

The SHEPPARD SENATOR

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

In the news

CGOC hosts Enlisted Appreciation Day

The Sheppard Company Grade Officer Council will host an Enlisted Appreciation Day today at the hospital pavilion from 11 a.m. to 1 p.m. The event includes a barbecue. It's free to enlisted personnel. Officers pay \$5. For more information, call Capt. Delores Anderson at 6-4418.

Spouse Appreciation Day offers discounts, special event

Today is Military Spouse Appreciation Day. Discounts featured include two-for-one bowling, two-for-one golf and two-for-one lunch buffet at the officers club for members. Spouses of deployed members get half off the regular price at these facilities. Special boxes will also be available for spouses to enter door prize drawings for gift certificates to the commissary and AAFES. The commissary and base exchange will offer gifts and discounts to spouses.

There will also be a special event today at the family support center. It will be offering tours of the center from 9 a.m. to 4 p.m. All spouses who visit the family support center today will receive a free gift.

Community assessment survey launched

The community assessment survey was launched Air Force-wide. Caliber and Associates, a civilian contractor, is currently administering this survey. Hundreds of active-duty members and spouses here have been selected to complete it. Every individual who receives a survey is asked to complete and return it in a timely manner. For more information, call Mr. Jeffrey Pixler, family advocacy outreach manager, at 6-2271, or visit the base public communication Web site at <http://www.sheppard.af.mil/82trwpa>.



Photo by Ms. Lou Anne Sledge

Water to wine

Chaplain (Capt.) Sarah Shirley, base chaplain, explains why she adds water to the wine to the children of the church as she prepares the table for Holy Communion at the Protestant service on Sunday at the hospital chapel. For more information about the new Protestant Holy Communion service, see story and photo on Page 4.

Pin honors parents, bolsters support

By Staff Sgt. C. Todd Lopez

Air Force Print News

WASHINGTON – A new program will help airmen honor those who are often their biggest supporters – their parents.

All uniformed airmen can now sign their parents up to receive a new parent lapel pin. The pins are about three-fourths inch square and feature a silver letter "P" cradled with-

in the Air Force symbol.

A personalized letter to the parents from Secretary of the Air Force Dr. James G. Roche and Air Force Chief of Staff Gen. John P. Jumper will accompany the pins.

"We could not protect America's freedom without the incredible people who are willing to carry on the Air Force tradition," the letter reads. "As the proud parents of one of those airmen, your support continues

to be critical to our ongoing efforts and makes a real difference to our country."

"This is a way to build and maintain public support for the global war on terrorism," said Brig. Gen. Edward Tonini, director of Your Guardians of Freedom, the Pentagon office responsible for the parent pin effort. "Demographically, the people most

See PIN, Page 4



Team Sheppard Training 2003



82nd Training Wing: 21,720 students trained to replenish America's combat capability

80th Flying Training Wing: 52 combat pilots trained for the NATO Alliance





Photo by Ms. Sandy Wassenmiller

Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, presents Staff Sgt. Lisa Hough, a paralegal for the Sheppard Law Center, with the 2nd Air Force's Paralegal of the Year Award.

Action Line 6-2000, action.line@sheppard.af.mil

The 82nd Training Wing's Action Line is your direct line to me for any concerns and suggestions you have.

I am personally involved in every reply, and I am committed to making Sheppard Air Force Base a better place to live, work and play.

Before you call the Action Line, however, I ask that you give your chain of command or other base agencies an opportunity to work your concerns. If you still do not receive a satisfactory response, call me at 6-2000, or send an e-mail to

action.line@sheppard.af.mil. Please include your name and telephone number.

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

- AAFES6-2211
- AF suggestion office.....6-IDEA
- AFI 36-2903 issues6-2984
- Civil engineer/housing ...6-2846
- Facilities maintenance....6-6524
- Civilian pay.....6-4890
- Commissary.....6-2750
- Comm squadron6-5524
- Dress and appearance.....6-2984
- Education office.....6-6231

- Family support 6-4358
- Fraud, waste and abuse...6-2222
- Inspector general6-2031
- Military pay 6-1851
- MEO.....6-2360
- Patient advocacy 6-7791
- Safety6-4149
- Security Forces..... 6-2379
- Services Division 6-2089
- CDC6-4244
- Youth center 6-5395
- Golf course6-6369
- Billeting, gyms, athletics, and dining hall..... 6-7429
- South bowling center 6-2170
- Victim assistance.....6-7206
- Base straight talk line.....6-4438

Commanders thank military spouses for support



Brig. Gen. Arthur and Helen Rooney



Col. Ralph and Judy Jodice

"I tried to get her on the bike, but she wouldn't pedal." – Brig. Gen. Arthur Rooney Jr.

"Today we honor military spouses – very special women and men who for many of us truly are the wind beneath our wings. I'm grateful to my wife, Helen, for all she's done to support me and our larger Air Force family during our military journey. I know the same holds true of countless other military spouses. Our military owes you a debt of gratitude this day and every day. We simply couldn't accomplish the mission without the love and support you provide your family. Thank you for all you do." – Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander

"Spouses are the heart, soul and foundation of our Air Force. By being our co-pilot in the home, our spouses help ensure the military member focuses on the mission. Our Air Force could not accomplish its mission so well without the unwavering commitment, dedication and discipline of our spouses. Our spouses are heroes in the books of any military member. And I know my Air Force experience wouldn't have been possible without the support of my wife, Judy." – Col. Ralph Jodice, 80th Flying Training Wing commander

Published by the Times Publishing Company of Wichita Falls, Texas, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 82nd Training Wing.

This commercial-enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of *The Sheppard Senator* are not necessarily the official views, or endorsed by the U.S. government, the Department of Defense or the Department of the Air Force.

The appearance of advertising in this publication

including inserts or supplements, does not constitute endorsement by the DoD, the Department of the Air Force or the Times Publishing Company of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, marital status, physical handicap, political affiliation or other nonmerit factors of the purchaser, user or patron.

Content is edited and prepared by the 82nd TRW public communication office. Copy deadline is noon Friday the week before publication. All photos are U.S. Air Force photos unless otherwise credited. E-mail submissions to SheppardSenator@sheppard.af.mil 82nd TRW/PA, 419 G Ave., Ste. 3, Sheppard AFB, Texas 76311-2943.

82nd Training Wing commander Brig. Gen. Arthur Rooney Jr. Sheppard Senator editorial team

- Director of public communicationLt. Col. John Skinner
- Public communication officer2nd Lt. Ellen Harr
- Chief of internal informationMr. Mike McKito
- Noncommissioned officer in chargeMaster Sgt. Jeff Szczechowski
- Editor (6-7244, sheppardsenator@sheppard.af.mil)Ms. Lynn Gonzales
- Staff writerAirman 1st Class Pamela Lampert
- Staff writerAirman Jacque Lickteig
- Action Line coordinator (6-2000, action.line@sheppard.af.mil)Ms. Terri Tyler

Sheppard hosts Special Olympics

By Airman 1st Class

Pamela Lampert

Base public communication

Sheppard hosted the Special Olympics Saturday at the base track.

Special Olympics is an international organization that sponsors sports competitions for mentally challenged children and adults.

The goals of Special Olympics are to develop improved physical fitness and motor skills, and help create greater self-confidence and a more positive self-image in participants.

This was the 30th year Sheppard has hosted a Special Olympics competition.

More than 20 teams of competitors from the local community participated in the event.

Team Sheppard volunteers provided security, huggers, partners, timekeepers, food service, and set up and tear down.



Competitors race toward the finish line.

Photos by Ms. Lou Anne Sledge



Members of Sheppard's First Sergeant's Council cook hamburgers for competitors' lunches.



A member of the team from Vernon, Texas, competes in the long jump.



Col. Darrell Sims, 82nd Training Wing vice commander, presents medals to the winners.



The torch is lit during the opening ceremonies.

AETC revises supplement to uniform instruction

RANDOLPH AIR FORCE BASE, Texas — Air Education and Training Command recently revised AETC Supplement 1 to Air Force Instruction 36-2903, "Dress and Personal Appearance of Air Force Personnel."

"We completely revised the supplement, which was last published in 1996," said Lt. Col. Karen Schwartz, AETC Directorate of Personnel Field Activities Branch chief. "It was important to update our uniform regulations to reflect the standards of our current leadership and the changing uniform requirements of the Air Force."

The 23-page document gives instructions ranging from wear of the uniform while traveling to authorized haircut

styles for Officer Training School trainees.

According to Lieutenant Colonel Schwartz, the most asked about changes include:

Headwear — All AETC personnel, except HQ AETC personnel, may wear the woodland baseball-style ball cap. Only services, combat arms training, inspector general and maintenance personnel are authorized to wear another color ball cap.

Flight suit wear — Those wearing flight suits must zip up all zippers with the exception of the right leg pocket when it contains the flight cap. Flight suit sleeves may not be pushed or rolled up.

Badge placement — The professional

military education or AETC instructor badge is worn on the right pocket centered under the pocket flap. Personnel assigned to PME will wear the PME badge in lieu of the AETC instructor badge.

Uniform wear while traveling — All AETC military personnel are required to wear the blue service uniform (light blue shirt, short- or long-sleeve shirt with tie or tie tab), with option to wear the light-weight blue or leather jacket while traveling in temporary duty status on commercial contract flights, at government expense within the continental United States.

Morale patches — Morale patches are not authorized for wear on battle dress uniforms.

Wear of aiguillettes — Military training leaders are authorized the blue aiguillette with all uniform combinations upon successful completion of the prescribed formal training course. Airmen leaders will wear the single braided red, yellow or green aiguillette with all uniform combinations; chapel assistants will wear the white aiguillette; drum and bugle or fire and drum will wear the silver or white and navy blue aiguillette; drill team members and special activity teams will wear the black aiguillette.

The supplement will be available May 19 on the AETC Publications Web site. To get there, go to <https://www.aetc.randolph.af.mil>, and then click on the Forms and Pubs icon.

Force development keeps enlisted corps on top

By Staff Sgt. A. J. Bosker
Air Force Print News

WASHINGTON – Force development efforts are under way to ensure the Air Force's enlisted corps remains the best in the world, said the service's top enlisted leader.

According to Chief Master Sgt. of the Air Force Gerald Murray, force development is simply a methodical approach to giving airmen the tools, training, education and experiences needed to be successful.

"Enlisted-force development will let us tailor the professional development of our airmen to best meet the expeditious needs of the Air Force today and in the future," Chief Murray said.

The concept is a top priority of the Air Force's senior leaders, as evidenced by Air Force Chief of Staff Gen. John P. Jumper's Sight Picture released April 28.

"Our enlisted corps is the envy of the world," General Jumper said in the document. "We must ensure our development opportunities produce the

skills needed to remain the world's premier enlisted air and space force."

Enlisted-force development efforts are focusing on the three major areas used to grow the enlisted force — assignments, education and training, said Chief Master Sgt. Michael Gilbert, chief of enlisted-force development in the Air Force senior leader management office at the Pentagon.

See **DEVELOPMENT**,
Page 10



Photo by Lou Anne Sledge

Family Sunday School members show off paintings about baptism. From left are, Chaplain (Capt.) Sarah Shirley, Josh Hafer, Maj. Curt Hafer, Matthew Hafer and Cathy Hafer.

Chapel introduces new service

By Chaplain (Capt.) Sarah Shirley

Base chaplain

A new family-friendly worship service celebrates Holy Communion at 10:30 a.m. Sundays at the hospital chapel.

"This service has ignited my Christian walk," said Master Sgt. Angela Wood. "Everybody is encouraged to be who he or she is and to bring unique gifts to the table. This is truly God's dinner party."

The group also has Sunday School for all ages at 9 a.m. in Bldg. 962. During the next two sessions, the class will learn about why Christians eat blessed bread and wine together each Sunday.

In addition to Sunday services, the congregation studies and prays together at the hospital chapel at 7 p.m. on Wednesdays.

This adult book group is reading a book about liturgy. "Liturgy" means "work of the people," and members design and lead worship.

The congregation uses worship materials from the Lutheran, Episcopal, Methodist and Presbyterian traditions, sometimes called "Liturgical Protestant" faith groups.

"A worship service that meets the needs of the Liturgical Protestant community is an important aspect of the chaplains' ministry," said Chaplain (Col.) Froilan Saluta, wing chaplain for the 82nd Training Wing. "The chapel continues to be committed to the development of this service and the congregation."

Coffee and tea are available before and during worship, and sandwiches and snacks are served afterward. Anyone on base needing a ride to the Holy Communion service may call Senior Master Sgt. Tim Savage at 855-3776 with the location and time of desired pickup.

For information about the Protestant Holy Communion service community or program, call 6-4370 or 642-4941.



Photo by Ms. Debi Smith

AFEES tour

Capt. Karl Ogilvie, deputy commander of Aerospace Physiology, briefs members of the Air Forces Escape and Evasion Society on the use of the Barany chair. Members of AFEES toured Sheppard May 2 as part of their annual reunion.

PIN

Continued from Page 1

likely to wear the pin with the greatest amount of pride – to church, to Rotary Club meetings or to the grocery store – are our parents.

"By wearing this pin, parents will let you know of the pride they have in you," General Tonini said. "When they wear that pin out, their friends will ask about it. Your parents will tell them about you and your service, and how proud they are of you."

Those who would like their parents to receive the parent pin can sign up at the Your Guardians of Freedom Web site at <http://www.yourguardiansoffreedom.com>.

Signing up will require airmen to enter the names and addresses of up to two parents or parental figures, General Tonini said. The program is voluntary and comes at no cost to those participating.

The distribution of the parent pin and accompanying letters is the second major effort by the relatively new Your Guardians of Freedom office. The first was the "E" pin campaign, started in November 2002, in which pins featuring an "E" and personalized letters are sent to the civilian employers of Air National guardsmen and reservists.

Both pin programs are adaptations of public support campaigns carried out during World War II. The Your Guardians of Freedom program is designed to continue those traditions by ensuring the continued support

of Air Force activities by those who do not wear the blue uniform, but stand behind those who do, General Tonini said.

"Your Guardians of Freedom is an outreach program targeted at what we consider the core constituencies that the Air Force requires to do its work," General Tonini said. "If we are going to keep people in the Air Force ... we need programs targeted at their families ... and their extended families. In the case of the Reserve and Guard, that also includes civilian employers."

The "E" pin program is ongoing, and reservists and guardsmen can still sign their employers up at the Your Guardians of Freedom Web site.

"In the Air Force, we tend to use the term 'force multiplier,'" General Tonini said.



The new Air Force parent pin

"These programs aren't force multipliers, but rather, support multipliers all around the country."

Enlisted spouses' club potluck social to take place

Brig. Gen. and Mrs. Arthur Rooney will host a potluck social at their home, 231 Jupiter Court, for the enlisted club members and their spouses on Saturday at 4 p.m. A meat dish will be served. Attendees should bring a side dish or dessert. RSVP by calling 855-7922.

Vernon College to change to summer hours

Vernon College will change their on-base administrative office hours for the summer starting Monday through Aug. 15. The office will be open Monday through Thursday from 7:45 a.m. to 5:15 p.m. and will be closed on Fridays. Call 855-2203 for more information.

Summer hours to change for MSU

Midwestern State University's Sheppard office in Bldg. 402, Room 340, will be operating at different hours beginning Monday through Aug. 22. The office will be open 7:30 a.m. to 12:30 p.m., Monday through Thursday. The office will be closed on Fridays. MSU's main campus office

hours will be 7 a.m. to 6 p.m., Monday through Thursday, and will be closed Fridays. Contact Ms. Delores Jackson, MSU military outreach coordinator, at 855-4491 for more information.

Officers' spouses' club to hold reception

The Sheppard Officers' Spouses' Club will hold an awards reception for their annual scholarship winners Wednesday at 6 p.m. at the officers club.

The officers' spouses' club awarded ten college, junior college or vocational bound students scholarships in the amount of \$1,500. The reception is free to all members of the officers' spouses' club. Hors d' oeuvres will be served. Reservations are required by today. Call 855-7303 for more information or to make a reservation.

Officers' spouses' club to hold month luncheon

The Sheppard Officers' Spouses' Club will hold a May luncheon and board induction meeting May 21 at the officers club. The following events are scheduled: a social at 11 a.m., business at 11:15 a.m., lunch

starting at 11:30 a.m., and the program on the thrift shop will start at noon. Cost is \$8.95. The menu will be oriental chicken caesar, Kaiser roll, cheesecake, coffee and tea. Reservations are required for the function and childcare. Call 855-7303 to make a reservation or for more information.

Contracting squadron to sponsor blood drive

The 82nd Contracting Squadron will sponsor a blood drive May 22 from 3-7 p.m. at the community center multi-purpose room. For more information, call Tech. Sgt. Derrick Rhea at 6-5184 or Tech. Sgt. David Bustamante at 6-4440.

Manpower office to hold lunch and learn

The 82nd Training Wing Manpower Office will hold a lunch and learn May 28 at 11 a.m. at the officers club. The topic will be priorities and leadership for success. The guest speaker will be Mr. John Bridgman, the author of a book on principles of success for business. Contact Tech. Sgt. Kevin Keehnen at 6-7317 for more information.

AETC policy mandates driving with headlights

Air Education and Training Command's policy to drive with headlights on during periods of inclement weather regardless of the time of day is now in effect. For more information about safety policies, call the 82nd Training Wing Safety Office at 6-4149.

Civilian Tuition Assistance program includes Pell Grant

The Civilian Tuition Assistance program can now be used in conjunction with Pell Grant funds. Appropriated-fund civilians working for the Air Education and Training Command can receive financial support for higher education through CTAP. The tuition assistance program is limited to instructional costs and laboratory fees for courses that are determined to be mission-related. Books and other fees will be the responsibility of the student. For more information, visit with a guidance counselor in the education services center, Bldg. 402, Room 306. Customers are seen on a walk-in first come, first served basis Monday through Thursday 8:30 a.m. to

4:30 p.m., or call 6-6231 for a Friday appointment.

Coordinate special events with security forces

When planning a special event on base and anticipating non-military affiliated guests, contact the 82nd Security Forces Squadron at least 72 hours prior to the scheduled event by calling 6-7616 for entry procedures.

Missouri Air National Guard has positions available

The 157th Air Operations Group has part-time officer and enlisted positions available. The 157th AOG is a Missouri Air National Guard unit located near downtown St. Louis. The unit augments the Pacific Air Forces Deployable Air Operations Center responsible for developing the air campaign plan and producing the daily Air Tasking Order for the Joint/Coalition Air Component commander. Vacancies include the following AFSCs: 13M, 13B, 13S, 12R, 1C551, and 1C151. Anyone interested should call 1-800-870-2166, DSN 824-8503, or e-mail jb.aviator@mostlo.ang.af.mil.

Student Activities

Happenings on base and in the community

Student center events

Every Monday, 7-9 p.m. - jam session, bring your own instrument/equipment.

Every Tuesday, 5-9 p.m. - Video Night in the pub.

Every Wednesday, 7-9 p.m. - Variety Dance Night in the pub. Listen to Latin, hip-hop and R&B music.

Every Thursday, 7-9 p.m. - Karaoke Night.

Every Friday and Saturday, 7 p.m.-1 a.m. Club BDU dance.

Every Sunday, 3-5 p.m. - billiards tournament in the ballroom.

Hours of Operation

Monday-Thursday: 10:30 a.m. to 10 p.m.

Friday and Saturday: 10:30 a.m. to 1 a.m.

Sunday: Noon to 10 p.m.

Holidays: Noon to 8 p.m.

Car show to roll onto base Saturday

The base will have a car show Saturday at the base exchange parking lot from noon to 4 p.m. The cost to register is \$10 on the day of the show. There will be free hot dogs, chips and drinks, entertainment, other activities and information on how to buy a car. Registration forms are available at outdoor recreation, Bldg. 2117, or call 6-4141.

Club BDU to honor Armed Forces Day with dance

Club BDU will hold a dance for Armed Forces Day May 17 from 7 p.m. to 1 a.m. For more information, call 6-7659.

Club BDU to celebrate Memorial Day with special dance

The student center will hold a special Club BDU Memorial Day dance May 25 from 7 p.m. to 1 a.m. There will be DJ music for hours of dancing. Call 6-7659 for more information.

Student center to cookout, race beds for Memorial Day

The student center will host a Memorial Day celebration with a cookout and a bed race May 26 from noon to 4 p.m. Register at the student center. Deadline is Wednesday. The Memorial Day celebration and cookout will be in the central

park on the north side of the student center. There will be free food, including hamburgers, hot dogs and baked beans, and DJ entertainment. A team of five from each training squadron will compete against the clock for recognition. There will also be awards and prizes for the fastest, best decorated bed and overall team spirit. For more information, call 6-7659.

Chapel events

Sheppard chapels offer a variety of programs for student enrichment:

Saturday

All students are invited to the "Solid Rock Cafe" held each Saturday at the south chapel. Dinner is served at 5 p.m., and a variety of scheduled activities take place from 3-9 p.m.

Sunday

Students are invited to the north chapel at 5 p.m. on Sundays for Bible study, an informal get-together with refreshments and student-led music, ending with athletic activities at the north fitness center.

Community center events

Table tennis classes

Free classes are held every Monday and Friday. Professional tournament instructors are available. For more information, call 6-3866.

Community center to hold table tennis tournament

There will be a table tennis tournament Saturday at 5 p.m. There will be first- and second-place trophies. For more information, call 6-3866.

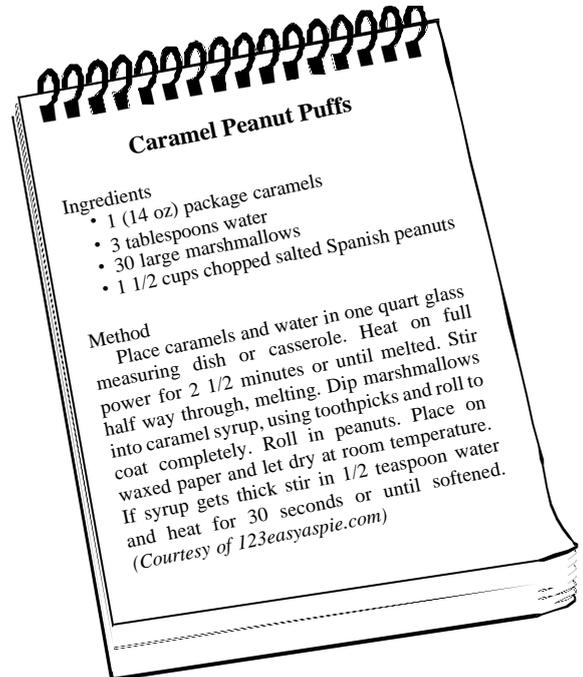
Other events

Dining facilities celebrate birthdays with dinner

Students who are having a birthday this month and are on subsistence in kind are invited to celebrate their birthdays on the Friday of their choice for dinner. Contact the cashier to pick up a birthday card registration form.

Students should indicate their entree choice and when they want to celebrate. Students can contact the dining facility manager/supervisor, or call 6-2080 for more information.

MICROWAVE RECIPE



Caramel Peanut Puffs

Ingredients

- 1 (14 oz) package caramels
- 3 tablespoons water
- 30 large marshmallows
- 1 1/2 cups chopped salted Spanish peanuts

Method

Place caramels and water in one quart glass measuring dish or casserole. Heat on full power for 2 1/2 minutes or until melted. Stir half way through, melting. Dip marshmallows into caramel syrup, using toothpicks and roll to coat completely. Roll in peanuts. Place on waxed paper and let dry at room temperature. If syrup gets thick stir in 1/2 teaspoon water and heat for 30 seconds or until softened.
(Courtesy of 123easypie.com)

Family support asks, 'Are you an empowered consumer?'

Do you qualify as an empowered consumer?

Take the following test to see if you are a customer who takes charge of purchasing decisions.

1. Do you routinely compare prices of purchases more than \$20 in at least three locations?

Yes No

2. Do you understand your spending personality and take steps to control it?

Yes No

3. Do you have more than one year's salary in savings?

Yes No

4. Do you have a college savings plan for your children?

Yes No

5. Excluding your home mortgage, are you debt free?

Yes No

6. Do you routinely read consumer reviews on major purchases before buying?

Yes No

7. Do you make deposits each month into a savings account, mutual fund or other investment separate from your checking account?

Yes No

8. Do you routinely ask for discounts, extras or upcoming sales?

Yes No

Count your "yes" responses, and compare them to the following scale.
6-8 yes responses: Indicates you are an Empowered Consumer with a strong desire to maximize the value of every dollar you spend.

3-5 yes responses: Indicates average money skills and "average" isn't that good.

0-2 yes responses: Indicates below average money skills, but you have the power to change.

(Courtesy of the base family support center)

For movie show times and general activities at Services facilities, see Sheppard Scenes on Page 18.

Armed Forces Week starts Saturday

Events, activities to take place throughout week

By Ms. Lynn Gonzales

Base public communication

Armed Forces Week starts Saturday and runs through May 18.

The theme for this year's Armed Forces Week is "A Force for Freedom."

The week will include four events and activities: Armed Forces Week sports challenge, the Armed Forces Day cookout a multi-service parade and the Armed Forces Day cake-cutting ceremony.

During the sports challenge, several tournaments will take place. An Armed Forces volleyball tournament will start Monday and end Thursday at the south fitness center. Games will run from 5:30-8:30 p.m. Registration deadline is Tuesday. Then, an Armed Forces softball tournament will take place May 16-17 at Field 1. Games will start at 6 p.m. on May 16 and 8 a.m. on May 17. Awards for first, second and third places will be given.

Armed Forces Week will culminate with three events on May 16.

A cookout will start at 4 p.m. and run through 8 p.m. at the community center. It's open to the base community. The cost is \$3.25 per person, and meal cardholders get in free. There will be outdoor activities and a disc jockey.

Then, the multi-service parade starts at 4:30 p.m. on the parade grounds. A mayoral "Armed Forces Day" proclamation will be presented.

The Armed Forces Day cake-cutting ceremony will take place at the community center. It is open to everyone, and everyone should be in place at 5:50 p.m. Colors will be posted and the ceremony will begin at 6 p.m.

For more information about any of these events, call 1st Lt. Clinton Hartman, 82nd Training Wing project officer, at 6-4331.



Photo by Ms. Mandy McKitto

Beautifying base

Mr. Steve Nunn, a civilian sign and painting contractor, re-paints the flag-pole outside Building 400. The re-painting was part of "I Love Shepard" Week, which started Tuesday and ends today. During the week, facility managers conducted a base-wide spring cleaning of various buildings and grounds on base.

Asian Pacific Islander Month kicks off

By Ms. Lynn Gonzales

Base public communication

Asian Pacific Islander month kicked off May 1 with a breakfast at the enlisted club ballroom.

Lt. Col. Janet Robinson, chief of the 82nd Dental Squadron's Clinical Dentistry Flight, was the guest speaker.

Lieutenant Colonel Robinson's speech addressed the heritage month's theme, "salute to liberty." She described her family history and how she got where she is.

"If I could leave you with a message," she said, "it would be this: Don't take your life or liberty for granted."

She said that everyone has the freedom to achieve what they want if they believe in themselves and work hard for it.

"It doesn't matter where you come from, where you've been, what your ethnic background is, or what color you are," she said. "Let's celebrate our differences and the different gifts we bring together and work together to make this nation strong."

See the box below for a complete list of events to celebrate Asian Pacific Islander month.



Photo by Mr. T. R. Steele

Lt. Col. Janet Robinson, the Clinical Dentistry Flight commander for the 82nd Dental Squadron, speaks to an audience at the Asian Pacific Islander Month kick-off breakfast held May 1 at the enlisted club ballroom.

API Month Events

May 13, 20 and 27

Library story time on Asian Pacific Islander culture,
10:30-11 a.m.,
base library

May 21

Free cooking and craft demonstrations
11 a.m. to 12:30 p.m.,
south chapel

May 30

Grand luau,
6-9 p.m.,
enlisted club,
\$12 per person

For more information on the events, call 6-2031.

Volunteers honored at recognition social



Senior Master Sgt. Lucia Carracedo – 82nd Medical Group – Volunteer of the Year, Active Duty Category



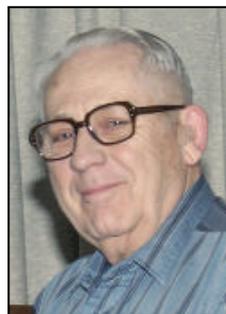
Mr. John Roberts – 782nd Training Group – Air Force Volunteer Excellence Award, Federal Civilian Category



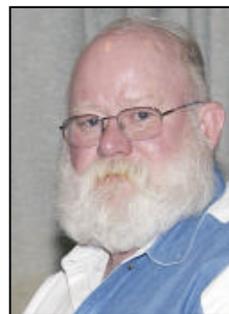
Ms. Betsy O'Connor – 80th Flying Training Wing – Air Force Volunteer Excellence Award, Family Member Category



Ms. Dyane Kregger – 80th Flying Training Wing – Volunteer of the Year, Military Spouse Category



Mr. Elwood Hackworth – 82nd Medical Group – Volunteer of the Year, Retiree Category



Mr. Charles Green – 82nd Mission Support Group – Volunteer of the Year, Civilian Employee Category

80th FTW announces quarterly awards

The following are the 80th Flying Training Wing Quarterly Award Winners for the second quarter: Company Grade Officer of the Quarter: Capt. Holly Grant, 90th Flying Training Squadron; Senior NCO of the Quarter: Master Sgt. Stacy Tuckwell, 80th Operations Support Squadron; NCO of the Quarter: Staff Sgt. James Henry, 89th Flying Training Squadron; Airman of the Quarter: Senior Airman Eric Toves, 80th OSS; Civilian GS-9 and Above of the Quarter: Mr. Brian Seigars, 80th OSS; Civilian GS-8 and Below of the Quarter: Ms. Linda Goodwin, 89th FTS; and Wage Grade Civilian of the Quarter: Mr. Stanley Joslin, 80th OSS.

Pilot awards for the second quarter are as follows: T-37 RSU Controller of the Quarter: Capt. Randall Schmedthorst, 89th FTS; T-38 RSU Controller of the Quarter: Navy Lt. Michael Schock, 90th FTS; T-37 RSU Observer of the Quarter: Capt. Jonathan Findley, 89th FTS; T-38 RSU Observer of the Quarter: Capt. Torsten Zurek, 90th FTS; T-37 Instructor Pilot of the Quarter: Capt. Jeffrey Allison, 89th FTS; T-38 Instructor Pilot of the Quarter: Capt. Lonneke Maes, 90th FTS; PIT/IFF Instructor Pilot of the Quarter: Maj. Bo McGowan, 89th FTS; PIT/IFF Flight Commander of the Quarter: Capt. Erkan Aygen, 88th Flying Training Squadron; T-37 Flight Commander of the Quarter: Lt. Cmdr. Wolfgang Schiessl, 89th FTS; and T-38 Flight Commander of the Quarter: Capt. Jason Roberts, 90th FTS.

DEVELOPMENT

Continued from Page 4

"We have great noncommissioned officers, leaders and supervisors out there doing what they can to help their subordinates develop, but our current system doesn't always complement their efforts," he said.

There are certain points in an NCO's career that require logical progressions in responsibility and experience, Chief Gilbert said. That progression is not always factored in under the current system.

"We've got to tweak the system to ensure we provide that experience and development to our people," he explained.

According to Chief Gilbert, a clear example of the current system's shortcoming is in the selection of people to work on the Air Staff who have never been given the opportunity to work at a major command or numbered Air Force.

"That leap in responsibility is not only unfair to the person, but it's also not good for the Air Force," Chief Gilbert said.

Although many can still be successful through hard work and dedication, the Air Force should have provided them with the necessary background before that assignment, he said.

Force development will prepare people not only for success on the Air Staff, but also for success in their base shops.

"The majority of the enlisted force who work at the base level their entire careers will not be overlooked," he said. "It is just as vital that we properly develop those people who are accomplishing the mission day-in and day-out."

Chief Murray said that in the past, the Air Force has been stuck in the mindset that everybody needs to have the same professional development. With force development, that is not the case.

"Force development will provide all airmen with the right professional-development opportunities to succeed in any job they do," Chief Murray said. "And that approach will be tailored based on people's specialties, aspirations, potential and Air Force needs."

The intentions are to not turn this into a square-filling Air Force, Chief Murray said.

"It's more important that our people are out there focusing on the mission and taking care of business," Chief Murray said. "And it's our responsibility to focus on giving those young airmen and NCOs the right opportunities and experiences at the right times during their careers to succeed."

**Be smart.
Stay safe.
Don't drink
and drive.**



Photo by Mr. T. R. Steele

Col. Jeanie Kearney, 882nd Training Group commander, and retired Lt. Gen. Paul Carlton, former Air Force surgeon general, unveil a portrait of General Carlton that will hang in Bldg. 1900.

Former Air Force surgeon general's portrait unveiled at Bldg. 1900

By Airman 1st Class
Pamela Lampert

Base public communication

A new face was added to Bldg. 1900's Hallway of History Monday.

A portrait of retired Lt. Gen. Paul Carlton, former Air Force surgeon general, was unveiled and hung among the portraits of his predecessors.

General Carlton served as Air Force surgeon general from December 1999 until his retirement in December 2002.

His portrait is the last in the series of former Air Force surgeon generals' portraits hanging in Bldg. 1900, Sheppard's main building for medical training.

"It's important for our students to recognize the historical contri-

butions of our medical leadership," said Maj. Jill Scheckel, Executive Skills director. "It is not only a Hallway of History, but also a means to honor those who have committed themselves to the development of the best medical service in the world."

General Carlton was present at the unveiling ceremony, which followed a presentation on leadership that he gave to the Intermediate Executive Skills Course.

All of the course's students attended the ceremony.

"This was important because the Executive Skills Course contains 130 of our future Air Force Medical Service leaders," said Major Scheckel, "and they were able to witness a historical event – bridging the gap between past and present."

82nd Security Forces Squadron advises housing residents to exercise pet control

The 82nd Security Forces Squadron has noticed an increase of incidents involving pet control in base housing.

These incidents include neglect of pets, nuisance calls and reported strays.

By definition, neglect is failure to care for or give proper attention. Owners must provide adequate food, water, shelter and nurturing to a pet.

Pets will not be left unattended outside quarters unless the yard is fenced or the pet is secured in a protected enclosure.

The use of chains or any other tethering device to provide unattended control of a pet is prohibited.

Personnel on leave or temporary duty must provide a caretaker for their pet; however, the owner is ultimately

responsible for the pet while under the caretaker's guardianship.

An animal's behavior that is not consistent with good order and quality of life is not tolerated and will be considered a nuisance.

Complaints involving the actions of a privately owned animal will be registered with Security Forces, who will investigate all complaints.

If the owner or person responsible for the animal's welfare is present, the individual will be informed of the complaint and the findings. If the complaint is believed to be legitimate, Security Forces will initiate an incident report.

With the summer months approaching, more outdoor activities will be tak-

ing place. Pet owners need to be aware of their pet's capabilities and exercise control over them.

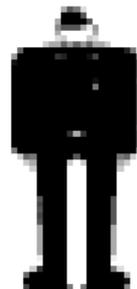
If a pet knows how to open the screen door, lock it. Owners of dogs who like to bark should be mindful of neighbors trying to sleep at night and neighbors who are mid-shift workers and sleep during the day.

For further information regarding pet control, refer to SAFBI 31-201. The base housing manual and the base veterinarian office can also provide helpful information.

People can also contact the Security Forces law enforcement desk at 6-2981 with concerns and questions. *(Courtesy of the 82nd Security Forces Squadron)*

Sgt. Looksharp says ...

In uniform, members are prohibited from attaching, affixing or displaying objects, articles, jewelry or ornamentation to or through the ear, nose, tongue or any exposed body part (including those visible through the uniform). This would include a gold rack of caps over the teeth. Ref: AFI 36-2903, Table 2.5, Item 3.



361st TRS to hold blood drive

The 361st Training Squadron's Propulsion Flight will sponsor a blood drive on May 20 in Bldg. 1954 from 7 a.m. to 5 p.m.

The reason for this blood drive is two-fold.

On April 6, Tech. Sgt. James Duncan, the 361st TRS's Propulsion Flight, was involved in an auto accident in Archer County. He suffered severe injuries and internal bleeding that required several units of blood and platelets. The blood drive will work to replenish the source that saved his life.

Also, May 23 marks the beginning of the "101 Critical Days of Summer," typically the most dangerous time of the year due to increased outdoor and travel related activities. With this critical time approaching, the drive will help out the Wichita Falls community by having enough blood on hand to help anyone who may need it.

Donations will only last up to

42 days. It takes 45 minutes to one hour to give a unit of life-saving blood and save several lives. The actual donation time takes about eight to 12 minutes.

Giving blood is safe. A sterile needle is used, and the donation site is made sterile prior to the donation. There is no risk of contracting HIV/AIDS from donating blood.

During the summer months blood donations drop off considerably. Blood centers often run short of blood types O and B because they are in greatest demand.

To help Tech. Sgt. Duncan and the Wichita Falls community by donating blood, contact either Mr. Tim Robbins at 6-2533, or Tech. Sgt. Charles Fouch at 6-2529 to set up an appointment. *(Courtesy of the 361st Training Squadron)*



USAFADS photo by Staff Sgt. Sean White

Up and away

The Thunderbirds, the Air Force's premier aerial demonstration squadron, perform the delta formation, one of their signature maneuvers. The Thunderbirds will perform at Sheppard's Centennial Air Power Celebration, the air show commemorating the Wright Brothers' first flight, on June 15. A variety of other aerial demonstrations and activities will be featured during the June 14-15 open house weekend. For more information about the air power celebration, watch for coverage in *The Sheppard Senator*.

Phone message leads to visit, new friends

By Tech. Sgt. Robert Cotto

Base family support center

“While you were out” messages: How many of those memos do you get every time you return to the office?

As the family readiness NCO at Sheppard, it’s amazing how many pile up in my “inbox” or on my desk, each time I return to the office.

Sometimes I look at the stack and wonder, where do I even begin?

There’s one particular call I returned that I’d like to share with you.

On April 11, I returned a call from a woman named Jackie, who works for an adult day care center for the mentally handicapped here in Wichita Falls. She told me the adults there wanted to do something, and they chose to write letters, make cards and color Easter pictures for the deployed soldiers.

“They realize it’s not much, but it was a lot of work for them. Some of them do not have much of an education, it took them a long time to write the letters, but they were very determined to do something,” said Jackie.

On April 13, Mrs. Tanya Hawks, the family life education program manager, and I went to the adult daycare center.

When we arrived, we spoke briefly with Jackie. Jackie had all our friends seated so that she could introduce us to the group. We received a warm welcome from each person, as we walked the room, shaking hands with each of our new friends.

After the introduction, I thanked them and opened the floor up for some questions. Mrs. Hawks and I were absolutely amazed at some of the questions they had asked.

One of our new friends asked, “How do you get all

those helicopters, tanks, and trucks over to Iraq?”

Another told us that her parents were telephone operators in the Air Force and asked if the soldiers got to talk to their families.

What happened next is a moment that Mrs. Hawks and I will never forget. All our friends stood up, and as one held up an American flag, they all put their hands over their hearts and recited the Pledge of Allegiance for us.

It was beautiful, and although I’m not currently overseas, this moment made me feel proud and honored to be wearing our uniform.

Before we left, we went around the room, and instead of handshakes, we received hugs from our new friends. I was even given many salutes, which I proudly returned.

Here is a letter written by one of our new friends:



Photo by Ms. Tanya Hawks

A group of mentally handicapped adults, from a local adult daycare center offer their support for troops fighting overseas.

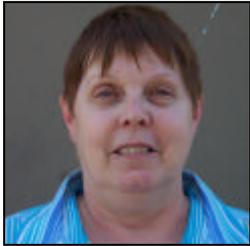
“Dear Soldier,

How are you? I’m very proud of the job you are doing. Thank you for protecting our freedom. We love you all. Thank you for fighting for us. Jesus is with you always.

God bless you and keep you safe. Keep up the good work. I know your families are thinking of you and so are we. I’ll keep praying for you. We salute you. Thank you, Michelle”

Soundoff

What's the greatest thing your mother has ever done for you?



"Everything she told me when I was younger was right. I realized that when I got older." ~ Ms. Sherri Powell, student traffic management office



"Putting up with me and my twin brother." ~ Army Sgt. Keith Todd, 187th Medical Battalion



"She bought my plane ticket home for the holiday exodus." ~ Airman 1st Class Paul Stork, 361st Training Squadron



"She pinned me on at my last promotion" ~ Maj. John Bell, Headquarters Air Force Personnel Center



"She always encourages, supports and motivates me." ~ 2nd Lt. Logan Harr, 80th Operations Support Squadron

General activities**Lake Texoma to celebrate Mother's Day with breakfast**

Sheppard Annex Lake Texoma will have a Mother's Day breakfast special Sunday. The breakfast will include two pancakes and sausage or bacon for \$1.99. For more information, call (903) 523-4613.

Give Parents a Break Program to take place Saturday

The Give a Parents a Break Program is being held at the child development center the first Saturday of every month from 1-5 p.m. The next session is June 7. Those eligible to use the program include parents of children 6 weeks through 5 years old whose spouse is deployed, on extended TDY or required to work extended shifts. Also included are those parents who have been experiencing extenuating family circumstances such as the birth of a baby, serious illness of a family member, death in the family or extended illness of a family member. Register two weeks in advance or call to check on availability. The last day to register is the Wednesday before the Saturday session. Call 6-2038 for more information or dates.

Lake Texoma to rock Memorial Day weekend

Sheppard Annex Lake Texoma will have a Memorial Day weekend celebration May 24 from 8 p.m. to midnight. The Double Shot band will perform in the lodge from 7-11 p.m., playing a variety of music including the 50s, country and 70s rock. The bar will also be open. Call (903) 523-4613 for more information.

Dining halls to have Memorial Day lunch special

Dining halls 516, 726 and 1358 will have a Memorial Day lunch special May 26 from 11 a.m. to 1:30 p.m. For more information, call food service at 6-7226.

Youth summer camp to start in June

The youth center will host a summer camp in June. Registration for camp begins Tuesday at 10 a.m. in Bldg. 197. Camp starts June 2 from 7 a.m. to 1 p.m. The camp is for 12-14 year olds. There is a weekly fee, and participants must have registration paperwork and payment made prior to attending. They will have field trips, crafts, games, volleyball, video games and other structured activities. Call 6-5395 for more information.

Youth center to offer swimming lessons

The youth center will provide swimming lessons. Registration begins Thursday at 10 a.m. at Bldg. 197. Levels offered include Level 1, 2, 3 and possibly 4. The lessons are for children ages 3 and up. Classes for ages 3-4 will be a child and parent class. Instructors are certified.

Spaces are limited. There are no more than six children per class. Classes are held in the morning. For more information, call 6-5395.

Club activities**Pool tournament to hit enlisted club**

The enlisted club will have a pool tournament Tuesday starting at 7 p.m. A minimum of 10 people is required. For more information, call 6-2083.

Officers club to offer Mother's Day brunch

The officers club will hold a Mother's Day brunch from 10 a.m. to 2 p.m. Sunday. All ranks are welcome. Tickets cost \$11.95 for members, \$14.95 for non-members, \$5.95 for children 6-12 years old, and children 5 and under eat free. Membership pays! Call the officers club at 6-6460 for more information.

Oldies but goodies to rock enlisted club

The enlisted club will hold an oldies but goodies night May 17 from 8 p.m. to 2 a.m. Music from the decades of oldies will play throughout the night. For more information, call 6-2083.

Officers club to serve Tex-Mex buffet

The officers club will serve a Tex-Mex buffet Thursday from 5:30-8 p.m. Cost for members is \$6.95, and cost for non-members is \$9.95. Membership pays! All ranks are welcome. Call the officers club at 6-6460 for more information.

Enlisted club now closed on Sundays

The enlisted club is now closed on Sundays. Call the enlisted club at 6-2083 for more information.

Duffy's Lounge changes weekend hours

Duffy's Lounge is now open on Thursdays from 4-8 p.m., Fridays from 4 p.m. to 2 a.m., and is closed on Saturdays. For more information, call 6-6460.

Upcoming trips, show ITT planning upcoming trips in May

ITT is planning several trips for the month of May. Call 6-6210 for more information about any of these trips.

May 17 - Six Flags Theme Park, cost is \$38 per person. Register by Tuesday.

May 24 - Scarborough Faire and Medieval Times, cost is \$70 per person. Register by May 20.

ITT to hold travel show

ITT will hold a travel show Saturday from noon to 4 p.m. inside the main base exchange. Admission is free. There will be information on how to plan a vacation getaway. Call 6-2302 for more information.

At the Flicks**Friday 6:30 p.m.**

The Core

Friday 9 p.m.

Gangs of New York

Saturday 2 p.m.

Piglet's Big Movie

Saturday 4:30 p.m.

The Core

Saturday 7 p.m.

Gangs of New York

Sunday 2 p.m.

Piglet's Big Movie

Sunday 4:30 p.m.

Gangs of New York

Thursday 6:30 p.m.

A Man Apart

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

The Core (PG-13) - Aaron Eckhart, Hilary Swank - With the core not spinning and the planet's magnetic field deteriorating, our atmosphere comes apart with catastrophic consequences. To resolve the crisis, a geophysicist and a team of the most gifted scientists travel into the earth's core in a subterranean craft piloted by "terranauts" to detonate a device that will reactivate the core.

Gangs of New York (R) - Leonardo DiCaprio, Daniel Day-Lewis - A young Irish-American immigrant returns to the Five Points

bent on revenge against the anti-immigrant gang leader who killed his father. His journey becomes a fight, for both personal survival and to find a place for his people, which reaches a crescendo during the 1863 Civil War Draft Riots.

Piglet's Big Movie (G) - Animated - When Piglet disappears, his pals use his scrapbook as a map to find him - and discover that this small animal has been a big hero in a lot of ways. After the search, Piglet once again demonstrates how large an influence he has been on his pals.

Chapel Schedule**Student programs**

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

Saturday, 3-9 p.m., Solid Rock Cafe, South Chapel

Saturday, 3 p.m., Marriage Group, South Chapel

Sunday, 5 p.m., Sunday Evening Gathering, North Chapel

Catholic activities**Mass**

Saturday, 5 p.m., North Chapel

Sunday, 9 a.m., North Chapel

Sunday, noon, North Chapel

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

Reconciliation

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

Protestant activities**Worship services**

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

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

Sunday, 10:30 a.m. Protestant Holy Communion Service, Hospital Chapel

Wednesday, 7 p.m., Adult Book Study and Compline, Hospital Chapel

Religious education

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

Bible studies

Tuesday, 6 p.m., Protestant Bible Study, South Chapel

Thursday, noon, Protestant Bible Study, South Chapel

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

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

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

Lay-led faith groups

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

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

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

Mystic Grove Pagan Study Group, Wednesday, 7 p.m., Bldg. 962, call Kalista at 6-4370

Buddhist activities, call Terry Kelley at 6-4963 or 322-7389

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

It's Here!



***At the click of a remote
Tune in today, Tune in every day***

Programming runs 24 hours on TSTV Channel 14.
Check out the detailed schedule at
www.sheppard.af.mil/82trwpa.

Daily Programming

Sheppard Today ~ 6 a.m., noon, 5 p.m.
Air Force News ~ 6:30 a.m., 12:30 p.m., 5:30 p.m.
Navy/Marine News ~ 8 a.m., 2 p.m., 7 p.m.
Army News ~ 8:30 a.m., 2:30 p.m., 7:30 p.m.

Today

4:30 a.m. *Maj. Gen. John Regni, 2nd Air Force Commander: On Communication*

10:30 a.m. The Berlin Airlift

9:30 p.m. History of the Air National Guard

Saturday

7 a.m. *Maj. Jeffery Johnson: On Bring Your Child to Work Day*

3 p.m. The Berlin Airlift

4 p.m. *Carlie's Story: The Consequences of Drinking and Driving*

Sunday

10 a.m. Carlie's Story

1 p.m. History of ANG

Monday

5:30 a.m. History of Air Mobility Command

9 a.m. Major Johnson

6 p.m. History of ANG

Tuesday

2 a.m. History of AMC

4:30 p.m. Carlie's Story

10:30 p.m. Major Johnson

Wednesday

11:30 a.m. Informative Videos

8 p.m. The Berlin Airlift

11:30 p.m. Carlie's Story

Thursday

5:30 a.m. History of AMC

7 a.m. Major Johnson

8:50 p.m. History of ANG

To make suggestions or submit a unit video to TSTV Channel 14, call 6-2732 or e-mail TSTV@sheppard.af.mil.

Drinking and driving don't mix!



Photo by Mr. Mike McKito

Staff Sergeant Deborah Brumback, 82nd Training Wing command post emergency action controller, verifies a weather advisory using the base emergency notification system. The command post acts as the central point of contact for all notifications concerning the base.

Base command post acts as central point for notifications

By Staff Sgt. Deborah Brumback

82nd Training Wing Command Post

What is a command post? What does it do for you at Sheppard?

These are two questions that most airmen cannot answer.

The command post is located in the basement of the community center, Bldg. 430. It is open 24 hours a day, seven days a week. A certified controller is on duty at all times.

The command post is the central point of contact for all notifications concerning the base. Although in most cases they don't cause the circumstances for the incident or event itself, they make sure the

base populace is aware of it.

For example, when bad weather affects the base, the weather agency will notify the command post of warnings and watches. They put out the notification but have no handlings of the weather forecasting.

One thing the command post has no control over is whether the students do physical conditioning in bad weather. Safety is always a factor, but the students are briefed on specifics during their in-processing to their units.

The command post is also responsible for notifying the base of Force Protection Conditions and random FPCon measures.

Another duty of the com-

mand post is to act as the focal point for all after-duty standby notifications. Although we cannot book appointments, for emergencies we can contact a representative for you. The base is replacing the computerized Emergency Notification System with a new one in the near future. The system calls several agencies of notifications, so the controller is not overwhelmed by personally calling each agency.

Finally, for inquiries of phone numbers and phone patches, call the base operator, not the command post. The controllers ensure proper and timely notifications are made.

For more information about the command post, call 6-5052 or 6-6266.

Submit stories or ideas for publication in
The Sheppard Senator via e-mail to
sheppardsenator@sheppard.af.mil.

Thank YOUR Parents



Register online at our
secure website:
[www.yourguardians-
office.com](http://www.yourguardians-
office.com)

Secretary Ricketts and
General Jumper
will send your
parents lapel pins
to thank them for
their vital support of
America's Air Force.

Air Force Parent Pin Program



www.yourguardians-office.com

Spotlight

Sheppard Spotlight: 15 lines of fame

1. **Name:** Jennifer Lynn Wilt
2. **Rank:** Airman
3. **Organization and Position:** 82 Dental Squadron dentalassistant
4. **Hometown:** Shanksville, Pa.
5. **Married or Single:** Single
6. **Hobbies/favorite thing(s) to do in your free time:** Camping, reading, spending time with my friends and going to church.
7. **Funniest childhood memory:** I used to run the projector in church, and I had this cute little chair. My chair was on the stage for me to sit on. One Sunday, I sat down after the service had already started, and my chair fell off the stage onto the alter, completely knocking it over. They stopped the service to see if I was okay.
8. **Why did you join the Air Force?** To go to school, to travel the world and for the adventure.
9. **Why do you stay in the Air Force?** So I can go to school, insurance and to travel the world.
10. **Date arrived at Sheppard:** July 1, 2002
11. **Most rewarding aspect of your job:** Helping people feel better.
12. **Favorite book or movie:** "Miss Congeniality"
13. **What is your dream vacation?** I would like to go to Bolivia.
14. **If you could be anyone for one day, who would you be?** Myself.
15. **Most prized possession:** My family.



Airman Jennifer Wilt

Asian Pacific Islander Month: Who are Asian Americans?

By Ms. Flor Payton

Base exchange

In celebration of the Asian American Pacific Islander Month, the following explains some culture differences, traits, traditions and languages.

Understanding begins with the awareness that Asia is a continent, not a country. Each Asian country is unique, with its own history, culture, language, religious traditions and cuisine.

Just as the cultures of Asian countries are distinct, customs and behaviors vary widely from country to country.

Who are they? They are Asian Americans whose origins are traced to countries of East and Southeast Asia, the Indian subcontinent, and the Pacific Islands. Asian Americans have significant representation in the United States to include: Bangladeshi, Indonesian, Pacific Islander, Burmese, Japanese, Pakistani, Cambodian, Korean, Singaporean, Chinese, Laotian, Sri Lankan, East Indian, Malaysian, Taiwanese, Filipino, Manchurian, Thai, Hmong, Mongolian, Tibetan, Hong Kong, Nepalese and Vietnamese.

Approximately 40 percent of these groups arrived in the United States after 1965, when immigration restrictions were eased. Their largest concentrations are found in Hawaii and in the West Coast cities of Los Angeles, San Francisco, and Seattle, Washington. Substantial populations also live in other large metropolitan areas, including Chicago, Boston and New York City.

Asians and other minorities represent a growing segment of the American population.

**Are you part of a
cultural group that
has a heritage
month coming up?
Tell us about it.
Send stories or
information about
cultural events to
[sheppardsenator@
sheppard.af.mil](mailto:sheppardsenator@sheppard.af.mil).**

Insurance moves when military do

Besides the normal transfers to another duty station that happen in the spring or summer, deployments and activation of National Guard and Reserve units are becoming more frequent.

Whether moving out of town, transferring to another duty station, sending a son or daughter off to college, or retiring to another community, TRICARE Prime moves with the military family.

The "enrollment portability" feature of TRICARE Prime continues enrollment without interruption when moving from one Prime area to another. Portability can be used for short-term or long-term moves, and there are no limits on the number of family members using the portability benefit.

For people with sons or daughters attending colleges in different regions, all of them can benefit from Prime's portability.

For active-duty family members:

- There are no limits on the number of transfers.

For retirees:

- Any enrollment fees, anniversary dates and doctor fees credited towards the catastrophic caps or limits on your out-of-pocket costs, transfer

with the move.

- Family members of retired sponsors who live apart can enroll together and pay only one family enrollment fee.

- Retirees and their family members, survivors and former spouses may transfer enrollment twice during an enrollment year, if the second transfer is back to the original region of enrollment. There are no limits to moves within a local area.

The following is a short guide to moving with TRICARE Prime.

When moving within the region:

After moving, visit the local TRICARE Service Center to select a new Primary Care Manager, update the address, and update other health insurance information, if necessary.

When moving to another TRICARE Prime region:

Don't disenroll before moving. Transfer the enrollment after arriving at the new location. Once settled in a new home, stop by the local TSC to transfer enrollment. Be prepared to choose a new PCM and fill out a new enrollment form.

When moving to an area where TRICARE Prime is not available:

For people who disenroll before they move, the health

care coverage changes to TRICARE Standard, and they will pay a deductible and cost-share. For people who do not disenroll before they move, they will need authorization for care to pay less out-of-pocket costs under Prime. However, people should disenroll from Prime once they have reached their new location.

The following are some important tips to remember when moving:

- Before moving, call the toll-free TRICARE information line at (800) 406-2832, or visit the local TSC. Find out what TRICARE options are available in the new location and get advice about transferring enrollment.

- Don't disenroll before leaving. People may be able to transfer their Prime enrollment, so stop at the nearest TSC after arriving at a new home to complete the paperwork. Be sure to take the TRICARE card, so there will be no break in health coverage when moving.

- For health care during the move, call a health care finder at (800) 406-2832. Be sure to keep the Defense Enrollment Eligibility System record current. Update the address after moving. *(Courtesy of Health Net Federal Services)*

Do you want to quit smoking? Check out the smoking cessation classes at the Health and Wellness Center. Call 6-4292 for more information.

Centennial of Flight

This week in air and space history



gin during landing proceedings at Lakehurst, N.J. Thirty-six people lost their lives.

May 8, 1935 - Amelia Earhart Putnam flies nonstop from Mexico City to Newark, N.J., in 14 hours, 18 minutes, 30 seconds, becoming the first person to fly this course non-stop from south to north and the only woman to fly it either way.

May 8, 1945 - The war in Europe ends with the collapse of Germany.

May 8, 1963 - Telstar II relays first color television broadcast.

May 9, 1926 - Comdr. Richard Byrd and pilot Floyd Bennett complete the first flight over the North Pole.

May 9, 1932 - Capt. Albert F. Hegenberger, U.S. Army Air Corps, makes the first solo "blind flight" at Wright Field, seeing nothing but the instruments before him from take-off to landing.

May 9, 1966 - Wichita Falls and Sheppard Field mourned the loss of philanthropist, civic leader and citizen, Joseph Sterling Bridwell. Mr. Bridwell donated 300 acres of land for the establishment of Sheppard Air Force Base.

May 3, 1919 - The first municipal airport in the United States is dedicated at Atlantic City, N.J.

May 4, 1964 - Jacqueline Cochran established the official world speed record for women in a Lockheed F-104G Starfighter with an average speed 1,429.297 mph.

May 4, 1989 - STS-30, Atlantis, launched the Magellan spacecraft deployed to map the surface of Venus.

May 5-24, 1930 - Amy Johnson becomes the first woman to solo between England and Australia.

May 5, 1961 - Freedom 7: First United States human (Alan Shepard) space flight.

May 6, 1937 - The Hindenburg, the famous German dirigible, is destroyed by fire and an explosion of unknown ori-



Photo by 2nd Lt. Ellen Harr

High Flyers

Three base organizations present Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, with die-cast replicas of the Wright Flyer to commemorate the centennial of flight. Representatives are 1st Lt. Theresa Rose, 82nd TRW, from the Sheppard Company Grade Officer Council; Senior Master Sgt. Sammy Herrell, 360th Training Squadron, from the Sheppard Top 3; and Chief Master Sgt. Ron Wilson, 82nd Training Group, from the Sheppard Chief's Group. The statues will be given to the communities of Burkburnett, Iowa Park and Wichita Falls during Sheppard's Centennial Air Power Celebration June 14 and 15 to thank them for their support.

82nd CES leads pack in squadron fitness programs

Squadron kicks off May Fitness Month with run

By Mr. Mike McKito

Base public communication

To kick off May Fitness Month, the 82nd Civil Engineer Squadron met at "o' dark thirty" for a unit run on Tuesday.

"We are headed toward the vision I laid out for the squadron last fall: to be the fittest squadron on base," said Lt. Col. Gregory Emanuel, 82nd CES commander. "Fitness is the foundation of our readiness."

First Lt. Michael Wierusz, 82nd CES executive officer, took Lieutenant Colonel Emanuel's vision and "ran with it."

"A major effort behind the program is to incorporate physical fitness into the airmen's daily lives, eventually making exercise a habit," said Lieutenant Wierusz. "A secondary goal is to have fun and promote camaraderie."

According to Master Sgt. Matthew DiSalvo, 82nd Aerospace Medicine Squadron and Health and Wellness Center health promotion director, CES has one of the best fitness programs on base.

"The 82nd CES is at the forefront of total force readiness," said Master Sgt. DiSalvo. "Their squadron fitness program is a benchmark success story for others to follow."

Other programs planned for the month include regular morning circuit training and a month-long competition between officers and enlisted in areas such as push-ups, sit-ups, basketball and volleyball.



Members of the 82nd Civil Engineer Squadron go on a unit run Tuesday.

Photo by Mr. Lynn Bullard

Send sports
stories and
ideas to
[sheppardsenator](mailto:sheppardsenator@sheppard.af.mil)
[@sheppard.af.mil.](mailto:sheppardsenator@sheppard.af.mil)

Sports Shorts

South lanes to hold No Tap Tournament

A No Tap Tournament will take place at the south lanes Saturday at 7 p.m. The cost is \$13 per person. Call 6-2170 for more information.

Team Sheppard to train for Air Force Marathon

The Air Force Marathon will be held at Wright-Patterson Air Force Base, Ohio, Sept. 20. Cost is \$40 per person before July 1 and \$50 per person from July 1 to Sept. 5. Runners may complete the entire 26.2 mile race or form four-person relay teams. With commander approval, military members are entitled to permissive TDY and civilians may apply for Invitational Leave through their supervisors. Meetings will be held to explain training, registration, travel arrangements and costs. For more information, contact Tech. Sgt. David Lanning at 6-7740.

Spinning classes held at fitness center

The north fitness center holds spinning classes. Classes are held Mondays through Thursdays at 11 a.m. and 4:30 p.m. For more information, call the north fitness center at 6-6336.

Aerobiccenter offers variety of classes

The aerobiccenter, located in the south fitness center, offers coed aerobics classes seven days a week. Classes are offered between 5:30 a.m. and 7 p.m. Call 6-2972 for more information.

Abdominal class, Monday, Wednesday and Friday at 11 a.m.

Step aerobics, Tuesday and Thursday at 5:30 a.m.

Low impact step, Monday, Wednesday and Friday at 9:15 a.m. and 7 p.m.

Basic step, Sunday at 2 p.m.

Intermediate step, Saturday, 10:15 a.m.

Advanced step/floor, Monday, Tuesday, Thursday and Friday 5 p.m.

Combo step, Monday, Wednesday and Friday at 11:30 a.m.

Kickboxing, Tuesday at 6 p.m., Tuesday and Thursday at 7 p.m., Sunday at 3 p.m.

Boot camp/circuit training, Saturday at 11:30 a.m.

Yoga/pilates, Monday and Wednesday at 10:15 a.m., Wednesday at 5 p.m., Thursday at 6 p.m., and Saturday at 3 p.m.

May Fitness Month Events

May 10: Five and 10K family fun run, 8 a.m., north fitness center, sign up by Wednesday. For more information, call 6-2022.

May 12-15: Armed Forces volleyball tournament, 5:30-8:30 p.m., south fitness center. For more information, call 6-2972.

May 16-17: Armed Forces softball tournament, 6 p.m. on May 16, 7 p.m. on May 17, Field 1. For more information, call 6-2022.

May 17: Aerobithon, 10 a.m. to 2 p.m., south fitness center, sign up by May 14. For more information, call 6-2972.

May 31: Muscle mania and closing ceremony, weigh-in starts at 9 a.m., south fitness center. For more information, call 6-2972.

Base pool passes now on sale for season

Base pool passes are now on sale at Bldg. 2117. Passes for individuals cost \$35, and family passes cost \$65. Swim season starts in May. Call 6-4141 for more information.

Daily fees:

16 years and older – \$2 per person
4 - 15 years – \$1 per person

Pool hours:

Main pool

May 17 - 18 – Open for weekend

May 19 - 23 – Open for lap swim

May 30 – Open for the summer

Monday - Friday after May 30 – 1 - 7:45 p.m.

Saturday and Sunday after May 30 – noon - 7:45 p.m.

North main closed on Tuesdays

South main closed on Thursdays

For more information, call 6-6494.

Bunker Hill water park

May 17 - 18 – Open for weekend

May 30 – Open for the summer

Thursday - Tuesday after May 30 – noon - 7:45 p.m.

Wednesdays – closed

For more information, call 6-4161.

Capehart pool

May 30 – Open for the summer

Saturday - Wednesday after May 30 – noon - 7:45 p.m.

Thursdays and Fridays – closed

For more information, call 6-4281.

Water aerobics:

Monday, Wednesday and Friday – noon, 5 and 6:15 p.m.

Call 6-7491 for start dates.

Lap swimming:

May 19 - Sept. 26, Monday - Friday – 10:30 a.m. - 12:45 p.m.