

Warren SENTINEL

Volume 63, Issue 13

F. E. Warren Air Force Base, Wyoming

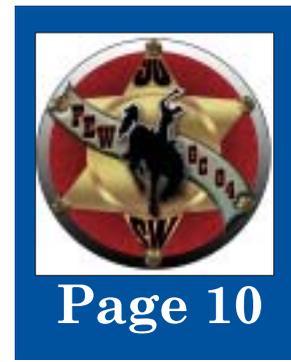
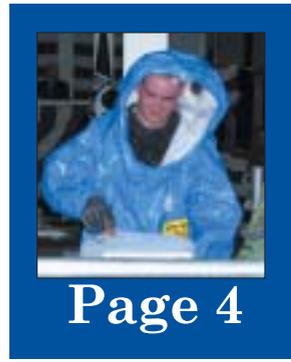
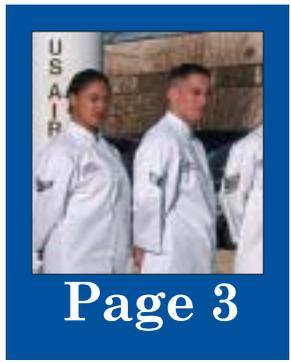
April 2, 2004



Happy Trails Chief Dicks ... Thanks For 30 Years of Service

Chief Master Sgt. Vincent Dicks, 90th Space Wing command chief master sergeant, ends his Air Force career during his retirement ceremony at 1 p.m. today at the Pronghorn Center. Chief Dicks has served 30 years, two of those years as Warren's command chief master sergeant. Upon his retirement, he will reside in Fargo, N.D. with his family.

Courtesy photos



Daylight-Saving Time Begins Sunday

Keep Warren Beautiful, Pick up Your Trash

Maj. Eric Hoversten
*90th Civil Engineer
Squadron commander*

It was another wind-blown weekend on the frontier, we've certainly had our share, and rest assured we'll have more. We live in the third windiest city in the United States, and along with that unique distinction comes added burdens. Among those burdens is the difficulty in showing pride of ownership and basic stewardship with the duties we perform and the prestige of Warren.

What it boils down to is putting forth extra effort to solve the problem before it happens. And when it does, for everyone to take it upon themselves to fix it immediately.

The single most effective means to prevent the type of "trash storm" we had this past week is to bag all trash - in the office, shop and at home. This requirement is spelled out in our We Care pamphlet for housing residents as well as the Customer Service Handbook provided to facility managers. It will be the rarest of instances where the wind will grab a full bag of trash and move it around ... and even if it were to do so, picking up that single bag would be significantly easier than the hundreds of items inside it from the acres it would be spread over if left unbagged.

Other small efforts that will make a big difference are ensuring dumpster lids are closed, picking up the base paper that is pitched at your base residence, and securing your recycle

items out of the wind.

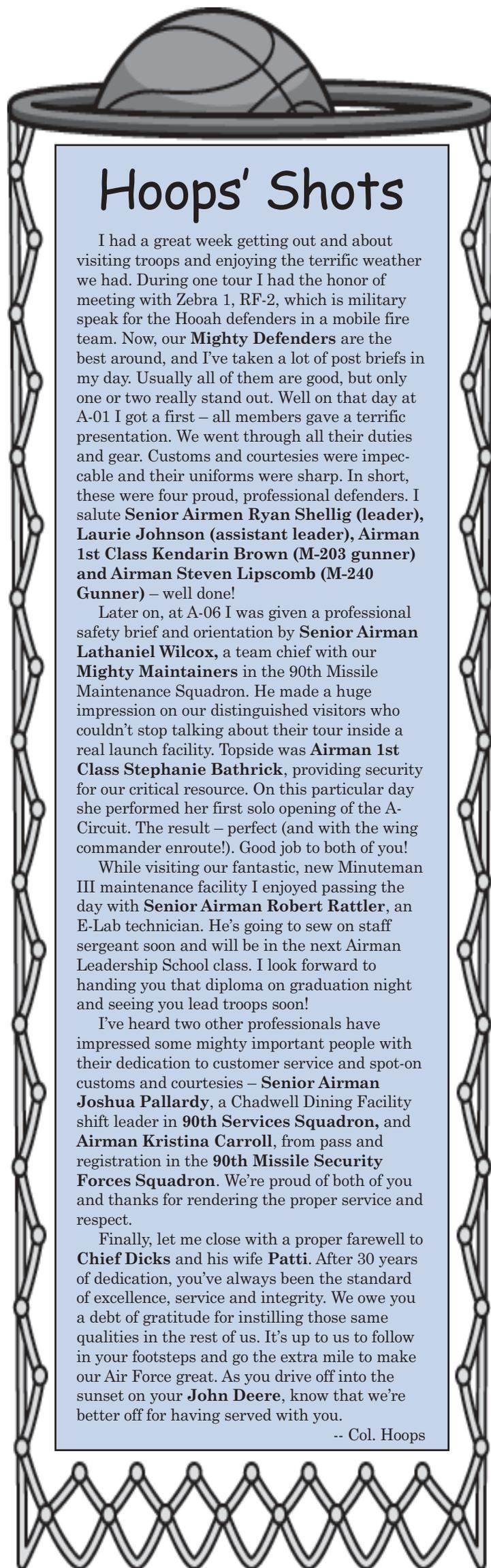
Additionally, if you spot a dumpster over filled, call the refuse contract manager at 773-6101.

There is no measure that will completely eliminate wind-blown trash. Once the trash gets out of the bag, it falls on all of us to stop it in its tracks. Don't walk by it - or rather, let it blow by you - without stopping to pick it up.

Squadrons - through the facility managers of their assigned buildings and work areas are responsible for the area mid-way to the neighboring building or out into "common areas" 75 feet. Housing residents have the same responsibilities out to 50 feet. What does the area around where you work or live communicate about your pride?

If we are successful in preventing future "trash storms" and if we all take immediate action to secure the items that escape those efforts in and around our homes and places of work, very little will end up in the wide-open "common area" spaces of the base. We would still need periodic Mayoral Days, but the focus would be putting that extra polish on the base, preparing for special events, or seasonal transitions, rather than simply "digging out and getting the garbage problem under control."

Bottom line: Secure it now or pick it up later. If we resign to the latter, we won't have the resources left to do our deterrent and global mobility missions. This is clearly a case where an ounce of prevention is worth a pound of cure.



Hoops' Shots

I had a great week getting out and about visiting troops and enjoying the terrific weather we had. During one tour I had the honor of meeting with Zebra 1, RF-2, which is military speak for the Hooah defenders in a mobile fire team. Now, our **Mighty Defenders** are the best around, and I've taken a lot of post briefs in my day. Usually all of them are good, but only one or two really stand out. Well on that day at A-01 I got a first - all members gave a terrific presentation. We went through all their duties and gear. Customs and courtesies were impeccable and their uniforms were sharp. In short, these were four proud, professional defenders. I salute **Senior Airmen Ryan Shellig (leader), Laurie Johnson (assistant leader), Airman 1st Class Kendarin Brown (M-203 gunner) and Airman Steven Lipscomb (M-240 Gunner)** - well done!

Later on, at A-06 I was given a professional safety brief and orientation by **Senior Airman Lathaniel Wilcox**, a team chief with our **Mighty Maintainers** in the 90th Missile Maintenance Squadron. He made a huge impression on our distinguished visitors who couldn't stop talking about their tour inside a real launch facility. Topside was **Airman 1st Class Stephanie Bathrick**, providing security for our critical resource. On this particular day she performed her first solo opening of the A-Circuit. The result - perfect (and with the wing commander enroute!). Good job to both of you!

While visiting our fantastic, new Minuteman III maintenance facility I enjoyed passing the day with **Senior Airman Robert Rattler**, an E-Lab technician. He's going to sew on staff sergeant soon and will be in the next Airman Leadership School class. I look forward to handing you that diploma on graduation night and seeing you lead troops soon!

I've heard two other professionals have impressed some mighty important people with their dedication to customer service and spot-on customs and courtesies - **Senior Airman Joshua Pallardy**, a Chadwell Dining Facility shift leader in **90th Services Squadron**, and **Airman Kristina Carroll**, from pass and registration in the **90th Missile Security Forces Squadron**. We're proud of both of you and thanks for rendering the proper service and respect.

Finally, let me close with a proper farewell to **Chief Dicks** and his wife **Patti**. After 30 years of dedication, you've always been the standard of excellence, service and integrity. We owe you a debt of gratitude for instilling those same qualities in the rest of us. It's up to us to follow in your footsteps and go the extra mile to make our Air Force great. As you drive off into the sunset on your **John Deere**, know that we're better off for having served with you.

-- 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.

Editorial Staff

Col. Evan Hoapili
90th Space Wing Commander

Capt. Warren Neary
Chief, Public Affairs

1st Lt. Matthew Bates
Deputy Chief, Public Affairs

1st Lt. Nicole Walters
OIC of Internal, Public Affairs

Staff Sgt. Kurt Arkenberg
NCOIC of Internal, Public Affairs

Airman 1st Class Lauren Hasinger
Sentinel Staff Writer

Airman Tessa Cubbon
Sentinel Layout and Design

Warren's Own Chefs Win Hennessy Trophy

Master Sgt. Alfred Mullings
90th Operations Group

Air Force Space Command has named the 90th Operations Group chefs as AFSPC Missile Food Service Excellence Award winners for 2003.

This prestigious award is presented to the operations group chefs that have best displayed the highest standards of culinary skill, program management, and leadership. The 90 OG commander and 13 missile chefs will travel to Chicago to receive their trophy at the annual Hennessy awards presentation.

AFSPC inspectors discovered zero deficiencies throughout the entire 90 OG chef program. Two missile alert facilities, missile alert facility storeroom and accounting section, missile squadron chef NCOICs, chef evaluations, chef training, and chef



Courtesy Photo

The 90th Operations Group chefs have been named the Air Force Space Command Missile Food Service Award winners. They will travel to Chicago to receive their award at the Hennessy awards presentation.

management were all scrutinized during this evaluation. The inspectors also noted numerous noteworthy initiatives and programs during this visit, but what put the 90 OG pro-

gram "over the top" were the Warren Wranglers who work behind the scenes throughout the missile complex.

This is the first time this trophy will be displayed here. The

award is the culmination of more than 12 months of effort by the 90 OG team. Whether a day-in, day-out deployer, or a member of leadership, all were invaluable to the success of this effort.

Alleyway and Drainage Repairs Planned

Elizabeth McClain
90th Civil Engineer Squadron

The 90th Civil Engineer Squadron began the final phase of the alleyway drainage improvements project behind the historic military housing Thursday.

This final phase of a two-part project, and the long-range program to improve the drainage and minimize local flooding behind the historic quarters, consists of work along the entire length of the alley from Quarters 66 through 96.

The alleyway behind Quarters 66 through 96 will be torn up and replaced to make way for the installation of curb and gutter along the north edge of the alley.

Construction is estimated to last 10 to 13 weeks - running through July.

Quarters 66 through 96 will be directly affected, but all residents are asked for cooperation in keeping children and pets out

of the construction area during this time to ensure safety.

Minor inconveniences associated with this activity include the operation of large construction equipment (excavators, loaders and dump trucks) behind the quarters and some utility interruptions.

To help coordinate these outages, 90 CES will post flyers on doors 48 hours before an outage is to take place.

Most outages should last only a few hours.

While the construction does not pose a huge hazard, the utility trenches will be marked and fenced off to prevent accidents. Spotters will also be used when heavy equipment is operating to ensure safety.

Residents should ensure children stay clear of construction areas. Fences will be placed to separate alley work from living areas.

During this phase, we ask that residents park on Ft. Warren Avenue, in front of their

quarters to avoid conflicts with construction crews and equipment.

The project will consist of removing the pavement, lowering the road six inches, and installing a curb and gutter system along the north side of the alleyway as well as improving concrete drive ways to the garages.

This will direct the flow of water away from the foundation of the back of the units as well as pull water away from the garages.

What About Me?

◆ All vehicles must be parked in front of your quarters on Ft. Warren Avenue.

◆ You will experience restricted access to your garage.

◆ Mail delivery will be relocated to Ft. Warren Avenue.

◆ Refuse pickup will be located on Ft. Warren Avenue.

◆ Gas and water utility outages - 48-hour notice will be given prior to any scheduled outages. Total outages should only last a few hours.

◆ Relocate basketball hoops, jungle gyms, dog runs, and any other devices located in the construction area to between the back of your quarters and 10 feet back from the front of your garages. These items may be placed beside your quarters and can remain there only for the duration of the project.

◆ For more information about this project, contact 1st Lt. Luke Osborne at 773-2112, Mr. Ernesto Perez at 773-3468, Mr. Harry Furrey at 773-3539 or Mr. Rocky Golden at 773-5814.

MXG Heritage Day: Honored Guests, Good Food

1st Lt. Jeremy W. Wells
90th Maintenance Operation
Squadron

A new tradition was born last week as members of the 90th Maintenance Group celebrated its first Maintenance Heritage Day. A classic combat dining in capped this celebration of the group's past, present and future. A highlight of the daylong event was a rededication of the \$17.6 million Minuteman III Maintenance Service Complex, declaring it fully operational. Honored guests included four past logistic group commanders/deputy commanders for maintenance and three previous maintenance chief master sergeants.

During the ceremonies, the hallways of the Minuteman III Maintenance Service Complex were named after past leaders of missile maintenance who commanded here: Brig. Gen. Thomas Deppe, retired Cols. Michael Jackson, Ed

Usui and Tal Gerringer. By lending their names to Deppe Drive, Gerringer Alley, Usai Road and Jackson Boulevard, these leaders provide a link to the heritage of the 90 MXG. Throughout the day, these leaders talked with the current members of the maintenance group and provided unique perspectives and insights to the changes to the Air Force and intercontinental ballistic missile maintenance spanning more than 40 years.

After a lunch with 90 MXG's company grade officers, the leaders dispatched to an operational launch facility. At the launch facility, the former logistic group commanders and deputy group commanders for maintenance observed the upgrades and sustainment programs that will enable the Minuteman III weapon system to continue as a viable deterrent force through 2020. The results of the Propulsion Replacement Pro-

gram, Empty Silo Program and continual efforts of the "field runners" were top notch.

The keystone event was the dining in celebrating the maintenance group's heritage and attended by almost 500 maintainers. The dining in was executed in true maintenance fashion, with frequent trips to the grog bowl. The night included a demonstration of proper grog bowl procedures by the maintenance group's five newest senior master sergeant selects. As the polite jokes faded, the evening continued with the annual awards ceremony and a speech from Gen. Deppe, deputy director of the National Military Command Center at the Pentagon.



Photo by 1st Lt. Jeremy Wells

Members from the 90th Maintenance Group take their turn at the grog bowl during the Maintenance Group Heritage Day Dining In.

Gen. Deppe reminded the audience about the direct support to the on-going Global War on Terrorism provided by the ICBM fleet and how the group must never forget those who have preceded them in this enduring mission of deterrence.

Referrals Required Again For Health Reach And Emergency Room Visits

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.

For patient convenience, a trial policy in February no longer required referrals for after-hours acute and emergency care. However, due to confusion with patient status and misuse of this policy with significant increases in costs, the 90th Medical Group will again

require EVERY patient to call the clinic during duty hours at 772-4020 or the primary care manager on-call after-hours at 773-3461, before going to Health Reach or the emergency room.

The 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, and call the member's PCM as soon after the visit as is practical.

For more information, contact the managed care office at 773-3011.

6X4

What's For Lunch?

Staff Sgt. David Fulkerson and Airman 1st Class Keith Green, 90th Civil Engineer Squadron, were sent to investigate a suspicious package near Building 250 March 26. Building 250 was evacuated. The suspicious package turned out to be a boxed lunch.

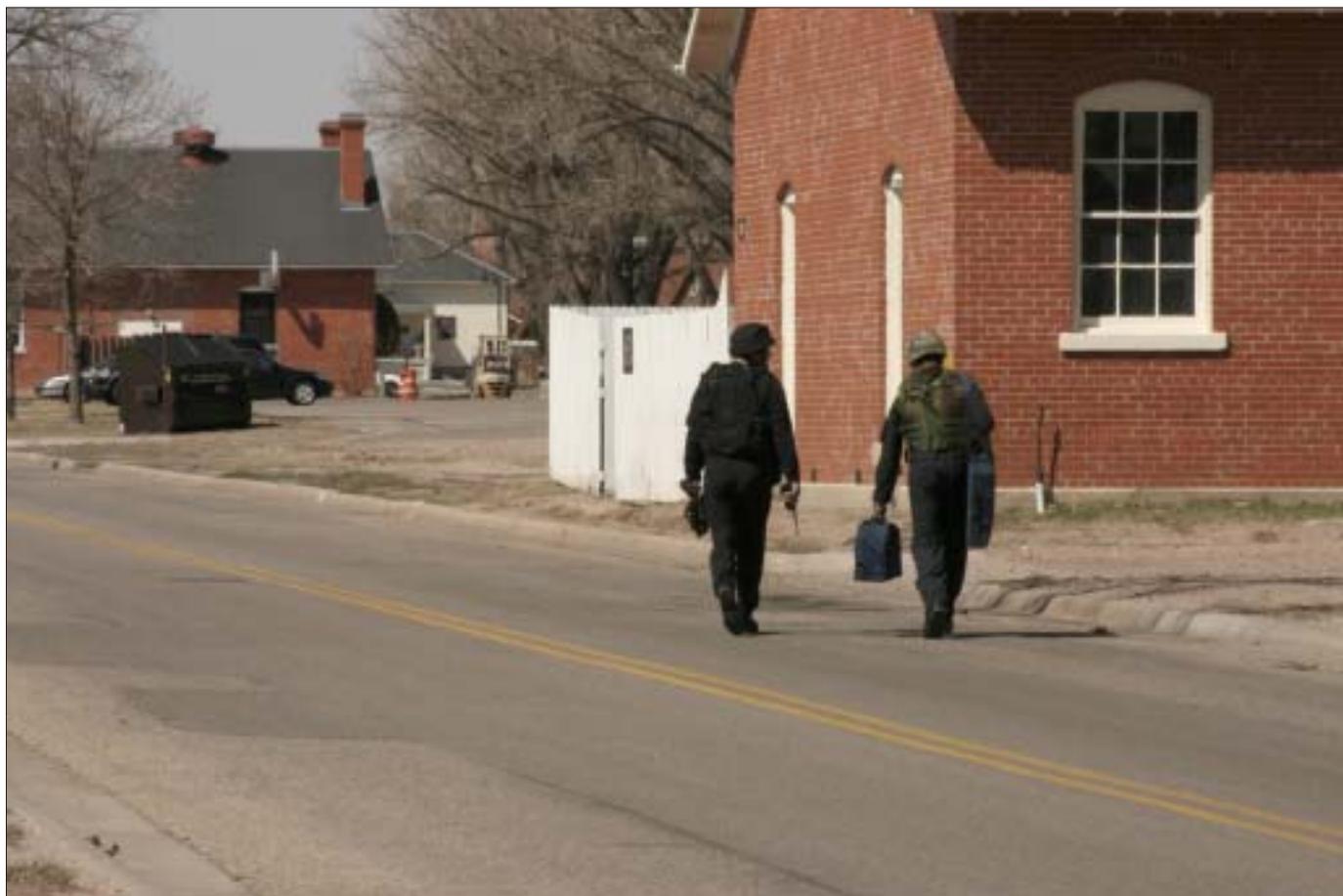


Photo by 1st Lt. Darrick Lee

PRP Responsibilities in Obtaining Off-Base Care

Article Courtesy 90th Medical Group

The following is a step-by-step guide to obtaining off base medical care for PRP and suspended PRP members.

Referrals:

1. Notify the **90th Medical Group PRP office at 773-3580** when your appointment is scheduled for any visit with any off-base provider. This will allow the PRP office time to copy any necessary records and prepare your mandatory pink slip.

2. Report to the 90 MDG PRP office to obtain necessary paperwork. Medical records will no longer be checked-out for off-base appointments; you will need copies of any necessary reports.

3. A pink slip is mandatory for every visit with any off-base provider.

4. Before leaving your referral appointment, the off-base provider must fill out your pink slip to include your diagnosis, treatment and any medications prescribed during the visit.

5. Return the pink slip to the

90 MDG PRP office immediately following your appointment. You must have a completed pink slip for every off-base visit even if you are PRP suspended.

For Care After Duty Hours: Call! Call! Call!

1. **Call the primary care manager on-call at 773-3461.** You are required to have approval for any urgent care (Health Reach) or emergency room visit unless you have a life-threatening condition. If you have a life-threatening condition, then you need to call the primary

care manager as soon as possible.

2. The TRICARE Line-For-Care cannot authorize a visit to Health Reach or the emergency room.

3. Call your unit PRP monitor prior to and after your appointment; they will need an update on your status.

4. Report to the 90 MDG PRP office the following duty day. They will need to know your final diagnosis, any treatment and any prescribed medications from the visit.

When in doubt, contact PRP!



<http://www.warren.af.mil/leadership/index.html>

BRIEFS

Chief Retires

Chief Vincent Dicks, 90th Space Wing command chief master sergeant, will have his retirement ceremony 1 p.m. today at the Pronghorn Center.

Basement Open

The Basement is open every Saturday night and the M.A.D. crew presents a late-night alternative to downtown clubs. Cover is \$1 for club members and \$3 for nonmembers. Wrangler lounge is open 5 p.m. to midnight Saturday.

Santa Maria Barbecue

A Guardian Challenge Santa Maria Barbecue is scheduled for 11 a.m. to 1 p.m. April 16 at the PK Highbay. 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.

Spring Egg Hunt Scheduled

The annual Spring Egg Hunt is scheduled for 10 a.m., Saturday at the Warren Youth Center. Families are invited to stay following the hunt for a barbecue lunch.

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.

Dart Tournament

The club has a steel-tip dart tournament beginning 6:30 p.m. each Thursday. It's 501 Blind Draw Doubles. There's a \$5 entry fee. For more information, call Master Sgt. Doug Hall, at 773-4686.

Volunteer for Meals on Wheels

Cheyenne Meals on Wheels will have their annual garage sale the first week of June. Volunteers are needed to help and possibly become the military coordinator.

Volunteering throughout the year is at your own leisure. MOW provides the truck, and typical items picked up range from furniture and appliances to left over garage sale items and clothing. For more information,

call Master Sgt. Tony Niel at 773-5943. 773-3434.

Spring Retreat Scheduled

The Warren Ladies' Spring Retreat, sponsored by Protestant Women of the Chapel, is scheduled for April 23 and April 24. The cost is \$10 and includes overnight accommodations and meals at the Terry Bison Ranch. Special speaker Abby Huffstutler will present four special sessions. For more information, contact Dana Gage at 634-2712.

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 donations at the Frontier Chapel, High Plains Chapel and Dorm Escape. For more information call Airman 1st Class Noah Wells at

Ribbon Update

The Air Force Expeditionary Service Ribbon will not be reflected in MILPIDs until June. Individuals who have questions can contact Marsha Glaser in Base Awards and Decorations at 773-2344.

Yard Sale Sign Guidance

When having a yard sale, do not post signs anywhere on the base except one sign in your yard. Please make sure your neighbors' parking areas and driveway are not blocked. Advertise in the Sentinel as an alternative to signs. For more information, contact the housing office at 773-5814.

TRICARE Move

The TRICARE Service Center has moved to the 90th Medical Group Clinic. The appointment number is the same: 772-4020.

6X4

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		

Youth Bowling Scores

Pee Wee (Ages 3-6)

Eric Johnston	80 (Average 58)
Madison Murray	81 (Average 61)

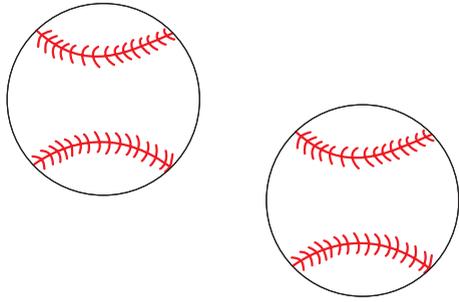
Bantam-Prep (Ages 6-11)

Eric English	508 (High Series Hdcp)
Anne Howard	487
Rodney McDowell	198 (High Game Hdcp)
Kylie Bond	202

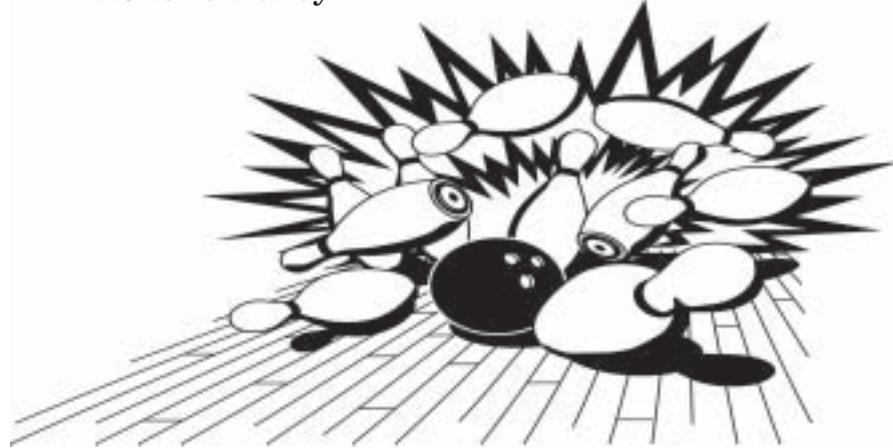
Junior-Major (Ages 12-21)

Shaun Pushcar	653 (High Series Hdcp)
Anya Cox	637
Jason Price	296 (High Game Hdcp)
Michelle Keney	242

The softball fields near Freedom Hall are off limits until further notice due to safety concerns. For more information, call Joe Kelly at 773-6178.



Have a news, sports or commentary story idea for the Warren Sentinel? Contact the public affairs office at 773-3381.



Zero Drinks if you are Under 21!

Zero DUIs!

1 Drink per hour, MAX!

3 Drinks in one Night, MAX!

6x4



U.S. AIR FORCE BRIEFS

AF Officials Testify Regarding Importance of Space

WASHINGTON — Air Force officials testified before congress March 25, speaking before a Senate Armed Services Committee's subcommittee on strategic forces about future plans for using space.

Peter B. Teets, undersecretary of the Air Force and director of the National Reconnaissance Office, joined Gen. Lance Lord, commander of Air Force Space Command, to speak about recent successes in the acquisition of space-based platforms. They also discussed established priorities for the years ahead.

Countries Join NATO Alliance

RAMSTEIN AIR BASE, Germany — The Allied Air Forces Northern Region commander welcomed seven new nations as full members of the NATO alliance Monday, raising the number of countries in the alliance from 19 to 26.

The new countries joined after a process that started at the November 2002 Prague Summit when NATO's heads of state agreed to invite them into accession talks.

Of the countries, Slovakia, Estonia, Latvia and Lithuania will come under the umbrella of NATO's northern region, while Bulgaria, Romania and Slovenia will join the southern region.

Minuteman ICBMs Soldier on as Peacekeepers Get Mothballed

Gerry J. Gilmore
American Forces Press Service

WASHINGTON - The U.S. military will upgrade its Minuteman III Intercontinental Ballistic Missiles while retiring its Peacekeeper missile force, a senior officer told a Senate subcommittee March 25.

The larger, multinuclear-warhead-carrying Peacekeeper ICBMs are being decommissioned to comply with the Moscow Treaty brokered between the United States and Russia in May 2002.

"With Peacekeeper deactivation proceeding as planned, the Air Force has implemented an aggressive life extension program for the Minuteman III ICBM force to ensure weapon system reliability through 2020," Navy Adm. James O. Ellis Jr. explained to members of the Senate Strategic Forces Subcommittee.

Adm. Ellis heads the U.S. Strategic Command at Offutt Air Force Base, Neb., which oversees U.S. military global strategic planning, including nuclear deterrence.

Adm. Ellis noted "reliability

upgrades" would be performed on the Minuteman III's critical components. These, he said, include replacement of the missile's guidance and propulsion systems.

First deployed in 1986, the Peacekeeper is a four-stage rocket system designed to carry up to 10 nuclear warheads, according to a U.S. STRATCOM fact sheet.

All 50 Peacekeepers ever deployed were kept at F. E. Warren Air Force Base, Wyo. Twenty-five are currently on alert.

The Minuteman, a smaller, three-stage rocket system, has undergone numerous improvements since it was first deployed in the early 1960s, according to STRATCOM. The Minuteman III version, deployed in 1970, was designed to carry up to three nuclear warheads.

About 500 Minuteman IIIs are in the U.S. nuclear arsenal, according to STRATCOM. Adm. Ellis said the Minuteman III will become America's sole land-based nuclear-warhead carrying ICBM system after the



Courtesy Photo

Navy Admiral James Ellis, Jr., Strategic Command commander at Offutt Air Force Base, Neb. STRATCOM oversees military global strategic planning, including nuclear deterrence.

Peacekeeper is retired.

President Bush and Russian President Vladimir Putin signed the Moscow Treaty on Strategic Offensive Reductions, an arms-control agreement that called for the two countries to substantially reduce their strategic nuclear arsenals over the next 10 years, on May 24, 2002, in Moscow.

Families of Seniors May Get to Stay in Place

Courtesy of AFPC News Service

RANDOLPH AIR FORCE BASE, Texas — Some Air Force families with a child entering his or her senior year of high school may get to stay longer at their current duty stations thanks to a new policy announced in March.

The High School Seniors Assignment Deferral Program allows senior master sergeants and below, and officers up through the rank of lieutenant colonel, to apply for a one-year assignment deferral. Back-to-back deferrals may be possible, and dual-military couples may also apply.

Even with the changes, officials

said the mission comes first and will be the overriding factor in granting deferrals.

"Requests will be considered on a case-by-case basis," said Col. Kathleen Grabowski, chief of assignment programs and procedures at the Air Force Personnel Center here.

To be eligible, the senior in high school must be a dependent of and living with the Airman requesting the deferral, and he or she must be enrolled in the Defense Enrollment Eligibility System, she said.

Officers will need to apply before being put on assignment while enlisted people will not apply until after being matched to an assignment, said Master Sgt. Letty

Inabinet, superintendent of assignment procedures. Applications are available from military personnel flights and commander support staffs.

Officials estimate that annually 20 to 25 percent of officers and senior noncommissioned officers have children entering their senior year of high school and perhaps one-third of those could be eligible for assignment in a given year, officials said.

For more information, contact the Air Force Contact Center by calling (800) 616-3775 or at <http://www.afpc.randolph.af.mil>.

NCO Council President: Just be Yourself

Staff Sgt. Rebeca Hinz, 90th Contracting Squadron contracting specialist and the NCO council president, talked with Airman 1st Class Lauren Hasinger about her two sons, the NCO council and Shamu.

Describe your job.

As a contracting administrator, I initiate acquisitions and purchases for F. E. Warren personnel, which allows us to support mission requirements.

What do you like most about your job?



I like that I'm always learning something new. Sometimes it can be overwhelming. I also enjoy working with a variety of people and developing relationships with customers.

How long have you been in the Air Force?

Since 1997. I've been stationed here for the duration of my career. I cross-trained from services a few years ago. So I haven't been in contracting the entire time.

Why haven't you left Warren?

I enjoy the community. My family and I have developed good relationships with other military families, which makes F. E. Warren a good choice for us.

What did you do before you enlisted?

I used to work for a home mortgage company.

Why did you join?

I joined the military to see the world and obtain a higher education. The opportunity to travel and continue my education will always be there and I love the fact that it is available to me and now my family.

What are your education goals?

I am currently working toward a business degree and will obtain it within the next four years. Once I get to that point, many more opportunities will be available to me.

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

I went on a TDY to Arkansas for the Readiness Challenge. It's a CE and services event. The experience was great, although it was canceled about a week before the actual event due to the war in Kosovo. I heard that contracting might be involved in the future. If so, I would like the opportunity to participate.

You're the president of the NCO council. What does the council do?

We're trying to form a camaraderie on base between E-5s and E-6s. Right now we're having a difficult time getting support. We create NCO socials where we can get to know one another and not talk about work. I feel that networking is important because we can help each other out. We try to get involved with the base and community events. The council currently works with the Airman Leadership School. We let the future NCOs know what we're about by providing an icebreaker session at the beginning and at the end of the course. We provide them with cake and congratulate them and thank them for their hard work.

What advice would you give to other NCOs?

Mentoring is important. We all have had good supervisors and bad supervisors. I encourage all NCOs to be those good supervisors who take Airmen under their wings. Based on my past experiences it is easier to mentor within a smaller squadron like contracting verses a larger squadron, but still try to do it as much as possible.

When I was an Airman, I wasn't given a lot of direction. Don't let Airmen have to go it alone.

Name three things that are on your desk right now.

Mostly pictures. There's a picture of me and my husband from New Year's 2000 and a family picture along with the others. My family means everything to me.

Where are you originally from?

California. A small agricultural town within the Imperial Valley called Brawley, which is close to the Mexican border. There are a variety of people. Everyone knows everyone, which can be good and bad.

What do you miss most about it?

Being with my family. I also miss the fact that San Diego is just two hours away, which is nice because we love everything that San Diego has to offer.

Tell me about your family.

I have two sons. My older is Branson age 4 and Tristin age 2. They're hilarious. They are like night and day. Branson is calm and polite, while Tristin is a little firecracker. Both are really good kids. My husband is a trainer in security forces. We met here and we're coming up on our five-year anniversary.

Who do you look up to?

Back when I was in services I had a great supervisor, Tech. Sgt. Haywood Miller. He still keeps tabs on me. He makes sure I am going in the right direction. I would love to be a supervisor like him.

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

For the most part the office knows me pretty well, maybe too well.

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

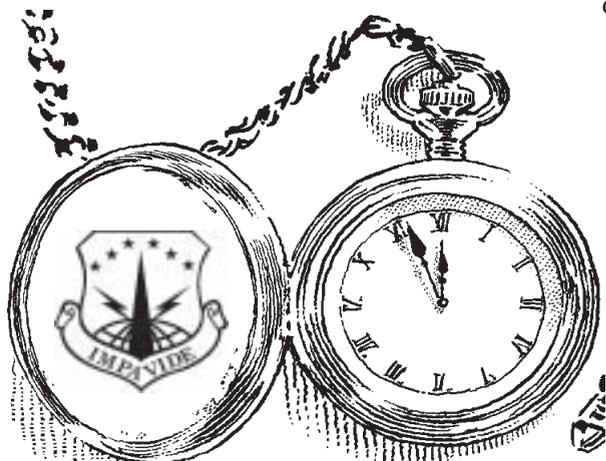
The fifties or sixties - back when life was simpler. When you could leave your doors unlocked and prices weren't so unbelievable.

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

When I was little I wanted to be a zookeeper and be a trainer with Shamu.

What's your life's motto?

Be a real person. Be true to yourself. I don't like it when people are fake. That's also my pet peeve. Just be yourself.



Nominate Your Volunteer for the VEA

Mike Boggs
90th Services Squadron

Volunteer Appreciation Week is April 18 through 24. This is an excellent time for supervisors and coworkers to recognize their volunteers. Celebrate their volunteerism with lunch at The Trail's End, buy flowers and nominate them for the Volunteer Excellence Award.

VEA is an Air Force Chief of Staff award that recognizes volunteers who are federal civilian employees, their family members, and military and federal retirees. Historically, Warren presents two awards semi-annually to recognize outstanding volunteers. A local panel of judges will review nominations and select the winners. Winners will be presented a VEA Certificate, VEA pin and other prizes

(must have a military ID for some prizes).

Criteria and nomination forms are available on the O-drive at Base Information/Family Support Center FSC/VEA folder, then open the form. Nominations must be dropped off at the FSC, Building 207, by April 26. VEA winners will be announced in May. For more information, call Mike Boggs at 773-5944.

Tax Tip of the Week

Q: I go out to the sites on a regular basis and have to pay for my meals. I was also TDY for a month last summer. A friend of mine mentioned to me that I could deduct my meals from my taxes. Is this true? How do I accomplish this and where does it go on my tax form?

A: Unfortunately the answer to the first part of your question is no. The sites are considered an extension of the base and you are not allowed a tax deduction. You may however, be able to get a deduction for meals for your TDY if you take the following

steps. Total up your receipts from the meals or food you consumed while on your TDY. You may also use the meal allowance established by the International Revenue Service if you did not maintain receipts. The standard meal allowance is \$30 from Jan. 1 to Sept. 30, and \$31 from Oct. 1 to Dec. 31.

Your meal allowance may be higher in certain parts of the country. Refer to IRS Publication 463, Travel, Entertainment, Gift and Car Expenses for higher rates.

Once you calculate the grand total, you must subtract any reimbursement or allowance you received while on the TDY. If your expenses ex-

ceeded your reimbursement, you may wish to claim this on your taxes.

To claim the additional expenses fill out IRS form 2106 (Employee Business Expenses). The result goes on the Schedule A of your tax return under the heading "Job Expenses and Most Other Miscellaneous Deductions."

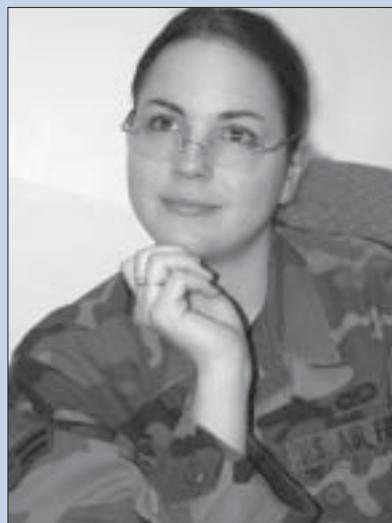
For more information or to schedule an appointment, contact the Base Tax Center at 773-5TAX to assist you in properly documenting this information and for all your tax needs. Remember, taxes are due April 15.

Q - As I was driving, I was almost hit by someone who came out of Sergeant's Row doing at least 40 mph with no intentions of stopping. Is there anything being done about crazy drivers on base? Also, what are the regulations about car stereos? Some people play theirs at an outrageously high level.

A - I tell you what, you sure came to the right place! According to Mr. Keith Mayo, security assistant, 90th Security Forces Squadron, speeding and failure to stop are both violations of the installation traffic code. For active duty members, violations are given a point value. For example, speeding 15 miles over the limit and failure to stop each come with four points, not to mention a chat with your commander. If noise from a car stereo can be heard 50 feet from the car the person is in violation of base regulations and is given three points. It is worth mentioning that 12 points in one year or 18 points in two years will cause one's base driving privileges to be suspended for six months.

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

Ask Lauren Beth



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

Give me Your Two Cents

What is Your Favorite Military Themed Movie?



"An Officer and a Gentleman' and 'Full Metal Jacket.'"

-- Airman
Abbey Farrington,
90 MDOS



"Blackhawk Down."

--Senior Airman
Mark Gettings,
90 SFS



"The Gundam movie trilogy."

-- Airman 1st Class
John Duane Bishop,
90 MSG