

Friday
Chance of thunderstorms
Lo: 47°F
Hi: 72°F

Saturday
Chance of thunderstorms
Lo: 40°F
Hi: 60°F

Sunday
Partly cloudy
Lo: 40°F
Hi: 55°F

USAF Reserves start fitness testing
See Page 1B



Sheppard Senator



Combat Capability Starts Here

Vol. 57, No. 14

www.sheppardsenator.com

April 9, 2004

ENJJPT Steering Committee plans for the future

By John Ingle
Editor

Countries working on new Memorandum of Understanding

Col. H. D. Polumbo Jr. was a busy man last week, wearing three different hats to accomplish the mission of training future fighter pilots for NATO. During the Euro-NATO Joint Jet Pilot Training program's Steering Committee's visit March 29 through April 2, Colonel Polumbo was the 80th Flying Training Wing commander, ENJJPT leader and a salesman.

The colonel said he spent much of the week discussing the

improvements being made in the program now and what could possibly happen in the future. He said the committee liked what the future holds so far.

"Our message right now as a result of last week's steering committee is positive," the colonel said. "(I) will continue the process of convincing the steering committee that ENJJPT is the premiere pilot training program in the world because of our superior instructor pilots and advanced syllabus training."

One of the much-anticipated

improvements is the new airframes the program will receive beginning this time next year. The T-38C will become part of the only NATO-run pilot training program in the world by summer 2005.

The T-38C is an improved model of Sheppard's current trainer and the T-6A will eventually replace the T-37 Tweet at ENJJPT.

Some committee members were able to take a flight in one of the airframes during their visit. Colonel Polumbo said

"great headway" was made in convincing the nations' Air Staffs that the upgrades are necessary when the members were able to see the future of ENJJPT.

"Representatives of the key student-sending nations were able to fly in the new aircraft," he said. "All of them spoke highly of the (aircraft)."

Other keys to the future of the program are taking shape now. Colonel Polumbo said the completion of the new simulator project, a \$12.5 million airfield operations complex, a runway

upgrade and the T-38C conversion are all key items in continuing ENJJPT at Sheppard.

"Now that the Steering Committee is over, I just need to run the wing," he said. "They need to decide what the future is going to be."

Members of the 13 nations that make up ENJJPT held several meetings to discuss financial and training issues that face the pilot training mission in the future.

Part of the discussions was the development of a new

Memorandum of Understanding between the nations of ENJJPT. The current MOU is scheduled to expire in September 2005.

Colonel Polumbo said the group began working on a new MOU now because it will take a while for each nation to work the agreement through their respective chains of commands. He is, however, optimistic an agreement will be reached and ENJJPT will continue to produce the world's best fighter pilots.

"ENJJPT will likely continue at Sheppard for many years to come," Colonel Polumbo said.

On the Inside

Sexual assaults preventable with awareness

In line with April's Sexual Assault Awareness Month, Air Force leaders encourage all Airmen to be knowledgeable about sexual assault risks, consequences and prevention.

"Sexual assault in an organization that depends on each individual in life and death situations is simply intolerable," said Gen. Don Cook, Air Education and Training Command commander. "Our most important obligation to our Air Force people is to give them a safe and secure working, living and training environment. We will continue to do everything we possibly can to prevent such criminal behavior. Have no doubt, you and all Airmen are personally responsible for preventing assaults of any kind."

For full story, see page 2.

Pope AFB sponsors Sheppard classroom

A Pope Air Force Base member transformed a part of Sheppard into his home base Monday when he decorated the 366th Training Squadron's POL room.

Master Sgt. Jerome Wheeler, from the North Carolina base, hung patches, hats, posters and other Pope memorabilia on the four walls of the fuels training classroom.

An instructor at the 366th said the room decoration does more than showcase some of the memorabilia.

For full story, see page 4.

Safety focus must remain constant

Accidental deaths and severe injuries are plaguing our Air Force. Sadly, AETC has not escaped this alarming trend.

Last weekend alone we lost three Airmen in tragic accidents. Two instructor pilots perished in the crash of a T-6A trainer at Savannah-Hilton Head International Airport in Georgia, and a young Airman lost his life in yet another fatal motorcycle accident near Keesler Air Force Base in Mississippi.

For full story, see page 7.

Index

- Activities6A
- News.2-4A
- Editorial7A
- Sound off6A
- Sports.....1-4B
- Spotlight.....6A

Celebrating in bronze

Stars awarded to sergeants for service in Iraqi war

By Carolyn Knothe
Base Public Communication

The stars at night got bigger and brighter deep in the heart of North Texas as two Team Sheppard members were awarded Bronze Stars.

Senior Master Sgt. A. J. Alderete, first sergeant of the 80th Flying Training Wing, and Army Staff Sgt. Michael Whitehead, an instructor with the 366th Training Squadron, were both recipients of the Bronze Star for their meritorious service in Operation Iraqi Freedom.

Sergeant Aldrete was deployed to a base in the Middle East that supported U-2 reconnaissance aircraft and air refueling missions. As forces began to build up in anticipation of the war, his base's population jumped from 600 people to 1,500 in a very short time.

"I was responsible for the build-up of the tent city, supporting people coming in, and setting up the search and rescue teams and the security forces augmentation," Sergeant Aldrete said.

His days were long and he was thankful for the support of his family, knowing he couldn't have accom-



Master Sgt. A. J. Alderete, left, of the 80th Flying Training Wing, and Staff Sgt. Michael Whitehead, below, of the 366th Training Squadron were awarded the Bronze Star for their efforts in Operation Iraqi Freedom. Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, presents Sergeant Whitehead's award to the Army sergeant.



See STARS, Page 4

Privatization one year away for base housing

By Senior Airman Chris Powell
Staff writer

Sheppard members living in base housing will be witness to some drastic changes thanks to housing privatization from mid 2005 through 2013.

Although some may think privatization is a bad thing, senior officials said it's the fastest and most economical way for the Air Force to give servicemembers better housing and fix substandard housing.

"We want to provide our airmen with quality housing they can be proud of," said Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander. "Much of our current housing does nothing for quality of life, so we are looking to the private sector. If the (Department of Defense) rectified this issue, it would cost billions of dollars."

Walt Buster, Sheppard's housing privatization consultant, said the civilian company that takes over base housing will own, manage and maintain all of base housing.

"Housing privatization is the process by which the government conveys (or gives) housing over to the private sector so they can replace or repair base housing," he said.

When construction or renovation begins, housing residents, in phases determined by the developer, will be required to temporarily move off base.

"The construction will be limited to a certain number per year, so we won't be sending everyone off base at the same time looking for housing," Mr.

Buster said.

The general said the housing office would stop moving people into houses as time gets closer for construction.

"It's in the contractor's and the Air Force's best interests to minimize the turbulence families feel when moving around," General Rooney said.

Military members who have moved off base will be allowed to return to newly renovated or constructed homes upon completion of each construction phase as determined by the developer, Mr. Buster said.

"With exception of 39 units we anticipate all of Bunker Hill and Wherry will be torn down and re-built, with the remaining units being used as (temporary living facilities)," General Rooney said. "Capehart will be renovated with additional square footage added on to the house."

When residents move back on base, they will have to sign a lease with the developer. The service member will then hand over their basic allowance for housing to the developer each month.

In addition to signing the lease, residents will be responsible for electric and gas utilities. The developer will install meters on each house so residents can be assured they will only pay for what they use, Mr. Buster said.

Rumors are that the housing residents will be solely responsible to pay for the utilities out of pocket, but this is not the case.

See HOUSE, Page 4

New era of training begins with F/A-22 simulator

By John Ingle
Editor

The next big addition to Sheppard training rolled onto the base Tuesday afternoon when the forward fuselage of a F/A-22 Raptor was delivered.

Crews from Able Machinery Movers unloaded the maintenance training device, called the Cockpit and Forward Fuselage Trainer, into Bldg. 1.

David Ferry, 82nd Training Group supervisor of training operations, said the trainer won't be used until classes begin in January 2008.

"All we're doing today is storing it for two years," he said. "That saves the Air Force money."

The CFFT will be temporarily located in the building until its permanent home is completed in 2007. Mr. Ferry said a new \$22 million building is in the works to be built near Bldg. 1045.

In all, eight different trainers will be delivered to Sheppard over the course of the next four years to include avionics, fuels, engine maintenance and



An employee with Able Machinery Movers unloads the Cockpit and Forward Fuselage Trainer from a flatbed Tuesday afternoon. The CFFT

armament to name a few.

"There's going to be 14 different (Air Force Specialty Codes) that all eight trainers will affect," Mr. Ferry said.

The mock-up trainers aren't really mock-ups, he said. The trainers are

made out of the same materials as the F/A-22s used in the Air Force now and have the same usable systems.

In addition to the CFFT, Sheppard will also get an aft fuselage, engine and seat and canopy training devices.

Perhaps more important is students

here will be able to get practical hands-on experience even though a functional aircraft won't be here.

"We're going to have hands-on (training)," Mr. Ferry said. "It's a portion of the air plane. They're the same size, same dimension."

Since the Raptor is the newest in fighters in the Air Force, there aren't any that could be sent to Sheppard for training purposes. The answer is the piece-by-piece method of providing the parts to effectively train students and provide a low cost for the Air Force.

"This is more cost effective because we would need F/A-22s here to train," Mr. Ferry said, adding the aircraft comes at a "tremendous cost."

Mr. Ferry said additional training devices such as interactive computer programs could be developed as the time draws closer to begin classes. The group will meet to determine learning objectives, he said.

Another section of the aircraft is scheduled to arrive at Sheppard by the end of May.

Awareness can prevent sexual assault

By 2nd Lt. Amber Millerchip

*Air Education and Training
Command Public Affairs*

RANDOLPH AIR FORCE BASE, Texas (AETCNS) – In line with April's Sexual Assault Awareness Month, Air Force leaders encourage all Airmen to be knowledgeable about sexual assault risks, consequences and prevention.

"Sexual assault in an organization that depends on each individual in life and death situations is simply intolerable," said Gen. Don Cook, Air Education and Training Command commander. "Our most important obligation to our Air Force people is to give them a safe and secure working, living and training environment. We will continue to do everything we possibly can to prevent such criminal behavior. Have no doubt, you and all Airmen are personally responsible for preventing assaults of any kind."

Sexual assault includes rape, attempted rape, assault, indecent assault and the attempts to commit these crimes. According to the National Center for Victims of Crime, 1.3 women are raped every minute.

Some of these offenses require the actual use of force, where one person overpowers the other by whatever means, such as use of a weapon, strength or physically imposing size. Use of force also includes coercion, such as using rank or authority.

Women in their late adolescence and early adult years, particularly those drinking alcohol,

are most at risk, said Capt. (Dr.) Julie Storey, clinical psychologist in the Life Skills Support Center at Randolph.

"Many are on their own for the first time in their lives and do not have safety nets such as parents or guardians," Captain Storey said. "They make poor judgments, and the consequences of those judgments, at that age, are a lot higher."

Reactions of both victims and perpetrators of sexual assault are also affected by sexual assault mythology. Most myths blame the victim.

For example, "Women who are careful don't get raped, so therefore if I had been careful this wouldn't have happened to me," or "She secretly wanted to be raped."

An assailant who mistakenly believes these myths may think his actions were justified while a victim who believes them may delay or refuse to report an assault, Captain Storey said.

Believing the myth, "Only bad or provocative girls get attacked," can result in a false sense of security by women who are sure they don't fall into either category. Anyone can be assaulted, even the elderly. This is particularly true because attackers are often people known and trusted by the victim, not strangers, Captain Storey said.

According to the National Center for Victims of Crime, 40 percent of victims know their attackers.

"That sense of invulnerability is a big one," Captain Storey said. "You do things such as

walk away and leave your drink sitting on a table or bar, go to a party and say, 'I'm going to get drunk because everyone else is getting drunk,' so nobody's really accountable for what's happening."

Captain Storey emphasized this doesn't mean not to trust one another.

"Trust each other, but don't trust drunk people," she said. "Some people actually change personality when drinking. Once alcohol enters into a situation, no one can predict how that alcohol will affect others or themselves."

According to the Texas Association Against Sexual Assault, 75 percent of perpetrators and 55 percent of victims are under the influence of alcohol at the time of an acquaintance rape.

Alcohol affects the way the brain processes things. It decreases inhibitions and impairs judgment on both the part of the victim and perpetrator, Captain Storey said. That impairment impacts the victim's ability to understand and detect danger. It also affects the perpetrator's social judgment, such as what's appropriate and what's not.

Alongside more targeted education on risk factors, young women need to learn the importance of reporting immediately, Captain Storey said.

If attacked, regardless of any associated misbehavior, a victim should immediately report to an emergency room for medical assistance and to begin the investigative process. Early

reporting of sexual assaults is an important factor in gathering timely evidence related to the crime.

"Victims may spend a lot of time worrying about other people's opinions or the consequences of revealing their misconduct at the time," Captain Storey said. "The longer they wait, the less chance of a conviction."

Every Air Force installation has established programs, procedures and communication channels to report assaults of any nature. Victims are provided medical, legal, emotional and spiritual help. Specifically, life skills center providers are available to provide individual counseling services to deal with some of the emotional consequences of what happened.

Life skills providers also encourage victims to seek group counseling from any available community rape crisis center. According to Captain Storey, one of the components of recovery is for victims to realize they're not alone and to diminish the sense of isolation, embarrassment and shame. Community crisis centers allow victims to talk to other victims about their experiences, and to begin to change their beliefs and normalize their reaction to the traumatic event.

In addition to life skills and community rape centers, the Victim Witness Assistance Program, a federally mandated program, is available on every Air Force installation through the base legal office. The program assigns each victim a vol-

April is ...
Sexual Assault Awareness Month



SEXUAL ASSAULT
No one is exempt from being a victim.
Regardless of race,
religion, gender or
age ..

Work as a TEAM
and stop sexual assault now!

Call: (940) 676-2271 or (800) 252-5400 (CPS)

unteer advocate to navigate the legal process and serves as another part of the victim's support system.

Prevention starts from within, with smart decision making, trusting instincts, developing situational awareness and having the confidence to not follow

the crowd, said Lt. Col. Cheryl H. Thompson, chief of military justice at the AETC Directorate of the Staff Judge Advocate.

"We need to be responsible for ourselves and our friends," Colonel Thompson said. "We need to take care of and look out for each other."

Visit www.af.mil for more Air Force news.

23 UPTs graduate from ENJJPT class 04-04



Twenty-three pilots will graduate from the 80th Flying Training Wing's Euro-NATO Joint Jet Pilot Training program during ceremonies tonight at 6 p.m. at the community center.

ENJJPT trains undergraduate pilots for nine NATO countries, including Belgium, Denmark, Germany, Italy, the Netherlands, Norway, Spain, Turkey and the

United States. In addition to these countries, Canada, Greece, Portugal and the United Kingdom provide flight instructors for the program. As many as 250 pilots complete the 55-week program each year.

Today's graduation of ENJJPT Class 04-04 includes 12 pilots from the United States, five from Italy, three from Germany and two from

Norway.

The guest speaker for tonight's graduation is Norwegian Brig. Gen. Geir Harildstad, commander of the Norwegian Defense Material Agency. General Harildstad completed pilot training at Columbus Air Force Base in 1970. He flew the F-5G and F-104G He has held various positions in the Norwegian air force.



Briefly Speaking

SFS reminder

82nd Security Force Squadron would like to remind personnel of some simple ways to make entering the base easier.

Be attentive as you approach the intersection.

Don't use your cell phone, smoke, drink coffee or eat as you are pulling up to the gate.

Have your ID ready.

Be courteous to other drivers.

A pair of sunglasses for the morning sun is a must.

Security Forces is not directing the main flow of Burkburnett traffic.

You must follow traffic light rules. Yellow means stop not speed up.

Security Forces are there to ease the flow of traffic onto the base only. Follow their directions.

Pediatric appointments available

Appointment slots are available at the Pediatric Clinic.

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

Tax deadline closing in

Less than one week is left to file state and federal taxes.

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

AAHC offering scholarship

Sheppard's African-American Heritage Committee will be awarding two scholarships to local high school seniors for \$1,000 and another for \$500. Below is the criteria for the scholarship:

Applicants must be a local high school senior and a U.S. citizen or permanent resident;

Minimum G.P.A. of 2.8;

Applicant must have demonstrated leadership or service with active participation in a high school or community organization;

Applicants will submit a completed application that includes: an essay, current high school transcript, and two letters of recommendation.

If selected for a scholarship, the money will be deposited into the student's account at a college or university in which they have been accepted to attend. Applications are available for pick up at the student's guidance counselor office and must be submitted by May 7.

For more information, call 6-1736.

AA meetings held on base

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is the desire to quit drinking. There are no dues or fees for A.A. membership. We are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization or institution, does not wish to engage in any controversy; neither endorses nor opposes any causes.

Our primary purpose is to stay sober and help other alcoholics achieve sobriety.

For more information, call 851-6514 or (877) 475-9353.

Morale club to meet

The 82nd Training Wing Staff Agency Morale club will hold a meeting Thursday at 9 a.m. in the wing conference room.



Photo by Airman 1st Class Jacques Lickteig

A huge eye peers at an A-10 Thunderbolt II in Bldg. 2080, room 144. Members from Pope Air Force Base are sponsoring the 366th Training Squadron's POLroom.

Pope AFB sponsors fuels classroom

By Airman 1st Class Jacques Lickteig
Staff Writer

A Pope Air Force Base member transformed a part of Sheppard into his home base Monday when he decorated the 366th Training Squadron's POL room.

Master Sgt. Jerome Wheeler, from the North Carolina base, hung patches, hats, posters and other Pope memorabilia on the four walls of the fuels training classroom.

The decorations also include a banner from Pope's largest customer, the Army's 82nd

Airborne Division, enlarged 43rd Airlift Wing and 23rd Fighter Wing patches and other graphics created by Pope's Aircraft Corrosion Control shop.

An instructor at the 366th said the room decoration does more than showcase some of the memorabilia.

"The purpose of decorating the room is to get Airmen excited about the operational Air Force," Tech. Sgt. Kimberley Walsh, fuels instructor, said.

Although decorating classrooms isn't a new concept at the 366th TRS — two other rooms boast in-house creativity — this

is the first time another base donated the adornments and a representative from that base added some elbow grease, Sergeant Walsh said.

Sergeants Wheeler and Walsh spent a total of about three days to repaint the walls, strip the floor and decorate the room, she said.

"We've been pushing this for a while," Lt. Col. Keith Maxwell, 366th TRS commander, said. "It helps build students esprit de corps, and it gives them a closer tie to the operational Air Force."

Pope AFB is part of Air Mobility Command.

STARS

Continued from Page 1

plished what he did without them.

"My wife didn't like the separation, but she knew that I wanted to go over there and she supported me 100 percent," he said. "My family did an outstanding job taking care of themselves and sending me their love."

Sergeant Whitehead was part of a story that was broadcast on the evening news across the country. He was a member of the team that restored power to Baghdad International Airport.

"When the airport was originally taken, they found the

backup power plant and couldn't power it up themselves," he said. "We had to do things to get the generators up and running. Within 24 hours we were able to get two out of the three generators on and the next day turned on the lights at the main substation."

At the ceremony presenting Sergeant Whitehead with his award, Brig. Gen. Arthur Rooney Jr., commander of the 82nd Training Wing, said one of the reasons the Bronze Star is awarded is to "recognize the boots on the ground."

"It's reflective of the quality of instructors we have," he

added, noting that Sergeant Whitehead was in instructor training. "Can you imagine being a student in one of his classes?"

Both Sergeant Alderete and Sergeant Whitehead credited their comrades for helping them achieve their meritorious service.

"I did none of this by myself. I was very fortunate to have many great people with me and they deserve credit too," Sergeant Alderete said.

"I couldn't have done anything without the guys who are still out there," Sergeant Whitehead said. "I thank them."

HOUSE

Continued from Page 1

"A utility allowance of 110 percent of the estimated average utility expenses by unit type will be deducted from the members BAH to pay utility expenses," Mr. Buster said. "It is important to note that until the homes are up-graded and meters installed the member will surrender their entire BAH to developer and pay no utility expenses until metered."

Once the dollar amount is determined, the Air Force will take that cost from the BAH amount, give it to the service-

member and the servicemember, in turn, pays the contractor.

"Just like it is today, Airmen will not have to worry about out-of-pocket expenses," General Rooney said. "But if your house looks more like an airport runway, there may be some out-of-pocket expenses."

"If the resident's conserve energy and use less than what their allowance is, they can keep the rest of the money," Mr. Buster said.

But if residents do go over

what the Air Force allocates them, they will be responsible in paying the rest of the bill.

General Rooney said that Airmen could also look forward to other amenities like swimming pools, playgrounds, jogging paths, tennis courts and clubs.

"Some people pay a great deal of money to live in a gated community," he said. "We want the spouses to be happy so the military member is happy and can be more productive."

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. Tuesday. A member of the 82nd Security Forces Squadron will be the general's guest.

Submitting a story? Don't forget, deadline for story, brief or photo submissions to the Senator for publication is Friday at noon one week before the requested publication date. For information, call 6-7244.

In FILM



Confessions of a Teenage Drama Queen (PG)

Saturday at 2 p.m.
Lindsay Lohan, Adam Garcia
- Two girls compete for the title of most popular girl in school.



Twisted (R)

Saturday at 4:30 p.m. and Sunday at 2 p.m.
Ashley Judd, Samuel L. Jackson - Police detective, Jessica Shepard, tracks a serial killer who murders the men she dates.



Eurotrip (R)

Saturday at 7 p.m., Sunday at 4:30 p.m. and Tuesday at 7 p.m.
Scott Mechlowicz, Jacob Pitts - Scott Thomas and his friends travel to Europe to meet Scott's German "tutor."

Also showing: *Starsky & Hutch* (PG-13) Thursday at 7 p.m.

Community

Change of command

Lt. Col. Thomas Robinson, 82nd Contracting Squadron commander, will relinquish command to Lt. Col. John McLaurin Thursday at 2 p.m. at the officers club.

Club activities

Karaoke night

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

Mongolian barbecue

The officers club will serve Mongolian barbecue tonight from 5:30 to 8 p.m. The cost is \$.45 per ounce for beef, chicken or pork. Call 6-6460 for more information.

Latin night

The enlisted club will host a Latin night Saturday beginning at 9 p.m. Call 6-2083 for more information.

information.

Easter buffet

The officers club will serve a buffet Sunday at four times: 10 a.m., 11 a.m., noon and 1 p.m. The cost is \$15.95 for members, \$17.95 for non-members, \$8.95 for children 6 to 11 and free for children 5 and younger. For more information, call 6-6460.

Family night

The enlisted club will host a family night Thursday from 5:30 to 8:30 p.m. The cost is \$5.95 for members, \$7.95 for non-members and free for children 11 and younger. For more information, call 6-2083.

ITT

Six Flags

ITT will take a trip to Six Flags over Texas April 17. The cost is \$45 per person or \$18 for season pass holders. Register by Tuesday. The late registration fee is \$5. For more information,

Sheppard Spotlight

15 lines of fame

- 1. Name:** James Bruce
- 2. Rank:** master sergeant
- 3. Organization and position:** 366th Training Squadron, instructor supervisor for interior distribution systems.
- 4. Hometown:** Ankeny, Iowa
- 5. Married or single:** Married to Jodene Bruce 20 years this June, sons Joshua, 15, Justin, 13, and Jeremy, 10.
- 6. Hobbies/Favorite thing(s) to do in your free time:** Shoot billiards, hunt with a bow and arrow and watch or participate in soccer.
- 7. Funniest childhood memory:** A practical joke played on my sister when she was sleeping.
- 8. Why did you join the Air Force?** Education and travel benefits.
- 9. Why do you stay in the Air Force?** It's a great way of life. I love what I'm doing
- 10. Date arrived at Sheppard:** Aug. 6, 2002.
- 11. Most rewarding aspect of your job:** Seeing the expression on a student's face when they finally learn a difficult task.
- 12. Favorite book or movie:** "Officer and a Gentleman."
- 13. What is your dream vacation?** A cruise to the Caribbean with my wife and no kids.
- 14. If you could be anyone for one day, who would you be?** The president.
- 15. Most prized possession:** A 2000 Harley Davidson Heritage Softail.



mation, call 6-2302.

Chapel schedule

Catholic services

Saturday
Confession: 4 to 4:30 p.m.
(north chapel) Mass: 5 p.m.
(north chapel)

Sunday
Mass: 9 a.m. and noon (north chapel) Religious education: pre-kindergarten through adult: 10:30 to 11:40 a.m. (Bldg. 962) RCIA: 1:30 to 3 p.m. (Bldg. 962)

Daily Mass

Tuesday, Wednesday and Thursday: 11:30 a.m. (south chapel)

Protestant services

Sunday
10:30 a.m. Community

Worship (north chapel) 10:30 a.m. Inspirational Gospel
Worship (south chapel) 10:30 a.m. Holy Communion
Worship (Solid Rock Café)

Protestant Parish Ministries

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

Protestant Religious education

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

Protestant Women of the Chapel Thursday Bible study, 6 p.m. Protestant Men of the Chapel Tuesday Bible study, 6 a.m. For more information about the chapel, call 6-4370.

Student ministry

Solid Rock Cafe (Bldg. 450)

Monday through Thursday, 7:30 a.m. to 9:30 p.m., Friday, 7:30 a.m. to 11:30 p.m., Saturday, 1 to 11:30 p.m., Sunday, 1 to 9:30 p.m.

Sunday Protestant Bible study, 4 p.m. Contemporary Praise Worship Service, 5 p.m. Holy Communion Worship, 10:30 a.m., Praise and Prayer, Wednesday, 8 p.m. Students Awaiting Training classes, Tuesday and Thursday, 8:15 to

10 a.m. Chapel Ropes Meeting, Tuesday, 11 a.m. to noon and 4:15 to 5 p.m. Parents and Tots, Monday, 1:30 to 2:30 p.m. and Tuesday, 10 to 11 a.m. Praise Band Rehearsal, Saturday, 10 a.m. to noon Solid Rock Saturday Meal, 6:15 p.m.

Student stuff

Easter eggs at Club BDU

There will be an Easter egg drawing at Club BDU Saturday from 7 p.m. to 1 a.m. The cost is \$4 per person. Call 6-7659 for more information.

FITS

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

Sheppard Senator

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

Sheppard Senator editorial team

Maj. Manning Brown, Public communication director
 Master Sgt. Jeff Szczechowski, Noncommissioned officer in charge
 John Ingle, Editor (6-7244, sheppardsenator@sheppard.af.mil)
 Senior Airman Chris Powell, Sports editor
 Airman 1st Class Jacque Lickteig, Staff writer
 Terri Tyler, Action Line coordinator (6-2000, action.line@sheppard.af.mil)



Published by the Times Publishing Company of Wichita Falls, Texas, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 82nd Training Wing.

This commercial-enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of The Sheppard Senator are not necessarily the official views, or endorsed by the U.S. government, the Department of Defense or the Department of the Air Force.

The appearance of advertising in this publication including inserts or supplements, does not constitute endorsement by the DoD, the Department of the Air Force or the Times Publishing

Company of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, marital status, physical handicap, political affiliation or other nonmerit factors of the purchaser, user or patron. Content is edited and prepared by the 82nd TRW public communication office. Copy deadline is noon Friday the week before publication. All photos are U.S. Air Force photos unless otherwise credited. E-mail submissions to sheppardsenator@sheppard.af.mil 82nd TRW/PA, 419 G Ave., Ste. 3, Sheppard AFB, Texas 76731-2943.

Tips on controlling your drinking

Drinking is currently the number one form of substance abuse at colleges. Binge drinking is defined as the "consumption of 5 (4 for women) or more drinks in a row on at least one occasion." Here's a sobering (excuse the pun) statistic - Alcohol is involved in the following:

- 60 percent of college student suicides.
 - 90 percent of campus rapes.
 - 95 percent of other violent crimes on campus
 - 50 percent of all motor vehicle fatalities.
- You have a problem drinking if:
- You are usually unable to control your drinking and wind up drunk.
 - You are using alcohol as a tool to escape your problems.
 - You change from your usual reserved character to the "life of the party" after drinking a few.
 - Your personality changes from Dr. Jekyll to Mr. Hyde.

- You can drink everybody under the table.
- You don't remember what happened when you were drinking.
- You have problems at work or in school as a result of drinking.
- Your friends and family voice their concern about your drinking.

Be smart. If you choose to use alcohol, make sure you drink responsibly. The following are some tips to help keep your risk of impairment as low as possible:

- Eat before you drink. The food will slow down the absorption of the alcohol.
- Don't try to quench your thirst with alcoholic drinks, this only makes you thirstier. Plain old water is best when you're really thirsty.
- Sip. Don't gulp. If you're a guy, you'll look cool. If you're a woman, you'll look refined. And no matter who you are, you'll probably feel better the next morning.
- Choose drinks with food-based mixers such as vegetable and fruit juices, which lower the risk of impairment; water or carbonated mixers increase impairment. Also, choose drinks with low alcohol content.
- Limit your drinking. No more than two drinks per day if you're a man and one if you're a woman. Don't drink every day and not more than four days in a week.

■Don't "panic drink." In other words, slow the rate at which you put away the alcohol. It's not a race. Try to limit yourself to one drink per hour which allows time for oxidation.

■Give yourself a break; alternate booze with non-alcoholic beverages.

■Be strong and don't give in to those immature jerks who use "peer pressure" to get you to drink more than you want.

■Make sure you have a way to get back home - designated driver.

Stay smart. If you choose not to drink you should consider the following:

- What will you drink instead of alcohol?
- How will you refuse offers of alcohol drinks?
- How will you take care of yourself if others get drunk?
- How will you get home?

Be safe. Under certain circumstances alcohol use can be dangerous. The following is a list of conditions when abstaining from alcohol consumption is the best choice.

■On certain medications, or if you have certain illnesses (check with your doctor), mixing medicines with booze may give you a buzz for which you didn't bargain.

■Behind the wheel, or engaged in tasks requiring full mental or physical functioning, drinking is one of the most dangerous things anyone can do. But you should already know that!

■Stressed out or tired. Drinking doesn't relieve stress, it only complicates things further, and it could lead to depression. Talk to a friend instead, or do some relaxation exercises, or maybe go shopping. Talk to the son, daughter, or sibling of someone with alcoholism. As we mentioned earlier, alcohol problems are often a family affair.

■Recovering from alcoholism or drug dependency. If you've worked hard to get yourself off alcohol or drugs, the last thing you want is to fall off the wagon. Stay clean.

■Violating laws, policies or personal values. If drinking may mean legal trouble or expulsion from school, don't do it. It's not worth it.

■Expecting, nursing or considering pregnancy...Remember, now you're abstaining for two. (Courtesy of the base safety office.)

View from the Top: Safety focus must remain constant

By Gen. Don Cook

Commander of Air Education and Training Command

RANDOLPH AIR FORCE

BASE, Texas (AETCNS) -

Accidental deaths and severe injuries are plaguing our Air Force. Sadly, AETC has not escaped this alarming trend.

Last weekend alone we lost three Airmen in tragic accidents. Two instructor pilots perished in the crash of a T-6A trainer at Savannah-Hilton Head International Airport in Georgia, and a young Airman lost his life in yet another fatal motorcycle accident near Keesler Air Force Base in Mississippi.

Compounding this situation is the sharp rise in other accidents resulting in serious and near fatal injuries.

The frequency at which Airmen in our command are killed and injured in private motor vehicle accidents, especially motorcycle accidents, is appallingly high.

Within the first months of this year we are well on our way to overtaking the precedent-set-

ting number of fatal and serious injury-producing motorcycle accidents we had last year.

This heartrending loss of life and severe injury is simply intolerable.

One motorcycle accident death is one too many! There is no middle ground or room for compromise.

Safety considerations are critical in all you do at work, at home and during your leisure activities.

But despite all our sustained best efforts to communicate this imperative; despite our robust mandatory safety training programs; despite people seemingly on board with the safety mindset, deaths and injuries continue to haunt us with increasing regularity.

Immediate action by every AETC team member to halt this unacceptable trend is the only solution. To get our focus squarely on safety as our No. 1 priority, I directed commanders throughout AETC to hold a safety "down day" Thursday. I wanted everyone in our com-

mand to get a collective shake of the shoulders and look in the eye from their commanders to ensure they received - again - a loud and clear message about the paramount importance of safety.

We've iterated our message consistently and frequently - safety and our reliance on operational risk management are absolutely crucial in all we do.

Our message has not changed, and we will not stop delivering it at every opportunity possible.

But it is up to each of you to respond to this call to preventative action.

Today, right now each of you must center your focus on safety - not tomorrow, not next week and not when the "101 Critical Days of Summer" begin in May.

Now is the time to take the brave, but necessary action to alter behavior that puts you, your family and your colleagues at risk.

Recklessness, inattention and disregard for fundamentally safe behavior must be eliminated.

Leadership Corner



Photo by Mike Littleken

Col. Darrell Sims, 82nd Training Wing vice commander, presents the AETC Honorable Mention Outstanding Contracting Civilian Award to Gary Beck, from the 82nd Contracting Squadron.

Sheppard Law Center explains "unprofessional relationship"

By Capt. Sandra Morris

Sheppard Law Center

We are briefed about "unprofessional relationships" from the moment we enter the Air Force.

We are told not to engage in them, are warned repeatedly against them, but many members lack a clear idea as to what an unprofessional relationship really is.

When we hear the term "unprofessional relationship," most members automatically think fraternization, which can only occur between an officer and an enlisted member. However, fraternization is just one type of unprofessional relationship.

The term "unprofessional relationship" is broader and includes all improper superior-subordinate relationships. It is important to see that unprofessional relationship issues apply to all of us - from airman basic to senior offi-

cers to civilian employees.

So what exactly is an unprofessional relationship? AFI 36-2909, Professional and Unprofessional Relationships, tells us.

To summarize, relationships are unprofessional, whether pursued on or off-duty, when they detract from the authority of supervisors or result in or create the appearance of favoritism, misuse of office or position, or the abandonment of organizational goals for personal interests. Unprofessional relationships can exist between officers, enlisted members and between military personnel and civilian employees.

Remember to think of unprofessional relationships as a superior-subordinate issue.

For example, Senior Master Sgt. Smith supervises 14 technicians ranging in grade from Airman to technical sergeant. Sergeant Smith finds he has

little in common with most of his subordinates, until he discovers that Senior Airman Jones shares his love of professional hockey.

Daily they discuss the merits of various players, talk about team standings, analyze upcoming games and regularly attend matches together.

Only rarely does Sergeant Smith enter into casual conversation with others in the office.

Soon, there is whispering in the unit about how Airman Jones is the "teacher's pet" who "everyone knows" always pulls the "cushy" duty. Morale noticeably begins to drop despite the fact that Sergeant Smith has always made an effort to spread out the details and rotate the work schedule so that everyone pulls a fair share.

This is an unprofessional relationship.

Professional relationships are an essential element for building morale

and productivity, but it's easy to see how quickly things can go wrong. Air Force policy on professional relationships is based on customs of the armed forces, which derive from the need to maintain discipline.

Supervisors must ensure that their personal relationships with subordinates - especially those they supervise - do not give the appearance of favoritism or impropriety. Supervisors and subordinates are expected to exhibit appropriate behavior both on and off-duty.

Personal relationships between Air Force members become matters of official concern when they adversely affect duty performance, morale and discipline.

Basically, members of different ranks are expected to maintain a professional relationship, governed by time-honored traditions of dignity and military courtesy.

Failure to do so can result in action under the Uniform Code of Military Justice.

So, what simple steps can we take to avoid the appearance of favoritism in our units?

Maintain an appropriate professional distance from subordinates at all times.

A few guidelines are:
 Comply with military customs and courtesies in the workplace

Treat all subordinates fairly and with respect

Refrain from off-duty partying with subordinates (this can undermine a subordinate's perception of his/her supervisor as an authority figure)

Refrain from selective socializing with subordinates (always attempt to include all subordinates in any on or off-duty social activities)

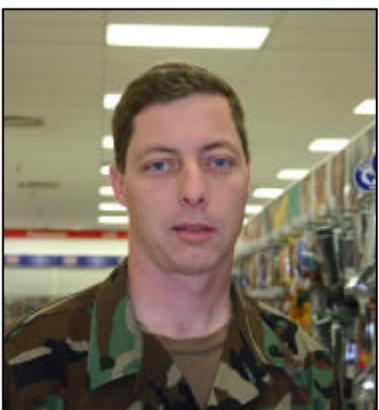
Do not become romantically involved with subordinates.

Soundoff

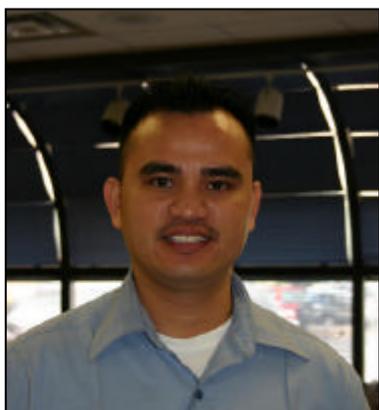
What's your favorite aspect of Easter?



"Celebrating that Christ rose from the dead." ~ Capt. Melissa Phillips, 89th Flying Training Squadron



"It's just another holiday. It's kinda hard to celebrate holidays when you're so far from home." ~ Army Spc. Brandon Floyd, 187th Medical Battalion



"The Easter bunny." ~ Navy Petty Officer 1st Class Rodel Carlos, 382nd Training Squadron



"The colors. They're so cheerful." ~ Alfreda Dumas, base commissary



Sheppard Sports



Air Force Reserve begins fitness testing

By 2nd Lt. Lance Patterson
Air Force Reserve Command
Public Affairs

ROBINS AIR FORCE BASE, Ga. (AFP) — Air Force reservists across the country are under the new Air Force fitness-testing standards as of April 1.

Previously, fitness was measured by height-based weight restrictions, and reservists were tested on aerobic health through a 3-mile walk.

The new standards include a waist measurement, push-ups, crunches and a 1.5-mile run.

"Our emphasis is on the overall health and wellness of our members' lifestyles," said 2nd Lt. Eric Doggett, unit fitness pro-

gram manager for the Air Force Reserve Command headquarters here. "Being physically fit paves the way for more rewards than a passing score; it promotes a more productive and energetic way of life." About 75,800 reservists train on full- and part-time duty. Since Sept. 11, 2001, about one in four has been activated and about 6,000 are currently mobilized.

"Air Force reservists play an integral role in our national defense and are vital to the effectiveness of our military in combat," said Maj. Richard Watson, commander of the 951st Reserve Support Squadron here. "Having our people physically fit not only helps that (they) stay healthy, but it also ensures the Air Force Reserve Command mission is a success."

In February, key members of the command staff were tested under the new standards.

"In a climate with a high-operations tempo, we just need to be better fit," Major Watson said. "All Airmen are expected to meet the new physical-fitness program standards. People who score above 90 are considered in excellent health. A total score of 75 to 89.99 is good; 70 to 74.99 is marginal; and less than 70 is poor.

The scoring is broken down by age and gender. Beginning with "under age 25," the charts go up every five years for both men and women. As an Airman's age progresses, the number of push-ups and crunches

See TEST, Page 3B



Photo by Bo Joyner
Maj. Gen. John Batbie, (right lane) vice commander of Air Force Reserve Command at Robins Air Force Base, Ga., sets his watch to time his mile-and-a-half run. More than 40 senior Reserve leaders took the new physical fitness test to set the pace for the about 75,800 reservists who will test in April.

Sports Briefing

Special Olympics volunteers

Volunteers are needed for the Special Olympics Texas - North Texas April 24 at the base track.

People can volunteer from 10 a.m. to noon Saturday at the mini-mall and from 12:30 to 2:30 p.m. Saturday at the base exchange.

The different volunteer positions are partners, huggers, runners, and food service.

Partners commit to spend the day with the athlete. Huggers are the cheerful people who greet the athletes at the end of each event. Runners will run administrative errands and meet the athletes after an event to take them back to the staging area. Food service volunteers will provide cooking, bagging, delivery and serving the food for athletes.

AFA Spring Golf Tournament

There is an Air Force Association Spring Golf tournament 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.

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.

Altus "Spring Fling" softball tournament

There is a Spring Fling softball tournament April 24 at Altus Air Force Base, Okla. The entry fee is \$125.

If there are less than five teams participating, it will be a double-elimination tournament, and if there are more than six teams, it will be a single-elimination a round robin tournament.

The deadline for registration is April 20.

For more information, call Willie Williams at DSN 866-7440, James Daugherty at (580) 471-5802 or Tony Davenport at DSN 866-6809.



Courtesy photo
Joe Nemechek's day at Sunday's Samsung/RadioShack 500 at the Texas Motor Speedway was going great. The Army sponsored NASCAR driver was cruising in third place with only 70 laps to go until a power failure cut his day short. Due to the failure, Nemechek finished the day in 14th place. But with the finish, Nemechek was able to move from 19th to 17th place in the NASCAR NEXTEL Cup driver points standings.

Late race malfunction spoils strong run by Army team

FORT WORTH, Texas — Joe Nemechek was on cruise control, running in third place with 70 laps remaining in Sunday's Samsung/RadioShack 500 at Texas Motor Speedway.

But then that dreaded phrase — "We have a problem" — was radioed to the Army of One crew by Nemechek, who went on to explain that something was amiss with the car's power level.

"We were running great and then all of a sudden the U.S. Army/USG Chevrolet lost power," said Nemechek, who led a total of 31 laps. "We don't know why the car lost power, but we do know that it was costly in terms of where we finished."

Nemechek, who had his sights on at least a top-five finish, ended the 334-lap, 500-mile race in 14th place.

It wasn't all bad news for Nemechek and the Army crew, who kept their poise to finish the race and gain two spots in the NASCAR NEXTEL Cup driver point standings, moving from 19th to 17th.

"It's hard to see a strong performance go south," said Nemechek. "But there was nothing you could do about it. The Hendrick motor guys have been making killer power

all year. The motor was also awesome today. But something happened to the power level late in the race. The cause could have been either electrical or in the carburetor."

Nemechek, who qualified fifth, ran up front all day until the power problem set in. His excellent track position was also a result of fast pit stops by the Army team.

"The pit stops were outstanding," said Nemechek. "For that matter I feel the Army team took a big step this weekend. Our qualifying effort was strong and the race performance was equally as strong.

"We had some bad luck, but we battled through it and salvaged a decent finish. We're disappointed with the result, but we're leaving here upbeat."

A special guest of the U.S. Army team, who participated in pre-race ceremonies and driver introductions, was Maj. Gen. Raymond Odierno, the Commanding General of the 4th Infantry Division out of Ft. Hood, Texas. The 27,000 Soldier Division recently returned to Texas after a year of combat operations in Iraq, and was chiefly responsible for the capture of Iraqi dictator Saddam Hussein.

Navy goes the distance in top marathon

By Journalist 2nd Class Elizabeth St. John and Journalist 1st Class James Bane

Naval Media Center Norfolk

VIRGINIA BEACH, Va. (NNS) -- The Navy Region Mid-Atlantic Running Team finished strong this year at the 32nd running of the Shamrock Sportsfest held March 20 in Virginia Beach, Va.

Several Navy teams competed in a marathon, 8K run and a relay race. They came away with some top military honors, which were added for the marathon and 8K events in 2004.

Navy Region Mid-Atlantic Running Team Coordinator John Lucas was pleased with the way his team performed this year.

"They did wonderful," Lucas said. "We got a 1st and 3rd place. We were well represented. We had about 30 runners competing in the 8k and the marathon."

USS Kearsarge (LHD 3) garnered the military first place award for the marathon, while USS Ramage (DDG 61) took second. In the 8k, the Navy Region Mid-Atlantic Gold team came away with the top military prize, with Navy Region Mid-Atlantic Blue taking third and Ramage coming in fourth. In the marathon relay, the Navy Region Mid-Atlantic Running team once again outran the competition, taking top prize.

Lt. Cmdr. Richard Hayes, resident officer in charge of construction at Naval Air Station Oceana, not only represented the Navy well in this year's marathon but also set a personal record, finishing with a time of 2:39:34.

"It was a goal to finish in the top 10 and break 2:40:00," Hayes said, who came in 9th out of 1,808 who crossed the finish line.

He added that he enjoys running

the Shamrock. "It's a great race, it's a hometown race. It's flat and fast, and I train on the course all year."

The Shamrock Marathon attracts many Navy participants. Capt. Kevin Mears, the force dental officer for Marine Forces Atlantic, said both the marathon officials and the crowds are very supportive to the military.

"Any time there is a race that has military prize categories, they are supporting the military. Not only the race officials, but the crowd would shout encouragement whenever they would see Navy on our shirts," he stated.

Mears, Navy Region Mid-Atlantic Running Team co-captain, participated in the 8k this year. "It's always interesting how many 'Go Navys' you hear out there," he added.

Event officials estimate that 30 to 40 percent of Shamrock's participants have some affiliation with the military.



Courtesy photo
With the loss, Air Force starter Jason Brown fell to 0-3 on the year. Brown allowed six runs, four earned, in five innings pitched.

Air Force baseball loses to Utah, 13-6

U.S. AIR FORCE ACADEMY, Colo. (AFP) — Utah banged out a season-high 20 hits and three home runs to down Air Force, 13-6, in a Mountain West Conference baseball game here April 2. The Falcons fall to 5-25 overall and 0-7 in the conference. Utah improves to 5-16, 2-5.

Utah starter Jason Price improved to 2-4 on the year, striking out 11 Falcon batters and allowing five runs in seven innings pitched. Air Force starter Mitch Brown fell to 0-3 on the year, allowing six runs, four earned, while fanning five in five innings pitched.

Three Utes had three hits with five more getting two. Jay Brossman hit his first home run of the season, going 3-for-5 with three RBIs, and Tyson Olson went 3-for-5 with a homer and four RBIs. Jared Pena hit his second homer of the year.

Air Force had 14 hits with Jason Brown leading the way by going 3-for-5 with a pair of doubles and an RBI. Josh Wolfram, Matt Musser and Colton Walter also had two hits a piece.

Utah went up 2-0 in the top of the first, scoring two runs off a costly throwing error by second baseman Walter. With two outs and a runner on first, Walter fielded a routine grounder but threw the ball into the Utah dugout allowing runners on second and third.

Trevor Eastman then followed up with a single up the middle to score both runners.

The Falcons answered back with a run in the bottom of the inning highlighted by Musser's hit-and-run single. Josh Wolfram led off the inning by drawing a walk and drew the second baseman toward the bag on the attempt, allowing Musser to hit the ball in the hole. Nathan DeRohan then scored Wolfram from third in a sacrifice fly to center field. Musser, who made his varsity debut, also stole three bases and scored a run.

The Utah bats came alive in the fifth inning, scoring four runs on five hits to jump out to a 6-1 lead. The Falcons came right back with three runs in the bottom of the inning, getting a two-run homer from Nathan DeRohan and an RBI double from Jason Brown to make it a 6-4 game.

However, the Ute bats were too strong, scoring two runs in the sixth, three in the seventh and two in the eighth to pull further ahead. Air Force scored runs in the seventh and eighth.

Bowling

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
82 CS "B"	70	138
82 SFS	70	130
80th OSS	63	145

Fitness center

For more information, call 6-2972.

Fit to Fight timed run

The Fit to Fight bi-monthly 1.5 mile timed fun run is from 11:30 a.m. to 3 p.m. April 21.

War ball

There is a free war ball game at 10 a.m. Saturday 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 calendar

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

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

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.

Mother's Day bowling

Mother's Day bowling is from 11 a.m. to 5 p.m. May 9, and is free.

Second life saved at an Air Force fitness center

By 2nd Lt. Jennifer Taylor

552nd Air Control Wing Public Affairs

TINKER AIR FORCE BASE, Okla. (AFP) — For the second time in a month, a person's life was saved at an Air Force fitness facility. Four Airmen saved an Oklahoma City Air Logistics Center employee's life after he recently suffered a heart attack at the Tinker Annex gym.

Elmer Bicoy suffered a cardiac arrest at the north fitness center at Sheppard Air Force Base, Texas March 9.

Mario Martinez, a quality-assurance specialist at the center, went into cardiac arrest while playing racquetball with Tech. Sgt. Douglas Keller, a radar instructor with the 373rd Training Squadron.

Tech. Sgt. Allan George, a radar master with the 373rd Training Squadron, was watching from outside the racquetball court.

Senior Master Sgt. Dana Williamson, 552nd Operations Group superintendent, was walking by the court when he said he saw Mr. Martinez on the ground.

"I walked in the court and asked if I could help," Sergeant Williamson said. "I took a look at him, felt for a pulse, and he did not have one. I listened for his respiration, and he was not breathing either."

Sergeants Keller and George gave Mr. Martinez breaths while Sergeant Williamson began chest compressions.

Tech. Sgt. Marvin Lewis, a fitness and outdoor



Photo by Maj. Rich Curry

Tech. Sgt. Marvin Lewis displays the automated external defibrillator that helped save Mario Martinez's life. Sergeant Lewis is a fitness and outdoor recreational instructor with the 72nd Services Division.

recreational instructor with the 72nd Services Division, was working at the front desk when he was told someone had a heart attack and to call 911. After seeing that CPR was being administered, he grabbed an automated external defibrillator.

A defibrillator delivers electricity to a person's heart who is suffering from cardiac arrest, said Mashell Sourjohn, a health initiatives specialist with the American Heart Association.

"The electric shock delivered by an AED can stop the abnormal heart rhythm, allowing the heart to resume its normal beat and again circulate blood," Ms. Sourjohn said.

See AED, Page 3B

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 9

10 a.m. Sheppard Today
5 p.m. The Air National Guard — Mission and History
9 p.m. Heroes of Combat Camera

Saturday April 10

10 a.m. Famous Generals: Pershing
5 p.m. Level I Anti-Terrorism Briefing
9 p.m. Weekly commander's corner (Interview ADAPT)

Sunday April 11

10 a.m. Navy History — 1964 to 1966
5 p.m. Air Force News Special Edition — The Centennial of Flight
9 p.m. In Service for My Country—Sheppard

Deploys

Monday April 12

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

Tuesday April 13

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

Wednesday April 14

10 a.m. Flying for Freedom — Women Air Force Service Pilots
5 p.m. Weekly commander's corner
9 p.m. Air Force Story: The Air War Against Japan

Thursday April 15

10 a.m. 50 Years of The Uniform Code of Military Justice
5:00 p.m. In Service for My Country—Sheppard
Deploys
9 p.m. Into the Mouth of the Cat: Lance Sijan

Don't drink and drive. Call Airmen Against Drunk Driving at 6-AADD.

Call the Senator with your story ideas at 6-7244.

TEST

Continued from Page 1B

required for a 100-point score goes down and more time is allowed for the run. However, the waist-measurement standard remains constant, no matter what the Airman's age.

"Abdominal circumference is the only chart that doesn't allow for age," Lieutenant Doggett said. "For men, a top score of 30 points means a measurement of less than 32.5 inches, whether you're 18 years old or 55. For women, it's 29.5 inches."

For more information on the new fitness program visit <https://www.mil.afrc.af.mil/hq/sg/FitnessProgram/PhysicalFitness.htm>

Fitness tip

The benefits of swimming

By Airman David Johnson
Physical trainer

The temperature is starting to rise. And while summer is right around the corner, there's nothing like cooling off in the pool.

A lot of people don't know, but swimming is a great, effective way to exercise. It can also be very therapeutic for certain conditions and injuries. Swimming is a great way to tone up and trim down, because to swim you have to move your body against the resistance of the water.

Just to go a few lengths of the pool can involve most of the major muscles, giving your body a great tone up. If you crank up the pace a little more, you get a brilliant aerobic workout. As the resistance in water is more than 10 times that of air, you are also burning up more fat.

American research suggests that you use up 25 percent more calories in water than you would if you were swimming through air. But because you can swim at your own pace, slowly if you wish, you can keep swimming for much longer than if you're going for the burn on the bike.

Keep in mind that maintaining your staying-power is a vital goal in fat-burning exercise.

**Want to quit smoking?
Check out the smoking
cessation classes at
the health and well-
ness center. For dates
and times, call 6-4292.**

Air Force wins NCBA national title

Senior Clell Knight wins individual national title at 156-pounds

Courtesy of Air Force News Service

RENO, Nev. – The Air Force boxing team clinched its sixth consecutive National Collegiate Boxing Association title on Saturday, April 3, in Reno, Nev. Senior Clell Knight (Justiceburg, Texas) earned his second national title and was named the Outstanding Boxer of the Tournament.

Air Force won the national team title with 40 points, edging out Navy who finished second with 36 points. Army rounded out the top three teams with 21 points. The Falcons have now won 18 of the 25 national team titles sponsored by the National Collegiate Boxing Association.

Knight defeated Army's Cride in a 156-pound bout to win his second national title. He is the 90th Falcon to earn an individual championship. Knight also won the 165-

pound title during the 2004 NCBA Championships.

Air Force recorded seven second-place finishes. In his first national championship appearance, Willie Lloyd (Columbia, S.C.) was defeated by Moon Kim of UNLV at 112-pounds. Junior Darren Smith (Laurel, Md.) lost a 119-pound decision to Osahon Omo-Osagi of Lockhaven, while Blake Baldi (Peoria, Ill.) fell to Lockey of VMI at 139-pounds.

Junior Ryan Dorsey-Spitz (Pueblo, Colo.) finished as a runner-up to Wilson of VMI at 147-pounds, while Leif Nordhagen (Sun Prairie, Wis.) lost in a decision to Ryan Healey of Nevada-Reno at 165-pounds. Augustin Kamdem (Yaounde, Cameroon) earned silver medal honors at 175-pounds, while Ryan Coates (San Antonio, Texas) lost to Lockhaven's Nero Dillon when the referee stopped the contest in the third round.

Air Force continues to dominate the world of collegiate boxing. The Falcons have won 18 of 25 national team titles and all 25 of the regional titles, while crowning 90 individual champions.

Results from the NCBA Finals

112-lbs. - Moon Kim (UNLV) dec. Willie Lloyd (Air Force)
119-lbs. - Osahon Omo-Osagi (Lockhaven) dec. Darren Smith (Air Force)
139-lbs. - Lockey (VMI) dec. Blake Baldi (Air Force)
147-lbs. - Wilson (VMI) dec. Ryan Dorsey-Spitz (Air Force)
156-lbs. - Clell Knight (Air Force) dec. Cride (Army)
165-lbs. - Ryan Healy (Nev.-Reno) dec. Leif Nordhagen (Air Force)
175-lbs. - __ dec. Augustin Kamdem (Air Force)
185-lbs. - Nero Dillon (Lockhaven) rsc-3 Ryan Coates (Air Force)
Outstanding boxer of the tournament: Clell Knight
Tournament Sportsmanship award: Darren Smith

AED

Continued from Page 2B

Sergeant Lewis had been trained to use the defibrillator just days before the incident.

"I remember during the course thinking to myself, 'I'll never need to use this thing,'" Sergeant Lewis said. "That was the best 30 minutes of training I've ever received from the military."

Sergeants Lewis and Williamson each placed a defibrillator paddle on Mr. Martinez. The AED checked for a heartbeat and did not detect one, so Sergeant Lewis shocked Mr. Martinez.

"Immediately after I administered the shock, the AED said, 'Resume CPR' and the others started up again," Sergeant Lewis said.

Soon, Sergeant George said he felt a pulse.

"I stopped compressions and all of a sudden (Mr. Martinez) took two huge, deep breaths. It was like he was starved for oxygen," Sergeant Williamson said. "The fire department showed up and put oxygen on him and a few minutes later the paramedics transported him to Midwest Regional Medical Center."

"If it wasn't for the well-trained men, (their) teamwork and the use of the defibrillator, (Mr. Martinez) would not be here today," said Dr. Dan Donnell, chief medical director of the emergency department at Midwest Regional Medical Center.

Dr. Donnell said it is very important to start cardiac compressions on an individual who has had a heart attack.

"We all need to realize CPR is the place to start," he said.

Hospital and American Heart Association officials held a ceremony at the hospital to allow Mr. Martinez to thank the men who saved his life.

"We were just doing our job," Sergeant George said.

Falcons defeat Wyoming, 4-3, for first MWC victory

Courtesy of the Air Force Academy News Service

The Air Force women's tennis team evened its Mountain West Conference record at 1-1 Sunday with a tough 4-3 victory over Wyoming in Albuquerque, N.M.

The Falcons, who are now 13-6 overall this season, won two of the three doubles matches and split the six singles contests with the Cowgirls.

Air Force narrowly won the doubles point for the second consecutive match when junior Katie Tomkie and freshman Kellie Crail squeaked out a 9-7 victory over Wyoming's Andrea House and Gwen Moser. That turned out to be the key match as the two teams split the other two doubles matches.

Falcon seniors Laura Nigro and Gina Black easily won the No. 1 match, 8-0, over Yuliani Santi and Jennifer Hancock, while Patricia Chien and Karolina Rowinski of Wyoming won the No. 2 match, 8-6, over Kat Bushey and Karissa Walker. "That was a huge win for us at No. 3," said Air Force head coach Kim Gidley. "Katie and Kellie really came through for us, even more so because we ended up splitting the singles matches."

Air Force quickly took a 3-0 lead as Nigro defeated Chien, 6-2, 6-2 at the No. 1 singles spot and Bushey beat Santi, 6-1, 6-3, at No. 2. Wyoming fought back with a pair of three-set wins at Nos. 3 and 4. Hancock beat Walker at the No. 3 spot, 6-4, 5-7, 10-4, then Rowinski defeated Black at the No. 4 in a see-saw match that went three-sets, 6-7, 7-5, 11-9.

Tomkie clinched the team match for the Falcons with a 6-2, 6-1 victory at the No. 5 position over Amy Senko. House defeated Crail, 6-1, 6-4, at No. 6 for the final match.



Courtesy photo
Senior Laura Nigro defeated Patricia Chien, 6-2, 6-2 at No. 1 singles.

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

Work smarter, not
harder. Do it right
the first time.