The PHANTOM'S EYE
123rd TRW KyANG Standiford Field
Louisville, Kentucky
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Cover

KyANG Photo by TSgt. Jerry Becker

Up, up and away

KyANG members and their families released more than 200 red, white and blue helium-filled balloons to commemorate the 200th anniversary of the signing of the U.S. Constitution.

The PHANTOM'S EYE

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Brig Gen John Smith . Commander
Maj Jeff Butcher . . . . . PAO
SSgt Jenny Montgomery . . Editor
SSgt Jeff Sansbury . . Staff Writer

Deadline for publication of articles in **The Phantom's Eye** is Friday following drill for the next UTA.

Commander's Column

Signing of historical document commemorated

On Sept. 17, members of this wing and their families took time from their busy schedules to join in celebration of the 200th anniversary of the signing of the United States Constitution. In conjunction with "Bells Across America - A Ringing Tribute to the Constitution," more than 200 red, white and blue helium-filled balloons were released from behind the hangar.

Throughout the country on that afternoon individuals and groups simultaneously rang bells or released balloons to commemorate that historic moment. The event was sponsored by the Commission on the Bicentennial of the United States Constitution.

As members of the military it is important that we also took time to reflect on the significance of the Constitution. We all need to remember the blessings of liberty and the ideals of justice and equal opportunity made possible by the Constitution.

This document, signed by 40 men in 1787, established the world's first government of the people, by the people and for the people. Today, the United States Constitution is the world's oldest written instrument of national government.

Brig. Gen. John L. Smith
Wing Commander

Chaplain's Column

Positive self image

By Chaplain (1st Lt.) Thomas T. Curry

When Victor Seribriarkoff was fifteen, his teacher called him a dunce and told him that he should leave school and learn a trade. Victor took the advice and for the next 17 years he was a vagabond, doing a variety of odd jobs.

At age 32, an amazing transformation took place. He was given an IQ test, which revealed that he was a genius. His IQ was 161.

After learning about his score, he acted like a genius. He has since written books, received a number of patents, and has become a successful businessman. Victor Seribriarkoff is the chairperson of the International Mensa Society whose members' IQ is a minimum of 140.

Victor's problem is often our own. We form an impression of ourselves based upon the responses of others. This tendency should caution us in two ways. First, let us be careful to form our own identity by whom we desire to be. Second, let us be aware that encouraging words help others to form a positive self-image.

God's response to us is always encouraging, "For God so loved the world."

Kentucky hosts national conference

The Kentucky National Guard hosted more than 1200 enlisted members of the Army and Air National Guard from across the nation, including Hawaii, Alaska and Puerto Rico, for the 16th Annual Conference of the Enlisted Association National Guard of the United States in Louisville, September 20-23.

The 3-day conference went off without a hitch, according to MSgt. Robert Denton, conference chairman. "We are very pleased with how smoothly everything went," said Sergeant Denton. A great deal of time and effort by members of the Kentucky Air National Guard, both Army and Air, went into making the 16th Annual Conference such a success, he added.

The goal of EANGUS is to enhance the status, welfare and professionalism of the enlisted members of the National Guard. During the annual conference members of the organization meet to make plans for the following year and discuss items of importance to the National Guard, such as manning, equipment and monies, said Sergeant Denton.

Held at the Galt House East, the conference was opened by Maj. Gen. Billy G. Wellman, Adjutant General of Kentucky. Members of the EANGUS conference were also addressed by Lt. Gen. Herbert Temple, director of the National Guard Bureau, directors for Army and Air, and the senior enlisted advisors from each branch.

Although most of the conference was spent in dealing with current Guard issues, time was found to enjoy several local attractions. "Everyone enjoyed the cruise on the Belle of Louisville and the trip to Churchill Downs," said Sergeant Denton.

Coinciding with the EANGUS conference was the 14th Annual Conference of the EANGUS Auxiliary. The purpose of this organization is to support EANGUS in all their endeavors.

KyANG photo by TSgt. Jerry Becker

Members of the Distinctive Unit Color Guard open the conference.

From left they are SGT Bill Price, SFC Jim Barber, SSG Jim Akres, and SP4 Eric Miles, members of the Ky Army National Guard. The unit dresses in the uniforms of the militia on the River Raisin.

EANGUS has become "a truly effective voice on Capitol Hill," stated CMSgt. Alan D. Obermiller (Ret), EANGUS executive director, in his yearly address to the Association.

Through the efforts of the EANGUS association two legislative programs have been placed into effect in the past year. One program was the broadening of commissary entitlements for members of the Reserve forces. The other was the recently enacted New GI Bill, which permanently puts in place educational benefits for military service members in the active and reserve components in the future.

"These most important incentives are anchors that will enable us to continue to attract and retain quality people in our ranks into the next century," stated Chief Obermiller.

Next year's conference will be held in St. Louis, MO.

'By Law' designation could be costly mistake

By Maj. Michael VanLueven
HqKyANG Chief Legal Division

Using the "By Law" designation on your Servicemen's Group Life Insurance form could result in a $50,000 mistake.

"By Law" means that, in the event of your death, the SGLI will be paid to your survivor(s) in the following order:

- Widow or widower; if none to
- Your child or children or their children in equal shares; if none to
- Your parent(s), in equal shares; if none to
- Your executor or the administrator of your estate; if none to
- Other next of kin, such as brothers, sisters, etc.

If you have children by a prior marriage or out of wedlock, came from a single parent home, or if you are divorced, a "By Law" designation on your SGLI form could result in the $50,000 being paid to:

- An illegitimate child; or
- Your parent(s) in equal shares, even if one parent abandoned the family and has not assisted with supporting the family; or
- A surviving spouse who has filed for a divorce.

In order to avoid the above, perhaps undesired results, you should specify your beneficiaries by name on the SGLI form.

"By Law" may be appropriate in your particular case; however, in a great many situations and circumstances, the "By Law" designation would result in an unintended distribution upon your death.

See you local commander or first sergeant for additional information. If they cannot explain the consequences of a "By Law" designation, contact the legal office or a civilian attorney for assistance.

Reprinted from "Kentucky Focus"

Smart shopping a

Reservists' entitlements increased this year

By Lt. Col. Ed Tonini
HqKyANG Public Affairs

Effective March 30, 1987 National Guard personnel and their family members were granted Commissary benefits, based on 14 visits per year. Is this a significant benefit to Guard members or just something to talk about? The answer to that question depends on how smart you make use of the access.

The closest Commissary to Standiford Field is the Fort Knox Commissary. Travel time and distance is largely dependent on where the member lives, the time of day and day of the week. The actual distance is about 45 miles from downtown. Driving time would be 45 to 90 minutes.

Now it costs money to operate an automobile. Different calculations can be used but for the sake of illustration let's use .20/mile as the cost of operations. Your round trip is going to cost somewhere between $12 (60 miles) and $20. Do you place any value on your time? Some people do, while others look at the extra time it is going to take as an outing. Still recognize that the extra 90 minutes to 3 hours it will take is time you won't be able to spend cleaning the garage.

It goes without saying that there is no return in making the commissary your destination the next time you need a loaf of bread and a gallon of milk. The only way to make it a valuable benefit is to plan your trip, buy in quantity, and buy those items that offer you the highest savings compared to your normal shipping location (we'll get into that later).

Tips to remember

OK, we have decided to go for it. It was a benefit so long in coming it must have some dark hidden secrets to you. Here's what you need to know to reveal the true value of the commissary.

❑ 1. You will need your computerized authorization slip (generated by your unit orderly room , if in doubt see your first sergeant) and a valid USAF ID card. Dependents, your wife and children over 10 years of age must be listed on the authorization slip or they will not be admitted. Check your slip before you go and if you plan to take a dependent on the trip be sure he or she is listed on the slip. If they are not listed have your first sergeant add them with proper annotation.

❑ 2. The Commissary is opened six days a week (See Chart for hours of operation) but you should be advised that it can be very crowded and there are specific days to avoid. The days to avoid are the day prior to, the day of and the day after active Army paydays. These days are the 1st and 15th of each month. The best time to shop, when in most instances you can breeze through the store, are the 2nd and 3rd Wednesday and Thursdays of the month and early in the day on the weekends.

❑ 3. There is no Kentucky Sales Tax on purchases, food or otherwise. There is, however a 5% surcharge on your total purchases after coupon discounts have been deducted. All items are figured at Commissary **COSTS** plus this surcharge. The fee covers the costs of labor, utilities, new construction, electronic cash registers, forklift trucks, etc.

❑ 4. The Fort Knox Commissary is one of the largest grocery stores in the state, with annual sales in excess of $2.7 million. This gives them good purchasing power and discounts from manufacturers.

❑ 5. Coupons are welcomed by the Commissary. You will even find a coupon exchange box at the entrance to the store. Customers are allowed to take any coupon that they can take advantage of that shopping day. You will also find manufacturers coupons scattered throughout the store at the point of the merchandise. Copies of **"SAVE TIMES"** sponsored by the Army, Navy and Air Force Times newspapers are always on hand with 12 - 15 coupons on frequently purchased items.

❑ 6. Checks are welcomed, good checks that is. Returned checks for insufficient funds are charged a $15 fee, and they are only returned once. After that the matter comes to the attention of the unit commander. In order to write a check for purchases the checker will need name and rank, social security number, military assignment and service, duty station and home address and a home phone number. Oh yes, no second party checks either.

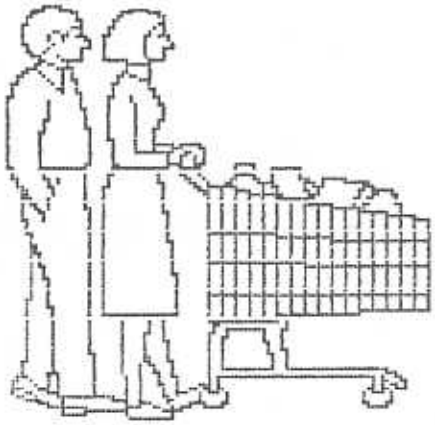
❑ 7. The Commissary neither accepts nor sells items in returnable bottles.

❑ 8. Those nice bag boys and girls are not paid by the Commissary. They work solely for your tips. As a result tips are expected when your purchases are taken to and loaded into your car.

❑ 9. Food Stamps and WIF (Women, Infants and Children) Stamps are accepted.

❑ 10. Special Meat orders will be cut to order if you give the meat manager 24 hour advanced notice by telephone (Mgr. Felix Ball 624-6428). The Deli department will also prepare special orders for purchases of $10 or more. You will need to call 624-8525 at least 24 hours in advance.

❑ 11. The Commissary will be happy to pull case lots from the warehouse if you find a particularly good deal on something and want to stock up.



t the Commissary

'Best deals'

Now that you know all of the do's and don'ts of Commissary shopping at Fort Knox we still need to know what to buy that will save us money. The first thing you should know is that by regulation items on the end of shelves are "on sale." They must be sold for at least 15% under standard Commissary prices.

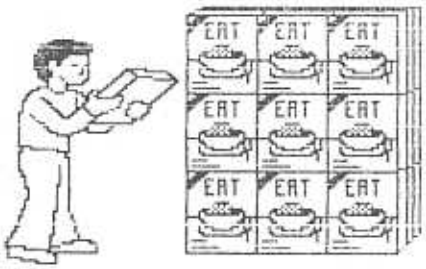
The best deals are on items that have the highest markup at regular retail establishments. There is no absolute formula but a rule of thumb is as follows:

Canned Goods - 18 to 24%
Peanut Butter - 18 to 24%
Paper Goods - 16 to 20%
Lettuce - 45 to 55%
Health and Beauty Aids - Up to 50%
Detergents - 20 to 25%
Snack Foods - 25 to 30%
Batteries and Light Bulbs - More than 50%

Cigarettes - The price is so good that there is a limit of ten (10) cartons per visit.

Using this intelligence and check book in hand my wife and I went to Fort Knox Commissary. We had made notes of the costs of some items to use as a reference. On some items we loaded up, a gallon of liquid laundry detergent had a $2.12 price difference so we bought 10 (we have very dirty kids). Other items were only marginally different in price so we either passed or bought enough for our immediate needs. In total our shopping bill came to $287.97. The Commissary added the 5% surcharge of $14.00 (I hope this helps pay for a new wheel to one of the carts we were using), making the total check $302.37.

I can't ever remember spending so much on one trip to the grocery. I'm sure we have a years supply of some items. How much did I save? Well upon returning to Louisville we went to the supermarket our family normally shops. The identical items, including Kentucky Sales tax on non-food items came to $412.56. That's quite a savings.



The best part of it was that my children were swimming in an A.A.U. swim meet at Fort Knox so I had to be there anyway. The time I spent was the most productive use of the time I could think of between breaststroke and butterfly.

Is it right for you?

Is Commissary shopping right for you? The right answer is a qualified yes. Shop when you are in "the neighborhood" if you get a chance. Remember, there are also Commissary operations in Lexington and Campbellsville. You can also make effective use of the facilities if you take your family to Annual Training (we used our second day of the benefit at the Hunter Army Commissary in Georgia).

Shop for those items that have the greatest amount of savings and buy in quantities. Be careful about buying perishable products during hot weather if you need to travel long distances.

Special thanks to Fort Knox commissary officer, Robert Nesbit, deputy commissary officer, Kelley Caster and store manager, James Linder for their assistance in this article. If any members of the Kentucky Air National Guard should encounter any problems ask for any of the three by name. The Commissary also offered an item by item store price comparison which is available in the Public Affairs Office. This shopping "basket" totaled $85.52 in the Commissary and $114.53 and $110.83 in supermarket "A & B".

Anybody need any liquid laundry detergent...??

FORT KNOX COMMISSARY STORE
FORT KNOX, KENTUCKY

SUNDAY	1100-1600
MONDAY	CLOSED
TUESDAY	1000-1800
WEDNESDAY	1000-1800
THURSDAY	1000-2000
FRIDAY	1000-1800
SATURDAY	0900-1600

FT. KNOX COMMISSARY
BUILDING 121
PH AV 464-8525 COM (502) 624-8525

'Voice' of enlisted force

Senior enlisted advisor discusses position

By SSgt. Jenny Montgomery
Editor

The recently appointed Senior Enlisted Advisor for the KyANG, CMSgt. Roy L. Adams, has set several goals for himself.

A quiet, unassuming, yet highly effective professional, Chief Adams plans to make himself available to all enlisted members. As senior enlisted advisor and top enlisted member, he is the "voice" of the enlisted force, representing its views to the state's Adjutant General.

"I would like to make myself known to all of the enlisted ranks," said Chief Adams. "I also want to acquaint all enlisted personnel with the senior enlisted advisor's position and why that position exists."

To do this, Chief Adams makes it a point each drill to get away from his office in the Hq. KyANG section, and go out among the people on base. He also urges the enlisted members to stop in and see him.

"I'm here to work for and with the enlisted people of the KyANG toward the accomplishment of the goals of the Air National Guard," explains the Chief.

With 35 years military background, Chief Adams has a vast amount of experience to guide him as the number one enlisted man in the KyANG.

"I have great confidence in the ability, knowledge, experience and appreciation of the issues so important to all enlisted members which Chief Adams possesses," said Maj. Gen. Billy G. Wellman, The Adjutant General.

CMSgt. Roy Adams
Senior enlisted advisor

Hospital explains need for fasting

MSgt. Joanne Kitchen
NCOIC Clinical Laboratory

Have you ever wondered why you are instructed not to eat food or drink anything except water for 14 hours before reporting to the hospital for a physical exam? In addition, you are told not to drink alcohol for 72 hours.

How can anyone be expected to awake, dress in accordance with AF Regulation 35-10 and report for the UTA without even so much as one cup of coffee?

No, Uncle Sam is not punishing you! There are very real reasons why the intake of food, caffeine and alcohol should be avoided before taking the blood tests required for a physical examination.

What you eat or drink can influence the level of certain components of the blood. So to get the most benefit from your blood tests, fasting is required. The intake of food could falsely elevate the urine sugar as well as influence the HDL Cholesterol and Triglyceride levels. These are required for your physical examination.

A recent addition to required lab tests is the G6PD. This test would detect a hereditary metabolic defect that results in increased fragility of the red blood cells and needs a 14 hour fast for optimum results.

Remember that the required blood test for your periodic or annual flying physical examination are screening type tests. Results which fall outside of the normal ranges could indicate additional testing to determine if there is actually a problem.

So to avoid unnecessary repeat blood tests or undergoing additional testing report to the Laboratory in a fasting state. It is better to do it right the first time then to be called back for unnecessary repeat testing.

The physicals received by some Guardsmen are the only medical attention received unless there is a known medical condition or illness, so the sacrifice you make by passing up that doughnut or cup of coffee is benefiting you the most. Abnormal blood tests could be the first indication of a medical problem and can show up before any physical symptoms. So follow instructions and **YOU** will benefit the most and Dr. **SAM** won't even send you a bill.

Energy crisis

Believing it's past could cause problems

By Maj. Rick Gabhart
123rd CES Operations

Have you heard that the energy crisis is over? Some very well known publications have been running articles that would lead us to believe that the crisis is a thing of the past.

It makes for popular news – it's the kind of news we **want** to hear. After all, it must be true, look at the price of gasoline now compared to a few years ago. But proclaiming the end of our energy problems only replants the seeds of apathy from which energy inefficiency springs.

Why do we belive such predictions and go merrily on our way in ignorant bliss? Some of the following notions have probably been put forward by one or more of us during the energy price spirals of the last decade: general disdain for government mismanagement of energy policies; a historical belief in the mystical power of U.S. technology to provide a quick fix in time of crisis; the current administration's determination to dismantle the Department of Energy makes it appear that it is no longer needed.

Whatever the reasons put forward that there never was an energy crisis or that it is all behind us now, you should consider how dangerous that kind of thinking could be. Whether artificially induced or the result of natural depletion, the threat of impending shortages is still with us. It could come in the next decade from pure supply and demand causes.

From political causes it could come tomorrow! Think about it. Would Iran obstruct the Gulf which they depend on for exporting their own oil and importing food and raw materials? Where the Ayatollah Khomeini is concerned, the unthinkable could suddenly become reality.

In any case we can surmise that the Middle East will remain embroiled in an intense struggle which could vitally effect our lives at any moment.

Future shortages and higher prices are inevitable and our current glut is simply giving us the needed opportunity to get ready. The future security and economic health of the U.S. may well depend on just how wisely we use this time.

Vietnam Vets National Medal available

A Vietnam Veterans National Medal is now available to the general public from the U.S. Mint.

The bronze medal, issued in 3-inch and 1½-inch sizes, honors the courage and dedication of the men and women in the U.S. armed forces who served in the Vietnam conflict.

The medals can be purchased over the counter at four locations in the United States or by mail from the U.S. Mint in Philadelphia.

The smaller medal costs $2 ($2.25 by mail) and the larger one is $15 ($16 by mail).

Send a money order or check made payable to the U.S. Mint.

The designs used on the medal were selected by competition among Vietnam veterans, medallic artists and other interested parties. The U.S. Mint received 784 designs for evaluation.

The design chosen for the obverse (front) side was submitted by Army Cpl. Terrill K. Tritch, stationed at Fort Campbell, KY. His design depicts U.S. combat troops engaged in a helicopter assault operation.

The reverse design was submitted by Jim Peed, a visual information specialist with the U.S. Mint. His design features the phrase, "In honor of those men and women who gave of themselves in an effort to ensure democracy and peace throughout the world this medal is struck by act of Congress 1984." An eagle with American flags and the U.S. Capitol in the background is in the lower part of the design.

Mail Orders

U.S. Mint (Medals)
P.O. Box 500
Philadelphia, PA 10105

Insurance hoax plagues VA

By Sgt. Maj. Rudi Williams, USA
American Forces Information Service

Many military and civilian magazines, newspapers and newsletter editors worldwide have unwittingly printed an "insurance dividened hoax" story. These accounts claim veterans can collect thousands of dollars from the National Service Life Insurance, even if they stopped paying premiums years ago.

"One of the most frustrating things is to see this hoax printed in DoD newsletters or base newspapers," said a Veterans Administration public affairs spokesman. "They probably see the story and think it's something good for veterans, but it's all a hoax...."

The VA's Philadelphia insurance center, the nation's fifth largest insurance system, receives more than 15,000 applications a week for the non-existent dividend.

"Nobody is writing to any civilian insurance company saying, 'I don't have a policy, but send me some money, anyway,' " said the spokesman. "One reason the hoax refuses to die is that some Americans think the government gives out money if they qualify. Perhaps they see this as a chance to get some 'free money'—that doesn't exist.

"We get thousands of callers with all kinds of different emotions," he said. "But most often, the caller will say, 'We didn't think it was possible, but we thought we'd check.' "

Robert W. Carey, director of the insurance center, explained: "World War II veterans have been the principal victims of the hoax since the early 1960s. We've been telling them for years that despite what a bogus mimeographed flyer says, the VA does not pay dividends on lapsed National Service Life Insurance policies."

The bogus press release claims that the dividends were recently authorized by Congress. But Carey countered, "There has been no such legislation and there is none pending..."

"There was a one-time dividend at the close of World War II," said the VA spokesman. "In June 1949, the VA announced payment of the '1948 special dividend' to World War II veterans. Payment was based on premiums paid from the effective date of the policy to the anniversary date in 1948.

"The first checks were mailed in January 1950, and by the end of that year, practically all policy-holders or their beneficiaries had been paid," he continued.

"The hoax surfaced about 25 years ago and has become known as the 'insurance dividend hoax,' " he said. "It implies that dividends will be paid to any veteran, whether or not you're paying insurance premiums."

This year, more than 3 million current policyholders are sharing nearly $935 million in annual dividends. These dividends are paid automatically. No application is necessary.

"VA doesn't pay dividends on lapsed policies," the spokesman emphasized.

Halloween dance

The KyANG Athletic Association and the Enlisted Association are co-sponsoring a KyANG Halloween Dance, Oct. 24 from 9 p.m., to 1 a.m., at the Buechel Army National Guard Armory, 4815 Progress Blvd.

Prizes will be awarded for best costumes, plus additional door prizes will be given. Beer and set-ups will be provided.

Overnight accommodations are available at the Royce Inn on Newburg Road for $35 per room. There will be a hospitality room open at the hotel before and after the dance. Transportation will be provided from the hotel to the dance and back.

Ticket prices are: in advance $7.50 single and $15 per couple; at the door $10 single and $20 per couple.

For tickets see MSgt. Jim Smith, SSgt. Rose Hiles, 1Lt Mike Lueken, SSgt. Fred Logsdon, MSgt. Glenn Farquhar or MSgt. John Logsdon.

AFOQT exam

The Air Force Officers Qualifying Test will be given Wednesday, October 21.

Anyone interested in testing should report to CBPO, Room 123 of the O&T Building, this UTA to make an appointment. The test will start at 8 a.m. on October 21 and will last until approximately 1 p.m.

Space 'A' travel

Space "A" travel on military aircraft is a benefit for guard members. Schedules will vary from base to base. People interested can contact the operations passenger service at a base for specific information.

Here are a few examples:

Scott AFB, Ill., AV 576-4042, or (618) 256-3017, frequent destinations: Kelly AFB, Texas, Buckley ANGB, Col., Travis AFB, Calif. and Puerto Rico (Naval Air Station) "every Monday."

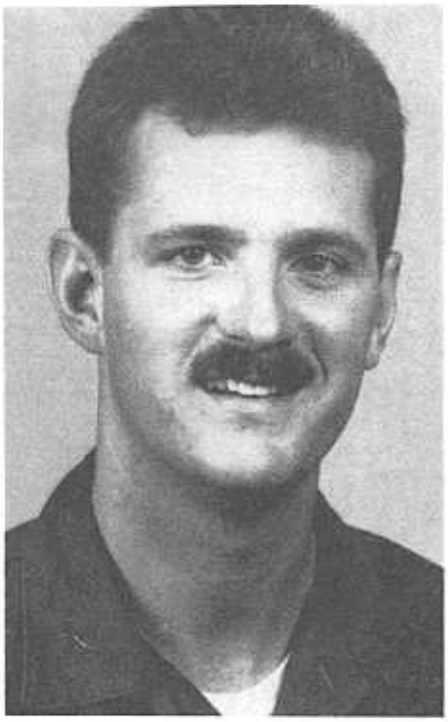
Knoxville ANG, Tenn. AV 588-8210, schedule on 3-day notice.

Memphis Naval Station, AV 966-5331, or (901) 872-5331, frequent destinations: San Diego, Calif., Alemeda, Calif, Washington, DC, Florida, Dallas-Houston, and Chicago.

Van Nuys ANG, Calif., AV 873-6310, or (818) 909-2200, frequent destination: Hickam AFB, Hawaii.

Before showing up for the flight you'll need a DD Form 1853 signed by your commander. At check-in you'll have to be in proper uniform, in accordance with Air Force Regulation 35-10, and have a current identification card. Individuals should be at the airport two hours prior to take off. It is also advisable to have some reserve days in case you aren't able to get a seat the first time.

Prepared by SrA Linda Trepp



Honor Graduate

Amn Lawrence W. Horton, 123rd CAM, was recently selected as an honor graduate of the Aircraft Maintenance Specialist Course at Sheppard AFB, Texas. Fewer than 10 percent of the students are recommended for this recognition.

Fire Prevention Week

Oct. 4 - 10, 1987

By Maj. Rick Gabhart
123d CES Operations

Fire Prevention Week is coming! Although it is nationally recognized the week of Oct. 4-10, it should be observed 52 weeks each year.

You can help keep your family and yourself safe from fire at home and in your work place by putting into practice the following Fire Safety Tips:

FIRE SAFETY TIPS

Keep fire doors closed - never tie or prop them open! At home, sleep with bedroom doors shut.

Crawl low to exit a smoke filled room -cleaner air is near the floor.

To smother the flames if your clothes catch fire, **stop, drop and roll** over and over on the ground, covering your face with your hands.

Always **know two ways out** of wherever you are - work, home, restaurant, hotel. Know the sound of the alarm at your workplace. Become familiar with your building's emergency plan - know your primary and secondary evacuation routes. Remember never to use an elevator in a fire emergency except under the direction of the Fire Department. At home, develop an escape plan for each room of your house and review with your family; make sure children know how to call the Fire Department.

Never allow combustibles to accumulate at work or at home. Store necessary combustibles properly.

Smoke only where permitted and dispose of smoking materials properly - never in trash cans. Never smoke in bed!

Insure that necessary appliances are listed (approved by a nationally recognized testing laboratory), have pilot lights, and are in good condition - including cord.

Become familiar with the location and operation of nearby fire protection equipment in your workplace. Install smoke detectors and place portable fire extinguishers in your home and maintain them according to manufacturer's directions. When operating a portable extinguisher, remember to PASS:

Pull the pin.

Aim the nozzle/horn/hose at the base of the fire.

Squeeze or press the handle.

Sweep from side to side at the base of the fire until it goes out.