



Nevada Air National Guard Chaplain wins division Toastmasters competition

By Airman 1st Class Kristine Wiley
152nd Airlift Wing Public Affairs

On May 16, our very own Chaplain Donny Crandell participated in a Toastmasters competition for all of Northern Nevada and Northern California, held at the Crown Plaza in Sacramento, and took home the first place trophy for district 39! Crandell will go on to compete in the semi-finals in August, in Las Vegas, with the hope and prayer that he will win and advance to the championship stage. Approximately 94

districts from 126 countries across the globe will be represented and competing in this competition. "It was one of the top three moments of my life; a huge adrenaline rush," says Crandell.

Toastmasters is an organization "Where Leaders are made" (Toastmaster's Motto), through developing leadership skills and public speaking experience. Every year there is an international contest that begins at the local level and advances to the area, division, district and finally to the world championship. The world championship consists of two levels: semi-finals and finals. The finals round require a completely new and different speech than the semi-finals

The mission of Toastmasters is that the world is in need of leaders. Leaders head families, coach teams, run businesses and mentor others. Leaders must not only achieve, they must communicate. By regularly giving speeches, gaining feedback, leading teams and guiding others in supportive atmospheres, leaders emerge from the Toastmasters program. They learn to speak, to listen and answer, to plan and lead; they give feedback, and accept it.

Crandell entered this competition because of "the value I feel when someone takes the time to listen to me. Speaking and listen-



Ch. Crandell holds his first place Toastmasters trophy, May 2015

ing takes maturity and professionalism, truly a lost art, someone listening to someone else." His speech is centered on the story of his life over the last four years, and emphasizes that listening and speaking really have to go together to be successful. This success is evidenced not only by winning this outstanding award, but by his coworkers, friends, and church members in his daily life of military and community involvement. "It's not what your speech does for an audience, it's what you are able to with your speech that makes you a winner," said Crandell.

If anyone is interested in pursuing their public speaking skills, please contact Ch. Crandell. He is willing and excited to mentor any members who are interested. He will probably also invite you to his local Toastmasters club that meets every Thursday from 12:10 – 1:00. He can be reached at 775-788-8785.

In this issue:

Cover: Crandell wins Toastmasters
Page 2: Chaplain's Corner
Page 3: I.G. Corner
Page 4: Meet the new DPH
Page 5: Airman & Family Readiness
Page 6: Textbook Reimbursement Info.
Page 7: Take a look: Base Honor Guard
Page 8: Two Dubious Distinctions
Page 9: Dental @ NAS Fallon??
Page 10: Go for Green information
Page 11: UTA Lunch Menu
Page 12: Finance Forum
Page 13: RPT
Page 14: Military One Source
Page 15: SANGA Spotlight
Page 16: HRN Deadlines / Lodging Info.
Page 17: Inspection Zone
Page 18: Recruiting and Retention
Page 19: From the Fitness Specialist
Inserts



Chaplain's Corner



*Ch. Capt. Michael Engfer
152nd Airlift Wing Chaplain's Office*

Jesus Christ. It is a name known by billions worldwide, a name that for many inspires hope and encourages love, is synonymous with grace and forgiveness. Perhaps he is the very foundation of your faith, perhaps the utterance of his name is a source of annoyance or even outright anger. Some relate to Jesus as a philosopher or peace seeker, much like Ghandi. Some think of him as a prophet, conveying a hopeful, loving message from God. Some relate to him as God himself. Still others question his very existence. Whether myth, man, or deity, no one can deny the impact the name Jesus Christ has on each of our lives, Christian, non-Christian, and even non-religious alike. One of the questions posted to us was "where do YOU stand with your relationship with Christ?" Several members of the chapel graciously agreed to open up and share some of the more intimate details about our relationships with Jesus. Warning: this article contains strong feelings of the religious variety, just in case you were not sure where it was heading.

Chaplain Michael Engfer: "My relationship with Jesus is very similar to my relationship with my parents. My parents live far away but we stay in contact regularly. I call, occasionally write and think of them often. Even though they are not physically present with me, I know they love me, always have my best interests in mind and they reach out in different ways to communicate they care. I have faith that my parents love me and they know how much I care for them despite being an imperfect son. I live my life in a way that reflects the morals they shared with me and try to make them proud of their son. Ultimately, my parents want me to be healthy, happy and fulfilled by meaningful relationships, which is exactly what I want for my children as well. My relationship with Jesus is very similar. It involves knowing how much He loves me despite the physical distance. He shows he cares with occasional touches and has written a beautiful letter to me call the Scriptures. I call Him regularly and think of Him often and try to please him by my thoughts, words and behaviors. He desires my health, happiness and that I give and receive love and kindness from those in my life. For me, my relationship with Jesus is not an intellectual ascent, a theological dogma or a religious tradition but rather a personal, emotional and life-long conversation of love, growth and faith."

Chaplain Shay Gilliam: "My relationship with Jesus is one of complete dependence. I know the person I was before Jesus, and the road I was on to complete self-destruction. There is a love and acceptance from Jesus that is unparalleled to any other relationship that I've ever

experienced. I owe Him everything. He saved my life, made me into a new creation, and gave me an inheritance of eternal life. The crazy part of it all is that I could never repay Him, He did it all out of a love for me. I strive to obey Him, and more times than not I fall short of what He's asking me to do, but the love and dedication He shows me makes me want to stick near him. Jesus is not just a fictional character; He's a friend, confidant, mentor, savior, and Lord. Without Him, I would be nothing.

Chaplain Donny Crandell: "My relationship with Jesus forms my worldview and is the highest pursuit of my life. One of my favorite passages is found in Philippians 3: 7-10 'But whatever was to my profit I now consider loss for the sake of Christ. What is more, I consider everything a loss compared to the surpassing greatness of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them rubbish, that I may gain Christ, and be found in him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ -- the righteousness that comes from God and is by faith. I want to know Christ and the power of his resurrection and the fellowship of sharing in his sufferings, becoming like him in his death, and so, somehow, to attain to the resurrection from the dead' (NIV). Although. I have a personal relationship with God through Jesus, I desire to know God better through Jesus. I love reading the Bible and learning more about Jesus and the character of God. I believe the 'story of Jesus' is the greatest story ever told and it contains the 'good news' that

Chaplain, cont. page 13

Hey you!!!

If you or someone you know from the Nevada Air National Guard is positively involved with local community activities, we would like to know.

*Please send the info to:
152aw.highroller@ang.af.mil*

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By Lt. Col. Shelly Assiff
152nd Airlift Wing Inspector General

Freedom of Information Act Requests

I often get questions regarding obtaining military records. There are various methods to acquire military records. No single office handles all Freedom of Information Act (FOIA) requests. For instance, the Air Force has a different procedure than the Army.

The best and easiest way is to 'Google' your request. A great portion of applications may be done electronically therefore saving time.

The FOIA generally provides that any person has a right, enforceable in court, to obtain access to federal



Corner

agency records, except to the extent that such records (or portions of them) are protected from public disclosure. Members of the public, including foreign citizens, military and civilian personnel acting as private citizens, organizations and businesses, and individual members of the Congress for themselves or constituents, may request records in writing. It is important to remember that the FOIA applies only to federal agencies. It does not create a right of access to records held by Congress, the courts, state or local government agencies, or by private businesses or individuals.

Each state has its own public access laws that should be consulted for access to state and local records.



High Roller News

In accordance with Department of Defense Instruction 5120.4, the High Roller News is an authorized, unofficial publication of the Nevada National Guard. Content is not necessarily the official view of, nor is it endorsed by, the U.S. government, the Department of Defense, the Nevada National Guard or the state of Nevada.

High Roller News is published monthly for all current members of the Nevada Air National Guard, civilian employees, National Guard retirees and government leaders in the state of Nevada. High Roller News is distributed electronically through all Public Affairs channels for information distribution to include the Nevada Air National Guard Sharepoint

intranet page. Comments, contributions and letters to the editor must be signed and include the writer's full name and mailing or email address. Letters should be brief and are subject to editing. Other print and visual submissions of general interest to our diverse civilian employees, Nevada National Guard military members, retirees and families are invited and encouraged. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or the U.S. Air Force or the Nevada Air National Guard of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion,

sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user, or patron.

Please send articles and photos with name, phone number, e-mail and complete mailing address and comments to:

**High Roller News
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Or email: 152aw.highroller@ang.af.mil
Publication of material is determined by available space and reader interest. The staff reserves the right to edit all material.



Lake Tahoe Marathon Relay Race Challenge

*Submitted by Lt. Col. JoAnn Meacham,
Director of Personnel (JFHQ-NV/A-1)*

Team 'Full on Rhino' consisting of Col. Stark, Col. Clark, Col. Morrow, and Lt. Col. Meacham--challenge you to a foot race on Sunday, October 11 at the Lake Tahoe four-person marathon relay. In turn, each runner runs approximately 6.5 miles of the marathon. It starts at Home-wood and ends at Lakeside beach, just a few blocks from the resorts at South Tahoe. Our team name is 'Full on Rhino' because we are full on armored and once we get going, you can't stop us (it may take a while to get going, but once we do, we got a lot of momentum).



Runners participate in the Lake Tahoe Marathon, 2014 Photo Courtesy of www.laketahoemarathon.com

Join us for a great, scenic day and to earn bragging rights. Registration and more information can be found here:

<http://www.laketahoemarathon.com/>



Meet the new Director of Psychological Health, Adrienne Coronella!



*Adrienne Coronella, 152nd Airlift Wing
Director of Psychological Health.*

Adrienne Coronella, "A.J." as she prefers, is the 152nd Airlift Wing's new Director of Public Health. She comes to us from West Hills Hospital, Reno, where she still provides part time psychology consults for the local emergency room doctors.

*By Airman 1st Class Kristine Wiley,
152nd Airlift Wing Public Affairs Office*

A.J. is accomplished and experienced with her Bachelor of Science and Master's degrees in Social Work, both from UNR, and 18 years of in-field experience.

Fun fact: A.J. also holds a specialization in Forensic Social Work, also from UNR, and will gladly tell you all about it if you pop in to ask!

A.J. was a military brat growing up; her mom served in the Navy, and after her mom separated, her step-dad served in the Army. She has also been a proud Navy mom and Reserves wife, and has been in Reno since 1993.

A.J. loves to hike with her two dogs, Ivan and Lucy, both rescue

dogs. She is also an avid reader and likes all genres but favors science fiction.

So how does she feel about the new job? "I grew up and have always been around military; it's where I am comfortable. I hope to break the stigma of Psychological Health, to humanize it. Everyone has normal-life problems; it doesn't mean you are crazy!" make sure to stop by her office in building 56 to welcome A.J. to the High Rollers family!





Airman and Family Readiness

By Fred Barton, Jr, 152nd Airlift Wing
Airman and Family Readiness



What is AFPAAS?

Air Force Personnel Accountability and Assessment System (AFPAAS) standardizes a method for the Air Force to account, assess, manage, and monitor the recovery and reconstitution process for personnel and their families affected and/or scattered by a wide-spread catastrophic event. AFPAAS provides valuable information to all levels of the Air Force chain of command, allowing Commanders to make strategic decisions which facilitate a return to stability.

AFPAAS allows Air Force Personnel to do the following:

- ✓ Report Accounting Status
- ✓ Update Contact/Location information
- ✓ Complete Needs Assessment
- ✓ View Reference information

Veterans Opportunity to Work Act

Partnering with Hire to Heroes (H2H) and Employer Support of the Guard and Reserve (ESGR) to help employers understand the unique talents and skill sets Air National Guard members can bring to the civilian workforce. H2H, ESGR, AFRPM, and Reno Job Connect hosted three job fairs in northern Nevada that targeted military members of the Nevada Air National Guard. These workshops assisted 21 Guard members with job placement and employment. **For more information, please contact the Airman and Family Readiness Office at 775-788-4585 or email at fred.barton.civ@mail.mil**

WHAT IS COMPREHENSIVE AIRMAN FITNESS?

Comprehensive Airman Fitness is a method of building resilience that helps Airmen and their families become better equipped to cope with the difficulties of military life. It revolves around four core components of fitness: social, spiritual, mental and physical. For more information on this great family program: www.ready54.org/

Upcoming Family Program Events:

Yellow Ribbon Event for MXG/OPS, 8 Jun, Reno, Location: Siena
Key Volunteer meeting, 10 Jun 15, 5:30PM, Wing Conference Room
Volunteer Appreciation Night, 13 Jun, GSR Bowling Center
Strong Bonds, couples retreat, 15-17 May 15, Reno, Location: TBD
Youth Spring Day Camp 21-27 Jun, Southern, CA
Youth Day Camp, 7-10 Jul, Reno
Youth Day Camp 14-17 Jul, Las Vegas
Elko Lodge Family Swim, 18 Jul, Reno Elko Club
Volunteer Workshop 24-27 Jul 15 (Reno, Location TBD)
Backpack Brigade, 2 Aug, Air National Guard Base
H2H Job Fair, 2 Aug, Air National Guard Base
Yellow Ribbon Event for SFS/FSS/MXG/OPS, 22-23 Aug, Reno Loc: TBD

152AirLift Wing Airman and Family Readiness Program Manager

Mr. Fred Barton

775-788-4585 Office E-mail address: fred.barton.civ@mail.mil

775-287-4768 Cell Phone

WHAT IS THE 152ND AIRLIFT WINGS KEY VOLUNTEER PROGRAM?

Key Volunteer Program: Our vision is to develop strong families and equip them to handle the challenges of life in the Nevada Air National Guard. The purpose of the Key Volunteer Program is to provide a basic foundation of training, education, and resources that encourages self-sufficient families during times of training, deployment, and mobilization.

Key Volunteer areas of focus:

- Care of military members currently serving
- Care of family members
- Care of children, youth, and young adults from military families
- Care of veterans
- Organize community support and awareness

Interested in becoming a Key Volunteer? Contact the Family Readiness office at fred.barton.civ@mail.mil 788-4585.

State of Nevada Child and Youth Programs annual Summer Camp

When: 21-27 June 2015 (MUST register before June 10, 2015)

Where: Sierra Nevada Journeys, Portola, CA

Age: 13-17 yrs old (Space is limited, so please don't wait!)

Cost: FREE to all Air National Guard Youth

Programs: Customized lessons & activities

***Leadership and collaborative problem solving (challenge course)**

***Kayaking/fishing/pond ecology**

***Archery**

***Campfire**

For more information, please contact the Family Readiness Office at 775-788-4585 or email at fred.barton.civ@mail.mil

What is eBenefits?

<https://www.ebenefits.va.gov>

The eBenefits Portal is a joint project between the Department of Veterans Affairs and the Department of Defense. eBenefits is a one-stop shop for benefits-related information for Wounded Warriors, Veterans, Service Members, their families, and their caretakers.

Veterans, Service Members, Retirees, and families of Service Members can register for an eBenefits account. As the site continues to develop, we will provide ever-increasing access to benefits-related information and resources.

Spring Semester Textbook Reimbursement Packets due June 9, 2015

By Master Sgt. Paul Hinen
152nd Airlift Wing Retention Office

Another semester has come to a close. Congratulations to those of you who have graduated, and those of you who are one step closer! If you plan on submitting a textbook reimbursement packet, the deadline for submitting is already rapidly approaching. Packets MUST be submitted to the retention office manager, Master Sgt. Hinen, no later than the ninth of June! That is only a little over two weeks away!

If you plan on submitting a textbook reimbursement packet, the forms you need are listed under "Education Benefits" and can be found on the bottom of the Nevada National Guard webpage at the following address: <http://www.nv.ngb.army.mil/nvng/>

Per TAG-NV guidance dated July 1, 2014, "Packets submitted after the deadline will not be accepted – no exceptions. Packets will use the most current textbook reimbursement application form that can be found online at nevadaguard.gov. Applications must be typed; handwritten packets will be returned without action. Packets missing any required documentation will be returned without action."

The "Textbook Checklist" lists the items required to apply for reimbursement and will serve as the coversheet to your application for reimbursement.

Ensure that ALL of the following items are included in the packet:

1. Completed Application for Reimbursement;
2. Course syllabus with required



book list for each class taken;

3. Receipts for all textbooks purchased (not an order form-need a receipt with a zero balance);

4. Unofficial transcript printout (must have "C" or better average per class);

5. Completed State Vendor Registration form;

6. Completed change of address form (THIS FORM MUST BE SUBMITTED, IF YOU HAVE NEVER SUBMITTED BEFORE OR HAVE NOT CHANGED YOUR ADDRESS, JUST FILL IN THE LEFT SIDE COLUMN AND LEAVE THE RIGHT SIDE PREVIOUS ADDRESS INFORMATION BLANK);

7. Voided check (Address on check must match current address. If a voided check is not available, submit a memorandum stating the Airman's address, bank name, account and routing number. The Airman must sign this memorandum.)

If you have any questions regarding submitting for textbook reimbursement, contact your retention office manager, Master Sgt. Hinen at: paul.h.hinen.mil@mail.mil for assistance.



ATTENTION:

UNIT PUBLIC AFFAIRS
REPRESENTATIVES!

Remember when we first established the UPAR program? Remember when you agreed to give us at least one story per quarter?

We need those stories! Please let us know what your unit has been up to!

If there are people that are doing cool stuff in the community, the base would love to hear about it.

Please write some stories!

Remember also that if your section is doing any type of event that you feel is 'photo worthy' you are welcome to check out one of our cameras to capture the event--or we even accept 'cell phone photos.'

Take a look: Base Honor Guard

Editorial by

Airman 1st Class Kristine Wiley

152nd Airlift Wing Public Affairs Office

If you've been here awhile, you more than likely have seen the Base Honor Guard, not only during retreat and promotion ceremonies, but perhaps at community events, funerals, and memorial services in the area.

"...Representing every member, past and present of the United States Air Force, I vow to stand motionless, move crisply, and serve honorably, for I am a Ceremonial Guardsman."

While the early morning light peeks through the Ballroom window at the Beale AFB community center, these words are recited by a member of the Team Beale Base Honor Guard. This final stanza of the Air Force Honor Guard Charge, usually accompanied by open ranks, announcements, and a resounding "Honor Guard, Hooah!" at the dismissal of the formation, will put a shiver down your spine every time you hear it, if you happen to be a part of this daily morning ritual. Well, thanks to an outreach of efforts and renewed relationships with Team Beale, The Nevada Air National Guard Honor Guard can now be a part of that glistening morning moment, one of many in the training program.

Team Beale, the Base Honor Guard at Beale AFB in Marysville, California, rotates a team training every three months for new members. This allows for the senior team members to become trainers to the newcomers, and in turn, carry out the Honor Guard Mission: "To render Funeral Honors for fallen Veterans and to perform ceremonial

functions with precision, professionalism and pride." Last year, the relationship between Team Beale and Reno, was renewed, so now the opportunity awaits to be taken advantage of! To date, there have been four members that have gone to this training. The next one is set for July. So what do they do over there for two weeks, you may ask? Let's take a look.

The first two weeks, nicknamed 'Honor Guard Boot Camp,' are 14 of the most grueling days of a longer active duty period of training. The first day, calluses will form and your hands will hurt from handling a color guard rifle over your shoulder and around your body. Don't drop it either, that will earn your team one hundred pushups. By the second day, you've done three hundred team pushups and you will never, ever, drop that rifle again.

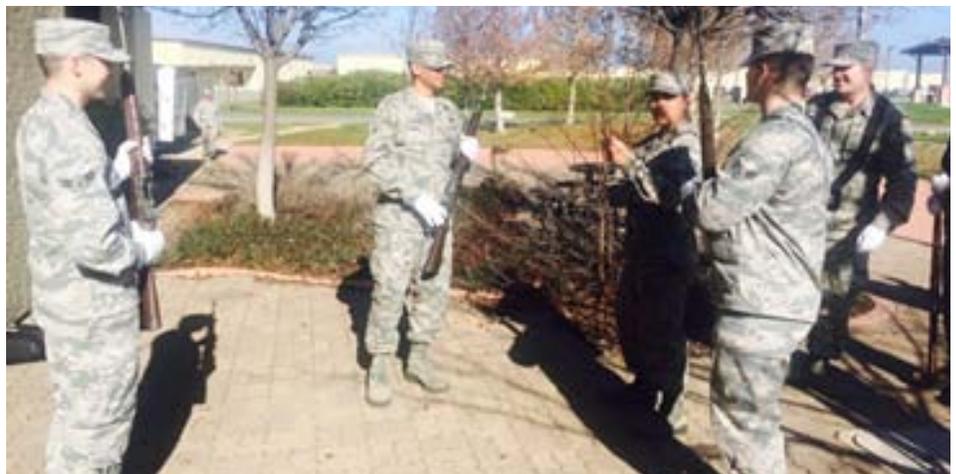
The third day, training will start to split up. Some will learn rifle party, others, pall bearing (casket-carrying). If you have ever been a pall bearer, you understand. If not, start cross training into a balance focused



The Joint Nevada National Guard Color Guard renders the colors at the Reno Aces Military Appreciation night, June 2014

activity. The drill step precision and focused, enduring strength required to pall bear for the Honor Guard can be considered your workout for the month. Add the six-man flag fold at the end of the same detail, and you've got muscles bulging in your fingers you didn't even know you had. The days and groups thereafter are split into whatever needs to be practiced, and rotated accordingly. Some days your attitude and bearing is tested when practice is moved outside on a cold, rainy day. Every day is different.

Honor Guard, cont. page 11



Airman 1st Class David Almada of NVANG, and Team Beale members learn rifle movements from Staff Sgt. Benasso, a trainer for Team Beale, February 2015, Beale AFB Marysville, California.

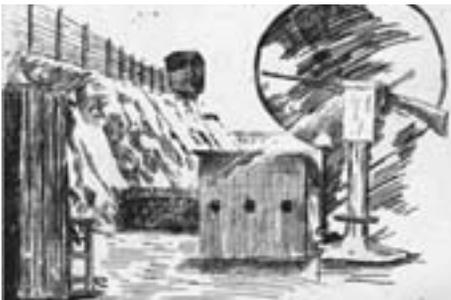
Two Dubious Distinctions

*By Master Sgt. (ret) Sam D. Macaluso
the Ghost Writer in the Sky*

Andriza (or Andrew) Mircovich (c. 1879 – May 14, 1913) was an Austro-Hungarian national of Montenegrin descent. He was the only prisoner ever to be executed by shooting in the state of Nevada. He had been sentenced to death for the premeditated murder of John Gregovich in Tonopah, Nevada. Mircovich felt that he was owed more money from Gregovich's administration of his late cousin's estate and resorted to settling the matter by stabbing Gregovich to death.

A 1911 statute was passed by the Nevada Legislature that allowed a death row inmate to opt to die by shooting or hanging; that statute was overturned in 1921. Mircovich was insistent on shooting, claiming that hanging often took too long. After the Nevada State Prison warden, George W. Cowing, was unable to find five men to form a firing squad, a shooting machine was requisitioned and built to carry out the execution.

Andriza Mircovich was a 31-year-old miner and a recent immigrant

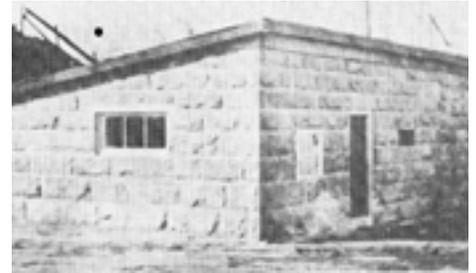


The 1000-pound "Firing Machine" consisted of a shed with three mounted rifles, individually sighted on the heart, and fired when the string was cut. Photo courtesy of nvbar.org: The History of Nevada Capital Punishment"

to Nevada from Austria-Hungary. Mircovich spoke little English and was barely literate in his native Serbian dialect. His cousin Christopher Mircovich had died in a fire in the Tonopah Belmont Mine on February 23, 1911. Mircovich believed that he was owed more money and his demands escalated into threats against Gregovich, the executor of the estate. Feeling cheated, Mircovich vowed to take matters into his own hands. At that time, South Slavic immigrants traditionally settled disagreements in mining camps by the use of a knife.

In the early morning of May 14, 1912, Gregovich was at the Tonopah and Goldfield train depot to collect a grocery bill and had engaged a Doctor J. R. Masterson in conversation. Mircovich had come to the depot from the cemetery to see who was arriving on the morning train. When he saw Gregovich on the station platform, Mircovich said, "I will get you, you old son-of-a-bitch!" He then stabbed Gregovich with a knife in the chest and groin, puncturing his lung and severing his femoral artery. Despite the efforts of a team of doctors, Gregovich died of shock at 1:00 p.m. at Miner's Hospital. At the Nye County Jail, Mircovich told Sheriff Ed Malley that he "wanted to make John Gregovich die", although Malley did not advise him that such statements could be used against him in court. Mircovich was convicted at the Nye County Courthouse on June 15, 1912.

At the grand jury hearing on the next day, Nye County Judge Mark R. Averill denied bail, as Mircovich's case involved capital murder. George B. Thatcher was Mircovich's



Nevada's first gas chamber. Also the nation's first. Two others have been constructed since this first crude structure. Photo courtesy of the Nevada Historical Society, Reno.

court-appointed attorney, but had to leave town on June 1, 1912 for the Democratic State Convention in Fallon. Averill then appointed Patrick M. Bowler on behalf of Mircovich until Thatcher returned on June 5. The case was prosecuted by District Attorney Sanders. Witnesses testified that Mircovich had made threats against Gregovich's life, and was once thrown out of Gregovich's business premises. In his closing statement Sanders challenged the all-male jury to have the "manhood" to "defend the law of my country and its liberty-loving people" or else "we might just as well dynamite this old courthouse. We might just as well take his Honor off the bench and say we have no law in Nye County."

On June 15, 1912, Mircovich was convicted of premeditated murder. He was sentenced to death by Judge Averill. Mircovich boarded a train to Nevada State Prison in Carson City on June 17 while escorted by Sheriff Malley and prison warden George W. Cowing. Mircovich parted with the statement: "They will treat me to a shower of cold lead." He became nauseated during the trip and begged his captors to shoot

Dubious, cont. page 20

The Resource Protection Team Needs...

YOU!

The Nevada Air National Guard Resource Protection Team is looking for five volunteers to join our team.

The RPT provides assistance to Security Forces (SFS) personnel in times of natural disasters, civil disturbance or when short-handed during daily operations. They are provided the same qualification training which SFS personnel would receive. They work hand-in-hand with SFS personnel during POTUS and dignitary visits.

Some basic qualifications to join the RPT are:

1. Must be a 5 skill level in your current AFSC;
2. Must have your supervisors' approval;
3. Must have at least two years of retainability; and
4. Must not have ANY domestic violence convictions.

Benefits of joining are:

1. Receive four extra AT/ST days per fiscal year;
2. A Nevada RPT Ribbon (after three years);
3. Receive a SFS Beret (after completing 40 hour in-service training);
4. Get proficiency qualifications on multiple weapons systems.

Interested parties should contact Master Sgt. Ron Reburn at 788-4563. Leave a message, if no answer.

Dental Services at Naval Air Station Fallon

*By Master Sgt. Paula Macomber
152nd Airlift Wing Public Affairs*

Article RETRACTED due to mis-information. 

If you or someone you know from the Nevada Air National Guard is positively involved with local community activities, we would like to know.

Please send the info to:
152aw.highroller@ang.af.mil

New Menu Color Codes:

The menu looks a little different this month. 152nd Services wants you to let you know what is healthy and what is not. We are labeling our menu with the go for GREEN colors so that you can make smart choices in your eating. See the above for the legend of what colors indicate what!

Go for Green: Information and Guidelines

Thank you for your interest in *Go for Green*, a nutritional recognition labeling system designed to provide a quick snapshot of the nutritional value of food choices in this facility. Food items are labeled GREEN (eat often), YELLOW (eat occasionally), and RED (eat rarely) based on the impact food can have on your overall performance according to the following guidelines:

 <p>GREEN: EAT OFTEN</p> <p>Entrees: Less than 300 calories, less than 10 g of fat, and less than 480 mg sodium.</p> <p>Starchy Sides: Less than 200 calories, less than 230 mg of sodium, and a good source of fiber.</p> <p>Fruit: Whole fresh fruit or frozen fruit with no added fat, sugar or sauces. Fruit canned in own juices.</p> <p>Vegetables: Less than 100 calories.</p> <p>Desserts: Less than 150 calories and less than 6 g of fat.</p> <p>Dairy: Fat-free to 1% fat.</p> <p>Beverages: Water, calorie-free or low calorie beverages, and 100% fruit juice.</p> 	 <p>YELLOW: EAT OCCASIONALLY</p> <p>Entrees: 300 to 500 calories, 480-700 mg of sodium, and 10 to 15 g of fat.</p> <p>Starchy Sides: 200 to 300 calories, and 230 to 480 mg of sodium.</p> <p>Fruit: Fresh fruit with added sugar, canned fruit in light syrup, or dried fruit.</p> <p>Vegetables: 100 to 200 calories</p> <p>Desserts: 150 to 300 calories, and 6 to 12 g of fat.</p> <p>Dairy: 2% fat.</p> <p>Beverages: Sports drinks.</p>	 <p>RED: EAT RARELY</p> <p>Entrees: More than 500 calories, more than 700 mg of sodium, and more than 15 g of fat.</p> <p>Starchy Sides: More than 300 calories and more than 480 mg of sodium.</p> <p>Fruit: Canned fruit in heavy syrup, or dried fruit covered in yogurt or chocolate.</p> <p>Vegetables: More than 200 calories.</p> <p>Desserts: More than 300 calories, and more than 12 g of fat.</p> <p>Dairy: Whole or 4% fat.</p> <p>Beverages: Fruit drinks, energy drinks, and regular soda.</p>
<p>Green Condiments include: Fat free or low fat mayonnaise in moderation, vinegar based salad dressings, or low fat salad dressing in moderation.</p>	<p>Yellow Condiments include: Reduced fat mayonnaise, reduced fat margarine/spreads free of trans fats, reduced fat salad dressing, reduced fat cream cheese, reduced fat sour cream, low sodium soy sauce, BBQ sauce, jelly, jam, honey, syrup, and light cream sauces made with water or low fat milk.</p>	<p>Red Condiments include: Full fat mayonnaise, butter and margarine, full fat salad dressing, full fat cream cheese and full fat sour cream, tarter sauce, soy sauce, nacho cheese dip, cream sauces such as alfredo sauce, and gravy made from meat fat drippings.</p>

UTA Lunch Menu

Salad bar will be provided all days

Saturday

Main Line & Short Order
1100-1230

MAIN LINE:

- Salisbury Steak w/Brown Gravy
- Italian Stuffed Pollock Fillet
- Macaroni & Cheese
- Broccoli Confetti Rice
- Peas & Carrots
- Italian Vegetable Blend
- Dinner Rolls*
- Soup: Navy Bean
- Assorted Cakes and Cookies

SHORT ORDER:

- Chicken Wraps
- Chili
- French Fries
- Hot Dogs & Burgers
- Nachos & Cheese

Sunday

Main Line & Short Order
1100-1230

MAIN LINE:

- Smoked Beef Brisket
- Savory Baked Chicken Broccoli
- Creamed Spinach
- Potato Au Gratin
- Wild Rice
- Dinner Rolls*
- Chicken Gravy
- Soup: Baked Potato
- Assorted Cakes & Cookies

SHORT ORDER:

- Chicken Wraps
- Onion Rings
- Wings Hot & BBQ
- Nachos and Cheese
- Chili

Monday

Short Order Both Lines
1100-1230

SHORT ORDER BOTH LINES:

- Chicken Wraps
- Pork Carnitas
- French Fries
- Hot Dogs
- Jalapeno Poppers
- Mozzarella Sticks
- Chili
- Nachos & Cheese
- Soup: Tomato Basil
- Assorted Cakes & Cookies

Tuesday

Main Line Both Lines
1100-1230

MAIN LINE:

- Jerk Chicken
- Stuffed Pork Loin
- Southwestern Rice
- Mashed Sweet Potatoes
- Corn on the Cob
- Brussels Sprouts
- Jalapeno Cornbread
- Soup: Italian Minestrone & French Onion
- Assorted Cakes & Cookies

Honor Guard, from page 7

Even though all the members of the Reno Base Honor Guard practice and train, many do not have the opportunity to focus on training full time, due to jobs, school, family, and the set-up of our local base program.

All members in Reno step up to serve on this team; Team Beale is handpicked by First Sergeants across the base. Airmen at Beale who excel the uniform standards and have a deep desire to serve on this team, compete for a position. Others are assigned to the team, chosen because of their high standards, excellence, achievement levels, and other factors. Some are assigned and proceed to serve with the dignity of a good Airman, highlighting Service Before Self, because it is, for them, truly military service before themselves. "In the time I've been here, Honor Guard is in the top three programs that one should be a part of on this base. It's a program that we don't think about until its services are needed; it's a well-disguised program," said Chief Master Sgt. Greg Bartlett.

If you or someone you know is interested in joining the Base Honor Guard, please contact Master Sgt. Roberto Fabela, ext. 788-4724 Tech. Sgt. Mark Magee, ext. 788-8764, Master Sgt. David Hill at ext. 788-4575, or any Honor Guard Member in your unit. You may also call Airman 1st Class Kristine Wiley, ext. 788-4645 for further contact information. 

IF YOU ARE ACTIVE GUARD RESERVE (AGR), ON ANY KIND OF ORDERS (ANNUAL TRAINING, STATE ACTIVE DUTY, MPA, TITLE 10), OR AN OFFICER YOU MUST PAY.

Regular Meal Rate: \$5.55

Finance Forum

By Tech. Sgt. Jeannine Rainey
152nd Airlift Wing Finance Office

GOING ON ORDERS? WE WANT TO PAY YOU.

He appreciates your volunteer spirit, but Col. Stark wants you to get paid, so E-Certify your orders. If you do not have a CAC reader at home, please be sure to E-Certify your pay orders on base on the last day of duty. Orders must be signed both at the beginning and end of any order of 30 days or more ("long tour"). Be sure that your order has fully been signed prior to logging out of AROWS. If you need assistance, please get with your orderly room or contact the Finance office.

The following orders are still not available for E-Certification and must be wet ink signed by both the member and Certifying Official: Temporary AGR orders and Pipeline BMT/Tech School. Pipeline pay will automatically be started by the Finance Office.

DTS NOTIFICATIONS YOU AREN'T GETTING

Which email address you use for your DTS profile has great consequences! That address is where DTS sends airfare itineraries and notifications such as rejected authorizations and vouchers and debt actions. If you are a traditional and you have your .mil address in DTS, you may not be receiving critical emails, so we recommend you use your personal email address.

REIMBURSABLE LODGING

When TDY and lodged off base, you cannot just stay anywhere you like and receive reimbursement –

you must lodge in a suitable commercial establishment. The JTR has these restrictions, both for your health and safety and to protect the taxpayer. JTR, 4130 encompasses TDY lodging and para. J. specifically states, in summary, "When no commercial lodging facility is available or when there is a room shortage because of a special event, the cost of lodging obtained in other than a commercial facility is allowed. ... In these cases, the traveler must provide a written explanation that is acceptable to the AO."

TRAVELING WITHOUT DTS ORDERS?

A DTS travel authorization sets funds aside to reimburse you for your travel expenditures. If you travel without those funds being set aside, you risk funds not being available for your voucher, especially with the current fiscal climate.

PERFORMING DUTY WITHOUT PAY ORDERS?

An AROWS pay order directs you to duty and ensures that you will be paid for that duty. Verbal orders of the commander (VOCO) direct duty, without a written order, only when time prevents the publication of written orders in advance. This should be VERY rare. Days and dollars are very tight and even being pulled back. If you work without a pay order being published, you risk not getting paid for that duty. This is not a scare tactic – it has true potential in the current climate.



UPDATE YOUR EMAILS TO @MAIL.MIL

With the email migration, many systems, including AROWS and DTS, need updating with your new @mail.mil address, in order to continue to receive notifications. Again, traditionals are encouraged to use their home email for DTS. A living document on updating different systems is located at G:\AW_Airlift_Wing\CPTF_Comproller\.

GTC PLASTIC BEING REPLACED

Citibank is going to the "Chip and PIN" credit cards for increased security. Currently, new and expiring accounts are receiving the new cards and all others will start receiving them soon, ahead of expiration. Two important actions are required by you: 1) ensure your address with Citi is current; 2) activate your card when you receive it and update the expiration in DTS. Lack of action in either of these will cause problems for you and your unit.

FINANCE OFFICE HOURS

The Finance office is open for all customer service from 0900 to 1600, all work days and UTA's. Outside those hours, please leave a voice mail or send an email. For issues that must be addressed immediately, please call 788-9331.

REMEMBER ~ YOUR PAY IS YOUR RESPONSIBILITY!!



Chaplain from page 2

our broken world is starving for. My daily prayer is that my life would be more than knowledge about Christ, but actually knowing Him in all areas of my life. Jesus is my life, hope, purpose and motivation to get up in the morning...and I love him with all my heart."

Chaplain Assistant Laura Magee: "Jesus, to me, is like the closest kind of friend. The deep abiding love God has for me and his never ending ability to forgive was first taught to me through Jesus' teachings. I could never show gratitude enough for that. He has been a guide, a mentor, a leader, and an inspiration to me. God willing I will have the honor to meet him one day and look into the eyes of the man who first taught me who God is and who helped lead me to the faith I have today. My perception of who Jesus is may differ from my Chaplain counterparts, but I believe it in no way diminishes who he is in my eyes, the message he taught, or the impact he continues to have on us today. The Quran says of Jesus "We sent after them Jesus the son of Mary, and bestowed on him the Gospel; and We ordained in the hearts of those who followed him Compassion and Mercy." (Surat Al-Hadid 57:50) My hope for all of us is that we make that compassion and mercy available to all our brothers and sisters."

While we all have our own unique beliefs, There are some things we have in common. We share a similar sense of love and admiration. Whether we see him as a prophet of God or as God among us, we look to him for guidance, we look at him with admiration, and we each do our best to emulate him. I can't and won't tell you how your rela-

tionship with Christ should look. My hope for you is that in our answering this question, we gave you a moment to think and reflect. I pray each of you come to know your own unique relationship with the Holy as YOU perceive it and reflect on the differences we all have in how we view the world and how those differences make each of us strong in so many ways. Embrace your views, stand proud, and realize, you don't have to think like everyone else... as you can see, no one else does either. And in my opinion, it is by design, not accident that we all have such diverse, yet beautiful ways of seeing both the physical and the eternal. Stay blessed!



PUBLIC AFFAIRS WANTS YOU

**to star in the
152 Seconds of High Roller News
on Channel 17**

**If you are interested in honing your
'acting/speaking' skills, contact:
Master Sgt. Paula Macomber of the
152nd Public Affairs Office, 788-4515**

**We are looking for a few
Good Airmen!**

The Resource Protection Team Needs...

YOU!

The Nevada Air National Guard Resource Protection Team is looking for five volunteers to join our team.

The RPT provides assistance to Security Forces (SFS) personnel in times of natural disasters, civil disturbance or when short-handed during daily operations. They are provided the same qualification training which SFS personnel would receive. They work hand-in-hand with SFS personnel during POTUS and dignitary visits.

Some basic qualifications to join the RPT are:

1. Must be a 5 skill level in your current AFSC;
2. Must have your supervisors' approval;
3. Must have at least two years of retainability; and
4. Must not have ANY domestic violence convictions.

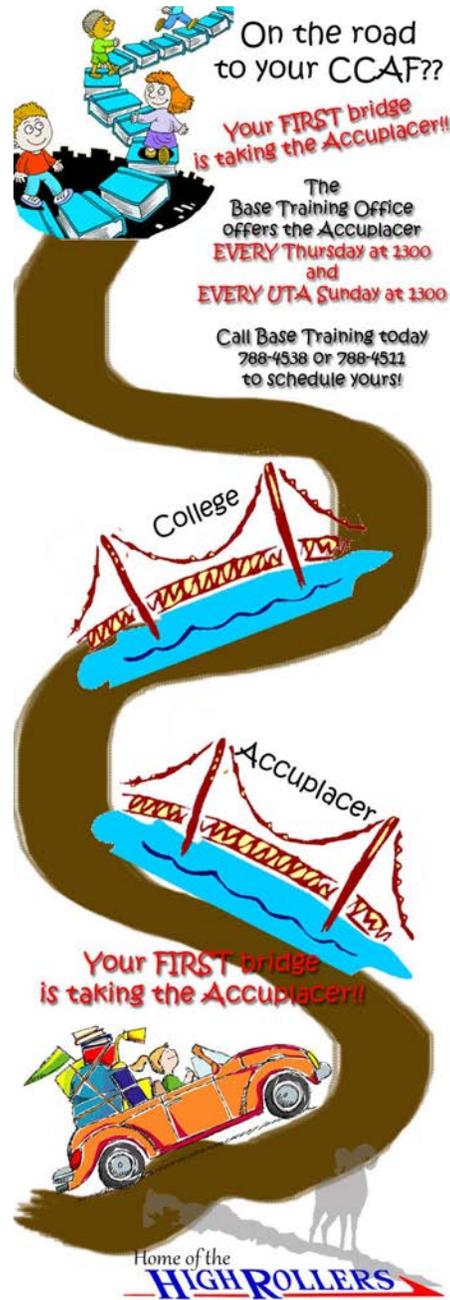
Benefits of joining are:

1. Receive four extra AT/ST days per fiscal year;
2. A Nevada RPT Ribbon (after three years);
3. Receive a SFS Beret (after completing 40 hour in-service training);
4. Get proficiency qualifications on multiple weapons systems.

Interested parties should contact Master Sgt. Ron Reburn at 788-4563. Leave a message if no answer.

New Video Option for Confidential, Non-Medical Counseling Through Military OneSource

By Jeri Norman
Military One Source Consultant



When seeking non-medical counseling, convenience can be the deciding factor for the busy military family. Many families today have two working parents who tag team the after-school activities for their children. Trying to fit in all of the work and family obligations each day leaves little time for important counseling services. With prevention and ease of access in mind, Military OneSource developed another venue — a video format — for their quality, confidential non-medical counseling for service members and their families provided at no cost.

Non-medical counseling is designed to address issues such as improving relationships at home and work, stress management, adjustment issues (for example, returning from a deployment), marital problems, parenting, conflict resolution, and grief and loss issues. Through the service's new video option, service members and their families will use a platform that allows them to securely transfer information over the Internet in real time, allowing them to hear and see their confidential, non-medical counselor throughout the session. This option requires a video-enabled computer or mobile device, but the audio portion can be connected via telephone.

Video non-medical counseling augments the options that have been helping provide quality, non-medical counseling services to service members and their families for years. Individuals can still access this confidential resource face-to-

face with a licensed counselor or therapist in the local community, by phone at 800-342-9647 or online via secure chat. All of these services are available at no cost to eligible service members and their families.

Regardless of how service members or family members access this resource, they can do it knowing they will receive high-quality, confidential, non-medical counseling. All counselors possess a master's or doctorate degree in a mental health field and are licensed or certified in a state, territory or the District of Columbia to practice independently. Information is not released to commanders or anyone else without the user's consent. The only exceptions to confidentiality are legal and military requirements to report child abuse, spouse abuse, elder abuse, sexual assault, threats of harm to self and others, and any present or future illegal activity.

Pressure from family, work, deployments and life in general can build to the point of overload. Military members and their families don't always know the services they have available to them. As a leader, you can make a difference by knowing the resources that are available and encouraging your service members to seek confidential, no-cost, non-medical counseling for assistance in managing stress during difficult times. Seeking assistance early can prevent a crisis in the future and will keep your service members and families healthy and mission-ready.

FITNESS ASSESSMENT

Base-Wide Fitness Test

Monday

0800

Fire House



SANGA SPOTLIGHT
 SANGA SPOTLIGHT
 SANGA SPOTLIGHT
 SANGA SPOTLIGHT

Greetings fellow High Rollers,

SANGA is looking for a new bar manager. The deadline is June 10th. Check your email for further details or get with any SANGA board member.

Saturday of drill the VFW will be putting on a BBQ for members. On Monday Force Support Squadron will be doing a taco feed for \$5.00. In the following weeks SANGA will be having frozen food available for purchase stay tuned for more details!

Reminder you can reserve SANGA for events as a SANGA paying member. Please email sangaevents@gmail.com or contact Tech. Sgt. Jon Cumings for more information. For events at SANGA that will require civilians coming on base unescorted you will have to provide a visitor list no later than 10 days prior to event.

So, come support the club!

Liaison Officer:

Lt. Col. Robert Nicholas.....788-4539

Advisory Board:

Senior Master Sgt. Dean Long.....720-3013

Technical Sgt. Colleen Glynn.....788-4654

Technical Sgt. Roy Harvey.....788-4796

Technical Sgt. Jon Cumings788-8754

Staff Sgt. Russell Tom.....788-4685

SANGA Manager: Vacant





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Master Sgt. Paula Macomber of the
152nd Public Affairs Office, 788-4515

**We are looking for a few
Good Alrmen!**

DEADLINES!!!



HIGH ROLLER NEWS



Remaining 2015 DEADLINES

Please submit your items <i>NLT</i> this date for the next issue:	2015 ISSUES:
by May 27th for:	Jun
by July 22nd for:	Aug
by Sept 2nd for:	Sept
by Sept 30th for:	Oct
by Oct 28th for:	Nov
by Nov 24th for:	Dec

June Lodging

Lodging for this UTA is at the Best Western. Members must sign-in with the hotel representatives to ensure they are accounted for in the rooms. Failure to sign-in or not showing up for a confirmed reservation will result in by-name notification to AW/CC. The cut-off day for reserving a room is COB three days prior to drill. The cut-off day to cancel reservations is COB two days prior to drill.

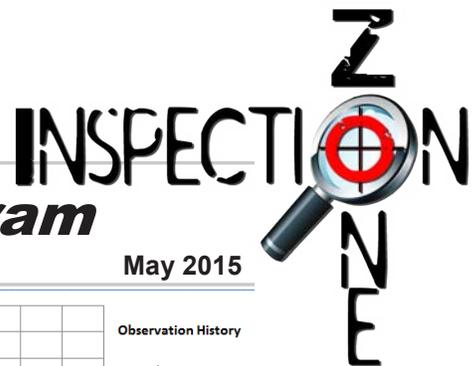
Members are authorized Friday night stays if they are outside the commuting distance. Please see the map on SharePoint.

Members on any type of orders will make their own reservations and pay for it on their GTC. Services provides at least two base billeting list updates during the month to provide a list of members who are currently signed up for lodging.

All RUTA lodging requests must be submitted NLT 72 hours before needed and all RUTA lodging is provided at Stead. If member goes elsewhere or does not notify Services in advance, charges will not be reimbursed. If a member is on any type of orders, the member will make their own reservations and pay for it on their GTC. The member then will be reimbursed on their travel voucher with the receipt.

Members can contact Services' billeting office at:
775-788-9320 or at 152aw.lodging@ang.af.mil.

Maj. Shannon Manning
152nd Airlift Wing Inspection Section



152 AW Inspection Program

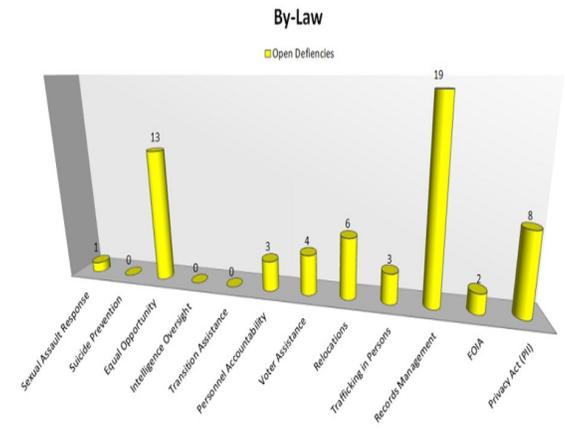
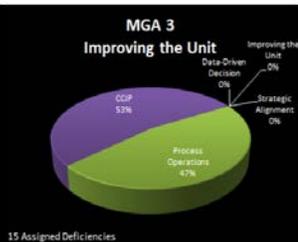
Focus on Mission Readiness Every Day

May 2015



Unit Name	% Compliance	Yes Answer	No Answer	Unanswered	Observation Count	Closed Observation Count
152 AW	93.0%	1508	34	79	36	5
152 CPTF	98.7%	374	4	1	10	6
152 MDG	81.3%	1019	97	138	119	36
152 MSG	87.9%	5007	247	444	258	88
152 MXG	93.6%	2398	54	109	67	11
152 OG	95.9%	1357	39	17	78	38
152 IS	95.7%	1134	30	21	36	6
232 OS	73.5%	303	56	53	18	0

Unit	Yes	No	N/A	Open Observations	Average Days Open	Compliance
152 AMXS	281	8	243	8	400	97%
152 AW	1608	34	381	32	155	93%
152 CES	699	42	387	43	329	94%
152 CF	860	18	434	17	741	86%
152 CPTF	374	4	238	4	61	98%
152 FSS	789	28	526	13	203	96%
152 IS	1134	30	586	31	104	95%
152 LRS	1088	53	472	94	134	89%
152 MDG	1019	97	513	83	149	81%
152 MOF	367	24	235	27	158	93%
152 MSG	323	0	208	0	0	69%
152 MXG	341	2	329	1	106	99%
152 MXS	1409	20	1239	21	92	91%
152 OG	684	18	322	19	127	96%
152 OSS	582	20	146	20	286	95%
152 SFS	1248	106	468	14	500	85%
192 AS	92	1	82	1	12	95%
232 OS	303	56	283	18	20	73%



Exercise	Capability	Dates	Grade
Broken Wing 25527 June 2014 Broken Wing(FOUO).pdf	Airport Authority MARE	29 May 2014	Satisfactory
Vigilant Blue 2014 27627 Vigilant Blue 2014 (FOUO).pdf	Phase 1 and 2 exercise	15 June 2014	Satisfactory
Sniper/Active Shooter 42427 Sniper-Active Shooter 2014 (FOUO).pdf	FPCON and Emergency Response	Oct 2014	Satisfactory
Disease Containment (Pending)	Public Health Emergency Response	Nov 2014	Satisfactory

- Upcoming Events**
- Next Self Assessment "Down Day" **Fri. 8 May 2015**
Request any assistance or special training your organization needs email 152 AW/IGI Wing Inspections @ 152aw.igi@ang.af.mil
 - MICT Training - As needed for individuals and Units
Contact MSgt Woodfolk @ 785-9771 or tracy.woodfolk@ang.af.mil
 - IGEMS Training - **By request (individuals or groups)**
Assistance for managing Deficiencies.
Contact MSgt Woodfolk @ 785-9771 or tracy.woodfolk@ang.af.mil
 - Vigilant Blue Exercise 6-9 June 2015 / Northern Sentinel Exercise 10-12 June 2015
 - Unit Effectiveness Inspection - Capstone Event 3-9 March 2016

INSPECTIONS DETERMINE EFFICIENCIES, EFFECTIVENESS, IMPACT AND OR SUSTAINABILITY OF OPERATIONS, PROGRAMS AND POLICIES.

Recruiting and Retention Notes

By Master Sgt. Jonathan Baker,
Recruiting/ Retention Office Manager

RECRUITING:

Happy June High Rollers!

It is the bitter sweet time to say good luck to our Tech. Sgt. Sherdean Din. She has been a power house recruiter enlisting over 84 troops from August 2013 to current. She is possibly one of the best this office has seen. We couldn't have asked for a better troop and couldn't have asked for a more professional and amazing NCO. She will be sorely missed. Din will be leaving us to join the ranks of the 152nd Communications Flight. I cannot say enough how much of an asset she will be to their team. Good Luck Sherdean and thank you for your enthusiasm, charisma and hard work. You will do amazing.

With that being said, please head on out to the state website to see if you meet the requirements to join our team. Remember it is hard work but where else can you offer opportunities that have been afforded to you! If you are interested please contact Master Sgt. Baker at 775-788-4541 for more information.

We are truly thankful for all the hard work our office is putting out! Currently we are processing over 250 leads/applicants and are extremely busy. Please continue to share your story with your friends and family have them come out on a UTA and see what we do to help strengthen our community, state and nation. Recruiting is standing by to assist.

Have an awesome Drill High

Rollers and remember we are all recruiters but it us who take the lead and can't do it without you!

RETENTION:

On the Retention front, we are currently at 94.6% retention rate! That is a testament to the High Roller Team. The vast majority of you realize the outstanding benefit of ANG membership whether it is money, education, training, service, or some other benefit, you all have the satisfaction of knowing you belong to a world class team. Thank you for all you do.

We want to help you to help yourselves. If you are planning to reenlist, your first stop is obtain an incentive sheet (requested through your unit Command Support Staff) and to obtain your commander's endorsement. Then make contact with the Career Development Office, Tech. Sgt. Jorge Garrido at (775) 788-4508 to set up an appointment to reenlist. Reenlistments are scheduled/processed on Fridays for full time personnel and on UTA Sundays from 1300-1400. To avoid the long lines during the UTA, we recommend you make an appointment to reenlist during the week if possible. In either case, notify the Career Development Office at least 30 days prior to your scheduled ETS so they can prepare your reenlistment documents.

On a side note, the Retention Manager, Master Sgt. Hinen will not be in the office on Tuesday of the super drill, so please make arrangements to conduct your retention business Saturday through Monday of the super drill.

Once again, thank you for your service and commitment to serving on the High Roller Team!

TRY SOMETHING NEW

**TUNE INTO
CHANNEL 17**

**FOR THE 152 SECONDS
OF HIGH ROLLER NEWS**

**WE WELCOME FEEDBACK FOR
ADDITIONS
IMPROVEMENTS
SUGGESTIONS**

**THANK YOU,
152ND PUBLIC AFFAIRS OFFICE**



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Master Sgt. Paula Macomber of the
152nd Public Affairs Office, 788-4515**

**We are looking for a few
Good Alrmen!**



**From the Base Fitness Specialist:
Mr. Jason Stoner (775) 354-3284
jasonbstoner@gmail.com**



**SUGGESTED BASIC PHYSICAL FITNESS PROGRAMMING
EXAMPLE FORMAT**

For Balanced Skeletal-Musculature Conditioning

Week A: Monday- (Aerobic/Cardio) session; 30-45 minutes ;
(power walk, run, calisthenics, martial arts)
Tuesday- (Endurance) H.I.I.T/ H.I.R.T. session; 30-40 minutes;
Arms, Chest & Core
Wednesday- (Anaerobic/Resistance) session; 30-60 minutes;
Legs & Back
Thursday- (Endurance) H.I.I.T./H.I.R.T. session; 30-40 minutes; Core
Friday- (Aerobic/Cardio) session; 30-45 minutes;
Stairs, Jacobs Ladder
Saturday- (Anaerobic/Resistance) session; 30-60 minutes;
Back, Chest
Sunday- (Recovery Day) 30-45 minutes of Stretching; otherwise rest.

Week B: Monday- (Aerobic/Cardio) session; 30-45 minutes, distance run
Tuesday- (Endurance) H.I.I.T/H.I.R.T. session; 30-40 minutes;
Shoulders, Legs & Core
Wednesday- (Anaerobic/Resistance) session; 30-60 minutes;
Arms, Chest & Back
Thursday- (Endurance) H.I.I.T./H.I.R.T. session; 30-40 minutes;
Plyometrics
Friday- (Anaerobic/Resistance) session; 30-60 minutes;
Legs & Back
Saturday- (Aerobic/Cardio) session; 30-45 minutes, easy run
Sunday- (Recovery Day) 30-45 minutes of Stretching; otherwise rest.

Week C: *Switch back to week A

Week D: *Switch back to week B

- For Endurance Training, eat: 55% Carbs, 15% Protein, 30% Fats
- For Resistance Training, eat: 55% Carbs, 25% Proteins, 20% fats
- Proteins=4 kcal per gram; Carbs=4 kcal per gram; Fats=9 kcal per gram;
Alcohol=7 kcal per gram
- 3555 kcal per pound of muscle, or fat

Dubious, cont. from page 8

him right away, not understanding that attorneys would pursue appeals on his behalf.

Attorney J.E. McNamara argued to the Nevada Supreme Court that Sanders unfairly prejudiced the jury with the statement: "Why, gentlemen of the jury, if you cannot pronounce by your verdict the death penalty upon this defendant, I say, let's resurrect old Casey [that killed Mrs. Hislop in Goldfield] and let him live again." However, the appeal was denied and the lower court decision was upheld, with Justice Pat McCarran abstaining from the opinion.

Nevada State Prison had been the state-designated facility for hangings since 1903. At the urging of the Mormon population, the Nevada Legislature passed a statute in 1910 that became effective in January 1911, which allowed condemned prisoners to choose between execution by shooting or hanging. Only Mircovich and one other inmate selected shooting. However, the other prisoner's sentence was commuted. Warden Cowing tried to talk Mircovich out of his decision. Mircovich did not want to be hanged and insisted on being shot, claiming it would be quicker. Cowing was faced with a predicament in meeting the scheduled execution date of August 29, 1912, because he was unable to find five marksmen willing to participate in a firing squad.

The state then ordered a rack of rifles that was to be set up on a frame by an Eastern ordnance foundry. The 1000-pound (450 kg) execution machine, which was called the "shooting gallery of steel", included three Savage model 1899 .30-30 caliber rifles with Maxim silenc-

ers. When the device arrived at the prison, Cowing no longer wanted to have any part of the execution and resigned. Denver S. Dickerson, a former Nevada governor and prison reformer, was appointed as the new warden. On May 13, 1913, Prison Chaplain Lloyd B. Thomas of St. Peter's Episcopal Church, Carson City, Nevada made an unsuccessful appeal for commutation on Mircovich's behalf with the Board of Pardons.

The "shooting machine" was designed to be loaded with two lethal rounds and a blank cartridge, each connected to a coiled spring mechanism. The device could be fired by cutting three strings, only one of which would fire the rifles.[15] This design would prevent the three randomly selected prison guards from knowing who would be responsible for triggering the lethal shot. On the morning of May 14, the three guards entered the firing area and then the 12 invited witnesses were admitted to a designated enclosed space in the yard. Mircovich refused an offer for a blindfold from Warden Dickerson and shook his hand, stating: "I much obligated to you. You be good man to me." Mircovich was then strapped to a chair bolted onto a platform in front of the machine. The prison doctor, Donald T. McLean, placed a heart-shaped target on Mircovich's chest. The aim on the loaded rifles were sighted on the defendant's heart, and checked by each guard. Mircovich cursed the name of Judge Averill and said "I die like a soldier" before he was shot to death.

Doctor McLean declared that the death was instantaneous. An autopsy found the two soft-nosed ball

cartridges within 2/3 inch (17mm) of each other in Mircovich's heart. Reverend Thomas conducted an informal service at the prison cemetery that afternoon. Mircovich's body was buried in a pine coffin on the same day.

In a 1915 report to the Nevada Legislature, Dickerson stated that despite his personal reservations, "executions by shooting are a trifle less barbarous than by hanging and have the further merit of eliminating many of the possibilities of bungling." However, the shooting machine was never used again and was placed in storage by the prison quarry. In July 1942, it was donated with 50 tons of scrap metal for a collection drive during World War II. The rifles from the machine were found during an inventory of the prison armory in June 1977 and were donated to the Nevada State Museum in Carson City.

Gee Jon (c. 1895 – February 8, 1924) was a Chinese national who was the first person in the United States to be executed by lethal gas. A member of the Hip Sing Tong criminal society from San Francisco, California, Gee was sentenced to death for the murder of an elderly member from another gang in Nevada.. An unsuccessful attempt to pump poison gas directly into his cell at Nevada State Prison led to the development of the gas chamber.

Gee Jon was born of Cantonese descent in China around 1895. He immigrated to the United States between 1907 and 1908 and spent most of his life at San Francisco's Chinatown in California. Gee became a member of the Hip Sing Tong society,[2] which dealt in narcotics and

Dubious, cont. next page

Dubious, cont. from prev. page

liquor. In 1922, territorial disputes with the rival Bing Kong Tong society led to the outbreak of hostilities.

Tom Quong Kee was a 74-year-old laundry proprietor who was a member of the Bing Kong Tong in Mina, Nevada. Hughie Sing, his American-educated apprentice of two years, pointed Kee out as a target for Gee. During the night of August 27, 1921, Gee knocked on the door of Kee's residence while armed with a Colt .38 revolver. Gee fatally shot Kee, who answered the door in his pajamas. Unlike many other Tong killings, Gee and Sing were apprehended.

Gee and Sing were defended by attorneys James M. Frame and Fiore Raffetto. Gee and Sing were both convicted and sentenced to death in the District Court of Mineral County, Nevada. However, Sing's sentence was commuted to life imprisonment because he was only nineteen years old and Gee had committed the shooting himself. A bill authorizing the use of lethal gas had passed the Nevada State Legislature in 1921, making Gee eligible to become the first person to be executed by this method. Frame argued that Gee's sentence constituted cruel and unusual punishment, but his appeal was denied. The Supreme Court of Nevada instead complimented the state legislators for "inflicting the death penalty in the most humane manner known to modern science." Raffetto unsuccessfully filed a writ of certiorari with the U.S. 9th Circuit Court of Appeals in San Francisco, California. Gee was incarcerated in Nevada State Prison at Carson City.

The California Cyanide Company of Los Angeles, California, was the only distributor of liquid cyanide

in the western United States and refused to deliver it to Carson City over liability concerns. The poison was used to eradicate pests from citrus groves in California. Warden Denver S. Dickerson sent his assistant Tom Pickett to Los Angeles to personally pick up 20 pounds of lethal gas, which was contained in a mobile fumigating unit that cost \$700. Four guards who did not want to participate in the process had resigned. The officials first attempted to pump poison gas directly into Gee's cell while he was sleeping, but without success because the gas leaked from the cell.

A makeshift gas chamber was set up at the butcher shop of the prison. At least one cat was used to test the lethal effectiveness of the chamber. Gee was to be strapped onto a chair in the chamber, which was eleven feet long, ten feet wide, and eight feet high. A small window next to the wooden chair allowed witnesses to look inside. Attendees included news reporters, public health officials, and representatives of the U.S. Army. Gee wept as he was placed on the chair until the captain of the guards told him to "Brace up!" At 9:40 a.m. on February 8, 1924, the pump sprayed four pounds of hydrocyanic acid into the chamber. The weather was cold and humid. Because an electric heater failed, the chamber was 52 degrees Fahrenheit instead of the ideal 75 degrees, causing some of the acid to form a puddle on the floor. Gee appeared to lose consciousness in about five seconds, with his head continuing to nod up and down for six minutes. He was completely motionless after ten minutes. Some of the witnesses momentarily thought they smelled

the odor of almond blossoms, a tell-tale sign of cyanide, leaking from the chamber. The warden had the witnesses cleared from the area. At about 10 a.m., a vent was opened and a fan was turned on to discharge the poison gas. The prison staff waited for the remaining puddle of hydrocyanic acid to evaporate before cleaning up the chamber. Gee's body was removed from the chamber at 12:20 p.m. and taken to the prison hospital. A group of seven doctors pronounced him dead, but did not conduct an autopsy on the body out of concern that some remaining gas could be released. Gee was 29 years old when he died.

The Nevada State Journal proclaimed, "Nevada's novel death law is upheld by the highest court — humanity." However, the San Jose Mercury News printed, "One hundred years from now Nevada will be referred to as a heathen commonwealth controlled by savages with only the outward symbols of civilization." Warden Dickerson reported to Nevada governor James G. Scrugham and the legislature his opinion that the use of lethal gas was impractical and that he thought execution by firing squad was still the best method of execution.

Nevada now uses lethal injections to carry out capital punishments and although there are several inmates on "Death Row" the last execution took place in 2006.



MILCONNECT

With the constant changes in the military, many programs become time consuming and can cause stressors to the members of our Armed Forces. With that said, there has been established numerous programs that are available at the members discretion and are able to be accessed at home or at their workstation without the necessity of seeing a certain department unless necessary. One in particular program is MilConnect in the AF Portal. This program alone assists in the following:



- Update contact information (including addresses, e-mail, e-mail preference, and phone number)
- Update personnel contact information in Outlook Global Address List (GAL)
- View current health care enrollments
- View/Print available TRICARE correspondence
- View Primary Care Manager information
- Obtain proof of insurance if currently in a TRICARE managed program
- Locate the nearest Military ID card issuing facility
- View personnel information
- Transfer education benefits to eligible family members under the Post 9/11 GI Bill
- View ID Cards
- View Servicemembers' Group Life Insurance (SGLI) information (Except Marines and Coast Guard)
- Adding a family member in DEERS (under RAPIDS Self-Service ID Card office Online)
- View current status of military/civilian ID cards
- Find answers to Frequently Asked Questions (FAQ)

The above information are all the necessary programs available to the users without having to see a DEERS station. It is in the upmost importance to the sponsor to ensure that their family members are updated in DEERS, that have the correct coverage before deployment, TDY, etc., and are to ensure that their address and contact information is current. Not taking action in updating contact information, validating TRICARE coverage, or having their SGLI current can be extraneous hardship upon families, if not identified and corrected in a timely manner.

Accessing MilConnect can be acquired in the AF Portal and/or at: <http://milconnect.dmdc.mil>.

It is highly encouraged for members to utilize MilConnect to have a better understanding of their coverage and information that is accessible to them without having to leave their respective office or location.

Questions? Concerns? Please contact our offices at the DSN below:

DSN: 830-4508 / 830-4510 / 830-4509 / 830-4520 (Superintendent).

Celebrate the retirement of
Master Sergeant Jeff Best



When: June 12th, 2015 at 1830

Where: Pinocchio's 4820 Vista Blvd, Sparks, NV 89436

Cost: \$20

RSVP: MSgt Barlow at 788-8714 or SMSgt Mills at 788-8715

ticket talk



NAS FALLON INFORMATION, TICKETS & TOURS PH: (775) 426-2275 / 2865 • FAX: (775) 426-2307

Phone orders are sent out via Fed Ex 1 day delivery for a nominal charge.

Prices subject to change. *If you do not see what you are looking for, please ask!*

Updated 7/12/2013

Disneyland	MWR Prices		Gate Prices + tax	
	Ticket Description	2013 ADULT 10 & Up	2013 CHILD Age 3-9	ADULT
1 Day 1 Park- Black out 12/25-31/2013	\$91.00	\$85.00	\$92.00	\$86.00
1 Day Hopper (exp: 12/31/13)	\$136.00	\$130.00	\$137.00	\$131.00
2 Day 1 Park/Day (exp: 1/13/14)	\$172.00	\$159.25	\$175.00	\$162.00
2 Day Hopper (exp: 1/13/14)	\$205.25	\$192.50	\$210.00	\$197.00
3 Day 1 Park/Day (exp: 1/13/14)	\$208.75	\$194.00	\$225.00	\$209.00
3 Day Hopper (exp: 1/13/14)	\$239.50	\$225.00	\$260.00	\$244.00
4 Day 1 Park/Day (exp: 1/13/14)	\$231.75	\$213.25	\$250.00	\$230.00
4 Day Hopper (exp: 1/13/14)	\$262.25	\$244.00	\$285.00	\$265.00
5 Day 1 Park/Day (exp: 1/13/14)	\$245.50	\$226.25	\$265.00	\$244.00
5 Day Hopper (exp: 1/13/14)	\$276.00	\$257.00	\$300.00	\$279.00
Deluxe Annual Pass (1 st day of use by 12/31/13)	\$498.00 All ages 3+		\$499.00	
Premium Annual Pass (1 st day of use by 12/31/13)	\$668.00 All ages 3+		\$669.00	
SoCal City Pass (exp: 12/31/13) (3 day hopper @ Disneyland w/ 1 Magic Morning, 1 day @ Sea World & 1 day @ Universal Studios.	\$312.25	\$273.50	\$319.00	\$279.00



Disneyland, CA
3 Day Hopper \$122.75

Black out dates and restrictions do apply. Please see separate flyer for more details!

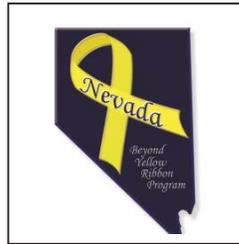
Walt DisneyWorld, FL

- 4 Day Hopper, \$153.25
- 4 Day Water Park Fun & More, \$153.25
- 4 Day Hopper & Water Park Fun & More, \$180.75



FLORIDA ATTRACTIONS	
<i>Tickets must be special ordered and can take up to 10 days for delivery.</i>	
Walt Disney World 'Magic Your Way' allowing for options!	Prices vary based on the options you choose!!
Universal Orlando -Special Military Salute tickets now available! Ask for details!	
Sea World / Aquatica / Bush Gardens	Prices vary based on the options you choose!!

NEVADA and CALIFORNIA Attractions	MWR PRICES		GATE PRICES +tax	
Wild Island Water Park in Sparks Wild Island Attractions: High Ballocity, Laser Maze, Outdoor Mini Golf, Black Light Golf, Indy Cars	\$21.75 (ages 4+) \$4.50		\$27.99 \$5.00-\$6.50	\$21.99
Churchill Arts Council Special Events- Various Dates	\$18.00		\$20.00	
Reno Aces Infield Reserved Seating Regular Season Mid July: Fan Fest, Home Run Derby & All Star Game!	\$15.25 \$6.00/\$14.00/\$18.00		\$16.00-20.00 \$8.00/\$18.00/\$23.00	
MS Dixie/ Tahoe Queen Emerald Bay Sightseeing MS Dixie/ Tahoe Queen Sunset Dinner Cruise	\$37.00 \$60.00	\$9.00 (3-11) \$23.00 (3-11)	\$47.00 \$75.00	\$10.00 \$25.00
Discovery Museum in Reno Ages 1-99	\$6.00		\$8.00	
Century Theaters Movie Tickets Save \$\$\$ for prime time showings after 6pm!	\$8.25		\$9.75	
GOLF (Tickets must be purchased by Active Duty) Fallon Golf Course Fallon Golf 10 rounds Punch Card Dayton Valley Golf Club	\$21.00 \$210.00 \$36.00		\$35.00 \$250.00 \$45.00	
See's Candy Gift Certificates (1 lb)	\$14.75		\$21.10	
Great America San Jose CA	\$35.75 (All ages 3+)		\$59.99	\$39.99
Knott's Berry Farm - expiration: 12/31/13 (Ch: 3-11; less 48"/Seniors 62+)	\$32.50	\$25.00	\$62.00	\$33.00
Legoland (San Diego Area) - Buy 1 day get the 2nd day FREE! 2nd day must be used by 7days of first use. Expiration 12/31/13	\$49.75 (All ages 3+)		\$98.00	\$88.00
Legoland Resort Hopper - Lego/Sealife/Waterpark PLUS FREE 2nd day. 2nd day must be used by 7days of first use. Waterpark opens 3/9/13. Expiration 12/31/13	\$59.50 (All ages 3+)		\$104.00	\$94.00
Medieval Times Buena Park CA - Also available in DC, FL, GA, IL, NJ, SC, TX, and Toronto, Canada; ask for additional pricing.	\$39.75	\$33.00 (0-12)	\$58.65	\$36.45
Monterey Bay Aquarium Adult (18-64) Senior (65+) Student (13-17) Child (3-12)	Ad \$33.50 / Sr \$30.50 St \$30.50 / Ch \$19.50		Ad \$34.95 / Sr \$31.95 St \$31.95 / Ch \$21.95	
Sea World Active Duty? Free + 3 @ www.herosalute.com	\$63.75 (All ages 3+)		\$78.00	\$70.00
San Diego Safari Park – Expiration 12/31/13. Pass includes Journey to Africa and Conservation Carousel. Active Duty FREE with valid ID	\$39.00	\$30.25 (3-11)	\$44.00	\$34.00
San Diego Zoo – Expiration 12/31/13. Pass includes Guided Bus Tour, Express Bus, & Skyfari Aerial Tram. Active Duty FREE with valid ID	\$39.00	\$30.25 (3-11)	\$42.00	\$32.00
Santa Cruz Boardwalk Unlimited Rides All Day + 2 attraction visits	\$32.50		\$40.90	
Six Flags Discovery Kingdom Vallejo CA	\$36.50 (All ages 3+)		\$59.99	\$39.99
Six Flags Magic Mountain Valenica CA	\$36.50 (All ages 3+)		\$64.99	\$39.99
Universal Studios Hollywood – Good for 12 months after first activation. Must activate by 12/31/13. 2013 Blackout dates: July 3-7, 13/14, 20/21, 27/28; Aug 3/4, 10/11, 31; Sep 1/2; Dec 21/22, 25-31. Blackout dates do NOT apply to Activation Date, only subsequent visits.	\$70.50 (All ages 3+)		\$84.00	



Military Job Fair

When: 2, August, 2015

Time: 1000-1300

**Where: Nevada Air National Guard Base
1776 National Guard Way, Reno, NV**

Location on Base: SANGA

*Wearing of a duty uniform is appropriate for this Job fair
It is open to all Nevada National Guard members, Spouses and
Dependent Children*

*Please bring at least 10 copies of your resume
Must have current Military ID card to get on base*

A resume review class is being offered prior to the job fair. This class will be hosted on 10 July 2015, from 1700-1900, in the Security class room on the second floor of the Security Building.

**Please RSVP for the Resume Class by
Email tammy.b.richardson.ctr@mail.mil**

Or call at 775-384-5849

Or

Email: fred.barton.civ@mail.mil

Or call at 775-788-4585

