

The SHEPPARD SENATOR

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

In the news

Town hall meeting scheduled

Two town hall meetings are scheduled to take place Wednesday at 10 a.m. and 3 p.m. at the community center.

Military and civilian personnel will discuss preliminary planning for a cost comparison study that will take place in the future as outlined by A-76. The study has not begun.

Lunch-n-Learn

Col. Kathy Jones, director of plans and programs, will be the speaker at Monday's Lunch-n-Learn.

Lunch will begin at 11 a.m. and Colonel Jones will begin speaking at 11:30 a.m. The topic will be on concepts from "The One Minute Manager" by Dr. Kenneth Blanchard and Dr. Spencer Johnson.

Gate construction to begin

As a part of a security enhancement project, various installation entry points will be going through some construction throughout the next few months.

The construction will begin at Missile Road Gate on Aug. 25 until Sept. 8. Delays should be expected at all gates.

For question regarding this matter, please contact the 82nd Security Forces Installation Security Section at 6-1692.

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.



Photo by Mr. Tom Steele

Col. H.D. "Jake" Polumbo takes the 80th Flying Training Wing guidon from 19th Air Force commander Maj. Gen. James Sandstrom during a change of command ceremony last Friday. Colonel Polumbo became the 14th commander of the wing since the Euro NATO Joint Jet Pilot Training program began in 1980.

Changing of the guard

New commander begins watch over 80th Flying Training Wing

By Mr. John Ingle

Base public communication

The simple procedure of passing over a guidon to Col. H.D. "Jake" Polumbo Jr. Aug. 15 in the sweltering and humid North Texas morning was the last act Col. Ralph Jodice II took as commander of the 80th Flying Training Wing.

The change of command ceremony marked the end of a successful chapter in both Colonel Jodice's career and the Euro NATO Joint Jet Pilot Training program.

While addressing his replacement, Colonel Jodice told Colonel Polumbo he has inherited a program that is know

world-wide not only for its international mission, but also because of its success.

"You are taking a wing that is at the pinnacle of the (pilot) training business," he told the incoming commander. Colonel Jodice and his wife, Judy, arrived on station a little more than two years ago when he took command from then Col. Kurt Cichowski July 17, 2001. From the time that he took the guidon until he relinquished it, Colonel Jodice worked diligently on making pilot training better.

His passion for flight and to do things better is what made his stay at

782nd TRG to get new simulator for AMOC course

By Capt. Matthew Pollock

360th Training Squadron

Envision a trainer that would simulate General Jumper's "fly, fix and launch" site picture in its totality, an automated system, with realistic animated audiovisual cues, encompassing all major aspects of generating combat and mobility sorties.

Sheppard Air Force Base will soon have such a system at the Aircraft Maintenance Officer Course, truly the world's most advanced sortie generation simulator. The trainer will help prepare new aircraft maintenance officers for the challenges and intricacies of leading in a dynamic flight line environment.

Col. Joseph Seawell, 82nd Training Group commander, recently accepted the simulator during a visit to Southwest Research Institute in San Antonio, Texas.

"The cutting-edge technology demonstrated in the flight line simulator goes far beyond our expectations," Colonel Seawell said. "This high-tech system sets a new benchmark for world-class maintenance training in the 82nd Training Group."

Close interaction between Sheppard personnel and the contractor was required to create a hardware/software solution that will meet training requirements, is simple to use and will last for 30 years.

SwRI developed the system and

See **POLUMBO**, Page 4

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Team Sheppard Training 2003



82nd Training Wing: 47,578 students trained to replenish America's combat capability

80th Flying Training Wing: 128 combat pilots trained for the NATO Alliance





Photo by Mr. Lynn Bullard

82nd Training Wing commander Brig. Gen. Arthur Rooney Jr. and Mr. Jim Hale, chief of the 82nd Services Division, present the Team Sheppard Fitness Competition Squadron Quarterly Award to 80th Flying Training Wing commander Col. H. D. Polumbo. The 80th Operation Support Squadron won the award for the the highest participation in fitness and exercise for the first and 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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Pet nuisance

Question: My neighbor has a dog that no one likes. It is a large breed with an even larger mouth. It barks all hours of the day and night and lunges at people when they walk by their yard. This dog is also very destructive. For the past three years it has stripped the bark from a large tree in the yard. One other neighbor and I have called security forces, and I have talked to the dog's owner, on one occasion but nothing ever gets done long term. Can we enforce the housing rules on nuisance pets?

Answer: The patrolman who investigated this animal complaint did not file a report based on his opinion that the owner would control the dog. Evidently, this was not the case. When security forces files reports for nuisance pets, the incidents are tracked to look for any "repeat offenders" so action can be taken via the 82nd Mission Support Group commander who has the authority to have the pet removed from the installation, if it is warranted. Since the first approach did not work, further incidents will indeed be tracked for continued action. If you would like to pursue this issue further, please contact our security forces at 6-2981.

PECI powers productivity

By Mr. Dan Roberts

82nd Training Wing Manpower Office

Have you ever wondered if there is a better way to do your work?

Or maybe if we had a certain piece of equipment our work could be done a lot faster and easier? Well, you're not the only one who has thought about this.

The Air Force has a program that can help you and your unit improve productivity. This program is the Productivity Enhancing Capital Investment, which provides for productivity improvement projects at Air Force bases worldwide – fast. This is a program in which everybody wins.

First, equipment acquired under Peci immediately increases productivity. Second, the savings from using the equipment are returned to your unit to be used where there is other validated, but deferred (unfunded) requirement. Third, you don't need to use unit or base funds to purchase the equipment!

The Peci program identifies projects providing measurable savings and produces a return on investment in two to four years. This program has generated savings of over \$1.2 billion with investment cost of just over \$100 million. Not a bad ratio. Savings exceeding the initial investment costs remain at your base and are the wing's to invest in other local projects.

Details of each Peci project varies, but they all have two key elements in common – measurable benefits and real savings. Here are a couple of examples:

Insufficient storage facilities at Andrews Air Force Base, Md., required the purchase of deicer fluid in 55-gallon drums. This didn't allow aircraft fleet service to take advantage of bulk discounts. Solution: Peci dollars were used to purchase a large capacity storage system. This allowed them to purchase large quantities of deicer fluid and take advantage of quantity discounts. Investment: \$18,334 return on investment: 54:1 life cycle savings: \$995,040.

Kadena Air Force Base, Japan, was using an older model parachute wash tank with a lengthy wash cycle time of seven days. Solution: Peci funds were used to purchase a new parachute wash tank with new technology reducing the total wash time to two days. Savings included reduced washing cycle, lower consumption and a longer service life for parachutes. Investment: \$52,484 return on investment: 19:1 life cycle savings \$1,023,685.

If you can identify a project meeting program requirements, please contact Ms. Shirley Carrizo or Mr. Dan Roberts at the 82nd Training Wing Manpower Office at 6-4437, to help you complete the appropriate paperwork. Projects submitted for funding are evaluated on the basis of their ability to generate identifiable benefits and savings that offset total investment costs.



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Airman saves life, receives medal

By Airman Jacque Lickteig

Base public communication

A Sheppard airman received the Air Force Achievement Medal at an 80th Flying Training Wing meeting Aug. 11.

Former 80th Flying Training Wing commander Col. Ralph Jodice presented the award to Airman 1st Class Johnathon Orrell, a publications manager at the 80th Operation Group, for saving a civilian's life at a local restaurant July 20.

Airman Orrell was eating dinner with his girlfriend when he noticed a man who lost consciousness.

"I noticed the man eating dinner earlier while I was eating," he said. "A little later, his niece turned around and asked me to call 911."

Airman Orrell is certified in cardio-pulmonary resuscitation and first aid, so he instructed the restaurant staff to call 911 while he and another customer laid the man on the floor.

Airman Orrell noticed the man's airway was blocked with food. He cleared the airway, checked the man's vitals and began CPR, Colonel Jodice said.

The man awoke, and Airman Orrell kept

him conscious by asking him a number of questions until the emergency medical technicians arrived.

Airman Orrell said he wasn't scared or nervous at the time; he just focused on what he had to do. He attributes this to the training he received in fire-school training at Goodfellow Air Force Base, Texas, and self-aid buddy care at basic training. He said all he was thinking was "please, God, let this man be okay."

Although he helped save the man's life, Airman Orrell said he doesn't feel it was that big of an achievement.

"Firefighters, cops and medical personnel save people's lives every day, and some of these heroes go unnoticed," he said.

However, he said he is very grateful for the award.

"My proudest military experience was having Colonel Jodice pin the medal on me, especially since I've only been in the Air Force for two years," he said.

He said he's also grateful for the support his past and present supervisors have shown him since he arrived at Sheppard.

In addition to his award, Airman Orrell received a certificate for two free drinks and meals from the restaurant.



Photo by Senior Airman Sabrina Moscov

Former 80th Flying Training Wing commander, Col. Ralph Jodice, presents the Air Force Achievement Medal to Airman 1st Class Johnathon Orrell, from the 80th Operation Group.

ICE Interactive Customer Evaluation

Home » Sheppard AFB » Mission & Training » Comment Card

Airman Leadership School Comment Card

Customer Service:

Facility Appearance: Excellent Good OK Poor Awful N/A

Employee/Staff Attitude: Excellent Good OK Poor Awful N/A

Timeliness of Service: Excellent Good OK Poor Awful N/A

Hours of Service: Excellent Good OK Poor Awful N/A

Did the product or service meet your needs?: Yes No N/A

Satisfaction:

Were you satisfied with your experience at this office / facility?: Yes No N/A

Comments & Recommendations for Improvements (up to 4000 characters optional):

If you would like a response, please check the Response Requested checkbox and enter your name and your phone number and/or your email below. Unless a response is requested, email, phone and email are optional.

Response Requested:

Name (optional):

Phone (optional):

Email (optional):

Privacy Advisory: The information you provide will be used to improve our service. The contact information, if you provide any, will only be used to respond to your request for information. If you do not provide any contact information, your identity will remain anonymous. However, all comments will be reviewed whether or not you identify yourself.

Thank you for taking the time to complete this comment card. Your opinion is very important to us.

ICE DD-0443M/AR-0126, expires 25 Apr 04
OMB 2704-018, expires 30 Apr 04

Sheppard on ICE

By 1st Lt. Jamey Frazier

ICE site manager

phased out.

It's summertime and something cool has arrived at Sheppard.

The 82d Mission Support Group's new Interactive Customer Evaluation system is now up and running.

What is ICE? It is the Department of Defense's new online customer feedback system. ICE is essentially an online comment card program that provides instant customer feedback to facility and program managers.

With ICE people can voice concerns and complaints or provide recommendations and positive feedback on about all the installation's mission support activities, from clubs and bowling centers to computer support and base housing.

Virtually all of the programs and services the 82nd Mission Support Group operates, supervises or controls are incorporated into this program.

The benefits of ICE over the current comment card system are many. Once base personnel start using this program, paper comment cards will eventually be

phased out. In the future, we hope to provide computer terminals in our major activities so customers can provide immediate feedback on the service they are using.

Once customer's fill out an online comment card, they are given the option of leaving more specific comments.

These comments are then sent directly to the specific program manager. While all comments are confidential, customers are given an opportunity to include their name and contact information.

Sheppard is the first Air Education and Training Command base to fully use this program throughout the mission support group. ICE makes collecting data, pinpointing problems, capturing best practices and responding to customer comments more timely, efficient and overall more effective.

This program is now available for your use. To activate the system visit the ICE website at ice.disa.mil and click on Air Force and then Sheppard. Or just visit Sheppard's Portal and look for the icon in the upper right corner of the page.

Commander ready to lead ENJJPT to continued success

By Col. H.D. "Jake" Polumbo

80th Flying Training Wing

It is a great honor to be the newest member of Team Sheppard and the 80th Flying Training Wing. I feel fortunate to have this unique opportunity to be a part of the United States Air Force and NATO's premier pilot training wing.

Taking command of the Euro NATO Joint Jet Pilot Training Program, alongside 12 of our NATO partners, is also a terrific challenge for my wife, Sandra, and me. I look forward to the many opportunities associated with this position.

The men and women in the 80th FTW represent the finest individuals our countries have to offer, and I take responsibility for their well being as my highest priority. Our instructor pilots and other seasoned veterans in the wing make up the primary reason behind our military's stunning success in numerous wars and battles over the past decade.

The students in the ENJJPT program form the foundation of our nations' future combat capability. We should never forget that even though our forces have the finest equipment in the world today, our people – and their dedication, skill and patriotism – are the number one reason our air forces are so capable today.

The mission of ENJJPT is simple ... "to provide combat airpower by producing top quality pilots for the NATO Alliance." Through all of your



Col. H.D. "Jake" Polumbo

daily efforts in support of this mission, we provide a direct link to sustaining the overall mission of the Alliance.

NATO represents a shining accomplishment in our recent history and the work we continue today at Sheppard only serves to harden the cement that binds our great nations together in this turbulent world.

I also look forward to working alongside the professional men and women in the 82nd Training Wing. Key people tell me that the working relationship between the two wings has never been better and I look forward to building on the great teamwork, camaraderie and friendship existing today.

As the sign on 82nd TRW headquarters reads, the future combat capability of our air forces is trained and readied today all over Sheppard. Our students remain our number one priority as we prepare them for the demanding missions they'll face while serving in our country's Expeditionary Air Forces.

The assignments they'll

receive around the globe tomorrow will be no less challenging than the ones we experienced in the past, so our efforts today will secure victory in tomorrow's battles.

To our local community leaders I extend my heartfelt thanks for the warm welcome you extended to my family and me this past week. Your reputation as a model community extends worldwide as the many people of Team Sheppard travel around the globe spreading your goodwill message.

I look forward to working with all our local civic leaders to build on the superb community relations we have today.

In closing, I'll leave you with a quote from President Bush's speech made shortly after the cowardly terrorist attacks on Sept. 11:

Anyone who strikes America will hear from our military.

They're not going to like what they hear.

Make no mistake about it; this great nation will do what it takes to win.

We are determined,

We are patient and

We are steadfast,

We are resolved,

We will not tire and

We will not fail.

I am confident our NATO allies fully support this message, and I look forward to working with all of the members of Team Sheppard to maintain our resolve and accomplish our important mission each and every day.



Photo by Ms. Sandy Wassenmiller

Col. Ralph Jodice is greeted with a wash down following his final flight as commander of the 80th Flying Training Wing Aug. 14.

Commander doused following final flight with 80th Flying Training Wing

By Airman Jacque Lickteig

Base public communication

With one leg dangling over the side of a T-38 Talon at the "Texas T" Aug. 14, Col. Ralph Jodice knew two things for sure: this was his last flight as commander of the 80th Flying Training wing and he was about to be soaked.

As he was getting out of the trainer, maintenance workers took the ladder from the plane and his sons, Brian, Ralph and Adam, hosed him down with water from a fire truck.

But, instead of going with the flow, Colonel Jodice struggled with the boys to gain control of the hose, spraying members of the audience in the meantime.

Although his next assignment is filled with uncertainty, the colonel will spend the next one-and-a-half to two years in Washington for training. More than likely the colonel's next assignment won't involve flying, he said.

Col. Jodice and his wife, Judy,

said the people is what made their assignment to Sheppard memorable.

"I'm going to miss Sheppard. I'll mostly miss the people, from the 80th FTW, the 82nd Training Wing and the local community. It's truly a team effort here," Col. Jodice said.

"We are sad to leave. Sheppard is a wonderful place," Mrs. Jodice said. "Leaving is very bittersweet because we're also excited to experience life in another place."

Colonel Jodice offered a few last words following his flight in the wing flag ship, the T-38 flown by the commander of the wing. His voice cracked a bit and a tear, caused by the blazing Texas sun or emotions of the moment, appeared in the corner of his eyes.

His advice was simple for students at both Sheppard wings: do the best where they are right now, the colonel said. He said everyone should work as hard as they can and keep striving to meet their goals.

Polumbo

Continued from Page 1

Sheppard successful, he said. That same passion that is shared by others in the 80th FTW is what will continue to make the program tops in its field.

"Continue to do things with passion and you will continue to be successful," Colonel Jodice said. "Combat capability starts here...and no one, absolutely no one, comes close."

Maj. Gen. James Sandstrom, commander of the 19th Air Force, said Colonel Jodice, call sign "Dice," has been instrumental in the development and progress of ENJJPT over the last two years. That was seen by

more than 430 undergraduate student pilots receiving their wings, about 480 instructor pilots completing course work and another 260 pilots completing the lead-in fighter training program, the general said.

"Dice has been an ambassador (of ENJJPT)," General Sandstrom said. "He has been your greatest cheerleader and has done an outstanding job."

Colonel Jodice passed on a few items to Colonel Polumbo before he officially handed over the wing. Among the items were a hand held radio called the "brick," the "mighty cell phone," the "dirty blackberry," a hand held computer, and the "stick."

In a humorous moment, Colonel Jodice instructed the new commander to always direct the antenna of the brick toward the individual "whose attention you want to get," not toward someone who isn't deserving of its

"wrath."

With support of his wife, Sandra, and son, Eric, Colonel Polumbo took the podium with the assurance of continuing the successes the 80th FTW has enjoyed over the last two years.

Leading the training program that provides the foundations for the world's best fighter pilots is a charge that he proudly accepts, Colonel Polumbo said.

"Work done today hardens the cement of relationships in the future," he said.

But, in keeping with the thoughts of Colonel Jodice and Brig. Gen. Arthur Rooney, commander of the 82nd Training Wing, Colonel Polumbo said the people of the wing are what make ENJJPT successful.

"The one true thing that really matters are the people" who serve today, he said.

Cell phone bill not a law

The *Sheppard Senator* erroneously reported last week that House Bill 624 will go into affect Sept. 1, making it illegal for motorists to use a cell phone while driving.

H.B. 624 has not made it out of committees, therefore a vote has not been taken on the issue.

We apologize for any inconvenience this might have caused.

NCO induction events scheduled

The Sheppard Air Force Base 2003 non-commissioned officers induction ceremony is scheduled for Aug. 29 at 2:30 p.m. at the enlisted club. The practice run for inductees is Thursday at 3 p.m. at the enlisted club.

For event information, please contact Master Sgt. Garrett Raeford at ext. 6-5819, or Staff Sgt. Edmund Allen at 6-2003 or 6-4474.

Lobster Bake tickets now on sale

Tickets are now on sale for the 23rd Annual Lobster/Steak Bake scheduled for Oct. 11.

Four individuals have been identified as POCs for ticket sales: Marilyn Lucas, 6-6647; Kathy Green, 6-2698; Capt. Carolyn Zablonksi, 6-2271; and Airman 1st Class Michael Guanill, 6-6075.

Hot dogs will also be available for children or attendees who don't want lobster or steak.

For more information about the event, call 6-2760.

Dental assistant training program to begin

The 82nd Dental Squadron and the American Red Cross are currently accepting applications for the fall 2003 Red Cross Dental Assistant Training Program.

Training begins Sept. 15 and will last about seven months.

People interested in the program should have his or her application in no later than Aug. 29. Interviews will be conducted in early September for candidates.

For more information, contact Tech. Sgt. James Scaife at 676-4474.



MSU no longer offering classes on base

Midwestern State University will be closing its Sheppard office and won't conduct classes on base beginning Sept. 1.

Current MSU students needing assistance or information should see their program advisor. New and prospective students should contact the department for the program he or she is looking to enter.

MSU has been proud to serve military personnel and family members at Sheppard and will continue to serve them. Catalogs, schedules and school brochures can be picked up at the education office on base or the Hardin Building at MSU.

For more information, contact Delores Jackson, military outreach coordinator, at 855-4491 or 397-4400.

Students can also access the university's Web site at www.mwsu.edu.

Yard of the Month winners announced

The Yards of the Month winners for July were announced this week by the 82nd Mission Sup-

port Group.

The winner in Capehart on the officer side was Capt. John Willoughby, 208A Jupiter, 80th Flying Training Wing.

On the enlisted side Staff Sgt. Jose Agosto-Gonzalez, 203B Thor, 363 Training Squadron.

The Bunker Hill winner was Master Sgt. Steven Parker, 107 Sky, 82nd Mission Support Squadron. SrA Michael P. Kalt, 3A Nehls, 82nd Medical Operations Squadron, was the winner in Wherry housing.

All winners received letters of congratulations from the MSG commander and a gift from the BX.

The criteria used for selection is overall yard appearance and occupant care. Yard of the Month winners compete for quarterly honors.

Baby race scheduled for Sunday

Bring those energetic toddlers

(18 months and under) to the Sheppard Commissary for the 3rd Annual Hotter-N-Heck Diaper Derby.

Races will consist of heats to determine the fastest crawling or walking Sheppard baby. Three divisions will be established at the registration that begins at 10:30 a.m. Sunday.

Races will begin at 11 a.m. Sponsoring companies will provide prizes to winners and participants. As well as providing prizes to participants, sponsoring companies will have great prices on the products they represent.

Questions can be directed to race organizer Donna Romolton at 6-2901, ext. 0.

Pharmacy closed for training

The base pharmacy will be closed for three hours the first Wednesday of every month starting in September.

To ensure pharmacy staff are able to participate in hospital wide medical readiness training, the pharmacy will close from 1:30 to 4:30 p.m. The pharmacy staff asks that base and retiree beneficiaries plan accordingly to pickup medications prior to 1:30 p.m.



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, 3-5 p.m. - Pool Tournament, \$2 per person.

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 luau contest at Club BDU

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

Center to offer special Labor Day events

There will be a Club BDU Dance Aug. 29 from 7 p.m. to 1 a.m. at a cost of \$4 per person. There will also be free karaoke from 7 to 9 p.m. There will be a special dance at Club BDU Aug. 31 from 7 p.m. to 1 a.m. The cost is \$4 per person. Call 6-7659 for more information.



Center to have Labor Day Bash cookout

The center will have a Labor Day Bash Cookout Sept. 1 from 12 p.m. to 3 p.m. There will be free hot dogs, hamburgers, baked beans, potato chips and drinks. There will also be a bull ride, video games and movies played on a big screen television. For more information, call 6-7659.

Center gives fitness incentive

Every Saturday the center offers a variety of exercise programs for students as part of the Fitness Incentive Training

for Students program. Two plastic chips are given to those who participate and one chip is given to those who attend. The squadron that collects the most chips at the end of the program will win a prize. For more information, call 6-2972.

Chapel events

Sheppard chapels offer a variety of programs for student enrichment:

Saturday

The Solid Rock Cafe will be closed Saturday and Aug. 30. The SRC is moving to Bldg. 450. The ribbon cutting for the new facility will be Sept. 2. The SRC will resume at the new facility Sept. 6. For more information, call 6-7277.

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

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.



Solid Rock proves to be spiritual fitness source

By 2nd Lt Ellen Harr

Base public communication

Editor's note: This is the third in a series of articles about the Solid Rock Café.

Solid Rock Café provides technical training students with a chance to relax and enjoy fun and fellowship at the south chapel.

But Solid Rock Café is more than a place where students can get a hot, home-cooked meal on Saturday nights. Solid Rock is a place of hospitality and a wholesome community for the students, Chaplain (Maj.) William Ziegler said.

celebrates who we are and how we connect with one another."

Ownership by students is the next part of SOURCE. Student ownership gives the students who participate in the program accountability for Solid Rock Café.

"We want the students to take responsibility for the program, buy into the program and lead the program," Chaplain Ziegler said.

Another component of Solid Rock is understanding, he said. Students have the chance to gain understanding of who they are in relation to their religious deity, of one another and of who they are called to be as individuals, Chaplain Ziegler explained. This understanding



Photo by Airman Jacques Lickteig

Airman 1st Class Evan Williams, a student at the 362nd Training Squadron, plays air hockey at Solid Rock Cafe as his wife, Mrs. Farrah Williams, watches.

This atmosphere allows students to improve their spiritual fitness he explained.

Solid Rock allows students to build leadership skills by planning programs and coordinating with chapel staff to make them happen. Students can also bring their families to Solid Rock, which gives the family members a feeling of community on base as well.

"It's called Solid Rock Café, the SOURCE," Chaplain Ziegler said. "Anything that happens here has to fall within the criteria of our spiritual core values."

The "S" in SOURCE stands for spiritual fitness, explained Chaplain Ziegler. Solid Rock Café is an interfaith program so it addresses the spiritual fitness of everyone who participates and every faith group is welcome.

"We believe in a wholesome atmosphere of community that builds each other up, where we can come together and connect with one another and build our diversity," he said. "It's a spiritual center with spiritual programming that

builds healthy relationships among the students, he added.

"We would expect that the students respect one another, respect the chapel staff and that the chapel staff respects them as well," he said.

These relationships form a caring community both inside and outside the Solid Rock program.

Through a caring community, students take care of each other and show kindness.

"We want to see a place of mutual care where they are encouraging each other while they're here at Sheppard. We also want that to grow outside of the chapel by helping around the base and local communities," said Chaplain Ziegler.

The spiritual core values of SOURCE combine to form the final component of spiritual fitness — excellence. By encouraging excellence and spiritual fitness, Solid Rock Café helps students achieve success in technical training at Sheppard and in their future in the Air Force.

Safety Corner: Don't let West Nile ruin outdoor fun

By Tech. Sgt. Jerry Crawford

82nd Training Wing Safety Office

It's that time of the year again, a time of biting mosquitoes and the West Nile Virus.

The virus has been in the United States since 1999 and does not look to be going anywhere for a while.

Here are a few preventive measures that you and your family can take to reduce your risk of being bitten and possibly becoming infected.

Why are mosquitoes so interested in people?

It's the female mosquitoes that bite people and animals because they need the protein found in blood to help develop their eggs. Mosquitoes are attracted to people by skin odors and carbon dioxide from breath.

What Is West Nile Virus?

West Nile Virus is a flavivirus commonly found in Africa, West Asia and the Middle East. It is closely related to the St. Louis encephalitis virus found in the United States.

The virus can infect humans, birds, mosquitoes, horses and some other mammals.

Protect yourself from mosquito bites:

Apply insect repellent sparingly to exposed skin. The more DEET a repellent contains the longer time it can protect you from mosquito bites. A higher percentage of DEET in a repellent does not mean that your protection is better—just that it will last longer.

DEET concentrations higher than 50 percent do not increase the length of protection. Choose a repellent that provides protection for the amount of time that you will be outdoors.

When using repellent on a child, apply it to your own hands and then rub it on to your child. Avoid eyes and mouths and use it sparingly around their ears.

Do not apply repellent to children's hands. (Children may tend to put their hands in their mouths.)

Do not allow young children to apply insect repellent to themselves;

have an adult do it for them. Keep repellents out of reach of children.

Whenever you use an insect repellent, be sure to read and follow the manufacturer's directions for use. For more information, call the National Pesticide Information Center (NPIC) at (800) 858-7378 or visit npic.orst.edu.

Spray clothing with repellents containing permethrin or DEET, since mosquitoes may bite through thin clothing. Do not apply repellents containing permethrin directly to exposed skin. If you spray your clothing, there is no need to spray repellent containing DEET on the skin under your clothing.

When possible, wear long-sleeved shirts and long pants when outdoors.

Place mosquito netting over infant carriers when outdoors with your child.

Consider staying indoors at dawn, dusk, and in the early evening, which are peak mosquito biting times.

Install or repair window and door screens so that mosquitoes cannot get

indoors.

Help reduce the number of mosquitoes in the outdoor areas where you work or play by draining sources of standing water. In this way, you reduce the number of places mosquitoes can lay their eggs and breed.

At least once or twice a week, empty water from flowerpots, pet food and water dishes, birdbaths, swimming pool covers, buckets, barrels and cans.

Check for clogged rain gutters and clean them out.

Remove discarded tires and other items that could collect water.

Be sure to check for containers or trash in places that may be hard to see such as under bushes or under your home.

With these tips and information in mind, don't let mosquitoes ruin your summer outdoor fun. Data was compiled from the CDC Web site www.cdc.gov/ncidod/dvbid/westnile/index.htm

If you would like more information, please visit the site listed above.

Children must stay alert going back to school

By Staff Sgt. Wallace Greenwood

56th Fighter Wing Safety Office

LUKE AIR FORCE BASE, Ariz. — As a new school year begins, students and parents should keep in mind safety concerns associated with going back to school.

Many students will go back and forth to school on a school bus.

According to data from the National Highway Traffic Safety Administration, school bus-related incidents killed 164 people and injured an esti-

mated 18,000 people nationwide in 1999. In 2001, 26 students were killed and 9,000 injured in school bus accidents.

Although the numbers have decreased dramatically, there is one common thread that remains: The majority of deaths and injuries sustained by students didn't occur in a crash, but as the pupils were entering and exiting the bus.

Remember these safety tips:

- Arrive at the bus stop at least five minutes before the bus is scheduled to arrive.
- When waiting for the bus, stay away from traffic and

avoid roughhousing or other behavior that can lead to carelessness.

- Line up away from the street or road as the school bus approaches. Wait until the bus has stopped and the door opens before stepping onto the roadway.

- Use the handrail when stepping onto the bus.

- If you drop something near the bus, tell the driver before picking it up.

- When on the bus, find a seat and sit down. Never put your head, arms or hands out the window.
- Keep aisles clear of

books or bags are tripping hazards and can block the way in an emergency.

- At a stop, wait for the bus to stop completely before getting up from your seat. Then, walk to the front door and exit, using the handrail.

- If you have to cross the street in front of the bus, walk at least 10 feet ahead of the bus along the side of the road, until you are able to turn around and see the driver. Make sure the driver sees you. Wait for a signal from the driver before beginning to cross. When the driver signals, walk across the road, keeping an eye out for

sudden traffic changes.

- Do not cross the center line of the road until the driver has signaled that it is safe to begin walking.

- Stay away from the bus' rear wheels at all times.

Although drivers of all vehicles are required to stop for a school bus when it is stopped to load or unload passengers, you should not rely on them to do so. Pedestrian injuries are the second leading cause of unintentional death among children ages 5 to 14.

(Courtesy of Air Education and Training Command News Service.)

Officials release fitness test details

By Staff Sgt. C. Todd Lopez
Air Force Print News

WASHINGTON — Beginning next year, Air Force officials will implement a new fitness test completely different than what airmen today are familiar with.

The more functional test will include a 1.5-mile timed run, a muscular-fitness test of push-ups and crunches and a body composition test. It's designed to measure the general health of airmen, said Maj. Lisa Schmidt, chief of health promotions operations at the Air Force Surgeon General's Office.

"The goal is to have a healthy, fit force that can deploy at any time," Major Schmidt said. "Basically, it's about keeping members healthy so they will perform optimally, in-garrison and deployed. Healthy members are more heat-, stress- and fatigue-tolerant, and less prone to illness and injury."

To measure an airman's overall fitness, Major Schmidt's office and a panel of health and fitness experts developed a three-component measurement system that looks at aerobic fitness, body composition and muscular fitness, she said.

An airman's performance in each of the three component areas will earn points. They can earn a maximum of 50 points on the aer-

obic portion of the test, 30 points on body composition and 20 on muscular fitness.

The total number of points earned on the fitness test will put the airman into one of four categories: 90 or greater is excellent; 75 to 89.9 is good; 70 to 74.9 is marginal; and less than 70 is poor, Major Schmidt said.

"Scores based on health provide an opportunity for earlier intervention," she said.

"If somebody scores in the marginal or poor category, we know they are at higher risk for disease. Therefore, we intervene with education and more frequent testing to monitor their progress."

People scoring marginal on the test will attend a two-hour healthy-living workshop that focuses on lifestyle behavior, time management and fitness education, she said.

Intervention for people scoring in the poor category involves the healthy-living workshop, an individualized exercise program and a weight loss program for those who exceed body fat standards. It



Photo by Master Sgt. Jim Varhegyi

BOLLING AIR FORCE BASE, D.C. -- Trainees at the U.S. Air Force Honor Guard technical school here participate in a physical-fitness routine several times a week that mirrors the proposed Air Force fitness standards, which will be implemented in January 2004.

also involves mandatory exercise five days a week, Major Schmidt said.

The test for body composition is still being finalized, but it will measure how much body fat a person has, she said.

Tests for other components of the fitness standard have already been determined. A 1.5-mile run will determine aerobic fitness.

Airmen who are not medically cleared to run will take the cycle-ergometry test. Muscular fitness will be determined by both push-ups and crunches, which will be similar to those done in conjunction with the cycle-ergometry test.

Training for new PKI cards scheduled for next month

By 2nd Lt. Weilun Lin
82nd Communications Squadron

A representative from the Air Force Public Key Infrastructure System Program Office will be on Sheppard to provide multiple sessions of end user training Sept. 3-5 for the new PKI cards.

The sessions will be held at community center Sept. 3 and 4 and at the base theater on Sept. 5. The training sessions will last about 45 minutes it will include time for questions and answers. Units have received given training session dates and times for their members to attend.

The objective of the training is to provide each user a basic understanding of the underlying concepts of PKI, to include defining what PKI is, why we are deploying PKI, how PKI works, and explaining how the different keys and certificates are used.

End Users are Sheppard members who have or will have been issued the Common Access Cards containing three PKI certificates (an identifier, an e-mail signing and an e-mail encryption certificate) that are embedded into an integrated circuit chip on the CAC.

Additionally, the training sessions provide guidance to mem-

bers of Team Sheppard on how each end user must register their individual PKI certificates and configure their computers for secure e-mail. This training is to prepare Sheppard for the October 2003 mandate set by the Department of Defense for all DoD members to digitally sign their e-mail and use their PKI certificates to access DoD private web sites.

There are several ways Sheppard personnel can prepare for the DoD mandate. All personnel eligible for a CAC are highly encouraged to attend the training sessions. Also, those personnel who do not yet have the CAC, please schedule an appointment to do so.

Only those active duty members with the green ID card, civil service and those contractors who will need access to the Sheppard server need to make an appointment.

Also, if you currently have a CAC but it is worn out or you have forgotten your PIN number, you will need to visit customer service office on a walk in basis.

If you have any questions about preparing for Public Key Infrastructure at Sheppard, contact your unit functional system administrator or workgroup manager. For more information, go to the Air Force PKI Web site at <https://afpki.lackland.af.mil>.

AMOC

Continued from Page 1

will install it at Sheppard on Aug. 27. This state-of-the-art system will include a 4-foot by 12-foot video wall that will provide a bird's eye view of simulated flight line operations, and a sound system that will simulate the noise frequently found in an operational flight line environment.

The system will include a dozen computer kiosks for student inputs including ordering and delivering parts, refuel and defuel truck dispatch, aircraft maintenance actions, manpower management, aircraft impoundments, sparing and swapping aircraft sorties.

Sheppard's development team, anchored by Capt Chad Holt, worked diligently throughout the entire project to ensure we acquired exactly what was needed to enhance training.

Not only were monthly development meetings



Photo by Mr. Larry Walther, Southwest Research Institute

required to flesh out details, but research on new processes was also accomplished and maintenance data collected by Sheppard's development team.

Students will be responsible for the sortie generation and mission readiness of 24 F-15E Strike Eagles and 18 KC-

135R Stratotankers over a four-day exercise period. SwRI developed a Windows-based system, using menu driven student interfaces, operated by the use of a mouse or touch screen.

The new simulator will replace an existing trainer that

has been in use for more than 30 years. Nearly 10,000 maintenance officers, to include international officers from over 30 countries, have used the old trainer.

Scott Macrae, SwRI project manager, envisioned a computer system that would be as

1st Lt. Mike Fields, Aircraft Maintenance and Munitions Officer Course course developer, and Terry Agold, systems analyst, look on as aircraft are generated on a simulator. The simulator was recently accepted by 782nd Training Group commander Col. Joseph Seawell from the Southwest Research Institute in San Antonio. The simulator will be part of the AMMOC course, initially with maintenance officer trainees then for the munitions side of the course. Simulation for the munitions portion of the course will be added later. The Windows-based system will allow students to either use a mouse or touch screen applications to use the simulator during training.

enduring as the old trainer. In addition, SwRI wanted to create a trainer that would be easy to upgrade.

"One of the things that we looked at in the overall scope and design of the project was flexibility for future expansion," Mr. Macrae said.

First time for everything

U.S. aircraft participate in Russian air show for the first time

By Master Sgt. Kenneth Fidler

U.S. Air Forces in Europe Public Affairs

ZHUKOVSKY, Russia — U.S. Air Force aircraft landed at Ramenskoye Airfield just south of Moscow Monday to participate in the Moscow Aviation and Space Show, a first for the U.S. military.

Visitors will get a close-up look at five U.S. Air Force aircraft and see a daily F-15C Eagle acrobatic demonstration flight along

with MiG-29s and Su-27s piloted by Russian air force flight demonstration teams.

The American aircraft on display include the B-52 Stratofortress, F-16 Fighting Falcon, F-15E Strike Eagle, KC-135 Stratotanker and C-130 Hercules. They are among the 200 aircraft participating from around the world.

"This is a unique opportunity for us to showcase our capability," said Col. Stephen Mueller, the 52nd Fighter Wing commander from Spangdahlem Air

Base, Germany, and the U.S. military cadre commander at the show. "Our participation enhances our military-to-military contacts with Russia and supports our security cooperation. In the end, it strengthens our good relations."

The air show opened Tuesday for industry leaders; it's open to the public today through Sunday. In 2001, the Department of Defense participated with a technology booth, but this is the first time U.S. military aircraft have been on display at the show.



Photo by Master Sgt. Kenneth Fidler

Russian air force deputy commander, Gen. Lt. Alexander Nikolaevich Zelin (center), greets Col. Stephen Mueller (right) and Maj. Kevin Thrash at Ramenskoye airfield for the 6th Moscow Aviation and Space Show. Five U.S. Air Force aircraft are on display at the event, a first for the U.S. military.

eArmyU helps soldiers reach goals, gain success

By Staff Sgt. Marcia Triggs

Army News Service

WASHINGTON - An Airborne Ranger who had his sights set on being an officer thought his only chance was to leave active duty and pursue a degree through "Green to Gold" - until someone told him about eArmyU.

The Army's initiative to provide enlisted soldiers with an online education helped 2nd Lt. Matthew Minnick, a Ranger from Fort Benning, Ga., reach his goal. He graduated from Officer Candidate School Aug. 7.

"I can say a million good things about eArmyU," Lieutenant Minnick said. "In fact, I can't say enough."

There are positive testimonies from soldiers who have logged onto the eArmyU portal from Afghanistan and Kuwait. There's even a soldier who had to get his laptop replaced after it was hit with a bullet, said Elizabeth Nass, the eArmyU program coordinator.

"There are a number of success stories that can be told.

Two hundred thirty-three soldiers have received degrees or certificates. That's two hundred thirty-three success stories right there," Ms. Nass said.

At 14 installations, soldiers can enroll in eArmyU, at almost every Army division including Fort Hood, Texas, Schofield Barracks, Hawaii, and Heidelberg, Germany. To find out where enrollment is offered, go to www.eArmyU.com.

The numbers are constantly changing, but almost 36,000 people have enrolled in the program, Ms. Nass said. Soldiers in the same platoon, same squad and even the same family have signed up to get a higher education.

1st Sgt. Wanda Blackmon recently earned her bachelor's degree in Resources Management from Troy University and her husband, 1st Sgt. Billy Blackmon, is also pursuing the same degree his wife just earned.

Both are now attending the Sergeant Major Academy at Fort Bliss, Texas. Sergeant Wanda Blackmon recently visited an education center in Virginia and expressed that she

and her husband are grateful for the online university, said Andrew Fairbanks, the deputy program manager for eArmyU.

Just like the Blackmons and Lieutenant Minnick, who have moved on in their Army careers, more than 9,000 students have changed duty stations and are logging onto the ArmyU portal from all the States and 47 countries.

With the Army spread all over the world, access isn't going to always be available, and soldiers sometimes struggle to complete the program's mandatory 12 semester hours in two years. Due to current global military operations, a policy decision was to extend the program milestone by six months, Ms. Nass said. Additional extensions are also possible based on military duty and assignment.

The Army will also pay 100 percent of tuition, which includes books, fees, academic tutoring, program mentoring. Galileo Library, 24/7 Helpdesk and Internet access up to the tuition ceiling of \$4,500 and \$250 per semester hour tuition cap.

CSAF talks changes in Air Force

By Tech. Sgt. Mona Ferrell

U.S. Air Forces in Europe News Service

RAMSTEIN AIR BASE, Germany – New demands on today's airmen are driving changes to the Air Force physical fitness program and a possible new uniform, said the service's senior leader during a visit here Aug. 13.

As the Air Force's needs and demands change, so should airmen, said Air Force Chief of Staff Gen. John P. Jumper.

"I think anybody who's been a part of the expeditionary Air Force, living in tents in 120-degree desert heat, knows that we need to pay attention to how fit we are when we deploy," General Jumper said.

"In the early 1990s, we began cycle ergometry, and I think when we did that, we lost all of the social aspects of physical fitness. We stopped working out together and we drifted away from the basics," he said. "I want something

that we can do when we're deployed; we can always run and we can always do push-ups and sit-ups when we're deployed – that's what we need to be able to do."

The new program will also put physical-fitness responsibilities back in the hands of squadron commanders and their airmen, Jumper said.

"Rule No. 1 is that everyone will participate," he said. "Squadron and unit commanders are going to be responsible for the fitness of the people in their squadron, and eventually it will show up on their fitness reports. The squadron commander will ultimately, once we get going, be graded on the percentage of the people in their squadron who pass or (don't) pass.

"This is much different than the way we do it now, where physical fitness is enforced by either the medical community or unit orderly rooms," General Jumper said. "We're going to put it in the hands of the squadron members to make sure their unit

and members pass the test ... this will unfold slowly, but step No. 1 is getting everybody out there and ready by January."

Our evolution into a more expeditionary Air Force may also lead to a change in the Air Force uniforms, he said.

"Anybody who has worn the current woodland (battle-dress uniforms) knows that the first time you take them to the dry cleaners to get them washed and starched is the last time any air passes through that material. It is now sealed up forever, and it doesn't breathe any more," the general said.

"What we did was take a lesson from the Marine Corps, who got a hold of some new material that's truly wash-and-wear. This will alleviate somewhere between \$20 to \$40 a month of dry cleaning bills for our members," he said. "We also went out to people and got their ideas about the right kind of belt and the right kind of pockets placed on the uni-

form so they're more useable.

"The color is an experiment," the general said. "If you look at some of the scientific data, the color (of the test uniform) at night is actually better than the current camouflage uniform. We do a lot of our fighting at night, so it's a test; that's what it is.

"What I don't like is people giving me their opinion before they've seen it," General Jumper said. "Most people I've gotten feedback from are very objective and willing to take a look. And that's all I'm asking people to do – take a look at it and see what we think. We're all going to decide together."

And these decisions, combined with other Air Force quality-of-life initiatives, lead to a higher "value of life," General Jumper said.

"When I say quality of life, what I mean is more about the value of life (rather) than higher standard of living," the general said. "It's how good we feel about what we do. There's certainly a material

side of that, and the material side is we're going to continue to get pay raises.

"We're in the service of a very grateful nation right now. All you have to do is walk downtown in uniform anywhere in America, and people will come up and thank you for your service," General Jumper said.

"They have no idea who you are, or what rank you are, but they know they are grateful. You are the symbol of the pride and strength of this nation," he said. "If you think of your counterparts that you went to high school or college with, what are they doing? Do people come up to them in the street and thank them for what they do? ... That is a very big part of quality of life.

"When you look in the mirror in the morning and say that there's not anything that I can do with my life, nothing more valuable to my nation or myself than what I'm doing today ... I tell you, what's not to like? This is a great Air Force."

Soundoff

What good book have you read lately?



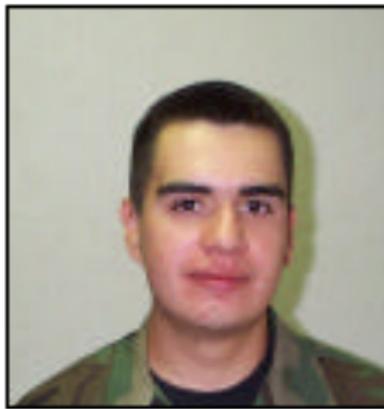
"Harry Potter and the Order of the Phoenix," ~ Capt. Gloria Ensser, 82nd Logistics Readiness Office



"The Power of the Praying Wife,' about how wives play an important role at home," ~ Ms. Lucile Adams, 82nd Comptroller Squadron



"The Green Mile," ~ Marine Lance Cpl. Zachary Poetzl, Marine Artillery Detachment, Fort Sill, Okla.



"Fear and Loathing in Las Vegas," ~ Airman 1st Class Jesus Miranda, 362nd Training Squadron



"Blue Mars," ~ 2nd Lt. Patrick Killingsworth, 80th Operations Support Squadron

Sheppard Spotlight: 15 lines of fame

1. **Name:** Chad Holt
2. **Rank:** Captain
3. **Organization and position:** 360th Training Squadron, aircraft maintenance officer course instructor
4. **Hometown:** Decatur, Ala.
5. **Married or single (include your family if you'd like):** Married
6. **Hobbies/Favorite thing(s) to do in your free time:** Spending time with my wife and kids.
7. **Funniest childhood memory:** "Snipe" hunting.
8. **Why did you join the Air Force?** To get out of Alabama.
9. **Why do you stay in the Air Force?** Because I get paid to have fun and be an aircraft maintenance officer, the best job in the Air Force.
10. **Date Arrived at Sheppard:** March 14, 2002.
11. **Most rewarding aspect of your job:** I have a direct impact on one of the two most important things we do in the Air Force, "fixing and flying."
12. **Favorite book or movie:** "Happy Gilmore."
13. **What is your dream vacation?** A trip around the world.
14. **If you could be anyone for one day, who would you be?** Bill Gates, so I could donate \$1 Billion to the Chad Holt Foundation.
15. **Most prized possession:** My children: Zachary, 6; Caitlin, 3; and Brendan, 6 months. They aren't possessions, but very prized.



Capt. Chad Holt

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



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.

Programming runs 24 hours
 on TSTV Channel 14.

Check out the
 detailed schedule at
www.sheppard.af.mil/82trwpa

Today

2 a.m. - Air Mobility History
 7 a.m. - 50 Years of the UCMJ
 1 p.m. - Flying for Freedom:
*The Women Air Force Ser-
 vice Pilots*

Saturday

5:30 a.m. - Air Force Escape
 and Evasion Society pres-
 ents: *Leecroy Clifton*
 9 a.m. - The Third Century
 of: *The American Experiment*
 3 p.m. - The Memphis Belle

Sunday

2 a.m. - Air Mobility History
 1 p.m. - Flying For Freedom:
*The Women Air Force Ser-
 vice Pilots*
 4:30 p.m. - Operational Risk
 Management

Monday

4:30 a.m. - AFEES presents:
Joseph E. Manos
 11:30 a.m. - Wind Through
 the Wires: *World War I Avia-
 tion*
 6 p.m. - Sheppard Idol

Tuesday

7 a.m. - 50 Years of the UCMJ
 4 p.m. - Into the Mouth of

the Cat: *Lance P. Sijan Story*
 8 p.m. - Safety Hour: *Driv-
 ing Space*

Wednesday

9 a.m. - The Third Century
 of: *The American Experiment*
 9:30 p.m. - Freedom Flyer
 Reunion
 10:30 p.m. - The Sound of
 Freedom: *The Berlin Airlift*

Thursday

4:30 a.m. - AFEES presents:
Joseph E. Manos
 10:30 a.m. - Safety Hour:
Doing It Right
 11:30 p.m. - Military Family
 Separation Series: *Family
 Reunion for Waiting Spouses*

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 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.



Lake Texoma to have Hawaiian luau

Lake Texoma will have a Hawaiian luau Aug. 30 from 7 p.m. to 11 p.m. There will be food, games, prizes and a hula contest. Viagra Falls, a local band, will play at the event. For more information, call (903)523-4613.



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. Cards, dominoes and pool are available every day. Also, a video game system is available every night to play in the main bar area. For more information, call 6-2083.



Enlisted club to present comedy night

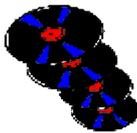
The enlisted club is scheduled to host a comedy night tonight beginning



at 9 p.m. The doors will open at 8 p.m. For more information, call 6-2083.

Enlisted club to have oldies but goodies night

The enlisted club is scheduled to host an oldies but goodies night Saturday from 8 p.m. to 2 a.m. Call 6-2083 for more information.



Officers club to offer mongolian barbecue

The officers club will offer mongolian barbecue Aug. 28 from 5:30 p.m. to 8 p.m. at \$4.5 per pound for beef, chicken or pork. All ranks are welcome. Call 6-6460 for more information.

Enlisted club to have family night

The enlisted club is scheduled to have a family night Aug. 28 from 5:30 p.m. to 8 p.m. The cost is \$5.95 for members, \$7.95 for non-members, \$2.95 for children ages 5-12 and free for children 4 and under.

There will be games and prizes and birthday cake for the birthday children. For more information, call 6-2083.



Upcoming trips, show ITT planning upcoming trips in August

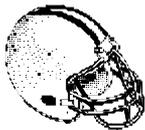
ITT offers tickets and tours to local and surrounding attractions. Call 6-2302 for more information about any of these trips.

Fort Worth Zoo

Observe a variety of animals at the zoo Sept. 6. Tour includes transportation and admission. Cost is \$42.50 per person. The tour will depart the community center at 9 a.m. and return to base at 6 p.m. Register by Sept. 1.

Atlanta Falcons vs. Dallas Cowboys – Watch the Cowboys play live Sept. 7. Tour includes transportation and admission. Cost is \$60 per person.

The tour will depart the community center at 11 a.m. and return to base at 9 p.m. Register by Sept. 1.



At the Flicks

Today 6:30 p.m.

Legally Blonde 2

Today 9 p.m.

Terminator 3

Saturday 2 p.m.

Johnny English

Saturday 4:30 p.m.

Legally Blonde 2

Saturday 7 p.m.

This schedule is subject to change without notice.

For movie information, call 6-4427.

Johnny English (PG) – Rowan Atkinson, Natalie Imbruglia – Johnny English is a bumbling British agent sent to rescue the crown jewels and save the monarchy from Frenchman Pascal Sauvage. All of England's hopes are resting on Johnny English.

The League of Extraordinary Gentlemen (PG-13) – Sean Connery, Peta Wilson – Based on the acclaimed comic books by Alan Moore, a legion of superheroes the likes of which the world has

The League of Extraordinary Gentlemen

Sunday 2 p.m.

Johnny English

Sunday 4:30 p.m.

The League of Extraordinary Gentlemen

Thursday 6:30 p.m.

How to Deal

never seen, with little preparation and no time to lose, must save the world. But, the members of the League enter their union with inherent suspicion toward one another.

Legally Blonde 2: Red, White and Blonde (PG-13) – Reese Witherspoon, Sally Field – Elle Woods returns in this sequel, as she turns her legal and fashion-savvy know-how toward getting a bill passed through Congress in Washington.

Chapel Schedule

Student programs

Tuesday, 11 a.m. and 4:15 p.m., chapel rope meeting, north chapel

Saturday, 3 p.m., Solid Rock Cafe, south chapel

Saturday, 3 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, call Master Sgt. Abdullah Shamsid-deen at 6-7282.

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

Later 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

Be smart, don't drink and drive. Call Airmen Against Drunk Driving at 6-AADD for a ride home.

Mid-August, 1948 - Shepard Air Force Base was reactivated.

Aug. 22, 1909 - The first international aviation competition was held in Rheims, France. The competition lasted six days.

Aug. 22, 1925 - The Army Air Service announced a "recording compass" which registers on a paper chart all of the various headings that an airplane flies.

Aug. 22, 1963 - Joe Walker, piloting the X-15, reached 67 miles altitude with a speed of 4,159 mph.

Aug. 23, 1923 - U.S. Army Corps Lieutenants Lowell Smith and John Richter set an endurance record of 37 hours



with the help of in-flight refueling.

Aug. 25, 1609 - Galileo demonstrated his first telescope to Venetian lawmakers.

Aug. 25, 2002 - NASA set a world record for the largest balloon successfully launched, when it flew a 60 million-cubic-foot balloon carrying a 1,500-pound scientific payload to the

fringes of space.

Aug. 27, 1783 - First unmanned Hydrogen filled balloon flight by Professor J.A.C. Charles near Gonesse, France.

Aug. 27, 1939 - First flight of a jet-propelled plane took place in Germany.

Aug. 27, 1984 - President Reagan announced Teacher in Space Project.

Aug. 28, 1952 - American Airlines flew 10,000,000 passenger-miles today, setting a new single-day mileage record for all airlines.

Aug. 27, 1946 - The U.S. Army successfully tests a new pilot-ejector seat, designed to catapult a pilot from the cockpits of high-speed airplanes, at Wright Field, Ohio.

Newspaper helps mother understand military life

As a mom with a son who just completed tech school and is currently at Sheppard waiting for his next assignment, reading your base newspaper helps give me a sense of the community that my son shares.

Since I live too far away to visit him, it does help to read about events happening in his neck of the woods. Though my husband is a Vietnam era Air Force veteran and remembers military life, I am not familiar with the military experience, so it helps to read your publication to understand what life is like for folks living on a base.

Sheppard seems to have a great community and I especially like the emphasis on the needs of military families, even though my son is currently single.

Realizing that life in the military is not necessarily going to be a Utopia, it's nice to know our men and women in uniform do get to be part of a community that seems to care about them and their needs.

It is also cool for someone like myself to be able to read about what's going on, even though I am far away. It helps make me feel a little more connected.

Thank you Senator staff for the good job you do!

Sincerely,
Kathleen Plank

Interested in writing a story for the *Sheppard Senator*. Call 6-7244 with your idea or e-mail us at 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.

South bowling lanes to have moonlight colorama tournament

The south bowling lanes will host a moonlight colorama tournament at 7 p.m. Saturday. Cost is \$13 per person. For more information, call 6-2170.



Thursday reject bowling league to have meeting

The Thursday reject bowling league will have a meeting 11:30 a.m. Thursday at the community center. Bowling starts at 12:30 Sept. 4 at the south lanes. For more information, call Donna Dobbins at 569-2430 or Vivian Umlah at 569-1619.

Hotter'N Hell 100 to kick off

The Hotter'N Hell 100 bicycle ride is scheduled to kick off

Saturday. People who participate in the event can ride 100-mile, 50-mile or 25-mile routes. Also available are 100-kilometer and 10-kilometer routes. Register the morning of the event at the event or beforehand at www.hh100.org. For more information, call 6-6065.



West Point, Texas Christian University to square off

West Point is scheduled to play the Texas Christian University Oct. 4 at 7 p.m. at the Amon G. Carter Stadium. Call 1-877-849-2769 or visit <http://goarmysports.ocsn.com> for tickets. Cost for tickets is \$23 for the Army section, \$11 for military group seating in the end zone and \$15 for non-group seating in the end zone. For more information call ITT at 6-2302.

South fitness center to have lunch bunch basketball

The south fitness center is scheduled to have lunch bunch basketball from 11 a.m. to 1 p.m. Monday, Wednesday and Friday. For more information, call 6-1493.

Get fit today. Visit the north or south fitness centers.

Officer earns Olympic berth at Pan Am Games

By Mr. Tim Hipsps

Army Community and Family Support Center Public Affairs Office

SANTO DOMINGO, Dominican Republic — 1st Lt. Anita Allen became the first member of the U.S. Army World Class Athlete Program to earn a berth in the 2004 Summer Olympics by winning the women's modern pentathlon Aug. 11 in Pan American Games XIV.

Allen won the gold medal in the grueling, five-sport, daylong event with 5,268 points. Brazil's Samantha Harvey, one of Allen's neighbors in Colorado Springs, Colo., won the silver medal with 5,256 points, and Olympian Mary Beth Lagorashvili of Munkwanago, Wis., took the bronze with 5,220 points.

Allen, 25, a member of the medical service corps from Star City, Ind., dedicated her emotional victory to West Point classmate 1st Lt. Leif Nott, who died July 30 during an attack on U.S. forces in Iraq.

"The entire time I was thinking 'This is for Leif, this is for Leif. I'm gonna do it,'" said Allen, who finished second in shooting, 11th in fencing, sixth in swimming, second in equestrian riding and first in cross-country running during the grueling one-day event.

Nott was never far from Allen's mind as she lowered her personal best in the swim by six seconds and delivered the equestrian ride of her life aboard Carmia, who minutes earlier refused three jumps, posted sev-

eral knockdowns and threw Mexico's Karina Morales to the ground.

Allen finished runner-up to Canada's Monica Pinette in shooting and then struggled in fencing, starting 0-6 before regrouping for nine victories and 13 defeats in two matches against each competitor.

"At least I salvaged some momentum to take to the pool," she said.

Allen began swimming toward gold with a time of 2

minutes, 27.19 seconds in the 200-meter freestyle, good for 1,156 points.

"Everything felt so easy in the water," she said of her personal best in the event.

Little did Allen know the best was yet to come.

In the equestrian event, she scored 1,172 points with a magnificent ride aboard Carmia, who knocked just one rail to the ground.

"Pushing horses forward and feeling horses that are going to refuse (jumps) doesn't always come naturally to me; I haven't spent enough time in the saddle," admitted Allen, who has been riding, fencing, swimming and shooting competitively for just 25 months.

"I kept growing at him in

between the jumps and yelling at him to keep going. I didn't feel comfortable taking my hand off the reins to give him a tap, so I just used voice aids to scare him into jumping. I held on with both hands the whole way, and I had a nice set of spurs that helped, too," she said.

Allen, who wore a black armband in Nott's honor much of the day, entered the final event 42 seconds behind leader Katia Rodriguez of Cuba for the staggered start of the 3,000-meter cross-country run, Allen's strongest event.

"I did still have my ace in the hole," said Allen, who was named MVP in cross-country and captain of her track team at West Point. "I am a strong runner."

Rodriguez, silver medallist Samantha Harvey of Brazil, bronze medallist Mary Beth Lagorashvili of Team USA and Pinette all started the run in front of Allen, who closed the 200-meter gap on the final loop around the outside of the equestrian center.

"When I got to the starting line, all I could think was 'Leif, help me out here. I'm thinking a lot of you, and this is for you. If I can do it, we'll do it together,'" Allen recalled with tears welling in her eyes. "And I really, really think — I'm one to believe people watch over you — we were going to do it together, and sure enough, we did. And it was the greatest feeling."

(Courtesy of the Army News Service).



Photo by Mr. Tim Hipsps

Anita Allen, a member of the U.S. Army World Class Athlete Program at Fort Carson, Colo., displays the Stars & Stripes along with her gold medal after winning the women's modern pentathlon in the 2003 Pan American Games at Santo Domingo, Dominican Republic. Allen of Star City, Ind., is the first WCAP member to earn a berth in the 2004 Summer Olympics at Athens, Greece.

Running 411: What new runners should know

By Senior Airman Cat Trombley

8th Fighter Wing Public Affairs

KUNSAN AIR BASE, South Korea (AFPN) — Running long distances can be an intimidating task, especially to airmen who have not stepped foot on the track since basic training.

But, for those who want to start running, there are ways to start a program so runners can meet their target distance and time without injury.

"There are many methods to follow when starting a program," said Capt. Huey Latham, 8th Medical Operations Squadron physical therapist and marathon runner. "Most people do 'walk and run' in which they walk a distance, then run a certain distance. Another method is to run for a specific time and then walk for a specific time."

Latham said when runners make changes to their routines, they should only step it up slightly.

"When people are starting a training program they should follow the 'FIT' principle," Latham said. FIT stands for frequency, how often you run; intensity, how hard you run; and time, length of activity, Latham said.

"Only one of these variables should be increased in a week, and the increase should not exceed 10 percent of what you were doing the previous week," he said.

"Cross-training can be done on off-days and supplemented with a non-pounding aerobic

activity or weight training. Learn to listen to your body, and if it feels tired or fatigued, take a rest day," Latham said.

New runners have to be especially careful not to cause injury. Accelerating a running program too quickly can cause a number of injuries, he said.

"Too much, too soon, too often causes overuse injuries. The most common injuries are muscle pulls of the lower extremities — more often the hamstrings, quadriceps and the calf muscles," Latham said.

Some of these injuries include:

Runner's knee, pain around the kneecap caused by tight tissues on the outside of the knee

and weak muscles on the inside.

Iliotibial Band Syndrome, pain on the outside of the knee caused by running downhill or on banked curves, like on the side of the road.

Shin splints, pain in the lower leg caused by excessive pounding.

"Adhering to the FIT principle is the best way to avoid injury," Latham said.

If injured, rest, increase flexibility, medicate, ice, maintain strength and endurance of leg and hip muscles, and gradually return to activity with respect to pain. These are the best ways to treat an injury, Latham said.

Almost any runner will tell a "wannabe" runner, having the

right shoes is important.

Go to a running store to find running-specific shoes. Some base exchanges have a chart about running shoes and shoes on display. Spend 30 to 40 minutes at the store. Take time to look at all the shoes and prices.

Wear the kind of socks you are most comfortable running in. The wrong socks can alter the fit of the shoes. Selecting a running shoe is based on three basic foot types: flat feet, normal- and high-arched.

"Shoes should be bought to accommodate the foot type," Latham said. "Shoe designs come in motion control, stability and cushion.

"Runners with flat feet tend to

(land on the outside edge of the foot and roll inward) and need a motion-control shoe. Most people have a normal arch and need a shoe providing stability. Runners with high arches need a cushioned shoe," he said.

If the sole of the shoe is straight, it is for flat feet and motion control. If the sole is semi-curved, it is for normal arches and provides stability. If the sole is curved, it is for high arches and provides cushion.

By following steps to ease into a running program and having the right gear, a new runner should be able to get to their target distance and time, injury-free. (Courtesy of Pacific Air Forces News Service).

Fitness center offers classes

The aerobicerter, 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.

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.

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