



Daniel Snyder, contract security guard, gives an identification card to an Airman Sept. 22 on Barksdale. Ensuring unauthorized personnel do not gain access to the base will be the responsibility of the DoD GSD civilian police officers and 2nd Security Forces Squadron beginning Saturday.

New Defenders at Barksdale

Article & photos by
Airman 1st Class Andrea F. Liechti
2nd Bomb Wing Public Affairs

Base commuters will see slight changes at the gates here beginning Saturday as DoD GS civilian police officers have been hired to replace the current contract gate guards.

The current gate guard contract expires today and members of the 2nd Security Forces Squadron have spent months planning for the transition, said Christopher Bowman, 2 SFS chief of plans and



Donald Heaser, contract security guard, keeps an eye out for a suspicious vehicle Sept. 22 on Barksdale. This is one of the many jobs the DoD GS civilian police officers and 2nd Security Forces will begin performing together beginning Saturday.

programs.

"The effectiveness of our mission here at Barksdale will be dramatically increased," he said. "The police officers, who will take the place of the current contractors, will be trained to work in a variety of locations on base. This will allow stability and a smoother transition when military personnel from Barksdale get deployed."

The DoD GS civilian police officers will rotate between law enforcement, flight line duty and manning the gates, allowing them to be fully integrated at Barksdale, Bowman said. This way, when 2 SFS Airmen get deployed, the DoD GS civilian police officers will be fully trained and prepared to watch over all areas of the base.

People at Barksdale should rest at ease knowing the security standard here will remain high at all times, Bowman said.

Forty-five DoD GS civilian police officers have already been hired to fill positions on base. Of those hired, 99 percent are prior military and more than 70 percent have prior law enforcement experience.

"In addition to their past experience, the new officers will be required to complete eight weeks of training," said Tony Sawyer, the lead trainer for the DoD GS civilian police officers.

The officers are required to complete five weeks of training at a law enforcement training center in Little Rock, Ark. They are also required to complete three weeks of training at Barksdale, Sawyer added.

"Our goal is to retain job-knowledge experts at all times," Sawyer said. "Maintaining continuity is extremely important to us."

Training for 11 of the new hires has already begun. The officers will be trained according to standards of the Air Force and will be familiar with the mission here, Sawyer stated.

Training for the first group is scheduled to wrap up just in time for the switch.

"This training will ensure a smooth transition," Bowman said. "The new navy blue uniforms will be the only change noticeable to the public."

"Our goal is to retain job-knowledge experts at all times."

TONY SAWYER
lead trainer for the DoD GS civilian police officers

Air Force announces civilian early retirement, separation incentive options

By Debbie Gildea

Air Force Personnel, Services and Manpower Public Affairs

RANDOLPH AIR FORCE BASE, Texas — The Air Force is implementing civilian Voluntary Early Retirement Authority (VERA) and Voluntary Separation Incentive Pay (VSIP) programs, Air Force officials have announced.

"Our goal with these programs is to mitigate the impact of reduced fiscal year 2012 funding on our permanent civilian work force," said Maj. Gen. Sharon K. G. Dunbar, Air Force director of force management policy.

Reduced Air Force funding starting in fiscal year 2012 is the result of a Secretary of Defense efficiency initiative that holds civilian manning at fiscal year 2010 levels Department of Defense-wide. This initiative reduces previously planned growth in the Air Force civilian work force by nearly 9 percent. Air Force officials estimate that reduced funding levels are sufficient to support just over 180,000 civilians as of Oct. 1.

"Complying with lower civilian funding levels requires adjusting the size of our civilian work force by about 1 percent this next fiscal year," explained General Dunbar. "To do this, we're postured to approve up to 6,005 VSIP applications along with implementing VERA. These voluntary programs will also help generate flexibility to balance positions with mission priorities."

Air Force officials also implemented hiring controls in May, followed by a 90-day hiring freeze that went into effect last month. Much like the voluntary programs, the temporary hiring freeze and ongoing hiring controls are designed to reduce the size of the civilian work force and generate vacancies for permanent employees whose positions may be restructured, transferred or eliminated, the general explained.

"Our civilians have been asking about VERA and VSIP options, so we worked to make these voluntary programs available early in the fiscal year," General Dunbar said. Servicing civilian personnel offices have already started surveying eligible civilians for their interest in these programs. Surveys are targeted to those in job series that may be affected by downsizing or restructuring.

Targeting the surveys requires balance, the general explained. "If we target too narrowly, the number of volunteers may fall short of what we're seeking. At the same time, an overly broad survey may cause

angst among employees in positions that will not be affected.

To be eligible for VERA, employees must be at least 50 years old with 20 years of creditable service, or have 25 years of creditable service at any age.

Whereas VERA is a temporary measure to increase retirements, VSIP is a financial incentive to encourage eligible employees to voluntarily separate from civil service. A VSIP payment is equivalent to an employee's severance pay entitlement, up to a maximum of \$25,000 before taxes.

The Air Force is authorized to approve a maximum of 6,005 VSIP applications from eligible civilians. VSIP applications may be approved if there is a direct link between an employee's separation and avoiding adverse personnel impact elsewhere.

"Employees who received surveys should familiarize themselves with the VERA and VSIP material on the Air Force Personnel Services website at <https://gum-crm.csd.disa.mil>," the general advised. Specific VERA and VSIP information can be accessed via the News and Announcements link. In addition, servicing civilian personnel offices are postured to assist interested civilians.

Employees should thoroughly consider all options, therefore, prior to submitting an application for VERA or VSIP. Employees who apply for VERA and/or VSIP make a commitment to separate on 31 Dec 11 if their application is approved. This commitment cannot be withdrawn except for extreme hardship or extraordinary circumstances.

"We're grateful for the immense contributions of our civilian work force, and are committed to providing support through the changes ahead," General Dunbar said. "We'll move through these changes and challenges together as a team."

The Air Force Personnel Services site includes a link to all secure applications (top right corner of the home page), as well as a VERA/VSIP link that will take users to a one-stop-shop of related links and information sources.

For specific eligibility information and guidance, employees who have been surveyed should go to their local civilian personnel strategic advisors in the Civilian Personnel Section.

For information about other personnel issues, visit the Air Force personnel services website at <https://gum-crm.csd.disa.mil>.

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COMMENTARY: Dress and personal appearance is the member's responsibility, 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.

Dress and personal appearance is the member's responsibility

By Capt. Aletha Holland

307th Force Support Squadron

In July the Air Force released the latest edition of AFI 36-2903, Dress and Personal Appearance Instruction. For me, the AFI is now more user-friendly and can attract the attention of the many varied types of learners. The new format caters to the needs of the visual learner by having numerous colorful pictures of the correct wear of the various uniforms.

With tables now incorporated into the sections, there is no longer the inconvenience of scrolling down to the end of the AFI to view and match the material listed several pages above. Each section is very specific and conveniently covers a different uniform completely, from beginning to end.

"This three-year effort included Airmen from all walks of Air Force life ... military training instructors, recruits, recruiters, first sergeants and Air Force leadership from all levels, professional military education instructors, functional communities, and support organizations to name a few," said Ruth Ewalt, the Air Force Uniform Programs and Policies chief at the Air Staff. "This Air Force instruction was influenced by a huge population of Air Force service members because it impacts the total force."

While reading the new instructions, I found a few areas that are worth mentioning as a reminder to Barksdale Airmen:

» Effective Nov. 1, the Airman Battle Uniform will replace the Battle Dress Uniform and Desert Camouflage Uniform.

» Addition of a section on the proper wear of the Sage Green Fleece, 6.1.10, and the physical training uniform, Chapter 7

» Examples of inappropriate clothing during official travel in civilian wear include: ripped, torn, frayed or patched clothing, tank tops, extremely short shorts or skirts, undergarments worn as outer garments, bathing suits, sandals, and any garments that are re-

FOR MORE INFORMATION

For additional guidance on dress and appearance information, go online to the dress and appearance webpage on the Air Force Personnel Center's website at www.afpc.af.mil/dress/index.asp.

vealing or contain obscene, profane or lewd words or drawings, 1.3.5

» Wear or use of an earpiece, any blue tooth technology or headphones, while in uniform, indoors or outdoors, is prohibited, unless specifically authorized for the execution of official duties. The exceptions are headphones and earphones such as iPods, MP3 type players, etc., are authorized during air travel or while wearing the physical training uniform during individual or personal PT in the fitness center or on designated running areas unless prohibited by the installation commander, see 6.3.3.1.

» Gym bags will be solid dark blue or black in color with matching stitching and carried in the left hand. When wearing ABUs, Airmen can also use olive drab, Air Force sage green or ABU patterned gym bags. Small logos are authorized, see 6.3.4.2

» Some male hairstyles are prohibited. Prohibited examples are mohawk, mullet, cornrows, dreadlocks or etched design. Men are not authorized to wear hair extensions.

» In civilian attire on official duty on or off a military installation: With the exception of earrings for women, see paragraphs 6.3.1.1, all members are prohibited from attaching, affixing or displaying objects, articles, jewelry or ornamentation to and/or through the ear, nose, tongue, eyebrows, lips or any exposed body part, this includes items visible through clothing, see 3.5.2

» In civilian attire off duty on a military installation: With the exception of earrings for women, see paragraphs 6.3.1.1, and areas

in and around military, family and privatized housing, all Air Force members are prohibited from attaching, affixing and/or displaying objects, articles, jewelry or ornamentation to or through the ear, nose, tongue, eyebrows, lips or any exposed body part, which includes items visible through clothing, see 3.5.3

» Teeth, whether natural, capped or veneered, will not be ornamented with designs, jewels, initials, etc. The use of yellow gold, white gold, or platinum caps, permanent or temporary, merely to add ornamentation to the teeth and not required by dental or medical necessity is prohibited. Waivers are not required for Air Force members or recruits with permanent yellow gold, white gold or platinum caps that were applied as a result of dental or medical necessity. Members with official documentation that they received permanent yellow gold, white gold, or platinum caps which were not applied as a result of dental or medical necessity, prior to 13 June 2011, are grandfathered. No other dental ornamentation is grandfathered, see 3.5.4

» Initial accessions must disclose any tattoos or brands and receive appropriate Air Force Component Recruiting Service review to determine eligibility when questionable for enlistment or appointment. Complete removal or alteration of unauthorized content or excessive tattoos, brands or body markings is otherwise required prior to being accepted in the Air Force, see 3.4.4

The revised AFI specifically highlights the role and responsibility of the member in knowing and wearing the uniform properly since it is a direct reflection of the USAF.

I know as a member that I have a responsibility to keep my uniform clean and in good repair. Also, I am responsible for knowing the authorized uniform combinations and the correct placement of ribbons, insignia, badges and other uniform items. The new AFI has made that responsibility much easier for me.

Words of advice: Life after Spice

By Inmate Thomas Gilpin

Editor's Note: The writer is currently in confinement at the 2nd Security Forces Squadron

Confinement is defined by Webster's Dictionary as "a place to keep within bounds, a place of imprisonment, detainment." Confinement is the military term for jail. Believe me, as a member of the United States military who has been and currently is confined, once those metal doors slam shut, you better start making yourself as comfortable as possible because that will be your new home until your time has been served.

In confinement, you have no rights. You get three meals a day, shelter and safety. Everything else is a privilege, and if you do not obey confinement staff or the rules set by them, all privileges you may have had the opportunity to earn are now out the window.

Think it's easy? Well, I wouldn't suggest trying to find out how tough you think you are, or how easy you think it would be. Here's my story.

On Nov. 9, 2010, I was called to security forces because they got word through another Airman that I had been smoking a substance known as spice.

Spice is also known as incense or potpourri. No, I am not talk-

ing about the incense you burn in your home for a sweet aroma, or the potpourri that you buy in a bowl or a bag to give off a soothing smell. I'm talking about a substance that is typically a mixture of herbs and spices and usually laced, or sprayed, with a synthetic cannabinoid, similar to that of tetra-hydro cannabinoid, better known as THC, which is found in marijuana plants.

Marijuana is illegal in all 50 states, to include California, contrary to popular belief.

If caught with it, depending on what state you live in, you can receive jail time or a massive amount of fines — just because you wanted to get a high.

Smoking spice is a crime under the Uniform Code of Military Justice and any military member caught smoking spice may be subject to disciplinary action, which could result in involuntary separation from the Air Force. When it comes to drugs, the U.S. military has a strict zero tolerance policy — and believe me, they stick to that policy.

Now, if you have never come into contact with marijuana, either by smoking or consuming, you probably have no idea the effects it could have on you. Some

side effects of smoking marijuana may include, but are not limited to: redness of the eyes, a feeling of laziness, a rapid increase of appetite often referred to as "the munchies," and also extreme fatigue.

Long-term effects of smoking marijuana may include loss of memory, slow speech, loss of motor skills, alteration in color of the lips and fingernails or extreme halitosis, also known as bad breath. Though I have never heard of anyone dying due to smoking or consuming marijuana, it is still considered a very dangerous drug and its effects should not be taken lightly.

Many of the effects spice has on the body are very similar, if not identical to, the ingredients that are used to make spice.

When sold in stores, spice typically comes in sealed plastic bags and is marked as potpourri or incense, and is labeled "Not for Human Consumption." They were typically marked that way as a loophole to make it legal to sell the product.

When spice first came out, I believe the direct term for it was known as K2; however, the chemicals put in it were banned and supposed to be taken off the shelves.

This was because of the effects it was having on some individuals. I have heard of many cases where smoking spice actually caused bleak hallucinations, severe migraines, cardiac arrest, epileptic seizures, convulsions, foaming at the mouth, dizziness or nervousness, profuse sweating, uncontrollable shaking and even death.

Those original chemicals were removed, replaced with different chemicals, and the product was placed back on the shelves. Since I've heard about spice, I think it has been taken off and put back on the shelves about three or four times. But as of July 15, 2011, it is illegal in the state of Louisiana to produce, possess, buy or distribute the substance known as spice, and anyone caught doing so is subject to legal action, under the same circumstances of buying, growing and distributing marijuana.

Don't get yourself caught up in criminal activity just for a chance to get high. It is not worth the sentence you will serve, the disciplinary action you will receive, loss of your career and the chance of a punitive discharge and confinement time. Don't flush your life down the toilet just for a silly high. If you do the crime, then you will do the time.



Takes grinding to stop grinding

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

Tech. Sgt. Jennifer Barlow, 2nd Dental Squadron, uses a hand tool to flatten the surface of a night guard in the dental lab on Barksdale. After a few passes with the hand tool, the night guard is placed on a cast of the wearer's teeth to ensure proper fit.



HAWC issues weight loss challenge to Team Barksdale

By Staff Sgt. Terri Barriere

2nd Bomb Wing Public Affairs
In anticipation of the holiday season, the Health and Wellness Center here has issued a challenge to the Barksdale community.

Beat the Bird, a healthy living and weight loss promoting competition, will take place Oct. 21 through Jan. 9.

"Our goal is to encourage physical activity and healthy eating through the holidays," said Leah Beckham, HAWC health and fitness specialist. "Traditionally, everyone gains weight during that time because of all the parties and the food. This is our way of encouraging everyone to maintain their current weight, or lose some, through education, fitness and nutrition."

The self-paced competition will challenge participants to maintain their current weight plus or minus 2 pounds. In addition, contestants will earn points for working out and attending nutrition classes during the challenge.

Beckham said the Beat the Bird challenge will not be the typical biggest loser-style competition.

"This is not about who can lose the most weight, it's about learning to live a healthier lifestyle through eating and exer-

FOR MORE INFORMATION

To learn more about the Beat the Bird competition, contact the HAWC at (318) 456-8046.

cise," she said. "This is a lifestyle change, not a temporary fix."

Beckham said hopes after participating in the competition and leading a healthier lifestyle for 12 weeks, participants will permanently change their habits and continue exercising and eating right.

For its part, the HAWC will offer a nutrition seminar and weekly fitness class to the challenge participants. Beckham said the sessions, appropriately named Turkey Trots, will involve running and strength training, and will help the contestants kick-off their program in time for Thanksgiving.

"The average American gains at least five to 10 pounds over the holidays and many never lose the weight," Beckham said. "Over the course of a decade this five to 10 pound weight gain can turn into 10, 20 or even 50 pounds, and since most people make resolutions to lose weight for the new year, this can help them reach those weight loss goals or maybe not have any to lose at all."

Beckham said in her experience, holiday fitness programs keep peo-

ple from getting complacent.

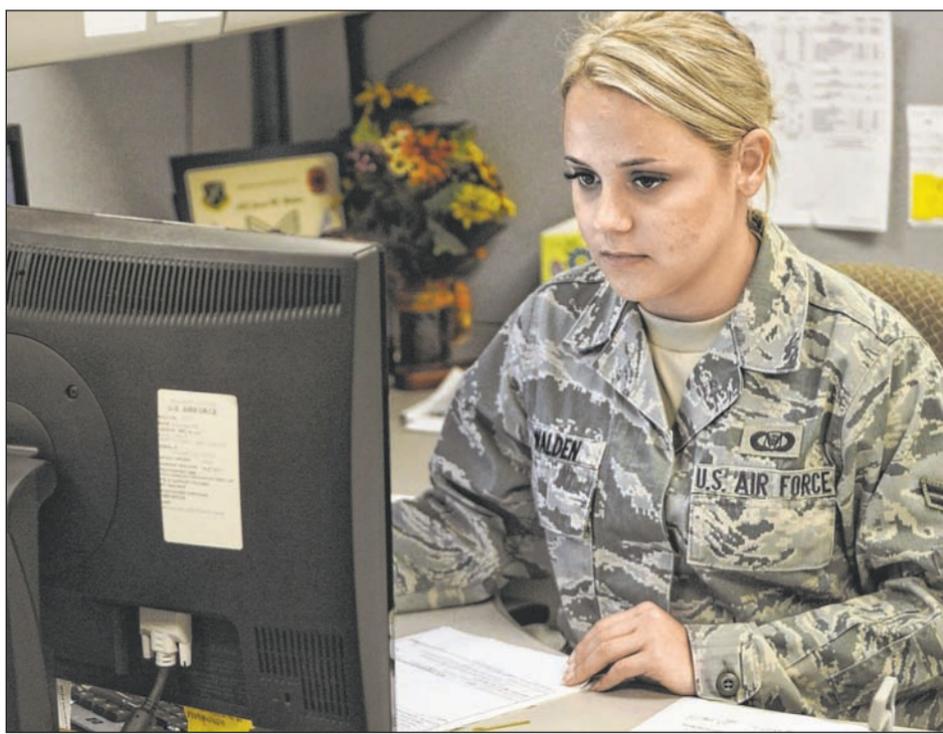
"We just want people to be more conscious of what they are putting into their bodies and not just sit around watching TV," she said. "Get up, get out and do something instead of watching that football game."

One facet of the challenge that will surely keep the competitors on the right track is the Five-A-Day point option. Participants will have the chance to earn one additional point each day for consuming five servings of fruits or vegetables.

Jennifer Coney, HAWC dietician, said the key to the competition and living a healthier lifestyle is moderation.

"You can still have all your favorite holiday foods, but the key is portion sizes and learning how to fit them into your meal plan," she said. "No one wants to be told they can't eat their favorite foods."

Registration for Beat the Bird is Oct. 3-4. Those wishing to participate as a group can register in groups of four to six. The first weigh-in for the challenge will be Oct. 17-21.



Airman 1st Class Jamie Walden, 2nd Operations Support Squadron aviation resource management apprentice, works on a program Sept. 22 at the 2 OSS on Barksdale. Walden was one of 30 Airmen on base to help earn the United States Air Force Outstanding Aviation Resource Management Sergeant Dee Campbell Small Unit Team of the Year 2010 Award.

Barksdale Airmen receive AF-level recognition

Article & photo by Airman 1st Class Andrea F. Liechti

2nd Bomb Wing Public Affairs

Barksdale Airmen cheered as the winners of the United States Air Force Outstanding Aviation Resource Management Sergeant Dee Campbell Small Unit Team of the Year 2010 award were announced here during a safety briefing Sept. 1 at Hoban Hall.

Airmen in the aviation resource management career field on Barksdale received the award in recognition of their accomplishments during calendar year 2010.

"The 1CO's (aviation and resource management AFSC) took initiative with a number of programs throughout the year," said Chief Master Sgt. Barrieth Thomas, chief of host aviation resource management. "Half of them were deployed and they still managed to develop new training products, implement new flying programs and demonstrate leadership."

A few of the Barksdale aviation and resource management team's accomplishments last year included deployments to Kandahar, Bagram, Guam, Balad and Al Udeid, setting the standard for the 2nd Bomb Wing with a 100 percent compliance rating from headquarters and coordinating academic schedules for 880 aircrew members.

To add to the team's accomplishments, Airman 1st Class Jamie Walden, 2nd Operations Support Squadron aviation resource management apprentice, brought home an Airman of the Month award for September

2010. To earn the award she participated in the Airmen Against Drunk Driving program, Relay for Life and Operation Warm Heart among several other activities.

"I wouldn't have accomplished what I did last year without the support of my peers," Walden said. "The people in my office are go-getters and watching them succeed makes me want to succeed. I'm constantly feeding off of their excitement and motivation."

The motivation of the aviation resource management career field Airmen can be seen throughout several squadrons here, including the 11th Bomb Squadron, the 20th Bomb Squadron, the 96th Bomb Squadron, and the current operations flight and flight records in the 2 OSS.

Airmen in the aviation resource management career have many responsibilities on a daily basis, said Walden. They monitor over 840 flyers and jumpers, ensuring each member remains current and qualified during their aviation service. They also manage each member's flight and jump pay, and track their flight physicals and physiological training to make sure the aircrew are mission ready at all times.

"Our 1CO's are spread out on base and they do a great job at making sure the mission objectives are consistently met," Thomas said. "I am very proud of their achievements. The award is a great accomplishment for those in the aviation and resource management field here at Barksdale."

Airmen receive flu mist

Airman 1st Class Kristin Thomas, 2nd Logistics Readiness Squadron, receives the flu mist from Staff Sgt. Brandon Scott, 2nd Aerospace Medicine Squadron, in Hoban Hall on Barksdale Sept. 19. The 2 AMDS delivered more than 11,000 flu vaccinations throughout the 2010-2011 season.



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SEPTEMBER 2011

AIRMAN 1ST CLASS MICAIAH ANTHONY/U.S. AIR FORCE PHOTO ILLUSTRATION

Each year the Air Force receives funding for defense-related expenditures. At the end of the fiscal year, Sept. 30, the funding dispersed must be allocated and all accounts must be closed.

Barksdale closes out fiscal year 2011

By Airman 1st Class Micaiah Anthony

2nd Bomb Wing Public Affairs

At the beginning of each fiscal year, Oct. 1, the Air Force receives funding for defense-related expenditures. But before that occurs, the previous year's funding must be spent or allocated — this time of year is known as end-of-year closeout.

"The money comes from multiple sources," said Richard Compton, 2nd Contracting Squadron. "Some of the money comes from Congress and trickles down to the wing level."

For Barksdale, the finance office and the 2 CONS work together to manage the funds received.

"The finance office manages \$110 million in funding for the 2nd Bomb Wing," said Kimberly Luce, 2nd Comptroller Squadron budget officer. "We also do the accounting for Air Force Global Strike Command, 8th Air Force and the 307th Bomb Wing."

As the countdown to Sept. 30 continues, their workload increases.

"We work 10 times the amount we normally would," Compton said. "We go from a five day working schedule to a six- or seven-day schedule. It takes a dedicated team from each section to step up and meet the requirements."

If the financial backing is not used, it goes back to the major command and they give it to another unit in need.

"Inflation varies from year to year, most often creating a need for increased funding each year," said Bracken.

Allocating funds to units around the base takes coordination and teamwork, so the Airmen from the finance office are split into financial working groups assigned to specific units.

"Financial working groups rank the importance of requests that are not in the annual budget," said Staff Sgt. Kevin Bracken, 2nd Comptroller Squadron budget analyst. "We all come to a gen-

"The finance office manages \$110 million in funding for the 2nd Bomb Wing. We also do the accounting for Air Force Global Strike Command, 8th Air Force and the 307th Bomb Wing."

KIMBERLY LUCE
2nd Comptroller Squadron budget officer

eral agreement and present the list to the wing commander. Once approved, we try to fund the projects as fast as we can."

For the finance office and the 2 CONS, time is money.

"The faster we execute, the better chance we have to get the money to fund other projects in the yearly budget," Bracken said.

The 2 CONS' projects are planned and funded throughout the fiscal year. Projects taking precedence are approved and completed first.

"Projects that were put to the side based on funding ability become a priority around August and September," Compton said. "We focus on making sure those priorities are met and that the additional funding is allocated to the needs of the wing and groups."

Everything, from paperclips to wing tips and landscaping to construction, is covered in the budget to support the mission.

"For the 2011 fiscal year, \$354.6 million will be accounted for by midnight Sept. 30," Luce said.

Important information for TRICARE beneficiaries

By Barbara Allen

2nd Medical Group

Beginning Jan. 1, 2012, Walgreens will no longer participate in the Express Scripts pharmacy network.

Express Scripts is the administrator for the TRICARE pharmacy benefit. They have made a commitment to provide a prescription drug benefit that meets the needs of beneficiaries in an effective, efficient and fiscally responsible manner. One of the ways they do this is by negotiating competitive rates for prescription drugs with retail pharmacies in their network.

Walgreens will remain in the pharmacy network through Dec. 31. If you fill a prescription at Walgreens after Dec. 31 you will pay 100 percent of the cost.

Express Scripts is committed to making the transition to an alternative pharmacy as simple as possible.

There are two ways to transfer prescriptions currently being filled at Walgreens:

1. Have the medications you take on an ongoing basis safely and conveniently delivered to your home through TRI-

FOR MORE INFORMATION

Information and updates will be available at the same website, or if you have questions, call (877) 885-6313.

CARE Pharmacy Home Delivery. You can switch your eligible prescriptions to Home Delivery by visiting: <http://www.express-scripts.com/TRICARE/>. Have your prescription bottles handy when visiting the website. You will be directed to your online account login. Simply sign in or create an account, if you haven't already, and click on the "Switch your prescriptions to Home Delivery" link on the left hand side of the screen.

2. If TRICARE Pharmacy Home Delivery isn't for you, simply take your current prescription bottles to the network pharmacy of your choice. You may fill your prescriptions at other major pharmacies and independent drug stores that remain part of the network or at the military pharmacy. To find a network pharmacy in your area visit www.express-scripts.com/TRICARE/

Missile unveiling



ABOVE: Past and present B-52 bomber aircrew members, led by Brig. Gen. John J. Mooney III, 307th Bomb Wing commander, participate in the unveiling of the Conventional Air Launched Cruise Missile monument at Barksdale. The monument is dedicated to the CALCM weapons system and its history with the B-52.

U.S. Air Force photos by Master Sgt. Greg Steele

Aircrew members gather underneath a CALCM monument following its unveiling Sept. 9. In 1991, many of the attendees participated in the longest combat mission in aviation history and the first combat launch of a CALCM during Operation Desert Storm.

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Barksdale Airman trains Iraqi technicians, focuses on self-improvement

By Senior Airman Patrick McKenna

U.S. Air Force Central Public Affairs

Deployments are what a person makes of them. Working long hours is expected, but sometimes it's what an individual does in their off time that sets them apart from their peers.

Some choose to hit the gym hard, take self-improvement courses, or work to further their education. At Combat Operating Base Speicher in Tikrit, Iraq, one aircrew

flight equipment technician assigned to the 52nd Expeditionary Flying Training Squadron, just a few months into a year-long deployment, has hit the ground running.

Staff Sgt. Joe Cardiel, a native of El Paso, Texas, deployed from the 2nd Operations Support Squadron at Barksdale begins most days well before the sun comes up working long hours at his AFE shop. He's tasked with the responsibility of mentoring four Iraqi trainees so that in the not too distant

future, they can run the AFE shop on their own.

"Our mission is to help train Iraqi airmen on aircrew flight equipment," Cardiel said. "We want them to understand how important their job is as much it is to us. This equipment needs to be well maintained because it is the pilots' lives in their hands. We're teaching them from the basics all the way to the details of what it takes to ensure this equipment is taken care of and functions properly."

While one of Cardiel's Iraqi trainees, Private Naser, refers to Cardiel as a "loveable guy," Naser isn't the only person with good things to say. His leadership has taken notice and couldn't be happier with how Cardiel is handling his first deployment. Coming from a survival equipment background, not aircrew life support, Cardiel has learned additional skills in the new merged career field, aircrew flight equipment.

"Our career fields recently merged," said Master Sgt. Michelle A. Bell, noncommissioned officer in charge of the 52nd AFE shop. "He's picked it up very quickly having not worked on any of the personal flight gear for pilots. He jumped right into the job and ran with it. He's one of the best workers I've ever worked with in my entire career."

Back home in Louisiana, Cardiel is a reserve police officer in the Greenwood Police Department where for the last year and a half he's volunteered two or three weekends per month helping out the short manned department.

"Crime was high there, especially after Hurricane Katrina," Cardiel said. "I knew I couldn't



STAFF SGT. MIKE MEARES/U.S. AIR FORCE

Staff Sgt. Joe Cardiel, 52nd Expeditionary Flying Training Squadron, Camp Speicher, Iraq, works out at the "prison yard" after a day at work. The NCO is an aircrew flight equipment specialist. He is responsible for training Iraqi air force AFE specialists and he is deployed from the 2nd Operations Support Squadron at Barksdale.



STAFF SGT. MIKE MEARES/U.S. AIR FORCE

Staff Sgt. Joe Cardiel, 52nd Expeditionary Flying Training Squadron, Camp Speicher, Iraq, is an aircrew flight equipment specialist.

stop it completely, but I thought I could help do something about it."

While deployed, he's taking two online classes working his way toward a bachelor's degree in criminal justice, with the goal of one day starting a career in federal law enforcement. When he's not working or completing his class assignments, Cardiel manages to hit the gym two hours per day, always working to improve on his already skilled athletic background.

"I have been wrestling since I was 10 years old," Cardiel said. "I wrestled all the way through high school. Wrestling kept me focused as I was growing up and kept me out of trouble. My junior year in high school I made it

to the Texas state finals taking first place at state in the 135lb weight class. Physical fitness is important and nobody is going to do it for me."

As Cardiel looks ahead to another several months on this deployment, he feels proud of both what he's accomplishing personally, but more importantly, of what he and his AFE team have done to help train Naser and his fellow Iraqis.

"It gives me a good feeling to see their progress and seeing them step up for their country," Cardiel said. "They're self-sustainable. What's happening here is history in the making, and 20 years from now when my kids are in class this might be what they're learning about."

Firefighter for a day

By Senior Airman Chad Warren

2nd Bomb Wing Public Affairs

Airmen from Barksdale will get the chance to compete in several firefighter-related events during the 2nd Bomb Wing Fire Muster here Oct. 14.

Members of the 2nd Civil Engineer Squadron Fire Emergency Services Flight are hosting the event to help spread the message of fire safety while showing the rigors of firefighting with a fun activity during National Fire Prevention Week.

"The Fire Muster simulates the challenging task that firefighters perform during an operation," said Staff Sgt. Steven O'Brien, 2 CES Fire Emergency Services Flight. "It allows Airmen to enjoy some friendly competition and experience first-hand the physically demanding job of a firefighter."

Participants must register as teams of five Airmen. Registration is open to 16 teams on a first-come, first-served basis. Team members must provide their own combat helmets and work gloves, and must be wearing J-list gear and combat boots to compete.

The competition will be held in the Base



AIRMAN 1ST CLASS MICAH ANTHONY/U.S. AIR FORCE
Airmen from the 2nd Force Support Squadron battle against Airmen from the 2nd Civil Engineer Squadron during the hose joust at the third annual Fire Muster in June.

Exchange north parking lot beginning at 8 a.m. The course consists of five fire-fighting specific events, with each team member completing one event in a relay style format. There is also a new individual "Backdraft Bull" competition where one Airman completes all five events solo.

Though there have been three previous Fire Muster competitions hosted by the 2nd Mission Support Group, this will be the first competition open to the entire wing.

Students get close up of a B-52



TECH. SGT. JEFF WALSTON/U.S. AIR FORCE

A group of Princeton Elementary fifth grade students listen as 1st Lt. Brian Groth, 11th Bomb Squadron navigator, briefs them about the B-52 Stratofortress at Barksdale Sept. 15. The students are participating in the STARBASE program, which presents a 25-hour hands-on/minds-on aviation and aerospace curriculum to area fifth grade students and their teachers. The DoD program is committed to addressing the critical needs in STEM education — Science, Technology, Engineering and Mathematics — by inspiring young minds to further explore these topics in future course work.

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Airman's quick action helps save lives from fire

Article & photo by
Maj. Richard Komurek

8th Air Force Public Affairs

What started as a typical weekday evening for a Barksdale Airman who works a night job as a pizza deliveryman, turned out to be a night of courage that brought out the warrior spirit in him and helped save lives.

On Sept. 8, while making a delivery to an apartment complex in Shreveport, Staff Sgt. Lorenzo Crawford came face to face with an intense building fire. Flames quickly engulfed one apartment and started spreading to other neighboring units. While other people began to gather as spectators and shoot pictures with their cell phones, Crawford instinctively leapt into action to warn other apartment residents of the impending danger. He immediately began pounding loudly on the doors of several nearby apartments and yelled, "Fire, fire," which allowed several peo-

ple to escape and run to safety.

Then, just as the first of six fire trucks began to arrive, Crawford noticed a man in emotional distress standing near an apartment at the very heart of the fire. The man said, "My mom's in there, my mom's in there," and appeared to be considering an attempt to run inside the burning building to save her. Crawford quickly assessed the fire was too intense for anyone to survive without protective equipment and repeatedly warned the man that it was too dangerous to go back inside.

While firefighters took over the scene, Crawford stayed by the man's side to console him as it became clear his mother would not survive. In all, 45 firefighters responded to the fire, which killed the woman and displaced three other families whose apartments were also damaged.

Crawford, who works as a client system administrator at the

608th Air Operations Center on base, is a shy, modest man of few words who works on information technology systems that support crisis action planning and help provide integrated global strike capabilities. Although Crawford still seems perplexed that he reacted the way he did, it was not a surprise to Lt. Col. Brett NeVille, who is Crawford's supervisor and commander of the 608th Air Communications Squadron.

"Sergeant Crawford acted without hesitation for the safety and welfare of others in a very dangerous situation. His actions reflect our core values to the highest degree, and his extraordinary personal leadership serves as a model for us to follow as Airmen," NeVille said.

The leadership that Crawford displayed may be a rare commodity in the civilian world, but it's a perfect example of the warrior spirit and service before self ethos that make our Airmen the



Staff Sgt. Lorenzo Crawford, 608th Air Operations Center, displayed leadership and courage by warning Shreveport apartment residents about a fast-spreading building fire.

Air Force's most valuable asset. So while others may sit and watch the world go by, Airmen like Crawford continue the proud

legacy of 8th Air Force to act decisively, overcome challenges and lead our Air Force and nation boldly into the future.

September is Cholesterol Education Month

By Capt. Lorna Blodgett

2nd Medical Group Health Care Integrator

Your Heart: The strongest muscle in the body beats an average of 100,800 times in 24 hours circulating your entire blood volume throughout your body about 1,000 times each day. This amazing little muscle is about the size of your fist and requires very little maintenance to keep up this grueling pace for 75, 85 or even 100 years. No oil changes, no tire rotations and no registration fees.

- » About the size of a fist.
- » Weighs about 3/4 pound.
- » Beats over 100,000 a day = more than 35 million beats per year.
- » The cardiovascular system that circulates blood and oxygen inside your body is 60,000 miles long.

Where does cholesterol come from?

People get cholesterol in two ways.

1. The body — mainly the liver — produces about 1,000 milligrams a day.
2. Foods also can contain cholesterol. Animal foods (especially egg yolks, meat, poultry, fish, seafood and whole-milk dairy products) contain it. Foods from plants don't contain cholesterol. Remember, if a food never had a liver itself (peanuts/peanut butter) it never had cholesterol. The body makes all the cholesterol it needs, so people don't need to consume it.

Why should you worry about high cholesterol and triglycerides?

The higher the number, the greater the risk for heart attack and stroke. Heart disease is the leading cause of death and major cause of disability in the U.S.

What should your cholesterol goals be?

Ways to lower cholesterol:

1. Limit Saturated Fats and Dietary Cholesterol
2. Exercise
3. Manage your stress levels
4. Tobacco Cessation
5. Maintain a healthy weight

For more information, visit the National Heart, Lung, and Blood Institute website at www.nhlbi.nih.gov.

Do something good for your heart:

For all that your heart does for you, isn't it time you did a few nice things for it? It is really not so hard. Here are some things you can do that will really make your heart happy:

- » Move more — walk your dog (or your kids!); wash the car; get up during commercials and do a few squats, jumping jacks, or sit-ups; ride your bike to the corner store; take the stairs. Start slowly to increase your activity, adding a few minutes each day until you reach 30 minutes at least five times a week. Remember, it doesn't have to happen all at once. Ten minutes here and 20 minutes there add up quickly.
- » Lower fat intake — reduce your milk fat by 1% at a time; skip the extra cheese on your pizza; use olive oil instead of butter; use only half the yolks when you make scrambled eggs or egg salad; eat leaner meats like chicken and fish more often; read food labels (it's an eye-opener!)
- » Reduce salt intake — this may help lower your blood pressure and ease the workload on your heart. Processed foods contain huge amounts of sodium (salt) so read labels carefully and eat unprocessed foods as often as possible. Remember — fresh is best!
- » Shop in the outer perimeter of the grocery store. This is where you will find fresh and frozen fruits and vegetables, meats, whole grain breads and dairy products. Processed foods are more often found on the inner aisles of the store.
- Your heart asks very little of you for the tremendous work it does each day. These small changes can make a world of difference to your heart and keep you healthy, active and enjoying life a lot longer. Won't you start today?

Airline High School shows appreciation to military

By Danielle Hill

dhill@shreveporttimes.com

Airline High School will be showing appreciation to military members, both past and present, at its upcoming district football game Oct. 7 against Captain Shreve.

Along with a special presentation during half-time of the game, military members can also enjoy reduced admission to the game.

"We want to acknowledge our military members," said Jason Smith, president of the Airline Alumni and Friends Foundation Inc. "We recognize the tremendous sacrifice the men and women and families of the military make on a daily basis."

Airline athletic director Ronnie Coker said he hopes to make this night an annual event.

"This year we will be paying special recognition to Purple Heart recipients," he said. "They will be honored during halftime through a saber

line and then presented a medal from our principal and ROTC commander."

The marching band will also be performing patriotic songs throughout the night.

Those with valid military identification cards will be able to go through a separate line at the admission gate, as well.

"Airline wants to let the military know that we appreciate what they do. We especially want to let our local military know that we appreciate them," Coker said.

Smith said he hopes that this is the first step to building lasting relationships between members of Barksdale and Airline communities.

"In addition to recognizing their commitment, we want to offer them a 'place to call home' while they are in the area. Most people, regardless of where they are from, have great memories of ei-

ther playing or watching high school athletic events," he said. "Just because the men and women at Barksdale can't watch their athletic teams, we want them to feel welcome to come out and watch the Vikings. We see Military Appreciation Night as the begin-

ning of a great relationship between those stationed at Barksdale and AHS."

They are still looking for Purple Heart recipients to take part in the event. If you are interested in participating, e-mail Coker at ronnie.coker@bossierschools.org.

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FOR MORE INFORMATION

When: 7 p.m. Oct. 7. Airline High School, 2801 Airline Drive, Bossier City.

Featuring: Military appreciation during half time.

Admission: \$5 for those with valid military ID. Tickets can be purchased beginning Tuesday at the 2nd Bomb Wing Public Affairs office.

Info: (318) 549-5080.

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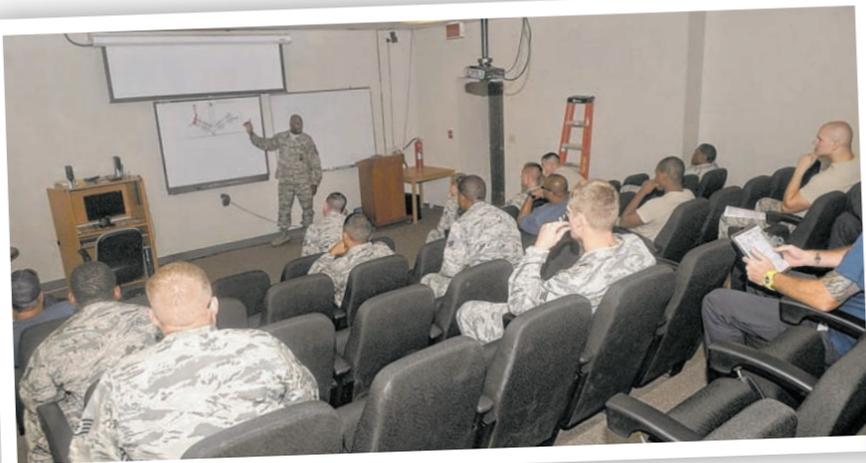
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Senior Master Sgt. Steven Woodard, 2nd Civil Engineer Squadron Fire Department assistant chief, briefs the B shift before egress training on Barksdale. During the pre-briefing, the fire department discusses locations for the teams to drive to and plan for "real world" incidents.

Airman 1st Class Nathan Weber, 2nd Civil Engineer Squadron Fire Department tail board, crawls through the bomb bay of a B-52 Stratofortress. The bomb bay is used if the main entrance is not accessible during a fire or rescue mission.



RIGHT: Adam Lynch, 2 CES Fire Department station caption, teaches Airman 1st Class Shelby Bonds, 2 CES Fire Department tail board, how to open the bomb bay doors of a B-52 Stratofortress during egress training. The bomb bay is used as a back-up entry on the B-52 if all others are blocked.



Airmen watch as Airman 1st Class Marlon Johnson, 2 CES Fire Department tail board, starts a foam trailer. Aqueous film forming foam is used to extinguish fuel spills.

Fire department trains on B-52

U.S. Air Force photos by Senior Airman Kristin High

Right: Timothy Radcliff and Airman 1st Class Shelby Bonds, 2 CES Fire Department, reload fire attack handlines onto a fire truck. The flatlines are folded, rather than wrapped, so when the firefighters are running they do not get tangled.



Airman 1st Class Frederick Chavis II, 2 CES fire department tail board, reservices a P-19 fire truck during egress training on Barksdale. The water fill is connected to a hydrant to resupply the crash trucks so they don't run out of water while Airmen fight fires on aircraft.



Airman 1st Class Shelby Bonds and Tech Sgt. Carlos Jackson, 2 CES Fire Department, deploy a handline to a B-52 Stratofortress during egress training. Although the water was not turned on during this training, it's simulated so Airmen are prepared for "real world" incidents.



LEFT: An Airman holds the helmet of his fire proximity gear during egress training. The National Fire Protection Agency requires proximity gear for all crash fire rescues. Proximity gear is used to reflect heat as opposed to absorbing it and prevents the wearer from getting burned.



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RED RIVER QUILTERS ANNUAL QUILT SHOW

When: 10 a.m.-6 p.m. Sept. 30; 11 a.m.-6 p.m. Oct. 1; 11 a.m.-4 p.m. Oct. 2. Riverview Hall, 600 Clyde Fant Memorial Parkway, Shreveport.
Featuring: more than 200 quilts and quilted items on display, special exhibit: Patriotic Quilts, silent auction, demonstrations and door prizes.
Admission: \$4-\$5.
Info: www.redriverquilters.com.

OCT.01

'ONLY GOD CAN JUDGE ME'

When: 7 p.m. The Strand Theatre, 619 Louisiana Ave., Shreveport.
Featuring: a production by Add Talent and Stir Theatrical Entertainment.
Admission: \$36.50-\$39.50.
Info: (318) 226-8555.

RED RIVER REVEL ARTS FESTIVAL

When: 11 a.m.-10 p.m. Oct. 1, 6-8; 10 a.m.-9 p.m. Oct. 2-5. Festival Plaza, 101 Crockett St., Shreveport.
Featuring: an eight-day festival featuring artists, a variety of entertainers, children's activities, Red River Quilters' Quilt Show, food and fun for the entire family. Shuttle pick up and drop off 10:30 a.m., Sat. and Sun, 9:30 a.m., Mon.-Fri., every 30 minutes at Piccadilly Cafeteria, Mall St. Vincent; old Service Merchandise, Pierre Bossier Mall; Downtown lunch shuttle, drop off at Chase Stage, 11:30 a.m.-1:30 p.m., Mon-Fri.
Admission: \$5 until 6 p.m. and \$10 after 6 p.m. Sat.; \$5, Sun.; \$5 after 5:30 p.m. Tues.-Fri.; free, daily for children 12 and under accompanied by adult; free, all day Monday, Tues.-Fri. until 5:30 p.m.
Info: (318) 424-4000 or www.redriverrevel.com.

ACTIV-8-ERS SQUARE & ROUND DANCE CLUB

When: 7-10 p.m. Promenade Hall, 5400 Benton Road, Bossier City.
Featuring: Tim Tyl calling squares and Marvin White cueing rounds.
Admission: \$12, per couple; \$6, for singles; free, spectators.
Info: (318) 742-3274.

OCT.07

MOVIES & MOONBEAMS

When: 7:30 p.m. Riverview Park, Clyde Fant Memorial Parkway, Shreveport.
Featuring: outdoor screening of "Megamind."
Admission: free.
Info: (318) 673-7892 or www.mySPAR.org.

TIME OF MY LIFE TOUR

When: 7 p.m. CenturyLink Center, 2000 Century-Tel Center Drive, Bossier City.
Featuring: 3 Doors Down.
Admission: \$25-\$49.50
Info: (318) 747-2501.

OCT.08

SHOP 'TIL YOU DROP CRAFT SHOW

When: 10 a.m.-5 p.m. Oct. 8; 11 a.m.-4:30 p.m. Oct. 9. 620 Benton Road, Bossier City.
Featuring: arts and crafts, unique items, floral, baby and children items, women's accessories, monogramming, holiday and home decor, clothing, foods and more. Door prizes given away hourly.
Admission: \$3; children 10 years old and under are free.
Info: www.shoptiludropla.com.

ASBURY MOTOR CLUB CHILI COOK-OFF & CAR SHOW

When: 4 p.m. Asbury United Methodist Church, 3200 Airline Drive, Bossier City.
Featuring: chili tasting and cook-off.
Admission: free.
Info: (318) 746-5349.

OCT.09

WWE SMACKDOWN WORLD TOUR

When: 5 p.m. CenturyLink Center, 2000 Century-Tel Center Drive, Bossier City.
Featuring: SmackDown Superstars Randy Orton, Christian, Kane, Big Show, Sin Cara, Daniel Bryan,

Sheamus, Ted DiBiase, The Great Khali, The Divas and more.
Admission: \$17-\$62.
Info: (318) 747-2501.

OCT.11

YOGI AND FRIENDS JAMBALAYA FUNDRAISER TAKE-OUT DINNER

When: 4-7 p.m. Shaver's Crawfish & Catering, 3900 Youree Drive, Shreveport.
Featuring: Jambalaya dinners for sale with proceeds benefiting Yogie & Friends Exotic Cat Sanctuary.
Admission: \$6, each; \$10, for two.
Info: (318) 795-0455 or www.yogieandfriends.org.

OCT.13

OPERA NIGHT

When: 6:30 p.m. The Tower at the Oaks, 600 E. Flournoy Lucas Road, Shreveport.
Featuring: an evening of wine, fine cuisine and opera. Meet the cast of the Shreveport Opera production "The Merry Widow."
Admission: \$50.
Info: (318) 227-9503.

OCT.14

'A SALUTE TO THE EAGLES'

When: 8 p.m. The Strand Theatre, 619 Louisiana Ave., Shreveport.
Featuring: Hotel California.
Admission: \$35.50-\$50.50.
Info: (318) 226-8555.

MSPS NEW MUSIC FESTIVAL 2011

When: 7-11 p.m. McNeill Street Pumping Station, 142 North Common St., Shreveport.
Featuring: Site-specific performances, installations and recorded compositions from more than 30 experimental sound artists.
Admission: \$10.
Info: contact@mspsnmf.com or www.mspsnmf.com.

CLINT BLACK IN CONCERT

When: 8 p.m. DiamondJacks Casino Resort, 711 DiamondJacks Blvd., Bossier City.
Admission: \$30.
Info: www.diamondjacks.tix.com.

OCT.15

COMPOSTING SEMINAR

When: 11 a.m. Oct. 15. Louisiana Nursery, 12290 Mansfield Road, Keithville.
Featuring: guest speaker Denyse Cummins, LSU horticultural agent.
Admission: free.
Info: (318) 925-0971.

THIRD ANNUAL BREW PREMIER BEER TASTING

When: 3-7 p.m. Festival Plaza, 101 Crockett St., Shreveport.
Featuring: more than 80 domestic, foreign and home-brewed beers provided by local distributors and home brew clubs. Also there will be samples of favorite dishes from local restaurants. Music will be provided by Earshot Graffiti with Earshot Hornz. A Spiegelau Beer Connoisseur Tasting Seminar from 2-2:45 p.m.
Admission: \$50, each; \$25, seminar.
Info: www.shreveportbrew.com.

OCT.20

TNT TROLLEY EXPRESS

When: 5 p.m. artspace, 710 Texas St., Shreveport.
Featuring: "Art: Takin' It To The Streets" tour, a collaborative arts market with Texas Avenue Community Association mini street fair in Shreveport Common and an Art Walk along Texas Street and artspace.
Admission: free.
Info: (318) 673-6535.

'SPITFIRE GRILL'

When: 7:30 p.m. Oct. 20-22, 27-29; 2 p.m. Oct. 23, 30. Bossier Parish Community College, 6220 E. Texas St., Bossier City.
Featuring: a musical production by the Performing Arts at BPCC and the Cavalier Players.
Admission: \$12-\$15.
Info: (318) 678-6021.

Briefly

Yard sale signs

Having a garage/yard sale? Just a reminder — no garage/yard sale signs are allowed to be posted around the property or base. Residents are allowed to post one Hunt yard sale sign in their yard. This sign can be obtained through the Housing self-help office. For more information, call (318) 747-2723.

The Landings September concessions

The Landings at Barksdale currently has the following concessions running during September:
 » **Refer a friend:** If you refer a friend to The Landings you will receive \$250. A referral card will need to be filled out and attached with the original application.
 » **Move-in option:** If you accept a home and move in during September, you choose between a \$500 rental concession, 42-inch or larger television or washer and dryer set.
 » **Key to savings:** If you accept and move into one of a list of houses during September, you will get \$100 off your rent for 12 months.
 To take advantage of any of these deals or to learn more about what The Landings has to offer its residents, call (318) 747-2723.

Airman's Attic donations

The Airman's Attic located in building 4030 (old Clothing Sales) is currently accepting clothing, toys, household items and small furniture. Clean and serviceable items may be dropped off during the Airman's Attic operating hours on Tuesdays and Thursdays from 11 a.m. to 3 p.m. For afterhours drop off, place items inside the shed in the fenced area at the west end of the parking lot. Please do not leave donations outside the doors or in front of the building. Check their Facebook page for more details: www.facebook.com/barksdaleairmansattic. Contact Master Sgt. Dean'na Hoy at (318) 456-9336 or Senior Master Sgt. Brian Huff at (318) 456-2768 for more information.

BOSG social

Barksdale Officers' Spouses' Club will host an October Halloween Social from 6:30 to 9 p.m. Oct. 11 at the Barksdale Club. For more information or to make a reservation for this event, e-mail BOSCreservations@gmail.com.

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

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.

AFRC BRIEFS

The Airman & Family Readiness Center's primary focus is to support Barksdale AFB readiness by assisting families and single military members adapt to the demands of Air Force life. To accomplish this mission, AFRC offers a variety of educational programs and services that are open to all military employees and their families including active duty, reservists, guardsmen and DoD civilians. They are located at 413 Curtiss Road, and all classes listed below are held there unless otherwise stated. Their hours of operation are Monday through Friday from 7:30 a.m. to 4:30 p.m., except from 3 to 4:30 p.m. on Wednesdays when they are closed for training. For questions, call (318) 456-8400.

Personal Readiness Briefing

With so many upcoming military deployments, it is vital to have personal and family affairs in order. This program, which takes place from 8 to 10 a.m. every Tuesday, is available to provide information and support during all phases of deployment. This briefing is mandatory for all active duty members that have a "firm" deployment tasking and are within 60 days of departure. Spouses, family members and/or significant others are welcome to attend.

Pre-Separation Briefing

In anticipation of retirement or separation, the law directs that members attend a pre-separation briefing as soon as possible within the preceding 24 or 12 months, respectively. The briefing provides resources available for making a successful transition back into civilian life and is mandatory. Voluntary separations briefings are Mondays at 8:30 a.m. and 1:30 p.m. Involuntary separations briefings are Thursdays at 8:30 a.m. Retirement briefings are Thursdays at 1:30 p.m.

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.

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Home & Garden section Thursdays in The Times

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A growing wholesale distributor of high end commercial floor covering & installation supplies seeks sharp, highly motivated, and professional outside sales/account manager. This position will help with the management of existing accounts and growing the business in regional territory. Background in the floor covering industry or Architectural Design field highly desired!! Bilingual and experience with SalesForce or other CRM software a plus! This position requires excellent presentation and communication skills and a high level of enthusiasm. Company vehicle, BlackBerry, laptop and credit card provided!

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for male adolescent group home. 11-7 Shift.
1707 Line Ave.

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