

The SHEPPARD SENATOR

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

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Dental assistant training program

The 82nd Dental Squadron in association with the American Red Cross is accepting applications for a Red Cross Dental Assistant Training Program. The program is six months long and will begin Aug. 12. For information or to register, call Tech. Sgt. James Scaife at 6-4474 or visit the dental clinic.



Take a deep breath

Senior Airman Jason Solis, a student with the 382nd Training Squadron, demonstrates the proper technique for using the new wearable ultrasound while Master Sergeant Cheryl Vance, an instructor with the 382nd TRS, supervises. See complete story on Page 4. (Photo by 2nd Lt. Nathan Broshear)

Air Force pioneer dies

by Tech. Sgt. Scott Elliott

Air Force Print News

WASHINGTON — Gen. Benjamin O. Davis Jr., the Air Force's first black general, died July 4 at Walter Reed Army Medical Center here of Alzheimer's disease at age 89.

Davis, promoted to the rank of general by President Bill Clinton on Dec. 9, 1998, is recognized for his role in breaking the color barriers in both the Army and Air Force. He will be buried at Arlington National Cemetery on July 17.

Born Dec. 18, 1912, in Washington, Davis was the son of an Army cavalry officer. At age 14, following a flight with a barnstorming pilot at Bolling Field, he decided he wanted to fly.

Davis' long battle with military racial segregation began in 1932 when he became only the eighth black to enroll at West Point. In an attempt to force him to quit, upperclassmen ordered other cadets to give him the silent treatment. During his four years at West Point, Davis never had a roommate, never shared a tent when in the field and ate his meals in silence.

The young cadet persevered.

When he received his diploma and commission in 1936, he was only the fourth black

See DAVIS, Page 12



Team Sheppard Training 2002

82nd Training Wing: 40,759 students trained to replenish America's combat capability

80th Flying Training Wing: 210 combat pilots trained for the NATO Alliance



Action Line 676-2000,
action.line@sheppard.af.mil



Brig. Gen. Arthur Rooney Jr. presents Gina Orue, 82nd Maintenance Squadron, with an engraved plaque for being named the 82nd Training Wing's Resource Advisor of the Quarter for the second quarter of the fiscal year. (Photo by T.R. Steele)

The 82nd Training Wing's Action Line is your direct line to me for any concerns and suggestions you have. I am personally involved in every reply, and I am committed to making Sheppard AFB a better place to live, work and play. Before you call the Action Line, however, I ask that you give your chain of command or other base agencies an opportunity to work your concerns. If you still do not receive a satisfactory response, call me at 676-2000, or send an e-mail to

action.line@sheppard.af.mil. Please include your name and telephone number. Those concerns with a wide impact at Sheppard may be published in *The Sheppard Senator*.
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82nd TRW commander: Let your pride shine

By Brig. Gen. Arthur Rooney Jr.

82nd TRW commander

For the next couple of weeks Team Sheppard will have the opportunity to host the Air Education and Training Command Inspector General team. They'll be visiting the 82nd Training Wing first, and then they'll be spending time with the 80th Flying Training Wing.

I know you'll do well. In the short four-plus months I've been at Sheppard, I've witnessed teamwork at its best. I've seen how you are sustaining the combat capability of America's Air

Force. Day in and out, despite the challenges of increased numbers of students and new force protection realities, you've never missed a beat.

In fact, you've found time and ways to do business better, such as increasing efficiencies through integrated courseware initiatives and streamlined organizational structures.

What you do for America is so very important. Our primary product – skilled airmen – is the future of our Air Force. Never forget that you are building tomorrow's Air Force today.

And that's not all. You're also helping to build, replen-

ish and sustain the combat capability of some of our sister services and allied nations that have students participating in training here.

I'm glad the IG team is coming to town. They'll see your pride and professionalism first hand.

Take this opportunity to enthusiastically welcome these fellow airmen and show them what you do and how you do it.

Ask them questions, too. Let's use their experience and insight to make our programs even better.

Let your pride continue to shine.

AETC commander announces new mission, vision statements

RANDOLPH AIR FORCE BASE, Texas (AETCNS) – Gen. Don Cook, commander of Air Education and Training Command, has announced new mission and vision statements for the command.

The new statements are in effect immediately.

AETC Mission

"The First Command ... Recruiting, training, and educating professional airmen to sustain the combat capability of America's Air

Force"

AETC Vision

"Professionals integrating innovation and technology to recruit, train, and educate tomorrow's air and space leaders"

Members of the command should update any documents and products

that contain the old mission or vision statements, according to AETC personnel officials.



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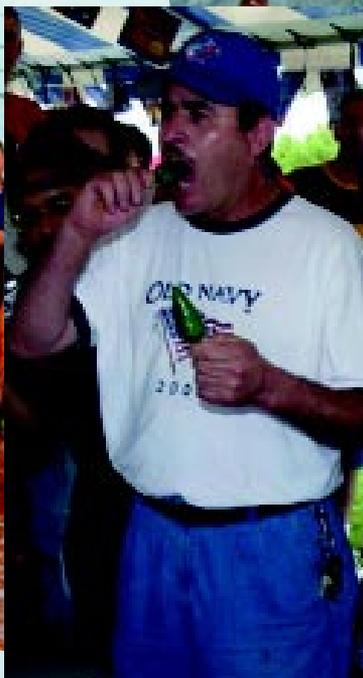
FreedomFest 2002



Havin' fun

Freedom Fest 2002 was the fun-filled event spectators expected. Despite a slight down-

pour, the party continued, ending with a spectacular fireworks show. With plenty of food, games, contests and entertainment, Freedom Fest proved once again to be fantastic fun for all ages. (Courtesy photos)



882nd TRG NCO helps create new ultrasound technology

By 2nd Lt. Nathan Broshear

Base public affairs

A revolutionary new mobile ultrasound machine, created with the help of an NCO in the 882nd Training Group, means better training for ultrasound technicians at Sheppard and a leap in patient care.

It may look like something from "The Terminator," but the new mobile ultrasound machine at the 382nd Training Squadron is anything but science fiction.

"At first, it does make you look a little like a cyborg," said Master Sgt. Cheryl Vance, an instructor at the 382nd TRS, "but once you get used to the equipment it's second-nature."

The newest addition to the Diagnostic Ultrasound Course is a vest that holds the ultrasound probe and central processing unit, a wrist-band keyboard and mouse, and a single eyepiece that displays the same type of interface a common Microsoft user would recognize. The machine is called the "wearable" ultrasound by students.

"There isn't really a name for it yet, but I bet once it's on the market nationwide they'll think of something," said Staff Sgt. Rebecca Gibson, an ultrasound technician from Wright-Patterson Air Force Base who is currently a student in Sheppard's ultrasound course.

The "wearable" ultrasound from Sheppard's medical training provides an important advance in ultrasound technology.



Senior Airman Jason Solis, a student with the 382nd Training Squadron, trudges through the foliage with the newest diagnostic ultrasound tool: the wearable ultrasound. (Photo by 2nd Lt. Nathan Broshear)

"We're excited about the possibilities," said Colonel Jeanie Kearney, commander of the 882nd Training Group. "This merger between the Windows platform, wearable computing, and cutting-edge ultrasound equipment has freed the operator to go to the patient instead of vice-versa. We hope to make this commonplace in our curriculum."

An advantage of the system is the ability to use the ultrasound machine during the instructive portions of the course.

The operator can lecture on the anatomy of interest, then immediately demonstrate how the anatomy may appear, using real-time ultrasound scanning techniques and projecting images in front of the class on a large-screen monitor.

"Many people don't realize that ultrasound technology is more than simply a machine to look at babies," Colonel Kearney said. "Instructors in other courses will be able to use this new tool to illustrate the body's anatomy to stu-

dents while walking around the room during a lecture. It's a more hands-on approach to teaching medicine."

The machine can also store images on the hard drive or transmit them over a network in video or as an E-mail attachment.

"Soon a doctor in Texas will be able to scan a patient while speaking directly with a specialist across the country for instant expert opinion," Sergeant Vance said.

Even without a network connection, the wearable ultrasound can go places a traditional machine would never go.

"Previously, patients had to be taken to an ultrasound area where a 300-pound machine was used to perform the procedure," explained Sergeant Vance. "With this machine, we can go to them—in the field, on an airplane or any other type of austere location."

Sergeant Vance is the expert on the wearable ultrasound — it was her concept. Six months ago, she submitted a proposal through the Education and Training Technology Application Program to research and develop her project.

"The underlying technology already existed. The trick was to combine the two components," said Sergeant Vance.

The joint venture between the Air Force and two private companies resulted in a machine that users wear as a vest and interface. The unit has all the capa-

See **NEW TECH**, Page 10

Best-selling author gives inspirational message at luncheon

By 2nd Lt. Brooke Brander

Base public affairs

Dr. Jim Lundy, founder and president of Lundy & Associates and author, spoke about improving one's leadership skills Tuesday.

The Lunch-n-Learn session was open to all members of Team Sheppard as well as members of the Wichita Falls Board of Commerce and Industry. The Company Grade Officers' Council sponsored the event, which was held at the officers club. First Lt. William DeForest, 82nd Com-

munications Squadron and CGOC vice president, opened the lunch session with an enlightening introduction on Lundy.

The lunch session focused on improving teamwork through better communication, coordination and cooperation in the work place in order to better achieve the Air Force's and unit-level goals.

As Lundy began his informative lecture on improving leadership and followership, the room fell to a hush, so only the clinking of silverware on

plates could be heard.

"Good enough never is," said Lundy.

Lundy urged supervisors to work toward continual progress, and through their leadership, help their people to become more effective.

"Do things with them, not to them," Lundy advised the audience.

Supervisors can and will instill commitment and follow-through in their employees if they work with them rather than ordering them, said Lundy.

Listening is key. Lundy told supervisors to not be afraid to listen to, and ask the advice of, their employees and associates. Planning should not only happen from the top down, but also from the bottom up.

Lundy said letting one's associates and employees into the thinking process, when appropriate, will increase motivation and productivity in those that work with you and for you.

During the lecture, Lundy had an interactive portion where he asked the audience

to answer "yes" or "no" aloud to a series of statements and questions on a motivational survey. Some statements were simply for humor, such as, "I would rather be an indentured servant living in 1850," which received a resounding, "NO!" accompanied by laughter.

Other survey statements were: "I would rather be asked to do something instead of being ordered to do it," and "time goes by faster for me when I

See **LUNDY**, Page 17

President of the United States: America has lost true hero with Davis

By President George Bush

President of the United States

WASHINGTON – On July 4th, America lost a true hero when Gen. Benjamin Oliver Davis Jr. died at Walter Reed Medical Center in Washington, D.C.

Throughout his career, General Davis served the cause of freedom with distinction and dignity. He will be sorely missed. On behalf of a grateful Nation, Laura and I send our condolences to the Davis family.

We will remember General Davis most for his leadership of the legendary Tuskegee Airmen during World War II. The segregated African-American 332nd

Fighter Group flew more than 15,000 sorties against the Nazi Luftwaffe, destroyed over 250 enemy aircraft, and never lost a single Allied plane flying under its escort protection.

Davis' leadership and the dazzling success of his Tuskegee Airman contributed greatly to the victory over fascism abroad — and to important victories over discrimination here at home, especially the desegregation of the Armed Services ordered by President Truman in 1948.

The quiet courage, discipline, and high achievement of the Tuskegee Airmen simply mirrored the qualities that Benjamin Davis Jr. demonstrated

throughout his career. A graduate of West Point, he was a recipient of the Silver Star and Distinguished Flying Cross and was the first African American in the Air Force to earn a star. He retired with the rank of lieutenant general and was awarded his fourth star after his retirement in 1998.

His passing on the date of our Nation's Independence underscores the independence and pride with which he served our nation's highest ideals. General Davis left our country better than he found it and his legacy will endure for as long as Americans seek to protect — and perfect — our Union.



President Bill Clinton (left) and Elnora Davis McLendon (right) pin the fourth star on the epaulets of retired Gen. Benjamin O. Davis during a White House ceremony Dec. 9, 1998. Davis, who commanded the Tuskegee Airmen during World War II, died July 4 at Walter Reed Army Medical Center in Washington of Alzheimer's disease. (Photo by Helene Stikkel)

Soundoff

What have you done in your section to prepare for the ORI?



"I'm the unit education training manager. My job's been going through training records and faculty folders, ensuring compliance."

~Tech. Sgt. David Self, 363rd Training Squadron



"We've looked at our entire program, found things we could improve on, and streamlined current systems."

~Capt. Alaric Michaels, 80th Operations Support Squadron



"We've thoroughly evaluated our faculty folders and ensured they are up to date."

~Capt. Robert O'Sullivan, 383rd Training Squadron



"We've always been doing everything the way it should be everyday. We're just doing our normal job."

~Ms. Judy McDonald, 82nd Comptroller Squadron, Civilian Pay



"I've made sure all of my additional duties are squeaky clean, and I got this nifty haircut."

~Tech. Sgt. Steve Sinatra, 82nd Training Wing safety office

Command post keeps info flowing

By Airman 1st Class
Pamela Stratton

Base public affairs

During any type of emergency situation, the command post is one of the most important places on base.

The 82nd Training Wing Command Post is the nerve center through which all information related to Sheppard must flow.

"We are the wing commanders' eyes and ears," said Master Sgt. Michael Chapman, a command post superintendent with 18 years command post experience. "We get information about anything that is happening on base and make sure that information is passed on to them."

As a 24-hour operation, the command post monitors responses to calls for security forces and the base fire department, as well as emergency room actions at Sheppard Hospital.

They also monitor severe weather and the heat indices.

"When the giant voice tells the base that there is lightning within five nautical miles of Sheppard, that is a command post controller speaking," Sergeant Chapman said. "We let the base know when heat stages change, and we sound the siren when a tornado is nearby."

The command post also acts as an after-hours point

of contact for base agencies that are closed after normal duty hours.

"We take calls for everyone from safety to the legal office to mortuary affairs," Sergeant Chapman said. "Pretty much anything that goes on here comes through us."

Other things that come through the base include deployment orders, family emergency messages from the American Red Cross and guidance from higher headquarters. Any instructions that Air Education and Training Command has for Sheppard comes through the command post.

"The most important thing we do is get the right information to the right people at the right time so the right decision can be made," said Sergeant Chapman. "Accuracy is imperative. We have a lot of airmen here who are exceptional professionals and do a great job of making sure it all happens."

One of those airmen is Airman 1st Class LaShawne Burr, a command post controller.

"I really like this job because you get to see a little bit of everything," she said. "It doesn't ever get boring. Plus, the people who work down here are great and that always makes a good job even better."

For up-to-date
news from all
around the
Air Force,
visit AFLink at
www.af.mil.



Tony Holmes, the new manager of Sheppard's officers club, and Alexis Sutphin, the club caterer, look at a catalogue of formal china and discuss prices to replace the club's current china. (Photo by Mike McKito)

O'Club under new management

By Mike McKito

Base public affairs

Sheppard's officers club is under new management, and his name is Tony Holmes.

Holmes recently transferred here from Beale Air Force Base, Calif., where he was the consolidated club manager.

He said he wants to make subtle changes, keeping the customer in mind. One of these changes has been an addition to the menu.

"For the health conscious diner, I brought in the 'wrap,'" he said. They come in several

varieties, such as turkey with dijon mustard and healthy-heart chicken.

One of Holmes' goals is to start theme membership nights.

"I'd like to begin with themes such as a M.A.S.H. unit or a '60s flavor," he said.

He said he wants to institute family nights, complete with clowns and a bounce house.

The next time you stop by the officers club, welcome Tony and let him know what you think of these ideas. He and the entire officers club team want to serve you.

Editor's note

In the July 5 issue of the Senator, a few physician assistants and doctors were identified incorrectly. Physician Assistant Patrick Lucas was listed as Marilyn Lucas; Physician Assistant Teresa Pooler as Dr. Pooler; and Dr. Charles Roberts as Jerry Roberts. To contact the staff in the clinics, use the numbers listed in the article, not E-mail, as there are privacy issues involved in the electronic transfer of patient information.



Honor grad

Master Sgt. Timothy Thomas, superintendent of the 365th Training Squadron's Combat Avionics Flight, shows Airman Scott Danner how to use the B1-B Bomber avionics maintenance trainer. Sergeant Thomas is Sheppard's 4th honor graduate since 1996 from the Senior Noncommissioned Officer Academy Course 5. He completed the course with a 95 cumulative average. *(Photo by Mike McKito)*

See Sheppard Scenes, Page 16, for information on events at Services facilities, the base movie theater schedule and the chapel schedule.

NEW TECH

Continued from Page 4

bilities of the previous refrigerator-size ultrasound at about one-seventh the cost. Even simulators, at \$75,000 each, are almost twice as expensive as the estimated \$36,000 cost for the basic wearable ultrasound.

“While a conventional machine works fine, the wearable ultrasound is Windows-based, something students are already familiar with,” Sergeant Vance said. “This allows us to leapfrog a lot of interface issues and get right to the heart of our training—diagnosis.”

It’s this direct impact on training that caught the eye of leadership.

“We expect to increase student’s hands-on training time by 100 percent,” Colonel Kearney said. “This will decrease the washout rate, but most importantly, make for a better trained professional at graduation.”

Although the invention won’t be owned by Sergeant Vance, she’s happy to have had a hand in its development.

“To be honest, I was just hoping to help our class and it seems to have just exploded,” she said.

Brig. Gen. Arthur Rooney, commander of the 82nd Training Wing, points to the wearable ultrasound as another example of the “culture of innovation” he has come to expect from Sheppard’s technical training courses.

“We are constantly ‘transforming’ our training to meet the needs of our customers by bringing cutting-edge technology directly to the classroom,” he said. “This is another example of how our training has become more hands on. No longer is technical training just books, brick, and mortar.”

“We’re very proud of Master Sgt. Vance,” he added. “This is quite an accomplishment. Thank you for thinking ‘what if?’ and then making it real.”

Safety Corner

There are too many vehicle-backing accidents on Sheppard.

Why? Is it because people are just pre-occupied with their thoughts, thinking about that summer vacation, in a rush to get wherever, or just not observant?

Whatever the reason or reasons, when you get into your vehicle and put it in reverse gear, you need to be thinking about the task at hand. Actually, you should start prior to getting to your vehicle by ensuring that nothing is behind it.

Here are some tips on how to avoid a backing accident:

- If possible, park where you will not have to back up to exit the space.

- If you pass your destination, don’t back up to get to it without first making sure that you can do so safely.

- Check both mirrors and turn your body around to check the area behind you to make sure you have a clear, unobstructed view.

- When backing into a street or driving lane, stop and look twice – once to be sure no pedestrians are in the vicinity and again to be sure that the street is clear of traffic. *(Courtesy of 82nd Training Wing safety office)*

TWIG

The wing inspector general

All military personnel, to include civil service workers, NAF employees and Department of Defense contract civilians, are protected from reprisal by public law.

Better known as the “Whistleblower Protection Act,” each group of personnel is covered by different areas of the U.S. Code: military, 10 USC 1034; Department of the Air Force civilians, 5 USC 2302; Non-Appropriated Funds employees, 10 USC 1587; and DoD contract employees, 10 USC 2409.

Basically, the law is the same

for all personnel in that it states they can’t be restricted from contacting members of Congress, an inspector general, or reporting wrongdoing to other specified agencies such as law enforcement agencies, MEO, EEO or Family Advocacy.

The law also prohibits action against individuals who communicate to the agencies listed above. Reprisal can become complicated, but the 82nd TRW IG stands ready to answer any of your questions. For more information, call 6-2031. *(Courtesy of 82nd Training Wing Inspector General)*

Seat belts: use them or lose life

By Ron Davis

82nd Training Wing safety office

Sheppard has been experiencing a 93 percent average seat belt usage rate.

What about the other seven percent?

If you are included in the percentage who doesn't use their seat belts, I have some questions for you. What's your excuse?

Do you think seat belts aren't needed on short trips or at slow speeds? Eight out of 10 vehicle accidents occur at speeds less than 40 mph, and three out of four injury-causing accidents occur within 25 miles of people's homes. People not wearing seat belts have been killed in accidents that happened at only 12 mph.

You're safer "out" of the wreckage? The chances of fatal injuries are 25 times greater if you're ejected from a vehicle. Being run over by an oncoming vehicle or hit by your own isn't safer.

Do you think there's too

much time wasted in getting your seat belt fastened? It only takes two to five seconds to fasten the belt.

You're a good driver so you don't need one, right? Wouldn't it be nice if everyone was a safe driver? Defensive driving is looking out for the other driver and protecting yourself. Use the belts.

It's your neck, so who cares? Your loved ones, friends and co-workers will care. And what about the people in the path of or inside your vehicle? Give them a break and wear your seat belt to help you stay in control – at the wheel.

There's another list I can make. It's a list of vehicle accidents where people survived but were severely injured because they weren't wearing seat belts. The list is lengthy and gruesome, so I won't include it. Instead, let me ask you again, "What's your excuse for not wearing your seat belt and saving your life?"

**Support
Sheppard's clubs.
Join today!**

DAVIS

Continued from Page 1

cadet to graduate, ranking 35th in a class of 276. Following graduation, he joined his father as one of the few black officers in the Army.

The newly minted second lieutenant tried to follow his dream of flying, applying for flight school with the recommendation of the West Point superintendent. The Army, however, accepted no blacks into its air corps in any capacity — flying or support. What followed was an assignment to the infantry as the commander of a segregated service company at Fort Benning, Ga.

Two years later, he became an ROTC instructor at the all-black Tuskegee Institute of Alabama. He served briefly at Fort Riley, Kan., as aide to his father, Brig. Gen. Benjamin O. Davis Sr., the first black to earn a general's star.

When President Franklin Roosevelt ordered the creation of a flight training program for blacks at Tuskegee, then-Capt.

Davis was selected to lead the first class of 13 student pilots — thereby becoming the first Tuskegee Airman.

But first, Davis had to fight through that first segregation breakthrough; he had to take two flight physicals because the first doctor he saw, who had not heard about Roosevelt's directive, failed him for a disease he never had — epilepsy.

Davis and the four others who graduated March 7, 1942, from Tuskegee's first class, formed the nucleus of the 99th Pursuit Squadron. With Davis in command, the 99th completed its combat training, then waited until the spring of 1943 before a warfighting command would accept the unit.

The 99th flew its first combat mission June 2, 1943, with then-Lt. Col. Davis in the cockpit of the lead P-40 Warhawk.

Promoted to colonel, Davis returned to the United States to form and take command of the 332nd Fighter Group. The 332nd, which ultimately consisted of the 99th, 100th, 301st

and 302nd squadrons, became known as the "Red Tails" and achieved a combat record unmatched in World War II — no Allied bombers under their protection were downed by enemy fighters.

By war's end, the 332nd was credited with 111 downed enemy aircraft, another 150 destroyed on the ground, 600 boxcars and other rolling stock destroyed or disabled, and a German navy destroyer and 40 other boats and barges sunk.

Lt. Gen. Ira Eaker, deputy commanding general of the Army Air Forces, selected Davis to command the 447th Medium Bombardment Group as it prepared for action against the Japanese. Shortly after Davis took command, the 447th became a composite group, as two of its B-25 Mitchell squadrons disbanded and were replaced by fighter squadrons.

The Japanese surrendered before the 447th saw action in the Pacific theater.

Davis was known as a rigid disciplinarian, but that enabled the men under his command to persevere during the still-segregated post-war years.

Davis did not believe active protest was the way to defeat segregation. Called to testify before a board of general officers to determine the best use of blacks in the U.S. military, Davis attacked segregation and its inherent inefficiency. The men under his command, and blacks in general, he said, could have been used much more effectively in combat had they been assigned according to ability rather than by race.

As stirring as Davis' testimony was, it was not his words that helped end segregation in the military, it was his performance.

Air Force leaders recognized that the men and units led by Davis in World War II served as capably as any line unit. Air Force Chief of Staff Gen. Hoyt Vandenberg announced the racial integration of the U.S. Air Force in April 1948, making it the first military branch to do so.

In the years following desegregation, Davis ultimately rose to the rank of lieutenant general, retiring from active duty Feb. 1, 1970.

Following his military retirement, Davis served as safety director for Cleveland, commanding the city's police and fire departments. He later became director of civil aviation security and was named by President Richard Nixon as assistant secretary of transportation, where he helped cut the number of airline hijackings in the United States from 34 to zero in less than two years.

Navy names bio-medical equipment technician year

By Senior Chief Petty Officer
Kevin Burg

*Naval School of Health Sciences,
San Diego Detachment*

The best of the best: that's one way to describe Petty Officer First Class Salvador Cruz.

Petty Officer Cruz, Naval School of Health Sciences, San Diego Detachment, was recently selected as the 2002 Navy Bio-Medical Equipment Technician of the Year.

The selection process was competitive among the top 28 nominees in the Navy. Although the process is similar to the Sailor of the Year competition, it's more career specific. Recognition is earned through hard work, dedication and commitment to excellence.

Petty Officer Cruz is originally from El Paso, Texas, and enlisted in the Navy almost 15 years ago. He is currently an instructor at NSHS, San Diego Detachment, under the 382nd Training Squadron and 882nd Training Group here.



**Petty Officer First Class
Salvador Cruz
Navy Bio-Medical
Technician of the Year**

The BMET School is an inter-service schoolhouse, which trains personnel from the Navy, Air Force and Army.

Petty Officer Cruz and his wife, Katy, joined Team Sheppard in December 1999.

He is a nationally certified equipment repair technician and is currently pursuing his bachelors degree through Wayland Baptist University. He said he looks forward to an assignment aboard ship for his next duty station and an advancement to chief petty officer.

Drinking
and driving
don't mix!

Student Stuff

Happenings on base and in the community

Student center events

Every Monday, 6-8 p.m.
- spade tournament

Every Monday, 6-8 p.m.
- jam session, bring your own instrument/equipment.

Every Tuesday, 5-8:30 p.m. - Country Video Night in the pub.

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

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

Every Friday and Saturday, 7-11:30 p.m. Club BDU

Every Sunday, 3-5 p.m.
- billiards tournament in the pub.

Hours of Operation

Mon-Thurs: 10:30 a.m. to 10 p.m.

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

Sunday: Noon to 10 p.m.
Holidays: Noon to 8 p.m.

Hot dog eating contest

A hot dog eating contest will be held today from 8-9 p.m. at the student center. Contestants

have three minutes to eat as many hot dogs as they can. First, second and third place winners will be awarded prizes, such as a backpack and CD player. Call Sam Reola at 6-7659 for more information.

Steak Night

The student center invites students to come to Steak Night July 20 from 4-6 p.m. Students must bring their own steaks. The student center will provide all the trimmings. Call Sam Reola at 6-7659 for more information.

Talent show

The student center will host a talent show July 27 from 7-8:30 p.m. This show is a chance for the non prior students to showcase their musical and artistic talents, including theater, dance, rap and poetry. For more information, call Sam Reola at 6-7659.

Chapel Events

Sheppard chapels offer a variety of programs for student enrichment:

Saturday

On Saturday, all students are invited to the "Solid Rock

Cafe" held each Saturday at the south chapel. Dinner is served at 5 p.m., and a variety of scheduled activities take place from 4-9 p.m.

Tuesday

Base chaplains offer helpful classes every Tuesday, 2-4 p.m., in the north chapel for students awaiting training or those having already graduated.

Sunday

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

Other Events

Midwestern State University's art department invites students to the Student Exhibition and Graduating Senior Exhibition in the Fain Fine Arts Gallery. The exhibition will run through Sept. 5. Call 397-4267 for more information.

Airmen views: Core values

By Airman Alicia Gentry

82nd Medical Support Squadron

The Air Force core values: we had to learn them, love them and apply them the day that we stepped off the bus at Basic Military Training.

Integrity first, service before self and excellence in all we do – they are a way of life.

If you follow these three core values, then it is almost guaranteed that you will succeed.

Integrity first is the most important in my opinion. If you are honest about everything, people will trust in you and your word. You will be looked at with respect, rather than disgust. If that isn't reason enough, then how about the fact that people look up to Air Force members?

People think highly of us and feel secure with us here. If Air Force members didn't have integrity, I can assure you that the people we are here to serve and protect would soon realize this, which would not only bring discredit upon the military, but would also show cause for people to feel less secure with us.

As an Air Force member, I know that I wouldn't want to do anything that would bring dishonor to myself, not to mention the Air Force.

Service before self is where you put some of that integrity into place. The day that you signed the paper giving yourself to the military is the day that you told them, "what's mine is yours."

Before you think of all your problems, think of the problems that would arise if the military as a whole were not following this core value.

We are like a well-oiled machine, making everything fit into place perfectly with

maybe a small glitch every so often. It is because everyone knows to think of the mission before selfishly thinking of themselves first.

If every Air Force member who was tired in the morning decided that they were going to sleep in or call in sick, there would probably not be many of us coming in that day. If something like this was to happen, I think it would be total chaos. Service before self as a core value is extremely important in assuring the efficiency and wellness of the Air Force.

With excellence in all we do, I think that most military members think of this core value often when they are trying to accomplish some goal. Some try harder than others. In the military, this actually gets recognized.

It doesn't matter if you are performing a test on a patient's blood or filling out paperwork for that patient. If you don't have excellence in every single part of that job, it could end terribly.

All Air Force members are expected to put forth every effort they can toward a job in order to make sure that it is done to best of their ability.

This shows that the Air Force knows what they are doing, how to do it, and have the confidence and knowledge to accomplish exactly what they are setting out to do. If you are intent on having excellence in all you do, then you can prevent 99.9999 percent of any problems from occurring.

As an Air Force member, I'm going to do my best to lead my life by these core values and hope that others, whether they are in the U.S. Air Force or not, will follow my steps.

One more question every airman can answer

Editor's Note: Doctrine is the Air Force's accepted best practices, so it's important for all airmen to understand it, and, in turn, understand "why" and "how" we employ air and space power.

5. What is leadership?

Leadership is a moral quality, in contrast to command, which is a legal authority. Leadership is simply an individual's moral requirement to guide others to accomplish a goal. The interesting thing about leadership is that it's not necessary to be formally appointed the leader to be a leader. In other words, one does not need to be a commander or a supervisor to be a leader. In fact, the Air Force encourages us all to be leaders, whether we are officers, noncommissioned officers, or airmen. However, to balance the scales, the Air Force needs good leaders who also know when to be good followers. (Courtesy of Air Force Doctrine Center)

Comptroller closed

The 82nd Comptroller Squadron will be closed today from 2:30 to 4:30 p.m. for their change of command ceremony.

Mosquito spraying

The 82nd Civil Engineering Squadron environmental controls shop started spraying for mosquitoes Tuesday. Spraying will run from 4-7 a.m. every Tuesday and Thursday if weather permits.

AF Sergeants Association meeting cancellation

The Air Force Sergeants Association Chapter 1054 will

not be holding a general membership meeting for the month of July. This will afford members time to totally concentrate for ORI preparation. For more information, please contact Senior Master Sgt. Lucia Carracedo, president, at 6-6221 or Master Sgt. Bionca Dean, treasurer, at 6-2286.

Air Force Marathon

Wright-Patterson Air Force Base will host the 2002 Air Force Marathon Sept. 21. People interested in running can register in the following categories: individual, wheelchair, four-member relay team and 3- to

5-member marathon team. The festivities for the event include a two-day sports exposition, pre-race pasta dinner, race day opening ceremony, awards ceremony and a free post-race party. Participants must register by Sept. 4. Registration and race information are available on the marathon Web site at <http://afmarathon.wpafb.af.mil> or by calling 1-800-467-1823.

JROTC instructor duty

Air Force Junior ROTC has opportunities for retiring or retired active-duty officers and NCOs to become AFJROTC instructors. Those

who retired in the past five years or are within six months of retirement are eligible to apply. Those interested in applying for instructor duty should contact HQ AFJROTC instructor management at (334) 953-2660 or DSN 493-2600. To obtain an application or more information regarding AFJROTC, visit: www.afjrotc.af.mil

Hospital dining facility

As of July 1, the dining facility in the hospital serves breakfast to hospital staff and patients only. Lunch is still be available to all patrons.

Pet embargo

From now through Sept. 15, there is a pet embargo with all commercial passenger airlines. Because of the extreme temperatures on the flight line and baggage compartments, airlines will not book pets. Air Mobility Command will continue booking pets, since they have climate-controlled areas. Individuals who wish to have their pets join them at their duty assignment may consider commercial cargo aircraft, since some have climate-controlled area. Any questions may be referred to the passenger travel office, TMO, 6-7153 or 6362.

**Have a safe
summer.
Practice
ORM.**

General activities

Free movie showings

The base theater will have free showings of the movie "K-19: The Widowmaker" Saturday at 9:30 p.m. and Sunday at 2 p.m. In the movie, the captain, played by Harrison Ford, of a Russian submarine must lead his crew's efforts to prevent their vessel from having a nuclear meltdown. When the cooling unit of the reactor breaks down, the captain and his second-in-command, played by Liam Neeson, must figure out how to save their ship. See the "At the Flicks" box for a complete list of movies and showtimes.

Chess club

The community center is forming a chess club. All permanent party military members, dependents and civilians are eligible to join. Official chess sets, clocks and official guides will be available. This club meets in the community center multi-purpose room every Saturday at noon. Chess players are welcome to bring their own equipment. For more information, call 6-3866.

Pool hours of operation

The main pool, Capehart pool and Bunker Hill Water Park are open from now until Labor Day. Season pool passes are available at any of the pools during normal hours and at outdoor recreation, the ITT office or the youth center. Pass prices are \$30 for an individual pass and \$60 for a family pass. Daily fees are \$2 for people age 16 and older and \$1 for people age 15 and under. For information about water aerobics, call 6-7491. For information about lap swimming, call 6-6460.

Main pool – 6-6469

Monday-Friday, 1-7:45 p.m.

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

Capehart pool – 6-4281

Everyday, noon-7:45 p.m.

Weekends only after Labor Day.

Family swim time Monday and Tuesday.

Bunker Hill water park – 6-4161

Thursday-Tuesday, noon-7:45 p.m.

Upcoming trips

Football tickets and tours

Information, tickets and tours will host a tour to see the Dallas Desperados play the Orlando Predators July 20-21. Cost is \$165 for two people. Price includes game tickets, hotel accommodations and round-trip transportation. A limited number of seats are available. Tour departs Sheppard at 1 p.m. Game starts at 7:30 p.m. in the American Airlines Center in downtown Dallas. Call 6-2302 for more information.

Club activities

Officers club game league

The officers club game league holds tournaments in 9-ball, cricket, shuffle board, foosball and crud starting at 6:30 p.m. the second and fourth Thursday of each month. Food and beverages are 15 percent off during league play. Prizes will be awarded. For more information, call 6-6460.

Summer dart league

The enlisted club is forming a summer dart league. The league is open to all active, reserve, guard, retired military, spouses and contract employees of Sheppard. Teams are made up of three persons: all men, all women or men and women. The league is in preparation for the Military Cup Challenge II, Las Vegas, Nev., Aug. 8. For more information, contact Senior Master Sgt. Holly Dye at 6-2283 or ext. 6812, Tech. Sgt. Kevin Smith at ext. 8095, or the enlisted club.

Jazz Night with Jeff Smith

The officers and enlisted clubs present Jazz Night performed by Jeff Smith. Dates and times are July 19 from 5-9 p.m. in the officers club and July 20 from 9 p.m.-midnight in the enlisted club. Admission for club members is free. Cost for nonmembers is \$5. Call 6-6460 for more information.

Wings or shrimp Wednesdays

The officers and enlisted clubs offer a choice of one pound of wings or one-half pound of shrimp Wednesdays during the social hour. For more information, call 6-6460.

At the Flicks

Friday 6:30 p.m.
Undercover Brother
Friday 9 p.m.
The Sum of All Fears
Saturday 2 p.m.
Spirit
Saturday 4:30 p.m.
Undercover Brother
Saturday 7 p.m.

The Sum of All Fears
Saturday, 9:30 p.m. (Free)
K-19: The Widowmaker
Sunday 2 p.m. (Free)
K-19: The Widowmaker
Sunday 4:30 p.m.
Spirit
Thursday 6:30 p.m.
Undercover Brother

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

Undercover Brother (PG-13) – Eddie Griffin, Chris Kattan – An underground movement has begun unleashing a terrifying, top-secret drug that will reduce the entire population to mindless zombies. However, a dedicated group of Good Guys, known as the B.R.O.T.H.E.R.H.O.O.D., are braced for a showdown.

Spirit: Stallion of the Cimarron (G) – A wild mustang stallion, Spirit, journeys through the untamed American frontier. Encountering man for the first

time, Spirit defies being broken, even as he develops a remarkable friendship with a young Lakota brave.

The Sum of All Fears (PG-13) – Ben Affleck, Morgan Freeman – European neo-Nazi terrorists get their hands on a lost nuclear device and set about on their plans to use it at the Super Bowl. The plan is to disguise the attack as being caused by Russia in the hopes of rekindling the Cold War. Luckily, young CIA analyst Jack Ryan is on the case.

Chapel Schedule

Student programs

Tuesday, 11 a.m. and 4:15 p.m., chapel rope meeting, North Chapel
Saturday, 4 p.m., Solid Rock Cafe, South Chapel
Sunday, 5 p.m., Sunday Evening Gathering, North Chapel

Catholic activities

Mass

Saturday, 5 p.m., North Chapel
Sunday, 9 a.m., North Chapel
Sunday, noon, North Chapel
Mon.-Fri., 11:30 a.m., North Chapel

Reconciliation

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

Protestant activities

Worship services

Saturday, 6:30 p.m., Solid Rock Worship (Liturgical), South Chapel
Sunday, 10:30 a.m., Holy Eucharist, Hospital Chapel
Sunday, 10:30 a.m., Inspirational Gospel Service, South Chapel
Sunday, 10:30 a.m. Protestant Community

Service, North Chapel

Religious education

Saturday, 4 p.m., Marriage Group, Intercessory Prayer Team, Women's Bible Surfing, South Chapel
Sunday, 9 a.m., classes for ages 3 to adult, Bldg. 962

Bible studies

Thursday, 7:00 p.m., Protestant Women of the Chapel, Bldg. 962
Saturday, 6:30 a.m., Protestant Men of the Chapel, South Chapel
Second Saturday of month, 8 a.m., Protestant Men of Chapel breakfast

Lay-led faith groups

Islamic activities, Friday, 1:45 p.m., South Chapel
Jewish activities, call Maxine Simpson, House of Jacob Synagogue at 322-4177
Latter Day Saints, Sunday, 2 p.m., Hospital Chapel
Mystic Grove Pagan Study Group, Wednesday, 6:30 p.m., Bldg. 962, call Kalista at 6-4370

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

LUNDY

Continued from Page 4

am busy and feel I am working towards a worthwhile goal.”

The final survey question Lundy asked was, “How do you think the people who work for you would answer these same questions?” This gave the audience something to think over.

“They don’t know how much you know until they know how much you care,” Lundy concluded.

The overall audience opinion on the Lunch-n-Learn session was positive. Many people who attended said they found Lundy’s words to be both enlightening and motivational.

“The key is listening to those around you,” said Col Joe Harrison, 82nd Training Wing vice commander.

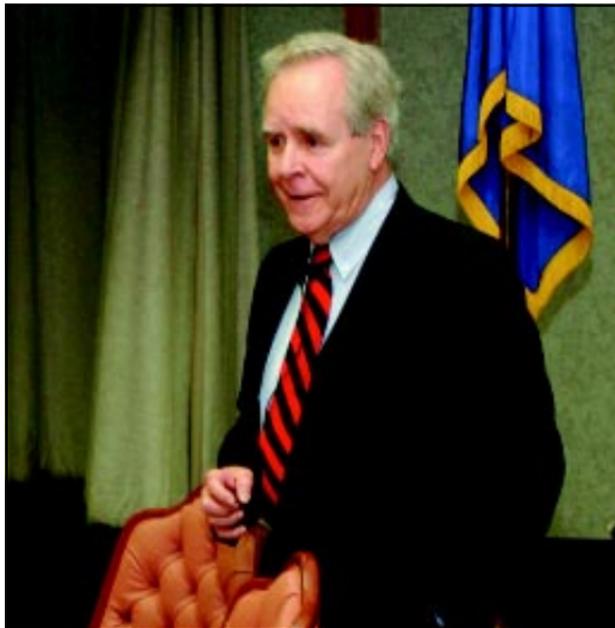
“Dr. Lundy reminded us about the importance of listening,” said Tech. Sgt. Stacey Rodrigues, 82nd Medical Operations Squadron. “Sometimes

we get caught up in our daily duties, and we forget to listen.”

Lundy has had a successful career in corporate America as well as in academia. Lundy has worked for Xerox and as a professor at the University of Minnesota. He also has his Bachelor of Science and Master of Science in engineering and a Doctorate of Philosophy in business and economics.

In addition, he authored three best-selling, influential books on leadership and motivation. “Effective Industrial Management” has been adopted as a textbook by more than 100 colleges and universities. “Lead, Follow, or Get Out of the Way” is a handbook for corporate executives. Lundy’s third book, “TEAMS, Together Each Achieves More Success,” provides insight on effective team building.

The CGOC would like to see the Lunch-n-Learn sessions take place every month if possible, says Capt. Paul Sturges, 373rd Training Squadron and president of the CGOC.



Dr. Jim Lundy talks about improving leadership skills at a Lunch-n-Learn session held Tuesday at the officers club. Lundy is the founder and president of Lundy & Associates and best-selling author of three books on leadership and motivation. (Photo by T.R. Steele)

AADD

Need a lift after a night out? Call the Airmen Against Drunk Driving hotline at 676-AADD (2233).

Every Friday and Saturday night from 9 p.m. to 5 a.m., drivers are available for Team Sheppard members who need a ride home after drinking.

Drivers will ask no questions and take no information, and they will not release the name of any person using this program. Don’t risk your life or your career. Cut this out and put it in your wallet:

**For a ride
home after a
night out, call
676-AADD**

Air Force releases new officer promotion board video

AIR FORCE PERSONNEL CENTER – In an effort to educate all airmen on officer promotion boards, the Air Force Selection Board Secretariat at Randolph Air Force Base, Texas, has produced a new video to counter common misunderstandings of the process.

Four hundred copies of the 19-minute-long video have been distributed to all Air Force installation public affairs offices and a 19.5 MB video file can be downloaded from the selection board homepage: <http://www.afpc.randolph.af.mil/sbs/SBSMain/Pages/SBSIntro.asp>.

“How Officers Are Promoted” provides an updated insider’s view of boardroom activity including how records are scored and what board members do when evaluating candidates for promotion.

“It’s important for officers and supervisors to know how the Air Force promotes officers,” said Capt. Bill Conley, video production coordinator. “The video is another means to share this knowledge and increase the understanding of the promotion process throughout the Air Force.”

The video explains the process from the choice of who sits on selection boards to how board members endorse the final promotion list. One point of emphasis is the importance of each officer keeping his or her records current and correct.

“The video highlights the various safeguards as well as other important promotion topics, to ensure Air Force members receive fair and equitable consideration,” said Col. Wendy Campo, chief, selection board secretariat.



Words of wisdom

Retired Brig. Gen. Steve Ritchie offers motivational words to students and staff members from the 80th Operations Support Squadron, 89th Flying Training Squadron, 88th FTS and 97th FTS Tuesday. General Ritchie is a Vietnam Ace who shot down five MiG-21s when he served as a wing weapons officer for the 432nd Tactical Wing in Southeast Asia in 1972. He is a decorated command pilot with four Silver Stars, 10 Distinguished Flying Crosses and the Air Force Commendation Medal. (Photo by Senior Airman Gustavo Martinez Jr.)



Sgt. Looksharp says...

“Attache cases, gym bags, backpacks and women’s purses are authorized to be carried in either hand (not to interfere with rendering the proper salute) or over the left shoulder.”

Sports

Sports shorts

Golf course events

Wind Creek Golf Course holds many tournaments, clinics and lessons each week. For more information on these events, call the golf course at 6-6369.

Beat the Wind Creek Golf Pros: The golf course will hold the Beat the Wind Creek Golf Pros July 20. Shotgun start is at 8:30 a.m. The format will be a two-person scramble, pick your own team, with 10 percent of the team handicap awarded. Cost is \$15 per person and includes cart and meal. Prizes will be awarded to any team that beats the golf pro's gross score.

AETC Youth Golf Program: The golf course will host the AETC Youth Golf Program Session 2. The dates are Monday, Wednesday, July 19, 22, 26, Aug. 2, 5 and 7 with the tournament on Aug. 8.

Cost is \$20 per child and includes shirt, hat, wedge, five one-hour group lessons and tournament play. Parents may participate with their child in the tournament. Cost is \$10 per adult and includes green fees and cart. Group lessons are by age.

Squadron cardio combat

The fitness centers invite all squadron members to participate in squadron cardio combat. By participating in individual exercise regimes, anyone can track their workouts and score points for their squadron. For more information, call 6-2972.

Aerobics classes

The aerobics center is located in the south fitness center and offers coed aerobics classes seven days a week. Classes are offered as early as 5:30 a.m. and as late as 7 p.m. in low impact, in-

termediate and advanced exercise, including floor and step exercises, muscle sculpting and kickboxing. Call 6-2972 for specific times and classes.

Yoga-pilates classes

The south fitness center is now offering yoga-pilates classes Monday and Wednesday at 10:15 a.m., Wednesday 5 p.m., Tuesday and Thursday 4:15 p.m., Thursday 6 p.m., and Saturday 3 p.m. For more information, call 6-2972. All classes are free.

R & R - Return to fitness prescription program

Fitness programs are now available for adults over 50. Classes are held Monday, Wednesday and Friday from 8-9 a.m. at the south fitness center. For more information, call Tech. Sgt. Yulanda Moffett or April Frisbee at 6-2972 or ext. 7491.