

SUPT Class 04-08 graduates, see photos page 9

Border Eagle

Vol. 52, No. 17

Laughlin Air Force Base, Texas

April 30, 2004

Laughlin mourns loss

Compiled from staff reports

Local memorial services are planned for Heidi Poteat who died Monday following a short, courageous battle with cancer. Mrs.



Heidi Poteat

A Del Rio memorial will be held at 4 p.m. Saturday at First Baptist Church, 301 G Street. A base memorial will be conducted at 10 a.m. Wednesday in the Laughlin Chapel.

Mrs. Poteat is survived by her husband, retired Tech. Sgt. Rob Poteat; her children Rachel and Zachary; and her mother, Mecht Stavens. The family has asked that any flowers for the Saturday service be delivered to the church.

Additionally, monetary donations in memory of Mrs. Poteat may be sent to the following address: Del Rio Cancer Support Group; c/o Dr. Susan Jane Taylor, M.D.; 1301 Ave. G; Del Rio, TX 78840.

Poteat was a federal employee with the 47th Communications Squadron plans flight.

A Del Rio memorial will be held at 4 p.m. Saturday at First



Photo by Airman 1st Class Olufemi Owolabi

Giving back to nature ...

Jacob Caniglia (8), son of Tech. Sgt. Dora Caniglia, 47th Aerospace physiology NCO in charge, helps plant a tree near the Fiesta Center during Earth Day events April 22. Approximately 25 children showed up to help plant five trees. Hundreds of trees have been planted on base in the past few months.

Two Airmen guilty in courts-martial

Compiled from staff reports

Laughlin recently had two courts-martial.

Airman 1st Class Jess Davis, 47th Security Forces Squadron, was court-martialed on March 4 for rape, assault consummated by a battery and indecent assault.

There were three victims in his trial; however, the incidents happened on separate occasions over the course of a year. He was found guilty of as-

sault consummated by a battery against two of the victims and sentenced to six months confinement, a bad conduct discharge and reduction in grade to E-1. He was exonerated of rape and indecent assault charges.

Airman Davis is currently serving his time at the Lackland regional confinement facility.

Airman 1st Class Steven Henry, 84th Flying Training Squadron, was convicted at a special court-martial held March 31 of one count of wrong-

fully using cocaine in violation of Article 112(a), Uniform Code of Military Justice.

Airman Henry pled guilty to using cocaine at a bar in Mexico. Airman Henry was sentenced by a military judge to a bad conduct discharge and four months confinement.

Afterwards, government prosecutors Capt. Preston Young and Capt. Lynn Sylmar commented, "The message is clear – drug use is incompatible with military service."

Newslines

SUPT graduation

Specialized Undergraduate Pilot Training Class 04-08 will graduate at 10 a.m. today in Anderson Hall auditorium.

All base members are invited to attend.

Finance closure

The finance office will be closed from 11:30 a.m. to 4:30 p.m. today for training.

For details, call 298-5215.

FSC closure canceled

The Family Support Center will not close for training today as reported in last week's *Border Eagle*.

Enlisted promotion ceremony

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

All base members are invited to attend.

Change of command

The 47th Medical Group will hold a change of command ceremony at 9 a.m. May 14 at Club XL.

Col. (Dr.) Laura Torres-Reyes will take over command from Col. (Dr.) Chuck Hardin.

DEFY graduation

A Drug Education For Youth graduation is set for 9 a.m. May 22 in the Chapel Hall Annex.

Deployment stats

Deployed: 26
Returning in 30 days: 15
Deploying in 30 days: 0

Mission status

(As of Tuesday)

Days behind or ahead:

T-37, -4.85	T-1, 1.98
T-38, -4.47	T-6, -4.33
Mission capable rate:	
T-37, 91.4%	T-1, 76.2%
T-38, 71.4%	T-6, 81.0%

Patience reaps dividends

Many servicemembers leave before military experiences blossom into memorable stories



Commander's Corner

By Lt. Col. Robert Craven
47th Operations Support Squadron
commander

Been there, done that, got the T-shirt. We've all had experiences and adventures we're intensely proud of and we quickly perk up when certain topics "just happen to come up" during conversation, so we can chime in with our fascinating stories.

After all, what's the point of accumulating interesting memories if not to share them? Further, I'm convinced that our need to share our "been there, done that" stories is so strong that it very frequently drives many of our life choices.

We do interesting, noble and exciting things so that one day we can reflect proudly on our adventures and achievements and share them with others, so they too may find us interesting, noble or exciting.

Even the most altruistic people reap the

"... those who work and study hard and are ready and willing when opportunity knocks are invariably recognized and richly rewarded."

benefit of admiration from those they have helped.

I believe this is what drives many of us to serve when there are certainly easier and more lucrative opportunities outside military or civil service.

I think one of the great philosophers of our time, Jimmy Buffet, said it best with this phrase from a song, "If you ever wonder why you ride the carousel, you do it for the stories you could tell."

What stories do you have to tell? Where did you get that T-shirt, that plaque on your wall, that trophy on your desk or, simply, that gleam in your eye or pride in your heart?

We face choices everyday and the true acid test of which choice we make is often how we think we'll feel about it after the fact, when we can look at it with 20/20 hindsight. Will it be an inspiring story of triumph, a lesson learned or a regret you'd rather not discuss?

One of the biggest life choices service members make is whether to stay or go when their commitments are up.

Life choices like these are, again, frequently driven by how we'll look back on them.

Whether you serve a few years or 30, you are certain to have the admiration of a grateful nation and interesting and noble

stories to share for the rest of your life. After all, military service presents countless opportunities to accumulate intriguing stories of achievement, adventure, triumph and noble sacrifice. Sadly, too many separate before they ever really get started and never reap the benefits and stories continued service most certainly offers.

For most of us, the many early years of hard work, long hours and frustration seem to go unnoticed and the temptation to jump to seemingly greener pastures becomes intense.

Consequently, many do bail out just before their ship comes in.

For them, the military experience, and their stories, are often tarnished by the ignorance of not knowing that their richest personal rewards were just beginning when they gave up.

One certain truth I have embraced after 22 years of service is that those who work and study hard and are ready and willing when opportunity knocks are invariably recognized and richly rewarded.

It's important to believe that your hard work will eventually pay off personally and professionally. The payoff comes at different times for everyone, so it can be very frustrating to be patient, but it will come if you don't give up.

I guarantee you, somebody's watching. Although there are many definitions of success and paths to achieve it, be patient, stay the course and while your friends and peers that separated retort with stories of "I could have if, would have but, or should have," you'll be able to say "I did. Been there, done that, got the T-shirt!"

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.**

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.

Airmen play vital role in war on terror

By Dr. James G. Roche
Secretary of the Air Force

"The world needs America's leadership. ... Democracy and freedom are threatened around the world. ... It would be easy for America to withdraw behind the oceans. ... What you do saves our countries from the threat of worldwide terror. ... We support you and respect you."

Mayor Jean-Pierre Darden, the mayor of LaRoche-on-Ardenne, Belgium, delivered those stirring words on the first day of my trip to visit our deployed Airmen as we remembered the sacrifices of a previous generation. With the World War II crash site of an Air Corps B-17 bomber as the backdrop, his compelling address set the tone for my eight-day, seven-country journey. He praised our strength of purpose in Iraq and elsewhere in the world, and noted that without it, democracy and liberty were threatened. He encouraged us to stay the course, and relayed the support of the citizens of Belgium for our leadership in the war on terrorism. As I stood alongside the mayor on that Belgian hilltop, it made me incredibly proud to be an American, and to serve our nation and freedom-loving people everywhere.

Like the United States in the 21st century, Belgium in the 20th century suffered foreign aggression and brutal attacks that forever changed their perspective on the value of freedom. As we continue our fight in the war on terrorism, we should consider this

history. It reminds us that there is no greater motivator, no force for change more compelling, no condition more worthy than freedom. Freedom is not a privilege reserved for some, it is a right for every nation and people, and only by ensuring freedom will we enjoy peace and security around the globe.

From Western Europe, to Central Asia, to the Persian Gulf, I visited our Airmen currently serving this worthy cause. As I traveled throughout these regions, I asked our folks to keep the following points in mind; I ask each of you to do so as well:

■ We are at war. The cancer of al Qaeda is not gone, and radicalism and technology combine in a deadly mix. As recent bombings in Turkey and Spain demonstrate, there are no safe havens.

Although we have made progress, we must remember that the threat continues to metastasize, and that we face a factional insurgency that threatens the Iraqi people's wonderful opportunity for freedom.

We must stay focused, and on the offensive to root out and destroy these grave threats in – Afghanistan, Iraq, ungoverned regions in the Horn of Africa, and around the globe. This campaign will last a long time; your vigilance and focus will make the difference between success and failure in this important cause.

■ We are evolving the Air Force to this new era. Our focus on core competencies has had a dramatic payoff in operations around the globe, as has our renewed emphasis on close air

support, and integration with ground forces. Throughout my visit, I witnessed the professionalism of our Airmen in a variety of settings and missions:

Flying with NATO Squadron 1 of the NATO Airborne Early Warning and Control Force over the Balkans, I observed our efforts to preserve stability for the people of that troubled region.

Our team at Incirlik Air Base, Turkey, has made dramatic improvements to support forces transiting the theater, and are prepared to dramatically expand their footprint if required.

In Manas, Kyrgyzstan, our Airmen operate and sustain Ganci Air Base, the strategic hub for ground forces entering Afghanistan. Their aerial port, intra-theater lift, medevac, and aerial refueling missions make this former Soviet base vital to our pursuit of terrorists in the region.

At Karshi-Khanabad in Uzbekistan, Soldiers and Airmen work side by side, delivering special operations, combat search and rescue, and theater lift to our combatants.

At Bagram Air Base, Afghanistan, the focal point of our joint force, our Airmen there exemplify the expeditionary mindset, and are providing the air-to-ground cooperation that Gen. John P. Jumper and I have envisioned. Major General Eric Olsen, the U.S. Army officer commanding CJTF-180, called air and space power his "hammer" in the fight against a distributed, resilient enemy.

In Qatar, our mobility, reconnaissance, C2 and strike forces integrated their capabilities to

produce a range of effects. I had the opportunity to fly with the "Alley Cats" of the 128th Expeditionary Air Command and Control Squadron over Afghanistan.

This superb JSTARS team expertly combined with the Predator, Rivet Joint, Special Operations Forces and strike assets to produce a lethal package of combat capability.

The total force team in Morón, Spain, provides critical support to the largest swap out of military forces in history. I'm proud of what they are doing for our Air Force and for the Soldiers and Marines transiting this irreplaceable gateway to Southwest and Central Asia.

■ At every stop, our base defenders, maintainers, communicators, engineers and logisticians were making the mission happen. Our Airmen were mission focused, and highly motivated, a tribute to leaders and supervisors – at home station and those forward deployed.

■ Respect and care for every Airman. During every stop, I also spoke about the obligation we have to respect the competence and excellence of our fellow Airmen, regardless of gender, ethnic origin or race.

Every Airman should view another Airman as their wingman, someone in whom they can trust their life.

We cannot and will not tolerate sexual assault or harassment of any kind. These offenses are contrary to good order and discipline and undermine the character and integrity of every member of our team.



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

Families of high school seniors may extend in place

AIR FORCE PERSONNEL CENTER –Some Air Force families with a child entering the senior year of high school may get to stay additional time at their current duty stations thanks to a new policy announced this month.

“In today’s environment of deployments and high operations tempo, it’s important that we alleviate stress on families wherever we can,” said Chief Master Sergeant of the Air Force Gerald R. Murray. “This initiative is designed to do that.”

“This is a policy we think increases the quality of life for Air Force families,” said Mr. Roger Blanchard, Air Force assistant deputy chief of staff for personnel. “The intent is to decrease turbulence and increase stability for military families,” he said.

The High School Seniors Assignment Deferment Program allows senior master sergeants and below, and officers up through the rank of lieutenant colonel, to apply for a one-year assignment deferment. Back-to-back deferments may be possible and mili-

tary married to military spouses may also apply.

Even with the changes, officials said the mission comes first and will be the overriding factor in granting deferments.

“This policy does not mean that every Airman with a high school senior will remain in place,” said Chief Murray. “Deferments will be approved where possible. As in all situations, however, the needs of the Air Force will come first.”

“Requests will be considered on a case-by-case basis,” said Col. Kathleen Grabowski, chief of assignment programs and procedures here. “The goal is to approve as many requests as mission needs allow without being unfair, but the reality is that some requests won’t be possible due to Air Force needs.”

“We’ll work with people as we always have,” she said.

To be eligible, the rising senior in high school must be a dependent of and living with the Airman requesting the

“The goal is to approve as many requests as mission needs allow without being unfair, but the reality is that some requests won’t be possible due to Air Force needs.”

–Col. Kathleen Grabowski
Air Force Personnel Center chief of assignment programs and procedures

deferment, and must be enrolled in the dependent enrollment system called DEERS, she said.

Officers will need to apply before being put on assignment while enlisted people will not apply until after being matched to an assignment, said Master Sgt. Letty Inabinet, superintendent of assignment procedures. Applications are available at military personnel flights and commander support staffs.

Officials estimate that annually

20-25 percent of officers and senior noncommissioned officers have children entering their senior year of high school and perhaps one-third of those could be eligible for assignment in a given year, officials said.

“It’s a benefit to families if teenagers can attend the senior prom and graduate with their established friends,” said Mr. Blanchard.

The policy makes official what was already being done informally whenever possible in the past, said Colonel Grabowski. In some cases assignment teams were already successfully working with Airmen to allow families stability when children were coming up on graduation, she said.

The Air Force Contact Center offers information about this and other personnel programs all day, every day by calling toll free (800) 616-3775 or looking online at <http://www.afpc.randolph.af.mil>.

(Courtesy of Air Force Personnel Center News Service)

Commission formed to help compensate Iraqis persecuted by Saddam

By Donna Miles
American Forces Press Service

WASHINGTON – Coalition officials announced Tuesday the formation of a commission to compensate Iraqis who were fired, wrongfully imprisoned or otherwise persecuted by deposed dictator Saddam Hussein.

Dan Senor, senior adviser to the Coalition Provisional Authority, called the establishment of the commission an important step in moving the country toward reconciliation and healing. “Iraq cannot move forward without dealing with its past, and we think this is a part of that,” he said.

Details of the special

commission are still being worked out, Senor said, but it will be run by Iraqis, with oversight led by the interim Iraqi government that assumes sovereignty from the Coalition Provisional Authority on June 30. The coalition will set aside “substantial funding” to cover initial startup costs, he said.

Senor said that while it’s impossible to fully compensate those who suffered under three decades of Saddam’s brutal dictatorship, the commission will “begin the process of correcting these injustices of the past.”

The coalition expects “in the days ahead” to provide more concrete details about the commission, including the name of the person who will run it, Senor said.



Photo by Tech. Sgt. Anthony Hill

Take a look ...

James Davis, Engine Regional Repair Center production foreman, shows Col. Stephen Schmidt, Air Education and Training Command director of Logistics, critical measurement areas on the J85 engine compressor rotors at the ERRC building Wednesday. Colonel Schmidt was at Laughlin for a site visit.



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



Photo by Airman 1st Class Olufemi Owolabi

One scoop or two ...

Master Sgt. Ricardo Ramirez, 47th Mission Support Squadron first sergeant, serves up ice cream Wednesday at the 47th MSS patio during an ice cream social while Lt. Col. Jeff Kubiak, 86th Flying Training Squadron commander, looks on. The social honors Laughlin volunteers during National Volunteer Week.

Officials: TSP good way to increase wealth

By Rudi Williams
American Forces Press Service

WASHINGTON – Defense Department officials urge servicemembers to invest in their future through the Thrift Savings Plan.

Now is a good time for servicemembers to start paying themselves, officials said. The current TSP open season started April 15 and runs until June 30. This is the time servicemembers can start or change their contributions to their TSP account.

Servicemembers can contribute up to 9 percent of their base pay each month, and up to 100 percent of incentive pay and special pay, including bonus and combat pay. But total contributions from taxable pay may not exceed the Internal Revenue Service limit of \$13,000 for 2004.

“You’re never too young or too old to start a savings account in TSP,” said Gary Amelio, executive director of the Federal Retirement Thrift Investment Board and chief executive and managing fiduciary of TSP for federal employees. “The tax deferral benefits are excellent and compounded earnings are simply a phenomenal way to increase your wealth.”

TSP assets total more than

\$110 billion. It maintains retirement savings accounts for more than 3 million participants including federal civilian employees in all branches of government, U.S. Postal Service employees and members of the seven uniformed services.

Created by the Federal Employees’ Retirement System Act of 1986, TSP is a tax deferred savings option and lowers the taxable income for participants. The savings plan is similar to 401k plans offered by many private employers. It is separate from the military retirement system, which is based on years of service and rank.

Administered by the Federal Retirement Thrift Investment Board, TSP was available only to civilian employees until October 2001, when the program was extended to active- and reserve-component servicemembers, including the Coast Guard. The program also was extended to members of the Public Health Service and the National Oceanic and Atmospheric Administration.

Guardsmen and reservists who are also federal civilians are allowed to have both a military and civilian TSP.

“If you’re part of both work forces, you can have two different accounts,” Mr. Amelio said. “And you can combine the accounts after you separate from either service.”

But if TSP participants with military and civilian accounts exceed the \$13,000 limit before the end of the year, the plan will return the excess contributions, Mr. Amelio said.

“It’s called an excess deferral,” he said.

The government gives matching funds to Federal Employees’ Retirement System TSP participants. Uniformed services and Civil Service Retirement System participants normally do not receive matching funds, but the service secretaries can authorize matching funds for servicemembers in critical military occupational specialties.

“FERS employees have a less lucrative defined benefit plan than does CSRS and the uniformed services,” Mr. Amelio said. “So the TSP is intended to make up the difference for FERS participants.”

He also said that CSRS and military participants are limited to contributing up to 9 percent of their base pay, while FERS members are allowed to contribute up to 14 percent of their base pay.

When servicemembers leave active duty, they have several options. They can leave their money in TSP, allowing it to continue to grow, take a partial or full withdrawal, roll the money into another plan or an Individual Re-

tirement Account, or purchase an annuity. They also could choose to make periodic distributions to themselves, Mr. Amelio said.

More than 220,000 uniformed servicemembers signed up for TSP in 2002, the first year they were eligible. By December 2003, more than 390,000 people were investing in TSP.

“Participation numbers have been rising steadily since the plan was made available,” Mr. Amelio said. “Today, we have about 410,000 members of the armed services participating. We’ve been putting a special focus with DOD on getting more and more ... servicemembers to participate. So we’re very pleased that the numbers continue to go up.”

Mr. Amelio attributes the increase in participation to knowledge, familiarity and comfort.

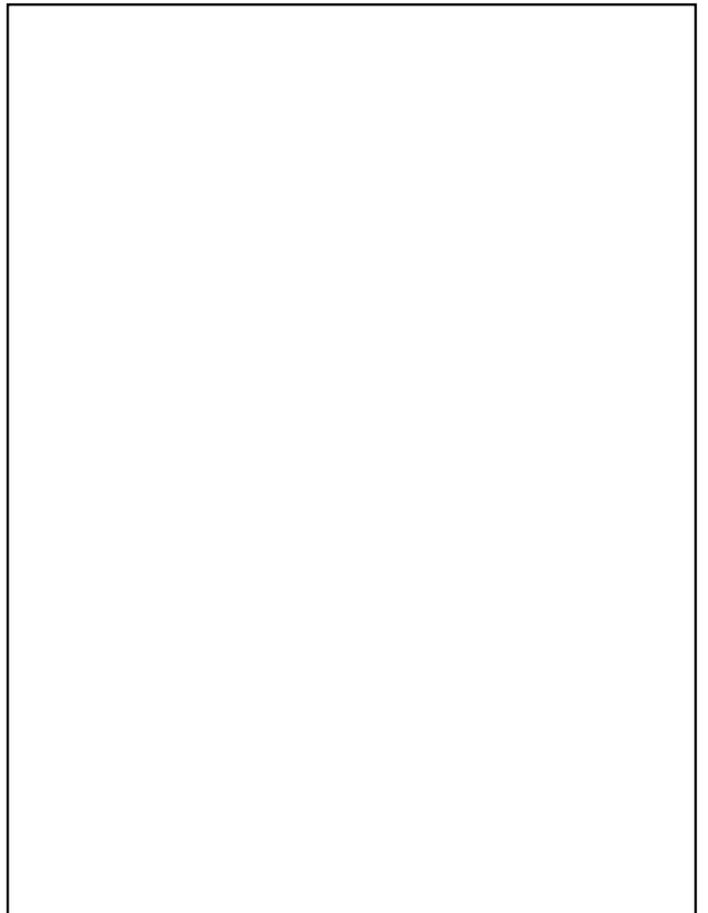
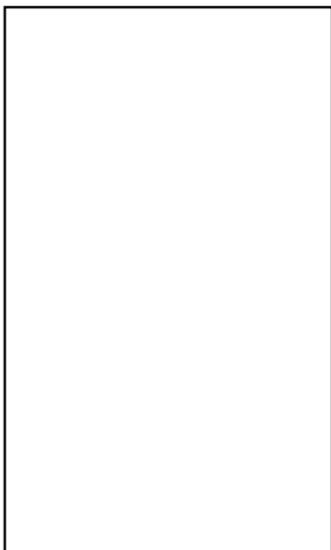
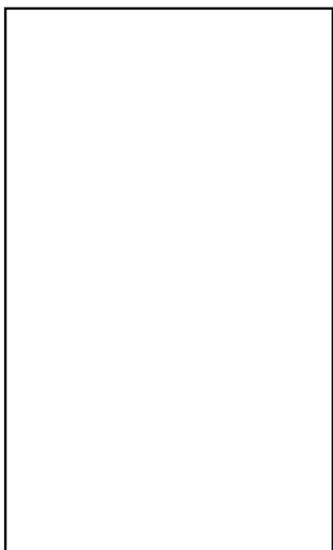
“As members of the armed services become more familiar with TSP, the more they like it,”

he said. “They find that it’s a wonderful savings program, easy to participate in, and doesn’t cost them anything. The more they talk to their colleagues in the armed forces about it, they become more comfortable about the plan, and they like it more and more. That’s why the participation is going up.”

TSP has investment funds, which vary in risk and investment mixture: government securities investment (G fund); fixed-income investment (F fund); common stock index investment (C fund); small capitalization stock index investment (S fund); and international stock index investment (I fund).

TSP enrollment can be done online through the myPay Web site at <https://mypay.dfas.mil/mypay.aspx>, or

by completing a TSP enrollment form (TSP-U-1) and turning it in at the Laughlin finance office. Enrollment forms are available on the TSP Web site at www.tsp.gov.





Graduation



SUPT Class 04-08 graduates



1st Lt. Andy Lee
C-17
McGuire AFB, N.J.



2nd Lt. Matthew Armstrong
C-21
Andrews AFB, Md.



2nd Lt. Max Christopherson
F-16C
Luke AFB, Ariz.



2nd Lt. Thomas Crittenden
C-17
Charleston AFB, S.C.



2nd Lt. Scott DeBoer
C-141(AFRES)
Wright-Patterson AFB, Ohio



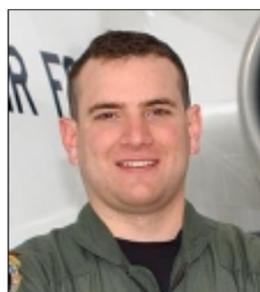
2nd Lt. Eric Doi
KC-135
MacDill AFB, Fla.



2nd Lt. Kirsten Ellis
KC-135
MacDill AFB, Fla.



2nd Lt. Paul Erickson
KC-135 (ANG)
Lincoln ANGB, Neb.



2nd Lt. Eric Faulk
C-21
Peterson AFB, Colo.



2nd Lt. Joshua Futch
C-5
Travis AFB, Calif.



2nd Lt. David Grasso
B-1
Dyess AFB, Texas



2nd Lt. Patrick Helgerman
KC-135 (ANG)
Rickenbacker ANGB, Ohio



2nd Lt. George-Bryan Houghton
T-6
Laughlin AFB



2nd Lt. Lauren May
C-17
McGuire AFB, N.J.



2nd Lt. Matthew Meshanko
C-21
Andrews AFB, Md.



2nd Lt. Matthew Murphy
T-1
Laughlin AFB



2nd Lt. Brian Phillips
C-17
Charleston AFB, S.C.



2nd Lt. Sandie Ramsey
C-130 (ANG)
Carswell NAS JRB, Texas



2nd Lt. Brett Sailsbery
F-16C
Luke AFB, Ariz.



2nd Lt. Nikolaos Stathopoulos
F-15C
Tyndall AFB, Fla.



2nd Lt. Dusten Weathers
F-15E
Seymour Johnson AFB, N.C.



2nd Lt. Aaron Weedman
T-38C
Laughlin AFB



2nd Lt. Nick Wisnewski
RC-135
Offutt AFB, Neb.

Officials explain CJR waiting list

RANDOLPH AIR FORCE BASE, Texas – To help meet end-strength goals under force shaping, Air Force officials will limit re-enlistments of Airmen in constrained specialties by establishing quotas, a waiting list and career job reservation application windows.

“All first-term Airmen must have an approved career job reservation prior to re-enlisting in the Air Force,” said Tech. Sgt. Dee Wolfe, noncommissioned officer in charge of re-enlistments at the Air Force Personnel Center here. “That job reserva-

tion may now be a little bit harder to get depending on their specialty.”

First-term Airmen serving in career fields that are currently overmanned may not be allowed to re-enlist, unless they are approved to retrain in another specialty.

“Those who are not approved for retraining or do not receive a CJR will be projected for separation,” said Master Sgt. Robert Tullgren, enlisted skills management branch superintendent. “We encourage Airmen to continue serving the military with the Air National Guard, Air

Force Reserve or through civilian employment.”

The list of overmanned specialties and quotas is established by air staff officials, he said.

Only first-term Airmen selected for re-enlistment by their commander will be allowed to apply for a CJR.

Airmen in their CJR window will receive a monthly written notification advising them of their eligibility to apply. The notification will also advise them of retraining or separation options.

Airmen desiring to re-enlist in overmanned special-

ties will be placed on a CJR waiting list and “rank ordered” to compete monthly for available quotas within the specialty. An Airman’s ranking on the list may alter as his or her information changes, or as new people apply.

Factors affecting how Airmen rank on the list are determined by the following: unfavorable information file, top three enlisted performance reports, current grade, projected grade, date of rank, total active federal military service date and date of birth.

Airmen will receive final

rank-order consideration during the last month of their CJR window. That is when Airmen will face the final decision of whether to separate or retrain into a shortage career field.

For more information, contact Laughlin’s military personnel flight at 298-5856 or visit the AFPC re-enlistment Web site at www.afpc.randolph.af.mil/enlskills/Reenlistments/CJR.htm.

(Courtesy of Air Force Personnel Center News Service)

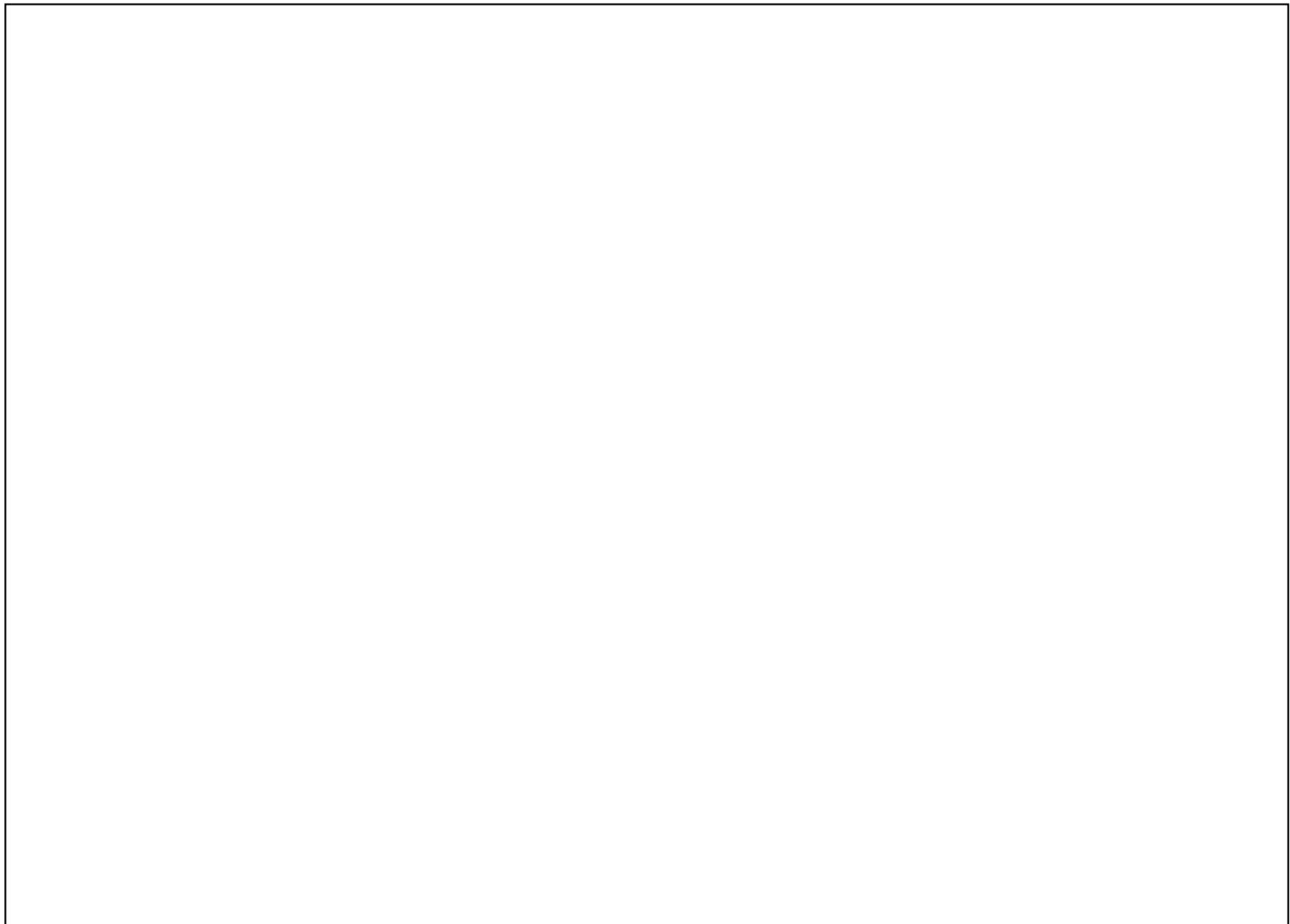




Photo by Bob Jensen

Fiesta music ...

Members of the U.S. Air Force Academy Cadet Chorale perform April 23 in San Antonio during a Fiesta San Antonio event.

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



Laughlin Salutes

Laughlin May Promotees

To Master Sergeant

■ Thomas Mayo, 47th Flying Training Wing manpower

To Technical Sergeant

■ Michael Kyker, 47th Security Forces Squadron

To Staff Sergeant

■ Annika Preciado, 47th Operations Support Squadron

To Senior Airman

■ Daniel Blackmore, 47th SFS
■ Benjamin Burnes, 47th SFS
■ Brenna Gorney, 85th Flying Training Squadron
■ Sarah Pino, 47th Mission

Support Group

■ Boniface Sapno, 47th SFS
■ William Smith, 47th SFS
■ Yvonne Watkins, 47th Aeromedical-Dental Squadron

To Airman 1st Class

■ Henry Britt, 47th OSS
■ Titus Butcher, 47th Comptroller Flight
■ Elizabeth Lopez, 47th ADS

To Airman

■ Gregory Schisler, 47th Civil Engineer Squadron
■ Eric Sylvester, 47th Communications Squadron

Laughlin May Re-enlistees

■ Senior Master Sgt. Daniel Kjolhede, 47th Maintenance Directorate

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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. (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.

The XLER

Tech. Sgt. Chris Trujillo
47th Contracting Squadron



Photo by Airman 1st Class Olufemi Owolabi

Hometown: Lovington, N.M.

Family: Wife, Crystal and three children

Time at Laughlin:

Six years

Time in service:

Seventeen years

Greatest accomplishment:

Being married 19 years

Hobbies: Too many to name

Bad habit: Having fun

Favorite movie:

"Tombstone"

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

My son, Michael, who is in basic training at Lackland Air Force Base.

It's your Future.
VOTE
for it!

Commander's Access Channel

Tune to
Cable Channel 34
for up-to-date information about events and activities at Laughlin.

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.

Tooth care, flossing provide gum disease prevention keys

By Capt. Mark Halversen
47th Aeromedical-Dental Squadron dentist

Most people have the misconception that flossing is not as important as brushing your teeth. Flossing teeth once a day after regular brushing will prevent people from getting any cavities in between their teeth and from developing gum disease and gingivitis.

Flossing removes the plaque from areas that regular brushing can't: underneath the contact points between two teeth and below the gum line.

This is another misconception that people have. To floss underneath the gum line is not taboo. It is what dentists teach dental technicians

and patients. It is what dental schools teach their students. A lot of people think that by flossing below the gum line will cause their gums to bleed and become sore. The reason people's gums are bleeding and sore when they floss their teeth is because they have not flossed enough in their lifetime. It takes some time for gums to adjust to a new flossing routine.

Gums need between seven to 10 days, after getting a good cleaning, to get used to the floss. If people do this, they will see a decrease in the soreness and the bleeding of the gums and their yearly cleaning will be much better and they won't complain of gum soreness.

By following these guide-



lines people will get an idea of how to properly floss their teeth:

■ Break off 12 to 18 inches of floss and wind most of it around one of the middle fin-

gers. Wind the remaining floss around the same finger of the opposite hand. This finger will take up the floss, as it becomes dirty. Hold the floss tightly between thumbs

and forefingers.

■ Guide the floss between teeth using a gentle rubbing motion. Never snap the floss into the gums.

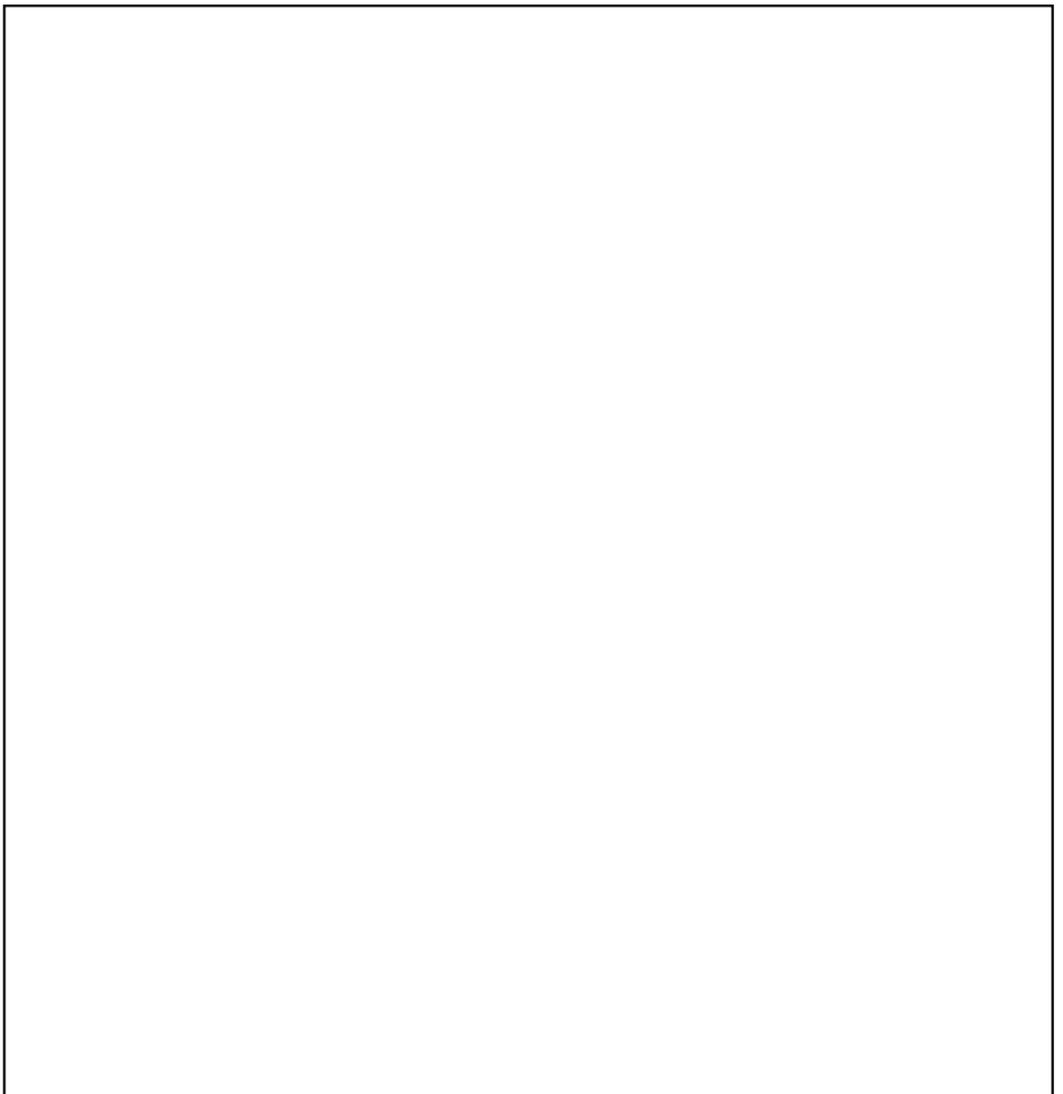
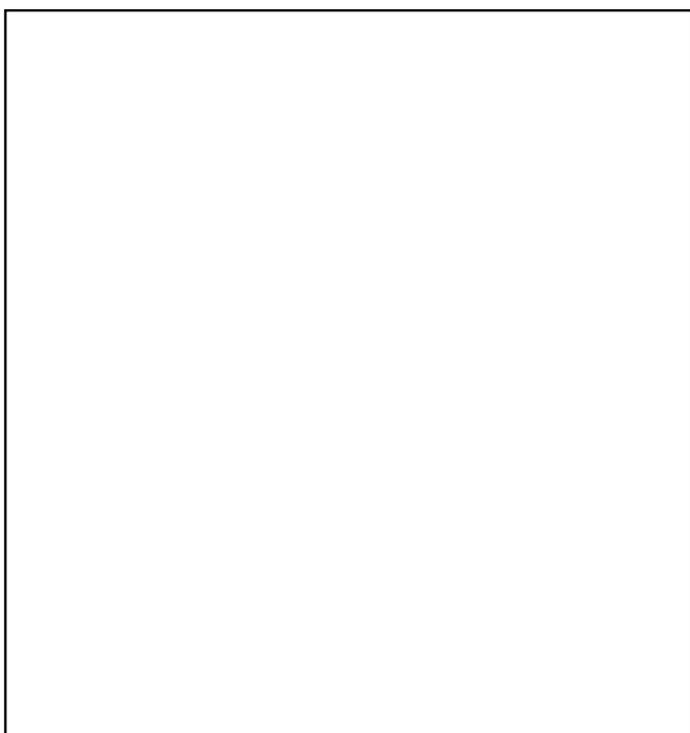
■ When the floss reaches the gum line, curve it into a C-shape against one tooth. Gently slide it into the space between the gum and the tooth (below the gum line.)

■ Hold the floss tightly against the tooth. Gently rub the side of the tooth, moving the floss away from the gum with up & down motions (not a sawing side to side motion.)

■ Repeat this method on the rest of teeth.

■ Do not forget the very back-side of the last tooth.

For any questions regarding proper use of floss or any other dental concerns, call the dental clinic at 298- 6331.



Strength training makes fit test easier

Fitness commentary by Bill Goins

47th Aeromedical-Dental Squadron exercise physiologist

Many people ask what is the best way for them to improve their ability to perform pushups and crunches for the Air Force fitness test and why they are important.

Pushup and sit-up portions of the new Air Force Fitness Assessment are a measurement of muscular fitness.

Individuals perform better on the cardiovascular and abdominal circumference portions are at a lower disease risk. Performing well on the pushups and sit-ups does not necessarily equate to a lower risk for heart disease, diabetes, etc.

Still, they are very important pieces of the overall fitness puzzle.

Typically, by including a consis-

tent strength training as a part of an overall fitness program, people should be able to perform adequately on these components of the assessment. But, for people still having trouble with them, below is a training schedule that should help out.

For pushups, start at the most difficult level obtainable: A, B, C, D or E (refer to the photos; A=easiest to E=most difficult) If you find that during your first attempt you cannot do five full push-ups or more, start at the highest level you can perform 10 correct reps and then move to the next easiest position to go to failure. As upper body strength increases, progress to the next harder level. Do not hold your breath during the movements.

The following workout should be done three times a week with a rest day inbetween workouts.

Weeks one and two:

One set of crunches to failure

followed by three minutes of rest. Then do 10 push-ups at the most difficult level obtainable followed by a minute and a half rest. Then do one set of pushups to failure at the next easiest position.

Week three:

One set of crunches to failure followed by two minutes of rest. Ten pushups at the most difficult level obtainable followed by an one minute rest. Then do one set of pushups to failure at the next easiest position.

Weeks four through six:

One set of crunches to failure followed by one and a half minutes of rest and one more set of crunches to failure. Rest two minutes and then do one set of pushups to failure at the most difficult level obtainable followed by one and a half minute rest and one set of pushups to failure at the next easiest position.

Weeks seven and eight:

One set of crunches to failure followed by a minute and a half of rest followed by one more set of crunches to failure. Repeat these steps one more time. After resting for two minutes repeat these same steps but with pushups instead.

The program above should help increase muscular fitness performance. However, do not restrict strength training program to pushups and sit-ups. It is equally important to work all muscle groups. Incorporate strength training cardiovascular and flexibility exercises, be diligent with good nutritional habits. Remember, practice does not make perfect ... perfect practice makes perfect.

(Editor's note: If you have a question you would like addressed by the exercise physiologist, please send your written question to 47 ADS/SGGZ, Attn: Mr. Bill Goins.)



Figure A



Figure B



Figure C



Figure D



Figure E

Fitness Fact:

Did You Know? The carbon monoxide in cigarette smoke is absorbed by red blood cells preventing them from picking up the oxygen that they should be carrying to your body's muscles. That same carbon monoxide remains attached to the red blood cells for almost a day.



So, next time you are huffing and puffing up those stairs, just remember that cigarette that you had... yesterday.

Sportlines

Volleyball tournament

There will be a three-on-three volleyball tournament at 1 p.m. May 7 at the fitness center.

Teams must sign up by Wednesday. For more information or to sign up, call 298-5251.

Aerobics class

The fitness center is holding an aerobics variety class at 8 p.m. May 8.

For more information, call 298-5251.

Softball meeting

A softball coaches' meeting is set for 2 p.m. May 18 at the Fiesta Center. Coaches are reminded letters of intent are due to the fitness center today.

For more information, call 298-5251.

Golf meeting

A golf coaches' meeting is set for 2 p.m. May 24 at

Leaning Pine Golf Course. Coaches are reminded letters of intent are due to the fitness center May 14.

For more information, call 298-5251.

Six person relay

The fitness center is holding a six-person 1.5-mile relay at 1 p.m. May 28 at the base track.

Teams must sign up by May 26. For more information or to sign up, call 298-5251.

Interested in joining the Air Force?

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

Fit to Fight Warrior of the Week

Tech. Sgt. Thomas Mayo
47th Flying Training Wing Manpower



Photo by Senior Airman Timothy J. Stein

Fitness philosophy: It all starts with a balanced equilibrium: spiritual-mental-physical. I then follow through with a well-rounded training program.
Favorite healthy treat: Seafood and linguine

Fitness assessment score: 100
Fitness tip: Start with a basic foundation: warm-ups, stretching, strength building and aerobics. As you progress be creative and add supplements to your

program.
Fitness goals: Get back on the "heavy bag" and work back up to 20 minutes of nonstop kicking and punching. I also want to knock my run down from 10:23 to 9:23.

Volleyball standings

(As of April 22)

Western Conference

Team	W-L
CCS	4-0
MED	4-1
CES	3-2
MSS/Wing	1-3
SFS	0-5

Eastern Conference

Team	W-L
87th	4-0
84/85th	3-1
86th	2-2
OSS	2-3

XL Fitness Center hours

Monday - Thursday: 5 a.m. to 11 p.m.
Friday: 5 a.m. to 8 p.m.
Saturday - Sunday: 7 a.m. to 8 p.m.
Holidays: 10 a.m. to 6 p.m.