

Warren SENTINEL

Exclusive
Peace
Keepers
comics



Commentary

What's your passion?

Lt. Col. Kathleen Cook

Deputy Commander, 90th Mission Support Group

I grew up in a small town in Virginia where my classmates in kindergarten were the same classmates who, twelve years later, marched with me during the playing of "Pomp and Circumstance." Those same people taught me some of life's lessons, good and bad. Some of them even had a profound effect on who I am today. Gene Bickers was one of those people.

Being a late bloomer at most everything, it took me a while to see past the criticism and ridicule from the other students and appreciate the lesson that Gene offered us all. You see, even in the early elementary grades, Gene set high expectations for his performance. From what I remember, he never received anything less than an "A" on any of his work. His school projects were always spectacular. His presentations were well prepared and he spoke with great confidence. When he missed an answer on a test, which didn't happen often, he would argue his case with the teacher and usually win. However, when he lost, he cried. And of course, children being children, we teased him.

What we didn't understand was that Gene already possessed three very powerful qualities that would contribute to his success in life. First, he had developed a passion for his work. Second, he wasn't afraid to participate in the moment with 100 percent of his effort. And third, he spent the twelve years I knew him seemingly energized by a belief that anything was possible.

As I look at our Air Force today, I wonder if we're teaching the value of those qualities? Open almost any leadership book and you'll find such topics as effective communication skills, guidelines for mentoring, and sample

leadership models. Granted that information is important, but where are the books on the value of passion, participation, and possibilities? Historically, we understand and are very comfortable with the science of our business. In contrast, the art of touching the hearts and minds of our people is often unfamiliar territory and as such, avoided or discounted.

To effectively lead our people into the new world of deployments, we should teach the language of the heart; a language that speaks to a passion for service, love of country, and commitment to excellence. We should create an environment that allows us to let go of our constraints and reservations and participate fully in the moment. It's then that we capture the passion and desire to contribute and move into a phase of innovation, team building and endless possibilities.

If these ideas resonate with you, I highly recommend you read "The Art of Possibility" by Rosamund and Benjamin Zander. You won't find this book on any Air Force reading list, but it's one that will add a new dimension to the way we think about leadership.

By the way, would you like to take a guess at who our valedictorian was for the Albemarle High School Class of 1978?



Hoops Shots

Let me start off by saluting the efforts of members of the **37th Helicopter Flight** for the complex and demanding rescue mission they completed on Sep. 26. A family of three, including a four-year old child, was stranded near Medicine Bow Peak west of Laramie. Over the course of four trips, the crew (**Maj. Mace Kant – aircraft commander, 1st Lt. Andy Pitzen – co-pilot, Airman 1st Class Drew Gibson – flight engineer, Capt. Justin Tingey – flight surgeon, and Master Sgt. Paul Knepp – medical technician**) evacuated the family plus eight searchers and three dogs from a landing zone with an elevation of almost 11,000 feet. After drop-off in an open parking lot, all individuals were examined by EMS personnel and released with no injuries. The 37 HF aircrew members were awarded three "saves" by the Air Force Rescue Coordination Center for their role in recovering the family from a very hazardous predicament.

I had a great time visiting with our **Mighty LRS Squadron** for a surprise presentation of SrA Below-the-Zone stripes to **Robert Baylon**. That was quite an accomplishment for this young leader and his entire flight was there to cheer him on. You could tell they had a lot of pride and spirit and I'm convinced their teamwork helped this airman achieve success. Part of that same visit I got to meet again with **Airman Yesenia Martinez** who is doing tremendous work as a guest speaker at the First Term Airmen's Center. She's doing a brave thing telling her story in front of others and making a difference with our newest troops. I was proud to give this leader my commander's coin. Well done!!

As part of our continuing efforts to provide safe, healthy, fun alternatives for our people the **90th Services Squadron** has

stepped up to 24/7 access to Fall Hall. Now if you want to shoot some hoops (basketball not the commander) you can go to billeting and get the key anytime day or night. The **MAD Crew** has stepped it up a notch yet again by self-helping their popular outdoor paintball program into an indoor version for winter. I'm very impressed with these young leaders and their willingness to get projects done. I've also met with our **Mighty Chaplains** and their efforts with **Dorm Escape**. The facility is better than ever with more options than ever – for example, free internet is up and running. I challenge units out there to get your people involved in these alternatives. A few hours of paintball or b-ball followed by a Dorm Escape party is a fun and inexpensive way to build camaraderie.

I'm also very proud of our **Mighty Services Squadron** for pulling off our first-ever Focus Day where every commander, chief and first sergeant visited our terrific facilities and learned how the non-appropriated fund works for our people. It was a first-class event and the preparation and enthusiasm were obvious. Our goal now is to translate that knowledge into action with more people using our top-of-the-line services venues and joining our Club – where membership dollars directly support activities and options for our children, young families, spouses, single airmen, retirees and more. Every dollar we spend within our gates directly supports our military community. We all need to eat, get car work done, cars washed, buy going away gifts, go bowling, have meetings, take trips, etc. I urge you to **Think Services First** and keep our fund healthy so we can continue and expand all our great programs.

--Col Hoops

Warren SENTINEL

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DEADLINES:

Articles are due to Public Affairs, Building 250, room 201, by 4:30 p.m. Thursday the week before publication. Classified ads are due by 11 a.m. Tuesday the week of publication.

Classified ads can also be dropped off or mailed to Wyoming Newspapers, Inc., 202 E. 18th St., by 1 p.m. Tuesday the week of publication. Articles and ads that don't meet these deadlines won't be considered for that week's issue.

Editorial content is edited, prepared and provided by 90th Space Wing Public Affairs of F. E. Warren Air Force Base, Wyo., of Air Force Space Command. All photographs are Air Force photographs unless otherwise indicated. Public Affairs reserves the right to edit content to conform to style and space requirements.

Articles run on a space-available basis.

Direct questions or comments to the SENTINEL at 773-3381 or e-mail at Sentinel@warren.af.mil.

Published by:
Wyoming Newspapers, Inc.
202 E. 18th St., Cheyenne, WY,
82005
(307) 632-5666
Sentinel@warren.af.mil



Photo by Airman 1st Class Connor Elayan

Firefighter Travis Kechter and Sparky the fire dog remind you to test your smoke detectors once a month.

Commentary

Warren's own Lt.s' cancer scare update

1st Lt. Nicole Walters
Public Affairs

Yes, I found a lump. Actually, my husband Rob found it. I've been told more than 25 percent of spouses are the ones who find a lump in their partners.

In March, during Women's History Month, Betty Varga from Life Skills taught a class on breast cancer.

She's so sneaky, I didn't realize she was teaching me. I thought we were just joking and playing with fake breasts.

My husband had innocently and inadvertently brushed up against my chest. He asked me what the lump was and I im-

mediately remembered the fake breasts with their imbedded lumps.

"I'm too busy to have to deal with it," I thought.

It wasn't until my assertive Airman told me, "You call NOW!" that I realized there may not be an 'I' in team, but there is a 'we' if you turn the 'm' upside down. Mission success includes health, and we pull for each other.

After making my doctor's appointment with the Mighty Medics, I spent some time with Lt. Col. Gerald Henry, Mighty Chaplain.

It was my first time using the counseling the chapel offers, and it was great. Chaplain Henry

explained confidentiality is the member's privilege, not necessarily the chaplain's privilege. You can go in and say absolutely whatever you need to, or want to, and the chaplain gives you advice.

No matter what's up in your life, from work issues, family issues or just to chat; the counseling the chapel staff provides is a wonderful tool.

My doctor's appointment was with Dr. (Capt.) Justin Tingey at the base clinic, and Rob went with me.

"You DON'T do self-exams!?" Doctor Tingey asked.

The medical emphasis is on the woman to per-

form her exams, because you know your body better than the doctor. What may be normal for one person isn't normal for another, so doctors trust women to know what is normal for them.

After learning how to perform a self-exam, Doctor Tingey examined the lump.

Yes, there is a lump. However, the doctor was able to palpitate it. The bad kind of lump is like little rocks--you can't move them.

"It's just a nodule that isn't playing ball right now," he said.

Doctor Tingey gave us direction before we left. He wants us to watch the lump to make sure it doesn't get worse, per-

form monthly self-exams and not be afraid.

Lt. Col. Joe Ballard, 90th Civil Engineer Squadron commander, tells a story about putting rocks, sand, pebbles and water in a jar. To make it all fit, you have to put the big rocks in first.

The moral of the story is life is a jar, and the things important to you are the big rocks. The little stuff will fall into place.

Health is a big rock. Spirituality is a big rock. Your spouse is a big rock (but don't tell them that!). And yes, your co-workers are big rocks too. And that's what makes us mission-successful.

PEACE KEEPERS

By A1C Nathaniel Turner, 90MMXS



MyPay Changes add more functionality to Web site

Airman 1st Class Holly Dickerson
90th Comptroller Squadron

MyPay, the secure, online system that helps military service members, Department of Defense civilians and military retirees and annuitants take control of their pay. There are many benefits to using the MyPay Web site, but first you will need a MyPay PIN number.

To do this, you can either stop by finance to receive a temporary PIN number or you can just visit the website and a PIN number will be e-mailed to you.

Once you get your temporary pin number, you just follow the simple instructions on the website to create your permanent PIN number. The Restricted Access Personal Identification Number is one of MyPay's

newest capabilities.

It allows the member to provide a spouse or trusted individual with a view-only PIN. This is very helpful for deployed members.

Starting today, there will no longer be hard copies of Leave and Earnings Statements mailed out in the Air Force.

It has already become mandatory in Air Force Space Command to get your LES from the MyPay website. Another new feature of MyPay allows all active duty military members to access their twelve most current LES' until they have cycled off for normal updates. You can also access the past five years of W-2's.

Civilians can access their LES' for 26 months until they have cycled off for updates.

MyPay is a way to update some of your pay information at home,

without having to fill out paperwork or make a trip to finance. You can update your home address; this however, will not update your bond address.

STARTING TODAY, THERE WILL NO LONGER BE HARD COPIES OF LEAVE AND EARNINGS STATEMENTS MAILED OUT IN THE AIR FORCE.

Starting, stopping, or changing can also be made to your Direct Deposit, Thrift Savings Plan, and now allotments—another new addition to MyPay. For direct deposit changes, you will need the bank routing num-

ber and account number you wish the allotment to go to, and whether it is a checking or savings account. Allotment changes require the same information.

In addition to the routine transactions you may use MyPay for updating federal and state tax withholding.

However, you cannot file for Advanced Earned Income Credit, file exemption from federal tax withholding or claim more than 10 exemptions, nor can you change your state of legal residence either.

Starting or making changes in a TSP can only be made during open season or within 60 days of entering the service.

Open season for TSPs is normally around April 15 through June 30 and October 15 through December 31.

New law makes checks clear faster

Master Sgt. Sandra Turner
90th Comptroller Squadron

Check 21 is a sweeping new federal law that takes away your ability to get back your original paper checks. Under this law, consumers will be more likely to bounce checks and may find themselves paying higher bank fees.

The Check Clearing for the 21st Century Act (Check 21) was signed into law on Oct. 28, 2003 and will become effective on Oct. 28.

Check 21 is designed to foster innovation in the payments system and to enhance its efficiency by reducing some of the legal impediments to check truncation.

The law facilitates check truncation by creating a new negotiable instrument called a substitute check, which would permit banks to truncate original checks, to process check information electronically, and to deliver substitute checks to banks that want to continue receiving paper checks.

A substitute check would be the legal equivalent of the original check.

It would include all the information contained on the original check.

A few of the main effects of Check 21 on consumers are as follows:

1. Expect the checks you write to clear faster: Don't write a check unless the funds are already in your account. The checks you write will clear faster.

2. You may not get access to the funds from checks you deposit any sooner, as the new law does not shorten check hold times.

3. You won't be able to get your original paper checks back, because the bank will no longer have them.

4. Banks will save money of processing checks, but banks are not required to share these savings with consumers. You can obtain more information on Check 21 by accessing the following website:

www.consumersunion.org/finance/ckclear1002.htm



Photo by Mark Crabtree

Marine Corps General James Cartwright, Commander, U.S. Strategic Command, stands in a maintenance workage while being briefed by Staff Sgt. Lance Anderson, 90 MXG. USTRATCOM is responsible for both early warning of and defense against missile attack and long-range conventional attacks. The command is charged with deterring and defending against the proliferation of weapons of mass destruction.

Construction corner

Your time is precious...

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

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



Photo by 1st Lt. Darrick Lee

Warren Federal Credit Union Employees take part in mayoral day, a day intended to allow all units, tenants and residents to take part in the beautification of their base. The credit union takes the cleanliness of Warren seriously, and their employees serve as a reminder that mayoral day is not just for active duty, but for everyone.

Attention all Airmen

The Cyber Cafe is up and running at Dorm Escape. It has computers with internet and LAN capabilities. The basketball court at Fall Hall is available 24/7. Any one who wants to shoot hoops go the the Crow Creek lodging desk and sign out a key and basketballs and have free/open access.

Briefs

Base child care programs

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

For more information call Suzanne Francis at 773-5745.

Native American History Month

The Native American History Month committee will be holding a meeting today at 10 a.m. at the MEO office in Building 1200. Everyone is welcome to attend.

For more information, contact Sharon Beaudoin at 773-4887.

Chapel closure

The base chapel will be closed on Wednesday, for a staff training day.

In case of an emergency, call 631-5408 for the duty chaplain or 631-9506 for the wing chaplain.

Combined Federal Campaign

It's that time of year again for the Combined Federal Campaign. The 2004 campaign will run from now until Nov. 12.

Here are your unit representatives:

Base project officers

2nd Lt. Samuel Morales
2nd Lt. Jackie Morales

20th Air Force

Capt. Frank Reyes

90th Space Wing agencies

Staff Sgt. Marvin Morant

90th Mission Support Group

2nd Lt. Amanda Sickels, 90th Contracting Squadron

Capt. Christopher Kay, 90 CONS alternate
Staff Sgt. Paul Clarahan, 90th Communications Squadron

Airman 1st Class Lukas Moore, 90 CS alternate

90th Security Forces Group

2nd Lt. Tyrone Bess, 90 SFG
2nd Lt. Matthew Fontaine, 90th Missile Security Forces Squadron
2nd Lt. Tim Brady, 790th Missile Security Forces Squadron

Senior Airman C. Walling, 790 MSFS

2nd Lt. Bradley Bingham, 90th Security Forces Squadron

Senior Airman J. Henry, 90th Security Support Squadron

90th Operations Group

Capt. Ted Stille, 90 OG
Staff Sgt. Zarah Hartsock, 37th Helicopter Flight

1st Lt. Rachel Beard, 319th Missile Squadron

Tech. Sgt. Jeremy Finley, 319 MS alternate

Capt. Ted Stille, 320th Missile Squadron

Capt. David Jones, 320 MS alternate

2nd Lt. Nathan Houle, 321st Missile Squadron

2nd Lt. Alexander Keller, 321 MS alternate

Capt. Michelle Gando, 90th Operation Support Squadron

Maj. Lloyd Buzzell, 90 OSS alternate

1st Lt. Melissa Ward, OGV

1st Lt. Matt Hlivko, OGV alternate

90th Maintenance Group

1st Lt. Jennifer Anderson, 90th Missile Maintenance Squadron

Tech. Sgt. Jason Bundy, 90 MMXS alternate

2nd Lt. Paul Traher, 90th Maintenance Operation Squadron

Staff Sgt. James Rosebrock, 90 MXQ

Trial open to Warren members

Military Justice

90th Space Wing Judge Advocate

Airman Antonio Black and Airman 1st Class Kaief Cooper are being court-martialed on Oct. 12 and Oct. 13, respectively.

Airman Black is accused of underage drinking, falsifying a military identification card and failing to

follow an order. Airman Cooper is accused of underage drinking.

As in all cases, both Airmen are presumed innocent until and unless proven guilty. The prosecutors are Capt. Lance Wood and Capt. N. Harry Herrick.

Airman Cooper is represented by Capt. Matthew Cassell, Warren area defense counsel, and Airman

Black is represented by Capt. Joel England, the area defense counsel from USAFA.

Trials by court-martial are open to the public.

Trials are held in the base courtroom located in Building 232 on the second floor. If you have any questions, call the base legal office at 773-2256.

6 by 3



Busted

What did they think they could get away with this time?

Article courtesy of the Judge Advocate General office

During the time period of Sept 1, through Sept. 30, nine Article 15 actions were processed at Warren.

Of the nine Article 15s, five were alcohol related.

The following is a breakdown of the Uniform Code of Military Justice articles violated and the punishments received:

Alcohol Related Incidents:

An airman first class violated Article 92 and Article 134 of the UCMJ by drinking while under the legal age of 21 and for committing indecent acts with another in the presence of others. He received a suspended reduction to airman, forfeiture of \$668 for two months with \$468 suspended for two months and

21 days extra duty.

An airman first class violated Article 92 and Article 134 of the UCMJ by drinking while under the legal age of 21 and for committing indecent acts with another in the presence of others. He received a suspended reduction to airman, forfeiture of \$668 for two months with \$468 suspended for two months and 21 days extra duty.

An airman first class violated Article 92 of the UCMJ by drinking while under the legal age. She received a suspended reduction to airman, suspended forfeiture of \$668 for two months and 45 days extra duty.

An airman first class violated Article 92 of the UCMJ by possessing

alcohol while under the legal drinking age. He received a suspended reduction to airman and 14 days extra duty.

An airman violated Art 92 and Article 134 of the UCMJ by drinking while under the legal age and for committing indecent acts with another in the presence of others.

He received a forfeiture of \$668 for two months with \$558 suspended for two months and 21 days extra duty.

All others:

A staff sergeant violated Article 128 of the UCMJ by assaulting a family member. He received a reduction to the grade of senior airman, suspended forfeiture of \$500 per month for 2 months and 14 days extra duty.

An airman first class violated Ar-

ticle 92 of the UCMJ by negligently failing to advise the driver of a government vehicle to check the depth of standing water which was a cause to the GOV rolling over.

She received a suspended reduction to airman, 14 days extra duty, and a reprimand.

An airman first class violated Article 92 of the UCMJ by willfully failing to refrain from exceeding the maximum speed limit for gravel roads, which resulted in a GOV roll over. She received a suspended reduction airman, 14 days extra duty, and a reprimand.

An airman violated Article 134 of the UCMJ by communicating a threat to a senior non-commissioned officer. He received reduction to airman basic and 21 days extra duty.

Readiness review

Operational Decontamination

Senior Airman Kelley Donovan
90th Civil Engineer Squadron

Operational decontamination occurs immediately after an event that causes contamination. Like passive defense and contamination control, it is usually used to describe operations in a nuclear, biological, and chemical environment, but can be used to describe efforts taken after a hazardous materials incident. If a hazardous material is released, then response personnel must decontaminate themselves and their equipment. Operational decontamination prevents injuries and the spread of contamination from the location of release. Remember, that as a first responder, you will probably not be responsible for these activities, but you need to be aware of the procedures in order to protect yourself and others.



Photo by 1st Lt. Darrick Lee

LIKE CLOCKWORK ...

Staff Sgt. Scott Orser, and Tech. Sgt. Terry Higgins, 90th Security Forces Squadron, prepare to escort a Burlington Northern & Sante Fe cargo train through Warren Sept. 23. Trains have had the right-of-way to pass through the base for decades, ever since they were used to bring supplies before trucking became the main means of delivery. Security forces have always monitored the trains while passing through Warren, but after Sept. 11, additional focus includes monitoring the railways to prevent illegal entry.



Photo by 1st Lt Nicole Walters

K IS FOR KALLIGRAPHY

Margaret Kowsurd works on an art project at the multicrafts center recently. To sign up for the calligraphy class, which will be starting soon, call 773-3754

Winter driving

Are you ready?

Dave Clark
90th Space Wing Safety Office

Stay alert, slow down and stay in control. These are the three key elements to safe winter driving. Drive according to current road and weather conditions. Keep a safe distance between you and the vehicle in front of you. Avoid situations where you may have to brake suddenly on a slippery surface.

Get your vehicle winter-ready with a maintenance check-up. Don't wait for winter to set in to have your battery, belts and hoses, radiator, oil, lights, brakes, exhaust system, heater/defroster, wipers and ignition system checked.

Have tires and tire pressure checked. Tire air pressure decreases in colder weather.

Check weather and travel conditions before heading out. Don't take chances if the weather is bad. Give yourself extra time for travel, or wait until conditions improve. Call the Wyoming Department of Transportation Road and Travel Information number, toll free at 888-WYO-ROAD. If you are traveling a long distance, plan your route ahead of time. Let someone know of your destination and expected time of arrival.

Wear comfortable clothing that doesn't restrict your movement while at the wheel. Keep warm clothing for getting out of your vehicle.

Clear snow and ice from all windows, lights, mirrors and the roof.

Make your own survival kit

- Tow rope or chain
- Booster cables
- Road flares or warning lights
- Gas line antifreeze
- Flashlight and batteries
- First aid kit
- Fire extinguisher
- Small tool kit
- Extra clothing and footwear
- Blanket
- Non-perishable energy foods - e.g. chocolate or granola bars, juice, instant coffee, tea, soup, bottled water
- Candle and a small tin can
- Matches
- Ice Scraper

After starting your vehicle, wait for the interior of the windows to clear of fog so you will have good visibility all around. Don't be a peep-hole driver.

Make sure you travel with at least half a tank of gas.

Make sure you have sufficient windshield washer fluid in the reservoir and that it is rated for low temperatures.

If you are in an area with cell phone service and have a cell phone, use it only when necessary. When you need help, pull well off the road to make a call.

————— **Driving, page 23**

6 by 4



Photo by 1st Lt. Darrick Lee

GET FIT, BE FIT

One hundred and thirty runners, joggers and walkers started the new fiscal year with a 5K as they braved the cold temperatures and a chilling rain Oct. 1 to participate in the Get Fit Be Fit Run offered by Freedom Hall staff. Squadron groups that participated were 90th Civil Engineer Squadron, 90th Comptroller Squadron, 90th Services Squadron, and the 90th Communications Squadron. The top male and female finishers were Airman 1st Class Ryan Hughes, 90 CPTS, 16:28, 2nd Lt. Joe Sundy, 90 CES, 20:31, 2nd Lt. Laura Abt, 90 CES, 22:24:44 and Tech. Sgt. Alexander Amanda, 22:24:70.

6 by 5



Guts, Gridiron and Glory

Highlights from Warren's flag football season



Photos by Joe Kelly



WSA in good hands with Californian

Our duties within Space Command are unlike most Air Force jobs. Although we're definitely a big part of the nation's defense system, not many people get to actually see what we do because our job is so sensitive. For all of the missileers, security forces and support personnel we see bustling around the base daily, there are also many folks working in places that most of us will never get to see in action. First Lieutenant Darrick Lee talks with Senior Airman Michael Gibson, a Central Security Controller with the 90th Security Forces Squadron.

I know what a missile field Flight Security Controller is, but some of us may not know what a Central Security Controller is. Are the jobs the same? Well, I monitor alarms within the WSA [Weapons Storage Area] and dispatch patrols when necessary. We make sure it's not hostile and we track status of any situation until resolved. The duties between the positions are similar, but there are differences based on our locations.

Do you enjoy the job? I do, but I'm looking forward to getting more 'street' time. I like interacting with the public and learning about dealing with traditional security-related issues. **Well I see you're wearing the security badges, so I'm assuming you've done some of that work already, right?** Yeah, I've done a bit, but not as much as I'd like. Within Security Forces, they try to rotate us between different types of positions to give us more experience. So, we're always learning, but not always the same job.

So, where are you from? California. I'm from a small town in the north part of the state called Willets. It's about 3 and a half hours north of San Francisco. It's a nice all-American town. It's a little city of about 5,000 people. I've lived there my entire life, right up until I joined the Air Force.



Photo by 1st Lt. Darrick Lee

Senior Airman Michael Gibson is a Central Security Controller with the 90 Security Forces Squadron, working within the weapons storage area. The WSA is one of many places that are key to the 90 Space Wing mission, but are not easily accessible.

What's your favorite place to eat in your hometown? I don't really have a favorite, but I love Mexican food.

What made you leave to join the Air Force? I wanted to get out and see new things and meet different people. I got to do that here at Warren, and I'm hoping I can get stationed somewhere on the east coast for my next assignment.

Then, you're staying in, I take it? For now, yes. At least for one more assignment. **What would you do if you left?** If I did decide to separate, I'd like to be a law enforcement officer. **Big city or small town?** I wouldn't mind working in a big city police department like Los Angeles or New York, but I should probably start out in a small town law

enforcement office.

Knowing that your job in the WSA is so unique, what do you think the average person doesn't understand about your job? I don't think that many people would understand anything about my job. There is so much that I can't begin to explain it all, and much of it I'm not able to discuss. **I guess you could tell me, but then you'd have to kill me, huh?** Sort of.

If you were president for a day, what would you do? No matter what, I'd take care of the military and make sure they have whatever they need to do their job.

You'd get my vote! Thanks for your hard work at the WSA. Anytime.

Trick or Treat Off the Street and Pumpkin Carving Contest

Little ghost, princesses and heroes are all invited to Fall Hall Halloween night for Trick Or Treat Off the Street Oct. 31, 6 to 9 p.m. The youth center staff and volunteers will host a haunted house, crafts, a piñata, ghost bowling and many other fun games for children.

The event is free and there will be a hot dog dinner available for a nominal fee.

Kids and adults can enter the pumpkin carving contest with winning entries displayed at the Trick Or Treat Off the Street. Just take your entry to the youth center by Oct 28. Age groups are 5 to 7, 8 to 10, 11 to 18, and age 19 and older.

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

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

Club Halloween Bash

Dress up in costume and come out to the Trails End Club Friday, Oct. 29, 7 p.m. for the Halloween Bash. Cash prizes will be awarded for winners of the costume contest in the following categories: best

dressed couple, scariest and funniest.

Be entertained by the band, Twisted Cain, enjoy snacks and play, "Let's Make A Deal". Free for club members and \$3 cover for nonmembers!

Texas Hold'em

Put on your poker face and come to the Trails End Club, Oct. 23 at 2 p.m. for some Texas Hold'em! Get \$20,000 in Club Bucks. AAFES gift certificates will be awarded to the top five players.

Blinds start at \$100 and increase every 30 minutes. Entry fees are \$20 for club members and \$25 for nonmembers. Sign up by Oct. 15 and save \$5! Must be 18 years old to participate.

Call the club at 773-3048 for more information.

Air Force Club Membership Drive

How would you like to win \$3,000? Well you can just by joining the club during the fall club membership drive now through Nov 30. The Air Force is giving each command big cash prizes to encourage us to join and participating in Air Force Clubs.

There will be a drawing for new members who join during

the drive and current members in good standing as well for \$250 at the end of membership drive party Dec 1. Sponsored in part by Sprint. No federal endorsement of sponsor intended.

Active duty, reserves, guard, DoD civilians, military retirees and full time contractors and welcome to join the club. Free lunch for all new members who join during the promotion.

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

Columbus Day Bowling Special at Warren Lanes!

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

Lights on After School - Open House

Lights on After School is scheduled for Thursday, 6:30 p.m. This is an open house that spotlights after school programs at the Youth Center.

There will be a guest speaker and slide show spotlighting all of the after school program activities. Open Recreation, Sports and School Age Program. Activities

will also be offered. Holly's dancers will perform.

Call 773-2564 for more information.

Mountain biking and hiking adventure trip

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

Sunday is open. Do an easy or hard bike ride, go for a hike, sight seeing, lift assist downhill mountain biking, a combo of activities or even break up into groups if possible. After the park it's lunch in town and the drive back.

Sign-up early - space is limited; ODR bikes will be available at no charge for those who need them (limited quantity). The cost is \$165 per person.

Call 773-2988 for more information.

6 by 6



Driving from page 14

It's critical for drivers to see and be seen in low light conditions, and when blowing snow and whiteouts impair your visibility. Turn on your vehicle's full lighting system.

It takes longer to stop on a slippery road. It's important to leave plenty of space between you and the vehicle ahead. A guide to safe distancing under normal driving conditions is the two-second following rule. In winter, and especially during poor weather conditions, double the two-second rule.

Make sure you know how to use your braking system in all weather and road conditions. Consider taking an advanced driving course that teaches emergency driving skills.

Snow on a road may be hard-packed and slippery as ice. It can also be rutted, and full of hard tracks and gullies. Or, it can be smooth and soft. Wet snow can make for slushy

roads. Heavy slush can build up in the wheel wells of your vehicle, and can affect your ability to steer. Remember, look ahead and adjust your driving to the road and weather conditions. Slow down, avoid sudden turns of the steering wheel, and sudden braking and accelerating that could cause a skid.

Be careful when approaching shaded areas, bridges and overpasses, as these sections of road freeze much sooner in cold weather and stay frozen long after the sun has risen. Watch out for black ice areas of the road that appear black and shiny and where your vehicle can lose traction suddenly. Slow down, keep your foot off the brake and be ready to control a skid as your vehicle crosses these areas.

If you get stuck or stranded, don't panic. Stay with your vehicle for safety and warmth. Wait for help to

arrive. If you have a cell phone, call for help. Be careful if you have to get out of your vehicle when on the shoulder of a busy road. If possible, use the door away from traffic. If you attempt to free your vehicle from the snow, be careful out in the weather. Dress warmly, shovel slowly and do not overexert yourself. Do not attempt to shovel or push your vehicle if you have a medical condition. Body heat is retained when clothing is kept dry. Wet clothing, due to the weather or perspiration, can lead to a dangerous loss of body heat.

Draw attention to your vehicle. Use emergency flashers, flares or a call police sign. Run your motor sparingly. Be careful of exhaust fumes. For fresh air, slightly open a window away from the wind. You may have to exit your vehicle occasionally to make sure the exhaust pipe is clear of drifting snow before

running the engine.

It's a good thing to keep a winter survival kit in your vehicle. Having essential supplies can provide some comfort and safety for you and your passengers should you become stranded. Recommended items:

- Tow rope or chain
- Booster cables
- Road flares or warning lights
- Gas line antifreeze
- Flashlight and batteries
- First aid kit
- Fire extinguisher
- Small tool kit
- Extra clothing and footwear
- Blanket
- Non-perishable energy foods - e.g. chocolate or granola bars, juice, instant coffee, tea, soup, bottled water
- Candle and a small tin can
- Matches
- Ice scraper

VOTE!

ARMED FORCES VOTERS' WEEK
SEPTEMBER 3 - 11, 2004

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THE CHOICE IS YOURS. CAST YOUR VOTE

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

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

Visit the Federal Voting Assistance Web site at www.fvap.gov 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
773-5365
- 90 SW: 1st Lt. Nicole Walters
773-3381
- 90 MDG: Master Sgt. Dori Batten
773-5610
- 90 MXG: Capt. Jordan Murphy
773-2461
- 90 MSG: Tech. Sgt. Daniel Sharp
773-3805
- 90 OG: Staff Sgt. William Kennedy
773-4423
- 90 SFG: 2nd Lt. Wendy Allison
773-3881

50 Years Space and Missile Trivia

What does NATO stand for?

Last week's question:

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

1948

Want to learn more about space and missile history?

Check out AFSPC's anniversary Web site

www.peterson.af.mil/hqafspc/50th

