

# Border Eagle



Vol. 52, No. 29

Laughlin Air Force Base, Texas

July 23, 2004

## The first of the last...

Second Lt. Mike Brown, 85th Flying Training Squadron student pilot, gets set for his first flight in a T-37 Tweet. Lieutenant Brown, a member of Specialized Undergraduate Training Class 05-09, the last class training on the T-37, is the first student of the class to receive the "Dollar Ride," or initiation flight. Capt. Damien Lubwick, 85th FTS instructor pilot, was Lieutenant Brown's instructor on the flight.



Photo by Airman 1st Class Olufemi Owolabi

## Newslines

### OSS change of command

The 47th Operations Support Squadron will hold a change of command ceremony at 8 a.m. Monday on the flightline ramp area in front of Anderson Hall.

Lt. Col. Jeffrey Smith will take over command from Lt. Col. Robert Craven. All base members are invited to attend.

### Wing change of command

Col. Tod Wolters will assume command of the 47th Flying Training Wing from Col. Dan Woodward in a change of command ceremony July 30 at 9 a.m. in Building 508 (T-1 hanger).

The uniform for ceremony participants is service dress, and it is short-sleeved blues for members in formation.

All Laughlin attendees are reminded not to drive to the hangar as parking is limited; buses will depart from Club XL at 8:35 a.m. to take people to the ceremony and return after the ceremony.

All base members are invited to attend.

### Promotion ceremony

An enlisted promotion ceremony is set for 4 p.m. July 30 at Club Amistad.

All base members are invited to attend.

### Deployment stats

Deployed:	14
Returning in 30 days:	0
Deploying in 30 days:	16

### Mission status

(As of Tuesday)

Days behind or ahead:

T-37, -13.61	T-1, -0.82
T-38, -6.06	T-6, -11.59

Mission capable rate:

T-37, 90.4%	T-1, 81.6%
T-38, 79.6%	T-6, 84.2%

## Rumsfeld: Progress evident in Terror War

By Linda Kozaryn  
*American Forces Press Service*

WASHINGTON – The United States and its coalition partner nations are making progress in the war against global terrorism, according to Defense Secretary Donald H. Rumsfeld.

"We are unquestionably putting a lot of pressure on the extremists who are conducting these terrorist acts around the world," Rumsfeld told National Public Radio's Juan Williams during a July 16 interview.

The U.S.-led, anti-terror coalition of 80 to 90 nations, he said, is sharing intelligence and making it harder for the terrorists to move money. The coalition also is making it harder for the terrorists to recruit and retain people.

"We're making it harder for them to communicate with each other, harder for them to move between countries,"

Rumsfeld said.

The coalition has also brought down the Abdul Qadeer Khan network that was trading in nuclear materials and technologies, the secretary said. Khan, the father of Pakistan's gas centrifuge program, was removed from his post as advisor to Pakistan's prime minister for providing nuclear technology, components, and equipment to Iran, Libya and North Korea.

Rumsfeld noted that "Libya has come forward and decided to forego weapons of mass destruction."

America is safer today, he said, than it was on Sept. 11, 2001, when terrorists hijacked four jetliners and attacked the World Trade Center and the Pentagon. Many terrorists have been captured or killed, and more information about their activities has been gleaned.

The United States has focused

significant resources on protection.

"We have a much better protection system, for example, at our airports," Rumsfeld said. "We have a much higher level of vigilance and awareness on the part of the American people."

The United States is safer today because of the steps that have been taken, but there is no "perfect safety" when people are determined to kill other people, he warned.

"Now the reality is that a terrorist can attack at any time, at any place, using any technique," Rumsfeld said. "And it is physically impossible to protect every location against every conceivable type of attack, and it's particularly difficult for free people."

If terrorists cause Americans to give up the freedoms and benefits of a free society, he stressed, "then the terrorists have won."

## Wing commander bids farewell to base, gives thanks, praise for everything



### Commander's Corner

By Col. Dan Woodward  
47th Flying Training Wing  
commander

Twenty-three months ago I was given the greatest privilege I could possibly ask for... command of the 47th Flying Training Wing. And for 23 months, I watched you give everything you had to our mission. Through good times and tough challenges, we stood together as a team. And that has made all the difference.

As I reflect on the past, my optimism for the future grows. Across the stage in Anderson Hall, more than 750 new pilots walked proudly to receive their wings. This new generation serves with distinction throughout the world and provides a beacon of hope for people who yearn to breathe free.

The wings they wear today were put there by you, and you have a right to be proud. One person at a time over the past 23 months, you built the world's

most respected Air Force. The professionalism these pilots carry with them every day grew from the extraordinary example you provided.

Because of your dedication, enthusiasm, energy and relentless pursuit of excellence, this newest generation of aviators and the next...and the next...and the next will always be "the world's best pilots."

Over the past two years we have also deployed several hundred airmen to remote, isolated and dangerous places and they too have served and continue to serve with distinction in our Global War on Terrorism. The warrior spirit that has grown in this wing as you have done your part for the Expeditionary Air Force is exceptional.

Generations that follow you will remember what you did with pride and respect, whether you remained behind in support or traveled to the tip of the spear. So too, will I.

When I arrived here 23 months ago, I told you command was not about aircraft, computers, fuel, buildings, vehicles or bullets...I said command was about people. After all, no one commands things...they com-

**"The warrior spirit that has grown in this wing as you have done your part for the Expeditionary Air Force is exceptional."**

mand people. And it is the quality of the people that makes the quality of the command. By that measure and any other, the 47th Flying Training Wing truly is the greatest command in the Air Force.

Air Education and Training Command calls itself "The First Command." In my mind and my heart, Team XL will forever be first...among The First Command.

Team XL, thank you for your friendship. Thank you for your loyalty. Thank you for the memories. Thank you...for everything.

*Editor's Note: Colonel Woodward will relinquish command of the 47th Flying Training Wing July 30 to Col. Tod Walters.*

*Colonel Woodward invites you to view an additional short message of thanks on the commander's access channel, cable channel 34, Sunday through Thursday at 9 a.m., 3 p.m., and 9 p.m.*

## Leadership is a necessary tool at all levels

By Col. Phil Filippi  
75th Logistics Group  
commander

HILL AIR FORCE BASE, Utah — The Sept. 11 attacks on the World Trade Center and Pentagon have brought out the very best in our nation's character. We've turned to our civilian and military leadership for support, reassurance and the way ahead — and they've responded brilliantly.

While leadership at the highest levels is important to get America back on track, we also

need leadership right here at home.

You don't have to be a president, mayor or general officer to be a leader; you don't have to be a colonel or a chief.

Leadership takes many forms and it comes from many sources. It can be political, economic or military. It can be moral or spiritual. More often than not, it comes right from within.

To succeed in any endeavor, leadership must come from each one of us at every level of our organization. But how do we

become good leaders? Many believe leadership consists of persuading ordinary people to perform in extraordinary ways. This is sometimes referred to as "divine inspiration," a trait often found in natural leaders.

While this is sometimes the case, I believe leadership is most often a learned behavior, and that it is within the grasp of the many, and not just the few. In its simplest form, I believe there are only a few things a good leader must do.

See 'Leadership', 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](mailto:timothy.stein@laughlin.af.mil) or [sheila.johnston@laughlin.af.mil](mailto: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.

# What does your conscience say?

By Col. Walter Saeger Jr.  
*Air-to-surface munitions  
director*

HILL AIR FORCE BASE, Utah — How many times have you started to do something only to stop and ask yourself, "Should I really do this?" Maybe it doesn't happen too often for you, but it does for me.

Every time I have to decide what action to take, I hear this little voice that guides my decision. Some people would call it my conscience.

The conscience is a wonderful thing when it's there and listened to. It can keep us from doing things that could get us in trouble.

But, it has to be there and it has to be listened to. Most people have a conscience that they listen to — at least I assume

they do or we would have a lot more crimes being committed or laws being broken.

So why am I worried about whether you have a conscience or not?

It comes down to the business that we are in. Being in the Air Force — civilian or military — we are entrusted to perform a service for our country. How we perform that service depends highly on our conscience.

How many times have you stretched your coffee break an extra 15 minutes and thought it didn't harm anyone since you still got all of your work done for that day? How about the time you went TDY and came back when you were scheduled to even though the meeting ended early and you could have come back a day earlier?

Both scenarios are examples

of the Air Force being short-changed; in the first example it's "only" time while in the second it's both time and money. Maybe you work hard and rationalize that the Air Force owes you that much, but does it? If you were paying the bill, how would you feel then?

That is how you should look at everything you do. If I were paying the bill, would I still be willing to do what I am about to do?

Another way to ensure you do the right thing is the "60 Minutes" test. If someone from "60 Minutes" — the TV show with Mike Wallace — were to walk up and ask what you were doing and why, would you be willing to tell them everything and wait to see it on TV? Or better yet, have someone from your family see it on TV?

When your actions can stand

the "60 Minutes" test, you can be pretty confident that you're doing the right thing for the right reason.

There will always be exceptions, but unless you're lying to yourself (and your conscience won't help you there), people will trust you.

Now I'm sure you're asking yourself, "What does all of this have to do with me?" It goes back to being in the Air Force.

Americans trust us to do our best to protect them and our way of life.

This trust is based on each of us doing what is right, no matter what others may think or do, and you cannot always do what is right without guidance. Use them often enough and eventually you won't even hear them — it will just be natural to do the right thing all the time.

## Leadership, from page 2

First, leadership requires developing worthy goals and a vision, and persuading others of the importance of these goals. Next, leaders select and motivate people who can carry out that vision.

Finally, they contribute their time and effort toward accomplishing their goals, and take personal responsibility for the decisions that affect their organization.

This not only applies to grand efforts, like rebuilding after a terrorist attack, but to small efforts like putting a squadron "burger burn"

together.

It may sound easy, but leadership isn't always easily accomplished; leadership cannot be simply asserted or demanded — it must be demonstrated.

Leadership takes time, patience and practice.



**Actionline**  
298-5351 or  
[actionline@laughlin.af.mil](mailto: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
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
Services	298-5810

## Uniform priority

**Q**uestion: At other bases I've never been to, in the barber shop when you show up in uniform, you usually get priority over all the other people. I went into the barber shop on a Tuesday at lunchtime

and there were, in line ahead of me, probably eight retirees, and I was the only person there in uniform. Since I was on my lunch hour trying to get a haircut, I thought I might get priority. They continued to go in order of whoever showed up first to try and get all the haircuts knocked out. Luckily I

wasn't late getting back from lunch, but I was very close. I just wanted to see if there was anything we could do about that.

**A**nswer: Thank you for your question. Although we could give priority to personnel in uniform,

we have chosen a different approach. Please call ext. 5344 to schedule an appointment in the future and you will receive priority service. Hours of operation are 8 a.m. to 1 p.m. and 2 to 5 p.m. Thank you and we apologize for the confusion and your inconvenience.

# U.S. now training Arab air forces

By Staff Sgt. Lee Watts  
20th Fighter Wing Public Affairs

SHAW AIR FORCE BASE, S.C. – The United States, working with United Arab Emirates, is now training future Arab air force leaders.

Iron Falcon, a monthlong exercise held at the Emirate Air Defense Air Warfare Center in the United Arab Emirates, is upgrade training for mission commanders. Plans are set for all members of the Gulf Cooperation Council to eventually participate in the exercise.

"At Iron Falcon, students learn about orchestrating air power assets and how to work with other nations," said Lt. Col. Terry Ford, U.S. Central Command Air Forces exercise planner.

Iron Falcon was developed by U.S. officials in cooperation with United Arab Emirates officials for multiple reasons. One reason was to keep proficiency at the highest possible level.

The concept for this training was developed during operations Northern and Southern Watch, Colonel Ford said.

"While deployed to those operations, pilots would fly combat air patrols for 90 or 120 days, but weren't able to continue training," he said. "Air Force senior (leaders) wanted a training program in the region where pilots could keep their proficiency at a peak."

Another reason for the exercise is the diplomatic benefit.

Americans build personal relationships, which can result in better relations with people of other nations and more effective use of coalition military resources, said Bill Richardson, CENTAF project officer at the center. The training usually involves captains and majors.

"We're looking ahead five, 10 and 15 years down the road when our officers and theirs will be the leaders

of air forces," he said. "When they need to coordinate efforts, it will be easier if they already know the person they're dealing with and can call upon their time together in training."

Air Force senior leaders emphasized the value of training with allies. "The Air Warfare Center is an important part of the overall theater security cooperation program," said Col. Mike Otterblad, CENTAF exercises and engagement director.

Colonel Otterblad said the exercise gives fighter crews from the American, British and various Middle Eastern air forces a unique opportunity to train together in a realistic environment.

"The first two classes to test the concept were a huge success, and we will now start integrating additional coalition members in the future," he said, adding that by

training coalition air forces, the United States benefits in more than just military terms.

"The better the (council) air forces are, the more we can reduce our presence there," Mr. Richardson said. "As a result, less of our military members may have to deploy to the region, which makes it easier on them and their families."

Airmen from the 77th Fighter Squadron here recently returned from the second session of the exercise.

"It was a good experience," said Capt. Chris Bacon, a 77th FS F-16 Fighting Falcon pilot. "Iron Falcon is a U.A.E. initiative. They are forward thinkers and realize the value of combining resources. The training there has more access to the airspace, so the training is really enhanced."

Captain Bacon said the Emirati people are open minded, and the pilots who trained there, came back with an appreciation for Arab culture.

"Learning about each other is a great path for the future," he said.

**"We're looking ahead five, 10 and 15 years down the road when our officers and theirs will be the leaders of air forces."**

**-- Bill Richardson  
Central Command Air  
Forces project officer**



Courtesy photo

## Making a difference ...

Airman 1st Class Mark Yeates, 47th Communication Squadron, poses with Gen. Donald Cook, Air Education and Training Command commander, after receiving a command coin during the general's visit to Karshi-Khanabad, Uzbekistan. Airman Yeates is at Karshi-Khanabad performing third-country-national escort duties.

# Border Eagle

Do you have ideas for the base paper?

Complete a readership survey at [www.afnews.af.mil/internal/survey/survey\\_index.htm](http://www.afnews.af.mil/internal/survey/survey_index.htm).

**Opinions  
on the  
proposed  
uniform?  
Take the  
online  
survey at  
[www.uniforms.  
hq.af.mil](http://www.uniforms.hq.af.mil)**

## Force Development goes civilian

AIR FORCE PERSONNEL CENTER - Career civilian employees will soon have more focused career guidance and expanded opportunities thanks to a new initiative taking place here this summer.

Civilian Career Field Management is a part of Force Development that will align civilian and military career fields in order to develop future leaders.

"This is a big change in Air Force civilian career management," said Gregory Den Herder, executive director of the personnel center. "We've realigned civilian management to provide a systematic approach to developing and sustaining the civilian workforce.

"The foundations of CFM were already in place within our Civilian Career Program Directorate. Now we've tied development, analysis and employment together."

Under CFM, all civilian positions have been assigned to a specific career field similar to military specialty codes.

Each career field will have a career path that helps employees determine where to go or what to do to advance in their careers.

Similar to the officer corps, civilian career fields have development teams located at the personnel center. The 24 development teams will fill positions and

manage specific career fields.

CFM will enhance current opportunities for civilian professional education, advanced academic degrees, broader assignment experiences and upward mobility. It will also identify cross-functional paths to expose civilians to a broader scope of operational activities in preparation for senior leadership positions.

"The main goal of CFM is to ensure that the right employee gets to the right job with the right skills," said Mr. Den Herder.

*(Courtesy of the Air Force Personnel Center News Service)*



# Graduation



SUPT Class 04-12 graduates



**Capt. David Underwood**  
C-130 (AFRES)  
Patrick AFB, Fla.



**1st Lt. Edward Balzer IV**  
T-8  
Moody AFB, Ga.



**2nd Lt. Jeremy Allen**  
T-38  
Laughlin AFB



**2nd Lt. Rob Bryant**  
KC-135 (AFRES)  
March AFB, Calif.



**2nd Lt. Brent Caswell**  
F-16C (ANG)  
Ft. Wayne IAP, Ind.



**2nd Lt. Christopher De Winne**  
C-17  
McGuire AFB, N.J.



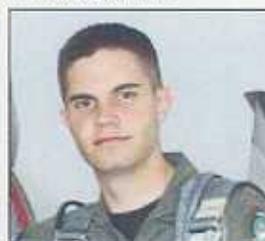
**2nd Lt. Benjamin Donberg**  
F-15E  
Seymour-Johnson AFB, N.C.



**2nd Lt. Grady Hoaglund**  
KC-135  
Fairchild AFB, Wash.



**2nd Lt. John Holland**  
C-21  
Ramstein AB, Germany



**2nd Lt. Timothy Manning**  
A-10  
Davis-Monthan AFB, Ariz.



**2nd Lt. Matthew Maiorano**  
KC-135 (ANG)  
McGuire AFB, N.J.



**2nd Lt. Christopher Pace**  
C-17  
Charleston AFB, S.C.



**2nd Lt. Todd Rapp**  
C-17  
McGuire AFB, N.J.



**2nd Lt. Anthony Shaffer**  
C-130 (ANG)  
Rosecrans MAP, Mo.



**2nd Lt. David Torres**  
F-16C (ANG)  
Kirtland AFB, N.M.



**2nd Lt. Adam Waite**  
KC-10  
McGuire AFB, N.J.



**2nd Lt. Kevin White**  
KC-135  
Kadena AB, Japan



**2nd Lt. Alan Yee**  
KC-135  
Robins AFB, Ga.



**2nd Lt. Keith Young**  
F-15C  
Tyndall AFB, Fla.

# Base officials release drinking-water quality report

*(Editors note: The following is the Consumer Confidence Water Quality Report published by the 47th Aeromedical-Dental Squadron bioenvironmental engineering flight.)*

Our drinking water meets and exceeds all federal drinking water requirements. Our water is safe to drink. This report is a summary of the quality of the water we provide our customer.

The analysis was made by using data from the most recent U.S. Environmental Protection Agency required tests and is presented in the tables below. We hope this information helps you become more knowledgeable about what's in your drinking water.

### Where do we get our drinking water?

Our drinking water is purchased from the City of Del Rio. The water is obtained from ground water sources, consisting of two underground springs known as the San Felipe Springs. The Texas Commission on Environmental Quality has completed a Source Water Susceptibility Assessment for all drinking water sources. This report describes the susceptibility and types of constituents that may come into contact with your drinking water source. The system from which we purchase our water received the assessment report. Contact San Felipe Springs for more information about this report.

### All drinking water may contain contaminants.

When drinking water meets federal

standards there may not be any health-based benefits to purchasing bottled water or point of use devices.

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. Contaminants that may be present in source water include: microbial, inorganic, organic chemical, radioactive contaminants as well as pesticides or herbicides. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the EPA's Safe Drinking Water Hotline (800-426-4791).

### Monitoring of Your Drinking Water

Personnel from the bioenvironmental en-

gineering flight and the base water plant, currently operated by Del-Jen Inc, perform portions of the required water monitoring. Turbidity is monitored at the source by the City of Del Rio. The TCEQ performs all aspects of chemical monitoring except lead and copper. Our base BEF coordinates collection of lead and copper samples with the necessary base residents and ships them to TCEQ for analysis. Because we buy our water from the city and use the same source, all source-water contaminant monitoring performed for the City is applicable to our base water system.

### Secondary Constituents

Many constituents (such as calcium, sodium, or iron), which are often found in drinking water, can cause taste, color, and odor problems. These types of problems are not necessarily causes for health concerns. For more information on taste, odor, or color of drinking water, please contact 298-5645 or 298-6859. The taste and odor constituents are called secondary constituents and are regulated by the State of Texas, not the EPA. They are not required to be reported in this document, but they may greatly affect the appearance and taste of your water.

### Public Participation Opportunities

Public participation for questions and comments will be available through the following website, accessible through the Laughlin Air Force Base homepage on network computers only: \\www.med.bioenvironmental/bioenvironmentalengineering.htm. A copy of this report and answers to Frequently Asked Questions will be posted there. For further questions regarding this report, please contact bioenvironmental engineering at 298-6859.

### DEFINITIONS:

**Maximum Contaminant Level (MCL)** - The highest permissible level of a contaminant in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

**Maximum Contaminant Level Goal (MCLG)** - The level of a contaminant in drinking water below which there is no known or expected health risk. MCLGs allow for a margin of safety.

**Treatment Technique (TT)** - A required process intended to reduce the level of a contaminant in drinking water.

**Action Level (AL)** - The concentration of a contaminant, which if exceeded, triggers treatment or other requirements that a water system must follow.

**NTU** - Nephelometric Turbidity Units

**MFL** - million fibers per liter

**pCi/l** - picocuries per liter (a measure of radioactivity)

**ppm** - parts per million, or milligrams per liter

**ppb** - parts per billion, or micrograms per liter

**ppt** - parts per trillion, or nanograms per liter

**ppq** - parts per quadrillion, or picograms per liter

## Inorganics

Year	Constituent	Highest level at any sampling point	Range of detected levels	MCL and MCLG	Unit of measure	Source of contaminant
2003	Barium	0.0709	0.0709	2	ppm	Discharge of drilling wastes; discharge from metal refineries; erosion of natural deposits.
2003	Fluoride	1.52	0.0709	2	ppm	Erosion of natural deposits; water additive which promotes strong teeth; discharge from fertilizer and aluminum factories.
2003	Chromium	0.01	0.0709	2	ppm	Natural deposits, mining, electroplating pigment.
2003	Nitrate	1.93	0.0709	2	ppm	Runoff from fertilizer use; leaching from septic tanks, sewage; erosion of natural deposits.

## Unregulated contaminants

Year	Constituent	Average of all sampling points	Range of detected levels	Unit of measure	Source of contaminant
2003	Bromodichloromethane	0.5	0.5000-0.5000	ppb	Unregulated contaminant monitoring helps EPA determine where certain contaminants occur and whether it needs to regulate those contaminants.
2003	Dibromochloromethane	1.03	1.0300-1.0300	ppb	

## Turbidity

Turbidity has no health effects. However, turbidity can interfere with disinfection and provide a medium for microbial growth. Turbidity may indicate the presence of disease-causing organisms. These organisms include bacteria, viruses and parasites that can cause symptoms such as nausea, diarrhea and associated headaches.

Year	Constituent	Highest single measurement	Lowest monthly percent of samples meeting limits	Turbidity limits	Unit of measure	Source of contaminant
2003	Turbidity	0.23	100%	0.5	NTU	Soil runoff

## Lead and Copper

Year	Constituent	The 90th percentile	Number of Exceeding action level	Action level	Unit of measure	Source of contaminant
2001	Lead	2.5	0	15	ppb	Corrosion of household plumbing systems; Erosion of natural deposits; Leaching from wood preservatives (copper only).
2001	Copper	0.308	0	1.3	ppm	

## New privacy rules intended to reduce suicide risks

By G.W. Pomeroy  
*Air Force Surgeon General  
Public Affairs*

WASHINGTON - The Air Force has revised Air Force Instruction 41-210, "Patient Administration Functions," to better protect privacy rights and ensure an appropriate flow of information between commanders and support agencies.

Air Force officials believe this will reduce suicide risks among its Airmen.

"Confidentiality continues to be seen as a double-edged sword," said Lt. Col. Rick Campise, the Air Force Suicide Prevention Program director. "We have to maintain a balance between a patient's privacy and a commander's need for information that allows (him or her to) make decisions that ensure the safety of the Airman and the success of the mission."

An assessment of all Air Force

active-duty suicides in 2003 revealed that some commanders viewed confidentiality as preventing adequate communication with life skills support centers, Colonel Campise said. In other cases, the absence of confidentiality was perceived as a factor in discouraging Airmen from seeking help.

Mental-health staff members are now required to review all open and closed mental-health records before active-duty Airmen transfer to new bases. Based upon the record review, mental-health providers can determine whether the new destination requires arranging for additional resources to support Airmen before and after they move, Colonel Campise said.

Part of this process may involve asking the commander to assist with decisions regarding the Airman's welfare, Colonel Campise said.

Air Force Medical Service officials recently provided two key tools

that assist in helping to ensure this is done successfully.

The "Air Force Guide for Managing Suicidal Behavior" and the "Leader's Guide for Managing Personnel in Distress" both discuss the need for collaboration between mental-health staffs and commanders. Both tools also emphasize balancing privacy and sharing essential mission information. Additionally, a video titled, "Communicating with Commanders," was released to mental-health clinicians in November.

Through July 15, 26 active-duty Airmen committed suicide in 2004, for a rate 13.0 per 100,000. The Air Force has experienced no suicides among Airmen deployed in operations Enduring Freedom or Iraqi Freedom.

The service's suicide prevention program is commonly hailed as the best program of its type in the world, officials said. In December, a

landmark University of Rochester study of suicide in the U.S. Air Force found the service's suicide-prevention program reduced the risk of suicide by 33 percent during the past six years.

In 2003, the Air Force's Suicide Prevention Program was hailed as a "model program" in a report released by the president's New Freedom Commission on Mental Health. In 2001, then-U.S. Surgeon General Dr. David Satcher made the program a model for the nation and incorporated it into the National Suicide Prevention Strategy.

In the mid-1990s, amid rising suicide rates in the military, Air Force leaders recognized that suicide is a community problem, and the formal program was implemented in 1996. From 1991 to 1996, the active-duty suicide rate was 14.1 per 100,000. During the seven years of the prevention program's existence, through the end of 2003, the suicide rate was 9.2 per 100,000 population.



Senior Airman Timothy J. Stein

## You'll only feel a pinch...

Staff Sgt. Juan Cervantes, 47th Communications Squadron, braces himself as a blood technician from the South West Texas Blood and Tissue Center inserts a needle into his arm during a blood drive at the Fiesta Center July 23. The 47th Mission Support Squadron won an award for having the most donors.

## Some survivors of veterans face deadline for restored benefit

WASHINGTON – The Department of Veterans Affairs wants to ensure that surviving spouses of deceased veterans are aware of an approaching deadline that may affect entitlement to Dependency and Indemnity Compensation benefits.

Last year, President Bush signed Public Law 108-183, the "Veterans Benefits Act of 2003," which restores entitlement to DIC for surviving spouses who remarry on or after their 57th birthdays.

VA officials are concerned that surviving spouses may not be aware of this change in law, or may overlook this benefit if their subsequent marriages have not ended.

Generally, VA pays DIC (basic monthly rate is \$967) to the surviving spouses of military servicemembers who die while on active duty, and to surviving spouses of veterans whose death resulted from service-related causes.

Under previous law, surviving spouses who remarried

were not eligible for DIC unless their marriages ended. At that time they could apply for reinstatement of benefits.

Under the new law, surviving spouses who remarried after age 57 and before Dec. 16, 2003, have a limited time to apply for restoration of DIC.

They have one year from the date the new law was enacted (Dec. 16, 2003) to apply for restoration of benefits. If VA receives the application later than Dec. 15, 2004, restoration of DIC must be denied.

The one-year application period does not apply to other surviving spouses whose remarriage on or after attaining age 57 followed enactment of the law.

For more information on restoration of DIC, call VA's toll free number at 1-800-827-1000 or visit the nearest VA regional office. Office locations can be found in the blue pages of local telephone directories.

People who are hearing impaired should call VA at 1-800-829-4833 by use of a telecommunications device for the deaf.

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or call Tech. Sgt.  
Thomas Mayo at  
298-4355.



## Laughlin Salutes

### 47th Flying Training Wing second-quarter winners:

#### Airman:

■ Airman 1st Class Yvette Myers, 47th Flying Training Wing Command Post

#### NCO:

■ Tech. Sgt. David Adkins, 47th Aeromedical-Dental Squadron

#### Senior NCO:

■ Master Sgt. Prince Smith, 47th Security Forces Squadron

#### Soldier:

■ Sgt. Kenneth Edwards, 47th SFS

#### Company grade officer:

■ Capt. Shamaar Bowlby, 47th Contracting Squadron

#### Instructor pilot:

■ Capt. Rachael Platz, 87th Flying Training Squadron

#### Civilian category I:

■ Gabriel Daniels, 47th Maintainance Directorate

#### Civilian category II:

■ Steven Day, 47th Civil Engineer Squadron

#### Civilian category III:

■ Jodi Ney, 47th MSS

#### Nonappropriated funds category I:

■ Dora Fuentes, 47th Services Division

#### Nonappropriated funds category II:

■ Beatrice De Leon, 47th SVS

#### Volunteer:

■ 1st Lt. Kendra Lowe, 47th Mission Support Squadron

#### Honor guard member:

■ Master Sgt. Karla Jordan-Hunnicut, 47th Medical Group

#### Health and safety con- tributor:

■ Senior Airman Yvonne Watkins, 47th ADS

#### Outstanding dormitory suite:

■ Airman 1st Class Kristi Knowles, 47th Operations Support Squadron

#### Outstanding dormitory:

■ Airman 1st Class Derek Hartman, 47th OSS

#### Airman Leadership School graduates:

■ Staff Sgt. Brandin Coy, 47th OSS (Levitow winner)

■ Senior Airman Terrell Morris, 47th SVS

■ Senior Airman Jeremy Pata, 47th CES



Photo by Paco Mendoza

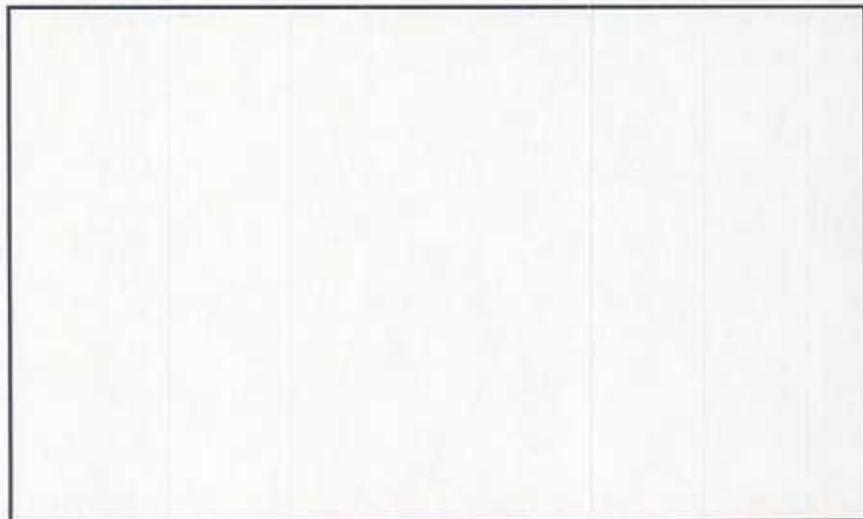
### Laughlin's newest chief ...

Laughlin Command Chief Master Sgt. Ted Pilihos and Chief Master Sgt. Ronald Prothro, 47th Communications Squadron, tack chief master sergeant stripes onto Col. Dan Woodward, 47th Flying Training Wing commander, Wednesday at the Quarterly Awards Luncheon at Club XL. The act made Colonel Woodward an honorary chief master sergeant and left his speechless.

### Commander's Access Channel:

Tune to **Cable Channel 34** for information about events and activities at Laughlin.

### Buckle up!



# Radio maintenance

## Keeping pilots in air, others connected

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

As long as radio communication remains an integral part of the base communication system, so is the unit that ensures proper maintenance of radio communication systems.

The 47th Communications Squadron's radio maintenance unit, made up of the land mobile radio and ground radio maintenance sections, is the unit responsible for maintaining all radio equipment the base uses for verbal communication.

The land mobile radio section maintains and manages the base personal wireless communications systems, such as handheld radios and pagers, and spectrum management work center, which manages radio frequencies. The ground radio maintenance section maintains the air traffic control radios, transmitters, receivers, digital-voice recorder and enhanced terminal voice switch, which connects all ground radio equipment together through telephone lines.

"Generally, our saying goes: Land mobile radio, we keep the base talking," said Master Sgt. Jesse Atkinson, the PWCS and spectrum management NCO in charge here. "The big part of our job is managing and assigning radio frequencies to each base net or radio users after coordinating with the Federal Communications Commission and other communication agencies."

Sergeant Atkinson said a mobile net is the term for each section of the base radio users such as the security forces, medical group, flying squad-

rons, fire department and all commanders. Before establishing a new radio for a user, it needs a newly assigned frequency to operate. Land mobile radio maintenance, through the PWCS workcenter, requests a site license to legally operate on the frequency from the FCC and National Telecommunication Information Agency.

"Due to our proximity to Mexico and to ensure our pilots' radio frequencies don't interfere with other country's, the frequencies are also coordinated with the International Telecommunication Agency," said Staff Sgt. Robert Worthington, a PWCS and frequency management technician.

The land mobile radio section maintains other equipment such as handheld radios, paging systems, cellular telephones, vehicle radios and other frequency issues on base.

It is the primary contact point on base for programming the commanders' net, which gives commanders a mobile form of communication so they can direct and control operations on base.

Moreover, it is a first-look maintenance shop. "Basically, we perform minor repairs that can be done on the installation," Sergeant Atkinson said. "For major or complicated repairs, we are the coordination point for shipping the equipment off for contract maintenance, and we also coordinate any purchase of new radio equipment."

"Our job is one of the many critical components to a flying mission," he added. He said without a working radio, the security forces and the fire department would not be able to provide adequate

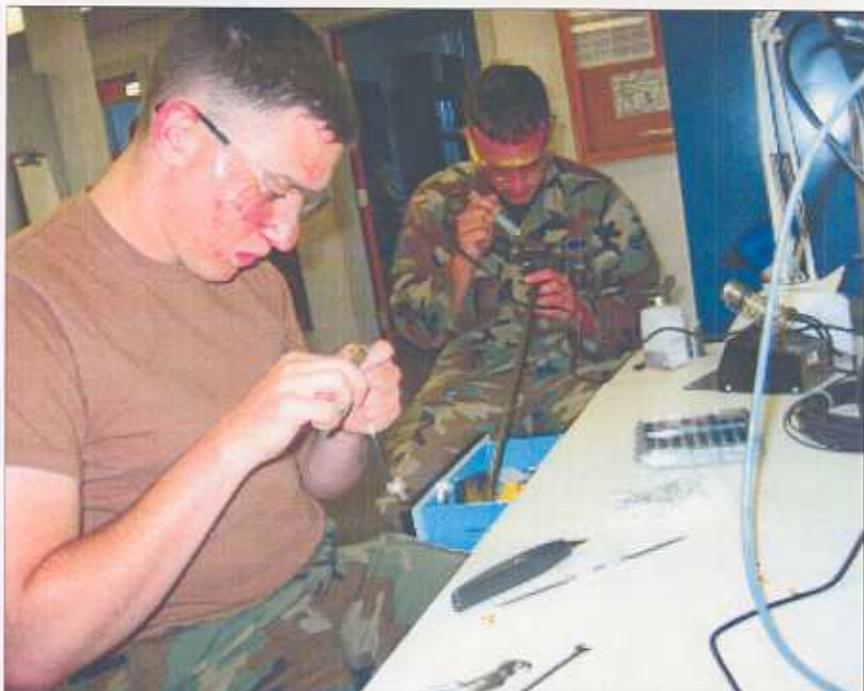


Photo by Airman 1st Class Olufemi A. Owolabi

**Airman 1st Class Sean Mallery, a 47th Communications Squadron ground radio maintenance technician, and Airman 1st Class Matthew Blish, a mediorior and navigational system technician here, fix a damaged conductor during a routine radio maintenance work.**

security for the base because they could not coordinate their actions.

On the other hand, the ground radio maintenance section maintains ATC radio equipment which allows communication between controllers and pilots in the aircraft during flying operations.

"We make sure controllers have the ability to speak to a pilot in an aircraft all the time," said Staff Sgt. Scott Griffith, ground radio maintenance assistance NCO in charge here. "When anything goes wrong with the equipment, we have to move and act fast."

Sergeant Griffith said not only is their job diverse, encompassing many tasks, it is also a mission that helps keep

aircraft flying.

With the amount of information each maintainer is required to know, they must complete two technical training schools, a four-month basic electronics course and a six-month ground radio communications course, both at Keesler Air Force Base, Miss.

He said even after spending up to 10 months in school, ground radio maintainers are constantly in on-the-job training when they get to their duty stations, helping to ensure the best customer service.

"The career field is so vast that you always learn as you move up the skill level," he said. Especially during deployment, he said one might get to work on equipment that is different from what one is

used to.

"There is a sense of accomplishment when jobs are done," said Airman 1st Class Daniel Podnar, a 47th CS ground radio maintenance apprentice.

He said the satisfaction of the job comes when they have completed a task such as fixing the smallest part of a component.

"The technical experience we gain from this job can make a difference when we get to the civilian world," said Airman 1st Class Sean Mallery, a ground radio technician.

"It is easy for us to see how we directly affect the mission; by preventive maintenance and fixing components on time, we make the flying mission get off the ground," he said.

## The XLER

**Airman 1st Class Sedelia Gonzales**  
47th Comptroller Squadron



Photo by Senior Airman Timothy J. Stein

**Hometown:** Houston

**Family:** Husband, Gonzo; son, Xavier

**Time at Laughlin:**

One year and five months

**Time in service:**

One year and 10 months

**Greatest accomplishment:** Raising a beautiful son and having a wonderful family

**Hobbies:** Watching movies and spending time with my family

**Bad habit:** Talking too much

**Favorite movies:**

"For Keeps"

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

My grandpa Ruben because he was one of my biggest influences on my life and I'll never forget him.

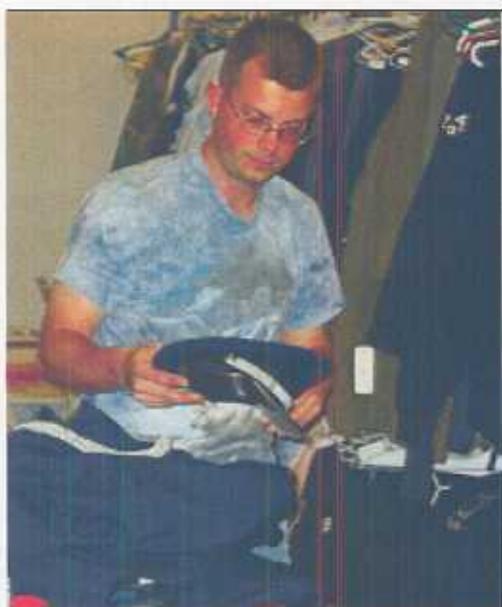


Photo by Senior Airman Timothy J. Stein

## Cleaning the attic ...

Airman 1st Class Daniel Podnar, 47th Communications Squadron, sorts uniforms at the Airmen's Attic Saturday. Airman Podnar and others spent Saturday cleaning and organizing the attic. The purpose of the attic is to help E-1 thru E-4 personnel minimize the cost of setting up a household and purchasing replacement uniform items. All items contained in the attic are donations from fellow Airmen and their families. The attic can be accessed by contacting respective first sergeants.

## 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.

It's your Future.

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# Laughlin son gets hot at baseball regionals

By Senior Airman  
Timothy J. Stein  
Editor

The son of a Laughlin lieutenant is playing baseball in the Southwest Regional Babe Ruth All-Star Tournament in Monticello, Ark., today through Wednesday.

Thirteen-year-old Michael Akins, son of Leslie and 2nd Lt. Michael Akins, 47th Aeromedical-Dental Squadron, plays shortstop and pitcher for the Del Rio all-star team.

Michael's journey began in spring when he played for the Astros in his first year in Del Rio's Babe Ruth baseball league, a league for 13-15 year olds. After finishing the regular season, Michael was selected by league coaches to play on the Del Rio All-Star team.

"It is very exciting," said Michael. "It is fun to be on this team with so many great players."

The Del Rio team first played in the district tournament in June where it competed against area teams such as Eagle Pass. After winning that tournament, the team played in the South Texas State Tournament earlier this month where they faced off against teams from all over South Texas. Winning that

tournament gave the team a chance to play against two other Texas teams and five teams from surrounding states for the regional championship. If the Del Rio team wins this tournament, it will go on to play in the Babe Ruth World Series in Van Buren, Ark., Aug. 14 through 21.

"It has been awesome to make it this far with this team," said Michael.

This isn't Michael's first time playing for an all-star team. He played on Del Rio's Little League All Star Team last year and while his father was stationed at Kadena Air Base, Japan, Michael had the opportunity to play in an international tournament as a member of the Kadena All Star Team. Every year the Kadena team is invited to play in Okinawa's International Baseball Friendship Tournament. The year Michael played, the team beat others from Japan, the U.S. and the Philippines. It was the first time the team from Kadena had ever won a game in the tournament.

Michael, who said he prefers playing shortstop to pitching, has been playing baseball since he was four-years-old and his mother first taught him how to catch.

While baseball is his favorite sport, Michael said it isn't the only one he likes to



Courtesy photos

(Above) Michael warms up before a game in June. Michael pitches every third or fourth game. The rest of the time he can be found playing shortstop. (Below) Michael poses for a photo before taking batting practice.

play. He also enjoys football, golf and hockey.

Michael said he spends a lot of his time playing sports but that doesn't mean he neglects his studies. He is a straight-A student at the Little School House in Del Rio and received a Presidential citation in June for excellence in academics, citizenship and athleticism. In the future he would like to play professional baseball but if that doesn't work out he said he would like to become a police officer.



Access education information at the click of a mouse.  
Visit the Air Force Virtual Education Center at  
<https://afvec.langley.af.mil>

## Water essential for healthy living

Fitness commentary by

Bill Goins

*47th Aeromedical-Dental Squadron exercise physiologist*

Now wouldn't you have loved to have been the first guy to think of putting water in a bottle and selling it?

Some people would say that the whole bottled water industry is just another scam to make money. Well, as much as I am jealous of the guy who has already retired his entire family off of bottled water revenue, I have to argue that it is one of the most important food industries out there.

That's right... food industries. Water is one of the six basic nutrients that your body requires to operate properly.

So, why is water so important?

■ Water helps to regulate body temperature. This is essential when you exercise.

■ Your blood is more than 50 percent water. If water is not replaced during exercise, total blood volume will decrease and result in decreased oxygen delivery to the muscles.

■ Both your heart and your brain need water to help maintain balanced electrolytes for proper function. You'd be a knucklehead if you didn't drink enough water.

■ Want to burn fat? Water is an essential element in which chemical reactions take place within the body. Lack of water causes your body to be inefficient at utilizing stored fat.

Okay, now I have a few reasons that tell me why water is so important, so how much do I need to drink? You should be consuming an amount in ounces equal to half of your body weight in pounds. That means a 200 pound individual needs approximately 100 ounces of water per day. If you

are exercising vigorously, you need to replace even more. The water that you mix with tea or juice or the water in your scotch doesn't count. For every ounce of tea or coffee or soda that you drink each day, you need to increase your water intake by that many ounces to offset the dehydrating effect of the caffeine.

How about the new fitness water that you see on the shelves? Here are some examples of what you might see and what they are designed for:

■ Life O2 Super Oxygenated Water: It has 10 times the amount of oxygen of regular water which is supposed to energize and refresh you by increasing the level of oxygen in your blood (not supported by research).

■ Propel Fitness Water (by Gatorade): this is lightly flavored water with six essential vitamins designed to help you drink more due to the flavoring. One, eight ounce serving has three grams of carbohydrates, 10 calories, and provides 25 percent of the recommended daily allowance of four different B vitamins.

■ Water Joe caffeine enhanced water: what do you think might be in this one? That's right, water and 60 milligrams of caffeine (about the same as a cup of coffee). It kind of defeats the purpose.

■ Vitamin Water: you will find these waters in many varieties featuring a combination of herbs, vitamins, and minerals. Calories usually range around 40 with most of them coming from sugar for taste.

Well, I hope this helps "clear the water" so to speak. The bottom line is, water is an essential part of your every day nutrition. If you want to stay fit or get in even better shape, one very important place you can start is with water.