

**Friday**  
  
 Mostly cloudy  
 Lo: 69°F  
 Hi: 89°F

**Saturday**  
  
 Chance of thunderstorms  
 Lo: 68°F  
 Hi: 90°F

**Sunday**  
  
 Partly cloudy  
 Lo: 88°F  
 Hi: 68°F

**Soldiers get new BDUs**  
  
 See Page 3

**Air Force members strive to earn spot on Olympic team**  
  
 See Page 1B



# Sheppard Senator



Combat Capability Starts Here

Vol. 57, No. 24 Sheppard Air Force Base, Texas June 16, 2004

## 82nd SFS shines at AFMC's Brave Defender training

**By Tech. Sgt. Barry Alcorn**  
*82nd Security Force Squadron*

A recent training course in Florida proved one thing to the Air Force – Sheppard has one of the top security forces squadrons in the service. Members of the 82nd Security Forces Squadron, as well as teams from Keesler, Robbins, McChord, Lackland, and Tyndall Air Force bases, completed Brave Defender, a demanding two-week training course at Eglin AFB, Fla., May 14-28.

Maj. Christopher Echols, 82nd SFS commander, said in today's deployment environment, training is vital to completing the mission. He said by getting the training for his troops with the help of Air Education and Training Command, members of security forces will be ready when they are asked to deploy.

"We owe this to all the troops who attended

this training and are now better prepared for their upcoming deployment," he said.

The training included many different aspects of Air Base Defense Doctrine, use of essential equipment and materials, management of personnel in defensive operations, and military operation in urban terrain that was both mentally and physically challenging.

The course allowed teams to receive detailed training on tactical threats, counter-attack, weapons fire control measures, as well as communications and protection detection technologies.

The teams put into action what they learned during an intense field training scenario the last three days of the course.

The 82nd SFS members met the challenge

head on. Airman 1st Class Richard Delgado, an assistant machine gunner, was named the top performer for Brave Defender.

Four-member teams from each base were also put together to face the challenge of running an obstacle course. During the obstacle course, teams were required to assemble weapons, set up alarm systems and communications devices.

Again the 82nd SFS proved their mettle when they took the lead and won the event hands down.

Staff Sgt. James Booker, team captain, said the two-week course gave members of the team another opportunity to hone their skills.

"Brave Defender was a great experience, it

was a refresher course for many things and showed us new technologies and styles of leadership," he said.

One of the younger Team Sheppard members said the exercise was challenging and educational, providing information he could take home and apply here.

"The realistic training benefits the mission both home and abroad," Airman 1st Class Daniel Lock said. "By expanding our knowledge in different aspects of security, it ensures mission success and survival down range."

Other Team Sheppard members who participated in Brave Defender were: Tech. Sgt. Barry Alcorn, Staff Sgt. Mark Hill, Airman 1st Class Scott Cousins, Airman 1st Class Alex Muniz, Staff Sgt. Brian Bibb, Airman Steven Apperson, Airman 1st Class Michael Amditis, Senior Airman Jonathan Martin, Airman Jeffrey Dunham and Airman Eric Bradley.



### On the Inside

#### Afghan, Iraq leaders want coalition to stay

The presidents of Afghanistan and Iraq both called for coalition forces to stay in their countries during separate interviews on NBC's "Meet the Press" today.

Afghan President Hamid Karzai and Iraqi President Ghazi al-Yawar both said the short-term stability of their countries depends on the U.S.-led coalition staying in their respective lands.

**For full story, see page 2.**

#### Marines build playground for Iraqi children

Children from Al Kaladiyah will now have more of a reason to attend school thanks to the Marines from the 2nd Battalion, 7th Marine Regiment's Civil Affairs Group.

The civil affairs team delivered pallets of bottled water, toys, clothes and school supplies donated by Spirit of America, a Los-Angeles-based nonprofit organization.

**For full story, see page 6.**

#### Communication is key to successful deployment

Many Team Sheppard members are currently deployed worldwide leaving behind families who are concerned about the team member's well being.

One simple skill can help ease tensions and anxiety if taken advantage of: communication.

During this time of increased deployments in the Air Force, military families especially need to acknowledge and adequately prepare for the possibility of separation through deployment. Difficulty in accepting the reality of being deployed may result in poor communication and mental preparation for everyone involved.

**For full story, see page 7.**



Airman 1st Class Sharon Gobern, an information management specialist at the 80th Flying Training Wing answers a question for a calling customer. Airman Gobern, from Panama, gained her American citizenship June 3 after living in the United States for four years and serving this country for more than a year.

## Crossing into the red, white & blue

**By Airman 1st Class Jacque Lickteig**  
*Staff writer*

As a child growing up in Central America, Airman 1st Class Sharon Gobern felt pride when she saw the red, white and blue of Panama's flag.

Now that she's a U.S. citizen, pride surges through her when she sees Old Glory's colors.

Airman Gobern, an information management specialist at the 80th Flying Training Wing, gained her U.S. citizenship June 3, four years after moving to the United States and a little more than a year after swearing her life to defend it.

Her family, who still lives in Panama, attended her citizenship cere-

mony.

"I'm very proud," Franklin Gobern, her father, said. "She's been looking forward to becoming an American since we visited America when she was 6 or 7."

She said she admired Americans' patriotism and their pride in being Americans.

She also said she wanted to chase the American dream, and America provided more opportunities for her to become successful. She earned her bachelor's degree in marketing and sales in her hometown, Panama City, and moved to Corona, Calif., to land a job at the public defender's office.

"It was so different from Panama," she said. "I did a job search, and 200 job listings were posted."

Before joining the Air Force, she moved between Miami and California.

She said she wanted to join the Air Force because it offered opportunities to better her education and the chance for her to become self sufficient.

Although she is proud to be an American, there are some things about her culture she said she misses.

"I miss the dances, like salsa and other typical dances. I really miss the food, like *arroc con pollo*," she said.

But she stays active in the Hispanic community here. She's a member of the Hispanic Heritage Committee, and she attends many of the enlisted club's Latin nights.

"Even though Panama is in my heart, America is my county, and I'm proud to be able to say it," she said.

## Plan in place to correct sexual assault problems

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

WASHINGTON – The Air Force director of manpower and reserve affairs testified June 3 before Congress during a hearing on sexual-assault prevention and response within the armed forces.

Michael Dominguez told members of the House Armed Service Committee total force subcommittee about efforts the service had made to solve the problem of sexual assault within the Air Force.

"Air Force leaders have been working this problem hard for the last 18 months," Mr. Dominguez said. "Our efforts began in January 2003 (when Secretary of the Air Force James G. Roche received) an e-mail from an Air Force Academy cadet victim. Air Force leaders moved decisively ... to correct problems at our academy through the 'Agenda for Change.'"

The directives embodied in the Agenda for Change, which began in late March 2003, were designed to ensure the academy is a safe, secure environment for cadets. The directives came in the wake of a series of reports of sexual assault at the Colorado Springs, Colo., institution.

Mr. Dominguez also told committee members the service had launched an Air Force-wide investigation into its sexual-assault policies, practices and programs.

See EFFORT, Page 4

## President Reagan makes first, last flight in VC-25 he ordered

**By Rudi Williams**  
*American Forces Press Service*

WASHINGTON (AFP) – The blue-and-white presidential jet that brought the flag-draped coffin of former President Ronald Reagan to Andrews Air Force Base, Md., on June 9 is an aircraft he ordered before he left office, but this was his first ride in it.

President Reagan ordered two identical Boeing 747s to replace the aging presidential Boeing 707s he traveled in as president. First lady Nancy Reagan designed the interior decor of the planes in a style reminiscent of the desert Southwest.

One plane was delivered shortly after President Reagan left office. President George H.W. Bush, in September 1990, was the first leader to fly in one of the new planes.

The presidential air transport fleet consists of two specially configured Boeing 747-200Bs with the Air Force designation VC-25. The radio call sign "Air Force One" is used when the president is aboard either aircraft, or any other Air Force aircraft.

Special features of the aircraft include state-of-the-art navigation, electronic and communications equipment, special interior configuration and furnishing, a self-contained baggage loader, front and aft air-stairs and the capability for in-flight refueling.

The uniquely configured aircraft come with an executive suite consisting of a stateroom outfitted with a dressing room, lavatory and shower and the president's office. A combina-

Photo by Petty Officer 1st Class Jon D. Gesch The VC-25 ordered by President Reagan takes off from Andrews Air Force Base

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## Leaders call for coalition to stay

By Jim Garamone  
*American Forces Press Service*

WASHINGTON – The presidents of Afghanistan and Iraq both called for coalition forces to stay in their countries during separate interviews on NBC’s “Meet the Press” today.

Afghan President Hamid Kharzai and Iraqi President Ghazi al-Yawar both said the short-term stability of their countries depends on the U.S.-led coalition staying in their respective lands.

Yawar said Iraqi security forces cannot handle the security problems today. The threats from Saddam Hussein regime remnants and outside terrorists is potent, he said, and Iraqi security forces have neither the training nor the equipment to effectively police the country or deny the borders to foreign terrorists.

“We are practical, we are realistic,” Yawar said. “What we lack right now is enough security forces and capabilities. There are enemies, foreign and domestic, that are trying to destabilize and derail this new wonderful

trend in Iraq.”

The president said there is no timeline on a coalition exit from Iraq. He said that will depend on how long it will take for Iraqis to assume the security mission. He estimated that will be no earlier than six months to a year.

The coalition will turn over sovereignty to the government led by Yawar on June 30. The president said that following the turnover, he expects Iraq to be turbulent for a while.

“We expect that (terrorists) will try to increase the incidents and the violence for a while, but we are committed, we are consistent and we are focused to make sure that we take necessary preparations to defuse the situation,” he said.

Yawar said the Iraqi people are “cautiously positive” about the interim government. “The people of Iraq ... are rallying behind this government, and this is a sign of strength for this government,” he said.

Kharzai said his interim government would like to see the NATO-led International Security Assistance Force

expand to other parts of the country.

“Insha’allah” was the way Kharzai put it as to whether his nation would have elections in September as planned. “God willing” is the translation. Kharzai said the voter registration process is moving along well, and he expects the elections to take place.

“I am confident, because the Afghan people want this very much,” Kharzai said. “The Afghan people want to elect their government.” He said the government is legitimate across the country, although there are problems with local warlords. The government is trying to become more effective throughout the land.

“We are a weak administration,” he said. “We have come out of 30 years of war and suffering and a tremendous shortage of human resources. That applies to our weakness.”

Kharzai said the problem posed by Taliban remnants and al-Qaeda followers persist, but they are not effective organizations.

## 29 from area tour Altus, Charleston AFBs

By Lt Nathan Broshear  
*Base public communication*

Twenty-nine area business owners and community leaders made a two-day trip to Altus and Charleston Air Force bases for the 2004 Sheppard Civic Leader Tour.

Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, hosted the bi-annual tour. Members gained valuable insight into America’s airlift capabilities with tours of a C-5 Galaxy and C-17 Globemaster II aircraft, as well as, mission briefings by aircrews at several squadrons.

After a quick tour of Altus AFB, the group headed for Charleston, S.C., via a KC-135 Stratotanker.

Once there, the 437th Airlift Wing at Charleston AFB put on a first-class gathering, with all of General Rooney’s guests treated to VIP service, gourmet meals and inside access to America’s premier airlift wing.

The group learned how

Sheppard’s field training detachments are helping to bring “just-in-time” training to maintainers and crewmembers with a visit to the 373rd Field Training Detachment, a division of Sheppard’s training groups, and marveled at the enormous trainers used to train engine mechanics and landing gear technicians.

They also had the opportunity to “fly” the C-17 during short missions in the cockpit simulator.

On the return leg of the trip, the group was surprised with an air-to-air refueling of a C-17 from the KC-135 that carried the civic leaders home. Each member watched as the aircraft made contact and topped-off the gas tanks before heading back to Sheppard.



Photo by 1st Lt. Nathan Broshear

Local businessmen and women tour a C-17 Globemaster II during a visit to Charleston Air Force Base June 8-9. The group’s journey began at Altus AFB, where they boarded a KC-135 for their cross-country flight.

# Army unveils new Battle Dress Uniform



Sgt. 1st Class Jeff Myhre, the Program Executive Office NCOIC, sports the Army Combat Uniform, the recently approved wear for Soldiers. It contains 20 new improvements.

By Sgt. 1st Class Marcia Triggs  
Courtesy of Army News Service

WASHINGTON – The Army yesterday, on its 229th birthday, officially unveiled its new combat uniform designed with major input by the Non-Commissioned Officer (NCO) Corps and enlisted Soldiers, and tested by Stryker Brigade Soldiers in Iraq since October 2003.

Army senior leadership introduced the Army Combat Uniform (ACU) during an Army Birthday Pentagon courtyard cake-cutting ceremony. Soldiers displayed and also suited-up in the wrinkle-free uniform with a digitized camouflage pattern.

Three different versions of the ACU have been developed, and more than 10,000 uniforms have been produced and battle-tested in the sands of Iraq and at Army training centers. Even more are on American production lines to be issued by April 2005 to Soldiers in deploying units. Current fielding plans call for fielding to the total



**The pocket-shoulders are a result of feedback from Combat Soldiers. They replaced the bottom pockets on the blouse of the battle dress uniform. The shoulders are bellowed to allow increased movement.**

Army by December 2007, said officials from the Program Executive Office, known as PEO Soldier.

"This isn't about a cosmetic redesign of the uniform," said Col. John Norwood, the project manager for Clothing and Individual Equipment. "It's a functionality change of the uniform that will improve the ability of Soldiers to execute their combat mission."

The Army unveiled a redesigned combat uniform with a digital camouflage pattern that looks strikingly different from Soldiers' current battle dress uniforms.

Every change was made for a reason. The bottom pockets on the jacket were removed and placed on the shoulder sleeves so Soldiers can have access to them while wearing body armor. The pockets were also tilted forward so that they are easily accessible. Buttons were replaced with zippers that open from the top and bottom to provide comfort while wearing armor.

There were 18 changes made to the uniform, to include removing the color black and adapting the digital print from the Marine Corps uniform to meet the needs of the Army, said Sgt. 1st Class Jeff Myhre, the Clothing and Individual Equipment noncommissioned officer in charge.

Black is no longer useful on the uniform because it is not a color found in woodland areas, Myhre said. The current colors on the ACU

are green and sandy brown. The pattern is not a 100-percent solution in every environment, Myhre said, but a good solution across the board.

Patches and tabs are affixed to the uniform with Velcro to give the wearer more flexibility and to save the Soldier money, Myhre said. Soldiers can take the name-tapes and patches off their uniforms before laundering, which will add to the lifecycle of the patches. Also the cost to get patches sewn on will be eliminated, he added.

The ACU will consist of a jacket, trousers, moisture wicking t-shirt and the brown combat boots. It will replace both versions of the BDU and the desert camouflage uniform. The black beret will be the normal headgear for the ACU, but there is a matching patrol cap to be worn at the commander's discretion.

At \$88 per uniform, about \$30 more than the BDU, Soldiers will eventually reap gains in money and time by not having to take uniforms to the cleaners or shine boots.

## Briefly Speaking

meeting will be June 29 at 1:30 p.m. in the community center conference room. For information, call Judy Kimberlin at 6-4335.

## Circus comes to Sheppard

The Ringling Bros. and Branum & Bailey Circus will provide a sneak preview for Team Sheppard from 11:30 a.m. to 1 p.m. today at the base theater. The event is free.

Military discounts are available at the Information Tickets and Travel office.. Call 6-7019 for more information.

## A change in SMSgt. promotion testing window

A change in senior master sergeant promotion testing window. Beginning in December, all mater sergeants competing for promotion to senior master sergeant, will test on the Air Force Supervisory Examination between Dec. 6 through 17.

The testing cycle will no longer be conducted in January. Testing conducted after Dec. 17 will be considered out of cycle. Call Ms. Brown at 6-2835 or Ms. Galloway at 6-4833.

## Telephone outage scheduled

The base telephone switch will be down for approximately 45 minutes on Saturday, June 19, at 6 p.m. for switch program upgrades. For any questions or concerns, please call extension 6-5581, 6-2054, or 6-4433.

## AAHC events Saturday

The African American Heritage Committee will celebrate Juneteenth and is hosting a free fashion show on Saturday at 7 p.m. in the enlisted club's ballroom.

The Juneteenth celebration will be at the hospital pavilion from 11 a.m. to 7 p.m.

Please see your AAHC representative to get your free fashion show tickets or call Tech. Sgt. Diana Mosely at 676-2779.

## CCAC meeting June 29

Consumer Advisory Council

## FLIGHT

Continued from Page 1

tion conference/dining room is available for the president and his family and staff. Separate accommodations are provided for guests, senior staff, Secret Service and security personnel and the news media.

There are two galleys where up to 100 meals can be served at one sitting. There is also a rest area and mini-galley for the aircrew.

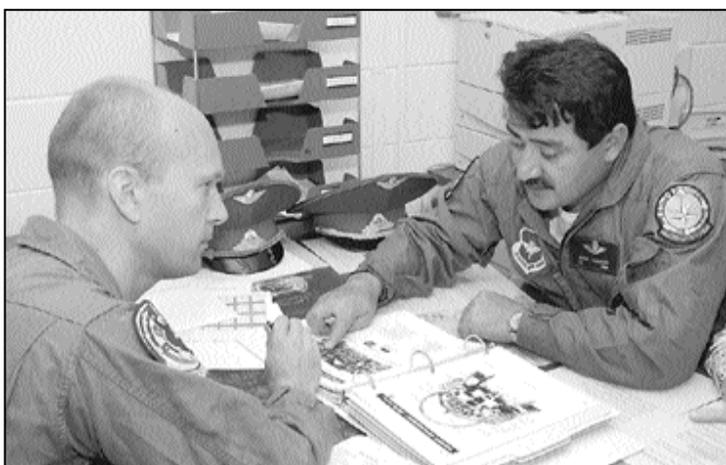
Comfort areas include six passenger lavatories, including access facilities for people with disabilities. The VC-25 also has a compartment outfitted with medical equipment and supplies for minor medical emergencies.

President Franklin D. Roosevelt was the first U.S. president to be provided air transport, which began in 1944 when a C-54 Skymaster – the “Sacred Cow” – was put into service, officials at Andrews said.

President Harry S. Truman was flown in a DC-6 Liftmaster – the “Independence” – from 1947 to 1953. President Dwight D. Eisenhower, 1953 to 1961, traveled aboard the “Columbine II” and “Columbine III.”

On Feb. 6, 2004, the dedication and unveiling ceremony was held for a cornerstone for the building that will house President Reagan’s presidential aircraft at the Ronald Reagan Presidential Library and Museum in Simi Valley, Calif.

The new Air Force One Pavilion will display the Boeing 707 used by President Reagan while in office. Boeing Co. workers are restoring it.



Sandy Wassenmiller

### Friendly flyers

Maj. Mark Lambertsen, 90th Flying Training Squadron, talks with Uzbekistani Col. Ravshan Yuldashevich Tillakhodjaev, Commander of the Uzbekistan Air Force Aviation Brigade. Several members of the Uzbekistan Air Force came to tour Sheppard June 11 through 16.

## EFFORT

Continued from Page 1

“We reached out to over 100,000 personnel through interviews, surveys and focus groups. Even before our assessment was complete, Secretary Roche and (Air Force Chief of Staff) Gen. John P. Jumper reacted to correct discovered deficiencies,” he said.

One of the efforts initiated by the Air Force’s two most senior leaders was the establishment of improved procedures to coordinate support and assistance for sexual-assault victims. Those improvements, Mr. Dominguez said, were modeled off a program already in place at

Nellis Air Force Base, Nev.

He said the results of the assessment were consistent with the findings of a task force led by Ellen Embrey, deputy assistant secretary of defense for force health protection and readiness, and with data from research sponsored by the Department of Justice.

Mr. Dominguez highlighted for committee members key findings from the Air Force assessment.

“Sexual assault covers a broader range of behaviors than rape,” he said. “Violent assault by strangers does occur, but the larger sexual-assault problem involves young people who know each other. Alcohol is frequently a factor.”

One committee member suggested the combination of alcohol and young servicemembers with “raging hormones” allowed for potentially “explosive” situations.

There was agreement at the hearing among service witnesses and legislators that education was key to creating a culture change within the services that would bring about a solution to sexual assaults in the military.

Mr. Dominguez told committee members that commanders would be central to such a culture change.

“Our attack on sexual assault must be a broad-spectrum campaign aimed at changing or eliminating attitudes, behaviors and beliefs that can be exploited by sexual offenders,” Mr. Dominguez said. “Changing culture will require a long-term sustained effort by all of us. In the armed forces, commanders are, will and must be at the center of the change effort.”

Mr. Dominguez also said

the assessment indicated there are sometimes complex circumstances that make it very difficult to prove and prosecute sexual offenders because they don’t meet society’s stereotypes.

Also central to the hearing was discussion about the Uniform Code of Military Justice. One congresswoman referred to the code’s Article 120, titled “Rape and Carnal Knowledge,” as “anachronistic,” saying it was no longer adequate.

The momentum for discussing the effectiveness of the UCMJ in regard to sexual assault is a bill that aims to amend Article 120 with the intent of bringing military sexual-assault crimes into parallel with federal sexual-assault crimes. The bill, titled the “Military Sexual Assault Crimes Revision Act of 2004,” was introduced in the House on April 1 by Rep. Loretta Sanchez of California.

Despite claims the UCMJ may be inadequate in providing prosecutors the muscle needed to bring justice to bear upon sexual offenders, Mr. Dominguez told committee members there are law enforcers who believe the code is even more powerful than what is available to some civilian authorities.

He cited a case in Wichita Falls, Texas, the community surrounding Sheppard AFB, where law enforcement favors sexual offenders being prosecuted under the military justice system over prosecution in the civil courts.

“The sheriff of Wichita Falls ... knows the UCMJ provides our commanders a richer menu of tools to be able to deal out justice than he has available to him,” Mr. Dominguez said.

Also discussed in the hearing were the resources available to sexual-assault victims in deployed locations, and the relationship between sexual abuse of prisoners in Iraq and sexual assaults within the ranks.

Service witnesses agreed to provide legislators with a breakdown of what resources are available to victims in deployed locations. That breakdown would include information about the availability of rape counseling services, abortion services for rape victims, “rape kits” for collecting crucial DNA evidence for use in the prosecution of sexual offenders and “emergency birth control.”

Be sure to watch Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, on TSTV-14 at 12:30 p.m. Monday. The general’s guest is 2nd Lt. Gary Oldenburger, president of the Company Grade Officers Council.

# Swinging trust

## Marines win Iraqi childrens' hearts with playground

By Marine Sgt. Jose Garcia  
1st Marine Division

AL KALADIYAH, Iraq – Children from Al Kaladiyah will now have more of a reason to attend school thanks to the Marines from 2nd Battalion, 7th Marine Regiment's Civil Affairs Group.

The civil affairs team delivered pallets of bottled water, toys, clothes and school supplies donated by Spirit of America, a Los Angeles-based nonprofit organization. What the kids like most, though, was the playground equipment for the children Marines began to install.

Where there was once a barren dirt lot, now stands the fancy of every Iraqi child.

Inside the school playground stood a set of monkey bars, swing sets, balance beams, seesaws and a merry-go-round.

"This is a good tool to give to children, an opportunity for children to have a childhood they never had before," said Gunnery Sgt. Noe Villa, the staff noncommissioned officer-in-charge of the team. "Little by little we will make it happen."

The CAG team plans on helping one school a week for the next twelve weeks. They started with the schools that need the most help and make improvements to it.

The team will paint, refurbish, fix the electricity and have clean running water in the school for the children.

"It's a nice feeling doing this," said Cpl. Grand K. Lee. "I wanted to do something nice for this country and positive for these kids and their education."

"I'm very happy for what I've seen in the past," he added. "The kids were running and screaming when we gave them the school supplies."

According to Marines on the CAG team, this is the second school they assisted.



USMC photo by Sgt. Jose L. Garcia

Sgt. Brandon Kovach, a Civil Affairs Group team leader with 2nd Battalion, 7th Marines, plays with the children of Al Kaladiyah during a groundbreaking ceremony held June 9.

"You could see the difference in the kids," Sergeant Villa said. "Their reaction was overwhelming and their faces just sparkled with excitement."

"These are darling little kids," said Sgt. Brandon Kovach, a CAG team leader. "This is what it's all about, seeing smiles on their faces."

The ceremony followed with the Marines handing out school supplies and Marines playing with the children, showing them pictures of family members back home.

"This is symbolic for the children. It shows that we are not trying to destroy their country or change their culture," Sergeant Villa said. "It is an opportunity for people to have a normal life and children to be children."

"There's been too many years of tyranny and suffering for them," he said. "It's a new beginning for the little kids as well, not just the Iraqi people."



USMC photo by Sgt. Jose Garcia

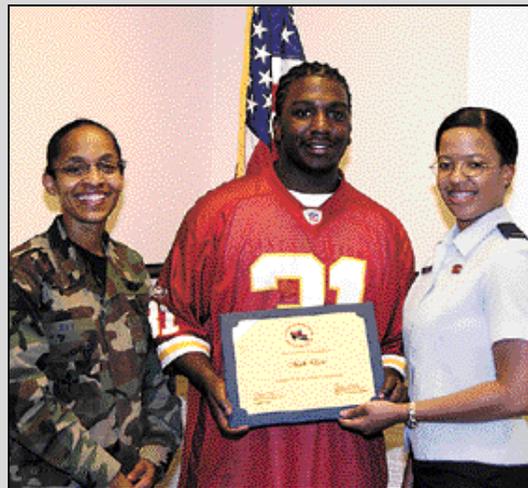
Cpl. Grand K. Lee, 23, a member of the Civil Affairs Group team, distributes pens to the children of Al Kaladiyah during a groundbreaking ceremony held June 9. Marines from 2nd Battalion, 7th Marine Regiment's Civil Affairs Group delivered pallets of bottled water, toys, clothes, Spirit of America bags with school supplies and playground equipment for the children and parents of the city.



Photos courtesy of the African-American Heritage Committee

## College bound

Above, Kuiana Hart, center, accepts a \$1,000 scholarship from Maj. Marina Ray and 1st Lt. Gracie Moore on behalf of the African-American Heritage Committee. Below, Mark Davis receives a \$500 scholarship from the AAHC. Ms. Hart plans to attend Florida A&M in the fall and Mr. Davis will attend Midwestern State University.



## 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 82nd TRW Star Award to Stephanie Rangel (left), 82nd Medical Support Squadron, Senior Airman April Bosquez, 82nd Civil Engineer Squadron, and Staff Sgt. Tomy Khampeng for their support of the Provider's Appreciation and Recognition Dinner and Ceremony.

## How much do you know about pesticides?

By Tech. Sgt. Jerry Crawford  
 82nd Training Wing Safety Office

Bugs! Rats! Germs! Problems we all face at some point in and around our homes or offices.

Not only are the critters we are trying to get rid of dangerous or harmful, so are the ways in which we get rid of them. As you read, think back to the last time you used one of these methods.

Were you applying them the way the directions instructed? Use this information to safely rid your living and working area of these unwanted pests.

### Where are they found?

Pesticides are potential hazards in many structures because they are widely used to reduce many household pests, including those associated with indoor plants, pets, wood and wool products and because they are tracked in from the outdoors. Pesticides used in and around the home include products to control insects (insecticides), termites (termiticides), rodents (rodenticides), fungi (fungicides), and microbes (disinfectants).

They are sold as sprays, powders, crystals, balls, and foggers. Pesticides are produced specifically because they are toxic to specific organisms. Consequently, they have risks as well as benefits, and it is important to use them properly.

Surveys show that 75 percent of homes in the United States use at least one pesticide product indoors per year.

Those most often used are insecticides and disinfectants.

However, studies suggest that 80 to 90 percent of exposures to pesticides occur indoors and that measurable levels of up to a dozen pesticides have been found in the air inside homes. The reason for this discrepancy is pesticides can get into the air in homes from other sources, including contaminated soil or dust that floats or is tracked in from the outside, stored pesticide containers, and household surfaces that collect and then release fumes from the pesticides.

### What are the health effects?

The health effects associated with pesticide exposure can include irritation to the eyes, nose, and throat; damage to the central nervous system and kidneys; and for some, an increased risk of cancer.

Exposure to high levels of cyclodiene pesticides, usually due to misapplication, may cause headaches, dizziness, muscle twitching, weakness, tingling sensation and nausea. Some believe these pesticides might cause long-term damage to the central nervous system and the liver.

Since the main ingredients in pesticides can be organic, they can also affect vision and memory.

In 2000, the American Association of Poison Control Centers reported that more than 1,294,000 children, 12 years old and younger, were involved in common household pesticide poisonings or exposures.

In households with children, almost one-half stored at least one pesticide product within reach of the children.

### How can you reduce exposure to pesticides in your home?

To reduce risks when you are using pesticides, take these precautions:

- Buy only legally sold, EPA-registered pesticides.

- Reread the directions on the label each time you use the pesticide and follow the directions carefully. Use only the amount directed, at the time and under the conditions specified, and for the purpose listed.

- Use non-chemical methods of pest control when possible.

- Identify the pest and use a pesticide targeted for that pest.

- Ventilate the area during and after pesticide use.

- Dispose of unused pesticides safely.

Anyone considering the use of a pest control company should receive satisfactory answers to questions about the company's track record, insurance coverage, licenses, affiliation to professional pest control associations, and the proposed treatment. Questions regarding pesticide use and safety may be referred to the National Pesticide Information Center at (800) 858-PEST. Information obtained from the National Safety Council web site.

## A tribute to Mr. Jimmy

Father's lessons remembered on Father's Day

By Bill Thornton

Chief of Internal Communication

I visited with my Father, Mr. James F. Thornton, Sr., during Labor Day weekend in 2002 at the home I grew up in on the West side of Birmingham, Ala. His health was failing. Mr. Jimmy, as he was called, would soon be 86 years old. But his lungs were failing in their attempt to provide his body with the oxygen it required.

For many years before I was born, my Father worked in the ore mines in southwestern Jefferson County, Ala. I was in elementary school when the mines closed and he was moved to Fairfield and U.S. Steel. He worked in the Tin Mill.

By that time, the physiological damage from inhaling ore dust, and what ever else was present down in those tunnels and shafts, was done. In spite of the conditions in the ore mines – the natural ones as well as the man-made ones (racism ran like water from an underground spring) – he went on to become one of the mill's best overhead crane operators, one of the only black men to perform that job.

In his younger, healthier years, he was an energetic soul... a man who always put his best foot forward. Whatever the task, he enjoyed doing a good job. He also liked hearing folks tell him so.

Mr. Jimmy and I talked about a lot of things during my visit – everything from the lack of civility in people today to how society seems to have turned its back on God.

While my nephew and I sat

with him that Saturday evening, he said to me, "William, (he's got to be the only one left who doesn't call me Bill) make sure you keep 'good' friends around you. I don't mean be satisfied with the ones you have already, but make new ones, too. You can never have enough friends."

He said, "All of mine are gone. Your mother is gone and just about all of her friends are gone, too. Those that aren't are poor like me, old, sick and in poor health."

"As you make new friends," daddy said, "make sure also that some of them are younger than you. That way, when you are old and sick, your younger friends will still be able to come around and visit. A true friend will do that."

My father was always teaching me things: how to wash the car; how to take care of plants and the lawn; when figs are ripe; not to eat green persimmons; how to trim hedges; how to deal with tomato worms; how to use a saw and saw horses. "Measure twice – cut once," he'd say.

He taught me the difference between Bermuda and St. Augustine grasses and how to spot Crabgrass. To this day, I mow my lawn the same way he taught me way back then.

"When you're done with the mowing, always rake the grass and sweep the sidewalks. A good clean up is the perfect finish to a manicured lawn."

What this man didn't realize was he was teaching me things even when he didn't realize that "the lesson had begun." I learned from him by watching

him, by listening to him. Without realizing it, I had begun to mimic him and his ways.

During my visit he told me again and again how happy he had been with his life and marriage to my mother. Mr. Jimmy is the first to tell you that he made quite a few mistakes in his 85 years on this planet. He'd say the person who's not making mistakes, "ain't doin' nothin." In light of his mistakes, shortcomings and misgivings, daddy's solace lies in the fact that God forgives.

In June of the following year Mr. Jimmy called for all of his children to come to Birmingham, to Baptist Hospital at Princeton. I believe that was his way of preparing us for the inevitable – his death.

My family and I drove from Ft. Walton Beach, Fla. to Birmingham as quickly as we could. Daddy woke up while I was praying with him, looked up at me, smiled and spoke this prayer, "Father, have mercy." From that moment on, whenever he was awake, I could hear him repeating that prayer over and over again. Mr. Jimmy was ready to go home.

The little boy in me hoped and prayed that God would heal my daddy's broken, weak, tired and worn body. But God had another plan for Mr. Jimmy. I found solace in the fact that daddy had lived a good life and that he got to see my mother, Ms. Willie Mae, when he got to heaven on June 30, 2002.

Thank you, daddy. You were and are a great teacher. Happy Father's Day.

## Communication is key to successful deployment

By 1st Lt. Jerry Hoopes  
 82nd Medical Operations Squadron

Many Team Sheppard members are currently deployed worldwide leaving behind families who are concerned about the team member's well being.

One simple skill can help ease tensions and anxiety if taken advantage of: communication.

During this time of increased deployments in the Air Force, military families especially need to acknowledge and adequately prepare for the possibility of separation through deployment. Difficulty in accepting the reality of being deployed may result in poor communication and mental preparation for everyone involved.

Not only is communication

key to strong, healthy relationships; it is also key to a successful deployment. Communication helps bring closeness and understanding to the military family prior to the member's deployment.

Here are some easy ways to explore communication with your family prior to your deployment, so you can grow closer as a family:

- Just like the Boy Scout motto, "Be Prepared." You must be prepared for everyone in the family to have different feelings toward the upcoming deployment. Do not be afraid to discuss increased feelings of anger, sadness, anxiety and happiness as the deployment approaches.

- Talk to your children ahead of time so they have plenty of time to understand and accept your deployment.

- Allow everyone in the

family, including children, to discuss their feelings about the upcoming deployment. Allowing the family to voice their feelings and emotions shows thoughtfulness and kindness.

- Discuss discipline, personal routines, schooling, house rules and other pertinent issues with the family.

- Discuss the family's future plans, dreams and how the family will celebrate when the family is reunited. This will help the family focus on family goals rather than parental separation.

Good communication prior to deployment does not mean families will not have problems while members are away.

However, good preparation and communication increases the chances of solving problems under some higher-stress and difficult circumstances.



## Action lines

### Child safety

Question: My husband and I live in Capehart and I'm quite concerned with the safety of the children in this area. I'm seeing way too many children out riding bicycles, skateboards, scooters, etc., without wearing helmets.

I have also noticed children playing in the middle of the street. I'm not talking about riding bicycles; I'm talking playing hockey with nets and all.

This is so dangerous. I know

most people do drive safely and know that this is a neighborhood with children, but not all drive with caution. I'm just a concerned parent and I think this needs to be looked into before something tragic happens.

Answer: Our Air Force Instructions, specifically AFI 31-204, requires that all bicycle and skateboard riders on the installation properly wear a helmet. Please report any violators you see and our security forces will ensure this policy is

enforced.

Also, blocking a street for hockey games, though a valid safety concern, is not allowed. Again, we ask you to call the Law Enforcement desk at 6-2981 the next time you see this happening and our security forces will be glad to respond.

### PT cool down

Question: I have a question that concerns my husband and his squadron during their morning PT.

It seems the time frame picked for them to exercise as a group at the track runs into morning reveille. I know the squadron is working hard on the new fitness program, which is great, but each time they are in the middle of their run when reveille starts they have to abruptly stop then start the run back up.

This is not healthy and I'm just concerned with possible health problems such as heart attack or stroke arising due to the sudden stop while jogging with no cool down.

Would this be something to consider using the Operation Risk Management procedure? Are there any exceptions especially when PT is taking place at the track when it comes to Reveille or Retreat?

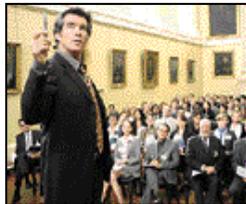
Answer: Good question. According to our medical professionals, sudden stops do not pose a danger unless the member already has a pre-existing underlying cardiac condition.

In the case of a cardiac condition, the member will have seen a

health care provider and will have been given strict instructions as to what they can and cannot do and a program of exercise that is designed for them. Thanks for your concern.

Submit your questions and concerns to action.line@sheppard.af.mil or call 6-2000. Your submission may be printed in The Sheppard Senator.

## In FILM



### Laws of Attraction (PG-13)

Today at 6:30 p.m.  
Saturday at 4:30 p.m.  
Thursday at 7 p.m.  
Pierce Brosnan, Julianne Moore - Two New York divorce attorneys often oppose each other in court, but end up irresistibly drawn to each other.



### Man on Fire (R)

Today at 9 p.m.  
Saturday at 7 p.m.  
Sunday at 4:30 p.m.  
Tuesday at 7 p.m.  
Denzel Washington, Dakota Fanning - The bodyguard of a wealthy 10 year old sets off to find her kidnappers.



### 13 Going On 30 (PG-13)

Saturday at 2 p.m.  
Sunday at 2 p.m.  
Jennifer Garner, Judy Greer - As a result of a wish she made, Jenna wakes up to be a 30-year-old woman.

## Sheppard Spotlight 15 lines of fame

- 1. Name:** Valerie Berry
- 2. Rank:** GS-4
- 3. Organization and position:** Secretary, 382nd Training Squadron, Healthcare Support Flight
- 4. Most rewarding aspect of your job:** To see the work I do positively effect the courses in my flight
- 5. Have you served in the military?** Served in the Army
- 6. Favorite military assignment:** Army Assignment - K-town in Germany
- 7. Date arrived at Sheppard:** August 1988.
- 8. Hometown:** Montgomery, Ala.
- 9. Married or single (include your family if you'd like):** Divorced-3 Children - Jonathan & wife Keesha, daughter Laura and son Stevie, and granddaughter Asia.
- 10. Favorite thing(s) to do in your free time:** Read and listen to old school and Gospel music and volunteering in the community.
- 11. Funniest childhood memory:** Trying to stop my little sister from following me around.
- 12. Favorite book or movie:** Favorite book "The Bible" Favorite movie "The Five Heartbeats."
- 13. Dream vacation:** Two

weeks in, the Bahamas with my sister. because of all he did for the Kingdom of God and the formation

14. If you could be anyone for one day, who would you be? Paul, in the Bible.



## Community

### Lake Texoma Freedom Fest

Celebrate the Freedom Fest Bash at the Lake Texoma Recreational Annex July 3 at 7 p.m. For more information, please call (903) 523-4613.

### Club activities

#### Father's Day Brunch

A Father's Day Brunch will be held at the officers club Sunday from 10:30 a.m. to 1 p.m. All Ranks are welcome. The cost will be \$10.95 for members and \$12.95 for

non-members. Cost includes a breakfast buffet, salad bar, lunch buffet, omelet bar, dessert and champagne.

#### Boss and Buddy Night

Boss and Buddy Night will be held at the Enlisted Club Thursday from 5:30 to 8 p.m. There will be beverage discounts for members.

### 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.



# Sheppard Sports



## Sheppard softball team takes second in qualifier

By Ron "Bama" Brown  
92nd Maintenance Squadron

The Sheppard Senators Men's varsity softball team finished second this weekend in the Military State Armed Forces qualifier in Euless, Texas.

It was fortunate for the Senators that their offense in the first game was as hot as the weather on the day of the tournament.

Right out of the gate, the Senators faced the always dangerous, well-schooled Lackland Warhawks. From the onset, it appeared the Senators knew they had to get on top and stay on top.

Good thing the only train pulling out of the station was the Senator express.

After putting up two runs in the first, which left Lackland ahead 3 - 2, the Senators hit their stride in the third. An eight run explosion put the Senators ahead for keeps and left Lackland staggered.

In the end, a 17 - 8 win got the Senators off to a great start. The man known as "The Senator," Buk Bukowski lead the Senator effort going a sizzling 4 for 4 at the plate.

In the next game, the day was still hot, but the Senator offense was not.

Just off an impressive rout of Randolph Air Force Base, Texas, the group from Fort Bliss, Texas, a team of young, fast and talented players played excellent softball. Whether on offense or defense, Fort Bliss just continued to

make plays. Couple this with a Senator squad that seemed to have been surprised by the heat of the day and firepower of Fort Bliss, and this one was over early. Fort Bliss was just too much in this one. After beating Randolph into early submission, they put on an equally impressive display against the Senators with a 17 - 5 beat down.

In order to get to into the finals, the Senators had to win four games in a row.

First up, the 301st Fighter Squadron from Carswell Joint Reserve Base, Texas. The 301st was coming in with a 14 - 12 come from behind win against the Sheppard softball club. They were clearly looking to sweep the Sheppard teams. However, thoughts of a sweep

were quickly pushed aside as the Senators came out strong early.

Mike Houck, who batted an impressive .820 for the tournament, led the senator onslaught. Jim Davis, .700 for the tournament, Carlos House, .625 for the tournament and David "Superman" Smith, .733 for the tournament contributed to the 24 - 5 win.

Last year's champion, Dyess AFB, Texas, was the next Senator opponent. This was one the Senators really looked forward to because it gave them a chance to avenge the loss they suffered in the finals of last year's tournament. For the better part of the game, the teams traded blows. Each team had the lead for a while before giving way to the offensive force of the other team. In

the fourth inning, the Senators put together a nine run inning, which put them ahead 16 - 12. Dyess was unable to answer back. The Senators added an additional two-run inning in the fifth and secured an 18 - 12 win.

While the Senators offense was running well throughout most of the tournament, it was becoming increasingly apparent that the Senator defense had really stepped up a notch. The infamous three-man outfield, "Los lonely Senators," was making impressive plays all day. Bill Muse, Will Daniels, and Jose Umpierre, made the great catches seem routine. Being able to play only three in the outfield allows

See SOFTBALL, Page 4B

### Sports Briefing

#### 5th Avenue to close for physical readiness training

Starting Monday, non-prior service Airmen will be having physical readiness training on the new one-mile track east of Ave K every Monday, Wednesday, and Thursday.

During that time, 5th Ave will be closed to traffic from Ave F to Ave K to march Airmen to the track.

Traffic will also be unable to cross 5th Ave from Ave F to Ave K. The street will reopen once all Airmen are safely on the track and will again shut down to march the Airmen back to their squadrons.

Below are the morning and afternoon road closure times:

Morning : 9 to 9:20 a.m. and 10:10 to 10:40 a.m.

Afternoon: 5 to 5:20 p.m. and 6:10 to 6:40 p.m.

While PRT is being conducted for NPS Airmen, the 1-mile track will be closed to the rest of the base personnel. Also, when 5th Ave is shut down during the times listed above, no vehicles will be able to exit the post office.

If you have questions concerning the PRT program, call 6-6102 or 6-5412.

#### 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 \$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 fountain beverage purchased. For every 15 annotations, bowlers and non-bowlers will receive a reward for that level.

## Reaching for dreams



Photo by Master Sgt. Efrain Gonzalez

Capt. Eli Bremer, a modern pentathlon athlete, hopes to represent the Air Force and the United States in the 2004 Summer Olympics. He is currently ranked third in the country. His sport consists of five events - shooting, fencing, free-style swimming, equestrian show jumping and cross country running.

## Airmen strive for Olympic recognition

Courtesy of Airman Magazine

Twenty-two athletes have dedicated their lives the past two years to not only serving the country as Air Force members, but hopefully as representatives of their country at the 2004 Summer Olympics in Athens, Greece, in August, where the ancient games originated.

Many of these officers and enlisted men and women are chasing Olympic dreams that began in childhood. Facing the best competition the world has to offer, most won't succeed in their efforts to make the Olympic team, and fewer still, if any, will win Olympic medals.

But their desire to give their all for that chance, that opportunity, to represent their country has been the driving force as they trained and competed as part of the Air Force World Class Athlete Program.

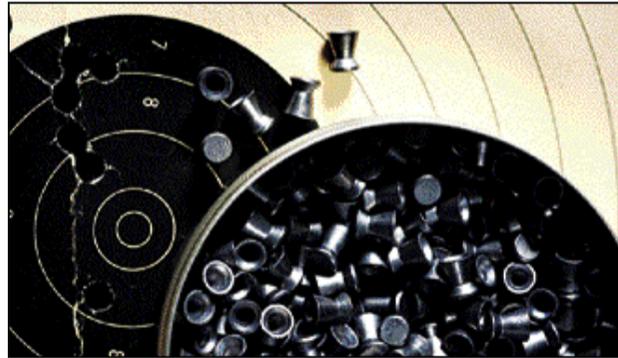
Airman features five of these ath-

letes whose recent accomplishments have made them the most likely contenders to join the 2004 Olympic team, and includes all who have given their best. After the Olympic trials, and possibly the games in Greece, they'll return to their Air Force careers. They may not return wearing medals around their necks, but they can hold their heads high for what they've accomplished personally and professionally.

#### Capt. Eli Bremer, Modern Pentathlon

Usually an officer's primary weapon is the M-9 Baretta pistol. But for one captain, his weapons of choice are an air pistol, an epee, a pool, a horse and running shoes.

Ever since he was a kid, Eli Bremer has wanted two things. Now at 26, he's accomplished one of them - graduating from the Air Force Academy - and is working hard on the other - being



Air pistol pellets, which is what Capt. Eli Bremer uses in the pentathlon.

an Olympian.

Through the World Class Athlete Program, Captain Bremer represents the Air Force as a modern pentathlon athlete, currently ranked third in the

country. The sport consists of five events - shooting, fencing, free-style swimming, equestrian show jumping

See OLYMPIC, Page 4B



Photo by Sgt. Jose L. Garcia

#### Ding ding!

CAMP AL ASAD, Iraq - Joseph Tardio, from 3rd Radio Battalion, jabs at Joshua Campbell, a heavy equipment mechanic with Combat Service Support Battalion 7. Friday Night Fight matches were held here June 11.



## 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.

### Father's Day bowling

Fathers get to bowl free with their kids Sunday from 11 a.m. to 5 p.m. at the south lanes.

### 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 non-members 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

Beginning July 5, all aerobics classes will be held at the new fitness center. The spinning classes will be

moved to the north fitness center.

### 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.

### Cardio blast

Monday at 7:15 a.m.

### Step aerobics

Tuesday and Thursday at 5:15 a.m.

### Body pump

Monday at 6 p.m.  
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.

## Pool

For more information, call 6-6494.

### Lap swimming

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

For more information, call 6-6494.

### Pool passes

The pool passes can be purchased at outdoor recreation, Information Tickets and Travel office and all of the pools.

The individual pass costs \$35 and the family pass is \$65.

### Water aerobics

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

## Youth center

For more information, call 6-5935

### Youth soccer registration

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

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

### Youth flag football registration

Youth flag football registration has started for youth ages 6 to 10 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.

# Marines run nearly 200 miles for Pennsylvania charity

By Staff Sgt. J. L. Wright Jr.  
1st Marine Corps District

RECRUITING STATION HARRISBURG, Pa. — “Most Marines run three days a week ... not three days straight!”

These are words from David Watson, supply clerk, Recruiting Station Harrisburg, Pa., after spending 72 hours running the ‘Pennsylvania Traverse 2.’

The Pennsylvania Traverse 2 is an event where 10 Marines, split in to five teams, two Marines on each and attempt to run a relay of 229 miles of the Appalachian Trail in 72 hours. The Marines started the run at the New Jersey/Pennsylvania border on May 13, and finished at the Pennsylvania/Maryland border three days later.

The goal of the event was to raise money for the Ronald McDonald House in Hershey, Pa.

“Fundraisers such as the PA Traverse allows the Ronald McDonald House to offer the comfort of home and temporary housing to over 1000 families each year,” said Kathy Denton, executive director, Ronald McDonald House.

This is the second year Marines have run the trail for charity. Last year, according to Troy M. Pugh, executive officer, RS Harrisburg, Pa., the event benefited a young boy with cancer.

“This year we initially wanted to run for a different child but we decided that it would be far too difficult to select only one,” added Pugh. “Focusing our efforts on fundraising for the Ronald

McDonald House gave us the chance to benefit many children throughout our local communities.”

“It’s not often that we get the chance to help someone out,” said Mathew Conway, administrative clerk, RS Harrisburg, Pa. “This was more than me just cutting a check to a local charity. I actually got to go out and do something to raise the money to support those in need.”

The Marines produced flyers and passed them out during their free time in order to raise the donations.

The donations came from many local businesses, Pennsylvania natives and the Marines’ family members.

“When I told my 7 year-old why daddy was going to be gone for three days, he said he felt bad for those families that needed help ... and he donated two dollars,” said Staff Sgt. Robert Campbell Jr., supply chief, RS Harrisburg, Pa.

At the end of the 72 hours, the team of Marines logged a combined total of 199.1 miles and raised more than \$1800.

“We were getting all types of support before the event and while we were out there,” said Watson. “When we were waiting our turn to run, we even ran into a former Marine who played the Marines Hymn for us on his bagpipes.”

The event was an overall success, according to Pugh. “The only thing that could be viewed as less than positive is the fact that we had to take an administrative time out due to dangerous weather conditions,” he said. “This did nothing to damper the spirit of the team



Photo by Staff Sgt. J.L. Wright

**Staff Sergeants Jerry L. Wright Jr., marketing and public affairs representative and Robert E. Campbell, supply chief, were the first to hit the trail during the PA Traverse 2 with a 7.5-mile run. Ten Marines from Recruiting Station Harrisburg split into five teams and ran the PA Traverse 2 in an effort to raise money for the Ronald McDonald House. At the end of the 72 hours, the team logged a combined total of 199.1 miles and raised more than \$1800.**

and once the weather broke we were back on the trail!”

Denton said on a personal level that

it’s spirit like this, why she holds the Marines in such high regard.

“After working with [the Marines]

on this wonderful event, my respect and admiration has only been deepened,” she concluded. “Thank you!”

## Air Force Marathon set for Sept. 18

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFPN) -- Air Force officials will hold the 8th annual Air Force Marathon here Sept. 18. The marathon will include a half-marathon, wheelchair race, four-person relay and 5K race.

The deadline for early registration is July 1, and all entries must be in by Sept. 7. The race is open to the public.

Besides traditional awards for top finishers of each race, marathon committee officials will present awards to the top finishers from each major command, as well as to the command with greatest participation.



"The Air Force Marathon is open to the public, but being a military marathon, we felt that we needed to increase the military base competition," said Bob Brodess, Air Force Marathon director.

The medals will be imprinted with the F-117 Nighthawk, this year's featured aircraft.

The course is unchanged from the past, marathon officials said.

For more information about marathon events, visit the Air Force Marathon Web site at <http://afmarathon.wpafb.af.mil>.

## SOFTBALL

The Senators to field five infielders. Opponents must overcome the psychological sight of a five-man infield, then the physical aspect of hitting against it.

Strikeforce Naval Air Station was the last obstacle in the way of a rematch against Fort Bliss.

One of these teams was going home. Fortunately for the Senators, they had the right stuff to overcome.

After overcoming a six-run deficit, Senators played even with Strikeforce throughout most of the game. With the score knotted up 14 - 14 in the fifth, Jim Davis put his usual power stamp on the game. Fifteen seconds after getting into the batter's box, he hit a

laser beam 325 feet over the left field fence.

Strikeforce never recovered from seeing that sight. Sheppard won a close one 15-14.

Joe Calderon, .733 for the tournament, pitched brilliantly and held the Strikeforce team in check throughout the game.

Now the Senators had their rematch.

Because Fort Bliss had yet to taste the bitter sting of defeat, the Senators had to beat them twice to claim the championship. The game resembled the Strikeforce game, without the six run advance.

In the bottom of the sixth inning, just when needed the most, David Smith delivered a titanic walk off home run to

secure a Senator victory, 15 - 14.

In the final game, Fort Bliss pushed back...hard. As if to signal they would not go quietly into this good night, Fort Bliss came out with an early offensive explosion, putting the Senators into a hole they were not able to pull themselves from. Every time the Senators tried to make a string of hits, the defense of Fort Bliss made brilliant defensive stops.

The 19 - 7 Fort Bliss win was no fluke, they were just that good. For the second straight year, the Senators lose in the final game of the championship round.

## TSTV schedule

Informative, educational and entertaining programming is available 24 hours a day, seven days a week on Team Sheppard TV, channel 14. In addition to Department of Defense productions, the base public communication office produces local programming exclusively for Team Sheppard.

For more information about TSTV or to share your ideas with the TSTV staff, please contact public communication at 6-1327 or check out our Web site at

<http://www.sheppard.af.mil/82trwpa/default.htm>.

### Friday June 18

10 a.m. Famous Generals: George S. Patton  
5 p.m. Level I Anti-Terrorism Briefing  
9 p.m. Weekly Commander's Corner

### Saturday June 19

10 a.m. History of the Navy: Cold War Navy (1945-1964)  
5 p.m. Air Force News Special Edition - The Centennial of Flight  
9 p.m. In Service for My Country-Sheppard Deploys

### Sunday June 20

10 a.m. Leadership Breakfast: Col Rebecca

Russell on Generosity  
5 p.m. Air Power Over Kosovo - 21st Century Command and Control  
9 p.m. Sound of Freedom: The Berlin Airlift

### Monday June 21

10 a.m. History of the Navy, Part 2  
5 p.m. Lt Clebe McClary  
9 p.m. Special Warfare Combatant Craft Crewmen: The Boat Guys

### Tuesday June 22

10 a.m. Montford Point and Beyond: A Chapter in Marine Corps History  
5 p.m. Weekly Commander's Corner  
9 p.m. Air Force Story: The Air War Against Japan

### Wednesday June 23

10 a.m. Famous Generals: Joseph W. Stilwell  
5 p.m. In Service for My Country-Sheppard Deploys  
9 p.m. Into the Mouth of the Cat: Lance Sijan

### Thursday June 24

10 a.m. The Mission and History of the Air National Guard  
5 p.m. Sound of Freedom: The Berlin Airlift  
9 p.m. Famous Generals: Dwight D. Eisenhower

**Think before you drink. Hand your keys to a wingman.**

## OLYMPIC

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and cross country running.

"It's very emotionally draining," he said. "One minute you're doing a passive, calm event like shooting, and then the next is an action event like fencing."

Captain Bremer grew up riding horses and was on both the swimming and fencing teams at the academy. But it was during his sophomore year in high school after meeting a pentathlon athlete that he first took a hard look at his own possibilities in the sport. "I never even knew what the pentathlon was, but once I heard of the events I figured I was already doing three of them, so I had nothing to lose."

Today, Captain Bremer eats, sleeps and dreams training. When he's not spending 10 hours a day at the Olympic

training center in Colorado Springs, Colo., he's putting on his blue uniform and representing the Air Force around the world. He never forgets he's still a full-time military officer.

"Being an athlete is merely an extension of my job as an officer," he said. "Sports allow us to 'touch' people as role models and ambassadors to our country."

With the help of many family and friends, Captain Bremer has the support behind him to reach his dream.

"I've had a lot of good competitions, but until you make the Olympics, all the rest don't matter. Once you're an Olympian, you're always an Olympian. No one can ever take that away." Follow Captain Bremer's journey to the Olympics at [www.usapentathlon.org](http://www.usapentathlon.org).

**For up-to-date news from across the Air Force, check out [www.af.mil](http://www.af.mil).**

**Want to quit smoking? Check out the smoking cessation classes at the health and wellness center.**