

THE SHEPPARD SENATOR

Inside Look

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Congratulations to all senior master sergeant selectees

Matthew Bernhardt, 366th TRS; Joseph Clabaugh, 366th TRS, Det 7; Andrew Donate, 361st TRS; Gordon Fenley, 372nd TRS, Det 5; Scott Graham, 384th TRS; Jeffrey Griner, 382nd TRS; Steven Keck, 82nd MSS; Grant McCormick, 362nd TRS, Det 1; David Nelson, 80th FTW; Eugene Proulx II, 373rd TRS, Det 9; Thomas Purtle, 361st TRS; Lawrence Rhoades, 82nd SFS; Paul Ross, 366th TRS, Det 6; Sherry Rossi, 372nd TRS, Det 14; William Simmons, 383rd TRS; James Tauscher, 373rd TRS, Det 8; Thomas Valley, 80th OSS.



Hall of fame

Brigadier General and Mrs. Tore Arestoele pose for a photo which now hangs in the Euro-NATO Joint Jet Pilot Training Program Hall of Fame. Mrs. Arestoele is wearing a traditional Norwegian dress. On Monday, they became the tenth inductee to receive this honor which recognizes the contributions of strong supporters of the ENJJPT program. General Arestoele's association with ENJJPT goes back to 1987 when he served as the 80th Flying Training Wing's chief of operations. Since 1994, he's served as Chairman of the ENJJPT Steering Committee, the group of allied officers who are charting ENJJPT's future. The committee, which includes representatives from all participating nations, met this week to discuss everything from aircraft to funding. This marks General Arestoele's last meeting, as he is retiring from the Royal Norwegian Air Force. Air Commodore Peter Berlijn, from the Royal Netherlands Air Force, will become the new Steering Committee chairman. (Photo by T. R. Steele)

Leaders submit 2003 budget request to Congress

By Master Sgt. Ron Tull
Air Force Print News

WASHINGTON — Secretary of the Air Force Dr. James Roche and Air Force Chief of Staff Gen. John Jumper recently submitted the Air Force's fiscal 2003 budget request to the House Armed Services Committee.

The request for \$87.2 billion is \$6.7 billion more than the request for fiscal 2002. The budget concentrates on procurement of new systems, including the F-22 Raptor, C-17 Globemaster III, Global Hawk, RQ-1 Predator and Joint Direct Attack Munitions.

According to the testimony, Air Force officials view the fiscal 2003 budget as the beginning of the Air Force's transformation.

"Our vision remains a total air and space force, providing global reconnaissance and strike, to include the movement of troops and their support across the full spectrum of operations," Roche said.

Transformation will bring cultural changes with it also, as both the secretary and chief of staff spoke of "portfolio assets" that each service brings to the fight.

"We are dedicated to the seamless integration of air and space and ground and naval forces, so that we can reap the benefits of this information age on the battlefield," Jumper said.

The personnel slice of the budget includes \$222.1 million for selective re-enlistment bonuses as the Air Force puts recruiting and retention of both officer and enlisted at center stage while operations Enduring Freedom and Noble Eagle continue.

"We're trying to figure out what the new steady state is," Jumper said. "The good news is that we have enough flexibility in our system that we can respond to this. But in doing so we work our people very, very hard and we lean very heavily on our Guard

and Reserve. We have to figure out a way to get ourselves back to a more normal situation to control the tempo."

Because of the high-operations tempo, airmen in some career fields, such as those working with airborne warning and control system aircraft, have had their "use or lose" leave limit extended from 60 to 80 days. The secretary said they are even looking into a 100-day limit, in case it is needed.

The facilities strategy for fiscal 2003 is focused on sustaining and upgrading current facilities. While the budget for family housing remains almost unchanged from fiscal 2002, the Air Force continues to be a leader in privatization initiatives.

The budget comes with an unfunded priority list attached, in the amount of \$3.8 billion, consisting largely of programs that were planned out for years; however, the Sept. 11 terrorist attacks

gave greater urgency to some of those priorities.

"I am particularly concerned over the age of our 707-based surveillance reconnaissance fleet," Roche said. "These planes are (more than) 40 years old, and that's why you've seen us try to find innovative ways to replace some of them as soon as we can," he said.

Some of those scenarios include leasing aircraft, in accordance with the rules of Congress.

Prior to Sept. 11, replacement for the 707 airframe was programmed for 2008. Since the attacks, KC-135 Stratotankers have flown nearly 8,000 sorties, and the operations tempo remains high.

"At this point we would just like to get the tanker problem dealt with because we have planes in the air and we want to make sure they're fueled," Roche said.



Chili Cookoff

Brig. Gen. Arthur Rooney Jr. samples a bowl of chili at Sheppard's Chili Cookoff March 14 at the community activities center. Capt. Robert Sharples (left), deputy chief of services, and Grover Williams, dining facility 776 manager, helped judge the entries in the contest. (Photo by Lou Ann Sledge)

Traffic Safety

Q I was wondering if there is anything that can be done on the Burk Burnett Road (between the Sonic area and the main gate turnoff). I have witnessed numerous near misses/close calls as I drive to the medical readiness site. This normally occurs during the morning hours and evening hours when the cones are in place restricting traffic through the main gate lanes. I have seen cars do U-turns from both lanes and the shoulder.

A We re-looked the traffic congestion associ-

ated with the main gate during high volume times. Contact has been made with the local law enforcement agencies to assist in this matter. When available, Wichita Falls Police Department will assist in ensuring traffic flows in a safe and expedient manner. We need everyone's help in addressing this potential safety issue. When traffic cones are placed at the main gate, we ask that everyone abide by the traffic directional flow. This traffic flow is nothing new to Team Sheppard. The same pattern used randomly today is the exact flow plan used im-

mediately after Sept. 11. Everyone plays a role in safety and Force Protection. All drivers are expected to abide by established traffic rules and regulations. This alone will help eliminate potential accidents at the main gate.

Street Lights

Q Why are the street lights on - all the way down 9th Street - on this sunny afternoon - as viewed from the second floor window of building 922? What can be done so this wasteful practice does not reoccur?

**Action Line 676-2000,
action.line@sheppard.af.mil**

The 82nd Training Wing's Action Line is your direct line to me for any concerns and suggestions you have. I am personally involved in every reply, and I am committed to making Sheppard AFB a better place to live, work and play. Before you call the Action Line, however, I ask that you give your chain of command or other base agencies an opportunity to work your concerns. If you still do not receive a satisfactory response, call me at 676-2000, or send an e-mail to action.line@sheppard.af.mil. Please include your name and telephone number. Those concerns with a wide impact at Sheppard may be published in *The Sheppard Senator*.

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A The situation you observed was CE electricians repairing a street light circuit that malfunctioned the night before. Although energizing the circuit may have appeared wasteful, it was necessary to troubleshoot the system and ensure repairs were made properly. I applaud your interest in saving energy on the base; keep up the vigilance. I encourage all Team Sheppard to seek out opportunities to save energy and report any suspected wasteful practices to my Energy Hotline at 6-5668.

Need a lift? Call the Airmen Against Drunk Driving hotline at 676-AADD (2233).
Every Friday and Saturday night from 9 p.m. to 5 a.m., drivers are available for Team Sheppard members who need a ride home after drinking. Drivers will ask no questions and take no information, and they will not release names of anyone who uses this program. Don't risk your life or career, call AADD.



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Sheppard chaplain shares deployment insights

By 2nd Lt. Ann Hatley

Base public affairs

On the morning of September 21, 2001, Chaplain (1st Lt.) Sarah A. Shirley received a deployment notice to a classified location, and she was to leave that afternoon. With just eight months of experience in the Air Force she was going to war.

"I had no idea what it would be like and I didn't know where I was going," said the chaplain, who returned to Sheppard AFB on March 11, after 169 days away in support of Operation ENDURING FREEDOM.

Chaplain Shirley, despite her limited military experience, has years of religious experience in the civilian sector. She joined the Air Force just before her 41st birthday. Although she wanted to be an Army chaplain and had gone through Army training to get a reserve commission, her age kept her from receiving an active duty commission into the Army.

Joining the military was something she had always wanted to do throughout her years of civilian ministry. So she was happy for the opportunity to come on active duty in the Air Force, since the age limit for the Air Force is 42.

Chaplain Shirley arrived at Sheppard January 2001 and was assigned as the 882nd Training Group chaplain. She was eager to learn more about the Air Force, and especially eager to get out among the troops and minister to them. Her ambition was to be with the troops.

"I didn't think I would get that with the Air Force," said Shirley. "I was delighted that both Chaplain Van Sickle (Sheppard's Wing Chaplain) and Chaplain Barker (Director of Student Ministry) support my ministry of 'actively hanging out' with the students, active duty, and civilian personnel. Receiving deployment orders, though, really gave me the chance to do what I joined to do."

Her first ride on a military aircraft was the C-17 that would take her to her new assignment as protestant chaplain for the air expeditionary forces in Oman.

"We responded so quickly," said the chaplain. "Ten days after the attack, I

was out of here. And I was not the first person to deploy. There were people deployed several days ahead of me. I was impressed," she adds.

Having spent more time training with the Army than Air Force, Chaplain Shirley envisioned infantry-type conditions, "which is not what we do in the Air Force," she said. But they did have a mission to achieve, and as one of only two or three chaplains there for the first three months, she had a demanding schedule.

"When I first got there, it was bare base," said Chaplain Shirley. "We had some tents, but that was it. So the religious services I did were primarily in small groups in work areas on a tool box in the back of a humvee."

A permanent chapel was eventually built and the protestant ministry grew to include a professional quality gospel choir and a jazz band, noted Chaplain Shirley.

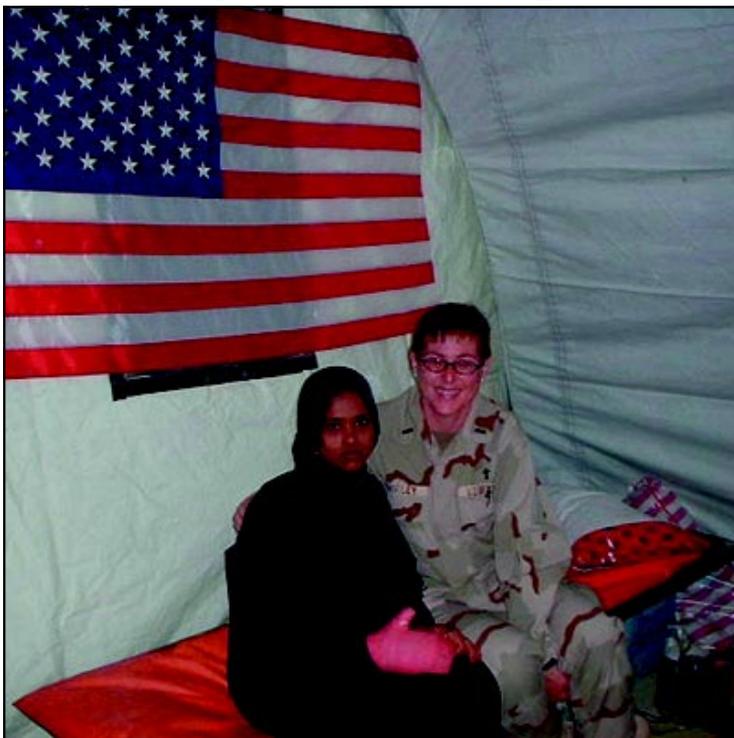
The chapel program soon became involved in community outreach programs and was able to impact the local community. One of the highlights of Chaplain Shirley's tour came when the chapel was able to help a 15-year-old girl in the community have limb-saving surgery, pulling together to raise money to send her to a hospital in the United States to have the surgery performed. The chapel also raised money for a local disabled children's center and had a clothing drive for the families in the area.

As she thinks back to what everyday life was like during the deployment, Chaplain Shirley's first response is, "It was hot." Especially during the first month, she says.

Thankfully, everyday life was normally pretty boring for the emergency response personnel, the med group and the nuclear, biological and chemical personnel, she says. The unit didn't have a lot of emergencies.

The chaplains, however, stayed very busy.

"Operations were 24-7, so chaplains couldn't have a regular schedule because we had to minister to all the people," explained Chaplain Shirley.



Chaplain (1st Lt.) Sarah Shirley sits with Adhara Al Waheibi in the medical tent in Oman. Adhara, a local girl, had a cell tumor on her wrist and was going to have her hand cut off. The chapel program raised money and worked with the government officials in Oman in order to send Adhara to the United States for limb-saving surgery. (Courtesy photo)

The unit was under a communication blackout for the first two months of deployment. It was a source of stress for many of the members who couldn't find out what was going on back home and wanted to contact their families. The chaplains remained busy counseling people who had difficulties coping with the realities of war.

Chaplain Shirley recommends anyone who may be deployed should be ready in every way.

"Always be ready, and make sure your family is ready," advises Chaplain Shirley. She was fortunate to have her parents take care of her bills and a friend to watch her dog. Others who were deployed with her were not so fortunate and were under a lot of stress throughout their deployment.

She suggests ways that people

can be ready, such as using automatic bill pay that many banks offer and knowing who is going to take care of things when the member deploys.

"If you want to be in the military, understand what it's about and be ready, and you won't have all that stress, you won't have to worry," she emphasized.

Regardless of the no-notice deployment and the busy schedule she maintained, Chaplain Shirley reflects on her deployment with positive memories, as she remembers the joy of working with joint and coalition forces, and the ability to be with the troops on a daily basis.

"People were great," she says. "Some people say that deployment brings out the worst in people, but I think for most people, it brings out the best in them. People really come together and are a team."



Let's Roll

Jack Williams, a corrosion control specialist for Lear Siegler, Inc., attaches the "Let's Roll" noseart to a Sheppard T-37. The "Let's Roll" noseart was created to show respect for the courage of those who died aboard United Airlines Flight 93, as well as all the victims of the Sept. 11 tragedies. The theme was derived from Flight 93 passenger Todd Beamer's famous phrase when he helped foil hijackers on Sept. 11. "Let's Roll" has been the rallying cry for this nation as we go forward in our war on terrorism," said Air Force Chief of Staff Gen. John Jumper. (Photo by Lynn Bullard)

Crime doesn't pay— you do!

An airman from the 361st Training Squadron was taken into custody recently on charges of shoplifting at the base exchange.

AAFES personnel detained the airman while the 82nd Security Forces Squadron was notified of the offense.

Two security forces members were briefed and dispatched to the exchange.

A witness was interviewed who claimed he saw the airman place four compact disks, valued at \$49.80 total, in her purse. The witness said the airman then attempted to leave the store without paying for the merchandise.

The airman was transported to the 82nd SFS for further processing, where she was advised of her rights. Crime doesn't pay – you do! (Courtesy of the 82nd Security Forces Squadron)



AAFES implements civil recovery program for shoplifters

DALLAS — The Army and Air Force Exchange Service (AAFES) and the Department of Defense has asked for and received legislation that will grant federal retail stores the right to create civil recovery programs.

The National Defense Authorization Act for FY 2002 amended the Federal Claims Collection Act by redefining a "debt" as it relates to non-appropriated funds. The amendment allows federal retailers like AAFES to pursue losses and administrative costs directly relating to shoplifting, theft detection and theft prevention as claims that the U.S. government can recover from shoplifters through existing federal debt collection methods.

AAFES will implement its Civil Recovery Program on March 1, 2002. In doing so, it will pursue the actual loss of the merchandise taken and charge a flat rate ad-

ministrative cost on every shoplifting incident. If shoplifted merchandise is not returned to the store, or is returned but cannot be sold AAFES will demand the full retail value of the merchandise. If it is recovered in damage condition but still salable, AAFES will demand the difference between the full retail value and the reduced sale value. The administrative cost will be \$200.

Under the Civil Recovery Program, military sponsors are responsible for their family members. A parent, guardian or other person having legal custody of a minor who commits the shoplifting offense will be liable to AAFES for the specified damages and costs.

The store manager of the AAFES facility where the shoplifting incident occurred will be required to send two demand letters for money damages. If the debt

remains unpaid for 30 days, the store manager will then be required to notify the unit commander of the debt. In addition, the military sponsor's check cashing and Military Star card privileges will be suspended until the debt is either paid or waived.

The Civil Recovery Program is separate from any criminal prosecution or disciplinary action which can be taken. Shoplifting in the military exchanges annually cost service members millions of dollars. AAFES alone catches an average of 11,211 shoplifters each year. The expenses related to shoplifting, theft prevention and detection reduce the dividends available for the AAFES mission - to give back 100 percent of its earnings to exchange customers through quality of life programs and modern and convenient facilities to shop.

Vendor Day

The Government Purchase Card Vendor Day 2002 is set for April 16. This year's event will be held at the Multi-Purpose Event Center on Fifth Street in downtown Wichita Falls, from 9 a.m. to 3 p.m. The event is open to Sheppard's general public, commanders, billing officials and all cardholders.

Catholic seminar

Catholic students are invited to recollection and meditation seminars April 27, May 4, and May 18 in the North Chapel Annex from 8:30 a.m.

to 3:00 p.m. Lunch will be provided. Call 6-7276 to sign up.

Commissary sale

The commissary will hold a March Moonlight Madness sale Sunday from 6 p.m. to 10 p.m.

Steak burn

The Sheppard Chief's Group and First Sergeant's Council are putting on a steak burn on April 1 at the Community Activity Center. Tickets are \$10 per person and will be sold by unit first sergeants or designated representatives.

Baked potato, salad, and all the trimmings will be served. Only 500 tickets will be sold base-wide.

Passover service

The Congregation of House of David extends a loving invitation to all Jewish military personnel at Sheppard to attend the Passover dinner and service. The service will take place on Wednesday at 6:30 p.m. at the House of Jacob, 3414 Kemp Blvd, Wichita Falls. Cost is \$16.50 for adults; \$7 for children up to 12 yrs; free for children under 5. The cost for military person-

nel will be half price; airmen and students are invited to attend free of charge.

Gospel choir workshop

The Sheppard Inspirational Gospel Choir will sponsor a gospel music workshop April 2-5 starting at 6 p.m., with a concert on April 6. The workshop will take place in the South Chapel. Integrity Music recording artist Joe Pace of the Colorado Mass Choir will be conducting the workshop. Those interested should RSVP by Wednesday to Lynn Caldwell at 6-4370 or Staff Sgt. Danielle McAdams at 6-6837.

Guard opportunities

The New York Air National Guard's 109th Airlift Wing, in Scotia, N.Y., home of the C-130 ski-birds, has traditional Guard vacancies in the following career fields: 2A1X2, 2A1X3, 2A5X1, 2A6X4, 2A6X6, 2A7X1, 2A7X3, 2F0X1, 3E0X2, 3E1X1, 3E2X1, 3E3X1, 3E4X1, 3E9X1, 3P0X1, 4A0X1, 4A2X1, 4E0X1, 4N0X1, X4N0X1, and 6F0X1, as well as full-time active duty opportunities in the following career fields: 2A5X1 and 2A6X6. For more information, call Master Sgt. Ryerson, at DSN 334-2456 or e-mail him at Wesley.Ryerson@nyscotang.af.mil.

AFAF provides Air Force members a shoulder to lean on

By Master Sgt. Jeff Szczechowski

Base public affairs

Air Force members take pride in the fact that they're part of a military family that's respected worldwide, a family that has a proud tradition of caring for its own. In the movie, *Black Hawk Down*, the Army's commitment to "leaving no man behind" was a powerful example of the U.S. military's strong sense of kinship.

Away from the heat and fury of the battlefield, Air Force members have their own way of leaving no man or

woman behind. When hardship or a family emergency enters into the life of "one of our own," the Air Force Assistance Fund is there to help. Established as an annual campaign to raise funds and provide support for Air Force families in need, the AFAF offers vital assistance in a variety of ways.

Four AFAF charities — Air Force Aid Society, Air Force Village, Air Force Enlisted Foundation and the Gen. and Mrs. Curtis E. LeMay Foundation — offer interest-free loans and grants; financial assistance to surviving spouses

of Air Force members; educational grants; housing for surviving enlisted spouses and, in some cases, retired enlisted couples; and much more.

Other initiatives supported by the AFAF, through the Air Force Aid Society, include Sheppard community-enhancement programs like "Give Parents a Break," "Car Care Because We Care," "Bundles for Babies" and prepaid phone cards for deploying members.

Last year, Sheppard members contributed more than \$80,000 to the Air Force Aid Society, the most popular of

the four AFAF foundations, and the charity most frequently called upon to help active duty personnel. Through AFAS, the base provided \$294,179 to Sheppard families in 2001 — \$204,550 was in loans that were to be paid back. Grants provided for emergency needs added up to more than \$15,000; and grants awarded for education totaled \$45,000.

Master Sgt. Al Bridges, family support center superintendent, said that AFAS funds are available to officer and enlisted personnel, retirees, National Guard and Reserve

troops on active duty for more than 30 days, and, in some instances, civil service workers. He said that financial aid requests from enlisted members must originate through their first sergeants.

Sergeant Bridges said he knows just how critical AFAF is to the Air Force family. He has seen, first-hand, the look of gratitude in the eyes of Sheppard members who have come to the FSC for help. From a person here on temporary duty who had his house burn down back at his perma-

See AFAF, Page 12

Views: welcome to Easter

By **Chaplain (Maj.) Michael Weber**

Base chaplain

Christmas may be a “wonderful time of the year” but for Christians, Holy Week and Easter is a “wondrous and busy time of the year.” It is a time when Spring is recognized not only in season but in one’s spiritual life. It is the “budding” forth from enclosed, winter-like, cocoons of self-reflection, to the joyous and exuberant “spreading of ones wing’s of faith.” It is the time of emergence. It is the time of resurrection and renewal. As Christians we celebrate “from death to new life”. It is the time we proclaim, “He is Risen, Alleluia!”

The chapel community becomes a beehive of activity during this time as well. We celebrate special days of music and quiet days of “recollection.” We “re-collect” ourselves through prayer and song into what our new life in Christ looks like and may look like as we continue the journey in faith. We also hold rituals of penitential significance asking God and our neighbor for forgiveness. We hold special meals remembering our roots in Judaism by offering Seder. We hold the Lord’s Supper as a day of remembering “The night he was betrayed he took bread....” We lower adults and children into “flowing waters”, lifting them from this baptismal water up into a new creation, “by water and the Spirit.” We light fires which in turn light candles which in turn light hearts and minds in Christ, the “light of the world!” We proclaim that we rise with him into his new life.

The chapel community invites all Christians into its family. Please come and partake in this enriching time of the year, this “wondrous and busy time of the year!”

Drinking and driving don’t mix!

Chapel Easter schedule

Catholic	Protestant
Parish Seder meal – 5:30 p.m. Wednesday, North Chapel	Last Supper drama – 7 p.m. Thursday, South Chapel
Holy Thursday – 5:30 p.m. Thursday, North Chapel	Good Friday service – 11:30 a.m., Friday, South Chapel
Adoration of the Blessed Sacrament – 7 p.m. to midnight Thursday, North Chapel	Sunrise service – 6:30 a.m. Sunday, parade grounds
Good Friday service – 5:30 p.m. Friday, North Chapel	Continental breakfast – following Sunrise service, Bldg. 962
Easter Vigil mass – 7 p.m. Saturday, North Chapel	



Students' art

With a massive 40-foot by 8-foot mural that they helped to paint as a backdrop, two 363rd Training Squadron students, along with their fellow painters, are rewarded by being the first residents in dormitory 716 to enjoy their new entertainment room. Ten students, all graduated and awaiting assignments, worked 14-hour days, 14 days in a row, to make a powerful and unique impact on the room's appearance. All four walls are covered, top-to-bottom, with the students' artwork, which features various aircraft, squadron logos and mountain peaks. The new entertainment room, which officially opened on March 15, features three mounted TVs, and a state-of-the-art "surround-sound" system. An abundance of seating gives the room a theater-like atmosphere. The room also has several game tables. Lt. Col. James Lewis, 363rd TRS commander, said the new entertainment room provides a positive environment for students to congregate and enjoy themselves. *(Photo by Master Sgt. Jeff Szczehowski)*

**To place an
ad in the
Senator,
call
767-SOLD.**

Sheppard hosts Executive Nursing Leaders

By Maj. Iona Graham

383rd Training Squadron

The 882nd Training Group will host the 2002 Executive Nursing Leadership Symposium March 26-28. This symposium is a training program targeted for active duty, Reserve and Guard nurses in the roles of command nurses, command chiefs, chief nurses and medical superintendents.

The ELS symposium provides a forum for nursing and senior enlisted medical leaders to come together and discuss current nursing and enlisted medical issues impacting the present and future success of the Air Force Medical Service. The three-day curriculum provides attendees with vital information on such topics as clinical nursing leadership, executive leadership core competencies, Primary Care Optimization execution and Expeditionary Medical Operations. The program speakers include senior military leaders, line officers, and a civilian keynote speaker. Among the senior military leaders are Lt. Gen. Paul Carlton, the Surgeon General of the Air Force, and Brig. Gen. Barbara Brannon, commander, 89th Medical Group and Assistant Air Force Surgeon General for Nursing.

In conjunction with the ELS, two other meetings will occur. The Air Force Nursing Board of Directors will start the week off March 23-24. In addition, the Nursing Executive Council is a 25-member team to include the Command Chiefs, which will be meeting on March 25. This decision-making forum will include critical nurse recruiting and retention issues, clinical practice issues related to medical deployments and delivering peacetime quality healthcare. In our current environment of rapid change, symposium attendees look forward to the 2002 Executive Leadership Symposium.

Support Sheppard's clubs. Join yours today!

AFAF

Continued from Page 7

ment duty station, to those who've needed assistance getting home for a loved one's funeral, to a young airman who needed help paying for groceries to feed his family, he's experienced the satisfaction of putting AFAF to work for others.

"People are very grateful when we help them out. Some are really surprised at how much we can actually help them," said Sergeant Bridges. "Besides emergency leave, they come in for help with everything from rent to car repairs. For example, there was a person here TDY, and his vehicle broke down. He was supposed to leave Sheppard the next morning, and had no way home. We gave him an interest-free loan to get his car repaired, and he left for home the next day without having to leave his car behind."

Besides all the people he has helped, Sergeant Bridges has another good reason for being a fan of AFAF. He received financial assistance through AFAS during a family emergency. While stationed in Korea, after working all night during a base exercise, he lay down to sleep at 6 a.m. One hour later, a knock on his door woke him up.

"My dad had a heart attack," related Sergeant Bridges. "The first shirt came to get me and took me over to family services. After about 15-20 minutes, I was on my way to the airport. By

9:30 a.m., I was on a plane, headed home from Seoul...just like that."

Lt. Col. Harry Truhn, Sheppard's AFAF project officer, said that the annual fund-raising campaign currently taking place is important for two reasons. The obvious one, he said, is that the AFAF drive replenishes critical funds needed to keep the program strong. But more than that, it also provides an opportunity to get the word out to the base community about a truly outstanding Air Force quality-of-life resource, he said.

"Sheppard members benefit directly from this program throughout the year, and it's available for anyone who needs it. But without the annual AFAF campaign, many people might not know about this great benefit," said Lieutenant Colonel Truhn. "The Air Force Assistance Fund is, quite simply, Air Force people taking care of Air Force people, and it's important that all of our people know about it."

People who found themselves unsure about wanting to make a contribution during the first three weeks of this year's AFAF fund drive, still have until March 29 to see their unit AFAF representative and make a "commitment to caring." For additional information, or to learn more about the four charities that make up the AFAF, call Lieutenant Colonel Truhn at 6-4791, or Lt. Col. Robert Mitchell, the alternate project officer, at 6-2663.

General activities

Community flea market and craft fair booths available

Booths are now available at the community activity center for the community flea market and craft fair March 30.

Spaces are approximately 8 feet by 8 feet with one table and one chair. Booths with electrical outlets are limited. The event will be held in the community center. Those interested in obtaining a booth should contact the ITT office as soon as possible. Booths are issued on a first-come, first-served basis. The event will be held indoors. For more information, call Denise Tilley at 6-2302.

Easter egg hunt

The Lake Texoma Recreational Annex in Whitesboro, Texas, will host an Easter egg hunt March 31 at 10 a.m. The Easter Bunny will arrive at 9:55 a.m. Participants and parents can bring their cameras to take pictures of the hunt and the bunny. Cookies and punch will be served at the pavilion. For more information, call (903)523-4613.

Computer class

The Madrigal Youth Center is hosting a special computer course for its members. Basic computer to Microsoft Windows 2000 is available. Classes are held every Wednesday from 4-5 p.m. Limited space is available. For more information, call 6-KIDS.

Upcoming trips

Six Flags Over Texas

Information, tickets and tours will sponsor an April 13 trip to Six Flags Over Texas. The cost is \$41 per person. Over 100 exciting rides, shows and attractions will be available. The park features great roller coasters like the Texas Giant, the TITAN, Batman and Mr. Freeze. Those interested must register no later than April 9.

Club activities

The officers club Game League, sponsored by Budweiser and the Officers' Club Advisory Council, (*no fed-*

eral endorsement of sponsors intended) will begin play Thursday at 6 p.m. in the officers club

Teams will compete weekly in several games including: billiards, darts, shuffleboard, crud and foosball.

Teams will consist of four to six nightly participants. All officers, retired officers and officer's spouses are eligible to compete. It isn't necessary to be a club member to compete; however, club members will get 15 percent off all food and beverages during league play.

Teams that accumulate the most points during a month will receive prizes and the league champion will receive the League Championship trophy and reserved seating for all officers club dining events.

To register a team, or for more information, call or e-mail 2nd Lt. Chris Meeker at 6-5703.

Easter brunch

The officers club will celebrate Easter with an Easter brunch, March 31. This reservation-only event includes four seating times: 10:30 a.m., 11:30 a.m., 12:30 p.m., and 1:30 p.m. All ranks are welcome. The cost is \$13.95 for members, \$16.95 for nonmembers, \$7.95 for children ages 5-12 and children under 5 eat for free.

Attendees must make reservations by Thursday. Call the officers club at 6-6460 for reservations.

Enlisted club comedy jam

The enlisted club presents the enlisted club comedy jam tonight. Comic View comedians Scruncho and Charles Walden will perform at the enlisted club ballroom. Doors will open at 8 p.m., and the show starts at 9 p.m. Tickets are \$5 for club members and \$8 for nonmembers. Reserved seating is available with advance ticket purchase. This show is for mature audiences. For more information, call 6-6427.

Lunch at the e-club

The enlisted club now serves lunch from 11 a.m. to 1 p.m., Monday through Friday.

The menu includes a food bar, grill specials and healthy heart options. For more information, call 6-2083.

At the Flicks

Friday 6:30 p.m.

Snow Dogs

Friday 9 p.m.

Collateral Damage

Saturday 2 p.m.

Snow Dogs

Saturday 4 p.m.

I am Sam

Saturday 7 p.m.

Collateral Damage

Sunday 2 p.m.

Snow Dogs

Sunday 4:30 p.m.

Collateral Damage

Thursday 6 p.m.

Collateral Damage

This schedule is subject to change without notice. For movie information, call 6-4427.

Snow Dogs (PG)—Cuba Gooding Jr., James Coburn — When a Miami dentist finds out he's been named in a will, he travels to Alaska to claim his inheritance, only to discover he's been left a mischievous team of sled dogs.

I am Sam (PG-13) — Sean Penn, Michelle Pfeiffer — Sam Dawson has the mental capability of a 7-year-old. He has a daughter with a homeless woman who abandons Sam and their

daughter as soon as they leave the hospital. As Lucy reaches 7 herself, Sam's limitations start to become a problem at school.

Collateral Damage (R) — Arnold Schwarzenegger, John Leguizamo — Firefighter Gordon Brewer is plunged into the dangerous world of international terrorism after he loses his family in a bombing credited to Claudio "The Wolf" Perrini.

Chapel Schedule

Student programs

Tuesday, 11 a.m. and 4:15 p.m., chapel rope meeting, North Chapel
 Saturday, 5 p.m., Solid Rock Cafe, South Chapel
 Sunday, 5 p.m., Student bible study and activity night, North Chapel

Catholic activities

Mass

Saturday, 5 p.m., North Chapel
 Sunday, 9 a.m., North Chapel
 Sunday, noon, North Chapel
 Mon.-Fri., 11:30 a.m., Hospital Chapel

Religious education

Sunday, 10:20 a.m., classes for preschool through adult, Bldg. 962

Reconciliation

Saturday, 4-4:30 p.m., North Chapel

Protestant activities

Worship services

Sunday, 9 a.m., Liturgical Communion, South Chapel
 Sunday, 10:30 a.m., Inspirational Gospel Service, South Chapel
 Sunday, 10:30 a.m. Protestant Community

Service, North Chapel

Religious education

Saturday, 5:30 p.m., Growing in God's Grace, South Chapel
 Sunday, 9 a.m., classes for ages 3 to adult, Bldg. 962

Bible studies

Tuesday, 6:30 p.m., South Chapel
 Thursday, noon, South Chapel
 Thursday, 7:00 p.m., Protestant Women of the Chapel, Bldg. 962
 Saturday, 6:30 a.m., Protestant Men of the Chapel Bible study
 Second Saturday of month, 8 a.m., Protestant Men of Chapel breakfast

Lay-led faith groups

Islamic activities, Friday, 12:45 p.m., South Chapel
 Jewish activities, call Maxine Simpson, House of Jacob Synagogue at 322-4177
 Latter Day Saints, Sunday, 2 p.m., Hospital Chapel
 Mystic Grove Pagan Study Group, Wednesday, 6:30 p.m., Bldg. 962.

For more information, call the base chapel at 6-4370

Nutrition Views: Ephedra—"natural" weight loss miracle?

Adapted, with permission, from "Ephedra—Can this HERB Really Make You Thinner?" by Maj. Jeffery Johnson

chief, pharmacy training programs

Ephedra (ephedrine or ma huang)—often labeled the "natural" weight loss miracle—is now a common ingredient in many over-the-counter supplements marketed for weight loss. Initial and further studies discovered that ephedrine, the active component extracted from the Ephedra sinica plant, is a potent central nervous system (CNS) stimulant, with properties that seem to encourage weight-loss, increased body-metabolism, and appetite suppression. Then, when ephedrine

was combined with caffeine, the weight-loss effect appeared to be enhanced. Too good to be true? Read on...

Chinese herbalists had used ma huang, ephedra, or ephedrine for well over 5000 years. The Chinese Natural Providers utilized ephedra for the alleviation of sweating, lung and bronchial constriction, and water retention. In 1924, the United States followed suit, and began using ephedra as a bronchodilator, and for its decongestant abilities. Time went on, and as mentioned above, ephedra was discovered to have its reported ability to facilitate weight-loss.

In 1997 the FDA reported that there were 17-deaths

associated with ephedrine, and well over 800 adverse reactions. As Dr. Bill Gurley, Ph.D. Pharmacology, found in a study he conducted at the University of Arkansas College of Pharmacy the real danger was that too much ephedrine could cause serious adverse effects, leading potentially to death. Ephedrine has clearly been shown to elevate blood pressure, increase the heart rate, cause nervousness, insomnia, headache and dizziness. In higher doses, which have been witnessed in people taking more than the recommended amount, ephedra can cause strokes, heart attacks, and seizures!

To further complicate

matters, there is no consistency between brands of these types of products. Even worse, there is a variance even within a brand itself from lot to lot. Dr. Gurley found that in at least one product, the amount of ephedra compared to the supposed labeled amount varied 130 percent, within the same brand. So, if a consumer decided to 'up their dose', despite the recommended labeled dosing, the consumer could easily take 260-390 percent of more of the suggested dosing regimen!

All of the experts agree—Dr. Gurley and other researchers, the American Pharmaceutical

Association's Handbook on Natural Products, and the German Commission E—the only really accepted use of ephedra is in the treatment of asthma. The evidence from the variety of sources seems very clear, ephedra (ephedrine or ma huang) has no real place in the weight-management process. The risk to benefit ratio just does not support the use of ephedra as a weight-loss tool.

When it comes to facilitating weight-loss, a variety-filled diet, low in fat and high in fiber in addition to a regular exercise routine is always the best place to start. For more information on healthy weight loss programs, contact the HAWC at 6-4292.

**Please
recycle
this
paper.**

Travel regulations change

A recent revision to the Joint Federal Travel Regulations removed reimbursement restrictions for members when Commercial Travel Office services are not available. Members may now receive reimbursement for transportation arranged through a non-contract travel agent or common carrier. This is a change to the reimbursement policy and does not change the government's policy on CTO use. Orders will continue to direct use of the CTO and CTO services will be used when available to arrange official travel. This change does not alter the city-pair program or availability of U.S. flag carriers and their required use. When a CTO is available, reimbursement will be limited to the amount the government would have paid if arrangements had been made through the CTO. Members will not be reimbursed for costs associated with trip cancellations or changes (restricted ticket purchases). When a CTO is not available and the authorizing or order-issuing official certifies that a CTO is not available to arrange transportation, reimbursement is for the actual cost of the authorized or approved transportation, but will not exceed the least expensive, unrestricted commercial coach fare that meets mission requirements. *(Courtesy the of 82nd Logistics Squadron)*

Need a safe way home? Call Airmen Against Drunk Driving at 676-AADD. Don't drink and drive!



Tailgating

Unfortunately, tailgating is one of the more frequent traffic violations occurring on roads today. It's also very dangerous. Several variables need to be considered when following other traffic—speed, distance, and reaction time. The third variable, reaction time, is the hardest to control due to the human element. Each person reacts differently based on mood, fatigue, age and other factors.

Some drivers like to think they can stop on a dime, and in some cases, it may be true. At other times, it may not. Add in

other factors such as road conditions and/or brakes improperly adjusted, and the time needed to stop is reduced.

Whatever speed someone is driving, the “three second rule” is a good practice to know. As someone is driving behind another car, when the first vehicle ahead reaches a roadside object the second driver selects, count for three seconds—one Mississippi, two Mississippi, three Mississippi. If the second car reaches the object before the third second, the second driver should slow down and back off.

No one should buy into the notion that they're invincible. Create a good safety margin and practice good driving habits at all times! (*Courtesy of 82nd Training Wing Safety Office*)

Don't delay - start preparing now for the ORI!

Countdown to the ORI: Formal and informal training

Get everyone who needs training scheduled for it. All required training should be scheduled not later than 30 days prior to inspection kick-off, but do not necessarily have to be accomplished by then. Don't forget formal ancillary training required for initial supervisors safety courses, civilian supervisors, additional duties, READY, etc. For technical training functions, AETCI 36-2202, *Faculty Development and Master Instructor Programs*, dated

11 December 2000, has mandatory training requirements. Check to make sure everyone assigned as an instructor supervisor and single point manager has received mandatory training. If not, they should have at least been scheduled. Check newest supplement to 36-2202. AF Form 55's should be documented with fire safety training, AETC commander's mandatory safety video and other types of training. (*Courtesy of 82nd TRWIG office*)

Spring Fling Get Acquainted Tournament

Wind Creek Golf Course will host the Spring Fling Get Acquainted Tournament March 30. Shotgun start is at 9 a.m. The cost of \$20 per person includes cart (greens fee not included). Two person best ball, 25 percent of team handicap given, net and gross prizes awarded. Established handicap required. For more information, call 6-6369.

Bunny Hop Fun Run

The main fitness center will host a 5/10 K Bunny Hop Fun Run Saturday at 9 a.m. T-shirts will be given to the first 45 people who sign up. Medals will be awarded to the first, second and third place finishers in both the 5-K and 10-K male and fe-

male categories. The entry fee is \$10. For more information, call 6-2022.

No Tap tournament

There will be a No Tap bowling tournament Saturday, at 7 p.m. at the south bowling lanes. Single handicap required. Knock down at least nine pins for a strike. For more information, call 6-2170.

Wearing of the Green golf tournament

Wind Creek Golf Course will host the Wearing of the Green Golf Tournament Saturday. Shotgun start is at 9 a.m. The fee of \$20 per person includes cart (greens fee not included). Fifty percent of handicap given, net and gross prizes awarded. Established handicap required.

For more information, call 6-6369.

Colorama tournament

The south bowling lanes will host a colorama tournament. April 6 at 7 p.m. Participants can bowl with lights out and knock down glowing colored pins in a special position to win cash. For more information, call 6-2170.

Yoga – pilate classes

The south fitness center is now offering yoga-pilate classes Mondays and Wednesdays at 10:15 a.m., Wednesdays at 5 p.m., Tuesdays and Thursdays at 4:15 p.m., Thursdays at 6 p.m. and Saturdays at 3 p.m. For more information, call 6-2972.

Intramural bowling standings as of March 8		
	<u>WINS</u>	<u>LOSSES</u>
1. 364 TRS	126	74
2. 636 TRS (B) Ammo	113	87
3. 82 MSS/SVS	111	89
4. 365 TRS (C)	110	90
5. 362 TRS (B)	110	90
6. 365 TRS (B)	107	93
7. 882 TRG (B)	107	93
8. 381 TRS (B)	107	93
9. 362 TRS (A)	106	94
10. 82 CES	106	94
11. 365 TRS (A)	105	95
12. AFOSI	103	97
13. 882 TRG (A)	102	98
14. 187 Med. Bn.	102	98
15. 363 (A)	100	100
16. 382 TRS	98	102
17. 82 CS	96	104
18. 366 TRS (A)	95	105
19. 384 TRS	94	106
20. 381 TRSS	88	112
21. 381 TRS (A)	88	112
22. 82 CS	85	115
23. 366 TRS (B)	80	120
24. 882 TRG (C)	59	141
<u>HIGH GAME</u>	<u>MEN</u>	<u>WOMEN</u>
	1. Marty Edwards 246	Michele Dodge 224
	2. Kevin Frey 238	Vickie Sullivan 210
<u>HIGH SERIES</u>	1. Kevin Frey 629	Vickie Sullivan 531
	2. Michael Cumella 607	Michele Dodge 528