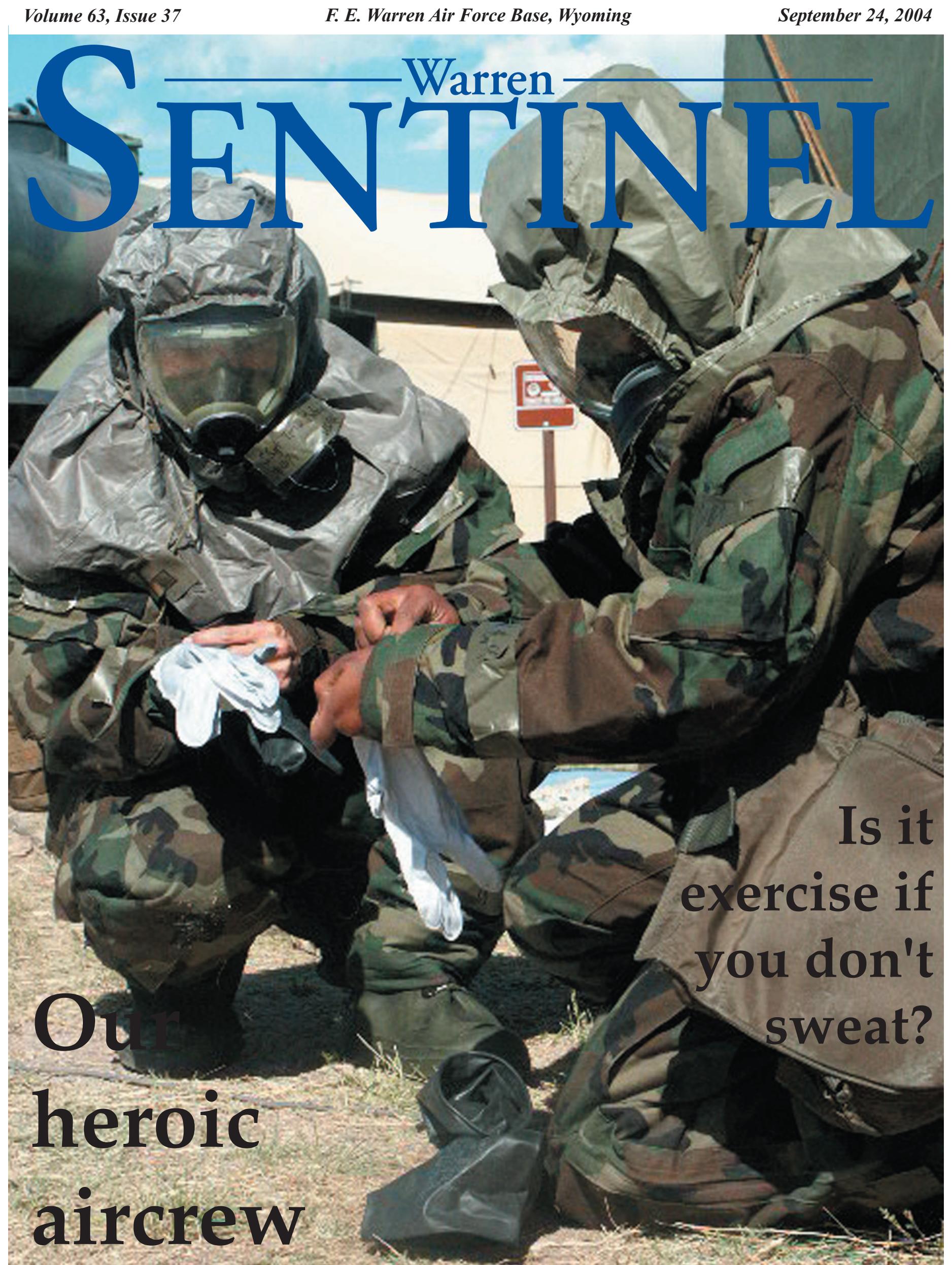


Warren SENTINEL



Is it
exercise if
you don't
sweat?

Our
heroic
aircrew

Commentary

Where's your compass?

Lt. Col. Richard Roth
90th Security Forces Squadron

Weapon? Check! Ammo? Check! Two weeks worth of food? Check! Tent? Check! Sleeping bag? Check! Compass? Compass? Houston, we have a problem. Now, where is that darn compass?

As I go through the familiar ritual of ensuring I have all the required gear and supplies necessary to successfully complete an upcoming hunting trip in to, and hopefully back out of, the remote wilderness of Alaska, it suddenly hit me that this simple process shares something in common with what we all experience absolutely every day we put on our military uniform.

Although I have no idea why I'm thinking of work at the precise moment that I'm packing for an Alaskan adventure, I can't help to think that my team -- well, OK, maybe my equipment in this case -- is missing one of its "members" and may not be able to complete its mission ... at least not as easily as it should.

This situation mimics what we face in our work environments -- and in life in general. If one member of your team fails to show for work or performs without meeting standards -- like my global positioning system did several years ago on another Alaska hunt, and my flashlight a year before that, and my waders before that -- then the whole team suffers and mission accomplishment is jeopardized. Being the professionals that you are, you tend to find the ways to accomplish the mission despite adversity, but certainly not without pulling those standby's you were hoping to avoid.

Yes, just one individual among many can severely impact the workload and success of the team. I see this time and again in my unit as well as across the 90th Space Wing ... one DUI, one underage drinking incident, one sexual assault, one driving with a revoked license, a drug possession, accidental firearm discharge, larceny, and the list goes on and on. The point is, just one lapse of good judgment can take an individual out of pocket for an extended period of time and will strain the workload of those left behind to accomplish the mission.

As members of team Warren, I'd ask each of you to analyze your behavior to see if you are putting your teammates and mission accomplishment at risk. If you are, reevaluate what you are doing to put yourself in that position. Ask yourself a simple question -- are you here to support your team or are you jeopardizing team success ... and perhaps your career in the Air Force? If the answer is the latter, perhaps you should adjust your behavior accordingly.

Remember the Air Force Core Values-- integrity first, service before self, and excellence in all we do. They all apply in this scenario. These basic principles will remind you of what it will take for you to do your very best and to help get the mission done. For yourself and the team, search deep down inside and seek for that part of you that understands right from wrong.

We all have this moral compass in our backpack that guides us in the direction in which we need to go in order to be successful for ourselves and for the team. Sometimes we just need to reach deeper and look harder to find it. But once we do, the reward is worth it!

Now, where was I? Compass? Compass? Ah, there it is. Check! I feel better already.



Hoops Shots

I spent last weekend as most of the wing did remembering our prisoners of war and missing in action. I am very proud of the unique way Team Warren honors these heroes and lets all of us know that their struggles and sacrifices are not and will not be forgotten. I was at both flagpoles on base and our state capitol talking to those who took part in this tribute. On every shift what I found was servicemembers from active, guard, officer, enlisted and every branch taking part. In every case, folks came early and practiced to make sure their 20-minute shift was sharp, professional and reverent. In every case, there were more people than required. Folks showed up early to make sure everything was covered and stayed late even when not needed. It sure made me, and all of us who watched, very, very proud.

Starting at about 4 a.m. Saturday morning I had the pleasure of meeting and sharing this moment with **Capt. Steven Riegel, 2nd Lt. Michael McGee, 2nd Lt. Jesse Goens, 1st Lt. Jeremy Johnson, 2nd Lt. William Hassey, Army Staff Sgt. Orlando Cepeda, Senior Airman Jeffrey Long, Airmen 1st Class Stephanie Bathrick, Martin Guardado, Pedro Palmer, Cindy Carmical, and Darlin Orde-Sandoveal.** They each had the same feelings -- the desire to honor those who came before and to do their part. I know that for each of us this one moment of standing vigil at the capitol or on base will be a cherished memory of our service and career -- something unique to our profession of arms and our base. I hope we continue this tradition for many years to come.

Later that morning I pulled some time at the main gate. There was quite a crowd at work as we had four augmentees on duty. Turning in their maintenance tools for weapons were **Airmen 1st Class Kierston Fox, Steven Watchers, Sean Lawrence and Airman Sean Weaver.** This was the last of their ready augmentation training -- having already completed

their weapons qualifications and law enforcement ride alongs. Despite the hour, they were all pretty pumped and the defenders on duty early that morning were more than happy to have the extra help and company checking out vehicles and ID cards. I was pleased to see such motivated troops who took on this additional mission. We never know when we'll need them, but when we do it's comforting to know that our base will be so well defended. And if nothing else, there are four more folks on this base who now know firsthand what it takes to man those gates and have a newfound respect for our elite gate guards.

Finally, let me salute the efforts of **Lt. Col. M.V. "Coyote" Smith,** our 321st Missile Squadron commander. He recently attended a reunion of the original 90th Heavy Bombardment Group that flew with such distinction in World War II. There are only 100 or so of the original Jolly Rogers with us and they told so many stories of their time at war. My favorite was of one of the original 321st commanders who came from Cheyenne and named his B-24 Liberator "The Daddy of 'em All." What touched me more was that these members of the Greatest Generation wanted to know about us, how proud they were of us and what they could do for us. They sacrificed years ago and yet today they still serve and care more for others! I learned they were to make 2005 their last-ever reunion -- too few are left and age is taking its toll. But I believe they are now convinced to make their last reunion in 2006 right here at Warren to pass the torch to today's Mighty Ninety. I hope they do and, moreover, when they get here I hope they see a wing as proud of them as they are of us. So, let's get those skull and cross bombs out and carry on in their names!

-- Col. Hoops

Warren SENTINEL

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On the cover



Photo by Airman 1st Class Tessa Cubbon

Staff Sgt. Florentina Thibedeau, 90th MOS and Airman 1st Class Timisha Games, 90th MDOSS, prepare for a simulated possible chemical attack during the readiness exercise Sept. 15.

Space professional development

A look into the not-so-distant future

Gen. Lance W. Lord
Air Force Space Command commander

Earlier this summer, Under Secretary of the Air Force Peter Teets and I outlined for Congress our strategy to develop the professional Space Cadre the nation needs to acquire and operate future Space systems.

We in Air Force Space Command have an aggressive career field tracking plan, matched with an educational plan, to move Spacepower forward. Here's an overview of our first steps, so you can understand how the plan will affect you.

First, we've identified every individual who qualifies as a "Space Professional," and then created a method to record and track your unique experience that differentiates you from all other AF specialties.

Congress initially focused solely on the officer corps, but we quickly expanded the definition to include a Total Force ensemble of enlisted members and government civilians, as well as Air Force Reserve and Air National Guard members. Believe it or not, resolving who is and who is

not included has been one of our toughest challenges in moving forward. At this point, we define "Space Professionals" as all specialties that research, design, develop, acquire, operate, sustain or enhance our Space systems. This includes a broad range of career fields such as communications, intelligence, maintenance, logistics, weather and a host of others.

A subset of this overall group is referred to as the "Space Cadre" and it consists of the scientists, engineers, program managers and operators who are principally responsible for taking our military Space systems from "concept to employment."

This smaller group is the focus of our initial efforts, and so far we have identified nearly 10,000 members. As we continue to evolve, individuals from other career fields may well migrate into the Cadre.

Along with identifying who is in the Space Cadre, we developed a process to track people's unique Space expertise, based on nine distinct categories of "Space Experience Codes" or SPECs.

The nine SPECs are: Satellite Systems, Nuclear

Systems (e.g., ICBMs), Spacelift, Missile Warning, Space Control, Intelligence/Surveillance and Reconnaissance, Kinetic Effects (e.g., Ballistic Missile Defense), Space Warfare Command and Control (e.g., AOCs), and a general category for all other Space experience. To date, we have evaluated more than 7,000 active duty officer and enlisted records and documented each individual's history of Space Experience Codes along with their current level of certification.

The next step involved development of a Space education continuum, specifically targeted to members of the Space Cadre and offered at recurring points throughout their careers.

Similar to PME, these courses are designed to prepare people for progressively higher levels of responsibility.

By periodically bringing members of the Cadre together, the Space education continuum will also serve to help nurture a stronger sense of "Space culture," which was a particular area of concern for the 2001 Space Commission. So far, the catalogue of courses includes Space 100, Space 200, Space 300 and Advanced Space Training for our various operational Space systems.

To tie all of these education and training initiatives together, we are moving

forward on the standup of a "National Security Space Institute."

Our goal is that the institute will transform our existing Space Operations School into a DoD-wide center of excellence for Space academic training. In addition, we will partner with a consortium of civil-

**"NOTHING HAPPENS OVERNIGHT. WE'VE STILL GOT A GREAT DEAL OF WORK AHEAD OF US AND IT WILL TAKE EVERYONE'S HELP."
- GEN. LANCE LORD**

ian institutions of higher learning to leverage their existing academic expertise in the areas necessary to develop our Space Professional Community.

We already have Space Professionals integrated and bringing Space capability to the Combatant Commanders and Combat Air Forces.

Approximately 135 individuals have graduated from the Space Weapons Instructor Course at Nellis AFB, Nevada.

They are integrated throughout the Air Force providing Space expertise in and out of theater. We have roughly 500 additional people that have experience

with Space integration work in theater and we have sent more than 1,600 personnel from AFSPC to the theater for Operations ENDURING FREEDOM and IRAQI FREEDOM.

That's where we've been and where we are going. We've taken the initiative to step forward smartly, but nothing happens overnight. We've still got a great deal of work ahead of us and it will take everyone's help. Space systems and capabilities are integral to our success in fighting today's battles and the linchpin to all planning and execution for success in tomorrow's battles.

Your contribution to the fight, and that of every member of the Space Professional Development community, is vital to our success.

Many of you have already seen the Space Professional Development presentation given by our Headquarters Space Professional team.

For those of you who haven't, they'll be coming to your base soon. Please take advantage of this opportunity to ask the tough questions and get on board the Space Professional Development train.

For details on SPECs and school courses, see: https://halfway.peterson.af.mil/spacepro/documents/STW%20website_files/frame.htm.

Briefs

Blue to Green briefing

Under the recent Force Shaping, Phase II Program, our Air Force is looking to reduce our force by 18,000 enlisted and 4,000 officers by the end of fiscal year 2005. While the Air Force is reducing their forces, the Army is increasing theirs. This program allows many Airmen a chance at a new career while remaining in the military. The Air Force separation office and the Army recruiting command have arranged for a Blue-to-Green briefing team to visit Warren. There will be two briefings in the education center: one at 10 a.m. on Sept. 28, and the other at 3 p.m. on Sept. 30. Come to learn about the details of the program.

For more information, call U.S. Army Capt. Andrew Montoya at 778-7640.

90 MDG wants to hear from you

As of Sept. 17, the 90th Medical Group is implementing a telephone survey to receive timely feedback on care rendered at the clinic. "Participation is vital to improving our system and meeting our patients' expectations and needs," said Col. Ronald Pearson, 90 MDG commander. An authorized individual will contact random patients via a phone call asking questions pertaining to quality, access, and general care received at the 90 MDG. The telephone survey lasts just a few minutes and includes only seven simple questions. The interviewer does not have access to any personal medical information nor will patients be requested to provide that information.

For more information, contact 2nd Lt. Tanya Yelverton at 773-6100 or Tanya.Yelverton@warren.af.mil.

TRICARE contract begins today

Under the new contract, the 90th Medical Group 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 (e.g., sore throat, sprain, headache, etc.). 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.

Important phone numbers:
 - **Appointments:** 772-4020
 - **PCM:** 773-3732
 - **PCM (after duty hours):**
 773-3461

"It's not the length of life, but the depth of life." – Ralph Waldo Emerson.

She never asked to be loved, but the love her family felt for her could fill the universe.

Ashley Nicole Nunes was born July 24. The beloved daughter of Airmen 1st Class David and Amy Nunes passed away unexpectedly Sunday.

She is survived by

her sister, Lindsey Nunes; her maternal grandparents, Karen and Kent Jackson of Malden, Mo.; and paternal grandparents, Brenda and David Nunes of Colorado Springs, Colo.; three aunts, Britney and Rachel Nunes and Misty Finch; an uncle, Adam Nunes; a cousin,

Logan Nunes; and great-grandparents, Charles and Shirley Finch of Missouri and Bill and Sara Berry of Mississippi.

Airman David Nunes is assigned to the 90th Communications Squadron, while his wife, Airman Amy Nunes is a missile chef for the 320th

Missile Squadron.

During her 57 days on earth, Ashley touched the lives of all those around her. She is greatly loved and will be deeply missed.

Services were held at Frontier Chapel on Wednesday. A graveside service was held in Colorado Springs.

Your weekly dose of helpful tips from civil engineering

Article Courtesy of the 90th Civil Engineer Squadron

Passive defense activities are those that you take before an incident happens.

These activities help minimize the damages caused by an attack or other incident.

The term is usually used in a wartime context, but can apply to peacetime emergencies as well.

In a wartime environment, passive defense consists of the classics of camouflage, concealment, and deception, as well as contamination control, dispersal, and hardening.

Some example activities are: hardening shelters with sandbags, berms, and revetments, bringing critical equipment indoors, covering equipment that can't be brought in, dispersing personnel and equipment so that no asset is completely wiped

out, concealing critical infrastructure, putting up decoys etc.

These types of activities can be used in peacetime environments to protect against HazMat incidents, WMD events, and even natural disasters.

It is critical to know where your shelters are and to know the procedures for evacuation and protection. Ask your FSTR representative for more information.



Photo by 1st Lt. Darrick Lee

FLAPJACKS AND RUGRATS

A caregiver at Warren's Child Development Center hosts a pancake breakfast Sept. 17. Although parents are encouraged to visit with their children at any time, the CDC periodically extends a formal invitation for moms and dads to share in their child's day-care experience.



Fire Prevention Week Begins

Warren Fire Department hits the road to teach fire safety

Delbert G. Hammond
90th Civil Engineering Squadron

Fire Prevention Week begins Oct. 3. Warren firefighters, along with thousands of firefighters across North America are visiting schools and other sites in the community to teach the basics of fire safety and prevention.

The nonprofit National Fire Protection Association has been the official sponsor of Fire Prevention Week since 1922. The theme for this year's campaign is **It's Fire Prevention Week: Test Your Smoke Alarms.**

Even though smoke alarms are now widely popular, it is still true that roughly 70 percent of home fire deaths result from fires in homes with no smoke alarms or no working smoke

alarms.

If a home fire occurs, smoke alarms cut your chances of dying nearly in half. They should be installed on every level of a home, including the basement and outside each sleeping area. They should be tested once a month, following the manufacturer's instructions. Batteries need replacing once a year or as soon as the alarm "chirps," indicating 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.

A fire can spread through your home rapidly. In fact, you may have as little as two minutes to escape safely once the smoke alarm sounds.

In addition to maintaining smoke alarms, it's vital that families develop a basic home fire escape plan so they know what to do when a smoke alarm sounds.

Involve everyone in the household in putting together the plan.

Choose an outside meeting place a safe distance from your home where everyone can meet. Practice your escape plan twice a year, making the drill as realistic as possible.

We'd like for you to be part of the fire safety and prevention effort.

So, test your smoke alarms and practice your home fire escape plan. Advanced planning could mean the difference between a safe escape and tragedy.

New process for medical appointments

The appointment line phone number is 772-4020. For referrals outside the medical treatment facility:

1. Any patient being seen for urgent care MUST have prior authorization from their primary care manager to prevent being charged for that visit.
2. Call your PCM during duty hours at 773-3732 or the PCM on-call after duty hours at 773-3461.
3. The patient must ensure that their address is correct at the time they check in for their MTF appointment.
4. Routine referrals will be received in the mail by the patient within seven days after the PCM initiates it.
5. The patient will receive the referral and call the specialty clinic specified on the letter to make the appointment.
6. The patient will then call the number listed on the referral to activate payment for that specialty visit.
7. The patient must take the original referral to the specialty clinic because the specialist will not receive a copy of the referral

Construction Corner

Civil engineering is working hard to improve the following areas:

Restricted access continues to the parking lots of Buildings 248 and 250. You can gain access by the east entrance, the contractor will be preparing for the placement of curb and gutter. Access will be restricted for one week.

Restricted access continues to the parking lot of Building 244. You can gain access by the west entrance, the contractor will be installing curb and gutter, and preparing for asphalt installation. Access will be restricted for one week.



TOP 12

General Lance W. Lord, commander of Air Force Space Command congratulates Tech. Sgt. Teresa Mossoni, 319th Missile Squadron after presenting her a coin in the Air Force Association Air and Space Conference Exhibition Hall at the Marriott Wardman Park Hotel, Washington D.C., Sept. 13. Sergeant Mossoni was recognized as one of Air Force's 2004 Outstanding Airmen of the Year.

Hometown Heroes Award goes to Warren members Aircrew named heroes by local community

Airman 1st Class Lauren Sixbey
Public Affairs

Five members from the 37th Helicopter Flight were presented with an American Red Cross - High Plains Branch - Hometown Heroes Award Sept. 14 during a heroes breakfast at the Little America Hotel.

The Hometown Hero Award honors hometown heroes who don't usually get recognized for what they do, according to Kace Sanders, American Red Cross of Wyoming director of administration.

The aircrew received a call on the morning of July 17 to aid in the search and rescue of two drowning victims in the North Platte River near Torrington, Wyo. Though their efforts turned into a search and

recovery, ground rescue personnel said that one of the bodies would not have been found for quite some time without their help.

About 10 minutes into the search the crew located the body of one of the drowning victims, a 19-year-old male, in the water and immediately notified ground personnel, according to aircrew commander Capt. Roderic Butz.

They stayed for approximately three more hours in an attempt to locate the other victim, a 17-year-old female, before the air search was called off.

"No one is more concerned with our people and our neighbors than we are and we are proud to assist when needed," said Col. Jack Weinstein, 90th Operations Group commander.

Along with Captain Butz, the crew consisted of Capt. Felisa Palfery, copilot, Airman 1st Class Bryan Cruz, flight engineer, Maj. Kevin Anderson, flight surgeon, and Master Sgt. Paul Knepp, medical technician.

In addition to the active duty military category, nine other awards were presented. Among them were for emergency services, business hero, education hero, animal rescue, Guard and Reserve military, inspirational hero, individual volunteer, volunteer organization and unsung hero. Though search and rescue is not the primary mission of the 37 HF, it is something that they practice often.

"We were very prepared," said Captain Butz. "We look forward to any opportunity where we can help."

"Our helicopter crew is a group of highly trained, motivated, dedicated professionals we trust with awesome responsibilities," said Colonel Weinstein. "The Air Force's stringent training and safety standards help ensure the well being of our people and the communities we interact with."

This was the first year for the Hometown Heroes Award, though the Red Cross hopes to make it an annual event.

Members from the 37 HF do not consider themselves heroes, nor do they set out to win awards.

"We had our job to do, so we went out and did it," said Captain Butz. "We would have liked the outcome to be different, but we were able to bring closure to the families."



Photo by Liz Saucier

SALUTE TO 60 YEARS OF TRADITION

Senior Airman Jesse Carter, Warren Honor Gaurd, presents arms during the 20th Air Force Dining Out Saturday. The 20th Air Force celebrated their 60th Anniversary this year.



Photo by 1st Lt. Darrick Lee

THEY ARE NOT FORGOTTEN

Staff Sgt. James Lewis, 90th Missile Security Forces Squadron, marches a silent vigil Sept. 17 at the base flagpole during the POW/MIA remembrance ceremony.

Undaunted, always ready



Photos by Bernie Ernst

Above: Staff Sgt. Elvis Perez, 90th Civil Engineer Squadron, gets in position during the exercise.
Right: Airman 1st Class Corey Ahlf, Explosive Ordnance Disposal, photographs an unexploded ordnance for documentation during the Readiness Exercise Sept. 16



Photo by Airman 1st Class Tessa Cubbon



CE construction vehicles rush to the scene during the exercise.



Scouting helps lead teen to military service through perserverence, dedication and hard work ...

Eagle scout credits Boy Scout troop for success

Vera Samson
Boy Scout Troop 108

A member of Warren's Boy Scout Troop 108 has obtained the elite and coveted status of Eagle Scout.

Christopher McEachron, now 18, has been a Scout for 10 years, four of those with Warren's Boy Scout Troop 108.

After working to obtain and put to use 45 scouting badges over the years, his Eagle Scouting challenge was put to a test during a weekend of January.

Chris's Eagle project, overseen by his Scoutmaster father Mr. Patrick McEachron and assisted by Troop 108 members, provided the Comea House

with much needed new shelving and storage space. It was through working on badges such as personal management and first aid, both which require knowledge of and demonstrating how to both guide and plan that this project was completed. Other badges, such as carpentry required learning how to use hammers, knives, measures, and cut materials, all of which Chris practiced at scout summer camp and troop meetings.

With the installation of the shelving completed, Chris's Eagle project was finished, but he still faced answering questions and final approval by the Scouting Committee. The

committe consisted of Mr. Dan Bulkley and Mr. Chuck Tyler. Chris sailed through these tasks with flying colors, according to Mr. Tyler, who oversaw the committee. During a Scouting Court of Honor in November 2003 with friends, family and other Troop 108 members present, Chris was awarded the Eagle Scout Award by his father. He was also presented with a special flag that had flown over the Wyoming state capitol building as well as certificates from the Air Force.

Life for Chris, since the big day, has gotten even busier. He entered the Army Delayed Entry Program as a laboratory

technician and spent eight weeks going through basic training at Fort Jackson, S.C.

It was because he had earned his Eagle Scout Award and he had participated in the JROTC program that he entered the military with an advanced rank.

Time, patience and good hard work have contributed to the success Chris is experiencing today. The time spent in Boy Scout Troop 108 working on the many badges and experiences he's had have helped to shape his future dreams and make them into the reality he wants.

He encourages all boys, ages 11 to 17 to get in-

involved with Scouting. Boy Scout Troop 108 meets weekly on Wednesday evenings at 7 p.m. at the log cabin Scout Hut located behind the 20th Air Force Headquarters Building.

Mr. McEachron, the Scoutmaster, can be reached at 433-0823 and the committee chair, Mr. Tyler, may be reached at 634-3250 if you have any questions.

In addition to meetings, camping and skiing trips and other events, attendance at summer camp is also planned at Camp Buffalo Bill near Yellowstone National Park next summer.

Come join the troop and join in the fun.



Exercise that doesn't feel like exercise

Water aerobics: a weightless, sweat-free alternative

Cori Ziemann
90th Civil Engineer Squadron

Don't even start to give the excuse that it is too cold to exercise. One type of exercise that can be done throughout the year is water aerobics. Warren's Aquatic Center offers water aerobic classes all year round with certified instructors. With water aerobics you experience the benefits of aerobics with the advantages of water.

There are several benefits to water aerobics. One benefit is that water aerobics allows a person to exercise every muscle and every joint in the body all at the same time. Exercising in water allows you to exercise without the jarring and jolting you experience when exercising on land. Another benefit is that almost anyone, no matter their age, can perform water aerobics.

You don't have to swim to take part in water aerobics, as routines are usually designed to take place in water that's waist-deep. The benefits of working out in the water are more than caloric. The mere sensation of being in water can soothe pain and give you a different, more pleasurable sense of your body.

Water aerobics is ideal for people with joint problems, back pain, frail bones due to illness or age, pregnancy, obese people who want



Photo courtesy of the aquatic center

to get in shape without stressing their bodies, or people who get overheated easily. Water resistance enables you to gradually build up strength, flexibility, and stamina, no matter what your current level of fitness.

If done correctly, water aerobics has a number of health benefits. It helps to tone and tighten muscles, improve poor heart and lung endurance, improve back problems, and improve balance and coordination.

Water aerobics is also excellent for people with arthritis, as it helps mobilize stiffened joints.

So, if you need a new exercise routine to tone up and slim down

your body, go to the Aquatic Center and try it out.

Water aerobics is a great way to burn calories, melt fat and build muscle doing what you loved to do as a kid: jumping around in a pool. As with any exercise program, talk to your healthcare professional or physician before starting.

Water aerobics is every Tuesday and Thursday from 5:30 to 6:30 p.m. You can save by purchasing a water exercise punch card for \$30 that is good for 15 classes.

The first class is free, so there is no excuse not to try it.

For more information on water aerobic classes, call the Aquatic Center at 773-3195.

Water aerobics enables you to burn calories more efficiently. Compare the following estimates of calorie consumption for a 30-minute workout:

- Land walking: 135 calories
- Deep water walking: 264 calories
- Jogging on land: 240 calories
- Deep water jogging: 340 calories

A1C thrives 'behind the scenes'

Warren Honor Guard member, California native loves U-dub football, Mexican food and his fiancée

The fiscal year usually changes each October. Armed with a re-freshed spending account, units often order the much-needed equipment and supplies that they've waited for all year long. This is a busy time for the folks who handle our shipping operations. Airman 1st Class Victor Cortez is part of the TMO surface freight team, responsible for making sure we get our goodies on time, and makes sure the items we send get where they need to go. First Lieutenant Darrick Lee stopped by the TMO shipping distribution center to chat with Cortez.

operation. I think they just see images on TV of a whole military unit just picking up and going somewhere, then landing with everything ready to go. The truth is, without folks to handle the details, like shipping and packing and TMO, the military wouldn't be as efficient as it is.

So, where are you from?

San Diego, Calif.

It's a beautiful city, and, no snow.

Yeah, I didn't grow up with the snow, so I'm not used to it yet. This winter will be my second time ever seeing snow.

What's your favorite place to eat in San Diego?

Well, me being a Mexican-American, I love Mexican food. I love the carne asada at Old Town Mexican Café. They've got the best food I've ever had. They make their own tortillas right in the restaurant.

Sept. 15 through Oct. 15 is Hispanic Heritage month, are you celebrating along with the rest of the base?

Oh yeah! This time of year is always nice for me, because Sept. 16 is not only Mexican Independence Day, but also it's my mother's birthday.

I see you've got the UW football schedule on your desk.

Yeah, I'm a big college football fan. I used to go to Southwestern Junior College in California. The coach asked me to join the football team, but I joined the Air Force instead.

You look like you could be a great linebacker. Why'd you join the Air Force instead of pursuing football?

Life is pretty expensive in California. I was working the night shift at the local grocery

Most people that visit this building probably visit the finance office, but may have never seen your office. What do you do here?

Well, a lot of shipping-related activities happen here. We're the central in and out point for the base. I used to work in packing and crating; now I'm in surface freight. We process inbound shipments of equipment, and also secure transportation for outbound cargo. We order semi-trucks and work with the major commercial shipping companies to get shipments on and off the base.

What do you like about being in TMO?

I like the fact that each day brings something different. One day could be an ordinary routine shipping day, and the other could bring a huge off-the-wall item that requires special handling. Being a missile base, we send and receive a variety of unusual things. We even ship items to support the efforts in Iraq.

What do you think that some civilians may not understand about the military?

I don't think that civilians understand the behind-the-scenes support that goes into a military



store while going to college in the day, while tuition kept on rising. The military pay and benefits looked pretty attractive. I still love football. I go to Laramie to watch the games.

So, you're rooting for U-dub?

Well, my fiancée graduated from there, so they're my newest college favorite.

You're getting married, huh? When's the big day?

Sometime next June. We're getting married in the same church we met in here in Cheyenne.

You mentioned you used to go to college. Any plans on finishing school?

Oh, yeah. I just finished my CDC's, so I'm looking into going

back to school.

What will you study?

Physical Therapy or Sports Medicine. I've always been interested in that field. But, if I finish school, I've also been thinking about earning a commission.

Besides football, what else do you enjoy?

I'm part of the base Honor Guard ... I really like being a part of that. I'm the base bugler. I played trumpet for ten years. I tried out for the Honor Guard team, and now I'm doing funerals and other ceremonies.

Well, thanks for all your hard work here in surface freight, and congratulations on the engagement!

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.

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 until Nov. 30.

The Air Force is giving each command cash prizes to encourage us to join and participate 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. A kick-off party will be held today at 5 p.m. at the club.

Squadrons who bring a new member to the party will be entered into a drawing for a club party credit for their squadron.

Each squadron who gains 5

percent in club membership during the three month drive is entered into a club party credit drawing at the closing party, Dec. 1. Three squadrons will win a party. For more information, contact 773-3048.

Football Frenzy 2004

You can come to Monday Night Football at the club, but you must be a club member to win!

The prizes you can win include trips for two with game tickets, air transportation, hotel, local attraction tickets and local transportation to the Atlanta/Tampa Bay game, the Super Bowl and the Pro Bowl. Other prizes are a plasma TV and an X-Box game system with the new Madden 2005.

The more Monday night games you enjoy at the club, the more chances you'll have to win.

The Wrangler Lounge opens at 6 p.m. and games start at 7 p.m. Nightly prizes include hats, T-shirts and coolers.

Base library offers story time

Children and parents are invited to children's story times at the base library. Story time is 1 p.m. Sat-

urday. The library will be closed Sunday through Wednesday for inventory. Books and videos may be returned in the book drop. CDs and DVDs should be returned to the circulation desk as soon as possible. All outdoor projects are subject to weather conditions.

Mount Rushmore trip

Outdoor Recreation has planned a day trip to Mount Rushmore Saturday.

All active duty, guard, reserve, DoD civilians and family members are welcome to come.

The tour will depart at 7 a.m. and will not be back until midnight.

Pack your camera and plenty of film as this tour will take you to two of our nation's treasures: Mount Rushmore and Crazy Horse monument. Call outdoor recreation at 773-2988 for more information.

Swimming sessions

Open swim sessions at the Aquatic Center offer a great opportunity for back to school children to enjoy some indoor swimming pool fun.

Families may want to plan an

after-dinner swim with the kids. Open swim times are 6:30 - 8 p.m., Tuesday and Thursday and 1 - 5 p.m., Saturday.

Children may want to join the swim team or take swimming lessons that are also offered after school.

Adults can participate in the free lap swimming that is offered 11 to 12:45 p.m., Monday through Friday, and two evenings per week.

Water exercise classes, adults only swimming lesson and massage therapy are also part of the adult programs offered at the Aquatic Center.

Call 773-3195 for more information or visit www.90svs.com/Aquatic.htm.

It's a baby gear swap meet

Nobody should ever have to buy new baby clothes and toys.

Buy and sell baby clothes and toys at the swap meet Saturday from 8 a.m. until noon at the base lake pavilion. The cost for a table is \$10. Stop by and get some great deals.

Call outdoor recreation at 773-2988 for more information.

6 by 6



50 Years Space and Missile Trivia



AIR FORCE
Space & Missiles
1954 - 2004

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

Last week's question:

What was the name of the project that brought 127 German missile experts, including Wernher von Braun in January

1946?

January 1946, Wernher von Braun and 127 German missile experts are brought to the United States under Operation PAPERCLIP.

Want to learn more about space and missile history?

Check out AFSPC's anniversary Web site www.peterson.af.mil/hqafspc/50th

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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 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

