

<b>Friday</b>  Mostly cloudy; possible storms Lo: 69°F Hi: 87°F	<b>Saturday</b>  Mostly cloudy Lo: 72°F Hi: 90°F	<b>Sunday</b>  Partly cloudy Lo: 74°F Hi: 92°F
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Sheppard  
Safety Office  
has global reach  
  
See Page 6



# Sheppard Senator



Combat Capability Starts Here

Vol. 57, No. 21 Sheppard Air Force Base, Texas May 28, 2004

## President outlines 5-step process for Iraq

Plans to demolish controversial and notorious Abu Ghraib prison in the works for coalition

**By Kathleen T. Rhem**  
*American Forces Press Service*

WASHINGTON – President Bush outlined five steps Monday that will help Iraq move toward democracy and security. He also laid out a proposal to demolish the notorious Abu Ghraib prison.

The president delivered his remarks in a televised address from the Army War College in Carlisle Barracks, Pa., the Army's senior service school to train leaders in developing and employing landpower. He said that after June 30 Iraqis will know Americans have no interest in contin-

ued occupation of Iraq.

"The rise of a free and self-governing Iraq will deny terrorists a base of operation, discredit their narrow ideology and give momentum to reformers across the region," he said. Success in Iraq will be a "decisive blow to terrorism at the heart of its power and a victory for the security of America and the civilized world."

President Bush's five-step plan to "help Iraq achieve democracy and freedom" consists of:

- Handing over authority to a sovereign Iraqi government;
- Helping establish security;
- Continuing to rebuild Iraq's infra-

structure;

Encouraging more international support; and

Moving toward a national election "that will bring forward new leaders empowered by the Iraqi people."

The president said U.N. special envoy Lakhdar Brahimi intends to name the interim-government officials this week.

"On June 30, the Coalition Provisional Authority will cease to exist and will not be replaced," President Bush said. "The occupation will end, and Iraqis will govern their own affairs."

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President George W. Bush delivers remarks on Iraq and the war on terror at the U.S. Army War College in Carlisle Barracks, Pa.  
Photo by Eric Draper

### On the Inside

#### CGOs get close up with AWACs

Sheppard's company grade officers got the opportunity to see another aspect of the Air Force Tuesday when an airborne warning and control system landed here from Tinker Air Force Base, Okla.

Col. Darrell Sims, the 82nd Training Wing vice commander and advisor to the Company Grade Officer Council, along with the newly elected CGOC staff invited the jet and its crew here to show Team Sheppard CGOs the role AWACs play in the Air Force.

"We want to give CGOs the opportunity to learn first hand different aspects of the Air Force and other branches of the military that are not available here at Sheppard," said 2nd Lt. Gary Oldenburger, the president of CGOC.

For full story, see page 2.

#### Elementary celebrates 50 years

Fifty years of success at Sheppard Elementary, a retirement and national distinction culminated into one celebration May 21 for the base's school.

Patricia Bridwell was recognized for her 37 years of service and the school also received its Title 1 National Distinguished School Award – one of two in the state and one of only 33 in the entire country.

For full story, see page 3.

#### SecAF, CSAF sends holiday message

This Memorial Day beckons us once again to remember and reflect on the selfless sacrifices of members of America's armed forces.

While stories abound on the origins of the Memorial Day observance, one aspect remains abundantly clear – since it was first proclaimed officially in May 1868, Americans continue to enthusiastically honor the enormous sacrifices of all the service men and women who have paid the ultimate price for freedom, as well as thanking those who serve today.

For full story, see page 7.

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## 'Rapping' it up

### Sheppard RAPCON best in Air Force

By Senior Airman Chris Powell  
*Staffwriter*

Thirty years is a long time to go without winning an award. So it may have been a matter of time before Sheppard's air traffic control facility won its first Air Force-level D. Ray Hardin Air Traffic Control Facility of the Year award.

The last award the 70-member facility won was the best air traffic control facility in the command in the early 1970s. The D. Ray Hardin Air Traffic Control Facility of the Year is awarded to the air traffic control facility that shows the best overall support to its mission.

"This is a great honor," said Master Sgt. Sean Marchal, the chief controller of the RAPCON. "It says a lot about who we are, from the lowest ranking Airman to our airfield operations flight commander."

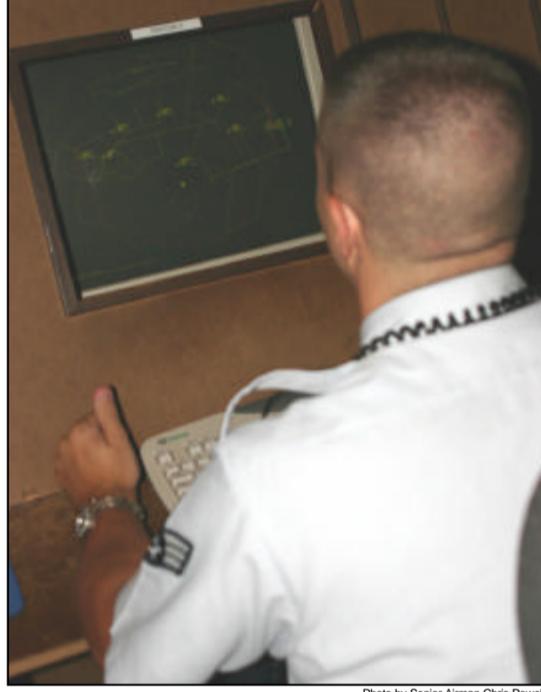
The air traffic control facility, or Radar Approach Control, provides the base with safe and expeditious service to all aircraft transiting our airspace and areas of responsibility.

This award isn't very easy to win, and the 30-year absence may be testament to that.

"I've told all the Airmen to cherish this award, because it might be the only time they are with a facility that wins it," said airfield operations flight commander Capt. David Woodley.

The captain said there are several reasons why Sheppard won the award, despite having to go up against other real-world air traffic control facilities like those in Iraq or Afghanistan.

"Our training program is the best, and our numbers prove that,"



An air traffic controller-in-training watches the radar recently and monitors all aircraft in Sheppard's air space. The base's RAPCON was awarded the D. Ray Hardin Air Traffic Control Facility of the Year, naming it the best in the Air Force.

Capt. Woodley said. "We are also one of the busiest air traffic control facilities in the entire Air Force. Because of that, when we deploy, we do well wherever we go."

Although training can get people prepared to do the job, it all comes down to teamwork to get it done, and the RAPCON staff says they have plenty of it.

"This was a total team effort," said Airman 1st Class Susan Macomber, an air traffic control member. "We work really well together, and we push hard every day, so it's nice to get this award."

Just as the rest of the base is getting ready for the upcoming Operational Readiness Inspection, the RAPCON members have been doing the same thing since March.

"With just under 150 days to go, we are very nearly ready," Sergeant Marchal said. "Since March, we've had monthly preparation team meetings and training classes to ensure we're in compliance with our regulations and procedures."

The facility staff will be presented with their award at the next wing commander's call in June.

## Common sense key to safety

By Staff Sgt. Melanie Streeter  
*Air Force Print News*

WASHINGTON – Air Force officials want Airmen to use common sense and not fall victim to accidents during the "101 Critical Days of Summer."

These 101 days fall between Memorial Day and Labor Day. This is the time period when the Air Force sees a rise in off-duty injuries caused by increased activity and risk taking, said officials from the Air Force Safety Center at Kirtland Air Force Base, N.M.

"Historically, this is a period of high risk, because people are doing more," said Herm Dean, the center's chief of ground safety operations. "People are outside traveling, swimming, camping — doing the things they've wanted to do all winter."

Unfortunately, Airmen are not always prepared to charge into summer activities. The safety campaign aims at drawing attention to safety awareness and risk management, especially on the road.

An average of 25 Airmen died during the summer months over the past five years, safety officials said. Most of these losses occurred in personal motor vehicle accidents, including motorcycles. These accidents are largely preventable.

"Know your limits and use personal-risk management," Mr. Dean said. "Don't try to drive 10 to 12 hours a day. Plan your trips. Don't take unnecessary risks."

Mr. Dean also offered other advice while traveling this summer:

- Wear seatbelts.
- Remain alert while at the wheel, and plan breaks at frequent intervals.
- Do not speed to arrive early. It is better to arrive late than not arrive at all.
- Do not drink alcohol and drive.
- Anticipate the unexpected and be ready to react.
- He suggests using a simple three-step process – A-C-T.

"Assess the risk; consider your options; take appropriate action," Mr. Dean said. "It's easy, like crossing the street. You would never cross without looking left and right first."

"If what you're about to do is dumb, different or dangerous, then maybe it's too risky and you shouldn't be doing it," he said.

## TRICARE for Life changes claims center

By Ellen Maurer  
*Bureau Of Medicine and Surgery Public Affairs*

WASHINGTON (NNS) – The Wisconsin Physicians Service is slated to become the new centralized claims processor for all beneficiaries who are eligible for TRICARE For Life, including those under age 65 and dual-eligible for TRICARE and Medicare.

The change, which is currently being phased in by region, started April 1 and continues through the end of the year. It affects approximately 1.7 million TRICARE For Life beneficiaries in the United States, Puerto Rico, Guam, the U.S. Virgin Islands,

the American Samoan Islands and the North Mariana Islands.

The new contract integrates the services previously provided by each of the regional managed care support contractors. It will provide a single source for claims processing, customer service and administrative claims services.

"The new single claims processing vehicle will deliver customer-friendly service and improve beneficiaries' satisfaction," said Rear Adm. Richard A. Mayo, deputy director of TRICARE Management Activity. "We will employ commercial best practices and an effective manage-

See TRICARE, Page 4

## Choice of a lifetime

Bad decisions affect Airmen's careers

By Airman 1st Class Jacques Lickteig  
*Staff writer*

Two former Sheppard Airmen tasted bitter consequences recently when they were caught making the wrong decisions.

The incidents were separate and different, but the results could be the same.

Lt. Col. John Bukowski, 363rd Training Squadron commander, said a momentary lack of judgment on the part of a student in his squadron and the advice of "barracks lawyers" could lead to the end of a promising career.

"I don't think the Airmen realize the consequences of their actions," he said.

One of his Airmen, a Nuclear Weapons Apprentice course student, put a price tag for his career at just under \$90 for shoplifting two video games from the base exchange. Officials valued the games at \$89.94.

Colonel Bukowski said all nuclear weapons specialists are required to have a personnel reliability program certification, and because of this incident, the Airman is permanently disqualified from being certified, eliminated from the nuclear weapons apprentice course and will receive an Article 15. Since the Airman isn't able to fulfill his guaranteed enlistment contract, the commander is pursuing separation.

That Airman had a clean record and

See CHOICES, Page 4

## CGOs get a look at the Air Force's global Sentry

By 1st Lt. Laura Renner  
Base public communication

Sheppard's company grade officers got the opportunity to see another aspect of the Air Force Tuesday when an airborne warning and control system landed here from Tinker Air Force Base, Okla.

Col. Darrell Sims, the 82nd Training Wing vice commander and advisor to the Company Grade Officer Council, along with the newly elected CGOC staff invited the jet and its crew here to show Team Sheppard CGOs the role AWACs play in the Air Force.

"We want to give CGOs the opportunity to learn first hand different aspects of the Air Force and other branches of the military that are not available here at Sheppard," said 2nd Lt. Gary Oldenburger, the president of CGOC. "The AWAC mission was our first choice because Colonel Sims could shed some personal insight and stories since he is an air battle manager."

Colonel Sims said having the

AWACs come to Sheppard provided another way to give young officers a chance to see the big picture outside the scope of their current job.

"We wanted to enhance the CGO's understanding of the total force concept," he said. "We talked about how Combat Capability Starts Here, and we're teaching that to the CGOs, too."

Approximately 80 CGOs visited the plane and talked with its crew, learning what role each person of the 13 to 19-member mission specialist crew plays. They toured the cockpit, communications equipment, radar equipment and even the bunks in the back.

The CGOs asked questions ranging from deployments to bases the AWACs are located at to missions completed by the crew.

"Everyone seemed to be pretty interested and asked good questions," Capt. Dean Domas, an air battle manager with the 552nd Air Control Wing, said. "People didn't realize our full mission. We're not

just a radar platform; we're also command and control."

He explained to the CGOs that AWACs handle the big picture of the battlefield and their mission includes disseminating that picture to the people who make decisions.

A neat fact he also mentioned was how the radar acts independently from the plane.

"We see ourselves on the radar screen; it doesn't revolve around us," Captain Domas said. "We feel the plane make a left bank as we see it on the screen."

The radar that rotates above the plane is 30 feet long and six feet deep, he later explained. It weighs 10,000 pounds and is designed to provide lift for the aircraft.

This tour particularly came in handy for the current students of the Aircraft Maintenance Officer Course at the 360th Training Squadron



Photo by 1st Lt. Laura Renner

Capt. Dean Domas, an air battle manager in an E-3 Sentry with the 552nd Air Control Wing out of Tinker Air Force Base, Okla., talks with company grade officers about the aircraft's capabilities. The Sentry is the Air Force's airborne warning and control system, or AWACS.

who visited the jet.

"We talked with a lot of AMOC students who may not be working this aircraft but will be working for aircraft that work for us," Captain Domas explained.

Many CGOs seemed to really enjoy the visit and learn a lot. For some, it was the first time to see the inside of the eye in the sky aircraft.

"It was pretty cool because we park next to them at Kadena, and I've always been curious about exactly what they do," 2nd Lt. Spence Pennington, an AMOC student, said. "I've never been inside one before. I learned exactly what an ABM did during their missions in Afghanistan and heard first hand what the enlisted and officers do on the plane."

### Fast Facts about the E-3 Sentry

Primary Function: Airborne surveillance, command, control and communications.

Length: 145 feet, 6 inches  
Wingspan: 130 feet, 10 inches.

Height: 41 feet, 4 inches.  
Rotodome: 30 feet in diameter, 6 feet thick, mounted 11 feet above fuselage.

Speed: Optimum cruise 360 mph (Mach 0.48).  
Ceiling: Above 29,000 feet.

Maximum Takeoff Weight: 347,000 pounds (156,150 kilograms)

Endurance: More than 8 hours (unrefueled).

Crew: Flight crew of four plus mission crew of 13-19 specialists (mission crew size varies according to mission).

Date Deployed: March 1977.

Inventory: Active force, 33 (1 test); Reserve, 0; Guard, 0.

## 15 Airmen graduate from ALS

Base public communication

Fifteen Airmen took the next step in leadership recently when they received their diplomas for Airman Leadership School.

Another Airman assigned to a Sheppard detachment at Fort Eustis, Va.

Senior Airman James Potts of the 382nd Training Squadron was awarded the coveted John L. Levitow Award. The honor is given to the student "who is the most outstanding in objective and performance evaluations, demonstrated leadership and teamwork."

Senior Airman Toyann Ernle of the 82nd Civil Engineer Squadron received two awards. Airman Ernle was named the Distinguished Graduate and the Academic Achievement Award.

Senior Airman Robert Brooks of the 361st TRS earned the Leadership Award for the "most significant contribution to the overall success of the class."

At a recent graduation at Langley Air Force Base, Va., Senior Airman Mike Hofler of the 360th TRS, Det. 1, Fort Eustis, Va., received the John L. Levitow and Leadership awards.

Also graduating from Class



Potts



Ernle



Brooks

04-E was:

Senior Airmen Marc Sullivan, 82nd CES; Jordan Hendrick, 82nd Communication Squadron; Jeffrey Wagner, 82nd Security Forces Squadron.

Kevin Miller, 82nd CES; Chris Crankshaw, 82nd SFS; Zachary Fraley, 82nd CS; Darrin Davenport, 82nd CES; Dexter Robinson, 383rd TRS.

Joseph McCurdy, 364th TRS; Edgardo Santos, 82nd Aeromedical Squadron; Marissa Morrison, 364th TRS; and Anthony Marks, 80th Operation Support Squadron.



Photo by Mike Litteken

### Shining example

Brig. Gen. Arthur J. Rooney Jr, 82nd Training Wing commander, takes time out to have his boots shined by Charles Ford at the new Shoe Shine Parlor in the Student Center. The parlor is open Monday through Saturday from 11 a.m. to 1 p.m. and 6 to 8 p.m.

## Deadline set to apply for officer education courses

Courtesy of the Air Force Personnel Center

RANDOLPH AIR FORCE BASE, Texas (AFP) - Mission support officers considering basic developmental education programs in 2005 have until June 15 to apply.

Available programs include: Air Force Institute of Technology.

Education with industry. Space-lift education and crossover program.

Space and missile acquisition exchange program.

Acquisition and intelligence experience exchange tour.

Acquisition and logistics experience exchange tour.

Comptroller operation logistics tour.

Lean aerospace initiative. Fellowship at Massachusetts Institute of Technology.

Marine Corps Expeditionary Warfare School.

Communications and information engineering exchange.

Civil and developmental engineering exchange.

Financial management leadership program.

Officers in mission-support related career fields may be able to apply for one or more developmental programs. Also, officers in intelligence and space and missiles can apply for exchange programs with the acquisition career fields.

Core assignment teams must release the officers before applying. They must submit a completed Air Force Form 3849, "PME/AFIT/RTFB Officer Worksheet," to AFPC by June 15.

To place an ad in the Sheppard Senator, call 761-5151.

# 50 years later, Sheppard Elementary one of the top schools in the nation

By John Ingle  
Editor

Fifty years of success at Sheppard Elementary, a retirement and national distinction culminated into one celebration May 21 for the base's school.

Patricia Bridwell was recognized for her 37 years of service and the school also received its Title 1 National Distinguished School Award – one of two in the state and one of only 33 in the entire country.

Shannon Hill, the school's principal, spoke to guests and students about the first day of school in 1953 when 6-year-old Vicki Stubbs enrolled.

"Those kids were so much like you are," she said of the first students at the school. "But, they were different in many, many ways."

She explained the in the '50s, students couldn't wear shorts to school and girls had to wear dresses. That drew jeers and boos from the students scattered on the school's north lawn.

Ms. Hill went on to explain that Sheppard Elementary was ahead of the times in that it had already begun to integrate students, far before the U.S. Supreme Court's *Brown v. Board of Education* decision.

"Sheppard Elementary School had already decided that skin color wouldn't determine where you went to school," she said.

After the history lesson on the school, Danielle Fitzgerald, Student Council president, presented a plaque to Brig. Gen. and Mrs. Arthur Rooney Jr.

The general told the crowd that, just like Sheppard's training mission, "a lot of good things are coming" out of the school and that's the students.

He went on to say the Title 1 National Distinguished School rating was evidence of that.

"Can you imagine one of two schools in the state?" General Rooney said. "And Texas is a big state."

Wichita Falls Mayor Bill Altman said the word is out about Sheppard Elementary's accomplishment. He said they are the talk of the Wichita Falls ISD.

"You are really something special because you set out to be an example for others," he said.

The school's selection was based on three criteria:

- exceeding adequate yearly progress for two or more years.
- having a 95 percent or more participation rate in the TAKS/SDAA assessment in reading and math from 2000 to 2003.
- achieving the Texas Education Agency "Exemplary" status three years in a row.

Guests and students honored Ms. Bridwell for her commitment to Sheppard Elementary children for 37 years. State Rep. David Farabee, D-Wichita Falls, presented a state flag that was once flown over the state capitol.

Rev. Reginald Blow, a member of the WFISD school board, said he has known Ms. Bridwell since he was a little boy. He added his mother taught students across the hall from Ms. Bridwell's room.



Courtesy of the Sheppard Heritage Center

Six-year-old Vicki Stubbs, above, the first Sheppard Elementary student to enroll, salutes 3750th Air Base Group commander Col. Curtis Pullig in 1953 as Marjorie

Schneider, a teacher at the school, prepares forms. Below, the Sheppard Elementary choir sings to the distinguished guests and visitors May 21 during the school's celebration.

Photo by John Ingle



## Briefly Speaking

### Safety Day today

Today has been designated a Safety Day for the 82nd Training Wing and 80th Flying Training Wing.

Brig. Gen. Arthur Rooney, 82nd Training Wing commander, will hold a safety briefing at the parade grounds today at 8 a.m. A safety fair will be held in the community center.

### Squadrons get new commanders

One training squadron here has a new commander and another gets a new commander during a ceremony today.

Maj. Curtis R. Hafer, former director of operations for the 360th Training Squadron, took command of the 362nd TRS Monday. Lt. Col. Nancy Kunkel will serve as director of operations for the 982nd Training Group until re-assignment to Hurlburt Field, Fla.

Lt. Col. Janelle E. Costa will take command of the 383rd TRS today at 2:30 p.m. Colonel Costa was recently assigned to the Air War College at Maxwell Air Force Base, Ala.

### Vet organization holds benefit

The Veterans of Foreign Wars David Gibbs Post 8878 will hold its annual buddy poppy benefit Sunday at the BX and Commissary.

The proceeds from the benefit are used exclusively to assist veterans and children of deceased veterans.

Be sure to watch Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, on TSTV-14 at 11:30 a.m. Monday. His guest this week will be Maj. Jose Loya of the 82nd TRW Safety Office.



## Chip shot

**Col. Darrell Sims, 82nd Training Wing vice commander, chips up onto the second green Wednesday during his Farewell Golf Tournament. Colonel Sims has served Team Sheppard for the past two years. He is reassigned to the Pentagon for duties with the United Nations.**

Photo by Airman 1st Class Jacques Lickteig

## CHOICES

Continued from Page 1

was two weeks shy of graduating until the incident occurred.

"He made a bad choice, and it will cost him his Air Force career," Colonel Bukowinski said.

Another Airman, a student from the 365th Training Squadron, was caught spraying aerosol potpourri into a towel and huffing it at his dorm May 8. Witnesses said he huffed the spray for about ten minutes.

Huffing is a means for someone to create a short term "high."

His squadron commander, Lt. Col. Xavier Villarreal, said the

Airman was an "average student, but a below average Airman." The student had been phased back, received a Letter of Reprimand and performed Remedial Military Training for failure to obey and other minor discrepancies.

The Airman also has a history of drug use prior to entering the Air Force, the colonel said.

Colonel Villarreal said he is currently pursuing separation actions. He added the Airman's career is on the line for a 10-minute high.

"[Airmen] need to have the

discipline to avoid making a bad decision," Colonel Villarreal said. "[They need to] remove themselves immediately from that situation and report any illegal activity they saw."

Colonel Bukowinski stressed the importance of the Air Force Core Values when someone is faced with the opportunity to make a bad choice that could affect the rest of his life.

"My advice to Airmen is to always live by the Air Force Core Values," he said. "If you live, follow and abide by the three core values, you will never go wrong."

## PLAN

Continued from Page 1

He shared several details of the future government. A president, two vice presidents and a prime minister will be appointed, along with 26 ministers to "oversee government departments from health to justice to defense."

He said transferring authority to a sovereign Iraqi government will give Iraqis more interest in the country's success.

"Iraqis will know that when they build a school or repair a bridge, they're working not for the Coalition Provisional Authority, they're working for themselves," President Bush said. "And when they patrol the streets of Baghdad or engage radical militias, they will be fighting for their own country."

Regarding the second step, to assist in establishing security, the United States will provide forces and support as necessary, he said.

Coalition officials are also taking several steps to improve the quality and performance of Iraqi forces. The steps include intensifying and lengthening training, improving vetting procedures for leaders, and installing an Iraqi chain of command.

The plan's third step is to continue rebuilding Iraq's infrastructure "so that a free Iraq can quickly gain economic independence and a better quality of life," the president said.

Infrastructure also includes a well-supervised prison system. The president noted Abu Ghraib prison was a symbol of death

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Freedom and  
Enduring Freedom  
and the war on terror.**

and torture under Saddam Hussein. It has since become "a symbol of disgraceful conduct by a few American troops who dishonored our country and disregarded our values," he said.

He outlined plans for a modern maximum-security prison. When this is completed, President Bush said, and with the approval of the sovereign Iraqi government, "we will demolish the Abu Ghraib prison as a fitting symbol of Iraq's new beginning."

Coalition forces and officials have already helped Iraqis rebuild schools, hospitals, electrical stations and bridges and modernize the country's communications system, all of which were in shambles after armed conflict and decades of neglect by Saddam Hussein's regime.

To ensure continued progress, the American embassy in Iraq will have regional offices in key cities to work closely with Iraqi government at all levels.

The fourth step is to enlist more international support for Iraq's transition to democracy.

U.S. and British representatives today proposed a new U.N. Security Council resolution "to reaffirm the world's security commitment to the Iraqi people and to encourage other U.N. members to join in the effort," the president said.

The president called the fifth step "the most important step" - free national elections to be held by January 2005.

"Iraqis are united in a broad and deep conviction," President Bush said. "They're determined never again to live at the mercy of a dictator.

"And they believe that a national election will put that dark time behind them," he continued. "A representative government that protects basic rights, elected by Iraqis, is the best defense against the return of tyranny."

The president admitted completing these five steps won't be easy and there's likely to be more violence before and after the June 30 transfer of authority.

"The terrorists and Saddam loyalists would rather see many Iraqis die than have any live in freedom," he said. "But terrorists will not determine the future of Iraq."

President Bush said he sent American troops to Iraq "to make its people free, not to make them American.

"Iraqis will write their own history and find their own way," he said. "And as they do, Iraqis can be certain a free Iraq will always have a friend in the United States of America."

## TRICARE

Continued from Page 1

ment approach to provide the necessary services through this world-class claims processing system."

WPS TFL is being phased in as follows:

Region 11: April 1; Regions 2 and 5: June 1; Regions 3 and 4: Aug. 1; Region 1: Sept. 1; Regions 7 and 8 (Central): Oct. 1; and Region 6: Nov. 1.

For information about current claims processors and to find out what region a beneficiary is in, see [www.tricare.osd.mil/main/chart](http://www.tricare.osd.mil/main/chart)

.html.

Once implemented in a region, beneficiaries may call (866) 773-0404 or (866) 773-0405 for information and/or claims processing assistance.

"When services are covered by both Medicare and TFL, and you use a Medicare provider, no claims forms are necessary," said Bruce Morris, director of direct care TRICARE system marketing, Bureau of Medicine and Surgery. "Both Medicare and TRICARE will pay your health care provider."

The outgoing regional claims

processor will continue to process claims for services beneficiaries receive until WPS TFL is implemented in the beneficiary's region, according to Morris.

For more information, go to [www.tricare.osd.mil/faqs/default.aspx](http://www.tricare.osd.mil/faqs/default.aspx); under "Word Search" type in "TRICARE For Life" or under the "Advanced Search" use the drop down menu, and choose category "TRICARE For Life/Dual eligible," subcategory "All" and select "GO."

Beneficiaries may also access TRICARE For Life information on the TRICARE Web site at

[www.tricare.osd.mil/tfl](http://www.tricare.osd.mil/tfl) and on the WPS Web site at [www.tricare4u.com](http://www.tricare4u.com).

**Have a story idea?  
Call 6-7244 or e-mail  
it to  
sheppardsenator@  
sheppard.af.mil.**



Courtesy photo

Students Airmen 1st Class Benjamin and Chase Aranio, brothers from Kauai, Hawaii, stand by the manikin at their training center, the 383rd Training Squadron. The two are in the same course.

*Keeping 'Ohana close from the Garden Island to Wichita Falls*

## Kauai brothers train together

By Maj. Leslie Pauley  
383rd Training Squadron

Seeking to follow a proud military history while maintaining 'Ohana – the Hawaiian word for family – two brothers, Airmen 1st Class Benjamin and Chase Aranio have left “paradise” to pursue medical training in the Air Force.

According to the brothers, their collective decision to join the Air Force Reserve was inspired by their parents, especially by their father Benjamin Aranio, a Marine Corps veteran.

After deciding to join, the only decision left was the career field they would choose. Again, with faith in 'Ohana, choosing a career field became a family affair.

Benjamin and Chase held

previous jobs in security and tourism. But they decided to follow their calling in the medical profession from the teachings of their grandparents, who currently own a retirement home on their native island of Kauai.

The brothers trained side-by-side in their Basic Military Training and arrived together at Sheppard. The Aranio brothers were enrolled in the Aeromedical Services Apprentice course in the 383rd Training Squadron.

“So far, they are doing well in the course,” said Staff Sgt. Timika Hall, AMSA instructor. “And (they) should graduate together.”

While their beliefs, background, training and even rank are identical, each said they take a slightly different view on

long-term goals.

Benjamin said he wants to pursue a degree in radiology while younger sibling, Chase, wishes for the high-speed excitement as a paramedic.

After Sheppard, the two plan to continue their formal education at Kapiolani Community College in Kauai while maintaining successful military careers in the 624th Aeromedical Staging Squadron, Hickam Air Force Base, Hawaii.

When asked what one thing the brothers missed about the “Garden Island,” besides family, their answer was in unison – the weather.

“In Kauai, the temperature usually stays in the 80s,” they said. “Here, you don’t know what kind of weather you will get from day to day.”

## Soundoff

*What are your plans for Memorial Day weekend?*



“Maybe going to Dallas with my classmates,” Slovenian 1st Lt. Robert Prelec, 80th FTW



“I’m going to the pool,” Airman 1st Class Danielle Erwin, 360th Training Squadron



“Going to Florida,” Bill Doyle, Air Force Junior ROTC instructor at Burk Burnett High School



“Spending time with my family,” Maj. Kyle Green, area defense counsel



“Working,” Carolyn Alls, base dry cleaners



“Going to the Scarborough Faire,” Tech. Sgt. Heather Davison, 82nd Training Group

# Safety always a priority, even during war

By Master Sgt. Jeff Szczechowski

455th Air Expeditionary Group  
Public Affairs

**BAGRAM AIR BASE, Afghanistan** – Are the Air Force's stringent safety rules enforced at a place like Bagram Air Base, located in the heart of the worldwide war on terrorism, the same as they are at bases outside of the "war zone?"

"Safety is enforced more because we are in a war zone," said Master Sgt. Steve Sinatra, 455th Air Expeditionary Wing ground safety manager. "People need to be more aware of the hazards here and not let the psychological 'war zone' factor lessen the need for conducting operations safely."

Staff Sergeant Thomas Grandstaff, 455th AEW weapons safety manager, said that performing safe operations here helps to preserve Air Force

resources so they can be used where they're most needed.

"Personnel and ammo are my main priorities here," he said. "We have to ensure that we protect them, so we can, in turn, utilize these assets against the enemy."

Challenges to maintaining a safe environment are all around Bagram—literally. There are land mines placed by the former Soviet military and the Taliban. Most are outside of the main working and living areas, but are never very far away.

Considering the number of people here and their mission, there's not a whole lot of room to operate. Land mines impose some tough "neighborhood zoning restrictions." Having so many people and so much firepower packed into a relatively small area can make for a dangerous workplace.

Also, everyone here is armed

and, potentially, dangerous to themselves and to those around them, if they're not thinking weapons safety at all times.

"My biggest concern is living and working close to the proximity of explosives. We have limited space here because of all the mined areas," Sergeant Grandstaff said. Because of the conditions, it's extra-important that everyone keeps a safety-first mindset to reduce the chance of a potentially major accident, said Sergeant Sinatra. "We constantly publicize relevant safety issues, conduct aggressive spot inspections and mingle with the 455th AEW personnel," he said. "We sell safety as being a necessity, and not a mission inhibitor. We remind people that the safe way is the best way."

By spending as much time as possible outside of their own office and inside the offices of

others, they're able to keep an alert eye out for potential hazards or unsafe actions.

"The biggest impact we can make is by being out there in the field, meeting with the folks and observing their operations," said Sergeant Grandstaff. "It shows everyone that we are out there for them, trying to keep them safe."

Staff Sgt. Aaron Spanier, flight safety NCO, said that because Airmen here are enthusiastic about completing the mission, they may be tempted to take shortcuts that would lead to unsafe operations. He said that the safety office gets out and about to make sure that doesn't happen.

"We are the checks and balance in the system," he said. "We ensure that people can accomplish the mission, while doing it as safely as possible."

Lt. Col. Dave Kensinger, the



Photo by Master Sgt. Jeff Szczechowski

**BAGRAM AIR BASE, Afghanistan** - Master Sgt. Steve Sinatra, 455th Air Expeditionary Wing ground safety manager, looks over a skateboard ramp being built by members of the 455th Expeditionary Operations Group. The safety office keeps an eye out for on-duty and off-duty safety hazards at Bagram.

455th AEW chief of safety, said that Bagram's joint warfighting environment presents a scenario unlike anything he or his NCOs have seen at their permanent duty stations.

"The Air Force shares the airfield with the Army, Navy and Marines, which requires cooperation among the services. We have a level of complexity here we don't see at home station," he said.

Just as operational risk management is a key part of the safety equation back on the home front, it's an important consideration here, as well.

"We ensure that all risks taken here are identified and accepted at the appropriate level," Sergeant Grandstaff said.

"It's tough to ensure this. We're at war, and sometimes individuals forget certain things. We're here to ensure that 'things' don't get forgotten," he said.

Added Sergeant Spanier: "We've assessed different risks that people were taking and outlined those risks. Some risk,

especially in a forward environment, has to be accepted—that's part of risk management. But any risk that is unacceptable, we have worked hard to remove or mitigate it."

A large part of managing risk comes from staying focused at the workplace and doing the job the way it's supposed to be done—the safe way is the best way.

"Concentrate on the task at hand and utilize the appropriate instructions and technical orders that apply to the job," said Sergeant Sinatra. "Don't take shortcuts! It's easy to get complacent because we don't think we'll get hurt, but that's exactly when a mishap occurs."

Is it good to be deployed to Bagram Air Base, supporting Operation Enduring Freedom?

"Absolutely!" said Sergeant Sinatra. "Anytime you get to see the world's greatest Air and Space Force in action, it's a good deployment. This is what we train for, and let's face it, not everyone gets to experience a deployment like this."



Photo by Master Sgt. Jeff Szczechowski

**BAGRAM AIR BASE, Afghanistan** - Master Sgt. Steve Sinatra, 455th Air Expeditionary Wing ground safety manager (middle) and Staff Sgt. Aaron Spanier, 455th AEW flight safety NCO

(right), talk to Tech. Sgt. Michael Sampson, 455th Expeditionary Aircraft Maintenance Squadron, about a skateboard ramp that Sergeant Sampson and others are constructing.

## Sheppard Senator

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

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## Mock 'bills' sent to group commanders

By Sam Hagins

Base Energy Manager

The 82nd Civil Engineer Squadron has started sending mock utility bills to Group Commanders.

The purpose of the bills are to let Commanders to see how much electricity and natural gas their facilities consume per square foot compared to the base average. The bills include only those facilities that have electric and/or natural gas meters.

For metered facilities with multiple occupants, the bills are

assigned to the group with the highest number of employees in the facility.

Separate bills are being sent for electricity and natural gas. Each lists the metered facilities within a group and include facility number, mission, present and past meter readings, energy consumed, square footage and energy consumed per square foot.

Finally, the total consumption is divided by total square footage at the bottom of the bill and compared to the average for all metered facilities on base.

The Base Energy Steering Group, chaired by the 82nd

Training Wing vice commander, came up with the idea of mock billing as part of an ongoing energy awareness program at Sheppard. The bills are tools for commanders and facility managers to use to spot energy inefficiency problems in facilities whose consumption is higher than average.

Energy awareness has increased on base with the increasing energy costs. Please send any suggestions or questions about increasing energy efficiency on base to Sam Hagins, Base Energy Manager, at 6-5689.

## Commander's Corner



Photo by Airman 1st Class Jacque Lickteig

Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, presents a Legion of Merit Award to Col. Darrell Sims, 82nd TRW vice commander, for his services at Sheppard.

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

Your submission may be printed in Action lines section of *The Sheppard Senator*.

### Shoppette

Question: Why doesn't the main shoppette open 24 hours a day? There are many shoppettes that operate three shifts. It's impossible to get food or gas unless you travel off base. Keeping the main shoppette open until midnight would help the problem.

Also, why does the troop store receive new movie releases and the main shoppette does not? There also is no drop box to leave your movies.

Having a drop box would permit customers to drop off the returns without having to wait for the store to open.

Answer: At one time, the main shoppette was open 24 hours a day. Unfortunately, AAFES did not get anywhere near the customer support required to make this a wise financial decision so they had to discontinue the service.

AAFES has submitted a work order to install a video drop box that meets security requirements and you should also start seeing new releases at the main shoppette very soon.

### Pumping gas

Question: Why does the main shoppette require you to pay first before pumping gas? This is a real inconven-

ience if you are going to purchase items from the store and pay with a credit card?

Answer: AAFES and base leadership made the decision to go to prepaid gas at the shoppette because there were a consistently high number of drive-offs.

The alternative was to discontinue providing this service, and we did not want to do that. Unfortunately, the high dollar amount of the thefts mandated this change.

### Traffic lights

Question: Would it be possible to move the red

# Secretary, chief send Memorial Day message

WASHINGTON (AFPN) –The following is a Memorial Day message from Secretary of the Air Force Dr. James Roche and Air Force Chief of Staff Gen. John Jumper:

"This Memorial Day beckons us once again to remember and reflect on the selfless sacrifices of members of America's armed forces.

"While stories abound on the origins of the Memorial Day observance, one aspect remains abundantly clear – since it was first proclaimed officially in May 1868, Americans continue to enthusiastically honor the enormous sacrifices of all the service men and women who have paid the ultimate price for freedom, as well as thanking those who serve today.

"As the war on terror continues, our thoughts and prayers continue to be with our Airmen and their families. This year, we are more thankful than ever for your noble service, around the world and at home stations. America is

forever indebted to you and your families for your commitment to the high calling of defending our nation.

"We encourage you to join us Monday at 3 p.m. local time to observe the National Moment of Remembrance as America honors those who have served so honorably and bravely as uniformed members of the armed forces. A White House resolution in 2000 designated the National Moment of Remembrance as an opportunity for all Americans to commemorate the true meaning of Memorial Day by observing one minute of silence, driving with their headlights on or participating in another appropriate activity honoring our fallen veterans.

"We thank you for what you do every day for America and America's Air Force. You and your families are among our nation's greatest treasures and we are honored to serve with you.

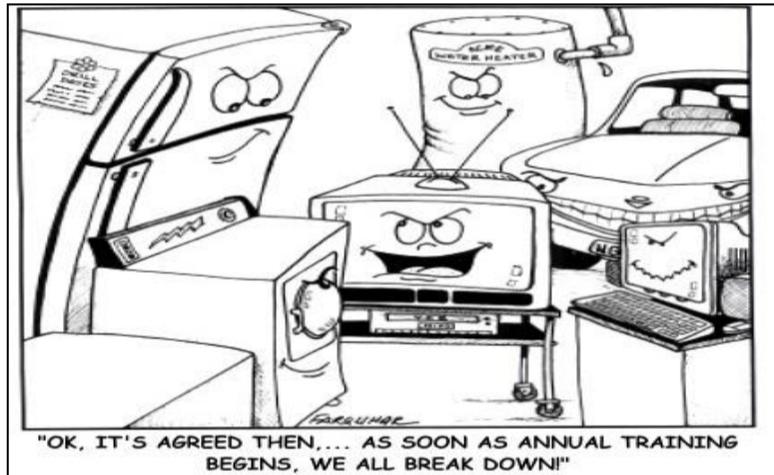
"May God bless you and your service, and may God continue to bless America."



Secretary of the Air Force Dr. James Roche



Air Force Chief of Staff Gen. John Jumper



## Chief sends Memorial Day message

WASHINGTON (AFPN) – The following is a Memorial Day message from Chief Master Sgt. of the Air Force Gerald Murray:

"In our nation's capital, we memorialize American patriots who have fought and died for our country throughout history – the Korean War Memorial, the Vietnam Wall, Arlington National Cemetery, and the newest addition, the National World War II Memorial, which will be dedicated on our National Mall on May 29.

"In small towns and big cities around our nation this Memorial Day, Americans will gather around flagpoles and in cemeteries to

remember the bravery of their neighbors, friends, and family members who have laid down their lives so that we may continue to fly the flag of freedom.

"Our generation of



Chief Master Sgt. of the Air Force Gerald Murray

Soldiers, Sailors, Marines, Coast Guardsmen, and Airmen shares a bond with warriors of genera-

tions past. We, like them, understand in a personal way the unfortunate truth that there are times when blood must be spilled in order for peace to be secured. We, like them, know that the ultimate sacrifice may be required in order to defeat the darkness that threatens our way of life.

"This Memorial Day, as America remembers the courage and commitment of heroes who died in service to our nation, we owe it to each of them to continue the fight for which they gave their lives, thus ensuring that America remains the Land of the Free and Home of the Brave."

## Action lines

light by the main gate to help traffic move faster entering and leaving the base?

Could they have a separate entrance for members who live in Wherry housing?

Answer: The traffic (red) light at the main gate is properly positioned at the intersection of 1st Avenue, Avenues D & E, and Skaggs. It is not safe or economically feasible to place or relocate this light at another location. Additionally, force protection concerns and security force manning do not allow for the establishment of another gate. However, the main gate is being redesigned to improve force protection, and this change

will greatly improve base access and traffic flow when entering and leaving the base.

### Security forces

Question: Why do the policemen here hide beside buildings trying to catch speeders? It would benefit everyone if they were out in the open, because when you see them you have a tendency to reduce your speed.

Answer: Security forces patrols do not "hide" to catch speeders. For the patrol to properly use the mounted radar in the patrol vehicle, they must have a clear line of sight of the target vehicle. This allows for

visual assessment of speed and then radar verification. If the patrol has a clear line of sight of the target vehicle, then the target vehicle can see the patrol. When conducting a selective enforcement for speed or other traffic violations, normally the patrol is not moving and is parked where traffic can be monitored and action taken if a violation is observed. In both circumstances, the patrol has to be able to see the target vehicle, which in turn, means the target vehicle can see the patrol vehicle. Your help to ensure every member of Sheppard observes established traffic rules is greatly appreciated.

# In FILM



## Walking Tall (PG-13)

Today at 6:30 p.m.  
Saturday at 7 p.m.  
Sunday at 2 p.m.  
Dwayne "The Rock" Johnson, Johnny Knoxville - Chris finds his high school rival, Jay, has infested his hometown with drugs and crime.



## Hellboy (PG-13)

Today at 9 p.m.  
Saturday at 4:30 p.m.  
Sunday at 4:30 p.m.  
Ron Perlman, John Hurt - Hellboy grows up to become a defender against the forces of darkness.



## The Girl Next Door (R)

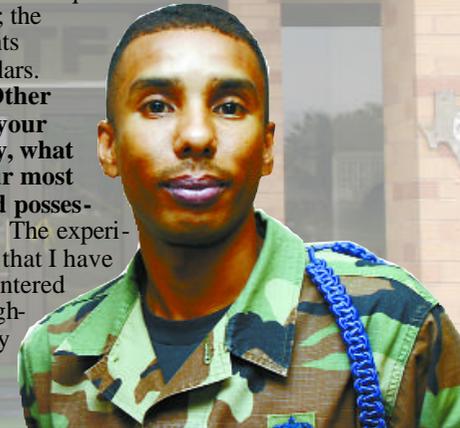
Saturday at 2 p.m.  
Emile Hirsch, Elisha Cuthbert - Matthew Kidman is an over-achiever who has never really lived life, until he falls for his new neighbor.

# Sheppard Spotlight 15 lines of fame

- Name:** Ulysses McMullen, Jr.
- Rank:** staff sergeant
- Organization and position:** 361st Training Squadron, Military Training Leader
- Most rewarding aspect of your job:** Helping students.
- Why did you join the Air Force?** Opportunity to excel, job satisfaction, and education.
- Favorite Air Force assignment:** Royal Air Force Base Mildenhall, United Kingdom.
- Date arrived at Sheppard:** July 7.
- Hometown:** San Antonio.
- Married or single (include your family if you'd like):** Married to a former Air Force staff sergeant, Alyson.
- Favorite thing(s) to do in your free time:** Geocaching, hiking, and anything to do with the outdoors.
- Funniest childhood memory:** My brother, a close friend and I tried to mow a

neighbor's lawn for 50¢...using scissors.

- Favorite book or movie:** "The 48 Laws of Power"
- Dream vacation:** To take an adventure in Brazil.
- If you could be anyone for one day, who would you be?** Jacques DeMolay, because he had an interesting life and was part of a unique group; the Knights Templars.
- Other than your family, what is your most prized possession?** The experiences that I have encountered throughout my life.



## Chapel schedule

### 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)

### Protestant services

**Sunday**  
10:30 a.m. Community Worship (north chapel)  
10:30 a.m. Inspirational Gospel Worship (south chapel)  
10:30 a.m. Holy Communion Worship (Solid

### Rock Café

### Protestant Parish Ministries

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

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

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

### Protestant Religious education

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

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

PWOC Thursday Bible study, 6 p.m.

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

## Student ministry

### Solid Rock Cafe (Bldg. 450)

Monday through Thursday, 7:30 a.m. to 9:30 p.m. Friday, 7:30 a.m. to 11:30 p.m. Saturday, 1 to 11:30 p.m., Sunday, 1 to 9:30 p.m. Sunday

Protestant Bible study, 4 p.m. Contemporary Praise Worship Service, 5 p.m. Holy Communion Worship, 10:30 a.m.

Praise and Prayer, Wednesday, 8 p.m.

Students Awaiting Training classes, Tuesday and Thursday, 8:15 to 10 a.m. Chapel Ropes Meeting, Tuesday, 11 a.m. to noon and 4:15 to 5 p.m.

Parents and Tots, Monday, 1:30 to 2:30 p.m. and Tuesday, 10 to 11 a.m.

Praise Band Rehearsal, Saturday, 10 a.m. to noon. Solid Rock Saturday Meal,

6:15 p.m.

## Student stuff

### Memorial Day dance

The student center will host a Memorial Day dance Sunday from 7 p.m. to 1 a.m. The cost is \$4 per person

### FITS

Saturday - War ball will begin at 10 a.m. at the north fitness center.

June 5 - Field challenge will begin at 10 a.m.

For more information, call 6-6336.

Aerobithon kicks into high gear at Sheppard



See Page 3B

# Sheppard Sports



Airmen hit the snow in dog-sled competition

See Page 4B

Vol. 57, No. 21

May 28, 2004

## Sheppard members run, bike, swim to finish at mini triathlon

By Senior Airman Chris Powell  
Senator sports editor

More than 15 Team Sheppard members could be seen swimming, biking and running their way to the finish line Saturday when they took part in the base's first-ever mini triathlon.

A mini triathlon is just like a normal triathlon where participants have to compete in swimming, biking and running. The only difference is the distance of

each event.

Participants had to swim 210 meters, cycle 10 kilometers and run 5 kilometers.

"It was a very well organized event and a good turn out, said James Rosner, 82nd Civil Engineer Squadron. "It was good to see so many people competing for their first time. This is a great sport, and anyone regardless of age or ability can have fun participating.

"It feels good to win," he said. "I met the personal goals I

set going into the race which is what I focused on."

Rosner won first place in the men's 20-to-30 year old group with a time of 43 minutes and 46 seconds. Other first place finishers were Amanda Birch who won women's 20-to-30 year old group with a time of 51 minutes and 27 seconds, Shanes won the men's 30-to-40 year old group with a time of 44 minutes and 12 seconds and Debbie Burke won the women's 30-40-year old group with a time of 54 minutes and 71 seconds.

onds.

Although the winners were divided up in different categories, all participants raced in the same heat.

With the mini triathlon in its first year at Sheppard and having such a good turn out, chances are there will be one next year.

"I'm sure (there will be one next year) since the customers enjoyed themselves and requested another one soon," said Yulanda Moffet, fitness center.



Photo by Sandra Wassenmiller

A swimmer races against her competitors Saturday during the mini-triathlon.

## Sports Briefing

### May Fitness month closing ceremony

The May Fitness Month closing ceremony is from 11 a.m. to 1 p.m. at the south fitness center.

Awards will be given for the Texas Two Step and the winners of the Armed Forces Day events. There will also be door prizes.

For more information call 6-2972.

### AETC youth golf sign ups

Registration for the Air Education and Training Command Youth Golf Program begins Tuesday.

Registration for youth 6 to 9 years old is from 8 to 9 a.m., 10 to 12 year olds is from 10 to 11 a.m. and 13 to 17 year olds is from 4 to 5 p.m.

Registration will continue until the slots are filled.

The classes will be Level 1 from July 5 to July 9, and will cost of \$59.95 which includes the clubs, bag, shirt and hat. Level 2 will be from July 12 to July 16, and will cost \$30 which will include a shirt and hat.

The AETC youth golf tournament is at 9 a.m. July 19.

### Stars and Strikes bowling

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

Bowling participants will receive punch cards during the Stars & Strikes bowling.

The cards 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 (while supplies last).

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.

### 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 to 9 a.m. Mondays, Wednesdays and Fridays.

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.



Photo by Senior Airman Chris Powell

### Cleaning ain't easy

Master Sgt. Larry Anderson, 364th Training Squadron first sergeant, cleans his 100th Anniversary 2003 Harley Davidson Wide Glide May 21 at the Classic Car and Motorcycle Show in the Class Six parking lot. See page 3B for more photos of the event.

## Losses pile up Falcons baseball swept with three doubleheader defeats

Courtesy of the Air Force News Service

Billy Adams.

PROVO, Utah - The Air Force Academy team (5-47 overall, 0-28 in the Mountain West Conference) dropped its third-consecutive doubleheader in as many days here May 22 against Brigham Young University (28-28, 18-12). It was Air Force's final regular season games. In Game One, a four run, eighth inning proved to be the difference as BYU rallied to win 10-9. The Cougars had 15 hits in Game Two winning 12-4.

Leading 9-6 heading into the bottom of the eighth inning in Game One, the Falcons hearts were broken again as BYU rallied to score four runs in the bottom of the ninth to retake the lead. After Blair Lucas scored on a wild pitch by J.T. Schroeder to make it a 9-7 game, a two-run single by Ben Saylor and a throwing error by left fielder Brent Tittle put the Cougars ahead. With the bases loaded, Saylor singled to left, and Tittle's throw missed the cutoff man and trickled into the infield, allowing Kevin Bills to score the game-winning run.

Joshua Barret (1-1) earned the win in relief of BYU starter Lance Beus. Beus was tagged for seven runs in 5.2 innings while fanning eight. Travis Fugler (0-1) was tagged with the loss. Air Force starter William Goss gave up six runs in six innings pitched, striking out three.

Tittle put Air Force up 2-0 in the first as the junior launched a two-run homer down the left field line. The lead was short-lived as BYU came right back with three runs, highlighted by back-to-back homers by Kory Knell and Brandon Taylor.

The Falcons tied the game in the second as Nathan DeRohan hit his fifth home run of the season, a solo shot to left center. BYU responded with a run in the bottom of the inning to retake the lead at 4-3. The Cougars made it 5-3 in the third scoring a run on a throwing error by catcher

After BYU put up a run in the bottom of the fifth to go up 6-3, the Falcons rallied with four runs in the sixth to retake the lead 7-6. Jason Brown started the inning off by hitting a home run onto the street about 100 feet past the fence in left center to make it a 6-4 ballgame. Dale Kasel then came around to score on BYU shortstop Taylor's third error of the game, and then Adams singled through the right side to score Geno Salazar from second.

Paul Jacinto closed the door on the Falcons with a 1-2-3 ninth inning for his third save of the season.

Both teams had 12 hits in the game with BYU committing five errors and Air Force three. Saylor went 2-for-4 with three RBIs for BYU. Musser, Brown and Karl Bolt had two hits apiece.

BYU went up 5-0 after two and a half innings in Game Two, scoring four in the second and one in the third. Bills hit a three-run homer for the Cougars in the second.

The Falcons rallied with four runs in the bottom of the third to make it a 5-4 game. Josh Wolfram tripled to lead-off the inning and scored on a wild pitch. Karl Bolt then hit a two-run double to score Musser and Tittle. Bolt then scored on a failed pickoff attempt by the pitcher.

BYU scored runs in the fourth and fifth innings to go up 7-4. Taylor then hit a three-run homer in the sixth as the Cougars scored five in the inning to make it a 12-4 game.

Bryce Burger (1-3) picked up the win in relief, throwing three scoreless innings. BYU starter Nick Lemon allowed four runs in three innings pitched. Air Force starter Jeff Tetrault (1-5) allowed 10 runs in five innings in the loss. Kyle DePierre pitched the final two innings in relief.s.

The Cougars were led in the second game by Adam Wilkes, who went 4-for-4 with two RBIs. Air Force had five hits, with Wolfram going 2-for-4 with a run scored.

## Air Force wins triathlon championship

### Seaman sets course record with time of 1 hour, 51 minutes

SAN ANTONIO (AFP) - The Air Force team won the 2004 Armed Forces Triathlon Championship held May 12 to 16 at Naval Base Ventura County, Calif.

This armed forces championship is an Olympic-distance course at the base's Point Mugu. The course includes a 1,500-meter (0.93-mile) swim, a 40-kilometer (25-mile) bicycle route and a 10-kilometer (6-mile) run. Team results are based on the raw scoring times of the team's top eight male and four female competitors.

The Navy's Tim O'Donnell won the event with a time of 1 hour, 51 minutes, 9 seconds, setting the course record for this championship. Matthew Nuffort was the top Air Force finisher (fourth overall, behind an Army and an open competitor) with a time of 1:56:49. Air Force participant William Poteet finished with a time of 2:01:24, good for ninth overall and eighth military finisher.

The remaining Air Force scoring times for the men's division were Geoffrey Cleveland 2:02:17; Robert Wieland, 2:03:53; Richard Sumrall, 2:04:58; Michael Berquist, 2:06:03; Michael Foster, 2:06:31; and Christopher Nagy, 2:06:45.

The Air Force men's times left the team 16 minutes behind the Navy and 10 minutes behind the Army.

The Army's Heidi Grimm was the first woman to cross the finish line, with a time of 2:07:14. Air Force's Camilla Stock was the second female finish-

er with a time of 2:09:12. She was followed by teammate Lara Coppinger at 2:11:28.

The final two scoring times for the Air Force were Abigail White at 2:17:29, and Erika Foster, 2:20:20. These women's times resulted in an accumulative time of 25:24:69, moving the Air Force team past both the Navy (25:38:88) and the Marine Corps (26:12:83).

The Army team failed to qualify for the team results when one of their competitors took a spill in her practice run resulting in a broken collar bone, and another of their competitors experienced bicycle problems on the course during the championship.

Nuffort, Stock, Coppinger, and White all earned berths on the combined Armed Forces Triathlon Team that will compete in the 2004 Conseil International du Sport Militaire Triathlon Championship held June 4 to 8 in Belfort, France.

**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 information, call 6-3866.

**Jeet Kune Do classes**

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

**Tang Soo Do classes**

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

Cost is \$25 for adult members and \$20 for children members. The cost for

children who are nonmembers is \$25. Call 6-6826 for more information.

**Pool tournament**

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

**Table tennis tournament**

The table tennis tournament is at 5 p.m. the second Saturday of every month. Cost is \$2.

Trophies will be awarded to first and second-place winners.

**Chess tournament**

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

**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. every Tuesday and Thursday from May 18 through June 1. Cost is \$99 per person.

**Pool**

For more information, call 6-6494.

**Lap swimming**

People can participate in lap swimming from 10:30 a.m. to 12:30 p.m. until 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.

**Water aerobics**

The water aerobics class is at noon, 5 and 6:15 p.m. every 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 football 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 Sandy Wassenmillier

**Feel the burn**

Team Sheppard members participate in the aerobithon at the south fitness center Saturday. The aerobithon was a four-hour workout with different instructors teaching every 20 minutes. Some of the work outs were step, floor kickboxing, muscle and yoga. Participants were eligible for t-shirts and prizes.

**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 28**

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

**Saturday May 29**

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

**Sunday May 30**

10 a.m. Flying for Freedom - Women Air Force Service Pilots  
5 p.m. Weekly Commander's Corner

9 p.m. Air Force Story: The Air War Against Japan

**Monday May 31**

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

**Tuesday June 1**

10 a.m. The Mission and History of the Air National Guard  
5 p.m. Sound of Freedom: The Berlin Airlift  
9 p.m. Air Force News Special Edition: The Making of an Air Force Recruiter

**Wednesday June 2**

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

**Thursday June 3**

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

**Be safe, be smart. Don't drink and drive, and buckle up.**



# Classics, imports, motorcycles come together at Sheppard car show



Dozens of cars and motorcycles lined the parking lot of the Class Six during the Classic Car and Motorcycle Show May 21. The event was hosted by the Air Force Sergeants Association, the Sheppard Riders Association, First Command Financial Planning and the Wichita Police Department. The event featured a local band, Tillage, a motorcycle riding demonstration by the W.P.D. and the People's Choice Awards for the best car and bike.



Team Sheppard members look at a 1948 Chevy pickup owned by Mike and Sharyn Klepp.



Photos and layout by Senior Airman Chris Powell

John Adams, lead singer of Tillage, performs during the Classic Car and Motorcycle Show in the Class Six parking lot.



Photo by Tech. Sgt. Dan Rea

Otto (left) and 1st Lt. Lance Brenneke head toward home after a six-day dog-sledding expedition in northwest Greenland. Otto is a Greenlandic hunter, and Lieutenant Brenneke is assigned to the 821st Support Squadron at Thule Air Force Base, Greenland.

## Three Airmen take to the snow in dog-sled expedition in Greenland

By 1st Lt. Jeremy Eggers  
821st Air Base Group Public Affairs

THULE AIR BASE, Greenland (AFP) – It is one thing to appreciate the hardened life of the Inuit; it is another to actually live it. Three tenderfoot Airmen, 1st Lt. Lance Brenneke, Tech. Sgt. Dan Rea and Staff Sgt. Chris Knabe, got a taste of arctic frontier life while on a six-day dog-sledding expedition from Qaanaaq to Siorapaluk recently.

Mogens Morgen, a fellow tenderfoot, and Dane, visiting here as a research project consultant, organized the expedition with the goal of showing a group of Americans how the Inuit live.

Initially, the trip was going to begin at Thule; however, because of poor sea ice conditions, the foursome flew north to Qaanaaq to meet up with four seasoned hunter guides: Otto, Thomas, Peter and Christian.

"I had no idea what to expect," Sergeant Knabe said.

The tenderfoots said they wondered about what they would eat, where they would sleep, and would there be other people out there.

Language barriers compounded the uncertainty. The hunters only spoke a few words of English, and only one hunter spoke a little bit of Danish. None of the four travelers spoke Greenlandic, and only Mr. Morgen spoke both Danish and English. With few words exchanged and few curiosities answered, each "city slicker" paired up with a hunter and dog sled and set off traversing the vast expanse of sea ice blanketing the waters of Baffin Bay.

They traveled in a peaceful calm through the still frozenness. The only sound came from the skids gliding over the snow and ice, and the panting of the dogs. The clear air exposed miles of Greenland.

Lieutenant Brenneke kept track of waypoints using a handheld Global Positioning System unit.

"Average speed was about 5 to 6 mph," Brenneke said of the 10 dogs pulling nearly 400 pounds through the snow.

During the adventure, the travelers ate a variety of dehydrated foods plus more traditional Inuit food such as seal, walrus and dried fish. They melted ice for water and stored it in thermoses. With no showers available, the Airmen used baby wipes to "freshen up."

The first night on the ice, the Inuit set up



Photo by Tech. Sgt. Dan Rea

An iceberg at the edge of the Baffin Bay's sea ice is just one of the many sights three Airmen from Thule Air Base, Greenland, witnessed recently during a six-day dog-sledding expedition.

camp by first creating a platform with their dog sleds and then erecting a tent around it. The tenderfoots opted to set up a modern tent, "tested to minus 40-degrees Fahrenheit," on the ice.

"That first night was cold," Sergeant Rea said. "The hunters were in their tent laughing and having a good time. We were in ours, freezing."

The group learned an important lesson that first night: Trust the time-tested way of the Inuit. They also learned to let go of their rigidly scheduled lives in favor of "nature's schedule."

There is no concept of time on the ice, Sergeant Knabe said. The group traveled by the light of the midnight sun, set up camp, ate dinner together, went to sleep around 2 a.m. and woke up around 9 or 10 a.m. each day.

On the second day, the tenderfoots realized how dog sleds are key to keeping transportation lines open among the northern towns, which otherwise have no connecting roads. The group traveled to Siorapaluk, one of the world's northernmost civilian communities, where they were mobbed by

about a dozen school children.

"They were cheerful and curious," Sergeant Knabe said. "I think I gave a dozen piggyback rides that day. The teacher tried to round the kids up a couple of times, but finally gave up and let the kids play."

After a few hours in Siorapaluk, the group traveled toward the sea ice. They set up camp; this time, the tenderfoots abandoned their modern tent in favor of staying in the Inuit tents.

"It was so much warmer," Lieutenant Brenneke said. "The sleds keep you off of the ice, and pelts laid out on top of the sleds act as cushioning and extra insulation."

The next day, the four experienced all the work and challenges faced during a hunting expedition. In summer, hunters can launch their boats from land directly into the open water to fish or hunt; however, winter's cold creates miles of sea ice separating land from open water. Dog sleds are a necessary tool for hunters to traverse the ice and close the distance between land and open water. In short, dog sleds help put food on the table.

Once they reached the ice's edge, the hunter's used boats moored there between Siorapaluk and the open water. Anyone in the community can use the boats, which left the tenderfoots appreciating the sense of trust and teamwork that exists among the Inuit.

Using their dog sleds, the hunters pulled a boat to the ice's edge and then set out on the labyrinth of broken-up coastal sea ice to hunt seals; the tenderfoots shadowed their Inuit guides. By day's end, the hunters claimed three seals.

On the journey back to Qaanaaq, they returned to Siorapaluk, where they were once again mobbed by the children.

"I taught one of the kids a handshake the first time we went through the town," Sergeant Knabe said. "When we arrived again, that same kid came up to me and remembered that handshake."

After six days of living on the ice, the four tenderfoots reflected on their experience with a fond appreciation of the culture they were immersed in.

"We adapted to their lifestyle," Sergeant Rea said.

Nostalgia began to set in.

"I'll probably never have a chance to do something like this again," Sergeant Knabe said. "Hunting the seals and seeing the children in Siorapaluk were the highlights for me. I'll remember this trip for the rest of my life."

## Air Force women win Armed Forces Women's Soccer Championship

SAN ANTONIO (AFP) – The Air Force team won the 2004 Armed Forces Women's Soccer Championship in a double round-robin championship at Fort Eustis, Va., May 8 to 15.

The first game of the tournament saw the Army team defeat the Navy team, 3-1. The goal by the Navy team later proved decisive in determining the tournament champion. The Air Force played the Navy next, with Heidi Commins scoring the first goal for the Air Force 35 minutes into the game.

Five minutes later Beth Welliver scored the second Air Force goal. Lauri Hrovatin scored with one minute remaining in the half, and Rosemary Costello made the final score 4-0 with the game's final goal at the 54-minute mark.

The Air Force fell behind the Army in the second game when the Army scored 74 minutes into the game. The lead was short-lived, as Lindsay Keough knotted the score with three minutes left in the game. The final score ended 1-1.

The Army beat the Navy team, 6-0, to open the second round of play. The Air Force next played the Navy. Commins scored the first two goals of the game at the 26-minute and 41-minute marks. The Air Force's Kaylynn Williams scored the final three goals of the game, all in the second half, making the final score 5-0.

The Air Force's Stephanie Jardine opened the scoring in the championship's final game at the 43-minute mark. Army tied the score at the 64-minute mark. Williams scored her final goal of the tournament at 66 minutes, with Army scoring the final goal of the game at 66 minutes. Both games against the Army ended in ties. The Air Force won the tournament based on the goals for and goals against.

Costello, Commins, Jardine, Welliver, and Keough were all named to the All-Tournament Team. Also named to this team were rover Jayne Baker and keeper Kristy Kuhlman.

Based on availability, Air Force players selected for the combined Armed Forces Women's Soccer Team are: Kohlman, Welliver, Keough, Holly Allen, Kim Rodgers and Tally Koszinski. They will advance to play in the international military soccer championship May 27 to June 6 at Ft. Eustis.



Photo by Marine Sgt. Ryan S. Scanton

## Block!

PORT-AU-PRINCE, HAITI - A Haitian reaches for the ball during a competitive basketball game between personnel from Combined Joint Task Force - Haiti and members of the local community May 16. The friendly game of hoops which ending in a 54 to 37 victory for the task force was intended to help bridge the gap between the Multinational Interim Force - Haiti and the Haitian populace.