DESERT AIRMAN

Davis-Monthan Air Force Base, Ariz. Friday, Aug. 1, 2003

Stephanie Ritter

Look Ma, no hands!

Airman 1st Class Elizabeth Jobson, 355th Operations Support Squadron, trains on the proper use of the Baker Life Chute July 25. The inventor of the chute, Ralph Baker, visited Davis-Monthan Air Force Base to train air traffic controllers, trainees and firefighters on chute usage and to perform safety checks on the chute equipment. The chute is used to evacuate the 110-foot D-M Air Traffic Control Tower in the event the tower stairwell becomes inoperable due to fire, or any other reason. In such a situation, D-M firefighters assist the tower members by tying off the end of the chute, enabling a safe ride down. The chute is capable of safely evacuating up to 26-story buildings to the ground, and can support more than 84,000 pounds. The tower and firefighters conduct quarterly training on chute safety and usage. For more information on the Baker Life Chute, see ***Chute offers security, lifeline for tower personnel,*** *Pages 12 and 13.*

Senior Airman Maryann Walker

Lt. Gen. Schmidt assumes command of 12th Air Force

Lt. Gen. Randall Schmidt makes his welcome remarks as the new Twelfth Air Force commander following the change of command ceremony July 25 at Davis-Monthan Air Force Base, Ariz.

One person - a lifetime of difference

By Staff Sgt. Tammie Clark
355th Wing Public Affairs

People across the country will observe National Kids' Day Sunday to celebrate America's children and the fostering of positive relationships between adults and children through the gift of quality time.

"Positive role models help prepare the child for life, helping him/her reach their highest potential," said Kurt Bons, Big Brothers Big Sisters of Tucson program specialist. "We believe that a child can never have too many positive people in their life."

Many members of Davis-Monthan Air Force Base are making a difference in children's lives by serving as a positive role model through programs such as the BBBS program.

Currently Davis-Monthan makes up the second largest BBBS volunteer base, said Bons. "We are very happy with the number of military personnel who volunteer with us. We believe a large reason we have been so successful at Davis-Monthan is the reception we received from the family support center."

"I believe our mission statement sums up what we are trying to accomplish: 'to develop one-to-one adult-to-child mentor relationships guiding youth from a position of risk to one of achieving their highest potential,'" said Bons.

There are currently more than 130 boys and 70 girls in the Tucson area waiting to have a big brother or big sister become part of their life. The ages of children waiting to receive a big brother or sister range from 5 to 17 years.

To become a big brother or big sister, an adult commits to spending time with a child (most of whom come from a single-parent home), for a few hours a week for a year, said Bons. "We are trying to show the children consistent and caring relationships. Big Brothers Big Sisters provides a much needed stable adult who can help demonstrate a consistent caring relationship to a child."

As a result of the BBBS program, children are seen to be more trusting of their parent/guardians, said Bons.

According to the BBBS Tucson Web site, www.TucsonBigs.org, youths involved in the BBBS

See ***Mentor***, Page 4

Airman sends powerful message, hopes warning will deter making poor choices

By Airman Basic Jasmine Chastain

It's amazing how quickly a lapse of good judgment and a poor choice of friends can turn your world upside down and tear your life to pieces.

On the day after my 18th birthday, I started Basic Training at Lackland Air Force Base, Texas. Four weeks into basic military training, while preparing for the graduation parade, we were told there was an emergency. We were instructed to run inside and stay there until further notice; the date was Sept. 11, 2001. The terrorist attacks made me more determined than ever to succeed.

After technical training school I was assigned to Davis-Monthan Air Force Base. I was feeling a little down with the pressure of learning my new job and being away from home for the first time. That's when things really started to go downhill.

I attended a party outside of Tucson with some friends and made an extremely bad choice. I took some Ecstasy when it was offered to me. I was unusually happy for the first time in months and began to think that life wasn't so bad after all.

I knew it was wrong, but I did Ecstasy again the next weekend at another party. I was sure there was no way the Air Force was going to catch me and I hoped I'd feel as good the second time. Then I got the phone call that changed my life … from the Office of Special Investigations.

Someone who had seen me at one of the parties recognized I was in the Air Force and reported that I had used drugs. At my Court Martial in November 2002, I pled guilty to using drugs and received a sentence of 11 months of confinement, total forfeiture of all pay and allowances, and a bad conduct discharge. Now I find myself confined at the Navy brig in California, jailed with people serving life sentences for murder.

I often catch myself wondering why I put myself in this situation. I feel regret and shame for my actions and have realized how wrong it was for me to do drugs. I grieve for the separation from my family and friends, the loss of my career, for letting down my coworkers and supervisors and for the disgrace I brought to my unit and myself.

Why did I write this letter to you?

I wanted to try and keep just one airman from making the same mistake I did. Don't take the chance I did.

Don't shame yourself and have to explain to your family, friends and coworkers why you're a criminal. The Air Force has a zero tolerance policy for drugs; and they mean it.

Col. Larry Stutzriem
355th Wing Commander

Supporting each other and working together to provide the best programs and services is a goal for all D-M people.

Ideas, suggestions, comments, concerns and kudos are important to make improvements.The best way to pass along a comment or to get an answer to a concern is to **contact the agency chief or functional managers listed here**. Still no solution? The Commander's Corner phone line is **228-4747**. An e-mail can also be sent to: 355thWing.CommandersCorner@dm.af.mil.

Callers must leave their name, phone number and a message. They will receive a prompt reply in writing or by telephone. We will honor caller confidentiality, but sometimes we need to contact callers to gather additional information. If a concern is of general interest to the base populace, the response may be published in the *Desert Airman*. Anonymous calls may not be published.

Agency numbers

AAFES Agencies.....228-3904
Accounting/Finance.....228-4964
Chaplain.....228-5411
Civil Engineering.....228-3401
Clinic.....228-2930
Commissary.....228-3116
Family Support.....228-5690
Fitness Center.....228-0022
Haeffner Center.....228-3714
Housing Office.....228-3687
Inspector General.....228-3558
Legal.....228-6432
Lodging.....228-4845
Military and Civilian Equal Opportunity Office.....228-5509
Military Personnel.....228-5689
Public Affairs.....228-3204
Security Forces.....228-6178
Services.....228-5596
Transportation.....228-3584

Davis-Monthan Unit Public Affairs Representatives

Unit Public Affairs Representatives are the "eyes and ears" of the 355th Wing Public Affairs office. Each squadron has unique individuals that have interesting stories to tell, whether it is about sports, awards, lifesaving acts, IDEA program contributions, etc.

Stories also include units making improvements to the methods or processes that they use or to squadron facilities or community areas via self help projects.

UPARs are responsible for getting the information to PA in a usable format and in a timely manner.

The Public Affairs staff focuses on issues that effect the base populace in general and UPARs judge the input for newsworthi-ness or unique human interest appeal before forwarding it to the PA staff.

Public Affairs utilizes UPARs to better tell a squadron's story. UPAR responsibilities include:

◆ Provide news ideas as well as write and shoot photos of squadron activities for submission to the base newspaper;
◆ Review and solicit Hometown News Release submissions;
◆ Review squadron submissions to the base marquee and Commander's Access Channel (COX Communications Channel 75)
◆ Seek volunteers for tours and speaking engagements

D-M Unit Public Affairs Representatives

AMARC
Terry Vanden-Heuvel.....228-8448

1st Lt. Daniel King.....228-8782

12th Air Force
Capt. Karin McWhorter.....228-3829
Tech. Sgt. Karin Wickwire.....228-6053

25th Operational Weather Squadron
Staff Sgt. Sean Shuman.....228-1977

41st Electronic Combat Squadron
Senior Airman Samuel Storicks.....228-9751
Airman 1st Class Robert Young.....228-9757

43rd Electronic Combat Squadron
2nd Lt. Donald Bugg.....228-9926

362nd Training Squadron
Staff Sgt. Kenneth Meyers.....228-6130

305th Rescue Squadron (Air Force Reserve Command)
Tech. Sgt. Ruby Zarzyczny.....228-2160

354th Fighter Squadron
Staff Sgt. Kaira Brown.....228-4268

355th Aerospace Medicine Squadron
Airman 1st Class Amy Rauch.....228-5369
Airman 1st Class Danny Watton.....228-5369

355th Civil Engineer Squadron
Master Sgt. Karl Deutsch.....228-6849

355th Communications Squadron
2nd Lt. John Leary.....228-1773

355th Component Repair Squadron
1st Lt. Rodney Rodgers.....228-3630

355th Comptroller Squadron
Staff Sgt. Andrea Danford.....228-7841
Airman Stacey Dougherty.....228-5611

355th Contracting Squadron
2nd Lt. Gayle Barajas.....228-5476

355th Dental Squadron
Tech. Sgt. Randy West.....228-2654

355th Equipment Maintenance Squadron
Capt. Sarah Maile.....228-4184
Tech. Sgt. Darnetta Watkins.....228-2279

355th Logistic Support Squadron
Senior Airman Tiffany Hart.....228-4319

355th Medical Operations Squadron
Tech. Sgt. Carol Sligh.....228-1543

355th Medical Support Squadron
Senior Airman Nicholas Clisby.....228-2870
Lt. Col. Denise Burton.....228-2902

355th Mission Support Group
1st Lt. Shamaar Bowlby.....228-3446
Tech, Sgt. Willie Manalo.....228-3445

355th Mission Support Squadron
Staff Sgt. Lori Paris.....228-1337
Airman 1st Class Nicole Brown.....228-4425

355th Operations Support Squadron
Capt. Carlos Diaz.....228-5868

355th Security Forces Squadron
2nd Lt. Mike Jewell.....228-1387
Master Sgt. John McCormick.....228-5584

355th Services Squadron
Chris Sweeny.....228-7352
Senior Airman Cheryl Rush.....228-6628

355th Supply Squadron
2nd Lt. Chandra Peek.....228-3440
Airman 1st Class Vanessa Kyota.....228-3440

355th Training Squadron
Lt. Col. Michael Weldon.....228-5888

355th Transportation Squadron
Staff Sgt. Mellony Howe.....228-3789
Airman 1st Class Tyrona Davis.....228-3789

355th Wing Staff
Master Sgt. Gregory Pleasant.....228-4891

357th Fighter Squadron
Master Sgt. Steve Foster.....228-0545

358th Fighter Squadron
Capt. Brian Wigton.....228-5961
Staff Sgt. Cathy Register.....228-3692

Detachment 3, ACC TRSS
Master Sgt. Otis Barnes.....228-4508

607th Air Control Squadron (Luke Air Force Base, Ariz.)
Senior Airman Shon Shearer.....DSN 896-721

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DESERT AIRMAN

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Long Term Care enrollment still open

By Tech. Sgt. B. Coors-Davidson
355th Wing Public Affairs

Medical expenses for long-term care, home care, assisted living facilities and nursing homes can have a huge financial impact on a family with an ill loved one in need of these services.

To lessen the burden of these medical expenses, Congress authorized the Federal Long Term Care Program in September 2000 for active-duty, selected Reservists, federal employees, retirees and qualified family members.

The Long Term Care Program is offered in a partnership between Metropolitan Life and John Hancock Life insurance companies and is contracted through the Office of Personnel management.

Full information and applications for the Long Term Care Program are available at http://www.ltcfeds.com.

The program offers a choice of pre-packaged or customized plans. There are four packaged plans. The basic plan is Facilities 100 and plans increase in benefits through Comprehensive 100, Comprehensive 150 and Comprehensive 150 Plus.

The Web site also features a premium calculator and a choice of payment options including payroll deduction, automatic bank withdrawal and direct billing.

As an example, the monthly premium for the Comprehensive 150 Plus plan for a 40-year-old male is about $110. Plans also offer an inflation protection option.

All plans include varying degrees of protection for nursing homes, assisted living facilities, hospice facilities and respite services. Programs also vary in their daily benefit amount and maximum lifetime benefit.

Other protection options such as home care, adult day care and home hospice care are also available.

To determine program eligibility and to obtain information on whether or not the program suits individual needs, visit the Federal Long Term Care Web site, or call (800) 582-3337 between 5 a.m. and 5 p.m. weekdays and 6 a.m. and 2 p.m. Saturdays.

The Federal Long Term Care Program is not associated with military health care programs or TRICARE.

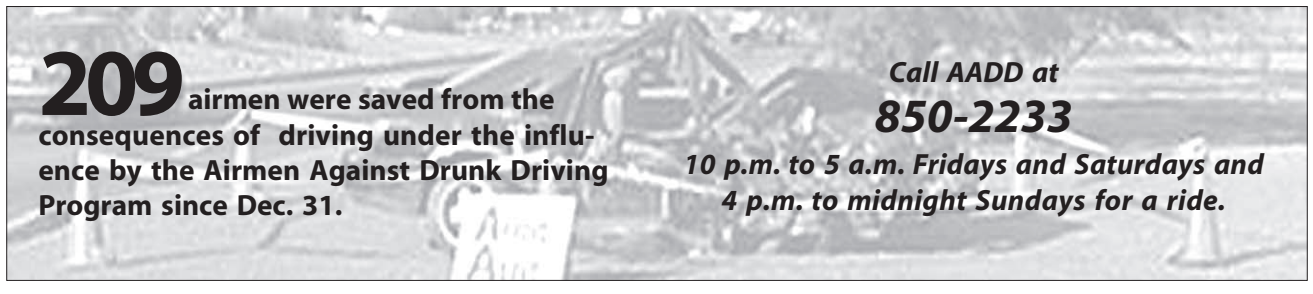
"Choosing insurance such as the Federal Long Term Care Program is an individual choice," said Robert Ray, TRICARE element chief. For questions about that program, people should call that office. People who have questions or need assistance with their military health care benefits or TRICARE plan can call the TRICARE office at 1-888-TRIWEST.

Manpower changes hit Davis-Monthan

Aircraft movements and other changes will affect manning numbers at Davis-Monthan Air Force Base over the next year.

A force-structure announcement from Air Force leaders July 23 detailed changes in manpower authorizations at bases throughout the Air Force.

The 355th Wing gains 249 military authorizations resulting from two additional HC-130s and four additional HH-60s. The 355th Wing gains nine military authorizations as a result of the new manpower standard for weather and loses 15 military and 22 civilian authorizations as a result of workforce reshaping. *(Courtesy Air Combat Command News)*



Emergency Numbers

Ambulance.....911
Casualty Assistance.....228-3686
(After duty hours).....228-3121
Duty Chaplain.....228-5411
(After duty hours).....228-3517
Fire Reporting.....911
Public Affairs.....228-3204
(After duty hours).....228-7400
Mortuary Officer.....228-5964 or 4414
(After duty hours).....228-3121
Command Post.....228-7400
355th Security Forces Crime Stop..228-4444
Safety.....228-5558
(After duty hours).....909-0316
Base locator.....228-3347
TIPS Line.....228-TIPS (8477)

News Notes

$2,000 reward for information

Air Force Office of Special Investigations, Detachment 217, is offering a $2,000 cash reward for any information leading to the conviction of those involved in recent thefts of high-dollar government equipment from Davis-Monthan Air Force Base. Thefts occurred from locked offices and storage facilities from 2002 to present.

If you have any information, call AFOSI, Det. 217, at 228-5168.

Officer's Club closure

The Officer's Club will be closed Monday to Wednesday due to small renovation projects in the kitchen.

Eligible ideas receive gym bag

During the month of August receive a free gym bag from the IDEA Program. The IDEA Program encourages innovative thinking by both military and civilian members to help make changes to everyday work processes. In return the Air Force offers cash awards to recognize savings realized. The awards range from $200 to $10,000, depending on the impact of the IDEA on Air Force missions. If a member submits an IDEA and it is part of their job responsibility, they may still get a monetary reward, but at a lower rate than if the IDEA impacted a process outside of their job responsibility.

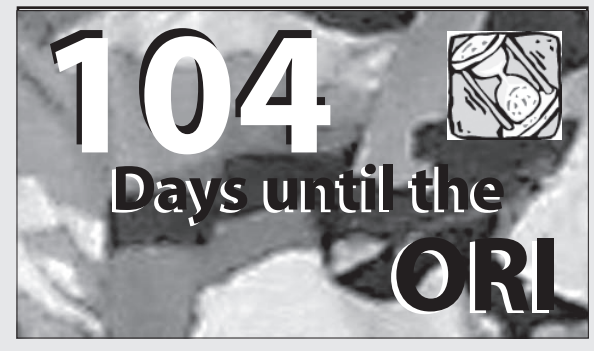
For questions or assistance, contact Robin Perry at 228-4332.

Use of official/tourist passports

Individuals are reminded that official passports should be used only for official travel. Tourist or civilian passports are required for personal travel. Individuals desiring to obtain tourist passports should contact the following office in the city of Tucson:

Superior Court Bldg.
110 W. Congress Street
Passport Clerk: 740-3210
Automated Info: 740-8333

For more information, call Joseph Cardwell at 228-0381.



D-M prepares for upcoming base assessment

By Stephanie Ritter
355th Wing Public Affairs

Davis-Monthan Air Force Base will undergo an assessment Aug. 18 through 22 to evaluate areas for environmental, safety and occupational health compliance and outline which may need improvement.

According to Tim Jackson, 355th Civil Engineer Squadron Environmental Safety and Occupational Health Compliance Assessment Management Program manager, every three years, Air Combat Command assesses its units on their ability to comply with DoD publications, as well as local, state and federal mandates governing environmental, occupational health and safety practices.

"The ACC team is up-to-date with all of the laws and regulations mandated by the regulatory community," said Jackson. "They assess all of our practices, looking for any areas they think we are vulnerable in and give us recommendations on ways to improve in order to be compliant."

While the next ACC External Assessment is scheduled for March, D-M performs annual Internal Assessments in an effort to continuously improve.

"D-M will undergo an Internal Assessment in August which will allow us to take a detailed look at ourselves prior to the ACC visit in March," said Jackson. "We essentially mirror the ACC process by taking a snapshot of our practices to find vulnerable areas."

This extensive form of checks and balances is a proactive way for D-M to avoid enforcement action by outside agencies.

"If the regulatory community finds violations, possible fines could be issued to wing leadership," said Maj. Leo Eisbach, ESOHCAMP sub-committee chairman. "In order to avoid that, we need to make sure people from the top on down work to correct any issues discovered in the Internal or External Assessments."

In many situations, the assessment process works to improve quality of life at D-M. According to Jackson, a few years ago too many recyclable items were being thrown in the trash. Through education, advertising and resources, the recycling program on base was altered into a highly used and extremely reliable resource.

"D-M has a strong positive history with ESOHCAMP and our goal is to continue that," said Jackson. "We work hard to update and correct previous findings so ACC can focus on other items later."

"It is important to note that D-M is doing things right," added Jackson. "However, the process is not over at the end of August after the Internal Assessment. We need to continue to look at ourselves daily."

"Because ESOHCAMP deals with environmental issues, it is the responsibility of everyone on base to make sure everything possible is being done to keep D-M on track and in compliance," said Eisbach. "This is a continuous process that requires everyone's constant involvement."

For more information about ESOHCAMP, or for more information on ways to help the base stay environmentally compliant, visit Davis-Monthan Air Force Base's Environmental Protection Web site at https://intranet/355ces/Environmental/EnvProtWeb-Rev/default.htm or call Jackson at 228-5928.

Mentor

Continued from Page 1

program are:

- 46 percent less likely to use illegal drugs
- 27 percent less likely to begin using alcohol
- 52 percent less likely to skip school
- 37 percent less likely to lie to their parents
- 32 percent less likely to hit someone

Many volunteers from D-M find the program to be a perfect fit for their own lifestyles as well.

The program takes into account the temporary duty assignments that many military personnel face.

One member of the base who volunteers her off-duty time to the BBBS program is Tech. Sgt. Jennifer Ellis from the 355th Mission Support Squadron, Airman Leadership School instructor. She has been a big sister to Rose Rojas for almost three years.

Being a big sister creates a win-win situation, Ellis said. It enables her to fill a void in her life caused by not having family near and to contribute to the community.

If someone is thinking of becoming involved in the BBBS program they need to ensure they can commit to spending two to four hours a week with their little brother or little sister, said Ellis.

"Knowing you are impacting the most impressionable years of someone's life in a positive way, and seeing it first hand," Ellis said, is the most rewarding part of being involved in the BBBS program. "These are impressionable years in someone's life. Children should have something positive in their childhood. Not only that, but seeing a different perspective than the environment they are in gives them a sense of diversity."

Ellis said, "Make sure you are upfront with your little [brother or sister] about being in the military. For example, let them know you might have to leave the area someday. I have told Rose that even if that happens, we will always have something special and she will just have a new place to visit."

Anyone interested in volunteering for or helping with the program can contact the family support center at 228-5690, BBBS directly at 520-624-2447 or visit the BBBS Web site at www.TucsonBigs.org.

Photos by Staff Sgt. Tammie Clark

(Above and below right) Tech. Sgt. Jennifer Ellis, 355th Mission Support Squadron, teaches her "Little Sister," Rose Rojas, the importance of giving something back to the community. The two helped the Airman Leadership School raise money during a car wash July 19 for the victims of the Aspen Fire. Ellis serves as a Big Sister to Rojas though the Big Brother Big Sister program of Tucson.

Self Aid Buddy Care Tips

Abdominal Wounds

Treatment: If organs are outside the body, do not replace. Cover exposed organs with moist clean dressing, then secure with bandages.

External Bleeding

Treatment: Apply direct pressure with hand and use dressing if available. Elevate the extremity if no fractures are suspected. Use pressure points to control bleeding. Do not remove the dressing. Add more dressing over old one if needed. Tourniquets should be used as a last resort to save a life at the possible loss of a limb.

Eye Wounds

Treatment: Do not remove any impaled objects. Dress around the object to secure it. Apply bandages lightly to both eyes. Do not leave the patient unattended.

Chest Wounds

Symptoms: Sucking noises from the chest; frothy red blood from the wound.

Treatment: Look for entry and exit wound, then cover the holes with an airtight seal such as tinfoil or an ID card.

Bone Fractures

Symptoms: Deformity and bruising; tenderness around the affected body area; swelling and discoloration around the wound.

Treatment: Do not straighten the limb. If in doubt, splint the injury where the individual lies, if possible. Splint joints above and below the injury. Remove clothing from the injured area, unless in a chemical environment. Remove rings from fingers, if possible. Check the pulse below the injury, away from the heart to determine if blood flow is restricted.

Spinal, Neck or Head Injuries

Symptom: Lack of feeling or control anywhere below the neck.

Treatment: If they are conscious, caution victim not to move. Check the airway without turning the head. Immobilize the head and neck.

Heat Exhaustion

Symptoms: Cramps in the abdomen or limbs; pale face, dizziness, weakness, nausea, or vomiting; profuse sweating or moist, cool skin; weak pulse; normal body temperature.

Treatment: Treat for shock. Lay individual down in cool area. Loosen clothing. Cool the body by sprinkling with cool water or fanning. Give victim cool water to drink if conscious.

Heat Stroke

Symptoms: Headache; dizziness; red face or skin; hot, dry skin; strong, rapid pulse and high body temperature.

Treatment: Treat for shock. Lay individual in cool area. Loosen clothing. Cool body by sprinkling with cool water or fanning. Give cool water to drink if conscious and add two teaspoons of salt to one canteen, if available. Seek immediate medical attention.

Burns

Symptoms: Reddened skin, blisters, charred or whitish looking skin.

Treatment: Stop the burning process, apply cool water to affected area, do not break blisters. Do not remove clothing adhered to burned area. Apply dry dressing to affected area. Keep phosphorous burns covered with a wet dressing. Treat both the entry and exit wound for electrical burns.

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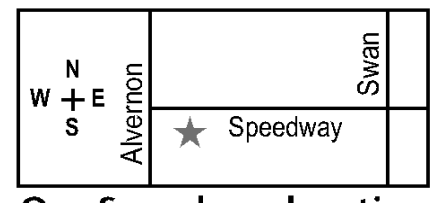

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AF clubs launch member drive

Agency officials hope to fulfill many airmen's dreams of worldwide travel with their 2003 club membership drive. The drive, called "Travel The World On Us," runs Aug. 18 through Oct. 31.

More than 140 people will win travel-related prizes valued from $500 to $5,000 just for becoming club members. The drive is open to all eligible nonmembers including active duty, reserve, civilians and retirees.

"The wonderful thing about this year's drive is that people can go from Broadway to Fiji; it's up to them," said Frank Black, Air Force clubs division chief. "We like it when we can offer people the right to choose."

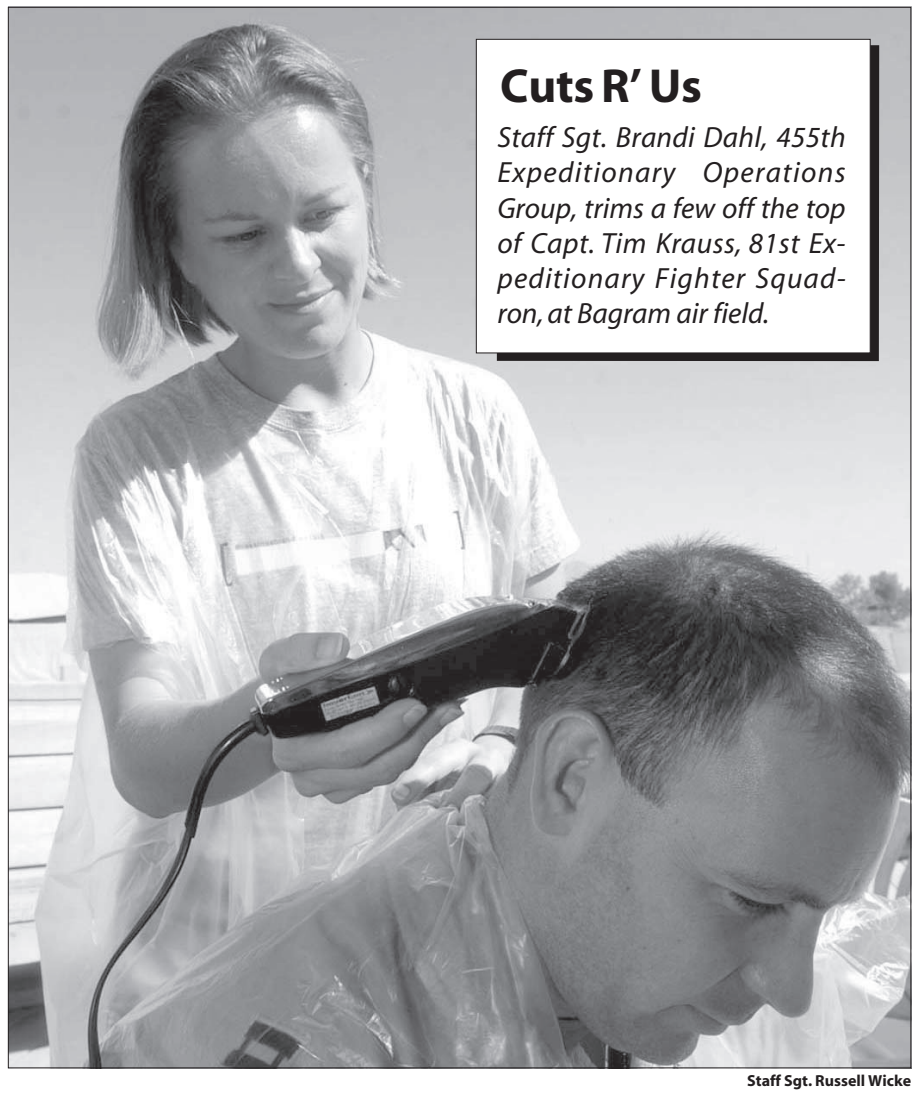
This year's winners are allowed to choose their own destinations, according to Black.

"If you win the $5,000 prize, you could fly to Paris, take a cruise, rent a car, then use the balance to go see a sporting event," he said. All prizes are redeemed through local information, tickets and travel offices.

"We … know our travel agents will do everything they can to make sure winners have a smooth transition when redeeming their prizes," said Denise Lanier, the Air Force ITT chief. Winners on bases without ITT facilities will be able to contact the Air Force Services Agency to redeem their prizes, Lanier said. Current club members are also eligible for a set of prizes and are automatically entered to win the grand prize, officials said.

"We want our loyal members, who are the backbone of clubs, to know that we appreciate them as well," said Fred Fried, Air Force clubs operations branch chief. Besides meals and entertainment, other member benefits include special discounts on food, entertainment, special functions and bingo; and chances to win trips to the Super Bowl, Pro Bowl and a regular season National Football League game.

For a membership application or more information, visit a local club. *(Courtesy Air Force Print News)*



Cuts R' Us

Staff Sgt. Brandi Dahl, 455th Expeditionary Operations Group, trims a few off the top of Capt. Tim Krauss, 81st Expeditionary Fighter Squadron, at Bagram air field.

Staff Sgt. Russell Wicke

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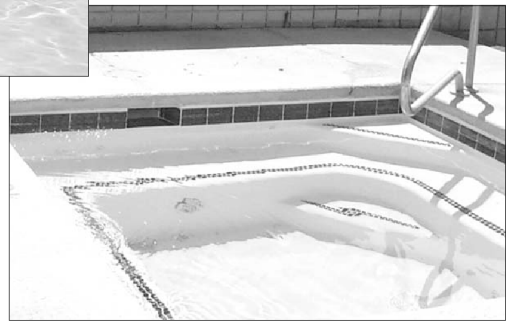

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LOG ON TO YOUR FUTURE

Ironman

'Average Joe' competes in Korea competition, learns more than fitness

By Maj. Matthew Mangan
355th Maintenance Operations Squadron

Almost one year ago, I stumbled across the finish line of Ironman Korea, a 140-mile long triathlon.

Crossing that threshold was the high-water mark of a great personal journey. While traveling to that point, I was fortunate to learn a few lessons that were simple and universal.

The first, hardest and most important lesson is we must maintain balance in our lives. Life has built-in warning signs when we are getting out of balance. When we ignore these signs, life has a way of correcting the out-of-balance situation whether we want to or not.

In training to run 26 miles immediately after a 112-mile bike ride and a 2.4-mile swim, there is a huge temptation to run ridiculous amounts every day to get ready. Wise runners know they must balance training with

See ***Lessons,*** Page 9

Final Answer

What is your idea of a perfect weekend activity?

Capt. Jason Robertson
355th Wing

"A perfect weekend activity is going swimming with my wife and son, who is four and a half years old. He is learning how to swim this summer."

Tech. Sgt. Richard Roberts
355th Equipment Maintenance Squadron

"My idea of the perfect weekend activity is taking the phone off the hook, sitting in front of my entertainment center uninterrupted and watching movies and playing video games at least until I get a headache."

Airman 1st Class Demorrio Paris
355th Component Maintenance Squadron

"A perfect weekend activity is taking in the scenery of Arizona and going to the mountains."

Staff Sgt. Richard Landsverk
25th Operational Weather Squadron

"A perfect weekend activity would be skiing on the slopes all day with my wife, trying not to crash into big trees. Then retiring for the day in a ski lodge with a huge fireplace where we can make smores all night long."

Airman Tasia Trombley
355th Security Forces Squadron

"For me a perfect weekend would be to spend time with my friends."

Chaplain (Capt.) David Martinez
355th Wing

"A good weekend activity would be to play 18 holes of golf. A perfect weekend activity would be to play 72 holes of golf."

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Lessons

continued from Page 8

rest and rebuilding time.

By ignoring this strategy twinges and pains will occur warning us to come back into balance. Ignorance of these warning signs will result in overuse injury, which can wipe out weeks of training benefits. In our work areas and home lives, if we concentrate too much on one area to the detriment of others, or attempting to carry alone a load we should share, life will provide us warning signs. Arguments with our loved ones, changes in personality, constant fatigue, forgetfulness and clumsiness should be recognized as warning signs to be heeded before we hurt those close to us, our co-workers or ourselves.

Often, we are blind to our own warning signs and need to rely on those around us to point them out. We must all be on alert to the symptoms of being out of balance and take care of one another.

Lesson two is we are all capable of so much more than we believe.

The way to reach seemingly impossible goals is simply one step at a time.

Five years ago, I was 40 pounds overweight and closer to a heart attack than the finish line of any race. I vowed to start taking steps to reverse my sorry state and started with the modest goal of riding my bike home from work one day. Accomplishing that first goal set up the accomplishment of incrementally greater goals … riding once a week, riding every day, starting to run, and soon, looping the flight line.

Each goal was built on the foundations of those previous goals and each was just slightly more ambitious than the last. Over the course of four years, I went from an average Joe who got winded on the way to the fridge to an average Joe who was able to move continuously for 13-plus hours. Anybody can do it with a little persistence and constant incremental progress. Set goals and enjoy each small accomplishment just as much as the big final goals.

Which brings up my final lesson—living life is its own reward.

Enjoying each day and the challenges met and overcome is what it is all about. The incredible joy of watching a sunrise on a morning run or the satisfaction in a job well done or feelings better experienced than described.

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Sonoran Spotlight

(Editor's note: Sonoran Spotlight is a weekly feature of the Desert Airman that profiles a member (officer, enlisted or civilian) of the Davis-Monthan Air Force Base Desert Lightning community. Members are nominated by their unit commander or first sergeant.)

Name: Staff Sgt. Cat Register
Organization: 358th Fighter Squadron
Duty title: NCO in charge of Operations
Hometown: Jefferson, N.H.
Years of service: Nine years
Reason for joining the Air Force: I joined because I didn't feel like going to college at the time.
Main responsibilities: I ensure the Lobos pilots have current and accurate information prior to flying. I track the status of all of our aircraft, the pilots' flying hours, ground and flying training events, physicals and much more.
Best aspects of job: Lobos' high operations tempo makes the day goes by fast.
Goals: My goal is to be a first sergeant/chief master sergeant.
Hobbies/outside activities: I enjoy barbecuing and swimming.
Favorite thing about D-M: The child development center
Best assignment: Incirlik Air Base, Turkey, because that is where I met my husband.
Inspiration: I am extremly proud of my husband, Staff Sgt. Wade Register. Even though he has been away from home many times with the 354th Fighter Squadron, faces a short-tour to Korea and lives far way from his two sons, his spirit and sense of humor are always high. He is very dedicated to his job and family. He makes me laugh all the time.

Staff Sgt. Tammie Clark

Staff Sgt. Tammie Clark

D-M volunteer recognized

Ruby Modica, 355th Civil Engineer Squadron chief of housing, observes Mike Robins, Acepex Management Corp. quality insurance inspector, examining an outside electrical socket. Modica received three awards from the Tucson community for her outstanding community service; a Certificate of Distinguished Community Service, a Certificate of Special Congressional Recognition and a city of Tucson Certificate of Appreciation. She serves as a member of the board of State Education Department, the president and coordinator of the First Church of God In Christ Workshop and president of the Aluts District License Evangelist Missionaries. Modica also volunteers her time to teach adult Sunday school classes and serve as a counselor to members of her church and the local community.

FOD Winners

Congratulations to the following airmen who were the 355th Wing's foreign object damage winners for the third quarter.

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Staff Sgt. Michael Smith, 357th Aircraft Maintenance Unit

2nd Place
Airman 1st Class Byron Brown, 355th Component Maintenance Squadron

3rd Place
Airman 1st Class Matthew Ballingall, 355th Equipment Maintenance Squadron

FOD Poster
Senior Airman Olivia Alioglu, 79th Aircraft Maintenance Unit

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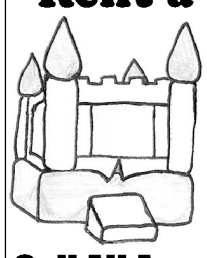
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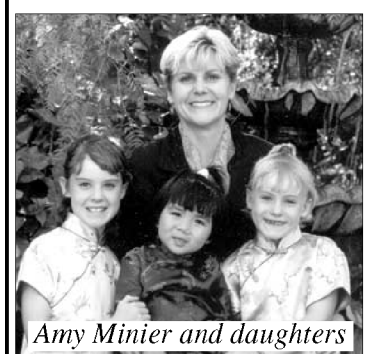
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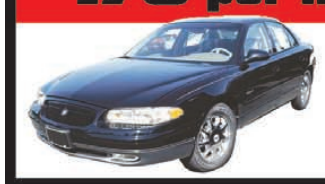

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Chute offers security, lifeline for tower personnel

By Stephanie Ritter
355th Wing Public Affairs

Even as Air Traffic Controllers worked inside the cab of the tower, ensuring aircraft were safe in the air, others trained just outside, 110 feet above land on equipment designed to get the staff on the ground in case of an emergency.

"The Baker Life Chute is a safety device that allows a secondary route of escape in case something were to happen to the tower," said Master. Sgt. Gregory Harrell, 355th Operations Support Squadron Air Traffic Control training chief. "While the first choice of action would be to take the stairs in the event the elevator became inoperable, the life chute would be an easy way to get the staff on the ground quickly in case we couldn't use the stairs."

The Baker Life Chute is located on top of the Davis-Monthan Air Force Base tower. The swift deployment of the chute requires no more than securing it to the top of the tower, letting the end fall eight stories to the ground and securing it to a set of poles permanently located a few yards from the base of the structure. Ideally, securing the bottom end of the chute would be completed by the D-M fire department.

In order to make sure all members involved are prepared to use the Baker Life Chute, the tower and fire department have trained together quarterly on the use of the chute for more than 11 years. However, July 24 and 25 they got the opportunity to work with the inventor of the chute as well when Ralph Baker traveled to D-M to perform extensive training and safety checks on his creation.

Made of a tubular net, the chute may not look like much when stretched down the side of the tower, however, Baker firmly believes in the reliability of his life chute.

"The net is constructed with 66 load bearing cords of heavy duty, braided nylon," said Baker during a training session. "That gives the chute a combined gross tensile strength

See ***Chute,*** Page 13

Stephanie Ritter

Stephanie Ritter

(Top) View of the Baker Life Chute from the top of the Davis-Monthan Air Force Base Air Traffic Control Tower 110 feet to the ground. (Bottom left) (Left) Senior Airman Tina Saenz and Tech. Sgt. Barry Satchel, both with the 355th Operations Support Squadron, tie ropes to a set of poles built to serve as permanent anchors for the end of the Baker Life Chute. (Bottom right) Airman 1st Class Elizabeth Jobson, 355th Operations Squadron, slides down the Baker Life Chute.

Tech. Sgt. B. Coors-Davidson

Stephanie Ritter

(Top) A member of the Davis-Monthan Air Force Base Air Traffic Control staff trains on proper use of the Baker Life Chute July 25 by taking a test slide. (Bottom) When deployed from the D-M tower, the Baker Life Chute stretches more than 200 feet to ensure those who slide down reach an angle at the end capable of slowing their forward movement.

Chute

continued from Page 12

in excess of 84,000 pounds. You couldn't fit enough people in the chute to extend that strength."

However, even after receiving that verbal affirmation of the strength of the chute, first time trainees tend to have a little trouble taking their first step into the chute. But once they do, many claim the ride is smooth and quick, taking only a few seconds.

"It's a little scary at first because it's an 8 story drop," said Airman 1st Class Elizabeth Jobson, 355th OSS air traffic controller, "but once you get in the chute, all you can see is your feet. It's completely safe and a lot like a water slide." Jobson used the chute a total of eight times during the two-day training period.

While several first time trainees moved slowly down the chute, others took advantage of the opportunity to see how quickly they could evacuate the tower. A four-member team involved in the training was able to finish their descent in only 21 seconds.

"I always laugh to myself when I see people try to hot dog it down the chute," said Baker. "The reason it is funny to me is that no matter how fast they get going, the chute is designed to slow everyone down at the end so they don't come out fast. They all have to shimmy their way out at the bottom so even those who go fast don't end fast."

Baker also pointed out the fact that the design of his life chute allows for easy evacuation of injured or unconscious personnel.

"The importance of the chute is that it can go higher than any fire truck was designed to go," said Baker. "You can put as many people in as possible, one right behind the other just as fast as they can get in and come out the bottom to get people out of danger in a hurry."

But the Baker Life Chute offers more than a fun ride during training; it also gives tower personnel a peace of mind.

"We truly appreciate having the Baker Life Chute on our tower," said Harrell. "We hope we will never have to use it but it's nice to know it's there if we need it."

Tech. Sgt. B. Coors-Davidson

Airman 1st Class Elizabeth Jobson, 355th Operations Support Squadron, receives training from the inventor of the Baker Life Chute, Ralph Baker, during safety training at the Davis-Monthan Air Force Base Air Traffic Control Tower July 25.

Stephanie Ritter

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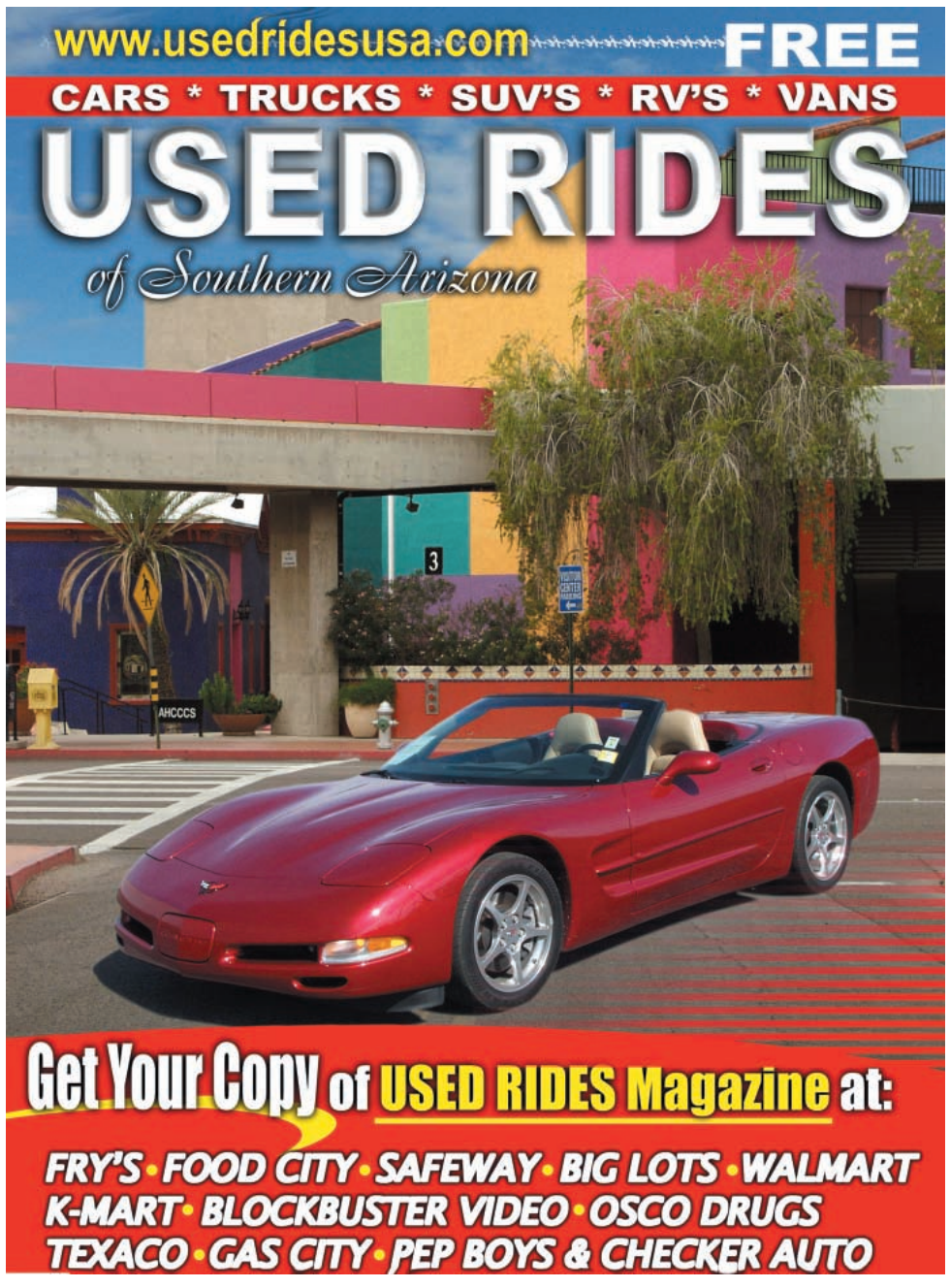

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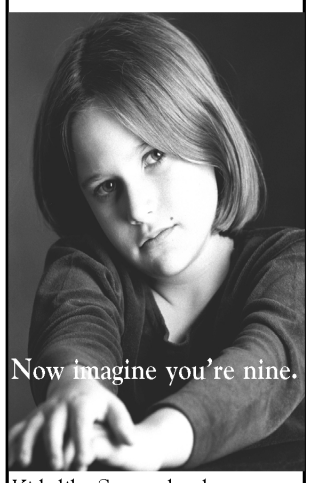

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D-M members place in martial arts competition

Story and photo by
Staff Sgt. Tammie Clark
355th Wing Public Affairs

Members of the D-M Dang Soo Do School represented Davis-Monthan Air Force Base in the national martial arts competition held July 19 and received numerous medals for their efforts.

The students competed in the Battle of LA National Tournament held in Los Angeles, Calif. The categories of competition included forms, sparring, weapons and breaking.

"The tournament had nearly 300 competitors from all over the nation," said James Pumarejo, D-M Dang Soo Do instructor. "International champions even ventured to compete in the tournament."

"I think the students were elated when they received their first medals because they achieved something they worked very hard for under extreme conditions," said James. "We are so proud of them."

Sun Pumarejo, D-M Dang Soo Do School primary instructor, received two gold medals; one for her performance in the women's forms and one for the weapons forms category. She also received a silver medal in the women's sparring competition.

(Left) Yaroslav Gerasimenko, son of Tech. Sgt. James Webb, 162nd Fighter Wing, spars against Jeremiah Lamb son of Senior Master Sgt. Josephine Lamb, 162nd Fighter Wing. Jeremiah placed third in the 10-year-old sparring category at the Battle of L.A. National Tournament.

James received a silver medal for his performance in the weapons forms category and took a bronze medal in the men's power breaking competition.

Jeremiah Lamb, son of Senior Master Sgt. Josephine Lamb, 162nd Fighter Wing, received a silver medal in the category of boys' weapons forms and a bronze in the 10-year-old sparring competition.

Anthony Perez, son of Staff Sgt. Randy Perez, 355th Equipment Maintenance Squadron, received two bronze medals; one in the category of 7-year-old forms and the other in the category of 7-year-old sparring.

Richard Smith, son of Tech. Sgt. Rick Smith, 358th Fighter Squadron, received two bronze medals; one in the category of boys' weapons forms and the other in the 14-year-old forms category.

"The most rewarding part was seeing the D-M students had the best respect, attitude and strongest spirit at the tournament," said Sun. "There were plenty of 'bad sports' out there, so seeing our students win and lose graciously showed that they are not only getting the best physical training but also the mental rewards that martial arts has to offer."

The hardest part believe it or not was not the competition; it was the weather, said James. The air conditioning for the gymnasium was broken so students had to bear 90 percent humidity and more than 95-degree heat.

The Battle in LA is the second tournament the school has competed in since it opened in November 2001, said Sun. The last tournament was the World Dang Soo Do Championships in Columbus, Ohio, where the students placed in nearly every division.

"We were very proud to represent D-M and Tucson at this high caliber national tournament," said James. "Most base martial arts programs are small programs with little continuity with people always PCSing in and out. However, I think that our tournament results show that we have an extremely high caliber program right here on base, and we are here to stay."

Sports Shorts

AYSO Registration Dates

The American Youth Soccer Association is registering children 4 1/2 to 18 for the summer season Saturday at Clements Center. Cost is $55 per player, and includes shirt, shoes, socks and participation award. For more information, call 751-4604, or visit www.ayso217.org.

Martial arts lessons

For a limited time, adults and children can receive one week of free Dang Soo Do Martial Arts lessons at the new fitness center. For more information, call 990-1144.

Varsity soccer tryouts

Tryouts for the men's varsity soccer team continue each Tuesday and Wednesday at 7 p.m. through Aug. 27 at the football field behind the auto hobby shop. For more information, call Jason Bowersock at 228-9527 or 370-5736

Single? Play golf?

If you are single, 21 or older, and enjoy playing golf, the Tucson Chapter of the American Singles Golf Association invites your participation. For more information, call 798-6338, or visit them on the Web at www.tucsonsinglesgolf.com.

Salt River tubing trip

Have some cool fun in the sun Aug. 9 tubing down the Salt River. Bring plenty to drink, snacks, lunch and lots of sunscreen. The trip departs at 7:30 a.m., returns at 5 p.m. and costs $10 per person (which includes transportation only). For more information, call 228-3736.

Football Frenzy 2003

The Desert Oasis Enlisted Club is planning another exciting year of Football Frenzy fun. Club customers can expect Football Frenzy 2003 to be even more exciting than last year's with more great food and drink specials and lots of fun and games. Club members will again be taking home prizes and giveaways plus a chance to win a VIP trip to one of several pro football games. Football Frenzy 2003 kicks off Sept. 8th on Monday Night Football. More Football Frenzy 2003 information will be coming soon.

Fast Lanes

Stop by the center today to get your Fast Lanes "Scratch 'N Win" game piece. Just purchase a large fountain drink and you could be the instant winner of great prizes. Don't forget to fill out your Fast Lanes entry form attached to each game piece for a chance to win weekly prizes and a chance to win a collectible NASCAR racing hood replica or a custom framed and autographed photo of Ricky Rudd with the #21 Air Force race car. You might even win the grand prize

See ***Sports Shorts,*** Page 16

Sports Shorts

Continued from Page 15

of a NASCAR VIP trip to Atlanta Motor Speedway plus attendance at the Coca-Cola Racing Family Reunion and a private dinner with NASCAR drivers. For more information, call 228-3734.

Winter bowling leagues

Winter bowling leagues start Sept. 2 through 9. Sign-ups are being accepted at D-M Lanes. The tentative schedule is as follows: Monday – Officers' Wives Trio at 9:15 a.m. and Phantom Mixed at 6:30 p.m.; Tuesday – Early Riser Ladies at 9:15 a.m. and National Intramurals at 5 p.m.; Wednesday – Lady Pin Rollers at 6:30 p.m. and Scratch Trios at 7:30 p.m. Thursday – CES Trios at 4 p.m. and Mixed at 6:30 p.m.; Saturday – D-M Youth Leagues at 9:30 a.m. For more information, call 228-3461.

Fishing, hunting licenses

Outdoor recreation has Arizona Fishing and Hunting licenses available. The following prices are state regulated: Fishing: State: $18. Urban: $16. Two-pole stamp is an additional $4 and trout stamp is an extra $10.50. Hunting: $25.50. Deer tag: $17.50. Combo: $44 (combo includes fishing license and trout stamp). For more information, call 228-3736.

Sports training camps

Air Force Forms 303 deadlines for the following sports training camps are as follows: men's and women's golf (Aug. 14); rugby (Aug. 29). For more information, call Jay Junsay or Bob Gibson at 228-0022.

Scoreboard

Bowling

Tuesday Night Trios

(Week 8)

Team	W-L
2 Da Bar	40-24
The Sandbaggers	39-25
Team Talking 38-26	
Greased Lightning	38-26
The Bud Kings	38-26
Sally's Gone	36-28
Wilson Express	34-30
Banged Up	30-34
Mo & 2 Guys 26-38	
Going Postal	23-41
Maria's Odd Squad	22-42
The Pin Monkeys	20-44

Youth/Adult

(Week 10)

Team	W-L
The Fabulous Falks	60-20
The Handicaps	53-27
The 4 Zs	46-34
Great Balls of Fire	41-39
The Marvin Martians	35-45
Daddy's Angels	34-46
The Roller Ballz	27-53
Bowlers Anonymous	24-56

Golf

Tuesday

(Standings current as of June 24)

Team	W-L-T-Pts
12 IWF	6-0-0-53.5
CS	4-1-0-43
12 AF #1	3-1-0-38.5
MSS/WG #1	3-1-0-34.5
LRS #2	3-2-0-33
SFS	1-2-0-17.5
AMXS/358 AMU	1-2-0-13.5
372 TRS/Det 11	1-3-0-22
CMS	1-3-0-19.5
SVS	0-0-0-0

Thursday

(Standings current as of June 26)

Team	W-L-T-Pts
MOS	6-0-0-61.5
SVS #1	3-2-1-40
25 OWS	3-2-1-37
EMS	3-3-0-37
612 ACOMS	3-3-0-31.5
MDG	2-3-0-30.5
75 OSS	2-3-0-30.5
79 AMU	2-3-1-24.5
MSS/WG #2	2-4-0-26
LRS #1	1-4-1-19.5

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Adventurer	60,000	BEST	$70 ea P215/75R15 P225/75R15 P235/75R15 P265/75R15 P225/75R16 P235/75R16 P245/75R16 P265/75R16 P235/70R15 P225/70R16 P235/70R16	$80 ea LT235/75R15	$85 ea LT225/75R16 31X10.50R15LT	$90 ea LT245/75R16 LT265/75R16 LT235/85R16

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Chapel Information

Services and activities offered by the D-M chapel are listed below. Location is at the Desert Dove Chapel unless otherwise noted. The Desert Dove and Hope Chapels share the parking lot at 5385 E. Ironwood. For more information on Jewish or Muslim services; Sunday School programs; Vacation Bible School; Bible studies; youth groups; and women's, men's and family ministry, call 228-5411.

Catholic Mass schedule

Saturday: Mass is at 5 p.m. Sacrament of Reconciliation is at 4:30 p.m.

Sunday: Mass is at 7:30 and 10 a.m. Sacrament of Reconciliation is at 9:15 a.m.

Daily: Catholic Mass and Communion is at 11:30 a.m. at Hope Chapel. Rosary begins at 11:10 a.m.

Protestant Services schedule

Sunday: Contemporary Service is at 8:30 a.m. and Gospel Service is at 11:15 a.m. at Hope Chapel. Traditional Service is at 11:15 a.m.

Education Services

CCAF cutoff

Students intending to receive their Community College of the Air Force degree for the October graduation must have all pertinent documentation and/or requests to CCAF no later than Aug. 29. Individuals who already have received CCAF notification of their degree completion need not act. If you believe you are close to your degree completion, call the CCAF advisor, Claudia Rodriguez, at 228-3472 or one of the counselors, Michelle Marinelli at 228-4249 or Rafael Maldonado at 228-3484.

Park University

The Fall Term 1 begins Aug. 11 for on-base classes. Registration for all on-base and Internet classes began July 14. On-base registration forms and payment must be accomplished no later than Aug. 8 in order to avoid a $20 late fee. For Internet registration, payment must be paid at the time of registration. For more information, call 748-8266.

Pima Community College

Fall classes begin on-base Aug. 11 and off-base Aug. 25. Registration is on going. Schedules are available in Building 3200, Room 224. For more information, call 206-4866.

Colleges term IV

On-base college will be starting Term IV running from Aug. 11 through Oct 5. Troy State University will run from Aug. 4 through Oct. 12. Contact the respective college for additional information.

Family Support Center

Give Parents A Break

The next Give Parents a Break programs are Aug. 9 and 23 from 12:30 to 3 p.m. (Please note that the time has changed from noon.) This program offers free childcare to active-duty Air Force parents who need a parenting break for a few hours. For more information or a referral, call 228-5690.

Hearts Apart end of summer luau

If your spouse is deployed or on remote tour, join Hearts Apart Aug. 9 from 5 to 8 p.m. for some Hawaiian style fun at their end of summer luau. There will be limbo, sack races, a water balloon toss, food, drinks and much more. For reservations, call the family support center by Tuesday at 228-5690.

Right Start Base Orientation

Right Start Base Orientation is designed to welcome all newcomers to Davis-Monthan Air Force Base and the Tucson area. Leadership and base agencies discuss a variety of programs and services available. The next orientations are Aug. 12 and 26 from 8 a.m. to 4 p.m. at the officers club. Free childcare is available. For more information on Right Start, call 228-5690.

Sponsor training

To learn how to make a great first impression for new members assigned to base, attend the sponsorship class Aug. 13 from 8 to 9 a.m. in Building 3200, Room 266. The class covers effective sponsorship and offers useful resources and information. To sign up, call 228-5690.

Happenings

Military Kid University

The Military Kid University is a unique, free opportunity for military kids ages 7 to 10 years to enhance their skills in dealing with change, a deployed parent, anger and several other topics. The program consists of activities, lots of free items and lunch. Military Kid University will be held at the Desert Dove Chapel Annex Saturday from 8 a.m. to 12:30 p.m. Space is limited. To register, call family advocacy at 228-2104.

Car wash

Too tired to wash your car? Bring it to the "Fun Raiser" car wash at D-M Federal Credit Union Saturday between 8 a.m. and 1 p.m. and support the 612th Support Squadron.

Attention officers' spouses

All officers' spouses are invited to a free 1950s ice cream social and information fair Aug. 21 at 10 a.m. at the Mirage Officers Club. Come see what the Officers' Spouses Club, our base and Tucson have to offer. For more information, or to make a reservation, call Marla by noon Aug. 18 at 751-9155.

Volunteers needed

The medical group has a continuing need for volunteers in many areas including physical therapy, education and training and pharmacy. These are all rewarding positions where you can put your time and talents to good use. Those who are interested, and can commit to a minimum schedule of four hours a week, should contact the medical group volunteer coordinator at 228-2914.

Thrift shop

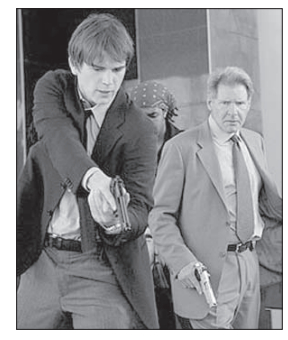
Davis-Monthan Thrift Shop, located in Building 3220, is open Tuesdays and Wednesdays from 9 a.m. to 2 p.m. Consignments are taken until 1 p.m. To reserve space for large items and furniture, call 228-2120.

Movies

Admission, for DoD ID card holders and their guests only, is $3 for adults and $1.50 for children under 12 and senior citizens. For the theater movie recording, call 228-5694.

Friday and Sunday; 7 p.m.: Hollywood Homicide (PG-13)

Two LA police department homicide detectives, investigate the slaying of a rap group on stage, possibly orchestrated by Sartain, a notorious rap label boss who is rumored to have arranged the death of rap artists in the past who wanted to get out of their contracts, and whose head of security is a former LAPD officer. *1 hour, 51 minutes*

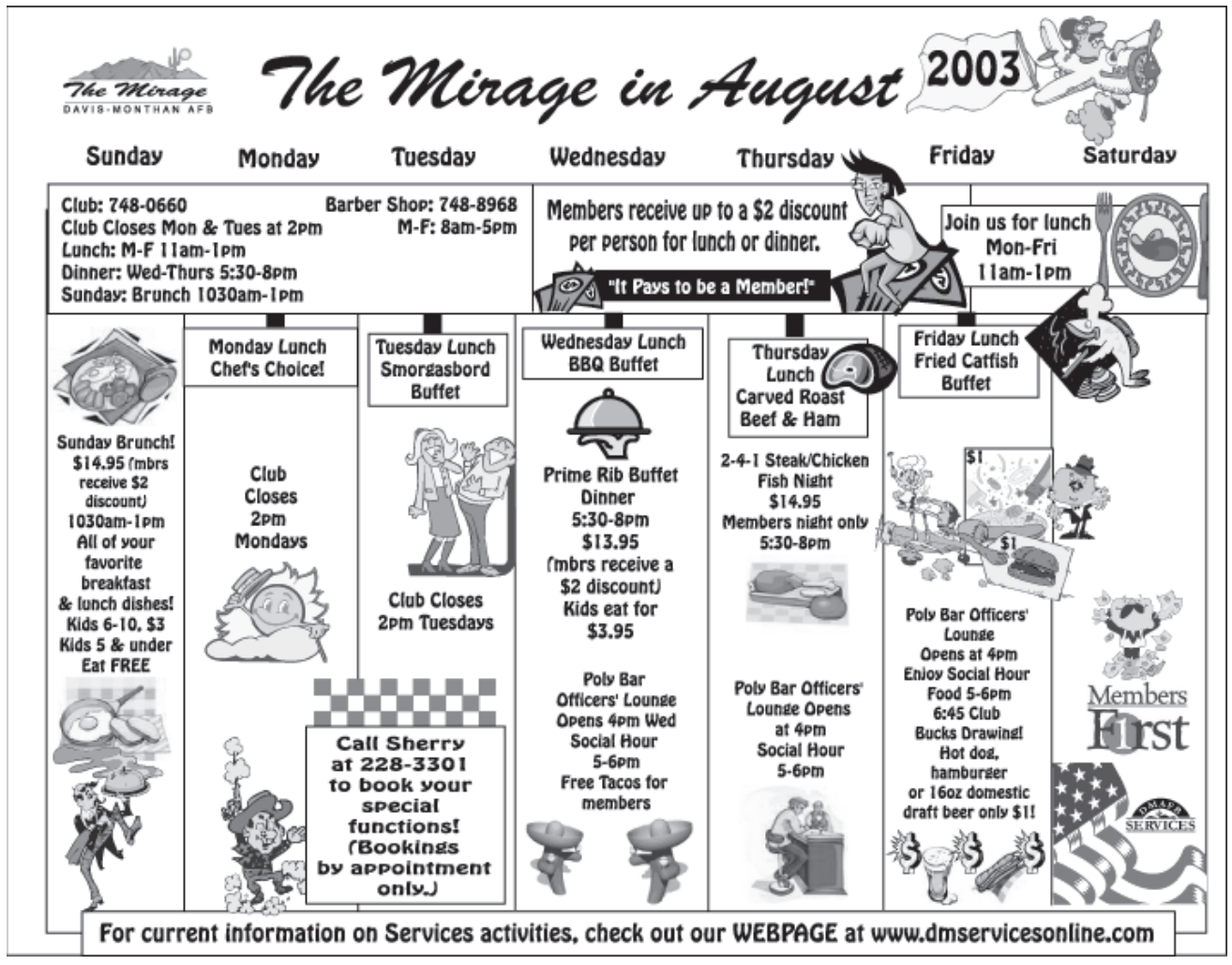


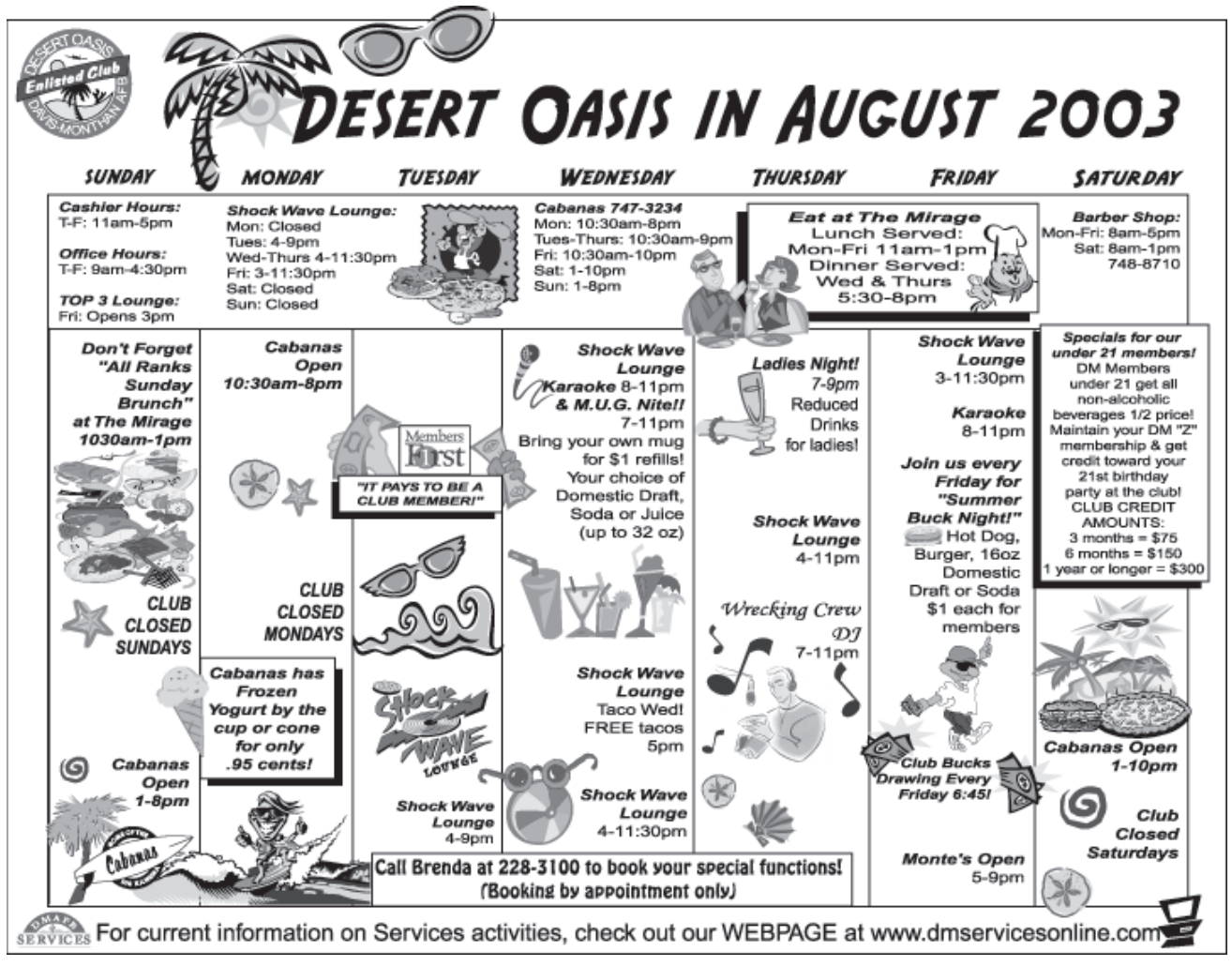
Saturday; 2 p.m.: Rugrats Go Wild (PG)

When the vacationing Rugrats and their parents get stranded on a deserted island, Tommy Pickles knows there's only one man who can help them: Nigel Thornberry. Except a bonk on the head has made Nigel suddenly seem more like a 3-year-old than a man. Will the Rugrats ever make it back to their own back yard? Will Nigel the toddler turn back into a documentary-making dad? *1 hour, 21 minutes*

Saturday; 7 p.m.: Wrong Turn (R)

A wrong turn leaves a group of young people trapped in the West Virginia wilderness. Bound and determined to find a way out of the woods, they venture into the forest with hopes of finding a phone or at least a way out. But instead, they find themselves faced with a horrific adventure that leaves them hunted and running for their lives. *1 hour, 30 minutes*





Services Activities

Missoula Children's Theatre

Performances of the Missoula Children's Theatre production of Tales of Hans Christian Andersen are today at the base theater at 1 and 4 p.m. For more information, call 228-3736.

Travel the World on us

New and current club members will have the opportunity to win fantastic travel packages worth up to $5,000 with the club's new "Travel The World On Us" promotion. From Aug. 18 to Oct. 31, members will automatically be entered to win vouchers ranging from $500 to $5,000. Vouchers can then be redeemed at the Information, Travel and Ticket Office for travel packages. Members can also design their own package or purchase sports and entertainment tickets, airline tickets, hotel stays or rental vehicles with their vouchers. In addition, Bank One will offer new and current members a rewards program to include the Premier Value Miles Program (points accumulated can be redeemed for airline tickets) or a Free Cash Rewards Program (points accumulated can be redeemed for cash or merchandise certificates). Stop by the club today and sign up. You could end up sailing away with a terrific vacation package. For more information on qualification, call 228-3100 or 228-3301.

ACC hotel discount program

Air Combat Command club members can now receive special discounts at various hotels just by phoning in a reservation and mentioning an exclusive member ID number. Current club members will receive a special brochure with their August club calendars with an ID number to use to obtain discounts of up to 30 percent on many hotels. For more information, call 228-3301 or 228-3100.

Information, Tickets and Travel

Get in touch with ITT today for airline tickets, airfare and schedule information, to book hotel or motel accommodations or to reserve a rental car. ITT is still the place to go for tickets to popular local and out-of-town attractions. They also offer a variety of regional trips and tours and information about cruises, special trips and detailed price lists. Visit ITT in the community center, Building 4201, or call 228-3700.

National Kids' Day and Week

This year's National Kids' Week kicks off Sunday at the Davis-Monthan Air Force Base Desert Lightning Community Center with National Kids' Day and continues at various locations through Aug. 8.

All Kids' Week activities will be free! The events are for military and DoD dependents. Youth under the age of 9 must be accompanied by a parent or guardian during all events.

Some of the events featured throughout the week include family bingo, an ice cream social, Burger King hamburger happy meals, one-hour golf clinics, bowling, family swim nights, arts and crafts classes and a family movie day. Most events will also have free food or snacks and refreshments. For more information on National Kids' Week, stop by the youth center, located in Building 6000, or call 228-8844.

DESERT AIRMAN CLASSIFIEDS

Homes for Rent

"Gorgeous 3 bd/2ba. 2 car garage. All appliances, alarm system & A/C. Corner lot, mountain views, very desirable neighborhood on Broadway & Houghton. No smoking/dogs/cats. $1200. Laura 297-8960"

Beautiful 3BR, 2BA Rita Ranch home near DMAFB. Professional landscaping. A/C. Major kitchen appliances. No Smoking/Pets. $950/mo. Available 8/1. Richard (520) 818 - 9534.

Home avail. for immediate occupancy in the Tanque Verde School District. 4 BR, 2 newly renovated Bath Rooms, New Stove, Refrigerator, Microwave, Dishwasher; Plenty of Storage, 2 car ga rage & 3 car carport, on .6 Acre, 900 SF covered Patio, Fenced Yard; 22 minutes to DM AFB. $1149; call Martin or Alison at 520-749-8786 Home; 520-228-0089 Work; mkahao@aol.com.

Homes for Rent

4BR/2BA NW home, Wilson K-8/Ironwood Ridge Schools, 1825 SF, family room, formal living and dining rooms. Vaulted ceilings, large kitchen, 2 car garage. $1150/mo. Call 229-3650.

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3 BEDROOM, 2 BATH, FAMILY ROOM, 2 1/2 CAR GARAGE, DUAL COOLING, 2000 SQ. FT NICE HOME LOCATED 10 MINUTES FROM BASE. $1000.00 PER MONTH PLUS $500.00 DEPOSIT. CALL 730-8701 OR 404-1695. 8/1 1T/P.

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4 BD, 2 BA, Rita Ranch house for rent, appliances, lg fenced lot w/grass on cul-de-sac, pets OK, $1300/mo, 747-6166.

Rooms for Rent

New TEP Guaranteed home with home theater system, whole hose air filtration system, thermostat in each room, smoke free, $450 plus 1/2 utilities, 272-8002.

Homes for Sale

4 bd, 1 3/4 ba h Desirable Rita Ranch Over 1900 sf Gazebo & water fall in shaded backyard vaulted ceil., fans, very attractive home. Call Ellie 885-1917 Century 21 Heritage 790-7311 ML# 2316974.

Starter 3bd, just painted inside and out, back porch enclosed, serves as a 4th bedroom or storage, storage in front of carport, fenced backyard, DMAF, call 326-2748.

Must Sell Mobile Home, 2bd,2ba, Deck,Awning, DW,Washer/Dryer,new stove & more, low lot rent,shade trees, put your BAH to work for you. Please call: 745-4529

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5 Min-D.M. 2/2 w/ den-built 2000! Lovely, fresh paint, priced to sell! $122,900 MLS 2317814 Peggy Fuenning 520-331-8285

Cool White Mountains. 1 bd Condo, furnished. The Pines in Show Low, AZ $44,000. 520-578-8873

Furn. & Appliances

Serta King size beautiful mattress set, 15 in thick, double pillow top, with frame - $350 King same as above just top - $200. Queen set regular nice quilted - $150. Full size - $125 All new Simmons King mattress set, with frame - $250 Queen, same as above - $150 Both like new 573-6950

Free California King bed set in very good condition, still in plastic, first come will get for free. Pick it up yourself. Will not deliver. Call 663-1570.

Queen size bed, 1 year old, good condition $100 obo. 733-0190

Oversized couch and chair, western print. La-Z-Boy blue leather recliner. $550 obo 228-9990

Garage/Yard Sale

5939 E. Mardon Drive in Katchina Village - Sat. 8/02 - 7:00 a.m. to ? Baby Items, Toys, Furniture and Household Items.

Garage/Yard Sale

Saturday and Sunday, August 8th and 9th from 8am until noon. Clothes, furniture and other items. 6811 East Speedway, 3rd Street. Take Caribe Avenue off of Speedway, between Kolb and Wilmot in El Dorado Hills. Make a right onto 3rd St, and house is 3rd on the right.

Moving Sale, everything must go! 0.5 miles from Wilmot gate, Wilmot Vista 6453 E. Nastar Pl. Friday only!

2734 S Albro Blvd Tucson, AZ 85708 -last house on Albro (next to golf course) (DMAFB) Time: 0700 - 1100

Pets

Mango (orange wing amazon) 3 years old, seLl $750 w/2 cages and toys. Call 272-8002.

PUG AKC, male, seven months old, fawn colored, had all first shots, house-trained great with kids $450 520-298-0429.

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Cars & Trucks

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Pentex K1000 Prfessional Manuel camera, 50mm lens, 28-80macro zoom lens, uv filter, wood, strap, all $275 OBO. Bought for $450. Call 584-1345.

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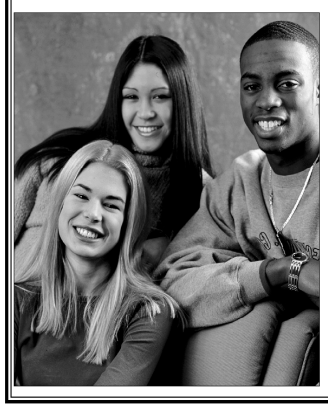

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