Want a six pack?

Did I get anyone's attention? Well, unfortunately I am not offering a six pack of Bud, I am talking about those six pack abs that we all dream about.

Have you done crunches until you wanted to cry? How many of you have some infomercial gadget that promised you would have a six pack in no time? Well, crunches and gadgets are great and exercise is important to gain that washboard midsection, but the most important aspect in achieving your "Arnold" abs is nutrition.

I have provided you with some tips on healthy eating that will get you on your way

to that chiseled physique.

Eliminate foods and liquids which do not have any "food value." Improve the quality of foods that you consume. Immediate eliminations are:

- White sugars of any kind
- Oils and butters
- Polished grains, white bread, white rice
- Fats on all meats
- Coffee, tea, etc.
- Beer, liquor, etc.

■ Be aware of the six basic nutrients: carbohydrates, fats, proteins, vitamins, minerals and water. Do not eliminate any of them. That's right, do not eliminate carbohydrates.

Eat proper proportions of the basic nutrients. Fifty to 60 percent of your total calorie intake should be in the form of carbohydrates

(fresh fruits, vegetables, brown breads, brown rice, baked potatoes, whole grain cereals, pasta); 25 - 40 percent of your total calorie intake should be in the form of protein (fish or chicken without the skin, nuts, beans, soy bean, dairy products, lean meats, etc.) and 10 - 15 percent of your total calorie intake in the form of fats (primarily vegetable or fish sources.)

Lose one to two pounds of weight per week maximum. If you lose weight too rapidly, chances are you are losing muscle and water weight, not fat. You did not put on unwanted weight overnight, do not intend to take it off overnight.

Reduce your salt intake. Your body has a very delicate saline concentration to

maintain. If you overuse salt, your body begins to retain water to stabilize the saline balance. Natural salt in foods is plenty so do not add salt.

Cut down on red meats, egg yolks (maximum three per week), butter and margarine. This will automatically reduce your intake of fat and cholesterol. Make fish and chicken your main source of protein.

Drink plenty of water, at least half of your body weight in ounces per day. Water also helps to fight fatigue.

Exercise. Inactivity is the main cause of weight gain. Not burning the excess calories will cause the gradual weight increase. An extra 100 calories per day (about one third of a can of

Coca-Cola) results in one pound gained every 35 days or 10 pounds per year. Weight gain and loss is simple mathematics. You must burn more than you put in to lose weight.

Eat a good nutritious breakfast, a small mid-morning meal (piece of fruit and some water), a moderate lunch, a small mid-afternoon meal and a small dinner.

That's right, eating five to six smaller, balanced meals per day will help manage weight. It doesn't mean adding two or three meals worth of calories. It means spreading the intake of calories out more.

Follow the guidelines, start a consistent exercise program and you'll soon see those lost abs uncovered.



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