

Air Power

Quote of the Week

“To obtain mastery of the air, and keep it, means continually fighting for it.”

– Hugh Trenchard, British aviation pioneer

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March 28, 2003

News in Brief

Below-the-zone

Congratulations to Airmen 1st Class Anna Workmen, 47th Civil Engineer Squadron; Christopher Speidel, 47th Communications Squadron; and Chris Morlandt, 47th Aeromedical Dental Squadron. They were selected for promotion to senior airman below-the-zone recently.

Enlisted call

Chief Master Sgt. Karl Meyers, Air Education and Training Command command chief, will hold an enlisted call at 3 p.m. today at Anderson Hall auditorium. It is open to all base members.

Prayer service

Del Rio will conduct a non-denominational prayer service for the military members in combat at 3 p.m. Sunday at the county courthouse located at 400 Pecan.

Mission status

(As of March 21)

Days ahead or behind with mission capable rate

T-37	-1.63	88.2%
T-1	-0.80	83.5%
T-38	-0.78	77.2%
T-6	-3.77	80.7%



Photo by Airman 1st Class Yvonne Conde

In you go...

Second Lt. Sonny Baxter, 84th Flying Training Squadron student pilot, gets thrown into the dunk tank after his T-6 Texan II solo flight March 21. Lieutenant Baxter, along with 2nd Lt. Robert West, 84th FTS student pilot, were the first students to fly solo in the T-6 at Laughlin.

Air war now focuses on republican guard

By Staff Sgt. C. Todd Lopez

Air Force Print News

WASHINGTON – As the U.S.-led war against the Iraqi regime nears the one-week mark, officials from U.S. Central Command said March 25 that coalition air forces have begun narrowing their focus.

Maj. Gen. Victor E. Renuart Jr., CENTCOM director of operations, told reporters during a press briefing at the command's forward headquarters in Qatar that air power forces would redirect their attention to the most elite of Saddam Hussein's military units.

“The air component will fly over 1,400 combat and combat support missions over Iraq today, paying particular attention to the Iraqi republican guard,” General Renuart said. “We will also focus on key regime command and control facilities.”

In northern Iraq, Kurds have expressed concern about the use of chemical weapons by the Iraqi republican guard and regular army units. Renuart explained that coalition air forces are expending “a fair amount of energy” in an attempt to destroy anything that

would adversely affect the Kurds in that region.

“Things like multiple-launch rocket systems have been key targets for us in the areas occupied by the regular army and republican guard units in the north,” General Renuart said.

Cumulative efforts to deal with the republican guard elsewhere have also proven effective, General Renuart said.

“I think we are having a substantial effect,” General Renuart said.

See 'Iraq,' page 4

Online travel system ushers in new ID Card

By Airman 1st Class Yvonne Conde

Air Force Print News

A new common access card will replace the standard ID card at Laughlin beginning in mid-May.

The CAC is designed to access many electronic systems. The first system to require this is the defense travel system, a process to complete travel orders, plan hotels and transportation and file vouchers to receive payment – all online.

DTS is expected to replace the current manual travel system Laughlin uses. “To access DTS online, you’re going to need your common access card,” said 2nd Lt. Tiffany Ewton, 47th Mission Support Squadron customer service chief. “Everybody who is ever going TDY at any point in their careers will need this card. The common access card is your electronic

See 'CAC' page 4



Commanders' Corner

Col. Paul Ackerley
47th Operations Group commander

Deployment – are you ready?

Are you ready for our Expeditionary Air and Space Force Air Force of the 21st Century? Are you ready to deploy and join an Air and Space Expeditionary Force that is responding to conduct a broad range of operations with minimal warning time? Are you, as Air Force Chief of Staff General John P. Jumper said, “expeditionary ... ready to deploy ... ready to project our forces anywhere, anytime?” Are you ready?

To be ready, you need a technical, professional, physical and mental foundation to excel during the rigors of conflict.

Technically, you need to be the expert within your career field. If your Laughlin duty day requires 80 percent of your time concentrating on 40 percent of your required skills, you need to find time to stay current on the other 60 percent. When you deploy, you need to be ready for all duties required for

your career field skill level. Being the best widget driver may not help you if you are expected to understand how to schedule and train widget drivers at your deployed location. As the Air Education and Training Command commander, General Donald Cook said, “... it takes continual education, training and commitment beyond our day-to-day tasks to be true Air Force warriors.”

Professionally, are you ready to lead or follow at a deployed location? Is your professional foundation as an airman solid enough to take your NCO or officer skills to a deployed location, fuse into an AEF, accomplish your mission, and lead and mentor those under your supervision? The tools needed to be confident with your deployed leadership skills are available here at Laughlin. Through day-to-day leadership opportunities, professional military education, mentorship sessions with seniors, talks with those who have already returned from deployment and professional reading, you can hone your leadership skills to be ready.

Physically, you need to be in top form to sustain the

operations tempo at deployed locations. Combat operations are intense. The workday is often 12 plus hours and you will work many days in a row before a day off. You need to arrive in-theater in good health and with the aerobic/anaerobic conditioning to meet mission requirements.

Finally, you need to be mentally and some would say spiritually, prepared for deployed operations. From a personal standpoint, are you mentally ready to deploy? Have you taken the time to prepare the home front so

you can deploy without concerns for bills, pets, security of your apartment or car and other items? If married, have you prepared your family for your absence? Have you explained how important your deployment is to our nation? Have you established the means to communicate on a frequent basis during your deployment? The phone call, e-mail message, picture, video or care package will mean a lot to you and your family. For all, when you return, have you planned something special for yourself or with your family as you reunite, rest and recuperate?

Spiritually, I think back to Air Force Chaplain Service deputy chief Chaplain (Brig. Gen.) Charles Baldwin's words during our National Prayer Breakfast, “... extreme prayer to an extreme God for extreme times.” My less eloquent words are that spiritual preparation will give you strength when you need it, courage when you lack it, endurance when you are tired and an inner peace that transcends all understanding.

Our Air Force, America's Air Force, is an expeditionary Air Force. It is ready to respond across the spectrum of conflict and to dominate in the air and in space. What makes our Air Force so dominant is more than platforms and technology, it is you, a fully qualified airman, dedicated to serving our nation and trained and at the ready to go when our nation calls. Are you ready?

“... spiritual preparation will give you strength when you need it, courage when you lack it, endurance when you are tired and an inner peace that transcends all understanding.”

Border Eagle commentaries

The Border Eagle encourages base members to take part in their paper. Anyone wanting to write a commentary for the Viewpoint pages of the paper is welcome. Commentaries can be written about any aspect of Air Force life you find interesting. Commentaries should be 250 to 500 words in length.

Commentaries for the Border Eagle should be submitted to the Public Affairs Office, Bldg. 338. The deadline to submit a commentary is close of business each Thursday, the week prior to publication.

For more information, guidelines or help, call 298-5393.



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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 or yvonne.conde@laughlin.af.mil.

PRAISE spells formula for stress relief

By Capt. Will Moore

Life Skills Support Center flight commander

How do you spell relief? I know you're thinking this sounds like an advertisement for an over-the-counter stomachache medicine, but now I have your attention. It's a question that's important to be able to answer. Being aware of how you deal with stress will allow you to take a proactive approach to avoid the negative consequences associated with system overload.

Most of us deal with stressful situations on a daily basis. If there's no stress in your life at all, you better check your pulse, you might not be with us. Stress is a fact of life that we routinely manage. Whether it's the phone bill that unexpectedly ran into hundreds of dollars or the super-

visor that got up on the wrong side of bed, we all have to deal with stressful events to some extent or another.

Most of the time, people do quite well coping with stress. For one person, a cooling off period may be a method of coping. For another, it might be escaping into a video game after work and someone else might find refuge in sacred scriptures and prayer. All of us have some ways and means of getting through the stress of the day so that we can wake up the next morning with a smile, ready to face the challenges of the world.

Sometimes we hit a bump in the road that's bigger than we're accustomed to handling and we find ourselves overwhelmed by things that normally wouldn't bother us. We

may begin to feel irritable and notice that people don't want to be around us, and that's just fine because we really don't care too much for their company either. We begin to find ourselves in a downward spiral and don't feel like we have the energy to get out of the slump.

That bump in the road could be a series of stressful events that piled up on us unresolved. It could be that some of the support we used to rely on to cope with stress has been diminished. Maybe the reality of the world situation weighs heavily on our soul and we're experiencing a "meaning of life" crisis. Any of these scenarios could leave a person feeling lost and somewhat hopeless.

Here's my simple formula for spelling relief.

■Perceiving that you're in a slump is

the first step to relief.

■Resolving to do something different is next.

■Ascertain what obstacles need to be overcome to effect change.

■Identify solutions that afford the motivation to overcome the obstacles.

■Solve the problem.

■Effect change.

Although PRAISE is only one way to spell relief, it is an effective model and easy to remember. The good thing about the PRAISE model is that even if you forget what the acronym represents, you can still use the acronym itself and find it lends itself to decreasing stress.

The staff at the Life Skills Support Center is dedicated to our service members, retirees and dependents.

For more information, call 298-6422.



Col. Dan Woodward
47th Flying Training
Wing commander

Actionline

Call 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 at-

tempt 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
Civil Engineer	298-5252
Civilian Personnel	298-5299
Commissary	298-5815
Dormitory manager	298-5213
Equal Employment Opportunity	298-5879
FWA hotline	298-4170
Hospital	298-6311
Housing	298-5904
Information line	298-5201
Legal	298-5172
Military Equal Opportunity	298-5400
Military Personnel	298-5073
Public Affairs	298-5988
Security Forces	298-5900
Services	298-5810

Traffic laws

Comment: I have observed that more people on Laughlin are not abiding by simple traffic rules, e.g., parking, use of turn signals, speed limits. This has become an increasingly dangerous situation for pedestrians and other motorists. This brings me to ask, "Are people being briefed properly?" Is security Forces so undermanned that they cannot keep this in order? My fear is that

people are going to get seriously injured because of the disregard for rules and regulations.

Answer: Traffic enforcement is an on-going task and our security forces members enforce speed and parking restrictions daily. In addition, I recently asked them to increase patrols along California Avenue due to a call from another concerned XL'er regarding the crosswalks in that area.

Unfortunately, our security

forces members will not be able to catch every person who elects to break the rules. So I again ask our base members to please drive in a responsible and courteous manner. I would truly hate to see someone injured in an accident that could have been prevented.

As for our current parking plan, there are some known problems where parking space requirements exceed current availability. Our parking needs have changed along with our mission changes and the in-

roduction of new construction sites. Our security forces members use discretion and tolerance in issuing citations in those areas, taking into account mission need and public safety. The annual base parking plan review is currently underway and will help us determine how to best redistribute parking space to meet our changing needs. You should report known violators and problem areas to the security forces law enforcement desk at 298-5100.

Heard any good stories or news lately? Contact your public affairs office at 298-5988.

'Iraq,' from page 1

"There are a number of pieces of tanks and artillery pieces and those sorts of things being destroyed. That's happening in hundreds of sorties every day. I think what you will see in the end is that many of those tank revetments are filled with junk, because of the precision and the ability of the air power."

The effects of the weather have been somewhat of an obstacle in the coalition's efforts to destroy republican guard targets. General Renuart explained that the dynamic nature of the coalition forces have allowed them to overcome that obstacle.

"Weather has an impact on the battlefield with high winds, rain and thunderstorms," General Renuart said. "Certainly the weather and the blowing sand does effect the (Apache helicopters), but this is an integrated, a synergistic

approach. We have the flexibility to be able to refocus additional airpower that can use the kinds of precision weapons that are not hampered by the weather in order to continue to strike these targets.

"While we may not have helicopter pressure or ground pressure at a particular point on the battlefield, we continue to balance special and air operations on that force," General Renuart said.

Additionally, the wide disbursement of the republican guard has not proven to be too great of a challenge, General Renuart explained.

"In terms of forces being spread out, certainly they are displayed in a wide area," he said. "On the other hand, we have the most sophisticated intelligence, surveillance and reconnaissance in the world. It is working well to give us those locations and allowing us to continue to target."



Photo by Pvt. Terri Rorke

A somber moment

OPERATION ENDURING FREEDOM — Army Chaplain (Col.) Richard Rogers leads a prayer March 25 for six airmen killed when their HH-60G Pave Hawk helicopter crashed near Ghazni, Afghanistan, on Sunday. The helicopter crew was on its way to pick up two Afghan children for treatment in U.S. medical facilities at Bagram Air Base. The remains were being flown to Dover Air Force Base, Del.

'CAC,' from page 1

signature."

The CAC is used to validate documents such as travel vouchers through the DTS. Once the documents are complete, people can slip their common access cards into the card slots connected

to the government computers and electronically sign the voucher.

"The common access card helps to ensure the safety of everyone's identity through an electronic signature password," said Staff Sgt. David Reeves, 47th Flying Training Wing Com-

troller Flight financial management journeyman.

"Since you can't exactly sign electricity, the electronic signature evolved with today's technology. It's convenient and enables you to maintain security."

Because Laughlin has about 2,300 people who

need to receive their new IDs by July 18, there is an online appointment scheduler for individuals to obtain their cards by squadron. "We are issuing the cards by priority," said Lieutenant Ewton.

Squadrons with individuals who travel most fre-

quently will receive their cards first.

The military personnel flight will notify each squadron to arrange individual appointments by logging onto <https://afпки.lackland.af.mil/scheduler.htm>. For more information, call 298-5737.

Wing sets civilian update

All wing civilian employees should plan to attend an information update meeting at 8:30 a.m. or 3 p.m. Wednesday. The meeting will be held in Anderson Hall auditorium and will last approximately one hour.

The auditorium has been designated an alternate work site for civilians during the scheduled periods. For more information, contact Christy Wells at 298-5475.

Clinic phone line

The number to call for an appointment in the Family Practice or Pediatric Clinic is 298-3578.

Trash collection

Knox Waste Service is the new contractor for the disposal and collection of refuse at Laughlin. They will be replacing trash dumpsters around

Newslines

base today through Monday. Please do not park vehicles next to any dumpster these days.

For more information, call Vic Alba at 298-5311, Antonio Cantu at 298-5275 or Pete Aguilar at 298-4711.

Club member scholarships

Air Force Services is conducting the Seventh Annual Club Membership Scholarship Program. Current club members and their family members who have been accepted by or enrolled in an accredited college or university for entry during the fall of 2003 term as a part-time or full-time student are eligible to apply for scholarships.

Entrants must provide a 500-word or less essay on the subject: "Air Force Clubs – Help us

make members first." All entries must be submitted to the 47th Services Division chief by July 15.

For more information, call 298-5374 or visit Club XL or Club Amistad.

OSC scholarships

The Laughlin Officers' Spouses Club is offering academic and vocational scholarships to graduating seniors of an accredited high school, spouses of United States military members, dependent children and E-4s and below. An additional scholarship sponsored by FirstCommand is given to a high school senior. The deadline to apply for the scholarships is April 12.

Contact the base education office, base library, local area high school counselors' offices, local colleges or the website www.geocities.com/parklaug/OSCatLaughlinscholarship.doc for eligibility, guidelines and application forms.

For more information, call 298-7595.

'Gift of groceries' can help military families

By Bonnie Powell

Defense Commissary Agency

For more than 135 years, military families have been able to put commissary shopping on top of their lists of most valued military benefits. But for the first time, the average American can help military families with the "Gift of Groceries," a gift certificate program that allows anyone to purchase commissary gift certificates through <http://www.commissaries.com> or through a toll-free number.

Certificates can be donated to military families through charitable organizations or given directly to military friends and family, but only authorized shoppers can spend them at any of the nearly 280 commissaries serving the U.S. armed services worldwide.

"Commissaries can save shoppers an average of 30 percent or

more, so it's a valuable benefit for members of our armed forces, their families and retirees," said Defense Commissary Agency director, Air Force Maj. Gen. Michael P. Wiedemer. "The gift certificate program started out as a customer service but it seems to be evolving into much more."

Since the program began fall 2002, worldwide charities such as Air Force Aid Society, USO and Fisher House Foundation have agreed to accept donated certificates for military families in need.

Military chaplains' funds purchased over \$500,000 for the holidays, but now civilian organizations that want to help are getting involved too.

"We want to support military families through Operation Homefront," said Linda Jo Reynolds, assistant to Pastor Leo Giovinetti at

Mission Valley Christian Fellowship. Operation Homefront is a San Diego-area effort to support local military families. Radio station KOGO and Cinchouse, a local nonprofit organization of military spouses, are spearheading Operation Homefront.

"We heard they were accepting grocery certificates," said Reynolds. "So we thought since it was for the military, why not donate commissary gift certificates?" The fellowship donation was \$25,000.

"You would need about \$35,000 to purchase an equivalent amount of groceries at a retail store," said DeCA Deputy Director Patrick B. Nixon. "That kind of additional purchasing power is what the commissary benefit is all about for military families."

The gift certificate program is made possible through a business

agreement with CertifiChecks Inc., at no cost to DeCA or the federal government.

A standard charge covers the costs of handling, printing, and mailing of up to 20 certificates – as long as all are going to the same address. Additional charges may apply for bulk orders or special delivery.

When a purchaser donates, CertifiChecks sends the donated certificate to the designated charity.

"The donation of commissary gift certificates to military families has been tremendous so far," said Mike Baskerville, vice president of CertifiChecks Inc. "Giving the gift of groceries has been embraced by the public and business world alike as a wonderful way to support American men and women in the military."

Roche urges civilians to register family contact data

AIR FORCE PERSONNEL CENTER, Texas – Air Force civilian employees can benefit from the same next-of-kin notification process provided to the families of injured or killed uniformed airmen by providing their emergency contact information in a secure electronic file.

"So far very few of our civilians have registered. This is a great service to our total force that has never existed before," said Dr. James G. Roche, Secretary of the Air Force.

"This is the right thing to do. I hope our Air Force civilians, commanders and supervisors will do their best to ensure everyone knows about the online Emergency Data System and how to sign up," he said.

The electronic form, on the personnel center Web site

takes most people about 15 minutes to complete, officials said. It asks them questions about which relatives should be contacted in an emergency and what are their addresses and phone numbers, officials said.

"With this system we have immediate access to civilian emergency contact information. But it only works if people take a few minutes on behalf of their families to provide the necessary data," said Thomas Perry, chief of the casualty division here.

Currently, most civilians' emergency contact information resides only in the desk file of a person's supervisor – not much help in the many cases where the supervisor is unavailable or access to the desk is impossible, officials said.

"It's important that we be

able to locate and notify family members as quickly as possible after a casualty mishap," Mr. Perry said.

"We want to be able to do something we couldn't do immediately after Sept. 11; ensure we provide family members accurate and timely information about civilian Air Force people involved in an attack or an accident," he said.

Civilian members can access their records by logging onto <http://www.afpc.randolph.af.mil/emds/default.htm>. New users will need to first establish an account. Once logged in, civilians should press the "EMDS" button to access the form.

For more information about the civilian EMDS call the Air Force Contact Center at (866) 229-7074.

Officials urge against unsolicited troop mail

WASHINGTON – To bolster force protection, the general public is urged not to send unsolicited mail, care packages or donations to forward-deployed servicemembers unless they are a family member, loved one or personal friend, said Department of Defense officials.

On Oct. 30, Department of Defense suspended the “Operation Dear Abby” and “Any Servicemember” mail programs because of force protection concerns. Although these programs provide support to friends and loved ones stationed overseas, they also provide an avenue to introduce hazardous substances or materials into the mail

system from unknown sources.

Unsolicited mail, packages and donations from organizations and individuals also compete for limited airlift space used to transport supplies, warfighting materiel and mail from family and loved ones.

Recently, Department of Defense officials became aware of organizations and individuals who continue to support some form of the “Any Servicemember” program by using the names and addresses of individual servicemembers and unit addresses.

These programs are usually supported by well-intentioned, thoughtful and patriotic groups who are simply unaware of the new risks facing

deployed military forces, said officials. Some individuals and groups publicize the names and addresses of servicemembers, ships or units on Web sites. The result is a potential danger to the troops they wish to support.

Department of Defense officials cannot support creative and well-intentioned efforts that defeat force protection measures, but can instead recommend alternatives to mail and donation programs. To show support to troops overseas, the following are recommended:

■ Log on to the following Web sites to show support, to include greeting cards, virtual “thank you” cards and

calling card donations to help troops stay in contact with loved ones:

www.defendamerica.mil/support_troops.html,
www.usocares.org/home.htm and
www.army.mil/operations/iraq/faq.html

■ Visit Department of Veterans Affairs hospitals and nursing homes. Volunteer services to honor veterans who served in past conflicts.

Mail from family members and loved ones has always been encouraged and the military mail system will continue to work hard to get that mail to servicemembers overseas, said officials.

(Courtesy of Air Force Print News)

First Predator strike takes out aircraft threat

OPERATION IRAQI FREEDOM – A U.S. Air Force MQ-1 Predator found and destroyed a radar-guided anti-aircraft artillery gun in southern Iraq March 22 making it the first Predator strike of Operation Iraqi Freedom, defense officials announced.

The multirole Predator used one AGM-114K “Hellfire II” missile to strike an Iraqi ZSU-23-4 mobile anti-aircraft artillery gun outside the southern Iraqi town of Al Amarah.

The Predator is an unmanned aerial vehicle remotely piloted from a ground control station.

“The RQ-1 model is used for reconnaissance, while the MQ-1 model is

used as an unmanned strike platform,” said Lt. Col. Brian Pierson, chief of reconnaissance operations at the Combined Air Operations Center located at a desert air base in Southwest Asia.

The ZSU-23-4 is a self-propelled anti-aircraft gun with a self-contained radar dish for finding and tracking airborne targets. The anti-aircraft systems pose a significant threat to coalition flying operations, said Pierson. Predators have executed successful strikes previously in operations Enduring Freedom and Southern Watch.

(Courtesy of Air Force Print News)

Thinking about getting out? Think again.

Call the career assistance adviser at 298-5456 for guidance.

Chapel Schedule

Catholic

- Friday* ● 6 p.m., Stations of the Cross
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

- 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.

Proper appliance use prevents kitchen fires

By John Alexander
47th Civil Engineer Squadron
chief fire inspector

Protect individuals and family members against kitchen fires by taking simple precautions.

In microwave ovens, use only containers designed for microwave use. Everyone using a microwave should make sure they are following all of the safety precautions. Paper, glass and microwave proof earthenware are safe. In many cases, metals are not. Read and follow the instructions on all packaged microwave meals.

Do not exceed recommended cooking times. Individuals not sure

of how to use the microwave should not use it. Keep children away from the microwave oven.

Be careful when removing covers from microwave containers, escaping steam can cause severe burns. Cool all foods sufficiently before serving them to children.

If anything catches fire in the microwave, keep the door closed and turn off or unplug the micro-

wave. Opening the door will only feed oxygen to the fire. Do not use the oven again until it is serviced.

When using a conventional stove or oven, never leave cooking unattended. Keep cooking areas clear of combustibles and wear clothes with short, rolled-up,

or tight-fitting sleeves when cooking. Turn pot handles inward on the stove where they can't be bumped

and children can't grab them.

Enforce a "kid-free zone" that is three feet around the kitchen stove.

If grease catches fire in a pan, turn off the heat source, slide a lid over the pan to smother the flames and leave the lid on until the pan is completely cool.

The best first aid for burns is to run cool water over the burned area for 10 to 15 minutes. If a burn blisters or appears charred, get medical help immediately. Remember; never pour water on a grease fire.

For additional information on fire safety in your home, call the fire prevention office at 298-5037.

"Keep cooking areas clear of combustibles and wear clothes with short, rolled-up or tight-fitting sleeves when cooking."

– John Alexander,

**47th Civil Engineer Squadron
chief fire inspector**

The *XLer*

Staff Sgt. Ricardo Casas
47th Mission Support Squadron

Hometown: McAllen, Texas
Family: Wife, Norma; daughters Destiny, (9), and Victoria (3)

Time at Laughlin: One year and seven months

Time in service: Ten years in May

Greatest accomplishments: Having the best family in the world

Hobbies: Golfing, fishing and dancing to Tejano music

Favorite music: Tejano

Favorite movie: When We Were Soldiers, Wind Talkers and Saving Private Ryan

If you could spend one hour with any person, who would it be and why? My brother Ruben, he died in a car accident when he was 17 years old while I was stationed at my first duty assignment. I would of loved to hang out with him to get know him better and introduce him to my daughters.

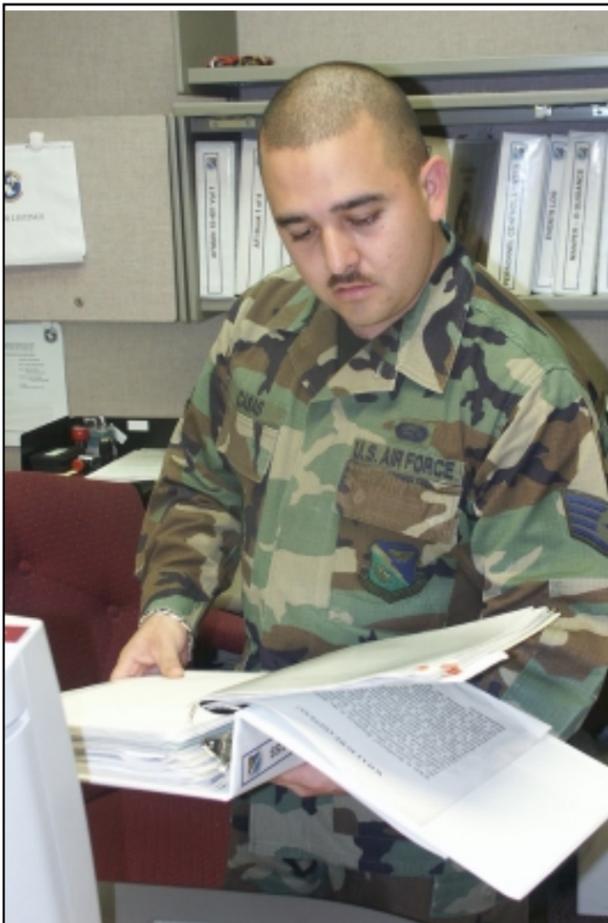


Photo by Airman 1st Class Timothy Stein

Airman's Attic provides needed items free

**By Airman 1st Class
Yvonne Conde**

Staff writer

Some things in life are still free for airmen E-5 and below. Although the Airman's Attic has changed locations, the program still exists for those in need of various items.

Now in building 360, next to the gym, the Airman's Attic offers an array of items such as baby clothes, toys, household appliances, furniture, military clothing and many miscellaneous items for airmen to choose from. The best part of this program is all items at the Airmen's Attic are available to airmen at no charge.

The program relies on donations and volunteers. It was created to provide military members and their families a variety of items they would normally have to pur-

chase. "The program makes it easier for [people] to have these items without the big bills," said Juanita Wright, Airman's Attic chairwoman.

Mrs. Wright says, it is important for base people to donate items in good condition rather than chucking them into the garbage. "It is a good recyclable," she said. "It's better than having to go out and spend lots of out-of-pocket money."

Staff sergeants and below who are interested in items at the Airman's Attic should contact their first sergeant for a referral card. Once a referral card is issued, the airman is eligible to choose any items needed from the Airman's Attic.

Whether an airman living in the dorms needs a few dishes, or a newly married couple needs furniture, small appliances or baby items, the

only payment necessary is the referral card.

"[Young airmen] are the most needy," said Mrs. Wright. "It's usually their initial assignment here or [they're] a newly married couple." Although this is the target population, any service member may receive a referral from a first sergeant based on individual needs.

Typically, about eight to 10 airmen use the Airman's Attic each month. Although this number has remained consistent, the donations have declined since the recent move to a new facility. "We need donations right now, especially BDUs (battle dress uniforms)," said Mrs. Wright.

The Airman's Attic is open 11 a.m. to 1 p.m. every Wednesday. Donations are accepted anytime during operating hours. To volunteer



Photo by Airman 1st Class Yvonne Conde

Charlie West, 19-month-old son of Staff Sgt. C.J. and Jennifer West, tests out the merchandise at the Airman's Attic.

help or to drop off a donation outside the hours of op-

eration, call Juanita Wright at 298-1251.

CES takes two games to win intramural title

**By Airman 1st Class
Timothy Stein**
Editor

It took two games March 20 for the 47th Civil Engineer Squadron to emerge as Laughlin's intramural basketball champions at the Fitness Center.

CES defeated the 87th Flying Training Squadron, 57-52, in the second game of the night after falling to the 87th in the first game, 63-52.

The two teams met earlier in the double-elimination tournament with CES winning that game, 71-67.

The 87th advanced to the championship game by beating Operations Support Squadron No. 1, 42-37, in the loser's bracket.

Both teams looked sharp beginning the first game. Crisp passes and solid defense defined the first 10 minutes. CES jumped to an early lead, the only time they would lead in the game. Down 10-9, 87th, which lives and dies on three-pointers, started connecting. Corey Christoffer led the scoring for the 87th with 17, in a half where his team made six three-point-

ers. They found themselves up by 11 at the half.

The second half went much the same for the 87th. CES made a couple of charges, largely by the play of Anthony Morin and Luis Lopez. CES closed the gap to 55-52 with two minutes left. The 87th smartly passed the ball around, forcing CES to foul to stop the clock. In the last two minutes, the 87th made eight foul shots to win 63-52, and force a final game.

After a 40-minute rest, the teams took the floor again. CES quickly took control of the game with Ray Dunklin scoring six of the first eight points for CES. The 87th tried to fight back but was unable to hit three-pointers successfully in this game. CES led 19-11, at the half.

Both teams looked tired as they took the floor for the second half. Once play got underway both teams stepped up a notch knowing that everything rode on this final half.

The 87th struck first, playing solid defense and hitting threes again. Glenn Gonzales and Shawn McManus each hit two from down-



Photo by Airman 1st Class Timothy Stein

Members of the 47th Civil Engineer Squadron and the 87th Flying Training Squadron battle for a rebound during the intramural basketball championship March 20 at the fitness center.

town in the first eight minutes. The 87th was now only down two with 12 minutes to go. CES bounced back with a couple of stunning plays by Lopez and Morin.

Still, the 87th would not go away. Two more three-pointers by McManus and one by Gonzales kept them on pace with CES. With time running out, CES clung to a slim, 50-

48, lead.

The 87th now resorted to fouling CES to try and win. Dunklin, spoiled this strategy, hitting six free throws in the fading minutes of the game to secure the CES victory, 57-52.

Both exhausted teams shook hands at center court, having played two tough games, but in the end CES reigned as champion.



Don't forget to
wipe down the
fitness center
equipment after
you are finished
using it.

XL Fitness Center hours

Monday – Thursday	Friday	Saturday – Sunday
5 a.m. to midnight	5 a.m. to 8 p.m.	9 a.m. to 8 p.m.

