Friday	Saturday	Sunday
Mostly sunny	Mostly sunny	Mostly cloudy
Lo: 38°F	Lo: 38°F	Lo: 44°F
Hi: 61°F	Hi: 66°F	Hi: 68°F

Fuels course moves from MacDill to Sheppard

See Page 5

Intramural basketball gets going with over-30 action

See Page 1B

Sheppard Senator

Combat Capability Starts Here

Vol. 57, No. 48 | Sheppard Air Force Base, Texas | December 10, 2004

Tis the season for accidents

Housing residents should be aware of common mistakes that could lead to fires

By John Ingle
Editor

A rash of preventable house fires in Air Education and Training Command and surrounding communities prompted the Sheppard Fire Department to take a proactive stance to keep base housing residents from becoming a statistic.

Gary Garrison, fire inspector for the department, said most of the fires have been common sense errors that people overlooked.

The most common causes of fires have been candles in the home or items left unattended on the stove, he said. With the holiday season comes extra cooking and the desire to have the aroma of candles permeating throughout homes.

But, Mr. Garrison said that is the reason why most fires in the command have occurred toward the end of the year.

"They tend not to (think about it) until they see it in the paper," he said of housing residents' preparedness for fire safety. "Sometimes that starts a fuse and they start checking things."

According to the National Fire Protection Association, people don't believe that they will encounter a fire in their home and aren't prepared for what to do if one occurs.

"This is especially true during the holiday season," Mr. Garrison said. "The urge to celebrate with candles and lighted electrical decorations sometimes outweighs common sense."

The fire department can do courtesy inspections, he said, if housing residents or offices on base are concerned about holiday decorations.

Another concern for fire officials is the use of space heaters. Mr. Garrison said people use space heaters to help heat their homes. But, the type of space heater used in base housing has to be Underwriter's Laboratory or Factory Mutual approved. To make sure a space heater is allowed, call the Fire Prevention office at 6-2310.

Gas space heaters are not allowed in housing and every system is required to have an automatic shutoff switch in case the heater falls over, he said.

For more information about fire safety or concerns, call the Sheppard Fire Department at 6-2310.

Photo by Jeff Orf

Candles are often overlooked as a potential fire hazard, but a candle was the culprit that caused this fire.

Home fire safety checklist

❒Never leave cooking food on the stovetop unattended, and keep a close eye on food cooking inside the oven. Keep cooking areas clean and clear of materials that could catch fire, such as pot-holders, towels, rags, drapes and food packaging.

❒If a fire does occur while cooking, please don't panic, simply turn the gas or electric off and place a lid over the pan. In most cases this will extinguish any fire. If the fire continues to burn and is small enough, only use a portable dry chemical fire extinguisher to extinguish the fire. Always call 911 for any fire.

❒If you must use candles the National Candle Association recommends purchasing candles with safe-use instructions on the candle or the candle packaging. Please see the NCA Web site

See LIST, Page 4

On the Inside

Shoplifting It s not worth it

Shoplifting is a crime that could cost a military member his or her career and a whole lot of money, too.

"Whatever excuses people come up with to justify their actions, the fact remains that none of them are good enough reasons to risk a career over," said Steve Bass, HQ AAFES loss prevention manager.

Military exchanges spend millions of dollars each year to foil shoplifters, including measures to deter and detect thefts, Mr. Bass said. As a result, the Army & Air Force Exchange Service apprehends more than 10,000 shoplifters each year, who are then turned over to base security and their units for criminal and Uniform Code of Military Justice action.

For full story, see Page 2.

View from the Top: Training your replacement is vital to the mission

Our ops tempo demands that we spend a tremendous amount of time and energy training ourselves and our Airmen to fight our nation's wars.

I'm proud of our command's ability and dedication in support of the Global War on Terrorism and the care we provide our Air Force family members when our warfighters deploy.

However, we need to ensure we take care of our home units as well. I've tasked our wing commanders to adopt the attitude that no one is so important they can't leave for 120 days - no one is irreplaceable. This includes every leader in all our AETC organizations.

A critical role of a true leader is to train his or her replacement.

Index

Activities 6A
Clever Caption 6A
Editorial 7A
Features. 5A
Movie Schedule.....6A
News.....2-4A
Sports.....1-3B
Sports Digest 2B
Spotlight 6A

World class

Photo by Mike Fiore

Maj. Gen. Chip Utterback, right, learns how to suture a wound with the assistance of Staff Sgt. Elise Bell, a surgical services instructor at the 383rd Training Squadron. The general, 2nd Air Force commander, spent a week at Sheppard for his initial immersion visit to learn more about technical training here. Also pictured, center, is Maj. Ronnie Patterson, the element chief for the surgical services course.

2nd AF commander applauds technical training programs

By 2nd Lt. Ian Phillips
82nd Training Wing Public Affairs

Maj. Gen. Loyd "Chip" Utterback walked away from Sheppard Dec. 3 with a one-word description of the 82nd Training Wing: Teamwork.

The 2nd Air Force commander spent four days here for his immersion visit to Sheppard. The general assumed leadership of the 2nd AF in July.

This was General Utterback's first chance to see Team Sheppard at work, even though he flew in for the Operational Readiness Inspection out brief in October.

The most important thing he stressed was he wants to see all the great things done at Sheppard exported to other Air Force bases so they can benefit from the outstanding practices here.

"The thing that jumps out at me is the teamwork here," he said. "There is an attitude that says the mission comes first. Everyone really takes care of each other."

The general, a fighter pilot by trade, witnessed the spirit of Sheppard when he visited each training group.

General Utterback said his vision for Sheppard and the 2nd AF is to provide world-class training for the Air Force and to provide the instructors and support personnel with the tools and resources to make Air Force classrooms the best in the world.

"We need resources applicable to our dynamic world environment and to meet our contingency needs," he said.

Providing resources and people that provide for continued

See CLASS, Page 4

AF Surgeon General:

Sheppard's mission key to development of medics

Courtesy of the 882nd Training Group

The term "critical" doesn't bode well in the medical community.

But, the Air Force Surgeon General Lt. Gen. George "Peach" Taylor recently dubbed Sheppard's medical training courses as critical to the Air Force's mission.

"Their work sets a critical foundation for the medics' ability to support the warfighter anywhere, anytime with life-sustaining and life-saving capabilities," he said.

The general arrived at Sheppard Nov. 29 to tour the medical technical training facilities and courses at the 882nd Training Group as well as the 82nd Medical Group.

During General Taylor's tour of the 82nd MDG, he saw first hand how Sheppard medical personnel have continued to provide care for military, dependents and retirees with reduced services.

Day two of the general's visit was spent at the 882nd TRG. General Taylor spent time talking with Airmen about their courses and new technologies used to train the Air Force's future medics.

One of the training tools the general observed was SIMMAN, a programmable interactive mannequin that can be used to simulate a wide range of medical emergencies.

Photo courtesy of the 882nd Training Group

Air Force Surgeon General Lt. Gen. George "Peach" Taylor took time out of his visit to the 381st Training Squadron to visit with students. General Taylor toured the foundation of the Air Force's medical training last week.

The focus of General Taylor's visit shifted to the combat training side of the house when he toured the medical readiness facility of the 381st Training Squadron. The general watched as Airmen prepared for wartime missions by simulating a field hospital set-up during a "deployment."

The general said the foundations of medical care are important to each Airman and the 882nd TRG is setting a solid foundation for medics of the future.

"Through first class health care and training, Sheppard sets the medical Airman of the future on the right path of integrity, service before self and excellence in all that we do," the general said.

668 Airmen to train for new careers

RANDOLPH AIR FORCE BASE, Texas (AFPN) – Although many Airmen have already volunteered to change career fields or separate under the initial phase of the Air Force's fiscal 2005 noncommissioned officer retraining program, 668 other active-duty Airmen face involuntary retraining.

In Phase I of the program, Air Force officials notified more than 3,000 Airmen selected as "vulnerable" to retrain and asked them to submit their choices of shortage career fields they would most like to retrain into.

As part of Phase II, 668 active-duty Airmen have been targeted for involuntary retraining into a specialty chosen for them by Air Force Personnel Center enlisted retraining officials here.

Phase II began Dec. 2 and will run through Feb. 28.

"This phase of the retraining program is necessary to help meet the needs of the Air Force by putting Airmen where they are needed most," said Tech. Sgt. Catina Johnson-Roscoe, NCO in charge of Air Force enlisted retraining.

"The retraining program is designed to help balance the enlisted force by moving NCOs in specialties with surpluses to those with shortages," said Chief Master Sgt. Terrence Reed, chief of AFPC's skills management branch.

See CAREERS, Page 4

Shoplifting It s not worth it

By Capt. Diane Weed
AAFES Public Affairs

Shoplifting is a crime that could cost a military member his or her career and a whole lot of money, too.

"Whatever excuses people come up with to justify their actions, the fact remains that none of them are good enough reasons to risk a career over," said Steve Bass, HQ AAFES loss prevention manager.

Military exchanges spend millions of dollars each year to foil shoplifters, including measures to deter and detect thefts, Mr. Bass said. As a result, the Army & Air Force Exchange Service apprehends more than 10,000 shoplifters each year, who are then turned over to base security and their units for criminal and Uniform Code of Military Justice action.

On top of those actions, AAFES and other federal retailers are authorized to collect a $200 administrative fee in addition to the value of the shoplifted item(s). This fee offsets the expenses AAFES incurs due to shoplifting.

The Civil Recovery Act allows the Army and Air Force Exchange Service to collect the flat administrative cost in addition to the value of the shoplifted items from those caught shoplifting in an AAFES store.

Sponsors are also financially responsible for their family member's actions, under the terms of the AAFES program. Parents of minors caught shoplifting will be billed for the costs. These administrative charges are separate from any criminal prosecution or military disciplinary action.

"Unfortunately, when individuals steal, they commit a crime against themselves, their family members, other Soldiers and Airmen, and the military community," said Brig. Gen. Toreaser Steele, AAFES Vice Commander. "It's a real shame since they are taking money out of the hands of commanders who use the AAFES dividend to improve their quality of life."

Next Friday s issue of the Sheppard Senator will be the last one published this year.
As always, the deadline for the paper is noon the Friday before the requested publication date.

Holiday Exodus hours

Dining Hall, Bldg. 1320
Dec. 22:
Breakfast: 6 to 8 a.m.
Lunch: 10:30 a.m. to 1 p.m.
Dinner: 4:30 to 7 p.m.
Dec. 23-24:
Breakfast: 7 to 9 a.m.
Lunch: 11 a.m. to 1 p.m.
Dinner: 4:30 to 6:30 p.m.
Dec. 25-26:
Breakfast: 7 to 9 a.m.
Lunch: 11 a.m. to 1 p.m.
Dinner: 4:30 to 6:30 p.m.
Dec. 27-29:
Breakfast: 6 to 8 a.m.
Lunch: 10:30 a.m. to 1 p.m.
Dinner: 4:30 to 7 p.m.
Dec. 30-Jan. 2:
Breakfast: 7 to 9 a.m.
Lunch: 11 a.m. to 1 p.m.
Dinner: 4:30 to 6:30 p.m.
Jan. 3-4 (all dining facilities):
Breakfast: 6 to 8 a.m.
Lunch: 10:30 a.m. to 1 p.m.
Dinner: 4:30 to 7 p.m.

Commissary
Dec. 19: 11 a.m. to 6 p.m.
Dec. 20: 7 a.m. to 8 p.m.
Dec. 21-23: 7 a.m. to 8 p.m.
Dec. 24: 7 a.m. to 3 p.m.
Dec. 25: closed
Dec. 26: 11 a.m. to 6 p.m.
Dec. 27-31: 7 a.m. to 8 a.m.
Jan. 1: closed

Barber Shop
Dec. 20-23: 10 a.m. to 3 p.m.
Dec. 24-25: closed
Dec. 26-30: 10 a.m. to 3 p.m.
Dec. 31-Jan. 1: closed

Community Center
Dec. 21-23: open 24 hours
Dec. 24-25: closed
Dec. 26-30: 10 a.m. to 6 p.m.
Dec. 31-Jan. 1: closed
Jan. 2: 10 a.m. to 6 p.m.

Ceramic shop
Dec. 20: last firing 11 a.m. to 8 p.m.
Dec. 21: pick-up only 11 a.m. to 5 p.m.
Dec. 22-Jan. 4: closed

ITT
Dec. 20-22: 10 a.m. to 7 p.m.
Dec. 23-Jan. 3: closed

Resource Management
Dec. 22-23: 7:30 a.m. to 4:30 p.m.
Dec. 24-26: closed
Dec. 27-30: 7:30 a.m. to 4:30 p.m.
Dec. 31-Jan. 2: closed

Library
Dec. 22-23: 12 to 5 p.m.
Dec. 24-25: closed
Dec. 25-30: 12 to 5 p.m.
Dec. 31-Jan. 1: closed
Jan. 2-4: 12 to 5 p.m.

Auto Skills
Dec. 21-Jan. 2: closed

Human Resource Office
Dec. 21-22: 7:30 a.m. to 4:30 p.m.
Dec. 23: 7:30 to 11 a.m.
Dec. 24-26: closed
Dec. 27-29: 7:30 a.m. to 4:30 p.m.
Dec. 30: 7:30 to 11 a.m.
Dec. 31-Jan. 2: closed

Linen Exchange
Dec. 22: 8 a.m. to 12 p.m.
Dec. 23-26: closed
Dec. 27-29: 8 a.m. to 12 p.m.
Dec. 30-Jan. 2: closed

Outdoor Recreation
Dec. 22-Jan. 4: closed

Skeet Range
Dec. 25-Jan. 3: closed

Vet Clinic
Dec. 22: 8 a.m. to 3:30 p.m.
Dec. 23-26: closed
Dec. 27: 8 a.m. to 3:30 p.m.
Dec. 28-29: 9 to 11:45 a.m. and 1 to 2:45 p.m.
Dec. 30-Jan. 2: closed

Main Fitness Center
Dec. 22-24: 9 a.m. to 6 p.m.
Dec. 25: closed
Dec. 26-31: 9 a.m. to 6 p.m.
Jan. 1: closed
Jan. 2-3: 9 a.m. to 6 p.m.

North and South Fitness centers
Dec. 22-Jan. 3: closed

Student Center
Dec. 21-23: Open 24 hours
Dec. 24: 10 a.m. to 10 p.m.
Dec. 25: 12 to 8 p.m.
Dec. 26-31: 10:30 a.m. to 10 p.m.
Jan. 1: 12 to 8 p.m.
Jan. 2: 10:30 a.m. to 10 p.m.

Officers Club
Dec. 18-Jan. 2: closed

Enlisted Club
Dec. 24-25: closed
Jan. 1: closed

Family Child Care hours
Dec. 20-23: 8 a.m. to 5 p.m.
Dec. 24-25: closed
Dec. 27-30: 8 a.m. to 5 p.m.
Dec. 31-Jan. 1: closed

North Lanes
Dec. 22-Jan. 2: closed

South Lanes
Dec. 22: 11 a.m. to 8 p.m.
Dec. 23: 11 a.m. to 9 p.m.
Dec. 24: 11 a.m. to 5 p.m.
Dec. 25: closed
Dec. 26-28: 11 a.m. to 8 p.m.
Dec. 29-30: 11 a.m. to 8 p.m.
Dec. 31: 11 a.m. to 2 p.m.
Jan. 1: 12 to 9 p.m.
Jan. 2: 11 a.m. to 9 p.m.

Wind Creek Golf Course Pro Shop
Dec. 20-23: 9 a.m. to 5 p.m.
Dec. 24: 8 a.m. to 2:30 p.m.
Dec. 25: closed
Dec. 26-31: 9 a.m. to 5 p.m.
Jan. 1: closed

Snack Bar
Dec. 20-23: 7 a.m. to 2 p.m.
Dec. 24: 7 to 11 a.m.
Dec. 25: closed
Dec. 26-31: 7 a.m. to 2 p.m.
Jan. 1: closed
*All times and days are subject to change due to inclement weather.

Madrigal Youth Center
Dec. 20-22: 10 a.m. to 5 p.m.
Dec. 23-25: closed
Dec. 27-29: 10 a.m. to 5 p.m.
Dec. 30-Jan. 1: closed

Open Recreation
Dec. 20-22: 1 to 5 p.m.
Dec. 23-25: closed
Dec. 27-29: 1 to 5 p.m.
Dec. 30-Jan. 1: closed

School Age
Dec. 20-22: 7 a.m. to 5 p.m.
Dec. 23-25: closed
Dec. 27-29: 7 a.m. to 5 p.m.
Dec. 30-Jan. 1: closed

Child Development Center
Dec. 20-23: 6:30 a.m. to 5 p.m.
Dec. 24-25: closed
Dec. 31-Jan. 1: closed

Seasons Greetings

Photo by Bill Thornton

Lights from the holiday tree glisten in the background as visitors to the annual Holiday Tree Lighting turn their attention to activities on the stage.

Photo by Sandy Wassenmiller

Children huddle around Santa as he passes out candy at the Holiday Tree Lighting ceremony.

Photo by Sandy Wassenmiller

Brig. Gen. James Whitmore, 82nd Training Wing commander, helps a child get ready to pull the lever that will light up the holiday tree near the main gate.

Briefly Speaking

Blood drive W ednesday

The American Red Cross and the 82nd Services Division will host a blood drive Wednesday at the community center.

The blood drive will run from 7 a.m. to 4 p.m.

For more information, call 1st Lt. Jason Livingston, the operations officer for Services, at 6-7228.

Operation Santa Claus underway

Sheppard Fire Department personnel are collecting toys and donations for Sheppard Children as the annual Operation Santa Claus kicked off recently.

Collection boxes are located at the fire department, the BX and 82nd Civil Engineer Squadron foyer.

If anyone knows of a child or family who needs a little assistance this Holiday Season, please notify your first sergeant.

Little Matchstick Girl to show at CAC

Dance students will perform a musical production, "The Little Matchstick Girl," Dec. 18 free of charge at the community center.

The program will begin at 5 p.m. For more information, call 761-7490.

MLK Breakfast planned for Jan. 14

The annual breakfast to honor the Rev. Martin Luther King Jr. will be Jan. 14 at 7 a.m. in the officers club ballroom.

The guest speaker for the event is Andre Hollis, former assistant secretary of defense for counter narcotics.

The following are points of contact for tickets:

82nd Medical Group: Master Sgt. Ricardo Taylor, 6-7498, and Airman 1st Class Lisa Brown, 6-6718.

82nd Mission Support Squadron: Master Sgt. Desi Hale, 6-4334, and Sandra Gross, 6-6633.

82nd Training Wing: 2nd Lt. Harvey Jenkins, 6-4870.

82nd Training Group: Master Sgt. Ricardo Pearson, 6-5032.

782nd Training Group: Maj. Rodney Harris, 6-2887, and Master Sgt. Gary Royster, 6-7114.

882nd Training Group: Lt. Col.

Heard a rumor? Call the Rumor Control Hotline at 6-4438.

Off-base agency recognizes 363rd for contributions

By 2nd Lt. Rachel Smith
82nd Training Wing Public Affairs

For some off-base agencies, Sheppard is the pot of gold at the end of their rainbows.

And Rainbow House, a program that helps abused or neglected children and adults, recently recognized just how much "gold" Sheppard has brought to its doors.

Sara Gamble, program coordinator of Community Partners of North Texas, presented the 363rd Training Squadron with the Community Partners Excellence Award in recognition for all the hard work and dedicated hours the squadron has given to Rainbow House.

Chief Master Sgt. Lawrence Brown, 363rd aircraft armament flight chief, said over the past two years, the squadron provided more than $7,400 worth of food, household goods and back-to-school supplies for the local area. The squadron also held Christmas and Thanksgiving drives for food and stockings.

Maj. Joseph Baniak, 363rd Training Squadron commander, said the squadron has been participating in the program for several years.

"We're partners together in such an important community program for child protective services," he said. "We try to make a difference in these families' lives."

The donations to Rainbow House include items such as food, clothing, hygiene items and cleaning supplies, and go directly to the families in need of them. The 363rd also donates its time and manpower for the year-round program.

Ms. Gamble said the donations are a big help to those needy families.

"It really makes a difference in the lives of children who are abused and neglected," she said.

Ms. Gamble said she is very proud to have Sheppard as a part of the Wichita Falls community.

"(Rainbow House) could not do (their work) without the help of members of the community like (the Airmen of the 363rd)," she said. "Part of the thing that makes (this community great is Sheppard.)"

The 363rd Training Squadron was recognized recently for their efforts in community support for local off-base agencies. Maj. Joseph Baniak, commander of the 363rd Training Squadron, donates a basket of food to Sara Gamble, the program director for Community Partners of North Texas.

Photo by 2nd Lt. Rachel Smith

CLASS

Continued from Page 1

mission here is accomplished, but perhaps his most prized time was spent with student and permanent party members, to do nothing more than chat.

"The highlight of my trip is having young Airmen brief me on what they do," General Utterback said.

The general said he was impressed by the level of technical knowledge displayed by Airmen during his briefings.

"The Airmen know what they are talking about and it shows," he said.

When asked what he would like to see Team Sheppard accomplish in the future he said there are individual places he hopes to help with resources.

After touring the base, seeing new buildings and sites for future training centers, he returned to how impressive Sheppard's Airmen were and how proud the base should be about how well it accomplishes its mission: Sustaining the Combat Capability of America's Air Force.

Maj. Gen. Chip Utterback, 2nd Air Force commander, spent three days at Sheppard for his initial immersion into the 82nd Training Wing's mission, attending briefings and participating in courses at the different training groups. Left, General Utterback learns how to intubate a "patient" during training at the 882nd Training Group's medical readiness field hospital.

Photo by Mike Fiore

Airmen violate UCMJ, punishments handed down

Courtesy of the Sheppard Law Center

Two Airmen received a special courts-martial and a third received non-judicial punishment recently in unrelated incidents.

An Airman assigned to the 365th Training Squadron pleaded guilty to wrongful use of cocaine and marijuana, drinking alcohol under the legal drinking age of 21 and providing alcohol to an individual under the legal drinking age of 21. The Airman elected to be tried and sentenced by a military judge.

The judge sentenced the Airman to a bad conduct discharge and five months confinement.

In the second court-martial, an Airman from the 363rd TRS was prosecuted for being absent without leave for 87 days, driving off base under the influence of alcohol and leaving the scene of an accident, all in violation of the Uniform Code of Military Justice. The Airman pleaded guilty to all charges and elected to be tried and sentenced by a military judge.

The judge sentenced the Airman to a bad conduct discharge and four months confinement.

Both Airmen will serve their confinement in the Wichita County jail.

A 363rd TRS Airman received an Article 15 for underage drinking. The Airman received a punishment forfeiture of $596 of pay for two months, base restriction for 30 days and 30 days of extra duty and a reprimand.

LIST

Continued from Page 1

ty.htm for more information.

❒Lit candles should be monitored constantly by an adult and extinguished when adults leave the room or go to sleep. Use candleholders that won't tip over easily, are made of non-combustible materials, and are big enough to catch dripping wax safely.

❒Never leave children alone with burning candles. NFPA recommends against allowing children to have candles in their bedrooms.

❒If a dry Christmas tree is purchased, keep in mind that the life span of a dry tree is only two to three weeks. Always keep the tree in water and supported by a stand. In addition, don't place them near heat sources and keep them away from combustible material.

❒Christmas decorations should be used wisely. Use light sets approved by a reputable testing laboratory such as UL. Additionally, extension cords should not be overloaded with excessive lighting or run under rugs or carpet. Electric lights should also never be used on metal Christmas trees. Always remember to turn the lights off when leaving home.

CAREERS

Continued from Page 1

"We will work with those Airmen who are selected for retraining, as we would any retraining case, in order to make the transition as smooth as possible for the Airman and his or her family while still meeting the needs of the Air Force," Sergeant Johnson-Roscoe said.

Vulnerability listings by grade and Air Force specialty are posted on the Web and will be updated weekly online at https://www.afpc.randolph.af.mil/enlskills/Retraining/retraining.htm.

Airmen interested in more details about the program can contact their local military personnel flight. (Courtesy of AFPC News Service)

To place an ad, call 761-5151.

Bladder buster

Photo by Airman 1st Class Jacque Lickteig

Senior Airman Michael Shepard, from McGuire Air Force Base, N.J., and Airman 1st Class David Andrews, RAF Lakenheath, England, students in the 366th Training Squadron's first Aerial Bulk Fuel Delivery System course, tighten straps on a 3,000 gallon fuel bladder as it fills with JP8 jet fuel. The students graduated Dec. 3.

366th Training Squadron gets new fuels course

By Airman 1st Class Jacque Lickteig
Staff writer

The 366th Training Squadron added a new five-day course to its six-class repertoire recently and graduated its first class Dec. 3.

Seven Airmen from different bases around the world attended Sheppard's first Aerial Bulk Fuel Delivery System course, a fuel mobility course.

In the class, students, who are selected fuels personnel with a 5 skill level, learn how to operate a C-130 ABFDS, a fuels transport system that allows fuels technicians to supply the mission-essential resource anywhere around the world.

The system consists of two 3,000-gallon rubber-coated bladders, two pumping modules and special restraining harnesses and strap. It can be rapidly loaded onto the C-130 Hercules and flown anywhere.

"Think of it as an airborne gas station," Staff Sgt. Derrick Jones, course developer and instructor, said.

Graduates of the course will deploy and fly with the equipment during their mission to load fuel anywhere the host nation can't or won't supply fuel.

Since the inception of the ABFDS, the Air Force has used it to supply its missions in Alaska, Greenland, Pakistan, Australia and throughout Southeast Asia.

The ABFDS has played a pivotal role in humanitarian missions, fighter missions, helicopter missions and even Army and Navy missions.

The Air Force flew its first C-130 ABFDS "Bladder Bird" mission in September 1966 to transport fuel to Vi Thang, Vietnam. This mission proved this system successful because of its large capacity.

"This course and career field is important because the Air Force's mission is in the air," Tech. Sgt. Shandon Domenici, another course instructor, said. "If we can't get fuel, we can't fight."

In July 1967, the Air Force established the first ABFDS course, which was taught at the Air Transportable Fuel System School in MacDill Air Force Base, Fla. In 1980, the Air Force opened another ATFS at Yokota Air Base, Japan, to teach the course. Since then, 3,804 fuels technicians graduated from the school at MacDill, and 639 graduated from Yokota, Sergeant Jones said.

In January 2002, Maj. Gen. Craig Rasmussen, the Air Force director of logistics readiness, requested the Air Force Logistics Management Agency to study the feasibility of combining all Fuels Mobility Support Equipment training at Sheppard.

When the study ended in June 2003, the AFLMA found the Air Force could save $478,000 a year by bringing all the fuels mobility training to this base and shutting the other schools down, he said.

The cost to train ABFDS students at MacDill or Yokota is $2,471.97 per student. At Sheppard, the cost is only $1,860, Sergeant Jones said.

Another Sheppard benefit is its ability to conduct physiological training at the 80th Flying Training Wing, whereas students who attended the MacDill or Yokota schools had to take a separate trip to do physiological training at another base.

Sheppard's fuels training staff found out they were getting the new course that December, and they had to devise the curriculum, he said.

Sergeant Jones spearheaded the project and developed the course from December 2003 to August.

Photo by Airman 1st Class Jacque Lickteig

Senior Airman Michael Shepard, an Aerial Bulk Fuel Delivery System course student at the 366th Training Squadron, loosens straps on a fuel bladder.

"This is how we fuel the fight, and we want to make sure the students get accurate and precise information," Sergeant Jones said about the importance of having a formal course to train fuels personnel the ABFDS.

"I think the course coming to Sheppard is definitely a positive move, especially with the current operations tempo," he said. "You can do all your fuels training here. We're a one-stop shop."

AIR FORCE RESERVE
ABOVE & BEYOND

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

Clever captions

No. 18

Compete to see your funny caption for photo No. 18 in next week's *Sheppard Senator.*

Here's how

1. Write an imaginative, humorous, tasteful caption for photo No. 18.
2. Submit a maximum of two entries to sheppardsenator@sheppard.af.mil or call 6-7246 by Tuesday at noon.
3. Please include the photo number, your name and phone number.
4. The winning caption will be printed in the *Sheppard Senator.*
5. All entries are judged by the *Senator* staff. Good luck!

No. 17's winning entry: **"This space available travel isn't what I expected!"** *by Bobbie Patrick, 364th TRS*

Runner up: **"Loadmaster to pilot,- we still have bait on the line, take her down again"** *by Michael Brown, retired technical sergeant*

Sheppard Spotlight

15 lines of fame

1. Name: Christina Ortiz
2. Rank: Airman first class
3. Organization and position: 82nd Medical Operations Squadron, mental health technician
4. Most rewarding aspect of your job: Helping people when they are in distress.
5. Why did you join the Air Force? I wasn't ready to continue with education, and the military seemed like the best option. My father and brother told me not to join any other branch. I'm glad I took their advice.
6. Favorite Air Force assignment: TDY to Ramstein Air Base, Germany.
7. Date arrived at Sheppard: November 2002 for tech school.
8. Hometown: Payette, Idaho.
9. Married or single: Single.
10. Favorite thing(s) to do in your free time: Talking to friends, making friends laugh, making fun of friends and making fun of myself. If at all possible, all at once.
11. Funniest childhood memory: One day, my sister and I walked home after we got off the school bus. My sister lost her four front teeth and got a bridge from the dentist. As we were walking I gave her a piece of gum. We probably didn't get more than 10 feet before her bridge fell out with the gum. I thought it was the funniest thing and laughed all the way home.
12. Favorite book or movie: Movie: "Dirty Dancing."
13. Dream vacation: A cruise to Jamaica, stopping along the Keys and Cuba. I would scuba dive all day long. At the end of the days I would stay in this awesome hut along the coast without any creepy crawlies.
14. If you could be anyone for one day, who would you be? I would be Donald Trump, and I would go get a haircut because I know America is tired of seeing it. People have bad hair days but having a bad hair day everyday for 50 years?
15. Other than your family, what is your most prized possession? Friendships.

IN FILM

Movie line: 676-4427

The Incredibles (PG)
Tonight: 6:30 p.m.
Saturday: 2 p.m.
Sunday: 2 p.m.

Animated. A family of famous superheroes is placed in a quiet suburb by the Witness Protection Program in order to protect them.

Alfie (R)
Saturday: 4:30 p.m.

Starring: Jude Law, Marisa Tomei. A Don Juan-esque limo driver seduces the lovely ladies of New York City, and faces a moral dilemma when he finds he's impregnated one of his latest girlfriends.

Ray (PG-13)
Tonight: 9 p.m.
Saturday: 7 p.m.
Sunday: 4:30 p.m.

Starring: Jamie Foxx, Kerry Washington. The story of Ray Charles.

Saw (R)
Thursday: 7 p.m.

Starring: Cary Elwes, Danny Glover. A young man named Adam awakens to find himself chained to a rusty pipe inside a decrepit subterranean chamber, trapped in a struggle for life.

Sheppard Events

Student ministry

Solid Rock Cafe (Bldg. 450)

Monday through Thursday, 7:30 a.m. to 9:30 p.m.

Friday, 7:30 a.m. to 11:30 p.m. Saturday, 1 to 11:30 p.m. Sunday, 1 to 9:30 p.m. Sunday Protestant Bible study, 4 p.m.

Student Contemporary Worship Service, 5 p.m.

Liturgical Protestant Worship Service, 10:30 a.m.

Praise and Prayer, Wednesday, 8 p.m.

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

Chapel Ropes Meeting, Tuesday, 11 a.m. and 4 p.m.

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

Chapel schedule

Catholic services

Confessions are at 4 p.m. Sundays at the south chapel.

Sunday

Mass: 9 a.m. and 5 p.m. at the south chapel; noon at the Solid Rock Cafe.

Daily Mass

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

Protestant services Sunday

10:30 a.m. Contemporary Protestant Worship Service (Bldg. 1900)

10:30 a.m. Gospel Worship Service (south chapel)

10:30 a.m. Liturgical Protestant Worship Service (Solid Rock Café)

Protestant Parish Ministries

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

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

Protestant religious education

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

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

Thursday, noon Bible Study; lunch provided (south chapel). PWOC

Thursday Bible study, 6 p.m. PMOC

Tuesday Bible study, 6 a.m.

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

View from the Top

Training replacements is vital to mission

By Gen. Don Cook
Commander of Air Education and Training Command

RANDOLPH AIR FORCE BASE, Texas (AETCNS) – Our ops tempo demands that we spend a tremendous amount of time and energy training ourselves and our Airmen to fight our nation's wars.

I'm proud of our command's ability and dedication in support of the Global War on Terrorism and the care we provide our Air Force family members when our warfighters deploy.

However, we need to ensure we take care of our home units as well. I've tasked our wing commanders to adopt the attitude that no one is so important they can't leave for 120 days – no one is irreplaceable. This includes every leader in all our AETC organizations.

A critical role of a true leader is to train his or her replacement.

It is neither feasible nor productive for leaders to attempt to run things back home while deployed. We must ensure the men and women left behind are given both the responsibility and the authority to effectively lead the organization in their commander's absence.

When the commander deploys, the deputy or operations officer should be granted the authority needed, through G-series orders if applicable, to handle all supervisory tasks. Our vice commanders, deputies and operations officers must be kept intimately familiar with the issues of their organizations prior to unit commanders receiving deployment orders.

These Airmen, in turn, are responsible for seeking out the proper training to effectively take command and ensure the smooth continuation of the unit's mission.

In short, we must prepare trained, qualified, confident replacements to carry on in our absence.

In fact, supervisors and leaders need to apply the same concept to all levels of their organizations.

Whether Airmen serve as flight commanders, NCOICs, First Sergeants, or shift supervisors, they are all subject to deployment and are responsible to train their replacements.

They must also empower their replacements with the necessary authority to continue the mission. The continued success of our Air Force demands that we prepare our Airmen to take the lead when needed.

Dedication to our mission and people is the cornerstone of our Air Force, and leaving that responsibility in someone else's hands is always a tough personal challenge.

However, we must trust the individuals left behind – the ones we have trained and to whom we have delegated our authority – to take command when duty calls.

Holiday shopping:

Sheppard Law Center points out online shopping dangers

By The Sheppard Law Center

The upcoming holiday season means gift giving, and that means shopping. Nowadays, many consumers look to the Internet to do their holiday shopping.

While shopping this way is easy and practical, avoiding the crowds and long lines at retail stores, viewing items on screen poses different challenges from seeing a product in a store. Keep these shopping tips in mind when using the Internet to make any purchases:

Know who you are dealing with. Confirm the online seller's physical address and phone number so you can contact them if you have questions or problems. If you haven't heard of the seller, check its reputation with the Better Business Bureau or state attorney general.

Know exactly what you're buying. Read the seller's description of the product. Words like refurbished, close-out, discontinued, or off-brand, may indicate that a product is in less than mint condition.

Check the privacy policy. The company's privacy policy should let you know what personal information the company is collecting, why, and how the information is going to be used.

Pay with a credit card versus cash. Credit cards offer you the most protection as a consumer.

Use a secure browser. Look for an unbroken key or padlock at the bottom of your Web browser window to ensure that your transmission is protected. Buy only from Web vendors that protect your financial information when you order online.

Print records of your online transactions. Save the product description and price, online receipt, and copies of every e-mail you send or receive from the seller.

Understand the return policy before you buy. Determine whether you can return the item for a full refund if you are not satisfied with the product, and who pays for the shipping costs.

If you believe that you have been misled or deceived, please make an appointment with the Sheppard Law Center, so that we may assist you. Our number is 6-4262 / DSN 736-4262. Our website is https://webm.sheppard.af.mil/82trwja/index.html.

SHEPPARD S VOICE

Seize opportunities, move forward

Col. John Kenney
82nd Medical Operations Squadron commander

"Flight #254 from Salt Lake City to Dallas is now boarding!"

Bidding my family farewell, I hurried through the terminal gate, shivered down the frigid entry ramp, and found my seat on the huge Boeing 767 headed east towards Sheppard. Over the next hour, I peered through the aircraft window at the snow-blanketed valley while we completed de-icing procedures, safety briefings, and the long wait for our take-off opportunity.

Finally, the pilot declared "we are #1 for departure."

As the enormous engines moved the aircraft to the middle of the flight line, I recalled my basic understandings of wing design and lift. I thought to myself "the only way the pilots are going to get this enormous structure of metal, luggage, and people off the ground is to seize this opportunity to move forward…and do so forcefully, without hesitation."

The engines roared, then screamed; the plane surged ahead, pulling 400 passengers deep into their seats; the markings on the icy tarmac quickened and then blurred as we gained speed. Within minutes the overhead sky turned to a bright blue and we climbed and then soared at 660 mph, 35,000 feet above the snow-covered mountains, fog, and clouds.

As I reflected over this miraculous aerodynamic event, I thought, "this is like our careers in the Air Force." When we seize opportunities and aggressively move forward we are positioned to climb and soar. When we sit and wait or just bide time, we never get off the ground!

Years ago, I attended an ALS graduation where the speaker acclaimed the importance of seizing opportunities. He related his early Air Force career in the security police career field where, as an airman first class, he was assigned to guard B-52 aircraft, often at night and in frigid weather. He recalled how he and his buddies developed poor attitudes and basically sat around and complained, sometimes getting into trouble.

One Saturday morning, the NCOIC came to the dorms looking volunteers to serve as gate guards over the weekend. His friends refused to volunteer while he thought "why, not, I'm not doing anything else."

"Never pass up an opportunity, even if it means taking a risk; you never know where the experience might lead. Be first to volunteer for special projects ... community activities."

That weekend while on gate duty, he made it a point to present a professional image, salute sharply, and smile at each person entering the base.

His demeanor drew the attention of a couple of chief master sergeants and the wing commander. He was selected to continue the gate duty and soon came to know many base personnel.

Within months he was selected to work in wing headquarters. After a few years, while his friends continued to guard B-52s, he completed his degree and obtained a commission. Thirty years later, he retired as a general officer.

This retired general credited his success, in part, at the opportunity he seized that Saturday morning years ago.

The take home message: never pass-up an opportunity, even if it means taking a risk; you never know where the experience might lead. Be first to volunteer for special projects, community activities, extra responsibilities, or something you have not done before.

That singular opportunity may be your ticket to a great, perhaps wonderful life-changing event.

If we are to climb and soar in our careers, in addition to seizing opportunities, we must aggressively and continually move forward! We move forward by setting goals and priorities and persevering until we achieve each goal.

We know what we need to do: finish CDCs, finalize PME, complete one or two academic degrees, prepare for promotion testing, develop writing and speaking skills, obtain certifications and learn more about our job and jobs of others in our organization.

As we begin this New Year, each of us would do well to ask ourselves, "are we just biding time, waiting for the next phase of our life to begin, or are we seizing opportunities and aggressively moving forward, positioning ourselves to climb and soar?"

Holiday stress and divorced families

By Capt. Jerry Hoopes
Life Skills Support Center

(Editor's note: This article is the third of a four article series on avoiding holiday stress and depression)

Holidays are a stressful time for most families. However, they may be more troubling for children in single parent and stepfamily homes.

Holiday traditions can cause children to remember times when mom and dad were together. New family arrangements may require children to celebrate at several homes.

Here are some ways to help children in these families cope with the special stress of the season.

First, be aware of different types of families as you talk about holiday plans and make gifts and decorations.

Encourage all children to share their plans and make items for all members of their families.

Second, continue to enforce rules and limits. During times of stress, children need a stable and predictable world.

Although some children may misbehave more when under stress, discovering that the rules have not changed is comforting to them. If children seem upset, encourage them to express their feelings.

For example, if a child expected a big present from a distant parent and shows anger or sadness because he or she received nothing, let the child know you care. You can comfort a child by simply saying "I am sorry, you feel so let down."

Find out if the parent called or sent a card. If so, point out that these are also ways people show they care.

However, be careful in assuming that a family situation is the sole reason behind a child's behavior.

Holidays create stress for all families.

The behavior you observe may simply reflect the tendency of all families to do too much or have unrealistic goals during the holiday season. It takes most children some time after the holidays to unwind and get back into daily routines.

Finally, be realistic about what you can or cannot do. Remember there are many aspects of the child's life over which you have little control.

You may hear stories from children about conflicts between parents or competition for children's loyalty that you think are unhealthy for children.

In most cases, there is not much you can do to change the parents behavior.

However, you can work to create a stable, predictable, and safe environment for the children you care for. This will help them cope with holiday or any other type of stress.

Supporting families

Program helps with exceptional children

By Capt. Robert Whetzel
360th Training Squadron

I grew up watching reruns of the old TV shows, like Leave it to Beaver. Like everyone else, I would watch as Ward Cleaver solved whatever problem Wally or Beaver got themselves into. And he did it all in 30 minutes.

Later in life, I got married and had children. I was so excited when my son arrived. Like most parents, my wife and I enjoyed this little bundle of joy. We learned firsthand that with the joy comes a certain amount of difficulties.

A couple of years later, we were again faced with having a child, actually children. We had twins. Like many twins, ours came into the world early.

The normal joy would have to be postponed. Our two new sons would have to endure three months in the newborn intensive care unit. We learned that for a patient in the NICU, it was like a roller coaster ride – up and down. There were days where the twins did well, and days where their life ebbed away.

I could write a book about the experiences my wife and I have shared over the past 17 years of parenting. Most of it, we've enjoyed.

There have been many occasions where the stresses of parenting began to overwhelm us. Every parent faces this, but with two exceptional children (the term often used for children with disabilities), our difficulties and stresses were dramatically increased.

As I look back, I'm not sure how we made it this far. As I waited in NICU with my sons, I knew that my God was there with me; that gave me comfort. There are times that you need a physical shoulder to cry on.

My wife and I have helped each other along this journey. However, thoughout the years, there have been many friends and family members that have helped us through. I can't point to any one thing that has kept us going, because there were several people that have helped along the way.

Parenting is difficult. Military life increases the difficulty. It's important for every parent to have a support system. Family Advocacy is sponsoring a new group designed to provide support to military families with exceptional children.

Military Parents & Exceptional Children is designed to provide military families with exceptional children a peer support group.

MPEC will provide information related to disabilities and a forum to discuss issues, both for parents and children. The group will also provide support and advocacy for the members.

Submit your questions and concerns to action.line@sheppard.af.mil or call 6-2000.
Your submission may be printed in The Sheppard Senator.

ACTION LINES

Trailer storage

Question: I understand there is a waiting list for recreational vehicle storage on base. As residents of base housing, we are prohibited from storing such in the driveway, and rightfully so.

That being said, has any thought been given to either revamping the current lot, or giving priority to base housing residents? What about another "overflow" parking area?

Answer: Active duty personnel are given priority at the RV storage lot. We also give higher priority to active duty living in base housing. Our OI states when active duty are on a waiting list, any civilians or retired individuals that have lots will be asked to give up their lots at the end of their contract period.

Additionally, there is a plan to expand the current RV storage lot in '06. This would create more 30' and 40' spaces.

Our folks in Services and Security Forces will work together to determine if an "overflow lot" is possible for "on-base" active duty that are on the waiting list.

Overflowing trash

Questions: Here's my concern: the trash at softball fields 1 and 2. They are over flowing since last Friday and today is Wednesday. I was out there Tuesday night, it's really awful. This happens quite frequently.

I've called the base operator to obtain a phone number, she can't tell me who to contact. I've called several of the listed numbers with no success.

In the past, field two has had trash on the ground because it's overflowing from the trashcans also. Thank you so much.

Answer: We've discovered this sometimes happens over a three-day weekend. To help, we'll put additional trashcans on both fields to reduce the trash overflow.

During the week, the trash is picked up each day by base litter patrol. The coordinator of the litter patrol has been notified to ensure the schedule is adhered to.

Also, the fitness center staff goes by and empties the trash during the sporting events. Thanks for bringing this to our attention.

Sheppard Senator

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

♦♦♦

***Sheppard Senator* editorial team**
Lt. Col. Bruce Collins, *Public communication director*
Master Sgt. Jeff Szczechowski, *Noncommissioned officer in charge*
Bill Thornton, *Internal Information chief*
John Ingle, *Editor (6-7244, sheppardsenator@sheppard.af.mil)*
Senior Airman Chris Powell, *Sports editor*
Airman 1st Class Jacque Lickteig, *Staff writer*
Cynthia Jackson, *Action Line coordinator (6-2000, action.line@sheppard.af.mil)*

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

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

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

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

Late goal leads Wayne State to 3-2 win over Falcons

See Page 2B

Sheppard Sports

Navy finishes regular season with win over Army

See Page 3B

Vol. 57, No. 48 December 10, 2004

82 MDOS overcomes late scoring surge by 80 FTW, 41-34

By Senior Airman Chris Powell
Senator sports editor

The upset almost happened. The 82nd Medical Operations Squadron were up by 13 points with three minutes to go and almost squandered their lead before finally taking control again.

The 82nd MDOS beat the 80th Flying Training Wing team to get a 41-34 win in over-30 basketball action Tuesday at the south fitness center.

To start the game, the 82nd MDOS scored seven unanswered points before they allowed the 80th FTW to score.

A two-point jumper by Robert Eckle cut the 82nd MDOS' lead to 13-11 with 9:30 to go in the first half.

The 82nd MDOS started to pull away again by scoring seven unanswered points capped by a Trey Mitchell fast-break layup to put his team up 20-11.

Before the half ended, the 80th FTW's Louis Straw hit a jumper to make the score 22-17.

When the second half began, the 82nd MDOS broke out of the gates like a race horse.

James Fenwick hit a layup and Brian Stavely hit a two-point jumper to pad the MDOS lead to 30-19 with 16:07 left in the game.

After the MDOS got the ball back, Fenwick thought he was fouled on a play the official didn't call. On the other end of the court, Straw was going for a layup when Fenwick fouled him hard.

Because of the flagrant foul, Straw was given four free throws, and after hitting three of them, the 80 FTW were down 33-24.

The 80th FTW team trailed 39-26 with two minutes left in the game when they made their push.

Randolph Johnson hit a layup and was fouled. He made the free throw to cut the lead to 39-29.

After hitting a free throw, the 80th FTW got back-to-back steals and baskets to make the score 39-34. But 80th FTW player Robert Lacy was fouled and wasn't able to make his free throws.

Stavely hit a layup and stopped the 80th FTW's scoring run.

Randolph Johnson, 80th Flying Training Wing team, shoots a jumper. The 80th team almost mounted a comeback in the waning minutes of the game, but it just wasn't enough.

Photo by Senior Airman Chris Powell

Sports Briefing

Sheppard bass anglers wanted

The local American Bass Angler district is looking for more Team Sheppard members to join.

The ABA, the largest tournament trail in the world, now offers more than 900 tournaments in 105 districts across this country for the weekend angler.

The ultimate goal for the ABA members is qualifying for the 30th Annual National Championship and take home their share of over $300,000 is cash and prizes.

The ABA is the largest tournament trail dedicated to the weekend angler. The organization was founded in 1975 and was formed for military bass fisherman and called Military Bass Anglers Association or MBAA for short.

The next tournaments will be Feb. 20 at Lake Texoma and March 20 at Lake Ray Roberts.

For more information, call Master Sgt. Rob Eckles at 6-8287 or go to *www.americanbassanglers.com.*

Extra Point Giveaway

The Football Frenzy Extra Point Giveaway is open to all club members stationed at an Air Education and Training Command base.

The last weekend to register is Dec. 18 to 20. The drawing will be held at halftime Dec. 20 during the Patriots vs. Dolphins game.

The prize will be $710 worth of National Football League gear to be selected at the club on line by the winner.

People who are eligible to enter the drawing can register any time before the deadline.

Only one entry per customer per drawing is allowed, and the winner does not have to be present to win.

Monthly practice physical training test

The monthly practice physical training test is at 11:30 a.m. and 3:30 p.m. Monday at the base track.

It includes a 1.5-mile timed run with timed push-ups and sit-ups.

Noel Golf tournament

The Noel Golf tournament starts at 9 a.m. Saturday.

The four-person scramble costs $25 plus green fee per person.

Christmas clearance sale

The Wind Creek Golf Course's Christmas clearance sale starts at 9 a.m. Saturday and lasts until Dec. 23.

All stock items will be 20 percent off with the special orders 10 percent off.

Wallyball game

There is a free Wallyball game at 10 a.m. Saturday at the North

Photo by Capt. Aaron Burgstein

PT ready!

First Lt. Danielle Boz inspects a new Air Force physical training uniform jacket at a forward-deployed location. The jacket and matching warm-up pants combine with new Air Force PT shorts and shirts to give Airmen a uniform they can wear both off-duty and while exercising. Lieutenant Boz is an intelligence officer assigned to the 386th Air Expeditionary Wing.

Rejera Arnold

Army slips passed Brown, 79-72

Courtesy of the Army News Service

WEST POINT, N.Y. - Freshman Cara Enright poured in a career-high 20 points to lead four players in double figures as the Army women's basketball team defeated Brown, 79-72, in a non-league contest Tuesday evening at Christl Arena.

The Black Knights (4-3) recorded their first-ever victory over the Bears (6-2) and in the process put a halt to Brown's six-game winning streak.

The Black Knights trailed the Bears in the opening minutes of the contest but managed to snag their first lead of the game, 18-16, on a three-pointer by Micky Mallette at the 8:59 mark. The Bears knotted the score at 18-18 on a layup by Kathleen Barr but from there the Black Knights found their stroke, closing out the half on a 24-7 run over the final 8:30. Army canned four triples in that span, two by Enright and two by Hansen, to assume a 42-25 lead, their largest halftime lead of the season (17 points).

The Black Knights maintained their advantage throughout the remainder of the game but Brown wouldn't go away easily. The Bears shaved the 17-point halftime deficit to just three within the first 4:25. Colleen Kelly scored eight of Brown's 14 points in that run which brought the Bears to within 44-41. On Army's next two possessions, senior Lindsay Brent stepped up and knocked down a pair of clutch three-pointers to regain a seven-point cushion for the Black Knights.

Army's lead ballooned to 12 after another post player, Megan Vrabel, and Hansen swished back-to-back treys with just over five minutes to play. The Bears rallied once again though and trimmed the lead to five, 65-60, on a pair of free throws by Sarah Hayes.

The Black Knights clung that narrow lead until the final minute of the game when the Bears were forced to foul. Army showed excellent poise at the foul line, connecting on 10-12 free throws in the final 1:07 to hold off the Bears.

Brown closed to within three, 73-70, with 31 ticks left on the clock on a Kelly layup, but it was not enough as the Black Knights escaped with the victory. Holden made 5-6 from the line, Hansen was 3-4 and Brent was 2-2 from the charity stripe in the closing moments.

Falcon hoopsters fall short against Utah State

Courtesy of the Air Force News Service

U.S. AIR FORCE ACADEMY, Colo. (AFPN) — Despite a furious rally in the final four and a half minutes of the game, the Air Force Academy women's basketball team fell to Utah State University, 72-68, here Saturday. The loss drops the Falcons to 2-4 overall, while the Aggies improve to 3-2.

After a free throw at the 4:22 mark in the second half by Utah State's Ali Aird gave the Aggies a 69-53 lead, their largest of the game, the Falcons went on a 15-3 run to close out the contest.

Air Force's spurt was fueled by strong defensive pressure, getting four steals — two from Andrea Taylor and one each from Jennifer Roesch and Ashley Mickens. The Aggies were unable to score a single field goal in the last four and a half minutes.

The Falcons were able to get within three points with just 14 seconds left in the game when Roesch hit an off-balance jumper, bringing the score to 71-69.

Roesch then picked up her fifth foul, sending Camille Brox to the line. After missing her first free throw, Brox went on to hit the second, and the Aggies held on for the 72-68 win.

Air Force never led in the contest and trailed by 12 points at halftime, 42-30, after hitting just 33.3 percent of its shots in the opening stanza, while Utah State shot 50 percent from the field to start the game.

However, the biggest difference in the contest came at the free-throw line, where the Falcons converted just 15-of-27, including 3-of-8 in the second half. In contrast, the Aggies knocked down 24 of their 34 free throws.

The Falcons did have a huge advantage on the boards, outrebounding the Aggies 47-31 and holding a 23-8 margin on the offensive glass. Air Force has now outrebounded its opponent in all six contests this season.

Leading the Falcons against Utah State was Alecia Steele, who recorded her fourth-straight double-double with 13 points and a career-high 13 rebounds. Also scoring in double figures for Air Force was Ellen Jaeschke with 12 points, seven rebounds and two blocks.

Senators sweep Bombers in league play 51-49, 75-65

Compiled by the Senator staff

The Sheppard Senators toppled the Barksdale Bombers in Southwest Military Basketball League action recently. The Senators defeated the Bombers in back-to-back games 51-49 and 75-65.

It was their first back to back wins of the season.

The Senators did struggle to get both wins though. "It's hard to beat any team two games in a row," said Coach Tyrone Jordan, "Especially without your number one scorer."

With the permanent change of station of forward Sedric Whitaker, the Senators had to look for scoring and leadership from another source.

"Losing a talented player such as Whit would hurt most teams, but I know with the system we have in place and the personnel on the team we could make up for it," the coach said. Whitaker, who was having a stellar season for the Senators, left the team averaging 26 points and 8 rebounds a game.

"It is a big void to fill, but the team is up for it," said Jerry Davis who stepped up scoring 8 points in the first game and 15 in the second. "That's the kind of team we have," Jordan said. "We have guys that can play, we just need them to do it consistently."

The Senators started the game out slowly hitting only three of its first 11 field goal attempts.

"I knew we would start the game off slow," the coach said. "We are not accustomed to playing evening games. I hate waiting around all day to play, because it's hard to focus on the game when you play right away."

The game first game was played at 6 p.m. due to the six-hour drive the Bombers had to make from Louisiana.

Although Saturday's game started slow for Sheppard they finally awoke and mounted a charge cutting the Bomber lead to 22-18 at the halfway mark.

After making a few adjustments, the Senators utilized there inside presence of Colin Bucher, Nate McCoy and Devon Kroeger to mount an offensive surge.

See SENATORS, Page 2B

Bowling

For more information, call 6-2170.

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.

Bowling center birthday parties

The north and south bowling centers are available for birthday parties.

The cost is $2 at the north lanes and $1.50 at the south lanes.

The cost is more at the north lanes because it features Glow Bowling.

Feel free to bring your own cake and ice cream, but all drinks and other food must be purchased at the bowling center snack bar.

Community center

For more information, call 6-3866.

Jeet Kune Do classes

There are Jeet Kune Do classes from 2 to 4 p.m. Sundays at the community activity center.

Cost is $35 per month.

Tang Soo Do classes

There are Tang Soo Do classes from 6:30 to 8 p.m. Mondays and Wednesdays for people ages 7 and older. Cost is $25 for adult members and $20 for children members.

The cost for children who are non-members is $25.

Call 6-6826 for more information.

Pool tournament

The pool tournament is at 2 p.m. Saturday at the community activity center.

Trophies will be awarded to first and second-place winners.

Table tennis tournament

The table tennis tournament is at 5 p.m. the second Saturday of every month. Cost is $2.

Trophies will be awarded to first and second-place winners.

Chess tournament

The chess tournament is at 10 a.m. the last Saturday of every month.

Trophies will be awarded to first and second-place winners.

Fitness center

For more information, call 6-2972.

Push it to the Max

Push it to the Max is a free program designed to teach people how to do correct push-ups and will improve push-up ability.

The program is from 5:30 to 7 a.m. Tuesdays in the aerobic room at the south fitness center.

Air Force cycling program

This program is designed to promote cycling as a life-long recreational activity that supports personal fitness goals.

For more information, contact Tech. Sgt. Moffett at 6 - 2972.

Spinning at the south fitness center

Spinning classes are at 5 p.m. weekdays and at 7 p.m. Mondays and Wednesdays at the south fitness center.

Aerobicenter offers classes

The aerobicenter, located in the main fitness center, offers coed aerobics classes seven days a week.

Abdominal class
Monday, Wednesday and Friday at 11 a.m.

Cardio blast
Monday at 7:15 a.m.

Step aerobics
Tuesday and Thursday at 5:15 a.m.

Body pump
Monday and Wednesday at 6 p.m.
Tuesday and Thursday at 9:15 a.m.
Thursday and Saturday at 11:30 a.m.

Yoga and pilates
Monday, Wednesday and Friday at 10:15 a.m.
Tuesday and Thursday at 6 p.m.
Saturday and Sunday at 4 p.m.

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
Monday, Wednesday and Friday at 9:15 a.m. and Saturday at 10:15 a.m.

Advanced step
Monday and Wednesday at 5 p.m.

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

TOPS

For more information, call 855-4308.

TOPS class

There is a Taking Off Pounds Sensibly class at 6 p.m. Thursdays in Bldg. 962.

Youth center

For more information, call 6-5395.

Fit For Fun 2004

The Fit for Fun 2004 program is designed to get children to participate in a more active lifestyle through rewards and recognition.

The program is every day for 9 to 18 year olds at the Madrigal youth center.

DoD, Armed Services YMCA sign memo of understanding

By Jim Garamone
American Forces Press Service

WASHINGTON, – An organization that began supporting the military during the American Civil War will continue to do so under a memorandum of understanding signed today at the Pentagon.

The Armed Services YMCA began serving military members and their families in 1861. Now, for the first time, the relationship between the Armed Services YMCA and the Defense Department is governed by a memorandum of understanding rather than a simple agreement. "The MOU just spells out the relationship and clarifies some of the gray areas that existed before," said a YMCA official.

Charles Abell, principal deputy undersecretary of defense for personnel and readiness, and retired Navy Rear Adm. S. Frank Gallo, Armed Services YMCA's national executive director, signed the memo during a ceremony in Abell's office. "The MOU recognizes the mutual support and cooperation (between the organizations)," Abell said. "Armed Services YMCA has and continues to provide great support for our service men and women and their families.

"We couldn't do what we do without the great support of you folks, and we appreciate it," Abell told Gallo during the ceremony.

The nonprofit organization has branches around the world. It offers programs and services for families and spouses, a full line of health and fitness programs and after-school and enrichment programs for military children.

The organization works closely with the United Service Organizations and other military support groups. There are 16 branches of the organization in the United States, six affiliated organizations, and 10 affiliates overseas.

The Armed Services YMCA organization serves all military personnel, but concentrates on servicemembers E-6 and below. The organization also provides support to the U.S. Coast Guard.

"As we tax our force more and more each day, whether they are deployed into one of the combat zones or standing up at home taking up the slack, we look for ways to make their lives easier and better, and the Armed Services YMCA is a key piece in doing that," Abell said.

Gallo said the organization is able to move ahead quickly. "We are able to do, without a 'by your leave' from anybody, to provide certain services," he said. "For example, we're into the Christmas season now. I can tell you that over the last month, we are delivering in excess of 35,000 toys to Reserve and Guard families around the country. We have provided food baskets to some of the lower-enlisted people who may not have the best of holidays without them."

The organization also has a major fund-raising effort under way with Woman's Day magazine. That drive has raised more than $190,000 for the Armed Services YMCA to date. "This last weekend, they received more than $14,000 alone," Gallo said. "The American people are so very generous, and it all benefits the troops who are out there."

Be safe, be smart. Don't drink and drive.

Late goal leads Wayne State to 3-2 win

Courtesy of the Air Force Academy News Service

Nate Higgins scored with two minutes remaining in the third period to lift Wayne State to a 3-2 win over Air Force in a College Hockey America game Saturday at the Cadet Ice Arena.

The two teams split the two-game league series. Air Force's five-game winning streak ended as the Falcons fell to 7-5-2 overall and 3-3 in the CHA. Wayne State improved to 9-6-1 overall and 3-2-1 in the conference.

Wayne State led for the just two minutes in the entire series, but came away with a series split. The Falcons never trailed in the 2-1 win on Friday. Air Force led 1-0 and then 2-1 in Saturday's game.

Air Force scored first as Ryan Wiggins scored on a rush up ice at the 14:00 mark of the first period. Brooks Turnquist made a long pass to Will Zimmerman at the blue line. Zimmerman skated down the left wing and his shot was saved by Will Hooper. Wiggins skated down the slot and put back the rebound just before the net was dislodged.

Midway through the second period, WSU tied the score at 1-1. Nate Higgins took control of a loose puck in the neutral zone and found Jason Bloomingburg coming through the slot. Bloomingburg beat Peter Foster at 7:20 of the second period. Air Force again took the lead at 17:47 of the second period on the power play. Josh Print tipped the puck from behind the net to Andrew Ramsey in corner. Ramsey fed

Junior Matt Bader

Merkosky in the slot and the sophomore winger netted his fifth of the season.

As the horn sounded in the second period, Brooks Turnquist was called for a high-sticking penalty and the Warriors started the third period on a 4-on-3 power play. Fifty-four seconds into the period, the Warriors capitalized as Bloomingburg scored his second of the game to tie the score at 2-2. Stavros Paskaris and Steve Kovalchik passed the puck around the horn to Bloomingburg at the bottom of the right circle.

With exactly two minutes remaining in the third period, Mike Forgie took the puck to the net and his shot was saved by Foster. Higgins came in behind Forgie and back-handed the rebound over Foster's pad for a 3-2 lead. Air Force pulled Foster with 1:15 remaining the third, but Hooper made two saves with the extra attacker on the ice. With 16 seconds remaining, Warrior Dan Iliakis was called for a holding penalty behind the net and the Falcons had a 6-on-4 advantage. The Warriors cleared the puck out of the zone and clock ran out on the Falcons.

Air Force outshot Wayne State, 12-4 in the third period and had a 32-21 advantage in the game. The Falcons were 1-for-5 on the power play while the Warriors were 1-for-3. Hooper stopped 30 of the 32 shots he faced in the game. Foster made 18 saves for the Falcons.

"We were undisciplined and that cost us the game," head coach Frank Serratore said. "We retaliated twice late in the second period and that gave them a 4-on-3 for 1:45. That is a tough situation to kill. Then the next puck that goes in wins the game and they did it. These points that we gave up tonight are going to come back to haunt us. We self-destructed a little and Hooper was better in goal than Foster."

Air Force is on the road next week as the Falcons travel to the East Coast for a two-game non-conference series with American International, Friday-Saturday, Dec. 10-11, at 7:05 p.m. EST each night. Following the series, the Falcons will be idle until Jan. 1 at the Denver Cup.

If you'd like to volunteer to write for the *Sheppard Senator's* sports section, please call 6-1326 or e-mail sheppardsenator@sheppard.af.mil

Air Force grapplers wrap up successful weekend

Courtesy of the Air Force Academy News Service

The Air Force wrestling team took part in the 23rd-annual Cliff Keen Las Vegas Invitational this weekend, competing against wrestlers from more than 40 different schools. Several Falcons had outstanding showings at the prestigious two-day tournament. In addition, other members of the team participated in Saturday's Fort Hays Open, held in Fort Hays, Kan.

Leading the way for Air Force at the Las Vegas Invitational was junior Brandon Strong (Albuquerque, N.M.), who went 4-2 on the weekend at 125 pounds. After dropping consecutive decisions to Arizona State's Jeremy Mendoza and Cal State-Fullerton's Jesse Miramontes, Strong won his next four matches. He took decisions over Joe Kemmerer of UNC Greensboro and 19th-ranked Mason Lenhard of Penn before pinning North Idaho's Jeff Hedges. Strong then concluded his weekend with a major decision victory over Oregon State's Eric Stevenson.

Also finishing the weekend at 4-2 was junior Matt Benza (Tamaqua, Pa.). Advancing to the round of 32 at 141 pounds with a major decision over The Citadel's Michael Arias, Benza was pinned by Charles Griffin of Hofstra. He then lost a decision to eighth-ranked Scott Jorgensen of Boise State before taking victories over Derek Francquilla (Columbia), Chris Lape (Clarion) and Stephen Hromada (Virginia).

Other key wins for the Falcons included senior Jacob Lillich's (Jay, Okla.) major decision over Pittsburgh's Zachariah Doll, rated 17th in the nation at 174 pounds by The Wrestling Mall, and a decision by 197-pounder Brenden McLean (Jr., Grants Pass, Ore.) over Tim Boldt of South Dakota State, who is ranked eighth among Division II wrestlers.

The Falcons' top performer at the Fort Hays Open was senior captain Luke Lefever (La Crosse, Wis.), who took second place in the 184-pound division. Lefever, seeded third in the tournament, recorded two decisions and a fall before moving on to face second-seed Brent Parkey of Oklahoma State.

Belmont shoots 70 percent in second half to beat Navy, 91-66

Courtesy of the Navy News Service

NASHVILLE, Tenn. — Belmont outscored the Mids, 52-31, in the second half and shot 70 percent from the field in the second stanza to defeat the Navy men's basketball team, 91-66, in the Bruins' home opener Monday night at the Curb Event Center in Nashville.

Navy opened the game strong, playing perhaps its best half this season. After a Laramie Mergerson bucket to knot the game for the fourth time in the opening five minutes, Navy outscored the Bruins 8-0 over the next three minutes to lead, 16-8 with 12:25 to play in the first half.

Courtesy photo

Senior guard Taj Mathews dealt out a team-high eight assists while battling hand injuries throughout the contest.

Following a triple by Navy guard David Hooper with 10:48 to go, Belmont began a run of its own. Capped by a three-pointer by senior Jese Snyder, the Bruins outscored Navy 6-0 to narrow the gap to one (21-20) with 7:58 to go in the half.

The Bruins took their first lead since the 15:35 mark when sophomore guard Josh Goodwin scored a layup with 2:47 left on the clock. That bucket triggered a 6-2 run by Belmont and the Bruins took a 39-35 lead into halftime. Over the final 7:58, Belmont hit four of its six three-pointers of the half to get back into the game.

"I felt like the first 15 minutes of the game were the best 15 minutes we've played this year," said Navy head coach Billy Lange.

Belmont used the momentum from the end of the first half to help open the second half on a 16-6 run and owned a 14-point lead eight minutes into the final stanza. Three minutes later, the Bruins pushed the lead to 19 on an Andrew Preston layup. In the midst of the Bruins' opening run, Lange was given a technical foul. Lange stepped onto the court to convey his displeasure with one of his guards when the official apparently thought Lange's frustration was directed at him.

The Bruins continued to batter the Mids with the long ball, knocking down four triples, and with 2:39 left in the game, Belmont held its largest lead of the game, 29 (89-60).

"Our defense is what got us our lead early on and the fact that we share the ball," said Lange. "But late in the first half, we completely lost our focus.

"Belmont played a good game tonight," Lange added. "Belmont has been well established under Coach Byrd who has been the head coach for 19 years and we remain a young ball club. We will continue to work on the fundamentals and work as a team to get better throughout this season."

Belmont shot 57.6 percent (34-59) for the game, including a fiery 70 percent (21-30) in the second half. Though Belmont connected on 12 three-pointers in the contest, the Bruins hurt Navy in the paint in the second half, outscoring Navy, 26-10.

Five players scored in double digits for the Bruins, led by senior Nick Otis' 14 on 5-for-6 shooting which included four long balls. Rookie Justin Hare and Snyder each turned in 13 points, Goodwin added 12 and Preston dumped in 10.

Navy shot 42.6 percent (26-61) from the field and for the second-straight game, gave up 90-plus points. The Mids allowed 90 points against Ohio last Saturday night before giving up a season-high 91 to the Bruins Monday.

Mergerson led the Mids with 14 points and a game-high nine boards. Hooper tossed in 10, while junior guard Leonard Green was flawless from the floor hitting three field goals and two free throws for nine points. Senior guard Taj Mathews battled through hand injuries to add eight assists and two steals for the Mids.

Photo by Helene C. Stikkel

Secretary of Defense Donald H. Rumsfeld is greeted outside his Pentagon office by Navy Mascot "Bill the Goat" and the Naval Academy Band on Dec. 2. Bill, the band and Naval Academy cheerleaders promoted esprit de corps in the Pentagon prior to the Army/Navy football game Saturday.

Navy finishes regular season 9-2 with 42-13 win over Army

Courtesy of the Navy News Service

All that was missing from the patriotic fervor of the traditional rivalry between Army and Navy was competition.

Aaron Polanco threw two touchdown passes and ran for another score, leading Navy to a 42-13 victory over Army on Saturday in the 105th meeting between the service academies.

President Bush attended the game for the first time since 2001 at Veterans Stadium, taking part in the coin toss by flipping a commemorative coin sent from the Iraqi city of Fallujah.

Bowl-bound Navy (9-2) hadn't won nine games since Heisman Trophy winner Roger Staubach quarterbacked the Midshipmen to a 9-1 record in 1963.

Navy has won five of the last six meetings to tie the overall series at 49-49-7. The Midshipmen have outscored Army 134-31 in the last three games.

Kyle Eckel had a career-high 179 yards rushing and a TD for Navy. Carlton Jones ran for 98 yards and Zac Dahman threw two TDs for Army (2-9).

One of the most storied rivalries in college sports, the game was even more significant this year because of the ongoing war in Iraq. A moment of silence was held before the game for all deployed military forces.

About one dozen parachuters descended onto the field, with one member from the Army's Golden Knights and another from the Navy's Leapfrogs delighting the sellout crowd of 67,882 at Lincoln Financial Field by landing at midfield.

Four fighter jets and seven helicopter gunships roared over the stadium just before Bush walked out to midfield for the coin toss. Earlier, Bush spoke to both teams in their locker rooms and later took a picture with both cheerleading squads.

After a scoreless first quarter, Navy found the end zone twice in the next four minutes.

Polanco's 10-yard TD run gave the Midshipmen a 7-0 lead. A 44-yard run by Eric Roberts gave Navy a first down at Army's 22. Two plays later, Polanco ran in for his 13th rushing TD this season.

After Army went three-and-out, Navy took over at its 47. One play after Polanco completed a 6-yarder to Jason Tomlinson on a fourth-and-5, Eckel burst up the middle for a 23-yard TD run to make it 14-0.

Josh Smith returned an interception 67 yards, giving Navy a 21-0 lead later in the second quarter. Dahman eluded a sack, started to scramble, stopped and tossed the ball into Smith's hands.

After a 12-yard TD pass from Polanco to Mick Yokitis put Navy ahead 28-0, Dahman connected with Jeremy Trimble for a 6-yard TD pass to make it 28-7 in the final minute of the first half.

Polanco tossed a 9-yard TD pass to Roberts in the third quarter. Dahman threw an 8-yard TD pass to Aaron Alexander in the fourth. Lamar Owens capped the scoring with a 17-yard TD run.

Despite finishing with a loss, Army took strides toward rebuilding its program under first-year coach Bobby Ross. The Black Knights snapped a 19-game losing streak and won consecutive games for the first time since 1997.

Last year, Army suffered the ignominy of being the first Division I-A team to finish 0-13, and it hasn't had a winning season since 1996. The Black Knights return next year to independent status after seven dreadful seasons in Conference USA. They are a woeful 6-41 over the last four seasons.

Meanwhile, Navy is heading to the Emerald Bowl in San Francisco on Dec. 30 after winning the Commander-In-Chief's trophy outright for the second consecutive year.