

Friday  Partly cloudy Lo: 72°F Hi: 92°F	Saturday  Partly cloudy Lo: 73°F Hi: 93°F	Sunday  Partly cloudy Lo: 73°F Hi: 93°F
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Sheppard members perform honorable duty
See Page 6



Sergeant tears up dirt in Oklahoma
See Page 1B



Sheppard Senator



Combat Capability Starts Here

Vol. 57, No. 31

Sheppard Air Force Base, Texas

August 6, 2004

Air Force 101



Courtesy photos

College students from all over the country converged on Sheppard and other bases across the country to learn more about the operational Air Force early in their cadet careers. Cadets visited various squadrons on base to witness how all career fields make up the bigger picture of the mission. Above, cadets make the walk to the flight line at the 80th Flying Training Wing for familiarization flights.

Rising sophomores get month-long look at operational Air Force

By Carolyn Knothe
Base Public Communications

Although classes have been out for the summer for most college students, a select group has decided to continue their studies with an Air Force 101 course.

The Rising Sophomore Summer Program, or RSSP, is a four-week long program designed to expose ROTC cadets to the "real" Air Force during the summer between their freshman and sophomore years.

"We've shadowed all types of personnel on base," said Cadet Alisha Venter, a cadet at the University of Louisville. "We get to see what we want to do (in our careers) and experience a lot of stuff we didn't know."

The cadets have visited civil engineering, logistics, security

forces, public affairs and even received T-37 incentive flights.

All of the squadrons the cadets have visited have offered valuable advice about how the Air Force works.

"We're like sponges," said Cadet Amanda Sotomeyer, as student at Virginia Tech. "We absorb all of the advice."

Being in a college detachment is almost like being in a fishbowl, the cadets said. You are surrounded by other cadets and don't get a feeling for the diversity that an Air Force base has.

Cadet Venter said not only do they learn about the diversity within, but they use some of what they are taught at school here.

"We get to practice our customs and courtesies, and see the interaction between the officers and enlisted personnel," she said. "The NCOs are really the

backbone of the Air Force."

Cadet James Strong from Fordham University in New York, N.Y., echoed Cadet Venter's analysis of the enlisted corps.

"The enlisted personnel run the show," he said.

Learning how to be good officers is top on the cadets' lists of priorities, they said, and the program provides the cadets an opportunity to watch real officers in action.

So far, the T-37 incentive ride has been one of the main highlights of the trip, although the cadets stressed that seeing all of the career fields at Sheppard has been beneficial.

"We've seen almost all of the different career areas," said Cadet Strong, who doesn't want to be a pilot. "But after going up in the T-37, you almost have to give piloting a second thought."



Courtesy photo

German 1st Lt. Georg Seliger, an instructor pilot at the 89th Flying Training Squadron, helps Cadet Amanda Sotomeyer get strapped in before her familiarization flight.

Sheppard NCO's great IDEA pays off

By Carolyn Knothe
Base public communications

Reading the fine print doesn't always pay off, but it did for one Sheppard sergeant.

Staff Sgt. Neal Dion, an aircraft systems instructor with the 364th Training Squadron here, won \$10,000 after submitting an idea to the Air Force's IDEA program.

Sergeant Dion was a liaison for Boeing in the KC-10 program at Travis Air Force Base, Calif., when the maintenance contract changed from Raytheon to Boeing. The written contract listed all of the equipment that would be transferred to Boeing, but left out 50 KC-10 wheel assemblies.

These wheel assemblies are just like rims on a car that is surrounded by a tire.

"Anytime the plane had one beyond repair, Boeing would have to buy a new one if they weren't incorporated into the contract," Sergeant Dion said. "And they cost \$6,300 each."

Sergeant Dion wrote to the IDEA program and proposed that the wheel assemblies be included into the contract so maintainers could use what the Air Force had

already purchased.

"It was just lucky that I found the mistake," Sergeant Dion said modestly. "I was just reading the contract, double-checking things, and found it."

This lucky reading will save the Air Force about \$105,000 a year.

For his insight and proposal, the sergeant was given a monetary award.

Sergeant Dion received his check in the mail, unaware that he had won.

"I just looked at the check and didn't know what it was for," he said, laughing. He bought a new car with the money, easing the stress of having one car for a four-member family.

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



Photo by Mike Fiore

A savvy idea pays off for Staff Sgt. Neal Dion, a 364th Training Squadron instructor. Brig. Gen. James Whitmore, 82nd Training Wing commander, presents Sergeant Dion with a \$10,000 check for his money saving idea.

Sergeant Dion on his award at a ceremony held beneath the wings of a C-130.

"We are very appreciative of guys who are paying attention," he said. "The great ideas don't come from generals. You are saving us taxpayer dollars and making us more effective."

Veteran recalls the beginning of the end of WWII

By John Ingle
Editor

The beginning of the end of fighting in the Pacific Theater during World War II began 59 years ago today with a thunderous roar.

Some thought there was another way to get Imperial Japan to the peace table. Some thought the drastic measures taken by the United States saved more lives than it took.

Whatever the rationale or thought, the day the Enola Gay delivered her payload to Hiroshima, Japan, was a turning point in the war and the future of air power.

Bill English, a P-51 pilot in the Army Air Corps on Aug. 6, 1945, was resting after completing a mission the day before.

"We strafed one of the airfields near Tokyo (the day before)," he recalled. "We had missions (where) we'd go up and strafe the airfields and look for aircraft."

The then-23-year-old native from Abilene, Texas, was part of the first land-based fighter groups to complete bombing missions over the once-thought unreachable Japan. He said they had spent weeks flying the missions without knowledge that something bigger

was about to happen.

Col. Paul Tibbitts, pilot of the Enola Gay, had cancelled all flying missions to mainland Japan on Aug. 6. Mr. English said that didn't appear too unfamiliar because the pilots usually didn't fly consecutive days.

What was different was a heavily guarded B-29 sitting on the tarmac.

"The plan was that if there was a malfunction on the Enola Gay, the Enola Gay would land there and they would transfer the bomb to this other plane," he recalled.

See BOMB, Page 4



U.S. Air Force photo

About 100,000 people were killed as a result of the two atom bombs dropped in August 1945.

Summer safety program fatality free in AETC

By Jillian Speake
Air Education and Training Command Public Affairs

RANDOLPH AIR FORCE BASE, Texas (AETCNS) — For the first time in several years, Air Education and Training Command faces the last month of its summer safety campaign without any fatalities.

If the command completes Operation Safe Summer without any fatalities, it will be the first time in documented history, said Senior Master Sgt. Robbie B. Bogard, AETC ground safety superintendent.

Operation Safe Summer, the name for the command's 101 Critical Days of Summer safety campaign, started Memorial Day and ends Labor Day. It's during this time the Air Force traditionally experiences an increase in off-duty travel and recreation mishaps.

"I ask every member of AETC to continue to keep safety in the forefront of your lives and conduct our mission with the professionalism and esprit de corps you've demonstrated so far," said Gen. Don Cook, AETC commander. "I'm confident with the right

operational mindset — both on and off duty — we can complete this summer fatality free."

The campaign focuses on personal and operational risk management techniques, safe driving practices and how to remain safe during summer activities such as swimming and boating.

"By this time last year, our safety record was not so stellar," Sergeant Bogard said. "Fortunately, our safety efforts this year have been very successful, but we need to ensure we can see this success through to the end of summer. It is everyone's responsibility to continue to educate those around us and promote risk management in everything we do."

In the summer of 2003, six people in AETC died in accidents. Five Airmen were killed in vehicle accidents, and one died in an all-terrain vehicle mishap. Overall, the Air Force lost 37 Airmen to accidental deaths last summer, a significant rise over the 30 airmen who died in accidents Air Force-wide in 2002 and the 19 who died in 2001.

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On the Inside

Promotion study list available

Promotion-eligible enlisted Airmen can now find which materials to study for the 2005 testing cycles.

The most current Weighted Airman Promotion System cata-

log, which lists the materials used by test writers to develop the 2005 promotion tests, is now available on the Air Force Personnel Center Web site at <http://www.afpc.randolph.af.mil/testing>.

For full story, see Page 2.

New water guidelines in affect

Wichita Falls thirst for rain has been quenched enough to lift Sheppard's watering restrictions.

Recent rainfall has boosted lakes Arrowhead and

Kickapoo's combined 42.9 percent capacity to 63 percent, a gain that fueled the city council's decision to cancel the area's water restrictions.

This also affected Sheppard.

For full story, see Page 3.

Ridge: al Qaeda could already be in U.S.

By Donna Miles

American Forces Press Service

WASHINGTON — The United States must operate under the assumption that al Qaeda terrorists are already in the country, waiting to strike when they believe they can achieve success, Secretary of Homeland Security Tom Ridge said Tuesday in New York City.

Secretary Ridge traveled to New York to meet with local and state politicians and financial executives following the Aug. 1 decision to raise the color-coded threat level to orange, or high, for parts of New York City, northern New Jersey and Washington, D.C.

Speaking afterward to reporters at the Citicorp headquarters, one of the financial-service sector buildings specifi-



Ridge

cally named as targets, the secretary said the law enforcement community is keeping its eyes on people they believe are connected or sympathetic to the terrorists' cause.

But with more than 600 mil-

lion people crossing U.S. borders every year, Secretary Ridge said, "we don't have the luxury of waiting to identify somebody coming across the border." Rather, he said, "we just have to accept for our planning and preparation the notion that they are here, they are looking to attack us, and we need to do everything we can every single day to try to detect, deter and prepare for it."

Secretary Ridge stressed that there's no way to gauge exactly when terrorists will attack. Intelligence reveals no specific attack plans, he said, but "shows plans to disrupt the democratic process throughout the election year."

This could be interpreted as broadly as the election year or as narrowly as Election Day, he acknowledged.

"But we need to understand that we shouldn't be limiting ourselves or expanding ourselves to that timeframe," he said. "We know this is an organization that plans in advance and prepares in its patience. These are serious folks. And they are patient folks. There is a lot of resolve. ... And when they are ready to move, they will move."

Secretary Ridge said many steps already taken by federal, state and local governments since Sept. 11, 2001, "have made it much more difficult for the terrorists to achieve their broad objectives." He pointed to extra layers of security, improved interagency cooperation and information sharing and measures to secure and protect the U.S. economy against terrorism.



He called on the American public to remain a part of this effort, "to do your part, to remain vigilant and ever-watchful for suspicious activity and behavior, and to report that activity."

The secretary called the intelligence that led Homeland Security officials to raise the threat level for specific areas "a solemn and serious reminder that we are a nation at war, and the terrorist enemies we face will not stop until we defeat

them." He called the intelligence "the most significant, detailed pieces of information about any particular region that we have come across in a long, long time — perhaps ever."

The secretary dismissed arguments that the information released was too dated to be relevant. Although some reports may be two or three years old, he said, the latest information was gathered in January.

85 inductees join ranks of Team Sheppard SNCOs

Base public communication

More than 80 Team Sheppard members took the next step in their careers July 30 when they were inducted as senior non-commissioned officers.

The 85 soon-to-be or current SNCOs hailed from 22 different agencies from or attached to Sheppard.

Those inducted include:

82nd Civil Engineer Squadron

Tech. Sgt. William Lane

82nd Mission Support Group

Tech. Sgt. Kym Loncar

82nd Security Forces Squadron

Tech. Sgt. Michael Marcum

Tech. Sgt. Lethaniel Saunders

82nd Aerospace Medicine Squadron

Tech. Sgt. Billy Barnett

82nd Medical Operations Squadron

Tech. Sgt. Jeffrey Cahill

Tech. Sgt. Leonardo Castro

Tech. Sgt. Adriene Johnson

Tech. Sgt. Timothy Senesac

82nd Medical Support Squadron

Master Sgt. James Harris

Tech. Sgt. Josephina Herrera

82nd Mission Support Squadron

Tech. Sgt. Sandra Abeyta

Tech. Sgt. Michael Brown

Tech. Sgt. Marc Schwartz

82nd Training Wing

Tech. Sgt. Gerardo DeLaGarza

Tech. Sgt. Gregory Hadsell

Tech. Sgt. Donald Hall

Tech. Sgt. Carolos Miramontes

360th Training Squadron

Tech. Sgt. Craig Ammons

Tech. Sgt. Charles Collins

Tech. Sgt. Shannon Knapp

Tech. Sgt. Robert Reich

Tech. Sgt. Vernon Simpson

Tech. Sgt. Rodger Young

361st Training Squadron

Tech. Sgt. Ryan Fondulis

Tech. Sgt. Joshua Johnson

Tech. Sgt. John McCoy Jr.

Tech. Sgt. David Meany

362nd Training Squadron

Tech. Sgt. Deryl Brandon

Tech. Sgt. Douglas Crank

Tech. Sgt. Ronald Fischer

Tech. Sgt. Glenn Harris

Tech. Sgt. Michael Ozment

363rd Training Squadron

Tech. Sgt. Shelly Bailey

Tech. Sgt. Paul Beck

Tech. Sgt. Russell Cook

Tech. Sgt. Michael Gwodz

Tech. Sgt. Peter Lettkeman

Tech. Sgt. Mickie Maggard

Tech. Sgt. Shane Meister

Tech. Sgt. Kevin Oliver

Tech. Sgt. Ada Russell

Tech. Sgt. Matthew Saganski

Tech. Sgt. Adam Schrader

Tech. Sgt. Randall Voy

Tech. Sgt. Billy Wilson

Tech. Sgt. James Woody

364th Training Squadron

Tech. Sgt. Johnny McKenzie

Tech. Sgt. Christopher Nyhagen

Tech. Sgt. Wayne Stroud

Tech. Sgt. Lance Turner

365th Training Squadron

Tech. Sgt. Duane Denney

Tech. Sgt. William Force

Tech. Sgt. Robert Frazier

Tech. Sgt. Marsha Harris

Tech. Sgt. Kelly Hogness

Tech. Sgt. Richard Lucero

Tech. Sgt. Douglas Rough

Tech. Sgt. Daniel Schrader

Tech. Sgt. Jene Thomas

Tech. Sgt. Bryan Weaver

Tech. Sgt. Cory Weiland

366th Training Squadron

Tech. Sgt. Michael Carter

Tech. Sgt. Wade Headlee

Tech. Sgt. William McClure

Tech. Sgt. George Richey

Tech. Sgt. Michael Saiphoo

Tech. Sgt. Douglas Stevens

Tech. Sgt. Jonathon Voigt

373rd Training Squadron

Tech. Sgt. Donald Bullock



Photo by Lou Ann Sledge

Eighty-five enlisted members were inducted as senior non-commissioned officers during a ceremony July 30. Chief Master Sgt. Karl Meyers, Air Education and Training Command command chief, addressed the group of inductees during the ceremony.

Tech. Sgt. Jeffrey Landis

381st Training Squadron

Tech. Sgt. Donald Ridge

Tech. Sgt. Stacy Stover

382nd Training Squadron

Tech. Sgt. John Maldonado

Tech. Sgt. Natalie Owens

Tech. Sgt. Timothy Parrish

Tech. Sgt. Karen Root

383rd Training Squadron

Tech. Sgt. David Davis

882nd Training Support Squadron

Tech. Sgt. Jane Witter

982nd Maintenance Squadron

Tech. Sgt. Steven Brown

Tech. Sgt. John Harrison

Promotion study list now available for 2005

RANDOLPH AIR FORCE BASE, Texas (AFPN) — Promotion-eligible enlisted Airmen can now find which materials to study for the 2005 testing cycles.

The most current Weighted Airman Promotion System catalog, which lists the materials used by test writers to develop the 2005 promotion tests, is now available on the Air Force Personnel Center Web site at <http://www.afpc.randolph.af.mil/testing>. The catalog lists study references for those testing for staff through chief master sergeant.

Career development course study material, when required, is automatically shipped to promotion-eligible Airmen by the Air Force Institute for Advanced Distributed Learning staff. Enlisted Airmen should check the catalog every year to ensure they have

the current references. The catalog often includes non-CDC publications said officials.

The institute staff will begin shipping the course study material in September for people testing for staff, technical and master sergeant. If career development study material is not received by November, Airmen should contact their unit promotion testing monitor to initiate follow-up actions, said officials.

Test administration dates for the 2005 chief master sergeant cycle are Sept. 7 to 10. The dates for senior master sergeant testing are Dec. 6 to 17, while testing for technical sergeant and master sergeant takes place Feb. 15 to March 31. Senior airmen will test for staff sergeant May 1 to 31.

(Courtesy of AFPC News Service)

General Hornburg denies ANG pilot's appeal

LANGLEY AIR FORCE BASE, Va. (AFPN) — A U.S. Air Force general has denied the appeal of an Illinois Air National Guard F-16 Fighting Falcon pilot regarding the punishment he received for his role in a 2002 friendly fire incident in Afghanistan.

Gen. Hal Hornburg, commander of Air Combat Command, denied Maj. Harry Schmidt's appeal Aug. 3. The appeal asked General Hornburg to set aside the punishment imposed last month by Lt. Gen. Bruce Carlson, 8th Air Force commander.

Major Schmidt was found guilty of derelictions of duty, received a reprimand and will forfeit \$5,672 pay for dropping a 500-pound, laser-guided bomb from his F-16 fighter jet, killing four Canadian soldiers and wounding eight more in the incident.

Article 15 of the Uniform Code of Military Justice entitles punished servicemembers to one appeal to "the next superior authority," so General Hornburg's decision brings nonjudicial punishment proceedings on this issue to a close.

Visit www.sheppardsenator.com for the online edition of the *Sheppard Senator*.

City, Sheppard lifts water restrictions

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

Wichita Falls's thirst for rain has been quenched enough to lift Sheppard's watering restrictions.

Recent rainfall has boosted Lakes Arrowhead and Kickapoo's combined 42.9 percent capacity to 63 percent, a gain that fueled the city council's decision to cancel the area's water restrictions.

Now, Sheppard residents can water any day before 11 a.m. and after 6 p.m. Landscaping may be watered any time with a hand-held hose with a shutoff nozzle, bucket, a watering can or a drip irrigation system. Housing residents can wash

their cars at home, as long as they use a shut-off nozzle hose, said William Marks, Sheppard's water program manager.

Even though the restrictions have been lifted, Sheppard members should still conserve North Texas' precious resource.

"We still recommend you water properly and use conversation methods," Scott Taylor, the city's public works director, said.

Members can continue to conserve water by:

- Taking showers instead of baths.
- Taking shorter showers.
- Using a showerhead that restricts the amount of flow.
- Not using hot water when cold will do.
- Turning off the water until

they need to rinse when brushing their teeth.

■ Using a stopper in the sink for rinsing dishes.

■ Using only a little water when cooking.

■ Only washing full loads of laundry.

The area saw a considerable amount of rain the last week of July, most of which fell in the watershed in Archer County.

The watershed is the area that feeds Lakes Arrowhead and Kickapoo with rainwater.

According to the National Weather Service in Norman, Okla., more than 10 inches of rain fell in some places along the watershed. The NWS recorded the wettest July for Wichita Falls with 4.81 inches.



Photo by Airman 1st Class Jacque Lickteig

Sheppard and the surrounding area have been conserving water for a long period of time, but recent heavy rains washed the water restrictions away. Wichita Falls city council members voted to lift water restrictions Tuesday.



Helo-good time

Left, Tech. Sgt. John Jackson, a 363rd Training Squadron instructor, shows his students, Airmen Michael Pogue and Steven Hebble, how to check the gun mounts in an MH-53. Right, Airmen Pogue and Hebble get a closer look at a 50-cal. mounted machine gun on the MH-53 while Sergeant Jackson provides instructions. The MH-53 is only used at Air Force Special Operations Command bases such as Hurlburt Field, Fla., RAF Mildenhall, England, and Kadena Air Base, Japan.

Photos by Airman 1st Class Jacque Lickteig



The deadline to submit stories for publication in the *Sheppard Senator* is noon the Friday **BEFORE** the requested publication date. For more information about submitting a story or writing for the Senator, call 6-7244.

First Lady christens USS Texas

By Lt. Cmdr. Jamie Morrison
Secretary of the Navy Public Affairs

NEWPORT NEWS, Va. (NNS) – First Lady Laura Bush smashed a bottle of champagne to christen the Navy's newest nuclear-powered submarine Texas (SSN 775) in front of a cheering crowd of 4,500 people at Newport News shipyard July 31.

Secretary of the Navy Gordon England joined a number of dignitaries, including Sen. Kay Bailey Hutchison of Texas, who delivered the ceremony's principal address.

"It is entirely fitting that USS Texas will become the latest bulwark, and one of the most powerful, in our arsenal of democracy," said Hutchison. "When she sets sail, she will do so with 22 million Texans and our nation's First Lady at her side. Mr. Secretary, it doesn't get any better than that!"

Named to honor the 28th state admitted to the union, Texas is the fourth ship of the U.S. Navy to carry the name since the original Texas was commissioned in 1895. It is the second submarine of the Virginia class, and the first submarine of its class to be built at Newport News.

Texas will be able to attack targets ashore with highly accurate Tomahawk cruise missiles and conduct covert long-term surveillance of land areas, littoral waters or other sea forces. Texas will also have a number of additional capabilities, to include superior anti-submarine and anti-surface warfare enhancements, special forces delivery and support, and mine



U.S. Navy photo by Journalist 2nd Class Christina M. Shaw

First Lady Laura Bush christens PCU Texas (SSN 775) during a ceremony at Northrop Grumman Newport News shipyard with President Tom Shieverbein and Senator Kay Bailey Hutchison of Texas. PCU Texas is the second Virginia-Class Submarine to be christened and will be delivered to the U.S. Navy in 2005.

delivery/minefield mapping. With enhanced communications connectivity, the submarine also will provide important strike group and joint task force support, with full integration into carrier strike group operations.

"It's the first submarine - first major naval weapon system of any kind - designed for the post-Cold War," said Cmdr. John J. Litherland, the ship's prospective com-

manding officer. "She adds significant new capabilities in the areas of Special Warfare, sensors and information processing that will allow her to serve on the front lines for decades to come."

The ceremony marked the first christening of a submarine at the shipyard since 1995 when USS Cheyenne (SSN 773) was launched.

Briefly Speaking

Squadrons welcome new commanders

In keeping form with the summer months, three squadrons welcomed new commanders during ceremonies recently.

Personnel at the 364th Training Squadron said good-bye to Lt. Col. Dennis Carr and welcomed its new squadron commander, Maj. Samuel Spooner, July 26.

Lt. Col. Wong Kent was welcomed as the new commander of the 365th Training Squadron July 26. Lt. Col. Xavier Villarreal relinquished command of the squadron.

Wednesday, Lt. Col. Richard Schwing relinquished command of the 373rd Training Squadron to Lt. Col. Brent Polglase.

Civilians take a step up

Thirteen civilians were promoted during the last quarter.

Those promoted include:

Robert Hemmingson, 364th Training Squadron; James Hansen, 360th TRS; John Bann Jr., 82nd Training Wing; Jon Krueger, 82nd Mission Support Squadron; Alan Hebert, 782nd Training Group; Warren Coxon, 82nd Security Forces Squadron.

Cheryl Clemons, investigations; Terri Tyler, 82nd Training Wing; Michael Harris Jr., 365th TRS; Bette Pelsue, 82nd Comptroller Squadron; David Gass, 82nd Comptroller Squadron; Charles Scripser, 982nd Maintenance Squadron; and Lisa Weaver, 982nd MXS.

Dentist residents graduate Thursday

Residents of the 82nd Dental Squadron's Advanced Education in General Dentistry program will graduate Thursday at 3 p.m.

The ceremony will be at the 882nd Training Group, Bldg. 1900 in the large auditorium.

SAI mentors needed for 2004-05 year

The Student Achievement Initiative Program for the 2004-2005 school year needs mentors. This is an opportunity for Team Sheppard to encourage and support students in advanced curriculum courses within the Wichita Falls School District.

Mentors are asked to provide one hour a week to support and motivate students in specific areas of study. An orientation session will be held for all volunteers.

If you are interested in becoming a mentor please contact Major Robyn Mitchell at extension 6-6624 by Aug. 13 or one of the following representatives:

Senior Master Sgt. Boyd Bryant, 6-7098, 82nd Training Wing; 1st Lt. Jaimie Gallego, 6-2125, 80th Flying Training Wing; Capt. Raymond List, 6-6075, 82nd Medical Group; 1st Lt. Bethan Stott, 6-7204, 82nd Missions Support Group; Senior Airman Andrew Alford, 6-7535, 82nd Training Group; Staff Sgt. Derrick Jones, 6-1138, 782nd TRG; Maj. Shola Asenuge, 6-3873 or 6-6971, 882nd TRG; and 1st Lt. Aaron Madolora, 6-2667, 982nd TRG.

Safety Zone to promote child safety

A base-wide event to educate the Sheppard community on child safety is scheduled for Aug. 7 from 9:30 a.m. to 12:30 p.m. in the Madrigal Youth Center parking lot.

Personnel from the 82nd Security Forces Squadron, family support center, the Wichita Falls D.A.R.E. program, Sheppard Fire Department and others will be on hand to provide information about keeping children safe.



Cruisin' over Florida

OVER FLORIDA – A formation of 325th Fighter Wing F-15 Eagles and an F/A-22 Raptor fly above Panama City, Fla. The Raptor will eventually replace the F-15 Eagle in the Air Force inventory.

U.S. Air Force photo by Master Sgt. Mike Ammons

BOMB

Continued from Page 1

The plane never left that day, said Mr. English, now a military historian. The military men went on about their business, unaware that a bomb would completely destroy hundreds of homes and buildings in a town hundreds of miles away.

"We didn't have CNN and FOX and all of those things," Mr. English recalled about the slow travel of news. "We just didn't know what was going on in other places."

When news began to filter down that Hiroshima was bombed Aug. 6 and later Nagasaki, Japan, on Aug. 9, he said no one had heard of the term "atomic bomb." Although the two bombed sites had been

on the list for strategic bombing, they had never been hit.

Mr. English said the two cities weren't bombed so it would be more devastating – physical and emotional – than had they been bombed Aug. 6.

Although the world looked at the act as barbaric and horrendous, Mr. English said the fighting men on the frontlines were relieved. The fighting would surely end ... and it did the following month.

"I have yet to encounter anyone who was in the military that was against the dropping of the bomb or thought we were doing the wrong thing," he said. "That saved millions of lives of Americans, our allies and many

Japanese."

If the bombs had not been dropped, he said there was a plan in place to invade Japan Nov. 1, 1945. The loss of human life, Mr. English said, would have been far greater than the final total.

Mr. English's mission to keep military history alive – particularly significant events such as the atomic bombs – is so that no one forgets the lives lost not only as a result of the bombs, but those before.

"There's just not much thought about it," he said. "I want to do everything I can to keep it in the memory of the young people."



The B-29 Enola Gay and its crew, seen left, were perhaps the most heralded aircraft and aviators of World War II for a single mission flown 59 years ago today. The first atomic bomb was dropped from the massive bomber over Hiroshima, Japan, on Aug. 6, 1945.

U.S. Air Force Photo

Be sure to watch Brig. Gen. James Whitmore, 82nd Training Wing commander, live on TSTV-14 Monday at 12:30. The general will present a welcome message outlining his goals for Sheppard.

SERVING WITH HONOR Honor guard boasts dignity, pride

Story and photos by Carolyn Knothe
Base public communication

The large room has the flags of every state hanging from its ceiling, a small POW remembrance table in the corner and posters of creeds and the Air Force core values on all the walls.

Those who enter this room are struck by the dignity and tradition that it exemplifies.

According to Tech. Sgt. Nathaniel Brown, non-commissioned officer-in-charge of the Sheppard Honor Guard, that's what their practice room should do: reflect the attitude of those who use it.

"The Honor Guard is a prestigious, elite group of men and women who try to recognize past, present and future heroes by providing our services to them," he said. "We honor these heroes with utmost admiration because of the sacrifices they've made."

Because they're in the spotlight at community events, Honor Guard members consider themselves representatives of the base as a whole. They strive to maintain their respected image.

"You just can't cut corners," said Staff Sgt. Myra White, an instructor with the 383rd Training Squadron and an Honor Guard member. "And you have to stay pumped up and excited about what you're doing."

The Honor Guard performs at retirement ceremonies, award banquets, funerals, parades and demonstrations within a 300 to 400 mile radius of Sheppard. Their duties include presenting the colors, flag folding, gun salutes and POW remembrance ceremonies.

When performing, the Honor Guard wears a slightly different version of dress blues. A silver stripe runs down the side of the pants, the shoes have taps in them,

they wear a silver cord on their shoulders and have an Honor Guard patch as well.

"This separates us from the rest of the Air Force and shows our special function," Sergeant Brown said.

The team practices diligently, all members taking at least two hours a week on perfecting their skills. They possess an inner drive to improve themselves.

"You're the one who knows when you mess up and get frustrated at yourself," said Senior Airman Torray Riles, a pharmacy technician. "So we practice as much as we can."

But, Sergeant White said it's more than personal accountability and perfection. It's success as a unit.

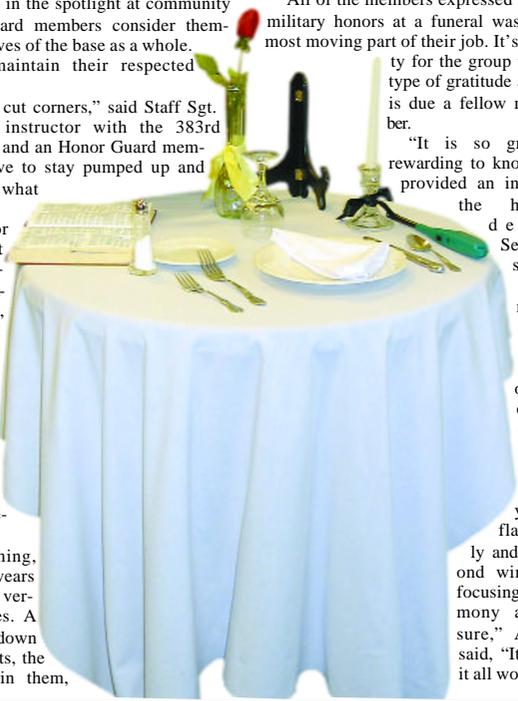
"When we're in detail or folding a flag, I don't feel like a single person, but I feel like part of a team," she said.

All of the members expressed that providing military honors at a funeral was the best and most moving part of their job. It's an opportunity for the group to display the type of gratitude and honor that is due a fellow military member.

"It is so gratifying and rewarding to know that we've provided an individual with the honors they deserve," Sergeant Brown said.

Airman Riles said the ceremony gives the family an opportunity to close a chapter in life with the help of the guard.

"When you give the flag to the family and for a 15-second window they're focusing on the ceremony and get closure," Airman Riles said. "It really makes it all worthwhile."



Staff Sgt. Samuel Mullins, from the 366th Training Squadron, and 1st Lt. Laura Renner, from the 82nd Training Wing Public Communication office, practice for an honor guard detail.



Members of the Sheppard Honor Guard practice a 21-gun salute.



Photo by Airman 1st Class Jacque Lickteig

GREEN thumb in the Texas sun

By Carolyn Knothe

Base public communication

Editor's note: This is the first in a two-part series about gardening.

Texas weather is unlike that in any other state: hot, dry and humid; but that doesn't mean your lawn and garden has to suffer the worse from unpredictable Mother Nature.

Tim Hunter, the base agronomist here, said that the best thing people can do to minimize the effects of minimal rain on gardens is to plant drought-resistant varieties of plants. He added proper lawn care is important to keeping a nice yard for a longer time.

"There are usually several different varieties of a plant," he said. "Try to find the one that is drought-tolerant or native to this area."

Mr. Hunter suggested burr oak and lace bark elms as hardy trees, and glossy abelia and Texas sage as drought-tolerant shrubs. Glossy abelia was a more traditional-looking shrub, but both have small blossoms in their blooming season.

The Texas A&M Cooperative Extension Service recommends blooming perennials like moonbeam coreopsis, lantana and the purple cornflower. These plants are all native to Texas and are adapted to the weather.

Many people don't water their plants and trees correctly. Watering less often, but with more quantity, is better than watering shallowly every day.

"If you water deeper, the plant will develop a stronger and more vigorous root system," Mr. Hunter said.

With these stronger roots, the plant will be able to find water and nutrients deep in the soil.

Watering before 10 a.m. is preferable to watering in the heat of the day. When the sun is shining intensely, water is evaporated before it can soak into

the ground. This is the reason water restrictions do not allow watering after 11 a.m.; the water is wasted during the hot hours.

Mulch can aid in water retention, but gardeners need to be careful as to how thick their mulch is in the flower bed.

"Don't put mulch more than two inches deep and don't put it out farther than the drip line of the plant," Mr. Hunter cautioned. "And don't pile it up at the base of a tree. The tree breathes through its bark and can suffocate from excessive pile-up."

A free and easy alternative to mulch is compost, a rich organic material made from grass clippings, raw vegetable scraps and leaves. According to the Oklahoma State Cooperative Extension Service, compost improves the workability of the soil, adds nutrients like nitrogen and even increases the amount of water the soil can hold.

A compost pile should be constructed like a layer cake, with each component forming a different layer. It should be kept moist to aid in decomposition, and new material can be added to the top whenever it is available.

Compost can be used in any way that mulch is used and even as a repair patch on weak spots in the lawn.

These weak spots can be caused from a lack of nutrients, water or too much intense sun; but there are certain techniques that can be used to prevent a lawn disaster.

"Don't remove any more than one-third of the plant when you mow," Mr. Hunter said. "The plant material contains water and nutrients and decomposes rapidly to fertilize the grass."

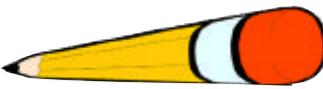
It is important to leave the grass clippings on the lawn to maximize this fertilizing benefit. Bagging is not recommended.

"Scalping" a lawn by cutting it too short can eliminate any source of moisture for the grass and decrease its chances of survival through the summer. It's recommended to set the mower blade a little higher to keep a greener and plusher yard. But, this usually means more mowing about every four to five days.

"Proper mowing techniques can go a long way to making your yard look better than the rest," Mr. Hunter said.



Building your child's school toolbox



By Maj. Leslie Pauley
383rd Training Squadron

Now that the "dog days of summer" are in full swing, most children and teens in our area will be returning to school in just over two weeks.

In no time at all, parents and students will be buzzing around school supply lists at local stores, making sure that all is ready for the new school year.

We all want to send our kids off to school in the best manner possible.

We carefully shop to ensure every school supply item is purchased and labeled according to the school guidelines, clothing is selected and the student is ready for school.

We want our children to fit in, look sharp and have the appropriate "tools"

to succeed.

But, what about the mental and psychological "tools" a child needs for school? There is still time to gather them for the new academic year. What might they be? How much do they cost? Where does a parent locate them?

Here is a by-no-means-inclusive list of mental and psychological "tools" a student needs for the upcoming school year and some tips on how to procure them:

Confidence. Assure the student they can achieve. Take some time to look over the past school year. Were there any "traps" throughout the year that can be avoided this year? Does your child tend to "start strong" and then flail later in the year? Was there a big

learning curve at the beginning of the year that can be avoided this year? Was there a scheduling snaggle that can be prevented this year? For example, some students, especially junior-high ages, perform better on classes requiring lots of attention when they are scheduled later in the day, after they have "woken up."

Organization. Is the student's personal area set up for success? Is there room for quiet study? A place for papers and books? What items from last year need to be discarded or donated so there is room to neatly organize items for school? What is the system set up to send and receive messages from school? How can this be improved over last year?

"The Scoop." New to the area?

What are the local schools like? How do the kids dress? What is the bus experience going to be like? This one is really important!

Parents, read and heed: find some kids your child's age, get with their parents and pick their brains. Ask about clothing, teachers, schedules; anything you can think of. Tour the school, meet the people who work in the office; use whatever means needed to get the "4-1-1."

Review. If nothing else, encourage your child to read magazines and write short stories. Any old mathematics papers can be reviewed. What new skills were learned last year? Did your child learn the multiplication tables? Get out some flashcards (or make your own) and review them (especially the

7s and 9s). What about handwriting? Has it gotten sloppy over the summer? How about insisting your child makes his or her own shopping list and review for legibility.

Socialize. Try to create opportunities for your student to socialize with age-mates; particularly those potentially attending his/her school or class. Church, sports, scouting, youth center activities on base; all are potential means to this end. Academic success is more likely, and more meaningful when children and youth have the social skills needed to get along with peers.

Begin the preparation now.

It is not too late. Send your students off to school with *all* the supplies they need to succeed!

Commander's Corner

Are you up to date?

Lt. Col. Dorothy Dizmang
82nd Medical Group health care integrator

families and friends and their communities from serious, life-threatening infections.

The National Partnership for Immunization has designated August as National Immunization Awareness Month to remind parents, caregivers, health care providers and others that immunization improves the health and quality of life for persons of all ages.

August is a great time for this reminder because school will soon re-start, students are leaving for college and flu season is around the corner.

Immunization was one of the most significant public health achievements of the 20th century. Vaccines have halted smallpox, eliminated poliovirus in the US and significantly reduced the number of cases of measles, diphtheria, rubella, pertussis and other diseases.

But despite these efforts, today tens of thousands of people in the US still die from these and other vaccine-preventable diseases.

Vaccines offer safe and effective protection from infectious diseases. By staying up-to-date on the recommended vaccines, individuals can protect themselves, their

Recommended vaccinations begin soon after birth and continue throughout life. Being aware of the vaccines and obtaining immunizations that are recommended for infants, adults of all ages and seniors are critical for protection.

Because children are particularly vulnerable to infection, most vaccines are given during the first five to six years of life. Other immunizations are recommended during adolescent or adult years and, for certain vaccines, booster immunizations are recommended.

Vaccines against certain diseases may be required when traveling outside the United States. Immunizations for active-duty personnel and dependents are tracked in computer databases and can be easily obtained at the 82nd Medical Group. Please remember to update your vaccinations at every clinic visit.

This information is referenced at www.partnersforimmunization.org where immunizations for age specific groups and vaccination timetables can be located.



Photo by Mike Fiore

Super civilian

Col. Mark Atkinson, 82nd Training Wing vice commander, presents the AETC Civilian Instructor of the Year Award for 2003 to Timothy Robbins, an instructor at the 361st Training Squadron.

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*.

Summertime tax tips for newlywed couples

By Sheppard Law Center

While they may not be high on your list of wedding planning activities, don't forget there are a few practical financial steps left to do when the honeymoon's over and you get your feet back on the ground.

Check out your new tax situation if you've recently married. You might save money or prevent the problem of a missing refund check.

Here are some practical things to attend to this summer:

Report any name change to the Social Security Administration, so your name and Social Security Number will match when you file your next tax return.

You must provide correct names and identification numbers to claim personal exemptions or the Earned Income Tax Credit on your tax return. Use Form SS-5, Application for a Social Security Card.

Report any address change to the U.S. Postal Service and/or the Internal Revenue Service.

The USPS will forward any tax refunds or IRS corre-

spondence, and inform the IRS of your new address, so they can update your account. You may also notify the IRS directly by sending Form 8822, Change of Address. Alternatively, you may notify the IRS center where you filed your most recent return and provide your full name, old and new addresses, SSN and signature.

Report your name change and change of address to your employers, so you'll receive your W-2s after the end of the year.

Consider whether you will be filing joint or separate returns. Your marital status on Dec. 31 determines whether you are considered married for that year.

Married persons may file their federal income tax return either jointly or separately in any given year.

A joint return allows spouses to combine their income and to deduct combined deductions and expenses on a single tax return. Both spouses must sign the return

and both are held responsible for the contents.

With separate returns, each spouse signs, files and is responsible for his or her own tax return.

Each is taxed on his or her own income, and can take only his or her individual deductions and credits. If one spouse itemizes deductions, then the other must also.

Choosing the right income tax form can help save money. Newly married taxpayers may find that they now have enough deductions to itemize on their tax returns. Amounts paid for medical care, mortgage interest, contributions, casualty losses and certain miscellaneous costs can reduce your taxable income, lowering your tax. You must use Form 1040 if you itemize deductions. You cannot claim these deductions if you file Form 1040A or 1040EZ, although you may subtract some other items on these basic forms.

If you have any financial questions, feel free to make an appointment with the Sheppard Law Center so that we may assist you.

To assist you in completing your tax returns, we administer the Volunteer Income Tax Assistance Program, which will open in January 2005. To speak to someone at the Law Center, call 6-4262 or visit <http://webm.sheppard.af.mil/82trw/a/index.html>.

Soundoff

Describe an instance when you broke someone else's possession.



"I fell through my mom's ceiling into her kitchen while playing hide and go get it," Senior Airman Brandie Melton, 82nd Security Forces Squadron



"I backed a military vehicle into another military vehicle," Army Drill Sgt. Julia Butler, 381st Training Squadron



"I was helping a buddy change out a thermostat, and I tightened it too much and cracked the car housing," Master Sgt. Johnny Williams, 82nd Training Wing IG



"I borrowed a hand wrench from a friend because I broke mine, and I broke his, too," John Middlebrooks, retired Air Force master sergeant

Sheppard Senator

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**White Chicks (PG-13)**

Today at 6:30 p.m.
Saturday at 9 p.m.

Shawn Wayans, Marlon Wayans - Two FBI agents take on a job guarding the Wilton sisters, two New York City hotel heiresses, from a serial kidnaper.

**Dodgeball (PG-13)**

Sunday at 2 p.m.

Ben Stiller, Vince Vaughn -

The crew from Joe's gym enters a high-stakes dodgeball tournament in order to save their cherished local gym.

**The Notebook (PG-13)**

Today at 9 p.m.

Saturday at 4:30 p.m.

James Garner, Gena Rowlands - A man reads a story of a couple who were separated by circumstance and passionately reunited seven years later to a woman he visits regularly.

Community**Block party**

There will be a block party at the Capehart pool Saturday from 2 to 6 p.m. For more information, call 6-3866.

Club activities**Karaoke night**

The officers club will host a karaoke night tonight from 5 to 8 p.m. For more information, call 6-6460.

Mongolian barbecue

The officers club will serve Mongolian barbecue Thursday from 5:30 to 8 p.m. The cost is \$.45 per ounce for chicken, beef or pork. Call 6-6460 for more information.

Football Frenzy

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 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.

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 Caf )

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**Limbo contest**

There will be a limbo contest

at Club BDU Saturday beginning at 8 p.m. The cost is \$4 per person. Call 6-7659 for more information.

FITS

Saturday - Volleyball will begin at 10 a.m. at the north fitness center. **Aug. 14** - Softball 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.

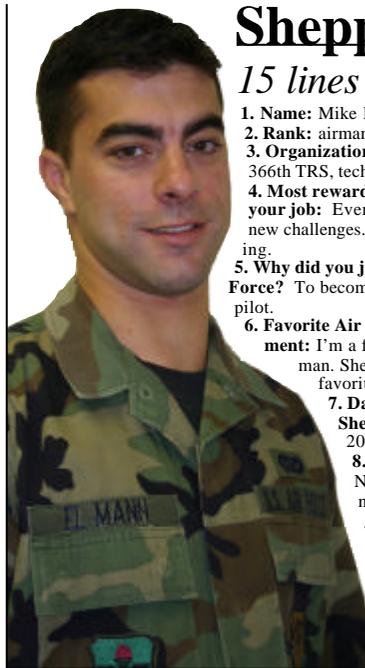
Students Awaiting Training classes, Tuesday and Thursday, 8:15 to 10 a.m.

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.

**Sheppard Spotlight***15 lines of fame*

- 1. Name:** Mike El Mann
- 2. Rank:** airman first class
- 3. Organization and position:** 366th TRS, technology support
- 4. Most rewarding aspect of your job:** Every day brings new challenges. It's never boring.
- 5. Why did you join the Air Force?** To become a military pilot.
- 6. Favorite Air Force assignment:** I'm a first-term airman. Sheppard is my favorite assignment.
- 7. Date arrived at Sheppard:** Dec. 9, 2002.
- 8. Hometown:** Now that's a technical question. I grew up in Kinshasa, Zaire, I went to high school and college in Brussels, Belgium. I feel at home

here.

9. Married or single: Single.
10. Favorite thing(s) to do in your free time: Fly and practice Judo.

11. Funniest childhood memory: As a kid we use to go boating every Sunday on the river. We had barbecues on the sandbanks and spent a lot of time waterskiing. My parents have a picture of me flying over the water with one ski planted and the other still attached to my foot. The expression on my face is quite hilarious.

12. Favorite book or movie: "Star Wars" and "The Matrix" trilogy.

13. Dream vacation: Either the beach or snowboarding in the mountains.

14. If you could be anyone for one day, who would you be? Leonardo Da Vinci. It must have been weird to be so ahead of his time.

15. Other than your family, what is your most prized possession? My life. As long as I live I will have the freedom to make things happen.



No. 2

Clever Captions**The rules**

- Write an imaginative, humorous, tasteless caption for photo No. 2.
- Submit a maximum of two entries to sheppardsenator@sheppard.af.mil or call 6-7246 by Tuesday at noon.
- Please include the photo number, your name and phone number.
- The winning caption will be printed in the Sheppard Senator.
- All entries are judged by the Senator staff. Good luck!



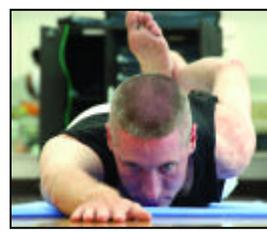
No. 1's winning caption: **Dress, right, dress! You're off center by just a hare!** by (Ret.) Tech. Sgt. Michael Brown.

Runner up: **Hop, two, three, four! Hop, two, three, four!** by Jose Penuela, 361st TRS

Airman gored by bull calls it 'all in a day's work'
See Page 2B



Sheppard Sports



Captain finds fitness, less stress with yoga
See Page 3B

364th TRS shows no mercy to 360th TRS in 27-7 win

By Senior Airman Chris Powell
Senator sports editor

The 364th Training Squadron showed no mercy to the 360th Training Squadron, but the umpires did when they called in the mercy rule after a 27-7 lead during student-league intramural softball action Tuesday.

The 364th TRS' defense was good, but their bats were much hotter.

They started the game putting up eight runs in the first inning, but the 360th showed no signs of laying down without a fight after they put up five runs of their own.

But they might have spent their tank in the first inning because after that, the game was all 364th.

In the bottom of the second, Manuel Gonzalez hit an inside-the-park homerun, Felix Ocasio knocked in a run and two other runs scored to pad the 364th TRS' lead 11-5.

In the top of the third, the 360th TRS' batters all went down in order thanks to an amazing catch by shortstop Ocasio.

In the bottom of the third inning, the 364th TRS broke the game open by scoring eight more runs.

Ocasio hit a double while the bases were

loaded to score three runs and was followed by another double by Christopher Allen to score even more.

The 360th TRS was able to score a couple more runs to try to chip away at their opponent's lead to make the score 19-7.

But the bottom of the fourth inning, the 364th TRS saw their opponent stunned and went for the knockout punch.

Randy Rodriguez hit a double to score Kyle Gatlin and Joshua Chambers followed that hit with to score another run to make the score 21-7.

Joshua Lacey was the next batter and was able to sneak a hit by the third baseman to score another run and Robbie Benton hit a base hit to score another to add to the 22-7.

After Allen's single to score a run and put the 364th TRS up by 20 runs, the umpires called the game due to the mercy rule.

"We are very confident we can continue to play this way," said Kyle Gatlin, who was four for four with three runs batted in. "Our bats came through today, and everyone was hitting well."

This was the second game the 364th TRS had the mercy rule come in to play. With the win, the 364th TRS is now 9-3.



Clint Borel, 360th Training Squadron, makes a pitch during a student-league intramural softball game Tuesday.

Photo by Senior Airman Chris Powell

Sports Briefing

Hotter 'n Hell volunteers

About 70 Volunteers are needed to help with the Sheppard sponsored rest stop 15 at the base community center.

Hotter 'n Hell is from 8 a.m. to 4 p.m. Aug. 28.

In the past, there were more than 4,000 participants to pass through the base.

People who are interested in volunteering can call Ms Crawford 6-3861 or Ms Jordan 6-3866.

5th Avenue to close for physical readiness training

Non-prior service Airmen will be having physical readiness training on the new one-mile track east of Ave. K every Monday, Wednesday and Thursday.

During that time, 5th Ave. will be closed to traffic from Ave. F to Ave. K to march Airmen to the track.

Traffic will also be unable to cross 5th Ave. from Ave. F to Ave. K. The street will reopen once all Airmen are safely on the track and will again shut down to march the Airmen back to their squadrons.

Below are the morning and afternoon road closure times:

Morning : 9 to 9:20 a.m. and 10:10 to 10:40 a.m.

Afternoon: 5 to 5:20 p.m. and 6:10 to 6:40 p.m.

While PRT is being conducted for NPS Airmen, the 1-mile track will be closed to the rest of the base personnel. Also, when 5th Ave. is shut down during the times listed above, no vehicles will be able to exit the post office.

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

Dallas Cowboys tickets on sale at ITT

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

Seat locations are on the upper level corners and/or end zones.

Ticket orders are on a first come, first serve basis.

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

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

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

Airman completes life-long dream by opening his own motocross track



Allen Jablonski kicks up some dirt while riding on his track. Jablonski completed one of his dreams when he opened his own track.

Photos and story by Senior Airman Chris Powell
Senator sports editor

Staff Sgt. Allen Jablonski has three dreams in his life; seeing his kids grow into healthy adults, qualify for the motocross amateur nationals and running his own motocross track.

So far, he's already met the latter dream.

Jablonski and a friend leased a plot of land near Burk Burnett and transformed it into a motocrosser's and quad rider's dream.

"I built this track because I'm an avid racer myself," he said. "We wanted a local place for my family and our friends to ride in a safe environment. So it kind of all fell into play."

Jablonski said he couldn't have gotten this far with the track if it wasn't for the support of his family.

"My family is really great in supporting me. A lot of times, I come straight from work, take a shower and am out here until 10 p.m. or later," he explained. "But my family is usually out here with me. My wife drives her quad and my son rides his bike out here."

The main track is 1.25 miles long and is full of double jumps, table tops, triple jumps and step-ups. There is also a .75 mile-long track for beginners and kids.

"So far, everyone who has come out here has told me they love it," Jablonski said. "They say it's a fast, smooth-flowing track."

Currently, Jablonski's track, which is called Hilltop Quad and Motocross Park, gets about 60 riders a week with anywhere from 12 to 20 Team Sheppard members and temporary duty students riding, too.

"A lot of people will come out in small groups and ride around," Jablonski said. "They'll just ride around and have some fun. Some of the riders will practice on a certain part of the course to try to get really good at it."

He said the best part in having his own track is that he has 100 percent say in whatever changes need to be made.

"If I want to make another double jump or anything else, I can do that," Jablonski said.

While catering to people who want a place to ride their bikes or quads is good for the local community, Jablonski has his eyes set on higher goals.

"We plan to put up lights, bleachers and overhangs so we can have night racing next year," he said.



Jablonski is also an avid amateur racer. His most memorable experience while racing was when he placed second in an intermediate race during his time in Japan. While Jablonski is riding a quad, his main love is riding his bike.

Also, Jablonski hopes he will get approval from Vintage Racers and from Texoma Quad Racing Association to start having sanctioned races at his track.

"TQRA will let us know if they will approve us Aug. 22," he said. "Hopefully, we can get in with them and a few other tracks."

While building, maintaining and running a track might seem like a daunting task for anyone who's never ridden a motorcycle before, Jablonski got his experience to do so over 25 years of riding. But possibly his most important time throughout his career was the time he spent in Japan.

"Racing in Japan was my most memorable experience in my racing career," Jablonski said. "The camaraderie there is second to none and the group there is like a big family."

"If they see you fall or break your bike, there was always several people rushing to help pick you back up."

Jablonski said the ratio between Americans and Japanese members was about 20 percent American and 80 percent Japanese. "The language barrier was tough at times, but we were able to pick up certain Japanese words that pertained to motocross, so that really helped a lot."

While a part of the group there, Jablonski received first-hand knowledge of how to run and maintain a track.



Jablonski catches some air during a ride around his track, Hilltop Quad and Motocross Park.

Now that his dream of running his own track has come to fruition, Jablonski now has his eyes set on reaching the amateur nationals and furthering his amateur racing skills.

"I'm getting closer and closer to reaching the nationals," he said. "Recently, raced at Lake Whitney MX Park and placed seventh out of 20 riders."

While placing seventh out of 20 riders is pretty good, Jablonski said his biggest accomplishment while racing was when he finished second out of 62 racers in an intermediate class while racing in Japan.

"I think the biggest reason why I did better there

Bowling

For more information, call 6-2170.

North bowling lanes closed on Wednesday nights

The north bowling lanes will not be open Wednesday nights for the remainder of summer. The center will fully re-open Sept. 7 to be ready for the fall bowling season.

Combo bowling every Thursday

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

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

Rock It Bowl at the north lanes

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

Bowling center birthday parties

The north and south bowling centers are available for birthday parties.

The cost is \$2 at the north lanes and \$1.50 at the south lanes.

The cost is more at the north lanes because it features Glow Bowling. Feel free to bring your own cake and ice cream, but all drinks and other food must be purchased at the bowling center snack bar.

Community center Fitness 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

A pool tournament begins at 2 p.m. Saturday at the community activity center.

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

Table tennis tournament

A table tennis tournament begins 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.

For more information, call 6-2972.

Aerobics center offers classes

The aerobics center, located in the main fitness center, offers coed aerobics 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.

Sunday, Aug. 7

10 a.m. - Montford Point and Beyond:

A Chapter in Marine Corps History

5 p.m. - In Service for My Country - Sheppard Deploys

9 p.m. - Into The Mouth Of The Cat - The Lance P. Sijan Story

Monday, Aug. 8

10 a.m. - Level 1 Anti-Terrorism Briefing

5 p.m. - The Sound Of Freedom - The Berlin Airlift

9 p.m. - Famous Generals: Dwight D. Eisenhower

Tuesday, Aug. 9

10 a.m. - AFN SE Centennial of Flight

5 p.m. - Special Warfare Combatant Craft Crewmen: The Boat Guys

9 p.m. - Soldier Medic: A Proud Heritage Extending into the 21st Century

Wednesday, Aug. 10

10 a.m. - AFN SE, Centennial of Flight

5 p.m. - Air War Against Japan

9 p.m. - Lunch and Learn--6/09/04

Thursday, Aug. 11

10 a.m. - 21st Century Command and Control

5 p.m. - Into The Mouth Of The Cat - The Lance P. Sijan Story

9 p.m. - The Army In Action--Global War

Pool

For more information, call 6-6494.

Water aerobics

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

TSTV

For more information, call 6-2268.

Friday, Aug. 6

10 a.m. - History Of The Navy, Part 2

5 p.m. - Lt. Clebe McClary

9 p.m. - Special Warfare Combatant Craft Crewmen: The Boat Guys

Saturday, Aug. 7

10 a.m. - History Of The Navy, Part 2

5 p.m. - In Service for My Country - Sheppard Deploys

9 p.m. - AF Story: Air War against Japan

Airman gored by bull calls it 'all in a day's work'

Courtesy of Air Force News Service

F. E. WARREN AIR FORCE BASE, Wyo. (AFPN) - The bullfighter stands focused: four hooves, two 18-inch horns and 2,000 pounds of bull attempting to buck its rider is charging wildly toward him.

In this case, 1st Lt. Jeremy Sparks is the target. Unlike a Spanish version with a red cap and tights, the lieutenant is the western bullfighter responsible to protecting cowboys. Some may call them rodeo clowns, but to rodeo experts, they are bullfighters.

Lieutenant Sparks, who is a missileer assigned to the 90th Space Wing here, recently remembered why bullfighting is not the safest of sports regardless of the version. He was gored July 24 and kicked in the head July 28 during Cheyenne Frontier Days where he has been bullfighting for three years.

Because Lieutenant Sparks wears protective padding, the bull's efforts were in vain. He walked away with mere scratches.

Lieutenant Sparks believes safety is paramount: the bullfighters and bull riders work together to minimize risks.

"We take all the precautions we can and are proud to protect the cowboys on the bulls," he said.



Photo by 1st Lt. Nicole Walters

First Lt. Jeremy Sparks (right) moves in to protect a bull rider Aug. 1 at Cheyenne Frontier Days. The lieutenant helped protect more than 1,500 contestants during the world's largest outdoor rodeo. He is a missileer with the 90th Space Wing at F. E. Warren Air Force Base, Wyo.

"I get to represent the Air Force in a unique way," said Lieutenant Sparks, who is the Air Force's only sponsored bullfighter.

He said being a bullfighter is a lot like being in the Air Force. There is a job to be

done, a mission to remain focused on and people to keep safe. He proudly wears the Air Force logo to always remind the crowd of the importance of the Air Force and its mission.



Photo by Senior Airman Chris Powell

Putt putt ...

Dave Komandt makes a putt during Sheppard's Seabee Golf Tournament July 30 at the Windcreek Golf Course. The proceeds from the event will help fund the Seabee ball.

You're Sheppard's most important asset. Be safe. Don't drink and drive and please buckle up.

Sheppard youth have a ball at National Kid's Day celebration

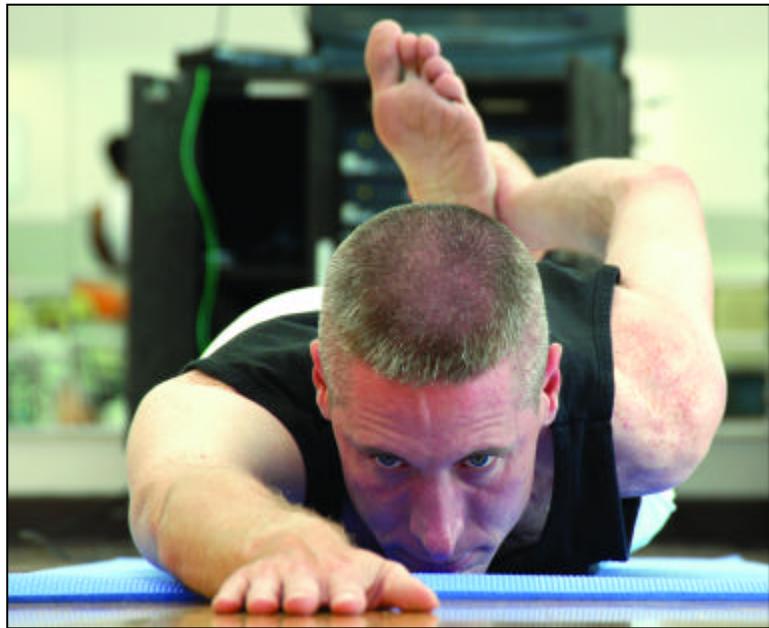


Photo by Jason M. Webb

Capt. William Uhl holds a half-frog asana, or pose, during the cool-down phase of his hour-long yoga class in the fitness center here. He has been practicing yoga for four years and is certified to teach yoga, Pilates and Power Stretch, which combines yoga and Pilates. The captain is an analyst for the Space and Missile Systems Center's intelligence directorate.



Photo by Senior Airman Chris Powell

Khalid Ali makes his way up a rock-climbing wall during Sheppard's National Kid's Day celebration at the Madrigal youth center Saturday. The Boys and Girls Clubs of America, in collaboration with KidsPeace, and other leading youth-serving community and educational organizations spearheaded National Kids Day. **Laura Bush** is the Honorary Chairperson for National Kids Day.

Captain finds fitness, less stress with yoga

By 2nd Lt. Regina Gillis

Space and Missile Systems Center Public Affairs

LOS ANGELES AIR FORCE BASE, Calif. (AFP) – Breathing instructions are repeated in minute-long counts while people hold an asana, or posture, that resembles a row boat. Piano music plays while the noon sun bounces around the room's mirrors, making the atmosphere almost heavenly during the class.

This is all part of Capt. William Uhl's less-stress plan during his yoga class in the fitness center here.

"Yoga is a great stress reducer," he said. "You can either use it for flexibility, strength or relaxation, and you can also use it in conjunction with practically any other exercise program that you do."

Captain Uhl has been stationed here since October 2002 as an analyst for the Space and Missile Systems Center's intelligence directorate, and is currently working with the military satellite communication team.

He has been practicing yoga for four years and is certified to teach yoga, Pilates and Power Stretch, which combines yoga and Pilates. He mixes techniques for students to get a full workout but emphasizes they should not overextend themselves and must practice safety first, particularly if they have stressed muscles in the past.

"There are certain poses I'd tell you not to do," the captain said. "You should get a good workout, but not put yourself in jeopardy."

"Oftentimes, people will want to do every pose that I teach, but discover that something feels uncomfortable or downright painful. One benefit of yoga is that there are modifications or alternatives for every pose," he said. "For example, many people complain about feeling lower back pain while doing a seated forward bend. I can modify



Photo by Jason M. Webb

For core-muscle strengthening, Capt. William Uhl maintains this eagle pose using abdominal and back muscles which are key to balance. He has been practicing yoga for four years and is certified to teach yoga, Pilates and Power Stretch, which combines yoga and Pilates. The captain is an analyst for the Space and Missile Systems Center's intelligence directorate.

that bend by having them sit on a fitness ball, or perform a standing forward bend instead. They'll still stretch their hamstrings, but they won't put as much stress on their lower back.

"I never put people in poses they're not ready



Photo by Senior Airman Chris Powell

Tyler Clement goes in for a score against **Eugene Cassel** during the National Kid's Day three-on-three tournament.



Photo by Senior Airman Chris Powell
Cassel returns the favor on **Clement** by scoring a basket during the three-on-three tournament.



Courtesy photo

Gunnery Sgt. Jeffrey S. Miller, operations chief, Marine Tactical Air Command Squadron 38, Marine Air Control Group 38, 3rd Marine Aircraft Wing, is lifted up by his teammates shortly after winning Al Asad Softball tournament at Al Asad, Iraq, July 24. MTACS-38 beat out the team fielded by Marine Wing Communications Squadron 38, MACG-38 with a score of 16-10 for the championship title. Over approximately three months, more than 40 teams participated in the tournament here. Miller, a 41-year-old Parker, Colo., native is the MTACS-38 coach and pitcher.

MACG-38 softball teams compete in tournament finals

Story by Sgt. J.L. Zimmer III
3rd Marine Aircraft Wing

AL ASAD, Iraq — In a spirited battle for the title of Al Asad's top softball team at O'Doul's Field here, July 24, personnel from Marine Tactical Air Command Squadron 38, Marine Air Control Group 38, 3rd Marine Aircraft Wing, triumphed 16-10 over the team fielded by Marine Wing Communications Squadron 38, MACG-38.

The final game was the culmination of more than 40 teams fighting through more than three months of sweltering Iraqi weather to determine who would walk off the field as champions.

The keen competition between the two teams did not develop exclusively during the past five months of their time here. It was forged long before Operation Iraqi Freedom brought them here to battle it out in the sand.

"The natural rivalry between these two opponents has developed since I arrived at (MACG-38) in 2001 because of the countless deployments we have done together," said Warrant Officer Henry C. Bodden, communications officer, MTACS-38 and Miami native. "It was awesome it came down to (our two teams) in the final game."

Gunnery Sgt. Jeffrey S. Miller, operations chief, MTACS-38, and unit softball coach, said his team lost to MWCS-38 more than once in the season, but came back to show them that they were down, but not out for the count.

"We lost in the winners bracket to (MWCS-38)," said the 41-year-old Parker, Colo., native. "We won three in a row in the losers bracket, beating (MWCS-38) twice. We had to beat them."

Staff Sgt. Christian I. Jimenez, supply chief, MWCS-38, said that although he made a mistake in the bottom of the fifth, he came back to make a play that helped his team.

"I was leaning over home plate but I was already in the batter's box," said the 28-year-old from Miami by way of the Dominican Republic. "When I stood up, the ball was pitched to me for a strike. It did not matter because on the last pitch I hit a (double), bringing in one more run."

Jimenez added, regardless of the final score, the amount of effort put forth by his team was the most important thing to him.

"Everyone gave it 100 percent out there, but when it was over they realized it's just a game," he said. "I am proud of the way they played."

Gunnery Sgt. Scott R. Boivin, motor transportation chief, MWCS-38 said the tournament helped those participating in more than one way.

"It was a great game played in the spirit of camaraderie and a great stress reliever for the Marines (participating and watching)," said the 32-year-old North Richland Hills, Texas, native.

Lance Cpl. Javier M. Banuelos Jr., armory technician, MTACS-38, said he enjoyed the entire season, despite the harsh weather his team played in.

"Winning that championship made all those games played in the heat and sand worth it," said the 23-year-old Oakland, Calif., native.

Sgt. Maj. Christopher C. Gunn, sergeant major, MACG-38, said he was very proud to have two subordinate units from his command competing in the first season of organized softball here.

"I was very excited that both teams could make it this far," said the 46-year-old San Francisco native. "I was on both sides of the field for this game. I felt like Venus and Serena Williams' father when they competed against each other (in professional tennis)."

Gunn added that the final score of the game was not as important as the good-natured competition it inspired.

"I was just glad to see there was plenty of friendly competition and it was all played in good spirit," he said.

Lance Cpl. Armando Troncoso Jr., motor transportation mechanic, MTACS-38, said the championship game was proof that the little guy doesn't always finish last.

"(MWCS-38) is the bigger brother (of MACG-38) and they think they can do everything better than us, so we came out ready to win," said the 20-year-old Azusa, Calif., native. "(By winning) we definitely gave them the challenge they were looking for."

Banuelos concluded that the anticipation of every game was the highlight of the past five months of his deployment here.

"The whole season was more exciting than my entire deployment (so far)," he added. "The games gave us something to look forward to at the end of the day and broke up our daily routine."



Courtesy photo

Major League Soccer phenom Freddy Adu signs autographs during the MLS all-star game July 31. MLS players paid tribute to U.S. troops.

Major League Soccer salutes U.S. troops at all-star game

By Samantha L. Quigley
American Forces Press Service

WASHINGTON — Under the blazing July sun at RFK stadium July 31, Major League Soccer paid tribute to the men and women of the armed services. The crowds had begun to gather as the Army Band's soloist Sgt. 1st Class Laura Dause, from Fort Meade, Md., kicked off the double-header with "God Bless America." And then the 1994 World Cup reunion game took center field.

In celebration of the 10th anniversary of the game that helped launch Major League Soccer in 1996, the USA Legends took on the World Legends. With a little competition, but a lot more camaraderie, the two teams battled through two 25-minute halves only to come to a tie at the end.

Between the Celebration Game and the 2004 Sierra Mist MLS All-Star Game, it was the Army Drill Team's chance to shine during an Operation Tribute to Freedom event. Operation Tribute to Freedom is a program designed to

showcase America's support to military men and women fighting the war on terrorism.

With practiced precision, the drill team sweated through its routine of tossing ceremonial rifles like they were broomsticks. The crowd was duly awed.

Rachel Tippet, 8, of Dover Air Force Base, Del., said it was obvious the team practiced a lot. "I liked how they stayed in straight lines," Rachel said.

Rachel, who was the winner of the Nickelodeon MLS All-Star Ball Kid contest, said she'd like to be part of a drill team someday. The contest gave her the chance to participate in the day's festivities from the field. pl. Adam Wentzell, of Marine Corps HQ Manpower Reserve Affairs in Washington, said he hadn't known about the Operation Tribute to Freedom pomp and circumstance until he got to the game on a rare Saturday off.

"I can't speak for the guys overseas, but (a day off is) a blessing," Wentzell said. "They don't get the day off."

TRACK

Continued from Page 1B

than any time before was because I trained harder and was riding about four times a week and I tried to stay at the front of the pack throughout the race," he said.

Jablonski plans on holding a track-sponsored

race Aug. 22.

People who are interested in riding at Hilltop Quad and Motocross Park get directions and other information at www.hilltopqmp.com.

YOGA

Continued from Page 3B

between yoga and Pilates are the postures and breathing.

"Pilates is much more focused on precise movements that strengthen the abdominal and lower-back muscles," he said.

His critical goal for students in this class is to increase what he terms "functional strength," meaning: Can a person go about his or her daily business of bending, twisting, walking, sitting, lying down, or driving a car and at the end of the day still feel good?

"If you work out intelligently and listen to your body you should feel pretty good, because you haven't overdone it," he said. "In yoga and Pilates especially, you're not moving too sharp, nor too fast."

Chris Lincoln has been Captain Uhl's student for a year and believes the work is paying off for her.

"I think it's a wonderful class. I think it's a great way to get exercise. I'm much stronger and more physically fit," said Ms. Lincoln, who works in the aerospace corporation library and information resources center.

"Even the balance poses, which were really difficult about four months ago, I can do them much more easily," she said. "It's easier on the body than high-impact aerobics."

At the beginning of the workout, a deep-breathing warm up is done to slow down the heart rate, which Captain Uhl said helps the mind center.

"Right from the beginning we want to focus on the breath. Breathing is important because students focus on getting oxygen into the body so

the body can function at maximum levels," he said. "At the same time the lungs and diaphragm are working like a balloon."

"Then from there I warm up the neck and shoulders. Usually I'll start on the floor with strengthening poses, and some twisting poses that help loosen up the spine."

"You can even do yoga after a workout. That will help the muscles stay nice and stretched so you won't have muscle spasms or aches," he said.

While deployed at Baghdad International Airport in Iraq for a few months earlier this year, he instructed a class that combined the methods he was trained in.

"My program was yoga and Pilates mixed. I called it Combat Yoga," he said.

Once his participants had attended a class or two, he would infuse Pilates into the workout. Captain Uhl said people discovered they were working a few inches off and found it a more challenging workout than just yoga by itself.

"A lot of people didn't know what to expect," he said. "They thought you'd have to be able to twist like a pretzel to begin with. Over the course of three months of teaching I had about 150 people in the class."

"Some poses were easy from the very beginning, and others were very challenging, in particular the balance poses. (Within) a couple of weeks, I watched as most of my students went from struggling with various poses to performing them with grace and beauty. Witnessing that transformation is one of the greatest benefits of teaching," said Captain Uhl.

**Be safe,
don't drink
and drive.**