

# Warren SENTINEL

Volume 63, Issue 11

F. E. Warren Air Force Base, Wyoming

March 19, 2004



Photo by Airman 1st Class Lauren Hasinger

## Run, Warren Run...

*Mighty Ninety members showed their Irish spirit in the Run for the Clovers 5k run/walk on St. Patrick's Day. The run, sponsored by Freedom Hall, the Women's History Month committee and the commissary, started and finished in front of Freedom Hall. Sixty-five people and two dogs participated in the race. Runners and walkers all received shirts and healthy snacks. Taking home the gold were: Rudy Beadle and Alicia Scholz, top civilian runners, Col. Craig Whitehead*

*and Lt. Col. Reni Renner, top FGOs, Chaplain (1st Lt.) Samuel Gage and Capt. Natalie Bonnetti, top CGOs, Master Sgt. Dan Akers, top Senior NCO, Tech. Sgts. Jason Ammons and Leslie Raney, top NCOs, and Airman 1st Class Gary Smith and Senior Airman Sarah Bensch, top Airmen. The next Women's History event is the Women's History luncheon scheduled for 11 a.m. today at the Trail's End Club.*



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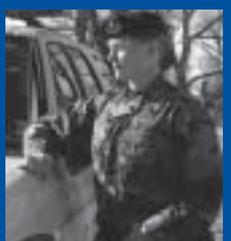
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# My Air Force

Senior Master Sgt. Ed Wilkinson  
Master Sgt. Jerri T. Rogers  
90th Civil Engineer Squadron

There is something missing in my Air Force today. I said my Air Force, because it belongs to each and every member. We make it what it is today. I pass through the gate several times a week and notice some of the Airmen missing rank insignia on their Gortex jacket. I always ask "Don't you have any rank?" I have never had a reply of "no." They have many reasons for not having their rank on their jacket. I always reply that they should want to display it proudly; they worked hard to earn it.

When I drive through base housing, I see uniformed people in all different arrays of improper wear of the uniform exiting their vehicle on the way to their housing unit. Again, we should be proud to wear this uniform and wear it correctly.

During a recent squadron readiness training day we were tasked with erecting a tent. We had many more people than required to erect the tent. Many were standing around without pitching in to help. What affected me most was the enlisted doing nothing while a captain drove tent stakes. This is not the professional enlisted corps I joined twenty years ago. When the captain tried to hand the hammer to an enlisted member to finish the work, the NCO responded with a, "Give that to Airman Snuffy," response.

When I was an Airman, I was mentored to be proud of my enlisted status. This meant take my place in the corps accepting duties proudly and being professional. I still feel that way today. As a senior NCO I should be proud to take the hammer from the captain. An NCO should do the same for the senior NCO and the Airman the same for the NCO. If an Air Force member is watching a senior ranking member do a job while he is doing nothing, what kind of professional impression does that present to those around us? The same goes for walking to the left of a senior ranking member and other courtesies afforded senior ranks. We should want to project the professional image and put pride back into what we do and who we are.

The ranking individuals should inspire that professional attitude. NCOs and SNCOs should review Promotion Fitness Exam customs and courtesies with their troops periodically. Many airmen don't get or have never seen a PFE, and only have knowledge gained from Basic Military Training and technical school. It's every military member's responsibility to not only know and follow customs and courtesies along with Air Force tradition, but they need to enforce it or at least speak up if they see a breach in standards.

Airmen say they are tired of hearing senior NCOs say that today's Airmen are not the same quality as the Airmen were when we came in. The senior NCO is right, but the Airmen would also be right if they said today's senior NCO is not the same quality as the corps was twenty years ago. The senior NCO needs to quit being the NCO's best friend, but rather his mentor, role model and leader. This also goes for the relationship between the NCO and Airman.

Every new troop needs to be led and inspired. If they didn't, there would be no need for senior ranks. This is the missing link; be the example for our troops. Remember, teamwork and abiding standards are not limited to just your unit or your rank.

Put pride back into the statement, "I am an enlisted member of the United States Air Force!"

## Hoops' Shots

Spring is in the air and so are the many kudos I've received about our terrific defenders. One note came from an officer in 20th Air Force who praised **Senior Airman Larry Zimmerman**, flight security controller at P-01. Despite numerous alarms and other distractions, this fine professional had the situational awareness to request a fire team aboard a helo in his flight area help strike a security situation. He was specifically cited for sending clear, courteous instructions and rationale. On another evening **Staff Sgt. Andrew Hickok**, a flight security controller at F-01, requested assistance from a helo doing some remote night vision goggle training. There was suspicious activity in his area and he requested helo support to monitor until a ground team could arrive. These are just two examples of the kind of heads up work that makes our missile systems safe, secure and ready. Our security forces have a tough job and our FSCs are the critical command and control element that makes it all work. Hooah to you both and to all our Mighty Defenders.

I spent some time this past week with our Mighty Medics. In particular I met with **Airman Ashley Byrd** who administered an EKG trying to confirm if I truly have a heart. Results are pending. She helped remind me what a great way of life the Air Force provides. She's from the east coast and never thought she'd be assigned to Wyoming and, in fact, had not originally signed up to be a med

tech. Yet here she is doing a fantastic job in our clinic and now wants to use her benefits to become a nurse. How cool is that!?!

We had the honor of hosting our command's top operator, **Maj. Gen. (Sel) Douglas Fraser**. During our tours in the field and on base we got to meet some great members of the Might Ninety. I was particularly impressed with the team at B-01. **Capt. Ty Moore** provided the best in-field brief I've seen on his duties as a crew commander. How he got the system to spit out all those faults, alarms and messages just for us I'll never know. Upstairs, **Airman 1st Class Michael Gonzales** gave a superb post brief and cooked a fine meal. Back on base we toured the "W" where we got an in-depth look at munitions. While the general toured I chatted with **Senior Airman Edward Lopez**. I found him to be very mature and high speed about his mission. He'll be turning 21 very soon, so let me be the first to say well done and Happy Birthday!

This week a team from Air Force Space Command will visit as part of their tour of all our bases to review our policies, processes, practices and more regarding sexual assaults. There will be several opportunities for anyone on base to visit with them if you'd like and we'll have the times/ places advertised for you. Please take advantage of this opportunity.

Finally, our congratulations to **Mayor Jack Spiker** and the great city of Cheyenne for winning the prestigious Preserve America Award. This is a huge honor that few cities have achieved. All of us at Team Warren salute you!

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).

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## Sexual Assault Assessment Team to Visit Warren

Courtesy Article

A Sexual Assault Assessment Team from Headquarters, Air Force Space Command will visit Warren Monday and Tuesday to do an end-to-end review of the wing's sexual assault policies and programs.

This visit is part of a larger Air Force wide assessment to examine plans, policies, programs and procedures at each installation to ensure existing programs addressing sexual assaults are appropriate and effective. Each major command was tasked by Gen. T. Michael Moseley, Air Force vice chief of staff, to visit their installations and assess the current status of sexual assault response programs.

At the February CORONA leadership conference, Air Force leadership decided it was time to take the next logical step in reviewing sexual assault response after focusing on the Air Force Academy and evaluating lessons learned from various investigations of sexual assault response process problems identified there.

Military sexual assault has been a topic in the news with the Senate Armed Services Committee recently holding hearings on the issue.

The Air Force considers every sexual assault a criminal act and has substantial programs in place at all levels to prevent sexual assaults and other crimes, to support victims, and to hold offenders accountable. This comprehensive assessment of the effectiveness of the Air Force sexual assault response system is being done to determine if there are additional ways it can be improved.

The assessment team visiting Warren will look at policies and programs in the areas of education and training, reporting procedures, response programs and program oversight.

The Air Force's goals for the Air Force wide assessment include striving to eliminate sexual assault and the climate that fosters it; ensuring an environment where victims have confidence to report; conducting appropriate investigation and prosecution; effectively addressing victim's health and well-being; and ensuring commanders and higher headquarters oversee program effectiveness.

For more information on sexual assault policies and programs here contact the family advocacy office at 773-4228, or to get additional information on the team's visit, call the military equal opportunity office at 773-2741.



Courtesy Photo

### The Name Says it All

Capt. Mike Knipper, Utah Air National Guard and Cheyenne resident, works out at the newly named Freedom Hall. He came up with the winning suggestion for the name of the new fitness center and received a \$100 gift certificate.

"(Freedom Hall) is a name everyone can relate to regardless of age or branch of service," said Capt. Knipper. "We're all members of the most powerful, free nation in the world. A motivation to stay fit; a fit force equals freedom."

## Update on Reimbursement of E-470 Tolls

Article Courtesy 90th Comptroller Squadron

This information is provided as an update to the E-470 toll article published last month. After discussion and clarification with higher headquarters, E-470 tolls may be reimbursed if the following conditions of the Joint Federal Travel Regulation, Vol 1, 3300B, are met:

The order-issuing official should authorize/approve privately owned conveyance (POC, also referred to as POV) travel only if it's advantageous to the government when compared to travel by government conveyance or commercial carrier, and not solely for member convenience. POV use shall not be directed. POV use may be advantageous to the government when, for example:

1. Its use is more efficient, or economical, or results in a more expeditiously accomplished mission;
2. There is no practicable commercial transportation; or
3. Common carrier use would be so time-consuming that it would delay the mission.

Once the order-issuing official has determined that POV is advantageous to government, and the individual performing TDY agrees to use their POV, that should be indicated on the orders. If not, and the member elects to use their POV, then tolls are not reimbursable. If the determination is made that POV is advantageous, then include a statement that reimbursement for tolls is authorized for E-470.

If a GOV is used, the Joint Federal Travel Regulation does not specifically state anything about the route used or reimbursements as a result of directed routes.

It generically states that tolls are reimbursable.

To make it clear for all involved, when using a GOV, please indicate in the remarks that tolls are reimbursable.

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• For more information, •

• contact Capt. William •

• Griffiths at 773-3811. •

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*As part of the visit, the HQ AFSPC Sexual Assault Assessment Team will hold open personal conference periods from 10 a.m. to 4 p.m., Monday and 8 to 10 a.m., Tuesday at Building 212. This open time is for anyone who would like to discuss or convey information related to the team's purpose of assessing the wing's sexual assault policies and procedures.*

# Managing Pain on PRP

**Capt. Evan E. Kelley**  
90th Medical Operations Squadron

One of our primary goals in the physical therapy department is to keep the warfighter fit to fight. Being fit to fight isn't just measured in physical terms, it is also measured by one's ability to think clearly and act appropriately.

Individuals come to physical therapy with varying degrees of physical impairment and pain.

When it comes to the Personal Reliability Program, it's important to know that severe pain or physical impairment that causes profound stress can impair a person's ability to think clearly.

When pain and impairment reaches that point, it's considered potential disqualification information.

Although many who are in this type of pain may already be taking medications that exclude them from PRP duties, it is still considered PDI.

Although many individuals attempt to self manage their pain and dysfunction, they may not self medicate with anything that is not on the PRP approved list.

Moreover, individuals may not seek care like a chiropractor without first checking with the PRP office.

Remember, if you are ever referred to physical therapy you must bring your PRP records.

## And The Oscar Goes To...

*Mr. Charles Melvin (Left), 90th Contracting Squadron director of business operations, was awarded the Secretary of the Air Force Part-time Small Business Specialist Award for the fiscal year 2003. He was awarded this on March 3 because his team was not only able to meet the congressionally established goal of awarding 83.1 percent of all contracts to small businesses, they exceeded it by awarding small businesses 92.28 percent. The wing was also given the Secretary of the Air Force Small Business Special Achievement Award for the same achievement. In order to be considered small business, the total contracting obligations for the base must have been under \$100 million. Warren spent just over \$43 million in 2003.*



*Photo by Airman 1st Class Lauren Hasinger*

## Safehouse: Safe Haven From Violence

**In an Emergency,  
Dial 911,  
Safehouse  
24-Hour Crisis  
Line  
307-637-7233 or  
1-800-591-9159**

*Safehouse, a not-for-profit United Way agency, offers safe, confidential shelter and peer support groups for domestic violence. Education both for the individual and the general public is available. Advocates on the professional staff also assist in obtaining protection orders through the court system when appropriate.*

6+3



Photo by Airman Tessa Cubbon

## Be Our Guest...

*Master Sgt. Michael Trahan. MDOS, demonstrates the trick to great low fat spinach dip (a smidge of Cayenne pepper) at the Women's History Month Info Fair, March 12. Sgt. Trahan demonstrated his culinary skills along with other guest chefs at the info fair. Among the dishes created were smoothies, tacos and, of course, spinach dip, low fat and the good kind.*

# What Can The vMPF Do?

Article courtesy 90th Mission Support Squadron

The Virtual Military Personnel Flight is an online system that allows both active duty and civilian members to access a variety of personnel applications.

If you are not familiar with the system, here are just a few actions that any Air Force member can access from any desk top computer.

- Curious about your decorations? Access your award information and the vMPF page will display your ribbons in the proper order of precedence as you would wear them on your uniform (in color).

- Check your assignment history or promotion information to ensure accuracy.

- Outprocessing? Request an outprocessing checklist and check your personal information.

- It is mandatory that all active duty members have an up-

dated Record of Emergency Data on file. With the vMPF you can complete your vRED from your home computer.

- Thinking of buying a house? By using the vMPF you can obtain a Proof of Service Letter in order to apply for a home loan.

- Check your WAP score notice and data verification.

- Want to know who's vulner-

able for retraining? It's located on the vMPF.

These are just a few applications that make the vMPF such a valuable

tool. If you have never tried to access the page log onto <https://www.afpc.randolph.af.mil>. You will need four pieces of career information in order to establish a password account or to establish a Common Access Card pass:

1. Parent MAJCOM
2. Date of Birth
3. Pay Date (on your LES)
4. SSAN

**If you have forgotten your vMPF login or password, contact the AFPC Technical Assistance Center at DSN 665-3995 Commercial (210) 565-3395 or Toll Free 1-800-638-3487**

## LCCC Presents 2004 Spring Career Fair to Warren

The 2004 Spring Career Fair will be March 31 from 1 to 6 p.m., in the Laramie County Community College multipurpose room, located in the P. E. Building. More than 80 local, regional and national businesses and military branches will be available to provide career information, advertise available positions and discuss employment trends in

Laramie County. For students who plan to complete a four-year degree before entering the work force, several four-year schools will also be represented at the fair. The LCCC Career Center will provide free counseling by appointment for community members who need help creating resumes and preparing for the fair, and the Warren Family Support Center will

provide the same service to the military community. The Career Fair is sponsored by the LCCC Career Center, the Cheyenne Workforce Center, the Warren Family Support Center and the Wyoming National Guard. For more information, call the LCCC Career Center at 778-1132 or the Warren Family Support Center at 773-5940.

# BRIEFS

## AF Family Child Care Offers Subsidy Program

The Family Child Care Subsidy Program offers parents seeking full-time care at a reasonable cost. Providing affordable childcare for working parents is a priority for Air Force services, as well as the Warren Family Child Care Office.

Families eligible for the subsidy include those with children through age 5, children with special needs, and children needing care during swing and midnight shifts at installations with waiting lists for the child development center.

For family childcare customers, this may reduce the childcare fees currently paid to home providers.

All financial information is calculated within the family childcare office. Pro-

viders should not be consulted.

For more information, contact the family child care office at 773-3317.

## MCEC Web Page

The Military Child Education Coalition Web page is <http://www.militarychild.org>, where you can find many resources.

There's an "Assessment Resource Center," which has a map of the United States complete with the states' education standards links in an easy-to-read format.

Farther down on the home page is a pamphlet on "How to prepare our children and stay involved in their education during deployment." This PDF file can be downloaded and printed on your computer.

Children (grades 6-9) of active duty military can also apply by May 17 for the 2004 Bernard Curtis Brown II Memorial NASA Space Camp Scholarship.

## Guardian Challenge

Guardian Challenge team announcement will be held March 26 at 4 p.m. at Trail's End. For more information, contact Lt. Col. Tavenner at 773-4976.

## Women's History Luncheon Today

The Women's History Committee will be sponsoring a luncheon at the Trail's End today at 11 a.m. The cost is \$8.25 for club members and \$9.25 for non-club members.

## Suicide Briefing

The annual suicide prevention briefings are mandatory for all active duty members and DoD civilians.

Attendance is taken and reported back to the squadron monitors for tracking purposes.

The Air Force has had a spike in suicides in 2004. These briefings are critical for all members of the Warren community to recognize the

risk factors for suicide as well as the resources available for someone at risk.

Briefings are scheduled for today at 1 and 2:30 p.m., Wednesday at 8 and 9:30 a.m. and March 26 at 1 and 2:30 p.m.

## Air Force Seeks Former Lowry Employees

The Air Force Real Property Agency wants to interview people employed or stationed at the former Lowry Air Force Base in Denver, Colo.

The AFRPA is conducting interviews to ensure all environmental conditions on the base have been investigated.

For more information, call Doug Karas, public affairs officer, at 1(800)725-7617 or e-mail [doug.karas@afropa.pentagon.af.mil](mailto:doug.karas@afropa.pentagon.af.mil).

## Dart Tournament

The club has a Steel-Tip Dart Tournament

Thursday nights. It's 501 Blind Draw Doubles. There's a \$5 entry fee and the fun starts at 6:30 p.m. For more information, call Master Sgt. Doug Hall, at 773-4686.

## Special Sacred Music Concert Scheduled

A group of students from Bob Jones University are scheduled to perform 11:00 a.m., Sunday in the Frontier Chapel.

This team of young people travels throughout the country ministering to churches and other ministries. For more information, contact Chaplain Sam Gage at 221-3010.

## NCO Meeting Scheduled

An NCO Council meeting is scheduled for 3 p.m., March 26 at the Trail's End Club. For more information, contact Tech. Sgt. Clemente Soto at 773-5428.

# Dietician Weighs in on Diets and Good Health

**Airman 1st Class Lauren Hasinger**  
*Public Affairs*

Weight is a problem in this country with epidemic proportions, which means it's a problem for the Air Force community, according to Mrs. Cindy Mulcahy, 90th Medical Operations Squadron nutrition program manager and dietician.

With excess body fat comes the risk of serious, sometimes fatal, illnesses and diseases. A height to weight ratio check, commonly known as the Body Mass Index, will determine if a person is overweight or obese. A BMI between 18 and 24.5 is optimal. Between 25 and 29.9 a person is considered overweight with more risk of disease and a BMI more than 30 means the person is obese and at serious risk of developing cardiovascular problems among others. BMI calculators can be found on many Web sites such as [www.webmd.com](http://www.webmd.com).

With March being National Nutrition Month, Mrs. Mulcahy has broken down the problems with fad diets, diet pills and fast food in hopes people will begin to make lifestyle changes instead of the more popular quick-fix plans.

The reason people gain weight is because the balance of calories in and calories out is off, according to

Mrs. Mulcahy. There are other factors, such as a slow metabolic rate and medications. More often than not, it's about consuming too many calories and living a sedentary, non-active, lifestyle.

For women, most fat is stored in the hips, butt and thigh area creating somewhat of a pear shape. For men, fat is stored above the waist creating a "beer-belly." This is dangerous because more vital organs are above the waist. Fat around the waist is a major health indicator, which is why the Air Force has implemented an abdominal circumference check as part of its new standard.

So with all the dangers associated with being overweight, not to mention America's constant quest to shed the pounds, no wonder the diet industry makes approximately a billion dollars each year.

No one can escape the current low-carbohydrate craze. The not-so-new diet was a fad in the 1950s and has, like most diets, circled its way back into the headlines. "It's not an effective change that will sustain weight lose," said Mrs.

Mulcahy. People will lose weight, but it will be mostly water and muscle. "It does not offer the nutrients needed to sustain you throughout your life," said the dietician. Low carb diets like the Atkins and the South Beach diet take away foods like potatoes and rice that have been staples in our society for years by saying they're not healthy, according to Mrs. Mulcahy. Like most diets, 95 percent of all weight lost is gained back because people haven't changed behavior. As soon as one goes back to their old habits the weight comes back.

"Diet pills are another problem because they're like saying, 'I can't do this without the pills,'" said Mrs. Mulcahy. If they were very effective the

*With all of the wrong ways to lose weight, what is the healthiest way?*

- ◆ First understand where calories come from.
- ◆ Keep a food journal in order to identify what you're eating and why. Emotional eating is eating when not hungry.
- ◆ Have a plan. Know where your meals are coming from.
- ◆ Don't set unrealistic goals. You have more control if you set small goals.
- ◆ Start an exercise plan. Ideally aim for 30 minutes three times per week.

For more information, call the HAWC at 773-4292.

use would be widespread.

Most American fast food restaurants are not helping. For instance, a hamburger, fries and a soda have around 1,540 calories. If it's super sized the calories number more than 2,000.

"That would meet your caloric needs for the whole day," she said. They promote items that provide little food with many calories.

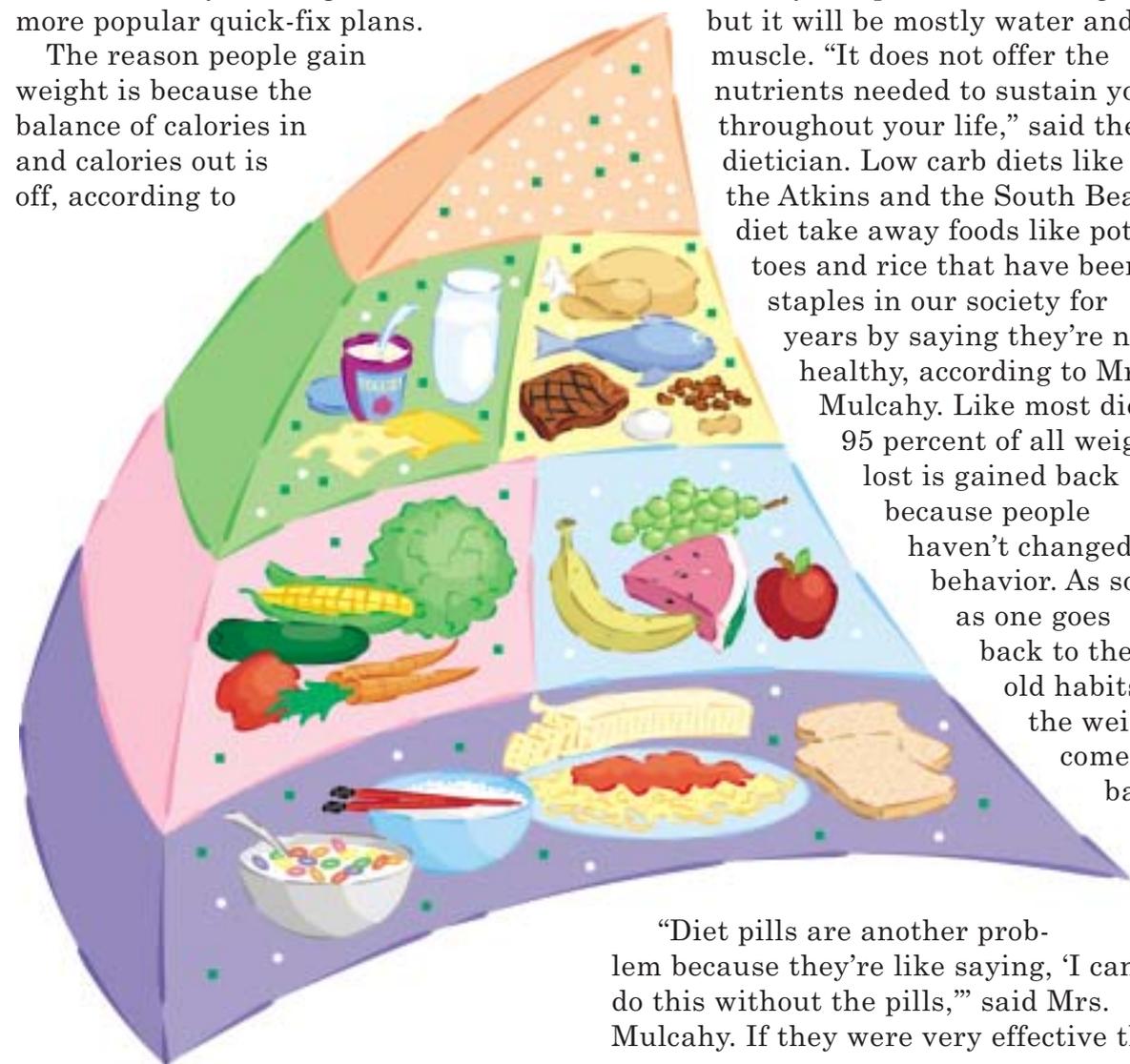
If you haven't exercised in a while start out slow with a few minutes of walking. Take the stairs instead of the elevator and park further away in parking lots.

Sensible weight loss is 1 to 1.5 pounds a week for females and 1 to 2 pounds a week for males. The most effective way to lose weight and be healthy, according to Mrs. Mulcahy is to change your lifestyle, not just for a few days or weeks, but for a lifetime.

Mrs. Mulcahy is available for nutritional counseling at the Health and Wellness Center.

The HAWC also provides micro fit evaluations, smoking cessation and blood pressure checks.

For more information call the HAWC at 773-4292.



## Volleyball Standings

North		South	
Team	Record	Team	Record
MXS1	6-0	320 MS	6-0
SFG	6-1	20 AF	5-0
MDG1	5-1	COMM	5-1
OSS	6-2	CPTS	4-3
321MS	3-3	37 HF	2-4
CE	3-4	790	2-4
90 LRS	2-4	MDG2	1-6
400 MS	2-5	<i>Standings current as of</i>	
MSS	2-6	<i>Tuesday</i>	

## Youth Bowling Scores

### Pee Wee (Ages 3-6)

Michael Smith 80 (Average 58)  
 Brittney Handel 76 (Average 60)

### Bantam-Prep (Ages 6-11)

Tyler Hall 508 (High Series Hdcp)  
 Amber Koskelowski 496  
 Sean Webb 197 (High Game Hdcp)  
 kawai Punahale 209

### Junior-Major (Ages 12-21)

Rob Bates 709 (High Series Hdcp)  
 Kristin Hereford 668  
 Brandon Patrick 242 (High Game Hdcp)  
 Tasha Hayes 240<sup>00</sup>

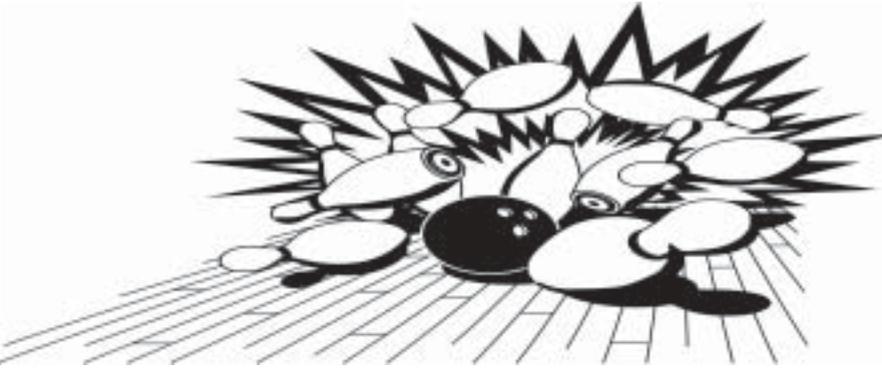


Photo by Staff Sgt. Kurt Arkenberg

## March's Midnight Madness

Warren ballers battle under the boards during the midnight basketball open gym March 12 at Freedom Hall. More than 50 gym rats showed up to run the floor from 10 p.m. to 1 a.m. Freedom Hall will host a 3-on-3 midnight basketball tournament March 26. Teams may have up to four players on each team and the deadline for sign-ups is Tuesday. Trophies will be presented to 1st, 2nd and 3rd place. For more information, contact Joe Kelly at 773-6178.

6+3



## Jumper appearing in "Stargate: SG-1" Episode

SAN ANTONIO — Air Force Chief of Staff Gen. John P. Jumper will appear in the season-ending episode of "Stargate: SG-1" scheduled to air today on the Sci-Fi Channel.

General Jumper appears in scenes taking place in the Oval Office for the episode "The Lost City, Part 2."

The episode was taped Aug. 25 in Vancouver, British Columbia. As the only person involved with the filming who had personal experience in the actual Oval Office, General Jumper was able to provide some technical advice on protocol in the office, according to an entertainment liaison official with the Air Force office of public affairs in Los Angeles.

The show airs tonight at 7 p.m. on Channel 48.

## Civilians to See Pay Increase

RANDOLPH AIR FORCE BASE, Texas — Air Force civilian employees soon will see extra money in their paychecks. The president signed an executive order March 3 authorizing a pay adjustment retroactive to Jan. 11.

Air Force Personnel Center officials began loading new pay tables into the system on March 11. But as in 2003, not all employees will receive the retroactive pay at the same time.

## Daddy's Home

DAVIS-MONTHAN AIR FORCE BASE, Ariz. — Airman 1st Class Ryan Bryson hugs his son, Chad, for the first time in four months. Airman Bryson returned from Iraq on March 6 where he supported Operation Iraqi Freedom. He is assigned to the 355th Aircraft Maintenance Squadron.



Photo by Staff Sgt. Lanie McNeal

# Col.'s Wife Designing New Nickel

**Crystal Toenjes**  
*Oklahoma City Air Logistics Center Public Affairs*

TINKER AIR FORCE BASE, Okla. — Graphic designer Susan Gamble is one of 24 artists from across the country selected by U.S. Mint officials to create original designs for the nation's coins and medals.

The U.S. Mint issued a nationwide call for artists in November and received 306 applications from professional and student artists interested to participate in the U.S. Mint's Artistic Infusion Program. Mrs. Gamble saw a newspaper article about the program and decided to apply.

"When I read of this opportunity, I was delighted to know that the Mint is making an attempt to put historical art in the hands of everyday people," said Mrs. Gamble, who is the wife of Col. Michael Gamble, 72nd Air Base Wing's Mission Support Group commander.

She has previously worked in past years for National Park Services, the Jamestown-Yorktown Foundation in Virginia, the Yorktown Battlefield and the Navy War Memorial, all of which required research and historical accuracy, she said.

"I find it interesting and encouraging that being a military spouse may have actually given me a bit of an advantage over some of the

other applicants in the competition for a master-designer contract," she said. "Our frequent moves have certainly opened up a range of jobs that never would have been possible if I was still living in one city years after graduating from art school."

Mrs. Gamble and the other artists attended an orientation at the U.S. Mint in Philadelphia to learn about the history of coin and medal design, the coin-making process and upcoming design opportunities.

"Our task is to do any research necessary and to submit a pencil or ink drawing that is complete and is 'coinable,' a term that the Mint engravers use to describe drawings that will work as base-relief engravings and that will create no obvious metal flow problems if used on new coins," Mrs. Gamble said.

The artists must present a design for at least one coin during their one-year contracts, but they can submit designs for all of the projects they are offered. She said the artists are paid as contractors for each design submitted, whether or not it is selected; however, if a design is selected, the payment is doubled by the Mint. The first assignment is to sub-

mit ideas for the second two nickels in the four-coin Westward Journey Nickel Series. It is the first change in the nickel in 66 years.

Artists have been asked to focus one of these designs on portraying the importance of the American Indian to the success of the mission.

They design an image for the second nickel representing either the progress of the journey or the culmination of the journey. The first two nickels in the series will be re-

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At this point, we are all thrilled to simply be part of a process that will raise the bar for beauty in American coins.--

Susan Gambel”

leased this year. "At this point, we are all thrilled to simply be part of a process that will raise the bar for beauty in American coins," Mrs. Gamble said. "None of the artists are really expecting any design to be selected, and the general consensus is that it is an honor to simply be part of the new design-selection process."

"This is a historic moment. We have selected 24 American artists, representing a diverse cross-section of the nation's artistic landscape," said Henrietta Holsman Fore, U.S. Mint director. "Together, we will invigorate the artistry of coin design in America."

# Wyoming Wonder Woman: Just Another Day in Paradise, Hooah!

In honor of Women's History Month, Airman 1st Class Lauren Hasinger sat down with one of Warren's top female cops, 2nd Lt. Wendy Allison, 90th Security Forces Squadron flight commander, to talk about breakfast burritos, hot rods and the importance of not worrying about what everyone else thinks of you.

## Describe your job.

As a flight commander I keep track of troops. Make sure they're doing their job. I'm the on-scene commander for things, mostly hostility situations, that happen on base. Mostly I'm a manager.

## How long have you been at your job?

I've been doing this job since October. Before that I was a flight commander in the missile fields. I've been in for a year and a half.

## What is your favorite part?

Being with troops. It's a fulfilling job. I like that it's not a desk job. I love it. I wouldn't want it any other way.

## Why did you decide to come into law enforcement?

That's all I ever wanted to do. I joined ROTC late in college. When I was looking over the careers, security forces jumped out at me. If something's going on I like being in the middle of it.

## Where did you go to college?

University of Wyoming.

## Are you from here?

No. I'm from Granby, Colorado. I traveled a whole 160 miles from home.

## What made you want to join the Air Force?

I was paying for college alone. As a sophomore I was either going to have to quit school and go to a regular police academy or join ROTC. I was able to get an ROTC scholarship right away.

## Where is the coolest place the Air Force has taken you?

I haven't seen a whole lot of the Air Force yet. The missile field is pretty cool. There's a lot of stuff left over from World War II and the Cold War. For Warren, the missile field is definitely the coolest.

## Where do you see yourself in five years?

Honestly I don't know. Right now I'm getting ready to get orders, hopefully overseas. It's hard to say what I'm going to do tomorrow, let alone today.

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

A Mel's Diner hamburger or a Columbine breakfast burrito, both from my hometown.

## Describe yourself in a few words.

Aggressive. Hooah. I don't think I'm real, real hard-core.

## Who is your hero?

My dad, definitely. Nothing ever bothers him. I've never seen him mad. He's the sweetest guy you'd ever meet. He'd give anything to anyone if they needed it. He hung the moon.

## Since March is Women's History Month, why do you feel it is important for people to celebrate this month?

To see where we come from. Wyoming is the Equality State. It was the first state to allow women to vote (although that's probably because there weren't enough people.)

It's important to be proud of what you are.



## What would you do with a time machine?

I would go to the 50s because the cars were awesome back then. I'd also go to the Old West because I'm a big old country girl.

## What's something the people you work with would be surprised to know about you?

I was shy in high school. Now I'm a very open person.

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

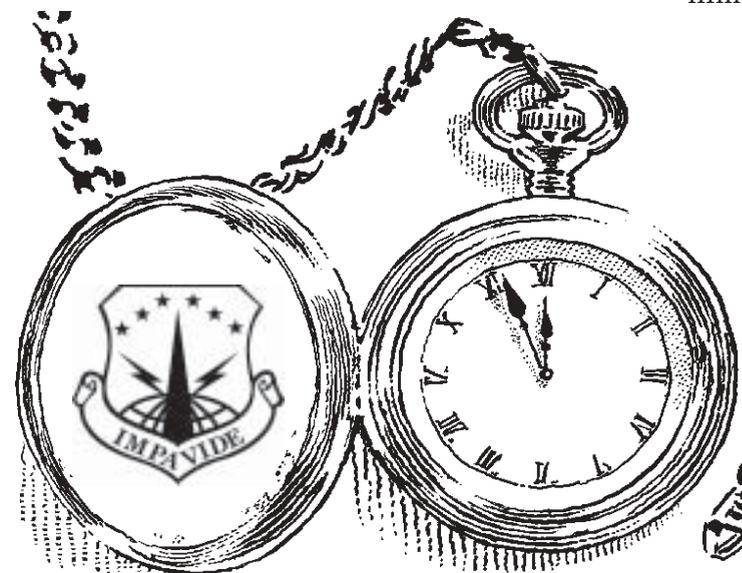
"Welcome to Mooseport" Before that it was "Lord of the Rings." I actually waited for the midnight showing.

## What is a book you can read over and over again?

All of the Harry Potter books.

## What is your life's motto?

I always say 'it's just another day in paradise.' I believe in no regrets. I used to be really shy. Now I think the worst they can do is laugh at you. Don't ever do something cause you're afraid of what someone else thinks.



## Ask Lauren Beth



**Q** - I find it very disgusting to be walking along the parade field track and come across something someone was too lazy to pick up. I'm talking about big piles of dog poop! It is required on all off-base parks to clean up after your dog. Does this apply on-base as well? I have seen dog owners on the track who actually do pick up after their animal, but most just stop on the track, let their dog do his or her business and continue around the field!

**A** - I tell you what, you sure came to the right place! After my interview with 2nd Lt. Wendy Allison, 90 SFS, (Page 18) I asked her about your question. She said that it is base policy to pick up after all pet waste. She also mentioned that if you do come across poop it could be from Warren's large antelope population. Nonetheless, it is imperative, both for health reasons and to keep Warren aesthetically pleasing, that everyone on base pick up after their animals.

**e-mail Lauren Beth at [lauren.hasinger@warren.af.mil](mailto:lauren.hasinger@warren.af.mil)**

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

## It Happened This Week

**March 19, 1910 -**

Orville Wright opened the first Wright Flying School in Montgomery, Ala., the site that later became Maxwell Air Force Base.



**March 20, 1954 -** The United States performed its second test of a hydrogen bomb in the Marshall Islands.

**March 22, 1941 -** The 99th Pursuit Squadron, the first black flying unit, was activated at Chanute Field, Ill.

**March 22, 1977 -** Fairchild Republic delivers the first A-10 Thunderbolt to Davis Monthan AFB, Ariz., for test and evaluation. The heavily armored jet attack aircraft was designed primarily for close-air support missions.

**March 23, 1983 -** President Ronald Reagan began researching the feasibility of deploying missile defense systems.

## CE Readiness; Recipes for Preparedness

Do you know where to go in case of a hazardous materials incident or natural disaster that requires sheltering? In most cases you will shelter in-place. You will only evacuate if it is unsafe to stay where you are. Every building on base has a room designated as the in-place shelter for that building. When you shelter for contamination, you should close off the doors and windows with plastic, duct tape, and towels to prevent any fumes from getting in. You must also shut off the utilities at least to that room. The facility manager is also the shelter manager, and should know where the utility cut-off is located. For tornadoes and

other natural disasters the best place to shelter is in a central room on the first floor in below ground level, but for hazardous materials it is safer to shelter in upper floors because vapors will settle. Make sure you are familiar with your shelter and procedures for sheltering.

Contact CE Readiness at 773-2132; [90ces/cex.training@warren.af.mil](mailto:90ces/cex.training@warren.af.mil)



Zero Drinks if you are Under 21!      Zero DUIs!      1 Drink per hour, MAX!      3 Drinks in one Night, MAX!

