

# Barksdale honors fallen service members: Security forces Airmen ruck march to Ground Zero

**By Senior Airman Allison M. Boehm**  
2nd Bomb Wing Public Affairs

Barksdale security forces Airmen participated in a unique opportunity July 16-20 — serving as the second leg in a ruck-sack march to honor fallen service members since 9/11.

Security forces Airmen rucked 2,181 miles along a route from San Antonio to Ground Zero in what will be known as “The Ruck March to Remember” July 12 to Sept. 11.

Maj. Jim Alves, the 4th Security Forces Squadron commander at Seymour Johnson AFB, N.C., suggested the march after reading about combat controllers and

pararescuemen who walked 800-plus miles from Lackland AFB, Texas, to Hurlburt Field, Fla., in honor of fallen special-tactics Airmen. According to Alves, the march is in remembrance of the more than 6,000 service members who have made the ultimate sacrifice since 9/11 as well as a time for security forces members to think about how 9/11, has changed their career field and lives.

The ruck march began at the Air Force Security Forces Center in San Antonio. Seventeen members of the 2 SFS met the San Antonio-based Airmen July 12 in La Grange, Texas, where Barksdale Airmen took possession of the

guidon and began their trek to Livingston, Texas.

The Barksdale Defenders marched 148 miles over a five-day period, carrying 50 pound rucks in temperatures nearing 100 degrees before passing the guidon off to Keesler Air Force Base’s security forces Airmen.

“When we found out about this ruck march, nearly everyone volunteered to participate,” said 2nd Lt. Joshua Hight, 2 SFS flight commander. “We all wanted to do this to honor our fallen and show pride in our career field — to show we will never forget those we’ve lost.”

Since 9/11, 10 security forces

Airmen have been killed and more than 100 have been wounded in operations in Iraq and Afghanistan combat.

Air Force security forces squadrons along the route will participate in the march, each covering approximately 140 miles. Participating units are: Lackland AFB, Texas; Randolph AFB, Texas; Barksdale AFB, La.; Keesler AFB, Miss.; Columbus AFB, Miss.; Tyndall AFB, Fla.; Moody AFB, Ga.; Robins AFB, Ga.; Pope AFB, N.C.; Seymour Johnson AFB, N.C.; Langley AFB, Va.; Andrews AFB, Washington, D.C.; Dover AFB, Del.; Joint Base McGuire-Dix-Lake-

hurst, N.J.; and the New York Air National Guard.

The public can participate in the march by showing support for the defenders, cheering for them along the route as they march through town, or by visiting Facebook, YouTube and Twitter pages.

The Facebook page can be found at [www.facebook.com/pages/Security-Forces-911-Ruck-March-to-Remember/170407923010504](http://www.facebook.com/pages/Security-Forces-911-Ruck-March-to-Remember/170407923010504) and the YouTube page is [www.youtube.com/user/911RuckMarch](http://www.youtube.com/user/911RuckMarch).

(Staff Sgt. Heather Stanton, 4th Fighter Wing Public Affairs, contributed to this article.)



Mary Wilson pins the second star on Maj. Gen. Stephen Wilson, 8th Air Force commander, during his promotion ceremony at the Barksdale Club. General Wilson was frocked to the rank of major general. Frocking is a term for a commissioned officer selected for promotion, which allows them to wear the insignia of the higher grade before the official date of promotion.

## 8 AF commander receives second star

**Article & photo by Staff Sgt. Brian Stives**  
8th Air Force Public Affairs

In ceremony attended by more than 20 senior leaders from throughout Barksdale Air Force Base, the commander of 8th Air Force (Air Forces Strategic) collected some new hardware.

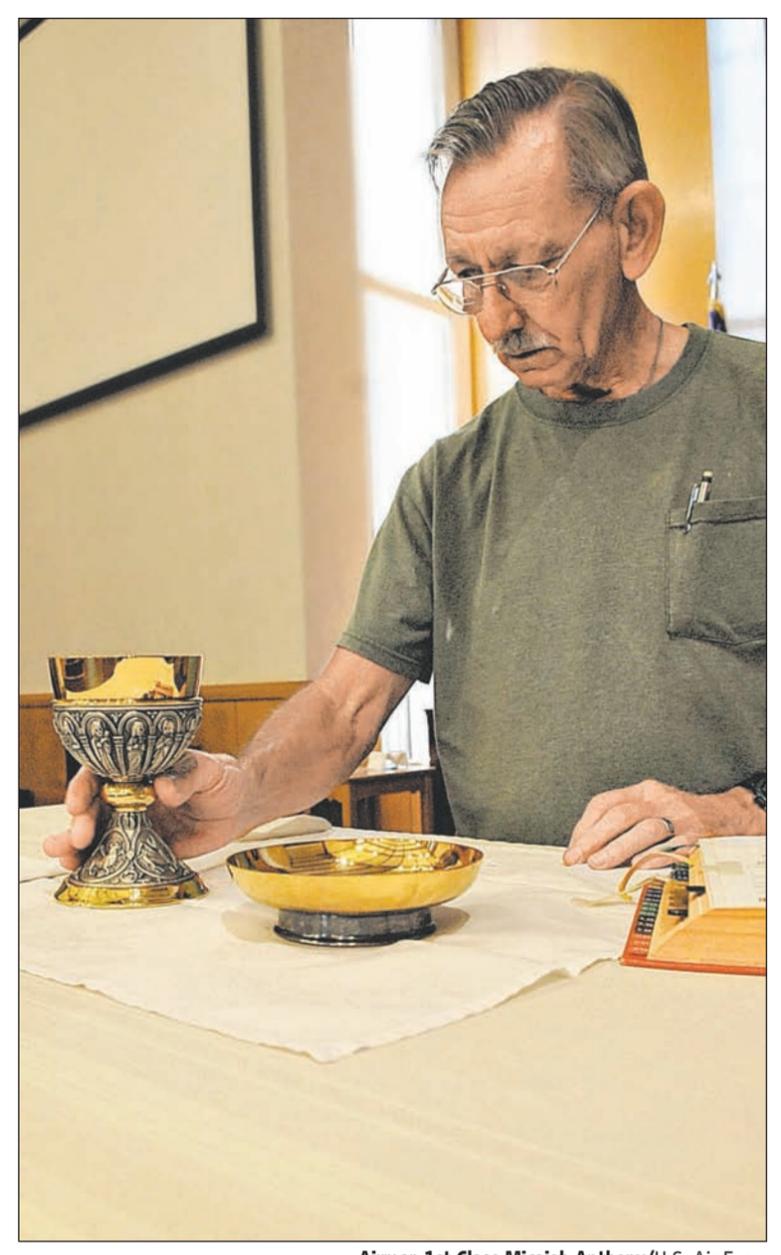
Maj. Gen. Stephen Wilson was frocked to the rank of major general during a promotion ceremony at the Barksdale Club on July 15, surrounded by his family, his family of Air Force Airmen and local civic leaders.

The presiding officer of the ceremony was Lt. Gen. James Kowalski, commander of Air Force Global Strike Command.

“I am really honored to be able to continue to serve in our Air Force and lead Airmen — it’s a dream come true,” said General Wilson.

Frocking is a term for a commissioned officer selected for promotion which allows them to wear the insignia of the higher grade before the official date of promotion (the “date of rank”). The need to frock is because the number of people who may serve in a particular rank is restricted by federal law. Thus, even though an individual may have been selected for promotion and confirmed by the Senate, they must often wait for a vacancy to occur in order to be officially promoted.

### Mass preparations



**Airman 1st Class Micaiah Anthony**/U.S. Air Force Volunteer James O’Donnell sets up a communion display in Chapel 2 on Barksdale. Chapel 2 has daily mass Mondays through Thursdays at 11:35 a.m. The chapel provides Catholic and Protestant services, youth groups and singles programs.

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**Showtime**

**FRIDAY**  
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**SATURDAY**  
2 p.m.: “Kung Fu Panda 2” (PG)  
7 p.m.: “X-Men: First Class” (PG-13)

**COMMENTARY:** Exercise is medicine, 2A

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All submissions and story ideas can be e-mailed to Danielle Hill at dhill4@gannett.com and/or 2BW Public Affairs at 2BW.PA@barksdale.af.mil, and must include full rank, name and phone number for the author. All articles will be edited for accuracy, brevity, clarity and journalistic style.

For more Air Force Global Strike news, visit [www.afgsc.af.mil](http://www.afgsc.af.mil).

For more 8th Air Force news, visit [www.8af.af.mil](http://www.8af.af.mil).

For more Barksdale news, visit [www.barksdale.af.mil](http://www.barksdale.af.mil).

For more 307th Bomb Wing news, visit [www.307bw.afrc.af.mil](http://www.307bw.afrc.af.mil).

# Exercise is medicine

**By Arletta Eldridge-Thompson**

2nd Medical Group

The Air Force is committed to encouraging physical activity for the health benefits it brings all people.

In May 2008, the American College of Sports Medicine and the American Medical Association launched the first ever Exercise is Medicine Campaign. This initiative was formed to recognize, emphasize and celebrate the valuable health benefits of exercise on a national scale. The case is compelling:

► Exercise and physical activity are powerful medicine indeed, helping prevent or treat numerous chronic conditions such as hypertension, cardiac disease and diabetes.

► Research shows significant health benefits for those who engage in at least 30 minutes of moderate physical activity most days of the week.

► A recent survey by American College of Sports Medicine reveals that, while four out of 10 physicians talk to their patients about the importance of exercise, they don't always offer suggestions on the best ways to be physically active.

► According to the same survey, nearly two-thirds of patients would be more interested in exercising to stay healthy if advised by their doctor and given additional resources.

If there were a drug that could so powerfully fight America's obesity epidemic and the health implications it brings, surely every physician would be eager to prescribe it.

This is the moving force behind "Exercise is Medicine," a program of ACSM supported by the American Medical Association. Able patients are advised to participate in at least 30 minutes of physical activity and 10 min-

utes of stretching and light muscle training five days a week.

Observe "Exercise is Medicine" in your daily life by taking these important steps:

► Ask a few questions about your health status the next time you visit your doctor. Are you at a healthy weight? Taking your current health status into consideration, what types of exercise are best and safest for you? Is there a certified trainer or registered dietician you should visit to improve your health?

► Parents, give your children the gift of life long wellness by being a role model and supporting them in establishing a habit of life-long physical activity. Have fun being active as a family.

To learn more about "Exercise is Medicine," visit [www.exerciseismedicine.org](http://www.exerciseismedicine.org). Let's all enjoy a regular, healthy dose of exercise!

## 'Who cares?'

**By Senior Master Sgt. David M. Miles**

Air Force Global Strike Command command armament system superintendent

I was a first sergeant deployed in support of Operation Iraqi Freedom a few years ago. I kept getting asked the same question every time I had to correct someone for various uniform and behavioral issues — "Who cares?"

"Who cares" that I haven't shaved in a couple

of days; we are fighting a war here. Who cares that I am not properly wearing my Air Force physical training gear. I am not at home station and it doesn't matter. Who cares that someone had a general order violation, they didn't hurt anyone.

The problem I have with this question of, "who cares," is each time I was asked this question, it was from NCOs, senior NCOs and officers.

I will answer the question of who cares in a moment, but before I do, I have a few more questions. Who cares if the doctor follows proper medical protocol when treating a patient? Who cares if a security forces Airman sleeps on his guard post? Who cares if flightline maintenance personnel don't follow proper technical data when securing the aircraft engine? The answer to all of these questions is the same. We should all care.

We are all members of the Air Force, whether we wear the Airman Bat-

tle Uniform or a flight suit. We should all be concerned of how our Airmen, NCOs, senior NCOs and officers represent themselves, especially when we are deployed.

For the young NCO, don't wait for the senior NCO to correct your Airman before you get involved. By the time the senior NCO gets involved, it's too late. Senior NCOs don't need to wait for the first sergeant or the commander to correct their Airmen. It is all of our responsibility to police our Airmen and not wait for someone else to do our job.

We all know that the first line of the Air Force Core Values is integrity first. We also know that integrity means doing the right thing even when no one is watching. This applies to us all whether we are deployed or at home.

We should all care if someone isn't wearing their uniform correctly. We should all care if someone is breaking the rules that we all should be following. We should all care how someone is representing our Air Force and our nation. I know that I care.

## On vacation with TRICARE: Urgent or emergency care?

**By Sharon Foster**

TRICARE Management Activity

FALLS CHURCH, Va. — Even the best-planned vacations can be disrupted with injury or sickness.

While TRICARE follows beneficiaries when they travel, understanding when something constitutes an emergency room or urgent care visit can help the beneficiary save money and time, officials said.

TRICARE defines an emergency as a medical, maternity or psychiatric condition that would lead someone with an average knowledge of health and medicine to believe that a serious medical condition exists; that the absence of immediate medical attention would result in a threat to life, limb or sight; when a person has severe, painful symptoms requiring immediate attention to relieve suffering; or when a person is at immediate risk to self or others.

"Some examples of emergency situations may include head injuries, broken bones, chest pains and the inability to breathe," said Kathleen Larkin, the director of the Health Plan Policy Division of Health Affairs/TRICARE Management Activity. "If you or a family member require emergency care while on vacation, call 911 immediately or go to the nearest ER. If you are admitted, you must notify your primary care manager or regional health care contractor within 24 hours or on the next business day to coordinate ongoing care."

Authorization is not required for emergency care before receiving treatment.

If a beneficiary is vacationing overseas with family, assistance with locating an emergency facility or emergency number for the country in which he or she is visiting can be obtained by calling the TRICARE Overseas Program contractor. This contact information can be located at [www.tricare.mil/contactus](http://www.tricare.mil/contactus).

When seeking care from a host-nation provider, beneficiaries should be prepared to pay up front for services and then file a claim with the appropriate claims processor. Active-duty service members and Prime-enrolled active-duty

family members should contact the TOP regional call center in the area prior to seeking care when possible or prior to making payment.

"TRICARE defines urgent care as a medical service needed within 24 hours when an illness or injury would not result in further disability or death if not treated immediately," Larkin said. "Some examples of urgent-care situations may include earache, toothache, sprain or urinary-tract infection."

If urgent-care treatment cannot wait until the beneficiary returns home to see a PCM, he or she must contact the PCM for a referral or call the regional health care contractor for

assistance before receiving care. Failure to obtain a referral may cause care to be covered under the point-of-service option and will incur higher costs. The POS option does not apply to ADSMs, newborn or adopted children in their first 60 days, emergency care or if the beneficiary has other health insurance. Beneficiaries can visit [www.tricare.mil/cost](http://www.tricare.mil/cost) for POS details.

ADSMs should seek urgent care at a military treatment facility. If away from home, ADSMs should contact their regional health care contractor for assistance in obtaining urgent care. ADSMs living outside the U.S. who are unable to seek urgent care at an MTF should contact the TOP regional call center.

Beneficiaries may use any TRICARE pharmacy option when vacationing, but should be sure their Defense Enrollment Eligibility Reporting System information is current. At overseas host-nation pharmacies, beneficiaries will pay up front and file for reimbursement of covered charges with the overseas claims processor.

If beneficiaries require emergency dental care, they can contact their dental care program for further assistance. This contact information can be found at [www.tricare.mil/contactus](http://www.tricare.mil/contactus).

When vacationing, beneficiaries should always be prepared for injuries or sickness by knowing their TRICARE benefit and how it can best work for them.



Chris Hayes, a contracted communication technician, looks through an optical scope in a newly renovated building. The optical scope is used to magnify the end of fiber-optic cable to ensure it is in good condition.

## Network connectivity

U.S. Air Force photos by Senior Airman La'Shanette V. Garrett



Hayes polishes fiber-optic connectors in a newly renovated building on Barksdale. The fiber-optic cable is used for network connectivity.

# Families First event brings families of deployed Airmen together

Article & photo by Danielle Hill  
dhill@shreveporttimes.com

More than 13 families gathered together Monday evening for fun, laughter, pizza and a little mini-golf.

The Families First event, sponsored by the Airman & Family Readiness Center, was held at Glo-Puttz on Barksdale Boulevard for family members of deployed Airmen.

"We do the events on a monthly basis at different venues," said Tech. Sgt. Christopher Deane, Readiness noncommissioned officer-in-charge. "In the summer we try to do indoor events so the kids and parents can at least take a break from the heat for an hour or two."

According to Stephanie Reyes, Chief of the AFRC, the program has been in existence since 2001.

"We have an average of 15 families at each event," she said. "I think the strengths of the program are letting families talk to each other so they know they are not the only ones with the same issues."

The Friends of Family Support organization pays for the events, which makes it free for families to participate.

"When the servicemember has their pre-deployment briefing, we ask them for their spouses' e-mail address to be added to our distribution list. They are invited to all of our events this way," Sergeant Deane said.

Lynley Esposito, wife of Capt. Mike Esposito, 2nd Operations Support Squadron, has been attending the events off and on for the past five years. Her husband, who is due back from deployment in the next few months, deploys every year. It helps herself and her children, ages 8 and 5, get out of the house and meet other families dealing with



Lynley Esposito, wife of Capt. Mike Esposito, 2nd Operations Support Squadron, helps her son get a piece of pizza during the Families First event at a local mini golf course.

the stresses of a deployment.

"It is nice to know the AFRC cares enough to put this together," she said. "It gets the kids out of the house and takes their mind off what is going on even for an hour or so."

She also thinks of it as a small support system.

"It is nice to know other families know what you are going through. When you are having a bad day, they don't look at you like you are crazy because they have been there. They know the same stresses that you are going through."

The next Families First event will take place at 6 p.m. Aug. 22 at the Barksdale Bowling Center. Please sign-up with the AFRC no later than Aug. 18.

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■ **No more wetting accidents.** Within a week I was in complete control. No side effects like with drugs I took. *Deborah Haight, 49, Collingwood, ON* ■ **Incredible results.** It's hard to believe a non-drug item is producing such quick relief. I suffered for 20 years with frequency and embarrassments. I now sleep through the night. *Linda Kleber, 62, Milford, NJ* ■ **First surgery didn't work.** After drinking tea for 12 days, Glory to God, I had relief. Cancelled dreaded second surgery. I'm eternally grateful. *Gail F. Moore, 68, Round Pond, ME* ■ **I had this embarrassing overactive bladder problem** for 30 years. Had countless tests and endless prescribed pills. My numerous urinary infections are gone. I'm glad I didn't have surgery. *Ellen Bower, Kanata, ON* ■ **After trying every medication** in the last 5 years, tea gave complete relief in 6 days. Thank you for this great product, and above all, for truth in advertising. *Marina Rosa, 57, Las Vegas, NV*

# SNORING? SLEEP APNEA?

Most older men and many women snore and have sleep apnea (gasping for air) :

To my surprise, after taking **Bell Snoring & Sleep Apnea Relief #23** I really didn't snore or gasp for air anymore. I sleep through the night and feel rested and refreshed in the morning. *Mark Wilson, 40, Hudson, NH* ■ **Sleep apnea capsules worked first night!** For last 15 years I had sleep apnea and my doctor made me buy a CPAP machine, which I could not use. Finally Bell #23 helped the first night and every night thereafter. Like a miracle. Unbelievable. *Karen Braun, 67, Glace Bay, NS* ■ **For 20 years I was waking up frequently gasping for air.** During the day I would start napping every time I would sit down, because I was tired. Since taking Bell #23 sleeping 6 hours is heaven. It made a substantial change in my life. *Mary C. Myrick, 62, Jackson, MS* ■ **It is such a joy not having to use the CPAP machine.** I have had sleep apnea for 10 years. I was skeptical about Bell Snoring & Sleep Apnea Eze #23. After using it for 3 weeks my wife says there is no more snoring or gasping for breath or stoppage of breathing. It is such a joy to be able to roll to left or right with no hose or mask to deal with and can get up with no restrictions. Thank you Bell for a great relief. I suggest anyone with these problems to try it. You will be overjoyed with the results. *Wayne Burse, 63, Beamsville, ON.* **People's phone numbers on our website.**



■ **Guaranteed better than all others they used** say dozens of delighted users with full names and towns on the Bell website. Works by cleansing blood inside rather than attacking skin from the outside and leaving the actual cause untreated. Here are a few examples:

# ACNE

By Dr. C. Hammoud Ph.D.

■ **I had terrible Acne** for 3 years and tried products with Benzoyl Peroxide, Aloe Vera and others. After 4 days taking the Bell natural product #60 it started to clear up my skin. My skin changed from terrible to beautiful. *Mylene Theriault, 19, Sorel-Tracy, QC* ■ **In 2 days** my son's face completely cleared up of acne. My son is 15 and suffered for 3 years. We used many products like laser, Neem that did not work or burned his skin. *Veronica Marden, Seminole, TX* ■ **Unbelievable acne free beautiful skin** Last couple of years I had acne and tried every product and antibiotics. Results with #60 were unbelievable. Thanks for giving me beautiful skin and my self-esteem. *Nelisa Royer, 28, Doral, FL* ■ **Within 6 days eczema cleared** up completely. I believe #60 addresses the cause internally instead of the symptoms. *Latifa Boutshik, 43, North York, ON* ■ **I had severe psoriasis** over 95% of my body. Last 5 years I have stunned every doctor and dermatologist. I spent tons of money on remedies. After I got Bell #60, I've never seen anything work as fast in my life. Within 2 days I saw my skin clearing up. I'm speechless. It was inexpensive compared with what I spent before. *Jessica Shantz, 25, Dawson Creek, BC* ■ **All statements** made on the Bell website are sent by delighted users. All are real people. Most have listed phone numbers and can be called for advice. No money is paid to them. Their reward is the relief they are getting. All say #60 works within days not months, not years. It's more effective than what they used before. It is less expensive (some acne suppliers ship monthly and charge monthly, which may amount to large sums yearly). No side effects were reported on #60.

Eczema  
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Rosacea  
Rashes

■ **AVAILABLE IN SHREVEPORT:** Sunshine Health Foods 5751 Youree Dr.; Vitamins Plus 5819 E. Kings Hwy.; Smoothie King 1641 E. 70th St. Suite 100.; Line Avenue Pharmacy 1822 Line Avenue; Mitchell's Drug Store 3102 Linwood Ave. ■ **BOSSIER CITY:** Sunshine Health Foods 3011 Airline Dr. Ste. E.; Smoothie King 2013 Airline Drive Suite B. ■ **MINDEN:** Reagan's RX Compounding Pharmacy and Home Care 1118 Homer Rd. ■ **RUSTON:** Smoothie King 975 Tech Drive Suite 2. ■ **LONGVIEW, TX:** Jack's Natural Foods 1614 Judson Rd.; Jack's Natural Foods 2199 Gilmer Rd. ■ **TEXARKANA, TX:** Granary Street 3425 New Boston Rd. ■ **GUN BARREL CITY, TX:** Natural Health Market 2404 W Main St. ■ **MALVERN, AR:** USA Drug 437 East Page Street; Young's Health Mart Pharmacy 1304 S. Main St. ■ **ALSO AVAILABLE IN BATON ROUGE:** Lucy's Health Foods 9880 Bluebonnet Blvd. Ste. D.; Vitality Food Shoppe 750 Oak Villa Blvd.; Smoothie King 9634 Airline Hwy. Ste. F-1C.; Smoothie King 301 Main St. Ste. 170.; Smoothie King 6725 Siegen Lane Suite V.; Health Nut Hut 11954 Coursey Blvd. #B.; Messina's Pharmacy 15046 Market St.; Our Daily Bread Market & Bakery 9414 Florida Blvd.; Our Daily Bread Market & Bakery Main St. Market 504 N. 5th St.; Franklin Avenue Pharmacy 7521 Florida Blvd. ■ **DENHAM SPRINGS:** Live Oak Pharmacy 34730 Hwy. 16.; Bernard's Family Pharmacy 34876 LA Hwy. 1019.; Here's To Your Health 2338 B South Range Ave. ■ **GONZALES:** Horn of Plenty Health Food Store 623 East Ascension St. ■ **EUNICE:** Health Plus 1516 Hwy. 190 W. Ste. A.; Easy Tan and Body Revive 120 S. 8th St. ■ **ABBEVILLE:** Nutrition Plus 1105 Veterans Memorial Drive ■ **LAFAYETTE:** Smoothie King 3619 Ambassador Caffery Pkwy.; Vitamins Plus 505 Bertrand Dr. ■ **OPELOUSAS:** The Medicine Shoppe Pharmacy 1717 S. Union St. ■ **AMITE:** Thrift-Town Pharmacy 512 N 2nd St. ■ **COVINGTON:** Catherine Farrish N.D. 72611 Military Rd. ■ **WASHINGTON:** Our Lady of Guadalupe Pharmacy 904 Hwy. 363 ■ **TERRYTOWN:** Majoria Drugs 888 Terry Pkwy. ■ **MARRERO:** Majoria Drugs 2564 Barataria Blvd. ■ **METAIRIE:** Vitamin Store 6601 Veterans Mem. Blvd.; Nature Lovers Health Foods 3014 Cleary Ave.

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# 2011 AEGD residency graduates

By Lt. Col. Michael Webb  
Director, Dental Residency

The 2nd Dental Squadron is proud to announce the Advanced Education in General Dentistry Residency Graduation will take place at 10 a.m. Monday at the Chapel 2 Annex.

The Guest Speaker is Colonel (Dr.) Robert Larsen, a former director of the residency program, and currently the base dental services flight commander for the 59th Dental Group, Lackland Air Force Base, Texas.

The AEGD residency is a highly competitive one-year, post-doctorate training program for licensed active duty Air Force dentists. Residents receive advanced training from a staff of board-certified dental specialists stationed at Barksdale. The dental specialists possess a wealth of expertise in the fields of orthodontics, periodontics, prosthodontics, oral surgery, endodontics and comprehensive dentistry. In addition, the residents will complete rotations at Louisiana State University in Shreveport Health Sciences Center for oral surgery and anesthesia management. By the time they graduate, they will have 250 hours of didactic training and completed more than 8,500 procedures.

The Barksdale program has a proud 34-year history

with more than 169 alumni, including its current director, Lt. Col. Michael Webb. This AEGD-1 Program is one of 13; 12 are located in the continental United States and one outside the United States at Elmendorf Air Force Base, Alaska. The 2 DS AEGD residency has a long history of excellence and you can see this exemplified by our wall of honor for past graduates of the program. The next time you visit the Barksdale Dental Clinic, take a moment to view our proud heritage.

All Air Force members can be confident that each highly trained dentist graduating today possesses not only advanced clinical skills, but also the values and integrity necessary to serve our Air Force family wherever in the world you or they may go.

The honored graduates of the AEGD Class of 2011 and their assignments are:

- Capt. Nicholas Berns** (Whiteman Air Force Base, Mo.)
- Capt. Cody Giesler** (Kirtland Air Force Base, N.M.)
- Capt. Lindsey Merchant** (Barksdale Air Force Base, La.)
- Capt. Render Parkman** (Shaw Air Force Base, S.C.)
- Capt. Donald Pritchett** (Kadena Air Base, Japan)



Senior Airman La'Shanette V. Garrett/U.S. Air Force Capt. Render Parkman, Capt. Cody Giesler, Capt. Lindsey Merchant, Capt. Nicholas Berns and Capt. Donald Pritchett pose for a photo on Barksdale. The captains are part of the 2nd Dental Squadron Advanced Education in General Dentistry Residency program. The AEGD residency is a highly competitive one-year, post doctorate training program for licensed active-duty Air Force dentists.



**LEFT:** Airman 1st Class Brandon Vorndran and Airman 1st Class ReAnna Pierce, both from 2nd Maintenance Squadron, lift a trailing edge power pod fairing to Airman 1st Class Justen Laganse and Airman 1st Class Deven Sherk, 2 MXS, in a hangar July 14.



**ABOVE:** Airman 1st Class ReAnna Pierce, 2 MXS, conducts a composite tool kit inventory in a hangar on Barksdale. The 2 MXS recently switched from a 350-hour phase inspection to a 450-hour phase inspection. The increase in phase hours allows more work to be completed without sacrificing quality.



Airman 1st Class Deven Sherk, 2 MXS, holds a trailing edge power pod fairing while Airman 1st Class Justen Laganse, 2 MXS, ensures the fairing is in-line with the B-52 Stratofortress in a hangar on Barksdale. The fairing protects the engine-strut and fuel lines while improving the aerodynamics of the B-52.



**LEFT:** Airman 1st Class Justen Laganse, 2 MXS, inspects an apex case in a hangar on Barksdale.

## Maintaining the Mighty Deuce

U.S. Air Force photos by  
Airman 1st Class Micaiah Anthony

**RIGHT:** Airman 1st Class David Kuape, 2 MXS, secures a composite tool kit in the back of a truck. A composite tool kit inventory is completed after every job to ensure all tools are accounted for. The tools could potentially cause damage to an aircraft or personnel if left behind.



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# Egress: (noun) a place or means of going out, exit.

By Airman 1st Class Antonio Gonzalez

2nd Bomb Wing Public Affairs

A B-52 aircrew prepares for a routine flight and all systems are "go". This mission, like many other missions, will likely end with little to no adversity, or so everyone thinks.

Somewhere over the Pacific, an engine catches fire. The pilots try to stabilize the plane but to no avail. They're losing altitude fast.

Though this didn't actually happen, there is an Air Force specialty code dedicated to ensuring the aircrew is able to eject safely should the situation arise.

"We're one of those jobs that nobody knows what we do until they see someone eject. Then it's like, oh, egress had a hand in that," said Tech. Sgt. Wendell Conyers, Air Crew Egress Systems, 2 Maintenance Squadron, NCO in-charge.

The Airmen who work in egress fall under the 2 MXS. Their main function is to work on the ejection seats and escape systems of an aircraft.

The escape systems are a set of mechanical and ballistic explosives that work in sequence to ensure the pilot gets out. They ensure the hatch leaves the aircraft

first, then the seat initiates and it takes the pilot out. In the end, the pilot ends up in the chute and descends to safety.

"We maintain the explosives so the escape system is ready to go because there is no way to test the system. This is why it has to be right the first time. There aren't any second chances when the plane is going down. The pilot needs to know when he pulls the handle, it's going to perform as advertised," Sergeant Conyers said.

The aircraft can not go anywhere without an egress technician signing off, because ejection seats are a life-sustaining item. If any aircrew affects any part of the system then egress technicians have to inspect the whole system.

"If the pilot has a problem with his lap belt, disconnects it and puts it back in, we have to go out there and inspect the whole system he is sitting in to make sure there is nothing wrong with it" said Senior Airman Shawn Layou, 2 MXS egress technician.

Everything egress does is a two-man concept, which means that one person is reading the manual and the other person is performing the task.

"The job is a very tedious one.

Nothing is really hard, just very slow moving. Our tasks take several hours to do. We remove the hatches off the aircraft, bring them back to the shop, tear them apart, gather the information, reassemble them, then inspect them before we put them back on the aircraft just to get some numbers," Sergeant Conyers said.

Egress technicians constantly move from the flightline to the back shop since they are the only people certified to handle their equipment, making them somewhat of a hybrid AFSC.

"Being in the maintenance squadron many people assume egress is a back shop, but we also support the flightline. No one really knows where we fit in, it's been said that we're the duck-billed platypus of maintenance," Sergeant Conyers said.

What egress technicians do on a day-to-day basis saves pilots lives. They fit in our Air Force just fine.

"My favorite thing about this job is when we save a life," Sergeant Conyers said. "When you're reading in the Air Force Times or Stars and Stripes that somebody survived an ejection, you know that egress was there."



Senior Airman Joanna M. Kresge/U.S. Air Force Senior Airman Brandon Bright, 2nd Maintenance Squadron, replaces an aerodynamic smoother on a gunner hatch for a B-52 Stratofortress at Barksdale. The smoother will make the hatch more aerodynamic, which will prevent rain from getting under the hatch.

# Day in the life of a chief

By Maja Z. Stevanovich

2nd Bomb Wing Public Affairs

Relationship building and communication skills are the key to being successful in the human resources field. Being a Chief Master Sergeant in the Air Force, it is safe to say you are in the human resources business.

For Chief Master Sgt. Laura Hopkins, command and control superintendent for Air Force Glob-

al Strike Command, prioritizing and being well versed in multi-tasking become the other crucial elements of being successful. She is familiar with both of those concepts having served in the Air Force for 24 years.

"Taking care of your people and knowing your job will get you that chief's stripe," said Hopkins.

There is no such thing as a typical day in the life

of a chief, but each is filled with trouble shooting and ensuring the needs of one's team are met, said Hopkins. On a day-to-day basis, Hopkins is the functional manager for the Air Force Global Strike command post, battle mangers and satellite operators, ensuring personnel issues, assignment and unit manning levels are all met.

When not handling personnel or manning issues, Hopkins is addressing Air Force headquarters and AFGSC policies or policy development, in addition to reviewing enlisted performance reports and decorations.

The most rewarding part of the job is the people and working to resolve issues for Airmen, said Hopkins.

To be successful in this job, understanding value of mentorship is important, said Hopkins.

"When you have great mentorship, you know it, and when you don't you need to get it," she said. "Mentorship comes from different directions, and



Chief Master Sgt. Laura Hopkins mentors Senior Airman Corvecco Pugh, both of Air Force Global Strike Command, on Barksdale. On a daily basis Hopkins mentors numerous Airmen throughout the base.

mentors don't always outrank me. Many peers are mentors and I go to subordinates for a vector check too," she added.

Taking care of one's people is the other important ingredient in being successful, said Hopkins.

"Taking care of your peo-

ple means working to get them recognized for the great work they do. People say it all the time because it is true, when you take care of your people, they will take care of you," she added.

Hopkins is currently pursuing a master's de-

gree in ecology from the University of Idaho. "I am a big education advocate, it is what sets Airmen apart from the rest of the pack," she said.

Hopkins is also active in the Air Force Sergeants Association and the Barksdale's Chief's Group.



Senior Airman Kristin High/U.S. Air Force

Chief Master Sgt. Laura Hopkins, Air Force Global Strike Command, and her Airmen pose with the Air Force Headquarters Command Element Post of the Year Award in front of AFGSC on Barksdale. When not handling personnel or manning issues, Chief Hopkins is addressing Air Force headquarters and Global Strike policies or policy development, in addition to reviewing enlisted performance reports and decorations.

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# Barksdale animal clinic serves best friends, co-workers

By Airman 1st Class Samuel O'Brien

2nd Bomb Wing Public Affairs  
A pet getting loose is a hazard every animal owner has to deal with. A pet getting hit by a car is a rarer and much more serious prospect. It happened to one Barksdale family dog just a few weeks ago. There wasn't time to get the dog to an off-base animal hospital. Luckily for that pooch and his family, the vet clinic on Barksdale was equipped to handle the situation.

Typically, crisis situations are left to be handled by civilian veterinary hospitals, but if there isn't an opportunity for people to get their four-legged-friends off base, the staff at the clinic is equipped to handle those situations.

"We provide top quality care to military service members and the retiree community. We offer lower cost quality care for their pets that they don't have to leave base to find," said Michael Bridges, Barksdale's animal health technician and a 20-year retired Army veterinary technician.

The vet covers a wide range of procedures ranging from the routine vaccinations and dental cleanings, to the more complicated spays and neuters. Occasionally they even face true crisis situation, like an accident.

The animals that come in start with a checkup similar to a human patient. Heartbeats are checked and temperatures are taken. Some patients are calm, some are a bit skittish, but all will get a dose of 'pre-meds' to calm them down before their respective procedures take place.

Nitro, a Labrador Retriever, gets a small square of fur shaved off his back and takes his first shot like a champ. Baby, a Chihuahua in to get spayed, is medicated enough by the time of her surgery that it doesn't seem to matter.

The spaying is a relatively quick process. It takes about 15 minutes and leaves very little scarring.

"When we're done, we put a small tattoo on the animal, so if it changes hands or someone finds the dog, they can tell the animal has been fixed before they try to bring it in," Veterinary Technician Megan Weddle explains.

"I know working closely with the vet I can trust them to work on my family dogs because I see what kind of work they do for us on our working dogs," said Staff Sergeant Clayton Tebbetts, one of Barksdale's military dog handlers. "There's no different between the service we receive between our pets and working dogs. The vet staff is truly dedicated."

The clinic specializes in maintaining the healthy lives of animals, but at the same time, it's improving the lives of people. This place is something of a teaching hospital as well. Dr. Darrin Olson, the one true veterinarian on staff, says the clinic receives at least 20 requests a year from people wanting to volunteer their time in hopes of pursuing work in the field. The clinic currently boasts a staff of all experience levels.

"You're not a vet tech because you like the money. You're a vet tech because you like to do it," said veterinary technician student Megan Weddle, noting that working with animals is something that is a passion more than a job. "I love animals. I have four dogs."

"I've always gotten along with animals," operations clerk Sarah Lammers smiled. "They're part of nature, they're innocent. That's why I love them."

One of the most experienced employees is Jennifer Smith. She's a veterinary technician who's been working in the clinic for three years. She understands the nature of the business. She's worked reception, lab, surgery, clerk and pretty much any other position that exists in the clinic.

"I'm kind of a jack of all trades," she said. "We all

are. You just do what needs to be done around here."

That kind of flexibility allows this facility to take on eager workers with little to no experience and still keep its important work running smoothly.

The vet team is tasked with not only caring for the best friends of Barksdale's Airmen, but also those serving as their duty partners. The clinic maintains a strong relationship with the military working dog program. They provide the highest level of care and perform regular checkups for all of the canines working on base.

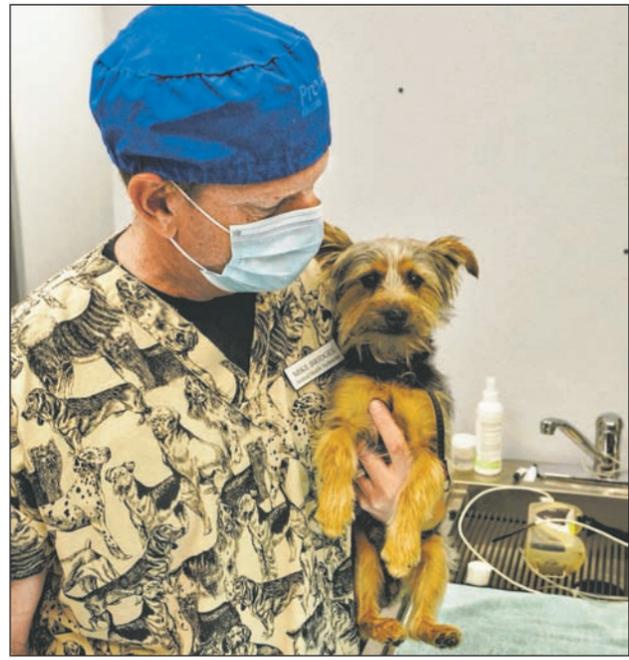
"The military working dogs are our main mission," Bridges said. "They're our main reason for being here. We've been in here in the middle of the night with the work-

ing dogs before."

For some, those late nights might be a problem, but coming from the dedicated professionals of the vet clinic, it's not a complaint.

"The relationship is awesome. We get anything we need from them and vice versa. It really works out."

It's likely the next time someone mentions a clinic, thoughts will turn to the clinic that Airmen go to for their own healthcare. But not far away there is a much smaller building, tucked away not far from the shopette, serving an entirely different Barksdale population. They may not get the same attention or prestige, but they're there day-in and day-out taking care of beloved pets and trusted co-workers.



Airman 1st Class Micaiah Anthony/U.S. Air Force Veterinary technician Mike Bridges carries a dog over to a table at the vet clinic. The clinic performs parasite testing, heartworm testing, micro-chip implanting, spay and neuters, vaccinations, routine dental procedures and surgeries.

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Holden, a former restaurant and nightclub owner, has over 20 years of customer service experience. Gibson, who specializes in computer forensics, has been in the industry since 1996. Both say their backgrounds have let them create a customer base that has increased through the use of Facebook and word-of-mouth advertising. \$90 price tag for services hasn't hurt business either.

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# Good Order and Discipline at Barksdale

## From the 2nd Bomb Wing Office of the Staff Judge Advocate

"Discipline is the soul of an army. It makes small numbers formidable; procures success to the weak, and esteem to all."—George Washington.

Nonjudicial punishment is a tool that provides commanders with an essential and swift means of maintaining good order and discipline. It also promotes behavior changes in service members without the stigma of a court-martial conviction. Article 15 punishment is ordinarily offered for less serious violations of the UCMJ. A commander can impose nonjudicial punishment of correctional custody, forfeiture of pay, reduction in grade, extra duties, reprimand, and restriction. Certain punishments may also be suspended up to six months. If the member commits any subsequent misconduct during a period of suspension, the suspended punishment may be vacated and implemented.

The following Airmen received nonjudicial punishment in June 2011:

## Nonjudicial Punishment 2nd Aircraft Maintenance Squadron

An airman basic received nonjudicial punishment for violation of Article 86, absent without leave. Punishment imposed consisted of 30 days extra duty, 30 days restriction to base and a reprimand. The member is currently being processed for administrative discharge.

## 2nd Civil Engineer Squadron

A staff sergeant received nonjudicial punishment for violation of Article 128, assault consummated by a battery. Punishment imposed consisted of a suspended reduction to the rank of senior airman and forfeitures of \$250 pay per month for two months.

## 2nd Maintenance Squadron

An airman received nonjudicial punishment for violation of Article 121, larceny. Punishment imposed consisted of forfeitures of \$100 and 10 days of extra duty, suspended.

## 2nd Maintenance Operations Squadron

A senior airman received nonjudicial punishment for violations of Article 86, failure to go, and Article 107, false official statement. Punishment imposed consisted of a reduction to the rank of airman first class and a suspended reduction to airman.

## 2nd Logistics Readiness Squadron

An airman first class received nonjudicial punishment for violation of Article 134, wrongful use of spice. Punishment imposed consisted of a reduction to the rank of airman basic. The member is currently being processed for administrative discharge for drug abuse.

An airman first class received nonjudicial punishment for two violations of Article 128, assault, and three violations of Article 134, obstructing justice and wrongful use of spice. Punishment imposed consisted of a reduction to the rank of

airman basic and suspended forfeitures of \$733 pay per month for two months. The member is currently being processed for administrative discharge for drug abuse.

## 2nd Munitions Squadron

An airman first class received nonjudicial punishment for violation of Article 107, false official statement for lying to a security forces investigator. Punishment imposed consisted of reduction to the rank of airman and 30 days extra duty.

## 26th Operational Weather Squadron

Two senior airmen received nonjudicial punishment for multiple violations of Article 134, wrongful use of spice. Punishment imposed consisted of a reduction to the rank of airman basic, suspended forfeitures of \$733 pay per month for two months, and 30 days extra duty. The members are currently being processed for administrative discharge for drug abuse.

Three airmen first class received nonjudicial punishment for multiple violations of Article 134, wrongful use of spice. Punishment imposed consisted of a reduction to the rank of airman basic and suspended forfeitures of \$733 pay per month for two months. The members are currently being processed for administrative discharge for drug abuse.

Two senior airmen received nonjudicial punishment for violation of Article 134, wrongful use of spice. Punishment imposed consisted of a reduction to

the rank of airman basic. The members are currently being processed for administrative discharge for drug abuse.

An airman first class received nonjudicial punishment for violation of Article 134, wrongful use of

spice. Punishment imposed consisted of a reduction to the rank of airman basic. The member is currently being processed for administrative discharge for drug abuse.

An airman first class received nonjudicial punish-

ment for violation of Article 134, wrongful use of spice. Punishment imposed consisted of a reduction to the rank of airman basic and 15 days extra duty. The member is currently being processed for administrative discharge for drug abuse.

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For more Barksdale news, visit [www.barksdale.af.mil](http://www.barksdale.af.mil).

For more 307 BW news, visit [www.307bw.afrc.af.mil](http://www.307bw.afrc.af.mil).

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**Briefly**

**Claims against estate**

Any person or persons having claims for or against the estate of Staff Sgt. Robert O'Neill, deceased, assigned to 2nd Security Forces Squadron, should contact the Summary Court Officer, Capt. Dan Minnocci, or Capt. Clifford Piernick, at (318) 456-1364 or (318) 456-2223.

**Back to School event**

There will be a Back to School event at 6 p.m. Monday at Hoban Hall. This event will provide parents an opportunity to speak with school officials from the community. School supplies will be given away while they last. Refreshments will be provided.

**East gate road construction**

Road construction on Industrial Drive under I-20 and just north and south thereof, will last for approximately 60 days. When construction commences, traffic will be down to one lane in both directions. This will severely impact traffic flow and congestion on Industrial Drive in and around the East Gate.

**Sports physicals**

The 2nd Medical Group will be conducting sports physicals for children between the ages of 4 and 18 from 8 to 11 a.m. July 30. For an appointment, call (318) 456-6555.

**BESG membership drive**

The Barksdale Enlisted Spouse Group is holding its summer membership drive through July 31. Prospective members who join by then will pay only a \$15 membership fee. You cannot have been a prior member of the organization to get this deal. Membership is open to spouses of active duty enlisted members of all military branches, spouses of Air Force Reservist, spouses of retired enlisted, and civilians GS-8 and below. To obtain a membership form, contact Kate Pease at besgmember-

ship@hotmail.com.

**NCO Professional Enhancement Course**

There is an NCO Professional Enhancement Course from Aug. 2-4 for staff sergeants and technical sergeants.

To sign up, go to <https://afkm.wpafb.af.mil/TeamBarksdaleCAA>.

For questions, call or e-mail Master Sgt. Kimberly Owens at (318) 458-4700 or [Kimberly.owens@us.af.mil](mailto:Kimberly.owens@us.af.mil).

**Senior NCO Professional Enhancement Course**

There is a Senior NCO Professional Enhancement Course Aug. 22-26 for master sergeant selects.

To sign up, go to <https://afkm.wpafb.af.mil/TeamBarksdaleCAA>.

For questions, call or e-mail Master Sgt. Kimberly Owens at (318) 458-4700 or [Kimberly.owens@us.af.mil](mailto:Kimberly.owens@us.af.mil).

**Summer pet embargo**

The summer pet embargo runs through September. If the temperature reaches 85 degrees or higher on the tarmac at the departure location or any en route location, the servicing airline will not accept the pet for shipment. The embargo does not apply to pets traveling in cabin, only for those pets being checked-in as cargo. Air Mobility Command flights (Rotator) do not participate in the summer pet embargo program. For questions please contact the TMO, Passenger Movement section at (318) 456-4901.

**Leave-in-Conjunction with official travel**

When military and DoD civilian personnel are taking leave in conjunction with official TDY travel, and the desired travel routing deviates from normal routing for official travel, travelers should obtain a LICWO travel memo from the Traffic Management Office, Passenger Movement section. The letter al-

lows travelers to self-procure one-way or round-trip tickets, whichever benefits the member when approved in advance. The memo will identify Government costs limits for the official portion of the trip, and precludes problems with the traveler obtaining proper reimbursement. Travelers should also be advised the use of government contract airfares are strictly prohibited for use to and from leave locations in accordance with AFI24-101, Passenger Movement. These fares are offered by the airline industry for official travel purposes only, not for unfunded leave travel. For more information contact the TMO, Passenger Movement section at (318) 456-4901.

**FTAC NCOIC**

The First Term Airmen Center is looking for a highly motivated technical sergeant to become the NCO-in-charge at the Barksdale Professional Development Center. The position is a special-duty assignment with a reporting identifier of 9F000. This is a two-year controlled tour. No extensions beyond two years will be granted. The selected individual would need to be in place by Aug. 1. Staff sergeant packages will also be considered. Information on requirements can be found at <https://afkm.wpafb.af.mil/TeamBarksdaleCAA> in the "documents" section, folder "FTAC Hire." For more information, contact Master Sgt. Kimberly Owens at (318) 458-4700 or e-mail at [Kimberly.owens@barksdale.af.mil](mailto:Kimberly.owens@barksdale.af.mil).

**Software on government computers**

All software purchases, questions and installation requests should be channeled through your respective Unit Software License Manager. If you are unaware of who your USLM is, a complete listing can be found at <https://barksdale.eis.af.mil/2%20BW/2msg/2cs/sco/scoo/Lists/USLM%20Appointment%20List/>

**Airmen helping Airmen**



Senior Airman Kristin High/U.S. Air Force Airman 1st Class Cory Cobb, 2nd Security Forces Squadron, searches for an Airman Battle Uniform in the Airmen's Attic on Barksdale Air Force Base. The Airmen's Attic is a nonprofit organization that receives donations of various items, including clothes, household essentials, movies and uniforms. The Airmen's Attic is located at 431 Wilbur-Wright Drive and is open from 11 a.m. to 3 p.m. Tuesdays and Thursdays. For more information, call (318) 456-2400 or (318) 456-0027.

Standard.aspx. Your USLM will work with 2CS to ensure all software is properly licensed and installed. If your USLM cannot answer questions, contact Base Software License Manager Staff Sgt. Benjamin Arce-neaux at (318) 456-6196.

**Airman's Attic hours**

The Airman's Attic will now be open on the first and third Monday of each month from 6 to 7 p.m. This is to try to give those active duty members who are on shifts an opportunity to utilize the Attic since they are not able to get there during normal hours. Therefore, during these special hours dependents will only be allowed if they are accompanied by active duty member.

**Military & Family Life Consultants**

Military and Family Life Consultants are available to help service members and their families regarding deployment/reintegration, marriage and relationships, parenting/siblings

and family, communication challenges, stress and anxiety, depression, grief and loss, and daily life issues. Consultations and training are free and anonymous. After-hours and weekend appointments are available. Call the MFLC directly at (318) 918-9379 or the Airman & Family Readiness Center at (318) 456-8400.

**No trespassing**

Trespassing in the area

around the firing range is not only illegal but dangerous due to daily weapons firing. A chain-link fence adjacent to the flight line encloses this area. Personnel with a valid need for entry into this area should call 2nd Security Forces Squadron Combat Arms at (318) 456-2509 for authorization. Call Master Sgt. John Franklin at (318) 456-2538 or Tech. Sgt. Jason Strother at (318) 456-2508 for more information.

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For more information please call Brian Gravitt @ 208-4995 Email: [bgravitt@gannett.com](mailto:bgravitt@gannett.com)

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**ANIMALS**

**PETS FOR SALE**

ACA Puppies, Yorkies, Chihuahuas, Boston Terriers, \$250 to \$300. Texarkana will meet. 903-824-1796

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**CLERICAL - SECRETARIAL**

Office Manager/Inside Sales position. Fulltime. Computer skills, light bookkeeping, answer phones and customer service. Bradley Brick Company Fax resume to: 318-752-9903

Fill your vacancies with The Times and [shreveporttimes.com](http://shreveporttimes.com) featuring

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PLEASE MAIL RESUMES TO 6013 Hwy 1 - COUSHATTA, LA. 71019 OR EMAIL [bfunderburk@cdprod.net](mailto:bfunderburk@cdprod.net)

**Home & Garden section**  
Thursdays in The Times

**CRAFTS, SKILL, TRADES**

**Experienced Maintenance Person, A/C refrigerators all aspects of apartment maintenance. Must have valid DL. Call 318-742-0765**

**Hawker Beechcraft**

Hawker Beechcraft Services at Little Rock National Airport Seeking qualified aircraft maintenance technicians: A&P, Avionics, Structures, and Interiors. Full time and contract to hire full time. If interested, please contact Human Resources at 501-399-4740

**Turf Care Technician**

Must have Valid Driver's License, good driving history, and clean criminal background Previous industry experience not required Salary is \$450.00/week plus bonus

Please send a resume to [sllshreveport@comcast.net](mailto:sllshreveport@comcast.net) or call 318-687-8095

**CRAFTS, SKILL, TRADES**

**Pratt Industries**

A leader in the paper industry, is currently hiring for its three Facilities in Shreveport. We need:

- Clamp Truck Operators
- Paper Machine Operators (Degree or Military Preferred)
- Forklift Operators
- Cleaners
- Material Sorters
- Box Plant Employees

Please apply at **Career Adventures** 324 Fort St. At 9:00am or 2:00pm. Applicants must be able to pass a drug screen and background check.

**Truck / Equipment Mechanic**

Mechanic needed to service and repair heavy duty trucks, front end loaders, etc. Experience is required. Must have own tools. Excellent pay and benefits. Apply at Builders Supply 4461 Viking Dr., in Shreveport

**CRAFTS, SKILL TRADES**

**Surface Connection**, a premier countertop and tub refinishing company is currently seeking a **Refinishing Technician** for the Shreveport, Bossier City, Monroe, LA area. Experience preferred, but will train. Dependable vehicle a must. Paid training. Email: [meanfield7@yahoo.com](mailto:meanfield7@yahoo.com) Attn: Mike.

**DOMESTIC**

**HOUSEKEEPER NEEDED!**

North Shreveport Own transportation. References. Call 318-929-2554

**DRIVERS**

**CDL DRIVERS**

Builders Supply has openings for drivers to deliver concrete in the S'port area. Great pay, overtime, year end bonus, health insurance, 401K with matching contribution, assured work plan, sick pay, holiday pay, vacation pay, uniforms, no over night trips & other benefits. Apply 4451 Viking Drive in Bossier City

**PINERGY, LTD.**

Pinergy, Ltd. is seeking experienced Vacuum Truck Drivers and Heavy Equipment Haulers for their Marshfield, Louisiana location. Individuals must have a valid Class A CDL with tanker endorsements and at least (1) year of driving experience. Prior saltwater and heavy equipment hauling experience preferred.

- Must have a clean driving record
- Must be able to pass a drug screen

**Compensation package to include:**

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  - Healthcare insurance
  - 401K
  - Paid vacation
- Positions need to be filled ASAP so if you are interested please submit an application at [www.pinergy.com](http://www.pinergy.com) or call 318-872-0195 for immediate consideration.

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Orgill, Inc. the leading independent hardware distributor in the United States is currently looking for dependable, conscientious, safe truck drivers with a CDL Class "A", Hazmat Endorsement, and Double Endorsements for the Kilgore, Texas Distribution Center. Use our fleet of trucks to make local and regional deliveries to our customers. You must possess a good driving record and a stable work history.

We invite you to call our Human Resources Department and ask for details on truck driving opportunities. Call 903-984-2678 ext. 2135 for Vicki.

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**VACUUM TRUCK DRIVERS NEEDED**

Class A CDL with Tank Endorsement, good driving and background history. Minimum 1 year variable driving experience. Vacuum Truck experience a plus. We pay for experience, 401K, medical, dental, vision insurance available after 90 days. Contact 318-746-9228

**GENERAL EMPLOYMENT**

**PRODUCTION OPERATOR**  
CertainTeed Corp., a leading building material manufacturer is in search of Production Operators. Ideal candidates will have experience in an industrial continuous operation environment. Candidate MUST have high school diploma or GED, have a clean criminal background, possess a valid driver's license, pass a pre-employment drug screen & be able to work any shift, all days of the week. For consideration, please email resume to: [brandy.a.andrews@saint-gobain.com](mailto:brandy.a.andrews@saint-gobain.com). No walk-ins or phone calls will be accepted. CertainTeed is an EEO employer.

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**GENERAL EMPLOYMENT**

CertainTeed Corp., a leading building material manufacturer, has the following opening:  
**MAINTENANCE MECHANIC**  
For consideration, applicants must be experienced in a continuous process environment and have the ability to troubleshoot mechanical failures associated with pumps, gearboxes, pneumatics, hydraulics, etc. Must have the ability to diagnose and repair equipment failures with little or no supervision. General knowledge of fabrication and welding is required. Basic understanding of precision tools is required. Machining or precision assembly background is a plus. Applicants will be required to demonstrate competency in their craft. Candidates MUST have a clean criminal background, possess a valid driver's license, have minimum education of high school diploma or GED, pass a pre-employment drug screen & physical, and be able to work any shift, all days of the week. To apply, please email resume with cover letter to [brandy.a.andrews@saint-gobain.com](mailto:brandy.a.andrews@saint-gobain.com). No walk-ins will be accepted. CertainTeed is an EEO employer.

Dynamic New Company is expanding. Looking for motivated people to staff new & existing offices with paid training. No experience necessary ask for Lisa 747-8824.

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Island Fun - Manager \$32,000 - \$36,000  
Requirements:  
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to manage Quality Assurance and Performance Improvement Program. Min. 2 yrs. hospice nursing experience required. No on call duty required. Benefits include medical/dental, 401K and PTO. Fax resume to: 318-222-5715 or email to: [lifepath@centurytel.net](mailto:lifepath@centurytel.net) or apply online at [www.lifepathhospicecare.com](http://www.lifepathhospicecare.com)

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looking for dependable, energetic, caring individuals for:  
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Apply online at [www.smccare.com](http://www.smccare.com) or At Springhill Medical Center Springhill, Louisiana EOE

**RECEPTIONIST** for busy office needed. Experience required. Fax your resume to: 318-425-3236  
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LPN 3-11 Full Time \$20.00/hr. LPN PRN all shifts \$19.00-\$21.00

C.N.A. 3-11 Full time \$8.70/hr. Apply in person: Colonial Oaks Guest Care Center 4921 Medical Drive Bossier City, LA

**STERILIZATION TECH** needed for ambulatory surgery center, M-F, 8-4:30, no call required. Please fax resume to: 213-4679 or mail to: PO Box 39150, Shreveport, LA 71135

**PROFESSIONAL**



A Division of Sabro Industries, Inc. CellXion, LLC, a leader in the telecommunication industry is currently accepting application for the following position:

**Project Estimator / Bill of Material Specialist**

Experience is required in construction estimating and/or development of production bills of materials. Successful candidate must be proficient in reading engineered drawings, estimating and documenting material requirements, and data entry into PC-based and MRP software systems.

CellXion offers a great benefit package, which includes a 401K program, Health/Dental/Life Disability insurance, progressive vacation time, sick leave and holiday pay.

Please forward your resume to: **CellXion, LLC**  
Human Resources  
5931 Hazel Jonas Road  
Bossier City, LA 71111  
[jlutteman@cellxion.com](mailto:jlutteman@cellxion.com)

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Fast-paced, Science/Tech/Engin/Math Program. Experience in Ed Tech a must! 210 day renewable contract. 8/8 start. Health Ins & TRSL.App deadline 7/31. Request app at [Starbase@barksdale.af.mil](mailto:Starbase@barksdale.af.mil)

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**Public Information Officer**  
DOTD is seeking a Public Information Officer for its Public Affairs Office in Shreveport. Experience in the local media market preferred. Apply at [www.civilservice.la.gov](http://www.civilservice.la.gov) by Thursday July 28, 2011.

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**APPLIANCES**  
Selling Whirlpool washer & dryer, 4 years old, available in September - \$400 for both. 318-900-4334

**COMPUTERS & SUPPLIES**

For Sale Sony VAIO VGN-NR110E for sale. Has 15.4" screen, 1.46 Ghz Intel Pentium T2310 dual-core processor, 2GB RAM, 80 GB HD, WIFI, 10/100 ethernet, USB, built in card reader, new battery and comes with Vista pre-loaded. Call 318-393-3306. Works great, asking \$275 obo.

**MISCELLANEOUS**

For Sale Craftsman Wood Chipper, Gas Operated, New Cond. \$300.00 Call Bill (318) 326-5643 or (318) 593-1912

Selling BBQ Smoker for \$50 obo. 318-390-4334

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Beautiful Lake Front Home 3/2/2 located in gated community Vaulted Ceilings Remote Master Suite Jacuzzi Tub 3554 Crestview Dr (Hideaway Harbor) 318-402-2242

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FSBO: 3005 Gabriel Oaks/Rosedale Subdivision 3BR, 2BA, 1715 Sq. Ft. \$209,900 (318)549-4929

Home & Garden section Thursdays In The Times

**ZONE 8**

FSBO: 4 Bdrm House in Savannah Plaza + Bonus Room upstairs, 2304 SF, Built in 2008, Large Eat-In Kitchen, Fireplace, Remote Master Suite with Jacuzzi & 2 Walk-In Closets, Park View, 10 min to BAFB \$249,900 Call 318-742-5422

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**HOMES FOR RENT**

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For Sale-Scooter, 2008 Rock, 80 MPH, \$1,895.00 obo. Call Bill (318) 326-5643 or (318) 593-1912

**CADILLAC**

1990 Cadillac Seville "LIKE NEW" 22,000 Actual Miles, \$12,000 FIRM 903-235-5516 or 903-693-7387 Leave a message

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08 Honda Civic EX/NAV! Excellent Cond, White with Beige Interior, 4 Dr Sedan, 56k Miles, 36 MPG, Touch Screen/Voice Command Nav., \$15,000 OBO. Call Jose 318-573-1742

**MOTOR HOMES**

1998 Yellowstone Class C Motorhome. Ford Triton engine. Slideout. Seats 6. Good condition. \$14,500. 746-5545 or 746-3546.

**MOTORCYCLES**

2001 Harley 1200 Custom Low \$4,000 FIRM. Windshield, Saddle Bags, 1 ride it daily & I'm only 73, 40 MPG. 903-235-5516 or 903-693-7387 Leave a message.

2006 Kawasaki Ninja 636 ZX6R for \$7,500. Bike has under 3000 miles. Bike is completely stock and has never been laid down. Also included is a brand new ramp and battery trickle charger! 318-560-6671

2008 TRIKE (China Built) 150 Engine \$2,000 FIRM. Automatic, Top with W/S Wiper & Washer, 88 MPG, 231 Actual Miles, Large Trunk Area 903-235-5516 or 903-693-7387 Leave a message.

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CALENDAR OF EVENTS

sat.23

**Featuring:** dance demonstrations, exhibitions, door prizes and refreshments.  
**Admission:** free.  
**Info:** (318) 798-7836.

**SIZZLIN' SUMMER SHOP-A-THON**  
**When:** 10 a.m.-3 p.m. Courtyard Marriott at Louisiana Boardwalk, 100 Boardwalk Blvd, Bossier City.  
**Featuring:** Barksdale Spouse Home & Small Business Group is holding a vendor show.  
**Admission:** free.  
**Info:** (662) 352-1946.

tues.26

**TEKKEN BLOOD VENGEANCE IN 3D**  
**When:** 7:30 p.m. Tinseltown, 8400 Millicent Way, Shreveport.  
**Featuring:** a special digital cinema event presented in RealD 3D based on the videogame "Tekken."  
**Admission:** \$12-\$14.  
**Info:** www.FathomEvents.com.

sat.30

**CHELY WRIGHT IN CONCERT**  
**When:** 8 p.m. DiamondJacks Casino Resort, 711 DiamondJacks Blvd., Bossier City.  
**Admission:** \$20-\$35.  
**Info:** (888) 595-4849 or www.diamondjacks.com.

**'SO YOU THINK YOU CAN DANCE' NATIONAL DANCE DAY CELEBRATION**  
**When:** 11 a.m.-1 p.m. SandysDance Center, 111 Dalton St., Suite 400, Shreveport.

**2011 ARK-LA-TEX COIN, STAMP & CARD EXPOSITION**  
**When:** 9 a.m.-6 p.m. July 30-31. Bossier Civic Center, 620 Benton Road, Bossier City.  
**Featuring:** a chance to buy, sell, trade and appraisal old coins, currency, stamps and sports memorabilia.  
**Admission:** free.  
**Info:** (318) 868-9077.

**ICING ON THE CAKE**  
**When:** 10 a.m.-5 p.m. Bossier Parish Community College, 6220 E. Texas St., Bossier City.  
**Featuring:** regional cake artists, expert cake demonstrations and Food Network cake champion Bronwen Weber.  
**Admission:** \$5, general admission; \$5, entry into each cake demonstration; \$20, cake competition and view all three demonstrations.  
**Info:** (318) 678-6216 or www.quotaicingonthecake.com.

**'LAW AND MURDER'**  
**When:** 6 p.m. Robinson Film Center, 617 Texas St., Shreveport.  
**Featuring:** a mystery dinner theater show and fundraiser for Robinson Film Center presented by Random Acts  
**Admission:** \$50. RSVP required.  
**Info:** (318) 459-4122.

aug

fri.05

**LITTLE BIG TOWN IN CONCERT**  
**When:** 8 p.m. DiamondJacks Casino Resort, 711 DiamondJacks Blvd., Bossier City.  
**Admission:** \$25-\$45; \$100, VIP Meet and Greet tickets.  
**Info:** (888) 595-4849 or www.diamondjacks.com.

**MOVIES & MOONBEAMS**  
**When:** 8:30 p.m. Riverview Park, Clyde Fant Memorial Parkway, Shreveport.  
**Featuring:** outdoor screening of "Grownups."  
**Admission:** free.  
**Info:** (318) 673-7892 or www.mySPAR.org.

sat.06

**TASTE OF CULTURE**  
**When:** 6 p.m. Skybox, Independence Stadium, 3301 Perishing Blvd., Shreveport.  
**Featuring:** a fundraising event for the Multicultural Center of the South with food and entertainment of 26 cultures that represent Shreveport-Bossier and North Louisiana.  
**Admission:** \$35.  
**Info:** (318) 424-1380.

sun.14

**MARTIN LAWRENCE**  
**When:**



Special to Warrior Little Big Town will be in concert at DiamondJacks Casino Resort at 8 p.m. Aug. 5. For more information, call (888) 595-4849 or visit www.diamondjacks.com

Info: (800) 745-3000.

ongoing

**'HAIRSPRAY'**  
**When:** 8 p.m. July 29-30, Aug. 5-6; 2 p.m. July 21, Aug. 7. Shreveport Little Theatre, 812 Margaret Place, Shreveport.  
**Admission:** \$22; \$10, student rush policy available.  
**Info:** (318) 424-4439.

**SHREVEPORT-BOSSIER CAPTAINS VS. AMARILLO SOX**  
**When:** 7:05 p.m. July 29-30, Aug. 5-6; 6:05 p.m. July 31, Aug. 7. Fair Grounds Field, 2901 Perishing Blvd., Shreveport.  
**Featuring:** a minor league baseball game.  
**Admission:** \$5.  
**Info:** (318) 636-5555.

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