

Warren SENTINEL



Inside: Operation Goldenflow * PRP clinic * New pharmacy guidelines * An Airman's memorial * Warren's newest staff sergeants

Commentary

Operation Goldenflow

Master Sgt. Jeff Bohn
Public Affairs

Beads of sweat collected and rolled down my face like a torrential flood. My fingers were wrapped so tightly around the cylindrical canister, I was numb-fingered and feared carpal tunnel would set in. Leaning forward, I stared unenthusiastically at a white orange-peel finished wall, tracing the dots, imperfections and patterns with an imaginary focus hoping to end the psychological warfare taking place in my brain.

My only conscious thought coming to mind time and again was 'how could I have subjected myself to this form of torture?' The answer was clear and it started with signing the dotted line 18 years ago and was culminated by a phone call that summoned me to random drug testing two hours earlier.

While we are all subject to this duty, some are tasked more frequently than others. For many it is nothing more than a short delay in the day's schedule. For some people, like me, it is an affair that lasts several hours and we dislike the process entirely even though we understand and accept the mission whole-heartedly. For those who have participated in Operation Goldenflow, it is a mission unto itself that is not soon forgotten.

Receiving a call from the 90th Mission Support Squadron Commander Support Staff's earlier that morning was a surprise. They never call me, and I thought it might be a cheerful invite to sign for my promotion test or perhaps update my records -- but rather the airman spoke the gruesome words that I have grown to loath, "You need to report to the command support staff with your I.D. card."

After resuscitating my heart's functions, I calmly said 'you have to be kidding me, right?' As to which she calmly said

"no." Some people just don't have an empathetic sense of humor.

Reporting to the sign-in point, surrendering my identification card and being briefed on the procedures doesn't change much from installation to installation -- only the sense of humor of those in the testing area is a variable. Folks tasked as observers for the process should be given an Achievement Medal after every five sorties -- this obligation isn't for the weak of heart and is arguably the worst detail on base. It has no redeeming value on a performance report and I have never seen a letter of appreciation on any airman's wall commemorating this service before self.

In some career fields 'super hydrating' by forcing fluids is necessary for a long stay in a warm or physically demanding environment. My ritual of consuming six pints of water in sixty

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Hoops Shots

Last week I praised our **Mighty Honor Guard** for their exceptional performance during all the parades and events surrounding Cheyenne Frontier Days. Those venues were important because they showed the flag and highlighted our professional Air Force warriors to the public at large. This week, I twice saw them in action again and for a deeper, more serious, more personal purpose.

The first was at Saturday's Purple Heart Recognition Day in front of the state capitol building. I've said it before that our community is unique in its love and support for the military. I've known few places in my 23-year career that have ever done such an event. Seeing those veterans from World War II and beyond who had faced danger, done their duty, were wounded and returned again to fight and serve was humbling. But it was their reaction to our honor guard that most caught my attention. Seeing the colors so professionally displayed, the sharpness and crisp execution of our honor guard made us all proud and was a fitting tribute to these honorable veterans.

The second event was our memorial service for **Senior Airman Myron Harriell**. These are always tough ceremonies as we all come to terms with the sudden loss of a comrade. What often gives us comfort is the honors we render to a fallen warrior. Our honor guard, from the flag folding to the 21-gun salute to the playing of Taps, upheld the highest of these traditions and gave some peace and fitting tribute to the hundreds in attendance. These troops do this as an additional duty and they are constantly training to make sure every ceremony is done right. I hope you'll join me in thanking them

for their dedicated service.

I spent an enjoyable afternoon touring with our **Mighty Medics** from the 90th Medical Support Squadron. **Maj. Rachel Lefebvre** is a caring commander with an incredible team of talent to back her up. I got to tour our pharmacy - the best in the Air Force! - and saw firsthand their quality control and stellar customer service. They didn't give out any samples though. Next was radiology where they actually pulled up digital images from my MRI back in January. Kind of eerie looking at your own brain. Last and most fun was the laboratory tour. I learned a lot there - the new techs practice drawing blood on each other (ouch), if you can help it, don't have officers draw blood (they get the least practice), don't eat or drink anything in the lab (you never know what it is) and the coolest machines have a number in their name. My thanks to **Airman Tiffany Williams** from the pharmacy, **Senior Airman Morris Carr**, radiology department and **Airman 1st Class Emily Morgan** from the laboratory for a terrific orientation and for all you do in keeping our base healthy and ready. In addition, let me also salute Ms. Jo D Fraley and Mr. Alvin Dyke for their long years of dedicated service to our nation! Ms. Fraley is celebrating 20 years service and Mr. Dyke is celebrating 35 years.

This weekend promises to be one of great entertainment. I hope to see you Saturday night at the Trail's End Club for **comedy night** and then again on Sunday at the Civic Center for **Tops in Blue**. Until then, please continue to serve each other as we serve our Air Force.

Col. Hoops

Warren SENTINEL

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Photo by 1st Lt. Darrick Lee

On the cover ...
Airman 1st Class Reese Cole, 90th Missile Security Forces Squadron, takes aim at the Firearm Training Simulator. All new arrivals undergo the marksmanship training as part of their Phase 1 indoctrination to 90th Security Forces Group.

Commentary

Deployed Airmen carry on a proud heritage

Ch. (Lt. Col.) G. Scott Henry
Wing chaplain, 90th Space Wing

This week I received this picture of twelve of our "Mighty Ninety" warriors who are deployed to the 332nd Air Expeditionary Wing at Balad Air Base, Iraq. The wing's motto reads, "Carrying on a Proud Heritage." The war in Iraq is much in the news. Many of the stories are negative toward the war effort and tarnish the image of our brave men and women who are super examples of the proud heritage of America's warriors. Not only are these heroes winning the battle, they are doing it and remembering to care for the people of Iraq.

From day one of the war, our Airmen, Soldiers, Sailors and Marines have looked out not only for their own interest, but also for the interest of Iraqi citizens, especially those most vulnerable to the pains of war, the children. My chapel staff has deployed seven chaplains and chaplain assistants to five different locations in the war zone in the last eighteen months. At each of those places, we have not seen the dark side but the good side of humanity in our troops. Our people are not abusing Iraqi citizens -- but rather on their own initiative are doing humanitarian aid projects. "Operation Win the Peace," "Operation Starfish" and "Operation Care" are three of the programs that raised thousands of dollars and delivered tons of food, clothing, toys and schools supplies for orphanages, schools and other

non-governmental organizations helping with humanitarian projects. I strongly suspect that this is the case at every location across Iraq. Many of these are faith-base initiatives, faith not used as a motive to kill and destroy, rather to help and to heal. When I remember my time in Operation Iraqi Freedom, I do not recall one example of any Airmen hurting Iraqi citizens, but numerous examples of our people reaching out to care.

Micah 6:8 speaks about faith that seeks to "act justly and to love mercy and to walk humbly with your God." A just war requires not just a just cause, but also a just execution of warfare. It is my belief that this is exactly what is happening in the AOR. Rare instances of abuse such as the Abu Ghraib scandal should be quickly dealt with through our Uniform Code of Military Justice, but in no way should they distract us from the good we are daily accomplishing in establishing peace and justice in Iraq. As a Christian chaplain I am reminded of these words from Romans 12:20-21: "If your enemy is hungry, feed him; if he is thirsty give him something to drink ... Do not be overcome by evil, but overcome evil with good."

I am thankful to God for the sacrifice and service of each member of the "Mighty Ninety," those deployed in the war zone and those deployed in place here in Wyoming. You are each making a huge difference in winning the war on terror and making a safe and better world.



Courtesy photo

Front row from left: Staff Sgt. Michael Thompson, 90th Civil Engineer Squadron; Staff Sgt. Nikki Holman, 90th Mission Support Squadron; Airman 1st Class Noah Wells, 90th Space Wing Chapel; Staff Sgt. Regena Greene, 90th Operations Support Squadron; Staff Sgt. Rudy Flores, 90th Logistics Readiness Squadron; Airman 1st Class Dustin Danai, 90 CES

Back row from left: Staff Sgt. Matthew Rowland, 90 CES; Master Sgt. Martin Patterson, 90 MSS; 1st Lt. Tom McManus, 90 LRS; Master Sgt. Randall Butt, 20th Air Force, Ch. (Capt.) Samuel Gage, 90SW/HC; Airman 1st Class Justin Koch, 90 CES

May each of you carry on the proud heritage of those who have gone before us. Let's continue to do our duty and conduct ourselves with honor and dignity regardless of the

location, dangers, or the occasional false assumption that we are the problem and not a part of the solution to evil in our world and in the human heart.

Goldenflow from page 2

minutes is a critical matter of operational preparation as the Lord blessed me with an inability to process this task by the numbers -- call me bashful. After all these years, it just doesn't get easier.

To whom do we all owe this debt of gratitude? We owe it to the many airmen who are caught each year through the drug testing process for using illicit drugs, unauthorized prescription medicines and steroids.

My father once said, "If there wasn't any crime we wouldn't need locks on our house doors." Because of drug use in the military we have the random urinalysis program.

The Air Force drug testing program has two primary goals -- act as a deterrent against illegal substance abuse, and in the absence of a deterrent -- catch the folks who break the law.

How many folks each year are caught with this method? According to the Air Force Surgeon General Office, 1,762 active duty members were identified in fiscal year 2003. Since some individual tested positive to more than one drug there were a total of 1,960 positives. That equivocates to a .53 percent catch rate. Statistically, there are at least 70 people on Warren who could be caught.

The top five substances that tested positive in active-duty members are: THC found in marijuana, codeine, cocaine, amphetamines and methamphetamine. Overall in Fiscal Year 2003 the Air Force drug tested nearly 330,000 active-duty military members.

The penalties for use are stiff. For it to be effective, the Air Force has adopted a zero-tolerance policy on drug use. If you are caught, you

are gone. Whether punitive action comes with it or not, that is a decision left up to local authorities and command.

One point of concern for many members is how accurate the program is and whether people who don't use illegal substances will be erroneously identified.

"Our base drug testing office is staffed with experienced professionals, so members can be sure that their specimens are processed properly," according to Capt. Jedd Miloud, Warren's chief of military justice. "The program has so many checks and balances that it is virtually impossible for a non-user to pop positive on a test.

"The Air Force drug testing program is vital to good order and discipline within the force. Because of the importance of the Air Force mission, drug use cannot and will

not be tolerated.

"While the program is sometimes inconvenient to some, it is important to understand that it is in the best interest of the Air Force to have such a program. Likewise, the professionals administering the program should be treated with respect and dignity," he concluded.

I have grown to accept Operation Goldenflow as a mission readiness enhancer with as much importance as any humanitarian or support mission I have participated in. However, when the call for duty comes in on the telephone, I know that my heart will still flutter, I will still utter a groan, and I'll have to reschedule my appointments.

Until then I'll just keep my water jug full and a couple of cans of soda in the fridge.

90th Medical Group announces PRP Clinic

Article courtesy of the 90th Medical Group

The 90th Medical Group is pleased to announce the formation of the new PRP Clinic.

There are some important differences in how this clinic will be accessed compared to the rest of family practice.

You need to know:

Who is eligible?

All PRP members, both active duty as well as civilian, are enrolled in this clinic, with the exception of those PRP members on flying status.

All flyers and missiliers must still receive their medical care at the Flight Medicine Clinic. Dependents are not enrolled in the PRP clinic.

How do I make an appoint-

ment?

With the exception of certain visits for surgical procedures or PAP smears, members do not need appointments.

That's right: if you need to be seen, simply come in to the clinic and we will see you.

Realize that this means there may be a number of other patients who come in to be seen at the same time.

This may mean that you have a longer wait than usual to be seen - or you can simply return at a different time. We will see patients in the order that they arrive.

What hours will the PRP clinic be open?

We will be open from 7:30 to 4:30 Monday to Thursday, and 7:30 to 11:30 on Friday, with an hour break for lunch on Monday to Thursday over the noon hour.

The best time to come in to be seen is between 8:15 - 11 a.m. and between 1 - 2 p.m.

Patients arriving after 2 p.m. may be turned away if there are still a number of patients who arrived earlier and still need to be seen.

What if I just need a medication refill or have a quick question for the nurse?

Members can call 773-3733 starting at 6:30 a.m. Monday through Friday.

If you have a simple issue that the nurse can handle by phone, you can leave a message and the nurse will call you back by the end of the day.

For medication refills, leave a message for the nurse and your refill will be handled within 72 hours.

Why a PRP Clinic?

By having all PRP members dedicated to one team of medics

(providers, nurse, medical technicians and administrative technicians), your medical issues will be better followed and tracked, which will result in better notification of PRP-disqualifications.

This approach has been used at other bases with excellent results.

Why is it good not to have scheduled appointments?

We understand that PRP members have duties that involve intricate scheduling.

By allowing you to come in when you want to, elective or non-urgent visits can wait until down days or off days, thus making less impact on your mission.

Though it may seem counter-intuitive, experience with this type of scheduling (or lack of scheduling) in other communities has actually improved patient satisfaction with ability to be seen.

Rule change for free & reduced price meals

Courtesy article

Laramie County School District #1 announced in August that there is a major new rule that will likely impact many Warren families who apply for free or reduced price meals in the 2004-2005 school year.

In the past, military families living off base had to count their housing allowance as part of the family income. Starting in the 2004-2005 school year, the off-base housing allowance will no longer have to be reported as part of the family income.

Military families living on base have never had to count the housing allowance as part of the family income. That has not changed.

If you have questions about this new ruling, you can contact the Nutrition Services Department of Laramie County School District #1, 771-2440. The office is open between 7 a.m. and 3:30 p.m. You've found the hidden message! The first five people to call 773-3381 will receive a 90th Services Squadron coupon card.

Free and reduced meal applications will be available at all schools during registration on Tuesday and Wednesday. Families wishing to apply for free or reduced meal benefits are encouraged to complete one form per family and return it to any school where they have children enrolled. All forms submitted by Aug. 27 will be reviewed and a determination will be made prior to the start of school on Aug. 31.

Families who have received a direct certification letter from the Department of Family Services stating that their children are automatically approved for free meals because the family receives food stamps or power do not have to fill out a free and reduced meal application. Instead, bring the direct certification letter to the nutrition services office or a school.

VOTE!

ARMED FORCES VOTERS' WEEK

SEPTEMBER 3 - 11, 2004

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Briefs

Asbestos and lead training

Quarterly asbestos awareness training is scheduled for 8 a.m. Sept. 17 at the base theater. Lead based paint awareness training will follow at 10 a.m. Annual attendance is mandatory for the 90th Civil Engineer Squadron, anyone in the 90th Communications Squadron running lines, all facility managers, all maintenance worker, all custodial workers, all project managers, Auto Hobby Shop personnel, anyone performing self-help work, group and squadron commanders, and all personnel who disturb building materials. Everyone else is welcome and encouraged to attend. For more information, contact Ms. Leilani Woods at 773-5495 or Mr. Mike Zak at 773-4358.

Blood drive

There will be a blood drive Wednesday and Thursday in the Baker Room at the Trails End Club. Go to www.BloodHero.com to make your appointment. Twenty-five people are needed per day. During the last blood drive, less than half of that showed up. Wyoming Health Care providers and United Blood Services need blood badly. Come and support this cause. For more information, contact 2nd Lt. Kevin Williams, blood drive coordinator, at 773-2358.

Construction Corner



Road closure

There will be a road closure at the intersection of Atlas Loop and Minuteman Drive in Carlin Heights through Monday. This closure is for the installation of a water line to service the Laramie County Elementary "Freedom" School east of the family housing area. The units that will be directly affected are 5225, 5227, 5229 and 5337. Vehicular traffic accessing Atlas Loop will access the area via the south end of Minuteman Drive. All dates are subject to change. For more information, contact Mr. Harry Furrey, 90th Civil Engineer Squadron, at 773-3539.

AFSPC OKs construction of elementary school on Warren

Freedom Elementary Due August 2005

Courtesy Article

Air Force Space Command Public Affairs

Air Force officials recently approved the siting of a new elementary school on Warren, clearing the way for construction to begin on the project in order to have the school complete for the 2005 academic year.

Lt. Gen. Dan Leaf, vice commander of Air Force Space Command, approved a Finding of No Significant Impact (FONSI) for the Environmental Assessment (EA) on July 13. This was a critical milestone to enable the Laramie County School District to begin construction.

The EA was a thorough process that evaluated all environmental, safety, and occupational risks, concerns and benefits regarding using a site on Warren for the school.

The site for the school was chosen for its proximity to children living in base housing who will make up the primary population of the school; and for its ability to be separated from the rest of the base for secu-

rity issues and still allow children living off-base to attend the school as well. Additionally, building this new school allows Laramie County School District to close two schools that are 60 and 90 years old respectively.

The Environmental Assessment noted that the school site would be located near a groundwater plume contaminated with Trichloroethylene (TCE). The school will not be built directly over the affected area; but as a preventative measure, it will be constructed with a sub-slab depressurization system designed to vent soil gasses away from the school foundation and prevent their entry and accumulation within the building.

TCE is a colorless liquid that is used as a solvent for cleaning metal parts. Although the school is not sited over the plume, the Air Force and regulatory community recommended installation of the sub-slab depressurization system as a precautionary measure. More information on TCE and EPA approaches to determining risk from TCE vapors can be found at: <http://www.epa.gov/ttn/atw/hlthef/tri-ethy.html#ref4EPA>.

Primary issues of consideration were examined and weighed thor-

oughly by General Leaf and AFSPC officials before the FONSI was signed, including:

- * An evaluation of potential health risks from the plume

- * Need for an updated educational facility versus current situation of children in aging schools

- * Inherent risks in transporting children via busing if the site was located away from base housing

- * Age and infrastructure issues related to the 60 and 90 year old schools the children currently attend

Other building sites on Warren were considered; but the primary site was chosen based on significant advantages in providing children a quality education close to base housing, eliminating the risks in busing, and providing easy, secure access to children attending the school from on-base and off-base. The school site is located 0.3 miles from base housing.

The Environmental Impact Analysis Process (EIAP) included a 30-day public comment period. AFSPC officials held two 30-day public comment periods to ensure the public had an opportunity to make their concerns known. AFSPC received no public comments.



Courtesy photo

AND WE HAVE A WINNER

Lorri Welsh, 90th Services Squadron marketing director, presents Master Sgt. Lawrence Mason a certificate for a pair of US Airways airlines tickets he won in the base-wide ATWIND July drawing. Twenty-two hundred people are playing ATWIND at Warren. The promotion ends Aug. 31, when the entire destination and the grand prize of a new Saturn will be drawn. If the drawings were to be conducted this week, an ATWIND player would have a one in 2,558 chance of winning a new car! Play ATWIND at www.ATWIND.com or call 773-2858 for more information.

Watch your step

The Wyoming Department of Environmental Quality, Abandoned Mine Division is asking for help.

There are thousands of old abandoned mines throughout Wyoming, these mine represent danger to the public. Since most of these mines date from the late 1800s and early 1900s there are no records indicating their location. The DEQ is requesting that if you find one of these mines record its location and report it to them. Abandoned mines may be a shaft, tunnel, pit or old dangerous buildings.

NEVER enter an abandoned mine or swim in a mine pit. GPS, Township, Range, 1/4 section, landowner, stream drainage, road number or other information can record locations. Reports can be made 1-800-807-6017 or 307-777-6145. For more information, check their Web site at <http://deq.state.wy.us> and click on Abandoned Mine Land.

Busted

During the time period of July 16 through July 31, seven Article 15 actions were processed at Warren.

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

A staff sergeant violated Articles 92 and 134 of the UCMJ by having an unprofessional relationship with an airman and for obstruction of justice.

He received a reduction to the grade of senior airman, suspended forfeiture of \$300 pay per month for two months, and 15 days extra duty.

An airman basic violated Articles 92 and 134 of the UCMJ by drinking alcohol while under the legal drinking age of 21 years

and committing indecent acts with another airman.

She received 30 days extra duty.

An airman first class violated Articles 92 and 111 of the UCMJ by disobeying the order of a security forces member and for drunken driving.

He received a reduction to the grade of airman and suspended forfeiture of \$200 pay.

An airman violated Article 92 of the UCMJ by drinking alcohol while under the legal drinking age of 21 years and by drinking alcohol while on six-ring telephone standby.

He received a reduction to the grade of airman basic.

An airman first class violated Articles 92 and 134 of the UCMJ by drinking alcohol while under

What some people thought they could get away with this time

the legal drinking age of 21 years and committing indecent acts with another.

He received a suspended reduction to the grade of airman, forfeiture of \$334 pay per month for two months, and suspended 30 days extra duty.

An airman first class violated Article 92 of the UCMJ by disobeying a general order.

He received a suspended reduction to the grade of airman, forfeiture of \$50 pay and 15 days extra duty.

An airman violated Article 92 of the UCMJ by drinking alcohol while under the legal drinking age of 21 years.

He received a reduction to the grade of airman basic, suspended forfeiture of \$596 pay, and 15 days extra duty.

Pharmacy implements new guidelines

Lt. Col. David W. Bobb
Office of the Air Force Surgeon General

Air Force Pharmacies are implementing a new formulary guideline, which includes the elimination of selected medications at Air Force pharmacies worldwide.

Maj. Gen. (Dr.) Joseph E. Kelley has directed the change, due to an extremely challenging budget year for the Air Force Medical Service.

General Kelley is the Assistant Surgeon General for Healthcare Operations, Office of the Surgeon General, Bolling Air Force Base, Washington D.C.

"In addition to being faced with more expensive drugs coming to market this year, there has been an 8 percent price increase in the approximately 150 high-use medications contained on the DOD/VA contract list," according to General Kelley.

To assist in meeting the

Air Force medical Service fiscal parameters, General Kelley stated that several changes are being made to military treatment facility formularies. For example, Allegra will be deleted from the formulary and replaced with loratadine. Celebrex and Bextra will be deleted from MTF formularies and patients switched to Vioxx. Patients using Humalog insulin will be converted to Novolog.

General Kelley believes the implementation of the new formulary guidelines provide sound clinical options with a very minimal impact of patient care.

For patients requesting refills on the medications being deleted, a 30-day supply will be provided to enable the patient enough time to obtain a new prescription for another medication.

"At times, it can be a somewhat bewildering process to track what medications your military treatment facility pharmacy keeps in stock,"

said Col. Phil L. Samples, pharmacy consultant to the Air Force Surgeon General.

"Not only can this be confusing at the local level, but as families PCS from base to base, situations arise where one pharmacy may carry a certain medication that another does not based on the scope of practice at any given facility," Colonel Samples said. "One of the functions of the [Department of Defense] Pharmacy and Therapeutics Committee and this policy letter is to minimize these variations."

The DoD Pharmacy and Therapeutics Committee is comprised of physicians and pharmacists from all services that reviews classes of drugs and makes recommendations regarding individual medications that must be carried at military pharmacy. These medications, called Basic Core Formulary drugs, provide the foundation for all other formulary decisions, and represent the minimum number of drugs a pharmacy

will carry. The intent is to ensure certain maintenance medications for things like blood pressure or diabetes are available throughout the DOD system.

Every Military Treatment Facility has its own pharmacy and therapeutics committee consisting of local physicians and pharmacists that evaluates medications for addition to the formulary based upon the scope of practice at that particular facility. These medications are then available to augment those on the Basic Core Formulary.

A new process to complement the Pharmacy and Therapeutics Committee's will allow Air Force Medical Operations to direct changes across all Air Force pharmacies.

The advantages of this new process are that a medication can now be mandated for inclusion at all Air Force pharmacies thus standardizing the benefit, and Air Force-wide savings and cost

containment can be realized throughout the system.

For patients who desire medications not contained on the pharmacy formulary, two options exist.

First, the TRICARE Mail Order Pharmacy will mail up to a three-month supply of medication directly to the patient's home for a small copay (\$3 or \$9 depending on generic or brand name medication). Second, the Managed Care Support Contract (retail network) pharmacies provide up to a 30-day supply of medication for a \$3 or \$9 copay.

Both of these options provide a broader range of medications than normally found at the MTF pharmacy. The combination of the MTF pharmacy, TRICARE Mail Order Pharmacy, and retail network pharmacies, patients are ensured they can receive a wide variety of medications.

For more information, contact the pharmacy at 773-3646.

Warren mourns the loss of beloved Airman

1st Lt. Nicole Walters
Public Affairs

There's an eerie silence when the honor guard folds the flag at a funeral. The crispness of every fold: the attention to the intention.

It's a sobering reminder we aren't just members. We, like the stitches in the American flag, are more than the sum of the parts.

Diligently mission focused; we, Warren brothers and sisters, reflected Monday on the Airman we lost.

Senior Airman Myron Harriel, 90th Missile Maintenance Squadron team member, was killed Aug. 3 in a motorcycle accident near Horsetooth Reservoir in Fort Collins, Colo.

During his time at Warren, Airman Harriel dispatched more than

100 Minuteman III and Peacekeeper missile facilities. He also managed a squadron fitness program for more than 400 personnel.

Airman Harriel spent part of his off-duty time selflessly volunteering to help people in his community, including Meals on Wheels, Cheyenne Frontier Days and the American Cancer Society where he helped raise more than \$186,000 for cancer research.

Airman Harriel loved to work out, and even competed in many bodybuilding competitions, including winning first place in the 20th Annual Heart of Dixie Bodybuilding Championship. As an amateur boxer, Airman Harriel won many fights and earned the nickname "Baby Tyson."

"There's a purpose to Myron's death," said Lt.

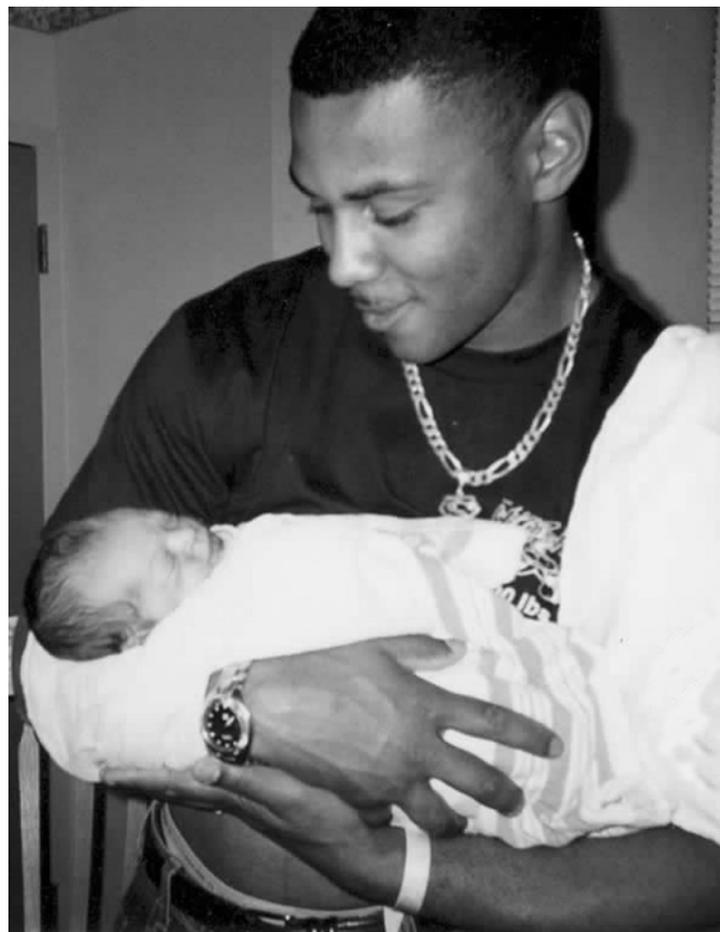
Col. Jeffrey Fason, 90th Maintenance Group Quality Assurance chief. "We each have to look inside to find the answer."

Airman Harriel's commander, Lt. Col. Larry Martin, awarded Airman Harriel the commendation medal posthumously at the memorial.

In addition to the folding of the flag, the honor guard also performed a 21-gun salute and played taps.

Colonel Martin then escorted Airman Harriel and his flag to Bogalusa, La., Tuesday for his burial.

Airman Harriel is no longer with us; he looks down on us from a place we can't see. He is tangible as a stitch in the flag that hugged his coffin. Airman Harriel, just like every one of us here at Warren, is the intention in the attention.



Senior Airman Myron Harriel, pictured here in an undated photograph, was killed Aug. 3 in a motorcycle accident in Fort Collins, Colo.

FSC comes to the rescue of Navy family

Master Sgt. Jeff Bohn
Public Affairs

She looked frazzled from the way her eyes danced from subject to subject. She spoke rapidly and her voice conveyed the emotion of three-days worth of driving solo with two divine children who bounced uncontrollably in the car's back seat. The way her body twinged and her shoulders sagged suggested a woman who was bending her last straw on the camel's back. She needed someone's help.

Less than 20 minutes after being told by a Cheyenne auto shop her Seattle to Mississippi journey was critically detoured by a \$1,000 vehicle repair bill, this bedraggled Navy spouse was being taken under wing by a saving grace. ... Master Sgt. Pat Price introduced herself and told the woman she was going to take care of her and get

her the help she needed. The woman exhausted a huge breath and dumped the emotional remnants figuratively on Sergeant Price's shoulders, and managed to gasp out words of thanks.

Sergeant Price is the family support center's family readiness non-commissioned officer, and the moment she heard of a military family member in crisis she took action. She canceled a meeting, coordinated with her Navy liaison and arrived at the wing headquarters parking lot to rendezvous with the traveling Navy spouse all before "Theresa" could drive from the auto body shop to the base.

It wasn't just her job as a family support NCO to render aid, she was driven by compassion to take care of our people.

"It's natural for me to want to help someone in

dire straits," Sergeant Price said. "As far as responding quickly, I didn't think that I was acting so quick. When you do a job, whether professional or personal, you should always give 200 percent."

Sergeant Price arranged to have professional mechanics at the base auto hobby shop provide an unbiased, detailed examination of the vehicle.

They needed to determine if the problems were critical or merely a nuisance -- a thousand bucks and several days of repair time translates to a lot of cash for a cross-country travel.

While waiting for the mechanics' assessment, she had Theresa and her two children settle in to the break room. She also sparked up conversations to take their mind off of the nightmare travel Theresa was relating between sips

of orange soda.

When the mechanics reported the problems were not significant enough to warrant immediate repair, Theresa's reactions were akin to being told a family member didn't have a terminal illness. The relief spread to her children, and the atmosphere became more positive judging by the smiles and hugs.

"When you are helping a person, however long it may take, you follow through to the end."

Master Sgt. Pat Price
Family Support Center

Not yet complete, and judging the need for a family breather, she persuaded the idea of staying the night and getting a fresh

start in the morning. After the children realized they could play on a jungle gym and check out the bowling center, there was no stopping the idea.

When Sergeant Price last saw them, they were hanging out in their billeting room with a brighter outlook on their trip. It wasn't because of the job she had done, it was because she cares about the lives she impacted and took the time to make it happen.

"I'm happy we helped her," Sergeant Price said. "We were able to help with a second opinion, save her some money, and settle her and the kids into billeting for the night. I don't think I took extra time to do anything. When you are helping a person, however long it may take, you follow through to the end."

For more information regarding the family support center, call 773-2241.

Beware: The West Nile Virus is here to stay

Elizabeth McClain
90th Civil Engineer Squadron

The West Nile Virus is here to stay, though caution not panic is the order of the day on Warren.

News around the region of infection and deaths should be taken as a reminder to protect yourself and your family. The best way to prevent WNV infection is to avoid mosquito bites.

As part of the ongoing monitoring for West Nile Virus here the 90th Civil Engineer Squadron Entomology Shop is continuing

with control measures, these measures consist of late evening fogging applications of malathion with an ultra-low-volume sprayer to control the adult mosquito population. As well as stepping up the mosquito abatement program, the entomology shop treats ponds where larvae are detected. They can kill larvae and adult mosquitoes, but not the eggs.

The control method in place stops the larvae, but these control efforts do not eliminate the threat completely.

Your part in the war on the virus is to continue

with your individual protection measures against mosquito bites. Avoid being outside at dusk and dawn without using insect repellents with DEET and avoid exposed skin by wearing long-sleeved shirts and long pants during dusk and dawn. Wear light colored clothing which reduces your attraction to mosquitoes and mosquito proof your home. Remove standing water in birdbaths, tires, children's toys, and pools.

Since entering the country through New York in 1999, West Nile Virus has spread to all but four states

in the continental United States.

Experts estimate that only one percent of mosquitoes carry the virus; only one percent of people bitten will get sick; and fewer than 20 percent of those will suffer medical problems.

According to the Center for Disease Control anyone from infants to the elderly can get WNV, the elderly have the highest risk of developing a severe illness as well as people with compromised immune systems.

For more information, visit the Web site www.badskeeter.org or call 1-877-WYO-bite.

Remember the five D's of West Nile Virus

1. and 2. - **Dusk and Dawn**, limit exposure by limiting time outdoors during dusk & dawn
3. **Dress** - Wear long sleeved shirts, long pants socks and lightly colored clothing.
4. **Drain** - Reduce the amount of standing water around your home.
5. **DEET** - Apply DEET repellent to clothes whenever possible.

6x7.5



You're invited

Get a punch with your lunch

Buy five lunches at participating locations on base and get one free. The card is located inside the August edition of Antelope and at the Trail's End Club, Warren Lanes and Warren Golf Club.

Comedy Jam

You'll receive a night of laughs from comedians Miss Gayle and Jimmy Abeyta at the 9 p.m. Saturday at the Trail's End Club. Tickets are on sale now at the club. Tickets are \$10 in advance and \$12 at the door. Comedy Jam is an ATWIND event. Air Force club members receive a \$2 discount. For more information, call the Trail's End Club at 773-3048.

Tops In Blue

Tops In Blue, the Air Forces premier expedition-

ary entertainment unit will perform a free show 7 p.m. Sunday at the Cheyenne Civic Center. Tickets are not required. Come see Warren's own Staff Sgt. Ricky Hendricks. For more information, contact 2nd Lt. David Everson at 773-3727.

Juice bar grand opening

Freedom Hall's new juice bar, Mar's Bar, will host a grand opening and ribbon cutting 11:30 a.m. Wednesday at Freedom Hall. Featured products will include fresh fruit smoothies, blended ice or hot coffee beverages, soft drinks bottled water, nutritional snacks and a daily lunch special. After opening the regular hours will be Monday through Friday 6 a.m. to 8 p.m. (closed 2 to 4 p.m.), and Saturday 9 a.m. to 5 p.m.

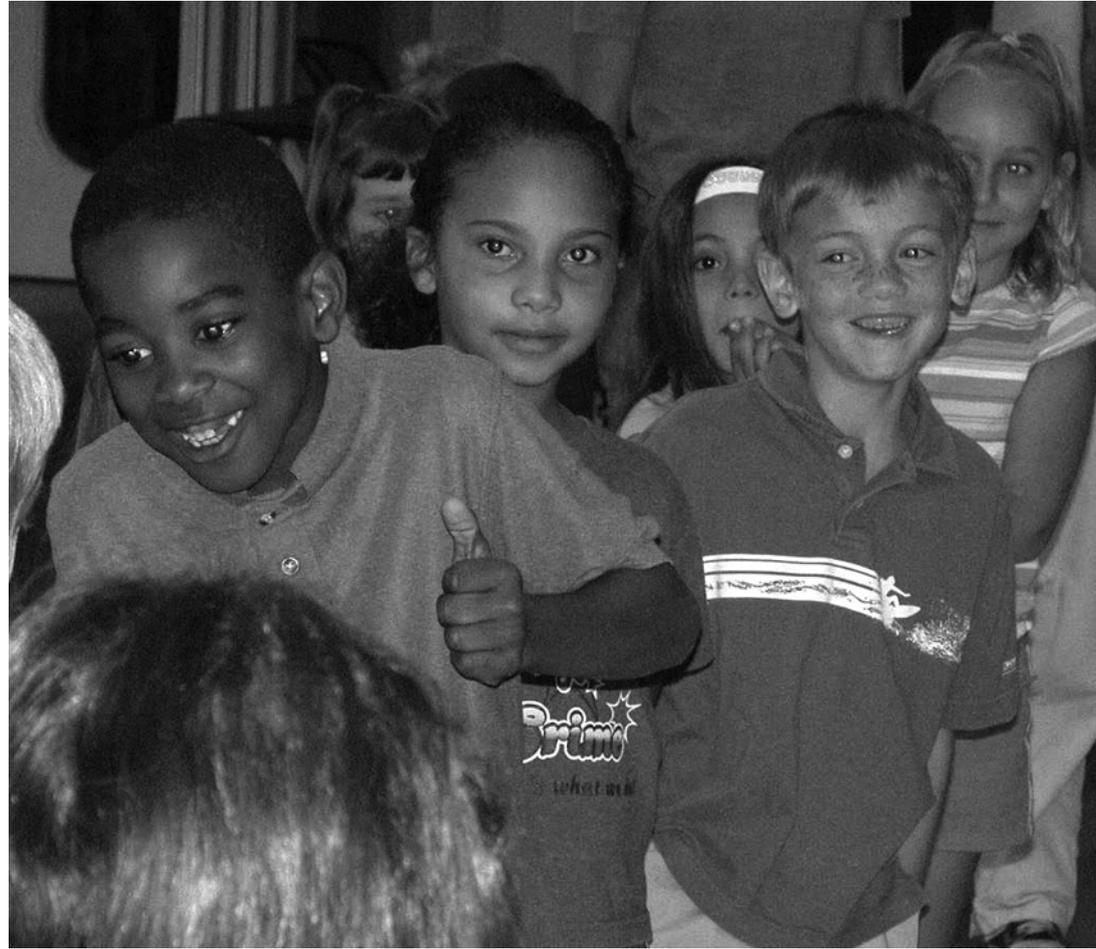


Photo by Lorri Welsh

Malcom Watson calls, "Strike three, you're out" during auditions for the Missoula's Children's Theatre this Monday. He and 59 other base youth participated in the auditions. Pictured just right of Malcom are Denisha White and Kyle Hix. Warren youth will perform the Missoula Children's Theatre production of, "The Frog Prince" at 10 a.m. and noon today at the Pronghorn Center. Everyone is invited to the free performances and ATWIND game pieces will be given.

6 by 6

Two Warren youth bowlers knock 'em down at international bowling championship

Agnes Colvin
90th Maintenance Group

Two local youths participated in the 2004 Pepsi Youth Bowling Championship, the premier international handicap event for youth bowlers, July 19-21 in Dallas.

This year's event consisted of 194 athletes from all 50 states, U.S. military zones, Puerto Rico and Canada competing for a total of \$20,000 in scholarships.

Warren Lanes sent two champions to attend this international event: 14-year-old Buzz (Danny) Robinett of Warren Lanes who represented both Wyoming and Warren, and 13-year-old Lauren Crocker who won the European Championship.

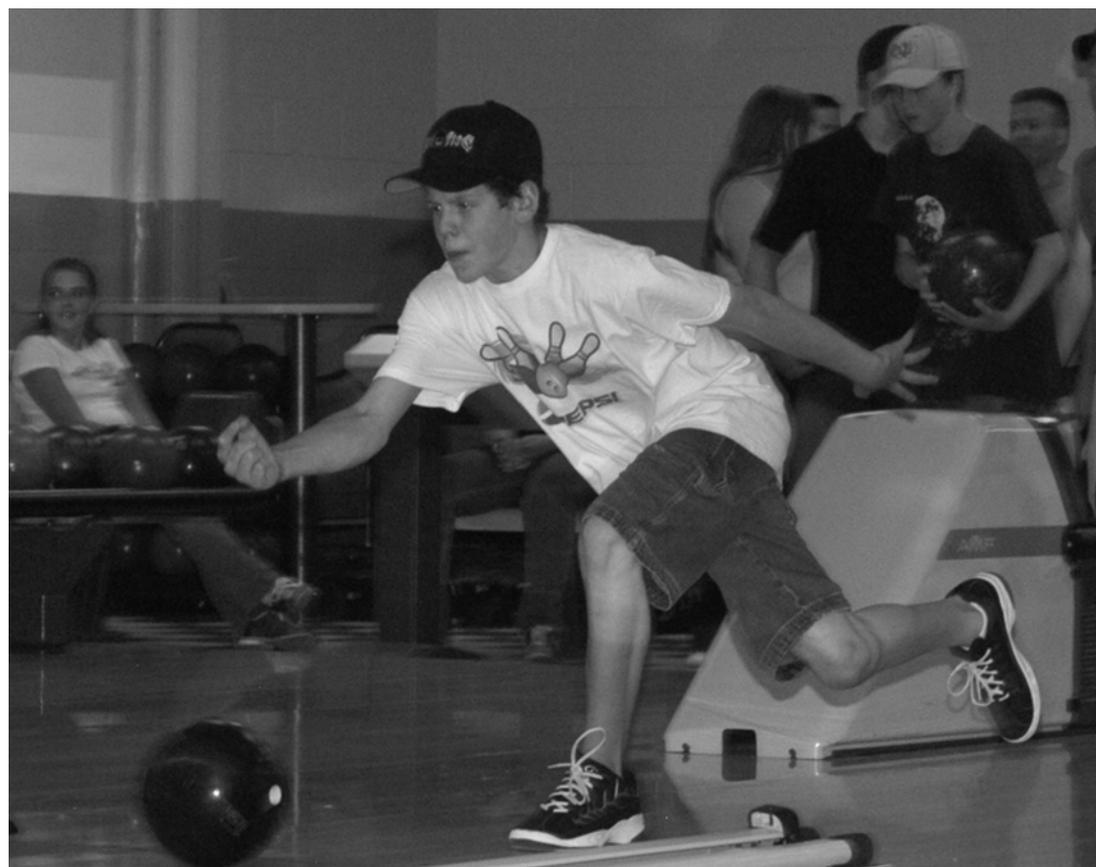
Buzz came home number one in his division and won a \$2,000 scholarship. He bowled 16 games in a double elimination with

zero loses. Lauren placed a very impressive 13th place in her division.

Buzz started bowling with the youth leagues at Warren Lanes only two years ago. His impression of the tournament was "It was awesome!" and "Pretty cool." He attributes his success to parents, coaches at Warren Lanes and the youth bowling program at Warren.

Buzz's parents Danny and Peri Robinett, were very impressed with the sportsmanship and camaraderie of the youth bowlers while in Texas. A fantastic example of all for one and one for all! They commented that Buzz' success was due to the program at Warren and without it Buzz would not have kept his interest and persevered.

Lauren has been bowling for three years and her impression of the tournament was "It was big!"



Courtesy photos

Warren's own Buzz Robinett, 14, placed first in the Youth Bowling Championship July 19 through 21 in Dallas.

She got to meet people from all over the world. She contributes her success to her dad, Michael Crocker, and practice. Her

family arrived at Warren this summer. She is looking forward to September when the new bowling season begins.

A kick-off for youth bowling will take place 5:30 p.m. Aug. 22, with

a Moon Light Bowling Fun Night. The cost will be \$8 and prizes will be awarded. All youth are welcome to attend and bring a friend. For more information, contact Warren Lanes at 773-2210.



Lauren Crocker, 13, the European champion, placed 13 in international bowling competition.

Youth Bowling Winter League

Ages: 11 through 21

Time: 8:45 a.m.

Cost per week: \$6

Ages: 6 through 11

Time: 12:30 p.m.

Cost: \$6 per week

Ages: 3 through 6

Time: 11 a.m.

Cost: \$3 for one game or \$4 for two

SrA dreams of world peace and teaching

First Lt. Darrick Lee went to the clinic, but instead of getting a check-up, he checked-in on Senior Airman Arundel Van Tassell of the 90th Medical Support Squadron.

What's up with all of the teddy bears all around your office? You've got 'em on your desktop and dispersed all over your shelves. I like "cute" stuff. I try to change my workplace daily ... it makes me smile.

What is the neatest thing you've got on your desk? My pictures, including those of my twin sister. (She points to a photo of her sister at her wedding.) **She's married to an Army guy?** Yeah, people freak out when they see that picture; they think it's me with somebody other than my husband.

What's with the beaver picture? Oh, that's me! My co-workers make fun of my teeth. They say I look like this beaver. I sometimes say that my two front teeth look like Chiclets (gum).



Well, besides bonding with your bears, what do you do here? I process medical boards, and also work on the patient's advocate program. I also help out with medical referrals, since our office also works with TriCare services. We do all kinds of things ... this office does EVERYTHING!

How long have you been in? Two years and a few days. **Are you going to stay in?** I'm not sure yet. My husband's getting out in a few weeks, and we haven't decided if I'll stay in or punch out at the end of my tour.

Your husband's military? Yup, Chris Van Tassell. He's a med tech here. I guess you found love in the Air Force. Yeah, when I signed up, I was hoping to travel to some far away places, but my travels have only taken me from North Carolina to Lackland to Warren. I have to admit, although I like being here in Cheyenne now, Warren wasn't my first base of choice. But after thinking about the reason why I was sent here, I realize now that besides my cool job, Chris is it. I needed to come to Warren to meet him.

You said you were undecided about staying in. If you get out, what do you see yourself doing five years from now? Well,

I want to teach - maybe 7th and 8th graders. **What will you teach?** Math. **Oh, you're one of those people.** Yes, I'm one of those! I actually enjoy math. **Ughh. Math... next question.**

What's the best part about being in the Air Force? People. Why people? People in the Air Force, unlike the civilian world, are more structured and work oriented. I went to college for a couple of years before joining, and I've learned that it really is a different world in the military.

Where'd you go to college before you joined? I went to the University of North Carolina in Greensboro. **Tarheels, right?** No, you're thinking UNC Chapel Hill, they're two different schools.

What did you want to do before you joined? I had no clue. I was just going to school spending time and money, without any real direction. The Air Force pointed me where I needed to go. After initial testing, my scores qualified for a job in the medical field. I told the recruiter I'd join if offered a med job. Here I am.

Sounds like you like what you're doing now. What's the best part about your job? What I like most about my job is that I get to do a different thing every day.

I hear you're listening to Dave Matthews. I LOVE the DMB. It's also the same CD that's in my car.

So we know what kind of music you like, what about food? If you could have dinner delivered to you from anywhere in the world, where would it come from? I'm dieting right now, so my choices are limited.

Well then, you'll be happy to know that this interview has zero carbs, so it's Atkins-friendly. Are you doing the low-carb thing like the rest of the world is? No, the Olive Garden is my favorite place right now, and pasta's full of carbohydrates. But, I am doing Weight Watchers. I've lost several pounds already. And of course I exercise a lot, too. I just did really well on my fitness test, and the HAWC gave me tons of goodies!

What's the last movie you've seen? "Shrek 2." Loved it. **Favorite Book?** Nicholas Sparks, he's from North Carolina. He wrote "The Wedding." It's a love story.

Do you have a hero or someone who inspires you? It would be my mom. She is the most positive person I have ever met. No matter what comes her way, she has always been



able to look at the bright side of things.

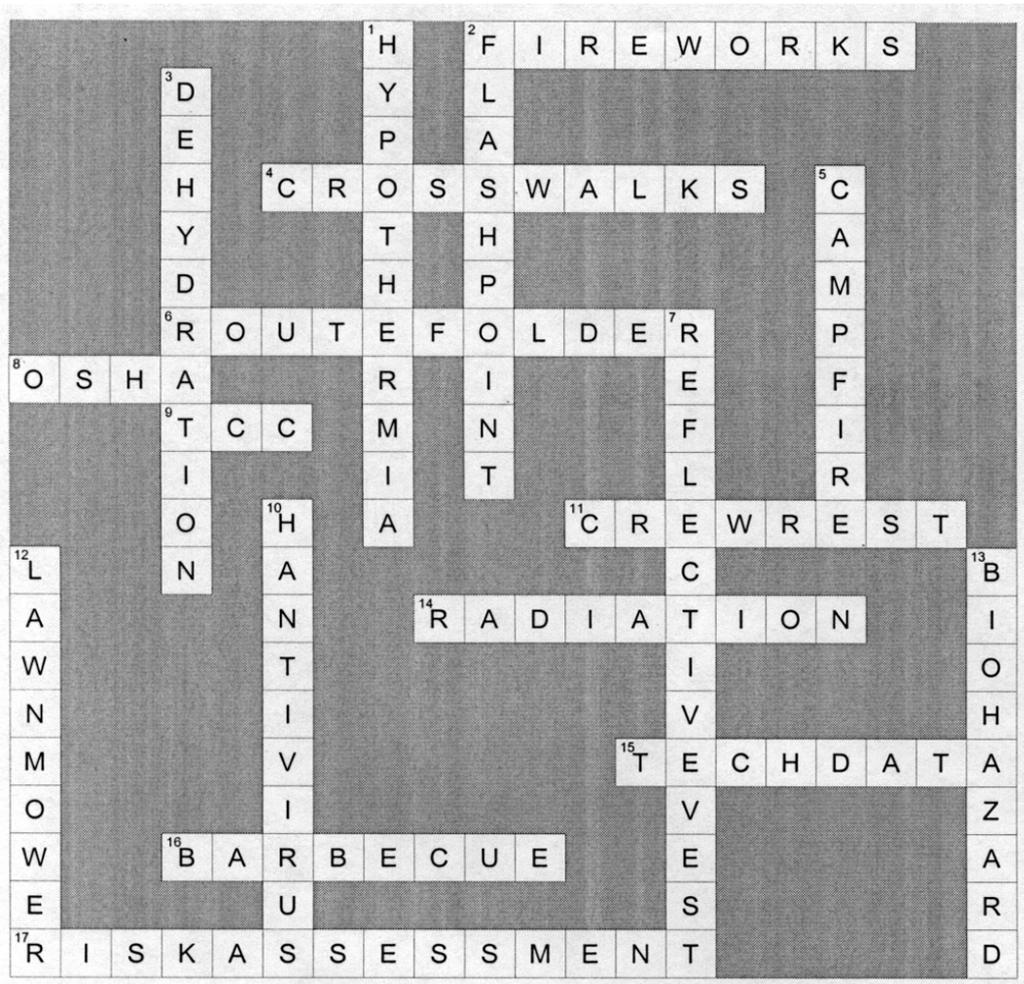
No matter how bad the situation, she can always smile and deal with it. I admire her more than anyone and I strive to be like her. My brother, Jess, is a close runner-up. He was Navy for eight years. He always looked out for me. He's crazy, but he's working hard to do great things. He just finished college and is planning on working in Italy. **Do you want to finish college like your brother?** Yep, I'm working on my teaching degree now. **That's great. You've gotta take advantage of those education benefits while you're still in.**

If you were president for a day, what would you do? I'd end all the fighting. **That's a really tough task.** Well, I would at least like the world to have some peace. **I think we're getting there ... not everyone understands that it's a long process, but we are trying.**

What do you think civilians misunderstand about the military? The mindset of a military member.

Do you follow sports at all? I like to play sports, but I don't watch much because we don't have cable. I refuse to pay for cable. It's ridiculous how much it costs. I buy DVD's though. I have the "Friends" collections, seasons one through seven. **I was never much of a "Friends" fan, but I did like Jennifer Aniston in "Office Space."**

101 Critical Days of Summer crossword puzzle answers



Down

1. Freeze from the inside
2. The point at which liquid becomes fire
3. A body without water
5. Used to roast marshmallows
7. Brightly colored during the day, reflective at night
10. Three little mice carry this
12. Used to cut grass but never used as a hedger
13. Medical waste

Across

2. Used to celebrate New Year's Day and 4th of July
4. Used while crossing roads
6. Used to find our way in the field
8. Occupational safety and health (abbr.)
9. Traffic control center (abbr.)
11. Pilots need this before flying
14. Cook from the inside
15. Maintenance bible
13. Never use gasoline to start one of these
17. Common sense

6 by 6



Here are Warren's newest staff sergeants

With a selection rate of just 32 percent here is a list of Warren's newest non-commissioned officers.

90th Services Squadron

Erica Baker
Jennifer Bartow
Peter Hayban

90th Mission Support Squadron

Anita Sutton
Angela Toon

90th Communications Squadron

Angel Blackburn
Christopher Bouker
Taylor Britten
Karen Kahle
Brian Murray
Mathew Rampenthal
Charles Thompson
Jorge Vazquez

90th Civil Engineer Squadron

Kenneth Blakeney
Kelley Donovan
Troy Driz
Anthony Eischens
Joshua Hastings
Kelvin Hatcher
David King
Shaun Menard
Joseph Mirasole
Miranda Scherberger
Terry Ogden
G. Rivaservantes
Orlando Salas

90th Security Forces Squadron

Kevin Bartenetti
Erica Deveau
John Grochowski
Harold Higgins
Keona Jones
Julian Kankelfitz
Adam Leibouvitiz
Tony Short

321st Missile Squadron

Edmon Espique
Ryan Jackson
Timothy Ojeda
Alexander Wilson

90th Space Wing

Latasha Gaines

90th Logistics Readiness Squadron

Kevin Hofkens
Tory Sanders

90th Maintenance Operations Squadron

Ismael Amin
Ashley Brunson
Christopher Duncan
Katie Edwards

Casey Adams
Adam Belew
Tiffany Carmichael
Jonathan Chell
Derrek Geske
Bryan Gordon
Matthew Hamblen
Matthew Lack
Rommell Lewis
Mark Manalili
Edmond Martinez
Leon McDuffie
Derek Middleton

Micahel O'Neil
Seth Orman
Michael Parker
Andrew Stoltz
Matthew Szafranek
Sean Tardif
Douglas Williams

90th Security Forces Group

Jason Clark

90th Security Support Squadron

Janell Thomas
Nicholas Tessmer
Barry Morgan
Matthew Eldridge
Kevin Chellis

90th Missile Maintenance Squadron

David Anderson
Ryan Betts
Matthew Bolduc
Brent Burns
Jesse Carter
Luis Chavez
Franklin Chrisinger
Louis Cleveland
Joseph Cochran
Brian Copeland
Timothy Dillen
Jarrod Godwin
Alakai Haorivera
Craig Helvie
Christopher Isenberger
Joshua Kaiser
Joshua Lewis
Benjamin Linenberger
Brian Mclure
James Morton
Anthony Nales
Steven Nelson
Michael O'Neill
Robert Richardson
Will Rogers
Alvin Rose
Melissa Stooksburty
Carlos Tovar
Reggie Webb
Christopher Taylor
Charles Wilkin
William Westbo



Jeffrey Fowler
Lundy Garlic
Juan Garza
Sheldon Mair
Robert Malone, Jr.
Matthew O'Connor
Jason Saunders
Michael Shedd
Robert Trotter

20th Air Force

Sarah Bensch

90th Medical Operations Squadron

Christopher Van Tassell

90th Medical Support Squadron

Maria Adams
Geneva Castro

90th Security Forces Group

George Evans

90th Missile Security Forces Squadron

Jason Meyers
Casey Ouellette
Raul Ramirez
Joshua Roberts
Bradley Snow
Michael Stonemetz
Christopher Storms
David Strik
Timothy Wall
David Womack
Warren Wright, Jr.
Edward Crofoot
Derrick Roby
Aaron Hampton
Ruben Castellanos
John McGuire

90th Comptroller Squadron

Jaysa Davis

790th Missile Security Forces Squadron

Cody Abelt
Jesse Carmack
Deetria Foster
Terry Lee Gries
George Johnson
Jeremy McDowell
Gary Monteagudo

Information provided by the 90th Mission Support Squadron

