



Photo by Master Sgt. Jefferey Haakinson

AFSPC D.O. Gets Missile Show

Brig. Gen. Douglas Fraser, Air Force Space Command director of operations, visited the 90th Space Wing's full-time intercontinental ballistic missile mission March 16 through 18. During his visit, General Fraser saw ICBM operation, maintenance and security forces. He gained a better understanding of Warren's people,

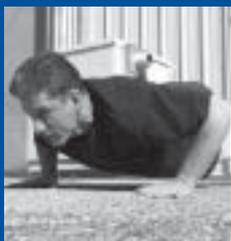
equipment and challenges revolving around our nation's ICBM nuclear force. "I feel safe and proud knowing these are the types of military personnel securing our nuclear assets," said General Fraser. "We need to preserve this (Peacekeeper Weapons Storage Area) knowledge base to sustain our national nuclear capability."



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April Fool's Day: The Holiday's True Meaning

1st Lt. Nicole Walters
Public Affairs

I thought this would be the perfect time to help you with an upcoming event: your April Fool's Day joke.

Last year, I decided to celebrate April Fool's Day by playing a joke on a coworker. What was meant in fun turned into a tragic tale of deceit, deception and death.

My coworker had two Beta fish (Shakira and J-Lo) that resided in beautiful glass bowls on his desk. One fish was a brilliant red (notice I said was...); the other was blue and red. The plan: switch Beta fish everyday and see if he noticed. This required a bank of Beta fish secretly stored so the switches could be made at a moment's notice.

Day 1

The fish were switched with white Betas. My coworker noticed and commented on how strange it was. Meanwhile, the office was enjoying the prank: everyone was in on it except for him.

Day 2

The fish were switched with purple Betas. He was perplexed. While members of the office suggested taking them to a fish doctor, he began to think something was a little fishy.

Day 3

The fish were switched with goldfish. It was hilarious to see the look on his face. We laughed, we cried, we laughed some more. He didn't laugh.

And then

The fish died. Yes, it was all fun and games until the fish died. We had a funeral for Shakira and J-Lo and during the eulogy, in between the tears, he told us the tricks he had taught his fish. For example, he spent months teaching Shakira to take food from his hand.

To say I felt bad for killing someone's beloved pets is an understatement. My coworker would brush it off, after all they were just fish, but I could see the hurt in his eyes. I had betrayed him, all in the sake of a good laugh. I felt guilty, felonious and remorseful.

It has been a very sore subject between the two of us. It's always the trump card in our arguments, "Just say it! I killed your fish!" I cry out. He doesn't have to mention it, his integrity is iron-clad.

Hindsight being 20/20 vision, I should have:

1. Evaluated my target: Make sure you have an established relationship with your prey. I was new to the office and didn't clearly understand my coworker's sense of humor.

2. Focus test the joke: Do your coworkers agree the joke and victim are appropriate? If not, it's better to find out before your joke misfires.

3. Test run your joke: If we had done this, we would have realized one of the fish was sick and infecting the others. This would have prevented the tragic deaths.

I'm telling Shakira and J-Lo's story to bring meaning to their regrettable deaths, and so you can learn from my mistakes.

As for my coworker and I, we are mending our relationship by e-mail while he is currently deployed. When he returns, which is right after April Fool's Day, he'll find an Lt. whose trust is worth having, and two new Beta fish on his desk.

Hoops' Shots

An interesting week for me as I had a first - my first news conference. Of course, they were here to learn more about our Air Force's initiative to send out sexual assault assessment teams but I got my share of questions. One of the things that makes us a great country is our free press and I got to experience that right firsthand. If only I looked more photogenic. At any rate, my thanks to our crack public affairs staff for getting us ready. I'd also like to thank the many folks who came out to support the assessment team. We won't have the formal results for a few weeks while they complete their tours, but informally I know we impressed them with our commitment to compassionate support for victims and our programs aimed at prevention. I'm especially grateful to **Maj. Brendan Patton, Mr. Jim Headstream and Mr. Glenn Garcia** for their role in planning this visit and briefing our programs.

If you think being on camera is humbling, spend some time in our new fitness center. I spent a morning visiting with our dedicated staff in the Health and Wellness Center. You've got to stop by and see what's happening at the HAWC. They've got more ways to get you in shape than you can imagine. And these people can walk-the-walk - look at last week's paper and you'll see that most of the winners of our St. Patrick's Day run were on the HAWC staff. I'm especially appreciative

of **Capt. Natalie Bonetti, Master Sgt. Michael Trahan, Staff Sgt. Florentina Thibodeau, Senior Airman Clinton Shepard, Ms. Cindy Mulcahy, Mr. Rudy Beadle and Ms. Alicia Scholz** for a terrific orientation. Now if I can only figure out what that fuzzy headed alien looking thing they gave me is all about...

Our Personnel Reliability Program Surge Teams continue to work at feverish pace to prepare for our upcoming re-inspection. These folks have been putting in the long hours to scrub every record. **Lt. Col. Tim Adam** - aka the PRP Czar - has the teams running at peak efficiency. I even noticed that **2nd Lt. Shari Lopez** was at our Club Friday and was still working to make the schedule more productive. I know we're going to blow the IG out of the water.

I hope you'll stop by the Trail's End this afternoon for the announcement of our 2004 Guardian Challenge Team - the members of the Mighty Ninety who will bring the silver home.

Finally, check out the changes to the base theater. We're adding a new late night movie on Saturday to provide an alternative for our younger crowd and matinees on Sunday for our families. My thanks to AAFES and manager **Ms. Sue Wakeman** for helping us out with these new hours.

Until next week, continue to look out for each other.

--Col. Hoops

Warren SENTINEL

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Team Warren Hosts AFSPC Director of Operations

Lt. Col. Mark Harter
320th Missile Squadron

Team Warren hosted Air Force Space Command's director of operations, Brig. Gen. Douglas Fraser, March 16 to 18 for a whirlwind tour and observation of the 90th Space Wing's 24/7 intercontinental ballistic missile mission. Gen. Fraser, an F-15 fighter pilot by trade, is in charge of all of AFSPC's space and missile operations. During his brief visit here, he saw more ICBM operations, maintenance and security forces activities in two days than most of us see in an entire assignment. He left the base having a more thorough understanding of our people, our equipment and the many challenging issues revolving around our nation's great ICBM nuclear force that provides a huge deterrent against our adversaries worldwide.

His first day started at 6 a.m., with a 790th Missile Security Forces Squadron convoy brief that detailed the 90 SW's mission plan for removing an ICBM warhead from its launch facility and transporting it back to base. When convoy activity occurs, it becomes one of the wing's highest priorities. The general noted the incredible enthusiasm and professionalism of 1st Lt. James Honeycutt and the entire 790

MSFS convoy team, stating, "I feel safe and proud knowing these are the types of military personnel securing our nuclear assets."

Next, the general headed for the 90th Operations Group to observe the mission planning and pre-deployment briefs for the "tip of the spear" nuclear ICBM operators. Lt. Col. Mike Morgan led the 320th Missile Squadron's Missile Combat Crew mission planning, followed by Capt. Brad Pantoni's 90 OG Pre-Deployment Briefing, both of which identified the next 24 hours of missile field operations and maintenance activity. It was a full day in the missile field, and Gen. Fraser was appreciative and impressed with the caliber of the

“I feel safe and proud knowing these are the types of military personnel securing our nuclear assets.”

—Brig. Gen. Douglas Fraser
AFSPC director of operations

young officers that control our nation's ICBMs and the country's most responsive nuclear weapons. After getting a status on Peacekeeper deactivation, and making a brief stop at 20th Air

Force, the general headed for the field.

The 37th Helicopter Flight upheld the Air Force principle that "flexibility is the key to airpower," by demonstrating last-minute mission planning due to rapidly



Photo by Master Sgt. Jefferey Haakinson

changing weather caused by Wyoming's gusty spring winds. The UH-1N Huey aircrew, piloted by Capt. Rod Butz, flew Gen. Fraser out to the 319th Missile Squadron's Bravo Missile Alert Facility. There, the general went 70 feet underground and entered the hardened LCC where 10 Minuteman III ICBMs were being controlled by Capt. Ty Moore and 2nd Lt. Matthew Hlivko. The crew unexpectedly received three exercise Emergency Action Messages, a series of ground missile reports, and an outer-zone LF security alarm. The crew accomplished their mission flawlessly, showcasing their talent in front of both Gen. Fraser, and Col. Evan Hoapili, 90 SW commander.

Gen. Fraser then toured the Peacekeeper Weapons Storage Area, arranged by 1st Lt. John Schantz and Master Sgt. Michael Jones. This was Gen. Fraser's first visit to an ICBM WSA -- he was impressed with the 90 MMXS experts who maintain and store the nuclear warheads, stating "we

need to preserve this knowledge base to sustain our national nuclear capability."

Finally, to cap off the visit, Gen. Fraser saw the 90 MSFS demonstrate an LF recapture exercise at D-09. Under the leadership of Lt. Col. John Probst, 2nd Lt. Timothy Brady and Master Sgt. David Eckmann led their flight to take back an LF from a simulated enemy force. Comprised of approximately 25 security forces personnel, five HMMWVs, and a half dozen support vehicles filled with M-4s, M-16s, M-203 grenade launchers and M-240 machine guns; the flight demonstrated its awesome capability to assault and regain control of an LF.

Supported by the 37 HF's UH-1Ns maneuvering around site, the Security Response Teams used their tactics, techniques and firepower to extricate five simulated perpetrators from the D-09 LF. It was an awesome display of Flight 6 teamwork and dedication to our mission -- and a great way to end Gen. Fraser's visit to Warren.

Warren's Newest Senior Master Sergeant Selects

90th Communications Squadron

James Howard

90th Security Forces Squadron

Clifford Anderson

400th Missile Squadron

Craig Heald

90th Maintenance

Operations Squadron

Steven Levin

90th Maintenance Group

Bruce Ayers

Arla Roger

90th Operations Support Squadron

Alfred Mullings

90th Contracting Squadron

Michael Lemke

620th Missile Operations Flight

Jeffrey Cullen

Stephen Kroner

90th Missile Maintenance Squadron

Michael Jones

George Randall



Shopping For an Online Degree Program?

Michael Keith
90th Mission Support
Squadron

So, you have decided to go to school and complete a degree. You have two choices here at Warren: classroom instruction or online courses. Nearly 55 percent of Warren students using tuition assistance funded classes, are now using some form of distance learning. With so many options, especially in online study, are you confident that you can choose a school or degree plan that will meet your needs? Here are five basic considerations recommended for determining the correct school for you.

How is the course delivered?

There are many ways an instructor can lecture: online using text, with accompanying slides, with or without student interaction, video, teleconferencing, audiotapes, CD-ROM, etc. Course content is more easily understood if it's presented in a dynamic, engaging manner that involves an interaction between the students, the instructor, and the material. When you choose a program, you should make sure your school utilizes appropriate methods to convey information.

How do I interact with the instructor and students?

Some standard options for online student interaction include chat rooms, instant messaging, teleconferencing, and video conferencing. Finding a program that facilitates, and even requires, student interaction is an important aspect of choosing an online program. How the online community functions should be very important to both the instructor and the institution.

How will I be evaluated?

Will you actually be required to work in order to earn your degree? If degrees are handed out with little or no verification the students have actually learned anything, the program is not likely worthwhile and less likely to be accepted by employers. A school that offers shortcuts may actually be a diploma mill, and should be avoided. Schools that offer classes online should enter an agreement with an unbiased third party, like the Test Control Officer at Education Services, to ensure that testing is conducted in a controlled environment and the tests are not compromised.

What kinds materials are available?

Ensure the school you are interested in has a good system for pro-

viding reference materials and texts—they should be accessible from anywhere. Students here have access to the base library and to public libraries in Cheyenne. They are good reference sources and have online access.

Is the school accredited?

Ask about the school's credentials and the degrees the instructors hold. Many unaccredited online schools will eagerly grant you a degree, however; graduates may be bitterly disappointed when they try to use this unaccredited degree. Lawsuits filed by students who feel they were "ripped off" by unscrupulous institutions are beginning to making headlines. Let the buyer beware! If you are interested in a specific school and are unable to determine or verify its accreditation, stop by or call Education Services at 773-2117 for assistance.

Warren has three schools on base that offer a wide variety of degrees. Laramie County Community College, Park University and Embry-Riddle Aeronautical University offer daytime, evening and

Research The Best Route to Your Education Goals

Visit <https://afvec.langley.af.mil> (Air Force Virtual Education Center) and click on Warren's page, or call the Warren Education Services at 773-2117.

weekend classes at the Education Services Center classrooms as well as online classes. Class schedules for on-base schools are available online and links to the schedules are posted weekly in the base bulletin.

Some people contemplating a return to school worry online degrees are less highly regarded than traditional degrees. This may once have been the case, but many online degree programs are now rightly perceived to be topical, challenging and highly relevant. Whatever your personal learning style or schedule, a degree is now more accessible than ever.

Take some time to research which educational institution you should attend for the degree of your choice. Education Services has counselors and advisors to assist you with reaching your educational goals. If you would like to speak with a counselor or advisor, walk-in or call in advance to make an appointment.

For all your TRICARE needs, contact the TRICARE Service Center at 307-772-4020.



Courtesy Photo

A General Breakfast

Chaplain (Brig. Gen.) Charles Baldwin, Air Force Chaplain Service deputy chief, shares a thank-you card with Col. Evan Hoapili, 90th Space Wing commander, and Mrs. Amanda Hoapili. Ch. Baldwin was here presiding over the National Prayer Breakfast March 11.

It Happened This Week!!!

March 26, 1926

Dr. Robert Goddard launched the first liquid fueled rocket in history. It flew 184 feet and started the age of modern rocketry.

March 27, 1946

Gen. Carl A. Spaatz orders reorganization of Army Air Forces into three commands: Strategic, Tactical and Air Defense.

March 28, 1944

The 15th Air Force flew its first "1,000-ton raid" striking targets in Italy.

March 30, 1967

A two-man submarine, the first Air Force-owned underwater vessel, was added to the inventory and was used to locate reentry vehicles in the Enewetak Atoll area.

March 31, 1995

The first female Air Force bomber pilot, 2nd Lt. Kelly Flinn began flight training at Barksdale Air Force Base, La.

Communications Help Desk is One-Stop-Shop

Dave Frederick
90th Communications Squadron

All base communication services are now available by calling the Communications Help Desk one-stop-shop at 773-4545.

Before there were at least seven processes to request assistance.

The 90th Communication Squadron has expanded their original focus

of computer and network-related issues to take on telephone service orders, public address system requests and multimedia work orders.

The intent to this program is to provide better service to all users and eliminate 90 percent of the paperwork required to get communications services.

If they can't help, they can direct you to someone who can. Calling Commu-

nication Maintenance Control at 773-3101 will still provide missile field communication support.

We also had fragmented procedures for other support requests such as public address set up, and multimedia support.

By creating a communications one-stop-shop, customers may decide to call in their orders and almost eliminate the paperwork.

Although the preferred

method, this is not the only way to get service.

The Air Force Form 3215 is still an option and is necessary for all information technology hardware and software purchases.

As this is a contracted service, you can report service quality issues to our Quality Assurance Personnel at 773-4446.

For more information, contact Mr. Dave

Comm Help Numbers
Missile Field Support
773-3101
Help Desk
773-4545
Quality Assurance
773-4446

Frederick at 773-3111.

Warren Crime Stoppers Need You

A 1970 burgundy Ford Torino and trailer were stolen from the Morale Welfare Recreation fenced storage parking lot, slot 29, adjacent to Building 945, March 6. Persons with any information about the theft or knowing the whereabouts of the vehicles, contact 90th Security Forces investigators at 773- 2215 or 631-2774 after normal duty hours. A reward is being offered by the vehicle owner for the recovery and or prosecution of the offenders.



Courtesy Photo

Tax Tip of The Week

Q: I heard I could take a deduction on my tax return for my uniforms including their upkeep. Is this true? Where do I put this on my return?

A: Since the IRS has determined that uniforms can be worn in place of regular civilian clothing, members of the military cannot claim a deduction for uniform cost or upkeep. However, if regulations prohibit the wear of some or all uniforms, you may deduct the cost and upkeep of these after subtracting any nontaxable clothing allowances or reimbursements received to pay for those items.

There are currently no restrictions on uniform wear here and therefore you wouldn't be able to take a deduction. You may take a deduction for items like insignia of rank, corps devices, epaulets, aiguillettes and swords. If you have expenses you wish to claim you must fill out IRS form 2106. The result goes on the Schedule A of your tax return under the heading "Job Expenses and Most Other Miscellaneous Deductions."

For more information or to schedule an appointment, call 773-5TAX.

BRIEFS

Spring Egg Hunt Scheduled

Children enjoy the annual base egg hunt that will be held at 10 a.m., April 3 at the Warren Youth Center. Families are invited to stay following the hunt for a barbecue lunch. Sponsored in part by Warren Federal Credit Union. No federal endorsement of sponsor intended.

Discount Globetrotters Tickets Available

The Harlem Globetrotters are in Cheyenne and Outdoor Recreation has your discounted tickets. The Show is 7 p.m., April 8 at Storey Gym. Tickets are \$13 - seating is first come-first served. Grab the kids and make it a spring break to remember! Contact Outdoor Recreation at 773-2988 for tickets.

Chief Retires

Chief Vincent Dicks,

90 Space Wing command chief master sergeant, will have his retirement ceremony 1 p.m. April 2 at the Trail's End Club.

Ocean Journey and Butterfly Pavilion Trips Planned

Visit Ocean Journey and the Butterfly Pavilion April 7. Go from the deeps of the ocean to the tropics of the jungle and experience the magnificence of all these creatures that reside within. The cost is - adults, \$29, seniors/youth, \$24. Children ages 4 to 12 are \$19. Sign up by April 1.

Guardian Challenge

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

Santa Maria Barbecue

A Guardian Challenge Santa Maria Barbecue is scheduled for April 16 from 11 a.m. to 1 p.m. at the PK Highbay. To purchase tick-

ets, contact your group's Guardian Challenge point of contact. For more information, contact Lt. Col. Tavenner at 773-4976 or Lt. Col. Smith at 773-3684.

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.

NCO Meeting Scheduled

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

Volunteer for Meals on Wheels

Cheyenne Meals on Wheels will have their annual garage sale the first week of June. Volunteers are needed to help out and possibly become the

military coordinator.

Volunteering throughout the year is at your own leisure. MOW provides the truck, and typical items picked up range from furniture and appliances to left over garage sale items and clothing. For more information, call Master Sgt. Tony Niel at 773-5943 .

Spring Retreat Scheduled

The Warren Ladies' Spring Retreat, sponsored by Protestant Women of the Chapel, is scheduled for April 23 and April 24. The cost is \$10 and includes overnight accommodations and meals at the Terry Bison Ranch. Special speaker Abby Huffstutler will present four special session. To register, contact Dana Gage at 634-2712.

Gift Drive

The Warren Chapel is sponsoring a VA hospital gift drive until April 23. Requested items include headphones, slippers, pa-

jama bottoms with drawstrings, AA batteries, calling cards, postage stamps, DVDs, and VCR tapes. Drop off your donations at the Frontier Chapel, High Plains Chapel and Dorm Escape. For more information call Airman 1st Class Noah Wells at 773-3434.

Basement Open

The Basement is open every Saturday night and the M.A.D. crew presents a late night alternative to those wack clubs out there. Cover \$1 for club members and \$3 for nonmembers. Wrangler lounge also open on Saturday night, 5 p.m. - midnight.

Ribbon Update

The Air Force Expeditionary Service Ribbon will not be reflected in MILPIDs until this June. Individuals who have questions can contact Marsha Glaser in Base Awards and Decorations at 773-2344.

Retired General Turns Bronze Sculptor

Airman 1st Class Lauren Hasinger
Public Affairs

Fourteen years ago, a now retired general began a hobby he never thought would take him anywhere. Little did he know it would give him the ability to lose himself and forget about the world, and at the same time become so successful.

Mr. Ed Boenisch, retired major general of the Wyoming ANG, began sculpting when a co-worker of his from Laramie County Community College mentioned he was going to Wellington, Colo., to learn the art with Ms. Deborah Wagner-Ashton. Mr. Boenisch had always been interested in pursuing his artistic abilities and asked to come along. For five years, every Monday thereafter the artist kept going back. He got hooked and hasn't stopped, said the San Antonio, Texas native.

His original goal was to sculpt one piece a year for 10 years and see where it went from there. For seven years he did just that. Then the governor of

Wyoming appointed him the adjutant general and everything stopped. Too busy with his duties at work he was unable to sculpt until two and a half years ago when he picked it up again. He finished projects that were collecting dust and began new ones. Since then he's concentrated on smaller pieces that are quicker to finish, 20 to 30 hours compared to 200 to 300 hours for larger pieces. In 1992 he sold his first piece, a soldier, to seven people in the Wyoming ANG.

"Sculpting is my secret therapy," said Mr. Boenisch. "It's my way of forgetting about the world's problems. I get to focus on the creative spirit that's always been inside me."

For Mr. Boenisch, whose wife Linda is also an artist, the underlying theme in his work is love, whether it be a mother chimpanzee and her children or a soldier's love for his country.

His work has been shown at the Chey-

enne Civic Center, LCCC and the Western Spirit Art Show and Sale.

Currently, his work is being shown at The Reata Collection in the Plains Hotel. There you will find angels, soldiers, rabbits, children, jackalopes, oyster shells, apostles and chimpanzees. His art ranges in price of \$200 for smaller pieces to \$2,100 for larger and more extravagant sculptures. Since December, he has sold six pieces.

Before taking up sculpting, the now Community College Commission deputy director was in what he called an "oil painting period." From 1970 to 1985 he painted and sold several of his pieces. He also took a welding class at LCCC and sold a few welding sculptures.

"I've tried whatever interests me," said the sculptor.

When he works in his studio, a small corner of his living room, the eternal artist-at-heart loses himself as he sculpts his creations. He hopes other people will find his work as enjoyable. His ultimate goal is to keep sculpting because that's what's so enjoyable for him and to have a bronze monument in Cheyenne marked with his name.



"Fall Treasures." For more information about this and other works by Mr. Boenisch, call Mr. Erik Anderson, The Reata Collection general manager, at 637-3282 or visit www.thereatacollection.com



Photos by Airman 1st Class Lauren Hasinger

Mr. Ed Boenisch, retired major general of the Wyoming Air National Guard, shows off his piece, "Guardian Angel of the World." Mr. Boenisch began sculpting bronze 14 years ago.



"Whatcha Doing Mom." Mr. Boenisch's biggest motivation for his work is love, whether it be the love between a mother and child or a soldier's love for his or her country.

Volleyball Standings

North		South	
Team	Record	Team	Record
MMXS1	9-0	320 MS	7-0
OSS	8-2	20 AF	5-1
SFG	7-2	COMM	6-2
MDG1	5-4	CPTS	4-4
LRS	5-5	37 HF	3-4
400 MS	5-5	790	2-5
CE	5-5	MDG2	1-7
321 MS	3-6	<i>Standings current as of Tuesday</i>	
MSS	1-8		

Youth Bowling Scores

Pee Wee (Ages 3-6)

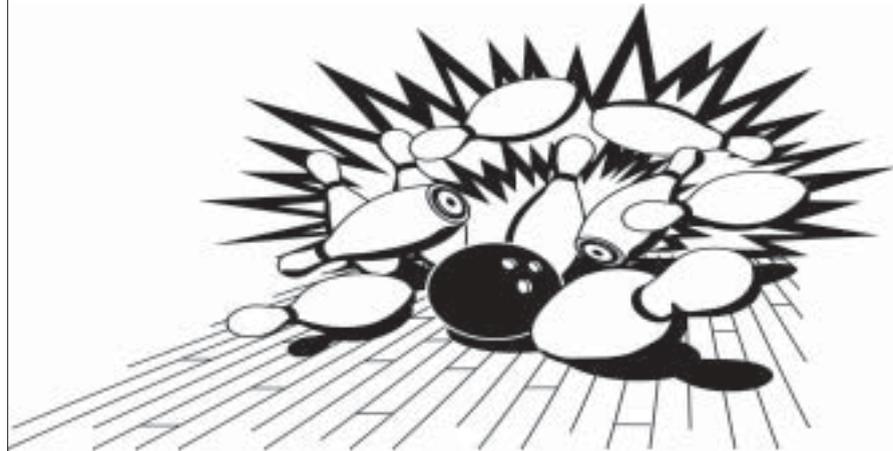
Eric Johnston	80 (Average 58)
Madison Murray	81 (Average 61)

Bantam-Prep (Ages 6-11)

Eric English	508 (High Series Hdcp)
Anne Howard	487
Rodney McDowell	198 (High Game Hdcp)
Kylie Bond	202

Junior-Major (Ages 12-21)

Shaun Pushcar	653 (High Series Hdcp)
Anya Cox	637
Jason Price	296 (High Game Hdcp)
Michelle Keney	242



Show Your Air Force Pride

The green light has been given for the Air Force Symbol to be embroidered on the lightweight blue jacket. The symbol is to be embroidered on the upper left chest in a polyester thread or white ribbon and the symbol is to fit into a two-inch square. The specifications and downloadable patterns for the embroidery can be found at the following website: <http://www.af.mil/afrcscc/embroidery.asp>

To have the Air Force symbol embroidered on your light weight blue jacket simply contact any commercial embroidery business and provide them with a download of the information on the website listed above. The average cost of the embroidery work is between \$5.50 and \$6.00 per emblem. If you have any questions, please contact the 99 MSSDFMP office at 775-5697.



SWLIP



<http://www.warren.af.mil/leadership/index.html>

How to Avoid Running Pitfalls

Article Courtesy Warren HAWC

Shin splints, dehydration, and muscle pulls can quickly make running a painful experience. Below are some of the most common runners' woes with guidelines from the Gatorade Sports Science Institute on how to avoid them.

Shin Splints

One of the most frequent running injuries is medial tibial stress syndrome, or shin splints.

This is an inflammation of the tendons along the inside of the shin bone. Shin splints are caused when too much stress is put on tired calf muscles; running on hard surfaces or changing surfaces (from hard to soft) tend to aggravate the problem. The symptoms of shin splints include aching, throbbing or tenderness of the shin. There is pain when the inflamed area is pressed. The best preventative measure is to stretch the calf muscle. Stretch extensively before a run, doing several repetitions; flexibility is key in avoiding shin splints. When shin splints do occur, ice immediately and take a pain reliever.

Side Stitches

Cramping of the stomach or side is called side stitch. There are several theories as to what causes this pain: a spasm or cramp in the diaphragm muscle, diminished

blood flow due to excessive muscle contraction and dehydration and/or micronutrient imbalances. Like shin splints, the best preventative measures are to stretch and increase flexibility, also drink plenty of fluids, such as sports drinks. One way to ease the pain is to ease the running pace. When the cramping begins, slow down and place the arms above the head until the pain subsides. With an acute attack, gently massage the

painful area to bring temporary relief.

Plantar fasciitis

Plantar fasciitis is inflammation at the attachment of the small muscles and the arch of the foot into the heel bone. It is the

most common infirmity of the foot among both runners and non-runners. This pain can be sharp occurring on the bottom of the foot in the mid-heel area. Plantar fasciitis can be caused by a number of things such as high arches or flat feet; even worn-out footwear can lead to plantar fasciitis. As with any injury, prevention is key. A thorough warm-up and stretching the plantar fascia can help prevent this ailment. When experiencing plantar fasciitis, ice the foot for several minutes after the activity and rest. Increase stretching exercises to achieve optimal flexibility.

Muscle Cramps

Muscle cramps can be caused by

a number of factors that can work singly or in combination. Foremost among the possible culprits are dehydration, elevated body temperature and sodium loss. The severity of cramps can range from the common cramping that many runners experience in their calf muscles (gastrocnemius and soleus) and feet to intensely painful, whole-body cramps that can beset football players and other athletes.

"The best preventative measure is to drink plenty of fluids, preferably a sports drink that contains ample amounts of sodium and potassium and warm up properly before beginning a run," states Ellen Coleman, M.P.H., M.A., R.D., accomplished triathlete and Ironman participant. "When a cramp strikes, take a break and cool down. Stretching, massaging the tender area, or icing the muscle may help relieve the pain."

Dehydration

All types of physical activity promote dehydration due to sweat loss. That makes dehydration the primary opponent for all athletes. Dehydration results in premature fatigue and increases the risk of heat illness. Symptoms of dehydration include feeling run-down, nausea, dizziness, and muscle cramping. The key to preventing dehydration is obvious: drink early and often. If dehydration sets in, reduce exercise intensity or stop completely, drink fluids with carbohydrates to prevent fatigue and promote rapid rehydration. Rest and stay



Photo by Airman 1st Class Lauren Hasinger

in a cool area to lower body temperature.

Hyponatremia

A low blood sodium level is referred to as hyponatremia, a potentially deadly dilution of the blood that can occur as a result of drinking fluids that don't contain enough sodium during exercise. When athletes drink water, they focus on replacing just the fluid component of their sweat loss and not the electrolytes. Drinking sports drinks with electrolytes can help prevent hyponatremia.

For more information on any of these topics visit the GSSI Website at www.gssiweb.com.

Getting Fit Sets Good Example for Troops

Staff Sgt. Robert Zoellner
33rd Fighter Wing Public
Affairs

EGLIN AIR FORCE BASE, Fla. — When the Air Force unveiled its new exercise program many Airmen did not think much of it, but for some it was an eye-opener and more of an incentive to get in shape.

That is what Master Sgt. Michael Moss of the 33rd Maintenance Squadron's aerospace ground equipment flight thought. Six months ago, Sgt. Moss was overweight and could not run half of the required distance to pass the new fitness test. Now he is setting the example for his flight and feeling better than he ever has.

"I started off not being able to make a full run," Sgt. Moss said. "[I would] run half way there and walk the rest of the way back. I wasn't in shape, by (any) means."

Through a vigorous exercise program he began in November that included crunches, pushups and running, and by watching his diet and cutting out sugars and junk foods, he has dropped more than 20 pounds. Now he is challenging the younger Airmen in his flight to get in shape.

"I needed to set an example and that kind of stuck with me,"

“
I needed to set an example and that kind of stuck with me. I took the program seriously.”

—Master Sgt. Michael Moss

he said. "I took the program seriously."

Before the new fitness standards, Sgt. Moss said he had no problem passing the cycle ergometry test. He said that was easy to get by since he was up and down stairs 20 to 30 times a day. His legs were strong but he was hovering around 200 pounds, which was over his maximum weight standard.

His initial thought about the new fitness program was that he was meeting the minimum standards, why did he have to go run? He was passing the bike test. But after thinking about it, he changed his mind about getting in shape.

"Once you get started on the program, you say, 'Man, why weren't we doing this before,'" he said. "Because you feel better and you feel better about yourself. I see the importance of staying fit.



Courtesy Photo

The more I do, the better I feel."

The entire AGE flight exercises in a program managed by their flight superintendent, Senior Master Sgt. June Robbins.

"It gives you a lot of satisfaction to see someone like Mike," she said about his noticeable improvements. "He's lost the weight on his own, and then his run time has reduced drastically because of the weight loss."

"I took my test the other day and I am already down to 12:38," said Sgt. Moss.

This increase in his overall fit-

ness level has given him a more positive outlook.

"Feeling positive about yourself (is) uplifting," he said. He said his goal is to continue to exercise and challenge his flight.

"I want to increase my time and I want to beat the youngest Airmen in my flight," he said.

Sgt. Robbins said the flight continues to exercise three times a week with an emphasis set on improvement.

"We're going to be doing it and we're going to be good at it," she said.

Assistance Fund Takes Care of Air Force Family

Doris Johnson
Air Armament Center Public Affairs

EGLIN AIR FORCE BASE, Fla. — Capt. Glenda Whitfield is committed to supporting the Air Force Assistance Fund; however, 17 years ago, it was the AFAF that was committed to supporting her.

"Back then I was an Airman," said Captain Whitfield, an obstetrics clinical nurse with the 96th Surgical Operations Squadron here. "I was already married, my husband was between jobs, I had a child (who) was 2 years old and another one was on the way."

Captain Whitfield was stationed at Andrews Air Force Base, Md., working as an OB technician.

"You had to be an E-4 (senior airman) or above to live on base, so we lived off base with no cost-of-living allowance to make up for the high cost in the area," Captain Whitfield said.

"We had variable housing assistance, but that was given based on rank, and I was fresh out of (technical) school."

With tensions high, Captain Whitfield discovered that her car's brakes needed to be replaced, giving her a repair bill of \$400.

"I just didn't have that kind of money," Captain Whitfield said.

Somewhere along the road to becoming an Airman, Captain Whitfield had heard of the AFAF.

The Air Force Aid Society, the official charity of the Air Force, gives qualifying Airmen interest-free loans or grants during personal and family emergencies. It also provides necessities like food, rent, utilities, essential car repairs and certain medical and dental care.

"The loan made all the difference," she said. That was 1987.

Three years later she was facing even harder times. Still at Andrews AFB, she was going

“
The money was exactly what I needed to get back on my feet.”

—Capt. Glenda Whitfield

through a divorce.

"I was working shifts at the hospital and couldn't afford a babysitter to take care of my children so that I could sleep," Captain Whitfield said. "My sister came over to help as a nanny, but financially, things were backing up and my husband had even taken the car."

She applied to the AFAF and received a grant for \$400 to pay for utilities.

"When they called me to tell me about the grant, I just broke down and cried," Captain Whitfield said. "The money was exactly what I needed to get back on my feet."

Don't You Wish Eating Right Would Make You Look Like This?

With March being National Nutrition Month, Airman 1st Class Lauren Hasinger chatted with the Health and Wellness Center's health promotion element chief, Capt. Natalie Bonetti about everything from good nutrition to the Pentagon.

Describe your job?

My job is to ensure the health and wellness of our beneficiary population, active duty, retirees, dependents and even our civilians.

What is your favorite part?

I love the community involvement. There's so much variety. It's not just about fitness and nutrition. It encompasses everything. I also like the preventive focus. It keeps great numbers of our population healthy. When someone seeks medical intervention with problems associated with obesity, they already have a disease started. We preserve the quality of life.

How long have you been doing this?

I've been a dietician in the Air Force for nine years. I've been with health prevention for two years.

Why did you choose to become a dietician in the Air Force as opposed to the civilian world?

I really liked the challenges the Air Force presented. On the outside there were no institutions that would place someone right out of an internship into a managerial position. In the military, I had a greater opportunity for advanced education.

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

To the Pentagon for the Air Force internship program. It gave me a broad joint service perspective.

With March being National Nutrition Month, what is the most important thing for people to know about nutrition?

Good nutrition needs to be a lifestyle habit. It's not a quick fix. Fad diets promise it's easy. When you look at nutrition it's about balance, variety and moderation. The biggest problem is portion control. If you look at what they were 10 years ago and what they are now, there's a big difference. Life long habits and nutrition needs to be enjoyable. If you deny yourself a certain food, you're more likely to crave it. It's not realistic to say that you're never going to eat pizza again. It also needs to be individualized.

Why does it need its own month?

If you look at tobacco, it's something that you can give up without having to use again. Eating is something you have to do every day to survive. It needs to have its own emphasis because it's integral to the quality of life and to survival. It impacts performance and the quality of life with family and loved ones.

Where do you see yourself in five years?

A lot of military health care positions are going to be contracted out. I hope I'm still making some kind of impact. I hope I'm still doing preventative work.

Do you plan on retiring from the Air Force?

I do.

Though it's a long way off, what would you like to do after you retire?

I'd love to work in a health spa.

What was the last movie you saw in the theater?

"The Passion of the Christ"

What's a book you can read over and over again?

The Bible because at different phases of your life you make different interpretations of what you're reading.

If you could have dinner delivered to



you from anywhere in the world tonight, what would it be and where would it be from?

I love spaghetti with meat sauce from the Olive Garden.

Where are you originally from?

My twin sister and I were born in Virginia. We were raised in Illinois. I'm a Midwestern girl at heart.

What do you miss most about home?

My family lived in the country for a while. I miss the peace and serenity of the countryside. It was a welcome change to come to Cheyenne with the small community.

If you could experience any moment in history, what would it be?

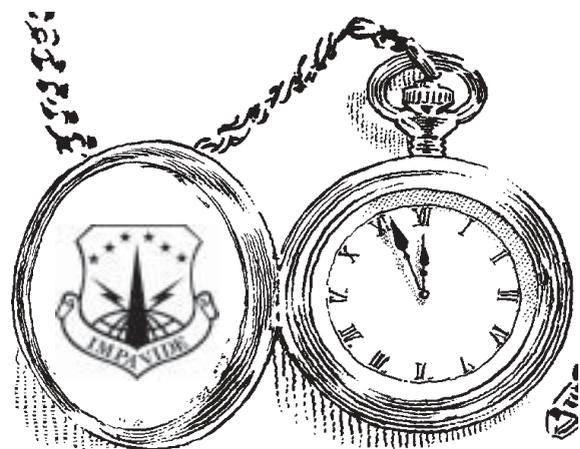
I would have loved to have witnessed the development and the drafting of the Constitution. Our founding fathers were geniuses.

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

I loved music and acting. I thought I would want to be an entertainer. Then the reality set in.

What is your life's motto?

The Golden Rule -- Do unto others as you would have done to you.



Give me Your Two Cents

Why is it Important to Celebrate Women's History Month?



"To recognize women's achievements in history."
-- Airman 1st Class Stephanie Sellinger, 90 MMXS



"To celebrate the accomplishments of women in the past."
-- Airman Cali Huynh, 90 LRS



"To recognize struggles that women have been through that got them where they are today."
-- Airman 1st Class Luis Merino, 37 HF

Q - I recently tested for tech. sergeant. Although I'm pretty sure I aced it, how do I get a copy of my score notice?

A - I tell you what, you sure came to the right place! Since I've never tested before I had to ask my friends over at the MPF. According to them, after promotion selections are released, everyone who tested and remained eligible receives a score notice. Those not selected for promotion normally receive their score notices within ten days of the public release date. Selectees receive their score notice when the data verification process is complete, normally two to three weeks after the release date. There are a few exceptions such as when someone PCSs during the promotion release. If you fall into this category, you may experience a delay in receipt. In all cases, if you don't receive a score notice, visit the MPF, Career Enhancement Element, and they can request one for you. The turnaround time will be a week to a week and a half.

e-mail Lauren Beth at lauren.hasinger@warren.af.mil

Ask Lauren Beth



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

Dry Land Christening

The Naval Reserve Center Cheyenne hosted a change of command and ribbon cutting ceremony recently. Chief Warrant Officer Tom Davis assumed command. The ribbon cutting ceremony opened the new home of the Naval Reserve Center Cheyenne, which is located in Building 247.



Courtesy Photo



Curiouser And Curiouser

Staff Sgt. Kurt Arkenberg, 90th Space Wing, shows off his tea drinking skills and his pinkie during the Women's Herstory tea brunch at the base library March 5. The tea was an informal, yet refined, light brunch of tea and healthy goodies, including a wide variety of fruit, provided by the Warren Health and Wellness Center. Women's History Month isn't only for women, men are invited to join in the festivities. The next Women's Herstory Month Tea Brunch is scheduled for 11 a.m., today at the base library. Wyoming First Lady Nancy Freudenthal will be the guest speaker.

Photo by Airman Tessa Cubbon