

Team XL seeks better fitness as way of life, pages 10-11

Border Eagle

Vol. 52, No. 11

Laughlin Air Force Base, Texas

March 19, 2004

'Zero tolerance' policy for sexual harassment, assault stressed

Compiled from staff reports

An eight-person team led by Col. Worth Carter, Air Education and Training Command Inspector General, visited Laughlin Saturday through Wednesday to collect data regarding Laughlin's sexual-assault response programs.

The team's visit has inspired wing leadership to refocus wing personnel on the issues of sexual harassment and sexual assault.

Sexual harassment is a form of sex discrimination that involves unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature.

The 47th Flying Training Wing Military Equal Opportunity office is proactive in its attempt to prevent sexual harassment from even occurring. The MEO staff briefs all base newcomers and is available to brief at commanders' calls to ensure the message gets out to potential victims and offenders that this behavior will not be tolerated.

If a person feels he or she has been sexually harassed, the first step is to report it through the

See **Policy**, page 5



Photo by Tech. Sgt. Anthony Hill

Mind your 'Manors'...

Maria Chaves, an innkeeper evaluator from Lackland Air Force Base, inspects a cleaning cart at the Laughlin Manor during a visit here March 11-12. Laughlin is one of two finalists for the best small lodging operation in Air Education and Training Command. Columbus AFB, Miss., is the other base in contention. Results of the evaluation will be announced within the next three weeks.

Laughlin kicks off Air Force Assistance Fund

Compiled from staff reports

An Air Force Assistance Fund kickoff rally and burger burn are scheduled at 11:30 a.m. Monday at Club XL.

The rally marks the beginning of Laughlin's six-week AFAF drive. There will be free burgers for all commanders, first sergeants and AFAF volunteers.

The Air Force Assistance Fund "Commitment to Caring" campaign runs through May 7. Airmen may contribute to any of four Air Force-related charities.

The charities benefit active-duty,

Reserve, Guard, retired Air Force people, surviving spouses and families. This is the 31st year of the fund drive. Charities receive 100 percent of designated contributions.

"Requests for assistance have continued at record levels since Sept. 11, 2001," said retired Lt. Gen. Mike McGinty, Air Force Aid Society chief executive officer. "Last year the Air Force Aid Society helped 30,000 Airmen with (more than) \$22.6 million in assistance. That's a lot of help. Contributions are vital for the society to sustain this kind of help. It is truly an Airmen-helping-Airmen program."

The secretary and chief of staff of

the Air Force recently announced a \$5.2 million goal. In 2003, Air Force people gave \$5.9 million to the fund.

People can contribute through cash, check, money order or payroll deduction to:

■ The Air Force Aid Society, the official charitable organization of the Air Force that provides Airmen and their families with worldwide emergency financial assistance, education assistance and an array of base-level community-enhancement programs.

Base family support centers have full details on programs and eligibil-

See **AFAF**, page 4

Newslines

Assignment announced

Congratulations to Col. Dan Woodward, 47th Flying Training Wing commander, who has been selected for reassignment as the Joint Forces Division chief at the Pentagon. He reports this summer.

Laughlin's new wing commander will be Col. Tod Wolters, currently the 1st Operations Group commander at Langley Air Force Base, Va.

E-8 selections announced

Three Laughlin master sergeants have been selected for promotion to senior master sergeant.

Congratulations to David Doan, 47th Operations Support Squadron; Laura Hopkins, 47th Flying Training Wing command post; and Patricia Jimerson, 47th Mission Support Group logistics division.

Townhall meeting set

An education townhall meeting hosted by Col. Keith Traster, 47th Flying Training Wing vice commander, is set for 5:30 p.m. Wednesday at the base theater.

Education initiatives between the base and local school district and an update on the Education Tiger Team will be discussed.

Parents who home-school or have children in the school system are invited. Spouses interested in obtaining teacher certification are also invited. The chapel will provide free child care from 5 to 8 p.m.

Deployment stats

Deployed:	32
Returning in 30 days:	6
Deploying in 30 days:	0

Mission status

(As of Tuesday)

Days behind or ahead:	
T-37, -4.40	T-1, 1.75
T-38, -1.38	T-6, -3.10
Mission capable rate:	
T-37, 91.0%	T-1, 80.0%
T-38, 77.3%	T-6, 84.2%

'American Dream' achievable through education



Commander's Corner

By Lt. Col. Jennifer Graham
47th Mission Support Squadron commander

What does the American Dream mean to you?

My older brother would say it is the pursuit of happiness. My 85-year-old grandmother would say it's that you get what you work for. I think of it as the land of opportunity.

As Lt. Col. Kelly Fletcher, 84th Flying Training Squadron commander, reminded us in his article a few weeks ago, opportunity is often a result of education, and that has been my experience. America is a place and a value system that allows a middle-girl child to attend the Air Force Academy, be the first in her family to earn a master's degree, gain Human Resources certification and be sent to the Harvard Business School.

The amazing thing about my education experiences is that the Air Force paid the entire bill. Because of these opportunities, I'm better prepared to execute my job, lead my squadron and face whatever new challenges are in store for me.

How about you? Are you taking advantage of what the Air Force is offering? Can advanced education or career-field certification help you achieve your American Dream? Do you have some time on your hands here at Laughlin? Would you like to be using that time to increase your opportunities? Have you visited the base's new Education and Training Office? Have you marked your

calendar for our open house scheduled for April 7 from 10 a.m. to 2 p.m.?

Today the Air Force is paying 100 percent tuition assistance (up to \$250 per semester hour) for adult education for military employees, and Air Education and Training Command (AETC) is supporting civil service employees in a similar fashion. This is the first time in my career civil service employees are granted the same education benefit as their military counterparts.

Additionally, the Community College of the Air Force (CCAF) is an incredible opportunity for our enlisted personnel to gain an associate's degree they can carry on their resumé for the rest of their lives. Cost or availability should not be a showstopper for anyone interested in increasing his or her education. I challenge anyone to find a comparable education benefit package in the private sector.

We have three schools represented on base: Park University, Southwest Texas Junior College and Sul Ross State University. All offer a range of traditional and Web-based programs. Together, we are constantly looking for creative ways to make educational programs more convenient, responsive and relevant to our base population.

Currently we are working two new initiatives. The first is designed to help our enlisted personnel complete their CCAF degrees. In the last few weeks, airmen have received a personalized letter from our base education officer, Dr. Robert Carpenter, informing them of what coursework is needed for his or her CCAF completion. We hope to build a cohort of students who can walk through a five-course, on-base continuum with Southwest Texas Junior College starting this fall. Wouldn't it be great if all of our

young airmen could set and achieve a goal of completing their CCAF degree requirements during their Laughlin tour?

Our second initiative is targeted to those in the human resources/customer service career fields. We are teaming with Park University to offer a HR certification course that will prepare students to take the national certification exam. Due to recent changes in the tuition assistance program, TA can cover academic work associated with professional certification. Professional certification, like the CCAF degree, is transferable to the private sector and can certainly increase opportunities for the future.

Again, we are looking for a cohort of interested people... all ranks, military and civilian, who are interested in achieving this career milestone. With enough interests, we could start this course of study within a couple of weeks.

These are just two examples of how Education Services is leaning forward to help Laughlin personnel take advantage of what the Air Force has to offer. Similarly, base senior leadership is leaning forward to further the educational opportunities at Laughlin. Just recently we began work to determine the requirements for phase one of the new base education complex, which will consolidate a new education center (Phase 1) with our new base library and Student Community Center (Phase 2). Phase 1 should be operational within the next 20 months. The attitude, money and facilities are all here.

I challenge commanders, functional managers and supervisors to team with the education center and provide support and encouragement so we can help our employees work toward achieving their American Dream ... right here at Laughlin.

Border Eagle

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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 sheila.johnston@laughlin.af.mil.

Appropriate study habits make do-it-yourself education easier

By Master Sgt. Gail Henderson
47th Mission Support Squadron
education and training flight
superintendent

Military or civilian, we're all doing self-paced distance learning courses. Career development courses, Professional Military Education courses, promotion tests and online college courses are the norm.

Since traditional classroom environments are quickly becoming a thing of the past, we have to prepare ourselves to learn on our own.

Check out these helpful hints to see if you're prepared for the do-it-yourself programs:

■ Rank your priorities in life. Find out what's important to you. Is learning more about your job, doing more with your family, an education or a promotion important?

■ Once you identify your priorities, you've just set yourself up for the first rung in the ladder, setting your goal. Write your goal down somewhere you can read it every day. Seeing your goal every day will keep you on track for achieving it.

■ Prepare yourself to learn. Surround yourself with positive people. Their positive, go-get-it spirit often spreads to those around them. In the morning when you wake up, see the intelligent person looking back in the mirror. Talk success daily.

■ Evaluate and modify your learning environment. Find a quiet place to study. The library, your office or classroom after duty hours or a desk at your home will do for a study area. Use the same location and create a routine.

■ Evaluate your learning style. We all learn differently, so someone's recommendation about how to study may help him but not you.

Identify your learning style by asking yourself, "Do I learn things by doing or seeing them?"

If you learn things by seeing things you are a visual learner. To enhance this style, get the equipment or the document you are learning about and handle it. Fill out the paperwork. Highlight your notes in different colors.

Auditory learners learn things by hearing. If you are an auditory learner you should tape record yourself reading. Find a study group (unless you are studying for promotion) and talk about your subject. Listen to your tapes on the way to work or home.

Kinesthetic learners need to interact with their study material. They should write notes in the margins of their material or create flash cards.

■ Organize your time to study. Find your most productive time and use it. Put your study program on a calendar and stick

"...studying is a lot more than reading to yourself; it's a change of lifestyle and mental preparedness. Sure, self-paced courses are becoming the norm, but we can be successful if we use the right tools."

to it just like a college or high school course. From 4 to 6 a.m. Monday through Friday works for me. It leaves the evenings and weekends for time with my family.

■ Organize your notes. Most of us know the colors of the rainbow because of the infamous ROY G. BIV. We were taught the ranks of general by the statement, "Be my little general." Create acronyms, phrases, diagrams and the like to help you remember complex ideas. Draw an aircraft and put words on it in different areas to help you learn.

For example, to learn different meanings of an Air Force speciality code, put the different letters and numbers on the wings, nose and tail of the aircraft. When you get in the testing room you can re-draw it on a scratch piece of paper.

■ Find experts to help you learn. Many of us have to study things we will never see in our careers. If you find this pertains to you,

find an expert and pick his brain. He can probably draw you a good picture that you can take away and digest.

■ Be so over-prepared that failure is not in the viewfinder. Study before going to bed and then again when you wake up. Refresh yourself with the same material. At the end of the week go back and review the entire week's study. Repetition helps learn.

■ Reduce test anxiety. Keep a routine in your life. Eat right, exercise, cut down or quit drinking and smoking. Before opening your test, breathe deeply 10 times. Say a prayer. Ask for a scratch piece of paper so that you can write, draw or cover your answers with it.

Skip questions you don't know. Believe it or not your mind is still working on them as you go through the test. Sometimes questions skipped are answered by future questions. Don't change answers unless you're absolutely sure of the correct answer. Read the question and all the answers completely before selecting your choice.

As you can see, studying is a lot more than reading to yourself; it's a change of lifestyle and mental preparedness. Sure, self-paced courses are becoming the norm, but we can be successful if we use the right tools.



Actionline
298-5351 or
actionline@laughlin.af.mil

Col. Dan Woodward
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 gen-

eral 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 some useful telephone numbers that may be helpful when working your issue with a base agency.

AAFES	298-3176	Clinic	298-6311
Finance	298-5204	Commissary	298-5815
Civil Engineer	298-5252	Dormitory manager	298-5213
Civilian Personnel	298-5299	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
		Services	298-5810

AFAF, from page 1

ity requirements. Information is also available online at www.afas.org.

■ The Air Force Enlisted Villages in Fort Walton Beach, Fla., near Eglin Air Force Base, which provides rent subsidy and other support to indigent widows and widowers of retired enlisted people 55 and older.

More information is available at www.afenlistedwidows.org.

■ The Air Force Village Indigent Widow's Fund, a life-care community in San Antonio for retired officers, spouses, widows or widowers and family members.

The Air Force Village Web site is www.airforcevillages.com.

■ The General and Mrs. Curtis E. LeMay Foundation, which provides rent and financial assistance to indigent widows and widowers of officers and enlisted people in their own homes and communities.

The LeMay Foundation Web site is www.lemayfoundation.org.

Air Force Assistance Fund volunteers

<u>Squadron</u>	<u>Name</u>	<u>Phone</u>
47th Aeromedical-Dental Squadron	Capt. Paul Miller	298-6341
47th Civil Engineer Squadron	Airman 1st Class Christian Delos-Reyes	298-5449
47th Communications Squadron	2nd Lt. Joseph Watson	298-4382
47th Contracting Squadron	Capt. Shamaar Bowlby	298-5495
47th Flying Training Wing staff agencies	1st Lt. Travis Logsdon	298-5203
47th Logistics Division	Staff Sgt. Freddie Fong	298-5259
47th Medical Group staff	2nd Lt. Kylie Maclellan	298-6806
47th Medical Operations Squadron	Staff Sgt. Kimberly Henton	298-6362
47th Medical Support Squadron	Tech. Sgt. Rick Berg	298-6481
47th Mission Support Group staff	2nd Lt. Sara Birnbaum	298-5487
47th Mission Support Squadron	Tech. Sgt. Mary Davis	298-5109
47th Operations Group staff	1st Lt. Erik Cobbs	298-4000
47th Operations Support Squadron	1st Lt. Dave Gray	298-5734
	2nd Lt. Jeff Byman	298-5734
47th Security Forces Squadron	Tech. Sgt. David Lewis	298-5100
	Master Sgt. Randall Williams	298-5466
47th Services Divison	Tech. Sgt. Anthony Williams	298-5251
84th Flying Training Squadron	1st Lt. Erik Cobbs	298-4000
85th FTS	2nd Lt. Chris Guarente	298-5140
86th FTS	1st Lt. Nelson Bennett	298-5011
87th FTS	1st Lt. Kevin Cossey	298-5223

Newslines

OSC hosts casino night social

The Officers' Spouses Club is holding a casino night social at 6:30 p.m. March 30 at Club XL.

The cost is \$6.80 for members and \$9.80 for nonmembers. Please R.S.V.P. at 298-3529 for names A-M and 298-7950 for names N-Z.

On-site childcare is available from 6:30 to 9:30 p.m. Members must R.S.V.P. with child's name and age by Sunday to Trasi Mullin at 734-5076.

For more information, call 734-5076.

Job interview class planned

A job interview seminar will be conducted from 2 to 4 p.m. March 30 in the Family Support Center conference room.

The seminar prepares people for the most critical part of getting the job they want. Job seekers will learn tips on how to ace an interview. Mock interviews will also be offered.

People interested in attending must R.S.V.P. by March 29. For more information or to R.S.V.P., call 298-5620.

Women's History Month events scheduled

Several Women's History Month activities are scheduled next week.

■ Bobby Barrera, 47th Mission Support Squadron, will speak about hope and possibility from 8 to 9 a.m. Tuesday in the Club XL Daedalian Room.

■ Tech. Sgt. Karon DeShields, 47th Flying Training Wing, will discuss sexual harassment from 9 to 10 a.m. Tuesday in the Club XL Daedalian Room.

For more information, call Esther Gomez at 298-5299.

■ A panel of previously deployed female military members will meet 10 to 11:30 a.m. Tuesday in Daedalian Room at Club XL.

For more information, call 2nd Lt. Myzsa Grandell at 298-5314.

■ A luncheon is set for 11:30 a.m. to 1 p.m. Thursday at Club XL.

Brenda McCain, a civilian personnel officer from Randolph Air Force Base, is the guest speaker.

For more information, call Rosemary Capozziello at 298-5859.

Enlisted promotion ceremony set

An enlisted promotion ceremony is set for 4 p.m. March 26 at Club Amistad. All base members are invited to attend.

MEO/EEO office moves

The Military Equal Opportunity and Equal Employment Opportunity offices have moved to Bldg 60 (near the flight line). The street address is 40 Arkansas. Phone numbers remain the same: MEO 298-5400 and EEO 298-5879.

Dog section needs luggage

The 47th Security Forces Squadron military working dog section is looking for all types of suitcases or travel bags to help in its training.

To donate luggage, call the kennel master at 298-5860.

Special tax benefits explained

Tax laws provide some special benefits for active members of the military, including those serving in combat zones.

Members who served in a combat zone or qualified for being in a hazardous duty area can exclude certain pay from income.

The IRS automatically extends the deadline for filing tax returns, paying taxes, filing claims for refunds and taking other actions related to federal income tax for U.S. Armed Forces personnel serving in a combat zone.

The IRS also extends the dead-

line for those in the U.S. Armed Forces deployed overseas away from their permanent duty station in support of operations in a hazardous duty area, but outside the qualified hazardous duty area.

The deadline for filing returns, making payments or taking any other action with the IRS is extended for at least 180 days after either the last day of qualifying combat zone service, or the last day of any continuous qualified hospitalization for injury from service in the combat zone.

Tax help is still available. Make an appointment with your squadron representative or call the tax center at 298-4858.

College registration open

Registration for the spring term at Park University is open now until Monday.

For more information, call Vikki Cunningham at 298-5593.

Lost-and-found items at SFS

The 47th Security Forces Squadron has many found items in its lost-and-found box. Items include necklaces, rings, keys and purses. People missing items can call 298-5462 to find out if these items have been turned in.

If you know of or suspect fraud, waste and abuse, call the FWA hotline at 298-4170.

Policy, from page 1

chain of command. If the chain of command cannot handle the situation for some reason, the victim may file a formal or informal complaint at the MEO office.

At this point, the legal office might become involved to advise the commander, if necessary, on possible disciplinary action against the offender.

Once a complaint is filed, the MEO office follows up with the complainant to ensure the issue was resolved to his or her satisfaction. If at any time the victim feels he or she is being retaliated against, the case is referred to the wing Inspector General's office.

The IG office ensures problems affecting the Air Force mission are resolved promptly and fairly and that there is an atmosphere of trust in which issues can be resolved without retaliation or the fear of reprisal.

Reporting procedures for sexual assault differ from those for sexual harassment. Sexual assault refers to of-

fenses such as rape, forcible sodomy, indecent assault, or an attempt to commit any of these offenses.

The first step is for a victim to seek and receive the necessary medical attention as soon as possible. A sexual assault then should be reported immediately to Security Forces or the Air Force Office of Special Investigations, which will investigate the allegations.

Once a victim steps forward, there is a variety of assistance at his or her disposal. The legal office provides help through the Victim and Witness Assistance Program. Through this program, the legal office ensures the victim is treated with dignity and respect, is aware of the mechanisms to receive emotional, psychological or financial assistance, and is kept informed of the investigation or case against the accused.

Family advocacy is available to provide counseling services to the victim, while base chaplains are available to listen and provide spiritual coun-

seling. When a crime has financial repercussions for the victim, the Family Support Center can offer assistance through Air Force Aid.

Col. Keith Traster, 47th FTW acting commander, reiterated the base's zero-tolerance policy for sexual harassment and sexual assault.

"There is no excuse for this kind of behavior, and it simply will not be tolerated," Colonel Traster said. "We will continue to strive to prevent sexual harassment and assault, but when prevention fails, no victim will be punished for reporting a sexual assault, and the offender – if found guilty – will be held fully accountable."

Sexual-assault reporting

- In case of emergency, dial 911
- Security forces, 298-5100
- OSI, 298-5158
- Legal office, 298-5172
- Family advocacy, 298-6422
- Chapel, 298-5111



The Air Force rewards good ideas with money. Check out the IDEA Program data system at <https://ideas.randolph.af.mil> or call Tech. Sgt. Thomas Mayo at 298-4355.

Public health sets traps, starts mosquito control

By Staff Sgt. Irene Schwaninger
47th Aeromedical-Dental Squadron

Laughlin's Public Health Office will begin trapping mosquitoes today for disease surveillance.

The trappings will be placed at least weekly at locations throughout the base, which include the vegetable gardens, military family housing and the trailer park, along the perimeter fence, duck ponds, horse stables, the Southwinds Marina, and the Spofford auxiliary airfield.

This measure is used to safeguard base people against Dengue Fever, West Nile Virus, and other mosquito-borne illnesses.

These traps are very sensitive and should not be disturbed. They will be marked with florescent orange cones as well as the contact information for the Public Health Office.

You may see them emitting a white smoke and a very small amount of light. This light and the smoke from the evaporating dry ice bait are used to attract mosquitoes to the trap. If you

see someone damaging or disturbing the traps, or have questions related to the traps, call Public Health at 298-6380 during duty hours, or after hours by paging the technician on call at 298-5444, pager 3732.

There are ways to protect your family from mosquitoes. The first step is to remove all standing water from around your home.

Mosquitoes lay their eggs in water and their larvae require a water environment to develop into adults. Empty birdbaths, dog bowls, children's swimming pools, or anything that collects water at least once a week.

Also, check for water standing in holes in the yard or in the trunks or roots of trees, and do not allow leaves to accumulate in rain gutters as they allow stagnant water to collect.

If you have completed these measures and you are still being bitten, the next step you can take is to protect yourself.

You should avoid lingering outdoors at dusk and dawn, the time mosquitoes are most active. Also wear long sleeves and long pants while outside. In addition, you can use an insect repellent that contains 20 to 30

percent DEET (N-diethyl-metoluamide).

This repellent helps prevent you from becoming a blood meal, but it can be toxic. Use it according to directions and do not be use it on children under 2 years old.

Although a few cases of West Nile Virus were reported among horses in Val Verde County last year, Laughlin Public Health did not isolate any mosquitoes containing the virus that causes the disease. Public health will inform the base population if any mosquito-borne illnesses in the local community are discovered.

West Nile Fever usually results in flu-like symptoms such as fever, headache, body aches, and possibly a rash and swollen lymph glands. More serious symptoms usually strike only the very young and the very old, as well as people with weakened immune systems.

Signs and symptoms of more serious illness include high fever, stiff neck, confusion, and convulsions.

Anyone experiencing those symptoms should receive immediate medical care.

Both West Nile Virus and Dengue

are transmitted by the bite of mosquitoes, so protecting yourself from mosquito bites is an excellent step to prevent these diseases.

If you would like to report a mosquito problem or would like more information, call Public Health at 298-6380 or send an email to: Irene.Schwanger@laughlin.af.mil or Erik.Bell@laughlin.af.mil.



Courtesy photo

Solid State Army Miniature Traps like this one will be placed around base to catch mosquitoes. The mosquitoes are attracted to the light and smoke. When the pests are caught, the trap kills them.

ONLINE news

Access breaking news at United States Air Force Online News, the official newspaper of the United States Air Force. A simple click to www.af.mil/news/ keeps you informed about events.



Please recycle this newspaper

Leaders get new tool to help people in distress

Guide aids squadron commanders, first sergeants with variety of issues

Leaders throughout the Air Force are receiving a new tool this spring they can use to recognize and respond to people in distressing situations.

Every squadron commander and first sergeant will get a CD copy of the "Leader's Guide to Managing Personnel in Distress," an interactive product that provides information, summaries of policy and checklists on 35 topics relating to distress.

More than 100 people, including commanders, first sergeants and health experts, spent two years developing the comprehensive guide to help improve the overall fitness, readiness and performance of the force, according to Air Force medical officials.

"It's the only product of its kind," said Lt. Col. Rick Campise, chief of the Air Force Suicide Prevention Program, who oversees the guide program. "It identifies issues relevant to a particular life-problem area, signs and behaviors for how the person is dealing with the problem, and resources for helping them manage the difficulty."

The idea for the commander's guide came from an Air Force Suicide Prevention Program working group that convened in 2002 to develop a guide for

mental-health clinicians. The group decided to build a second guide all Air Force leaders could use for any situation where people experience distress, Colonel Campise said.

"The truth is, everything is suicide prevention," he said of the guide's development beyond the field of mental health. "Anything you do to address quality-of-life issues is suicide prevention, regardless of whether [it] is romantic relations, finances, substance use, family violence, (or) spiritual well-being."

The 35 topics addressed in the guide include common distress-causing events, but it lists several not-so-common topics such as coping with car accidents, burglaries and unintentional injuries.

The guide categorizes topics such as distress, specific-life challenges and resilience, interventions and community resources, deployment-related topics, and information for unit people.

Each topic has one-half to three pages of information condensed to a checklist to give leaders a quick reference source, Colonel Campise said.

"A condensed version was added for commanders who receive calls that in five minutes someone will be showing up with that issue, resulting in a need to quickly review what to look for and how to help," he said.

While the guide is not intended to act as a replacement for mental-health, legal or other professional advice, it provides readily accessible and practical guidance to leaders in helping them make decisions, Colonel Campise said.

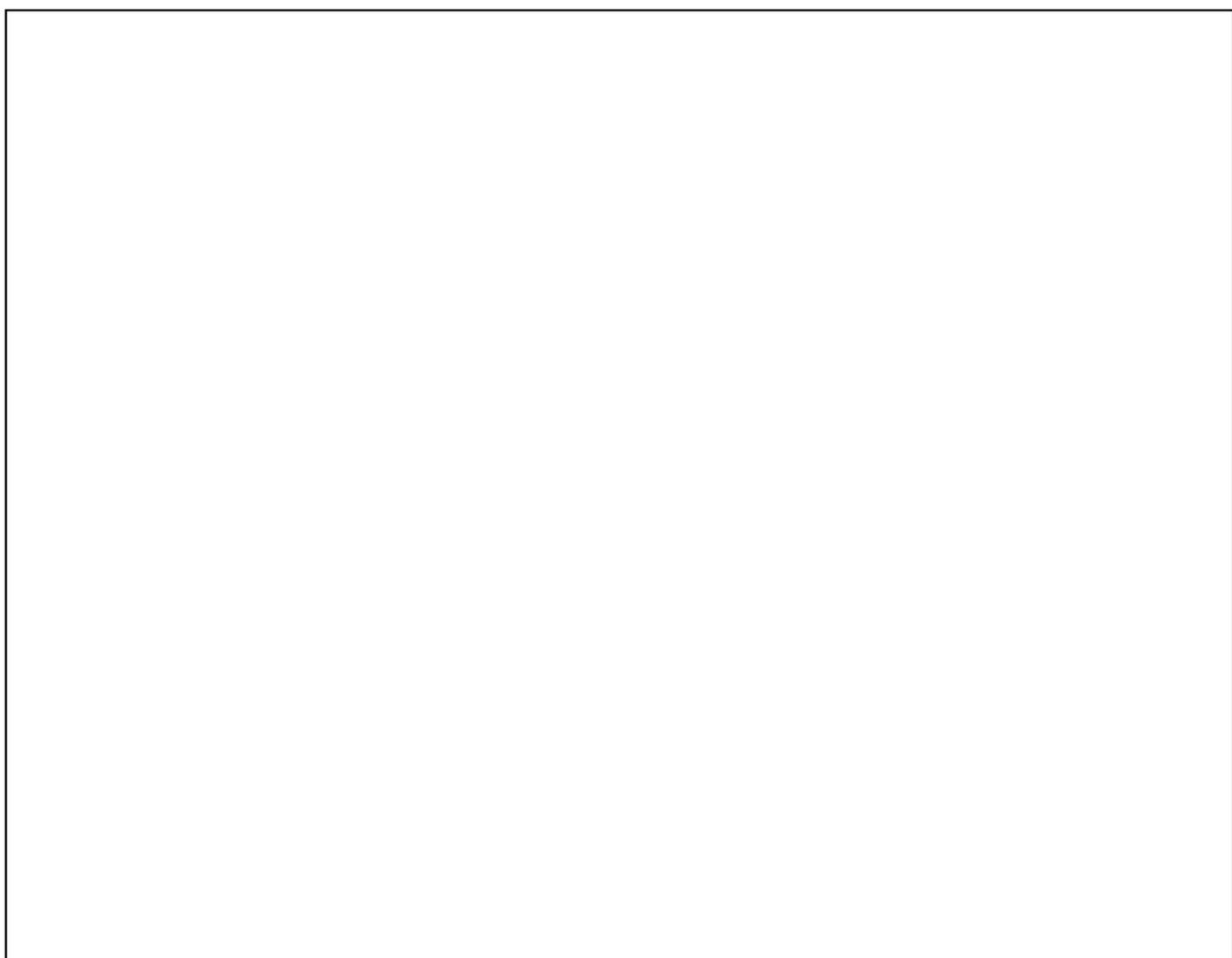
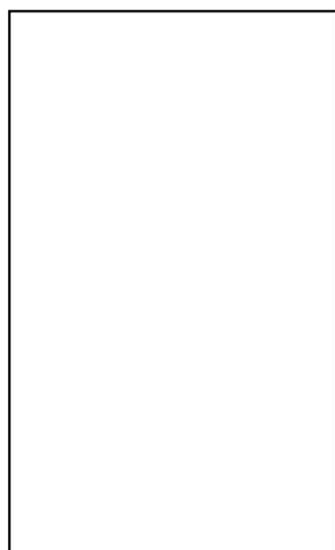
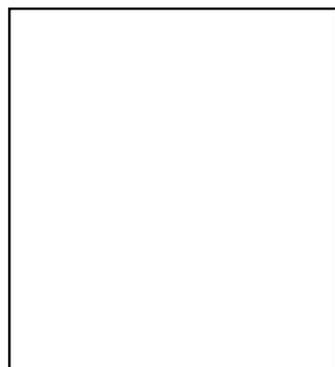
"The performance of even our best members can be (affected) at times by life's difficulties, and unit leaders must be diligent in providing an environment of support," wrote Lt. Gen. Richard E. Brown III, acting vice chief of staff of the Air Force, in a memo accompanying the CDs. "This tool ... provides leaders with specific actions and agencies they may want to enlist in support of their unit members."

People who are not squadron commanders or first sergeants can access the Leader's Guide to Managing Personnel in Distress on the Web at <https://www.afms.mil/afsp/afsp/products/default.htm> from a dot-mil address.

Colonel Campise said everyone can benefit from the guide and suggests people get familiar with it and refer to it whenever they have concerns about themselves or others.

"Read it before you need it," he said.

(Courtesy of Air Education and Training Command News Service)



International officer visits Laughlin's airfield

Polish student gets first-hand view of air traffic operations, takes lessons back home

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

A Polish air force officer recently visited Laughlin for a two-week familiarization course on air traffic control, radar-approach control and base operations.

First Lt. Krzysztof Jaworski, a Polish air traffic control student here March 1-12, said the visit was important because it trained and showed him a new picture on how to deal, in a modern way, with advanced airfield operations.

As a result, he said, the Polish air force will implement some of the technological development he saw here.

After getting an invitation from the U.S. government and the secretary of the Air Force, Lieutenant Jaworski attended a two-month specialized English course at Lackland Air Force Base and a four-month air traffic control course at Keesler AFB, Miss. He then traveled to Laughlin for the two-week familiarization course.

His trip here is part of a program the Air Force uses to help other countries improve and develop their air force operations. It also helps create a good working relationship between the Air Force and other countries.

In addition, the program can help prepare forces in advance to work together, such as in possible future operations when deployed with allied nations.

"This is a NATO program that allows air forces from other countries to come to the United States so they can

see how we do things," said Major Eric Shafa, flight commander of airfield operations here.

The program also allows U.S. officers and air traffic controllers to learn how things are done at airfields in other countries, and they can compare the differences, Major Shafa said.

"Since 1999, when Poland became a NATO member, there was a significant need to improve our technologies and work with other countries so we could understand one another during deployments," Lieutenant Jarworski said.

The U.S. government, therefore, started inviting international students, especially from central and eastern Europe, to train and show them how to deal with things like airfield management and air traffic control on a daily basis, he said.

Furthermore, he said the program was helpful because in Poland and some other European countries, the method of operation in ground-control approach, tower control and airfield operations is different from that of the U.S. Air Force. And, before these countries could work together to fight terrorism, they need to understand one another, he added.

In the Polish air force, according to Lieutenant Jaworski, enlisted members are not trained to be air traffic controllers; neither can they work in the towers. These responsibilities are given to Polish officers and warrant officers.

"But now [after visiting Laughlin], this situation is going to change," he said. "We will start to train and educate our NCOs as air traffic control-

"I am glad the U.S. government sent the invitation to Poland. I have learned a lot, and this will be a great help to the Polish air force and the government as a whole."

**--1st Lt. Krzysztof Jaworski
Polish air traffic control officer**

lers."

Also, he said unlike Polish airfields, Laughlin's is huge with very busy traffic.

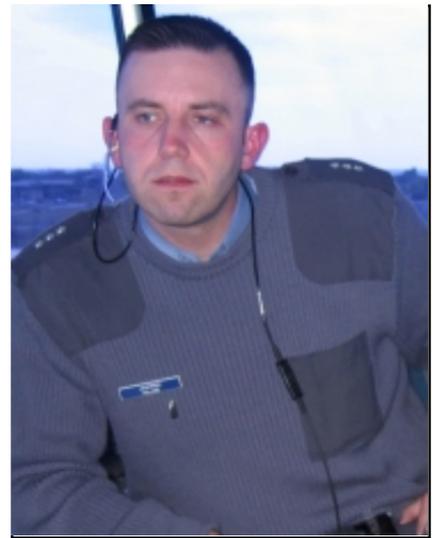
During the visit, Major Shafa said the Polish officer was placed in an environment conducive to learning. He was issued academic materials and a training kit, like a normal student here, to make the training exercise a success.

Lieutenant Jaworski viewed the base's Standard Terminal Automation Replacement System, a relatively new state-of-the-art digital system, and a new digital surveillance radar that increases the ability to see and control aircraft better.

He learned how controllers are trained and how the tower and RAPCON run activities here. He also observed the airfield and its operations, and talked to the staff and flight manager.

Obtaining a first-hand view of air traffic controllers in action here provided the international officer a vision of how his country can benefit from the knowledge he takes home.

"At Laughlin, I learned about concepts and procedures of airfield operations, which I believe work better,"



1st Lt. Krzysztof Jaworski

Lieutenant Jaworski said. "And these procedures are worth implementing in Poland."

The concept of the round-shaped tower and the RAPCON procedures were some of the things the Polish officer was fascinated with and hoped to implement in his homeland.

The program, Lieutenant Jaworski said, was one of the most professional courses he had taken during his seven-year service in the Polish air force.

"I am glad the U.S. government sent the invitation to Poland," he said. "I have learned a lot, and this will be a great help to the Polish air force and the government as a whole."

Likewise, Major Shafa said a recent visit to Laughlin by two Hungarian ATC officers was a huge success, and the visit by the Polish officer was no exception.

"We look forward to seeing more frequent and successful visits like this," he said.

**The
Commander's Access Channel**

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events and activities
happening at Laughlin.

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Click on the Laughlin home page link for an electronic version of the Border Eagle or log on to: <http://home.laughlin.af.mil/47ftw/ftworg/pabasepaper/index.html>

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at 774-0911.*

Chapel information



Catholic

Monday - Friday

- Mass, 12:05 p.m.

Saturday

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

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

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

Sunday

- General worship, 11 a.m., Contemporary worship, 9 a.m. in the base theater

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. (1st Lt.) 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.

Base welcomes new 96th FTS commander

Team XL welcomed a new squadron commander Tuesday. Lt. Col. James Smetzer took over command of the 96th Flying Training Squadron from Lt. Col. Kenneth Mattison.

Colonel Mattison has been reassigned as the Reserve adviser to the Air Combat Command Director of Operations at Langley Air Force Bas, Va.



Lt. Col. Smetzer

Lt. Col. James Smetzer

Hometown: Napa, Calif.

Time in service: Twenty-two years

Education: Bachelor's in human factors engineering, United States Air Force Academy

Previous assignments: Randolph Air Force Base; Fort Leavenworth, Kan.;

Kadena Air Base, Japan; Laughlin AFB; Holloman AFB, N.M.; Tyndall AFB, Fla.; Columbus AFB, Miss.

Greatest accomplishment: First Air Education and Training Command Reserve flight commander to lead a squadron transition from the T-37 Tweet to the T-6A Texan

II. Developed and authored the Air Force Reserve Command plans and programs weapons-of-mass-destruction counterproliferation plan.

Leadership philosophy: Recruit the best and give them the tools and responsibility to accomplish the mission.

Personal hero: Stephen Covey, a man who is a great success at home, work and heart

Favorite quote: "You have achieved excellence as a leader when people will follow you anywhere, if only out of curiosity," retired Army Gen. Colin Powell.

Hobbies: I enjoy sports such as snow and water skiing, swimming, racquetball, tennis, golf and softball. I also fly a personal experimental airplane in airshows and enjoy traveling the world.



Photo by Airman 1st Class Olufemi A. Owolabi

Colorful masters...

Dylan Scott and Bryleigh Smith are the winners of the 2004 "Be My Valentine" coloring contest. Dylan, son of Marcy and Chief Master Sgt. Martin Scott, 47th Medical Group, won first place in the 5-year-old and under category. Bryleigh, daughter of Shannon and Maj. Jason Smith, 47th Operations Support Squadron, placed first in the 6- to 10-year-old category. The winners each receive a free pizza from Pepperoni's on base.



XLers face challenge, aiming for fitness

Story and photos by
Tech. Sgt. Anthony Hill
Public affairs

Since the new Air Force Fitness Program began in January, Team XL has stepped up to the challenge of transforming into a more fit and healthy group.

The success of that transformation, however, depends on each Airman making a lifelong commitment to stay physically fit by working out frequently and eating properly.

"The key to good exercise and nutrition is consistency," said Bill Goins, Laughlin's exercise physiolo-

gist and fitness program manager. "Making healthier choices for your life is not part of the next month or two just to fit into a dress, a pair of pants or pass an Air Force fitness assessment. The benefits of exercise will only accrue to those who make it part of a healthy lifestyle."

Nearly 60 physical training leaders are now qualified here to help Airmen do just that: alter and improve their long-term fitness goals.

"The PT leaders are the liaisons for fitness within their units," said Mr. Goins. "They have the basic knowledge and resources to lead their troops to be 'fit to fight' and sustain healthier lifestyles."

Second Lieutenant Jason Williams, a PT leader for security forces, said his members can now run four miles a day since beginning mandatory physical training. The group has a "Formation Friday" run as members get into a flight formation and run four miles calling cadence and jodies.

"We're doing an unbelievable job," he said. "Our folks have stepped up to the challenge by pushing themselves to the limit every day and motivating the person next to them on runs. The mandatory PT is a vital aspect in bringing the squadron closer together as a unit."

Likewise, the civil engineering squadron has established a three-day morning routine.

"Morning fitness is the best way to start your day," said 1st Lt. Patrick Lowe, the squadron's PT leader. "You get your blood pumping and sweat pouring, all before being caged in office cubicles."

Lieutenant Lowe said his squadron's initial response to the physical training has been overwhelming.

"Many people have shed their extra pounds, while others have commented on noticeable increase in energy," he said.

Just like security forces and civil engineering, all base organizations are beginning mandatory physical training to help Airmen create and maintain good overall fitness. The



Members of the 47th Mission Support Squadron perform crunches (above) and lunges (below) during unit physical training.

programs include cardiovascular, muscular and flexibility training.

The 47th Mission Support Squadron, for example, dedicates two days a week to cardiovascular endurance with the third day aimed at muscular strengthening. Some of their activities include spin classes, Focused on Resistance Circuit Exercise (FORCE), weight room circuits, interval training, and group runs.

Airmen in the comptroller flight run, and do push-ups and sit-ups

once a week. Two other days of the week vary between aerobic and strength-training exercises such as weight training and stationary cycling. The group also enjoys an occasional game of soccer, ultimate frisball or basketball.

Within the contracting squadron, the commander has created a fitness challenge and offers time-off incentives for those who beat his scores, by individual category and total points, on their annual fitness assessment. The squadron's empha-



Fitness Assessment Scores

The following highlights just a few of the scores obtained by Team XLers during recent fitness assessments.

Master Sgt. Thomas Busch 47 MSG/LG	80.25
Tech. Sgt. Dora Caniglia 47 ADS	100
Airman 1st Class David Duran 47 FTW/CP	84.75
Capt. Katrina Geiselman 85 FTS	86.25
Col. Chuck Hardin 47 MDG/CC	81.5
Col. Vic Hnatiuk 47 MSG/CC	100
2nd Lt. Terri Jones 47 MSS	91.75
Capt. Jon Karnes 86 FTS	96.25
Col. Steve Kwast 47 OG/CC	92.5
1st Lt. Patrick Lowe 47 CES	93.5
Capt. Paul Miller 47 ADS	95.6
Airman 1st Class Yvette Myers 47 CPTF	88.5
Staff Sgt. John Rivera 47 OSS	88.25
Col. Keith Traster 47 FTW/CV	100
Maj. Sharon Walker 47 ADS	80.5
Col. Dan Woodward 47 FTW/CC	90.3

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Time for lifetime of fitness



Airman 1st Class Brian Ford of 47th Civil Engineer Squadron does jump-jacks during unit PT.

on strength training, aerobic activities and flexibility also uses incentive programs offered at the fitness center such as the American Road Trip and U.S. Air Force Fitness Cycling Incentive program.

Although unit PT builds camaraderie and encourages Airmen to continue with a fitness regimen, there are some people who have already made the personal commitment to a long-lasting routine.

"My biggest motivation for staying in shape is to maintain my athletic ability and good health, and look great throughout [my] lifetime," said Senior Airman Yvonne Isaia, 47th Communications Squadron, who maintains a weekly exercise routine.

"I also consider nutrition very important in my daily lifestyle. Without good nutrition, your body will not function well mentally or physically."

Airman 1st Class Yvette Myers, the comptroller flight shared a similar attitude.

"A healthy and fit lifestyle is important because if you don't take

care of your body now you will see the effects later," she said. "I admit that a lot of my favorite foods are not really good for me. However, I decided I will not deprive myself of my favorite foods, but I will eat them in moderation."

Nutrition is essential and the hardest part of maintaining a healthy lifestyle, said Tech. Sgt. Dora Caniglia, 47th Aeromedical-Dental Squadron, who scored the maximum number of points on her fitness assessment.

"It goes hand-in-hand with working out," she said. "The more bad eating habits, the harder it is to get to the level you want."

The NCO said she stays away from greasy foods and junk food. She tries to stick with baked foods, such as chicken and lean meat, and eat fruits and vegetables.

All of the Airmen stressed the importance of not overdoing it when it comes to starting a regular exercise routine.

"Ease into it and don't overexert yourself," said Airman Myers. "You know what your body can and cannot take. Stick to your routine. If you do and continue to improve, you will reap the rewards."

Sergeant Caniglia said a person must be willing to see exercise as a necessity. "People can start at it slow and build up," she said. "They can also start doing something they like or is easy. But once you start, never stop."

Airman Isaia advised setting both long- and short-term goals.

"Long-term goals are aspirations you have to work for," he said. "These are goals you know you can reach over a period of time. Making goals that are unreachable can be overwhelming and result in giving up if a person thinks they are not attainable."

Short-term goals are the week-to-week aspirations needed to accomplish the long-term goals, he said.

Airman Isaia said he would like to improve on every part of the fitness assessment, and he contrib-

utes a lot of dedication and effort toward all aspects of it to become strong in all areas.

The running portion of the fitness assessment is Airman Myers' strongest area. "Due to the fact I have run track since I was 6 years old, my body is used to it," she said. "I would like to improve my push-ups, and I have started doing as many as I can when I wake up and before I go to bed."

Mr. Goins emphasized the approach of taking a fitness assessment should be similar to going in for a dental appointment.

"People don't only brush their teeth for one month before they go to the dentist," he said. "So, why would people only exercise a few weeks prior to a fitness check-up?"

The exercise physiologist said people should have a reasonable plan first, and then follow through with the plan. Finally, he said, have a back-up plan for when the original one doesn't go as expected.



Chief Master Sgt. Ronald Prothro, 47th Communications Squadron, warms up before starting a rigorous spinning session at the fitness center.

Base initiatives to help achieve lifestyle goals

A variety of initiatives were recently created here in an effort to help Airmen establish and maintain a healthy lifestyle.

Some of those ideas range from getting more healthy food items at the commissary and base eating establishments to obtaining more fitness-related material in the base library and creating award programs for individuals and units.

Working together with aerobic and strength-training equipment, and a variety of classes at the XL Fitness Center, these initiatives are provided as alternatives to encourage people to maintain an ongoing healthy way of living.

The following initiatives are in the process of being implemented here to help people begin a long-lasting routine.

Initiatives

- Healthy food alternatives at base eating establishments
- Healthy Heart ID at base clubs
- Wing leadership will be briefed weekly on Air Force Fitness Program statistics
- Healthy choice items identified in the commissary
- Regular fitness articles in Border Eagle
- Quarterly fitness statistics in Border Eagle
- Fit to Fight section in base library
- Alternative base running routes
- Commander's fitness trophy award program
- Quarterly and annual awards for small unit and large unit

XL Fitness Center Classes

(Check the gym's monthly calendar for schedule information)

Spin: A 45-minute class performed on stationary bikes with resistance training. An instructor starts the class with a warm up and then takes the class through a series of exercises ranging from hill climbing to sprints.

Cardio Weights: A high-energy class that alternates step, and high- and low-impact aerobics. It also includes kickboxing moves with weight-lifting exercises.

FORCE: Focused on Resistance Circuit Exercise, a class designed for individuals to move from one station to the next using a variety of equipment.

Yoga: Teaches three components – breathing, asanas, and meditation – to help people relax and get away from daily stress.



Laughlin Salutes

SUPT Class 04-06 awards

Daedalian award:

2nd Lt. Michael McGrew

**Academic award, airlift/
tanker track:**

2nd Lt. William Weldon

**Academic award, fighter/
bomber track:**

2nd Lt. Keith Anderson

**Flying training award,
fighter/bomber track:**

2nd Lt. Lindsey Lamb

**Flying training award, air-
lift/tanker track:**

2nd Lt. Gregory Etter

**Airlift/tanker Disting-
uished Graduates:**

2nd Lt. William Weldon and
2nd Lt. Brian Dodson

**Fighter/bomber Disting-
uished Graduate:**

2nd Lt. Lindsey Lamb

**Outstanding Officer of
Class 04-05:**

Capt. Jason Welch

**AETC Commander's Tro-
phy, airlift/tanker track:**

2nd Lt. William Weldon

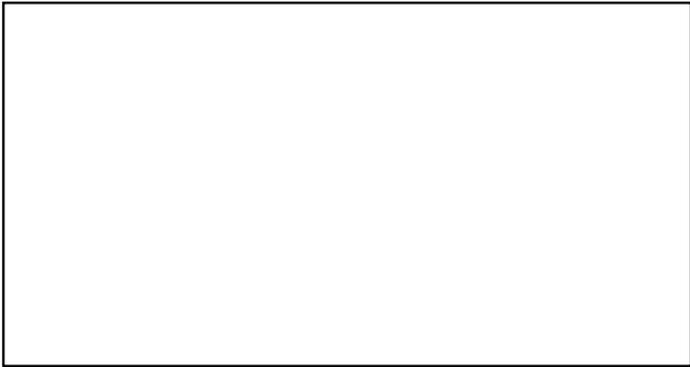
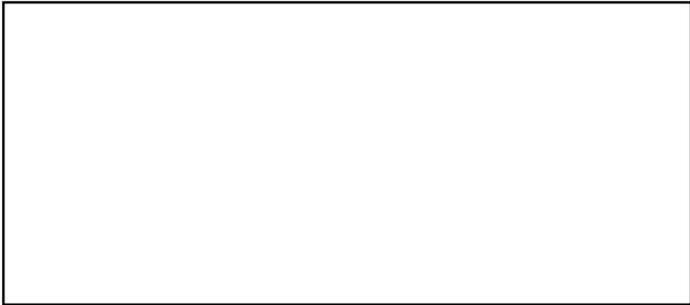
**AETC Commander's
Trophy, fighter/bomber
track:**

2nd Lt. Lindsey Lamb

Need the latest Laughlin
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Call Laughlin's
Information Line
at 298-5201.





Mail call...

Tech. Sgt. Chad Nixon marshals a commercial aircraft that is carrying mail for people at Bagram Air Base, Afghanistan. Sergeant Nixon is a crew chief with the 455th Expeditionary Operations Group's transient alert function, and he is deployed from McChord Air Force Base, Wash.

Photo by Master Sgt. Jeff Szczechowski



The *XLer*

2nd Lt. Jason Williams
47th Security Forces Squadron

Hometown: Ashboro, N.C.

Family: Single

Time at Laughlin:

Six months

Time in service:

Seven months

Greatest accomplishment:

Graduating from the Citadel, Military College in South Carolina

Hobbies: Reading, playing guitar, fishing and watching college football

Bad habit: Chewing ice

Favorite movie:

"Band of Brothers"

Favorite musician:

Black Crows. Bill Monroe and Ralph Stanley

If you could spend one hour with any person, who would it be?

My father because he's my role model



Photo by Airman 1st Class Olufemi A. Owolabi

Airmen win gold medals at wrestling championship

Staff Sgt. Steven Woods, of the 10th Services Squadron at the U.S. Air Force Academy, Colo., won the 74-kilogram (163-pound) weight class in Greco-Roman wrestling at the 2004 Armed Forces Wrestling Championships.

Second Lt. Kevin Hoy, of the 10th SVS, won the 120-kilogram (264.5-pound) weight class in Freestyle wrestling. The championship event was March 4 to 8 at Naval Air Station New Orleans.

In his first match, Sergeant Woods defeated sec-

ond-ranked Army Staff Sgt. Keith Sieracki, 4-2. His second match was against sixth-ranked Marine Cpl. Curtis Barnes. After winning this match, 4-3, he won his final match against Navy Seaman Jason Nichols with a 14-0 technical superiority score.

Staff Sgt. Jacob Hey, of the 21st SVS at Peterson Air Force Base, Colo., and Staff Sgt. Corey Farkas, of the 10th SVS, won silver medals in the Greco-Roman Championship.

Sergeant Hey competed in the 60-kilogram (132-pound) weight class, and Sergeant Farkas competed in the 120-

kilogram (264.5-pound) weight class.

Second Lt. Hoy defeated Army Sergeant Paul Devlin, 5-4 in his first match. He then went on to beat Navy Lt. Josh Feldman, 7-4, and Marine Corps Capt. Frank Workman, 7-5.

Second Lt. Christopher Bennett, of the 960th Airborne Air Control Squadron at Tinker AFB, Okla., won a silver medal in the 66-kilogram (145.5-pound) Freestyle.

(Courtesy Air Force Print News)

Women's History Month: Air Force aviator helps make history, lived her dream to become a pilot

Even before Women's History Month became a national event in 1987, Col. Mary Kay Higgins was well on her way to making history.

As a captain in 1980, Mary Kay Higgins became one of the first women to earn both pilot and navigator ratings.

"My initial plans were to get as close to flying as I could," said Colonel Higgins, who is now chief of the operations and plans division in the office of the Air Force Reserve at the Pentagon.

"And because women could not fly in the Air Force in 1974, I asked for duty as an air control officer."

Although Women's Airforce Service Pilots flew missions ferrying aircraft during World War II, it was not until May 1976 that the Air Force first published its plan for training female navigators with their male counterparts. Colonel Higgins and five others were chosen as the first women to begin Undergraduate Navigator Training on March 10, 1977.

"Allowing women to enter navigator training was an important first step toward integrating them into today's combat-flying missions," said Dr. Kenneth C. Kan, historian for Air Force Reserve Command headquarters at Robins Air Force Base, Ga.

Colonel Higgins earned top graduate honors and received her navigator wings Oct. 12, 1977. She was assigned to an aircrew aboard a KC-135 Stratotanker performing air refueling missions with Strategic Air Command's 380th Air Refueling Squadron at Plattsburgh AFB, N.Y.

"I enjoyed being a navigator because it came kind of naturally to me, so I was very good at it," she said.

As a licensed private pilot, Colonel Higgins dreamed of becoming an Air Force pilot.

In June 1980, she got her chance to fulfill this dream when she entered Undergraduate Pilot Training at Reese AFB, Texas.

With respect to changes for women, I've noticed many," she said. "I remember being stationed at Offutt AFB [Neb.] in the early 1980s and there was one female colonel, a big deal at that time. Also the lifting of the combat restriction on women in the early 1990s was another significant change."

Colonel Higgins served on active duty for 17 years before taking a five and a half year break to pursue a religious calling. She then joined the Air Force Reserve in 1997.

Besides being a pilot, navigator and air traffic control officer, Colonel Higgins has served as a scientific analyst, acquisition manager and air staff planner.

"After Sept. 11, my division's responsibilities on the Air Force Crisis Action Team presented the largest challenge that I had ever faced," she said.

"Talented and dedicated people on my staff, and volunteers from all over, rose to the challenge and ensured that the Air Force Reserve was able to efficiently provide tens of thousands of members to prosecute the war on terror."

After 30 years of service, Colonel Higgins plans to retire June 1.

(Courtesy of Air Force Reserve Command News Service)

Shop the commissary... the military's premier benefit

XL Fitness Center hours

Monday - Thursday: 5 a.m. to 10 p.m	Saturday - Sunday: 9 a.m. to 8. p.m.
Friday: 5 a.m. to 8 p.m.	Holidays: 10 a.m. to 6 p.m.

Fit to Fight Warrior of the Week

Tech. Sgt. Gerino Mirabal
47th Security Forces Squadron



Photo by Airman 1st Class Timothy J. Stein

Fitness philosophy: Eat right, get plenty of sleep and have a regular exercise routine. You are what you eat, don't take in anything that is harmful to your body.

Favorite healthy treat: Start off with cooked whole wheat well mixed in a blender with oatmeal, rice or your favorite grain, add juice, a banana and a little

vanilla and cinnamon.

Fitness assessment score: 89.75

Fitness tip: Consistency, once you start a health program don't stop. Accuracy, do the stretch and exercise correctly and don't cheat.

Fitness goals: Live long and prosper. To always stay physically active and to meet or beat the Air Force fitness standards.