

The SHEPPARD SENATOR

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

AFAF final report

Way to go Team Sheppard! This year's Air Force Assistance Fund campaign was a tremendous success. Overall, the base contributed \$106,018.88, an amount that equals 121.3% of our goal. Thanks to everyone who contributed to support their fellow airmen.

2001 Air Force and AETC Award winners

Air Force Weather Awards

Outstanding Air Force Weather Non-Commissioned Officer — Pierce Award: Staff Sgt. William R. Wilson, 80th OSS

Air Force Airfield Operations Awards

Airfield management NCO of the Year: Tech. Sgt. Angela Briody, 80th OSS

Terminal Instrument Procedures Specialist of the Year: Master Sgt. Mario Gonzalez, 80th OSS

AETC Technical Training Awards

Officer instructor of the year: Maj Michael Kindt, 382 TRS

Senior NCO instructor of the year: Master Sgt. Sheila Hale, 382 TRS

Civilian instructor of the year: Mr. James Hansen, 362 TRS

AETC Mission Support Awards

Nathan Altschuler Award for Excellence in Education Programs (small base): 82nd MSS/DPE

Air Force Education and Training Manager Award, base level: Master Sgt. Saint Carter, 82nd MSS/DPM

AETC OPSEC Manager of the Year Award

Maj. Jill Shaw, 82nd TRW/XPE



Happy birthday B-52

Airman Basic Adam Craig, 360th Training Squadron student, performs a B-52 engine inlet inspection. The B-52 Stratofortress, considered to be the workhorse of the Air Force heavy bomber fleet, turned 50 years old on Monday. The B-52 crew chief course started at Sheppard in 1992 and graduates an average of 110 students a year. The course trains crew chiefs to maintain, service and inspect the B-52. (Photo by Mike McKito)

Base tax center closes another successful season

By 2nd Lt. Ann Hatley

Base public affairs

From the day the base tax center opened its doors on Jan. 14 until it closed them April 15, tax advisors remained busy helping Sheppard personnel and families file their taxes.

"The Sheppard tax center is a prime example of how Air Force people pitch in to help other Air Force people," said Col. Anne Burman, base staff judge advocate.

The center's tax advisors, who are volunteers from base units, filed an av-

erage of 100 returns daily, a rate that helped surpass the number of returns filed in previous years.

Last year, the base tax center proved to be the busiest in CONUS, said Colonel Burman.

Sheppard will clearly be one of the busiest again this year, with tax advisors filing 4,453 federal returns and 2,529 state returns. As a result of people using the base tax center instead of commercial services, Sheppard members saved over \$475,000 in tax preparation fees, said

Col. Burman.

Federal refunds for Sheppard members totaled just over \$4 million.

"The success of our tax center is due to the tremendous effort put forth by our unit tax advisors who volunteered their valuable time to help fellow airmen file their taxes," said Colonel Burman.

Sheppard's legal office will be providing year-round filing and electronic filing this year to accommodate those Air Force members who have been deployed and have filed extensions.



Brig. Gen. Arthur Rooney Jr. speaks to members of the Sheppard Air Force Base Honor Guard and commends them for their outstanding support for various base and community events and ceremonies. (Photo by Mike McKito)

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

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

action.line@sheppard.af.mil. Please include your name and telephone number. Those concerns with a wide impact at Sheppard may be published in *The Sheppard Senator*.
 AAFES.....6-2211
 AF suggestion office...6-IDEA
 AFI 36-2903 issues.....6-2984
 Civil engineer/housing...6-2846
 Facilities maintenance...6-6524
 Civilian pay.....6-4890
 Commissary.....6-2750
 Comm squadron.....6-5524
 Dress and appearance.....6-2984
 Education office.....6-6231

Family support.....6-4358
 Fraud, waste and abuse.6-2222
 Inspector general.....6-2031
 Military pay6-1851
 MEO.....6-2360
 Patient advocacy.....6-7791
 Safety.....6-4149
 Security forces.....6-2379
 Services Division6-2089
 CDC.....6-4244
 Youth center.....6-5395
 Golf course.....6-6369
 Billeting, gyms, athletics, and dining hall.....6-7429
 South bowling center.....6-2170
 Victim assistance.....6-7206
 Base straight talk line.....6-4438

Random Enforcement

On my morning drive to work, I go through the intersections of 9th Street and Avenues D/E. Nearly every day, I observe several vehicles running red lights. I witnessed one accident at this same intersection last year and I know of others at the same location. This seems to be the worst intersection, but all have similar problems. I know our security forces are stretched thin, but some random, concentrated enforcement would improve safety and prevent accidents or near misses. Is this possible?

I agree; this is a problem. Over the past 12 months, three vehicle accidents occurred at Avenues D and E. In parallel, another nine accidents occurred at Avenues E/G and 5th in the same time frame. As

a result, SFS increased its patrols in all three locations and will continue to monitor these high accident locations to deter individual traffic violators.

Lighting at Bus Stop

There is a bus stop at the corner of 5th and Moates with absolutely no lighting. The kids are really scared in the mornings. I've been waiting with them in the morning, but I think we need to get some lighting there. I've tried a couple of avenues, and it's come to a dead stop every time. Can you please help me.

I agree with your assessment. Civil Engineers will install an additional light on the existing utility pole next to the bus stop to correct the problem.

Achievers

Quarterly Award Winners

82nd Communications Squadron

Airman: Airman 1st Class Jeffrey Weyen
 NCO: Staff Sgt. Emil Dinlinger
 Senior NCO: Master Sgt. Mark Warren
 CGO: 2d Lt. Martin Temaat
 GS-8 and below: Kathy Jolly
 GS-9 and above: Tom Taylor

372nd Training Squadron

CGO: Capt. Michael Beasley,
 Det 17
 Senior NCO: Master Sgt. Stephen Sutton, Det 11
 NCO: Tech. Sgt. Kevin Drennen, Det 11
 Flight Chief: Tech. Sgt. Bruce Nester, Det 10
 Senior instructor: Tech. Sgt.

Alvin Earp, Det 17
 Junior instructor: Staff Sgt. Jerry Laney, Det 15
 Detachment: Det 11, Davis-Monthan AFB, Ariz.

383rd Training Squadron

CGO: Capt Robert McCurry
 Senior NCO: Master Sgt. Ron Patin
 NCO: Tech. Sgt. John Stillman
 GS-9 and above: Mr. Aubert Clark

360th Training Squadron

Senior NCO: Master Sgt Andrew Olmsted
 NCO: Tech. Sgt. Timothy Green
 Junior MTL: Tech. Sgt. Gerardo DelaGarza
 GS-9 and above: Douglas Hardin



Published by the Times Publishing Company of Wichita Falls, Texas, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 82nd Training Wing.
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Content is edited and prepared by the 82nd TRW public affairs office. Copy deadline is noon Friday the week before publication. All photos are U.S. Air Force photos unless otherwise credited. E-mail submissions to SheppardSenator@sheppard.af.mil 82nd TRW/PA, 419 G Ave., Ste. 3, Sheppard AFB, Texas 76311-2943

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Fuels training provides airmen that keep AF pilots airborne

By Airman 1st Class
Pamela Stratton

Base public affairs

With ten different courses training airmen for two vital Air Force career fields, fuels training instructors at the 366th Training Squadron have a big job on their hands.

The courses, which include a basic course and six advanced courses for the fuels specialist career field, along with a basic course and two advanced courses for liquid fuels maintenance, train students to maintain and inspect fuels systems and equipment, operate fuel trucks and safely transport fuel from storage tanks to refueling vehicles and aircraft.

The four-block apprentice course for the fuels career field teaches students about the basic components of refueling units, storage facilities and hydrant systems, and about the operations of fuel trucks and pumps.

The LFM apprentice course, which is six blocks, trains students to inspect and maintain valves, pumps and tanks, as well as filters and hydrant systems, said Staff



Airman Ernesto Fernandez De Castro, 366th Training Squadron fuels student, pulls a hose from a fuel truck. (Photo by Airman 1st Class Pamela Stratton)

Sgt. Eric Johnson, LFM instructor. LFM students also learn about motors, generators and controls.

Once out in the field, fuels students will become part of a supply squadron, while LFM students will become

part of a civil engineer squadron.

"The two career fields go hand in hand," said Tech. Sgt. Leonard Hyland, instructor supervisor, fuels advanced courses. "They're so closely related that you couldn't really have one without the other."

Fuels technicians work with JP-8, or jet fuel, as well as diesel and unleaded fuel for ground vehicles, and even liquid oxygen.

About half of the time a student spends in the basic fuels course is spent on classroom instruction and half on hands-on learning with actual fuels equipment.

"The students learn about things in the classroom and then recognize them when we show them outside," said Sergeant Hyland. "In the hands-on training, they work with the exact same equipment they will see when they go to their bases and get out on the flightline. They can hit the ground running."

The students seemed to benefit from the dual training methods.

"Once you get out there, everything you learned in

class starts coinciding with what you're working with," said Airman Tyler Williams, a fuels apprentice student. "It makes it easier to pick up the concepts when you learn them two ways."

"The training is really thorough," said Airman Mathew Bounds, another fuels apprentice student. "It's a lot of information in a short period of time, but the instructors present it really well."

Sergeant Hyland said the most important thing the students learn is safety.

"When working with something as potentially dangerous as fuel, safety has always got to be the top priority," he said.

Sergeant Hyland also highlighted the importance of training fuels troops to operate at deployed locations.

"With all the conflicts in the world today, who knows where we might be needed," he said. "No matter where the Air Force is at or what we're doing, chances are fuels troops are right there. Without fuels, pilots are pedestrians."

Madrigal Youth Center wins national Torch Award

By Mike McKito

Base public affairs

The Madrigal Youth Center recently won a National Torch Club Merit Award from the Boys and Girls Club of America. This is an annual competition for club members age 11 through 13 who work within their clubs to make a positive impact on their club and community.

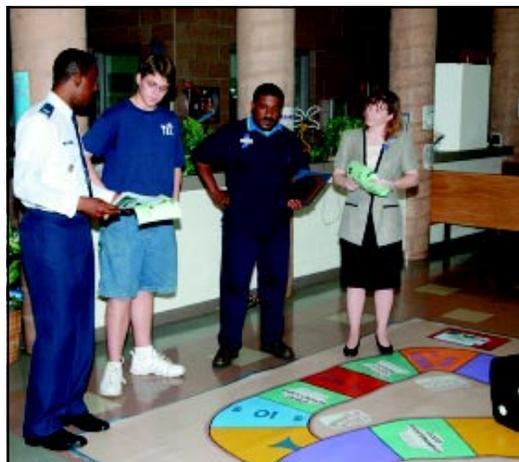
Their life-sized "Kid's Life" game, which won the Social Recreation category, depicts daily issues and consequences youth face everyday. Youth experience the need for saving money, being courteous, helping others and

community involvement, among others.

"Anyone who plays this game will encounter real-life situations that they can take with them on life's journey," said Hiawatha Bouldin, teen director.

The game board is 10' by 12' and made of linoleum for durability. The center youth brainstormed ideas for the game and decided on the rules, materials and color scheme.

"It was a great honor for the youth center to have received this award. This is a testament to the dedication of Sheppard youth to tackle issues that will affect them and their peers," said Cindy Conn, youth center director.



Col. J. R. Tillery, 82nd Support Group commander, Donald Sundquist, a freshman at Hirschi High School, Hiawatha Bouldin, youth center teen director, and Cindy Conn, youth center director, look over the award-winning game "Kid's Life" at the Madrigal Youth Center. (Photo by Lynn Bullard)

Duty, honor, country: take to heart or don't re-enlist

By Tech. Sgt. Howard Huber
82nd MDOS Medical Services
Craftsman

I certainly hope the title of this article caught your eye; that was the intent. Keep reading though, and you'll understand my reasons for choosing such a harsh statement.

A couple of days ago I was leaving the hospital after a long day. We had a mobility bag drag that morning and the clinic had been unusually busy for some reason. Just as I walked out of the building retreat sounded. I set my mobility bag and briefcase down, came to attention and got ready to render proper honors to the flag of our nation. The sound of retreat fit right in with my mood. Now it was official, my duty day had ended.

As I stood there at attention waiting for the national anthem

to play, I looked around at all the cars backing out of the parking spaces they were in, oblivious to the fact that retreat had sounded. I noticed an elderly couple who had just reached their car parked in a handicapped slot right across from the hospital. The gentleman had just opened the door for his wife. When they heard retreat sound they both stopped, the gentleman came to attention, most likely as he had done many times before, and patiently waited for the national anthem.

When I saw them do this I was so proud. Obviously the elderly couple could have just gotten in their car, as did many others, and simply wait for retreat to finish, but no, they rendered the proper honors to our flag. It was apparent that this family (I say family because I

believe the entire family serves) took to heart the concept of rendering the proper honor to the flag retreat ceremony. As I was watching the elderly couple and feeling so proud, I had the wind kicked right out of me.

I noticed a Senior Airman standing near the sidewalk, just to the right of the car where the couple was standing. This senior airman, dressed in BDUs, had just made it across the street when the call to retreat sounded. She came to attention and then, to my horror, darted to her car just before the national anthem played. I was shocked, appalled and disgusted all at one time. I couldn't believe it. She trotted to her car, climbed in, and then sat there waiting for the end of the anthem so she could drive off.

What was she thinking? Af-

ter all, didn't she make the same commitment the rest of us did? Sure, it was a bit cool out and a bit breezy, but the weather certainly shouldn't have been a factor. Maybe I'm wrong, but I don't remember reading anything about personal convenience in the Air Force core values. The saddest part of the story, though, is that the elderly couple saw exactly what I did. What were they thinking when they saw the young airman dash for her car? I can only imagine what was going through their minds.

When we take our oath of enlistment and put on our uniform we sign up with the obligation to dedicate ourselves to the service of our nation. Whether that duty means being separated from your family on a deployment, getting called in

at all hours of the night, or simply rendering the proper respect to the flag, it's our duty. The elderly couple may have dedicated a large portion of their lives to serving their country. And all the sense of duty, pride, and love of country have remained, even into retirement.

The bottom line is this, if you don't have the true, heartfelt desire to duty, honor, and country – please don't reenlist. Getting a college education or the chance to travel the world are certainly great Air Force perks, but we can't forget the real reason we're here. We are here to defend our nation; that should be our top priority and we should be proud to do just that. Be willing to show that pride everyday, render proper honors during retreat or don't reenlist.

Underage alcohol use can lead to life-threatening problems

By Master Sgt. Edward Montgomery
Substance Abuse Element noncommis-
sioned officer in charge

Alcohol is the most widely used drug among youth and it causes serious and potentially life-threatening problems. Research has shown that drinking is associated with risk-taking and sensation-seeking behavior among young people. Alcohol is a sedative that has disinhibiting effects that may increase the likelihood of unsafe practices, according to a report by the National Institute on Alcohol Abuse.

In 1997, 21 percent of young drivers 15 to 20 years old who were killed in crashes were intoxicated. For young drivers, alcohol involvement is higher among males than among females. In 1997, 25 percent of the young male drivers involved in fatal crashes had been drinking at the time of the crash, compared with 12 percent of the young female drivers involved in fatal crashes, according to the National Highway Traffic Safety Administration.

National data shows that drowning is the leading cause of injury-related death

among adolescents and young adults. Factors contributing to youth drowning include alcohol, which can affect a swimmer's coordination and judgment. Forty to 50 percent of young males who drown were drinking when they died, and an equal percentage of all diving accidents are alcohol related, according to the Office of the Inspector General in a 1992 report on youth and alcohol.

People who drink before the age of 15 are four times more likely to develop alcohol dependence than those who wait until age 21. Each year of delayed drinking onset reduces the probability of alcohol dependence by 14 percent. Adolescents who use alcohol are more likely to become sexually active at an earlier age, to have sex more often, and to engage in unprotected sex. This places them at greater risk of HIV and other sexually transmitted diseases. Also one study showed that adolescents diagnosed with alcohol abuse were four times more likely to experience major depression than those without an alcohol problem.

Binge drinking, which is consuming five or more drinks in a setting by males and four or more drinks in a setting by females, is a serious problem for young people today. Binge drinking often begins around age 13, tends to increase during adolescence, peak in young adulthood (ages 18 to 22), then gradually decrease. Nearly one out of every five teenagers (16 percent) has experienced a "blackout," where they could not remember what happened the previous evening because of heavy binge drinking.

Alcohol poisoning is the most serious, and a potentially fatal reaction to binge drinking. When excessive amounts of alcohol are consumed, the brain is deprived of oxygen. The lack of oxygen will eventually cause the brain to shut down the voluntary functions that regulate breathing and heart rate.

Some symptoms of alcohol poisoning include:

- Vomiting
- Unconsciousness
- Cold, clammy, pale, or bluish skin

•Slow or irregular breathing (less than 8 breaths a minute)

Underage drinking is a serious issue here at Sheppard. In 2001, there were 416 cases of underage drinking that were evaluated in the Alcohol and Drug Abuse Prevention and Treatment (ADAPT) Program. The costs of delays in training, legal assistance, and medical care are considerable indeed. The real tragedy is it doesn't have to happen; adherence to the law could help limit the problem of underage drinking. In Texas it is a Class B misdemeanor to be a minor in possession of alcohol, and a Class A misdemeanor to provide alcohol to a minor.

Some young people have asked, "If I'm old enough to die for my country; why aren't I old enough to have a beer?" Some things come with age and maturity. By law you must be at least 35 years old to run for president, and by law you must be at least 21 years old to drink alcohol.

If you believe you have a problem with alcohol or drugs contact the ADAPT program at 6-6155 for assistance.

Catholic seminar

Catholic students are invited to recollection and meditation seminars April 27, May 4 and May 18 in the north chapel annex from 8:30 a.m. to 3 p.m. Lunch will be provided. To sign up, call 6-7276.

Scholarship opportunity

The Sheppard Officers' Spouses' Club is offering ten merit-based scholarships to eligible U.S. or NATO military spouses and U.S. military dependents of active duty, retired or deceased, officer or enlisted members and graduating high school seniors from local-area

public, private or home schools. The \$1,500 scholarships can be used for the purpose of continuing education in college, junior college or vocational school. Applications can be obtained at local area high schools, from the base education office or from the base family support center. All packages must be post-marked no later than April 30.

Volunteer recognition social

The family support center will host a volunteer recognition social Tuesday from 2:30-4 p.m. at the officers club. The social will celebrate National Volunteer

Week, which is April 21-27. All Sheppard members who are volunteering at base agencies and in the local community will be honored. All of Team Sheppard is invited to attend. There will be entertainment, ice cream and door prizes.

Dental sick call change

The afternoon dental sick call will begin at 11:30 a.m. on April 26. The dental clinic will be closed in the afternoon for a squadron function. Those with dental emergencies before 5 p.m. that day should call 6-4474. Those with after-hours emergencies should still contact the

hospital emergency room. The clinic apologizes in advance for any inconvenience this change may cause. Please contact the dental clinic at 6-4474 for any concerns referencing the 11:30 a.m. dental sick call.

Take Your Children to Work Day luncheon

The officers club will host a Take Your Children to Work Day luncheon April 25 from 11:30 a.m. to 1:30 p.m. The menu includes spaghetti and meatballs with bread sticks or meatball subs with pickles and chips, ice tea or water and cake. The cost is \$4.50 for kids 10 and

under and \$5.50 for adults.

For more information, call Sherry Murray-Garrett at 6-4393, Donna Sykes at 6-5684 or Vivian Watson at 6-2822.

Children's open house

There will be a children's open house April 25 at 1 p.m. at the health and wellness center following the Take Your Child to Work Day luncheon. The event will feature prizes and fun, educational displays on such topics as family advocacy, tobacco usage, healthy eating, casting, fitness, pediatrics and immunizations. Call 6-4292 for more information.

Housing office provides guidelines for lawn care

Air Force policy requires an inspection program for housing areas to ensure lawns and carports are maintained and present a neat and orderly appearance.

Sheppard's Military Family Housing Office normally inspects the housing areas on Tuesday. Each sponsor is expected to maintain a mowed and edged lawn. The first and second violation notice is given to the housing occupant.

A third violation will result in a notice to the occupant, and the Housing Office will initiate a warning letter for the 82nd Support Group deputy commander's signature.

The signed letter will be sent to the occupant through the applicable squadron commander with a copy of previous write-ups for the occupant's housing unit.

If a fourth discrepancy occurs, the write-ups will be brought to the installation commander's attention for review for possible termination of housing.

The good news is that the first of January each year, all previous write-ups are discarded.

Recent inspections have uncovered a number of ar-

reas needing attention.

These include grass and weeds in flower beds; bushes needing trimming; tall grass, paper and trash along fences and foundations; clutter in carports and front yards; curbs and sidewalks in need of edging and dirty street gutters.

Another area often overlooked is the grass growing in the cracks of sidewalks, driveways and curbs.

Major car repair is not authorized in the housing areas.

Also, recreational vehicles, trailers, jet skis and boats are prohibited from being parked in housing areas. The exception is when loading and unloading.

All trash and refuse should be at the street curb by 7:30 a.m. on the day of pick-up. Return trash cans to storage areas promptly after trash pick-up. Trash cans left out will receive a discrepancy notice.

It's the occupant's responsibility to arrange for lawn care when planning an extended absence. Occupants' efforts in keeping Sheppard's housing areas looking good are appreciated. *(Courtesy of the base housing office)*

**Drinking and
driving don't
mix!**

'My stupid human moment' - one person's risk management story

By Donna Davis

80th Operations Support Squadron

It started off as any other normal Saturday, cleaning the house. I was home alone, as the rest of the family had gone out of town. When I'm left to my own devices, I like to do things out of the ordinary that I can't do when my husband is around ... things like rearranging furniture.

Well, this particular Saturday, I had big designs on rearranging the dining room and living room. First, though, I was going to repair one of our butcher-block wooden kitchen chairs. I got the table saw out, selected the wood I needed, rounded up the wood screws and, yes, I even put on my safety goggles!

I'd done everything "just right" and by the "risk management" philosophies that have been drilled into me (poor choice of words, as you will later see) in my 23 years of active duty, as well as my subsequent five years in civil service.

I made the precise measurements, made flawless cuts on the wood and was smugly admiring my work. Next, I got the power drill and the Phillips screwdriver drill bit head so I could begin the repairs. I aligned the wood exactly right, carefully chose just where to put the screws and did a marvelous job installing the first of the two boards needed to complete the repair.

I remember saying to myself, "Wait until my husband sees what a great job I did repairing this chair!"

Next, I got the second and final piece of wood in place. Here's where the "bad judg-

ment" began. I used the top of the table saw to make my repairs. I'd even unplugged the saw so if I inadvertently hit the switch, the saw wouldn't start.

The saw blade was in the way, so I reached across with my left hand in an awkward manner and applied minimum pressure to the first screw to get it started. Thinking that I had enough of a start on the screw, I increased the pressure on the drill to finish the repair. Big mistake! The screwdriver bit, which was installed on the power drill, jumped off the screw head and went in one side of my hand and out the

other!

I didn't even know at first that it had gone all the way through. I immediately grabbed my hand and said to myself, "This is gonna really hurt!" When I moved my good hand, I noticed the blood on it — that was when I realized that the screwdriver tip had gone completely through.

Since I was home alone, I drove myself to the emergency room (because I couldn't get the wound to stop bleeding), all the while trying to come up with a better story than the truth. Since I'm a lousy liar, I arrived at the ER and told them of my "brilliant"

repair work! Needless to say, we all had a great chuckle as a result of my "stupid human" moment.

In the end I was the proud recipient of a brand new tetanus shot. I thanked the ER staff and headed home, somehow not nearly as proud of my workmanship as I was before!



DoD offers airframe and powerplant certification

A new Department of Defense Airframe & Powerplant certification program has been approved for military aircraft maintenance technicians. The program was developed by the Joint Service Aviation Maintenance Technician Certification Council. Each service will manage its own program. AFI 36-2232, Maintenance Training, in conjunction with the Community College of the Air Force, will provide the initiative and direction for AF members. The program directly supports CCAF in that Federal Aviation Administration certification of AMTs enhances combat readiness, contributes to recruitment, retention of highly skilled personnel and career transition of Air Force enlisted members. Active duty, Guard, and Reserve personnel in AFSCs 2A0X1, 2A1X1, 2A1X2, 2A1X3, 2A1X4, 2A1X7, 2A3X1, 2A3X2, 2A3X3, 2A4X1, 2A4X2, 2A5X1, 2A5X2, 2A5X3, 2A6X1, 2A6X3, 2A6X4, 2A6X5, 2A6X6, 2A7X1, 2A7X2 and 2A7X3 are eligible for the program. AF Technicians can enroll now in the Air Force A&P certification program through CCAF via the Internet at <http://www.au.af.mil/au/ccaf/student.htm>. Click on Student Info, then A&P, then Powerplant Certification Program and follow the on screen instructions. Technicians can register and begin training when they achieve the 5-skill level in one of the AFSCs listed above. Once enrolled, CCAF will compile the A&P syllabus, called the Qualification Training package and e-mail it to the technician. The computer-based training package is still in development until August 2002. In the interim, the on-the-job training portion will be accomplished first, then the computer based program. The technician will progress through a program of on-job-training, computer based training, take three examinations at the education office, complete oral, written and performance examinations from an FAA certified A&P evaluator. Upon successful completion of all the requirements technicians must also meet minimum skill level, time-in-service, practical aircraft maintenance experience before the Certificate of eligibility can be issued to 7-skill level in one of the eligible AFSCs, 10 years time-in-service, and 30 months practical aircraft maintenance experience. Finally, when the program is completed, the Oklahoma City FAA office will issue the technician their A&P certification. More information is available by contacting the education services center at 6-2811. *(Courtesy of base education office)*

Area defense counsel: Top 10 ways to stay out of jail

By Capt. Conrad Huygen

USAFE Area Defense Counsel

Note from the Sheppard area defense counsel, Capt. Jane Boomer: "I had the privilege of serving with Capt Huygen for nearly two years at RAF Lakenheath. I would like to share with the Sheppard community his sage advice to the airmen at Lakenheath."

ROYAL AIR FORCE LAKENHEATH, England - As an area defense counsel, I'd like to share with you some observations and advice from what I've seen over the past six months. I am addressing this article primarily to E-5's and below because from 1987-1991, I was in your shoes. You provide the lion's share of my business now, and when you fail, the Air Force has failed you.

Observation one is that too many airmen drink far too much. A large proportion of the cases I deal with involve alcohol. I'm not telling you not to drink at all, but the volume of alcohol I hear about is shocking.

If you drink yourself into a stupor every weekend, you need help - please get it before you and I have to talk about your Article 15.

Observation two is that drug use is by far the most common court-martial offense, and it oftentimes follows drinking. If you use drugs, you'll get caught because one of your friends will rat on you - drug use tends to be a group activity, and someone always ends up talking about it. I'm not an expert on human nature, but if you think your friends are different, you're simply kidding yourself.

Observation three is that

commanders, first sergeants and the legal office staff are not out to get you. These are all men and women of great integrity who take adverse action only when presented with evidence. Sometimes that evidence is credible and makes sense, sometimes it doesn't, but nobody is out to get you.

Observation four is that airmen who face adverse action are generally good people. I have the best clients in the world and will do everything in my power to defend you if you become one of them.

Here, then, is my Top Ten List of things you can do to complete a successful enlistment. An honorable discharge and the G.I. Bill opened every door that I've walked through as an adult, from college to jobs to law school. I want you to succeed, and the Air Force wants you to succeed, but the choice is yours.

Top ten list

10.) Quit getting sloppy drunk; otherwise, you'll end up doing something really stupid.

9.) Don't ever use drugs;

ask yourself if it's worth your career, your \$20,000 G.I. Bill, and a criminal record.

8.) Don't lie, even a little; either say nothing at all when questioned until after you speak with a lawyer or tell the truth. There is no other option.

7.) Live within your means; I can't afford a Porsche, and you can't afford a Porsche.

6.) Be likeable and valuable; good troops get breaks because they've earned them.

5.) If you want to fight, try organized boxing; it's a lot harder than it looks.

4.) Always be squared-away and 10 minutes early; your uniform, haircut, military bearing and punctuality really do reflect who you are.

3.) Treat everyone with respect; military members and civilians alike deserve it.

2.) Don't hang out with idiots; you will eventually get blamed for what they did.

1.) Always ask for a lawyer when read your rights; trust me, you have no idea what you're doing if you agree to answer questions.

Your ADC is here to serve you, but you have to ask for us.



Housekeeping important part of job

Reasons to keep the work area clean:

- Reduce trip and fall hazards.
- Increased production. People won't have to waste time looking for a misplaced tool. They will always know where their tools are when they put them where they belong after using them.
- If someone falls because of materials someone left on the floor, that person will feel guilty because they were a causal factor in the mishap.
- Reduce a potential fire hazard by removing unneeded combustibles from the work area.

Tips to maintain a clean work area:

- Plan the job. Make a list of

the needed tools/materials. This will help to minimize unnecessary clutter around the work area.

- Develop a routine for cleaning up at the end of the shift or periodically during the shift.

- Do not allow employees to eat, drink or smoke in the work area, not only because of litter problems, but also because of hygiene concerns.

This list is not all-inclusive. Everyone should take responsibility for themselves and their work area. Remember, a clean work area is a productive work area and it also enhances safety!

(Courtesy of the 82nd TRW Safety Office)

Prepare now for the ORI: only 12 weeks until big inspection

Blow your own horn

Start thinking about what you want to tell the ORI team about your organization. Review your in-brief and remember to keep it short. Squadron commander in-brief should be no more than five to 10 minutes, and the flight in-brief should not be more than 10 minutes. Spice up the brief with all the great things your unit has accomplished since the last inspection and the things you are accomplishing now. Prepare a "brag book" with talking papers and a disk copy (suggest not burning a CD). Be sure the disk is properly labeled. The brag book should include how you manage your program and/or any improvements the unit has developed such as improved processes and databases. Have your supervisor review it, and be prepared to give a paper and disk copy to the inspector general or talk with your IG functional and see if they would like to see it as read-ahead material. Many inspectors appreciate a well-prepared read-ahead

that gives an excellent first impression. The brag book can include the organizational chart, mission overview, additional duty rosters and a map of the squadron if it's spread between buildings, etc.

Computer printouts

Important questions to consider with computer printouts: Are all your products up-to-date? Is there a regular schedule to update them? Remember our PCS turnover rate and reorganizations. Are there printouts being made because it's neat to print them or are they actually being used? Can we use our computers to help other areas get ready for inspection? Are there products we don't need or use?



INSPECTIONS



Vendor day

Staff Sgt. Kirk Ritter (left), Tech. Sgt. Burt Jingst and Master Sgt. Dale Huppert, 360th Training Squadron, speak to Gloria Schlabs with A.S.A.P. Waterjet Cutting Services during the Government Purchase Card Vendor Day Tuesday at the Wichita Falls Multi-Purpose Event Center. Vendor day is an opportunity for businesses to display their products and give cardholders information about their services. The event also provided training sessions for cardholders and approving officials on the regulations and responsibilities of using government purchase cards. (Photo by Master Sgt. Jeff Szczechowski)

Airmen Against Drunk Driving

Every Friday and Saturday night from 9 p.m. to 5 a.m., drivers are available for Team Sheppard members who need a ride home after drinking. Drivers will ask no questions and take no information, and they will not release names of anyone who uses this life-saving program.

Don't risk your life or your career. Call AADD.

Cut out and put in your wallet:

**Airmen Against
Drunk Driving
676-2233**

Please recycle
this paper.

Soundoff

What's your favorite warm weather activity?



"I love taking weekend trips to my cabin in north Texas. Mainly I use the cabin as a hunting lodge. I also enjoy taking rides on my motorcycle. My family and I spend time working in the yard." – Tech. Sgt. Gerardo Delagarza, 360th Training Squadron MTL



"I enjoy weekend getaways. They give me time to play some golf and relax. When I'm not busy at work or at home, I love spending time with my lovely wife Shelly and my 2-year-old son Jack" – Capt. Sean Maltbie, Sheppard law office



"I enjoy outdoor activities such as swimming, cycling, and going on walks. Spending time with my family is also one of my favorite things to do." – Capt. Stanley Sebastian, 361st Training Squadron section commander



"I enjoy working out and running on the beach. My friends and I go camping in the mountains on the weekend, and we also go hiking along the river in the summer time." – Airman James Taylor, 366th Training Squadron fuels student

Are you or someone you know eligible for DoD's Medicare Wraparound Coverage?

Since the implementation last year of expanded pharmacy and medical benefits under TRICARE Senior Pharmacy and TRICARE For Life, many Medicare-eligible uniformed services beneficiaries, age 65 and over, are now enjoying the peace of mind that comes with having a robust health care benefit.

They no longer have to pay expensive supplemental insurance premiums, higher co-payments, or entire prescription charges because the TRICARE For Life program acts as second payer to Medicare, and the pharmacy program provides coverage they don't have from Medicare.

"Beneficiaries have reported savings of \$3,000-4,000 on their prescriptions, alone. With most prescriptions available to them for a \$3 or \$9 co-pay, some can now purchase prescriptions they didn't feel they could afford before. Not only are they saving money, but many are enjoying a better quality of daily living," states Thomas Carrato, Executive Director of TRICARE Management Activity (TMA).

While most of the 1.5 million TRICARE For Life-eligible beneficiaries have been located through extensive outreach communications efforts by TMA, regional lead agents, managed care support contractors, and various beneficiary associations, many still do not know they have this coverage. Their files in the Defense Enrollment Eligibility Reporting System (DEERS) have not been updated, and they have not renewed their military identification (ID) cards. Continued eligibility for military benefits must be established periodically, because certain events (like divorce from a military retiree, or remarriage of a widow) may cause eligibility to end.

As a result, when Medicare

"automatically" sent its first 5 million claims to TRICARE for its newly eligible over-65 beneficiaries, it became evident that some of these claims belonged to beneficiaries whose information had not been updated, and whose ID cards were expired. These claims initially were denied by TRICARE, but agency officials have announced that they will pay these claims temporarily, without requiring beneficiaries or providers to resubmit them.

"We will use this opportunity to advise people on their Explanations of Benefits that they must update their information and ID cards. Those who fail to do so will have future TRICARE claims denied," explained Mr. Carrato.

After Aug. 1, 2002, all claims for beneficiaries with expired eligibility will be denied until their eligibility information is updated. During March, DEERS will notify many of the people with outdated information and ex-

pired ID cards with a letter.

DEERS also sends an "age-in" letter to newly eligible beneficiaries 90 days before their 65th birthdays, explaining how they can remain eligible for TRICARE benefits.

The best way to verify TRICARE eligibility in DEERS and to obtain a current ID card is to go to an ID card issuing facility. Personnel there can provide information about the documentation that is necessary, the address and hours of operation.

If it's not possible for a beneficiary to go to an ID card facility, he or she should call the DoD Reverification line, 1-800-361-2620, for guidance. Information about the nearest ID card facility can be found on the World Wide Web at <http://www.dmdc.osd.mil/rsl>, or by calling TRICARE's toll-free number, 1-888-DOD-LIFE (1-888-363-5433).

(Courtesy of TRICARE Management Activity Communications and Customer Service)

Sheppard to celebrate 'Take Our Children to Work Day'

By Vivian Watson

Women's History Committee

When I arrived at Sheppard six years ago, I was asked to be a part of the Women's History Committee. Aside from acknowledging the contributions women have made to our country during Women's History Month, we also had the pleasure of sponsoring the nationally recognized "Take Our Daughters to Work Day." This program was initially launched to build self-esteem in girls and broaden their sense of opportunity by encouraging them to shadow professionals on the job for a day. Approximately three years ago, Sheppard organizers realized that some young boys were equally experiencing low self esteem. As a result, the WHC incorporated "Take Our Children to Work Day".

More than 70 million Americans have participated in Take our Daughters To Work Day. Girls have visited offices, hospitals, even the White House.

"We wanted girls to be visible, valued and heard," says Marie Wilson, president of the Ms. Foundation for Women, the

program's sponsor. Although a large percentage of people polled believe women are treated more fairly today, over 65 percent believe that despite progress, men and women still are treated differently at work, with women paid less and given fewer chances to advance.

"Now we need to look at how boys and girls can progress together," said Wilson.

To that end, next year the Ms. Foundation for Women will launch Take Our Daughters and Sons to Work Day.

So, it seems Sheppard saw the vision long before the programs' founders. Next year Sheppard will include the official title. This year, Take Our Children to Work Day is Thursday, and a luncheon will be held at the officers club with Shelby Baker, news anchor with KFDX, as the guest speaker. Tickets are \$4.50 for children age 10 and under, and \$5.50 for adults. For more information or tickets, call Sherry Murray-Garrett at 6-4393, Donna Sykes at 6-5684 or Vivian Watson at 6-2822.

General activities

Children's parade

April is the Month of the Military Child. The child development center invites everyone to take part in the annual Month of the Military Child parade Wednesday beginning at 3:30 p.m. Call 6-2038 for details.

Take Off Pounds Sensibly

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

Upcoming trips

Ripley's Believe It or Not

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

Murder mystery weekend

Information, tickets and tours will sponsor a trip to Stone Lion Inn Murder Mystery Weekend June 15 and 16. The cost is \$250 per couple. This includes round trip transportation, overnight accommodations at the Stone Lion Inn, a seven-course candlelight dinner with Murder Mystery and breakfast. Participation in murder mystery is scripted. Dress code enforced. All rooms are non-smoking with only one bed and pricing is double occupancy only. Those interested must register no later than Wednesday.

Club activities

Cook Your Own Steak Night

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

Boss and Buddy Night

The enlisted club will host Boss and Buddy Night Wednesday from 5-8 p.m. Participants can enjoy

drink specials, free food and a relaxed atmosphere. For more information, call 6-2083.

Live jazz performer

Family Night

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

Enlisted club comedy jam

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

Officers club game league

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

At the Flicks

Friday 6:30 p.m.

The Time Machine

Friday 9 p.m.

We Were Soldiers

Saturday 2 p.m.

Birthday Girl

Saturday 4:30 p.m.

The Time Machine

Saturday 7 p.m.

We Were Soldiers

Sunday 2 p.m.

The Time Machine

Sunday 4:30 p.m.

Birthday Girl

Thursday 6 p.m.

We Were Soldiers

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

Birthday Girl (R) - Nicole Kidman, Ben Chaplin - Bank clerk John orders a mail order bride straight of the "From Russia With Love" Website. The result is chain-smoking Nadia. Her cousins arrive right behind her. Forced into robbing his own bank to save Nadia's life, John discovers that everyone involved has a few surprises up their sleeves, including himself.

We Were Soldiers (R) - Mel Gibson, Sam Elliott - In a small clearing called landing zone X-ray, Lt. Col. Hal Moore and 400 young fathers, husbands, brothers and

sons, all troopers from an elite American combat division, were surrounded by 2,000 North Vietnamese soldiers. The ensuing battle was one of the most savage in U.S. history.

The Time Machine (PG-13) - Guy Pearce, Mark Addy - Alexander is determined to prove that time travel is possible. His determination is turned to desperation by a tragedy that now drives him to want to change the past. Testing his theories with a time machine, he is hurled 800,000 years into the future.

Chapel Schedule

Student programs

Tuesday, 11 a.m. and 4:15 p.m., chapel rope meeting, North Chapel

Saturday, 5 p.m., Solid Rock Cafe, South Chapel

Sunday, 5 p.m., Student bible study and activity night, North Chapel

Catholic activities

Mass

Saturday, 5 p.m., North Chapel

Sunday, 9 a.m., North Chapel

Sunday, noon, North Chapel

Mon.-Fri., 11:30 a.m., Hospital Chapel

Religious education

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

Reconciliation

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

Protestant activities

Worship services

Saturday, 6:30 p.m., Holy Eucharist with Praise and Worship, South Chapel

Sunday, 10:30 a.m., Holy Eucharist, Hospital Chapel

Sunday, 10:30 a.m., Inspirational Gospel Service, South Chapel

Sunday, 10:30 a.m. Protestant Community Service, North Chapel

Religious education

Saturday, 5:30 p.m., Growing in God's Grace, South Chapel

Sunday, 9 a.m., classes for ages 3 to adult, Bldg. 962

Bible studies

Tuesday, 6:30 p.m., South Chapel

Thursday, noon, South Chapel

Thursday, 7:00 p.m., Protestant Women of the Chapel, Bldg. 962

Saturday, 6:30 a.m., Protestant Men of the Chapel Bible study

Second Saturday of month, 8 a.m., Protestant Men of Chapel breakfast

Lay-led faith groups

Islamic activities, Friday, 1:45 p.m., South Chapel

Jewish activities, call Maxine Simpson, House of Jacob Synagogue at 322-4177

Latter Day Saints, Sunday, 2 p.m., Hospital Chapel

Mystic Grove Pagan Study Group, Wednesday, 6:30 p.m., Bldg. 962, call

Kalista at 6-4370

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

CCAF awards 204 associate degrees to Sheppard members

The Community College of the Air Force will award 204 Associate of Applied Science degrees to 201 Sheppard military members during commencement exercises today at 2 p.m. in the base theater.

Receiving associate degrees are Senior Master Sgts. Timothy Savage and Scott Warnberg; Master Sgts. Gregory Baker, Kevin Beck, Michael Chapman, Andre Dame, Bionca Dean, Mark Hagen, Billy Heath, Norman Hill III., John Hinton, Brian Holmes, Reginald Howell Jr., William Nevis, David Norton, Mark Sanders, Philip Shirah, Gary Smith, Jeffrey Szczechowski, Mark Towle, Connie Trombley, and Mark Warren; Tech. Sgts. John Alva, Gina Averette, Lita Beard, Kenneth Beebe III., Rodrigo Benipayo, Deryl Brandon, Mark Brown, Peter Burgos, Eddie Cantrell, William Casteen, Samuel Colon, Paul Dulin II., Norman Dunson, Shawn Emery, Carolee Everett, Jeffrey Foreman, Kenneth Forston, Richard Garnett, David Gates, Karl Gernon, Daniel Graham, Jeanette Gunn, Glenn Harris, Robert Hartness, Earl Heppe, Jeffrey Herzog, Troy Heyman, Melvin Jobe, Thomas Jones, Bruce Knott, William Knox, Raymond Lapham, Kim Loncar, Ray McCullum, Shane Meister, Scott Norstad, Robert Novak Jr., Steven Petersen, Joseph Puddu, Terrence Randolph, Kenneth Rawlinson, Shaun Rohmiller, William Sellers, Joseph Shoaf Jr., Jeffrey A. Smith, Joe Spangler Jr., Hector Suarez (receiving two degrees), Jonathan Suthard, Timothy Thomas, Willie Thomas Jr., Darren Trout, Dennis Varnes Jr., Jane Witter, and Pamela Yandell.

Also receiving associate degrees are Staff Sgts. Lisa Anderson, Nancy Anderson, William Anderson, Mitchell Arndt, Leonard Arsenault, Cedric Atkinson (receiving two degrees), Scott Avery, Timothy Bailey, Mark Baker, Brian Bautz, Jeffrey Berndt, James Berry, Katrina Blanco, Richard Brady, Alejandro Breceda, Shannon Breeden, Martin Brown, Eric Butt, James Clark Jr., Michael Clement, Donald Corriere Jr., Chad Crider, Walter Davies Jr., Andrew Davis, Duane Denney, Matthew Dutton, Joseph Duyck, Richard Essick

(receiving two degrees), Robert Etters, Justin Fair, Chad Farris, William Ford, Stewart Frazier, Craig Frerichs, Jason Gall, Edward Garza, Emilio Garza III., Kerry Godfrey, James Gorman, Craig Grant, Charles Green, Thomas Hall, Mitchell Hardy Jr., Jeffrey Hawks, Scott Hayes, James Heath II., Lance Hendricks, Donovan Hice, John Hough, Latrina Hunter, Travis Hunter, Joshua Johnson, Jason Jones, Toby Jones, Eddie J. Jordan, Lisa Kane, Patricia Krisko, Scott Leech, Douglas

Lefebvre, Timothy Letson, Steven Link, Clarence Lovejoy III., Gregory Lovings, Anthony Manfre, William McGurk, Chris Miertschin, Brian Miracle, Johannes Monsees Jr., Richard Morrison, Esther Nowik, Christopher Nyhagen, Brandon Offutt, Anthony Ogle, Matthew Peck, Steven Pressley, Michael Przytulski, Paula Ridgel, Timothy Riehm, Kasey Rogers, Raymond Rogers Jr., Jabbar Rucker, Christopher Russell, Landon Sarver, Jeremy Sautner, Timothy

Schreiner, Kathleen Scribner, Kyndra Shea, Tanya Simulick, Jeffrey B. Smith, Ryan Stavrakos, Sean Stephens, Jimmy Stevens, Michael Teague, Mark Thrift II., Lonnie Trask, Johnny Vance Jr., R. Naim Vaughan, Stephen Vega, David Wasacz, David Weinberg, Suzette Whilby, John White, James Whitfield, Christopher Williams, Stephen Williams, Rodney Woolever, James Wright, Bryon Yoder, and Jamie Zavala; Senior Airmen Bradley Boland, Ida Breaux, Luis Gonzalez,

Kendall Grasty, Edward Jordan Jr., Michael Ragains, Stanley Thomas, and Christopher Yager; Airmen 1st Class Farouk Cave and Byron Pepper.

Other service personnel receiving degrees are Navy Chief Petty Officers David Castillo, Gary Martin and Paul Wise, Army Sgt. 1st Class Antonio Moncibais, Navy Petty Officer 2nd Class Ralph Montgomery and Marine Corps Staff Sgt. Christopher Young. *(Courtesy of the base education office)*

Safety views: Tips for driving in wet weather

By Ron Davis

82nd Training Wing safety office

The following suggestions are offered for safer driving during stormy, wet conditions. When its raining, it's more difficult to see other vehicles, road signs and the road itself. For your safety, it's critical to make sure you can see and be seen. Here are some tips to minimize your driving risk.

Slow down. People are so used to driving certain speeds on certain roads that sometimes they forget the need to slow down when inclement weather presents itself.

Before you go - All motorists should regularly check that their headlights, taillights, brake lights and turn signals are working properly.

How are your tires? - Check your tires on a regular basis. Bald tires significantly reduce your traction on wet roadways, and

offer little resistance to hydroplaning.

Turn on your wipers - Replace your wiper blades regularly, at least once a year. Wiper blades in bad condition don't clear water from the windshield very well and distort your view.

Following too close - Don't follow large trucks or buses closely. Splash and spray from these vehicles can obscure your vision, creating a potentially disastrous driving situation. Keep your distance, and your windshield wipers on, when other traffic is in front of you.

Turn on your lights - Whenever visibility is poor, headlights (not parking lights) are a good way to let other drivers know where you are. You may be able to see cars without their headlights on, but others may not have vision or windshield wipers as good as yours.

Heavy rain - Heavy rain can

overload the wiper blades, allowing an almost continuous sheet of water to flow over the screen. When visibility is so limited that the edges of the road or other vehicles cannot be seen at a safe distance, it's time to pull over and wait for the rain to ease up. Keep headlights on and also turn on emergency flashers to alert other drivers.

Handling a skid - Losing control of your car on wet pavement is a frightening experience. You can prevent skids by driving slowly and carefully, especially on curves. Brake before entering the curves. Steer and brake with a light touch. If you find yourself in a skid, remain calm, ease your foot off the accelerator, and carefully steer in the direction you want the front of the vehicle to go. This procedure, known as "steering into the skid," will bring the back end of your vehicle in line with the front.

For vehicles without anti-lock brakes, avoid using your brakes. If your vehicle has ABS, brake firmly as you "steer into the skid."

Driving through water - Where water has flooded onto the road, drive very slowly and cautiously. Never drive through moving water if you positively do not know its depth because your vehicle could be swept off the road. Stop the vehicle before entering a flooded area and check the water level ahead. Seek a detour rather than "challenging" the flood.

Night driving - At night it's much harder to see water hazards. You'll need good road observational skills to notice the difference between a wet road surface and floodwater. Watch the contours not only of the road, but also of fences, trees, hedges and buildings at the side of the road ahead. If they appear to be un-

naturally low, slow down at once, as the road is probably flooded. If you don't slow down and hit the water at a high speed, the effect is almost like hitting a wall. You will first lose control, then you will come to a violent stop. Watch out for places where floodwater collects, particularly low-lying roads adjacent to streams, and dips under rail or highway bridges.

Check your brakes - If you successfully pass through a deep-water hazard, test your brakes. They may be saturated, and only driving very slowly and braking lightly at the same time will generate enough heat to dry them out. Be sure they are pulling evenly on all wheels before building up speed again.

By following the preceding safety tips, your chances of a vehicle accident will be greatly reduced. Keep safety as your top priority in all driving situations.

Sports

**Sports writers
needed. Call 6-
7246 if interested.**

Yoga-pilates classes

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

Squadron Cardio Combat

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

Muscle Mania

AETC is sponsoring a MAJCOM-level muscle mania sports competition May 18 at Little Rock Air Force Base, Ark. The active duty Air Force winners from Sheppard's Dec. 1 power lifting competition will represent the base. Additionally, the fitness centers are looking for serious bodybuilders to participate at the competition. Members must be on active duty and assigned to an AETC base. General information and instructions for the competition are available at the south fitness center. Questions or comments regarding this sports event should be directed to

Master Sgt. Desi Hale at 6-3550.

Intramural softball

People can now sign up for intramural softball. The season is projected to start May 13. Those units interested in forming a team must sign up by Monday at the north fitness center. For more information, call Staff Sgt. Brent Casey at 6-6336.

Pool season

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

Blind partner golf

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

Colorama tournament

The south bowling lanes will host a Colorama Tournament May 4 at 7 p.m. Participants can bowl with lights out and knock down glowing colored pins in a special position to win cash. For more information, call 6-2170.