

# The SHEPPARD SENATOR

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

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## 82nd LS change of command

The 82nd Logistics Squadron will change hands May 31 at 10 a.m. at the officers club.

## Base pools now open

The main pool and Bunker Hill Water Park are now open. Capehart pool will open June 7. See Page 16 for pool hours and prices of pool passes for individuals and families.



## Bike to Work

Staff Sgt. Chris Hurlbert, 82nd Communications Squadron, checks the air pressure in his bicycle tire before he rides to work. Sergeant Hurlbert is gearing up for Bicycling Magazine's Bike to Work Challenge (no federal endorsement of sponsor intended). The challenge kicked off May 17 with Sheppard project officer Maj. Hairy Testerman and others taking on a 20-mile loop around the perimeter of the base. The challenge will continue May 31 with 20-mile, five-mile and one-mile routes designated. See map on Page 17. (Courtesy photo)

## Sheppard competes in Bike to Work Challenge

### By Airman 1st Class Pamela Stratton

Base public affairs

Team Sheppard will compete in Bicycling Magazine's Bike to Work Challenge May 31.

The challenge kicked off May 17 with an initial 20-mile ride around the perimeter of the base and continues May 31 with 20-mile, five-mile and one-mile routes.

"I hope that the Bike to Work Challenge will highlight Team Sheppard, the U.S. Air Force and the military to the community in a positive manner," said Maj. Hairy Testerman, Bike to Work project officer.

The "long way to work" 20-mile ride around base will begin at 6:30 a.m. The ride will be paced at about 16 mph, and will start and end at the Capehart Hous-

ing gate on Sheppard Access Road. Members of the public are welcome to attend.

The shorter lunch-time ride runs from 11:30 a.m. to 1:30 p.m. All base personnel and their families are welcome to participate. A one-mile and a five-mile loop through the base will be available. Riders may start at any time during the event and may combine or repeat loops to achieve different mileage goals. Texoma Cycling Center personnel will be available to help with bicycle and helmet fit and maintenance.

Riders do not need to participate in special events for their mileage to count. Sign-in clipboards will be available at all entry gates to record mileage. Helmets

are mandatory for all participants at all events.

"We will be hosting some long rides, but to be honest, what would make this a success is for lots of personnel to ride just a mile or so to and from work," said Major Testerman.

Prizes will be awarded in the following categories: best costume, most number of family members participating, highest percentage of participation from a single squadron, youngest participant and oldest participant.

Any organization that wishes to help with the event by staffing informational or refreshment tables should call Maj. Hairy Testerman at 6-2240 or Staff Sgt. Kelvin Seals at 6-2291.



**Brig. Gen. Arthur Rooney Jr. samples a dish of Cajun food during the cajun cooking demonstration at the base health and wellness center May 15. (Photo by Airman 1st Class Pamela Stratton)**

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

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

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

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

## Unattended vehicles running at child development center

**Q** While dropping off my children at the child development center, I often observe parents leaving their unattended vehicles running. And worse, I have seen unattended children left in the vehicle while they are inside dropping off another child. The child I observed this morning appeared to be around five years old. According to security forces, a child under the age of 10 is not to be left unattended in a vehicle. I would like to address this to the parents who feel they do not have the time to turn off their vehicle and/or take their child inside the facility with them. All it takes is a split second for a tragedy to happen. The child could put the vehicle into gear, injuring or killing someone in its path. Someone could easily jump into your vehicle and take your child. Being on a military instal-

lation should not give you the false sense of security that nothing could happen because it could. When the staff at the child development center observes a running vehicle, they over-head page the parent. They are sometimes treated rudely by the parent, as I observed today. Parents, it is their job to watch and protect our children. They are doing their job. Their job is not to baby-sit you. I ask that you do your part by taking that additional 30 seconds to turn off your vehicle, unstrap your child and take the child inside with you. Once a tragedy occurs, it can never be taken back.

**A** I appreciate the support you have shown for the Sheppard children and our CDC staff. Your comments are printed in the paper exactly as written. No one could have said it better! I hope all parents take

the time to appreciate their children each and every time they have the opportunity. Great memories are made with your children doing the simplest things.

## Air conditioning in Bldg. 370

**Q** There are several people attending AMOC who are staying in Bldg. 370 without air conditioning. We're attending class every day with a minimal 3 hours of sleep each night because it's 85 and 90 degrees in our rooms.

The billeting office doesn't seem to have any idea when or if the air conditioning unit is going to be fixed. I spoke with the building manager, Craig Ramsey, and he told me he requested a portable air conditioning unit to be patched into the system to try to alleviate some of the heat. CE has not let

him know if they can support that yet. Why can't the base support agencies help us out here? We're being asked to stay in substandard facilities without air conditioning, and it's upsetting a lot of people. I know there has to be a way to fix this.

**A** The Civil Engineer gives the heating and cooling problems in your facility the highest priority at all times, and they are doing their utmost to get the air conditioning system for your facility into operation. Unfortunately, CE experienced some difficulties acquiring the correct material from the vendors to complete the repairs. The system was charged April 26 and is up and running now. If you experience temperature problems in the future, please work through your facility manager to notify our heating, ventilation and air conditioning shop.



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## Commentary: Memorial Day message from the AETC commander

By Gen. Don Cook

*Commander of Air Education and Training Command*

RANDOLPH AIR FORCE BASE, Texas (AETCNS) — This Memorial Day, as we pause to honor and revere the thousands of American men and women who have died in our nation's wars, we do so with a sense of national sorrow and renewed commitment we haven't experienced since World War II.

On the first Memorial Day after the attack on Pearl Harbor, Gen. George Marshall said in 1942, "There is nothing I would as much prefer to do this spring as to turn my mind to the wholesome business of garden-

ing rather than the terrible problems and tragedies of war."

The call to defend America following an attack on our homeland 60 years ago led this great military leader and millions of others to put aside their domestic pursuits to serve the greater good of the nation. Today, in the aftermath of the tragic terrorist attacks on the World Trade Center and Pentagon last Sept. 11, we solemnly observe Memorial Day with the same stoic resolve as that earlier generation.

Pearl Harbor and the events of Sept. 11 remind us all that we sometimes pay the ultimate price for our freedom — whether it is during war or

peacetime. More than a million Americans in the armed forces have lost their lives in the past 100 years, and tragically more are likely to make the greatest sacrifice for our country as we continue to wage the war on terrorism. As President Bush said in October, "Today, we are a nation awakened to the evil of terrorism and determined to destroy it. That work began the moment we were attacked; and will continue until justice is delivered."

As each of you observes this Memorial Day, I ask that you remember and cherish all those who have sacrificed so much to guarantee our lasting freedom. In 1884, Oliver Wendell Holmes



*"I salute you for your service to Air Education and Training Command, the Air Force and America." – Gen. Don Cook, Air Education and Training Command commander*

Jr. delivered a Memorial Day message that continues to ring true today, "... it is now the moment when by common consent we pause to become conscious of our national life and to rejoice in it, to recall what our country

has done for each of us, and to ask ourselves what we can do for the country in return."

I salute you for your service to Air Education and Training Command, the Air Force and America.

## Commanders kick off 101 Critical Days of

*From Gen. John Jumper, Air Force chief of staff* – The "101 Critical Days of Summer," a historically hazardous period for Air Force members, is rapidly approaching. While continuing to conduct operations across the globe, I ask each of you to commit yourselves to taking care of your families and one another during this historically dangerous period. This is a team effort, a commitment to one another that we will do our part to make sure that each member of our squadron and our family is still with us at the end of these 101 days.

Tragically, we continue to witness preventable tragedies involving fatal car and motorcycle accidents. In almost every case, excessive speed, alcohol use and lack of seat belt use were significant factors in the 38 deaths we have experienced in the past eight months. With the 101 critical days between Memorial Day and Labor Day approaching, and the increased risk that comes with increased outdoor activity and vacation travel, now is the time we must break this trend of tragedy.

With that in mind, I need each of you to spend time preparing for your off-duty activities just as you do for

your on-duty tasks. Sometimes just a couple minutes of thought can make the difference between life and death. Operational risk management is the best means to ensure your safety both on the job and off, while enhancing readiness at the same time. ORM is designed to identify and mitigate hazards, even at the lowest possible level. Reevaluate your risk management employment and make a personal choice to use ORM routinely.

While we continue to focus on supporting America's war on terrorism, we must keep safety foremost in our minds. I need each of you to assess and manage the risks in everything you do. Applying risk management and self-discipline will help you enjoy your leisure activities and bring you safely back to your unit. It's important for you, your family, your Air Force and your nation. You are part of the greatest Air Force in the world. You are helping America's war on terrorism. Don't let your talent or that of your friends and family be taken from us because of a moment of neglect.

*From Gen. Don Cook, Air Education and Training Command*

# Summer

*commander* – I join General Jumper as we both emphasize a message of safety awareness as we approach the "101 Critical Days of Summer." In my message to you dated March 20, 2002, I directed a stand-down for a half day prior to Memorial Day. The stand-down provides commanders and supervisors an opportunity to meet with their people and review operational/personal risk management, overall safety awareness, and to refocus our sights on and off duty as we enter this high-risk period. Enjoy your summer activities, but please remember how much your country depends on you to remain fit and ready for duty.

*From Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander* – I echo the Chief's and General Cook's thoughts on the

forthcoming "101 Critical Days of Summer." Commanders and supervisors must continue to emphasize vehicle driving and recreational safety. Apply the good old commonsense approach—use the three d's—ask yourself if what you're doing is dumb, dangerous or different. If it is, then you need to stop what you're doing, analyze the situation and correct it. Think!—think about the consequences of your actions, both legal and moral. Pay special attention to risk management—accept no unnecessary risk and only accept risks when benefits outweigh the costs. Self-discipline and common sense go a long way in preventing injury and the senseless loss of life. Each Team Sheppard member is essential to our continued mission accomplishment and success. Have a great, safe summer.

# Commentary: How do you define a warrior?

By Col. Ralph Jodice

80th Flying Training Wing commander

As I first thought of what to write for this topic, How Do You Define a Warrior, I was unsure where or how to start. But thanks to many great people doing the mission of our nations around the world today, it became much easier. When I look out at operations in Afghanistan, Bosnia, Kosovo, the Philippines, over northern and southern Iraq, and yes, even here in the United States, it became obvious that every uniformed member is a warrior. As the United States celebrates Memorial Day, it is an excellent opportunity to think about this topic, how it relates to you and how it effects what you do in the mission of your nation.

What makes you a warrior? It is a combination of two things. First, you wear a uniform. But that alone does not make you a warrior. Second, and most important, you take an oath.

There are many professions that take an oath, but they are not warriors. What makes the oath of a warrior different is its foundation and principles. The principles are based on high moral standards, the vision of founding fathers and a higher calling to risk, and if necessary, lay down your life. To demonstrate, I'll use sections of the oath for the United States and the foundation for that oath is the Constitution.

Let's review key sections of the oath and how that equates to all of us being warriors.

The oath begins, "Raise your right hand and repeat after me. I, state your name..." By raising your hand and stating your name, you are simply saying, "I am accountable." I am accountable to myself, my unit and my nation.

Next, you "...do solemnly swear..." This is a formal commitment based on the traditions of the nation, sacred in character, that should strike a feeling of awe in all who take and hear the oath. Swearing to the oath is a solemn declaration, a vow, our means to assert or promise with great conviction, and to have faith and confidence in the remainder of the oath and what it symbolizes.

"...to support and defend the Constitution of the United States..." We as warriors will back not only the Constitution but the basic principle for which it stands—freedom. And we do this based on the decisions and orders of our superiors, both military and civilian. When we talk of "defending" our Constitution that is where we say, "I will risk my life and even lay down my life for what I and my nation believe." This is the crux of what defines a warrior.

"...against all enemies, foreign and domestic..." En-

emies can and will come in all forms and sizes. The traditional enemy of large standing armies is mostly a thing of the past. Today's "enemies" are terrorists, computer hackers/viruses or rouge nations. They all have one common thread. They are hostile, have done harm to our nation, have used all and any means against our ideals or cause, and have come from outside and even inside our borders.

"...that I take this obligation freely without any mental reservation..." In today's military and our Air Force, you volunteered. Whatever the reason, you chose to enter the service of our nation. When you did, through whatever source, Basic Military Training, ROTC, OTS or the Air Force Academy, when you raised your right hand, it was your choice. A choice that you should be very proud of. And you took that obligation and made that choice with a free and clear mind, and you did it with the intent to see it through to the

end.

"...or purpose of evasion..." You would not give up on your oath and obligation nor shirk your responsibilities as an uniformed member of our Air Force. You would not avoid your duty by deceit.

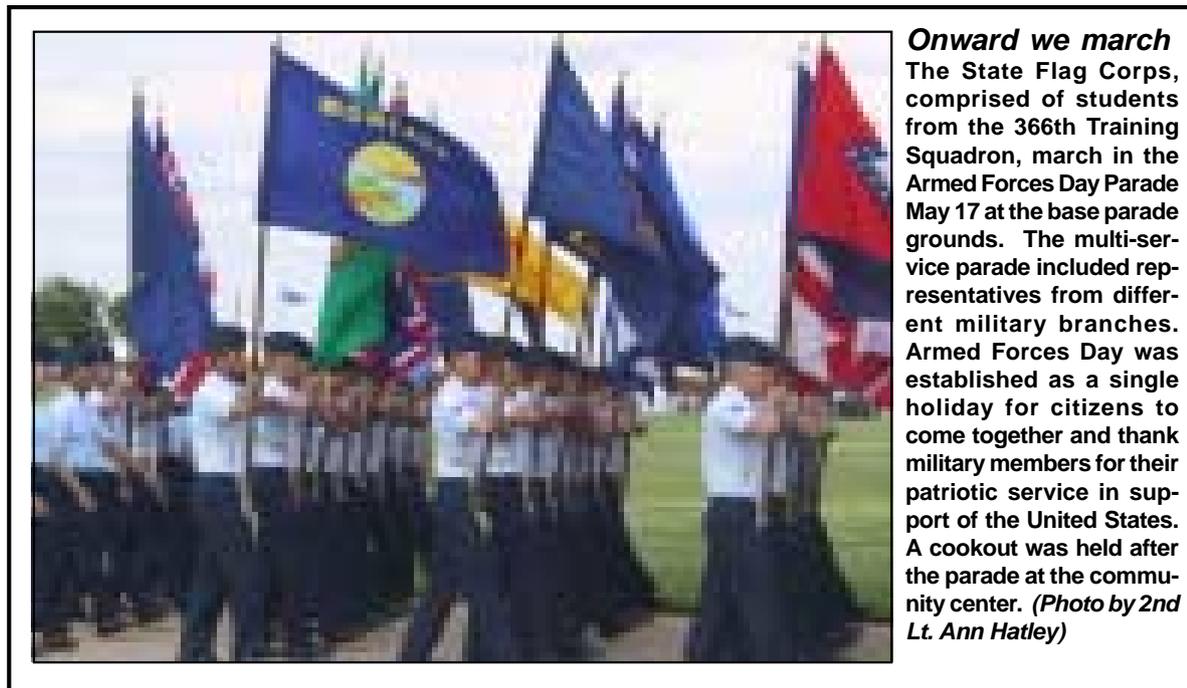
"...that I will well and faithfully..." The core and essence of a warrior is based on three simple principles: dedication, commitment and discipline. Dedication means to do the mission right, the first time, with wholehearted devotion to duty. Commitment is excellence—excellence in all we do, a core value. And finally discipline means self control, a deep sense of character and simply to do your best.

"...so help me God." Our warrior spirit is based on a higher calling. A calling that many in our nation do not understand. Our founding fathers believed our nation was "called" to be the best. We today continue the vision of our founding fathers by ending our oath with a commitment to that

higher calling.

In today's world, many here at Team Sheppard have been called to duty and many are there today. They have and are doing the mission and putting their lives on the line every day. And those of us who have not and will not deploy are just as equally warriors. Because, we in both the 80th FTW and 82nd TRW are the foundation for training warriors. Combat capability for the NATO Alliance and for all United States' services starts here. Therefore, you are a warrior.

So, the next time you are at a promotion ceremony or a reenlistment and the individual raises his or her right hand and states the oath, in your mind do the same. Not only say the words, but think of what they mean. To each of us, they mean something a little different. However, they do bind all of us together as warriors. Warriors with a spirit that will take Team Sheppard to the fight — anytime, anywhere.



**Onward we march**  
The State Flag Corps, comprised of students from the 366th Training Squadron, march in the Armed Forces Day Parade May 17 at the base parade grounds. The multi-service parade included representatives from different military branches. Armed Forces Day was established as a single holiday for citizens to come together and thank military members for their patriotic service in support of the United States. A cookout was held after the parade at the community center. (Photo by 2nd Lt. Ann Hatley)

## Hints for summertime pest control

It's that time of year again: when insects try to invade homes and base facilities looking for food and shelter.

It is everyone's responsibility to assure that sanitary conditions are maintained at all times to prevent desirable living conditions for these pests. Breakrooms, kitchens and snack bar areas should be given the most attention, as they usually provide the main food source for ants, roaches and other nuisance pests.

Department of Defense Instruction 4150.7 is the guiding regulation for pest control on DoD property. It is the responsibility of all base-housing occupants to control all nuisance pests. Nuisance pests are considered to be any type of insect or rodent that doesn't present a medical or structural hazard (roaches, sugar ants, crickets, mice, beetles, etc). All insects that are considered disease vectors and present a health hazard or cause structural damage to government property are to be controlled by the base environmental controls section. Disease vectors include fleas, ticks, bees, wasps, mosquitoes, rats, termites and carpenter ants.

Housing occupants can help

prevent these nuisance pests from invading their homes by making sure that all areas that allow access to their homes are sealed. Maintaining weather stripping around doors and windows will cut down on access routes. Closing all openings 1/4 inch or larger will reduce the chance of rodents finding a way into your home.

Housing occupants and building managers can also use the self-help store's pest control products. The self-help store is stocked with many free products to help control nuisance pests.

Housing residents may consider contracting with a licensed pest control company at their own expense. If this option is considered, residents must coordinate this procedure with the bases environmental controls section. As always, the 82nd Civil Engineer Squadrons environmental controls section will continue controlling disease vectors and structural pests. They are always available to provide any information concerning local pest problems. For more information, call environmental controls at 6-2854. *(Courtesy of the 82nd Civil Engineer Squadron)*

## 13 senior airmen graduate from ALS

Sheppard's Airman Leadership School Class 02-D graduated recently.

Senior Airman Julie Sullivan, 366th Training Squadron, earned top honors with the John Levitow Award.

The John Levitow Award is presented to the student who exceeded all academic standards and demonstrates leadership ability, teamwork, attitude and military bearing.

Senior Airman Attilio Lopez, 82nd Medical Operations Squadron, was recognized with the Leadership Award.

The Leadership Award is given to the student who makes the most significant contribution to the overall class success.

Senior Airman Misty Russell, 82nd Civil Engineer Squadron, was awarded the Academic



**Senior Airman Julie Sullivan, John Levitow Award winner**



**Senior Airman Attilio Lopez, Leadership Award winner**



**Senior Airman Misty Russell, Academic Achievement Award winner**

Achievement Award.

The Academic Achievement Award denotes excellence as a scholar. It is based upon all objectives and performance evaluation scores for the class.

Other graduates were Senior Airmen Preston Hughes III, 366th TRS; Leslie Hellinger, 82nd Security Forces Squadron; Anthony Murphy, 80th Operations Support Squadron; Patrick Reforsado, 363rd

Training Squadron; Tony Singleton, 366th TRS; Alexander Mosquera-Melo, 82nd Aerospace Medicine Squadron; John Adams, 366th TRS; Timothy Montjoy, 362nd Training Squadron; John Joseph Jr., 344th Recruiting Squadron, Arlington, Texas, and Timothy Wieser, 82nd CES. *(Courtesy of Airman Leadership School)*

To place an ad in the Senator, call 767-SOLD.



## Safety Corner

With Memorial Day, we have a national holiday in memory of all those who have died in the defense of our country.

Perhaps we should have another day each year in memory of those who have died needlessly in highway crashes. More people have been killed on our roads than in all U.S. wars combined. Scores of people are killed and many are crippled in vehicle accidents every day. These tragic events are seldom publicized outside the immediate area where they occur. Major wars, on the other hand, make big headlines around the world. We never see front page headlines reading, "Vehicles kill 150 people" or "5,000 people crippled on highway today." Although these headlines would be true on almost any given day of the year, they're never printed. If that many

people died in a single train or airplane crash, the entire world would know about it in a few hours.

We must keep this in mind during the forthcoming Memorial Day and the ensuing months, a fun-filled period of vacations, outdoor recreational activities and extended driving. Although a lot of fun, it's also the most deadly time of the year. In a nut shell, here's what to do: Buckle up, obey the posted speed limits, drive defensively and according to road and weather conditions, use the buddy system during water activities, and practice temperance. Have fun, but take time to reflect on the reason you have time off on Memorial Day and give some thought to the "never printed headlines." *(Courtesy of the 82nd Training Wing safety office)*

### All ranks day

The airman's attic will hold an all ranks day June 1 from 9 a.m. to 1 p.m.

### Commissary closure

The commissary will be closed on Monday in observance of Memorial Day. Normal hours, 7 a.m. to 8 p.m., will resume on Tuesday.

### Housing office closure

The housing office will be closed Thursday from 11 a.m. to 1 p.m. to allow housing employees to attend a retirement luncheon for two of their coworkers.

### Telephone switch

Due to the upcoming in-

## Briefs

stallation of a new telephone switch at Sheppard, telephone work requests will not be accepted after Friday. The installation of the new switch is scheduled to be completed Nov. 11. For any questions or concerns, please contact the 82nd Communications Squadron at 6-2054, 6-4433 or 6-5581.

### Praise team musician/director wanted

The Sheppard Chapel is accepting bids for a praise team musician/director. A statement of work is available for review in the chapel's bookkeeper's office. Individuals interested should stop by the south chapel Monday-Friday, 8

a.m. to noon to review the statement of work and submit a "sealed" bid for the position. All bids must be received by 4:30 p.m. on Thursday.

### Army Birthday Ball

The first Sheppard Army Birthday Ball will take place at 7 p.m., June 14 at the Radisson in Wichita Falls. Designed to honor the Army's 227th birthday, the event is open to all members of the Sheppard community. Anyone who wishes to attend can call Sgt. Jones at 6-3975 or Sgt. 1st Class Matthews at 6-8174. The deadline to request tickets is May 31. Ticket cost is \$25.



### ***Southern Watch***

**Capt. John McDonald, 882nd Training Support Squadron, greets Army Gen. Tommy Franks, Central Command commander. The captain is serving as a readiness officer while deployed in support of Operation Southern Watch. (Courtesy photo)**

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

## Views: Helpful hints for the weak stomach when dining in Asia

By Flor Payton

*AAFES manager*

Food—how you eat it and how you react to it—has long been considered an important ingredient in the art of diplomacy. Your behavior at the table is one of the quickest ways to make or lose foreign friends.

When dining in Asia, be prepared for surprises. You could be offered dog meat, snake meat, sea slugs, chicken blood, raw fish, monkey brains or a thousand-day-old egg.

When your hosts offer you a local delicacy or a national specialty, they are offering you their friendship as well as a sample of their culture. They are giving you the best they have, and if you reject it, you are rejecting their culture, their friendship — and them personally.

What's on your plate may

swim, crawl, fly or look at you. Never mind! Taste it — you may even like it. If you don't, eat a reasonable portion anyway.

Be aware: Shoes are removed in many Asian restaurants, homes and temples. Slip-on (rather than lace-up) shoes will make this easier. Because shoes are often removed, always wear clean socks without holes.

### The art of not eating, politely

If you have a weak stomach or really dislike the food served in a particular country, here are some helpful hints:

- Take a big gulp of the pink stuff (Pepto-Bismol) before you go to dinner.
- Mentally prepare yourself for the unexpected.
- Never ask what a dish is until you've finished eating it.
- Don't chew particularly unpleas-

ant food. Just swallow fast. Sometimes the consistency is worse than the taste.

- Taste everything, and try to eat at least a little of it. If you truly can't eat something, a taste is polite.
- Never joke or make a negative comment about what is served; try not to grimace.
- Engage in conversation with your dinner partners; it will get your mind off the food and take up time until the next course is served.
- When offered seconds of something you don't like, say "Thank you, but let me finish this portion first." Eat slower and talk more.
- If you're really afraid a particu-

lar dish might make you ill, decline politely.

### General table manners

- If you have dietary restrictions, mention them to your host ahead of time.
- Taste every dish offered. You need not eat a lot, but a taste is polite.
- Eat slowly. You'll embarrass your host if you finish a course first and have an empty plate in front of you.
- You may smack and slurp soup noodles. It is taken as a compliment to the host.
- Leave the table if you must blow your nose.

•Cover your mouth with your hand while using a toothpick.

•Don't smoke at the table unless your hosts smoke. They probably will. You will be offered a cigarette whenever your hosts light up.

•There is no "Dutch Treat" in Asia. The person who invites pays the bill.

•In Asia, forget your mom's admonition to "clean your plate." Always leave at least a small amount of food on your plate when you have finished each dish or course. If you clean your plate, it will be refilled until you leave some food.

*(Editor's note: May is Asian-American Heritage Month.)*

# Student Stuff

Happenings on base and in the community

## Student center events

Every Monday, 6-8 p.m. - spade tournament

Every Monday, 6-8 p.m. - jam session, bring your own instrument/equipment.

Every Tuesday, 5-8:30 p.m. - Country 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.

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

Every Friday and Saturday, 7-11:30 p.m. Club BDU

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

## Hours of Operation

Mon-Thurs: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.

## Special Dance

Club BDU Memorial Day Dance Sunday from 7-11:30 p.m.

## Memorial Day Bash

The student center will host the Memorial Day Bash/Battle of the Bands Monday from 1-6 p.m. The student center will serve free food to students. The menu will include hamburgers, hotdogs, chips and drinks. There will be a DJ in the park for entertainment. This event is sponsored by Chaney Financial

Group (No federal endorsement of sponsor intended). For more information, call Lisa Christman at 6-2491.

## Collectibles show

The student center will host a card and collectibles show June 1 from 10 a.m. to 5 p.m. Admission is free. Participants can visit vendor booths featuring sports cards, comics and all types of collectibles. Vendors may purchase booths for \$10. For more information, call Lisa Christman at 6-2491.

## Chapel Events

Sheppard chapels offer a variety of programs for student enrichment:

### Saturday

On 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 4-9 p.m.

### Tuesday

Base chaplains offer helpful classes every Tuesday, 2-4 p.m., in the north chapel for students awaiting training or for those having already graduated.

### 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.

# 364th TRS student receives Ace Award

By Tech. Sgt. Benjamin Gonzales

364th Training Squadron

Airman 1st Class Mary Collier was awarded the Ace Award for maintaining a 100 percent average in the 364th Training Squadron Aircraft Hydraulic Apprentice Course. Airman Collier received the Ace Award Certificate and the 364th TRS coin for this accomplishment. She scored a 100 percent on four block tests and successfully passed all required course tasks.

Airman Collier is in the Illinois Air National Guard, stationed at Scott Air Force Base, Ill. She is presently a Photography and Visual Communications junior at Southern Illinois University in Carbondale, Ill. She said she signed up for the hydraulics career field because she felt it would be a fun job, and she could finally learn how to properly service the hydraulic brakes on her mountain bike.



**Airman 1st Class Mary Collier poses with the Ace Award and 364th Training Squadron coin she received for achieving a 100 percent average in the Aircraft Hydraulic Apprentice Course. (Courtesy photo)**

Airman Collier is originally from Alamogordo, N.M., where her parents, Jim and Marie Metcalf, reside as well. Instructors in the hydraulic course describe Airman Collier as a "go-getter" with the right stuff.

Airman Collier is not finished with her training at Sheppard.

She will be working on KC-135R tanker aircraft and attending the 364th TRS Inflight Refueling Course. She said she hopes to achieve success in the IFR course as well, but she mainly wants to learn all she can about her new career in the Air Force.

# Student views: This is how I see it

By Airman Matthew Fons

361st Training Squadron student

It's weird sitting and looking at my life right now. The United States is in a time of war, and it's uncertain how long this will last.

Here I am sitting at Sheppard awaiting training on multi-million dollar aircraft that play a hand in protecting our country and winning this war. Does this thrill me? Of course it does, but at that same time it scares the heck out of me. In a matter of time, I will be handed the responsibility of fixing these aircraft and preparing them for whatever their mission may be. Knowing that the Air Force is willing to hand me this responsibility makes me feel like I truly belong here.

I started basic training on March 12, 2002. That first week felt like the worst week of my life, but even then I was

learning things, and I was seeing life with a completely new perspective. After that week, each of the next three weeks got a little easier. It was still hard, but I learned how to pay attention to detail and apply what I had learned to my everyday life.

Then came Warrior Week. That week was a turning point for me; that week showed me the true essence of the military – of what it means to be a warrior. At night, I would lie in my tent and think of my family and everyone else who cared about me and how they were home safe and living their everyday lives. That's when it dawned on me. That's what I'm here for. I'm here to serve and protect my country and all its people, all of our rights as Americans and our freedoms. I'm not personally at war right now doing

those things. But, there really are soldiers laying in tents in Afghanistan serving this country with their lives on the line, all to protect things that people, including myself, often take for granted.

I just sit and look at what happened on 9-11. Tell me, how many people thought that could happen? Not me. All things we know as normal or comfortable – freedoms, rights, privileges, you name it – could disappear in an instant. I don't want to see that happen.

I now belong to a team that is dedicated not to letting that happen, and I'm proud to be a part of it. I now know I am committed to do whatever it takes to protect this country and everything it stands for. And I will stay this way as long as I live.

# Annual load deferral program to start in June

**By Sam Hagins**

*82nd Civil Engineer Squadron*

When the mercury rises at Sheppard, so does the use of air conditioning.

Air conditioners are the largest consumers of electrical energy on base. Although electricity accounts for less than 50 percent of Sheppard's total energy consumption, it makes up over 80 percent of the total energy cost.

Sheppard's leadership has adopted the Load Deferral Program as a method of reducing electrical consumption as well as saving operations and maintenance dollars.

Load deferral is an energy-reduction program where non-mission critical equipment (e.g., lights, coffee pots, computers, printers, etc.) is turned off during summer afternoons to reduce Sheppard's peak electrical demand. By deferring these non-mission critical devices, we can concentrate our energy needs on keeping everyone cool during the sweltering months of summer.

This year's load deferral program will run from June 1 until Sept. 1 between 1 and 4:30 p.m. The goal is to turn off at least 50 percent of lighting and all non-mission essential electrical equipment during those hours of peak use. All groups on base have already updated the load deferral plans for their facilities. These plans were developed by facility managers in coordination with the 82nd Civil Engineer Squadron and the Energy Conservation Working Group.

Load deferral can only be successful with the help of all Team Sheppard members. By helping your facility managers turn off and keep off any unneeded electrical equipment in the afternoons. It doesn't seem like much, but if every-

one does a little, it adds up. Just contact your facility manager to get involved and see what you can do to help. So far, this year's program earmarks approximately 3,000 kilowatts for deferral with savings estimated at over \$35,000.

Energy conservation is everybody's responsibility at Team Sheppard. And remember, load deferral is the best

way for everyone to "chill-out" in North Texas. For more information on load deferral or energy conservation, call Sam Hagins, base energy manager, at 6-5689.



## General activities

### First Sheppard Chess Tournament

The community center will host the first Sheppard Chess Tournament Saturday. The tournament begins at noon. Participants in the tournament must abide by the official U.S. Chess Federation rules and must be a USCF member to go on to the Air Force tournament. Anyone may enter. Boards for the tournament will be supplied by the facility. A volunteer USCF tournament director is needed to oversee the tournament. For more information or to sign-up, call 6-3866.

### Second annual build-a-boat race

The first team meeting for the second annual build-a-boat race will be at the community center on Tuesday at 2 p.m. in the conference room. The race will be held June 15 at the main pool. Races start at 10:30 a.m. Participants must register by June 10. For more information and registration, call 6-3866.

Asian-American/Pacific Islander story time for the month of May

The base library will celebrate Asian-American/Pacific Islander Month every Tuesday in May with story time from 10:30-11 a.m. Children and adults are invited to come and enjoy story time with members of the Asian American/Pacific Islander Committee. For more information, call 6-6152.

### Pool hours of operation

The main pool and Bunker Hill Water Park will be open from Memorial Day until Labor Day. Capehart Pool will officially open June 7. Season pool passes are available at any of the pools during normal hours and at outdoor recreation, the ITT office or the youth center. Pass prices are \$30 for an individual pass and \$60 for a family pass. Daily fees are \$2 for people age 16 and older and \$1 for people age 15 and under. For information about water aerobics, call 6-7491. For information about lap swimming, call 6-6460.

**Main pool** – 6-6469

Monday-Friday, 1-7:45 p.m.  
Saturday and Sunday, noon-7:45 p.m.

**Capehart pool** – 6-4281

Everyday, noon-7:45 p.m.  
Weekends only after Labor Day.  
Family swim time Monday and Tuesday.

**Bunker Hill water park** – 6-4161

Thursday-Tuesday, noon-7:45 p.m.

## Upcoming trips

### OKC botanical gardens trip

The Outdoor Recreation crew will host a trip to Oklahoma City to see the National Memorial and the botanical gardens Saturday from 8 a.m.-7 p.m. The cost is \$15 per person. For more information and registration, call 6-4141.

## Club activities

### Membership Appreciation Night at the officers club

The officers club invites club members to come in for Membership Appreciation Night June 6 from 5:30-8 p.m. Club members can eat for free, while spouses pay \$3.50, and children pay \$1.50. All ranks are welcome. For more information, call 6-2083.

### Latino Dance Night

The enlisted club will host Latino Dance Night June 3 from 10 p.m. to 2 a.m. Free food will be served. For more information, call 6-2083.

### Officers club game league

The officers club game league holds tournaments in 9-ball, cricket, shuffle board, foosball and crud starting at 6:30 p.m. the second and fourth Thursday of each month. Food and beverages are 15 percent off during league play. Prizes will be awarded. For more information, call 6-6460.

### Big Bucks Club drawing

Sheppard club members are eligible for the Big Bucks Club Card drawings held every Friday from 6-7 p.m. at the officers club or the enlisted club.

## At the Flicks

**Friday 6:30 p.m.**

High Crimes

**Friday 9 p.m.**

Panic Room

**Saturday 2 p.m.**

Panic Room

**Saturday 4:30 p.m.**

Murder by Numbers

**Saturday 7 p.m.**

National Lampoon's Van Wilder

**Sunday 2 p.m.**

National Lampoon's Van Wilder

**Sunday 4:30 p.m.**

Murder by Numbers

**Thursday 6:30 p.m.**

Panic Room

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

**Panic Room (R)** – Jodie Foster, Kristen Stewart – A divorced woman in her 30s and her daughter are caught up in a cat and mouse game inside their New York brownstone when three burglars come looking for a hidden cache of cash.

**High Crimes (PG-13)** – Ashley Judd, Morgan Freeman – A Harvard Law School professor is forced to defend her husband in military court after the Army declares him a deserter and charges him with participating in a mass killing in El Salvador.

**Murder by Numbers (R)** – Sandra

Bullock, Ben Chaplin – A tenacious homicide detective, Cassie, and her new partner, Sam, become pitted against two high school students in an ingenious battle of wits as they try to solve a murder case.

**National Lampoon's Van Wilder (R)** – Ryan Reynolds, Tara Reid – In the college jungle, there can be only one king, and it's Van Wilder. Van catches the eye of Gwen, a student journalist who's determined to expose the truth beneath Van's wilder exterior. What begins as a clash of wills soon leads to romance.

## Chapel Schedule

### Student programs

Tuesday, 11 a.m. and 4:15 p.m., chapel rope meeting, North Chapel  
Saturday, 5 p.m., Solid Rock Cafe, South Chapel

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

### Catholic activities

#### Mass

Saturday, 5 p.m., North Chapel  
Sunday, 9 a.m., North Chapel  
Sunday, noon, North Chapel  
Mon.-Fri., 11:30 a.m., North Chapel

### Religious education

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

### Reconciliation

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

### Protestant activities

#### Worship services

Saturday, 6:30 p.m., Holy Eucharist with Praise and Worship, South Chapel  
Sunday, 10:30 a.m., Holy Eucharist, Hospital Chapel  
Sunday, 10:30 a.m., Inspirational Gospel Service, South Chapel

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

### Religious education

Saturday, 5:30 p.m., Growing in God's Grace, South Chapel  
Sunday, 9 a.m., classes for ages 3 to adult, Bldg. 962

### Bible studies

Tuesday, 6:30 p.m., South Chapel  
Thursday, noon, South Chapel  
Thursday, 7:00 p.m., Protestant Women of the Chapel, Bldg. 962  
Saturday, 6:30 a.m., Protestant Men of the Chapel Bible study  
Second Saturday of month, 8 a.m., Protestant Men of Chapel breakfast

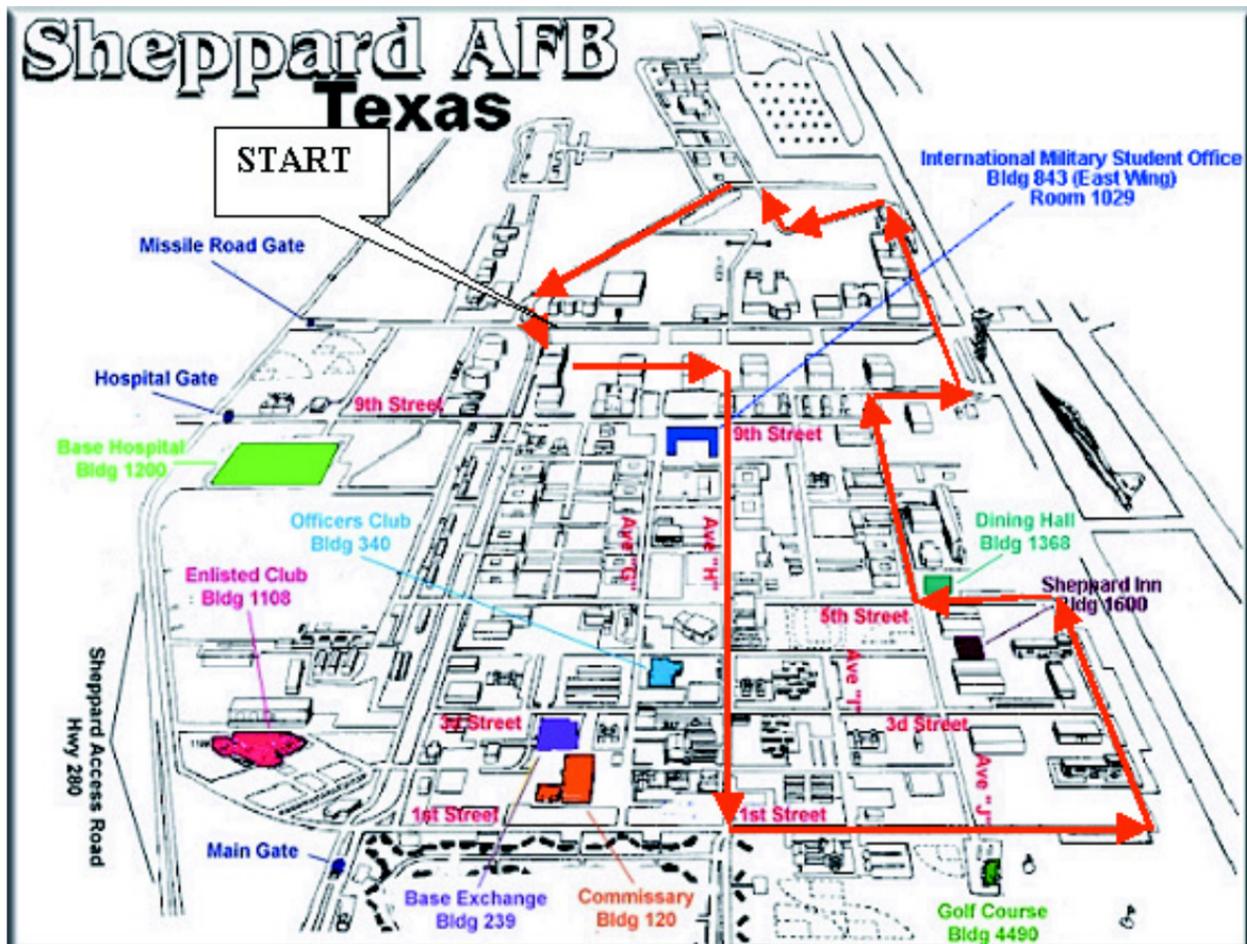
### Lay-led faith groups

Islamic activities, Friday, 1:45 p.m., South Chapel  
Jewish activities, call Maxine Simpson, House of Jacob Synagogue at 322-4177  
Latter Day Saints, Sunday, 2 p.m., Hospital Chapel  
Mystic Grove Pagan Study Group, Wednesday, 6:30 p.m., Bldg. 962, call Kalista at 6-4370

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

### Base bike loop

In addition to other routes being designated for Bicycling Magazine's Bike to Work Challenge, this five-mile route is also available. Riders should begin the route any time between 11:30 a.m. and 1:30 p.m. The 82nd Security Forces Squadron will provide traffic control at busy intersections along the route. Starting point is in the parking lot next to Bldg. 1012 behind the B-52 static display on Ave. E. Texoma Cycling Center personnel will be available at the starting point to check bicycles and helmets for safety and mechanical problems. Personnel wishing to ride further than five miles may ride loops multiple times or combine the routes. (Courtesy of Maj. Patrick Testerman)



## Views: AF fit test, how to prepare

By Kimberly Houk

*Fitness Program Manager*

Annual fitness testing is one of the few constants in today's Air Force for Sheppard's permanent party personnel. To assess fitness, military personnel are given a cycle ergometry assessment, as well as two assessments of strength: push-ups and crunches. Here are some suggestions to help prepare to meet standards.

1) Engage in a regular aerobic exercise program. The cycle ergometry fitness assessment is intended to be a "progress-check." Most personnel that follow the American College of Sports Medicine FITT principle are able to meet this standard without much difficulty.

F = Frequency: three to five days per week

I = Intensity: 65-90 percent of maximum heart rate (contact the HAWC or fitness centers for assistance – or refer to Sheppard Senator Article published on May 10, "The FITT principle of exercise - how often, how hard, how long, how to choose")

T = Time: 20-60 minutes

T = Type: Aerobic-type exercises (such as running, walking, jogging, swimming, aerobics, stair-stepper or the elliptical machine)

2) Work on a strength training program. At a minimum, practice doing push-ups and crunches. The ACSM minimum recommendations are to engage in strength training exercises two to three days per week per major muscle group with a minimum of one to two sets of eight to 12 repetitions to



### V-ball champs

The 80th Flying Training Wing volleyball team was declared the base intramural champion May 15 after defeating all competitors in the regular season and tournament championship. Pictured in the team photo are (back to front, left to right) Jakob Oestergaard, Thomas Tyson, Ralph Jodice, Alessandro D'Andria, William Alcorn, Anthony Brim, Jason Arce, Kathleen Langley, Cheryl Johnston, La Sonya Menk, Shakra Phifer and Sabrina Moscot.

## FIT TEST

Continued from Page 18

fatigue, which means your muscles should be tired after each set. They further recommend that eight to 12 exercises are performed that will work out the major muscle groups, starting with the largest muscle groups and working to the smallest ones (examples: leg press, leg lifts, leg curls, "lat" pull-downs, row, shoulder press, bench press, bicep curls and triceps press downs). Although the pushups and crunches are not pass/fail at this time, it is a good idea to start preparing now.

3) Stretch regularly. Stretching will not necessarily improve your fitness score, but it can improve sports performance and reduce risk of injury. ACSM guidelines are to stretch at least two to three times per week, holding each stretch 10-30 seconds, and preferably stretch when muscles are warm.

If you would like more information or need some help, please schedule an appointment at the health and wellness center or attend one of the classes available at the south fitness center.

If you have further questions about the fitness testing program or other fitness issues, call the health and wellness center at 6-3026.

## May fitness events

### Fitness workshop

The south fitness center will host a fitness workshop today from 9 a.m. to 3 p.m. During the workshop, there will be demonstrations on various exercise equipment and strength training exercises, Micro-fit testing and blood pressure readings.

Those interested in attending can call 6-6336.

### Closing ceremony

The south fitness center will host the 2002 Mission Fitness Closing Ceremony May 31 starting at 4:30 p.m. Fitness center personnel will be collecting stamp cards and handing out door prizes and trophies to all the first,

second and third place winners of fitness month events. Participants have a chance to win tickets to Six Flags over Texas and a two-night stay in a hotel. Those with miles to turn in for the incen-

tive programs must do so by noon. Booths will be set up for general information on health and fitness.

Those interested can call 6-2972.