

# Warren SENTINEL



*Inside: What do you believe? \*Saying goodbye with dignity \*Be aware of domestic violence \*Children are priceless*

# Commentary

## What I believe

Maj. Darren Easton  
37th Helicopter Flight

I recently had the unique opportunity to attend a ceremony honoring retired Marine Corps Capt. Milton Kussman at the Veterans Affairs hospital. Capt. Kussman was presented with two Distinguished Flying Crosses and six Air Medals for his heroic actions while flying Navy F6F fighters 60 years ago in the Pacific. It was truly moving to be able to witness the decoration of a man who put his life on the line to bring the world back from the brink of destruction.

Watching Captain Kussman stand tall in his dress blues, faded by the years, made me reflect on the actions of his generation and how they relate to the actions of the warriors of the 90th Space Wing. These are two separate generations of American fighting men and women who are different in so many ways, but share the common bond of giving their lives for the cause of freedom.

The generation that fought World War II faced and overcame difficulties that I cannot grasp. Nobody has looked at me and told me to charge a beach with my unit, knowing that few if any of us would return. Nobody has told me that bread and butter are rationed at the store because we need to support the war. For enduring these things and securing our way of life, we as a nation should be eternally grateful to our parents, grandparents and great-grandparents.

There is a way, however, in which Captain Kussman had it easier than do we. The danger he faced in the Pacific was real, visible and imminent. The dangers we face in the 90th Space Wing may be both real and imminent, but we are fighting an enemy that we cannot see. When Captain Kussman shot down a Zero or destroyed a machine gun nest, he knew he was winning. We know we are winning only when we don't fire a shot. How do we as a fighting unit maintain our focus and vigilance, sitting alert 24/7/365, taking up our posts to fight a war we cannot see?

As I took the guidon of the 37th Heli from Col. Jack Weinstein, 90th Operations Group Commander, I realized the need for us to have a common starting point that underscores who we are and why we take up our

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## Hoops Shots

What a pleasure it was last Saturday to spend the morning at the VA Medical Center to honor a fellow servicemember. The base turned out in mass to witness the presentation of two Distinguished Flying Crosses and seven Air Medals to **Capt Milton E. Kussman, U.S. Marine Corps Reserve**, for his actions during World War II. That ceremony highlighted several timeless lessons for me: 1) it's never too late to acknowledge heroism, sacrifice and service, 2) there is a bond amongst all servicemembers no matter what uniform we wear or whether we even fly an airplane, 3) no matter whether you stay in a career or just one tour, being a veteran and serving the nation is something you will be proud of your entire life – Capt. Kussman sure was and he looked great in his original dress blues after all these years, and 4) one person can make a huge difference. In this case that one person was **Mrs. Whittle** who learned that Capt. Kussman had never been presented the medals he earned in battle. She told her husband **Master Sgt. William Whittle, 90th SSPTS**, and the result was a fitting tribute and ceremony.

Well done to both of you for going this extra mile to correct this past wrong and for reinforcing the need to celebrate the prior generations of warriors. It also encouraged me to continue this push to commemorate the **Jolly Rogers**.

We also recently celebrated other great traditions. I signed a certificate acknowledging 30 years of federal service for **Mr. Gerald Evans, 90th Civil Engineer Squadron**. This is one of the fun things I get to do – paying respect for dedicated national service. I also had the pleasure of meeting with **Airman Alliy Atienza** who had the distinction of being the youngest/newest member of the Air Force here at Team Warren. Together we cut the cake for the Air Force's birthday. Though I'm not so sure I liked the implication that I was the oldest Air Force person around, it was an honor to participate in this tradition and to see such a bright and enthusiastic member of the upcoming generation of Airmen.

I've heard testimonials about our

great people and the work they do to make a difference every day. One concerned **Airman 1st Class Melissa Weston**, a Mighty Chef, who ensured her security forces teams who were out all day striking security situations had a hot meal when they returned despite being after normal hours. This was only her fourth tour and she is already setting a standard for hard work, dedication and customer service.

One of the more interesting parts of my week was stopping by the Operation Provide Joy events. This is an incredibly worthwhile program that gives so much to needy children in our community. Hats off to organizers **Capt.'s Todd Benson and Nadine Lynn**. From all accounts they made their fundraising goals though it was touch and go whether I was going to survive judging seven different chilis that day!

The highlight of highlight of the week was visiting the Mighty Ops Group. We started with a tour of the chef/facility manager building and what a huge turnaround from my last visit. I salute the leadership of **Master Sgt.s Bill Raney and Craig Heald** for their commitment to teamwork, standards and quality facilities for quality professionals. Taking us to Oscar One was **Capt. Robert Lockwood, 1st Lt. Marcus Jackson and Airman Bryan Cruz**. I don't think I ever had a smoother helicopter flight. On site I was particularly impressed with **Tech. Sgt. Casey Baxter** – who is the most squared away facility manager I've met here. His partner chef, **Airman 1st Class Tachelle Filer**, gave a great post brief, cooked a superb meal and answered all my questions concerning her kitchen. I was so impressed I coined them both on the spot. Downstairs on alert were **1st Lt. Joel Douglas and 1st Lt. Melissa Holyfield**. Yes, you see that correct – Douglas and Holyfield. It took all my willpower not to make the obvious observations. They certainly had everything under control and I was proud of their readiness, proficiency and attitude. Well done to all of you!

--Col Hoops

### Warren SENTINEL

#### Editorial Staff

Col. Evan Hoapili

90th Space Wing Commander

Capt. Warren Neary

Chief, Public Affairs

1st Lt. Nicole Walters

Deputy, Public Affairs

1st Lt. Darrick Lee

OIC of Internal, Public Affairs

Airman 1st Class Tessa Cubbon

Editor

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### On the Cover



Photo by 1st Lt. Darrick Lee

Staff Sgt. Lakesha Thomas, Airman 1st Class Ryan Miles, and Tech. Sgt. James Donaldson man the 90 SW command post. The CP is staffed around the clock and serve as the 'eyes and ears' for the wing commander.

# Commentary

## Believe, from page 2

posts. We have core values, the code of conduct, and a mountain of regulations, operating instructions and policy letters, but none of those bind us together on the bedrock of why we put on the uniform and come to work every day. So, I took the liberty of pulling together a few fundamental beliefs that comprise that starting point. We can argue at length about the proper force mix for an LF recapture or the wording of a particular regulation or what we think of the new garrison utility uniform, but if you believe in a few basic principles, we belong together, fighting in the forces which guard our country and our way of life.

I believe in the Constitution of the United States of America. I believe that our forefathers embodied in one living, breathing document the spirit and soul of the greatest nation ever to grace the earth. I would not have sworn my life to

protect it if this were not so. I believe that all of the leaders, personalities, policies and actions of Americans, good or bad over the past two centuries, are transcended by this spirit and soul.

I believe in the United States Armed Forces. I believe that the blood and the sweat of brave and noble yet very ordinary men and women from Valley Forge to Appomattox to Normandy to the Chosin Reservoir to Fallujah and all the dark unknown parts of the world bind all of us together in a heritage of those who believe there is something greater than themselves. I believe I will never know the true extent of their sacrifices which allow me to stand here today and allow all of us the freedoms that we enjoy and those so desperately sought after around the world. As with the Constitution, their gallantry transcends the good and the bad that covers the headlines today.

I believe in the mission

of Air Force Space Command and the 90th Space Wing. I believe that if it were not for the eternal vigilance of those who stand watch in capsules underground 24 hours a day 365 days a year, the Berlin Wall would still stand and we would either still be under the cloud of the Cold War or this base would be a small, uninhabitable corner of the Russian Empire.

I believe that our dedication and determination to stand our watch is the reason we have never had to fire one of these weapons in anger.

I believe that all of the Emergency War Orders, codes and weapon systems in the world would be for nothing if not for the security forces who take up their posts through bitter winds and blistering heat. Weapons ready, on a never-ending patrol, they fight the war with deterrence on the gravel roads and wheat fields of the high plains where the terms "weekend"

and "normal duty hours" mean nothing.

I believe in the 37th Helicopter Flight, a unit with a proud heritage, dating back to the Air Rescue Service, commissioned March 13, 1946, and on to the 37th Aerospace Rescue and Recovery Squadron to which so many serving in Vietnam owe their very lives. I believe in darkening the sky with Hueys full of cops if the bad guys ever dared attack us. I believe that our vigilance keeps them at bay. I believe in training hard in case that day ever arrives.

I believe no amount of procedures leading to a key turn would amount to anything if not for the maintainers who keep the missiles on alert. I believe in the vital role played by the chefs, FMs and support base personnel, and that without them we would have, as one missileer put it, a bunch of 40-ton paperweights.

I believe in the true sacrifice of the husbands,

wives and children who stand watch at home through late night shifts, ORI prep, TDYs and the Cheyenne wind.

I believe without their support, patience and dedication, the missiles would go off alert, the helicopters would be grounded and the enemies of freedom would rejoice.

We are all deeply indebted to Capt Kussman, our predecessors of the 90th Bomb Group, and the millions of others of the greatest generation who preserved our nation in the 1940s.

They faced dangers and made sacrifices that likely will never be asked of us. Let no one reading this, however, doubt that the nation is equally indebted to the noble warriors of the Mighty Ninety who have preserved our nation for decades, knowing that our ultimate victory is in never firing a shot in anger. Keep the faith and believe in our calling.

## Saying goodbye with respect, dignity, pride

**Master Sgt. Robert Branham**  
332nd Expeditionary Security Forces  
Squadron

BALAD, Iraq -- Somewhere in America a family member was waiting for a relative who was returning home.

He was returning early, having served his profession with pride and excellence.

We wouldn't be there to honor his arrival, but we were here to see him off with respect and dignity. His title, and the title of thousands of his like-minded brothers and sisters, was specialist. For their profession is to defend the United States of America.

The Soldiers of his unit and the Airmen of ours stood at attention, in a cordon of desert camouflage

uniforms, as six of his unit's young men stood ready to carry their brother to his place on the start of his journey home.

Just before they began their solemn march, we were ordered to present arms, and for three seconds our right arms were slowly raised to touch the corner of our eyes.

As the detail passed we held our salute, honoring our comrade in arms and the Stars and Stripes.

We held our salute until he was secured in his place of honor, then after the first sergeant's command, we slowly brought our arms to our side.

Still at attention, with eyes straight ahead, I could observe several faces with trails of tears, men and women alike, young and old. For we had lost one of our own, one

who put service before self.

Next, the Army chaplain marched between our columns to join his troop on the plane. Only then were we released from formation, but were told we could march onto the plane for the chaplain's comments. No one walked away.

Every member of the formation joined together, side by side, until there was no room to stand inside the plane.

The others stood respectfully just outside the plane's rear entrance, as the chaplain recited the 23rd Psalm before he said a prayer for our departing brother and for his family.

Slowly we left the plane so the specialist could begin the journey home. As I looked back into the cargo bay, I saw something I will never forget. Members of his unit

saluted the flag on their own; some touched it respectfully. One soldier leaned over and put his forehead briefly next to the stars, as if putting his forehead on his brother's forehead.

As our Air Force members slowly left the area, the Army again fell into formation. They stood at attention as the plane rolled away. Yes, somewhere someone was waiting for this loved one's final journey home.

We wish he hadn't left early. We gave him a final salute with heartfelt pride and professional excellence. His sacrifice to duty, honor, and country demanded we offer no less. We are the profession of arms. All of us made a commitment to serve. Most of us make some sacrifice while in service. Some make the ultimate sacrifice.



## Fire prevention week

### Monday

11 a.m. - 1 p.m. Display at Base Exchange  
Fire vehicle on display  
Fire prevention handouts

### Tuesday

11 a.m. - 1 p.m. Display at Commissary  
Fire vehicle on display  
Fire prevention handouts

8 a.m. - Fire extinguisher training at the Shoppette

4:30 p.m. - Visit to Youth Center

### Wednesday

11 a.m.- 1 p.m. Display at Base Exchange  
Fire vehicle on display  
Fire prevention handouts

9 a.m. - Visit Child Development Center

### Thursday

11 a.m. - 1 p.m. Display at Base Exchange  
Fire vehicle on display  
Fire prevention handouts

### Oct. 8

11 a.m.-1 p.m. Display at Club  
Fire vehicle on display  
Fire prevention handouts

### Oct. 9

11 a.m. - 2 p.m. Fire Department open house  
10:45 a.m. Parade in housing area  
Children's activities  
Puppet show  
Cartoon videos  
Fire extinguisher demonstration  
Hot dogs, chips and drink  
Door prizes

## SEMPER FI AIR AND SPACE POWER

Capt. Milton Kussman, U.S. Marine Corps Reserve, was awarded two Distinguished Flying Crosses and seven Air Medals for his heroic actions while serving as a pilot for the Navy in World War II. Between 1942 and 1945, Captain Kussman flew Bi-planes (N3Ns), Seaplanes (Os2Us), F4Fs and F4Us. In 1944, he led over 20 plane strikes. His service afforded him a chance to work with the famous Charles Lindbergh while learning about the Corsair. During a conflict at Iwo Jima, Captain Kussman was one of only two people left surviving at headquarters when the fighting ended.



Photo by Airman 1st Class Tessa Cubbon

# Domestic violence: Be aware

## Article courtesy of the Family Advocacy program

The nation, and the military, has made remarkable progress over the past 25 years in recognizing that domestic violence is a crime, providing legal remedies, social supports and coordinated community responses. Yet millions of families continue to be traumatized by abuse, leading to increased rates of crime, violence and suffering.

Violence against women, including domestic violence, dating violence, sexual assault, and stalking is a persistent problem for women across income, race and location.

A significant number of the victims and perpetrators have children who often witness or are exposed to the violence occurring in the home. In addition to the immediate trauma this causes, there may be long lasting emotional, behavioral, and financial injury, for the victim herself, for her children, and for society.

Nearly 25 percent of American

women report being physically assaulted or raped by a current or former spouse, partner, or date at some time in their lifetime, according to the National Institute of Justice and the Centers for Disease Control and Prevention.

• While estimates vary, between 3.3 million and 10 million children are exposed to family violence each year, according to the report of the Twenty-third Ross Roundtable.

Women victimized by abuse are more likely to be diagnosed with serious health problems including depression, panic attacks, high risk behaviors such as tobacco and substance abuse, and migraines, according to the Archives of Family Medicine.

Now is the time to prevent violence against women and children and its devastating costs and consequences by committing to a strategy focused on the community, children, youth and men.

If you suspect or witness someone being abused, you must stand up as

community members and report the suspected abuse.

There are many helping agencies on base with Family Advocacy acting as the primary agency to address this problem.

Remember, you are not doing the victim any favors if you turn the other cheek, or believe it is not your business to interfere in another person's life. We need to advocate and provide treatment services to the children that are exposed to abuse and neglect in their homes.

Children of abuse tend to repeat the cycle in their adult relationships, so the cycle must be stopped when children are young and impressionable.

Talk to youth to provide the "correct information" about sexuality and treatment of females.

Parents must talk to their youth and screen the types of messages that are influencing their values and moral development.

Men must also step up to the plate and confront their male counterparts

**TO REPORT ABUSE OR  
NEGLECT OR TO INQUIRE  
ABOUT AVAILABLE  
PROGRAMS AND SERVICES  
ON BASE, CALL FAMILY  
ADVOCACY AT 773-4228.**

when they are engaged in inappropriate behavior toward females or when they are telling or passing on jokes that are degrading or offensive to females.

By setting standards of conduct and attitude, men and women will be able to ensure that they are the "appropriate" role models for their children.

Everyone must understand and accept the important role to prevent abuse and neglect.

For more information about domestic violence programs or services, call 773-4228.



## Briefs

### Base child care programs

The Warren Child Development Center, Family Child Care, and Youth Programs announce their participation in the Child and Adult Care Food Program which provides reimbursement for nutritious meals and snacks served to young children in child care centers, Head Start and outside school hours programs. The goals of the CACFP are to teach good eating habits and assure that well-balanced, nourishing meals are served to children, the same meals will be made available to all enrolled children at no separate charge, and there is no discrimination in the course of the meal service. For more information call Suzanne Francis at 773-5745.

### AF Form 332

If you live in Military Family Housing you may be familiar with the AF Form 332. This form must be filled out any time you make changes to your quarters. Reasons to fill out an AF Form 332 might include: installing a dog run, putting in a satellite dish, painting a room, landscaping, putting in a fence, etc. If you are planning on doing **any** work on your quarters, it is best to call the housing office or refer to your "We Care" pamphlet to find out if you need a Form 332. For more information contact Tiffney Parke at 773-1840.

### New TRICARE Contract

Under the new contract, 90 MDG will now be responsible for the costs of care received from off-base providers. Intent is to better control/reduce private sector care costs. TriWest will stop paying for unauthorized urgent care visits. Patients will be liable for the bill if their visit off base was not pre-authorized. Emergency Care is where a "prudent lay person" believes there is a serious medical condition -- life, limb, sight. If you need Emergency Care, you go to the nearest emergency room and pre-authorization is not required. Urgent Care is an illness or injury that will not result in further disability or death if not treated immediately. If you need urgent care, you must call and seek medical advice. Pre-authorization to go downtown for care is required or you will be liable for payment of the bill.

**Appointments:**  
(307) 772-4020

**PCM (during duty hours):**  
(307) 773-3732

**PCM (after duty hours):**  
(307) 773-3461

# How fast could you escape?

## Fire prevention could save your life or a loved ones life

**Raymond Ezell II**  
*90th Civil Engineer Squadron*

It's 3 o'clock in the morning and you're sound asleep. Someone in the family has forgotten food cooking on the stovetop and a fire breaks out. As the flames spread and smoke begins to fill your home, will you wake up and escape safely?

If you have a smoke alarm, the device's warning signal can rouse you from your sleep and alert you to the danger in your home so you can escape.

The Warren firefighters feel strongly about the importance of working smoke alarms. They are teaming up with the nonprofit National Fire Protection Association and other firefighters across North America in promoting Fire Prevention Week, Sunday through Oct. 9. The theme for this year's campaign

is "It's Fire Prevention Week: Test your Smoke Alarms." NFPA has been the official sponsor of Fire Prevention Week since 1922.

They will be visiting schools and other places throughout the community to talk about the importance of installing and maintaining smoke alarms.

In addition, they will be encouraging children and adults to plan and practice home fire drills so that every person in a household knows how to get out safely if they hear the smoke alarm sound.

A fire can grow and spread throughout a home quickly. In fact, there may be as little as two minutes to get out safely once the alarm sounds. With close to 80 percent of all fire deaths occurring in the home, it's easy to see why smoke alarms are essential in every household.

People have been using smoke

alarms since the 1970s when they became available in stores. Since then, they have helped to cut the risk of dying in a fire by nearly half. Ideally, everyone should have a smoke alarm, but that's not the case. Roughly 70 percent of home fire deaths result from fires in homes with no smoke alarms or no working smoke alarms.

NFPA recommends at least one smoke alarm be installed on each level of a home -- including the basement and outside each sleeping area.

They should be tested once a month, following the manufacturer's instructions. The batteries in smoke alarms should be replaced once a year or sooner if the alarm "chirps," meaning that the battery is low. Replace all smoke alarms after 10 years, even those that are hard-wired or smoke alarms with "long-life" (10-year) batteries. Smoke alarms with "long-life" batteries should also be replaced when the alarm "chirps" or fails to respond to periodic testing. The batteries in these units cannot be replaced.

# Readiness review

## Contamination: Don't lose control

**Senior Airman Kelley Donovan**  
*90th Civil Engineer Squadron*

Contamination control is another term that is typically only used in a wartime context, but can certainly be applied to peacetime situations. Contamination

control includes all efforts to limit the spread of contamination around the base.

If passive defense is accomplished before an event, then contamination control will be easier.

During the event, people should remain indoors as much as possible to prevent personal contamination.

Operational decontamination is accomplished immediately after the event to prevent damage from contamination and to limit its spread. Think about how these efforts could be applied to a hazardous materials incident. If the base knows the threat before the event, then it will be better

prepared to respond. Once the event occurs, base personnel must do everything in their power to keep the material from spreading and contaminating the ground, water, equipment, and personnel. All waste from the incident must be carefully monitored and properly discarded.

## Construction corner

### Your time is precious...

Please help keep Warren clean; close dumpster lids after each use and check it regularly to make sure the wind has not knocked it over or opened it up and scattered your trash around. It takes a team effort by everyone from housing residents making sure that newspapers are recycled or discarded in the trash once read to facility managers policing up around their facilities to maintain the appearance of the base.



Remember, living on base in base housing or in dorms is a privilege, enjoy the privilege with pride.  
Pitch in and keep our base beautiful.

# Airmen need to heed Hatch Act rules

Courtesy of American Forces Press Service

WASHINGTON -- As the election season swings into high gear, the U.S. Office of Special Counsel has filed complaints against two federal employees deemed in violation of the Hatch Act. The complaints address the use of "politically partisan electronic-mail messages while on duty," OSC officials said. The Hatch Act regulates DOD employees' and servicemembers'

participation in politics. The recent violations focus on e-mails sent to about 15 recipients in one case and more than 70 in the other. "The use of Internet and electronic mail is second-nature to almost everyone and has become a favorite and effective campaign tool, even more so perhaps than four years ago," said Scott Bloch, OSC head. "I want to remind federal employees to be vigilant about following the Hatch Act, because we will consider this activity a form of electronic leafleting and thus a vio-

lation of the prohibition on partisan political activity in the workplace." Partisan political activity is defined as activity directed toward the success or failure of a political party or candidate for a partisan political office or partisan political group. Participation in politics is not completely forbidden; however, active-duty military and executive-branch employees need to be aware of the rights and restrictions that the Hatch Act imposes on such activity. What is allowed and disallowed can be a bit confusing.

Servicemembers are under the most restrictions. They may attend political meetings or rallies, but only as spectators and not in uniform. They are not allowed to give political speeches, serve in any official capacity in partisan groups or participate in political campaigns or conventions. They are also not generally allowed to campaign for political office. In its essence, the Hatch Act prohibits federal executive-branch employees from engaging in political activity while on duty or wearing an official uniform, officials said.



Photo by Liz Saucier

## GOOD CHILI FOR A GOOD CAUSE

Colonel Evan J. Hoapili, 90 SW Commander, samples chili during the Operation Provide Joy Chili Cook-off and Garage Sale fundraiser Sept. 24. OPJ raises funds each year to throw a huge holiday bash for less-fortunate children in December.



Photo by 1st Lt. Nicole Walters

## SHALL WE DANCE?

Staff Sgt. Sandra Nunes, 90th Medical Support Squadron pharmacy tech, and Staff Sgt. Bruce Cunningham, 790th Missile Security Forces admin, salsa at the Trail's End Club Sept. 24th. The next Hispanic Heritage event is a food extravaganza and car show Oct. 7 t the Transportation High Bay.

# Air Force still needs your input on blue uniform

## Sound off your opinion

Air Force officials are waiting to hear from you. Visit [www.uniforms.hq.af.mil](http://www.uniforms.hq.af.mil) to take the new uniform survey.

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

Aug. 6, 2003, Air Force officials announced plans to revamp the current utility uniform into a distinct service-specific, wash and wear battle dress uniform. Testing the uniform began in February. Master Sgt. Kal Robinson, 90th Space Wing career assistance advisor, was one of the few Airmen chosen to slip out of the brown and green woodlands and into the blue and gray tiger strips.

The sea-bee style hat was approved due to the functionality of the hat. Organizational hats will probably be authorized, but final decisions will be made at the end of the wear test.

Rank will be the same on the sleeve.

Sleeves can be rolled up the same way as the current uniform.

The material is made out of the same the Marines use. A permanent press treatment is used to make professional laundering obsolete.

An additional pocket inside the blouse was added for convenience.

The blouse may be tucked in or out of the trousers.

The uniform will come in male and female specific sizes.

The tiger stripe pattern was chosen to save time and money in developing a new pattern. It was previously worn during the Vietnam era.



Photo by Airman 1st Class Connor Elayan



# Children Are Priceless, Keep Them Safe

**Cori Ziemann**  
*90th Civil Engineer Squadron*

Parents, would you rather have your children in a safe environment before and after school, then at home with nothing to do? The Warren Youth Center runs a Before and After School Program for children in kindergarten (full-day) through sixth grade. Children are bused from the center to and from school, so you do not have to worry how your children are going to get home from school. If you do not want your children sitting around with nothing to do after school, then the youth program is a great way to get your children involved in a safe, fun after school activity. The center has so much to offer, your children won't complain of being bored. The program offers a



Photo by Cori Ziemann

Jordan Liley, daughter of Tech. Sgt. Terry Liley, 90th Security Support Squadron, completes her homework during Power Hour at the Youth Center

variety of social and instructional activities. When the children arrive from school they are greeted with a friendly face and healthy snack. The children have many exciting activities to pick from whether it is foosball, air hockey, the science corner, art table, music corner, cooking corner, reading or picking vegetables out of the

garden. The children get an opportunity to play, work on computers, do homework and participate in organized activities while waiting for their working parents.

The program runs Monday through Friday from 6:30 a.m. to 5:30 p.m. and is open during holiday breaks and teacher in service early out days. Parents,

don't worry, the Youth Center is National School Age Care Alliance certified, so your children are in good hands. The cost for your children's safety is priceless. To ensure your children will be in a safe, fun environment sign them up now. For more information on this program, contact the Youth Center at 773-2564.

# The Taste of Success

## The Mar's Bar smoothie shop offers Warren community healthy options

**Matt Cox**  
90<sup>th</sup> Communication Squadron Civilian Contractor

The Mar's Bar smoothie shop has only been open in the new fitness center for a little more than a month, but owner Marrissa Bice and Vince Miller, former owner, are excited about their store's early success. Mr. Miller said he is delighted with the response the Mar's Bar has received from the Warren family.

"We are really happy to be here and to provide a different, healthy option for the Warren community," he said. "It's very satisfying to provide a service to the men and women who protect our country."

After the grand opening Aug. 18, Mr. Miller and

Miss Bice quickly went to work on a plan to improve their flagship business.

"It didn't take us long to see what was working and what needed improvement," Mr. Miller said. "At the grand opening, we gave away free samples to create a buzz, and customer feedback provided us an idea on what people like and don't like."

And after a month of tweaking their all-natural ingredients, they are confident with the quality of their products.

"We only use the highest quality fruit and ingredients in our smoothies," Mr. Miller said. "And we are getting better at making them every day."

He also said Mar's Bar employees will "sweeten them up" according to a

customers' specific taste.

Co-owner Miss Bice added that the Mar's Bar staff works with customers "to come up with new, great tasting flavors."

Mar's Bar not only offers its signature smoothies; it

**"WE ARE REALLY HAPPY TO BE HERE AND TO PROVIDE A DIFFERENT, HEALTHY OPTION FOR THE WARREN COMMUNITY," FORMER CO-OWNER VINCE MILLER**

also offers coffee, hot chocolate and the occasional lunch special.

Fitness Center employee Andrea Aguiar said the convenience and quality of Mar's Bar products is a sure draw for customers. "I really liked the Peanut

Butter Dream smoothie," she said

Cornering the niche of the health-conscious crowd is a definite perk to the store's location, but Mr. Miller and Miss Bice have yet to rest on their laurels and have recently added an oxygen bar to further appeal to gym patrons.

The interestingly designed oxygen bar is a tabletop machine that offers customers a quick way to replenish a depleted body after a hard workout, according to Mr. Miller.

Mar's Bar will sell a customer a "nose hose" for \$3 which the customer will hook onto the machine and breathe in a flavored oxygen mist. There are more than a dozen flavors to choose from.

Customers can "hook up" for five, ten, fifteen minutes or more increments for a nominal cost.

"We've only had the machine for two weeks, but people are drawn to it; at first for its looks, and then for

**Get the hook-up**

Patrons might have noticed something new and peculiar at Mar's Bar: An Oxygen Bar. Prices are as follows:

- "Quicky" session is \$5 for five minutes
- "Lunch" session is \$10 for 10 minutes
- "Pro" session is \$15 for 15 minutes

its benefits," Mr. Miller said. "I hope to see a few more people come by and try a smoothie and the oxygen bar."



## TAKING A BITE OUT OF CRIME, ONE PARADE AT A TIME

McGruff the Crime Dog and Staff Sgt. Sean Corbett, 90 Security Forces Squadron Police Services Non-commissioned Officer In Charge, meet and greet Kimball, Neb. residents during the Farmer's Day Parade Saturday. Members from the security forces group, maintainance group, operations group and the civil engineer squadron were invited to be a part of the parade. To get your organization in a parade, call 1st Lt. Nicole Walters at 773-1922.

Photo by 1st Lt. Nicole Walters

Full Page ad



## Mark your calendars for SnoFest 2005

**Jim Lovely**  
*Air Force Space Command*

SnoFest 2005 is just around the corner. Start planning now for the military's annual snow sports weekend Feb. 4 through 6, 2005, at Keystone Resort.

SnoFest features a variety of activities geared just for members of the military community, including competitive ski and snowboard racing, fantastic parties and other activities. Discounts on lodging, lift tickets and equipment make SnoFest the most fun and affordable vacation option.

Because seating is limited at Friday's and Saturday's themed

buffet, live music and other entertainment.

Party tickets are \$12 and specialty discounted lift tickets will be available early November at the Information, Tickets and Tours office located in Outdoor Recreation.

Last year partygoers took home more than \$20,000 in prizes and giveaways, including weekend getaways, snowboards, DVD players, ski apparel and much more.

A wide variety of heavily discounted accommodations have been set aside at Keystone – hotel rooms, studios and one-, two- and three-bedroom condos, and are available for booking now.

It's important to book your lodging reservations as early as possible.

Rates at Keystone start at \$95 per night (not including tax and surcharge) for a deluxe studio that accommodates a family of four. To reserve lodging at Keystone, call 1-800-258-0437, and mention your base affiliation and group code GZ7SNOW.

For lodging near Keystone, call Colorado RandR, (303) 333-7367.

Ski rentals for SnoFest will be discounted at ODR, as well.

NASTAR ski and snowboard racing competitions among all represented military installations, fun races and open skiing are free with the purchase of a SnoFest lift ticket. All racers must register with Lorri Welsh by Jan. 21.

Saturday's Cardboard Derby may be the weekend's most fun event. Families, squadrons, teams and individuals build snow racers from cardboard, tape, paint, paper and rope. It's not too early to begin creating your entry.



Photo by Jim Lovely

Warren Schroeder, 21st Space Wing Services Specialist, competes in the Commanders Cup races during SnoFest 2004 at the Keystone Resort.

Trophies and prizes will be awarded in many different categories.

Non-skiers attending SnoFest won't be left out, either. Available activities include ice skating, tubing, sleigh rides, snowshoeing and cross country skiing. Also, on Friday and Saturday, ITT will be taking non-skiers on tours from

Keystone to various mountain towns for shopping and sightseeing. Sign up for the tours at ITT. Last year, corporate sponsorship totaled more than \$75,000 in cash, prizes and products, which helped defray costs for SnoFest participants.

For more information about SnoFest, call Lorri Welsh at 773-2858.

**“THERE ARE ONLY THREE THINGS THAT ARE CERTAIN IN THIS WORLD: DEATH, TAXES AND SNOFEST PARTY TICKETS SELLING OUT”**  
-- KAYE GRANT

after-ski parties and tickets are a stone-cold lock to sell out well in advance, partygoers should plan to get their tickets as early as possible.

“There are only three things that are certain in this world: death, taxes and SnoFest party tickets selling out,” said Kaye Grant, SnoFest marketing director. “Be sure to get your tickets early if you want to go.”

Each night's party in the Keystone Conference Center includes a scrumptious hot food

# It's not rocket science ... oh, wait ...

## Warren CGO part of elite group of Space Professionals

*No matter what your job is in the military, chances are you get some type of recurring or refresher training to make sure you're keeping up on your skills. The Air Force repeatedly trains us to remain ready to perform, but perhaps no other AFSC takes this training as seriously as our own 13Ss, Warren's Space and Missile Officers. Captain Jason Hopkins, 90th Operations Support Squadron, is part of an elite group of instructors tasked with keeping our Missileers proficient in the art and science of 'turning keys'. First Lieutenant Darrick Lee paid him a visit.*

**Hey, sir! Last time I saw you, we were in the 320th MS together. What are you doing here in the missile procedure trainers?**

I help give trainer 'rides' and make sure that classified materials are handled properly. **If you're an instructor, I guess the operations group thinks you're pretty hot stuff?** I don't know about that, but I'm glad I've been afforded the opportunity to be an instructor, because it makes me learn all the time. I feel obligated to try to learn as much as I can so I can make each trainer ride a good learning experience for each missileer.

**I know that learning all of the ins and outs of the weapon systems and techniques is extremely difficult for some missileers. What's the biggest challenge you face as an officer responsible for teaching others how to operate nuclear weaponry?**

The biggest challenge I face is keeping an officer on the right path when they stray from the training scenarios.

If a missileer is making a bad training decision, then I have to try and help them turn the consequences of their decision into something they can learn from during the ride while helping them find their way back into the part of the training scenario we're wanting to teach.

**So, where are you from?** I'm originally from Fort Worth, Texas, but I have family in Colorado Springs. I'm a Dallas Cowboys fan. **How do you think the Cowboys are gonna do this year?** I'm thinking they might make the playoffs, but probably won't get past the first round. But I'm still a fan, probably always will be.

**Many missileers finish their missile tour, and take on an assignment in another space-oriented field, many of them in Colorado. Are you planning on heading south after your time here, maybe to Colorado Springs?** Actually, I'm an acquisitions guy.



Photo by 1st Lt. Darrick Lee

Capt. Jason Hopkins, 90 OSS, shows a cut-away model of a Minuteman III launch facility. Capt. Hopkins helps train our missile crews so they maintain their proficiency. Given the nature of our mission, 90 OSS takes recurring training very seriously.

The Air Force has a program that takes acquisition officers, exposes them to the operations world, then returns them to acquisitions.

So, after my missile time, I'll probably return to an acquisitions position.

There are typically three bases acquisitions officers can go to: the Space and Missile Systems Center in Los Angeles, Wright-Patterson in Ohio, and Hanscom in Boston. I'm hoping for L.A.

**So, then, I take it you're staying in for a while?** For at least one more assignment, yes. **The Air Force is looking to reduce its force, and has been releasing Airmen under the Force Shaping and the Blue to Green Programs. What would you do if you left the Air Force?** I don't know just yet, which is why I'm staying in for another tour.

**What do you think civilians don't understand about the military?** In general, I don't think civilians understand that the military is more than just a job. It is a large group of professionals who have, in effect, signed up to be willing to fight and possibly die to defend basic freedoms such as freedom of speech. When people criticize the military, I wonder if they understand it's the military that helps provide them with the ability to do so.

**Besides your service in the military, do you have an ongoing goal or dream that you think about?** I sometimes think about entering the ministry, but I'm

not sure that will ever happen.

**I take it your faith is very important to you?** Definitely.

**What do you like about being here at Warren?** Well, Warren was my base of choice because it's close to family in Colorado Springs. Plus, I went to college at Colorado State University in Fort Collins, so this is familiar territory for me. Although I like the surroundings, I am looking forward to leaving the area.

**You mentioned you went to CSU. They just had an alcohol-related death. A young lady was partying and binge-drinking; she died of alcohol poisoning. What do you think about college students and alcohol?** Many high-school kids pick their college based on the 'party-school' rating. I don't think that there's anything wrong with having a good time. We just need to know about the dangers of drugs and alcohol before-hand so that we don't find our lives falling in a downward spiral that's hard to get out of, or worse yet, that we can't get out of.

**Well, thanks for taking the time to chat with the Sentinel. Any last-minute advice for Airmen reading this article?** Yes. Volunteer for challenges. They help you grow. If you don't feel you are being challenged enough, work toward learning something new.

**Drew Carey Tickets**

Outdoor recreation has group discount tickets to Drew Carey and the Improv All Stars that will perform at the Union Colony Civic Center, Greeley, Colo. Oct. 2 at 5 and 8 p.m. The tickets are \$33 each and in the B section of the center that seats 1,700. ODR will also offer transportation for \$5 per person on a first come, first served basis.

For more information, call ODR at 773-2988.

**Trick or Treat Off the Street and Pumpkin Carving Contest**

Little ghost, princes, and heroes are all invited to Fall Hall Halloween night for Trick Or Treat Off the Street Oct. 31, 6 to 9 p.m. The youth center staff and volunteers will host a haunted house, crafts, a Piñata, ghost bowling and many other fun games for children. The event is free and there will be a hot dog dinner available for a nominal fee. Kids and adults can enter the pumpkin carving contest with winning entries displayed at the Trick Or Treat Off the Street. Just take your entry to the youth center by Oct 28. Age groups are 5 to 7, 8 to 10 and 11 to 18, and age 19 and older.

The next two volunteer meetings are Oct. 13, 10 a.m. and Oct. 22, 10 a.m. at Fall Hall.

For more information, call Soni Snow at 773-2564.

**Club Halloween Bash**

Dress up in costume and come out to the club Friday, Oct. 29, 7 p.m. for the Halloween Bash. Cash prizes for winners of the costume contest; best dressed couple, scariest and funniest! Be entertained by the band, Twisted Cain, enjoy snacks and play, "Let's Make A Deal". Free for club members and \$3 cover for nonmembers!

**Texas Hold'em**

Put on your poker face and come to the club Saturday, Oct. 23, 2 p.m. for some Texas Hold'em! Get \$20,000 in Club Bucks. AAFES gift certificates for the top five players. Blinds start at \$100 and increase every 30 minutes. Entry fees are \$20 for club members and \$25 for nonmembers. Sign up by Oct. 15 and save \$5! Must be 18 years old to participate.

Call the club at 773-3048 for more information.

**Air Force Club Membership Drive**

How would you like to win \$3,000? Well you can just by joining the club during the fall club membership drive now through Nov 30. Air Force is giving each command

big cash prizes to encourage us to join and participating in Air Force Clubs. There will be a drawing for new members who join during the drive and current members in good standing as well for \$250 at the end of membership drive party Dec 1. Sponsored in part by Sprint. No federal endorsement of sponsor intended. Active duty, reserves, guard, DoD civilians, military retirees and full time contractors and welcome to join the club. Free lunch for all new members who join during the promotion.

For more information on club membership, call the club at 773-3048.

**Columbus Day Bowling Special at Warren Lanes!**

Come to Warren Lanes Columbus Day, Oct. 11, 11 a.m. to 6 p.m. and bowl for \$5 per hour and rent shoes for \$ .50. For more information, call 773-2210.

**Lights on After School - Open House**

Lights on After School is scheduled for Oct. 14, 6:30 p.m. This is an open house that spotlights after school programs at the Youth Center. There will be a guest speaker and slide show spotlighting all of the after school program activities;

Open Recreation, Sports and School Age Program. Activities will also be offered. Holly's dancers will also perform.

Call 773-2564 for more information.

**Mountain Biking and Hiking Adventure Trip**

Mountain bike, hike and hang out Columbus Day weekend Oct 8 to 11 in Moab, Utah. This Outdoor Recreation sponsored trip departs at noon on Friday, arriving in Moab around 8 p.m. Stay three nights at the Lazy Lizard Hostel This ride is suitable for novice mountain bikers. Early dinner, window shopping and the possibility of some free music from the music festival that will be in town. Later that night go up to the Slick Rock Bike trail and ride it or hike it in the dark.

Sunday is open. Do an easy or hard bike ride, go for a hike, sight seeing, lift assist downhill mountain biking, a combo of activities or even break up into groups if possible. After the park it's lunch in town and the drive back. Sign-up early - space is limited; ODR bikes will be available at no charge for those who need them (limited quantity). The cost is \$165 per person.

Call 773-2988 for more information.

6 by 6



**VOTE!**

**ARMED FORCES VOTERS' WEEK**  
**SEPTEMBER 3 - 11, 2004**  
**It's your Future. VOTE for it!**

FEDERAL VOTING ASSISTANCE PROGRAM  
 1.800.438.VOTE (8683)  
 or 703.588.1584  
 www.fvap.gov  
 vote@fvap.ncr.gov

## THE CHOICE IS YOURS. CAST YOUR VOTE

With the November 2004 general election almost upon us, time is running out to participate in the elections this year.

Contact your unit Voting Assistance Officers and request your Federal Post Card Application today.

Visit the Federal Voting Assistance Web site at [www.fvap.gov](http://www.fvap.gov) to find "How To Do It" brochures and the "Frequently Asked Questions" page.

### Your 2004 Group Voting Assistance Officers:

- 20 AF: Master Sgt. William Medema  
ext. 5365
- 90 SW: 1st Lt. Nicole Walters  
ext. 3381
- 90 MDG: Master Sgt. Dori Batten  
ext. 5610
- 90 MXG: Capt. Jordan Murphy  
ext. 2461
- 90 MSG: Tech. Sgt. Daniel Sharp  
ext. 3805
- 90 OG: Staff Sgt. William Kennedy  
ext. 4423
- 90 SFG: 2nd Lt. Wendy Allison  
ext. 3881

# 50 Years Space and Missile Trivia

**In what year did the Army officially transfer Ft. F. E. Warren installation to the Air Force?**

Last week's question:

**Which company was awarded the MX-774 project which was the predecessor to the Atlas Intercontinental Ballistic Missile?**

*April 1946, Convair awarded the MX-774 project, predecessor to the Atlas intercontinental ballistic missile (ICBM).*

Want to learn more about space and missile history?

Check out AFSPC's anniversary Web site

[www.peterson.af.mil/hqafspc/50th](http://www.peterson.af.mil/hqafspc/50th)



Photo by 1st Lt. Darrick Lee

## IT'S OFFICIAL ... FIRE PREVENTION WEEK IS UNDERWAY

Lt. Col. Joe Ballard, Civil Engineer Commander, and Warren Fire Chief John McDougal and Assistant Chief of Fire Prevention Del Hammond observe as Col. Evan Hoapili signs the document that officially declaring Sunday through 9 as Fire Prevention Week. Although the week stresses the importance of smoke alarm testing and fire safety, it includes a parade, and loads of activities including extinguisher training and a fun-filled day for kids during a Fire Department Open House. See page 5 for more details.

**WIRED**

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 Inspection  
 Ready EVERY Day**