

The SHEPPARD SENATOR

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

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In the news

Veteran's Day Parade to be held Saturday

A Veteran's Day Parade will be held Saturday at 11 a.m.
All Sheppard personnel are invited to turnout and pay tribute to those who have gone before.
For more information, see page 5.

A-76 meeting to be held

An A-76 town hall meeting is scheduled for Nov. 17 at the community center.
Two meetings will be held to accommodate different schedules. The first will be held at 9 a.m.
An afternoon meeting is scheduled for 3 p.m.

A-76 is a comprehensive study for competitive sourcing of military and Department of Defense positions.

The town hall meeting Nov. 17 is a preliminary meeting to discuss the process.

Change of command

Col. Johannes Hassenewert, 80th Operations Group commander, will relieve his command during a ceremony Wednesday at 3 p.m. at Hangar 10. An alternate location if there is inclement weather is Hangar 4, Bldg. 2404.

Col. Heinrich Schneider will take command of the operations group.

Life savers

Life support flight provides valuable service to Sheppard pilots

By Ms. Carolyn Young

Base public communication

The sign above the door says it all: "We're the last one to let you down."

From parachutes to helmets to gravity suits, the 80th Operations Support Squadron's life support flight at Sheppard has the responsibility of making sure Sheppard pilots are as safe as possible.

Master Sgt. Randy Bice, superintendent of aircrew life support, said the unit's main job is to "provide life-supporting equipment and training to flyers." This includes inspecting parachutes, cleaning helmets and masks, washing G-suits and training students on how to use their equipment.

"We fit 300 plus students a year," Sergeant Bice said. "And we maintain equipment for not only ENJPT students, but (pilot instructor training) and AT-38 training as well."

This adds up to over 700 pieces of equipment that life support is responsible for.

"We're always extremely busy," Tech. Sgt. Angela Patterson, the non-commissioned officer in charge of the flight, said. "We handle 340 or so flights a day."

In addition to providing life support equipment for aircrews, the shop also trains flyers.

"We do (introduction to fighter fundamentals) water training in the base pool," Sergeant Bice said, "and also do annual



Photo by Ms. Carolyn Young

Two pilots from the 80th Flying Training Wing check their oxygen masks at life support machines before heading skyward. The 80th Operations Support Squadron life support flight is responsible for supplying life support equipment to students and instructor pilots on Sheppard.

training for permanent party members."

Another aspect of training they do is for the incentive flight program.

"Every summer, we train the ROTC cadets that come (to Sheppard) as well as for anyone else who is qualified for an incentive ride," Sergeant Patterson said.

An important part of a pilot's equipment is the parachute, she said. These packs also include a small survival kit, and all must be inspected every 30 days.

"We don't pack the chutes here, but we do make sure they are working correctly," Sergeant Patterson said.

The helmets and oxygen masks, both of which are custom-fit, are taken apart and cleaned every 30 days as well. Students are also asked to wash the inside of their helmets after each use, she said.

Sergeant Bice said life support involves a 6-week tech school that introduces students to the basic concepts of equipment. Most of the training life support techs receive is on the job.

Another integral part of life support's successes comes with the overlap of civilian continuity.

See LIFE, Page 4



Team Sheppard Training 2003



82nd Training Wing: 68,721 students trained to replenish America's combat capability
80th Flying Training Wing: 177 combat pilots trained for the NATO Alliance





Photo by Lynn Bullard

Exceeding the goal

Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, accepts a check worth \$450,660 from Lt. Col. James Bruno, 82nd Training Group deputy commander and base point of contact for the Combined Federal Campaign, (Left of Brig. Gen. Rooney). The money collected from members of Team Sheppard was thirty-five percent more than the goal.

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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Child supervision

Question: I was just curious if children are supposed to be supervised while at the playgrounds that are in the housing area?

Answer: Good question. The Sheppard Child Supervision Policy outlines the recommendations for parents and adults supervising children. It states that any child age 4 or younger should not be left alone at any time. For children 5 and 6 years old, outside play is limited to playground or yard with immediate supervision, which is visual sight or hearing distance to adult supervision. For children 7 and 8 years old, the recommendation is to have access to adult supervision when outside.

Further recommendations in the Child Supervision Policy state that children age 8 and younger are not to be left alone at home at any time or left unattended in a car. Children 9 to 11 years old can be left without a sitter in quarters for up to 4 hours, but must have ready access to an adult (phone number).

As always, every parent and adult needs to be alert and is expected to make an educated and informed decision regarding child supervision. Other education material and assistance is available through many agencies on base to include the family advocacy program, youth center and family support center.

Charge at auto hobby shop to drop off oil

Question: After my action line in March concerning the charge for recycling oil at the auto hobby shop, a nice lady from services called me to say the charge to drop off used motor oil was dropped and I could get my dollar back. I told her she could keep my money. I was just glad the charges were dropped for future recyclers.

By yesterday, I had collected several more gallons of used oil and went to the auto skills center to drop it off. To my shock, I was charged a dollar to deposit my used oil! What gives? I was assured in April no more charges would be made to deposit used motor oil. Has the policy changed again? Why the inconsistency?

Answer: The auto skills center is a large advocate for recycling hazardous materials on Sheppard AFB. Due to the costs associated with the paperwork, manpower, disposal and cleanup materials required, we implemented a nominal environmental fee for all patrons in beginning in February.

This fee helps to defer the non-appropriated fund costs associated with the recycling area. This fee applies to everyone who uses the facility and mimics policy at many off-base locations to defer the rising cost of dealing with environmental waste. We discontinued the fee for a short time while we looked at other funding alter-

natives; however, we found we needed to reinstitute it in May.

There is a lot of misconceptions concerning recycling. One of those is that Sheppard profits from the sale of used oil. The fact is we pay a contractor to dispose of oil, filters, and other hazardous materials.

We appreciate your environmental advocacy.

Charge for cups at golf course

Question: Why is the golf course snack bar charging 25 cents for a styrofoam cup if all you want is water? The cups were free in the past. The management does not seem to be aware that golfers buy a good deal of food and drink, which should more than compensate for the free cups.

However, if the free cups are considered to be a financial burden then I feel that a 10-cent charge would be more reasonable.

Answer: We appreciate your continued patronage.

We began charging a 25-cent fee for cups due to the large volume of cups being used by patrons with no purchase being made from our snack bar. This seems trivial, but this volume began to affect our supply costs and we didn't want to raise costs in other areas to make up for the free cups. After researching this situation, we are reducing the price of the cups to 10 cents. This fee is more in line with the actual cost of the cups.



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.

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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.

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Dedication to peace

AETC commander honors, salutes veterans for service before self

By Gen. Don Cook

Commander of Air Education and Training Command

RANDOLPH AIR FORCE BASE, Texas (AETCNS) — Throughout the course of our country's history, countless men and women have dedicated their lives to ensure every American citizen has the right to life, liberty and

the pursuit of happiness.

These soldiers, airmen, sailors and Marines embodied the motto of service before self and proved their devotion to their country time and again.

From America's war for independence to today's war on terrorism, members of the United States military have defended and will continue to

defend our fundamental rights. They have given their time, their heart and, in many cases, their lives so all Americans can live free of tyranny. I am proud to count all the members of AETC among those following in their footsteps.

This year on Veterans Day, we honor their noble sacrifices and re-dedicate our

efforts to preserve peace and enduring freedom in the wake of the challenges and threats of the 21st century.

As our soldiers, sailors, airmen and Marines deploy around the world engaging in the fight against terrorism, those who served before them remain a constant inspiration. They serve as a reminder of the ideals our military lives

by and the ideals we have sworn to protect. It is so simple a phrase—Duty, Honor, Country—but it means so much to so many throughout our country's history.

Tuesday, let us pause to honor the men and women who served and those who continue to serve our United States.

To those veterans, past and present, I salute you.

Rooney: Winning the "away game"

By Brig. Gen. Arthur Rooney Jr.

82nd Training Wing Commander

Recently, like many of you, I was riveted by the World Series. The Florida Marlins and New York Yankees both played magnificently, with Florida gaining the crucial win in New York to become the World Champions.

During the series the Marlins had to win the "away game" in order to secure the overall victory. This is no easy task in New York. The Yankees have raving fans and are tough to beat at home. In many sports the "home field advantage" is considered to be the incalculable factor between victory and defeat.

The Marlin's win in New York made me think of the thousands of troops who are currently fighting America's "away game."

On September 11th, 2001, the United States was hit on our home field. Since then we've launched the "global war on terrorism," routing Taliban fighters, terrorist cells, and most recently, the Iraqi regime. This war is deadly serious — not a game — but there are some parallels.

Our forces have been waging a relentless campaign on our opponents' fields, cities, and deserts in order to ensure that the American people never again have to worry about terrorists who would try to harm our way of life. Unlike baseball, we fight over there so we'll never again have these opponents at our home.

Our men and women in uniform depend on the support of their family, friends, and fellow citizens for the most important two words any-

one in uniform can hear, "Thank you."

Like the fans cheering their team, I know that the support of our community can rally spirits and lift Team Sheppard to achieve many new victories. Although there will be setbacks, we must remain committed to our ultimate goal — the successful defense of our ideals.

For every time I hear a media outlet question the job our troops are doing, I get a report of yet another act of great courage, kindness and generosity. In fact, just this past week airmen from the 380th Air Expeditionary Wing donated more than \$5000 in supplies to a school in Kirkuk. No other military in the world tries as hard as we do to not only win wars, but to win the peace. Our fighters are doing an incredible job. To put it in sports terms: they are the World Champions.

But this is not a game. We have and will lose brave freedom fighters. Their sacrifice has made our country and the world a safer place for all of us to live. During the upcoming Veteran's Day holiday, take a moment while you enjoy a football game or barbeque to remember those that are serving at home and abroad, those who have served in the past, and those who have made the ultimate sacrifice.

This weekend, I hope you'll take the time to attend a Veteran's Day parade, wave a flag and say "thank you" to one of our troops this weekend. They're serving at the "away game" so we'll all be safe at home.

From all the Rooney's to our men and women serving this Veteran's Day, "Thank you and God Bless."

Area gives plenty of reasons to honor veterans

By Mr. John Ingle

Base public communication

Trying to put why someone should attend a Veteran's Day parade on a chilly North Texas morning has proven to be a more daunting task than explaining to a 6-year-old why they have to clean their room.

It's not as easy as you'd think. You really can't tell an adult, "Because I said so."

You could, but you'd get laughed out of the room.

It's a weekend; a day away from work without a care in the world. A day to catch up on the "honey dos and don'ts." People can think of 100 reasons not to stand out in the cold and watch people, floats and bands weave up and down the streets of Wichita Falls.

I can think of about 15,000 reasons why people should go. That's roughly how many veterans are living in the North Texas region, not counting people serving at Sheppard.

We'll get to that in a moment.

This area has spilled enough blood, welcomed home enough caskets and helped to many wounded soldiers than most other areas in the state. Men and women from this area have stood up when called and valiantly defended the freedoms this country has enjoyed for more than two centuries.

Don't take my word for it.

Take, for instance, Mr. Clyde Fillmore of Wichita Falls and the Lost Battalion from World War II. Mr. Fillmore, a young artillery officer with the 131st Field Artillery, 36th Infantry Division, was held for almost three years in a Japanese prison camp in Southeast Asia after his capture in the Philippines...fighting for our freedom.

Another example is Mr. J.W. Martin, also of Wichita Falls.

Mr. Martin served as a Marine in the Pacific Theater during World War II. It

wasn't so much where he served that is compelling. It's how many times he went back to serve.

During some of the bloodiest fighting on Okinawa, Mr. Martin, then a demolition sergeant, was advancing on enemy caves on the volcanic ash laden island. With bullets swirling around him, he never thought about charging their strongholds with a flame-thrower strapped to his back.

By the end of the war, he was wounded five times. Why? For our freedom.

Yet another statement of this area's dedication to freedom was seen in the dense jungles of Vietnam in young 2nd Lt. Ronald Miller.

The 2nd Battalion, 7th Cavalry and Lieutenant Miller, a platoon leader in the unit, were charged with relieving 1st Battalion, 7th Cavalry following the Battle of the Ia Drang.

After leaving LZ X-Ray, the 2/7 was ordered to rendezvous with helicopters at LZ Albany, a few miles north of X-Ray.

An ambush almost wiped out the battalion. When Lieutenant Miller's body was found, he was still clutching his rifle.

The final reason for honoring veterans on their day can be found inside the gates of Sheppard. The men and women who don "the Blue" today are deserving of this honor of Veteran's Day.

According to the good ole American Heritage Dictionary, a veteran is "one who has been a member of the armed forces."

Guess what. That means past and present. You don't become a veteran when you get out. You became a veteran your first day on the job.

Saturday's parade is to honor those that have gone before, but it's also to honor the men and women who are currently serving now — from the one-striper in finance to the seasoned general in command.

Don't miss out on the opportunity to honor a co-worker or someone you've never met across base.

Sheppard crushes CFC goal

By Airman Jacque Lickteig

Base public communication

Team Sheppard blasted through its goal of raising \$333,000 for the Combined Federal Campaign by bringing in a whopping \$450,660 in donations, which is 135 percent of the targeted amount.

The CFC is a national campaign, to which all federal employees can contribute, that kicked off at Sheppard Sept. 15 and ended Oct. 23.

Every group at Sheppard exceeded its goal for the campaign. The 82nd Training Group had the largest percentage rate, 204 percent of their goal and the 782nd Training Group had the second-largest rate at 157 percent.

"It doesn't surprise me," Lt.

Col. James Bruno, installation project officer for the CFC and Deputy Commander, 82 TRG, said about his group's achievement. "We're a generous group. Capt. Phillip Johnson (the group's point of contact for the CFC) did an outstanding job. When the campaign kicked off, he went into high gear as did each group and squadron key worker across Sheppard AFB."

But the campaign wasn't just a race to the finish line to see who could outdo whom.

"The campaign isn't about meeting goals. The whole idea of the CFC is to provide funds to charities that do such a great job for the American people, because by doing so, we all benefit," he said.

Proceeds from the campaign

go to more than 1400 charities local and nationwide, including the American Red Cross and charities for Sheppard agencies, such as the child development center, the family support center, family services and the youth center.

The impact of the campaign affects and benefits everyone, Colonel Bruno said.

"These organizations are extremely important to Team Sheppard, and without donations, they wouldn't exist," he said.

People at Sheppard ensured the campaign was successful.

"Everyone at Sheppard did a great job by contributing," Colonel Bruno said. "The publicity for the campaign from the base newspaper, the marquee at the gates and TSTV, along with slides at staff meetings, really got the

Unit	Amount	Goal	% Goal
82nd TRW staff	\$24,564	\$18,000	122
82nd TRG	\$122,367	\$60,000	204
782nd TRG	\$76,991	\$49,000	157
882nd TRG	\$45,225	\$34,000	133
982nd TRG	\$10,688	\$9,000	119
82nd MDG	\$50,739	\$44,000	115
82nd MSG	\$70,882	\$36,000	111
80th FTW	\$44,063	\$36,000	122
Others	\$5,368		
Total	\$450,660	\$333,000	135

word out about the CFC. And without Gen. Rooney or Col. Polumbo's support, the campaign wouldn't have been as fruitful."

This year isn't the only year Sheppard shined during the CFC. Last year, Sheppard collected

\$378,000, which was 112 percent of its \$327,000 goal.

"Historically, people at Sheppard have been extremely generous," Colonel Bruno said. "I have no history that shows Sheppard hasn't ever met or exceeded its CFC goals."

Water restrictions go into effect: City and base to ration water until further notice

By Mr. Bill Marks

Water Program Manager

Mandatory water restrictions have been implemented to conserve water as the main sources of water dipped below 50 percent capacity.

Due to a lack of rainfall, Wichita Falls and Sheppard are experiencing drought conditions. Our drinking water source, Lakes Arrowhead and Kickapoo, have rapidly fallen to a combined capacity of less than 50 percent.

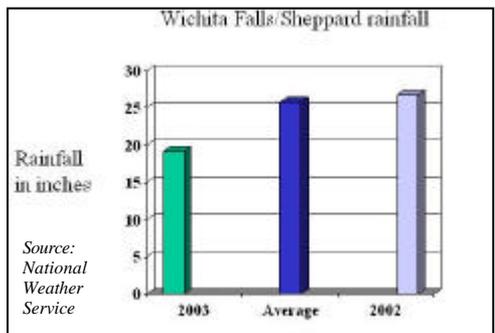
With the combined below nearing 50 percent, officials in Wichita Falls and Sheppard have implemented the drought contingency plan in order to conserve water.

The following is a summary of the mandatory

water conservation measures Sheppard has implemented:

- Military family housing occupants may only water on Mondays before 11 a.m. or after 6 p.m.
- All vehicle washing, including car wash fundraisers, is prohibited in military family housing and on base. Vehicle wash racks are exempt.
- Military Family Housing occupants may water newly planted trees on any day if a hand held hose (with shut off nozzle), watering can or 5-gallon or less capacity bucket is utilized.

These water conservation measures will remain in effect until further notice. If there are any questions or for more information, please contact the environmental flight at 6-5720.



6 SMSgts earn final stripe

Six Sheppard senior master sergeants were recently selected to pin on their final stripe.

The following were selected for chief master sergeant:

Sammy Herrell, 360th Training Squadron; William McGovern, 82nd Training Wing; Edward Williams, 82nd TRW;

Robert Bradley, 383rd TRS; Richard Riddle, 82nd Aerospace Medicine Squadron; and Lucia Carracedo, 82nd Dental Squadron.

More than 520 senior master sergeants for promotion to the service's highest enlisted rank as part of the 2003 chief master

sergeant promotion board.

The Air Force will release the promotion list the first duty hour Nov. 5 (Nov. 6 for those units across the international date line.) The complete list of selectees will be posted to the Air Force Personnel Center's web page, <http://www.afpc.randolph.af.mil/eprom/>, Nov. 6.

The board, which considered 2,649 senior master sergeants, selected 19.86 percent - 6.86 percent above the minimum promotion rate objective of 13 percent. Last year's selection rate was 19.93 percent.



LIFE

Continued from Page 1

There is a huge amount of responsibility involved with Life Support, and "you don't really appreciate how much responsibility you have until an accident happens," Bice said. "And every time we have a safe outcome, which we hope is always, we want to give credit to our troops on the floor, the ones inspecting equipment and making sure all the maintenance is up to date." "They're the ones doing the dirty work," Patterson added.

As life support heads into its 50th year as a career field in the

Air Force, Sergeant Bice said the change of the name to "aircrew protection" will give people a better indication as to what the career field is all about.

"I think this will actually reflect what we do better than the title 'life support,'" he said, "since we really deal more with keeping the flyers safe."

Or, as one of their mottos says, "Your Life is Our Business." Whatever the name, life support will continue to help our forces achieve their potential and dominance in air power.

Memorial service to honor fallen veteran more than 58 years after death

A memorial service will be held in front of Bldg. 400 Monday at 11:30 a.m. to honor an area man who was killed more than 58 years ago in the Battle of the Bulge.

Pvt. Leon Griffiths of Olney was killed in action in Luxembourg in 1945.

Private Griffiths was not given military honors following his death.

The Sheppard Air Force Base Honor Guard will provide a full military honor ceremony for Private Griffiths.

Open season for civilian health care plans begins Monday

Civilian employees will have an opportunity to view and update their health plans beginning Monday.

The number of health plan carriers is increasing by 17 for a total of 205 options available for employees to choose from in 2004.

Premiums for health care plans are expected to increase an average of more than 10 percent in January, which means employees with self-coverage will pay about \$5 more

per pay period and \$11.95 more for family coverage.

For more information, visit www.opm.gov/insure or the BEST homepage at <http://www.afpc.randolph.af.mil/dpc/BEST/menu.htm>.

Quarterly assignment listing available

The enlisted quarterly assignment listing for overseas assignments for the July-September 2004 cycle is now available.

Individuals need to work through their military personnel flights to update their preferences by Nov. 20. Airmen will be notified of their selection by mid-December.

EQUAL advertises upcoming assignment requirements by Air Force Specialty Code and rank. Members are instructed to review, prioritize and update their assignment preferences based on the EQUAL list.

Members can view the lists at <http://afas.afpc.randolph.af.mil/enlisted/enlisted.htm>.

Commissary hours for Veteran's Day

The Sheppard commissary will be open for business Tuesday.

Hours of operation for the holiday will be from 7 a.m. to 8 p.m.

Base library temporarily closing

The Sheppard library will close Monday due to renovations to the building.

The library will move to Bldg. 450 and the youth section will be in the youth center.

The temporary locations will resume operations Dec. 1.

For questions, contact Capt. Sean Conard at 6-2745.

Lunch-n-Learn coming up

The next Lunch-n-Learn sponsored by the 82nd Training Wing Manpower Office is scheduled for Wednesday at the officers club, starting at 11 a.m.

Mr. Joe Miller, a Wichita County Commissioner, will be the guest speaker.

For more information, call Mr. Doug Bogenrief at 6-4935 or e-mail him at douglas.bogenrief@sheppard.af.mil.

White House fellowship available

All U.S. citizens, except civilian federal employees, are eligible to apply for the White House Fellow-

ship Program.

There are no restrictions for age, sex, race or physical requirements.

Military personnel are encouraged to apply as this program does enhance executive development.

Please contact the military personnel flight customer service element for further information.

Hangar Holiday coming

The Sheppard Officer Spouses Club 17th Annual Hangar Holiday is scheduled to take place at Sheppard Nov. 15 and 16. Arts, crafts, antiques, collectibles and select retail items will be available from various area vendors.

Veteran's Day Celebrations



When: A Veteran's Day Parade Nov. 8 at 11 a.m.

Where: Downtown Wichita Falls. Parade will begin at Sixth and Indiana, go down to 11th Street, turn right, go up to Scott Street, turn right and proceed north on Scott Street.

Sheppard participation: Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, will be on the reviewing stand. A formation of technical training students will march in the parade.

A Veteran's Day Breakfast will be held Nov. 7 at 7 a.m. in the officers club. World War II veteran Bill English will be the guest speaker.

For information and tickets, call Mr. J.R. Kuykendall at 6-1436.

Student Activities: Happenings in the community

Student center events

Every Monday, 6-8 p.m. - jam session, bring your own instrument or 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.



Community center events

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.

Pool tournament

Pool tournaments are held every Saturday at 5 p.m. The fee is \$2 per person. There will be first- and second-place trophies. Call 6-7695 for more information.



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. Students can contact the dining facility manager/supervisor, or call 6-2080 for more information.

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 gives fitness incentive

Every Saturday the fitness 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.

Nov. 8 - Horseshoe tournament at the south fitness center at 10 a.m. Cash prizes will be given away.

Dance scheduled to celebrate Veteran's Day

A dance is scheduled Sunday and Monday from 7 p.m. to 1 a.m. at the Student Center to celebrate Veteran's Day. Cost is \$4 per person.

A celebration is also scheduled Tuesday from 12 to 3 p.m. at the Student Center.

New bus route to get students to and from Sikes Senter Mall

The Wichita Falls Transit system will provide a route for Sheppard students to Sikes Senter Mall beginning Tuesday.

The city bus will enter the base at the hospital gate (Ninth Avenue) and continue east to Avenue G. The bus will then continue south to Third Avenue, making a left turn onto Third Avenue and continuing down to Avenue J.

From Avenue J, the bus will go north until it turns left onto Fifth Avenue. From Fifth Avenue, the bus will head west to Avenue H.

After turning onto Avenue H and heading north, the bus will continue to Ninth Avenue, where it will turn left and exit the base.

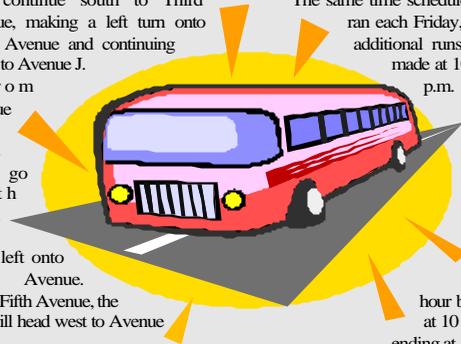
The buses will run Monday through Sunday, but the times will vary.

Monday through Thursday, the buses will run every hour on the hour beginning at 3 p.m., with the last bus leaving the base at 9 p.m.

The same time schedule will be ran each Friday, but two additional runs will be made at 10 and 11 p.m.

Saturday, the bus will run every hour on the hour beginning at 10 a.m. and ending at 12 a.m.

Sunday, buses will begin running at 12:15 p.m. and will be on base every hour thereafter. The Sunday bus will make its last run at 9:15 p.m.



Student Ministry Programs

Solid Rock Cafe

Solid Rock Cafe is open every day at 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 from 1 to 11:30 p.m.

Sunday from 1 to 9:30 p.m.

Sunday Protestant Bible study is at 4 p.m.

Contemporary Praise Worship Service is at 5 p.m.

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

Parents and Tots, Monday from 1:30 to 2:30 p.m. and Wednesday from 10 to 11 a.m.

Praise Band Rehearsal, Saturday from 10 a.m. to noon (Andria Hayman), Solid Rock Saturday Meal, 5 p.m.



For more activities,
see Page 18.

Achievers



Photo courtesy 82nd Contracting Squadron

From left to right, Mr. Gary Beck, Ms. Laura McRee, Lt. Col. Thomas Robinson, Tech. Sgt. Kenneth Rand and Tech. Sgt. David Bustamante, all with the 82nd Contracting Squadron, hold the 2003 Helping Hands Million Dollar Roundtable Buyer Award presented Sept. 26.

82nd CONS personnel win civilian award

By Ms. Kelly Gordon

82 Contracting Squadron

How many people can say that they go to work and spend millions of dollars of government money to better the welfare of people all over the United States?

Mr. Gary Beck, Tech. Sgt. David Bustamante, Ms. Laura McRee and Tech. Sgt. Kenneth Rand can say that and much more.

These contracting specialists were awarded the 2003 Helping Hands Million Dollar Roundtable Buyers Award on Sept. 26 for their notable contract buys.

The award recognizes corporate buyers who purchased \$1 million or more in goods or services from socially disadvantaged companies and or historically underutilized business zones in fiscal year 2003. Corporations from a five state region including New Mexico, Texas, Oklahoma, Louisiana and Arkansas vied for the award.

Mr. Beck was recognized for awarding a contract worth \$3.64 million for barrier projects to help protect Sheppard from terrorism danger. He also bought \$441,000 worth of fragmentation film for dormitories and other high-profile buildings.

Sergeant Bustamante purchased \$2.42 million in roofing

repairs to several training facilities. This helps make Team Sheppard's mission possible, to train the future of the Air Force.

In addition to roofing materials, he awarded \$2 million to replace the sewer main on Avenue J.

Mrs. McRee was recognized for awarding a contract for the demolition of 51 houses in Wherry housing for \$830,000 to make room for an expanded main gate and increased force protection for base residents.

She also supported Team Sheppard by awarding \$501,000 in SABER construction projects for the munitions storage facilities and for the upgrade of the exterior of the golf course clubhouse.

Sergeant Rand awarded \$1.3 million in fencing as part of the base's force protection efforts. The fencing put up around Bunker Hill and Cape Hart housing not only affords more protection but increased privacy from the constant flow of traffic from Burkburnett road.

Additionally, he purchased \$1.28 million in much needed hospital renovations and improvements.

The contracting squadron competed against civilian corporations such as American Airlines, Frito-Lay Inc., and IBM.

272 earn CCAF Applied Sciences degree in October

The Community College of the Air Force will award 295 Associates of Applied Science degrees to 272 Sheppard military members during commencement exercises Oct. 24 in the base theater.

Receiving associates degrees are Master Sgts. Paul Anderson, Stewart Brann, Gregory Huntley, Troy Kettell, Dinah Moore, Bryan Raines, Carl Reichelt, Thomas Schubbe, Brian Scott, Rock Stoddard, David Weltz, and Johnnie Williams, Jr.; and Technical Sgts. Lisa Anderson, Brian Baker (receiving two degrees), Billy Barnett, Scott Bigham, Melvin Bingham III., Kenneth Boteler, Jona Bowen, Christopher Boyer, Ronald Briggs, Michael Brown, Peter Burgos, Albert Cannard, Joseph Cardon, Mark Casuby, Paul Chance, Robert Chanclor, Craig Colton, Brian Copes (receiving two degrees), Stephen Cornelius, Philip Cox, Nisa Crawley, Kevin Curen, William Damone Jr., Yancey Danes, Kyle Dolch, Phillip Dyer (receiving two degrees), Wesley Evans, Daniel Farquharson, Thomas Fragoso (receiving two degrees), Paul Fung, Jr., Orlando Garcia, Robert Garrett, Gene Geren, Joaquin Gonzalez, Daniel Graham, Elaina

Gray, Anna Gulley, Kevin Hammond, Eric Harrington, Sean Harris, Wade Headlee, Wendell Hill, Adrian Hines, Stephen Hurt, Joshua Johnson, Michael Johnson, Arthur Jones, Jr., Milton Keeter, Jr., Jack Koby, Mark Koch (receiving two degrees), David Komandt, Thomas Kydd, Kent Lindsay, James Maertz, John McCoy, Jr., Carlos Molina, Michael Muraco, Jerry Newland, Jr., Gregg Novak, Rodney Payton, Steven Petersen, Bradley Rains, Jonathan Redfern, Robert Richie, Mark Rodgers, Alex Ruiz, Jr., Ada Russell, Michael Saiphoo (receiving two degrees), Steve Savage, Randy Schrecker, Thomas Schwanda, II. (receiving two degrees), Paul Shankle, James Sims, Eric Sisterhen, Richard Stear, Tijuanda Sterns (receiving two degrees), Douglas Stevens, John Taylor, Jere Thomas, Lonnie Trask, Randall VanBuren (receiving two degrees), Dennis Vames, Jr., Kimberly Walsh, John Warehime, Horace Warren, Corey Weiland, Michael Wentt, Daniel Wilbanks, Kimberly Wilson, and Jeffrey Zeitvogel.

Receiving associates degrees are Staff Sgts. Ivan Aiken, IV., Ruben Alaniz, Jeffrey Andrews,

Larry Bandy, Steven Barnes, Desiree Bates, Joshua Bates, Brent Batten, Gary Bolen, Brian Booze, David Boswell, Henrietta Bouknight, Christopher Brade, Keith Branscome, Ida Breaux, Michael Brotherton, Chad Buchwalter, Amanda Burns, Christopher Calhoun, Anthony Carter, Geoffrey Chang, Kenneth Chasteen (receiving two degrees), Daniel Chavez, Jesse Chavez, Brandon Clavey, David Clements, Jerome Clevenger, Jill Clow, Steven Cosby, Christopher Cox, Rodney Cronrath, Arnold Cuevas, Jr., Kenneth Daniel, Michael Daniels, Andrew G. Davis, Jennifer A. Davis, Jerry Davis, Jr. (receiving two degrees), Jason Dean (receiving two degrees), Shandon Domenici, Jeffrey Donelson, Shawn East, Robert Eckley, Robert Fales, Claus Fasting, Troy Floyd, Sarah Foss, Eric Foster, Douglas Franolich, Israel Garcia, Jr., Jon George, Caleb Gibson, Jr., Tisha Gilmore, Kerry Godfrey, James Gorman, Craig Grant, Jonathan Green, Eric Greenwalt, Jason Groth, Joshua Haack, Benney Harper, Roy Harris, Michael Harvey, Paul Hearn, Aaron Hediger, Phillip Heib, James Henderson, Jeremy Hig-

gins, Eric Hill, David Holtzclaw, Charles Horne, III., Felicia Huff, Michael Indence, Chad Jarvis (receiving two degrees), Thurlis Johnson, Tracy Johnston, David Kalal, James Kent, Jennifer Kinnball, Gene Kissman, Michael Kohn, Devon Kroeger, Andrew Kuznicki, Joseph Lamberti, Justin Laurie, Ulys Layne, Montrell Lee, Robert Lee, Jr., Randolph Lees, Brad Lepelley, Jinnie Lettkeman, Sean Lorenz, Javier Martin-Vinas (receiving two degrees), Kahlil Masseke-Harvey, Steven McCarty, Andrea McCreary, John McGee, Joshua McGuire, Melissa McKenzie (receiving two degrees), Derrick McLaughlin, Ryan Metcalf (receiving two degrees), Gregory Meuser (receiving two degrees), Dean Middleton, Eric A. Miller, Bonnie Morris, Sean Murphy, Vincent Nelson (receiving two degrees), Jason Nesser, Kevin Norman, Wilbert Norton, III. (receiving two degrees), Timothy Oddo, Michael Osterhouse, Jason Pennington, Scotty Phelps, Jeffery Phillips (receiving two degrees), Darin Pinkston (receiving two degrees), Tatamisha Pittman, Nicholas Polatz, Christian Price, Kristoffer Price, Jayde Ragains, Anthony Randell, Michael Ratliff,

Jimmy Rich, II., Nicholas Riebe, Jeffrey Ritenour, David Rose, Jodi Schmidt, Yvonne Schrecker, Joseph Shaffer, Jason Skobel, Harold Smith, II., John Sonutun, John Sowell, Karl Sundberg, Robert Thoms (receiving two degrees), Nicholas Toaso, Daniel Townsend, Jarrett Varela, Jason Via, James Wagner, Russell Wagner, Darren Walters, Jennifer Wampler, Joel Welch, James Wheeler (receiving two degrees), Una White, Jeffery Wilcox, Christopher D. Williams, Heather Yates, and Brent Ziegler.

Receiving associates degrees are Senior Airmen Michelle Abrahamsson, Sheree Aiken, Lyn Cabi gas, Richard Cardenas, Tyrone Davis, Daniel Deas, Jessie Dempsey, Zane Hughes, Aaron Johnson, Nicholas McCoy, Joshua Skoglund, Shaddequa Smith, John Stigall, and Jeremiah White. Other service members receiving degrees are Army Sgt. 1st Class Douglas Roth; Army Staff Sgts. Dahren Newton, Karen Woods, and Angel Zenon, Jr.; Navy Chief Petty Officer Emmanuel Cruz, and Petty Officer 3rd Class Paul DeLaTore.

(Courtesy Sheppard education center.)

Students spend week “dreaming” of future career

By Ms. Debi Smith

Base public communication

The Discovering Real world Experiences And Meeting challenges program brought 24 students from Burkburnett High School to the base last week.

In its fifth year, the DREAM Week partnership between Sheppard and the BISD gives students in their junior year a chance to see how well their career field interest matches their vision of it.

Creating a dynamic program that places students across the Wichita Falls business landscape is no small task. School coordinator Melinda Kleckner and her dream team base the program on the saying, “the future belongs to those who dare to DREAM.”

The primary matches made at Sheppard this year were the legal office, security forces, radiology, laboratory, nursing, health and wellness, communications and pilot training. A little out of the norm were requests for courseware review and the bakery.

The call for volunteer mentors goes out to area businesses and Sheppard several months prior to the event. Retired Air Force Lt. Col. Barbara Kucharczyk, part of the school’s dream team, said this year Sheppard saved the day as United Regional Health Care System was not able to support the medical student requests.

“All the students truly enjoyed the areas on base they selected,” she said.

From an original list of 81 student requests, football

practice schedules and student grade levels took a toll on participation. Even so, the 24 students who arrived at Sheppard were well prepared for a Monday morning orientation and a four-day work week in their requested career fields.

JROTC Cadet Chief Master Sgt. Daniel Reattoir and Cadet 1st Lt. Rebecca Wilhelm chose to work in the 80th Flying Training Wing pilot training arena and had tremendous rapport with mentors 1st Lt. Richard Giampetri and 1st Lt. Andy Williams.

At the end of the week, students were graded by a Burkburnett teacher for their overview of the job and specific tasks they accomplished in the workplace. Overall, we’re giving the program and volunteers an A-plus.



Photo by Ms. Debi Smith

Capt. Sandra Morris reviews documents at the Legal Office with Burkburnett High School DREAM Week student Kacey Murray, who wants to become a lawyer. DREAM, Discovering Real world Experiences And Meeting challenges is a program that allows high school students the opportunity to get a glimpse of a career before they actually make a decision. More than 20 students visited Sheppard during DREAM week last week.

Importance of enlisted force stressed

ANAHEIM, Calif. – Several events focusing on the needs and future the Air Force enlisted force proved that the 35th Airlift Tanker Association convention here was as important to enlisted members as it was for the officer corps, civilians and contractors.

The convention, which ran Oct. 30 through Sunday, featured seminars and discussions specifically focusing on enlisted issues. This included seminars on serving Air Force families, enlisted-force structuring, and discussions and panels with senior enlisted members.

“We have everyone here from

four-star generals to one-strippers,” Master Sgt. Pat Crowell, an attendee from Pope Air Force Base, N.C., said. “The conference has everything from family issues to professional development information. This is a career-broadening experience for enlisted folks.”

Sergeant Crowell said the conference offered enlisted members an opportunity to communicate their needs and could help the Air Force build and retain junior members.

Chief Master Sgt. Scott Jarmon’s seminar, titled “Incredible Enlisted Corps,” covered nearly every personnel and assignment

issue facing active-duty airmen. Attendees were able to ask Chief Jarmon, the airmen assignments branch chief for Air Mobility Command, questions about a variety of issues facing the enlisted force.

“Enlisted kids need to be here,” Chief Master Sgt. Kent Sisco, a

personnel superintendent for AMC, said. “Where else do they get the chance to see these generals and leaders unless (those leaders) they come to their base? Things like this are good for everybody.”

(Courtesy of AMC News Service)

Centennial of flight

This week in air and space history

Nov. 6, 1948 - The first edition of the Sheppard Senator was published for base personnel.

Nov. 7, 1919 - Robert Goddard fired several Bazooka-like rocket devices for representatives of the U.S. Signal Corps, Air Corps, Army ordnance and other assorted guests, at the Aberdeen proving grounds.

Nov. 7, 1958 - Last Flight in X-1E model by NASA research pilot John McKay.

Nov. 8, 1984 - Astronaut Anna Fisher became the first mother to fly in space aboard Space Shuttle Challenger.

Nov. 9, 1967 - The first Saturn V moon rocket is launched on an unmanned test flight. The Saturn V’s F-1 engine with its 1.5 million pounds of thrust is the most powerful single liquid propellant rocket engine ever produced.

Nov. 10, 1970 - Soviets launched Luna 17 with the first remote-controlled moon rover.

Nov. 11, 1935 - The first photo of Earth’s curvature was taken from a balloon, Explorer 2, over South Dakota at an altitude of 72,000-feet, which was



an altitude record.

Nov. 11, 1980 - Voyager 1 flies past Saturn on a journey that carries it beyond the edge of the solar system.

Nov. 12, 1932 - The American Interplanetary Society built their first liquid propellant rocket and performed a static test that lasted more than 20 seconds at 60 pounds of thrust.

Nov. 13, 1907 - French inventor Paul Cornu flew the first helicopter. The flight lasted only 20 seconds and hovered just 1-foot above the ground.

Nov. 13, 1971 - Mariner 9: First mission to orbit another planet arrived (Mars).

Nov. 13, 1978 - The High Energy Astronomical Observatory mapped all X-ray sources and discovered the most distant and brightest quasar.

Spain continues to play key role in world

Capt. Luis G. Asenjo

Spanish senior national representative

A Texas Information Center sits on the right side of I-44 when driving from Sheppard to downtown Wichita Falls.

Six flagpoles stand high above the buildings roof, representing the six flags that have flown over Texas.

Has anybody realized which is the first flag on those flagpoles? Yes, it's the Spanish Flag, and with good reason.

Spain was the first European country to claim a vast territory including what is now Texas. Starting in 1519, explorer Hernan Cortez established a Spanish presence in Mexico and Alvarez de Pineda mapped the Texas coastline.

Some explorers like Alvar Nunez Cabeza de Vaca and Francisco Vasquez de Coronado discovered the amazingly enormous territory, which was still uncharted.

In 1681, Spain established the first settlement in Texas, Mission Isleta, in El Paso.

From 1690 until 1821, Spanish missions were expanded through Texas leaving a legacy of a new religion, new churches, new culture and a new language.

Texas was under the Mexican flag in 1821 when Mexico won its independence from Spain.

Texas was under the Spanish flag for almost 300 years. It's easy to understand the reason for so many Spanish names, words and cities that are being used today.

Spain left a legacy in this territory, which has lasted many years. Studying and reading history is a way to understand Spain's influence in the entire American continent.

But now, Spain is a very different country than it was 300 years ago.

It's the second largest country in Europe after France and is a member of the European Union, North Atlantic Treaty Organization and many other international organizations.

Spain has been a member of the Euro-NATO Joint Jet Pilot Training program and Team Sheppard since 1991. Spanish students and instructors pilots have been working among other nations to reach our goal and main mission: train the best combat pilots for the NATO alliance.

How do we do this mission? We've just been FAT, like everybody knows.

We are Focused in our task and we are concentrated in what we believe is the right thing. In a similar point of view, my Spanish ancestors tried to be focused in their mission to explore the new world and they succeeded.

Also, we carry on an Attitude to do things the right way. The core of our intentions is to do our job everyday a little bit better. To set an example for others is having the Attitude we need to make our missions right.

Spain, in the 16th century, had the idea to expand its knowledge to the rest of the world. They had also the right Attitude.

We need to work together to cope with our mission. As ENJJPT does, a group of 13 countries support each other to get the mission done. We live in a world where relationships among different countries are bound to the mission success.

Also, those courageous Spanish explorers needed each other to get their mission done and they were part of a team. This Teamwork left a legacy of a new religion, new churches, new culture, and a new language to this vast new continent.

Do your mission right, do your mission FAT, and your mission will last forever, or at least three hundred years.

Submit articles and ideas to the Sheppard Senator at sheppardsenator.af.mil or by calling 6-7244.

Wing run scheduled twice this Thursday

A base run/walk is scheduled for Thursday for all active duty personnel.

Personnel should meet at 6:15 a.m. or 3:15 p.m. at the parade grounds.

Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, will lead the group in a 15-minute warm-up before each run.

The run/walk will last about 30 minutes, followed by a cool down period.

Motorists should make proper arrangements during the run as there will be road blocks posted along the route.



Carbon monoxide poisoning a concern during winter

By Mr. Jon Hataway

Wing Safety

When temperatures fall and power goes out, the possibility of carbon monoxide poisoning rises as people try to stay warm. Invisible, odorless and tasteless, carbon monoxide (CO) is a highly poisonous gas produced by the burning of fuel such as gasoline, natural gas, kerosene, charcoal or wood.

Un-vented or faulty gas and kerosene appliances have the greatest potential to produce dangerous levels of CO in a home. Smoldering or poorly vented fireplaces, slow-burning fuels such as charcoal and vehicle exhausts also all are potential indoor hazards. Take these precautions as a minimum:

Look at the color of the flame. A hot blue flame produces less carbon monoxide and more heat than a flickering yellow flame. If you see yellow flames in your furnace or stove burner, you need to have it readjusted to get more air to it.

Look for CO exposure symptoms including headache, dizziness, weakness, sleepiness, nausea and vomiting that can progress to disorientation, coma, convulsions and death.

If you suspect CO poisoning, open doors and windows, turn off gas appliances, go outside for fresh air, then be sure anyone else who might have been exposed breathes fresh air. Call 9-1-1 emergency medical services in severe cases.

Don't use gas appliances such as an oven, range or clothes dryer to heat your home.

Don't burn charcoal inside a house, garage, vehicle or tent for

heating or cooking, even in a fire-place.

Don't use an un-vented gas or kerosene heater in closed spaces...especially sleeping areas.

Think SAFETY as you prepare for the winter months. In addition to the above tips, it's always best to have a qualified heating specialist inspect your furnace or other heat producing appliances to ensure proper operation.



Achievers

DoD employees receive promotions

Six Department of Defense employees here were promoted recently.

Those promoted include: Christopher Lemay, 82nd Civil Engineering Squadron, Richard Patrick Sr., 82nd

CES; Cynthia Bryson, 82nd CES; Debora Cahill, 82nd Medical Operations Squadron; Donnie Aday, 82nd Training Wing; and Rhonda Gettig, 82nd Mission Support Squadron.



Programming runs 24 hours on TSTV Channel 14. Check out the detailed schedule at www.sheppard.af.mil/82trwpa

Friday:

11:00 a.m. - Army Hour
 4:00 p.m. - Air Power in Operation Allied Force
 - The Air Campaign in Kosovo and Serbia
 8 p.m. - Safety Hour

Saturday:

10:30 a.m. - Basic Underwater Demolition/ SEAL Class 224
 3 p.m. - Focus on: The Air Force Medical Service
 9:30 p.m. - The Uniform Code of Military Justice

Sunday:

11 a.m. - Army Hour
 6 p.m. - Flying for Freedom Women Air Force Service Pilots
 10:30 p.m. - The Sound of Freedom: The Berlin Airlift

Monday:

7 a.m. - Air Force History: Target for Today
 4:30 p.m. - The History of Air Mobility Command
 11:30 p.m. - WWI Aviation: Wind through Wires

Tuesday:

4:30 a.m. - The Third Century of: The American Experiment
 9 a.m. - African Americans in WWII
 1 p.m. - Navy Marine Corps Hour

Wednesday:

2 a.m. - The Force Behind the Force: The Air Force Association
 11 a.m. - Army Hour
 9:30 p.m. - The Uniform Code of Military Justice

Thursday:

4:30 a.m. - The Third Century of: The American Experiment
 6 p.m. - Flying for Freedom Women Air Force Service Pilots
 8 p.m. - Safety Hour

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.

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

Puzzled lieutenant shares craft

By Airman 1st Class Amy Christopher
3rd Wing Public Affairs

ELMENDORF AIR FORCE BASE, Alaska (AFPN) – What can be very addictive but can also inspire people’s creativity? At the same time, what can be really frustrating? What contains “colorful” clues, but are just black and white?

Give up? They are crossword puzzles – and thanks to an airman here, they will now be available through the Air Force News Agency in San Antonio for use by Air Force public affairs offices worldwide.

In fact, it may just be the newest addition in many base newspapers.

First Lt. Tony Wickman, deputy chief of public affairs for Alaskan Command, began creating military-themed crossword puzzles at his previous base as an experiment. He is now producing crosswords for AFNEWS during his off-duty time.

“We wanted to take over distribution of the puzzles because we knew we could reach a wider audience with the message about their existence. We also wanted to make sure every Air Force newspaper knew about them, because the puzzles can be an interesting and fun addition to a newspaper,” said Senior Master Sgt. Terry Somerville, Air Force newspaper consultant.

“I was struck by their professionalism right from the start. Lieutenant Wickman

weaves special Air Force clues into the usual elements of a crossword puzzle,” Sergeant Somerville said. “The puzzles can be a useful tool in a newspaper editor’s arsenal.”

Before this, Lieutenant Wickman produced puzzles at Edwards Air Force Base, Calif. While not many Air Force bases run crosswords, he said that his puzzles were a huge success with airmen as well as civilians.

“I’d walk through the hospital and see new and old issues of base papers left open on the crossword section. I’d see people in the halls who would stop and ask me about the answers to certain clues. And we’d get calls coming in, asking if we could continue printing them,” he said.

Lieutenant Wickman’s puzzles, featuring various Air Force and military topics, and special holiday puzzles, are now slated to be a regular feature in many base newspapers.

“The actual making of a crossword puzzle is a challenge. When I first started, it would take me about three to four hours. Now, it takes me about an hour, and so far, I already have enough puzzles to get AFNEWS through most of next year,” he said. “My goal is to make the puzzles challenging and fun. I believe crossword puzzles inspire creativity and mix things up a little.”

This different twist will encourage people who might not normally pick up the paper to do so, and may even keep newspapers “hanging around” the offices longer, Lieutenant Wickman said.



U.S. Air Force photo by Senior Airman Joe Laws

First Lt. Tony Wickman creates military-themed crossword puzzles for base newspapers in his off-duty time. The puzzles are now being used at bases throughout the Air Force. Wickman is the deputy chief of Alaskan Command public affairs.

Family support center to honor families in November

As part of a national celebration, each year the month of November is designated as Military Family Month.

It is designed to recognize the role of families as one of the most important building blocks of the military lifestyle and to remind family members that their sacrifices and dedication to our country to not go unnoticed. The goal is to encourage and support healthy family life and family values.

During the month of November, pictures of Sheppard families will be displayed in the lobby of the family support center, located in Bldg. 796. It is a great opportunity to show off families and highlight how special they are.

In addition to the pictures displayed at the FSC, three families will be featured in the *Sheppard Senator* during the month.

While dropping off a picture, attending a workshop, or meeting with an individual at the FSC during the month of November, be sure to register

for our door prize drawing.

We will draw names for numerous door prizes Nov. 21 and will serve cake and punch in the front lobby. It's our way of saying we appreciate you and the commitment you bring to making Sheppard a great base.

Armed Services YMCA serves as the sponsor for Military Family Month.

For additional information in support of Military Family Month go to www.asymca.org or <http://www.asymca.org>. The Armed Services YMCA also sponsors Art Contest 2004 for children in kindergarten through sixth grade, and Essay Contest 2004 for children in first through 12th grade.

Winners receive U.S. Savings Bonds. You can pick up entry forms for both contests at the FSC or visit their web site to print off the contest information www.asymca.org/services.htm.

(Courtesy Sheppard Family Support Center.)



Photo courtesy of Family Support Center

Meet the Martins

In celebration of Military Family Month, the Family Support Center would like to recognize Senior Airman Jonathan & Ms. Nancy Martin along with their children Ashley, Sydney and Alex. Senior Airman Martin is assigned to the 80th Operations Support Squadron. He has been in the Air Force for five years and his hometown is Donora, Pa. This holiday season, the Martin family is thankful for "All our friends and family and everything the Air Force provides us."

The staff of the *Sheppard Senator* greatly appreciates your support in submitting stories and ideas. Please keep in mind that all stories, briefs and photo submissions are due no later than noon the Friday before the requested publication date unless arrangements have been made. For more information, call 6-7244.

Marines implement ID theft protection measures

By Lance Cpl. Adam Schnell

Marine Corps News Service

CAMP LEJEUNE, N.C. — After months of talk and installing a new computer network, Marine Corps Community Services here has finally put to use their new Social Security Number database to help decrease the risk of identity theft.

Many customers sometimes wonder who has access to their SSN every time they use a check in the exchanges, which is why MCCA, including retail sales, implemented a new SSN database to help with customer concerns about personal identity, Mr. John A. Olson, chief financial officer for MCCA, said.

The Swansboro, N.C., native, went on to say that before the new database, each check needed the check writer's SSN. This is a precaution taken so the check can be traced back to the issuing person in case it is submitted with insufficient funds.

With every check containing the SSN of its writer, the danger of identity theft is higher. If the check falls into the wrong hands,

the check usually contains enough information for a dishonorable person to steal an identity.

"If you watch the news, you see that there has been a lot of identity theft in the world the past few years," Ms. Vendella W. Davis, the data processing manager for MCCA, said. "Which is why MCCA is changing to the new system and not keeping SSNs on transactional documents."

The increase in measures taken to prevent identity theft is not only Marine Corps wide, but the rest of the U.S. Armed Forces as well. All the other services are in the stages or already have changed to the new database, added Mr. Olson.

Even though the new system doesn't require the SSN be on the check, the writer must still present a valid, readable identification. The SSN is then taken from this identification source and entered into the computer followed by the check being scanned by and electronically linking the check with the writer.

"Our main emphasis with installing this new system is to keep the customers safe and happy," Mr. Olson said.



ACROSS

1. Start of title of 1917 Washington Irving Halloween story
10. Tombstone letters
11. Male witch on Halloween
12. Supreme Allied commander in WWII informally
13. Former Simpson trial lawyer
14. Average grade
15. Wane
17. End of 1 ACROSS
21. Pig noise
23. Type of AF unit not associated with a MAJCOM
24. California town
25. Eerie emanation on Halloween
27. School org.
29. Tail marking for a/c assigned to

103rd FW

30. Thin
31. Appeal
33. Part of a circle
34. Kingdom
35. Football great Andy _____
36. Military pay entitlement (abbrev.)
37. Needle
38. Gallop
39. Computer maker
42. Items received from 1 DOWN
44. Item received during 1 DOWN
46. Major or Minor
49. Item for 20 DOWN
51. Item used to collect 1 DOWN items
53. Items for 1 DOWN
54. Gathering for 20 DOWN

55. Oklahoma city
56. Explosive

DOWN

1. Halloween night activity
2. Walk
3. Fencing tool
4. Ford faux pas
5. Schwarzenegger movie
6. Driving crime
7. Paddle
8. To's partner
9. Title character of 1 ACROSS
15. Singer Fitzgerald
16. Type of sucker received during 1 DOWN; ___-pop
17. Item found in Halloween haunted house
18. Type of cheese
19. A Jack-o-Lantern is carved from it
20. Halloween hag
22. Fed. space agency
26. Edges
27. Zip
28. Light touch
32. Bring an aircraft to rest?
33. Middle East country ___ Dhabi
37. Faded bad
38. Military recon info system (abbrev.)
40. Mistakes
41. 1977 TV miniseries on Haley novel
42. Military communication officer (acronym)
43. Joshua tree genus
45. Hulk's Ferrigno
47. 1929 picture studio
48. Help
49. Ghost's cry
50. Fed. agency concerned with transportation
52. Actress Penelope ___ Miller

See answers on page 19

General activities

Talent show coming up

A Teen and Family Talent Show will be held Saturday in the community center.

The contest will begin at 6 p.m.

Auto Skills shop doing winter checks

Sheppard personnel can now do winter checks on their cars at the auto skills shop.

The shop is open Monday, Thursday and Friday from 1 to 9 p.m. and Saturday and Sunday from 9 a.m. to 5 p.m.

Lake Texoma to have nature hike

There will be a nature hike at Lake Texoma Saturday beginning at 10:30 a.m. Call (903)523-4613 for more information.



Lake Texoma to offer movie, popcorn

Lake Texoma will show a free movie and serve popcorn Saturday beginning at 1 p.m. Call (903)523-4613 for more information.

Ceramics shop offers creative fun

The ceramics shop offers lessons and guidance for ceramic projects. 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. Hours of operation are Wednesday-Friday from 11 a.m. to 8 p.m., Saturday from 10 a.m. to 5 p.m., and Sunday from noon to 5 p.m. For more information, call 855-0118.

Club activities

Clubs to close Tuesday

The enlisted and officers club will be closed Tuesday in observance of Veteran's Day.

Both clubs will resume normal business hours Wednesday.

Duffy's Bar to open

Duffy's Bar inside of the officers club will open at 4:30 p.m. Saturday. Call 6-6460 for more information.

Officers club to host Mongolian Bar-b-cue Thursday

The officers club will host a Mongolian Bar-b-cue Thursday from 5:30 to 8 p.m.

The cost is 45 cents per ounce of chicken, pork or beef.

All ranks are welcome.

Comedians to entertain at enlisted club

The enlisted club will host a Comedy Night Nov. 14.

Comedians will take to the stage from 9 to 11 p.m.

Doors will open at 8 p.m.

Enlisted club to have variety night

The enlisted club will have a variety night Nov. 8 from 10 p.m. to 2 a.m. Call 6-2083 for more information.

"Travel the World on Us" promotes clubs

Both the officers and enlisted clubs are taking part in a promotion that gives current members a chance to win ITT travel packages, sports and entertainment tickets, airline tickets, hotel stays and rental vehicles until Oct. 31. For more information, call 6-6460 or 6-2083.

Enlisted club gets in a Frenzy

The enlisted club is giving members chances to win a variety of prizes and trips with Football Frenzy 2003. For more information, call 6-2083.



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.

Chapel Schedule
Parish Ministries

Protestant Worship Services

Sunday, 10:30 a.m., Inspirational Gospel Worship Services, south chapel

Sunday, 10:30 a.m., General Protestant Worship Service, north chapel

Sunday, 10:30 a.m., Protestant Liturgical Worship Service (Holy Communion each week), medical center

Protestant Religious Education

Sunday school classes, Bldg. 962, 9 a.m.

Tuesday night Bible study, 6 p.m., south chapel

Thursday night Bible study, noon (lunch provided)

south chapel

Protestant Men of the Chapel

Saturday, 6:30 a.m., south chapel

PMOC breakfast/fellowship is the second Saturday of the month at Golden Corral at 8 a.m.

Catholic Services

Sunday, 9 a.m. and noon, mass, north chapel

Sunday, 10:30 a.m. to 11:40 a.m., Catholic Religious education, Bldg. 962

Monday through Friday, 11:30 a.m. Daily Mass, north chapel

Saturday, Confessions, 4 p.m., north chapel

Saturday, 5 p.m., north chapel, mass

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



The movie theater is closed for renovations until January.

Solution to puzzle Sheppard Spotlight: 15 lines of fame



1. **Name:** Marlene Lewis

2. **Rank:** GS-05

3. **Organization and position:** 82nd Contracting Squadron, commander's secretary

4. **Hometown:** Boswell, Oklahoma

5. **Married or single (include your family if you'd like):** Married to Vinny Lewis for 33 and 1/2 years, four children and eight grandchildren...the oldest is 12 years old; the youngest, 3 weeks old

6. **Hobbies/Favorite things to do in**

your free time: Reading, bowling, dancing at the Elks Lodge and church dances

7. **Funniest childhood memory:** Christmas, Easter and family reunions at the lake when my youngest uncle and the only boy cousin at that time pulled practical jokes on his girl cousins.

8. **Why did you become a Department of Defense employee?** It was the best paying job in the mid 60's. I started as a GS-3, clerk-typist, with one year of business college.

9. **Why have you stayed with the DoD?** Again, it was the best paying job in this area for a person



Marlene Lewis

right out of high school and/or business college.

10. **Date arrived at Sheppard:** May 31, 1966.

11. **Most rewarding aspect of your job:** I enjoy being an administrative assistant to others. I have an accounting degree, but I still like the attention-to-details that accounting, secretarial and clerical work entails.

12. **Favorite book or movie:** "Gone With the Wind"

13. **What is your dream vacation?** I have already had four dream vacations: Anchorage and Prudhoe Bay, Alaska; Banff and Lake Louise, Canada; The Vatican and Rome, Italy; and Cancun and Akumal, Mexico.

14. **If you could be anyone for one day, who would you be?** My mother, mother-in-law, or my Godmother. They are all very special, loving women.

15. **Most prized possession (not including family):** My wedding ring and the crucifix necklace that my husband bought me in Italy and had blessed by the Pope.

Navy's 'A' schools now online

By Journalist 2nd Class
Diane Jones

*Naval Personnel Development
Command Public Affairs*

MERIDIAN, Miss. – Beginning now, the sailors who are destined to become future Yeomen are in for a great surprise.

The 'A' school they were expecting is now online. A revolution in Navy training, sailors now learn to become yeomen through a virtual online office that simulates the environment Sailors will encounter at sea.

The new prototype of YN 'A' school is an interactive online course taught in a classroom environment. Students will learn through a virtual office.

For example, a student can click on a filing cabinet and learn about the Navy's filing system, among other pertinent skills. Instructors are replaced by facilitators who are there to

help students navigate through the courseware.

Sailors can work their way toward becoming a qualified yeoman at their own pace. These sailors will now be able to begin YN 'A' school as soon as they arrive in Meridian, Miss.

"The yeoman course normally takes five weeks to complete. With the new hands-on, reality-based course, the time could be cut down to as little as three weeks. It's all up to the Sailor," Mr. Dean Norman, director of Innovations and Analysis at the Naval Personnel Development Command/Task Force EXCEL, said.

Using this prototype as the example for the future of learning will save the Navy a significant amount of money. According to Mr. Norman, it's thought that just the YN 'A' prototype alone can save the Navy up to \$900,000 the first year.

Not stopping with the YN

'A' school, the revolutionary approach will eventually extend to all the administrative 'A' schools. This means the personnelman, religious program specialist, aviation storekeeper, storekeeper, ship's serviceman, aviation maintenance administrationman ratings, as well as the flag writer follow-on school, will become a self-paced online interactive course.

"This prototype, as well as the electricity, electronic, communications and radar prototype launched earlier, will have far reaching results," Mr. Norman pointed out. "These innovations are bringing knowledge to sailors, wherever they are and when they need it.

"We're letting our sailors get there at their own pace," he said.

For more information about the innovation at YN A-school visit www.nko.navy.mil.



Photo by Photographer's Mate 3rd Class Jamar X. Perry

Ridin' on air

Jacksonville Beach, Fla. - A Landing Craft Air Cushion (LCAC) comes ashore at Jacksonville Beach, Fla. during an amphibious assault demonstration at the 2003 Jacksonville Sea and Sky Spectacular. Visitors to the show were later able to get up close and personal with some of the air-cushioned craft and take a peek inside.

**Be smart. Don't drink and drive!
It's not worth it.**

Fighter squadrons switch out at Bagram air base

By Staff Sgt. Russell Wicke

455th Expeditionary Operations Group Public Affairs

BAGRAM AIR BASE, Afghanistan – About 20 airmen from Davis-Monthan Air Force Base, Ariz., arrived here on a C-130 Hercules as part of Air Expeditionary Force Silver. They are assigned to the 354th Expeditionary Fighter Squadron.

The 354th EFS will replace the 81st EFS from Spangdahlem Air Base, Germany, as AEF Silver replaces AEF Blue.

“The biggest challenge with this is to have a seamless transition without mission degradation,” Lt. Col. Richard Johnson, 455th Expeditionary Operations Group deputy commander, said. “The transition should be complete by mid-November.”

The unit’s main mission is to provide close-air support to friendly ground forces.

“The majority of the (airmen is in) the fighter squadron,” Col. Thomas Groznik, 455th EOG commander, said. “Because of this, the EOG will reflect the image of the fighter squadron here.”

The arriving airmen are finding the living conditions to be much better than expected.

“I thought we were going to be sleeping on cots in tents without air conditioning or heat,” Master Sgt. Allan Kuntz, 455th EOG first sergeant, said. “Instead, what I found was people moving into timber huts and sleeping on beds. I was also surprised to find we had hot water for showers and washing machines.”

But despite the living comforts available here, the enemy threat is high.

“The roots of the global war on terrorism are right here in Afghanistan,” Colonel Johnson said. “This is a real mission. We see results every

day.”

The airmen serving here all contribute to the final business of dropping bombs. Although not everyone ventures into enemy territory, all forces here are still vulnerable to incoming rockets. Because of this threat, bunkers fortified with several layers of sandbags are found at every turn. The troops are on high alert at all times.

Although it is a dangerous business, it is necessary for the Air Force to be here. Operation Enduring Freedom would not be a success without airpower, Colonel Groznik said.



Master Sgt. Marc Peck (left) and Tech. Sgt. Duren Dunkelberger inspect 30 mm ammunition rounds for defects as they pass by on a loading machine. The rounds will be loaded on an A-10 Thunderbolt II for combat here. Sergeant Peck and Sergeant Dunkelberger are assigned to the 455th Expeditionary Operations Group. Sergeant Peck is part of Air Expeditionary Force Blue deployed from Spangdahlem Air Base, Germany. Sergeant Dunkelberger is part of AEF Silver deployed from Davis-Monthan Air Force Base, Ariz. Airmen with AEF Silver are replacing those with AEF Blue.

Photo by Staff Sgt. Russell Wicke

Falcons fall in triple overtime, 45 - 43

By John Van Winkle

U.S. Air Force Academy Public Affairs

U.S. AIR FORCE ACADEMY, Colo. (AFPN) – A quarterback's slip on the turf and a tight end's first career pass led to the Air Force Academy's third loss of the season, as the University of Utah edged the Falcons 45-43 in triple overtime Saturday.

Entering the third overtime period, the Falcons held the ball first. Driving down to the 4-yard line, halfback Anthony Butler dove in for the touchdown, putting the Falcons up 43-37.

NCAA rules require teams to go for a two-point conversion, once the game reaches the third overtime period.

The Falcons went option left with quarterback Chance Harridge carrying the ball.

But Harridge, who had already run for three touchdowns and passed for a fourth, slipped on the ice-soaked grass as he tried to cut upfield with a clear path to the end zone in sight.

"The way we had the blocking set up, he could've walked into the end zone," said Fisher DeBerry, Falcons head coach. "He goes in the end zone if he doesn't slide. It's the turn that got him."

The Falcons were up by only six as Utah began its overtime possession.

When Utah got the ball for the next series tight end Ben Moa scored the tying touchdown run, then lined

up for a direct snap in an empty backfield. As he lined up, the sophomore saw a run-heavy Falcon five-man front with three linebackers in tight.

Moa tucked the ball low and stepped forward as if to run. Then he stopped and lobbed the ball over the dueling linemen to open tight end Matt Hansen for the two-point conversion and the Utah win.

"We played what we thought they had success doing,"

DeBerry said. "Moa had lined up and taken the direct snap several times, running for 26 yards and three touchdowns, but had never even hinted at passing the ball," he said.

The loss drops the Falcons to third place in the Mountain West Conference standing with a 3-2 conference record and 6-3 overall.



U.S. Air Force photo by John Van Winkle

Academy Falcon defenders Dennis Poland (27), Trevor Hightower (44) and Nicholas Taylor (95) combine to stop Utah running back Mike Liti cold.

"I don't think we helped ourselves today, but that doesn't mean we're out of it. We've just got to take care of business," DeBerry said about the MWC title. "(There are) a lot of people who say the winner of this conference could have two losses -- and that's a distinct possibility."

Get fit today. Visit the north or south fitness centers for a variety of equipment and classes plus the pros with the know-how to help you get in shape.



Courtesy photo

Capt. Linda Marshall, base pharmacist, processes medicine at the base pharmacy Tuesday. Captain Marshall won the Tour de Dirt 2003 series, a six-race mountain bike competition, in the women's beginner category.

Sheppard pharmacist takes to the hills to win mountain-bike race

By Senior Airman Chris Powell

Base public communication

A Sheppard pharmacist traded in her blues for a yellow jersey Sunday as she won an Oklahoma state mountain bike series.

The Tour de Dirt 2003 is the official National Off-Road Bicycle Association Oklahoma State Mountain Bike Championship Series.

"I'm pretty happy about it," Capt. Marshall said. "I just started mountain biking about a year ago."

The series consisted of six different races that took place on different days beginning in February. The competitors would gain points for where they placed in each competition, and at the end of series, the points would be tallied and the person with the most points would win. Capt. Marshall competed against eight other competitors in the women's beginner class.

"I think it's great that she won," said Maj. Karen Fraley, chief of pharmacy services. "It's good for her to be involved in the community and to find something she loves to do."

Capt. Marshall finished the competition with 150 points more than doubling the total of her next closest competitor.

She said she was only able to attend four of the six events, because one was rained out and she couldn't make the other because she was on 24-hour standby.

Although she has found success relatively soon, she said that she is still learning the sport.

"The hardest part was riding over really rocky areas," said Capt. Marshall. "But what I did was walked my bike across them."

She said that the most gratifying part of mountain biking is when she is having trouble with a course and finally masters it through practice.

Now that the season is over and Capt. Marshall has won the championship in her class, next year she will have to move up into the Sport category, which has more seasoned riders, according to the captain.

Marshall also won the Hotter N Hell mountain bike competition in Wichita Falls earlier this year.

"People who may be thinking of taking up the sport should do it," she said. "I really wished more women would get on a bike and try it because it's a lot of fun."

Team Marines take fourth win of season

MARINE CORPS RECRUITING COMMAND, Va. — It was going to take a lot more than rain to stop Bobby Hamilton Jr., driver of the No. 25 Team Marines Ford, and Team Marine Racing, from sailing to his fourth victory of the 2003 NASCAR Busch Series.

Hamilton Jr. climbed to within 125 points of the series points leader, Scott Riggs, as he took his team to victory lane in the rain shortened Bashas? Supermarkets 200 at the Phoenix International Raceway in Avondale, Ariz., Saturday.

Once the race restarted, Hamilton Jr. quickly moved into second place and assumed the mission of chasing down the leader. He finally reached and passed the leader, Kevin Harvick, a Winston Cup Series driver, on lap 60. Hamilton Jr., maintained the lead until lap 101 when Harvick

returned to the lead.

On lap 102 the caution flag waved because of an accident. The Team Marines pit crew quickly prepared for their final stop and adjustments of the day. When the car came into the pits, the team came through with a lightening fast pit stop that put Hamilton Jr. back in the lead.

Hamilton Jr. never looked back and maintained the lead to the final caution that came on lap 176 because of rain. While darkness was quickly setting in and rain continued to fall, NASCAR officials were forced to draw the race to a close on lap 181.

While the yellow and checkered flags waved, Hamilton Jr. not only claimed the win; he also took the lead for the most wins of any driver in the Busch Series this year.

Navy whips Tulane, 35 - 17

Navy quarterback Craig Candeto did his damage on the ground as he rushed for three touchdowns to lead the Navy Midshipmen over the Tulane Green Wave, 35-17, at Navy-Marine Corps Memorial Stadium.

Candeto carried the ball 18 times for 140 yards in the contest and completed 2-of-7 pass attempts for 57 yards with an interception. Kyle Eckel added another 120 yards on 26 carries for the Midshipmen (6-3).

The Green Wave (3-6) was led by J.P. Losman, who completed 25-of-38 pass attempts for 198 yards with a touchdown and two interceptions.

Mewelde Moore led the Tulane ground attack with 19 carries for 115 yards.

The Navy defense held the Green Wave scoreless in the first quarter, while the offense reached the end zone twice for the early lead. Candeto scored on a one-yard run and also ran 28 yards for a touchdown to give Navy a 14-0 edge midway after the first quarter.

Early in the second quarter, Losman answered for Tulane when he hit Tristan Smith on a

six-yard touchdown pass to cut the Navy lead to 14-7.

Trey Hines closed out the scoring in the first half when he scored on a four-

yard touchdown run to push the Midshipmen's lead to 21-7 late in the second quarter.

Barrett Pepper cut the Navy lead to 21-10 when he split the uprights on a 41-

yard field goal attempt as time expired in the first half.

The Midshipmen scored 14 unanswered points in the third quarter to extend their lead to 35-10. Frank Divis found the end zone on an eight-yard run and Candeto scored on an eight-yard run as well with 4:31 left in the third.

Nick Cannon threw a meaningless six-yard touchdown pass to Bubba Terranova as time ran out in the contest to bring the score to its final of 35-17 in favor of Navy.

Navy earned its first win in its last four tries against the Green Wave, while

Tulane extended its current losing streak to five games.

(Courtesy Navy News Service)

Black Knights fall to UAB, 24 - 9 Army can't withstand Blazer's firepower; record dips to 0-9

Nick Coon caught a 91-yard touchdown pass and UAB beat Army 24-9 on Saturday.

Coon, a true freshman, has six catches this season, three of for touchdowns of more than 50 yards.

Trey Chaney ran for 99 yards on 21 carries for UAB (4-5, 3-2 Conference USA). Zac Dahman completed 34 of 51 passes for 238 yards and one touchdown for Army (0-9, 0-7), and Seth Gulsby caught nine passes for 41 yards.

UAB opened the scoring midway through the second quarter on Chris Williams' 91-yard TD pass to Coon, who caught a 45-yarder early in the third to set up Nick Hayes' 50-yard field goal.

In the fourth, Coon set up another score by getting behind the Army defense and drawing a pass-interference penalty. That led to Williams' 19-yard run that made it 24-3.

The Black Knights recovered three fumbles in UAB territory in the third quarter, but managed only Anthony Zurisko's 36-yard field goal. Army's only touchdown came on Dahman's 27-yard pass to Walter Hill with 5:18 left in the game.



Army Quarterback Zack Dahman threw for 238 passing yards in the loss to the University of Alabama-Birmingham.

UAB's Jahun Cook blocked two punts, one that Dominique Cosper recovered in the end zone to give UAB a 14-0 halftime lead.
(Courtesy Army News Service)

**Don't drink
and drive.
For a ride
home, call
Airmen
Against
Drunk
Driving at
6-AADD.
Your life,
someone
else's life
and your
career
aren't
worth it.**

Bowling standings

Pos.	No.	Team Name	Won	Lost
1	1	365 TRS "B"	50	22
2	2	365 TRS "C"	50	22
3	21	187 Med Bn	48	24
4	7	363 TRS "Ammo"	46	26
5	5	82 COMM "A"	44	28
6	6	882 TRG	42	30
7	5	82 CES	41	31
8	16	360 TRS	40	32
9	24	363 TRS Armament	39	33
10	9	82 MSS/SVS	39	33
11	4	361 TRS	38	34
12	20	364 TRS "A"	37	35
13	8	80 FTW "A"	36	36
14	11	362 TRS "A"	36	36
15	10	383 TRS	36	36
16	18	362 TRS "B"	36	36
17	19	82 CPTS	35	37
18	15	365 TRS "D"	34	38
19	14	Bowling Pro Shop	34	38
20	22	381 Med Red	33	39
21	27	382 "BMET"	33	39
22	28	82 Services Squadron	32	40
23	13	382 TRS "A"	30	42
24	3	364 TRS "B"	29	43
25	17	366 TRS "A"	29	43
26	12	82 CS "B"	26	46
27	26	80th OSS	19	53
28	23	SPS	16	56

Want to quit smoking? Call the health and wellness center for information on smoking cessation classes at 6-4292.

Aerobiccenter offers classes

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

Basic step

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

Kickboxing

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

Intermediate step

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

Advance step

Monday, Tuesday at 5 p.m.

Combo step

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

Abdominal class

Monday, Wednesday and
Friday at 11 a.m.
Monday through 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.

Sports shorts

More intramural sports to begin

Get those rosters ready because intramural raquetball and basketball will begin soon.

Raquetball begins Monday and basketball will begin Dec. 1.

Combo bowling held every Thursday

Combo bowling will be held

every Thursday at 12:30 p.m. at the south lanes. For more information, call Donna Dobbins at 569-2430 or Vivian Umlah at 569-1619.

Rock It Bowl at the north lanes

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