

Friday
Partly Cloudy
Lo: 42°F
Hi: 64°F

Saturday
Partly Cloudy
Lo: 38°F
Hi: 65°F

Sunday
Partly Cloudy
Lo: 43°F
Hi: 63°F

Women's History Month begins
See Page 6



Intramural basketball continues
See Page 1B



Sheppard Senator



Combat Capability Starts Here

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View from the Top: Sexual assault prevention is team effort

By Gen. Donald Cook
Commander of Air Education and Training Command



Cook

RANDOLPH AIR FORCE BASE, Texas (AETCNS) – Recent reports alleging a rash of sexual assaults at Sheppard AFB over the past year gravely concern me.

These reports should gravely concern you as well because assault of any kind is not only criminal; it unconditionally violates the respect for human dignity that forms the foundation of our Air Force.

Simply put, the allegation of sexual assault will affect unit cohesion and morale.

Have no doubt, you, and all Airmen, are personally responsible for preventing assaults of any kind. When our best efforts

to deter these egregious crimes fail and violations occur, you have a moral obligation to report them to the appropriate authorities.

You also have a moral responsibility to seek immediate

and compassionate aid for victims, and fully cooperate with all subsequent investigations so that perpetrators are punished when such behavior is reported or discovered, and corroborated by vigorous investigative procedures. We will not serve with known criminals in our midst!

As a result of these reports, I directed Col. K.C. McClain, AETC's deputy director of operations for technical training, to lead a fact-finding review team to examine the situation at Sheppard. Colonel McClain and her team arrived at Sheppard Feb. 16 and immediately went to work.

The group, comprised of officials representing the command's family support center, inspector general, military equal opportunity, personnel, security

forces, staff judge advocate and surgeon general offices, was charged to assess the climate and examine the effectiveness of all plans, programs, policies and procedures in place at Sheppard AFB to deter sexual assaults.

Additionally, the group evaluated the base's plans, programs, policies and procedures to ensure swift and appropriate actions are being taken when sexual assaults are reported or discovered. The group also examined previously reported assaults to confirm proper actions were taken in each case.

Colonel McClain and her team expeditiously and uncomplacingly conducted a thorough review of all plans, programs, policies and procedures at Sheppard, interviewed more

than 1,000 people including commanders and randomly selected students, and administered a survey to more than 5,000 students.

The team determined through surveys that 95 percent of the students at Sheppard feel safe and secure; 90 percent stated wing leadership effectively handles sexual assault allegations when reported; and that reporting sexual assaults when they occur is encouraged by wing leadership.

The review also determined that the majority of students understand how to report sexual assaults, but unfortunately, many students are reluctant to report such assaults.

The predominant reasons students gave for their reluctance to report sexual assaults

included concerns they would be delayed in training at Sheppard as an investigation moved forward; that they would be disciplined for misconduct collateral to the sexual assault (i.e. underage drinking); embarrassment; loss of confidentiality (only reports to the chaplain remain confidential); and peer pressure.

Though the review team's preliminary findings strongly suggest the environment at Sheppard AFB is safe and robust programs exist to deter sexual assaults and swiftly respond to aid victims and punish perpetrators when sexual assaults occur, the review team also determined there are ways

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On the Inside

Plan for spending, not budget

A lot of people say setting up their budget is simple. But, when it came to living by it payday after payday, they admitted losing interest in a very short time.

Let's face it. The day-to-day drudgery of trying to figure out how to best spend money isn't the most interesting aspect of our lives. Let's see if this process can be made a little more appealing.

First, call it a spending plan instead of a budget.

For full story, see page 2.

Area's rich aviation history presented

The history of military flight was brought to life Saturday when about 50 guests learned about the years of early flight in Wichita Falls up to Sheppard's present-day mission.

Col. H.D. Polumbo Jr., 80th Flying Training Wing commander, and Bill English, a World War II and Korean War P-51 pilot, teamed up at the Museum of North Texas History to give the visitors a history lesson that spans about 90 years.

The lecture was part of the museum's ongoing series focusing on the history of Wichita Falls and the military presence in Texas.

For full story, see page 4.

Desert Storm vets return after 13 years

When Saddam Hussein ordered his forces to march south through Kuwait on Aug. 2, 1990, little did he know of the resolve of the young airmen who would rise to the occasion to repulse the attack.

Thirteen years later, this particular "band of brothers" is stationed together here to finish the job they so diligently started so long ago.

For full story, see page 6.

Hands off! Computer-based training better prepares students

By Senior Airman Chris Powell
Staff writer

A new program is changing the way the 372nd Training Squadron does business – or at least the way students learn.

The Modular Simulated Aircraft Maintenance Trainer, or MSAMT, arrived at Sheppard Feb. 5 and is one of a few in action across the Air Force. The MSAMT, which costs about \$100,000 each, is a Windows-based computer program that gives students a virtual way to learn how to maintain an aircraft without having to actually work on a real one.

Students in the 364th Training Squadron's hydraulics course are the first to use the MSAMT program here.

Master Sgt. Joseph Boll, the project manager for the 372nd TRS who headed the efforts to get the MSAMT here, said it is the first of four systems Sheppard will have.

A member of one of Sheppard's field training detachments said the system will decrease the wear-and-tear training aircraft go through.

"This is the future of training," said Tech. Sgt. Miguel Ramirez, 372nd TRS Detachment 12 at Luke Air Force Base, Ariz. "We're able to give the students hands-on

training without having to take an aircraft down to use in training."

The program is made up of a computer system for the instructor and two 20-inch multi-touch screen monitors. The students at the workstations have an identical system as the instructor.

There are also two four-foot by six-foot projector screens for the rest of the class to watch what the instructor or their classmates are doing at the workstation.

At the beginning of a class, the instructor will give his lecture, then implements faults into the simulated aircraft, Sergeant Ramirez said. The students then take turns repairing it.

"It's really good because while the students are at the work stations fixing the aircraft, the rest of the class can see what they are doing and help them," Sergeant Ramirez said.

The simulated aircraft has every nut and bolt a real aircraft has that pertains to training students, the technical sergeant said. While the students work on the virtual aircraft, real sounds and noises they would hear when working on a real aircraft play through the system.

Also, if a student makes a mistake, a message pops up and



Photo by John Ingle

Tech. Sgt. Miguel Ramirez of the 372nd Training Squadron Detachment 12 at Luke Air Force Base, Ariz., sets some faults in an F-16 maintenance simulator while Airmen Aaron Ervin, left, and Michael Boylan, right, of the 364th TRS wait to "fix" the virtual aircraft. The simulator allows students to get "hands-on" experience before they ever touch an aircraft.

tells them what they did wrong. "The students will always need hands-on training to be fully trained, but this will enhance their proficiency before they go out to the field," Sergeant Ramirez said.

Students use touch-screen monitors to toggle switches, turn on turbines and power up the engines.

Although this technology is

brand new to Team Sheppard, another Air Force base was using it a few months before.

"Luke Air Force Base was the first base to receive the MSAMT," Sergeant Ramirez said. "The students that left the class all felt very comfortable in going to their next duty station and performing their jobs."

The MSAMT isn't a program that was developed over

night or even a few weeks. Several men and women in blue participated in the production of the simulator.

When the program was still in its infancy, there was a 32-man team that spent a year data gathering. They took more than 10,000 photos, set up more than 430 faults and more than 50 animated flow charts, Sergeant Ramirez said.

Members urged to set up Portal accounts

Courtesy of Air Force Print News

RANDOLPH AIR FORCE BASE, Texas (AETCNS) – An initiative to better manage information technology operations is bearing fruit with the latest iteration of the Air Force Portal.

Air Force leaders, in concert with milestones established for standing up Portal operations, have urged everyone to establish a Portal account by the end of April.

In a December memo, Secretary of the Air Force Dr. James G. Roche and Chief of Staff of the Air Force Gen. John P. Jumper wrote, "The Air Force Portal will be the airman's interface to all services and information needed to perform his or her job."

Air Force members can create a Portal account by logging on to <http://www.my.af.mil> and clicking on

the self-registration link. The registration process is self-guided.

In Air Education and Training Command, registration will take place in a phased schedule from March through April as follows:

Columbus Air Force Base, Miss., and Goodfellow AFB, Texas, March 8-12;

Laughlin AFB, Texas, and Tyndall AFB, Fla., March 15-19;

Keelers AFB, Miss., and Vance AFB, Okla., March 22-26;

Randolph AFB, Texas, March 29 to April 2;

Little Rock AFB, Ark., and Maxwell AFB, Ala., April 5-9;

Altus AFB, Okla., and Sheppard AFB, Texas, April 12-16; and

Luke AFB, Ariz., and Lackland AFB, Texas, April 19-23

People in the command will get local

information through communications channels explaining the registration schedule and process they should follow, said officials with the Air Education and Training Command Directorate of Communications and Information at Randolph AF, Texas.

The phased approach allows people across the command to register without overtaxing the system, officials said.

The Portal delivers complete integration of the IT systems and applications used throughout the Air Force, officials said. It provides an exponential leap in the way Air Force people gather, store, process and deliver information and operate systems critical to mission accomplishment.

The system was developed to incorporate as many Air Force information applications as possible. The result of such an integration is that systems such

as the Virtual Military Personnel Flight or functional area applications such as a munitions ordering or parts tracking system would all be accessible from one site, officials said.

One of the primary advantages of the Portal is single user login. Once users log in, the Portal allows them to access many applications, such as the vMPF, assignment management system and other Web-based programs, without having to provide a username and password again to access the applications.

A recent change to the Portal allows users to access the system from any Internet-connected computer at home, at work or on the road, officials said.

In addition to providing access to existing Air Force applications, the portal provides functionality of its own. The portal includes a "white pages" link that lists everybody in the Air Force.

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Dallas business off limits to Sheppard military members

By Brig. Gen. Arthur Rooney
82nd Training Wing commander

Effective immediately, the Lizard Lounge at 2424 Swiss Ave., Dallas, Texas, is off limits to all military members permanently, temporarily or administratively assigned to Sheppard.

This order also applies to any other business establishment that may in the future operate at the same address.

All military members permanently, temporarily or administratively assigned to Sheppard are ordered not to enter the Lizard Lounge or any other

business at 2424 Swiss Ave., Dallas, Texas, which includes the parking lot of this establishment.

Any military member who violates this order may be subject to disciplinary action under the Uniform Code of Military Justice. This order will remain in effect indefinitely.

This action is taken to help maintain the good discipline, health, morals, safety and welfare of military members as well as to prevent military members from being exposed to or victimized by crime-conducive conditions.

Family members of Sheppard's military personnel and civilian employees are cautioned that over the last eight months, the Lizard Lounge has been the site of drug related activities.

Military members whose duties require them to be present at or near the Lizard Lounge are exempt from this order while performing their duties. This order is given pursuant to Air Force Instruction 31-213, *Armed Forces Disciplinary Control Board and Off-Installation Liaison and Operations*.

Plan for spending, not budget

By Charles Ringwood
Financial planner

A lot of people say setting up their budget is simple.

But, when it came to living by it payday after payday, they admitted losing interest in a very short time.

Let's face it. The day-to-day drudgery of trying to figure out how to best spend money isn't the most interesting aspect of our lives. Let's see if this process can be made a little more appealing.

First, take a spending plan instead of a budget.

In preparation for setting up a spending plan, list on a sheet of paper all the sources of monthly income including gifts, earned income credit, dividends and interest income and so on. Total up all sources of monthly income.

On a separate sheet, list all monthly expenses. Expenses are separated into two categories: fixed and flexible.

A fixed expense is one that remains the same every month such as your mortgage or rent, credit card/loan payment, insurance premiums, motor vehicle payments and childcare.

Flexible expenses are those



you have direct control over. These include household and grocery items, utilities, phone, entertainment, meals away from home, clothing and out of pocket expenses. Total up the flexible expenses.

All expenses are totaled and then subtracted from the total income figure for the month. If the result is a negative number, the answer to why there is "never enough" is revealed.

Now that how much is

"enough" has been defined, families can decide how to solve the shortage.

Look at ways to increase your income to cover the shortfall. But first, look at the total basic monthly expenses to see where less spending can occur.

For example:

- consider cheaper housing/transportation
- reduce phone expenses
- wait for the item to go on sale (always ask for a military discount)
- plan menus to save food costs
- do not buy on impulse
- use used clothes, furniture and toys (use the Airman Attic or thrift store)
- find cheaper ways to enjoy holidays or have fun (homemade gifts)
- swap babysitting nights with a friend or neighbor

For help on working out spending plans, call the family support center at 6-4358 to talk to a counselor.

March activities to celebrate Women's History Month:

■ Monday: International Women's Day, 11 a.m. to 1 p.m. in the community center.

■ Wednesday: Lunch 'n Learn, "Pallet of Provence," 11:30 a.m. to 1 p.m. in the officers club. Guest speaker: Margaret Hall-Hoybach.

■ March 18: Women's Flight into History social, 1 to 3 p.m. in the Heritage Center.

■ March 24: Women's History Annual Award Luncheon, 11:30 a.m. to 1 p.m. in the officers club. Speaker: Cheryl Simon, 364th Training Squadron.

For more information, call Sherry Murray-Garrett at 6-7173.



Photo by Senior Airman Chris Powell

Basking in sunshine

Curtis Duncan, left, and Jimmy Jarrett of Vertex Aerospace peel away some tape after giving the T-38 Talon static display at the parade grounds a fresh coat of paint. The two enjoyed the warm weather Feb. 27 following several days of wet and dreary weather across the area.

Privately owned weapons should be locked up properly

Courtesy of the 82nd Security Forces Squadron

The safety of military personnel and their families has always been a major concern to the Air Force and Air Education and Training Command.

With the increase of privately owned weapons by people living on base, AETC Vice Commander Lt. Gen. John D. Hooper established a

policy to improve our safety.

The policy reads:

The policy requires all personnel residing in government housing to store all privately owned weapons in an appropriately constructed, locked container. If the weapon is stored in a locked gun cabinet constructed with glass windows, an additional level of security is needed.

This could be trigger locks or slide locks. These types of

locks can be purchased at most sporting good stores. The owner must keep the keys and combinations for all mechanical locks and/or other safety devices closely controlled to prevent access by children and other unauthorized users.

Safety is always our primary concern. If you have any questions, please call the Law Enforcement Desk Security Forces at 6-2891.

36 captains promoted to major

Thirty-six Sheppard captains received line numbers to pin on a maple leaf during the major promotion board.

The following captains have been selected for promotion:

Joseph Hallock, Air Force Institute of Technology; Russell Driggers, 325th Operations Group; Clynsie Simpson, 35th Medical Operations Squadron; Robert Benton, 360th Training Squadron; Matthew Pollock, 360th TRS; Wayne Smith, 364th TRS; James Cavanaugh, 381st TRS.

Michael Cartwright, 382nd TRS; Sandra Keesee, 382nd TRS; Tyler Sanders, 382nd TRS; Katie Bartlett, 383rd TRS; Robert McCurry, 383rd TRS; Jacqueline D. Chang, 51st

Maintenance Group; Jerry Sparling, 55th MDOS; Christopher Labrum, 57th Component Maintenance Squadron; John Willoughby, 80th Flying Training Wing.



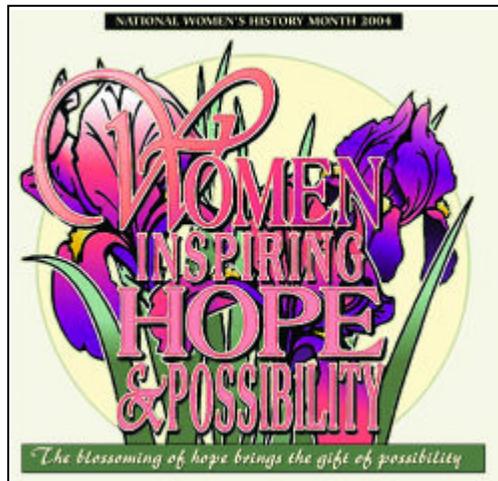
Chad Green, 80th Operations Support Squadron; Brian Joseph, 80th OSS; James Morgan, 82nd Communications Squadron; Kenneth Baron, 82nd MDOS; Kelli Niedzwiecki, 82nd MDOS;

Deanna Pekarek, 82nd MDOS; Min Yen Jung, 82nd Medical Support Squadron; Ruben Matos, 82nd MDSS.

Carrie Loranger, 82nd Mission Support Squadron; James Smith, 82nd Training Group; Christopher Aasen, 88th Flying Training Squadron; Shawn Franklin, 88th FTS; Bradley Seger, 88th FTS; Robert O'Sullivan, 882nd Training Group; Deloria Wilson, 882nd TRG.

Mark Himelhoch, 89th FTS; Mark Lewis, 89th FTS; Richard Murray, 89th FTS; James Barlow, 90th FTS; and Matthew Whitney, 90th FTS.

Congratulations to these Team Sheppard members on their promotion.



For more news, visit the Sheppard Portal for links to various military and news Web sites.

Parks & Rec

“IDEA” helps kick start Six Sigma

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

By 1st Lt. Laura Renner
Base public communication

While the adage “if it ain't broke, don't fix it” might be true, perhaps this quote seen on an advertisement at the Dallas/Fort Worth International Airport is equally true: “If you're not making it better, it's only getting worse.”

The 82nd Communications Squadron has set out to make things better using a process improvement plan known as Six Sigma and an Air Force program called Innovative Development through Employee Awareness, or IDEA.

Lt. Col. Doug Halsell, 82nd CS commander, said he had a realization in March 2003 that the IDEA program was his ticket to motivate the squadron to think about how to improve their processes.

It was his ticket to get his troops into the mindset of using Six Sigma.

“It gets people to think about what needs to be changed,” he said.

The essence of Six Sigma revolves around the customer experience. An organization operating at a six-sigma level provides their customers with a minimum level of defective products, allowing those customers to be more competitive and successful in their own endeavors. In this case, when

CS provides the best communication capabilities, Team Sheppard becomes more successful at producing students.

With the IDEA program, airmen can submit suggestions for improvement and can receive up to a \$10,000 reward for an implemented suggestion.

In 2003, the 82nd CS submitted the most ideas on base. It also had the second highest number of submissions from a squadron in Air Education and Training Command.

But the numbers aren't the only indication of changes in CS, Colonel Halsell said.

“By focusing people's attention on anything on base that needed to be improved, it helped change the culture in my squadron from everyone thinking, ‘we want to do things well’ to ‘we want to do things better,’” he said.

Senior Airman Jeffrey Adling, an 82nd CS telephone systems journeyman and IDEA point of contact, agrees with the new emphasis on IDEA.

“IDEA is a way to communicate and implement customer needs,” he said.

Airmen Adling became the IDEA POC in April. With no submissions in all of 2002 and none at that point in 2003, the program was virtually dead. His job today consists of encouraging submissions, tracking and monitoring those submissions and finding subject matter experts to handle submissions received that deal with a CS process.

Since Colonel Halsell's

“idea,” CS has submitted 30 ideas. Six have been approved and five are currently being reviewed.

One approved idea came from Capt. Edward Aguilar, plans flight officer-in-charge.

He suggested changing the payment method of the base's phone bills, which could save approximately \$10,000 a year, he said.

Captain Aguilar said when the base receives its phone bill, several people review the bill for accuracy. It then goes to the 82nd Comptroller Squadron who then sends it to the Defense Finance and Accounting Service to be paid. This whole process takes approximately 45 to 90 days. Taking that long incurs a late fee from the phone company at 6 1/2 percent, or about \$800 to \$900 each month.

First, Captain Aguilar submitted an idea to ask the phone company to waive the late charges. But due to the Prompt Payment Act, the phone company didn't have to oblige.

Then he submitted an idea to pay the phone bill with a government purchase card, he said. Doing so lowered the process from 45-90 days down to approximately four days. With an expected estimated savings of \$10,000 in the first year, Captain Aguilar will receive a \$1,500 reward.

Suggestions implemented at base level automatically go to command and the Air Force levels. Should his idea get implemented there, he could receive more money, Airman



Adling explained.

But the IDEA program isn't all about money.

“IDEAs are not merely for saving money,” Airman Adling said. “IDEAs are to save money, to improve quality of life, to improve our environment, to improve the Air Force.”

Airman Adling was proactive in his approach to help CS launch into the IDEA program. He began briefing at staff meetings and commander's calls, passing out pens and pencils everywhere and going to the people to help them write their submission packages, he said. He even requested a link be added to Sheppard's portal, which landed him a \$200 reward.

One of the benefits of the IDEA program is that it steps outside the boundaries of mili-

tary rank, Airman Adling said. It eliminates bureaucracy because it goes straight to the expert.

“An airman basic can submit an IDEA and it can go all the way to air staff,” he said. “An airman basic can literally make a change to the Air Force Instruction through the IDEA program, or a lieutenant colonel can.”

Colonel Halsell's insight may have been exactly what CS needed to get into the Six Sigma mindset. Either way, he's proud of what the communication experts are accomplishing.

“Successful organizations are always thinking about how to reduce cost, provide a better quality product or both, and we're a high quality organization,” he said.

Briefly Speaking

DEERS to be down two days

The DEERS system is scheduled to be down Monday and Tuesday.

Customers will not be able to access the DEERS system during these days. Please plan accordingly.

Heritage Center to open on Saturdays

The Heritage Center will be open on Saturdays beginning March 13 to provide another opportunity for guest visitation.

Hours of operation on Saturdays will be 10 a.m. to 2 p.m.

The intent of the weekend hours is to give people an opportunity to view Sheppard's heritage and the history of flight in the area.

Non-military visitors can gain access to the Heritage Center through the Missile Road gate.

Guests are also invited to visit the center Monday through Friday from 9 a.m. to 3 p.m.

NARFE to hold meeting Monday

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

Interested retired or current federal employees are invited to attend. Call 569-2585 for more information.

Thrift Shop taking consignments

The Thrift Shop is accepting consignments on Tuesdays, Wednesdays, and Thursdays from 10 a.m. to 12:30 p.m.

Consignments are limited to 15 items per person, 10 of which can be clothing items. Unacceptable items include but are not limited to: Any soiled, broken, or torn items, flammable items, adult magazines, videos, or tapes, food products, stuffed animals, live plants.

Please visit the Thrift Shop, Bldg. 1624, on Tuesdays, Wednesdays, Thursdays and the first Saturday after the 15th of the month from 10 a.m. to 2 p.m. For more information, call 855-1861.

Registration for Embry-Riddle open

Embry-Riddle Aeronautical University is in registration for Spring B term.

Registration will continue until March 19. The Spring B term lasts from March 22 to May 21.

ERAU is located in their new office Bldg. 402, room 340. For more information, please call 851-6458.

Summer hire program kicks off

The Appropriated Fund summer hire program is currently accepting applications for lifeguards.

Positions will be filled using the Student Temporary Employment Program. Applicants must be at least 16 years of age at the time of their appointment to the position. They also require a letter from the school they are attending verifying their status/enrollment.

Resumes must be prepared in the format provided on the handout; only resumes will be accepted. Deadline is March 19.

For more information concerning these vacancies, please call Sherona Jordan at 6-6836 or Stephanie Brown at 6-6677.

Predators move to Balad, patrols Iraqi skies

By Staff Sgt. A.C. Eggman

332nd Air Expeditionary Wing Public Affairs

BALAD AIR BASE, Iraq (AFP) – The unit came packed and ready to position themselves autonomously, so they could pursue their prey quietly, unseen for hours.

Arriving ready to set up one of the most impressive unmanned aerial aircraft in the U.S. inventory, the Nevada unit was ready for business within days of their arrival here.

"We are self-sufficient," said Maj. Russell Lee, 46th ERS commander who is deployed from Nellis Air Force Base, Nev.

The RQ-1 Predator unit is one of Balad's newest missions. It moved here from Tallil Air Base, Iraq, and within five days flew its first mission.

The only Predator unit in Iraq has a 55-person crew that includes medics, comptrollers, contractors, and communications, weapons, fuels and aircraft-generation specialists. They bring their own shelters, tents and vehicles.

"We're not under the air (and space) expeditionary force system," said Major Lee, who was deployed here to specifically oversee the move. "We keep our assets here and rotate crews out every 90 days. It's a low density, high-demand asset."

The Predator is a medium-altitude, long-endurance unmanned aerial vehicle system, containing four air vehi-



Photo by Staff Sgt. C.E. Lewis

An RQ-1 Predator Unmanned Aerial Vehicle taxis to the runway at Balad air base before it begins a mission supporting Operation Iraqi Freedom.

cles, a ground-control station and a primary satellite link communication suite.

The sleek 27-foot-long UAV is comparable in wingspan to an F-16 Fighting Falcon at 48 feet. Its electrical optical infrared cameras are the heart of the system, said Major Lee. "It is a multitargeting system."

The cameras allow the aircraft to capture images even through clouds. These abilities give the Predator an advantage over the U-2 and Global Hawk aircraft, which are used for strategic reconnaissance.

"We're tactical," he said. "We provide real-time information."

With their four-cylinder engines, the

UAV can fly nearly 20 hours from altitudes up to 25,000 feet, providing up-to-the-second information to those who need it the most – soldiers on the ground. Although the Army initially led the Predator program, Pentagon officials chose the Air Force as the lead service in 1995. The Predator has also been deployed supporting air campaigns in Bosnia, Kosovo and Afghanistan.

"We work with Army warfighters," Major Lee explained, "to help with the capture of enemy targets including the capture of Saddam [Hussein]."

The unit provides intelligence gathering, surveillance and strike capability to engage ground targets, he said.

"We do it every day. It is all we do," said Major Lee. "We literally fly every day. There is always a Predator airborne around the world."

The unit's airmen work 12-hour shifts, seven days a week for 90 days.

"If someone gets sick, we have no replacement," the major said. "The only time off is when we don't fly, and I've never seen that."

Each crew – a pilot and a sensor operator or co-pilot – flies about three times a day. The pilot is a rated pilot. Currently, the unit has two fighter pilots and a bomber pilot to fly the craft. The sensor operators are imagery analysts in the Air Force on flying status.

The crew receives air-tasking orders, briefings, and talks to the tower and aircraft just like other flying units.

Major Lee, an F-15E Strike Eagle pilot who has been with the Predator for two years, said it is not an easy system to operate.

"We physically fly the airplane; we just do it sitting on the ground," Major Lee said. "It's much more challenging than flying an F-15 because you can't feel the airplane."

From a ground-control station, the pilots maneuver the Predator just like any other aircraft. Pilots can comply with headings, altitudes and airspeeds directed by air traffic control, just as if they were in the cockpit.

"The crews must make themselves believe they are flying the aircraft," he said. "If you become detached and lose focus on what you're doing, it's less effective."

While in the ground station, the two-person crew watches a video monitor that displays images transmitted from the Predator's nose-mounted camera. All missions are recorded, and information is disseminated to various intelligence units worldwide.

"What we see is unique," said the major. "We see things most people don't have a clue that's going on."

Although the Predator unit has been flying missions throughout Iraq for quite some time, the major said flying missions from Balad has been challenging.

TOP

Continued from Page 1

to improve upon existing programs.

For example, student training should be expanded to include more emphasis on sexual assault awareness, deterrence and reporting, and that such training be presented in a more interactive setting. Likewise, the current training programs for commanders, first sergeants, military training leaders and instructors should be expanded to include additional training on sexual assault awareness, deterrence and reporting.

We are looking at ways to implement these recommendations. We are also expanding our review to look at the plans, policies, programs and procedures to address sexual assault at all our bases to ensure we have no deficiencies in our objective to deter sexual assaults. We are also making sure that when our best efforts fail to deter these crimes, we swiftly and compassionately render aid to victims; thoroughly investigate the circumstances of these reports; and when the evidence dictates, we prosecute and punish perpetrators.

As Airmen dedicated to protecting our country, we are all part of a very vital national defense team. Teammates must trust each other and care about each other. When one team member demonstrates disrespect for another teammate by criminal behavior such as sexual assault, trust is broken and the team is weakened.

Our important mission demands we hold ourselves to a higher standard. Sexual assault has no place in my Air Force; it shouldn't have a place in yours either!

Over the coming weeks and months, you are going to be hearing and learning more about this important issue. Listen and pay attention to what your commanders, first sergeants, supervisors and peers are telling you regarding the unacceptable nature of sexual assault. Commit yourself to act in a manner that demonstrates daily the respect you have for your teammates and for yourself.

I am proud of the men and women who serve our country in the Air Force with integrity, service before self and excellence. Together we will continue to tackle the sexual assault problem and ensure we maintain an environment that promotes the dignity and well being of all our Air Force team members.

E-mail story ideas to sheppardsenator@sheppard.af.mil or call 6-7244.

80th, history buffs look at area's rich history of aviation

By 1st Lt. Nathan Broshear

Base public communication

The history of military flight was brought to life Saturday when about 50 guests learned about the years of early flight in Wichita Falls up to Sheppard's present-day mission.

Col. H.D. Polumbo Jr., 80th Flying Training Wing commander, and Bill English, a World War II and Korean War P-51 pilot, teamed up at the Museum of North Texas History to give the visitors a history lesson that spans about 90 years.

The lecture was part of the museum's ongoing series focusing on the history of Wichita Falls and the military presence in Texoma. Mr. English opened the event with a history of flight and aviation in Wichita Falls.

Most people have only heard of Sheppard when military aviation and Wichita Falls are put in the same sentence. Mr. English educated members of the gallery on Sheppard's predecessor – Call Field.

The pre-World War I air field was located on what is now Call

Field Road. It was at the intersection of Kemp and Kell.

Prior to the airfield's closing in 1918, the base trained more than 500 pilots.

After a short video provided by the Sheppard Heritage Center, Colonel Polumbo told the audience about the history of the Euro-NATO Joint Jet Pilot Training program and Sheppard's preparations for training pilots on new aircraft in the future.

The T-38C and T-6 Texan are expected to be used by Sheppard pilot trainees in the next few years. The colonel drove home his wing's mission statement to graduate the first lieutenants to fly the F/A-22 Raptor and Euro-fighter from the ENJJPT program.

Questions focused on the future of Sheppard as a whole and the community's hope to see new aircraft in the skies over Wichita Falls.

"With the support of the local community and our great flying weather, it's a great place to train the future of NATO airpower," Colonel Polumbo said.



Photo by Master Sgt. Jeff Szczechowski

BAGRAM AIR BASE, Afghanistan - Airman 1st Class David Hink, 455th Enduring Freedom. Airman Hink is deployed out of the 355th Aircraft Maintenance Squadron, Davis-Monthan Air Force Base, Az.

Did You Know?

From the Career Assistance Advisor

Did you know that the Armed Forces has a vacation club? Did you also know that if you have an ID card you are already a member?

For only \$249, you can spend a

week in Five-Star accommodations, literally anywhere in the world; you pick the location. Long-term planning and reservations are NOT required, just visit the WEB site and pick a location. The WEB site will inform you of all open dates and options available.

More information can be found at <http://afvclub.com>.

If you have more questions about this or any Air Force benefit, ask your supervisor, contact the Career Assistance Advisors office in Bldg. 400, Rm 245 or call 6-7797.

Desert Storm veterans return after 13 years

By Tech. Sgt. Jeffrey Williams
506th Air Expeditionary Group
public affairs

KIRKUK AIR BASE, Iraq (AFPN) -- When Saddam Hussein ordered his forces to march south through Kuwait on Aug. 2, 1990, little did he know of the resolve of the young airmen who would rise to the occasion to repulse the attack.

From November 1990 to May 1991, Senior Airmen Darrell Wiedenbeck, Elbert Bemby and Edward Timberman, and Airman 1st Class Steven Sepeda were young A-10 Thunderbolt II crew chiefs. Staff Sgt. Benjamin Hoover was an A-10 weapons loader. They worked together out of the King Fahd International Airport in Saudi Arabia, as members of the 23rd Combined Aircraft Maintenance Squadron.

Still working on A-10s 13 years later, this particular "band of brothers" is stationed together here to finish the job they so diligently started so long ago.

The then-young airmen have since gained in rank and responsibility, and are now charged with leading the future generation of aircraft maintainers.

Airmen Sepeda and Timberman are now technical sergeants, Airmen Wiedenbeck and Bemby are master sergeants, and Sergeant Hoover is now a senior master sergeant. All are deployed with the 354th Expeditionary Fighter Squadron at Davis-Monthan Air Force Base, Ariz.

During a recent reunion of the five sergeants, they had a lot to remember.

Most of them had a laugh when they remembered then-Airman Sepeda polishing his boots on the C-141 Starlifter

before landing in Saudi Arabia. Once on the ground, the boots got dirty and all the work went to waste.

All of them said they remember the fright they had when the scud missiles started flying.

"I saw the scud missile that hit the bunker in Dhahran," said Sergeant Sepeda, who was only a few miles away at the time.

"We started getting hit shortly after that because a (news) reporter tipped off our A-10 location," Sergeant Wiedenbeck said. "Before that, the scuds were just going overhead."

They laugh about some of the antics that happened back then, but said they know the uncertainty of the situation gave them a greater seriousness, especially in bunker dives.

"During the first scud attack, the sirens scared me so bad that I just put on my gas mask," Sergeant Timberman said. "I just got out of bed, put my mask on and ran to the bunker in my underwear. I was later instructed to put my pants on."

The experience did not come without certain highlights.

"Timberman and I were under an aircraft listening to [former] President Bush on the radio as the first wave of the attack was coming back," Sergeant Bemby said. "We were scared but not afraid. I was a young dude then."

Sergeant Bemby also recalled his daily lunch routine then.

"I was known as PBJ because I ate two peanut butter and jelly sandwiches for lunch each day for six months," he said. "I haven't eaten peanut butter since I left Desert Storm."

None of them have forgotten the oil fires in Kuwait either.

"It was like an eclipse," Sergeant Sepeda said. "The sun



Photo by Tech. Sgt. Jeffrey Williams

From left, Tech. Sgt. Edward Timberman, Master Sgt. Elbert Bemby, Senior Master Sgt. Benjamin Hoover, Master Sgt. Darrell Wiedenbeck and Tech. Sgt. Steven Sepeda stand near

was up but couldn't come through."

Despite the camaraderie, friendship, humorous experiences, uncertainty and the dedication to work, all the airmen said they still feel the loss of their friend and colleague, 1st Lt. Patrick Olson.

Flying an A-10 reconnaissance mission over Kuwait on Feb. 27, 1991, the lieutenant faced some bad weather and was hit by a surface-to-air missile.

He tried landing with only one engine and no hydraulics, when the aircraft landing gear collapsed upon landing and flipped. Lieutenant Olson, a 26-year-old native of Washington, N.C., was killed.

Sergeant Hoover said he was affected by Lieutenant Olson's loss more than the rest.

"(Lieutenant Olson) brought me mail and a pair of gloves that day," Sergeant Hoover said. "He always took care of us. He was a good friend. That day I watched him die. I watched him crash. I was told, 'You're his family. Go

pick him up.' And I did."

Sergeant Timberman also reflected on his loss.

"I never knew what it was like to lose a friend or family member until that point," he said. "It was the first time I lost someone I knew. It still (affects) me today."

Looking to the future, Sergeant Hoover said he believes the training of the previous generation affects the current one.

"We (were) gliding on the successes that Vietnam gave us," he said. "We wanted to make our predecessors proud. We had to work to be the best. Laser-guided bombs and other high-tech weaponry (were) born in Vietnam. We got to use them in Desert Storm. It made us look like heroes."

"What I learned from Desert Storm prepared me well for the rest of my career," he said. "I've got some great guys. These guys wanted to come to Iraq with me. There's no limit to the talent that we brought over here."

After 13 years of uncertainty

an A-10 Thunderbolt II in Iraq. The five A-10 maintainers served in both operations Desert Storm and Iraqi Freedom during their careers.

over the future of Iraq since Operation Desert Shield began in 1990, the five 354th Expeditionary Fighter Squadron airmen said they are happy to be here.

"We thought it would have been the end of the Iraq situation during Desert Storm," Sergeant Bemby said. "We never thought we'd be back. Hopefully this time, this will be it."

"I think there is a sense of urgency for Iraq and this whole operation in the eyes of the American public and for many of us," Sergeant Sepeda said. "It has dragged on for 13 years. I think people are getting tired of this and want it to be over with."

"We were all disappointed that we didn't get to finish the job back then," Sergeant Wiedenbeck said. "We understood the politics of the situation."

"I'm glad we are a part of Operation Iraqi Freedom," he said, "especially being here when Saddam Hussein was captured. On Dec. 13, our alert A-

10s launched shortly after our scheduled aircraft sorties. For security reasons, we are not able to verify the exact reasons for their mission or their location, but in our hearts we firmly believe our A-10s were overhead protecting our Army brethren during (the capture of) the Ace of Spades, Saddam Hussein. It's great to now be 150 miles north of Baghdad, since we couldn't finish the job 13 years ago. We're all glad we had a second opportunity to come and finish the job.

"This is one last hurrah for the five of us," he said. "This situation is resolved here."

Sergeant Timberman summed up the feelings for the group.

"In three to four years, this will be the end of a generation, the end of an era," he said. "We just hope the airmen of tomorrow can carry the baton. We hope to be able to watch television and hear of the good things coming out of the troops we're training now. That will be our biggest test."

Did You Know? From the Career Assistance Advisor

Did you know that you are probably more like your peers than it is different or unique?

If you have a question about your career that has your curiosity up, it is probably a very common question, applicable not only to you, but to those you work with as well.

Let me know what's on your mind. I'll find you an answer and you can take the credit for helping all of your peers and anyone else in your circle of influence.

Air Force people helping Air Force people succeed. This is only one of the many intangible benefits that we enjoy as members of America's Air Force.

America's Air Force . . . No One Comes Close! If you have any questions about your career or the many benefits we enjoy as members, give me a call. The Career Assistance office is in Bldg. 400, Rm 245. The extension is 6-7797.

Lady leads Lassies, er, Rin Tin Tins

By Jessica Weiss

Base public communication

Tech. Sgt. Buffie Verhagen leads a dog's life. It wasn't imposed on her — she chose it.

And, she wouldn't give it up for the world.

As kennel master for the 82nd Security Forces Squadron here, Sergeant Verhagen is proving that dogs aren't just man's best friend, but also women's best friend.

"It's a job unlike any other — it's very rewarding," she said.

Sergeant Verhagen has served in the Air Force for 12 years and plans on retiring from the military. She joined when she was 18, enticed by the opportunity to travel and education opportunities that military

life provides.

Luckily, she immediately went into the field of her interest — security forces.

Two dreams have already been fulfilled for Sergeant Verhagen, she said. She has already traveled extensively, having been stationed at Randolph Air Force Base in San Antonio, Howard AFB, Panama, and McDill AFB, Fla.

She has been stationed here for about two years.

Sergeant Verhagen said her other dream of being a dog handler was also fulfilled five years ago.

Having been the only female in her class, she pushed herself to prove that she could do the job just as well — or better — than anybody else.

"A little bit of pressure, although self imposed," she said with a smile.

Now Sergeant Verhagen's days are filled with loud barks and woofs. Her job as the kennel master allows her to practice the "art" of pairing up working dogs with their handlers.

Dogs have differing personalities, just as humans do, she said.

When asked how she pairs the two up, Sergeant Verhagen said it's just a matter of watching the dogs interact.

"I just watch how each one works and then pair them up accordingly," she said. "It works out most of the time."

An old adage says "don't bite the hand that feeds you." But, when dealing with dogs, it's

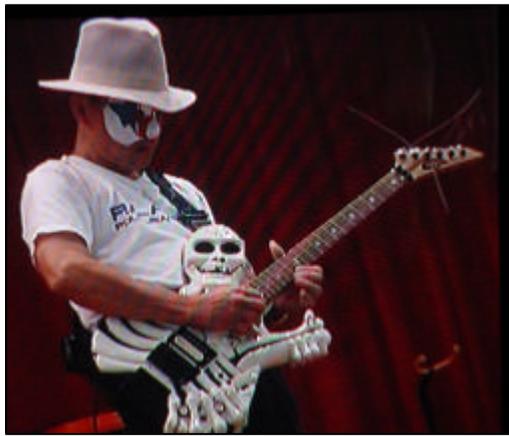
bound to happen, Sergeant Verhagen said.

"It's not a question of if you get bit, but of when," she quipped.

Sergeant Verhagen said working with canines is a pretty physical job. But, the handlers have to remember that the dogs are animals.

"We run and roll around with the dogs on the obstacle course, train them in aggression by wearing arm wraps, and have to be careful not to get bit," she said.

All the dogs are trained in patrol and either bomb or narcotics detection. Although there are not presently any female dogs at Sheppard, they "can be more protective of their handler, in my opinion," said Verhagen.



Courtesy photo

The "Phantom" auditions for a spot in the March 14 through 22 2004 Air Force Worldwide Competition.

Phantom of the base Team Sheppard member earns spot in competition

By Airman 1st Class Jacque Lickteig

Staff writer

A Team Sheppard mystery man dominates the stage with his custom-made electric skeletal guitar.

A white fedora and a red, white and blue mask conceal his identity, but his audience isn't paying attention to the disguise.

They're watching his fingers fly on the fretboard as he rips through screaming riffs and licks.

This cryptic artist known as the Phantom has earned a spot to represent Sheppard at the 2004 Air Force Worldwide Talent Competition at Lackland Air Force Base, Texas, March 14 through 22 by submitting a video showcasing his talent.

The Phantom has been playing guitar since he was 6 years old. "I saw Elvis swinging his guitar, and I said 'That's what I want to do,'" the secretive songster said.

At the competition, the Phantom will compete for a chance to tour with Tops in Blue 2004.

If he wins, he'll start touring with them April 15.

Can you guess who this tight-lipped talent is?



Photo by Sandy Wassermiller

Seeing stars

Susie Luchsinger, Christian Country music star, sings with Abbey Kent, daughter of Major and Lindsey Kent. Ms. Luchsinger sang at the Women's History Prayer Breakfast Wednesday morning.



Photo by Airman 1st Class Jacque Lickteig

Acin' the whole

Col. Kimberly Siniscalchi, 882nd Training Group commander, congratulates Airman Crissy Kinnear, 381st Training Squadron, for acing each of the five block tests and the basic life support test in the nine-week Dental Assistant Course. Airman Kinnear graduated with her class February 25.

Americans, Turks find common ground through conversation

By Staff Sgt. Elaine Aviles

39th Air Base Group Public Affairs

INCIRLIK AIR BASE, Turkey (AFPN) -- Divided by cultural beliefs and thousands of miles, the gap between U.S. and Turkish people may appear, at first, somewhat insurmountable.

Tech. Sgt. Norvel Brown, however, recently found a surprisingly simple connection -- conversation.

As a volunteer at the English Language Training Center here, Sergeant Brown's job is to talk with Turkish people.

His topics range from the finer points of American football to the latest action flicks. Although seemingly trivial, the topics are less important than the purpose behind the discussions, training center instructors said.

"The volunteers help students learn to speak, write and read English better," said Turkish Chief Master Sgt. Saffet Aktuna, an English instructor.

"By talking with the volunteers, the students can learn proper grammar and pronunciation, and improve their vocabulary."

This knowledge is vital for the students, he said.

Every Turkish person on base, from sergeants to civilian workers, is required to pass the full-time E

nglish language course, which runs six hours a day, five days a week, for nine months. Students must pass the English comprehension-level test, a Department of Defense test used to assess English language proficiency.

The test is used in more than 110 countries, as well as the United States, according to the Defense Language Institute English Language Center Web site.

"The students' only job is to pass the (test)," Chief Aktuna said. "Once they complete the course, they resume their normal duties."

These duties include every-

thing from aircraft maintenance and civil engineering to customer service and contracting.

"It's impossible to function on this base without English knowledge," Chief Aktuna said. "Maintainers have to read technical orders and customer service people have to review English documents. Without this knowledge, they won't be successful."

Throughout the course, the students read 48 books, listen to tapes and practice writing.

But their greatest leaps in knowledge spring out of conversations with American volunteers, students said.

"Speaking with Americans is very useful for us," said Turkish Senior Master Sgt. Ahsen Seskiner, an aircraft mechanic with the 10th Tanker Base. "We need help with pronunciation. It helps us to better understand the English language."

Turkish Master Sgt. Halis Alkan, a maintenance squadron planner and programmer, partic-

ularly enjoys hearing about American sports, including ice hockey and basketball.

"I've learned a lot about American culture," he said. "I find it very interesting. That's the part I most enjoy."

Although the students are the most obvious recipients of knowledge, the American volunteers said they also benefit from the exchange.

"I learn a lot, too," said Sergeant Brown, a senior controller with the 728th Air Mobility Squadron's air terminal operations center here. "The Turkish students have a good grasp of the English language, but sometimes I have to look up a word they use. It's helping my (English) vocabulary."

"But more than just an exchange of words, our conversations are an exchange of experiences," he said. "I've enjoyed learning about Turkish language and culture." (Courtesy of U.S. Air Forces in Europe News Service.)

Sheppard Senator

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

♦♦♦

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Women's History Soundoff

What woman in history inspires you most?

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Commander's Corner

Fit to Fight

Obesity costs money, lives

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

I can't wait for the next wing run! The next is April 8. Each quarter, everyone stationed at Sheppard has the opportunity to enjoy the great outdoors with a refreshing run. I look forward to seeing each of you during this quarterly gathering. Hopefully, these runs will be the catalyst you need to reach your fitness goals.

I understand that working out and maintaining a lean physique is tough. Trust me, it doesn't get easier as you get older. But Fit to Fight is here to stay — this is the new norm — and it couldn't have begun soon enough.

The Centers for Disease Control estimates that almost 65 percent of American adults are overweight. After factoring in sick leave, health insurance, life and disability insurance, obesity costs U.S. companies \$12 billion a year.

Chris Warren, writing in

American Way magazine last month, outlined these statistics and how U.S. companies are shaping up the workforce. After implementing a regular exercise program, one business cut the average number of days employees were out sick to just 1.4 days per year. Incredibly, the national average is 6.2 days!

Some companies are even offering bonuses based on maintaining a fitness regimen for an entire year. Believe it or not, cold hard cash paid directly to employees still saves money by lowering insurance premiums and claims, as well as helping to prevent debilitating diseases such as heart disease and diabetes.

Admittedly, the military on the whole is in far better shape than the general population. But the implications are the same: the better we can do to maintain our personal health, the better the entire Air Force will be at meeting our expeditionary mission.

And it's not just important

for deployments. Fit to Fight isn't just about making sure every airman is ready and able to deploy — this is a fight for your health!

Every day you spend at the hospital is a day that someone in your section has to take up the slack.

Being overweight or out of condition contributes to a variety of health issues, degenerative diseases, and mental disorders. Fitness is a major component of an overall healthy lifestyle; if your muscles are toned, chances are your energy level will be high, your heart strong and your mood bright.

While our counterparts in the civilian world are worried about the bottom line, supervisors everywhere are concerned for the health of employees.

Be a true wingman and make sure your teammates are ready for the fight.

We're running for Team Sheppard, each and every one of you! I'll see you at the finish line!



Photo by Lynn Bullard

Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, presents the 2003 AETC Financial Services Civilian of the Year Award to Jeffrey Karth, from the 82nd Comptroller Squadron.

Patient safety:

The power of partnership

By Patty Charter

82nd MDG Patient Safety Program Manager

With the 2nd annual National Patient Safety Awareness Week occurring Sunday through March 13, you should ask yourself -- Is your health care safe? Most Americans would answer "yes", despite the Institute of Medicine's report that a resounding 40 to 98,000 deaths that occur each year in U.S. hospitals due to preventable medical error.

As a result of this report, many hospitals, including the 82nd Medical Group, have created Patient Safety Programs to implement the changes needed in health care.

Most errors result from problems created by today's complex health care system, but errors also happen when health care providers and their patients have problems communicating.

The single most important way patients can prevent error is by becoming active members of their health care team

To coincide with this year's National Patient Safety Awareness Week theme of "The Power of Partnership", the 82nd MDG Patient Safety Program has implemented the "Ask Me" program.

Developed by DoD and Tricare, the "Ask Me" program empowers patients with tips to become more involved with their health care decisions. The program itself consists of educational materials and tools for patient use.

These tools include a "My Medicines" card for patients to list their over-the-counter and prescription medications as well as "A Patient's Guide to the Five Steps to Safer Health Care."

The Five Steps to Safer Health Care encourages patients to:

■ Speak up if you have questions or concerns

■ Keep a list of all the medicines you take

■ Make sure you get the results of any procedure

■ Talk with your doctor and health care team about your

options if you need hospital care.

■ Make sure you understand what will happen if you need surgery.

The goal of the Patient Safety Program is to avoid medical harm and improve patient safety by focusing on improving systems and communication between health care teams.

An essential factor in elevating patient safety is viewing the patient as the focal point on the health care team. It is for this reason that a new emphasis is placed on empowering patients to become active members of the health care team.

You can find the "Ask Me" program material in wait areas throughout the 82nd MDG.

We encourage you to discover the power of partnership with us in improving the quality of health care for you and your loved ones.

If you have any questions regarding the Patient Safety Program or would like more information, please contact Patty Charter at 6-5933.



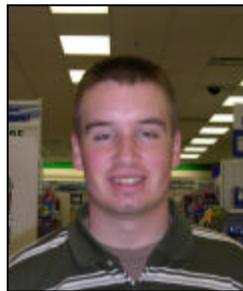
"Rosa Parks because she took the initiative to stand up for what's right," Staff Sgt. Laura Foster, 361st Training Squadron



"Florence Joyner or 'Flo Jo'," Dentalman Ramon Davison, 381st TRS



"My mother, Ruby, because she taught me everything I know," Katie Claeys, base exchange



"Marilyn Monroe (because she supported the troops overseas)," Airman Dan Cuchens, 361st TRS



"Coretta Scott King. She stood by [Dr. King] and helped keep him strong," Senior Master Sgt. Edward Williams, 82nd Training Wing Training Operations

Motorcycle safety:

Each rider a mentor

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

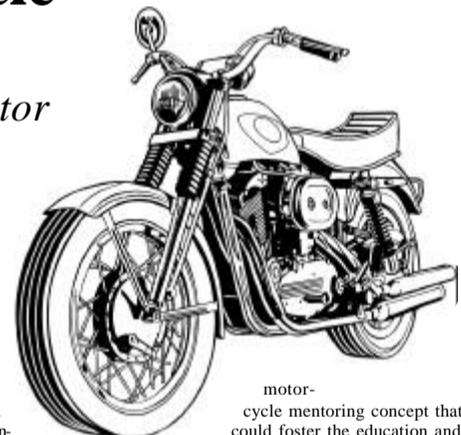
How many times have you heard a story like this one: A couple of friends at a party had been drinking and one suggested they take his new motorcycle to get more alcohol. They hop on the bike, no helmets, and the operator decides to show how fast the bike can go. He's been signed up for training, but he hasn't completed the course yet. Before long they're traveling at 120 mph in a 60 mph zone. The operator loses control and they crash. The passenger is killed, and the operator spends 30 days in the hospital.

Or one like this: A new motorcycle owner decides to get the biggest, baddest Harley he can get. He doesn't wear a helmet because he doesn't think it's "cool." He had preliminary motorcycle training and a learner's permit. He decides he can pass a car on the right around a curve. He loses control and launches 100 feet into the air. He dies on impact. These actual incidents are only two examples of many similar stories that pass across my desk, and illustrate why we need to change the way we think about and approach motorcycle safety.

Motorcycles can be a great form of transportation and entertainment, but they must be respected. Lately, our Air Force members have been involved in a high number of motorcycle accidents, many of which were fatal. In FY03, we lost 24 Airmen to motorcycle accidents, most of which involved unsafe operation of single vehicles and operators who practiced poor risk management or operated beyond their abilities, and lost their lives in the process.

Every member of our Air Force is critical for mission success. On the job, we exercise good operational risk management in performing difficult and dangerous tasks. We take care to train new operators in the safest practice of our profession. We provide oversight and guidance for inexperienced Airmen and young officers as they advance from apprentice to journeyman and craftsman. We pass on the benefits of our experience and correct mistakes to help our Airmen succeed. We should also do so during our off-duty activities. Our concern for our people should not end with the workday, and our safety consciousness should not end there either. Learning about a favorite activity can be enjoyable in itself. The proper training, safety instruction, and skill level make any activity more enjoyable.

Just as we ask experienced operators to mentor and train our less experienced ones, I am asking experienced motorcyclists to mentor new riders and help them develop their skills and knowledge about riding. For that reason, I have asked the Air Force Chief of Staff, with the assistance of the Vice Chief of Staff and the Air Force Operational Safety Council, to explore, develop, and field a



motorcycle mentoring concept that could foster the education and skills development of our motorcycle riders. This Air Force-wide

network of motorcycle clubs could foster relationships between riders who have been riding in an area for years and those new to the area or new to riding. They can also create a supportive environment of responsible motorcycle riding and enjoyment while serving as a force multiplier for commanders' mishap prevention programs.

My vision is for a mentoring program that will provide motorcycle operators the opportunity to work together to maximize their skills, reduce their chances for mishaps, and have fun in the process. The formula is simple: fundamental knowledge in the form of street strategies and well-honed skills coupled with the most critical element -- a responsible riding mindset.

I am also asking commanders to look out for their motorcycle riders. Make sure that the troops under your command who ride are trained to do so. A commander's responsibility for safety does not end with the duty day. Actively seek out those who have bikes or are interested in taking up motorcycle riding. Make sure they take the safety courses offered on our bases, even if they have no intention of riding on base, and encourage them to join these clubs. I ask commanders to encourage all their people to live life off-duty with the same regard for safety we practice on duty.

To those who ride motorcycles, I respect your right to choose a motorcycle as a form of transportation and/or recreation. But, I ask you to operate them safely, practice good risk management, and operate within your abilities. Above all, make sure you are wearing the proper safety equipment. Also, look out for those who aren't ready for more advanced challenges and prevent them from engaging in dangerous behavior. I'm a new rider myself, and I will be taking an approved motorcycle training course to make sure I am qualified to ride before I take my bike on the road. I'm looking forward to riding, but only when I have the skills necessary to ensure I won't be a danger on the road. And I won't go anywhere without my helmet.

Only through your efforts will we reduce the mishap rate throughout our Air Force. We will provide the tools necessary -- it is every rider's responsibility to put them to use.

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

Sheppard Spotlight 15 lines of fame

- Name:** Jeffrey Adling
- Rank:** senior airman
- Organization and position:** 82nd Communication Squadron, maintenance technician for the telecommunications training schoolhouse
- Hometown:** Garland, Texas.
- Married or single:** Married to Rebecca with one son, Ethan who's almost 1.
- Hobbies:** So busy with work, school and family I don't have time for hobbies. If I did, they would be wood-working and rock climbing.
- Funniest childhood memory:** How I looked as a kid...I guess that hasn't changed much.
- Why did you join the Air**



Senior Airman Jeffrey Adling

Force? I wanted to complete my bachelor's degree and let my wife be a stay-at-home mom.

9. Why do you stay in the Air Force? The lifestyle, the benefits, the opportunity to serve and the close-knit Air Force family.

10. Date arrived at Sheppard: Aug. 1, 2002

11. Most rewarding aspect of your job: The varied opportunities for professional and personal growth.

12. Favorite book or movie: Both favorite books and movies: "Lord of the Rings"

13. What is your dream vacation? Tour the world with my wife and kid visiting the people and seeing how different cultures live.

14. If you could be anyone for one day, who would you be? Myself (in ten years). That way I can reflect on my mistakes and make necessary corrections.

15. Most prized possession: Since families can't be a possession, I choose my potential. I consider it a possession because I have ownership over the outcome of my future.

At the movies



Torque (PG-13)

Today at 6:30 p.m. and Saturday and Sunday at 2 p.m.

Ice Cube, Jay Hernandez - A motorcycle racer is framed for murder by his long-time nemesis and a gang member, bringing the most notorious biker gang and its leader Trey after him for revenge, with the FBI not far behind in pursuit of all of them.



My Baby's Daddy (PG-13)

Today at 9 p.m.

Eddie Griffin, Anthony Anderson - Lonnie, G, and Dominic are three bachelor buddies from the hood who, after a lifetime of hard partying, are in for a rude awakening when their respective girlfriends all get pregnant at the same time.



The Butterfly Effect (R)

Saturday at 4:30 p.m. and Thursday at 6:30 p.m.

Ashton Kutcher, Amy Smart - Evan is an emotionally conflicted man dealing with suppressed childhood memories. Clearly enough, he discovers a way to travel back in time, but his different actions in the past have enormous ramifications for his future/present.



Cold Mountain (R)

Saturday at 7 p.m. and Sunday at 4:30 p.m.

Jude Law, Nicole Kidman - Based on the best-selling novel. A wounded Civil War soldier, Inman, gets up from his deathbed and begins the long, difficult walk home to Cold Mountain, N.C. Ada, although heartbroken, is struggling to care for her deceased dad's farm.

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

Tuesday, Wednesday and Thursday: 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 Caf )

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.

Community

Lake Texoma in March

Spring Break brings fishing, boating and St. Pat's Party to the lake.

There will be a St Patrick's Day party at the Lake on March 13, and Lake Texoma will have a live band with St. Pat's Irish days on tap. Come and kiss the blarney stone, dance a jig or sit and listen to one of our new bands. Call (903) 523 - 4613 for reservations.

Club Activities

Sunday brunch

The officers club will host a brunch Sunday from 10:30 a.m. to 1 p.m. The cost is \$10.95 for members and \$12.95 for non-members. All Ranks are welcome. For more information, call 6-6460.

ITT

Dallas Stars hockey game

Get Priority Terrace seat tickets and transportation to the Dallas Stars hockey game March 20 for \$55 through ITT. The tour will depart the community center at 10 a.m. and return after the game. Register by Tuesday. Call 6-2302 for more information.

Six Flags trip

ITT is offering a Six Flags trip on April 17. The cost is \$45 per person and includes transportation and admission. The cost for season pass holders is \$18 for transportation. The tour will depart the community center at 7:30 a.m. and depart Six Flags at 6 p.m. Register by March 13. 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 Saturday 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 - 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 Services

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

Having car trouble? Fix it at the auto hobby shop for a fraction of the cost.

Hours: Saturday and Sunday - 9 a.m. to 5 p.m.

Monday, Thursday and Friday - 1 p.m. to 9 p.m.

Last 1/2 hour for clean up only.

Call 6-4110 for more information.

Have a great story idea for *The Sheppard Senator*? Submit it to sheppardsenator@sheppard.af.mil or call us at 6-7246.





Sheppard Sports



366 TRS knocks off 882 TRS-A, 43-41

By Senior Airman Chris Powell
Senator sports editor

The 366th Training Squadron handed the 882nd Training Squadron-A its first loss of the student-league playoffs in a heart-stopping 43-41 double-overtime win at the north fitness center Tuesday.

With the win, the 366th TRS advances to the next round of the playoffs while the 882nd TRS-A will have to battle it out in the loser's bracket. "It feels so good to get this win," said Brian Black. "We showed a lot of heart to come back and get the win."

The 366th TRS was able to jump out to an early 9-3 lead after a layup by Monte Houghton with 11:30 left in the first half.

But by the end of the first half, the 882nd TRS-A was able to come within one point thanks to two free throws by Leemetrius Moore to make the

score 14-13.

At the start of the second half, the 366th scored back to back layups to make it 18-13 at the 18:40 mark.

The 882nd TRS-A eventually tied the game at 21-21 after a three pointer with 10 minutes left.

The momentum began to swing in the 882nd TRS-A's favor after a two-point shot and foul on Pierre Miller. Miller hit his free throw to make it 31-25 with less than 5 minutes to go.

Although the tide was on the 882nd's side, it didn't last too long because the 366th began to play stingy defense and were able to get easy shots to get back in the game.

Black stole the ball and went the length of the court to score a two-pointer to bring the 882nd TRS-A within a basket at 31-29 with 1:40 left in regulation.

After that the 882nd began to foul the 366th in hopes of them missing free throws - and miss they

did.

Nathaniel Jerome missed both of his free throws and Miller missed another crucial free throw with 40 seconds left and the 882nd leading 32-30.

The 882nd was able to score another two points with 17 seconds to go to make it 34-30.

Desperation set in for the 366th and with three seconds left, Black heaved a three-pointer and missed, but was fouled.

He made his first two free throws to make it 34-32 and intentionally missed his next shot. Washington was able to snatch the rebound under the basket and put up a shot as time expired that barely made it above the rim and sank through the net to send the game into overtime.

"I was able to grab the rebound and put up the shot," Washington said after the game. "Thankfully, it went in."

When the first three-minute overtime began,

both teams traded baskets. But the 882nd was able to go up by two points after a free throw by Jerome with 25 seconds left to make the score 37-35.

With less than 10 seconds left, 882nd guard Houghton was fouled and hit his first free-throw attempt. He missed his next shot, but 365th center Miller stepped over the line to give Houghton another shot. That's all it took because he made his next shot to send the game into double overtime at 37-37.

In the next overtime, the 365th was able put 5 quick points to go up 42-37, but the 882nd came back to within a basket after a free throw by Jerome with less than 10 seconds. But that was as close as they got because they were called for a charging penalty as time expired.

"We were able to get this win because we are all about heart and hustle," Washington said. "We never lay down and die."

Sports Briefing

Special Olympics volunteers

Special Olympics needs volunteers to help set up and/or tear down for the event April 24. If interested, contact your unit's Special Olympics POC by April 6.

Fiesta Night at youth center

The Sheppard Hispanic Committee and the Madrigal Youth Center staff will host a Fiesta Night from 6 to 10 p.m. Saturday for children 12 and under. Cost is \$5.

The program will feature a taste of Hispanic foods, fun games and music. The event is a fund raiser for youth sports.

Link Up 2 Golf

Learn to play golf by attending the free orientation Link Up 2 Golf at 8:30 a.m. and 4:30 p.m. March 16, 2004.

Refreshments will be served. For more information, call 6-6369.

Shoot for the Pot of Gold tournament

The Shoot for the Pot of Gold tournament is at 10 a.m. March 20 at the skeet range. Cost is \$20 per person.

The grand prize winner will get a cash prize. The participant who has the best overall score wins. Also, there will be a pig roast at noon.

People can register from 4:30 to 8 p.m. Thursdays and 9 a.m. to 5 p.m. on the weekends at the skeet range.

Spring Break Camp

The Spring Break Camp is from 7 a.m. to 1 p.m. March 15 to 19 at the Madrigal Youth Center for youths 9 to 14 years old.

The cost is \$30 for members and \$40 for non-members. Activities will include archery, home and kitchen fire safety, health and nutrition, cooking and bowling. People can register now at the Madrigal Youth Center.

Ultimate Freesbee

Students can play Ultimate Frisbee at March 13 at the north fitness center.

Student volleyball

There is a free volleyball contest at 10 a.m. March 20 at the north fitness center.

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.



361 TRS blows away 365 TRS, 55-29

A 365th Training Squadron player guards a 361st Training Squadron player, during the student-league basketball playoffs Tuesday at the north fitness center. With the win, the 361st TRS advance in the playoffs, while the 365th TRS is eliminated

Photo by Senior Airman Chris Powell



Photo by Army Spc. Lorie Jewell

Sam Belnavis relaxes before the start of the Daytona 500 in front of the hauler that carries his National Guard-sponsored No. 16 racecar, driven by Greg Biffle.

African-American History Month event features first black NASCAR owner

Courtesy of Army News Service

WASHINGTON - In 1959, Sam Belnavis vividly remembers sitting in a college psychology class in which the professor lectured on the inferiority of the 'Negro' brain.

"He said that because of the Negro brain size and structure, it was less developed and less capable of absorbing and retaining information than a Caucasian brain," Belnavis recalled.

More than four decades later, Belnavis is still proving that professor wrong.

His list of successes is long. Most recent is his ground-breaking entry into NASCAR as its first African-American team owner, currently overseeing the business of racing the No. 16 National Guard car driven by Greg Biffle, who finished 13th in the Daytona 500 Feb. 15. He also owns two trucks that raced two days prior in the Florida Dodge Dealers 250 that placed first and eighth, with drivers Carl Edwards and Jon Wood, respectively.

Belnavis shared his story at a Feb. 18 African-American History Month celebration in the Pentagon, which observed the 50th anniversary of the landmark "Brown versus Board of Education" ruling that ended segregation in schools.

As a child, Belnavis excelled at Our Lady of Victory, an all-black parochial school in Brooklyn, N.Y. He drew praise for academic and athletic accomplishments, enjoyed plenty of friends, and basked in the love and encouragement of his family.

He flourished in that environment, maturing into a young man who had no doubts in his ability to achieve anything he set his mind to.

"I was in a cocoon, sheltered from the real African way of life back then," Belnavis said.

The Brown victory led to his enrollment in Bishop Lockley High School, where the largely white population of students and teachers jerked him into a different reality, he said. The respect, acceptance and encouragement he enjoyed in elementary and junior high were gone.

"In high school, I learned that because I was a Negro, my potential to transform excellence into success was minimal to none," Belnavis said.

At Manhattan College, he started proving otherwise. He pursued a degree in accounting and business management, despite

See NASCAR, Page 3B

Falcons clinch first-ever conference title

Courtesy of the Air Force Academy News Service

AIR FORCE ACADEMY, Colo. - Nick Welch scored 17 points and Air Force used its stifling defense to shut down San Diego State 62-49 on Monday night and clinch its first-ever conference title.

Air Force (21-5, 11-2 Mountain West Conference) had never before finished higher than sixth place, when it was in the Western Athletic Conference.

Air Force held San Diego State's Brandon Heath scoreless and allowed Chris Walton just two points. Heath went into the game averaging 14.5 points and Walton was averaging 8.8.

Air Force had a 19-10 turnover advantage over San Diego State (14-14, 5-8).

Joel Gerlach had 14 points for Air Force. Tim Keller and Antoine Hood each scored 12.

Aerick Sanders had 15 points for San Diego State and Wesley Stokes added 13.

Air Force led 25-20 at halftime but hit 3-pointers in consecutive possessions by Keller and Welch to take a 31-20 led.

Lieutenant wins national track, field championship

Courtesy of Air Force Services Agency

SAN ANTONIO (AFPN) - First Lt. James Parker, an Air Force world-class athlete from Malmstrom Air Force Base, Mont., won the 2004 USA Track and Field Indoor National Championship Weight Throw, held Feb. 26 to 29 in Boston.

The weight-throw competitor credited the win to his intense training regimen and fine-tuning his technique during the warm-up session just before the official throws.

After throwing a foul on his first throw and a safety throw of 71.87 feet on his second attempt, the lieutenant threw a strong 73.36 feet on his third try. He followed this by a foul on his fourth attempt and then completed the event with the winning throw of 76.49 feet. This beat his closest competitor by more than 2 feet.

His throws of 73.36 and 76.49 set his personal records for indoor meets.

Lieutenant Parker is one of the smallest competitors in the weight throw. He attributes his success to participation in the Air Force World-Class Athlete Program and the direct opportunity for extensive training in his sport.

Bowling

For more information, call 6-2170.

Moonlight Colorama Tournament

The Moonlight Colorama Tournament is at 7 p.m. March 20. Cost is \$13 per person.

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"	123	53

Team	Won	Lost
365 TRS "C"	120	56
363 TRS "Ammo"	102	74
82 CPTS	101	75
366 TRS "A"	101	75
364 TRS "A"	101	75
80 FTW "A"	99	77
382 TRS "A"	98	78
882 TRG	97	79
187 Med Bn	95	81
365 TRS "B"	94	82
360 TRS	94	82
82 CES	91	83
Bowling Pro Shop	91	85
362 TRS "A"	88	88
381 Med Red	87	89
365 TRS "D"	86	90
383 TRS	86	90
82 MSS/SVS	85	91
363 TRS Armament	82	94
362 TRS "B"	82	94
361 TRS	79	97
382 "BMET"	78	98
82 Services Squadron	74	102
364 TRS "B"	67	109
82 CS "B"	60	116
SFS	58	118
80th OSS	45	131

Fitness center

For more information, call 6-2972.

Fit To Fight timed run

The first free Fit to Fight Bi-Monthly 1.5 mile timed Fun Run is at 11:30 a.m. and 3 p.m. March 17.

Intramural Volleyball

Intramural volleyball will start March 29 with a pre-season tournament scheduled from March 22 to 24.

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.

Archery camp

There is an archery camp March 15 to 19 at the Madrigal Youth Center for people ages 16 to 18 years old. Cost is \$20 per person.

There are only a limited number of slots available.

Participants do not have to have experience in archery. They will learn safety guidelines, how to shoot, how to set up an archery range, how to maintain and repair equipment and how to coach beginners.

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 March 5

10 a.m. The Heroes of Combat Camera
5 p.m. AFN Special Edition - The Making of an Air Force Recruiter
9 p.m. Navy Marine Corps News

Saturday March 6

10 a.m. A Commitment to Caring - The Air Force Assistance Fund
5 p.m. AFN Special Edition - The Thunderbirds
9 p.m. Sheppard Today - March 2004

Sunday March 7

10 a.m. In Service for My Country -

Deployment Stories from Team Sheppard
5 p.m. Target for Today
9 p.m. Famous Generals - Pershing

Monday March 8

10 a.m. The Sound of Freedom - The Berlin Airlift and the General Who Changed History
5 p.m. The Army in Action - Global War
9 p.m. Navy History - 1964 to 1966

Tuesday March 9

10:30 a.m. The Air Force Story - Superfort, Aug. 1943
5:30 p.m. Army News Watch
9 p.m. The Navy Hospital Corps - A Tradition of Service, Excellence and Valor

Wednesday March 10

10:30 a.m. The Air Force Story - Chapter 8 - Drawing the Battle Lines
5:30 p.m. Air Force News
9 p.m. SEAL Class 224 - Basic Underwater Demolition

Thursday March 4

10 a.m. Army Values
5:30 p.m. Famous Generals - Hap Arnold
9 p.m. Flying For Freedom - Women Air Force Service Pilots



Photo by Army Spc. Lorie Jewell

Sam Belnavis watches the Daytona 500 on a television monitor in the National Guard pit area. Greg Biffle drove the No. 16 car, owned by Belnavis, to a 13th place finish in the opening race of the 2004 Nextel Cup series.

NASCAR

Continued from Page 1B

efforts by faculty members to steer him into a less challenging career path. He also enrolled in the Air Force ROTC program, which led to a post-college assignment at Lackland Air Force Base in Texas. He earned his wings in a fighter pilot training program and served with the 105th Tactical Fighter Squadron.

He left the service with an honorable discharge and made his way into the retail business field, eventually becoming the first African-American to hold a management position with Sears. Directing sports marketing for the Miller Brewing Company came next, followed by a job as senior vice president of sports and entertainment with Saatchi & Saatchi Worldwide Advertising Agency in New York City.

At 64, Belnavis is now the chief executive officer of Belnavis & Associates, a Charlotte, N.C.-based advertising and marketing agency that focuses on sports, cultural diversity and event marketing.

There's also NASCAR. At the Daytona Speedway, Belnavis described his pride in representing the National Guard on the racetrack. The sponsorship is in its second year.

"Being involved with the National Guard has made my feelings about being an American even more intense," said Belnavis, who visited Soldiers in Bosnia not long after the partnership began. "It's very humbling to see the commitment our young Soldiers are making daily. Rather than them looking to me or to Greg, we look to them."

Belnavis also makes frequent visits to schools, where he talks to students about the opportunities they have in NASCAR and the National Guard, as well as in the business world and life in general.

In the Pentagon's crowded executive dining room, Belnavis encouraged audience members to push for excellence in their own lives.

"You have dreams. You have goals. Remind yourself of them daily, strive to achieve them each day," he said. "Never, never, never give up."



Another band of brothers

By Lance Cpl.
Edward R. Guervara Jr.
*Marine Corps Recruit
Depot in San Diego*

The prospect of an escape from the drill field's daily grind drew him toward a new weekend hobby, but what he found in motocross' high-flying lifestyle was much more than that.

A bright sun illuminates the Southern California desert tracks, clouded by dirt flinging from the tires of a new Honda CRF450R motorcycle. Sunbeams glare off the chrome of the avid rider's helmet.

After about half an hour of soaring jumps and rough landings, the sweaty rider cruises up to his truck and steps off his top-of-the-line bike, less than two weeks old.

Staff Sgt. Shawn R. Stringham, senior drill instructor, Platoon 2145, Company H, uses motocross to clear his mind from recruit training and discovers a camaraderie within the sport that is similar to that found in the Marine Corps.

"Being (on the drill field) is like a deployment times four," said Stringham. "You can get wrapped up in this. It's your life."

He spends the majority of his time at work and has minimal free-time to ride.

Stringham and the Marines he rides with usually go to race tracks where they pay a flat fee to ride all day and sometimes into the night.

"We normally ride in El Cajon or wherever there is time to ride," he said.

A few drill instructors Stringham works with took him riding a year ago, after a little persuading.

The persuasion was necessary because his father would not let him ride when he was growing up.

Stringham was involved in an accident on a three-wheeled motorcycle when he was seven years old. The accident fractured his skull because he was not wearing a helmet.

"I wasn't wearing a helmet, so the only thing that saved my life was that there was a hospital across the street," Stringham said.

Lacrosse team continues to roll with 8-4 win over Vermont

Courtesy of the Air Force Academy
News Service

For the first time under head coach Fred Acee, the Air Force lacrosse team opened the season with consecutive victories. After the Falcons stunned the No. 1 team in the nation on Saturday, the team continued to roll today with an 8-4 victory over Vermont in their second game of the Pioneer Face Off Classic in Denver, Colo.

"It was another great win for us," Acee said. "It's tough to come back after an emotionally and physically draining victory and maintain the intensity it takes to win, but our players rose to the challenge."

The injury required 210 stitches and left him with a visible scar on the back of his head, reaching from the junction of his head and neck to the plateau of his scalp just above his right ear, like a lightning bolt.

Despite Stringham's initial hesitance, his buddies were able to talk him into riding. The bike he started on belonged to Sgt. Ryan Knauer, senior drill instructor, Platoon 2151, Co. H.

"I got most of the guys into it," Knauer said. "He's big on safety because of his accident."

Stringham started off slow, learning the ropes on a flat desert route. After a couple of months, it was time to get his own bike.

"I started with a (four-wheeled motorcycle) and then moved up to a bike," he said. "Now I only ride bikes."

Stringham's newfound stress reliever has helped him see life outside of recruit training and his job as a drill instructor.

"It is kind of hard to see the box when you are inside it," he said. "Being here and all the hours puts everything in perspective."

Graduating his last recruits today, Stringham will now have more time to clear his mind on the tracks.

In comparison to the other Marines he rides with, Stringham has caught on quick and now reaches jumps of up to 12 feet high. His ability to learn from other riders has helped him achieve his abilities.

"I like learning new stuff," said Stringham. "When I go to the tracks, there are a lot of guys who are more experienced and will take the time to teach me new skills."

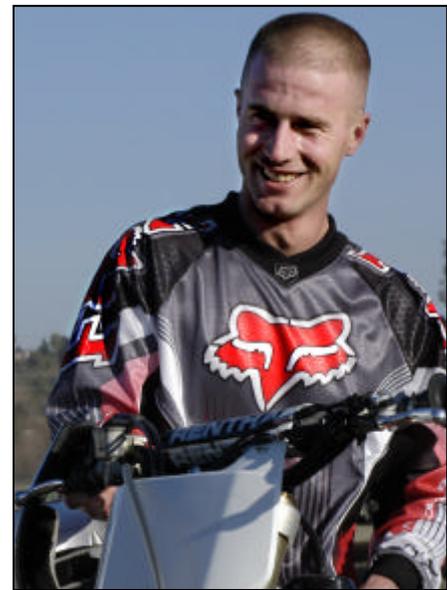
Likewise, as a senior drill instructor, Stringham trains drill instructors to handle aspects of training while he supervises. The skills he teaches them reflects his experience and the more confidence he has in what he has taught them, the more he trusts they can handle things while he is away, according to Stringham.

"I can't leave work without trusting my hats," he said. "When you go riding, you have to forget about everything going on in life. Once you're airborne, there is no

The Falcons fell surrendered the first goal and trailed 2-1 in the first quarter. They rallied to take a 3-2 lead when freshman Justin Kuchta scored a goal with just seconds remaining in the first quarter. They never trailed.

Justin Pavoni and a powerful defense held Vermont scoreless in the second and third quarters to take a commanding 8-2 lead. William Keleher notched the hat trick with three goals, while Greg Dangler had a pair of goals. Team tri-captain Michael Colosimo and Paul Adams each had goals to round out the team's scoring. Pavoni finished the game with nine saves.

"We led in every statistical category,



Staff Sgt. Shawn R. Stringham, senior drill instructor, Platoon 2145, Company H, finds freedom in motocross. Whenever time permits, Stringham takes to the tracks with friends, many of whom are also drill instructors.

going back — especially when jumping doubles. It's an escape to get away from reality - it's kind of addicting."

Riders seem to have a bond that brings them together.

"Everyone who rides has a certain lifestyle," Stringham said. "It's about relaxing and having a good time, whether they're good or bad (at it)."

Stringham's work on the drill field has improved because of his hobby, according to his fellow drill instructors.

"When he started riding, his work got better and he was less stressed," said Knauer. "We have a blast riding on breaks between training cycles and on a bad day we look forward to riding."

Stringham said he plans on riding until he can't physically do it anymore.

Unlike other Marines, who wouldn't be at home in the dirt and desert of bases such as Twentynine Palms, the 29-year-old infantryman would likely reap the benefits of the dirt to ride on.

Riding through California deserts and tracks started out as a hobby for Stringham in his free-time. He now hopes to make it a lifestyle wherever he may go.

and that's what it takes to win," Acee said. "I am really proud of our players."

Freshman Will Meister, who had two assists in the game, was selected to the all-tournament team. Defenseman Stephen Whittenberg, Longstickman Timothy Hade and goalkeeper Justin Pavoni also earned all-tournament team honors.

The Falcons (2-0) hope to carry their weekend momentum into next weekend, when they travel to West Point to take on Army on Saturday, March 6th. The Falcons are winless all-time against their service academy rival, although last year it took two overtimes for the Black Knights to gain the win.



Photo by Lance Cpl. Robert Fleagle

(Left to right) Sgt. L. Corral, Sgt. A. P. Selby, Sgt. K. P. Hancock, Maj. M. Mackey, Sgt. R. A. McWilliams and Sgt. R. R. Mettler put a hand on the Capt. James Hill Rifle Team Trophy they earned in the Depot Competition in Arms Program.

Competition helps Marines hone marksmanship skills

By Master Sgt. Janice M. Hagar
Marine Corps Recruit Depot in San Diego

More than 40 Marines took a shot at enhancing their marksmanship skills during the annual Depot Competition in Arms Program held at Edson Range, Camp Pendleton, Calif.

The shooting competition was held Feb. 10-13, but the program began Jan. 26 when shooters arrived at Weapons Field Training Battalion for training by reviewing marksmanship fundamentals, stretching tight muscles by positioning themselves in various shooting positions as well as live fire practice.

"The purpose of DCIAP is two-fold," said Maj. Mark D. Mackey, operations officer for WFTBn. "First, it's to pass on shooting knowledge, and second to foster competition."

Once training was complete, the Marines were ready to put their skills to the test. The competition featured individual and team events with the M-16 A2 service rifle and the 9mm pistol. The course for the individual and team rifle competition began at the 200 yard line where shooters had to fire 20 rounds in the standing position in 20 minutes. The next stage was rapid fire where shooters moved from a standing to sitting position, firing 10 rounds in 60 seconds. The shooters then moved back to the 300 yard line for another stage of rapid fire moving from standing to prone, then headed to the 500 yard line where they fired 20 rounds in 20 minutes in the prone position.

After two days of firing the rifle, it was time for individual and team pistol competition. Shooters remained at the 25 yard line for three stages of firing. The clincher for this course was shooters could only fire using one hand on the pistol.

Even though the course of firing was tough, the biggest challenge during this year's DCIAP was Mother Nature.

"The winds were the most challenging part of the competition," said Mackey. "There were 20 plus mph winds consistently. That challenges any shooter - no matter what their level of shooting is." Mackey added everyone was exposed to the same wind conditions, no matter what relay they fired. He also felt despite the wind disadvantage, shooters learned something by dealing with the harsh conditions.

Once the competition was finished, there was still one more firing stage in the program. The Marines fired the annual rifle qualification course.

"We have them fire the sustainment course and use that as a measuring stick to see how the Marines have improved their scores," said Mackey.

It may seem like only expert shooters can participate in the DCIAP, but according to Mackey, that's not the case.

"Anyone can shoot in the program," said Mackey. "In fact, we encourage those who are not expert shooters to come and participate so they can enhance their marksmanship skills. The training here is more detailed, more focused. The targets we're shooting at are smaller, so you must apply the fundamentals more proficiently in order to hit the target more consistently."

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



Photo by Airman Cecilia Rodriguez

Airman 1st Class Heath Niemet shows Chief Master Sgt. Karl Meyers, command chief master sergeant of Air Education and Training Command, the Bauer compressor at the Columbus Air Force Base, Miss., fire station, during the chief's visit Feb. 25-26.

Command Chief Meyers: Fitness benefits readiness

By Airman Cecilia Rodriguez

14th Flying Training Wing Public Affairs

COLUMBUS AIR FORCE BASE, Miss. — The start of a new fitness program this year has paid early dividends for the Air Force, said the command chief master sergeant of Air Education and Training Command.

Chief Master Sgt. Karl Meyers, at Columbus for a two-day visit Feb. 25-26, said fitness programs are now ingrained from the first to the last days people spend as Air Force members.

"Already, I see a new fitness lifestyle taking effect, from the increased standards of basic military training, to the further enforced standards of technical training that make our people fit for their first duty assignments, to the elevated fitness routines practiced by our senior ranking enlisted (members)," Chief Meyers said. "Just as important as getting fit, I see camaraderie, morale and esprit de corps rising as our units are getting fit together."

It's important to adopt a fit lifestyle because Air Force jobs demand it, the chief said. The Air Force sometimes endures difficult working environments and long hours, and a fit lifestyle improves its ability to handle the stress that comes with everyday jobs, as well as deployments.

"Our future deployments and contingency

lifestyle will undoubtedly continue, so we need to be ready for anything, anywhere at anytime," Chief Meyers said. "Besides being ready for duty, diet and exercise is proven to extend and better our lives. I think all of us deserve to live as long as we can, not only for ourselves and for our Air Force, but also for our families."

Chief Meyers also said preparation is the key to a more enjoyable deployment.

"Rule No. 1 is to know your job," he said. "Airmen should take what the Air Force has taught them and do their jobs the absolute best they can."

It's also imperative to make sure family is taken care of, he said.

"Anytime I'm away from home, I want to know that my family is okay," the chief said. "Make sure to know where and who the key supporting agencies are on the base and what services they provide. A happy family always equates to a much happier deployed service member."

The number of people eligible to deploy in the command went from 7,000 two years ago to almost 22,000 today.

"Our AETC mission of providing motivated and skilled professionals never stops," Chief Meyers said. "We send instructors out to the field to bring deployed and operational perspectives back to the classroom, and we think that's very important."

Eating smart is the right thing to do

By Second Lt. Jessica Beal
82nd Medical Support
Squadron

March has been picked as the annual National Nutrition Month by the American Dietetic Association. This year's theme is Eat Smart, Stay Healthy.

That's important because good nutrition, along with regular physical activity help form a firm foundation for good health.

To Eat Smart, eat a wide variety of foods from the five major food groups every day. Each of these food groups provides specific nutrients needed for good health so you need to include all of them in your daily diet.

Bread, Cereal, Rice, and Pasta Group

People should eat six to 11 servings per day. A serving from this group would be:

- A slice of bread;
- A tortilla;
- A half cup of cooked rice, pasta or cereal;
- One ounce ready-to-eat cereal or
- Half a hamburger roll, bagel or English muffin.

These foods supply complex carbohydrates, B vitamins, and fiber.

There is a wide selection of foods to choose from this group, so be adventurous. The carbohydrates they contain will help keep you energized throughout the day.

People should also, buy fiber-rich whole-grain breads and cereals. These foods help to fill you up and not out.

Vegetable Group

People should eat three to five servings per day. A serving from this group would be:

- A half-cup of chopped raw or cooked vegetables;
- A cup of raw, leafy vegetables or
- A three-fourth cup of vegetable juice.

Vegetables are important because they supply vitamin A,

Fast Facts

■ Eating smart is important because good nutrition coupled with regular exercise is a good foundation for proper health.

■ People should eat a wide variety of foods that span across all the main food groups.

vitamin C, folate and fiber. They also taste great and are naturally low in fat and calories.

For a wide variety of nutrients, choose vegetables in a rainbow of colors. Most vegetables can be eaten raw and are great to have as in between meal snacks.

Fruit Group

People should eat two to four servings per day. A serving from this group would be:

- A piece of fruit or melon wedge;
- A three-fourth cup of fruit juice;
- A half cup of chopped, cooked or canned fruit or
- A fourth cup of dried fruit.

Fruits are important because they supply vitamin C, vitamin A, potassium, folate, and fiber and provide many of the health benefits of vegetables.

Milk, Yogurt, and Cheese Group

People should eat two to three servings per day. A serving from this group would be:

- A cup of milk or yogurt;
- One and a half ounces of natural cheese or
- Two ounces process cheese.

These foods supply calcium, protein, vitamin A and vitamin D. Calcium plays a key role in building and maintaining strong bones. In turn, healthy bones will make you less prone to osteoporosis. People should choose nonfat or low-fat foods from this food

group most often.

Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group

People should eat two to three servings per day. A serving from this group would be:

- Two and a half to three ounces of cooked lean beef, pork, lamb, veal, poultry or fish;
- Half a cup of cooked beans;
- An egg;
- Two tablespoons of peanut butter or
- A third cup of nuts.

These foods supply iron, zinc, B vitamins and protein. Iron helps carry oxygen to muscles to support physical activity. Your body absorbs iron in animal products better than iron from plant sources.

You should choose lean meats, such as cuts identified with the word "loin" or "round." White meat from poultry is leaner than dark.

To determine the number of servings to eat daily from each food group, follow these guidelines:

■ If you are an inactive woman or sedentary older adult, choose the lower end of the range;

■ If you are an active woman or inactive man, choose the middle of the range and

■ If you are a very active woman or active man, choose the upper end of the range.

Fats, oils, and sweets are usually added to other foods rather than eaten alone. Fats and oils can be sources of important nutrients. However because they are high in calories, eat them in moderation.

Physical activity

It's important to balance the foods you eat with physical activity.

Balancing what you eat with physical activity can be achieved in one day or over the course of several days.

National Nutrition Month is the perfect time to make changes in your diet and exercise habits.