

<b>Friday</b>  Sunny Lo: 36°F Hi: 60°F	<b>Saturday</b>  Mostly cloudy, chance of rain Lo: 36°F Hi: 58°F	<b>Sunday</b>  Mostly cloudy, chance of rain Lo: 35°F Hi: 55°F
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Six Sigma improves 82nd CS process  
 See Page 3



Hoops playoffs heat up as 381st TRS whips 882nd TRS-A team  
 See Page 1B



# Sheppard Senator



Combat Capability Starts Here

Vol. 57, No. 8      www.sheppardsenator.com      February 27, 2004

## New civilian personnel system underway

By Donna Miles  
 American Forces Press Service

WASHINGTON (AFPN) – The Pentagon’s personnel chief said he hopes to bring the first 300,000 civilian Defense Department employees under the new National Security Personnel System within the next six months.

The system, authorized by the fiscal 2004 National Defense Authorization Act, will introduce sweeping changes to the way the department hires, pays, promotes, disciplines and fires its civilian employees.

Progress in introducing the new system is continuing on all fronts, said David S. Chu, undersecretary of defense for personnel and readiness. For example, meetings between management and nine unions representing the department’s 400,000 employees covered by bargaining units are slated to begin Thursday and will continue today.

The new system will give the department “more flexibility” to manage its civilian work force while making civil service a more attractive career option, Mr. Chu said.

He noted that surveys of young Americans show high interest in military service, but not civil service.

“I would like to see us ... get to the point where they are as excited about the civil opportunities we have to offer as people are about the uniformed opportunities we have to offer,” he said.

Among the new system’s incentives is a plan to reward top performers.

“Pay, which now is often driven largely by tenure and longevity, will be much more tied to what you contribute to the mission and the organization,” Mr. Chu said.

In addition, the new system will open up opportunities often not available to civilian employees. When a new task comes down the pike the standard response is to establish a military task force or call on a contractor, Mr. Chu said.

“They don’t say, ‘Let’s stand up a civil service unit,’” he said. “And there’s something wrong with that.”

The new system also will eliminate many current rules that Mr. Chu said hamper effective personnel management. He said that under the current system, it takes too long to hire people – an average of three months. He added the current system also makes it hard to pay people properly or move them around.

“It’s hard to reshape this force,” he said.

Mr. Chu said DOD is “at the very beginnings” of implementing the NSPS, but is basing the transition on 25 years of proven experience.

More than 30,000 DOD  
 See SYSTEM, Page 4

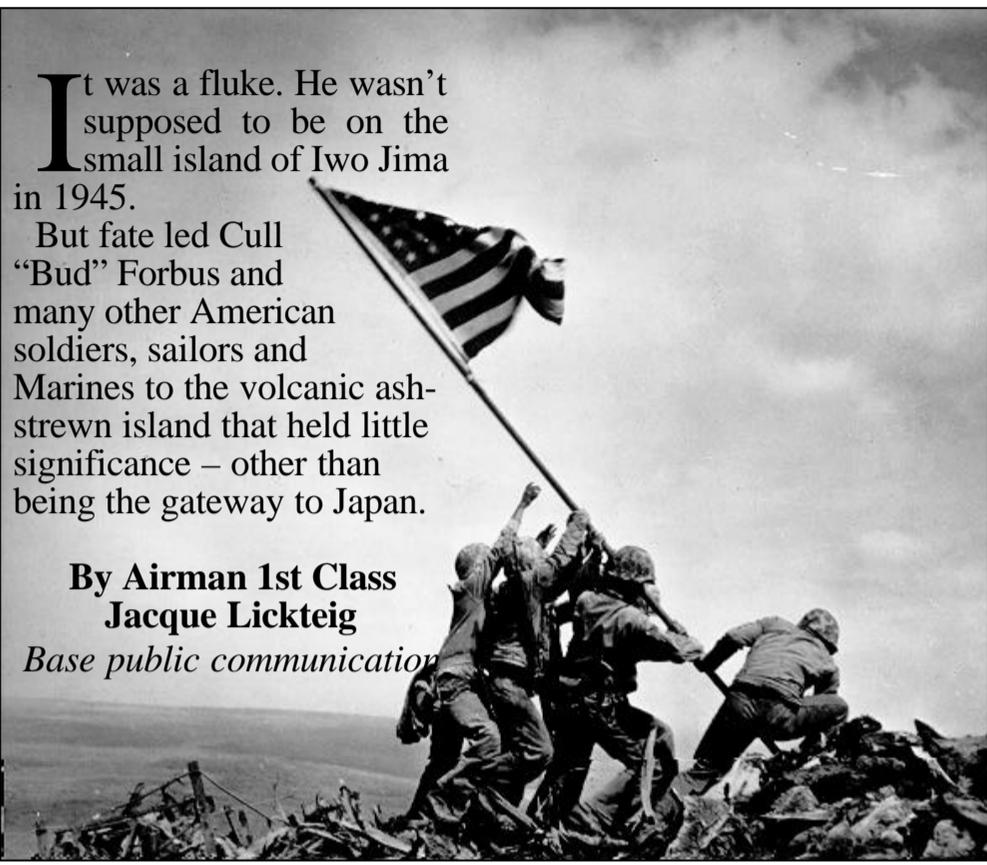


Photo by Joe Rosenthal

It was a fluke. He wasn’t supposed to be on the small island of Iwo Jima in 1945.

But fate led Cull “Bud” Forbus and many other American soldiers, sailors and Marines to the volcanic ash-strewn island that held little significance – other than being the gateway to Japan.

By Airman 1st Class  
 Jacque Lickteig  
 Base public communication

## Pivotal battle remembered

Mr. Forbus and a group of Iwo Jima survivors visited Sheppard Feb. 19, the anniversary day those national heroes landed on the beaches that marked the worst battle in the history of the U.S. Marine Corps.

The visit was part of their 59th Annual Reunion Tour. The survivors went to a recognition luncheon at the officers club, where several Sheppard members took part in a presentation for them.

The survivor also visited Sheppard Elementary, the heritage center and the medical readiness site throughout the day.

“I’ve never been treated so royally in my life as I was at Sheppard,” Mr. Forbus, an Iwo Jima survivor, said.

Mr. Forbus doesn’t expect to be treated with such respect and honor. He didn’t expect to go to Iwo Jima, he said.

He was fighting with the 3rd Marine Division in Guam, but injuries from a knife fight landed him a ticket to a naval hospital in Honolulu. After recovering from those injuries, he joined the 4th Marine Division in Maui, he said.

That twist of fate enabled



Photo by Airman 1st Class Jacque Lickteig

Medal of Honor recipient Herschel Williams speaks to guests at the Iwo Jima Survivors Association luncheon at the officers club Feb. 19.

him to contribute to the success of one of America’s primary objectives in the Pacific.

Mr. Forbus was a private first class who wasn’t old enough to vote when an 800-ship convoy carried him and about 70,000 Marines to the volcanic-ash shores of the 8 1/2-mile island, the then ammunition specialist said.

“The tanks were supposed to take us inland some 300 yards, but we got stuck right there on the beach because of the volcanic ash and the defenses the enemy put up,” he said.

Although he only spent eight hours on the island, Mr. Forbus’ memories of Iwo Jima still haunt him.

He recalled an incident during his stay on “Iwo,” as most Iwo Jima veterans call it, when his commanding officer sent him and two others to guard a ship full of ammo.

“We were keeping enemies and other Marines from stealing our ammo, and I don’t really know what happened. Either one of us stepped on a land mine or the enemy hit us with a mortar, but we all three got it,” he said.

After the explosion, Mr. Forbus saw a boat boasting a white flag with a red cross. He and the other Marines got on the medical rescue boat and left the island.

Mr. Forbus wasn’t the only national hero who didn’t expect to be one.

Medal of Honor recipient Herschel “Woody” Williams said, “I never dreamed I would be doing what I did at Iwo Jima.”

The then corporal was a flame-thrower demolition specialist serving with the 3rd Marine Division, when his “conspicuous gallantry and

intrepidity at the risk of his life above and beyond the call of duty” won him the nation’s highest military honor, as stated in the Medal of Honor citation, making him the first Marine in the 3rd Division on Iwo Jima to receive the award.

In four grueling hours under a barrage of enemy fire and covered by only four riflemen, the West Virginia native single-handedly took out seven enemy pillboxes, which was instrumental in subduing one of the most defended Japanese strong points.

But what’s emblazoned in his memory most vividly isn’t the events that gained his widespread recognition. It’s the moment that captured the essence of American valor and determination. It’s the moment Joe Rosenthal ensured the rest of the world would see what he witnessed when he took the Pulitzer Prize-winning photograph.

“I remember the flag raising most,” Mr. Williams said. “I wasn’t a part of it, but it was only 1,000 yards away. We all began jumping up and down and firing our weapons in the air rejoicing our victory on Mt. Suribachi.”

## AETC team ends review

More than 1,000 queried during weeklong visit

By John Ingle  
 Base public communication

A special review team from Air Education and Training Command completed a portion of each charter Feb. 20 when it wrapped up its site visit to Team Sheppard.

The team returned to Randolph Air Force Base to analyze all the collected data and information and then compile a report for Gen. Don Cook, AETC commander. Because of the volume of information, the head of the team could not give a definitive timeline for report completion.

Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, welcomed the review team to Sheppard and said this is an issue that doesn’t sit lightly with him.

“I take personal interest in the safety and well-being of every member of Team Sheppard,” he said. “One case of sexual assault is too many. When it happens, my first concern is of the victim, ensuring the individual’s needs are met. In addition, every allegation of sexual assault has been and will continue to be thoroughly investigated. There is zero tolerance.”

Col. K.C. McClain, deputy director of operations for technical training for Air Education and Training Command and leader of the 22-person team, said over 5,000 students were surveyed in response to allegations of sexual assaults that occurred between 2002 and 2003.

The colonel stressed the team was met with welcomed arms from base and local leaders, leading to a successful week of gathering data.

“Thank you for support and making this as easy as it could be,” Colonel McClain said. “We know we impacted a lot of people. But, we were met with openness and a ‘can-do’ attitude.”

The assembly of the team came in response to an article in the Denver Post that alleged

See REVIEW, Page 4

## Attorney General: legal fatherhood important for children

By Greg Abbott  
 Attorney General of Texas

Deployments trigger a flurry of changes for military families any time they occur. But for single parents, the challenges are even more significant, especially when the father is deployed before the birth of his child.

Under Texas law, a child born to a man and woman who are not married to each other

has no legal father. Voluntary acknowledgment of paternity is one way to establish legal fatherhood so children are eligible for child support and benefits such as Social Security, veteran’s survivor benefits and health insurance.

Legal paternity also guarantees a father’s rights as a parent, such as accessing his child’s medical and school records. The Office of Attorney General stands ready to facilitate the

AOP process when both parents can’t be present at their child’s birth.

Not long ago, the office received a call from a young mother who told us the father of her child was a serviceman, on board a ship in Hawaii, about to be deployed to the Middle East. Both the mother and the father were anxious to formally establish paternity, but didn’t know how they could get it done, separated by thousands of miles

and one rather large ocean. It took several phone calls and a lot of time, but we were finally able to e-mail the forms to the ship in Hawaii, get them signed, and ensure the baby officially had a father. Now, if the unthinkable happens to that young serviceman, his son will be entitled to full veteran’s benefits.

The father was both elated and relieved that he could establish paternity before going

into combat.

In Texas, a man who isn’t married to the child’s mother has to sign an AOP or have a court order establishing paternity before his name can go on the birth certificate. They can easily obtain and sign an AOP during the mother’s pregnancy, in case they are deployed before their babies are born.

If a father is, indeed,  
 See FATHER, Page 4

## Index

- Activities .....8A
- News.....2-4A
- Features.....5-6A
- Editorial.....7A
- Sports.....1-4B
- Spotlight.....8A

### On the Inside

### Out processing made easy

It used to be that the joys of moving to another location were dampened by the ever-looming task of out-processing.

Not anymore, thanks to a new online system called Virtual Out processing.

The program is available for all Air Force personnel to use.

For full story, see page 2.

### CSAF want zero mishaps

It is tragic to lose a fellow airman and every time we do we also lose a piece of our combat capability. We can do better.

I have rarely heard of an accident that couldn’t have been prevented and I’m asking for your help in reducing our mishap rate by at least 50 percent over the next two years.

For full story, see page 7

## Leaders re-emphasize suicide prevention efforts

By G.W. Pomeroy

Air Force Surgeon General Public Affairs

WASHINGTON (AFPN) — After 11 active-duty suicides since Jan. 1 and 14 during the final quarter of 2003, Air Force senior leaders are asking commanders and leaders across the service to assess and re-energize suicide prevention efforts at all levels.

The 2003 calendar-year suicide rate of 10.5 per 100,000 people was the lowest of all the military services and one-half the rate of a comparable civilian population of males between the ages of 20 and 50.

As of Feb. 24, the service's suicide rate was 18.1.

In a letter sent to all major commands, the Air Force's acting assistant vice chief of staff

urges all airmen to continue pitching in to reduce the number of suicides.

"Suicide is not stopped by medical personnel in emergency rooms; it is stopped by addressing quality-of-life issues in the unit on a daily basis," Lt. Gen. Richard E. Brown III wrote in the letter.

"The major components of the Air Force Suicide Prevention Program are active leadership involvement, an emphasis on community involvement and a focus on prevention throughout the life of airmen and their families, not just when they are suicidal," General Brown wrote.

"Pay special attention to the quality of your suicide-prevention briefings," General Brown wrote.

The Air Force requires

active-duty and civilian personnel to attend suicide-prevention briefings once during the 15-month air and space expeditionary force cycle.

In light of the recent suicides — none of which occurred during operations Enduring Freedom or Iraqi Freedom — General Brown urged commanders to "review how well we continue to implement the 11 initiatives that serve as the foundation of the Air Force Suicide Prevention Program."

The 11 initiatives are outlined in Air Force Pamphlet 44-160, "Air Force Suicide Prevention Program: Description of Program Initiatives and Outcomes." Those initiatives are: build community awareness; leadership involvement; investigative interview policy; professional

military education; epidemiological database; delivery of community preventive services; community education and training; critical incident stress management; integrated delivery system; limited patient-psychotherapist privilege; and unit risk-factor assessment.

Air Force leaders take a community approach in suicide prevention, encouraging every airman to take responsibility in reducing the number of suicides.

A key element of the program is to make a steady pipeline of suicide-prevention tools available for Air Force people at all levels.

So far in 2004, the Air Force Medical Service has issued the 2004 Leader's Guide for Managing Personnel in Distress, which is geared to

help commanders, first sergeants and other leaders recognize when their people are distressed and learn how to respond appropriately. It helps commanders link their people to resources and get them help as soon as possible.

The guide presents information on 35 distressing situations, checklists detailing potential behaviors or signs reflective of a person's reaction to the distressing event, and responses or resources leaders may want to use in responding to a person's needs. The guide was distributed on CD-ROM to every squadron commander and first sergeant in the Air Force. The guide can be viewed on the dot-mil-restricted Air Force Suicide Prevention Program Web site, <https://www.afms.mil/afsp>.

Other suicide-prevention

tools include:

■ "The Air Force Guide for Managing Suicidal Behavior: Strategies, Resources and Tools," an 88-page clinical guide designed to assist mental health professionals in assessing and managing high-risk behavior.

■ The Air Force Suicide Prevention Web site, which is geared toward improving access to suicide prevention information and materials.

■ The 2003 Community Suicide Prevention Briefing, a new multimedia briefing that includes slides and video.

■ The 2003 Leadership Suicide Prevention Briefing, a new multimedia briefing involving slides and video. This is geared toward wing, group and squadron commanders.

## Out processing easier with new computer-based system

By Jessica Weiss

Base publication communication

It used to be that the joys of moving to another location were dampened by the ever-looming task of out-processing.

Not anymore, thanks to a new online system called Virtual Out Processing.

The program, which was implemented at Sheppard in November 2003, is available for all Air Force personnel to use. Members of other military branches can't use the online system at this time because their personal information isn't in the program.

Linda Howard, the base administrator for vOP, said the most challenging aspect of the program has been getting agencies on base trained on how to use the new program.

"It has been quite a job getting it all together," said Linda Howard, a civilian employee in

the personnel relocations office. "We had to give training for the program and passwords to all the base agencies."

The initial extra effort was worth it in the end, though. Now an out-processing member can track the status of their checklist at several different agencies on one convenient website.

Not everyone's out-processing checklist is the same, Ms. Howard said. The squadron the member is in as well as whether or not the person is retiring, separating or going through a permanent change of station determines the checklist.

Ms. Howard said she thinks the program is very useful, makes the whole process easier on both the agencies and the out processing members and improves communication.

"They can access the checklist from any place with internet access," she said. "It eliminates

them from going to places they didn't need to go."

That doesn't mean members won't have to go to various agencies on base, Ms. Howard said members will still have to go to agencies such as base supply to turn in mobility bags and the hospital to have a physical.

"It reduces their time away from their duty station," she said. "There are still some things they will need to do go."

The system does do some of the legwork for the out-processing members. Instead of picking up their records at the dental clinic, the records are now automatically sent to the relocations office and held for the members until it's time for them to leave.

For more information, contact the Personnel Relocations office at 6-4835 or 6-6319. To access the site, visit [www.afpc.randolph.af.mil](http://www.afpc.randolph.af.mil) and use your AFPC code and password to log in.

Secretary of the Air Force Dr. James G. Roche inspects the new bus design scheme at the Pentagon on Feb. 19. The buses will be stationed at four Air Force bases across the country and will be used to support activities from the USAF Academy athletics to civic and leadership tours.

Photo by Master Sgt. Gary R. Coppage



## Air Force rolls out 10 new blue recruiting tools

By Master Sgt. Scott Elliott

Air Force Print News

WASHINGTON — Air Force Recruiting Service officials rolled out their latest advertising campaign to senior leaders Feb. 19: two very colorful buses.

The vehicles are standard in every way, except they are covered with a shrink-wrap design rather than a traditional paint scheme. Each vehicle features the F/A-22 Raptor, several airmen and contact information for those interested in joining the Air Force.

Secretary of the Air Force Dr. James G. Roche and Air Force Chief of Staff Gen. John P. Jumper examined two 45-passenger

senger buses belonging to the 11th Logistics Readiness Squadron at Bolling Air Force Base, D.C.

"They're very tastefully done," Secretary Roche said.

The vehicles will be based at four locations around the country for use during high-visibility missions. Four 45-passenger buses will operate out of Bolling AFB, carrying the Air Force Band, Drill Team and distinguished visitors. A surrey van and a shuttle bus will support youth center and team athletic events at Randolph AFB, Texas.

Three 45-passenger buses will support team, band and NCAA athletic events at the U.S. Air Force Academy, Colo. One 45-passenger bus will sup-

port civic leader tours and other events at Nellis AFB, Nev.

Senior Airman Daruis Justice, a vehicle operations specialist at Bolling AFB, said the real excitement would come in taking the Air Force message on the road.

This fleet of 10 "rolling billboards" will join the recruiting service's fleet of 35 shrink-wrapped sport utility vehicles.

It cost about \$10,000 to cover each bus, said Staff Sgt. Scott Campbell, noncommissioned officer in charge of public affairs for the 317th Recruiting Squadron. The recruiting service normally spends about \$5,000 to rent a single billboard for a few months of advertising.

## Christmas in April needs volunteers

By Master Sgt. Marshall Choate

982nd Maintenance Squadron

Over 1,500 people volunteered their time to support Christmas in April in Wichita County in 2003.

More than 1,200 of those volunteers were from Sheppard. Team Sheppard volunteers alone completed 87 of 110 projects.

With the help of Sheppard members, Christmas In April 2004 should prove to be equally successful. All that's need is just eight hours of your time from 8 a.m. to 4 p.m. on April 24.

Give someone the gift of living independently in a warm

and safe home.

Christmas in April is one of the leading local volunteer organizations that, in partnership with Wichita County communities, rehabilitates houses of low-income homeowners, particularly the elderly and disabled. It is an all-volunteer organization where military members can enrich their lives by working side by side with local citizens-true life Texans.

It involves people helping people in the local community who are financially and/or physically unable to help themselves.

Volunteer to become a House Captain and select a Christmas In April project home on April 1. House

Captains are responsible for forming a team, attending House Captain training, determining the materials required to complete a project, buying materials using Christmas In April funds and overseeing all activities on project day.

House Captain training will be conducted March 22 at 6 p.m. at Christmas in April, 1006 Eastside Drive in Wichita Falls.

Become a volunteer and enrich your life.

Contact Master Sgt. Nathan Adams at 6-5864 or Master Sgt. Garrett (Ray) Raeford at 6-5819 for information on how to become a volunteer for one of the most notable and worthy projects of the year-Christmas in April 2004.

**ENJPT Players present:**  
**Getting away with Murder**

A popular Broadway play of suspense, shock & surprise by Sondheim. Innovative staging  
 A mixture of fantasy and reality

**All proceeds go to local charities**

Performances March 3-6 at 7:30 p.m. in the  
 Community Activity Center.

Ticket prices  
 Wednesday: \$7.50  
 Thursday: \$10  
 Friday: \$12.50  
 Saturday: \$12.50

To purchase tickets, call:  
 Dawn Stephens, 88th FTS, 6-5058  
 Linda Goodwin, 89th FTS, 6-5025  
 Sandra Hess, 90th FTS, 6-4100  
 1st Lt. Dillon Patterson, 80th OSS, 6-0158  
 Chief Master Sgt. Gerhard Kuehner, 6-4209  
 Winky Taylor, Union Square FCU, 720-8000

# Targeting perfection

## Six Sigma improves base network, customer service at 82nd CS

*Editor's note: This is the second in a series of articles highlighting the use of Six Sigma by the 82nd Communications Squadron.*

Story and photo by 1st Lt. Laura Renner

Base public communication

Whoever said old is obsolete forgot to tell the 82nd Communications Squadron.

While some may see the process improvement known as Six Sigma a resurrection of the "quality days" of the Air Force in the early '90s, the 82nd CS sees its relevance to the information technology world of today.

The 82nd CS has begun implementing Six Sigma as one way to improve the services the squadron provides to Team Sheppard; one such service being the response time to network outages.

Six Sigma focuses on the customer experience. The idea is that by improving the process a product goes through, the customer becomes more competitive and successful in their own line of work. Eventually a successful customer results in financial gains for the providing company.

This improvement is done by identifying the gaps in the process that result in defective products. The improved process lowers the number of defects to fall within a standard deviation, or sigma.

This idea of financial gains

may be hard to apply to the Air Force. However, the definition of Six Sigma can certainly be applied to all aspects of the Air Force, particularly to the information technology sector.

"IT operations are a kind of factory with inputs, desired outputs and parameters that must be controlled," said Mr. Mark Brewer, the chief information officer of Seagate Technologies.

Lt. Col. Doug Halsell, 82nd CS commander, said some of the 82nd CS inputs are the servers, network switches, LAN cabling and firewalls. The outputs are things like e-mail and Internet access, and their parameters are network availability and server up-time rate.

"By controlling the network availability, we then provide those things we called outputs," he said.

At a base where the mission is to produce students, CS now looks for ways to provide better quality products – one being a higher network up-time rate – to conduct student training, Colonel Halsell said.

In the past, network outages here routinely slowed operations. While CS had the tools to see and fix outages, the colonel said they didn't know the net was down until a dissatisfied customer called.

Typically, when a person finds his or her Internet is down, they turn to the person next to them asking if theirs is working. Then they move on to another task, thinking the net

may come up in a few minutes.

After a while, that customer finally calls the Network Control Center help desk. That's when CS would first find out the net was down, Colonel Halsell said.

While the help desk technicians had the software to monitor the network at their computers, they couldn't consistently monitor the net and accomplish their other duties, he said.

Master Sgt. Todd Peach, the noncommissioned officer in charge of network management said personnel in CS determined the way to fix the monitoring process was to establish a separate screen that would allow constant monitoring.

They placed a plasma screen on a wall visible to all the technicians. With the software refreshing every fifteen seconds, the administrators now have real-time monitoring and their own computers are freed up for daily activities, Sergeant Peach said.

The monitoring software graphically shows color-coded status changes: green means good; yellow is a problem, but still workable; and red means



Airman 1st Class Zach Hinds, NCC Help Desk Technician, demonstrates how visible the screen is from his workstation. Before, the technicians could only see it from their own computers and thus would have to check it periodically while doing completing their other duties.

not working.

"By having immediate visibility into the status, we're saving as little as five minutes to as much as 20 minutes in network down time because we know about it before the customer does," Colonel Halsell said.

Ultimately, going from a reactive stance to a proactive stance dramatically lowered the number of defects, or times the net was down.

Even the network operations side became proactive with a real-time monitoring plasma screen of their own. That shop handles the hardware maintained in big black boxes also known as communication closets.

In the past, if one port – where the computer's LAN

cable plugs into the wall – was defective, CS might not have known until the problem had spread enough to affect several computers, Colonel Halsell said.

Now, with real time monitoring and a user-friendly software program, those technicians can oftentimes solve the problem remotely and before the customer even knows they have a problem, Sergeant Peach said.

"[Real time monitoring] allows us to be proactive rather than reactive, Colonel Halsell said.

It also allows CS to improve their customers' experiences.

"Customer service is a must in IT so it's easy for us to apply it," Sergeant Peach said.

## Briefly Speaking

### Office closings

The finance office will be closed today at 3 p.m. for an office function.

The office will continue normal duties Monday.

### 80th to help present history of flight

The Museum of North Texas History and the 80th Flying Training Wing will present a special on area aviation Sunday.

Col. H.D. Polumbo Jr., 80th FTW commander, and Bill English, a World War II P-51 pilot and military history, will present "Wichita Falls in the Century of Flight" at the museum at 2 p.m.

The museum is located at 720 Indiana. Call 6-7249 for more information.

### CLEP tests now funded by DANTES

DANTES will now fund CLEP electronic computer-based testing at national test centers for eligible military and civilian personnel.

Military members may be eligible for funding to cover the cost of the administration fee from their commander's O&M funds or, if they are a non-degreed instructor, through the Education Center.

For information call 6-6231 for an appointment.

### ACSC seminar rules change

Air Command and Staff College eligibles no longer have to wait until August to start and participate in a local seminar.

The typical seminar schedule supports a 10 1/2 month completion timeline. The schedule can be adjusted to fit the seminar's needs, but must take into consideration the maximum completion timeline of 18 months.

For more information, call Miller Greenlaw at 6-6231.

### Nominations due for volunteer of the year

Nominations are currently being accepted for the Sheppard Volunteer of the Year and the Air Force Volunteer Excellence Awards.

Letters requesting nominations, and the nomination formats, were sent to all wing/groups on Feb. 11. The suspense to the 82nd Mission Support Squadron is March 5.

For more information, call Linda Plummer at 6-4358.

### Former Lowry AFB personnel sought

The Air Force Real Property Agency wants to interview people who were employed or stationed at the former Lowry Air Force Base in Denver, Colo.

The AFRPA is conducting the interviews to ensure all environmental conditions on the base have been investigated. If you worked at Lowry and want to volunteer call 1-800-725-7617 or e-mail the AFRPA public affairs officer at doug.karas@afropa.pentagon.af.mil.

## Why we celebrate

Dr. Woodson saw need to educate, encourage understanding of African-American history

By 2nd Lt. Gradie Moore  
African-American Heritage  
Committee



Woodson

As February draws to a close, so to does the celebration of African-American History Month.

It's important and appropriate that we look back and reflect on why we celebrate our cultural heritage.

Carter Godwin Woodson has been called the father of Black History Month. Dr. Woodson, the son of former slaves James and Eliza (Riddle) Woodson, was born on a small farm in New Canton, Va. From an early age, he possessed an unquenchable thirst for learning.

When he could, he attended the local school, and eventually went to Berea College in Kentucky. Ultimately he earned a Bachelors of Arts from the University of Chicago in 1907. He received a Ph.D. in history from Harvard University in 1912, becoming only the second African-American to earn such a degree.

Dr. Woodson taught briefly and held educational administrative posts in the Philippines, Howard University where he was Dean of the School of Liberal Arts and West Virginia State

College. He also founded the Association for the Study of Negro Life and history in 1915.

Dr. Woodson founded Black History Week to increase everyone's knowledge and understanding of African-American history. It's a history that was ignored and even distorted in school textbooks and virtually unknown to the general public. Black History Month began as Negro History Week in 1926.

He chose the second week in February because that week

included the birthdays of Abraham Lincoln, who signed the Emancipation Proclamation, and Frederick Douglass, the escaped slave who became the major spokesperson for abolition and a fighter for black civil rights following the Civil War.

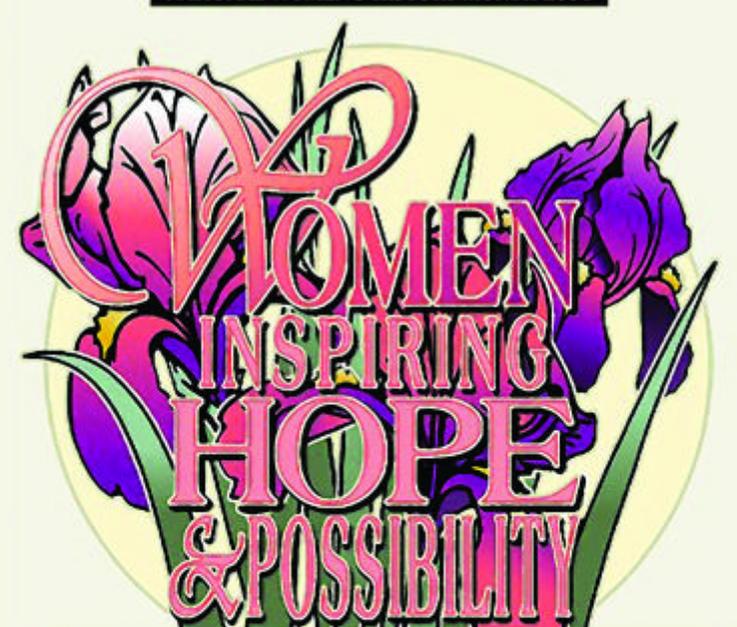
Black History Month celebrates the spirit of Dr. Woodson's statement, "We have wonderful history behind us and it is going to inspire us to greater achievements."

We celebrate so we won't forget all that African-Americans have fought for and endured throughout the ages.

We celebrate people who have left their mark on our beautiful heritage and this country's history.

We celebrated famous people of the past like Carter Woodson and Harriet Tubman, as well as today's famous African Americans like Colin Powell and Oprah Winfrey. We will one day celebrate future leaders like Ms. Claudia Norman, Senior Airman Jeremy Harris, Tech. Sgt. Jessica Chapman, Master Sgt. Robert Evans, Capt. Gary Gray and Maj. Ida McDonald.

NATIONAL WOMEN'S HISTORY MONTH 2004



*The blossoming of hope brings the gift of possibility*

<p><b>Women's History Prayer Breakfast</b> 3 March 04 0730-0900~O'Club <b>Speaker: Ms. Susie Luchsinger</b></p> <p><b>Lunch ~n ~Learn "Pallet of Provence"</b> 10 March 04 1130-1300~O'Club <b>Artist &amp; Speaker: Margaret Hall-Hoybach</b></p> <p><b>Women's History Annual Award Luncheon</b> 24 March 04 1130-1300~O'Club <b>Speaker: Ms. Cheryl Simon, 364 TRS</b></p>	<p><b>International Women's Day</b> 8 March 04 1100-1300 <b>Community Center</b></p> <p><b>Women's Flight into History Social</b> 18 March 04 1300-1500 <b>Heritage Center</b></p> <p style="text-align: right;"><b>POC: Sherry Murray-Garrett</b> 676-7173</p>
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### SAFAB African American Heritage Committee Black History Month Celebration Theme: 50th Anniversary Brown vs. Board of Education



#### February 2004 Events

- Friday: Annual Banquet, 6 p.m., officers club  
Speaker: Col. Darrell L. Sims
- March 6: College Fair at Hirschi High School, 9 a.m. to 1 p.m.
- Career Talks (TBD) Zundy and Kirby Junior High Schools

## SYSTEM

Continued from Page 1

civilians are participating in demonstration projects to test some of the new policies to be implemented departmentwide, he said. The oldest demonstration project, at the Naval Air Weapons Station China Lake in California, began in the 1970s.

After the initial transition, he said most employees involved in the demonstration projects "are much more satisfied with their opportunities in the federal civil service than they were

before."

In implementing the new system throughout DOD, Mr. Chu said planners "spent a lot of time looking at the lessons learned from those demonstration projects" and are incorporating the "best practices" into the system.

"So I think that as people look at a career or look at a substantial period of time in federal civil service, they are going to find this a more exciting choice," he said.

## FATHER

Continued from Page 1

deployed before his child's birth, the mother can take the signed AOP to the hospital when she delivers the baby so the father's name can appear on the birth certificate.

Obviously, the best place to sign an AOP is at the hospital

when the baby is born, when parents are most likely to be together. My office's child support division has developed a Paternity Opportunity Program that trains and certifies employees of hospitals and birthing centers to assist parents with the

AOP process while the mother and child are still in the hospital. The hospital will then file the form with the Bureau of Vital Statistics free of charge.

If you would like to obtain an AOP form, please feel free to contact any of the following

people in my office: Joan Hutcheson (210) 804-6484; Debra Berry (936) 558-3258; Al Morin (361) 851-7532; Carol Collier-Murphy (512) 358-3209; or Dianne Neill (214) 346-2683.

## REVIEW

Continued from Page 1

several assaults had taken place and were ignored by Sheppard. People interviewed for that article said in a Times Record News article that they were misquoted or their statements were taken out of context.

The focus of the group was not to analyze the merits of the Denver Post article's allegations, but review base programs currently in place for effectiveness and solution for victims.

"It is obvious Sheppard is working these programs very hard," Colonel McClain said. "There is command involvement (and) continued refinement of the programs."

A hot line was set up Feb. 17 to give people an opportunity to call in and discuss any sexual assault issue. In the four days the hot

line was available, Colonel McClain said three calls were received.

One of the phone calls was from another base, she said, and the second applauded Sheppard's programs and how sexual assault cases are handled here.

She said the team had expected more calls due solely to size of the population here. But, she added she is confident that anybody who wanted to call the hot line and talk was aware of the number.

The roughly 1,000 students interviewed were candid in their responses, Colonel McClain said.

"Students are very refreshing to talk to," she said. "They are young and willing to answer questions."

She said some students were initially concerned about why the team was here, but once it was explained everyone was reassured.

Members of the team also met with a representative of First Step and Wichita Falls Police Chief Ken Coughlin. First Step is a crisis-counseling center.

General Rooney said he is proud of the culture that is on base. Members of Team Sheppard are always looking out for each other and taking care of airmen.

"We have many initiatives and on-going programs that contribute to the success of airmen, ensuring Sheppard is a safe and secure environment to live, work and train," the general said.

**For more Air Force news, visit [www.af.mil](http://www.af.mil).**

Think before you drink. Call Airmen Against Drunk Driving at 6-AADD for a ride home.

## Airmen help community by building homes

By Senior Airman Madelyn Waychoff  
388th Fighter Wing Public Affairs

HILL AIR FORCE BASE, Utah (AFP) -- Spending a Saturday morning working on your house may not seem like anything new, but what about spending that Saturday morning working on the house of someone you do not even know? This is what a group of airmen from throughout the base here have been doing with their spare time for Habitat for Humanity, a nonprofit, non-denominational Christian housing organization.

The airmen work in rain, snow or heat to help out those less fortunate.

"We do all sorts of basic construction work on these houses," said Tech. Sgt. Daniel Vigansky of the 388th Equipment Maintenance Squadron conventional maintenance section, who has been working with the program since January. "On the house we're working on now, we started with an overgrown plot of land, and now we're working on the siding and insulation.

There are 15 to 20 volunteers from the base who work every other Saturday on the houses. We also work with local contractors and volunteers from the community."

The houses that are built average about 1,050 square feet, and have two bedrooms, a bathroom, kitchen, living room and dining room.

"How we build them really depends on the situation of the family though," Sergeant Vigansky said. "They are small, but convenient."

Airmen building the houses also work on the structure, put in beams and do anything for which a professional is not needed, said Airman 1st Class Cory Kauffman of the 388th EMS ammo section. "Professionals come in to do the detailed work like the plumbing, electricity and to pour the concrete."

They are not just involved in building new houses though; they also renovate old houses to ensure they are fit for families to live in.

"We gutted a house to bare floors and walls," Sergeant Vigansky said. "Then we put in new windows, doors, carpet, appliances and plumbing. We had to repaint the whole thing, including the walls and ceilings. In the spring we will do the landscaping on all the homes we've worked on."

The houses that are being worked on will be sold to low-income families, and families with special needs. Homeowner families are chosen according to their need, their ability to repay the no-profit, no-interest mortgage and their willingness to work in partnership with Habitat for Humanity, according to the Habitat for Humanity Web site.

When base people were asked why they take time out of their schedules to work on these homes for others, the answers were unanimous - to give back to the community.

"I've come to a point in my life where I've decided it's time to give back and work hand-in-hand for a good cause," Sergeant Vigansky said. "And the people we help are always very grateful for the help and support."

But, there were also other reasons people chose to volunteer.

"I've watched many home-improvement shows on (television), and many mentioned Habitat for Humanity, so I've wanted to participate for some time," said Master Sgt. David Dean, assistant noncommissioned officer in charge of the 388th EMS munitions control. "I knew I wanted to get involved, but after I met the family who will live in the house, I feel this is one of the best programs I have had the opportunity to be involved with."

## Success...

### *It wasn't built on skin color*

By 1st. Lt. Laura Renner  
Base public communication

Three Team Sheppard members have become successful according to their own plans.

One played professional basketball after college while another tried life in the job market during the seventies.

She went to college, then graduate school and worked as a counselor in a prison.

Now, all three are current or former Air Force members and proudly serve Sheppard today.

All three also happen to be African-Americans.

Col. Darrell Sims, 82nd Training Wing vice commander, joined the Air Force after playing a little pro basketball with the Cleveland Cavaliers and spending some time overseas. He met a major who helped him find opportunities to fly, leading to his becoming an air battle manager.

"My reasons (for joining) initially were economical," Colonel Sims said. "As the years have passed, it's become more or less for country."

Edward Godsey, an instructor in the fuels apprentice course in the 366th Training Squadron, chose the Air Force after working several other jobs.

"Initially I needed a job," Mr. Godsey said. "I knew I didn't want to go to college. That was fine with my dad, but he told me I still had to do something."

So he tried the job market. But that was during a rough time in the American economy; jobs were hard to find, even fuel for cars was limited, he said.

With two brothers already in the military, Mr. Godsey said he chose to try that route. He started in security forces, went to civil engineering, became a first sergeant for a few years and then headed back to CE.

After 26 years, he retired as a chief master sergeant here in 2003.

Capt. Lawanda Washington,

the director of medical logistics in the 882nd Training Group, joined the Air Force for two reasons.

"I joined the Air Force because I wanted to give back to people in a different way and to travel," the former prison counselor said.

All three have overcome some sort of obstacle to get where they are today.

Colonel Sims said he saw himself as a hindrance to his own success in his early years.

"Too often people think the world owes them something," he said. "I worked hard and the only hindrance was me."

The colonel believes people make their own destiny and that attitude equals altitude.

Mr. Godsey's biggest obstacle was also dealing with himself. He said finding out what's important, putting things in their proper order and getting focused on what he had to do to be successful in the military posed the hardest challenge for him.

Captain Washington worked her way through undergrad and grad schools. During school, she reached a point where she was working three jobs at once.

The three also shared the impact of their heritage and from their role models.

Colonel Sims said he doesn't let race or skin color determine perception.

"You have to look at where you're going when you walk in a room," he said. "You have to look good, feel good, know your job and be good at your job."

Mr. Godsey's said his family heritage impacted him the most. His strong knit family and his parents set examples. His father believed in just doing your best, he said.

Captain Washington's heritage has allowed her to realize the impact she has on people.

"As an African-American female, I realize now I have to set an example for young African-American females and

males who need role models to follow," she said.

All three credit their role models to their families. Colonel Sims and Captain Washington credit their moms for the sacrifices they made. Mr. Godsey said he didn't realize until he was out on his own that his biggest influence came from his parents.

The three went on to explain the roles their brothers, sisters, kids and wives have played in their lives as well.

"I can look at their experiences and incorporate them into my own life," Mr. Godsey said.

While their role models are similar, the three listed different reasons for being excited about their day. Colonel Sims gets excited about coming to work for the personnel of Team Sheppard.

"I want to be the best servant leader I can be," he said. "When people serve you, you get nothing out of it. Zero. But when you serve others, that's the greatest sacrifice. My agenda is to take care of you. What makes you successful is a right attitude. No one owes you anything. You're here to make an impact. The right character with the right attitude puts you on the right journey."

Now that he's retired, Mr. Godsey said he still enjoys work but focuses more on his family and leaves a message saying to always listen.

"Listen whether you get good or bad advice," he said. "You don't have to take [the advice], but always listen. You'll avoid pitfalls down the road by knowing what not to do."

Every morning, Captain Washington wakes up knowing she's in a safe environment.

"I am not in a hot zone," she said. "I can wake up in the morning and there are no bullets flying over my head or bombs going off. I can wake up in a fairly safe environment."

# Woman pilot makes history

By Airman 1st Class Jacque Lickteig  
Base public communication

During World War I, people considered the idea of women contributing to the American war effort preposterous.

By World War II, that philosophy had changed, even in the White House.

"This is not a time when women should be patient. We are in a war, and we need to fight it with all our ability and every weapon possible. Women pilots, in this particular case, are a weapon waiting to be used," First Lady Eleanor Roosevelt said.

A 21-year-old flying instructor, Florene Watson, heard that call and volunteered to become one of the first female pilots in military history.

She was the 12th out of the first 25 women who qualified for the Women's Auxiliary Ferrying Squadron, which later became known as the Women Air Force Service Pilots.

By then, the Odessa, Texas, native exceeded the 500-hour flying time requirement with about 1,100 hours of flying time. Her interest in flying planes began at 8 years old when her father, T. L. Miller, bought a ticket for her to ride in an open-cockpit barnstormer.

In her second year at Baylor University, Mr. Miller bought a Luscombe plane for her and her two brothers.

"It wasn't usual for a family to have a plane back in those days, but when people asked my father why he bought one, he said 'I think America's going to get in the war. I want my children to be able to contribute to the war effort,'" Mrs. Watson said.

His prediction was right. The experience

Mrs. Watson gained with the family plane paved the way for her to make her mark in the "man's military."

"I don't think we ruffled any man's feathers," she said. "None of us felt unaccepted. Of course our experience helped us. We weren't making mistakes in front of them because we learned from those mistakes long before we joined WAFS."

The WAFS pilots didn't fly overseas. They mainly flew planes from manufacturers to the bases. Mrs. Watson tested radar equipment and served as a military airline test pilot, as well.

That didn't bother Mrs. Watson, though.

"I didn't feel discriminated against. We contributed greatly by making sure the equipment worked and freeing the men pilots' time so they could go drop the bombs," she said. "I knew that we women were perfectly capable of dropping bombs, and we didn't need to prove it. We could have been killed just as easily flying in the States."

By the time the war was over, Mrs. Watson had flown every type of military plane.

"I don't think I looked at being one of the first female pilots difficult," she said. "It was a challenge, and I took it on."



Florene Watson, one of the first female military pilots, discusses World War II memories with an Iwo Jima survivor's wife at the Iwo Jima Survivors Luncheon.

## Reservists vital for seamless flow of business

By Senior Airman Austin May

962nd Airborne Air Control Squadron

ELMENDORF AIR FORCE BASE, Alaska (AFPN) -- In this time of heightened operations tempo, Air Force units are constantly cycling in and out of different conflict zones worldwide. With a few exceptions, servicemembers in almost every career field in the military have the potential to be sent on a temporary duty assignment for extended periods of time.

For command and other key active-duty positions, simply leaving a unit for several months at a time without a dedicated replacement is not an option that would benefit the smooth day-to-day operations of the Air Force.

Such is the case for Maj. Matt Eatman, the 3rd Security Forces Squadron commander here, who recently deployed. Maj. Scott Tagg, an individual mobilization augmentee, stepped in to help continue its seamless flow of business.

The Air Force Reserve was started in the late 1940s to maintain a pool of trained soldiers who could be activated easily in times of need. In 1947, an Air Defense Command regulation defined the Air Force Reserve's IMA program. In 2003, the Air Reserve Personnel Center supported about 12,000 IMAs.

IMAs are similar to unit reservists in that they are an ever-ready back-up force poised to step in when needed.

"In a nutshell, IMAs are backfill for active-duty components," Major Tagg said. "When an active-duty member deploys downrange, an IMA backfills at home station."

IMAs do not belong to a specific Reserve unit. Instead, they are permanently assigned to a specific position in an active-duty organization, often arranging their own training and participation.

"The amount of training is similar to what a unit reservist or (Guardsman) calls drill," Major Tagg said. "But we do it during the week, when the active duty (airman) works. Jobs such as security forces and firefighters are a bit different because they work 24 hours a day, seven days a week, so their duty hours also include the weekends. You work with your active-duty supervisor on scheduling."

When a Reserve unit is activated, the airmen will work completely as a unit. IMAs are typically individuals assigned to leadership positions.

The purpose of working so closely with the active-duty units is that when called to service, IMAs will be working directly within their assigned active organizations and be

familiar with the operation.

"Major Eatman has deployed downrange, and my role is to come in and backfill for him. So in essence, Elmendorf Air Force Base is my deployment location," Major Tagg said.

However, the IMA program here may differ slightly from other installations.

"The thing about the IMA program is that it isn't standard across the Air Force," Major Tagg said. "Some bases may have a lot of IMAs, and some bases may only have three."

The main goal of the IMA program is continuity, Major Tagg said. An individual has to be a reservist to be an IMA; however, it is also preferred that the applicant be prior active duty.

"Sometimes we get people from the Guard or Reserve unit program, but the most important thing is that they're trained," Major Tagg said. "It's a small program, with not a lot of funding, so we want to ensure that these people are truly qualified when they come to us."

Being an IMA has several perks that the Reserve unit program cannot offer.

"One benefit is that this is a very flexible program," Major Tagg said. "IMAs work directly with the active-duty force, as opposed to working with Guard or Reserve units. On the active side, you may be doing some

missions that the Guard or Reserve does not do."

As well as a varied mission, working with the active-duty Air Force lends itself to more assignment options.

"It gives me the opportunity to work on a larger installation," Major Tagg said. "Guard bases are usually a lot smaller."

As for assignments, it is all about opportunity. Applicants will submit a package for a vacant position at the base of their choosing, he said.

"And it's all (major command) specific," Major Tagg said. "If I was looking for a job at Nellis Air Force Base, Nevada, I'd have to call up Air Combat Command and ask what was available."

There is no set tour length, either. If an IMA wishes to re-assign, he or she must search for an open position and apply for it.

The IMA program is a vital part of a smooth running Air Force. While the Guard and Reserve units keep the military adequately staffed in times of need, the units would not be able to function properly without these individuals and their key positions.

"As with unit organizations within the Guard or Reserve, the IMA program would not be able to function without family or employer support," Major Tagg said.



Photo by Airman 1st Class Jacque Lickteig

The Sheppard POW/MIA memorial is currently displayed in the main foyer at the hospital. The bronze memorial says "Remember! All of you who served with them, and called them comrades, who depended upon their might and aid, and relied upon them, for surely they have not forsaken. Remember! Remember...Until the day they come home."

## Bronze memorial to honor POW/MIAs

It's just a piece of metal, easily fashioned by the skilled hands of a bronze worker.

Nothing too fantastic. But sometimes the "not too fantastic" symbols become the most memorable and awe-inspiring.

Such is the case of the Sheppard POW/MIA memorial that is currently on display in the main foyer of the base hospital.

The Sheppard POW/MIA memorial started as a proposal about one year ago. The First Sergeant's Council approached Command Chief Master Sgt. Lupe Ruiz with the idea to present the memorial to Brig. Gen. Arthur Rooney Jr, 82nd Training Wing commander.

According to Senior Master Sgt. Steve Keck, the council's president, General Rooney was extremely receptive to the idea and granted permission to place the memorial in the courtyard of the new Sheppard Heritage Center.

Once the group had the "green light," the search was on to find someone with the skills needed to design and build the memorial. Little did the group know the sculptor would be local artist Jack Stevens.

Mr. Stevens is best known for his life size bronze works like the "Wee - Chi- Tah" Sun watcher, and the Hotter 'N Hell cyclists that adorn Midwestern State University.

Although Mr. Stevens's work is absolutely amazing, it was a bit outside the price range for the council. The group relies solely on profits from the sale of POW/MIA coins and private donations.

Again fate played its hand. Mr. Stevens is a U.S. Army veteran and agreed to do the bronze work, charging only for the cost of materials.

Senior Master Sgt. Tom

Charter took charge of raising funds by the sale of the \$5 coins, which has netted about \$22,000 to this point. The council makes \$2 from each coin sold.

Sergeant Charter has also taken point on sales of a limited number of lithographs of the bronze work by Mr. Stevens.

The bronze work on display is a remarkable piece of art. It depicts a modern day U.S. soldier leading POWs to freedom. It is unique in the sense that it also includes a female POW.

In the clouds are six service members: one from World War I, WWII, Korea and Vietnam, along with a sailor and an aviator.

The memorial will be affixed to a black marble wall and up lit for effect at the Heritage Center.

Behind the memorial will be a U.S. and POW/MIA flag.

Surrounding the memorial will be benches allowing the visitors to reflect on this significant and powerful memorial to our prisoners of war and missing in action.

The council has been very fortunate to have several local sponsors assist them with coin sales, but they are still a long way from being done with fund raising.

An estimated \$10,000 to \$15,000 is needed to complete the wall, lighting, flags, etc.

In order to raise awareness, the council has displayed the bronze work with a short dialog of what the final plans are.

The bronze will be moved next week to Bldg. 1900 for two weeks and then over to the military personnel flight.

To purchase a POW/MIA coin or lithograph to support the memorial, please contact any Sheppard first sergeant. Courtesy of the Sheppard First Sergeant's Council.

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

## Achievers Sheppard members win 2nd AF awards

Sheppard dominated the civilian-category 2nd Air Force quarterly awards when four Team Sheppard members, three of them civilians, were named the best in October through December 2003.

Tech. Sgt. Monte Hargrave, from the 82nd Medical Operations Squadron, won the Non-commissioned Officer of the

Quarter Award.

Carolyn Holland, from 82nd Training Wing Training Operations, won the Entry-Level Civilian of the Quarter Award.

Rebecca Sink, from the 82nd Medical Support Squadron, won the Intermediate-Level Civilian of the

Quarter Award.

Brenda Wehmeier, from the 82nd Contracting Squadron, won the Senior-Level Civilian of the Quarter Award.

"I would like to extend my personal congratulations to the award winners for a job well done," Maj. Gen. John Regni, 2nd AF commander, said.

## Sheppard Senator

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

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## Commander's Corner



Courtesy photo

Tech. Sgt. Lawrence Buckman, Tech. Sgt. Wendell Pugh, Mater Sgt. Paul Anderson and Senior Master Sgt. Tom Charter, Sheppard Rider's Association members, present a \$275,000 check to Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, for "Operation Warm Heart."

The SRA raised the money in a "Poker Run" competition. People Are Our Business.

# Air Force Safety: the goal is zero mishaps

By Gen. John Jumper  
Chief of Staff of the Air Force

Over the past 10 years, we have prevailed in combat in Kosovo, Bosnia, Afghanistan and Iraq.

We have toppled dictators, provided opportunities for democracy to flourish, and destroyed terrorist networks. We have demonstrated time and time again that we are the greatest Air Force in the world.

I am very proud of our record in combat and in securing our nation's safety. But we aren't doing enough to keep our airmen safe.

During those same 10 years, the Air Force has lost more than 1,000 airmen in accidents that shouldn't have happened and could have been prevented. People are our most important resource and our greatest investment. We have to protect them. It is tragic to lose a fellow airman and every time we do we also lose a piece of our combat capability. We can do better.

I have rarely heard of an accident that couldn't have been prevented and I'm asking for your help in reducing our mishap rate by at least 50 percent over the next two years.

Secretary (of Defense Donald) Rumsfeld shares this goal, and he established the (Department of Defense) Safety Oversight Council to review our safety practices DoD-wide.

But real change has to start with each of us individually.

Commanders and supervisors are accountable for safety practices and performance and must take action to reduce mishap rates. Leaders have to

make sure risks are balanced against mission requirements and mitigate the risks or stop operations when those risks become too great.

Most important, we all have to get rid of the idea that safety is a concern only when "on-duty." Safety has to be part of every airman's daily life - in combat, on the commute to and from work, at home, and on vacation - anywhere you might be.

Our ultimate goal is "zero mishaps." Some people may think "zero" is simply too hard to be a realistic goal.

To my way of thinking, however, any goal other than zero implies that some mishaps are acceptable. But no mishap is.

The moment we stop pressing forward we start falling back.

Over the past decade, despite some excellent safety programs, we haven't made much progress in making the Air Force safer. Instead, we've been moving in the wrong direction. Another program, procedure, or lecture won't help. Each of us paying attention will.

The right attitude about safety in peacetime is no different than how we feel about surviving in war. The difference is that any loss of people or equipment in peacetime means that they will never get to the war.

We know that the mission always comes first and our environment will always be "high-risk." Plus, the Air Force cannot become so risk averse that we jeopardize the mission.

But we cannot fall into the trap of accepting accidents as a cost of doing business, and

almost all accidents are preventable.

First, we have to turn around the trend in motor vehicle collisions. Off-duty private motor vehicle accidents have steadily risen since FY98 and remain the number one killer of our people.

We're taking action to raise motorcycle safety awareness and skill level, but success depends on our people embracing and then practicing safe riding habits.

We also have to decrease the rate of aviation accidents - midair collisions, controlled flight into terrain and engine failures consistently drive mishap rates. We'll do our part to ensure that you get the training and the technology, but you have to put it into practice.

Seat belts don't work if you don't buckle them; helmets don't save lives if you don't wear them. Motor vehicle and aviation accidents drive the statistics, but accidents occur everywhere, like in the workplace and on the sports field.

I have established the Air Force Operational Safety Council (AFOSC), chaired by the Vice Chief of Staff, to oversee safety matters.

The AFOSC will monitor safety performance, examine new or emerging technologies from both the operational and safety perspectives, and direct required changes in Air Force policy, programs, and investment.

But all the oversight in the world won't help if our Airmen don't take each other's safety - their survival - seriously.

I need your help - let's get it right on safety.

## Highlights from the Servicemembers Civil Relief Act

The television makeover craze reached C-SPAN last year, when Congress made over the old Soldiers and Sailors Civil Relief Act.

The first change was to call it the Servicemembers Civil Relief Act, making it more Airmen-friendly.

The old protections for servicemembers still exist, but several significant new ones were added.

Highlights of the law, which is now in effect, include:

■ Interest rate cap of 6 percent APR on pre-service debts. All interest above this cap is to be forgiven.

■ Termination of rental property leases. Members can terminate leases entered into pre-service, or if they receive PCS or 90-plus day deployment orders.

■ Termination of motor vehicle leases. Members can terminate leases entered into before a call to active duty for a term of at least 180 days, or if the member receives overseas PCS or deployment orders for at least 180 days. The vehicle must be surrendered within 15 days of the notice to terminate the lease.

■ Protection for installment contracts and property leases. If they have paid a deposit, members cannot have property repossessed or be evicted without a court order.

■ Life insurance policies are protected from lapsing while in service.

■ Stay of civil proceedings. Members are entitled to a 90-day stay of civil proceedings

if certain conditions are met.

■ Default judgment protection. Courts cannot enter a default judgment against a defendant without a sworn statement that they are not in the military.

■ Taxation benefits. A state or locality may not use the military compensation of a non-resident servicemember to increase the tax liability of their resident spouse, if the money would not be otherwise taxable.

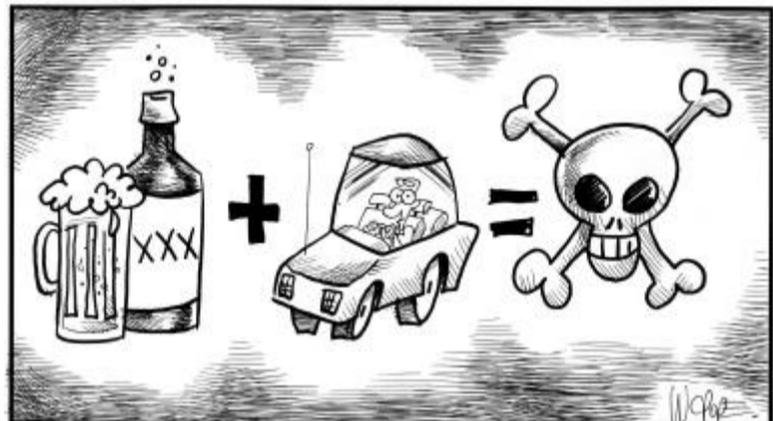
■ No adverse actions. Creditors and insurers are prohibited from pursuing adverse actions (notifying credit agencies, denying credit, changing terms, etc.) against servicemembers who exercise their rights under the SCRA.

The above highlights do not include all of the requirements and processes for using the SCRA.

For instance, most provisions (including the 6 percent interest cap) require that the member's military service has "materially affected" their ability to make payments or perform under a contract. "Materially affected" means being in the military makes it more difficult to meet payments due to receiving less pay than in their previous job.

If you have questions or require assistance on a legal issue involving the SCRA, please make an appointment with the Sheppard Law Center. The number is 6-4262, and the Web site is <https://webm.sheppard.af.mil/82trwja/index.html>.

Courtesy of the base legal office.



## Action lines

### Barking dogs

Question: I live on a street with many dogs and a few of them are very noisy. Today I called security forces about the noise level behind our house and let them hear the barking of at least four dogs. I don't know if anything was ever done about the barking because it continued for the rest of the afternoon and into the evening.

I sent a note over to the owners that told them I was tired of the barking and the enclosure and the way the dog was left out at all hours was cruel. Well, that evening the owner came to my door telling me my note was too strict. I do not feel like that is true at all. My infant is sick and cannot sleep because of the barking. And, this is not a new problem. There are dogs that have been barking for months, and the owners are letting them continue.

I feel this behavior is inex-

cusable. Why are people allowed pets on base that they leave out in the weather and ignore, and their neighbors have to put up with barking and loose dogs too? Can you help in any way?

Answer: As always, we appreciate the base community's assistance in helping us solve our issues. You are absolutely right. This is a violation per Sheppard Air Force Base Instruction 31-201. In chapter 2.6, a Public Nuisance Animal is defined as any animal, domestic or wild, that engages in any of the following actions on at least one occasion: Barks, whines or howls in an excessive, continuous or untimely matter (2.6.6). Security forces will investigate all complaints after hours and the base housing office will investigate all complaints during regular business hours. If

there is a factual finding, an incident report will be initiated. The report will then be sent to the mission support group as notification. After the third notification, the commander may opt to recommend removal of the pet from the installation. If you notice a violation of this nature, please contact housing maintenance during duty hours or security forces during non-duty hours.

### Bunker housing

Question: Ream Avenue has become one of the base's hottest drag strips. It seems that since there are only four houses facing this straight road, several drivers think it is not necessary to abide by the 20 mph housing speed limit. Not only do some drivers speed, but there are also several repeat offenders who squeal their tires and rev their engines prior to racing by.

This activity leads me to believe they are conscious of how they are driving and not merely absentmindedly speeding. There are children living in these houses. There is a brand new playground behind these houses to which numerous kids from the entire Bunker Hill section walk. There is also a daily school bus stop and a day care on Ream. If one of the pre-schoolers from the aforementioned day care was to get away from his or her parent's grip while being picked up, I'd dare say a ticket would be the least of the consequences a speeder could be facing.

Neither the time of day nor the weather conditions deter these drivers. As I am writing this on a very rainy Friday night, I can tell you the drivers have not slowed their pace. People can be found walking their pets up and down this road on any given night. It is not only a dis-

regard for the law but a complete lack of respect for the safety of the people that reside on this street and in the surrounding neighborhood. I have lived on Ream Avenue for more than two years now, and I have finally reached the end of my tolerance for this behavior. I realize the security forces have a great deal to do as it is, but something needs to be done before the inevitable happens.

As a resident of this base and concerned citizen of this neighborhood, I would greatly appreciate any assistance in resolving this issue.

Answer: Thanks for taking time to address this concern. As soon as the situation was reported to security forces, we immediately developed potential solutions for the situation. Security forces implemented "selectives" (tailored patrols directed towards

particular problems) in and around Bunker Housing - near Ream Avenue. The selectives will be conducted periodically throughout the shift, in addition to the already established routine patrols. However, if you witness drivers speeding, squealing their tires and revving their engines, please contact security forces at 676-2981 for prompt attention. Security forces personnel will continue to patrol housing areas and remain vigilant in an effort to bring closure to this issue and provide community support for our residents on base.

Submit your questions and concerns to [action.line@sheppard.af.mil](mailto:action.line@sheppard.af.mil) or call 6-2000. Your submission may be printed in The Sheppard Senator.

**ITT**

**March 6** - Lincoln Square Shopping Center, Ripley's Believe It or Not and The Palace of Wax. The cost is \$27 for ages 13 and up and \$24 for ages 4 through 12. Departs the community center at 8 a.m. and allow free time at the Lincoln Square Mall until 2 p.m. The tour will continue on to Ripley's Believe it or Not and the Palace of Wax until 5 p.m. when the bus will bring the group back to the community center that evening.

Register by Tuesday.  
Call 6-2302 for more information.

**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**

**Mardis Gras Festival Dance**

Club BDU will host a Mardis Gras Festival Dance March 6 from 7 p.m. to 1 a.m. Call 6-7659 for more information.

**FITS**

Every Saturday, the north fitness center offers activities for students.

**Saturday** - 3-on-3 basketball beginning at 10 a.m.

**March 6** - Soccer beginning at 10 a.m.

For more information, call 6-4808.

**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 Masses**  
Tuesday, Mass 5:15 p.m., y, Mass 11 a.m.

**At the movies**



**Along Came Polly (PG-13)**

**Today at 6:30 p.m. and Saturday at 7 p.m.**  
Ben Stiller, Jennifer Aniston - Reuben's best-laid plans for life and love career wildly off track when his bride dumps him on their honeymoon. Stunned and humiliated Reuben plans to play it safer than ever.



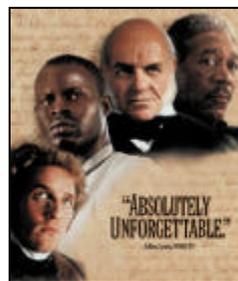
**Big Fish (PG-13)**

**Today at 9 p.m. and Saturday at 4:30 p.m.**  
Ewan McGregor, Albert Finney - Edward, a braggart who has always exaggerated his exploits and experiences when he left his small town in Alabama for adventures near and far. Nearly everyone has been spellbound by Edward's terrific tall tales over the years.



**Radio (PG)**

**Saturday at 2 p.m.**  
Cuba Gooding Jr., Ed Harris - This is the decades-long story of the relationship between a prominent high school football coach in a small South Carolina town and the illiterate, mentally-challenged man nicknamed Radio whom he mentors, who before had always been the target of jokes and teasing by the community.



**Amistad (R)**

**Sunday at 4:30 p.m.**  
Morgan Freeman, Nigel Hawthorne - In the summer of 1839, on a stormy night off the coast of Cuba, 53 Africans held captive in the cramped cargo holds of the Spanish slave ship La Amistad break free of their shackles. Led by Cinque, they arm themselves, take control of the ship and reclaim their freedom.

**Chapel Schedule**

**Worship Services**  
**Catholic services**

**Saturday**

Confession: 4 to 4:30 p.m. (north chapel)

Mass: 5 p.m. (north chapel)

**Sunday**

Mass: 9 a.m. and noon (north chapel)

Religious education: pre-kindergarten through adult: 10:30 to 11:40 a.m. (Bldg. 962)

RCIA: 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 Rock Café)

**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.**

**Sheppard Spotlight 15 lines of fame**

1. **Name:** Mark Sletten
2. **Rank:** first lieutenant
3. **Organization and position:** 90th Flying Training Squadron, chief of scheduling M Flight and physical training leader
4. **Hometown:** Irene, S.D.
5. **Married or single (include your family if you'd like):** Married to Mary Sletten.
6. **Hobbies/Favorite thing(s) to do in your free time:** Rock climbing, snowboarding, playing frisbee golf, working out and off-roading.
7. **Funniest childhood memory:** Bad mouthing the neighborhood bully and trying to out-run him on roller skates with my younger brother. For some reason, it always
8. **Why did you join the Air Force?** I wanted to fly and serve, and the Air force provided the opportunity to do both without being on a boat.
9. **Why do you stay in the Air Force?** I love flying jets -



1st Lt. Mark Sletten

seemed worth it except for the short portion of the chase where we got caught and beat up.

wouldn't trade it for the world.

10. **Date arrived at Sheppard:** February 2001

11. **Most rewarding aspect of your job:** Seeing students experience significant progress after flying with them.

12. **Favorite book or movie:**  
Favorite book: The Bible  
Favorite movie: "Rocky IV."

13. **What is your dream vacation?** Backpacking in the Himalaya Mountains with my wife for a few weeks.

14. **If you could be anyone for one day, who would you be?** Roy Jones Jr. or Michael Jordan, two of the most talented athletes ever to grace their profession.

15. **Most prized possession:** My All-American Certificates from boxing.

**The Sheppard Theater will have two free shows Sunday at 2 and 7 p.m. Tickets are available at AAFES facilities. To find out what's showing, call 6-4427.**

Vance air-  
man wrestles  
his way to  
AF camp

See Page 2B



# Sheppard Sports



Hamilton, Jr.  
finishes  
eighth in  
Rockingham

See Page 3B

Vol. 57, No. 8 February 27, 2004

## Marines beat Navy by one second in race



Courtesy photo

Runners break out at the start of the Women's 8K Race at the Armed Forces Cross Country Competition which was run in conjunction with the United States Track and Field National Cross Country Competition in Indianapolis, Ind.

MARINE CORPS BASE QUANTICO, Va. – Braving 5 inches of snow and below freezing temperatures, 15 Marines raced against their service counterparts at the Armed Forces Cross Country Competition which was run in conjunction with the United States Track and Field National Cross Country Competition in Indianapolis, Ind., Feb. 7-8.

It was a close race between the four services, especially between the Navy and Marine Corps. Overall team totals for the Armed Forces Championships were Air Force 236:09 minutes, Army 240:28 minutes, Marine Corps 241:32 minutes, and Navy 241:33 minutes.

The one-second difference that separated the Marine and Navy team times represents the Corps team's best performance in recent years with many of the team mem-

bers posting impressive times. The Marine team time was only off by a minute from the Army team, which is very close considering the Army and Air Force entered members from their World Class Athlete Program.

"The WCAP's train for the sport year-round with no other military duties. This is a hobby for us; our team was drawn from across the Corps with runners of varying ranks, duties, and experience. So it is pretty telling that we were this close to them," said Capt. Lauren Edwards, team member.

Every year the top 6 finishers at the Armed Forces Competition qualify for the international military competition at the Counsel International du Sport Militaire. Unfortunately, this year the competition is scheduled to be held in Beirut, Lebanon, and the state department has barred U.S.

participation.

In the Men's 4K Race, Sgt. Eric Graham, a reservist from I&I Des Moines, Iowa, ran a 11:51 to finish fourth in the Armed Forces. Gunnery Sgt. Jeff Klemmer, from Headquarters Marine Corps, MMEA, finished with a time of 12:39.

In the Women's 8K Race, Capt. Lauren Edwards from HQMC, MMOA, was the first Marine across the line at 32:16 with a sixth in the Armed Forces competition.

In the Men's 12K Race, 2nd Lt. Nathan Flores, newly commissioned and awaiting assignment to TBS was the 1st Marine finisher across the line and a Bronze medalist with a time of 38:55.

The majority of the Marines on the team were members of the HQMC Regional Running Program.

### Sports Briefing

#### Student basketball playoffs begin

The student-league basketball playoffs began this week and will continue into next week.

The championships will be played at 6 p.m. Thursday at the north fitness center.

#### Permanent-party basketball playoffs begin

The permanent party basketball playoffs kick off at 6:30 p.m. March 8 at the north fitness center.

The championship will be played on March 22 at 6:30 p.m.

#### Over-30 basketball playoffs begin

The over-30 basketball playoffs will start March 8 at 5:30 p.m. at the north fitness center.

The championship will be played at 6:30 p.m. March 16 at the north fitness center.

#### Healthy heart cooking class

There is a Taste of the Orient healthy heart cooking class at noon today at the health and wellness center.

The menu will be tossed green salad with Japanese dressing, green beans in sesame dressing, grilled miso chicken and sugared sweet potatoes.

#### Womens's varsity softball tryouts

The Sheppard women's varsity softball program will start Saturday.

Practice begins at 5 p.m. at softball field 2. Practices are every Thursday and Saturday.

Call Ron "Bama" Brown, at 6-4695.

#### 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.

## 361 TRS outhustles 882 TRS-A, 63-52

By Senior Airman Chris Powell  
Senator sports editor

The 361st Training Squadron team outrebounded, outshot and plain and simply, outhustled the 882nd Training Squadron-A team 63-52 Tuesday at the north fitness center.

With the win, the 361st TRS advances to the next round of the double elimination, student-league playoffs, while the 882 TRS-A now moves into the loser's bracket.

"We really needed this win to give us momentum throughout the playoffs," said Quincy Hodges after the game. "A lot of our players have graduated, so it really means a lot to overcome that and get a win.

"We need to keep working together and play good defense the rest of the way," he added.

The game looked evenly matched at the beginning as both teams were tied at 9 with 11 minutes left in the first half.

But that didn't last long as the 361st started to pull away after a three pointer by Fabian Trujillo and another by Mike Giles made the score 22-13 with 9:50 to go.

Life wasn't totally gone from the 882nd TRS-A team, though. It mounted an 8-0 scoring drive to pull within two points at 25-23 with 5 minutes remaining in the first half.

But the 361st was able to get two quick baskets to extend its lead to 31-25 at the close of the first half.

At the start of the half, both teams came out shooting and exchanged scores with the 361st leading 41-31 with 13 minutes left in regulation.

Forward Jerome Nathaniel added back-to-back layups to bring the 882nd-A a bit closer with 11:30 left and the score 41-35.

But much like the entire game, the 361st had an answer for the 882nd-A. This time it came in the form of two back-to-back slam dunks by Hodges and Mario Elay to extend their lead to 48-37 with 9 minutes left.

The 882nd-A mounted a small comeback late in the game to get within 6 points after a jumper by Jody Nitz cut their deficit to 58-52 with 15 seconds left. Then 882nd-A kept fouling to try to get back in the game, but the 361st TRS was able to make its free throws.

The 361 TRS team had four players score in double figures: Mario Elay scored 15 points, Mike Giles added 14 points, Quincy Hodges scored 13 and Fabian Trujillo dumped in 10 points.

The 882nd TRS-A's top scorers were Jerome with 17 points, Augustus Williams with 14 points and Marckus Newhouse added 4 points.

## NASCAR good fit with Army, Soldiers

DAYTONA, Fla. – As the Army enters its second year of NASCAR sponsorship, Soldiers – both longtime racing fans and rookie observers – are saluting the multimillion-dollar partnership.

The relationship was born of a desire to pump up recruiting efforts, officials have said. But as the bond continues to gel, some are taking note of the underlying similarities between the lives of racecar drivers and Soldiers.

Joe Nemecek, who drives the Army's black and gold No. 01 Chevy, feels a kinship with the men and women in uniform.

"We're gone a lot for a big part of the year, it's tough being away from your family," Nemecek said, adding that he also relates to the danger factor and the tragic consequences it can bring. His younger brother, John, was killed in a 1997 racing accident.

"I know what it's like to lose someone," Nemecek said. "It makes you appreciate every day you have with people you love."

Nemecek spent time with injured Soldiers at Walter Reed Army Medical Center in December. The visit left him with an even deeper sense of pride in representing the Army – and a strong desire to give Soldiers a team they can be proud of in return.

"The one thing I want to do is get this Army Chevy in victory lane," Nemecek said. "That's for the Soldiers who serve."

The Daytona 500 drew an estimated 180,000 fans to the first race of the Nextel Cup 2004 series at the Daytona Speedway in Florida Feb. 15. It was Spc. Russell Burnham's first NASCAR experience. He described himself as a fan in the development stage. But despite his rookie fan status,

See NASCAR, Page 3B



Photo by Senior Airman Chris Powell

An 882nd Training Squadron-A player shoots a jumper over Mike Giles, 361st Training Squadron, during the first student-league basketball playoff game Tuesday at the north fitness center. With the win, it moves the 361st into the next round of the playoffs.

## Eat smart, stay healthy in March

By Maj. Elizabeth Watson  
Nutrition instructor

Eating healthily is important all 12 months of the year, but Americans use March to focus on nutrition.

National Nutrition Month is an annual program sponsored by the American Dietetics Association, or ADA. The theme for the year is "Eat smart, stay healthy" and is designed to encourage nutrition and physical activity as key factors in a healthy lifestyle.

"Eating healthy is key to enhancing performance and feeling and looking good," said Maj. Elizabeth Watson, base nutrition instructor. "A good diet can help prevent heart disease, cancer, diabetes, and many other diseases."

People should eat a wide variety of healthy foods, using new fruits and vegetables to add interest to their meals, according to the major.

"Variety promotes good nutrition and enhances your pleasure at meals," she said. "And don't forget to keep some of your favorite 'not so healthy' foods. As the ADA says, 'Healthy eating doesn't mean feeling deprived or guilty. Look at the big picture, it's what you eat over several days - not just one day or one meal - that's important.'"

"Next ensure you have good levels of physical activity. Develop a fitness plan that works for you," she added. "You don't have to join a gym or classes unless you want to. People should find ways to enjoy activity as a part of their everyday life."

She said people should try hiking, dancing, swimming or whatever interests them. But they should always check with their physician before beginning any new activity program.

"Over the next month, people will see many nutrition-oriented activities around the base and local community," Maj. Watson said.

Call the HAWC at 6-1416 for more information.

## Falcons can't keep up with BYU, 67-61

Courtesy of the Air Force  
Academy News Service

PROVO, Utah – Rafael Araujo and Mark Bigelow scored 21 points apiece to lead Brigham Young to a 67-61 victory over Air Force on Monday, keeping the Falcons from clinching a share of their first-ever conference championship.

Air Force could have locked up the No. 1 seed in the Mountain West Conference tournament next month and clinched the first conference championship and 20-win season in school history, but could not hang on after taking an eight-point lead early in the second half.

The 6-foot-11, 280-pound Araujo was at least 2 inches taller and 50 pounds heavier than any of the Falcons (19-5, 9-2) and BYU (18-7, 8-4) used the bulky Brazilian to wear down Air Force and avoid being swept for the first time in the season series.

The Cougars, who shot 82.4 percent (14-for-17) in the second half, still have an outside shot at the MWC regular-season title after a 2-4 conference start.

Nick Welch led Air Force with 16 points, Tim Keller scored 14 and Antoine Hood finished with 10 points and seven rebounds.

Bigelow added five assists and Araujo finished with eight rebounds for BYU.

After going nearly the first five minutes of the second half without a field goal, the Cougars made 6 of 7 from the field while turning an eight-point deficit into a 43-41 lead. Bigelow scored seven straight for BYU on two jumpers and a three-point play to tie it at 41, then Jake Shoff drove for a layup that gave the Cougars their first lead since 15-14.

BYU extended the lead to 52-45 before the Falcons started to make a comeback after A.J. Kuhle was fouled hard by Araujo with 5:38 remaining. Air Force coach Joe Scott was livid at the foul, which Kuhle came up from with a bloody mouth and had to leave for a few minutes.

It seemed to spark the Falcons, who started to rally when Matt McCraw came in to shoot for Kuhle and went 1-for-2 from the line, followed by two free throws by Welch and Keller's three-point play to cut the lead to 54-51.

Welch made two more free throws to pull Air Force to 56-55 with 2:33 remaining, but the Falcons couldn't overtake the Cougars.

Araujo scored on a layup, Bigelow made two free throws and Mike Rose was all alone under the basket after BYU broke Air Force's press to put the Cougars up 62-56.

The Falcons led 26-23 at half-time after using their quickness and some sharp outside shooting to outscore the larger Cougars. Air Force was 6-for-13 from 3-point range while holding the Cougars to 0-for-5 from beyond the arc.

## Basketball

For more information, call 6-2972.

### Over-30 League

Team	Won	Lost	GB
383 TRS	7	2	--
82 SFS	8	3	--
366 TRS	6	4	1.5
82 MDOS	6	6	2.5
360 TRS	5	5	2.5
365 TRS	3	6	4.0
82 MSS/SVS	1	10	7.0

### Permanent Party Division 1

Team	Won	Lost	GB
365 TRS	9	1	--
382 TRS	9	3	1.0
82 MDOS/MDSS	6	4	3.0
366 TRS	5	5	4.0
80 OSS	4	6	5.0
361 TRS	2	8	7.0
362 TRS	1	9	8.0

### Permanent Party Division 1

Team	Won	Lost	GB
82 CES	10	0	--
187th MBN	7	3	3.0
82 MSS/SVS	6	4	4.0
82 CPTS	3	5	7.0
82 SFS	3	6	7.0
82 CS	1	9	9.0

Team	Won	Lost	GB
82 CS	0	9	6.5

### Student League

Team	Won	Lost	GB
365 TRS	6	2	--
366 TRS	5	3	1.0
882 TRS-A	5	3	1.0
360 TRS	5	3	1.0
364 TRS	4	4	2.0
361 TRS	4	4	2.0
362 TRS	3	5	3.0
363 TRS	2	6	4.0
882 TRS-B	2	6	4.0

## Bowling

For more information, call 6-2170.

### Combo bowling held every Thursday

Combo bowling will be held every Thursday at 12:30 p.m. at the south lanes.

For more information, call Donna Dobbins at 569-2430 or Vivian Umlah at 569-1619.

### Rock It Bowl at the north lanes

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

### Bowling League

Team	Won	Lost
82 COMM "A"	115	45
82 COMM "A"	123	45

Team	Won	Lost
365 TRS "C"	116	52
366 TRS "A"	95	73
364 TRS "A"	95	73
363 TRS "Ammo"	94	74
382 TRS "A"	94	74
82 CPTS	93	75
365 TRS "B"	92	76
360 TRS	92	76
80 FTW "A"	92	76
882 TRG	91	77
187 Med Bn	91	77
82 CES	87	79
Bowling Pro Shop	85	83
381 Med Red	85	83
365 TRS "D"	84	84
362 TRS "A"	82	86
82 MSS/SVS	81	87
383 TRS	80	88
362 TRS "B"	80	88
361 TRS	78	90
363 TRS Armament	76	92
382 "BMET"	76	92
82 Services Squadron	70	98
364 TRS "B"	63	105
82 CS "B"	60	108
SFS	54	114
80th OSS	43	125

## Fitness center

For more information, call 6-2972.

### 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 5:30 a.m.

### Body pump

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

### Yoga and pilates

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

### Basic step

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

### Kickboxing

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

### Intermediate step

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

### Advance step

Monday, Tuesday at 5 p.m.

### Combo step

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

## Youth center

For more information, call 6-2342.

### Operation Night Hoops

Operation Night Hoops registration continues until 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.

### 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.

### Night Hoops volunteers

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

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

### Body development class

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

# 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>.

### Friday Feb. 27

10 a.m. Seal Class 224 - Basic Underwater Demolition  
5 p.m. Heroes of Combat Camera  
9 p.m. The Air Force Story - Chapter 5 1935-1937

### Saturday Feb. 28

10 a.m. WASP - Women Air Force Service Pilots  
5 p.m. A Commitment to Caring - The Air Force Assistance Fund  
9 p.m. The Air Force Story - The Air War Against Japan

### Sunday Feb. 29

10 a.m. The Uniform Code of Military Justice

5 p.m. In Service for My Country - Deployment Stories from Team Sheppard  
9 p.m. Into the Mouth of the Cat - The Lance P Sijan Story

### Monday March 1

10 a.m. The Air National Guard Mission and History  
5 p.m. The Sound of Freedom - The Berlin Airlift and the General Who Changed History  
9 p.m. Air Force News Special Edition - The Making of an Air Force Recruiter

### Tuesday March 2

10 a.m. Anti-Terrorism Training - Level 1  
5:30 p.m. The Air Force Story - Superfort, Aug. 1943  
9 p.m. Air Force News Special Edition - The Thunderbirds

### Wednesday March 3

10 a.m. Air Force News Special Edition - The Centennial of Flight  
5:30 p.m. The Air Force Story - Chapter 8 - Drawing the Battle Lines  
9 p.m. The Army in Action, Global War

### Thursday March 4

10 a.m. Air Power in Kosovo  
5:30 p.m. Army Values  
9 p.m. Navy Marine Corps News



Photo by Master Sgt. George F. Jozens

Jonathan Russo of Vance Air Force Base, Okla., lifts weights as part of his preparation for the 2004 All Air Force Wrestling Training Camp at Mountain Home Air Force Base, Idaho.

# Vance airman earns spot at AF wrestling camp

By Master Sgt. George F. Jozens

71st Flying Training Wing Public Affairs

VANCE AIR FORCE BASE, Okla. (AETC-NS) — A Vance airman was recently selected to attend the 2004 All Air Force Wrestling Training Camp that started Feb. 19 at Mountain Home Air Force Base, Idaho.

Senior Airman Jonathon Russo, a Vance command post controller, will train with the Air Force Wrestling Team and, if selected, will compete with the team March 4-8 at Naval Air Station New Orleans, La.

He may also go to the national championship training camp March 9 through April 6 in Colorado Springs, Colo., and compete in the USA Wrestling National Championships May 7-10 in Las Vegas.

"I've been wrestling since my freshman year (in high school) for about six years now," Russo

said. "In addition to wrestling in school, I wrestled freestyle for about a year in a wrestling club in Orlando."

To keep his skills tuned, Russo stays busy.

"I stay prepared by working out," he said. "I took some leave and wrestled with Enid High School for a couple of weeks."

Russo has one goal.

"I'd like to make the starting position at the 145-pound weight class," he said.

In addition to the high school team, he has practiced with the other Air Force wrestlers in Oklahoma.

"I've been going to Shawnee High School and wrestling against 2nd Lt. Christopher Bennett from Tinker AFB and Senior Airman Thaddeus Cook from Altus AFB," Russo said. "Lieutenant Bennett is an assistant wrestling coach at the high school, so it gives the three of us a meeting place to keep in shape for the upcoming camp."



GRACE BAPTIST CHURCH; 2c; 12p; Black Only; RE/SN/PU  
NO. R13537; 4278736



Courtesy photo

The Team Marines pit crew congratulates Bobby Hamilton Jr. after he finishes eighth the Goody's Headache Powders 200. Hamilton, Jr. overcame car collisions, tire problems and wall collisions to finish the second NASCAR Busch Series race of the season.

## Hamilton Jr. finishes in eighth in Rockingham

ROCKINGHAM, N.C. — The only things missing from Bobby Hamilton Jr.'s run through an obstacle course on Saturday were the jump over water and the rope climb.

The rest of the traditional obstacle course features managed to find their way into Hamilton Jr.'s 200-mile run in the Goody's Headache Powders 200. Despite collisions with cars, run ins with the wall, tire problems and a jammed air wrench on a pit stop, the White House, Tenn., resident managed an eighth place finish in the second NASCAR Busch Series race of the season.

After practice and qualifying on Friday, many in the garage considered Hamilton, Jr. the driver to beat on Saturday. Hamilton, Jr. qualified in the eighth position and finished happy hour as the fastest car.

Early on in Saturday's race it appeared as if Hamilton Jr. would be able to walk away with the win. He quickly raced from eighth into the top-five before the first round of pit stops occurred on lap 55. A jammed air wrench delayed the pit stop and sent Hamilton Jr. to the 22nd position in the running order.

Hamilton Jr. and The Team Marines Racing Team never give up and Saturday was no different. The team refocused and Hamilton, Jr. began to work his way to the front of the field once again. With a fast race car and the determination of one of the toughest drivers in the Busch Series, the chance for victory was still within reach.

Ten laps later, Hamilton Jr. had raced to the 17th position. By lap 85, Hamilton Jr. had worked his way back into 10th position.

A lap 165 crash involving Aaron Fike came within inches of collecting the Team Marines



Courtesy photo

Hamilton Jr. makes a pass during the Goody's Headache Powders 200 Saturday.

Ford. In moving to escape the car, Hamilton Jr. scraped the outside wall, knocking the steering on the Team Marines Ford off enough to hinder the driving of the machine for the remainder of the event.

Despite the trouble, Hamilton Jr. fought his hardest to earn the eighth place finish over the final ten laps.

"We didn't get the victory we were after, but it's hard to be real upset with a top-ten at a track this tough," Hamilton Jr. said. "We had some things happen today out of our control, but the Team Marines Ford kept charging and now we can head to Las Vegas, one of my favorite race tracks."

Jamie McMurray won his fourth straight Busch Series race in Rockingham with a late race pass of Kevin Harvick. Martin Truex, Jr. and Kevin Harvick rounded out the top three finishers.

After a weekend off, the Busch Series will head to Las Vegas Speedway for the Sam's Town 300 on March 6th. FX Network and Performance Racing Network will provide live coverage of the event at 4:00 p.m. EDT.



Photo by 1st Lt. Jason Bishop

Daniel LeBoeuf runs toward the finish line last year during his victory at the Vance Air Force Base, Okla., 1-Mile Dash

## Vance athlete is best in AETC

By Master Sgt. George F. Jozens  
71st Flying Training Wing Public Affairs

VANCE AIR FORCE BASE, Okla. (AETC-NS) — Vance's 2002 Athlete of the Year was recently named Air Education and Training Command's male representative for the 2003 Armed Forces Military Athlete of the Year.

Capt. Daniel LeBoeuf, a 32nd Flying Training Squadron instructor pilot, earned the AETC title by running throughout the armed forces and Oklahoma communities and his involvement in other sports.

"Competition for this prestigious award is always fierce," said Lt. Gen. John Hopper, AETC vice commander in a congratulatory letter. "Your commitment to athletic excellence resulted in your selection, and you are the very best in our command."

LeBoeuf participated in several competitions and events throughout the world in 2003 with winning results.

He was the top American runner in the Air North Cross Country Championships, the NATO Championships in Aalborg, Denmark. He was part of the winning co-ed relay team in the Air Force Marathon and was the second place Air Force runner in the U.S. Armed Forces Cross-Country Championships in Houston and the World Military Cross-Country Championships in St. Astier, France.

"It's difficult to compete at a high level athletically when you're an active duty military

member," LeBoeuf said. "When I go to a race, I can miss up to a week of work. But the 32nd FTS steps up and fills in for me when I'm gone and gets the job done. There is no better place for an Air Force pilot-athlete to be than the 32 FTS. I dedicate this award to them."

LeBoeuf didn't only compete in military competitions, he also competed in various events in Oklahoma, winning most and placing in them all.

The base is behind LeBoeuf.

"It is great Team Vance is able to represent the U.S. Air Force in international competition," said Col. Wade Johnson, 71st Flying Training Wing vice commander. "We're delighted he is the AETC's top male athlete and (we) wish him luck with this year's competitions."

Training is a big part of the captain's life.

"I'm running about 65 miles per week," LeBoeuf said. "My training varies depending on what (race) I'm getting ready to compete in."

There is a lot of work done behind the scenes to get the captain prepared and able to compete.

"The Vance Fitness Center has been instrumental in my success," he said. "The staff has been a huge help, Adam Sloat, Kenny O'Neal and Brian Mittelstet. Without these professionals on the staff, none of this would be possible.

It's an honor to be on the podium with the many great athletes in AETC."

## NASCAR

Continued from Page 1B

Burnham has already picked up on the commonalities between racing and the Army.

"It's all about the team," Burnham said. "Even though the driver is the guy out front, there's a whole team that supports what he does."

Sgt. Maj. of the Army Ken Preston sees other commonalities.

"Speed, power, agility — it takes all those things to be a successful racing team," Preston said. "The same thing applies to being a Soldier. Every Soldier on the team is important to winning. It's the same in racing."

NASCAR races are fertile ground for recruitment possibilities, many believe. Pvt. 2 Christopher Conner, a special forces Soldier who serves with the 3rd Battalion, 20th Infantry Division of the Florida National Guard, has been a NASCAR fan for more than a decade.

"This is one of the best forms of recruiting they could have," Conner said. "A lot of young teens love NASCAR."

Those teens may be too young to join the Army now, but Sgt. 1st Class Rodney Hoerter of the

U.S. Army Mobile Exhibit Company has no doubt their interest now will pay enlistment dividends later.

"It's all about planting seeds," said Hoerter, who runs the marksmanship exhibit with Sgt. 1st Class Barry Dunnigan. "This is giving a positive first impression. Give them a couple of years to think about it, and we'll see many come back."

"I think it totally helps the public's perception of the Army. The Army is changing and this (the interactive area) shows how money is being spent wisely on Soldiers, their equipment and their training," Burnham said. "And it adds a totally different flavor to the Army. It's like seeing the Army at the Super Bowl, only bigger."

For as much as the Army gets from its sponsorship, the racing team gets plenty in return. It's not just about the money, either, team members said.

"We get a lot more respect, being the Army team," said Ryan Pemberton, the team's crew chief. "We have special guests come visit us almost every week. That feels really good."

# Stretching program loosens up work force

By Lanorris Askew

Warner Robins Air Logistics Center Public Affairs

ROBINS AIR FORCE BASE, Ga. (AFMCSN) — Robins workers will soon be loose and more ready for whatever may come along thanks to a new Stretch and Flex program that provides a five- to six-minute series of stretching exercises before beginning work shifts and throughout the day as needed.

The program's activities deal with musculoskeletal problems designed to limber up workers so, in the event of a mishap, they aren't injured as severely. And when they are injured, they'll recover more quickly, said Lt. Col. Dan Mokris, Warner Robins Air Logistics Center safety director.

The center vice commander's executive council approved the program in an effort to drive down the number of lost days — when a worker on the job experiences a mishap and has to miss work — and compensation cost to the absolute minimum, according to Colonel Mokris. The council is made up of employees from the center's safety office, civilian personnel, 78th Medical Group and the maintenance directorate.

First Lt. Kristen Spencer, base physical therapist, has trained supervisors on how to properly perform the exercises. The supervisors will,

in turn, lead their workers in the stretching exercises.

Colonel Mokris said the maintenance directorate, where a lot of the heavy work is done, is the first area Robins officials are focusing on.

"Eventually it will be offered to folks around the center," he said. "It will be offered on the hangar floors, back shops and administrative areas. We incur injuries in all of those areas, and we felt it is needed everywhere."

The eight-to-10-exercise stretch session, which officials said targets all of the major muscle groups, will be offered at the beginning of each shift and encouraged throughout the day. Though benefits will be seen, the safety director said this is not a physical fitness routine.

"This is about flexibility," he said. "The goal is not to become physically fit, but to become more supple and flexible so you won't sustain injuries."

Maintenance Directorate Director Jim Culpepper is a staunch advocate of the new program, and said he's excited about the opportunities it'll provide to help all employees be better prepared to do their job each day and avoid injuries to themselves.

"The focus is the employee avoiding injuries," he said. "The results will be a healthier work force providing improved support to the war fighter."

## Questions to ask yourself in the search for a good gym

By Airman David Johnson  
Physical trainer

Sometimes, a gym can be overcrowded, or it doesn't have what you want. Other times you may feel intimidated using a facility. When choosing a place to workout consider the following.

A gym can be too big or too small. If it's too small, you may be waiting a while to use equipment and it could slow down the rhythm of your workout. If it's too big, there's too much space, which makes it hard to concentrate.

You want to find a facility that has the best

equipment. Free-weight, machines and benches. It should have dumbbells that are heavy enough for intense lifts. The machines should allow working all body parts.

Also, there should be equipment for doing your cardiovascular training, like treadmills, bikes, steppers and aerobic classes.

Some gyms have other facilities such as saunas, swimming pools or even tracks. If these things are important to you, you should check out what is available at the north and south fitness centers.

For more information, call Airman Johnson at 6-2972.

## Eating well is key to slimmer waist

By Maj. Christian Ruefer  
52nd Contracting Squadron

SPANGDAHLEM AIR BASE, Germany (USAFENS) -- By now we're all well aware of the major changes sweeping across the Air Force in regards to physical fitness. We've all but said goodbye to the ergometry test and the old weight management program for the one and one-half mile run, crunches, push-ups and the dreaded abdominal measurement.

As a result, many have increased their physical training regimens or are starting one for the first time. Fitness center business is booming — just ask the staff.

Whether or not you're an exercise routine newcomer or a "gym rat," I applaud your efforts and encourage you to push yourself. Above all, however, we should remain committed to a consistent and challenging exercise regimen.

Unfortunately, there's another critical factor to overall fitness that none of us can afford to ignore — what and how much we eat.

As a guy whose body type resembles those stick figures children commonly draw, I have some reservations about even writing this article. However, the "thirty-somethings" are a great equalizer.

About three years ago I noticed that whereas my weight had not increased much over the years, it had definitely shifted-right to the critical spot on that new abdominal measurement diagram. A regular at the gym for years, I realized my exercise-so-I-can-eat-whatever-I-want philosophy was failing me. Despite a consistent and fairly demanding exercise routine, my waistline was going in the wrong direction.

How could this be? The answer is "in the

math."

For example, you have to burn roughly 3,500 calories to reduce body fat by one pound. A reasonable rule-of-thumb says running one mile burns about 100 calories. That means you need to run 35 miles to burn off one pound of fat. Yikes!

Now don't get the idea I'm pooh-poohing exercise — I'm definitely not. What I'm trying to say is, to really beat the abdominal circumference blues, we can't forget about the food. You can achieve significant aerobic fitness and

lose some weight from exercise alone, but to really "score" when it comes to fitness, virtually all of us will have to watch what we eat.

Here are a few related tips that have stood the test of time:

- Replace refined carbohydrates with whole-wheat types. Trust me, it is possible. Whole wheat bread and pasta can taste every bit as good as the white stuff.

- Use your fist and palm to gauge serving sizes. For example, a pork chop the size of your palm and a potato the size of your fist should be just about right.

- Don't ruin a nice serving of lean protein (pork, chicken or fish) with a fatty cream or sauce.

- Consider eating "right" six days a week and save one day for whatever proportion of carbs, protein and fat you like. For me, chocolate-chip pancakes, bacon, pizza and ice-cream are a typical part of every Saturday. The rest of the week is a different story.

So, as you consider how to meet, exceed or stay steady at the new Air Force fitness requirements, go forth and exercise ... but don't forget the food.



You shouldn't ruin lean protein foods like fish with a fatty cream or sauce.

Be smart.  
Don't drink  
and drive.