

<b>Friday</b>  Partly cloudy Lo: 74°F Hi: 95°F	<b>Saturday</b>  Partly cloudy Lo: 73°F Hi: 96°F	<b>Sunday</b>  Partly cloudy Lo: 74°F Hi: 95°F
--	--	--

Seabees aid Iraqi Civil Defense Corps  
 See Page 4



Daughter knocks team into national tournament  
 See Page 1B



# Sheppard Senator



Combat Capability Starts Here

Vol. 57, No. 27 Sheppard Air Force Base, Texas July 9, 2004

## Smooth-ee Operators

Sheppard sergeants turn lemonade stand dreams into blending machines at fitness center

By Airman 1st Class Jacque Lickteig  
 Staff Writer

With the inspiration of the new main fitness center, Sheppard members may work up more of a sweat than they did before.

But Staff Sgts. Mike Camacho and Kalaeone Needham, instructors at the 362nd Training Squadron, came up with a cooling solution to exercisers' heat.

They opened a juice bar, fittingly named Ikaika Fitness to represent their Hawaiian origins.

Sergeant Needham grew up in Hilo on the big island of Hawaii, and Sergeant Camacho grew up in Kahuku, Oahu.

Even the logo – a flexing muscular man wearing a Hawaiian ikaika warrior helmet – on their black polo shirts offer a little insight to their heritage.

Their menu boasts tropical all-natural flavors, made from pureed fruits, with a myriad of combinations to please their patrons' palates. It also offers plenty of booster, muscle builder and vitamin mix-ins and protein and energy bars to give gym-goers just what they need to improve their workouts.

Sergeant Camacho said he first thought about owning a juice bar about five years ago when he saw the one at Nellis Air Force Base, Nev. But the passing thought didn't turn into a serious pursuit until he befriended Sergeant Needham at Mountain Home Air Force Base, Idaho.

"We knew we wanted to open one at Sheppard," Sergeant Needham said. "We came here for tech. school, and we knew there wasn't one here."

From then on, they learned what they could from a co-worker's wife who owned the juice bar at that base.

Even though neither one of them had experience running a business, they used their free time brainstorming every aspect seasoned business owners would, from finding suppliers to getting a credit card machine and a phone line to run it.

When they were stationed at Sheppard together, they prowled after the chance to start their dreams. They hounded the fitness center staff to find out how they could open their juice bar. They heard the plans for the new fitness center included a juice bar, Sergeant Camacho said.

After researching the guidelines, they submitted their bid last year to run the bar under Sergeant Camacho's sister's name, Lani.

They waited on pins and needles to find out if they won the bid all year, Sergeant Camacho said.



Photos by Airman 1st Class Jacque Lickteig

"Once we got that far, we thought if we didn't get the contract, we would open up anything. By that time, we put so much into this, we didn't want the effort to go to waste," Sergeant Needham said.

They got the good news just two weeks before the fitness center's grand opening.

"It was really stressful," Sergeant Camacho said. "But we were all excited."

Sergeant Needham said, "We wouldn't have been able to make it if we didn't have the people who helped us out. We really appreciate everything they've done for us."

To help balance the instructors' military careers and their new business venture, Lani, who moved here after visiting, and Sergeant Camacho's wife, Staff Sgt. Deanna Camacho, pitch in their time to tend the bar, keeping it a family operation. However, Sergeant Camacho said they are hiring.

Both said they plan to stick around Sheppard after their military obligation to keep their business running strong.

With a little more than a week under their belts as entrepreneurs and their fledging doing well, they're already talking about expanding.

Sergeant Camacho said they hope to open a juice bar at the south fitness center, but right now they're focusing on working out the minor kinks in their new establishment.



Above, Staff Sgt. Kalaeone Needham, prepares a smoothie for a customer while Staff Sgt. Mike Camacho works on one of his own. Left, Sergeants Camacho, left, and Needham, right, stand in front of the Ikaika Fitness smoothie bar at the new fitness center. The two 362nd Training Squadron instructors had dreamed of owning their own smoothie bar since they were stationed together at Mountain Home Air Force Base, Idaho.

## 'Rising' to the occasion

Cadets get to experience Air Force prior to commission

By 2nd Lt. Sabrina Kingston  
 82nd Civil Engineer Squadron

ROTC cadets from all over the United States are coming to Sheppard Monday as part of the Rising Sophomore Summer Program.

The four-week program initiated by the Secretary of the Air Force is intended to give cadets greater exposure to the Air Force early in their cadets' careers. The 40 cadets participating in the program here have just finished their freshman year at various universities.

Sheppard was a test base for the program last year and will give another great experience to this year's cadets.

Secretary of the Air Force Dr. James Roche said he was concerned that the Air Force may lose some of our brightest cadets due to a lack of attention during the summer.

The RSSP is designed to immerse the cadets into the daily operations of the center, wing and group with primary emphasis on squadron and flight level activities.

Cadets will engage in activities with the 82nd Mission Support Group, 82nd Medical Group, 82nd Training Wing and the 80th Flying Training Wing. They will be introduced to the diverse organizational missions and functions found at Sheppard.

In addition, the cadets will become familiarized with the daily duties and responsibilities of Air Force enlisted personnel.

Throughout their visit, the cadets will go to most of See CADETS, Page 4

## 82nd Training Group welcomes new leadership

Base public communication

Col. Samuel Lofton III takes command of the 82nd Training Group today following last week's relinquish of command by Col. Joseph Seawell.

The group's new commander was previously stationed at Robins Air Force Base, Ga., as the director of the F-15 Aircraft/System Support Management Directorate. Colonel Lofton was responsible for the engineering and manufacturing development, production, medication, sustainment and worldwide deployment of more than 1,190 F-15 Falcons.

The Goldsboro, N.C.-native graduated from East Carolina University in 1981 with a degree in business administration. He received his commission through the Reserve Officer Training Corps.

Colonel Lofton has held various maintenance and logistical positions throughout his 22-year career.

The colonel has received the Defense Meritorious Service Medal, Air Force Meritorious Medal with five oak leaf clusters, Joint Service Commendation Medal, Air Force Commendation Medal and the Air Force Achievement Medal.

The 82nd TRG is one of the largest training groups in Air Education and Training Command, graduating more than 30,000 Air Force, Department of Defense and international students annually in aircraft maintenance and aircrew specialties.

Colonel Seawell, the group's previous commander, has been assigned to the 2nd Air Force as vice commander.



Lofton

## 'Military One Source' helps with family problems

By Rudi Williams  
 American Forces Press Service

WASHINGTON (AFPN) – The Defense Department has established a "one-stop" place to go whenever servicemembers or family members need assistance with any kind of problem.

It is called "Military One Source," and is available anytime, worldwide, said John M. Molino, deputy undersecretary of defense for military community and family policy.

"Military One Source is a revolutionary augmentation to the family services we currently have on military installations around the world," Mr. Molino said.

Each branch had its own program, and now DOD officials are bringing them together as Military One Source, Mr. Molino added.

He said the program is intended to complement assistance already offered. Mr. Molino said Military One Source allows DOD officials to provide assistance to families and servicemembers via the Internet or a toll-free telephone number.

Services available include help for common, everyday difficulties to life's most complicated

situations, he said.

"It's a remarkable way to ... step forward into a new generation of providing services," he said. "It's a place where no matter when (a) situation occurs, the military family member or servicemember could make a phone call or go on the Internet and begin to get some help."

Each military branch provides a lot of family services on installations, but Mr. Molino said that about two-thirds of military families live off base.

"The people who are off the installation tend to be the most junior folks," he said.

"They may not have the financial resources to have two cars, or to get themselves back and forth to the installations to get those services," Mr. Molino said. "So what One Source does is provide the opportunity to make that phone call and let us bring the services, literally, figuratively and electronically, to your home."

When people call for help, the person responding will have at least a master's degree in social work or some kind of counseling service, Mr. Molino said.

"That person is trained specifically to deal

See SOURCE, Page 4

## Index

- Activities .....8A
- Editorial .....7A
- Features .....5-6A
- News .....2-4A
- Soundoff .....5A
- Sports .....1-4B
- Spotlight .....8A

## On the Inside

### Bomb-making facility found

U.S. soldiers in Iraq discovered an apparent bomb-making facility and several weapons caches, senior U.S. military officials announced today at a Baghdad news briefing.

Army 1st Cavalry Division troops found the site in Baghdad recently, the official told reporters, noting the makeshift factory seemed to specialize in outfitting vehicles with explosives.

For full story, see Page 2.

### Remember our core values

A few months ago, I had the privilege to watch the commander's run at Lackland Air Force Base.

As each unit smartly crossed the finish line with their flag waving, it was obvious the basic trainees were

proud of themselves and proud of their units. Family members, some of whom had traveled great distances, were thrilled and very proud to see their sons and daughters perform in such an excellent manner.

I was inspired.

For full story, see Page 7.

# Soldiers find bomb-making facility in Baghdad

By Gerry Gilmore

American Forces Press Service

WASHINGTON – U.S. soldiers in Iraq discovered an apparent bomb-making facility and several weapons caches, senior U.S. military officials announced today at a Baghdad news briefing.

Army 1st Cavalry Division troops found the site in Baghdad recently, the official told reporters, noting the makeshift factory seemed to specialize in outfitting vehicles with explosives.

He explained that four vehicles were being outfitted as VBIEDs, shorthand for "vehicle-borne improvised explosive devices." Baghdad and other areas in Iraq have been hit recently by such car bombings.

The military official added that the soldiers also discovered 12 million dinars in Iraqi currency at the site.

According to a U.S. Central Command press release, the U.S. soldiers also found other ordnance at the bomb-making facility, including five AK-47 assault rifles plus 500 bullets, various timing devices, computer boards, wires and one sight for a rocket-propelled grenade launcher. American troops also detained three individuals there for questioning, according to the release.

Other U.S. troops in Baghdad, the release said, recently found several weapons caches. One cache yielded partially assembled improvised explosive devices, RPG launchers, eight rocket rounds, 50

pounds of C-4 explosives, TNT, five blasting caps, one detonator and various other munitions. Thirty individuals at the cache site were brought in for questioning.

During interrogations, detainees identified eight more suspected insurgent operations sites. At one site, U.S. troops found three assembled IEDs, and 18 more suspects were detained and brought in for questioning.

"Denying the enemy of the Iraqi people the weapons he uses to kill Iraqi civilians is always a remarkable success," 1st Cavalry Division spokesman Lt. Col. James Hutton noted in another news release. "These discoveries deal a blow to anti-Iraqi forces."

The situation in Iraq has been relatively quiet after the June 28 handover of Iraqi sovereignty, a senior U.S. military official noted at today's Baghdad briefing.

It's apparent, the official said, that the insurgents in Iraq "are taking a very careful look at this new (Iraqi) government" and how coalition troops operate after the transfer of sovereignty.

Therefore, the official noted it'll likely take a week or so until U.S., coalition and Iraqi officials can ascertain if insurgents will increase or decrease their anti-government efforts.

For now, "we continue our long-term plan of transferring the responsibility to Iraqi security forces, as and when that capability occurs," the senior

U.S. military official pointed out.

The official predicted it would likely take "months and years" until Iraqis are ready to assume complete responsibility for their security.

The rules for engagement and the use of force for U.S. and coalition forces in Iraq remain in effect, just as they were before the sovereignty handover, the official pointed out.

He also noted that U.S. and coalition officials have been meeting with senior Iraqi government authorities daily since the transfer of power to coordinate anti-insurgent military activities.

"Any insurgent that somehow thinks that after June 28 we're going to be pulling back into the base camps will be disappointed," the official noted.

In other news, reports say five Iraqi National Guard troops were killed and several wounded today at a checkpoint outside Baghdad.

Other news reports from Iraq said renegade cleric Muqtada al-Sadr is again stirring up opposition to U.S. and coalition forces stationed in Iraq. Sadr, who'd often called for the withdrawal of U.S. and coalition forces from Iraq, had been relatively quiet in recent days, as he reportedly had been seeking support to run for political office.

However, the U.S. military official in Baghdad called Jordanian terrorist Abu Musab al-Zarqawi "the top terrorist target" inside Iraq.



Photo by Army Sgt. April L. Johnson

Weapons cache finds in the cities and deserts of Iraq are almost a daily occurrence for coalition forces. Most recently, soldiers with the 1st Cavalry Division found a bomb-making facility in Baghdad. Above, Soldiers from Alpha Company, 9th Engineer Battalion, place C-4 explosives onto 37mm anti-aircraft rounds to be destroyed near the city of Baiji, Iraq.

## Changes coming for uniforms and accessories

By Staff Sgt. Melanie Streeter

Air Force Print News

WASHINGTON – Air Force officials recently released the results of the 96th Air Force Uniform Board held June 18 and 19.

The chief of staff approved a number of changes, affecting everything from cell phones to scarves. Among the changes are:

- Establish a standardized Air Force physical training uniform.

- Redesign the female lightweight blue jacket.

- Authorize the lightweight blue jacket to be worn indoors.

- Authorize, as an option, to have the Air Force symbol embroidered on the lightweight blue jacket.

- Offer the A-line skirt as an optional item.

- Redesign and revise maternity uniforms.

- Authorize the black scarf only with all Air Force uniforms, eliminating white, gray and olive drab options.

- Authorize conservative ornamentation on nonprescription sunglasses and eyeglasses.

- Authorize one small, black, nondescript personal digital assistant, pager or cellular phone at a time to be worn on the uniform belt.

- Allow females to wear small, black spherical earrings when in uniform.

- Allow black web belts or black riggers belts with nondescript buckles as an optional item with the battle dress uniform.

- Remove the requirement to wear a tie or tab with short-sleeved shirt or blouse while traveling on a commercial airline.

- Authorize wear of a backpack over both shoulders.

- Authorize only a solid-color black backpack with blue uniform combinations and solid black, olive drab or woodland camouflage backpack with battle dress uniforms.

- Redesign the security forces beret.

- Allow the wear of plain black conservative hairpins, combs, headbands, elastic bands and barrettes with all female hair colors.

- Allow males to cleanly shave their heads or have military high-and-tight haircuts; females are not authorized to shave their heads or wear high-and-tight haircuts.

More information about these and other uniform board decisions will be included in the next update of Air Force Instruction 36-2903, being released this summer. Questions should be addressed to local military personnel flights.

## Pilot gets reprimand, forfeiture of pay for friendly fire incident

BARKSDALE AIR FORCE BASE, La. (AFPN) – Lt. Gen. Bruce Carlson, 8th Air Force commander, has found Maj. Harry Schmidt guilty of dereliction of duty for his role in an April 17, 2002, bombing incident which resulted in the deaths of four Canadian soldiers and the serious injury of eight others. Major Schmidt's punishment includes a written reprimand and forfeiture of \$5,672 pay.

General Carlson determined that Major Schmidt, an Illinois Air National Guard F-16 Fighting Falcon pilot, "flagrantly disregarded a direct order from the controlling agency, exercised a total lack of basic flight discipline over (his) aircraft, and blatantly ignored the applicable rules of engagement and special instructions." This "willful misconduct directly caused the most egregious consequences imaginable, the deaths of four coalition soldiers and injury to eight others."

In the reprimand, General Carlson wrote that Major Schmidt "acted shamefully on April 17, 2002, over Tarnak Farms, Afghanistan, exhibiting arrogance and a lack of flight discipline." The reprimand points out that Major Schmidt's flight lead warned him to "make sure it's not 'friendly,'" and the Airborne Warning and Control System aircraft controller directed him to "stand by" and later to "hold fire."

The reprimand states that if Major Schmidt believed he and his wingman were threatened, he should have taken a series of evasive actions and remained at a safe distance to await further instructions from the AWACS crew. Instead, he closed on the target and disobeyed the direction

to "hold fire."

General Carlson found that Major Schmidt's actions indicate he used his self-defense declaration as a pretext to strike a target, which he rashly decided was an enemy-firing position.

Major Schmidt will no longer be permitted to fly Air Force aircraft, but will continue to serve in the Illinois ANG.

He has until July 12 to determine whether he will appeal the general's findings or punishment to Gen. Hal M. Hornburg, Air Combat Command commander at Langley Air Force Base, Va.

On June 19, 2003, General Carlson offered Major Schmidt the option of nonjudicial punishment; however, on June 25, 2003, the major demanded to be tried by court-martial instead.

One year later, June 23, Major Schmidt requested permission to change his earlier demand for a court-martial and accept the nonjudicial process. General Carlson granted his request that same day.

Major Schmidt presented his case before General Carlson in a one-hour personal appearance July 1. He presented no witnesses in person but offered written material and his verbal explanation to General Carlson. After considering this and all other matters presented by Major Schmidt and his counsel, General Carlson notified Major Schmidt of his decision July 6.

Punishment under Article 15 of the Uniform Code of Military Justice in this case could have ranged from no punishment to a reprimand, forfeitures of up to \$5,672 pay, 60 days restriction and 30 days arrest in quarters.

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

# Class of 2008 begins Academy career

By Eddie Kovsky and Tamara Wright

U.S. Air Force Academy Public Affairs

U.S. AIR FORCE ACADEMY, Colo. (AFP) — More than 1,300 cadet appointees said goodbye to their families July 1 and entered the academy to begin their careers in the Air Force.

Inprocessing was a long one-day event filled with medical and dental evaluations, haircuts, clothing and equipment issue, and squadron and dormitory room assignments.

The day marked the beginning of Basic Cadet Training, which runs through Aug. 7. During the first 22 days, most of the training is conducted within the cadet area. The new cadets then march to Jacks Valley on July 23 for 14 days of field training.

The Class of 2008 has the largest number of females, and the highest percentage of minorities, in academy history. The new class has about 1,085 men and 250 women, including 270 of minority descent.

"We're excited because this is the most diverse class that we have had in our 50-year history," said Lt. Gen. John Rosa, academy superintendent. "They will have to perform while they are here, the standards are tough, and we are looking forward to bringing them on as a part of our team."

"This class showed a lot of interest in the academy," said

Col. William Carpenter, director of admissions. "They all are highly qualified in academics, extracurricular activities, character and athletics. Their credentials show great potential. The level of their training is going to be much more professional than previous years."

Some families were stoically proud as they said farewell; while for others, the occasion opened a floodgate of emotions.

Christopher and Joanne Weger were tearful after saying goodbye to their son, Jeffrey.

"We're very proud," Mr. Weger said of his son.

"He's never been away from us. It's what he wants to do though, so we'll stand behind him," said his mother.

The anticipation of arriving at the academy is a thrilling prospect for the people who have been accepted.

"I wanted to go to a school that wouldn't give me the typical college experience," said Kasey Wilson, from Cincinnati. "I wanted a place that would challenge me. The academy's mission, 'integrity first,' appealed to the lifestyle that I wanted to lead my life by."

Several international students joined the Class of 2008. They represent 14 countries including Colombia, Jamaica, Jordan, South Korea, Pakistan, Peru, Taiwan, Thailand and Tunisia.

This year, 12,430 people applied for admission. The incoming class has a SAT verbal average score of 647.36, and a math average score of 668.46.



Photos by Tech. Sgt. James Rush

Above, Cadet 1st Class Justin Alberico (right) educates new cadets on the finer points of standing at attention during inprocessing here July 1. Right, Cadet 1st Class Jessica Loepf delivers pointed commands to Basic Cadet Chad Rudolph as they march up the main ramp to the terrazzo. Cadets Alberico and Loepf and other upperclassmen are the primary trainers for new appointees during their indoctrination to the academy and the Air Force.



# NCOs to teach at ROTC detachments

By Master Sgt. Ralph Bitter

Air University Public Affairs

MAXWELL AIR FORCE BASE, Ala. (AETCNS) — Air Force ROTC cadets at 10 universities will soon see stripes in their classrooms.

In a new program initiated by the secretary of the Air Force and Air Force chief of staff, NCOs will serve as instructors at Air Force Reserve Officer Training Corps detachments, positions normally held by commissioned officers.

The three-year program will incorporate enlisted perspectives into the Air Force ROTC curriculum and highlight the relationship that exists between officers and enlisted personnel, said Lt. Col. Sharon Pruitt, Air Force Officer Accession and Training Schools support directorate's deputy director.

These NCOs will have the opportunity to mentor the Air Force's future officers.

"Many of our junior officers enter active duty in critical leadership positions," said Col. Steven Wayne, Air Force ROTC commander. "We must establish a thorough understanding of the crucial relationship that exists between the officer and enlisted corps at the very beginning of an officer's professional development — not wait until they're on active duty. We owe it to our enlisted folks to ensure our officers are leadership ready as well as mission ready."

If the program is successful, it will be extended to all 144 Air Force ROTC detachments.

Chief Master Sgt. Anthony Twitty, AFOATS superintendent, was a member of the team that helped develop the framework for the program.

"The enlisted instructors will give cadets the opportunity to learn about the relationship between officers and enlisted

early in their careers," Chief Twitty said. "It will help give young officers the tools they need to lead effectively."

The selection criteria for the instructors included having a Community College of the Air Force degree, operational Air Force experience and the recommendation of their senior raters. Four technical sergeants and six master sergeants were selected as the first enlisted ROTC instructors of 200 appointments received.

Before taking up their new duties as instructors, they attended the Air Force ROTC Assistant Professor of Aerospace Studies course here June 14 to July 2. They spent 10 days learning how to teach and then put their knowledge to use planning and conducting lessons.

Being the first enlisted instructors in Air Force ROTC is a challenge that all the instructors are eager to take on.

"This is an excellent opportunity to influence cadets as they begin their Air Force careers," said Master Sgt. Albertina Keene, a CDC writer for the Services career field

from Lackland AFB, Texas.

She will be teaching at Loyola Marymount University in Los Angeles.

"The vision begins with us — it will continue because of us," Sergeant Keene said.

The other instructors are:

Master Sgt. Gary Boseneiler, Ellsworth AFB, S.D., who will teach at the University of Iowa, Iowa City, Iowa; Master Sgt. Michael Breclaw, 313st Recruiting Squadron, Syracuse, N.Y., who will teach at Rensselaer Polytechnic Institute, Troy, N.Y.; Master Sgt. David Csiesak, Holloman AFB, N.M., who will teach at Arizona State University, Tempe, Ariz.

Master Sgt. Terry Fraser, Seymour Johnson AFB, N.C., who will teach at Fayetteville State University, N.C.; Master Sgt. Hugo Laina, Beale AFB, Calif., who will teach at Embry-Riddle Aeronautical University, Daytona Beach, Fla.; Master Sgt. David Miller, Grand Forks AFB, N.D., who will teach at North Dakota State University, Fargo, N.D.

Tech. Sgt. Mike Sanders, Randolph Air Force Base, Texas, who will teach at the University of Portland in Oregon; Master Sgt. Shawn Swift, Air Mobility Warfare Center, Fort Dix, N.J., who will teach at Wright State University, Dayton, Ohio; Tech. Sgt. Willy Warren, Andrews AFB, Md., who will teach at Howard University, Washington, D.C.

## Briefly Speaking

### Town hall meeting in Wednesday

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

Anyone interested in receiving a status report on the Preliminary Planning Process at Sheppard is welcome to attend.

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.

An interpreter for the hearing impaired will be available at the morning meeting only.

### ARC blood drive July 19

When it comes to blood donations, it doesn't get any better than Team Sheppard.

Base blood program coordinators are hoping Team Sheppard can set the standard even higher July 19 at Operation Present Arms.

Sheppard demolished the single-day, single-site state record in Texas last year when more than 1,150 units of blood were collected. The goal this year is 1,200 units.

There will be six collection sites on Sheppard: the community center, student center, the small auditorium in Bldg. 1900, the study hall on the second floor of Bldg. 1025 and hanger 1012. Actual donor location site depends on the location of duty station.

Four American Red Cross busses will also be on base taking donations.

For more information, call your group point of contact: 82nd Training Group, Tim Robbins, 6-6113.

782nd TRG, Tech. Sgt. Jonathan Voigt, 6-1183.

882nd TRG, Maj. Elaine Dekker, 6-6531.

982nd TRG, Master Sgt. Marshall Choate, 6-3396.

82nd Medical Group, Staff Sgt. Caleb Gibson, 6-6025.

82nd Mission Support Group, 6-2877.

80th Flying Training Wing, Capt. Michael Belardo, 6-0428.

### 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.

## Registration underway for overseas voters

WASHINGTON (AFP) — With the November general elections coming up, Defense Department officials have designated July 4 to 10 as Overseas Citizens Voters Week to get eligible DOD people stationed abroad registered to vote.

The objective is to get overseas voters involved in the electoral process and to stress the importance of registering to vote, said Polli Brunelli, director of the Federal Voting Assistance Program.

Throughout the week, voting assistance officers at overseas military installations, U.S. Embassies and consulates will hold registration drives and other activities to get people to vote, Ms. Brunelli said. The emphasis will also be placed on mailing registration forms back in time to meet local and state deadlines, she said.

Ms. Brunelli said DOD people overseas should register to vote as early as possible, because each mail system is different in countries outside the United States.

"Depending on whether their registration forms or ballots are traveling through international mail, or whether they are traveling through APO or FPO mail, they should allow a couple of weeks for the registration forms to get to local election officials," Ms. Brunelli said. "And local election officials need time to send those ballots back."

The Fourth of July was the perfect time to begin the drive because of the patriotism associated with the holiday, Ms. Brunelli said.

More information about overseas voter registration can be found on the FVAP Web site at [www.fvap.gov](http://www.fvap.gov).

The deadline for submitting a story is Friday at noon the week before the requested publication date.

Have a story idea? Let's talk about it. Call the Sheppard Senator at 6-7244.

# Seabees help Iraqi Civil Defense Corps

By Builder 2nd Class Jerome Kirkland

Naval Mobile Construction Battalion 14 Public Affairs

AL ANBAR PROVINCE, Iraq (NNS) – Seabees of Naval Mobile Construction Battalion (NMCB) 14 are helping local people of the Al Anbar province rebuild their community.

The Iraqi Civil Defense Corps (ICDC) has been the focus of effort for the Seabees of NMCB 14. The Seabees have been helping set up an ICDC training camp so ICDC recruits can complete their training and assume their role in the protection of their community.

The Seabees have improved camp roads, improved the camp entry control point, built a sentry watch facility, and set up tents to be used as temporary facilities until construction can be completed on permanent structures. This work is often done with the help of the trainees.

"It's worthwhile; I've enjoyed it and learned something from it," said Storekeeper 2nd Class Greg Spiegler, from Deltona, Fla.

"I felt excited about being there, because I was doing

something for the Iraqi students," added Engineering Assistant 2nd Class David Ramos of Brooklyn, N.Y.

Future plans for the camp include construction of a health clinic and refurbishment of several buildings affected by the war and the looting that followed. All work is to be done by the members of the Iraqi Construction Apprentice Program, under the tutelage of Seabee instructors.

A short distance away from the main camp, Seabee equipment operators have been working on a massive project using large earth-moving machines. The Seabees moved tons of dirt, cut into a hillside of tough rock, and built up an earthen berm in order to build the construction of a firing range for the ICDC.

NMCB 14 is a Reserve Seabee Battalion headquartered in Jacksonville, Fla., and is composed of nine Seabee detachments from Florida, Georgia and Puerto Rico. NMCB 14 was mobilized in March to support Operation Iraqi Freedom.

For related news, visit the Commander, 1st Naval Construction Division Navy NewsStand page at [www.news.navy.mil](http://www.news.navy.mil).



Photo by Navy Storekeeper 2nd Class Greg Spiegler

Builder 3rd Class David Trout assigned to Naval Mobile Construction Battalion One Four (NMCB-14) works with two Iraqi students from the Iraqi Civil Defense Corp to put up a tent to be used while waiting for permanent structures to be built. NMCB-14 is a Naval Reserve Seabee Battalion headquartered in Jacksonville, Fla.

## Airmen donate more than \$6.7 million

RANDOLPH AIR FORCE BASE, Texas (AFPN) – Airmen have given more than \$6.7 million to this year's Air Force Assistance Fund campaign, \$800,000 more than last year.

The fund raises money for four Air Force-related charities that benefit active-duty, Reserve, Guard, retired Airmen, surviving spouses and families.

"The 2004 campaign raised more money than any other since 1989 when we had twice as many people in the Air Force," said John Lowrance, project officer for the campaign. "The generous gifts donated by our active-duty, Guard, Reserve and retired

members shows a real appreciation for the help these charities provide our Air Force family."

This year's campaign was helped by 18,000 new contributors. About 71 percent of donations are designated for the Air Force Aid Society, the largest of the four charities, Mr. Lowrance said.

"It's great news that this year's AFAP campaign was the most successful in years, and as a result, lots of Airmen and their families will benefit from these generous contributions," said retired Lt. Gen. Mike McGinty, Air Force Aid Society's CEO. "Once again it proves that Gen. Hap

Arnold's 'Airmen-helping-Airmen' philosophy lives on in today's Air Force."

Airmen can contribute to one or more AFAP charities through cash, check or payroll deduction. Besides the Air Force Aid Society, charities include the Air Force Enlisted Foundation, the Air Force Village Indigent Widow's Fund and the General and Mrs. Curtis E. LeMay Foundation.

This was the 31st year for the campaign. For more information on the AFAP, visit [www.afpc.randolph.af.mil/votefund](http://www.afpc.randolph.af.mil/votefund) and scroll down to the AFAP section. (Courtesy of Air Force Personnel Center News Service)

## Achievers

### 8 score 90 or better on CDCs

The following Airmen have been recognized for scoring a 90 percent or higher on their Career Development Course exam:

Staff Sgt. Jason C. Smallwood, 365th Training Squadron, 90; Airman 1st Class Tammy A. Lessard, 373rd TRS, 93; Staff Sgt. Hassan H. Rangel, 365th TRS, 91; Senior Airman John P. Stigall III, 362nd TRS, 92; Airman 1st Class Lisa C. Vega, 82nd Medical Operations Squadron, 90.

Staff Sgt. Brian A. Avalos, 82nd Training Group, 91; Airman Paul E. Rollins II, 82 Civil Engineer Squadron, 93; and Staff Sgt. Joshua P. Skoglund, 362nd TRS, 91.

### ERAU holds first Sheppard graduation

Embry-Riddle Aeronautical University celebrated its first graduation recognition ceremony at Sheppard June 16 at the officer's club.

Twenty-one graduates were recognized, 10 in the Bachelor of Science in Professional Aeronautics and 11 in the Master of Aeronautical Science degree programs. Also eight students were awarded their Safety Certificates at the recognition ceremony.

Graduating with the Bachelor of Science in Professional Aeronautics were:

Master Sgt. Robert Drake Jr.; Tech. Sgts. Roland Thompson and Devin Weber; Staff Sgts. Cedric Atkinson, Michael Dynda,

Aaron Hediger, Sean Murphy, Joshua Skoglund and Nicholas Toaso; and Senior Airman Michael Nielsen.

Master of Aeronautical Science graduates were:

Maj. John LaMantia; Capt. Brian Hazel, Marc Himelhoch, Chad Holt, Hans Lienke, Adam Perry, Thomas Reagan Jr., Christine Scolaro and G. Hall Sebren Jr.; 1st Lt. Kathryn Richardson; and Tech. Sgt. Antonio LaCorte.

Receiving Safety Certificates were:

Captains Holt, Perry, Jason McCurry, Christine Scolaro; Lieutenant Kathryn; Master Sgt. Stacey Tuckwell; Tech. Sgt. Antonio LaCorte and Staff Sgt. Dennis Hosley.

## SOURCE

Continued from Page 1

with military issues – issues that complicate military life. So they're very sensitive to what you ask," he said.

"Some people think they're the only people who ever experienced whatever their problem is, and, of course, they're not," Mr. Molino said. "Most everyone goes through different phases and different cycles."

The person on the other end does not make judgments about situations, he explained.

"They're there to listen to what you have to say, evaluate it and give you the beginnings of an answer or actually the answer to your question," Mr. Molino said.

Military One Source provides information on a gamut of situations: from needing a plumber in the middle of the night to fix a broken pipe, to needing veterinary service for a sick dog. It also handles things like helping families new to an area find child care, or information about the school system, summer jobs – whatever is needed.

"One Source can get all that information and provide it to you in a most efficient manner,

**To use Military One Source, call toll free:**  
From the United States: (800) 342-9647.  
From outside the United States (where available): (800) 3429-6477.  
International collect: (484) 530-5747.  
Or access the Military One Source Web site at [www.militaryonesource.com](http://www.militaryonesource.com).

whether it be electronically or getting back to you on the telephone," Mr. Molino said.

People should not be afraid or embarrassed to seek help from Military One Source, he said.

"The person at the other end of the phone isn't going to be judgmental about your situation," he said.

Word of mouth is the best way to get the word out about Military One Source within a unit, he said. For example, Mr. Molino said, "If I'd made a phone call and had a positive experience, I can tell you about it. I can say, 'You know, I tried One Source one time, and it worked for me. You ought to give it a shot.' Asking for help isn't a sign of weakness; it's really a sign of being smart – it's a sign of smartness."

He pointed out when servicemembers are deployed,

they can put their minds at ease knowing that if their family needs help, it is only a phone call away.

Putting himself in that position, Mr. Molino said, "I would find it very (comforting) to know that my family back home has that option ... and they don't have to wait for the family center to open. They don't have to find a way to get to the family center. My wife wouldn't have to find a way to have the children taken care of."

"If there's a language problem, One Source is able to provide services in more than 100 languages, usually in less than a minute's delay," he said.

Military One Source also can be helpful to active-duty servicemembers. They do not have to take time off from work or training to solve a problem. All they have to do is call Military One Source, Mr.

Molino said.

He emphasized that Military One Source counseling service is not mental-health counseling or counseling for an illness that might be burdening somebody.

"We have a health-care system that provides that service," he said. "This is a different kind of counseling. It's for folks that experience difficulties day to day."

When a servicemember is deployed, the family adjusts to his or her absence. Somebody is walking the dog and taking out the garbage. When the servicemember comes back, he or she has to fit back into the family. Sometimes that creates friction, Mr. Molino said.

All families have some degree of difficulty, and most of them manage to work through the problem. But sometimes they need a little assistance, and one phone call can now get them that kind of counseling, he said.

Military One Source also is available to National Guardsmen and reservists being called to active duty for operations Enduring Freedom and Iraqi Freedom.



Photo by Tech. Sgt. Kevin J. Gruenwald

### Birds of a feather

NELLIS AIR FORCE BASE, Nev. – An F/A-22 Raptor flown by Maj. David Thole breaks away after completing a training mission June 23 with an F-16 Fighting Falcon flown by Maj. Alex Grynkewich. Major Thole is assigned to the 422nd Test and Evaluation Squadron, and Major Grynkewich is from the 53rd Test and Evaluation Group.

## CADETS

Continued from Page 1

Sheppard's squadrons to get a feel for what the operational Air Force is like and they will participate in the each organization's daily activities. Learning by doing is paramount to the success of the program according to Air Force ROTC leaders.

The ROTC program focuses on teaching the cadets how to

be officers, but it doesn't give them a lot of exposure to the enlisted side of the military. With RSSP, the cadets get to work closely with the enlisted members and gain a better perspective of how the Air Force operates.

Currently none of the cadets are obligated to become Air Force officers; however, Secretary Roche hopes this experience will motivate the participants to continue to pursue a commission in the United States Air Force.

## Taking charge of patient care in the air

By Master Sgt. Andrew Gates  
455th Expeditionary Operations Group  
Public Affairs

BAGRAM AIR BASE, Afghanistan (AFP) – Most military aircraft are not well known for passenger comfort.

But when passengers are seriously ill or injured, a team of medical experts is always on hand to ensure as comfortable a ride as possible.

“We are responsible for moving casualties in-theater as well as between theaters,” said Capt. Karl Schaab of the 376th Expeditionary Aeromedical Evacuation Squadron. “We move people from the collection point (here) to Ramstein or Rhein-Main (air bases) in

Germany, taking patients to the Army regional hospital at Landstuhl.”

The process starts when a U.S. servicemember in-country has a condition which requires hospitalization.

Some flights are because of ordinary medical conditions.

“Last week, we had a 21-year-old Soldier who went into diabetic shock,” said Staff Sgt. Virgilio Comia, an aeromedical flight technician from the 349th Aeromedical Evacuation Squadron at Travis Air Force Base, Calif. “We had to fly her to Landstuhl for medical treatment. She’s doing fine now.”

Other flights are carrying seriously injured patients. The team recently had

to evacuate a patient who lost part of an arm from a landmine explosion, Captain Schaab said.

“When someone in this area needs medical evacuation, we get notified through the aeromedical evacuation control team,” said Captain Schaab, who is deployed from the 445th AES at Wright-Patterson AFB, Ohio. “They tell us when and where to move a patient.”

Once the team has been told to move a patient, they schedule airlift on the next available cargo aircraft, Captain Schaab said.

Shortly before the patients are loaded on the plane, an aeromedical-evacuation crew prepares the aircraft

by setting up litters or other equipment to ensure a safe journey for the patients. It takes the team just under an hour to set up an aircraft to carry patients.

“We have to move quickly to ensure the aircraft is ready when the patients arrive,” Captain Schaab said.

The team usually makes two flights each week to Germany. On each flight, they normally accompany one or two litters and five to six mobile patients, said Maj. Janie Johnson, aeromedical evacuation flight liaison. She is deployed from the 622nd AES at MacDill AFB, Fla.

Getting a plane, and then getting that plane ready for patients, takes a lot of work.

“We get a lot of cooperation from everyone -- the aerial port, aircrew and loadmaster,” Captain Schaab said. “Everyone pitches in.”

Sometimes, one of the patients is in critical condition and in serious jeopardy of losing life or limb. That is when another team of medics assists the patients, said Senior Airman Frank Dumbaуска, who is deployed from Lackland AFB, Texas. Airman Dumbaуска is a member of the critical care air transport team.

“If there is a critical patient who needs to be airlifted, we take care of the patient with assistance from the aeromedical-evacuation crew,” he said. “A critical patient is one who won’t survive long if (he or she stays) downrange -- someone we need to get to a hospital quickly.”

The CCATT normally consists of a technician, a nurse and an emergency room doctor or pulmonary specialist.

Critical patients are moved once they are stabilized enough to move, said Capt. Terry Bates, a nurse on the CCATT who is deployed from Andrews AFB, Md.

“If someone has a life-threatening emergency, we need to get them to a hospital as quickly as possible, so we want to make sure they can be transported safely,” Captain Bates said.

They prepare each patient according to his or her risk. This could mean everything from putting breathing tubes into a patient who they believe might have respiratory problems to procedures relieving internal bleeding.

“If we think there may be a problem while we are (flying), we try to be proactive and prepare the patient appropriately before we ever take off,” Captain Bates said.

Since the CCATT is not an aircrew, they need an aeromedical-evacuation crew traveling with them.

“The aeromedical-evacuation crew sets up the aircraft and gets everything ready for us when we arrive with the patient,” Captain Bates said. “They also help out with our patient if they have time -- or if they don’t have any patients on the flight.”

The squadron here has three aeromedical-evacuation crews -- all of which are in the Reserve, Major Johnson said. It also has one critical-care team.

“If we send out our CCATT, though, we bring in an augmenting crew from another unit -- that way we always have someone here for the warfighters,” Major Johnson said.

Although Army medical-evacuation units are responsible for bringing injured warfighters from forward-deployed locations to the casualty collection point here, the Airmen here are getting into some of the evacuation action.

“We’ve been embedding our aeromedical-evacuation crews on Army (helicopters) going downrange and bringing injured people,” Captain Schaab said. “This is providing additional capability and is a great help for the Army.”

No matter the challenges, the Airmen said the job keeps them motivated.

“I love what I am doing,” Sergeant Comia said. “I enjoy helping injured people out and getting them where they need to go.”



Photo by Master Sgt. Andrew Gates

BAGRAM AIR BASE, Afghanistan – Tech. Sgt. Gabriel Aguilar tests an IV pump before inventorying it for a flight. The pump is used to run intravenous fluids to a

patient while in flight. Sergeant Aguilar is assigned to the 376th Expeditionary Aeromedical Evacuation Squadron here.

## Soundoff

What do you do to beat the summer heat?



“Stay inside with the family,” Staff Sgt. Jon Murkins, 360th TRS



“Get water from the fountain,” Denise Thomas, main shopette



“I have a misting device that keeps me cool,” Celia Gorlesky, 360th TRS



“Just endure it,” Dave Rotter, retired Navy chief

## Vietnamese boy finds success in AF blue

By Allyson Hartley  
Air Armament Center Public Affairs

EGLIN AIR FORCE BASE, Fla. (AFP) – Maj. Phuong Tran holds a deep appreciation for America.

In 1975, at age 11, Major Tran, his family, and hundreds of other Vietnamese families fled Saigon, Vietnam, to escape communism.

Although he knew nothing of the language or culture of the United States when he left his war-torn country, Major Tran said he overcame the challenges he faced by excelling in education and joining the U.S. military.

He became a U.S. citizen in 1988. Now an Air Force officer, the major is the information system flight commander for the 96th Communications Squadron here.

“There was a sense of urgency to get out of the country,” said Major Tran about fleeing Vietnam. “The airport was flooded with people waiting in very long lines for the planes to leave.”

Major Tran and his family settled in Walkerton, Ind., and a culture far different from their own. He did not speak any English and had to start from scratch while attending school. After graduating high school, he joined the U.S. Army because he said he enjoyed the nation’s patriotism.

“I felt strongly about what this country stands for,” Major Tran said.

Major Tran said while in the Army he became interested in a career in nursing. He took a break from the military and attended the St. Francis Medical Center College of Nursing in Peoria, Ill., where he earned a

bachelor’s degree in nursing. He also worked two and three jobs throughout his college years.

He had other dreams as well. He wanted to become an officer in the U.S. military. He received a direct commission into the Army Nurse Corps.

After taking advice from several mentors, Major Tran decided to switch into the Air Force. He worked as an intensive care unit nurse at Scott Air Force Base, Ill. He also was a member of the critical care air transport team there.

After working as a nurse, Major Tran responded to a notice from Air Force offi-

cial to anyone wanting to enter the communications field. After training, he worked as deputy flight commander for the network operations security center at Air Mobility Command headquarters at Scott AFB.

Major Tran has been here for two years providing classified e-mail services, computer security and land mobile radio equipment here.

Major Tran said he still has additional professional and military goals he hopes to reach in the future.

“Professionally, I want to pursue a Ph.D. in economics,” he said. “I also aspire to be a [unit] commander for the (Air Force).”



Photo by Allyson Hartley

EGLIN AIR FORCE BASE, Fla. – Maj. Phuong Tran joined the military after he and his family fled Saigon, Vietnam, to escape communism in 1975. He is now the information system flight commander for the 96th Communications Squadron here.



Photo by Mike Fiore

Senior Airman Michael Dawson, tournament coordinator, washes himself off after getting in the mud pit at the mud volleyball tournament. Eight teams competed in the day-long competition.

## Let freedom ring

About 30,000 people celebrated America's independence at Freedom Fest Saturday.

Activities included a mud volleyball tournament, a colossal cookie contest, a hot wing-

eating contest, a race to make 1,000 gallons of lemonade, a battle of local bands, entertainment from Stephen Bruton and Malford Milligan, and, of course, fireworks.



Photo by Mike Litteken

A hot wing-eating contestant gobbles down wings at Freedom Fest Saturday.



Photo by Mike Litteken

Malford Milligan, the main act at Freedom Fest, rocks the crowd just before the fireworks start. Mr. Milligan was voted Austin's best lead singer of the decade.



Photo by Mike Fiore

Terry Baggott, 82nd Services Division, pours lemonade into cups after event-goers helped make 1,000 gallons of lemonade.



Photo by Mike Litteken

Fireworks light the sky as about 30,000 people watch.

**Sheppard Senator**

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

**Sheppard Senator editorial team**

- Maj. Manning Brown, Public communication director
- Master Sgt. Jeff Szczechowski, Noncommissioned officer in charge
- Bill Thornton, Chief of Internal Communication
- John Ingle, Editor (6-7244, sheppardsenator@sheppard.af.mil)
- Senior Airman Chris Powell, Sports editor
- Airman 1st Class Jacque Lickteig, Staff writer



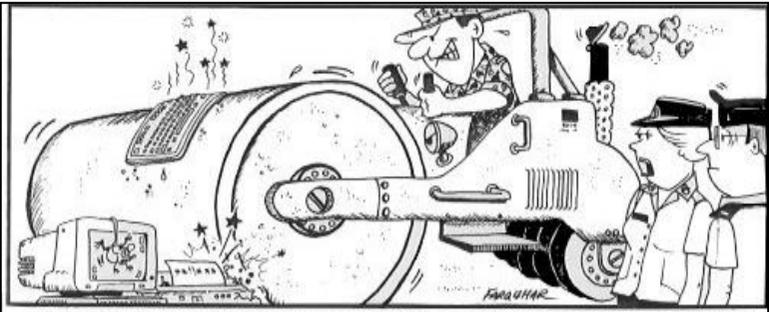
Published by the Times Publishing Company of Wichita Falls, Texas, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 82nd Training Wing.

This commercial-enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of *The Sheppard Senator* are not necessarily the official views, or endorsed by the U.S. government, the Department of Defense or the Department of the Air Force.

The appearance of advertising in this publication including inserts or supplements, does not constitute endorsement by the DoD, the Department of the Air Force or the Times Publishing

Company of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, marital status, physical handicap, political affiliation or other nonmerit factors of the purchaser, user or patron. Content is edited and prepared by the 82nd TRW public communication office. Copy deadline is noon Friday the week before publication. All photos are U.S. Air Force photos unless otherwise credited. E-mail submissions to sheppardsenator@sheppard.af.mil 82nd TRW/PA, 419 G Ave., Ste. 3, Sheppard AFB, Texas 76311-2943.



**CORPORAL CAPSLOCK IS SIMPLY MAKING A SUBTLE REFERENCE TO HIS DISLIKE FOR THE 'INFORMATION SUPER HIGHWAY'!**



Lt. Col. Tim Burke, former 80th Operations Group deputy commander, and Lt. Col. John Kreger, former 90th Flying Training Squadron commander, congratulate each other after their four-ship fini flight June 28. Both left Sheppard that day, leaving Lt. Col. John Colombo as deputy commander of the 80th OG and Italian Lt. Col. Salvatore Romeo commander of the 90 FTS.

## Remembering our core values

By Col. (ret.) Ken Costa

I was going to explain this embarrassing spectacle of students deliberately doing the absolute minimum to my family of gung-ho military veterans when they visit Sheppard.

A few days later, I had the great honor to hear Marine Lt. Clebe McClary speak. He was severely wounded and nearly died from combat during the Vietnam War.

After losing an eye, an arm, the use of three fingers in his remaining hand and suffering from severe wounds to his legs, he could have chosen to do the minimum.

He didn't. He valiantly struggled for years to walk and run again. Moreover, he has spoken to thousands of people in 40 countries inspiring them to live their lives characterized by integrity, service, and excellence.

So the next time you're tempted to do less than your best on or off-duty, ask yourself if this is what you would want Lieutenant McClary your parents or others to see.

You may not realize it, but millions of patriotic Americans are rooting for your success in the military. Live by our core values and make them, your families, and yourself proud!

As each unit smartly crossed the finish line with their flag waving, it was obvious the basic trainees were proud of themselves and proud of their units. Family members, some of whom had traveled great distances, were thrilled and very proud to see their sons and daughters perform in such an excellent manner.

I was inspired. A few days ago, I watched one of the 1.5-mile morning runs here. Many of the students were running hard. Some had even purchased, at their own expense, backpack water containers so they could drink on the go and not break stride to stop and fill a water bottle.

This impressed me, too. I also observed some students shuffling very slowly along, some barely picking up their heels. I was stunned. When I asked, "What is this," a sharp student serving as a road guard informed me that these able-bodied students were doing the "Sheppard Shuffle."

I became depressed and demoralized wondering how

## Drought conditions can affect us all

By Timothy Hunter

Agronomist/master gardner

Water is a precious resource. Of course, everyone in North Texas is aware of this fact.

After all, much of Texas has been experiencing drought conditions for the past two years. Hardly a day goes by where people aren't talking about the lake levels, need for rain, or water conservation.

Team Sheppard is not immune to these drought conditions or the water management measures implemented by the City of Wichita Falls.

The water flowing through pipes into base workplaces and homes is city water. It currently comes from Lakes Arrowhead and Kickapoo and will soon include a mixture of

water from Lake Kemp in Baylor County. Additionally, we follow the same rules as city residents, such as only watering once a week - Mondays, except between 11 a.m.-6 p.m. - time limits on automatic sprinklers, not allowing residential car washing, etc.

Many of the water management steps taken by the city have been aimed at reducing consumption in hopes the lake levels would stop decreasing. While the conservation efforts have certainly helped, the continued lack of rain has made it necessary for the city to implement more measures.

That's the reason Lake Kemp water will be blended into our water supply when the combined water levels of Lakes Arrowhead and Kickapoo decline to 40 percent or below. It is just another step in the city's active and responsible water management

efforts as they explore long term solutions. It's possible there may be a slightly different taste from your tap water; however, this blending of water from the three lakes will be safe to use for drinking and other purposes.

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

I ask each of you to continue doing your part to conserve this precious resource.

Don't be shy about educating new Team Sheppard members about the drought and water use rules.

Together, let's keep using water wisely and protect this resource for generations to come.

## When 'Batman' went to bat for me

By Chaplain (Col.) Harold Ray

11th Wing

BOLLING AIR FORCE BASE, D.C. (AFPN) - I read a story recently about Jackie Robinson, the first black baseball player to play in the major leagues.

In 1947, the Brooklyn Dodgers' owner, Branch Rickey, told him, "It'll be tough. You are going to take abuse, be ridiculed, and take more verbal punishment than you ever thought possible. But I'm willing to back you all the way if you have the determination to make it work."

Mr. Rickey was right. Players intentionally ran over him. Both players and fans ver-

bally abused him with racial slurs and digging comments; even his teammates took part in the fray.

About midseason, Mr. Robinson was having a very bad day. He fumbled grounders, overthrew first base and batted even worse. The crowd was booing. Then something special happened. Pee Wee Reese walked over from shortstop and put his arm around Jackie Robinson and indicated his acceptance of the player.

Mr. Robinson later said, "That gesture saved my career. Pee Wee made me feel as if I belonged."

When I read that story, I thought back to many years ago when I first enlisted in the Air Force and was stationed at Plattsburgh Air Force Base in

upstate New York. I was barely 18 years old and leaving the Deep South for the first time for a new environment, a new culture and a new direction in life. I didn't adjust too well the first several months. I was not passing my career development courses and not doing well on the job. I felt myself going under and was convinced my Air Force career would be short-lived.

Then something special happened. My supervisor, Master Sgt. Bill "Batman" Clark, put his arm around me and said, "You can do it."

He convinced the commander to give me another chance. He took extra time with me and made sure I had extra time to study. He invited me to his home on weekends and holidays

and made sure I had a home-cooked meal.

It was then that I began to feel at home in the Air Force. I learned my job, passed my tests and have been blessed with a successful Air Force career ever since. I've often wondered what my life would be like if Sergeant "Batman" had not put his arm around me.

"Batman" went to bat for me when I needed it most, and because of that, my career has been a home run.

How many of you have experienced someone putting an arm around you and giving you that boost when you needed it most? How many of you have put your arm around a young enlisted troop, or a young officer, or spouse?

I pray that each of you does.

## Action lines

**South fitness center**

Question: I have a complaint regarding the temperature in the south fitness locker room. The temperature in the workout areas is nice and comfortable with plenty of fans, but in the women's locker room it is very hot and humid from the showers.

It is a very uncomfortable condition especially after you are hot and sweaty from working out, and then you take a shower and feel as if you never showered. There is one fan in the restroom area, but that is it. I know a complaint was made from a colonel on base, but

nothing has been done yet to fix the problem, and I'm not sure if they are planning on fixing the problem. The temperature needs to be a lot more comfortable than it is.

I know quite a few individuals who use the gym go home to shower just because of the climate control in the women's locker room.

Answer: Thank you for your call. The south fitness center staff took short- and long-term actions to solve the problem.

First, they placed an additional industrial-sized fan in the

women's locker room to initially cool the room and placed an urgent work order to civil engineering. Unfortunately, initially they could not find the cause but they replaced a loose belt and hose. All reports and customer feedback indicate the room is cooler. However, this does not completely solve the problem.

They are looking at a long-term solution to modify the air conditioning flows to provide more direct cooling to the locker rooms.

This would especially help during the peak hours of locker room use. Again, thank you for your concerns.

**Sheppard Annex**

Question: Are there plans to change the current reservation policy for RV sites at Sheppard Annex? The reason we ask is because it is almost impossible to reserve a site with full hook ups because of the number of sites being occupied by full-timers. We feel the Annex should be used as a recreational place and not a housing area. We don't really have a problem with the full-timers that are actually there but we strongly object to the sites that are taken up and there is almost never anyone there. If the policy is going to remain as if would it be

possible to put in more full hook up sites? I understand that there may be five more put in but there needs to be more than that.

Answer: The demand for ARV hook-ups at Sheppard Annex is on the rise. However, on holidays there is more demand than space available. We have budgeted for increased slots and added five new slots this past winter. More are planned for next fiscal year, based on market requirements.

There are a limited amount of slots which have been filled full time. These folks have been grandfathered and through attri-

tion those slots will be eliminated. They have provided revenue through our slow season to keep operations running and lessen the impact of raising fees at the lake. Additionally, we have six sites reserved for a seven-day limit. These may be extended if there are no other reservations.

**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



### Raising Helen (PG-13)

Today at 6:30 p.m.  
Saturday at 4:30 p.m.  
Kate Hudson, John Corbett - Helen's carefree lifestyle comes to a screeching halt when her sister and brother-in-law are killed in a car crash, leaving her to care for their three kids.



### The Day After Tomorrow (R)

Today at 9 p.m.  
Saturday at 7 p.m.  
Sunday at 4:30 p.m.  
Thursday at 7 p.m.  
Dennis Quaid, Jake Gyllenhaal - A climatological disaster ravages the world beyond recognition.



### Shrek 2 (PG-13)

Saturday at 2 p.m.  
Sunday at 2 p.m.  
Mike Myers, Eddie Murphy - Shrek and Fiona return from their honeymoon, and Shrek faces his greatest challenge - the in-laws.

## Community

### Paddle boat races

Lake Texoma will host paddle boat races Saturday beginning at 10:30 a.m. and 1:30 p.m.

For more information, call (903) 523 - 4613.

### Horseback riding

Outdoor recreation is sponsoring a horseback riding trip Saturday.

The cost is \$25 per person

which will include a one- to one-and-a-half-hour horse trail ride, lunch and fishing.

For more information, call 6-4141.

### Nature hike

A nature hike is taking place at Lake Texoma Annex July 17 beginning at 10:30 a.m.

Learn about the various plant and animal life and natural resources around the area.

Call (903) 523 - 4613 for more information.

# Sheppard Spotlight 15 lines of fame

1. **Name:** Jennifer Kessler
2. **Rank:** airman first class
3. **Organization and position:** 82nd Communication Squadron, network administrator
4. **Most rewarding aspect of your job:** Working with some very knowledgeable people and learning new things.
5. **Why did you join the Air Force?** All of the benefits the Air Force offers and to travel the world.
6. **Favorite Air Force assignment:** Considering this is my first base,

- Sheppard.
7. **Date arrived at Sheppard:** July 28, 2003.
8. **Hometown:** Conneaut, Ohio.
9. **Married or single (include your family if you'd like):** Single.
10. **Favorite thing(s) to do in your free time:** Watching and playing sports.
11. **Funniest childhood memory:** When a bird pooped on my head.
12. **Favorite book or movie:** "Varsity Blues."
13. **Dream vacation:** Taking my entire family to Germany.

14. **If you could be anyone for one day, who would you be?** The CMSAF, so I could get the feel for my future job.
15. **Other than your family, what is your most prized possession?** A picture that my 4-year-old niece drew for me.



## Club activities

### Family night

The enlisted club will host a family night Thursday from 5:30 to 8:30 p.m. The cost is \$5.95 for members, \$7.95 for non-members, \$2.95 for members' children and \$5.95 for non-members' children.

One must be a member in order to receive prizes from the club. Billy Bob and The Green Machine will be the entertainment. For more information,

call 6-2083.

### Comedy night

The enlisted club will host a comedy night July 16 beginning at 9 p.m. The doors will open at 8 p.m.

The cost is \$5 for members and \$10 for non-members.

For more information, call 6-2083.

### All-night party

There will be an all-night party at the enlisted club after

the comedy performance July 16.

The party will last until 4 a.m. All ranks are welcome. Call 6-2083 for more information.

## ITT

### Six Flags trip

ITT is sponsoring a trip to Six Flags Over Texas July 17.

The cost is \$45 per person, which includes transportation and admission.

The tour will leave the community center at 7:30 a.m. and return at 8:00 p.m.

Register by the end of today. The fee for registering after today will be \$5.

Call 6-2302 for more information.

## 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)

### Daily Mass

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

### Protestant services

### Sunday

10:30 a.m. Community Worship (Bldg. 1900)  
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)

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

### Protestant Religious education

Adult religious education, 9 a.m. (Bldg. 962)

Tuesday Bible study, 6 p.m. (south chapel)

Thursday, noon Bible Study, lunch provided (south chapel)

PWOC Thursday Bible study, 6 p.m.

PMOC Tuesday Bible study, 6 a.m.

For more information about the chapel, call 6-4370.

## Student stuff

### FITS

Saturday - Wallyball 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 3:30 p.m. and Wednesday, 10 to 11 a.m.

Praise Band Rehearsal, Saturday, 10 a.m. to noon.

Solid Rock Saturday Meal, 6:15 p.m.



# Sheppard Sports



Army dominates national championship  
See Page 4B

## Getting to the point

Lieutenant looks to make mark in fencing on world stage in Athens

Courtesy of Airman Magazine

He thought at first Kung Fu was his sport. Then it was baseball. Then track. After trying out for several sports at the tender age of 11, he finally met his match — fencing. But no one expected this sport to take him through 11 years of competitions, the Air Force Academy and now, two Olympic spots this year.

But that's exactly where 2nd Lt. Seth Kelsey is today — training at the Olympic training center in Colorado Springs, Colo., to represent the Air Force at this year's Summer Olympics in Athens.

"Fencing is different than the physically driven sports," he said. "It's a skill-based sport, like a physical chess where you have to be patient and use your head to win."

As a 2003 graduate from the

academy and an ambassador in blue, Lieutenant Kelsey has definitely learned to use his head.

"You have to be dedicated," he said. "Fifteen points is a long period to be focused. There might be some action, but most of it your opponent does and you're just reacting."

With one-time offers of full scholarships to colleges like Penn State and Notre Dame, Lieutenant Kelsey had his pick of where to go to school. But he chose the academy instead.

With the academy in the past and the Olympics in his future, Lieutenant Kelsey realizes he represents the Air Force now more than ever.

"My job is to get results for the Air Force every time I compete. This isn't a two-year break from active duty, but a constant performance I have to give over the entire two years."

Although training comprises the majority of Lieutenant

Kelsey's days, he's constantly working in an educational capacity every time he competes.

"I'm a liaison for the Air Force," he said. "I talk to people, tell them what we do and help create a more educated public."

Having traveled to numerous countries in the world, Lieutenant Kelsey has had many opportunities to spread the Air Force word. And now he'll bring Air Force blue to Athens in August.

Follow Lieutenant Kelsey's journey to the Olympics at [www.usfencing.org](http://www.usfencing.org).



Photo by Master Sgt. Scott Waggers

## 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.

### No Tap Tournament

A No Tap Tournament will be held at the South Lanes July 17, 2004 at 7:00 p.m. The cost is \$13 per person.

### Better Ball golf tourney

A Two Person Better Ball Tournament will be held at Wind Creek Golf Course July 17 with a shotgun start at 8 a.m. The cost is \$25.00 plus green fees which includes breakfast, lunch, cart and prize fund.

### Dallas Cowboys tickets on sale at ITT

Tickets are on sale \$38 for the upcoming Dallas Cowboy season.

Seat locations are on the upper level corners and/or end zones. Ticket orders are on a first come, first serve basis.

Acceptable payment methods are cash, check or club card. Payment is due when an order is placed.

Games available include: Cleveland, Sept. 19; New York Giants, Oct. 10; Pittsburgh, Oct. 17; Detroit, Oct. 31; Philadelphia, Nov. 15; Chicago, Nov. 25; New Orleans, Dec. 12; and Washington, Dec. 26.

Phone orders are accepted using Visa or Mastercards with a \$1.50 phone order fee per ticket and \$2 processing fee.

## Sheppard youth knocks in winning run to win Texas state softball tournament

By Senior Airman Chris Powell  
Senator sports editor

Wiping water from her rain-soaked face, Stephanie Hartness walked to the plate. It was raining and dawn hadn't crept up in the Texas horizon yet. She knew the game was in her hands.

She had a runner on third with two outs. This is a scenario that some major leaguers don't like to see.

Her manager gave her the sign to try to bunt the runner home. She missed on the first pitch. Strike one. She missed on the second pitch. Strike two.

After the second strike, her coach changed his mind and decided to let her swing away. This time there wasn't a strike three because Hartness hit a line drive passed the pitcher and third baseman to bring home the winning run and help her team, the Wichita Falls Blasters, win the fast pitch American Softball Association Texas State Tournament in the nine-to-year-10-old class June 28 in Waxahachie, Tx.

"I was nervous, but I had the confidence, and I knew I was going to hit it," she said.

As her teammates swarmed her, her father, Master Sgt. Bob Hartness, looked on and waited patiently for his turn to congratulate his daughter.

"I just gave her a big hug and told her that I knew she was going to do it," he said, overflowing with pride for his daughter. "While I was sitting there

watching her at the plate, I knew she was going to do it, but when she hit the ball, I came unglued."

Stephanie and the rest of the Blasters have had an amazing season that may overshadow any major league record. Throughout the entire season in cluding tournaments, the Blasters are an amazing 50-2.

What makes their win even more spectacular, is during the tournament, they played five games in two days. They played their final game at 4:30 a.m. after only getting a few hours of sleep and they didn't allow a single run throughout the entire tournament.

"Our team really played well together," the nine-year-old said.

Although she's only been playing three years, she has learned softball fast and is batting .500 this season, her father said.

Since the Blasters have won all of their tournaments, they are now invited to participate in the national championships in August located in St. Louis.

"I think we're going to do perfectly fine," she said nonchalantly.

Although the competition will be tougher with more than 90 of America's top teams participating, her father has confidence they'll do well.

"They swept the Texas championships without giving up a run and beating some of the best teams in the country," he said. "They will play good."



Photo by Senior Airman Chris Powell

Stephanie Hartness takes a swing at a softball July 1. Hartness knocked in the winning run to help the Wichita Falls Blasters win the fast pitch American Softball Association Texas State Tournament June 28 in Waxahachie, Tx.

## Sailor ready for shot at Olympic gold

Courtesy of Navy Sports

ANNAPOLIS, Md. — After spending a lifetime swimming in near obscurity in front of crowds consisting of parents, family and friends, recent Naval Academy graduate and future submarine officer Ensign Noah White will take to the pool this week to close his athletic career on one of the biggest stages in the world when he competes in a pair of events at the U.S. Olympic Trials in Long Beach, Calif.

"It's like a dream come true," said White, a native of El Cajon, Calif., of the opportunity to compete at the Trials. "I never really thought I would have the ability to compete at this event."

"I remember watching the Trials for the past Olympics and could not believe people were swimming that fast. After watching them during the day I would go to practice later at night all fired up about swimming. Now, I will be one of the ones competing at the event. It's hard to believe."

The eyes of 10,000 fans in the stadium, a national television audience and swimmers from around the world will be focused on the Charter All-



Photo courtesy of Navy Sports

Ens. Noah White will have a chance to represent the United States and the Navy this summer at the Olympic Games in Athens, Greece, if he does well at the trials.

Digital Aquatics Centre, an outdoor pool located yards from the Pacific Ocean, as the Trials are held July 7-14 to select the men and women who will

See SAILOR, Page 4B

## Rudd finishes 18th after starting on second row

Courtesy of Air Force Recruiting Service

Despite outstanding pit stops, even under extraordinary circumstances, Ricky Rudd's Coca-Cola C2/Motorcraft Taurus did not perform up to the team's expectations on the race track.

The first stop of the night came in at 8.2 seconds for two tires and a full tank of fuel. The second stop was an unbelievable 16.26 seconds on lap 46 after Jamie McMurray's car was turned nose-first into Ricky's pit just as jackman Tony Martin was making his dash around the right front fender of the #21 C2 Ford. The startled Martin and the rest of the pit crew continued the stop, hardly missing a beat.

The team's second slowest stop of the night was completed under a cloud of smoke and green flag conditions on lap 110. The pit crew changed four tires, made a chassis adjustment and filled the car with fuel in 16.1 seconds while engulfed in a haze of fire extinguisher powder and smoke from problems with the Bobby Hamilton, Jr. car that was pitting in the stall directly in front of Rudd's. It was thick enough to hinder the sight of both Ricky and his crew.

The final stop of the night, again for two tires, fuel and a chassis adjustment was an outstanding 6.8 seconds on lap 141.

"The car ran real well about the first ten laps under race conditions," said Rudd. "Then it just started pushing, and it wouldn't turn. And the more they worked on it, it seemed like the worse it got. I don't know what to say other than that. The motor, we had a really good motor on the straightaway. It is a shame we couldn't take advantage of it."

Rains approaching monsoon type conditions that hit the 2.5-mile speedway late in the afternoon had delayed the race two hours. A pesky drizzle that made track drying difficult continued until right before the yellow and green flag start at 9:35 p.m. The first eight circuits were completed at caution lap speeds with competitors actually taking the green flag on lap nine.

Ricky came in second behind Michael Waltrip for his first pit and went back out second. He stayed in second place until lap 26. He ran as far back as 26th, but finished 17th. Jeff Gordon won the traditional July 4th weekend event.

It was a happy driver and team that

See RUDD, Page 4B

## Basketball

For more information, call 6-2972.

### Martin Luther King Jr. basketball tournament

There will be a Martin Luther King Jr. basketball tournament Sunday and Monday at the north and south fitness centers.

### Over-30 League

Team	Won	Lost	GB
366 TRS	3	0	-
360 TRS	2	1	1.0
365 TRS	1	1	1.5
383 TRS	1	1	1.5
82 SFS	2	2	1.5
82 MDOS	1	2	2.0
82 MSS/SV	0	3	3.0

### Permanent Party

#### Division 1

Team	Won	Lost	GB
82 MDOS/MDSS	3	0	--
365 TRS	3	0	--
382 TRS	2	2	1.5
366 TRS	1	1	1.5
361 TRS	1	2	2.0
80 OSS	0	2	2.5
362 TRS	0	3	3.0

### Permanent Party

#### Division 1

Team	Won	Lost	GB
82 CES	2	0	--

Team	Won	Lost	GB
187 MBN	2	1	0.5
82 SFS	2	1	0.5
82 MSS/SVS	3	2	0.5
82 CPTS	1	3	2.0
82 CS	0	3	2.5

### Student League

Team	Won	Lost	GB
882 TRS-A	3	0	--
360 TRS	2	0	0.5
366 TRS	2	1	1.0
361 TRS	2	1	1.0
364 TRS	2	2	1.5
365 TRS	1	1	1.5
363 TRS	1	2	2.0
882 TRS-B	1	3	2.5
362 TRS	0	4	3.5

## Bowling

For more information, call 6-2170.

### 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.

## Bowling League

Team	Won	Lost
82 COMM A	87	33
365 TRS C	84	36
882 TRG	75	45
363 TRS Ammo	72	48
366 TRS A	69	51
365 TRS B	68	52
365 TRS D	68	52
360 TRS	68	52
Bowling Pro Shop	68	52
362 TRS B	68	52
82 CES	65	55
364 TRS A	63	57
80 FTW A	62	58
382 TRS A	62	58
187 Med Bn	60	60
362 TRS A	58	62
383 TRS	58	62
363 TRS Armament	56	64
82 MSS/SVS	55	65
381 Med Red	55	57
82 Services Squadron	54	66
382 BMET	52	68
82 CPTS	51	61
361 TRS	48	72
364 TRS B	45	75
80th OSS	35	85
82 CS B	34	86
SFS	32	88

## Fitness center

For more information, call 6-2972.

### Aerobics offers classes

The aerobics center, located in the new fitness center, offers coed aerobics

classes seven days a week. Call 6-2972 for more information.

### Abdominal class

Monday, Wednesday and Friday at 11 a.m.  
Monday through Friday at 8 p.m.

### Aerobics

Monday at 7:15 a.m.

### Step aerobics

Tuesday and Thursday at 5:30 a.m.

### Body pump

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

### Yoga and pilates

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

### Basic step

Monday, Wednesday and Friday at 7 p.m.  
Sunday at 2 p.m.

### Kickboxing

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

### Intermediate step

Saturday at 10:15 a.m.  
Wednesday at 6 p.m.

### Advance step

Monday, Tuesday at 5 p.m.

### Combo step

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

## Youth center

For more information, call 6-2342.

### Operation Night Hoops

Operation Night Hoops registration is from Feb. 16 to March 16 at the Madrigal Youth Center for ages 13 to 18. Registration requirements are a current physical, proof of age, a completed Air Force Form 1181 and a fee of \$15 for members, \$20 for non-members and \$25 for civilians.

Each participant must attend an educational class to play.

### Night Hoops volunteers

There are several volunteer positions that need to be filled for Operation Night Hoops.

The positions are: social planning committee, photographer, sports writer, score keeper, teen sports director, apprentice coach and an announcer.

### Body development class

There is a body development class beginning Jan. 21 at the Madrigal Youth Center for youth ages 13 to 18.

People can register now, and the cost is \$20 for members and \$25 for non-members.

# Falcon football tickets now on sale for 2004 season

### Courtesy of the Air Force Academy

Single game tickets for the 2004 Air Force football season will be on sale Thursday, July 1 beginning at 9 a.m. Tickets can be purchased in person at the Air Force ticket office, located on the main level of the Falcon Athletic Center, by calling the ticket office at 719-472-1895 or 800-666-8723, or on the school's website (to purchase tickets online, click here).

Prices range from \$25 - \$30 for reserved seats and \$10 - \$15 for general admission. General admission seating is not available for the Navy game.

The Falcons open the regular season at home against California on September 4 at 10 a.m. A game-by-game ticket promotion schedule for the 2004 season is also available by clicking on the "Tickets" link at [www.airforcesports.com](http://www.airforcesports.com).

In addition to Mountain West Conference rivals BYU, Colorado State, New Mexico, and San Diego State, Air Force will host Navy in a nationally televised game on September 30. The schedule is completed with a game against Division I-AA Eastern Washington.

Season tickets for Falcon football are also on sale and available with prices ranging from \$40 - \$135 for the seven-game home schedule.

# 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 9

10 a.m. Navy Marine Corps News  
5 p.m. Famous Generals: Joseph W. Stilwell  
9 p.m. Air Power Over Kosovo - 21st Century Command and Control

### Saturday July 10

10 a.m. Sheppard Today  
5 p.m. The Mission and History of the Air National Guard  
9 p.m. Marine Lt. (ret.) Clebe McClary

### Sunday July 11

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

### Monday July 12

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

### Tuesday July 13

10 a.m. Leadership Breakfast: Lt. Col. Mack Breland  
5 p.m. Air Power Over Kosovo - 21st Century Command and Control  
9 p.m. Sound of Freedom: The Berlin Airlift

### Wednesday July 14

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

### Thursday July 15

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

Call 761-5151 to place an ad.



## Rock solid Retiree shares love of rock climbing

By Master Sgt. Chuck Roberts  
Airman Magazine

After hang gliding above the earth and diving through the depths of the ocean, Don Vincent was searching for something different.

He hadn't hit a brick wall yet, but he was soon climbing something similar after visiting the outdoor recreation office at Nellis Air Force Base, Nev. He signed up for the beginner climbing clinic and soon found himself harnessed to a rope propelling himself up a rocky edifice inside a local climbing center.

The retired captain described the experience as exciting, challenging and physically exerting. He hopes to lure his wife, Lt. Col. Angela Vincent, into the sport so they can begin exploring numerous climbing possibilities at nearby Red Rock Canyon located about 30 miles from Nellis.

### A rocky start

Those are the emotions everyone should experience after their first time on the rocks, said Fred Frazzetta, an instructor at the Power House Rock Climbing Center in Las Vegas where Mr. Vincent and other Air Force people took that first step into rock climbing.

That feeling never left Mr. Frazzetta after his first climb 13 years ago at Red Rock. Neither will the memory of his introduction to the sport. As a novice, he scrambled onto the rocks without rope, harness or safety helmet. Nearby, a father and son had finished their day's climb and were putting away their gear when the son pointed out to his dad how the young Mr. Frazzetta climbed without the use of gear. He overheard the father's reply: "It's a----- like him who get themselves killed."

However, the father followed his remark with an offer to Mr. Frazzetta to try the sport with the proper gear. The ropes, harness and metal clips looked convoluted to Mr. Frazzetta, but everything fit perfectly.

"It was an experience I'll never forget," he said. "That was 13 years ago, and I still enjoy it as much today as that first time."

He also enjoys teaching beginners who come in all shapes and sizes and from different backgrounds. They take up the sport for various reasons, he said, to include natural curiosity, seeking an alternative workout or attempting to overcome the fear of heights. Reasons vary as widely as the ages of his students, which have ranged from 4 to 81.

Regardless of age or back-

ground, rock climbing offers the same benefits to all while also demanding attention to detail.

"Climbing keeps you in the moment. You're not thinking about anything else," Mr. Frazzetta said. "It's also cleansing and soothing for the soul, and places you in touch with your body."

### Getting high in Colorado

Fellow rock climber Jon Spindler agrees. As the recreation specialist at the Cadet Outdoor Recreation Center at the Air Force Academy in Colorado Springs, Colo., he routinely accompanies the beginning rock climbing class to Glen Cove at near-Pikes Peak. He observes the same reaction in young cadets, Airmen and family members that he experienced when he took up the sport 12 years ago.

"You get a great sense of accomplishment when you make it to the top of a climb," he said. "It's a little bit of a thrill, too." But not necessarily dangerous, even though rock climbing is a sport that can take participants hundreds of feet above the playing field.

"The most important aspect is safety," Mr. Frazzetta said. "That technique has to be flawless or someone could get hurt."

Safety is addressed in a beginner's class where basic skills are taught such as tying figure-eight knots, tying oneself to the harness and belaying — securing the safety of your fellow climber through rope control.

The first level of rock climbing is sport climbing. The climber wears a harness with a rope extending from the har-



Photo by Tech. Sgt. Kevin Gruenwald

**Rock climbing doesn't mean steep prices for classes and equipment. Lessons: The beginner climbing clinic at Nellis Air Force Base, Nev., costs \$20 and includes a full day of indoor wall time, instruction, equipment and transportation. At the Air Force Academy in Colorado Springs, Colo., the beginner's class costs \$60 and includes a trip to Glen Cove at Pikes Peak. If the idea of ice climbing doesn't leave you cold, the academy offers a beginner's ice climbing class for \$80.**

ness, up the route of ascent and back down again to where his climbing partner acts as the belayer. As the climber ascends, the belayer takes in the slack. If the climber were to slip and fall, the belayer can tighten the rope with a moderate pull and instantly stop the climber's fall.

After taking a class, Mr. Frazzetta recommends continuing work on climbing techniques such as traversing and bouldering. Mr. Spindler recommends taking a few classes and joining a local climbing club to provide opportunities to meet fellow climbers and join trips. Many clubs also offer classes. In Colorado, that could include ice climbing, using pick axes and wearing crampons on your feet to dig into the ice frozen on rock formations.

The second level is traditional climbing, in which a lead climber will ascend and secure

the rope onto preset anchors. The second climber below is attached to the lead climber, and it's his or her job to belay the lead climber in case of a fall. The two climbers can alternate taking the lead. Progressing to this level can range from a few months to a year, and it's the level where most climbers remain, Mr. Frazzetta said.

The next level is aid climbing, which involves setting anchors into the side of the mountain and climbing at times where you're only using the rope. In extreme cases, climbers may spend the night in a special tent suspended in midair from a rope.

Regardless of the proficiency level you're seeking, it's important to get off to a fun start. "Be open, don't be afraid and be comfortable with an instructor. It should be fun," Mr. Frazzetta stressed.

## Air Force, Navy share chess title

By Alan Eldridge  
81st Training Wing Public Affairs

KEESLER AIR FORCE BASE, Miss. (AFPN) — The Air Force and Navy are sharing the Interservice Chess Championship trophy this year, the first tie for the team title in the tournament's history.

The Air Force came to the tournament as a two-time defending champion, but tied with the Navy in points June 25, the last day of the six-day tournament here.

"If this had been a tie between two individuals, there would have been a tie-breaker," said Dee Stanley, the Navy coordinator.

"It was a very competitive tournament ... extremely competitive," said Robin Vannes-Keaton, the Marine Corps coordinator. "I think we had some exceptional players. With the Navy and Air Force tied, (that) was evident."

Navy Petty Officer 1st Class Narciso Victoria, assigned to Naples, Italy, won the individual championship and a place on the six-person U.S. armed forces team that will compete in the NATO tournament at The Hague, Netherlands, in August.

"We're definitely sending [at least] one representative from each service," Ms. Stanley said.

The tournament's top-ranking Soldier, Sailor, Airman and Marine earned a spot on the team.

Individual placements in the overall tournament landed two Airmen in the fifth and sixth spots on the team.

Airmen on the team are: Senior Airman Michael Bruns from Lackland Air Force Base, Texas; Staff Sgt. Robert Keough from Davis-Monthan AFB, Ariz.; and Tech. Sgt. Dan Ranario from Royal Air Force Mildenhall, England.



Photo by Mike Fiore

### Heads up

A player gets ready to knock the ball over the net during the Mud Volleyball Tournament at Freedom Fest 2004. Members of the opposing team scramble to get out of the mud before the ball is hit their way.

Is your career worth one ore drink?  
Think before you drink.

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

## Army dominates competition at nationals

Team earns 16 medals during, including sweeps in some events

Courtesy of the Army News Service

Senior Divisions.

Spc. Mary K. Elsass got the bronze medal in the Sport Rifle Championship. Elsass also tied for second place in the Women's Prone Rifle Championship; however after the tie-breaker, she ended up in fourth place.

In the pistol championships, international pistol shooter Sgt. John C. Ennis won gold medals in the Free Pistol, Air Pistol and Center Fire Pistol National Championships. Ennis also won the silver medal in the Rapid Fire Pistol National Championship.

Staff Sgt. Adam J. Holloway received the silver medal in the Air Pistol Championship and the bronze medal in the Free Pistol Championship. Staff Sgt. Robert M. Mango got the bronze medal in the Air Pistol National Championship.

For complete results visit <http://www.usashooting.org>. (Courtesy of the Army News Service.)

WASHINGTON - U.S. Army Marksmanship Unit Soldiers flexed their muscle taking 16 medals at the USA Shooting Running Target, Rifle and Pistol National Championships June 16-30 at Fort Benning, Ga.

The running target championships saw The USAMU team sweep the 10-Meter 30+30 and 10-Meter Mixed Runs National Championships. Staff Sgt. Armando R. Ayala won the gold medals, Spc. Henry L. Gray received the silver medals and Staff Sgt. Christopher S. Hatcher took the bronze medals.

USAMU international rifle shooter Maj. Michael E. Anti dominated the rifle championships, winning gold medals in the Free Rifle Prone and Three Position National Championships, while USAMU Deputy Commander Robert W. Aylward won the



Photo courtesy of the Army News Service

Staff Sgt. Armando R. Ayala takes aim in the USA Shooting Running Target National Championships. Armando took a gold medal in the two running target events as the Army Marksmanship Unit swept the medals in both.

## Army player named to All-American team

Second baseman becomes first Army honoree in 40 years

Courtesy of the Army News Service



Photo courtesy of the Army News Service

Nate Stone, a junior baseball player at West Point, was named to the third team All-American squad Wednesday.

WEST POINT, N.Y. - On the heels of one of the finest individual performances in Army history, second baseman Nate Stone became the first Black Knight in four decades to be named to one of the American Baseball Coaches Association (ABCA) All-America teams when he was recently selected to the 2004 ABCA/Rawlings NCAA Division I All-America Third Team.

A native of Bellefonte, Pa. (Bellefonte H.S.), Stone enjoyed a "breakout" season for Army this spring. Despite playing his third different position in three years, the junior second-sacker blossomed into one of the East's premier run-producing threats. Stone batted .414 with 18 doubles, six home runs and a team-leading 53 runs batted in. He established new single season school records for base

hits (75) and doubles (18).

In addition to topping the Patriot League in batting average (leading the nearest competitor by 35 percentage points), Stone headed the conference in base hits and ranked second in runs batted in (53) and on-base percentage (.483). He also listed among league leaders in doubles (3rd), total bases (3rd), runs scored (4th), slugging percentage (4th), stolen bases (T6th) and home runs (T7th). Stone recently completed his first season at second base after handling Army's shortstop duties a year ago. He started at third base as a freshman.

Stone becomes only the third Black Knight to be chosen to one of the ABCA's national All-America teams and the first since Barry DeBolt was cited in 1966.

Ed Haydash was the only other Army player to earn national recognition by the ABCA, earning similar honors in 1963.

## RUDD

Continued from Page 1B

left Daytona both Thursday and Friday nights. Qualifying on Thursday brought Ricky and his Wood Brothers Racing team a third place start for the Saturday night, July 4th weekend event.

Two practices were scheduled

for Friday, but rain showers delayed to the first one, so NASCAR decided to limit teams to one 90-minute session. And when that ended, Ricky had posted fast time for the day and the weekend - 46.898 seconds around the 2.5-mile high

banks at 191.908 miles per hour.

The NASCAR NEXTEL Cup teams now travel to Illinois for the 18th race of the year. The Tropicana 400 is scheduled to take the green flag at 3:30 p.m. at Chicagoland Speedway on Sunday, July 11.

## SAILOR

Continued from Page 1B

represent the United States at the upcoming Olympic Games. While White has worn the uniform of a midshipman over the past four years and currently displays the glistening gold Ensign bars that he received during Navy's Commissioning Week ceremonies on his dress white uniform, he is heading west with the hopes of being one of the elite athletes wearing a jacket emblazoned with 'USA' on it August 13 in Greece's Olympic Stadium as part of the opening ceremonies for the Games of the 28th Olympiad.

"I wouldn't be going to the Trials if I didn't think I would have a chance to make the team, but the thought of actually making the team isn't in my mind right now," said White, who will compete for one of two available spots in the 50 and one of six spots in the 100-meter freestyle events. "I have too many things on my plate to be concerned about before I get that far."

"This is the opportunity of a lifetime for any swimmer," said Navy head coach Bill Roberts. "If you look at the way Noah's career at Navy grew, you can argue that he is one who takes advantage of opportunity. I expect Noah will rise to this challenge."

It has only been over the last 12 months that thoughts of advancing to the Trials crept

into White's head. Prior to his senior year at Navy, White had recorded the fastest 100-freestyle and the sixth-best 50-free clocking in Navy history, but still had a ways to go before the Trials turned from a dream into reality.

This year, however, White began to see dramatic improvement in his times. He won 14 of his 15 100-freestyle races and placed first or second in each of his 50-free contests during Navy's dual meet season, then garnered Patriot League Swimmer-of-the-Year honors after winning three individual events at the league championship - the 50 (yards) freestyle in 19.74, the 100 free in 44.40 and the 200 free in 1:38.94 - while also helping Navy win four relay events and the overall team title.

In addition to his strong Patriot League showing, he placed second in both the 50 and 100 freestyle events and helped Navy win the 400 free relay event at the Eastern Intercollegiate Swimming League Championship, the program's first relay title at the championship in five years.

His 50-free time at the Patriot League Meet not only set a new Navy, Patriot League and Patriot League Championship record, it also gave him an 'A' cut qualifying time for the NCAA Championship. The first Navy

swimmer to automatically qualify for the national championship in seven years, White placed 31st in the 50 free, 29th in the 100 free and 43rd in the 200 free at the event, while also earning Honorable Mention All-America honors as part of Navy's 200 and 400 freestyle relay teams.

The thought that he is representing the Naval Academy and is the military's only active duty officer competing at the Trials also is not lost on White.

"It is nice to represent my teammates, the Naval Academy and the entire Navy at the Trials" said White. "I think this shows that you do not have to be from a school like Stanford or California to have success in swimming."

Regardless of whether or not White makes the Olympic team, this summer will mark the end of a competitive swimming career that began 15 years ago. After his swimming ends, White will soon find himself briefly assigned to a base in San Diego before reporting to nuclear power school in Charleston, S.C., in November and, eventually, to a submarine.

"It is kind of weird to think my swimming career is about to end," said White. "I have been doing this since I was six years old."

"But since it has to end sometime, I can't think of a better way to close it out than to compete in the Olympic Trials and possibly the Olympics."

Three seconds can save your life and the life of passengers in your car. Take the time to buckle up before you drive off.

Have a love for sports and want to tell your story? Call the Sheppard Senator sports editor at 6-1326 and let's talk about it.

Check out the new fitness center located on the corner of Avenue G and Fifth Avenue.