

# Warren SENTINEL

Everything  
You Missed  
at Guardian  
Challenge  
2004

ORI Tips



# Why I'm a Member

Senior Master Sgt. Edward Wilkinson  
Warren Top 3 president

I'm a member of the Warren Top 3 because I learned as a junior NCO how being involved in a professional organization could broaden my horizons and give me a professional edge.

I've always been very positive and wanted to be as professional as I could. A good supervisor many years ago showed me what professional organizations can do for me. He also taught me that it was my duty to be a member. The charge I took with each level of increased responsibility reaffirmed my responsibility to be active in professional organizations. Some quotes from each level are as follows.

**Airman's charge:** "To actively pursue the highest level of knowledge, both on and off duty." As well as, "To never forget the accomplishments of the other Airmen who have come before you."

**NCO charge:** "You are charged with actively encouraging and motivating both on and off-duty involvement in unit and base activities by leading the way." As well as, "You are charged at all times with presenting an image of competence, integrity, and pride - the image of a professional noncommissioned officer."

**SNCO charge:** "You are afforded privileges not awarded to others, and you have freely accepted responsibility beyond the call of normal duty ... you have joined an exclusive group - a group dedicated to taking care of those who follow in their footsteps. As a member of this group, you have a responsibility to your fellow senior NCO's even as they have a responsibility to you."

I got involved with the Warren Top 3 by attending the monthly meetings as soon as I got in-processed and began duties here. Four months after I arrived, it was time for the annual elections for new officers and I was asked if I would mind being nominated. I said, "I'd be glad to," since I had plenty of experience being an officer four times in two different organizations at two previous bases. There was one other nominee for the presidency and I was very surprised to win.

We sponsor and lead the monthly base NCO/SNCO induction and promotion ceremony, usually held the last duty day of each month. We also sponsor and lead the monthly Veteran's Administration Hospital visits on the second Thursday of each month, as well as the Interstate 80 highway cleanup in the fall and the spring. We clean two miles of the freeway with base wide volunteers from every rank and status.

Each of these functions alone gives great satisfaction of giving back to the community and those we serve and work with. This adds to the whole-person concept, making us all well-rounded people. In addition, one could use each of these activities as an achievement towards recognition awards, volunteer service awards and medal, and his enlisted performance report.

I have met so many people on base from being involved in the Warren Top 3. Of course, I've met even more at the functions I've attended as president. My involvement, simply as a member, would have dramatically enhanced my network of associates, friends, and personal connections. But as the president, I have more people to associate with due to my position. Being a people person, I truly enjoy the duties and interactions with everyone. The networking from being in this position has given me a bigger picture of what's happening on base or in certain organizations. I was already confident in my abilities from past experience, but it has definitely given me more confidence in who I am and what I'm capable of. I highly recommend people be more involved in professional organizations commensurate with their rank. Of course, the less you put into it, the less you'll get out of it. So if you're only going to put a hesitating half step forward, don't expect to get all that I have out of it. The little time given is way overshadowed by all you can gain and, without a doubt, is more valuable in the end. Professional organizations are there for a purpose, and it amounts to the word "professional." They wouldn't exist if there were no purpose.

## Hoops' Shots

We have a lot happening this week. The entire nation is celebrating at least three very important events. First, is National Nurse/Medical Technician Week. I know our Mighty Medics work hard to keep us well and it's terrific we can highlight one critical part of this team. I salute your hard work and hope you'll enjoy those ice cream sundaes from the senior medical staff. Saving people, national respect, free ice cream - my Mom was right, I should have gone into medicine!

We also remember the National Police Week Memorial. Our defenders are part of the thin blue line that responds first, responds always. The Mighty Defenders will end this week of honor by conducting a retreat ceremony at our base flag pole at 4 p.m. today. We should all be there to pay our respects to defenders across this nation, military and civilians, who've paid the ultimate sacrifice - I will be.

Finally, we've got Armed Forces Day. Our terrific community partners and biggest boosters from the Air Force Association and Military Affairs Committee, have pulled out all the stops with a first-class banquet and they've brought in a very distinguished military leader as keynote speaker — **General Schoemaker**, Army Chief of Staff. Thanks to their tireless generosity many of our airmen will attend for free! I hope to see you at the dinner and later during the weekend at events planned around town as Cheyenne celebrates our military.

Last week we welcomed back our Guardian Challenge teams. I can't begin to describe how exciting it was to see our

Mighty Competitors in action. I was able to thank each of them, their alternates, trainers and even our mascot in person, so now I'd like to highlight two very unsung heroes. The first are the project officers. They kept about a hundred balls in the air and got everyone where they needed to be, with everything they needed, without a hitch. It was a masterful performance! The other was our ADVON team. These silent professionals were the first in/last out. They did everything behind the scenes from meals to rooms to transport so the team could focus solely on competing. No one ever gives them a trophy and it's often so hectic out there we don't even have time to notice. So, on behalf of the entire team let me thank the following for their spectacular support and to the entire base for your well wishes too - you made us stronger! Thank you, **Lt. Cols. Dan Tavenner and Jeff Smith** as well as ADVON team members **Chief Master Sgt. Paul Duysen**, 90 MXG, **Master Sgts. Joseph Gallo**, 90 MOS, **Kirk Aytch**, 90 MMXS, **Tech. Sgts. Charles Knight**, 90 MSS, **Forrest Linuillo**, 90 MMXS, **Jesse Rubalcaba**, 90 MXG, **Staff Sgts. Lance Anderson**, 90 MXS, **Christopher Keck**, 90 MOS, **Keith Wallace**, 90 CRS, and **Airmn 1st Class David Reed**, 90 MMXS.

Finally, we welcome again the Inspector General team for our Operational Readiness Inspection. We look forward to wowing you with our spirit and proficiency - we have nothing but "blue" on our minds!

--Col Hoops

Warren  
**SENTINEL**  
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#### DEADLINES:

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Direct questions or comments to the SENTINEL at 773-3381 or e-mail at [Sentinel@warren.af.mil](mailto:Sentinel@warren.af.mil).

#### On The Cover...



Photo by Airman 1st Class Craig Cisek  
Airman 1st Class Rick Cardona, 90th Missile Security Forces Squadron, slides down the rope for the completion of the obstacle, named "The Tough One," during Guardian Challenge.



# UPAR Training 101

1st Lt. Nicole Walters  
*Public Affairs*

Often people ask me how to get articles in the newspaper. Every squadron has a unit public affairs representative. These UPARs are the public affairs link to your squadron. If you have a won a base-level (or higher) award, have a story idea, or want to know how to get your message in the Sentinel or on the Commander's Access Channel (19), talk to your UPAR. For easy access, we've listed these powerful people below. Should your squadron not be listed, please contact 1st Lt. Darrick Lee at 773-3381.

- 90 MDG**  
Capt. Robert Jenness  
Capt. Michelle Stephens
- 90 SFG**  
Chief Master Sgt. Bryan Eaton
- 90 CES**  
Ms. Elizabeth McClain
- 790 MSFS**  
Capt. Robert Ford
- 90 MSFS**  
2nd Lt. Phillip Gold
- 90 SVS**  
1st Lt. Dave Everson  
Ms. Pam Cypher  
Ms. Lorri Welsh  
Staff Sgt. Clifton Jones
- 90 MMXS**  
2nd Lt. Jennifer Turner  
1st Lt. Forrest Campbell III  
Staff Sgt. Benjamin Schmidt
- 90 MSS**  
1st Lt. Sean Brazel  
Ms. Cindy Bonnell
- 90 SFS**  
Staff Sgt. Jessica Wilbur

- 90 LRS**  
Airman 1st Class Patrick Sullivan  
Staff Sgt. Rachelle Ramos
- 37 HF**  
1st. Lt. Amanda Osborne  
Capt. Felisa Palfery
- 319 MS**  
Capt. Matthew Smenos
- 320 MS**  
2nd Lt. Joseph Tobin  
2nd Lt. Todd Sharpe
- 321 MS**  
2nd Lt. Jeremiah Hitchner  
2nd Lt. Robert Breland
- 90 CS**  
2nd Lt. Hershey Langston
- 90 SSPTS**  
1st Lt. Thomas Sebastiani  
Senior Master Sgt. Eugene Kelly
- 90 SW/MO**  
1st Lt. Ian Kelly
- 90 CPTS**  
2nd Lt. Mandy Young  
Master Sgt. Sandra Turner

### Courtesy Article

The following is an Armed Forces Day message from Secretary of the Air Force Dr. James G. Roche and Air Force Chief of Staff Gen. John P. Jumper:

"Since 1949, America has paid tribute to its men and women in uniform by celebrating Armed Forces Day on the third Saturday in May. Grateful Americans in every state will hold parades and fly Old Glory to honor those who have worn the uniform either as a Soldier, Sailor, Airman or Marine.

"It is indeed an important time to be a member of our nation's Armed Forces and especially to be an Airman. America needs your service today as much, if not more, than any other time in our country's history. America's security is a global issue as we continue the fight in the war on terrorism. Our country needs your

steadfast devotion to protecting the freedoms we enjoy.

"Today, we serve a grateful nation. From shore to shore, Americans are proud of your professional competence, combat capabilities and unwavering courage to defend our country. They have seen firsthand your efforts in the mountains of Afghanistan and the skies over Iraq and your steadfastness in protecting our homeland. They have reveled with us in your triumphs and cried with us when we lose brothers and sisters in battle.

"You represent the pride and patriotism of the United States. You are the standard for sacrifice, devotion and bravery. We are proud to serve with you. On this Armed Forces Day, let's remember those who came before us and those who made the ultimate sacrifice for our freedom. May God bless all of you and our great nation."

**Need a SAFE Ride Home?**

Airmen Against Drunk Driving A.A.D.D.  
 Fri and Sat Nights: 10 p.m. to 3 a.m.  
 Males (631-2500) Females (631-2200)  
 Arrive Alive Program  
 Before you call it a week,  
 call 773-5356 for more details.

Not responsible for changes in scheduling or weather patterns.

**Q. Where do I vote if I'm a resident of Wyoming?**

**A.** For Cheyenne voter information, call (307) 633-4204 or (307) 633-4268. Residents can register at the county clerk's office. They will give you a card that identifies your district and polling place. Another option is to register at the polling place for primary and general elections. Call the numbers above to find out where to go.

Also visit [www.laramiecountyclerk.com](http://www.laramiecountyclerk.com) for voting locations. You must re-register if you change your name or party affiliation. The primary election is August 17 and the general election is November 2. Members who live on base vote at the Hitching Post on Lincoln Way. Residents of Wyoming can vote early if they have conflicts on election day. Call (307) 633-4204 or (307) 633-4268 for details.

## AFSPC Individual Services Awards Winners

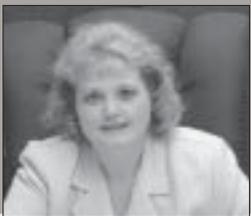
We are proud to announce the recipients of the 2004 Air Force Space Command Individual Services Awards. These individuals exemplify the highest standards of professionalism and dedication to this very important area.



Company Grade Officer of the Year:  
**1st Lt. Steven J. Parker**  
90 Services Squadron



Airman of the Year:  
**Senior Amn. Luke W. Dean,**  
90 Services



Civilian Flight Chief of the Year:  
**Ms. Lori A. Kickery,**  
90 Services Squadron



Civilian Specialist of the Year:  
**Mr. Harold D. Haden,**  
90 Services Squadron



Missile Chief Senior NCO of the Year:  
**Master Sgt. Alfred L. Mullings,**  
90 Operations Group



Missile Chef NCO of the Year:  
**Tech. Sgt. Teresa Mossoni,**  
321 Missile Squadron



### Passing the Torch

Col. John Cox, director of the Wyoming State Highway Patrol, takes the flame from the 90th SFG for the Special Olympics torch run. In conjunction with National police week, Wyoming state law enforcement officers relayed the torch to the Wyoming Special Olympics, which began in Gillette, Wyo. Wednesday.

*Photo by 1st Lt. Darrick Lee*

## Bond - Savings Bond

### 1st Lt. Sean Brazel 90th Missile Support Squadron

Several changes have recently been made to the Air Force U.S. Savings Bond Program. Paper bonds will no longer be issued through a base representative throughout the year. Instead, TreasuryDirect offers only savings bonds in electronic form with purchases and redemptions made through electronic payments to or from a checking or savings account.

The program allows you to purchase savings bonds directly from the U.S. Treasury Department for as little as \$25 per bond and you are never charged fees or service charges when you buy or redeem your savings bonds. The money that you place in savings bonds is exempt from all state and local income taxes until they reach final maturity or you redeem them. Your invested money is available whenever you want it after an initial holding

period of 12 months for bonds issued during or after February 2003. The money invested in savings bonds directly helps finance our country's borrowing needs.

For individuals who are unfamiliar with the program, you can buy bonds in several ways. The easiest is through an online account or through a Payroll Savings Plan with an automatic allotment. Remember that U.S. Savings Bonds are backed by the full faith and credit of the United States. There's no time like today to begin saving to provide for a secure tomorrow. Whether you're saving for a new home, car, vacation, education, retirement or for a rainy day, U.S. Savings Bonds can help you reach your goals with safety, market-based yields, and tax benefits. For more information on the Air Force's U.S. Savings Bond Program, access the TreasuryDirect website at [www.publicdebt.treas.gov/](http://www.publicdebt.treas.gov/) or contact Lt. Sean Brazel in the MPF Customer Service office at 773-5697.



### *Looks Like Fun*

Col. Barry Kistler, 90 SW vice commander, tests Warren's new "Ditch Witch" Monday. Col Kistler was the first to drive on the new Gravel Road Training Course created by the 90 SW Safety Office.

*Photo by 1st Lt. Darrick Lee*

# How About That Compost Facility?

## Materials Accepted

- limbs, brush, wood chips
- bar and tree trunks cut less than 4 feet in length
- pallets, not painted or stained or treated
- grass clippings, prunings, weeds, tree needles
- leaves (may contain very small twigs)
- horse manure and bedding (bedding such as sawdust and straw)
- sod and topsoil

## Materials Not Accepted

- garbage (metal, furniture, glass, plastic or paper bags are included)
- recyclable materials (cardboard, plastic bottles, cans, newspaper)
- animal carcasses
- plywood, pressed wood, plastic laminated wood, particle board, waferboard
- tar/asphalt felt (roofing base sheets), roofing shingles
- painted or treated lumber (green woods, creosoted woods, railroad ties)
- loads mixed with trash, foodstuffs
- materials treated with pesticides (wooden ammo boxes)

## Product Availability

Not all products are on hand at all times and supplies may be limited due to seasonal availability and demand. Products are free to all military/dependents, DOD Civilians, the Base Grounds Maintenance Contractor and any other authorized contractor.

## Product Descriptions

- natural cover mulch: Wood chip mulch produced from ground brush and limbs. Use as a decorative cover around trees, shrubs and other plants to hold in moisture.

- manure compost: produced from composted manure, stable bedding materials and sawdust. Used to increase water holding capacity and improve soil structure

when planting trees, grass, and bedding plants.

Also used to top-dress existing turf grass, potted and bedded plants. Provides soil nutrients, organics and beneficial soil microbes.

- double grind mulch: Wood chip mulch ground extra fine.

Used for decorative mulch.

- screened topsoil: Recycled topsoil screened to eliminate rocks, clods, sticks and other items.

Hours: Now to May 30: Monday-Sunday 7:30 a.m.-7 p.m. From May 30: 10 a.m.-7 p.m. Monday-Saturday.

### Closed Sun

For more information contact 90 CES/CEVC, 773-4357/4359



## Family

For some people that means little children with sniffily noses, for some it means a spouse who always keeps the house a home. And for some, it means 'just me.'

The family support center is there for all of us, and has programs tailored to meet your life style. Check out the family support center!

You'll be amazed at all the neat programs you can use— for free!

# Celebrate Our Security Forces



This week is National Police Week. Signed into law by former President John F. Kennedy on Oct. 1, 1962, this week is a time to pay tribute to the law enforcement officers who have made the ultimate sacrifice for our country and to voice appreciation for all those who currently serve on the front lines of the battle against crime.

To honor the men and women of law enforcement who have given their lives to protect us, the 90th Security Forces Group will be retiring the colors at the base flagpole at 4 p.m. today. As with all formal retreat ceremonies, any uniformed personnel outdoors that hear retreat sounded should face the flagpole (or the direction of the music, if the flagpole isn't visible) and assume the position of parade rest.

When the national anthem is played, all personnel will come to attention and salute the flag as it is lowered. After the music stops, all personnel not involved in the formal retreat may resume their normal routines. Security forces will stop traffic during the retiring of the colors. Any questions or concerns can be addressed to 2nd Lt. Wendy Allison at 773-4668.

## Hydrant Flush

The civil engineering utilities shop will be conducting fire hydrant flushing and sewer maintenance until June 18. This is required testing and maintenance - not a water break. You may experience discolored water. This should last just a short period and will only require occupants to run the taps for a short time. For more information, contact Tech. Sgt. Michael Yuktonis at 773-2792.

## Caslot Sale

The commissary will be having a caslot sale today from 10 a.m. to 5 p.m. and Saturday from 8 to 5 p.m. Name brand items will be offered at low prices, and first come first served! For information about the Defense Commissary Agency, log on to [www.commissaries.com](http://www.commissaries.com).

## Youth Tennis Lessons

Youth ages 6 to 16 can learn the basics of tennis during a two week session held June

14 through 25. Registration begins May 17 to June 4. Classes will be held Mon, Wed, and Fri from 10 to 11 a.m., at the base tennis courts across from 20th Air Force. All equipment is provided. The cost is \$20 per child and includes a tennis polo shirt and an end-of-class ice cream party. The class is limited to the first 20 students. To register stop by the youth center and sign up today. Volunteers needed: for more information, contact youth sports at 773-2564.

## Spring Arts and Crafts Show

All are invited to attend the Spring Arts and Crafts Show from 10 a.m. to 4 p.m., today and Saturday, at the skills development center, 6905 Diamond Creek. Enjoy refreshments, displays and demonstrations! For more information, call 773-3166.

## Armed Forces Day Celebration

The Armed Forces Day Celebration will be held Saturday, at Frontier Mall. If your unit is interested in setting up a booth

or a static display, please call Lt. Col. Elizabeth Cowles-Harrell at 773-5730.

## Hometown News Release Program

If you recently PCS'd, got promoted, or received an award, let your family and friends know back home by participating in the Hometown News Release Program. Simply fill out a DD Form 2266, sign it, and either fax it back to public affairs at 773-2074 or drop it off at the public affairs office, building 250, room 201.

## Carlin Heights Removed From Water Restrictions

The United States Environmental Protection Agency has provided the base with written authorization to remove residents of Carlin Heights from the alternative water restrictions. Extensive testing of household water after the epoxy coating has demonstrated the water is potable and safe for consumption. Residents no longer need to obtain water from the WeeServe. If you have

any questions or concerns, please contact Mr. Robert Miknis at 773-4356.

## Asian Pacific Heritage Food Sampling

The Asian-Pacific Heritage committee invites you to enjoy a delicious lunch today at 11:30 at the Trans Highbay. Fine dining includes food from Guam, the Philippines, China, Korea and Hawaii. Entertainment will be by Quest Tae Kwon Do and Folkloric International Group by the Filipino American Association. There will also be a Sumo wrestling competition.

## Warren Mini-Triathlon

The 15th Annual Warren Mini-Triathlon is June 5. It's a 500-yard swim, 12-mile bike and a 2.5 mile run. Teams and individuals may participate. Entry fee is \$30/individual or \$45/team. Enter by June 2. For more information or to enter, call or visit the Aquatic Center, 7007 Randall Ave, 773-3195. Sponsored by Warren Federal Credit

Union, Tyrrell-Doyle, Foot of the Rockies, NCOA, Powerade, Bicycle Station and GNC. No federal endorsement of sponsors intended.

## Airmen Needed for CFD Parades

During Frontier Days, there will be four parades on the mornings of: July 24, 27, 29, and 31. The CFD Military Committee is hoping to have a flight of Warren Airmen marching in each of these parades. We need a minimum of 20 people in each parade... you don't have to commit to all dates. You can march in as few or as many parades as you want. It's a chance for our Airmen to receive recognition from the local community, and would be a big boost to this year's CFD activities. 2nd Lt. Arthur "Pat" Menke is the CFD Mil-Com parade POC. Any parade volunteers, or anyone from Warren interested in submitting a float or entry for the CFD parades should contact him at 773-1900.

# Racquetball Diaries

*Witness Command Post troops take on the quest for Warfit*

(Below) Airman 1st Class Aaron Small (Left) and Tech. Sgt. James Donaldson (Right) use their WarFit time to play a game of racquetball at Freedom Hall. Airman Small and Sergeant Donaldson are assigned to the 90th Space Wing Command Post. Racquetball increases cardiovascular health, which can lead to a longer and healthier life. Many more fitness activities like basketball, yoga, cardio classes, cardio machines, weight lifting, running and more can be found at Freedom Hall and the Indoor Track gym. For more information, contact Freedom Hall at 773-6172 or the Indoor Track at 773-3580.



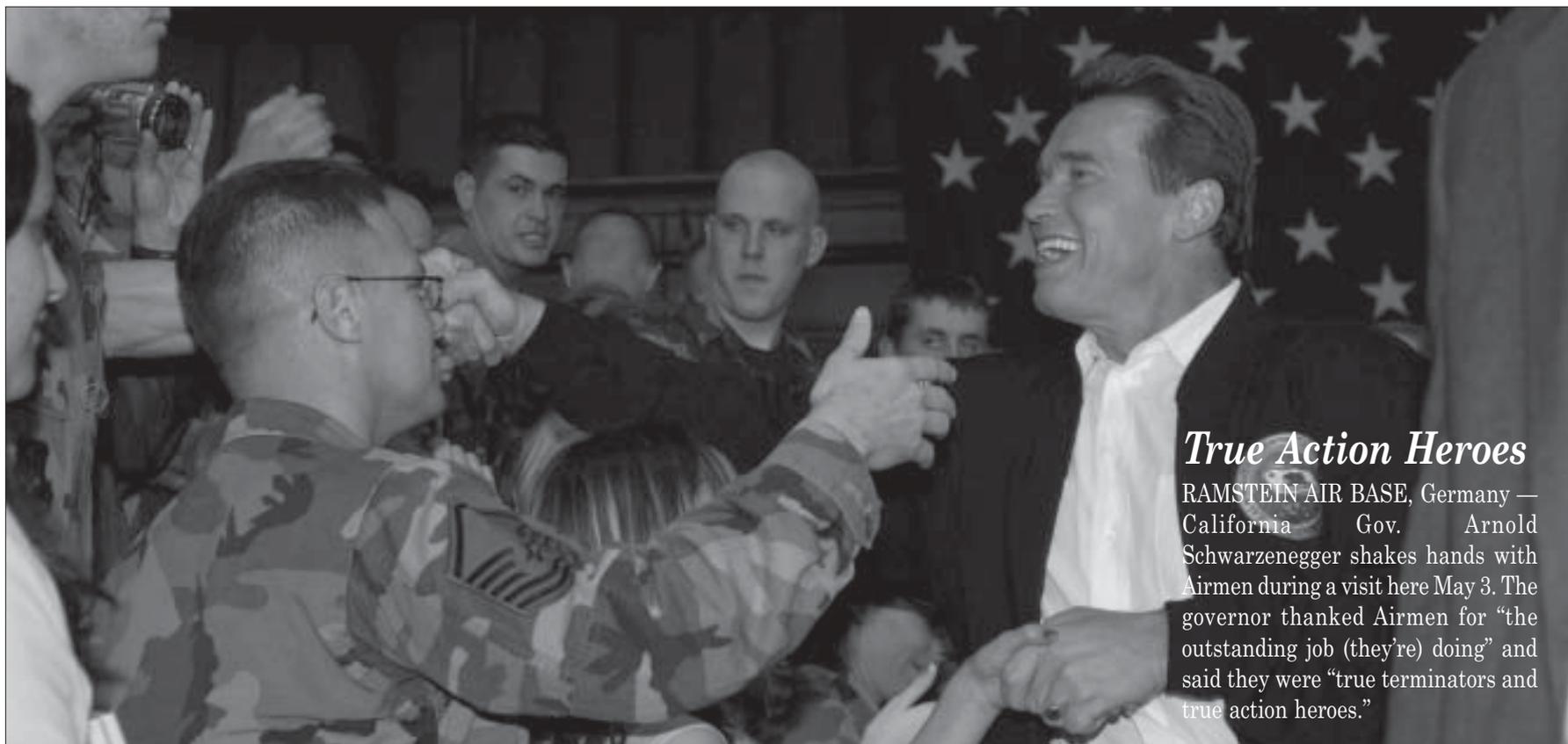
*Photos by Airman Tessa Cubbon*

*Courtesy Photo*

## Go Speed Racer

Recently, several 90 Missile Security Forces Squadron members went to a test day at Bandimere Speedway in Denver. Senior Airman Dan Garcia raced his 2003 Subaru Impeza WRX at a record time for his car's type. He achieved a 13.70 second time with the stock turbo that came in the car. Senior Airman Garcia and his team spent a lot of time, money and work to achieve this. Getting this kind of performance out of the stock turbo isn't easy and takes a lot of time. It shows the ability to push the

stock parts to their maximum efficiency and make the vehicles more powerful and faster than guys who have big after-market turbos. 13.7 seconds was faster than the competition: most Corvettes and Mustang Cobras ran high 14's to high 15's that day. Staff Sgt. Justin Hebert, another 90 MSFS member, did all the tuning (fuel and timing variables being manipulated via laptop). He played a major role on the car's performance, helping to get the extra power out of the car.



## True Action Heroes

RAMSTEIN AIR BASE, Germany — California Gov. Arnold Schwarzenegger shakes hands with Airmen during a visit here May 3. The governor thanked Airmen for “the outstanding job (they’re) doing” and said they were “true terminators and true action heroes.”

Photo by Staff Sgt. Angela Malek

# NASA Selects Servicemembers, Including an Airman to be Among the Next Space Explorers

**Army Sgt. 1st Class Doug Sample**

*American Forces Press Service*

WASHINGTON (AFPN) — Four servicemembers were among 11 candidates NASA has chosen to be the next generation of space explorers, officials announced May 6.

Maj. James Dutton, 35, and Marine Corps Maj. Randolph Bresnik, 36, were chosen to be space shuttle pilots. Navy Lt. Cmdr. Christopher Cassidy, 34, and Army Maj. Shane Kimbrough, 36, will be mission specialists.

The National Aeronautics and Space Administration grounded shuttle flights after the Feb. 1, 2003, breakup of Columbia above north-central Texas as it maneuvered for landing at the Kennedy Space Center, Fla. The shuttle was slated to land in about 15 minutes when the accident happened, killing all seven astronauts including five U.S. military officers.

Agency officials announced April 30 their intent to resume

the flight program in spring 2005.

Major Dutton, an F/A-22 Raptor test pilot at Edwards Air Force Base, Calif., has flown combat air patrols over northern Iraq. He was raised in Eugene, Ore., and has degrees from the U.S. Air Force Academy and the University of Washington.

Four civilians — three school teachers and an orthopedic surgeon — will join the servicemembers when their training begins this summer at NASA’s Johnson Space Center in Houston.

The astronauts are the “next steps in the new exploration vision,” said Sean O’Keefe, NASA

administrator.

“The class is made up of pilots and engineers who will help us develop the next-generation vehicle, scientists who will do research to help humans live and travel in space, and three new educator astronauts to help ensure a new generation is ready for the challenges of exploration,” he said.

—Sean O’Keefe,  
NASA administrator.

According to NASA’s Web site, astronaut candidates undergo a training and evaluation period of up to two years, part of which requires completion of military water survival and scuba qualification.

Candidates must pass a swim-

ming test during their first month of training. The test includes swimming three lengths of a 25-meter pool without stopping, and then swimming three lengths of the pool in a flight suit and tennis shoes.

Candidates also undergo land survival training, jet ground and flight training, shuttle orbiter systems training, space station systems training, and science and engineering briefings. They also receive orientation tours at all NASA centers, including the Kennedy Space Center and Marshall Space Flight Center in Huntsville, Ala.

The candidates are the first announced by NASA under President Bush’s new space initiative.

In early 2004, the president committed the United States to long-term human and robotic programs to explore the solar system, starting with a return to the moon as well as future exploration of Mars.

“We will give NASA a new focus and vision for future exploration,” the president said.

# AFSPC Clinical Laboratory Airman of the Year Dreams of Chicken and Dumplings From New Mexico

Air Force Space Command's Clinical Laboratory Airman of the Year, Airman 1st Class Christa Lucero, 90th Medical Operations Squadron, sat down with Airman 1st Class Lauren Sixbey to talk about everything from Dracula, New Mexico to Nirvana.

## Describe your job.

We test almost everything that comes out of the human body. We draw the blood and have them do the urine and stool samples. We have machines that run the tests; and since we're a small lab, we ship a lot of stuff out to be tested.

## What is your favorite part?

I like the patients. Even if you have a bad day, you'll have at least one patient who will say something so off the wall it's funny.

## Is working in the medical field something you've always wanted to do?

Yes. When I get out of the Air Force I'll work as a lab tech to help pay for college.

## What do you want to study?

Pathology. This is a good background.

## Other than Warren, where's the coolest place the Air Force has taken you?

I liked Keesler (Air Force Base, Miss.) I was there for nine months for tech school. Before that I was at Sheppard (AFB, Texas..) for four or five months.

## How long have you been in?

I've been in for almost three years. I've been here since January 2003.

## Where are you originally from?

Hatch, N.M. It's three hours south of Albuquerque and close to Holloman (AFB).

## What do you miss most about it?

I miss my family.

## Tell me about your family.

It's big. There's my mom and dad, three sisters and two brothers. I also have a bunny named Tobias.

## If you could have dinner delivered to you from anywhere in the world tonight, what would it be and where would it be from?

Chicken and dumplings from New Mexico. I tried making it once, but it was disgusting.

## What's the last movie you saw in the theater?

"Hellboy."

## In your opinion, what's the greatest book ever written?

"Dracula" by Bram Stoker. I've read it every year since seventh grade.

## If you could experience any moment in history,

## what would it be?

The pyramids being built. No one knows how it was done. I love ancient Egypt history.

## When you were a kid, what did you want to be when you grew up?

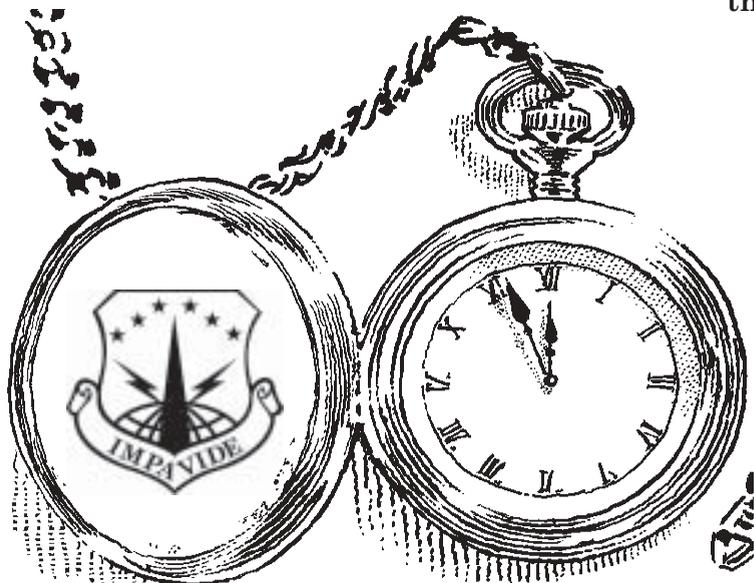
I wanted to be a veterinarian, an archeologist and a fashion designer. I wanted to be everything.

## What CD is in your stereo right now?

Nirvana.

## Where do you see yourself in five years?

I don't think that far ahead. I know I'll be here a year from now. Two years from now I'll be in New Mexico.



**Where's your 90 Seconds of Fame?  
To get your face in the paper, all you need is a recommendation  
from your First Sergeant.**



Photo by 1st Lt. Darrick lee

## Reaching Out

Airman 1st Class Angela Burns, 37th Helicopter Fight, shows third graders from Arp Elementary some of the equipment used by pilots and aircrews. The students were asked to define patriotism, and explain the meaning of the Pledge of Allegiance.

**Luan**

26 May  
11:30 - 1:30  
Trails End Club

**FOOD MENU**

SAN FRANCISCO STIR FRY  
STEAMED RICE  
SWEET & SOUR CHICKEN  
OR  
BEEF TERIYAKI

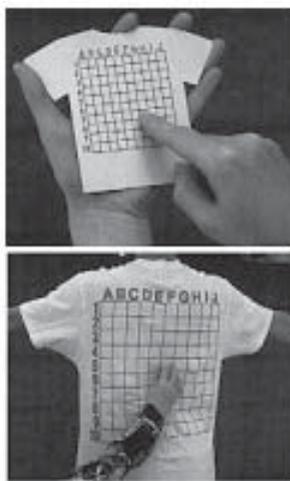
Cost: \$7.50 I-4 and below  
\$9.50 members  
\$10.50 non-members

Asian Pacific Heritage Month



Your  
Time is  
Precious

Close  
Dumpster  
Lids After  
Each Use



## Chinda- What?

Article Courtesy of  
Asian Pacific Heritage  
Month Committee

The Art of Chindogu is a not-so-ancient form of Japanese art.

It was born in the late 1980's by an amateur inventor Kenji Kawakami. The word literally means, quirky tool.

The art represents a collection of bizarre and brilliant gizmos and gadgets that have broken free from the chains of usefulness to enjoy the sublime liberation of the highly impractical.

There are ten guiding principals that the designs must obey by:

- ◆ It cannot be intended for real use.
- ◆ A Chindogu must exist. It cannot just be an idea.
- ◆ It must reveal the spirit of anarchy.
- ◆ It must be a tool for everyday life.
- ◆ It cannot ever be sold.
- ◆ Humor must not be the sole reason for creating a Chindogu.
- ◆ It cannot be propaganda.
- ◆ A Chindogu can never be a taboo.
- ◆ They are to be created without prejudice.
- ◆ It can never be patented.

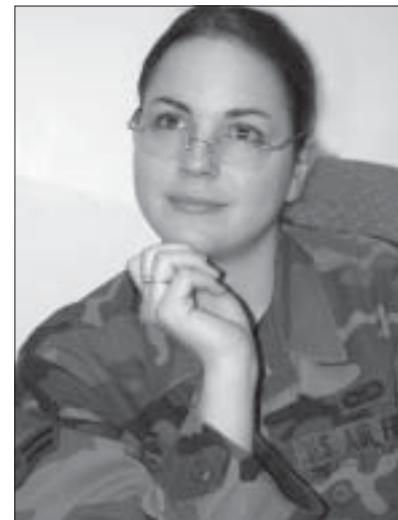
## Test Your Airman's Manual Knowledge

1. Which mobility bag contains your chemical defense gear (page 9)?
  - a. Chem bag
  - b. A bag
  - c. C bag
  - d. Baghdad bag
2. How many mobility bags are there and what are their purposes (pages 8-9)?
  - a. One, Mobility bag
  - b. None, as long as you have your Cosmo magazines and observe 0-0-1-3 you are good
  - c. Two, Mobility bag and Personal bag
  - d. Four - A bag, issued to all deploying personnel; B bag, issued to personnel deploying to cold weather climates; C bag, issued to personnel deploying to nuclear, biological, and chemical threat areas; D bag, issued to personnel on an aircrew, includes aircrew protective gear.
3. What items should you carry in your personal bag? (page 10)
  - a. Uniform sets, toiletries, clock, etc.
  - b. X-Box
  - c. Personal licensed weapon
  - d. M-9 tape, pencils, duct tape
4. What legal documents should you have before you deploy? (page 11)
  - a. Will/Living Will/ Power of Attorney, Emergency Data Card
  - b. Whatever Capt. Lance Wood says
  - c. Hunting/Fishing/Driver's License
  - d. Driver's License/ Emergency Data Card/ NFL Schedule

**Q** - I just got married. What do I do to get my records in order military wise?

**A** - Congratulations! I'll tell you what, you sure came to the right place! First you'll need to get a copy of your marriage certificate, ID card and, if applicable, your divorce decree. Once you've got all that you and your new spouse will need to visit customer service at Military Personnel Flight. There you will update DEERS. You will add your spouse and issue him or her an ID card, if you married a civilian. You also need to update your vRed and change your SGLI. Then you will update the personnel data system. You can update your name change, if you wish, and more. You can also apply for a joint spouse assignment at outbound assignments. Don't forget to stop by the TRICARE office to enroll your new spouse (if civilian). You will also need to report to the finance office to complete pay benefits paperwork.

### Ask Lauren Beth



If she doesn't know the answer, there isn't one.

email Lauren Beth @ [lauren.hasinger@warren.af.mil](mailto:lauren.hasinger@warren.af.mil)