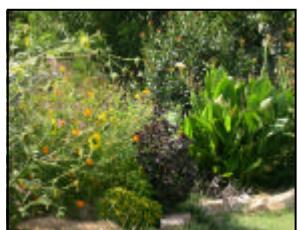


<b>Friday</b>  Partly cloudy Lo: 67°F Hi: 88°F	<b>Saturday</b>  Mostly cloudy Lo: 69°F Hi: 88°F	<b>Sunday</b>  Mostly cloudy Lo: 64°F Hi: 88°F
--	--	--

Retiree makes gardening her hobby of choice  
See Page 6



Senators, Lady Senators compete in AETC tourney  
See Page 1B



# Sheppard Senator



Combat Capability Starts Here

Vol. 57, No. 32

Sheppard Air Force Base, Texas

August 13, 2004



Chief Master Sgt. Luther Rose was finally brought home Aug. 6 after the aircraft he was in was shot down June 3, 1966 in Laos. Chief Rose was a gunner on an AC-47 Spooky, a close air support aircraft similar to the AC-130 gunships used today.

## Welcome home

Family has closure 38 years after loved one's death

By Senior Airman Chris Powell  
Base public communication

When the flag was folded and handed to Thelma Rose, she knew it was over; the sleepless nights, the 38 years of worrying and the hope that she'd ever see her son again were over.

Thirty-eight years of unknowns culminated to the long-awaited day when Mrs. Rose said hello and good-bye to her only son, Chief Master Sgt. Luther Rose, who was killed while serving in Vietnam in June 1966. Chief Rose was interned at Akers Cemetery in Sherman, Texas, Aug. 6.

"I'm glad they brought him back because now I know where he is," Mrs. Rose said after the emotional ceremony. "I enjoyed seeing all his friends and all the Air Force members here today."

Chief Rose's daughter was also at the ceremony.

"I'm proud I live in a country where we bring our service-members home to us," Janise Langford said. "It's been a long time and it's been even longer for my grandmother. It's hard to imagine losing your only son and never seeing the smile on his face again."

"There is closure today, and I appreciate our government for doing it," she said. "It says a lot for our country that we're still bringing them back."

The Sheppard Honor Guard removed Chief Rose's flag-cov-



Janise Langford, left, was 9 years old when her father was killed in action in Laos during the Vietnam War. Her grandmother, center, who lost her only child, Chief Master Sgt. Luther Rose, dries a tear as Brig. Gen. James Whitmore, 82nd Training Wing commander, presents a flag to her and Mrs. Langford.

ered casket from a hearse and placed it in front of Mrs. Rose and Mrs. Langford. Mrs. Rose clutched a tissue, wiping away tears as she welcomed her son home.

A 21-gun salute brought the eerie reality into focus with the crisp, resounding pop of each volley.

At the end of the ceremony, the honor guard folded the flag that would serve as the multi-tude of thanks from a grateful nation for the unselfish sacrifice Chief Rose made.

Brig. Gen. James Whitmore, 82nd Training Wing commander, presented the flag to Mrs. Rose and Mrs. Langford.

"This is a very emotional day, but it's something we must do. We owe it to those people who gave their lives," General Whitmore said. "We will never forget them and are always reminded that the families make sacrifices too."

While officiating the ceremony, Chaplain (Capt.) Sung-

See ROSE, Page 3

## Senior Airmen join ranks of NCOs

The Air Force has selected 13,625 of 33,306 eligible senior airmen for promotion to staff sergeant, including 105 from Sheppard.

The average selectee has 1.77 years time in grade and 4.39 years in service. Those selected will be promoted to staff sergeant from September to August 2005.

People who tested are expected to receive their score notices by the

end of August, allowing them to see just how their promotion fitness examination and specialty knowledge test scores rank against others within their Air Force specialty.

The following Team Sheppard members were selected for promotion to staff sergeant:

Benedict; Trent Bourland; Horatio Diaz-Delossantos; James Eckert; Chad Lohnes; Matthew Maher; Jon McPherson; Jason Nieves; Frederick Velasco; Donald Whitehead.

**82nd Communication Squadron**  
Jeffrey Adling; Glenn Belcher; Eric Hamp; Katy Larson; Sergio Mainville; Jesse Ransom; Michael Vollmer.

**82nd Comptroller Squadron**  
Ruth Powers

**82nd Dental Squadron**  
Juan Gomez-Garcia

**82nd Logistics Readiness Squadron**  
Dustin Cushing and Brandon Drake

**82nd Medical Operations Squadron**  
Cori Ash; Jene Atkins; Brock Bell; David Bingham; Melissa Brandon; John Bray III; Tugba Giles; Robert Gomez; Michael Guanill; Kirsten Leming; Mohammad Masum; Leesa Smith; Denise Woods.

**82nd Medical Support Squadron**  
Vanessa Jones; Sean Laplante; Adeena Mainville; Martinez Negron; Harmony Prisk; Dwayne Salmon; Catherine Sundberg; and Marquise Washington.

**82nd Mission Support Squadron**  
Sheree Stovall

**82nd Training Wing**  
Lapilio Auwae; William Daniels; and Uridisee Johnson.

**90th Flying Training Squadron**  
Ashley McGee

**360th Training Squadron**  
John Culp; Anthony Manzella; David Morgan; Michael Nielsen; Joseph Severyn; Christian Sickles; Daniel Valenzuela; and John Zammat.

**361st Training Squadron**  
Amber Snodgrass (Det. B) and Clint Duchow (Det. 1)

**362nd Training Squadron**  
Jeffrey Skaggs

**363rd Training Squadron**  
Denise Taylor

**365th Training Squadron**  
Michael Mix; Matthew Pachuta; Scott Pappas; and Keith Robbins

**366th Training Squadron**  
Justin Finney (Det. 6); Shaniquea Forbes (Det. 3); Shelby Goodsell; Chad Harden; Rosalie Huff (Det. 7); Rachel Mendoza; Bradley Newsome; Regina Williamson (Det. 3); and Shanco Williams.

**367th Training Squadron**  
Scott Douglass

**372nd Training Squadron**  
Fred Frazier III (Det. 4) and Jennifer Larson (Det. 4)

**373rd Training Squadron**  
Robert Young (Det. 3) and Joshua Boomer (Det. 12)

**381st Training Squadron**  
Joshua Miller; Dalia Morales; and Hilda Rodriguez.

## Wings offer wild 'incentives' for successful personnel

By 1st Lt Nathan Broshear  
Base public communication

For every person in the Air Force, there's only one end goal to their job: successfully launching aircraft missions.

While many members are actual pilots, the majority of Air Force staff will never know the thrill of pulling "g's" or dogfighting. Unless, of course, they're lucky enough to get an "orientation flight."

These rare privileges may seem elusive until one understands how the program works. A common confusion: What is the difference between "orientation," "incentive" and "familiarization flights?"

The regulation that outlines orientation flight guidelines is Air Force Instruction 11-401 Aviation Management. Orientation is the umbrella term for aircraft missions that are focused on showing non-flying members what it is to fly in Air Force jets. Incentive and Familiarization are categories of orientation flights.

Incentive flights are the orientation rides used to give active duty and Air Reserve Component members a taste of the core Air Force mission. These flights typically last about an hour, with pilots performing the standard maneuvers to illustrate skills every Air Force aviator has mastered.

Familiarization flights are missions that give staffs that have direct contact with aircraft an understanding of how their job fits in to the overall flightline operation. Examples would include maintainers, life support staff and aerospace medicine personnel.

Unlike incentive flights, which are for military personnel only, civilians are authorized to receive familiarization flights.

Public Affairs flights are aircraft missions for public officials, distinguished visitors and the media. Like familiarization or incentive flights, these types of sorties are invaluable in increasing the public's understanding of the roles and missions of the Air Force.

They also help to generate mountains of positive publicity for the hard-working maintainers and support personnel who keep aircraft mission-ready.

Master Sgt. Jeff Szczechowski, the non-commissioned officer-in-charge at the base public affairs office, said an agreement between the 82nd Training Wing and the 80th Flying



A ROTC cadet gets ready for an incentive flight at Aerospace Physiology at the 80th Flying Training Wing. Seat training is part of the pre-flight requirements for individuals taking part in the orientation flight program.

Training Wing provides only 12 incentive flights per year for each wing. The goal is to recognize the "best and brightest" at Sheppard.

"The bulk of these awards are offered to wing annual award winners," Sergeant Szczechowski said. "But for one reason or another, some people turn them down...so there's sometimes room to recognize other outstanding performers."

The first step in requesting an incentive flight is to follow the chain of command.

"It's important to work with your squadron and group commander before submitting the paperwork to the public affairs office," Sergeant Szczechowski said.

See FLIGHTS, Page 4



**Index**

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



## 34 graduate from ENJJPT Class 04-07

Thirty four pilots will graduate from the 80th Flying Training Wing's Euro-NATO Joint Jet Pilot Training program during ceremonies tonight at 7 p.m. at 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 04-07 includes 22 pilots from the United States, five from Italy, four from Germany, two from The

Netherlands and one from Turkey.

The guest speaker for tonight's graduation is Maj. Gen. J.H. de Jong, commander of the Tactical Air Force of the Royal Netherlands Air Force. General de Jong completed pilot training in 1976. He has flown the NF-5, F-104 and F-16 during his career. The general has held several staff positions within the RAAF.



CAPT. PAUL BIRCH  
UNITED STATES  
F-15E



2ND GREGORY BOLAND  
UNITED STATES  
F-16



2ND LT. WILLIAM BOLTON  
UNITED STATES  
F-16



2ND LT. WILLIAM BROWN  
UNITED STATES  
T-37



2ND LT. MATTHEW COPPOLA  
UNITED STATES  
B-52



2ND LT. ZACHARY COUNTS  
UNITED STATES  
F-16



CDT. GABE DE VRIES  
THE NETHERLANDS  
F-16



1ST LT. JENNIFER DICARLO  
UNITED STATES  
B-1



2ND LT. BEAU DIERS  
UNITED STATES  
F-16



2ND LT. DANIEL DRAG  
UNITED STATES  
A-10



2ND LT. KAI FILIKOWSKI  
GERMANY  
TORNADO



1ST LT. MATTHEW GAETKE  
UNITED STATES  
F-16



2ND LT. BRIAN GARRETT  
UNITED STATES  
F-15C



1ST LT. MAURIZIO GENTILI  
ITALY  
HH3F



1ST LT. LUKAS GRETZKY  
GERMANY  
TORNADO



2ND LT. RYAN HOSTE  
UNITED STATES  
A-10



2ND LT. JOHN HOWLEY  
UNITED STATES  
A-10



1ST LT. WOLFGANG KAISER  
GERMANY  
TORNADO



2ND LT. PATRICK KILLINGSWORTH  
UNITED STATES, F-15C



1ST LT. KYLE LANTO  
UNITED STATES  
A-10



1ST LT. LUIGI MINNELLA  
ATLANTIC



2ND LT. SAMUEL MORELAND  
UNITED STATES  
A-10



2ND LT. CHRIS MORTON  
UNITED STATES  
F-16



1ST LT. MICHELE NASTO  
ITALY  
AMX



2ND LT. RYAN OWEN  
UNITED STATES  
F-15C



1ST LT. FEDERICO PETRACCA  
ITALY  
F-16



1ST LT. ENZO PETRINO  
ITALY  
TORNADO



2ND LT. MATTHEW QUAY  
UNITED STATES  
F-16



1ST LT. TIMOTHY SPAULDING  
UNITED STATES  
F-15E



1ST LT. LUCAS TEEL  
UNITED STATES  
F-15E



1ST LT. ALEXANDER TOEWS  
GERMANY  
TORNADO



2ND LT. MUSTAFA TURAN  
TURKEY  
F-4E



CDT. DENNIS VAN NISTELROOIJ  
THE NETHERLANDS, F-16



CAPT. SCOTT WEYERMULLER  
UNITED STATES, B-52

# Sheppard holds first BIC ceremony

By Airman 1st Class Jacque Lickteig  
Staff writer

Sheppard's Basic Instructor Course has been here for more than 60 years, but no one has ever graduated.

They haven't done so in a formal ceremony, that is.

Wednesday, 35 Armed Services instructors etched their names in Sheppard's history books when they graduated in the bases' first BIC graduation ceremony.

82nd Training Wing Training Operations Director Don Aday launched the idea for a formal ceremony about six months ago "to bring an appropriate level of respect and acknowledgement to our instructors who are the very heart of our mission," Gary Stevenson, instructor supervisor of the resident presentation courses, said.

And, each instructor earns that respect and acknowledgement by mastering the

fundamentals of teaching, AETC policies and procedures and counseling and training methods in just 25 academic days.

At the graduation, Col. Denise Ridgway, commander of the 782nd Training Group and keynote speaker, presented the Soldiers, Seaman and Airmen their diplomas after reminding them about the importance of their jobs as instructors.

As the students looked on in anticipation, Rhonda Taylor, 82nd Training Wing Faculty Development chief, gave each graduate an Air Education and Training Command instructor badge.

"It is important for the men and women of Team Sheppard to understand the significant responsibility these newly assigned instructors take on when they pin on the badge and go to work," Mr. Stevenson said.

That role is reflected in the Instructor's Code of Ethics each graduate now lives by, which says:

■ I will seek and share the truth and will

maintain the highest standards of professional integrity.

■ I will govern my behavior by those principles, which my conscience establishes as ethically sound.

■ I will recognize in each student a unique human personality and will strive to help every student reach his or her highest potential.

■ I will deal impartially with students, regardless of their physical, mental, social, racial, or religious characteristics.

■ I will strive to broaden my understanding and deepen my knowledge so that I may be a better Air Force educational leader.

■ I will contribute to, and loyally support, the educational program of my school.

■ I will always be conscious of my privilege and responsibility to preserve and strengthen the United States, its Constitution, and its ideals.

## Briefly Speaking

### CPTS closing for an afternoon

The 82nd Comptroller Squadron will close at noon Aug. 20 for an official function. For emergencies, call 6-6266.

### Auto Skills closing for floor a week

The Auto Skills shop will be closed Aug. 21-27 for floor renovations.

The floors will be re-topped and re-finished during that time. For more information, call 6-4810.

### Airmen score 90 or better on CDCs

The following Airmen scored a 90 percent or better on their Career Development Course exams recently:

Staff Sgt. Jacob McManahan, 92; Staff Sgt. Michael Topping, 91; Airman Zachary Norris, 90; Airman Casey Rinear, 90; and Airman Erica De la Concha, 90.

### Family Care Plan prepares families

Air Force personnel are deploying at an all-time high to meet the challenges of supporting contingency operations.

Each Air Force member is responsible for the care of family members during these circumstances. The Air Force assures itself of an available force to meet all of its needs by making certain that each member has made adequate arrangements for the care of his/her family members.

Contact your First Sergeant for more information.

### Sheppard coins for sale

Team Sheppard coin are now on sale through the Sheppard Top-3 Enlisted Council.

The coins are \$6 each. For more information, call Master Sgt. Michael Nowlin at 6-3466 or Master Sgt. Tracy Evans at 6-4676.

### SAI mentors needed for 2004-05 year

The Student Achievement Initiative Program for the 2004-2005 school year needs mentors. 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.

## ROSE

Continued from Page 1

Joe Park gave words of encouragement to Chief Rose's family.

"They sacrificed their lives for the sake of justice and peace," he said. "And Luther was one of them."

Even when Chief Rose was a child, his love for planes was evident, his mother said.

"He was always building model airplanes," Mrs. Rose recalled. "I took him to an air show once and he walked up to an AC-47 and said he wanted to fly it someday."

Chief Master Sgt. Rose, who was then a technical sergeant at the time, was serving as a gunner on an AC-47 Spooky gunship on a nighttime armed reconnaissance mission over southern Laos June 3, 1966. At about 9:25 p.m., the aircraft radioed "we have a hot fire," and another radio transmission was heard to order "bail out."

Witnesses reported the aircraft was on fire, then crashed into a heavily wooded area 30 miles northeast of Tchepone, in the Khannouan Province, Laos. No parachutes from the six-member crew were observed and no emergency beepers were heard.

An aerial search of the site found no evidence of survivors.

In cooperation with the Laotian government, a joint team of U.S. and Lao specialists traveled to a suspected crash site in Khammouan Province in October 1994 where a villager took them to an area where personal effects, aircraft wreckage, crew-related materials and a crew member's identification tag were found.

In May-June 1995, a joint U.S.-Lao team excavated the site where they recovered human remains as well as identification media of other aircrew members. The U.S. recovery

team members were from the Central Identification Laboratory, Hawaii.

CILHI scientists applied a wide array of forensic techniques to the recovered remains, including comparisons of dental charts and x-rays, as well as the use of mitochondrial DNA sequencing.

The DNA sequencing was done by the Armed Forces DNA Identification Laboratory, whose results aided the CILHI scientists in making the final identification of Chief Rose and the other crewmembers.

More than 88,000 Americans are missing in action from all conflicts. Of these, 1,855 are from the Vietnam War.



Photo by Senior Airman Chris Powell

**Tech. Sgt. Earl Craig salutes the American flag before Chief Master Sgt. Lupe Ruiz, 82nd Training Wing command chief, passes it to Brig. Gen. James Whitmore, 82nd TRW commander.**



**Aye,  
aye  
general**

Courtesy photo

Brig. Gen. James Whitmore, 82nd Training Wing commander, meets retired Boatswains Mate Delbert "Bos'n" Scott during the general's visit to the 882nd Training Group. The Navy traditionally holds a "piping aboard" ceremony as a show of respect for flag officers.

## FLIGHTS

Continued from Page 1

Once everyone is on board, requesters must complete Air Education and Training Command Form 327 Orientation Flight Request.

The request is then routed through the 82nd TRW vice commander. Once the vice commander approves, it's routed to the 80th FTW commander for final approval and later to flight scheduling.

"It's important to understand that this process takes time," Sergeant Szczechowski added. "Get your commander's approval and get the paperwork started early."

At the 80th FTW, flight scheduling confers with the training squadrons to find a unit that can perform the mission.

"Our number one mission is training," said Captain Chris Snodgrass, chief of wing scheduling at the 80th FTW. "That said, when a squadron can fit an incentive sortie into their calendar, they're happy to share with our team what we do everyday."

Once scheduled, members approved for an incentive flight still need to accomplish several tasks.

"Before takeoff, each person must undergo a medical evaluation at flight medicine, receive training on emergency procedures at aerospace physiology and visit the life support shop," Capt. Snodgrass pointed out.

The life support staff work hard to ensure that orientation flights go smoothly.

"Depending on which aircraft the person is flying they'll need to be fitted for boots, flightsuit and g-suit, helmet, mask and gloves," said Diane Silver, a life support technician at the 80th FTW. "It's a lot of preparation so we usually need at least 24 hours to get the equipment ready."

Staff who have worked hard for an incentive flight pay close attention to one part of Ms. Silver's presentation in particu-

# PA officer soars over Texoma in Tweet

By 1st Lt. Nathan Broshear

Base public communication

As 1st Lt. Eric Flatten strapped in to the T-37 Tweet aircraft, he was as calm and relaxed as any person might be as they get into their car before heading off to work.

But as I sat next to him last week, I felt like I was at the top of the first hill on an enormous roller coaster. My senses were heightened as I soaked in every moment...for a second I imagined, "I'm a fighter pilot."

As a member of the First Assignment Instructor Pilot "Mafia" at the 89th Flying Training Squadron, Lieutenant "Flats" Flatten is used to working with new flyers. But on this particular morning he was flying a Public Affairs officer (me) in a formation that included not only his immediate supervisor, Lt. Col. Jeff Snell, the commander of the 89th FTS, but also 80th Flying Training Wing Commander Col. H.D. Polumbo.

Most people would be a little tense. Lieutenant Flatten showed no signs of worry. He started the plane and went through his pre-flight checklist with all the drama of a routine repeated hundreds of times. "This guy is a machine," I thought.

As we taxied towards our runway, my excitement started to build. Lieutenant Flatten looked over and asked, "Nervous?"

"A little..." I fibbed.

Inside, I was bouncing off the canopy and screaming, "This is sooooo cool!"

As the engines wound up, the tiny airplane began to rumble. We started down the runway, quickly gaining speed. Before I knew it, we were airborne.

During the flight, Lieutenant Flatten flew in formation with the other aircraft as simply as

he was driving to work. In a way, I guess he was.

He modulated the throttle to keep the other plane at a 45 degree angle in front of us. I'd never been this close to another airplane while in flight. With miles and miles of airspace around us, I could clearly see the other pilots talking and gesture towards me.

After peeling off from Colonel Polumbo's wing we headed for the Wichita Mountains. We settled into an area of space that allowed us to perform maneuvers without getting near any other aircraft.

We were free to climb, roll and dive as long as we stayed, "between that town and that road over there," Lieutenant Flatten explained. The instructor had spent so much time in the skies over Texoma that he'd literally memorized the charts and features of what I had long considered a feature-less part of the country.

"Ready to go inverted?" my host asked.

"Are you sure?" I replied.

"Everyone should go inverted at least once a day," he joked. How could I argue with that sort of logic? It was especially hard considering he had the controls.

For about an hour, Lieutenant Flatten put the aircraft through its paces, all the while, being careful to check on my condition. I tried to sound cool and relaxed as I assured him that this was an amazing experience...regardless of how my body felt about the endeavor.

I imagined I was a real fighter pilot, diving in on an enemy position. In the next moment, I was attacking a MIG. "I can't believe you get paid to do this," I said.

"It's the greatest job in the world," Lieutenant Flatten said.

At that moment, I couldn't have agreed more.

lar.

"We're the people who fit you with a parachute," said Ms. Silver. "These flights are an amazing experience, but safety is always the most important component to any flight."

During the flight, instructors perform standard maneuvers that every student pilot will learn during their training at

Sheppard. These may include rolls, banks, dives and loops. For recipients of an incentive flight, what might be routine to an aviator quickly turns into the thrill of a lifetime.

"It doesn't matter how they felt during the flight," said Ms. Silver. "Everyone comes back with the same expression...amazing!"

This summer, the 80th FTW has given 66 orientation flights to ROTC and Air Force Academy students. In any given year, the wing provides about 100 orientation flights; about half on T-37s, the other on T-38s.

For more information on orientation flights or the orientation flight program, please contact base public affairs at 6-2732.



# Taking time to smell the flowers

**By Carolyn Knothe**  
*Base public communication*

Anyone who believes that a big, beautiful garden can't be grown in Texas should visit Amy Bobrowitz's backyard.

After her retirement, the retired Air Force mother of two said she was finally able to settle down in one place, enter a master gardener program and begin her garden.

"My father was a farmer and gardening was more of a chore for me when I was younger," Mrs. Bobrowitz said.

But now she has a passion for gardening that cannot be quenched, and although Texas doesn't seem like the ideal place to garden, Miss Bobrowitz has succeeded.

"Texas has a great climate for gardening," she said. "The winters are very mild."

These mild winters allow plants that would normally be annuals, or survive for only one season, to be perennials and survive through the winter.

But it's not just the temperature that helps her garden blossom.

"I mulch with leaves about waist-deep in the winter," Mrs. Bobrowitz said. "This protects the plants from the cold."

Miss Bobrowitz's backyard is a riot of color, provided by

sunflowers, California poppies, lantanas, chrysanthemums and roses.

Sweet potato and morning glory vines twine around a rusty tricycle and spill into the yard.

She has tomatoes, squash and okra growing in her vegetable garden as well.

"I try to garden for free," Mrs. Bobrowitz said. "I get many of my plants at plant-trading events, pick up the mulching leaves from piles in base housing and do my own composting."

Although many people think of a compost pile as a smelly mess, a real one has an earthy smell and produces a nutrient-rich mixture of organic material.

Miss Bobrowitz said she puts vegetable peelings, grass clippings, junk mail and even socks (they take seven months to decay) into her compost pile. It is housed in a wire frame with an aeration tube down the center to help the pile decompose.

"It gives off so much heat while decomposing that I'm afraid it might catch on fire," she said while stirring the compost to even out the material.

This rich material is then spread onto her flower beds, which all started out as news-

papers simply laid onto the grass. Mrs. Bobrowitz points to her chrysanthemums as an example of the power of composting.

"These mums were about mid-calf level six years ago when we lived in Capehart housing," she said. "Now, with using compost, they're a hedge."

If it has been hotter than normal and her plants need a shot of nutrients, Mrs. Bobrowitz puts a bit of compost in a five-gallon bucket of water and lets it sit in the sun. The mixture "smells so bad my dogs won't even go near it," she said, but the plants get the most benefit out of it.

The resulting "compost tea" can be used to water plants that need a little extra attention in the summer.

Mrs. Bobrowitz started many of her plants in the winter, planting them in plastic bags and leaving them outside in the cold. They adapted to the cold and became hardy, then began growing fast once the warm weather arrived. Her zinnias, for example, are waist-high.

Her advice for gardeners is that over-tending a garden can be dangerous, and that "garden-ing doesn't have to be expensive."

## Commander's Corner

### Preparing Airmen for the fight

By Lt. Col. Mack Breeland  
360th Training Squadron commander

When most of us think of sorties, we think airplanes.

While that is true for the 80th Flying Training Wing, the 82nd Training Wing also flies sorties – every new Airman going through technical training here.

Our primary responsibility is to ensure they are successfully launched to their next technical school or operational assignment. I want to quickly talk about our role in preparing these Airmen for their next sortie and ensuring their readiness for the flight.

Aircraft maintenance is a dangerous business and there are many pieces to the puzzle. I think it's important we focus on the basics first.

I often emphasize to squadron personnel that we first need to ensure our Airmen understand and apply "Maintenance 101" and "Safety 101" to their daily work.

"Maintenance 101" include use of technical data, control of tools, documentation of maintenance in aircraft forms and required computer system(s), wearing line badges on the flightline, emptying pockets when entering cockpit, etc. "Safety 101" include wearing reflective belts during darkness, not wearing rings while working on equipment and/or aircraft, not wearing hats on flightline that could lead to foreign object damage to an engine, wearing required ear protection and all required personal protective equipment, etc.

These are just a few examples that are easily explained, but are not always followed.

All maintainers have war stories that illustrate how someone who chose not to follow technical data caused aircraft damage, or how someone who did not comply with a safety requirement was injured on the job. Our goal is to prevent future war stories and we have a great opportunity to do this through the technical training we provide to future maintainers.

Instructors need to emphasize these basic principles daily in the classroom and while conducting hands-on training. We all need to set the right example and a good starting point for a maintainer, ensuring we use and follow all applicable technical data. When we follow the technical data and all the required warnings and cautions, we are on the right road to complying with "Maintenance 101" and "Safety 101" procedures.

All personnel must be instantly familiar with these new guidelines and ensure our Airmen are made aware of current changes and we have updated the curriculum to reflect the changes.

As we prepare for the Air Education and Training Command Operational Readiness Inspection in October, everyone should review their programs and all applicable checklists to ensure full compliance. By being in compliance, we do our part to help prepare future maintainers for the fight.

We all have training requirements that include everything from basic ancillary training to health-related items. For those individual's on a deployment tasking, there are often additional

training items required to include having your deployment bag ready to go and specialized training like weapons qualification and chemical warfare training.

Many requirements are the individual's responsibility to comply with, including keeping your immunizations current, having an annual physical health assessment, etc. Why wait for the commander or his staff to send you an e-mail about your overdue requirement?

If you know something is coming due, do your part to ensure you do not go overdue. Make sure your deployment bag has all required items.

Setting the example and complying with all these requirements shows the young Airmen you are serious about the requirements and they then know what's expected of them for current requirements and those they will have in the future.

Another example of preparing for the fight is the new Air Force's Fit to Fight program. We all know that fitness is important to our ability to do our daily job and being fit helps us sustain our ability to work in a hostile area when we are wearing additional safety/security gear and performing in a more demanding environment.

Is each individual doing what they need to do to ensure they are fit? Are you ready to go to the fight?

We need to make sure we do everything within our power, both individually and as a technical school, to prepare our Airmen for their next sortie. Let's ensure everyone is ready for the fight.



No. 3

### Clever Captions

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



No. 2's winning caption: **What? The parking spaces for the "nursing" staff were full by Bob Barker, 82nd CES**  
Runner up: **mmmmMoose juice** by Senior Airman Sarah Shatzel, 82 CS

### Wingman program is about family

By Chief Master Sgt. Edward Williams  
82nd Training Wing

The Wingman program is a simple but powerful concept.

It is about taking care of the Airman next to you.

But, it goes even further than that when you consider the foundation of our military society. The Wingman program is also about taking care of the members of our family.

The Air Force is far more than a military organization; it is a family. We often hear people say that the U.S. Air Force is the world's greatest air-power.

But, even more than the weapons we wield, the reason we are the world's greatest airpower is the people that make up our family. We take care of our own, and that gives each of us the motivation to give our absolute best effort in everything we do.

When one member deploys, another steps in to help out the family who is left behind. When a member receives bad news from back home, we quickly get them on the road so they can tend to the situation.

When a member is ill, we provide them the best medical care available to help speed their recovery. When we do these things, we help keep our family mentally and physically healthy, safe, and motivated to give their all to the rest of the family.

In this way we are all Wingmen every day.

Here at Sheppard, we strongly encourage our newest family members, the non-prior-service Airmen, to adopt this Wingman concept. We encourage them to watch out for and take care of

each other.

But still, we have many incidents where a Wingman might have helped to prevent or avoid a bad situation.

Perhaps we have not done enough to remind them that their Wingman is also a member of their family.

It disturbs me that I find myself just a little worried every time I see a group of NPS Airmen purchasing alcoholic beverages. I know that they are 21 years old or older and should be able to drink responsibly, but I worry that they won't watch out for each other.

It disturbs me even more when I hear about a sexual assault on one of our female NPS Airmen.

I wonder where her Wingmen were. I think that she should have been the safest of all, because she had family around her.

If all of these Airmen truly accepted their role as not only Wingmen, but also family members, my worries would be completely unfounded.

Would you assault or allow your sister to be assaulted? Would you stand by while your brother drinks and then drives?

If you consider your Wingman a member of your family, I believe you will do much more to protect them.

I encourage each of you to always employ the Wingman concept. You are a Wingman for every other member of our Air Force.

Remember that we are the world's greatest air-power, but never forget why that is true.

We achieve greatness only because of the people who make up our family. So, always take care of your Wingman, because he or she is not just another person; he or she is a member of your family.

### Are you ready?

ESOHCAMP to come to Sheppard Aug. 23

By Tim Hunter  
82nd Civil Engineer Squadron

By now everyone is aware Environmental Safety Occupational Health Compliance Assessment and Management Program is coming, but are you ready?

When the ESOHCAMP team members come to see you, take charge and begin the interview by showing the "positive" or environmentally great things you're doing in your areas. After you've established the positive tone, then let them ask you the questions on their protocol lists.

Just like the old saying "Cleanliness is next to Godliness" most of us could stand to do a little house clean-

ing in our work areas. General house cleaning and sorting through our "excess stuff" goes a long way in making that positive impression we all want to make when we meet some one new and especially if that person or persons are here to evaluate our programs and the way we conduct our business.

By doing some cleaning up now, you'll also be preparing for the upcoming ORI in October. Are you're recyclables in the right place?

Are your storage cabinets clean and orderly with nothing incompatible stored in them? Do you have your records filed in an orderly manner and are they neat? Is your shop straight and clean?

Does the newest person in

your shop know where the spill kit and Material Safety Data Sheets are located? Does your work area reflect the pride you take in your job?

Sheppard has a proud history of being one of the best and is often used as an example, not only in AETC, but the Air Force. The saying "if you're not the leader, the view never changes" is very true and Sheppard has always been a leader.

The 82nd Civil Engineer Squadron Environmental Flight is ready and willing to assist you if you have any questions and may be reached at 6-6840.

ESOHCAMP is coming and there are 6 working days left for us to prepare.

Are you ready?



Photo by Mike Fiere

### Super civilian

Col. Mark Atkinson, 82nd Training Wing vice commander, presents the 2003 AETC Support Civilian of the Year Award to Dave Ferry, from the 82nd Training Group.

### Safety office reminder: lift it twice

By Ron Davis

82nd Training Wing Safety Office

Most of you have heard the general rules of safe lifting.

Remember to "get a firm grip on the load, keep it close, bend at the knees, use your legs to lift the load and keep your spine in the natural position (with an arch in your lower back)."

These principles always apply and should be incorporated into every lift – if possible. Given the enormous number of "risky" lifting situations that you could be faced with at your place of work and at home, you may not be able to apply these principles every time. This is why you must always remember to lift it twice.

The act of lifting is the same as any other movement that you

can learn to do better with practice. As you know, the more you practice a skill the better you become at doing it.

But preparing to master a skill normally involves mental as well as physical training. Consider bowling, golf, skiing or sharp shooting. You think carefully about the movements you're going to make before you do them.

This is the only way to get them right – at least until they become second nature.

Most of you know the proper way to physically lift an item, but how many of you are aware that you need to lift the item twice.

Your first lift is a mental lift. Think about the lift prior to actually doing it:

How am I going to lift the

item? Can I do it myself or should I get some help?

How heavy is the item? Do I need to use mechanical assistance?

Where am I taking the item being lifted? Is it a difficult path or a distance to go?

What hazards may hamper the lift or obstruct the travel path?

Eliminate those hazards before you lift the item. The second lift is the actual physical lift. Here is where you carry out your plan. Use proper body mechanics and techniques while going through the motions.

Most importantly, keep the load as close to your body as possible.

Next time someone tells you to lift twice remember: Two lifts means less risk of a back strain

### Sheppard Senator

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

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

Company of the products or services advertised.

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



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

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

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

Look for Clever Captions on Page 7.

WANT TO QUIT SMOKING? CHECK OUT THE SMOKING CESSATION CLASSES AT THE HEALTH AND WELLNESS CENTER. FOR INFORMATION, CALL 6-4292.

**In FILM**



**Spider-Man 2 (PG-13)**

Today at 6:30 p.m.  
Saturday at 4:30 and 9 p.m.  
Sunday at 4:30 p.m.  
Thursday at 7 p.m.  
Tobey Maguire, Kirsten Dunst - Peter faces new challenges as he tries to balance his dual identities as the web-slinging superhero and a college student.



**Sleepover (PG)**

Today at 9 p.m.  
Saturday at 2 p.m.  
Sunday at 2 p.m.  
Alexa Vega, Mika Boorem - With high school looming before them, four teenage girls have a slumber party at Julie's house which ends up being one of the most eventful nights of their lives thus far.

**Sheppard Spotlight**

*15 lines of fame*

1. **Name:** Jessica Beal
2. **Rank:** second lieutenant
3. **Organization and position:** 82nd Medical Support Squadron Nutritional Medicine Flight, commander
4. **Most rewarding aspect of your job:** All of the people I work with.
5. **Why did you join the Air Force?** My dad was career Air Force. I grew up with the AF family, and when Dad retired, I found out I missed the life.
6. **Favorite Air Force assignment:** This is my first assignment, but when Dad was in the Air Force, Spangdahlem, Germany, was our best assignment. If I ever go back to Germany, I have a waiting list of people who are coming over to visit.
7. **Date arrived at Sheppard:** May 31, 2003.
8. **Hometown:** Champaign, Ill.
9. **Married or single:** Single.
10. **Favorite thing(s) to do in your free time:** Girls' night, watching college football, cook-

ing, going on walks with friends, driving and shopping.

11. **Funniest childhood memory:** Dressing up my male cousins and little brother in my grandma's old clothing.

12. **Favorite book or movie:** Anything by Jane Austen or "Monty Python".

13. **Dream vacation:** Alaskan cruise.

14. **If you could be anyone for one day, who would you be?** Laura Bush.

15. **Other than your family, what is your most prized possession?** A silver cross that my Dad gave my Mom. She gave it to me for my 21st birthday.



**Chapel schedule**

**Catholic services**  
*Confession by appointment only*

**Sunday**  
Mass: 9 a.m. (*south chapel*); noon (*Solid Rock Cafe*); 5 p.m. (*south chapel*)

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

**Protestant services**  
**Sunday**  
10:30 a.m. Community Worship (*Bldg. 1900*)  
10:30 a.m. Inspirational Gospel Worship (*south chapel*)  
10:30 a.m. Holy

Communion Worship (*Solid Rock Cafe*)

**Protestant Parish Ministries**  
Protestant Men of the Chapel: Saturday, 6:30 a.m. (*south chapel*)

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

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

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

Thursday, noon Bible Study, lunch provided (*south chapel*)  
PWOC Thursday Bible study, 6 p.m.  
PMOC Tuesday Bible study,

6 a.m.  
For more information about other religious activities, call the base chapel at 6-4370.

**Student stuff**

**FTS**  
**Saturday** - Softball will begin at 10 a.m. at the north fitness center. For more information, call 6-6336.

**Student ministry**

**Solid Rock Cafe (Bldg. 450)**  
Monday through Thursday, 7:30 a.m. to 9:30 p.m. Friday, 7:30 a.m. to 11:30 p.m. Saturday, 1 to 11:30 p.m., Sunday, 1 to 9:30 p.m.

Sunday Protestant Bible study, 4 p.m.  
Contemporary Praise Worship Service, 5 p.m.  
Holy Communion Worship, 10:30 a.m.

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

Chapel Ropes Meeting, Tuesday, 11 a.m. to noon and 4:15 to 5 p.m.

Parents and Tots, Monday, 1:30 to 3:30 p.m. and Wednesday, 10 to 11 a.m.

Praise Band Rehearsal, Saturday, 10 a.m. to noon.  
Solid Rock Saturday Meal, 6:15 p.m.



# Sheppard Sports



## Lady Senators place fourth at tourney

By Ron "Bama" Brown  
982nd Maintenance Squadron

The Sheppard Lady Senators finished fourth in the 2004 Air Education and Training Command varsity softball tournament held at Lackland Air Force Base, Tx. last weekend.

Each base within AETC sent a squad of their very best to represent their respective base. The competition was extremely tough and the weather played a larger factor than most would have imagined. During the first day of competition, the temperature and the humidity level both topped 100.

Right out of the gate, the Lady Senators faced the defending AETC ladies champions, the Lackland Warhawks.

Lackland drew first blood with seven unanswered runs in the first inning. The

Lady Senators were unable to match the intensity of the Warhawks. The Warhawks added two more runs in the third the Senators were quickly down 9-0.

In the fourth inning, the Lady Senators began to show some life. A two run inning broke the goose egg on the scoreboard and two strong defensive innings later, the score stood at 9-3.

In the sixth inning, the Lady Senators were still very much in the ball game against the defending champions.

Going in to the seventh inning, the impossible was still possible. True to championship form, Lackland added six runs and held the Senators to one more run to win a tougher than expected game 14-4. Despite the loss, the Sheppard ladies team took a giant leap forward with a display of solid defense.

The challenges just kept coming as the Lady Senators had to face yet another strong contender, in Maxwell. This is another team, which has a long history of winning, and expectations are always high.

After witnessing the game between Sheppard and Lackland, Maxwell tried to impose their will early. A six run outing in the first seem to mirror the first game. It seemed to be an almost exact duplicate.

Sheppard played tough but didn't get the offense started until late in the game. Maxwell claimed a tougher than expected win 14-3. Kelli Morris batted 3 for 4 and began to heat up offensively, ending the tournament with a strong .608 tournament batting average.

In the last game of the round robin,

See **TOURNEY**, Page 3B



Courtesy photo

The Lady Senators placed fourth in the 2004 Air Education and Training Command varsity softball tournament held at Lackland Air Force Base, Tx. last weekend.

## 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.

### NFL Punt, Pass and Kick

The National Football League Punt, Pass and Kick competition is at 10 a.m. Aug. 21 at the youth baseball fields for youth ages 8 to 15 years old.

Activities will include passing for distance, kicking for distance, and punting for distance.

Participants will receive a certificate and ribbons will be awarded for first through third places.

Information is available at [http://www.nfl youthfootball.com/exec/nfl\\_ppk/index.cfm?publicationID=23](http://www.nfl youthfootball.com/exec/nfl_ppk/index.cfm?publicationID=23). For more information, call the youth center at 6-5437 or 6-2342.

### Football Frenzy

Football Frenzy is here again and time to think about the exciting games and the opportunities to win an all-expenses paid trip to Florida for the Atlanta Falcons and Tampa Bay Buccaneers game, or a paid trip to the Super Bowl or Pro Bowl.

Other prizes will consist of plasma TVs and Microsoft Xbox systems.

Pre-season football games are at 6:30 a.m. Aug. 20, 7 p.m. Aug. 26 and Aug. 27 and at 6 p.m. Sept. 3 at the enlisted club.

The enlisted club is hosting the preseason games for Dallas at Houston at 7 p.m. Aug. 14, Dallas at Oakland at 8 p.m. Aug. 21 at and Kansas City at Dallas at 8 p.m. Sept. 2.

Football Frenzy will be every Monday night at the enlisted club.

Draft Night will begin Sept. 13 at the enlisted club to accompany the Football Frenzy.

### 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.



Photo by Senior Airman Chris Powell

Tech Sgt. Steven Peterson will try to break his personal best powerlift of 1,400 pounds by lifting 1,500 pounds. The powerlift competition consists of a squat, bench press and deadlift.

## Sheppard NCO looks to set record at powerlifting meet

By Senior Airman Chris Powell  
Senator sports editor

A 363rd Training Squadron member will travel to Las Vegas to try to powerlift more than all other military competitors in the 220-pound weight class during the Amateur Athletic Union 2004 Military Nationals Saturday.

Tech. Sgt. Steven Peterson will also try to break his personal best with a combined lift of 1,500 pounds.

"I expect to do pretty good over there," he said. "But in pow-

erlifting, everyone roots for one another. It's one of those sports where you want everyone to lift well and do good."

A powerlift competition consists of a squat, bench press and deadlift.

Peterson holds the military's powerlifting record in his weight class with a combined lift of 1,400 pounds.

"Im going to try to squat 540 pounds, benchpress 400 pounds and deadlift between 560 and 580 pounds," he said.

While trying to lift the weight

is one part of a powerlift, technique is also very important to the judges, he said.

Peterson has been lifting for 14 years and holds several championships.

"I won the 2003 AAU military nationals and the 2003 Air Education and Training Command championships in the 220 pound weight class," Peterson said.

During the competition, Peterson will get three lifts in each category, and the judges will record the best lifts out of each category.

## Heartbreak Kid visits former high school

By Staff Sgt. Lindsey Maurice  
12th Flying Training Wing Public Affairs

RANDOLPH AIR FORCE BASE, Texas (AETC-NS) — Walking into the center of the high school gymnasium, the illuminated stage grabs the professional wrestler's attention. "This is the very spot (my friend) Kenny and I did that skit — my first wrestling match!" he says, pointing to the stage.

It was during this performance for the 1982 Randolph High School Talent Show when Shawn Hickenbottom, now known as World Wrestling Entertainment celebrity Shawn Michaels, showcased the talent that would carry him through a 20-year career in professional wrestling.

"I remember during the match, Kenny hit me with a chair, and I fell down under the table and poured food coloring on myself (as blood)," Mr. Michaels said. "It was a lot of fun. He and I even got second or third place for it."

But Mr. Michaels' performance that night wasn't his only glory moment at Randolph High School. As the 6-foot-1-inch wrestler toured his former school and other familiar places here Aug. 4, including his old house, he said two of the most memorable places were the school's football field and locker room.

"I spent a lot of time on that field and in that lock-

er room (which was also a weight room back then)," said the former linebacker and Ro-Hawk team captain. "Those were some intense times."

Mr. Michaels played football from the time he was six years old, so when his father got orders to Randolph and his family moved on base, playing for Randolph just seemed like the natural thing to do, plus it was a way for him to fit in and make some friends, he said.

As much as he enjoyed football, Mr. Michaels said he knew at age 12 he was destined to be a professional wrestler.

"I remember seeing my first wrestling match here on TV," he said. "I knew immediately that was what I wanted to do."

After graduating from Randolph High School in 1983, Mr. Michaels attended Southwest Texas State University. But after two semesters, his calling to become a wrestler intensified, so he left college and met with a Southwest Championship Wrestling promoter.

From there, his wrestling career slowly took off and eventually exploded on the World Wrestling Federation scene, becoming the legend fans today refer to as the "Heart Break Kid" or the

See **WRESTLER**, Page 2B

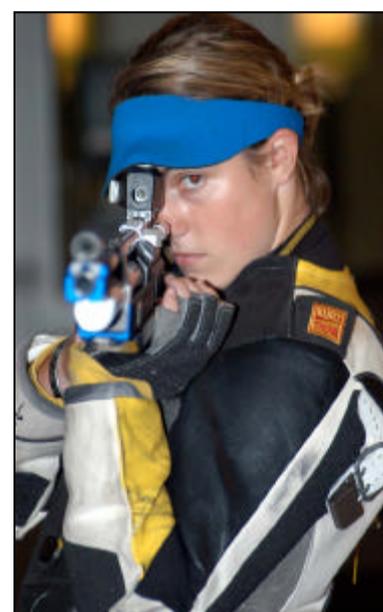


Photo by Tim Hipps

Spc. Hattie Johnson, a member of the U.S. Army Marksmanship Unit from Athol, Idaho, will compete Aug. 14 in 10-meter air rifle shooting in the Summer Olympic Games at Athens, Greece.

## Military bolsters Team USA for Athens games

By Tim Hipps  
Special to American Forces Press Service

WASHINGTON — Twenty-four military competitors will represent Team USA in the Summer Olympic Games at Athens, Greece, Aug. 13 through 29.

The Army is providing eight shooters, two modern pentathletes, a race walker, a rower, a wrestler, a marathoner who may double in the 10,000 meters, a head coach for boxing, a Greco-Roman wrestling coach, a rifle coach and a gunsmith for the world's largest sporting event. The Air Force will be represented by a hammer thrower, a race walker and a fencer. The Navy will provide a rower.

First Lt. Chad Senior, a member of the U.S. Army World Class Athlete Program, will compete Aug. 26 in modern pentathlon, a five-sport event that includes pistol shooting, fencing, swimming, equestrian riding and cross-country running.

Senior 29, of North Fort Myers, Fla., finished sixth in the event in the 2000 Olympics at Sydney, Australia. He was leading after three events before a skittish horse refused two jumps in the equestrian event, ruining his golden moment.

"I don't think the same thing can happen now; I'm a much stronger rider than I was in 2000," said Senior, who returned to the sport after 18 months of soul searching following his heart-breaker in Australia. "I just hope I can have the same day I had in Sydney, aside from the ride."

One day after Senior's grueling event, Army Capt. Anita Allen, 26, of Star City, Ind., will compete in the women's modern pentathlon.

Sgt. Oscar Wood, 29, an Army WCAP wrestler from Gresham, Ore., defeated five-time national champion and 2000 Olympian Kevin Bracken of New York Athletic Club in the finals of the 66-kilogram/145.5-pound Greco-Roman division of the U.S. Olympic Wrestling Team Trials to earn an Olympic berth.

Four-time Olympian Sgt. 1st Class James "Todd" Graves, 41, of Laurel, Miss., became the first U.S. men's skeet shooter since 1984 to win an Olympic medal with a bronze in the 2000 Sydney Games. He will compete Aug. 22.

"I'm doing this for my family in green and I've decided that if I get a medal this time that I'm going to dedicate it to the troops," Graves said. "Every time I break a target or stand on a podium to get a medal, I'm dedicating it to all those guys and gals over there. That's the least I can do."

**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**

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.

**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.

**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.

**Softball**

For more information, call 6-0491.

**Permanent Party Monday/Tuesday**

Team	Won	Lost
366 TRS - TTF	4	3
82 MDSS/MDOS12	2	3
363 TRS	11	3
362 TRS	11	4
80 FTW	8	7
82 MSS/SVS	8	7
82 SFS	5	11
AAFES	2	11
82 DENTAL	2	12
82 CS	1	13

**Permanent Party Tuesday/Thursday**

Team	Won	Lost
365 TRS	14	3
364 TRS	13	5
82 CES (A)	10	5
382 TRS	10	5
360 TRS	11	6
361 TRS	9	5
381/383 TRS	7	11
82 CES (B)	5	11
366 TRS Elect.	5	12
366 TRS	3	13
363 TRS	3	14

**Fitness center**

For more information, call 6-2972.

**Spinning at the south fitness center**

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

**Aerobiccenter offers classes**

The aerobiccenter, located in the main fitness center, offers coed aerobic 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.

**TSTV**

For more information, call 6-2268.

**Friday, Aug. 13**

10 a.m. - Lt. Clebe McClary  
5 p.m. - Famous Generals: Dwight D. Eisenhower

9 p.m. - Navy Marine News

**Saturday, Aug. 14**

10 a.m. - Weekly Commander's Corner  
5 p.m. - Medic: A Proud Heritage  
Extending into the 21st Century  
9 p.m. - Sheppard Today

**Sunday, Aug. 15**

10 a.m. - In Service for My Country - Sheppard Deploys  
5 p.m. - Angels Among Them - Vietnam POWs  
9 p.m. - A-76 Town Hall Meeting

**Monday, Aug. 16**

10 a.m. - Sound Of Freedom - The Berlin Airlift  
5 p.m. - Army In Action--Global War  
9 p.m. - History of Navy: Cold War Navy (1945-64)

**Tuesday, Aug. 17**

10 a.m. - Special Warfare Combatant Craft Crewmen: The Boat Guys  
5 p.m. - Navy Marine News  
9 p.m. - Leadership Breakfast

**Wednesday, Aug. 18**

10 a.m. - Army Medical Specialist Corps: 50 Years Young and on the Move  
5 p.m. - Sheppard Today  
9 p.m. - Safety - Car Crash Physics

**Thursday, Aug. 19**

10 a.m. - Into The Mouth Of The Cat: Lance Sijan  
5 p.m. - A-76 Town Hall Meeting  
9 p.m. - The Liberation of Kuwait (music video)



Courtesy photo

**Honoring the wounded**

Marine Lance Cpls. Christopher Johnson and Kevin Rumley and Army Staff Sgt. Thomas Gillis get some individual attention from the 2004 Hall of Fame queen and her court Aug. 9 before the National Football League's Hall of Fame game. The three received Purple Hearts for injuries they suffered in Afghanistan and Iraq.

**WRESTLER**

Continued from Page 1B



Capt. Matt Gehrke, 559th Flying Training Squadron, shows professional wrestler Shawn Michaels the cockpit of a T-37B. The wrestler toured the base Aug. 4.

"Showstopper."

"I've had a great career in wrestling," he said. "But it isn't always easy. I've traveled all over the world, but haven't seen any of it — just scenery out of windows, hotel rooms and restaurants."

The wrestler reflected on how great life was as a child, growing up on military bases, particularly Randolph.

"Things were so simple then — hanging out at the youth center, going swimming in the base pool, playing on the ball fields — not a care in the world," he said. "Being inside these gates I knew I was safe."

During Mr. Michaels' youth, he and his family were stationed in Arizona, England, Washington, D.C., and Texas. He also lived in Iowa with his mother, brothers and sister while his dad served in the Vietnam War.

The wrestler's father retired from the Air Force at Randolph as a colonel with 25 years of service.

"I have a lot of great memories of my time at Randolph," Mr. Michaels said. "I'll never forget this place and the people I knew here."



Photo by Lisa Adamson

## The wheels keep turning

CLINTON, Iowa – Tech. Sgt. Brad Whitmill of Offutt Air Force Base, Neb., and Tech. Sgt. Joel Weatherhead of Kunsan Air Base, Korea, wave to bystanders here at the end of the 32nd Des Moines Register's Great Bicycle Ride Across Iowa. The cyclists were among the more than 100 members of Team Air Force and almost 10,000 other riders in the weeklong, 490-mile ride across the state. Team Air Force rode into town at high noon July 31 in a two-column formation, a RAGBRAI tradition.

## TOURNEY

Continued from Page 1B

Sheppard faced Columbus.

In the first inning, Christy Bandy hit a monster grand slam which seem to signal the arrival of the entire ladies Senators program. After the base clearing dinger, the flood gates opened and the Senators beat Columbus 18 – 0.

Bandy was responsible for a grand slam and a shut out from the mound, in the same game. Adrienne Thompson was beginning to showcase her athletic acumen on defense and her consistency on offense. At this point, she had yet to make an out in the tournament. She finished the tournament with a team leading .714 average.

Based on the seedings, Sheppard had to face last year's second place finisher, Randolph, in the first game of the double elimination tournament.

The Randolph Ramblers go the offense going early and often and the Lady Senators simply could not recover. This one was over early as the Ramblers won 18 – 3.

In their second game of the double elimination tournament, Sheppard faced a familiar foe in Columbus. Sheppard put this one in the win column, 21 – 1. Tina Cooper went 2 – 2 on route to a stellar .579 tournament batting average.

Keesler was up next, and the game was back and forth throughout with no team able to gain a real advantage.

In the bottom of the fifth inning, Sheppard led 8 – 7, with time running out. The officials declared time had expired and the Senators had apparently secured a tough 8 – 7 win after being a huge underdog.

However, after consultation with the scorekeeper, the officials and tournament director stated that the game time was actually one hour and not 50 minutes as both teams previously thought. Despite an official protest, the game resumed.

Bandy once again stepped up and spoke with authority. "I 'm Christy Bandy and I approved this message", as she blasted her second grand slam. A ten run inning put the Lady Senators in the lead to stay. A final 18 – 14 win propelled the Senators into the final four of the AETC tournament.

Once again the Senators faced the Randolph Ramblers, who had earlier been defeated by the Lackland Warhawk. Randolph claimed the win 16 – 4.

Sheppard finished fourth overall and had two all AETC tournament selections. Christy Bandy and Adrienne Thompson were added to the 2004 all AETC tournament team.