

# Warren SENTINEL

Volume 63, Issue 14

F. E. Warren Air Force Base, Wyoming

April 9, 2004



Photo by 1st Lt. Nicole Walters

## On the Right Track

Members of the 90th Security Forces Group enjoy a leisurely spring run Tuesday on the track surrounding the parade field. Complete with tennis shoes and beads of sweat, members ran to the sweet sounds of Jodies called by the gentleman on the far right. If you want to find out more about running or organize a fitness group, call the HAWC at 773-4292.

## Tobacco Use in Dorms: Still Not Allowed

Master Sgt. Delinda Lang  
90th Civil Engineer Squadron

The use of tobacco is prohibited anywhere in the dorms. As of Feb. 1, Col. Evan Hoapili, 90th Space Wing commander, signed a policy letter regarding tobacco use in the dormito-

ries. This prohibition applies to all areas to include day rooms, laundry rooms, stairwells, hallways and individual dormitory rooms.

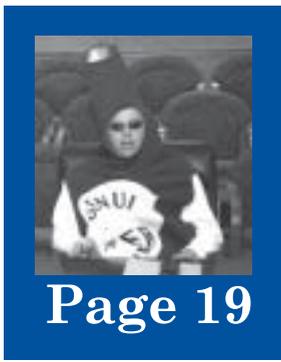
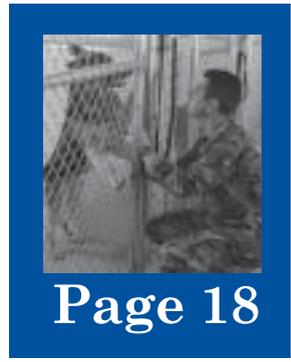
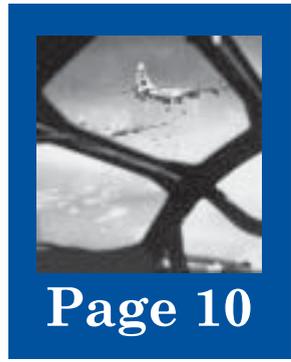
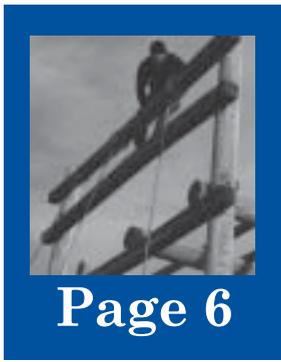
Prior to Feb. 1, smoking was authorized only in private bedrooms. Due to health and safety concerns for the airmen and because a few Airmen weren't following the previous rules and freely smoked in the common areas, dayrooms and halls, the tobacco policy was revised to no longer allow tobacco use in the dorms.

Every year, irresponsible smoking cause thousands of dollars worth of damage to carpets and dorm furnishings. It's hard to put an exact dollar figure on the damage, because

most items are not immediately replaced. If you live in a dorm where there is damaged property you can thank the violators of the smoking policy.

Notices were posted in all dorm entrances notifying all residents of the new policy. Notices were also placed in every room to insure 100 percent notification. The policy is a part of our inprocessing briefing, and the new Airmen are briefed the policy at the First Term Airmen's Center.

The only place tobacco products can be used is in the designated smoking areas outside the dorm. This new policy is in effect to increase the safety and health of every resident.



# Responsibility: Demand It!

Chief Master Sgt. Paul Duysen  
90th Maintenance Group

When thinking about this commentary, I considered several topics to talk about. The first thing I thought about was leadership. We all agree NCOs need to be strong leaders in today's Air Force, so leadership seemed to be a likely topic. However, I decided to focus on a specific leadership quality, something that has been important to me throughout my entire career. I'd like to talk about responsibility.

I think we all would agree that being responsible is a trait of a good leader. Good NCOs accept responsibility for themselves, their subordinates and the success of their entire units. Gen. Curtis LeMay once said, "If I had to come up with one word to define leadership, I would say responsibility." Pretty strong words from a great leader!

Webster's defines responsibility as the state, or fact of being responsible, something for which one is accountable, and duty. I think we all know something about duty. We all are responsible for our duties. But, I'd like to word this a little different. Let's agree we are responsible for our duties but I ask you, do you agree we have a duty to be responsible?

When I think about responsibility, I recall a speech I heard while attending the NCO academy years ago at Barksdale Air Force Base, La. This particular guest speaker spoke for about 30 minutes. I'm sure he delivered a strong message, but I'm sorry to say I only remember one part of his speech. But that one part, I'll never forget. As he talked about the qualities of the enlisted force, he associated responsibility with good NCO's. He advocated good NCOs not only seek and accept responsibility, but they are addicted to it. I remember thinking how strange that sounded, however, I couldn't agree more today. Good NCOs are unquestionably addicted to responsibility. Further, I contend accepting responsibility is a key trait that distinguishes our entire enlisted corps as a truly professional force.

I honestly believe our NCO Corps is the backbone of the Air Force. There is no question our front-line supervisors, the staff sergeants, technical sergeants and master sergeants, have enormous responsibility ensuring our Air Force mission is safely accomplished every day of the year. Every day I see dedicated NCOs accepting huge responsibility, while performing a difficult and challenging mission. Look around, I know you've seen them also.

To sum all this up, I advocate responsibility is the most important NCO duty. Failure to accept responsibility destroys credibility and respect. I not only agree NCOs should be addicted to responsibility, but they must demand responsibility. NCOs in the United States Air Force have greater responsibility than most people can imagine. As NCOs, it's our duty to be responsible and accountable to carry out our enormous mission here at Warren. Never forget our officers are depending on us, and our airmen are learning from us! Because of you, the 90th Space Wing mission is in good hands!

## Hoops' Shots

This edition marks my silver anniversary - my 25th Hoops' Shot. Amazing how quickly time goes when you're in the best job and working with the best people in the Air Force.

Last week I enjoyed a hands-on review of our ability to respond to an emergency involving radiation. Both Maj. Gen. Frank Klotz and I were very impressed with the training, equipment and spirit of this team.

Representing the fire department were **Master Sgt. Joe Walsh** and **Mr. Ron Riedel**. The CE Readiness Flight showcased **Mr. Mike Watts** and **Airman 1st Class Nathan Hargrafen**. Rounding out our tour was the bioenvironmental flight with **Airman 1st Class Artise Brown** doing the talking - who is also a founding member of the MAD Crew. We all came away with great confidence in our capabilities and a huge appreciation for the hard work and dedication of our first responders.

Later I had the pleasure to watch our Mighty EOD Flight work through a complex car bomb scenario. **Master Sgt. Ric Bollen**, flight chief, explained what it takes to render a situation like this safe. I got to watch as **Senior Airman Michael Overton** pulled the trigger to release our own blast that our team had placed near the car. The result was significant damage to the vehicle but absolutely no explosion from the car bomb - a perfect outcome!

I also had the privilege of touring our new Minuteman III Maintenance Service Complex now that folks have moved in. I started off with **Master Sgt. Richard Mullee** giving an in-depth pre-dispatch briefing to **Staff Sgt. Tad Marshall** and team prior to dispatching to E-

06. Later that morning, I watched as **Senior Airman Chris Taylor**, uploaded an EMT vehicle for dispatch. His hard work ensured the EMT team had the required equipment and departed base on-time to the missile complex. Afterward, we proceeded to the FMT/PMT section where two other professionals, **Staff Sgt. Jeanette Boje** and **Staff Sgt. Kellie Fox-Anderson** explained their key duties, tasks and responsibilities.

Next, we stopped by the PREL section where **Master Sgt. Charles White**, NCOIC, showed off his new work area. Finally, **Tech. Sgt. Christine Ortt**, **Master Sgt. Monty Reeder**, and **Senior Master Sgt. Perry Phillipps** gave briefings covering the readiness section, training initiatives and the new training PRP program. The pride and ownership was evident everywhere I went that day - great job by all!

This last brief was another indication of the significant advances we've made in PRP training and awareness. Groups across the wing along with our PRP surge teams have put the polish on a rejuvenated and focused PRP effort. I'm confident the IG will not only pass us with flying colors, but also highlight what has become the best program in the business. Our mission begins with reliable people and PRP is our top priority every minute of every day. My thanks for all the hard work to get us to and through the re-inspection.

Finally, let me close with a huge congratulations to our Mighty Medics for their win of a stunning 23 (!) Medical Service Awards - the highest in AFSPC. All of us at Team Warren salute this achievement and the dedication it took to get to this level of excellence.

--Col. Hoops

Warren  
SENTINEL

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Direct questions or comments to the SENTINEL at 773-3381 or e-mail at [Sentinel@warren.af.mil](mailto:Sentinel@warren.af.mil).

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# Warren MDG Members Finish on Top

**Col. Ronald Pearson**

*90th Medical Group commander*

Air Force Space Command headquarters recently announced the Annual Medical Service Award winners for 2003 and the Mighty Ninety Medics from the 90th Medical Group have garnered 21 individual awards and 2 team awards. Medics from seven AFSPC medical units competed for a total of 95 annual awards. The 90 MDG tied for first place with the 45th Medical Group at Patrick Air Force Base, Fla. All 23 award winners from Warren will now compete against winners from all other major commands for Air Force level honors.

*Clinical Laboratory Team of the Year*

*Pharmacy Team of the Year*

*Public Health Officer - Maj. Armando Rosales*

*Bioenvironmental Engineering - Staff Sgt. Daniela Hernandez*

*Clinical Laboratory Officer - Capt. John Shirley*

*Clinical Laboratory NCO - Staff Sgt. Traci Oaks*

*Optometry NCO - Tech. Sgt. Peter Strand*

*Clinical Psychologist - Capt. Alan Ogle*

*Health Services Management Airman - Airman 1st Class Arundel Van Tassell*

*Physical Therapist CGO - Capt. Evan Kelley*

*Health Plan Management SNCO - Master Sgt. Yvonne Miller*

*Health Plan Management Airman - Senior Airman Maria Adams*

*Dietitian CGO - Capt. Natalie Bonetti*

*Health Benefits Advisor - Ms. Reva Lemley*

*Clinical Laboratory Airman - Airman 1st Class Christa Lucero*

*Radiology NCO - Tech. Sgt. Sandra Pocius*

*Pharmacy Airman - Airman 1st Class Tiffany Miller*

*Mental Health Airman - Airman 1st Class Raymond Jimmerson*



*Photo by 1st Lt. Nicole Walters*

*Medical Logistics Officer - 1st Lt. Joseph Indomenico*

*Clinical Laboratory SNCO - Master Sgt. Russell Ching*

*Biomedical Equipment Repair NCO - Tech. Sgt. Donald Vrabel*

*Physical Medicine SNCO - Master Sgt. Victor McLeod*

*Medical Technician NCO - Staff Sgt. Benjamin Arioso*

## After Spring Storms ... When it Rains, it Drains

**Article courtesy 90th Civil Engineer Squadron**

Stormwater runoff occurs when precipitation from rain or snowmelt flows over the ground.

Impervious surfaces like driveways, sidewalks, and streets prevent stormwater from naturally soaking into the ground. Stormwater can pick up debris, chemicals, dirt and other pollutants, and flow into a storm sewer system or directly to a lake, stream, river, wetland or coastal water. Anything that enters a storm sewer system is discharged untreated into the waterbodies we use for swimming, fishing and providing drinking water.

Polluted stormwater runoff can have many adverse effects on plants, fish, animals and people. Sediment can cloud the water and make it difficult or impossible for aquatic plants to grow. Sediment also can destroy aquatic habitats. Bacteria and other pathogens can wash into swimming areas and create health hazards, often making beach closures necessary. Debris - plastic bags, six-pack rings, bottles and cigarette butts - washed into waterbodies can choke, suffocate or disable aquatic life like ducks, fish, turtles and birds.

Household hazardous wastes like insecticides, pesticides, paint, solvents used motor oil, and other auto fluids can poison aquatic life. Land animals and people can become sick or die from eating diseased fish and shellfish or ingesting polluted water. Pol-

luted stormwater often affects drinking water sources. This, in turn, can affect human health and increase drinking water treatment costs.

Education is essential to changing people's behavior.

### Auto care

Check your car, boat, motorcycle and other machinery and equipment for leaks and spills. Make repairs as soon as possible. Clean up spilled fluids and absorbent material like kitty litter or other absorbent materials. Do not rinse spilled material into the storm drain. Out of site is not out of mind. Washing your car and degreasing auto parts at home can send detergents and other contaminants through the storm sewer system. Dumping automotive fluids into storm drains has the same result as dumping the materials directly into a waterbody. Cars waiting to be repaired can leak fuel, oil, and other harmful fluids that can be picked up by stormwater.

### Pet waste

Pet waste can be a major source of bacteria and excess nutrients in local waters. When walking your pet, remember to pick up the waste and dispose of it properly. Leaving pet waste on the ground increases public health risks by allowing harmful bacteria and nutrients to wash into the storm drain and eventually into local waterbodies.

### Septic systems

Leaking and poorly maintained septic systems release nutrients and pathogens (bacteria and viruses) that can be picked up by

stormwater and discharged into nearby waterbodies. Inspect your system every three years and pump your tank as necessary (every three to five years). Don't dispose of household hazardous waste in sinks or toilets.

### Lawn care

Use pesticides and fertilizers sparingly. Avoid applications when the forecast calls for rain. Excess fertilizers and pesticides applied to lawns and gardens wash off and pollute streams.

### Construction Projects

Divert stormwater away from disturbed or exposed areas of the construction site. Install silt fences, vehicle mud removal areas, vegetative cover and other sediment and erosion controls and properly maintain them, especially after rainstorms. Prevent soil erosion by minimizing disturbed areas during construction projects and seed and mulch bare areas as soon as possible.

### Agriculture

Keep livestock away from stream banks and provide them a water source away from waterbodies. Lack of vegetation on stream banks can lead to erosion. Overgrazed pastures can also contribute excessive amounts of sediment to local waterbodies. Rotate animal grazing to prevent soil erosion in fields. Apply fertilizers and pesticides according to label instructions to save money and minimize pollution. For more information, contact the Environmental Flight Rob Miknis at 773-4356 or visit [www.epa.gov/npdes/stormwater](http://www.epa.gov/npdes/stormwater) or [www.epa.gov/nps](http://www.epa.gov/nps)

# Tax Tip of the Week

**Q:** I have not filed my tax return yet. Do I need to come to the base tax center or do other options exist?

**A:** Of course we always welcome your business, however there are several options you may choose to file your return at no cost to yourself.

You may make an appointment to have your taxes done here or use our walk-in policy if you are filing a 1040EZ.

For those filing the 1040EZ, you may have qualified to telefile (over the phone) your return. Telefile packages are sent out automatically to those who qualify. If you lost your telefile package you may contact the IRS at 1-800-829-1040 for a replacement. Another method that is becoming more popular is e-filing your return over the Internet.

Go to [www.irs.gov](http://www.irs.gov). From there, double click on the e-file logo found on the lower right portion of the page. Under the "e-file for individual taxpayers," double click on the "free file" hypertext. There are several options you may check but the one you want to click on is the "start now" button.

For more information, contact us at the Base Tax Center, 773-5829.

# PRP: Consider it For Every Appointment

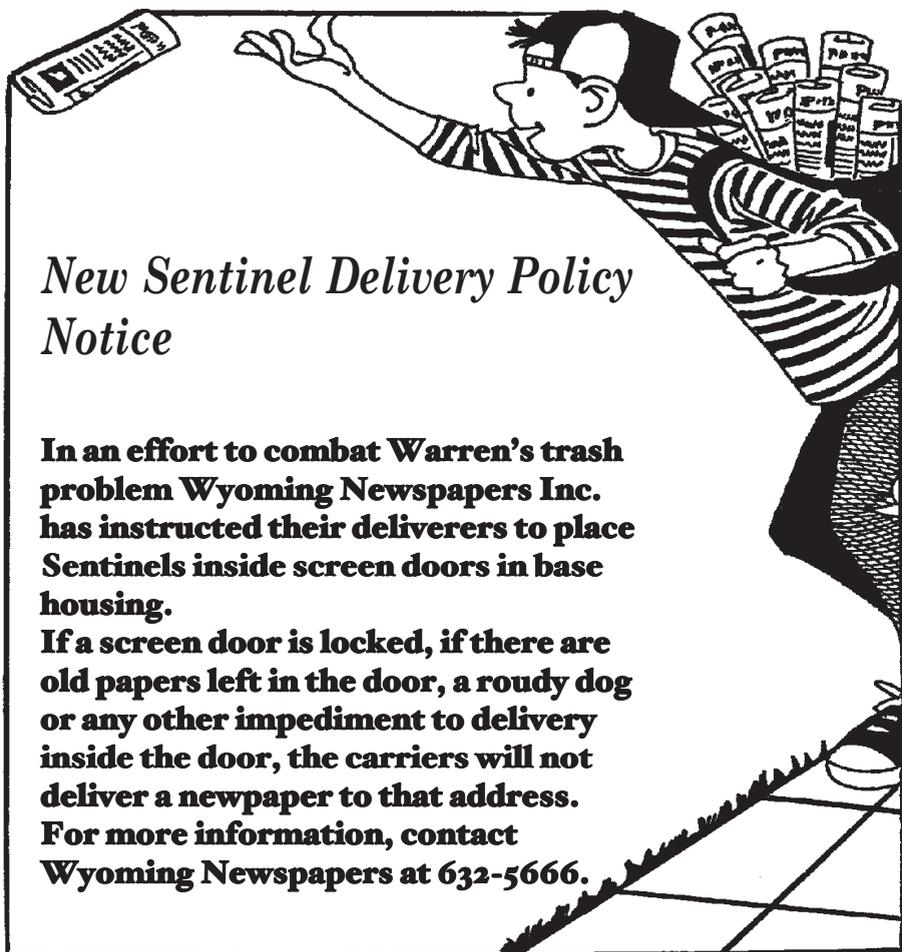
**Capt. Kevin Anderson**  
*90th Medical Operations Squadron*

When I think of the Personnel Reliability Program I am reminded of a philosophy from basic training.

As an airman attending basic training it was better to salute an empty staff car rather than forget to salute when the General drove by. The Training Instructor would say, "When in doubt, whip it out." This same failsafe attitude should apply to our actions when dealing with PRP.

With the recent shortfall during the Nuclear Surety Inspection, the medical group are making sure that we are addressing PRP with every visit.

The medical staff is also asking PRP personnel remain vigilant in their notification of medical or psychological problems and all appointments outside of the clinic, this includes life skills and the Warren Health and Wellness Center. You can notify us by calling the clinic during duty hours or via the on-call provider evenings, weekends and holidays. Remember to let answering service personnel know that you are on PRP.



## New Sentinel Delivery Policy Notice

**In an effort to combat Warren's trash problem Wyoming Newspapers Inc. has instructed their deliverers to place Sentinels inside screen doors in base housing.**

**If a screen door is locked, if there are old papers left in the door, a roudy dog or any other impediment to delivery inside the door, the carriers will not deliver a newspaper to that address.**

**For more information, contact Wyoming Newspapers at 632-5666.**

The medical group needs to be aware of your health concerns even if you've notified your supervisors and PRP monitors. Our records must be consistent with those at your squadron regarding disqualifying medical information.

PRP is not a punitive program and personnel who omit reporting don't necessarily face administrative action.

This is so people will feel free to report if they have issues with their ability to perform duties.

The medical group needs to be aware of your health concerns even if you've notified your supervisors and PRP monitors.

Medical group members are here to support that obligation and keep our fighting force healthy.

Remember when in doubt about your ability to perform PRP duties due to health concerns, let the 90 MDG know, we'll take care of you.

## Who's Watching Whom?

**Tech. Sgt. Chris Truss**  
*90th Space Wing Antiterrorism office*

Have you asked yourself this question? Terrorists have long been applauded for how well they watch and exploit how targets live, work and play. Daily activities such as the time and route taken to work, what time children are dropped off at the daycare center or where cars are parked may seem like simple routines, but to the watchful eye of a terrorist, this information can be used to plan attacks.

History tells us that most terrorist operations involve preoperational planning that includes careful watching of targets ranging from months to years. The chance of thwarting operations is heightened by taking a few minutes to look around before walking into the office in the morning. Take a look at what cars are parked in the parking lot. Do these cars belong? Has someone with no need to know asked detailed questions about what and how you do your job, especially questions involving security? A recent scenario-driven exercise at Warren showed there is work to do in the area of awareness.

A simulated terrorist positioned himself near the Child Develop-

ment Center March 26, to obtain pre-operational information for a possible terrorist attack. The perpetrator, wearing BDUs without patches or rank, remained in and around CDC for a period of four hours conducting surveillance. Initially the perpetrator remained within his vehicle taking notes, photos and gathering information for a period of two hours.

During this period, neither patrons nor employees identified, reported or took action against the perpetrator. The perpetrator then gathered information on foot for nearly two hours, periodically roving the entire area. One CDC employee near the bus stop asked the perpetrator what he was doing. Perpetrator relayed he was checking the security of the facility because he wanted to enroll his child. The employee told him it was secure and offered a tour of the facility. The scenario was accelerated a short time later due to another employee, asking the perpetrator to either come inside the facility for a tour or to leave the area, if not, she would notify security forces. The perpetrator took her up on the offer and a limited tour of the facility was provided. The perpetrator asked various probing questions about the facility such as in-place security, types of customers, peak hours, and proce-

### Are You Being Watched?

- ✓ People observed on or near the installation using or carrying video or still cameras or other observation equipment with high magnification lenses
- ✓ People observed with installation maps or facility photos or diagrams with facilities highlighted or notes regarding infrastructure or listing of installation personnel
- ✓ People possessing or observed using night vision devices near the installation perimeter or local area
- ✓ People observed parking, standing, or loitering in the same area over a multiple day period with no apparent reasonable explanation
- ✓ A noted pattern or series of false alarms requiring law enforcement and or emergency services response
- ✓ Theft of military identification cards or government license plates off-base
- ✓ Reports of military personnel being asked questions off-base pertaining to the installation
- ✓ Recent damage to an airport or military installation shared perimeter fence or gate such as significant holes or cuts
- ✓ Computer hackers attempting to access sites with personal information, maps or other targeting examples

Report all suspicious activity to the law enforcement desk at **773-3035** or contact the local office of special investigations.

dural questions, most of which were answered. It was later discovered that the perpetrator was seen roving the grounds, and various classrooms reported his presence. CDC employees were ultimately able to recognize the perpetrator as a potential threat and made proper notifications to security forces for further investigation. Becky Hernandez and Suzanne Francis were both recognized as professional performers

during the exercise. Maximum cooperation and support, without compromise, is necessary in this continuous fight against terrorism. Though security forces members are primarily charged with protecting and serving us as a community, and patrols make frequent passes by all facilities on the base, they are often called away to accomplish various other duties. Every citizen has a part in this fight against terrorism.

*Dear Air Force and CE Family*

*March 25, 2004*

*Words cannot express our gratitude towards all the kind deeds that were done for Stu's celebration of Life. Such a special good bye could not have been done without everyone's unselfish contributions. The cards, flower contributions and calls were overwhelming and heart warming.*

*Daily we miss him, but are encouraged and fortified by the kindness everyone has shown our family.*

*May God Bless  
 The Ziemann Family*

# Guardian Challenge 2004 Security Forces



**Staff Sgt. Louis R. Buck**  
*Guardian Challenge Security Forces Team*

Best Security Forces Team in Air Force Space Command, Best Security Forces Team in 20th Air Force, Best Obstacle Course Team in AFSPC. Missing a perfect score of 600 by only 25 points in 2002 leaves little room for improvement, but this year's team is up to the challenge! The security forces motto of "Many are called but the chosen are F.E.W." relays to everyone that we are the best of the best and ready to showcase our skills in the competitive arena.

"We are the best of the best and ready to showcase our skills in the competitive arena."

Second Lt. Jesse Goens, 90th Missile Security Forces Squadron, leads this year's team members, Staff Sgt. Scott Gero and Senior Airman Herold Higgins, 90th Security Forces Squadron and Airmen 1st Class Rick Cardona and Samuel Daniels, 90 MSFS. There is no competition experience on this year's team, but with

the right amount of blood, sweat and tears they can surpass 2002's score to help bring home the coveted Blanchard Trophy.

The actual security forces portion is composed of three events. The team must maneuver through an M-203 course up to the M-16 firing line where they engage targets at different ranges. They then move to the 9mm course where their handgun skills are challenged.

Day two tries each individual's tactical abilities as well as the team's ability to engage an enemy and complete a mission. This event is worth 300 points, half of the total score. The final day brings the obstacle course. A grueling gut check composed of 21 obstacles encompassing one mile and a one-mile run to finish the event. Every security forces member knows that this is the event to win. It may only be worth 100 points but the team who wins the O-Course earns the respect of everyone.

The goal this year is simple, have fun and win everything!

## TAP: a Smooth Transition

**Master Sgt. Kal Robinson**  
*Warren career assistance advisor*

Whether through separation or retirement, everyone will leave the active duty force at some future date, and although the focus is the retention of qualified Air Force personnel, advice is available to those plan-

ning to leave active duty - you needn't face the journey alone!

One of the most powerful tools available when preparing for the exciting, and somewhat scary, transition to the private sector is the transition assistance program.

The TAP is designed to help retiring and separating service members and their families make a smooth transition to the civilian world, by providing them with the resources to successfully search for employment as they exit

the military and return to civilian life.

Most military members find that TAP is indispensable to a successful transition from military life. It's free and everyone leaving the Air Force is required to receive a pre-separation briefing from the family support center at least 90 days prior to separation. TAP is just one of many valuable programs offered through the Warren Family Support Center. For more information call the FSC at 773-2241.

# 20th Air Force Celebrates 60 Years History

Master Sgt. William Medema  
20th Air Force historian

In the midst of World War II the Allies agreed to focus on the defeat of Hitler's Germany before concentrating their combined efforts on the final push on the home islands of Japan. The battles for control of the Pacific raged on at the same time. The fighting proved bloody and promised to become bloodier still as the war against the Japanese progressed. To complete the job that began after the attack on Pearl Harbor, Gen. Henry 'Hap' Arnold, commanding general of the Army Air Forces, understood the need for a super long-range land based bomber capable of carrying a large bomb load. As early as 1939, Gen. Arnold passed the idea along to the Pentagon and in that vision the B-29 Superfortress and Twentieth Air Force were born.

As the overall command for the Superfortress, the Pentagon activated Twentieth Air Force on April 4, 1944 under the direct command of Gen. Arnold. Looking forward to an independent Air Force, Gen. Arnold created Twentieth Air Force to carry the destructive potential of strategic air warfare to bear against the Japanese.

By the end of the war, those who served under Twentieth Air Force made it possible to bring Japan to its knees and end the war before an invasion of the Japanese mainland.

During a major functional realignment of

Strategic Air Command all strategic intercontinental ballistic missiles came under one numbered Air Force.

As Twentieth Air Force ushered in an era of nuclear operations, they resumed their strate-



Courtesy photos

gic role more than 36 years later. The Twentieth Air Force once again activated at Vandenberg Air Force Base, Calif., on Sept. 1, 1991, under the command of Brig. Gen. Thomas E. Kuenning, Jr. Twentieth Air Force was assigned to SAC as an intermediate headquarters in charge of all ICBM forces. With its activation, the newly formed headquarters took control of six strategic missile wings, the 44th at Ellsworth AFB, the 90th at Warren, the 91st at Minot AFB, the 321st at Grand Forks AFB, 341st at Malmstrom AFB, and at Whiteman AFB the 351st Missile Wing. Twentieth Air Force also took control of the 310th Training and Test Wing at Vandenberg AFB and the 3901st Strategic Missile Evaluation Squadron.

As the SAC era faded, Twentieth Air Force was reassigned to Air Combat Command on June 1, 1992, but a year later the Air Force again realigned the ICBM force, transferring the country's 14,000 ICBM operators, maintainers, civil engineers, security forces and support troops under Air Force Space Command on July 1, 1993. Three months later the ICBM headquarters moved to Warren to make room for the newly activated Fourteenth Air Force at Vandenberg. During these organizational changes the missile fleet continued to reduce its forces in response to strategic treaty obligations and the end of the Cold War requirement for a massive retaliatory nuclear strike capability.

During the 1990s the Air Force downsized units under Twentieth Air Force from six wings to three, the 90th

Space Wing, the 91st Space Wing at Minot and the 341st Space Wing at Malmstrom. At the same time the number of missiles controlled by Twentieth was reduced from 1,000 alert ICBMs to 550. The force reductions posed challenges for Airmen at all levels within the missile force. As missile units dissolved, their facilities transferred to other wings and their personnel moved on to other assignments. Prominent in the initial downgrade was the removal from the arsenal of the Minuteman II missile. The project required nearly a decade to complete, and it eventually led to the inactivation of the 44th Missile Wing at Ellsworth, and 351st Missile Wing at Whiteman. The removal of the older Minuteman II also meant the end of the 321st Missile Group at Grand Forks with the transfer of their Minuteman III missiles to the 341st Missile Wing to replace its Minuteman IIs with the newer weapon system.

On April 21, 1994, the 44th Missile Wing retired Ellsworth's last Minuteman II. On May 18, 1995, the last of the 351st Missile Wing's Minuteman II missiles was removed from its silo near Whiteman. Shortly after the loss of their missiles both units inactivated; the 44th on July 5, 1994 and the 351st on July 31, 1995. On June 3, 1998, after almost three years of effort, the 321st Missile Group removed the last of its 150 Minuteman III missiles from its Golf-15 site near Park River, N.D., completing the elimination of Minuteman II with the replacement of those missiles at Malmstrom. With its nuclear deterrent mission complete, the 321st Missile Group inactivated on July 2, 1998. In order to meet its Strategic Arms Reduction Treaty I commitments, the Air Force destroyed its empty Minuteman sites by imploding the last launch facility near Petersburg, N.D. on Aug. 24, 2001.

By the mid-1990s, this change in mission priori-



ties evolved into a shift in focus away from a Cold War nuclear balance against a Soviet superpower. It caused a corresponding erosion of support for the country's nuclear deterrent. Air Force leadership,

weapons and their deterrent mission. In May 2002, the administration of President George W. Bush signed a treaty with Russia based in large part on that Nuclear Posture Review. The treaty proposed further deep cuts in operationally deployed nuclear warheads and ushered in a change of force structure for the missile force. The Nuclear Posture Review directed Twentieth Air Force to begin the long-expected deactivation of the Peacekeeper missile system on Oct. 1, 2002 when the 90 SW performed the first removal of a Peacekeeper from LF Sierra-07 near Hawk Springs, Wyo.

On the 60-year anniversary of Twentieth Air Force the men and women who serve remain an integral part of our country's defense. The attack on the Pentagon and World Trade Center towers on Sept. 11,

under Air Force Chief of Staff, Gen. Ron Fogleman, turned that outlook around to revitalize support for its nuclear mission and the ICBM force. While force reduction continued, Twentieth Air Force moved ahead with sustainment programs to ensure the nuclear deterrent remained viable into the year 2020. Efforts like the Guidance Replacement Program and Propulsion Replacement Program for the Minuteman III force promised to keep the remaining weapons on alert well into the next century even as further reductions loomed on the horizon.

As the 21st Century began, the transformation of Twentieth Air Force continued. The 90 SW completed downloading of their Minuteman III missiles to single reentry vehicle configuration, completing the START I reductions for the ICBM force. The wing placed the last of 150 single reentry vehicle modified missiles into launch facility Charlie-08 and put the weapon on alert on Aug. 6, 2001.

In the new century, congress directed a Nuclear Posture Review, focusing on policies related to nuclear



2001, as well as the resulting Global War on Terrorism, altered the strategic focus of the United States. Twentieth Air Force continues to meet the challenge of deterring existing and emerging worldwide threats.

While the ICBM fleet adjusts to a deterrent capability made up of one missile system after the deactivation of the Peacekeeper missile, they look forward in the 21st century, maintaining a viable deterrent with the modernization of the Minuteman III.

Just as they played the key role in ending war with Japan, Twentieth Air Force today represents the most formidable and responsive force for deterrence in the world.

Twentieth Air Force carries on their global strike and nuclear response mission through a period of great change with a future that includes three operational wings and 500 ICBMs.

Those professionals who carry on that mission, through their perseverance, still characterize the devotion to duty first displayed over the skies of China, Burma and the home islands of Japan.



## Volleyball Standings

North		South	
Team	Record	Team	Record
MMXS1	10-0	320 MS	7-0
OSS	9-2	20 AF	5-2
SFG	8-2	COMM	6-3
MDG1	5-4	CPTS	4-5
LRS	7-4	37 HF	3-6
400 MS	5-5	790	2-6
CE	6-5	MDG2	1-8
321 MS	3-7		
MSS	1-9		

## AFSPC Night with the Colorado Springs Sky Sox

The home opener of the Colorado Springs Sky Sox belongs to Air Force Space Command! Come listen to the tunes of Wild Blue Country and cheer as Gen. Lance Lord, AFSPC commander, throws out the first pitch of the season. Tickets are \$4.50 for AFSPC section seats. (Regularly sold for \$6.25)

**When:** April 16 with Wild Blue Country playing at 5 p.m., Gen. Lord pitches at 5:45, and the game starts at 6:05.

**Ticket info:** To receive the discounted price and seats in the AFSPC section, visit [www.skysox.com](http://www.skysox.com), click on the "Group Ticket Window," enter **AFSPC 2003** as the sign-in ID, **skysox** as the password, and follow the directions from there; discounted tickets must be purchased by Monday. Full-price tickets are available through the stadium box office 719-591-SOXX.

## Physical Training Principles — The Strategic Progression

Article Courtesy 90th Space Wing Health and Wellness Center

Progression is perhaps the most important concept to minimize the chance of an overuse training injury. The body adapts to the things that it does regularly, and allows gradual improvements in performance. The reason new recruits, and not the drill sergeants, are usually injured in basic training is the sergeants have been performing the activity for months or years and their bodies have adapted to it. Any individual who has exercised for a long time is probably going to be able to continue that activity without significant difficulty. Individuals get into trouble when they change their program to either do more or train at a higher intensity, or are attempting to come back after a lay-off. Most physicians advocate a "10-percent rule" for minimizing the chance of injury by limiting increases to no more than 10-percent in the amount of training time, amount of distance covered, and number of repetitions performed in an activity.

This concept is tied to the familiar exercise prescription which recognizes three variables that describe virtually all activities: duration, intensity and frequency.

The chance of an injury increases dramatically when any of these are individually increased by more than 10 percent in a given week. Additionally, the total exercise exposure, expressed by the product of duration, intensity, and frequency, should not increase by more than 10 percent for any given week. This may actually be a liberal rule of thumb, if the advice of a legendary Oregon track coach is considered. Bill Dellinger's solution for his elite track athletes was 10 percent a year!

A second element associated with progression is "periodization", a training cycle designed to deal with changes in intensity and duration. When intensity increases, duration decreases. Conversely, when duration increases, intensity decreases. Coaches have used periodization to enhance the performance of their track and field athletes, but it has now become a common training principle that can be adapted to most all exercise programs. Periodization increases the power of the 10-percent rule by providing additional time to recover.

**Specificity**

Specificity deals with the type of activity included in a workout. It is clear from a decade of clinical research that every exercise is unique and there is not a great

deal of cross-over effect from one activity to another. It's risky to assume that one type of exercise adapts you for all others. Therefore, from an injury prevention perspective, you should change your workout routine very gradually, and recognize that your limits refer to specific activities.

**Overload**

Overload is the stimulus required for a positive training effect. This is most easily visualized with weight training, where an individual is pushing or pulling a given weight in an effort to make a muscle stronger. If the weight that is used is easy for the individual to move, and the muscle is not "overloaded" or tasked to work at a greater than normal level, there will not be a training effect. For example, if an individual performs 20 push-ups a day, five days a week, at the end of the year that individual will be able to perform 20 push-ups.

**Recovery**

Recovery is providing the time and environment for the body to adapt to the demands that have been placed upon it. As indicated earlier, the number one mistake is doing too much, too fast. Often, this drive is expressed in the adage "if a little is good, then more is better!" Recovery can take the form of an easy workout, or the

“*The reason new recruits and not the drill sergeants are usually injured in basic training, is that the sergeants have been performing the activity for months or years and their bodies have adapted to it.*”

—90 SW HAWC

well deserved day off. It isn't necessary to train every day with the same workout. For example, experts agree that the greatest benefit of aerobic exercise coincides with training just three days a week. Some small benefit exists for training up to five days a week, but beyond that, a point of diminishing or reversing returns is reached.

**Consistency**

Consistency is staying on track and insuring that the exercise activity is performed properly. When individuals become fatigued, their form will often deteriorate and stress will be placed on tissues which have not adapted to the demand. Remaining vigilant for proper exercise form will significantly assist in minimizing the risk of injury.



**Referrals Needed**

Effective immediately, ALL patients must have a referral before being seen for any downtown care including Health Reach (urgent care) and emergency services. Patients who receive care downtown without a referral may be responsible for the cost of the visit.

The medical group will again require EVERY patient (PRP, Active Duty, Retired, and Family members) to call the Clinic during duty hours (772-4020) or the PCM-on-call after-hours (773-3461), before going to Health Reach or the Emergency Room (ER). The one exception is in the event of an actual emergency that threatens the loss of life, limb, or eyesight, in which case the individual should go immediately to the emergency room, with a phone call to the member's PCM as soon after the visit as

is practical.

For more information, call the Managed Care office at 773-3011.

**No Strikes Concert**

The Chapel will sponsor a night of rockin' music at the Pronghorn Center April 17th at 7:30 p.m. Tickets are free. The Movement, Palisade and Our Hearts Hero are the hottest Contemporary Christian bands in America!

**VA Gift Drive**

The Warren Chapel is sponsoring a VA hospital gift drive until April 23. Requested items include headphones, slippers, pajama 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 contact Airman 1st Class Noah Wells at 773-3434.

**Hydrant Flush**

The Civil Engineering utilities shop will be conducting fire hydrant flushing and sewer maintenance from April

1 to June 18. This is required testing and maintenance not a water break. You may experience discolored water. This should last just a short period and will only require occupants to run the taps for a short time. For more information, contact Tech Sgt. Michael Yuktonis at 773-2792.

**Nominate Your Volunteers**

Volunteer Appreciation Week is April 18 to 24. You can nominate your volunteer for the 2004 Volunteer Excellence Award, which is an Air Force Chief of Staff award. Warren awards two VEAs semi-annually; the winners in the past receive a VEA Certificate, pin and VIP parking at the commissary and BX for six months, and a shopping spree at the commissary and BX. This year in addition they will receive a \$25.00 check from the Officer Spouse Club and Warren Credit Union is contributing an encased uncirculated silver dollar.

**Baby Animals Abound**

Bring the entire family and enjoy the sights and sounds of spring when we visit the Denver Zoo on Sunday, April 25. The cost is adults, \$15.95, seniors, \$14.95 and children, \$12.95.

**Sesame Street Live**

Join Oscar, Elmo, Ernie & the gang at Sesame Street and be a kid again! Tickets now available for the 7 p.m. show on April 27 and 28 and the 10 a.m. show on April 28. Avoid the traffic hassle and parking fees and let us do the driving for you!

Tickets cost from \$9 - \$21. Add \$5 for transportation, minimum participation restrictions apply.

**Family Bowling Day**

Sunday afternoon open bowling is reduced for Family Day. The entire family can bowl for only \$5.50 per hour, per lane from noon to 6 p.m.

**Santa Maria Barbecue**

A Guardian Challenge Santa Maria Barbecue is scheduled from 11 a.m. to 1 p.m., April 16 at the PK Highway. To purchase tickets, contact your

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

**Airmen****Icebreaker**

Airmen Icebreakers are scheduled every second and fourth Wednesday at the Trail's End beginning at 4:30 p.m. All airmen basic through senior airmen are invited to attend and dine on 10 cent wings. For more information, call Airman 1st Class Jeremy Messer at 773-3267.

**Discount****Globetrotters Tickets Available**

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



Photo by Staff Sgt. Aaron Allmon II

BALAD AIR BASE, Iraq — An Air Force pararescueman drops from an HH-60G Pave Hawk helicopter assigned to the 64th Expeditionary Rescue Squadron on March 30.



**Air Force  
Parent Pin  
Program**

[yourguardiansoffreedom.com](http://yourguardiansoffreedom.com)

## DoD Officials Discuss New Civilian System in Open Letter

**Jim Garamone**

*American Forces Press Service*

WASHINGTON — A letter signed by Defense Department leaders asks DOD civilian employees to be patient as teams work to make the new National Security Personnel System a reality.

The April 1 letter, signed by David S.C. Chu, undersecretary for personnel and readiness, and Navy Secretary Gordon England, stresses that DOD sees the new personnel system as a combined effort.

The system, passed as part of the fiscal 2004 National Defense Authorization Act, allows DOD officials to transform the civilian personnel system to make it more agile and responsive.

Defense Secretary Donald H. Rumsfeld said the new system would make it easier for the department to make new hires and keep highly skilled employees. It also would allow DOD to move workers to shortage specialties as national security concerns

change, he said.

In the letter, Mr. Chu and Secretary England state, "We are determined to take the time necessary to do the job right."

Taking time will allow the department to consult with employees, managers and unions, a DOD spokeswoman said. The letter encourages people interested in the system to present their thoughts, ideas, views and concerns.

Department officials are also working with other government agencies as they develop the new system. They are consulting with people at the Office of Personnel Management, the Office of Management and Budget and the Government Accounting Office as the new system takes shape. They are also taking lessons from the Department of Homeland Security, which built its own personnel system after it was formed last year.

Five teams within DOD are looking at process, personnel, programs, requirements and communications, officials said.

Information will be available on the DOD and DefendAmerica Web sites, the Pentagon Channel and local commanders' television programs. The new system also has its own Web site.

A sixth team will draw recommendations from these five together in one package. That proposal is scheduled to be presented to Secretary Rumsfeld and other senior leaders in April.

Once approved, senior leaders will work with Congress on implementing the system.

Mr. Chu and Secretary England said that the system still is being formed, and few details about how the system would work are available because there is no system yet. Concepts and proposals will change over time and department leaders will do their best to keep employees informed, they said.

# Kennel Master: A Military Working Dog's Best Friend

Staff Sgt. Shon Teicheira, 90th Security Forces Squadron kennel master, talked with Airman 1st Class Lauren Hasinger about his 11 year career working with military working dogs, traveling and red onion cheeseburgers.

## Describe your job?

I oversee the complete operations of military working dogs and their training. We support the Secret Service for the president, vice president and other dignitaries. I also oversee the positioning of military dogs on base. We also work with customs.

## What is your favorite part about your job?

There are so many different things. My favorite part about my jobs is the places we get to go with the K-9 - the desert, New York, Los Angeles, San Francisco and the 2002 Superbowl. I've had handlers meet the Dali Lama.

## How long have you been in?

I've been in for 11 years.

## You were in charge of the recent kennel upgrades. What did you do?

I researched proper kennel instructions, proper slope drainage - the way a kennel should operate and found the money for it.

## How involved are you with the dogs?

I don't handle dogs anymore. I train the dogs and their handlers how to deal with different parts of their job.

## How did you get such a cool

## job?

I was lucky. I came into law enforcement. Halfway through training they asked for volunteers for K-9 so I volunteered.

## Where else have you been stationed?

I've been stationed in Montana, Korea and Travis.

## What is the best part about being in the Air Force?

Playing with the dogs.

## What breed of dogs are they?

They are German Shepards and Dutch Shepards.

## How long does the dogs' training last?

They spend four to six months at Lackland. Then once they come here we fine tune and upgrade their training. It's exactly like a troop. The only difference is they can't talk back.

## Do you get attached to the dogs?

Yes.

## When one of your dogs does something great like discover some drugs, how does that make you feel?

I'm happy like a father. I'm also happy for my guy or girl who handled the dog. It's a thrill.

## What is a typical day for a working dog?

They work shifts. They do walk throughs of dorms, and check vehicles at the gate. They walk to perimeter and search everything.

## What did you do before you joined?

I went to college. The Chabot Jr. College in Hayward, Calif.

## If you could have dinner delivered to you from anywhere



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

A red onion cheeseburger with a malt shake from anywhere in the Bay Area in California.

## What do you miss most about it?

Nothing. I don't like California. There are too many people and they are rude - well, not everyone is rude.

There are just too many problems there.

## Where is your ideal place to live?

In the country. I enjoy hunting and fishing and the outdoors.

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

I'd like to go back to the Roman days to see how the Coliseum was built. And maybe Egypt to see how they built the pyramids.

I wouldn't have helped, but I would like to have experienced the culture back then.

## What is the last movie you saw in the theater?

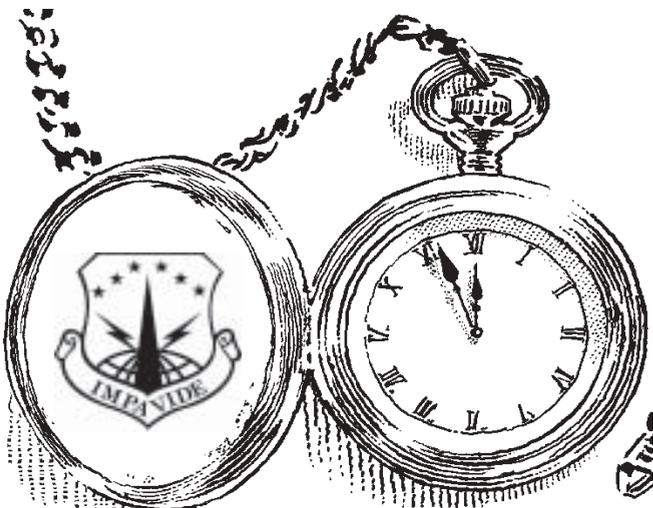
"Gothika."

## Do you watch any of the cop shows on TV?

No I don't. My favorite show is probably J.A.G.

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

A cop. It was a way for me to stay out of trouble.



## Beer Man Briefs

*During an Exercise Evaluation Team meeting April 2, Beer Man briefs wing leadership about possible exercise scenarios.*

*Beer Man contended base support personnel feel left out during the events and a possible solution would be to promote underage drinking which would in turn allow base agencies such as security forces, fire department EMTs, the legal office, first sergeants, unit commanders and possibly casualty assistance teams to practice their crafts.*



Photo by 1st Lt. Darrick Lee



Photo by Airman 1st Class Lauren Hasinger

## Gubernatorial Renewal

*Governor Dave Freudenthal visited Warren's Pass and Registration April 2 to get his base pass renewed. Airman 1st Class Kristina Carroll, 90th Missile Security Forces Squadron, assisted the governor.*

**April 10, 1985** - The debate over the broad versus the narrow interpretation of the ABM Treaty began and continued through November.

One critical event in this early phase of the debate was a Oct. 6 appearance on "Meet the Press" by National Security Adviser Robert McFarlane in which he indicated that the Reagan administration would be following the broad interpretation of the treaty.

Nevertheless, the administra-

## It Happened This Week!



tion continued to follow the narrow interpretation.

**April 10, 1945** - German jets shot down 10 American bombers near Berlin. The Germans lost 20 Me 262s.

**April 11, 1988** - The 400 SMS completed the phaseout of Minuteman III in preparation for the deployment of Peacekeeper missile.

**April 12, 1961** - The Soviet

Union stuns the world with the first successful manned spaceflight. Cosmonaut Yuri Gagarin becomes the first spaceman to orbit the Earth.

**April 12, 1981** - The first space shuttle orbiter "Columbia" mission, STS-1, was successfully launched from Cape Canaveral, FL manned by John Young and Robert Crippen.

**April 15, 1952** - The YB-52, prototype of the eight-jet Stratofortress and the very first all-jet intercontinental heavy bomber, flew for the first time.



# Your Time is Precious

## Bag and Tie Your Trash