

Friday Sunny and hot Lo: 76°F Hi: 98°F	Saturday Chance of thunderstorms Lo: 71°F Hi: 92°F	Sunday Chance of thunderstorms Lo: 73°F Hi: 94°F
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Masseuse provides healing touch
 See Page 6



Sheppard team darts to Vegas
 See Page 1B



Sheppard Senator



Combat Capability Starts Here

Vol. 57, No. 29

Sheppard Air Force Base, Texas

July 23, 2004

Sheppard shatters donation record

By Carolyn Knothe
 Base public communications

The common sports saying "no one can beat me but myself" was proven Monday when Sheppard personnel beat the record for single-day, single site blood donations with 1,341 units collected.

Sheppard set the record last year with 1,151 units during a one-day blood drive.

Not to be out done by last years numbers, Operation Present Arms welcomed Airmen, civilian workers and dependents into 10 different sites to donate blood.

"The Red Cross had nine sites and Lackland had one set up today," said Jennifer Risinger, Donor Recruitment Representative for the Red Cross. "It's been pretty steady at all the sites all day."

Last year, the blood drive set



Jeff Stevenson of the American Red Cross inspects a unit of blood at the community center Monday while Airman Mandy Priller, background, of the 382nd Training Wing waits for her turn to donate.

the single-site, single-day record in the region for the most first-time donors and the highest collection amount in one day.

er, said the success of the drive rested on the shoulders of those who donated.

"I am proud of the accomplishment of our personnel," he said. "With the help of our dedicated Airmen and officers, we succeeded in carrying out our mission to save lives through blood donations while breaking our single day collections record of 1,151 units from 2003."

Maj. Michael Dennison, a medical administrator for the 82nd Medical Group and organizer of the event, said the more than 1,300 units of blood collected in one day will help to separate organizations in need.

"With all the people that are donating, the Red Cross and Lackland are going to get a lot of blood," he said.

At the Community Center, nurses welded needles for the donors and cold compresses for the light-headed, and the

Wichita Falls Rotary Club provided hot dogs for all donors. Others took advantage of high-sugar food like candy and cookies.

Airmen Basic David Otis and Matthew Holden sipped juice and related their experiences as they rested after donating.

"The worst part was getting my finger pricked," Airman Holden said. "I don't care for needles, but donating wasn't too bad."

"I always try to give blood," Airman Otis added. "There are a lot of people that need it."

According to Mrs. Risinger, O-positive and O-negative blood is the most needed type.

"One-third of people have O-positive blood, so it gets used the most," she said.

Tim Robbins, the 82nd Training Group point of contact for the drive, said summertime is an extremely important time



Airman Andrew Moss, 360th Training Squadron, tries to relax before donating blood Monday in the community center. Airman Lorena Davalos, 363rd TRS, waits for her turn.

to donate. "During the summer months, everyone is gone on vacation and can't donate. More acci-

See BLOOD, Page 2

On the Inside

System to cure travel ills

Planning for temporary duty assignments will become easier when a new Internet system becomes available by the end of the month.

But, the new Department of Defense-wide Defense Travel System will make planning easier, faster and more efficient for all military personnel and Department of Defense employees. The system is scheduled to be up and running by July 30.

For full story, see Page 2

Environmental assessment in August

ESOH CAMP is a small acronym for a big program. It stands for Environmental Safety and Occupational Health Compliance Assessment Management Program.

Just about everything we do on the base is subject to an environmental regulation, law or directive and, therefore, subject to enforcement by federal and state regulatory agencies.

The week-long internal environmental assessment kicks off Aug. 23.

For full story, see Page 4

July is Eye Injury Prevention Month

Every year thousands of Americans lose or damage their vision due to injury. The majority of these injuries occur in or around the home, not in industrial accidents.

Most work-related eye injuries are from fuel and chemical splashes - indicating more vigilance must be placed on safety procedures and training.

For full story, see Page 7.

Index

- Activities8A
- Editorial7A
- Features5-6A
- News2-4A
- Soundoff6A
- Sports1-4B
- Spotlight8A

Chewing up the competition

Crew Dawgs win coveted Hoyt S. Vandenburg Award

By John Ingle
 Editor

They're the Crew Dawgs. To them, the Air Force doesn't go to the fight without their fingerprints.

The 362nd Training Squadron has lived up to that by pumping out combat capable fighter crew chiefs to meet the needs of Operations Enduring Freedom and Iraqi Freedom. The Air Force Association recognized that, too, recently when it announced the squadron as the 2004 Hoyt S. Vandenburg Award winners for Aerospace Education.

"It's everyone's responsibility," said Maj. Curtis Hafer, 362nd TRS commander. "Everyone had a play in it."

Everyone, he said, included the slick-sleeved Airman, military and civilian instructors, military training leaders and the training support staff.

A ceremony will be held Sept. 13 in Washington in conjunction with the Air & Space Conference and Technology Exposition 2004.

The tight-knit group of F-15, F-16, A-10 and U-2 crew "Dawgs" saw some changes in their squadron that were the primary cause of the award.

For example, the course was streamlined, dropping 21 days of training that saved the Air Force \$2.15 million annually. The squadron also reduced the number of instructors by 23 and put more war-ready fighter crew chiefs in the field.

Major Hafer said the squadron also recognized there might be a bit of information overload for the students. Instead of cramming seven-level information into the course, he said classroom instruction was reviewed and some items were removed from the curriculum.

But, he said Airmen leave Sheppard and are ready for flight line duty within weeks

of graduation.

"We want to make sure we give them the training they need so in six months they can be in the deserts of Iraq and do their job successfully," he said.

Sheppard's new 82nd Training Wing commander, Brig. Gen. James Whitmore, recently said he saw the outstanding job instructors here are doing. The general's perception of the 362nd's product is already marked by skilled Airmen.

Now, Major Hafer said this award could be the icing on the cake for how good the squadron is.

Chief Master Sgt. James Miller, the chief enlisted manager here from Kadena Air Base, Japan, said part of the squadron's success comes from the constant rotation of flight line-experienced crew chiefs to the classroom.

He cited the addition of Senior Airman Jeff Skaggs, who returned to the states following a recent deployment to Afghanistan.



Airman Joshua Ambuehl, a student in the 362nd Training Squadron's fighter flight, places a safety wire on a F-16 main landing gear hubcap.

"He is able to tell students, 'this is how it's done on the flight line,'" Chief Miller said. "He can tell students what he did two

See DAWGS, Page 4

Treatment available for combat stress

By Army Sgt. 1st Class Doug Sample
 American Forces Press Service

WASHINGTON (AFPN) - The servicemember who goes to combat and the one who comes back are never the same person, the Defense Department's director of mental-health policy said July 14.

"No one comes back unchanged," said Army Col. (Dr.) Tom Burke.

Dr. Burke and other DOD health officials try to reach out to those returning from Iraq and Afghanistan who may be suffering from combat-related mental-health problems or post-traumatic stress disorder, he said.

Recently, the Army released a first-of-its-kind medical report that showed frontline action had adversely affected the mental health of some servicemembers. Dr. Burke, who advises DOD leaders on mental-health issues, said combat veterans and their families should watch for changes in behavior that can range from mild depressive and anxiety symptoms to trouble sleeping and nightmares.

"In the majority of the cases, these symptoms are transient; they are common and

See STRESS, Page 4

AETC recognizes Sheppard as tops in AFAF in 2004

John Ingle
 Editor

The premier training facility in the Air Force got another notch in its belt Wednesday when Sheppard was recognized as tops in Air Education and Training Command for the Air Force Assistance Fund drive.

Lt. Gen. John Hopper Jr., AETC vice commander, presented a \$2,500 check to Brig. Gen. James Whitmore, 82nd Training Wing commander, and Lt. Col. Richard Schwing, 373rd Training Squadron commander and the AFAF project officer.

The check was to reward Sheppard for achieving a 50 percent or higher participation rate for the drive. In all, 54.1 percent of active duty members participated.

The base is one of seven wings in the Air Force to receive the monetary reward, and one of two in AETC.

General Hopper also presented a check to Little Rock Air Force Base, Ark., for achieving a 50 percent or high-

er participation rate.

Colonel Schwing said Sheppard doubled the goal of \$101,000 during the campaign with a final tally of \$202,000. Donations eclipsed the goal two weeks into the campaign.

"I think we went into it pretty aggressive," Colonel Schwing said. "The bar was set pretty high last year."

Team Sheppard contributed \$175,000 to the AFAF last year.

It's important for younger Airmen to understand the importance of the AFAF, Colonel Schwing said. Experienced senior leadership, enlisted and commissioned, by participating in the drive, can help drive home that understanding by helping Airmen.

"It's the official Air Force charity," the colonel said. "What you put into it goes directly to those you work with."

The colonel has served as commander twice in his career. His first was in Yokota, Japan. He said he saw Airmen unders his command need and benefit from the fund.

A willingness to succeed by base



Lt. Gen. John Hopper Jr., Air Education and Training Command vice commander, present a check worth \$2,500 to Brig. Gen. James Whitmore, 82nd Training Wing commander, and Col. H.D. Polumbo, 80th Flying Training Wing commander. Team Sheppard was one of eight wings Air Force-wide to achieve 50 percent participation or higher.

campaign organizers, points of contact and representatives made the campaign successful, Colonel Schwing said. It was a consistent effort all around.

"Some folks are apprehensive about getting involved in a fundraiser like this," he said. "But, it's well worth the work and effort."

New system a cure for travel ills

By 1st Lt. Laura Renner
Base public communication

Planning for temporary duty assignments will become easier when a new Internet system becomes available by the end of the month.

As opposed to convenient travel planning through the Internet, planning for temporary duties now takes much more time and requires personnel to leave their workplace to pick up their orders, make travel reservations and file their travel vouchers.

But, the new Department of Defense-wide Defense Travel System will make planning easier, faster and more efficient for all military personnel and Department of Defense employees. The system is scheduled to be up and running by July 30.

"DTS is going to centralize travel processing," said Tech. Sgt. Adrian Hines, the base DTS project officer. "It's a better automated system."

Currently, travel paperwork is handled, maintained and stored at each base, he said. With DTS, all travel paperwork from every base will be maintained at one facility and will be accessible from any computer with Internet access.

When planning a TDY with DTS, he explained, a person will insert details of the

trip and make reservations for airline tickets, even picking specific seats, hotels and rental cars online.

DTS makes the reservations specific to military travel by listing government prices for flights first, offering car rentals through companies who have contracts with the government and informing patrons the cap for hotel prices in a specific area, he said.

However, because Air Force Lodging does not have online reservations capabilities, people will still have to make those reservations by phone.

But, Sergeant Hines said travelers could still insert the reservations into their trip details in order to better estimate the trip cost.

Once submitted, DTS notifies the unit's approval authority via e-mail who then reviews and approves or disapproves the TDY. An approval will generate the orders, he explained.

Sergeant Hines added if a person submits their trip details as little as three days prior to the TDY, they will have electronic tickets and could go directly to the airport.

The system isn't just easy on planning a trip, he said. When the person returns from their TDY, the member can take care of travel vouchers online.

Rather than file a separate travel vouch-

er when the traveler returns, they simply annotate any changes to the trip on DTS and scan in or fax their receipts, he continued. After the unit's approval authority grants the changes, if any, the money is sent to the traveler's account within two or three days.

"With the changing environment with everyone supporting contingencies, the centralized system makes it easier for everyone," Sergeant Hines said. "Finance won't be policing everyone."

In fact, DTS puts control of the funds in the hands of the unit, relieving the finance office. He said if a person submits trip details contrary to today's regulations, DTS red flags those items for the approval authority to catch and thus disapprove the trip.

The DoD began testing DTS at 27 pilot sites in 2001. In late 2003, DTS became the official DoD TDY travel system. DTS will come to Sheppard in five phases beginning July 30. The final phase, beginning Dec. 17, will bring the entire base online with DTS, Sergeant Hines said.

Other bases in AETC with DTS or getting DTS include Vance and Altus Air Force Bases, Okla., Laughlin and Goodfellow AFBs, Texas, Little Rock AFB, Ark., and Columbus AFB, Miss.



Providing a lift

Photo by Senior Airman Chris Powell

Airman Orlando Black motions for Airman Weldon Braud to stop the MJ-1 munitions bomb lift truck during training Wednesday at the 363rd Training Squadron. The Airmen are part of the aircraft munitions apprentice course.

News to Know

Software management is a key item during ORI

One of the items to be assessed in the upcoming IG inspection is software management.

Just like computer hardware, computer software will be accounted for and tracked from the day it is installed on a computer until the day it is taken off or replaced. Each organization on Sheppard must have a unit software license manager who will work with the base software

license manager to inventory and maintain software licenses and their use.

Has your unit appointed a software license manager and if so, is the appointment letter current? Do you know who it is?

Questions can be directed to the base software license manager, Don Cunningham, 82nd Communication Squadron, at 6-2767.

Retroactive reimbursement available for R&R leave

WASHINGTON (AFP) - Servicemembers who traveled on rest and recuperation leave while deployed supporting operations Enduring Freedom or Iraqi Freedom between Sept. 25 and Dec. 18, may be eligible for reimbursement of airline costs.

Reimbursement for airline costs is retroactive for those people who paid for commercial airline tickets from the port they flew into from over-

seas, such as Baltimore-Washington International Airport, to their final leave destination.

According to records, about 40,000 servicemembers traveled during the period.

More information is available at www.army1.army.mil/WellBeing/RRLeave/index.HTM.

(Courtesy of U.S. Army Public Affairs)

The deadline for story submissions is at noon the Friday before the requested publication date.

'The Code' guided POWs in Iraq

By Donna Miles

American Forces Press Service

WASHINGTON - A former Army prisoner of war who spent 21 days captive in Iraq before his rescue said the Code of Conduct provided the moral compass he and his fellow prisoners needed to get them through the ordeal.

Army Chief Warrant Officer 2 Dave Williams, whose AH-64D Longbow Apache helicopter was shot down over Iraq in March 2003, said knowledge of the code helped him keep faith through loneliness - which he said "damned near killed me" - and provide leadership for six other U.S. prisoners of war.

President Dwight D. Eisenhower introduced the Code of Conduct in 1955, partly in response to the North Koreans' use of prisoners for political propaganda during the Korean War.

Service members who have been captured in the almost 50 years since its introduction have cited the code as the foundation that helped them through the toughest times in their military careers.

"It's a guide to live by if you find yourself in the unthinkable," Williams told the American Forces Press Service.

The code is based on enduring concepts and traditions, Col. Mark Bracich, director of policy, doctrine and training for the Joint



Williams

Personnel Recovery Agency at Fort Belvoir, Va., told the American Forces Press Service.

Bracich said the code's six articles outline the obligations and responsibilities of U.S. service members in harm's way:

To defend the United States and its way of life,

To avoid surrender and to evade capture at any cost short of death,

To reject favors from the enemy,

To help fellow prisoners stay alive,

To avoid collaborating with the enemy,

To avoid statements or writing that dis-

credits the United States or its allies,

To maintain personal responsibility for all actions, and

To trust the U.S. government to care for your loved ones and work toward your release.

These principles, taught to all service members during their basic military training, "ensure that they know what's expected of them" in situations where they risk capture or are taken prisoner, Bracich said.

Williams used the Code of Conduct helped him through "the dark days" during his captivity and gave him strength that he shared with his fellow prisoners.

Recognizing that he was the senior-ranking officer among the prisoners, he established a chain of command. "I recognized that it was my mission to help these guys through their captivity," he said.

Williams said he constantly reminded his fellow soldiers - as well as himself - that fellow service members were looking for them. "We knew that they had a war to fight, but we knew it was also a top priority for them to help us," he said.

Even as coalition weapons rained on Baghdad's Al Rashid prison, where the Iraqis were holding the U.S. prisoners, Williams said he never doubted that his fellow Americans would come to their rescue.

"We as Americans look out for our own," he said. "You can never lose hope."

BLOOD

Continued from Page 1

dents happen in the summer, so more blood is needed," he said.

Major Dennison added that a pint of blood, the amount that one person donates, can save up to three lives.

"And from a medical stand-

point, it is said to be beneficial to the body to donate," he added.

Restrictions are stringent for blood donors. They must be at least 17 years old, 110 pounds, in good health and have had no new tattoos in the past 12

months.

"A lot of the permanent party members here have been deployed recently to an area that defers them, so unfortunately they can't donate," Mrs. Risinger said.

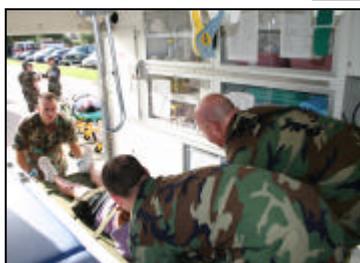
For more Air Force news, check out www.af.mil. Air Education and Training Command news can be found at www.aetc.randolph.af.mil/pa.



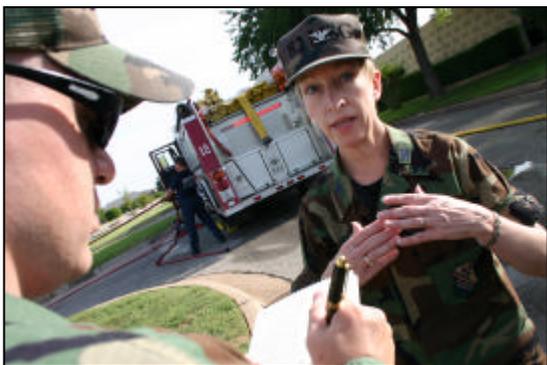
Emergency personnel from the 82nd Medical Group and Sheppard Fire Department get ready to transport a patient during an exercise Monday. The scenario during the exercise consisted of a chemical bomb explosion that resulted in several casualties.

Exercise! Exercise! Exercise!

Photos by Airman 1st Class Jacque Lickteig



Staff Sgts. Greg Otillo and Benjamin Barker, 82nd Medical Operations Squadron, and Senior Airman Nathan Eichorst, 82nd Aerospace Medicine Squadron, load a patient into an ambulance during an exercise Monday.



Col. Beverly Wright, 82nd Mission Support Group commander, fields questions from a media member, portrayed by 1st Lt. Nathan Broshear, during Monday's exercise.



Above, Senior Airman Corie Ash and Staff Sgt. Benjamin Barker, both with the 82nd Medical Operations Squadron, ready an ambulance Monday for an exercise car-bomb casualty. Left, 1st Lt. Joe Ringer, 82nd Training Wing Anti-terrorism chief and exercise evaluation team member, communicates on a cell phone during the exercise.

Briefly Speaking

Sheppard to get award Saturday

Col. H.D. Polumbo, 80th Flying Training Wing commander, will accept the Air Force Association Texas Military Organization of the Year award Saturday in Dallas.

Sheppard is recognized for contributions to the AFA and the Wichita Falls community through fund raising for local JROTC programs, the Solid Rock Cafe' and various educational and outreach programs.

For more information on the AFA, contact Lt. Col. John Gorla at 6-5558.

Lunch N Learn today

Former 80th Flying Training Wing commander Brig. Gen. Kurt Cichowski will be the guest speaker today at a Lunch N Learn at the officers club at 11 a.m.

General Cichowski, now the commander of the 21st Expeditionary Mobile Task Force, will speak on "the oath and what it means."

For more information, call Tech. Sgt. Kevin Keehnen at 6-4936.

NCMA meets Tuesday

82nd Contracting Squadron 2nd Lt. Kristopher Barlow will speak on a "Financial Plan to Invest" at the National Contract Management Association, Texoma Chapter 128, meeting Tuesday at the officers club at 11:30 a.m.

For more information, call 6-3895 or 6-2012.

Road construction begins in 2 weeks

A section of Second Avenue between Avenues D and E will be closed for construction beginning Aug. 2.

The roadway will be closed for about three weeks to replace the deteriorating asphalt.

Road delays should be expected as the lanes could be reduced to one lane on both avenues during specific phases of the work.

For more information, call Jay Gilmore at 6-5704.

AF truckers head to frontlines in Iraq

By Tech. Sgt. Bryan Jones

332nd Air Expeditionary Wing Public Affairs

BALAD AIR BASE, Iraq (AFPN) -- More than 150 Airmen completed the final stages of live-fire convoy training here July 16 before deploying north to Mosul as part of the 494th Air Expeditionary Force Truck Company.

"You will be on the frontlines. You will be facing the enemy everyday in some of the most dangerous areas in Iraq," said Col. Gary Shick, the 732nd Expeditionary Mission Support Group commander who addressed the group when training start July 14.

After completing the three-week Basic Combat Convoy Course at Lackland Air Force Base and Camp Bullis, Texas, the vehicle operators arrived here for three days of follow-up training. The transporters will replace Airmen deployed to Mosul since February.

The final stages of training covers close-quarters marksmanship where Airmen will fire their M-4s at targets while moving in close proximity to each other. They also receive familiarization training with weapons such as a .50-caliber and Mark-19 weapons.

The training ends with live-fire convoy tactics where the vehicle operators drive a 10-kilometer (6.21-mile) course and encounter various scenarios



Photo by Airman 1st Class Heather Norris

Airman 1st Class Gurtavo Corte (left) and Senior Airman Douglas Thompson inspect their .50-caliber machine gun mounted on a Humvee during a live-fire training exercise July 13. More than 150 Airmen completed the final stages of live-fire convoy training before deploying north to Mosul as part of the 494th Air Expeditionary Force Truck Company.

like sniper attacks and improvised explosive devices.

The training these Airmen are going through has evolved from what the first transporters to deploy into Iraq experienced earlier in the year.

"From our initial training we were able to rely on a lot of lessons learned," said Chief Master Sgt. Michael Taylor, the 732nd EMSG's

rear detachment chief enlisted manager and a career vehicle operator. "The original training took about six weeks all in the theater. Now, most of the training is conducted (in Texas) and the training here has been cut down to less than a week."

The Air Force is training vehicle operators for convoy missions to fill shortfalls the Army has experienced

during Operation Iraqi Freedom. The Airmen will be tactically assigned to Army units, and their training before deploying to the combat zone will prepare them to fully incorporate into those units.

"Once they hit Camp Bullis, they start speaking Army," said Maj. Daniel McGee, group's rear detachment commander. "They organize just like the Army, and when they fall into their units in Iraq, they need to be task-organized like the Army and need to speak the lingo."

The new breed of Airman-Soldiers who are currently deployed and those who are preparing to take their place have adapted well to changing the way they normally operate.

"You go through your Air Force career and learn leadership skills, but you're never trained to lead Airmen into combat," Chief Taylor said. "It's a tribute to our Air Force culture. These Airmen can think on their feet and make quick decisions and that hasn't changed in the combat zone."

For many of the Airmen, it has taken some time to adjust to their new procedures.

"I was a little shocked. I had no idea I'd be doing this," said Airman Lee Webber, a vehicle operator deployed from Moody AFB, Ga., who has only been in the Air Force for six months. "Sometimes I wake up and wonder if

it's all a dream. Sometimes I don't feel like an Airman, and I don't feel like a Soldier. I just feel military."

"I've been in convoys (before), but never in combat. It's a new experience and eye opener for all of us," said Senior Airman James Seay, a vehicle operator deployed from Elmendorf AFB, Alaska. "I'm excited and a little scared at the same time. We're all ready to get there and get the job done. We know what we have to do; all that's left now is doing it."

While the Airmen's greatest concern in the region is each other, some also hope their actions change the way their Air Force specialty is viewed.

"In the past, people just saw us as bus drivers," Airman Seay said. "Now, I think we'll gain a lot more respect."

Whether or not these combat Airmen change the way others view their career field, they are definitely breaking new ground for the Air Force.

"You're doing a good thing for the United States of America. You're doing a good thing for the people of Iraq. You're doing a good thing for the world, and you're making Air Force history," Colonel Shick said.

There are about 500 Air Force vehicle operators running convoys in Iraq. About 200 Air Force civil engineers and Airmen specializing in petroleum, lubricants and oil are supporting Army ground units.

Week-long environmental assessment scheduled for August

By Timothy Hunter

82nd Civil Engineer Squadron

ESOH CAMP is a small acronym for a big program. It stands for Environmental Safety and Occupational Health Compliance Assessment Management Program.

Just about everything we do on the base is subject to an environmental regulation, law or directive and, therefore, subject to enforcement by federal and state regulatory agencies.

Although the Air Force does a good job in day-to-day environmental compliance, bases conduct annual internal or external ESOHCAMP evaluations. The purpose of the annual ESO-

HCAMP is to enhance Air Force environmental compliance with federal, state, Department of Defense and Air Force regulations, improve compliance management by identifying and tracking trends that can lead to environmental problems, build financial support for environmental compliance projects and assure commanders that the environmental programs are effective.

The week-long internal environmental assessment kicks off Aug. 23. The inspection will consist of military and civilian personnel from HQ AETC, including the environmental safety and bioenvironmental functional areas.

"Using a checklist, evaluation teams are sent throughout the base to measure environmental compliance," said Wayne Fowler, 82nd Civil Engineer Squadron environmental flight ESOHCAMP team chief. "The evaluation team will be taking a hard look at how we manage major areas or 'protocols' such as the base's hazardous materials, air emissions, water program, natural and cultural resources, petroleum, oil and lubricants storage and pesticide programs. Any discrepancies found will be noted and corrected as soon as possible."

Mark McBurnett, the 82nd Civil Engineers Squadron environmental flight chief, said the

success of the evaluation comes from a cooperative effort from everyone on base.

"Base members should approach ESOHCAMP with the attitude of cooperation and openness," Mr. McBurnett said. "The positive actions taken now can ensure a successful ESOHCAMP evaluation by identifying deficiencies before they become compliance problems with regulators. Protecting the environment for future generations is the ultimate goal and we should look at it as business as usual."

For questions concerning the upcoming ESOHCAMP, Mr. Fowler may be reached at 6-2001.

DAWGS

Continued from Page 1

months ago."

Airman Joshua Ambuehl, a student handpicked by the squadron to follow-on to F-117 Knights, said there is some added pressure of going from an award-winning organization. But, he said the instructors have prepared him and his classmates for the "real world."

The award solidified what he has been told since the beginning of training four months ago, he said.

"Ever since I got in the squadron, we were told we were

the best," Airman Ambuehl said of the students' schoolwork marching and off-base manners. "We are the best."

Major Hafer might have put it best in describing what he and the instructors of the 362nd are doing.

"We're fighter crew chiefs and we're proud of that. We know our jets," he said.

"We're hauling the steal. We're taking the fight to the bad guys in their backyard. When you see the results in the news, we know we've done our job."



STRESS

Continued from Page 1

diminish with time," he said. Servicemembers may have the occasional sleepless night or memories that come back out of nowhere for years, "and that's normal."

Other symptoms to look for, he said, are sad and withdrawn moods, tearfulness, problems sleeping - too much or too little - and problems with appetite, memory loss and concentration. Drug and alcohol abuse also are symptoms of a problem.

But the problems are not always mild, and the symptoms are not always subtle.

"If (people start) talking about hurting themselves [or]

killing themselves, it's important to not panic but to take that kind of talk very seriously and get them to help," Dr. Burke said, "even if it involves calling 911."

The doctor said that mental problems can go on for years if not treated, and that symptoms of combat-related mental illness do not always happen right away.

"They develop over time," he said.

An Army study published in the July edition of the New England Journal of Medicine showed that 6 percent of soldiers and Marines returning

from combat duty experienced mental health problems. Dr. Burke said the low number did not amaze him, based on what the Army has learned from studying prisoners of war suffering from post-traumatic stress disorder.

"The number of 6 to 12 percent is not surprising," he said.

"The experience in the past among POWs," he said, "is (that) about 50 percent have PTSD; among Vietnam veterans, over the years, about 30 percent; (Operation Desert Storm), 10 to 15 percent."

He said that declining percentage of combat-related men-

tal-health concerns might be attributed to the military's approach to getting better mental-health services to servicemembers before, during and after deployment.

"I would like to believe that part of that is because of the proactive care on the battlefield and the full range of services by the military health-care system," he said, "and the proactive preventive services that are provided (to) combat units."

Also, he said, screening now takes place before deployments, preventive service is provided during deployments, followed by more screening during rede-

ployments and follow-up care at treatment facilities.

Dr. Burke said the low percentage also indicates that the majority of servicemembers surveyed are faring well under combat conditions. That may be because of realistic training and having the "best equipment in the world," he said.

He said that tougher training and better equipment, along with a more stable rotation schedule "has contributed to the resilience of (servicemembers) and their ability to handle the stresses of combat."

Dr. Burke said that Defense Department does not "want to

see the Soldiers of today live through years of suffering when there's help available now."

The military has a number of resources to help those seeking assistance, he said, starting with the servicemember's chain of command. He also encourages them to talk with comrades or their chaplains.

He said that DOD "really cares" about its servicemembers and their families, and he encouraged them to take advantage of the various programs that are available.

"The help doesn't work if you don't come in to use it," he said. "Mental-health problems are problems that have solutions."

Servicemembers can get confidential counseling through the military's "One Source" program. The 24-hour-a-day service is for servicemembers and their families, and provides quick, professional assistance with problems.

Desert Hawk gives security forces an eye in sky

By Staff Sgt. C. Todd Lopez

379th Air Expeditionary Wing Public Affairs

SOUTHWEST ASIA (AFP) – Airmen at one forward-deployed location who routinely work, eat, run errands and sleep may not think to look up in the sky. But if they did, they would see something looking right back at them.

Flying at about 300 feet above the ground is a small foam aircraft with a built-in video camera. It is not there to spy on Airmen. Instead, it is on its way to the perimeter of the installation, where it will fly about looking for suspicious activity. The Desert Hawk serves as an eye in the sky for the force protectors.

"We fly the Desert Hawk at different times of the month, depending on what's occurring in the local area," said Senior Master Sgt. Nicholas Liberti, the security forces operations superintendent. "Desert Hawk is part of the force protection airborne surveillance system and is a force-protection multiplier for the installation."

Sergeant Liberti said Desert Hawk offers a layer of defense providing early warning and detection.

Physically, the Desert Hawk is not a big aircraft. It has a wingspan of about 52 inches, is less than 3 feet long and weighs around 7 pounds. Although small, its mission is pretty big.

Sergeant Liberti said Desert Hawk gives security forces a better chance of protecting man-portable air defense systems.

"That's what this aircraft is designed to do, control the Manpads threat," said the sergeant.

They are fairly easy-to-obtain, shoulder-launched weapon systems that can destroy or damage U.S. and coalition aircraft. Essentially, Desert Hawk is keeping an eye out for bad guys armed with the launchers.

Should the Desert Hawk see such a threat, local security forces respond with the right level of force.

If the Desert Hawk flies over something, we can spot it at that moment and then dispatch people to assess the situation, Sergeant Liberti said.

The surveillance system program is run entirely by enlisted Airmen. Maintaining, launching, recovering and flying the aircraft are handled by specially trained security forces volunteers. While

program team members are still regular security forces Airmen, their program is a departure the normal flight duties, said Staff Sgt. Nancy Gonzalez, the program leader.

Sergeant Gonzalez has about 17 Desert Hawk

The plane's battery power and tiny propeller can keep it in the air for about 60 minutes, she said.

Its main body is made of high-density foam and costs about \$300. If its frame gets damaged,

Desert Hawk model is equipped with an infrared camera. Like a security forces Airman with a set of night-vision goggles, the nighttime Desert Hawk can see in the dark.

"The plane provides real-time footage, day or night, of the exterior of the base," Sergeant Gonzalez said.

It has many of the same features as a larger aircraft. It has wings and flaps. It has a tail, motor and propeller. What it does not have is a "stick" in the cockpit, or even a cockpit. Aircraft control comes from a portable ground-control station. Instead of flying with manual inputs by a pilot, the Desert Hawk flies a predetermined route programmed in to its onboard control system with the aid of a laptop computer.

"You program a flight into the computer, indicating where you want it to go," Sergeant Gonzalez said.

Using an onboard Global Positioning System receiver, the Desert Hawk can keep itself on the course Sergeant Gonzalez programmed it to fly. That means that the operator on the ground is not really telling the craft where to go once it is in the air. But that does not mean she could not reprogram it in mid-flight. In fact, being able to do so is critical to the Desert Hawk mission.

"I don't steer the plane," Sergeant Gonzalez said. "But if I see something suspicious I can program it to go elsewhere. I can also have it hover overhead and move the camera to view."

Landing the Desert Hawk is a bit different than landing a regular airplane, because it has no wheels. Instead of coming in for a traditional landing, it comes in for what amounts to a controlled crash. Sergeant Gonzalez must ensure the wind, terrain and angle of descent are all correct, and she may have to do several passes before the plane can be brought home safely. Still, should the craft come down hard, it is tough.

"It has Kevlar protection on it," Sergeant Liberti said. "But when it quits flying, it falls like a rock."

The Desert Hawk is not as expensive or as sophisticated as its bigger siblings, the Global Hawk or the Predator. It can not fly as far or deliver munitions. But its mission is as important to ground-based security forces in deployed locations as bigger craft are to the Air Force.

"This is nothing on the grand scale of the other (unmanned aerial vehicles)" Sergeant Liberti said. "Still, this is an extremely important program. It is another layer of security on the base. It is a deterrent. It is another set of eyes that can detect potential hostile activity."



Photo by Staff Sgt. C. Todd Lopez

SOUTHWEST ASIA – Staff Sgt. Nancy Gonzalez prepares to launch a Desert Hawk unmanned aerial vehicle. Desert Hawk operators slingshot the craft into the air with a 50-foot bungee cord. Sergeant Gonzalez is the noncommissioned officer in charge of the 379th Security Forces Squadron's airborne surveillance program.

flights under her belt. She said her favorite part of the job is putting the aircraft in the air.

"I think the launching and landing of the plane is the best part," she said. "You hook it up to a bungee cord, stretch it out and let it go."

Sergeant Gonzalez said, it takes two Airmen to launch the Desert Hawk -- a pilot and a co-pilot. The pilot holds the aircraft about five feet off the ground. The co-pilot attaches the end of a bungee cord to the plane and then walks away, stretching the cord tight and charging it with just the right amount of potential energy to launch the tiny plane into the air. The co-pilot wears a vest and helmet just in case the plane should launch into his or her chest instead of climb skyward.

The plane does not start out with the engine running. That does not happen until after it is shot into the air.

"After we launch, and it goes over 50 feet per second, the motor engages," Sergeant Gonzalez said. "After that, it flies itself on the path you have programmed."

Sergeant Gonzalez or her team does the repair.

"They do their own work on the bird if it breaks," Sergeant Liberti said. "They put the pieces back together and use glue or tape -- whatever it takes to keep it flying. They do all the maintenance."

They do not repair the mechanics of the plane. It is the plane's inner workings -- the cameras, computers, motors and mechanical parts -- that bring its cost to about \$30,000. Sergeant Gonzalez said problems with the inner workings of the craft are repaired by the manufacturer.

The Desert Hawk sees a lot in the sky both during the day and at night. In fact, there are two models of the plane.

The first is equipped with a small digital camera that looks similar to what computer users may have on top of their monitor. The camera transmits images via radio wave back to the ground control station. There, Sergeant Gonzalez and her co-pilot can watch the images on a small video screen and record them to videotape. Another

Think
before
you
drink,
hand
your
keys
to a
friend.

Half-hour holiday

Massage therapist offers escape from stress

By Airman 1st Class Jacquie Lickteig
Staff Writer

Relaxation is her business, and now she's helping Sheppard members do just that.

Janice Lacy, a massage therapist, opened her shop, Heaven's Massage Garden, in the Health and Wellness Center recently.

"With all the exercises military members have to do to keep in shape and all the stress they go through, [massage therapy] will help release all

that negative stress," she said. She said she started her journey to become a massage therapist four and a half years ago after working as a medical records clerk at a local hospital.

"I believe God lead me to doing this," Ms. Lacy said.

Ms. Lacy said she decided, through prayer, to pursue massage therapy.

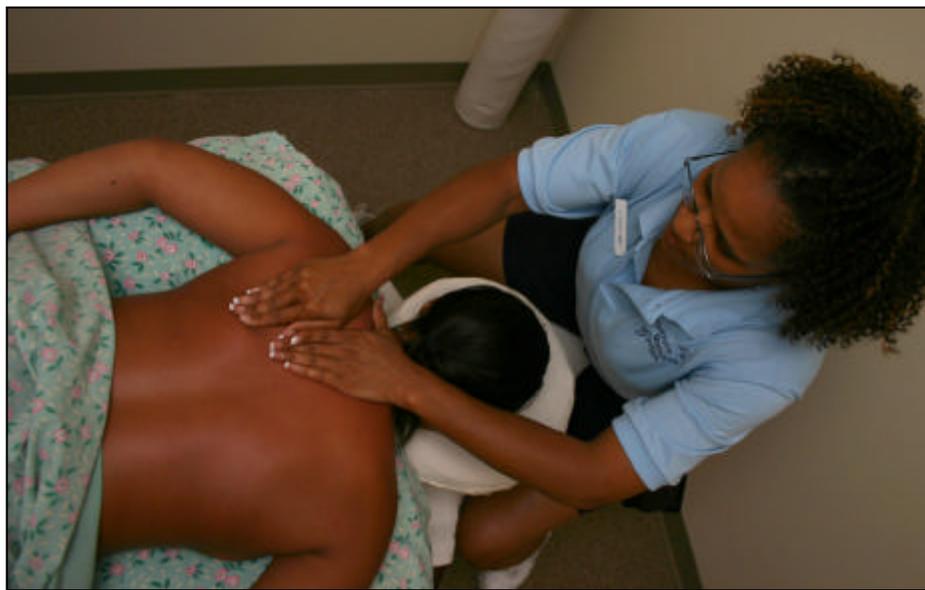
She took an eight-month course at Hands On Massage Therapy. When she finished the course, she opened Heaven's Massage Garden downtown. When she heard Sheppard was looking for a therapist, she put in a bid to open shop here.

She uses the Swedish technique, which involves long, gliding strokes, kneading and friction on the more superficial layers of muscles. She massages toward the heart to increase circulation.

Ms. Lacy offers a deep-tissue massage, in which she works deeper into the muscle to release tension.

Another technique that reaches deep into the muscle is using hot rocks.

She heats river rocks in a roaster, wraps them, and uses them on customers' muscles. She said the rocks' heat allows her to



Photos by Airman 1st Class Jacquie Lickteig

Janice Lacy, a massage therapist at the main fitness center, helps a customer release stress by massaging her back.



Photos by Airman 1st Class Jacquie Lickteig

Janice Lacy, a massage therapist, massages a customers arm with her knuckles.

Prices

30 minutes – \$30
1 hour – \$45
1 1/2 hours – \$55

Extras

Deep-tissue – \$5
Hot rocks – \$5
Stretch – \$7.50

push deeper into the tissue.

She also offers to stretch the customers' muscles during the massage.

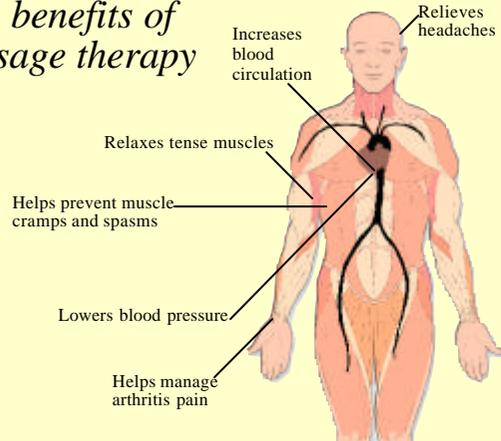
She can do therapeutic and prenatal massages, too.

Ms. Lacy recommends visiting a therapist at least twice a month to get the full benefits of massage therapy.

She takes checks, cash and credit cards, and her shop is open Monday and Tuesday from 1 to 7 p.m., Wednesday, Thursday and Friday from 10 a.m. to 7 p.m., and Saturday from 9 a.m. to 1 p.m.

To schedule an appointment, call at 6-0491. Any cancellations must be made 24 hours in advance.

Some benefits of massage therapy



Soundoff

How do you support your squadron off duty?



"I participated in the safety fair, Hotter 'N Hell and I teach the defensive driving courses,"
Tech. Sgt. Jerry Crawford, 82nd Safety Office



"I volunteer for Airmen Against Drunk Driving and I do random alcohol checks at the squadrons," Airman 1st Class Judy Mance, 366th Training Squadron



"I just moved here from Maxwell, so I'm learning the job," Maj. William Marsh, 82nd Communications Squadron commander



"I'm not doing much right now since I'm moving soon," Army Sgt. Jose Gonzalez, 364th Training Squadron

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

For up-to-date news and information from across the Air Force, check out www.af.mil.

Establishing life's opportunities, setting its goals

How much are the small things worth?

By Maj. Chad Conerly
5th Comptroller Squadron commander

MINOT AIR FORCE BASE, N.D. (AFP) – My addiction started in 1997 when I discovered my first Starbucks coffee shop. A friend took me there and he got a "froufrou" coffee with caramel, nutmeg, lavender, rose petals and a hug.

I just wanted a plain cup of joe. He quickly informed me that ordering a plain coffee in Starbucks was like going into a Harley shop and driving off on a Schwinn. I didn't want to be banished from Starbucks (or from a Harley dealership), so I reluctantly tried the café mocha. I convinced myself that it was just coffee with chocolate and was able to leave Starbucks with my "macho-ness" in tact.

I played off the taste to my friend, but I knew I was hooked. I found myself sneaking to Starbucks at all hours of the day for a café mocha fix. At the height of my addiction, I was spending more than \$100 a month on

café mochas. I realized then, I had a thinking problem. I kept thinking about how much I was spending on café mochas. I ran some numbers and realized that over a four-year period, I spent about \$4,800 on café mochas.

Had I invested the \$4,800 at 8 percent interest, I would have more than \$82,000 at age 70.

After that point, I started looking more carefully at opportunity cost. Opportunity cost is the cost of a given purchase in terms of forgone opportunities. My café mocha addiction did not just cost me \$4,800, it cost me other opportunities. My wife and I could have gone on three cruises (we're bargain cruisers), or I could have had \$82,000 more for my golden years.

Am I off café mochas completely? No. Opportunity cost is not about deprivation. It is understanding that financial decisions have consequences beyond the actual dollars spent. To some people, the cost of a café mocha each day is well worth sacrificing a cruise every few years. Comparing planned expenditures to other opportu-

nities ensures you get maximum bang for your hard-earned buck.

Here is an example to mull over. A couple spends \$3.50 a day each on cigarettes. If they smoke from age 18 to age 70, they will spend just more than \$135,000 on cigarettes. However, if the cigarette money was invested at 8 per-

I'm not saying to live poor so you can die rich. I'm recommending you analyze decisions with a whole life perspective.

Living far from family, we go "home" as often as possible. The trips home costs us some missed opportunities, but it's worth every penny. We sacrifice some niceties to ensure our kids know their extended family. It's a personal choice. With each major decision we make, we ensure that we're willing to pass up a future opportunity for the one at hand. Opportunity cost is not just about money. It's about life. If you golf twice a week, the opportunity cost of golfing is about eight hours of lost family time. The opportunity cost of living in a quiet country setting may be longer commutes, equating to less family time and higher fuel bills. The opportunity cost of eating in front of the TV is lost dinnertime conversation.

There's nothing wrong with any of these. It's a personal choice. Just realize that every choice (opportunity) has a cost (lost opportunity). Years ago, I set

"life goals". Some were monetary but most were not.

Occasionally, I review them to see how I'm doing and to make adjustments as priorities change. This "vector check" has been one of the most beneficial efforts in my life.

Like most people, when shopping for a car I want the pricey sports car. However, looking at opportunity cost and my life goals, I realize that the sports car is not a life-long desire of mine. The pricey car will not satisfy a "life goal" but may hamper my ability to retire before age 55, which is a life goal.

If you do not have long-term goals established for your life, consider doing so. Life is a one-way journey. Striving to obtain goals makes the most of your journey. Analyzing opportunity cost (monetary and personal) is a solid method to stay the course.

When you reach the end of your journey, you will be no less dead than the next guy.

However, you can "rest" assured that your journey had fewer potholes and wrong turns than the guy lying next to you.

Now, put down that mocha and get back to work.

"Life is a one-way journey. Striving to obtain goals makes the most of your journey." – Maj. Chad Conerly, 5th Comptroller Squadron commander

cent interest, the couple would have more than \$2 million at age 70, just from their cigarette savings. In this example, the opportunity cost of smoking equates to a beachfront retirement home in Florida. I'm not picking on smokers. Had I maintained my café mocha habit for the same duration, it would have cost me more than \$1 million in potential savings.

Another example: buying used cars versus new cars and keeping them seven years versus four years can save you more than \$500,000 in your life time, even after adding in the higher maintenance cost.

Commander's Corner



Above and beyond

Col. H.D. "Jake" Pumbo, commander of the 80th Flying Training Wing, presents Maj. Richard Grove, deputy staff judge advocate, the 2004 Outstanding Career Armed Services Attorney Award for the Air Force.

Photo by Capt. Marc Gonzalez

Protecting your vision

Tips to keep your eyes on target

By Lt. Col. Dorothy Dizmag
Health care integrator

Every year thousands of Americans lose or damage their vision due to injury.

The majority of these injuries occur in or around the home, not in industrial accidents.

Most work-related eye injuries are from fuel and chemical splashes – indicating more vigilance must be placed on safety procedures and training.

Most injuries that occur at home are from playing sports or from horseplay.

As part of National Eye Injury Prevention Month in July, the Sheppard community should take these simple, common-sense steps to prevent eye injuries.

While at work, always follow your training guidance and wear eye protection when indicated. If you are in a shop with grinding, high-pressure blasting, blowing or spraying is taking place, keep your goggles on even if you are "over the yellow line."

More than once a person has removed their goggles because they stepped outside the marked safety area and were struck by flying metal from several yards away.

Be extremely careful when working in areas where welding is being done. Often the person welding has a face shield, but other workers in the area do not. Welding injuries to the eyes number over 14,000 each year nationwide.

The majority of injuries occur at home, primarily from auto maintenance and wood-working.

Fortunately, these injuries have tended to be relatively minor – although painful – but the potential exists for major vision loss.

Always wear goggles when under a car or truck, even if it is just to change the oil. Small flakes of rust drop from even the newest car, and these tiny metallic particles have a great affinity for the cornea of the eye.

Wear eye protection when

using all power tools, and when using handsaws or hammering nails. Small razor-sharp shards of metal frequently shoot out when a hammer strikes a nail, and these micro-missiles can easily imbed themselves deep into the eye.

While the number of injuries from power yard equipment are less than other household causes, these have the potential to cause the most damage.

Power lawn trimmers and

lawn mowers can throw large rocks and sticks over a hundred feet. Power lawn trimmers cause over 1,500 eye injuries a year alone. Not only is it critical that the user of the tool wear eye protection, it is also important to keep children and pets well away while mowing and trimming.

Sports have the sad distinction of producing the majority severe eye injuries. Basketball holds the top spot with fingers, thumbs and elbows delivering major blows to the eyes.

Eyeglass-wearing basketball players of all ages should wear sports goggles. Regular street glasses can actually result in worse injuries than no eyeglasses at all!

All non-eyeglass wearing basketball players should wear non-prescription sports goggles as well.

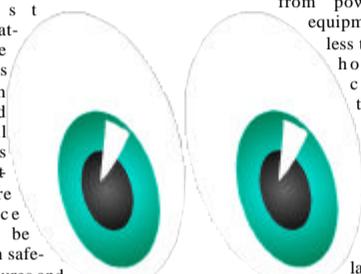
There are fewer racquet sport injuries, thanks in large part to education and enforced use of protective goggles – but the racquet sports can cause very serious injuries, so don't let your guard down!

Due to our respect for safety instructions and training, Air Force personnel generally do a great job protecting themselves from injuries.

During the month of July, try to be extra conscious of eye safety. Make it a habit to use eye protection during hazardous activities all the times.

Buy yourself or your child sports goggles to ensure adequate protection.

More information on this subject can be found at www.preventblindness.org



Cop Beat

82d Security Forces Squadron

The 82 Security Forces Squadron strives to make Sheppard a safe environment for residents and employees alike.

The following is to inform Sheppard personnel, dependents and visitors of new or current policies and procedures:

Gate information

Help minimize traffic congestion at the gates by following these tips:

- Have ID ready as you approach the gate
- Vary lunch times and duty hours
- Eat lunch at an on-base establishment
- Remember there are three gates which can be used (most use main gate)

Weapons

Privately owned weapons are not authorized in dormitories or billeting living areas. These residents must report to 82nd SFS, Bldg. 2118, to register and store their weapons.

Base housing residents may store privately owned weapons, but must register them with security forces first.

Length of stay on the installation is not a factor. Call 6-5165 for more information.

Contractor Badge Pass Issue

Monday – Wednesday 6:30 a.m. to 3:30 p.m.

Thursdays – Closed; however, a one

day pass can be issued at the visitor center.

Friday – 6:30 a.m. to 3:30 p.m.

Reports and Analysis Flight

Monday - Wednesday 7:30 a.m. to 4:30 p.m.

Thursday – Closed

Friday – 7:30 a.m. to 4:30 p.m.

Child Safety Day

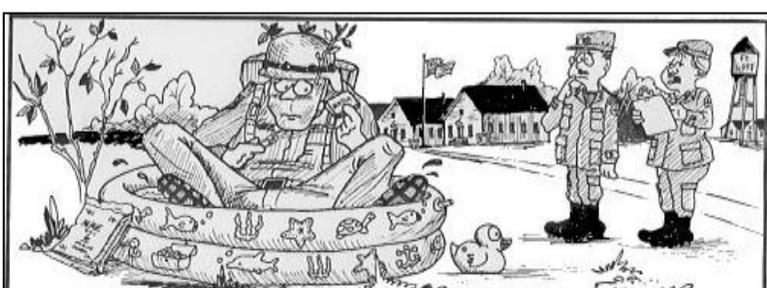
A Child Safety Day will be at the youth center Aug. 7 from 9:30 a.m. to 12:30 p.m. Events will include finger printing and picture, bike rodeo, a K-9 demonstration, a visit by McGruff and more. For an emergency, call 911. For crime stoppers, call 6-1100. For all routine calls, call 6-2981.

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

Sheppard Senator

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

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OUR SURVIVAL TRAINING HAS SUFFERED A TEMPORARY SETBACK SINCE THE LAST BUDGET CUT!

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In **FILM**



Garfield (PG)

Saturday at 2 p.m.
 Sunday at 2 p.m.
 Thursday at 7 p.m.
 Breckin Meyer, Jennifer Love Hewitt - Garfield's owner takes in sweet but dimwitted pooch Odie, turning Garfield's world upside down.



The Terminal (PG-13)

Saturday at 4:30 p.m.
 Tom Hanks, Catherine Zeta-Jones - An immigrant is forced to live at Kennedy Airport when his former war-torn country's borders are erased, voiding his passport and leaving him with no political home.



Around the World in 80 Days (PG)

Saturday at 7 p.m.
 Sunday at 4:30 p.m.
 Thursday at 7 p.m.
 Jackie Chan, Steve Coogan - A Chinese thief steals a jade Buddha and seeks refuge in the friendship of a London inventor.

Also showing

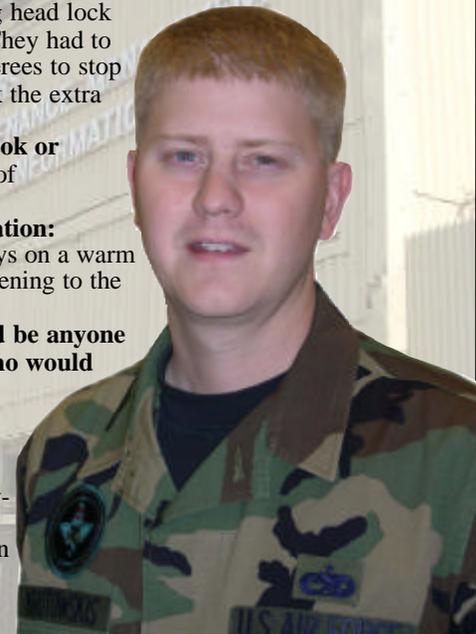
The Stepford Wives (PG-13) today at 6:30 p.m.
 Harry Potter and the Prisoner of Azkaban (PG) today at 9 p.m.

Sheppard Spotlight 15 lines of fame

1. **Name:** Jason Krutowskis
2. **Rank:** staff sergeant
3. **Organization and position:** 360th Training Squadron, maintenance analysis instructor
4. **Most rewarding aspect of your job:** Meeting Airmen who are new to the Air Force.
5. **Why did you join the Air Force?** To serve my country and finish my education.
6. **Favorite Air Force assignment:** Scott Air Force Base, Ill.
7. **Date arrived at Sheppard:** June 2003.
8. **Hometown:** North Ridgeville, Ohio
9. **Married or single (include your family if you'd like):** Married to Patricia with two daughters, Abigail and Ariana.
10. **Favorite thing(s) to do in your free time:** Spend time with my wife and chil-

- dren.
11. **Funniest childhood memory:** I once tackled a guy who was already 5 yards deep in the end zone. It was more of a flying head lock than a tackle. They had to wait for the referees to stop laughing to kick the extra point.
12. **Favorite book or movie:** "Band of Brothers."
13. **Dream vacation:** Spending 10 days on a warm sandy beach listening to the ocean.
14. **If you could be anyone for one day, who would you be?** I have never really thought about being anyone else. I try every-day to be the best person I can be.
15. **Other than**

your family, what is your most prized possession? Things are nice to have, but I really don't place any value on them.



Community

Paddle boat races

Lake Texoma will host paddle boat races Saturday beginning at 10:30 a.m. and 1:30 p.m. Call (903)523-4613 for more information.

Rumpelstiltskin

The Missoula Children's Theater is presenting "Rumpelstiltskin" tonight at 6 p.m. and Saturday at 2 p.m. at the community center. Admission is free. Call 6-3866 for more information.

Club activities

Football Frenzy

Football Frenzy at the enlisted club is just around the corner. Watch the games at the club and enter for chances to win an all-expenses-paid trip to Florida to watch the Atlanta Falcons play against the Tampa Bay Buccaneers, a paid trip to the Super Bowl and another to the Pro Bowl.

Other prizes will include plasma screen TVs and X-Box Game systems.

Pre-season football games are Aug. 12, 13, 19, 26 and 27 at 7 p.m., Aug. 20 at 6:30 p.m. and Sept. 3 at 6:00 p.m.

The club will also show the Dallas vs. Houston game Aug. 14 at 7 p.m., the Dallas vs. Kansas City game Sept. 2 at 8 p.m.

Rhythm, blues night

The enlisted club is sponsor-

ing a rhythm and blues night Saturday beginning at 9 p.m. Call 6-2083 for more information.

Chapel schedule

Catholic services

Confession by appointment only

Sunday

Mass: 9 a.m. (south chapel); noon (Solid Rock Cafe); 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 other religious activities, call the base chapel at 6-4370.

Student stuff

FITS

Saturday - Kickball will begin at 10 a.m. at the north fitness center.

July 31 - Water polo will begin at 10 a.m.

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.

**Your Trash...
 Could be an Adversary's
 Treasure!**



Remember
OPSEC
 Operations Security

For more info on the new Defense Travel System coming to Sheppard, go to www.defensetravel.osd.mil.



See Page 3B

Sheppard Sports



See Page 2B

Team Sheppard member ditches wheels, takes up walking to work

By Carolyn Knothe

Base Public Communications

Ever weighed the advantages and disadvantages of walking to work instead of sitting in traffic waiting to get on base?

Capt. Nathan Kartchner, chief of maintenance engineering for the 82nd Civil Engineers Squadron, said that in at least his case, it's just as quick to hit the pavement.

"It takes me five minutes or longer to drive to work, depending on traffic," he said. "It takes me seven minutes to walk to work, regardless of the traffic."

Captain Kartchner, who lives in Capehart Housing, makes two trips to work and back every day. He isn't against cars, but thinks that sometimes it is quicker and less hassle to just walk.

"I use it as a time of constitution," he said. "I can solve or dump the world's problems before I get home and work harder at

being a better husband and father."

He also studies Chinese flashcards to keep up his language skills and enjoys the Texas weather.

Walking has been known to be quite a benefit to overall health. Several Harvard studies have proven it to reduce the risk of developing Type 2 diabetes and cut stroke risk by 46 percent. According to the American Heart Association, stroke is the third-leading cause of death in America.

As aerobic, weight-bearing exercise, walking improves circulation, helps prevent osteoporosis and bolsters the immune system.

"It is great for older or beginning exercisers or those with orthopedic limitations because it is a low-impact activity," Mrs. Kim Houk, an exercise physiologist with the Health and Wellness Center, said. "The Surgeon General recommends accumulating at least 30 minutes of physical activity most days and recent research

recommends every day."

Walking doesn't have to mean doing the entire 30 minutes all at once, although Mrs. Houk said it is preferable to do it at one time. Taking the stairs instead of the elevator, parking farther away from work, or even walking to work like Captain Kartchner can count as the walking for the day.

Mrs. Houk warned that walking 30 minutes a day may not have enough intensity for most members of the Air Force and should be combined with other exercises.

Captain Kartchner, for example, runs every other day and works out with his squadron. He also has biked from Utah to New York in a month.

The benefits can extend from physical health to the wallet and family car.

"I don't care whether gas prices go up to \$5 a gallon," Captain Kartchner said. "And I save a lot of wear and tear on my beautiful 1989 Volkswagen Fox."



Photo by Carolyn Knothe
Capt. Nathan Kartchner studies Chinese as he walks to work Monday.

Sports Briefing

Services members learn fitness fundamentals

Twelve members of the 82nd Services Squadron completed a fitness fundamentals class here from June 14 to 25.

The class is designed to teach people how to become a personal trainer, how to exercise properly, how to make a work-out program for people and how to measure body fat.

"This really was a helpful class, said Staff Sgt. Althea Alexander, the class coordinator. "Some of the people who went through the class told me they learned some things they didn't know before."

While the fitness fundamentals class won't certify them to become a personal trainer, it does help them when they take the Cooper's course, Sergeant Alexander said.

Sheppard actually was able to get the class because another base had to cancel it. So Tech. Sgt. Sean McKeen from Lackland Air Force Base, Texas, came here to teach it.

"He added an excitement to the course by telling jokes and personal stories," Sergeant Alexander said.

Seabee Golf Tournament

The Seabee Golf Tournament is July 30 at 1 p.m. at the Wind Creek Golf Course.

The green fee costs \$25. The proceeds will go to the Seabee Ball.

There will be prizes awarded for first place team, longest drive, closest to the pin and longest putt.

To RSVP, e-mail james.walker@sheppard.af.mil.

Youth three-on-three basketball tournament

There is a three-on-three youth basketball tournament at 11:30 a.m. July 31 at the Madrigal youth center.

The event is free for participants. There will be divisions for youth ages 8 to 9, 10 to 12 and 13 to 15 for boys and girls.

There will be prizes for the teams that place first and second.

The deadline for registration is July 30. The forms are at the Madrigal youth center.

Volunteer officials are needed for the event. Call the Madrigal youth center at 6-2342, for more information.

National kid's day

National kid's day will be celebrated at Sheppard from 11 a.m. to 2 p.m. July 31 at the Madrigal youth center.

Youth can dance with Billy Bob and the Green Machine; participate in video game tournaments; play in the Jupiter Jump, dunk tank; watch a movie on a big-screen TV and enjoy hot dogs, chips and a small drink.

There will also be door prizes given away every 30 minutes. Call 6-5437 for more information.



Photo by Senior Airman Chris Powell
Scott Gilmore throws a dart during a game of Cricket Monday at the Sheppard enlisted club. Gilmore is one of four Team Sheppard members who participated Thursday in the American Darter's Association Military Cup Challenge and the ADA National Tournament in Las Vegas. The team hopes to win the military cup again this year to make it three years in a row that a Sheppard team has won the championship.



By Senior Airman Chris Powell
Senator sports editor

Four Team Sheppard members attempted to repeat history by winning the American Darter's Association Military Cup Challenge when they played Thursday at the Riviera Hotel and Casino in Las Vegas. As of press time, the results weren't available.

Sheppard has had a team win for the last two years.

In total, there will be four people from Sheppard competing against all the other services in the tournament. The Load Toads are made up of Master Sgt. Glenn Pugh, 363rd Training Squadron, Scott Gilmore, 82nd Communications Squadron and Senior Master Sgt. Holly Dye, the base Air National Guard liaison.

"We are definitely under pressure to win the championship again, said Sergeant Pugh. "We've all been practicing a lot at home and in leagues here and downtown."

"The competition will be better this year," he said. "I hope we win, but I'll just be happy if we get third place again like we did last year."

Sergeant Dye is already claiming an Air Force victory in Las Vegas.

"The Air Force will take the cup this year," she said. "I don't know which base it will be, but we will win."

Staff Sgt. Troy Colen, 366th Training Squadron, is the other Sheppard member going, but he will be joined

by two other players from different Air Force bases to complete his team. This is his first year to play in the tournament.

"I'm fine with playing with the other players as long as they can pull their weight," Sergeant Colen said.

"We're excited for Troy since this is his first year in the tournament," Sergeant Dye said. "We expect him to play really well."

While playing to win the military tournament is in the front of the competitor's minds, they are also thinking about the competition that comes after.

"We plan on competing in the ADA National Tournament after we play in the military cup," Sergeant Pugh said. "That's where the competition will get really fierce because there are actual pros competing there."

Playing against professionals wasn't a problem in the past for Sergeant Dye.

Two years ago, she placed second in women's doubles and third in women's singles out of thousands of other competitors.

Since the flight to Las Vegas has to be paid by the team, they received several donations from businesses downtown and received a dartboard and dartboard cabinet from Amberboch.

"The donation from Amberboch was really nice because we were able to auction it off for \$200 and use the proceeds for the trip," Sergeant Dye said.

Hittin' the mark

Sheppard darters leave for Las Vegas to bring home championship



Photo by Senior Airman Chris Powell
The Load Toads will try to bring the American Darter's Association military cup back to Sheppard. A team from Sheppard has won the competition the last two years.

Bowling

For more information, call 6-2170.

North lanes closed on Wednesday nights

The north lanes bowling alley will be closed Wednesday nights for the summer.

It will be re-opened Sept. 7 for the fall bowling schedule.

Combo bowling held every Thursday

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

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

Rock It Bowl at the north lanes

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

Birthday parties at south lanes

Birthday parties at the south bowling lanes costs \$1.50 per game and \$1 for shoes.

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

Birthday parties at north lanes

Cost to bowl at a Glow Bowling birthday party at the north fitness cen-

ter is \$2 per game and \$1 for shoes.

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

Community center

For more information, call 6-3866.

Jeet Kune Do classes

There are Jeet Kune Do classes from 2 to 4 p.m. Sundays at the community activity center.

Cost is \$35 per month.

Tang Soo Do classes

There are Tang Soo Do classes from 6:30 to 8 p.m. Mondays and Wednesdays for people ages 7 and older. Cost is \$25 for adult members and \$20 for children members.

The cost for children who are non-members is \$25.

Call 6-6826 for more information.

Pool tournament

There is a pool tournament at 2 p.m. Saturday at the community activity center.

Trophies will be awarded to first and second-place winners.

Table tennis tournament

The table tennis tournament is at 5 p.m. the second Saturday of every month. Cost is \$2.

Trophies will be awarded to first and second-place winners.

Chess tournament

The chess tournament is at 10 a.m. the last Saturday of every month. Trophies will be awarded to first and second-place winners.

Fitness center

For more information, call 6-2972.

Aerobics at the north fitness center

All aerobics classes will be held at the new fitness center.

Push it to the Max

Push it to the Max is a free program that's designed to teach people how to do correct push ups and will improve push up ability.

The program is from 5:30 to 7 a.m. Tuesdays in the aerobic room at the south fitness center.

Air Force cycling program

This program is designed to promote cycling as a life-long recreational activity that supports personal fitness goals.

For more information, contact Tech. Sgt. Yolanda Moffett at 6 - 2972.

Spinning at the south fitness center

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

Aerobiccenter offers classes

The aerobiccenter, located in the main fitness center, offers coed aer-

obics classes seven days a week.

Abdominal class

Monday, Wednesday and Friday at 11 a.m.

Cardio blast

Monday at 7:15 a.m.

Step aerobics

Tuesday and Thursday at 5:15 a.m.

Body pump

Monday at 6 p.m.
Tuesday and Thursday at 9:15 a.m.
Thursday and Saturday at 11:30 a.m.
Wednesday at 6 p.m.

Yoga and pilates

Monday and Wednesday at 10:15 a.m.
Wednesday at 5 p.m.
Thursday at 6 p.m.
Saturday at 3 p.m.
Sunday at 4 p.m.

Basic step

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

Kickboxing

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

Intermediate step

Saturday at 10:15 a.m.

Advanced step

Monday, Tuesday at 5 p.m.

Combo step

Monday, Wednesday and

Friday at 11:30 a.m.

ITT office

For more information, call 6-2302.

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.

Pool

For more information, call 6-6494.

Lap swimming

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

For more information, call 6-6494.

Pool passes

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

Individual passes cost \$35 and the family pass passes are \$65. **Water**

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>.

TSTV July 23- 29

Friday July 23

10 a.m. In Service for My Country—Sheppard Deploys
5 p.m. Lunch and Learn: Ms Dee Decker
9 p.m. **Famous Generals: George S. Patton**

Saturday July 24

10 a.m. Sound of Freedom: The Berlin Airlift
5 p.m. The Army in Action – Global War
9 p.m. History of the Navy: Cold War Navy (1945-1964)

Sunday July 25

10 a.m. Special Warfare Combatant Craft Crewmen: The Boat Guys

5 p.m. Navy Marine Corps News

9 p.m. Leadership Breakfast: Lt Col Mack Breeland

Monday July 26

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

Tuesday July 27

10 a.m. Into the Mouth of the Cat: Lance Sijan
5 p.m. **Famous Generals: George S. Patton**
9 p.m. Montford Point and Beyond: A Chapter in Marine Corps History

Wednesday July 28

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

Thursday July 29

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

Be safe. Be smart. Buckle up.

Be a good wingman.
Don't let your friends drive drunk.



Photo by Senior Airman Chris Powell

Sinking it

Eric Borgman, 10, putts a shot Monday while playing golf with his grandfather, Charles Graf. Youth who participated in a recent summer golf camp, played golf with their parent's and family members Monday.

If you have a sports-related idea or article that you'd like to see published in the Senator, please call 6-1326.

Team Sheppard members staying active

Photos by Senior Airman Chris Powell



Ben Jones shoots a layup in front of Marvin Baker during a pick-up game at the south fitness center Wednesday.



(Above) Tom Riddle swerves to Ranier Hanold during a racquetball game Wednesday at the south fitness center



Jonathon Mobley, 362nd Training Squadron, swims laps at the base's main pool Wednesday.



Crystal Hudson, 80th Operations Support Squadron, works out in the daycare in the south fitness center while her daughter, Jasmine, six months old, watches.

Air Force cyclists continue cycling legacy for 10th year

By Cynthia Bauer
Air Mobility Command Public Affairs

SCOTT AIR FORCE BASE, Ill. (AFPN) – For the 10th year, Air Force cyclists will take to their bikes for the Des Moines Register's Annual Great Bike Ride Across Iowa. The RAGBRAI XXXII ride takes place July 25 to 31, covering about 500 miles through the middle of the state.

The "Team Air Force" legacy began in 1995 when a group of 28 active-duty Air Force bicycling enthusiasts and a support crew of three from the 343rd Recruiting Squadron at Offutt Air Force Base, Neb., formed a team to bolster recruiting numbers in Iowa.

The original group of Air Force cyclists grew in numbers, and in 1997, the team became a private organization officially recognized by the Air Force as well as the Internal Revenue Service.

In 1998, the team comprised 80 riders and 20 support crew. The team also received support "from the top," when avid

cyclist and then-Secretary of the Air Force Dr. Sheila Widnall rode with the team for five years beginning in 1995. The support continued with former-Air Force Secretary Whit Peters, Dr. Widnall's successor, who rode with the team in 2000.

"One of the precepts of our team is that we are all recruiters," said retired Lt. Col. Stu Carter who has ridden in eight of the nine past rides. "We set a positive image all week long -- on and off the bike -- and talk to people about the Air Force and what we do in the Air Force."

The first year, the team recruited 11 Iowans as a result of the ride. Research commissioned by the secretaries of the Air Force shows the team has recruited dozens of people in the following years. Colonel Carter said, the team is responsible for two-dozen or more Air Force recruits each year as a direct result of participation in the ride.

"I could go on for days about the stupendous return on investment for the Air Force. Every team member pays his or her own way. Each brings a passion for the Air

Force and cycling, each has his or her own equipment, volunteers time to talk to hundreds of people all week long, pays for transportation expenses, food, lodging, etc.," Colonel Carter said. "And, each person asks for nothing in return."

Col. Bob Norman, director of command and control for the Tanker Airlift Control Center here, currently leads the 100-plus-person Team Air Force and a support crew of about 40.

Air Force Recruiting Service supports the team by arranging for permissive temporary-duty status for those eligible and providing small promotional items to give to others throughout the ride. Recruiters also take advantage of the ride by setting up displays at the overnight stops.

This year, Brig. Gen. Robertus C.N. Remkes, AFRS commander, will lead the team on the first day of the ride from Onawa to Lake View. This route is rated one of the easiest yet most challenging stretches of the ride, with a total elevation climb of 2,685 feet in 69 miles.



Photo by Tech. Sgt. Mark Diamond

(From left to right) Capt. Wayne Yong, Ed Goreczny, Dr. Carol Belt and Tech. Sgt. Eric Wells take a ride here July 16 to prepare for the Des Moines Register's Annual Great Bicycle Ride Across

Air Force hammerthrower earns spot on Olympic track, field team

By Tech. Sgt. J.C. Woodring
Air Force Print News

SANANTONIO — First Lt. James Parker, an Air Force world-class athlete from Malmstrom Air Force Base, Mont., earned a spot on the U.S. Olympic track and field team July 12 with a hammer throw of 254 feet, 6 inches.

"I came into the Air Force to serve my country," said Lieutenant Parker, who has been throwing the hammer for 10 years. "To represent the Air Force and the country on the athletic side is ... the biggest honor of my life."

In the preliminaries of the U.S. Olympic track and field trials in Sacramento, Calif., on July 10, each of the 24 competitors was allowed three throws to determine advancement to the finals. People who throw farther than 236-3 are automatically qualified for the finals.

Lieutenant Parker said he had a "mental edge" on the other athletes going into the competition because he had farther marks than the others and was favored to make the team. He said he also felt a lot of pressure because he witnessed several other favored athletes not make the team.

"On the day, you never know what will happen," Lieutenant Parker said. "It really was a nerve-racking situation."

As the last competitor to throw in the first round, Lieutenant Parker stepped into the circle and tossed a 240-3, the longest throw of the day. He then sat back and analyzed his competition for the finals.

In the first round of the finals, the lieutenant established the benchmark of 245-1 on his first throw and increased it to 251-4 on his final throw of the round.

During the final round, Lieutenant Parker tossed his best throw of the day, 254-6. Winning this event and his 259-10 throw during a meet at Brigham Young University on June 26 placed Lieutenant Parker on this year's Olympic team.



First Lt. James Parker won the 2004 USA Track and Field Indoor National Championship Weight Throw.

Services officials want a lot of happy campers

Courtesy of Air Force News

WASHINGTON — Services officials want to see a lot of happy campers this summer.

More than 500 Air Force teenagers are rock climbing, orienteering, camping, getting leadership training and even visiting the Supreme Court in a series of camps offered by the Air Force Services Agency.

"For the past several summers, we have funded a variety of day camps at each base including activities such as archery, skateboarding, tennis, science and rocketry, and manipulative and life skills," said Eliza Nesmith, the Air Force family member program specialist. Services also offers many residential weeklong camps.

Camps this summer include Air Force Service Space Camp, Air Force Performing Arts Camp and Operation Purple camps.

"I had a great time, learned a lot and am honored to have been here," said Thomas Sullivan, a teen from Shaw Air Force Base, S.C. He participated in the program earlier this summer and visited the Tomb of the Unknowns at Arlington Cemetery, the Supreme Court and the Holocaust Museum.

Services officials say they have expanded their camps so more children can attend.

"We've been able to dramatically increase the number of residential camps this year and open up this unique opportunity for so many more children," said Toni C. Koppen, chief of Air Force family member programs.

"Each and every camp, from start to finish, has been a class act for the children, and the efforts of our (staffs) were outstanding," Ms. Koppen said. "The feedback from parents has been wonderful; one parent wrote and said that his child had been 'chatting it up' with family and friends since he returned from camp."

"This has been a very busy summer for Air Force youth and staff," Ms. Nesmith said. "We continue to expand the types of youth programs, something that is particularly important during these periods of high deployment."

1st FSSG Marine braves heat, rocket attack to finish 135-mile race in less than 38 hours

Story by Sgt. Matt Epright
1st Force Service Support Group

CAMP TAQADDUM, Iraq — What possesses a man to run 135 miles, in the middle of the blazing Iraqi summer, stopping the clock only for a rocket attack? Some say pride. Some say a sense of satisfaction. Many just say he's crazy — and he doesn't bother to argue with them.

Maj. William C. Maples shattered his 40-hour goal for his foot race, completing it in 37 hours, 59 minutes, on July 14, 2004.

The 40-year-old Dallas native sprinted the last 100 feet to the makeshift, toilet paper finish line, carrying the Texas state flag that had been mounted on the back of his support vehicle that kept pace throughout the race.

He arrived amidst the cheers of more than 30 Marines from the 1st Force Service Support Group, including the commanding general, Brig. Gen. Richard S. Kramlich, who personally congratulated Maples on his accomplishment.

After standing around talking to well-wishers and downing a celebratory soda, Maples went to his desk, in the Group's command center, to e-mail his friends and family and let them know he had made it.

"I'm fine. I'm not even tired yet. But, I will be," he said, looking well for a man who had just finished the equivalent of more than five consecutive marathons.

Maples then went to his living quarters to soak his feet and take a nap. He was almost too stiff to move, but expected to recover quickly from his ordeal.

"I should be running again by this weekend,"

he said, adding that while many may think he simply has a screw loose, he finds such extreme activities rewarding. "I'm sore and I'm tired, but there are very few things that give this kind of a sense of accomplishment."

During the race, he mostly speed-walked during the day, when the temperature rose as high as 109 degrees and saved the running for the cooler evening and night hours.

Though he finished in the late-morning sun, he ran the last mile.

"I haven't run in hours, but I never walk across a finish line," he said shortly afterward.

Maples was forced to stop the clock once, but not through any fault of his own. As the sun peeked over the horizon July 13, Maples was quickly approaching the 60-mile point of his run when he heard explosions in the distance.

"We're taking fire," he calmly stated. The impacts from enemy rockets were not close to Maples, but he and his crew were still required to stop and don body armor for their safety, until the "all-clear" was called 2 hours and 40 minutes later.

"This has got to be the first ultramarathon course to come under fire," joked Maples, who is also the force protection officer for the 1st FSSG, which is headquartered here.

Maples decided to hold the "Iraqi Badwater" race when he found out that he would be deployed here during the California-based Badwater Ultramarathon, which stretches 135 miles from Death Valley to Mount Whitney.

The invitation-only race limits the field of runners to 90 each year. As a six-time participant, Maples did not want to miss the event this year.

When the race coordinators heard of Maples' plans to run his own race here, they made him an honorary entrant in this year's Badwater and even sent him his traditional number 13 placard.

They also kept track of his progress via e-mail. Other than dealing with enemy fire, running the race in Iraq is actually easier in some ways, said Maples.

In past years he has had trouble putting together a large enough support crew, as it is difficult for many people to get the three-day vacation required to make the trip out for the race.

Here, Maples' fellow 1st FSSG Marines were lining up to take turns running with him for anywhere from 3 miles to more than 30 miles. They didn't have to take time off because they were able to return to work soon afterward.

"I think they just enjoy watching me abuse myself," Maples joked.

Several Marines were able to stay with him through the majority of the race as his volunteer support crew, driving the support vehicle, keeping track of his time and mileage and monitoring his food and fluid intake.

The entire cargo area of the sport-utility vehicle was filled with everything from chocolate milk and sports drinks, to graham crackers and applesauce. It was the crew's responsibility to make sure Maples was drinking enough to stay hydrated and refraining from eating too much food at one time.

"If you take too much solid food, you'll get sick," said Sgt. Jason N. Gravem, 26, who was also on Maples' support team for the California-based Badwater last year.

Maples has been running ultra-marathons, any race that stretches longer than 26.2 miles, since 1994. He trained for this year's race from the day he first arrived in Iraq, running about 10 miles a day, while wearing his flak jacket, with armored-plate inserts — an added weight to his body of about 16 pounds.

He also spent the time leading up to the race trying to line up support in the United States, speaking to friends, family and fellow runners, as well as several organizations.

Most were anxious to have a part in what Maples believes to be the first ultramarathon in Iraq, though when people started to actually offer him money for his efforts, Maples asked his supporters to volunteer instead for Iraqi children instead.

So far, he has received about seven 10- to 20-pound boxes of school supplies and has more on the way. When he gets enough stuff together, he plans to coordinate with one of the units on the camp to deliver the goods out in town.

Maples doesn't have an unusually competitive nature. He simply relishes the opportunity to challenge himself physically and mentally — something he thinks more people should do.

"People reach the ripe, old age of 25, and they say 'I have arrived.' Then they stop challenging themselves," he said. "Before you know it they go from being a player to being a spectator. I don't see any reason to do that."

Delavane Diaz named MWC female student-athlete of the year

COLORADO SPRINGS, Colo. - Air Force senior volleyball player Delavane Diaz (Tampa, Fla.) was selected as the 2003-04 Mountain West Conference Female Student-Athlete of the Year, the conference office announced today (June 24). Diaz will be awarded a postgraduate scholarship in recognition of her achievements.

Established by the Mountain West Conference Joint Council in 1999, the Student-Athlete of the Year award is the highest honor presented to a student-athlete by the conference. The award is bestowed annually to the man and woman who best exemplify the term "student-athlete" by achieving excellence in academics, community involvement and athletics. Criteria for the Student-Athlete of the Year award require that nominees demonstrate leadership, character and conduct on and off the playing field.

In addition to superior athletic achievement, candidates must have a minimum 3.5 grade point average and be in their final year of eligibility in any NCAA-recognized sport.

Diaz, a 2004 Rhodes Scholar, graduated with distinction and a 3.83 GPA in astronautical engineering. Ranked 15th in a graduating class of



Delavane Diaz

1,010 cadets, she was a four-time Academic All-Conference honoree and earned Academic All-America honors in 2003.

She was a four-year letterwinner in the volleyball program and a three-time team MVP. Diaz set numerous program and conference records, including the all-time MWC leader for kills per game.

With a program and conference record 41 kills against Southern Mississippi, Diaz was ranked 10th nationally. A recipient of the 2004 National Science Foundation Graduate Research Fellowship, Diaz was named to the dean's list eight times and named to the commandant's list (which designates excellence in military performance) seven times.

In addition, Diaz was selected as a Wing Commander, which is the highest leadership position that a cadet can hold, and served as the Group Honor Chair for the Executive Honor Committee.

It is the second straight year that a cadet has been honored with the prestigious award. Last year, swimmer John Dayton was named the 2002-03 MWC Male Student-Athlete of the Year. Diaz shares this year's honor with Sean Murray of New Mexico, who was named the conference's Male Student-Athlete of the Year.

Your story could go here. Submit stories and ideas to sheppard-senator@sheppard.af.mil the Friday prior to the desired publication date.

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