

# The SHEPPARD SENATOR

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

## Inside look

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## In the news

### Col. Ralph Jodice set for farewell flight

Thursday is the scheduled date for outgoing 80th Flying Training Wing commander Col. Ralph Jodice to take to the air one last time at Sheppard.

The colonel's takeoff time is 2 p.m. and he will taxi up to the Texas T following his 3 p.m. landing.

### Officers club to host Sunday brunch

The officers club is scheduled to host a Sunday Brunch from 10 a.m. to 2 p.m. All ranks are welcome. Cost is \$10.95 for members and \$12.95 for non-members. Membership pays! For more information, call 6-6460.

### New form required to start allotment

Members of Team Sheppard are now required to submit, in person, a Standard Form 1199A Direct Deposit form to begin an allotment.

In addition, each member will fill out a Statement of Understanding form. No allotment will be processed without, in person, presentation of a SF 1199A and a Statement of Understanding to a 82nd Comptroller Squadron customer service technician.

### Pass and registration vehicle stickers available

Vehicle stickers are now available in Bldg. 402, room 114.

Vehicle information including a current driver's license and proof of insurance is needed to obtain a sticker.

Hours of operation are Monday through Friday from 7:30 a.m. to 5 p.m. and Wednesday from 9 a.m. to 5 p.m.

For more information, call 6-4135.



Photos by Mr. Tom Steele

Lt. Col. C.J. Weiss is congratulated with a good dousing of water following his flight that put him over 6,000 flying hours in fighters and trainers. During his 27-year career, Colonel Weiss has flown eight different aircraft and more than 4,600 sorties, including his last 1,285 as an instructor pilot here.

## Heights unseen

### Sheppard instructor pilot reaches unheard of 6,000 flying hours

**By Mr. John Ingle**  
*Base public communication*

There's no secret to logging 6,000 flying hours in a training or fighter jet other than strapping into a seat and soaring into the sky.

At least that's what Lt. Col. C.J. Weiss, an instructor pilot in the 88th Flying Training Squadron, said got him to the almost unheard of mark July 30 when he landed a T-37 here.

"I've just been so blessed because I've been in a flying job" for most of

my career, he said.

Colonel Weiss has been a "fighter jock" for nearly all of his 27 years of service in the Air Force and Navy. The lone exception was when he served as chief of safety for the 16th Air Force from 1988 to 1991 and was limited in the amount of time he spent in the air.

Very few of the world's fighter pilots reach 5,000 flying hours in their careers and even fewer get to the 6,000 mark. Colonel Weiss said logging

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## New duds

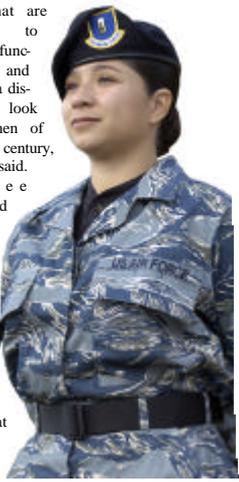
### Nine bases to try out new uniform

**by Tech. Sgt. David A. Jablonski**  
*Air Force Print News*

WASHINGTON – Air Force officials announced plans Wednesday for the wear test of a new utility uniform that could replace the current battle dress uniform.

The blue, gray and green tiger-stripe camouflage ensemble is a departure from the current woodland-pattern uniform and includes many new features that are intended to increase functionality and provide a distinctive look for airmen of the 21st century, officials said.

Three hundred uniforms will undergo wear testing from January to July at nine different Air



Force bases. The test will generate feedback about fit, durability and functionality.

"Our intent is to create a uniform that will be distinctive, practical, easy to maintain, comfortable and, most important, a uniform

See **UNIFORMS**, Page 4



## Team Sheppard Training 2003

**82nd Training Wing:** 44,791 students trained to replenish America's combat capability  
**80th Flying Training Wing:** 103 combat pilots trained for the NATO Alliance





Photo by Ms. Sandy Wassenmiller

Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, presents the 82nd TRW Junior Guardsman of the Quarter Award to Airman 1st Class Denise Haag, dental technician at the 82nd Dental Squadron. Airman Haag earned the award for exceeding Air Force standards in the second quarter of 2003.

# Action Line 6-2000, action.line@sheppard.af.mil

The 82nd Training Wing's Action Line is your direct line to me for any concerns and suggestions you have.

I am personally involved in every reply, and I am committed to making Sheppard Air Force Base a better place to live, work and play.

Before you call the Action Line, however, I ask that you give your chain of command or other base agencies an opportunity to work your concerns. If you still do not receive a satisfactory response, call me at 6-2000, or send an e-mail to

action.line@sheppard.af.mil. Please include your name and telephone number.

Those concerns with a wide impact at Sheppard may be published in *The Sheppard Senator*.

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# Master sergeant explains meaning of 'mentor'

**By Master Sgt. Todd Rockhold**  
362nd Training Squadron

Mentoring has become a "buzz word" in today's Air Force.

It's a word we've all heard but may not know exactly what it means. Webster defines mentoring as "a trusted guide or counselor."

All too often, this word is used out of context. For example, someone would say, "I had to see the boss and he 'mentored' me."

In everyday shop talk that means someone most likely got into trouble. Mentoring isn't about that. It's about showing the way and setting the example. It's about doing the right thing and building a relationship with someone.

My first supervisor was a young staff sergeant who set the totem high, instilled six basic ideals and led by example. She was someone who truly cared about me being new to the Air Force and showed me all it had to offer. She "mentored" me long before it became "politically correct" and over-used.

As I have progressed in rank and

years in service, I am thankful to her and the lessons learned. Listed below are six things she did for me. You can add to them or personalize them to suit your specific rank structure and duty section. I believe no matter who you are or what rank you have attained, if you follow these six things, you will succeed at mentoring.

***"It's about showing the way and setting the example. It's about doing the right thing and building a relationship with someone."*** – Master Sgt. Todd Rockhold

1. Make your troops proficient in their jobs. Make sure they have the right training. Ensure they understand the importance of completing the career development courses. My first supervisor told me the most important thing for me to do during the first year of my Air Force career was to learn my job.

2. Talk with your people. My first supervisor really got to know me. She knew where I was from and what I liked to do during my off-duty time. Not just me, but all of the airmen in her section. By talking to us, we got to know her too. It built a relationship that is still alive today.

3. Ensure your subordinates understand their promotion system, how it works and what they have to do to get promoted. My first supervisor explained senior airman below the zone, performance reports, decorations, and professional military education all within the first two years of my enlistment.

4. Explain the importance of off-duty education and supporting professional organizations. My first supervisor went to the education office with me and made sure I understood what I had to do to get a Community College of the Air Force degree. She encouraged me to join the Air Force Sergeant's Association and attend their meetings.

5. Take your subordinates to the club. My supervisor took my co-work-

ers and me to the enlisted club at least once a month. She encouraged us to become members, explained the heritage and camaraderie that goes along with being a club member and the benefits it has to offer.

6. Set the example in everything you do. Practice your customs and courtesies and wear your uniform proudly. I don't ever remember my first supervisor not having a starched uniform and polished boots. She always said please and thank you, always answered the phone professionally and insisted her subordinates do the same.

These six things got my Air Force career started. All this came from one staff sergeant who took the time to personally care about a few young airmen she was responsible for.

I have used these ideals with subordinates and co-workers at every assignment and continue to pass them on every chance I get.

Mentoring takes time...time to build a relationship, time to get to know each other, and time to explain, teach and show all this great Air Force has to offer.



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# ENJJPT Class 03-07 graduates 25 pilots



**By Airman Jacque Lickteig**

*Base public communication*

Twenty-five pilots will graduate from the 80th Flying Training Wing's Euro-NATO Joint Jet Pilot Training program during ceremonies tonight at 7 p.m. in the base theater.

ENJJPT trains undergraduate pilots for nine NATO countries, including Belgium, Denmark, Germany, Italy, the Netherlands, Norway, Spain, Turkey and the United States. In addition to these countries, Canada, Greece, Portugal and the United Kingdom provide flight instructors for the program. As many as 250 pilots complete the 55-week program each year.

Today's graduation of ENJJPT Class 03-07 includes 15 pilots from the United States, five from Germany, three from Turkey and two from Italy.

The guest speaker for tonight's graduation is Brig. Gen. Kurt Cichowski, vice commander of the 21st Air Force at McGuire Air Force Base, N.J. General Cichowski was the commander of the 80th FTW from May 1999 to July 2001. He is a command pilot with more than 3,000 flight hours in five different aircraft.



1ST LT. BRENT BAK  
UNITED STATES  
F-15

1ST LT. BRAD BASHORE  
UNITED STATES  
F-15E

2ND LT. FABIAN BERGER  
GERMANY  
TORNADO

2ND LT. EYYUP CELIK  
TURKEY  
F-16

1ST LT. CLIFFORD CHAPMAN  
UNITED STATES  
B-1

1ST LT. JOHN COLLIER  
UNITED STATES  
A-10

1ST LT. COLBY EDWARDS  
UNITED STATES  
F-16



2ND LT. JASON ELLIS  
UNITED STATES  
B-2

2ND LT. MUSTAFA ERDEMLI  
TURKEY  
F-4

2ND LT. KAI FAHLBUSCH  
GERMANY  
TORNADO

1ST LT. ROBB FIECHTNER  
UNITED STATES  
B-1

1ST LT. R YAN HAYDE  
UNITED STATES  
A-10

2ND LT. A LUKSAS JUSKYS  
UNITED STATES  
F-16



2ND LT. JENS KRETZSCHMAR  
GERMANY  
TORNADO

1ST LT. ERIC LANGMAYR  
GERMANY  
TORNADO

2ND LT. WILLIAM LUTMER  
UNITED STATES  
F-16

2ND LT. DUSTIN MASTEN  
UNITED STATES  
F-15E

2ND LT. A ARON M ATHENA  
UNITED STATES  
F-15

2ND LT. SIMONE METTINI  
ITALY  
B-707



1ST LT. MATTHEW MIHALICK  
UNITED STATES  
F-16

2ND LT. MUZZAFER OZER  
TURKEY  
F-16

2ND LT. JASON PATTEN  
UNITED STATES  
F-16

1ST LT. SAMUELE QUARINA  
ITALY  
C-130

ENS. DANIEL SCHNEIDER  
GERMANY  
TORNADO

1ST LT. TIMOTHY SUTTON  
UNITED STATES  
F-15

# Returning of the guard

Former 80th FTW commander returns to graduate ENJPT class today

By Master Sgt. Jeff Szczecowski

Base public communication

Life has been everything but routine for Brig. Gen. Kurt Cichowski since leaving Sheppard in July 2001 as commander of the 80th flying Training Wing.

Now vice commander of the 21st Air Force, McGuire Air Force Base, N.J., under Air Mobility Command, the general was thrust into an important role immediately following the horrific terrorist attacks of Sept. 11, 2001. AMC served many roles in the aftermath of the death and destruction, acting as the east coast staging facility for emergency rescue crews entering New York City; establishing a Contingency Staging Aeromedical Facility on McGuire; and developing the network that allowed the civilian mobility chain to become integrated with the military's chain-of-command.

General Cichowski found himself in the middle of the rescue and recovery operations.

Soon after, he served as director of mobility forces (DIRMOB-FOR) for U.S. Central Command Air Forces during a 90-day period of Operation Enduring Freedom in Afghanistan. Then came Operation Iraqi Freedom, where the



Brig. Gen. Kurt Cichowski

general served as deputy director of mobility forces in the Iraqi Theater of Operations.

In both OEF and OIF, CENTAF provided command and control and coordinated the air mobility operations for coalition forces — aerial refueling, theater airlift, aeromedical evacuation and airdrop seizure and opening.

No doubt, the general underwent a "baptism by fire" after transitioning from the flying training side of the house back to the operational sphere of the Air Force. Regardless of the mission, though, General Cichowski said there is one common thread that leads to success.

"It's the people who make the mission happen, and they deserve the real spotlight," he said. "I hope that one day, all military members will be able to see what

I've seen over the last several years: the wide-ranging, uniformly superb, complete effort of the composite military team — active duty, Reserve, National Guard, civilians, sister services and coalition partners — when called upon to engage in both peacetime and combat operations."

General Cichowski has always been a "people person." A quote of his in the headline of his farewell commentary to Team Sheppard in the July 20, 2001, Sheppard Senator highlighted his feelings: "While it may be mission first, it is people always."

Back at Sheppard as guest speaker for tonight's graduation of Euro-NATO Joint Jet Pilot Training class 03-07, the general said he would offer the following advice for aspiring student pilots in the 80th FTW.

"You never know what you'll be called upon to do in defense of your country, so do your best in whatever job you're given. The mission we do is too important to feel bad about not getting that preferred airframe, specific MAJ-COM or particular job," he said. "The defense of the nation is what we have all pledged on our honor to maintain, and it takes a dedicated individual to make up the team that ensures this mission is accomplished."

"I believe that one of the great strengths of our Air Force and its airmen is the ability to adapt to new missions, new technologies and an ever-changing world landscape," he said. "This new utility uniform is another example of seeing a need for improvement and moving forward."

A key step in bringing any new uniform item into service is feedback from airmen in the field, Chief Murray said.

"I believe it's a uniform fitting of the world's greatest expeditionary Air Force and one that we will be proud to wear," he said. "We want your feedback as well — not shoot-from-the-hip feedback, but feedback that comes from seeing the uniform in action and thinking about how it will meet your needs based on your work environment.

"It's important to remember that this is a wear test, and the decision about whether or not to adopt some, all or none of this uniform will be made after considering the results of the test and feedback about how it

meets airmen's needs," Chief Murray said.

According to officials, the wash and wear uniform will be easier to maintain and will not require professional laundering or starching. Officials estimate that home laundering can save up to \$240 in laundry costs over the course of a year.

Unlike the current BDU, the new version comes in men's and women's cuts. The separate women's uniform reflects the growth in the number of women in the service.

Officials said other possible advantages to the uniform include:

- Using the same fabric identified by the Marines as the optimum material for wash and wear characteristics;

- A camouflage pattern that corresponds to the jobs airmen do in most situations that require a utility uniform,

- Recalling the "tiger stripe" camouflage pattern used during the Vietnam War, but with the distinc-

## HOURS

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almost twice the average number of flying hours for career pilots wasn't even on his radar early in his career.

"It wasn't a goal early on," he said. "But, 6,000 became a goal after I hit 20 years" in service.

His goal fresh out of the Naval Academy in 1976 was to become a fighter pilot. After he learned being a pilot on an aircraft carrier had a steep price for a family man, he put in for an inter-service transfer and joined the Air Force in 1983.

"The Navy was great," Colonel Weiss said. "I loved it."

What he didn't love was leaving for an aircraft carrier cruise while his wife was pregnant and returning to a 6-month-old daughter he had never met, he said.

Although he enjoyed being operational, he wanted to give back to the military by sharing his expertise with young pilots learning the trade of flying jet aircraft.

The colonel made that evident with more than 4,000 flying hours logged as an instructor pilot throughout the years. Colonel Weiss has logged 1,800 hours in the T-37 Tweet alone.

Seeing pilots grow and mature as jet pilots in the T-37 is one of his more enjoyable assignments, he said, because he takes students and teaches them the most rudimentary tactics of flying and graduates them to the T-38.

"Being a T-37 instructor pilot isn't glamorous, but it's extremely rewarding," he said.

Colonel Weiss has reached goals he has set and even some he didn't plan on. One goal that he didn't set and isn't looking forward to will happen July 1, 2004 — his date of retirement.

"I've never had a date in front of me that says, 'hey, this is the date you have to stop flying military aircraft,'" he said. "Military flying gets in your blood and you miss it if you don't do it for a while."

Until the fighter pilot is taken out of the fighter — in this case a trainer — Colonel Weiss said he would continue to do what he has done for several years of his rewarding 27-year career.

"You always strive to be the best you can be and everyone is always looking for improvement," he said.

## UNIFORMS

Continued from Page 1

you will be proud to wear," said Air Force Chief of Staff Gen. John P. Jumper.

"We have become a more expeditionary force, with less time at home to spend caring for the uniform," General Jumper said. "In the last 20 years, material technology has improved greatly. As a result, we have designed one uniform that can satisfy our various climates and utility needs, while eliminating the need for professional ironing to provide a polished appearance."

He said the distinctive Air Force uniform is designed to fit well, look sharp and require much less maintenance than the current uniform.

Chief Master Sgt. of the Air Force Gerald R. Murray said great care is being taken to ensure the best possible uniform is created to meet future needs.



U.S. Air Force photo by Master Sgt. Jim Varhegyi

**BOLLING AIR FORCE BASE, D.C. -- Airman 1st Class Jonathan Besko (left) and Senior Airman Brandi Wyatt of the 11th Communication Squadron here, try out the Air Force test utility uniform in a computer server room. The uniforms will undergo wear-testing beginning in January.**

tive Air Force logo embedded into a color scheme that preliminary testing indicates may provide better camouflage.

Officials are also considering maintenance-free boots and alternative T-shirts.

The uniform patterns are being cut, with production to begin in

November. Data collection and analysis, and any potential adjustments, will occur from August through October 2004. A final decision on the uniform is expected in December 2004. If approved, production could begin as soon as 2005, with a phase-in date to be determined.

**Recipe swap**

The 365th Spouses Club will hold a recipe swap this Saturday at 6 p.m. at the community center multi-purpose room.

Members are encouraged to bring baked or cooked goods as well as the recipe. Note cards will be provided.



Door prizes will be given out for \$1 a ticket or six for \$5. A prize for the favorite dish will also be given out.

For more information, contact Angela Letson at 855-1314 or Cheryl Price at the365spouses@msn.com.

**Postal hours changing on base**

The main base post office and student mail section hours are changing.

Both offices will be open Monday through Friday from 9 a.m. to 5:30 p.m. and on Saturdays from 9 a.m. to 1 p.m.

**Personnel news available on line**

Personnel wanting the most up-to-date civilian and military personnel news on topics like assignments, promotions, retention and more can now have it delivered directly to their e-mail inbox.

Subscriptions to the Air Force Personnel Center News

Service come through a list service provided by Air Force News Agency.

People can subscribe online at <http://www.af.mil/subscriptions.asp>.

Once subscribers reply to a confirmation e-mail, they will be signed up for the free news service.

Those interested can also subscribe to other news services like Air Force Print News, Airman Magazine, major command news services and more.

For more information about personnel news, call (210) 565-



2334 or DSN 665-2334.

**Personnel urged to update emergency data**

All airmen -- active duty, Guard and Reserve -- are reminded to update their virtual Record of Emergency Data, better known as vRED.

This mandatory online form replaced the paper DD Form 93, Record of Emergency Data, as the only means available for airmen to provide personal emergency information. By filling out the form from any internet connected computer, Air Force casualty has immediate access to critical information needed to contact family members if an airman becomes missing, suf-

fers a serious illness or injury, or dies.

On the web page, [www.afpc.randolph.af.mil](http://www.afpc.randolph.af.mil), people can select the vMPF logo at the top of the page.

New vMPF users will need to establish an account. The online application, which will take most people about 20 minutes, asks questions such as what relatives should be contacted and what their addresses are.

For more information about the vMPF or vRED call the Air Force Contact Center toll-free at 1 (866) 229-7074.



# Student Activities

## Happenings in the Sheppard community

### Student center events

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

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

Every Wednesday, 6-9 p.m. - Free Pool Tournament.

Every Thursday, 7-9 p.m. - Karaoke Night, free.

Every Friday and Saturday, 7 p.m. to 1 a.m. Club BDU dance, \$4 per person.

Every Sunday, 3-5 p.m. - billiards tournament in the ballroom, \$5 per person.

### Hours of Operation

Monday-Thursday: 10:30 a.m. to 10 p.m. Friday and Saturday: 10:30 a.m. to 1 a.m. Sunday: Noon to 10 p.m. Holidays: Noon to 8 p.m.

### Red River Café Hours of Operation

Wednesday and Thursday: 4:30-10 p.m.

Friday and Saturday: 11 a.m. to 11:30 p.m.

Sunday and Holidays: Noon to 9 p.m.

### Center to host Woodstock at Club BDU

The center is scheduled to host Woodstock Wednesday from 7 p.m. to 1 a.m. Cost is \$4 per person. For more information, call 6-7659.

### Center to host luau contest at Club BDU

The center will host a luau contest at Club BDU Aug. 22 from 7 p.m. to 1 a.m. The cost is \$4 per person. Call 6-7659 for more information.



### Chapel events

Sheppard chapels offer a variety of programs for student enrichment:

#### Saturday

All students are invited to the "Solid Rock Cafe" held each Saturday at the south chapel. Dinner is served at 5 p.m., and a variety of scheduled activities take place from 3-9 p.m.

### Sunday

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

### Community center events

#### Free table tennis classes offered

Free classes are held every Monday and Friday. Professional tournament instructors are available. For more information, call 6-3866.

#### Pool tournament

Pool tournaments are held every Saturday at 2 p.m. The fee is \$2 per person. There will be first- and second-place trophies. Call 6-3866 for more information.



#### Free video night

The community center has a free video night every night beginning at 5 p.m. on the big screen TV in the lounge on the second floor. For more information, call 6-3866.

### Other events

#### FITS to have softball game

The Fitness Incentive Training for Students will have a softball game Saturday from 9 a.m. to 12 p.m. For more information, call 6-2972.

#### Fitness center to have triathlon camp

The fitness center is scheduled to have a mini triathlon training camp beginning Aug. 16 as part of Fitness Incentive Training for Students. For more information, contact Mr. Ray Sanchez at 6-2972.

#### Dining facilities celebrate birthdays with dinner

Students who are having a birthday this month and are on subsistence in kind are invited to celebrate their birthdays on the Friday of their choice for dinner. Contact the cashier to pick up a birthday card registration form. Students can contact the dining facility manager/supervisor, or call 6-2080 for more information.



Photo by Airman Jacque Lickteig

## Breaking it down

Airman Mitch Miller, a 366th Training Squadron student, helps disassemble a shower/shave unit like the ones used in remote locations. This new training area gives students hands-on experience to prepare them for their jobs in a combat situation.



Photo by Airman Jacque Lickteig

## Combat capability

Airman 1st Class Ian Hromada, a 366th Training Squadron student, checks the oil level in a mobile electric power generator. Machines like these are used in support of contingency operations.

**For movie show times and general activities at Services facilities, see Sheppard Scenes on Page 16.**

# CSAF announces fitness program

WASHINGTON - Airmen will begin hitting the track soon as the Air Force begins a new physical fitness program, the service's senior leader announced in his July 30 "Fit to Fight" Sight Picture.

Air Force Chief of Staff Gen. John P. Jumper directed that airmen would now test their fitness levels by performing sit-ups, push-ups and running 1.5 miles.

The change is being made because "we are a much different Air Force today," according to General Jumper.

He cited the physical requirements demanded by recent deployments around world as the impetus for the change.

"The amount of energy we devote to our fitness programs is not consistent with the growing demands of our warrior culture," he said. "It's time to change that."

Details will be released soon

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***"January 2004 is the date. Be ready."* — Air Force Chief of Staff Gen. John Jumper**

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that will get airmen back to the basics of running, sit-ups and push-ups, General Jumper said. The cycle ergometry test, in use for the past 10 years, will continue for those who, for legitimate reasons, are not able to run.

Other changes include issued workout clothes and a renewed focus on the commander's ownership of airman physical fitness.

"We are planning to ... put responsibility for (physical

training) in the chain of command, not with the medical community or the commander's support staff," General Jumper said.

"I expect this effort to be led from the top, starting with commanders and senior (noncommissioned officers)," he said. "I expect those who have trouble meeting the standards to be helped by others in their unit until they do meet the standard."

The program will begin Jan. 1. General Jumper said he plans

to lead National Capitol Region Air Force general officers in a fitness test during the first week of January. Chief Master Sgt. of the Air Force Gerald R. Murray will lead area command chiefs later in the week.

"I think all of us can agree that we were disappointed with the fitness standards we found when we came into the operational Air Force," General Jumper said. "Let's not disappoint ourselves any longer. The message is simple: If you are out of shape, fix it. If you have people in your squadron who need help, help them."

"January 2004 is the date," he said. "Be ready."



# Watering restrictions for base housing residents

**By 2nd Lt. Ellen Harr**

*Base public communication*

Base residents may have noticed less water than usual coming out of their faucets. The water problem is due to a lack of water pressure on base and has led to the implementation of new watering restrictions, effective immediately.

Base housing residents are now required to water their yards on even or odd dates based on even/odd street addresses. Additionally, for water conservation purposes, watering between the hours of 11 a.m. and 6 p.m. is now prohibited.

The reason for the decrease in water pressure and new even/odd watering days is the elevated tank that provides water pressure isn't operational because of the water tower painting project. Plus, everyone is busily watering their trees and grass to keep them alive during the recent intense

summer heat.

The most critical drop in pressure generally occurs in the evening, between 6 and 10 p.m. The normal water pressure of 55 to 60 pounds per square inch drops as low as 35 psi on a daily basis during these hours.

The 82nd Civil Engineers Squadron and the City of Wichita Falls are working together to find an interim solution to the problem. City authorities are assisting the base in maintaining the maximum water pressure possible.

At this time, base residents don't need to change their normal habits when using water in their homes. Routine water use, such as washing dishes, showering or toilet flushing, doesn't impact current water pressure problems.

If possible, residents should try to avoid watering between the hours of 6 and 10 p.m., to minimize the drop in pressure during the critical hours when usage is at its

peak. Most watering should occur early in the morning, to avoid using sprinklers during the time when water pressure is at its worst.

If residents have timers for their sprinklers, they are encouraged to let them run after 10 p.m. at night and early in the morning before 11 a.m. The 82nd CES is purchasing water timers and will have them available in the self-help store as soon as possible. Call 6-5596 for availability.

Base water pressure will return to normal levels once the painting project is completed and the elevated tank is operational.

In case of emergency, the 82nd CES advises base housing residents to keep 2 to 5 gallons of water available for use. Since the base water tower is not currently operational, a break in water feed lines to the base could drastically affect water usage.

For further information about water pressure, contact the 82nd CES at 6-6220.

Because of decreased water pressure and the need to conserve water, Brig. Gen. Arthur Rooney, commander 82nd Training Wing, has ordered base housing residents to water on alternate days, effective immediately.

*The following is a schedule of days to water:*

- **Even street addresses water on even dates**
- **Odd street addresses water on odd dates**
- **Watering between the hours of 11 a.m. and 6 p.m. is prohibited**

# AETC officials advise motorcyclists about safety

**By 1st Lt. Devin Asbury**

*Air Education and Training*

*Command Public Affairs*

RANDOLPH AIR FORCE BASE, Texas (AETCNS) — If it's dumb, dangerous or different, don't do it.

That's the warning Air Education and Training Command safety officials want young motorcyclists to keep in mind when riding.

Air Force members ages 18-26 continue to face the greatest risk for single-vehicle motorcycle deaths with 60 percent of this year's motorcycle fatalities falling into this age group.

"As the popularity of motorcycles has increased so has the number of fatalities among young people," said Ron Kirby,

AETC ground safety manager.

This year, 10 people in the Air Force and three AETC members in this age bracket died while riding motorcycles.

According to AETC safety statistics, single-vehicle accidents caused by operator error are the cause of the majority of motorcycle deaths this year. Currently, 12 of the Air Force's 16 overall deaths and two of three deaths in AETC were caused when riders lost control or were operating recklessly.

"All the single-vehicle mishaps are preventable, since it's the rider's fault," Mr. Kirby said.

The grim news is most of the riders have the proper gear and training, but they have been riding too fast and not exercising

risk management, said Senior Master Sgt. Robbie Bogard, AETC traffic safety program manager.

"People need to realize when they're riding a high-performance motorcycle, sometimes the motorcycle is going to get them into situations the laws of physics aren't going to allow them to get out of," Sergeant Bogard advised. "That's where people have to do an on-the-fly risk management assessment. If you go into a curve too fast, no matter how good of a rider you are, no matter how good of a motorcycle you have, at some point you're going to be overcome by the laws of physics."

In addition to wearing the proper equipment, attending training and exercising proper

risk management techniques, motorcyclists are reminded not to drink and drive. Currently, the Air Force has only one alcohol-related motorcycle death.

Sergeant Bogard also advised riders to continuously review their safety level by asking themselves, "Is it dumb, dangerous, or different?" If it falls into any of these categories, riders should proceed with caution or not complete the action.

"Every motorcycle accident is not about a rate or a number increasing, it's a loss for a family, friends and to the Air Force mission," said Sergeant Bogard. "In the long run, that's what we're trying to prevent."

Air Force Instruction 91-207, "The U.S. Air Force Traffic

Safety Program," directs that motorcycle riders wear a protective helmet that meets or exceeds Department of Transportation standards. In addition, riders must use impact-resistant goggles or full-face shields on their helmets. Brightly colored contrasting protective jackets or long-sleeved clothing are suggested for daytime riding and reflective garments for driving at night. Use of full-fingered gloves is required and leather boots or over-the-ankle shoes are strongly encouraged.

For more information on motorcycle safety or motorcycle training courses visit the Air Force Safety Center Web site at [http://afsafety.af.mil/AFSC/RD/BMS/Ground/motorcycle\\_training\\_page.htm](http://afsafety.af.mil/AFSC/RD/BMS/Ground/motorcycle_training_page.htm).

# Kids' Soundoff

**What do you want to learn in school this year?**



*"I want to learn pretty much anything about chemistry," Greg Anderson, age 12*



*"Since I'm going to high school, I want to learn more about math and biology," Tara Coleman, age 14*



*"I want to learn more about history and social studies, especially the Civil War," Taylor Gibson, age 10*



*"I want to learn more about becoming a doctor someday," Breanna McGowan, age 11*

# Chapel program is rock solid

By 2nd Lt. Ellen Harr

Base public communication

*Editor's note: This is the first in a series of articles about the Solid Rock Cafe.*

It all started with a group of hungry students and a band called "The Rock."

Solid Rock Cafe was formed by two groups of students who at the south chapel. Chaplain (Capt.) Sarah Shirley cooked dinner for a group of students from the Protestant Holy Communion service on Saturday nights. At about the same time, some student musicians also formed a praise band called "The Rock" in the south chapel.

Soon, the students wanted to share their own recipes and they began preparing the evening meal.

The band began providing music for a student-led worship service after which the students enjoyed a homemade meal. The Solid Rock Café was born.

"From the very beginning, the intent was to create a place of hospitality and wholesome community for the students, a place to come connect with each other and belong," Chaplain (Maj.) William Ziegler said.

Today's Solid Rock Cafe is open to students of all faiths and their families. From 3 to 5 p.m. the chapel offers programs such as marriage enrichment classes, study groups, bible studies, praise and prayer for Christian students and fellowship opportunities for students and family members of all faith groups.

Meals are served at 5 p.m. every Saturday. The students still cook their own meal twice a month.

"We have a great number of base organizations that pitch in and cook for us the rest of the time. The food is always great and the students and chapel staff really appreciate it," Chaplain Ziegler explained.

After dinner, the Solid Rock Café offers evening programs, such as karaoke, luaus, volleyball, magicians and talent shows.

"We try to encourage student leadership as well. They come up with the ideas and they lead the worship," Chaplain Ziegler said.

He also described the goals of the student ministry program.

"We're about spiritual health," he said. "That's what we're trying to do with this program here on Saturdays."



Photo by 2nd Lt. Ellen Harr

**Airman Basic Marcus Ochoa, 363rd Training Squadron, and Airman 1st Class Matt Tillman, 361 Training Squadron, both members of the Solid Rock Cafe's praise band "The Rock," jam together after the worship service. The all-student band performs every Saturday at the south chapel.**

# Sheppard Spotlight: 15 lines of fame



Tech. Sgt. Michael Saiphoo

Don't drink and drive. The risks and the consequences aren't worth it. Call Airmen Against Drunk Driving at 6-AADD to get home safely.

- 1. **Name:** Michael B. Saiphoo
- 2. **Rank:** Tech. Sgt.
- 3. **Organization and position:** 366th Training Squadron instructor
- 4. **Hometown:** Trinidad and Tobago.
- 5. **Married or single (include your family if you'd like):** Wife, Nadia.
- 6. **Hobbies/Favorite thing(s) to do in your free time:** Home, gardening, autos and water sports
- 7. **Funniest childhood memory:** Outrunning wasps!!!
- 8. **Why did you join the Air Force?** Education, training and to see the world.
- 9. **Why do you stay in the Air Force?** People and mission.
- 10. **Date Arrived at Sheppard:** March 2002
- 11. **Most rewarding aspect of your job:** Meeting our future enlisted superstars.
- 12. **Favorite movie or book:** "Full Metal Jacket" and "Old Man and the Sea"
- 13. **What is your dream vacation?** Sailing around the world.
- 14. **If you could be anyone for one day, who would you be?** Martin Luther King Jr.
- 15. **Most prized possession:** Family, friends and our country!

# Maintainers keep helos ready

by **Capt. Kristi Beckman**

*398th Air Expeditionary Group*

LUNGI, Sierra Leone — Maintainers from the 85th Maintenance Squadron here have a huge responsibility to keep mission-critical helicopters ready to fly at a moment's notice.

The 31 maintainers deployed from Naval Air Station Keflavik, Iceland, are part of the 398th Air Expeditionary Group providing support for operations in Liberia. They keep three 56th Rescue Squadron HH-60G Pave Hawk helicopters up and running.

Since July 13, the group has evacuated 60 people from the U.S. Embassy in Monrovia, Liberia, and brought in 43 Marines with the Fleet Antiterrorism Support Team to boost security there.

Maintaining the helicopters under normal conditions is not an easy job, and things are even more challenging in Sierra Leone, said Capt. Thomas Preston, a maintenance supervisor. Sierra Leone is in the annual rainy season.

Dealing with the weather definitely gets challenging at times, according to Tech. Sgt. Todd Bailey, a weapons supervisor.

"We are on alert, so the weapons stay on the aircraft at all times," he said. "(We are



U.S. Air Force photo by Tech. Sgt. Justin D. Pyle

**Tech. Sgt. Todd Bailey and Staff Sgt. Matthew Kelly, 85th Maintenance Squadron, work on a GAU-2 mini-gun mounted on an HH-60G Pave Hawk helicopter.**

trying to keep up with the rust and preventative maintenance ... the rain is not good."

Despite the rain, the maintainers keep on top of their game.

"This is probably one of the tighter groups I've worked with," said Capt. Preston. "The helo community is pretty small. A lot of my maintainers know each other from other bases, and they work (really) well together as a team. Everyone pitches in and helps each other out. We're cognizant of our mission and know it's critical to keep these birds ready to fly."

Capt. Preston said he thinks this is one of the more fulfilling missions in the Air Force.

"At the end of our time here, we can all look back and say because of us and our helos, we were able to help those people out," he concluded.

*(Courtesy of U.S. Air Forces in Europe News Service)*



Programming runs 24 hours on TSTV Channel 14  
Check out the detailed schedule at  
[www.sheppard.af.mil/82trwpa](http://www.sheppard.af.mil/82trwpa).

### Daily Programming

Sheppard Today ~ 6 a.m., noon, 5 p.m.  
Air Force News ~ 6:30 a.m., 12:30 p.m., 5:30 p.m.  
Navy/Marine News ~ 8 a.m., 2 p.m., 7 p.m.  
Army News ~ 8:30 a.m., 2:30 p.m., 7:30 p.m.

### Today

2 a.m. - Gen. Hap Arnold  
7 a.m. - AAFES presents:  
*Mr. Richard Smith*  
1 p.m. - Leadership Break-  
fast: *Col. Margaret Beaty*  
on *Servanthood*

### Saturday

5:30 a.m. - The Army: *Soldiers on Point for the Nation*  
10:30 a.m. - African Americans in World War II  
3 p.m. - Officer's Call Lecture: *Col. David Eberly*

### Sunday

10 a.m. - AFEES presents:  
*Mr. Robert Seidel*  
1 p.m. - Leadership Break-  
fast: *Colonel Beaty on Servant Hood*  
4:30pm - AFEES presents:  
*Mr. Milan Boros*

### Monday

4:30 a.m. - AFEES presents:  
*Mr. Warren "Bud" Loring*

11:40 a.m. - AFEES presents:  
*Mr. Floyd Carl*  
6 p.m. - AFEES presents:  
*Mrs. Yvonne Daley-Brus-selmans*

### Tuesday

7 a.m. - AFEES presents:  
*Mr. Richard Smith*  
4 p.m. - The History of Air Power  
8 p.m. - Safety Hour:  
Drinking and Driving -  
*Charlie's Story*

### Wednesday

9 a.m. - Safety Hour: Elec-  
trical Safety  
9:30 p.m. - ANG Mission  
and History

10:30 p.m. - AFEES pres-  
ents: *Mr. Joseph Cagle*

### Thursday

4:30 a.m. - AFEES pres-  
ents: *Mr. Warren Loring*  
10:30 a.m. - African Amer-  
icans in World War II  
11:30 p.m. - The Making  
of an Air Force Recruiter

To make suggestions or submit a unit video to TSTV Channel 14, call 6-2732 or e-mail [TSTV@sheppard.af.mil](mailto:TSTV@sheppard.af.mil)



Photo by Capt. Robert Sharples

## ***Making a splash***

Pictured left to right, Katherine Emanuel, Jessica Sharples, Michael Emanuel and Shelby Henderson get ready to break through the red tape to open the new water slides at Capehart pool July 30.

**Be smart. Stay safe.  
Don't drink and drive!**

## General activities

### Ceramics shop open for summer hours

The ceramics shop is open for summer hours. All the materials needed to start creative projects are available. More than 2,500 craft projects are available for free lessons with a variety of paints, glazes and supplies. The ceramics shop is located in Bldg. 832, the Health and Wellness Center building. Summer hours of operation are Wednesday-Friday from 11 a.m. to 8 p.m., Saturday from 10 a.m. to 5 p.m., and Sunday from noon to 5 p.m. For more information, call 855-0118.

## Club activities

### Officers club has daily lunch specials

The officers club has daily lunch specials Monday through Friday. Cost is \$5.95 for members and \$7.95 for non-members. Membership pays!

On Mondays, they serve a country lunch. Tuesday is Italian. Wednesday is Texas style. Thursday is Mexican, and Friday is seafood. Call the officers club at 6-6460 for more information.

### Enlisted club offers darts, cards, dominoes

The enlisted club offers a variety of activities every day. Darts, cards, dominoes and pool are available every day. Also, a video game system is available every night to play in the sports bar. For more information, call 6-2083.

### Officers club to host two-for-one sirloin night

The officers club will host a two-for-one sirloin night tonight for officers and enlisted club members only from 5:30 p.m. to 8:30 p.m. Price is \$9.95. Call 6-6460 for more information.



### Enlisted club to hold Latin night

The enlisted club is scheduled to hold a Latin night Saturday from 9 p.m. to 1 a.m. Call 6-2083 for more information.

### Lake Texoma to host sand castle contest

Lake Texoma will hold a sand castle-building contest Saturday beginning at 10 a.m. For more information, call (903)-523-4613.

### Enlisted club to host boss, buddy night

The enlisted club is scheduled to host a boss and buddy night Wednesday from

4:30 p.m. to 6:30 p.m. For more information, call 6-2083.

### Officers club to serve Mongolian barbecue

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

### Officers club to have prime, wine night

The officers club is scheduled to have a prime and wine night Aug. 15 from 5:30 p.m. to 9 p.m. for members only. Cost is \$16.95 per person. For more information, call 6-6460.

### Enlisted club to hold variety night

The enlisted club is scheduled to host a variety night Aug. 16 from 8 p.m. to 2 a.m. For more information, call 6-2083.

### Officers club to host family night at the Capehart pool

The officers club will host a family night Aug. 21 from 5:30 p.m. to 8:30 p.m. at the Capehart pool. There will be an hot dog and hamburger menu and games and prizes afterward. Cost is \$5.95 for members, \$8.95 for nonmembers, \$2.95 for children ages 6 to 12 and free for children age 5 and under. For more information, call 6-6460.



### Upcoming trips, show ITT planning upcoming trips in August

ITT offers tickets and tours to local and surrounding attractions. Call 6-2302 for more information about any of these trips.

**Six Flags** – Enjoy more than 100 rides and shows, including the all-new Superman Tower of Power, Titan and Batman Aug. 23. Tour includes transportation and admission. Cost is \$53 per person. Register by Aug. 18.

**San Antonio Labor Day Getaway** – Visit Fiesta Texas, the River Walk and Sea World in a San Antonio Getaway from Aug. 29 to Sept. 1. The tour includes round-trip transportation, three-nights' hotel accommodations, admission to Fiesta Texas and Sea World. Cost is \$352.50 per person for a two-person room, or \$547.50 per person for a one-person room. Register by Monday.

## At the Flicks

**Today**  
Closed for ENJJPT graduation  
**Saturday 2 p.m.**  
Charlie's Angels: Full Throttle  
**Saturday 4:30 p.m.**  
28 Days Later  
**Saturday 7 p.m.**

The Hulk  
**Sunday 2 p.m.**  
28 Days Later  
**Sunday 4:30 p.m.**  
Charlie's Angels: Full Throttle  
**Thursday 6:30 p.m.**  
Charlie's Angels: Full Throttle

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

**Charlie's Angels: Full Throttle (PG-13)** – Cameron Diaz, Drew Barrymore – The sequel reunites Cameron Diaz, Drew Barrymore and Lucy Liu as the indomitable crime-fighting heroines. In the Angels' new adventure, the captivating trio once again demonstrates their expertise espionage, martial arts and disguise.

**The Hulk (PG-13)** – Eric Bana, Jennifer Connelly – In this adaptation of the long-running Marvel comic "The Incredible Hulk," research scientist Dr. Bruce

Banner's failed experiments cause him to mutate into a monstrously powerful and savage green-skinned behemoth whenever he loses control of his emotions.

**28 Days Later (R)** – Cillian Murphy, Naomi Harris – A small group of people in London have survived a virus that's wiped out most of the Earth's population. The virus was unleashed accidentally by an animal-rights group, and once people are exposed to it, they turn into zombie-like creatures.

## Chapel Schedule

### Student programs

Tuesday, 11 a.m. and 4:15 p.m., chapel rope meeting, north chapel  
Saturday, 4 p.m., Solid Rock Cafe, south chapel  
Saturday, 4 p.m., Marriage Group, south chapel  
Sunday, 5 p.m., Sunday Evening Gathering, north chapel

### Catholic activities

**Mass**  
Saturday, 5 p.m., confessions at 4 p.m., north chapel  
Sunday, 9 a.m., north chapel  
Sunday, noon, north chapel  
Mon.-Fri., 11:30 a.m., north chapel

### Reconciliation

Saturday, 4-4:30 p.m., north chapel  
**Protestant activities**  
**Worship services**  
Sunday, 10:30 a.m., Inspirational Gospel Service, south chapel  
Sunday, 10:30 a.m. Protestant Community Service, north chapel  
Sunday, 10:30 a.m. Protestant Holy Communion Service, hospital chapel

### Religious education

Sunday, 9 a.m., classes for ages 3 to adult, Bldg. 962

### Bible studies

Tuesday, 6 p.m., Protestant Bible Study, south chapel  
Thursday, noon, Protestant Bible Study, south chapel  
Thursday, 7 p.m., Protestant Women of the Chapel, Bldg. 962

Saturday, 6:30 a.m., Protestant Men of the Chapel, south chapel  
Second Saturday of month, 8 a.m., Protestant Men of Chapel breakfast

### Lay-led faith groups

Islamic activities, Friday, 1:45 p.m., south chapel

Jewish activities, call Maxine Simpson, House of Jacob Synagogue at 322-4177

Latter Day Saints, Sunday, 2 p.m., hospital chapel

Mystic Grove Pagan Study Group, call 6-4370 for information.

Buddhist activities, call 6-4370.

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

# Centennial of flight:

## This week in air and space history

**Aug. 8, 1908** - Wilbur Wright makes his first flight in Europe at Champs d'Auvours, France.

**Aug. 8, 1910** - Tricycle landing gear are fitted to the Army's Wright biplane to replace skids.

**Aug. 8, 1985** - Japan launched Planet A Halley probe.

**Aug. 8, 1989** - First flight (STS-28) of "refurbished" Columbia Shuttle.

**Aug. 9, 1896** - Otto Lilienthal, one of the first men to soar through the air with wings, died during a glider test.

**Aug. 9, 1976** - The Soviet Union's Luna 24, last lunar flight from Earth, was launched.

**Aug. 10, 1966** - Lunar Orbiter 1, the first U.S. spacecraft to orbit another planetary body, was launched. It returned medium and high-resolution photos of nine primary and seven potential Apollo landing sites on the Moon.

**Aug. 10, 1972** - Daylight meteor was seen from Utah to Canada. Only known case of a meteor entering and leaving the Earth's atmosphere.

**Aug. 11, 1989** - Voyager 2 detected partial ring system of Neptune. Voyager's distance at that time was 2,722,940,000 miles from Earth and 12,218,000 miles from Neptune.

**Aug. 12, 1960** - Echo 1, the first civil telecommunications satellite, was launched into orbit.

**Aug. 12, 1946** - President Truman signs a bill authorizing appropriation of \$50,000 to establish a National Air Museum in the Smithsonian Institution in

Washington, D.C.

**Aug. 13, 1861** - The theory of using aircraft and ships together was developed when John LaMountain launched a hot air balloon 2,000 feet into the air from the small vessel *Fanny*.

**Aug. 13, 1977** - The space shuttle Enterprise was lifted into the air by a 747 carrier aircraft where it was later released to perform its first flight test.

**Aug. 14, 1978** - NASA's



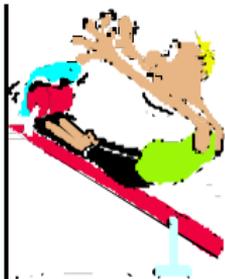
William Dana flew the first of 27 flights in an F-15 with a 10-degree cone to improve wind tunnel data predictions.

# Fitness center offers classes

The aerobiccenter, located in the south fitness center, offers coed aerobics classes seven days a week. Call 6-2972 for more information.

## Abdominal class

Monday, Wednesday and Friday at 11 a.m.



Monday-Friday at 8 p.m.

## Aerobics

Monday at 7:15 a.m.

## Step aerobics

Tuesday and Thursday at 5:30 a.m.

## Body pump

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

## Yoga and pilates

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

## Basic step

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

## Intermediate step

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

## Advanced step

Monday, Tuesday 5 p.m.

## Combo step

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

## Kickboxing

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

## Step/Floor

Monday, Wednesday and Friday at 9:15 a.m.

## Spinning

Tuesday and Thursday at 11:30 a.m.  
Monday through Friday at 4:30 p.m.  
Monday at 7 p.m.

## Senators head for tourney holding second rank

By Ty Dirk

*Sheppard Senators softball*

The Sheppard Senators Men's Varsity Softball team will head to the Armed Forces World Tournament ranked number two in the Armed Forces Varsity 'A' world rankings.

The Randolph Air Force Base Ramblers will go as the number one ranked team in the world.

The Senators have beaten Randolph both times they have played this year, giving them the nod to most observers.

The number two ranking will give them a higher seed in the tournament. Normally, that would be a good thing.

"That doesn't amount to a hill of beans," said coach J.C. Christman. "There are so many good teams here that if you falter in the least bit...you get beat."

Consistent run production has been a problem this year. Sheppard has been notorious for trouncing a good team and then scoring single digits to a lesser team.

Lack of concentration, the heat, old age or all three have posed a big problem for the Senators.

"I just think its lack of situational hitting," said Christman. "You can practice all you want but there is nothing like having to hit in a clutch game situation."

Is age a factor? The Senators have six players over the age of 40 and five players 35 to 39. The remaining four players are under the age of 30.

But the championship format is definitely in the team's favor. One-day tournaments are com-

mon in Texas. Playing five to seven games a day are the norm.

In Panama City, Fla., the tournament is spread out over three days, giving players some much needed rest and time to recharge their batteries.

The opposition might not be as forgiving, though. Defending champion Lackland Air Force Base Warhawks will have everybody returning from last year's team.

Several other teams that could prove to be formidable foes include the Langley Air Force Base Toalpom from Virginia, the Fort Knox Tankers from Kentucky, the Fort Meade Patriots from Maryland and the Air Force Academy Falcons.

Sheppard will enter this year with some old but big horses. Jim Davis leads the way with an impressive .850 batting average, hitting more than 50 percent of Sheppard's home runs this year.

Dennis Bubolz is batting .750 followed by Scott Shirley at .739, with Buk Bukowski checking in at .727.

The Senators have fared well in past tournaments. With seven top five finishes, including a world title, they have shown the most consistency and staying power.

"I make no promises except this...that we'll represent this installation with pride," said Christman.

Current world rankings from one through 10 are as follows: Randolph, Sheppard, Fort Meade, Andrews Air Force Base, Mad., Langley, Team Marine, Henderson Hall, Commando/Worth, Lackland and Fort Monroe.

Submit your sport stories to sheppard senator@sheppard.af.mil.

# Base pool schedule

Base pool passes are on sale at Bldg. 2117.  
 Passes for individuals: \$35. Family passes: \$65.  
 Daily fees are \$2 per person for  
 ages 16 and older, \$1 per person  
 for ages 4-15. Call 6-4141 for  
 more information.

## Main pool

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

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

North closed Tuesdays

South closed Thursdays

For more information, call 6-  
 6494.

## Bunker Hill water park

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



Wednesdays - closed  
 For more information, call 6-4161.

## Capehart pool

Saturday - Wednesday - noon -  
 7:45 p.m.

Thursdays and Fridays - closed  
 For more information, call 6-  
 4281.

## Water aerobics:

Monday, Wednesday and Friday  
 - noon, 5 and 6:15 p.m. at main  
 pool  
 Call 6-7491 for start dates.

## Lap swimming:

Now - Sept. 26, Monday - Friday - 10:30 a.m. -  
 12:45 p.m. at main pool

Like sports and want to  
 write about them, call 6-  
 7244 or send an e-mail to  
[sheppardsenator@sheppard.af.mil](mailto:sheppardsenator@sheppard.af.mil).

## Sports Shorts

### North lanes to rock, bowl Friday, Saturday nights

A glow-in-the-dark Rock It Bowl takes place every Friday and Saturday night from 5-11 p.m. at the north lanes. For more information, call 6-4806.

### Fastlanes Bowling underway at south lanes

Base bowling center customers have the opportunity to participate in a "Scratch 'n Win" game until Thursday. Call 6-2170 for more information.

### South bowling lanes to host no tap tournament

The south bowling lanes will host a no tap tournament Saturday beginning at 7 p.m. Cost is \$13 per person. For more information, call 6-2170.

### South fitness center return to fitness classes

The south fitness center holds classes for those who are returning to fitness after surgery or a lengthy illness. The class is also for those who haven't exercised and would like to start

slowly. The exercises are done with dumbbells, elastic bands and exercise tubes. The classes are held Monday, Wednesday and Friday from 8:15 a.m. to 9 a.m. For more information, call 6-2972.

