

Warren SENTINEL

Volume 63, Issue 9

F. E. Warren Air Force Base, Wyoming

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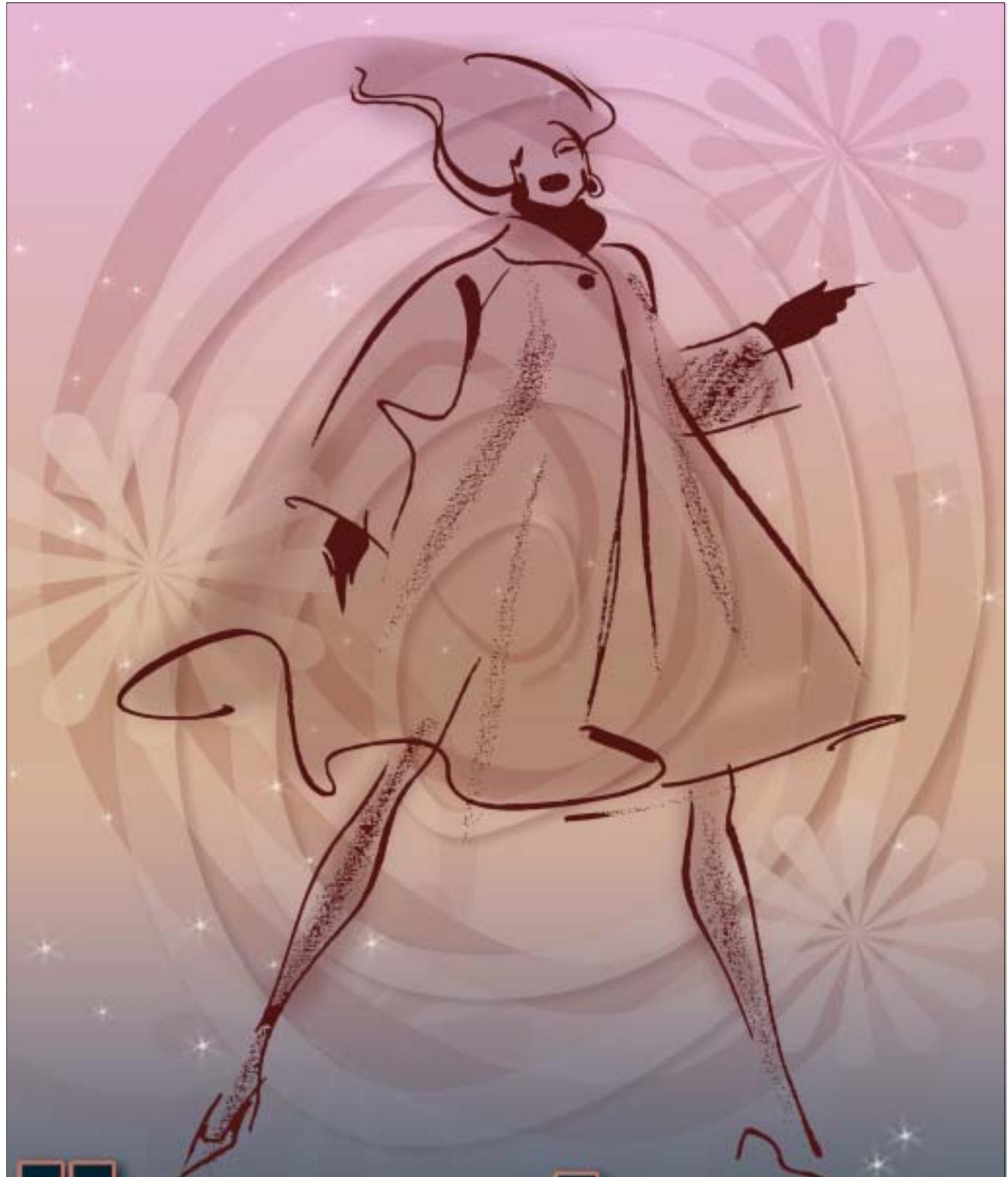
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Herstory

NATIONAL WOMEN'S HISTORY MONTH



AIR FORCE
Space & Missiles
1954 - 2004

Pay Yourself First

The Best Investment You Will Ever Make is in Yourself

Col. Craig C. Whitehead
90th Mission Support Group Commander

I was fortunate to begin my career here as an airman first class working for a wonderful chief master sergeant more than 30 years ago. He gave me some advice just before he retired. During one of our frequent "feedback" sessions, he said something I've never forgotten. He began by simply saying: "Pay yourself first." My initial thought was this is selfish advice, however, I've come to know that rather than being selfish it's the right thing to do. Let me explain and begin with an analogy to illustrate:

Imagine you have just taken your assigned seat on a airline and the flight attendant is giving the safety briefing before take off. If an oxygen mask drops from the ceiling, "put your mask on first." She says this for two reasons: One, with your mask securely on, no one has to worry about you. And two, you will probably be able to help others if necessary. It's for these same two reasons that Chief Bailey told me to pay myself first. By paying yourself first in several important areas, no one has to worry about you and you are more likely to be in a position to help others. Here are four suggestions of ways to pay yourself first:

Pay yourself first financially. Put yourself at the very top of your monthly "must pay" list of bills. Make deposits, without fail, into a sav-

ings or investment account. You will always pay the rent, make the car payment, and pay the insurance - you wouldn't dare miss one of these bills, or any other, for fear of the consequences. You should do the same for yourself. Chief said he would never have to work another day in his life unless he wanted to. His way of paying himself first financially was he lived one pay grade below what he wore on his uniform for his entire career (as a technical sergeant he lived on staff sergeant pay) and he deposited the difference into personal savings and investments. Do whatever works for you, but always put some money away.

Pay yourself first physically. The more rank you achieve during your career, the greater your opportunity to delegate - to have others do things for you. However, you can't delegate taking care of yourself physically. No one can do push-ups, sit-ups and run a mile-and-a-half for you. No one can ride a bike or swim laps for you. You have to do these things yourself. If you are a first term airman or junior officer, I can speak from personal experience, you are not going to have more time in the future to exercise - it gets more difficult, guaranteed! Also, only you can eat right and make sure you get the rest you need. Set a personal goal to get a work out in at least three times a week - you'll never regret it. Don't be satisfied to just pass the

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Hoops' Shots

It's great to be back home from vacation. I wasn't able to determine how the various islanders we encountered viewed deterrence so I guess I'll just have to go back and try again. I'm still in withdrawal from all the food they serve. If I don't have buffet at least once an hour, I get shaky. One thing I am on solid ground about is our fine troops who continue to impress with their outstanding work.

I had the pleasure of paying a visit to Oscar-1 and met some terrific professionals. It started with Mission Planning in the **321st Missile Squadron**. I was impressed with the mission planning and extra efforts of the briefer - **1st Lt. Brian Fielden** - he got all of us off to a great start. I rode out with the oncoming crew, two of our aces - **Capt. Brian Miller** and **2nd Lt. Ray Ruscoe**. We had a superb dialogue on a wide range of issues. On site I put chef **Airman Precious Roper** through her paces as we toured her kitchen and I "grilled" her on all aspects of her important job. This was the day the Hennessey team was in the missile complex and she was very prepared if they had randomly picked her site for inspection. She had the exact right attitude - "I want them to come here - I'm ready and want to show off our program!" Also on site I had a long talk with a super security forces

troop, **Airman 1st Class William Stafford**. We had a very candid conversation about alcohol, 0-0-1-3 and alternative things for airmen to do. I'm grateful for his willingness to open up and he was very sharp as well - totally Huah! On the way back to base, we were a bit crowded with off-going crew **1st Lt. Chuck Hancox** and **2nd Lt. Steve Geida** along with crew members-in-training, **Capt. Eric Chin** and **2nd Lt. Jeremiah Hitchner**. It was great to meet these young professionals.

As you read the paper today, the wing leadership including all commanders, first sergeants, chiefs and representatives from other wings, community partners and national experts are meeting all day in a Focus Session on Creating a Responsible Drinking Culture here at Warren. Our broader plan is, in addition to 0-0-1-3, to tackle this tough problem and create the culture change we need. That's one reason the paper this week has so many articles related to alcohol. Some of them are heart wrenching and some are satirical to make the point that irresponsible alcohol use has terrible consequences. I salute the authors and subjects who had the courage to come forward and tell their story so openly and eloquently. Expect to see a lot more coming out from the wing and your units in the coming days, weeks and months. Together we will solve this issue.

— Col. Hoops

Warren SENTINEL

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DEADLINES:

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A Warren Fairytale? Not So Much...

Airman Tessa Cubbon
Public Affairs

Once upon a time there was an extremely dedicated airman. This airman had a lot going for her: Below the Zone, coworkers who admired and depended on her, and a family who greatly respected her choice to be in the military. She was on her way to a great career in the Air Force. And, like most fairytales, it didn't last. But it wasn't a wicked witch or an evil step-mother who threw this young woman off her track. It wasn't a big bad wolf or a crazed fairy with a grudge. It was a bad call that turned this fairytale into a nightmare.

When Staff Sgt. Rebecca Babb was an airman stationed here, she was very respectable. However, all that changed in one night. Sgt. Babb, then Amn. Babb, went to a bar one Wyoming summer night. She had a couple of drinks and decided it was time to go home. So, without hesitation, she got behind the wheel of her truck and

began to drive. Sgt. Babb said she remembers asking a boy sitting in a mud puddle outside the bar if he needed a ride home.

The next thing she knew, brilliant blue and red lights were flashing in her rearview mirror. The police officer pulled her over for neglecting to use her turn signal. And, although he didn't perform a Breathalyzer test on her, Sgt. Babb was being arrested for driving under the influence.

Her chance at Below the Zone was blown away, though not by the big bad wolf. "I totally blew it," said Sgt. Babb. She also had a stripe suspended.

Everybody in her life was affected: her friends, family, and coworkers. "I'd never been in trouble before," she said.

"I should have had someone else driving," she said. She didn't call anybody because she was afraid she'd get in trouble because she was underage.

Aside from the price she paid professionally, this incident had another, more severe impact... on her wallet.

"If you're an airman, you definitely can't afford to be paying for a lawyer," said Sgt. Babb. She paid around \$3-4000 total for her lawyer. This investment, as well as no Breathalyzer test during the incident, did get her DUI charges dropped to reckless driving.

This may seem worth it, but having to pay all these fees earned her phone being shut off and her car almost being repossessed since she couldn't pay her bills.

"It doesn't go away; it follows you forever," she said.

Sgt. Babb, whose sister and brother-in-law were killed in an alcohol related incident last August, said, "I don't even go out any more."

On the rare occasion she does go out, she always has a designated driver or someone



Photo by Airman Tessa Cubbon

to pick her up. And, as with all fairytales and folklore, this story has a moral. The lesson's learned are don't drink and drive. You could kill another driver, a friend, a family member or even yourself. "I got lucky, Sgt. Babb said, "I didn't kill anybody."

MyPay Makes Finances Fun For The Whole Family

Master Sgt. Sandy Turner
90th Comptroller Squadron

During the past year, there has been a push to encourage customers to sign up for myPay to gain the ability to handle many routine customer service transactions online, at their own convenience. The list of transactions a member may perform with myPay continues to grow. The most significant change coming, however, is that

hardcopy Leave and Earnings Statements will no longer be provided after May 1. This was outlined in a memo from Gen. Lance Lord, Air Force Space Command commander, dated Feb. 6 and reproduced in the Feb. 27 *Warren Sentinel*. Per his direction and in coordination with Col. Evan Hoapili, 90th Space Wing commander, Warren needs to have 100 percent of our members issued myPay personal identification numbers by May 1. Currently, 74 percent of the Mighty

Ninety have PINs. Members may come in at any time during normal customer service hours to establish a myPay PIN. Additionally, Accounting and Finance has established Thursday, Friday, March 30 and 31 as dedicated days for members who do not have myPay PINs to come in and get one issued to them. Finance reps will be at the Family Support Center from 8 a.m. to 4 p.m., on those days to establish PINs.

Zero Drinks if you are Under 21!

Zero DUIs!

1 Drink per hour, MAX!

3 Drinks in one Night, MAX!

FOIA Manager Hit by Two Drunk Drivers

Airman 1st Class Lauren Hasinger
Public Affairs

Warren's FOIA manager and a mother of three was a passenger on the right side of a rented car heading back to her hotel during a TDY in Sacramento, Calif., June of 1997 around 6 p.m. At the same time a man in his late twenties with no insurance and a suspended license made the decision to get behind the wheel even though he had been drinking. Little did they both know their paths would soon cross.

"I don't remember anything. I was knocked out as soon as he hit me," said Mrs. Della Macias, 90th Communications Squadron. She was told that the drunk driver slammed into her car on the right side, directly where she was sitting.

"My entire right side was injured," said Mrs. Macias who had to be revived twice.

Her ribs, pelvis, jaw and rotator cuff on her shoulder all were broken. Her liver was torn and several of her teeth were knocked out.

"When I woke up all I could think was 'Oh my God, the pain!' It was like going into labor five times in a row," she said. "They had to fill me up with morphine just to relieve the pain on my ribs

so I could breath."

The driver who hit her walked away with scratches on his face.

"In California they say that drinking is a disease. He got the minimum punishment I'm sure. His license was already suspended," said Mrs. Macias who just got out of physical therapy in September of 2003, more than six years after the accident.

"This changed my entire lifestyle. I have three boys who are all active in sports. I was the parent that did everything. I was on the housing and highway committee on and off base," she said. "When this happened it took all that away."

It took a lot away from her family too. "It was hard for them to see what it was doing to me," she said.

A month before the accident, the Macias family just completed building their dream house. Afterward, they had to rebuild everything to accommodate her disabilities.

At one point the doctors didn't think she would ever walk again. "I'm the type of person if you tell me that I can't do something, I'm going to do it," she said. She walked with a walker for a very long time, but now is able to walk on her own.

Even now she goes through a routine in the morning just to be

able to get to work.

"This person thought he had the right to drink and drive with no insurance and a suspended drivers license and hurt people. What gave him the right to do that?" said Mrs. Macias.

"Look at how many years of pain and suffering I, my family and the people I work with had to go through just because this guy thought he had the right to drink and drive," she said.

In 1996 she ran the Olympic torch as it came through Cheyenne. Now she doesn't believe she'll be able to run again. She will, however walk the Bolder Boulder 10k run/walk in May with her sons. "They usually run it, but they'll walk it with me this year," she said.

Mrs. Macias gained a significant amount of weight after her accident and has lost 120 pounds since May of 2003. She is writing a book about how people with disabilities can lose weight. "I thought this might help others with disabilities," she said.

On Dec. 15, 2003 while driving

home from picking her son up from track practice around 6

p.m., Mrs. Macias was hit by another drunk driver as she and her son were waiting at a traffic light in town. The driver fled the scene, but her son was able to get his license plate number. After

going to the suspects house, the police found him to be intoxicated and without insurance. Around \$10,000 to \$15,000 will come out of his pocket to cover Mrs. Macias' and her sons' medical expenses, even though they were minor.

Her advice to anyone who had been drinking and thinking about getting behind the wheel is "Don't! There are so many programs out there to help. Call a family member, call me, I'll take you home."

"In the military there are so many programs with no questions asked like the Airmen Against Drunk Driving," she said. "Don't go out there and change people's lives. It hurts, not just physically, but mentally and financially. It hurts everyone."

“
I'm the type of person if you tell me that I can't do something, I'm going to do it.

--Della Macias
90 Comm

”



Photo by Airman Tessa Cubbon



Photo by 1st Lt. Darrick Lee

Seuss on The Loose

ABOVE: Airman Tessa Cubbon, 90th Space Wing, reads to a group of 7th and 8th-graders at McCormick Junior High School as part of Laramie County School District #1's celebration of Dr. Seuss' birthday. Amn. Cubbon was joined by Senior Airman Anthony Williams, 90th Maintenance Operations Squadron and Airman 1st Class Jeremy Messer, 90th Operations Group. **LEFT:** The Cat in the Hat talks with a MJHS student about the importance of reading, and cleaning the house before the Who family gets home.

AFSPC Commander Asks for Your Help With AFAF Contributions

Gen. Lance W. Lord
Air Force Space Command commander

PETERSON AIR FORCE BASE, Colo. - March 15 marks the start of a special time of year where we all have an opportunity to help our own Air Force family. It is the beginning of the Air Force Assistance Fund campaign.

Occasionally Air Force people find themselves in difficult and often unexpected situations where they need financial help.

The Air Force Assistance Fund provides direct support to people in need through four Air Force charities: The Air Force Aid Society, The Air Force Enlisted Foundation Inc., The Air Force Village Indigent Widow's Fund, and The General and Mrs. Curtis E. LeMay Foundation.

These charities have supported active-duty, Reserve, Guard, retirees, surviving spouses, and their families for over 30 years.

During the past year, Air Force

Space Command personnel contributed \$242,000 to the AFAF, with 100 percent of the donations going to the charities. At the same time, AFSPC people received more than \$1.2 million in assistance. I hope this year we can continue to do our part to ensure any struggling AFSPC member has the needed support to take care of their children, stay in touch while deployed or handle an emergency.

In addition to benefiting AFSPC personnel, your compas-

sionate generosity helps more than 30,000 members of the Air Force worldwide.

I know there are lots of different pressures and it's sometimes difficult to part with hard-earned money, but please help support an organization whose sole purpose is to help support you and your Air Force family. Beccy and I urge you to personally make a difference by contributing to the Air Force Assistance Fund. Let's make this year's AFAF campaign the best ever. Thanks for all you do.

BRIEFS

TSC to Move

The TriCare Service Center will move today from their current location, Building 290, to the 90th Medical Group's main clinic, Building 160. Today, the appointment line phone number will be 773-2851, and TriWest assistance will be available at the clinic's managed care office. The published appointment number of 773-2851 will resume Monday. For more information, call the managed care office at 773-3011.

March is Women's History Month

The Women's History Committee invites you to these exciting events:

HerStory Tea, today 11 a.m. at the Library. Special guest, Ms. Judy Catchpole, was a member of the 2000 electoral college and has literally changed the face of our country!

The Info Fair will be March 12, 10-2 p.m. at

the new gym. Come experience all the base has to offer: HAWC demonstrations, the Museum, a master gardener, fashion and so much more!

AF Family Child Care Offers Subsidy Program

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

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

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

All financial information is calculated within

the family child care office. Providers should not be consulted.

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

MCEC Web Page

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

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

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

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

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, 90th Logistics Readiness Squadron at 773-4686.

Some E-470 Tolls Not Covered

According to the Joint Federal Travel Regulation Volume I, U3305 A., "reimbursement of parking fees, ferry fares, road, bridge and tunnel tolls is authorized for POC travel over the most direct route between the stations involved." Toll expenses from Warren to Peterson Air Force Base, Colo., are not considered an authorized expense and reimbursement is not authorized.

According to the information in the Defense Table of Distance, the most direct route from Warren to Peterson is I-

25 south to Colorado Springs, Colo.

Travelers may still travel E-470 if preferred at their own expense. The E-470 toll is reimbursable for TDYs to Denver International Airport and Buckley, AFB, Colo. For more information, call the financial services office at 773-3811.

Air Force Seeks Former Lowry Employees

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

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

For more information, call Doug Karas, Public Affairs officer, at 1(800)725-7617 or e-mail doug.karas@afarpa.pentagon.af.mil.

Snuffy Snufferson: Bonafide Financial Putz

Airman 1st Class Lauren Hasinger
Airman Tessa Cubbon
Public Affairs

Like many 18-25 year -olds in the military, Airman First Class Snuffy Snufferson is in a financial bind. Before joining the military, he bought a brand new truck, applied for a credit card and signed up for the first one offered to him with the highest credit limit. Snuffy didn't think of interest rates, long-term credit problems or his wants versus his needs.

In Snuffy's mind, he needed a midnight blue, 2002 Ford pickup truck. He needed to max out his NastyCard with a \$5,000 limit. And, of course, there's the \$5,000 in student loans he wasted on partying while he should've been studying.

Snuffy decided that he had quite enough of his financial instability. Shortly after the new year, Snuffy visited Ms. Shauna Lacey, a financial consultant at the Family Support Center. She helped him realize that his spending was way out of control and that if he continued this way he would be bankrupt. He has no savings for emergencies, let alone for the future. His credit card balance hasn't budged in months because he's only paying the interest. He has to walk to work several days a week because he can't afford gas. After showing Ms. Lacey a detailed account of where his money is going every month, she showed him where he could easily cut back. She

also told him about the Service Members' Civil Relief Act that cut his prior-service interest rates on his credit card and his truck to 5.9 percent. His monthly payment on his truck went from \$250 to \$192.86. He went from paying around \$70 in interest a month to around \$11 on his credit card. They were also able to defer his \$5,000 in federal student loans for the remainder of his enlistment saving him \$50 a month. Here's how Snuffy fared:

January - Snuffy decided to cut back on booze while partying with his buddies. He shared designated driver duties with a friend

every other week. His buddies pay for both his gas and his sodas. When he's not playing designated driver he drinks domestic beer instead of premium liquor. All in all, this plan saves him \$100 a month. He and his girlfriend Diva begin to have romantic candlelight spaghetti dinners at home instead of going to fancy restaurants. He switched to basic cable for a few months until he can get back on his feet. His biggest achievement for this month was to open a savings account. Snuffy saved \$165.55.

February - This month was much like January except that for Valentine's Day, Snuffy bought Diva a pair of emerald earrings he found on sale for \$49 and took her to dinner. Snuffy raised his insurance deductible on his truck to \$500, which saved him \$50 a month. Savings account balance: \$302.10.

March - Ah, March. Springtime's just around the corner and Snuffy's feeling pretty good about himself. He's done paying toward his MGIB so he sets up an allotment through finance to send that money straight into his savings account. Snuffy also goes back to standard cable. Savings account balance: \$585.19.

April - Snuffy received a tax refund of \$634 this month. He used some of the return to buy a new camera and take Diva to Denver for her birthday weekend. He used Priceline to find a three star hotel for \$93 for the weekend. Snuffy adds the rest to savings. Savings account balance: \$979.67.

May - May was a quiet month for Snuffy. With the weather getting slightly warmer, Snuffy bought some new clothes. Savings account balance: \$1,088.22.

June - Snuffy visited his family in Albuquerque, N.M. Since he stayed with his family all he had to pay for was gas and food during the 551-mile drive. He also bought his mom a new hat and a DVD with highlights from her favorite show about two neighbors redecorating a room in each other's house. Savings account balance: \$1,175.91.

July - Snuffy's saw his favorite band, Outkast in Fort Collins this month. Inspired by the music he bought a guitar

from the classifieds for \$100. Savings account balance: \$1,274.00.

August - Snuffy's birthday was on Aug. 7. His grandma Alice sent him \$30 and a couple of DVDs. He used the money for a new Pittsburgh Steelers hat. His mom and dad came to Cheyenne for a surprise visit for his birthday weekend. Savings account balance: \$1,528.19.

September - Since Snuffy's back on his feet again, he decided to visit his Aunt Chris and Uncle Ray in Florida for a week. He dipped into his savings account to pay for his \$247 plane ticket. While in Florida, Snuffy and his cousin Shane go parasailing, fishing and water skiing at a total cost of \$178. Savings account balance: \$1,397.28.

October - For the most part, October was a quiet month for Snuffy. For Halloween, he devised a costume that was a cross between a lamppost and a dead elephant for the Trail's End party. Using mostly spoons and electrical tape, Snuffy kept his cost at \$25. Savings account balance: \$1,666.37.

November - Snuffy drove down to Albuquerque to visit his family for Thanksgiving weekend. It didn't cost him anything but gas money and snacks during the drive. Savings account balance: \$1,933.46.

December - Snuffy took some time off again this month. He spent the holidays with Diva and her family in Seattle. He needed to dip into his savings account to help pay for his plane ticket. Since he bought his ticket early it was only \$323.

He also sent presents to his family in Albuquerque and Tampa. All in all, he spent \$134 on presents for his family and friends by hunting for bargains and shopping at the BX.

As Snuffy's year came to a close, he reflected back on his achievements over the past 12 months. He managed to save \$1,760.65, pay \$1,046.67 off his credit card and \$2,314.32 toward his truck. He did this by following the simple spending plan that Ms. Lacey suggested. He didn't need to give up his cell phone or Internet. He was able to take several trips and buy gifts for his family and friends for their birthdays and Christmas. Snuffy held his head high at the end of the year. He knows that he has truly achieved something great... financial peace.



*Need finance advice from
 Ms. Shauna Lacey?
 Call 773-5848
 or e-mail her at
 Shauna.Lacey@warren.af.mil*



She Got Game

Phillip O'Dell, a patron of the Warren Youth Center, gets an autograph from Becky Hammon, guard for the National Women's Basketball League's Colorado Chill and New York Liberty of the Women's National Basketball Association. Carrie Bacon, forward, Jenny Roulier, guard, and Miss Hammon made an appearance at the Warren Youth Center to speak to youths about family, working toward goals and, of course, the Colorado Chill.



Photo by Airman Tessa Cubbon

BDU Blues

FAIRCHILD AIR FORCE BASE, Wash. - Tech. Sgt. Durward Till, 92nd Communications Squadron, searches through the short supply of battle dress uniforms in the military clothing sales store Monday. Uniform backorders are affecting the Air Force worldwide, and officials do not expect the shortage to end until August. Sgt. Till is a visual information journeyman with the base's 92nd Communications Squadron. Warren's Uniform Clothing Sales is experiencing the same shortages. Summer weight uniforms are in very short supply and are expected to be replenished by May. They have some winter weight tops but no bottoms and are expecting those by August.



Photo by Senior Airman Lapedra Tolson

Air Force: Manpower Unevenly Distributed

Staff Sgt. C. Todd Lopez
Air Force Print News

WASHINGTON — Air Force leaders said manpower within the service is unevenly distributed.

While testifying March 2 before the Senate Armed Services Committee subcommittee on personnel, Michael Dominguez said the service is in the process of rebalancing its manpower resources. He is the assistant secretary of the Air Force for manpower and reserve affairs.

"(We) have developed a comprehensive, coherent human-resources plan that will guide our efforts to relieve the stress on our force and to transform that force so it can more effectively meet the demands of the global war on terrorism," Mr. Dominguez said.

Part of the unbalance in manpower resources is that there are not enough airmen assigned to

the jobs the Air Force needs done, said Lt. Gen. Richard Brown III, the deputy chief of staff for personnel.

"Currently, we have too many people in some career fields, and at the same time, we don't have enough in others," General Brown said. "We are going to take steps to shape our force as we get back to our authorized strength. We need to do this smartly and need to avoid Draconian measures that break faith with our people. Our goal, if possible, is to give every airman the possibility to stay in the Air Force."

A key component of the reorganization begins with an emphasis on an Air Force core competency: developing airmen. Education and training will be a focus of the reorganization plan.

"Over the past year, the Air Force has implemented a new method of developing our force,"

General Brown said. "Force development combines focused assignments, and education and training opportunities to prepare our people to accomplish the mission of the Air Force. Rather than allowing chance or happenstance to guide an airman's experience, we take a deliberate approach to develop officers, enlisted and civilians throughout the total force."

The Department of Defense's National Security Personnel System's approval was also critical to the manpower reorganization. The system's flexibility, Mr. Dominguez said, allows the Air Force to modernize its civilian personnel management system and to expedite military-to-civilian job conversions.

"The (new system) is a critical component of our plan," Mr. Dominguez said. "The modern management concepts included in that plan provide flexibility

and agility needed to integrate our civilians ... fully, completely and seamlessly into our total force."

In response to questions about over-dependence on Air Force Reserve forces, Mr. Dominguez told committee members he did not think the reserve component was being unduly tasked.

"(Reserve airmen) are totally integrated into what we do, and we cannot do our job without them," Mr. Dominguez said. "We are not overusing them. There are elements of that force that we are (working) pretty hard, but they are not being overused."

Also discussed during the testimony were service efforts to support families of deployed airmen, benefits for the Guard and Reserve, retention, benefits of selective re-enlistment bonuses and the beginning of the expeditionary force.

Personnel Services Now Available on AF Portal

Article Courtesy Air Force Print News

RANDOLPH AIR FORCE BASE, Texas - The days where people need to remember numerous user IDs and passwords for basic online personnel services are coming to an end thanks to the Air Force Portal.

"The portal is a powerful tool," said Col. Gregory Touhill, director of personnel data systems at the Air Force Personnel Center here. "We took the personnel applications our military and civilian employees use most often and made them accessible via the portal."

Among those accessible on the portal are virtual out-processing, retraining vulnerability lists, civilian employee career briefs and the Employment Benefits Information System.

By logging on to the Air Force Portal, users will have "reduced sign-on" access to 14 of the most used personnel Web services, like the virtual military personnel flight and civilian employment pages that enhance mission capability for today's warfighter, said the colonel.

The Air Force Portal is located at www.my.af.mil.

"Users won't have to remember several passwords and input them every time they want to get into a particular application anymore," Colonel Touhill said. "Instead, airmen can log into the portal when they come to work and use the available applications all day long."

Once logged into the portal, people can access the military and civilian self-service personnel features at the "Careers" tab.

For more information about the portal or any of the online applications, call the Air Force Contact Center at (800) 616-3775.

Beer Man: Proud to Serve

What's the best part about your job?

I think I like the stumbling and slurring people do the best. I mean, what's funnier than a drunk? To me, everyone is better drunk. And watching people puke is a good time too.

How have your goals changed?

My goals have always been to help people make decisions. Many people are afraid to make snap decisions based on cloudy logic. But lately, I'm leaning more into ruining interpersonal relationships. Whether it be through violence, finances or just good old-fashioned "irreconcilable differences," forcing breakups let's me know I can make a difference.

Other than Warren, where's the coolest place you've been?

I've been all over the world. From Tinseltown to Timbuktu, everyone needs the beauty, brawn and influence I bring after I touch your lips.

Where do you see yourself in five years?

Unlike my cousin "wine," I don't get better with age. For the whole Booze family though, I think it will be more of the same. We are very dedicated to our craft.

Do you plan on retiring from the Air Force?

Retirement will just be another career for me. My fellow retirees will have a ton of time on their hands, and what better way to spend that time than downing booze? Just think how much they can drink when they don't have to go anywhere.



What's Warren's best-kept secret?

I would like to say I am. But I'm no secret. The truth is there IS nothing to do here... You should just buy up a cart full of booze, drink it, then drive around and find something to do.

What was the last movie you saw at the theater?

Leaving Las Vegas. It's a love story about a guy who moved from Los Angeles to Las Vegas because he was tired of liquor stores closing in L.A. He dedicated his life to booze and wasn't going to let a wife and kids, a career, his health or time get in his way.

In your opinion, what is the greatest book ever written?

Mixology: The Big Book of Booze.

Who's your hero?

The cigarette is my hero. He kills more people than I do and doesn't get the recognition he deserves. I mean, he and I go way back. We work well together... he's like the tortoise and I'm the hare. He'll kill you slowly, and I can get you there just as easily after one night or over the long haul.

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

That I love the power. Who else can affect so much? I've been responsible for \$184.6 billion in negative economic impact annually, and touched the lives of one in four Americans who abuse or are dependant on alcohol.

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

It would be that moment someone realizes what I've done for him. I've usually moved on to my next vict... err, buddy by then. But for once I would like to be thanked for the ease at which I've simplified their lives. No job, no family, no bills and no future. How does it get any better?

What's the greatest sports moment in history?

Right after the championship is over. That's when they always break out the champagne... and then the real fun begins.

What's your life's motto?

Don't say 'Drink, Drank or Drunk' as actions speak louder than words. Because if you drink or just drank and are drunk, you won't have to say a



thing... they'll know!

What did you do before you joined the Air Force?

I spent my time helping civilians get drunk.

What's your secret to a good uniform?

Get rid of it. You don't want the hassle and responsibility that comes with the uniform. Believe me, if you and I hang out enough, I will show you there's more to life than a career, a family or some baggy uniform.

What's the biggest honor you've ever had?

I once helped a guy get life in prison. It was me, not heroin or cocaine... me.

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

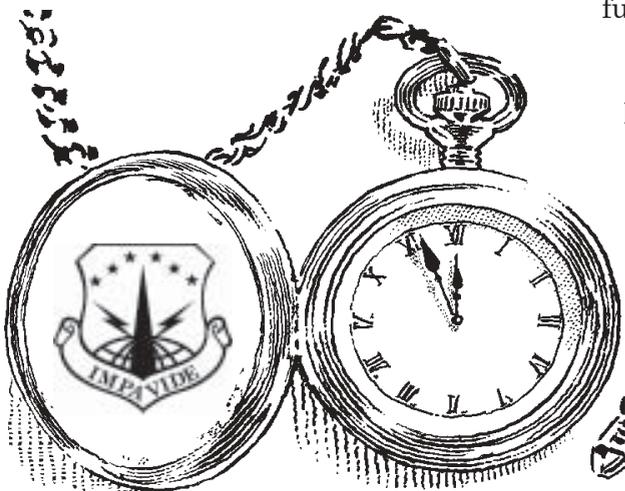
Vodka. I don't know why, vodka just seems so cool when you see it standing around.

If you were president for a day what would you do?

Lower the drinking age for sure. And the taxes... who can afford to drink with the government sticking their hands out?

What would you do with a time machine?

Go back to the day before prohibition and get everybody too drunk to show up to vote.



Q - I can't stand living in the dorms. The rooms are really nice, but some of my neighbors are rude, loud and obnoxious. What can I do to get authorized to live off-base?

A - I tell you what, you sure came to the right place! According to Master Sgt. Lang, the dorm manager, you first need to see her in the basement of Building 230 to apply for BAH. Authorization goes by rank and date of rank. There's no way of knowing how long it will take because some months they can give BAH and some months they can't. In the meantime, my advice to you is to talk with your neighbors. Maybe they don't even know they're bothering you. I know if I was annoying someone, I would certainly want to know about it. Then I could work to stop doing whatever was bugging them. For a break from the dorms, you can always go to the Dorm Escape on weekends and Movie Night at FTAC every Wednesday.

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

Ask Lauren Beth



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

Give me Your Two Cents

What is a good alternative to drinking?



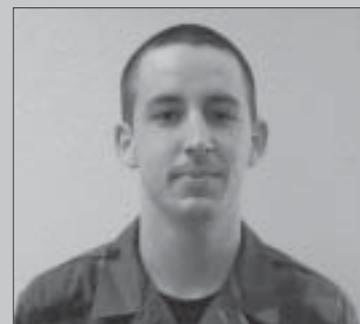
"Going to the Dorm Escape."

— Airman 1st Class
Nicole McKean,
90 SFS



"Recreational sports like working out."

— Airman 1st Class
Anesha Green,
90 CPTS



"Volunteering for the community."

— Airman 1st Class
Jonathan Skaggs,
90 MSFS

PAY, from Page 2

annual physical fitness test.

Pay yourself first by getting a good education. This is another one of those areas that can't be delegated. For the airman, put your Career Development Courses as a top priority. Strive to learn all you can from them, it's what you are getting paid to do. Take advantage of the civilian educational benefits the military has to offer. I recently attended the Transition Assistance Program in preparation for my retirement. Far too many hands went up in answer to the question: "How many of you are working on your degree?" Don't let that happen to you. A good education crosscuts every career field in and out of the

military; it's not worth it to delay.

Pay yourself first by taking care of your family. I need to preface this last suggestion by stating that you are in the service of your country — more is expected of you! However, even considering this, you can and must take care of your families. The resolve must be ever-present to be there for your spouse and your children. Be there, whenever possible, on the special occasions (birthdays, anniversary, first day of kindergarten, family reunions, graduation, holidays, etc.). When you can't be there, and there will be those times when you can't, do it the day after or the day before or the next leave home. There will

be times when it's difficult—remote assignments and current deployments make this especially challenging. There are alerts, inspections, visits etc., you've got to be there for and you should be there. However, it can still be done and with effort, I can assure you it's worth it.

Paying yourself first is not selfish advice - it's the right thing to do. Pay yourself financially, physically, get a good education and take care of your family. If you follow these four suggestions passed along to me by a wonderful Chief, chances are no one will need to worry about you and you will probably be able to help others. Remember, the best investment that you will ever make is in yourself.

WHAT IS A DRINK?

 <p>ONE 12 OZ. BEER AT 4% ALCOHOL (LOOK AT THE LABEL)</p>	 <p>ONE 1.5 OZ. SHOT OF HARD LIQUOR AT 40% ALCOHOL OR 80 PROOF</p>	 <p>ONE 5 OZ. GLASS OF WINE AT 11% ALCOHOL</p>
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