Friday	Saturday	Sunday
Mostly cloudy Lo: 65°F Hi: 83°F	Partly cloudy Lo: 50°F Hi: 75°F	Partly Cloudy Lo: 44°F Hi: 69°F

Brothers first set to qualify in B-2 Spirit

See Page 6

Athletes shine at Special Olympics

See Page 3B

Sheppard Senator

Combat Capability Starts Here

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Christmas comes early for local families

By Airman 1st Class Jacque Lickteig

Base public communication

Pearlie Perry's usually-quiet household on the east side of Wichita Falls turned into the hub of liveliness Saturday when 18 strangers came to pound on the walls, overrun her backyard and run boisterous machines.

But, Mrs. Perry, a low-income hospital worker, welcomed these people with open arms.

Those strangers, including 82nd Training Wing Commander Brig. Gen. Arthur Rooney Jr., were Christmas in April volunteers who spent 10 hours replacing the siding and trim of her once dilapidated home at 405 Chance.

The exterior on Mrs. Perry's house hadn't been repaired or replaced since she and her husband, Robert Perry, moved in about 11 years ago, she said.

But the condition of the old siding, which crumbled as the volunteers pulled and ripped it off, suggested 11 years is only a fraction of the time it had been in disrepair.

They wanted to replace the siding about five years ago. But around that time, Mr. Perry, who was a general laborer, suffered from heart problems that put him on permanent disability.

Since then, they haven't been able to scrounge enough money to repair their house, Mrs. Perry said.

When reading the Times Record News earlier in the year, the Perrys found an advertisement for CIA, which is funded by donations and grants and run solely by volunteers, offering free house repairs to lower-income families. They submitted an application soon after that, she said.

"The volunteers did a wonderful job," Mrs. Perry said. "I want to thank them for fixing my house."

The Perrys aren't the only people in town who thanked volunteers Saturday.

About 1,200 volunteers, about 1,000 of whom are Team Sheppard members, donated their time and elbow grease to repair 82 houses in Wichita County. Volunteers painted, replaced siding and windows, built wheelchair ramps and more, Don Freire, CIA executive director, said.

Master Sgt. Lisa Breuer, from the 82nd Training Wing Training Operations office and a CIA volunteer, said the volunteers' skill levels varied, but everyone was able to chip in.

"The great thing was that there was something for everyone to do. Even the pre-teen kids were productive team members," she said.

The Wichita County CIA serviced its 2000th house Saturday since the volunteer home improvement group began in 1983.

Mr. Freire said Bobby Trimble started the program in Midland, Texas, and the name came from an elderly lady who said, "I feel like its Christmas, and its only April" after seeing her newly repaired house.

"This program has survived this long because people enjoy doing things for other people," he said. "The beauty of it is that the volunteers see the results immediately and they witness the recipients' reaction."

"Seeing them take pride in their home was well worth the day's efforts," Sergeant Breuer said about seeing the Perrys' reaction.

While the team that repaired the Perrys' house was finishing up, Mrs. Perry said she'd like to get involved in volunteer work, as well.

CIA not only repaired a house, but it planted a seed for more generosity.

Photos by Airman 1st Class Jacque Lickteig

Above, Tech. Sgt. David Gobin of the 382nd Training Squadron measures a piece of paneling Saturday as he and other Team Sheppard members participate in Christmas in April, a program to refurbish homes for county residents who otherwise might not be able to have it accomplished. Left, Anthony Gobin, son of Sergeant Gobin, and other members of the house crew rip off siding from a home to prepare it for a new exterior.

On the Inside

SecAF offers reminders during time of war

"The world needs America's leadership. … Democracy and freedom are threatened around the world. … It would be easy for America to withdraw behind the oceans. … What you do saves our countries from the threat of worldwide terror. … We support you and respect you."

– Mayor Jean-Pierre Dardenne, April 13, 2004

The mayor of LaRoche-on-Ardennes, Belgium delivered those stirring words on the first day of my trip to visit our deployed Airmen as we remembered the sacrifices of a previous generation. With the World War II crash site of an Air Corps B-17 bomber as the backdrop, his compelling address set the tone for my eight-day, seven-country journey.

For full story, see page 7.

4 selected for Lt. Col.

Four Sheppard majors were selected recently for promotion to lieutenant colonel in the CY04A Medical Service Corps and Nurse Corps Central selection boards.

Majors Jerry Harvey, 383rd Training Squadron, Robyn Mitchell, 382nd TRS, John Powers, 382nd TRS, and Glenda Mitchell, 82nd Medical Operations Squadron, were four of the 161 selected. More than 790 were considered for promotion.

Index

Activities 8A
News. 2-3A
Features. 5-6A
Editorial 7A
Soundoff 5A
Sports.....1-4B
Spotlight.....8A

Across the great divide

Sheppard impresses delegation with training courses

By Senior Airman Chris Powell

Senator staff writer

The Cold War was rampant with secrecy and tension, preventing nations from sharing information or technologies.

But now, nations that were once considered polar opposites are training side-by-side and exchanging ideas and advancements.

That was seen last week when a delegation from Kazakhstan toured Sheppard and some of its training schools.

"They basically spent a day in the life of a technical training student here," said Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander. "We showed them where the students eat, sleep and work.

In 1997, the United States and Kazakhstani governments signed an agreement that aimed to strengthen military ties through military information exchanges, annual bilateral meetings and participation in the International Military Education and Training program.

Six officers from Kazakhstan's air force toured Sheppard Wednesday through Sunday and shared information on how to prepare experts on maintenance and support.

"I'd like to believe they wanted to come here because we are the technical training center for America's Air Force," General Rooney said.

The delegation visited a demonstration at the aerospace ground equipment classroom, a Lear Siegler maintenance tour at the 80th Flying Training Wing and a demonstration at the 361st Training Squadron.

Col. Evgeniy Podgaiskiy, chief engineer of the Kazakhstan air force, said he admired the professionalism of students and permanent party members alike.

"Sheppard is a big base, and has a very good system of training its troops," he said. "I see the way the troops march around the base, and I think it's very professional."

The colonel also noted there were some similarities between the Air Forces.

"Some of our aircraft (are) very similar, and we have the same cares for the safety of our pilots," Colonel Podgaiskiy said.

"We do have a different way we run our aircraft system operations and maintenance systems, though," the colonel added.

General Rooney said the Kazakhstan delegation spent additional time with courses that dealt with some aspects of the C-130 since that is one of their primary airframes.

The five-day visit could lead to more interaction between the two air forces, the general said.

"In the end, they were impressed and hopeful they could adopt our programs to them," he said.

Although the main purpose of the visit was for the delegation to gather information, they were still able to get a taste of what Texas is all about. After all, what's a visit to the biggest cowpoke state in the United States without having the opportunity to dress the part.

"We gave them all cowboy hats and had them take a photo on Paleface (a giant replica longhorn steer on base)," General Rooney said. "We also took them out to eat and showed them a bit of the town."

Photos by Sandy Wassenmiller

Left, Col. Evgeniy Podgaiskiy, chief engineer for the Kazakhstan air force, sits in a UH-60 during a visit last week. Below, members of the Kazakhstan delegation is briefed by Robert Hart on the T-38 Talon during a visit to the 80th Flying Training Wing.

New leader takes command of 782nd TRG

Base public communication

The 782nd Training Group welcomed in another commander Monday morning when Col. Denise Ridgway accepted command from Col. Arvil E. White III.

Colonel White has led the 782nd TRG since July 2002. His next assignment takes him to Shaw Air Force Base, S.C., where he will be chief of installations (A7-CE).

The training group's new commander comes from a long line of technology, research and training assignments.

Colonel Ridgway's most recent assignment was at Wright-Patterson AFB, Ohio, as the director of Transformation and Divestiture at the Aeronautical Systems Center. She also served as director of the Joint Strike Fighter Support Office at ASC.

The colonel isn't foreign to the training atmosphere as she served as commander of the 81st Training Support Squadron, 81st Training Wing, Keesler AFB, Miss.

Colonel Ridgway began her career in 1981 when she completed Officer Training School as a distinguished graduate. After receiving her commission, she attended the Air Force Institute of Technology and completed its undergraduate degree conversion program at Auburn University.

The colonel also attended the Defense Language Institute as a Spanish student. She supported Operations Safe Haven, Safe Border, Distant Haven and Safe Passage, JCS exercises, counter-drug and peacetime engagement activities and the Department of Defense's implementation of the Panama Canal Treaties.

Colonel Ridgway was awarded the Defense Meritorious Service Medal, Meritorious Service Medal with three oak leaf clusters, Joint Service Commendation Medal and the Air Force Commendation Medal with one oak leaf cluster.

She is a 1980 graduate of Indiana State University.

Photo by Mike Litteken

New 782nd Training Group commander Col. Denise Ridgway salutes Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, after accepting command of the group as former commander Col. Arvil White III, right, and Chief Master Sgt. Martin Davis, 782nd TRG enlisted manager, look on.

Officers' course provides tools for future leaders

By John Ingle
Editor

By the time U.S. Air Force Academy cadets and college students become officers, the last thing they want to do is take another course.

But, junior officers at Sheppard look forward to the Wing Squadron Officer Course, a week-long class that gives them an opportunity to fill up their toolbox with necessary equipment to have a successful career.

Capt. Jillian VanEns, administrator of the program and nurse manager at the 82nd Aerospace Medicine Squadron, said the course gives young officers broader concepts of leadership, personnel management and military justice, to name a few.

She said the course is important to the development of young officers because some are already in leadership positions.

"Some of these people, as first lieutenants, are already flight commanders," Captain VanEns said. "This course gave them tools to help them lead."

Leadership from across Sheppard spent time with the group of 17 officers, discussing various issues they might face as their careers progress. They also had the opportunity to speak with several chief master sergeants to get the enlisted member's perspective.

During a session with Col. Darrell Sims, 82nd Training Wing vice commander, Captain VanEns said he surprised the class with a "pop-tasking." She said the colonel asked the class to prepare an 8-minute briefing on the theme of "the bigger picture."

"It was dead silence right at the beginning," she said. "They were really excited about it."

Col. Joseph L. Brown, 82nd Training Wing Inspector General and the course sponsor, said it is important to provide tools early and often to young officers to ensure they have what is needed to be successful.

The officers are allowed to see how important a role each office, agency and job has in completing the mission. Colonel Brown said the exercise showed how each component helps form the big picture.

"It is designed to help them understand that their piece is important, but it's only part of the puzzle,"he said.

The colonel said it's easy to work with blinders on and not see what's going on elsewhere. But, with the mixture of various career fields in the course, officers learn early how to interact with each other.

"Even though their job might be trivial in the big scheme of things, it's extremely important," Colonel Brown said.

Captain VanEns said a course of 15 to 20 students will be held every three months.

Courtesy photo

Members of the most recent Wing Squadron Officers Course pose for a class picture recently at the Heritage Center. The course is designed to give junior officers the needed tools to have a successful career. It also provides a means for various career fields to understand the imporance of all functions coming together to complete the mission.

Cop Beat
82d Security Forces Squadron

Crime Alert

If you witness an illegal activity anywhere on base, please call 6-1100 immediately.

Gate Information

Law enforcement officials check ID cards at all gates 24 hours a day. Please have your card out when approaching the gate sentry.

Traffic Safety Concern

Law enforcement officials said there is an increase in the number of vehicles refusing to yield the right of way to responding emergency vehicles on base even though the units are running lights and sirens.

Not only is it unsafe, but it increases the response time of police units.

It is also against the law. Failure to yield could result in a citation or fine.

When passing an emergency vehicle that is stopped, reduce your speed to 20 mph less than the posted limit if that limit is greater than 25 mph.

If the posted limit is 25 mph or less, slow to a speed not more than 5 mph.

Correction

After further consideration, the hospital dining room will continue to provide full service breakfast and lunch to the base population through May 21.

However, due to manning constraints, we will only be able to provide a full service lunch meal to the base starting May 24.

If there are any questions, please call 2nd Lt. Jessica Beal at 6-2290 or e-mail Jessica.beal@sheppard.af.mil or Tech. Sgt. William Carter at 6-2286 or e-mail William.carter@sheppard.af.mil.

CJR 'waiting list' program returns

Courtesy Air Force Personnel Center

AIR FORCE PERSONNEL CENTER - Continuing their Air Force journey may require some first-term Airmen to retrain into a new career specialty.

In an effort to meet end strength goals under Force Shaping, the Air Force will reinstate the Career Job Reservations program May 1, by limiting reenlistments of constrained Air Force specialties by establishing quotas, a rank order/wait list, and CJR application windows.

Limiting CJRs is the latest in a series of Air Force initiatives to ensure the service keeps people only where they are needed.

What that means is first-term Airmen serving in career fields that are currently constrained may not be allowed to reenlist, unless they are approved to retrain in another specialty.

Only first-term Airmen selected for reenlistment by their commander under the Selective Reenlistment Program will be allowed to apply for a CJR.

For more information, please contact the local military personnel flight's reenlistment office or visit http://www.afpc.randolph.af.mil/enlskills/Reenlistments/CJR.htm.

Send story ideas to sheppardsenator@sheppard.af.mil or call 6-7244.

Dutch hosts Queen's Birthday Party

Members of the Royal Netherland air force invites all of Team Sheppard to celebrate the Queen's Birthday, an annual tradition of the Dutch.

The birthday party will be held at the community center from 4 p.m. to 2 a.m.

There will be games for kids, free drinks including soda, beer and wine and a lip-synch contest. A deejay will provide music for dancing and the live band NL+1 Wannabe – a band made up of Dutch and one American – will perform.

Tickets can be purchased from any Dutch instructor or student pilot at the 88th Flying Training Squadron adminstration office. They can also be purchased at the door.

Cost is $20 for adults and $5 for children ages 2 to 16.

On August 31, 1949, Secretary of Defense Louis Johnson announced the creation of an Armed Forces Day to replace separate Army, Navy and Air Force Days. The single-day celebration stemmed from the unification of the Armed Forces under one department -- the Department of Defense.

In 1953, President Dwight D. Eisenhower stated:

"It is fitting and proper that we devote one day each year to paying special tribute to those whose constancy and courage constitute one of the bulwarks guarding the freedom of this nation and the peace of the free world."

For this year's celebration, Team Sheppard will host the following events:

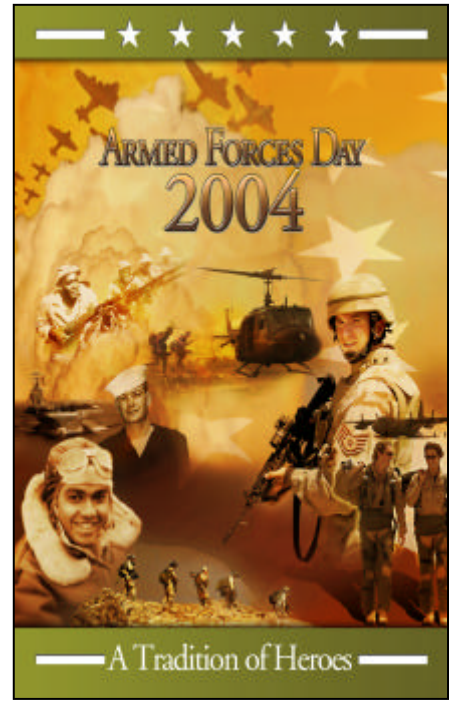
May 7: Armed Forces Day First Friday.

May 12: Armed Forces Day Lunch at all dining halls.

May 12: Armed Forces Day Cake Cutting Ceremony at 4 p.m. in Bldg. 1090.

May 14: Armed Forces Day Multi-Service Parade at 4:30 p.m.

May 15: Armed Forces Celebration Family Day at 10 a.m. at the track.



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

Briefly Speaking

Businesses off limits to personnel

Effective immediately, Stoney's Art & Specialty Store at 1309 Kemp and High Flyer Specialty Store at 2414-A 10th, both in Wichita Falls, are off-limits to all military members permanently, temporarily or administratively assigned to Sheppard.

This also applies to any similar businesses that may operate in these locations in the future.

This action is taken pursuant to AFI 31-213 to help maintain the good discipline, health, morals, safety and welfare of military members and to prevent them from being exposed or victimized by crime-conducive conditions.

CDC offers USDA food program

Parents of children participating in youth development programs on Sheppard may be pleased to know these activities participate in the U.S. Department of Agriculture Food Program.

Youth enrolled in programs from the Child Development Center to those who receive care through the Family Home Daycare program can benefit from the USDA's cost-free program designed to provide nutritionally balanced meals to participating children.

Meals consist of meats, vegetables and fruits, breads, milk and other foods served in appropriate quantities to ensure proper nutrition.

Youth engaged in activities at the Youth Center, the Family Child Care program and the Part-Time Enrichment program may also benefit from the USDA Food Program.

For more information contact Evelyn Holmes at 6-2038.

HHC to host annual picnic

The Sheppard Hispanic Heritage Committee hosts its annual picnic in Burkburnett May 8 from 12 to 6 p.m.

Games, dancing and swimming are just a few of the activities scheduled to take place. The picnic will move to the enlisted club at 9 p.m. to dance to the rhythms of the Dallas-based band Tropical Sound.

For more information and to RSVP, call Staff Sgt. Patrick Harmon at 6-6360 or Marlon Pesantez at 6-6489.

Mother risks life for son

By Airman 1st Class Joe Lacdan
509th Bomb Wing Public Affairs

WHITEMAN AIR FORCE BASE, Mo. (AFPN) -- Maria Reyes had a choice back in May 1995: Risk her life or get an abortion.

A doctor at Kirtland Air Force Base, N.M., told her that keeping her baby would put her life at risk.

Now-Staff Sgt. Reyes-Witak is assigned to the 72nd Test and Evaluation Squadron here. Then a single senior airman, she was a month into her pregnancy when the doctor gave her the news.

The Chihuahua, Mexico, native had been diagnosed with a form of cervical dysplasia before she became pregnant. It is a precancerous change of the cervix cells that could develop into cervical cancer. She said she could not receive the treatment necessary to fight the dysplasia because it could harm her baby. Sergeant Reyes-Witak faced a decision between keeping the baby and facing a 50 percent chance of survival, or getting an abortion and saving her health.

She kept the baby.

"The odds were against me," Sergeant Reyes-Witak said. "I don't think I thought about myself. I thought more about the baby than I did myself."

While the reality of the health risks set in, she said she tried to continue on with her life as normal. Her friends and co-workers supported her during her pregnancy, giving her rides to appointments, bringing her food and movies, and keeping her company. She said she showed no emotion at work or around companions. But when she sat alone in her dorm room, the tears fell.

"There were a couple times I lost it," she said. "I would think, 'Why am I doing this?'"

She said the thought of seeing her son pulled her through. For inspiration, she also thought of the hardships she endured before her pregnancy. She said she remembered when she spent seven years in poverty growing up in the Mexican village of Delicias before she moved to New Mexico. She also thought of her father, who worked long hours as a farmer in New Mexico to put food on the table for his five daughters.

"My father said, 'No matter what happens, if you put your mind to it, you can get through anything,'" she said.

Sergeant Reyes-Witak used that philosophy to push herself while pregnant. A few weeks later, sharp pains pierced her back. She began contracting in her second month of pregnancy. Her doctor told her she had high blood pressure and put her on bed rest.

Her anguish remained, but she shifted her focused to keeping her baby healthy, eating right and keeping appointments; but, she worried her son might have brain damage, be underdeveloped or have malfunctioning organs. An amniocentesis helped ease her doubts. Doctors took a tissue sample that revealed the child was in good health.

By her seventh month, the doctors could no longer stop the contractions with medication. She had to deliver the child one month early.

Sergeant Reyes-Witak said she kept her fingers crossed.

"I looked at it as, 'if God wants it to happen, it will happen,'" she said. "I tried not to let it bother me."

She gave birth to a 5-pound, 6-ounce healthy boy, named Alberto. After the child's birth, her dysplasia disappeared.

"I was relieved, happy and tired," Sergeant Reyes-Witak said. "A lot of weight was lifted."

Nearly eight years later, she lives with her son and husband, Staff Sgt. Anthony Witak, of the 509th Mission Support Squadron.

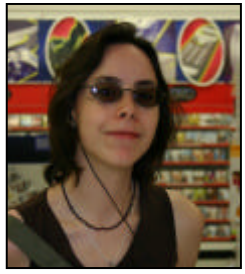
Her son, now a second-grader, inspires her and her husband, she said. Alberto enjoys playing soccer and participating in school activities.

"I think everything that's happened to me has made me stronger," Sergeant Reyes-Witak said. "I don't take things too seriously now. I learned to appreciate little things."

Her dysplasia resurfaced while serving in Korea and disappeared recently. She must still get periodic checkups for it. Her fear and the possibility of getting cervical cancer remains, she said; but for now, she has her life and her family.

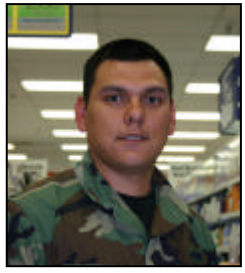
Soundoff

What Hispanic/Latin person inspires you the most?



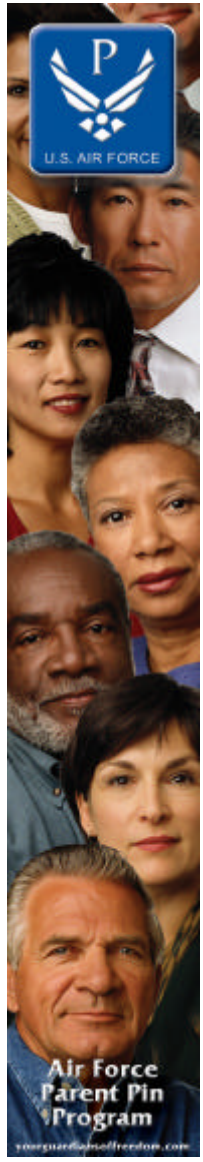
"Cesar Chavez," Aleisha Kirby, military family member

"Pancho Villa because he led the Mexican Revolution," Maj. Rob Marr, 97th FTS



"J. Lo. She proved to be successful in many areas," Staff Sgt. Johnny Camacho, 364th TRS

"Juan Gonzalez," Airman 1st Class Richard Johnston, 360th TRS



Brothers by blood
siblings by stealth

By Airman 1st Class Joe Lacdan
509th Bomb Wing Public Affairs

WHITEMAN AIR FORCE BASE, Mo. (AFPN) – Capts. Brian and Brad Cochran took different roads to reach their dreams of flight, but those paths led to the same destination. The captains are the first brothers to qualify as B-2 Spirit pilots.

"As kids we always imagined we'd be pilots," said Brian of the 393rd Bomb Squadron here. "I don't think we'd ever imagined that we would be sitting on the same base, flying the same airplane."

It is not just any plane either. Only a select few pilots qualify to fly the B-2. Currently there are fewer than 300 certified B-2 pilots on active duty.

"To be selected as a B-2 pilot isn't an easy thing to do," Brian said. "But to be here with a brother, that's pretty unique. This is the most advanced weapons system on the planet. For us to be able to fly it as members of the B-2 team (and) as brothers is a great opportunity."

Their father, Bill Cochran, now retired after 28 years of service in the Air Force, said he had fond memories of taking his youngest son, Brad, to an Air Force base flightline.

"Look Dad," Brad would say pointing at an aircraft. "Someday, I'm going to be a pilot."

Brad said he knew at an early age he would someday become a pilot and an Air Force officer. As a child, he said he enjoyed attending air shows and visiting military museums.

"Ever since I can remember, I've wanted to fly," said Brad, who is currently assigned to the 325th BS here.

During his junior year of high school, Brad joined the Civil Air Patrol. Through CAP, he received his private pilot's license. He seemed primed to reach his goal of qualifying for pilot training. But five years later, during his junior year at Brigham Young University in Provo, Utah, he hit a detour.

Air Force officials had selected him for navigator training, not the pilot training he had coveted since his youth.

"I think he thought all of his hard work had been in vain," his father said.

Brad remained undeterred. He used the selection as motivation. He spoke with his father, then a lieutenant colonel stationed at Hill Air Force Base, Utah, who encouraged him to stay focused.

Brad continued to work hard, and focused on his training and education. During his senior year, he became the vice commander of his cadet wing.

"I think he was a little disappointed," Brian said. "But he remembered first and foremost he wanted to become an Air Force officer. Sometimes you're going to face adversity, but you overcome that by continuing to work hard. That's what he did."

Six months later, Brad got his chance. He qualified for joint specialized undergraduate pilot training at Vance AFB, Okla. He also graduated from BYU with a degree in international relations.

In July 1998, with his mother and sisters looking on, Brad stood proudly as his father and brother placed silver wings on his chest, signifying his graduation from pilot training, and officially making him an Air Force pilot. After the ceremony, his father turned to Brand and placed a hand on his shoulder.

"You made it," Bill told him with pride.

The boy who fantasized about flight had finally reached his dream.

Brian also flew as a youth, but not in a plane. He flew on a basketball court. An avid hoops player, Brian decorated his room with posters of his idols, basketball greats "Magic" Johnson and Michael Jordan. He fantasized about playing collegiate and NBA basketball.

"He loved (basketball)," said his mother, Shirley. "He lived and breathed it."

His skills flourished, but he was hampered by one shortcoming.

Standing only 5 feet 9 inches tall and weighing about 130 pounds, much of Brian's competition towered above him. But with a ball in his hands, Brian hovered above them with his skills, sometimes literally. Despite his lack of size, Brian could dunk on defenders, and he led his high school team in scoring.

Bill said attending high school in Panama made it difficult for colleges to scout Brian. A shoulder injury during his senior year further damaged his athletic scholarship hopes. He decided to attend BYU and try to walk onto the basketball team, but a broken collarbone while playing pickup football kept him out of tryouts.

"I wanted to be a professional athlete," Brian said. "But it wasn't in the cards."

While disappointed, he decided to put away his basketball shoes and focus on education. He did not look at becoming an Air Force pilot – yet. He spoke to his father about other options, and decided, as a freshman in the fall of 1989, to enter the medical field.

It was not until after a two-year missionary trip to Venezuela that Brian said he realized his destiny was in the Air Force.

Photo by Airman 1st Class Joe Lacdan

WHITEMAN AIR FORCE BASE, Mo. – Capts. Brad (left) and Brian Cochran are the first brothers in the Air Force to become certified as B-2 Spirit pilots. Brad is assigned to the 325th Bomb Squadron here, and Brian is assigned to the 393rd BS here.

Brian decided to apply for an Air Force pilot training program.

Competing against thousands of applicants nationwide for 130 pilot slots, he spent countless hours studying and exercising. Brian qualified for pilot training in 1995 and graduated with a double major in international relations and Spanish. He attended Euro-NATO Joint Jet Pilot Training program at Sheppard and graduated in 1997.

During Operation Desert Fox in 1998, Brian led a six-ship formation of B-52 Stratofortress bombers, striking targets in Iraq. In Operation Allied Force, he helped destroy emerging targets in Kosovo in 1999.

He said much of his success came from his hours in the simulator and practice sorties. He said he views each practice sortie with the same intensity as a real-world combat mission, just as he played each basketball practice as if it were an actual game.

"Playing sports provided that sense of competition and the sense of striving to do my best," Brian said.

Meanwhile, Brad, stationed at Charleston Air Force Base, S.C., flew combat missions in Tirana, Albania. In October 2001, Night 1 of Operation Enduring Freedom, Brad led a flight of two C-17 Globemaster IIIs delivering humanitarian rations to displaced Afghans.

It was in August 2000 that Brian received some good news. He had applied as a pilot for the B-2 bomber program. He had been accepted. A short time later, Brad, who had also applied, received that same good news. He had been accepted, too.

"I was pretty excited about it, probably more than (Brian and Brad) were," Bill said.

The B-2 was unlike any other aircraft the Cochrans had seen. It could fly 6,000 miles without refueling. It could make munitions drops undetected in enemy airspace.

"I feel very privileged flying (the B-2)," Brad said. "It's an incredible combat aircraft."

As the 393rd's chief of short-range scheduling, Brian schedules sorties, continuation-training sorties, simulator sessions and leave time. Brad is the 325th's assistant weapons and tactics officer, tracking each pilot's weapons qualification and training.

Because they are blood relatives, Brian and Brad cannot fly in the same aircraft; however, should the need arise, they can deploy in the same formation.

Today, rarely a day goes by when the Cochran brothers do not see each other. They live two blocks apart, attend the same church, and their children have grown up together.

The Cochran brothers said they believe their years of hard work, studying, planning, preparing and training brought them to the B-2 and Whiteman.

"I'm extremely proud," Brad said. "I'm proud to be here with my brother. It's a great opportunity to live down the street from my brother and be able to fly this airplane. It's great to be among the people who fly this airplane."

"Both of us are driven in what we want to do," Brian said. "Part of that drive comes from an inner desire to succeed"

A childhood dream and competitiveness on basketball courts may have helped.

"The kind of men they've become is to their credit," said their mother. "We encouraged them and led the way, but it was up to them to follow and become who they're going to be."

Sheppard Senator

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

♦♦♦

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IS IT JUST ME, OR DO THE PILOTS SEEM TO BE GETTING YOUNGER EVERY YEAR?!

America's Airmen fighting the War on Terrorism

By James G. Roche
Secretary of the Air Force

"The world needs America's leadership. … Democracy and freedom are threatened around the world. … It would be easy for America to withdraw behind the oceans. … What you do saves our countries from the threat of worldwide terror. … We support you and respect you."

– Mayor Jean-Pierre Dardenne, April 13, 2004

The mayor of LaRoche-on-Ardennes, Belgium delivered those stirring words on the first day of my trip to visit our deployed Airmen as we remembered the sacrifices of a previous generation. With the World War II crash site of an Air Corps B-17 bomber as the backdrop, his compelling address set the tone for my eight-day, seven-country journey.

He praised our strength of purpose in Iraq and elsewhere in the world, and noted that without it, democracy and liberty were threatened. He encouraged us to stay the course, and relayed the support of the citizens of Belgium for our leadership in the war on terrorism. As I stood alongside the mayor on that Belgian hilltop, it made me incredibly proud to be an American, and to serve our nation and freedom-loving people everywhere.

Like the United States in the 21st Century, Belgium in the 20th Century suffered foreign aggression and brutal attacks that forever changed their perspective on the value of freedom. As we continue our fight in the war on terrorism, we should consider this history. It reminds us that there is no greater motivator, no force for change more compelling, no condition more worthy than freedom. Freedom is not a privilege reserved for some, it is a right for every nation and people, and only by ensuring freedom will we enjoy peace and security around the globe.

From Western Europe, to Central Asia, to the Persian Gulf, I visited our Airmen currently serving this worthy cause. As I traveled throughout these regions, I asked our folks to keep the following points in mind; I ask each of you to do so as well:

1) We are at war. The cancer of al Qaeda is not gone, and radicalism and technology combine in a deadly mix. As recent bombings in Turkey and Spain demonstrate, there are no safe havens. Although we have made progress, we must remember that the threat continues to metastasize, and that we face a factional insurgency that threatens the Iraqi people's wonderful opportunity for freedom. We must stay focused, and on the offensive to root out and destroy these grave threats -- in Afghanistan, in Iraq, in the ungoverned regions in the Horn of Africa, and around the globe. This campaign will last a long time; your vigilance and focus will make the difference between success and failure in this important cause.

2) We are evolving the Air Force to this new era. Our focus on Core Competencies has had a dramatic payoff in operations around the globe, as has our renewed emphasis on close air support, and integration with ground forces. Throughout my visit, I witnessed the professionalism of our Airmen in a variety of settings and missions:

■ Flying with NATO Squadron 1 of the NATO Airborne Early Warning and Control Force over the Balkans, I observed our efforts to preserve stability for the people of that troubled region;

■ Our team at Incirlik Air Base, Turkey has made dramatic improvements to support forces transiting the theater, and are prepared to dramatically expand their footprint if required;

■ In Manas, Kyrgyzstan, our Airmen operate and sustain Ganci Air Base, the strategic hub for ground forces entering Afghanistan. Their aerial port, intra-theater lift, medevac, and aerial refueling missions make this former Soviet base vital to our pursuit of terrorists in the region;

■ At Karshi-Khanabad in Uzbekistan, Soldiers and Airmen work side-by-side, delivering special operations, combat search and rescue, and theater lift to our combatants;

■ At Bagram Air Base, Afghanistan, the focal point of our joint force, our Airmen there exemplify the expeditionary mindset, and are providing the air-to-ground cooperation that General Jumper and I have envisioned. Maj. Gen. Eric Olsen, the U.S. Army officer commanding CJTF-180, called air and space power his "hammer" in the fight against a distributed, resilient enemy;

■ In Qatar, our mobility, reconnaissance, C2, and strike forces integrated their capabilities to produce a range of effects. I had the opportunity to fly with the "Alley Cats" of the 128th Expeditionary Air Command and Control Squadron over Afghanistan. This superb JSTARS team expertly combined with the Predator, Rivet Joint, Special Operations Forces, and strike assets to produce a lethal package of combat capability;

■ The Total Force team in Morón, Spain, provides critical support to the largest swap out of military forces in history. I'm proud of what they are doing for our Air Force and for the Soldiers and Marines transiting this irreplaceable gateway to Southwest and Central Asia.

At every stop, our base defenders, maintainers, communicators, engineers, and logisticians were making the mission happen, despite a variety of challenges from land mines to host nation limitations. Our Airmen were mission-focused, and highly motivated, a tribute to leaders and supervisors – at home station and those forward deployed.

3) Respect and care for every Airman. During every stop, I also spoke about the obligation we have to respect the competence and excellence of our fellow Airmen, regardless of gender, ethnic origin, or race. Every Airman should view another Airman as their wingman, someone in whom they can trust their life. We cannot and will not tolerate sexual assault or harassment of any kind. We cannot have any Airman afraid of any other Airman. These offenses are contrary to good order and discipline and undermine the character and integrity of every member of our team.

Respecting and caring for each other also means helping your fellow Airmen during times of stress.

Each of us also has a responsibility to identify and help prevent suicides. Worry about each other, care for each other, and when you spot depression, let someone know or intervene yourself. Our success as a service depends on this special brand of trust, loyalty, and personal fortitude.

During my travels, I was again convinced of a fact you know to be true: we are the world's finest air and space force, and this generation is indeed worthy of America's admiration and praise. You are serving proudly in this just cause, and I am honored to help lead this great team.

Commander's Corner

Photo by Airman 1st Class Jacque Lickteig

82nd Training Wing Commander Brig. Gen. Arthur Rooney Jr. presents a Certificate of Service to the 82nd Mission Support Group's Steven Burwell for 10 years of civil service.

Safety Corner

Keeping our children safe

We've heard it time and time again; "Don't run and use the handrails."

Those are some precautions that we as adults take to be safe when going up or down stairs. But what can we do to protect our children? What can we do as parents or guardians do to keep our children from getting hurt when they use the stairs?

Here are a few tips to keep your child safe as he/she handles life's ups and downs:

- Install safety gates. Put gates at the tops and bottoms of all accessible stairs.

- Install low railings if possible. Once your child has the basics of stair climbing under his belt, he'll want to handle the adventure on his own.

- Repair any torn carpet on the stairs. A child's small foot can snag in places that most adults wouldn't find dangerous.

- Keep stairs free of obstacles. Don't store items on stairs. In addition, kids can stand on items such as chair on stair landings, and topple over banisters.

(Information from www.parents.com.)

82nd TRW finishes Strat Plan

By Robert Daniels
82nd Training Wing Manpower Office

The 82nd Training Wing recently completed its 2004-2005 Strategic Plan. It's available on the Sheppard portal at https://webi.sheppard.af.mil/videos/Strategicplan.doc.

Strategic planning is a disciplined effort to produce fundamental decisions and actions that shape and guide what an organization is, what it does and why it does it. Planning can help facilitate communication and participation, accommodate divergent interests and values, foster wise and reasonably analytical decision-making and promote successful implementation.

It's no cure-all. It's simply a set of concepts, procedures and tools to help leaders, managers and planners to think and act strategically.

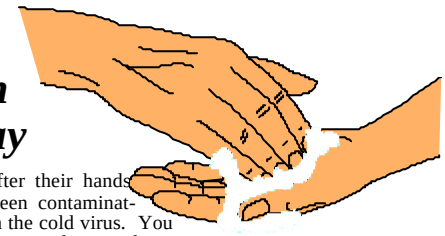
The 82nd TRW Strategic Plan helps wing organizations focus on producing effective decisions and actions that further the wing's mission and meet its mandates and satisfy key stakeholder. Contained within the strategic plan is the purpose of the plan and the methodology used to arrive at the final product.

It also goes to some length to remember the Air Force core values of integrity first, service before self and excellence in all we do. The 82nd TRW used these as guide posts to their values of visionary leadership, agility, innovation, management by fact-based decision making, focus on results and customer-driven excellence.

The goals set forth in the 82nd TRW Strategic Plan are to: maximize production through military and academic excellence; maximize effective and efficient use of resources; provide mission-ready personnel; promote quality of life to make Sheppard a desirable place to live, work and play; and to posture the wing to attract future training missions.

All of these goals have associated objectives demonstrating the commitment the 82nd TRW has to making Sheppard the training center of choice…today and tomorrow.

Handwashing:
A little prevention keeps germs at bay



Courtesy of the public health flight

The most important thing that you can do to keep from getting sick is to wash your hands.

By frequently washing your hands, you wash away germs that you have picked up from other people, from contaminated surfaces or from animals and animal waste. Hand sanitizers can be used to clean hands, but should not be used in place of normal handwashing.

What happens if you do not wash your hands frequently?

You pick up germs from other sources and infect yourself when you touch your eyes, your nose, and your mouth.

One of the most common ways people catch colds is by rubbing their nose or their eyes after their hands have been contaminated with the cold virus. You can also spread germs directly to others or onto surfaces that other people touch.

Before you know it, everybody around you is getting sick.

The important thing to remember is that, in addition to colds, some pretty serious diseases – like hepatitis A, meningitis, and infectious diarrhea – can easily be prevented if people make a habit of washing their hands.

When should you wash your hands?

You should wash your hands often. Probably more often than you do now because you can't see germs with the naked eye or smell them, so you do not really know where they are hiding.

It is especially important to wash your hands:

■ Before, during, and after you prepare food.

■ Before you eat.

■ After you use the bathroom.

■ After handling animals or animal waste.

■ Anytime when your hands are dirty.

■ Anytime when someone in your home or dorm is sick.

What is the correct way to wash your hands?

■ Wet hands and apply liquid or clean bar soap.

■ Rub hands vigorously together for 10-15 seconds and scrub all surfaces, including nails.

■ Rinse well and dry hands with a clean cloth or paper towel.

Source: Centers for Disease Control and Prevention.

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

Dawn of the Dead (R)

Tonight at 6:30 p.m.
Saturday at 7 p.m.
Sunday at 4:30 p.m.
Tuesday at 7 p.m.

Sarah Polley, Ving Rhames - A mysterious plague causes the dead to rise from their graves and begin to eat the living.

Taking Lives (R)

Tonight at 9 p.m.
Saturday at 2 p.m.
Sunday at 2 p.m.
Thursday at 7 p.m.

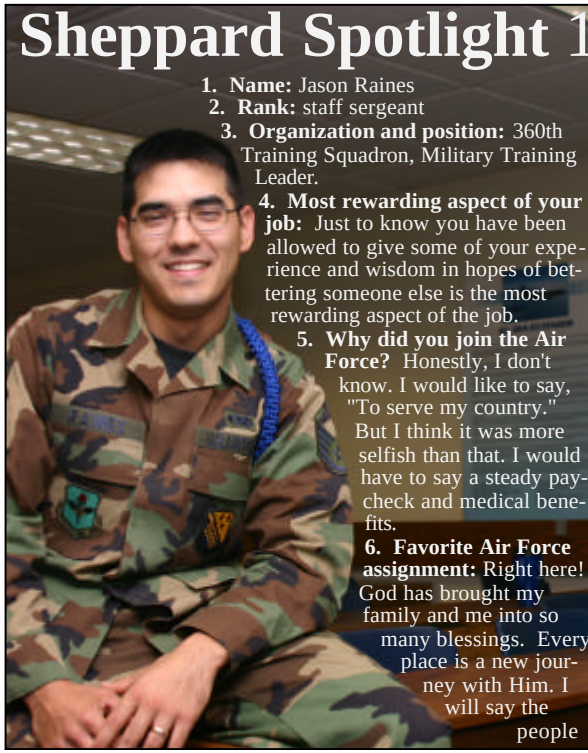
Angelina Jolie, Ethan Hawke - When Montreal detectives ask FBI Agent Scott for help to get inside the head of a cunning serial killer, she joins the case.

Never Die Alone (R)

Saturday at 4:30 p.m.

DMX, David Arquette - Half preacher, half Satan, and all street smarts, King David recorded the story of his exploits on audiotape, leaving behind sermons on villainy and its consequences.

Sheppard Spotlight 15 lines of fame



1. **Name:** Jason Raines
2. **Rank:** staff sergeant
3. **Organization and position:** 360th Training Squadron, Military Training Leader.
4. **Most rewarding aspect of your job:** Just to know you have been allowed to give some of your experience and wisdom in hopes of bettering someone else is the most rewarding aspect of the job.
5. **Why did you join the Air Force?** Honestly, I don't know. I would like to say, "To serve my country." But I think it was more selfish than that. I would have to say a steady paycheck and medical benefits.
6. **Favorite Air Force assignment:** Right here! God has brought my family and me into so many blessings. Every place is a new journey with Him. I will say the people here have made this tour, so far, a great joy! Just want to shout out to the Longhorns HUA!
7. **Date arrived at Sheppard:** Aug. 23, 2002.
8. **Hometown:** Clarksville, Tenn.
9. **Married or single (include your family if you'd like):** Married to Migin with two children, Ethan and Faith.
10. **Favorite thing(s) to do in your free time:** Well, I don't have a lot of it, but I do enjoy to fellowship with folks over food. I love to eat! I also love to play computer games.
11. **Funniest childhood memory:** Watching my brother get spanked on his behind by all of his guy friends on his 18th birthday. That was really funny!
12. **Favorite book or movie:** The Bible and "Men of Honor."
13. **Dream vacation:** Anywhere where the temperature is a constant 70 degrees, and there are palm trees everywhere.
14. **If you could be anyone for one day, who would you be?** My wife. I often wonder what the other half of me thinks about myself.
15. **Other than your family, what is your most prized possession?** Jesus.

ITT

Six Flags

There will be an Armed Forces Special at Six Flags May 8. The price is $40 per person or $13 per person for season-pass holders. Register by Tuesday. The late registration will be $5 per person. 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 chapel)*

Protestant services

Sunday

10:30 a.m. Community Worship *(north chapel)*

10:30 a.m. Inspirational Gospel Worship *(south chapel)*

10:30 a.m. Holy Communion Worship *(Solid Rock Café)*

Protestant Parish Ministries

Protestant Men of the Chapel: Saturday, 6:30 a.m. *(south chapel)*

PMOC Breakfast/Fellowship Feb. 14, 8 a.m. *(Golden Corral)* Weekday Bible studies: Tuesday, 6 p.m. and Thursday, noon, *(south chapel)*

Protestant Religious education

Sunday school: pre-kindergarten through adult, 9 a.m. *(Bldg. 962)*

Tuesday Bible study, 6 p.m. *(south chapel)* Thursday, noon Bible Study, lunch provided *(south chapel)*

PWOC Thursday Bible study, 6 p.m.

PMOC 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 – Horseshoe tournament begins at 10 a.m.

May 8 - Half Marathon will begin at 10 a.m. For more information, call 6-6336.

Mother's Day

The student center will hold a Mother's Day phone card drawing May 9.

Team Sheppard hosts Special Olympics

See Page 3B

Sheppard Sports

Midshipmen score CINC's trophy at White House

See Page 4B

Vol. 57, No. 17 April 30, 2004

Softball varsity teams off to slow start

By Ron "Bama" Brown
982nd Maintenance Squadron

There is no doubt that both Senator softball programs have new, young talented ball players. Couple that with the right mixture of experienced players and you would expect both programs to have immediate success. Unfortunately, that is not the case. Both teams are off to slow starts, although there are definite signs of better things to come.

The men's varsity softball program has yet to really get things going. Recently, the Men's varsity team played in a "B" division National Invitational tournament in Oklahoma City. This tournament featured teams from as far away as Eudora, Kan. and Nevada, Miss. It would be an understatement to say that the level of competition was going to be very high.

In their first game, the Senators lined up against the 2003 Oklahoma Class "C" state champions, the OKC Mariners. Contrary to what most thought, this game came down to the team who could play the best defense while getting the crucial clutch hit. It resembled a baseball game more than a softball game. In eight innings of play, the total accumulation of runs for both teams was 21.

Unfortunately, despite numerous opportunities, the Senators simply failed to make key infield defensive plays to end the inning. Against, good competition, you can't give additional chances to the opposing team to score.

One lesson learned is that, once you have a team down, make sure they are out. Up until the bottom of the seventh inning, the Senators held a 10 – 7 edge over the Mariners, despite the fact they had gone five scoreless innings in the game. This lack of offense, which seems to be a trend at this point, becomes more glaring when you couple it with a defense that's playing marginal at best. If not for a tremendous display of hitting power and prowess by Tevin Auster, the Senator offense would have been worse than it was.

The Mariners mounted a tough comeback, just like good teams do, and tied the game at 10 in the bottom of the seventh.

In the top of the eighth inning, the Senators looked like a team that had no idea what it takes to win.

Four batters and three outs later, the Senators returned to the field to try and stop the offense of the Mariners, who had to be emboldened at their second chance at life.

A Mariner's leadoff triple put the outcome in little doubt. After intentionally loading the bases to set up the force, the next Mariner batter hit a short line drive, which was caught by the outfield. A strong throw to the plate gave a brief hope of a double play, but the runner was called safe, giving the Mariners the 11 – 10 extra inning victory.

Next up, for the Senators, was T.S.C. from Colbert Okla.

Pitching woes hampered the Senator effort from the onset. Three walks and three home runs in the first inning quickly put the Senators in a 10 – 0 whole. Despite the initial deficit, the Senators seemed to show a little more offense and at one point at had closed the score to 17 – 10, in the third.

Unfortunately, the offense, once again ran out of gas and the infield defense seemed to make a contest out of who could make the most mistakes. This wasn't really a contest at all and Senators bowed out of this one 29 – 16. Tevin Auster and

See SOFTBALL, Page 4B

Sports Briefing

Sheppard rugby team

The new Sheppard rugby team is having its first practice at 3 p.m. Sunday at the base track.

Any permanent party member is welcome to be a part of the team.

Call Tech. Sgt. Craig Colby at 6-5322.

Muscle Mania benchpress competition

The Muscle Mania benchpress compeition is Saturday at the south fitness center.

The event is open to all Team Sheppard members who are older than 18.

For more information, call Senior Airman Michael Dawson at 6-2972.

Half marathon run

The half marathon run is at 8 a.m. May 8 at the north fitness center.

Sign in begins at 7:30 a.m. prior to the race, but participants must register before noon Friday.

The race is a qualifier to compete in the Air Force 2004 marathon. Also, all qualifying participants will have the opportunity to represent the Sheppard team or the Air Education and Training Command team.

The event is free.

For more information, call the staff at the north fitness center at 6-6336 or the south fitness center at 6-2872.

Armed Forces volleyball tournament

The Armed Forces volleyball tournament is from May 10 to 13 at the south fitness center.

Participants need to register by today to be eligible to compete.

For more information, call Senior Airman Viji Varkey at 6-2972.

Fun run

The 80 Wizards Booster club will sponsor a fun run from 8:30 to 9:30 a.m. May 1.

The event is open to all Team Sheppard members and will start at the base operations ramp at Bldg. 1360.

Cost is $5 to run and $10 to run and receive a t-shirt.

For an application, call Capt. Scott Campbell at 6-6209 or Staff Sgt. Leida Pedro at 6-5055.

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.

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.

Photo by Bob Jensen

Air Force edges Navy rugby team

Rugby players from the U.S. Air Force Academy and the U.S. Naval Academy battle it out during the Alamo City Fiesta Rugby Tournament here April 24. The Air Force won the Commandant's Cup Trophy after successfully kicking two of three field goals in an overtime "shoot-out" to break a 5-5 tie. The Air Force ruggers recaptured the trophy after coming in second place last year; they won the trophy four years in a row before that.

A fallen hero

Soldier sacrifices life, money to serve his country

By Donna Miles
American Forces Press Service

WASHINGTON, – He was so moved by the events of Sept. 11, 2001, that he turned down a $3.6 million professional football contract to become an Army Ranger.

Spc. Pat Tillman, 27, who was deployed with the 75th Ranger Regiment from Fort Benning, Ga., was killed April 22 during a firefight in southeastern Afghanistan. The Defense Department confirmed the soldier's identity late April 23.

U.S. Central Command officials said Tillman was part of a coalition combat patrol that was ambushed near the village of Sperah, 40 kilometers southwest of Khowst. The patrol responded immediately with direct fire, and a firefight ensued before the enemy broke contact. Tillman and an Afghan Militia Force soldier were killed during the engagement, and two coalition soldiers were wounded, officials said.

Tillman and his brother, Spc. Kevin Tillman, made national news when they walked away from careers as professional athletes to join the Army. Pat Tillman played four seasons with the National Football League's Arizona Cardinals before enlisting in May 2002. Kevin Tillman played minor league baseball in the Cleveland Indians organization.

Both brothers earned their place among the elite Army Rangers and served together in the same battalion during Operation Iraqi Freedom.

Last July, the Tillman brothers also won the Arthur Ashe Courage award at the 11th annual ESPY Awards on ESPN. The award is presented to those who serve a greater good outside the sporting arena, officials said.

Officials said both brothers shunned publicity and maintained a low profile while they served. Army Lt. Col. Don Sondo, deputy commander of the U.S. Army Infantry Training Brigade at Fort Benning, Ga., told the Army News Service neither wanted special treatment for their celebrity status. The difference between sports and combat is the cost of being wrong, said Sondo. In a sport, you lose a game; in combat, you lose lives, he said.

Today the military and sports communities alike mourned the loss of a soldier who made the ultimate sacrifice in the war on terror.

Cardinals vice president Michael Bidwell remembered Tillman's determination, focus and fierce sense of competition and called his death "a terrible loss for the National Football League and the Arizona Cardinals." "In sports, we have a tendency to overuse terms like 'courage' and 'bravery,''and 'heroes,'" Bidwell said. "Then someone special like Pat Tillman comes along. And it reminds us what those terms really mean." Bidwell said the Cardinals and the NFL "were privileged to have Pat Tillman in its family and we are all weaker today following his loss."

Courtesy photo

Spc. Pat Tillman, 27, was killed April 22 during a firefight in Afghanistan. Specialist Tillman turned down $3.6 million from the Arizona Cardinals to join the Army Rangers.

The Cardinals announced the team is retiring Tillman's number 40, and that the perimeter of their new stadium, scheduled to open in 2006, will be named "Pat Tillman Freedom Plaza." The team also is joining with Arizona State University, where Tillman played his college football, to establish a scholarship.

"Pat knew his purpose in life," said former Cardinals head coach Dave McGinnis. "He proudly walked away from a career in football to a greater calling, which was to protect and defend our country. Pat represents those who have and will make the ultimate sacrifice for our freedom. I am overwhelmed with a sense of sorrow, but I also feel a tremendous feeling of pride for him and his service."

Pete Kendall of the Arizona Cardinals, Tillman's former teammate, said Tillman's loss underscores the sacrifices America's armed forces make on a daily basis during the war on terror. "My thoughts and my prayers go out to his wife, his brother, his family, and to all the servicemen and women who are making this sacrifice for us every day," he said.

"Pat Tillman personified all the best values of his country and the NFL. He was an achiever and leader on many levels who always put his team, his community and his country ahead of his personal interests," said NFL Commissioner Paul Tagliabue. "Like other men and women protecting our freedom around the world, Pat made the ultimate sacrifice and gave his life in the service of our country."

White House spokesman Taylor Gross called Tillman "an inspiration both on and off the football field."

"As with all who have made the ultimate sacrifice in the war on terror, his family is in the thoughts and prayers of President and Mrs. Bush," Gross said.

Photo by Lance Cpl. Chris Korhonen

Six-year old Davis Austin, right, kicks at his opponent, fellow six-year old James Criner, in the 5 to 6-year-old category of the tourney.

Tourney brings all ages, nationalities together

Courtesy of the Marine Corps. News Service

It is about form, style and discipline. It is about focus, dedication and determination. There is also a lot of kicking, punching and shouting involved.

More than 100 children, service members, civilians and Okinawans came together at the Futenma Semper Fit Gym to participate in an annual Open Karate Tournament, Sunday, sponsored by Marine Corps Community Services.

The event is normally held on the first Sunday after Easter, which allows more participation from Okinawans, according to Corey Carter, athletic director, MCCS Semper Fit Athletics.

The tournament was divided by age groups and experience levels. The event opened with individual kata exhibitions, a series of prearranged maneuvers to display ones martial arts style.

After the individual katas, team katas were performed to highlight a dojo's, or school's style.

Following the katas, participants broke out an arsenal of martial arts equipment to put on displays in weapons handling and maneuvers called kobudo.

Adam L. Massino, a practitioner of Wushu and other various Chinese styles, won first place in the 19 to 26-year old category for his individual kata demonstration and placed second in the kobudo.

"A competition like this brings Marines, civilians, Okinawans, basically everybody together in the spirit of budo," said Massino, referring to the marital arts term budo meaning "way of fighting" or "military way."

The final event of the tournament was the kumite, or sparring matches. The matches were divided by age, gender and experience levels.

Two martial arts veterans who have been training for half their lives were brought together by the kumite, which led them to reminisce about their start in martial arts after the friendly competition with each other.

"I remember when he was fighting with me a long time ago," said Davis Austin about his friend James Criner, both six-year olds with three years of martial arts training.

After the kumite ended, medals were handed out to the top three winners in each group. To finish the day's event, trophies were presented to the top performers in the youth, female and adult categories.

According to Wilson Rodriquez, tournament director, there was an even greater reward than the medals and trophies given out at the tournament.

"The benefit of this tournament is to get martial artists to show their skills and to align the local population and service members with karate, because basically (Okinawa) is where it was born," Rodriguez said. "Many people get to come here and demonstrate their skills and it really puts our two communities together."

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
365 TRS "C"	158	82
82 COMM "A"	157	83
80 FTW "A"	143	97
382 TRS "A"	140	100
882 TRG	137	103
82 CPTS	133	107
363 TRS "Ammo"	130	110
364 TRS "A"	129	111
366 TRS "A"	129	111
360 TRS	128	112
365 TRS "B"	128	112
361 TRS	125	115
187 Med Bn	123	117
82 MSS/SVS	121	119
82 CES	121	119
383 TRS	120	120
82 Services Squadron	118	122
365 TRS "D"	116	124
363 TRS Armament	116	124
Bowling Pro Shop	115	125
362 TRS "A"	112	128
364 TRS "B"	105	135
381 Med Red	103	137
382 "BMET"	96	144
82 SFS	94	146
362 TRS "B"	90	150
80th OSS	89	151
82 CS "B"	84	156

Fitness center

For more information, call 6-2972.

Air Force cycling program

This program is designed to promote cycling as a life-long recreational activity that supports personal fitness goals.

For more information, contact Tech. Sgt. Moffett at 6 - 2972.

Spinning at the north fitness center

There are spinning classes at 4:30 p.m. weekdays at the north fitness center.

Aerobicenter offers classes

The aerobicenter, 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.

Advanced 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.

Top 3 golf tournament

The Sheppard Top 3 Association Annual Golf tournament is today 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.

Martial arts

For more information, call 6-3866.

Jeet Kune Do classes

There are Jeet Kune Do classes from 2 to 4 p.m. Sundays at the community activity center. Cost is $35 per month.

Tang Soo Do classes

There are Tang Soo Do classes from 6:30 to 8 p.m. Mondays and Wednesdays for people ages 7 and older.

Cost is $25 for adult members and $20 for children members. The cost for children who are nonmembers is $25.

Call 6-6826 for more information.

Volleyball

For more information, call 6-2972.

Volleyball League Div. 1

Team	Won	Lost	G..B.
882 TRS	7	0	--
381 TRS	6	1	1.0
366 TRS	5	2	2.0
365 TRS	4	3	3.0
82 MDSS	3	4	4.0
82 MDOS	3	4	4.0
82 SFS	2	5	5.0
364 TRS	2	5	5.0
83 DS	0	8	7.5

Volleyball League Div. 2

Team	Won	Lost	G..B.
360 TRS	5	1	--
360 Students	4	2	1.0
82 CES	4	2	1.0
82 CS	4	2	1.0
363 TRS	4	3	1.5
80 FTW	3	2	1.5
363 Students	3	3	2.0
364 Students	2	5	3.5
82 MSS/SVS	2	5	3.5
82 CPTS	0	6	5.0

Meeting a diva

A Team Sheppard youth takes a photo with World Wrestling Entertainment wrestler, Torrie Wilson, at the base exchange Sunday. Wilson was at Sheppard to sign autographs.

Courtesy photo

TSTV schedule

Friday April 30
10 a.m. Army in Action: Global War
5 p.m. Flying for Freedom - Women Air Force Service Pilots
9 p.m. Air Force News Special Edition - The Centennial of Flight

Saturday May 1
10 a.m. Navy Marine News
5 p.m. Fifty Years of the Uniform Code of Military Justice
9 p.m. Air Power Over Kosovo - 21st Century Command and Control

Sunday May 2
10 a.m. Sheppard Today
5 p.m. The Mission and History of the Air National Guard
9 p.m. Heroes of Combat Camera

Monday May 3
10 a.m. Famous Generals: General John J. Pershing
5 p.m. Level I Anti-Terrorism Briefing
9 p.m. Weekly Commander's Corner

Tuesday May 4
10 a.m. Navy History, 1964-1966
5 p.m. Air Force News Special Edition - The Centennial of Flight
9 p.m. In Service for My Country-Sheppard Deploys

Wednesday May 5
10 a.m. US Navy Hospital Corps
5 p.m. Air Power Over Kosovo - 21st Century Command and Control
9 p.m. Sound of Freedom: The Berlin Airlift

Thursday May 6
10 a.m. Seal Class 224 - Basic Underwater Demolition
5 p.m. Heroes of Combat Camera
9 p.m. The Air Force Story: Chapter 5, 1935-1937

Special Olympics races to Sheppard

Photos by Senior Airman Chris Powell

Lt. Col. H.D. Polumbo, 80th Flying Training Wing commander, places a gold medal on Regina Hickman, center, at the Special Olympics Sunday at the base track.

Brandi Grissom finishes the 100 meter race in 22:10 seconds. Ms. Grissom finished the heat in second place.

Bailey Wilson throws a shotput 4.64 meters. Mr. Bailey won the gold medal with the throw.

Tech. Sgt. Paul Ellis, 381st Training Squadron, cooks hamburgers to sale at the Junior Enlisted Troops Service food booth. All proceeds from the booth went to the Special Olympics organization.

Brian Alexander participates in the standing long jump. With his longest jump of .70 meters, Mr. Alexander was able to win a gold medal.

Photo by Ken Mierzejewski

Naval Academy football captains, Midshipman 1st Class Eddie Carthan, of Donalsonville, Ga., and Midshipman 1st Class Craig Candeto, of Orange City, Fla., present President George Bush with a #43 football jersey and a signed football as Vice Adm. Rempt, Superintendent of the U.S. Naval Academy and the rest of the football team look on. The Naval Academy's football team was at the White House to receive the Commander in Chief's Trophy. They earned the trophy by beating both Army, and Air Force last football season.

Midshipmen score CINC's trophy at White House

By Jounalist 2nd Class Lacy Montgomery
U.S. Naval Academy Public Affairs

ANNAPOLIS, Md. (NNS) – President George W. Bush presented the Commander in Chief's Trophy to Navy's football team during a ceremony at the White House April 19.

The trophy is presented every year to the military academy football team with the best record against the other military academies. Navy defeated Air Force 28-25 and Army 34-6, finishing the 2003 season with an 8-5 record. The last time Navy captured the Commander in Chief's Trophy was 1981.

"Nice going," said the president as he welcomed midshipmen and coaches to the White House. "You finally got back."

The president congratulated the team and head coach Paul Johnson for reviving a football program that had limped through the previous three seasons with a 3-30 record.

"Coach Johnson, you have set a high standard," Bush said. "You and your team have achieved one of the most dramatic turnarounds in NCAA football history."

The president credited the team's success to a combination of teamwork and leadership, qualities that would serve each of the midshipmen as they joined the fleet.

"It is the teamwork that you are learning on the field that will enable you to lead others to make America more secure. That's the lesson you were learning as you became great football players," said Bush.

"The American people expect military officers to be leaders with high standards and that's what Coach Johnson has taught the young men who play football for the Naval Academy," he added. "He believes in high standards. His view is that failure is not an option--success is what we aim for."

Navy's football team is currently practicing for the 2004 season. The players said the commander in chief's words of congratulations were motivation to prepare even more vigorously for another strong season.

Midshipman 1st Class Craig Candeto, quarterback of the 2003 team who led Navy to two consecutive wins over Army in the annual world-famous service academy match, said the team was honored to be greeted in the White House's East Room by applause from a crowd that included Secretary of the Navy Gordon England; Gen. Michael W. Hagee, commandant of the Marine Corps; and Maryland Gov. Robert L. Ehrlich Jr.

"It's quite an honor to be recognized by the president for the accomplishments of our team," Candeto said. "To hear Gen. Hagee and Secretary England say they are proud of what we've done makes us feel pretty good inside."

Midshipman 2nd Class Aaron Polanco is slated to replace Candeto as starting quarterback in the 2004 season. "We want to look forward," he said, "and return to the White House next year."

SOFTBALL

Continued from Page 1B

Brian Seddon tried to lift the offense, but their efforts were not enough to propel the Senators forward.

In their first regular season game after the tournament, the Senators seemingly remain in a funk on offense. Against a good Parnell softball team, the Senators could only manage eight runs in seven innings. Even so, the Senators held the opposing team to 11. The infield defense continued to blow some routine plays which always seem to come back to haunt them in the end.

Coach James Christman was clearly incensed at the Senators performance thus far. While there seems little doubt that things will get better, the rate of improvement may be the most troubling point.

Lady Senators

The Lady Senators are presently 1 – 2 in the regular season. They have yet to participate in a tournament but are looking forward to their first tournament action at the end of the month in the Patsy' s House tournament at the Wichita Falls Complex. One of their regular season games was rained out after the first inning.

The defense for the Lady Senators remains a strong point, although there is room for improvement. They seem to have learned how to make the routine outs, which keeps opposing offenses from mounting too strong an attack. Newcomers Alexandra Lopez and Kathleen Langley anchor a strong left side, making play after play. Clara Warren has stepped in at second base to solidify the infield. Defensive coach Eli Gross has helped turn nervous competitors into a very strong infield.

In their latest outing, the Lady Senators played the Wichita Falls Raghers. The Raghers are one of the strongest, if not the strongest female team in Wichita Falls. They came into the game undefeated. One look at the Raghers on the playing field and it's easy to see why they are as good as they are. Quite simply, they can really hit and are exceptional on defense.

This would be an excellent barometer for the Lady Senators. As it turned out, it would also be the first test of the character of the Lady Senators.

In the first inning, the Raghers reminded everyone that they came to play by putting up 10 runs off several strong hits. Line drive after line drive served notice that this could be a very long night. They got all their runs the old fashioned way-they earned them.

The Lady Senators could have easily folded the tents after this onslaught by a good team. Instead, they showed some fight by responding with five runs of their own. The game slowed somewhat for a couple of innings with the Senators holding the Raghers to just one more run and adding two of their own, by the fourth inning.

In the fifth inning, the Lady Senators erupted and put together several power shots, which caught the Raghers and the fans off guard. Clara Warren started the outburst with a deep line drive shot between left and left center resulting in an inside the park home run. Not to be outdone, newly discovered pitching ace Christy Bandy hit a titanic shot, which had to be at least 260 feet, easily clearing the outfielders. Assistant coach Joe Calderon has spent a great deal of time providing individual help to several members struggling on offense, but his greatest accomplishment may be Bandy becoming such a solid pitcher, so early in the year.

As if on cue, Shakea Phifer hit another one of her patented 235 foot line drive shots well beyond the left fielder, giving her an in the park dinger, her second in three games. Becky Davis added another bone crunching line drive to score a RBI and secure her standing as the best base hitter on the team. After three games, Davis has hit a scorching .741.

Unfortunately, despite playing tough all game, the Lady Senators could not respond to the latest output by the Raghers. The Lady Senators came up on the short end of an 18 – 11 game.

Despite the loss, it is clear to see the Lady Senators are playing much better defense and beginning to gain confidence in their offense. The fact that the Lady Senators have started so early this year as opposed to years past may prove beneficial by allowing them to get everything rolling on all cylinders by mid May in to late June.

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

OMNIBUS/KARAKEE FAVOR; 2c; 12p; Black Only; RE/SN/SUN'S LAUNDRY & ALTERATI; 4284915

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

VIDEO PLEX; 2c; 12p; Black Only; RE/SN; 4271047