

# 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

### Group prioritizes housing amenities

A focus group will meet Monday to discuss amenities for base housing that will be included in the new privatized housing and community plans.

The meeting will be held at the community center's multi-purpose room at 3 p.m. It is open to all Sheppard military families.

### A-76 meeting to be held

An A-76 town hall meeting is scheduled for Monday at the community center in the ballroom.

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.

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

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

### No Senator Nov. 28

There will not be a publication of the Sheppard Senator Nov. 28 because of Thanksgiving.

Please plan accordingly.

# Soldier honored

## Military honors given 58 years after death

By Mr. John Ingle

Editor

He was only 18 years old, but he made the decision to become a defender of democracy. And died doing so.

A ceremony was held to honor 18-year-old Pvt. Leon Griffiths Monday for his service to his country during World War II. His short life was taken during one of the bloodiest engagements of the Second World War in Luxembourg during the Battle of the Bulge.

His brother, Mr. Billy Griffiths, received the original flag during a ceremony Monday. As if to further emphasize Private Griffiths sacrifice, the stars on the flag that was originally sent to his parent in 1948 had bled through the material; an eerie reminder of his blood that was soaked up by foreign soil.

"I wish my mother and dad could've saw it," Mr. Griffiths said of the formal military honors given more than 58 years following his brother's death.

Private Griffiths, one of eight Griffiths children, enlisted in the Army in May 1944. He arrived for duty in the European Theater in late-December 1944. He was killed in combat three weeks later



Mr. Billy Griffiths accepts a flag from 1948 from retired Lt. Col. Jack Wright during a ceremony to honor Pvt. Leon Griffiths, pictured below. Private Griffiths was killed during combat at the Battle of the Bulge in 1945. Bottom, Airman 1st Class Gabriel Lira and Staff Sgt. Thomas Larson hold the 48-star flag that was originally given to the Griffiths. On the right side of the flag are stains from the stars that bled through the material over time.

Photos by Airman Jacque Lickette

during the Allies final push into Germany.

Mr. Griffiths was only 15 years old at the time of his brother's enlistments. He said he wanted to join the service, too, but two things kept him from it at that time: his age and his parents.

"My mother and dad said, 'we're not letting you go into the Army with your brother getting killed,'" Mr. Griffiths recalled.

Two years later he enlisted and spent 21 years in active service.

Mr. Griffiths said the ceremony and full military honors, including a flag folding ceremony, Taps and a 21-gun salute, provided some sense of closure that his parents and siblings didn't have in 1944.

"It would have meant a lot to them," he said of his family. "A lot."

Mr. Ken Griffiths, chief of training development for the 365th Fighter Avionics Flight and nephew of Private Griffiths, said because of so many deaths at the Battle of the Bulge, there wasn't time for the U.S. government to provide military burials for the more than 19,000 Americans killed.

Instead, soldiers were buried in mass graves. A national cemetery now stands at the site of the mass graves.



Team Sheppard Training 2003



82nd Training Wing: 70,523 students trained to replenish America's combat capability

80th Flying Training Wing: 177 combat pilots trained for the NATO Alliance





Photo by Mr. Lynn Bullard

**Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, presents a certificate of appreciation to Maj. Jerry Harvey, from the 383rd Training Squadron, for outstanding support in the 2003 Combined Federal Campaign.**

## 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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# We owe them our service... Commander remembers, thanks those who've fallen for freedom

**By Col. William A. Chambers**  
11th Wing commander

BOLLING AIR FORCE BASE, D.C. (AFP) -- On the 11th hour of the 11th day of the 11th month in 1918, the guns fell silent on Europe's muddy battlefields. World War I was over. President Woodrow Wilson ordered Armistice Day be commemorated in succeeding years as a reminder of the "war to end all wars."

In 1954, President Dwight Eisenhower renamed the holiday to honor American veterans of all wars. The list has lengthened since 1918: World War II, the Korean War, Vietnam, the Gulf War, and, now, the Global War on Terrorism.

While the name of the day was changed, the purpose remained the same: to honor American veterans for their patriotism, love of country and

willingness to serve and sacrifice for the common good. We owe so much to our veterans, men and women who have been separated from their families, missed the births of their children and spent holidays away from home.

Moreover, it's a debt we can never fully repay. America's veterans, current and past defenders, have helped shape the very character of America. Their stories are our country's history, because America rose to greatness on their shoulders. We owe our way of life, our freedom to work and raise our families as we choose, to them.

There are more than 26 million veterans among us. We know them as our fathers and mothers, sons and daughters, and our next-door neighbors. They represent the finest America has to offer through their lifetime of service, and the country has been enriched by their contributions, both in and out of uniform.

As President George W. Bush noted on Veterans Day last year, "The term 'veteran' conveys more than a rank held in the past... each of us is better because of the influence of a veteran. And so is America."

Today, we are engaged in a war unlike any our country has ever known, against an enemy unlike any we've ever known. Like the defenders before us, we've been called to meet a great challenge. And, thanks to our leadership, our training, our equipment and our commitment, we're ready.

While the battleground and enemy may be different, our cause is clearly the same: to protect our republic, to preserve our fellow citizens' freedoms and to help secure a peaceful future for our families. It is up to us to serve now like those who have gone before us -- to fight for the values of liberty and justice they defended for us.

## World War I fast facts

- A series of incidents, including the loss of 128 American lives when German submarines sank the Lusitania, caused the American public's opinion about the war to transform from neutral to supportive.

- On April 2, 1917, President Woodrow Wilson asked Congress for a declaration of war, warning that "the world must be made safe for democracy."

- On April 6, 1917, the United States formally declared war against Germany and entered the conflict in Europe.

- Under the command of Major General John Pershing, more than two million U.S. troops fought on battlefields in France.

- On Sept. 12, 1918, the American Expeditionary Forces under commander in chief General John J. Pershing launched their first major offensive in Europe as an independent army.

- The Allied powers signed a cease-fire agreement with Germany at Rethondes, France, on Nov. 11, 1918, bringing World War I to a close.



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# 80th OG says bye to Hasseneuert

By Mr. John Ingle

Editor

The 80th Flying Training Wing said goodbye Wednesday to Operations Group Commander Col. Johannes Hasseneuert during a change of command ceremony.

German air force Col. Heinrich Schneider became the new group commander.

Colonel Hasseneuert will become the air force chief liaison with the German Army Command following his three-year tour with the Euro-NATO Joint Jet Pilot Training program.

Col. H.D. Polumbo, commander of the 80th FTW, said the departing group commander made his transition into the wing in August.

"It was a very simple transition because Colonel Hasseneuert was very aware of all the training done in the 80th," Colonel Polumbo said.

Colonel Hasseneuert was thankful to the German air force and ENJPT for the opportunity

to serve in a multi-cultural organization.

He said when he took command of the 80th OG three years ago, his flying career would come full circle at Sheppard.

"I'm very grateful to finish my flying at Sheppard in the T-37 where I began...in 1969," he said.

Colonel Polumbo said if there is one attribute he would miss from his German friend, he said it would be his steadiness.

"He has a very quiet and measured confidence in the flying business," the colonel said. "In other words, he is such a seasoned fighter pilot, he handles stress well."

The 80th FTW commander said Col. Hasseneuert has set a high standard for his replacement, German air force Col. Heinrich Schneider. But, Colonel Polumbo added the new commander has had an equally impressive career.

Like Colonel Hasseneuert, Colonel Schneider received his undergraduate training at Sheppard from 1971-72.

As he begins his tour as the



Left, Col. Johannes Hasseneuert, 80th Operations Group commander, gets hosed down by members of the 80th Flying Training Wing following his final flight at Sheppard. Below, Col. H.D. Polumbo passes the 80th OG guidon to the group's new commander, German air force Col. Heinrich Schneider, during a change of command ceremony Wednesday.

Photos by Senior Airman Chris Powell

group commander, Colonel Schneider said as more nations become part of NATO, more challenges lie ahead.

"The future challenge will be to integrate students from future NATO nations," he said.

Colonel Schneider has logged more than 3,800 flying hours in the T-37, T-38, F-104 and Tornado. He has held squadron, group and wing commander assignments in the German air force.

Colonel Schneider is married to Helga and they have three sons, Christian, Felix and Alexander.



## Unit Climate Assessment important for squadrons

By Master Sgt. Steve Keller

Military Equal Opportunity Office

Unit Climate Assessments are an integral part of making flights, squadrons, groups and wings a better place.

As with most things in the Air Force, changes have been made to the UCA to make it easier and more accessible for servicemen and women.

The history of the UCA goes back to the 1970's. In those days, social actions would administer a Social Actions Unit Staff Assistance Visit. The SAV program was designed to assist commanders in identifying real, potential, or perceived problems in their units before problems reached a crisis point.

Over the years, the SAV program has undergone numerous changes and has become increasingly sophisticated.

The electronic UCA, con-

ducted about every two years at the request of individual squadron commanders, is the latest tool to provide commanders at all levels a snapshot of their human relations climate. The intent of the program remains the same, but the data collection process has literally come online.

Many servicemembers have had the opportunity to complete the survey online. The feedback from both commanders and base personnel has been positive.

The new computer based UCA comes with many benefits. The real time data collection capability saves time and costs.

For the MEO technician, the hours spent opening envelopes and typing data into the computer are greatly reduced.

The survey is also more user-friendly.

Comments can be typed in under the specific question the respondent is commenting on. In addition to the 39 standard survey questions, commanders

can add up to 10 questions tailored to meet their specific needs.

The real-time data can be rolled up by wing, MAJCOM and overall Air Force climate. Anytime data rolls up, any subordinate-level command identification is purged.

The most common questions concerning the program deal with confidentiality, accessibility while TDY or deployed, redundancy of the Air Force's Climate Survey, access to a computer and feedback on the results.

The computer based survey provides 100 percent confidentiality. Individual passwords are created by the computer and randomly issued to each participant.

The survey can be accessed from any computer, at anytime and anywhere in the world. This is a big advantage to the unit that has personnel deployed who would otherwise not be able to participate.



Photo by Mr. Lynn Bullard

## Heave! Ho!

Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, left, turns over dirt marking the beginning of the construction of a new permanent party dorm across from Wind Creek Golf Course. Mr. David Steele, district chief of engineering and construction for the Tulsa District of the Army Corps of Engineers, Mr. Larry Harrington of W.G Yates & Sons Construction Company, and Chief Master Sgt. Lupe Ruiz, 82nd TRW command chief, helped the general break ground on the site of the \$10.6 million project. The estimated completion date is March 2005.

# PCS process changes for officers

RANDOLPH AIR FORCE BASE, Texas – Force development becomes more tangible for all officers, lieutenant colonel and below, who face assignments next year as they must complete an online Officer Development Plan, which is replacing the old preference worksheet.

A "transitional" version of the form is now available on the Air Force Personnel Center Web site, officials said.

Under the plan, those up for permanent changes of station in calendar 2004 will have to fill out the form by logging on to the personnel center's assignment management system.

It marks the launch of the

revamped online assignment preference portion of the new force development concept. Filling out the form starts the force development review for each officer.

"It's their way into the process," said Col. Kathleen Grabowski, chief of assignments programs and procedures here.

An officer's plan is then reviewed by the appropriate people in the chain of command and in that officer's career field, the colonel said.

"Ultimately, it's what the development teams will use to validate career goals and recommend the best next type of assignment for each officer,"

Colonel Grabowski said.

That recommendation will then be used by assignment teams at the personnel center to best match Air Force requirements with each officer's expressed career goals.

"The bottom line is still Air Force needs," Colonel Grabowski said. "That hasn't changed."

Filling out the form is similar to accomplishing the old 'preference worksheet,' officials said. But there are different blanks to fill in and some new questions to answer that will give career field leaders more of the information they need to put the right person in the right job at the right time.

Officers will be asked ques-

tions about career plans, goals and duty preferences. There is also room for airmen to enter comments they think are important for reviewers to know.

Reviewers will also have an area where they can record additional recommendations to the development teams. Officers will be able to update the form as often as they and their reviewer think is needed, officials said.

"The more information we can get up front on the ODP about an officer's plans and the needs of his or her career field, the better the development team can guide an officer's career," said Col. Christopher Miller, director of assignments here.

Unlike with the preference worksheet, officers will get feedback – or a 'development team vector' – recorded on the form itself once their development team reviews it, officials said.

"The development team will evaluate an officer's preferences and reviewer recommendations, and then (they will) give feedback to the individual and the reviewer about a reasonable development path," Colonel Miller said. "We also hope to realize an overall time savings for both officers and their commanders by bringing the factors that affect these decisions into finer focus right off the bat."

(Courtesy of AFPC News Service)

## AF doctor wins national award

By 1st Lt. Mike Chillstrom  
59th Medical Wing Public Affairs

LACKLAND AIR FORCE BASE, Texas – A Wilford Hall Medical Center doctor was named tops in her field Nov. 3 at the American Academy of Maxillofacial Prosthetics conference in Arizona.

Maj. (Dr.) Villa Guillory, director of removable prosthodontics at the MacKown Dental Clinic here, is the recipient of the Joseph B. Barron Award.

The award, which honors facial prosthetics pioneer Dr. Joseph Barron, is given to a recent graduate of advanced maxillofacial prosthetics training who shows outstanding promise and commitment to research, education, community service, scholarly activity and the compassionate care of maxillofacial patients.

"I was surprised," Dr. Guillory said of the award. "I knew I was nominated, but I didn't know I was that competitive for it. I enjoy what I do, and to be recognized for it is a big plus. This is great."

In her specialty, she sees patients with congenital defects, such as cleft lips or palates, and acquired defects, such as trauma-related injuries. As a prosthodontist, she works in concert with ear, nose and throat, oral surgery, speech pathology, radiation oncology



Maj. (Dr.) Villa Guillory, director of removable prosthodontics at Wilford Hall Medical Center MacKown Dental Clinic, touches up a prosthetic device. She received the 2003 Joseph B. Barron Award for excelling in the maxillofacial prosthetics field.

Photo by 1st Lt. Mike Chillstrom

and others to provide a patient with a prosthetic device, be it an eye, ear, nose or other facial structure.

"This award is extremely competitive and Major Guillory's selection is a credit to her," said Col. (Dr.) Thomas Schneid, Prosthodontics Residency Program director, who co-nominated her with Col. (Dr.) Rodney Knudson, Maxillofacial Prosthetics Program director.

Doctor Guillory credits her success to those who trained her.

"The nomination and the award are really a reflection of the quality of instruction that my mentors have given me," she said. "It's neat that they're confident in me, and that they think that I would be competitive enough for the award."

She has been at Lackland since 1997 when she began her residency in prosthodontics. Starting in 2000, she taught prosthodontics for two years at the Dunn Dental Clinic. She then completed the one-year Maxillofacial Prosthetics Fellowship here in 2003. In January, she will become the director of the Maxillofacial Prosthetics Fellowship, the only program of its kind in the Air Force.

Born and raised in the Philippines, Doctor Guillory graduated from the University of Texas Health Science Center at San Antonio and joined the Air Force in 1994.

The American Academy of Maxillofacial Prosthetics Foundation first awarded the Joseph B. Barron Award in 2001.

## Officials say multiple factors caused T-1 crash

RANDOLPH AIR FORCE BASE, Texas – Air Force officials completed their investigation of the Aug. 16 incident involving a T-1A Jayhawk. The aircraft from Laughlin Air Force Base, Texas, departed the runway during a landing rollout at Keesler Air Force Base, Miss., and sustained an estimated \$2.5 million in structural damage.

Accident investigation officials determined the accident was caused by a combination of factors during the landing sequence. The factors included inexperience, speed and a wet runway.

The student pilot, 2nd Lt. Tiffany Ley of the 86th Flying Training Squadron at Laughlin, flew faster than the computed approach and landing speeds. She then maintained higher than

idle thrust during the first few seconds after touchdown.

As a result, the speed brakes and spoilers could not deploy to slow the aircraft. The runway was also wet, and the aircraft went into a hydroplane skid after instructor pilot 1st Lt. Nancy Badgett selected the emergency brakes. She is also assigned to the 86th FTS.

Officials determined the crewmembers were inexperienced and did not recognize the difficult braking situation.

The aircraft left the runway and came to a stop 190 feet off the end of the runway. The accident occurred during a specialized undergraduate pilot cross-country training mission. Neither crewmember was injured.

(Courtesy Air Force Print News Service.)



Courtesy photo

Officials ruled the mishap involving this T-1 trainer Aug. 16 was due to pilot error and weather conditions. The crewmembers were not injured during the incident and an estimated \$2.5 million in structural damage was done to the aircraft.

### Solid Rock Cafe to have gospel night with Susie Luchsinger

The Solid Rock Cafe will host a gospel night starring Susie Luchsinger, Reba McEntire's sister, Wednesday at 7:30 p.m. The event is open to all Sheppard personnel. For more information, call 6-4370.

### Sheppard Officers Club to host officers call

There will be an officers call at the officers club today from 3:30 to 4:30 p.m. For more information, call the 82nd MDG at 6-2004.

### White House fellowship available

All U.S. citizens, except civilian federal employees, are eligible to apply for the White House Fellowship 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 Sheppard Saturday and Sunday at Hangar 1045. Arts, crafts, antiques, collectibles and select retail items will be available from various area vendors.

### Education testing center closes

Due to the holiday break and the resulting decrease in testing activity, the education services testing center will be closed beginning Dec. 22.

The normal testing schedule will resume on Jan. 5. Plan testing needs accordingly.

The counseling and administration activities in the education services center will continue, but with a greatly-reduced staff.

### Sheppard Bank to host Turkey Bowl

Sheppard Bank is hosting its second-annual Turkey Bowl Nov. 21 and 22 from 11 a.m. to 1 p.m. inside the base exchange. Throw a strike or a spare and win an entry to win a prize.

For more information, call 855-3180.

### Finance office closes

The finance office will be closed today from 11:30 a.m. to 4:30 p.m. for their annual Thanksgiving Luncheon.

### Scholarships for Military children offers information

Information for The Scholarships for Military Children can be found at [www.militaryscholar.org](http://www.militaryscholar.org) or [www.commissaries.com](http://www.commissaries.com). This program is administered by Fisher House Foundation and has awarded nearly \$2.5 million since 2001 to nearly 1500 children of active duty, retired, and Guard and Reserve families. The general public can now make donations through the website at [www.militaryscholar.org](http://www.militaryscholar.org).

Fisher House Foundation provides a means to donate on the Internet through a secure credit card server and no administrative fees are involved.

Scholarship applications for the 2004 program will be available online or at any commissary. The application period is now until Feb. 18.

### South chapel to hold holiday worship

The south chapel will hold an Ecumenical Thanksgiving Worship Service Nov. 25 at 7 p.m. There will be a pie social after the service. For more information, call 6-7276.

### New York Air Guard searches for volunteers

The 109th Airlift Wing, in Scotia, N.Y., home of the C-130 ski-birds, has Traditional Guard vacancies in the following career fields: 1A2X1, 1C0X2, 1C3X1, 1N0X1, 2A5X1, 2A5X3, 2A6X1, 2A6X2, 2A6X4, 2A6X5, 2A6X6, 2A7X1, 2A7X3, 2E1X3, 2F0X1, 2S0X1, 2T0X1, 3C1X1, 3C3X1,

3M0X1, 3P0X1, 4A0X1, 4A1X1, 4A2X1, 4D0X1, 4N0X1, 4P0X1, 4T0X1, and 6C0X1, as well as full-time active duty positions in the following AFSCs: 1T1X1, 2A5X1 and 2A7X3. For more information, contact Master Sgt. Wesley Ryerson at [Wesley.Ryerson@nyscot.af.mil](mailto:Wesley.Ryerson@nyscot.af.mil) or DSN 344-2456; 1-800-524-5070.

### 302nd AW looks for more Reservists

The 302nd Airlift Wing Maintenance Group, Peterson Air Force Base, Colorado Springs, Colo., is looking for top quality, highly motivated Traditional Reserve technicians. Immediate openings are available in the following AFSCs: 2A5X1, 2A5X3, 2A6X1B, 2A6X2, 2A6X3, 2A6X4. Full-time Air Reserve Technician positions are also available. Contact Master Sgt. Brent Traicoff at [Brent.Traicoff@302.peterson.af.mil](mailto:Brent.Traicoff@302.peterson.af.mil); DSN 834-8095; 1-800-446-9624 (\*8 + Extension 8095).

# Activities:

## Happenings in the community

### Student center

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

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

Wednesday, 3 to 5 p.m. - pool tournament, \$2 per person.

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

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

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

### Hours

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 Cafe

The café offers pizzas, calzones, hamburgers, chicken, a variety of salads and sub sandwiches including all-new philly steak sandwich, a variety of drinks plus 14 flavors of ice cream and sherbert.



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

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

Saturday and holidays: Noon to 9 p.m.

### 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 will win a prize at the end of the program. For more information, call 6-2972.

**Saturday** - Punt, kick and pass in the student Superbowl at Field 1 at 10 a.m..

**Nov. 22** - Flag Football Turkey Bowl, 10 a.m.

### Talent show

The center will host a talent show during the Club BDU dance Nov. 21 from 7 p.m. to



1 a.m. The cost is \$4 per person. Call 6-7659 for more information.

### Community center

#### Pool tournament

The community center has pool tournaments every Saturday at 5 p.m. The fee is \$2 per person. First- and second-place winners win trophies. Call 6-7695 for more information.

#### 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.



#### Birthdays dinners

Students who are having a birthday this month and are on subsistence in kind are invited to celebrate their special day on the Friday of their choice for dinner. Students can contact the dining facility manager/supervisor, or call 6-2080 for more information.



### 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, 1 to 11:30 p.m.

Sunday, 1 to 9:30 p.m.

Sunday Protestant Bible study, 4 p.m.

Contemporary Praise Worship Service, 5 p.m.

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

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

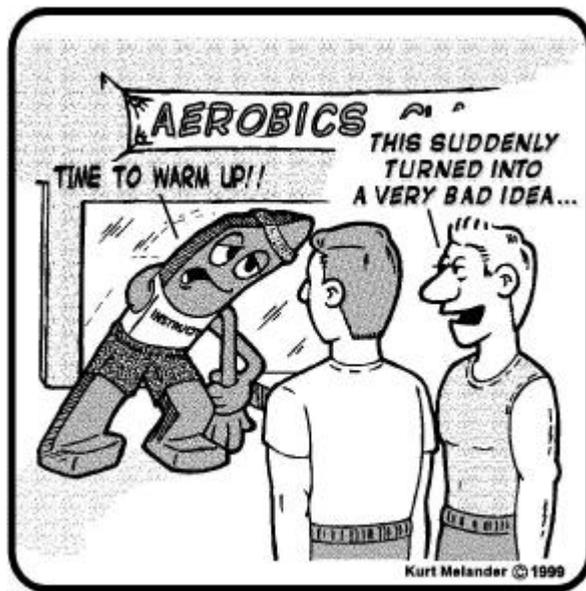
Praise Band Rehearsal, Saturday, 10 a.m. to noon (Andria Hayman)

Solid Rock Saturday Meal, 5 p.m.



Photo by Airman Jacques Lickteig

Airman Arthur Greene, a student from the 362nd Training Squadron, operates a gas turbine generator as part of an aircraft maintenance course. Aircraft maintenance students learn how to operate aerospace ground equipment as well as aircraft maintenance.



Kurt Melander © 1999

# It's all elementary

## Sheppard Elementary TV crew interviews general

**By Ms. Carolyn Young**

*Base public communication*

It wasn't a regular interview this past Wednesday when two reporters and a camera operator filed in to 82nd Training Wing Commander Brig. Gen. Arthur Rooney's office.

The large room was crowded; this was a big event.

Why? The reporters were 11 and 12 years old and this interview was for JETS-TV at Sheppard Elementary School.

Mr. Davage Ongemach, 12, and Ms.

Jenna Peach, 11, asked General Rooney questions while Ms. Brittany Suthard, 11, caught the interview on tape to air on the school's morning news show.

Questions varied from "What's it like being in charge?" to "What was your costume for Halloween?"

Each child received a coin and a signed picture from Gen. Rooney.

After it was all over, the kids said they weren't nervous at all.

"General Rooney was easy to interview," Ms. Peach said.

They were excited that JETS was

going to air the story.

"I don't think JETS has gone this big before," Ms. Suthard said.

Each child had a favorite aspect of interviewing. For Mr. Ongemach, he said it was "meeting the person you are interviewing face to face."

Ms. Peach said she liked "having other people see you on TV," and Ms. Suthard said she enjoyed "being on the air."

Sheppard Elementary principal Shannon Hill said she was proud of her students.

"I can leave them alone and they can

do everything [for the morning show]," she said.

General Rooney thought the interview was a wonderful idea.

"They're serving as role models for other students," he said. "Their parents should be very proud of them."

Not all of them want to work in mass communications. Mr. Ongemach said he wants to be a veterinary dentist.

But with JETS, all three have their foot in the door. Besides, how many 6th-graders can say they've interviewed a United States Air Force general?



A flatbed of veterans and a huge American flag move in front of the reviewing stand at Eighth and Indiana streets during the Nov. 8 Veteran's Day parade in Wichita Falls. Various groups from veteran's organizations, high school ROTC groups and marching bands from the area participated in the almost two-hour event. 82nd Training Wing Commander Brig. Gen. Arthur Rooney Jr. and his wife, Helen, and 80th Flying Training Wing Commander Col. H.D. Polumbo and his wife, Sandra, were on hand to watch the festivities.

Photo by Ms. Sandy Wassenmiller

**Think before you drink. Hand your keys to a wingman.**



Photo by Ms. Kelly Gordon

Lt. Col. Thomas Robinson, 82nd Contracting Squadron commander, speaks to a group about leadership during a National Contract Management Association luncheon.

## Commander speaks at NCMA luncheon

By Ms. Kelly Gordon

82nd Contracting Squadron

"If you are not constantly learning leadership, then you are not being a good leader."

Those were the opening comments of Lt. Col. Thomas Robinson, 82nd Contracting Squadron commander, during a recent National Contract Management Association luncheon here.

The luncheon focused on leadership and how learning about leadership could give people an idea why leaders make certain decisions.

"You may not be in a position to make as many decisions as your squadron commanders or flight chiefs, but by learning about leadership, you might understand why bosses make some of the decisions they do," Colonel Robinson, also the education director for NCMA, said.

He defined leadership as a process whereby an individual influences a group of individuals to achieve a goal. Throughout the discussion, Colonel Robinson made comparisons between certain leadership styles.

For example, trait versus process leadership, assigned versus emergent leadership, leadership and power, leadership and coercion and leader-

ship and management.

Ms. Brenda Wehmeier, president of the local NCMA chapter, said since Colonel Robinson is the education coordinator for the organization, having him teach his perceptions on leadership was a perfect fit.

Ms. Sara Gamble from Child Protective Services in Wichita Falls couldn't say enough about what a great idea the luncheon was.

"This was just packed full of good information," she said. "As a professional businessperson in the workforce, this was a great opportunity for me to get some great training for myself."

She added she would recommend the leadership luncheons to her co-workers.

Colonel Robinson ended the luncheon by quoting one of his favorite passages by leadership author John Maxwell.

"How do you know if you are an effective leader?" he said. "If you think you are doing a good job in leading your organization from the front and you turn around and there is no one behind you, you're just going for a walk."

For more information about future sessions, contact Ms. Brenda Wehmeier at 6-5186. The next session will be held on Nov. 20 at 11:30 at the officers club.

# Commentary: Fit To Fight recognizes needs for physical fitness in today's Air Force

By Maj. Bill DeBenedictis

89th Flying Training Squadron

Physical fitness is a condition of the body that enables an individual to use his/her body in activities requiring strength, muscular endurance, cardiorespiratory fitness and flexibility.

Wellness is the human condition that considers health, disease status and risk potential. Fit To Fight recognizes the need for physical fitness and wellness to meet the demands of today's Air Force.

Our fitness program takes us away from the cycle ergometry test, a pass/fail program, to a non-punitive fitness program that assesses your overall fitness status and promotes overall health. This is done by measuring three evidence-based fitness components: aerobic fitness (the 1.5 mile run), body composition (waist measurement) and muscular fitness (push-ups/crunches). I'd like to take this opportunity to discuss why each of these fitness components is important.

To begin, why do we run 1.5 miles?

In the early 1960's, then Air Force Col. Kenneth Cooper used airmen to run varying distances to exhaustion. These same airmen were then tested in a laboratory setting on a treadmill to determine their VO2 Max. VO2 Max is a key element of cardiorespiratory fitness and the treadmill test is considered to be the 'gold standard' for measuring VO2 Max.

It wouldn't be practical to test all Air Force personnel in a laboratory setting, so it was decided that a field test would be used. Considering the data that was gathered, the 1.5-mile run results most closely approximated the VO2 Max values found in the laboratory setting.

The health benefits from improved aerobic fitness are undeniable.

The following is a partial list of physiological benefits from aerobic training: decreased resting heart rate, increased HDL cholesterol levels (the good cholesterol), decreased LDL (the bad chole-

sterol), increased heart volume/blood volume, lower blood pressure and increased stamina.

According to the Surgeon General's Office, choosing not to exercise is a major independent risk factor for coronary heart disease – the number one cause of premature death in the US.

For most of us, the body composition component of the fitness assessment is the hardest to understand.

Waist measurement standards are evidence-based and established on known health science data. Obesity is defined as a waist circumference more than 35 inches for women and 40 inches for men. Being overweight increases the risk for CHD by increasing blood cholesterol and blood pressure.

In particular, visceral fat (fat around your midsection) poses a much greater health risk than fat accumulation in other parts of the body.

Inactivity, excess calories and genetics play a major role here.

Height versus weight is not as accurate as waist measurement in identifying obesity, as the key here is over-fat versus overweight.

Muscular fitness is integral to overall physical fitness. Measured by push-ups and crunches, muscular fitness allows us to perform daily tasks with less physiological stress.

While resistance training is highly encouraged to enhance muscular strength, simple calisthenics work very well for muscle maintenance. Known health benefits include: increased bone mass, muscle mass, strength of connective tissue, reduction in body fat, and improved blood lipid profile.

Well-being is not just the absence of disease but the presence of health – the ability to carry out your military duties with alertness and to have ample energy to engage in your leisure time pursuits. The Air Force has provided you with wonderful facilities, services and support from every echelon of command. I encourage everyone to embrace our new culture of fitness.

## 982nd TRG airmen recognized

The following were recently recognized as the 982nd Training Group quarterly award winners for the third quarter.

Wing nominees include: 1st Lt. Joseph Williams Jr., 373rd Training Squadron, Det. 4, company grade officer; Master Sgt. John Mills, 982nd Maintenance Support Squadron, senior non-commissioned officer.

Tech. Sgt. Robert Haun, 372nd TRS, Det. 14A, NCO; Tech. Sgt. June Brown, 373rd TRS, Det. 12, command section support personnel.

Group winners include: Capt. Jeffery Roberts, 373rd TRS, Det. 14, detachment commander; Master Sgt. Karen Chapman, 372nd TRS, Det. 14A, detachment chief; Tech. Sgt. James Wotring Jr., 373rd TRS, Det. 3, senior military training leader.

Master Sgt. David Brown, 372nd TRS, Det. 14A, SNCO instructor; Tech. Sgt. Charles Grounds, 372nd TRS, Det. 17, NCO instructor; and 373rd TRS, Det. 7, detachment.



# Number of ATV mishaps is on the rise

By Tech. Sgt. Gerardo Delagarza

82nd Training Wing Safety

All terrain vehicles are becoming more popular than ever.

Dealers nationwide have reported sales of 800,000 ATV's last year alone. That is double their reported sales volume in 1997.

The Texas Hill Country Community Council Director for the American Motorcyclist's Association, reported that 45,000 new all terrain vehicles were sold in Texas in 2000, ranking Texas No. 1 in national ATV sales.

Unfortunately, along with the increase in sales is the increase in ATV mishaps. The U.S. Consumer Product Safety Commission reported the number of people requiring emergency room treatment surged from 54,700 in 1997 to 110,000 in 2001. One-third of the victims were children under the age of 16.

Today ATVs are being used for things like hunting, fishing, camping, farming and general recreation. The versatility of ATVs makes them a great tool to use for hauling or pulling equipment into or out of hard to reach areas, getting across shallow streams or muddy areas and carrying your trophy buck out of the woods for all to see.

They save time by giving the operator an expedient means of reaching locations that before could only be reached by foot.

Before someone can operate an ATV on public property, Texas does have a few requirements that operators must comply with. Operators have to go through an all-terrain vehicle operator education and certification program.

In most cases, a certification from another state certified safety-training course would suffice. Operators will also have to register their ATV at the local tax office for off highway use. This will be an annual registration

that expires every March and will run anywhere from \$30 to \$40.

Local tax offices will issue a registration decal that must displayed on ATV handlebars.

The operator must also wear a Department of Transportation approved helmet and eye protection year round.

ATVs must also meet certain requirements before it can be operated on public property. It must have an effective braking system, a muffler system in good working condition, a U.S. Forest Service qualified spark arrestor and an effective taillight and headlight.

To sign up for a class or for more information about the ATV Education and Certification Program, contact the ATV Safety Institute at (800) 887-2887 or visit the Department of Public Safety Web site at [www.txdps.state.tx.us/msb/atv.htm](http://www.txdps.state.tx.us/msb/atv.htm).

If someone is interested in attending a certified ATV Course, contact Tech. Sgt. Jason Vinson at 6-3403.

**Do you have an opinion about a current event you'd like to share with Sheppard? Write it out and submit to to sheppard-senator@sheppard.af.mil.**

# Gobble-gobble: Operation Thanksgiving set to provide students a home-cooked meal

By **Chaplain (Capt.) Tony King**

*Student Ministries Branch*

Being away from home during the holidays can be a very lonely time, especially if it is for the first time.

But, Operation Thanksgiving, now in its 26th year, helps brighten Thanksgiving Day for Sheppard students by providing them an opportunity to enjoy a home cooked meal in a local host family's home.

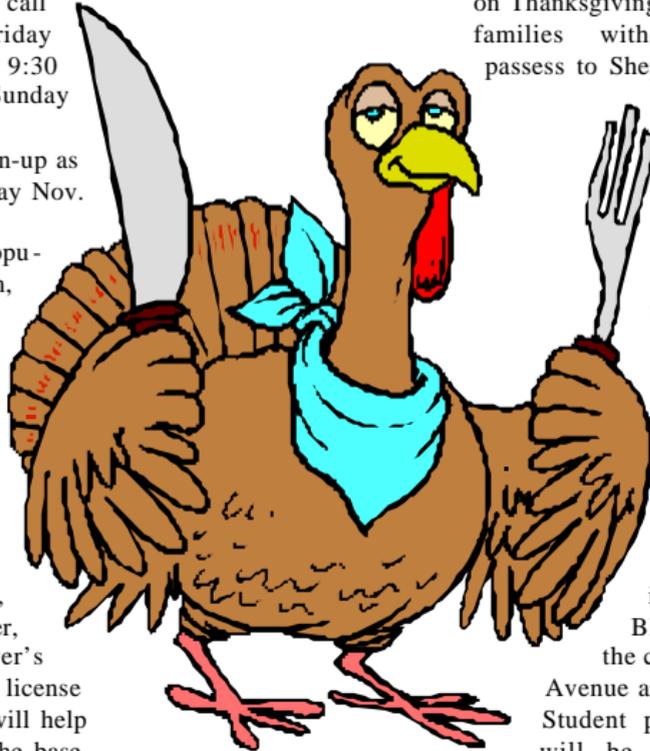
Military and civilian families who live within 50 miles of Sheppard and wish to serve as hosts to students on Thanksgiving Day should call the 82nd Training Wing's Chapel Student Ministries branch at the Solid Rock Café at 6-0013 or 6-0014.

Host families may call Monday through Friday from 7:30 a.m. to 9:30 p.m.; Saturday and Sunday from 1 to 9 p.m.

The deadline to sign-up as a host family is Sunday Nov. 23.

Because of the popularity of the program, host families will be limited to hosting two students on a first-come, first-serve basis.

When signing up to host a student, host family drivers will be asked to register their full name, address, phone number, date of birth, driver's license number and license plate number. This will help them gain access to the base



on Thanksgiving Day. Host families without vehicle passess to Sheppard will be

asked to enter the base at the Missile Road gate where their vehicle may be searched.

All host families will pick up their students at the Solid Rock Café student ministry center, Bldg. 450, at the corner of Fifth Avenue and Avenue H. Student pick up time will be from 10 to

11a.m. on Nov. 27.

The students must be returned to the base in accordance with student squadron curfew guidance.

All students interested in enjoying a Thanksgiving Day meal with a host family should sign up through their senior military training leader. Students on temporary duty assignment to Sheppard may contact their first sergeant.

Participating students are asked to arrive at the Solid Rock Café by 9 a.m. Thanksgiving Day. Families interested in opening their homes to students may sign up with their first sergeant or call the Solid Rock Café.

For more information, contact Chaplain (Capt.) Tony King at 6-0016 or Senior Airman Sara Sword at 6-0014.

# American, Polish teams serve together

By Lt. Cmdr. Lisa Brackenbury

Commander, U.S. Naval Forces Central Command/ Commander, 5th Fleet

AL HILLAH, Iraq – For Navy Explosive Ordnance Disposal (EOD) Task Force 56 personnel stationed in Al Hillah, Iraq, life is pretty surreal.

Working alongside Polish army soldiers and living in an abandoned palace overlooking the Euphrates and the Babylon ruins has definitely been a unique experience thus far for these San Diego-based sailors.

Deployed to Iraq since early August, the team was originally stationed for more than two months north of Baghdad at Camp Anaconda in the city of Balad within the dangerous Sunni Triangle. Working with combined Army-Navy EOD teams, their missions included searching for weapons caches, destroying unexploded ordnance (UXO), and disarming Improvised Explosive Devices (IED) in the continuing effort to restore peace and stability in the area.

There, the team rendered safe multiple IEDs, and were themselves hit by an IED while traveling in a Humvee convoy. Fortunately, no one was killed or seriously injured.

After their stint in Balad, the highly mobile team moved more than 250 tons of gear and equip-

ment via helicopter and convoy 55 miles south of Baghdad to Al Hillah and Camp Babylon. Designed to protect the historic Babylon ruins next to the Euphrates river from looters, the camp is home to a number of coalition countries supporting Operation Iraqi Freedom, including Poland, Spain, the United Kingdom, France and Germany, all under the command of the Multinational Defense Force Southeast, or MND(SE).

“MND(SE) asked us to come down here to Al Hillah to provide IED response,” said Lt. Jeremy Thompson, EOD team leader. “Although we’re technically in the rebuilding phase of OIF [Operation Iraqi Freedom], Iraqi civilians and property, as well as coalition troops in the region are still threatened by IEDs and other small arms attacks from insurgent groups, even down here in Al Hillah.”

Insurgent groups are using unexploded ordnance (UXO) – found in numerous weapons caches throughout Iraq – to make the IEDs.

“Find and destroy the UXO, and sources of IED materials disappear,” Lieutenant Thompson said of the group’s mission.

The team has particularly enjoyed working with the Polish army forces, whose assignment includes providing perimeter security for the Navy EOD team

whenever they leave Camp Babylon on a mission.

“The Polish forces are providing valuable security for our Navy guys,” said Lt. Cmdr. Marty Anderson Jr., EOD coordinator for Commander, U.S. Naval Forces Central Command/Commander, 5th Fleet. “They’re a small team, so when they have to leave Camp Babylon to conduct a site survey, or more importantly, to respond to an IED call, it’s beneficial to have a capable, experienced security team for force protection.”

Despite significant language barriers – just two of the Polish soldiers speak fluent English and none of the sailors speak Polish – the teams bonded incredibly well in just a few weeks. Thanks to intensive bilateral training in convoy and general security tactics, emergency procedures and communication signals, these Polish and American service members now operate as a single integrated and coordinated team.

“Even though they had never worked with EOD teams before, the Polish learned quickly,” Lieutenant Thompson said. “They really put a lot of trust in us, and we put a lot in them. We’re grateful for the job they’re doing. Having to disarm IEDs is one thing, but having to do it in a hostile environment is another. I trust them completely.”



Photo by Journalist 1st Class Phil Beaufort

Navy Explosive Ordnance Disposal (EOD) members and Polish Army soldiers conduct a safe disposal area (SDA) site survey. The SDA will eventually be used to destroy unexploded ordnance found in the Al Hillah area. The Navy EOD team, in conjunction with the Polish army, is in the area to provide Improvised Explosive Device (IED) response.

**Have a story or information you want in the Sheppard Senator? Plan ahead. Don't forget the deadline to submit stories and/or information is no later than noon the Friday before the requested publication date. For more information, call 6-7244.**



**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](http://www.sheppard.af.mil/82trwpa)**

**Friday:**

7 a.m. - Target for Today  
 10:30 a.m. - SEAL Class 224 - Basic Underwater Demolition  
 11:30 p.m. - Wind Through Wires: World War I Aviation

**Saturday:**

9:00 a.m. - African Americans in World War II  
 3 p.m. - The Air Force Medical Corps: 50 Years  
 8 p.m. - Fire Smart - Workplace Safety

**Sunday:**

10:15 a.m. - The Centennial of Flight  
 1 p.m. - The 21st Century Navy

10:30 p.m. - The Berlin Airlift

**Monday:**

4:30 a.m. - The Third Century of the American Experiment  
 11:30 a.m. - The Army Soldier  
 4 p.m. - Air Power in Kosovo

**Tuesday:**

7 a.m. - Target for Today  
 1:15 p.m. - The Navy Hospital Corps  
 10 p.m. - 50 Years of the UCMJ

**Wednesday:**

2 a.m. - The Force Behind the Force  
 6 p.m. - Women Air Force Service Pilots  
 8:45 p.m. - Safety - Drive To Arrive

**Thursday:**

11:45 a.m. - Army Training Leader Development  
 3:15 p.m. - Air Force Dietetics  
 4:15 p.m. - The Detroit Arsenal Tank Plant

**Do you have a unique hobby? Are you involved in something that's uncommon? The Sheppard Senator staff is always looking for story ideas. Send it to sheppard.senator@sheppard.af.mil**

# AFOSI workshop focuses on forensic sciences

By **Jillian K. Speake**

*Air Education and Training Command Public Affairs*

RANDOLPH AIR FORCE BASE, Texas (AETCNS) -- More than 120 criminal investigators from all over the world attended the annual Air Force Office of Special Investigations Workshop Nov. 3-7 here to share ideas, technology and expertise.

Although criminal investigators were the target audience, OSI members were asked to invite anyone on their installation or any of their local contacts who would benefit from the training.

The number of different police departments and detectives from all over the United States helped the workshop provide a liaison opportunity between the OSI agents, medical specialists, legal professionals and the civilian community.

"I would say the vast majority of our investigations that are run in OSI are going to involve, to some degree, another investigative agency be it local, state or federal, so having those working relationships is going to increase what we can do and what we can provide ... in the final product," said Special Agent Julie A. Lecea, forensic sciences consultant in the OSI Detachment 401 here. "It's valuable for us to have these connections so we know how other agencies can help us and they know how we can help them."

The workshop also helped provide training to criminal investigators in forensic sciences by having experts in various fields give an overview about their specialty.

"Some of the (experts) we have here are the guys who literally wrote the book on all these different topics and we're very lucky to have them come out and speak to us," Special Agent Lecea said. "Our goal was to bring their expertise to the students and have them teach how their science can come to bear on any of our investigations."

The conference covered such topics as child abuse investigations, forensic anthropology, entomology, crime scenes involving weapons of mass destruction, asphyxia and sex related deaths, drug testing,

shaken impact syndrome and various types of wounds.

The students are not the only ones who learned from the expert speakers. Marshall Littleton, special agent with the Bureau of Alcohol, Tobacco, Firearms and Explosives, who spoke on the evolution of fire, also took away valuable information.

"I have been thoroughly impressed with the speakers brought in," Mr. Littleton said. "Each one of them, in their individual scientific disciplines, has given me the opportunity to add one more tool to my investigative toolbox. They have given me the opportunity to broach a subject from a little different perspective because I didn't realize that expertise even existed."

Criminal investigators always refer to the different tools they have in their "toolbox" to help solve crimes, Special Agent Lecea said. Investigators are constantly trying to add new tools, techniques, databases, resources and technology that can help solve cases.

"A criminal investigator, in my opinion, has to be a jack-of-all-trades," Special Agent Lecea said. "You have to be able to get into any crime that has taken place and understand all the different players involved. Knowing how to put that (information) together will determine if you're successful or not. Essentially, we're giving them the tools to do that."

For example, Larry Stewart, the laboratory director at the U.S. secret service forensic lab briefed on a number of different databases available to the laboratory that are not available to anyone else in the country. He told the investigators if anyone had cases that would benefit from the database to send it to the lab and he'd see what could be done to support the investigation efforts.

"Local police departments may not have known that the secret service laboratory can do 'x, y and z' and now they do," Special Agent Lecea said. "The next time they have a case where 'x' might help them, they're going to call the secret service laboratory. That's invaluable in criminal investigations; knowing where to go to get expertise."

## General activities

### Child development center to host Harvest Feast

The child development center will host a harvest feast luncheon in which parents can dine with their children and the staff members Wednesday. Parents should make reservations in their children's classrooms. For more information, call 6-2634.

### Lake Texoma to have arts, crafts

Lake Texoma will have arts and crafts projects Saturday beginning at 1 p.m. For more information, call (903)523-4613.

### 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.

### 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

### 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.

### Comedians to entertain at enlisted club

The enlisted club will host a Comedy Night tonight.

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

Doors will open at 8 p.m.

### Soul Train to roll into enlisted club

The enlisted club will have a "Soul Train" night Saturday from 9 p.m. to close. For more information, call 6-2083.

### Enlisted club to host family night

The enlisted club will have a family night Thursday from 5:30 to 8 p.m. Cost is \$5.95 for members, \$7.95 for non-members, \$2.95 for children ages 5 to 12, and free for children under 5. There will be an all-you-can-eat buffet, games and prizes. For more information, call 6-2083.

### Officers club to have a la carte menu

The officers club will have an a la carte menu Nov. 21 with a variety of food items to choose from. For more information, call 6-6064.

### Enlisted club to have country night

The enlisted club will have a country night Nov. 22 from 9 p.m. to close. For more information, call 6-2083.

### "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.



Photo by Ms. Sandy Wassenmiller

## Talent show winners

Mary Wood, winner of the ages 9 to 12 category in the Family and Teen Talent Contest; Shania Mofle, ages 6 to 9 winner; Raven Henriquez, age 3 category winner; Angela Bryant, ages 16 to 18 winner and Larin Potter, ages 13 to 15 winner pose for a photo after the show at the community center Nov. 8. 17 people participated in the contest.

## Chapel Schedule

### Parish Ministries

<b>Protestant Services</b>	day morning Bible study, 6 a.m.
<b>Sunday</b>	
Sunday School, 9:00 a.m., Bldg 962	
Community Worship, 10:30 a.m., North Chapel	
Inspirational Gospel Worship, 10:30 a.m., South Chapel	
Holy Communion Worship, 10:30 a.m., Hospital Chapel	
Weekday Bible Studies	
Tue, 6:00 p.m. & Thu, Noon, South Chapel	
<b>Protestant Religious Education</b>	
Sunday school classes, Bldg. 962, 9 a.m.	
Tuesday night Bible study, 6 p.m., south chapel	
Thursday noon Bible study, noon (lunch provided), south chapel	
Protestant Women of the Chapel	
Thursday night Bible study, 6 p.m.	
Protestant Men of the Chapel Tues-	
<b>Protestant Men of the Chapel</b>	
Saturday, 6:30 a.m., south chapel	
PMOC breakfast/fellowship is the second Saturday of the month at Golden Corral at 8 a.m.	
<b>Catholic Services</b>	
Saturday, confession, 4 to 4:30 p.m., north chapel	
Saturday, mass, 5 p.m., north chapel	
Sunday, mass, 9 a.m. and noon, north chapel	
Catholic religious education, pre-K through adult, 10:30 to 11:40 a.m., Bldg. 962	
RCIA, 6 to 8 p.m., Bldg. 962	
Daily services: Monday and Wednesday, 11:30 a.m., south chapel	
Tuesday, 5:15 p.m., Solid Rock Cafe	
Thursday, 11:30 a.m., SRC	

**The base movie theater is closed for renovations until January.**

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

# Not missing in action

## Employee doesn't let disability keep her from work

**Mr. Mike McKito**

*Base public communication*

"Mr. Gorbachev, tear down this wall!"

It has been since President Reagan uttered those famous words that Ms. Glenna Merritt, Work Services Corporation, has missed work due to an illness. To the point, she has never missed a day in the 16 years she has been working at WSC.

Ms. Merritt is the lead cook at the central prep kitchen. She is responsible for preparing the meat that is distributed to the seven base dining facilities.

She gave credit to her parents for her work ethic.

"My parents were very hard working; from the depression era," Ms. Merritt said.

Cleanliness is her key to remaining healthy.

"You wash (your) hands. Keep these hands clean," she said. "And, get lots of rest."

Mr. Kenneth Hamilton, central prep kitchen manager and Ms. Merritt's supervisor, praises her job loyalty.

"She is an asset to our depart-

ment and a good example for the other staff members," he said.

Besides being an exceptional employee, Ms. Merritt is also disabled. In fact, seventy-six percent of WSC employees are disabled. There are five on her shift, she said.

"I do have good co-workers," said Ms. Merritt. "I have a lot of fun with them."

Mr. Hamilton echoed Ms. Merritt's sentiments.

"All of my employees are good workers," he said.

WSC is nationally recognized as a leader in hiring people with disabilities. Last year WSC received an award from the National Alliance for the Mentally Ill for Employment Programs for People with Disabilities.

"Our disabled employees work under a federal employment program, the Javits-Wagner-O'Day Act," Mr. Jerry Bettenhausen, WSC president, said. "Sheppard is a national leader and a pioneer in this program, providing over 550 jobs on base for people with disabilities."



**Ms. Glenna Merritt, an employee with Work Services Corporation, checks over a tray of ground beef recently in preparation for one of the day's meals. Ms. Merritt has worked at Sheppard's central preparation kitchen for 16 years and hasn't missed a day of work since the Reagan administration in the 1980s.**

*Photo by Mr. Mike McKito*

## Engineer finds safety solution, earns cash

By Mr. Darren Heusel

Oklahoma City Air Logistics Center Public Affairs

TINKER AIR FORCE BASE, Okla. (AFP) -- When safety concerns surrounding NATO's fleet of E-3 Sentry airborne early warning and control systems aircraft mounted, an engineer here knew time was of the essence.

Certain electrical components in some of the NATO aircraft were overheating and there was evidence that the overheating could lead to a fire in the cabin, an official here said.

So, rather than accept the required three-month lead time for a contracted tear down analysis of the components, Khoa Nguyen came up with his own plan to have the testing performed locally. He is a lead electronics engineer with the E-3 system support management division of the international support branch.

The idea eventually saved the U.S. government nearly

\$100,000 and earned him \$10,000 through the Innovative Development through Employee Awareness program.

"We made some suggestions to the original equipment manufacturer to modify their design, which they did," he said. "We haven't had any more problems with the relay or the ... control system, and we'll be conducting further tests in the future to make it more safe and efficient."

A contractor was originally scheduled to perform the analysis, but the estimate was more than \$236,000 and would have taken up to three months to complete.

Nguyen thought the three-month lead time was unacceptable and checked with the avionics and electronics engineering division at the Oklahoma City Air Logistics Center here to see if the testing could be done in-house.

Engineering laboratory officials here allowed Nguyen to use their facilities, and he provided NATO's Force Command

the results about a week later, saving the U.S. government \$96,785 from the original proposal.

"What was critical was the time issue we were facing," Nguyen said. "I wanted to see if we could do it organically and cut the time considerably."

He said his idea to have the relay tested locally instead of externally will also help the U.S. E-3 fleet because both platforms are very similar.

Nguyen said he feels a great sense of accomplishment in coming up with the idea to perform the tests locally, but more than anything he wanted to set an example for other engineering departments within the logistics center to follow.

"I think it's important for us to utilize the resources we have here in our own backyard," he said. "Why contract the work out externally if it's something we can perform internally?"

The IDEA program rewards people up to \$10,000 if they can verify a tangible savings in a product or service.

## Military family month



Photo by Mrs. Michelle Schroeder

In celebration of Military Family Month, the family support center would like to recognize Airman Ryan Young and his wife, Richelle. Airman Young is assigned to the 362nd Training Squadron. He has been in the Air Force for 5 months, and his hometown is Brookville, Ind. This holiday season the Young family is thankful for "Being together and for everything God has given us".

Have an idea about how to do something better? Share it. Call 6-IDEA

# Sheppard Spotlight

## 15 lines of fame

1. **Name:** Bettie A. Lay
2. **Rank:** GS-5
3. **Organization and position:** 382d Training Squadron, commander's secretary
4. **Hometown:** Oscar, Okla.
5. **Married or single (include your family if you'd like):** Married to LeRoy Lay for 48 years, two grown children, and one grandchild (she's the apple of my eye).
6. **Hobbies/Favorite things to do in your free time:** Golf and tole painting
7. **Funniest childhood memory:** n/a
8. **Why did you become a Department of Defense employee?** Best team in town to work for and the pay was good!
9. **Why have you stayed with the DoD?** My husband was in the Air Force for 20 years and moving around was more convenient for me to work for the Air Force.
10. **Date arrived at Sheppard:** I first went to work at Sheppard in June 1955.



**Bobbie Lay**

11. **Most rewarding aspect of your job:** The people, because they're the best in the Air Force.
12. **Favorite book or movie:** Mysteries (on tapes).
13. **What is your dream vacation:** Living six summer months in Colorado and six winter months in Texas.
14. **If you could be anyone for one day, who would you be?** A millionaire because I could do a lot of good for people in a day.
15. **Most prized possession (not including family):** All the things my husband has made for me.



## Weather numbers

Current Observation: 855-9045

Forecasts, Warnings, Watches, and Advisories: 676-6995

82 TRW Internet

Weather Page:

<https://26ows.barksdale.af.mil/sheppard/>



Photo by Ms. Sandy Wassenmiller

## Farm pals

Ronald Cypress and Matt Rudisill, students at Sheppard Elementary, pet a group of ducks Nov. 7 during a daylong event at the school. Mr. David Cannon and his wife, Kathy, of Fletcher, Okla., brought down their petting farm yard for their granddaughter, Krystina Powell, and her classmates. The Cannons brought the farm at no cost to the school.

# Centennial of flight

*This week in air and space history*

**Nov. 14, 1910** – Eugene Ely makes the first successful carrier takeoff from the USS Birmingham, in Norfolk, Va.

**Nov. 14, 1969** – Apollo 12 is hit by lightning on launch.

**Nov. 15, 1942** – The first women ever to be flight trained by the Army Air Forces report for flight training in Texas and take their Oath.

**Nov. 15, 1982** – Space Shuttle Columbia is launched on its first operational mission. Astronauts deployed two commercial communications satellites.

**Nov. 15, 1989** – Soviets launched their version of the Space Shuttle called Buran. The Buran (unlike the U.S. Shuttle) has no main engines. Buran depends only on the Energiya booster to lift it into orbit.

**Nov. 17, 1967** – Surveyor 6 flew 8 feet above the Moon, which was the first liftoff from the surface of the Moon.

**Nov. 18, 1913** – Lincoln Beachey flies his specially-built



Curtiss biplane upside down and also executes the first "loop" ever accomplished in the air.

**Nov. 18, 1989** – The COBE satellite is launched to measure Big bang radiation.

**Nov. 19, 1932** – A national monument, commemorating the Wright Brothers' flight, is dedicated in Kitty Hawk, N.C.

**Nov. 19, 1969** – Apollo 12 landed on the Moon.

**Nov. 20, 1953** – A. Scott Crossfield reached the aviation milestone of Mach 2 (twice the speed of sound) or more than 1,320 miles per hour in the D-558-II Skyrocket.

# New physical fitness program starts Jan. 1

*Airmen will have to prove they can run, push, crunch to show they are fit to fight*

WASHINGTON (AFP) - Airmen will begin hitting the track this Jan. 1 as the Air Force begins a new physical fitness program.

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

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

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

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

Component scores, which vary according to age and gender, will be added to obtain an overall fitness score. The score will determine if a person falls into the excellent, good, marginal or poor fitness category.

Fitness categories will determine how often a person must retest. For example, a composite score of 90 will put a person in the excellent category. A composite score of 75 to 89.9 will place a person in the good fit category. However, if a person has a composite score of 70 to 74.9 then that person

would be considered to be marginally fit, thus requiring a retest at six-month intervals. A person who scores less than 70 will enter the poorly fit category, which requires a retest every three months. People rated marginal or poor will receive educational material to improve their scores.

"The focus of the new fitness program is not the assessment. The program is about integrating fitness into our culture and our members adopting fitness as a way of life," said Maj. Lisa Schmidt, chief of health promotion operations for the Air Force surgeon general.

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

"We are planning to put responsibility for (physical training) in the chain of command, not with the medical community or the commander's support staff," General Jumper said.

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

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

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

For more information about the new fitness program standards, visit the charts online at [www.af.mil/news/USAF\\_Fitness\\_Charts.pdf](http://www.af.mil/news/USAF_Fitness_Charts.pdf).

## Expert offers fitness advice

**By Anthony Cook**

*14th Medical Operations Squadron exercise physiologist*

Preparation is important for the new Air Force fitness assessment, especially the 1.5-mile run.

People who are just getting started with a running program should consider their current fitness and best starting point, exercise gear and workout options to best prepare them for the new assessments that begin in January.

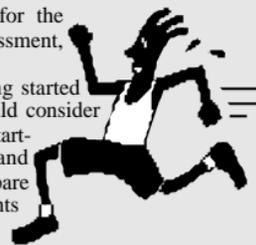
Choose the correct starting point for you. If you aren't exercising regularly, ease into it using the recommended times and distances on the accompanying charts. Walk and exercise regularly, such as 30 minutes three times a week.

Once you are jogging two to three times a week for at least 30 minutes, your bones, joints and muscles are ready for more intense running workouts. You should also continue to run two or three non-consecutive day per week.

People should use the following equipment to begin training. Wear shoes designed for running that are less than six months old. Choose loose-fitting clothing or clothes that move with you.

Use a variety of these techniques to improve your fitness and performance and run for speed once a month to track your decreasing 1.5-mile time.

Don't forget to practice push-ups and sit-ups, too. They should be performed every other day to allow the muscles time in between strength workouts to recover.



# Football playoffs begin

## MSS shuts out Med Group 14 - 0

By Senior Airman Chris Powell

Senator sports editor

With a stingy defense and some nifty running by Quarterback Tevin Auster, the 82nd Mission Support Squadron took out the 82nd Medical Group 14 - 0 Monday in the intramural flag football playoffs.

With the win, the MSS moves into the championship game Monday.

The MSS, whose regular season record is 10-1, had five interceptions from MDG quarterback Shane Pearson to help seal the win. One interception was in the endzone to prevent the MDG from scoring.

"This was a great win for us," said Cornerback Kevin Watson. "It's really one that we needed."

It didn't take the MSS long to draw first blood, as they scored their first touchdown with 10:30 left in the first half.

The MDG defense gave their offense a good chance to score when they held the MSS at the end of the first half with 1:30 to go. It looked like they were going to score when Pearson threw a 20-yard pass that

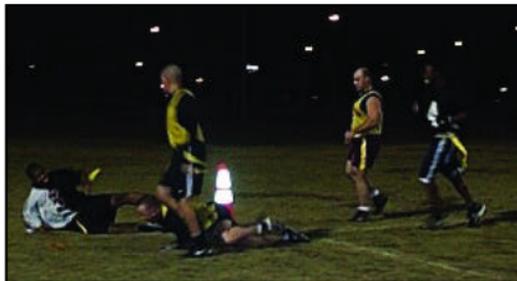


Photo by Senior Airman Chris Powell

**A Medical Group player breaks up a pass from 82nd Mission Support quarterback Tevin Auster in the second half. The MSS beat the MDG 14 - 0.**

was completed, but the bomb came up a little short as time expired.

When the second half began, the MSS defense too over and the offense didn't take long to cushion their lead.

After an MSS interception and a return for eight yards, Auster hit receiver Anthrone Jones in the back of the endzone at the 16:30 mark to make it 14 - 0.

The rest of the game was a defensive grudge match, as neither team was able to put any more points on the board.

The two teams will play again in the championships Monday at 8 p.m. The MDG beat out the 82nd Civil Engineers Squadron in the loser's bracket to advance.

# Bowling standings

Pos.	No.	Team Name	Won	Lost
1	2	365 TRS "C"	58	22
2	1	365 TRS "B"	52	28
3	25	82 COMM "A"	52	28
4	21	187 Med Bn	50	30
5	7	363 TRS "Ammo"	50	30
6	6	882 TRG	48	32
7	16	360 TRS	48	32
8	24	363 TRS Armament	45	35
9	5	82 CES	43	37
10	19	82 CPTS	43	37
11	14	Bowling Pro Shop	42	38
12	11	362 TRS "A"	42	38
13	10	383 TRS	42	38
14	18	362 TRS "B"	42	36
15	22	381 Med Red	39	41
16	9	82 MSS/SVS	39	41
17	27	382 "BMET"	39	41
18	4	361 TRS	38	42
19	17	366 TRS "A"	37	43
20	20	364 TRS "A"	37	43
21	15	365 TRS "D"	36	44
22	8	80 FTW "A"	36	44
23	28	82 Services Squadron	34	46
24	13	382 TRS "A"	34	46
25	3	364 TRS "B"	31	49
26	12	82 CS "B"	26	54
27	26	80th OSS	19	61
28	23	SPS	16	62

# Falcons crush Black Knights, 31-3

By John Van Winkle

*U.S. Air Force Academy Public Affairs*

U.S. AIR FORCE ACADEMY, Colo. (AFPN) — Three Marchello Graddy fumble recoveries and two Joey Ashcroft field goals helped lead the Air Force Academy Falcons to their seventh victory of the season, beating Army, 31-3.

"It's a win we desperately needed. We're hadn't won a game in 28 days," said Fisher DeBerry, Falcons head coach. "The last 28 days have stunk. We not used to going this long without a win."

Yet the Falcons were their own worst enemy during the Saturday game, DeBerry said. The Falcons stifled their 446-yard performance on offense with four fumbles, 11 penalties and were unable to get into the end zone on several possessions.

"I'm a little irked and disappointed that we were trying to kick field goals instead of finishing off drives with touchdowns," DeBerry said. "Over the course of a game, that will catch up with you."

While the Air Force defense was able to keep Army at bay, senior placekicker Ashcroft converted stalled drives into points with field goals from 59, 31 and 22 yards. That gave the Falcons time to get their fullback running game into gear, and then work the middle routes underneath Army's soft pass defense for the victory.

For Graddy, Ashcroft and the other seniors, it also meant that they have never lost to Army during their tenure at the academy.

The win increases the Falcons' season record to 7-3. For Army, the loss drops them to 0-10 and ties a school record for losses dating back to 1973. The Army loss also extends the nation's longest losing streak to 12 games.

"We want better for them," DeBerry said. "There's something special between the schools, because we're always going to be hinged and hooked together. That's why it bothers me."

Army was in a position to win each of their last three games, and the potential to reverse their fortunes is within the team's grasp, DeBerry said.



Photo by John Van Winkle

**Falcons quarterback Chance Harridge plunges forward for a first down at midfield. The senior ran for 80 yards and passed for 71 more. During the Academy's 31-3 victory over Army on Saturday. The win improves Air Force's record to 7-3, while Army falls to 0-10 on the season.**

"It can be done," he said. "I'd like to see them win eight or nine games a year. I've got a deep place in my heart for them. Certainly we root for our other two service academies, except when we play them."

Academy cadets and fans also voiced their hopes for Army success when that team plays the Navy Academy Dec. 6. It will take a victory by the winless West Point team to keep the well-coveted Commander in Chief trophy in Colorado.

That trophy is the top goal in Falcon football, and goes to the service academy football team that bests its military rivals.

"Anything can happen in service academy football," DeBerry said. "If Army could beat Navy later this year, we would retain the Commander in Chief's Trophy."

Meanwhile, it is the make or break point of the sea-

son for the Falcons' goals of winning the Mountain West Conference championship and going to a bowl game. Conference leader Utah (7-2) must lose to either Wyoming or Brigham Young (4-6), while the Falcons must win all of their remaining games and hope for some help from other teams, for the dust to settle in the Falcons' favor.

"Wyoming is playing tough right now," said Chance Harridge, Falcons quarterback. "I'm curious to see what they're going to do with their opportunity against Utah."

But Colorado State, University of Nevada at Las Vegas, San Diego State and New Mexico are still in the title hunt.

"Everyone controls their own destiny right now," Harridge said. "We've got to go down to New Mexico and play our best game to have a chance at the conference title."

# Notre Dame slips by Midshipmen, 27-24

It all came down to a field goal as time ticked down to Navy's loss to Notre Dame 27-24.

D.J. Fitzpatrick kicked a 40-yard field goal as time expired to give Notre Dame a 27-24 victory Saturday, extending the Irish's NCAA record for consecutive wins against one team to 40.

"I hope the celebration is just getting going," Irish coach Tyrone Willingham said. "We've been needing to get back into the winner's circle to get that feeling again, and now we can build on that into the next weekend."

Kyle Eckel scored on runs of 1 and 5 yards in the second half to give Navy (6-4) a chance at the upset, but the Midshipmen came up short just as they did last year and in 1999 and 1997.

"We felt like we had it won the whole game," Navy linebacker Eddie Carthan said. "We should have had it won. Every time they scored we scored right back."

Navy called timeout twice to try to freeze Fitzpatrick, but he made the kick even though safety Josh Smith said he got a hand on it.

"I got three fingers on it," Smith said. "I thought I had it when I tipped it. I didn't get all of it."

Fitzpatrick said he didn't see Smith deflect it.

"But I was confused because I hit it well but the ball was fluttering," he said.

For Jones it was the fourth straight 100-

yard rushing game against Navy. His best run of the day came on a 48-yard run around the right end in the first quarter to open the scoring. He also scored on a 12-yard run late in the third quarter to give the Irish a 21-17 lead.

"He's a good running back, but we had a lot of stops in the backfield," Carthan said. "We did not wrap up. He did not kill us as far as that; we killed ourselves."

Jones became just the fourth Irish back to run for 200 yards twice in one season.

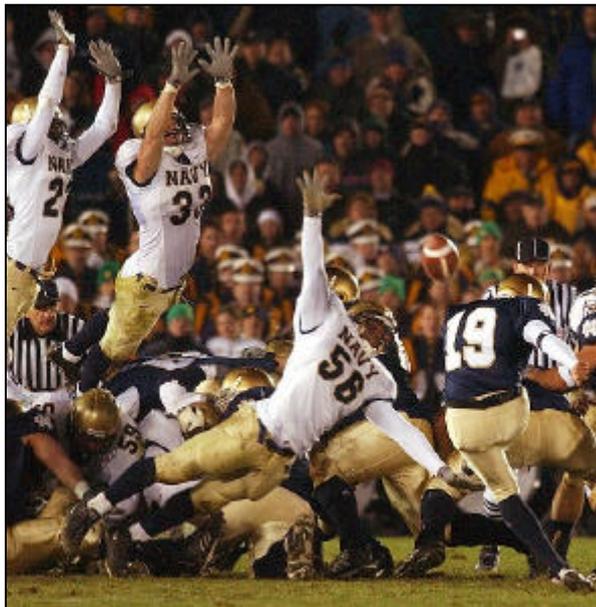
"We had a hard time stopping them when they ran the football," Navy coach Paul Johnson said. "They are so much bigger and more physical than we are. We had a lot of guys up there, but at times we just couldn't get them stopped."

Tony Lane, who had a 65-yard TD run, led Navy with 92 yards on 18 carries. Quinn was 14-of-27 passing for 137 yards for the Irish, who had 417 yards total offense to just 284 for Navy.

Johnson defended his decision to punt the ball away on fourth-and-5 from the Notre Dame 47-yard line with just over two minutes left.

"I felt like if we pinned them down their deep - we had held them a couple of times down there - if you hold them back, we have the wind. Who knows? We may get the ball on the right side of the field and you just need to make a first down or two to be kicking a field goal.

*(Courtesy of Navy News Service)*



U.S. Navy photo by Lt. Cmdr. Scott Allen.

In the final seconds, Navy defenders Vaughn Kelley (23), Josh Smith (33) and Dan Peters (56) stretch out to block a field goal attempt by Notre Dame's D.J. Fitzpatrick. The kick was good for a Notre Dame 27-24 win in South Bend. The Midshipmen are now 6-4 in the season.

## Sports shorts

### 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 to 11 p.m. at the north lanes.

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