

Friday
Partly cloudy
Lo: 59°F
Hi: 82°F

Saturday
Partly cloudy
Lo: 60°F
Hi: 81°F

Sunday
Partly cloudy
Lo: 62°F
Hi: 82°F

Sergeants bring Hollywood to deployees
See Page 6



Sheppard couple aces fitness test
See Page 1B



Sheppard Senator



Combat Capability Starts Here

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Open season underway for Thrift Saving Plan

AIR FORCE PERSONNEL CENTER – Civilian and military employees can sign up for, or change, their Thrift Savings Plan contribution amounts during the 'open season' until June 30.

"TSP is a long-term retirement savings plan, which everyone should consider," said Senior Master Sgt. Felipe Ortiz, superintendent of the contact center here. "It's a great supplement to military and civilian retirement plans."

"It's also important to note that TSP is not limited to investing in stocks," said Sergeant Ortiz. "People can choose safer government securities as well."

This open season applies only to regular TSP contributions. It does not include TSP catch-up contributions, as they are not tied to open seasons,

according to Janet Thomas, of AFPC's civilian benefits and entitlements service team.

TSP offers investors the chance for lower taxes each year they contribute while not having to pay taxes on earnings until they reach retirement.

"Eligible employees can take out loans and make in-service withdrawals from their TSP accounts," said Ms. Thomas. "And you can keep your account, even if you leave military or federal civilian service."

Investment money is deposited directly from each paycheck "so you never have to think about it," said Sergeant Ortiz. "That makes it easy to 'pay yourself first' while only investing what you deem appropriate."

The five TSP funds are: the Government Securities

Investment (G) Fund; the Common Stock Index Investment (C) Fund; the Fixed Income Index Investment (F) Fund; the Small Capitalization Stock Index Investment (S) Fund; and the International Stock Index Investment (I) Fund.

"As with any individual retirement account, the sooner you begin contributing, the better," said Ms. Thomas.

Contributions made between Apr. 15 and June 12 will take effect June 13, for both military and civilian personnel. Changes made on or after June 13 will become effective at the beginning of the pay period following the one in which the election is made for civilians and the following month for military.

Some of the specifics of the program include:

Military

Military members can contribute up to 9 percent of their base pay, as long as the annual total of tax-deferred investment doesn't exceed \$13,000 for 2004. Airmen also have the ability to invest all or part of their bonuses or special pay.

Those serving in tax-free combat zones are allowed up to \$41,000 in annual contributions. Military members can enroll through the Defense Finance and Accounting Service Web site at <http://www.dfas.mil/emss/>. They can also enroll by filling out a form TSP-U-1 at local military personnel flights, finance offices and family support centers.

Contribution allocations

(how an employee chooses to invest money among the five funds) can be made by calling the TSP automated ThriftLine at (504) 255-8777 or on the TSP Web site at <http://www.tsp.gov/>. For general TSP questions, call the Air Force Contact Center at (800) 616-3775.

Specific TSP information is available for Air Force military personnel at http://www.afpc.randolph.af.mil/mpf/TSP/thrift_savings_plan.htm.

Civilian

Contribution limits are based on which retirement system an employee has. For the current open season, the following contribution rates apply:

Federal Employees' Retirement System employees may contribute up to 14 percent of basic pay each pay period.

Once eligible, the government provides matching funds of up to four percent as well as an automatic one percent each pay period, whether the employee contributes or not, making the government's contribution five percent.

Employees covered by the Civil Service Retirement System may contribute up to nine percent of basic pay, but do not receive any agency contributions.

The percentage FERS and CSRS employees may contribute will be restricted by the Internal Revenue Code's annual limit of \$13,000 this year, said Ms. Thomas.

Specific information is available for civilian employees from the Thrift Savings Web site

See TSP, Page 4

On the Inside

Natural lesson

Sheppard's misison of education went off base Wednesday when members of the 82nd Civil Engineer Squadron Environmental Flight taught local elementary school students about nature.

Tim Hunter, the base agronomist and natural and cultural resource manager, along with Bill Marks and Matt Marrs, both with the environmental flight, received "oohs" and "awws" from students at River Bend Nature Works during Earth Day 2004.

Mr. Hunter said educating students now on the environment will only help nature in the future.

For full story, see page 2.

Navy gets new command

The establishment of the Fleet Anti-Submarine Warfare (ASW) Command marks the beginning of a new era in ASW readiness.

Based in San Diego, Fleet ASW Command was officially established during an April 8 ceremony at the Fleet Anti-Submarine Warfare Training Center. Rear Adm. John J. Waickwicz was installed as its first commanding officer.

For full story, see page 4.

JTACs important to OEF

When Staff Sgt. Jason Cry gets a chance to talk over the phone with his 5-year-old son, he explains his long absence from home in a way to help him understand why Dad wasn't there for Christmas. Or why he can't be there at night to read him a bedtime story, kiss him on the head, and tuck him under the covers before he goes to sleep.

He tells his son that the Air Force needs him to do some important work, so he can't be home with him right now.

For full story, see page 6.

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Safety comes first

Knowing limitations, awareness key to safe ride

By John Ingle
Editor

Bennie Brashear hopped on the 1976 Yamaha motorcycle he'd just finished repairing and took it for a spin to make sure everything was working right.

The training manager for the 382nd Training Squadron has been riding since he drove a 30-mile paper route when he was 15 years old. As he was test-driving the repaired bike, the one thing most motorcycle riders dread is the unaware driver of a car.

near miss.

But, he learned that even with his 35 years of experience, riding a bike is still a learning process and riders always have to watch for other drivers.

"He told me if I would've had my headlight on, he would've seen me," he recalled. "That taught me a lesson."

All too often, Mr. Brashear, a member of the Sheppard Riders Association, said young riders think that just because they've been through safety

For more motorcycle safety information, visit the 82nd Training Wing Safety Office Web site located on the Sheppard Portal or at webi.sheppard.af.mil/82trwsafety.

The driver of the vehicle began to turn in front of Mr. Brashear, stopping just before it was too late. Mr. Brashear said he used a pre-determined "escape route" to handle to

courses and are riding with experienced riders, they can ride like the big boys.

"Some of these guys think

See SAFETY, Page 4

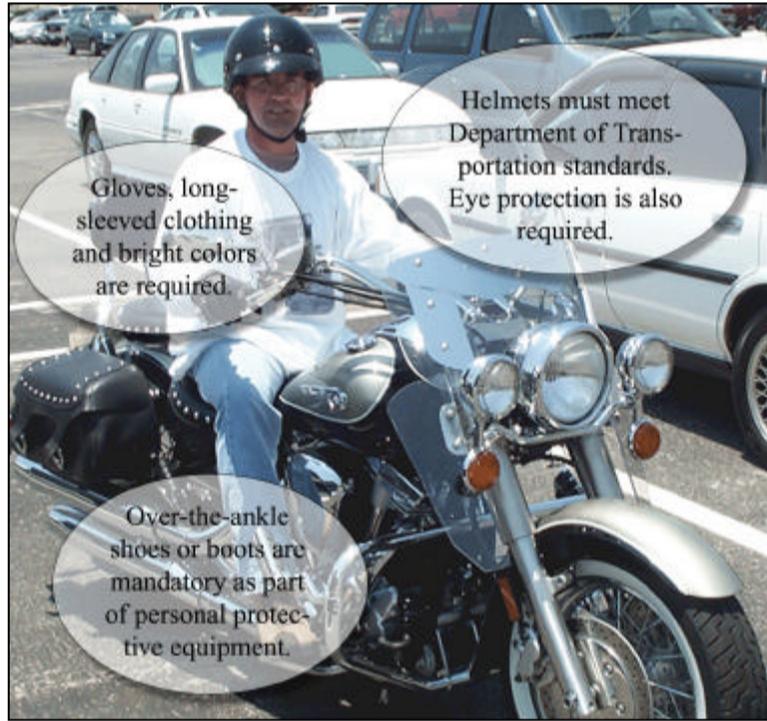


Photo illustration by John Ingle

Per AFI 91-207, requirements for motorcycle, motor scooter, and moped operations on Air Force installations and for operation by military personnel off Air Force installations include the following:

- Only operators may ride mopeds – no passengers.
- Headlights must be on unless prohibited by the Status of Forces Agreement or local laws.
- Vehicle must have rear-view mir-

rors.

Operator and any passenger must wear a protective helmet. NOTE: Helmets must meet, as a minimum, Department of Transportation (DoT) standards and be properly worn and fastened. Helmets may also meet other standards such as the Snell Memorial Foundation or the American National Standards Institute. If stationed overseas, personnel may use host-nation certified, equivalent hel-

ments.

To increase visibility of riders, they are encouraged to affix reflective material to their helmets.

Operator and any passenger must wear impact resistant goggles or a full-face shield on their helmet. EXCEPTION: Goggles or a full-face shield are not required for the operator, if the motorcycle is equipped with a windshield that is equal in height to or above the top of the helmet of the

properly upright-seated operator.

Brightly colored or contrasting vest or jacket as an outer upper garment during the day and reflective during the night. Outer upper garment will be clearly visible and not covered.

Long sleeved shirts or jackets, full-fingered motorcycle gloves or mittens, and long trousers.

Sturdy footwear. Leather boots or over-the-ankle shoes are strongly encouraged.

Sheppard AFAF is #1

By 1st Lt. Laura Renner
Base public communication

Christmas has come very early this year for Sheppard, and its personnel are the ones to thank. Team Sheppard finished off a successful Air Force Assistance Fund Campaign for 2004.

At time of print, Team Sheppard had raised 200 percent of its goal, placing it first in the Air Force. More than 50 percent of Sheppard's personnel contributed to the fund, granting Sheppard an additional \$2,500 in return.

"I think it shows how much we care about our fellow airmen," said Lt. Col. Rich Schwing, commander of the 373rd Training Squadron and base point of contact for AFAF.

With a theme of "Commitment to Caring," Sheppard's goal was to raise \$101,000 for the Air Force Village

Foundation, Air Force Aid Society, Air Force Enlisted Village and The General and Mrs. Curtis E. LeMay Foundation, all beneficiaries of AFAF.

Sheppard busted through its monetary goal during the second week of the campaign and kept on climbing, eventually surpassing 2003's contribution of \$175,000.

Team Sheppard personnel designated \$143,000 toward the Air Force Aid Society, the official charity of the Air Force. AFAF provides worldwide emergency assistance to Air Force personnel and their families, sponsors educational assistance programs and offers a variety of base community enhancement programs that impact family welfare, according to their fact sheet.

According to Colonel Schwing,

See AFAF, Page 4

Sheppard sergeant is 250,000 CCAF grad

By Airman 1st Class Jacque Lickteig
Base public communication

A Sheppard aircraft maintenance instructor from the 362nd Training Squadron will leave a permanent mark in the history books of the world's largest community college when he does only what every student strives to do – graduate.

When Staff Sgt. Kalacone Needham graduates April 23, he will be the Community College of the Air Force's 250,000th graduate since its start in 1972, Jim Mudd, from Sheppard's education office, said.

To congratulate Sergeant Needham, the Air University commander, Lt. Gen. Donald Lamontagne, will hold a cere-

mony for him Monday at Maxwell Air Force Base, Ala.

Sergeant Needham will return Monday evening so he can graduate with the other 300 Sheppard graduates April 23.

"This April graduation will see Sheppard's largest graduation ever," Mr. Mudd said. "This is more than any other Air Force Base."

It's significant that the 250,000th graduate happens to be a Sheppard member because Sheppard education services and its enlisted population have greatly contributed to the success of the Department of Defense's only community college, he also said.

See GRAD, Page 4

Natural lesson

82nd CES environmental flight helps kids learn about conservation, nature on Earth Day

By John Ingle
Editor

Sheppard's misison of education went off base Wednesday when members of the 82nd Civil Engineer Squadron Environmental Flight taught local elementary school students about nature.

Tim Hunter, the base agronomist and natural and cultural resource manager, along with Bill Marks and Matt Marrs, both with the environmental flight, received "oohs" and "awws" from students at River Bend Nature Works during Earth Day 2004.

Mr. Hunter said educating students now on the environment will only help nature in the future. The group also talked about water conservation and protection.

"It's very important to get them at this age," he said. "This

is the age when they are developing habits and opinions."

More than 600 students from elementary schools across the area were expected to attend the two-day event at the popular nature venue in Wichita Falls.

As students passively marveled at the display of various animal skulls, pelts and local snake specimens that were laid out on the Sheppard table.

"Who knows what this is?" Mr. Hunter asked one group of students as he held up a tiny skull.

"Armadillo," one student exclaimed.

"That's right. But, we usually see these laying on their back with their legs in the air," Mr. Hunter quipped.

Two displays probably drew the most attention: snakes and a mummified cat.

Mr. Hunter said it's important to show students the numerous

species of snakes known to this area because they might not see them elsewhere.

The mummified cat was found in the Heritage Center during refurbishment, he said. As best as he could determine, the cat was sealed up in a crawl space about 25 years ago.

Now it's his "pride and joy" of his collection.

The environmental flight and NORTEX Regional Planning Commission began doing the shows in 1998 at the Multi-Purpose Events Center in Wichita Falls. River Bend Nature Works joined in 1998 and became the lead in Earth Day for this area in 1999.

Mr. Hunter said his group travels to between five and seven different school programs annually.

He said the group also participated in an Earth Day event in Dallas a few years ago.



Photo by John Ingle

Tim Hunter, the Sheppard agronomist with the 82nd Civil Engineer Squadron Environmental Flight, holds up a massive hornet nest Wednesday as students from John Tower Elementary listen to an explanation of how hornets make the nest and how long it takes.

Students from various schools visited Earth Day 2004 at River Bend Nature Works in Wichita Falls to learn about nature and conservation of natural resources. Bill Marks and Matt Marrs, also from the environmental flight, were on hand to answer students' questions.

Many to compete in EQUAL process

RANDOLPH AIR FORCE BASE, Texas (AETCNS) - The enlisted assignments division at the Air Force Personnel Center unveiled a new assignment process to account for a recent change to many stateside special-duty jobs - those now being coded as maximum tour assignments.

The new process, starting in mid-April, is called the CONUS Mandatory Mover Program and the majority of those affected include: recruiters, military training instructors, military training leaders, technical training instructors, Air Education and Training Command's professional military education instructors, and people assigned to joint or department agencies.

People serving in these positions will compete for their next assignment through the Enlisted Quarterly Assignment Listing for Overseas Returnees once they reach their maximum tour date.

"We've got people in these special jobs that for the good of professional development and the Air Force need to get back into their primary specialty or mainstream

Air Force," said Chief Master Sgt. Carlton McCoy, superintendent of the Airman Assignments Division here. "We've long recognized that Airmen in this category weren't being provided visibility to Air Force manning requirements. Adding them to the EQUAL process is necessary for the fairness, equity and visibility of their assignments."

The next listing for those returning from overseas in the August-October timeframe will be posted April 13. Around 600-800 CONUS Mandatory Movers whose maximum tour ends August-October will also participate in this cycle.

Because these folks are being identified in advance, major commands can voice their requirements of where they need people the most.

"We take the number of (CONUS Mandatory Movers) and overseas returnees and create a list of available assignments ... on a one-for-one basis," said Master Sgt. Tammy Brangard, superintendent of first sergeant and special duty assignments here. "Because of the larger pool of potential

movers, this program will enhance the opportunities out there."

The member can also track their availability, something they could not do before.

About 12 months before someone on a CONUS Mandatory Movers tour reaches the end of their assignment, they will be notified of their options and given a hand-out explaining in detail what to expect.

Those identified can apply for a base of preference assignment if they have enough time on station, compete for an EQUAL Plus special-duty job or move under the EQUAL Overseas Returnee and CONUS Mandatory Movers program.

Airmen can go to the Assignment Management System to access the EQUAL duty positions online at <https://afas.afpc.randolph.af.mil/amsweb/master.cfm>.

For more information, members can contact their local military personnel flight or call the Air Force Contact Center at (800) 616-3775.

(Courtesy of Air Force Personnel Center News Service)

Sheppard Hispanic Heritage Committee sponsors Cesar Chavez Banquet

The Sheppard Hispanic Heritage Committee is sponsoring the Cesar Chavez Banquet that will be held on April 17 at the Holiday Inn.

The event will start at 6 p.m. Cesar Chavez is considered the Hispanic Martin Luther King Jr. He was an active civil rights activist that great contributed to better rights and work conditions of the farm workers.

A Sheppard honor guard team will post the colors. The guest speaker is Chief Master Sgt. Delia Cogar, the 82nd Mission Support Group Chief

Enlisted Manager.

Chief Cogar advises the 82nd MSG commander on matters relating to the morale and welfare of more than 1,000 enlisted troops. Prior to her assignment at Sheppard, she served as the Headquarters Pacifica Air Forces 3AX01 Command Functional Manager.

For more information on this event, please contact Tech. Sgt. William Cordero at 6-7819, Marlon Pesantez at 6-6489, Staff Sgt. Nelson Lendeborg at 6-0165, Staff Sgt. Kimberly Whiteside at 6-3567 or Staff Sgt. Patrick Harmon at 6-6360.

AF leaders authorize two medals, one ribbon device

AIR FORCE PERSONNEL CENTER - Secretary of the Air Force Dr. James Roche recently approved two new medals recognizing units for outstanding heroism in combat and achievement or service in direct support of combat operations.

Secretary Roche and Air Force Chief of Staff Gen. John Jumper also approved the addition of a gold border to the Air Force Expeditionary Service Ribbon.

The Gallant Unit Citation and the Meritorious Unit Award can be awarded to Air Force active-duty, Reserve and Guard units for actions or service while in direct support of combat operations.

The specifics of each award vary:

Gallant Unit Citation
This medal is awarded to units for extraordinary heroism in action against an armed enemy of the United States while engaged in military operations involving conflict with an opposing foreign force on or after Sept. 11, 2001.

Just after the Presidential Unit Citation in order of prece-

dence, the GUC requires a lesser degree of gallantry, determination and esprit de corps, said personnel officials.

"The unit must have performed with marked distinction under difficult and hazardous conditions in accomplishing its mission so as to set it apart from other units participating in the same conflict," said Tech. Sgt. Jeff Simmons, superintendent of the awards and decorations branch here. "The degree of heroism required is the same as that which would warrant award of the Silver Star which is awarded for gallantry and heroism of high degrees, including risk of life in action."

The GUC ribbon shall be worn immediately before the Joint Meritorious Unit Award. Subsequent awards will be denoted by oak leaf clusters.

Meritorious Unit Award

This medal is awarded to units for exceptionally meritorious conduct in the performance of outstanding achievement or service in direct support of combat operations for at least 90 continuous days during the period of military operations against an armed enemy of the United States on or after Sept. 11, 2001.

"The degree of achievement required is the same as that which would warrant award of the Legion of Merit," said Sergeant Simmons. "Service in a combat zone is not required, but service must be directly related to the combat effort."

The MUA ribbon shall be

worn immediately before the Air Force Outstanding Unit Award. Subsequent awards will be denoted by oak leaf clusters.

Both medals are currently in the design phase, which may take several months before they're ready for wear.

Air Force Expeditionary Service Ribbon

The Air Force Expeditionary Service Ribbon with a gold border will be awarded to those who satisfactorily participated in combat operations.

"This gold border, signifying participation in combat operations, reflects the global, expeditionary nature of airpower and

our Air Force," General Jumper said. "It recognizes the highly professional service of our Airmen in designated geographic combat area of operations, and the service of those who produce combat effect by employing airpower capabilities from outside that area."

Airmen meeting the established criteria for award of the basic ribbon, 45 consecutive days or 90 nonconsecutive days in a designated combat zone, will also qualify for the gold border signifying participation in combat operations.

In addition to the criteria for time in the area of responsibility, Airmen who are wounded or die while serving in the area, and those who participate in mobility operations into the designated area and who launch weapons into the area will qualify for the device.

This includes air mobility and bomber aircrews flying missions outside the area of responsibility, as well as Airmen involved in space operations and remotely piloted vehicle operations that produce weapons effects in the AOR.

2 Sheppard members are the Tops

By Carolyn Knothe

Base Public Communication

Two Team Sheppard members have left their lives here in Texas for a whirlwind tour of the world with the Air Force's Tops in Blue performance team.

Tech. Sgt. Robert Cotto and Senior Airman Mary Graham both won positions with the team for the 2004-2005 season.

Sergeant Cotto will be working "behind the scenes," as he put it, setting up the stage, handling the lighting and audio during the show and driving the semi truck that hauls the equipment from town to town.

Airman Graham, a high soprano, won a vocalist position on the team after try-outs at Lackland Air Force Base, Texas.

"I was in the choir in high school and won a music scholarship to college," she said. "Here at Sheppard, I've just sung the national anthem from time to time."

Tops in Blue travels to every base in the United States and overseas and also to deployed locations. The team performs a show at least every other day while overseas, and sometimes

every day while in the continental United States. The season lasts from June 2004 till March 2005.

"I'll be practicing and performing a lot," Airman Graham said. "But they say your voice gets better if you use it every day."

The days will be long and the schedule grueling. Set-up of the stage can take up to 13 hours and team members can expect 20-hour days.

"It'll be a hard year," Sergeant Cotto said.

He helped the stage team when the Tops in Blue came to Sheppard earlier this year, and said he was so tired that slept the entire day after the performance.

In his current position, Sergeant Cotto is the non-commissioned officer in charge of the First Term Airman Center. He coordinates a two-week information program for airman just graduating tech school and entering their first "real" assignment in the Air Force.

"We have 61 briefings in two weeks," Sergeant Cotto said. "It may seem like a lot, but the speakers make it fun and every-



Left, Senior Airman Mary Graham, and Tech. Sgt. Robert Cotto, right, both with the 82nd Mission Support Squadron, have been selected to tour with Tops in Blue during the group's 2004-2005 season. Airman Graham will be a vocalist while Sergeant Cotto will work behind the scenes as a technician.

Photos by Carolyn Knothe



one enjoys it."

Airman Graham also works with graduating tech schoolers, but she helps them out-process on their way to their new assignment.

"I like my job here," she said, "but it'll be exciting to get to go everywhere and travel."

Her interest in Tops in Blue was sparked after seeing one of their performances while she was in tech school. She performed in the Air Force wide talent show and was chosen to be a member of the team.

Sergeant Cotto had seen several Tops in Blue shows and recently found out about the technical positions they offer. He wasn't interested in singing, but was eager to help out the team.

After their tour as performers is up, the two will come back to Sheppard and their everyday lives.

But they'll have had wonderful experiences around the globe and, as Sergeant Cotto said, have "brought a little America out to the rest of the world."

Be sure to catch Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, live from the command section on TSTV-14 at 1:30 p.m. Monday. Lt. Col. Greg Emanuel, 82nd Civil Engineer Squadron commander, will be the general's guest



Briefly Speaking

82nd CONS has new commander

Lt. Col. John S. McLaurin Jr. took command of the 82nd Contracting Squadron Thursday in a change of command ceremony.

Lt. Col. Thomas D. Robinson, the former-82nd CONS commander, will temporarily serve as 82nd Missions Support Group deputy until June.

Colonel McLaurin comes to Sheppard from Randolph Air Force Base.

Position open at chapel

The chapel will have a paid part-time position opening this summer for a Catholic Community Coordinator. If you are interested in learning more about this opportunity, please call Sue Walker at 6-7576.

IVAO change

Capt. Paul Pethel is now the acting Installation Voting Assistance Officer.

For information about voting and the military, contact Captain Pethel at 6-6680 or by e-mail at paul.pethel@sheppard.af.mil. Messages can also be left on the base voting assistance hotline at 6-6406.

Clinics moving locations

The 82nd Medical Group will be relocating the Women's Health and Student Health clinics in May.

The Women's Health Clinic will move from the third floor May 3 to the south wing of the second floor. It will simply be one floor below its current location.

The Student Health Clinic will move May 10 to the third floor of the hospital to provide more space and waiting room.

EQUAL list now available

The Enlisted Quarterly Assignment Listing for people returning from overseas August to October will be available April 13.

Airmen need to work through their military personnel flights or their commander's support staff to update their preferences by April 30. Airmen will be notified of their selection by mid-May.

EQUAL advertises upcoming assignment requirements, by Air Force specialty code and rank. People can view the lists from the AFPC home page at <https://afas.afpc.randolph.af.mil/amsweb/master.cfm> or at the military personnel flight.

New command to integrate Navy's ASW mission

By Eric Beheim

Naval Media Center, FSD San Diego

SAN DIEGO (NNS) – The establishment of the Fleet Anti-Submarine Warfare (ASW) Command marks the beginning of a new era in ASW readiness.

Based in San Diego, Fleet ASW Command was officially established during an April 8 ceremony at the Fleet Anti-Submarine Warfare Training Center. Rear Adm. John J. Waickwicz was installed as its first commanding officer.

Historically, various communities within the Navy such as surface ships, airplanes and submarines have conducted their ASW training and operations independently of one another.

Fleet ASW Command was established specifically to integrate these efforts under a single authority and make them more efficient.

The new command will be comprised of 138 military, civilian and contractor personnel. In addition to its San Diego headquarters, Fleet ASW Command will have detachments in Norfolk, Va., and Yokosuka, Japan.

Its primary focus will be on providing standardized ASW training for the entire Navy, assessing ASW capabilities and readiness throughout the fleet, and in seamlessly implementing the latest state-of-the-art technology into ASW operations.

During his remarks, guest speaker Adm. Walter F. Doran, commander, U.S. Pacific Fleet emphasized the

threat posed by quiet diesel-electric submarines that nations such as North Korea, China and Iran continue to acquire.

Deployed in the open ocean and in coastal waters, these submarines have the potential to make it difficult for the U.S. Navy to conduct at-sea operations as well as for joint forces to move ashore from the sea. Maintaining underwater supremacy through ASW effectiveness remains a critical core Navy mission.

In establishing the Fleet ASW Command, the Navy continues to demonstrate its commitment to maintaining a 21st Century naval force that meets national security needs and retains its operational superiority at sea.



Anti-submarine warfare was revamped recently to provide a more efficient means of training among the Navy's tri-fecta of surveillance equipment: surface ships, airplanes and submarines. The P-3C, left, is the Navy's primary fixed-wing aircraft used for detecting submarines.

Courtesy of the U.S. Navy



Photo by Sandy Wassenmiller

Full support

Above, Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, and Col. H. D. Polumbo, 80th Flying Training Wing commander, presents a check to Evelyn Holmes, child development center director, to purchase "Bye-bye Buggies." Also pictured are (center) Staff Sgt. and Ms. Bradley Boland and their twins, Taylor and Thomas and Jennifer Nicholson and her son Kabrie Eddington. Right, General Rooney and Colonel Polumbo present a check to Jim Gillespie for the purchase of laptops.



TSP

Continued from Page 1

at <http://www.tsp.gov/> or the BEST homepage at <http://www.afpc.randolph.af.mil/dpc/BEST/menu.htm>.

All Air Force civilian employees will make their TSP contribution elections or changes through the BEST automated phone system at (800) 616-3775 or the Employee Benefits Information System (EBIS) web application at www.afpc.randolph.af.mil/dpc/BEST_GRB/EBIS.htm. Hearing impaired employees may contact BEST by calling TDD (800) 382-0893 or commercial 565-2276 within San Antonio, Texas. Overseas employees enter the AT&T Direct Access Number for the country they are calling from and then enter 800-997-2378. AT&T access instructions can be obtained from http://www.att.com/business_traveler/guides_and_access/dialing_instr.html#outside. Counselors are available weekdays from 7 a.m. - 6

p.m. Central Time.

Contribution allocations (how an employee chooses to invest their money among the five funds) are made by calling the TSP automated ThriftLine at (504) 255-8777 or on the TSP web site at <http://www.tsp.gov/>.

The Thrift Savings Plan has announced several changes to the loan program effective July 1. They are:

A \$50 fee will be deducted from the amount of each new loan;

Participants will no longer be able to have two general purpose loans at the same time. However, participants will still be able to have one general purpose and one residential loan;

When participants pay off one loan, they will not be eligible to apply for another loan for 60 days.

AFAF

Continued from Page 1

Sheppard historically receives a 2 to 1 return for monies donated to AFAS. Therefore, he expects Sheppard will receive approximately \$286,000 for grants, loans, educational assistance and programs through the family support center.

With 5,200 people of the 9,525 active-duty personnel assigned to Sheppard contribut-

ing, Sheppard will receive an additional \$2,500.

The 361st Training Squadron led the way by raising 1,059 percent of its monetary goal. In second place was the 362nd TRS with 757 percent. Close behind in third was the 88th Flying Training Squadron with 738 percent contribution.

Colonel Schwing said he

thinks the unit project officers and key workers created the recipe for success in this endeavor.

"I think we had the right people in leadership positions at the beginning of the campaign," he said. "We had aggressive folks in position who understood the importance of AFAF and communicated that to the troops."

SAFETY

Continued from Page 1

since they are riding with guys with years of experience, they can just jump on a motorcycle and ride like they do," he said. "My advice for younger riders is...don't drive past your limitations."

He recalled an incident last year when a group of riders were riding south of Wichita Falls. One of the young riders took a corner too fast and "spilled" his bike on the recently paved road.

Mr. Brashear said although the rider received minor injuries to his elbows and a knee, the incident could've been prevented.

"I really think a lot of the accidents are due to inexperience," he said. "Going around a curve and you lose control - that's inexperience."

Accidents are relegated to off-base locations only, as one rider said.

Master Sgt. Diane Payton, a military training leader in the 361st TRS, was riding her purple Harley-Davidson Sportster 1200 traveling west on Fifth Avenue. She was riding behind another motorcycle at the time.

She said she noticed a car exiting the parking lot of Bldg. 402 and the driver wasn't paying attention. Sergeant Payton said the driver was focused on the bike in front of her.

The driver of the vehicle pulled out in front of her, she said.

"I was about 10 feet behind the first bike and I saw the driver's head following the bike in front of me when he started pulling out," she recalled. "I hit

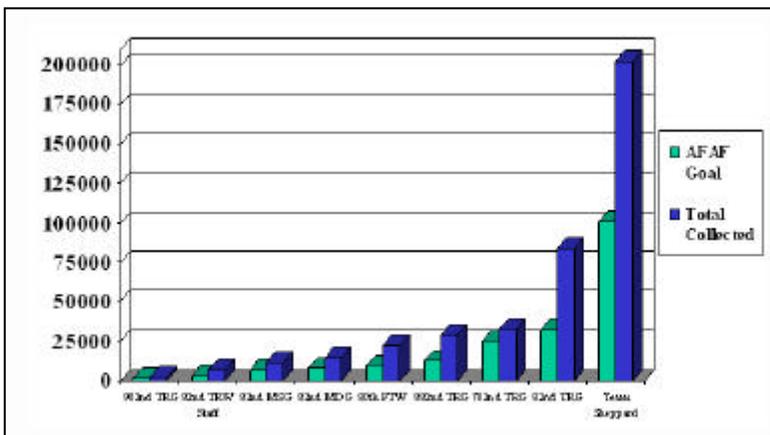
the brakes and missed side swiping him by about a foot."

She said she was wearing all of the mandated personal protective equipment, an orange reflective vest and had all four lights turned on.

Safety courses, personal protective equipment and experienced riders are important to making young riders good and experienced riders.

But, Mr. Brashear said knowing limitations and awareness of your surrounding environment - road conditions and other drivers - is the key to having a safe and enjoyable ride.

For more information about motorcycle safety, visit the 82nd Training Wing Safety Office's Web site located on the Sheppard Portal.



Staff Sgt. Kalaeone Needham, instructor at the 362nd Training Squadron and 250,000th Community College of the Air Force graduate, looks on as two students, Airman 1st Class Sakawa Ogega and Airman Ryan Ross, point out F-16 parts. Sergeant Needham will receive his diploma from Maj. Gen. Donald Lamontagne, Air University commander, during a ceremony Monday at Maxwell Air Force Base, Ala.

Photo by Airman 1st Class Jacques Lickteig

GRAD

Continued from Page 1

When Sergeant Needham started working toward his CCAF aircraft maintenance degree in December 2002, he didn't know his journey through education would lead to a special presentation at CCAF headquarters. As a matter of fact, he learned of his upcoming trip just two weeks ago, Sergeant Needham said.

"I was blown away," he said about finding out he will be the 250,00th graduate. "This is an outstanding honor."

The CCAF, led by Lt. Gen.

George Simler, commander of then-Air Training Command, began as a means to provide skill enhancement for non-commissioned officer in the early 1970s. The college was officially established April 1, 1972.

The first official CCAF transcript was mailed Nov. 9, 1972 and the school's first credential, the Career Education Certificate, was awarded Aug. 23, 1973.

Degree-granting authority was awarded in 1977. An associate degree in applied science

was the first CCAF degree awarded.

CCAF-affiliated schools are located in 35 states across the country, the District of Columbia, six foreign locations and one territory.

More than a million transcripts have been issued in the last 10 years and more than 1.7 million credit hours were earned by CCAF students in 2001-02.

For more information about CCAF, visit the base education center in Bldg. 402 or call a counselor at 6-6231.

JTACs key to success in OEF

By Master Sgt. Jeff Szczechowski

455th Expeditionary Operations Group Public Affairs

BAGRAM AIR BASE, Afghanistan – “Dad, you’re still at work?”

When Staff Sgt. Jason Cry gets a chance to talk over the phone with his 5-year-old son, he explains his long absence from home in a way to help him understand why Dad wasn’t there for Christmas. Or why he can’t be there at night to read him a bedtime story, kiss him on the head and tuck him under the covers before he goes to sleep.

He tells his son that the Air Force needs him to do some important work, so he can’t be home with him right now. But when his work is through...well, that’s going to be a nice reunion.

Sergeant Cry’s efforts here have clearly played a vital role in support of Operation Enduring Freedom. He’s an Air Force joint tactical air controller with the 682nd Air Support Operations Squadron, deployed to Combined Joint Task Force-180 at Bagram Air Base. During a recent ground confrontation, he demonstrated the importance of all JTACs to the war on terrorism in a powerful way.

In the early morning hours of March 18, in a village called Miami Do, Coalition and Afghan National Army soldiers came under the fire of anti-coalition militia shooting from inside a compound there. Sergeant Cry was the JTAC assigned to the Army ground forces going after the bad guys, and for the next 34 hours, he would be responsible for coordinating close air support for the embattled Coalition forces.

“We’re the link between the Army and the Air Force when the need arises for close air support,” Sergeant Cry said. “Without us, there is no CAS, only firefights.”

In Miami Do, Sergeant Cry had unloaded the 60 to 100

pounds of gear that he must carry with him wherever he goes, including radio, batteries, and enough food and water to get by for several days, and set up shop alongside the Army.

While at the village, he was working directly under the U.S. Army battalion commander. When the situation became deadly around 6:30 a.m. and the commander determined that CAS was needed, he called on his JTAC to swing into action. Once again, one of the most anonymous career fields in the Air Force, at least to other Air Force members—“no one knows about us,” said Sergeant Cry—was about to demonstrate just how critical its Airmen are during the heat of battle.

When Sergeant Cry made his first radio request back to the Air Support Operations Center at Bagram Air Base, where other JTACs in the Joint Operations Center field incoming communications, he already had an awesome amount of responsibility settling upon his young shoulders.

He said he would have to decide quickly on what actions to take to properly control the ensuing air operations, including how best to maximize the use of the air frames sent in to provide CAS, what type of weapons to use, and where to direct the hits. Anticipating what type of aircraft might be employed, and thinking ahead on how best to use each one, is part of the entire thought process, he said.

He also needed to analyze how close any “friendly’s” were in relation to the positions to be targeted. He would have an incredible amount of firepower, literally at his call, above the field, and a miscalculation when directing a strike could lead to the one mistake, the one word, he said that every JTAC has



Photo by Master Sgt. Jeff Szczechowski

BAGRAM AIR BASE, Afghanistan -- Staff Sgt. Jason Cry has his eyes set on returning home to Shaw Air Force Base, S.C. He is a joint tactical air controller with the 682nd Air Support Operations Squadron. He provides ground-based air support for Operation Enduring Freedom.

stuck in the back of his mind: fratricide. He wanted to make absolutely sure that he did not accidentally bring fire down upon his own forces.

Because of the fact that lives are dependent on how the JTAC performs, he said this is a job that might not appeal to too many people.

“It’s not for everyone,” Sergeant Cry said. “You have a lot of lives depending on you – ones that you can take out and ones that you have to protect.”

An interesting part of Sergeant Cry’s recent combat experience, along with the fact that he only got “45 minutes of shut-eye,” as he put it, between the initial 21-hour engagement and the 10-hour battle that came three hours later, is the variety of aircraft that were available to him.

It’s one thing to calculate all the variables when bringing in a two-ship A-10 formation for CAS 0150challenging enough – as he did earlier in the fight

when he called on a pair of 354th Expeditionary Fighter Squadron fighter pilots to make a first strike on the enemy compound. But what kind of battlefield assessments were racing through his mind knowing that he had four A-10 Thunderbolt II’s and four AH-64 Apaches at his dispatch, plus an AC-130 Gunship and its lethal 105mm cannon?

On top of that, a B-1B Lancer crew radioed to announce that it was in the area and ready to render its services, if needed.

In this situation, more can be good, but it also means that the decision-making process becomes that much more challenging for a JTAC. Imagine the magnitude of the situation for an Airman on the ground, radio in hand, bullets flying overhead, who is responsible for utilizing all of that war-fighting machinery in the most efficient manner possible.

“Everything happens fast when you’re out there; there’s not much time to think, so your mind is always racing,” Sergeant Cry said. “And then a bomber shows up – that was a surprise.

You’re not sure right away what to do with a

bomber.” But he made exceptionally good use of the aircraft that were there to support the ground troops, as the second stage of the battle would show. With almost no sleep in the last 24-hours, he was ready to get back to work. He said he didn’t feel tired, not with all the adrenaline running through his veins, adding that when “someone’s shooting at you, it’s easy to keep awake.”

First, his battalion command-

er requested support from the AC-130 Gunship and Sergeant Cry brought it in. After making sure that no coalition forces were in the line-of-fire, he had it let loose with its 105mm cannon, 26 potent rounds in all.

Next, the B-1B Lancer moved in, dropping three 2,000-pound JDAMs right on target.

But when enemy gunfire persisted, Sergeant Cry turned again to the 354th EFS, leaving it to two A-10 Warhog fighter pilots to deliver the decisive blows.

The lead fighter attacked with two 500-pound MK-82 bombs. Sergeant Cry summed up the results: “Man, was she accurate!”

Her wingman followed, dropping both of his MK-84s “right on point.” They then followed up with two 30mm cannon passes.

In a battle that ultimately cost the lives of two U.S. soldiers and one ANA soldier, coalition forces, with Sergeant Cry’s indispensable tactical ground radio control being one of the key elements, killed five anti-coalition militia.

According to a press release from Combined Forces Command in Kabul, coalition forces also uncovered Taliban propaganda; approximately one ton of ammunition; and weapons that included rockets, mines, machine guns, and rocket propelled grenade launchers, inside the enemy compound.

With “bombs on target,” which Sergeant Cry listed as the most rewarding part of his job, and the battle over, this Air Force joint tactical air controller had demonstrated, once again, how vital the 682nd Air Support Operations Center, and its JTACS, is to the worldwide war on terrorism here in Afghanistan.

More importantly to a 5-year-old boy back in the States, though, is that his dad is almost done with his four-month working day. Sergeant Cry is due to leave Afghanistan, homeward bound, this week.

Simulator at Minot AFB prepares Airmen for combat

By Rebecca Anne Fritz
5th Bomb Wing Public Affairs

MINOT AIR FORCE BASE, N.D. (AFP) -- Your mission, should you choose to accept it, is to infiltrate enemy territory in the cover of darkness. Sentries will be posted at various checkpoints throughout your path to offer additional assistance. Armed with night-vision goggles, weapons and wits, your mission will be trying and perilous.

To prepare Airmen for a risky task like this, new skills must be mastered. Airmen at the 91st Security Support Squadron’s combat-arms tactics and training simulator give students the feeling of being on a mission.

“We deal with everything from marksmanship training to squad-engagement techniques,” said Staff Sgt. Matthew Thomas, a 91st SSPTS security forces trainer. “For example, we can simulate a multiple-adversary situation, teaching trainees both fire control and conservation of ammunition.”

While in the training, Airmen are confronted by three types of instructional simulations. Using computer-generated imagery, students practice on an artificial-firing range with their M-16A2 rifle, M-203 grenade launcher, M-9

pistol or MK-19 automatic-grenade launcher. They also work as a 12-person team during a full-screen scenario and practice squad engagements in video scenarios.

Using the videos, students simulate movements through hostile terrains such as river crossings, village takeovers and use-of-force techniques. With a video-auditing station, Airmen here will be able to interact with locally customized scenarios soon, Sergeant Thomas said.

“Troops will be able to practice in the same environments they work in. Seeing where things might happen and how to apply their training in the real world [makes] this new (equipment) a great training tool,” he said. “We’re the first base to open its own video-authoring station.”

Once the first video is finished, it will then be forwarded to F.E. Warren Air Force Base, Wyo. and Malmstrom AFB, Mont., where missile crews will use the individualized settings.

“The videos give a pretty accurate training experience,” Sergeant Thomas said. “The only unrealistic side is troops don’t have to deal with [real] bullets coming back at them.”

To add realism, Airmen also learn how to

maneuver with their night-vision and thermal-imaging equipment in the night-operations room. Filled with artificial trees and foliage, two-person teams learn to work their way through the room easily.

“The problem with night vision is that it eliminates the users’ depth perception, so they must learn to maneuver with the equipment on,” Sergeant Thomas said. “Over the past three years, we have been slowly building up the facility in a self-help project to offer the most realistic experience possible.”

Keeping Airmen trained not only requires realistic facilities, but also time. Currently, simulator officials train more than 700 Airmen from the 91st Security Forces Group, who are required to complete two hours of training per month. They also train Airmen who have difficulty qualifying on weapons and people tasked for deployment and are not required to carry weapons in their everyday jobs.

“Our main function is to provide combat-marksmanship training to all members of the 91st Security Forces Group,” Sergeant Thomas said. “But we’re willing to help out any squadron that may have troops who need our help.”



Photo by Rebecca Anne Fritz

MINOT AIR FORCE BASE, N.D. -- Staff Sgt. Jonathan Tourville uses night-vision goggles to maneuver through a darkened course at the combat-arms tactics and training simulator here April 2. He is assigned to the 91st Security Support Squadron.



Photo courtesy of the 364th Training Squadron

Ace student

Staff Sgt. Ryan Gorham graduated the Telephone Systems Apprentice Course at the 364th Training Squadron with a 100 percent average. He is the first student in more than 10 years to do so. He is a National Guardsman from Fresno, California.

Achievers

82nd MDG quarterly awards

The 82nd Medical Group recently announced the following as its quarterly award winners:

Capt. DiAndra Jefferies-Brooks, 82nd Medical Support Squadron, company grade officer; Master Sgt. Jeffery App, 82nd MSS, senior non-commissioned officer; Staff Sgt. Brian

Stavely, 82nd Medical Operations Squadron, NCO; Senior Airman Jedediah Denman, 82nd MSS, Airman.

Adrian M. Sibayan, 82nd MSS, civilian, intermediate level; and Kathy Green, 82nd Aerospace Medicine Squadron, civilian, entry level.

Civilians achieve long careers

The following civilian employees were recently recognized for their long-term service:

10 years
Robyn Dellapietro - 80th Operations Support Squadron
Kathi Noe - 82nd Comptroller Squadron
Ernesto Sojo - 82nd Logistics Readiness Squadron

Charles Ringwood - 82nd Mission Support Squadron

20 years
Philip Jackson - 82nd Mission Support Group
Marlyn Eittrheim - 366th Training Squadron

Rodger Blake - 82nd Civil Engineer Squadron
30 Years
Stephen Jones - 364th TRS

Sergeant brings Hollywood to Bagram

By Master Sgt. Jeff Szczechowski
455th Expeditionary Operations Group
Public Affairs

BAGRAM AIR BASE, Afghanistan (AFP) -- When the sun sets on Camp Cunningham, the outdoor break area and meeting place known as the "Pradotorium" begins to buzz with a little more activity than it does during the day.

This wooden deck area, similar to one that might be built in someone's backyard, sits adjacent to the 455th Expeditionary Operations Group headquarters building. Patio chairs, a couple of wooden benches and even a hammock give it a homey touch.

A Plexiglas-covered bulletin board located there is posted with Air Force news stories and photos featuring Bagram Airmen, plus the latest camp news and information.

At almost anytime of the day, someone can be seen relaxing there, taking in the sun, socializing or reading. It is Camp Cunningham's version of a village square.

After dark, the deck takes on an added dimension. That is when it becomes an open-air movie theater, a drive-in without the cars. One sure bet at Bagram Air Base is that Staff Sgt. Eugene Prado, a 455th Expeditionary Security Forces Squadron Airman, will be there every night to show a movie.

He uses a video projector that had been sitting unused in his squadron office. With the projector in hand, he attached a DVD player, giving him the capability to show crisp and clear movies on a screen salvaged from the services division. The screen, which looks like it was tailor-made to fit the dimensions of the break area, was sitting unused in the headquarters basement.

To complete his minitheater, Sergeant Prado uses a surround-sound speaker system, which he installs before each movie, to produce theater-quality audio.

Like the proprietor of a neighborhood business, he gets to the Pradotorium as early as he can. He straightens up the chairs, sets up his equipment and surveys the area with a manager's eye to make sure everything is ready for that night's feature. He does everything but make popcorn.

Capt. David Borchardt, 455th ESFS commander, first coined the term "Pradotorium" in honor of his volunteer-minded noncommissioned officer. Without fail, 15 to 30 people will gather there every night to watch the movie. Many others stroll



Photo by Master Sgt. Jeff Szczechowski

BAGRAM AIR BASE, Afghanistan -- Staff Sgt. Eugene Prado (left) sets up equipment for movie night here with assistance from Staff Sgt. Joshua Lansberg. Both sergeants are assigned to the 455th Expeditionary Security Forces Squadron.

by and stop for a few minutes to catch a few good lines or an action scene on the way to and from their huts.

Sergeant Prado said he does, indeed, have a job that keeps him busy during the day. He is the NCO in charge of the pass and ID office. He works seven days a week, nine to 12 hours a day, sometimes longer. Lately, he said he has been averaging about 70 customers a day. He also helps in other areas of the squadron whenever needed.

He still finds the time and energy to make life here better for others when the duty day is finished. He said that showing a movie at the Pradotorium every night makes him feel good.

"I like doing ... whatever makes the 'town' happy," he said. "I try to make things better. Since I have the time, why not help out?"

Staff Sgt. Nikole Tipton, who works in the personnel support for contingency operations office, could be described as a regular at the nightly movie. She appreciates Sergeant Prado's nightly efforts.

"I really like what he's doing, and you can see that he's very proud of what he does," she said.

The most popular movies, perhaps not surprisingly, at a deployed location like Bagram are comedies, said Sergeant Prado.

A recent showing of "Finding Nemo" brought out one of the larger crowds.

His efforts are a big help to the two services specialists here, who keep very busy finding fun things for the people assigned here to do.

"He just stepped up and took over a program that could have fallen to services. His efforts free us up to take on other things," said Tech. Sergeant Thearsea Smith, 455th EOG services superintendent. "He's out there every night, apart from his day job, setting up the movie and taking it down."

The nightly movies are a "great morale booster," she said.

Sergeant Prado said that his nightly movies are beneficial to everyone, including himself. He said the Pradotorium feature -- sometimes it is a double feature -- brings people in the camp closer.

He added that when he is outside setting up the video equipment, he knows he has put one more day of work behind him, and he is another step closer to getting back home to McChord Air Force Base, Wash., and his fiancée.

"If you help out, you help yourself (by making time go by faster), and you're helping everyone," he said. "We're all far from home, but I'm trying to make it as much like home as possible."

Soundoff

Can you name one tornado safety tip?



"Get out of the car, and find cover," Mary Jones, WSC



"Go to a basement," Staff Sgt. Felicia Mitchell, 363rd TRS



"Cover your head," Airman Shawn Hartel, 362nd TRS



"Go to the building's center," 2nd Lt. Brooke Brander, PC

Submit your story ideas to
sheppardsenator@
sheppard.af.mil.

Sheppard Senator

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

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Conservation Corner

Load Reduction Program starts as air conditioning transitions

By Sam Hagins
base energy manager

When the mercury rises in North Texas, so does the use of air conditioning at Sheppard.

Air conditioners are the largest consumers of electrical energy on base. Although electrical power makes up only half of Sheppard's energy consumption, it counts for about 80 percent of the bases total energy cost.

Sheppard's leadership has adopted the "Load Reduction Program" as a method of reducing electrical consumption along with saving utility dollars.

Load reduction is an energy reduction program where non-mission critical devices such as lights, coffee pots, computers and printers are turned off to reduce Sheppard's peak electrical demand. By turning off these non-mission critical devices, we can concentrate our energy needs on keeping everyone cool during the sweltering months of summer.

This year's load reduction program will run from 7:30 a.m. to 4:30 p.m. for the entire air conditioning season. Our goal is to turn off at least 50 percent of lighting and all non-mission essential electrical devices during those peak

use hours.

All groups on base have already updated load reduction plans for their facilities. Facility managers in coordination with the 82nd Civil Engineer Squadron developed these plans.

Load reduction can only be successful with the help of all Team Sheppard members.

How? By helping your facility managers turn off and keep off any unneeded electrical equipment during the day.

It doesn't seem like a little it, adds up. Just contact your facility manager to get involved and see what you can do to help.

So far, this year's load reduction savings is estimated at more than \$185,000.

We also encourage our military family housing residents to lend a hand with our conservation efforts since they account for up to 20 percent of our electricity use.

Below are ten simple things housing residents can do to support load reduction while also staying comfortable during the air conditioning season:

1. Set your thermostat to 76°F - move it up to 80° if leaving home for more than an hour.

2. Close shades and curtains to keep out sun's heat.

3. Check windows, doors, and electrical outlets for drafts - caulk and weather strip around cracks and leaks as needed.

4. Change air condition filter at least once every month.

5. Turn off lights when not needed - you'll save energy and reduce heat load.

6. Close-off rooms that are not occupied.

7. Use ceiling and floor fans to move cool air around the house.

8. Check your refrigerator's temperature - freezers should be set at 5°F, refrigerators at 37-40°F.

9. Don't cook or use your clothes dryer in mid afternoon - both consume lots of electricity and dramatically increase your home's heat load.

10. Dress for the weather - wear light colored, loose fitting cotton clothes while at home.

Energy conservation is everybody's responsibility at Team Sheppard. And remember, load reduction is the best way for everyone to stay cool!

Please refer any questions on load reduction or energy conservation to Sam Hagins, base energy manager, at 6-5689.

Commander's Corner



Photo by Airman 1st Class Jacque Lickteig

Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, presents Air Education and Training Command's 2003 Career Assistance Advisor of the Year Award to Sheppard's CAA, Master Sgt. James Burns.

Do you ask yourself the right questions?

By Brig. Gen. Arthur Rooney Jr.

82nd Training Wing commander

We all hear "voices in our heads." These voices are our conscience, our contemplations and our self-reflection.

Often, you'll find these voices are questions you pose to yourself...especially after a big task or large project is completed.

Have you ever stopped and thought about the questions you ask yourself?

Have you ever listened to how those voices phrase your thoughts?

The questions you're asking may not lead to the answer to your problems. You might just be simply asking the wrong question. Confused? Let me explain...here are some real-world examples that I've heard myself and others ask themselves.

For instance, when a technical to-master sergeant promotion list is announced, one might

ponder, "Why wasn't my name on the list?"

Instead, the right question to ask would be, "Did I do everything I could to prepare myself for this promotion?" "Did I study for my tests?" or "What can I do to better myself and my career (thereby ensuring that I will excel)?"

Another example is students training in their specialty or at PME. They may ask themselves, "What does it take to pass this course?"

The real question should be, "How might I get the most of this opportunity and learn all I can on this subject?"

Most recently, you may have heard friends ask, "What does it take to pass the new fitness test?"

When I look at the fitness charts and the new fitness standards, the first

question in my head is far different. "Am I doing all I can to prepare myself

everyday to be fit and ready for the challenges of today's expeditionary Air Force?"

You'll find the answers to the right questions will lead you to success, while answering the wrong question simply leads to short-term solutions and continuing self-doubt.

Questioning the role of outside forces, invisible conspiracies and quick-fix answers won't help you to attack the issue. Frame your problem in a positive and "actionable" way so you can formulate a plan for success.

Instead of reflecting on past failures and questioning how they occurred, try wondering how you can prevent them in the future, how you can prepare your team and how you can bring about positive change.

Instead of looking to others to solve your problems, ask the voices in your head how you can bolster your strengths and diminish your weaknesses.

Instead of asking what can I get, ask what can I give. You might just find that with the right questions, you'll find the answers you've been looking for.

If you rethink what questions you're asking, I'm sure you will find that like President John F. Kennedy you won't be asking "Why?" but rather, "Why not?"

"Some men see things as they are and say why. I dream things that never were and say why not." -President John F. Kennedy.



"AND THE LAST ITEM... THE 'SEVERE WEATHER EXERCISE' SCHEDULED FOR TODAY HAS BEEN CANCELLED BECAUSE OF THE WEATHER."

Safety Corner

Techniques could be pain in the back

Back injuries and pain are common among the workplace when proper techniques aren't used.

The following are frequent causes of back pain:

- Standing or sitting too long, especially without changing your position.
- Lifting or carrying something that is too heavy and/or awkward.
- Lifting things using an incorrect technique, with your back in the wrong position.
- Sleeping in the wrong position or on a bad mattress.
- Several symptoms can warn you that your back is injured. See a doctor if you notice:
 - Sore or stiff muscles.
 - Numbness.

- Tingling or burning sensations.
- Not being able to move your head, arms or legs as much as you used to.

Your choice in shoes can make all the difference. The key word for work shoes: practical. They should be comfortable, stable and supportive.

If you have to stand on steel or concrete, consider using a cushioned insole or get rubber and/or padded matting to stand on. This is very effective in relieving back problems.

Start a program of exercise and stretching to strengthen your back and to keep you limber. As few as a half-dozen exercises and an investment of just 10 minutes a day can work wonders to prevent back problems.

Action lines

Recycling program

Question: I have a concern regarding the recycling program, especially in the Capehart Housing area. I've noticed a number of people put their recycling out on Tuesday. I'm under the impression that if that happens, it simply goes into the landfill and does not get recycled.

I know the 82nd Civil Engineer Squadron recently sent out a flyer addressing pickup schedules, but unfortunately I don't think people read the flyer

as it was rather lengthy. I propose a straightforward flyer be put at every house in Capehart letting people know that recycling only gets picked up on Friday and that if they put it out on Tuesday it will go into the landfill.

Answer: Thank you for your interest in the recycling program. It is critical that we are good stewards of our scarce resources. We called the contractor and reminded them that anything in the recycling

bins, either the large recycling containers or the small white or brown bins, should not be picked up as trash. The housing office does a daily patrol to ensure all containers are returned to their storage area the day after any scheduled pickup.

If there are any containers still sitting at the curbs the day after the scheduled pickup, they issue a discrepancy notice to the occupant. Additionally, if they see any recycling bins out on days they should not be, they also issue a discrepancy notice

to that occupant.

Missing Crosswalks

Question: My question concerns the recent removal and replacement of the street markings on base. I have not seen the contractor recently, so I'm assuming they are finished with the job. What about the two crosswalks that were removed from 9th Street adjacent to Bldg. 920? They were removed, but no replacements were installed. Is this an oversight? Many people cross this

busy street and the crosswalks are truly needed.

Answer: Good question. Improving pavement markings is not finished at Sheppard and you will see more in the near future. Based on review and recommendations from our Traffic Safety Council, it was determined that the "mid-block" crosswalks that lead from Bldg. 920 to the north fitness center can be dangerous. In fact, they are discouraged by both the Manual on Uniform

Traffic Control Devices and SAFBI 32-1002, Standardization of signs. Accordingly, these crosswalks were removed intentionally.

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

Your submission may be printed in *The Sheppard Senator*.

In FILM



Hidalgo (PG-13)

Tonight and Saturday at 6:30 p.m., Sunday at 4:30 p.m. and Thursday at 7 p.m.

Viggo Mortensen, Omar Sharif - A wealthy Sheik invited Frank T. Hopkins and his horse, Hidalgo, to enter a race.



Starsky & Hutch (PG-13)

Tonight at 9 p.m., Saturday at 4:30 p.m. and Tuesday at 7 p.m.

Ben Stiller, Owen Wilson - While investigating their latest case, the duo realizes the culprit is none other than the criminal involved in their first bust.



Agent Cody Banks 2 (PG)

Saturday and Sunday at 2 p.m.

Frankie Muniz, Anthony Anderson - A rogue CIA agent has stolen a top secret mind-control device, and Cody has to go to London to get it back.

Club activities

Administrative special

The officers club will offer lunch at half price for administrative assistants Wednesday from 11 a.m. to 1 p.m. Call 6-6460 for more information.

ITT

Parks Mall

ITT will take a trip to the Parks Mall in Arlington, Texas. The cost is \$15 per person. The tour will depart the community center at 8 a.m. and return at about 4 p.m. Register by Thursday. A \$5 fee will apply

for those who register late. For more information, 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



Sheppard Spotlight 15 lines of fame

- 1. Name:** Marguerite Ryan Osborn
- 2. Rank:** technical sergeant
- 3. Organization and position:** Tri-service dental laboratory instructor at the 381st Training Squadron.
- 4. Most rewarding aspect of your job:** Doing a job that I absolutely

love, my career as a dental lab tech and my life as a member of U.S. military.

5. Why did you join the Air Force? For the experience, education and to travel.

6. Favorite Air Force assignment: Spangdahlem Air Base Germany

7. Date arrived at Sheppard: Aug. 28

8. Hometown: Kearny, N. J. (right next door to Newark)

9. Married or single (include your family if you'd like): Married to Steven Osborn with two children Ryann, 9, and Dillon, 9 months.

10. Favorite thing(s) to do in your free time: Pursue my bachelor's

degree by taking evening college courses, fitness and of course spending time with my family.

11. Funniest childhood memory: Hangin' out in the yard with my brothers and sisters (five of us in all) and laughing so hard one hot summer day that seafood and Kool-Aid shot out my nose. Also my most gross memory.

12. Favorite book or movie: "Miss Congeniality"

13. Dream vacation: A cruise to Alaska.

14. If you could be anyone for one day, who would you be? Just me.

15. Other than your family, what is your most prized possession? My baby blanket.

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: Tuesdays and Saturdays, 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

FITS

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



Varsity softball gets underway

By Ron "Bama" Brown
782nd Training Group

Much like the boys of summer, baseball, okay, softball is in the air once again. The men's and women's varsity teams are in the very early stages of the 2004 campaign.

This year, both teams have seen a very high turnover in personnel, which will breathe added excitement into both programs.

Lady Senators

The Lady Senators seem poised to capitalize on the enthusiasm of talent of several new players while, being anchored by the return of stalwart

verterans.

Tina Sivertsen leads and outfield of motivated newcomers. This outfield has already showcased a solid defense, which doesn't make mistakes, yet has the ability to make the crucial big play.

In their last regular season game, Erika Humbert and Becky Davis both made outstanding defensive stops robbing would be base hitters of crucial RBIs.

In a 13 - 8 win, the outfield, routinely kept the other team from getting easy scores from costly mistakes.

Newcomer Alexandra Lopez has moved into the shortstop position and solidified the Lady Senator infield. One of the younger players on the

team, her athleticism allows her to help shut down the middle infield.

At second base, Clara Warren provides steady defense to round out a middle of the field defense that gets better with each game.

Although only here for the first part of the season, Shakea Phifer has clearly been the power behind the resurgent ladies team. While doing an excellent job of taking over first base, she has excited her team mates and the crowd with tremendous power shots which easily clear the opposing outfield, who are clearly stunned by her efforts.

One of the biggest surprises and best news for the Lady Senators comes from the mound.

Christy Bandy has given the ladies something they have sorely needed for the past few years, a pitching ace. Her ability to throw consistent strikes, while getting the opposing batter to go after bad pitches will be key to a successful season. Add to that, strong batting and remarkable defense up the middle and it's easy to see why this could be one of the best seasons the lady Senators have ever had.

The theme for the ladies will be a consistent defense which does not make the crucial mistake and an offense as adept at hitting for power as it is at hitting for a high average.

See **SOFTBALL**, Page 3B

Sports Briefing

Special Olympics driving routes

The 2004 Special Olympics Texas-North Texas Track and Field Meet is April 24 at the base track.

About 20 teams and more than 200 athletes from the area communities will participate in the track and field events. The lead winners will compete in the Texas State Special Olympics.

Fifth street be closed between Avenues I and J early Saturday morning for the parking of the aircraft used for photographs. Avenue H will also be closed between 4th and 5th streets.

The parking lots at the track, baseball field, community center, north parking lot of visitors officer's quarters, and latrine facilities at the track will be used for the Olympics.

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.

The 'perfect' couple

Air Force couple scores 100 on new fitness test

By Senior Airman Chris Powell
Senator sports editor

While most people are snuggled in their warm, cozy beds, one Sheppard couple is up at 3 and 4 a.m. to kick off their morning ritual of working out. And that two-hour workout regimen is paying off.

Master Sgt. Dianna Valley and Senior Master Sgt. Thomas Valley each scored 100 on their fitness tests recently.

She ran the timed run in 11 minutes and 33 seconds, and did 45 pushups and situps, while her husband ran the run in 9 minutes and 25 seconds and did 57 pushups and 60 situps.

"Passing the fitness test is attainable for everyone if they put the time and dedication in to doing it," said Sergeant Thomas Valley, 80th Operations Support Squadron.

"People should set a goal on the run and try to cut off a few seconds everytime they run," said Sergeant Dianna Valley, 82nd Medical Support Squadron. "Also, it really helps to have a workout partner to push you."

"Since the Air Force has gone to this way of testing, it takes commanders and senior NCOs to do well and take the test seriously so younger Airmen will, too," he said.

The Vallelys, who actually went to basic training on the same day, have been working out for the past five years.

"We only started working out with each other a year ago," Sergeant Dianna Valley said. "That's our quality time together."

"We both have pretty big leadership positions and have two kids, so it's nice to spend that time together," Sergeant Thomas Valley, added.

Working out is so important to the Vallelys that by not doing it, they just don't feel right the rest of the day.

"If I don't go running in the morning, I don't feel as energized as I do if I go workout," Sergeant Dianna Valley said.

"I don't do any counseling until after I do my noon workout," Sergeant Thomas Valley said. "I go running and come back to work so I can release any stress I may have and so I can make the right choice."

Both Vallelys think the current fitness test is a better way to test a person's true fitness level than the bike test.

"I used to score really low on the bike test even though I was in shape," he said. "But I would like to see pull ups added because that's the truest test of strength compared to body mass."



Master Sgt. Dianna Valley works out on the inclined bench, while her husband Senior Master Sgt. Thomas Valley spots her. The Vallelys both scored 100 on the Air Force's new fitness test.

Photo by Senior Airman Chris Powell

Air Force women win basketball championship

Courtesy of Air Force
News Service

SAN ANTONIO (AFPN) – The Air Force team won the 2004 Armed Forces Women's Basketball Championship at Marine Corps Air Station Miramar, Calif., April 2 to 10. They upset the perennial championship Army team in the final at a double round-robin championship.

The powerhouse Army team had won the championship every year since the Navy defeated them in 1991 at Camp Lejeune, N.C.

The Air Force won its only previous title at Chanute Air Force Base, Ill., in 1981.

The Air Force opened the tournament by defeating the Marine Corps team with Naomi Mobley's 17 points. She is from Eielson AFB, Alaska. The 6-foot-

3-inch center also collected seven rebounds.

LySchale Jones, from Langley AFB, Va., scored 10 points, while Staci Muller, from Elmendorf AFB, Alaska, added 9 points. Lindsay Logsdon, from Laughlin AFB, Texas, and Nicole Bowman, from Aviano Air Base, Italy, each contributed 8 points to the 79-52 win.

The Air Force followed up its first day win by defeating the Navy team 90-74.

Mobley scored 21 points, and Jones' three 3-pointers helped her compile a 16-point game total. Mariela Miles, from Eglin AFB, Fla., scored 13 points from her point-guard position, while forward Angelia Rougeau, from Dover AFB, Del., totaled 11 points and four rebounds.

On the third day, despite strong scoring by Mobley and Rougeau, with 18 and 14 points, respec-

tively, the Army beat the Air Force team 64-61.

Miles got the Air Force back on the winning track, scoring 19 points to lead the Air Force to its second win over the Marine Corps, 67-45. Mobley and Jones pitched in 13 and 12 points, respectively.

Mobley's 23 points and Miles' 13 points again led the team to an important 67-46 win over the Navy. This win led to a final showdown between the Army and Air Force teams. The Air Force had to beat the Army by at least 3 points in the final game to win the championship (based on final win-loss record and actual head-to-head results in the tournament).

After leading during the championship game by as many as 11 points, the Air Force went into half-time trailing 41-40; however, Mobley's 24, Miles' 18, Bowman's 14, and Rougeau's 12 points led the Air Force team to an 81-74 final victory over the Army.

Bowling

For more information, call 6-2170.

No Tap Tournament

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

Combo bowling held every Thursday

Combo bowling will be held every Thursday at 12:30 p.m. at the south lanes.

For more information, call Donna Dobbins at 569-2430 or Vivian Umlah at 569-1619.

Rock It Bowl at the north lanes

A glow-in-the-dark Rock It Bowl takes place every Friday and Saturday night from 5 to 11 p.m. at the north lanes.

Mother's Day bowling

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

Bowling League

Team	Won	Lost
82 COMM "A"	151	73
365 TRS "C"	144	80
82 CPTS	133	91
80 FTW "A"	127	97
363 TRS "Ammo"	126	98
364 TRS "A"	125	99
382 TRS "A"	124	100
365 TRS "B"	122	102
360 TRS	122	102

Team	Won	Lost
187 Med Bn	121	103
882 TRG	121	103
366 TRS "A"	119	105
82 MSS/SVS	117	107
365 TRS "D"	112	112
82 Services Squadron	110	114
383 TRS	110	114
363 TRS Armament	108	116
82 CES	107	117
361 TRS	107	109
362 TRS "A"	106	118
Bowling Pro Shop	105	119
381 Med Red	101	123
382 "BMET"	94	130
364 TRS "B"	93	131
362 TRS "B"	90	134
82 SFS	80	136
82 CS "B"	78	146
80th OSS	75	149

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. Wednesday.

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.

Top 3 golf tournament

The Sheppard Top 3 Association Annual Golf tournament is April 30 at the Wind Creek Golf Club.

Registration is at 10:30 a.m. and the shotgun start is at noon. Cost is \$25 per person. The cost includes lunch and a cart, but the green fees aren't included.

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

To register, call Master Sgt. James Burns at 6-7797 or Master Sgt. Desi Hale at 6-4334.

Skeet shooting

For information, call 6-6242

Squadron skeet tournament

There is squadron versus squadron skeet range competition Saturday.

Teams are made up of five people. The cost is \$6 per person. Each par-

ticipant gets 50 targets. There will be an additional \$6 fee each time a team advances through the tournament.

People must pre-register today at the skeet range.

Volleyball

For more information, call 6-2972.

Volleyball League Div. 1

Team	Won	Lost	G..B.
882 TRS	4	0	--
381 TRS	3	1	1.0
366 TRS	3	1	1.0
364 TRS	2	1	1.5
82 MDSS	1	2	2.5
365 TRS	1	2	2.5
82 SFS	1	3	3.0
83 DS	1	3	3.0
82 MDOS	0	3	3.5

Volleyball League Div. 1

Team	Won	Lost	G..B.
360 TRS	3	0	--
80 FTW	3	1	0.5
363 TRS	2	1	1.0
363 Students	2	1	1.0
82 CS	2	1	1.0
82 CES	2	2	1.5
360 Students	1	2	2.0
82 MSS/SVS	1	2	2.0
364 Students	0	3	3.0
82 CPTS	0	3	3.0

AF wrestling team wins title

By Staff Sgt. Lucia Newman
Air Warfare Center Public Affairs

LAS VEGAS (AFP) – The Air Force wrestling team won its second consecutive national team title, took home two Greco-Roman division medals and added an unexpected name to the 2004 Olympic trials roster during the U.S. National Wrestling Championships here April 9 and 10.

Greco-Roman wrestlers Steve Woods took the silver in the 163-pound division and Aaron Sieracki won a bronze in the 184-pound division. Winning the medals pushed the Air Force team past the Sunkist Kids team by 5 points for the Division 2 Greco-Roman National Team Championship. In all, seven of 14 Airmen scored, earning the team a total of 25 points.

"We had a mixture of veterans and new members in the competition and this is always a challenge," coach Richard Estrella said. "Our goal was to gel together as a team, and it carried us through, and we peaked at a good time."

A 10-year wrestling veteran and World Class Athlete Program member, Woods grabbed the seat in the finals of the 163-pound Greco-Roman division after defeating two-time national champion and 2002 fifth place world wrestling champion T.C Danzler, 2-1, in the semifinals. An unsuccessful effort to pin Darryl Christian of the New York Athletic Club in the final 10 seconds of the finals match cost Woods the gold. But his victory over four-time national champion and armed forces champion Keith Sieracki, of the Army, during earlier 2004 championship competition earned him a spot in the U.S. Olympic trials. The trials take place May 21 to 23 in Indianapolis.

"The Air Force is often thought of as a softer force when compared to the other services," Woods said. "So when I get that chance to beat a Marine or Soldier, it makes that win that much more satisfying because I get to show them we are a strong fighting force."

The Air Force team had two others make it to the semifinal round. Jacob Hey finished fourth in the 132-pound division, and Corey Farkas finished fifth in the 264-pound division.

In other bouts, Anthony Booker finished eighth in the 121-pound division, Aaron Sieracki finished third in the 184-pound division, Philip Johnston finished seventh in the 211-pound division, and Kevin Hoy finished



Photo by Airman 1st Class Daniel DeCock Philip Johnston, a 211.5-pound-division Greco-Roman wrestler, lifts an opponent during his final match in the 2004 U.S. National Wrestling Championships held here April 9. Johnston finished seventh in his division.

fifth in the 264.5-pound Men's Freestyle division. The finishes qualified all seven for the U.S. Olympic trials where they will all battle for a chance to compete at the Olympic Games in Athens, Greece, in August.

"I expected to see this (type of performance) from all my guys, and they stepped up to the plate," said Estrella, who has coached the Air Force team for 17 years. "A true tribute to the program was that Anthony (Booker) is a first-year wrestler, and he capitalized on a small break to make it to the trials."

Booker's break came when two-time Olympian and silver medalist, national champion and world champion Dennis Hall withdrew because of an injury in the beginning of the event. Booker went on to win in the consolation quarter-final 7-5, which placed him in the Olympics trials.

The team returns to the Olympic Training Center in Colorado Springs, Colo., to begin training for the trials.

"Though it seems as if we had a successful weekend, we are not satisfied just yet," Estrella said. "We expect to do well during the trials and have one or two Airmen on the Olympic team. We even expect them to win a medal at the Games. We're not changing anything we're doing. ... We're going to work, right back to work to prepare for Indianapolis."



Courtesy photo

Bling, bling

A Team Sheppard member takes a look at a car on display during the Aircraft Maintenance and Munitions Officer's Course car show. The students and members of the Veterans of Foreign Wars showed their cars and raised more than \$400 in proceeds that went to the VFW. Every graduating class at the AMMOC gives a gift to a local charity.

TSTV schedule

Friday April 16

10 a.m. The Air National Guard - Mission and History
5 p.m. Sound of Freedom: The Berlin Airlift
9 p.m. Air Force News Special Edition: The Making of an Air Force Recruiter

Saturday April 17

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

Sunday April 18

10 a.m. Air Force News Special Edition - The Centennial of Flight
5 p.m. Air Force Story: The Air War Against Japan
9 p.m. Target for Today

Monday April 19

10 a.m. Air Power Over Kosovo - 21st

Century Command and Control
5 p.m. Into the Mouth of the Cat: Lance Sijan
9 p.m. Army in Action: Global War

Tuesday April 20

10 a.m. Heroes of Combat Camera
5 p.m. Air Force News Special Edition: The Making of an Air Force Recruiter
9 p.m. Navy Marine News

Wednesday April 21

10 a.m. Air Force in Iraq
5 p.m. AF News Special Edition: The Thunderbirds
9 p.m. Sheppard Today

Thursday April 22

10 a.m. In Service for My Country-Sheppard Deploys
5 p.m. Target for Today
9 p.m. Famous Generals: General John J. Pershing

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

MISSILE CLUB; 1c; 12p; Black Only; RE/SN; R15039

TRINITY BAPTIST CHURCH; 1c; 12p; Black Only; RE/SN/PU NO. 4277118; 4276519

FARMERS INS./ COWMAN; 2c; 12p; Black Only; RE/SN; R15126

RICK'S KWIK CHANGE; 2c; 12p; Black Only; CLASS/IN SN; 4275345

GRACE BAPTIST CHURCH; 2c; 12p; Black Only; RE/SN/PU NO. 4277051; 4270229



Staff Sgt. Kelly Grant-Ramstack, a U.S. Air Force Band of Mid-America vocalist, performs at a preopening day pep rally for the St. Louis Cardinals on April 5 outside of Busch Stadium.

Photo by Staff Sgt. Joel Langton

AF blue shines at baseball opener

By Master Sgt. Connie Galbraith
U.S. Air Force Band of Mid-America

SCOTT AIR FORCE BASE, Ill. (AFP) — For one Airman, opening day for the 2004 Major League Baseball season was “pretty incredible,” especially in St. Louis, where fans are passionate about their professional sports teams.

For Staff Sgt. Kelly Grant-Ramstack, a

vocalist with the U.S. Air Force Band of Mid-America, her incredible day featured a standing-room-only crowd of almost 50,000 fans with President George Bush throwing out the first pitch.

However, she said her biggest thrill was proudly wearing Air Force blue and singing the national anthem. While the stadium crowd and television and radio audiences focused on “The Star-Spangled Banner,” the

blue-wearing sergeant focused on presenting the song properly.

“It’s an honor and a responsibility to perform the anthem, especially with the president in attendance,” she said.

Sergeant Grant-Ramstack said there was also someone else in the crowd making the day even more special. Her husband attended the game after returning from a four-month deployment to Southwest Asia.

Software helps Airmen track fitness progress

WASHINGTON -- The Air Force recently released a tool to help Airmen keep track of their fitness efforts.

The Air Force Fitness Management System is available to all Airmen through the Air Force Portal. The system provides a history of their fitness scores and allows unit fitness managers to enter new scores. It is now the official method to track fitness progress within the Air Force, said Maj. Maureen Harback, the system’s program coordinator.

“The purpose of the (system) is to track fitness-assessment results and provide data to commanders,” Major Harback said. The system is intended for active-duty, Guard and Reserve Airmen.

The system will keep a history of each Airman’s fitness scores. The data is not stored on paper in an Airman’s record or even on a computer at an Airman’s installation, but rather in an Air Force-wide database. This allows fitness scores to travel with Airmen automatically as they change stations. The universal availability of the data helps ensure Airmen stay current on their fitness assessments, Major Harback said.

“If an Airman transfers to another base and is not current on their fitness assessment, they will show up as not current in the (system),” Major Harback said. “Unit fitness program managers and commanders will then need to take action on those members.”

Many units are still doing monthly practice assessments so Airmen can get themselves into shape for an official assessment. The system does not record practice assessments, but it does include a calculator allowing Airmen to enter in numbers from their practice assessments to see how they would score, Major Harback said.

“Airmen will have better visibility of their fitness over time, and they can take actions to address their deficiencies or continue working on their strengths,” she said.

This fall, commanders will be able to generate reports to track an Airman’s progress through education and intervention programs, Major Harback said.

Falcon lacrosse team defeats Fairfield, 12-6

U.S. AIR FORCE ACADEMY, Colo. (AFP) — The Air Force Academy lacrosse team defeated conference opponent Fairfield (Conn.) University 12-6 here April 11. The victory snaps a five-game losing streak for the Falcons, who improve to 3-5 overall. Fairfield falls to 5-6 overall.

“We played very well both offensively and defensively,” Falcon head coach Fred Acee said. “I am proud of our team and how we were able to pull together and stop a disappointing losing streak.” After the teams exchanged goals to open the first quarter, Fairfield took its first and only lead of the game with a goal by Matt Baglio. Greg Dangler knotted the score at two apiece, and D.J. Benzing gave the Falcons a 3-2 lead on an unassisted goal to end the first period. The two teams went back and forth in the second quarter. Benzing notched his second goal of the game to kick off the second quarter. Fairfield’s Tom Werney scored the next goal, followed by goals by the academy’s Paul Adams and Fairfield’s Mike Bocklet. The Falcons took a 6-4 lead into the locker room at halftime. The Falcons pulled away in the third quarter with three consecutive goals. William Meister, Justin Kuchta and Michael Colosimo scored consecutively to give the Falcons an insurmountable 9-4 lead. The Falcons added three more goals to bring the tally to 12, their highest scoring output of the season.

Meister, a freshman, was the offensive hero of the game, notching two goals and three assists. William Keleher scored two goals and an assist for 3 points, and Benzing added an assist to his two goals for 3 points. Goalkeeper Justin Pavoni notched 11 saves in the win.

Air Force’s next game is at home April 17, when the team plays league opponent Denver. It will be the final home game of the season for the Falcons.

SOFTBALL

Continued from Page 1B

Sheppard Senators

The word for the men’s team is speed. It has been a long time since the Senators have had this much speed and youth roaming the field.

In the past, the Senator forte was power and an offense which could produce a high run count. This is not to say that the Senator offense is any less potent; however, they clearly are more suited to answer on defense than in the past.

It might take a little time to get the new players into a varsity level groove but once that happens, look out. Chris Brade, Sidney Mitchell, and Jose Umpiere are among the new faces adding youth and speed to the Senator roster. Carlos House joins the roster and brings a calm from experience, and unbridled power, which will definitely be an asset this season.

Joe Calderon, Eli Gross, and Bill Muse are just a few of the veteran players who will be counted on to provide impetus on both sides of the ball if the Senators are to quickly climb into one of the elite military softball teams. Coach James Christman has already acknowledged that there is a definite learning curve involved with so many young faces. However, he welcomes the opportunity to reload the Senators for upcoming season and seasons to come.

Recently, the Senators finished third in the Red River Optimist club softball tournament. While not satisfied with a third place finish, Coach Christman was optimistic based on what he saw, given the inexperience of many of the players.

The Senators are making a huge leap forward in an attempt to give the fresh faces a hard look at the level of competition they will face. This weekend, they will participate in a Men’s National Invitational tournament in Oklahoma City.

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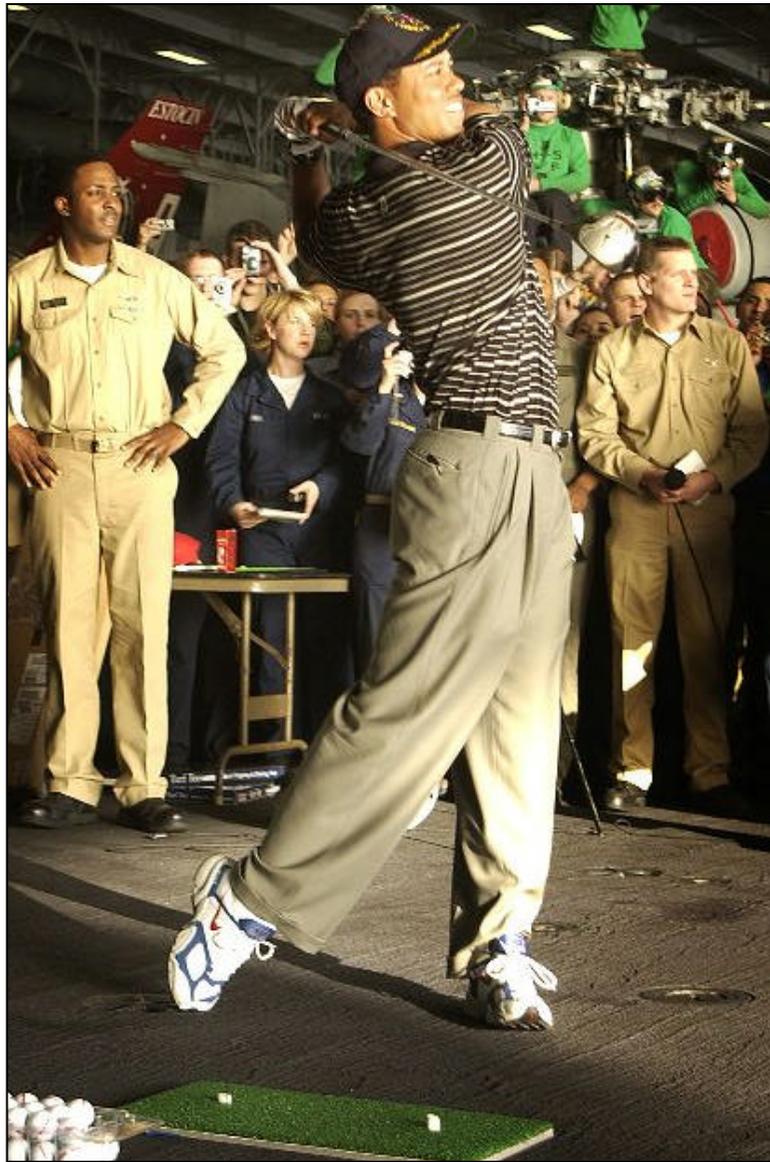
WICHITA THEATRE; 3c; 18p; Black Only; RE/SN; 4271064

MISSILE CLUB; 1c; 12p;
Black Only; RE/SN; R15046

RIVER CREEK PARK GOLF
COURSE; 1c; 42p; Black
Only; RE/SN; R15014

PINOCCHIOS PIZZA/NEDLOH INC.; 3c; 36p; Black Only; RE/SN; R15006

Navy MWR teams up with PGA to promote golf



Official U.S. Navy file photo of Sailors watching professional golfer Tiger Woods hit a few golf balls during a demonstration in the hanger bay of the nuclear powered aircraft carrier USS George Washington (CVN 73). The Navy's Morale, Welfare and Recreation has teamed up with the Professional Golfers' Association to promote golf aboard Navy installations.

By Robin Hillyer Miles
MWR Communications Group

MILLINGTON, Tenn. (NNS) – Navy Morale, Welfare and Recreation (MWR) has teamed up with the Professional Golfers' Association (PGA) of America and the National Golf Course Owners Association to promote the sport of golf through the "Play Golf America" program at Navy installations.

Play Golf America at www.playgolfamerica.com is a one-stop Web site that provides access to a variety of golf clinics and events for players of all abilities.

"Navy MWR is really gearing up and adding courses to the Play Golf America Web site," said Clay Murray, head of the Navy MWR golf program. "This is a great way for Sailors and their families to learn the game and to help grow our Navy golf program for the future."

"Glen Eagle Golf Course used the Web site to publish information and register people for our Link Up 2 Golf orientation in March," said Mike Penn, PGA golf professional at Naval Support Activity Mid-South, Millington, Tenn. "We had a great response, with 36 people registering online."

Link Up 2 Golf, also available at the Play Golf America Web site, is a golf-orientation program designed to introduce adults to the sport of golf. The program combines an orientation to the golf course with a series of lessons taught by PGA professionals, and concludes with a number of supervised on-course playing experiences.

"Players can register for local golf events and group lessons online at the PGA site," said Penn. "The site has been a time-saver and a promotion tool for our course."

To date, eight of the 38 Navy MWR golf courses are listed on the Play Golf America Web site, and more are being added as the golf season begins. The participating courses currently include Adm. Baker Golf Course, Naval Air Station San Diego; Casa Linda Oaks Golf Course, Naval Air Station Jacksonville, Fla.; Gallery Golf Course, Naval Air Station Whidbey Island, Wash.; Glen Eagle Golf Course, Naval Support Activity Mid-South, Millington, Tenn.; Monterey Pines Golf Course, Naval Post Graduate School, Monterey, Calif.;

Pine Ridge Golf Course, Naval Air Engineering Station Lakehurst, N.J.; Pine Bayou Golf Course, Naval Construction Battalion Center Gulfport, Fla.; Sea and Air Golf Course, Naval Air Station North Island, Calif.

To find out more about these programs, go to www.playgolfamerica.com and select the programs that appeal to you. By typing in your zip code, the site will pull up the courses in your area that are offering programs. To find a course on a military installation, be sure to type in your base's zip code.

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

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

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