

The SHEPPARD SENATOR

Sheppard Air Force Base, Texas, home of the 82nd Training Wing and 80th Flying Training Wing

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Last-minute tax help

The Tax Office will be open for last-minute tax filers on Monday, April 15 from 9 a.m. to 6:30 p.m. Taxpayers will be able to electronically file on Monday from 9 a.m. to 3:30 p.m. After that time, the tax office will continue to prepare paper returns until the office closes at 6:30 p.m. Taxpayers who have their returns prepared after 3:30 will be responsible for mailing their return to the IRS themselves.



Exercise week

Firefighters and emergency medical service personnel tend to casualties during the major accident response exercise Wednesday. The exercise involved a simulated vehicle explosion on base. In addition to the MARE, the 82nd Training Wing also completed its second deployment exercise this year. These exercises test Sheppard's readiness and allow evaluators to identify deficiencies that could be detrimental in real-world situations. Exercises are designed to help everyone prepare for the real thing. People should take these exercises seriously. Anyone not involved in an exercise should remain patient and understand the importance of this type of training. (Photo by 2nd Lt. Nathan Broshear)

Air Force releases several career specialties from Stop-Loss

By Master Sgt. Dorothy Goepel

Air Force Print News

WASHINGTON – Air Force officials announced recently the release of several Air Force Specialty Codes from Stop-Loss, a Defense Department program designed to retain members of the armed forces beyond established dates of separation or retirement.

The announcement comes as a result of an Air Force 60-day review and applies across the board to the active duty, Air Force Reserve and Air National Guard forces, according to Lt. Col. Jan Middleton, chief

of promotion, evaluation and separation policy at the Pentagon.

“Our exit plan calls for a gradual drawdown from Stop-Loss, which means we want to continue to release AFSCs with each review as long as we are able to maintain sufficient forces to meet mission requirements,” she said.

The officer career fields released from stop-loss restrictions, effective May 1, are: 32E, 33S, 35P, 42F, 42G, 42N, 42P, 42S, 42T, 43P, 43Y, 44B, 44F, 44G, 44J, 44K, 44N, 44P, 44R, 44S, 44T, 44U, 45E, 45G, 45N, 45U, 47E, 47G, 47H, 47K, 47P, 47S, 51J,

61S, 62E, 63A and 64P.

The enlisted career fields released from stop-loss restrictions, effective May 1, are: 1T0X0, 2A1X0, 2A390, 2S0X2, 3C1X1, 3C1X2, 3E1X1, 3E3X1, 3E6X1, 3S1X0, 3S1X1, 3S2X0, 3S2X1, 3V000, 3V090, 3V0X1, 3V0X2, 3V0X3, 4A0X0, 4A0X1, 4B0XX, 4C0X0, 4C0X1, 4D0X0, 4D0X1, 4M0X0, 4M0X1, 4N1X1, 4P0X0, 4P0X1, 4R0X1, 4T0X0, 4T0X1, 4T0X2, 4T0X3, 4U0X0, 4U0X1, 4V0X0, 4V0X1, 4Y0X0, 4Y0X1, 4Y0X2, 5J0X0,

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

Bowling Center Pro Shop

Why doesn't the Sheppard bowling center have a pro shop anymore? At this time, bowling balls and supplies cannot be ordered. Prior to the pro shop closure, we were always able to order supplies through the bowling center. Please explain why we can't place orders anymore.

We are in the process of putting out bids for a new pro shop operator. In the interim, bowling supplies and services will still be available. Sundry items can be purchased at the control desk. Our bowling center director will assist you with special order of any balls, bags or shoes you are interested in. We value your patronage.

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

ber. Those concerns with a wide impact at Sheppard may be published in *The Sheppard Senator*:

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- AF suggestion office.....6-IDEA
- AFI 36-2903 issues.....6-2984
- Civil engineer/housing.....6-2846
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Brig. Gen. Rooney: 'Let's take pride in our environment'



Brig. Gen. Arthur Rooney Jr., picks up trash in front of the 82nd TRW headquarters building. Anyone, regardless of rank, should take pride in Sheppard and keep it clean. (Photo by Mike McKito)

Pride, professionalism, enthusiasm. It's what people expect to see when they visit an American military installation...not trash blowing around all over the place.

I appreciate the great efforts of many of our technical training students who frequently venture outside to pick up debris that's blowing across the base, everything from plastic bags and coke cans to cigarette butts and candy wrappers. However, we all need to help keep Sheppard clean.

The answer to litter is not to send an army of students out to police the base. I'm talking about each and every one of us taking the time to pick up a piece of trash when

and where we see it.

Guess what? You don't need to be a certain rank to pick up a piece of trash and deposit it in a trash can. Airmen can do it; officers can do it; civilians can do it; family members can do it; and even general officers can do it. All of us can find a few seconds to bend down and pick up that can or piece of paper versus just walking by it. All of us can show our pride.

I'm not pretending to pick up trash in this photo. Virtually every day I come across trash while walking in and out of buildings, and I stop to pick it up when and where I can. The answer isn't convincing ourselves that someone else will take care of it

when it blows to another location. The answer is to always use trash cans/dumpsters when getting rid of trash and to make a commitment to pick it up when you see it blowing around. So what if you didn't throw it down. It's still tarnishing the image of your base...of our military.

I ask each you to make a personal commitment to help make Sheppard AFB always look its best. Let that pride shine! Thanks.



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80th FTW instructor pilots join Red Flag exercise

By 2nd Lt. Nathan Broshear

Base public affairs

Red Flag is the Air Force's most realistic combat training exercise, simulating large-force types of threats in all aspects of the aerial battlefield with simulated combat sorties. While flying these missions, aggressor squadrons of aircraft mimic enemy airplanes, weapons systems, and tactics to give Air Force and NATO aircrews a sense of the chaos and scope of modern aerial warfare.

Recently, 12 instructor pilots from the 80th Flying Training Wing visited Red Flag to see first-hand how operational aircraft interact with the "enemy." A brave instructor pilot, led 6 T-37s, 8 first-assignment IPs, 2 Italian IPs, and 1 German IP on the eight-plus hour trip to Nevada to witness Red Flag.

Capt. Greg "Red" Wood, an aggressor pilot at with the 414th Combat Training Squadron at Nellis Air Force Base, hosted the Sheppard group. "It was a great opportunity for the Air Warfare Center and Nellis to show the next-generation of fighter pilots what they have to look forward to. It's a strong motivator for our future leaders to see all the amazing capabilities our force can bring together on this scale," said Capt.

Wood.

Maj. Patrick Testerman, a section commander at the 89th Flying Training Squadron and combat veteran, led the Sheppard group. "This is one of those things you have to see to fully understand. Red Flag is as close as you'll get to combat without actually engaging hostile forces. It's meant to be intense."

Major Testerman flew combat missions over Serbia in 1999, where he evaded several enemy surface to air missiles, "That's one aspect you won't get at Red Flag, when you're shot down here—you can still play again tomorrow."

The Sheppard IPs also saw the infamous "Threat Museum." Inside, enemy anti-aircraft weapons, MIGs, and other arms were on display. The IPs found that much of the equipment was still functional. "It's a weird feeling sitting in and aiming the same type of gun that might be pointed at you someday....makes you think about how important training like this is to keep you sharp," said Major Testerman.

Another highlight of the weekend was a ride in a British Special Forces C-130 Hercules that at it's highest was only 250 feet from the ground. "Those guys are insane! We don't like to fly fighters that

low...and they're hugging the ground with a big transport. It was amazing!" said FAIP 1st Lt. Brandon McBrayer after accompanying the NATO aircrew.

Other FAIPs rode shotgun in an aggressor F-16 fighter. "It's an interesting feeling flying with the Red Squadron (bad guys). We surprised a group of fighters and shot down the friendlies, but they were U.S. planes, and we were the bad guys....wait, I'm confused," said 1st Lt. Scott Findley of his backseat experience.

Capt. Anthony Brim, a FAIP with the 80th Operations Support Squadron, described his Red Flag mission in an F-16. "It's better than the video game....That's one of the coolest things I've ever done."

Maj. Giovannifrancesco Adamo, an Italian IP with the 89th FTS, appreciated the hospitality the group received. "The people at Nellis base operations really went out of their way to take care of us. We felt like part of the group immediately. They're great guys. I can't wait to go back!"

Capt. Peter Vitt, a FAIP with the 89th FTS, best defined the difference between Red Flag and his days as an IP. "Sheppard is preparation for the operational Air Force...Red Flag is prepa-



Maj. Giovannifrancesco Adamo sits on an anti-aircraft battery at the Red Flag Threat Museum at Nellis AFB, Nev. Several 80th FTW instructor pilots visited Red Flag to learn more about combat weapons and tactics. (Courtesy photo)

ration for war."

After his Red Flag experience Captain Vitt reiterated his excitement by saying, "Now I really want to be a fighter pilot!"

Everyone at the 80th FTW hopes the relationship with the

414th CTS continues. "With any luck, this'll become a regular event. The aggressors invited us back, and we intend to take them up on that offer," said Major Testerman.

Nellis beware.

Ace airman scores perfect 100 percent in F-16 crew chief course

By Senior Airman Bobby Cooper

362nd Training Squadron

Superstar, ace, wow! These are some of the words that might come to mind when thinking of exceptional performance, and these are also the types of words the 362nd Training Squadron staff use to describe Senior Airman Doreen Lent, from the Wisconsin Air National Guard's 115th Fighter Wing.

After enduring 94 days of intense training in one of Sheppard's most academically and physically demanding courses, Airman Lent successfully completed the F-16 Mission Ready Airman course with a perfect average of 100 percent. Airman Lent is one of very few

students to ever attain a 100 percent average.

Master Sgt. William Surnock, F-16 superintendent, said, "In my four-year tenure here, I have only seen this happen three times. This is the type of performance all airmen hope to achieve when they enter this course, but very few accomplish."

In 94 training days, Airman Lent completed eight blocks of instruction, aced all tests, over 50 progress checks and was also certified on 63 maintenance tasks on the F-16 Fighting Falcon.

"It is very difficult to achieve what she has," said Senior Airman Bobby Cooper, course instructor. "It takes a lot of dedication not to miss a question on any

test."

Students in the course learn about career development, the technical order system, the egress systems, the fuel system, the hydraulics system, engines, landing gear, inspections and corrosion control, to name a few.

As a trained F-16 crew chief, Airman Lent will be responsible for maintenance, inspections and overall condition of the aircraft.

Airman Lent's performance has been outstanding, said instructors. She is a testament to all the core values and of what a good, self-disciplined airman can do. (Airman 1st Class Pamela Stratton contributed to this story)



Senior Airman Doreen Lent performs an intake inspection on an F-16 Pratt and Whitney engine. (Photo by Mike McKito)

Civilian applicants must now self-nominate for jobs

AIR FORCE PERSONNEL CENTER — Civilians interested in applying for specific job positions must now self-nominate under the Air Force's Career Program system.

Career Programs, which will begin utilizing the modern Defense Civilian Personnel Data System (DCPDS) April 15, provides a centralized merit promotion system used to fill mid-level and senior management positions throughout the Air Force.

Career Program registration is no longer required to apply and compete for covered positions, say personnel officials. Permanent Air Force employees do not need to submit a resume with their self-nomination unless one is requested in the job announcement. Applicants not currently associated with the Air Force are required to submit a resume for employment consideration.

Vacancies will be announced through the Civilian Announcement Notification System (CANS) beginning

April 19. People interested in a job must then self-nominate via the AFPC's employment home page at <https://www.afpc.randolph.af.mil/resweb/> or call toll-free 1-800-997-2378 or 210-527-2378 within the San Antonio area.

Self-nomination for open jobs also includes people stationed at Wright-Patterson AFB, Ohio; Tinker AFB, Okla.; and Robins AFB, Ga., who were not included in the Feb. 15 modern DCPDS turn-on.

Employees are encouraged to subscribe to CANS at their web site: <http://www.afpc.randolph.af.mil/afss/>.

Additional information on self-nomination for Career Program covered positions and the modern DCPDS can be found at: www.afpc.randolph.af.mil/cp or <http://www.afpc.randolph.af.mil/cp>.

overall health of the career fields," Middleton said. "We will conduct subsequent reviews every 60 days to allow individuals some stability and allow our requirements to solidify."

Members who are deployed in support of Operations Noble Eagle and Enduring Freedom, or related operations, and Reserve/Guard components who are voluntarily or involuntarily on active duty in support of these operations or related operations, will not be released until they return from deployment or are demobilized, officials said.

Officials emphasized that Stop-Loss is devised to meet all operational requirements in addition to

Utah unit keeping Northern California safe

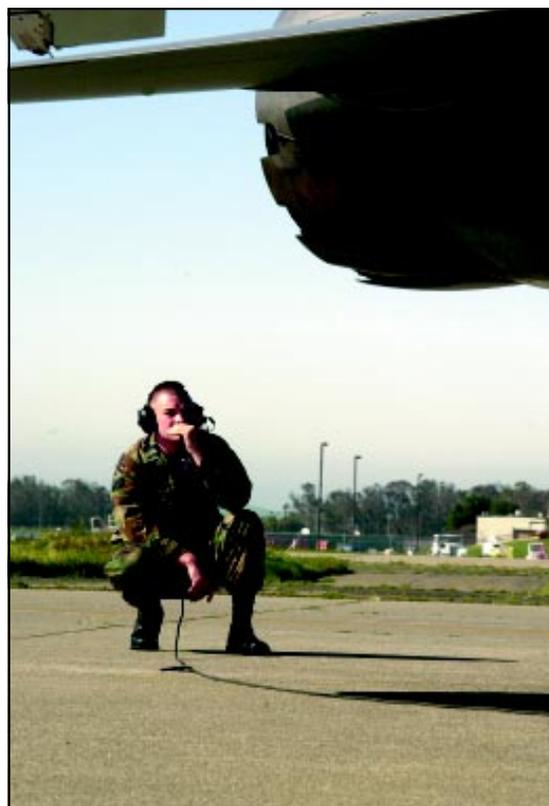
By Capt. Kim Garbett
60th Air Mobility Wing Public Affairs

TRAVIS AIR FORCE BASE, Calif. (AFPN) — Always a busy hub and platform for global reach, after Sept. 11, the base here has become even busier. Operations tempo, deployments and constant alert status are an even more ingrained part of life.

While much attention has been focused on the base's support of Operation Enduring Freedom, Travis has also become an important base for the homeland defense mission, Operation Noble Eagle.

With Operation Noble Eagle came fighters on loan here, sitting on constant alert status and performing random combat air patrol missions in support of homeland defense in Northern California and the western United States.

Since the attacks, Travis has become a second home to Detachment 388, a small F-16 Fighting Falcon unit assigned here from Hill Air Force Base, Utah. Its supersonic fighter aircraft are ready to go at a moment's notice.



Senior Airman Nick Wallace, a crew chief with Detachment 388 from Hill Air Force Base, Utah, talks to the pilot of an F-16 Fighting Falcon prior to the aircraft taking off for a mission. The detachment is deployed to Travis Air Force Base, Calif., supporting Operation Noble Eagle. (Photo by Staff Sgt. Jim Verchio)

STOP-LOSS

Continued from Page 1

5J0X1, 6C0X0, 6C0X1, 8A100, 8C000, 8E000, 8G000, 8J000, 8P000, 8P100, 8R000, 8T000, 9A200, 9A300, 9C000 and 9G000.

During each cyclical review, Middleton explained, major commands, Air Staff and Secretariat functionals and officials at Air Force Personnel Center review all AFSCs for possible release.

"We review current manning and authorizations, the number of people deployed for Operations Noble Eagle and Enduring Freedom, the number of Air Reserve Center personnel mobilized, and

Operation Noble Eagle and Operation Enduring Freedom. For instance, they point out, the Armed Forces will continue to conduct operations in Southwest Asia.

Some military members have the misperception that Stop-Loss is being used as a manning tool, Middleton said.

"Though it's easy to make that assumption," Middleton said, "it is absolutely not true. Manning is certainly one of the factors taken into consideration, but it is looked at in terms of what is needed to meet current mission requirements."

Stop-Loss does not mean that service members are prohibited from retiring, being discharged or

separating. A waiver of stop-loss status may be granted based on specific circumstances, officials said.

"We really want to do right by our service members," Middleton said. "Many families had to put their plans on hold when Stop-Loss was implemented. We are grateful for their service and their sacrifices. We are trying to balance their needs with our commitment to operational requirements."

"The career fields that we have recommended for release from Stop-Loss are still subject to world events. If world events change significantly, we will have to re-evaluate our decisions."

Vendor day

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

Catholic seminar

Catholic students are invited to recollection and meditation seminars April 27, May 4 and May 18 in the North Chapel Annex from 8:30 a.m. to 3 p.m. Lunch will be provided. Call 6-7276 to sign up.

Steak burn

The Sheppard Chief's Group and First Sergeant's Council are

putting on a steak burn today at the Community Activity Center. Tickets are \$10 per person and will be sold by unit first sergeants or designated representatives. Baked potato, salad, and all the trimmings will be served. Only 500 tickets will be sold base-wide.

Sheppard Officers' Spouses' Club bingo

The Sheppard Officers' Spouses' Club will hold its April Crystal/Silver Bingo at the officers club Wednesday. Only current dues-paying SOSOC members are eligible to play. The meeting and elections will begin at 6:15 p.m., and dinner, catfish or chicken, will be served at 7 p.m. The cost for dinner is \$8.95. Reservations are required by noon today to Laura

Howard at 851-6682 or Betsy O'Connor at 691-7542.

Scholarship opportunity

The Sheppard Officers' Spouses' Club is offering ten merit-based scholarships to eligible U.S. or NATO military spouses and U.S. military-dependents of active duty, retired or deceased, officer or enlisted members and graduating high school seniors from local-area public, private or home schools. The \$1,500 scholarships can be used for the purpose of continuing education in college, junior college or vocational school.

Applications can be obtained at local area high schools, from the base education office, or from the base family support center. All packages must be postmarked no

later than April 30.

Volunteer recognition social

The family support center will host a volunteer recognition social April 23 from 2:30-4 p.m. at the officers club. The social will celebrate National Volunteer Week, which is April 21-27. All Sheppard volunteers who are volunteering at base agencies and in the local community will be honored. All of Team Sheppard is invited to attend. There will be entertainment, ice cream and door prizes.

Hispanic Heritage

Hispanic Heritage Committee would like to extend an invitation to all to attend their meeting April 17 at 11:30 a.m. in the Top 3 Conference Room at the enlisted club.

For more information, call Staff Sgt. Stewart Frazier, Master Sgt. Marlon Pesantez or Staff Sgt. Dora Diaz by email or phone at 6-3310 or 6-7468.

Car wash

The Sheppard Firefighters Association is having a car wash today from 9 a.m. to 5 p.m. at the Fire Department. They will be accepting donations.

Neighborhood watch

The 82nd Security Forces Squadron is holding a neighborhood watch meeting at Bldg. 1900's large auditorium today from 1-2 p.m. They will be briefing on crime statistics and prevention in the housing areas.

Base to sponsor Earth Day fair

Riverbend Nature Works, NorTex Regional Planning Commission and Sheppard are again sponsoring an Earth Day fair for area schools April 18-19 from 9 a.m. to noon at Riverbend Nature Works. The fair has become an annual event with a series of subjects on recycling, xeriscaping, waste reduction, water protection, composting, school projects and other environmentally friendly programs.

Base agronomist Tim Hunter summarized the importance of Earth Day, saying, "We're promoting Earth Day through environmental awareness and education, and that's important because we want to protect the earth for future generations."

"Just as reading, writing and

arithmetic were the three Rs we learned as children, the environmental three R's we need to learn are: recycle, return, and reduce," Hunter said.

Approximately 15 to 20 environmentally-minded agencies and companies will have displays and booths at Riverbend geared towards children ages 5-16, with hands on experience for the students to interact with. Approximately 1,000 students from area schools are slated to attend.

For more information on Earth Day activities, contact Hunter at 6-5698. *(Courtesy of the 82nd Civil Engineer Squadron)*

982nd TRG conducts annual Worldwide Workshop

Team Sheppard members from all over the world converge here next week for the annual 982nd Training Group Worldwide Workshop. More than 80 detachment commanders and chiefs and representatives from Air Staff and Air Force major commands will meet at Sheppard April 15-19.

The workshop allows detachment managers to talk directly with their counterparts to discuss training issues affecting aircraft maintenance training. It

also allows detachment leadership to meet face-to-face with the people they interact with over the telephone. They will discuss many issues, such as instructor hiring, faculty development, curriculum, funding and technology in the classroom.

The 982nd TRG takes aircraft maintenance training to their primary customer, the first-line supervisor. The group has 44 detachments and operating locations in various places, both in the continental United States and overseas.

The group provides training for active duty, Air Force Reserve, Air National Guard and allied forces on all major aircraft systems. There are more than 900 people assigned to the group, which is comprised of two training squadrons, the 372nd TRS and the 373rd TRS. The group's annual student training load exceeds 30,000 maintainers. Their motto is, "The world is our classroom." *(Courtesy of the 982nd Training Group)*

363rd TRS instructor rates high in Senior NCO Academy course



82nd Training Wing Command Chief Master Sergeant Robert Burleigh visited the 363rd Training Squadron and presented an 82nd Training Wing coin to Master Sgt. Alan Sanders, NCOIC, aircraft armament craftsman course. Sergeant Sanders was “called out” in front of his peers because of his outstanding 95 percent overall score on the Senior Noncommissioned Officer Academy Correspondence Course 5 — only the third time since 1996 that a Sheppard member has attained a final rating of 95 percent or better. Sergeant Sanders joined a select group by earning distinguished graduate status. Chief Burleigh took the opportunity to stress the importance for all master sergeants and master sergeant-selects to complete the SNCOA correspondence course in a timely manner. (Photo by Master Sgt. Jeff Szczechowski)

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

Soundoff

With Earth Day coming up, what do you feel is the importance of recycling and preserving the environment?



"People have caused enough pollution of our environment it's time to do our part to clean it up" ~ Master Sgt. Jeff Brooks, 82nd Mission Support Squadron first sergeant



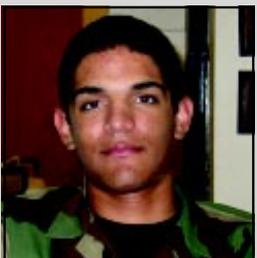
"It helps provide us with extra resources that come from the recycled material" ~ Marlene Osborn, base education office



"We need to save the environment for future generations" ~ Capt. Erkan Aygen, Turkey, 88th Flying Training Squadron



"I think it's important to get the most out of the resources God gave us" ~ Senior Airman Una White, 82nd Mission Support Squadron



"When you reuse things, it saves resources and cuts down on pollution" ~ Airman Nick Ross, 362nd Training Squadron

Special Olympics gears up for 2002 spring games

By **Sammie Hatfield**

Special Olympics area director

Special Olympics Texas, North Texas Area 9 will host its 2002 Spring Games April 20 at Sheppard. More than 200 athletes representing 12 counties in the surrounding area will compete in track and field events.

Special Olympics Texas is a privately funded non-profit organization that provides year-round training and competition to over 27,000 children and adults with mental retardation in the Lone Star State. In the North Texas Area, more than 360 athletes compete in seven sports. The Spring Games is one of many competitions that will be held during the 32nd anniversary of Special Olympics Texas. The anniversary celebrates "In-

spire Greatness," as participation in Special Olympics inspires all of us – athletes, coaches and volunteers – to be our best in everything we do, not just on the playing field or on the court, but in the game of life, as well. Special Olympics inspires greatness, as everyone who participates is a winner.

Spring Games competition will begin on April 20 at 8 a.m. and conclude at 3 p.m.

The Spring Games will kick off with the opening ceremonies that will feature a parade of athletes and the reciting of the Special Olympics Athlete Oath. Law enforcement officials will deliver the Flame of Hope to the opening ceremonies to officially begin the 2002 Spring Games.

Sheppard volunteers recognized

By **Doris Cannon**

Family Support Center

Sheppard volunteers will be recognized during National Volunteer Week, April 21-27. The annual Volunteer Recognition Social will be held April 23 at the officers club from 2:30-4 p.m. Entertainment will be provided by the Melodious Medics.

The theme is *Volunteers – Bringing Harmony to All*, and Sheppard volunteers personify the definition of harmony.

Sheppard volunteers are temporary duty personnel looking for extra curricular activities after a day of training or a student spouse voluntarily painting a mural at Sheppard Elementary School. During school breaks, high school students volunteer at the child development center, base hospital and the Madrigal Youth Center, and family members volunteer at the Airman's Attic. These volunteers go beyond the call of duty, unselfishly donating countless vol-

unteer hours.

You will see Sheppard AFB volunteers at some of these events:

- Better Home and Garden
- Special Olympics
- Christmas in April
- Habitat for Humanity
- Senior Olympics
- Heritage House
- Freedom Fest
- Texas Ranch Round Up
- Falls Fest
- Sheppard Officers' Spouses' Club Holiday Hangar Bazaar

And also, working with these programs:

- Partners In Education
- Mentoring-Sheppard Elementary School
- Faith Mission
- Meals on Wheels
- Boys and Girls Club
- Madrigal Youth Center
- Base library-story telling hour
- American Red Cross
- Chapel activities

In all they do, sheppard volunteers bring harmony to all.

Air Force puts anti-drug message 'on track'

WASHINGTON (AFPN) — Air Force officials announced a partnership April 5 with the Office of National Drug Control Policy to carry anti-drug messages to millions of young people with a specially designed racecar with the slogan "Racing: My Anti-Drug."

The No. 34 car, driven by rookie Stuart Kirby and owned by Spencer Motor Ventures, will run 15 televised races this year in the NASCAR Busch Series.

Kirby drove the car on its inaugural race April 6 in the O'Reilly 300 at Texas Motor Speedway near Dallas/Ft. Worth, Texas, but left the race early in a first lap crash.

NASCAR has a fan base of 75 million; 3 million of whom are teen-agers, the media campaign's target audience.

"Our partnership is a natural fit," said Brig. Gen. Duane Deal, commander of Air Force Recruiting Service. "One of our core messages to young people is they must graduate from high school drug free. We want young men and women to keep all of their career options open. Drug use closes many of the doors they have otherwise open."

The campaign encourages youth to seek out positive things in their lives that stand between them and drugs," said John P. Walters, director of ONDCP.



Air Force officials announced a partnership April 5 with the Office of National Drug Control Policy to carry anti-drug messages to millions of young people on a specially designed racecar with the slogan "Racing: My Anti-Drug." The No. 34 car, driven by rookie Stuart Kirby and owned by Spencer Motor Ventures, will run 15 televised races this year in the NASCAR Busch Series. (Courtesy photo)

"We know that for many young people, being involved in sports is a powerful deterrent to using drugs," Walters said. "Joining efforts with the U.S. Air Force and a young talent such as Stuart Kirby, drives home the message that by rejecting drugs, your goals can be achieved."

Kirby is a 20-year-old Kentucky native who began racing go-karts at the age of 11. After winning local and state races, he moved on to world competitions and fulfilled his dream of racing at the Daytona International Speedway.

He attributes his success to the influence of his father and his devotion to the sport.

"Racing has always been the one thing that keeps me going," said Kirby. "Driving in NASCAR is a goal I would never have accomplished if I had wasted my time with drugs."

By carrying the "Racing: My Anti-Drug" brand on his car, Kirby said he plans to promote anti-drug messages to NASCAR fans and youth across America. He will join veteran NASCAR driver Jimmy Spencer in using interviews and appearances to engage youth in considering and declaring their "anti-drugs," or the positive things that stand between them and drugs. (Courtesy of Air Force Recruiting Service)

New officer in charge of Navy Detachment not new to Sheppard

By Ensign Amy Burton

Navy Detachment

Navy Lt. Cmdr. Fil Arenas could be forgiven if he should complain of having a sense of *de ja vu* here at Sheppard. Why? Because Lieutenant Commander Arenas reported to Sheppard last summer for the fourth time in his career. The Officer in Charge of the Naval School of Health Sciences Detachment at Sheppard first joined the military 25 years ago as an airman basic in the Air Force. He was initially trained to be an aerospace ground equipment technician.

As an AGE technician, Airman Arenas completed assignments at Fort Walton Beach, Fla., and Anderson Air Force Base, Guam. It was following these assignments that "Buck" Sgt. Arenas first came to Sheppard. In 1981, Sergeant Arenas reported to the School of Healthcare Sciences to retrain into the optometry specialty field. He completed two assignments as an "eye tech" in Colorado Springs, Colo., and Rome, N.Y. After another assignment to Sheppard in 1984, Sergeant Arenas returned to Sheppard for the third time in 1988 as an instructor at the 3790th Medical Service Training Wing.

"The Air Force taught me the value of an education," says Lieutenant Commander Arenas. He earned three Community College of the Air Force degrees, along with a Bachelor of Science in human resources management from New School University and a Master of Science in management science from the State University of New York. Additionally, he finished the course requirements for his doctorate in higher education administration with George Washington University last summer, and he is currently writing his dissertation.

Shortly after he earned his master instructor badge and after having served 14 years in the Air Force, then Tech. Sgt. Are-

nas received a commission from the United States Navy as a health care administrator. He was commissioned right here in Bldg. 1900's conference room, which is in the same hallway as his current office.

Serving in the Navy's medical service corps, Ensign Arenas was assigned to the Naval Aerospace Medical Research Lab in Pensacola, Fla. Upon the completion of his tour in Florida, Lt. Arenas volunteered to be the medical administrative officer and radiation health officer on the aircraft carrier, USS Carl Vinson, and earned his Surface Warfare Medical Department Officer designation. Following his tour aboard the Carl Vinson, Lt. Arenas proceeded to the Naval Dental Center at Pearl Harbor, Hawaii, to serve as the director for administration. His next assignment took him to Naval Dental Center Mid-Atlantic, Norfolk, Va., where he served as the legal officer and the head of the operating management department.



Lt. Cmdr. Fil Arenas now, as officer in charge of the Naval School of Health Sciences Detachment at Sheppard. (Courtesy photo)

ment.

In August, 2001, Lieutenant Commander Arenas reported to Sheppard for the fourth time, to serve as the assistant officer in charge of the Naval School of Health Sciences San Diego Detachment. On March 1, he became the fifth officer in charge of the NSHS Sheppard Detachment.

Lieutenant Commander Are-



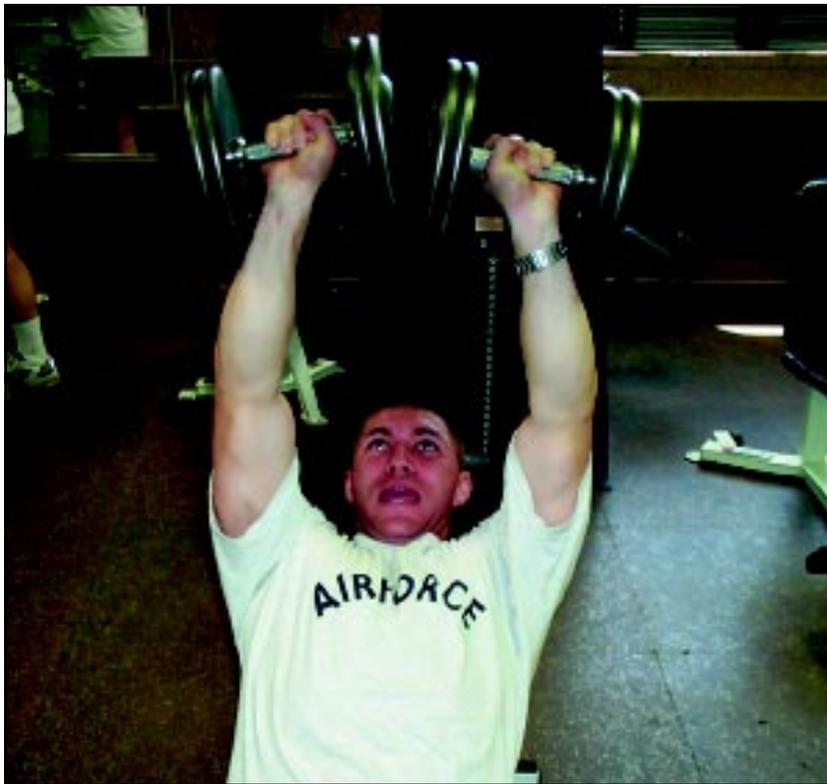
Tech. Sgt. Fil Arenas in 1991, as he receives the Senior Instructor of the Quarter award from Col. Harsanyi, commander of the 3790th Medical Service Training Wing. (Courtesy photo)

nas has become a mentor to many of Sheppard's enlisted personnel wishing to earn a military commission. His experiences as an airman first, and later a naval officer, have made his advice both insightful and meaningful. Lieutenant Commander Arenas said that he felt determination was vital for success.

"My advice to those pursuing

a commission or a degree is perseverance; don't take 'no' for an answer" he said.

Lieutenant Commander Arenas is scheduled to be at NSHS Sheppard Detachment until he retires in 2004, and it's clear that he's happy to be back at Sheppard. "My wife, Zo'e, and I have always wanted to come back to friendly Wichita Falls – believe it or not."



Pumping Iron

Airman 1st Class Brandon Koenig, 362nd Training Squadron student, performs dumbbell presses at the south fitness center. Physical fitness remains an essential element of readiness. A good fitness routine includes aerobic exercise and strength training. Sheppard members have several resources available to pump up their fitness regimen, including three fitness centers and the outdoor track. Personal trainers are also available to give advice on fitness. (Photo by Mike McKito).

Auto skills center outlines waste disposal rules

Over the past several months the Sheppard Automotive Skills Center, Bldg. T-55, which is the central turn in point for certain types of household hazardous wastes like petroleum products, anti-freeze, oil filters (crushed/uncrushed) and other un-commingled lubricating oils, has had a serious problem which violates environmental and base regulations.

Personnel from the base have been continuously stopping by the auto skills center and dropping off items for disposal while the auto center is closed. This clearly violates federal, state and local environmental regulations and has the potential of creating a more serious hazardous situation that could result in the base receiving a Notice of Violation from federal and state environmental regulators.

Environmental regulations state that items of a hazardous nature must be turned in to competently trained personnel for proper disposal. Obviously, this regulation is broken every time someone drops off hazardous waste when the auto skills center is closed. Since there is no secondary containment outside the gate, these actions could lead to a spill that could cost thousands of dollars to clean up, especially during times of inclement weather.

Household wastes should be held by the owner and disposed of during the auto skills center's normal duty hours of operation, or items should be turned in to personnel from the 82nd Civil Engineering Squadron for storage and proper disposal at a later date. Contact Mr. Jim Dilli at 6-2415 for more information.

All items brought to the auto skills center or to the civil engineering squadron for disposal should be in containers that are compatible, properly sealed, non-leaking and safe to handle. Oil, anti-freeze and other lubricating products should be of the same type and must not be commingled with

water or any other foreign contaminants.

Automotive (lead acid) batteries being turned in for disposal will not be accepted by the auto skills center. Items of this nature should be taken to the base recycling center at Bldg. 2135 on Motor Pool Road., Tuesdays through Thursdays. People can call Mr. Glenn Rose of the 82nd CES environmental flight at 6-7514, to find out what the normal duty hours of operation are for that facility.

Personnel bringing household petroleum products in for disposal to the auto skills center need to report to the front office and sign

in with appropriate shop personnel. This allows our personnel, and the base environmental section, to comply with the states requirement for the tracking of waste products being generated for ultimate disposal and/or recycling.

No hazardous products are to be left outside the gates of the automotive skills center when it is closed. Hours of operation for the facility are: Wednesday through Friday, 1–9 p.m.; and Saturday and Sunday 9 a.m. to 5 p.m. The center is closed Monday and Tuesday. For more information call Art Struckman at 6-4110. *(Courtesy of 82nd Services Division)*



Hazardous household products such as these in the picture should not be left at the auto skills center when the gates are closed. *(Courtesy photo)*

General activities

Genealogy seminar
The base library invites Team Sheppard to take part in a "how to" genealogy research seminar Wednesday from noon to 1 p.m. For more information, call 6-6152.

Take Off Pounds Sensibly
A new chapter of TOPS, Take Off Pounds Sensibly, is forming at Sheppard, and the meetings will be held at the Community Activity Center. For more information, call Vernie Nordstrom at 855-4308.

Upcoming trips

Texas Rangers vs. Seattle Mariners
Information, tickets and tours will sponsor a trip Saturday to see a Texas Rangers vs. Seattle Mariners baseball game. The cost is \$29 per person. Trip departs from the community center at 3 p.m. and returns around midnight.

Ripley's Believe It or Not
Information, tickets and tours will sponsor an April 27 trip to Ripley's Believe It or Not Museum and Medieval Times. The cost is \$60 per person.

Club activities

Cook Your Own Steak Night
The officers club will host Cook Your Own Steak Night April 25 from 5:30 - 9 p.m. Officers should come prepared to cook their own steak and fixings. This event is open only to officers. For more information call 6-6460.

Officers club evening with the symphony
The officers club invites all ranks to attend an evening with the symphony Saturday at 6:30 p.m. Attendees will enjoy heavy hors d'oeuvres, a bus ride to the symphony followed by drinks and dessert at the officers club. The cost is \$45 per person or \$75 per couple. For more information, call 6-6460.

Sunday brunch
The officers club will host a brunch Sunday from 11 a.m. to 2 p.m. The cost is \$10.95 for members and \$13.95 for nonmembers. For more information, call 6-6460.



Boss and Buddy Night
The enlisted club will host Boss and Buddy Night April 24 from 5-8 p.m. Participants can enjoy drink specials, free food and a relaxed atmosphere. For more information, call 6-2083.

Family Night
The enlisted club will host Family Night April 25 from 5:30-8 p.m. The night will feature a family buffet and door prizes. All ranks are welcome. This event is sponsored by Chaney Financial Group (*No federal endorsement of sponsor intended*). For more information, call 6-6427.

Enlisted club comedy jam
The enlisted club presents the enlisted club comedy jam weekend, featuring Comic View comedians Al Dipmore and The Great BoBo Lamb, at the enlisted club ballroom April 19. Doors will open at 8 p.m., open microphone is from 8:30-9 p.m. and the show starts at 9 p.m. Tickets are \$5 for club members and \$8 for nonmembers. This show is for mature audiences. This event is sponsored by Budweiser (*no federal endorsement of sponsor intended*). For more information call 6-6427.

Officers club game league
The officers club game league holds tournaments in 9-ball, cricket, shuffle board, foosball and crud every Thursday night. Food and beverages are 15 percent off during league play. Prizes will be awarded. For more information, call 6-6460.

At the Flicks

<p>Friday 6:30 p.m. Queen of the Damned</p> <p>Friday 9 p.m. Hart's War</p> <p>Saturday 2 p.m. Return to Neverland</p> <p>Saturday 4:30 p.m. Dragonfly</p>	<p>Saturday 7 p.m. Crossroads</p> <p>Sunday 2 p.m. Crossroads</p> <p>Sunday 4:30 p.m. Return to Neverland</p> <p>Thursday 6 p.m. Dragonfly</p>
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This schedule is subject to change without notice. For movie information, call 6-4427.

<p>Crossroads (PG-13) – Britney Spears, Anson Mount – Lucy, Kit and Mimi, after eight years apart, rediscover their friendship on a cross-country trip.</p> <p>Dragonfly (PG-13) – Kevin Costner, Joe Morton – Dr. Darrow is a respected expert, but his professional knowledge provides little comfort when tragedy claims the life of his wife.</p> <p>Hart's War (R) – Bruce Willis, Colin Farrell – Lt. Tommy Hart must defend an African-American Tuskegee airman accused of murder.</p>	<p>Return to Neverland (G) – Corey Bruton, Jeff Bennett – World War II is raging and has come to the very heart of London. Wendy tries to comfort her young ones with stories of her experiences in Neverland, however, Captain Hook kidnaps Jane's daughter and whisks off to Neverland. Hook plans to use Jane as bait to capture Peter Pan.</p> <p>Queen of the Damned (R) – Stuart Townsend, Aaliyah – A vampire has become a rock star, and his music awakens a 6,000-year-old Egyptian vampire.</p>
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Chapel Schedule

<p>Student programs Tuesday, 11 a.m. and 4:15 p.m., chapel rope meeting, North Chapel</p> <p>Saturday, 5 p.m., Solid Rock Cafe, South Chapel</p> <p>Sunday, 5 p.m., Student bible study and activity night, North Chapel</p> <p>Catholic activities Mass Saturday, 5 p.m., North Chapel Sunday, 9 a.m., North Chapel Sunday, noon, North Chapel Mon.-Fri., 11:30 a.m., Hospital Chapel</p> <p>Religious education Sunday, 10:20 a.m., classes for preschool through adult, Bldg. 962</p> <p>Reconciliation Saturday, 4-4:30 p.m., North Chapel</p> <p>Protestant activities Worship services Saturday, 6:30 p.m., Holy Eucharist with Praise and Worship, South Chapel Sunday, 10:30 a.m., Holy Eucharist, Hospital Chapel Sunday, 10:30 a.m., Inspirational Gospel Service, South Chapel</p>	<p>Sunday, 10:30 a.m. Protestant Community Service, North Chapel</p> <p>Religious education Saturday, 5:30 p.m., Growing in God's Grace, South Chapel Sunday, 9 a.m., classes for ages 3 to adult, Bldg. 962</p> <p>Bible studies Tuesday, 6:30 p.m., South Chapel Thursday, noon, South Chapel Thursday, 7:00 p.m., Protestant Women of the Chapel, Bldg. 962 Saturday, 6:30 a.m., Protestant Men of the Chapel Bible study Second Saturday of month, 8 a.m., Protestant Men of Chapel breakfast</p> <p>Lay-led faith groups Islamic activities, Friday, 1:45 p.m., South Chapel Jewish activities, call Maxine Simpson, House of Jacob Synagogue at 322-4177 Latter Day Saints, Sunday, 2 p.m., Hospital Chapel Mystic Grove Pagan Study Group, Wednesday, 6:30 p.m., Bldg. 962, call Kalista at 6-4370</p>
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For more information, call the base chapel at 6- 4370

Student views: How a sense of patriotism helped me decide to join the Air Force



By Airman 1st Class Levi Lampert

361st Training Squadron

I was born a patriot. Ever since I can remember I have loved my country and what it stands for. My parents played a large part in that but I also grew up in South-Central Alaska, specifically in Anchorage and Eagle River. If you've lived there for a couple of years, you would know that many Alaskans are die-hard conservatives and zealous patriots. These ideals contributed greatly to my present state of mind.

I have always been mesmerized by the stories of the American Revolution, the founding fathers and our heritage, and I have also felt like it was my responsibility to know where we came from and how. It didn't take long to understand that the freedom we now enjoy has had and will have an immense cost of personal sacrifice. This is where my deep respect for the Armed Forces originated.

I took JROTC in high school to get somewhat of a bearing on what military life consisted of, and through it, I also gained precious leadership skills and discipline that I would use later on. Surprisingly, I had not considered the military as a possible career until a few months before I was to graduate from high school. I didn't know what I was going to do with my life, I had no money, and with time running short I decided to join the Delayed Enlistment Program.

I realized that while I was waiting to decide where my

life was headed, I could embark on an adventure that could possibly take me around the world, teach me valuable skills, and let me do a great service to my nation. The Air Force offered me all this and a paycheck.

The job I chose was perfect for me. With my background being mostly in mechanics, I chose Aerospace Ground Equipment to broaden and mature my mechanical, electrical and troubleshooting skills, and at the same time, get a healthy challenge to keep my mind in shape.

With my job decided, all I had to do was wait for my ship out date to roll around. It just so

happened that I was to officially enlist and ship out on July 10, 2001, my 18th birthday. We celebrated my birthday and my going away on July 8. I drove myself to MEPS on the morning of the 10th, took the oath of enlistment, signed my contract and was shuttled to the airport. All my family came to say goodbye. They all hugged me and shook my hand and my parents told me they were very proud of me and of what I was doing. There wasn't a dry eye among them. With all that said and some goodbyes, my best friend (who had enlisted with me) and I got on our plane and left Anchorage, bound for San Antonio.

Basic training was difficult, but as I look back, it was easier than we made it out to be. We were just stressed and didn't really realize at the time that it was just a mind game to see if you crack under pressure.

After Basic my best friend went to Keesler AFB, Miss., and I came to Sheppard. I arrived here on Aug. 27, and I graduated from AGE on March 11. I'll be going to RAF Mildenhall in the United Kingdom, and now I'm just waiting on my orders to come so I can go. I'm excited to be moving to England. I'm very lucky to have that as my first assignment, and the anticipation to see a new country and culture is un-

bearable. I'm very eager to start my job and start learning about the equipment in depth. I'm also very proud of myself and where my future is headed. The Air Force has done an excellent job in motivating me to do my best and has ensured I'm mission-ready.

Although the benefits I receive from the Air Force are many, my favorite part of this job is knowing I'm serving my country – a truly great country – that upholds freedom, a country that I love dearly. It is a great honor for me and I consider it a privilege to stand where others have stood, and be a freedom fighter for the greatest nation on Earth.

ORI Prep: 13 weeks to go

Squadron vehicles

Are there current AF Forms 1800, Operator's Inspection Guide and Trouble Report, in the vehicles? Are they signed off daily when used and at least once every 7 days when not used? Get a NEW copy of each document required in the vehicle, if the present copy shows sign of age, wear or tear. The condition of your vehicles is a biggie! Get them scheduled for maintenance and servicing, if needed. Don't hold back any "hip pocket" discrepancies. In addition, do you have SF 91, Operator's Report of Motor Vehicle Accident, and DD Form 518, Accident Identification Card, in the vehicle? Get a new copy of each document required in the vehicle and don't forget fuel chips/cards. Ensure vehicles are thoroughly inspected and all discrepancies are documented, even minor ones. Ensure the Vehicle Control Officer/NCO books are current, and that the VCO/VNCO has been conducting and documenting their inspections on their assigned vehicles.

Work areas

Take a good look around. Are you using desk tops as "miscellaneous" storage? Are unused wall charts simply covering cracks? What condition are your pictures and charts in? Are pictures framed? Get rid of any that are cheap looking, ragged, or faded. Order, dispose, rearrange, organize and fix where needed. Check classrooms and lab areas to make sure AETC Forms 736, CCAF Classroom, Instructor commitment to Excellence and AFVA Form 36-6, Points of contact for Students and Trainees, are visible/available, and that they are the current version.

Equipment and servicibility: Randomly inspect your shop and support equipment for serviceability and to determine if you have been taking proper care of the assets you have been entrusted with. Are they being properly stored, used and maintained? Spot check bench stock and shop support stock to see if the unit is properly controlling resources. *(Courtesy of the 82nd TRW Inspector General Office)*



Safety equipment

Parents are responsible for the actions of their children, especially when it comes to using proper safety equipment while children are engaged in activities like rollerblading, skateboarding and bicycling. Many children are participating in these activities on base without any body protection such as a helmet and kneepads. Even worse, several children are riding bicycles with their helmet attached to the handlebars.

As a safety person, I have offered friendly reminders to the offenders and their parents

when possible. But children are still participating in wheeled activities without proper safety gear.

Safety education and enforcement need to play an important role with children. Current instructions require that anyone at Sheppard who rollerblades, skateboards or rides a bicycle must wear an approved helmet. This requirement is not to discourage anyone from participating in these activities, but to prevent injuries.

When we wear safety equipment we are all winners. Educate children now on the importance of safety and set the example. *(Courtesy of Staff Sgt. James Womack, 82nd TRW Safety Office)*

Drinking and driving can be dangerous, unlawful mix

By Tech. Sgt. Lisa Huppert

82nd Medical Operations Squadron Alcohol and drug abuse clinic

Driving while intoxicated (DWI) is a nationwide problem from which Sheppard is not immune. Who is responsible for drunken driving? Many say the responsibility for drunken driving or DWI rests with the person who is drinking. Others maintain that supervisors, First Sergeants, and commanders are responsible. Still others insist that responsibility lies squarely with the peers of an individual. It's safe to say that everyone can play a role in the practice of drunken driving.

Drinking and driving affects everyone. According to the National Center of Health Statistics, "motor vehicle crashes are the leading cause of death in the United States for persons ages 1-34." Additionally, the National Highway Traffic Safety Administration reported that "drinking and driving killed a human being every thirty one minutes" in 1998. Although no alcohol-related fatalities have occurred at Sheppard in the last two years, Team Sheppard members have had 47 DWIs in the year 2000, 45 DWIs in 2001 and 9 DWIs so far this year. One DWI is one too many.

Although most people are familiar with the Air Force Policy on the use of alcohol, DWIs still occur on a consistent basis. Offenders often make excuses for driving while intoxicated. Someone might say "I drive better after I've had a few drinks" despite research that has shown that driving ability is affected with a blood alcohol concentration as little as 0.02 percent. At 0.08 percent, you are legally drunk. Another excuse: "it was just a short distance to my house," is also frequently heard. Unfortunately, most accidents occur within 5 miles of home; whether the driver is in-

toxicated or not. The simple truth is that driving under the influence of alcohol increases the chances of having an accident and despite all of the attention it has received, drunken driving remains an intractable problem in our nation and in our Air Force.

We all share crucial roles in preventing drunk driving. Supervisors have a responsibility to educate their subordinates on the legal use of alcohol. They should also ensure that they do not make excuses for inappropriate behavior. Many supervi-

sors rationalize that their "troop" is a terrific worker and that they just stop by the club for a few drinks "to relax." Instead, supervisors need to confront a subordinate who they believe is driving under the influence of alcohol. In many instances, the problem won't disappear; a referral for assistance may be required. Peers also play a large role in the prevention of drunken driving. They should not be afraid to take someone's keys away or suggest that the person take a cab. Individuals must remember, however, that ulti-

mately drinking responsibly is a personal responsibility. It's okay to admit, that you have had too much to drink and that you can't drive." Drinking responsibly means that if you choose to drink, you should always assign a designated driver. Of course the designated driver should not drink any alcohol. Even one drink could impair their driving skills or cause an alcohol-related incident.

Finally, if you find that you have been drinking and you don't want to risk your safety or the safety of others, please

consider using the Airmen Against Drunk Driving (AADD) Program. The program offers a free ride home for those who have had too much to drink. It operates on Friday and Saturday evenings from 9 p.m. to 5 a.m. and is completely confidential. No names are taken and no questions asked. It's open to all members assigned to Sheppard regardless of rank. The telephone number is 676-AADD. For information on the Alcohol and Drug Abuse Prevention and Treatment (ADAPT) Program, please call 6-6155.

Test your sleep IQ, awareness

Do you think you're a sleep genius? In a 1999 nationwide survey, 83 percent of adult Americans failed the National Sleep Foundation Sleep IQ Test. The average person gave fewer than 6 correct responses. Find out your sleep IQ by taking the True/False quiz below.

1. During sleep, your brain rests.

2. You cannot learn to function normally with one or two fewer hours of sleep a night than you need.

3. Boredom makes you feel sleepy, even if you have had enough sleep.

4. Resting in bed with your eyes closed cannot satisfy your body's need for sleep.

5. Snoring is not harmful as long as it doesn't disturb others or wake you up.

6. Everyone dreams every night.

7. The older you get, the fewer hours of sleep you need.

8. Most people don't know when they are sleepy.

9. Raising the volume of your radio will help you stay awake while driving.

10. Sleep disorders are mainly due to worry or psychological problems.

11. The human body never adjusts to night shift work.

12. Most sleep disorders go away even without treatment.

Answers

1. *During sleep, your brain rests.* **False.** While your body rests, your brain doesn't. An active brain during sleep prepares us for alertness and peak functioning the next day.

2. *You cannot learn to function normally with one or two fewer hours of sleep a night than you need.* **True.** Sleep need is biological. Most adults need eight hours of sleep to function at their best. You can teach yourself to sleep less, but not to need less sleep.

3. *Boredom makes you feel sleepy, even if you have had enough sleep.* **False.** Adults who don't get enough good sleep feel sleepy when they're bored. Boredom doesn't cause sleepiness, it merely unmasks it.

4. *Resting in bed with your eyes closed cannot satisfy your body's need for sleep.* **True.** Rest is no substitute for sleep.

5. *Snoring is not harmful as long as it doesn't disturb others or wake you up.* **False.** Snoring may indicate the presence of a sleep disorder called sleep apnea. People with sleep apnea snore loudly and arouse repeatedly during the night, gasping for breath. The good news: With treatment, patients can improve their sleep and alertness, and improve health and safety. Consult your physician.

6. *Everyone dreams every night.* **True.** Though many people fail to remember their dreams, dreaming does occur for every person, every night. Dreams are most vivid during REM sleep.

7. *The older you get, the fewer hours of sleep you need.* **False.** Sleep need remains unchanged throughout adulthood. When older people sleep less at night, they tend to sleep more during the day.

8. *Most people don't know when they are sleepy.* **True.** Many people don't know if they are sleepy, when they are sleepy, or why they are sleepy. We are poor judges of our own level of alertness.

9. *Raising the volume of your radio will help you stay awake while driving.* **False.** If you're having trouble staying awake while driving, the only short-term solution is to pull over at a safe place and take a short nap or have a caffeinated drink. Research shows that loud radios, like chewing gum and open windows, fail to keep sleepy drivers alert.

10. *Sleep disorders are*

mainly due to worry or psychological problems. **False.** Stress accounts for only a fraction of the people who suffer either chronic insomnia or difficulty staying alert during the day. Sleep disorders have a variety of causes.

11. *The human body never adjusts to night shift work.* **True.** People have a 24-hour circadian rhythm set by light and dark cycles which affects when we feel sleepy and alert. Unlike crossing time zones, the light and dark cycle doesn't change for shift workers. Therefore, a shift worker's circadian rhythm never adjusts. However, there are ways to help manage your circadian rhythm for night-shift work.

12. *Most sleep disorders go away even without treatment.* **False.** Unfortunately, many people who suffer from sleep disorders don't realize that they have a disorder or that it can be treated. Sleep disorders don't disappear without treatment.

This test is from the National Sleep Foundation. This week the NSF sponsored National Sleep Awareness Week. The National Sleep Awareness Week is a major public awareness campaign to promote the importance of quality sleep to health, productivity and safety. The campaign coincides with the beginning of Daylight Saving Time, when we turn our clocks forward one hour and therefore risk losing an hour of sleep. NSF's annual "Sleep in America" polls show that it is an hour of sleep that most Americans can't afford to lose. To learn more about the NSF, visit www.sleepfoundation.org.

Anyone struggling with the effects of fatigue, or would just like to learn more about sleep and fatigue issues can contact 2nd Lt. Steve Dawson, at the Aerospace Physiology Training Unit, 6-7079, or e-mail at Steven.Dawson@sheppard.af.mil.

(Courtesy of the 82nd AMDS/SGPT)

Yoga-pilates classes

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

Squadron Cardio Combat

The fitness centers invite all squadron members to participate in a new fitness challenge called Squadron Cardio Combat. By participating in individual exercise regimes, anyone can track their workouts and score points for their squadron. For more information, call the south fitness center at 6-2972.

Muscle Mania

AETC is sponsoring a MAJCOM-level muscle mania sports competition May 18 at Little Rock Air Force Base, Ark. The active duty Air Force winners from Sheppard's Dec. 1 power lifting competition will represent the base. Additionally, the fitness centers are looking for serious bodybuilders to participate at the competition. Members must be on active duty and assigned to an AETC base.

General information and instructions for the competition are available at the south fitness center. Questions or comments regarding this sports event should be directed to Master Sgt. Desi Hale at 6-3550.

Intramural softball

People can now sign up for intramural softball. The season is projected to start May 13. Those units interested in forming a team must sign up by Monday at the

north fitness center. For more information, call Staff Sgt. Brent Casey at 6-6336.

Pool season

Pool season is coming up again for the Bunker Hill, Capehart, and Main pools. The pools open May 18 and 19. Season passes are available. For more information, call 6-4141.

Blind Partner golf

Wind Creek Golf Course will host the Blind Partner Golf Tournament April 27. Shotgun start is at 8 a.m. Net and gross prizes given. The cost of \$15 per person includes cart for both days (green fees not included for both days). Established handicap is required. For more information call 6-6369.

Intramural bowling standings as of April 5

	WINS	LOSSES
1.364 TRS	138	86
2.82MSS/SVS	129	95
3.362 TRS (B)	128	96
4.363 TRS (B) Ammo	127	97
5.363 TRS (A)	120	104
6.187 Med Bn.	120	104
7.362 TRS (A)	118	106
8.365 TRS (C)	118	106
9.82 CES	118	106
10.365 TRS (B)	117	107
11.381 TRS (B)	117	107
12.882 TRG (B)	115	109
13.365 TRS (A)	115	109
14. AFOSI	115	109
15.882 TRG (A)	114	110
16.366 TRS (A)	113	111
17.382 TRS	108	116
18.82 TRSS	104	120
19.381 TRS (A)	102	122
20.82 CS (B)	100	124
21.82 CS (A)	99	125
22.384 TRS	96	128
23.366 TRS (B)	86	138
24.882 TRG (C)	67	157

High Game

Men

1. Michael Cumella 248
2. Hank Rorije 243

Women

1. Annette Malit 212
2. Michele Dodge 190

High Series

Men

1. Michael Cumella 655
2. Hank Rorije 642

Women

1. Annette Malit 564
2. Michele Dodge 503