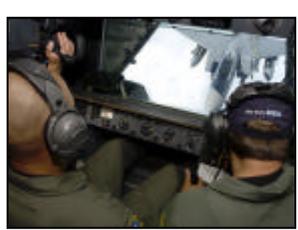


Friday Mostly cloudy Lo: 59°F Hi: 84°F	Saturday Mostly cloudy Lo: 75°F Hi: 86°F	Sunday Partly cloudy Lo: 77°F Hi: 88°F
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AF to train helicopter pilots
See Page 2



Pitcher spends day as an Airman
See Page 4B



Sheppard Senator



Combat Capability Starts Here

Vol. 57, No. 22

Sheppard Air Force Base, Texas

June 4, 2004

for the Birds

Base officials hire biologist to control bird strikes, population

By Airman 1st Class Jacques Lickteig
Staff writer

Sheppard officials decided that CDs and black nets strung throughout tree branches were "for the birds," and hired a wildlife biologist to peck away the bird problem here.

Ted Pepps, a U.S. Department of Agriculture Wildlife Services employee, added his name to the list of Team Sheppard members May 20 after serving as a wildlife biologist for 32 counties around the Tyler, Texas, area in East Texas for four-and-a-half years.

Sheppard and the USDA signed a 13-month interagency contract to bring his much-needed expertise to this base.

Sheppard is the last flying training base to have a wildlife

biologist.

"We realized the need for one because the aircraft damages the birds cause get really expensive and dangerous," Capt. Ryan Porterfield, from the 80th Flying Training Wing, said. "Luke, Vance, Moody, Altus and Laughlin Air Force Bases have one, and they said it helps them out greatly."

Sheppard suffers an average of 80 to 100 bird strikes a year on T-37 Tweets and T-38 Talons, causing up to \$200,000 in damages, Captain Porterfield said.

Thus comes the need for Mr. Pepps.

The Sul Ross State University grad's mission here is to stifle bird strikes on aircraft and sidewalks.

Previous methods of trying to get rid of or decrease the



Photo courtesy of the 80th Flying Training Wing Safety Office



Photo by Airman 1st Class Jacques Lickteig

Each year Sheppard aircraft have close encounters with with different species of birds. This T-38 Talon was struck by a black vulture during a training mission. Sheppard has had to deal with migrating birds making the base their new home. But, biologist

number of birds on Sheppard have not achieved the desired results.

But, Mr. Pepps isn't just working with birds. He's here to work with all Sheppard's wildlife that create human health and safety issues, such as jackrabbits and coyotes, he said.

He said his plan is work closely with base agronomist

and entomologist Tim Hunter to monitor the habitats and lessen the attractive qualities of those places.

"The job seems very challenging," he said.

But since he has just arrived on base, Mr. Pepps hasn't yet identified specific problem areas around Sheppard. He said as it looks now, he might use

Ted Pepps (above), a U.S. Department of Agriculture Wildlife Services employee, is ready to man-handle the bird issue and decrease the number of bird strikes on aircraft. Mr. Pepps will also work with other wildlife on base that affect human health.

traps, chemical repellants, avicides and population suppression to control the base's wildlife.

As he discovers more about Sheppard, though, his techniques might change.

Mr. Hunter, 82nd Civil Engineer Squadron environmental flight, said the large flocks of black birds, called

grackles, usually migrate twice a year.

The first migration is north during the late-February to early March time frame. The grackles turn around and head south in the fall when colder weather pushes in, usually in October.

But, he said the migration is due more to temperature.

On the Inside

Phase II of force shaping begins

As personnel officials review the last remaining applications for retirement or separation under the force-shaping program, a more extensive second phase of the plan has begun.

The new initiatives include expanded waivers for a number of programs including active-duty service commitments and transferring to the Guard or Reserve through the Palace Chase program.

For full story, see Page 2.

Six Sheppard members get AF awards

Sheppard Air Force Base is charged with producing the best trained Airmen today for tomorrow's Air Force.

To do that, it's important to have the best stationed here. That's what six Team Sheppard medical services personnel proved when they won Air Force level awards.

For full story, see Page 3.

June is Men's Health Month

According to a recent American Medical Association study men do not see a provider because of fear, denial, embarrassment and threatened masculinity. A third of American men have not had a checkup in the past year.

For full story, see Page 4.

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Safety minded

Left, Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, arrives via motorcycle driven by Master Sgt. Larry Anderson, 364th Training Squadron first sergeant, to address Team Sheppard members at Safety Day May 28. Below, General Rooney briefs Sheppard Squadrons, groups and civilians on safety issues at the Parade Grounds to kick-off the 101 Critical Days of Summer.

Photos by Mike Littenken



Sheppard welcomes new vice commander

By John Ingle
Editor

A portrait of famed Green Bay Packers coach Vince Lombardi overlooks the entrance to Sheppard's new vice commander.

That simple picture with text gave instant insight to Col. Mark Atkinson: he wants to win.

In fact, he said that is one of the key tools he would supply to Team Sheppard members as 82nd Training Wing vice commander.

"I want to win, and I want people to be successful," the colonel said. "I want to have fun. I believe people have fun when they win, and when they are successful."

Colonel Atkinson knows all about winning. As commander of the 27th Maintenance Group at Cannon Air Force Base, N.M., his previous assignment before coming to Sheppard, he led the group to the coveted Daedalium Award for the Air Force's best maintenance group.



Atkinson

"There aren't any shortcuts to being the best," Colonel Atkinson said. "When an Airman learns to be productive in their job, and to perform to the best of their ability every time they put on their uniform, then the Air Force has created a winner."

Colonel Atkinson has spent his career working in the aircraft maintenance field at various levels. But, he

See VICE, Page 4

Revisions made to vision, mission statement

RANDOLPH AIR FORCE BASE, Texas (AETCNS) – The commander of Air Education and Training Command approved a revised mission and vision statement May 25.

In his announcement, Gen. Don Cook said the new wording incorporates the expeditionary nature of today's operations in AETC and the Air Force.

"Whether we are deployed or in garrison in the schoolhouse, we should be thinking and teaching with an expeditionary mindset," the commander said.

The revised statements now include the wording "expeditionary minded" to convey that focus. The word "Airmen" has also been capitalized in accordance with Air Force chief of staff policy announced

earlier this year.

Mission statement: The First Command ... Recruiting, training, and educating professional, expeditionary minded Airmen to sustain the combat capability of America's Air Force.

Vision statement: Professionals integrating innovation and technology to recruit, train, and educate tomorrow's expeditionary-minded air and space leaders.

The changes to the mission and vision statement are the result of the command's development of a 2005-2006 strategic plan, said officials in the AETC Directorate of Plans and Programs here.

Organizations in the command should change documents and presentations as necessary, officials said.



Officials give OK for Phase II of force shaping, reduction of numbers will increase by 3,000

WASHINGTON (AFP) — As personnel officials review the last remaining applications for retirement or separation under the force-shaping program, a more extensive second phase of the plan has begun.

The new initiatives include expanded waivers for a number of programs including active-duty service commitments and transferring to the Guard or Reserve through the Palace Chase program. It also includes a few new ones, most notably the return of the career job reservation program. The CJR program limits re-enlistments into the career force by constraining Air Force specialties for some first-term Airmen, officials said.

In addition, Phase II requires commanders to consider a number of quality-force factors when considering Airmen for retention. Those include correctional custody, referral reports, unfavorable information files, Article 15 action, control roster restrictions, confinement, alcohol- or drug-related offenses, and financial irresponsibility or mismanagement.

Phase II widens the aperture on the Phase I initiatives, which netted almost 2,500 Airmen approved for retirement, separation or Palace Chase, said Maj. Gen. John M. Spiegel, director of personnel policy at the Pentagon.

"Phase II is the next step in our force-shaping program to move us closer to the authorized end strength of 359,700 while rebalancing the skills," he said.

"Phase I put us on a glide slope to reduce the size of the force without (worsening) manning shortages in the specialties," said Maj. Dawn Keasley, chief of retirement and separation policy at the Pentagon. "Phase II increases that momentum."

The initial goal of force shaping was to have 16,600 Airmen leave the Air Force, 3,900 officers and 13,700 enlisted. Those numbers are projected to increase to almost 19,000 by Sept. 30, and to 24,000 by Sept. 30, 2005, because of record retention rates.

"Incredibly high retention and a slow recovering economy are the pri-

mary factors in the increase of personnel overages," said Col. Mike Hayden, chief of the military policy division at the Pentagon. "Retention rates in the Air Force are at their highest in a decade."

General Spiegel said Phase I of the program met its objective.

"Phase I did exactly what it was supposed to do," the general said. "It allowed us to assess the level of interest and recalibrate for Phase II. Our goal is to do this drawdown as smartly while rebalancing the force and improving manning in stressed career fields."

Phase II of the program is designed to do just that. For example, Phase I required individuals to have a minimum of 24 months on active duty before applying to Palace Chase. Phase II dropped the minimum requirement to 12 months. This modification expands the opportunity to another part of the population that might be interested in serving in the Air National Guard or Air Force Reserve, Major Keasley said.

Further, the active-duty service commitment following a permanent change of station in Phase I could be waived up to 18 months. Phase II allows for a full waiver of the commitment, officials said.

Those colonels and lieutenant colonels who would like to retire but who do not have the three-years time in grade previously required to do so are also in luck, officials said. Phase II reduces the minimum mandatory time in grade to two years for a limited number of eligible people.

The CJR program has returned for the first time since 1999. It serves a two-fold purpose, Colonel Hayden said, helping draw down the force and balance career field numbers at the same time.

"Now is a good time to use this tool again," Colonel Hayden said. "Airmen in overage career fields, coming up on their first re-enlistment, are offered an opportunity to retrain into a shortage career field. If they choose not to retrain, they have the opportunity to transfer to Palace Chase, apply for

civil service, join the Army or separate."

"In Phase II, we have more flexibility in managing each (career field) by year group than we had in Phase I," General Spiegel said. "We will consider applications according to the manning health of the member's specialty by both the year group and the grade (for officers) or skill level (for enlisted)."

Because of this change, a greater percentage of applications will be approved in Phase II, officials said.

Additionally, as part of Phase II, enlisted accessions will drop by about 11,000 to reach authorized end-strength levels by the end of fiscal 2005. Thus, about 24,000 new recruits will join the Air Force rather than 35,000 as originally planned, officials said.

"This accession cut would occur for one year only," said Maj. Gen. Peter U. Sutton, director of learning and force development at the Pentagon. "Then we will resume normal accession rates."

Future total-force concept aims to increase combat capability for AD, ANG and AFRes

By Staff Sgt. C. Todd Lopez
Air Force Print News

WASHINGTON — Active-duty Airmen, guardsmen and reservists working together to support the Air Force mission in a war zone such as Iraq or Afghanistan is not unusual.

However, in a concept being studied at the Air Warfare Center, Airmen from all components will work together supporting the Air Force's RQ/MQ-1 Predator Unmanned Aerial Vehicle mission at Nellis Air Force Base, Nev.

The move is the latest by Air Force officials to increase combat effectiveness by leveraging one unit's capabilities off another's. While the overall concept is called future total force, implementation still defies definition, said the Air Force director of strategic planning.

"You can call them blended, integrated, merged, affiliated, associated or even partnered units," said Maj. Gen. Ronald J. Bath. "When you say any one of those terms, it means one thing to one person and one thing to another. But whatever you call them, this is about

change — looking to the future and transformation."

The partnership at Nellis came about because the base had a shortfall in manning, and the closest pool of guardsmen to the base was in California.

"In order to get those California guardsmen down to help the Nellis shortfall, we had to come up with a creative plan that would build a blended unit," General Bath said. The California Air National Guard Airmen would cross state lines to serve in Nevada.

That plan involved reconciling laws governing the federal government's operation of its military with laws governing the states' operation of their militias. Future total force being considered at Nellis represents one of the three pillars of transformation under the Air Force's transformation flight plan, General Bath said.

"The Air Force identifies transformation as three things: technology, concepts of operation, and changes in organization," he said. "Future total force is a conceptual framework for how to increase combat capability by using active-duty, Guard, Reserve and civilian

forces in a different way. It is a piece of organizational change."

Another example of transformational organizational change under the future total-force concept is occurring at Robins AFB, Ga.

Less than two years ago, the Air National Guard's 116th Bomb Wing and Air Combat Command's 93rd Air Control Wing merged to form the 116th ACW.

The merger increased the combat effectiveness and organizational efficiency of the E-8C Joint Surveillance Target Attack Radar System at the base, the general said. That increase in effectiveness became the push for the Air Force to look for new ways to apply the future total-force concept.

"The Robins issue became the catalyst for coming up with new ideas," General Bath said. "We needed to come up with new ways to (use) the forces we will still maintain as the iron and missions shift. Now we have a lot of templates we are looking at. Robins and Nellis are just two of them."

One template Air Force offi-

cial is looking at is completely new. While all states have Air National Guard units, not all states have active-duty components. There are some places where it may be possible to insert active-duty people into what had been exclusively a guardsman's world, General Bath said.

"This would involve moving active-duty people to a Guard location and having them live (in) the community, and blend into the community, as opposed to having the big base infrastructure we are used to," General Bath said.

"Burlington, Vt., is one of the places we have been looking at," he said. "Burlington has an F-16 [Fighting Falcon] unit with enough ramp and infrastructure capacity for more planes. We are looking at possibly moving active-duty aircrews [and] maintainers to Vermont and having a unit up there that has more airplanes than are just in the Vermont ANG."

Such a plan would involve active-duty families living entirely within the community, without the standard infrastructure provided by an Air Force base, General Bath said. Under one proposal, grocery shopping would be done on the economy, with Airmen using a special "commissary card" to buy groceries and then being reimbursed for the difference.



Courtesy photo

A contract crew chief departs the helicopter landing pad after an Air Force UH-1H Huey taxis for take off at Fort Rucker, Ala. It is one of six UH-1H Hueys transferred May 6 to the 23rd Flying Training Squadron for Air Force undergraduate helicopter training.

Air Force picks up helicopter training

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

RANDOLPH AIR FORCE BASE, Texas (AETCNS) — Air Force helicopter training is now 'blue' thanks to an agreement with the Army.

The Army is retiring its UH-1H Huey fleet at Fort Rucker, Ala., and is transferring some of its aircraft to Air Education and Training Command for undergraduate helicopter training, said Maj. Larry Walker, the Specialized Undergraduate Pilot Training-Helicopter program manager for AETC.

When the transfer is complete in September, the 23rd Flying Training Squadron at Fort Rucker will own about 40 UH-1H helicopters, 24 for flying training and 16 for spares and future modification to Huey IIs.

For 35 years, Air Force helicopter pilots trained at Fort Rucker flying Army helicopters and using Army curriculum for half the course, Major Walker said.

That era ended May 6 when the Air Force received six

Hueys from the Army. The 23rd FTS then had its first instructor training flight May 24 in an Air Force UH-1H using its own training syllabi.

All Air Force helicopter pilots arrive at Fort Rucker following graduation from joint specialized undergraduate pilot training where they fly either the T-6A Texan II, T-37B Tweet or the Navy's T-34 Turbomaster. Before the helicopter transfer, helicopter training was split into two phases.

"In Phase I they used Army contract instructor pilots and those contract pilots used Army instructions and procedures," Major Walker said. "In Phase II we used Air Force instructor pilots, using Air Force instructions and procedures."

Now Air Force helicopter pilots will still receive training in two blocks, but will use Air Force procedures and instructions throughout.

"This syllabus change means the (Block I) instructor pilots — mostly retired Army warrant officers with about 10,000 hours flying experience each — must learn Air Force procedures and

Former vice says farewell, thank you to base

Team Sheppard, you have been fantastic. You have made my tour here more than memorable.

It may sound a bit odd, but I want you to know that I am comfortable leaving you. I find comfort in your abilities for I have seen you persevere under some rather difficult circumstances. I find comfort in your tenacity, for I have seen you stick to the task when others would have turned tail and run.

I find comfort in your strength for I have seen you display almost superhuman traits in the face of adversity. I have no fears that you will continue to show the rest of Air Education and Training Command, in fact the whole Air Force, how IT'S done - Combat Capability truly Starts Here.

While I've been the vice commander I watched as training operations was born, our Heritage Center became a reality, new buildings and facilities were

built, our water tower repainted, new courses arrived and thousands of Airmen graduated and went off to careers around the world. It's amazing to think of the accomplishments of Team Sheppard in two short years.

I salute you.

General Rooney and Helen, thanks for letting me and Marianne be a part of the team... what a Wow. General Rooney your vision has transformed Sheppard and the Air Force. You let us become a team and most of all let me be the best vice commander I could be. We wish you and your family the best in your next assignment.

I thank you.

I take this opportunity to publicly thank my wife, Marianne. She is my hero. I am honored by the years she stood beside me, near me, in front of me, but never behind me. I am ever-so grateful for all of the prodding, the encour-

agement, coaxing and believing. I could never have been the person I am today without the love and support I receive from her. I'm a better person because of her. Just like the day I married her, I can't wait to see her smiling face when I come home. Marianne you, too, are fantastic.

Thanks again for your sacrifices to make me and the Air Force better.

Over the years, an Air Force man or woman will have many friends. For many people, some of those friendships can be characterized in this manner: You might be best friends for the first year, pretty good friends the next year, don't talk that often the year after that, don't want to talk at all the year after that. That is not how it is between me and my friend Col. Joe Brown. Thanks, Joe for all the support you and your team provided from the IG's office and for your enduring friendship. You've never failed

me. I can only hope that you can say the same thing about me.

I respect you.

So, Team Sheppard: you are the Platinum standard. You have shown the Air Force excellence in all you do and I know that your commitment to the future generations of Airmen will not waver. Everyday I watch as our instructors and staff help to shape our Air Force, and after being here to watch your successes, I know that America's combat capability is in good hands. I want you to know that I take each of you with me to D.C. I am comfortable knowing that you are the people who make our units around the world the best Air Force in the world. You have made a cherished difference in my life.

God Bless you all.

Come to D.C. and let's visit.

*Warmest regards,
Colonel Darrell Sims*

Briefly Speaking

Thrift Shop summer hours

The hours of operation for the Sheppard Thrift Shop will change for most of the summer.

In June and July, the shop will be open on Tuesdays from 10 a.m. to 2 p.m. Consignments will be accepted each Tuesday from 10 a.m. to 12:30 p.m. The shop will also be open from 10 a.m. to 2 p.m. Saturday and July 3.

Lunch N Learn Wednesday

A Lunch N Learn will be held Wednesday at the officers club at 11 a.m.

The guest speaker is Dee Decker of the Wichita Falls Non-profit Management Center.

Lunch will begin at 11 a.m., followed by Ms. Decker's discussion at 11:30.

For more information, call Tech. Sgt. Kevin Keehnen at 6-4936.

82nd AMDS changes commanders

Lt. Col. Danny Glover relinquishes command of the 82nd Aerospace Medicine Squadron to Lt. Col. John Kildew Thursday.

Colonel Kildew comes from Kirtland Air Force Base, N.M.

6 Sheppard medical personnel best in AF

Sheppard Air Force Base is charged with producing the best trained Airmen today for tomorrow's Air Force.

To do that, it's important to have the best stationed here. That's what six Team Sheppard medical services personnel proved when they won Air Force level awards.

Tech. Sgt. Ryan Coffey of the 383rd Training Squadron was named the Col. Donald D. Dunton Ophthalmic NCO of the Year.

Maj. Oluwanishola Asenuga was named the Field Grade Physical Therapist of the Year. Maj. Asenuga is assigned to the 382nd TRS.

Also recognized from the 382nd TRS was Staff Sgt. Kimberli Kirkland. Sergeant

Kirkland received the Physical Medicine Craftsman of the Year.

In keeping with the physical medicine theme, Master Sgt. Tyrone Davis of the 82nd Medical Operations Squadron received the Physical Medicine/Manager of the Year honor.

Capt. Kerry Maccini was honored for her work as a first lieutenant with the Brig. Gen. Peter C. Bellisario Young Health Care Administrator of the Year award.

The Outstanding Medical Readiness NCO of the Year was Tech. Sgt. Raymond Hale. Sergeant Hale has PCS'ed to Offutt Air Force Base, Neb. A photo of Sergeant Hale was not available.



Coffey



Asenuga



Kirkland



Davis



Maccini

Don't drink and drive. Call 6-AADD for a ride home.

Mail order pharmacy underway for TRICARE beneficiaries

Courtesy of TRICARE

A process to shorten the long lines at military pharmacies is in place and will provide a better service to TRICARE beneficiaries.

In fact, beneficiaries won't even have to leave the comfort of their own homes.

The TRICARE Mail Order Pharmacy program that began in March replaced the National Mail Order Pharmacy program as the prescription mail order pharmacy benefit for Department of Defense Military Health System beneficiaries.

Express Scripts Inc., a leading benefit prescription manager in the United States, is the new TMOP benefit manager. To be eligible for the new pharmacy benefit, the sponsor and family member must both be enrolled and eligible in the Defense Enrollment Eligibility Reporting System.

Members of the National Guard and Reserve and their family members are also eligible for TMOP if the sponsor is on federal (Title 10 or Title 32) active duty orders for more than 30 days and their DEERS information is up-to-date. TRICARE eligibility for sponsors and family members is effective on the date of activation on the

sponsors' orders.

Prescription medications filled under TMOP cost \$3 for a 90-day supply for generic medications, and \$9 for a 90-day supply for most brand-name medications. Prescriptions filled using a retail network pharmacy cost \$3 for a 30-day generic supply and \$9 for a 30-day supply for most brand-name medications.

Before a prescription can be filled, each beneficiary must complete a one-time Express Scripts Registration Form and return it to Express Scripts for processing. The registration form is available online at www.express-scripts.com, or may be picked up at any military treatment facility or regional TRICARE Service Center.

The TMOP registration form, new prescription and payment (by credit card, check or money order) should be returned to the address provided on the registration form. The beneficiary's name; the sponsor's Social Security number, address, and telephone number; and the provider's name, address and telephone should be clearly written on each prescription submitted.

Express Scripts can mail prescriptions to any U. S. postal

Advantages of TMOP

The following are some of the benefits of using TRICARE's Mail Order Pharmacy system:

Convenient

You can fill your prescriptions by mail and order refills by mail, phone or online.

Standard shipping and handling are free. You can request expedited shipping for an additional charge.

Safe

Registered pharmacists verify your order twice for accuracy and safety.

Your prescriptions are checked against your medication profile through a direct link to the Department of Defense Pharmacy Data Transaction Service.

Economical

You can order up to a 90-day supply* of your medication for the same co-payment as a 30-day supply at a retail pharmacy. That's a 66 percent savings for you.

**Up to a 30-day supply for controlled substances.*

address or APO/FPO address (except a private foreign address) overseas. Sponsors and family members assigned to an embassy without an APO/FPO address must use their official Washington, D.C., embassy address to receive prescription medications.

Prescriptions for beneficiaries residing overseas must be prescribed by providers who are licensed to practice in the U. S.

Deliveries for locations within the U. S. require approximately 5 to 7 days to process. Additional time may be

required for prescription medications delivered overseas.

Beneficiaries may check the status of their new or refill prescription orders anytime at www.express-scripts.com or by calling toll free, (866) DoD-TMOP (866) 363-8667.

Sponsors may locate the nearest military personnel office or ID card facility on the DEERS Web site at www.dmdc.osd.mil/rsl/ to verify DEERS eligibility. Sponsors may also verify DEERS eligibility by calling DEERS toll free at (800)-538-9552.

Why men don't go to the doctor

Lt. Col. Dorothy Dizmang
82nd Medical Group Health Care Integrator

"If I had known that I was going to live this long, I would have taken better care of myself." — *Mickey Mantle.*

June is men's health and prevention month. According to a recent American Medical Association study men do not see a provider because of fear,

denial, embarrassment and threatened masculinity. A third of American men have not had a checkup in the past year. Nine million men have not seen a provider in five years.

This denial factor in males is unrelated to occupation, age, race or socioeconomic status.

According to a new survey by Men's Health Magazine, no matter how smart a man is, and no matter what kind of professional status he's achieved, he can still ignore things he shouldn't ignore and pay the unnecessary consequences.

What are some of those consequences?

By age 65, one in three men suffer from high blood pressure. Men suffer 2.5 times more heart attacks than women before age 65. And men are less likely to have their blood pressure checked.

Other consequences include prostate cancer. One in nine men will be diagnosed with prostate cancer, but few

will have the simple digital rectal exam and prostate specific antigen blood test to detect it.

Ironically, women with similar odds of developing breast cancer are much more likely to perform monthly self-breast exams and have regular mammograms.

Men are at greater risk of stress-related illnesses than women, but only 20 percent of the participants in a stress-

management program are men. Men are 30 percent more likely than women to have a stroke.

Each year, over 50,000 men die from emphysema and another 3 million men have undiagnosed type II diabetes. They just

don't know it.

On average, men make 150 million less trips to providers than women (regardless of age), according to this new study.

Good news, every active duty person assigned to Sheppard will have a Preventive Health Assessment (PHA) annually.

But make a special effort for our non-Active Duty adult male beneficiaries. Find out when they last had a check-up and keep them current in the clinical prevention screenings.

An excellent on line resource is <http://familydoctor.org> or contact your PCM team for more information.

Quick facts

■ One in three men will suffer from high blood pressure by age 65 and 2.5 times more heart attacks than women.

■ One in nine men will be diagnosed with prostate cancer.

■ Men are 30 percent more likely to have a stroke.

■ More than 50,000 men die from emphysema each year.

■ More than 3 million men have type II diabetes.

VICE

Continued from Page 1

moving from an operation mission to a training mission doesn't mean a change in philosophy.

"The focus is the same: mission first," he said. "Mission first, take care of the people always."

To complete the mission and make it the best in the Air Force, the colonel said he has a three-step approach.

First, attitude counts. "I always ask the question, 'do you want to?'" he said. "If you want to, you will."

Second, he said he communicates to Airmen the "overarching philosophy" that the Air Force expects them to be military professionals 24 hours a day, 7 days a week.

Following directives and instructions is fundamental to success as a military organization and as an individual member of the Air Force.

Finally, he said finding the right person to work key issues is essential. The colonel added it doesn't matter if the person is an Airman Basic or a Colonel. If they are the right person to work the issue, they should be involved, be allowed to provide input, and provided an opportunity to communicate both up and down the chain of command.

"With any issue, large or small, let the smartest person answer the question and work the issue. If we respect every person for their own unique knowledge and abilities we

will have the chance to make sound improvements," he said.

Colonel Atkinson moved from one hot area of the country to another, but that doesn't concern him much. He said he scored a 97.5 percent on his fitness test in the dry heat of Cannon.

The Texas heat could work to his advantage, he said.

"The heat here will help me keep my waist-line thin," he quipped.

HUEY

Continued from Page 2

instructions," Major Walker said.

The change also gives instructors the ability to add more training to the syllabus because instructors don't have to retrain the students through a transition phase from Army to Air Force procedures in Block II. That time will instead be used for more mission training, like night vision goggle formation flights.

Block I training will last three months and begins with ground school for three to four weeks where students learn rotary

wing academics and aerodynamics. Block II training will also be three months long.

"We're not doing things better than the Army," Major Walker said. "The Army trains great pilots. We just train our pilots for different missions. Their pilots are doing more troop movements and attack. More than half our pilots go off to combat search and rescue and special ops.

"The Army has been great for 35 years training our guys. We're not going our separate ways. We're staying with Rucker and

taking the best from both services."

The Air Force will continue to use the Army's maintenance contract for its Huey fleet in addition to the contract instructor pilots for Block I training. They will also continue to use the Army's helicopter training range, staging fields and facilities at Fort Rucker.

"The only thing that's changing is we own the Hueys, and we'll have a 'blue' syllabus throughout undergraduate training," Major Walker said.

Be sure to watch 82nd Training Wing Commander Brig. Gen. Arthur Rooney Jr. at 12:30 p.m. Monday on TSTV-14. The general's guest will be 82nd Comptroller Squadron Commander Lt. Col. Kirk Schneider.



Photo by Staff Sgt. Rasheen Douglas

ANDERSEN AIR FORCE BASE, Guam – Maj. Gen. Edward Mechenbier (left) and Col. Gregg Sanders, the 13th Air Force vice commander, lay a wreath on a transfer case containing a Vietnam War servicemember's remains during a repatriation ceremony Saturday. General

Mechenbier is the last Airman still serving who was a prisoner of war during Vietnam. He flew the Hanoi Taxi on this mission to bring his fallen comrades home. The Hanoi Taxi was the first C-141 Starlifter to repatriate American POWs from Vietnam on Feb. 12, 1973.

Paying respect

Servicemembers hold repatriation ceremony for Vietnam War POWs

By Staff Sgt. Jess Harvey

36th Air Base Wing Public Affairs

ANDERSEN AIR FORCE BASE, Guam (AFP) – The sun peeked through the clouds as the four flights of servicemembers, a colorful array of Navy whites, Air Force blues, battle-dress uniforms and flight suits, were called to attention.

A lone Soldier stood guard in the aft of the C-141 Starlifter, dubbed the Hanoi Taxi, with its doors swung open like an eagle's wings, harboring two transfer cases draped in red, white and blue.

That was the setting for the repatriation ceremony here May 29 as Maj. Gen. Edward Mechenbier stepped up to the podium to speak. He is one of the prisoners of war of Vietnam who returned home on the original flight of the Hanoi Taxi and who flew the same plane to recover the remains of his fallen comrades.

He opened by explaining what Memorial Day means.

"This weekend is a time of remembrance," General Mechenbier said. "A time to remember, not just these two, but to remember the names of those who are missing in action and to remember the families who still wonder about the fate of loved ones."

He said he was one of the privileged servicemembers who was able to return more than 30 years ago.

"We were the lucky ones, those who survived, and [we] have the obligation to remember those who were not," said General Mechenbier, the only Airman still serving to have spent time at what was referred to as the Hanoi Hilton, a POW encampment, during the Vietnam War.

The general, a pilot with more than 3,500 flying hours, was stationed at Da Nang Air Base, South Vietnam, when, on his 80th mission over North Vietnam, his F-4C Phantom II fighter was shot down. He was captured and remained a POW from

June 1967 to February 1973, when he was one of 40 POWs to return on the first flight of Operation Homecoming flown by the Hanoi Taxi on Feb. 12, 1973.

"We rejoiced individually and as a nation as 591 POWs stepped on American soil during Operation Homecoming in 1973," General Mechenbier said. "At the same time, we were dismayed to learn the stories of torture and deprivation they endured.

"And we wondered, where are the rest? Why so few?" he said. "With today's ceremony, we hopefully will get to answer that question for two more families in an ongoing effort to make a full accounting of all those lost during Vietnam."

He said there are currently more than 2,200 servicemembers still missing from Vietnam. From World War II, there were more than 75,000 missing servicemembers and more than 8,000 from the Korean War.

However, he asked those attending the ceremony to not think about those numbers.

"I'd rather you remember those numbers are fathers, husbands, brothers and sons," he said.

But for one Airman here, those numbers really struck a chord.

"He said not to focus on the numbers, but it's hard not to," said Senior Airman Ednerson Joseph of the 13th Air Force and an honor guard member. "Those numbers represent an amazing sacrifice."

For a civilian employee here, the general's speech and actions really hit home.

"I feel a deep gratitude for all the guys who served in Vietnam," said Richard Lamb of the 36th Civil Engineer Squadron and a native of Vietnam. His family left when he was 10 years old. He said they sacrificed a lot for the people of Vietnam, and he "just wanted to shake the general's hand."



Photo by Master Sgt. Ken Wright

ANDERSEN AIR FORCE BASE, Guam – Honor Guard members from the Joint POW/MIA Accounting Command drape an American flag over the remains of one of two servicemembers repatriated from Hanoi, Vietnam, on May 28.



Photo by Master Sgt. Ken Wright

ANDERSEN AIR FORCE BASE, Guam – People here honor two servicemembers who died during the Vietnam War.

Sheppard Senator

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

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Commander's Corner



Photo by Airman 1st Class Jacque Lickteig

Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, presents the Top Wheels Competition Award to Tech. Sgt. Christopher Nugent, from the 364th Training Squadron.

Tips for conserving water

By Bill Marks
 Water Program Manager

Have you ever heard of the saying "If you don't like the weather in Texas, wait awhile, it'll change"?

North Texans know that seasonal droughts and erratic weather are just part of living in this region. That's why it's important for us to use "common sense" water conservation efforts at home and the workplace to reduce the amount of stress we place on our natural resources.

Conserving water is simple and inexpensive. In order to help conserve this resource, it is vital that Team Sheppard joins the city in doing our part.

Sheppard has a watering policy in the base housing guide that includes recommendations on irrigation.

The base housing guide has recently been changed prohibiting lawn watering between the hours of 11 a.m. and 6 p.m.

Housing inspectors will be asking occupants to curtail water usage when they notice water running down the street or between the hours of 11 a.m. and 6 p.m.

Military family housing occupants can water plants and shrubs between the hours of 11 a.m. and 6 p.m. if a watering can or a hand-held hose is used where a responsible person is holding the hose and present to monitor the use of such water.

The self-help store in Bldg. 5 is currently issuing water timers for sprinkling systems to all mili-

tary family housing occupants. The timers can be set for automatic shut-off and are limited to one timer per household.

Water timers are an effective way for housing occupants to manage their water consumption. The self-help store is open Monday, Tuesday, Thursday and Friday from 9 a.m. to 4:30 p.m. and Saturday from 9 a.m. to 1 p.m.

Sheppard is the City of Wichita Falls' largest consumer of water and would like to lead the area in maintaining "common sense" water conservation efforts.

In an effort to conserve water the following tips are offered:

- No lawn watering will take place between 11 a.m. and 6 p.m. Watering will be allowed only before and after this time.

- No over watering to the point run-off occurs is allowed. Resume watering when the water has had enough time to penetrate the soil, which takes about 30 minutes. Water your yard every five to six days. To encourage deep root growth, it is better to water your trees deeply once a week than to water them multiple times during the week for short periods of time.

- Spot water. Drier areas require more water than areas where the water settles. If necessary, water dry areas by hand.

- Don't water the pavement. Position sprinklers so that water lands on the lawn, not in areas where it is not needed.

- Accept less than a

lush lawn. Grass will naturally go dormant during periods of drought.

- When to apply is also critical. The best time to water is in the early morning or late evening hours. There is less wind and the temperature is cooler, both of which directly affect the evaporation rate. Use your water timer to turn your water off when you go to work in the morning or go to bed at night.

- Report water leaks such as dripping faucets as soon as they are found.

- Turn off the water while shaving, brushing your teeth, and washing your face or hands.

- Run the dishwasher when full of dishes or use water saver cycle.

- Don't let the faucet run until the water-cools down. Instead, keep a container of drinking water in the refrigerator.

- Unlike your dishwasher, you can control the amount of water used by your clothes washer. Select the proper water level for each load of laundry.

Water management is not just the city government's responsibility. Everybody plays an important role, including those living and working on Sheppard.

We ask each of you to continue doing your part to conserve this precious resource. Don't be shy about educating new Team Sheppard members about the water use rules. Together, let's keep using water wisely and protect this resource for generations to come.

Safety Corner

Keeping safe on the roads: Shedding light on misconceptions about driving drowsy

By Michael Lovell

82nd Training Wing Safety Office

As we go through the summer season we will most likely take trips with the kids or with friends. These trips can be both short and long distance.

Being aware of some of the most common misconceptions about driving without proper rest can bring us all back safely.

We have lost two Team Sheppard members to this very hazard in the last twelve months.

Take the time to read through these and see if you don't recognize some of your own misconceptions in them.

Drinking coffee cures drowsiness while driving

While coffee can be an effective temporary remedy, stimulants are no substitute for sleep. Drinks containing caffeine, such as coffee or cola, can help you feel more alert, but the effects last only for a short time.

If you drink coffee and are seriously sleep-deprived, you are still likely to have "micro-sleeps."

These are brief naps that last only four or five seconds. At 55 miles an hour, you travel more than 100 yards — and that's plenty of time to kill you.

I can tell when I'm going to go to sleep

If you're like most people, you believe you can control your sleep. In a test, nearly four-fifths of people said they could predict when they were about to fall asleep. They were wrong.

The truth is, sleep is not voluntary. If you're drowsy or seriously sleep-deprived, you can fall asleep and never even know it.

Here are a few ways for you to tell if you're about to fall asleep.

If you experience any of these danger signs, take them as a warning that you could fall asleep without meaning to:

- Your eyes close or go out of focus by themselves.
- You have trouble keeping your head up.
- You can't stop yawning.
- You have wandering, disconnected thoughts.
- You don't remember driving the last few miles.

- You drift between lanes, tailgate, or miss traffic signs.

- You keep jerking the car back into the lane
- You have drifted off the road and narrowly missed crashing.

If you have even one of these symptoms, you may be in danger of falling asleep. Pull off the road and take a nap.

Being sleepy makes you misperceive things

Have you ever driven at night and seen something you thought was an animal but turned out to be only a paper bag or a dead leaf?

That's only one of the many ways sleepy drivers misjudge their surroundings.

A drowsy driver doesn't process information as fast or as accurately as an alert driver, and is unable to react quickly enough to avoid a collision.

For example, a drowsy driver may not notice that a car ahead has put on its brake lights.

Drowsiness can also narrow a driver's field of vision, so that objects or people at the side of the road cannot be seen until it is too late.

If I sleep a lot now, I won't need to sleep as much later

Sleep is not like money. You can't save it up ahead of time and you can't borrow it. But, just as with money, you can go into debt with it.

If you don't sleep enough, you "owe" more sleep to yourself. This debt can only be paid off by sleeping. You can't overcome it with willpower, and it won't go away by itself.

We are all valuable members of Team Sheppard. If you are going to take a trip this summer please plan ahead so you don't have to "beat the clock" there or back.

Do yourself a favor. Plan an itinerary and to stick to it and don't take last minute trips at the end of the workday.

Supervisors also need to ensure that personnel under the age of 26 complete an AETC Form 29B, Pre Departure Safety Briefing, before going on leave, TDY or PCS. The 29B will contain an itinerary of travel for the individual and the supervisor should review the itinerary with the traveler.

Here's hoping the rest of your summer is safe and enjoyable.

For up-to-date Air Force news and information, check out www.af.mil.

Think before you drink. Hand your keys to a wingman. Or call Airmen Against Drunk Driving at 6-AADD for a ride home after a night out.

In FILM



Johnson Family Vacation (PG-13)

Today at 6:30 p.m.
Saturday at 4:30 p.m.
Sunday at 2 p.m.
Cedric the Entertainer, Vanessa Williams - Nate goes to a family reunion to reconnect with his estranged wife.



Punisher (PG-13)

Today at 9 p.m.
Saturday at 7 p.m.
Sunday at 4:30 p.m.
Thomas Jane, John Travolta - When his family is executed after witnessing a mafia hit, Castle arms himself with a ton of guns and seeks swift revenge.



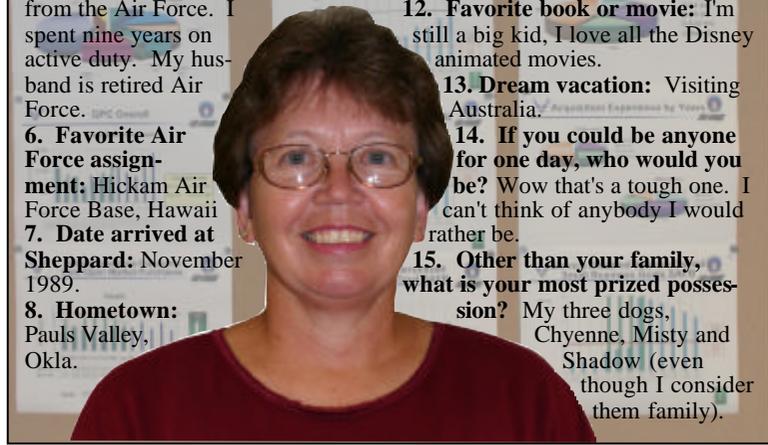
Connie and Carla (R)

Saturday at 2 p.m.
Tuesday at 7 p.m.
Nia Vardalos, Toni Collette - Two struggling Chicago dinner theater performers accidentally witness a mafia hit and hit the road running for their lives.

Also showing: Kill Bill Vol. 2, Thursday at 7 p.m.

Sheppard Spotlight 15 lines of fame

1. **Name:** Vickie Sullivan
2. **Rank:** civilian
3. **Organization and position:** 82nd Contracting Squadron, contract specialist
4. **Most rewarding aspect of your job:** Helping to maintain a good working relationship between the contractors and the government.
5. **Why did you join the Air Force?** I joined for the great opportunities it offers. I grew up around the military, my dad retired from the Air Force. I spent nine years on active duty. My husband is retired Air Force.
6. **Favorite Air Force assignment:** Hickam Air Force Base, Hawaii
7. **Date arrived at Sheppard:** November 1989.
8. **Hometown:** Pauls Valley, Okla.
9. **Married or single (include your family if you'd like):** Married to the best husband in the world, Dave Sullivan.
10. **Favorite thing(s) to do in your free time:** Veg out by the pool, read and ride our Harleys.
11. **Funniest childhood memory:** One Christmas, my sister and I thought our parents were gone, but they snuck back to the house and caught us shaking the presents under the tree.
12. **Favorite book or movie:** I'm still a big kid, I love all the Disney animated movies.
13. **Dream vacation:** Visiting Australia.
14. **If you could be anyone for one day, who would you be?** Wow that's a tough one. I can't think of anybody I would rather be.
15. **Other than your family, what is your most prized possession?** My three dogs, Chyenne, Misty and Shadow (even though I consider them family).



Community

Build a boat race

The community center will host a build a boat race Saturday beginning at 8 a.m. Building will begin at 8:30 a.m., and racing will begin at 10:45 a.m. For more information, call 6-3866.

Club activities

Mongolian barbecue

The officers club will serve Mongolian barbecue Thursday from 5:30 to 8 p.m. The cost is \$.45 per ounce for chicken, beef or pork. For more information, call 6-6460.

ITT

Six Flags

ITT is offering a trip to Six Flags June 12. The cost is \$45 per person, which includes transportation and admission. Register by Tuesday. For more information, call 6-2302.

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 Cafe)

Protestant Parish Ministries

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

PMOC Breakfast/Fellowship Feb. 14, 8 a.m. (Golden Corral)
Weekday Bible studies: Tuesday, 6 p.m. and Thursday, noon, (south chapel)

Protestant Religious education

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

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

PWOC Thursday Bible study, 6 p.m.

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

Student ministry

Solid Rock Cafe (Bldg. 450)

Monday through Thursday, 7:30 a.m. to 9:30 p.m. Friday, 7:30 a.m. to 11:30 p.m. Saturday, 1 to 11:30 p.m., Sunday, 1 to 9:30 p.m. Sunday Protestant Bible study, 4 p.m. Contemporary Praise Worship Service, 5 p.m. Holy Communion Worship, 10:30 a.m.

Praise and Prayer, Wednesday, 8 p.m. Students Awaiting Training classes, Tuesday and Thursday, 8:15 to 10 a.m.

Chapel Ropes Meeting, Tuesday, 11 a.m. to noon and 4:15 to 5 p.m. Parents and Tots, Monday, 1:30 to 2:30 p.m. and Tuesday, 10 to 11 a.m. Praise Band Rehearsal, Saturday, 10 a.m. to noon. Solid Rock Saturday Meal, 6:15 p.m.

Student stuff

Talent show

There will be a student talent show Saturday at the student center from 7 to 9 p.m. Admission is free. For more information, call 6-7659.

FITS

Saturday - Field challenge will begin at 10 a.m. For more information, call 6-6336.



Sheppard Sports



May Fitness month comes to a close with ceremony

By Senior Airman Chris Powell
Senator sports editor

As the month of May comes to a close, so does Sheppard's May Fitness Month. The month concluded with a closing ceremony Tuesday at the south fitness center.

May Fitness Month featured several events meant to get Team Sheppard members active. Some of the events were an aerobathon, a mini-triathlon, a half marathon, a MuscleMania weight-lifting competition and Armed Forces volleyball, softball and racquetball tournaments.

"The closing ceremony is a good way

to bring May Fitness Month to an end," said Brian Eskew, fitness center staff member. "We gave away several awards to recognize volunteers and some really nice prizes."

Some of the prizes were a Nautilus spin bike, which was won by Ray Potter and a trip to Arlington, that was won by Nathan Wilsford.

The winners for the events during May Fitness Month are: Volleyball - 360th Training Squadron, Softball - 362nd Training Squadron, MuscleMania - Charlie Brown (for men) and Deanna Camacho (for women), Mini-triathlon - Jonathon Redfern (for men) and Shelly Keller (for women).



Photo by Senior Airman Chris Powell

Master Sgt. Diane Michalek, 360th Training Squadron, wins a prize from a raffle during the May Fitness Month closing ceremonies Tuesday at the south fitness center.

Sports Briefing

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.

Take Off Pounds Sensibly class

The Take Off Pounds Sensibly class is at 6 p.m. Thursdays at the health and wellness center.

TOPS is a non-profit, non-commercial weight loss support organization. TOPS members are dedicated to helping each other lose weight safely and take off pounds sensibly.

For more information call 855-4308.

AETC youth golf sign ups

Registration for the Air Education and Training Command Youth Golf Program has begun.

People who missed out on the sign ups last week, still have a chance to register. 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 lasts until 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.

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.



Sgt. Oscar Wood takes down 2000 Olympian Kevin Bracken with a headlock before pinning him in the 2004 U.S. Olympic Wrestling Team Trials at the RCA Dome in Indianapolis.

Army sergeant leads Soldiers in U.S. Olympic wrestling team trials

Courtesy of the Army News Service

INDIANAPOLIS – "Go Army" Sgt. Oscar Wood exclaimed after earning the only Olympic wrestling berth for an "Army of One" in the tournament billed "One Dream. One Weekend. One Shot" at the RCA Dome May 23.

Fifteen Soldiers competed in the Olympic Trials, consisting of a two-day mini-tournament. The winners in each weight class then wrestled a best-of-three series against the national champions for 18 spots on Team USA – seven each in men's freestyle and Greco-Roman, four in women's freestyle.

In the 66-kilogram/145.5-pound Greco-Roman division, Wood opened like gangbusters, pinning 2000 Olympian and five-time national champion Kevin Bracken of New York Athletic Club in 1 minute, 47 seconds of the first match of their championship series.

"Lots of times you don't catch people – especially someone like Kevin," said Wood, a graduate of Oregon State University. "But he got caught and there

was no way out of it. I wouldn't have bet on pinning him, but once I had the move – it was tight."

In his second match, top-seeded Wood prevailed 3-0 to secure a trip to Athens, Greece.

"I had this adrenaline rush that was like nothing I ever felt before when I got on the mat," he said. "I've always dreamed about being an Olympian. But to be an Olympian and a Soldier, that makes it all that much better – especially right now."

Bracken's final victory was a 6-0 decision over Spc. Glenn Garrison, who finished second in the mini-tournament.

After losing his first match in the championship series, Staff Sgt. Keith Sieracki won the 74-kilogram/163-pound Greco-Roman crown with two 3-2 overtime victories over top-seeded Darryl Christian of New York Athletic Club. The United States, however, failed to qualify for the Olympics in that weight class, leaving Sieracki hoping for a wild-card berth into the Games.

"I'm probably not going to get a chance to wrestle in the Olympics this year, so to me it's like I won two

Olympic Trials and no Olympic team," said Sieracki, who won his weight class in the 2000 U.S. Olympic Trials at Dallas only to lose his spot on Team USA to Matt Lindland's arbitration team. "All I want to say is go black and gold; go Army."

Without his weight class qualified for the Olympics, Sieracki moved up in weight class for the national championships but didn't want to wrestle his younger brother, Senior Airman Aaron Sieracki, who finished second at 84 kilograms/185 pounds in the mini-tournament.

Staff Sgt. Dremiel Byers lost his Olympic bid in a pair of 2-1 overtime losses to 2000 Olympic gold medalist Rulon Gardner of Sunkist Kids Wrestling Club in the 120-kilogram/264.5-pound Greco-Roman division's battle of world champions.

"When we locked up in those clinches, I was out of position both times," Byers said of the first match. "In the last clinch, I felt like I had him just for a second but I realized I better let it go after I lost posi-

See WRESTLING, Page 4B

Air Force women take second in volleyball, men take third

By Bud McKay

62nd Airlift Wing Public Affairs

FORT LEWIS, Wash. (AFP) – The Army, Navy, Air Force and Marine Corps fired shots at each other May 22 to 26 here during the 2004 armed forces volleyball championships. Some of the shots were lobs; some of the shots were bullets.

But the Navy men and the Army women fired the best shots as they went on to claim the 2004 armed forces volleyball championships. The tournament was a double round-robin, five-game format.

The Air Force women earned the silver medal with a 1-3 record. They had to use a tiebreaker with the 1-3 combined Navy and Marine Corps team. Going head-to-head, the Air Force earned the second-place finish.

Even though they said they did not

do as well as they would have liked, Michelle Kenner from McConnell Air Force Base, Kan., said she was not all that disappointed.

"It's an honor to be able to compete and represent (our) service," she said.

The Air Force men finished with a 3-3 record, the same record as the silver-medal Army team. But using the head-to-head tiebreaker, the Army earned second place.

"There was still some good competition this year with all of the deployments," said John Napier, an eight-year veteran on the Air Force team who is from Northern Arizona University where he is an ROTC instructor. "It's a toss up every year no matter what."

For the men, Jason McDonald from Dyess AFB, Texas, was named to

See VOLLEYBALL, Page 1B

Falcons eliminated from baseball championships

LAS VEGAS (AFP) – An eight-run first inning was more than enough for the University of New Mexico, as the second-seeded Lobos downed sixth-seeded Air Force Academy 23-2 here May 27.

The loss eliminated the Falcons from the 2004 Mountain West Conference Baseball Championships ending their season with a 6-49 record.

More than 10 conference tournament records were set or tied in a game showcasing an eight-run first inning and 10-run fourth by New Mexico.

New Mexico wasted no time getting on the scoreboard as they scored eight runs on six hits in the first inning. The Lobos sent 12 batters to the plate in the inning, highlighted by Josh Mader's three-run

homer. It was the second time in the tourney Air Force had given up eight runs in the first inning, as it surrendered an eight-spot to University of Nevada-Las Vegas in its first game May 26.

New Mexico starter Danny Ray Herrera earned the win, allowing one unearned run on three hits while fanning three in five innings pitched. Air Force starter William Goss was tagged with the loss, allowing seven runs in two-thirds of an inning.

New Mexico had 25 hits in the game, a new conference tourney record. Air Force had six hits in the game, with Karl Bolt leading the way, going 2-for-4 with a double.

Nathan DeRohan also had two hits for the Falcons.

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. ever 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. ever Monday, Wednesday and Friday starting June 2.

The class is free.

Youth center

For more information, call 6-5935

Youth soccer registration

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

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

Youth flag football registration

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

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

Volunteer coaches

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

Programs run from August to early November.

VOLLEYBALL

Continued from Page 1B

the all-tournament team. Two from the Air Force's women's team earned all-tournament honors — Sarah Kotte from the U.S. Air Force Academy and Tamara Luckmeyer from Altus AFB, Okla.

Four Airmen were selected to join the all-armed forces' team that will compete internationally. Representing the Air Force men will be McDonald and Kyle Klinger from Hurlburt Field, Fla. Continuing for the women will be Luckmeyer and Gina Marino from Scott AFB, Ill. Walter Anchors, a civilian from Lisbon, Ohio, who is the head coach of the Air Force's women's team, was selected to be an assistant coach.

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/82trvpa/default.htm>.

Friday June 4

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

Saturday June 5

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

Sunday June 6

10 a.m. Weekly Commander's Corner

5 p.m. Air Force News Special Edition - The Thunderbirds
9 p.m. Sheppard Today

Monday June 7

10 a.m. In Service for My Country - Sheppard Deploys
5 p.m. Target for Today
9 p.m. Famous Generals: Gen. John. J. Pershing

Tuesday June 8

10 a.m. Sound of Freedom: The Berlin Airlift
5 p.m. The Army in Action - Global War
9 p.m. Navy History, 1964-1966

Wednesday June 9

10 a.m. The Air Force Story: Chapter 5, 1935-1937
5 p.m. Navy and Marine Corps News
9 p.m. U.S. Navy Hospital Corps

Thursday June 10

10 a.m. Air Force Story: The Air War Against Japan
5 p.m. Sheppard Today
9 p.m. Seal Class 224 - Basic Underwater Demolition

USS John F. Kennedy welcomes the NFL

By Journalist 1st Class Christopher E. Tucker
USS John F. Kennedy Public Affairs

MAYPORT, Fla. (NNS) – Capping off a two-day owners' meeting in the Jacksonville, Fla. area, 30 NFL team owners and Commissioner Paul Tagliabue gathered aboard USS John F. Kennedy (CV 67) May 25.

"I want to take our collective hats off to you for what you're doing to protect our freedoms," said Tagliabue to 400 guests and crew members gathered for the special occasion. "The JFK and the NFL have a lot in common – a spirit of teamwork and competitiveness. The ultimate example of teamwork is right here on the Kennedy and a culture of competitiveness in the best sense of the term."

Wearing their favorite NFL teams' ball caps, Kennedy Sailors escorted team owners for tours of the carrier.

"This was absolutely wonderful," said Senior Chief Machinist's Mate (SW/AW) Victor Bryan from engineering department. Bryan escorted San Francisco 49ers' owner John York. "For all the owners and the commissioner to come out here and visit us means the world to me."

For many of the owners, this visit marked their first time aboard an aircraft carrier.

"Speaking for all the owners, I'm honored to be here," said Baltimore Ravens owner Steve Bisciotti. "This is overwhelming. I'm awed by the crew's commitment to excellence."

Rear Adm. Donald Bullard, commander of the John F. Kennedy Strike Group, told all the owners that football is especially important to Sailors on deployment.

"During deployment, you can find televisions on all across this ship tuned in to either a Sunday, Monday or Thursday night game," said Bullard. "There is no better audience than Sailors on an aircraft carrier. Here you will find fans of every team in the league."

Kennedy Sailors proudly showed the ship and explained what they do to contribute to the ship's combat readiness.

"This meant a lot to me," said Aviation Support Equipment Technician 1st Class (AW/SW) Curtis Wilson from aircraft intermediate maintenance division. Wilson escorted Green Bay Packers owner Robert Harlan. "It really made me proud to see how they respect what we do here."

Tagliabue told the Kennedy crew that they could count on the NFL to continue to support the military, especially during the global war on terrorism.

"Without you, we could not do what we do," he said. "With you, we can do what no nation on earth has ever done. As long as you're on the front lines, we'll do what we can to keep you in our hearts and minds."

Investigation concludes friendly fire probably killed Tillman

Courtesy of the Army News Service

WASHINGTON

Friendly fire probably killed former National Football League star Army Cpl. Pat Tillman in Afghanistan on April 22, U.S. Central Command officials announced in a news release today.

The release said that while an investigation made no specific finding of fault, the results indicate Corporal Tillman died "as a probable result of friendly fire while his unit was engaged in combat with enemy forces."



Cpl. Pat Tillman

Corporal Tillman's unit was ambushed by 10 to 12 enemy fighters with small arms and mortar fire, resulting in an intense firefight lasting about 20 minutes. The CENTCOM release said the incident took place on "very severe and constricted terrain with impaired light conditions." Following initial contact, the release continued, Corporal Tillman left his vehicle and moved into position to suppress enemy fire.

"There is an inherent degree of confusion in any firefight," the release said, "particularly when a unit is ambushed, and especially under difficult light and terrain conditions which produces an environment that increases the likelihood of fratricide."

In the release, CENTCOM officials expressed regret and emphasized that the circumstances of Tillman's death do not diminish the value of his service and sacrifice.

"Corporal Tillman was shot and killed while responding to enemy fire without regard for his own safety," the news release said. "He focused his efforts on the elimination of enemy forces and the protection of his team members."

Corporal Tillman, 27, was deployed with the 75th Ranger Regiment from Fort Benning, Ga. Inspired by the Sept. 11, 2001, terrorist attacks on the United States, he left a \$3.6 million contract with the Arizona Cardinals on the table to enlist in the Army and become a Ranger. He held the rank of specialist when he was killed, and received corporal stripes posthumously.

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



Photo by Staff Sgt. Randy Redman

Beating the heat

MACDILL AIR FORCE BASE, Fla. – Maj. Wendy Klein enjoys warmer days with this year's first dip in the base pool May 27. Major Klein has been swimming since her days on the local youth swim team and now enjoys it as an alternative to fighting crowds at the fitness center. She is assigned to the 6th Aeromedical Squadron.



Photo by Spc. Lorie Jewell

With Lt. Gen. Dennis Cavin, commander of the U.S. Army Accessions Command, standing by Sgt. 1st Class Mark Mounce of the Accessions Command prepares to place an American flag patch on the dash of the Army-sponsored 01 Chevrolet driven by Joe Nemechek in the NASCAR Coca-Cola 600 race.

Nemechek pays special tribute to fallen Soldier with flag patch

Courtesy of the Army News Service

CONCORD, N.C. – Flying around a racetrack at speeds pushing 200 miles per hour, NASCAR driver Joe Nemechek paid special tribute to fallen Soldiers and those still serving.

On the dash of Nemechek's Army-sponsored 01 Chevrolet was an American flag patch, placed there by Sgt. 1st Class Mark Mounce of the U.S. Army's Accessions Command minutes before the start of NASCAR's Coca-Cola 600 race at the Lowe's Motor Speedway May 30. Nemechek finished the race in 14th place, while Jimmy Johnson took first.

Nemechek said it was "cool" to drive with the patch, especially for the Memorial Day race. Riding shotgun was a G.I. Joe doll dressed in a desert camouflage uniform, strapped into the passenger seat.

"Anytime we can do something to honor Soldiers, I definitely want to be a part of it," Nemechek said.

In a pre-race ceremony on the main stage of the track, Special Forces Soldier Capt. Doug Legan handed the patch he wore on his desert camouflage uniform while serving in Iraq to Mounce, who quick-marched across the infield to the 01 racecar. After saluting Accessions Commander Lt. Gen. Dennis Cavin, who stood at attention at the rear of the car, Mounce reached in through the passenger window and fastened the Velcro-backed patch to the dash.

"It's just fitting that Joe carry this around the track for Memorial Day," Cavin said.

The hood of the black-and-gold Army racecar now features the Time Magazine cover naming the American Soldier as its

Person of the Year. Just before the race started, Cavin playfully polished the hood with a napkin for Nemechek's mother, Martha, who captured the moment with her camera.

NASCAR and Coca-Cola celebrated the race's tie to Memorial Day by featuring the military, and the Army especially, in activities leading up to the moment the drivers peeled out of the pit area to start the 600-mile race. The 82nd Airborne Chorus sang, the Golden Knights Skydive Team jumped into the infield, and Soldiers with the 3rd Special Forces Group from Fort Bragg, N.C., fast roped to the track from Blackhawk helicopters and set up a perimeter for the arrival of a Blackhawk that delivered country singer John Michael Montgomery to the infield.

Montgomery, dressed in a desert camouflage uniform, performed his hit song "Letters From Home" with Soldiers flanked behind him.

A crew from the 1st Battalion, 24th Infantry Regiment of the 1st Brigade, 25th Infantry Division's Stryker Brigade Combat Team, made a lap around the track in the infantry carrier. A 4th Infantry Division Color Guard presented the colors just before Chief Warrant Officer 4 Charlie King of the 160th Special Operations Aviation Regiment sang "Amazing Grace." A 3rd Battalion, 505th Parachute Infantry Regiment Rifle Team gave a seven-gun volley as Staff Sgt. Shelby Barber of the 82nd Airborne Division Band played Taps.

Five Blackhawks flew over the track in a missing man formation, followed by a B2 Stealth bomber, as finalists from the television talent show "American Idol" sang the

National Anthem and Special Forces Soldiers raised the American flag in Victory Lane.

Maj. Gen. Charles Swannack Jr., former commander of the 82nd Airborne Division, greeted the crowd of 100,000-plus as grand marshal of the race, drawing thunderous applause as he thanked them for their patriotism and paid tribute to those "who have made the ultimate sacrifice for you and I" to enjoy the freedoms of a democratic society.

Swannack deferred the honor of starting the race to a group of Soldiers from the 1st Armored Cavalry Division currently serving in Iraq. A video of the Soldiers issuing the traditional command, "Gentlemen, start your engines," was broadcast on giant screens around the track.

Soldiers involved in race activities were impressed and grateful with the lengths organizers went to in recognizing Memorial Day and the military.

"It's pretty surreal," said Staff Sgt. David Hughes, a member of the Stryker crew. "We've gotten a lot of thank-yous from everyone. It's nice to know people believe in what we're doing."

Staff Sgt. Matthew Brandt, of the 505th Parachute Infantry Regiment Rifle Team, first experienced the patriotic embrace of a NASCAR crowd last year after returning from Afghanistan. The patriotism hasn't diminished one bit, Brandt said.

"For Soldiers who love NASCAR, this is an awesome experience," said Brandt, pausing as he toured the garage area before the race. "You just can't beat it. Everyone keeps saying they appreciate what we do, but we want them to know that we appreciate

WRESTLING

Continued from Page 1B

tion.”

Gardner and Byers will continue to train together at the U.S. Olympic Training Center in Colorado Springs, Colo.

“Steel sharpens steel. We’ve always pushed each other,” said Byers, who accompanied Gardner to the Pan American Games and World Championships last year as his training partner. Two-time world silver medalist Spc. Tina George, the No. 1 seed in the women’s 55-kilogram/121-pound freestyle division, was pinned twice by Tela O’Donnell of Dave Schultz Wrestling Club.

In the first match, O’Donnell was leading 4-3 when she pinned George with a headlock at the 5:57 mark. George was leading 6-2 when O’Donnell pinned her with a power half nelson move 4:12 into the second match.

“That’s why wrestling is great – because anybody can win at any time,” George said. “That kind of thing makes our sport. I did everything I could, and it didn’t work out for me. This is the first time I’ve been anything but number one since I’ve been wrestling on the team, but it’s not life or death. I’ll move on and work on the next big part of my life.”

Byers and George will be alternates for Team USA in the Olympics.

Sgt. Paul Devlin lost a 5-0 decision to Gardner in the super heavyweight Greco-Roman finale of the mini-tournament, during which several WCAP wrestlers retired from the world’s oldest sport.

Teary-eyed 1st Lt. Dominic Black started the emotional outpouring when he walked across the mat to receive a forfeit for fifth place in the 96-kilogram/211.5-pound freestyle division.

Black said he did not leave his shoes on the mat – a wrestler’s way of saying they are retiring – in respect to former world champion Melvin Douglas, who already had planted his boots to a thunderous round of applause after finishing sixth in their weight class.

Sgt. Kenny Owens, who finished fourth in Greco-Roman at 84 kilos/185 pounds, left his shoes on the mat shortly after Black left the arena to a standing ovation from the crowd of 8,639. Owens lost his final match 3-1 to Quincey Clark of Minnesota Storm Wrestling Club.

Staff Sgt. Glenn Nieradka also left his shoes on the mat, stirring the crowd to another rousing ovation, after dropping a 3-0 decision to Joe Warren of New York Athletic Club, in the 60-kilogram/132-pound Greco-Roman finals of the mini-tournament.

Spc. Iris Smith finished third in the women’s 72-kilogram/158.5-pound freestyle division with a 7-0 victory over Sattrina Vernon of Gator Wrestling Club.

Sgt. Jason Loukides, who defeated R.C. Johnson of New York Athletic Club 4-2 in his final match, finished fifth in the 96-kilogram/211.5-pound Greco-Roman division.

Three other Soldiers placed eighth in their weight classes: Staff Sgt. Jason Kutz at 60 kilograms/132 pounds; Sgt. Anthony Gibbons at 55 kilograms/121 pounds; and Sgt. James Johnson at 66 kilograms/145.5 pounds.

Pro baseball player spends day as Airman

By Airman 1st Class Ashley Casas
305th Air Mobility Wing Public Affairs

MCGUIRE AIR FORCE BASE, N.J. (AFP) – Major League Baseball pitcher Al Leiter swapped his New York Mets uniform May 24 for an Air Force flight suit to become a boom operator here for a day.

While here, the left-hander who has played in three World Series and has 146 career wins, learned the ropes of refueling from Senior Airman Chardo Richardson and a KC-10 Extender aircrew from the 32nd Air Refueling Squadron.

As part of a “job swap” organized by the Air Force, Major League Baseball and the Mets, Airman Richardson will later join Mr. Leiter as a Met for a day.

Officials at Air Force office of public affairs’ national media outreach in New York led off in organizing the job swap between the Airman and ball player.

“We approached Major League Baseball and had to think of the appropriate player and the appropriate location in the area,” said 1st Lt. Brandon Pollachek of the New York office.

The pairing of Mr. Leiter and McGuire fit the bill. In addition, Mr. Leiter is a native of Toms River, N.J., less than an hour from the base. The 305th Air Mobility Wing public affairs staff nominated Airman Richardson to take part, and wing leaders approved.

“He has often helped public affairs with events serving as a tour guide or spokesperson,” said Maj. John Dorrian, 305th AMW public affairs chief. “When the opportunity arose, his professionalism made him a natural choice.”

Mets fans greeted Mr. Leiter in the passenger terminal here. Along with his flight suit, which had name and squadron patches already attached, he received a wing scarf and new boots hand-polished by Airman Richardson.

Mr. Leiter then received a tour of the



Photo by Kenn Mann

Senior Airman Chardo Richardson (right) shows New York Mets pitcher Al Leiter what goes on inside a KC-10 Extender boom control area and how to accomplish in-flight refueling. Airman Richardson will trade places with Mr. Leiter on June 22 to become a Met for a day. The “job swap” is part of a Major League Baseball production for a Fox television program, “This week in Baseball.” Airman Richardson is a boom operator with the 32nd Air Refueling Squadron.

aircraft and a brief description of what would be going on. During the three-hour mission, the KC-10 traveled down the North Carolina coast and refueled five F-15E Strike Eagles from Seymour Johnson Air Force Base, N.C.

“I had no idea what to expect,” Mr. Leiter said. “I have been on a lot of different aircraft while traveling for my job, but nothing like a KC-10. I couldn’t believe how small the boom office was. I am amazed by the thoroughness of the procedures. Every action was checked and double-checked.”

A video crew recorded all of the day’s events for a production to air June 19 on the Fox television program “This Week in Baseball.” The production is part of a two-

part series; the second part will cover Airman Richardson’s day as a Met and will air in September.

Mr. Leiter said his day as a boom operator went “great for all involved.”

“Some people look up to pro sports players as heroes,” he said. “But I look at all military members as heroes.”

On deck is Airman Richardson. He will put on a Mets’ uniform for batting practice before a June matchup between the Mets and Cincinnati Reds at Shea Stadium.

“When Airman Richardson comes out to be a Met, I will have to have one of my teammates show him how to hit a ball,” Mr. Leiter said jokingly. “I have never been a strong hitter.”

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Guard officials stress physical fitness

By Army Master Sgt. Bob Haskell
National Guard Bureau

KEYSTONE, Colo. (AFP) – Qatar is not as hot in November and December as it is in July and August; but the 80- to 90-degree days and the 40-degree nights in that small desert land between Saudi Arabia and the Persian Gulf can raise havoc with people who are not physically fit.

That is a lesson some Airmen of the New York Air National Guard at Syracuse learned for themselves in Qatar during the last two months of 2003, said Col. (Dr.) Reid Muller, commander of the 174th Fighter Wing’s medical group. He is also a practicing cardiologist.

“There was a period of adjustment, and it would have been a little easier for some of the people if they had been paying better attention to their physical fitness,” said Dr. Muller, who is an advocate for the Air National Guard’s new fitness program.

Dr. Muller helped prepare the program that Col. Sylvia Nye is administering for 108,000 Air National Guardsmen. Colonel Nye is a nurse and fitness advocate who said she feels good physical fitness enhances people’s overall health and quality of life.

The long-range benefit of the Air Guard program started last year focusing on five areas: body composition, cardio-respiratory, flexibility, mus-

cular strength and endurance, Colonel Nye said during the Air Guard’s Readiness Frontiers Medical Conference here.

“This isn’t just about taking an annual physical fitness test,” Colonel Nye said. “This is about enhancing our Guard members’ lifestyles. We can help people ... improve their diets and exercise programs so they will feel better about themselves and perform better in their everyday activities, thus improving their test scores.”

The more pressing objective, however, is to improve the physical fitness of guardsmen who are being deployed to harsh terrain during the war on terrorism.

“Physical fitness is a command program, because commanders need to know the fitness of their people as well as their airplanes and other equipment,” Colonel Nye said.

“We have to become a more fit force,” said Col. (Dr.) Randall Falk, the National Guard Bureau’s air surgeon. “We are deploying to rugged and remote areas. We’re serving under austere conditions. We’re not going just to Ramstein Air Base in Germany or to Andrews Air Force Base in Maryland that have all of the creature comforts, advanced medical support and neighborhood pharmacies. A fit force suffers fewer occupational injuries and illnesses.”