

<b>Friday</b>  Sunny Lo: 65°F Hi: 90°F	<b>Saturday</b>  Partly cloudy Lo: 67°F Hi: 91°F	<b>Sunday</b>  Partly cloudy Lo: 67°F Hi: 89°F
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The Mother's Day that almost wasn't  
See Page 5



# Sheppard Senator



Combat Capability Starts Here

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## Base gears up for spring cleaning May 10-17

**By Maj. Dathan Jones**  
82nd Civil Engineer Squadron

In the real estate business, prospective buyers won't be interested unless the property has "curb appeal."

When visitors are expected, homeowners put on their best behavior after spending several hours making the place "look good."

Both of these convey the thoughts of Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, and "I Love Sheppard" – spruce-up, clean up and feel great about the way Sheppard looks to you and our visitors.

I Love Sheppard activities are set for May 10-17 with the focus on the main base first and then the focus shifts to the housing area May 15. While it is a time for spring cleaning, base officials want to see I Love Sheppard become an attitude.

Facilities on base are already gearing up for the first day of clean up. Base organizations are coordinating more than thirty plant bed projects with the 82nd Civil Engineer Squadron's Self-

Help Store, prompting the store to buy about 550 tons of natural river stones that will soon grace the outside of a number of buildings on Sheppard.

Military family housing residents are encouraged to clean up around their homes during this same time period. However, the clean-up in the housing area isn't set to begin until May 15 when residents are expected to mow and edge lawns, trim bushes, plant flowers and other plants and perform any other residential chores they may have been putting off.

To help housing residents display their I Love Sheppard attitude, the Self-Help Store offers lawn care equipment and will also have a limited quantity of flowering plants for issue. Also that weekend, Outdoor Recreation will rent all lawn and garden equipment at a 25 percent discount.

Another added bonus for housing residents is an additional day for yard waste pickup. Normally all yard waste cut to less than six feet in length is picked up every Wednesday by the refuse contractor. However, following

the I Love Sheppard weekend, there will be an additional pick-up on May 17.

Just in case a pile of treasures are found in closets that might bring a pretty penny at an auction and aren't needed anymore, the Services Division will host a base-wide flea market from 9 a.m. to 1 p.m. at the community activity center. Visit Bldg. 430 or call 6-8459 to reserve a table for a nominal fee.

CES will also give housing residents the opportunity to turn-in prohibited chemicals and waste oil. The housing



base housing.

If items are found that should be turned in, residents can take them to the Capehart swimming pool parking lot from 8 a.m. to 12 p.m. on May 15. Products that will be accepted are limited to common household products and paints. They must be in their original and properly labeled containers.

The Auto Hobby Shop will accept waste oil May 15 and 16, and, as an added bonus, they will waive the normal disposal fee.

The Services Division will help everyone celebrate mission complete by hosting a free burger burn at the hospital pavilion on May 14 from 11 a.m. to 2 p.m. followed by free bowling at the North Lanes from 1 to 5 p.m.

Anyone who got dirty as part of I Love Sheppard can take advantage of half-priced golf at the Wind Creek Golf Course that afternoon.

### On the Inside

#### Instructor keeps cool, save Airman

It was just a normal exercise on a normal day in tech school for Airman Kody Underwood. What was abnormal about that day was the smoke that filled the cockpit of the F-16 trainer he was working on.

The canopy actuator, a small motor that raises and lowers the canopy, was stuck in the "on" position and was beginning to overheat.

"I wasn't worried until my throat started burning and I saw smoke coming over my shoulder," Airman Underwood said. "Then I started coughing."

**For full story, see page 2.**

#### Sheppard captain fills role in Bosnia

One of Sheppard's own is getting a quick study of multinational relations.

Working with representatives from every country in the European Union and helping the camp prepare for the switch from NATO to EU in December, is a broadening and intriguing experience, said Capt. Carrie Loranger, a member of the manpower office here.

"The greatest thing about working here is the international environment," Captain Loranger said.

**For full story, see page 3.**

#### Sheppard to host JSF workgroup

Sheppard will host members of a Training Work Group for the Joint Strike Fighter Training Integrated Product Team May 11-13.

Representatives from the Air Force, Marines, Navy, Lockheed-Martin, United Kingdom, Germany and Italy will view maintenance training aspects here and discuss the possibility of bringing portions of the JSF training courses to Sheppard.

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## Blown away

**Wichita Falls District 3 Councilman Mike Norrie unfastens a latch on his parachute harness April 29 following a one-hour flight with the 88th Flying Training Squadron. Mr. Norrie was invited to spend a day at the 80th Flying Training Wing and go on a training mission in the AT-38, Sheppard's advanced trainer used to teach fighter fundamentals.**

### Councilman's flight more than he expected

**By John Ingle**  
Editor

April 29 for his first ride in a military aircraft in the elite of Sheppard's inventory – the AT-38 Talon.

"I thought I would have an expectation of what it would be like," the councilman said following the flight. "My supposition of the flight when I was finished was blown away."

Mr. Norrie said he had the opportunity to go on practice bombing and strafing

runs with Lt. Col. K.C. Smith, commander of the 88th Flying Training Squadron here. The AT-38 is the advanced trainer used to provide fighter fundamentals to future fighter pilots.

His flight lasted about an hour above North Texas and Southern Oklahoma.

As a civilian pilot, the councilman said he understands the discipline needed to pilot an aircraft. But, he said pilots in the 80th Flying Training Wing and the Euro-NATO Joint Jet Pilot Training program exceeded four areas that he said were very prominent: professionalism, precision, safety and pushing the envelope.

"What impressed me was how precise Sheppard, or the Air Force, is about every aspect of their training," he said. "They're studs! They really impressed me."

Colonel Smith said his passenger in the backseat took the twists and turns like a professional.

"He did great," he said. "He was a little bit surprised at how constant the G-forces were going."

Mr. Norrie had a "leg up" over other passengers who have gone up on incentive rides because of his previous flying experience, Colonel Smith said. But, he said there's a difference between private planes and fighters, especially when the aircraft is 400 feet above the ground traveling at 400 mph.

Mr. Norrie said he has met with base leadership at different functions, but this was the first occasion he had to see the inner workings of Sheppard and its mission: train tomorrow's warfighters today.

He said he is hopeful he can return to Sheppard in the near future to visit some training programs in the 82nd Training Wing and see more of what makes the base tops in AETC and a valuable partner to the city.

"Sheppard Air Force Base is one of the best assets Wichita Falls has," he said.

Marriage, the birth of his children and taking his first solo flight as a pilot were some of the moments in life Mr. Norrie said rank at the top of his list. He said he added another April 29.

## AF Climate Survey reveals progress in certain areas

**By Nicole Gamez**  
Air Force Climate Survey Team

RANDOLPH AIR FORCE BASE, Texas (AFP) – The 2003 Air Force Climate Survey results have been analyzed, and final reports have been released to unit-level leaders for action.

The survey ran Oct. 1 to Nov. 23.

"As the leaders of the world's greatest air and space force, we share a commitment to continually seek improvement. The survey results give our leaders targets for improvement from the people who know best – our Airmen," said Air Force Chief of Staff Gen. John P. Jumper. "For the survey to be a true success, leaders must now take this information and use it to focus their efforts within their organizations. I urge leaders to brief the results to their members and then translate that information into action."

Previous surveys included active-duty Airmen and appropriated-fund civilians. To provide a clearer picture of the entire force, the 2003 survey included the Reserve, Guard and nonappropriated-fund civilians. More than 50 percent of the total force took the survey.

It addressed job characteristics, unit resources, core values,

**See SURVEY, Page 4**

## Command launches Operation Safe Summer

**By Master Sgt. Julie Briggs**  
Air Education and Training Command  
Public Affairs

RANDOLPH AIR FORCE BASE, Texas (AETCNS) – People assigned to Air Education and Training Command will receive at least four hours of mishap prevention briefings in May as part of Operation Safe Summer, the name of the command's 101 Critical Days of Summer safety campaign.

Gen. Don Cook, AETC commander, directed commanders at all levels to conduct the briefings between May 14 and May 28 to prepare for Operation Safe Summer, which is May 29 through Sept. 6.

That period of 101 days between the Memorial Day and Labor Day weekend is when the Air Force traditionally experiences an increase in off-duty travel and recreation mishaps, safety officials here said.

During the May briefings, commanders will review personal and operational risk management techniques, discuss safe driving practices, and how to remain safe during summer activities such as swimming and boating.

They will also discuss local safety hazards and how vacations, moves and accelerated summer training can distract even the most safety-conscious person.

"By deploying and training personnel in support of the global war on terrorism, AETC continues to secure our nation's freedoms and the freedoms of our friends throughout the world,"

**See SAFETY, Page 4**

## Congress, nation designate military appreciation month

**By Gene Harper**  
American Forces Press Service

WASHINGTON (AFP) – Both chambers of the U.S. Congress have adopted a resolution calling for Americans to recognize and honor U.S. servicemembers during May's National Military Appreciation Month.

Virginia Rep. Tom Davis, along with 16 co-sponsors, introduced Concurrent Resolution No. 328 in the House in November. The Senate agreed to it without amendment and by unanimous consent April 26.

The resolution states that the House, with the Senate concurring, "supports the goals and objectives of a National Military Appreciation Month." It also "urges the president to issue a proclamation calling on the people of the United States, localities, organizations and media to annually observe (the month) with appropriate ceremonies and activities."

Finally, the resolution urges the White House Commission on Remembrance to "work to support the goals and objectives" of the month.

The Senate first passed a resolution in 1999 designating National Military Appreciation Month. That declaration summoned U.S. citizens to observe the month "in a symbol of unity, ... to honor the current and former members of the armed forces, including those who have died in the pursuit of freedom and peace."

Traditionally, May has focused on the military in many ways. For example,

**See MONTH, Page 4**

# Instructor keeps cool, removes Airman from hot situation

By Carolyn Knothe

Base public communication

It was just a normal exercise on a normal day in tech school for Airman Kody Underwood. What was abnormal about that day was the smoke that filled the cockpit of the F-16 trainer he was working on.

The canopy actuator, a small motor that raises and lowers the canopy, was stuck in the "on" position and was beginning to overheat.

"I wasn't worried until my throat started burning and I saw smoke coming over my shoulder," Airman Underwood said. "Then I started coughing."

Luckily, there was a hero in the hangar that day.

Staff Sgt. Sean Murphy, a F-16 mainte-

nance instructor, said he assessed the situation, got the battery powering the actuator disconnected, and was able to lift the canopy and rescue Airman Underwood.

"It felt automatic," Sergeant Murphy said. "Something inside me said 'we can handle this.'"

The exercise, according to Sergeant Murphy, was to mimic a dead actuator battery so students would have to raise the canopy manually, and learn how hard it is to do it by hand. Unfortunately, the actuator kept running and made it impossible for Airman Underwood to raise the canopy.

As the actuator ran, its motor began to heat up.

First, the cockpit got warmer, followed by a dense smoke that began to fill the cockpit.

If Sergeant Murphy's training hadn't kicked in, the fumes would have overtaken Airman Underwood and a contained fire may have also broken out.

Sergeant Murphy said he continued to talk to Airman Underwood, keeping him calm.

"They tell us in instructor school to never panic in front of the students," he said. "Because if we panic, then they will panic."

Airman Underwood said he knew he was in good hands.

"I knew that he was in control so I would get out," he said.

For Sergeant Murphy, it was a combination of training and experience that enabled him to safely rescue Airman Underwood.

"I know how the system works and had great people around to help me," he said.



Photo by Mike Litteken

## Ace!

Col. Kimberly Siniscalchi, 882nd Training Group commander, applauds Airman 1st Class Megan J. Carver for achieving a 100 percent score in the Dental Assitant Apprentice Course recently. Airman Carver graduated from the 9 1/2-week course April 30.

# 82nd CONS hosts GPC Vendors Day

By Kelly Gordon

82nd Contracting Squadron

The government purchase card Vendor Day 2004 is set for May 18 at the Multi-Purpose Event Center in downtown Wichita Falls from 9 a.m. until 1 p.m.

The event is open to Sheppard's general public, commanders, billing officials and all GPC cardholders.

The government purchase card has rapidly become the principal method for purchasing goods and services under \$2,500 throughout the Air Force.

The card provides installation units the ability to obtain exactly what they need when it is needed, and eliminates processing delays associated with traditional purchase requests.

GPC Vendor Day enhances the process by allowing vendors to display their wares, advise cardholders of their products and services available, give product demonstrations and provide brochures and catalogs.

Some of the vendors attending are members of the Vendor Discount Program.

the Sheppard Portal under "most popular links."

Sheppard has hosted six successful GPC Vendor Days since 1998.

GPC actions at Sheppard have increased proportionately, with fiscal year 2003 purchases exceeding \$17 million.

This event also serves as a critical part of the wing small business outreach effort, since booths are marketed first to local small businesses that accept the government purchase card.

Refresher training on critical regulatory changes, including affirmative procurement and hazardous materials, will be provided at 9 a.m. and 11 a.m. for cardholders and approving officials. For training sign-up please call Mary Whitley at 6-6888, Laverne Billington at 6-2277 or Jamie Griner at 6-1115.

This event will be co-sponsored by the Texoma Chapter of the National Contracting Management Association and the 82nd Contracting Squadron.



These members will be easily identifiable by their striking gold booths. A listing of the members, along with their special Sheppard only discount, can be found on

the 82nd Medical Group is proud to recognize and honor the dedication, commitment and tireless efforts of registered nurses and nursing services technicians for their exceptional services each and every day.

# Nurses honored during National Nurses Week

Nursing personnel across the United States were saluted this week as part of the American Nurses Association's National Nurses Week.

The purpose of this annual celebration is to raise awareness of how the nursing professional's diverse roles meet America's expanding health care needs - from bedside and clinic care to the halls of higher education, from institutions of

research to serving as elected members of state legislatures.

Nursing services staff are in combat, humanitarian and peacetime situations. Throughout this time of increased operations tempo, support is high from the Sheppard Air Force Base nursing services staff.

Support from family practice and internal medicine nurses and technicians, who are seeing

multitudes of patients and ensuring our active duty troops, are ready for deployment. Acute Care Clinic nursing services staff takes care of our beneficiaries 24 hours a day, seven days a week.

The ambulatory services staff provides the finest possible health care for our beneficiaries of military medicine. Nurses excel in each and every role!

# Speakers Bureau needs storytellers

Part of our everyday experience at Sheppard is to tell the mission story to new trainees, temporary duty personnel and distinguished visitors.

An exciting opportunity to take it one step further is to share the Air Force story with the local community. During the year, we get requests through our Speakers Bureau for presentations at school assemblies, clubs, civic and professional organizations.

Speech requests may range from 15 to 45 minutes with an audience size of 25 to 300 people. We travel to Archer City, Burkburnett, Vernon or Wichita Falls to name a few.

One thing for sure, the Speakers Bureau is made up of people just like you who want to share their military story,

patriotism, career knowledge, leadership tips and even hobbies.

We all have a story and don't know the difference we can make until we share it.

Master Sgt. Anthony Spruell, 82nd Medical Operations Squadron, outlined Sheppard improvements and his unit's mission at a men's breakfast while Helen Burgess, a training instructor with the 82nd Training Wing, delivered motivational tips on how to live your dreams.

If you have a talent or passion for telling the military story as it relates to your career field, your own experiences, or even an interesting hobby, contact debi.smith@sheppard.af.mil to join the Speakers Bureau.

**The Sheppard Senator will accept story and/or photo submits for the next week's edition no later than noon the Friday before the requested publication date. For more information about Senator guidelines, visit [https://webi.sheppard.af.mil/82trwpa/writing\\_for\\_ss.htm](https://webi.sheppard.af.mil/82trwpa/writing_for_ss.htm).**

## Sheppard captain helps with NATO, EU transfer of authority

Photo and story by Staff Sgt. Connie L. Bias

401st Air Expeditionary Wing Public Affairs

CAMP BUTMIR, Bosnia – One of Sheppard's own is getting a quick study of multinational relations.

Working with representatives from every country in the European Union and helping the camp prepare for the switch from NATO to EU in December, is a broadening and intriguing experience, said Capt. Carrie Loranger, a member of the manpower office here.

"The greatest thing about working here is the international environment," Captain Loranger said.

Captain Loranger is a military personnel flight commander at her home base, Sheppard Air Force Base, Texas. The captain performs manpower, personnel and administrative support work, along with handling an extensive NATO medal program for troops in Sarajevo; at Tuzla Air Base, Bosnia; and in Zagreb, Croatia.

She's the only American in an office full of Dutch military members, a common occurrence



Team Sheppard member Capt. Carrie Loranger, NATO manpower, personnel and administrative services at Camp Butmir, Bosnia, processes a leave request form for a Slovakian captain.

for U.S. personnel here, as each EU nation is represented at the camp. The headquarters commandant office, which handles support group functions like transportation and travel, billeting

and force protection and medical services, employs Bulgarian, Greek, Spanish and Italian military personnel, in addition to U.S. military members.

The multi-faceted job descriptions of Butmir offices leads to multi-tasked workers, and many of the Air Force members are learning first-hand how other career fields do business.

The captain has also taken charge of the camp's Morale and Welfare Activities program, and often steps in as the commandant's executive officer.

After hours, Captain Loranger stays just as busy. She joins a host of Butmir volunteers, teaching English in the local area and donating time at local orphanages. Recently, camp volunteers conducted Operation Smile, an outreach program through which volunteers give supplies and gifts to orphanage children.

Camp military members also hold their own fund-raising events for donations, and spend time with children who have been traumatized by war.

Captain Loranger said deploying to an international working environment, EU consolidation and the chance to make a one-on-one difference in a war-ravaged country has made her experience extraordinary.

"It's an interesting time to be here," she said.

## Briefly Speaking

### Summary courts officer named in Airman's death

It is with deep regret we announce the death of Staff Sgt. Kelly Horn of the 365th Training Squadron.

1st Lt. Jason Gabriel, 365th TRS/CCQ, has been appointed the summary courts officer. Claims for or against Sergeant Horn's estate must be submitted to Lieutenant Gabriel.

He can be reached at DSN 736-3191 or 6-3191.

### AFSA hosts membership meeting

The Air Force Sergeants Association Chapter 1054 will host a general membership meeting May 18 at 3:30 p.m. in Bldg. 1025, room 123.

For more information, call Tech. Sgt. Hope Oldham at 6-6626, Tech. Sgt. Michael Greene at 6-5860 or Tech. Sgt. Angela Bosma at 6-7808.

### Watering important following fertilizer

Base housing residents might have noticed a contractor applying fertilizer this past week.

The fertilizer must be watered within 24 hours of application. Occupants are allowed to hand water for 10 minutes one time only following the application.

Residents can resume normal deep watering Monday.

### Housing maintenance contractor monitored for quality service

The housing maintenance contract is operated under a civilian contract and is monitored for quality service under the Customer Complaint Program. If you have any comments or complaints that are not handled promptly and courteously, use AF Form 714 or call Dianne Brewer at 6-2708 or Joyce Walters at 6-5769.

### Firing range off limits to unofficial business

The Sheppard Combat Arms Training and Maintenance Range on Missile Road is off limits to all personnel who are not conducting official business or scheduled training.

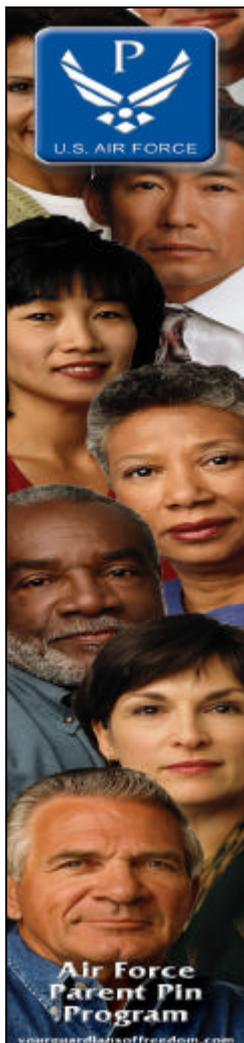
For more information, call the firing range at 6-2251.

### Volunteers needed for Western Fling

82nd Services Division is looking for a sheriff, mayor and barkeep for its Western Fling June 12.

Volunteers are need to decorate and build an old timey western town. To become a volunteer or to provide any other assistance, call 6-3866 or 6-7695.

**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. Second Lt. Weilun Lin, 82nd Communication Squadron, will be the general's guest.**



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:

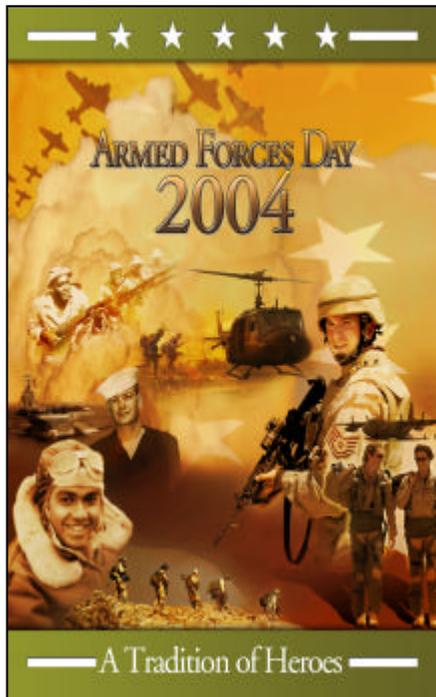
May 7: Armed Forces Day First Friday.

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.



## SAFETY

Continued from Page 1

General Cook wrote in his safety stand-down order. "At the same time, our command remains focused on educating and training Airmen to sustain the Air Force's combat capability. As such, I am fully aware we are operating at a high tempo.

"With this in mind, I have decided to engage this summer's safety campaign with a combat mindset: Operation Safe Summer."

The goal this year, like every year, is to remain fatality free, said Edward Talbots, chief of

AETC's ground safety division.

In 2003, 13 people in AETC died in preventable motor vehicle accidents. Six of them died between June and August. So far this year, seven AETC people have died in motor vehicle mishaps.

"We must do better," General Cook said. "I'm confident with the right operational mindset -- both on and off duty -- we can complete this summer fatality free."

## MONTH

Continued from Page 1

Public Service Recognition Week, celebrated the first full Monday through Sunday in May since 1985, recognizes the roles of public servants, including the military, at local, state, regional and federal levels.

As a part of the week, communities across America showcase military equipment and servicemembers from U.S. installations. The largest event takes place on Washington's National Mall, where more than 100 federal agencies, including the military services, put their activities, people and equipment on public display.

This year's mall event is May 6 to 9.

Armed Forces Day, created in 1949, is an annual event held on the third Saturday in May, with activities at U.S. military bases worldwide. This year's celebration is May 15.

The month culminates with Memorial Day, a federal holiday on the last Monday in May.

The day, dating from the Civil War era, traditionally has marked recognition of those who have died in service to the nation. Each year on Memorial Day, the White House Commission on Remembrance promotes one minute of silence at 3 p.m. local time to honor the military's fallen comrades and to pay tribute to the sacrifices by the nation's servicemembers and veterans.

## SURVEY

Continued from Page 1

supervision, unit chain of command, training and development, and job enhancement. It also focused on teamwork, participation and involvement, recognition, unit flexibility, general satisfaction and unit performance outcomes.

The Air Force Manpower Agency's survey team here worked with experts at the U.S. Air Force Academy's department of management to ensure accurate analysis of the survey data.

Each question was answered on a six-point scale ranging from "strongly agree" to "strongly disagree." The total percentage of "agree" responses are the sum of "strongly agree," "agree" and "slightly agree" percentages.

Air Force-wide, unit performance outcomes, job characteristics and core values were the highest rated factors at 94-, 92-, and 87-percent agreement respectively. These results indicate that people believe they are meeting their missions' goals, find their jobs important and challenging, and believe that their unit understands and demonstrates Air Force core values, officials said.

Eighty-six percent of the survey participants said that people in their work groups exercise teamwork and perform essential work that is considered above and beyond the call of duty. Eighty-five percent of

respondents agreed that they have the required training to do their jobs, and that they have opportunities for professional growth.

Overall, supervision was rated at 84 percent, while 81 percent believed their chain of command positively influenced the direction, people and culture of their units.

Although active-duty Airmen and appropriated-fund civilian participants' ratings increased from the 2002 survey, the results showed room for improvement in several areas. Seventy-eight percent of the respondents are generally satisfied with their jobs, are involved in their work place's decisions and believe their units respond well to change.

Since the first survey in 1997, acknowledgment of exceptional performance and management of time, people and equipment areas continue to score low in the survey; however, both have continued to increase. Comments received in the recognition area indicate that a simple "thank you" for a job well done can be just as effective as a formal award, officials said.

Sixty-five percent of participants agree morale in their unit is high. This number has increased from 55 percent in 1997.

In comparison with other components, active-duty

Airmen rate all factors lower than reservists, guardsmen and civilians. Officers consistently rate all factors higher than enlisted Airmen and civilians with the exception of the unit resources factor.

Since 2002, the number of active-duty Airmen (deployed and at home station) who intend to remain in the Air Force has decreased significantly.

Analysis by Air Force Academy officials revealed that the chain of command as a whole, rather than the commander or supervisor alone, drives performance, satisfaction, organizational commitment and one's intent to remain in the Air Force. Further analysis revealed that of all the factors the survey addresses, an Airman's career intentions are most affected by organizational commitment and satisfaction, not by work hours.

According to the survey results, ratings increased in units where leaders used the results positively. The 2003 factor ratings were compared against the question, "Did my leader use the results in a positive way?" The results showed leaders who shared results and used ideas and suggestions had higher positive responses in all factors. Leaders that took action on previous survey results also increased their units' overall scores, officials said.



Check out [www.af.mil](http://www.af.mil) for more Air Force news.

# Sheppard Airman wins battle to keep her baby

*Celebrating the victory and the first Mother's Day as a mom*

By Airman 1st Class Jacque Lickteig  
Staff writer

Last minute Mother's Day gift shoppers are flooding the aisles for the perfect item to show appreciation to the ones who gave them life.

Florists are preparing bouquets, postal workers are delivering cards and restaurants are stocking up for Mother's Day outings.

Airman Nicole Keys, from the 82nd Services Division, thought she would have to wait until next year to get gifts for that day since she thought she would still be an expecting mother by Sunday. But her gift came much earlier than expected.

Her daughter, Emily Marie Keys-Novak, wasn't due until May 27. But around mid-March, Airman Keys started having complications with her pregnancy, she said.

She suffered from pre-eclampsia, a disorder that affects both the mother and the unborn baby and causes high blood pressure, headaches and water retention.

"I had constant headaches and it felt like I had water in my ears," Airman Keys said about the symptoms.

The doctors at the Sheppard hospital put her on bedrest to lower her blood pressure, but with no success.

She said she also took magnesium to help control her blood pressure, which helped minimally.

Her doctor told her to check herself into United Regional Healthcare System. While there, her condition worsened, so the doctors decided it was best to perform a cesarean section. Since, United Regional doesn't have a Neonatal Intensive Care Unit, Airman

Keys had to be airlifted to Harris Methodist Fort Worth Hospital, she said.

On March 28, the doctors there performed a cesarean section and Emily was born.

She weighed only 3 pounds, 1 ounce and measured in at 15.5 inches. During her first night, she lost 1 pound.

Airman Keys was released from the hospital a couple of days after delivery, but Emily had to stay in the NICU until she could mature enough to survive outside the unit.

She said the doctors felt Emily's health was strong and she would survive.

Airman Keys stayed at the Ronald McDonald house a couple of blocks away from the hospital for about a month so she could stay near her baby, she said.

She spent most of her days with Emily, hoping Emily's health would stay strong. However, there were a couple of scares.

Emily's heart stopped beating twice during the first month of her life.

"I was devastated. I didn't want to lose her," Airman Keys said as she kissed the dirty-blond haired baby resting on her chest. "I couldn't imagine my life without her."

The doctors managed to stabilize Emily both times, and she grew stronger every day she was in the NICU.

The doctors released Emily one month early, and Airman Keys brought her home April 26.

Now Emily weighs 4 pounds 5 ounces, and she's growing every second, Airman Keys said.

She also said her baby's life is the best present she could imagine.



Photo courtesy of Airman Nicole Keys

Airman Nicole Keys, from the 82nd Services Division, watches over her one-day-old daughter, Emily Marie Keys-Novak. Emily was born two months premature March 28 at Harris Methodist Fort Worth Hospital.

## Airmen help major, family in time of need during Easter

By 2nd Lt. Brooke Brander  
Base public communication

On Easter Sunday, five angels – five Air Force angels – visited the Grove family during an unscheduled car breakdown on route 281 southbound.

"My youngest daughter had a doctor's appointment with a developmental specialist in San Antonio," said Maj. Richard Grove, 82nd Training Wing Deputy Staff Judge Advocate. "And getting it rescheduled would have been very difficult."

The family, Major Grove, his wife and three children, were about four miles south of Windthorst, Texas when the family car just died.

"I looked down and the speedometer just dropped to zero," Major Grove said. "Then the tachometer dropped to zero. I pressed on the accelerator, and nothing. The car just died and we

coasted onto the side of the road and I popped the hood."

While Major Grove was searching for the problem lurking under the hood of his car, a pickup drove past, headed north toward Wichita Falls. The driver of the pickup stopped and turned around to assist, he said.

"There was no cell phone coverage and I've got three kids cramped in the back," Major Grove said. "If they hadn't come by, it would have been a very unhappy time."

In the truck were five technical training students from Sheppard heading back to base after a day at Possum Kingdom Lake. The Grove family's five Air Force angels were Airman Valerie Gaibbai, 366th Training Squadron, Airman 1st Class Sydney Melton, 365th TRS, Airman Barry Cross, 365th TRS, Airman Eziquiel Tijerina, 365th TRS and Airman Nicholas Toomey, 365th TRS.

The truck full of airmen gave Major Grove's car battery a jump-start and decided to follow him back into Windthorst so he could buy a new car battery.

"When we drove by, we saw it was a family and there were children in the back seat," Airman Cross said. "The least we were gonna do was see if they could use our cell phone, but we were luckily able to get the car running."

Major Grove said once the troupe made it the four miles north into Windthorst, only one store was open that Easter Sunday and they weren't selling car batteries.

The Airmen decided the best thing to do would be to follow Major Grove the 57 miles back to Sheppard. During the trip back, the car died four more times before making it back into Grove's driveway, the major said.

"They had no idea who I was, or that I was an officer, when they stopped to help me," he said.

"It was nice to meet folks doing what they can to help others."

The family was able to swap out cars, make their trip to San Antonio and get to his daughter's doctor's appointment on time, Major Grove said.

The Airmen viewed their assistance to Major Grove and his family as just what you should do – help people in need.

"I have a family back home – a mom and three sisters – and if they broke down and needed help, I'd want someone to stop and help them," Airman Melton said.

Airman Giabbai saw what they did on Easter Sunday as what she hopes someone would do for her.

"I would want someone to stop for me if I was broken down on the side of the road," she said.

The simple act of stopping to help a family in need turned five technical training students into angels in the eyes of the Grove family.

## In FILM



### Eternal Sunshine of the Spotless Mind (R)

Tonight at 6:30 p.m.  
Saturday at 4:30 p.m.  
Tuesday at 7 p.m.  
Jim Carrey, Kate Winslet - Joel has his memories of Clementine erased and realizes he doesn't want to lose them.



### The Passion of the Christ (R)

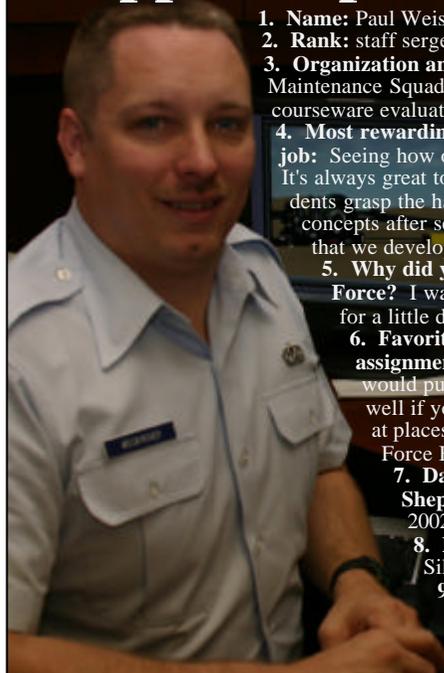
Tonight at 9 p.m.  
Saturday at 9 p.m.  
Sunday at 4:30 p.m.  
Thursday at 7 p.m.  
Jim Caviezel, Maia Morgenstern - A depiction of Christ's last 12 hours.



### Scooby-Doo 2 (PG)

Saturday at 2 p.m.  
Sarah Michelle Gellar, Freddie Prinze Jr. - The gang launches an investigation into a mysterious monster outbreak that leaves Shaggy and Scooby questioning their roles in Mysery Inc.

## Sheppard Spotlight 15 lines of fame



- Name:** Paul Weiskircher
- Rank:** staff sergeant
- Organization and position:** 982nd Maintenance Squadron, interactive courseware evaluator
- Most rewarding aspect of your job:** Seeing how our work pays off. It's always great to see how the students grasp the hard to understand concepts after seeing an animation that we developed.
- Why did you join the Air Force?** I was really looking for a little direction in my life.
- Favorite Air Force assignment:** Sheppard! You would put that answer as well if you were stationed at places like Cannon Air Force Base, N.M.
- Date arrived at Sheppard:** Oct. 14, 2002.
- Hometown:** Sikeston, Miss.
- Married or single (include your family if you'd**

- Married to Evangeline with three children:** Alexandria, 9, Phillip, 3, and Elizabeth, 22 months..
- Favorite thing(s) to do in your free time:** Play with the kids and play on the computer.
- Funniest childhood memory:** I built my first go-cart out of scraps around the yard. I found the highest hill around, strapped myself in with a piece of rope and set off down the hill. Just before I got to the base of the hill, I applied the brakes, which were my shoes, and I didn't slow down at all. Thank goodness our bushes slowed me down, though Mom wasn't too thrilled!
- Favorite book or movie:** "Blazing Saddles."
- Dream vacation:** Taking a nice cruise around the world with the family.
- If you could be anyone for one day, who would you be?** Tiger Woods. He gets paid to play golf. There is no easier life I could think of.
- Other than your family, what is your most prized possession?** My computer.

## Club activities

### Latin night

The enlisted club will host a Latin night Saturday beginning at 9 p.m. There will be a live band. For more information, call 6-2083.

### Mother's Day brunch

The officers club will host a Mother's Day brunch Sunday with 10 a.m., 11 a.m., noon and 1 p.m. seatings. The cost is \$14.95 for members, mothers and seniors, \$17.95 for non-members, \$6.95 for children ages 6 to 11 and free for children 5 and younger. Reservations are required. Call 6-6460 for more information.

### Karaoke night

The enlisted club will host a karaoke night Thursday from 7 to 10 p.m. For more information, call 6-2083.

### Mongolian barbecue

The officers club will serve Mongolian barbecue Thursday from 5:30 to 8 p.m. The cost is \$4.45 per ounce for chicken, pork or beef. Call 6-6460 for more information.

## ITT

### Travel, car show

There will be a travel and car show

at the community center Saturday from noon to 4 p.m. For more information, call 6-2302.

### 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.

A late registration will be \$5 per person. For more information, call 6-2302.

### Rangers vs. Yankees

ITT is selling spots for a tour to the Texas Rangers vs. New York Yankees game May 22.

The cost is \$65 per person and includes hotel, travel and tickets to Ripley's Believe It or Not and Palace of Wax.

Register by Tuesday. The late registration fee is \$25. Call 6-2302 for more information.

## 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)

## Catholic services to change venues

Beginning May 22, on-base Catholic Masses will move to the south chapel and Solid Rock Cafe. The Saturday evening 5 p.m. Catholic Mass will move to 5 p.m. Sunday evenings in the south chapel.

The Sunday 9 a.m. Mass will move to the south chapel. The Sunday noon Mass will move to the Solid Rock Cafe. For more information, call the Wing Chaplain's Office, 6-4370.

### 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 Cafe)

### 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 - Half Marathon will begin at 10 a.m.

May 15 - A free softball game will be held at Field 4. For more information, call 6-6336.

### Mother's Day

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

Is your office doing something you'd like Team Sheppard members to know? Submit your organization's announcements to sheppardsenator@sheppard.af.mil.

Think before you drink. Hand your keys to a wingman.

Want to quit smoking? Check out the health and wellness center's smoking cessation classes.

## Sheppard Senator

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

♦♦♦

### Sheppard Senator editorial team

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 Airman 1st Class Jacque Lickteig, Staff writer  
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## Commander's Corner



Photo by Airman 1st Class Jacque Lickteig

Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, presents the AETC Manpower Office of the Year Award for 2003 to Daniel Roberts, from the 82nd TRW Manpower Office. That office placed third in the Air Force competition.

## Charisma key to influencing people

By Maj. Michael Fitzgerald  
 407th ELRS commander

Charisma is one of those frequently misunderstood words that has suffered from years of bad press and other media.

Typically, when people hear the word charisma, it conjures up images of singles bars, car salesmen and the Fonz. Not bad, but not good examples of military leadership either.

So what is charisma? There are several definitions; however, my favorite is one that I read in a book by Dr. Tony Alessandra appropriately titled, "Charisma".

He said, "Charisma includes those characteristics that make others buy into you."

That's important. When people buy into you, they buy into what you say. That's not a secret. Nor is it a secret on how to develop your charisma, or better yet, leadership charisma.

First, charisma is not a substitute for competence or integrity. If you don't know your job and you're not an honest person, your charisma won't even get you a cup of coffee.

However, if you do have competence and integrity, you can increase your influence by developing these three things: your physical appearance, your listening (remembering) skills and your communication skills.

### Physical appearance

John F. Kennedy, before getting off Air Force One to address the citizens of Berlin, spent 15 minutes just combing his hair stating, "It's not John F. Kennedy getting off this plane, it's the United States of America." You make a statement about yourself long before you open your

mouth to speak. People will form opinions if your hair and uniform are not kept within standards. Wear uniforms that fit properly. Also, get into the gym and maintain your physical fitness. In short, if you look good, you feel good, people can tell ... and they buy in to you.

### Listening and remembering skills

Lyndon B. Johnson once said, "If you're talking, you ain't learning." Knowledge is power and is attained primarily through our sense of hearing.

But that's not enough. You have to remember and act on what you hear. Lt. Gen. Leo Marquez once said, "Listen to people's problems and when you are in a position to solve their problems, do it." General Marquez has considerable buy in.

### Finally, communicating

Communication skills are the number one determinant of your charisma. On the subject of public speaking, Abraham Lincoln once said, "If I have to spend one hour chopping down a tree, I'll spend three hours sharpening the axe." All speaking is public speaking, even if you're just talking to yourself. But as the audience grows, so does the risk factor. We get butterflies, our palms get sweaty and we get nervous. Minimize the risk. Prepare your communications and practice in front of friends and family.

Go to the place where you will give a speech and practice it there. Envision yourself "hitting a home run" and go for it. Develop your charisma and people will "buy into you."

(Editor's note: Maj. Michael Fitzgerald is based at Sheppard and is the commander of the 82nd Logistics Readiness Squadron.)

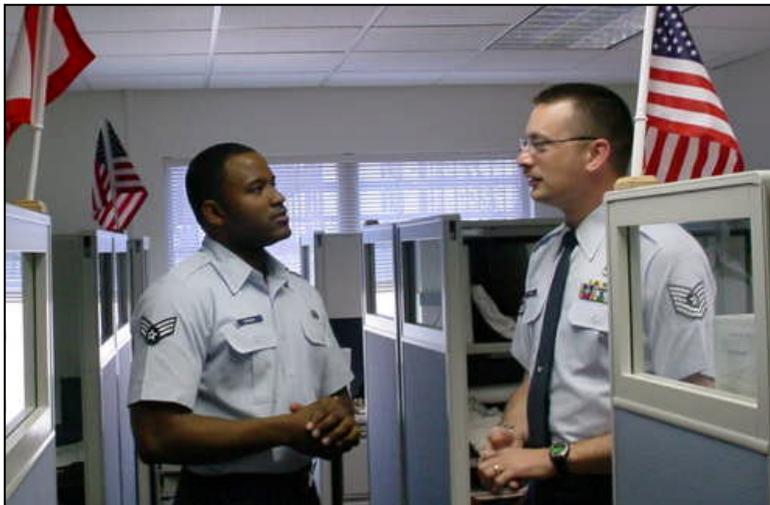


Photo by Kelly Gordon

Senior Airman Keith Rhodia and Tech. Sgt. Derrick Rhea, from the 82nd Contracting Squadron, talk in front of their flag-decked cubicles in the infrastructure acquisition flight.

## My flag, my flight

### More than just an office decoration

By Pearlene Carr  
 82nd Contracting Squadron

If you are ever at the 82nd Contracting Squadron Infrastructure Acquisition Flight, you will see the American flag proudly displayed on the top of each cubicle.

If your curiosity is anything like mine, you may question why they are there.

Some time in November 2003, our two team leaders, Kay Clayton and Shirley Story, along with two very inspiring team members, Hazell Barnes and Judy Kuypers, came up with the patriotic and innovative idea to let people know when they walk into the flight if a person is in or not.

Since we had updated our office with our beautiful new and functional cubicles, seeing if a person was in or not was a task within itself.

The wooden holders to hold the flags were provided by Mrs. Clayton and her hus-

band, Willie, at no cost to the government as a labor of patriotism. Mrs. Clayton and Ms. Story banned together to purchase the flags, which gave me a new catch phrase: Patriotism doesn't cost you anything; it is just part of being an American.

Today, as I sit here looking at my flag mounted so gracefully upon the top of my cubicle, it reminds me of the reason why I get up and proudly come to work every day.

No, I may not be working for a Fortune 500 company or making a bundle on Wall Street.

I may not be a famous athlete or movie star inking millions and millions of dollars in endorsement contracts, but there is one thing I do know.

I love what I do with a passion, and would not trade it for the world.

You see, the simple act of putting a flag upon one's cubicle can do wonders for one's sense of patriotism.

More importantly, as a civil service employee, it reminds you of the reason for being here.

Even though I am not a uniformed member of the Armed Forces, I still have raised my hand and took the oath to protect my country against all enemies foreign and domestic.

I can proudly say, without regret, that I work for the best employer in the world, proudly supporting the men and women who are protecting the best country in the world for our many proud Americans.

I work for the government of the United States, Department of Defense and the Air Force and proudly display my flag for those men and women who have given the ultimate sacrifice for their country.

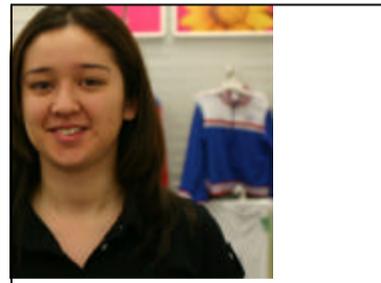
To all employees of the government - military and civil service - I am proud of my country and my career choice and I know you are, too.

## Soundoff

### What are you doing for your mom Sunday?



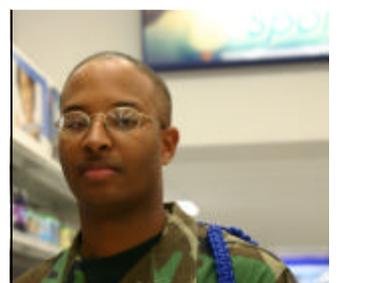
"Calling her and sending her a card," Senior Airman James Ramsey, 365th Training Squadron



"I got her two bears and a picture frame," Jennifer Hart, base exchange



"I'm going to order her some flowers" 2nd Lt. Alfred Aquino, 82nd Communications Squadron



"We're giving her picture frames with pictures of her grandchildren" Tech. Sgt. Delmus Gillis, 365th TRS

## 82nd MDOS warns ultraviolet radiation causes sunburn, increases skin cancer risks

Lt. Col. Dorothy Dizmang  
 Health Care Integrator

We need the sun for its light and warmth, but the sun's ultraviolet radiation can cause damage to our skin and eyes, even when it's cloudy or overcast.

The short-term results of unprotected exposure to UV rays are tanning and sunburn. A sunburn causes skin redness, tenderness, pain and, in some cases, swelling and blistering. Symptoms of more serious sunburn include fever, chills, upset

stomach and confusion. If these symptoms develop, see your physician or primary care provider.

The long-term effect of sunburn is more serious.

UV exposure that is intense enough to cause sunburn clearly increases a person's risk of developing skin cancer. Exposure UV rays can also increase skin cancer risk even without causing sunburn.

Long-term exposure can also cause premature changes in skin including aging, wrinkles, loss

of elasticity, dark patches or "liver and age spots" and actinic keratoses.

Actinic keratoses are small, usually less than one-quarter inch rough or scaly spots. Usually they develop on the face, ears, back of the hands and arms of middle-aged or older people with fair skin, although they can develop on other sun-exposed areas of the skin.

Although actinic keratoses grow slowly and usually do not cause any symptoms, they sometimes turn into squamous

cell cancer. Besides skin cancer, the sun's UV radiation also increases the risk of cataracts and certain eye problems, and can suppress the immune system.

There are no safe UV rays.

Two main types of UV radiation reach the earth, UVA and UVB. Scientists now believe that both UVA and UVB rays contribute to skin damage, including skin cancer. UVB radiation is known to cause damage to the DNA of skin cells.

Skin cancers develop when this damage affects the DNA of genes that control growth and division of skin cells.

Recent research has found that UVA also contributes to cancer formation. Artificial sources of UV light, such as sunlamps and tanning booths, may increase risk of developing skin cancer.

To remind people to take precautions against the potential damage of UV exposure, the Environmental Protection Agency and the National

Weather Service developed the UV index. The UV Index number, ranging from 0 to 10+, indicates the amount of UV radiation reaching the earth's surface during an hour around noon.

A higher number means greater exposure to UV radiation.

If you must be exposed to UV radiation, wear protective clothing and use a sunscreen with a minimum SPF 15.

For more information on skin cancer prevention and detection log onto www.cancer.org.



## Rugby team rucks, mauls, crashes into season

By Senior Airman Chris Powell  
*Senator sports editor*

When most people hear the terms drop kick, grub kick, knock on and mercenary, they may think of professional wrestling.

But actually, all those words refer to rugby and Team Sheppard members may become more familiar with them thanks to the new base team.

It may have been only a matter of time before rugby fever swept Sheppard, just like it has the rest of the Department of Defense.

Don Stroud and Craig Colby, two Sheppard members who played on the Midwestern State University team, are responsible for creating the team. Stroud had started a team at his previous base and thought it would be a great addition to Sheppard.

“Don did all the paperwork and got approval from Air Education and Training Command, 2nd Air Force and wing safety,” Colby said. “The credit for getting this club started goes to Don Stroud, I just assisted.”

The team, aptly named the Sheppard Senators, held its first practice this week, but still need a few more people to join to make a whole team.

“We have 12 to 15 dedicated people ready to play,” said Colby. “We still need about 30 players to have a regular 15-game season.”

“The main purpose of the team is for people to have fun,” Colby said. “Most people don’t know that rugby was in America long before football was, but the popularity of rugby died off as football came around. We would like to introduce people to the game, the fun, the power, history

and tradition of the game.”

Although some people may think rugby is a rough and violent sport, there are many benefits to the sport, Colby said.

“People who play rugby will have better endurance and flexibility and also be doing cardio conditioning,” he said.

But if you ask any rugby fan the main reason why they play, you’ll most likely be told it’s because of their love for the game.

“The aspect of rugby I like the most is the love of the game by every player,” Colby said. “I have played in matches where our opponent was short a player or two, and we would give them players from our team. Those players would play just as hard for them, as for us. I have seen some tough scrapes, just like in any sport, but when the whistle blows, everyone

shakes hands and all is well. Comraderie in rugby is legendary”

Some people may be hesitant to join since they don’t know how to play, but Colby said any permanent party member is welcomed to join.

“Anyone who wants to come out and learn to play should,” he said. “There’s absolutely no experience necessary.”

“Most of the matches will be in Dallas,” he said. “Ideally, in the future, we hope to be a base varsity team and go on permissive TDY’s to DOD sponsored tournaments and the interservice try outs.”

The team practices at 3:30 p.m. Thursdays and 5 p.m. on Sundays at the base track. For more information, call Stroud at 6-1928 or Craig at 6-5348.

# MAY FIT TO FIGHT

## Airmen dedicated to staying in shape

By Senior Airman Chris Powell  
*Senator sports editor*

Everyone knows how important it is to stay fit to fight, but some may not know Sheppard has a whole month devoted to it.

The base fitness centers will encourage Team Sheppard members to make fitness a regular part of their daily lives. Each base will conduct special events and programs during May.

“May Fit to Fight is a Sheppard program that’s designed to get the base community active in different sports,” said Master Sgt. Richard Garnett, north fitness center manager.

During the month, Team Sheppard members can participate in events like the half marathon, a three-on-three basketball tournament, a aerobithon (a four-hour aerobic

event) and a mini-triathlon. To end the month, there will be Armed Forces softball, volleyball and racquetball tournaments.

“We like to promote fitness year round,” the master sergeant said. “But May Fitness Month gives us the opportunity to really focus on nutrition and fitness.”

“We like to start the summer off with giving people fitness opportunities and give them information on summer sports,” he said.

The program initially started off as May Fitness Month, but Air Force officials cancelled it in 2003.

“We knew it was such a great program and we couldn’t let it go away at Sheppard, so we changed it to May Fit to Fight,” he said.

For more information on May Fitness Month, call the south fitness center at 6-2972.

### We must be fit to take turn on front lines

By Maj. Richard Ess  
*333rd Training Squadron*

KEESLER AIR FORCE BASE, Miss. (AFPN) — When I joined the Air Force many years ago, the 1.5-mile run was the measure of fitness for Airmen.

At the time, one of my coworkers was slightly overweight and a heavy smoker. He exercised little or not at all, but every year he’d tough it out at the run and manage to pass the test. He crossed the finish line wheezing and gasping for breath, but he made it.

Years later, the Air Force adopted the bicycle test as its measure of fitness. That same coworker had to start exercising more often. At least for this guy, the bike test was successful, since it forced him to become more fit.

Today, we have a new, more rigorous fitness standard. Air Force Chief of Staff Gen. John Jumper, in a series of Sight Pictures released last year, talked about the new fitness program as “preparing to meet the physical demands of our expeditionary force” and “getting fit to fight.”

I recently returned from an expeditionary deployment to Iraq. To me, those words really hit home. During the deployment, many of us had to travel to other bases in and around Baghdad. We drove in open Humvees in temperatures that soared to more than 120 degrees, keeping our weapons ready to defend the convoy.

This wasn’t the time to think about getting fit.

We’re an expeditionary Air Force, and we all need to be fit. In the Air Force in which I grew up, I always assumed I’d rely on the security forces to defend my base. That just isn’t the way we do business today in a deployed environment. All Airmen are expected to play an active role in the defense of their base.

In Baghdad, during the highest force protection conditions, Airmen, Sailors and Soldiers were all expected to take shifts at the gates. Essentially, we were on the front line.

Every Airman needs to be prepared, fit and trained to take on this role.

### Fitness events in May

#### 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 today.

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.

#### Texas Two Step

The Texas Two Step is a program that charts participant’s mileage on treadmills, Versa climbers, row machines, stationary bikes, recumbent bikes and stair stepers.

#### Mini triathlon

The mini triathlon is May 22. The time and location are to be announced. Participants will bike, run and swim.

#### Aerobithon

The aerobithon is from 10 a.m. to 2 p.m. May 22 at the south fitness center. Cost is \$10.

#### Armed Forces volleyball tournament

The Armed Forces volleyball tournament is from Monday to Thursday at the south fitness center.

#### Armed Forces racquetball tournament

The Armed Forces racquetball tournament is from 11 a.m. to 1:30 p.m. and from 5:30 - 10:30 p.m. May 17 to 20 at the south fitness center.

Participants must register by May 15. Players can compete in either singles or doubles.

#### Armed Forces softball tournament

The Armed Forces racquetball tournament is from May 14 through 16 at field one.

# Marine base wins first Far East tourney in 12 years

Courtesy of the Marine Corps News Service

CAMP KINSER, Okinawa, Japan – Impressive round-ball athleticism was displayed at the Camp Kinser Gym during the 2004 Far East Regional Basketball Tournament hosted by Marine Corps Community Service Semper Fit April 19-24. Though dubbed underdogs by the opposition and many spectators, Marine Corps Base Camp Butler's superior court skills overpowered the field as they beat out 1st Marine Aircraft Wing, 87-64, to take their first Far East tourney title since 1992.

"I think their victory surprised everyone," said Mike Walker of Okinawa's MCCS sports office, who oversees the Marine regional program. "There has been some high-level competition and it's been a toss-up the whole time. Marine Corps Base has progressively gotten better, but no one thought they'd go all the way."

Seven teams composed of Marines and Sailors from Okinawa, Hawaii and Iwakuni, Japan competed in the weeklong event that consisted of a round robin schedule, a single-elimination tournament and a championship game.

While 1st MAW began their tournament with a decisive victory over MCB Hawaii, MCB Butler barley edged out Marine Corps Air Station Iwakuni, winning by two in the final two-seconds of play. Neither team seemed dominant early in the week.

In the MAW-Base final, respectively the third and fourth seeds in the single-elimination playoffs, war was waged on the hardwood in a battle for the gold trophy. Base drew first blood when Jeffersonville, Ind., native Yonnes Sanders hit a net-popping three pointer seconds after tip-off. He ended the period with two more three pointer's and two from the line for a total of 11. The combined efforts of Rodney Brown, Vincent White (coach), Shaun Rostek and Deon Scott added to Base's 41-37 lead over the Wing at the half.

"We have some good shooters and we play together as a team," said Sanders during halftime. "We give each other looks and the ball continues to fall. We'll win if we keep this momentum going."

Strong showings from Bradley Petty, Justin Brown, Kevin Cochran, Kwan Cochrane and Clarence Crafton weren't enough for 1st MAW as they trailed four points going into the second period.

"They are not executing what I taught them in practice," said Greg Mitchell, 1st MAW coach and Louisville, Ky., native. "I promised I would take them this far but they have to do the rest. Apply pressure and work the easy shots are what our team needs to do."

The second period began similar to the first but MCB had the advantage. Brown led the second half assault with 18. Sanders scored 11 and was named the tournament's most valuable player. Burrell Parmer contributed nine and White scored eight including the final basket, a buzzer-beater from three-point land.

"Talk is cheap and we proved it," said White, Memphis, Tenn., native, after the game. "Everyone underestimated us; the newspapers had us picked to loose but we won because we believed in ourselves. Articles don't win championships, teamwork does."

An awards ceremony was held afterwards and Col. James A. Kessler, camp commander, Headquarters and Service Battalion, 3rd Force Service Support Group, presented the teams, players and coaches their respected awards.

"As a spectator, I've enjoyed watching you all play," said the Mount Lake Terrace, Wash., native. "Your skills have made it an exciting event and I'm honored to be apart of it by giving out these awards."

Harrell L. Bellous, coach of MCAS Iwakuni, said leaving without an overall victory was a tough thing to accept.

"We beat everyone in the round-robin but lost to Marine Corps Base in the playoffs," Bellous said with a sigh. "They caught us on a bad day. We will now go back to mainland and play some semi-pro Japanese teams in an effort to improve our game and get ready for the next tournament."

Like Iwakuni players, most of the tournament athletes will go back to perfecting their techniques in intramural play, but six players were selected for the All-Marine

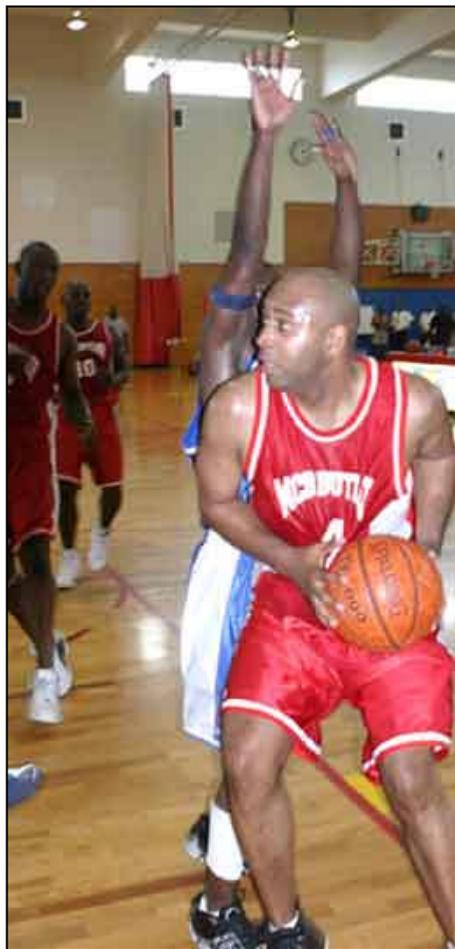


Photo by Lance Cpl. Thomas A. Sloan

**Yonnes Sanders feels the pressure from a 1st MAW defender after pulling down a rebound in the final game of the 2004 Far East Regional Basketball Tournament played at the Kinser Gym April 24. Marine Corps Base Camp Butler beat 1st Marine Aircraft Wing 87-64 to become this year's champion. Sanders finished the game with 22 points and was named the MVP.**

Trial Camp and may be able to represent the Marine Corps in the Armed Forces Tourney. The selectees, all from units on Okinawa are: Leopoldo Bernardo, 3rd FSSG; Justin Brown and Tony Winters of 1st MAW; and Dontellius White, Nate McQuirter and Russ Johnson of 3rd Marine Division.

## Heavyweight champion visits USS Enterprise

By Journalist Seaman Sara Omo  
USS Enterprise Public Affairs

ABOARD USS ENTERPRISE, At Sea (NNS) – USS Enterprise Sailors visiting Fort Lauderdale, Fla., for Fleet Week USA enjoyed the opportunity to meet two-time heavyweight champion Michael Moorer, when the boxer visited the carrier.

Moorer has been a world champion in the light heavyweight and heavyweight divisions. Moorer had a fast but steady rise through the professional boxing ranks, and is best known for defeating Evander Holyfield, former world heavyweight champion, April 22, 1994.

"I'm really happy to be here," said Moorer. "I have always wanted to be on an aircraft carrier, and this is truly awesome."

Moorer toured Enterprise and then went to the mess decks, where he signed autographs and visited with the crew. "I think he is a really great guy, and I had a good time showing him around," said Aviation Ordnanceman Airman Joseph White, one of Moorer's escorts. "I think what really impressed me was the fact that he was continually thanking us for the job that we do out here. He was a very appreciative and friendly guy."

The boxer had his own word of thanks for Enterprise's crew. "Thank you for protecting me, for protecting our country," Moorer said. "I know there are thousands of people who wish they could personally thank you, too. You guys are doing an awesome job."

Moorer's visit was arranged by Master Chief Storekeeper (SW) Ali Nelson and Master Chief Ship's Serviceman (SW/AW) Craig McClendon of Big E's supply department. "We thought it would be a really good thing for the crew to meet him," said Nelson. "We planned his visit so that he would get an opportunity to meet the crew and also be shown a tour of the ship. I am glad that we got to this. It was really great experience."

As Enterprise's visit to Fort Lauderdale came to a close, Big E Sailors were able to add a visit from a world-class athlete to the list of memorable events that made Fleet Week USA a knockout.

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



Courtesy photo

**Kyle Stoney, a recovery Marine with Aircraft, Rescue and Firefighting, tries to land a jab over a block by Jeffrey Cummings, a boxer with East Oahu Waimanalo Boxing Club, during his first bout at USA Boxing Hawaii's "Boxing on the Bay," at Kahuna's Community Ballroom aboard MCB Hawaii, Kaneohe Bay.**

## 'Lords of the Ring' battle it out at K-Bay

MARINE CORPS BASE HAWAII, Kaneohe Bay — He looked the part of a veteran fighter. With one muscled arm stretched across his chest, his look of deep concentration was suddenly split by a smile. The boxer looked like a child about to unwrap his first present on Christmas morning.

"I've been training for about three months constantly, doing a lot of stretching, flexibility and endurance training," said Matthew Strickland, a boxer with MCB Hawaii's Fighters Unlimited Boxing Club.

"I'm the first bout tonight," said Strickland, laughing. "Yeah, it's my first fight. I'm nervous, but I'm confident."

April 23, the Kahuna's Community Ballroom became standing room only for USA Boxing Hawaii's "Boxing on the Bay," hosted by Marine Corps Base Hawaii's newest sports organization, Fighters Unlimited, a boxing club made up of both veteran and novice fighters all stationed here at Kaneohe Bay.

Led by former Golden Gloves competitor Jack Johnson, the Marines of Fighters Unlimited were looking to make a good showing among the nine other boxing clubs who squared off in 16 fights.

Boxing for the Marine team, in front of more than 400 local and base fans, were Strickland, Kyle Stoney, Richardo Ramirez and Thomas Jensen.

Strickland started the evening with a tough loss to Adrial Tam of the Kaneohe Boxing Club in the 178-pound weight class.

Stoney also lost his matchup versus tough competition from the East Oahu Waimanalo Boxing Club.

Fighters Unlimited boxers Ramirez and Jensen were featured in the evening's last two main events against the Palolo Boxing Club's top fighters.

Ramirez's fight was called, but Jensen lost on a decision after a tough and evenly matched fight.

The crowd was definitely pleased with the fights, and with the arrangements.

"So many people came out to see these fights," said Ruben Gutierrez, another boxer in the Fighters Unlimited stable whose fight was cancelled.

"Hopefully, all the interest that's being generated can help us get a base-sponsored boxing team started," said the 19-year-old California native who has been boxing for more than six years.

"We hope these events introduce Kahuna's ballroom opportunities to the community," said Teddy Wells, assistant manager of the Enlisted Club. "These events are open to all ranks and members of the community, and we just keep trying to get the word out."

Fighters Unlimited hopes to put on more showcases in the near future.



Courtesy photo

**Two-time Olympian Thomas A. Tamas, U.S. Army Marksmanship Unit of Fort Benning, Ga., took the silver medal in the Men's 50-Meter Prone Rifle competition at the International Shooting Sport Federation World Cup April 26. He finished second by less than two points.**

# Soldier wins World Cup Silver Medal in prone rifle competition

**By Paula Randall Pagan**  
*U.S. Army Marksmanship Unit  
public affairs officer*

ATHENS, Greece — A Soldier with the U.S. Army Marksmanship Unit of Fort Benning, Ga., took silver at the International Shooting Sport Federation World Cup April 26.

Thomas A. Tamas finished second by less than two points only to Guy Starik of Israel and in the Men's 50-Meter Prone Rifle competition.

After shooting a 597 points out of a possible 600, Starik shot a 104.7 out of a possible 109 points and won the Gold Medal with the total score of 701.7 out of a possible 709. Tamas shot a 596 and got a 104.1 in the finals for a total of 700.1. Christan Lusch of Germany took the Bronze Medal after shooting a 596 with a 103.8 in the finals for a 699.8 total.

Raised in Columbus, Ga., Tamas started shooting in 1978 with the Fort Benning

Junior Rifle Team and graduated from Kendrick High School in 1983. He joined the Army in 1986 and was assigned to the U.S. Army Marksmanship Unit after he completed Basic and Infantry Training.

Tamas served with the Army Marksmanship Unit for seven years before being assigned to the 1st Battalion, 506th Infantry Regiment, in Korea in 1992. After his overseas tour, Tamas returned to Fort Benning and Marksmanship Unit in 1993.

Tamas is a two-time Olympian. In 1992 he did not get to compete in the Olympics because he was an alternate, and in 2000 he placed 13th in Prone Rifle at the Olympics in Sydney, Australia. Tamas set the Prone Rifle World Record of a perfect 600 points and was the 1998 Prone Rifle World Champion.

Last year, he won the Gold Medal and an Olympic Quota Slot for the United States at the Pan-American Games. He will be competing for one of two slots on the U.S. Prone

Rifle Olympic Team at the Olympic Selection Matches, which will be conducted at Fort Benning May 25 to 27.

Formed in 1956 by President Dwight D. Eisenhower to raise the standards of marksmanship throughout the U.S. Army, the Army Marksmanship Unit is assigned to the Accessions Support Brigade of Fort Knox, Ky., which is under U.S. Army Accessions Command, of Fort Monroe, Va. Accessions Command is charged with overseeing recruiting and training of the Soldiers.

The Marksmanship Unit trains its Soldiers to win competitions and enhances combat readiness through train-the-trainer clinics, research and development. The world-class Soldier-athletes of the USAMU also promote the Army and assist recruiters in attracting young Americans to enlist in the Army.

For more information on the U.S. Army Marksmanship Unit, visit the unit's homepage, at [www.usarec.army.mil/hq/amu/](http://www.usarec.army.mil/hq/amu/).

## 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. Sunday, and is free.

## Fitness center

For more information, call 6-2972.

### Push it to the Max

Push it to the Max is a free program that's designed to teach people how to do correct push ups and will improve push up ability.

The program is from 5:30 to 7 a.m. Tuesdays in the aerobic room at the south fitness center.

### 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.

### Aerobiccenter offers classes

The aerobiccenter, located in the south fitness center, offers coed aerobic classes seven days a week.

**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 Saturday 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.

### Link Up 2 Golf for Couples

The Link Up 2 Golf for Couples class is at 5 to 6:30 p.m. ever Tuesday and Thursday from May 18 through June 1. Cost is \$99 per person.

## Community center

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.

### Pool tournament

The pool tournament is at 2 p.m. Saturday at the community activity center. Trophies will be awarded to first and second-place winners.

### Table tennis tournament

The table tennis tournament is at 5 p.m. the second Saturday of every month. Cost is \$2. Trophies will be awarded to first and second-place winners.

### Chess tournament

The chess tournament is at 10 a.m. the last Saturday of every month. Trophies will be awarded to first and second-place winners.

## Volleyball

For more information, call 6-2972.

### Volleyball League Div. 1

Team	Won	Lost	G..B.
882 TRS	7	1	--
381 TRS	7	1	--

Team	Won	Lost	G..B.
366 TRS	6	2	1.0
365 TRS	5	3	2.0
82 MDOS	4	4	3.0
82 MDSS	3	5	4.0
82 SFS	2	6	5.0
364 TRS	2	6	5.0
83 DS	0	8	7.0

### Volleyball League Div. 2

Team	Won	Lost	G..B.
360 TRS	6	2	--
360 Students	6	2	--
80 FTW	4	2	1.0
82 CES	5	3	1.0
82 CS	5	3	1.0
363 TRS	4	3	2.0
363 Students	3	5	2.5
82 MSS/SVS	3	5	3.0
364 Students	2	6	4.0
82 CPTS	0	7	5.5

## Youth center

For more information, call 6-5935

### Summer camp registration

The Kids Rock summer camp registration is May 13 at Bldg. 147.

Children in grades kindergarten through sixth grade are eligible to attend.

People need to bring the child's shot records, a copy of the sponsor's leave and earnings statement and a copy of the military spouse's pay statement.

For more information, call Mary Duncan at 6-7657.

# Air Force baseball swept by UNLV with 22-12 loss

Courtesy of the Air Force Academy News Service

U.S. AIR FORCE ACADEMY, Colo. (AFPN) — University of Nevada-Las Vegas broke open a 12-12 baseball game by scoring eight runs in the eighth inning to complete a weekend sweep of the Air Force Academy with a 22-12 win here May 2. The Rebels tied a Mountain West Conference record by hitting eight home runs in the game.

Rebel Matt Nielsen ended the weekend by going 5-for-5 with three home runs, five runs and seven RBIs. For the three-game series, Nielsen went 9-for-13 with four homers and 12 RBIs. Zeke Parraz also had a career weekend for UNLV, going 4-for-6 on the day with a homer and three runs and RBIs. Parraz went 10-for-13 on the weekend, with seven runs scored.

Shane Clatterbuck picked up his first win of the season by tossing three scoreless innings of relief for the Rebels. Kyle DePierre took the loss for the Falcons, allowing six runs, three earned, in 2.2 innings of relief.

The game was a seesaw battle for the first six innings as the lead changed hands three times in the first five innings.

UNLV put up two runs off Air Force starter Paul Vignola in the first inning, but the Falcons answered back with a pair of runs in the bottom of the inning to tie it up 2-2. Brent Tittle gave the Falcons their first lead of the game with a three-run homer in the second to put Air Force up 5-2. The Rebels rallied to tie the game with two runs

in the third and one in the fourth. UNLV then went ahead 9-5 with four runs off a solo home run by Peter White and a three-run shot by C.J. Ebarb.

The Falcons came right back with six runs in the bottom of the inning to retake the lead at 12-9. The Falcons batted in the fifth, collecting five hits and benefited from a pair of errors by the short-stop, White.

The Rebels rebounded in the sixth with three runs of their own to retie the game at 12-12. UNLV then exploded for eight runs in the eighth and added two more in the ninth to roll to a sweep of the Falcons. Nielsen, who homered in the third, hit two more home runs in the eighth inning. Brad Ross and Andrew De'Angelo hit back-to-back long-balls in the ninth for the Rebels. Matt Minor started the game for UNLV, allowing five runs in two innings pitched. Matt Luca relieved Minor and was tagged for seven runs, three earned in 2.2 innings. Jason Guerra finished the game with a scoreless inning.

Vignola allowed nine runs in 4.1 innings pitched. Jeff Tetrault relieved Vignola and gave up two runs in two-thirds of an inning. J.T. Schroeder pitched the final 1.1 innings for the Falcons, allowing five runs, two earned while fanning three.

The Falcons were out hit 22-12 and committed three errors to the Rebels' four. Falcons Matt Musser, Tittle, Travis Fugler, Karl Bolt, Nathan DeRohan and Jon Polston each recorded two hits in the game. Tittle also scored four runs, and Musser added three.

# TSTV schedule

Informative, educational and entertaining programming is available 24 hours a day, seven days a week on Team Sheppard TV, channel 14. In addition to Department of Defense productions, the base public communication office produces local programming exclusively for Team Sheppard. For more information about TSTV or to share your ideas with the TSTV staff, please contact public communication at 6-1327 or check out our Web site at <http://www.sheppard.af.mil/82trwpa/default.htm>.

### Friday May 7

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

### Saturday May 8

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

### Sunday May 9

10 a.m. The Mission and History of the Air

National Guard  
5 p.m. Sound of Freedom: The Berlin Airlift  
9 p.m. Air Force News Special Edition: The Making of an Air Force Recruiter

### Monday May 10

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

### Tuesday May 11

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

### Wednesday May 12

10 a.m. Air Power Over Kosovo - 21st Century Command and Control  
5 p.m. Into the Mouth of the Cat: Lance Sijan  
9 p.m. The Army in Action - Global War

### Thursday May 13

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

**Be smart. Buckle up and don't drink and drive.**