WARREN SENTINEL

"Jolly Rogers"

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Diligently focused

Security forces members work to secure a launch facility during the 90th Space Wing Nuclear Surety Inspection March 30. For more NSI photos, turn to Page 12.

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Commentary

Defensive driving: not for nerds

Maj. Laurie A. Arellano
90th Space Wing Public Affairs

I am not a perfect driver. I won't even reach as far as to say I'm a great driver. I have my moments when I consciously speed, make quick turns, change lanes without signaling and follow too close. And there are plenty of times when I'm driving with my head sitting on the wrong end of my body. But one evening recently, driving defensively probably saved my life – and I learned that lesson head-on.

It was a great night; I was headed down a four-lane avenue in metro Denver to meet some friends for a celebration. The speed limit had just increased from 45 to 55 mph I was about to pick up speed when my gut told me something wasn't right about the truck next to me. The truck got in front of me, and I consciously backed off. Then, I saw the unmistakable sign of hard braking, the front end of the truck went down and the back end came up. Time elapsed, about 3 seconds.

Thinking the truck was stopping for the light ahead, I also braked, although having given it plenty of room, I didn't have to go into a hard stop. Time elapsed now, a total of about five seconds. As I came to a stop, I saw the truck appear to float back towards me. In literally a second, the back end of the truck came over my hood and landed on the right side of my Toyota, coming down with an unforgettable crunching sound.

I don't remember what I was thinking. I do remember getting out and taking an adrenalin-filled snapshot of the scene, complete with the hissing of airbags and a frantic woman screaming "I don't want to lose my baby!"

Instinct set in. Luckily, thankfully, I was in the city where I am employed at the police department. I grabbed my cell phone and was dialing dispatch while walking around the truck when I saw the grill of another car staring right back at me. I was telling (yelling at) the woman to sit down. I hadn't even looked at her yet, but I remember her following me crying and screaming in my ear. I turned around and physically sat her down. Then I saw she was pregnant. OK, I nearly lost it there.

As emergency responders and accident investigators arrived and assessed the scene, it turns out alcohol, age, unfamiliarity with the area and a language barrier all came together in one horrible moment when that car turned and headed east in the west-bound lanes of traffic. The truck in front of me hit the car head-on. Then because of the force of the impact, it bounced back onto me. Because I had given that truck so much room and had enough time to react, I managed to leave the scene of that accident with a totaled car, but absolutely no injuries.

Now, of course, I play the 'what if' game. What if I had been following too closely – I would have been shoved up under that truck and probably would have had to be extricated from the wreckage. What if I hadn't been wearing a seatbelt – even at the estimated 10 mph I was going, I probably would have been bounced around inside the car and injured. What if I had been speeding and driving with my thoughts elsewhere – I would have probably hit that car head on and might be in the hospital right now.

I guess sometimes you get an undeserved second chance. I've been driving a long time, but I owe it to myself and the driver of the truck who went to the hospital on a back board to do it right now. Ten seconds changed my thinking for life, I've decided defensive driving isn't just for nerds.

Street Talk

The Warren Sentinel asked Warren members, "What will you take from the NSI that will help you in future inspections?"

"I learned how to set up a mobile command post."
- Airman 1st Class Darell Wallace, 90th Civil Engineer Squadron

"I learned to do everything the way I usually do."
- Airman 1st Class Rafael Alvarez-Mendez, 90th Civil Engineer Squadron

"If you do your job properly and prepare ahead of time, you don't have to run around maniacally at the last minute."
- Tech. Sergeant Danna Ward, 90th Security Support Squadron

"I learned about the proper safety procedures."
- Airman 1st Class Edy Cruz-Xuarez, 90th Civil Engineer Squadron

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20 AF Team —

Thanks to the entire 20 AF team for the special CM Russell print and cobalt blue goblets presented at our retirement! Your gifts are special reminders of the affection we have for each and every member of the Nation's ICBM team!

The real thanks though go to you the dedicated professionals of the most demanding and exacting profession in the DOD -- I know we're a free nation because of 20th Air Force -- keep up the great work. It's been an honor to serve with you.

Cheers! Lance & Becky Lord

INTERESTED?

Are you interested in starting or continuing your college education? More than 20 colleges and universities will be available to answer your questions and help you find the right program for you. Information will be available on many degree and certificate options including EMT, Homeland Security, and Fire Science. Learn about Troops to Teachers and Spouses to Teachers.
Door prizes will be given and everyone is welcome.

For more information, call the Warren Education Center at 773-2117.

AFSPC winners and NSI Professional Performers

2006 Air Force Space Command services award winners

Program/flight awards
Arts and Crafts Program of the Year
Child Development Program of the Year
Outdoor Recreation Program of the Year
Consolidated/Collocated Club of the Year
Marketing Program of the Year
Training Program of the Year
Readiness Award

Individual awards:
Field Grade Officer of the Year
Lt. Col. Stephen Thompson
Company Grade Officer of the Year
1st. Lt. David Everson
Senior NCO of the Year
Master Sgt. Richard Stiles
NCO of the Year
Tech Sgt. Mark Carnes
Airman of the Year
Senior Airman Melissa Weston
Civilian Manager of the Year
Mika Gellinger

2006 Air Force Space Command Public Affairs award winners
Public Affairs Director's Excellence Award - Media Relations
Public Affairs Director's Special Achievement Award - Crisis Situation
Public Affairs Director's Special Achievement Award - Commander's Support
Col. Michael Carey
AFSPC Outstanding Public Affairs Airman
Airman 1st Class Connor Elayan
AFSPC Outstanding Public Affairs Noncommissioned Officer
Tech Sgt. Kurt Arkenberg
AFSPC Outstanding Public Affairs Company Grade Officer
Capt. Warren Neary

NSI Professional Performers:
Staff Sgt. Dale Mathews, 90th Operations Group
Capt. Brian W. Fielden, 90th Operations Support Squadron
Senior Airman Luis Merino-Alvarado, 37th Helicopter Squadron
Airman 1st Class Charles Davis IV, 37th Helicopter Squadron
Senior Airman Mark Grant, 90th Security Forces Group
Tech Sgt. Troy Weaver, 90th Security Support Squadron
Staff Sgt. Christina Lopez, 90th Security Forces Squadron
Airman Nicholous Banks, 90th Security Forces Squadron
Staff Sgt. Derek Middleton, 90th Missile Security Forces Squadron
Senior Airman Bradley Atkinson, 90th Missile Security Forces Squadron
Senior Airman Samuel Daniels, 90th Missile Security Forces Squadron
2nd Lt. Victoria Haymond, 90th Mission Support Squadron
Tech Sgt. David Morrow, 90th Mission Support Squadron
2nd Lt. David Masuck, 90th Civil Engineer Squadron
Staff Sgt. Damian Taylor, 90th Civil Engineer Squadron
Airman 1st Class Alan Drake, 90th Civil Engineer Squadron
Fernando Escobar Jr., 90th Civil Engineer Squadron
Margarita Popp, 90th Civil Engineer Squadron
Capt. Thomas Vance Jr., 90th Maintenance Operations Squadron
Staff Sgt. Douglas Dallman, 90th Missile Maintenance Squadron
Senior Airman Francisco Montejano Jr. 90th Missile Maintenance Squadron

90 MDG commander retires after 36 years

Colonel's first year in the Air Force was spent in Vietnam

Capt. Nicole Walters
90th Space Wing
Public Affairs

Courtesy photo

Col. Ronald Pearson, 90th Medical Group commander, retires today after 36 years of service. Colonel Pearson was drafted as an enlisted member when he was 19 and spent a year in Vietnam.

Col. Ronald Pearson, 90th Medical Group commander, retires today after a 36-year career in the Air Force.

"It's been an honor and a true pleasure to serve alongside Ron," stated Col. Michael Carey, 90th Space Wing Commander. "His devotion to the Air Force has been unwavering for more than three and a half decades. He is highly respected by his troops, his community and our Air Force. He cares. It shows, and it means a lot."

Colonel Pearson has proudly served in the medical field from start to finish, with his career beginning when he was 19.

Colonel Pearson's first assignment was Vietnam. Airman Basic Pearson became a medical administrative specialist and spent 1970 at Phu Cat Air Base.

"It was a shock," said Colonel Pearson. "A year full of images branded on my mind forever."

He was the lowest ranking Airman on the base and worked in a 10-bed dispensary with a 24-hour emergency room on an F-4 fighter base. He witnessed bravery, valiant teamwork and the heartbreak of war.

After Vietnam, Airman Pearson was stationed at Myrtle Beach Air Force Base, S.C., Spain, England and Germany. He made buck sergeant in two years and pinned on staff sergeant in less than four years.

In 1976, Sergeant Pearson was stationed back in the states at Blytheville AFB, Ark. He enrolled in college courses beginning with biology and English composition. More courses quickly added up to a bachelor's degree.

"Education is important—look what it did for me," said Colonel Pearson. "Whether you do four years, eight years or make the Air Force a career, do your best and something good will come of it."

Blytheville was only four hours away from Colonel Pearson's hometown of Houston, Miss. One weekend while visiting family and having lunch with his mother, he bumped into his high school sweetheart, Kay. After eleven years apart they began dating again and married a year later. Shortly after their marriage in 1978, Staff Sgt. Pearson was promoted to technical sergeant and in 1981 he was selected for master sergeant. However, he chose to accept a commission in the medical service corps.

Colonel Pearson feels that his success is attributed to the support he has received during his career.

"I've always had supervisors that were positive influences," said Colonel Pearson. "Good supervisors helped me succeed."

Colonel Pearson sees his role as an encourager, making sure his troops have what they need to accomplish the mission—including perspective.

"See where you fit in," said Colonel Pearson. "It's not just the doctors that make a hospital. It's the appointment scheduler, the nurses, the technician who takes vitals and even the lab techs. It's the entire team that makes a hospital successful."

As the years went by, the colonel saw the military change—including the introduction of Tricare.

"Prior to Tricare, there weren't enough appointments or access to care," explained Colonel Pearson. "You'd try to get an appointment and be told to call back in two weeks. Tricare is one of the top health plans in the country."

During his career as a medical professional, Colonel Pearson has watched military hospitals change dramatically.

"Every base had a hospital, most with around the clock care," he stated. "Now, we have a clinic, not a hospital. We've established relationships with downtown medical professionals and network providers."

"I've been thinking about why I stayed so long [in the Air Force]," said Colonel Pearson. "I believe it's because I identified with the medical service. It's a privilege to serve in such an honorable profession. I have always been proud and in awe of the people I work with."

Following retirement, Colonel Pearson will accept the position of practice administrator for Timberline Medical Clinic in Estes Park, Colo. He said he and his wife are happy to be staying out west and close to their three daughters, Julie, Jennifer and Janet.

Briefs

Road closure

Parts of Randall Avenue will be closed through Monday. This closure is for the repairs of the railroad tracks crossing Randall Avenue west of Freedom Drive, south of the Atlas Housing area.

For more information, call Clark Varnum at 773-3271, Harry Furrey at 773-3539 or the construction management office at 773-2288.

Road closure part 2

The intersection at Central Avenue and Stage Coach Road will be closed from Tuesday to April 17 due to repairs to the railroad tracks. Access to buildings 1500, 1501, 1502, 1503, 1504, 1505, 1506, 1507, 1510, 1511 and 1518 will be from the south via Randall Avenue to Central Avenue then to Stage Road or from Missile Drive. Access to these buildings cannot be obtained from the east via Wapiti or Central Avenues.

For more information, call Clark Varnum at 773-3271, Harry Furrey at 773-3539 or the construction management office at 773-2288.

PCS tax claim

Some military personnel who have filed claims are receiving a Form 1099-MISC for payment they may have received. Payment for military claims is not considered ordinary income and is not taxable. Follow the instructions on the 1099, right hand corner of the form in order to avoid unnecessary taxes. When submitting the description of the problem, simply state, "this was a claim for moving damage or other personal damage paid by the Air Force and not ordinary income."

For more information, call the 90th Space Wing Legal office at 773-2050 or the tax center at 773-5829.

Volunteer Excellence Award nominations

The deadline for nominations for the Volunteer Excellence Award is April 14. If you have a civilian in your squadron, or know of a family member or military/civilian retiree who has faithfully served in their communities, take time out of your busy schedule to recognize them.

Attach two pictures of the nominee to the nomination form.

The nomination forms can be picked up at the Family Support Center.

For more information, contact Mary Brown at 773-5941.

Warren will soon get 'giant voice'

'Reveille,' 'Retreat' to be played on loud speaker

Master Sgt. Gerald Dickson
90th Communications Squadron First Sergeant

The base will soon, as early as mid-April, have a "giant voice" system in operation and Warren members will hear "Reveille" and "Retreat." There are certain protocols one must follow as per Air Force instructions.

On Air Force installations, the flag is lowered at the end of each day in a ceremony called Retreat. Usually, the bugle call Retreat is sounded and is followed by the playing of the national anthem or "To the Colors." If you're outside, you must stop what you're doing and face the flag (if visible) or the music. During the sounding of "Retreat" you stand at parade rest, then, if in uniform, come to attention and salute during the entire playing of the national anthem or "To the Colors." Hold the salute until the last note of the music is played. If in civilian clothes, a military member must come to attention, remove his hat and place his right hand over his heart when the national anthem begins to play. If in a vehicle during retreat, pull the car to the side of the road and stop. All occupants must sit at attention until the last note of the music has played.

During the raising of the flag, also known as reveille, the same rules apply. The only difference is the national anthem will most likely not be played. During the first note of reveille, face the flag (or music) and salute, holding the salute until the last note is played. Again, if in a vehicle, pull the car to the side of the road and sit at attention until the last note is played.

There are many references on what Airmen should do during the ceremonies of raising and lowering of the flag. One in particular is Chapter 7, Section 7C, para 7.5 from AFP 36-2241v1 (PFE) and the U.S. Flag Code (4 US Code 1).

Courtesy photo

Warren will soon join other bases, like Little Rock Air Force Base, Ark., pictured here during a retreat ceremony, in the playing of "Reveille" and "Retreat" on a sound system to be heard throughout the entire base.

To find out the latest information on base including FPCON, INFOCON, exercise information and applicable delays and closures

Call the Warren Straight-Talk Line

773-2222

April is Sexual Assault Awareness Month

One in six women will experience sexual assault in her lifetime

Article courtesy of the Sexual Assault Response Coordinator office

Sexual assault has long-term effects on victims and military units. One in six women and one in 33 men reported experiencing an attempted or completed rape at some time in their lives, according to the National Institute of Justice.

The DoD is committed to preventing sexual assault. It has put in place a reporting structure with specific guidelines and protocols, so all assault cases are responded to appropriately and that the investigations of sexual assaults are timely, effective and sensitive to the victim's needs.

A rape is reported once every five minutes, according to the FBI Uniform Crime Report in 2000.

When confronting the crime of sexual assault in the department, the Sexual Assault Prevention and Response Program is addressing a societal issue. Common values such as honor, courage, service before self and country unite every servicemember and utterly contradict the actions that sustain sexual misconduct.

Each servicemember should continue to be environmentally aware, addressing any behaviors that inadvertently or directly facilitate harassment or assault.

Warren's Sexual Assault Response Coordinator office is located in Building 1200, Room 116. The 24-hour sexual assault reporting hotline is 773-6444.

Photo by Tech. Sgt. Steven Goetsch

Burger burn

Staff Sgt. Keona Jones, 90th Security Support Squadron, serves up lunch to a happy post-NSI crowd at Building 1501 Tuesday following a successful Nuclear Surety Inspection. Sergeant Jones and the rest of the NCO Council volunteered to serve food at the barbecue. Turn to Page 12 for photos of Warren members in action during the inspection.

DoD working to prevent sexual assaults

Restrictive reporting ensures victims who are not ready to press charges are able to seek help

Rudi Williams
American Forces Press Service

WASHINGTON -- Sexual assault is one of the most underreported crimes in the military and in society as a whole, a top defense personnel and readiness official said.

"Some studies indicate that only 5 percent of sexual assaults are reported," said Brig. Gen. K.C. McClain, who heads the Department of Defense Joint Task Force for Sexual Assault Prevention and Response.

"The highest number we've ever seen is about 35 percent. We don't know where DoD fits in that range, but we're in there somewhere," General McClain said during the DoD Women's History Month observance at the women's memorial March 21.

General McClain is the single point of accountability for DoD sexual assault policy matters. The task force, stood up in October 2004, develops policy and programs to improve prevention efforts, enhance victim support, and increase offender accountability. A DoD directive on the issue was published a year later and an instruction that expands on the directive is expected to be published soon.

One task force goal was to remove barriers that prevent victims from reporting sexual assault, General McClain said.

"Immediately following a sexual assault, there is an overwhelming sense of loss of control and a sense of powerlessness," she said. "For many, the thought of participating in the investigative process is so overwhelming that they chose to get no care rather than to go through that investigative process."

McClain said sexual assault turns the victim's world upside down and the trauma of being assaulted is a shock from which many victims may never fully recover.

"And the thought that you're going to have to talk to your commander, supervisor, the investigators -- all these people are going to know," she said. "That's overwhelming for some people, and they don't want to deal with it."

She said some barriers that prevent victims from reporting sexual assault include embarrassment, shame and not wanting anyone to know what happened to them. Sometimes not understanding the process, or misconceptions of what's going to happen, prevent individuals from coming forward.

To help overcome these barriers to reporting, DoD in 2005 introduced a "restrictive reporting" option to victims of sexual assault. Victims can come forward and seek counseling and other treatment, but can choose to not have a criminal investigation into the assault opened.

The general said sometimes victims' initial reaction is: "Stop! Leave me alone! I don't want to see anybody! I don't want to do anything!" However, after having time to gather their strength and resources, many victims think about what happened to them and decide to participate in an investigation.

> **"EVERYONE FROM OUR MOST JUNIOR MEMBER TO OUR MOST SENIOR MEMBER HAS A ROLE IN PREVENTION AND RESPONSE. IT'S NOT A COMMANDER'S PROGRAM; IT'S EVERYONE'S RESPONSIBILITY."**
>
> **- Brig. Gen. K.C. McClain**
> *Head of the DoD Joint Task Force for Sexual Assault Prevention and Response*

A 2005 report to Congress stated that the number of reported sexual assaults in the military increased by almost 40 percent between 2004 and 2005, General McClain said. The 1,700 cases reported in 2004 climbed to 2,374 in 2005, an increase of 674 cases.

"Of those 2,374 reports, 435 were restrictive reporting," she said. "So in a six-month period, in a brand new program that was still being implemented, we still had 435 people who were willing to come forward.

Of those who chose restrictive reports initially, a quarter later changed their minds and allowed investigations to proceed.

"Although we hate that we have any sexual assaults, we do think that these numbers indicate that our programs are working," General McClain said. "We're still in the implementation stage, so we're not claiming victory, because we know we still have a long ways to go."

Sexual assault prevention training begins in initial training and continues throughout members' careers. It's also incorporated into commanders' training.

"Commanders are the key to sexual assault prevention and response," she said.

Individuals preparing to deploy also receive refresher training on what constitutes sexual assault, how to prevent it, and how to report it while deployed. General McClain noted that the incidence rate of sexual assault in Iraq and Afghanistan is lower than it is across the rest of DoD.

"We don't know for a fact what to attribute that to, but my supposition would be that in the area of operation you're focused on the mission -- quite frankly, staying alive," she said. "You're in a tighter group, a tighter environment with a sense of you're all in this together. We're all family, and we're all working toward the same mission."

General McClain noted that the DoD theme for Sexual Assault Awareness Month, which is April, is "Sexual Assault Prevention Begins with You." She emphasized that sexual assault is not tolerated in DoD.

"Everyone from our most junior member to our most senior member has a role in prevention and response," she said. "It's not a commander's program; it's everyone's responsibility."

Civilian by day, deputy sheriff by night

Warren volunteer leads double life

Staff Sgt Theresa Donnelly
90th Space Wing Public Affairs

Spiderman, Batman and Willie Conyers all have something in common – leading double lives; one of which puts them in the line of danger, keeping the people in their city safe. All three work at offices during the day, wearing the same clothes as everyone else, but when the time comes, they don a suit distinguishing themselves as a symbol of protection.

Willie Conyers, 90th Space Wing Weapons Safety superintendent, puts in a full day's work here at Warren then spends his free time volunteering as a reserve deputy sheriff for Laramie County.

Volunteerism is practice for military members, but as a retired senior master sergeant, Mr. Conyers' extracurricular activity is like a second job all its own.

"I have to dedicate a lot of time to this," said Mr. Conyers, "I put in 1,372 hours at the sheriff's department last year. It's all worth it to me though. It's another way to give time and effort back to the community."

Mr. Conyers explained he took nearly 500 hours of classes and training before being commissioned as a deputy sheriff. Plus, he added 20 hours every two years of post-certified classes to keep his skills up.

Mr. Conyers began volunteering at the sheriff's department one year before he retired.

"For me it was a natural progression, from volunteering on the CFD (Cheyenne Frontier Days) security committee, to helping people all year round," he said.

Reserve deputies have a unique opportunity to participate in the broad spectrum of responsibilities the sheriff's department has, according to deputy sheriff Gerry Luce, personnel and training administrator at the sheriff's department.

"Whereas full-time deputies serve in one functional area, volunteers get to see the total law-enforcement picture," he said.

One of Mr. Conyers' year-round duties includes monitoring visits for inmates who provide custodial work for the county jail. He said the hardest thing is to be serving the public and his own safety at the same time. He also handles hazardous traffic accidents, and ensures dangers are minimized.

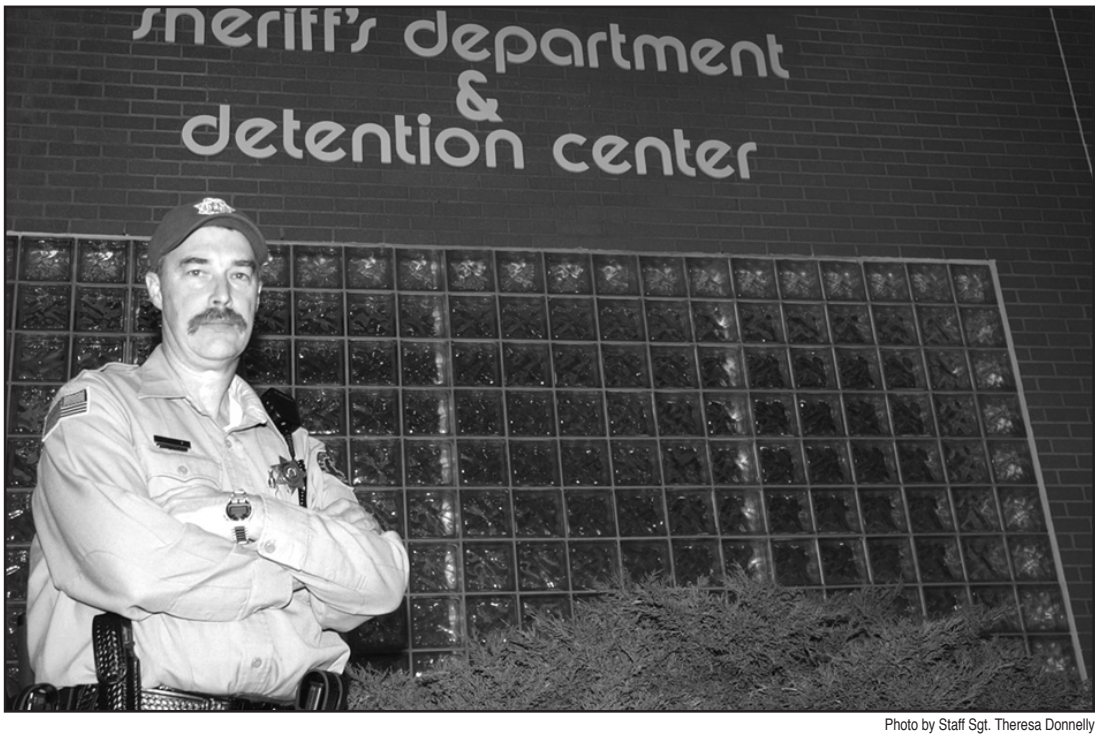

Photo by Staff Sgt. Theresa Donnelly

Willie Conyers, 90th Space Wing Weapons Safety superintendent, volunteers as a reserve deputy sheriff for Laramie County. Mr. Conyers, a retired senior master sergeant, put in 1,372 hours at the sheriff's department last year.

"Every traffic accident is dangerous: safety for the people in the accident, the people avoiding the accident and me, trying not to get run over," said Mr. Conyers.

Mr. Conyers said, being a reserve deputy sheriff isn't for "just any Joe Citizen."

"To be a deputy sheriff, you need to be level-headed, be able to think under pressure, be tough skinned – able to take insults and harsh criticism and be physically fit," Mr. Conyers said.

Sheriff Luce, also a volunteer, concurs that these are exactly the qualities he looks for in other volunteer deputies.

"What we need in our volunteers is similar, if not exactly, what we look for in full-time sheriffs," he said, "We need people who are self-motivated, physically capable and people oriented. Their communication ability is critical."

Laramie County Sheriff Danny Glick believes that the people who volunteer as reserve deputies are literally priceless to the community.

"They are a very integral part of our department," said the sheriff, "[They] allow us to not have to pull people in for overtime. It's an amazing amount of work and dedication to represent the community the way they do."

In Sheriff Glick's view, the county not only saves money, but it gets something much more valuable in return: one more certified public servant in the community to make it a safe place.

"They've taken the same chances I have, so it's a big thing for them to step out and serve the community in this capacity. The pride these officers have is something that gives me pride – and their pride is to be commended," said Sheriff Glick.

Mr. Conyers isn't looking for commendation. He said he gets satisfaction knowing he's helping somebody.

"This job comes with a lot of responsibility," said Mr. Conyers, "what I do here represents the Air Force, the sheriff's department and the state of Wyoming."

Photo by Capt. Nicole Walters

WALK FOR MS

Senior Airman Trudie Rickman, 90th Space Wing Chapel, Tammy Unruh, 90th Missile Maintenance Squadron, Tech. Sgt. Angela Hedrington, 90th Maintenance Group, and Anthony Hedrington pose for a picture before the Multiple Sclerosis Walk Saturday. The group raised $393 to help find a cure. The Warren medics and 90th Civil Engineer Squadron also participated in the walk.

Hawaii native follows father's footsteps

Missile chef volunteers with honor guard, was squadron's Airman of the Quarter

Airman 1st Class Shawn Ruiz, 321st Missile Squadron, recently talked to Airman 1st Class Tessa Cubbon, 90th Space Wing Public Affairs, about being awarded Airman of the Quarter, being in the base honor guard and why his father is his hero.

What do you do at the 321st Missile Squadron?

I am a missile alert facility chef or food service technician.

What's the best part about your job?

The best part of the job is making new friends out in the field from all over the states. Most of the people I know are missile cops.

And you were Airman of the Quarter, right? How did you do that?

Being Airman of the Quarter takes a lot of hard work and doing good things to represent yourself. I couldn't have done most of the things without help from my supervisors and facility managers.

What did you do before the Air Force?

Before I joined the Air Force I went to University of Hawaii, and I also was a general manager at Papa Johns. That had to be the coolest job ever.

Where are you from originally?

I am from Waimanalo, Hawaii, on the island of Oahu right on the beach.

Describe your typical work day.

A typical work day starts at 5 a.m. preparing breakfast, cleaning and paperwork. At 11:30 a.m. [I am] preparing lunch, cleaning and paperwork. Finally [at] 6 p.m. it's dinner time, cleaning, [and more] paperwork. Then time for bed to start it all again.

What do people misunderstand most about your job?

I think people misunderstand how important a MAF chef's job is, without food, the mission can't go on. You can't eat MREs all day. So that's why we are there to provide four nutritious meals a day for people at our MAFs.

What do you do when you're not working?

When I'm not working hard out in the field, I'm usually hanging out with friends. Or [I'm] at honor guard practice or doing details.

What's it like being in the honor guard?

Being in the honor guard gives you a great sense of pride, knowing that you are looked upon with respect for what you do for people during details.

What kinds of things does the honor guard do?

Honor guard members perform such details as posting the colors, retirement ceremonies, promotion ceremonies and funerals.

What's your favorite part?

Funerals would have to be my favorite part of being an honor guard member. The firing of three shots for a twenty-one gun salute with a total of seven guardsmen brings me lots of pride.

Why do you do it?

I do it to represent all others in my service and represent every member, past and present, of the United States Air Force.

Who's your hero?

My hero would have to be my dad. He is an Air Force retiree, and he always was there to set me straight and help me choose the right decisions in life, and I love him.

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

When I was a kid I was active in sports; baseball would have to be my best sport. I always wanted to be a Major League pitcher. I've been on all-star teams for baseball and was always told I could do something with my talent.

Photo by Airman 1st Class Tessa Cubbon

Airman 1st Class Shawn Ruiz, 321st Missile Squadron, practices flipping a fake chicken at the chef training kitchen in Building 340 here. Airman Ruiz volunteers with the base honor guard.

What's the biggest honor you've ever had?

The biggest honor I ever had was the deactivation of the 400th Missile Squadron. I had the honor of carrying the 400th guide-on and to be the most junior member of the 400 MS. I took great pride to do a great job for the remaining Black Pirates of the 400 MS.

What do you do for your unit?

I try to do everything I can correct the first time and help others, but my job involves great teamwork. I have worked, and currently work with great facility managers. Without them, my job would be more difficult. It's always good to have a sharp FM, and I thank them.

What other activities do you participate in on base?

I am currently on the (90th) Operations Group volleyball team. I haven't played a game yet, but when I get the chance I'll help my team to be victorious!

What's your favorite part about working at Warren?

Doing a job that most people can't do. I can walk away from being a MAF chef and say I've done an important kind of job in services where people rely on you.

What do you hope to do with your life? Are you going to be Chief Master Sergeant of the Air Force someday?

[I want to] follow my dad's footsteps and retire from the Air Force or become an officer.

Services

Ski Steamboat free

Military ski free now through Sunday at Steamboat Ski Resort. All active duty, reservists, guard members and their immediate family dependents are included in a military ski free promotion at Steamboat Ski Resort. This special is for adult tickets only (kid's ski free does not apply; non-transferable; not for resale.) Limit one voucher per military ID; not valid with any other discounts. Valid military IDs must be shown with the voucher at the ticket window. Colorado R and R is offering discounted lodging in Steamboat.

For more information and reservations, call Colorado R and R at (877) 517-3381 or visit www.coloradorandr.com and tell them Warren Outdoor Recreation referred you.

Argo Gold Mine trip

Outdoor recreation is hosting a trip to the Argo Gold Mine near Idaho Springs, Colo., April 29. The tour will include extensive mine history and demonstration in crushing, milling and rock drilling. The trip costs $19 for adults, $13 for children ages 7 to 12 and $8 for children under 7. Transportation and admission to the mine is included. The trip is scheduled to depart outdoor recreation at 7 a.m. and will return approximately 4 p.m.

For more information, call 773-2988.

Save at Winter Park and Copper Mountain

Outdoor recreation has discount coupons for Winter Park and Copper Mountain lift tickets. Patrons may redeem the coupons at the lift ticket window and pay $30 anytime from now until April 16. Child tickets are $20. Tickets are first come, first served.

For more information, call 773-2988.

Free used vehicle inspection

Save $26 and get a free used vehicle inspection during the month of April at the auto skills center. This special is limited to one car per person.

Call 773-3869 for an appointment.

Prime rib night

The Trail's End Club is scheduled to have a prime rib night from 6 to 9 p.m. April 13. The cost ranges from $12.25 to $17.50. Dinner includes a 10 to 12 ounce steak, salad bar, baked potato, vegetables, fresh baked bread and creamy horseradish. A children's menu is available. Reservations are recommended.

For more information, call 773-3048.

Used car lot

The base used car lot is located southeast of the auto center. Anyone interested in placing a vehicle in the lot must register at the auto center. Monthly fees are $10.

For more information, call 773-3869.

Boxing exhibition

A boxing exhibition is scheduled to be held 7 p.m. April 14 at the community center.

The Warren Boxing Team will be showing off their skills in exhibition matches. Snacks will be available.

For more information, call 773-3510.

Honor guard training

Dedicated, professional men and women are needed to serve Warren's Elite Honor Guard and Drill Team. A training class is scheduled for April 17 to 21.

For more information, call 773-2686.

Easter Egg hunt

Children ages 12 and younger are invited to the annual base egg hunt at 10 a.m. April 8 at the community center. Hunts are arranged by age group. Families are invited to stay following the hunt to visit the Easter Bunny and win door prizes.

For more information, call 773-3511.

Master's Team Play

The Master's Team Play Golf Tournament is scheduled for April 8 at the Warren Golf Course. Sign up as a single or a foursome.

Draw a PGA Tour Pro playing at the Master's as your partner! The cost is $15 for members and $25 for non-members.

For more information, call 773-3556.

Joining Forces at Six Flags

Joining Forces, open to active duty, guard, reserve, retirees, DoD civilians, base contractors, family members and friends, is at Six Flags and is scheduled for 10 a.m. to 6 p.m. April 15. Tickets are now available at outdoor recreation for $19 per person and include lunch and a free return ticket for September or October.

Regular weekend park admission price is $44.99. Bus transportation is $10 while seats are available. Sign-up while purchasing your tickets. Parking at the park is $10 per car.

For more information, call ODR at 773-2988.

Youth baseball and tee ball registration

Tee ball registration for kids ages 5 and 6 is going on now through April 14. The cost is $40 per child and includes uniform and awards.

All baseball, tee ball participants and their family members are invited to the post season banquet in August.

For more information, call 773-2564.

LARAMIE COUNTY SCHOOL DISTRICT #1 KINDERGARTEN ROUNDUP SCHEDULE

School	Date	Time
Afflerbach	April 20	5:30 to 7 p.m.
Alta Vista	April 18	6 to 7 p.m.
Anderson	April 18	8 a.m. to 3 p.m.
Arp	April 17	8:30 to 11:30 a.m., 12:30 to 3:30 p.m.
Baggs	April 17	3:30 to 7 p.m.
Bain	April 20	5:30 to 7:30 p.m.
Buffalo Ridge	April 21	9 a.m.
Cole	April 18	6 p.m.
Davis	April 19	6:30 p.m.
Deming	April 19	3 p.m.
Dildine	April 20	8 a.m. to 3 p.m.
Freedom	April 18	6 to 7 p.m.
Goins	April 17	4 p.m.
Hebard	April 18	2 to 6 p.m.
Henderson	April 19	9 a.m. and 1 p.m.
Hobbs	April 18	6 p.m.
Jessup	April 18	6 p.m.
Lebhart	April 18	6:30 to 7:30 p.m.
Pioneer Park	April 18	1:30 p.m.
Rossman	April 18	6 to 7 p.m.
Gilchrist	April 19	3:30 p.m.

ALS GRADUATES

ALS Class 06C
Congratulations to the following senior airmen:

321st Missile Squadron
Allen Walker

790th Missile Security Forces Squadron
Laren Begay

90th Missile Security Forces Squadron
Andre Berto, Academic Award
Denny Castillo
John Maule
Kenneth Francisco
Jesse Johnson

Ronald Mortimer
Joshua McMurtery

90th Security Forces Squadron
Joe Blanchette, John L. Levitow Award Winner
Colin Burgess Jr.
Clayton Carter, Distinguished Graduate Award

90th Maintenance Group
Kevin Cain

90th Maintenance Operations Squadron
Jason Daniels, Distinguished Graduate Award
Demorreo Caldwell, Leadership Award
Rene Feliu
Trevor Kingery, Kisling Seminar class leader
Ryan Lasly

90th Missile Maintenance Squadron
Victor Jeancola
Wes McQueen
Brad Worley

90th Communications Squadron
Adam Diaz

90th Logistics Readiness Squadron
Christopher Byrd

90th Civil Engineer Squadron
Justin Koch
Jonathan Stansbury

187 AES
Wanda Butler, Andrews Seminar class leader

153 Logistics Readiness Squadron
Paul Schwartzle

Pharmacy to discontinue some, add new medications

Master Sgt. Greg Shepard
90th Medical Support Squadron

Due to recent decisions from the DoD's Pharmacoeconomic Center, with the approval of the Secretary of Defense Health Affairs, the following medications are no longer available from any DoD pharmacy:

Norvasc (Amlodipine)
Cymbalta (Duloexetine)
Tequin (Gatifloxin)
Altace (Ramipril)
Lexapro (Escitalopram)

Patients who are in need of these medications and do not wish to switch to other formulary medications will have to go to a Tricare network pharmacy and pay a copay of $22 per month.

Patients who, for valid medical reasons, cannot take any other formulary medications may obtain a medical necessity form from the Tricare Web site. This form, filled out by a provider, must be submitted with the prescription to a Tricare network pharmacy to receive the lower co-pay rate.

The following drugs have been added to the formulary (the generic form for these drugs will be dispensed if commercially available):

Levaquin (Levofloxin)
Toprol XL (Metoprolol)
Uroxatrol (Alfuzosin)
Ortho-Evra Patch
Yasmin BCP
Allegra (Fexofenadine)
Strattera (Atomoxetine)
Xopenex Inhaler (Albuterol)
Plendil (Felodipine)
Vasotec (Enalapril)
Lotensin (Benazepril)
Zetia (Ezetimibe)
Prevacid Solu-Tabs (Lansoprazole)
Imitrex tabs (Sumatriptan)
Diflucan Suspension (Fluconazole)

All refills must be called in at least one duty day in advance to 773-2330. All prescriptions are held on the pharmacy shelves for one week. Due to limited space, if they are not picked up after a week, they are returned to stock.

Talk with a provider to discuss medical care in light of these changes. For more information, call the pharmacy at 773-3646.

DISCONTINUED MEDICATIONS:

NORVASC (AMLODIPINE)
CYMBALTA (DULOEXETINE)
TEQUIN (GATIFLOXIN)
ALTACE (RAMIPRIL)
LEXAPRO (ESCITALOPRAM)

ADDED MEDICATIONS:

LEVAQUIN (LEVOFLOXIN)
TOPROL XL (METOPROLOL)
UROXATROL (ALFUZOSIN)
ORTHO-EVRA PATCH
YASMIN BCP
ALLEGRA (FEXOFENADINE)
STRATTERA (ATOMOXETINE)
XOPENEX INHALER (ALBUTEROL)
PLENDIL (FELODIPINE)
VASOTEC (ENALAPRIL)
LOTENSIN (BENAZEPRIL)
ZETIA (EZETIMIBE)
PREVACID SOLU-TABS (LANSOPRAZOLE)
IMITREX TABS (SUMATRIPTAN)