

The SHEPPARD SENATOR

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

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In the news

South shoppette traffic flow pattern to change

The traffic flow pattern at the south shoppette will change today. The current one-way traffic flow will revert back to the original two-way pattern at both the gas pumps and parking area. Use extreme care during this transition and be cautious when traveling in the area. For more information about the change, contact the 82nd Training Wing Safety Office at 6-4149.

Information, Tickets and Travel to close early today

The Information, Tickets and Travel office will close today at 4:30 p.m. The staff will be attending a specialized training session. The office will resume normal duty hours Monday. Call ITT at 6-2320 for more information.

Officers club to serve Sunday brunch

The officers club will serve a brunch Sunday from 10 a.m. to 2 p.m. All ranks are welcome. Cost is \$11.95 for members and \$14.95 for non-members. Membership pays! The cost for children ages 6-12 is \$5.95. Children 5 and under eat free. For more information, call the officers club at 6-6460.



Photo by Mr. T. R. Steele

Cultural dance

Second Lt. Alfred Aquino and Ms. Odette Ishmael, Filipino dancers, perform the "tinikling," also known as the bamboo dance, while (from left to right) Jie Ventura, J. J. Ishmael, Dean Ventura and Alyssa Ventura hold the bamboo sticks. The dance celebrated the conclusion of Asian Pacific Islander Month at the grand luau held at the enlisted club May 30. The luau also included a martial arts demonstration, a limbo contest, door prizes, a menu of ethnic food and post-event swim time.

Quality-of-life survey results are in

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

WASHINGTON – The results of the 2002 Chief of Staff Quality-of-Life Survey have been compiled and show an increase in satisfaction with the Air Force as a job and way of life, survey officials said.

The survey, sent to more than 100,000 active-duty airmen and civilian employees in September, included questions about the job, career intent and quality-of-life priorities such as manpower, work environment and compensation, said Ms. Shontelle Rivers, chief of the Air Force quality-of-life program at the Pentagon.

Mr. Charles Hamilton, chief of the Air Force Personnel Center's survey branch at

Randolph Air Force Base, Texas, said the 2002 survey shows increased satisfaction, virtually across the board.

"The (survey) responses were more positive than the 2000 survey," Mr. Hamilton said. "And career intent was up among all demographic groups."

Overall, 90 percent of airmen, including pilots, and 89 percent of civilians believe the Air Force is a good place to work and 81 percent of military and 91 percent of civilians report that their families are supportive of their careers, Ms. Rivers said. The responses are each higher than the previous two survey results.

The survey also showed that career intent increased among all groups from previous years, she said. Nearly 75 percent of

all officers, 66 percent of the enlisted force and 82 percent of civilians report they will make the Air Force a career.

However, a common quality-of-life concern among all groups surveyed was manpower, Mr. Hamilton said.

Nonpilot officers and civilians ranked manpower as their No. 1 concern while pilots and enlisted airmen said operations tempo, and compensation and benefits, respectively, were their top two concerns.

More than one-third of all commanders and first sergeants who took the survey also reported manpower as their top quality-of-life concern, Ms. Rivers said.

See RESULTS, Page 8



Team Sheppard Training 2003



82nd Training Wing: 28,724 students trained to replenish America's combat capability
80th Flying Training Wing: 75 combat pilots trained for the NATO Alliance



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



Photo by Ms. Sandy Wassenmiller

Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, presents 1st Lt. Teresa Rose, executive officer for the 82nd TRW vice commander, with an 82nd TRW Star Award. Lieutenant Rose received the award for her help coordinating with the Partners in Education to set up the Give A Child A Christmas event.

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

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

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

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

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

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Parking shortage at Bldg. 1360

Question: I would like to address the parking space shortage at Bldg. 1360.

I realize that if you're one of the lucky people to have your own parking space, then there is no problem; but for the majority of us, it is a big problem and getting worse.

One morning I got to work at 6:55 a.m., but couldn't find a parking spot until 7 a.m. because all were taken by students and dorm personnel from across the street. Every morning, we fight to get a parking space because the students and permanent party personnel across the street are allowed to park in the limited parking areas of Bldg. 1360, instead of the parking lot provided to the dormitory personnel behind each dorm.

I understand the last time this subject was brought up it was dismissed since all parking is for the public. However, if you worked here and didn't have an assigned parking space then you, too, would be upset to find no parking at your place of employment. This has been

going on for years, but I just wanted to voice my opinion to you as an employee of Sheppard.

Answer: The parking situation on Sheppard is difficult for all members of Team Sheppard due to Force Protection levels and an increase in the non-prior-service airmen population.

The parking lot behind Bldg. 596 has been blocked off from parking to ensure the safety of more than 800 airmen who use this area to form up and dismiss throughout the duty day. The best way to avoid potential accidents is to limit traffic flow and parking in this area. However, with a recent increase in the population of Bldg. 596, 58 spaces have been opened in the north parking lot, which should ease the parking situation for your building but still allow for formation safety.

Furthermore, the chief military training leader for these airmen has and will continue to brief the airmen that they should not be parking their vehicles in Bldg. 1360 parking lot.

Commentary: What will happen after today's Air Force is gone?

By Master Sgt. Angela Wood

382nd Training Squadron Health Services Management

While talking to some friends one day, we all started discussing the future of "our" Air Force and wondering how it would be 20 years from now.

Would the young people coming in today be able to continue the hard work we started so many years ago?

It was at this moment that one of my friends laughed and pointed something out to me that I had not thought about. He asked me if I realized that 20 years ago someone probably thought and wondered the same thing about my peers and me. How were we going to be able to keep the Air Force running with people like me joining "their" Air Force? It made me remember sitting across the desk from my first noncommissioned officer in charge. As she sat there scratching her head, that must have been what she was thinking.

Here I was, a young lady full of energy waiting for my first order or task. I

knew I could handle anything they threw at me, and I was waiting to prove it. Taking a look back made me realize that some of us need a new perspective when looking at our new young airmen.

Rather than look for their shortcomings, find and maximize their potential. It is our job to make sure that we have built them a path of success, one that they can use to continue making "our" Air Force the best in the world.

We are responsible for guiding, mentoring and training tomorrow's leaders, so if you do not like what you see, ask yourself what you are doing to make tomorrow's Air Force the best they can be. So, the next time you run into one of our new recruits, smile, shake their hand and thank them for joining our fine team of professionals.

Remember we all started at the bottom and our goals are the same: to be the best we can be on any given day. All of us together are today's Air Force making way for the new leaders of tomorrow. Together we all make up America's Air Force.

Submit stories and ideas to sheppardsenator@sheppard.af.mil the Friday before you want it published.



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82nd Training Wing commander

Brig. Gen. Arthur Rooney Jr.

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82nd Medical Group changes command

By Ms. Lynn Gonzales

Base public communication

The 82nd Medical Group held a change of command ceremony Tuesday at 2 p.m. in Hangar 1045.

Col. Rebecca Russell took command of the 82nd MDG from Col. Theresa Casey.

Colonel Casey heads to Langley Air Force Base, Va., where she will serve as the commander of the 1st Medical Group.

Colonel Russell comes to the 82nd MDG from the 882nd Training Group, where she served as the deputy commander.

The 882nd TRG conducts military, medical service and medical readiness training for more than 20,000 students annually from four uniformed services, both at Sheppard and clinical sites throughout the United States. More than 450 staff members are responsible for managing and conducting health care instruction in 201 courses.

Colonel Russell began her career as a critical care nurse in 1978. She has served in various positions throughout her career, including charge nurse, coronary care/telemetry, course supervisor of Military Indoctination for Medical Service Officers Course, chief of standardization evaluation/training evaluation,



Col. Rebecca Russell
82nd Medical Group
commander

ation, commander of two medical operations squadrons and one aerospace medicine squadron, and commander of a medical group.

The colonel has held assignments at Wilford Hall Medical Center at Lackland Air Force Base, Texas; Elmendorf Air Force Base, Alaska; Barksdale Air Force Base, La.; and Altus Air Force Base, Okla.

Colonel Russell's military awards and decorations include the Meritorious Service Medal with six oak leaf clusters, the National Defense Service Medal with one bronze star, the Air Force Overseas Ribbon for Long Tour, the Air Force Longevity Service Award with five oak leaf clusters and the Air Force Training Ribbon.

Author speaks about leadership at luncheon

By Airman Jacque Lickeig

Base public communication

The 82nd Training Wing Manpower office held a lunch and learn May 28 at the officers club.

Mr. John Bridgman, author of a book on principles of success for business, spoke about priorities and leadership for success.

Mr. Bridgman gave leadership advice from his book "Time Out, It's Your Call."

He said good leaders use qualities from the acronym LEADERSHIP.

- Listen and learn.
- Evaluate.
- Act.

- Difference - make one.
- Everyone - listen to everyone.

• Right - do the right thing the right way for the right reasons.

- Success.
- Honesty.
- Intelligence.
- Patience.

The next lunch and learn will be held in July.

For more information about lunch and learns hosted by the 82nd TRW Manpower Office, contact Tech. Sgt. Kevin Keehnen at 6-7317.

(No federal endorsement of the author or publication is intended.)



Photo by Ms. Sandy Wassenmiller

Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, and Mr. Jerry Bettenhausen, Work Services Corporation president, cut a five-foot submarine sandwich to commemorate the grand opening of the new Sagebrush dining hall, located on Avenue J, Monday.

New dining hall opens on base

Sagebrush now serving Team Sheppard members

By Mr. Jonathan Beck

Base public communication

The grand opening of the new Sagebrush dining hall, Bldg. 1320 located on Avenue J, was held Monday.

The facility will be used for all three meals by the following squadrons: 366th Army and Navy, 381st Army and Navy, and 882nd Training Group.

Members of the 365th Training Squadron, located in Bldgs. 691, 692 and 793, will use the facility for breakfast and dinner.

The Sagebrush dining hall was built due to the large number of temporary duty personnel assigned to Sheppard. The TDY personnel were permitted to use the base dining facilities for breakfast and dinner meals Monday through Friday and all three meals on weekends and holidays.

"This dining facility will decrease the march time for six squadrons and decrease the wait time in the other four facilities, resulting in a much higher customer satisfaction," says Mr. Major Harris Jr., a member of quality assurance



Photo by Mr. Mike McKito

The new Sagebrush dining hall is located on Avenue J. The facility will be used by the following squadrons: 366th Army and Navy, 381st Army and Navy, 882nd Training Group, and the 365th Training Squadron.

personnel for the food services contract. "Additionally, this state of the art dining facility will reduce long lines at the Tumbleweed during peak times."

The Sagebrush dining hall

has a capacity to seat 500 customers at one time with a rated feeding capacity of 1,500 customers per meal. For more information on the new dining facility, call Mr. Harris at 6-2197.

Military spouses participate in essay contest

By Ms. Tanya Hawks

Base family support center

Military Spouse Appreciation Month is held each May.

Base agencies hosted several activities throughout the month of May in an effort to show appreciation for the many military spouses.

As the family life education program manager at the family support center and a military spouse, I thought about writing an article for the paper to describe the essence of a military spouse, who we are, how we feel and why we do what we do.

As I thought of what to say and how to say it, I realized that my view would be too narrow and specific to my personal experiences.

I decided to ask the Sheppard military spouses to describe what being military spouses means to them in an essay contest.

The family support center received 17 insightful and heart-felt essays that, when combined, accurately describe military spouses, who they are, how they feel and why they support their spouses in such a tremendous manner.

The winning essay is printed in its entirety below. The following are selected quotes from the other essays:

"Growing up in a non-mil-

tary family, I know firsthand that the camaraderie and caring community we share in the military is unique, and I treasure both this lifestyle and my husband who makes it possible." — Mrs. Barbara Villarreal, spouse of Lt. Col. Xavier Villarreal

"A military spouse has a complicated job description. It is a challenging job without much recognition but with an immense amount of pride. Being a military spouse means serving our country, defending the rights that keep us free, perhaps not with a weapon, but with a whole lot of heart." — Mrs. Jana Shankle, spouse of Tech Sgt. Paul Shankle

"Being a military spouse is like being a beacon of hope. In these trying times, the Statue of Liberty continues to shine as a spirit of freedom and hope for our country. Being a military spouse symbolizes that same shining optimism." — Mrs. Jessica McCoy, spouse of Staff Sgt. Shane McCoy

"Being a military spouse is a hard road to choose. Some people don't choose the path because they are afraid of how hard it is. Some people choose it, but don't stick with it because it turned out to be too hard. For those who stick with it and see it through, well, as Brig. Gen.

Arthur Rooney Jr. says, 'That's a wow!'" — Mrs. Gwendolyn Gray, spouse of Army Sgt. Ist Class Dwight Gray

"She is a special independent individual. She has to be strong and soft at the same time. She is someone who can adapt to any situation." — Mrs. Neva Acuff, spouse of Navy Senior Chief Petty Officer David Acuff

"You never know if you will end up by the beach in Hawaii or shoveling snow in Alaska. But, if you keep a good attitude and remember it's an adventure, there is fun for everyone no matter where you go." — Mrs. Donna Lehman, spouse of Tech Sgt. Michael Lehman

"Being a military spouse is not easy. It takes commitment, loyalty, and most especially unconditional love. But the rewards and blessings we receive by upholding these attributes have brought more admirable character into our lives than any other living condition could." — Mrs. Kimberly Shimer, spouse of Staff Sgt. Richard Shimer

"Becoming a military spouse not only allows you to be a vital part of a team that keeps America safe and free, but it also makes you a part of the military family." — Mr. Brett Kangas, spouse of Staff Sgt. Sheri Kan-

gas

"They come in every shape, size, gender, religious background and color. The common bond of loving and supporting our spouses and their work brings together a very eclectic group of people that might not have met outside of military life." — Mrs. Kaprial Martinez-Perez, spouse of Staff Sgt. Arquelio Martinez-Perez

"I am the one who gets to welcome him home when he is called to arms along with his brothers and sisters. I am the one who takes charge of the home front when he is away." — Mrs. Stephanie Humphrey, spouse of Tech. Sgt. Kevin Humphrey

"I feel a sense of purpose and fulfillment. I am still living the American dream; the only difference is it has a backdrop of red, white and blue." — Mrs. Robin Raulston, spouse of Capt. Billy Raulston

"People always ask me how do I handle being a military spouse, and now that I think about it, I'm not sure. I do what needs to be done for the love of my husband and the love that he has for his country." — Mrs. Lynette Brown, spouse of Master Sgt. Craig Brown

"I love being a military

spouse. I'm proud of the work we provide indirectly to the military. We, the military spouses, are the backbones in our families lives." — Mrs. Melissa Taylor, spouse of Master Sgt. Douglas Taylor

"There are many things being a military spouse mean...integrity, pride, selflessness, strength, faith, freedom. To me, all of these things come back to love. Whether it's the love you feel for your spouse or country, it's still love." — Mrs. Beth Brooks, spouse of Staff Sgt. Chris Brooks

"Being a military spouse means pride in my accomplishments and being patient, loyal, dependable, respectful, selfless, versatile and making the right choices. I look forward to my future military life where I can hopefully help new military spouses appreciate the life they are about to live and be thankful for it." — Mrs. Cheryl Price, spouse of Staff Sgt. Christian Price

Tech Sgt. Bruce Spence provided the active duty members view of their military spouse when he described his wife who is also an active-duty servicemember, Tech. Sgt. Amy Spence, *"She's my queen, my wife, and my best friend, and no mere words could do her justice."*

'What being a military spouse means to me'

A military spouse's award winning essay describes what being a military spouse is

By Mrs. Katie Pritz

spouse of 1st Lt. Kevin Pritz, 90th Flying Training Squadron

On August 4, 2001, I was "drafted" into serving the military by my husband.

While I will never wear the uniform and fight on the front lines of battle, I serve our country by sacrificing personal comfort as my husband helps train pilots for the Air Force and its Allies.

My sacrifices often go unnoticed, and my contribution is easily overlooked or taken for granted.

However, family support of the military member plays a vital role in job performance. I offer comfort and strength to my husband as he works to preserve our country's freedoms.

While some contend that soldiers are only as good as their leaders, I believe the soldier is only as good as the people who support him in his everyday life. When I said "I do," I committed to serve this great country too!

After being recruited as a military dependent, I quickly learned that I have to be anything but dependent. I have to be resourceful, adaptable,

courageous, independent and exhibit nomadic tendencies.

During my first six months of military life, I not only moved to a new city, but also applied for jobs to meet people and make friends. I even lived in four different "homes."

As a salesman of freedom, my husband is often on the road for a week, a month or even longer.

His absence requires me to "hold down the fort" by maintaining the yard, the finances and household duties. I have learned that with every "good-bye," I look forward to the future "hello."

My active support of our service members plays a vital role in our national defense and in making our country's armed services the finest in the world.

While I will never be rich by monetary standards, my life flows with a wealth of experiences common only to those united by the special tradition of military life.

I pray that my dedication to my husband's career and this country sets an example of patriotism for all Americans to follow. I may be a hidden patriot, but I will continue to serve this country with pride.

Classic Car Friday to roll onto base

Classic Car Friday will take place today from 11:30 a.m. to 1 p.m. in the base theater parking lot. Contact Mr. Steve Hanvey at 6-5712 for more information.

Airman's Attic to hold All Ranks Day

An Airman's Attic All Ranks Day will be held Saturday at Bldg. 962 from 9 a.m. to 1 p.m. During this quarterly event, members of all ranks and services can stop by the attic and receive free items ranging from home wares, uniforms, adult and children's clothing, and toys. Donations will also be

accepted at this time. For more information, call 6-4358.

Base blood drive to take place

There will be a base blood drive Thursday at the community center from 3-7 p.m. Call Maj. Marina Ray at 6-6430 or Staff Sgt. Timika Hall at 6-4168 for more information.

Commissary to have grand reopening sale

The base commissary will have a grand reopening celebration starting June 18. Special pricing and deals have been negotiated with commissary vendors for June 18-22. A rib-

bon cutting ceremony will take place June 18 at 9 a.m. and will be followed by product demonstrations and vendor-sponsored prizes. The celebration will continue into the weekend with a special sales event on June 21 and 22. Special savings will be available from 9 a.m. to 5 p.m. on June 21 and 11 a.m. to 5 p.m. on June 22. Numerous items will be discounted. Availability will be limited to quantities on hand, and vendors have priced everything to sell out. Check www.Commissaries.com for more information. The Sheppard Commissary page has specials from each department listed every weekend. Advance

notice of special sales can be obtained by sending your e-mail address to hqcmdc@west.deca.mil.

Education office provides veterans information

Active-duty members and veterans who have questions concerning their Veterans Affairs educational benefits can call the toll-free number, 1-888-GIBILL-1, and follow the prompts to get to the correct office concerning their questions. They can also contact the VA for information through the Web site at <http://www.va.gov>. Information including current benefit rates and general pro-

gram eligibility requirements are on the site. The site also has an "Ask a Question" option. The VA will normally respond within 10 days. The toll-free number for general VA benefit information is 1-800-827-1000.

Housing residents to keep streets clean

Base housing residents need to not only maintain their yards and carport areas, but also the area from their curb to the middle of the street. Residents are asked to not blow grass clippings and leaves into the street. For more information, call the 82nd Civil Engineer Squadron at 6-5769.

Student Activities

Happenings on base and in the community

Student center events

Call 6-7659 for more information.

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

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

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

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

Every Friday and Saturday, 7 p.m.-1 a.m. Club BDU dance, \$3 per person.

Every Sunday, 3-5 p.m. - billiards tournament in the ballroom, \$2 per person.

Hours of Operation

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

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

Sunday: Noon to 10 p.m.

Holidays: Noon to 8 p.m.

Red River Café Hours of Operation

Wednesday and Thursday: 4:30-10 p.m.

Friday and Saturday: 11 a.m. to 11:30 p.m.

Sunday and Holidays: Noon to 9 p.m.

Center to show cards, collectibles

A cards and collectibles show will be held on the first Saturday of every month from 10 a.m. to 5 p.m. at the student center. The next one is Saturday. The show is free. For more information, call 6-7659.

Classic Car Friday to roll onto base today

Classic Car Friday will be held in the base theater parking lot today. Classic cars will be on display. For more information, call 6-5712.

Center to hold beach party, contest

A beach party and Father's Day contest will be held June 13 from 7 p.m. to 1 a.m. The party will feature tropical beach decorations and party favors. There will be a limbo competition. Prizes will be given to the winner and the person with the most colorful attire. The winner of the Father's Day contest will win one free phone card.

Chapel events

Sheppard chapels offer a variety of programs for student enrichment:

Saturday

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

Sunday

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

Community center events Free table tennis classes offered

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

Community center to hold pool tournament

Pool tournaments are held every Saturday at 2 p.m. The fee is \$2 per person. There will be first- and second-place trophies. Call 6-3866 for more information.

Center provides free video night

The community center has a free video night every night beginning at 5 p.m. with the big screen TV at the lounge on the second floor. People can watch a movie of their choice from a wide selection. For more information, call 6-3866.

Other events Dining facilities celebrate birthdays with dinner

Students who are having a birthday this month and are on subsistence in kind are invited to celebrate their birthdays on the Friday of their choice for dinner. Contact the cashier to pick up a birthday card registration form. Students should indicate their entree choice and when they want to celebrate. Students can contact the dining facility manager/supervisor, or call 6-2080 for more information.



Photo by Airman Jacques Lickteig

Airman Monica Harris, a student at the 360th Training Squadron, browses through the selections of a jukebox at the mini mall. Along with the jukebox, there are pool tables, video games and restaurants available for Sheppard students at the mini mall.

Student gives positive feedback

At the end of each course, students have the option of providing a student feedback to evaluate their training, student group or base support facilities and services.

One student submitted the following form on his instructor at the 362nd Training Squadron and the impact he felt after graduating.

To whom it may concern,

I would like to say now that this feedback is strictly positive on my instructor, Tech. Sgt. Jason Jones.

Most of the time, if a person is acting in a negative way, he or she will be reprimanded. Rarely is someone recognized for a job well done. I believe Sergeant Jones has performed above the call of duty. This man has a way of connecting with his students because he truly cares. He not only cares that we will be the best crew chiefs on the flight line, he cares about his students well being, that we are maturing as adults and that we are prideful in belonging to something bigger than all of us: the greatest airpower in the world.

Sergeant Jones made his students work. He made this course interesting and fun at the same time. He wasn't afraid to do what he asked his students do. Sergeant Jones made sure his students knew what safety is all about. He adhered to our core values at the highest degree.

I have had many instructors in the past from high school to college to the Air Force. Never have I met someone like Sergeant Jones. During my time in hangar 1040, Jason Jones has been like a father to me.

It is because of people like Sergeant Jones that I want to be the best I can. It's because of people like Tech. Sgt. Jason Jones that I joined the Air Force.

*Sincerely,
Airman 1st Class Murrah Fowler*

For movie show times and general activities at Services facilities, see Sheppard Scenes on Page 16.



Photo by Master Sgt. Steve Sinatra

Children play a game of basketball on a street in the base housing area. Vehicle operators and parents share the responsibility of children's safety. For more information on children's safety, call the 82nd Training Wing Safety Office at 6-4149.

Drivers, parents share responsibility for children's safety

As children play throughout the housing area, it is the responsibility of both the motorists and parents to ensure those children stay safe.

Vehicle operators should obey the speed limit and pay attention to their surroundings to minimize the mishap potential.

Parents can speak to their children frequently and remind them that there is traffic present in the streets and for them to watch carefully for vehicles. It's also the parents' responsibility to monitor their child's activity.

In addition, it is Team Shepard's responsibility to ensure the safety of America's future. *(Courtesy of the 82nd Training Wing Safety Office)*

**Today is day 12 of 101 Critical Days of Summer.
Practice ORM.**

Skin cancer: Tips to protect skin

By Maj Robin White-Reed

Health Care Integration chief

The 82nd Medical Group promotes skin cancer awareness year round, but the months of June, July, and August are the hottest months of the year.

By protecting themselves from the sun's rays, people could prevent most skin cancers.

Everyone is at risk for skin cancer. Skin cancer strikes many Americans each year. The good news is that skin cancer is highly curable and easily preventable if detected early.

Unfortunately, the rate of new skin cancer cases continues to rise each year. Melanoma, the most deadly form of skin cancer, can spread rapidly. It's important to follow preventive measures and to know what to look for in order to prevent skin cancer from developing.

Protect yourself:

- * Whenever possible, avoid direct sunlight between 10 a.m. and 4 p.m.

- * Wear protective clothing, such as a broad-brimmed hat and long-sleeved shirt when working or relaxing outside.

- * A half hour before going outside, apply a sunscreen lotion everywhere on the body, with a sun protection factor of 15 or higher.

- * Reapply sunscreen every hour and after swimming or sweating.

- * At least once a month, do a complete self-examination of your skin.

What to look for:

Early detection is critical when it comes to skin cancer. There are a few features that skin cancers share that people should be on the lookout for using the ABCDE rule.

Check all moles for the following:

- A for asymmetry:* A mole, when divided in half, doesn't

look the same on both sides

- B for border:* A mole with edges that are blurry or jagged.

- C for color:* Changes in color of the mole, including darkening, spread of color, loss of color, or the appearance of multiple colors such as blue, red, white, pink, purple or gray.

- D for diameter:* A mole larger than 1/4 inch in diameter, which is about the size of a pencil eraser.

- E for elevation:* A mole that is raised above the skin and has an uneven surface.

People who have a sore or mole that bears one or more of these features or have concerns regarding skin cancer should make an appointment with their primary care managers.

For more information about skin cancer, visit the National Cancer Institute's Web site at www.cancer.gov/cancer_information. (*Health Net Federal Services contributed to this article.*)

RESULTS

Continued from Page 1

"Nearly one-half of the people reported that they feel there are too few people in the workplace to get the job done, and the majority of military airmen and half of the civilians reported they are performing additional duties," Mr. Hamilton explained.

Survey results indicate officers spend 7.9 hours per week, and enlisted members 8.3 hours per week, on additional duties. Civilians reported spending 3.3 hours per week on additional duties.

In spite of these numbers, the 2002 survey showed a 2.6-hour reduction in the average military workweek from the 2000 survey. Civilians reported a two-hour increase in their workweek.

Although the 2002 survey showed between an 11 percent and 46 percent decrease among the various demographic groups in the number of people

who believed the military retirement system was unfair, it also highlighted another worry for personnel officials.

Nearly 70 percent of company grade pilots, 49 percent of company grade nonpilots, 89 percent of first-term airmen and 60 percent of second-term airmen reported they do not know which retirement system applies to them.

In light of these numbers, Ms. Rivers also encouraged supervisors, first sergeants and commanders to talk to their people about their retirement options.

"The goal of the surveys isn't to report only the good points," she said. "We take these surveys seriously and use the information, both positive and negative, to focus our efforts to help people and improve their quality of life. The information gathered from this survey will be used by senior leaders to make the service a better way of life for all Air Force men and women and their families."

Soundoff

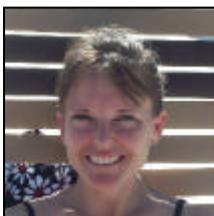
What do you like best about the base pool facilities?



"It gives me a chance to workout without having to go to the gym." ~ Airman Jodi Pummill, student at the 361st Training Squadron



"It's peaceful and fun, especially the slide at the Bunker Hill pool." ~ Capt. Sung-Joo Park, chaplain



"It's economical, and the lifeguards do their jobs well." ~ Mrs. Dee Stanfield, military spouse



"The nice atmosphere. It's got good scenery, and it's enjoyable, especially when it's hot outside." ~ Army Staff Sgt. Dan Everett, 364th Training Squadron

82nd Medical Group hosts open house for Partnerships in Health

By Capt. Keith Smith

82nd Medical Operations Squadron

The 82nd Medical Group recently hosted an open house for the Partnerships in Health, the civilian healthcare providers who filled the void left by military personnel during recent deployments.

Brig. Gen. Authur Rooney Jr., 82nd Training Wing commander, opened the gala event with a welcome address, thanking civilian healthcare personnel for their support of Team Sheppard.

Over the past several months, a large contingent of

doctors, nurses and other parah-health professionals of the 82nd MDG were pulled away from their primary jobs providing surgery, inpatient nursing care, physical rehab, laboratory services, mental health and other healthcare services to active-duty members, their dependents and retirees.

In preparation for a potential deployment, they were immersed in records reviews and in-time medical readiness, chemical/biological warfare and firearms training. Then, the potential became real, and many of them deployed to undisclosed locations overseas.

In times of increased opera-

tions tempo, medical assets at home can be quickly depleted or significantly hampered, leaving the military beneficiaries with decreased access to military healthcare, so the local civilian healthcare network steps in to help.

Col. Theresa Casey, former commander of the 82nd MDG, took the attendees to the 80th Flying Training Wing, where they saw a static display of aircraft and went on a tour of the aerospace physiology facility.

Other activities included jazz music performed by the Burkburnett High School Jazz Band, a patient decontamination demonstration and lunch.



Photo by Mr. Lynn Bullard

Safety day

Lt. Col. Kevin Smith, 80th Flying Training Wing chief of safety, speaks during the 80th FTW Safety Day. Some areas discussed traffic safety, high-risk activities and heat awareness during the summer months in a safety day briefing May 23.



Photo by Mr. Lynn Bullard

Survival gear

Tech. Sgt. James Doane and Mr. Dewey Chancellor, aircrew life support instructors from the 361st Training Squadron, talk to safety day attendees about survival components associated with a one-man life raft display.

— Achievers —

Team Sheppard member named honor graduate

A Sheppard member achieved the honor graduate title in course five of the Senior Noncommissioned Officer Academy May 27.

Tech. Sgt. Jason Winegar, 361st Training Squadron, is Sheppard's 7th honor graduate of the course since 1996.

He completed the course with a 96 percent cumulative score. The average cumulative completion score at Sheppard is in the mid-80s.

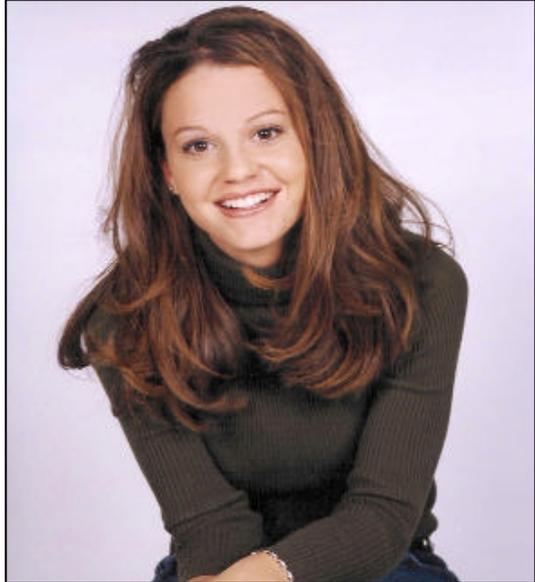
To add to this achievement, Sergeant Winegar aced the final test for the course.

He is the second Sheppard member to accomplish 100 percent on this final. The average score for this final is low-70s.

Sheppard's Centennial Air Power Celebration



Courtesy photo



Courtesy photo

Chris Cagle, country music star, will perform at Sheppard's Centennial Air Power Celebration. Cagle's album debuted at number one on Billboard's Top Country Albums.

Katrina Elam is scheduled to perform at the air show and celebration.



Courtesy photo

Top Flight, part of the Air Force Band of the West, will perform at the celebration.



Self-aid Buddy Care class lessons save life

By Master Sgt. Steve Sinatra

82nd Training Wing Safety Office

Air Force members should take time to brush up on the basic skills they've been taught throughout their Air Force careers, no matter how long they've been in, because they could be called upon to use them any time.

One weekend I was in the base

exchange with my young son, and we were ready to check out his latest video game.

All was going well, when the individual in front of me suddenly became flush with a blank stare on her face.

As she turned around, she looked at the fluorescent light hovering over her as if she was ready to sneeze. Unfortunately, she was not going to sneeze. She was having a seizure.

Her knees buckled, and her body leaned against the checkout counter. I quickly held her up, and then gently laid her on the floor, making sure she didn't sustain any injuries. My son stood horrified as I placed my hand under her head so she wouldn't hurt herself.

I remembered the "A, B, Cs" of self-aid buddy care and tilted her body to the right so she would not aspirate, ensured she had an open airway, was breathing, and

had a pulse. Two medical students, one an emergency medical technician and the other an off-duty nurse, came to assist as someone called 911 and the ambulance arrived to bring her to the hospital.

In retrospect, it's a good thing I paid attention in those SABC classes throughout my 17 years in the Air Force because who knows what would've happened otherwise.



Sgt. Looksharp says...

"If the BDU shirt is rolled up, sleeve material must match shirt and will touch or come within one inch of forearms when arm is bent at 90-degree angle. Ensure chevron is fully visible. Ref: AFI 36-2903, Table 2.2, Line 1."

General activities

Free movie showings to play at base theater

The base theater will have free showings of the movie "Rugrats Go Wild" Saturday and Sunday at 2 p.m. Tickets are required and available at the food court, base exchange, shoppette and mini mall. In the animated movie, when the vacationing Rugrats and their parents get stranded on a deserted island, Tommy Pickles knows there's only one man who can help them: Nigel Thornberry. Except, a bonk on the head has made Nigel suddenly seem more like a 3-year-old than a man. Luckily, the babies have Eliza on their side, and with her ability to communicate with animals, she can even talk to Spike. Will the Rugrats ever make it back to their own back yard? Will Nigel the toddler turn back into a documentary-making dad? See "At the Flicks" box for a complete list of movies and showtimes.

Community center to have Flea Market

There will be a Flea Market on Saturday from 8 a.m. to noon at the community center. Cost is \$10 per space. Applications are available at the community center. Food and drinks will be available at the market. For more information, call 6-3866.

Lake Texoma to celebrate Father's Day

Sheppard Annex Lake Texoma will have a variety of activities for Father's Day. People can bring their fathers to the lake on Father's Day for a weekend of outdoor activities. They can go fishing, rent a boat and explore the lake, hike on one of the many trails and treat him to one of the King Rib-eye steaks. Call (903) 523-4613 for more information.

Library offers class on Internet surfing

The base library will hold a class on Internet surfing for beginners June 14 from 10:30-11 a.m. People who are interested in attending must RSVP by Wednesday. For more information, call the library at 6-6152.

Library to hold Father's Day story time, craft

The base library will hold a Father's Day story time and craft session on Tuesday from 10:30-11 a.m. The event is for children ages 3-6 years. Call 6-6152 for more information.

Ceramics shop open for summer hours

The ceramics shop is open for summer hours. They have all the materials needed to start creative projects and offer free lessons. More than 2,500 craft projects are available with a full-

line of paints, glazes and supplies. The ceramics shop is located in Bldg. 832, the Health and Wellness Center building. Summer hours of operation are Wednesdays-Fridays from 11 a.m. to 8 p.m., Saturdays from 10 a.m. to 5 p.m., and Sundays from noon to 5 p.m. For more information, call 855-0118.

Club activities Pool tournament to hit enlisted club

The enlisted club will hold a pool tournament Tuesday starting at 7 p.m. Cost is \$2 per person. For more information, call 6-2083.

Officers club has daily lunch specials

The officers club has daily lunch specials Monday through Friday. Cost is \$5.95 for members and \$7.95 for non-members. Membership pays! On Mondays, they serve a country lunch. Tuesday is Italian. Wednesday is Texas style. Thursday is Mexican, and Friday is seafood. Call the officers club at 6-6460 for more information.

Enlisted club offers darts, cards, dominoes

The enlisted club offers a variety of activities every day. Darts, cards, dominoes and pool are available every day. Also, the XBOX game system is available every night to play in the sports bar. For more information, call 6-2083.

Band in the lounge to rock enlisted club

The enlisted club will host a band in the lounge June 13 from 9 p.m. to 1 a.m. For more information, call 6-2083.

Upcoming trips, show ITT planning upcoming trips in June

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

June 14 – Hurricane Harbor, cost is \$32 per person. Register by Monday. Departs at 8 a.m. from the community center. Tour includes round trip transportation and water park admission. It will return to base at 7 p.m.

June 28 – Six Flags Over Texas, cost is \$40 per person. Register by June 23. Departs at 7 a.m. from the community center. Tour includes round trip transportation and theme park admission. It will return to base at 8 p.m.

ITT gift shop has gift ideas for Father's Day

The ITT gift shop offers a variety of gifts for Father's Day. The shop is located in Bldg. 430 and is open Monday-Friday 9 a.m. to 5 p.m. It is closed Saturday, Sunday and federal holidays. For more information, call 6-2302.

At the Flicks

Friday 6:30 p.m.

Malibu's Most Wanted

Friday 9 p.m.

Anger Management

Saturday 2 p.m. (Free Show)

Rugrats Go Wild

Saturday 4:30 p.m.

Malibu's Most Wanted

Saturday 7 p.m.

Anger Management

Sunday 2 p.m. (Free Show)

Rugrats Go Wild

Sunday 4:30 p.m.

Holes

Thursday 6:30 p.m.

Bulletproof Monk

This schedule is subject to change without notice.

For movie information, call 6-4427.

Malibu's Most Wanted (PG-13)

– Jamie Kennedy, Anthony Anderson – Concerned that Brad, a wannabe rap star, is going to embarrass him during his campaign to become the governor of California, Brad's father hires two actors to pose as "gangstaz," kidnap his son and drop him off in Compton to scare the ghettofield attitude out of him.

Anger Management (PG-13)

– Jack Nicholson, Adam Sandler – A mild-mannered businessman is wrongly accused of a crime and sen-

tenced to an anger management program, where he discovers that his instructor is a crazy psycho with his own anger management problem.

Holes (PG) – Sigourney Weaver, Jon Voight – Stanley is sentenced to detention at Camp Green Lake, where he and his campmates are forced by the warden and her right-hand men to dig holes. Stanley and his friends must keep one step ahead of the Warden and her henchmen as they plot a daring escape to solve the mystery.

Chapel Schedule

Student programs

Tuesday, 11 a.m. and 4:15 p.m.,

chapel rope meeting, North Chapel

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

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

Sunday, 5 p.m., Sunday Evening

Gathering, North Chapel

Catholic activities

Mass

Saturday, 5 p.m., North Chapel

Sunday, 9 a.m., North Chapel

Sunday, noon, North Chapel

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

Reconciliation

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

Protestant activities

Worship services

Sunday, 10:30 a.m., Inspirational

Gospel Service, South Chapel

Sunday, 10:30 a.m. Protestant Com-

munity Service, North Chapel

Sunday, 10:30 a.m. Protestant Holy

Communion Service, Hospital Chapel

Wednesday, 7 p.m., Adult Book

Study and Compline, Hospital Chapel

Religious education

Sunday, 9 a.m., classes for ages 3 to

adult, Bldg. 962

Bible studies

Tuesday, 6 p.m., Protestant Bible

Study, South Chapel

Thursday, noon, Protestant Bible

Study, South Chapel

Thursday, 7 p.m., Protestant

Women of the Chapel, Bldg. 962

Saturday, 6:30 a.m., Protestant Men

of the Chapel, South Chapel

Second Saturday of month, 8 a.m.,

Protestant Men of Chapel breakfast

Lay-led faith groups

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

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

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

Mystic Grove Pagan Study Group,

call Kalista Thompson at 642-6855

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

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

Sheppard Spotlight: 15 lines of fame

1. **Name:** Rosario Aguirre
2. **Rank:** Airman
3. **Organization and position:** 82nd Civil Engineer Squadron, environmental control's apprentice
4. **Hometown:** Aurora, Ill.
5. **Married or single:** Single
6. **Hobbies or favorite(s) thing to do in your free time:** Workout, dance, listen to a variety of Spanish music and read.
7. **Funniest childhood memory:** Being a tomboy.
8. **Why did you join the Air Force?** I joined the Air Force to further my education and to travel.
9. **Why do you stay in the Air Force?** I stay in the Air Force for all the benefits it has to offer and the opportunities it provides to further my career success.
10. **Date arrived at Sheppard:** April 1, 2002.
11. **Most rewarding aspect of your job:** Getting in touch with nature.
12. **Favorite book or movie:** "Forrest Gump."
13. **What is your dream vacation:** To travel all of Mexico.
14. **If you could be anyone for one day, who would you be?** Catherine Zeta Jones in "Chicago."
15. **Most prized possession:** Family.



Airman Rosario Aguirre



Programming runs 24 hours on TSTV Channel 14.

Check out the detailed schedule at
www.sheppard.af.mil/82trwpa.

Daily Programming

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

Today

9 a.m. ~ Sheppard Chapel presents: *1st Lt. Human video*

9:05 a.m. ~ Maj. Gen. Regni on Communication

10:30 p.m. ~ AFEES Interview: *Mr. Frank Lashinsky and Mr. Stuart Leslie*

Saturday

10 a.m. ~ Sheppard Chapel presents: *1st Lt. Matt Human video*

10:05 a.m. ~ Memorial Day bed races

4:30 p.m. ~ AFEES interview: *Mr. Robert Sweatt*

Sunday

10:05 a.m. ~ Safety hour

10:30 a.m. ~ Sheppard Chapel presents: *Lieutenant Human video*

6 p.m. ~ Leadership Breakfast Series: *Lt. Col. Richard Schwing on Passion*

Monday

4:30 a.m. ~ Leadership Breakfast Series: *Colonel Schwing on Passion*

11:30 a.m. ~ 50 Years of UCMJ

8 p.m. ~ Sheppard Chapel presents: *Lieutenant Human video*

Tuesday

2 a.m. ~ Memorial Day bed races

1 p.m. ~ 80th FTW Safety Briefing

9:30 p.m. ~ AFEES interviews: *Mr. Robert Davey and Mr. George Van Remerden*

Wednesday

7 a.m. ~ 80th FTW Safety Briefing

4 p.m. ~ AFEES Interview: *Mr. Frank Heekin and Mr. Odell Hooper*

11 p.m. ~ AFEES interview: *Mr. O.B. Streeper*

Thursday

5:30 a.m. ~ Heloise on life in the military

11:30 a.m. ~ *Mrs. Susie Luchsinger*: Prayer breakfast speaker

3 p.m. ~ Safety hour

Centennial of Flight:

This week in air and space history

There are 194 days until Centennial of Flight.

For more information about the events planned to celebrate the 100th anniversary of the first flight, see the Air Force Web site www.centennialofflight.af.mil.

May 31, 1931 - A pilotless monoplane is successfully flown by radio control from another plane in Houston, Texas.

May 31-June 9, 1928 - Southern Cross: First trans-Pacific flight, from Oakland, California to Brisbane, Australia, by Charles Kingsford-Smith and Charles Ulm.

June 1, 1937 - Amelia Earhart begins world flight attempt in Lockheed Electra.

June 1, 1967 - First nonstop transatlantic flight by a helicopter.

June 2, 1957 - "New York Times" reprinted "Pravda" article describing putting objects in

Earth orbit. The "Times" need not have reprinted "Pravda." Victor Appleton's Tom Swift ably told of putting objects in orbit on page 115 of "Tom Swift and His Rocket Ship" three years before.

June 2, 1966 - Surveyor 1 makes the first US soft landing on the Moon.

June 3-7, 1965 - Gemini IV: First U.S. spacewalk (by Ed White) launched June 3.

June 4, 1930 - Lt. Apollo Soucek, flying a Wright Apache, open cockpit landplane, set a new world altitude record of 43,166 ft.

June 4, 1931 - First rocket glider flight (W.C. Swan).

June 4, 1935 - The Key brothers (Fred and Algene) fly twenty-seven days without landing, setting a world record for sustained flight in a Curtis Robin J-1, "Ole Miss."

June 4, 1974 - Lt. Col. Sally Murphy becomes the first woman to qualify as a U.S. Army aviatrix.

June 6, 1944 (D-Day) - A gigantic sky-train, nine planes wide and 200 miles long, carries American and British air-borne troops across the English Channel for invasion of Europe.

June 6, 1966 - Gemini 9 landed in the Pacific after 45 orbits of Earth during the 72-hour, 20-minute flight. Rendezvous with a docking vehicle



was achieved, but the docking maneuver was impossible because a shroud failed to jettison.

June 1949 - Sheppard began teaching a special class in Crew Chief Mechanics. Six months later civil engineers commenced work on an intricate 50,000 gallon jet fuel system; the only one in the Air Force.



• Current Weather Observation:
855-9045

• Forecasts, Warnings, Watches, and Advisories:
6-6995

• 82 TRW Internet Weather Page:
<https://26ows.barkdale.af.mil/sheppard/>



Submit your sports stories to sheppard_senator@sheppard.af.mil.

Base pools now open for summer

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

Daily fees:

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

Pool hours:

Main pool

Monday - Friday – 1 - 7:45 p.m.

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

North main closed on Tuesdays
South main closed on Thursdays

For more information, call 6-6494.

Bunker Hill water park

Thursday - Tuesday – noon - 7:45 p.m.

Wednesdays – closed

For more information, call 6-4161.

Capehart pool

Saturday - Wednesday – noon - 7:45 p.m.

Thursdays and Fridays – closed

For more information, call 6-4281.

Water aerobics:

Monday, Wednesday and Friday – noon, 5 and 6:15 p.m.
Call 6-7491 for start dates.

Lap swimming:

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

Sports Shorts

Fastlanes bowling underway at south lanes

Base bowling center customers will have the opportunity to participate in a "Scratch 'n Win" game until Aug. 14. Call 6-2170 for more information.

Aerobiccenter offers variety of classes

The aerobiccenter, located in the south fitness center, offers coed aerobics classes seven days a week. Call 6-2972 for more information.

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

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

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

Basic step, Sunday at 2 p.m.

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

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

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

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

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

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

Muscle sculpting, Tuesday and Thursday 9:15 a.m.

Abs and stretch, Thursday, 11:30 a.m.

Spinning classes held at fitness center

The north fitness center holds spinning classes. Classes

are held Thursday at 10:15 a.m., Tuesday and Thursday at 11:30 a.m., Monday - Thursday at 4:30 p.m., Monday and Wednesday 6 p.m., and Saturday at 2 p.m. For more information, call the north fitness center at 6-6336.

North lanes to rock 'n bowl Friday, Saturday nights

A Glow in the Dark Rock It Bowl takes place every Friday and Saturday night from 5-11 p.m. at the north lanes. For more information, call 6-4806.

Fitness center hours to change

The hours of operation for

the base fitness centers will change during the month of June.

South fitness center

Monday - Thursday
24 hour operations
Opens at 4:30 a.m.
Friday – 4:30 a.m. - 10:30 p.m.
Saturday – 9 a.m. - 6 p.m.
Sunday – noon - 8 p.m.
June 16 – Open 24 hours a day, seven days a week

North fitness center

Monday - Friday – 7 a.m. - 8 p.m.
Saturday – noon - 8 p.m.
Sunday – 9 a.m. - 6 p.m.

Main fitness center

Closed