

Friday  Mostly Cloudy Lo: 35°F Hi: 46°F	Saturday  Cloudy Lo: 28°F Hi: 42°F	Sunday  Partly Cloudy Lo: 26°F Hi: 40°F
---	---	--

Blood donors save former instructor's life
 See Page 6



Hawaiian powerlifter visits base
 See Page 1B



Sheppard Senator



Combat Capability Starts Here

Vol. 57, No. 5 www.sheppardsenator.com February 6, 2004

Danish, Dutch pilots honor local sponsors

Powells honored for 22 years of service

By Airman 1st Class Jacque Lickteig
 Base public communication

Danish air force members honored two area residents at the officers club Thursday for their contributions to the Danish instructor and student pilots who come to Sheppard.

Brig. Gen. Jens Friis Autzen, Royal Danish Embassy attaché, and Col. Karsten Shultz, hosted a reception for Dan and Nanna Powell in appreciation for their hospitality.

Mr. and Mrs. Powell have sponsored visiting Danes since 1999, but they've been an active part in the Danish community here for about 22 years.

They have given almost 300 visiting Danes a taste of American culture while preserving their Danish traditions, Colonel Schultz said.

But, the relationship between See POWELLS, Page 4



Danish Brig. Gen. Jens Autzen, the Danish military attache to the United States, talks with Dan Powell Jan. 30. Mr. Powell and his family were honored for their 23 years of participation with Danish pilots in the Euro-NATO Joint Jet Pilot Training program, including seven as sponsors.

Martins have served ENJJPT the longest

Courtesy Royal Netherlands air force

A quarter of a decade is a long time, but time flies when you're a sponsor for the Euro-NATO Joint Jet Pilot Training program.

Noros and Dee Ann Martin were honored Jan. 30 for 25 years of dedication as sponsors to the Royal Netherlands air force detachment here.

The Martins began their journey with the Dutch Detachment at Sheppard Jan. 4, 1979.

This is a unique fact since there are no other sponsors of the ENJJPT community that even come close to sustained sponsorship for such a long time.

To celebrate this very special event, the Times Records News published a feature article on the front page of the newspaper on Jan. 3. The next day, Lt Col Eric

See MARTINS, Page 4



Lt. Col. Eric Bogaards, the senior national representative for the Royal Netherlands air force, presents Noros and Dee Ann Martin with a flag pole that holds flags from the county's 12 different provinces. The Martins, members of the Euro-NATO Joint Jet Pilot Training program Hall of Fame, have sponsored the Dutch air force for 25 years.

On the Inside

Sheppard gets BAH boost, more to come

Living off base got more affordable for airmen up to captains when Team Sheppard received an average 12 percent increase in their housing allowance in January.

The increase is part of a larger trend of higher housing allowances since 2000. BAH for military members in the Sheppard area has increased by an average of more than 40 percent between 2000 and 2004.

For full story, see page 2.

February is Healthy Heart Month

February is Healthy Heart month, focusing on detection and prevention of coronary heart disease.

According to the American Heart Association's Heart Disease and Stroke Statistics-2004 Update, cardiovascular disease (CVD) remains America's No.1 killer. It claims more lives than the rest of major causes of death.

For full story, see page 4.

Gift of life

Blood drives are almost as common as commander's calls at Sheppard, and Air Force leaders often stress the importance of donors.

Retired Tech. Sgt. Derrick Duncan, a former jet-engine mechanic instructor here, knows the significance of those lifesavers first-hand.

For full story, see page 6

Drive offs fuel pre-pay system

By 1st Lt. Laura Renner
 Base public communication

"Ah man!" may be a common reaction as people pull up to a gas pump at the main gate shoppette only to find they now must pay first.

In late December 2003, Sheppard's main gate shoppette transferred to a prepay-only system due to the high amount of drive offs occurring.

"When people drive off without paying, they're stealing from themselves," said Shannon Hayes, shoppette manager. "The profits we make go directly into Sheppard's Morale Welfare and Recreation fund."

Drive offs are expected, but the numbers were too high and still climbing when the prepay system started.

According to the shoppette statistics, 37 customers drove off without paying for gas in April, causing a loss of more than \$400. The number of incidents climbed every month until November when the shoppette lost more than \$1,700.

The shoppette tried several ways to lower the amount of drive offs before going to prepay, including surveillance by Army-Air Force Exchange Service and security forces.

"As the SPs were writing a report on one drive off, another customer drove off," Mr. Hayes said.

In another instance, an employee saw a customer drive off as she was getting into her car to go home.

"(The drive offs) had gotten to a point that it was so bad, we had to do something," he said.

The shoppette conducted an unannounced investigation on the employees to see if employees were allowing the drive offs. They also tried closing the pumps farthest from the store at night, Mr. Hayes said.

The investigation found the drive offs occurred during all shifts throughout the entire day and closing the pumps didn't cause much change.

Mr. Hayes explained that with people parking their cars and shopping inside before they paid, the shoppette had no way to track who and when customers bought gas.

Capt. Christopher Echols, 82nd Security Forces Squadron commander, said the location of the shoppette close to the main gate made it easier for drive offs. It made for a quick get-a-way for gas thieves.

Drive-off patrons caught in the act spanned a wide demographic range, Mr. Hayes said. They spanned all types of people from students to retirees to dependents to permanent party.

The only option for AAFES was the prepay system. Not a single drive off has occurred since going to the prepay method.

"I know the customers don't like it. They hate it," said Staff Sgt. Leslie Lawrence, 82nd SFS. "But AAFES did everything they could to keep the customers happy."

The shoppette near the hos-

See GAS, Page 4



Master Sgt. Tom Furman of the 82nd Civil Engineer Squadron pumps gas into his car at the south shoppette. A high amount of drive-offs resulted in a new policy at the shoppette requires customers to pay for gas before pumping.

Helpline gives airmen vital info "beyond the gate"

By Master Sgt. Eddie Riley
 Air Force Print News

WASHINGTON - The Air Force expanded efforts to take care of its own Feb. 1 with the 24-hour-a day "Air Force One Source" live helpline for airmen and their families.

The "beyond-the-gate" support and referral service is intended to help address personal and family support needs for active-duty airmen, reservists and Guardsmen. Some airmen are not always near agencies that offer support with child care, finances, legal

matters, deployment and other related issues. Certified counselors will be available year-round to answer questions, provide information or guide airmen and their family members to the appropriate resources.

The intent is to ensure all airmen and their families have the right resources they need, said Linda Smith, chief of Air Force family matters at the Pentagon.

"Air Force One Source will give them access to support at all times by telephone, the Internet and e-mail," Ms. Smith said.

Air Force One Source is available on line at www.air-forceonesource.com or by phone at (800) 707-5784 in the U.S. or (800) 7075-7844 internationally.

Most base family-support resources are only staffed to help the 20 percent of the population who typically require assistance at a given time, Ms. Smith said. The Air Force One Source staff will provide access to these kinds of resources to those serving remotely, while augmenting the traditional on-base services, she said.

The Air Force One Source staff, contracted through Titan/Ceridian Corp, has nearly 30 years of experience handling geographically dispersed employee calls from Fortune 100 companies. Counselors with licensed clinical social work and employee-assistance certifications, as well as advanced counseling degrees, will respond to Air Force One Source users.

"All (airmen and their families) with an (identification) card can use (the helpline) to get help with a range of concerns," Ms. Smith said.

Some concerns that may be addressed include making plans to deploy or coming home from a deployment, resolving personal problems, or coping with challenges that come up during the course of a day, she said.

Air Force One Source will be available anytime by phone in the United States at (800) 707-5784, internationally at (800) 7075-7844, internationally collect at (484) 530-5913 or at www.airforceonesource.com. The Web site will require customers to log on by using "airforce" as the user ID and "ready" as the password.

Index

- Activities8A
- News.2-4A
- Features.5-6A
- Editorial7A
- Sports.....1-4B
- Spotlight8A
- Soundoff7A

Sheppard gets BAH boost, more to come

By 2nd Lt. Ellen Harr
Base public communication

Living off base got more affordable for airmen up to captains when Team Sheppard received an average 12 percent increase in their housing allowance in January.

The increase is part of a larger trend of higher housing allowances since 2000. BAH for military members in the Sheppard area has increased by an average of more than 40 percent between 2000 and 2004.

According to Dave Preston, Sheppard's housing manager, two major factors contributed to the increase in housing allowances: the Air Force goal of zero out-of-pocket expenses and the ability of the housing office to accurately reflect the median cost of housing in the Wichita Falls area.

BAH includes the cost of rent, utilities and renters' insurance and is based on the median cost of housing that meets Air

Force standards.

The Air Force has established a goal of zero out-of-pocket expenses for BAH recipients by 2005. When the initiative began, members were paying about 18 percent of their expenses in excess of BAH. This year, BAH recipients pay 3.5 percent of their expenses out-of-pocket.

Next year, BAH is slated to cover 100 percent of housing expenses for those living off base. But, Mr. Preston emphasized BAH is based on the median cost of housing in the area, so the amount of housing expenses actually covered by BAH depends on the member's choice of housing.

Based on research conducted by the housing office, the median cost of suitable housing around Sheppard increased and BAH has risen to account for the change. The Air Force strives to help members achieve quality, affordable housing on or off base.

Military members may choose housing based on their individual preferences, but the BAH they receive will be based on the median rent price of housing in the community that is judged acceptable by Air Force standards, regardless of their actual monthly bills.

Mr. Preston said the housing office has found more military members are choosing to take advantage of the increased BAH and live off base. Waiting lists for base housing tend to be shorter than they were two years ago and more people are even choosing to purchase a home in the local area.

Mr. Preston explained that Runzheimer International is ultimately responsible for calculating BAH for all military installations. The company bases their calculations on factors and information provided by Sheppard's housing office, in addition to conducting their own independent housing research and verification.

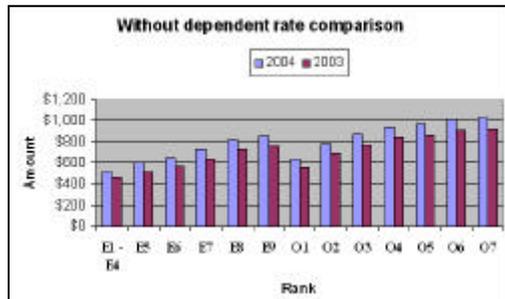
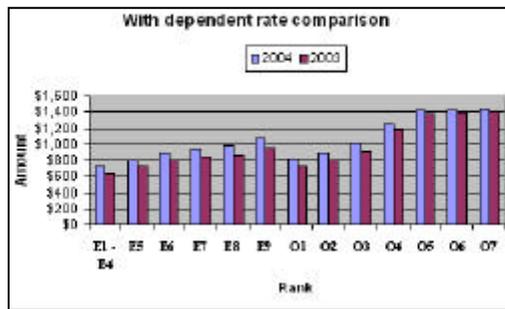
Local realtors and brokers agreed that more military members have chosen to purchase homes in recent years.

Danny Steed, a real estate broker with Hirschi Realtors, attributed the increase in military homeowners in Wichita Falls to the rising costs of renting relative to buying over the last five to seven years. He explained that buyers feel more comfortable purchasing a home due to low interest rates and fewer affordable rental properties in the area.

Mr. Steed also said today's buyers are better informed and prepared to buy a house.

Debbie Valdata, a realtor with Century 21 Gold Coat Realty, said military members are also taking the time to search for housing prior to moving to the Wichita Falls area.

For more information on housing and BAH in the Sheppard area, contact the housing office at 6-1840.



President asks for \$401.7 billion for military in 2005

By Donna Miles
American Forces Press Service

WASHINGTON - Top priority in the president's fiscal 2005 defense budget request goes to funding - and winning - the war on terror, Pentagon Comptroller Dov Zakheim told reporters Monday.

The \$401.7 billion request, Mr. Zakheim said, will provide "robust" funding for force readiness needs while covering the cost of systems needed immediately to support the war on terror. These include missile defense, unmanned aerial vehicles, Stryker vehicles, advanced ships and "up-armored" humvees.

He called the reinforced humvees, part of a force protection initiative first introduced in the fiscal 2004 budget, "very, very important" to the safety of deployed U.S. troops.

The proposed budget also funds future acquisition needs that will enhance the U.S. military's ability to face future security challenges, Mr. Zakheim said. The budget request also would fund improvements to the department's intelligence-gathering capabilities.

Mr. Zakheim said the proposed fiscal 2005 budget would give the Defense Department more authority to shift funds

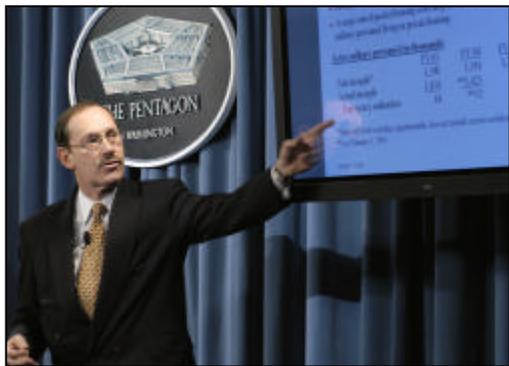


Photo by Helene C. Stikkel

Under Secretary of Defense, Comptroller, Dov Zakheim refers to a chart as he presents the Department of Defense Fiscal 2005 budget during a Pentagon briefing Monday.

between existing programs that support the terror war. These include programs that authorize the United States to train and equip Iraq's and Afghanistan's military and security forces, fund humanitarian and reconstruction needs in the region, and provide U.S. military equipment to the Afghan National Army.

The fiscal 2005 budget requests up to \$500 million to "train and equip" support in Iraq, Afghanistan, and friendly nearby regional nations. Mr. Zakheim credits the program with helping to mold raw Afghan recruits into "a sophis-

ticated force that operates along with us" in Afghanistan. He said Iraq's security forces require similar support to deflect threats to the country's internal stability.

The budget request provides up to \$300 million in additional authority for the Commanders Emergency Response Program, which Mr. Zakheim called "probably the single most successful program in Iraq today."

The program gives field commanders, particularly brigade commanders, funds to support immediate humanitarian and reconstruction needs in Iraq and Afghanistan.

Budget to strengthen AF warfighting capability

By Tech. Sgt. David Jablonski
Air Force Print News

WASHINGTON - The fiscal 2005 Defense Department budget provides the foundation upon which the Air Force will continue the war on terrorism.

Maj. Gen. Stephen R. Lorenz, Air Force deputy assistant secretary for budget, discussed how the service's budget priorities would allow airmen to be a better air and space force and support joint warfighting capabilities. He recently discussed budget proposals to demonstrate to American taxpayers which critical-mission programs will receive emphasis and add to the safety and security of America.

"The budget is the lifeblood that helps us take care of our people, funds our transformation and allows us to continue to fight the global war on terrorism," General Lorenz said.

Specific figures are normally kept under wraps until the president delivers his request to Congress the first week of February.

General Lorenz is responsible for planning and directing Air Force budget formulations. The fiscal 2004 budget was \$91.4 billion (excluding contingency operations), and the

2005 budget will request a slight increase. The Air Force budget continues DoD's transformation to strengthen combined and joint warfighting capabilities and streamline business processes.

"This budget will ensure we can continue rebalancing personnel and take care of the world's premier fighting force," General Lorenz said.

Overall, about a third of the fiscal 2005 budget is for military and civilian pay and entitlements, with pay raises fully funded. Money will also go toward increasing the basic allowance for housing, bringing out-of-pocket expenses for housing to zero.

"An example of rebalancing includes taking a hard look at our military career fields and readjusting, ensuring military members can concentrate more on the warfighting mission," General Lorenz said.

The emphasis on people also includes more dollars requested for Air Force Institute of Technology programs.

"We will continue to grow the 'Vector Blue' AFIT slots, ensuring our active-duty people have more opportunities for graduate degrees," General Lorenz said. "We will also triple our technical intern stu-

dent program that is designed to help recruit technical students for a military or civilian career in the DOD."

Just under a third of the budget request will go for readiness and daily operating expenses. This money addresses increased costs of flying and space operations, operating unmanned aerial vehicles, further protecting communications, and facility repair and modernization.

About a third of the budget is allotted to continue to develop and buy transformational weapon systems. This area of the budget receives the largest increase over fiscal 2004. Substantial investments in the C-17 Globemaster III, the F/A-22 Raptor, the Evolved Expendable Launch Vehicle, global positioning system, Global Hawk unmanned aerial vehicle and RQ-1 and MQ-1 Predator system programs are in the proposal.

Finally, General Lorenz said there would be a sizable increase in funds dedicated to transformational communications.

"Most of the communications technology that makes high-tech, precision-guided munitions possible is owned by the Air Force," General Lorenz said.

Legal office warns airmen of costly payday loans

By Capt. Matthew King
82nd Training Wing Legal Office

The ads are on the radio, television, the Internet and even in the mail.

They refer to payday loans - which come at a very high price.

Check cashers, finance companies and others are making small, short-term, high-rate loans that go by a variety of names: payday loans, cash advance loans, check advance loans, post-dated check loans or deferred deposit check loans.

Usually, a borrower writes a personal check payable to the lender for the amount he or she wishes to borrow, plus a fee.

The company gives the borrower the amount of the check minus the fee.

Fees charged for payday loans are usually a percentage of the face value of the check or a fee charged per amount borrowed - say, for every \$50 or \$100 loaned. And, if someone extends or "rolls-over" the loan for another 2 weeks, they will pay the fees for each extension.

Under the Truth in Lending Act, the cost of payday loans must be disclosed. Among other information, consumers must receive the finance charge (a dollar amount) and the annual percentage rate (the cost of credit on a yearly basis) in writing.

A cash advance loan secured

by a personal check is very expensive credit.

Say someone writes a personal check for \$115 to borrow \$100 for up to 14 days. The check casher or payday lender agrees to hold the check until your next payday.

After the 14-day period, the lender deposits the check, the individual redeems the check by paying the \$115 in cash, or they roll-over the check by paying a fee to extend the loan for another two weeks.

In this example, the cost of the initial loan is a \$15 finance charge and 391% APR. If you roll-over the loan three times, the finance charge would climb to \$60 to borrow \$100.

There are other options. Consider the possibilities before choosing a payday loan:

- When credit is needed, shop carefully for the lowest APR and finance charge. Consider a small loan from a credit union, an advance on pay from your employer or a loan from your family.

Also, members might be eligible for an Air Force Aid Society loan in emergency situations; for details, contact the Family Support Center at 940-676-4358.

- Ask creditors for more time to pay your bills. Find out what they will charge for that service - as a late charge, an additional finance charge or a higher inter-

est rate.

- Make a realistic budget, and figure your monthly and daily expenditures. Avoid unnecessary purchases; these costs add up.

Also, build some savings (even small deposits can help) to avoid borrowing for emergencies.

This can give consumers a buffer against financial emergencies.

- Look into overdraft protection on checking accounts. If someone regularly uses most or all of the funds in their account, overdraft protection can help protect them from further credit problems if they accidentally overdraw from the

account.

- If someone decides they must use a payday loan, borrow only what's affordable to pay with the next paycheck and still have enough to make it to the next payday.

If you believe a lender has violated the Truth in Lending Act, you can file a complaint or get more information at www.ftc.gov, or call toll-free, 1-877-FTC-HELP (1-877-382-4357). Also, you can make an appointment with the Sheppard Law Center so that we may assist you. The number is (940) 676-4262.

Our website is <http://www.sheppard.af.mil/82trwja/index.html>.

CGOC lends helping hand

By 2nd Lt. Brooke Brander
Base public communication

Company Grade Officers think about lunch every Thursday and Friday at 10:45 a.m.

They gather in the parking lots to prepare for the lunch run, but it's not their lunch they're preparing for.

Members of the Company Grade Officers Council are meeting to drive downtown to the Red Door Senior Center to help deliver meals to some of the 750 recipients of Meals on Wheels in the city of Wichita Falls.

The CGOC has been volunteering and delivering hot, nutritious meals for MOW since Dec. 25, 2002, said 1st Lt. Jason Gabriel, 365th Training Squadron section commander, military flight commander and CGOC 2003 philanthropy chair.

Lieutenant Gabriel said he got the idea to have CGOs deliver meals for MOW from civilian coworkers at the military personnel flight where he was working at the time.

"With Meals on Wheels, you're taking a more active role because you're actually going door-to-door to these people. You're bringing the meal to them opposed to them coming to you, and that is the wonderful part about it," Lieutenant Gabriel said.

Capt. Robert Zauner, an 82nd Area Defense Council lawyer, is an active participant in MOW, not only regularly delivering meals but also organizing the volunteers from the CGOC.

"My one set of grandparents deliver Meals on Wheels, my



Photo by 2nd Lt. Brooke Brander

The simple gesture of passing a meal has made Sheppard's Company Grade Officer Council a valuable partner in the Meals on Wheels program in Wichita Falls.

other set of grandparents receive Meals on Wheels and I know how important it is to my grandparents when they receive a meal, how excited they are when the meal comes," Captain Zauner said. "And being in the military, it's just a good opportunity to branch out and help out the community."

Sandi Hail, MOW volunteer coordinator, said MOW is a non-profit organization that relies greatly on its volunteers to deliver hot meals Monday through Friday throughout Wichita Falls.

"I set my goal to try and have, everyday, all the routes 95 percent filled," Ms. Hail said. "That means I'm going to have three or four routes that I'm going to need to find substitutes for."

Ms. Hail said she is always looking for new volunteers and asks for a minimum commit-

ment of one day per week from volunteers. Delivery routes take approximately one hour to complete.

"An hour is like a sneeze, it's nothing, and the blessing you get from it is huge," she said. "We do a good service and if you want to feel good about what you've done, deliver Meals on Wheels."

The Community Action Corps started the original MOW in 1967, which was a combination of a church group and one woman cooking hot meals out of her home for delivery into the community, Ms. Hail said.

"It thrills me to know there are that many good people in the world," she said. "The people that help Meals on Wheels clients are good-hearted people. They are sincere and they are dedicated to this program. I value the goodness in people's hearts."

Sheppard, local agencies respond to Code Silver exercise

By 2nd Lt. Brooke Brander
Base public communication

Most emergency medical response teams have responded to code blues and reds, but personnel from Sheppard and Wichita Falls became the first to respond to a new code – Code Silver.

Code Silver is a new tabletop exercise that was held at the Medical Readiness Training Site Jan. 30. It was the first such exercise in the Air Force.

The one-day exercise, sponsored by the 82nd Medical Group, included on- and off-base participants to enhance Sheppard's chemical, biological, radiological and nuclear medical response capabilities.

Representatives from the Wichita Falls Fire Department, Police Department, school district, public health office, emergency management office and United Regional Health Care System met for the eight-

hour exercise.

The group mulled over different disaster scenarios that could occur at Sheppard or the local area to determine how mutual support would work in a time of need.

The Air Force Medical Service applied \$42.7 million of line Air Force funds in fiscal year 2003 under the Weapons of Mass Destruction Emergency Response program for Code Silver training.

"Code Silver is mandated by the Air Force Medical Service and Sheppard was one of the 40 installations scheduled to receive this training," explained Maj. Gus Fadel, 82nd Aerospace Medicine Squadron bioenvironmental engineering flight commander.

The exercise is intended to develop relationships between the 82nd MDG, Sheppard and off base emergency responders to create workable response measures and training tools in case of a CBRN attack, Major

Fadel said.

Col. Rebecca Russell, 82nd MDG commander, said the exercise allowed all participants, both on and off-base, to see what each one brings to the table when it comes to dealing with a biological or chemical event.

"This was a great opportunity offered to us by the Surgeon General community that brought our community, our wing, and our medical group together to walk through two very real threats before it would become a reality," she said. "We opened up lines of communication with our community that may not have been opened without this opportunity."

Tom Harwood, a communications analyst, said Code Silver is run by L3 Communication based in Washington, D.C., and has a one-year contract to conduct the exercise throughout the Air Force.

Did You Know?

From the Career Assistance Advisor

Did you know starting in 2001, many of you who entered active duty on or after Aug. 1, 1986, will have to make a major decision about your retirement plan options?

The bottom-line question is will you accept a \$30,000 Career Status Bonus and retire under the Redux plan, or turn down the \$30,000 in exchange for retirement under the High-3 Plan? This is a personal decision and the best answer depends on your specific personal situation.

The good news is you have options and there is an unbiased source of help to figure what the best decision is for you. This help is in the form of the "Redux Decision Calculator" found at <http://pay2000.dtic.mil/> under the "Retirement Choice link."

Although your supervisors are and should continue to be the primary source for career development and assistance, additional help is available through the Career Assistance Advisor office in Bldg. 400, Rm. 245. The extension is 6-7797.

February is Healthy Heart Month

By Lt. Col. Dorothy Dizmang
82nd Medical Operations
Squadron

February is Healthy Heart month, focusing on detection and prevention of coronary heart disease.

According to the American Heart Association's Heart Disease and Stroke Statistics-2004 Update, cardiovascular disease (CVD) remains America's No.1 killer. It claims more lives than the rest of major causes of death.

CVD includes high blood pressure, coronary heart disease (heart attack and angina/chest

pain), congestive heart failure, stroke and congenital heart defects. Coronary heart disease alone is the single largest killer of Americans.

Coronary heart disease is a significant contributor to developing a heart attack. The prevalence of coronary heart disease and heart attack escalates with age, family history and lifestyle factors.

Heart attack warning signs may be sudden and intense, but most start slowly, with discomfort or mild pain. Discomfort in the center of the chest that lasts more than a few minutes or pain that goes away and returns can

mean a heart attack is occurring.

Uncomfortable chest pressure, squeezing, fullness or pain are also signs of a possible heart attack. Discomfort can occur in other areas of the upper body.

Symptoms include pain or discomfort in one or both arms, the back, neck, jaw or stomach. Shortness of breath often accompanies chest discomfort but it can occur before the chest discomfort.

Other signs may include breaking out in a cold sweat, nausea or lightheadedness.

If you or someone you are

with experiences chest discomfort, especially with one or more of the previously noted warning signs, call 911 immediately. Stop all activity and lie down, loosen restrictive clothing and remain with the person until arrival of medical assistance.

To reduce your risk of developing CVD, the American Heart Association suggests the following guidelines:

■Don't smoke cigarettes or use other tobacco products.

■Have your blood pressure checked regularly. You could have high blood pressure if two or more of your readings are

140/90 or higher.

■Read labels to make sure you eat foods low in saturated fats and cholesterol.

■Stay physically active and maintain a proper weight.

■Schedule regular medical checkups.

■If you have diabetes or other medical problems, follow your doctor's advice to reduce your risk of heart attack and stroke.

To learn more about CVD detection, prevention and treatment, access the American Heart Association website at americanheart.org or contact your Health Care team.

Briefly Speaking

Federal union to meet Monday

The National Association of Retired Federal Employees, Boontown Chapter 2329, will hold a pot luck meeting Monday at the Foster Second residence.

All current federal employees and retirees are invited to attend. An evening meeting will be held at the same location at 7 p.m.

For mor information, call (940) 569-2585.

Red River Career Expo Feb. 20

The 2004 Red River Career Expo will be held Feb. 20 from 1 to 5:30 p.m. in the Multi-Purpose Events Center.

Sheppard and other organizations will be sponsoring the event.

Bring your resumes and dress for success as you meet local and national employers such as Lockheed Martin, FMC Energy and Bradley Morris.

For more information, call the family support center at 6-4358.

AFA meeting coming up in two weeks

The Gen. Charles L. Donnelly Jr. Chapter of the Air Force Association will hold its general membership meeting Feb. 26 in the officers club.

The meeting will begin with a social at 5:45 p.m. and a buffet dinner will begin at 6:30. The keynote speaker for the meeting is Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander.

The chapter will also elect officers at this meeting. Cost for the event is \$15.

To RSVP for the meeting, call Monty Diehl at 6-2414, Cliff Altizer at 6-3490 or Rene Alaniz at 6-2845.

Iwo Jima veterans to be recognized

An Iwo Jima Survivors Recognition luncheon will be held Feb. 19 in the officers club ballroom.

The Mexican buffet will begin at 11:30 a.m. and end at 1 p.m.

Guest speakers for the event are Medal of Honor recipients Herschel "Woody" Williams and Larry Gilbert.

IRS offers online tracking of taxes

The Internal Revenue Service has unveiled a new way to track your refund.

After filing your taxes electronically, taxpayers can track their refund in real-time via the IRS website.

Go to IRS.gov, then click on the link labeled "Individuals." On this page, click the link to "Where's my Refund." It's updated daily.



Close call

MOUNTAIN HOME AIR FORCE BASE, Idaho - Capt. Christopher Stricklin ejects from the USAF Thunderbirds number six aircraft less than a second before it impacted the ground at an air show at Mountain Home Air Force Base, Idaho, Sept. 14. Stricklin ejected after guiding the jet away from the crowd of more than 60,000 people and ensuring he couldn't save the aircraft. This was only the second crash since the Air Force began using F-16 Falcons for its demonstration team in 1982.

Photo by Staff Sgt. Bennie J. Davis III

POWELLS

Continued from Page 1

the Powells and Denmark goes back farther than Danish participation at Sheppard.

Mr. Powell, an Archer City, Texas, native and retired U.S. Air Force lieutenant colonel, established his ties to Denmark while he was stationed at Dreux air base in France in 1957. Mrs. Powell, a Denmark native who was an au pair - a nanny - for a family in Paris.

The two went to a ball at the Palace of Versailles, Mrs. Powell said.

They saw each other only a few times in Paris because Mr. Powell was stationed about 50 miles away from his future wife.

About two years and a few letters after Mr. Powell returned to the states following his tour overseas, Mrs. Powell left Europe to come to the United States to pursue a relationship with Mr. Powell.

In 1982, Mrs. Powell's opportunity to become a part of Wichita Falls' Danish community presented itself after 23 years of being away from Denmark when she read a newspaper article about another Danish family's role in the

ENJPT program.

"We contacted them, and from that time we were part of the community," she said.

Now, Mr. Powell takes the visiting Danes to his property in Archer City to see cattle, fish and hunt turkeys and rattlesnakes.

Mrs. Powell brings home a little closer to the visitors by preparing Danish dishes such as pork tenderloin, sweet and sour red cabbage and frikadeller, a Danish meat patty. She also gives them cookbooks that have Danish recipes to make with found around the area.

"You don't try to make people like it here. Just make them feel welcome," she said. "I think that's what makes their stay enjoyable."

As a token of appreciation, Colonel Schultz presented a traditional officer's dagger to Mr. Powell and a piece of jewelry that represents the Danish queen to Mrs. Powell.

"We feel honored," Mrs. Powell said. "It has been as much a pleasure for us throughout the years and our lives have been much better for it."

MARTINS

Continued from Page 1

Bogaards, the Netherlands senior national representative, presented Mr. And Mrs. Martin with a letter from Lt. Gen. Dick Berlijn, the commander of the Royal Netherlands Air Force, congratulating them on their commitment and outstanding support for so many years.

During a formal party in honor of the Martins on Jan. 30, the Dutch Detachment presented the Martins with a flagpole to which all 12 flags of the Dutch provinces were attached.

Colonel Bogaards reflected on the long-standing commitment of the Martin family to the Dutch pilots, highlighting the many events the Martins participated in and hosted.

To mention them all would

provide a list that would fill several pages, but some of the greatest highlights are hosting brunches for Dutch ENJPT graduates and their families, the famous annual "Lake Party," Christmas brunches, dinners for VIPs from the Netherlands and participation in numerous events like the Queens Birthday Party.

When asked, the Martins said that time has flown by and they didn't really feel it was 25 years already. As members of the ENJPT Hall of Fame they said they enjoyed every minute of it and are looking forward to continuing the outstanding relationship with the Dutch community for many more years to come.

Base to host Prayer Breakfast Thursday

Courtesy 82nd Training Wing Chaplain Division

Sheppard will hold its annual National Prayer Breakfast at the officers club, Thursday at 7 a.m.

The guest speaker for the event will be the Director of the Military Division for Campus Crusade for Christ, retired Air Force Brig. Gen. Richard F. Abel. The theme will be "America, a nation at war, a nation in prayer."

In 1942, prayer breakfast groups were inaugurated in the U. S. Senate and among members of the House of Representatives. Since that year, a war year, these groups have continued meeting to discuss individual spiritual needs and diverse expressions of a common dependency of our nation and its leaders on God.

In 1953, members of Congress and President Dwight Eisenhower established the first Presidential Prayer Breakfast. Its purpose was to seek divine guidance for national leadership and to reaffirm faith in, and dependence on, God.

In 1970, during the Nixon administration, the name was changed to the "National Prayer Breakfast" in order to further emphasize the purpose of such gatherings.

Each year, soon after Congress convenes, leadership from various aspects of our national life meet together for reflection and prayer on the occasion of what is now known as the National Prayer Breakfast. Select members of the Armed Forces, representing all branches of the military service, joined these men and women, from virtually every state in the union.

This year marks the 51st anniversary of the annual National Prayer Breakfast. The National Prayer Breakfast is an interfaith endeavor, providing the opportunity for people to reaffirm the moral and spiritual values upon which this nation was founded.

Those interested in attending can purchase tickets from their first sergeants or the base chapel for \$5 for club members \$7 for nonmembers.

vents unauthorized users from buying gas on base, said Master Sgt. Louie Borja, 82nd SFS.

While some customers are upset and take it out on the cashiers at the shoppette, prepay will most likely not go away. According to the shoppette and security forces, most gas stations off base are already prepay or prepay after dark.

"There's every reason to make it stay and no reason to go back," said Captain Echols.

In fact, sales in the month of January were up by 8 percent at the shoppette and no drive offs occurred. About 70 percent of the customers at the shoppettes use credit or debit cards for payment.

GAS

Continued from Page 1

pital gate does not have a drive off problem. The managers there say since the pumps are so close to the windows, employees can easily monitor the cars at the bays.

Ultimately, many people benefit from the prepay system at the main gate shoppette, including the security forces squadron.

"As a result of the prepay system, we spend less time doing incident reports that are unsolvable, less time responding to incidents, and we don't have to surveil the pumps," said Sergeant Lawrence.

At the same time, the prepay system also pre-

For more Air Force news, visit www.af.mil.

Black History Month begins

Throughout the month of February, Sheppard's African-American Heritage Committee will have articles published in the Senator to celebrate Black History Month.

The first article is trivia about famous African-American firsts. The person who can answer the most questions correctly and in the quickest time will win an Army-Air Force Exchange Service gift certificate.

All answers to the quiz may be e-mailed to gradie.moore2@sheppard.af.mil and the winner will be announced at the AAHC's Annual Banquet Feb. 27.

NOTE: AAHC members are not eligible to win.

- Who is the "Father of Black History?"
 a. Martin Luther King, Jr.
 b. Carter Woodson
 c. Frederick Douglass
- What is the Negro National Anthem?
 a. Lift Ev'ry Voice and Sing
 b. We Shall Overcome

c. Tomorrow
 Who was the founder of People United to Save Humanity (PUSH), a black self-help group (1971)?

- a. Reverend Jesse Jackson
 b. Reverend Al Sharpton
 c. Louis Farrakhan
- Who was the first African-American actor to win Emmy awards for best actor in a running series (1966-67)?

- a. Sidney Poitier
 b. James Earl Jones
 c. Bill Cosby

Who was the first African-American contestant in a Miss America Pageant (1970)?

- a. Halle Berry
 b. Cheryl Adrenne Brown
 c. Vanessa Williams

Who was the first African-American depicted on a U.S. postage stamp (1940)?

- a. Harriet Tubman
 b. Malcolm X

c. Booker T. Washington
 Who was the first African-American to perform the first successful heart operation on July 9, 1893?

- a. Dr. Daniel Hale Williams
 b. Dr. William Hastie
 c. Dr. Elmer Simms Campbell
- Who was the first African-American to win an Oscar?

- a. Hattie McDaniel
 b. Halle Berry
 c. Denzel Washington

Who was the first African-American woman elected to the House of Representatives?

- a. Ruth Carol Taylor
 b. Jill Brown
 c. Barbara Jordan

Who was the first African-American to say "Black is beautiful?"

- a. Nikki Giovanni
 b. James Weldon Johnson
 c. Marcus Garvey

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



February 2004 Events

- Saturday: History Bowl, 9 a.m., community center
 Tuesday: 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

Doors to new dining hall in Iraq open for first time

By Tech. Sgt. Jeffrey Williams

506th Air Expeditionary Group Public Affairs

KIRKUK AIR BASE, Iraq (AFP) – After several months of planning and construction, the new dining facility here officially opened for business Jan. 27. The facility broke ground in early December and served its first meal Jan. 22.

With a full-sized kitchen, serving lines and a highly trained professional staff, Maj. Robert Marasco, 506th Expeditionary Services Squadron commander, believes the contractor, Kellogg, Brown and Root, will take the service to a new level.

"The ... dining facility will assume all feeding operations for Kirkuk Air Base," Major Marasco said. "David Ray

Cullins (dining facility manager) and his crew did an outstanding job in bringing this facility together."

According to Mr. Cullins, the dining facility can handle 1,500 people at a time, and is able to serve up to 18,000 meals each day.

While chicken, steak, lobster, shrimp and fish seem to be the main staples at the facility, Mr. Cullins, a 25-year food service veteran, said they follow a 21-day menu to provide a good variety of choices.

The facility consists of a staff of nearly 200 people, primarily from Jordan, Pakistan, India and the Philippines, each trained in food handling and preparation. Their certifications were reviewed by the 506th Expeditionary Medical Squadron's public health office to ensure safety.

"I'm very impressed with the layout and the multinational workforce," said Lt. Col. Dwayne Knott, public health officer. "Just like we are a coalition fighting, there is a coalition cooking for us. They are very well-educated in food preparation and handling, and I'm very impressed by that."

Colonel Knott said the employees were given food handler and preparation training in five different languages, Hindi, Thai, Urdu, English and Farsi.

Meanwhile, the 506th Expeditionary Services Squadron, which handled the feeding responsibilities since the base opened early last year, will take their time to clean up and pack up the old facility. They will keep two people at the new facility through the rest of the rotation.



Photo by Tech. Sgt. Jeffrey Williams

George Johnson, a head cook, places corn on the cob into a serving basin during a meal at the new dining facility here. The new facility can handle 1,500 people at a time and is able to serve up to 18,000 meals a day.

Students shadow airmen on Groundhog Job Shadow Day

By Debi Smith

Base public communication

The 8th Annual Groundhog Job Shadow event brought 27 students from across North Texas to Sheppard on a quest to see just how close their dream job is to real life.

James Foster from Goldburg High School shared his interest in aircraft maintenance with 1st Lt. Mark Ashman of the 360th Training Squadron. Foster said he truly enjoyed the experience and it helped him narrow his decision between aerospace ground equipment and ammo.

He said he was very impressed with the laptop technology that has replaced binders filled with technical orders.

Evidence that personal relationships are at the core of dream fulfillment, he praised Lieutenant Ashman for buying him lunch and giving him a military coin to remember the day.

For Sheppard personnel, that kind of "above and beyond" is an everyday philosophy but it helps students realize Groundhog Job Shadow days are just the beginning of a very bright future in the workforce.

Coordinating the program is a six month endeavor, according to North Texas Workforce Consortium director Romona Vaughan. Her staff works diligently with area businesses and the base to closely match seniors from area high schools to career fields.

Students see Sheppard as such an opportunity they travel from as far as Chillicothe, Graham, Bowie, and Newcastle. Navy, Army, and Air Force military personnel provided a close-up view of radiology, drill instruction, aviation, and services.

Volunteers from the civilian force shared firefighting, services, aircraft maintenance and computer training.



Photo by Senior Airman James C. Dillard

Coalition support

SOUTHWEST ASIA – The first of three Japanese C-130Hs receives maintenance after landing at a forward-deployed location Jan. 30. The JASDF will support humanitarian missions as part of the coalition forces. The Japanese have not deployed to a hostile location since World War II.



Air Force Parent Pin Program

Gift of life: Former instructor saved by blood donors

By Airman 1st Class Jacque Lickteig

Base public communication

Blood drives are almost as common as commander's calls at Sheppard, and Air Force leaders often stress the importance of donors.

Retired Tech. Sgt. Derrick Duncan, a former jet-engine mechanic instructor here, knows the significance of those lifesavers first-hand.

Mr. Duncan packed his sport utility vehicle with all the equipment he needed to spend the day hunting April 6 with his son, William, and a friend.

It was daylight savings – an extra hours sleep for some, an extra hour of work for others.

The group of hunters was headed south on Highway 79 when a relaxing day off turned into a struggle for life and death.

At about 6 a.m. three miles north of Archer City, the driver of an oncoming pickup truck fell asleep at the wheel and crossed the centerline, coming into Mr. Duncan's lane.

Mr. Duncan tried to swerve to the right to miss the truck, but his attempt failed. The vehicles collided, causing the truck to spin out to the east side of the road and the SUV to flip on the passenger side.

"My first thought was the safety of my son. From the time we collided to the time we stopped seemed like only a second," he said. "I reached back and was trying to free my son, and I knew instantly my legs were broken."

Mr. Duncan suffered compound fractures to his legs, a



lacerated liver, a punctured diaphragm, a ruptured colon and a collapsed lung that was filling with blood.

"I knew from watching documentaries that I probably suffered internal injuries, and I knew my lung had collapsed because I couldn't breathe properly," he said. "I was screaming in pain and writhing in my seat, thinking to myself 'I just need to make it until the EMT gets here.'"

It took about 10 minutes for emergency medical personnel to arrive after the collision, he said.

The impact of the collision pushed the SUV's dashboard in, pinning Mr. Duncan inside the vehicle. Emergency personnel had to peel the vehicle apart using the Jaws of Life to free

him mangled metal.

"They cut me out and I kept telling myself 'If I get to the hospital, I'm going to live,'" he said.

William and the passenger survived the accident with minor injuries.

Shortly after they arrived at the hospital, Mr. Duncan was put in a medical induced coma and put him on a ventilator to help him breathe.

Within the first 48 hours after the accident, the doctors used 40 units of blood and 20 units of platelets and plasma to stabilize Mr. Duncan, he said.

"I depleted the Wichita Falls blood supply," he said. "They had to ship units from Dallas and Oklahoma City."

Mr. Duncan spent about a month at United Regional,

going through several surgeries. The doctors removed his spleen, appendix, fluid from his lung and about three-feet of his intestines.

He woke up May 2 in Wilford Hall Medical Center at Lackland Air Force Base, Texas. His legs were repaired while he was hospitalized at Lackland.

Everything above his knees have recovered, he said, and he's got limited range of motion in his knees and ankles.

Just as he fought to save his life, Mr. Duncan stresses the importance of giving blood and what previous donors did for him.

He said he wouldn't be alive today if people didn't take the extra couple of hours to replenish a much-needed source.

Retired Tech. Sgt. Derrick Duncan (left) poses with Samantha, his wife, and their children, William and Emily, recently following extensive surgeries and rehabilitation following a two-car accident in April. Below, Mr. Duncan's Ford Explorer sits in a junk yard following the accident. Emergency personnel had to use the Jaws of Life to free him from the wreckage.

Photos courtesy retired Tech. Sgt. Derrick Duncan



Sheppard turns out to donate more than 300 units of blood

Sheppard Air Force Base continued to be a leader in blood donations when close to 400 donors turned out Monday and Tuesday.

The Lackland Blood Donor Center, a major regional military collection center, took about 320 usable units of

blood from 398 volunteers during the two-day event at the 882nd Training Group.

Blood donated Monday and Tuesday will go to support Operations Enduring Freedom and Iraqi Freedom.

Watch the *Sheppard Senator* for the next drive.

Mural thanks, honors fallen servicemembers

Story and photo by 2nd Lt. Erin Dorrance

6th Air Mobility Wing Public Affairs

MACDILL AIR FORCE BASE, Fla. (AFPN) – Bayshore patriots wave flags, kindergartners write thank you letters and spouses send pictures, all supporting servicemembers fighting during Operation Enduring Freedom.

Stewart Wavell-Smith took a different approach to show his appreciation to the military, especially those who give the ultimate sacrifice – life.

During a dedication ceremony Jan. 30 at U.S. Central Command headquarters here, Mr. Wavell-Smith presented the 8-foot-tall, 28-foot-long

Enduring Freedom Mural to Army Gen. John Abizaid, U.S. CENTCOM commander. Mr. Wavell-Smith, who has

been recognized for more than 30 years for his art, created the mural to honor fallen servicemembers, to provide money for the surviving spouses and children of fallen troops, and to portray the complex role of the U.S. military worldwide.

Mr. Wavell-Smith is originally from England and moved to the United States in 1963. He was drafted into the Army dur-

ing Christmas of 1964 as a combat photographer.

"I take all of the images from photographs I have taken during times of war to create art," he said. "My art is simply flashbacks from what I have seen through life."

Mr. Wavell-Smith said he can recall the second when he was inspired to create the Enduring Freedom Mural. He was on his way back to the United States in a C-17A Globemaster III on April 16, 2002.

"There was a casket on board and I felt a terrible sense of loss," he said. "I knew the troop's family had been notified and was mourning. I had to thank him."

Mr. Wavell-Smith said the mural represents the eminence of danger, the partnership of people in Afghanistan to regain old dignity, the strength of a coalition and the memory of



Artist Stewart Wavell-Smith was inspired to paint this 8-foot-tall by 28-foot-long mural to honor fallen servicemembers, portray the complex role of the U.S. military and to raise money through donations for the surviving spouses and children of fallen servicemembers. The Enduring Freedom Mural was unveiled at the U.S. Central Command headquarters here Jan. 30.

those who served.

Mr. Wavell-Smith's mural represents the work of several volunteer artists who worked in an airplane hangar in Palm Springs, Calif.

John Durst, an 82-year-old who spent several hundred hours working on the details of the mural, said the mural was

that important to him.

"I wasn't the smart one," Mr. Durst said. "I would volunteer from 7 a.m. to 1 p.m. when temperature would soar well above 100 degrees. Most of the volunteers would come when it was cooler, midnight to sunrise."

Mr. Wavell-Smith said the hard work was worth every sec-

ond.

The mural inspired him to form a nonprofit charitable organization called the Operation Enduring Freedom Killed in Action Fund, which collects donations to provide monetary support to surviving family members of the fallen servicemembers.

Sheppard Senator

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

Sheppard Senator editorial team

Maj. Manning Brown, Public communication director
 2nd Lt. Ellen Harr, Public communication officer
 Master Sgt. Jeff Szczechowski, Noncommissioned officer in charge
 John Ingle, Editor (6-7244, sheppardsenator@sheppard.af.mil)
 Senior Airman Chris Powell, Sports editor
 Airman 1st Class Jacque Lickteig, Staff writer
 Terri Tyler, Action Line coordinator (6-2000, action.line@sheppard.af.mil)



Published by the Times Publishing Company of Wichita Falls, Texas, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 82nd Training Wing.

This commercial-enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of The Sheppard Senator are not necessarily the official views, or endorsed by the U.S. government, the Department of Defense or the Department of the Air Force.

The appearance of advertising in this publication including inserts or supplements, does not constitute endorsement by the DoD, the Department of the Air Force or the Times Publishing Company of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, marital status, physical handicap, political affiliation or other nonmerit factors of the purchaser, user or patron. Content is edited and prepared by the 82nd TRW public communication office. Copy deadline is noon Friday the week before publication. All photos are U.S. Air Force photos unless otherwise credited. E-mail submissions to sheppardsenator@sheppard.af.mil 82nd TRW/PA, 419 G Ave., Ste. 3, Sheppard AFB, Texas 76731-2943.

ENJJPT, NASCAR and the F/A-22 Raptor

Team approach to winning

By Col H. D. Polumbo Jr.
 80th Flying Training Wing commander

Recently I attended the AETC commander's conference at Tyndall Air Force Base, Fla.

The conference focused on a variety of issues: including the Fit-to-Fight program, readiness, transformation, and preparing "The First Command" for the challenges of tomorrow.

While at the conference, I also got the chance to see the first operational F/A-22 Raptor. This aircraft is a marvel of modern design and engineering and a huge leap forward for the Air Force. I hope to fly this great fighter one day soon!

The technology employed on the F/A-22 weapon system will make life a lot easier for our maintenance and ground crew professionals.

It will also give our pilots a flight envelope unheard-of in the current generation of fighters as well as the ability to strike our enemies with amazing accuracy and range.

It requires our airmen to be more technically proficient than ever before.

The days of the "shade-tree mechanic" are long over and the era of digital repairs and precision maintenance has begun.

One event on our tour really crystallized how the Euro-NATO Joint Jet Pilot Training program and Sheppard fit into the Air Force's big-picture.

On the Tyndall flightline, the Air Force NASCAR team sponsored by the Woods Brothers and driven by Ricky Rudd, was on display for our group to "meet and greet."

It was a pleasure to meet these pros, and I can tell you that they are doing a great job getting the word out to the public about the rewards and fulfillment an Air Force career can bring to today's youth.

There are a lot of similarities between their job and ours. In order to win in NASCAR, you must have a solid team.

Everyone from maintenance, management, driver, and Pit Boss have to work together as one unit in order to secure a victory.

And since these drivers and crewmembers risk life and limb to win, their team must constantly focus on safe operations so that everyone finishes the race alive.

At Sheppard, the 80th Flying Training Wing trains the best combat pilots in the world, but they would be ineffective without the hard-working

maintenance, munitions, fuels and other technical specialists that teach in or graduate from the 82nd Training Wing.

Operational Risk Management is how we practice safety, and the goals of both teams are the same: get the mission done in the safest environment possible.

Like the Air Force's new F/A-22, NASCAR has also gone high-tech. Mechanics run complex engine diagnostics on handheld computers; cars are designed in virtual reality and monitored in real time through wireless connections.

The F/A-22 can "self-diagnose" problems and will require a whole new breed of airmen; airmen

"New training techniques are coming on line, and new systems are deployed in the field at an astonishing pace." - Col. H.D. Polumbo Jr., 80th Flying Training Wing commander



Commander's Corner



Photo by Sandy Wassenniller

Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, presents the Company Grade Officer of the Quarter Award for the second quarter of 2003 to Capt. (then 2nd Lt.) Kerry Maccini, from the 82nd medical Operations Squadron.

quarter of 2003 to Capt. (then 2nd Lt.) Kerry Maccini, from the 82nd medical Operations Squadron.

as comfortable working on a computer screen as they are with a wrench.

This is an exciting time to be in the Air Force.

New training techniques are coming on line, and new systems are deployed in the field at an astonishing pace.

Our transformation is here and now; but don't think of transformation as an end goal.

Secretary of the Air Force Dr. James Roche summed it up best when he wrote, "As airmen, I ask you to treat 'transformation' as a mindset rather than a process. It is a state of mind that is willing to explore adaptations of existing and new systems, doctrines, and organizations — one that will allow us to be truly relevant in the era in which we find ourselves."

No sole individual completes the mission alone. Even the most advanced single-seat fighter in the Air Force inventory, the F/A-22 Raptor, requires a full complement of highly skilled technicians to keep it flying.

Like the Air Force NASCAR crew, we all have an important role to play in our team's success.

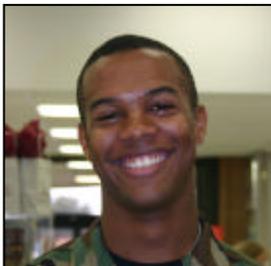
After seeing all that's in store for AETC in the future, I'm proud to say, "We are all on the winning team for years to come!"

What would you ask Chief Master Sgt. of the Air Force Gerald Murray?

Soundoff



"How could we better motivate our young NCOs to pursue career-broadening assignments, such as first sergeant duty?" Col. Kimberly Siniscalchi, 882nd Training Group commander



"What his advice is to be a better airman and what qualities he thinks makes a good airman," Airman Herman Glaude, 363rd Training Squadron student



"Why the Air Force is changing the BDUs," Staff Sgt. Teresa Komandt, 82nd Training Wing



"When did you decide to make the Air Force a career?" Airman 1st Class Johnathon Orrell, 88th Flying Training Squadron

To place an ad in The Sheppard Senator, call 761-5151.

Abdominal circumference:

Friend or foe?

By Col. Laura Torres-Reyes
 380th Expeditionary Medical Group commander

SOUTHWEST ASIA (AFPN) -- Are you frustrated with the abdominal circumference score for the new fitness standard? Have you pounded out hundreds of crunches, pumped oodles of push-ups, only to find your abdominal girth doesn't get you past a composite score of 80?

I must admit that I was at first perplexed and amazed that the numbers and scores didn't change based on height or age. How could that be?

The key to understanding why abdominal circumference takes a huge chunk of your fitness score is in understanding that our new fitness program is about maintaining the health of your whole body.

What really matters now to the Air Force is that you are maintaining a state

of health that decreases your risk of preventable diseases. Research has shown conclusively that abdominal size reflects this concept of whole health. Besides the obvious risk factor of smoking tobacco, your amount of abdominal fat is a good predictor of your risk for heart disease, diabetes, stroke and some types of cancer. Isn't that amazing?

You don't need a palm reader or crystal ball. By just taking a simple tape measurement, you can get a pretty good idea of your chances for enjoying a long, healthy life.

Of course, the hard part is deciding what to do if your abs just aren't measuring up.

Take heart! You don't have to look for a liposuction specialist or invest in expensive gadgets advertised on TV to make an improvement. The only proven way to decrease your abdominal circumference

is to decrease your body fat.

The fact is we all have those enviable six-packs of muscle hidden under our abdominal fat. As you lose the fat, the muscle definition becomes clear. If you increase your aerobic capacity and strengthen your shoulders and core muscle groups, your total body fat will decrease and your abdomen will firm up.

It is really a pretty good package deal; as you improve your scores for the 1.5 mile run, push-ups, and sit-ups, you should see your abdominal girth decrease. Of course, you will also have to burn more calories than you eat, actually exercise aerobically by maintaining your training heart rate between 60 and 75 percent, and build more muscle to boost your metabolism.

Okay, so I never said it would be easy, but don't you feel better just knowing it makes sense?

Feeling Fit!

Seventy five percent of Air Force members rate their own health as very good or excellent.



Source: Air Force Surgeon General AFNEWS

Action lines

Youth center kudos

Question: I would just like to thank Cindy and Xan from the Youth center on base. I was in need of a babysitter when I first arrived at Sheppard (my husband was TDY). I know from experience at my last base that the family support center provides a list of all youths who have been certified in red cross training to be a good babysitter. When I was told that no one could release a list I thought that was ridiculous.

babysitters, why can't their names be given to military families to utilize their services? Now more than ever, I know that single parents or parents with spouses being deployed need a break once in a while. With strong efforts from Cindy and Xan, they were able to provide a list to me. Their need to change this policy from so many concerns voiced, was unstoppable. Their friendly attitude reassured me they were trying to make this happen. I also would like to make the point that if you voice your opinion to

make a difference, you might just be heard and things might change. Thanks again to the youth center. You have really helped me in a huge way.

Answer: Thank you for recognizing the efforts of Xan Kahn and Cindy Hernandez to accommodate our parents here at Sheppard. The goal of the youth center is to provide quality programs and resources for parents such as this listing that identifies certified babysitters. The list is now available and can be obtained

from the following locations: youth center, child development center, and family child care program.

The youth center offers the babysitter's class every three months and the list is updated monthly.

TRICARE Terminated

Question: My son was being treated for his lower back before his 21st birthday. Can you tell me why TRICARE cut off his benefits after his 21st birthday before his treatment was completed?

Answer: Thank you for the opportunity to discuss how eligibility impacts TRICARE payments. Hopefully, this reply will serve as a reminder for sponsors with dependent children approaching age 21.

Simply put, the moment your son became age 21 (and was not a full-time student) he was no longer a military beneficiary. TRICARE, by law, will not authorize payment for care to a person who is not a military beneficiary. Even though treatment was initiated before age 21

and a well-intended provider may have said TRICARE would pay once treatment started, prevailing law still prohibits payment.

Submit your questions and concerns to action.line@sheppard.af.mil or call 6-2000.

Your submission may be printed in The Sheppard Senator.

Community

Tops in Blue performs tonight
The U. S. Air Force's Tops in Blue will perform at the Memorial Auditorium tonight 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 Tuesday.

Give Parents a Break
The child development center will have Give Parents a Break Feb. 14 from 6 to 11 p.m. "Give Parents A Break" is a program that offers free childcare to children 6 weeks to 5, for families who have a deployed spouse, are on TDY or remote with orders, under unique circumstances or hardships, have emergency situations or under active duty military within 30 days of arrival or departure from Sheppard with orders. Reservations must be made two weeks in advance, and certificates of care are required. For more information, call 6-2038.

Club activities

Latin Dance
The enlisted club will host a Latin dance Feb. 14, with the D.J. starting at 8 p.m. and the live Latin band beginning at 9 p.m. The cost will be \$5 for members and \$10 for non-members. Call 2083.

Membership seafood night
The officers club will have a free seafood buffet Feb. 17 for enlisted and officers' Club members only. The selections are Alaskan king crab legs, oysters, shrimp, blazing red fish, stuffed crab, smoked salmon and more. Call 6-6460 for more information.

Family night
The enlisted club will host a family night Feb. 19 from 5:30 to 8 p.m. The cost will be \$5.95 for members and \$7.95 for non-members. The cost for children will be \$2.95 for ages 5 to 12 and free for ages 5 and under. For more information, call 6-2083.

Nighttime dining
The officers club will offer nighttime dining Feb. 20 from 5:30 to 9 p.m. For more information, call 6-6460.

ITT

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

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 - Free Wallyball contest on starting at 10 a.m. Collect two chips for participating and one chip for attending to add to your chip collection.
At the end of the month, the squadron with the most chips will receive a gift certificate for \$150 to be used at the AAFES locations of your choice. For more information, 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. Saturday.
Catholic Services
Tuesday, Mass 5:15 p.m., Thursday, Mass 11 a.m.

Now showing



Paycheck (PG-13)
Today 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.



Something's Gotta Give (PG-13)
Today at 9 p.m., Saturday at 7 p.m. and Sunday at 4:30 p.m.
Jack Nicholson, Diane Keaton - Harry generally dates younger women. He has a heart attack while visiting his girlfriend's home.



Peter Pan (PG)
Saturday at 2 p.m.
Jason Issacs, Jeremy Sumpter - Wendy, John, and Michael Darling encounter a Peter Pan, who invites them to soar with him to Neverland.



Cheaper by the Dozen (PG)
Saturday at 4:30 p.m., Sunday at 2 p.m. and Thursday at 6:30 p.m.
Steve Martin, Bonnie Hunt - A football coach sets out for Chicago with his wife and 12 children.

Sheppard Spotlight

15 lines of fame

1. **Name:** Joshua Moore
2. **Rank:** airman first class
3. **Organization and position:** 366th Training Squadron, commander's support staff
4. **Hometown:** Houston
5. **Married or single:** Married to a beautiful woman named Elizabeth Moore.
6. **Hobbies/Favorite thing(s) to do in your free time:** My band "TILLAGE."
7. **Funniest childhood memory:** Sunday afternoon football games with my brother and cousins.
8. **Why did you join the Air Force?** To be able to see and do things that I would not be able to do as a civilian.
9. **Why do you stay in the Air Force?** Because I feel like I am giving something back to my country by doing what I do, and it is a great feeling.
10. **Date Arrived at Sheppard:** June 28, 2002



Airman 1st Class Joshua Moore

11. **Most rewarding aspect of your job:** Helping people.
12. **Favorite book or movie:** My favorite movie is "Lord of the Rings."
13. **What is your dream vacation?** To go to the Bahamas!
14. **If you could be anyone for one day, who would you be?** Neil Peart, The worlds best drummer!
15. **Most prized possession:** My drums.

Chapel Schedule

Rock Café

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: 1:30 to 3 p.m. (Bldg. 962)

Daily Mass
Monday and Wednesday: 11:30 a.m. (south chapel)

Protestant services

Sunday
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

Protestant Parish Ministries
Protestant Men of the Chapel: Saturday, 6:30 a.m. (south chapel)
PMOC 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: pre-kindergarten through adult, 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.

Airmen give medical care at 15,000 feet

by Tech. Sgt. Bob Oldham
332nd AEW Public Affairs

SOUTHWEST ASIA (AFP) - On the ground and in the air, airmen in this part of the world can rest assured that medical care is always close by.

If a person is injured, medical people on the ground stabilize and treat the patient. But if that person needs to be transported by air for specialized care, a team of medical professionals from the 379th Aeromedical Squadron are just a short flight away.

On any given day, they might haul patients from any airfield in the area to collection points, where they then might be airlifted to Europe or America, depending on the needs of the patient.

"It's very rewarding work," said 1st Lt. Matt Smith, a flight nurse and medical crew director. As the medical crew director, he oversees the patient treatment and acts as a liaison between the medical team on board and the aircrew flying the plane. The

lieutenant is deployed here from the Minnesota Air National Guard.

He said some days can be quiet when the crew sits on alert waiting for something to happen. On Jan. 28, though, something did happen. A Turkish national in Afghanistan needed transport to Baghdad to receive specialized care.

Lieutenant Smith and his crew jumped into action, preparing a C-130 Hercules to airlift the patient to Baghdad. The Hercules is a versatile aircraft and can perform a variety of missions, including aeromedical evacuation.

The crew loaded equipment and supplies onto the plane, configured the litters and waited for a Minnesota Air National Guard C-130 carrying the patient to arrive from Afghanistan. As the Minnesota cargo plane taxied into position on the tarmac at an undisclosed location, the lieutenant's crew put the finishing touches on their C-130 deployed here from

Pope Air Force Base, N.C.

Aircraft tail to aircraft tail, the patient transfer took place. The patient, who had a coma-producing concussion from a two-vehicle accident, was in guarded condition for his ride to Baghdad.

"From what I was told, I believe he was the only survivor in the vehicle he was riding in," the lieutenant said.

The patient's prognosis was unclear at this time, according to the nurse.

"Some people recover from these really well, others it takes a little more time," he said.

Watching over him every mile of the way on the second leg of his flight was Capt. (Dr.) Erik von Rosenveing, a physician deployed here from Andrews AFB, Md., as part of a critical care air transport team. On the team with Dr. von Rosenveing was Capt. Lionel Lyde, a nurse, and Senior Airman Deanna Rodriguez, a respiratory therapist.

The doctor said his role was

to monitor the patient and treat any symptoms. In this case, the patient's brain had stopped making a chemical that affects the kidneys, a condition known as diabetes insipidus. As such, the patient was voiding around 2 liters of urine an hour, bringing on dehydration and low potassium.

To combat that, the doctor prescribed fluids to rehydrate the patient and lower his sodium levels, and he prescribed extra potassium to replace what was being lost.

"Most people urinate less than 100 milliliters an hour, and this guy is losing 2 liters an hour. That's a lot," he said.

About three hours later, the C-130 carrying the patient touched down in Baghdad. The medical crew, dressed in full battle gear, transferred the patient to a waiting Army helicopter, which immediately took off for a hospital in Baghdad where a neurosurgeon could have the patient's brain scanned and provide treatment.



Photo by Senior Airman Lynne Neveu

Civil engineers' work noticed every day

SOUTHWEST ASIA - Master Sgt. Scott Reed attaches a chain to a spool of electrical wire at a forward-deployed location. Sergeant Reed is assigned to the 379th Expeditionary Civil Engineer Squadron.

Achievers

Sheppard airmen make rank

Twelve Sheppard medical and dental airmen were selected to progress in rank recently.

Seven were selected for major, two for lieutenant colonel and three for colonel.

Capt. Colleen Callaghan, Andrew Lapadat, Brett McFadden, Sophia McFadden, Phillip Stephan, Adam Shanes, from the 82nd Medical Operations Squadron, and Charles Roberts, 82nd

Aerospace Medicine Squadron, were selected for major.

Majs. Michael Fulton, 82nd Dental Squadron, and Kent McDonald, 82nd MDOS, were selected for lieutenant colonel.

Lt. Col. Michael Klepczyk and Janet Robinson, from the 82nd DS, and Jeffrey Staples from the 381st Training Squadron were selected for colonel.

Sheppard civilians make rank

Eleven Sheppard civilians were promoted recently.

Janice Arguello, Sheppard Law Center, was promoted to GS-5.

Renee Gifford, 82nd Contracting Squadron, was promoted to GS-7.

Scott Gilmore, 82nd Communications Squadron, and Kathi Noe, 82nd Comptroller Squadron, were

promoted to GS-9.

Bobbie Merrifield, 365th Training Squadron, Ronald Brown, 782nd Training Group, Henrick Petrosian, 82nd TRG, and Jimmy Keen, 372nd TRS, were promoted to GS-11.

Tamitha Anderson, Edward Lee, 366th TRS, and Daniel Roberts, 82nd Training Wing Manpower office, were promoted to GS-12.



Sheppard Sports



366th TRS outshoots 882nd TRS A 34-29 to increase its record to 5-1

By Senior Airman Chris Powell
Senator sports editor

Some people say a win is a win and it doesn't matter how you get. Well, members of the 366th Training Squadron student basketball team are prime examples of getting a win when shots are hard to come by.

In a game where neither team could score many points, the 366th TRS was able to outlast the 882nd Training Squadron "A" 34-29 Tuesday at the north fitness center.

The 366th led the 882nd 24-18 at the beginning of halftime, and the scoring woes continued as neither team was able to muster a field goal nearly five minutes into the second half until 366th player Jones

Merril scored his only two points of the game with a layup to make it 27-18.

The 882nd began to close their deficit, behind a layup from Nathaniel, two foul shots and another jumper at the with about a minute left to make it 32-28.

But Harris was able to score a jumper with 42 seconds left to pad the 366th's lead to 34-28.

But for some reason, the 882nd players were content to walk the ball upcourt and never seemed to push the ball in the waning seconds. Nathaniel ended up shooting the ball and getting fouled with about 15 seconds left but only made one of his free throws.

The 882nd players, Jerome Nathaniel and Walton Vernon, were the only scoring

threats to the 366th, scoring 17 and eight points respectively.

The 366th had a more rounded-offensive attack getting 10 points from Kevin Harris, nine points from Monte Houghton, six points from Terrance Smith and four points from Aga Oliver.

"The biggest reason we won was because we didn't quit and we kept playing as hard as we could," said Smith.

Smith was involved in a bizarre play during the second period after his team shot free throws. After the last free throw was made, one of his own teammates inbounded the ball to him while the rest of the players ran to the other end of the court allowing Smith an easy dunk.



Photo by Senior Airman Chris Powell
Terrance Smith blocks a shot by an 882nd player in the second half. Smith went on to score six points.

Sports Briefing

Wing run/walk Thursday

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

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

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.

For more information, look at the news briefs on Page 2B.

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 pro-



Photo by Airman 1st Class Jacque Lickteig

MuscleTech celebrity, Angelique Teves-Aiwohi, signs autographs at the base exchange Saturday.

MuscleTech bodybuilder visits Sheppard to sign autographs

By Airman 1st Class
Jacque Lickteig
Staff writer

MuscleTech celebrity, Angelique Teves-Aiwohi, visited Sheppard Saturday for an autograph signing session at the base exchange.

In between autographs and conversations with passers-by, the native-Hawaiian personal trainer answered a Senator staff writer's questions.

How did you get into professional fitness?

My parents owned a gym when I was younger, and I started power lifting at 16. I've been into it ever since then.

What did you do before you became a personal trainer?

I studied communications with an emphasis on mass-media broadcasting at the University of Hawaii.

What's your daily routine?

I do cardio in the morning for about 30 minutes, I weight train in the afternoon. For circuit training, I run shuttles and do lunges, free squats, stairs, jump rope and a few free weight lifts.

I change my diet every day. I hate chicken breast, so sometimes I eat lean ground beef and lean roasts with roasted potatoes. In the morning, I have

oatmeal with an egg-white omelet.

What's your favorite cheat food?

Krispy Kreme Doughnuts, I try to get those whenever I travel, because we don't have those in Hawaii.

What advice would you give to airmen who are preparing for the new Fit to Fight program?

Participate in circuit training. Exercise three to four times a week. As far as diet is concerned, take everything in moderation. Have carbohydrates early in the day, but if you need them later at night, get them from fruit or vegetables.

Time Magazine Soldiers visit Super Bowl

WASHINGTON - Three Soldiers who appeared on the cover of Time magazine are participating in a goodwill tour across America that continued with their appearance at a Super Bowl pre-game concert Jan. 31.

Sgt. Marquette Whiteside, Sgt. Ronald Buxton and Spc. Billie Grimes of the 2nd Battalion, 3d Field Artillery, 1st Armored Division, were featured on the cover of Time magazine's "Person of the Year" edition last month. The three represented the "American Soldier" and stressed that the honor belonged to all Soldiers.

"We were chosen because all Soldiers face the same dangers and fears; we didn't tell the 'Army Story,' we told our story, which just happened to be a similar one," Buxton said.

The photograph spurred newfound fame for the three and more media interest that began in Washington, D.C., when the Soldiers were invited to attend the president's State of the Union address. There the three met Speaker of the House Dennis Hastert and his wife; Lynne Cheney, Vice President Dick Cheney's wife; and Chief of Staff of the Army Gen. Peter J. Schoomaker.



Spc. Billie Grimes autographs a poster depicting the Time magazine cover as Sgt. Ronald Buxton looks on from behind.

Reactions from the public have been astounding as the Soldiers embarked across the country for a tour that included hometown visits in Pine Bluff, Ark.; Lake Ozark, Mo.; and Lebanon, Ind.

"It is like we've entered a new world," Buxton said. The Soldiers said that strangers have approached them for autographs and have simply relayed their thanks. In fact, at an Indiana Pacer's basketball game Grimes was approached by Reggie Miller, who asked "Could you hook a brother up," as he outstretched his copy of Time for an autograph.

In New York City, the Soldiers began their visit with a reception from a variety of national news media outlets. The Fox News Channel was first to embrace the Soldiers and introduce them to more than 8 million viewers on the network's nationally-aired Fox & Friends morning talk show as combat warriors who've come home (temporarily) in victory.

"There are soldiers who have done bigger and better things than I did," said Whiteside. "I just happened to be in

Air Force boxer wins national crown

By Rita Boland
37th Training Wing Public Affairs

LACKLAND AIR FORCE BASE, Texas (AETCNS) — The Air Force has its first national boxing champion since Jerome Bennett in 1977.

James Johnson, stationed at Dyess AFB, Texas, took home the title in the 165-pound weight class at the 2004 Everlast U.S. Championships in Colorado Springs, Colo., Jan. 13-17.

Johnson won four fights on his way to the title. He defeated Dennis Hasson in his first bout after Hasson's coach stopped the fight in the third round. He went the full four rounds against his next opponent, Greg Hatley, beating him easily with a 31-11 decision.

He faced Anthony Dirrell in the next bout and scored a narrow 15-14 victory. Dirrell's brother Andre was the No. 1 fighter in the 165-pound weight class before Johnson claimed the top spot.

"That was the toughest fight for me in the tournament," Johnson said.

Johnson then boxed Julius Fogle, the top Army boxer in the weight class, in the championship bout, winning the decision 25-17.

"I dominated most of my fights," Johnson said. "The 15-14 (decision) that was just mental on my half."

More than 200 boxers participated in the U.S. Championships. The top two boxers in each weight category qualify for the 2004 Olympic Team Trials Feb. 16-21 in Tunica, Miss.

"(Johnson's) birthday is Feb. 21," said Ron Simms, the Air Force Boxing Team head coach. "He's going to get himself a birthday present."

Johnson qualified for the Olympic Trials last December by winning his weight class at the Armed Forces Championship. He wanted to compete in the U.S. Championships to earn recognition as the best boxer in the nation.

"Everybody came to fight," he said. "I just wanted it most."

Johnson hopes the Olympic Trials give him the opportunity to face off against the fighter he unseated as champion.

"(Andre Dirrell) is the main guy I want to fight," Johnson said.

The top two finishers at the Olympic Qualifiers then compete in the U.S. Olympic Box-Offs. The first-place finisher must defeat the second-place boxer once to make the Olympic team. The second-place man must defeat first place twice.

"It's demanding, but it's the process you have to go through to represent the U.S. in the Olympics," Simms said.

Johnson had two extra boosts at the U.S. Championships that made his triumph a family affair. His younger brother Marcus won the 178-pound weight class in the same tournament.

"That's a beautiful thing," Johnson said. "That's the best thing ever."

The siblings spar against one another to sharpen their skills. Their father, James Johnson Sr., also boxes and also competed in the U.S. Championships, earning the title "Boxer of the Tournament."

Two other Air Force team members also qualify for the Olympic Trials.

Basketball

For more information, call 6-2972.

Over-30 League

Team	Won	Lost	GB
366 TRS	3	0	-
360 TRS	2	1	1.0
365 TRS	1	1	1.5
383 TRS	1	1	1.5
82 SFS	2	2	1.5
82 MDOS	1	2	2.0
82 MSS/SV	0	3	3.0

Permanent Party Division 1

Team	Won	Lost	GB
82 MDOS/MDSS	3	0	--
365 TRS	3	0	--
382 TRS	2	2	1.5
366 TRS	1	1	1.5
361 TRS	1	2	2.0
80 OSS	0	2	2.5
362 TRS	0	3	3.0

Permanent Party Division 1

Team	Won	Lost	GB
82 CES	2	0	--
187 MBN	2	1	0.5
82 SFS	2	1	0.5
82 MSS/SVS	3	2	0.5
82 CPTS	1	3	2.0
82 CS	0	3	2.5

Student League

Team	Won	Lost	GB
882 TRS-A	3	0	--
360 TRS2	0	0.5	
366 TRS2	1	1.0	
361 TRS2	1	1.0	
364 TRS2	2	1.5	
365 TRS1	1	1.5	
363 TRS1	2	2.0	
882 TRS-B	1	3	2.5
362 TRS0	4	3.5	

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	GB
365 TRS "C"	102	42	
82 COMM "A"	101	43	
363 TRS "Ammo"	90	54	
Bowling Pro Shop	84	60	

Team	Won	Lost
365 TRS "B"	80	64
882 TRG	79	65
366 TRS "A"	79	65
364 TRS "A"	79	65
365 TRS "D"	78	66
360 TRS	78	66
80 FTW "A"	78	66
362 TRS "B"	78	66
187 Med Bn	76	68
383 TRS	74	70
82 CPTS	73	71
362 TRS "A"	72	72
382 TRS "A"	72	72
82 CES	71	73
82 MSS/SVS	71	73
381 Med Red	71	73
361 TRS	70	74
382 "BMET"	64	80
82 Services Squadron	62	82
363 TRS Armament	62	82
364 TRS "B"	53	91
SFS	42	102
82 CS "B"	42	102
80th OSS	35	109

Fitness center

For more information, call 6-2972.

Spin classes

Spin classes are at 4:30 p.m. week days at the south fitness center.

Aerobiccenter offers classes

The aerobiccenter, located in the south fitness center, offers coed aerobics classes seven days a week. Call 6-2972 for more information.

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 5:15 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 six-teen.

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.



Photo by Senior Airman James C. Dillard

Bo knows Super Bowl parties

SOUTHWEST ASIA – Airman 1st Class Joseph Bowling (right) gets his football signed by former professional football and baseball player Bo Jackson at a forward-deployed location Feb. 1. Mr. Jackson traveled to Southwest Asia with 200,000 pounds of chicken wings, meatballs and his signature "Bo Burgers" to help the troops celebrate Super Bowl Sunday. Airman Bowling is assigned to the 386th Air Expeditionary Wing.

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>.

TSTV programming highlights Black History Month

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>.

Martin Luther King Commemorative Breakfast

Sheppard's African American Heritage Committee and the base chapel sponsored a commemorative service in honor of Dr. Martin Luther King, Jr. at the officers club on Jan. 16.

The event featured readings from the written works, sermons and speeches of Dr. King as well as music performed by the Inspirational Gospel Worship Service Choir. Brig. Gen. Toreaser Steele, vice commander at Headquarters Army and Air Force Exchange Service in Dallas, Texas was the guest speaker.

African Americans in World War II: A Legacy of Patriotism and Valor

Produced by the Department of Defense's 50th Anniversary of World War II Commemorative Committee, this program tells the story of African Americans during the period of 1940 through 1946.

Covering all phases and theaters of World War II, it focuses on the contributions of these brave men and women on the home and war fronts to the eventual Allied victory.

Sheppard Today: February 2004

The February edition of "Sheppard Today" shows how the 882nd Training Group's medical readiness site prepares members of the active-duty Air Force, Air National Guard and Air Force Reserve to perform in a forward-deployed environment.

The program also shows the concept of "Total Force" 97th Flying Training Squadron, which is staffed by reservists. Finally, excerpts of Brig. Gen. Toreaser A. Steele's speech at the Martin Luther King, Jr. commemorative breakfast are featured in honor of Black History Month.

Want to quit smoking? Check out the smoking cessation classes at the health and wellness center.

For dates and times, call 6-4292.

Submit information about upcoming events to sheppardsenator@sheppard.af.mil



Reggie Williams, wide receiver for the University of Washington, negotiates the Marine's Obstacle Rush, one of four challenge courses featured during the 2004 College Football All-Star Challenge held January 30, 2004, at NASA's Johnson Space Center in Houston, Texas

Photo by Marine Staff Sgt. Marc Ayalin

Marines team up with college football all stars

HOUSTON – The United States Marine Corps participated in the 2004 Capital One College All-Star Challenge held at NASA's Johnson Space Center in Houston, Texas, January 30, 2004.

The event attracted approximately 2,500 fans and spectators who witnessed some of the nation's top players in college football compete in a unique skills competition.

This is the second year in a row the Marine Corps has interactively participated in the competition. This year, the Marine Corps held an oath of enlistment for 35 applicants, showcased a static display of Amphibious Assault Vehicles and High Mobility Multi-Purpose Wheeled Vehicles (HMMWV), displayed Marine banner advertisements throughout the playing field and a Marine Corps color guard presented the colors at the opening ceremony.

"Having the Marines involved this year has taken this event to a higher level," said Charles N. Besser, president and CEO of Intersport, producers of the annual College Football All-Star Challenge. "Football is an absolute American sport and having the Marines here, especially this year, is just the right thing to do. This is the second year the Marines have participated and the equipment display added excitement to the event."

For the Marines who supported this year's challenge it was a great opportunity

to be involved in such a high-profile event.

"This is one of the better events we've supported," said Staff Sergeant Jacob Whitley, an AAV Mechanic, with Bravo Company, 4th Amphibious Assault Battalion, 4th Marine Division. "It's also a joy for us to show the public some of our equipment. This is stuff they hardly ever get to see."

For Carly Rohrig, an attendee, the Marines made an impression on her.

"I think what Marines do is honorable and necessary," Rohrig said. "I'm glad that there are people willing to fight for our country. I don't know what I'd do if I were put in a combat situation."

For the competition, the athletes divided into four teams of two. They included: University of Pittsburgh's Rod Rutherford and University of Notre Dame's Julius Jones; University of Kentucky's Jared Lorenzen and University of Washington's Reggie Williams; University of Tennessee's Casey Clausen and University of Texas' Roy Williams; and University of Michigan's Chris Perry and Michigan State's Jeff Smoker.

The first of four challenges of the competition was the Aerial Assault in which players made six attempts to throw a football at moving and stationary targets each containing a red circle worth specific points. The second challenge was the

Marine's Obstacle Rush. Here, players ran through a series of obstacles and raced against the clock for the fastest time. The third challenge, the Landing Zone, had each quarterback compete in who could throw the furthest. The final challenge was the Quick Delivery. This event harnessed the skill of both teammates by having the receiver negotiate through a series of obstacles while his quarterback threw him passes.

The University of Pittsburgh's Rod Rutherford and Notre Dame's Julius Jones won the competition to become this year's champions.

"This whole event has been a highlight for me," said Julius Jones, running back for the University of Notre Dame. "Being out here with the country's top players has been a great experience."

With the disaster of Space Shuttle Columbia still etched in Americans' minds, the College All-Star Challenge was a change of pace. Space center director, Lieutenant General Jefferson D. Howell Jr. (USMC Ret.), conducted the opening ceremony thanking all participants who were responsible for making the event possible.

Upon completion of the event, players took the time to sign autographs and take pictures with dozens of football fans that wished the players luck in their future NFL careers.

Falcon's 13-game winning streak snapped in Vegas

LAS VEGAS – J.K. Edwards scored a game-high 19 points to lead UNLV past Air Force 63-50 in Mountain West Conference play Monday night. Edwards was 9-of-11 from the field as UNLV out-rebounded the Falcons 41-20 for the game.

Also for the Rebels (12-6, 3-3 Mountain West), Jerel Blessingame had 11 points and seven assists, while Demetrius Hunter added 10 points. Odaty Blankson had eight points and 15 rebounds. For Air Force (15-3, 5-1), A.J. Kuhle and Nick Welch each led with 13 points. After Air Force jumped to an 11-2 lead, the Rebels went on a 14-0 run, leading 16-11 with 8:13 until halftime.

The Falcons cut the UNLV lead to 18-17, but the Rebels ended the half on a 13-2 run, holding Air Force to no field goals in the final 6:19 of the half. UNLV outscored the Falcons in the paint 40-22 and on second-half.

For the game, the Rebels were 12-of-18 from the foul line for 66.7 percent, while the Falcons were 4-of-9 for 44.4 percent. UNLV outscored the Falcons in the paint 40-22 and on second-half points 22-6.



Courtesy photo
Tim Keller puts up a shot in the lane during the second half.

The Falcons were out-rebounded 19-5 in the half. Air Force never got closer than 42-36 in the second half.

SOLDIERS

Continued from Page 1B

the right place at the right time. They were looking for people who were more concerned with the job done than getting in front of the camera."

Grimes, who is a medic attached to the unit, felt the same way. "I did what I am trained to do. There are so many other soldiers who have paid the ultimate sacrifice. It's an honor though."

All the training she received as a trauma medic came into play when Grimes was called in to help treat TIME magazine staffer Michael Weiskopf who lost his hand to a grenade attack.

"There wasn't time to think about what to do. I reacted like it's second nature," said Grimes. "If I didn't remember anything else, I knew to put on that tourniquet."

Even though Whiteside, a gunner, wasn't along for that particular patrol, he chimed in with agreement.

"Out of all the combat skills training we did before coming to

Iraq, I most appreciate the first aid. I completed the combat life-savers course and thought I had forgotten most of the instructions, but it came right back when I needed it."

Their recent experiences in the war-torn country have changed each of the soldiers' outlooks on life. So did a tour of Ground Zero in lower Manhattan.

"I have a new respect for life. I'm living day by day," said Grimes. "I don't take anything for granted. I totally laugh things off now."

The Soldiers then met New York City Mayor Michael R. Bloomberg and served as the official bell ringers for the opening of the New York Stock Exchange.

The three Soldiers are next scheduled to appear at Toby Keith's "Shock 'n Y'all" concert at the Reliant Stadium in Houston a day before the Super Bowl.

To place an ad
in the *Sheppard Senator*,
call 761-5151.

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.

Fit to Fight

How to tell the difference between pain, muscle soreness

By Airman David Johnson
Physical trainer

I'm sure everybody has heard the phrase "no pain, no gain," but in the gym it's important to be able to differentiate the enjoyable pain of an intense workout from pain resulting from actual physical injury.

Muscle soreness following a heavy workout is common among many who use the fitness center. This soreness is the result of micro damage to muscles, ligaments or tendons, this doesn't mean you have an injury, but is painful nonetheless. The soreness that is being felt is just a sign that you have really trained intensely.

Another common cause of soreness is the buildup of lactic acid in the muscle, which tends to accumulate in the area being exercised when muscular activity occurs. The amount of lactic acid is what gives you the burn when you do a lot of hard repetitions, and it also tends to produce a certain amount of post-workout soreness.

Soreness is not a bad thing and, in fact, can be taken as a good sign, its simply another indication that you have trained hard enough to produce results. However, should you get so sore that it interferes with your train you should ease up for a while. Being a little bit



Being a little sore is normal after a hard workout, but extreme soreness means you've worked too hard and should take it easier next time.

sore does indicate you've had a good hard workout; being very, very sore simply means you've abused your body and should take things a little easier.

In general you should train despite soreness. In most cases, you will start to feel better when you begin working out because you pump more blood into the painful area. Saunas, massage, and a lot of water can also make you feel better. You will have to wait several days for the overstressed tissue to heal before you fully recover.

Pain is a signal of injury. It can be a warning that you have damaged yourself is some serious way. Pain occurs when one feels a strain, sprain, or other stress-related injury is telling you to stop immediately! There is no working through this pain. Anything you do is going to make it worse. The only thing you can do is rest the

area in question, and seek medical help if the injury is serious.

In closing, eventually, you have to learn to tell the difference between "good" pain and the pain of injury if you want to succeed in your workouts. Trying to train through an injury can put you out of action, sometimes become chronic that you have to battle against it for years.

As always all this valuable information can be obtained at the South Fitness Center. If you would like more information, call 6-2972.

It's them doing a good job, it's not me doing a good job."

Angel Landrau, who boxes for the Air Force team in the 178-pound weight class, can still qualify for the Olympic Trials if he wins the Western Qualifiers.

BOXING

Continued from Page 1B

Jose Casasola of Eglin AFB, Fla., fights in the 112-pound weight class and Hector Ramos boxes in the 132-pound category. Both men qualified at the Armed Forces Championship.

"I am so proud of this team," Simms said. "I get compliments from people all over the country.



Photo by Rita Boland

James Johnson works out at an Air Force Boxing Team practice here Jan. 27. Johnson, stationed at Dyess Air Force Base, Texas, took home the title in the 165-pound weight class at the 2004 Everlast U.S. Championships in Colorado Springs, Colo., recently.



Photo by Master Sgt. Keith Reed

If you think of all the work you'll put into coming up with excuses, avoiding people and generally sidestepping the fitness epidemic, you'll probably find exercising less taxing.

Hope for couch potatoes?

By Tech. Sgt. Mark Kinkade
Airman Magazine

Face it, it's almost an epidemic. The guy in the next cubicle straps on his running shoes every day at lunch and runs a preposterously long distance for no good reason. No one's chasing him, right? The master sergeant in supply started rock climbing this year, just because the rocks are there. The captain who flies the airplane you maintain started training for a marathon. Just 'cuz.

Your co-workers, your spouse, maybe even your kids — they all have the fitness bug. As your buddies toe the line at the monthly fun run, you wonder when this is going to pass. The good old days of surviving the annual run-until-you-puke fitness test or blaming bike test failures on "too much lung capacity" are gone, bubba. Welcome the dawn of a new Air Force era — "Fit to Fight."

But if you really want to avoid the fitness brouhaha, there are things you might try. Culled from countless interviews with people who take pride in avoiding strenuous effort, here are a few tips for not getting in shape.

Buy a new work-out outfit — Spend a lot of money on the latest state-of-the-art fitness apparel. Go for wicking cotton polymers that keep the sweat off your body. Shoes that will help avoid overpronation, allow your feet to breathe and make you feel as if you're running on a cloud. Special socks. Gloves. A scarf. And most of all, lots and lots of Spandex. Wear it all once, run two miles, then blame the inability to breathe on the tightness of the Spandex, the resulting soreness on the socks and the dull ache in the feet on the shoes. Toss in bag. Forget about them.

Focus on one aspect of fitness — Vickie Peterson, a certified fitness trainer and fitness author, advises people who want to get in shape to build a program combining aerobic conditioning with strength work and flexibility exercises. C'mon! Pick one. Say, flexibility. After all, it gives you an excuse to lie on the floor and "stretch" a lot. The other stuff makes you sweat too much. Besides, it's hard to catch a nap when you're hefting your body weight over your head.

Don't raise your heart rate — Every fitness expert on the planet will tell you to find your resting heart rate so you can figure out how high you have to raise it to get a good work out. Since when is a rapid heart rate a good thing? Everyone knows you shouldn't make your heart beat fast. It might explode.

Go full tilt — Ms. Peterson says start slowly and work up. So some jokers out there are walking for a few weeks just so they can get to the point where they can jog. Eventually, they'll run. Instead, go out and sprint as hard as you can for as far as you can. Once the paramedics revive you, you'll have the burn in your muscles (and probably in your chest from the defibrillator they zapped you with) to remind you of why you should never, ever work out again.

Avoid anyone who wants to work out with you — You know how the Air Force is: There's always someone who wants to help you. You know there's some person out there chomping at the bit to be your "fitness buddy." Just avoid those people. They're pesky, and they're always trying to "motivate" you.

Don't drink water — Former Navy SEAL and fitness wizard Stew Smith says water is the key to a healthy life. Hey Stew, do you know what fish do in water? Soda, coffee, beer, chocolate milk, melted butter fat in olive oil — all are much tastier, and you don't have to go to the bathroom as much.

Smoke more, eat more — Remember the old days when the grizzled ol' master sergeant would huff and puff around the track for a mile and a half in a pair of Keds deck shoes and black high rise socks, finish just in time to "pass" the fitness test and then celebrate with a smoke at the finish line? Relive those days of glory when men were men and heart attacks were badges of honor. Polish off that smoke with a quick trip to the local burger joint. Better yet, smoke on the way to the burger joint. And on the way back. Maybe even while you're eating.

Treat it like a hobby — Ms. Peterson advises people who are working out to make it a daily requirement, like brushing your teeth or combing your hair. That way, they don't make excuses for not working out. On the other hand, there are members of the obsessively sedentary set who haven't seen their toothbrushes in weeks, are losing their hair in clumps and who have forgotten what the sun looks like, and they're doing fine, thank you very much. So, work out when you feel like. As soon as you finish the next level of "Halo."

Don't worry about rest — All those fitness freaks need their sleep. Not you. You go ahead and stay up late doing, well, nothing. Watch more television. Burn the candle at both ends. You'll get plenty of rest when you're dead.

Talk a lot about working out — Fitness is here to stay in the Air Force. People want to be more productive and live better lives. You probably want to get along with the gang at work, and the boss may wonder why you always have appointments when the unit works out. Time to play along.

Talk about working out as much as possible. Study up on terms like "aerobic capacity" and "muscle failure." Flex from time to time just to act the part. You might even want to limp a bit and claim a "pulled hammy." It's fun, it covers your posterior in the event of problems, and it's better than dropping serious coin on workout gear. After all, everyone knows when it comes to getting in shape, talk is cheap.

Then again, it might be easier if you just go work out. If you think of all the work you'll put into coming up with excuses, avoiding people and generally sidestepping the fitness epidemic, you'll probably find exercising less taxing.