

Border Eagle

Vol. 52, No. 32

Laughlin Air Force Base, Texas

Aug. 13, 2004



Photo by 2nd Lt. Sheila Johnston

A funny thing happened.....

Members of the Laughlin family are participating in the Upstagers production of "A Funny Thing Happened on the Way to the Forum" today, Saturday, and Aug. 20 and 21. Base participants performing at the Paul Poag Theatre, 746 South Main St., Del Rio, Texas are: (left to right) Jim Capozziello, 47th Comptroller Squad-

ron; Brenda Schamus, 47th Maintenance Directorate; Jennifer Munoz; Capt. Alex Heyman, 85th Flying Training Squadron; Christy Rhinesmith; SSgt. Scott Fooshee, 47th Operational Support Squadron; Kristin Fooshee; Ben Graf, 47th Civil Engineer Squadron; and SSgt. Paul Tully, 47th Flying Training Wing Chapel.

Laughlin promotes 27 to staff sergeant

Twenty-seven Laughlin senior airmen were selected for promotion to staff sergeant.

Laughlin's airmen on the list released by the Air Force Wednesday are:

- Charles Barber, 47th Medical Support Squadron
- Shoshannah Blackshear, 47th Operational Support Squadron
- Ernest Chapko, 47th Civil Engineer Squadron
- Keith Combass, 47th Security Forces Squadron
- Ernesto Deluna, Jr., 47th MDSS
- Jacob Holm, 47th SFS

- Nicholas Hull, 47th OSS
- Melvin Isaia, 47th Communications Squadron,
- Douglas James, 47th OSS
- Joshua McIntosh, 47th CS
- Edward Merz, 47th SFS
- Jose Meza, III, 47th SFS
- Cheneldra Moore, 87th Flying Training Squadron
- Christopher Morlandt, 47th Aeromedical Dental Squadron
- Terrell Morris, 47th Mission Support Group
- Daniel Olivares, 47th SFS
- Michael Osburn, 47th CES

- Jennifer Pegg, 47th Comptroller Flight
- Robert Perez, 47th SFS
- Marina Ramos, 47th SFS
- Michael Robinson, 47th SFS
- Stephanie Ryan, 47th OSS
- Jonathon Schmidt, 47th OSS
- Michael Sinclair, 47th OSS
- Christopher Speidel, 47th CS
- Fidel Vergara, Jr., 47th SFS
- Adam White, 47th OSS

The Air Force selected 13,625 of

See 'Promotion,' page 4

Newslines

Club XL closure

Club XL will close for renovation and upgrades Monday through Oct. 22. Pepperonis! will be open from 11 a.m. to 10 p.m. Mondays through Thursday beginning Aug. 16 to accommodate lunch. Pepperonis! will also be open 11 a.m. to 11 p.m. Fridays and Saturdays and noon to 10 p.m. Sundays.

For more information, call 298-5407.

Main gate closure

The main gate will be closed Aug. 20 to 22 for railroad construction. All traffic will be routed through the west gate.

Immunization clinic hours

Beginning Monday, the Allergy and Immunization clinic hours will be as follows: Monday to Thursday 7:30 a.m. to noon and 1 to 4 p.m.; Friday 8 a.m. to noon and 1 to 4:30 p.m.

Allergy shots will be given on Mondays, Tuesdays and Fridays from 9 to 10 a.m. and from 2 to 3 p.m.

The clinic will close every third Thursday of the month for training.

For more information, call 298-6469.

Deployment stats

Deployed: 29
Returning in 30 days: 7
Deploying in 30 days: 45

Mission status

(As of Wednesday)

Days behind or ahead:

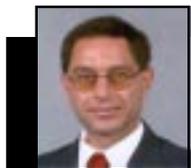
T-37, -13.06 T-1, 1.2
T-38, -0.632 T-6, -9.96

Mission capable rate:

T-37, 80.0% T-1, 75.4%
T-38, 72.4% T-6, 82.8%

Team XL achieves success

Positive attitude,
response to change
characterize XLers



**Commander's
Corner**

By Charles A. Berndt
47th Flying Training Wing
T-38 aircraft maintenance division
chief

The way that people and organizations deal with change is often a key contributing factor as to how successful they will be in accomplishing their mission. I have noticed that, as team XLers, we tend to deal with change in a positive, forward-looking, professional manner. This is a factor which, I believe, is one of the things that makes this base such a success story.

The one thing that is a constant for this team we call "XL" is change. For us it occurs on a daily basis and we have to be able to adapt in order to be successful at what we do, which is to graduate the best pilots in

the world. The base is in a constant state of change, nothing remains static.

Mature T-37s give way to the modern T-6, the T-38A becomes the T-38C. An antiquated fitness facility iterates into a modern fitness complex, and a dated wing headquarters building slowly transforms into a "high-tech" nerve center for the base. Weather patterns change. This summer has seen a substantial amount of team XL's leadership change as well.

Throughout all of the ripples, eddies, and currents that constitute the changes taking place here at Laughlin Air Force Base, one thing remains a rock solid constant, and that is the consummate professionalism and integrity that every member of this team uses to deal with change and contribute toward accomplishment of the 47th Flying Training Wing assigned mission.

Technicians on the flight line use technical data on a daily basis and complete their work with integrity in order to provide safe, reliable aircraft for our student pilots to train in. Operators combine professionalism with imagination in order to devise creative solutions with which to overcome the recent changed weather conditions here

"How Team XLers deal with change is truly remarkable. You are the embodiment of the core values that the Air Force has chosen for it's own and you apply those core values every day in order to ensure that this wing, this team, continues to be the best in the world at what it does, graduating pilots for the best Air Force in the world."

at the base in order to graduate pilots.

Base support agencies and squadrons conscientiously follow the guidance applicable to what they do in order to provide top notch support for the wing's mission of graduating the "number one" pilots in the world.

How Team XLers deal with change is truly remarkable. You are the embodiment of the core values that the Air Force has chosen for it's own and you apply those core values every day in order to ensure that this wing, this team, continues to be the best in the world at what it does, graduating pilots for the best Air Force in the world.

For that, Team XL, I applaud you and say this to you, keep up the great work and thanks!

Your votes count wherever you are

By Gen. Robert H. Foglesong
U.S. Air Forces in Europe
commander

RAMSTEIN AIR BASE, Germany — The most important privilege our nation provides its citizens is freedom. Our nation was built on democratic principles and one of our cherished constitutional rights is the right of each American to vote.

Today our men and women are globally engaged to help bring freedom, including the right to vote, to people around the world.

By registering and voting you

honor your fellow Airmen, Soldiers, Sailors and Marines who are sacrificing their personal freedoms to provide this staple of democracy.

You also reaffirm the sacred value of this privilege to many who have yet to achieve it.

It is the right to vote that allows you to elect officials who reflect your views and will speak for you in government. Why would people choose not to exercise this right?

By not voting, you abdicate that right and responsibility of citizenship that has cost so many so much to earn. You allow

others, with whom you may not agree, to select our future leadership.

The laws and policies enacted today can, and often do, influence the long-term health of our nation.

And it is our nation's future — ours and our children's — that should concern you today.

Take the time leading into the 2004 elections to register to vote and request your absentee ballot. The deadlines for completing and mailing a Federal Post Card

see **'Votes,'** page 3

Border Eagle

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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.**

Submissions can be e-mailed to: timothy.stein@laughlin.af.mil or sheila.johnston@laughlin.af.mil.

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.



Actionline
298-5351 or
actionline@afgham1

Col. Tod Wolters
47th Flying Training Wing
commander

This column is one way to work through problems that haven't been solved through normal channels. By including your name and phone number, you are assured of a timely personal reply. It's also useful if more information is needed to pursue your inquiry. We will make every attempt to ensure confidentiality when appropriate.

Before you call in or e-mail an Actionline, please try to work out the problem through the normal chain of command or directly with the base agency involved. Please keep e-mails brief.

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.

Thanks for your cooperation, and I look forward to reading some quality ideas and suggestions. Below are telephone numbers that may be helpful when working your issue with a base agency.

AAFES	298-3176
Finance	298-5204
Civil Engineer	298-5252
Civilian Personnel	298-5299
Clinic	298-6311
Commissary	298-5815
Dormitory manager	298-5213
EEO	298-5879
FWA hotline	298-4170
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

"Through trust and teamwork, train expeditionary airpower experts to fight and win America's wars"
— 47th Flying
Training Wing
mission statement

Suicide is not answer in rough times

Air Force family key to suicide prevention

By Staff Sgt. Angela Pope
4th Fighter Wing Public Affairs

SEYMOUR JOHNSON AIR FORCE BASE, N.C. — I've seen the effects of suicide twice since joining the Air Force.

I'd been in for almost two years, and a young Airman who lived down the hallway from me in the dorm hanged himself.

I didn't know him; he had only been at the base for a couple of weeks, in the Air Force for a few months. I never found out why he felt he had no other way, but I've learned in my five years in the military there are always options. Someone is always willing to help.

My second brush with suicide happened recently. Again, it was a young Airman, new to the military and to the base. I hadn't met him, but we lived in the same apartment complex. A few weeks ago, he decided to take his own life.

Why did these two Airmen feel they had no other choice? Did they really think suicide was the best solution to their problems? Did they think about their families and how it would affect them? How about their Air Force family?

Though I didn't know either of the young Airmen, I shed tears in both cases. It was partly because it hurts to lose a family member,

even when it's not a blood relative, but mainly because I've also felt suicidal in my life.

I was 15 and my best friend in the entire world died — my dad. I didn't understand why he had been taken from me. I didn't understand why I had to face such pain. All I could think about was being with him again, and saying the things I never got the chance to say.

I decided I was going to kill myself so I could be with him again.

My mom knew what I wanted to do and said something to me that shook my world. It didn't make sense to me then, but now, 10 years later, it does, and I thank her for saying it.

She told me my dad would be mad and wouldn't want to see me if I did that, and I had no right to put her and the rest of my family through that.

So, I stormed off to my room like any teenager would, and cried myself to sleep that night, and every night for the next week.

It took years for me to realize she was right. I think back on everything I've experienced since then, good and bad, and I'm grateful. I would have missed all of it had her words not gotten to me.

Not everyone in the military has someone on whom they can rely, someone to help them out of the fire.

But what every Airman does have is their Air Force family.

From financial troubles to relationship problems to work-related stress, the Air Force has resources to help with any difficulty.

People in the Air Force don't

look at dealing with life's problems as a burden, they see a wonderful opportunity to make every member's life that much better.

And I can speak of that from personal experience, too.

Shortly after I joined the military, I married my boyfriend of two years. He soon became emotionally abusive and we divorced a few months later. I was a wreck physically, mentally and financially. I dropped 20 pounds in less than two weeks because I lost my appetite and didn't eat.

I couldn't concentrate on work because of my emotional distress. I couldn't pay my bills because of the mounting debts my ex-husband incurred and left for me to pay. I felt I was no good to myself or to the Air Force and I wanted out.

Thanks to a warm-hearted supervisor, a caring doctor, a chaplain, a counselor and the Air Force Aid Society, I was nursed back to health and shown that I did have a place in the Air Force.

So, during two very hard times in my life, I had two different families on which to rely, two families I love and cherish dearly, two families who will do anything to keep me a part of theirs.

Take it from someone who's been there, suicide isn't the answer. Family is.

If you or someone you know needs help, call the National Suicide Hotline at (800) SUICIDE, the chapel at 298-5111 or after hours at 298-5167 or lifeskills at 298-6464 or your respective first sergeant.

Votes, from page 2

Application or turning in a Federal Write-In Absentee Ballot are both fast approaching. The Air Force goal is for everyone to complete and mail his or her application before or during Armed Forces Voters Week, Sept. 3 to 11, to

allow applications to meet all deadlines.

America is the greatest democracy in the world. We owe it to ourselves and our great nation to get out and vote. I urge each and every one of you to make your voice heard.

I encourage you to take

advantage of a privilege that people around the world continue to fight and die for — whether you are at a geographically separated unit, a one-deep special duty position or deployed in support of an Air Expeditionary Force rotation — no matter where you are, your vote counts!

Wing commander touts excellence, training

By 2nd Lt. Sheila Johnston
Public Affairs

Tuesday marked the beginning of a new era at Laughlin.

Col. Tod D. Wolters, 47th Flying Training Wing commander, held three commander's calls at Anderson Hall to introduce himself and his leadership philosophy to Team XL members.

He opened each call with a patriotic slide presentation set to the music of country artist Toby Keith.

To give a baseline for his views on leadership, Colonel Wolters said, "I believe the Global War on Terrorism will be an enduring challenge to our generation."

He said the trust the American people put in the military is greater than any other institution, whether it be the presidency, congress, the Supreme Court or organized religion. He said, "I think we're doing a pretty decent job. Our public appreciates us."

He went on to discuss what he calls the basics in leadership that emerge when leaders perform 'blocking and tackling duties.' The four basics were: mission, leadership, trust and safety. He explained that Airmen and Team XL members should trust their leadership to make the right decisions, Airmen should respect their peers, and leaders should mentor sub-

ordinates, all in the interest of building better leaders and furthering the mission.

He said, "I've got to trust my leadership, you've got to trust yours. I've got to respect my peers, and I've got to spend a heck of a lot of time making sure that I mentor my subordinates."

To further emphasize his philosophy, Colonel Wolters introduced a new 47th Flying Training Wing Mission Statement.

"Through trust and teamwork, train expeditionary airpower experts to fight and win America's wars."

"Simply put," Colonel Wolters

said, "the mission is about 'Excellence and Training.'" He feels this is a positive depiction of the Laughlin mission because "Leaders build more leaders."

Finally, he closed the call with an emphasis on safety. He said, "Safety is not a program; it is a way of life." He said safety preserves Laughlin's and the Air Force's combat capability, and each Airman has a responsibility to think and act in a safe manner.

He concluded by saying, "The bottom line is that I want you to do your job. I want you to concentrate on those basics, and I want you to trust your leadership, respect your peers and always mentor your subordinates."

Coalition forces come together in operations center

TALLIL AIR BASE, Iraq (AFPN) — Despite cultural and language differences between Korean, Dutch, Italian and American forces, controllers in the Combined Defense Operations Center here are one force guarding against a common enemy.

The center brings together security forces from the nations based here to gather information and determine the best response to events threatening the safety and security of people and resources, said Tech. Sgt. Keith Cross, the CDOC day-shift supervisor.

"Tallil is a major stopping point for vehicle and aircraft refueling," Sergeant Cross said. "We basically provide security for the people and resources transitioning north, south or wherever."

The center, established about four months ago, is the first of its kind in Iraq, Sergeant Cross said.

With the number of coalition forces here, it makes sense to integrate them in one location for security, said U.S. Army Sgt. 1st Class Marc Berkyheiser, a CDOC controller. "When you have one game plan, it's easier to channel everything more effectively."

"The rocket attack here on May 20 is a prime

example," Sergeant Cross said. "Our American and coalition forces worked together to go out and try to pinpoint the area where the launch came from."

Sergeant Berkyheiser, who has been at Tallil since February and had never worked in a joint environment before, said it has been a really good experience.

"I'm very impressed, especially with the Air Force guys [and] the way they handle their jobs," he said. "The Italians too. They really know their jobs and are very professional."

"We know we're here for a reason; it's the same with the coalition security forces," Sergeant Cross said. "They know they've got a job to do, and that's to keep everybody here safe."

As he nears the end of his deployment, Sergeant Cross said many thoughts are running through his mind.

"I think the major thing, though, is how we can bring so many different bases, different attitudes and different backgrounds ... and have them come together and make things work," he said. "It may take some people longer than others to get together but I don't think it takes the cops long to start clicking ...



Photo by Master Sgt. Debbie Aragon

Tech. Sgt. Keith Cross (right) works side-by-side with Dutch air force 2nd Lt. Bjorn van der Linden and other coalition forces in the Combined Defense Operations Center gathering information and formulating responses to threatening situations.

no matter what their nationality."

CDOC controller and coalition security forces members are "pretty proud of what we do and if (the enemy brings) the fight to us, we'll take it back to them," Sergeant Cross said.

Promotion, from page 1

33,306 eligible senior airmen for promotion to staff sergeant, a 40.91 percent selection rate. The complete list of selectees will be posted to the Air Force Personnel Center's Web page, <http://www.afpc.randolph.af.mil/eprom/>, by 6 p.m. today.

"Certainly the Air Force has had another banner year in terms of promotion," said Chief Master Sgt. Mark

Billingsley, the center's enlisted promotions branch chief. "The Air Force has singled out those senior airmen who have shown they are ready for the next big step in their career. This group has worked hard for their stripes and will make valuable contributions as our newest (noncommissioned officers)."

The average score for those selected was 272.33 points, with the following averages:

- 130.85 enlisted performance reports
- 58.23 promotion fitness exam
- 54.29 specialty knowledge test
- 6.43 time in grade
- 10.88 time in service
- 0.79 decorations

The average selectee has 1.77 years time in grade and 4.39 years in service. Those selected will be promoted to staff sergeant from September to August 2005.

People who tested are expected to receive their score notices by the end of August, allowing them to see just how their promotion fitness examination and specialty knowledge test scores rank against others within their Air Force specialty.

Each Airman can also get an electronic copy of his or her score notice Monday by logging into the virtual military personnel flight at <http://www.afpc.randolph.af.mil/>. (Courtesy of AFPC News Service)

Center professionals helping fight terrorism

By Carl Bergquist
Air University
Public Affairs

MAXWELL AIR FORCE BASE, Ala. (AFPN) — A well-trained terrorist looks for ways to exploit his target's vulnerabilities; however, through training and vigilance, the malicious deeds of America's enemies can be foiled.

That is the message people from the U.S. Air Force Counterproliferation Center here want to spread.

With the motto, "We cannot afford to be the unready confronting the unthinkable," a staff of 12 civilians, active-duty Airmen, Guardsmen and reservists are helping counter the spread of weapons of mass destruction by using education and research.

"(The center) was set up to help future Air Force leaders better understand (the weapons of mass destruction) issue," said center director Dr. Barry Schneider. "The center's primary mandates are education and research concerning chemical, biological, radiological, nuclear and high-explosive devices and helping educate first-responders handling (these) situations."

Most recently, the center has branched into homeland security and homeland-defense education and research, Dr. Schneider said.

One example of the center's research, he said, involved center workers researching chemical and biological weapons used against domestic political opponents in countries like Mozambique, Libya and Angola. They also investigated how and where the weapons were deployed.

"This was some fairly new stuff, and we financed

some very good original research into this area," Dr. Schneider said.

Col. Michael Ritz said he tries to make his audience aware of what they might be up against when dealing with weapons of mass destruction and that, with proper training and by using active and passive defenses, a chemical, biological, radiological or nuclear event is not necessarily the "end of the world."

"The key is awareness and vigilance and an understanding that if something does happen, lives can be saved and the effects can be reduced," said Colonel Ritz who is an active-duty Air National Guard officer. He is the associate director of the center and the ANG adviser to the center director.

Colonel Ritz said active defenses would include missile systems that knock out cruise missiles aimed at the United States. Passive defense encompasses protective masks and clothing, inoculation against anthrax, smallpox and other biological agents and X-ray machines at airports.

The center's educational involvement at Air War College is done through core and elective courses. Similar courses are also taught at Air Command and Staff College; College for Aerospace Doctrine, Research and Education; and other Air Force and ANG school and commands.

"Americans should guard against homeland security complacency as complacency can also become our enemy," Colonel Ritz said. "It is quite possible that it is impossible to create a perfect world. We must be ready for the bad guys."

(Courtesy of Air Education and Training Command News Service)

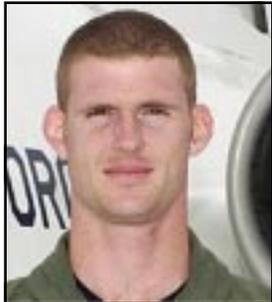


GRADUATION

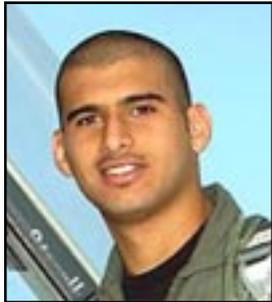
Specialized Undergraduate Pilot Training Class 04-13



Capt. Michael Mellott
F-16C,
Luke AFB, Ariz.



1st Lt. Eric Masters
C-17,
McGuire AFB, N.J.



1st Lt. Yousef Al-Sabah
F-18,
Al Jaber AB, Kuwait



1st Lt. Sean Hall
A-10,
Davis-Monthan AFB, Ariz.



1st Lt. Eric Graves
KC-135,
RAF Mildenhall, England



1st Lt. Brian Jacobsen
C-21,
Peterson AFB, Colo.



1st Lt. Matthew Lewis
B-52,
Barksdale AFB, La.



1st Lt. James Post
KC-135,
Robins AFB, Ga.



1st Lt. Shaun Southall
KC-10,
McGuire AFB, N.J.



2nd Lt. Daniel Arneson
T-1,
Laughlin AFB



2nd Lt. Christopher Cisneros
A-10, (ANG)
Maryland ANG, Md.



2nd Lt. Lawrence Dietrich
F-15C,
Tyndall AFB, Fla.



2nd Lt. Paul Doughty
F-16C,
Luke AFB, Ariz.



2nd Lt. Jonathan Dunn
T-6,
Laughlin AFB



2nd Lt. Jeffrey Gilmore
C-21,
Scott AFB, Ill.



2nd Lt. Gary McCullough
KC-135, (ANG)
Pittsburgh IAP, Pa.



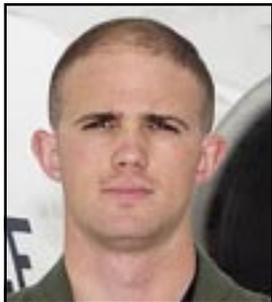
2nd Lt. Robert Reballoza
KC-135,
McConnell AFB, Kan.



2nd Lt. Davis Rogers
T-6,
Laughlin AFB



2nd Lt. Samuel Rogers
KC-10,
Travis AFB, Calif.



2nd Lt. Matthew Sartori
C-130,
Dyess AFB



2nd Lt. Austin Schlech
C-130, (AFRC)
Pittsburgh IAP, Pa.



2nd Lt. Matthew Thatcher
KC-10, (AFRC)
McGuire AFB, N.J.



2nd Lt. Joshua Wiitala
C-17,
McGuire AFB, N.J.



2nd Lt. Justin Wilson
C-17,
McChord AFB, Wash.



2nd Lt. James Whaley
KC-135, (ANG)
Birmingham ANG, Ala.

Air Force seeks career enlisted aviators

Courtesy Air Force Print News

WASHINGTON — Opportunities for Airmen to become enlisted aviators are taking off as nine aircrew specialties are opening up for retraining.

The Air Force's senior enlisted aviator said more than 360 training slots are available for enlisted Airmen in ranks senior airman through master sergeant.

Chief Master Sgt. Tim Steffen, enlisted aviator career field manager, said the service has been aggressively recruiting enlisted fliers through several avenues, including notices on monthly leave and earnings statements and "head hunters."

"Our recruitment drive has quickly gained momentum, and considering all the fantastic opportunities available, it's hard to believe so many positions remain unfilled," Chief Steffen said.

First-term Airmen assigned to units within the continental United States may not apply before the first duty day of the month in which they complete 35 months of their enlistment (59 months for six-year enlistees).

They must apply before the last duty day of the 43rd month of the enlistment (67 months for six-year enlistees).

Airmen stationed overseas may apply between the 15th and ninth month before the date they are eligible to return providing they will enter the 35th month of service (59th for six-year enlistees) on or before their return date.

Many of the retraining slots became available with the release of the fiscal 2005 noncommissioned officer retraining program, the chief said.

"Flying duties are incredibly challenging and extremely rewarding," he

said. "Along with the chance to fly all over the world, another great reason for becoming a CEA is the incentive pay."

CEAs are entitled to a monthly incentive pay based on the number of years of aviation service, not rank.

Specifically, Airmen with four years or less of aviation service receive \$150 per month. Airmen with more than four years earn an extra \$225, and those with more than eight years earn \$350.

Airmen with more than 14 years of aviation service collect \$400.

Positions are available for in-flight refueling specialists, flight engineers, loadmasters, airborne communications and electronics specialists, airborne battle management systems specialists, airborne mission systems specialists, flight attendants, aerial gunners and airborne cryptologic linguists. Contact

the local military personnel flight for more information, or visit CEA site at <https://www.xo.hq.af.mil/xoo/xoot/xoota/CEA/cea.htm>.



Online news

Access breaking news at United States Air Force Online News, the official newspaper of the United States Air Force. Simply go to www.af.mil/news/ and stay informed about events.

Quarterly assignment listing now available

The Enlisted Quarterly Assignment Listing for April to June 2005 overseas requirements is now available.

Individuals need to work through their military personnel flights to update their preferences by Aug. 19. Airmen will be notified of their selection by mid-September, said Air Force Personnel Center officials here.

EQUAL advertises upcoming assignment requirements, by Air Force specialty and rank. Airmen should re-

view, prioritize and update their assignment preferences based on the listing, officials said.

People can view the lists on the AFPC home page at <https://afas.afpc.randolph.af.mil/amswweb/master.cfm> or at local MPFs. Airmen on temporary duty during the advertising period can contact the nearest personnel office for assistance.

(Courtesy of AFPC News Service)

Air Force offering foreign scholar study opportunity

The Air Force is offering three officers the opportunity to study overseas for two years through the Olmsted Scholar Program. Those selected will begin study for the 2005-2006 school year.

The program provides participants with an in-depth understanding of a foreign language and culture so they are aware of the viewpoints and concerns of people worldwide, officials said.

It involves cultural immersion by an officer and his or her family (if applicable), as well as study at a university in the country's native language. Officials are selecting officers with demonstrated leadership and scholastic abilities.

Applicants must be a regu-

lar or Reserve line officer on active duty with between three and 11 years of commissioned service, and no more than 11 years of total service by April 1, 2005. They must have scored at least a 110 on the Defense Language Aptitude Battery

For more information and qualifications, visit your military personnel flight or the Web site at www.afpc.randolph.af.mil/pme/0-Olmsted.htm.

Completed applications must arrive by Oct. 15 to: HQ AFPC/DPAPE, 550 C St. W., Suite 32, Randolph AFB, TX 78150-4734.

(Courtesy of AFPC News Service)

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

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



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National Aviation Week:

Support teams on ground keep flyers

Story and photos by
**Airman 1st Class
Olufemi A. Owolabi**
Staff writer

Monday through Aug. 21 is National Aviation Week, recognizing the milestones in aviation and the progress aviation organizations have made since the inception of flying operations.

It is a week for the 47th Operations Support Squadron to recognize the impact and support of its units to make the 47th Flying Training Wing mission success a reality.

Laughlin's mission statement is "Through trust and teamwork train expeditionary airpower experts to fight and win America's wars." To accomplish this mission, safe and proper flying operations are prerequisites, and many

"behind-the-scene and on-the-ground" units make flying operations a success.

Ranging from maintenance of aircrew equipment and aircraft to communications between pilots and air traffic controllers, members in the air traffic control tower, aircrew life support and aerospace physiology, among others, have tremendous impact on getting Laughlin flying mission off the ground.

For air traffic controllers, it's a week to recognize how the advancement of technology replaces their old equipment with an automated system.

"Without us, flying operation and number of sorties will be limited. An air traffic controller separates and coordinates aircraft movements so that they don't hit each other

when they are airborne," said Tech. Sgt. Shane MacPhearson, ATC automation chief. "We allow their vision to be realized."

Particularly important during bad weather or emergency situations air traffic controllers determine aircraft landing priority.

"Basically, the most important part of our job is separating, sequencing aircraft and issuing safety alerts," said Sergeant MacPhearson

In the early years of aviation history, a lot of aircraft accidents happened due to altitude threats, such as hypoxia on the human body. Today, keeping up with the evolution of technology is a challenge for aircrew members.

To curb this challenge, the 47th Aeromedical dental Squadron's provides the first-

stop and eight days of training for student pilots. Instructors provide students with academic and hands-on-training on spatial disorientation, egress training, aircrew resources and attention management, acceleration, hazards of noise, oxygen equipment and local survival. Also, this unit builds students' confidence through swing landing training, altitude chamber, parasailing and unassisted night vision techniques, among others.

"No organization on base can demonstrate the effect of hypoxia in a controlled environment other than aerospace physiology," said 1st Lt. Michael Akins, 47th Aeromedical Dental Squadron's aerospace physiologist. "As far as aviation is concerned, we focus on enhancing human

performance in a dynamic environment of flight where pilots are faced with many threats."

This unit also conducts refresher training every five years for all aircrew members to update and remind them of what they learned from their first-stop training, and we work in conjunction with the aircrew life support, he said.

"In life support, we take care of all pilot equipment, like parachute, mask, G-suite and survival kits. We're a major aspect of their everyday flying," said Airman 1st Class Bridget Boehm, an aircrew life support technician.

In life support, paying attention to detail is critically important. "We have to inspect the equipment all day and each time the pilots are flying," said Airman Boehm

"The smallest problem with this equipment can affect flying operations and risk the lives of the pilots. Because you never know when emergencies can happen, equipment has to be in good working order so that they can use it to save their lives," she said.



Airman 1st Class Trisha Maufield, an air traffic control apprentice here, receives training on communicating with aircraft from Staff Sgt. Annika Preciado, an ATC journeyman, (left). Air traffic controllers communicate with pilots to ensure they are flying in a safe environment.

s, planes in air



(Upper) Aerospace physiology personnel demonstrate how to properly put on a helmet during scenario training here. This unit trains pilots on how to overcome different threats, such as hypoxia, during their flight.

Airman 1st Class Bridget Boehm, an aircrew life support technician inspects a helmet to ensure it is in good working order.



Two J-69 engine mechanics, Diego Esparza and Oscar Saucedo, assemble the jet before it goes into the Aircraft. Oscar and Esparza are a team of T-37 aircraft maintenance workers here.



Jesus Rangel, a J-85 jet engine mechanic here, fixes an assembled engine. His unit disassembles, assembles and maintains the J-85 jet engines for T-38 aircrafts.

The *XLer*

Senior Airman James Boone
47th Operations Support Squadron



Photo by Airman 1st Class Olufemi A. Owolabi

Hometown: Grover, N.C.

Family: older sister

Time at Laughlin: Two years and 3 months

Time in service: 2 years and 8 months

Hobbies: Wood working, fishing, and playing golf

Greatest accomplishment: Getting my 5-level upgrade and making Senior Airman Below The Zone.

Bad habit: Getting up too early

Favorite movies: Old School and Hannibal

If you could spend one hour with any person, who would it be and why? My dad.

Because he has been there for me through everything!

Chapel information

Catholic

Monday - Friday

● Mass, 12:05 p.m.

Saturday

● Reconciliation, 4:15 p.m. or by appointment; Mass, 5 p.m.

Sunday

● Mass 9:30 a.m., Religious Education, 11 a.m.

Thursday

● Choir: 6 p.m.; Rite of Christian Initiation, 7:30 p.m.

Protestant

Wednesday

● Protestant Women of the Chapel Ladies' Bible Study, 9 a.m.; Choir, 7 p.m.

Sunday

● Contemporary worship, 9 a.m. in the base theater; General worship (a blend of Liturgical and contemporary worship), 11 a.m.

Chaplain Staff

Wing chaplain:

Chap. (Lt. Col.) Joseph Lim, Roman Catholic

Senior Protestant:

Chap. (Capt.) Terri Gast, Presbyterian Church, USA

Protestant:

Chap. (Capt.) Alex Jack, Independent Christian Church

Protestant:

Chap. (Capt.) Kenneth Fisher, Evangelical Church Alliance

For more information on other denominations, chapel events or services, call 298-5111. For information on special events, see the Community Calendar on page 16.

Interested in the Air Force?

Call Del Rio's Air Force recruiter at 774-0911.

Please recycle this newspaper

Base returns World War II flag to Japanese

By Val Gempis
Air Force Print News

YOKOTA AIR BASE, Japan — A flag belonging to a fallen World War II Japanese soldier was returned to his family during a brief but emotional ceremony here Aug. 6.

Flags were considered traditional farewell gifts for Japanese soldiers going into battle. Col. Mark Schissler, commander of the 374th Airlift Wing, handed the white silk flag covered with Japanese characters to Manshichi Saeki. His brother, Ippei Saeki, died fighting against American

forces during the Battle of Okinawa on June 17, 1945.

“I’m grateful that we have the chance to bring a family of a Japanese soldier on base and present the flag to back to them,” Colonel Schissler said.

“We’re deeply honored to pay tribute to their brother and all the warriors who lost their lives during the war.”

Mr. Saeki said that the last time he saw the flag was almost 60 years ago. Dozens of his brother’s friends and relatives had signed the 4-by-3 flag before he died in Okinawa. It was emblazoned with “Long Live the Warrior

Spirit” at the top.

“Words cannot express how I feel today,” Mr. Saeki said through a translator. “I’m very thankful for the base for having this ceremony,”

The timing of the ceremony was very important for the Saeki family, a base spokeswoman said.

The 60th anniversary of the death of a family member holds special meaning for Buddhists.

After that landmark, many people believe a spirit can finally be laid to rest. Mr. Saeki said he has only two photos of his brother, and the flag is an

important addition. “Having my brother’s flag will enable my family to console his spirit in a Japanese way,” he said.

The flag was taken to the United States after the war. California resident Jim Tarp said a U.S. serviceman gave the flag to his mother years ago. The flag was traced back to Yaho village, about 10 miles from Yokota Air Base, with the help of retired Air Force Lt. Col. Brian Shiroyama, who used to be stationed at the base. Colonel Shiroyama scanned the flag and sent it to Takahiro Ichikawa, an old friend and member of the

374th Security Forces Squadron here.

The flag was traced through one of the signatures, the Yaho Village Third Youth Group, which identified the fallen warrior’s hometown.

Commander’s
Access Channel:
Tune to
Cable
Channel 34
for information
about events
and activities at
Laughlin.

Mouth guards prevent injuries

By Capt. Mark S. Halversen
47th Aeromedical Dental Squadron
general dentist

Recent studies have found that one in four individuals in the U.S. will suffer from an oral injury in their lifetime. Many of these injuries occur during violent sports like football, boxing, and hockey. Additionally, a high percentage of teeth get knocked out during bike riding, baseball, soccer, volleyball, skateboarding and basketball.

With this in mind, dentists have started recommending mouth protectors during any type of sports activity.

It is highly recommended that athletes wear a mouth guard during both practice and competition in contact and collision sports, because without it, damage to the teeth increases sixty-fold. The NFL, NHL and all boxing organizations require the use of a mouth protector to prevent injury to the mouth, teeth, lips, cheeks and the tongue. In addition, a mouth guard can cushion blows that might cause con-

cussions or jaw fractures.

Remember, the presence of a mouth guard, does not guarantee a tooth will not be lost, but, it greatly decreases the likelihood of tooth loss as a result of sports injuries.

There are three different types of mouth guards.

■ Stock Mouth Protector: this type is readily available in sporting goods stores. After purchasing it, it's ready to be placed in the mouth. The drawback with this type is, it can be bulky and can restrict the ability to communicate or breathe.

■ Boil and Bite: commonly available in athletic stores as well.

This type requires the user to place the protector in boiling water to soften it and then place it in his or her mouth. If you choose to use this, follow the manufacturer's instructions closely to avoid making an ill-fitting mouth guard.

■ Custom-fitted: The custom fitted type allows for easier communication and breathing. Many people get dis-

couraged when they hear the prices of the custom-fitted type, however, think about the amount of money it will save if it prevents having a tooth knocked out or possibly even a jaw fracture. If you are active duty personnel, there is no cost to have a mouth guard made at the base dental clinic.

If you're a civilian employee or an active duty dependent, you need to ask your dentist if they provide this type of service. Remember a mouth protector is not a nuisance but serves as a preventive piece of equipment in addition to the other protective equipment that you have to wear for your particular sport. Whether you're young or old, wearing a mouth guard during practice or competition makes good sporting sense.

With the new school year rolling around as well as intramural football starting up soon, the dental clinic wants to arm Team XL members for safe sporting fun by providing mouth protectors for active duty members and their dependents.

Softball Standings

	<u>Team</u>	<u>W-L</u>
<u>American League</u>	Del-Jen1	7-2
	87th	5-4
	84th/85th	5-4
	LCSAM 2	5-5
	OSS	6-3
	LCSAM 1	4-4
	86th	4-4
	Del-Jen 2	4-6
	<u>Team</u>	<u>W-L</u>
<u>National League</u>	CES	11-0
	CCS	7-4
	SFS	6-5
	LSI	4-7
	MED GP	3-5
	MSS	2-11
	SVS	1-10

On Aug. 30 to 31 the dental clinic will have time reserved for active duty personnel wanting custom mouth guards made. For dependants, the clinic will have "Boil and Bite" mouth guards available and will provide tips on how to ensure a good fit. If you are an active duty member and want a custom-fitted mouth guard, call the Dental Clinic at 298-6331 for an appointment.

Cross training equals improved fitness levels

Fitness commentary
by Bill Goin

47th Flying Training Wing
exercise physiologist

Tired of the same old workout? Looking for a level of fitness that your current exercise routine can't offer? Are you experiencing nagging injuries that just don't seem to heal? Are you lacking the motivation

to be as consistent as you should be? If you answered yes to any of these questions, you are a likely candidate for cross training.

Do you remember the "Bo knows..." commercials with Bo Jackson? Bo knew running! Bo knew jumping! Bo knew swimming! Bo knew cross training! Athletes have been cross training since the days of the Olympic decathlons and pentathlons in Greece. The past two decades have seen the popularity of the triathlon reach international proportions, introducing the

concept of cross training to all levels of athletes.

Why Cross train?

The benefits of cross training are numerous. It reduces the risk of injury because the same muscles, bones and joints are not continuously subjected to the stresses of the same activity. Cross training also adds variety to your workouts, making your routine more interesting and easier to stick with. For the athlete, it provides a break from the rigors and stresses of single-sport training. Cross training will improve your overall fitness

and, over an extended period of time, can ultimately lead to improved performance.

The nuts and bolts of cross training

Whether you are new to exercise or a competitive athlete, the essentials of cross training are the same. You can choose to vary your routine from workout to workout, or simply add a new component

within your existing exercise program.

One of the easiest ways to start cross training is to alternate between activities – running one day, swimming or cycling the next. Or, you can alternate these activities within a single workout, spending 10 minutes on a

See 'Cross,' page 15

Buckle up! It's the law.

Cross, from page 14

treadmill, 10 minutes on a stationary bicycle, and 10 minutes on an elliptical trainer. More experienced exercisers might begin an hour long workout with a 15-minute jog to a nearby swimming pool. After a 20 minute swim and perhaps a few minutes of push-ups or sit-ups, they can finish off the workout with a 15-minute jog back home and several minutes of flexibility exercises.

Get creative with cross training

If your looking to increase your endurance level, try alternating low-level aerobic activities, such as 20 minutes of cycling, with 10 minutes of higher intensity exercise, such as stair stepping or jumping rope.

Gradually increase the amount of time you spend on

the more intense activity.

These formulas can be used with just about any type of activity. Combining a group of aerobic activities into one workout at steady or various intensities is an excellent way to fight the boredom that comes from the same daily routine.

All exercise sessions, whether they involve cross training or not, should begin with low-level aerobic exercise to effectively warm-up. They should always end with low-level aerobic exercise and stretching to effectively cool-down.

The bottom line

Cross training is an excellent way to improve your overall fitness level, fight the boredom of the same daily routine, and can help keep you consistent with an exercise program.



Photo by Ken Wright

Only 36 miles to go...

U.S. AIR FORCE ACADEMY, Colo. — The Commandant of Cadets, Brig. Gen. John Weida (blue shirt and hat), leads the Class of 2008 on its 36-mile relay "Warrior Run." The relay began at the school's Jacks Valley training area then meandered through Pike National Forest. The 11-leg, 7-hour run is the final event for the class's basic cadet training. More than 1,200 people from the class began the "Warrior Run" prior to beginning freshman school year.



Highlights

Country and western night

Dance the night away from 9 p.m. to 1 a.m. Saturday at Club Amistad. The evening features free dance lessons from 9 to 10 p.m., barrel racing, calf roping, and food and beverage specials.

Air Force sports

The Fitness Center is taking training requests for the Air Force Sports Program. People interested should submit an Air Force Form 303. For more information, call 298-5251 or visit www.usafsports.com.

Talent show entry deadline

Entries for the fall talent show are due by Aug. 20. Volunteers are also needed to work as stage hands and the concession stand. To sign up, visit the Fiesta Center or call 298-5475.

August 'mad hat' social

The Officers' Spouses Club "Mad Hat Bunko" social begins at 6:30 p.m. Aug. 24 at the Fiesta Center. The social is free and spouses should wear a crazy hat.

To RSVP call 298-3529 (A-L) or 298-3359 (M-Z). On-site childcare is available 6:30 to 9:30 p.m.

RSVP with child's name and age by Aug. 22 to Trasi Mullin at 734-5076.

Enlisted spouses club

All enlisted spouses and single active-duty personnel are eligible for membership.

For more information, call 298-2180.

To advertise base functions in the Community Calendar, e-mail submissions to timothy.stein@laughlin.af.mil. The deadline for submissions is 4:30 p.m. Thursday, one week prior to publication.

Events calendar



15
SUN

Club XL is hosting a **Sunday Brunch** Sunday 10:30 a.m. to 1:30 p.m. Cost is \$10.95 for adults with \$3 discount for members, \$3.95 for children ages 5 to 11 and free for children 4 and younger.

Club Amistad presents a comedy show Aug. 20, beginning at 9 p.m. The show features Todd Larson, Jerry Rocha and Miguel Lorenzo. Tickets are \$10 each and \$5 for club members. For ticket information, call 298-5346.

20
FRI

Sign up today



A **framing and matting class** is offered 1 to 3 p.m. Saturday at the Wood Skills Frame Shop. Registration is required. Cost is \$15. For details, call 298-5153.

The Woodskills Center offers a **woodworking class** Aug. 26. The class meets from 5 to 9 p.m. and the cost to participate is \$5. To sign up or for more information, call 298-5153.

Registration for **Spanish learning class** begins Sunday at the Fiesta Center. Classes are scheduled Thursdays in September 6:30 to 8:30 p.m. Cost is \$40. To register, call 298-5224.

The Youth Center 2004-2005 **Before and After School Program** begins Monday. Registration is 6:30 to 7:30 a.m. and 3:30 to 5:30 p.m. Monday through Friday. The program is open to children ages 5 to 12. For more information, call 298-4363 or 298-4187.

The Child Development Center is offering the **Preschool Part-day Enrichment Program**. Sessions available include five-days, three-days, and two-days.

Fees are based on income category and session selected. Parents should bring a copy of

their leave and earning statement and the child's immunization records. To sign up or for more information, call 298-5419.

Southwinds Marina is offering a **Sunset Boat Cruise** Aug. 27, 7:30 to 9 p.m. Cost is \$10 per person. Call 775-7800 by 7 p.m. Aug. 26 to register.

Sign up for **Shotokan karate instruction** given by black-belt Jose Torres-Reyes at the Fiesta Center. Call 298-5224.

A lunch-time **ping pong tournament** is Tuesday through Aug. 20 at 11 a.m. at the Fiesta Center. Registration is required. Prizes will be awarded. Call 298-5475 for details.

The Fitness Center presents a **Labor Day Tri-athlon** Aug. 28 at 8 a.m. Events include an eight-lap swim, 5K run and 10K bike race. To register or for more information, call 298-5251.

Recurring



Kids' story time and crafting is 10:30 a.m. Fridays at the Book Mark Library. Children can listen to a story and complete a craft. To volunteer or for details, call 298-5757.

Retirees' bowling is scheduled from noon to 5 p.m. every Tuesday and Friday at the Cactus Lanes. Cost is 75 cents per game. For details, call 298-5526.

Sign up for the **fall bowling leagues** at the Cactus Lanes. Call 298-5526 to register.

Massage therapy is available at the Fiesta Center. Lori McCane, registered massage therapist, offers Swedish and deep tissue massage. Sessions can be made for an hour or for a half-hour.

Call 298-5474 for details or 734-1549 to make an appointment.

Six Flags Fiesta Texas tickets are now available at Outdoor Recreation. The cost is \$24. Sea World tickets are also available.

Tickets are \$36 for adults and \$26 for ages 3 to 9. For details, call 298-5830.

Around town



The Del Rio-Laughlin Youth Soccer Association seeks volunteers for **soccer coaching and referees**. For details, call 1st Lt. Joseph McCane at 298-5011.

Andale Del Rio, an annual health and fitness community event, is Sept. 18, 8 a.m. to noon at Buena Vista Park on Fox Drive in Del Rio. Activities include a health and fitness fair, children's car seat inspections, basketball shoot, canine demonstrations and walking and running events.

People interested in volunteering to help with the event should call 298-6464.

Cub Scout Pack 204 begins its season Aug. 30. Meetings start at 6 p.m. in the chapel fellowship hall. All boys ages 7 to 12 are welcome to participate in the fun, friendship and the joy of scouting. Adult volunteers are desperately needed to begin the season. To volunteer or for more information, call 298-1243.

Chapel events



The chapel offers **Jewish activities** by a Jewish Welfare Board certified lay leader. For details, call 298-5111 or 1st Lt. Samuel Sterlin at 734-8236.

Interested members are forming a **Buddhist study group** at the base chapel. For details, call 298-5111.

The Protestant Women of the Chapel are offering a **Ladies Bible Study** from 9 to 11 a.m. Wednesdays at the chapel. For details, call LeAnn Loftus at 298-0088.

The Gathering contemporary worship service opens at 8 a.m. Sundays with coffee and doughnuts at the base theater.

The service begins at 9 a.m. A nursery and children's church are offered. To volunteer, call 298-7073. For details, call 298-5111.

Border Eagle Classifieds

HOMES

107 Covey Ridge Dr.: Four bedrooms, two baths and two-car garages, 2,200' square, above-ground pool, boat and recreation vehicle parking. Call 778-2520.

109 Hidden Meadow: Three bedrooms, two bath, very large family room, a two-car garage, rent, \$925; sale, \$125,000. Call 734-8054.

305 Anderson Circle: 14'X52' mobile home, two bedrooms, one bath, fully furnished, \$15,000. Call 298-3112.

LOST

Miniature Sheltie: Brown and white dog. If found, call 298-2286.

MISC. ITEMS

Table and chairs: Solid Cherry Wood dinning set, very good condition, \$400 obo. Call 774-4283.

Wedding Dress: Semi-formal halter style, size 6, never worn, \$250. Call 719-2096.

Car stereo system: Alpine 9820XM stereo system, \$275; Alpine Amplifier, \$150; Alpine 10" R-type sub built in Alpine

box, \$200. Call 298-9723.

Various items: Transport kennel for large dog, two-piece top and bottom with removable wheels; word-processing typewriter with manual. Call 298-7425

Entertainment center: Three-piece wood entertainment center, good shape, light wood with glass doors on end cabinets, \$300 obo. Call 298-2593.

Laptop computer: Dell laptop, 800 MHz, 256,000 RAM, CD-RW burner, \$495 obo. Call 298-9723.

Washer/Dryer: Hotpoint Excellent condition, \$575. Call 765-2900.

PETS

Sheepdog: AKC Shetland sheepdog puppy, female, house trained, 4 months old, shots complete, comes with kennel, \$425. Call 298-1201.

Free black lab: Female, 2 years old, shots complete, free to good home. Call 298-3006.

Free to good home: Blue-cream Persian cat, 9 years old, declawed, spayed, shots included. Call 298-2781.

Free to good home: Mixed-breed dog, female, 1 year old,

shots complete, good with kids. Call 298-1710.

VEHICLES

'93 Ford Bronco: Call 298-8895.

Trailer: 16' flat-bed trailer, \$450. Call 313-1817.

Laser sail boat: 14' boat, great condition, \$300 obo. Call 298-7691.

'93 Nissan Pathfinder: Good condition, 4WD, 134,000 miles, sunroof, CD, V6, \$3,500 obo. Call 298-3904.

'93 Jeep Cherokee: Sport, V6, A/C, great condition, \$2,500 obo. Call 734-8214 or 775-2219.

'99 Ford F-150: Trinitron, V8, auto, AM/FM stereo cassette, new tires, excellent condition, 70,000 miles, \$12,000. Call 775-3909.

YARD SALES

9082 Lawhon: Multi-family garage sale today from 8 a.m. to 2 p.m., kids clothes, baby items, toys and household items. No early birds. Call 298-3349.

9116B Brown St.: Saturday from 8 a.m. to noon, washer and dryer, various furniture and more. Call 298-2779.

FREE Classified Ad Form

For one-time sale of personal property and pets by Laughlin employees and their family members. **Business ads are prohibited.** Home sales/rentals associated with a PCS move are authorized; however, owners must have the classified form signed by a member of the housing office staff prior to submission. Forms should be filled out completely, including a description of the item for sale (20 words or less), and dropped off at the Public Affairs office, Bldg. 338, or faxed to 298-5047. The deadline for submission is **4:30 p.m. Thursday**, one week prior to publication. **Ads will not be taken on the phone, through BITC mail or e-mail.** Ads will appear in the paper until they are rotated out due to new ads. If an ad rotates out before it is sold, a new ad must be submitted. Call the PA office at 298-5393 once your property has sold. For all other advertisements in the *Border Eagle*, call the Del Rio News Herald at 775-1551.

For Sale/Wanted (circle one and describe):

Housing office coordination:

Name

Home Phone

Duty Phone

