

Friday Partly cloudy Lo: 51°F Hi: 78°F	Saturday Mostly cloudy Lo: 50°F Hi: 77°F	Sunday Mostly cloudy Lo: 46°F Hi: 71°F
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Altus writes book on giving Navy a lift
 See Page 3



Falcons make it to the dance after 42-year absence
 See Page 1B



Sheppard Senator



Combat Capability Starts Here

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Fruits of Sheppard's labor seen in sands of Iraq and across the globe

By John Ingle
 Editor

Two F-117A Nighthawk stealth fighters flew over the skies of Baghdad, Iraq, one year ago today. The pilots weren't from Sheppard, but the fingerprints of the mission here were all over the aircraft, including the bombs that were dropped, the day Operation Iraqi Freedom began. Airmen not too far removed from their training days at the 82nd Training Wing's numerous technical schools participated in the execution of the multi-nation coalition's mission from day one. Col. Darrell Sims, 82nd TRW vice commander, said he isn't surprised by that because Airmen are ready from day one to perform their duties. "He's got to carry the tool box," the colonel said of the information Sheppard instructors have provided airmen. "No matter how heavy that

tool box is, he has to carry it. That's what we teach here." Airmen are trained in careers from medics to mechanics; from pole climbers to propulsion to be part of the world's greatest Air Force, Colonel Sims said. Those young men and women have stepped forward and offered to lay down their lives for their country and the values it stands for. "We have people wanting to come into the Air Force," he said. Tech. Sgt. Chris Theriot, a cryogenics course instructor at the 366th Training Squadron's fuels flight, is one of the hundreds of instructors on base who have taken those lives and instilled the knowledge and skill to perform in a forward location. "Something that I tell my students a lot is if you demand excellence, you get excellence," he said. Sergeant Theriot recalled a chance meeting he had with a former student in Hartsfield International Airport in

Atlanta, Ga. The Airman was on his way to Iraq to support the mission in the liberated country. He said his brief conversation with the young Airmen told him that he had fulfilled his mission as an instructor. "In him saying he was proud to be going to do what he was going to do, I knew I did my job," he said. But, Sheppard's mission isn't just to train. Colonel Sims said when called upon, permanent party members here are ready and willing to step up to the plate to meet the needs of the Air Force and the mission. "We have folks being deployed," he said. "Another dimension of 'Combat Capability Starts Here' is supporting the mission." Sergeant Theriot had the proud opportunity to fulfill both missions of Sheppard, he said. Before the first bomb dropped, See IRAQ, Page 3

One year later...

Maintainers, left, and munitions airmen, right, have been on the tip of the spear in Operation Iraqi Freedom, ensuring the Air Force's mission is accomplished in the multi-nation coalition effort. The tip of that spear was sharpened at the numerous technical training squadrons based here at Sheppard.

Photos by Master Sgt. Stefan Allford and Staff Sgt. Matthew Hanner.



Rumsfeld offers thanks for preservation of freedom

By Donna Miles
 American Forces Press Service

WASHINGTON (AFP) — With the March 19 approach of the one-year anniversary of the war in Iraq, the secretary of defense thanked members of the military community March 12 for transforming lives, not only in Iraq and Afghanistan, but in America too. Defense Secretary Donald H. Rumsfeld told servicemembers and DOD civilians at a Pentagon town-hall meeting that the struggle for freedom "has transformed the lives of the people of Afghanistan and Iraq," freeing millions of people from tyranny and oppression. But, Secretary Rumsfeld said, the war on terror is transforming America too. "As a nation we are rediscovering our character and our courage, qualities so profound that even the youngest (people) among us recognize and understand that something momentous is happening, not just in the mountains and the deserts of the Middle East but in our own neighborhoods and communities," he said. The secretary said U.S. servicemembers worldwide fighting the war on terror are following in the footsteps of the Minutemen who launched America's first fight for freedom over tyranny. It is a fight he said Americans have never abandoned since the Minutemen launched the "shot heard around the world" at Lexington Green, Mass. "(March 19) will mark the first anniversary of another fight for freedom — Operation Iraqi Freedom," Secretary Rumsfeld said. "Its opening

shots, if not heard or at least seen around the world, can remind us that Americans are still willing to fight to ensure that freedom will endure." He said that, like the patriots of 1775, Americans "do not come easily to war. But also like them, neither do Americans take freedom lightly." The fight for freedom has never been easy, Secretary Rumsfeld said, but it has been worth every sacrifice that battle has demanded. "Freedom is worth defending; and, if it is not defended, it dies," he said. He said history would prove that the sacrifices Americans are making in Iraq and Afghanistan are equally worthwhile. "At the end of the day, when freedom and self-government have taken root in Iraq and that country becomes, as it will, not a threat but a force for good in that region of the world, the rightness of the coalition's efforts will be ... clear," he said. The secretary said he personally thanked servicemembers on the front lines of the war on terror during his recent visits to Iraq and Afghanistan. Today, he said, was the time to thank those more removed from the front lines but just as important to the terror war. "Today, I thank you — those here in the Department of Defense in Washington and elsewhere around the globe ... because you are the men and women behind the troops, the ones who enable them to do the jobs that they do every day," he said. "We say to all of them and to all of you here today, thank you for fighting freedom's fight; and, know that millions of Americans believe in you."

SFS implements new force protection standards Monday

By John Ingle
 Editor

New force protection standards will begin Monday that will heighten safety at Sheppard and other Air Force installations across the globe. Air Force Chief of Staff Gen. John Jumper issued a detailed listing of increased FPCON standards to base agencies that are the front lines of defense. "It is my intent to protect USAF personnel and operations from terrorist attack and to create conditions enabling your commands to detect pre-operational surveillance and target selection and to interrupt or mitigate the effects of an attack

through active measures of deterrence," the general's message said. The most notable changes will be at the base gates. Maj. Chris Echols, 82nd Security Forces Squadron commander, said bollards and barriers will be permanently placed in the inbound and outbound lanes at all times of the day. The hospital and main gates will have additional personnel to check ID cards, process vehicles and facilitate traffic for each lane. The Missile Road gate will close for outbound

See STANDARDS, Page 4



Beginning Monday, base personnel will have to traverse bollards when entering or exiting Sheppard as part of Air Force Chief of Staff Gen. John Jumper's initiative to standardize the force protection level. Motorists should take note of changes to traffic routes and allow adequate travel time.

Photo by Senior Airman Chris Powell

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On the Inside

Web-only service available at MPF

Sheppard members, along with every Airman throughout the Air Force, no longer have to wait in line for some common personnel services. Six personnel services are now available only on the Web

at virtual MPF.

Sheppard's military personnel flight workers will direct customers to vMPF to update their Records of Emergency Data, apply for a change to an assignment or change a report-not-later-than date and more.

For full story, see page 2.

Possible U.S., Iran skirmish on border

U.S. troops may have traded shots with Iranian guards during a March 14 incident near the Iraq border, a senior U.S. official said at a Baghdad news conference Monday. The deputy operations direc-

tor for Combined Joint Task Force 7, told reporters a border patrol in the northeastern part of Iraq "was, in fact, shot and fired upon by what is believed to be personnel wearing uniforms resembling those worn by Iranian border guards."

For full story, see page 4.

Web-only personnel services decreases workload for MPF

By Airman 1st Class **Jacque Lickteig**
Staff writer

Sheppard members, along with every Airman throughout the Air Force, no longer have to wait in line for some common personnel services.

Six personnel services are now available only on the Web at virtual MPF.

Sheppard's military personnel flight workers will direct customers to vMPF to:

- Update their Records of Emergency Data.
- Apply for a change to an assignment or change a report-not-later-than date.
- Apply for certain curtailments of date eligible for return from overseas.
- Accomplish a humanitarian or exceptional family member program application.

■ Request a "proof of service" letter, which is often needed for home loans.

■ Make simple updates to common information, such as home addresses, telephone numbers, religious preferences, race, ethnic groups, foreign language self-assessments and duty and personal e-mail addresses.

Sheppard members will save time, and they will have more control over their personnel records. Hopefully, it will increase the information accuracy for all personnel, Master Sgt. Tracy Evans, customer support superintendent here, said.

The changes indicate the maturing of the vMPF concept and the realization of how busy Airmen are now, Maj. Gen. Thomas O'Riordan, Air Force Personnel Center commander, said.

Officials said they expect

more online services will mean less work on both sides of personnel flight help desks, and less time waiting for customers.

The AFPC director of operations, Col. Dale Hess, said this is part of an evolution in the way personnel services will be available to Airmen in the future.

"We've been headed in this direction for a long while," the colonel said. "We're aggressively upgrading our online capabilities."

However, Capt. Hunter Channell, chief of customer support here, said customer service personnel are still available to help Sheppard Airmen through the transition.

"We're not going to turn customers away," she said.

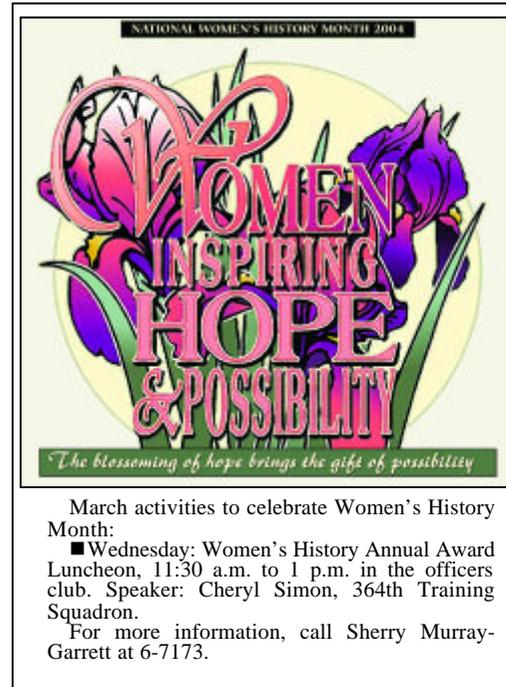
Customer service workers will assist customers at the MPF the first time they log onto

vMPF. A storyboard with step-by-step instructions posted by the computers at the MPF, along with instruction pamphlets, will also guide customers through the process.

Sheppard members can access the services from any computer by logging in at www.afpc.randolph.af.mil, or they can access vMPF at the computers at the MPF or at any one of the five kiosks located at the MPF, hospital, south fitness center, student center and post office.

Sheppard members who need assistance may contact customer service at 6-2224 or 6-2225. They may also contact the HQ AFPC Contact Center 24 hours a day every day at DSN 665-5000 or commercial toll free (800) 616-3775.

(Air Force Print News contributed to this story.)



March activities to celebrate Women's History Month:

■ Wednesday: 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.

82nd CS answers the call faster through Six Sigma

Editor's note: this is the last in a five-part series highlighting the 82nd Communication Squadron's use of Six Sigma.

By 1st Lt. **Laura Renner**
Base public communication

The wait to get a LAN drop added to the office or getting any other communication requirement filled will soon get shorter.

The 82nd Communications Squadron is currently testing improvements to the process of requesting communication requirements.

While the improvements have long been in consideration, Lt. Col. Doug Halsell, 82nd CS commander, requested a Six Sigma team also review the process, said Gary Cahayla, chief of the 82nd CS plans

flight.

Six Sigma gives users a path known as DMAIC, or define, measure, analyze, improve and control, to follow while reviewing processes. Six Sigma's idea of process improvement includes focusing on the customers' needs.

By looking for inefficiencies that cause defective products in the process, users can ensure their customers receive the best product more often and become more competitive and successful.

Currently a person must fill out the Air Force Form 3215 to request any communications-type work. That started a time-consuming process of locating the appropriate individual, signatures and approval.

Once CS receives the request, they in turn find the

person best able to fill the request and send it to them for approval. Mr. Cahayla explained.

Simply submitting the request can take days. Then the internal process of finding the solution and estimating the cost takes up to 30 days. But after a process review, CS has determined a way to lower both those times.

"Rather than type the form onto a forms page, people will go to Sheppard's Web site and start the process there," said Tech. Sgt. Cary Jones, 82nd CS plans flight superintendent.

When a person submits the request online, it will immediately be emailed to that person's unit telephone control officer,

functional systems administrator or workgroup manager, Sergeant Jones said. When that person logs in and approves the request, it is then sent to CS.

Sergeant Jones indicated they're still fine-tuning some glitches, but overall the program looks to streamline the process tremendously.

CS forwards the request to the appropriate agency within the squadron to find a solution and determine an estimated cost, if applicable. In the past, when plans flight forwarded it, they lost track of the status.

Mr. Cahayla said with the new program, they always know where the request is in the process down to who has it and how long they've had it.

Sergeant Jones said getting the request back to the submitter used to take up to 30 days. With the new program and tracking process, CS's goal is to get that response time down to seven days.

Other improvements CS intends to implement include training for TCOs and educating users and people in CS who own the process about the improvements, Sergeant Jones said.

At the same time, CS is developing a preferred products list, meaning they will keep the most commonly requested computers, telephones, beepers, etc.,

on hand.

"For example, when someone requests a computer, we'll say, 'Here are three types of computers you can choose from to have right away,'" Sergeant Jones said.

A person not wanting one of those three will simply wait seven days.

By using Six Sigma to look for ways to improve the communication requirements process time, CS eliminated shooting from the hip. They were able to find a solution they know will work and will improve their customers' experiences.

Altus learns how to give Navy a lift

By Airman 1st Class Ed Bodigheimer

97th Air Mobility Wing Public Affairs

ALTUS AIR FORCE BASE, Okla. (AETCNS) – Officials at Altus joined by several Navy employees performed a load validation on a C-17 for the MH-60S Knight Hawk recently.

This is the seventh helicopter model validated on a C-17.

Members of Altus' 58th Airlift Squadron and 21 Navy employees from eight organizations loaded the Navy helicopter, a cousin of the Air Force's HH-60G Pave Hawk, onto a C-17 for the first time.

Before any specialized load can fly in an aircraft, it has to be validated, said SMSgt. Michael Lambrecht, 97th Operations Group C-17 standardization and evaluation loadmaster.

A load validation consists of writing the loading procedures that will be incorporated in the

loading manual. Once the procedures are published in loadmaster's manual, any loadmaster around the world is authorized to transport the load.

Navy technical publications quality assurance employee Richard Morales from North Island Naval Air Station, Calif., said their data and procedures have to be accurate with the other branch's procedures before it can fly.

"In order for the helicopter to be deployed rapidly worldwide, the Navy has to know how the Air Force needs it packaged for pickup," said Jerry Bruce from Aircraft Test and Evaluation Squadron 21, Naval Air Station Paxtuxent River, Md. "We were concerned that the helicopter's rear rotor blades would have to be scissored in order to fit into the C-17."

Scissoring the blades, or folding them together, takes time and requires several pre-operational checks.

"We've been totally impressed with the automation of the C-17," Mr. Bruce added. "We were pleasantly surprised with its vast cargo space."

"Load validations are very rare to perform, especially at a training base," said Sergeant Lambrecht. "Usually, Air Mobility Command bases conduct these validations, but with the (operations) tempo at Charleston and McChord, they have been unable to do this for the past two years."

Sergeant Lambrecht said the Air Mobility Command Test and Evaluation Branch asked him in January if Altus could support the validation.

"After receiving approval from AETC and the 19th Air Force, we accepted," he said. "We were very fortunate to have this opportunity and it was a good experience for our instructor loadmasters and our loadmaster students we brought out to the flightline to witness the validation."

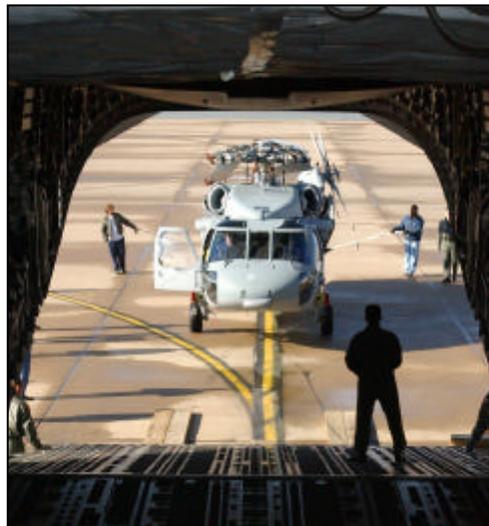


Photo by Airman 1st Class Ricky Rose

Members of the Navy and Air Force load an MH-60S Knight Hawk frame into a C-17 for the first time during load validation at Altus Air Force Base, Okla., recently.

Civilian job process going 'PRO'

Courtesy of Air Force Personnel Center News Service

RANDOLPH AIR FORCE BASE, Texas (AFPN) – A new base-level central-approval authority for filling civilian positions is currently being tested at seven bases across the Air Force.

The Personnel Resource Official, or PRO, will be the point of contact in an organization or at a base that lets a manager trying to fill a position know whether he or she has the funds and a position number, and

ensures information is correct and forwarded with the fill action.

"The PRO cuts a significant number of layers once required for management to get permission to fill a simple vacancy," said Ron Orr, principal deputy assistant secretary of Air Force for installations, environment and logistics.

Managers will now have a centralized internal-focal point in the organization to work all issues concerning a civilian vacancy before requesting to fill

it, said Lou Fletcher, test project manager. "An added benefit will be a better product being forwarded to civilian personnel, thus eliminating rework of a requisition."

"We anticipate that these tests will further improve the civilian-fill process by going from seven steps to two, and from 40 days to three-day approval for the manager to initiate a fill action, said Patti Ford, chief of process improvement and quality assurance division at Tinker Air Force Base, Okla.

IRAQ

Continued from Page 1

Sergeant Theriot and other instructors were deployed to train an allied military in various career fields. During negotiations between U.S. and that nation's diplomats, training was a key element to the possibility of Air Force aircraft staging from their bases.

Sergeant Theriot said he spent about six weeks in country giving lessons on fuel systems. Although U.S. aircraft didn't use the country's bases, he said he still felt he played an

important role in the days leading up to the war.

Having served in both capacities from Sheppard, Sergeant Theriot said he is proud of both opportunities, but for different reasons.

"I got a lot of self-satisfaction of being able to go out and provide that career training," he said. "I get a lot of job satisfaction from seeing Airmen I trained deploying (to forward locations)."

Briefly Speaking

Office closures

The Traffic Management Office, passenger services section, is experiencing a manning shortage that has required the office to reduce their hours of operation.

The office, located in Bldg. 402, room 119, will be closed from 12:30 to 2:30 p.m. Monday, Wednesday and Friday until further notice.

For emergencies, contact Dorothy Smith at 6-7757.

All 82nd Security Forces Squadron staff functions will be closed Wednesday at 12 p.m.

The squadron is having a send-off picnic for two groups of SFS members that are deploying to forward locations.

The 82nd Mission Support Squadron will close their doors at 2 p.m. March 22 for a commander's call.

The commander's call will affect the military personnel flight, education office and family support center. In case of an emergency, call 704-5709 or 337-3316.

Commissary special event sale

The Commissary will hold a warehouse sale Saturday and Sunday.

The sale will be from 8 a.m. to 5 p.m. Saturday and from 11 a.m. to 5 p.m. Sunday.

For more information, call 6-2901, ext. 0.

CCAC to meet March 30

The Consolidated Consumer Advisory Council will hold its quarterly meeting March 30 at 1:30 p.m. in the community center.

This is a forum for active duty, dependents, retirees and all others to address any concerns about services or products.

For more information, call Judy Kimberlin at 6-4335.

MSU accepts CCAF credits for degree

The academic adviser for the Midwestern State University Bachelor of Applied Arts and Science program will be here April 1 from 10 a.m. to 3 p.m. in Bldg. 402, room 304.

The BAAS accepts 69 hours of CCAF, junior college or vocational/technical credits.

To schedule an appointment, call Delores Jackson at 397-4721.

U.S., Iranian guards may have traded shots during brief border skirmish

By Gerry Gilmore

American Forces Press Service

WASHINGTON – U.S. troops may have traded shots with Iranian guards during a March 14 incident near the Iraq border, a senior U.S. official said at a Baghdad news conference Monday.

Army Brig. Gen. Mark Kimmitt, deputy operations director for Combined Joint Task Force 7, told reporters the U.S. 4th Infantry Division reported that one of its border patrols in the northeastern part of Iraq “was, in fact, shot and fired upon by what is believed to be personnel wearing uniforms resembling those worn by Iranian border guards.”

The American soldiers “took self-defense measures (and) returned fire” against their assailants, Kimmitt reported, noting the exchange soon ended.

“We are now trying to ascertain what actually happened at



U.S. Air Force graphic that scene,” Kimmitt stated, noting both military and diplomatic channels are being employed to resolve questions surrounding what he said was not “a major incident.”

The Coalition Provisional Authority in Baghdad recently released details of a new policy to tighten up Iraqi border security to help prevent foreign fighters and terrorists from entering the country.

For example, CPA chief spokesman Dan Senor, also at

today’s briefing, noted that 16 of 19 entry points into Iraq would be closed over the next few weeks as part of new border security initiatives.

Senor also addressed reports about a stabbing attack on an American walking inside the CPA’s secured headquarters compound in Baghdad, known as the “Green Zone.” He acknowledged that a U.S. Army officer had been attacked during the evening hours of March 13.

“The victim suffered serious stab wounds to his torso, head, and neck,” Senor reported, noting passers-by heard the confrontation and contacted security.

The officer was taken to the 31st Combat Support Hospital for initial treatment, Senor said, noting the victim was then transported March 14 to a U.S. medical facility in Germany. The victim, he added, is now in stable condition.

Senor said an investigation of

the stabbing is under way, and there’s no evidence so far pointing to a suspect. The attack was the first to occur inside the CPA’s compound, Senor said.

Both briefers declined to comment on news reports that Spain’s newly elected socialist government plans to pull out its 1,300 troops currently deployed in Iraq after the June 30 handover of sovereignty, deferring to the White House and State Department.

The two coalition officials, however, did praise the Spanish forces’ contributions, pointing out that American and Spanish troops are part of a 35-nation coalition working to establish democracy in Iraq.

Kimmitt reported the past week has seen an average of 21 daily engagements against coalition military forces, four attacks daily against Iraqi security forces, and just over three attacks daily against Iraqi civilian targets.



Photo by Master Sgt. Jeff Szczechowski

Thirsty bird

BAGRAM AIR BASE, Afghanistan (AFP) – Senior Airman Jeff Skaggs connects a nozzle to the fueling receptacle of an A-10 Thunderbolt II. Airman Skaggs is an A-10 crew chief with the 455th Expeditionary Aircraft Maintenance Squadron here and is deployed from Davis-Monthan Air Force Base, Ariz.

Standards

Continued from Page 1

traffic from 5:30 to 8 a.m. Monday through Friday.

Traffic from the left hand lane turning from Hwy. 240 (Old Burk Road) will enter through the outbound lane. Motorists headed east in the left hand lane of Missile Road will use the outbound lane as well.

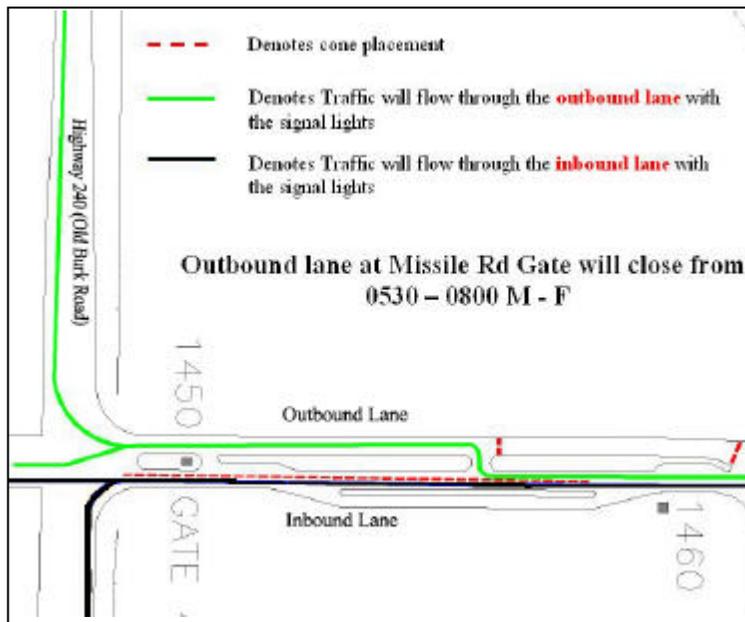
Traffic in the right hand lane headed east on Missile Road will use the inbound lane of traffic at Missile Road gate.

Motorists headed north on Hwy. 240 will proceed through the inbound lane to access the base.

Major Echols urged base personnel to be patient and slow down when going through the gates. Drivers should also observe traffic lights and move in conjunction with the appropriate signal.

General Jumper said the new standard has a two-fold purpose: keep security personnel from relying on the FPCON for security measures and create a uniformed standard for entry control operations.

“These standards will, when fully implemented, reinforce high levels of security, present a hard target to adversaries and counter known threats,” the general said.



Force protection standards

Gen. John Jumper, Chief of Staff of the Air Force, has established a new baseline force protection posture for all active Air Force, Reserve and Air National Guard installations. The following takes effect Monday:

- 100 percent ID check for drivers and pedestrians entering installations.
- Daily random vehicle checks, including 100 percent checks of commercial vehicles.
- Bollards and/or barriers places on inbound and outbound lanes of traffic.
- Employ sufficient patrols to focus on critical operational assets, mission support infrastructure and mass gathering places.
- Develop, maintain and implement effective anti-terrorism/force protection plans.
- Conduct “Red Team” exercises.
- Continue to use the installation Random Anti-Terrorism Measure program.

Tips to alleviate traffic congestion

- Stagger shift schedules
- Use alternate gates
- Have ID cards ready at all times
- Obey all traffic laws and signs
- Do not impede the flow of traffic

Leaders getting tool to help people in distress

By Master Sgt. Michael Briggs

Air Education and Training Command Public Affairs

RANDOLPH AIR FORCE BASE, Texas (AFPN) -- Leaders throughout the Air Force are receiving a new tool this spring they can use to recognize and respond to people in distressing situations.

Every squadron commander and first sergeant will get a CD copy of the "Leader's Guide to Managing Personnel in Distress," an interactive product that provides general information, summaries of policy and checklists on 35 topics relating to distress.

More than 100 people, including commanders, first sergeants and health experts, spent two years developing the comprehensive guide to help improve the overall fitness, readiness and performance of the force, according to Air Force medical officials.

"It's the only product of its kind," said Lt. Col. Rick Campise, chief of the Air Force

Suicide Prevention Program, who oversees the guide program. "It identifies issues relevant to a particular life-problem area, signs and behaviors for how the person is dealing with the problem, and resources for helping them manage the difficulty."

The idea for the commander's guide came from an Air Force Suicide Prevention Program working group that convened in 2002 to develop a guide for mental-health clinicians. The group decided to build a second guide all Air Force leaders could use for any situation where people experience distress, Colonel Campise said.

"The truth is, everything is suicide prevention," he said of the guide's development beyond the field of mental health. "Anything you do to address quality-of-life issues is suicide prevention, regardless of whether that is romantic relations, finances, substance use, family violence, (or) spiritual well-being."

The 35 topics addressed in

the guide include common distress-causing events, but it lists several not-so-common topics such as coping with car accidents, burglaries and unintentional injuries. The guide breaks the topics down into the categories of topics in distress, specific-life challenges and resilience, interventions and community resources, deployment-related topics, and information for unit people.

Each topic has one-half to three pages of information also condensed to a checklist to give leaders a quick reference source, Colonel Campise said.

"A condensed version was added for commanders who receive calls that in five minutes someone will be showing up with that issue, resulting in a need to quickly review what to look for and how to help," he said.

While the guide is not intended to act as a replacement for mental-health, legal or other professional advice, it provides readily accessible and practical guidance to leaders in helping them make decisions, Colonel

Campise said.

"The performance of even our best members can be (affected) at times by life's difficulties, and unit leaders must be diligent in providing an environment of support," wrote Lt. Gen. Richard E. Brown III, acting vice chief of staff of the Air Force, in a memo accompanying the CDs. "This tool ... provides leaders with specific actions and agencies they may want to enlist in support of their unit members."

People who are not squadron commanders or first sergeants can access the Leader's Guide to Managing Personnel in Distress on the Web at <https://www.afms.mil/afsp/products/default.htm> from a dot-mil address.

Colonel Campise said everyone can benefit from the guide and suggests people get familiar with it and refer to it whenever they have concerns about themselves or others.

"Read it before you need it," he said. (Courtesy of Air Education and Training Command News Service.)



Photo by Airman 1st Class Jacques Lickelg

Striving for perfection

Master Sgt. Michael Nowlin, 365th Training Squadron Fighter Avionics Flight superintendent, presents a squadron commander's coin to Airman 1st Class Erik Lane for completing the F-15 Communication, Navigation and Penetration Aids Apprenticeship Course with a 100 percent average. Airman Lane and the rest of his class graduated Wednesday.

Achievers

Team Sheppard member wins AF-level award

A Sheppard flight chief won the Lt. Gen. Leo Marquez Aircraft Maintenance Civilian Manager of the Year Award Feb. 17.

Stephen Stines, from the 362nd Training Squadron Fighter Training Flight, manages the largest flight in Air Education and Training Command.

Among many other accomplishments during 2003, Mr. Stines saved the Air Force about \$6.7 million, increased crew chief capacity by 67 percent, replaced six worn-out F-16 aircraft, oversaw

major rewrites of six courses, Master Sgt. Gregory Huntley, 362nd TRS training superintendent, said.

The prestigious Lt. Gen. Leo Marquez Award is the only Air Force Aircraft Maintenance award, he said.

Even though he's won this recognition, Mr. Stines remains humble.

"The only reason winning that award was possible was the outstanding instructors who are assigned at the 362nd who work with me," Mr. Stines said.

Dunton Ophthalmic Award winner in the senior NCO category.

Tech. Sgt. Ryan Coffey, Col. Donald D. Dunton Ophthalmic Award winner in the NCO category.

Maj. Robert Young, David Gwinn Field Grade Physician Assistant of the Year.

Maj. Oluwanishola Asenuga, Physical Therapist Field Grade Officer of the Year.

Staff Sgt. Kimberli Kirkland, Physical Medicine Craftsman of the Year.

Senior Master Sgt. Kevin Lambing, Brig. Gen. Sarah P. Wells Award Senior NCO of the Year.

Staff Sgt. Stacie Parsons, John Salustro Memorial Award For Cardiopulmonary Excellence winner.

Tech. Sgt. Linda Kinder, Medical Logistics Medical Material NCO of the Year.

AMC central to historic troop rotation

By Cynthia Bauer
Air Mobility Command Public Affairs

SCOTT AIR FORCE BASE, Ill. -- Department of Defense officials have challenged those from Air Mobility Command to play a central role in the Southwest Asia troop rotation by moving 250,000 people in 60 days. That roughly equates to the number of passengers who can sit in 720 wide-body commercial aircraft or the entire population of Louisville, Ky.

Defense officials have called the troop movement a historic feat and the largest troop movement since World War II. AMC's job is to redeploy the forces serving in Iraq and Afghanistan and bring in new troops.

The rotation began Feb. 1. As of March 11, 90,000 service-members, primarily Soldiers and Marines, have moved into the theater, and 44,000 have returned home.

At the hub of airlift operations for the massive troop rotation is the 18th Air Force here, a new organization reactivated Oct. 1 as AMC's warfighting component. The commander of 18th Air Force, Lt. Gen. William Welser III, said the total-force job of moving the extraordinary number of people is going smoothly, based on lessons learned from past operations.

"One of the things I'm most proud of, and impressed by, is how we have learned from our lessons, not only from (opera-

tions) Desert Shield and Desert Storm, but also from Afghanistan and Iraq, and now as we go into the next phase of rotations, to improve our processes, tactics, techniques and procedures," said General Welser. "Here we are, a little more than 900 days since (the terrorist attacks of) 9-11. In those 900 days, we've learned a lot."

"Our part is to sequence and schedule all of the air movement, which means, essentially, the Air Force has flexed its airlift and tanker fleet to a higher state of readiness and availability," said Brig. Gen. Paul Selva, commander of 18th Air Force's tanker airlift control center here. "Our requirement is to move substantial numbers of primarily Soldiers and Marines through a relatively small infrastructure, two bases ... accepting 3,000 people a day inbound and 3,000 people a day outbound over a short period of time."

The Air Force airlift fleet is supporting the effort heavily, but that is not all.

"We have tapped our KC-10 [Extender] fleet and a portion of our KC-135 [Stratotanker] fleet to move passengers, which is not their characteristic air-refueling role," General Selva said. Also, AMC's commercial-airlift partners have provided 40 aircraft almost every day.

"If you had come to the TACC and watched the air-transportation function prior to 9-11, you'd see an average of

200 to 225 aircraft a day moving into the system," said General Selva. "As we completed the combat operation in Afghanistan and started the rotation of forces into what appeared to be a steady state, the average had grown to almost 300 airplanes a day, with spikes to 350 not uncommon. In this rotation, it is uncommon to see the total posted in the low 400s ... nearly double the activity level that existed here pre-9-11, around a 50 percent increase over what has become to be the new normal of about 300."

Part of the challenge is the commercial-contract aircraft carrying 90 percent of the passenger load. Contract-troop carriers are designated with military mission numbers. General Selva said he gets "more bang for the buck" for the number of airplanes through an aerial port by using commercial airplanes. A C-17 Globemaster III carries about 96 passengers, but a commercial wide-body passenger aircraft which occupies the same parking space can carry 285 to 350 people.

With commercial carriers taking on requirements for passenger travel and commercial sealift moving as much as 85 percent of the cargo, General Welser said military airlift is not stretched as thin, increasing the ability of the DOD to provide airlift into hostile territory and to respond to emerging international crises. (Courtesy of AMC News Service.)

In FILM



Win a Date With Tad Hamilton (PG-13)

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

Kate Bosworth, Topher Grace - Rosie heads to Hollywood after she wins a date with the most eligible bachelor.



Barbershop 2: Back in Business (PG-13)

Today at 9 p.m., Saturday, Tuesday and Thursday at 7 p.m. and Sunday at 4:30 p.m.

Ice Cube, Cedric the Entertainer - Calvin struggles to keep his father's shop thriving.



You Got Served (PG-13)

Saturday at 4:30 p.m. and Sunday at 2 p.m.

Omari Grandberry, Marques Houston - David and Elgin's dance reputations are on the line when they face serious competition.

Community

Scholarship

The 2004 Air Force Club Membership Scholarship Program is offering scholarships to club members and their family members who are accepted in or enrolled in an accredited college or university for entry during the fall of 2004 term as a part-time or full-time student. Six scholarships will be awarded which include \$6,000, \$5,500, \$4,500, \$3,500, \$3,000 and \$2,500. Entrants must provide a 500-maximum-word essay on the topic "What Freedom Means to Me" and a single-page summary of their long-term career and life goals and previous accomplishments. All entries must be submitted to

the officers club by July 12.

Club activities

Sunday brunch

The officers club will host a brunch Sunday from 10:30 a.m. to 1 p.m. for \$10.95 for members and \$12.95 for non-members. Call 6-6460 for more information.

Boss 'N Buddy Night

The enlisted club will host a boss and buddy night Thursday from 4:30 to 6:30 p.m. Call 6-2083 for more information.

ITT

Six Flags Trip

ITT is offering a trip to Six Flags March 27 for \$45 per per-

Sheppard Spotlight 15 lines of fame

- 1. Name:** Katrine Waterman
- 2. Rank:** first lieutenant
- 3. Organization and position:** 360th Training Squadron Heavy Training Flight commander
- 4. Date arrived at Sheppard:** Dec. 3.
- 5. Most rewarding aspect of your job:** The feeling you get when you have successfully helped a student or instructor through a difficult situation or have had a positive influence on someone.
- 6. Why did you join the Air Force?** To be a part of a great organization, to see the world and to meet all kinds of people.
- 7. Why do you stay in the Air Force?** I love my job. What could be greater than working with maintainers and airplanes every day?
- 8. Hometown:** Albuquerque, N.M.
- 9. Married or single:** Married to 1st Lt. Teague Bodley.

- 11. Funniest childhood memory:** My sister and I liked to fill our sandbox with water and play in the mud while my parents were at work during the summer. No matter how many times we got in trouble for tracking mud through the house, we continued to play in our "swimming pool". We still laugh about it.
- 12. Favorite book or movie:** Too many good books to choose from. Definitely "Gladiator" or "Braveheart" for the movie.
- 13. What is your dream vacation?** An Alaskan cruise.
- 14. If you could be anyone for one day, who**

would you be? My sister because we are complete opposites and have very different careers. I would enjoy the chance to see how she lives.

15. Most prized possession: Videos/photographs my parents took of my gymnastics meets from elementary school through college.



son or \$18 for season-pass holders. Register by Tuesday. Call 6-2302 for more information.

Chapel schedule

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 Café)

Protestant Parish Ministries

Protestant Men of the Chapel: Saturday, 6:30 a.m. (south chapel) PMOC Breakfast/Fellowship Feb. 14, 8 a.m. (Golden Corral) Weekday Bible studies: Tuesday, 6 p.m. and Thursday, noon, (south chapel)

Protestant Religious education

Sunday school: pre-kindergarten through adult, 9 a.m. (Bldg. 962) Tuesday Bible study, 6 p.m. (south chapel)

Thursday, noon Bible Study, lunch provided (south chapel) Protestant Women of the Chapel Thursday Bible study, 6 p.m. Protestant Men of the Chapel Tuesday Bible study, 6 a.m. For more information about the chapel, call 6-4370.

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.

Student stuff

March IAAF Championships
The student center will host the IAAF World Cross Country Championships on Television Saturday and Sunday.

FITS

Saturday - Volleyball begins at 10 a.m. For more information, call 6-4808.

Sheppard Senator

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

Sheppard Senator editorial team

Maj. Manning Brown, Public communication director
 Master Sgt. Jeff Szczechowski, Noncommissioned officer in charge
 John Ingle, Editor (6-7244, sheppardsenator@sheppard.af.mil)
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Don't fear change...

FEAR stagnation!

By Col. Darrell Sims
 82nd Training Wing
 vice commander

As the wing vice commander, I make a point to speak to our young officers and enlisted members on a daily basis.

Whether it's a friendly conversation at an on-base event or just a passing, "How are things in your life?" in the hallway, I try to get my finger on the pulse of the needs and worries of our team.

Often I hear the same fear: change, the unknown and uncertainty about the future. It's understandable that with deployments, PCS moves and our ops tempo that our airmen will wonder about what tomorrow will hold.

When I hear these concerns, I try to assuage them by letting each person understand there are ways to alleviate anxiety about the future.

In a word: preparation. By preparing for the future, I can guarantee that every one of you will become more confident that its prospects are bright. The thing you really need to fear is stagnation.

I encourage people to grow as professionals in their field

and their personal life. Attend conferences on your particular function, read books on successful individuals who have made innovations that will affect your job and learn about improvements in processes that might help you work smarter instead of harder.

Don't stagnate at one location, one job or one mindset. Nothing will sap the creativity and excitement out of an individual faster than being pigeonholed into one duty.

Supervisors need to periodically shuffle tasks among your group so that everyone has an opportunity to try new things, learn new skills and make the team stronger through diverse points of view on each function.

Instead of being concerned about where you might be in six months or a year, concern yourself with the idea that you might be exactly where you are today. We must keep growing as individuals, as a team, and as an expeditionary force to achieve our mission of protecting America against all enemies.

Stagnation breeds fear...preparation increases personal self-esteem and growth.

Training will prepare you for

change — make sure to seek out opportunities to expand your "tool kit" and find ways to help your team do the same. You owe it to yourself and to the people around you to keep uncertainty at bay by arming your team with the skills it needs to excel in the transformation happening around us.

That's our number one mission at Sheppard, training the future leaders of the Air Force. As Air Force members, that should always be part of your personal mission, preparing for the future.

Change is a natural process that we're all going through. Let's embrace the journey! I don't know what the future will hold for myself, but with faith, hope and preparation (training!), I know that the voyage will be worthwhile.

By training your team with the abilities to tackle whatever the world might bring, you're ensuring that their fears about "the great unknown" will be diminished.

With the right preparation, the next time you think about tomorrow it won't be fear you feel but rather a sense of adventure.

Check six!

Leadership Corner



Photo by Mike Litteken

Col. Darrell Sims, 82nd Training Wing vice commander, presents the 2nd Air Force Noncommissioned Officer of the Quarter Award for October through December to

Master Sgt. Monte Hargrave, NCO in Charge at the pediatric clinic. Sergeant Hargrave was also STEP promoted Dec. 19 for his dedication and hard work.

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

Your submission may be printed in The Sheppard Senator.

Auto service contracts: Know what you're buying

Courtesy 82nd Training Wing Legal Office

Buying a car? You also may be encouraged to buy an auto service contract to help protect against unexpected, costly repairs.

While it may sound like a good idea, do not buy until you understand both the terms of the contract and who is responsible for providing the coverage. A service contract is a promise to perform or pay for certain repairs or services.

Sometimes called an "extended warranty," a service contract is not a warranty as defined by federal law. A service contract may be arranged at any time and always costs extra; a warranty comes with a new car and is included in the original price.

Before deciding whether to buy an auto service contract, consider the following:

New cars come with a manufacturer's warranty, which usually offers coverage for at least one year or 12,000 miles, whichever comes first. Even used cars may come with some type of coverage.

The manufacturer, the dealer or an independent company might perform or pay for repairs under the service contract. Many service contracts sold by dealers are handled by independent companies, called administrators, who act as claims adjusters and authorize the payment of claims to any dealers under the contract.

Learn about the reputation of the dealer and the administrator. Ask for references and check them out. You also can contact your local or state consumer protection office, state Department of Motor Vehicles, local Better Business Bureau or local automobile dealers association to find out if they have public information on the firms.

Usually, the price of the service contract is based on the car make, model, condition (new or used), coverage, and length of contract. In addition to the initial charge, you may need to pay a deductible each time your car is serviced or repaired. Often, contracts limit the amount paid for towing or related rental car expenses.

Few auto service contracts cover all repairs.

Common repairs for parts like brakes and clutches generally are not included in service contracts. If an item is not listed, assume it is not covered.

Watch out for absolute exclusions that deny coverage for any reason.

For example, if a covered part is damaged by a non-covered component, the claim may be denied. If the contract specifies that only "mechanical breakdowns" will be covered, problems caused by "normal wear and tear" may be excluded.

Also, if the engine must be taken apart to diagnose a problem and it is discovered that non-covered parts need to be repaired or replaced, you may have to pay for the labor involved in the tear-down and re-assembling of the engine.

You may not have full protection even for parts that are covered in the contract. Some companies use a "depreciation factor" in calculating coverage: the company may pay only partial repair or replacement costs if they consider your car's mileage.

Under the contract, you may have to follow all the manufacturer's recommendations for routine maintenance, such as oil and spark plug changes. Failure to do so could void the contract.

For more assistance in deciding your car budget and what car and service contract is right for you, stop by the Sheppard Family Support Center. They have great information and insights into buying a car in the Wichita Falls area.

To report contract problems with a service provider, contact your local and state consumer protection agencies, including the Better Business Bureau, state insurance commissioner, and attorney general.

If you have questions or require assistance on a legal issue, please make an appointment with the Sheppard Law Center by calling 6-4262.

You can also visit their Web site at webm.sheppard.af.mil/82trwja/index.html.

Don't give bureaus credit

Check your report often for inaccuracies

By Charles Ringwood
 82nd Mission Support Squadron
 financial planner

Have you checked your credit report and credit score lately? Your credit report can have a dramatic impact on your financial stability.

With good credit, you can obtain several benefits — a home mortgage or lease an apartment, an auto loan, low-interest credit cards and other forms of credit. But if your credit history is poor, many of these financial options may be unavailable to you.

Studies have shown that many credit files contain inaccuracies that can harm your credit rating, leading to rejections when you apply for loans, insurance, or even a job.

Those inaccuracies are often the result of a simple human error that can be caused by anything from clerical error to a computer glitch, resulting in the mixture of your file with someone having a similar name.

To protect your good credit standing, even if you always pay all your bills on time, it is important that you check all your credit files and monitor your credit regularly to protect your good credit standing, even if you always pay all your bills on time.

What is actually in a credit report? Credit reports generally list the following information

- for each of your credit accounts:
 - Name of creditor.
 - The type of account.
 - Terms.
 - Amount of the original debt or credit limit.
 - Balance outstanding on the most recent report.
 - Payments made late during the reporting period.
 - Addresses.
 - Inquiries.

Credit reports are seldom complete. Some credit issuers do not report to credit bureaus. Many gas credit cards report only delinquent accounts.

A bankruptcy can stay on a credit report for up to ten years and debts that a creditor writes-off as uncollectible can remain for seven years.

All the information obtained by credit bureaus lead to a credit score that consumers use to determine whether or not a line of credit will be extended. But, what is a credit score?

A credit score is a number that reflects your credit risk level, typically with a higher number indicating a lower risk. It is generated through statistical models using elements from your credit report.

Before credit scores, lenders physically look over each applicant's credit report to determine whether to grant credit. Not only was this time consuming, but human judgment is prone to mistakes and bias.

Banks, credit card companies, auto dealers, stores and most other lenders that issue credit or loans use credit scores to quickly summarize a consumer's credit history.

This saves the need to manually review an applicant's credit report and provide a better and faster risk decision. Although many additional factors are used in determining risk, such as your income vs. the size of the loan, your credit score is the leading indicator of your basic credit-worthiness.

Other elements that affect your credit score are:

- Number of late payments
- Type, number, and age of accounts
- Total debt
- Recent inquiries

The nation's three largest credit reporting bureaus are Experian, Equifax and Transunion. For a copy of your credit report, contact them at : Experian, P.O. Box 9595, Allen, Texas, 75013, 1-888-397-3742; Equifax, P.O. Box 740241, Atlanta, Ga., 30375, 1-800-997-2493; or Transunion, P.O. Box 403, Springfield, Pa., 19064, 1-800-888-4213.

The bureaus also should provide instructions on how to read their report and dispute any inaccuracies it contains.

For help call the family support center at 6-4358 and talk to a counselor.

Soundoff

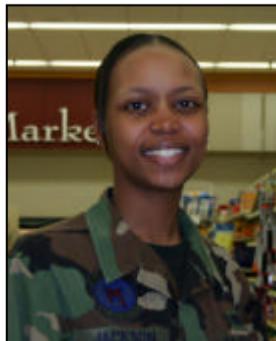
What is your favorite springtime activity?



"Play and watch baseball," Master Sgt. Keith Donnelly, 366th Training Squadron



"Play and watch soccer," Airman Jessica Deerwester, 363rd Training Squadron



"I love to play basketball," Staff Sgt. Erica Jackson, 382nd TRS



"Working in my garden," Italian 1st Lt. Vincenzo Sirico, 80th Operations Support Squadron



"Going to the beach," Capt. Monica Hamilton, 383rd TRS



Sheppard Sports



82 MSS/SVS out plays 365 TRS 50-42 to move on in playoffs

Story and photo by Senior Airman Chris Powell
Senior sports editor

loser's bracket, while the 365th TRS is eliminated from contention.

Throughout the first half, the 365th, who have a 9-5 record, was able to play good basketball and limit the MSS/SVS's main weapons - Chad Prejuan and Todd Wallace.

After a Wallace three-pointer, the 82nd MSS/SVS went up 11-4 with 12:30, but the 365th TRS was able to mount a comeback and get within a point after Robert

Jenkins hit a two-pointer to make the score 13-12 with seven minutes left in the first half.

But the 82nd/MSS went on a 7-0 run after a layup by Prejaun to make the score 22-14 with less than two minutes in the first half.

Never one to give up, the 365th made another short comeback before the end of the half to bring the score 24-20 after a three-pointer by Devon Krueger.

When the second half went

underway, it was all Prejaun and Wallace with a little bit of the 365th's Krueger thrown in.

After a Prejaun three-pointer, the 82nd MSS/SVS was able to go ahead 40-25 with more than 14 minutes left.

Toward the end of regulation, the 365th began fouling their opponents in hopes of missed field goals and a chance to come back. But that didn't happen, and they found themselves eliminated from the playoffs.



365th Training Squadron's Devon Krueger blocks out 82nd Mission Support Center/Service's Richard Hall to grab a rebound during the permanent party playoff game Monday at the south fitness center.

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.

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.

Student's frisbee golf

There is a frisbee golf contest at 10 a.m. March 27 at the north fitness center for tech-school students.

Participants can win the monthly prize for their squadron by collecting chips for attending or participating in the game.

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.

Link Up 2 Golf for beginners

The Link Up 2 Golf program is from 5 to 6:30 p.m. every Tuesday and Thursday starting Thursday until April 6 at the Wind Creek Golf Course.

Cost is \$99 per person.

Grand billiards tournament

The Grand Billiards Tournament is from 3 to 5 p.m. March 28 at the Student Center.

Cost is \$5 per person, and prizes will be a trophy, pool stick and phone card.

Month of the Military Child walk

The children's development center staff is hosting the Month of the Military Child walk on at 3:45 p.m. April 2.

Youth flight children, along with their mom's, will march from the youth center parking lot to the officer's club and back.

The walk is free.

Body development class

People can still sign up for the body development class at the Madrigal Youth Center for youth ages 13 to 18.

Cost is \$20 for members and \$25 for nonmembers.



Photo by Senior Airman Brian Ferguson

Racing through the skies

LAS VEGAS -- The No. 21 Motorcraft Air Force NASCAR team watches as the U.S. Air Force Thunderbirds fly over the Las Vegas Motor Speedway on March 7 to start the 2004 UAW Daimler Chrysler 400 Nextel Cup Race.



File photo

Despite a good game by pitcher Blake Nixon, the Falcons were unable to beat Northern Colorado and were swept in a four-game series. The Falcons surrendered six runs in the sixth inning that proved to be the deciding factor in the game.

Air Force baseball swept by Northern Colorado 6-4 loss

Courtesy of the Air Force Academy News Service

USAF Academy, Colo. - The bad inning continued to haunt the Air Force baseball team (4-13), as Northern Colorado (12-7) scored six runs in the sixth inning to down the Falcons 6-4.

With the loss, the Falcons were swept in the four game series Sunday afternoon at Falcon Field. The two teams combined for 25 strikeouts on the day.

Despite a solid outing from freshman Blake Nixon, the Falcons continued to have that one trouble-inning that cost them a game.

In all four games over the weekend, UNC utilized a big inning to break open close games. Nixon (0-3) fanned a career-high eight batters and did not allow any of his four runs until the sixth inning.

Craig Ayers (3-1) picked up his third win on the year, fanning 11 Falcons in seven innings pitched for the win. Cary Lott picked up the save with a scoreless ninth inning relief appearance.

Air Force scored the first run of the game in the third inning to take a 1-0 lead. Travis Fugler singled in Nathan DeRohan, who had tripled in the previous at-bat.

UNC broke through with all six of its runs in the sixth. After walking the lead-off batter, Nixon gave up a home run to Shane Roberts who went deep to left center, making it a 2-0 game. Nixon gave up a single and a walk later in the inning and was relieved by Michael Chapados. After surrendering a single to his first batter faced, Chapados gave up a three-run homer to Patrick Wiley.

Air Force fought back with runs in the sixth and seventh inning to close the gap to 6-4. Colton Walter's double scored Karl Bolt in the sixth and DeRohan doubled to knock in Jason Brown and Josh Wolfram in the seventh.

The Falcons had 10 hits on the day, led by DeRohan who was 3-for-4 with a pair of doubles and a triple. The Bears also had 10 hits on the day, with Craig Toxell and Wiley getting a pair of hits each.

AFA and UNC will resume play against each other this Tuesday (March 16) with a doubleheader beginning at noon in Greeley.

Game notes: Falcons played their second errorless game of the weekend and season... Colton Walter also had three hits on the day for the Falcons.

Falcons hoopsters make it to NCAA tournament

U.S. AIR FORCE ACADEMY (AFP) - The Air Force Falcons earned a spot in the 2004 NCAA Men's Basketball Tournament, their first post-season appearance in 42 years.

The Falcons, with an overall 22-6 record, won the Mountain West Conference regular-season title with a conference-record 12-2 mark.

They faced North Carolina on Thursday in Denver. The game started 30 minutes after the conclusion of the Texas vs. Princeton game.

Air Force, the No. 11 seed in the Atlanta Region, played its first NCAA-tournament game since losing to Texas

Tech, 68-66, March 12, 1962. The Falcons' only other NCAA-tournament appearance was after the 1959-1960 campaign.

This was the first meeting between Air Force and North Carolina, which is seeded sixth in the region.

"This is a great reward for our players," said Air Force head coach Joe Scott. "We have worked hard since Oct. 15 for this moment, and it says a lot about what kind of season we had and how hard our guys have worked."

The winner of the game will face the victor of the Texas vs. Princeton game tomorrow in Denver.



Junior Tim Keller leads the Falcons in scoring, averaging 11.3 points per game.

Bowling

For more information, call 6-2170.

No Tap Tournament

There is a No Tap Tournament at 7 p.m. April 3. Cost is \$13 per person.

Moonlight Colorama Tournament

The Moonlight Colorama Tournament is at 7 p.m. Saturday. 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
365 TRS "C"	128	64
82 COMM "A"	127	65
80 FTW "A"	113	79
882 TRG	111	81
82 CPTS	111	81
364 TRS "A"	111	81
187 Med Bn	109	83
363 TRS "Ammo"	108	84
382 TRS "A"	106	86
366 TRS "A"	105	87
365 TRS "B"	104	88
360 TRS	104	88
82 MSS/SVS	99	93
82 CES	99	91
363 TRS Armament	94	98
Bowling Pro Shop	93	99
365 TRS "D"	92	100
362 TRS "A"	92	100
383 TRS	90	102
361 TRS	89	103
381 Med Red	87	105
82 Services Squadron	86	106
382 "BMET"	86	106
362 TRS "B"	84	108
364 TRS "B"	77	115
82 SFS	66	126
82 CS "B"	64	128
80th OSS	53	139

Fitness center

For more information, call 6-2972.

Student kickball game

There is a student kickball game at 10 a.m. April 3 at the North Fitness Center.

Aerobiccenter offers classes

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

Abdominal class

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

Aerobics

Monday at 7:15 a.m.

Step aerobics

Tuesday and Thursday at 5:30 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.

Golf

For more information, call 6-6369.

Spring sale

The Wind Creek Golf Course staff is holding a White Elephant Sale Saturday to March 31. People can come in for selected specials.

Volleyball

For more information, call 6-2972.

Intramural Volleyball

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

Youth center

For more information, call 6-2342.

Paper airplane contest

There is a paper airplane contest from 7 to 10 p.m. April 2 at the Madrigal Youth Center for youth in grades kindergarten through 6th grade.

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/82trvpa/default.htm>.

Friday March 19

10 a.m. Navy History
5 p.m. Air Force News Special Edition – The Centennial of Flight
9 p.m. In Service for My Country – Sheppard Deploys

Saturday March 20

10 a.m. The Navy Hospital Corps – A Tradition of Honor, Sacrifice and Valor
5 p.m. Air Power Over Kosovo – 21st Century Command and Control
9 p.m. Sound of Freedom: The Berlin Airlift

Sunday March 21

10 a.m. Seal Class 224 – Basic Underwater Demolition

5 p.m. Heroes of Combat Camera
9 p.m. Air Force Story: Chapter 5, 1935-1937

Monday March 22

10 a.m. Flying for Freedom – Women Air Force Service Pilots
5 p.m. The Air Force Assistance Fund – A Commitment to Caring
9 p.m. Air Force Story: The Air War Against Japan

Tuesday March 23

10 a.m. Fifty Years of the Uniform Code of Military Justice
5:00 p.m. In Service for My Country – Sheppard Deploys
9 p.m. Into the Mouth of the Cat: Lance Sijan

Wednesday March 24

10 a.m. The Air National Guard in the Aerospace Expeditionary Force
5:00 p.m. Sound of Freedom: The Berlin Airlift
9 p.m. Air Force News Special Edition – The Making of an Air Force Recruiter

Thursday March 25

10 a.m. Level I Anti-Terrorism Briefing
5:00 p.m. The Air Force Story: Chapter 5, 1935-1937
9 p.m. Air Force News Special Edition – The Thunderbirds



Photo by Sgt. 1st Class Sandra Watkinkeough

Self defense

Staff Sgt. John Reece demonstrates self-defense techniques to a group of U.S. Marines on Bagram Air Base, Afghanistan. Reece is assigned to the 1106th Aviation Classification Repair Activity Depot, California Army National Guard.

Navy Sports program gives sailors chance to compete with the best

By Ingrid Mueller

Navy MWR Communications Group

MILLINGTON, Tenn. (NNS) – Sailors with the athletic skills to compete at the national level in team or individual sports have the chance to represent the Navy at higher level athletic competitions through the Navy Sports program.

“The Navy Sports program is an opportunity for active-duty Sailors and selected Reservists to participate in a higher level of sports that goes beyond the base intramural program,” explained John Hickok, head of the Navy Sports program for the Navy’s Morale, Welfare and Recreation (MWR) Division.

“Because the All-Navy sports teams advance to a national championship event or world military event, we are looking for Sailors with solid athletic achievements who can compete at the national level. Typically, this is someone who has been a state champion in high school or has competed in college,” he said.

The All-Navy teams participate in the Department of Defense Sports Program and compete in the Armed Forces Sports Championships against

teams from the Marine Corps, Army and Air Force. Following inter-service competition, the very best Navy athletes may be selected to compete as members of the All-Armed Forces Team and go on to the Military World Games, and national and international competitions.

The Navy Sports Program also allows people who participate in activities that are not normally offered on a base, such as rowing, archery and shooting, to compete at a high level.

Sailors who are interested in participating in the Navy Sports Program or serving as coaches are encouraged to first contact their base athletic director to obtain a Navy Sports application and fill out the application completely. Sailors will not be selected without the approval of their commanding officer. The completed application should be faxed to the Navy Sports Office at 901-874-6831. Applications may also be mailed to: Navy Sports Office, PERS-651E, 5720 Integrity Drive, Building 457, Millington, TN, 38054-6510.

For the complete sports schedule and more information, visit the Navy Sports Web site at www.mwr.navy.mil/mwrprgms/sports.htm or call 901-874-6632/DSN 882.

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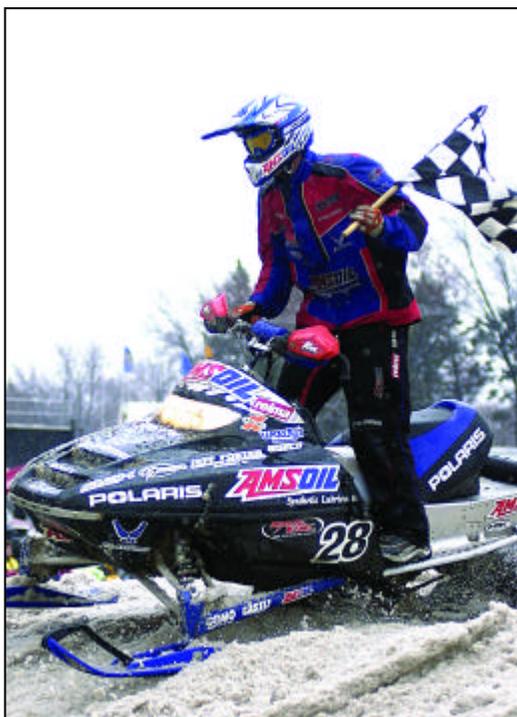


Photos by Master Sgt. David W. Richards

Winning 'sno' problem

(Top) D.J. Eckstrom (center) catches air on the finish-line hill at the Snocross Pro Stock National race at Lambeau Field here March 7. The Air Force is a secondary sponsor with the AMSOIL/Polaris Scheuring Speed Sports team. This is the third year the Air Force has been involved with the team.

(Right) Justin Tate holds the checkered flag following his March 7 win in the Snocross Pro Stock National race at Lambeau Field here. The Air Force is a secondary sponsor with the AMSOIL/Polaris Scheuring Speed Sports team. This is the third year the Air Force has been involved with the team.



Looking for direction in your career? Contact the career assistance advisor at 6-7797 or stop by his office in Bldg. 400, room 245.

Soldiers win third consecutive Armed Forces Wrestling Championship

By Tim Hipps

U.S. Army Community Family Support Center Public Affairs

Staff Sgt. Glenn Nieradka led the All-Army Wrestling Team to its third consecutive team title at the 2004 Armed Forces Wrestling Championships March 6-7 at Archbishop Rummel High School here.

Nieradka, a member of the U.S. Army World Class Athlete Program at Fort Carson, Colo., won the 60-kilogram weight class in both Greco-Roman and freestyle competitions by a six-match cumulative score of 45-0.

The tournament consisted of a series of round-robin dual matches between each of the military services, with Greco-Roman competition on Saturday and freestyle on Sunday.

In Greco-Roman, Army won all seven weight classes to defeat Air Force 22-4 and Navy 25-3. The Soldiers dropped two matches to the Marines but prevailed 18-9.

Eight-time Armed Forces champion Nieradka was forced into freestyle duty, a discipline in which he hadn't competed since 1997, because teammate Sgt. Jason Kutz was injured a week earlier in Russia. The All-Army duo of Nieradka and Kutz has not allowed an opponent to score a point at 60 kilos in the past two Armed Forces tournaments.

"It's a totally different animal -- almost like a different sport," said Nieradka, 31, a Greco-Roman specialist from Portland, Ore. "Greco is more get in there and pound whereas freestyle is a little more finesse. You've got to be up on your reaction time."

Nieradka's competitors, however, were quickly manhandled both days. In Greco, he defeated Air Force Staff Sgt. Jacob Hey 4-0, Navy Airman Bryan Goldsby 10-0, and Marine Cpl. Jeremy McLean 5-0. In freestyle, Nieradka prevailed 10-0 over Airman 1st Class Bryan Herrington, 10-0 over Goldsby, and 6-0 over McLean.

"Not only did he win both styles, but he didn't give up a single point in either style," said All-Army coach Staff Sgt. Shon Lewis, one of three Greco-Roman coaches for the U.S. Olympic Team. "He was dominant. That just lets you know what type of pride the guy takes in the United States Army, himself and the team."

The Greco-Roman winners in each weight class earned a berth in the 2004 U.S. Olympic Team Trials May 21-23 at Indianapolis. Soldiers, Nieradka, Sgt. Anthony Gibbons at 55 kilos, Sgt. Jason Loukides at 96 kilos and super heavyweight 2002 world champion Sgt. Dremiel Byers won gold medals in Greco.

"Gibbons had unbelievable lifts," Lewis said. "Loukides wrestled exceptionally well. These last six months, he's really been coming on. And Byers was Byers. He didn't give up a point."

The Army got silver-medal Greco performances from Sgt. Oscar Wood at 66 kilos, Staff Sgt. Keith Sieracki at 74 kilos and Sgt. Kenny Owens at 84 kilos.

"It means everything, really, for us to win this," said Wood, 28, a WCAP wrestler from Gresham, Ore. "We also want to win that team



Photo by Tim Hipps

Sgt. Kenny Owens, a member of the U.S. Army World Class Athlete Program at Fort Carson, Colo., lifts Navy's Joseph Axiotis en route to an 11-0 technical fall victory in the 84-kilogram Greco-Roman division of the 2004 Armed Forces Championships at Metairie, La.

title again at nationals. This is just a steppingstone to keeping that winning tradition. I can't even remember a tournament the Army Greco team has entered and hasn't won. If they give a team trophy, we generally win it."

In freestyle, the Soldiers blasted Air Force 23-6, controlled Navy 20-8, and slipped past the Marines 14-12 in the final session.

Nieradka, Spc. Glenn Garrison at 66 kilos and 1st Lt. Dominic Black at 96 kilos won gold medals for the Army. Gibbons, Wood and Sgt. Charles Daniels at 84 kilos finished second in their divisions.

Black sealed the conquest with an 8-0 heavy-weight victory over Marine Capt. Dan Hicks. The Army team overcame the loss of freestyle super heavyweight Spc. Paul Devlin, who strained knee ligaments in his opening match against Air Force's Kevin Hoy, forcing Army to forfeit that division against Navy and Marine Corps.

"The Armed Forces Championships always come down to the last match and it happened again," Lewis said. "It's crazy."

The match that turned the tide, however, was Wood's comeback from a 4-0 deficit to defeat Marine Cpl. Curtis Barnes, 6-4.

"Man, that was exciting," Lewis said of Wood's flurry of moves in the final two minutes. "Some people wrestle to the death and some people are scared to death. Oscar Wood will definitely wrestle to the death."

Gibbons lost 6-3 to Cpl. Justin Cannon to open the freestyle showdown against the Marines. After Nieradka did his thing, Garrison, who won his first Armed Forces gold medal, pummeled Lance Cpl. Carson Bernard en route to a 10-0 victory.

"Garrison made quick work of everybody," Lewis said. "I know he's always going to wrestle hard. If I could just keep that guy focused . . . If I turn my back too long, he'll be outside doing laps in the swimming pool just because he's bored."

Following Wood's stirring victory, Marine Lance Cpl. Jacob Clark pinned Daniels, setting the stage for Black's heroics.

"For the Greco guys, you get a berth in the Olympic Trials if you win this tournament," Nieradka said. "In freestyle, it's just a pride thing for us to keep all the other forces down and kick them around a little bit. That's what we do."

Weight training for women, men are more similar than many think

By Airman
David Johnson
Physical trainer

How different is weight training for women than it is for men? In my opinion, not very different. Some people have trouble understanding this because women are smaller, are structurally set up different and typically not as strong as men.

But muscle is muscle and a bench press is a bench press. Women usually can't handle the same weight as men, although I have met plenty of girls who could bench press more than I could.

But the difference in a woman's training are her goals. Women tend to be more interested in shaping and toning than



File photo

The only difference between a woman and man's weight training are the goals. Most women are more interested in shaping and toning their muscles instead of building big muscles.

building big muscles.
A woman's program should be set up differently than a man's program. The difference in programs will consist of fewer sets per muscle group but more repetition per set. This builds what is called muscle endurance while toning your body at the same time.
I train several ladies, and my advice to all women is "Your muscle cells don't know you are a female, and they will respond the same way as a male's does."
If women want to lose weight or admire the physiques seen in magazines, they should keep in mind those women have been doing this for years.
Finally, remember all that counts is getting through the next rep, next set and next workout.
For more information, call Airman Johnson 6-2972.

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