

The SHEPPARD SENATOR

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

Inside look

Sheppard member to join Thunderbird team.....Page 3

In the news

Officers club to host Sunday brunch

The officers club is scheduled to host a Sunday brunch Sunday from 10 a.m. to 2 p.m. All ranks are welcome. Cost is \$10.95 for members and \$12.95 for non-members. Membership pays! For more information, call 6-6460.

Build-a-boat fun to hit community center

Come check out the boat races Saturday at 8:30 a.m. behind the community center. Boat building begins at 8:30 a.m. Racing begins at 10:45 a.m at the main pool.

South fitness center changes hours

The south fitness center is now open 24 hours a day, seven days a week. For more information, call 6-2972.

88th FTS gets new commander

The 88th Flying Training Squadron got a new commander June 13. Lt. Col. Kevin Smith took command from Lt. Col. Eric Bogaards.

366th TRS to get new commander

The 366th Training Squadron is scheduled to get a new commander Tuesday. Lt. Col. Keith Maxwell will take command from Lt. Col. Kyle Hicks.



Photo by Mr. T. R. Steele

Seeing double

Two of the Thunderbirds perform a mirrored image aerial maneuver during Sheppard's Air Power Celebration Sunday. The Thunderbirds' performance capped a tremendous air show weekend. For more photos, see Pages 14 and 15.

Air Force adjusts target list for reenlistment bonuses

AIR FORCE PERSONNEL CENTER - Putting incentives where they're needed most, the Air Force recently revised reenlistment bonuses, adding or increasing 40 career field zones and decreasing or removing 100.

The revision to the Selective Reenlistment Bonus program includes additions of zones in two career fields that previously did not have a bonus. In addition, 10 career fields that previously had some type of bonus were deleted from the revised list.

"The SRB program is a retention tool the Air Force uses as an incentive to help keep the right people in the right jobs to accomplish our mission," said Maj. Gen. Peter Sutton, director of learning and force development, Headquarters U.S.

Air Force, Washington, D.C.

"This change [in SRBs] is the result in part of increased retention rates. But airmen should also remember that SRBs are not an entitlement," said the general. "The Air Force will continue to shift this program based on the needs of the Air Force and our Global mission."

The criteria used for determining which enlisted skills receive an SRB includes current and projected skill and total manning levels; reenlistment rates and category of enlistment, career field force structure changes, and inputs from functional career field managers. SRBs are authorized in 0.5 increments (or, multiples) and in three reenlistment zones for personnel with between 17 months and 14 years of service.

The revised AFSC listing of SRB skills includes 12 Zone A (17 months to 6 years of service), 14 Zone B (6-10 years of service), and seven Zone C (10-14 years of service) multiplier increases; two Zone A, four Zone B, and one Zone C addition, and 38 Zone A, 20 Zone B and five Zone C multiplier decreases from the previous list published in January 2002.

10 Zone A, 15 Zone B and 12 Zone C SRBs were deleted; two new AFSCs were added and 10 AFSCs were deleted in either Zones A, B, C or some combination.

To find out what AFSCs were affected, call the reenlistment office at 6-2359.



Team Sheppard Training 2003



82nd Training Wing: 31,676 students trained to replenish America's combat capability
80th Flying Training Wing: 75 combat pilots trained for the NATO Alliance





Photo by Ms. Sandy Wasswmmiller

AETC award

Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, presents the Air Education and Training Command Donald D. Dunton Senior Noncommissioned Officer Ophthalmic Technician of the Year award to Master Sgt. Julia Bailey, 383rd Training Squadron instructor supervisor.

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

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

I am personally involved in every reply, and I am committed to making Sheppard 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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This years Safety Day Fair was a complete success. The following organizations were recognized for their informative and unique booths and displays.

Safety Day Fair Booth/Display Winners

1st Place: 366th Training Squadron
Pole Climbing Demonstration

2nd Place: 82nd Security Forces Squadron
Military Working Dogs Demonstration

3rd Place: 366th TRS
Entomology Display

Honorable Mention

361st Training Squadron - Chainsaw Support

361st TRS - Life Support Display

82nd Logistics Readiness Squadron - Carpentry Safety

All participants are commended for their efforts in promoting Team Sheppard's Mishap Prevention Program. Job well done!

Dream makers: Transforming visions into realities

By Brig. Gen. Arthur Rooney Jr.

82nd Training Wing commander

As I drove down the street the other day, I noticed a young boy standing in front of one of our static display aircraft. He was looking at a fighter aircraft and then gazing into the clear blue sky.

His "day dreaming" caused me to reflect on our mission here at Sheppard: "Global training to sustain war fighter capability." In accomplishing our mission, we are making the dreams of many grown men and women (airmen) a reality.

Think about the young boy I saw standing in front of the fighter. Was he imagining himself one day as a fighter pilot, crew chief or bomb builder? All of these specialties and more are taught right here at Sheppard.

All permanent party airmen (civilian, military and contractors) play a critical role in producing airmen for the war fighter. In the process, each of you is helping to make dreams come true.

To the boy who was gazing into the distance above and all the other dreamers, William Arthur Ward said is best: "If you can imagine it, you can achieve it; if you can dream it, you can become it."



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82nd Training Wing commander

Brig. Gen. Arthur Rooney Jr.

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Sheppard member to join Thunderbird team

By 2nd Lt. Brooke Brander

Base public communication

The 80th Flying Training Wing will send a pilot to the Thunderbirds at the end of July. Capt. Scottie Zamzow, 80th Operations Group T-38 flight examiner, was selected for the 2004-2005 Thunderbird Team earlier this month.

"When I graduated from the Air Force Academy in 1994 and saw the Thunderbirds perform at our graduation, I put in the back of my mind that I would love to be a Thunderbird someday," explained Captain Zamzow. "And that has motivated me throughout my flying career."

The idea of applying to the Thunderbirds didn't come to Captain Zamzow until he arrived at Sheppard and spoke with Maj. Dann Carlson and Capt. Chris Callaghan, then T-38 instructor pilots that had been picked up for the Thunderbirds, said Captain Zamzow.

Training will begin Aug. 1 for Captain Zamzow at Luke Air Force Base where he will learn to

fly the F-16C. After completing training at Luke, he will continue on to Nellis Air Force Base, where he will begin Thunderbird Training Nov. 1. In mid-March 2004, Captain Zamzow will begin flying demonstrations with the Thunderbird Team. Captain Zamzow will be with the Thunderbirds for a two-year assignment.

"It's still all so unbelievable to me," said Captain Zamzow. "I'm beyond excited, and honored to have the opportunity to represent the men and women of the U.S. Air Force as part of the Thunderbird Team."

Captain Zamzow is an F-15E Strike Eagle pilot by trade. He began his flying career 9 years ago in 1994 at Laughlin Air Force Base, but says that his time at Sheppard will be remembered more than other assignments because it was here that he met his fiancé, Landra VanGeem.

Captain Zamzow and Landra, a Rider High School teacher, plan to marry Oct. 18th after graduating from Luke and before reporting to Nellis.



Photo by Senior Airman Sabrina Moscos

Capt. Scottie Zamzow, 80th Operations Group T-38 aircraft examiner, stands by a T-38 aircraft. He was selected to become a Thunderbird pilot.

Air Force authorizes PCS short tour credit for deployments

By Master Sgt. Randy Mitchell

AFPC Public Affairs

AIR FORCE PERSONNEL CENTER - A temporary exception to policy will award permanent change of station short tour credit to many airmen deployed overseas for recent contingency operations.

Eligible members must have been on temporary duty starting on or after Sept. 11, 2001, for a minimum of 181 consecutive days at an overseas location designated as a hostile fire/imminent danger pay area.

This credit is intended to reduce the chances of those airmen being sent as non-volunteers to an unaccompanied PCS short tour soon after a prolonged contingency deployment.

The change is an exception to current policy, which only authorizes short tour credit for members accumulating 300 or more days TDY overseas during a consecutive 18-

month period.

This exception is not without precedent.

During Operations Desert Shield and Desert Storm, an exception to policy was approved to authorize PCS short tour credit to members who served TDY in the area of responsibility for at least 181 consecutive days from Aug. 1, 1990 to June 10, 1991.

It's the members' responsibility to request PCS short tour credit through the MPF, Personnel Employment Element at their permanent duty station.

The request must be initiated after completion of the TDY voucher.

The paid voucher will be the source document used to verify the dates of TDY and if the location qualified for payment of hostile fire or imminent danger pay.

For more information, contact MPF at 6-2834.

Airmen reminded to update vRED

AIR FORCE PERSONNEL CENTER - Five months since the official turn-over of the Virtual Record of Emergency Data, more than 383,000 airmen have updated their emergency contact information.

But while this number is impressive, there's more work to be done.

"It's imperative we have every airman - active duty, Guard and Reserve - fill out their emergency contact information," said Maj. Jerry Couvillion, chief of the casualty services branch here. "The information is essential for our casualty notification teams in case an airman becomes incapacitated or worse yet, killed."

Better known as vRED, this mandatory online form replaced the paper DD Form 93, Record of Emergency Data, as the only means available for airmen to provide personal emergency information. By filling out the form from any internet connected computer, Air Force casualty has immediate access to critical information needed to contact family members if an airman becomes missing, suffers a serious illness or injury, or dies.

"Accurate and current family contact information prevents unnecessary delays," said Major Couvillion. "It also avoids hours or even days of uncertainty during which casualty teams are sometimes left to track down next of kin."

New procedures say all members should update their information electronically every six months, prior to deployments, and after permanent changes of station.

"Once the member initially completes the form, they will be able to go in at any time and update specific information as needed," he said. "It's simple and it saves time over the old paper form."

On the AFPC web page, www.afpc.randolph.af.mil, people can select the "vMPF" logo at the top of the page. New vMPF users will need to establish an account.

The online application, which will take most people about 20 minutes, asks questions such as what relatives should be contacted and what their addresses are.

For more information about the vMPF or vRED call the Air Force Contact Center toll-free at 1 (866) 229-7074.



Photo by Master Sgt. Jeff Szczeczhowski

Damage cleanup

Mr. John Bowers, a Sheppard maintenance engineer, saws through a tree that was pulled out of the ground from a thunderstorm June 10. Sheppard workers responded quickly to the damages caused by the storm.



Photo by Mr. Lynn Bullard

Check please

Col. James Silva, 962nd Training Group commander, presents a \$500.00 check on to the First Sergeant's Council. The check was presented to Senior Master Sgt. Steve Keck, First Sergeant Council president, on behalf of the 372nd Training Squadron and 373rd Training Squadron Unit Advisory Councils. The money will be used to support the Shepard First Sergeant Prisoner of War, Missing in Action Memorial. The memorial is slated for placement at the heritage center in September. Funding for the \$38,000 memorial is being raised by private donations and by selling POW/MIA coins.

Achievers

360th TRS awards

Four members of the 360th Training Squadron won Instructor of the Quarter awards recently.

Tech. Sgt. Gregory Lovings, Staff Sgt. Jamison Mullins, Ms. Peggy Feliciano and Capt. Chad Holt, instructors from the 360th TRS, won 360th Instruc-

tor of the Quarter awards.

Sergeant Lovings won the senior enlisted award. Sergeant Mullins won the junior enlisted award. Ms. Feliciano won the civilian award, and Captain Holt won the officer award.

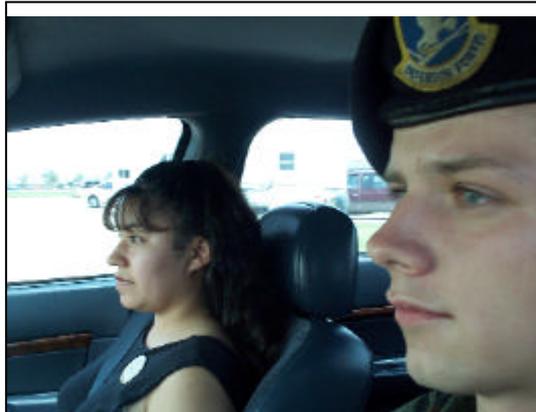


Photo by Mr. Mike Mckito

Ride along

Ms. Michelle Roberts, 82nd Services Division administrative assistant, rides along with Airman 1st Class Robert McMenamin, 82nd Security Forces Squadron patrolman, in the ride-along program. The 82nd SFS invites military members, civil service workers and family members 15 year of age or older to ride along with a patrolman. For more information, call 6-7616.

Base to hold blood drive

The base is scheduled to hold a blood drive Thursday from 9 a.m. to 3 p.m. in the small auditorium in Bldg. 1900. For more information, contact Maj. Marina Ray at 6-6430 or Staff Sgt. Hall at 6-4168

82nd SFS invites Team Sheppard members to ride along

The 82nd Security Forces Squadron invites military personnel, civil service employees and family members 15 years or older to come out and ride along with Sheppard's base police. Family members 15-17 years old require parental approval. Here is an opportunity to see firsthand what it takes to secure an installation and its resources.

This program affords members of the community the

chance to observe the complexity of police work on Sheppard.

Participants ride with patrols and observe the daily activities and incidents that take place throughout the installation.

For more information about the ride along program, call Senior Airman Shauna Snyder at 6-7616.

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

program 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.

Solid Rock Cafe offers marriage preparation, marriage enrichment

The Solid Rock Cafe now offers marriage preparation and marriage enrichment programs. The programs include marriage retreat, tape-watching sessions and marriage classes. Permanent party members are encouraged to attend. For more information, call 6-4370.

Education office reminds members about registration

Registration for the Wayland

Baptist University Summer 3 Term lasts until Tuesday. Late registration will be held Wednesday - June 27.

The term last from June 25 through Aug. 2. For more information, call 855-4322.

Education office retires some CLEP tests

Several College Level Examination Program tests at the education office will be retired June 30. General chemistry, college level German, general biology, Western Civilization 1 and Western Civilization 2 will be retired. Testing hours are Monday and Tuesday at 1 p.m. and Wednesday and Thursday at 8:30 a.m. For more information, call the education office at 6-6231.

82nd SFS combines functions

Security forces has combined pass and registration, information security and personnel security. They will be located in Bldg. 402 in room 154. This will provide the base populace with a single location to complete security clearances, inquire about information security issues and register vehicles and weapons. Bldg. 402 is located centrally on the base.

Family childcare offers employment

The family childcare office offers free training, materials and licensing to those interested in being a family childcare provider. Family childcare involves the regular care of a child in the home of another family. People who are interested in being a family childcare provider should contact Mrs. Cathy McGuire at 6-4237.

Student Activities

Happenings on base and in the community

Student center events

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. to 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.

Headthorn to play student center

Local band, Headthorn, is scheduled to play at the student center from 8 p.m. to midnight Saturday. Master Sgt. Steve Sinatra, safety superintendent at the base safety office, is the lead singer for the band. For more information, call 6-7659.

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.

Student center to hold watermelon eating contest

The student center is scheduled to hold a watermelon eating contest July 4. A BDU dance will be held afterward. For more information, call 6-7659.

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. on the big screen TV in 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.

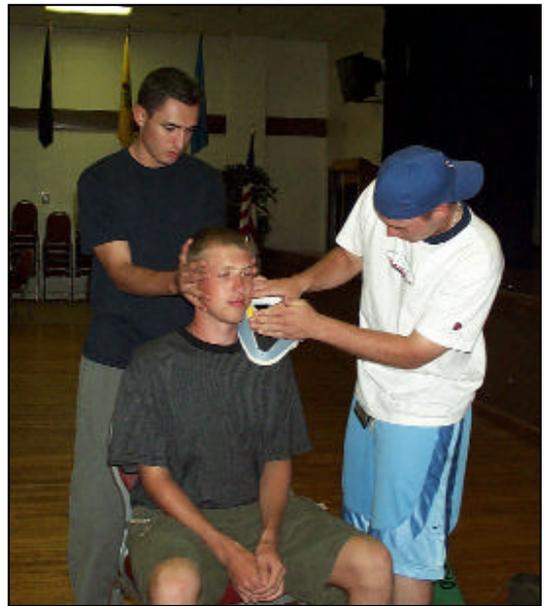


Photo by Airman Jacque Lickteig

Practice makes perfect

Airman 1st Class Estevan Vigil, Airman 1st Class Ben Janczewski and Airman 1st Class Sean Morrison, students from the 383rd Training Squadron, participate in after-hours medical training at the community center to hone their skills.



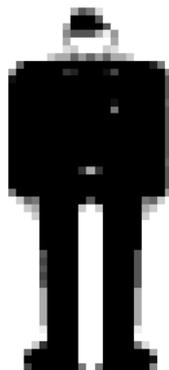
Photo by Airman Jacque Lickteig

Bang bang

Airman 1st Class Greg Aranda, a student from the 366th Training Squadron plays a video game at the community center. Services has a wide variety of games located in the community center and student center for all to enjoy.

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

Sgt. Looksharp says...



No person will wear earphones or headphones while walking, jogging, cycling, skateboarding, or roller-skating on or near any street, roadway, or sidewalk on the installation.

Ref: SAFBI 31-204, para A4.

If you have any specific questions or feel an issue needs to be included in the next article, contact the 82nd Training Wing Training Operations Standard Evaluation section at 6-6102 or e-mail them at 82TRW/StanEval@sheppard.af.mil.

To place an ad in *The Sheppard Senator*, call 767-SOLD.



Photo by Ms. Sandy Wassenmiller

Dedication

Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, and former crew chief, Mr. Duncan McKethan, retired senior master sergeant, unveil Mr. McKethan's name on an F-105D static display aircraft. Crew chief dedication ceremonies honor a person for years of dedicated service to a particular aircraft. During Mr. McKethan's 26 years of service, he was a crew chief and an instructor on the F-105, as well as other aircraft. During his career he had 24 assignments including Takhli Air Base, Thailand. This aircraft was also stationed in Takhli. Mr. McKethan acquired an Air Force Commendation Medal, an Air Force Good Conduct Medal with one bronze oak leaf cluster, a Vietnam Service Medal with three bronze stars, an Air Force Longevity Service Award with three bronze oak leaf clusters, and a Republic of Vietnam Campaign Medal.

Soundoff

What was your favorite thing about Sheppard's Air Power Celebration?



"I liked the Thunderbirds the most." ~ Tech. Sgt. Demetris Cook, 362nd Training Squadron



"The actual air show itself and the booths that sold coins and other memorabilia." ~ Master Sgt. Kathryn Marberg, base faculty development



"The old aircraft, such as the B-17, the P-47 and the P-51." ~ 2nd Lt. Ken Fraver, 360th Training Squadron



"I liked the amount of people who showed up." ~ Airman Joseph Martinez, 362 Training Squadron

Speakers Bureau seeks speakers

By Ms. Debi Smith

Base public communication

Part of our everyday experience at Sheppard is telling the mission story to new trainees, temporary duty personnel and distinguished visitors.

An exciting opportunity is taking it one step further and sharing the Air Force story with the local community.

Monthly, we get requests through our Speakers Bureau for presentations to school assemblies, clubs, civic, and professional organizations.

Speech requests may range from fifteen to forty-five minutes with an audience size of twenty to five hundred people.

We travel to Archer City, Burkburnett, Vernon, or Wichita

Falls. Speaking engagements are similar to Forrest Gump's philosophy that "life is like a box of chocolates, you never know what you're going to get."

One thing for sure, the Speakers Bureau is made up of people just like you who want to share their military life story, patriotism, career knowledge, leadership knowledge or hobbies.

Capt. Sarah Shirley, chaplain, is a great favorite with her experiences as a military chaplain, woman in the military, and humanitarian effort in Oman.

Col. Teresa Casey's family background in the World War II Gold Star Mother program was very touching to audiences during veterans and patriotic holidays.

Master Sgt. Anthony Spruell, 82nd Medical Operations Squadron, shared his military expertise during a recent school career day.

We all have a story and don't know the difference we can make until we share it.

The Speakers Bureau is our link to the communities surrounding the base.

By getting our presence and message out to public and private audiences, we strengthen the support and understanding of our mission.

If you have a passion for your career field, your military experience or an interesting hobby contact debi.smith@sheppard.af.mil.



Photo by Mr. Lynn Bullard

Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, and Mr. Darrell Coleman, Sheppard Heritage Foundation president, cut the ribbon for the opening ceremony of the heritage center Saturday. The new center has three exhibit rooms, a mini theater, a large gathering room, a conference center, an archival room and a gift shop.

First sergeant thanks Team Sheppard members for support

Master Sgt. David Coleman thanks all who helped for their services during his illness

By Master Sgt. David Coleman

982nd Maintenance Squadron

I really don't know where to begin or how to say "thank you" enough to everyone from Team Sheppard who helped my family and me during my illness.

Words cannot express the heart-felt appreciation my family and I have for the things Team Sheppard members did for me when I had double pneumonia.

Thanks to everyone for all

the prayers that were said and for the deeds that were done, from offers to take care of the lawn to the wonderful meals that were prepared on a daily basis.

To steal a phrase, Team Sheppard really "WOW'd!" me and my family.

The civilian medical staff that took care of me was surprised at how close knit an Air Force family can be!!!

I didn't deserve the love and support Team Sheppard showed, but, as a family, you did it any-

way, and I am truly grateful.

I will go to war, fight any battle or stand against any enemy with any of you.

I'm very proud to be an Air Force member, and even more proud to say that I'm a part of "Team Sheppard".

I'm on the road to recovery and happy to be back at work. Once again on behalf of the Coleman family, I say "thank you," and know that if I can assist anyone in anyway, please let me know!!!



Photo by Airman Jacque Lickteig

Master Sgt. David Coleman, 982nd Maintenance Squadron first sergeant, stands in front of a U.S. flag poster.

Base safety office explains heat stress, tips to avoid it

Michael D. Lovell

82nd Training Wing Safety Office

The days of summer are upon us.

High temperatures and humidity stress the body's ability to cool itself, and heat illness becomes a special concern during hot weather.

There are three major forms of heat illnesses: heat cramps, heat exhaustion, and heat stroke. Heat stroke is a life threatening condition.

Because of the hot and sometimes humid environment we live in, we need to be familiar with how to recognize and treat heat stress injuries.

Heat Cramps

Heat cramps are muscle spasms, which usually affect the arms, legs or stomach.

Frequently, they don't occur until sometime after work, at night, or when relaxing.

Heat cramps are caused by heavy sweating, especially when water is replaced, but not salt or potassium.

Although heat cramps can be quite painful, they usually don't result in permanent damage. To prevent them, drink electrolyte solutions during the day and try eating more fruits.

Heat Exhaustion

Heat exhaustion is more serious than heat cramps.

It occurs when the body's internal air-conditioning system is overworked.

In heat exhaustion, the surface blood vessels and capillaries, which usually enlarge to cool the blood, collapse from loss of body fluids and necessary minerals.

The symptoms of heat exhaustion include: headache, heavy sweating, intense thirst, dizziness, fatigue, loss of coordination, nausea, impaired judgment, loss of appetite, hyperventilation, tingling in hands or feet, anxiety, cool moist skin, weak and rapid pulse rate (120-200), and low to normal blood pressure.

Somebody suffering these symptoms should be moved to a cool location, such as a shaded area or air-conditioned building.

Have them lie down with their feet slightly elevated. Loosen their clothing, apply cool, wet cloths or fan them. Have them drink water or electrolyte drinks.

Try to cool them down, and have them checked by medical personnel as soon as possible.

Victims of heat exhaustion should avoid strenuous activity for at least a day, and they should continue to drink water to replace lost body fluids.

Heat Stroke

Heat stroke is a life threatening illness with a high death rate.

It occurs when the body has depleted its supply of water and salt, and the victim's body temperature rises to deadly levels.

The early symptoms of heat stroke include a high body temperature (103 degrees F); a distinct absence of sweating (usually); hot red or flushed dry skin; rapid pulse; difficulty breathing; constricted pupils; any or all

of the signs or symptoms of heat exhaustion such as dizziness, headache, nausea, vomiting, or confusion, but more severe; bizarre behavior; and high blood pressure.

Advance symptoms may be seizure or convulsions, collapse, loss of consciousness, and a body temperature of over 108° F.

It is vital to lower a heat stroke victim's body temperature. Seconds count. Pour water on them, fan them, or apply cold packs, and get them in the shade. Call 911 and get an ambulance on the way as soon as possible.

Anyone can suffer a heat illness, but by taking a few simple precautions, they can be prevented:

Condition yourself for working in hot environments - start slowly then build up to more physical work. Allow your body to adjust over a few days.

Drink lots of liquids. Don't wait until you're thirsty, by then, there's a good chance you're already on your way to being dehydrated. Electrolyte drinks are good for replacing both water and minerals lost through sweating.

Take a break if you notice you're getting a headache or you start feeling overheated. Cool off for a few minutes before going back to work.

Wear lightweight, light colored clothing when working out in the sun. Take advantage of fans and air-conditioners. Get enough sleep at night.

During these hot summer months we need to "think safety" and with a little caution and common sense, we can avoid heat illnesses.

Submit your opinions and concerns to sheppardsenator@sheppard.af.mil.

Parent Pin program recognizes Air Force parents

By Mr. David Smith

Air Education and Training Command Public Affairs

RANDOLPH AIR FORCE BASE, Texas (AETCNS) — Have you been to a basic training graduation parade at Lackland Air Force Base lately? Things have changed a lot since I graduated in February 1965.

The parade ground is the

same, but there are more airplanes. The bleachers are newer than the ones from 38 years ago.

Then, we didn't invite family and friends to basic training graduation. Today, they come by the hundreds.

I think my parents would have come if I'd invited them. I know they were always proud of my Air Force service.

Mother always called it the

Air Corps, and I always corrected her, but it never took. Dad carried a clipping from the newspaper announcing my promotion to chief master sergeant and showed it to everyone he met.

Today, you have another opportunity to make your parents proud of your service in our Air Force.

The Air Force Parent Pin

program gets your parents a snappy looking blue and silver pin with the Air Force logo emblazoned with a large, silver "P" for parent in the center.

You get the thrill of presenting their parent pin.

It costs you nothing but a few moments of your time.

Go to www.yourguardiansoffreedom.com and register your parents.

In addition to the parent pin, they receive nice notes from the Air Force secretary and chief of staff expressing their appreciation for your service.

This is a true, no-brainer, no cost, warm fuzzy for parents of Air Force members.

Visit the Web site today — your parents will be glad you did.

Got an idea for a story? Tell us about it. Send your submissions to sheppardsenator@sheppard.af.mil.



Photo by Mr. T. R. Steele

A Navy F/A-18 aircraft rips through the skies during Sheppard's Centennial Air Power Celebration Saturday.



Photo by Airman Jacque Lickteig

Brittany Vassar and Jordan Rutledge, air show spectators, step out of a static display aircraft.



Photo by Ms. Lou Anne Sledge

A paratrooper parachutes down with a U.S. flag and a prisoner of war/ missing in action flag waving in the wind as the "Star Spangled Banner" plays to signify the beginning of the air show.

Sheppard's Centennial Air Power Celebration encore performance

Photos from the air show and open house



Photo by Mr. T. R. Steele

Lima Lima soars through the skies at the air show before performing their "pop cap" maneuver.



Photo by Ms. Sandy Wassenmiller

A child rides in a kiddie airport plane at the open house. The kiddie airport had several planes for children to ride.



Photo by Mr. T. R. Steele

An F-86 and a MiG-15 take off. The pilots of the aircraft re-enacted a dogfight from the Korean War.



Photo by Mr. T. R. Steele

A plane from aerial demonstration team Tora Tora Tora flies low by show center while re-enacting a war scene.



Photo by Mr. T. R. Steele

Three of the Thunderbirds perform a tight formation fly-by. The Thunderbirds capped the weekend celebration.

General activities

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 Wednesday-Friday from 11 a.m. to 8 p.m., Saturday from 10 a.m. to 5 p.m., and Sunday from noon to 5 p.m. For more information, call 855-0118.

Enlisted club to host beach party

The enlisted club is scheduled to host a beach party Saturday from 9 p.m. to 1 a.m. The party will include contests and drink specials. For more information, call 6-2083.

Enlisted club to host jazz night

The enlisted club will host a jazz night Sunday from 6-10 p.m. For more information, call 6-2083.

Enlisted club to host dart tournament

The enlisted club will host a dart tournament Tuesday beginning at 7 p.m. Cost is \$2 each person. Call 6-2083 for more information.

Family night to take place at enlisted club

The enlisted club will hold a family night Thursday from 5:30-8 p.m. There will be an all-you-can-eat buffet and a special birthday cake for the children. There will be games and prizes. The costs are \$2.95 for children, \$5.95 for members and \$7.95 for nonmembers. Membership pays! For more information, call 6-2083.

Enlisted club to host big gong show contest

The enlisted club is scheduled to host a big gong show contest June 28 beginning at 10 p.m. Three judges will listen to the contestants sing. If the judges don't like the singing, they will hit a big gong. For more information, call 6-2083.

Child development center to hold Give Parents a Break program

The Give Parents a Break program will be held Saturday from 6-11 p.m. at the child development center.

The program offers free childcare to parents whose spouses are deployed or on extended temporary duty, parents who

are required to work extensive extended shifts or parents who are experiencing a family crisis. Call 6-2038 for more information or to check availability.

Service facilities to close for July 4

Several base facilities will close for July 4. Family childcare, the child development center, north bowling center, north fitness center, the vet clinic, the youth center, the school age program and linen exchange will be closed July 3.

Family childcare, the child development center, the enlisted club, the officers club, outdoor recreation, the library, the north bowling center, the north fitness center, ITT, the vet clinic, the youth center, the school age program, linen exchange, the ceramics shop, the auto skills center and the community center will be closed July 4.

Family child care, the child development center, the enlisted club, the officers' club, ITT, the vet clinic, the school age program and linen exchange will be closed July 5 and 6.

Club activities

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 nonmembers. 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, a video game system is available every night to play in the sports bar. 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 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.

At the Flicks

Friday 6:30 p.m.

The Lizzie McGuire Movie

Friday 9 p.m.

It Runs in the Family

Saturday 2 p.m.

Holes

Saturday 4:30 p.m.

The Lizzie McGuire Movie

Saturday 9 p.m.

It Runs in the Family

Sunday 2 p.m.

Identity

Sunday 4:30 p.m.

X2: XMEN United

Thursday 6:30 p.m.

X2: XMEN United

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

Holes (PG) – Shia Labeouf, Sigourney Weaver – A teenager is sent to Camp Green Lake for a crime he didn't commit.

The Lizzie McGuire Movie (PG) – Hilary Duff, Adam Lamberger – Lizzie and her pals plan to live la dolce vita while on a class trip to Italy. Is Italy ready for Lizzie McGuire?

It Runs in the Family (PG-13) – Kirk Douglas, Michael

Douglas – From Michael Gromberg to his son, Alex, and grandson, Asher, everyone is trying to cope with life and a distinctly different set of problems.

Identity (PG) – John Cusack, Amanda Peet – Stranded lodgers start dying in mysterious and brutal ways. They must discover the killer to prevent their own demises.

Chapel Schedule

Student programs

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

chapel rope meeting, North Chapel

Saturday, 4 p.m., Solid Rock Cafe, South Chapel

Saturday, 4 p.m., Marriage Group, South Chapel

Sunday, 5 p.m., Sunday Evening Gathering, North Chapel

Catholic activities

Mass

Saturday, 5 p.m., confessions at 4 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 Community Service, North Chapel

Sunday, 10:30 a.m. Protestant Holy

Communion Service, Hospital Chapel
Religious education

Sunday, 9 a.m., classes for ages 3 to adult, Bldg. 962

Bible studies

Tuesday, 6:00 p.m., Protestant Bible Study, South Chapel

Thursday, noon, Protestant Bible Study, South Chapel

Thursday, 7:00 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, Wednesday, 6:30 p.m., Bldg. 962, call Kalista at 6-4370

Buddhist activities, call 6-4370.

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



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.

Programming runs 24 hours on TSTV Channel 14.

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

Today

2 a.m. ~ 50 Years of the Uniformed Code of Military Justice
 7 a.m. ~ Air Force Escape and Evasion Society Interviews: *Mr. Frank Lashinsky*
 1 p.m. ~ *Maj. Gen. John Regni* on Communication

Saturday

5:30 a.m. ~ *Gen. Hap Arnold*
 9 a.m. ~ African Americans in World War II
 3 p.m. ~ Lt. Col. Richard Schwing on Passion

Sunday

10:10 a.m. ~ Night Driving Safety Tips
 10:30 a.m. ~ AFEES Interview: *Mr. Stuart Leslie*
 4:30 p.m. ~ AFEES Interview: *Mr. George Van Remmerden*

Monday

4:30 a.m. ~ Dr. Jim Lundy; Communicating for Understanding

11:30 a.m. ~ Drinking and Driving; *Carlie's Story*
 6 p.m. ~ Sound of Freedom: *The Berlin Airlift*

Tuesday

7:25 a.m. ~ AFEES Interview: *Mr. O. B. Streeper*
 4 p.m. ~ Drinking and Driving; The Sampsell Story
 8 p.m. ~ African Americans in WWII

Wednesday

9 a.m. ~ African Americans in WWII
 9:40 a.m. ~ Car Crash Physics
 10:30 p.m. ~ Dr. Jim Lundy; Communicating for Understanding

Thursday

4:30 a.m. ~ Dr. Jim Lundy; Communicating for Understanding
 10:50 a.m. ~ AFEES Interview: *Mr. Robert Davey*
 11:30 a.m. ~ The History and Mission of the Air National Guard

To make suggestions or to submit a unit video to TSTV Channel 14 call 6-2732 or e-mail TSTV@sheppard.af.mil.

Sheppard Spotlight: 15 lines of Fame

1. Name: Chad Robbins

2. Rank: Captain

3. Organization and position:

90th Flying Training Squadron,
O Flight commander

4. Hometown: Military brat, no hometown, went to high school in San Antonio and college at the Air Force Academy.

5. Married or single: Married to Marcela, no children, just one dog, Ginger.

6. Hobbies or favorite thing to do in your free time: Watch movies with my wife, acting, skiing (water and snow), fly stunt kites.

7. Funniest childhood memory: After convincing my older sister to ride on a motorcycle with me, I promptly drove into a lake (accidentally, of course), but managed to get off the bike in time to see it and my sister plunge head-first into ice-cold water. The image of a wet cat comes to mind!

8. Why did you join the Air

Force? It was in my blood! My dad was an F-111 pilot and both grandfathers served, so starting at an early age, flying for the Air Force became a dream. As I became older and wiser, though mostly older, I realized that the military really was a place that I was being called to. Service has always been important in my family, and this was the next logical step. Of course, then there was the chance to be a fighter pilot, what kid would pass that up!

9. Why do you stay in the Air Force? It's my chance to give something back. The community is great, the camaraderie is unmatched by anything in the civilian world, and—especially now—it's one of the best ways for me to try and make a difference in this world. The lessons learned in this profession both as a leader and a follower are directly applicable to just about everything else in life.

10. Date Arrived at Sheppard: Sept. 11, 2001.

11. Most rewarding aspect of your job: Seeing the students understand and watching them walk across the stage to receive their wings.

12. Favorite book or movie: The Bible.

13. What is your dream vacation? My wife and me on a European tour with a stay in a German castle, skiing in Switzerland, rug shopping in Turkey, a week in the Greek Islands, sightseeing and the enjoying the sun in Italy.

14. If you could be anyone for one day, who would you be? John, the disciple of Jesus. He was young, and he witnessed Jesus' ministry through the eyes of youthful exuberance.

15. Most prized possession: My wife, of course, though I can't say she's really a possession as much as a blessing!



Capt. Chad Robbins



Photo by Mr. Mike McKitto

Child's play

Jon Hayden, son Staff Sgt. Jon Hayden, 360th Training Squadron, and Victoria Roberts, daughter of Ms. Michelle Roberts, 82nd Services Division play in the kindergarten class at the Madrigal Youth Center School Age Program. The youth center offers a variety of programs for school-age children to participate in.

For more
information about
the youth center,
call 6-2342.

Centennial of Flight: *This week in air and space history*

June 14, 1979 – Johnson Space Center Visitor Center Mural by space artist Bob McCall dedicated: "Opening the Space Frontier: the Next Giant Step."

June 14, 1985 – Pioneer 10 was 3,410,939,980 miles from Earth at noon central time.

June 14, 1989 – The U.S. Air Force launched the first Titan IV boost rocket from Cape Cod.

June 15, 1752 – Benjamin Franklin flew a kite during a thunderstorm.

June 15, 1903 – E. E. Barnard discovered a large white spot on Saturn.

June 15, 1921 – Bessie Coleman became the first African-American woman to receive Fédération Aéronautique Internationale pilot's license.

June 16, 1963 – The first woman in space, Valentina Tereshkova, was launched into orbit on the one-day Vostok 6 mission.

June 17, 1800 – Earl of Rosse William Parsons was born. At one point he owned the world's largest telescope.



June 17, 1928 - Amelia Earhart became the first woman to cross the Atlantic.

June 18, 1983 - First use of robotic arm remote manipulator system to deploy and retrieve a satellite.

June 18, 1983 – First U.S. woman in space, Sally Ride, aboard shuttle flight STS-7.

June 18, 1178 – Canterbury monks reported the moon hit by a meteor.

June 19, 1961 – VanCraft Knitwear in Rhode Island began research on space suit components.

June 19, 1976 – Viking went into orbit around Mars.

June 20, 1913 – W. D. Billingsley was thrown out of a Wright hydroplane at an altitude of 1,600 ft., becoming the first Naval aviator to be killed in an airplane accident.

June 20, 1934 – William E. Boeing received the 1934 Daniel Guggenheim Medal for his achievements in air transportation and aircraft manufacture.

June 20, 1941 - The U.S. Army Air Force is formed.

June, 1956 - The Air Force announced plans to station a 1,500-man Strategic Air Command B-52 wing at Sheppard by 1960.

Under this "dispersal concept," SAC hoped to enhance American deterrence by scattering its manned bomber fleet to a number of Air Force bases.

There are 180 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.



Photo by Mr. Mike McKito

Swim time

Ethan Raines, son of Senior Airman Jason Raines, 360th Training Squadron, splashes in the shallow water at the Bunker Hill pool. The Bunker Hill pool is open Thursday through Tuesday from noon to 7:45 p.m. The facility has a main pool with two water slides and a kiddie pool. For more information, call 6-4161.



Photo by Airman Jacque Lickteig

Geronimo!

Nolan Aranda, military family member, dives off the high diving board into the main pool. The main pool is open Monday through Friday from 1 p.m. to 7:45 p.m., and Saturday and Sunday from noon to 7:45 p.m.

Sports Shorts

Fastlanes Bowling underway at south lanes

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

Skeet range offers skeet lessons

Skeet lessons are available at the trap and skeet range. Beginners to advanced shooters are welcome. Experienced range attendants are on hand. For more information, call 6-4141.

Spinning classes held at fitness center

The north fitness center holds spinning classes. Classes are held Monday and Wednesday at 11:30 a.m., Tuesday and Thursday at 11 a.m., Monday - Thursday at 4:30 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.

South fitness center offers coed aerobics classes daily

The aerobic center, 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.
Monday-Friday at 8 p.m.

Step aerobics

Tuesday and Thursday at 5:30 a.m.

Low impact step

Monday, Wednesday and Friday at 9:15 a.m.

Basic step

Sunday at 2 p.m.

Intermediate step

Saturday, 10:15 a.m.

Advanced step and floor

Monday, Tuesday 5 p.m.

Combo step

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

Kickboxing

Tuesday and Thursday at 7 p.m.
Sunday at 3 p.m.

Body pump

Tuesday and Thursday at 9:15 a.m.
Thursday and Saturday at 11:30 a.m.
Sunday at 4 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.

Get fit today. Visit the north or south fitness centers for a variety of equipment and classes plus the pros with the know-how to help you get in shape.

Want to quit smoking? Call the health and wellness center about smoking cessation classes at 6-4292.

Submit your sport stories to sheppard-senator@sheppard.af.mil.



Photo by Airman Jacque Lickteig

Splash

Christina Cournoyer and Lorrin Savage, foreground, burn calories with others during a water aerobics class at the main pool. Classes are held Monday, Wednesday and Friday at noon, 5 and 6:15 p.m. It's just one of many classes offered by the 82nd Services Division team.

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.