

Friday

 Mostly cloudy; chance of rain
 Lo: 42°F
 Hi: 65°F

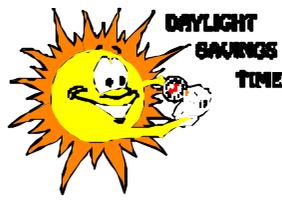
Saturday

 Mostly cloudy; chance of rain
 Lo: 45°F
 Hi: 62°F

Sunday

 Mostly cloudy; chance of rain
 Lo: 45°F
 Hi: 55°F

IMSO organizes international students
 See Page 6



Spring Forward!
 Be sure to set your clock ahead one-hour Sunday



Sheppard Senator



Combat Capability Starts Here

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April 2, 2004

NATO welcomes seven new partners

By 1st Lt. Elizabeth Aptekar
 U.S. Air Forces in Europe Public Affairs

RAMSTEIN AIR BASE, Germany (AFP) – The Allied Air Forces Northern Region commander welcomed seven new nations as full members of the NATO alliance March 29 here, raising the number of countries in the alliance from 19 to 26.

The new countries joined after a process that started at the November 2002 Prague Summit when NATO's heads of state agreed to invite them into accession talks.

Of the countries, Slovakia, Estonia, Latvia and Lithuania will come under the umbrella of NATO's northern region, while Bulgaria, Romania and Slovenia will join the southern region.

Col. H.D. Polumbo Jr., commander of the 80th Flying Training Wing and leader of the Euro-NATO Joint Jet Pilot Training program, said time would tell

the affect the new nations would have on the highly successful program.

The colonel said the ENJJPT Steering Committee, which concluded its spring meeting, would be the governing body that would ask the countries to participate.

"The ENJJPT Steering Committee will likely extend an invitation for the new countries to participate in our flying training here at Sheppard," he said.

The alliance's northern region commander said the chance of peace in the future increased with the additional partners.

"I'm absolutely thrilled at the progress we have made toward integration in the past few years, and I'm proud to be a member of NATO at this historic time," said Gen. Robert H. "Doc" Foglesong, northern region commander. "Although there are challenges ahead for the alliance to successfully integrate its new members, the prospects for

future peace and stability are greatly improved with these additions."

General Foglesong marked the accession date by officially welcoming two members of the AIRNORTH staff here and congratulating them on their change in status to full NATO members.

Previously working as interns within the partnership work program, Lt. Col. Roman Timofejev, a pilot from Estonia, and Maj. Augustin Klus, a fighter controller from Slovakia, said they were delighted to represent their countries as part of the new, larger NATO.

"It is a real honor to be one of the first from my country to be able to work with the alliance nations," Colonel Timofejev said. "Working within the defensive air operations team here...I feel I can contribute firsthand to defending our sovereign territory."

NATO was formed in 1949 in response to the threat and expansionist policies of the then Soviet Union. Faced

with this threat, 12 founding countries created the north atlantic alliance whose unifying creed is summed up in Article 5 of the Washington Treaty, "An armed attack against one or more of them in Europe or North America shall be considered an attack against them all."

Article 5 was invoked following the Sept. 11 terrorist attacks, 2001, and led to NATO's nations playing a far more active role in the war on terrorism.

This will be the fifth expansion in the alliance's history: Greece and Turkey joined in 1952; Germany in 1955; Spain in 1982; and the Czech Republic, Hungary and Poland in 1999.

Colonel Polumbo said letters were sent to Hungary, Poland and the Czech Republic to join ENJJPT, but none have responded.

Sheppard Senator editor John Ingle contributed to this story.

(Courtesy of U.S. Air Forces in Europe News Service)

New rides

T-38C and T-6A visit 80th FTW

Members of the Euro-NATO Joint Jet Pilot Training steering committee got an up-close view of the future of pilot training here Wednesday when the T-38C Talon and T-6 Texan II visited the 80th Flying Training Wing.

The two airframes are scheduled to arrive at Sheppard beginning next year.



Photo by John Ingle

Lt. Col. Scott Voskovitch of the 558th Flying Training Squadron at Randolph and Wichita Falls Mayor Bill Altman discuss the new T-6 Texan II.

Mayors Bill Altman of Wichita Falls, Bill Hunter of Burk Burnett and Tim Hunter of Iowa Park were on hand Wednesday morning at the Texas T to view the Texan. The also watched as Col. H.D. Polumbo, 80th FTW commander, climbed into the T-6 for his first flight in the aircraft.

The Texan will replace the T-37 Tweet, the introductory aircraft for ENJJPT pilots. The turbo-prop aircraft has a tandem configuration instead of the side-by-side seating arrangement of the Tweet.

The Tweet came into service in the mid-1950s primarily as a trainer. It did, however, see combat in Vietnam as a close ground support aircraft.

The trainer is being retired after almost 50 years of service.

A newer model of the T-38 Talon will hit the ramps of Sheppard in the near future, too.

The T-38C offers upgrades in avionics and turbines that will give ENJJPT students hands-on application with the latest in aviation technology.

Winning the drug war

Sheppard keeps drugs from flowing through gates

By Airman 1st Class Jacque Lickteig
 Staff writer

The music's beat pulses through Brad's veins. His eyes dart to sporadic flashes of colorful lights as he marvels at the extreme contrast between the lifestyle of club-goers and his straight-edged Air Force style. A stranger invites him to a table and offers him a hit. He glances at the people around the table, laughingly pressuring him.

Every day, Sheppard members fight to keep that number low.

Preventing the problem

"The fact that we're several hours away from Dallas and Oklahoma City has not prevented drugs from making their way into the surrounding community," Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, said.

But some programs and organizations work to prevent drugs from making their way into Airmen's hands.

The Alcohol and Drug Abuse Prevention and Treatment program, run by the 82nd Medical Operations Squadron Life Skills Support

Center, educates Airmen about drug and alcohol abuse, stressing how their choices affect

their future and their careers, Staff Sgt. Julie Foreman, alcohol and drug abuse counselor for ADAPT, said.

Through pamphlets, incoming briefings and information fairs, one of which will be at the Solid Rock Café April 10, ADAPT warns Airmen of physical dangers, disciplinary consequences and warning signs of abusing alcohol and drugs, including over-the-counter and prescribed medication, inhalants as well as illicit drugs, she said.

Another abuse-prevention organization targets 82nd Training Group students.

The Stronger Health through Abuse Reduction and Prevention program primarily focuses on alcohol abuse, but what it teaches Airmen about decision making is universal, Mark Johnson, head of Sheppard's SHARP program, said.

SHARP includes a one-hour briefing that teaches students why they should control their drinking, why they might want

to control their drinking and what they should consider when making any decision, he said.

They also answer a 35-question questionnaire. SHARP workers schedule targeted intervention for high-risk students – ones who score 8 or above out of a possible 40.

In the confidential one-on-one targeted interventions, students are given computer-based assessment while the counselor encourages the student to make better decisions using motivational interviewing, he said.

Sheppard doesn't just educate Airmen about the risks and consequences of drug and alcohol abuse.

Sheppard's 10-week Drug Abuse Resistance Education program reaches out to first-through fifth-grade students at John Tower, City View and Sheppard elementary school.

DARE teaches children about drugs and why they are harmful.

"It's important to teach them while they are young to prevent them from learning about drugs the wrong way," Master Sgt. Louie Borja, DARE manager at the 82nd Security Forces Squadron, said.

Although education is a large part of prevention, Sheppard also provides deterrence.

See DRUGS, Page 3



Sandra's PLACE

Café closing after 50 years of service

By John Ingle
 Editor

"What's good today, Sandy," a friendly patron traditionally asked.

"It's all good," she replied with a grin. "You just pick it."

Conversations like that have taken place almost every weekday – morning and afternoon – for roughly the last 50 years at the small café in Bldg. 400.

But today, after almost 17

years of service to "the world's best customers," Sandy Jackson, the heralded and almost legendary operator of Sandra's Place, will wipe the counters and lock the doors for the last time.

"It's been a blessing," Sandy – as she likes to be called – said. "Not too many people can say they have a job they love and look forward to. The customers make it."

In this case, it could be the

other way around. Rarely did a customer enter Sandra's Place and not find the cook/preparer/server standing behind the counter without a smile.

Maybe that was partly due to the strange requests made by customers over the course of the years.

"The one that sticks out in my mind the most is the lady

See CAFÉ, Page 4

AF announces changes, deletions in some SRBs

Courtesy of the 82nd Mission Support Squadron Re-enlistment Office

Bluesitters will see significant changes in the newly released selective re-enlistment bonus list resulting from solid retention rates, Pentagon officials said.

Following the selective re-enlistment review board, the Air Force has published the latest SRB list which contains 62 Air Force specialties.

The following AFSCs will see an increase in their SRB:

- 1A4X1/ZONE B 4.0, 1A8X1X/ZONE A 6.0,
- 1C2X1/ZONE A 6.0, 1C4X1/ZONE C 2.5,
- 1N4X1/ZONE A 5.0, 1N5X1/ZONE A 5.0,
- 1N6X1/ZONE B 2.5, 1T2X1/ZONE A 6.5,
- 2A3X1A/ZONE A 2.5/ZONE B 1.5,
- 2A3X3A/ZONE B 2.5, 2A3X3J

- (E,F,G,H)/ZONE B 2.0, 2A6X3/ZONE B 3.0,
- 2A7X1/ZONE A 2.5, 2A7X2/ZONE A 3.5,
- 2A7X3/ZONE B 3.0, 2A7X4/ZONE A 2.0/ZONE B 1.0, 3E8X1/ZONE B 3.0.

The following AFSCs were added due to AFSC conversion action:

- 1N3X6X/ZONE A 5.0/ZONE B 5.5/ZONE C 1.0, 1N3X7X/ZONE A 5.0/ZONE B 5.5/ZONE C 1.0, 1N3X8X/ZONE A 5.0/ZONE B 5.5/ZONE C 1.0, 1N3X9X/ZONE A 5.0/ZONE B 5.5/ZONE C 1.0.

The following reductions will be effective April 30:

- 1A0X1/ZONE A 1.5/ZONE B 1.0,
- 1A1X1/ZONE B 2.0/ZONE C 1.0,
- 1A2X1/ZONE B 1.0/ZONE C 0.5,

See BONUSES, Page 4

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On the Inside

Savings available through Services

Sheppard is ranked in the top five in Air Education and Training Command in officer and enlisted club membership and the 82nd Services Division isn't about to let those rankings

fall. Sheppard Services will begin offering more value in a club membership this month.

From now through July, the officers and enlisted clubs here are hosting a Sheppard-only club membership drive.

For full story, see page 2.

ORM and you

This quarter AETC lost three airmen in auto accidents. Each one of these tragedies was a significant loss to our Air Force family and even more so to the families of these victims.

After every accident of this nature, we try and find the root

cause of these deaths and how the mishaps could have been prevented.

The bottom line in each unfortunate case: simply not following common risk-management steps often was the root cause.

For full story, see page 7.

Coupons offer values at Sheppard clubs

By 1st Lt. Laura Renner
Base public communication

Sheppard is ranked in the top five in Air Education and Training Command in officer and enlisted club membership and the 82nd Services Division isn't about to let those rankings fall.

Sheppard Services will begin offering more value in a club membership this month.

From now through July, the officers and enlisted clubs here are hosting a Sheppard-only club membership drive.

"This is one (heckuva) deal," Jim Hale, chief of the 82nd Services Division said.

When they sign up, current and new members will receive a coupon book to different services here with enough discounts to cover most people's dues.

For example, a night at the bowling alley could consist of three games and two fountain drinks. With coupons, that's a free night, and that one night covers an enlisted person's

month of club dues, Mr. Hale said.

But these coupons aren't a one-time deal.

Mr. Hale said permanent party club members stationed here will receive coupons in the Whirlwind every month along with the coupons they receive now. These additional coupons give discounts similar to the initial coupon book to services such as bowling, golf, swimming, Lake Texoma and outdoor recreation.

The membership drive began because since personnel do more at Sheppard, we're getting more at Sheppard, he said. He also wants people to be active.

"I want people to have a good time, to play, to recreate, to socialize, to get out of their house, get away from the TVs, Nintendos, Internet," he said. "This does it."

Sheppard is currently ranked first in AETC for officer membership with 71 percent of its officers being members and

third for enlisted membership with 34 percent being members.

The enlisted membership here has risen about 10 percent since June 2003, according to Mr. Hale.

The Air Force goal is 50 percent for officers and 30 percent for enlisted.

"This is not an average base," Mr. Hale said. "We want to be number one in both."

A common complaint against joining the clubs is the credit card: the membership card is also a credit card. But there are benefits to the credit card, according to Mr. Hale.

"For 90 percent of people, the interest rate (on the club card) is better than they can get on most cards," he said. "They can also get cash back and gift coupons."

Other benefits of the card include travel miles that can be used for any airline and have no blackout dates as well as a \$25 credit when transferring your membership to other bases, Mr. Hale said.

Team Sheppard members will have the opportunity to save money while participating in on-base Services activities. Below are some of the savings offered by the 82nd Services Division.



Initial coupon book:

1. 1 \$5 credit on amusement machines at Community Center
2. 1 coupon for three free games of bowling with shoes. Open play, no tournaments.
3. 1 free round of golf with clubs. Open play, no tournament play.
4. 4 free fountain drinks in Bowling or Golf (punch card option)
5. 1 5-day free Pool entry (punch card option)
6. 1 free coffee beverage at Brew U (beginning in June opening)
7. 1 \$5 off for cabin rental at Lake Texoma (minimum 2 night stay)
8. 1 \$5 credit on equipment rental at Outdoor Recreation (not to exceed 1/2 price)

Monthly coupons:

1. 3 free games of bowling (no league play or tournaments)
2. 2 reduced fee golf rounds (\$2 off daily green fee or \$1 off advanced daily green fee (punch card option) Open play, no tournaments.
3. 2 free fountain drinks at Golf Course/Bowling Center Snack Barr (punch card option)
4. 1 free entry to swimming pool (up to four family members)
5. 1 \$5 off for cabin rental at Lake Texoma (minimum 2 night stay)
6. 1 \$5 credit on equipment rental at Outdoor Recreation (not to exceed 1/2 price)

Families of high school seniors may get to stay in place longer

AIR FORCE PERSONNEL CENTER - Some Air Force families with a child entering the senior year of high school may get to stay additional time at their current duty stations thanks to a new policy announced this month.

"In today's environment of deployments and high operations tempo, it's important that we alleviate stress on families wherever we can," said Chief Master Sergeant of the Air Force Gerald R. Murray. "This initiative is designed to do that."

"This is a policy we think increases the quality of life for Air Force families," said Mr. Roger Blanchard, Air Force assistant deputy chief of staff for personnel. "The intent is to decrease turbulence and increase stability for military families," he said.

The High School Seniors Assignment Deferral

Program allows senior master sergeants and below, and officers up through the rank of lieutenant colonel, to apply for a one-year assignment deferral. Back-to-back deferrals may be possible and military-married-to-military spouses may also apply.

Even with the changes, officials said the mission comes first and will be the overriding factor in granting deferrals.

"This policy does not mean that every airman with a high school senior will remain in place," said Chief Murray. "Deferrals will be approved where possible. As in all situations, however, the needs of the Air Force will come first."

"Requests will be considered on a case-by-case basis," said Col. Kathleen Grabowski, chief of assignment programs and procedures here. "The goal is to

approve as many requests as mission needs allow without being unfair, but the reality is that some requests won't be possible due to Air Force needs.

"We'll work with people as we always have," she said.

To be eligible, the rising senior in high school must be a dependent of and living with the Airman requesting the deferral, and must be enrolled in the dependent enrollment system called DEERS, she said.

Officers will need to apply before being put on assignment while enlisted people will not apply until after being matched to an assignment, said the Master Sgt. Letty Inabinet, superintendent of assignment procedures. Applications are available at military personnel flights and commander support staffs.

(Courtesy of Air Force Personnel Center.)

15 graduate from ALS

Fifteen Sheppard senior airmen graduated recently with two of the students taking home four sought-after awards.

Senior Airman Michael Bower, 382nd Training Squadron, was named the John L. Levitow winner. He also took home the Leadership award.

Senior Airman Katherine Guinn, 82nd Medical Operation Squadron, was the Distinguished Graduate and Academic Achievement award winner.

Also graduating from Class 04-D was:

Senior Airmen Cherie Caughern, 366th TRS; Brian Avalos, 82nd Training Group; Althea Alexander, 82nd Mission Support Squadron; James



Bower

Brewer, 82nd Medical Support Squadron.

Senior Airmen Marcus Grant, 82nd Civil Engineer Squadron; Anthony Ensey, 362nd TRS; Damion Tilghman, 82nd MSS; Cherie Hauck, 82nd MSS; Gideon Burum, 82nd



Guinn

CES.

Senior Airmen Mark Hill, 82nd Security Forces Squadron; Maria Ferrer, 360th TRS; Shakea Phifer, 80th Operations Support Squadron; and Beau Hunker, 80th OSS.

For more Air Force news, check out www.af.mil

Be sure to catch Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, live from the command section on TSTV-14 at 12:30 p.m. every Monday. Lt. Col. Greg Emanuel, 82nd Civil Engineer Squadron commander, will be the general's guest Monday.

DRUGS

Continued from Page 1

Random urinalyses during the duty day and at random hours at the gates courtesy of the Drug Demand Reduction Program deter Airmen from using drugs and drinking underage by letting Airmen know they can get caught.

"Random testing might deter an Airman who is considering taking drugs," Earl Seabron, DDRP chief, said.

Every day, DDRP tests about 120 to 130 people chosen randomly by a computer. Every Sheppard Airman is in the database, Mr. Seabron said.

General Rooney said about once a month or so, security forces hand out order letters at the gates between random hours. The recipients have to report to DDRP to provide a sample within the next hour.

Detecting the problem

Although random drug testing can't catch one user, it can't catch users who didn't test or people who are distributing the drugs. That's where the Air Force Office of Special Investigations Det. 411 and the 82nd SFS investigators continue the fight against drugs.

"Det. 411's Drug Enforcement Team routinely investigates local drug users, and their sources, in an effort to root out both aspects of the drug problem in and around Sheppard," Special Agent Jeff Goodson said.

OSI investigates all levels of illegal drug use and distribution and proactively targets those who distribute and introduce illegal narcotics to the installation, he said.

The OSI agents identify the illegal drug sources, personnel who are involved in illegal narcotics activity and establishments where drug activity is occurring, he said.

Drugs are a driving force behind General Rooney's decision to determine some establishments off limits. General Rooney said Sheppard leadership warns the establishment that they will be put off limits if they don't take action against drug activities.

"We don't want our Airmen frequenting a location where they could get themselves in trouble," he said.

The 82nd SFS investigators also follow leads to find drug users and distributors.

Staff Sgt. Chris Grindland, an 82nd SFS investigator, said they gather all the facts, interview all the people involved and report their finding to the suspect's squadron commander. From there the squadron commander makes the final disciplinary decisions.

The 82nd SFS lends another asset to sniffing out drugs.

The narcotic detector dogs, under the supervision of kennel master Tech. Sgt. Buffie Verhagen, can locate illegal substances on base.

Sergeant Verhagen said these highly trained dog detectives are required to be at least 90 percent accurate. With the daily training they go through, the dogs far exceed the minimum.

They sniff out drugs in parking lots, dormitories, at the gates and, if commander-directed, inside dormitories and other buildings.

Treating the problem

If members do have a drug or alcohol problem, ADAPT is available to help them get back on the right track.



They can either self refer, or the could be referred by their commanders after an incident, such as driving while intoxicated or under the influence, an underage drinking charge or violence resulting from intoxication or being under the influence.

Sergeant Foreman said the treatment program is very individualized. Counselors assess the problem and recommend treatment.

Depending on the severity, the abuser might have to have one-on-one counseling, group therapy and attend psycho-educational groups. The program can be last anywhere from two weeks to a few months. Anyone who goes to ADAPT is put on a six-month profile, she said.

Members could also be referred downtown to participate in an intense 28-day program at a locked-down facility.

"We are not out to ruin anyone's career," Sergeant Foreman said. "We focus on getting them treatment and back to duty."

Agencies limit drug use

Sheppard's 82nd Security Forces Squadron and the Air Force Office of Special Investigations Det. 411 have led the charge in the base's war on drugs.

The following is the number of drug investigations handled by each agency:

2003

■ OSI investigated 15 drug cases.

■ 82nd SFS personnel investigated 28 drug cases.

January 2004 to present

■ OSI investigated 15 drug cases.

■ 82nd SFS personnel investigated four drug cases.

Briefly Speaking

Claims officer named

It is with deep regret that we announce the untimely death of Airman 1st Class Dustin R. Phillips of the 360 Training Squadron.

1st Lt. Mark L. Ashman, 360 TRS/RMA, Sheppard Air Force Base, DSN 736-2845, has been appointed Summary Courts Officer. All claims for or against the deceased's estate must be submitted to the Summary Courts Officer.

All Ranks Day coming up

All Ranks Day will be held at the Airman's Attic on Saturday from 9 a.m. to 12 p.m.

This bi-monthly event is open to all Sheppard military members, dependents and retirees. The Attic is located in Bldg. 962 on the corner of Ninth Street and Avenue I.

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

Main gate delays

The outbound lane at the Sheppard main gate will be closed from 8:30 to 9:30 a.m. Saturday.

Please plan accordingly to alleviate any delays.

Pediatric appointments available

Appointment slots are available at the Pediatric Clinic.

School and sports physicals can be done for 4 to 17 year olds and are valid for one year. Well-baby check-ups are also available for children up to 3 years old.

Appointments are available now either through TRICARE on-line. Appointments can also be made by calling 6-1847.

Tax deadline closing in

Less than two weeks are left to file state and federal taxes.

Personnel are available at the Tax Center to make filing this year's return easy.

For more information or to make an appointment, call 6-1981.

A safer Sheppard is a better Sheppard. Be vigilante in ensuring the safety and protection of Sheppard's greatest asset – YOU!

Innovation and preparation the future of Navy leadership

By Journalist 3rd Class Andrew Stamper

Naval Personnel Development Command Public Affairs

LITTLE CREEK, Va. (NNS) – Sailors performing leadership roles above their pay grade are not uncommon. To make sure these Sailors get the right leadership training at the right time, the Revolution in Navy Training's Center for Naval Leadership (CNL) is now aligning leadership training to the job Sailors perform and not to their rank.

The Leadership Development Program (LDP) now allows all Sailors E-3 and above, and officially assigned to an organizational leadership position, to participate in the development of professional leadership.

"Previously, formal leadership training (then the PO2 Leadership training course) was not available to these first line leaders," said CNL Commanding Officer Capt. Douglas McDonald. "We are implementing a new Enlisted Leadership Development Program that ties the right training to the right Sailor at the right time ... no matter what their rank is. Not having leadership training tied to rank will allow all Sailors to capitalize on the opportunities along the Leadership Continuum at the most appropriate times throughout their careers."

The NAVADMIN 069/04, released March 24, describes the new Enlisted Leadership Development Programs, and identifies the attendance policy and implementation details.

The first level of this sequential, progressive LDP is the First Line Leadership Development Program (FLLDP), which

replaces the Petty Officer 2nd Class Leadership Training Continuum (LTC). This program is designed for all Sailors between E-3 and E-5 who are responsible for daily direction of subordinates, as seamen and petty officers are often put in these important positions.

The Primary Leadership Development Program (PLDP) is the second level of the new LDP, to replace the Petty Officer First Class LTC. It is designed for E-5 and E-6 Sailors who are assigned the divisional responsibilities of a leading petty officer.

The Advanced Leadership Development Program (ALDP) is the third level of LDP, and is intended for first class petty officers and chiefs who are assigned the administration, supervision and training responsibilities of a divisional or departmental leading chief petty officer. This program replaces the Chief Petty Officer LTC.

Two additional programs, the Command Leadership Development Program (CLDP) for E-8/E-9 and the Executive Leadership Development Program (ELDP) for FLTCM, CNOCM, etc., are currently under development by the Center for Naval Leadership.

In view of the LPD's linkage to leadership positions vice pay grades, the NAVADMIN further identifies changes in LDP completion requirements. Successful completion of the LDP is no longer required for participation in the First Class Petty Officer Advancement Examinations or to be eligible for the E-8 selection boards. However, for E-6 personnel, the Primary Leader Development Program (PLDP), or the former PO1 LTC, remains a requirement to participate in the E-7 advancement exam.

"These changes should not be interpreted as dropping the requirement for LDP completion. The skills developed and knowledge gained through timely competition of the appropriate LDP for the assigned leadership position is vital for our Sailors to be properly equipped for their leadership roles," said McDonald. "LDP completion will be documented in the Sailor's electronic training jacket and 5 Vector Model (when active)."

The NAVADMIN further states that LDP completion will have career, assignment and detailing implications.

"Our goal is to set our Sailors up for success by providing LDPs that will develop the knowledge, skills and abilities required to maximize their leadership potential throughout their careers," CNL Command Master Chief Norman Wood said. "This change is good for Sailors because it allows them the flexibility to receive training, and serve in positions they may not have had an opportunity to serve in before."

Navy Leadership Development Programs are offered at CNL Learning Sites (formerly Naval Leader Training Units) at Coronado, Lemoore and Ventura County, Calif.; Little Creek, Va.; Ingleside, Texas; Naval District Washington, Washington, D.C.; Bangor and Whidbey Island, Wash.; Great Lakes, Ill.; Newport, R.I.; Groton, Conn.; Kings Bay, Ga.; Mayport and Pensacola, Fla.; Sigonella, Sicily; Rota, Spain; Yokosuka, Japan; and Pearl Harbor, Hawaii. Additionally, FLDP, PLDP and ALDP are offered at 78 sites world wide through CNL's Mobile Training Teams (MTT).



Photo courtesy of Lt. Cmdr. Fil Arenas

Mutual support

Staff Sgt. Stacie Parsons of the 383rd Training Squadron is sworn in recently by Lt. Cmdr. Fil Arenas, commander of the Naval School of Health Sciences detachment, during a recent ceremony. Commander Arenas has been advising Sergeant Parsons on a commissioning package since he made the transition from an Air Force technical sergeant to Navy officer in 1991.

BONUSES

Continued from Page 1

1A3X1/ZONE B 2.0, (E/F)/ALL, 2A5X1L
 1A5X1/ZONE B 1.0, (G,H)/ALL, 2A5X2X/ALL,
 1C1X1/ZONE A 4.0/ZONE B 2.0, 2A5X3A/ALL, 2A5X3B/ALL,
 6.0/ZONE C 5.0, 1C5X1/ZONE A 2.0/ZONE B 2.0, 2A5X3C/ALL, 2A5X3D/ALL,
 1C5X1D/ZONE A 4.0, 2A6X1A (C,D,E)/ZONE A, 2A6X1B/ALL, 2A6X2/ALL,
 2A0X1A/ZONE A 1.0, 2A3X3J 2A6X5/ALL, 2A6X6/ALL,
 (E,F,G,H)/ZONE A 1.0, 2A7X2/ZONE C, 2E0X1/ALL,
 2A6X4/ZONE A 2.0, 2E1X1/ZONE A/ZONE C, 2E1X2/ZONE A, 2E1X4/ALL,
 2E1X2/ZONE B 1.5, 2E2X1/ZONE C,
 2E2X1/ZONE A 2.0/ZONE B 2.0, 2E6X3/ZONE B/ZONE C,
 2.0, 2E6X3/ZONE A 2.5, 2G0X1/ZONE C,
 2F0X1/ZONE A 1.0/ZONE B 0.5, 2T3X2A/ZONE A 1.0/ZONE B 1.0,
 2T3X2B/ZONE A 1.0/ZONE B 1.0, 2T3X2C/ZONE A 1.0/ZONE B 1.0, 3E7X1/ZONE A 2.5/ZONE B 3.0/ZONE C 1.0, 3E9X1/ZONE A 1.5, 3P0X1/ZONE A 1.5, 3P0X1(A)/ZONE A 2.0/ZONE B 1.5, 3P0X1(B)/ZONE A 2.0/ZONE B 1.5, 6C0X1/ZONE A 1.0/ZONE B 1.0, 9S1X0/ZONE A 2.0/ZONE B 3.5.

The following are AFSCs deleted from the SRB program:

1A0X1/ZONE C,
 1A3X1/ZONE C,
 1A4X1X/ZONE C,
 1A6X1/ALL, 1A7X1/ZONE C, 1C0X1 ALL, 1C0X2 ALL, 1C3X1 ALL, 1C5X1/ZONE C, 1C5X1(D)/ZONE C, 1C6X1/ALL, 1N2X1/ALL, 1T1X1/ALL, 1W0X1/ALL, 2A0X1(A)/ZONE B, 2A0X1B/ALL, 2A0X1C/ALL, 2 A 0 X 1 D / A L L , 2A3X1(B)/ZONE A, 2A3X1C/ALL, 2A3X2/ZONE C, 2A3X3B/ALL, 2A5X1J (A,B,C,D)/ALL, 2A5X1K

The Air Force's recent change to the re-enlistment program has added a twist to these SRB changes.

In order to be eligible to re-enlist now, members must be within three months of their current estimated time of separation or date of separation. What that means is if an SRB for an AFSC has announced that it will be reduced or deleted, Airmen will need to have an ETS/DOS of July 31 or before in order to be eligible to re-enlist before April 30 and still get a SRB at the old multiple.

If not, Airmen will get the rate listed above for their AFSC once they are within three months of their ETS/DOS.

For more information, call the re-enlistment office at 6-2610 or 6-4853 or send an e-mail to 82 MSS/DPMP. Please provide a social security number and AFSC in the e-mail.

The new list of bonuses is posted at www.afpc.randolph.af.mil/enl-skills/Reenlistments/reenlistments.htm.

CAFÉ

Continued from Page 1

who ordered pickles in her breakfast burrito," Sandy recalled.

Then another came to mind. She told the story of a man that didn't appear too strange at first – he always ordered pancakes, eggs over easy and picante sauce.

She explained he wanted the eggs placed atop the pancakes, topped with picante sauce and maple syrup – an egg and pancake connoisseurs delight.

"That's how he liked it," she said.

And that's how she prepared it.

Too many memories have been held dearly over the 17-year period Sandy has patrolled the counter at the café. It was hard for her to decide which were the fondest.

But, she did manage to narrow it down to two.

The first, Sandy said, was when she was pregnant with her now 13-year-old son, Justin. It was during the Persian Gulf War when much of the base was on lockdown.

Ever dedicated to serve her customers, she said she worked up until the week she delivered her son.

The second was Sept. 11, 2001. She said she didn't watch any television or listen to the radio that morning before she arrived at the café.

She noticed there was concern in the voice and on the face of a woman who worked in the office next to Sandra's Place.

"I was concerned for her because I thought something was wrong with her family," Sandy recalled.

She waited to open the café until she was able to check on the woman. It was then she found out about the attacks on the World Trade Center in New York, the Pentagon and the crash of the plane in Pennsylvania.

Sandy said she has been fortunate to meet different people and create lasting friendships. Some have even spawned unwritten "specials" she makes for people such as the Marlene Special or the John Baldwin Special.

From a light-hearted order of ribeyes cooked medium rare with a baked potato on the side to the odd request for fried armadillo (she never cooked it) Sandy has taken the strange and serious requests in the same manner – it was a privilege to serve.

She's taking her warm-hearted service to the 80th Flying Training Wing's Speed Brake.

"I'll have to adjust to the way they do it and what their customers expect," she said. "It's not Sandra's Place any more."

To all her customers, there will always be Sandra's Place.



Photo by John Ingle

Sandy Jackson has been a mainstay for the last 17 years at Sandra's Place in Bldg. 400. The small cafe will close its doors today for the last time following almost 50 years of success under two operators. The cafe was known as Dee's Place and was operated by Dee Russell before she retired.

Send article submits to sheppardsenator@sheppard.af.mil or call 6-7244 if you have a story idea.

For career assistance, call the career assistance advisor at 6-7797 or stop by his office in Bldg. 400, room 245.

From dreaming of airplanes to making history

First female Thunderbird Jet 1 assistant crew chief tells her success story

By Jessica Weiss

Base public communication

She always looked up to her dad. A noncommissioned officer aviator in the Navy, he was her mentor and also proved to be her hero.

During a routine flight, the S2 Tracker he was in missed the carrier and crashed into the freezing, pitch-black waters of the Pacific. Although it was 45 minutes before they were pulled from the water, her dad managed to save the co-pilot.

Unfortunately, the pilot and navigator were killed. Badly injured in the wreck, her father received several medals for his bravery, and re-enforced his hero image to his daughter.

Growing up as a military brat, Cheryl Simon quickly became used to doing business, saying goodbye and then moving on.

Her father ran a tight ship at home. His strict discipline policy taught her how to handle pressure, stay focused and keep distractions to a minimum.

Born in Bellingham, Washington, Ms. Simon joined the Air Force in 1977 after attending college for a year. She worked on C-130's, F-4's, F-5's, T-38's, T-39's, and her favorite, the F-16 Thunderbird as an environmental aircraft technician.

Why did she choose the Air Force over the Navy? Her love for airplanes — and fear of going under water (which she has since overcome by taking up scuba diving) fueled that decision.

One of her fondest memories as a child was sitting off the runway of

North Island with her father, talking as they watched the planes come and go.

In 1984, then-Staff Sgt. Simon joined the Thunderbird team, where she really got a chance to hone her stress-tolerance levels. Joining the team was similar to going to basic again — except that time she was an E-5 polishing brass, dusting stairwells, straightening picture frames and waxing the Thunderbird emblem on the hangar floor.

Of course, while she was busy doing that, senior Thunderbird members drilled her with questions of Thunderbird and Air Force history. The training period for the special assignment is purposefully rough to prepare the members for what's to come.

The public and the media fire many questions at the team as they try to complete their mission at hand. Team members must be able to handle the pressure by maintaining public relations with standardized answers and replies—without getting distracted.

"It was a great experience, it prepares you for a lot of other things. I recommend anybody apply for any kind of competitive, elite, or challenging job," Ms. Simon said. "Even if you find out you don't like it, I think you take a lot away with you."

She has learned a lot about human nature, the Air Force, how people work together and also a lot about herself over the years.

In fact, Ms. Simon has some advice for those young airmen still in technical training. She said many airmen likely leave home thinking they are going to be on their own, making their

own decisions, all part of leading an adult life. They become frustrated when they were find there are strict rules to follow in tech school.

Ms. Simon said although the training period is tough, it has a lot of rational. The mission has to be accomplished, and there has to be organization and rules to do so.

She said when an airman leaves tech school, it's a different world where he or she can learn more about his or her chosen career field and also more about himself or herself.

"Try to cast your eyes beyond the here and now. Think of tech school as an extension of basic training. Shoot for the long haul," she said. "There's a lot of road in front of you, but when you finally get there, you'll look back and won't believe you came that far."

Ms. Simon said she believes the Air Force is full of opportunity and the chance to represent your country, yourself, and the Air force are definitely worth it.

"There aren't many places left where you can get dental and medical for yourself and your family and retire in 20 years," she said.

The Air Force took Ms. Simon to various countries, including the Philippines, Korea and Guam. Sometimes when she hears grumbling, she wishes she could give them what she's seen so they'd get a better perspective of what America represents.

"I'm blessed to have been born here—that's something you have no control over," she said. "There are many countries where a female would not be allowed to touch a tool box or ride a horse."

Ms. Simon's credo is to always do things right and to the best of your ability.

She now has had the opportunity to enjoy to best of both worlds in the Air Force.

She currently serves as a civilian instructor for aircraft environmental and electrical systems with two other instructors who taught her when she was in Tech School.

"There is a five generation chain of instructors here now," she said.

There is also a beautiful Thunderbird used for training purposes that sits outside the hanger where she works — one that she may have actually been responsible for while she was on the Thunderbird Team.

"I'm really glad I took good care of it back in the 80's," she said. Seeing it as she comes to work everyday

brings her great joy as well as brings back fond memories of her earlier career.

Ms. Simon has met each challenge and excelled throughout her career. Being one of the hand full of female members of the Thunderbirds is a testament to her skill and dedication.

As for her next challenge, Simons would eventually like to create and or manage instructional courses for the Air Force. Although she enjoys teaching and being in the classroom, she has always wanted to write.

In fact, she already has a few published articles out there. One thing's for sure. Simon loves life, and wouldn't trade what she's doing for the world.

"I'm really thrilled to be here — I'm still pinching myself!" she exclaimed.

Women's History Committee announces annual award winners

The Women's History Committee announces its annual award winners at a luncheon March 24.

Cheryl Simon, the first female dedicated assistant crew chief for Thunderbird Jet 1, spoke at the event.

Airman 1st Class Angie Ivie, from the 82nd Contracting Squadron, won the Junior Enlisted Award.

Staff Sgt. Katrina Blanco, from the 382nd Training Squadron, won the Noncommissioned Officer Award.

Senior Master Sgt. Bionca Dean,

from the 382nd TRS, won the Senior Noncommissioned Officer Award.

Capt. Diandra Jeffries-Brooks, from the 82nd Medical Support Squadron, won the Company Grade Officer Award.

Deborah Diniz, from the 82nd CONS, won the Senior-Level Civilian Award.

Laura McRee, from the 82nd CONS, won the Intermediate-Level Civilian Award.

Linda Jeter, from the 383rd TRS won the Entry-Level Civilian Award.

118 Sheppard members earn higher education degrees

Wayland Baptist University awarded degrees to 118 Sheppard military and civilian members during commencement exercises in the base theater on March 29.

Receiving a master's degrees were 1st Lt. Xavier V. Bruce; Master Sgt. Rian L. Dunlap and Staff Sgt. Michael D. Graybeal.

Prior military, military from other bases, and civilians

receiving master's degrees were Cynthia N. Adams, Marianne E. Alaniz, David D. Dunham, Roger D. Gravelle, Robert J. Kerr, Elizabeth A. Pickerel, David A. Rodgers, Douglas E. Harmer and Kristy P. Myers.

Receiving bachelor's degrees were Chief Master Sergeant James K. Miller; Senior Master Sgts. Bionca Dean and Ingrid E. Fitzpatrick; Master Sgts. Nathan

N. Adams, Michael P. Blakeman, Joseph J. Boll, Scott A. Gibson, Gregory R. Huntley, Michael D. Marberg, Walter C. Purevich, Christopher W. Wilbur, Bruce B. Wilson and Shane E. Wood.

Tech. Sgts. Sabre' G. Alderete, Wesley C. Allen, Lorrin Arrington Savage, Daniel A. Cockrell, Ryan M. Coffey, Eric M. Dudash, Paul A. Faust,

Kenneth W. Forston, Randall C. George, David L. Hendricks, Steven A. Holder, Linda D. Kinder, Donald D. Mathews, Timothy C. Parrish, James W. Perdue, Susan L. Popham, Karen M. Root, Rhonda S. Rowles, Michael A. Rudisill, Ada A. Russell, Kevin A. Smith, Mark A. Thompson, Rodney L. Woolever and Thomas W.H. Wukawitz.

Staff Sgts. Ruben Alaniz, Yolanda D. Barber, Michael F. Blagrave, Michael R. Brotherton, Roger Lewis Busse Jr., Daniel Chavez, Steven M. Cosby, William B. Ford, Joshua G. Haack, Phillip D. Heib, Patrick B. Henry, Michelet Hira, Nathan L. Kerr, DeShundra L. King, Shannon E. Leaper, Brandon A. Offutt, Penelope A. Parnes, Michael G. Roberts,

Kristian R. Schroer, Joseph A. Shaffer, Bret C. Smith, Harold M. Smith II, James R. Whitfield and Jamie A. Zavala.

Army Staff Sgt. Jon P. Meyer and Brandon D. Williams; Navy Chief Petty Officer Dennis-Paolo G. Aberin, Salvador Cruz and Luis H. Lopez; Navy Petty Officer 1st Class Emmanuel B. Cruz, Laura A. Le'Brock, Gregory L. Lyon and Charles D. McCray; Navy DT1 Karen L. Warner Brandon D. Williams.

Prior military, military from other bases and civilians receiving bachelor's degrees were Master Sgt. Charles C. Weeks Jr.; Tech. Sgts. Matthew L. Bohlen, Sonya L. Stoute and David P. Sample; Staff Sgts. Lisa M. Buckman, Melissa A. Buss, Annlouise H. Fowlkes and Lance M. Piercy; James H.

Butler, Herbert C. Colbert, Tony Diniz, Anthony C. Gallagher, Monica R. Garnett, Thomas E. Holt III, Kevin B. Humphrey, Anthony A. Jacobsen, Linda W. Jeter, Jason L. Kennedy, Leslie M. Mahan, Alexandra McCleskey-Hawley, Miguel A. Moreno, Kenyon D. Page, Dean J. Peterson, Randall E. Russell, Nicole F.R. Smith, Ronald W. Smith Jr., Edward J. Wang and Mary P. Whitley.

Receiving associate's degrees were Tech. Sgts. Deloris H. Oldham and Steve Savage; Navy Petty Officer 1st Class Edward Estep.

Prior military, military from other bases and civilians receiving associate's degrees were Tech. Sgt. Adam S. Frakes; Olivia R. Hendricks and Gordon Budhai.

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



Photo by Master Sgt. Jeff Szczechowski

Airman 1st Class Daniel Hanamoto (standing), 455th EAMXS electro/environmental system apprentice, inspects an electro/environmental component on an A-10 Thunderbolt II, while Senior Airman Shane Neel, an aircraft maintenance journeyman installs a nose wheel steering cover to the nose wheel steering unit.

A-10 maintenance A vital 'phase' of mission

By Master Sgt. Jeff
Szczechowski

455th Expeditionary Operations
Group Public Affairs

BAGRAM AIR BASE, Afghanistan – Phase maintenance. These are two words that may not mean a lot to someone who doesn't work on the aircraft maintenance or operations side of the Air Force house.

But spend a few minutes talking with the supervisor of the A-10 Thunderbolt II phase maintenance team that's deployed here from Davis-Monthan Air Force Base, Az., and the words are sure to become more meaningful.

Then, watch his equipment maintenance Airmen crawl all over a de-paneled A-10 like a NASCAR pit crew going after a stock car, and a real appreciation for this critical process in the overall flying mission here is bound to hit home.

Phase maintenance here boils down to this: When an A-10 accumulates 400 hours of flying time, it requires the automobile equivalent of a complete overhaul. The aircraft is not permitted to resume flying again until it has been "phased."

This includes extensive scheduled maintenance, everything from cockpit checks to wing inspections, engine work to electro-environmental troubleshooting, egress assessments to fuel systems evaluations. In all, 12 different aircraft maintenance shops do a thorough examination of 12 different components of the A-10.

Once phase maintenance is understood, it's obvious how

crucial it is. Since an airplane is grounded until the scheduled maintenance is performed, the mission here, in a sense, revolves around the men and women who roll up their sleeves in the south clamshell hangar and the flightline back shops to carry out this critical work.

Think about this for a moment: before the current maintainers arrived from Davis-Monthan, there was no such thing as phase maintenance at Bagram. This unit brought the capability to Afghanistan. Previously, when an A-10 reached 400 flying hours, it had to be sent home, swapped out for another one.

"No doubt, having a phase crew on location gives the flying mission a much broader leeway. It eliminates limits on flying hours," said Master Sgt. Valentino Colasito, 455th Expeditionary Aircraft Maintenance Squadron, equipment maintenance and component maintenance flight chief.

It's not hard to see why Sergeant Colasito feels that, from an operations standpoint, the introduction of phase maintenance here has been "the real success story" of his five months here. He said that 354th Expeditionary Fighter Squadron pilots, who fly the jets that his Airmen maintain, have remarked that these are the best post-phase aircraft they've ever flown.

He also pointed out that his crew has phased 16 aircraft since November, providing the 354th Expeditionary Fighter Squadron with an additional 6,400 flying hours. In addition,

each "Warthog" was phased in just four to five days, whereas back home the process normally takes 10 to 12 days for each one.

It takes a skilled and motivated work force to produce those kinds of results.

"They know they have a job to do; they know why they put on the uniform day in and day out. They know what needs to be done and it gets done," said Sergeant Colasito. "We've set the bar high for the next group."

Staff Sgt. David Kastning, an A-10 phase inspection team member, said that he's proud to put on his desert BDU's every day to go to work and support Operation Enduring Freedom.

"I'm glad to be here. I think everybody is. We've got a very important job to do, keeping our aircraft maintained and available to fly to meet the mission," he said. "We all play a part in making the whole machine here run smoothly."

Just as impressive as the work of the well-oiled phase maintenance production line is the fact that these Airmen have done it for two fronts in the war on terrorism: Operation Iraqi Freedom and OEF. Along with the aircraft maintained for OEF, the nine-man team phased five A-10's for operations in Iraq, where phase maintenance isn't available.

"These dedicated maintainers have been the lifeblood for A-10 operations in both OIF and OEF," said Lt. Col. Kelly Larson, 455th EAMXS commander. "Not too many Airmen can say that. I'm extremely proud of what this group has accomplished."

Global Reach, Global Power: IMSO takes care of international students at Sheppard

By Carolyn Knothe

Base public communication

Plaques, patches, hand-hammered plates and other mementos from countries as far away as Bangladesh and Pakistan hang unobtrusively on the walls of Bldg. 843. Flags from nations all over the world line the walls and entrance hallway.

These aren't the confines of the Euro-NATO Joint Jet Pilot Training program. These are the halls of the International Military Student Office – the other international training support function of Sheppard.

This is the first glimpse of the United States many international students will have.

Michael Klepp, chief of IMSO here at Sheppard, said the goal of the office is to build relationships with other countries' militaries; relationships that could be mutually beneficial to the United States and others in the future.

Coordination between the Air Force and other nations meets this goal of building relationships while training its military.

"Usually, a country will contact the U.S. embassy in their country and put in a request for training," Mr. Klepp said. "Then, the embassy forwards the request to (Air Force Assistance Training) at Randolph and a training requirement results."

Classes offered here at Sheppard vary from the aircraft maintenance officer courses to instructor and jet engine mishap investigation training. The classes are taught by Air Force instructors and can be composed entirely of international students or be a combination of American and international students.

Last year, 125 students from 36 different countries received technical training in courses taught by the 82nd Training Wing.

The IMSO staff takes care of the students from the moment they walk off the plane at the Wichita Falls Municipal Airport.

"We get them settled and give briefings on things we take for granted, to reduce the culture shock," Mr. Klepp said.

He added that if you imagine yourself stepping off a plane into a foreign country, not knowing the language or customs, you might be a little lost. IMSO helps the students adjust and gives

them a friendly face to look for.

"Our country liaison, Senior Airman Rapheal Thompson, was at the airport (Wednesday) night picking up students," Mr. Klepp said. "He worked until 10:30 p.m., but was right back here this morning at 7:30. We work hard to ease the international students' transitions."

Since classes are taught in English, all students must pass an English comprehension level test before entering classes. For some, their English even improves during the time they spend at Sheppard.

The students study hard during their training here at Sheppard and some continue on to other bases for more training, while others return to their homes.

"They're very pleased with their American experience and are eager to take back the knowledge they learn to their jobs," Mr. Klepp said.

IMSO's purpose is not just connected to technical training maintenance courses. It also offers a variety of activities associated with the information program.

This program gives the students a glimpse of American life and government, with an emphasis on human rights that hopefully the students will carry back to their own countries.

The program director, Mr. Gordon Boyce, plans and executes trips to Washington, D.C., Oklahoma City, and Dallas.

During their stay at Sheppard, which can be from two weeks to up to four months, the students are assigned sponsors from around the Wichita Falls community. These sponsors expose the students to American and Texas culture as well as giving them a home-cooked meal from time to time.

"Sponsors can be local business people or just average citizens who want to help international students learn about American life and be their friend," Mr. Klepp said. "There's no big monetary expenses, it doesn't require a lot of work and can be a wonderful way to build lasting relationships."

Mr. Klepp added that IMSO is always in need of new sponsors and that anyone, military or not, can be a sponsor.

If you are interested in becoming a sponsor or would like more information, please call IMSO at 676-5269.



Courtesy photo

Senior Airman Rapheal Thompson, a country liaison from the 82nd Training Wing Training Operations office, help Capt. Majed Alzayed, from Bahrain, and Lt. Col. Qureshi Aftab, from Pakistan, fill out inprocessing paperwork.

Sheppard Senator

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

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Leadership Corner



Photo by Mike Litteken

Col. Darrell Sims, 82nd Training Wing vice commander, presents the 2nd Air Force Senior-level Civilian of the Quarter Award to Brenda Wehmeier, from the 82nd Contracting Squadron.

ORM:

It isn't just an acronym; it's a way of life!

By Col H.D. Polumbo Jr.

80th Flying Training Wing commander

This quarter AETC lost three airmen in auto accidents. Each one of these tragedies was a significant loss to our Air Force family and even more so to the families of these victims.

After every accident of this nature, we try and find the root cause of these deaths and how the mishaps could have been prevented.

The bottom line in each unfortunate case: simply not following common risk-management steps often was the root cause.

That's where Operational Risk Management begins — mitigating risk

by assessing situations and acting in a manner that leads to the safest possible plan of action.

Driving is an inherently risky task that requires the use of many different mental processes and physical talents. Mistakes like driving under the influence of alcohol or allowing a friend who is clearly intoxicated to drive, not wearing a seat belt or driving while fatigued are "no-brainer" ways to begin a mishap sequence of events.

ORM isn't just a fuzzy ideology we banter around at staff meetings or write on reports to make ourselves feel like we're acting safely — ORM must be a "state-of-mind" or "business as usual" for each and every Air Force member.

In order to protect yourself, think ORM on duty, on the weekend, all the time!

The lessons our safety team teach us each week in staff meetings and memos circulated through your work section are not "food-for-thought;" they are real-life examples of what happens when we act without regard for the well being of ourselves or others.

One striking fact has come to light in these recent investigations. Some of our Air Force members worked alongside airmen with an alcohol problem and did nothing because they were "afraid to hurt his career."

The irony is that now this individual has no career because no one stepped in and said, "listen, we need to talk."

Programs were in place, help was available and remedies were easy to locate, yet no one on the team had the fortitude to attack the problem head-on.

We've got the resources to help our team. All we need is the compassion to care for our team. We've got to make sure we act to make prevention a reality.

It's in your hands — don't look to "the next base" or to "the other person" to handle a problem that could quickly turn into a catastrophe.

You owe it to your friends, family and Team Sheppard to take a stand on safety. If you're at the club and your wingman needs a ride, that's an opportunity to save a life.

If you're driving home and you're tired, stop and rest (or pull over and stretch your legs) — that's an opportunity to save a life.

If you're at an event where alcohol is served, designate someone to drive the group home — that's an opportunity to save a life.

I don't want to lose even one of you. Just think, you don't have to be a hero by running into a burning building or discovering the cure for cancer.

There are opportunities all around you. Save a life today! Use Operational Risk Management.

ORM: it's not just for staff meetings, it's a state of mind!

Preventing child abuse

By Jeff Pixler

Family advocacy outreach manager

As many of you are aware, April is Child Abuse Prevention Month.

Many of us know the suffering that some of our children experience in their homes at the hands of their care providers. Experts revealed that more than 12 out of every 1,000 children have been the victims of child abuse and neglect in our country.

Most experts believe these figures are simply the tip of the iceberg, and far more children are being victimized. More than 1,300 children died as a result of child abuse and neglect in 2001.

This is more than three deaths per day in our country.

Recent studies in North Carolina and Colorado showed as many as 50 to 60 percent of child deaths resulted from abuse or neglect are not recorded. Regardless of the research, one child suffering from the effects of abuse and neglect is one too many.

Prevent Child Abuse America provides us with the tools to ensure our children are safe and can achieve their fullest potential. Practice the Five R's and be a child advocate.

Reach out

Be a friend to a parent you know, and ask how their children are doing. If the parent is struggling, offer to baby-sit or listen to the parent's concern. Talk to your neighbors, and look

out for one another's children. Donate used clothing, toys and furniture to reputable organizations and provide less fortunate children with items that will improve their quality of life. Volunteer your time for programs that serve our children and provide the foundation that will make children successful.

Raise the issue

Access Web sites and information, and share the information in your neighborhoods, libraries, schools and churches. Let your schools and faith groups know you can help. Sponsor parenting classes, and develop resources for parents in our community. Wear a blue ribbon during April, and let the community know you are a child advocate. Encourage your elected officials to support legislation that supports parents and children. Write a letter to the editor, and educate your fellow citizens on the issue of child abuse and neglect.

Remember the risk factors

- Parents who seem to be having economic, housing and personal problems.
- Parents who appear isolated from their families and community.
- Parents having difficulty controlling anger and stress.
- Parents coping with physical or mental health issues.
- Parents abusing alcohol or drugs.
- Parents uninterested in the care, nourishment and development of their children.

By helping parents who appear to be struggling with the challenges, you reduce the likelihood of them abusing or neglecting their children. Reach out to the children, also, and let them know you care.

Recognize the warning signs in children

- Unusual nervousness around adults.
- Aggression toward adults and other children.
- Inability to stay awake or to concentrate for extended periods of time.
- Dramatic changes in personality and attitude.
- An unnatural interest in sex.
- Frequent or unexplained bruises and injuries.
- Low self-esteem.
- Poor hygiene.

Report suspected abuse or neglect

Department of Defense personnel, active duty and civilians, have a duty to report all suspected family violence to the Sheppard family advocacy program at 6-2271. If you suspect a child is a victim of abuse or neglect and the child is not affiliated with Sheppard, call the Child Protective Services' hotline at (800) 252-5400.

Children are our future, and each of us has the duty to ensure every child is loved, respected and can achieve their fullest potential. To learn more about Sheppard family programs and services, call your family advocacy program at 6-2271.



Spring-cleaning safety precautions

When Old Man Winter calls it quits for the year, people all across the world climb ladders to spruce up the exterior of their homes, examine gutters, paint and perform other tasks associated with spring-cleaning.

While working around the house can be very rewarding, hundreds of thousands of injuries occur each year as a result of mishaps related to electric tools, ladders and lawn mowers.

On average, about 220,000 people make emergency room visits due to ladder mishaps each year.

More than 87,000 people are treated annually in hospital emergency rooms for lawn mower

injuries - casualties of burns, dismemberment, electric shock, falls and thrown objects.

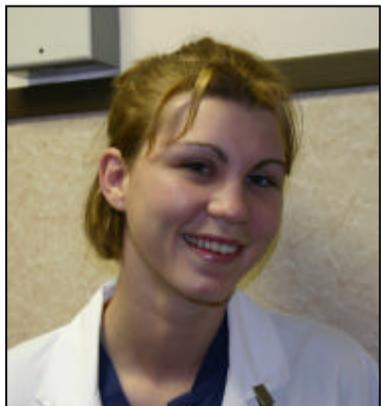
Another 76,000 people sustain injuries from power garden tools such as trimmers, lawn edgers and pruners.

To avoid paying a visit to the emergency room this spring, the safety professionals at Underwriters Laboratories Inc. would like you to be aware of these safety statistics.

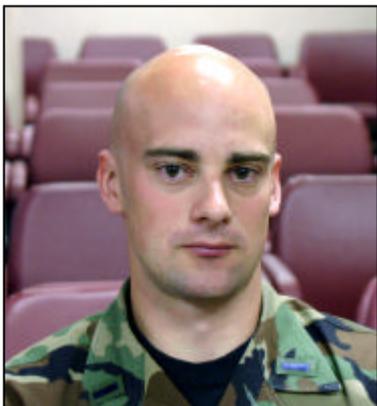
They would also like to remind you to follow all manufacturer guidelines for proper use of your lawn and garden equipment, tools and ladders before using them. *Courtesy of the 82nd Training Wing Safety Office.*



What's the funniest April Fools' joke you or someone you know have pulled?



"My dad put fake blood all over my sister and told my brother she got really hurt. My brother freaked out." ~ Airman Necia Gransbury, 82nd Dental Squadron



"I drive a BMW, and one of the captains at work pretended a security forces cop told him something was wrong with my car." ~ 1st Lt. Mark Ashman, 360th Training Squadron



"When I was living in the dorms, a couple of guys switched the clock on me, and I ended up going to work three hours early." ~ Master Sgt. Robert Vazquez, base in-service recruiter



"A friend of mine borrowed my brand new Monte Carlo once, and he acted like he got into an accident with it." ~ Ridley Wherry, 82nd Mission Support Squadron

In FILM



50 First Dates (PG-13)

Today at 9 p.m., Saturday at 2 p.m. and Sunday at 4:30 p.m.

Sandler, Drew Barrymore - Henry, a veterinarian at an aquarium in Hawaii, falls in love with Lucy, a girl who has short-term memory loss.



Welcome to Mooseport (PG-13)

Today at 6:30 p.m., Saturday at 7 p.m. and Tuesday at 7 p.m.

Gene Hackman, Ray Romano - A former U.S. president retires to a New England town to write his memoirs.



Broken Lizard's Club Dread (R)

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

Jay Chandrasekhar, Kevin Heffernan - At a swingers resort, dead bodies start turning up.

Also showing: **Twisted (R)** Thursday at 7 p.m.

Community

Easter story, craft time

The library will host a free story and craft time for children ages 3 to 6 Tuesday from 10:30 to 11 a.m.

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. For information, call 6-6460.

Club activities

Karaoke night

The enlisted club will host a karaoke night April 9 from 7 to 10 p.m. Call 6-2083 for more information.

Mongolian barbecue

The officers club will serve Mongolian barbecue April 9

Sheppard Spotlight 15 lines of fame

- 1. Name:** Yvette Goff
- 2. Rank:** GS-09
- 3. Organization and position:** 82nd Mission Support Group, resource advisor.
- 4. Most rewarding aspect of your job:** Completing all of our suspenses on time. Fighting for funding for our group/squadron to meet our mission for the students, permanent party and civilians. Also, training and teaching some of the programs we work with is often very rewarding.
- 5. Why did you join civil service?** I joined civil service for good career opportunities, and it would give me more advancement opportunities in my career. It would also give me a good retirement plan for my family.
- 6. Favorite Air Force base:** Lakenheath Air Base, England.
- 7. Date arrived at Sheppard:** January 1984.
- 8. Hometown:** Opelousas, La.
- 9. Married or single:** Married to Patrick (Russ) Goff for 20 years.
- 10. Favorite thing(s) to do in your free time:** Bowling, teaching bowling to YABA kids and fishing.
- 11. Funniest childhood memory:** My cousin and I have a picture of us when we were younger in my grandmother's kitchen playing. We keep trading the picture back and forth around every two years or so.
- 12. Favorite book or movie:** My favorite thing to do is watch All My Children at lunch for an hour. It's the only time I get to myself.
- 13. Dream vacation:** Cruise to the Bahamas or Las Vegas.
- 14. If you could be anyone for one day, who would you be?** A millionaire.
- 15. Other than your family, what is your most prized possession?** My jewelry.



from 5:30 to 8 p.m. The cost is \$.45 per ounce for beef, chicken or pork. Call 6-6460 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)

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-kinder-

garten 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

FITS

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

Soldiers
strive to
qualify for
Olympics

See Page 3B



Sheppard Sports



Are
functional
foods really
functional?

See Page 4B

Vol. 57, No. 13

April 2, 2004

Airman benchpresses to win at competition

Tech-schooler lifts 415 pounds to break Florida-state record

Story and photo by Senior Airman Chris Powell
Senator sports editor

To Airman Stephen Judah, hearing criticism in the weight room is something that comes with the territory. That's because the recent Sheppard technical school graduate stands at 5-foot four inches and weighs in around 175 pounds.

To some, that may not sound like an ideal weightlifting size, but that didn't stop him from benchpressing an amazing 415 pounds to win the World Association of Benchpress and Deadlift World Cup in the 181-pound

weight class recently in Dallas.

With the lift, Airman Judah broke the Texas record, but the tournament officials wouldn't award the record to him because he's not a Texas resident. However, he was awarded the Florida record since he's still a resident there.

"Everyone was kind of in disbelief because they didn't think it was possible for someone my size to lift that much," Airman Judah said. "I'm excited about the win, but now I have to look forward to my next meet in November.

Airman Judah dominated the competition so much he lifted 100 pounds more than his closest competitor.

"I have to really give thanks to God, because without his good graces, I couldn't have done any of it," he said.

Airman Judah holds five other weight lifting records in different weight classes in Florida.

Airman Judah's next assignment is at Mountain Home Air Force Base, Idaho, where he will be in the heating, ventilation and air conditioning shop.



Airman Stephen Judah, a former technical school airman here, benchpresses 400 pounds during a workout at the north fitness center. Airman Judah broke the Florida bench-press record in the 181-pound weight class with a bench press of 415 pounds.

Sports Briefing

Correction

Last week in the *Sheppard Senator*, there was an error in the "Quick action by fitness center staff saves man" article.

The article stated that Senior Airman Michael Dawson, a fitness center staff member, used an automated external defibrillator on Elmer Bicoy, who suffered a cardiac arrest March 9 while playing racquetball at the fitness center.

Airman Dawson helped, but did not actually use the AED on Mr. Bicoy. Instead, it was Staff Sgt. George Koehler, 383rd Training Squadron, who used the AED to revive Mr. Bicoy.

It was Koehler's quick action that helped keep Mr. Bicoy alive.

The *Senator* staff apologizes for any misunderstandings this might have caused.

AFA Spring Golf Tournament

There is an Air Force Association Spring Golf tournament is April 16 at the Wind Creek Golf Club. Cost is \$20 plus the greens fee.

Registration is from 11 a.m. to noon and the shot gun start is at 12:30 p.m.

There will be string and mulligans for sale.

Also, there will be four-person teams, and players will follow the best ball scramble rules.

People should RSVP by April 14 with 1st Lt. Jim Gringas at 6-5150.

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. today.

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.

Fit to Fight bi-monthly 1.5 fun run

The Fit to Fight bi-monthly 1.5 mile timed fun run is at 11 a.m. and 3 p.m. Wednesday.

Annual MPF Softball tournament

The annual MPF softball tournament is May 28 to May 30 at Randolph Air Force Base, Texas.

Cost is \$200 per team. This is a modified co-ed tournament so teams must have a minimum of three female players.

There will be prizes awarded for teams who place first, second and third.

Points of contact are Mr. Tommy Bell at DSN 665-3960, Staff Sgt. Pam Tarpey at DSN 665-2493, Staff Sgt. Chris Tateo at DSN 665-2501. If calling from a commercial phone, the prefix is 210-565 then the last four digits.

Kickball

There is a free kickball game at 10 a.m. Saturday at the north fitness center.

Navy edges out AF at HECO race in Hawaii



Photo by Photographer's Mate 1st Class William R. Goodwin
Operations Specialist 2nd Class Michael Bonincontri, assigned to Naval Station Pearl Harbor, races down a straightaway in front of a crowd over 3,000 spectators at the 9th Annual Hawaiian Electric Electron Marathon located on Ford Island in Pearl Harbor, Hawaii. Petty Officer Bonincontri took 3rd place while teammate Gas Turbine System Technician 2nd Class Mike

Seamen win second consecutive race

By Photographer's Mate 1st Class William R. Goodwin
Commander, Navy Region Hawaii Public Affairs

PEARL HARBOR, Hawaii (NNS) – For the second consecutive year, a Pearl Harbor Navy racing team beat the Air Force, Marine Corps and Army across the finish line in the inter-service race at the 9th annual Hawaiian Electric Company (HECO) Electron Marathon on Ford Island March 20.

Gas Turbine System Technician (Mechanical) 2nd Class Mike Dooner beat a self-built Air Force electric car across the finish line with less than two seconds to spare. Dooner finished the course in 7 min., 30 seconds at speeds up to 33 mph in front of a crowd of more than 3,000 spectators.

"The adrenaline was pumping pretty fast," exclaimed Dooner. "I passed the first Marine car and shortly after that, the second Marine car passed me and got ahead by a half-car length. Then I passed them and never saw them again."

The second Navy entrant driven by Operations Specialist 2nd Class Michael Bonincontri crossed the line 15 seconds behind Air Force, followed by Army and the Marine Corps. The inter-service race consisted

of 10 laps around a half-mile, closed-loop LeMans style course.

HECO sponsors the marathon to showcase the many uses of electricity and also to feature a race between 24 local high schools. HECO and its subsidiaries provide all competitors with kits containing identical one-horsepower engines. Each school team then designs and assembles a car from scratch, with a \$3,000 spending cap to race in the event.

After the inter-service race, the high-school competitors raced around the track, with the winner completing the most laps in one hour. The top high school finisher was Kapolei High School who finished with 56 laps.

"We do this for the kids," said Jose Dizon of Hawaiian Electric Company. "We want to educate our future leaders of the uses of electricity. The get a good understanding of what teamwork is all about, of what it takes to succeed and an appreciation of what it takes to use electricity safely. And maybe this can be a stepping stone for them to look at other way to use electricity."

"A lot of things they have to do here kind of mirror what they have to do in life, Dizon continued. "And

See RACE, Page 3B

AF loses latest lacrosse game

STONY BROOK, N.Y. (AFP) – The Air Force men's lacrosse team lost its fourth consecutive game, falling to Stony Brook 7-3 here March 24. It was the lowest scoring output of the season for the Falcons, who drop to 2-4 on the season.

After a nearly scoreless first quarter, Stony Brook took the first lead of the game on a goal with just two seconds remaining in the first quarter.

Air Force got on the scoreboard with a goal by Dave Brown at the 7:52 mark before Stony Brook added a man-up goal with just under five minutes to play and stretched the lead to 3-1 at the half.

The Falcons struck first in the second half with a goal by Justin Kuchta at the 12:47 mark. The Seawolves scored three consecutive goals to take a 6-2 advantage with 2:31 left in the third period.

Michael Colosimo cut the lead to 6-3 at the 13:29 mark, but Stony Brook goalkeeper Brendan Callahan shut the Air Force out the rest of the way, making seven saves in the quarter.

Falcons swept at UNLV with 7-0 loss

LAS VEGAS, Nevada – UNLV completed a weekend sweep over Air Force with its 7-0 shutout win in Mountain West Conference baseball action Sunday afternoon at Earl E. Wilson Stadium. The Falcons fall to 5-22 on the season and 0-6 in the MWC, while the Rebels improve to 19-7, 6-0.

Rebels starter David Secombe and reliever Matt Minor combined to toss a two hit shutout. Secombe improved to 3-1 on the season, holding the Falcons to just two hits and no runs while striking out eight in seven innings. Falcon starter Clayton Couch (2-2) took the loss, allowing four runs, three earned, while fanning three in three innings pitched.

UNLV scored a run in the first to immediately take a 1-0 lead. Eric Nielsen singled through the right side to score Brent Johnson.

UNLV made it a 6-0 game with two runs in fifth. The first run came on Air Force reliever Kyle DePierre's balk and was followed with an RBI triple by Johnny Uriegas. The Rebels added another run in the seventh, on a fielding error by second baseman Colton Walter.

Colton Walter and Dale Kasel had AFA's two hits.

USA Shooting team set for 2004 Olympic Shotgun Team

Courtesy of Army News Service

FORT BENNING, Ga. – USA Shooting's Final Olympic Selection Match, held Mar. 17-27 in Fort Benning, Ga., is finished, and the Shotgun Team that will represent the States in this summer's Olympic Games in Athens, Greece has been chosen.

USA Shooting chooses the Olympic Team purely on a performance basis in order to get the very best shooters to represent America at the 2004 Olympic Games. For the Shotgun Team, one half of the Olympic Selection process was completed last fall on Colorado Springs' Fort Carson ranges. Athletes carry over their scores from that first selection match and add them to the scores from the final selection match in order to get their final scores and rankings.

In the first event to come to a close, it was a battle to the finish, as Collyn Loper, from Indian Springs, Ala., and U.S. Army Marksmanship Unit's Staff Sgt. Joetta Dement, from Seale, Ala., were neck-and-neck throughout most of the competition. It wasn't until a tie-breaking round after the finals that Loper finally managed to defeat Dement by one target.

"That was probably one of the hardest things I'll ever do in my life," Loper said after the 25-target tie-breaking final. "I thought we would do a miss-and-out tie-breaker, but after I heard we had to do a full round, I knew I had to remain focused. I don't think I have ever had to concentrate that hard for that long. Dement was a great competitor."

The 17-year-old Loper, a junior at Oak Mountain High School, is naturally right handed. But being born blind in her right eye, forced her to train her body to shoot left, an obstacle that doesn't seem to have any affect on her shooting.

In men's trap, two-time Olympian Lance Bade, from Colorado Springs, Colo., and the U.S. Army Marksmanship Unit's Sgt. 1st Class Bret Erickson, from Buena Vista, Ga., crushed their opponents for two spots on the Olympic Team. There was no big battle for a spot on the men's team, like there was for the women in this event. Bade and Erickson went into the final 11 targets up on their competitors. Bade finished with a 501 total score, while Erickson finished with a 499.

"I'm feeling really comfortable with how I'm shooting right now," Bade said. "If I keep competing at this level, I not only will make the Olympic Team, I am confident I will make the medal stand at the Games."

Erickson also made a run for the men's double trap team. And although all the pressure to make the team was gone, he once again proved he was a competitor and secured his second spot on the 2004 Olympic Shotgun Team.

"I was almost too relaxed after I made that first Team," Erickson explained after his second-day scores came back so much higher than his first days. "I forgot what I was out there to do. I am too much of a competitor to just let someone else beat me on my home range, so I knew I had to go out and shoot my game."

Glenn Eller, from Houston, Texas, remained consistent through both days of the men's double trap event, shooting a 590 total score and finishing one point on top of Erickson. At the 2000 Olympics, Eller finished in a disappointing 12th place, but looks at these 2004 Games as "another shot" for an Olympic medal. Eller took a

See SHOOTING, Page 3B

Volleyball

For more information, call 6-2972.
Intramural Volleyball

Intramural volleyball will start Monday.

Bowling

For more information, call 6-2170.

No Tap Tournament

There is a No Tap Tournament 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 |
|----------------------|-----|------|
| 82 COMM "A" | 141 | 67 |
| 365 TRS "C" | 132 | 76 |
| 82 CPTS | 121 | 87 |
| 80 FTW "A" | 121 | 87 |
| 382 TRS "A" | 120 | 88 |
| 364 TRS "A" | 119 | 89 |
| 363 TRS "Ammo" | 118 | 90 |
| 882 TRG | 117 | 91 |
| 187 Med Bn | 115 | 93 |
| 366 TRS "A" | 113 | 95 |
| 360 TRS | 112 | 96 |
| 365 TRS "D" | 108 | 100 |
| 365 TRS "B" | 108 | 100 |
| 82 MSS/SVS | 107 | 101 |
| 362 TRS "A" | 102 | 106 |
| Bowling Pro Shop | 101 | 107 |
| 82 Services Squadron | 100 | 108 |
| 363 TRS Armament | 100 | 108 |
| 82 CES | 99 | 109 |
| 361 TRS | 99 | 109 |
| 383 TRS | 98 | 110 |
| 382 "BMET" | 90 | 118 |
| 381 Med Red | 89 | 111 |
| 362 TRS "B" | 86 | 122 |
| 364 TRS "B" | 85 | 123 |

| Team | Won | Lost |
|-----------|-----|------|
| 82 CS "B" | 70 | 138 |
| 82 SFS | 70 | 130 |
| 80th OSS | 63 | 145 |

Fitness center

For more information, call 6-2972.

War ball

There is a free war ball at 10 a.m. April 10 at the North Fitness Center.

Spinning at the north fitness center

There are spinning classes at 4:30 p.m. weekdays 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.

Aerobics

Monday at 7:15 a.m.

Cardio blast

Monday at 7:15 a.m.

Step aerobics

Tuesday and Thursday at 5:15 a.m.

Body pump

Tuesday and Thursday at 9:15 a.m.

Thursday and Saturday at 11:30 a.m.

Wednesday at 6 p.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.

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.

Link up 2 golf for beginners

This program is at the Wind Creek Golf Course every Tuesday and Thursday from 5 to 6:30 p.m. Cost is \$99 per person.

Youth center

For more information, call 6-2342.

Baseball calender

Teams formed for youth baseball March 29. But parents can still register their children until April 9.

Practice begins Monday, and the opening ceremony is April 19.

Soldier-athletes strive to qualify for Olympic Games

By Tim Hips

Army Community and Family Support Center Public Affairs Office

ALEXANDRIA, Va. - While several Soldiers in the U.S. Army World Class Athlete Program are in the thick of contention to make U.S. Olympic teams, many other All-Army athletes are busy competing in other arenas.

Sgt. 1st Class Bret Erickson, a member of the U.S. Army Marksmanship Unit at Fort Benning, Ga., is the latest Soldier to secure a berth in the Olympic Games at Athens, Greece.

A two-time Olympian who competed in 1992 at Barcelona, Spain, and 1996 in Atlanta, Erickson finished runner-up to fellow two-time Olympian Lance Bade of Colorado Springs, Colo., in men's trap shooting March 21 at the U.S. Olympic Shotgun Team Trials at Fort Benning.

One day later, Erickson won the double-trap competition, qualifying him for a second event in the Athens Games.

Maj. David Johnson, a WCAP member stationed at Fort Carson, Colo., will serve as rifle coach for Team USA in Greece. Likewise, Staff Sgt. Basheer Abdullah is head coach of the U.S. boxing team and Staff Sgt. Shon Lewis is one of three coaches for the U.S. Greco-Roman wrestlers. Abdullah will be assisted in Athens by former WCAP coach Anthony Bradley, a retired Army master sergeant.

U.S. Army Reserve Capt. Dan Browne, a former member of WCAP, finished third in the U.S. Olympic Marathon Trials in 2 hours, 12 minutes, 2 seconds at Birmingham, Ala., on Feb. 7 and will run for Team USA in Athens.

"I ran this race to make the team, but I also ran this race to honor my West Point classmates who died over in Iraq," said Browne, who trains in Portland, Ore. "That kept me going with three miles to go when my body was feeling pretty rough. I thought of them and I knew I wouldn't quit."

Spc. Tina George, a WCAP wrestler from Cleveland Heights, Ohio, won a silver medal in the 55-kilogram division of the Athens Women's Wrestling Tournament Jan. 25 in Greece, where she aspires to compete for Team USA in the Summer Olympics.

George also went 5-0 and defeated former world champion Jen Ryz of Canada, 3-1, to win her weight class in the Dave Schultz Memorial International Wrestling Championships Feb. 7-8 at the U.S. Olympic Training Center in Colorado Springs, Colo.

Staff Sgt. Glenn Nieradka and Spc. Faruk Sahin won Greco-Roman gold medals. It was Sahin's first tournament as a U.S. citizen. Staff Sgt. Keith Sieracki and Sgt. Dremiel Byers settled for silver, and Sgt. Oscar Wood won a bronze medal.

Byers, the 2002 Greco-Roman super heavy-weight world champion and Army Male Athlete of the Year, lost a 2-1 referee's decision in overtime to Rulon Gardner, 2001 world champ and America's darling of the 2000 Summer Olympics. All three points were scored off the clinch position.

Byers and Gardner, who often train together, are expected to battle for a spot on Team USA through the U.S. National Wrestling Championships April 7-10 at Las Vegas and the U.S. Olympic Wrestling Team Trials May 21-23 at Indianapolis.



Photo by Tim Hips

Sgt. Sandu Rebenciuc, a member of the U.S. Army World Class Athlete Program, competes in the steeplechase in the 2003 USA Outdoor Track & Field Championships at Palo Alto, Calif. Rebenciuc recently won the 4-kilometer race in the 2004 Armed Forces Cross Country Championships at Indianapolis.

Sieracki competed in the final Olympic qualifying wrestling tournament March 13-14 at Tashkent, Uzbekistan, where he failed to qualify the United States for a spot in the 74-kilogram/163-pound Greco-Roman division of the Olympics. Sieracki lost his second match of the tourney and said he likely will move up a weight class for the Olympic Team Trials.

Spc. Clarence Joseph and Spc. Edward Joseph advanced to the 2004 U.S. Olympic Box-Offs Feb. 27-28 at Cleveland's Convocation Center, where both were eliminated from the road to Athens.

Clarence, 21, won the challengers' bracket of the 165-pound division in the U.S. Olympic Boxing Team Trials at Tunica, Miss., where Edward, 24, was among four boxers remaining in the 152-pound class, which had to be completed in Cleveland because of an administrative fiasco.

In the Box-Offs at Cleveland, Clarence dropped a 30-9 decision to Andre Dirrell of Flint, Mich., and Edward was eliminated, 27-8, by Austin Trout of Las Cruces, N.M.

Sgt. Casey McEuin and Sgt. Petra Kau'i won gold medals in the Taekwondo U.S. Open Championships Feb. 20-21 at Tampa, Fla. Sgt. Elena Pisarenko won a silver medal and Sgt. Darrell Rydholm and Sgt. Luis Torres won bronze medals.

Sgt. John Nunn won the mile walk in 6:03.37 in the Millrose Games Feb. 5 at Madison Square Garden in New York. Capt. Michael Mai won the weight throw with a personal-best heave of 74 feet. Nunn also won the Long Island 3-K Race Walk Championship in 12:05 on Feb. 6 and placed second with a time of 19:35:58 in the 5,000-meter race walk at the USA Indoor Track and Field Championships

| Fitness bingo | | | | |
|---|--|---|--|---|
| Participate in the 5/10k Fun Run | Do 50 Situps (One time) | Do 20 pushups for females and 30 pushups for males | Participate in an aerobic class for 10 hours | Bike on the road or stationary for 11 hours _____ miles |
| Participate in the wing run/walk | Go on the treadmill for 11 hours _____ miles | Participate in the 5/10k Fun Run | Lose three inches in your waist (Must measure at start of program) | Go on the elliptical for 11 hours _____ miles |
| Lose five pounds (Must measure at start of program) | Participate in an aerobic class for 10 hours | Free space for signing up | Do 30 Situps (One time) | Go on the treadmill for 11 hours _____ miles |
| Go on the treadmill for 11 hours and go 35 miles | Do 10 pushups for females and 20 pushups for males | Bike on the road or stationary for 11 hours _____ miles | Run or walk for 11 hours _____ MILES and for 63,000 steps | Lose five pounds (Must measure at start of program) |
| Run or walk for 11 hours _____ MILES and for 63,000 steps | Go on the elliptical for 11 hours _____ miles | Go on the stairmaster for 11 hours _____ steps | Attend in the ABS Class 4 class | Participate in the wing run/walk |

The Fitness Bingo program is open to active duty military members, DoD and NAF civilians and contractors with military IDs. It will help to develop and maintain a high state of health, physical fitness and readiness to be Fit To Fight. All participants must maintain a personal fitness log which will be turned into the fitness centers and stamped as they complete a section of the bingo card. Customers will only get credit for a 30/60 minute workout for each daily workout and for each category. They can't add the extra 15 minutes to the next day's workout. Upon completion of this program, each participant will receive a t-shirt. For more information, call 6- 2972.

TSTV schedule

Informative, educational and entertaining programming is available 24 hours a day, seven days a week on Team Sheppard TV, channel 14.

In addition to Department of Defense productions, the base public communication office produces local programming exclusively for Team Sheppard. For more information about TSTV or to share your ideas with the TSTV staff, please contact public communication at 6-1327 or check out our Web site at <http://www.sheppard.af.mil/82trwpa/default.htm>.

Friday April 2

10 a.m. Air Force Story: The Air War Against Japan
5 p.m. Sheppard Today
9 p.m. Seal Class 224-Basic Underwater Demolition

Saturday April 3

10 a.m. Into the Mouth of the Cat: Lance Sijan
5 p.m. Famous Generals: Pershing
9 p.m. Flying for Freedom - Women Air Force Service Pilots

Sunday April 4

10 a.m. Air Force News Special Edition - The Making of an Air Force Recruiter

5 p.m. Navy History - 1964 to 1966
9 p.m. 50 Years of The Uniform Code of Military Justice

Monday April 5

10 a.m. Air Force News Special Edition - The Thunderbirds
5 p.m. The Navy Hospital Corps - A Tradition of Service, Excellence and Valor
9 p.m. The Air National Guard - Mission and History

Tuesday April 6

10 a.m. Target for Today
5 p.m. Seal Class 224-Basic Underwater Demolition
9 p.m. Level I Anti-Terrorism Briefing

Wednesday April 7

10 a.m. The Army in Action - Global War 5:00 p.m. Flying for Freedom - Women Air Force Service Pilots
9 p.m. Air Force News Special Edition - The Centennial of Flight

Thursday April 8

10 a.m. Navy Marine Corps News
5:00 p.m. 50 Years of The Uniform Code of Military Justice
9 p.m. Air Power Over Kosovo - 21st Century Command and Control

Health tip

To help you lose weight, you can eat smaller mini-meals throughout the day. For example, eat five to six mini-meals vs. three heavy meals at the normal eating times.



Photo by Photographer's Mate 1st Class William R. Goodwin

Gas Turbine System Technician 2nd Class Mike Dooner, assigned to Naval Station Pearl Harbor, poses for photos after winning first place in the 10-lap inter-service race at the 9th Annual Hawaiian Electric Electron Marathon located on Ford Island, Pearl Harbor, Hawaii.

RACE

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we're very grateful to the Navy for allowing us to use their facilities on Ford Island and providing all the wonderful security and hospitality."

Although there seemed to be a great deal of pride and competitiveness among the military entrants, they also seemed to take away some very valuable lessons.

"I just have a blast competing here," said Marine Sgt. Scott Momper of Marine Corps Air Base, Kaneohe, Hawaii. "You get to spend time with people who enjoy the same thing you do. It comes down to teamwork. The guys in the Air Force gave us a wheel, and we helped them with their electrical. Out here, it's a level playing field, but everybody's here to help each other."

Teamwork was especially important for the Navy team. The mechanic on their two electric cars was Aviation Boatswain's Mate (Fuels) 3rd Class Nicholas Villalon, who also worked on the winning car last year. Commander, Naval Facilities Engineering Command, Pacific Division (PACDIV) engineers also provided their technical expertise.

"We provide a continuity to the race since we've been involved for the past five years," said Kendall Kam, utilities management engineer at PACDIV. "We know what works and what doesn't, what they should be focusing their attention on and how to get parts. We look over the design and make suggestions on what to change. We also have a guy who's a former race car driver, and he assists with driver training."

However, all that support for the Navy team doesn't seem to deter the other military competitors.

"We're going to have two brand new cars for next year," said Momper. "We've already started on the new design and manufacturing."

The HECO Electron Marathon is co-sponsored by the State Department of Education and the Navy, and is partnered by the U.S. Department of Energy.



Photo by Helene C. Stikkel

First lap

Three-time Olympic Gold Medalist and five-time track and field world champion Marion Jones (left) and Department of Defense representatives finish the first ceremonial lap around the new Pentagon Athletic Center indoor running track on March 29.

SHOOTING

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year off college to train full time in Georgia for that precise reason.

In women's double trap, it was no surprise Kim Rhode, from El Monte, Calif., ran away with it all. Rhode, a two-time Olympic medalist, led the first day by a margin of 23, and increased her lead to 35 by the conclusion of the event.

This will be Rhode's third and final women's double trap Olympic Team, considering women's double trap event will be cut from the Olympic lineup after the 2004 Games.

Rhode won a gold in the first Olympics the event was offered, in 1996, and took home a bronze in 2000. Rhode does hope to shoot in another women's event in 2008, but "will have to see what happens."

"I surprised everyone by coming into finals and running 25-straight. Needless to say, Dulohery, from Columbus, Ga., finished the finals on top and earned one of the spots in men's skeet. The second spot eventually went to Graves, who after two tie-breaking rounds, just squeezed by Roy to round out the men's Olympic Team.

Connie Smotek, from Lyons, Texas, won with a fairly painless victory in the women's skeet event. Smotek's next closest competitor, Haley Dunn, from Eddyville, Iowa, was three targets behind throughout most of the Trials. Smotek finished five targets ahead of Dunn. Athens marks Smotek's second Olympic Games. Her first were in 1992 where she finished 25th.

"I just love shooting," Smotek said after she qualified for the 2004 Olympic Team. "I think that is the reason I can continue to shoot at this level for so long. I love being on the range and I love to compete. I would do it forever --if I could."

The results from Rifle, Pistol and Running Targets' Final Olympic Selection Match will be released in May, where shooters will vie for the remaining qualifying spots on the 2004 Olympic Shooting Team.

Children Learn More from Do's than Don'ts

Young children will be better behaved when they know clearly what you expect of them. Instead of just saying, "Don't do that," show and tell your child what you do want him or her to do. Follow these four steps:

- 1) Teach your child the steps of the desired behavior. It is unreasonable to expect your child to do something if you haven't taught it to him or her.
- 2) Have your child describe the behavior back to you.

This will tell you whether or not your child understands your expectations.

3) Ask your child to demonstrate the behavior to you. If your child can demonstrate the behavior reasonably well, then you know that it is within the child's abilities.

4) Model the behavior yourself. Children are always watching you and trying to imitate your behavior.

Use these steps to reduce behaviors like whining and nagging or to improve behaviors like table manners and sharing toys.

For more tips on parenting, visit www.parenting.org or call the Girls and Boys Town National Hotline, 1-800-448-3000.

A CFC participant • provided as a public service

Association for the Cure of Cancer of the Prostate: CaP CURE

9.7 million American men are living with prostate cancer, the no. 2 killer of American men. General H. Norman Schwarzkopf (ret) is a prostate cancer survivor, and a CaP CURE supporter.



1250 Fourth Street, Suite 360, Santa Monica, CA 90401
1-800-757-2873 • www.capcure.org • a CFC participant
Provided as a public service

PHA helps sailors remain healthy, identifies risks

By Journalist 1st Class Katherine Sanchez
Naval Support Activity Naples Public Affairs

NAPLES, Italy (NNS) – In order to keep fit, remain healthy and identify anyone whose health is at risk as early as possible, Sailors now meet face-to-face with healthcare professionals each year for a Preventive Health Assessment (PHA).

All Sailors are required to complete a PHA annually during their birth month in order to be cleared to participate in the Physical Fitness Assessment (PFA). Active-duty members who do not have a current PHA will not be permitted to participate in any physical conditioning, including the Fitness Enhancement Program (FEP), until the assessment is completed. Any Sailors who fail to complete their PHA requirement prior to the official PFA can be held administratively accountable.

Sailors are still required to have a current five-year physical in order to participate in the PFA. The PHA is an additional requirement that is conducted annually to be proactive in identifying and preventing diseases that may normally go undetected. Because Sailors are required to visit medical annually on their birth month to obtain a PHA,

this also provides the optimal opportunity to clear Sailors for the PFA for a 12-month period. The end result of this process is an increase in personal readiness of Sailors and a decrease in lost work hours or productivity.

According to Lt. Kathleen Yuhas, a health educator at the Health Promotions Department, U.S. Naval Hospital (USNH) Naples, the main reason for implementing the PHA and requiring it prior to the PFA is a combined effort of the entire health care team designed to prevent medical problems rather than treat problems as they occur, in order to ensure Sailors are healthy enough to participate in the PFA and deploy even at a moment's notice.

"The PHA has been developed as being the cornerstone of a transition from interventional to preventive health care," Yuhas said. "It incorporates the present health screening, occupational surveillance and medical readiness requirements in an annual face-to-face appointment, which includes record review, clinical risk factor screening and preventive counseling."

PHA is a Chief of Naval Operations Instruction (6120.3), and was implemented in December 2001.

Falcons place fourth at tournament

Courtesy of the Air Force Academy News Service

The Air Force golf team notched its best finish of the spring season, placing fourth at the Diablo Grande Intercollegiate tournament. The Falcons carded a three-round total of 316-306-297=919 at the event, which was held March 26-27 at the Diablo Grande Ranch Golf Course in Patterson, Calif.

The Falcons improved in every round. Their final round of 297 was the best among the field of nine teams. They were led by J.T. Hamamoto, who carded a 223 (76-74-73). Hamamoto finished just three strokes out of first place. He tied for third place overall, his highest placing this spring. Tyler Goulding finished in the top 20 for the third time in his career.

Drake University, the tournament's host school, grabbed first place honors with a 904. Boise State's Graham DeLaet won the individual title with a three-round total of 220.

Air Force will next compete in the Wyoming Cowboy Classic on April 12-13. The event will be held in Scottsdale, Ariz.



Tyler Goulding

Functional foods

Do they really have a function?

2nd Lt. Misa Okamoto
Dietetic intern

Functional foods has been a buzzword in recent years, but few people know precisely what a functional food is. A functional food is a complete food or a food ingredient that claims to provide a health benefit beyond the traditional nutrients it contains, e.g., that it reduces the risk for disease.

The American Dietetic Association has the position statement "that functional foods including whole food and fortified, enriched, or enhanced foods, have a potentially beneficial effect on health when consumed as part of a varied diet on a regular basis at effective levels."

Currently, there is no standardized system in place to evaluate the claims on functional food labels, so the burden falls on the consumer. Some questions to ask regarding functional foods are as follows:

■ Does it work?

It is very difficult to determine whether the claims made on the packages of functional foods are backed by solid evidence. For example Fresh Samantha's Super Juice alleges it is a "defender of your health" because it includes Echinacea.

Other herbal supplements used to enhance food and beverages, such as St. John's Wort and ginkgo biloba, are on the rise.

The bottom line is most studies are inconclusive or are not designed to benefit a healthy individual.

■ How much does it contain?

If vitamins and minerals are added to fortify a food, the label is required to state the amount and the percentage of recommended daily allowance.

In contrast, this is not mandatory of functional foods. Even when the amount is listed, few people know how much is recommended or the specific amount needed to receive the claimed health benefit.

■ Is it safe?

Functional foods as we know them today are relatively new. There has been no long-term research done to determine if they have adverse effects, such as causing cancer. In addition, the ingredients that make the food "functional"



File photo

Functional foods are foods that can provide a health benefit beyond the traditional nutrients it contains.

might increase the toxicity or block the absorption of medications being taken.

■ Is it healthy?

Just because a food claims to have a function doesn't mean it has nutritious value. For example, the "151 bar" is just a hyped candy bar, which may add excessive calories from fat and sugar rather than implementing the claims on the wrapper. Consumers should check the Nutrition Facts on the package to determine whether the food is really worthwhile.

Many natural foods fall under the category of functional foods. Examples include fruits and vegetables. They contain phytochemicals (also termed as phytonutrients), which are plant components that have health-promoting properties. Originally this term was limited to substances found in edible fruits and vegetables that appeared to be protective against cancer. Now the term is much broader and applies to any plant component that has a health-enhancing benefit. Other natural functional foods include whole grains, beans, low-fat milk, and yogurt.

The bottom line is that functional foods in the U.S. are not defined or regulated by law. Many of the claims on the package are not backed up by scientific evidence. Therefore, the best advice for feeling healthy and energetic is to choose a balanced diet, exercise regularly, and find time to relax.

If you have any questions on functional foods, can call your local dietitian, 2nd Lt. Jessica Beal at 6-6510.

RUNNING

Continued from Page 2B

Feb. 28 at Boston.

Four soldiers earned victories in the Don Barrett Air Force Open Track Meet Feb. 21 at Colorado Springs. Spc. Milton Mallard won the 200 meters in 20.87 seconds and the 60 meters in 6.76 seconds.

Spc. Lakeisha Backus won the women's 60 meters in 7.28 seconds. Spc. Mike Miller took the 800 meters in 1:54.10, and Spc. Greg Roberts claimed the high jump at 7 feet.

Backus also finished second in the 60-meter dash in the Leonard Milton Memorial Track Meet Jan. 23 at Houston and third with a personal-best time of 7.18 seconds in the USA Indoor Track and Field Championships.

Miller won the 1,500 meters in the Oregon Preview track and field meet March 20 at Eugene, Ore., with a time of 3:41.96, qualifying him for the U.S. Track & Field Olympic Team Trials July 9-18 at Sacramento, Calif.

Sgt. Sandu Rebenciu won the 2004 Armed Forces Cross Country Championships 4-kilometer race in 11:28:08 at Indianapolis, where Capt. Ryan Kirkpatrick finished second in 11:48.18 on a thick blanket of snow. The next day, Kirkpatrick won the 12-K Armed Forces race in 36:17. Spc. Christopher England finished seventh in 39:42 and Spc. Joshua Butts was 10th in 40:26.

Spc. Sara Day led Army women by finishing fourth in the Armed Forces 8-K race in 31:32. First Lt. Emily Brozowowski was fifth in 31:33, and Maj. Jacqueline Chen finished 10th in 33:12. Air Force won the team competition, followed by Army, Marine Corps and Navy.

The Armed Forces Championships were con-

tested Feb. 7-8 in conjunction with the USA Cross Country Championships and World Cross Country Team Trials, which Rebenciu finished seventh. He earned an alternate spot on Team USA for the International Association of Athletics Federations World Cross Country Championships at Brussels, Belgium.

Rebenciu was the third American finisher in the 4,000-meter race at Brussels, where he placed 46th in the world with a 12:23 clocking.

Capt. Anita Allen, the first Soldier to qualify for the Athens Games, 1st Lt. Chad Senior, Sgt. Scott Christie, Spc. Mickey Kelly and 1st Lt. Niul Manske recently competed in Modern Pentathlon World Cup stops at Queretaro, Mexico, and Rio de Janeiro, Brazil.

At Mexico, Senior finished 10th, Allen 20th and Christie 26th. At Rio de Janeiro, Senior was fourth, Kelly 17th, Christie 21st, and Allen 22nd.

Allen was also named Female Athlete of the Year by the U.S. Modern Pentathlon Association. Spc. Jeremy Teela and Spc. Jill Krause, both members of the Vermont National Guard, were selected as Athletes of the Year by the U.S. Biathlon Association. Teela posted the top U.S. finish of 31st in the 15-K cross country race in the 2004 CISM World Military Ski Championships March 18 at Ostersund, Sweden.

In snowboarding, Pfc. Ryan McDonald finished second in parallel giant slalom at the U.S. Alpine Finals March 20-21 at Breckenridge, Colo.

Spc. Steve Holcomb, with a civilian crew aboard, piloted USA 2 to a silver medal Jan. 18 in the four-man Europa Cup bobsled race at St. Moritz, Switzerland.

Helping America's Children Since 1917

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A CFC participant - provided as a public service

Health tip

To help you maintain a healthy weight, you can limit your fat intake, especially saturated fat. Also, you can increase your intake of vegetables, fruits, whole grains and legumes.