

Friday Partly cloudy Lo: 65°F Hi: 90°F	Saturday Partly cloudy Lo: 66°F Hi: 92°F	Sunday Partly cloudy Lo: 69°F Hi: 89°F
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**Sheppard SFS
Airman leads
the way at
Bagram**
See Page 6



**Sheppard
rugby team
destroys MSU**
See Page 1B



Sheppard Senator



Combat Capability Starts Here

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Hangin' around

Teams from across country compete at 2nd Annual Lineman's Rodeo

By Airman 1st Class Jacque Lickteig
Staff writer

Sixteen three-man teams raced up electrical beams Saturday vying for the best score with the least amount of errors in Sheppard's 2nd Annual Air Force Lineman's Rodeo at the pole yard behind the 366th Training Squadron.

"A lineman rodeo allows electric utility workers to network and demonstrate their skills in a team building, controlled environment," Master Sgt. Shaun Rohmiller, electrical systems instructor and co-founder of Sheppard's Lineman Rodeo from the 366th TRS.

Three Sheppard instructor teams, two teams from Scott Air Force Base, Ill., a team from Charleston AFB, S.C., one from Malmstrom AFB, Mont., an Army team from Attleboro, Mass., and eight Sheppard student teams competed in five main events.

In the hurt man rescue, participants rescued an injured "lineman" from a 40-foot pole. They climbed to the top, tied a rope around the manikin, cut its belt and lowered it to the ground, Sergeant Rohmiller said.

Team members also had to show off their climbing skills in the pole climb competition. They climbed up the pole with a raw egg in their bucket and climbed back down with the egg in their mouths.

In the transformer change out competition, teams changed out electrical transformers.

They also replaced defective pin insulators, which keep the electricity from the high-voltage lines from transferring to the ground, Sergeant Rohmiller said.

In the fifth event, linemen replaced a closed switch on the tip of the pole. A closed switch works the same as a regular light switch, but it controls the high voltage on the electric poles.

Each event was simulated "hot," which means the linemen worked as if the lines were energized at either 12,470 or 4,160 volts.

Because of the "high risk," the participants in Saturday's events focused more on safety and their job skills than beating the best time.

In the instructor team category, Master Sgt. Jim Lind, from the First Term Airmen Center, Staff Sgt. Damien Vita and Staff Sgt. Brian Peterson, from the 366th TRS, won first place.

Sergeant Rohmiller, Master Sgt. Jairus Steel and Master Sgt. Edward Roberts, from the 366th TRS, took second.

In the visiting team category, Tech. Sgt. Donald Topper, Airman 1st Class Travis William and Master Sgt. (ret.) James Chandaris, from Scott's 375th Civil Engineer Squadron, took first.

Staff Sgt. James Whitfield, Staff Sgt. Scott Schwede and Senior Airman Ryan Schilling, from Charleston's 437th Civil Engineer Squadron, took second.

In the journeyman category, Army Chief Warrant Officer 3 Donald McRae took first place in the hurt man rescue with a time of 1:58 and Sergeant Peterson won the egg climb competition with a time of 34 seconds.

In the apprentice category, which consists of students from the 366th TRS, Senior Airman Patrick Araujo, Airman 1st Class Kevin Williams and Airman 1st Class Ryan Harvey won first place.

Airman April Brackett, Airman Lucas Vela and Airman Scott Barger took second.

Airman 1st Class Adam Singer won the hurt man rescue with a time of 3:39, and Airman Vela won the egg climb competition with a time of 1:09.

According to the rodeo's information package, scoring was judged for safety, work practice, equipment handling, neatness and timely completion of the event, but time mattered only in the case of a tie.

Linemen lost two points for infractions like loss of a hardhat, dropping tools, poor housekeeping and not wearing safety glasses. They lost ten points for errors like not maintaining safe dis-



Photo by Airman 1st Class Jacque Lickteig

Airman Scott Barger, a student in the 366th Training Squadron, rescues an electrical shock "victim" from a 40-foot pole for the "hurt man rescue" event during the 2nd Annual Lineman's Rodeo.

tances, not wearing rubber gloves, failure to control the fall of a manikin in the hurt man rescue event and exceeding the set time to complete the event.

Electrical systems instructors, Master Sgt. Rohmiller and Tech. Sgt. Frankie Young from the 366th TRS, sparked the idea for Sheppard to host a lineman's rodeo in 2003.

He said having a rodeo creates safety awareness, boosts morale, builds confi-

dence, reinforces positive behavior and creates a networking system. More importantly, a lineman's rodeo provides a gauge for commanders to evaluate technicians' skills and safety practices.

"We are the schoolhouse, and the career field looks to us for the right answers to technical questions," Sergeant Rohmiller said. "They also look to us to lead the way in new technology, best practices and new ideas."

Life

Sergeant gets life for murder

By John Ingle
Editor

SHEPPARD AIR FORCE BASE, Texas – A staff sergeant was sentenced to life in a federal prison Monday for the murder of a Sheppard staff sergeant.

Col. Mary Boone, chief circuit judge for the central circuit, convicted Staff Sgt. Jason Arindain, a fuels technician, of unpremeditated murder May 15.

The sentencing phase began May 16 and concluded today with the judge's decision.

Colonel Boone found Sergeant Arindain not guilty of rape, forcible sodomy and felony murder. The defense argued any sexual relationship the two might have had was consensual, not forced.

The trial began May 11 and concluded with closing arguments and the verdict May 15.

Sergeant Arindain was assigned to Cannon Air Force Base, N.M., at the time of the murder, but was administratively re-assigned to Sheppard.

The body of Staff Sgt. Shelby Orelup, a fuels instructor at the 366th Training Squadron, was found Feb. 28, 2003, in a drainage ditch on Sheppard Access Road.

Sergeants Arindain and Orelup were previously stationed together at Royal Air Force Base Lakenheath, England, where their relationship began.

According to testimony, Sergeant Arindain remained in contact with Sergeant Orelup after their relationship because the two had a child together.

Sergeant Arindain had returned the child to Sergeant Orelup the week the murder took place.

In addition to his life sentence, Colonel Boone ordered Sergeant Arindain to receive a reduction in rank to E-1, forfeiture of all pay and allowances, and a dishonorable discharge from the Air Force.

SecDef: war on terror 'mission of a generation'

By Jim Garamone
American Forces Press Service

WASHINGTON – The war on terror will be the mission of a generation, Defense Secretary Donald H. Rumsfeld told the Heritage Foundation here today.

Secretary Rumsfeld said Americans cannot expect the war on terror to be easy or short.

The secretary said that since Sept. 11, 2001, Americans have known they have a mission to perform.

"The global war on terror, like the Cold War before it, will be the work of a generation," he said. "Terrorists will strike at will."

Defeating terrorism will mean not just killing or capturing leaders and enemy, but "we also have to wage a war of ideas to win the allegiance of a new generation that needs to see that freedom is a vastly better choice than terrorism and hatred."

Secretary Rumsfeld told the foundation that American troops are doing their jobs well in the war of terror, and that they are performing "with compassion, and skill, and courage, and we are so



Rumsfeld

fortunate to have them doing what they're doing for our country and defending our freedom."

He said many members of the Iraqi security forces are also performing well. He said more than 300 Iraqi security members have been killed in defense of their country.

While some members of the security forces have not done as well as others, Secretary Rumsfeld said, more than 200,000 Iraqis are in those forces now, and they are getting better equipped and better trained every day.

"They are on a path to be able to take over the security responsibilities in that country," he said.

Former regime members and foreign fighters

See GENERATION, Page 4

Recommendations made to prevent sexual assaults

By Donna Miles
American Forces Press Service

WASHINGTON – A DoD task force has released details of a sweeping plan it recommends to help prevent sexual assaults within the military and provide the best possible care for victims.

The Task Force on Care for Victims of Sexual Assaults, formed by Defense Secretary Donald H. Rumsfeld in mid-February in response to reports of alleged sexual assaults in Kuwait and Iraq, recommended the establishment of a single office within the DoD to handle sexual assault matters.

Ellen Embrey, director of the task force, told Pentagon reporters May 13 that the office would develop standardized DoD-wide policies regarding sexual assault and help the services and combatant commanders put them in place.

The office would also oversee the implementation of the task force's other recommendations, outlined in the group's 99-page report. The recommendations are based on focus group ses-



Embrey

sions conducted at 21 military locations worldwide, as well as personal and telephone interviews.

Based on its review, the task force concluded that: DoD policies and standards focus on sexual harassment, not assault; commanders don't have the guidance, resources and emphasis on prevention and response; and efforts to hold offenders accountable are not apparent, due to Privacy Act concerns.

The task force also found that although the services have their own programs addressing sexual assault, that no cohesive program exists for the entire Defense Department.

Ms. Embrey said task force members found a general confusion about sexual assault and how

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On the Inside

80th FTW student 5,000th graduate

Second Lt. Shawn McGoffin was like any other graduate walking across the stage May 14.

The noise around him was drowned out by the steady

thump...thump...thump of his heartbeat echoing in his ears. The thumping was so deafening he didn't hear the announcer introduce him as the 5,000th graduate of the Euro-NATO Joint Jet Pilot Training program.

For full story, see Page 2.

Mowing is serious business

For a little over a hundred years homeowners have had a passion for a neatly mowed and trimmed lawn.

In recent years about 100,000 people, including pro-

fessionals are injured every year in mowing accidents.

About a third of these accidents occur while using riding mowers. About 100 people are killed in riding mower accidents, while walk-behind mower deaths are rare.

For full story, see Page 7.

Pilot earns wings, distinction of being 5K graduate

By John Ingle
Editor

Second Lt. Shawn McGoffin was like any other graduate walking across the stage May 14. The noise around him was drowned out by the steady thump...thump...thump of his heartbeat echoing in his ears. The thumping was so deafening he didn't hear the announcer introduce him as the 5,000th graduate of the Euro-NATO Joint Jet Pilot Training program.

Lieutenant McGoffin said it wasn't until after he had graduated that he realized he was the 5,000th grad in the history of the school. He said his wife, Shelly, replayed the videotape in the camcorder him what happened.

"She told me there was a slide that said I was the 5,000th graduate," he said.

His family had a pretty good idea he was going to be the 5,000th graduate at the beginning of the ceremony. The announcer revealed to the audience that by the time the ceremony was over,



Photo by Lou Anne Sledge

Lt. Col. William O'Connor, the U.S. senior national representative for the Euro-NATO Joint Jet Pilot Training Program, pins wings on 5,000th ENJJPT graduate 2nd Lt. Shawn McGoffin.

5,010 pilots would've graduated from the school.

Lieutenant McGoffin said his family counted backwards on the list of graduates and determined he would be the 5,000th.

When considering the number, the lieutenant said it seems insignificant because it really isn't that big, especially when you compare that with the number of students who graduate from the 82nd Training Wing annually.

But, when he considered how much goes into training a pilot - 55-weeks worth of flying more than 250 hours and countless hours of class and study time - he said that many students going through ENJJPT over the past 21 years is significant.

"It's amazing to me that it's just 5,000," he said. "Seeing the amount of training we go through, it's amazing we've gotten to this level."

The lieutenant said being the 5,000th graduate is an honor, but the completing the mission of becoming an Air Force pilot was more important.

As the son of an active duty Air Force member, Lieutenant McGoffin said he understands the importance of milestones. But, he said he also understands chance and coincidence.

"I was in the right place at the right time," he said.

The first class of pilots graduated from ENJJPT in December 1982. The class included 14 Americans, seven Dutch, four Danes and three Norwegian students.

ENJJPT is made up of students from the United States, Germany, Turkey, Italy, Belgium, Denmark, the Netherlands, Norway and Spain. In addition to these countries, Canada, Greece, Portugal and the United Kingdom provide flight instructors for the program.

WFISD to recognize Sheppard mentors

By 2nd Lt. Brooke Brander
Base public communication

More than 130 mentors from Sheppard positively touched the lives of over 140 students in seven different Wichita Falls Independent School District schools over the last year.

The Student Achievement Initiative program, a partnership between the Wichita Falls ISD, Sheppard Air Force Base and Midwestern State University, is scheduled to hold a recognition ceremony and rally tonight at 6 p.m. at Washington-Jackson Elementary School.

"The event is dual-hatted," said Lt Col Lilly Chrisman, 383rd Training Squadron Basic Nursing Course flight commander and SAI organizer for Sheppard. "It will recognize the mentors from Sheppard, the tutors from MSU and the

WFISD personnel involved in SAI. It will also be a rally for the 5th, 6th, 7th and 8th grade students at the event to encourage them to take Advance Placement and International Baccalaureate classes."

All Sheppard personnel are welcome and encouraged to attend and take part in tonight's activities at Washington-Jackson Elementary, Colonel Chrisman said.

She said this year's program has been a success due to the support SAI has received from the mentors and Brig. Gen. Arthur Rooney, 82nd Training Wing commander.

"General Rooney was the catalyst behind the Student Achievement Initiative," Colonel Chrisman said. "He has given such incredible support to this program."

Brenda Connor, the training

manager for the 383rd TRS, expounded on the importance and success of the SAI program through her personal experience.

"I've been mentoring a young girl at Kirby Junior High School this last year," she said. "At the end of the year, the principal came to me and told me that last year my student had gotten into a lot of trouble, but this year she had been a pretty good kid. I took that as such a compliment. It does your heart good."

The seven WFISD schools that Sheppard personnel mentor at are: Wichita Falls, Hirschi and Rider High schools, Barwise, Kirby, Zundy and McNeil Junior High schools.

Guest speakers will be General Rooney and Dr. Jesse Rodgers, Midwestern State University president.

Sheppard Elementary turns 50 today, gets national recognition

People say good things usually come in groups of three. Sheppard Elementary is proving that today.

The school is celebrating its golden anniversary today as the school hits the 50-year mark of serving base children, accepting the honor of being a Title I National Distinguished School Award and thanking Patricia Bridwell for her 37 years of dedication to teaching children at the school.

The celebration is scheduled to begin at 1 p.m. and end at 2 p.m.

Sheppard Elementary opened its doors in 1953 for the very first time.

The school is one of only two in Texas and 33 nationwide to received Title I recognition for the 2003-04 school year.

Schools are chosen based on adequate yearly progress for two or more years, a 95 percent passing rate on assessment exams and achieving "Exemplary" status three years in a row.

Students, parents, teachers, Sheppard community members and Partners in Education are invited to attend the event.



Photo by Sandy Wassenmiller

Beautiful day

Col. H.D. Polumbo, 80th Flying Training Wing commander, dumps a load of river rocks to help beautify the entrance to the wing. Sheppard personnel and base residents turned out for a week of beautifying the base and military family housing area. I Love Sheppard week began May 10 and ended Monday. Throughout the week, more than 500 tons of river rock was used to build 34 new rock gardens. About 160 flats of flowers was also picked up at the Self-Help Store and planted at various locations. More than 90 shrubs were also planted.

Be sure to catch Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, for his broadcast on TSTV-14 Monday from the Commander's Corner. This week, 82nd Training Wing Inspector General Col. Joseph Brown will be the general's guest at 12:30 p.m.

Sheppard salutes America's finest



Photos by Sandy Wassenmiller and Mike Litteken

Briefly Speaking

Hospital dining hall changes

The hospital dining facility will not longer serve breakfast beginning Monday.

Personnel will continue to serve lunch for all personnel Monday through Friday.

For more information, call 2nd Lt. Jessica Beal at 6-2290 or Tech. Sgt. William Carter at 6-2286.

Base hosts local ministers Monday

The 82nd Training Wing hosts local ministers Monday during Partnership in Military Ministry at 6:30 p.m. at the Heritage Center.

The purpose of the event is to allow military chaplains the opportunity to discuss military ministry with local ministers.

Western Fling cancelled

The 82nd Training Wing Services Division has cancelled the Western Fling scheduled for June 12.

The event could be rescheduled for a later date.

MPF changes hours

The military personnel flight will accept walkins for ID cards between 8 a.m. and 4:30 p.m. For more information, call 6-2224.

Small thinkers: Navy, UT-Austin team up to work on nanotechnology

Courtesy of Navy News Service

NEWPORT, R.I. (NNS) – The Naval Undersea Warfare Center (NUWC), Newport, R.I., Division, and the University of Texas at Austin began a month-long class on nanotechnology May 10.

Nanoscience and Nanotechnology 2004 introduces NUWC personnel to UT-Austin's nanotechnology (nano stands for one-billionth of a meter) researchers and their work.

Nanotechnology holds the potential to revolutionize undersea warfare. By micro-sizing computers, sensors and off-board technologies, nanotechnologies could drastically increase a submarine's payload.

By using ever-smaller building blocks, the submarine force and the entire Navy could produce smaller, more capable, lighter and cheaper components.

The nanotechnology course is just the latest example of NUWC's and UT-Austin's burgeoning relationship.

The two organizations came together in October 2002, when then NUWC's commander, Rear Adm. John D. Butler, and UT-Austin's president, Dr. Larry R. Faulkner, signed an educational partnership agreement on nanoscience and engineering.

The agreement paved the way not only for Nanoscience and Nanotechnology 2004, but also for supporting graduate stu-

dent research and development for NUWC scientists and engineers.

"While this Educational Partnership has been productive, Nanoscience and Nanotechnology 2004 is further solidifying an already strong relationship between NUWC and UT-Austin," said the NUWC Commander Rear Adm. William G. Timme.

Admiral Butler, now Submarines Program executive officer, said, "I look forward to the day when the Navy can start putting nanotechnology systems aboard both our new Virginia-class submarines and our in-service ships. As I said in October 2002, nanotechnologies could change the way submarines operate and carry out their missions."

GENERATION

Continued from Page 1

are engaged in an active campaign of intimidation and fear against those Iraqis who want a free, democratic nation, he said.

Following the assassination of Iraqi Governing Council president Izzidine Salim, the secretary said the terrorists' action have not stopped the council's efforts.

"The governing

council...has not been defeated," he said. "It has not been defeated, and we must not allow terrorists or regime remnants to determine the fate of 25 million Iraqis."

Mr. Rumsfeld said he does not know precisely what will happen over the coming weeks. On June 30, the coalition will turn over sovereignty to an

interim Iraqi government, but coalition forces will not start streaming home after that date, he said.

The Iraqi government will not be ready to assume security responsibilities by then.

"There will likely be a president, a prime minister and a couple of dozen cabinet ministers, and a mixture of political

leaders and technocrats," the secretary said.

That government will hold power for six months, or until elections are held for a transitional national assembly. The assembly will serve for about a year, and its main task will be to write an Iraqi constitution that will be voted on by the Iraqi people.

PLAN

Continued from Page 1

it differs from sexual harassment.

"The majority of people we spoke to did not clearly understand what sexual assault is and what it isn't, or how to go about reporting it, or the avenues available to them," she said.

Many people the task force members spoke with also didn't know where to go to get help or what kind of help to expect, Ms. Embrey added.

In response, the task force recommended a far-reaching information campaign to quickly get this information, as well as all new policies, guidelines and command tools developed to address the problem, to the field.

The group recommended that a summit be convened within the next three months to define sexual assault and address the challenge of protecting victims' privacy while enabling commanders to maintain good order and discipline and hold offenders accountable.

Ms. Embrey said members of the summit, to be made up of senior military and civilian leaders and outside experts on sexual assault, would also develop a plan for responding to sexual assaults during deployments to remote U.S., overseas and combat locations.

She said sexual assaults challenge the entire nation, and the U.S. military is not immune.

"Sexual assault is a crime and it has potentially devastating and long-term effects on victims and their units," she said. "And, therefore, we must do everything we can to prevent sexual assaults from occurring."

She said DoD must also ensure that the systems of reporting, responding and investigating sexual assaults are timely, effective and sensitive to the victims' needs.

"And most importantly," she said, "we must ensure that the department's leaders at all levels are committed to making the necessary improvements."

Ms. Embrey said the task force was encouraged to find that virtually all the commanders and leaders they spoke with "indicated a strong commitment to do the right thing and a willingness to support the changes that would make a difference in this area."

She said the task force also found cases in which individual commanders "had taken it upon themselves" to improve sexual assault awareness and response.

Also encouraging, she noted, is that some task force's recommendations for corrective actions are already being initiated.

"I am confident that the Department of Defense can and will succeed in addressing this important issue," she said.

Center ensures blood ships safely

By Airman 1st Class J.G. Buzanowski

U.S. Central Command Air Forces-
Forward Public Affairs

AL UDEID AIR BASE, Qatar (AFPN) – No matter who you are or where you happen to be, they have your type.

“They” are the six-person staff at the blood transshipment center here. The team, part of the 379th Expeditionary Medical Group, is the first rotation here since the one-of-a-kind center was relocated in March. The Airmen ship blood supplies everywhere in the U.S. Central Command area.

“Blood saves lives, bottom line,” said Capt. George Hestilow, the CENTCOM joint blood officer assigned to the Combined Air Operations Center here. “Blood supply units at forward locations depend on us to keep their supplies at the appropriate levels.”

Because of the short shelf life of blood products, its distribution is one

of the highest priorities in the theater.

The turnaround time at the blood transshipment center is under 48 hours.

By the time blood products get where they are needed, medical units have a three-week window before the products are no longer useable, the captain said.

“We deal with red blood cells, plasma and cryoprecipitate, all of which are necessary for medical teams on a ship or in the field,” said Captain Hestilow, who is deployed from Travis Air Force Base, Calif. “Accountability is extremely important, and that’s our main focus. We track which units have which types of blood products and get everyone what they need.”

He said his team is so good at sending out the much-needed shipments that no blood ever expires at the center.

To ensure that constant level of efficiency, the center is manned 24 hours a day, said 1st Lt. Sara Hatcher, the center’s chief who is deployed

from Davis-Monthan AFB, Ariz.

“We are always ready in case of an emergency anywhere in the theater,” she said.

Because shipping blood is a priority, the Airmen in the center could not do their job effectively without help from the traffic management office staff, Captain Hestilow said.

“(TMO has) helped us tremendously,” he said. “They understand that when we show up with a package, it has to go out (as soon as possible).”

As a part of the first rotation to operate here, Airman 1st Class Covito Redman, also deployed from Davis-Monthan, said he is especially proud to be working at the center.

“We’re a part of something special,” Airman Redman said. “I know that we’re getting blood out there to help people on the front lines who need it.”

“I feel like I’m a part of the fight against terrorism,” he said. “We’re helping people, and it just doesn’t get any better than that.”



AL UDEID AIR BASE, Qatar – Airman 1st Class Covito Redman scans a bag of blood. He can track blood from donor to recipient for accountability procedures.

Photo by Airman 1st Class J.G. Buzanowski

Medics in Southwest Asia help with war stress

By Capt. Tom Knowles

386th Air Expeditionary Wing Public Affairs

SOUTHWEST ASIA (AFPN) – Their stories and experiences are harrowing: improvised explosive devices and small-arms fire attacks, comrades killed and injured in action and near-death experiences. It is the unfortunate reality of a combat environment that many U.S. servicemembers are confronted with daily throughout Iraq.

Fortunately, there is an Air Force medical team helping servicemembers cope with the stressors tied to confronting and surviving such experiences.

“We’re responsible for providing battlefield direct mental-health services to commanders and combatants located throughout northern Kuwait,” said Maj. Anthony Hassan, a combat stress-control officer with the Army’s 8th Medical Brigade. “This might include conducting training and education (for) leaders to teach them how to build unit cohesion, talking to patients or debriefing (troops who) have been exposed to the stressors of combat.”

Although major combat operations in Iraq ended more than a year ago, the ever-present and unexpected attacks by terrorist insurgents continue to make the region a dangerous place. Faced with conducting operations in such an unstable area, compounded with potential concerns and issues regarding personal matters back home, can be unnerving and anxiety provoking for many servicemembers.

The concept of addressing combat stress and battle fatigue has been an idea in evolution for centuries but until recently, has never been exercised in a war, said Lt. Col. (Dr.) David Kutz, the team’s flight commander. Common symptoms of combat stress may include feelings of burn out, anx-

ety, lack of motivation, hyper vigilance and excessive worry.

“Sending combat stress-control teams out to the units is something that was developed by the Army around the time of the first Gulf War but never put into place until after that war was over,” Dr. Kutz said. “This is the first major war in which they’ve actually used combat stress-control doctrine in a war scenario.”

When Army officials decided to do so during Operation Iraqi Freedom, they recognized a shortfall among their available medics.

“The Army came back and said we don’t have enough of these assets to conduct this mission,” Colonel Kutz said. “So the Air Force said that starting with us, we would take the mission. It’s the first time this has been done by the Air Force, and in a wartime setting, this is the first time the Army has really used this paradigm.”

The four-person team, which includes a psychiatrist, social worker and two mental-health technicians, is responsible for providing mental-health support for thousands of U.S. and coalition forces.

“We conduct daily missions to camps located throughout five Army camps in Southwest Asia,” said Senior Airman Bonnie Hayes, one of the team’s mental-health technicians.

The camps serve as staging areas for people heading to, sustaining, or returning home from the war. Reaching the servicemembers at the geographically separated locations has required the team to travel more than 17,000 miles during their four-month deployment. Upon arrival at a camp, the team provides assistance to the servicemembers through a variety of tactics.

“This could mean anything from conducting formal training and counseling sessions or just being someone willing to listen

to the problems and issues a servicemember might be struggling with,” said Tech. Sgt. Theodore Kraszka, another mental health technician.

To better posture themselves to do so, the team embedded themselves with the Army’s 8th MB upon arrival in the area.

“Our access to these warfighters is critical in responding to their combat stressors in a timely manner,” Major Hassan said.

The 8th MB, an Army Reserve medical unit responsible for coordination of medical services throughout the region, retains tactical control of the team while the Air Force’s 386th Expeditionary Medical Group maintains administrative and operational control.

“Being embedded with the Army has really placed our team into the Army combat mission and culture,” Major Hassan said. “We felt it was important to not only work for the Army, but to live with them in order to establish personal relationships and credibility. As a result, we’ve developed a lot of good relationships out here.”

The team’s closeness to the Soldiers has also allowed them to identify and treat servicemembers’ stress problems before they lead to dysfunction or stress casualties; critical to the retention and recovery of mildly and moderately over-stressed Soldiers.

The experience is a rare opportunity for Air Force mental-health officers and technicians alike, Major Hassan said.

“This has been a really different experience. Most mental-health officers get deployed to a base and they stay there and run a clinic,” Major Hassan said. “For us to go out and live with the Army, including traveling across barren desert to visit Army camps and personnel, has been both challenging and rewarding work. It’s also allowed us to help a lot of people cope with the issues they might have been facing.”

The
Asian Pacific Islander
Committee

Invites you to our
Annual
Grand Festival

Guest Speaker: Dr. Kong
Time: 1800-2100
Date: Friday, May 21
Tickets: \$13.00 per Adult/Child
Dress: Casual / Native Attire
Location: CAC, Community Activities Center
Entertainment: Cultural Dancing, Martial Arts, Ect

Luna Menu
Lumpia-Pork & Beef, Thai Beef Curry-Mild, White Rice, Pansit, Yaki Tori-Chicken, Chicken Adobo, Stir fried Vegetables w/ Oyster Sauce, Teriyaki Sacks, Kimchi, *Roasted Pig- Kalua Pork, Bread, ect

Want to quit smoking?

Check out the health and wellness center’s smoking cessation classes.



Airmen committed to excellence

ACE airman tells what it's all about

By Master Sgt. Jeff Szczechowski

455th Expeditionary Operations Group Public Affairs

BAGRAM AIR BASE, Afghanistan – “Integrity First,” the Air Force’s first core value. “If you’re going to be deployed, do everything in your power to make the deployment better for you and the people that will come after you,” said Airman 1st Class Andy Angleton, a 455th Expeditionary Security Forces member deployed here from Sheppard Air Force Base, Texas.

“Service Before Self,” the Air Force’s second core value.

“I believe we need to be here. I’ve worked with some local nationals who tell horror stories and say that life is so much better with us here, protecting the people from Al Qaeda and the Taliban,” he said. “I can see that we are improving the quality of life and freeing a people here.”

“Excellence In All We Do,” the final core value.

“He’s a great kid, a forward thinker and a real go-getter. He shows good leadership, communicates well with others, and is committed to the success of this organization,” said Master Sgt. Eddie Camou, 455th Expeditionary Fuels Management Flight superintendent, talking about Airman Angleton and his role as president, or facilitator, of the 455th Expeditionary Operations Group’s Airmen Committed to Excellence organization. Sergeant Camou is the ACE senior enlistment mentor.

Airman Angleton’s shift sergeant, Master Sgt. Byron Harps, also deployed here from Sheppard, said that he’s an excellent security forces troop. But it’s his role as ACE facilitator that makes him stand out among his peers.

ACE is an organization set up by senior airmen and below, to improve the morale and overall liv-

ing conditions of the Airmen here, said Airman Angleton.

“ACE helps us to get our voices heard,” he said. “It breaks up the monotony in our spare time. It helps Airmen who might be a little bit homesick. It allows Airmen to communicate with other Airmen away from the workplace. It lets them blow off a little steam, if they need to.”

Airman Angleton said that he went to the initial ACE meeting so that he could meet with other Airmen and help to develop some ideas that might make their stay at Bagram a better one.

He said that when he started presenting some of his views, others seemed to listen a little closer to what he had to say and tended to agree with him. Next thing he knew, he was nominated for president and elected.

Some of the activities he and other ACE members are implementing are a weekly Spades night and an upcoming Noncommissioned Officers Appreciation Day cookout and sports competition. During the group’s last meeting, they also decided to volunteer off-duty time to help the two-person Red Cross team here unload humanitarian supplies that are piling up in a storage area outside of



Photo by Master Sgt. Jeff Szczechowski

BAGRAM AIR BASE, Afghanistan - Airman 1st Class Andy Angleton, 455th Expeditionary Security Forces Squadron member, checks Master Sgt. Javier Hernandez’ ID card on his way in to Camp Cunningham, while security forces teammate Senior Airman Ryan Grauly looks on. Airman Angleton is the president of the 455th Expeditionary Operations Group Airmen Committed to Excellence organization.

their main office.

Airman Angleton said that ACE is working to upgrade living conditions around the new B-hut quarters. He’s seen results with the recently installed outside lighting there, and now he’s trying to make sure there are enough garbage containers in the area to maintain a sanitary environment.

Two other Sheppard security forces members, Senior Airman Ryan Grauly and Airman 1st Class Martin Madden, are ACE activities facilitators. Airman Angleton said Sergeant Harps has gone out of his way to make sure that all of his Sheppard subordinates can make the ACE meetings.

“Sergeant Harps has been very open to our involvement. He arranges the duty schedule so we can make the meetings,” Airman Angleton said. “He’s happy to see his Airmen are out there, trying to make a difference.”

Airman Angleton wanted to add that two other Airmen, Airman 1st Class Kimberly Hites, 455th EOG Command Post, and Senior Airman Jason Taliaferro, 455th Expeditionary Aircraft Maintenance Squadron, are indispensable as ACE council officers.

One other Airman, thousands of miles away from Afghanistan, is also making an impact here. “I was told by Master Sgt. Roy Davis, a Security Forces Squadron flight sergeant at Sheppard, that the busier you keep yourself, the faster time will go by. I kept that mentality with me,” said Airman Angleton.

He said Sergeant Davis is an outstanding mentor, and being a volunteer in ACE is partly a reflection of his advice. But most of all, “this is my opportunity to give something back to the base while I’m deployed here,” he said.

Integrity. Service. Excellence.

Sheppard Senator

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

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Commander's Corner



Photo by Sandy Wassenmiller

Col. Darrell Sims, 82nd Training Wing vice commander, presents the 2003 Air Education and Training Command Trial Advisory Competition Award to Capt. Coretta Gray of the Sheppard Law Center.

Mowing lawns is serious business

By Timothy Hunter

Base agronomist and master gardener

For a little over a hundred years homeowners have had a passion for a neatly mowed and trimmed lawn.

In recent years about 100,000 people, including professionals are injured every year in mowing accidents.

About a third of these accidents occur while using riding mowers. About 100 people are killed in riding mower accidents, while walk-behind mower deaths are rare.

One of the major differences in the number of injuries is that since 1982, new push mowers have been equipped with an operator-presence control system – commonly called a “dead-man” control – that stops the mower blade within three seconds after the operator releases the safety lever. It was several years later that similar controls were required for riding mowers.

Before you mow you need to know about your machine. Read the manual. Know the safety features and how they work. Do not disable the safety devices. Dress properly, with long pants, heavy-duty shoes with slip-proof soles, and nothing loose or dangling that can get caught in the moving parts.

Never operate the mower under the influence

of alcohol or drugs.

Like driving an automobile, the first thing to learn is how to stop your mower. Fill the gas tank only when the mower is cool. Keep the mower clean and keep the blade sharp and balanced. Turn off the mower to adjust the mower height.

If you need to work on the mower, always turn it off and disconnect the spark plug wire. Keep your hands and feet out from under the mower deck and away from moving parts.

Mowing is not a spectator sport. The blade spins 3000 revolutions or more per minute and can throw rocks and other items, 50 feet or more at over 200 mph.

Clean up the yard before beginning to mow so that toys or golf balls, rocks or other items don't get cut up. Stop immediately if you hit something; turn off the mower, and inspect for damage.

Don't mow wet grass. You might slip. Wet grass will clog the machine and wet grass will leave those little windrows to rake up later.

Watch your footing and always push the machine away from you. Keep the mower flat; don't lift the front end over tall grass, curbs, etc. Turn off the blade crossing a driveway or walk, especially those with gravel. Mow across a slope and always watch your footing.

Mow safely and you will be around to enjoy your lawn.

Preventing and treating rabies

By Capt. Samantha Elmore

Base public health

In recent months, our records show a downward trend in animal bites regarding our military family population.

Do not let your guard down!

Every year there are thousands of dog bites, cat bites, and scratch incidents. Why should you be concerned? A wide variety of animals such as dogs, cats, skunks, bats and coyotes can carry rabies.

Since January 2004, six skunks and one calf have tested positive for rabies in Wichita County. This should concern you, especially if you are a pet owner.

Pets that come in contact with rabid animals have a very good chance of becoming infected if they're injured, scratched

or bitten by the infected animal. If your pet has been in a fight with a wild or stray animal, take your pet to a veterinarian as soon as possible.

Do not let family members walk up to stray animals. You don't know where they have been, their immunization status or what other animals they have been in contact with.

If you or your family members are bitten or scratched, wash the wound with soap and water and seek medical care immediately. The treating physician will be able to properly treat you and your family.

If you or one of your family members are seen at a medical facility off base, it is very important that you follow-up with the Sheppard Acute Care Clinic the next day. This will ensure that you or

your family members get appropriate follow-up medical care.

The proper on-base authorities, such as public health and the base veterinary clinic, will also be notified.

Animals residing on base are required to be registered with the base veterinarian. Dogs and cats are given rabies shots on an annual or triennial basis, depending on the vaccine type.

If there are any questions concerning animals on base, please contact the base veterinarian at 6-2206. If you have any questions concerning animal bites or the Rabies Prevention program, contact the 82nd Aerospace Medicine Squadron's Public Health Office at 6-5978.

PECI program produces benefits

By Dan Roberts

82nd Training Wing Manpower Office

The Productivity Enhancing Capital Investment program provides an excellent way to finance productivity improvements that can provide measurable and positive returns on investment for your organization.

These initiatives are much needed with the drawdown of manpower, rapid changes in technology, and increasing support and labors costs.

The Peci program can provide an avenue to finance these productivity initiatives. Each year, the Peci program invests an average of \$20 million that nets an average life cycle savings of approximately \$235 million.

These investments fund a wide variety of productivity improvements – from technology upgrades that increase administrative speed to major equipment purchases that increase base capabilities.

To qualify for funds, each project requires a capital investment that falls within the pro-

gram dollar ranges. FASCAP is for projects up to \$200,000 and PIF is used for projects exceeding \$200,000.

Projects should generate enough savings that are directly related to the equipment purchased to repay all investment costs. Air Force policy is to pay back a FASCAP in two years, and a PIF in four years.

Total investment costs include Peci funds for acquisition, transportation, installation, and one-time incidental costs.

If you think your organization can benefit from the Peci program. All you need to do is identify a project meeting the program requirements. The turnaround time for Peci project requests is very fast – most projects are up and running within a few months of request of approval.

For more information on the Peci program, call Shirley Carrizo or Dan Roberts at 6-4437.

Soundoff

What is your good luck charm?



"My St. Jude medal," Staff Sgt. Jennifer Walters, 82nd Communications Squadron



"The Dallas Cowboys," Mike Norris, enlisted club



"A little rock. It's the first thing my daughter gave me on her own free will," Maj. Steve Anderson, 80th Operations Support Squadron



"My frog necklace charm," Airman Marjorie Simonye, 360th Training Squadron

Action lines

Merry-go-rounds

Question: Currently the merry-go-rounds in base housing (Bunker Hill) have a large space underneath them. This allows children to lay underneath and use their feet to spin them around. If a child raises their head while the merry-go-round is spinning, it will cause severe injury to the child. Apparently there is a regulation that covers how low they can be to the ground, but not how high they can be.

Answer: We appreciate your concern for the safety of our base children.

Merry-go-rounds are the most common type of rotating equipment found in playgrounds. Since 1981, the US Consumer Product Safety Commission has established guidelines by publishing the Handbook for Public Playground Safety. Paragraph 12.2, in the handbook specifically addresses the minimum space required from the bottom of the merry-go-round equipment to the ground. The space will not be less than 9 inches. This eliminates the chance of a child being caught and crushed.

This particular merry-go-round meets this requirement. The fact that the children are using this equipment other than what

it's designed for is another matter. The handbook also states merry-go-rounds present a physical hazard to children once they are in motion. Therefore, children should always be under adult supervision when using playground equipment. If you observe a child using the equipment in a way other than what it's designed for, or in an unsafe manner, recommend you stop the child immediately and if possible, notify the child's parent. The only other alternative would be to remove the merry-go-round from the playground. Thanks again for your interest in the safety of Sheppard family members.

Curfew

Question: I am writing to find out if there is a curfew for kids in high school and younger? If there is not one, how can one be put in effect?

Also, I witness 3-4 year olds playing on my street without parental supervision every day. What are the rules about kids being left outside unattended?

Answer: Yes, there is a curfew for dependents of military members residing on base. The curfew for dependents 17 and younger is covered under Sheppard Air Force Base Instruction 31-204, and it is

enforced by security forces when the policy is violated. The instruction specifically outlines the time juveniles must be indoors: Sunday through Thursday, dependents 17 and younger must be indoors from 11 p.m. to 6 a.m. and Friday and Saturday they must be indoors from 12:01 a.m. to 6 a.m.

The family advocacy office developed the matrix in the SAFBI that gives guidelines for the supervision of children of all age ranges, and it is commonly referred to as the latchkey program. This guidance states that children under the age of 5 must always be under the visual contact of adult supervision. Please

contact security forces should you observe violators of either policy. Thanks for sharing your concerns and desire to keep our children safe.

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

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

In FILM



The Whole 10 Yards (PG-13)

Today at 6:30 p.m.
Saturday at 4:30 p.m.
Tuesday at 7 p.m.

Bruce Willis, Matthew Perry- Retired hitman Jimmy gets in a bind when "Oz" tries to talk him out of retirement.



The Alamo (PG-13)

Today at 9 p.m.
Saturday at 7 p.m.
Sunday at 4:30 p.m.
Thursday at 7 p.m.

Dennis Quaid, Billy Bob Thornton - 200 Texans held the fort for thirteen days under siege by Santa Anna.



Home on the Range (PG)

Saturday at 2 p.m.
Sunday at 2 p.m.

Roseanne Barr, Cuba Gooding Jr.- A young widow is in danger of her farm being fore-closed unless she can come up with \$1,000 for the mortgage.

Sheppard Spotlight 15 lines of fame

1. **Name:** James Dean
2. **Rank:** Airman
3. **Organization and position:** 89th Flying Training Squadron duty desk controller
4. **Most rewarding aspect of your job:** Helping to graduate more than 256 student pilots annually.
5. **Why did you join the Air Force?** I felt it was time to get out on my own, and the Air Force fit my profile the best.
6. **Favorite Air Force assignment:** Being that I've only had one, I'll have to say Sheppard.
7. **Date arrived at Sheppard:** May 1.
8. **Hometown:** Panama City, Fla.
9. **Married or single:** Single.
10. **Favorite thing(s) to do in your free time:** I used to surf. I still would if there were any beaches around, and I like to play the drums.
11. **Funniest childhood memory:** I asked this girl out back in the 11th grade, not knowing that she was dating my older brother. She broke up with him to go out with me.
12. **Favorite book or movie:** "Remember

The Titans"
13. **Dream vacation:** A cruise to the Maldives Islands.
14. **If you could be anyone for one day, who would you be?** Someone who is already retired and has lots of money.
15. **Other than your family, what is your most prized possession?** My new Roland Electronic Drum Set.



Community

WSA Morale Club meeting

The Wing Staff Agency Morale Club will have a meeting Thursday at the wing conference room at 10 a.m. Wing Staff Agency members are encouraged to attend.

Club activities

Sunday brunch

The officers club will host a brunch Sunday from 10:30 a.m. to 1 p.m.

The cost is \$10.95 for members and \$12.95 for non-members. The menu will include a breakfast buffet, salad bar, lunch buffet, omelet bar, dessert and champagne.

For more information, call 6-6460.

GOURMET NIGHT

The officers club will host a Gourmet Night tonight. The social hour will begin at 6:30 p.m. with dinner will be served at 7:30 p.m. The fee is \$25 per person with reservations required for the first 32 people to sign up. The menu includes choice of: baked Shitake mushroom strudel, mint sorbet, Maine lobster bisque with dry sherry, spinach pear and green bean salad with Riesling dressing, lemonade sorbet, Peruvian breast of chicken with tender garlic confit, parmesan and black pepper polenta diamonds, honey-tinged baby carrots with tarragon sauce and strawberry Devonshire parfaits. Wines are Jacobs Creek, Australia Chardonnay and California Gerwurztraminer. For more information, call 6-6460.

Rhythm, blues night

The enlisted club will host a

rhythm and blues night Saturday beginning at 9 p.m. For more information, call 6-2083.

ITT

Rangers vs. Yankees

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

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

The registration date has past. The late registration fee is \$25. Call 6-2302 for more information.

Chapel schedule

Protestant services

Sunday

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

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

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

Protestant Parish Ministries

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

PMOC Breakfast/Fellowship Feb. 14, 8 a.m. (*Golden Corral*)

Weekday Bible studies: Tuesday, 6 p.m. and Thursday, noon. (*south chapel*)

Protestant Religious education

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

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

PWOC Thursday Bible study, 6 p.m.

PMOC Tuesday Bible study, 6 a.m. For more information about the chapel, call 6-4370.

Catholic services

Confession by appointments only

Sunday

Mass: 9 a.m. (*south chapel*) and noon (*Solid Rock Cafe*) and 5 p.m. (*south chapel*)

Religious education: pre-kindergarten through adult: 10:30 to 11:40 a.m. (*Bldg. 962*) RCIA: 1:30 to 3 p.m. (*Bldg. 962*)

Daily Mass

Tuesday, Wednesday and Thursday: 11:30 a.m. (*south chapel*)

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 - An aerobathon will begin at 10 a.m. at Field 4.

May 29 - War Ball will begin at 10 a.m. For more information, call 6-6336.

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





See Page 3B

Sheppard Sports



See Page 4B

Marines, Sea Bees open softball field in Iraq

Story by Sgt. J.L. Zimmer III
3rd Marine Aircraft Wing

AL ASAD, Iraq — The sergeant major of 3rd Marine Aircraft Wing was on hand to throw out the first pitch at O'Douls Stadium here May 12 in commemoration of the first softball game played on the field.

Sgt. Maj. Dennis W. Reed's toss officially christened Locust Field, named for the Marines of Marine Wing Communication Squadron 38, Marine Air Control Group 38, 3rd MAW. The field was developed and pioneered by the logistics and embarkation section of MWCS-38 and the "Sea Bees" of Naval Mobile Construction Battalion 14.

"We were looking for something to do as far as (physical training) and something the squadron could use for recreation," said Cpl. Jason R. Moore, logistics/embarkation specialist, MWCS-

38 and 24-year-old Redding, Calif., native. "During (Operation Iraqi Freedom) last year, we worked with the Sea Bees and knew they were good at helping Marines."

With "Damn the rockets, play ball" adorning the score board, the rockets were indeed being launched, as the score escalated to more than 20 runs for the Sea Bees by the bottom of the sixth, with the communication squadron Marines trailing with only 9 runs.

"The score may have been high, but so was the camaraderie," said Petty Officer 2nd Class Michael E. Kirkham, construction mechanic, NMCB-14 and 31-year-old Tallahassee, Fla., native. "We worked a lot of hard hours together to make this field possible. It was all excellent."

The opening speech was given by the commanding officer of MWCS-38, Lt. Col. Dave P. Olszowy, and included thoughts about why he

nicknamed the logistics and embarkation Marines and the softball field, the "Locusts."

"I see (the logistics and embarkation Marines) all over the base," said the 41-year-old Elmira, N.Y., native. "Picking up (meals ready to eat), supervising the building of fighting positions, and one day I happened to see them and told them they're like locusts, they're everywhere."

He added that the creation of the field represents something special about those who built it.

"It symbolizes everything that is good about the Navy and Marine Corps team," Olszowy said.

Olszowy stated that the field also brings a little taste of home to the Marines and Sailors who are stationed there.

"This field is designed to blow off some steam and have a little fun," Olszowy explained. "But it's also designed to bring a little Americana to Iraq. Baseball is our national past time and it's fit-

ting that we have a ball field here on Al Asad Air Base."

For Petty Officer 2nd Class Troy K. Smith, equipment operator, NMCB-14 and 34-year-old Tampa, Fla., native, the game itself was inspirational.

"The camaraderie of the two units working together is what made the game special," Smith said. "It's what we needed for the morale of the troops."

For the servicemen who were there for the construction of the field and the first game, the experiences will always be something to remember.

"The commanding officer's words at the game sealed the deal when he said that this ball field and this game would be remembered for the rest of our lives," added Moore. "It made all our hard work and accomplishments worth everything."

Sports Briefing

Stars and Strikes bowling

Stars & Strikes Bowling is from June 1 to Aug. 30 at the north and south bowling centers.

Bowling participants will receive punch cards during Stars & Strikes bowling. Cards will be handed out to participants and will be annotated with every paid game bowled or large Coke fountain beverage purchased. For every 15 annotations, bowlers and non-bowlers will receive a reward for that level.

There are three levels - red, white and blue. Blue level cards will be entered to win a grand prize of \$500 cash or second prize which is a "Pride of Our Nation" Viz-A-Ball bowling ball.

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 steppers.

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. Saturday at the south fitness center. Cost is \$10.

Build a boat race

The Build a Boat Race is June 5. At 8 a.m. participants will be issued their materials, then will get a briefing at 8:15 a.m. and can start building at 8:30 a.m. The race will begin at 10:45 a.m.

Return to Fitness

The Return to Fitness program is designed for people who are recuperating from surgery, a lengthy illness or people who have never exercised and want to start slow.

The free program is from 8:15 - 9 a.m. Monday, Wednesday and Friday.

Most participants are between the ages of 50 and 70 years old. Participants will exercise with dumbbells, rubber bands and exercise tubes. The routine includes standing, sitting and floor exercises.

Lap swimming

People can participate in lap swimming from 10:30 a.m. to 12:30 p.m. Sunday through Sept. 24 at the main pool.

For more information, call 6-6494.

Pool passes

The pool passes can be purchased at outdoor recreation, Information Tickets and Travel office and all of the pools. The individual pass costs \$35 and the family pass is \$65.



Courtesy photo

Don Stroud (right) kicks the ball while Craig Colby prepares to defend against the Midwestern State University team.

Sheppard Senators rugby team wins first game, beats MSU 45-15

By Senior Airman Chris Powell
Senator sports editor

The Sheppard Senators rugby team beat the Midwestern State University team 45 - 15 Sunday at the MSU field.

The match was "seven's" league play, meaning each team had seven players versus rugby's usual 15-man squad.

"We were extremely overpowering compared to the MSU team," said Don Stroud, team co-captain. "We dominated the rucks and the mauls. Our speed and ball handling was very important for us in getting the win," he said.

The game was geared to help the inexperienced players get accustomed to the rules of the game.

"Our new guys showed a lot of commitment out there," Stroud said. "We even had a few who scored their first tries as Senators."

Aside from scoring goals, the newcomers didn't make rookie mistakes that most people do.

"We hardly had any penalties the entire game," Stroud said. "On a young team, that is unheard of."

Although the team played really well, Stroud sees areas of improvement that will have to be fixed in



Courtesy photo

Tony Randell outruns an MSU player to score a try during Sunday's win.

order for the team to stay successful.

"We are going to have to get better rucking and support behind the ball," he said. "A lot of players are still playing like they would in football and running in front of the ball carrier to help block. But in rugby, you need to stay behind the ball carrier to give him support in case he needs to pass the ball."

"We also need to present the ball to our team after we've been tackled better," Stroud added.

Even though, the team has enough players to fill a sevens game, Stroud would like to get 15 players to make

a full rugby team.

"Everyone is still welcome to come out and join," he said. "I'd like for us to get some bigger guys to join the team."

Like similar sports, rugby players run a lot during the game, so players have to be in very good shape to be successful. And being physically fit is something Air Force officials have been demanding.

"All of our players did really well on their fitness tests," Stroud said.

The next tournament the team plans to attend will be the Dallas Sevens Rugby tournament June 7.

Falcons swept at New Mexico with 16-6 defeat

ALBUQUERQUE, N.M. - Joe Salas and Daniel Stovall hit two back-to-back home runs to lead New Mexico to 10-run rule shortened 16-6 seven inning win and series sweep over Air Force in Mountain West Conference baseball action Sunday afternoon at Isotopes Park. The Lobos improve to 22-25-1 overall and 18-9 in MWC play, while the Falcons fell to 5-41, 0-22 MWC.

UNM had 17 hits in the game, led by Salas and Stovall. Salas went 3-for-4 with three runs and four RBI's and Stovall went 3-for-4 with two runs and three RBI's.

Seven Falcons had a hit on the day, with Josh Wolfram homering and Jason Brown, Nathan DeRohan and Jon Polston doubling.

and then Matt Young drove in Ryan Barba with a sacrifice fly to straight-away center.

The Falcons battled back with two runs in the top of the third to make it a 4-2 game.

The Lobos made it a 6-2 game after Joe Salas tripled to score Josh Mader and then scored on Stovall's single in the bottom of the third.

New Mexico broke the game wide open in the fifth, scoring six runs to make it a 13-2 game. Highlighting the six-hit inning was Salas and Stovall combining to hit back-to-back round-trippers for the second time in the game.

Air Force came back with four runs in the sixth to make it 13-6.

New Mexico scored three in the seventh to end the game.

Air Force concludes its 2004 regular season with six games in three days (May 20-22) against BYU at Larry H. Miller Field in Provo, Utah.

Four Falcons claim track and field championship titles

Courtesy of the Air Force Academy News Service

U.S. AIR FORCE ACADEMY, Colo. (AFP) - Four members of the Air Force Academy's track and field program claimed conference titles May 14 and 15 at the 2004 Mountain West Conference Outdoor Championships in Las Vegas. For the third consecutive year, the men earned a third-place finish with 161.5 points, while the women finished seventh with 50 points.

Three of the event winners were repeat champions.

Senior Ben Payne claimed his third straight 10,000-meter (6.21-mile) run title, crossing the finish line in a conference championship record time of 30 minutes, 1.96 seconds. Payne became the first Falcon to win three consecutive conference titles in the same event. It is Payne's fourth career conference title, as he also won the 5,000-meter (3.1-mile) run title during the 2002 indoor season.

Sean Temple led a trio of senior Falcons to a sweep in the 110-meter (120-yard) hurdles. Posting a time of 14.21, Temple earned the second 110-meter hurdles title of his career. It is Temple's fourth conference championship, as he won the 110-meter hurdles title in 2002 and the 60-meter (65.62-yard) hurdles title during the indoor seasons of 2003 and 2004.

Jim Campbell and Luke Marker finished second and third, wrapping up the Air Force sweep. Campbell clocked a time of 14.33, while Marker was right on his heels at 14.35. It is the second time this year the three Falcons teamed up to sweep a conference championship event.

Temple, Marker and Campbell swept the top three spots in the 60-meter hurdles at the 2004 indoor championships.

This also marks the third straight year a member of the Air Force team has picked up the 110-meter hurdles conference title.

With a distance of 23 feet, 5½ inches, senior Anthony Park won his second conference outdoor long-jump championship. Park and Chris Banks teamed up for a one-two finish in the event, as Banks took second with a mark of 23-3½. Besides claiming the long jump title in 2001, Parks has also claimed two triple jump titles over his career -- 2001 outdoor and 2004 indoor.

Sophomore Dana Pounds became the second female Falcon to earn an outdoor conference title, when she posted a distance of 165-2 in the javelin. Dominating the event by nearly 20 feet, Pounds was one of three Falcons to finish within the top four. Junior Lacy DeWall finished second with a distance of 148-3, while freshman Caitie Holliday took fourth with a mark of 137-5.

Several other Falcons finished within the top five of their events. They were led by junior Paul Gensic, who finished second in the pole vault, with a career-best height of 17-9¼. Two other Falcons finished within the top five, as Makisi Haleck finished third at 16-5½, and sophomore Jason Jones took fifth, after clearing 15-7¾.

Sophomore Kory Pearson picked up See CHAMPS, Page 2B

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.

Community center

For more, 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.

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 aerobics 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 Thursday at 5:15 a.m.

Body pump

Tuesday and Thursday at 9:15 a.m. Thursday and Saturday at 11:30 a.m. Wednesday at 6 p.m.

Yoga and pilates

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

Basic step

Monday, Wednesday and Friday at 7 p.m. Sunday at 2 p.m.

Kickboxing

Tuesday and Thursday at 7 p.m. Sunday at 3 p.m.

Intermediate step

Saturday at 10:15 a.m.

Advanced step

Monday, Tuesday at 5 p.m.

Combo step

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

Golf

For more information, call 6-6369.

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.

Pool

For more information, call 6-6494.

Main pool opens Saturday

The main pool will be open Saturday and Sunday for the weekend.

The following weekend, the pool will be open for the rest of summer.

Call 6-4141 for additional information.

Bunker Hill water park

The Bunker Hill water park will be opening today through Monday for the weekend. The following weekend, the water park will open for the rest of summer.

Call 6-4141 for additional information.

Water aerobics

The water aerobics class is at noon, 5 and 6:15 p.m. ever Monday, Wednesday and Friday starting June 2.

The class is free.

Youth center

For more information, call 6-5935

Youth soccer registration

Youth soccer registration has started for youth ages 5 to 10 years old at the Madrigal youth center.

Cost is \$35 for members and \$40 for non-members.

Youth flag football registration

Youth flag foot ball registration has started for youth ages 6 to 10 years old at the Madrigal youth center.

Cost is \$35 for members and \$40 for non-members.

Volunteer coaches

Volunteer coaches are needed for the Madrigal youth center's upcoming flag football and soccer leagues.

Programs run from August to early November.



Photo by Sue Sapp
Bobbie Dixon (foreground) uses an exercise pole while doing Tae Bo at the fitness center here May 10. The senior Tae Bo class incorporates boxing moves into a high-energy aerobics routine, modified with balancing poles to ensure participants' safety.

Senior citizens punch, kick their way to health

By Holly J. Logan

Warner Robins Air Logistics Center
Public Affairs

ROBINS AIR FORCE BASE, Ga. (AFPN) — While some people may retire to a rocking chair, Nancy Newell is spending her retirement punching and kicking her way to a healthier lifestyle.

And she is not alone.

Seventeen senior citizens put up a "fight" at the fitness center here for a senior Tae Bo class May 10 -- a special feature to the center's "Senior Moves" exercise program and an event for May Fitness Month.

Ms. Newell, a 72-year-old retiree who recently joined the exercise program, said the one-hour class has helped her stay active, despite her age-related aches and pains. The class incorporates boxing moves into a high-energy aerobics routine, modified with balancing poles to ensure participants' safety.

"I retired about a year and a half ago and found that for general health reasons, I needed to stay active," she said. "It's very easy, in retirement, to go home and sit. It requires a bit of stamina and determination to make yourself do things like this, but it's worth it."

Pete Andrews, 72, said participating in the exercise programs has helped him maintain his health.

"I like the activity because it helps me to feel young," he said. "I've done Pilates, core training and yoga, but this is my first time taking Tae Bo. It's a lot of working out, but it's fun."

Jackline Baker, a recreation assistant at the center, said the class is a great way for seniors to build their fitness level.

"We go by what they put in," she said. "We try to keep it slow and moderate, and modify some of the exercises for them, like making the kicks lower and using exercise poles so they can keep their balance better."

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 21

10 a.m. Air Force News Special Edition - The Thunderbirds
5 p.m. US Navy Hospital Corps
9 p.m. The Mission and History of the Air National Guard

Saturday May 22

10 a.m. Target for Today
5 p.m. Seal Class 224 - Basic Underwater Demolition
9 p.m. Level I Anti-Terrorism Briefing

Sunday May 23

10 a.m. The Army in Action - Global War

5 p.m. Flying for Freedom - Women Air Force Service Pilots
9 p.m. Air Force News Special Edition - The Centennial of Flight

Monday May 24

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

Tuesday May 25

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

Wednesday May 26

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

Thursday May 27

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

CHAMPS

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second-place honors in the 400-meter (437-yard) hurdles with an NCAA qualifying time of 51.78, while Park and Banks finished second and third in the triple jump with respective marks of 50 and 49-7/8. Payne ended his conference career with a second-place finish in the 5,000-meter run, behind a time of 14:26.02, while Chris Acis finished fifth in the event, with a time of 14:33.32.

Two Falcon freshmen earned top-five honors in the men's javelin throw. Brandon Murphy placed third with a distance of 200-4 - just 1 foot shy of second place - while Marcus Wells finished fourth with a mark of 198.

Freshman Abe Wengel finished fifth in the men's 3,000-meter (1.86 mile) steeplechase with a

time of 9:20.07, while Olivia Korte took the same spot in the women's discus, throwing a mark of 157-1. Sophomore Troy Jensen placed fifth in the 400-meter dash, with a season-best time of 47.94, while junior Nathan Franz took fifth in the 1,500-meter (0.93-mile) run, crossing the finish line in a time of 3:51.25. Senior Jason McNeal finished fifth in the hammer throw with an NCAA qualifying mark of 192-7.

Both of the Falcon relay teams posted fifth-place finishes as well. Marker, Temple, Jensen and senior Nick Bromberek clocked a season-best time of 41.43 in the 4x100-meter relay, while Jensen, Campbell, Temple and Pearson recorded a time of 3:15.96 in the 4x400-meter relay.



U.S. Navy photo by Photographer's Mate 3rd Class Kerryl Cacho. Military members take to the field prior to the National Anthem being sung during Military Appreciation Day at Petco Park, home to the San Diego Padres. The Padres annually honor military members by wearing camouflage uniforms during Military Appreciation Day.

Padres swing special salute to Boxer family members, returning ship

By Chief Journalist (SW/FMF) S.A. Thornbloom
Public Affairs Center San Diego

SAN DIEGO (NNS) — During the San Diego Padres' 8th Annual Military Appreciation Day April 15, the club offered seats throughout Petco Park's entire upper deck to servicemembers and their families members at discounted prices.

But to 50 family members of USS Boxer (LHD 4), however, the Padres opened up their gates, their hearts and upper deck for free.

It was all part of a special salute to the multipurpose amphibious assault ship that was on its way home after making two deployments to the Persian Gulf in the past 13 months. It was also a nod of recognition to Boxer family members after the Padres received video of the ship's time at sea and operations in the gulf.

"It was (exciting) to see the ship up on the screen last week for all of us," said one of Boxer's Ombudsmen, Sally Wells, wife of Chief Aviation's Boatswain Mate Duane Wells. "...There was so much pride seeing the ship on screen and it has just been building every day where now having the ship and crew home is even more special because of that small tribute at the park."

Boxer returned home April 29.

While in the stands during the appreciation night, Boxer's families cheered for the game and sang together during "Take Me Out to the Ball Game" in the seventh inning.

Padres' officials said remembering the families of those who serve was the right thing to do.

"This was something we wanted to do, not only for those in the military, but for those left behind — the families," said the Padres Military Marketing Director, retired Navy Capt. Jack Ensch. "The families sacrifice as much as anyone in times of war."

Ensch said he had contacted officials at the headquarters for Surfaces Forces Pacific (SURFPAC) and asked about getting video of deployed units. The officials then contacted Boxer, who was able to put together video clips of the ship during their recent deployment.

For the Boxer family members the video montage and night at the ball game was something to get them even more excited about Boxer's return home.

But whether it was a wife, son, daughter or even a parent, they all said the night together at the ball game was just the beginning of the buildup to yesterday.

Everybody was kung-fu fighting

Airmen complete USMC martial arts training

By Tech. Sgt. Cindy Dorfner

Combined Endeavor Regional Group Forward Public Affairs

CAMP SARAFOVO, Bulgaria (AFP) — Staff Sgt. Eric Earp does not necessarily consider himself athletic, but that did not keep him from completing a "grueling" weeklong Marine Corps martial arts training program.

"I wanted to see if I could complete a Marine Corps program," said Sergeant Earp of the 735th Expeditionary Communications Squadron at Ramstein Air Base, Germany. "It was a challenge we don't get as Airmen, unless we pursue it on our own."

Sergeant Earp and the Marines out of Camp Lejeune, N.C., are here to participate in Combined Endeavor 2004. The two-week U.S. European Command-sponsored exercise is designed to identify and document command, control, communications and computer interoperability between NATO and Partnership for Peace nations.

While the exercise is mostly about communications, for the Marines, there always seems to be time to train. Sergeant Earp saw their training as an opportunity he could not pass up.

"We'd never have a chance at this kind of training," Sergeant Earp said. "I was thankful the Marines gave the Airmen a chance to participate in their program. And, they rewarded us with the same level as the other Marines. It was awesome."

After completing the training the 29-year-old communications computer systems specialist, along with three other Airmen and four Marines, attained the level of tan belt after a three-hour test.

Attaining a tan belt involves mostly learning the basic maneuvers, said Marine Corps Sgt. Jason Tullier, an 8th Communications Battalion digital switchboard technician and green belt.

"They're only learning a little about gaining a tactical advantage. With the first level, the students are learning more about the fundamentals of survival," he said.

"The physical part of the training is to get the person so physically exhausted that they're forced to think and use the techniques they were taught," Sergeant Riley said.



Photo by Staff Sgt. Karen Z. Silcott

Staff Sgt. Eric Earp (right) and Marine Corps Sgt. Nick Swindell focus on basic martial arts maneuvers during the Marine Corps martial arts training program here May 16. Sergeant Earp earned his tan belt while deployed here. He is assigned to the 735th Expeditionary Communications Squadron at Ramstein Air Base, Germany. Sergeant Swindell is deployed from Camp Lejeune, N.C.

One particular Airman impressed Sergeant Riley a bit more than the others.

"Staff Sergeant Earp worked harder than anyone else out there," Sergeant Riley said. "He had the mentality to do this from beginning to end. While some of the other Airmen had to take breaks, Staff Sergeant Earp was focused."

Focused and thrilled to be able to participate, Sergeant Earp said.

"This was the most grueling training, as far as physical and mental, that I could've imagined, but it was well worth it," he said. "It was the chance to participate in a program that is unique to the Marine Corps. If nothing else, (it) was great to stand next to our fellow brothers in arms and be recognized."

'Functional foods' often lack scientific backing

By 2nd Lt. Misa Okamoto
959th Diagnostics and Therapeutics Squadron

LACKLAND AIR FORCE BASE, Texas (AETCNS) — "Functional foods" are complete foods or food ingredients that claim to provide health benefits beyond the traditional nutrients they contain.

The American Dietetic Association advises "functional foods, including whole food and fortified, enriched or enhanced foods, have a potentially beneficial effect on health when consumed as part of a varied diet on a regular basis at effective levels."

Currently, there is no standardized system in place to evaluate the claims on functional food labels, so the burden falls on the consumer. Some questions to ask regarding functional foods are as follows:

■ Does it work? It is very difficult to determine whether the claims made on the packages of functional foods are backed by solid evidence. For example, a juice prod-

uct alleges it is a "defender of your health" because it includes Echinacea.

Other herbal supplements used to enhance food and beverages, such as St. John's Wort and ginkgo biloba, are on the rise. The bottom line is most studies are inconclusive or are not designed to benefit a healthy person.

■ What does it contain? If vitamins and minerals are added to fortify a food, the label must state the amount and the percentage of recommended daily allowance. In contrast, this is not mandatory of functional foods. Even when the amount is listed, few people know how much is recommended or the specific amount needed to receive the claimed health benefit.

■ Is it safe? Functional foods are relatively new. There has been no long-term research done to determine if they have adverse effects, such as causing cancer. In addition, the ingredients that make the food "functional" might increase the toxicity or block the absorption of medications.

■ Is it healthy? Just because a food claims

to have a function doesn't mean it has nutritious value. For example, some popular sports nutrition bars are just hyped candy bars, which may add excessive calories from fat and sugar rather than implementing the claims on the wrapper. Consumers should check the nutrition facts on the package to determine whether the food is really worthwhile.

Many natural foods fall under the category of functional foods. Fruits and vegetables contain phytochemicals, also termed as phytonutrients, which are plant components that have health-promoting properties.

Since functional foods in the United States are not defined or regulated by law, many of the claims on packages are not backed up by scientific evidence. Therefore, the best advice for feeling healthy and energetic is to choose a balanced diet, exercise regularly and find time to relax.

(Lieutenant Okamoto is a dietetic intern at Wilford Hall Medical Center.)