

Friday Chance of rain Lo: 49°F Hi: 56°F	Saturday Chance of rain Lo: 43°F Hi: 56°F	Sunday Chance of rain Lo: 40°F Hi: 53°F
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**New HAWC
open for
business**
See Page 1B



Hannv Fourth of July



Sheppard Senator



Combat Capability Starts Here

Vol. 57, No. 26

Sheppard Air Force Base, Texas

July 2, 2004

Occupation ends: Future of country up to Iraqis

By John Banusiewicz
American Forces Press Service

WASHINGTON — Sovereignty in Iraq passed from the Coalition Provisional Authority to the interim Iraqi government this morning, two days ahead of schedule.

In a 10-minute ceremony inside the heavily fortified "Green Zone" where coalition headquarters is located in Baghdad, CPA administrator Ambassador L. Paul Bremer III read a letter he had signed which dissolved the CPA.

"As recognized in U.N. Security Council Resolution 1546, the Coalition Provisional

Authority will cease to exist on June 28, at which point the occupation will end and the Iraqi interim government will assume and exercise full sovereign authority on behalf of the Iraqi people. I welcome Iraq's steps to take its rightful place of equality and honor among the free nations of the world," Mr. Bremer read.

Mr. Bremer boarded a helicopter shortly after the ceremony and later left the country aboard a military C-130 Hercules transport plane. It was unclear when newly appointed U.S. Ambassador John D. Negroponte would arrive in Baghdad to take charge of what

will become the world's largest U.S. Embassy.

"This is a historic and happy day for us in Iraq," said Iraqi President Ghazi al-Yawar after receiving the transfer documents. "It is a day that all Iraqis have been looking forward to. This is the day that we take our country back into the international community. We want a free and democratic Iraq, and we want a country that is a source of peace and stability for the whole world."

Iraqi Prime Minister Iyad Allawi, who reportedly sought the early transfer, expressed confidence in his government's ability to stabilize the violence-

wracked country. "This is a historical day," he said. "We feel we are capable of controlling the security situation."

A poll cited in a Defense Department document called "Five Steps to Sovereignty" said 68 percent of Iraqis have confidence in the interim Iraqi government, and 79 percent think the interim government will make things better for Iraq. The new government has an 80-percent approval rating among Iraqis, 73 percent of whom approve of Allawi, and 84 percent of whom approve of Yawar.



Photo by Staff Sgt. D. Myles Cullen

BAGHDAD, Iraq -- L. Paul Bremer III (center) leaves the "Green Zone" after signing the Iraqi sovereignty document giving authority to the interim Iraqi government here June 28.

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On the Inside

Every Airman is a sensor

Heightened awareness for possible terrorist activity is an essential element of force protection. But what exactly is "heightened awareness?"

It refers to an enhanced state of vigilance for your surroundings and the potential for danger. Simply put ... keeping an eye out for trouble.

Why the emphasis on awareness?

**For full story,
see Page 2**

Fourth wasn't always a holiday

This weekend, Americans across the country will gather with family, friends and fellow citizens to celebrate what is called our country's "birthday," the Fourth of July.

Other than Christmas and Thanksgiving, it is probably one of the most well known holidays in the United States. But, the Fourth of July wasn't declared a holiday until almost a century after America's independence was won.

**For full story,
see Page 3**

Custody of Saddam changes

The coalition officially transferred legal custody of Saddam Hussein and 11 other high-profile detainees to Iraq Wednesday.

Iraqi Prime Minister Iyad Allawi requested the transfer Tuesday, calling it an important step as Iraq takes control of its affairs after gaining sovereignty from the Coalition Provisional Authority Monday.

"We Iraqis believe that to truly be in control of our affairs and our own future, we must be in control of the destiny of the people we believe most responsible for so much of the suffering the Iraqi people endured over the past 35 years," Mr. Allawi said.

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Winds of Change

Whitmore takes reigns of premier training facility

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

Rays of sunshine pierced through the grey blanket of clouds in the morning sky, lighting spots on the dew-covered parade field and portraying the mix of emotions at Thursday's 82nd Training Wing change-of-command ceremony.

As Sheppard members watched optimistically but with heavy hearts, Brig. Gen. Arthur Rooney Jr. relinquished his more-than-two-year command of Air Education and Training Command's largest technical training operation to Brig. Gen. James Whitmore.

During the ceremony, General Whitmore acknowledged the importance of Sheppard's mission and commended Sheppard members' ability to train the Air Force's war fighters.

"I was pleased to see the motto 'Combat Capability Starts Here' when I arrived," General Whitmore, the former commander of the 455th Air Expeditionary Wing in Bagram Air Base, Afghanistan, said. "Combat capability is what this business is about."

He said he saw Sheppard's influence in the Airmen in Afghanistan, attributing the Airmen's capabilities in the field to Sheppard members' hard work and dedication. He comes to Sheppard from Afghanistan where he was also the director of the Air Component Coordination Element for the Combined Joint Task Force 180.

General Whitmore is a command pilot with more than 3,000 flying hours, 190

of which were in combat, in the F-4 Phantom and the F-16 aircraft. He flew combat missions in Operation Desert Storm.

General Whitmore earned his bachelor's degree in business administration at Memphis State University, Tenn. He earned a Master of Science degree in business management at Troy State University, Ala. He graduated the Air Command and Staff College by correspondence, the Armed Forces Staff College in Norfolk, Va., and the National War College at Fort Lesley J. McNair in Washington, D.C.

His major awards and decorations include the Defense Superior Service Medal, the Legion of Merit, a Bronze Star Medal, the Defense Meritorious Service Medal, a Meritorious Service Medal with four oak leaf clusters, an Air Medal with three oak leaf clusters, an Air Force Commendation Medal, a Southwest Asia Service Medal with a bronze star, a Kuwait Liberation Medal for service in the Kingdom of Saudi Arabia and a Kuwait Liberation Medal for service in the Government of Kuwait.

General Rooney will go on to Wright Patterson Air Force Base, Ohio, to command the Air Force Security Center. The general commanded Sheppard for more than two years.

Maj. Gen. John Regni, 2nd Air Force commander, presented a Legion of Merit second oak leaf cluster to General Rooney for his achievements while in command here. General Regni said General Rooney took broad goals and them "specific, viable programs."



Photos by Airman 1st Class Jacque Lickteig

Above, Brig. Gen. James Whitmore addresses his new troops Thursday at the Parade Ground following an 82nd Training Wing change of command ceremony. Right, outgoing-commander Brig. Gen. Arthur J. Rooney Jr. salutes a flight of airmen during the pass and review portion of the ceremony.



15 first lieutenants make grade to captain

More than 950 first lieutenants were chosen for promotion to captain, including 15 from Sheppard.

The Sheppard list included 12 first lieutenants currently stationed here, two projected gains and one loss to Air Education and Training Command.

A total of 962 lieutenants were considered for promotion by the 2004 quarterly captain selection process. The board selected 956.

Those from Sheppard

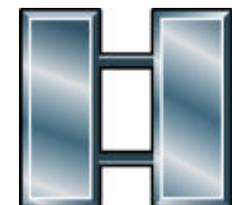
include:

Tracy Park and James Pitney, both with the 82nd Training Wing.

Erin Lagen, 882nd Training Support Squadron; Jeffrey Cathey, 82nd Aerospace medicine Squadron.

Tod Frazer, Joseph Kelly, Rene McQueen and Ernest Perez, all with the 82nd Medical Operations Squadron.

Jaimie Gallego, Richard Giampietri, Jeremy Johnston and Edward Woodward, all



assigned to the 80th Operations Support Squadron.

Mark Davis, a former member of the 80th Flying Training Wing, has been re-assigned to

Air Education and Training Command.

Projected gains to Sheppard include Stephen Anderson and Sharon Gregory.

The following are the selection statistics in-the-promotion zone:

- 777 line officers were selected from 779 considered for a 99.7 percent rate.

- Seven chaplains were selected from eight considered for an 87.5 percent rate.

- 47 judge advocate general

officers were selected from 47 considered.

- 64 nurse corps officers were selected from 65 considered for a 98.5 percent rate.

- 19 medical service corps officers were selected from 19 considered.

- 41 biomedical science corps officers were selected from 41 considered.

One line officer was selected from three considered above-the-promotion zone for a 33.3 percent rate.

CMSAF Murray discusses deployments, force shaping issues

By Airman 1st Class
Jonathan Ortiz-Torres
Air University Public Affairs

MAXWELL AIR FORCE BASE, Ala. (AETCNS) – Combat needs, not current manpower standards, are what the Air Force is using to determine how many people are filling its ranks, according to Chief Master Sgt. of the Air Force Gerald Murray.

This, he said, is the first time in Air Force history.

Chief Murray discussed this and other current issues during his visit here for the 10th Annual Worldwide Command Chief Master Sergeants' conference June 19-23.

"We're engaged in a war that perhaps is not going to end any time soon, so we need to be prepared for that," Chief Murray said. "We have to focus on training, on our leadership and our efforts of preparing our Airmen mentally, physically and emotionally to deal with the rigors of deployment."

Force shaping
One hot topic is force shaping – designed to return the Air Force to its authorized uniformed population by September 2005.

"How do we bring our force structure down by 20,000 people without losing any of our combat capabilities and without forcing out good quality Airmen that want to stay with us?" asked Chief Murray.

"That's our greatest challenge," he said, "and clearly concerns our force; however, we will continue to work toward balancing the force."

Fifteen years ago, the Air Force was 40 percent larger than it is today with about 660,000 active-duty Airmen. Today, the force is just shy of 360,000 active-duty members, yet the Air Force is deploying more than four times more than it did back in 1990 prior to operations Desert Shield and Desert Storm, Chief Murray said.

"While we are deploying more, for the first time in history over the last couple of years we have been identifying the requirements of our force based on our combat expeditionary needs, not off manpower standards on how many people (for example) we would have working here on Maxwell-Gunter Air Force Base, but truly what we would need for combat," he said.

Finding ways to reduce the number of critically manned and stressed career fields in the Air Force is also a part of the plan to balance the force. Examples are the NCO retraining program and reinstating the career job reservation program, as well as redi-



Photo by Airman 1st Class Jonathan Ortiz-Torres

recting accessions in basic training. "These measures are beginning to show a positive effect on increasing balance in our force," Chief Murray said. "And on top of that, it's also (Air Force Chief of Staff) General (John) Jumper's commitment to continue in everyday we can try to get every Airman in our Air Force to be deployable. By increasing our deployment pools, again we minimize the stress on those Airmen in constant demand."

Listening to airmen
As the chief master sergeant of the Air Force, his most important job is talking with Airmen and listening to what they are saying.

"First of all, today I see great pride in our Airmen in the jobs that they are doing out there," he said. "In 27 years of the Air Force, I have not seen the Air Force any better than what it is today."

"Our Airmen are certainly letting me know that they are challenged, and they are certainly talking about the (operations) tempo and the increased deployment workload that we're under," he said. "There's a price that we are paying by having so many Airmen deployed. It's not only how hard they're working deployed, but how hard they're also working at home stations by having teams separated."

One example of concerns being addressed is the recent pull-back of "code-C" limitations.

"Our Airmen spoke out about that," he said, "and that's part of the reason we decided to step back and conduct a thorough analysis of the processes we use to look at those individuals that are not available for deployment

due to medical limitations."

There are currently more than 7,000 Airmen that are not deployment-worldwide eligible, said Chief Murray, and about 3,600 of those are designated as permanently in that category.

"Combat readiness, deployments and deploy ability is a major concern for us," Chief Murray said. "We'll continue to work with the senior leaders of our Air Force, our Air Staff, and (Major Commands) to balance our force to meet that mission."

Quality of life
Chief Murray also added his take on quality of life issues for the force.

"We always have quality of life in our sights," he said, "because it deals with our pay, our benefits and compensations, our housing, workplace and environments that affect our Airmen and their families."

People can expect to see many improvements in infrastructure, he said. Officials have invested in renovating or replacing more than 5,000 dormitory rooms and more than 30,000 housing units across the force.

The future

It is clear that the Air Force is going through major changes, and as Chief Murray discussed in the command chief's conference, "We are leading (Airmen) in a historic and exciting time." But, what will future generations say about the Air Force today and its leaders?

"I guess I would like to be remembered as the chief master of the Air Force who built on a great legacy that was built before me," he said, "and in that legacy, to be recognized as someone who did his part ... to make the Air Force a little better place to serve in than when it was when I came into it."



Photo courtesy of the Defense Commissary Agency

And the winner is?

Joseph Yehle and Quiana Hart, center, were recently named the 2004 Defense Commissary Agency and Fisher House Scholarship winners. The Fisher House and DeCA partner to provide \$1,500 scholarships to military dependants in the Sheppard community. This year's scholarship sponsor was ConAgra Foods. Also pictured are Brig. Gen. Arthur Rooney Jr., 82nd Training Wing Commander, far right, and Ms. Hart's mother, Robin Hart, and Mr. Yehle's father, Dennis Yehle. Donna Romolton, acting store manager for the Sheppard Commissary, is pictured far left.

Every Airman is a sensor

Vigilance and awareness is best defense against terror

By Master Sgt. William Draper
Installation Antiterrorism Officer

Heightened awareness for possible terrorist activity is an essential element of force protection. But what exactly is "heightened awareness?"

It refers to an enhanced state of vigilance for your surroundings and the potential for danger. Simply put ... keeping an eye out for trouble.

Why the emphasis on awareness?
According to the Joint Chiefs of Staff's antiterrorism/force protection newsletter "The Guardian," reports of individuals conducting surveillance of U.S. military and civilian sites in the U.S. and overseas have increased, possibly indicating preoperational targeting by terrorist.

This vague and untraditional new threat requires everyone to guard against attack.

General John Jumper, Chief of Staff of the Air Force, said it best, "every airman is a sensor."

Vigilance and awareness are our best defense against the increasing threat of terrorism.

However, attaining this heightened state of awareness requires some knowledge of the threat, and that's where Level 1 Antiterrorism

(AT) Awareness Training plays a vital role.

Level 1 AT Awareness Training is an annual requirement for all CONUS based military service members and DoD employees, if the threat level is above moderate. Currently, the CONUS terrorism threat level is identified as significant, which is one level higher than moderate. Additionally, DoD personnel deploying CONUS must receive Level 1 AT Training within three months of deployment.

Military family members are also encouraged to participate.

Online-computer based training is available on the Sheppard intranet homepage, under ancillary training or by visiting <http://atawareness.org/>.

Level II certified AT instructors can also accomplish training in a classroom setting. AT Awareness Training covers important topics such as: individual protective measures, counter surveillance techniques and terrorist methods.

Remember, heightened awareness is an essential element of force protection. Do your part, complete the training, stay aware and be prepared. The lessons you learn could save your life. For more information, call 6-6720.

Squadrons welcome new leaders; group says bye to one

Four Sheppard squadrons welcomed new commanders this past week and a group said good-bye to its commander.

The 982nd Maintenance, 82nd Communication, 82nd Comptroller and 90th Flying Training squadrons received new commanders.

Maj. Laurel Smyth took command of the 982nd MXS from Lt. Col. Joseph Fawcett during a ceremony Monday.

Lt. Col. Douglas Halsell handed over command of the 82nd CS Tuesday to Maj. William Marsh.

Lt. Col. Salvatore Romeo began duties as the leader of the 90th FTS Wednesday when Lt. Col. John Kreger handed over the guidon.

Lt. Col. Kirk Schneider relinquished command of the 82nd CPTS Thursday. Lt. Col. Robert Gurner took command

of the squadron.

The 82nd TRG said good-bye to Col. Joseph Seawell following two years of service here. A relinquish of command ceremony was held Monday.

Lt. Col. James Bruno, deputy commander of the group, will be the acting commander until the group receives its new leader.

Col. Samuel Lofton III be take command July 9.

Reminder for wear of uniform

RANDOLPH AIR FORCE BASE, Texas (AETCNS) – Air Education and Training Command military members continue to demonstrate pride and heighten public awareness of the U.S. Air Force by wearing their uniforms when on official travel.

AETC Supplement 1 to Air Force Instruction 36-2903 released May 14, 2003, says all AETC military personnel will wear their uniform while traveling on temporary duty at gov-

ernment expense in the continental United States.

Airmen will wear the blue service uniform, either a short- or long-sleeve shirt including tie or tab, and the lightweight blue or leather jacket as appropriate when traveling on commercial flights.

The following are exceptions outlined in the supplement for when people may wear civilian attire:

Members with a confirmed flight upgrade under the

Congressionally approved frequent-traveler benefits program. Members are reminded they may not accept on-the-spot upgrades when in uniform.

Conditions, such as long trips with extended layovers, which would result in a less than professional appearance. During periods of heightened force protections condition Charlie or higher, the uniform wear will be reconsidered based on the continuing threat.

The Air Force's
greatest asset is
you. Don't
drink and drive.



Fourth of July wasn't always a holiday

By Carolyn Knothe

Base Public Communications

This weekend, Americans across the country will gather with family, friends and fellow citizens to celebrate what is called our country's "birthday," the Fourth of July.

Other than Christmas and Thanksgiving, it is probably one of the most well known holidays in the United States. But, the Fourth of July wasn't declared a holiday until almost a century after America's independence was won.

When Thomas Jefferson wrote the Declaration of Independence in the summer of 1776, he and the other Founding Fathers made a bold and courageous statement to England. For too long the American colonies had been held under a tight rein by the English government

and the colonists were ready for freedom.

The treasonous actions of the colonists could have resulted in death, but the men who signed the declaration believed liberty was worth the danger, and the document was publicly released July 4, 1776.

Colonists were overjoyed at the prospect of controlling their own lives and government. An uphill struggle was ahead in the Revolutionary War, but the fledgling country was ready for this challenge.

News traveled slowly in the 18th century, but towns began their own celebrations of the newfound independence as soon as the news arrived; some towns as late as January 1777. From the beginning, public festivities were a part of celebrating the Fourth of July.

According to author James R. Heintze, dinners, cannon salutes and parades were held at these early celebrations. Traditionally, a toast was given for every state in the union.

The first organized celebration, held in 1777 in Philadelphia, even included fireworks, which had long been a main event at important celebrations in Europe.

During the Revolutionary War, General George Washington gave his men a "double allowance" of rum and "sky rockets" were fired to recognize the holiday.

According to the Library of Congress, celebrations of the Fourth of July became more common after the War of 1812, when the country had chased the British out of the country a second time and national pride was high.

Events like the groundbreaking for the Erie Canal and Baltimore and Ohio Railroad were scheduled to take place on July Fourth because of their future national significance.

In 1870, Congress established the day as an official holiday, and citizens were determined to celebrate it with style. Important men gave long speeches about liberty and freedom and towns held picnics and parades. Public readings of the Declaration of Independence were also common.

These traditions have continued to the present day, where festivities often involve barbeques and fireworks shows.

The country has gone through many more wars and struggles since the Declaration was signed, yet has remained true to the values the document supports.

Briefly Speaking

Shuttle bus changes

The Sheppard shuttle bus system will run only one route today.

The red route shuttle will run its normal schedule. The blue route will not run today.

Please contact vehicle operations at 6-6813 for additional information.

PRT changes

Every Monday, Wednesday and Thursday from 9 a.m. to 9:20 a.m., 10:10 a.m. to 10:40 a.m., 5 p.m. to 5:20 p.m. and 6:10 p.m. to 6:40 p.m., 5th Ave will be closed to traffic from Ave F to Ave K to march Airmen to and from the track.

During these times, no vehicles will be able to exit the post office.

The 1-mile track will be closed to the rest of the base personnel during physical readiness training.

We apologize for any inconvenience this may cause, but know this will cause less traffic congestion than the current PRT route.

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

Commissary closed for Fourth of July

The Commissary will be closed Sunday in observance of Independence Day.

The store will resume normal hours Tuesday.

Town hall meeting in two weeks

The Sheppard manpower office will host an A-76 Town Hall Meeting July 14 at the community center.

Two separate meetings will be held to accommodate the most number of base personnel. The meetings will be at 8 a.m. and 2:30 p.m.

ACSC seminar

Recruitment for the August on-base Air Command and Staff College 11-month seminar is now underway until Aug. 2.

Visit the education services center in Bldg. 402, Room 306, to complete application and enroll.

Correction

The Sheppard Senator erroneously reported the new office hours for the separations office.

The correct hours are 9 a.m. to 3 p.m. Monday through Friday.

We apologize for any inconvenience.

Freedom Fest 2004

Sports games & contests

Friday and Saturday

Wichita Falls Parks and Recreation softball tournament.

Saturday

8 a.m. - Red, White & Blue Golf Tournament. Four-person scramble (handicap required) shotgun start. Cost: \$25, includes breakfast, lunch, cart and prizes. For information, call 6-6369.

Sunday

8 a.m. - 5 & 10 K run will begin at the South Fitness Center. Cost is \$10 per person. For more information, call 6-4808.

9 a.m. - One-pitch softball at the softball fields. Cost is \$40 per team. Call 6-7491 for more information.

10 a.m. - Mud Volleyball at the Fair Grounds. Cost is \$40 per person. For more information, call 6-7491.

6 p.m. - Softball tournament Championship Game. For more information, call 736-4277.

Family & youth activities

Family

2 p.m. - Largest lemonade: help us mix the world's largest lemonade. Show time and public serving will take place when the lemonade is complete.

2 p.m. - Rib cook-off. Judging at 5. Winner presentation at 6:30.

Youth

2 p.m. - Colossal Cookie. Judging at 3. Winner presentation at 3:30.

5 p.m. - Hot Wing Eating Contest. Winner presentation at 5:30.

Jupiter Jump
Dunking booth
Face painting
Karaoke
Speed pitch
Jail
Oreo stacking contest
Climbing wall
Clowns

Entertainment

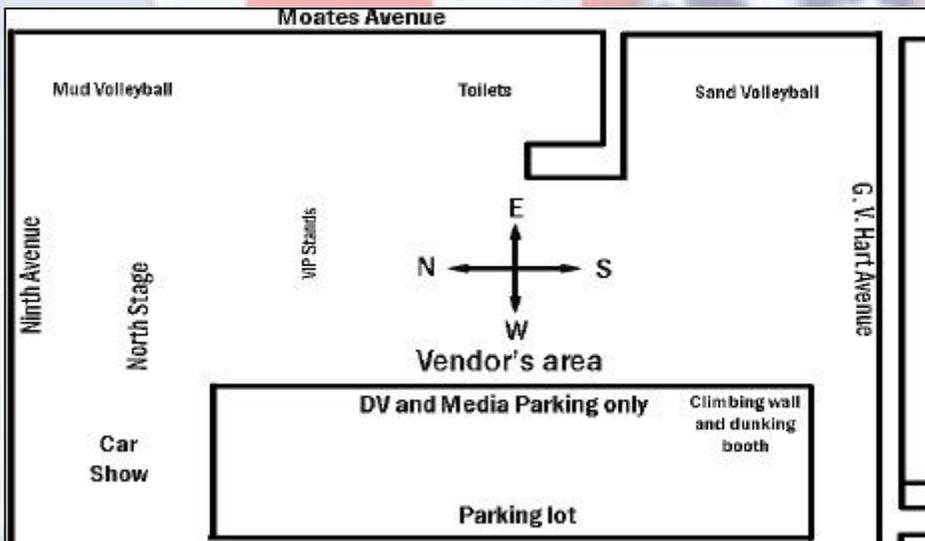
4 p.m. - Battle of the Bands, featuring performances by Carp (modern alternative rock), Five Mile Range (modern rock), Voodoo Johnson (Rock 'n Roll and blues), Silvertown (Texas music) and Mr. Meaner (rock and blues). Winner presentation will be at 7 p.m.

7:30 p.m. - Stephen Bruton Band (opening act)



9 p.m. - Malford Milligan Band (feature act)

10 p.m. - fireworks



Transition of authority more art than science

By Master Sgt. Karen Pettit
Multinational Corps-Iraq Public Affairs

BAGHDAD, Iraq (AFP) — Leading more than 160,000 troops through a transition of authority from coalition forces to the interim Iraqi government is more of an art than a science says the commanding general of Multinational Corps-Iraq.

Army Lt. Gen. Thomas F. Metz said that art comes in the delicate balance of reassigning resources for changing priorities, providing security and working with the Iraqis to rebuild their infrastructure.

"For some of our troops the ... transfer of power will not change their day-to-day mission, but for others it will be a very visible shift in focus," he said. "We will definitely see an increase in our efforts to help Iraq become more secure and

much of our effort will be behind the scenes. We're looking to the Iraqi people to take the lead in many areas, but it's not all going to happen (overnight). It's a capacity that we will have to grow over the next several months."

He said the transition means that the coalition force is now a partner to Iraq and that multinational forces will continue to conduct operations against anti-Iraqi forces. In time, the Iraqi security force will communicate its readiness to take the lead and coalition forces will begin to draw back.

While the coalition has been instrumental in restoring electricity, building sewage treatment facilities, reopening schools and numerous other civic projects, General Metz said its No. 1 concern is the security of Iraq.

"The biggest gain we'll have

after the transition, I believe, will be the amount of human intelligence we're able to gather," he said. "With Iraqis taking the lead, I think we'll see a greater amount of success in rooting out these thugs, criminals, former regime members and insurgents. Our ticket out of here is a safe and secure Iraq, and this transition brings us one step closer."

He said joint coordination centers are being set up in provinces throughout Iraq, and that security committees will oversee the safety of their areas. There will be some coalition presence in these centers, but only for training and coordinating. Some forward-deployed locations will be realigned or closed, but the coalition will always maintain the capability to re-enter an area full strength should the need arise.

One aspect of a safe and



Photo by Army Sgt. Kimberly Snow

Soldiers from the 3rd Brigade Combat Team provide site security outside a stadium in Ba'qubah June 24. Soldiers from the 3rd Brigade Reconnaissance Troop created a stronghold inside the stadium.

secure Iraq will be if the national elections scheduled for December can be done without violence. The general said having armed guards at every polling place is not the goal. There needs to be security, but it should not resemble a battle zone.

"If we can achieve that right

balance of security and freedom, then we have achieved success here," he said. "We will continue to stay as long as we're needed. We are currently seeing that as the (Iraqi security forces) take the lead, and as they become targets of these attacks, we'll be here to protect them until the threat is eliminat-

ed."

General Metz said that he appreciates the hard work and dedication of the coalition forces.

"I'm proud of your professionalism and your discipline," he said. "We put you in complex situations, and your work has strategic importance."

Saddam, 11 others now in custody of new Iraqi government

WASHINGTON, June 30, 2004 — The coalition officially transferred legal custody of Saddam Hussein and 11 other high-profile detainees to Iraq Wednesday.

Iraqi Prime Minister Iyad Allawi requested the transfer Tuesday, calling it an important step as Iraq takes control of its affairs after gaining sovereignty from the Coalition Provisional Authority Monday.

"We Iraqis believe that to truly be in control of our affairs and our own future, we must be in control of the destiny of the people we believe most responsible for so much of the suffering the Iraqi people endured over the past 35 years," Mr. Allawi said.

Saddam was charged by an Iraqi investigative judge Thursday. Salem Chalabi, head of the Special Iraqi Tribunal, said Saddam and the other

detainees will physically remain in U.S. hands until Iraqi correctional service is ready to accept them.

"The multinational force has agreed to this, and they will keep them for the Iraqis, but Iraq will keep the legal custody," Mr. Allawi said.

The agreement is formalized in a memorandum of understanding between Iraq's Ministry of Justice and Multinational Force Iraq.

Mr. Allawi said the accused will be "afforded rights that were denied by the former regime" as their cases are heard by an independent judiciary.

"The accused will have access to legal counsel, and they will have the right to appoint legal counsel," he said.

If unable to pay for their legal counsel, they will receive it free of charge, he added.

Saddam and the other detainees "may not be compelled to testify against themselves and may remain silent" during their legal proceedings, Allawi added.

Although legal proceedings are under way, Mr. Allawi acknowledged that the judicial process "will take some time," likely not beginning "for a number of months." But he assured reporters that the process will be fair and open.

"Justice will be done, however, and the process of these cases will be open for all to see," he said.

Mr. Allawi said transfer of legal custody of Saddam and others of the "most notorious and high-profile detainees" to Iraq represents a big step as Iraq enters "a new era" — its second within the past 14 months.

"Last April, Iraq began an era

free from Saddam Hussein," he said. "We Iraqis are grateful for the coalition action that liberated us from the former dictator's tyrannical grip."

With the sovereignty transfer Monday, Mr. Allawi said, Iraq has entered yet another new era that includes bringing those responsible for past atrocities to justice.

"More than 1 million Iraqis are missing as a result of events that occurred during the former regime. Hundreds of thousands of Iraqis of all religions and ethnic groups are believed to be buried in mass graves," he said.

"Those we believe most responsible for Iraq's suffering will face Iraqi justice," Mr. Allawi continued. "I know I speak for my fellow countrymen when I say I look forward to the day former regime leaders face justice, God willing."

ing in U.S. Pacific Command, said Dr. William Winkenwerder, assistant secretary of defense for health affairs. This includes troops assigned in South Korea.

Dr. Winkenwerder said he could not provide the numbers of troops affected by the policy change, other than saying "tens of thousands" would be vaccinated. The policy change, he said, was not precipitated by a definite threat increase.

"There is no substantial change to the threat situation," Dr. Winkenwerder said, explaining the increased availability of

both vaccines "will provide an additional layer of protection" for servicemembers.

Central Command troops deployed to the Afghanistan and Iraq theaters of operation had been vaccinated against smallpox and anthrax, Dr. Winkenwerder said, but now "all personnel in Central Command" will receive both vaccinations.

Servicemembers serving in selected areas of PACOM, including South Korea, also will receive the anthrax and smallpox vaccines, Dr. Winkenwerder said.

TRANSFER

Continued from Page 1

The document said the interim government will operate under the rules defined in Iraq's Transitional Administrative Law, which it called "the most liberal basic governance document in the Arab world."

At a farewell meeting June 27 with the city, regional and provincial councils in Baghdad, Mr. Bremer expressed confidence in the new government's ability to take over Iraq's affairs.

"When I arrived in Baghdad in May last year, the city was still on fire from the looters," Mr. Bremer said. "There was not a single policeman on duty in the entire city. Not in Baghdad, not in Basra, not anywhere in the country. We were producing 300 megawatts of electricity in the entire country. A lot has gotten better."

Iraq now has 100,000 police officers on duty across the country, Mr. Bremer said. "There are not enough yet in Baghdad," he added. "Schools and clinics and hospitals have been reopened, though much has to be done to improve health care in Baghdad and in the country."

The new ex-administrator expressed optimism to the council members for Iraq's future.

"I am very confident that Iraq in fact will get through this process of political development and will wind up as a beacon for countries in the region as Iraq has so often been in its very long 5,000-year history," he said. "The reason I'm confident is because of people like you, people all over the country

who are willing to take up the job and the responsibility for Iraq, because the most important thing that happens when sovereignty returns to the Iraqi government is responsibility returns to the Iraqi people."

Mr. Bremer assured the Iraqi leaders that they won't have to go it alone.

"We will still be here to help you," he said. "The multinational forces will still be here to help with security until the Iraqi forces are able on their own to deal with security. The American government will be here in the form of a very large American Embassy, which will help work with Iraqis to oversee the reconstruction projects which are now beginning already to make an impact on the Iraqi economy."

The United States will spend almost \$19 billion in Iraq over the next 15 to 18 months, Mr. Bremer said, much of it on rebuilding of old infrastructure like electricity, water and sewage systems.

Another transfer took place earlier, as all five Iraqi armed forces recruiting centers formally were placed under the Iraqi defense ministry. The ceremony was conducted on a 227-applicant recruiting day — a single-day high for June, officials said.

The transfer was largely a formality, officials added, as the recruiting efforts at the country's stations in Baghdad, Basrah, Mosul, Sulaymaniyah and Irbil have been almost entirely Iraqi-run for nearly two months.

By Gerry Gilmore

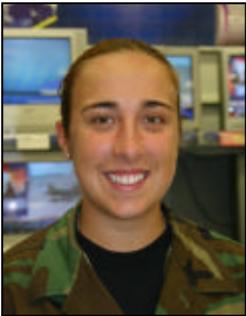
American Forces Press Service

WASHINGTON (AFP) — More U.S. servicemembers, including those serving in South Korea, will be vaccinated against smallpox and anthrax, the Defense Department's senior medical adviser said June 30.

The availability of additional smallpox and anthrax vaccine will allow for vaccinating all servicemembers assigned to U.S. Central Command, and many serv-

Soundoff

What is your favorite July 4th activity?



"Watching fireworks," Airman 1st Class Kristen Teague, 365th TRS



"Swimming," Mary Shipp, Sheppard Bank



"Relaxing and barbecuing," Steve Burwell, base library



"Hanging out with my friends and family," Yvonne Adger, base exchange



"Watching firecrackers," Stefan Lamirault, DoD civilian family member

Paying dues

Grandson gives grandfather long-delayed Medals

By 1st Lt. Brooke Brander
Base public communication

Better 58 years later than never.

Capt. Mark Ashman, 360th Training Squadron instructor will present his grandfather, Morton J. Bunt, five medals and one Sharpshooter badge for his service in World War II, in Pittsfield, Mass., Sunday.

Mr. Bunt served in the Army Air Corps' 2005th Ordnance Maintenance Company in the China-Burma-India Theater during WWII and was awarded the Army Good Conduct medal, American Campaign medal, Asiatic-Pacific Campaign medal with two Bronze Star attachments, WWII Victory medal, Honorable Service Lapel Button WWII and Sharpshooter Badge with Rifle Bar this year for his service.

The paper work for Bunt's medals was never submitted, explained Captain Ashman and he decided to take it upon himself to submit the necessary documents and papers to ensure his grandfather was properly honored for his service in WWII.

"My grandfather mentioned to me that he had been awarded some medals for his service in World War II," said Captain Ashman. "I wanted to get those medals for him and I'm glad he

will finally have them after all these years."

Mr. Bunt served in from Dec. 1, 1942 through March 13, 1946 when he was honorably discharged at the rank of Staff Sergeant.

As a member of the 2005th OMC, Mr. Bunt drove heavy vehicles in connection, salvage and recovery of ordnance equipment for 21 months in the CBI Theater.

"Never in my wildest dreams would I have imagined that I would be awarded these medals at my age by my grandson who I'm so very proud of," said Mr. Bunt.

Captain Ashman is a munitions maintenance instructor at the Aircraft and Munitions Maintenance Officer Course. He arrived at Sheppard July 2003 after two years at Barksdale Air Force Base as the flight commander of the cruise missile maintenance flight.

"One of the most valuable lessons I have learned as a young officer in the United States Air Force is that you must recognize your troops for a job well done," said Captain Ashman. "It fills me with pride to present my grandfather with these medals because he is a true war hero and is most deserving to receive these honors."



Army Staff Sgt. Morton Bunt during World War II.

Courtesy photo

Firefighters protect people, resources

By Staff Sgt. Jeremy Larlee

447th Air Expeditionary Group Public Affairs

BAGHDAD, Iraq (AFP) – Forty-five seconds is all it takes. In the right conditions, it would only take that amount of time for one of the many tents at Camp Sather here to burn to the ground.

It is the job of the 33 firefighters assigned to the 447th Expeditionary Civil Engineer Squadron to prevent fires and quickly extinguish ones that start.

"Air Force fire protection's mission as always is to support the flying mission and to protect life and property," said Master Sgt. Gerald Johnson, the 447th Air Expeditionary Group fire chief who is deployed from Langley Air Force Base, Va. "As long as there are aircraft and the people to keep them flying, we will be here."

Airman 1st Class James Thompson said he was nervous and excited when he found he was deploying to Iraq.

Airman Thompson, who is from Barksdale AFB, La., said the experience has been the pinnacle of his two-year career.

"I really feel like I am doing something important here," Airman Thompson said. "The situations here can be tough, but it is not as bad as I thought it would be."

The firefighters saw action recently when they were the initial responders to a large fire at a nearby Army post. More than 100 local firefighters responded to help battle the blaze.

"That large fire that destroyed so much was without doubt caused and fueled by the dry vegetation found everywhere in this area," Sergeant Johnson said. "On that day, we also had winds blowing at (more than 39 mph)."

One prime challenge the firefighters face is the limited water supply. Unlike a stateside base, the

living areas at Camp Sather have no hydrant system, Sergeant Johnson said. The water supply they use is also the water the rest of the camp uses for showers, toilets, and washing hands and clothes. Water conservation is important.

The high temperatures in Iraq fuel fire conditions and pose a threat to firefighters' health and safety.

"The factors make for the worst conditions the firefighters have had to work in," Sergeant Johnson said. "As we go through the normal day with high heat-stress levels, imagine donning a full set of firefighting gear and fighting [a] fire for an hour or more."

The risk to health means performing as a team is mandatory.

"It's absolutely vital to our accomplishing our mission," Sergeant Johnson said. "Every person has a role to fill. The fire chief (coordinates) over-all actions through the troop with the water nozzle in his or her hands. (Each is) a vital part of the team. Each role depends on the others to ensure the desired outcome."

Besides working together they have to coexist with other people at Camp Sather as well.

"I think that the Air Force has cornered the market on pulling together when needs arise," Sergeant Johnson said. "We all deployed with the understanding that none of us can accomplish the mission alone. It takes teamwork and support. I have found that here."

The extreme climate makes enforcing proper fire-safety rules vital.

"Because of these conditions, we preach fire prevention and enforce many strict practices, like proper spacing between tents, no storage between tents, no smoking in or around tents, and having working smoke detectors and fire extinguishers in each tent," Sergeant Johnson said.

Call
6-AADD
for a ride
home
after a
night out.

Have a safe
Fourth of July.
Use your ORM.

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

Sheppard Senator

Brig. Gen. James Whitmore, 82nd Training Wing commander

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Published by the Times Publishing Company of Wichita Falls, Texas, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 82nd Training Wing.

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Commander's Corner



Photo by Sandy Wassenniller

Maj. Manning Brown, 82nd Training Wing Public Communication director, presents an honorary public affairs Airman certificate to Brig. Gen. Arthur Rooney, former 82nd TRW commander.

Ensuring professional images

By Gen. John Jumper
 Air Force chief of staff

WASHINGTON – Our new Air Force fitness program has been in effect for nearly six months now and I am very pleased with what I see going on around our Air Force. Airmen are exercising more and fitness center usage is up.

I'm glad to see so many Airmen incorporating physical fitness into their routine -- an active lifestyle can provide important benefits to personal physical and mental well-being. But as I've said before, there's a zero percent chance we got the program 100 percent right the first time. I continue to receive feedback and we'll continue to make changes as needed.

In my first "Fit to Fight" Sight Picture, I spoke directly to commanders about their responsibilities -- including their responsibility to ensure their people pass the commander's eyeball test. Feedback suggests this area requires more emphasis.

As I've said, commanders must be out routinely exercising with their unit to evaluate their squadron's overall fitness and that of individual members. Equally important, commanders must ensure Airmen present a professional image while in uniform. They must lead by example -- demonstrating an example of a professional image for their Airmen to follow and enforcing the standards they

embody.

There will be some individuals who can pass our fitness standards but do not present a professional military image. In these instances, I expect commanders to provide direct feedback to those individuals and, if needed, mandate their participation in the multiple fitness educational programs offered by our health and wellness centers. An upcoming change to our fitness Air Force instruction will clarify commanders' discretion in referring Airmen for training.

Additionally, I continue to receive feedback regarding the components of the fitness test and scoring methodology. This fall, the surgeon general will convene a panel of medical experts from inside and outside the Department of Defense to analyze our first year of fitness testing results and determine if our standards are where they need to be. As these standards are reassessed, we will continue to examine how we document unit and individual fitness scores on performance reports.

This overall review will also include input from commanders to evaluate compliance, identify shortfalls, and recommend course corrections to ensure we are on track with providing an environment that supports fitness and appearance standards.

Physical fitness and a professional image: two important aspects of being an Airman.

Base track

Question: I was, at one time, an active-duty military member, and now I am a dependent wife. It is safe to say I am familiar with the Air Force fitness standard.

I walk at the base track on a regular basis, normally five days a week, unless the weather is bad, and some of the military members are very rude!

When I walk at the track, I walk in lanes five and six ensuring I stay out of the way of those members who are testing, or those who are doing their required exercise.

What has me upset is the fact that members waiting to begin exercising or testing will stand in these lanes, directly in front

of the bleachers, with no regard to other people using the track. Attempts to get them to move by saying excuse me or walking through the middle of the crowd are met with comments that are not welcome. Additionally, I have, on several occasions, been told members were testing and I should stay out of their way. That is just common courtesy.

It would be really nice if your military members could be courteous to other people exercising and get out of their way, as they expect us to do when they are exercising and testing. It is common courtesy!

Answer: Thank you for your concerns and comments. The implementation of

the new fitness standards here at Sheppard is very challenging and with 30+ squadrons and wing staff agencies having to satisfy these new requirements, the track can get crowded.

That being said, you are absolutely correct when you state people can and should be more courteous. To not interfere with others, we all need to do simple things like if you're walking, stay in the outside lanes or if you're waiting to run/walk stay off the track. Services will post an information sign on etiquette at the track and work with base public communications to print an article in the Sheppard paper asking people to be more considerate on the track. Additionally, the new running track out by the flight

Secretary, chief send Fourth of July message

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

"Happy birthday, America! For the last 228 years our nation has been the beacon for peace,

freedom and opportunity around the world. America earned that reputation through courageous acts of patriotism by our founding fathers and through bravery on battlefields from Bunker Hill to Baghdad.

"On Sunday, we'll celebrate with family and friends the joys of peace and the blessings of freedom. As you celebrate, please remember those who paid the ultimate price defending the values established by our forefathers in forging our great nation.

"This Independence Day is especially meaningful as we support the rebirth of Iraqi sovereignty and defend freedom far from home. Today, Airmen are deployed all over the world, engaged on all fronts in the Global War on Terrorism, carrying freedom's torch. Please



Gen. John Jumper

remember our deployed Airmen in your thoughts and prayers on the 4th of July.

"America looks to you as their representatives of pride, strength and perseverance in times of peace and war. We're proud of you and salute your great service. We wish you and your families a safe and happy 4th of July!"



Dr. James Roche



Celebrating America's birth

By Gen. Don Cook
 Commander of Air Education and Training Command

RANDOLPH AIR FORCE BASE, Texas – Sixty years ago, as more than 12,000 allied aircraft, about 5,000 naval vessels and 150,000 soldiers were heading toward Normandy Beach, President Eisenhower assured America victory in war and restoration of liberty.

President Ronald Reagan reminded America on the 40th anniversary of D-Day that "From a terrible war we learned that unity made us invincible; now, in peace, that same unity makes us secure."

That unity served as the foundation of our nation when 228 years ago, 56 indi-

viduals from the 13 original colonies signed the Declaration of Independence. Absolved from any allegiance to Great Britain, the American colonies declared themselves free and independent.

That unity and expeditionary mindset is also the foundation for our Air Force.

Since the Air Force's beginning, U.S. Air Force members have played a significant role in keeping America's declared independence. From its creation in 1947 to today, our Airmen continue to serve with selflessness and unwavering dedication to preserve our country's freedom just as our founding fathers did in 1776.

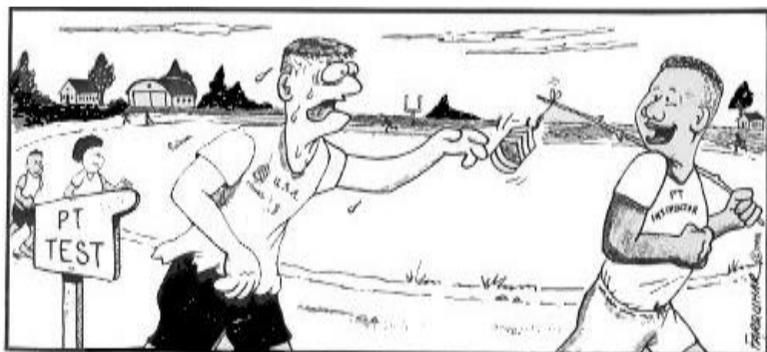
As you prepare to celebrate this special day with

your families and friends, I ask that you take a few minutes to remember the sacrifices so many U.S. patriots throughout history have made to ensure our inalienable rights of life, liberty, equality and the pursuit of happiness.

Remember, too, those military men and women serving overseas today who won't be celebrating America's birth on her shores.

On July 4th, pause to remember our heritage and to celebrate the birth of the United States of America, showing pride for the men and women who have made our country what it is today -- the land of the free and the home of the brave.

Have a happy and safe Independence Day!



Action lines

line behind Bldg. 1600 will open soon and provide additional capacity for runners. With the exception of non-prior-service physical conditioning during the week, this may provide another viable option for you. If someone is discourteous to you, ask that person their name and what unit they are assigned and report them to their officer-in-charge. Should you have any other questions, comments, or concerns please feel free to contact Capt. Libby Itanen at 6-2745.

Stray animals

Question: I am an animal lover, and it really bothers me to see stray dogs and cats running around the base. I am trying to find out what the base is doing to help with the stray

animal problem. I think this is a serious issue with the seven animals that have tested positive for rabies this year. What is the base doing to keep our families safe from rabid animals?

Answer: We, too, take the stray animals issue very seriously. When a stray animal is reported to security forces, we respond and make every effort to capture it. During our routine patrols on the base, if our troops notice a stray, we attempt to capture the animal. When under our control we provide shelter, food and water until owners retrieve them or the need arises to turn them over to the Humane Society.

Housing occupants are required to maintain control of

their pet(s) at all times, even when locked behind a fence. Failure to control a pet is a cause for eviction from housing. Pet owners have the opportunity to retrieve their pets from us until the turnover is complete; afterwards, they must contact the Humane Society. Should you see a stray animal on base please contact us at 6-2981. Again, thank you 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

Godsend (PG-13)

Today at 6:30 p.m.
Saturday at 4:30 p.m.
Sunday at 4 p.m.
Greg Kinnear, Rebecca Romijn-Stamos - Following their son's death, Jessie and Paul befriend a doctor to bring their boy back to life.

Troy (R)

Today at 9 p.m.
Saturday at 7 p.m.
Sunday at 4:30 p.m.
Thursday at 7 p.m.
Brad Pitt, Eric Bana - Set in ancient Greece, Paris the Prince of Troy, begins an affair with Helen, the Queen of Sparta.

Breaking All the Rules (PG-13)

Saturday at 2 p.m.
Sunday at 2 p.m.
Jamie Foxx, Gabrielle Union - Quincy writes a book advising guys to avoid heartache by breaking up with their girlfriends before they can get hurt.

Sheppard Spotlight 15 lines of fame

1. **Name:** Amanda Jacobs
2. **Rank:** airman first class
3. **Organization and position:** 82nd Civil Engineer Squadron Readiness Flight, readiness apprentice
4. **Most rewarding aspect of your job:** Instructing.
5. **Why did you join the Air Force?** To get my education and see the world.
6. **Favorite military assignment:** Sheppard, which is my first assignment. I leave for Incirlik, Turkey, in January.
7. **Date arrived at Sheppard:** Nov. 17.
8. **Hometown:** Shanksville, Penn.
9. **Married or single (include your family if you'd like):** Single.
10. **Favorite thing(s) to do in your free time:** Hanging with my friends, working out, going dancing and just having fun.
11. **Funniest childhood memory:** Not sure...there is too many. My childhood was pretty exciting. There was never a dull moment.
12. **Favorite book or movie:** "Remember the Titans."
13. **Dream vacation:** An all-inclusive cruise to the Caribbean or Alaska
14. **If you could be anyone for one day, who would you be?** Either the President or General just to see what their day is like.
15. **Other than your family, what is your most prized possession?** My friends because no matter what they will always be there for me, and I would do anything for them.



Community

Lake Texoma Freedom Bash

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

Fourth of July

Fourth of July closings

Officer's Club will be closed for lunch today. However, it will be open for normal bar operations.

The clubs will have normal hours Saturday.

The clubs will be closed Sunday and Monday.

The auto skills center will be closed Sunday.

The child development center will be closed today, Saturday, Sunday and Monday. It will resume normal business hours Tuesday.

The community center will be open from noon to 8 p.m. today and Saturday. It will be closed Sunday and Monday.

ITT will be open today from 9 a.m. to 6 p.m. and will be closed Saturday, Sunday and Monday.

ITT

Six Flags

ITT will host a trip to Six Flags Saturday. The cost is \$40 per person and includes transportation and admission. A \$5 late fee will apply since the

deadline for registration has passed. For more information, call 6-2302.

Chapel schedule

Catholic services

Confession by appointments only

Sunday

Mass: 9 a.m. (south chapel) and noon (Solid Rock Cafe) and 5 p.m. (south chapel)

Religious education: pre-kindergarten through adult: 10:30 to 11:40 a.m. (Bldg. 962) RCIA: 1:30 to 3 p.m. (Bldg. 962)

Daily Mass

Tuesday, Wednesday and Thursday: 11:30 a.m. (south chapel)

Protestant services

Sunday

10:30 a.m. Community Worship (north chapel)

10:30 a.m. Inspirational Gospel Worship (south chapel)

10:30 a.m. Holy Communion Worship (Solid Rock Cafe)

Protestant Parish Ministries

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

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

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

Protestant Religious education

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

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

WOC Thursday Bible study, 6 p.m.

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

Student stuff

Hot dog eating contest

The student center will host a hot dog eating contest Saturday from 8 to 8:30 p.m.

The student who eats the most hot dogs will win a 200 minute phone card, a \$5 game card and a free BDU dance pass. For more information, call 6-7659.

FITS

Saturday - 3-on-3 basketball will begin at 10 a.m. at the north fitness center. For more information, call 6-6336.

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.

Sergeants selected for promotion

Editor's note: These names were not included in last week's technical sergeant promotees announcement.

82nd MDOS
Brian L. Stavely
Eugene A. Truman

82nd MDSS
Aaron M. Wright

82nd SFS
Douglas B. Armbrust
Tony A. Smith

82nd TRW
Matthew R. Arnold
Whitney J. Matthews
Francis A. S. Rivera

Yvonne A. Schrecker
Carmen G. Smith

882nd TRG OI: P102
Jason R. Conley

882nd TRG OI: P129
Tami J. Anderson

89th FTS
Karri J. Folsom
Rebecca Fullerton

982nd MXS
Felton Joshua

82nd MSS
Darrell D. Fluker
Patrick S. Loftus

Have a story idea? Submit it to sheppardsenator@sheppard.af.mil

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

Airman
pounds 100
pounds with
hard work



Sheppard Sports



Airman
trades in
blues for
Met pin
stripes

See Page 4B

See Page 3B

Vol. 57, No. 26

July 2, 2004

Sheppard's main gym opens to a slam dunk

By Senior Airman Chris Powell
Senator sports editor

Sheppard's main gym opened its doors Tuesday during the grand opening kicked off by Brig. Gen. Arthur Rooney Jr., former 82nd Training Wing commander, dunking a basketball to the "Rocky" theme song.

Once inside, people who attended the ceremony realized Sheppard also made a slam dunk in getting equipment for the main gym that were only dreamed about a few years ago.

The total cost of the gym was nearly \$7 million.

Some of the things the new gym has are an aerobics room, a cardio room, a strength and free weight room, two racquetball courts, saunas, a basketball court and a juice bar, said Cindy Conn, chief of fitness and sports.

Also included in the main gym is a new health and wellness center.

"The new fitness program has placed an added emphasis on healthy life styles, fitness and exercise," said Lt. Col. Nancy Opheim, health promotions flight commander. "The new building is a modern facility and the atmosphere is positive and conducive to learning and life-style changes."

The new HAWC has several classrooms and a relaxation room with about half a dozen massage chairs and a kitchen to teach healthy cooking and eating.

It's important to add another fitness center because both fitness centers are at their maximum capacity, Conn said.

While people can continue to exercise at the fitness center, they will also be able to take advantage of all the benefits the HAWC offers, as well.

Along with the new building, there will also be new equipment.

The fitness center also received \$488,000 worth of equipment, Conn said.



Photo by Senior Airman Chris Powell

Brig. Gen. Arthur Rooney Jr., former 82nd Training Wing commander, dribbles a basketball in preparation of dunking it to open Sheppard's new main gym Tuesday.

Sports Briefing

5th Avenue to close for physical readiness training

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.

Men's and women's softball tournaments

The men's and women's softball tournaments are at 9 a.m. Saturday at the Wichita Falls softball complex. The championship game will be played on the Sheppard little league

T-shirts will be awarded for the first and second-place teams with the third-place team receiving a team trophy. Call 6-4277 for more information.

One-pitch softball

There is a one-pitch softball tournament at 9 a.m. Sunday during Freedom Fest at the little-league fields.

Cost is \$40 per team. Call 6-7491 for more information.

Mud volleyball tournament

The mud volleyball tournament is from 10 to 11 a.m. Sunday during Freedom Fest at the north-east corner of the parade grounds.

Cost is \$40 per team, and the deadline to enter is July 1. Call 6-2972 for more information.

Lil' Kicker's soccer sign ups

Registration for the Lil' Kicker's Soccer program is from 10 a.m. to 5 p.m. Monday through Friday at the Madrigal youth center. Practice will start Sept. 6.

Cost is \$25 per child. Participants will practice once a week and each child will receive a shirt, medallion and a picnic at the end.

Hammerthrower plans to make his mark at Olympics



Courtesy photo

First Lt. James Parker, from Malmstrom Air Force Base, Mont., is small by hammerthrowing standards, but he believes that will give him an edge because it allows him to spin faster.

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.

1st Lt. James Parker, Hammer Throw

He spins so quickly the 35-pound metal ball at the end of the wire makes a hollow, swishing sound. Bystanders instinctively step back a few paces for safety.

"If I let go at the wrong time, the hammer could kill someone," said 1st Lt. James Parker while practicing on an inactive runway at Malmstrom Air Force Base, Mont.

A 35-pound steel ball traveling 50 to 60 mph could kill a human. It's a good thing he's in the sport for the distance, not the body count, because he's the best America has to offer in the sport of hammer throwing. Like most throwing events, the competition is decid-

ed by who can throw the ball the farthest.

Historians believe the sport's origins date to European Celts who would toss chariot wheels attached to axles. It evolved in Scotland, where they tossed sledgehammers. The ball used in today's Olympics weighs 16 pounds. The lieutenant practices with 35-pounders before switching to the regulation weight.

By competitive standards, Lieutenant Parker is small. But that's a good thing, he thinks. It's all about spinning, speed and lift.

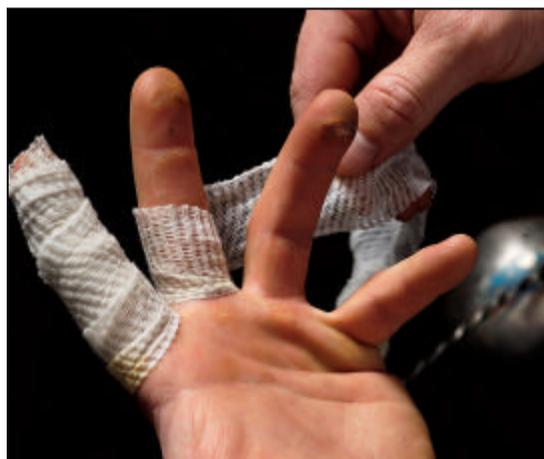
Spinning: His small stature allows him to spin like a Tasmanian devil.

Speed: Since he can spin quicker, his hammer gains more momentum at the time of release.

Lift: Letting go at the precise moment and at the correct angle allows the ball to travel farther.

"Because I'm smaller, I have to be technically better and faster," Lieutenant Parker said.

Before entering the World Class Athlete Program, the lieutenant was Malmstrom's director of sports and



Courtesy photo

First Lt. James Parker wraps bandages around his calloused fingers.

fitness. It's a job he'd like to keep once he completes his stint in the program.

Follow Lieutenant Parker's journey to the Olympics at www.usaf.org.

Air Force members make big waves at annual surfing invitational

By Tech. Sgt. Mark Munsey
15th Airlift Wing Public Affairs

HICKAM AIR FORCE BASE, Hawaii (AFP) - Under picture-perfect tropical skies, more than 70 surfers from all five branches of the armed services competed for bragging rights in the third annual Military Surfing Invitational at Oahu's Kewalo Basin on June 26 and 27.

The Air Force team took second place in the overall "Best of Branch" competition, with several team competitors winning or placing in individual events.

Dee Marquez took second in both the women's short- and long-board competitions.

Ollney Ho'opai and Buster Kellum dominated the retiree division, taking first and second place, respectively, in the short-board competition and second and third place, respectively, in the long-board competition.

In addition, Kellum garnered second place

in the Department of Defense long-board competition.

Ho'opai and Kellum work as civilians on base.

While this may be the latest round of dual surfing recognition for the duo, it is far from the first. Along with invitational coordinator Shorty Simonson, the three began boarding in island-surfing competitions more than 35 years ago.

"Shorty was the Armed Forces Surf Club president in 1968 and competed in the inaugural Hawaii Armed Forces Championship that year," Kellum said. "Shorty was the contest director when I became the first Air Force surfer to win the competition in 1970, and Ollney and I took turns winning the competition through 1974.

"It's great to come back year after year and see the same old faces, though some of our faces are older than others," he said.

Among the younger faces was the Air

See SURFING Page 2

Marines honored during NASCAR season

By Staff Sgt. Marc Ayala
Marine Corps Recruiting Command

MARINE CORPS RECRUITING COMMAND, Quantico, Va. - In support of the troops overseas and in the United States Marine Corps, Coors Brewing Company will display a special Marine Corps paint scheme on their Nextel Cup Series No. 40 Coors Light Dodge in the Pepsi 400 at Daytona, Florida, July 3, 2004.

The team will display the title Marines and an Eagle, Globe and Anchor logo on the hood of the racecar. This is the second of four races of the 2004 season where the team will display the paint scheme.

"Coors is proud to be running a Marines paint scheme for four races this season," said Steve Saunders, Director of Event Marketing for Coors Brewing Company. "Coors has a long tradition of supporting the men and women in the armed forces."

Coors approached their car owner, Chip Ganassi Racing with Felix Sabates, and then the Commandant of the Marine Corps

See HONORED, Page 4

Bowling

For more information, call 6-2170.

No Tap Tournament

There is a No Tap Tournament at 7 p.m. Saturday.
Cost is \$13 per person.

Combo bowling held every Thursday

Combo bowling will be held every Thursday at 12:30 p.m. at the south lanes.

For more information, call Donna Dobbins at 569-2430 or Vivian Umlah at 569-1619.

Rock It Bowl at the north lanes

A glow-in-the-dark Rock It Bowl takes place every Friday and Saturday night from 5 to 11 p.m. at the north lanes.

Birthday parties at the south

To bowl at a birthday party at the south fitness center costs \$1.50 per game and \$1 for shoes.

Attendants are allowed to bring in a cake or ice cream but any drinks or any other food items have to be purchased from the snack bar.

Birthday parties at the north

To bowl at a Glow Bowling birthday party at the north fitness center costs \$2 per game and \$1 for shoes.

Attendants are allowed to bring in a

cake or ice cream but any drinks or other food items have to be purchased from the snack bar.

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.

Aerobics at the north

Beginning July 5, all aerobics classes will be held at the new 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 south fitness center

Spinning classes are at 4:30 p.m. weekdays at the south fitness center beginning July 5.

Aerobiccenter offers classes

The aerobiccenter, located in the main fitness center, offers coed aerobics classes seven days a week

beginning July 5.

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.

Sunday at 4 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.

Outdoor recreation

For more information, call 6-4141.

Horseback riding trip

There is a horseback riding trip July 10.

The cost is \$25 per person, which includes a one to one and a half hour horse trail ride, lunch and fishing.

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 pass is \$65.

Water aerobics

The water aerobics class is at noon, 5 and 6:15 p.m. ever Monday, Wednesday and Friday at the main pool.

The class is free.

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 July 2

10 a.m. Special Warfare Combatant Craft Crewmen: The Boat Guys
5 p.m. Navy Marine Corps News
9 p.m. Leadership Breakfast: Lt Col Mack Breeland

Saturday July 3

10 a.m. Air Force Story: The Air War Against Japan
5 p.m. Sheppard Today
9 p.m. History of the Navy, Part 2

Sunday July 4

10 a.m. Into the Mouth of the Cat: Lance Sijan

5 p.m. Famous Generals: George S. Patton
9 p.m. Montford Point and Beyond: A Chapter in Marine Corps History

Monday July 5

10 a.m. Famous Generals: Dwight D. Eisenhower
5 p.m. History of the Navy: Cold War Navy (1945-1964)
9 p.m. Famous Generals: Joseph W. Stilwell

Tuesday July 6

10 a.m. Soldier Medic: A Proud Heritage Extending into the 21st Century
5 p.m. Leadership Breakfast: Lt Col Mack Breeland
9 p.m. The Mission and History of the Air National Guard

Wednesday July 7

10 a.m. Lunch and Learn: Ms Dee Decker
5 p.m. History of the Navy, Part 2
9 p.m. Level I Anti-Terrorism Briefing

Thursday July 8

10 a.m. The Army in Action - Global War
5 p.m. Montford Point and Beyond: A Chapter in Marine Corps History
9 p.m. Air Force News Special Edition - The Centennial of Flight



Photo by Mark Bates

Air Force retiree **Buster Kellum** attacks a wave during the Military Surfing Invitational here June 27. Kellum took second place in three events helping the Air Force team earn second place overall in the "Best of Branch" competition.

SURFING

Continued from Page 1

McDonald had a great day on the waves himself June 27, winning the "Best of Armed Forces" long-board event and two second-place finishes, in the "Best of Armed Forces" and "World" short-

board competitions.

This year's "Best of Branch" winner was the Navy, with the Army coming in third, followed by the Coast Guard and Marines.

Have a fun
and safe
Fourth of
July. Don't
forget your
wingman!

Airman loses 100 pounds

by Master Sgt. Buzz Ritchie
341st Space Wing Public Affairs

MALMSTROM AIR FORCE BASE, Mont. (AFPN) – It took a missile maintainer here nine months to fix one of the Air Force's most important weapon systems, and he did it out of uniform, without technical orders and after duty hours.

Senior Airman Norman Barore, assigned to the 341st Missile Maintenance Squadron here, lost 100 pounds in nine months, dropping from a super-sized 276 pounds in August 2003 to 176 pounds in May. He did it without surgery, supplements or the latest fad diet. He did it the old fashioned way by simply eating less and exercising more.

"I was supposed to sew on senior airman on Sept. 11, 2003," Airman Barore said. "I knew I'd probably get weighed, and I knew I was way over [the limit]."

When the 6-footer tipped the scale at 276 pounds, his commander told him to lose the weight. Airman Barore enrolled in the health and wellness center's "Sensible Weigh" class.

Sensible Weigh was part of the Air Force's weight management program at the time. A program that combines health risk and fitness has since replaced it, said Maj. Theresa L. Gilbert, a registered dietitian at the center here.

The new Body Composition Improvement Program contains the same principles as Sensible Weigh, but is shorter and more interactive, she said.

"There is a greater focus on goal setting, lifestyle changes and group activities to help people make changes in their eating habits," Major Gilbert said. Monthly follow-ups are mandatory with BCIP; they were not mandatory with Sensible Weigh, she said.

Airman Barore attended Sensible Weigh classes every Friday for four weeks. Half of the class is devoted to fitness, half to nutrition. He said he was not very familiar with either topic.

"I always knew I needed to work out," he said. "But I never knew how hard or how frequently. The class showed me how to hit my target heart rate for a certain duration."

Malmstrom's exercise physiologist and fitness program manager at the center said hitting your target heart rate for the right length of time is the most efficient way to train.

"People should strive for four workout sessions per week to meet their fitness goals," Kirk Clark said. "When they're exercising, they should make sure they're achieving an intensity level high enough to make a physiological change in their body."

That is why target heart rate is important, he said. It is a measurement people can take while they are exercising that tells them if they are working hard enough to lose weight and improve their fitness.

"To make changes to your body, you should train at your target heart rate for at least 35 to 45 minutes," Mr. Clark said.

A person can determine their target heart rate by subtracting their age from 220 to get their maximum heart rate. Their target heart rate is 50 percent to 80 percent of their maximum heart rate.

Mr. Clark added that it is important to pick the right exercise to hit your target heart rate while maintaining a level of comfort and interest.

Staying interested in a fitness program was a challenge for Airman Barore.

Airman Barore said he was always big. He played football and wrestled, but never bothered with a fitness program. That changed in August 2003 when he started a fitness regime that included a cardio-vascular workout on an elliptical trainer, weight training and a 2,000-calorie-a-day diet.

"My goal was to lose weight," Airman Barore said. "Before I joined the Air Force, I had to lose 14 pounds to meet standards. I've been on diets before, but in my opinion, diets are short-term."

"Diets are typically short-term solutions to long-term problems," Major Gilbert said.

Diets often require a person to make major changes in the way they eat. That works over a short period of time, but eventually becomes boring, Major Gilbert said.

A slow, steady weight loss is the most effective way to lose the pounds and keep them off.

"Short-term diets will do nothing for you in the long run," the major said.

Instead, she suggested people who want to make changes to their diet should keep a daily food diary. The diary shows people what eating habits, like skipping breakfast, are getting in the way of their fitness goals.

They should also set specific and measurable goals each week, objectives like eating fruit as a snack or drinking water instead of soda, she said.

Airman Barore still keeps a diary, and established a series of goals he could reach quickly to stay motivated and on track.

"My ideal weight for my height is 207 pounds, so my goal was 207 pounds," he said.



Photo by Airman 1st Class John Parie
Senior Airman Norman Barore has lost 100 pounds in nine months thanks to a fitness routine that includes cardiovascular workouts and strength training.

The Air Force's weight management program gave Airman Barore three months to reach his maximum weight. He did it in less than that.

"But I wasn't satisfied," he said. "I didn't want to be right under my max. I wanted to be in a safe zone."

After slimming down to 207, Airman Barore decided 200 pounds "sounded good." He was hitting the gym late at night four times a week, rearranging the groceries in his cupboards at home to avoid reaching for a candy bar instead of an apple, and reading the nutritional labels on packaged food. When he stepped on the scale 76 pounds lighter than he weighed in August, he set another, lower goal.

"I asked guys at work [who were] my height how much they weighed," Airman Barore said. "I got an average of 185. So that was my next goal, to hit 185. That's my kill zone, 20 pounds under my max."

He is still in his kill zone. He has weighed 176 pounds since March.

"I look at pictures of me before, and I can't imagine ever weighing that much again," Airman Barore said. Not only is he lighter than before, his work has improved.

"I have more energy when we deploy to the field," he said.

Maintenance work on ICBMs in Malmstrom's missile field includes climbing ladders from one level of the launch facility to the next. When he weighed in at 270-plus, Airman Barore had to stop and rest from one level to the next. But not anymore.

When he ran his 1.5-mile fitness test in February, he finished third in his duty section, turning in a time of 12 minutes and 36 seconds. Three months later, he lowered his time 33 seconds.

Friends and family have noticed the change too.

"My wife tells me 'you look really good' and guys at work say I look a lot better. People ask me what my final goal is, but I haven't really reached the end," he said. "I've changed my life style and turned my life around. I'm not going back."



A student from the Therapeutic and Rehabilitation Center for Children and Youth School in Chania, Crete nears the finish line in a race during this year's Special Olympics. More than 130 students and 60 school staff members representing six special needs schools in the Chania area participated in the fourth annual event hosted by U.S. Naval Support Activity (NSA) Souda Bay. Over 200 Sailors, Airmen, and civilian employees hosted the visitors for a day of fun and games.

Special Olympics come to Souda Bay

By Journalist 3rd Class Michael Misfeldt
Naval Media Center Souda Bay Crete Public Affairs

SOUDA BAY, Crete (NNS) – The Olympics do not begin in Athens until August, but for some Greek children the games came early at Naval Support Activity Souda Bay, Crete, when Greece hosted its 4th annual Special Olympics.

"What stands out are the kids, and even though I can't speak any Greek, I can still communicate with the children," said Chief Personnelman (SW/AW) Charles Hunter, officer in charge, customer service desk, Naval Support Activity (NSA) Souda Bay. "I love to see them having fun out here, running and getting out of the school atmosphere, getting out here in the open."

Six schools from the surrounding area sent 137 students and 60 staff personnel to support this event. Children were paired up with volunteer special buddies from NSA Souda Bay to ensure that no one got left out and everything went smoothly.

"I had a very affectionate child. She had a lot more fun than I thought she would, and I also had a great time," said Senior Chief Legalman (AW/SWC) James Scheffer, assistant legal officer, NSA Souda Bay.

The language barrier seemed to be a problem at first, but by the end of the day everything seemed to work itself out, and the children and their buddies were having a great time together.

"It was a fun event, there was a lot of joy in the air, there was no tension, and even though the children could not speak English, they made a lot of gestures and communicated well," said Mike Terezakis, JTOC Interpreter for Security.

The children participated in a variety of activities, such as kicking a soccer ball, shooting a basketball, hitting a ball off of a tee, singing, running a 25-meter race and bowling. They received ribbons for each event they participated in, and all of the kids received medals at the end of the day.

The base was forced to cancel the Special Olympics last year due to operational commitments, and everyone seemed happy to have the event back again this year. Many are already looking forward to next year's activities.

"This was great for the base, the Greek community and everyone involved," said Hunter. "It is always nice to get involved with the local community, and this was no exception. I can't wait until we do this again next year."



Photo by Kenn Mann

Senior Airman Chardo Richardson hits a ball in batting practice with the New York Mets on June 22. He was at Shea Stadium for the second part of a job swap with Mets pitcher Al Leiter. The pitcher was a boom operator for a day at McGuire Air Force Base, N.J., on May 24. Airman Richardson is a boom operator with the 32nd Air Refueling Squadron at McGuire.

Airman trades blues in for Met pin stripes

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

MCGUIRE AIR FORCE BASE, N.J. (AFPN) – One McGuire airman traded his flight suit for a baseball uniform June 22 and became an honorary member of the New York Mets for a day.

Senior Airman Chardo Richardson, a boom operator with the 32nd Air Refueling Squadron here, shadowed Mets left-handed pitcher Al Leiter in the second part of a job swap. The swap was organized by the Air Force, Major League Baseball and the Mets.

During his visit to Shea Stadium, Airman Richardson participated in batting practice, played catch with players and received a full Mets uniform, complete with his name on the back.

"The first thing Al had me do when I went into the locker room was take off my white shoes," Airman Richardson said laughing. "He said I didn't want to be known as Chardo 'White Shoes' Richardson."

After suiting up and receiving a new pair of black cleats, Airman Richardson did a few stretches with the team and then went right into batting practice.

"I was so nervous," Airman Richardson said. "I had been to the batting cages a few times, but I wanted to represent my fellow airmen well."

With a small cheering crowd of fellow boom operators and KC-10 Extender crew chiefs behind him, and Mr. Leiter telling him what not to do, Airman Richardson was able to put the bat on the ball a few times.

"After watching him bat, I don't know if he's ready for the major leagues," the Mets pitcher said jokingly. "But I hear they are looking for an area scout down in Mississippi."

Mr. Leiter is in his seventh season with the

Mets and the only pitcher in MLB history to beat all 30 teams in the league.

Airman Richardson accepted the razzing from his new friends and teammates; he also started to get a better understanding of what it is like to play a professional sport.

"I got tired so fast while I was batting," Airman Richardson said. "Just getting the bat off my shoulder was tiring, and I am a pretty athletic guy. I can't believe they do this everyday. It looks so easy on the television, but now I understand that it's much harder than it looks."

"It may seem tiring, but just like Chardo said about operating the boom, it just becomes part of the job," said Mr. Leiter.

When asked who has the cooler job both Airman Richardson and Mr. Leiter chimed in to say "he does!"

"It's all relative on your life," said Mr. Leiter. "My day at McGuire as an Airman is a day I will never forget. It's like nothing else I had ever done."

Airman Richardson has similar feelings about his day as a Met.

"I definitely got the better end of the deal," he said. "I would never get opportunities like this if I wasn't in the Air Force, so I am thankful for everything I get to do."

During the first part of the job swap in May, Mr. Leiter was a KC-10 boom operator for the day. He shadowed Airman Richardson in the boom pod during the air refueling of six F-15 Eagles from Seymour Johnson Air Force Base, N.C. The day was aired June 19 as a two-minute feature on the Fox television program "This Week in Baseball."

Airman Richardson's day with the Mets was also recorded. Video footage will air around Sept. 11 as part of a special show remembering "9-11."



From left to right, Major General Christopher Cortez, commanding general, Marine Corps Recruiting Command (MCRC), Sterling Marlin, driver of the #40 Coors Light Dodge, Major Michael Zelfiff, assistant chief of staff for Marketing and Public Affairs (MPA), MCRC, and Captain Steven Lowery, special projects officer for MPA, MCRC viewed the new Marine graphic at Lowe's Motor Speedway.

HONORED

Continued from Page 1

"We plan to involve many Marines at the race tracks for well-deserved recognition from the NASCAR community," said Saunders. "The 6,000 Coors employees and 10,000 people that distribute our beer nationally are united in our support for all the folks serving in the armed forces."

The Commandant expressed his gratitude and was very honored to except this initiative.

"The United States Marine Corps is honored to see our Eagle, Globe and Anchor on the No. 40 Dodge," said Commandant of the Marine Corps, General Michael W. Hagee. "We thank Coors Brewing Company and Sterling Marlin for extending this honor and recognizing the dedication and professionalism of Marines around the

world."

In addition to Marines being honored by this initiative, the Marine Corps Recruiting Command is particularly excited about the additional awareness the Marine Corps is receiving.

"It warms the heart to have a company such as Coors make such a contribution to the Marine Corps," said Capt. Steven F. Lowery, special projects officer for Marine Corps Recruiting Command. "This contribution provides added exposure for our Marine recruiters across the nation."

Sterling Marlin, a 28-year NASCAR veteran, is also scheduled to drive the car in the Brickyard 400 in Indianapolis, Ind., and the Checker Auto Parts 400 in Phoenix, Ariz.

Children's yoga class offers more than quiet poses

By Airman 1st Class Danny Monahan
5th Bomb Wing Public Affairs

MINOT AIR FORCE BASE, N.D. – "Breathe in" and "breathe out" are typically what someone may expect to hear in a yoga class. What is unexpected are children ages 2 to 14 posing like cobras, monkeys and airplanes, and making noises like them.

This is exactly what happens during a children's summer yoga class the youth center here.

"Yoga is a practice of different poses that work your strength, flexibility, endurance and relaxation," said Courtney Campbell, aerobic program director and a class instructor.

"Yoga can benefit a young child for a lot of reasons," she said. "It builds strength not only through the bulk, the muscle and the body, but it also teaches kids how to focus."

Most children do not know anything about yoga, and this program gives them an opportunity to learn something different, she said. Children are always looking to find different ways to keep themselves busy, and this program

is just a new alternative.

"With the child-obesity rate on the rise, parents are looking for a way to get their children active," she said. "Yoga is (a) way to give them the exercise that they need."

A young child having trouble balancing at first is not as disappointed as striking out on the baseball diamond, Ms. Campbell said.

"Yoga is also a noncompetitive exercise, and the kids can work at their own level," she said.

One student is a 10-year-old boy with a form of dwarfism, and he needs to stretch everyday. Yoga helps him enjoy it more.

"He never enjoyed stretching very much, and it is something that he has to do every day," his mother said.

Ms. Campbell said most of the children's parents stay with them during the class because it is a good way for them to get involved with their children's activities.

While yoga is nothing new, it is a good way to present a form of exercise to children that they would not be normally exposed to, she said.

Conserve energy by turning off your lights when you leave the room.