

Friday



Partly cloudy  
Lo: 29°F  
Hi: 45°F

Saturday



Mostly cloudy  
Lo: 30°F  
Hi: 55°F

Sunday



Mostly cloudy  
Lo: 32°F  
Hi: 50°F

Chaplain assistants fill many roles

See Page 5



Kids get head start in basketball

See Page 1B



# Sheppard Senator



Combat Capability Starts Here

Vol. 57, No. 4

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January 30, 2004

## Sheppard racking up AETC awards

### Base public communication

Several offices and Team Sheppard members have been recognized at the command level with a number of Air Education and Training Command awards.

The 82nd Training Wing

Safety Office received three awards followed by two in the 882nd Training Group. The 82nd Mission Support Squadron and a Wing Staff Agency individual received one each.

James Zillweger, the ground safety manager for the 82nd

TRW, was named Ground Safety Manager of the Year for his outstanding achievement and contributions to ground safety.

Master Sgt. Stephen Sinatra was recognized as the Safety Professional of the Year by AETC.

In addition to the individual awards, the 82nd TRW Safety Office received the Ground Safety Excellence Award for the most effective ground safety program.

Two training managers from the 882nd TRG were recognized as tops in their respective

categories by AETC.

Master Sgt. Darrell Stuebs received the Category IV AETC Manager Award. Tech. Sgt. Stacy Stover received the same award in Category V.

Sheppard's education center was recognized with the Nathan Altschuler Award for

Excellence in Education Programs.

Master Sgt. James Burns, the 82nd TRW career advisor, was recognized as the career assistance advisor of the year.

Congratulations to the recipients of their respective awards.

### On the Inside

#### Sheppard dental hygienist in unique course

A Sheppard dental technician is one of only two in the Air Force expanding their knowledge in their career field.

Tech. Sgt. Alycia Miller of the 82nd Dental Squadron recently began a 14-month course at Trident Technical College in Charleston, S.C. The program is the Air Force-sponsored Dental Hygiene Training Scholarship Program.

For full story, see page 3.

#### Civilian personnel system updated

The Air Force has formed a team to implement the Defense Department's most dramatic civilian personnel system transformation in the last 50 years.

The National Security Personnel System gives DoD managers the flexibility to place civilian workers where they are needed most, without delay. It reduces the time it takes to hire new people, introduces pay-for-performance bonuses and streamlines the promotion process.

For full story, see page 4.

#### Shhh...Hush House quiets noise

It looks like all the other hangars dotting Sheppard landscape except for its small size and the low hissing that emanates from inside like an overgrown snake.

The Small Aircraft Noise Suppressor System, or Hush House as it's better known as, is where the 80th Flying Training Wing T-38s go to for their functional checks before they're allowed back in the skies over Texas and Oklahoma.

For full story, see page 6

#### What do you expect?

I occasionally hear people use the phrase, "What did you expect?"

This is usually just after the person has explained the failure of some project or task, goal or benchmark. The problem with "What did you expect?" is that it automatically pre-supposes a certain outcome...like the breakdown was imminent or some sort of divine fate.

For full story, see page 7

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## Teaching beyond the fence

By Master Sgt. Jeff Szczechowski

Base public communication

Christmas might come once a year, but when it comes to education, Sheppard likes to give year round.

Under the Department of Defense-sponsored "Computers for Learning" program, 20 schools and an endless roll call of students in Texas and Oklahoma have benefited from Sheppard computers since 1997.

In the past year alone, the base has given out 193 computers to three schools: 50 to the Iowa Park Consolidated School District; 33 to Kirby Junior High in Wichita Falls; and 110 to Lifegate Christian School in Seguin, Texas.

The program began April 17, 1996, when President Clinton signed Executive Order #12999, declaring, in part, that "in order to ensure that American children have the skills they need to succeed in the information-intensive 21st century, the Federal Government is committed to working with the private sector to promote four major developments in American education," to include "making modern computer technology an integral part of every classroom."

Area schools have requested an additional 455 computers, including 150 each for the Burk Burnett ISD and Iowa Park CSD.

Before Sheppard can set aside any of the excess equipment for interested schools, it

### Donated computers help educate local schools



Photo by Master Sgt. Jeff Szczechowski

Joseph Meade, a 12th-grade student at Agape Christian School, works on a computer that was once used by Sheppard personnel. The school is one of 20 that have benefited from the Department of Defense-sponsored "Computers for Learning" program.

must first be made available to other DoD and Federal agencies, said Don Cunningham, 82nd Communications Squadron, base equipment control officer and Sheppard point of contact for the CFL program.

Mr. Cunningham said when computers go unclaimed, he notifies the various schools that have expressed an interest in obtaining the technology. The schools, in turn, are

responsible for contacting the unit on base that owns the computers and make arrangements to pick them up.

"The schools have to come to the base to pick up the computers that they requested," Mr. Cunningham said. "The base incurs no cost for shipping, whether the equipment goes to another Federal Government agency or to a school."

When a school such as Agape Christian School just

outside Missile Road gate arrives on base to get their requested hardware, paperwork must be properly documented so that the computers can be removed from base and unit inventories. Once this is done, the school officially assumes ownership of the equipment.

The students and faculty at Agape are already using computers supplied by the base, and the ones that will replace them will be a significant

upgrade, said school principal Mr. John Meade.

Agape is due to receive 57 computer from the base.

"The ones we have now are getting outdated and slower. The new ones should be twice as fast," he said. "By and large, our whole computer fleet needs to be upgraded; but what we have already received from the base, and what we are hoping to receive, has been a tremendous blessing."

Besides making computers available for student use, Mr. Meade said the information technology provided by Sheppard has helped to enhance the school's overall curriculum and has made "our job easier."

He said a big benefit is Agape's teachers now fully utilize the Internet, which has given them better tools for research and learning.

Mr. Cunningham said the schools are very appreciative of the systems they get from the base.

Principal Meade put it another way.

"We struck it rich, so to speak, when we learned of this program," he said.

Mr. Cunningham said all schools, public and private, grades kindergarten through 12, can participate in the CFL program. To do so, they must register at the CFL Web site, www.drms.dla.mil/cfl\_online.

Once a school is registered and approved by DoD, they can begin the process of applying for excess computer hardware.

## Can you see me now?

### Popular camera phones pose risk to security

By Master Sgt. Darrell Lewis

Oklahoma City Air Logistics Center Public Affairs

TINKER AIR FORCE BASE, Okla. (AFP) — Carrying the latest "have-to-have" electronic gadget may mean big trouble for the person who brings it into unauthorized locations.

Officials from the National Security Agency said in an advisory that new cellular phones with integral digital cameras pose an unacceptable security risk to homeland security. This type of phone is not authorized for use or possession within any Air Force facility processing classified information without written authorization from the designated approval authority.

"Communications are getting faster and easier," said Jane Guidicini, Air Force Communications Agency certified emission security technical authority. "While that does help speed communications, it can also unfortunately allow classified information to get out of a classified area inadvertently or otherwise."

"We realize occasionally the restrictions might seem overly strict when the new technologies come out, but it's better to be overly cautious than to have an incident," Ms. Guidicini said.

"It takes just a little common sense to realize that if you have a cell phone with a camera, you should leave it home if you work in a classified area," said Tech. Sgt. Shon Klopping, 72nd Security Forces Squadron noncommissioned

#### Sheppard Instruction 31-101, 9.2.4.3

Do not take photographs on the flightline without permission from on duty Base Operations personnel or 80th FTW personnel.

#### SFOI 31-201, 2.3.3.6

Photographs of the flightline is authorized by those authorized to be on the flightline as long as they coordinate with 80th TRW or Base Operations. Photography from roadways outside the flightline are authorized.

officer in charge of physical security.

If someone in a restricted area has one of the phones with a camera capability and a security forces troop discovers it, he or she would be forced to confiscate the camera for review of unlawful images, Sergeant Klopping said.

Additionally, civilian employees could face federal charges and military members could face federal charges and Uniform Code of Military Justice actions, he said.

But it is not just a good idea to limit their use in "secure rooms" where classified information is being processed, said Peter Bryant, Air Force Materiel Command security forces directorate information security chief.

"You should watch how you use and carry those anywhere you're dealing with sensitive or proprietary information," he said.

If people see someone using any unauthorized camera without coordinating with base agencies, contact the base security forces squadron, Mr. Bryant said.

"It all comes down to being aware," Sergeant Klopping said. (Courtesy of AFMC News Service.)



## TRICARE Standard changes approval system

WASHINGTON (AFP) — People covered by the TRICARE Standard military health care plan no longer need approval from their military treatment facility to seek inpatient care at civilian hospitals.

The need to get a non-availability statement before seeking civilian inpatient care expired Dec. 28 under a provision of the 2002 National Defense Authorization Act. A non-availability statement indicates that care is not available from the military facility and authorizes care at a civilian facility.

An exception in the law continues the requirement for TRICARE Standard beneficiaries to get a non-availability statement before seeking non-emergent inpatient mental health care services. However, officials said, this applies only to beneficiaries who use TRICARE Standard or Extra, who are not Medicare eligible, and who have no other health insurance that is primary to TRICARE.

Department of Defense officials do not require preauthorization for TRICARE benefi-

ciary inpatient mental health care when Medicare is the primary payer.

"With this change in policy, beneficiaries now have the freedom to choose a military treatment facility or a civilian facility, without any extra paperwork," said Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs. "However, I urge TRICARE beneficiaries to still look to the military health system as their first choice for health care because I believe the services we offer are second to none."

A military treatment facility may request a departmental waiver of the new policy in certain specific, but limited, circumstances. But those requests do not apply to maternity services, unless the affected beneficiary began her first prenatal visit before Dec. 28, officials said.

Any military treatment facility granted a waiver must publish a notice in the Federal Register that a non-availability statement is required for a cer-

See TRICARE, Page 4



## Electronic TOs improve process

Modern technical orders updated, corrected to keep maintainers current

By 1st Lt. Laura Renner  
Base public communication

Ever receive an update to a technical order that is out of order? For instance, update #11 came after update #12 rather than before.

Ever ask for a specific training order and never receive it?

Technical orders provide the blueprint that maintainers use for the upkeep of aircraft in the Air Force. Outdated TOs create flight safety issues and could possibly lead to mishaps.

The Air Force has launched a new management system that will create a more efficient process when managing TOs.

New electronic TOs have begun to replace the heavy and cumbersome black binders used for several years. Yet, waiting to receive updated TOs or changes to mistakes in old TOs still places a burden on maintenance crews.

"The TO process takes too much time to go from point of idea to point of application," said Staff Sgt. Dean Middleton, a C-130 crew chief instructor in the 360th Training Squadron.

Until now, The Enhanced Technical Information Management System will enhance, consolidate and modernize the Air Force's technical systems with a digital approach.

"ETIMS is a TO management system that is user-friendly and provides accurate and up-to-date data as required," said Mr. Chip Haerr, a member of the technical data modernization change management team based out of Wright-Patterson Air Force Base, Ohio, that has been working with Intergraph Corporation to develop and test the new system.

Currently, no single system manages the more than 130,000

TOs. Many agencies control the TO processes such as distribution and updates, but without talking to each other. Doing so obviously leads to many overlaps and inefficiencies.

According to the developer, ETIMS offers a single point of access for all TO data, a real-time TO index, immediate notifications of updates, an online view of the status of any T.O. change, a paperless flight line and improved efficiency.

The developer didn't simply think up this system. They, in conjunction with a team from Wright-Patterson, visited several bases to find the source of the problem.

They also looked at the 20-plus agencies managing TOs.

"We were panning for gold," said Mr. Haerr.

Intergraph and the Air Force took the best parts of each of the managing systems as well as the needs of the crews on the

flight line and created the single management system, ETIMS.

Currently, the team tests its system at different bases, using its observations to improve the system back at the drawing board.

At the same time, the team visited Sheppard Jan. 15-16 to get inputs from the tech training side of the Air Force.

The team will introduce ETIMS in spirals to slowly and fully integrate the system within the Air Force beginning in June. They should be finished by March 2006.

For questions or more information, please contact Ms. Gina Johnson at 6-2162.

(For more information on the electronic technical orders, visit the Jan. 17, 2003, issue of the Sheppard Senator archives at [http://www.sheppard.af.mil/82t/rwpa/public\\_base\\_paper.htm](http://www.sheppard.af.mil/82t/rwpa/public_base_paper.htm).)

100 Years of Flight

2003 Annual Awards Banquet

Guest Speaker: CMSAF Gerald Murray

February 4, 2004

Sheppard Air Force Base, Texas

See First Sgt's To Sign Up

## Randolph receives first T-38C

By Mr. Bob Hieronymus  
12th Flying Training Wing Public Affairs

RANDOLPH AIR FORCE BASE, Texas (AFP) – The first T-38C Talon destined for operations in the 12th Flying Training Wing touched down here Jan. 21 at 10:06 a.m.

There were no brass bands or flag-carrying marchers to greet the new arrival. In fact, the small cluster of people waiting on the ramp gave no hint of the importance of the event. But this was a red-letter day for the future of flight training here.

"This is a great day for the 560th Flying Training Squadron... We've anticipated this for quite some time now and are excited to get under way," said Col. Margaret Woodward, 12th Operations Group commander.

The tail number of Randolph's newest airplane, 67-921, shows that it originally rolled off the Northrop Aircraft Company's assembly line in 1967. The Boeing Aircraft Company did the newest modifications to turn the aircraft into the advanced trainer that it has become.

"The modifications that make the T-38A into a C model are extensive on the inside," said Lt. Col. Chris Loeppke, commander of the 420th Flight Test Flight, the Air Force Reserve unit that delivers military aircraft to and from the contractors. "But from the outside, the only obvious sign is a small black hump on the nose that houses the antenna for the new radar systems.

"The cockpit is an amazing array of new, high-technology equipment and radios, includ-

ing a large glass cockpit display," Colonel Loeppke said. "This computer-driven display screen can present information from various sources, ranging from engine and flight performance to navigation based on (Global Positioning System) data. The system can also display and record data related to the training lesson in progress.

Above the instrument panel is a new heads-up display device capable of showing the same kind of information a fighter pilot sees in a combat aircraft during a dog fight."

The newly modified T-38 is equipped for teaching not only the basics of high-speed flight, but also the introduction to air combat and weapons delivery, and from flying on the deck to high altitude, he said.

"Even the stick in the pilot's hand is different now, with new switches to give the pilot control of the new instrument suite," Colonel Loeppke said.

The 560th FTS, where the new Randolph T-38Cs will be assigned, is expected to com-



Photo by Mr. Steve White

The interior of the T-38C Talon trainer features improved avionics and support systems that make it closer in design to fighter aircraft like the F-15 Eagle, F-16 Fighting Falcon and F/A-22 Raptor.

plete conversion to the new model by August, said Lt. Col. Steven Perenchio, 560th FTS assistant operations officer. As the C models arrive, the A models will be released from the squadron for their conversion.

"The 560th FTS, with these aircraft, will ensure the vitality of America's combat pilot training pipeline for years to come," Colonel Woodward said.

Air Education and Training Command previously received T-38Cs at Moody Air Force Base, Ga., Columbus AFB, Miss., and Vance AFB, Okla. (Courtesy of AETC News Service.)

## 383rd "optimizes" training in Health Care Optimization Course

By Maj. L. Lynn Pauley  
383rd Training Squadron

The 383rd Training Squadron strayed from "traditional" training methods in November when it launched a new version of its Health Care Optimization Course.

The new course, the Health Care Optimization/Operational Medicine Seminar, reflects many of the changes made within the Air Force medical service.

This course varies from most Air Education and Training Command courses in a significant way. Rather than the traditional lesson plan format, the course is "Agenda-Driven."

"This means that we can update information on a moment's notice once we receive information from the field," Maj. Albert Moreno said. "The information we distribute, then, is as current and accurate as possible."

The course is designed to maximize the expertise of all professionals comprising the primary care team. This includes physicians, physician assistants, nurses, technicians and administrative personnel. The goal of the course is to enable all members of the primary care team to optimally perform the functions consistent with their skills and training level.

The rewrite process itself was rather remarkable in that it was largely accomplished in just two short weeks.

The HCO/OM course team consists of physician and Course Director Capt. (Dr.) Mark Novas,

nurse and Instructor Supervisor Major Moreno, physician's assistant Maj. Christy Allen, and health services administration technician Master Sgt. Shelia Hale.

"The course is now more operationally based," Captain Novas. "It is structured around our goal of maintaining a fit and ready fighting force. As practicing health care providers, we know what works so far as keeping our personnel fit and healthy. This course helps primary care teams work together to increase overall access to care, as well as to improve the quality of care for the population it serves."

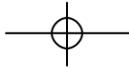
Another bonus is the course format makes it possible for experts in various fields of medicine to serve as guest speakers in their particular area of expertise and actually teach the course information.

"Additionally, the Agenda-Driven format frees the instructors from the task of submitting updates through the formal AETC change process, thus saving time as well as increasing the accuracy of the information being taught," Sergeant Hale said. "We can spend more time applying information learned from the field, rather than on paperwork, such as updating lesson plans and altering Plans of Instruction."

The four-day resident course is offered through the 882nd Training Group. The mobile course is a four-day course that travels to the requesting facility and provides the entire primary care team with the skills and knowledge needed to optimize their team in their particular location and setting.



**Want to quit smoking? Call the Health and Wellness Center for information on smoking cessation classes at 6-4292.**



## Sheppard hygienist attends unique course

Story and photos by Airman 1st Class Amy Perry  
437th Airlift Wing Public Affairs

A Sheppard dental technician is one of only two in the Air Force expanding their knowledge in their career field.

Tech. Sgt. Alycia Miller of the 82nd Dental Squadron recently began a 14-month course at Trident Technical College in Charleston, S.C. The program is the Air Force-sponsored Dental Hygiene Training Scholarship Program.

Staff Sgt. Noreena Svoboda from McChord Air Force Base, Wash., is the other airmen participating in the American Dental Association-accredited program at TTC.

The Air Force is seeking four to five dental technicians a year to attend TTC. Six other Air Force members are in a program at St. Petersburg College, Fla., this cycle.

Charleston Air Force Base, S.C., is hosting the two sergeants to ensure there is military oversight and support, said Master Sgt. Tony Mikell, 437th Aeromedical Dental Squadron Dental Flight non-commissioned officer-in-charge.

"Dental technicians will be able to provide a level of care for our military beneficiaries equal to that of civilian dental facilities," said Sergeant Mikell. "Providing this level of care normally given by dentists will

allow extra time for the dentists to provide other comprehensive dental treatment."

Sergeant Miller said the hygiene school is a tremendous opportunity for her.

"There are no words to describe this once-in-a-lifetime opportunity," she said.

Sergeant Miller said being a dental hygienist would help her back at her clinic.

"The main reason I wanted to do this program is because although I already went to the advanced cleaning program, there were too many limitations, such as numbing a patient for the procedure," she said. "I love what I do for the Air Force, I just want to do it without so many limitations."

The program is an important step in furthering the dental technicians education.

"This is a professional milestone for our enlisted members and a long overdue capability for the dental service," said Chief Master Sgt. Terry Harford, Office of the Surgeon General dental policy and operations superintendent. "Getting to this point and being accepted at a top dental hygiene training institution is indicative of the caliber of our enlisted force."

Attendees were selected through a competitive board process, and attendees are considered some of the very best dental technicians in the Air Force, said Chief Harford.

The sergeants set to attend Trident were amazed they had finally made it.

"It's an incredible opportunity," said Sergeant Svoboda. "You can't ask for anything better than being sent to school for something you were going to go to anyway."

The program curriculum includes both general education and professional dental hygiene courses. Personnel are trained as primary health care professionals, oral health educators and clinicians who, as co-therapists with the dentists, provide preventative, educational and therapeutic services supporting total health for control of oral disease and the promotion of oral health.

Graduates from the DHTSP are eligible to take the Dental Hygiene National Board Exam, regional and individual state board examinations for licensure.

"Upon graduation and successful completion of the national exam, members will be assigned to various Air Force locations based on Air Force and patient population needs," said Chief Harford. "Having military dental hygienists in our inventory will be a force multiplier in terms of enhanced patient care and improved worldwide readiness."

(437th Aeromedical Dental Squadron Dental Flight also contributed to this article.)



Tech. Sgt. Alycia Miller, a dental technician from Sheppard Air Force Base, Texas, cleans a patient's teeth. Sergeant Miller is enrolled in an Air Force-sponsored dental hygiene training scholarship program at Trident Technician College in Charleston, S.C.

## Briefly Speaking

### Trash reminder for housing residents

Trash containers, recycling bins, bulk items and compost should not be placed at the curb until after 5:00 p.m. the day before the scheduled pickup.

Once containers are empty, they must be returned to their storage area in a timely manner (no later than the day of pickup). Your cooperation will help ensure our housing areas have a neat and uncluttered appearance.

Questions may be addressed to the Housing Office by calling 6-5769.

### Blood drive Monday and Tuesday

The Lackland Blood Donor Center is hosting a base-wide blood drive Monday and Tuesday.

The drives will be from 10 a.m. to 6 p.m. both days in the small auditorium at the 882nd Training Group, Bldg. 1900.

All blood donated will go to military treatment facilities, emergencies and Operations Iraqi Freedom and Enduring Freedom.

For more information, call Joann Johnson at 6-2930.

### CMSAF to attend 82nd TRW awards

Chief Master Sgt. of the Air Force Gerald Murray will be the guest speaker at the Feb. 4 82nd Training Wing annual awards banquet.

The event will be held in hangar 1045, beginning with a social at 6 p.m. and dinner at 7 p.m.

Cost is \$15.65 for members and \$17.65 for non-members.

See your first sergeant to sign up for the banquet. The deadline to sign up is today.

### Prayer breakfast in two weeks

The Sheppard National Prayer Breakfast will be held Feb. 12 at the officers club at 7 a.m.

The guest speaker for the breakfast will be retired Brig. Gen. Richard Able of Campus Crusades for Christ.

Contact your first sergeant for tickets.

For more information, contact Maj. Carlton Bivens at 6-8430 or Tech. Sgt. Jeffrey Morales.

### Tax center now open

The Sheppard tax center is now open in Bldg. 1121.

All personnel can have their taxes done between 9 a.m. and 3:30 p.m. Students and instructors can have their taxes done from 3:30 to 6:30 p.m.

The tax center is located in Bldg. 1121 behind the enlisted club. Customers will be seen on a walk-in basis.

For more information, call 6-1981.

### Thrift shop open for business

The Thrift Shop will be open to the public on Tuesday through Thursday.

Donations will be accepted; however no consignments will be taken until further notice.

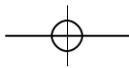
Come see the newly renovated Thrift Shop.

The Thrift Shop is located in Bldg. 1642 and is open from 10 a.m. to 2 p.m.

The shop is also open the first Saturday following the mid-month payday from 10 a.m. to 2 p.m.

For more information, call 6-1861.

The *Senator* staff is always looking for story ideas, whether it's a news story concerning a new unit program or activity or a human-interest feature highlighting a Team Sheppard member. To submit a story idea, call the *Senator* editor at 6-7244, or e-mail your suggestion to sheppardsenator@sheppard.af.mil.





## NSPS puts civilians where needed

By Tech. Sgt. David Jablonski  
Air Force Print News

WASHINGTON – The Air Force has formed a team to implement the Defense Department's most dramatic civilian personnel system transformation in the last 50 years.

The National Security Personnel System gives DOD managers the flexibility to place civilian workers where they are needed most, without delay. It reduces the time it takes to hire new people, introduces pay-for-performance bonuses and streamlines the promotion process.

NSPS became reality for the Defense Department when President George W. Bush signed the 2004 National Defense Authorization Act on Nov. 24. The president called the legislation "transformational."

"This bill also advances the vital work of transforming the personnel system for civilian defense workers so we can put the right person in the right job to meet the challenges we face," he said.

Maj. Gen. John M. Speigel, Air Force director of personnel policy, said he is confident the system can meet the service's future needs.

"We can successfully shape a flexible and responsive civilian personnel system to meet our needs for the 21st century," he said.

The implementation will be extremely challenging and workload intensive, General Speigel said.

"These will be exciting times," he said. "But the road to success will be filled with many speed bumps, and to overcome those bumps we need to ensure clear lines of communication with our civil-

*"We can successfully shape a flexible and responsive civilian personnel system to meet our needs for the 21st century."*

– Maj. Gen. John M. Speigel on the National Security Personnel System

ian workforce as we transition to this new system."

To do that, the Air Force NSPS staff plans to establish e-mail updates tailored to civilian personnel staffs, video-teleconferences to capture the most pressing issues and find appropriate solutions, and a Web site to post the latest information for employees and managers.

"DOD will provide the basic information for training on NSPS. It will be [the] Air Force's responsibility to ensure that every single one of our 160,000 civilian employees, all military and civilian supervisors and managers, and our senior leaders and commanders are trained on the new personnel authorities and procedures," said Sarah Bonilla, director of the Air Force NSPS implementation team. "This will entail a significant effort that will rely on our local civilian personnel flight staffs. The CPF staffs will receive extensive training in the new system so they will not only be prepared to implement NSPS, but train their base population."

Ms. Bonilla has begun to hire her team and set initial goals.

"I am in the process of hiring some of the very best personnelists the Air Force has to offer, so we can begin developing the education and training material needed to implement NSPS," she said. "This is a huge task, as we will need to touch almost everyone in the Air Force: civilians, active duty, guard, Reserve, commanders, supervisors and man-

agers.

The initial goal is to ensure everyone in the Air Force is trained on and understands the new personnel authorities and programs, she said.

"We are talking about some radical changes to civilian personnel administration – replacing a system that all of us have grown up with, with a system that offers more flexibility and rewards, but also puts more at risk," she said. "We have to build a marketing and training program that is deliverable to every employee, commander and supervisor in an easy to understand format."

But Ms. Bonilla said that the civilian personnel community would meet the challenges this new system presents.

"While we are still assessing the impact of NSPS on the personnel community, we do foresee some changes," she said.

"NSPS will free our Air Force civilian personnelists from the perception that they are the 'cop' or 'bad guy' of the personnel system. Because NSPS delegates considerable personnel and fiscal authority to supervisors and managers, many personnelists will move into an expanded role of adviser to management. They will become indispensable players on management's team providing insight and guidance on implementation of the NSPS's flexibilities."

Ms. Bonilla also said she envisions a change in the skill sets of personnel specialists under NSPS. Pay-for-performance, pay banding and a simpli-

fied classification system may require different levels or combinations of knowledge and experiences that are required today.

The most dramatic changes will be in classification and performance management. Pay banding will replace the traditional general and wage schedule grades. This is expected to greatly simplify the classification of positions as there will be much less need to identify specific differences in duties. The result should be streamlined position descriptions that should not exceed one page. Under NSPS, the performance management system becomes pay-for-performance; employees will be compensated based on their contribution to the mission of their organization.

NSPS will also allow more competitive hiring and more options for current employees.

"For example, one of the really great things about NSPS is that we can actually give an employee a small pay increase if (he or she is) reassigned to a tougher or bigger job," Ms. Bonilla said. "We can't do that today."

While there are many changes to the personnel system, some "very important safeguards" will remain the same. Employees will retain all the protections they currently have; merit system principles, rules against prohibited personnel practices, anti-discrimination laws, ability to join unions, appeal rights, etc. Leave and attendance, retirement, benefits, safety and drug abuse programs and some other things have not changed.

Until the Air Force site becomes available, people can learn more about NSPS at the Defense Department level by visiting [www.cpmosd.mil/nsps/](http://www.cpmosd.mil/nsps/).

### SAFB African American Heritage Committee Black History Month Celebration Theme: 50th Anniversary Brown vs. Board of Education



February 2004 Events

- Feb. 3: Story Time, 10:30 a.m., base library
- Feb. 7: History Bowl, 9 a.m., community center
- Feb. 10: Lunch N Learn, 11:00 a.m., officers club  
Speaker: Charlye O. Farris
- Feb. 17: Story Time, 10:30 a.m., base library
- Feb. 21: Gospel Story, 6 p.m., community center
- Feb. 24: Story Time, 10:30 a.m., base library
- Feb. 27: Annual Banquet, 6 p.m., officers club  
Speaker: Col Darrell L. Sims
- Career Talks (TBD) Zundy and Kirby Junior High Schools

## TRICARE

Continued from Page 1

tain procedure. Officials at the treatment facility, the services and the TRICARE Management Activity will notify the affected beneficiaries if this occurs, officials said.

Maternity patients should check with their local military treatment facility to compare maternity services there with those available in civilian facilities, said Military Health System officials.

A recently implemented "Family-Centered Care" program offers enhanced services and recognizes the unique needs of military families in today's climate of increasing deployments and high operations tempo, officials said. Beneficiaries can review the enhanced military treatment facility maternity services online and with their military medical care provider.

Beneficiaries can check the

TRICARE Web site at [www.tricare.osd.mil](http://www.tricare.osd.mil) if they are seeking an inpatient service and want to know if their nearby military treatment facility applied for a non-availability statement waiver. They also may contact the beneficiary counseling and assistance coordinator or health benefits adviser at their nearest treatment facility, officials said.

Before seeking care at a civilian facility, military health system officials urge beneficiaries to check with their nearby military treatment facility to compare services and ask questions. Even if the facility could not provide the needed services in the past, the facility's staffing levels or capabilities may have changed, and they might now be available, officials said.

(Compiled from a TRICARE news release.)

## Junior soldiers could earn "cool" points

WASHINGTON – Junior soldiers in a handful of job specialties have another option to gain promotion points.

As of Jan. 11, skill-based licenses and certifications from civilian sources are worth 10 points. There are 10 career fields that are currently participating in the initiative: adjutant general, air defense artillery, aviation, engineer, ordnance, quartermaster, signal, transportation, Army medical department and public affairs.

Promotable specialists and sergeants can add up to 50 points in technical certificates, but the points will only remain valid as long as the certificate is valid, said Sgt. Maj. Louisa Scott, the chief of Enlisted Promotions at U.S. Army Human Resources Command.

"The certificates can be added as a promotion action only when a soldier has at least 20 points to add. Then the experi-

ation date on the certificate will be recorded. So if a soldier needs to re-certify for his license to remain valid, and he fails to do so, then the points will be deleted," Sergeant Scott said.

"This is a work in progress," said Jeffrey Colimon, the senior military analyst for the Training and Doctrine Command's Personnel Proponency Directorate.

The initiative is new and will undergo a number of changes, he said, however soldiers can stay abreast of what military occupational specialties have jumped on board by visiting the Web site for Army Credentialing Opportunities On-Line at [www.cool.army.mil](http://www.cool.army.mil).

The different proponents have the latitude of analyzing the credentialing concept and determining if it adds value to their branch, Mr. Colimon said. Most Combat Arms proponents

elect not to participate because of the lack of related certifications in the civilian arena, he added.

The promotion point incentive is the Army's way of encouraging soldiers who are not interested in college but still want to pursue professional development, according to officials in the Promotions Branch at the Human Resources Command.

"Far too many soldiers go out and purchase civilian education mainly for promotion points with no degree intent at all," said Sgt. 1st Class Cedric Thomas, the chief of Junior Enlisted Promotions at HRC. "The certification incentive will give them the opportunity to use training in a progressive nature."

If soldiers get hands-on training in their specific field, it can improve their job performance and make them more mar-

ketable in the civilian market, Sergeant Scott said.

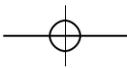
"By offering promotion points, the Army is encouraging soldiers to pursue professional development," he added.

Officials in the Ordnance Corps introduced using credentialing opportunities as a promotional tool. Sgt. Maj. James Herrell, chief enlisted career manager in the Ordnance Corps' Personnel Proponency Office, said that developing a more competent Soldier was the driving force of the initiative.

The COOL Web site serves as the home station to get information on the credentialing for points initiative. Credentials that are valid can be found on the site by clicking on the links that read Technical Certification and Promotion Points Fact sheet or Technical Certification Matrices.

(Courtesy of Army News Service.)

To place an ad in the  
*Sheppard Senator*,  
contact the *Times*  
*Record News* advertising  
department at  
761-5151.



## Keeping the faith: Chaplain assistants play many roles

By 2nd Lt. Ellen Harr  
Base public communication

Some days, they're loading virus fixes on computers and resolving scheduling conflicts for senior officers. Other days, they're editing a bulletin, performing facility inspections and searching for twenty white candles.

They may even help a distraught young mother get counseling and access to a local food pantry, coordinate a Buddhist religious service or plan activities at the Solid Rock Café.

"Most people are surprised that our job is an actual AFSC," explained Airman 1st Class Crystal McClellan, one of Team

Sheppard's chaplain assistants. The chaplain assistant career field brings together a unique combination of administrative skills, critical incident stress management training, facility management, protocol and set-up for religious services, and protection of chapel resources and the chaplains themselves.

Chaplain assistants do all this while getting along with diverse groups people and protecting everyone's freedom to worship.

"We help the chaplains protect the constitutional right to freedom of religion," Tech. Sgt. Jeff Morales, the chapel's non-commissioned officer-in-charge of readiness, said. "We don't force religion on people, but we

do protect their right to religion and help them exercise their rights."

Their training includes basic knowledge of the tenants of most major religions and "religious pluralism" or everyone's right to worship. A chaplain assistant here at Sheppard may help with a Roman Catholic, traditional Protestant or Gospel service but he or she may also work with the Buddhist, Wicca or Muslim groups.

Sergeant Morales explained that working at a training base like Sheppard can be particularly challenging for a new chaplain assistant, fresh out of tech school at Maxwell Air Force Base, Ala.

The students to whom the assistants help the chaplains minister are often their peers. The experience can be, at times, overwhelming

Sergeant Morales added. So it's particularly important for the chaplain assistant to be secure in his or her own faith and rely on strong bonds that form among chapel staff.

The chaplain assistants at Sheppard learn quickly from these experiences and emerge better prepared to serve others and face the challenges of working in a deployed environment Sergeant Morales said.



Photo by 2nd Lt. Ellen Harr

**Airman 1st Class Crystal McClellan, Team Sheppard chaplain assistant, places a candle at the altar before Mass. Service preparation is one of many duties chaplain assistants perform.**

While deployed, chaplain assistants wear many different hats, even as they continue to organize worship services, track down supplies and do administrative work.

"In deployed environments, we do a lot of counseling and a lot of visitation. That includes going to different squadrons and making sure morale is good," Airman 1st Class Daniel Laird, a Sheppard chaplain assistant, said.

"I had a Catholic priest who

liked to go out and give a blessing to all the planes as they took off," Airman Laird explained. "It really helped the pilots and their morale as they went out on missions."

Since chaplains are non-combatants who are not permitted to bear arms, chaplain assistants are also responsible for their protection while in the field.

Many of the chaplain assistants feel that being able to help others by working closely with

the chaplains is the most rewarding part of their job.

"I love working with the chaplains. It helps you realize that even though they're close to God, they're real people," said chaplain assistant Airman Jessie Square. "They're down to earth and treat people as equals."

"I'm amazed that we get to work for the church and the Air Force at the same time," added Airman McClellan. "It just can't get any better than that."

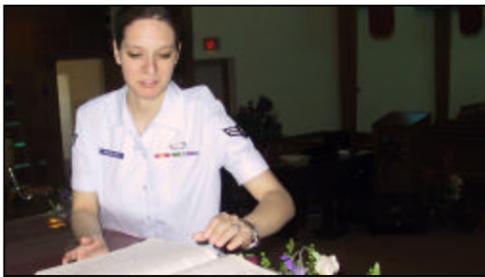


Photo by 2nd Lt. Ellen Harr

**Airman 1st Class Crystal McClellan, 82nd Training Wing Chapel, checks to make sure the Bible is in place for the chaplain.**

## Provider of the quarter



Courtesy photo

**Tina Lytch works on an art project with her daycare children, Alyssa Frisby, Alexys Roderick, Connor Davis, Abby Davis, Shelby Root and Cord William. The 82nd Mission Support Group recently recognized**

**Mrs. Lytch as Sheppard Air Force Base's Child Care Provider of the Quarter for October through December, 2003 She has run a home day care for three years at Sheppard.**

## Air Force saves native remains

By Master Sgt. Tim Hoffman  
Alaskan Command Public Affairs

ELMENDORF AIR FORCE BASE, Alaska (AFP) -- Quick action and the use of high-tech radar at an old radar site allowed an Air Force team to find 15 unmarked graves of Alaska natives that were in danger of being washed out to sea this winter.

Earlier in the year, the rural village of Port Heiden, Alaska, saw their old graveyard get torn apart by a winter storm.

"The first big wave took out the cross that marked the grave, and the second took the coffin out to sea," said Gerda Kosbruk, the village administrator for Port Heiden.

She and the other 100 or so members of this traditional Alutiiq community watched as six gravesites in the old town cemetery were washed into Bristol Bay by a storm in late November. The savage storms and high tides of the Bering Sea in the early 1980s had forced the village to relocate several miles inland, but the old cemetery along the ocean bluffs had never been relocated.

Now, a winter storm and a high tide forced the residents of this remote village to spend their Thanksgiving Day moving remains from the old cemetery that were still in danger of being washed away.

"It was traumatic for all of us," said Lynn Carlson, mayor of Port Heiden. "It was a job no one wanted to do, but we had to do. We relocated all the remains to the new town cemetery."

The village is only accessible by a gravel airstrip or by water in the summer. So no one could help them with the task. They did it on their own using "a dozer, shovels, rakes -- whatever we could find," Ms. Carlson said.

Residents were also concerned about another cemetery and a possible mass gravesite that was thought to be located on an old Air Force radar site about a quarter mile down the coast.

"The mayor immediately contacted the state," said 1st Lt. KayLynn Meeker, 611th CES chief of environmental planning.

The Alaska Department of Emergency Services then held a meeting in Anchorage that brought together 17 state and federal agencies to find a way to help save the remaining sites.

"It became clear that it was the Air Force's responsibility to protect the grave sites under the Native American Graves Protection and Repatriation Act," said Lieutenant Meeker. "We decided the best way to protect them was to move them."

However, time was a problem. "We had to move fast," said Maj. Marc Hewett, 611th Civil Engineer Squadron's environmental flight commander. "They were predicting another 24-foot high tide right before Christmas and we were not sure where or how many graves might be there. There were no written records, only the oral history of the village."

"My great grandpa told me of the Spanish flu epidemic around 1918," Ms. Kosbruk said. "He talked about how he froze his feet helping bury everyone. No one kept an exact count, but there is said to be a mass grave of 200 people some where on or near the Air Force site."

Air Force historians had been working on an on-going history project for several years on the cemetery before this crisis. A search of the documents found territorial records showing 21 people died of the Spanish influenza. So they knew they were looking for a mass grave, they just did not know exactly how many remains would be found in it, Major Hewett said.

To speed the process of finding the gravesites the Air Force team brought in two contract forensic archeologists and a new ground-penetrating radar to supplement their in-house staff.

"There was an old chapel on the site, so that was the logical starting point," Major Hewett said.

The Air Force team arrived Dec. 17 and by Dec. 23, they had found eight sets of remains.

"The ground-penetrating radar was a great tool," said Karlene Leeper, 611th CES cultural resources program manager. "It wouldn't necessarily show a gravesite on the display screen, but it would give indications of previous ground disturbances and a better idea where to dig."

The radar sat on a baby carriage-sized platform and took an image just a foot or two wide and about eight feet deep.

"The only other way to search is to dig test excavations, which is not the most efficient method in this type of environment," Ms. Leeper said.

The area usually has mild winters, but not this year. The team had to battle cold temperatures and strong winds that combined to send the wind chill to minus 45. Plus, several large packs of wolves, some numbering up to 30, had been reported by Port Heiden residents. Luckily, no wolves were seen, but the howling coastal wind did take a toll.

"We had to take breaks every 45 minutes," Ms. Leeper said. "We tried to warm up the best we could, but with only six hours of daylight we didn't want to waste too much time. Thankfully, everyday someone from the village checked on us and always brought something to eat or drink -- coffee cake, soup; it was wonderful. Their support was tremendous."

The Air Force team, confident they had found all the sites near the bluffs, took a break for Christmas. They returned Jan. 5 and exhumed seven more sets of remains, but found no mass gravesite.

After searching nearly a square acre, their efforts were considered complete Jan. 11. All the remains were put in simple coffins and turned over to village for reburial.

"It's disappointing we were not able to find the mass grave site," Major Hewett said. "That means the site is likely not on Air Force property, was disturbed earlier, or already washed away."

Although the team did not find the mass grave, they did find understanding from the community.

"We appreciate their efforts and their constant communication with us," Ms. Carlson said. "They consulted us and kept us informed. They even took the time to give a demonstration of the ground-penetrating radar to the high-school students and explained their project to them. Sometimes it's hard to get government agencies to act at all, let alone act as fast as the Air Force did. So we all thank them for their efforts to help." (Courtesy of Pacific Air Forces News Service)

**Be smart. Stay safe. Don't drink and drive.**

# Shhh...

## Hush House quiets noise

By 2nd Lt. Brooke Brander  
Base public communication

It looks like all the other hangars dotting Sheppard landscape except for its small size and the low hissing that emanates from inside like an overgrown snake.

The Small Aircraft Noise Suppressor System, or Hush House as it's better known, is where the 80th Flying Training Wing T-38s go for their functional checks before they're allowed back in the skies over Texas and Oklahoma.

The Hush House is located with the 80th FTW and is nestled among the aircraft maintenance hangars at the end of the runway.

Sheppard opened the House in 1995 and its purpose is to reduce the noise levels of the T-38 jet engine during functional checks for regularly scheduled maintenance as well as pilot reported discrepancies, keeping the noise level down for the communities surrounding Sheppard.

"This facility allows us to run the jets in the same conditions they [pilots] do out at the end of the runways without noise," said LeRoy Kalbflieth III, flight line support flight supervisor with Lear Siegler Inc.

A jet engine is loud, especially in after burner, but standing outside the Hush House one would never know just how loud a jet engine really is.

Capt. Jennifer Davis, 82nd Medical Operations Squadron chief of audiology services said a jet engine in after burner creates 140 decibels of noise.

"At 140 dBA, you are on the thresholds of pain. It is so loud it hurts, and can cause the bones in the middle ear to literally shake apart," explained Captain Davis.

Vital Link Inc., manufacturer of Aircraft Noise Suppression Systems said on their website that the Hush House reduces that 140 dBA to about 80 dBA creating the House's distinctive low hissing noise.

It's main purpose may be to keep the noise levels down for those living near and around Sheppard, however, the House also serves as a shelter for the mechanics as well as increases production and efficiency by allowing the crews to work during the early morning hours and late into the night without disturbing the surrounding communities.

"It's a lot easier to change an AB plug in here when, you know, it's 20 degrees there and it's kinda nice in here," said Randy Synder, senior

engine mechanic with LSI. "And when it's real hot, you've got the shade."

Before the Hush House, maintenance operations had to stop by 10 p.m. because the engines were too loud to run outside late into the night, said Mr. Kalbflieth.

Today the House operates from 7:30 a.m. to 12:30 a.m. during normal workloads, but during increased workloads will go to near 24-hour operations Monday through Friday.

It's the House's ability to reduce jet engine noise, providing quiet for the community, which allows the crews to work more hours and turn out more jets, jets that are vital to the training mission of the 80th FTW.

"It's a sense of pride," said Mr. Kalbflieth. "There's nobody I know of who doesn't like to watch an airplane take off and land. When you know that our team at Sheppard are the ones that maintain and provide safe aircraft for the pilots to fly...that's why we do this."



Photos by Mike Litten  
(Top) An LSI crew member performs a diagnostic check T-38 flight instruments in the Hush House. (Left) A T-38 backs into the Hush House. The Hush House reduces the noise of the after burner from 140 decibels to about 80 dBA.



## Firefighters keep flames at bay, tent city safe

By Capt. Brus E. Vidal  
376th Air Expeditionary Wing  
Public Affairs

MANAS AIR BASE, Kyrgyzstan -- Sixty seconds. Just 60 seconds is all it takes for a fire to decimate a tent in a deployed environment.

But the 376th Air Expeditionary Wing's team of firefighters is here to prevent that from happening. The team

has many missions, but fire prevention is the most critical so the team never has to practice their ultimate discipline, fighting fires.

"Our mission here at Manas Air Base is to protect the lives and property of all the personnel assigned to the 376th AEW," said Master Sgt. Juan Salas, the team's noncommissioned officer in charge.

The department is divided into two different teams, one for the tent city side and one for the flightline side, and its airmen hail from Holloman Air Force Base, N.M., and McChord AFB, Wash.

The tent city team is responsible for all tent city assets and responds to suspicious package situations, working arm-in-arm with explosive ordnance dispos-

al and security forces teams.

There is also one full-time tent city fire inspector. He inspects every tent at least once a month. Sergeant Salas said the inspector looks for anything in tents that might pose a threat -- clutter, overloaded electrical appliances and heaters.

"The facilities that we live in are very, very flammable," Sergeant Salas said. "If a tent caught fire, it would be gone before we were even notified and you could expect two or three other tents close to it to be up in flames by the time we got there."

"We'd contain the fire, but our main concern would be the rescue of personnel, preventing additional tents from catching fire, then putting the fire out -- life safety, exposures, then the fire," he said.

With the potential for more explosive situations existing on the flightline side, everything over there is bigger, including the trucks, according to Sergeant Salas. They staff three new, 3,000-gallon crash trucks and one rescue truck, and can fight any type of fire including a large aircraft crash. The team also handles all in-flight emergencies and responds to fuel spills and structural fires on the flightline side.

An in-flight emergency could involve any type of situation a pilot might encounter, including hydraulic and engine failures. Once a troubled aircraft lands, firefighters take necessary emergency actions and, if need be, extract aircrew from the aircraft.

Sergeant Salas considers this one of their most critical tasks, and they practice those skills weekly for Manas' organic assets -- the KC-135 Stratotanker and C-130 Hercules. He said they also familiarize themselves with other types of aircraft that transit the base. Practice and training are critical because nearly 80 percent of the firefighters are first-term airmen, many of whom come here well-trained but with little or no experience on the aircraft here.

"We have a lot of young, first-term airmen here, E-4s and below," Sergeant Salas said. "The inexperience is a unique challenge and we have a lot of airmen filling roles that they wouldn't normally see for another three or four years at a stateside base, so they've had to mature very quickly."

"But, we've actually had some fantastic results with these folks filling these advanced positions and our team has grown into a strong unit," he said.

That success stems from a robust training program. Firefighters from the current air expeditionary force rotation have completed a collective 35 career development courses and earned 18 certifications. They account for nearly 90 percent of the learning resource center's business here.

"These young troops are quite motivated. They're hitting the books really hard and trying to learn all they can in rapid fashion," Sergeant Salas said. "My hat's off to them because

they, along with the staff sergeant supervisors assisting them, do an outstanding job."

And there are only four staff sergeants here. Rene Garza is one.

"I've been an Air Force firefighter for eight years and this is the most challenging environment I've been in," said Sergeant Garza, who was also deployed here last year when he had nine staff sergeants senior to him. "I'm like the third ranking staff here now, so it's a totally different dynamic."

"We have airmen here who were only on home station for three or four months before they deployed -- still in their first (Career Development Courses)," he said. "It's important to have everyone completely trained. That way we have a complete fire department rather than one full of guys who are only good for one thing -- riding on the back of the truck."

"We need them to do more than that," Sergeant Garza said.

The constant training and lots of study time during 48-hour shifts ensures that all airmen of the young team can absolutely do more than that, and in rapid fashion. According to the youngest of those young airmen, 19-year-old Airman Zachary Trimble, there is no better place to learn than here.

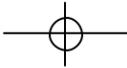
"(Almost all the airmen here have) taken their CDCs, so they're all gung-ho about helping me out," he said. "I have no distractions and nothing to do with my spare time other than study, so it's been really good for me and my career."



Photo by Capt. Brus E. Vidal

Senior Airman Steven Kuzel practices cutting through a metal obstruction with a K-12 cutting saw at the flightline fire station at Manas Air

Base, Kyrgyzstan. Airman Kuzel is assigned to the 376th Expeditionary Civil Engineer Squadron.



Sheppard Senator

Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander



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Conservation Corner

Saving our water source

It's not just a part-time program



By Sam Hagins

82nd Civil Engineer Squadron

We usually think of water conservation during the spring and summer months due to local water restrictions that affect irrigation and car washing.

However, because of continual low water levels at our local reservoirs, water conservation has become daily practice.

While conserving water in the winter can be challenging, there are things you can do within your home to help.

During cooler months, November to February, the City of Wichita Falls provides residents with helpful tips on how to conserve water.

These tips and Wichita Falls' water ordinance can be found on the city's home page at www.cwfix.net.

Winter water conservation tips

While brushing your teeth, do not let the water run. Only use the water when you rinse.

If needed, replace your old showerheads with low-flow showerheads (two and a half gallons per minute.) Showers use less water than tub bathing.

If you live in base housing, you already have low flow showerheads. However, new ones are available at the Self Help Store if you need them.

While washing hands, don't let the water run. Turn the water off while scrubbing then on for

rinse.

If washing dishes in a sink, do not let the rinse water run. Only turn the water on when you are ready to rinse. If you use an electric dishwasher, only wash dishes when you have a full load.

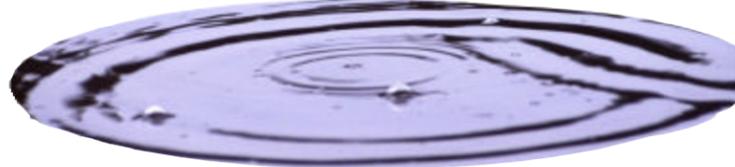
When washing clothes, always use the load size selector on your washing machine.

Toilet leaks can waste up to 7,000 gallons of water per month. Checking for leaks is simple: Add a few drops of food coloring to the tank, but don't flush. If in a few minutes the color appears in the bowl, you have a leak.

Leaking faucets are obvious. However, the amounts of water they lose are not. A slow drip can lose 350 gallons per month, a fast drip can lose 600 gallon per month, a slow stream can lose 2,700 gallons per month, and a fast stream can lose 5,000 gallons per month.

Actively pursue and repair all leaks in your home. The small cost of repair will pay off quickly. If you live in base housing, call housing maintenance at 6-1857, and they will promptly fix your leak.

With your help, we can reduce the amount of water we needlessly waste if we observe these simple conservation measures. For more information about conservation programs, contact the program manager, Sam Hagins at 6-5689.



Submit your questions and concerns to [action.line@sheppard.af.mil](mailto:action.line@sheppard.af.mil) or call 6-2000.

Your submission may be printed in The Sheppard Senator.

Commander's Corner



Photo by Sandy Wassenniller

Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, presents the Non-commissioned Officer of the Quarter Award for the second quarter of 2003 to Staff Sgt. Cary Hamar, an instructor from the 365th Training Squadron.

What do you expect? This year, expect more!

By Brig. Gen. Arthur Rooney Jr.

82nd Training Wing commander

I occasionally hear people use the phrase, "What did you expect?"

This is usually just after the person has explained the failure of some project or task, goal or benchmark. The problem with "What did you expect?" is that it automatically pre-supposes a certain outcome...like the breakdown was imminent or some sort of divine fate.

I prefer to think, "What do you expect?"

Thinking in the "do you" realm is action; it's forward-looking. "Did" is past tense; the outcome is a forgone conclusion not worth trying to overcome.

When you expect to succeed, when you expect the best, when you are "excellent in all you do," you'll find that obstacles are merely bumps in the road that do little to change your course. This isn't a warm and fuzzy ideology; it's hard science.

In a recent Wall Street Journal article, Sharon Begley chronicled the newest research on the "expectation effect" or "Pygmalion effect." Simply put, scientists have proven time

and time again the expectations we have of students, athletes, workers and even laboratory mice have a direct effect on their performance.

One study Ms. Begley cited is of particular importance to Team Sheppard and the Air Force.

In one experiment, elementary-school teachers were told that one particular group of students scored high on an aptitude test and were identified as having attributes that would lead to great academic success.

After a few months, this group achieved "significant gains over the other students."

You can probably guess the punchline: There was no test!

In fact, the group of students that teachers thought were extraordinary included children from every ability level. They were just like any ordinary classroom.

"The only difference was in the mind, and expectations, of the teacher," said Dr. Robert Rosenthal, one of the researchers in the study and professor of psychology at the University of California-Riverside.

In fact, the Journal reports that 479 different studies have found that teacher's expecta-

tions affect student performance. These expectations can be communicated overtly, or through nonverbal, often subconscious and unintentional cues.

When teachers expect students to excel, they unknowingly become partners in their success by teaching with warmth and excitement.

As the Air Force's largest technical training center and home of the best-trained fighter pilots in the world, Sheppard is a prime location to test these theories your self.

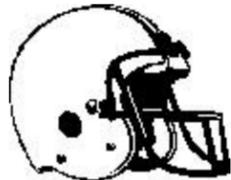
Teach and lead to the highest level — not the lowest common denominator.

Expect more from yourself physically and mentally. Jog that extra mile, read an extra page.

Believe in your students and believe in your mission. Your attitude and expectations will show through your work whether you know it or not...research proves it.

This New Year I challenge you to expect more from your students, co-workers, subordinates and yourself.

What do you expect in 2004? Our core values have already outlined your expectations: "Excellence in all we do!"

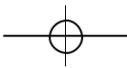


Super Bowl Soundoff



Which team do you want to win the Super Bowl?

0	30	40	50	40	30	2
"I hope the Panthers win," ~ Navy Dental Technician 2nd Class Henry Traciea, 381st Training Squadron	"I'm only watching to the commercials," ~ Tech. Sgt. Les Nelson, 366th TRS	"Who's playing?" ~ Capt. Judith Houk, AFIT student at Midwestern State University	"I think New England will win," ~ Chief Master Sgt. Andrew Copeland, 363rd TRS	"I hope the Panthers win, they play a good game," ~ Betty Fisher, author of "Wit, Will and Walls"		
2	30	40	50	40	30	0



# Sheppard Senator Sheppard Digest Jan. 30, 2004 8

## Now showing



**Paycheck (PG-13)**  
**Today and Thursday at 6:30 p.m.**  
 Ben Affleck, Aaron Eckhart - Michaels sets out to find the truth about why his memory was erased. He's got only 19 items to jog his memory.



**The Last Samurai (R)**  
**Today at 9 p.m., Saturday at 7 p.m. and Sunday at 4:30 p.m.**  
 Tom Cruise, Ken Watanabe - A 19th-century American military officer travels to Japan to help organize and teach the emperor's troops.



**Mona Lisa Smile (PG-13)**  
**Saturday and Sunday at 2 p.m.**  
 Julia Roberts, Julia Stiles - Katherine teaches Art History at Wellesley College and takes on the establishment.



**Something's Gotta Give (PG-13)**  
**Saturday at 4:30 p.m.**  
 Jack Nicholson, Diane Keaton - Harry generally dates younger women. His world is turned upside-down when he has a heart attack while visiting his girlfriend's home.

## Sheppard Spotlight 15 lines of fame

- Name:** Kalaeone Needham
- Rank:** staff sergeant
- Organization and position:** 362nd Training Squadron, F-16 crew chief instructor
- Hometown:** Hilo, Hawaii
- Married or single (include your family if you'd like):** Married
- Hobbies or favorite thing(s) to do in your free time:** Having a good time with friends and family.
- Funniest childhood memory:** Trying to surf too big of a wave, then getting pounded by the wave and ending up losing everything on me!!!!
- Why did you join the Air Force?** To better myself as an individual and for the reward to being a part of the Air Force.
- Why do you stay in the Air Force?** For the reward of self-improvement and being able to get an education.
- Date Arrived at Sheppard:** October 2002.
- Most rewarding aspect of your job:** Being able to share my experiences with the students and watching the progression of all students from day one until graduation and most of all being a part of that!
- Favorite book or movie:** "American Wedding."
- What is your dream vacation?** I believe there is no better place than home. And that is always my top vacation spot.



**Staff Sgt. Kalaeone Needham**

**14. If you could be anyone for one day, who would you be?** The president.

**15. Most prized possession:** I am told that family is not considered a possession, but I believe that family is definitely the most prized possession I could ever have.

## Chapel Schedule

### Worship Services

**Catholic services**  
**Saturday**  
 Confession: 4 to 4:30 p.m. (north chapel)  
 Mass: 5 p.m. (north chapel)  
**Sunday**  
 Mass: 9 a.m. and noon (north chapel)  
 Religious education: pre-kindergarten through adult: 10:30 to 11:40 a.m. (Bldg. 962)  
 RCIA: 6 to 8 p.m. (Bldg. 962)  
**Daily Mass**  
 Monday and Wednesday: 11:30 a.m. (south chapel)

### Protestant services

**Sunday**  
 Sunday school: pre-kindergarten through adult, 9 a.m. (Bldg. 962)  
 10:30 a.m. community worship (north chapel)  
 10:30 a.m. inspirational gospel worship (south chapel)  
 10:30 a.m. Holy Communion Worship (Solid Rock Café)  
**Protestant Parish Ministries**  
 Protestant Men of the Chapel: Saturday, 6:30 a.m., (south chapel)  
 P M O C  
 Breakfast/Fellowship Feb. 14, 8 a.m. (Golden Corral)

Weekday Bible studies: Tuesday, 6 p.m. and Thursday, noon, (south chapel)

**Protestant Religious education**  
 Sunday school classes, 9 a.m. (Bldg. 962)  
 Tuesday Bible study, 6 p.m. (south chapel)  
 Thursday, noon Bible Study, lunch provided (south chapel)  
 Protestant Women of the Chapel Thursday Bible study, 6 p.m.  
 Protestant Men of the Chapel Tuesday Bible study, 6 a.m.

**For more information, call 6-4370.**

**Submit your organization's announcements to sheppardsenator@sheppard.af.mil.**

## Community

**Movies, popcorn at Lake Texoma**  
 Lake Texoma will have a free movie and popcorn afternoon Saturday beginning at 1 p.m. For more information, call (903)523-4613.

### Tops in Blue

The U. S. Air Force's Tops in Blue will perform at the Memorial Auditorium Feb. 6 at 7 p.m. Tops in Blue is also looking for talented people for the March 14 - 22 show. The applications are in the 82nd Training Wing Public Communication Marketing office, Bldg 400. Applications for competing in the Air Force Worldwide Talent Contest must be submitted to Headquarters Air Force Services Agency by Feb. 10.

### Club activities

**Super Bowl Tailgate party**  
 The Enlisted Club will host a Super Bowl party Sunday beginning at noon. Grilling will begin at 2 p.m. in the parking lot with a selection of ribs, chicken, polish sausage, corn on the cob, potato salad and fresh rolls. The cost is \$5 for members and \$10 for non-members. Games, festivities and beverage specials will begin at 3 p.m. For more information, call 6-2083.

### ITT

**Dallas Stars hockey tickets**  
 Dallas Stars hockey tickets are now available through ITT. For more information, call 6-2302.

**Today - San Jose at Dallas**

**Six Flags season passes, hotels**  
 ITT is currently selling Six Flags season passes for \$49. They also offer discounted rates at the Sheraton Market Center Dallas for \$54 per night, the Westin City Center Dallas for \$89 per night, the Adams Mark Hotel Dallas for \$89.00 per night, the Holiday Inn Select North Dallas for \$55 per night,

the Red Roof Inn DFW Airport for \$39 per night, the Fairfield Inn Las Colinas for \$44 per night and the Fairfield Inn's Jacuzzi Suite for \$54 per night. For more information, call 6-2302.

### Student stuff

#### FITS

Every Saturday, the south fitness center offers activities for students as part of a fitness incentive program.

**Saturday** - A free 3-on-3 basketball tournament is scheduled to begin at 10 a.m. at the south fitness center. During inclement weather, other activities will be scheduled. For more information about FITS, call 6-2792.

### Student ministry

#### Solid Rock Cafe (Bldg. 450)

Monday through Thursday, 7:30 a.m. to 9:30 p.m., Friday, 7:30 a.m. to 11:30 p.m., Saturday, 1 to 11:30 p.m., Sunday, 1 to 9:30 p.m.

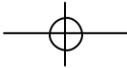
Sunday Protestant Bible study, 4 p.m.

Contemporary Praise Worship Service, 5 p.m.

Holy Communion Worship, 10:30 a.m., Praise and Prayer, Wednesday, 8 p.m.

Students Awaiting Training classes, Tuesday and Thursday, 8:15 to 10 a.m. Chapel Ropes Meeting, Tuesday, 11 a.m. to noon and 4:15 to 5 p.m. Parents and Tots, Monday, 1:30 to 2:30 p.m. and Tuesday, 10 to 11 a.m. Praise Band Rehearsal, Saturday, 10 a.m. to noon Solid Rock Saturday Meal, 6:15 p.m. Feb. 6.

**Catholic Services**  
 Tuesday, Mass 5:15 p.m., Thursday, Mass 11 a.m.



Falcons win eleven straight games



See Page 3B

# Sheppard Sports



Sergeant deploys to desert with casino

See Page 3B

Vol. 57, No. 4

January 30, 2004

## USMC driver Bobby Hamilton Jr. visits Quantico

Story by Sgt. Jimmie Perkins

MARINE CORPS RECRUITING COMMAND QUANTICO, Va. – Bobby Hamilton Jr., driver of the No. 25 Team Marines car in the NASCAR Busch Grand National Series, posted the best finish ever for a Marine Corps sponsored team, last year. He placed 4th overall, just 49 points behind champion Brian Vickers.

To kickoff the 2004 Busch Series racing season, Major General Christopher Cortez, Commanding General, Marine Corps Recruiting Command, Hamilton Jr., and members of Team Marines Racing sponsored a special event here on January 23. During the event, a highlight reel from the 2003 race season was played, there was a question and answer session, and Hamilton Jr. signed autographs and posed for pictures

for the more than 100 race fans who attended.

"Being associated with the Marine Corps is different than any other sponsorship because of the larger extended family that the Marine Corps is," said Hamilton Jr. "When we go anywhere in the world there is a Marine thanking us for what we do out there on the track, and I have to stop and say, 'Thank us - no, thank you.'"

Hamilton Jr. also took the opportunity to let his fans know they would be seeing the Team Marines car out in front often this season.

"With the way we finished last year and the team we have put together I think we have what it takes to win the Busch Series," said Hamilton Jr.

Hamilton Jr. is not just all talk, his strong second half performance last season has made him one of the favorites to win the

2004 Busch Series Championship. Hamilton Jr. won four races last year, tied for the most wins by any driver in the Busch Series and the most wins ever by any driver of a Marine Corps sponsored car. He also posted 22 top-ten finishes during the 2003 season.

Hamilton Jr. takes his responsibility of representing the Marine Corps very seriously and even looks upon the Marine Corps for inspiration.

"We built our team towards the teamwork that we see throughout the Marine Corps. That is the secret to our success," said Hamilton Jr.

For more information on Team Marines, visit their web site [www.teammarinesracing.com](http://www.teammarinesracing.com) or look for updates on the Marine Corps Recruiting Command web site [www.mrcr.usmc.mil](http://www.mrcr.usmc.mil).



Bobby Hamilton Jr., left, signs autographs during a special Team Marines presentation held aboard Marine Corps Base, Quantico, Va., January 23. The event was held to kick off the 2004 Busch Series race season.

### Sports Briefing

#### Wing run/walk Feb. 12

The next wing run/walk is scheduled for 6:30 a.m. and 3:30 p.m. Feb. 12.

All Team Sheppard members are required to participate in either running or walking.

#### Bodybuilder comes to BX

Muscletech celebrity, Angel Teves-Aiwahi, is coming to sign autographs from 1 to 3 p.m. Saturday at the base exchange.

#### Lose weight with TOPS

People who are interested in losing weight, can join TOPS, or Take Off Pounds Sensibly, at 6 p.m. Thursdays at the health and wellness center.

People can call Vernie Nordstrom at 855-4308 for more information.

#### Lil' Sluggers registration

Registration has begun for Lil' Sluggers at the Madrigal Youth Center for 3- and 4-year olds.

Lil' Sluggers is a program that teaches kids the fundamentals of baseball while their parents help teach them.

The class will start in April, and the cost is \$25 per child.

#### First Shooter's Soccer registration

Registration has begun for First Shooter's Soccer at the Madrigal Youth Center for 3- and 4-year olds.

First Shooter's Soccer is a program that teaches kids the fundamentals of soccer while their parents help teach them.

The class will start in March, and the cost is \$25 per child.

#### New base running route

All Sheppard Training Groups will switch to a temporary physical readiness training route on Feb. 2. This change will be in effect until the completion of a new running track scheduled for May 15.

Roads will be blocked from 9:20 to 10 a.m. and 5:15 to 6 p.m. every Monday, Wednesday and Thursday.

Team Sheppard members need to be aware of the road closing times and find alternate routes to their destination. Also, security forces officials will stress the PRT route is off limits to all motor vehicles except emergency vehicles displaying lights or sirens.

This temporary route begins on 5th Avenue and Avenue G between Bldgs. 526 and the new fitness center.

From this point, airmen head north along Avenue G until they reach 9th Avenue. The route then turns right and proceeds east along 9th Avenue. Upon reaching Avenue J, airmen turn left and proceed north along Avenue J. When the runners reach 10th Avenue, they turn right and proceed to the termination point, just past the fire station toward the flight line.

The airmen continue running on this route until the run is terminated.



Photo by Senior Airman Chris Powell

Brian Baird (Right), a Start Smart coach, leads his group through a stretching exercise while Robert Knight, (Left) 4, participates. The class teaches 3- and 4-year-old kids the fundamentals of basketball while their parents are with them, helping them with drills. There are still openings for the class, and the program costs \$25. People who are interested can call the Madrigal Youth Center at 6-2342.

## Start Smart program gives kids head start in basketball

By Senior Airman Chris Powell  
Senior sports editor

All Team Sheppard children are able to get some early basketball training thanks to a program at the Madrigal Youth Center.

The Start Smart program, which is now into its third class, is designed to give children, ages 3 and 4, the fundamentals of basketball while their parents are helping to teach them.

"This program is really good because it teaches the kids how to play basketball and teaches them social skills while getting closer to their parents," said Brian Baird, a Start Smart coach. "It's really great to see the older kids helping out the younger kids when they need help."

The way the program works is the coach shows the parents what exercise or drill is next and the parents help their child to learn it. In order for the kids to be in the class, the parents have to be there helping their child.

"The program gives parents an insight to how their children learn and play," said Benny Benavides, youth center director.

Some of the drills and exercises the kids go through are stretching, jumping jacks and some running. After they are all stretched out, they start dribbling, shooting and defense practice.

The cost of the program is \$25 and the kids get Start Smart t-shirt, a medal for completing the course and at the end, they get a hot dog party, said Benavides.

"We are really needing more coaches," Baird said. "A lot of people say they don't have the time, but if you really want to do something as important as this, you can make the time."

Other programs similar to the Start Smart program at the Lil' Sluggers and First Start Soccer. Registration for both are ongoing at the Madrigal Youth Center. Both programs cost \$25.



Photo by Senior Airman Chris Powell

Baird shows his students how to flick their wrists when shooting a basketball Monday during the Start Smart program.

## U.S. Soldiers win singles in bowling championships

Courtesy of Army News Service

LAS VEGAS – The two youngest Soldiers in the tournament stole the individual spotlight in the 2004 Armed Forces Bowling Championships contested earlier this month at Castaways Hotel, Casino & Bowling Center.

Spc. Casey Collins, 25, of Camp Carroll, Korea, and 1st Lt. Michele Barksdale, 26, of Fort Jackson, S.C.,

won the men's and women's Armed Forces singles championships.

For the first time ever, the Armed Forces Championships were contested in conjunction with the 2004 USA Bowling National Amateur Championships, which determine the 16 members of Team USA. Although the pairing in three daily flights eliminated the intensity of head-to-head competition between service members,

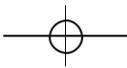
the military bowlers expressed delight in competing alongside the best amateur bowlers in America.

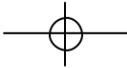
Collins won the Armed Forces men's singles title with an eight-game total of 1,693 and best game of 256. He finished 79th overall in the USA Bowling National Amateur Championship men's field of 141 bowlers. The top 32 made the cut to contend for spots on Team USA.

"There's no doubt in my mind that I can make Team USA, too," said Collins, grandson of a retired Army colonel whose family has owned bowling centers around Fort Bragg, N.C., for more than 50 years. "I will be back."

Barksdale prevailed in Armed Forces women's singles with an eight-game total of 1,612 and best game of 161.

See BOWLING, Page 3B





## Basketball

For more information, call 6-2972.

### Over-30 League

Team	Won	Lost	GB
366 TRS	4	1	--
360 TRS	4	2	0.5
82 SFS	4	3	1.0
82 MDOS	4	4	1.5
383 TRS	2	2	1.5
82 MSS/SV	1	4	3.0
365 TRS	1	4	3.0

### Student League

Team	Won	Lost	GB
882 TRS-A	5	0	--
365 TRS	4	2	1.5
366 TRS	4	2	1.5
364 TRS	4	2	1.5
360 TRS	3	3	2.5
361 TRS	2	3	3.0
363 TRS	2	4	3.5
362 TRS	1	5	4.5
882 TRS-B	1	5	4.5

### Permanent Party Division 1

Team	Won	Lost	GB
365 TRS	6	0	--
82 MDOS/MDSS5	2	2	1.5
382 TRS	4	3	2.5
80 OSS	1	3	4.0
366 TRS	1	3	4.0
361 TRS	1	4	4.5
362 TRS	1	4	4.5

### Permanent Party Division 2

Team	Won	Lost	GB
82 CES	6	0	--
187th MBN	4	2	2.0
82 MSS/SVS	5	3	2.0
82 SFS	3	3	3.0
82 CPTS	2	5	4.5
82 CS	0	7	6.5

### Bowling

For more information, call 6-2170.

#### Combo bowling held every Thursday

Combo bowling will be held every Thursday at 12:30 p.m. at the south lanes. For more information, call Donna Dobbins at 569-2430 or Vivian Umlah at 569-1619.

#### Rock It Bowl at the north lanes

A glow-in-the-dark Rock It Bowl takes place every Friday and Saturday night from 5 to 11 p.m. at the north lanes.

### Bowling League

Team	Won	Lost
82 COMM "A"	99	37
365 TRS "C"	96	40
363 TRS "Ammo"	82	54
365 TRS "B"	80	56
365 TRS "D"	78	58
882 TRG	77	59

Team	Won	Lost
80 FTW "A"	76	60
362 TRS "B"	76	60
366 TRS "A"	75	61
364 TRS "A"	75	61
Bowling Pro Shop	72	56
82 CES	71	65
360 TRS	70	66
187 Med Bn	68	68
362 TRS "A"	68	68
382 TRS "A"	68	68
82 CPTS	67	69
383 TRS	66	70
82 MSS/SVS	65	71
381 Med Red	65	71
382 "BMET"	64	72
82 Services Squadron	62	74
361 TRS	62	74
363 TRS Armament	60	76
364 TRS "B"	47	89
82 SFS	36	100
82 CS "B"	36	92
80th OSS	35	101

### Fitness center

For more information, call 6-2972.

#### Aerobic offers classes

The aerobic center, located in the south fitness center, offers coed aerobics classes seven days a week.

#### Abdominal class

Monday, Wednesday and Friday at 11 a.m. Monday through Friday at 8 p.m.

#### Aerobics

Monday at 7:15 a.m.

#### Step aerobics

Tuesday and Thursday at 5:30 a.m.

#### Body pump

Tuesday and Thursday at 9:15 a.m. Thursday and Saturday at 11:30 a.m.

#### Yoga and pilates

Monday and Wednesday at 10:15 a.m. Wednesday at 5 p.m. Thursday at 6 p.m. Saturday at 3 p.m.

#### Basic step

Monday, Wednesday and Friday at 7 p.m. Sunday at 2 p.m.

#### Kickboxing

Tuesday and Thursday at 7 p.m. Sunday at 3 p.m.

#### Intermediate step

Saturday at 10:15 a.m. Wednesday at 6 p.m.

#### Advance step

Monday, Tuesday at 5 p.m.

#### Combo step

Monday, Wednesday and Friday at 11:30 a.m.

## Youth center

For more information, call 6-2342.

#### Little league board members

Anyone interested in serving on the Madrigal Youth Center Little League board of directors or in volunteering to coach a youth baseball or softball team should call Benny Benavides or Marty Sparkman at 676-2342.

There will be 28 teams available starting with children ages five to sixteen.

#### Operation Night Hoops

Operation Night Hoops registration is from Feb. 16 to March 16 at the Madrigal Youth Center for ages 13 to 18.

Registration requirements are a current physical, proof of age, a completed Air Force Form 1181 and a fee of \$15 for members, \$20 for non-members and \$25 for civilians.

Each participant must attend an educational class to play.

#### Night Hoops volunteers

There are several volunteer positions that need to be filled for Operation Night Hoops.

The positions are: social planning committee, photographer, sports writer, score keeper, teen sports director, apprentice coach and an announcer.

#### Body development class

There is a body development class at the Madrigal Youth Center for youth ages 13 to 18.

People can still register, and the cost is \$20 for members and \$25 for non-members.

## Air Force shuts down BYU

*Falcons win school-record 11 consecutive games.*

Courtesy of the Air Force Academy

AIR FORCE ACADEMY, Colo. - Nick Welch scored 20 points on 9-of-10 shooting to lead Air Force to a 74-52 romp over BYU on Saturday.

A.J. Kuhle added 14 points, Tim Keller 12 and Antoine Hood 11 as Air Force (13-2, 3-0 Mountain West) extended its winning streak to 11 games, a school record.

BYU (12-5, 2-2) was led by Mark Bigelow's 19 points. Rafael Araujo, the conference's leading scorer and rebounder, was held to 12 points and six rebounds.

The Falcons shot 73 percent compared to BYU's 43 percent.

Air Force - which entered the game with the nation's best scoring defense, limiting opponents to 46.6 points per game - held the Cougars 24 points below their season average.

Before a record Clune Arena crowd of 6,359, the Falcons never trailed, jumping out to a quick lead, expanding it to 42-19 at halftime and building as much as a 27-point lead in the second half.

Kuhle had 12 points and Welch 11 in the first

half as Air Force, using a 19-3 run, took a 23-point halftime lead. The Falcons outshot BYU 73 percent to 29 percent in the half.

Air Force hit its first six shots, including a pair of 3-pointers, while BYU was committing five turnovers as the Falcons forged a 14-4 lead.

Kuhle, Tim Keller and Marcus Jenkins all hit 3-pointers as Air Force stretched its lead to 23-10 midway through the half.

BYU scored the next six points, capped by Luiz Lemes' baseline jumper, to cut the deficit to 23-16 with 8:12 left, but Air Force responded with its 19-3 surge to close out the half.

Welch started it with a pair of driving layups. BYU's Mark Bigelow had a short jumper off the glass, but Air Force scored the next eight points, including Kuhle's layup on a pass from Hood.

Welch had another driving layup past Araujo for a 33-18 lead. Hood beat the shot clock with a 3-pointer and followed with a steal and a slam dunk at the other end for a 40-19 lead.

Bigelow scored the first five points of the second half to cut the deficit to 18, but Air Force countered with a 13-4 flurry, including two layups by Welch, for a 55-28 lead. BYU got no closer than 20 points after that.



Nick Welch shot 9-10 to lead the Falcons past BYU.

## TSTV schedule

Informative, educational and entertaining programming is available 24 hours a day, seven days a week on Team Sheppard TV, channel 14. In addition to Department of Defense productions, the base public communication office produces local programming exclusively for Team Sheppard.

For more information about TSTV or to share your ideas with the TSTV staff, please contact public communication at 6-1327 or check out our Web site at <http://www.sheppard.af.mil/82trwpa/default.htm>.

#### Communications and information hall of fame

This program honors communication leaders and communication contributions of enduring value to the air force and the communications career field.

Some highlights include the history of air force communication and information, contributions and the capabilities that are critical to the success

of today's and tomorrow's Air Force.

#### Doolittle

Lt. Gen. Jimmy Doolittle describes his April 18, 1942 raid on Tokyo, a raid that lifted the spirits of the nation, just four months after Pearl Harbor. Gen. Doolittle was interviewed at age 83 at Castle Air Force Base, Calif. His story is supported by historical footage and new aerial photography of a fully restored WWII B-25 medium bomber.

#### USAF Honor Guard Drill Team

Known as the ambassadors in blue, the United States Air Force Honor Guard Drill Team is an elite ceremonial unit chartered to support Air Force recruiting throughout the United States and overseas. They perform at venues large and small, in back country schools, in large city schools, state fairs, and professional sporting events.

**Want to quit smoking? Check out the smoking cessation classes at the health and wellness center. For dates and times, call 6-4292.**

**Be smart, don't drink and drive.**

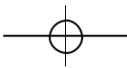




Photo by Tim Higgs  
**First Lt. Michele Barksdale of Fort Jackson, S.C., wins the women's singles division of the 2004 Armed Forces Bowling Championships with an eight-game total of 1,612 at Castaways Hotel, Casino & Bowling Center in Las Vegas.**

**BOWLING**

Continued from Page 1B

246. She finished 86th among 101 women in the three-day USA Bowling National Amateur Championships.

Daughter of retired Army Capt. William Barksdale, who barnstormed through many bowling alleys between battle stints in Vietnam and jumping from planes in Thailand, Michele has been hanging around the lanes with dad since she was 3.

From age 14 until 24, however, she quit bowling and dedicated her athletic abilities to basketball. After a successful career at Pemberton Township High in New Jersey, she made the Army women's post basketball team at Yongsan, Korea.

While lifting weights, Barksdale sustained three herniated disks in her lower back that prevented her from running and jumping. So she returned to her first athletic love and finished second in the 8th Army Bowling Tournament in Korea. Before long, she had earned a spot on the veteran-laden All-Army women's bowling team.

"I remember when Casey and I first came in [to All-Army bowling camp] and we were the youngest," Barksdale recalls. "They were saying things like: 'We have bowling shoes older than y'all.' So it really feels good to beat them all."

"We may be the youngest, but we're the winners."

Navy ET1 Bessie Lowery (1,607) was second among Armed Forces women in singles, followed by Air Force Chief Master Sgt. Bobbi Boutwell (1,555) and Army Chief Warrant Officer Joyce Dawson (1,530) of Schofield Barracks, Hawaii.

Navy HM3 Johnny Bryan (1,680) was second among Armed Forces men in singles, followed by Air Force 1st Lt. Rickie Bannister (1,662) and Army Chief Warrant Officer John Wilson (1,619) of Fort Belvoir, Va.

Sgt. 1st Class Ken Reynolds of Schofield Barracks, Hawaii, and Sgt. 1st Class Don Oglesby of MacDill Air Force Base in Tampa, Fla., took fourth place in Armed Forces men's doubles.

Reynolds was Army's most consistent male bowler of the week, finishing tied for 62nd in the USA Bowling National Amateur Championships with a 24-game total of 4,682 (195 average). Joyce Dawson of Schofield Barracks, Hawaii, led the Army women in 70th place in the USA Bowling National Amateur Championships with a 24-game total of 4,334 (180.5 average).

After helping Army to third place in Armed Forces women's team competition Tuesday and finishing 10th in Armed Forces women's doubles and 23rd in Armed Forces mixed doubles on Wednesday, Barksdale figured she had nothing to lose by relaxing in singles competition on Thursday.

"It was the last day; I was like 600 pins down; and I wasn't making Team USA," she explained. "So I just went out and had fun. I figured out what was wrong and I fixed it. I just needed to relax and bowl my game."

"There was no pressure until the final game when my teammates started saying: 'If you have a good last game, you should win singles,'" Barksdale recalled. "The ball got heavy then."

Likewise, Collins, whose older brother Chris bowls on the PBA Tour, thought he put too much pressure on himself.

"I wanted it bad, really bad, to at least make the top 32 and try to make Team USA," Collins said. "That was probably part of my problem. I was pressing too much because mentally I'm halfway there. I will make Team USA and the PBA Tour someday because that's where I want to be. I'm going to catch a break somewhere."

**AF Falcons shoot highest smallbore rifle score in more than two years**

*Sophomore Chris Hill tied the school record in prone with a perfect 400*

Courtesy of the Air Force Academy

The rifle team hosted Texas Christian University at its final home meet of the season on Jan. 24. The Falcons defeated the Horned Frogs in both air rifle and smallbore rifle with a combined total of 6113 to 5881. The Academy fired a team smallbore score of 4615 to TCU's 4400.

The score of 4615 was the highest that the team has fired in over two years both home and away. The team was led once again by sophomore Chris Hill who fired an 1173/1200. Hill once again tied the school record in prone with a perfect 400 out of 400.

"It is getting to where we expect to see a 399 or 400 every match out of three or four of our shooters in prone," head coach Justin Broughton said.

The smallbore team was comprised of Hill, fellow sophomores Tim Siemer, Edward Gallagher and freshman Michelle Bonneau. Siemer had a solid 1148/1200 score while Gallagher shot his personal best 1157/1200. The surprise of the week and so far this year goes to Bonneau, who in her first smallbore event shot an 1137/1200.

"Bonneau has only been shooting smallbore for 10 days and is not even close to where she is going to be at the end of the season," Broughton commented. Though Bonneau comes from a solid three-position air rifle background, the smallbore rifle is a little different than she was used to. "She has taken the coaching and tips from the team internally and is learning at a remarkable rate. As each day goes by we are see-

ing distinct improvement in the performance levels of each team member." Celeste Green of TCU was second in the match with an 1170/1200.

In the air rifle event, Hill was the highest scorer of both teams with a personal best 387/400. Team captain Jason Waldow was second with a 380/400. The team was seventh last year at the NCAA Championships in the air rifle event. The team is looking forward to the return of junior Matt Colvin who is recovering from knee surgery in December. Colvin begins shooting air rifle again and plans to specialize only in the air rifle event, as that is where the team is weakest right now. The team hopes to continue the upward trend and avenge a pair of losses this year to UTEP when they travel next weekend to El Paso for the matches on Jan. 30-31.

"We anticipate seeing big improvements in the next week from Waldow and Bonneau in the small-bore event as well as a rebound in air rifle from Gallagher and the first match of the semester by Colvin," Broughton added.

The team is currently 4-9 in head to head and tournament competition. "Our win loss record is important to us in that we don't like to

lose, but we schedule most of the top-10 ranked schools in the nation during our season so that we know whom we have to contend with at the NCAA Championships," Broughton said. Right now, the team is focusing on continual improvement towards the NCAA Qualifier on Feb. 15 in Alaska.

"Our season record means nothing towards qualifying for the championships, only our performance in February. That is our full focus right now. Our matches between now and then are intended to give different team members first team experience and developing performance under match conditions," Broughton concluded.



**Sophomore Chris Hill fires a shot during the TCU and Air Force academy match. Hill tied the school record in prone with a perfect 400.**



Photo by Senior Airman James C. Dillard  
**Master Sgt. Thomas Shircel, of the 386th Air Expeditionary Wing, stands over one of the casino tables he helped build for the recreation center at a forward-deployed location.**

**Sergeant deploys with casino**

By Senior Airman James C. Dillard  
 386th Air Expeditionary Wing Public Affairs

SOUTHWEST ASIA (AFP) - As a child, Master Sgt. Thomas Shircel enjoyed sharing games of rummy with his grandparents, and playing black jack on his video game system.

Some years later, as a college student, his appreciation for casino games expanded to providing casino equipment for charity and social functions. He discovered that he enjoyed running the games more than he did playing them.

Sergeant Shircel is now a C-130 Hercules maintainer for the 386th Air Expeditionary Wing at a forward-deployed location. When he deployed from the 440th Airlift Wing in Milwaukee, the sergeant decided he was going to share his love for casino games with others.

Within two weeks of arriving in early December, he and services squadron workers began talking about a casino program.

"The recreation center is always looking for new and exciting ways to keep the base populace entertained," said Tech. Sgt. Reynaldo Bautista, from the 386th Expeditionary Services Squadron.

Services workers held their first casino game in early December with a black jack tournament.

Sergeant Bautista said the event was so well received, they decided to have another.

"That's when Sergeant Shircel came to us and offered his help and equipment," said Sergeant Bautista.

With the aid of workers from the 386th Expeditionary Civil Engineer Squadron, Sergeant Shircel put together two black jack tables. Staff Sgt. Stanley Esmena and Airman 1st Class Tina Hood, both from the 386th ESVS, helped build a roulette table as well.

Everything was put together just in time for a New Year's Eve Casino Night.

Sergeant Shircel said playing casino games here is a great way to get acquainted with other deployed people.

"This is the best opportunity to learn," he said. The sergeant said most people with experience are happy to teach others how to play, and there are instruction sheets listing the basic rules. "You won't lose a fortune playing here, and you might actually win something," he said.

When he returns home, Sergeant Shircel said he is leaving his casino equipment behind for others to enjoy.

"The more people donate things like this, the more fun people will have while they're here," he said.

**Don't drink and drive. For a ride home, call Airmen Against Drunk Driving at 6-AADD. Your life, someone else's life and your career aren't worth it.**



If you're not fit to fight, you should get back to the basics of running, sit-ups and push-ups.

## 10 tips for sticking to fitness resolutions

By Courtney Campbell  
5th Services Squadron

MINOT AIR FORCE BASE, N.D. (AFPN) – It happens every New Year. The gym fills up and aerobic classes overflow with new faces eager to make a change. Thousands of Americans will decide to get fit and lose weight, and what better time because the New Year is a time for new beginnings.

But by the time February rolls around, most of these New Year's "resolutionaries" will give up and wait to try it again next year. Why does this happen to so many people every year? We are a society that demands instant gratification and results, but deciding to make fitness a part of a New Year's resolution has to include a lifestyle change.

Sorry, but there are no short-term get-fit-quick plans.

Here are some tips to help you fight the urge to give up on this resolution.

First, change your attitude about fitness. All too often, people think of exercise as punishment – painful, time consuming and obligatory. If this is how you feel, you have already set yourself up for failure. Instead, think of it as a chance to unwind from a stressful day; a little time all to yourself and a way to improve your quality of life.

If you are a beginner, start small. Try walking for 30 minutes three or four times a week. Take the stairs instead of the elevator and park in the back row of the parking lot. Aerobic programs on many bases also offer a "getting started" class. Once you are ready to increase your fitness level and need more of a challenge, pick a sport or activity that piques your interest. Try a kickboxing class, use a rock climbing wall, or train for a five- or 10-kilometer run.

Choose an exercise buddy who will hold you accountable and help motivate and encourage you. If your buddy can't make a workout session, you should still go. Stay the course and get your workout done. Experts say anything done for 21 days is habit forming and when done for six months, becomes part of your personality. And don't forget, you will be motivating and encouraging your buddy at the same time.

Schedule your workouts as you would any other appointment and commit to them. Make it a convenient time like when the kids have left for school or as soon as you get off work. If your job allows you time to work out during the day, take advantage of the time. You will go back to work feeling rejuvenated.

Use the facilities you have around you, like the

base gym and its excellent equipment. There are always a variety of group fitness classes, including step aerobics, spinning, kickboxing, yoga and Pilates to pick from.

Set attainable goals for yourself and write them in a journal. Track your progress, workouts and meals in it. This gives you a visual record of your strengths and weaknesses and acts as a guide to show you where you need to work a little harder or make course corrections.

Reward yourself after attaining a goal. Buy a new pair of shoes for sticking to your first week of workouts, get a massage after you have lost your first 5 pounds, buy a new outfit for working up to 25 push-ups, take a vacation for dropping two clothing sizes. You deserve this.

If your goal is to lose weight, avoid getting on the scale day after day. Your weight fluctuates as much as eight pounds between morning and night. You may be retaining water or it may be that you have added on lean muscle mass, which weighs more than fat. Do an initial weigh in and taping, then repeat this every six weeks to check your progress. In between weigh-ins, depend on the mirror and the way your clothes fit to see if you are making positive strides.

Be prepared to work out whenever you have time. Keep a gym bag packed and readily accessible so you don't have to scramble before a workout. Pack your lunch to avoid the trip through the fast food drive through. If you get the munchies halfway through your day, load your office fridge with healthy snacks and water. Be prepared for minor setbacks that can hinder your workout and diet, like sickness or schedule changes. Make adjustments if you can, or simply pick back up where you left off.

Learn healthy eating habits. Eat at least five servings of fruits and vegetables and drink eight eight-ounce glasses of water a day. Switch to whole wheat and whole grain breads, rice and pasta. Also, eating a variety of healthy, natural foods helps the body to recover from workouts faster and allows you to train harder. Don't skip meals. It can slow your metabolism and hinder weight loss. Health and Wellness Centers have pamphlets on healthy eating.

Now it is up to you. Go check out what the gym has to offer, pick a couple of group fitness classes to participate in and stock your cabinets and refrigerator with healthy food choices. Don't be afraid to ask questions. If you are unsure about exercises or machines at the gym ask the staff for help. If you are not sure which aerobic class is for you, ask an instructor.

Go and do it. You will love the way you feel.

## Fit to fight

### How to get those washboard abs

By Airman David Johnson  
Physical trainer

Lately a lot of people have been coming up to me and asking me the difference between "toning" a muscle and strengthening a muscle.

Well, I'm here to tell you that physiologically there is no difference between toning and strengthening.

A lot of people are confused regarding the relationship between muscle strength, muscle tone, and muscle size. As muscle strength improves, muscle tone improves due to a greater density of the muscle fibers. The more consistent you are with working out you should notice a difference with your strength and muscle tone.

Everybody has the ability to increase muscle strength and muscle tone to some degree. Although, few people (male and female) have the

genetic capability to develop large muscles or the cut physique of the models we see in magazines.

To achieve the "buff" look, one must first develop reasonably significant levels of muscle mass while also simultaneously reducing the amount of fat under the skin. When this is accomplished, well-developed muscles can be seen under the skin.

For example, the majority of individuals have "washboard abs" or a well-developed rectus abdominus region.

Unfortunately for most of us, a layer of fat covers our six-pack, but participating in a balanced exercise program (aerobic conditioning, abdominal classes) and eating sensibly is the best approach to achieving a well-toned, firm body. As always all of this valuable information can be obtained at the south fitness center.

For more information, call 6-2972.



Photo by Staff Sgt. Dawn Finniss

### Getting fit to fight

SOUTHWEST ASIA – Chief Master Sgt. Richard Small (carrying Air Force flag) and Col. Jack Egginton (waving) lead more than 600 airmen from the 379th Air Expeditionary Wing in a fitness run at a forward-deployed location. The run was a show of support for the new Air Force fitness standards. Small is the wing's command chief master sergeant, and Egginton is its commander.

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