

Warren SENTINEL

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Feb. 13, 2004



Page
10



Page
14



Page
17



Page
17



Page
19



Love is in The Air

Photo By 1st Lt. Nicole Walters

Chaplain (Capt.) Klavens Noel presides over the wedding of Staff Sgt. Jason Padilla, 90th Communications Squadron, and LaShawnda G. Cole at Frontier Chapel Saturday. The bride wore a red dress in honor of Valentine's Day. The couple decided to get married now so their friends - who will be deployed this summer- could enjoy the day. For ideas on how to take the first step toward the altar, turn to Page 10 and start down the road to wedded bliss.

Black History Month Events

The next Black History Month events are a kids trivia contest 6 p.m., Tuesday at the base chapel, a gospel extravaganza 3 p.m., Feb. 22 at the Trail's End Club and "Jazzy Nights" 7 p.m., Feb. 28 at the Trail's End Club.

Are You Your Unit's Weakest Link?

Lt. Col. Cephas Franklin
14th Communications Squadron commander

COLUMBUS AIR FORCE BASE, Miss. — The host of the popular television game show "The Weakest Link" puts contestants on the spot by firing question after question at them in a timed round.

The player who best handles the pressure and answers the most questions correctly usually winds up the winner.

Let's play this game in under less stressful conditions. I'm going to ask you to answer some simple yes-or-no questions geared toward information technology.

— Do you have your network or e-mail password written under your keyboard or in an area anyone can easily access?

— Have you shared your network or e-mail password with anyone?

— Did you click "yes" when the virus-warning

screen popped up on your computer, instead of notifying your computer security manager?

— Have you shared your new Common Access Card personal identification number with anyone?

— Have you walked away from your desk while logged into the network without locking your computer?

— Have you forgotten the name of your system administrator or computer security manager?

— Have you loaded software on your computer without permission or approval?

— Have you connected any items to your computer or the network without an OK from the designated approval authority?

— Have you visited unauthorized Web sites?

Now that you've taken the quiz, here's the secret: If you answered "yes" to any of the questions, you could be the weakest link in your unit's ability to secure its part of the Air Force

network enterprise.

The days of base networks being stand-alone and independent of the rest of the Air Force are no more. What you do at your base has an immediate impact on your major command's infrastructure and subsequently the rest of the Air Force.

The bottom line is we've become a network-centric entity, and each member shares the responsibility of protecting the network.

It is not just the communication squadron's responsibility. Every member of the team plays an important role in protecting this valuable resource.

A breach of network security could influence whether we strike the right target, cause innocent civilians to lose their lives or cause an international incident.

That is where every person comes in. We are the keepers of the gate when it comes to network security. It is our

responsibility to understand the policies, know the procedures and know where to go for help when network security issues arise.

If we blow it, we have a negative impact on national security, we affect the Air Force's ability to perform its mission and we impact our people.

The next time you change your password, store it in a secure place. The next time your computer becomes infected with a virus, know the procedures and who to contact. When you need software for operational use, ensure the designated approval authority OKs it.

Remember, as gate keepers we are the enforcers. Don't be your unit's weakest link. What we do does not just stop at the front gate — it stretches far and wide across the Air Force. Make network security a part of the way you conduct business every day.

OG NSI Professional Performers

During the recent NSI, 16 missile combat crews were observed in the missile procedures trainer and 11 crews were observed in the field. Fifteen of these crews were lauded as "Professional Teams" and weren't previously recognized by name.

Capt. Ty Moore, 1st Lts. Aires Pina, Brian McMenemy, Troy Jones and Rachel Beard, 2nd Lts. Steve Engler, Marie Pegueros and Anthony Stewart from the 319th Missile Squadron;

Cpts. Steve Syngajewski and Ron Jewell, 1st Lts. Amanda Baum, Nick Martin and Jim Harthausen, 2nd Lts. Tia Hunter, Vince Montano and Matt Dalton from the 320th Missile Squadron;

1st Lts. Joel Douglas, Brian Fielden, Jessica Sebastiani and Karee Greene, 2nd

Lts. Kenji Harrop, Adam Noble and Julie McElroy from the 321st Missile Squadron;

1st Lts. Casey Beard, Adam Rosenberg and Carrie Owen as well as **2nd Lt. April Campbell** from the 400th Missile Squadron;

Maj. Darren Easton, Cpts. Jack Swinehart, Felisa Palfery and Jim Cline, 1st Lts. Rod Butz, Amanda Osborne, Andy Pitzen and Jake Brittingham, as well as **Tech. Sgt. JT VanLanker and Senior Airman Dave Lamica** from the 37th Helicopter Flight.

Warren
SENTINEL

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DEADLINES:

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

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Justice Actions For January 2004

What Happens When Good Airmen Go Bad?

By Maj. Gordon Davis
90th SW Office of the Staff
Judge Advocate

During the month of January, 14 Article 15 actions and one court-martial were processed at Warren. The following is a breakdown of the offenses committed and the punishments received:

Article 15s

An airman absented himself from his unit for six days. He received a stripe reduction, forfeiture of \$575.00 per month for two months, 30 days restriction and 30 days extra duty.

An airman failed to follow safe driving procedures for winter conditions while operating a government vehicle. He received a reduction of one stripe, a suspended loss of another stripe, forfeiture of \$575 per month for two months with one month suspended and 30 days extra duty.

An airman made a false official statement and willfully provided another airman his license

plates and base vehicle sticker. He lost one stripe, and received suspended forfeiture of \$668 pay, 30 days restriction and 30 days extra duty.

An airman consumed alcohol while underage. He lost a stripe, and received 30 days restriction, and 30 days extra duty.

An airman failed to maintain a safe driving distance from the vehicle in front of him resulting in a rollover damaging government property. He lost a stripe, received a suspended loss of another stripe, forfeiture of \$575 pay for two months suspended one month and 30 days extra duty.

An airman drove at excessive speeds on a gravel road resulting in a rollover damaging government property. He lost a stripe, and received suspended forfeitures of \$645.00 pay for two months and 30 days extra duty.

An airman driving a GOV decided not to use approved routes of travel during inclement weather, resulting in a rollover

damaging government property. He lost a stripe and received forfeitures of \$645 pay per month for two months and 30 days extra duty.

An airman failed to go to his appointed place of duty and absented himself from his unit for 3 days. He received forfeiture of \$250 pay.

An airman failed to obey a lawful order, signed a false official document and failed to go to his appointed place of duty on multiple occasions. He received a suspended reduction and forfeiture of \$100 pay.

An NCO failed to ensure explosives loaded on to a government vehicle were securely restrained before movement. He received a reduction to the grade of senior airman, and suspended forfeiture of \$100 pay per month for two months.

An airman consumed alcohol underage, and disobeyed a lawful command by driving on base while privileges were revoked. He received a reduction of one

grade and 30 days extra duty.

An airman assaulted another airman. She received 30 days extra duty and a reprimand.

An airman consumed alcohol while underage and while on six-ring alert, and he then drove under the influence. He lost a stripe, had another stripe suspended, received forfeitures of \$596 pay for two months with one month suspended and 30 days extra duty.

An NCO wrote bad checks and passed them to local merchants. He received a reduction to the grade of senior airman, suspended forfeiture of \$912 pay, and 30 days extra duty.

Court Martial

A staff sergeant was tried and convicted in a general court-martial for adultery, indecent assault, forcible sodomy and rape. He was sentenced to a reduction to the grade of airman basic, confinement for 30 months and a dishonorable discharge.



Photo by Airman 1st Class Lauren Hasinger

Present... ARMS!

Maj. John Seaberg salutes his squadron, the 790th Missile Security Forces Squadron, for the first time after taking command from Lt. Col. John Probst (RIGHT) in a multiple change of command ceremony at the Peacekeeper High Bay here Feb. 5. Lt. Col. Probst took command of the 90th Missile Security Forces Squadron from Lt. Col. Gregory Ditzler, while Capt. Robert Ford took command of the 90th Security Support Squadron from Maj. Seaberg.

Col. Pearson: 90th Medical Group Rocks

Judy Whitley
90 Medical Group

By demonstrating compliance with the Joint Commission on Accreditation of Healthcare Organization's national standards for health care quality and safety, the 90th Medical Group recently earned the Joint Commission's Gold Seal of Approval(tm). The award of accreditation is for the three-year period ending November 2006.

"Achieving accreditation demonstrates that the 90th Medical Group has voluntarily sought an independent evaluation of its compliance with state-of-the-art performance standards," said Michael Kulczycki, Ambulatory

Care Accreditation Program, Joint Commission executive director.

Commitment to patient safety, quality, continuous improvement, and confidence in base healthcare are just some of the things accreditation means. This accreditation process guarantees the healthcare the men and women of the 90 MDG provide to their customers is the best.

"We're proud of this accomplishment," said Col. Ronald Pearson, 90th Medical Group commander. "It means we've been recognized for complying with rigorous national performance standards which demonstrate our ongoing commitment

to improving patient safety and care. That is the top priority for the 90th Medical Group - quality care for our customers."

As the J C A H O surveyors were reviewing patient care processes, a team from the Air Force Inspection Agency simultaneously inspected the 90 MDG. This team conducted what is known as a

Health Services Inspection.

As the civilian JCAHO team specifically surveyed patient care operations, the HSI inspected the military readiness, logistics, facility management, and other administrative portions of the medical group. The 90 MDG received an "Excellent" rating for the HSI.

As Col. Pearson usually says - "The 90th Medical Group Rocks!"

“*We're proud of this accomplishment. It means we've been recognized for complying with rigorous national performance standards.*”

—Col. Ronald Pearson
90th Medical Group commander



Members Breaking the Deployment 'Code'

Adrian Bruyere
90th Logistics Squadron

Deployment, mobility, AEF, Buckets, Steady State, Unit Deployment Manager, Personnel Readiness Unit, IDO, PDF, CDF, ART, SORTS... the acronyms never seems to end when it come to the language of the Air Force and our wing deployment process.

It all starts with Air Force needs. All Air Force requirements are coordinated with both the MAJCOM Functional Manager for each AF career field and the wing functional. Once approved, these requirements are entered into what are called unit type codes, which in fact are a set of AFSCs to complete a specific job.

The unit then identifies personnel to fill these UTCs. They conduct briefings and schedule the member for at least six separate training sessions. They brief members on what personal clothing items are required to be ready in a deployment bag. They ensure members know what services are available for family members left at home station. They advise the member of the importance of having all personal affairs in order to include the optional requirement for having a will and power-of-attorney documents in order.

Each member is also issued a gas mask, which must be fit tested by the bioenvironmental office personnel. It's a lot of preparation, both on the UDMs and the individual's part, to ensure members are ready to deploy. The deployment requirement will normally flow from HQ AFSPC who receives it from the Aerospace Expeditionary Force Cen-

ter or AEFC. Once the actual tasking flows to the wing, the personnel readiness unit within the 90th Mission Support Squadron will notify the specific UDM of the tasking and the UDM notifies the individual and kick starts the wheels of the planning and training mentioned above.

Air Force senior leadership has attempted to put in place a stable timeframe, a somewhat predictable schedule that gives people a sense of "likelihood" and even a "good guess" at the when someone could be asked to deploy - this is called the AEF construct. However, the system is only 4 years old and the process is still growing and policies are being rewritten as we speak to address real world missions.

Unfortunately, with the deployment requirements at this time, the normal 90-day TDY (leaving home station for another "temporary duty assignment") might have to be extended to 120 or maybe even 179 days, thus interrupting family plans and increasing the workload



Photo by Airman 1st Class Lauren Hasinger
Mighty Ninety members wait for their next briefing during Wednesday's deployment exercise.

on the personnel at the home station.

This is not just an Air Force issue; our sister service branches are feeling the same pain. Our Air National Guard and Reserve components are saddled with the increasing numbers of deployment mission requirements, standing side by side with their active duty counterparts.

For the families left behind while loved ones are deployed, there is support for you at Warren. Some of those who are eager to extend a helping hand are the unit first sergeant, the immediate supervisor, superintendent and unit

commander.

The Warren Family Support Center has a large array of programs for families of deployed members.

Also, keep in mind, the doors to the Chaplain's office or any group commander are always open to assist with any concerns.

The language and world of deployments, taskings, buckets, AEF, AFWUS codes, UDMs, etc., need not trouble you. Deployments and TDY's are real and our wing is called upon weekly, if not daily, to stand in many areas of the globe defending our national security objectives.

For more information about the deployment process, contact your unit deployment manager or contact the installation deployment officer or his staff at 773-2747.

BRIEFS

FTAC Open for Dorm Escape

With the success of the first Dorm Escape weekend, FTAC is now open every Wednesday from 6 to 10 p.m., Friday 6 p.m. to midnight and every Saturday and Sunday noon to midnight.

CFD Tickets Available

Cheyenne Frontier Days rodeo and night show tickets are now available at outdoor recreation.

For more information, call outdoor rec at 773-2988 or stop by 6205 15th Cavalry.

Some Tax Statements Now Online

Tax statements are now posted on myPay for Army, Navy and Air Force Reserve, Department of Defense and Department of Energy civilian employees, military annuitants, military retirees and active duty Air Force members.

Employees can view their tax statements from myPay at <https://mypay.dfas.mil>.

Tax Exemption For Military

Active duty members owning and living in mobile homes, who don't claim Wyoming as their state of residency, must file an affidavit of nonresidency with the Laramie County Assessor's office by March 1 to be tax exempt. For more information, call 633-4307.

Circuit Training Offered

The Warren Health and Wellness Center is offering a 30-station exercise class from 3 to 4 p.m., each Tuesday and Thursday at the new gym.

The program can be modified to help both beginners and more advanced participants.

For more information, call the HAWC at 773-4292.

Scholarship Offered

First Command and the Officers' Spouses Club are now offering scholarships to seniors seeking financial assistance for college in Fall 2004. Scholarship packets may be picked up now at school guidance offices.

They must be completed and ready for pick up from school guidance counselors by March 31. For more information, contact Ms. Jan Ritter at 632-0256.

Sweetheart Dance Scheduled

The Warren Youth Center is hosting a Sweetheart Dance, Feb. 15, at the Trail's End Club.

The Preteen Dance will be from 4 to 6 p.m. and the Teen Dance from 7 to 11 p.m. Each dance will feature DJ music for dancing, snacks, door prizes, games and karaoke. Tickets are \$5 for preteens and \$7 for teens.

For more information, call the Warren Youth Center at 773-2564.

Student Aid Workshop Scheduled

A free Application for Federal Student Aid Workshop will be from 10 to 11:30 a.m., March 3 at the Education Services Office, Building 841, Room 24. Participants will be assisted in the completion of the complicated FAFSA form.

FAFSA form assists students in obtaining grants, scholarships and student loans.

For more information or to register, call 773-2117.

Mandatory Split Disbursement for Civilian Personnel

Negotiations with AFGE Local 2354 were completed Jan. 26, and split disbursement for civilian employees is effective immediately. Civilian employees will use split disbursement when completing their travel vouchers as directed. Please direct any questions regarding this policy to the local finance office.

Trash Pickup Change

Due to the holiday Mon-

day, Capehart/MCP Housing residents will have their trash picked up Wednesday. Make sure all trash is put in a trash bag and secured properly. For more information, contact Mr. Paolo Ornales at 773-6101.

In-Service Recruiter's Hours

Due to the increase demand for Palace Chase, the program that allows servicemembers to separate from active duty to join the Air Force Guard and Reserve, Master Sgt. Erika Bueno, In-Service recruiter, has increased her hours until March 8. Monday through Friday she is open 7:30 a.m. to 4:30 p.m. and 6 to 8 p.m. by appointment only. On weekends (with the exception of this weekend) her hours are noon to 5 p.m. For information about Palace Chase or Palace Front, contact Sgt. Bueno at 773-1983

Too Cheap For Valentines Day?

You Don't Need Lots of Money to Chill with Your Honey at Warren

2nd Lt. Darrick Lee
Public Affairs

For those of us that live off base, we may not always take full advantage of the services and amenities that Warren has to offer. We all know that the commissary and BX are the places to shop, but we often spend our leisure time in the local community when looking for entertainment. If you're on a budget, taking a date out for an evening can be pretty expensive. Don't worry; I've got the solution to the high cost of dating... spend the evening at Warren!

I took on the challenge of providing a nice evening for two on base for \$25 or less. I discovered it wasn't a challenge at all. As a matter of fact, it was pretty darn easy! There are many ways that you and that special someone can have a nice date on base for less than \$25.

My date for the evening was my wife, Muna. After months of complaining about my not taking her anywhere, she was thrilled to help me with this challenge. (The fact that she didn't know anything about this article is totally irrelevant and doesn't need to be mentioned should you run into her. This date gives me my 'sensitive husband' points for the quarter.)

OK, before I give away my cheap-date secrets, some assumptions apply. First, let's assume that either you or your date own a means of transportation whether it's a car, bike, skateboard, or the back of some second lieutenant. Second, let's assume that the weather is suitable for dating. (Below-zero temperatures and 40 m.p.h.,



winds have a way of taking all the fun out of almost any situation.) With that, here is how you and your sweetie can have a nice time at Warren for less than \$25.

Before the date: Stop by the base flower shop and ask for Karen. She'll hook you up with a fresh rose, decorated with baby's breath and greenery for only \$3.95. (If you and your date are 'just friends', make it a

carnation.) Keep it hidden from her until you present it later. You've got \$21.05 left.

First stop: Head for the Cheyenne Coffee Company in the AAFES Exchange complex. Jennifer will serve you both a great cup of their house coffee for \$1 each. Although you and your date could relax with your coffee in the food court for a while, you should probably get your coffee to-go for the next stop on your date. You've got \$19.05 left.

Next, go to Warren's best spot for watching the sunset. If you drive West on Randall Avenue and make a left on Fam Camp Road, you'll see the Archeology Center, Building 1440, on the right. Walk behind the building, holding your date's hand for the full effect. Trust me on this. At the top of the hill, right behind the train tracks is a picnic table, overlooking Warren. This is probably the base's most romantic outdoor scenic view of Warren and mountains in the horizon. You'll notice that around dusk, the base gets quiet as people leave. While enjoying romantic conversation, you'll also notice that the antelope seem to be more visible, too. This scene, coupled with a beautiful setting sun is a great way to spend what Muna calls 'some quality time' to welcome the night. Oh, yeah, it's FREE! Still got \$19.05 left.

Now that you've gotten the mushy stuff out of the way, head over to the bowling alley for a little fun. The manager, Bill, promises a clean, non-smoking environment where the two of you can enjoy a game on one of their 12-auto-scoring lanes.

Fellas, auto scoring means you won't embarrass yourself by displaying your lack of mathematical ability when trying to figure out your score or wondering where to put the 'x' or slashes on the score sheet. Each game is only \$1.70 each. Add .75 cents each for shoes, and you've spent \$4.90. That leaves you with \$14.15.

A date just isn't a date without a movie. Catch the show at the base theater as a date-movie is really just an excuse for the two of you to enjoy each other's company. So make sure you pick a film that won't have you competing for



your date's attention.

Be very careful when picking a movie on a date. You don't want to pick a really good 'chick' flick like "Steel Magnolias" or "Fried Green Tomatoes", because her attention will be directed on the screen, and you will either be bored, or your two hours will be spent trying to work up some tears so he can seem 'sensitive' to his date. On the other hand, you don't want to pick a good action flick, like "Crouching Tiger Hidden Dragon" or "Terminator 3", because your attention is on the show and she is feigning interest or upset that her insensitive date is watching a shoot-em-up flick instead of a love story.

Try something like "Gigli" or "Ishtar." Anything with Shaquille O'Neal in it is a good bet, too. The base theater provides fairly recent movies for only \$3 per ticket. They even have a combo that gets you a large soda and popcorn for \$6.50. That's only \$12.50 for movie and snacks for two, versus paying an arm and a leg at a local theater.

Once the movie's over, you might use the trip home to present your date with the rose you purchased earlier. Your sweetheart will have had a nice night out, and you will be even happier to know that you did it all for \$25, with \$1.65 to spare!

Need More Ideas?

- ◆ Open swim at the aquatic center Saturday 1 to 5 p.m. - \$3 per person
- ◆ Chicken malano, iced tea and cheese cake at the Trail's End Club - \$9.95 for club members
- ◆ An order of chicken strips and two sodas at the bowling alley - \$6.10
- ◆ Borrow a book from the library and read sweet sonnets to your loved one - free
- ◆ Rent videos from the shoppette - \$3 for a new release and \$2 for an old one.



Rack 'em, Stack 'em and Smack 'em

Photo by 1st Lt. Nicole Walters

Warren members utilize one of the racquetball courts at the new gym on base. When played correctly, racquetball can be a high-speed, reflex testing sport. Quality

racquetball players do very little running as the goal is to make the other guy run until he can't return the ball. For lesser players, it's an aerobic activity.

Youth Bowling Scores

Pee Wee (Ages 3-6)

Eric Johnston	80 (Average 59)
Heather Simon	98 (Average 68)

Bantam-Prep (Ages 6-11)

Rodney McDowell	515 (High Series Hdcp)
Linzey Hurst	492
Brandyn Hall	180 (High Game Hdcp)
Kekai Punahale	185

Junior-Major (Ages 12-21)

Corey Bates	727 (High Series Hdcp)
Tasha Hayes	650
Zach Stevens	276 (High Game Hdcp)
Anya Cox	229



WarFit Wonders

Question: Do I need additional protein when I am body building?

Answer: Many strength athletes are concerned about their protein intake and this is only one component of a strength-building program. The generally accepted protein needs are based on a range of .73 to .77 grams per pound body weight. For example, a 6 ft. male at 168

pounds would require 123-129 grams of protein and a 5ft. 6in. female at 140 pounds would require 102-108 grams of protein. The table below gives you an example of how the Food Guide Pyramid supplies the protein in your diet when you eat the minimum number of servings from the food groups. By eating just the minimum number of servings, males would get more than 100 grams of protein and females would get more than 80 grams.



Foods that Supply Protein

Grain, cereal, bread group	3 grams/serving
Vegetable group	2 grams/serving
Dairy group:	8 grams/serving
Protein group	7 grams oz.

To get an additional 20 grams of protein you could have 2 ounces of lean turkey on whole wheat bread (2 slices)= 20 grams of protein.



Photo by Staff Sgt. Jeffrey A. Wolfe

Ka-Boom

AL FATHAH AIR FIELD, Iraq — Explosions rock the ground here as Army engineers and Air Force explosive ordnance disposal workers detonate a weapons cache Feb. 5. An estimated 2 million net pounds of explosives were left at the air field by the old regime, making it the largest single weapons cache uncovered by the coalition to date. Workers are destroying an average of 100,000 pounds of weapons per day.

Blood Donations Save Retired NCO's Life

Airman 1st Class Jacque Lickteig
82nd Training Wing Public Affairs

SHEPPARD AIR FORCE BASE, Texas — Blood drives are almost as common as commander's calls here because Air Force leaders stress the importance of donating blood.

Retired Tech. Sgt. Derrick Duncan, a former jet-engine mechanic instructor here, knows better than most the significance of those lifesaving donations.

Mr. Duncan packed his sport utility vehicle with all the equipment he needed to spend the day hunting April 6 with his son, William, and a friend.

The hunters headed south on Highway 79 when a relaxing day off turned into a struggle for life and death. At about 6 a.m. three miles north of Archer City, Texas, the driver of an oncoming pickup truck fell asleep and crossed the centerline into Mr. Duncan's lane.

Mr. Duncan tried to swerve to the right to miss the truck, but his attempt failed. The vehicles collided, causing the truck to spin out to the east side of the road and the SUV to flip

on the passenger's side.

"My first thought was the safety of my son," Mr. Duncan said. "From the time we collided to the time we stopped seemed like only a second. I reached back and was trying to free my son, and I knew instantly my legs were broken."

William and the friend escaped with only minor injuries.

Besides two broken legs, Mr. Duncan suffered a lacerated liver, punctured diaphragm, ruptured colon and collapsed lung that was filling with blood.

"I knew from watching documentaries that I probably suffered internal injuries, and I knew my lung had collapsed because I couldn't breathe properly," he said. "I was screaming in pain and writhing in my seat, thinking to myself 'I just need to make it until the (emergency medical technicians get) here.'"

The impact of the collision pushed the SUV's dashboard in, pinning Mr. Duncan inside the vehicle. Emergency responders had to peel the vehicle apart using the "jaws of life" to free him from the mangled metal.

"They cut me out and I kept telling myself 'If I get to the hospital, I'm going to live,'" he said.

Shortly after they arrived at



Courtesy Photo

Tech. Sgt. Derrick Duncan's sport utility vehicle sits in a salvage yard following an accident in April.

the hospital, Mr. Duncan was put in a medical-induced coma and placed on a ventilator to help him breathe.

Within the first 48 hours after the accident, the doctors used 40 units of blood and 20 units of platelets and plasma to stabilize him, he said.

"I depleted the Wichita Falls blood supply," he said. "They had to ship units from Dallas and Oklahoma City."

Mr. Duncan spent about a month in the hospital going through several surgeries. The

doctors removed his spleen, appendix, fluid from his lung and about 3 feet of his intestines.

He woke up May 2 in Wilford Hall Medical Center at Lackland Air Force Base, Texas. His legs were repaired while he was hospitalized there.

Everything above his knees has recovered, he said, and he has got limited range of motion in his knees and ankles.

Mr. Duncan said he would not be alive today if people had not taken the time to replenish a much-needed source.

Personnel Goddess Sells Time Machine on Ebay

In the basement of the Military Personnel Flight, a crafty mother of three wearing combat boots and tech. sergeant stripes talks to Airman 1st Class Lauren Hasinger about her hard shell exterior and her soft heart. Tech. Sgt. Janet Bassi, 90th Mission Support Group consolidated commander support staff NCOIC is this week's 90 Seconds of Fame.

Describe your job.

We are the first stop as far as personnel for 900 people in five squadrons.

What is your favorite part?

Being able to see an end result for something I started. When someone comes in here to update their dream sheet and we get orders for them it's a good feeling.

How long have you been in?

In April I'll have been in the Air Force for 20 years. I've been at Warren for three and a half.

Will you retire in April?

I haven't made up my mind yet. I'm still having fun.

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

I was stationed at Mildenhall, England, for four years and was able to go TDY to Germany.

Where else have you been stationed?

Goodfellow, Guam, Williams Air Force Base in Arizona (which is now closed) and Sheppard.

Why did you join?

After high school I went to college for a year. My GPA was low and they asked me to leave. My choices were to work in a farm, factory or join the military. My dad was in the Navy and the military had more career options so that's why I joined.

Where are you originally from?

I'm a military brat. After my dad retired from the Navy we settled in Reading, Pa. I was born in Newfoundland, Canada.

What do you miss most about home?

The food. Where I lived, we had all German kinds of food, German cheese steaks and real ice cream that was freshly made out of milk.

What was the last movie you saw in the theater?

"Miracle," it was awesome. I remember when it happened. It was so true to life and not Hollywood blowing up stuff. Kurt Russell did a great job.

What's your favorite thing to do on a day off?

I like to do crafts. Right now I'm making a purse out of beads.

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

I have a soft heart. I'm pretty hard, but I cry at movies.

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

Woodstock. I was only five when it happened. Just to see Jimi Hendrix play the guitar would be cool.

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

A mother. I have three teenagers, two girls and a boy - ages 16, 17 and 18.

Who is your hero?

Sen. John McCain. I actually got to meet him. He was a POW for several years. I don't think I would have lived through what he had to go through. There's no way I would have had the guts to go into politics after what happened. The things he has done for us veterans and active duty alike just



shows how selfless he is.

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

I would go to Iraq and visit the troops. President Bush has done that, but he went to the nice part. I would go to where the Army lives in tents so they know they're being supported. I know it's not feasible to do that because the president wouldn't be safe.

What's the greatest book ever written?

"A Tale of Two Cities." It was written in the 1800s so you can get a feel for what things were like back then. It's about two countries, not 20 minutes apart and how different their lives are.

Where do you see yourself in five years?

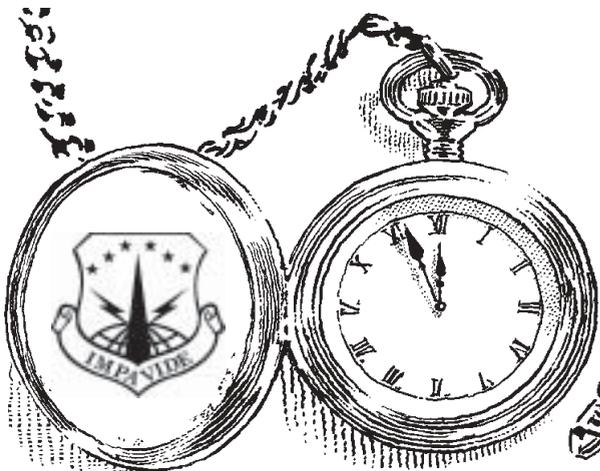
Retired, hopefully and breeding dogs, not working a steady job and living on a beach somewhere.

What would you do with a time machine?

I wouldn't go back in time because I have no regrets, so I would sell it on Ebay.

What's your life's motto?

I used to say whatever happens happens. Don't worry about things you have no control over.



Q - I've noticed the flags on base are flying at half staff. Why is this and how long will they be like that?

A - I tell you what, you sure came to the right place! The flags on base are flying at half-staff in memory of Admiral Thomas Mopper, former chairman of the Joint Chiefs of Staff under the Nixon administration. According to regulations, and by order of the president, the flag should be flown at half-staff upon the death of principle figures of the U.S. government. For instance, in the death of a president or former president, the flag is to be flown at half-staff for 30 days. Since there isn't a specific amount of time for a former chairman of the Joint Chiefs of Staff, the order came at the direction of the Secretary of Defense to fly the flag at half-staff throughout the day of his internment, tentatively scheduled for Feb. 24.

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

Ask Lauren Beth



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

Give me Your Two Cents

What was your worst Valentine's Day?



"This coming one because my girlfriend is in the Philippines."

-- Airman Randy Barcelo, 90 LRS



"My husband gave me a 22 caliber rifle."

-- Airman 1st Class Rebecca Hurd, 90 MMXS



"I broke up with my girlfriend a week before Valentine's Day."

-- Airman 1st Class Wilson Santiago, 90 MSFS

It All Happened This Week...

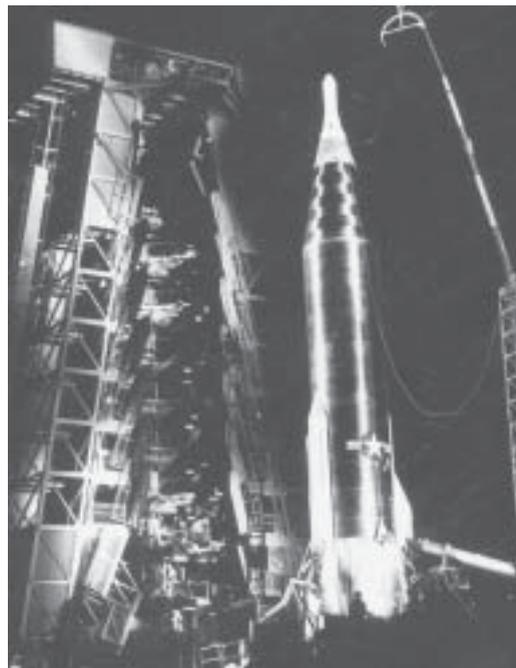
Feb. 8, 1908 - Three bids for the Army's first plane approved by the Secretary of War.

Feb. 8, 1965 - The Air Force performed its first retaliatory air strike in North Vietnam.

Feb. 13, 1913 - The first bill to establish a separate Aviation Corps was introduced by Rep. James Hay of West Virginia. The bill failed to pass.

Feb. 13, 1877 - The Sioux chief Spotted Tail departs Ft. Laramie with 200 braves on a peace mission to get Crazy Horse's surrender.

Feb. 13, 1878 - The first telephone with a talking (voice) transmitter is put in the railway station in Cheyenne.



Where On Warren?



*Drive past and you will know
A training center here the Air Force did grow
East of movies, West of a court
"I know this!" you should retort!*

Think you know the answer? Be the first to send an email to sentinel@warren.af.mil with the correct building's address and you'll win a coupon book from Services.

Disclaimer: While the questions have been painstakingly researched, the answers have not. Poor, misleading and multiple answer questions are par for the course. PA staff, Museum staff, group and base commanders are excluded from playing.