

# High Roller NEWS



Vol 24 Issue 3

Nevada Air National Guard

March 2014

## AIRMAN EXEMPLIFIES SERVICE BEFORE SELF

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

Service before self is Airman 1st Class Rita Middleton's life. She was struck by a car when she was 13 years old while trying to save the life of her 3 year old God-brother from church. She sustained compound fractures to both her tibia and fibula which required rods to be surgically placed in her leg and screws placed in her knee and ankle. Her God-brother got a broken leg. She was told that if not for her, he would have received worse injuries.

After several years of physical therapy and learning to walk again, she wanted to, "Get back to being a

kid, doing things that kids do." She said, "I was an athlete before, playing basketball and running track, so I wanted to work hard to get back to doing that." Unfortunately, basketball was not an option because during tryouts, she was struck in the leg by another player, which knocked a screw loose.

She has had at least one surgery each year since the accident. The surgeries ranged from putting screws in or out, placing or removing rods in her leg, getting bone spurs scraped off and getting her leg 'scoped.'

She worked hard enough physically though, to be enlisted in the military. When asked why she joined the military, she said "I enlisted to be a part of something bigger than myself and to do something rewarding."

Middleton was born in Berkeley, Calif. and grew up in Sparks, Nev. She graduated with honors from Reed High School in 2006. Her military career began August 19, 2011. Middleton is an Aviation Resource Management Journeyman assigned to the 192nd Airlift Squadron. A short three months after her technical school, as a 'one-striper,' she deployed to Ali Al Salem Air Base in Kuwait in support of Operation Enduring Freedom. She recalls, "As someone brand new in the military, the deployment was not what I ex-



*Airman 1st Class Rita Middleton in the Aviation Resource Management office in the 192nd Airlift Squadron. (Photo by Master Sgt. Suzanne Connell, 152nd Airlift Wing Public Affairs. RELEASED)*

pected. I didn't expect my contribution to affect the mission. I was mistaken, my job directly affected the mission and that made an impact on me. I can't wait to deploy again."

She exemplifies service before self by giving back to the community through her volunteer work. "I enjoy volunteering, giving back and inspiring kids and adults that you can make it through life through hard work and dedication." Middleton cooks for the homeless every 4th Monday, she attends school assemblies and volunteers in a head start

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# Commander's Corner:



By Col. Jeffrey Burkett  
152nd Airlift Wing Commander



Retired Gen. Colin Powell once said that, "If you are going to achieve excellence in big things, you develop the habit in little matters. Excellence is not an exception, it is a prevailing attitude."

Surprisingly, many people struggle with how to interpret what excellence means as an Air Force core value. On the surface, excellence is simple enough to understand given that its definition is the quality of being outstanding or extremely good, but what does that really mean in the context of our Air Force mission or to us personally?

According to the Air Force, excellence in all we do directs us to

develop a sustained passion for continuous improvement and innovation that will propel the Air Force into a long-term, upward spiral of accomplishment and performance. Focusing on product (generating aircraft), service (anticipating customer needs), personal (staying in physical and mental shape), community (mutual respect), resource (using only what is required), and operations (team synergy) excellence are examples commonly cited that you may be familiar with. For most people this makes sense, but it is hard to internalize the concept because the language can be difficult to connect with. Let me offer an alternative view to understanding excellence.

Roughly, 2,300 years ago the Greek philosopher Aristotle is quoted to have said that, "We are what we repeatedly do. Excellence, then, is not an act but a habit." The impli-

cation of what he said is that it does not matter what we do on occasion, rather excellence is defined as a habit through our repeated actions. The person we are inside is reflected by what we repeatedly do – not what we pretend we are, not what we say we will accomplish and not what we act as if we're doing. Do the things that define you as a person reflect excellence? Are you consistently procrastinating or being proactive? Are you competent in your AFSC or just projecting confidence?

Excellence as a habit manifests itself as excellence in ALL WE DO on and off duty. We can posture and pretend to others that we have things under control, but only by actually doing things in conjunction with a consistent motivation deep inside us does excellence become a habit. Don't just act - Do. Don't just posture excellence - Be excellent. Battle Ready! 

## High Roller News

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ments, 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,

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

High Roller News  
152nd Airlift Wing Public Affairs Office  
1776 National Guard Way  
Reno, NV 89502

Or email: [152aw.highroller@ang.af.mil](mailto: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.

# IN THE SPOTLIGHT

## *152nd Airlift Wing hosts ASIST Training*

*By Capt. Jason Yuhasz  
152nd Airlift Wing Public Affairs*

RENO- On the 12th and 13th of February, the 152nd Airlift Wing hosted Applied Suicide Intervention Skills Training (ASIST). Nevada Army National Guard Capt. Mike Bordallo, along with representatives from the Nevada Governor's Office of Suicide Prevention, Ms. Misty Allen and Ms. Janett Massolo, facilitated the training. The class included attendees from both the Nevada Army and Air National Guard.

ASIST, created by LivingWorks, is a program that exists to help prevent suicide. According to the LivingWorks website, "The ASIST workshop is for caregivers who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. Over one million caregivers have participated in this two-day, highly interactive, practical, practice-oriented workshop."

Col. Daniel Waters, commander of the 991st Aviation Troop Command, attended the ASIST training. He said, "From my perspective, it's easy to say someone else - a subject matter expert - will handle this stuff. But I feel, as servicemembers, we don't we have a choice- we have a responsibility to each other. If we want to protect our force, all of us need to be ready to help, and ASIST is crucial to ensuring that."

Bordallo noted, "ASIST helps our servicemembers to be better prepared to intervene in suicide attempts. The training model deals with intervening with someone with suicidal thoughts/intentions- a fellow servicemember, a family member, a coworker. Having command emphasis and buy-in helps encourage younger Soldiers and Airmen to intervene."

Bordallo is the Resilience Risk Reduction and Suicide Prevention program coordinator for the Nevada National Guard. He is also the administrative officer (S-1) for the 991st Troop Command and is a rated CH-47 helicopter pilot with more than 1,000 flight hours.

ASIST classes are offered quarterly, with one session each in both northern and southern Nevada. For more information about ASIST training, or for details about how to attend a session, please contact Capt. Bordallo at: 775-384-5810.



*Nev. Army National Guard 1st Lt. Chaplain Candidate Robert Dawson, Ms. Janett Massolo, Nev. Army National Guard Capt. Mike Bordallo, and Ms. Misty Allen take a break from conducting ASIST training at the 152nd Airlift Wing, Reno, Nev. on Thursday, 13 February. ASIST training is offered quarterly to northern and southern Nevada locations. (Photo by Master Sgt. Paula Macomber, 152nd Airlift Wing Public Affairs. RELEASED)*



# OSCEOLA WAS MORE THAN A SEMINOLE CHIEF

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

Osceola, most famous of the White Pine County gold producing districts, was probably the longest-lived placer camp in Nevada. The Osceola district was organized in 1872 after placer gold was discovered the previous summer. Lack of water originally hindered development – and a placer mine without water is like a Virginia City saloon without whiskey! The gold-bearing quartz belt found in 1872 was 12 miles long by 7 miles wide. Placer gold was found in 1877 in a deep ravine in the area. Miners first used the simple process of pans, rockers and arrastras (primitive grinders) to recover the ore. Hydraulic monitors later were used to mine the gold from 10-foot to 200-foot thick gravel beds. At peak times between 1873 and 1877 as many as 400 miners worked claims. By 1878 a small 5 stamp mill was pressed into service the same year that the district got a post office.

There were no significant springs or streams in the Osceola area to conduct a placer mining operation,



*The remains of a stamp mill in Osceola, Nev. (Photo Courtesy Cat & Ripley from 'Ghost Towns' website. RELEASED)*

so they constructed a 18-mile canal to bring water from streams running down the west side of Wheeler Peak as far south as

Williams Creek near Pyramid Peak. Then in 1886, developers acquired water rights from Lehman Creek and began an 18-mile canal to catch water from streams on the east side of the mountain range. The eastern canal was called the Osceola Ditch and was an incredible undertaking. At a cost of more than \$250,000 about 300 laborers, including many Chinese and Western Shoshone and Southern Paiute Indians, worked several months to complete the canal. The path was graded, a 600-foot long tunnel was blasted in one section, and miles of open-topped wooden aqueduct (called flume) including control gates was constructed. The majority of lumber came from Hendry's Creek near Mt. Moriah as well as other mills in canyons to the south of Lehman Creek.

It is unsure whether the hydraulic mining at Osceola was really worth the expense. Once constructed, the flumes leaked and ice and snow cut the production to three or four months a year. Parts of the ditch deteriorated in a few years and



*A shack or house and one of the few remaining buildings left in the ghost town, Osceola, Nev. (Photo Courtesy Cat & Ripley from 'Ghost Towns' website. RELEASED)*

by 1900 it was abandoned.

One of the worlds largest gold nuggets, said to have weighed about 30 POUNDS was found here by a man with a pick and shovel. The man, Charles Keisal, was working in the Osceola placer mine owned by John Versan, J.C. Poujade, and W.B. Garaghan. The latter two owned a store in Ward, about 30 miles west of Osceola. One day when Keisal was working alone he found an unbelievably large nugget. Temptation proved too great for the miner so he high-graded the nugget for himself. He skipped out to Ward and found an assayer without too many scruples who melted down the nugget into small bricks worth \$200 each. Keisal was too fundamentally honest because one night he woke Garaghan, sobbed out the entire story, and returned \$4,000 in gold bars to the owner. Keisal said that what he returned was quite a bit less than the value of the mammoth nugget since the assayer had retained a very large portion as his share in the smelting process. While the nugget was estimated at 30 pounds no one will ever

# Airman and Family Readiness

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

## **Do you know about your Integrated Delivery System (IDS) and how it support you and your family?**

"The mission of the IDS Team is to integrate base helping agencies into one seamless team that provides the right help at the right time to our Airmen, family members, and retirees. The IDS Team is committed to increasing the sense of community and assisting Airmen, their families, and retirees manage life demands through services, prevention programs, and educational opportunities at the Nevada Air National Guard" If you want more information on this program, please call the Family Plans office at 788-4585.

## **Do you know what VMET stands for?**

VMET stands for Verification of Military Experience and Training. The training data contained in the VMET is derived from Military training records which is sponsored by the Assistant Secretary of Defense for Force Management Policy, in cooperation with the military services. VMET Document, DD Form 2586, are available through the Airman and Family Readiness Offices and are intended for service members who have at least six months of active/guard service. Service members should obtain VMET documents from their Family Readiness Office within 12 months of separation or 24 months of retirement, according to the 2014 Federal Benefits for Veterans booklet. For more information, please call the Family Plans office at 788- 4585.

## **Financial Assistance:**

Financial problems are one of the most common sources of stress for Airman. While trying to balance military and civilian life, Airmen and their families can learn to take control of their finances with the help of these tools:

<http://wingmanproject.org/en/newsletter/17#article-43>

## **Upcoming Family Program Events:**

- Personal Financial Counseling 0800-1200 every Friday
- Pre-Separation Workshop, 22 March 2014, Family Plan's office 0830-1100.
- Integrated Delivery System, 27 March 2014 (1:00PM, Wing Conference Room)
- Key Volunteer Meeting, 9 April 2014 (5:30 PM, Wing Conference Room)
- Governor Ball, 3 May 2014, Las Vegas, NV
- Yellow Ribbon Event, 12 April 2014, Location: Nugget, Reno
- Kids Easter Party, 19 April 2014, Rancho San Rafael Park, Reno, NV
- Retiree Luncheon, 25 April 2014, ANG Base
- Youth Spring Day Camp, 31 March – 4 April, 2014, Reno, NV
- Spring Fling, 12 April, 2014, Las Vegas, NV
- Volunteer Workshop, 16-18 May 2014 (Las Vegas, Location TBD)
- Strong Bonds Event, 30 May – 1 June, 2014, (Reno, Location TBD)
- Key Volunteer and FRG Meet and Greet, June, 2014(Reno, Location TBD)
- Kids Summer Camp 22-27 June 2014, Sierra Nevada Journey, Portola, CA
- ANG Family Day Event, Date: TBD

## **What is the Nevada Green Zone Initiative? Connecting the Veteran Community**

A new web and social media site for veterans is gaining attention in Northern Nevada. It's called the Green Zone Initiative and it's a high-tech way to connect services to veterans and veterans to our community <http://www.greenzonenetwork.org/>

## **Military OneSource Tax Filing Services:**

H&R Block at Home Basic®, through the Military OneSource website and telephonic tax consultations, provides free access to a customized version of the basic H&R Block at Home electronic tax-filing product. This customized product allows for free federal filing and state filing (up to three states). Provided by the Department of Defense, H&R Block At Home Basic is available to active duty, National Guard, and Reserve service members and their families. Tax consultants are available seven days a week from 7:00 a.m.—11:00 p.m. Eastern Standard Time (EST). Contact Military One Source Tax Hotline at 1-800-730-3802 or go to Military OneSource Tax Filing Services at: [www.militaryonesource.com/MOS/FindInformation/Category/TaxFilingServices.aspx](http://www.militaryonesource.com/MOS/FindInformation/Category/TaxFilingServices.aspx)

## **Financial Quote to live by:**

“Live for Today, but save for Tomorrow. Don't let financial challenges dictate your course ahead. Let's use Military save to help you meet your financial goals and objectives.”

### **Frequently asked phone numbers at NAS Fallon**

<b><u>Commissary</u></b> 4755 Pasture Road, Building 340 Fallon, NV 89406 (775) 426-3420	<b><u>Exchange</u></b> Naval Air Station Fallon, NV 89496-5000 (775) 426-2671
<b><u>MWR</u></b> NAS Fallon 4755 Pasture Road, Building 308 Fallon, NV 89496 (775) 426-2550 Fax: (775) 426-2550	<b><u>Branch Medical Clinic</u></b> (775) 426- 3125
<b><u>Personal Financial Counselor</u></b> Mr. Dan Kelly 775-223-9751 <a href="mailto:dkelly@mflc.zeiders.com">dkelly@mflc.zeiders.com</a>	<b><u>Pony Express Outfitters(MWR)</u></b> (775) 426-2598
	<b><u>Child &amp; Youth Coordinator</u></b> Mr. Jeremy Murphy (775) 384-5805 <a href="mailto:Jeremy.p.murphy8.mil@mail.mil">Jeremy.p.murphy8.mil@mail.mil</a>

# Recruiting and Retention Notes

## Recruiting

We would like to wish our High Roller family a happy March! And wanted to let you know, Master Sgt. Baker rejoined the recruiting team and is returning as Recruiting Office Supervisor, his can do spirit and personality is a welcomed addition to the team!

As we gear up for the spring and summer, the events begin to pile on! This is where you, as a member of our family, can join in and help make our presence much more visible! In April, the Washoe County School District High School JROTC formal inspections, and the Cadet Olympics will be kicking off and we will be looking for volunteers to help assist in preparation and judging of the events! In May, we will attend the High School JROTC awards ceremony. It's a time for cadets to get inspection ready and be presented awards from our organization and others from within the local community. If you want to be a presenter please let us know. In the past, members who have participated enjoyed presenting awards from our organization.

This summer we have the Reno Rodeo in June, bucking our way. In August, the Reno Tahoe Open will be swinging in and September, the Reno Air Races zooms into action! It's going to be a busy rest of the year!

If you can afford some time and join us for any of these events or have any interested friends, family members, or the clerk at the grocery store, that would like more information on the membership in the Air

Guard please have them contact any of the recruiters below:

Master Sgt. Baker 775-788-4541

Tech. Sgt. Muniz 775-788-4544

Tech. Sgt. Brisendine 775-788-4547

## Retention

Hello High Rollers! Those who are wondering about your fall textbook reimbursements, they have all been submitted and those who had errors have been contacted. If you have not been contacted, the payment is in the works. As usual, please be patient and the State of Nevada Comptroller's office will be processing the payments.

As a reminder, please utilize your Unit Career Advisor and check in with them from time to time. Let them know your concerns regarding your career. If you have any questions about our education benefits, stop in and ask away. Many of your career advisors are well briefed in educational benefits. Your Unit Career Advisor is a great tool in our tool box to help you maintain laser focus on your career here with the Nevada Air National Guard! Keep up the great work UCAs!

Have an awesome drill and we will see you soon! Keep rocking High Rollers and thank you for your continued service!



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

## FITNESS TESTING

Fitness Test for  
March drill is

**Sunday**

**1330**

**Situps/Pushups in the Gym**



## March UTA Menu

SALAD BAR WILL BE PROVIDED AS USUAL.

### Saturday

#### Short Order and Hot Meal

1100-1230

#### SHORT ORDER:

- Hot Dogs / Chicken Wraps
- Tuna Melts / Potato Wedges
- Chili / Clam Chowder
- Asst. Desserts

#### MAIN LINE:

- Corned Beef Brisket / Cabbage
- Roasted Red Potatoes / Rice Pilaf
- Herb Crusted Chicken / Mixed Veggies

### Sunday

#### Breakfast Only

0830-1000

#### BREAKFAST:

- Scrambled Eggs / Omelets to Order
- Hashed Browns / French Toast
- Biscuits & Gravy
- Bacon / Sausage Links
- White & Wheat Toast / Asst. Cereals
- Oatmeal / Fresh Fruit
- Cottage Cheese

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: \$4.65\*

\*Breakfast Meal Rate: \$2.55\*

**Service, from cover**

classroom on Mondays. She also helps out with The Evelyn Mount Thanksgiving and Christmas food distribution every year.

As such a dedicated Airman, she loves the high tempo of being in the operations squadron. She enjoys working with all ranks and aspires to become an officer someday.

Her supervisor calls her a “fire and forget” Airman, as she was selected as Nevada Air National Guard’s Airman of the Year for 2013. She will be competing at the national level next. Again, she puts others before herself, “I felt it was a great honor to be nominated and selected to represent Nevada Air National Guard, but there are many other great Airmen on the base that are just as deserving. It is definitely a team effort- I am succeeding in my job because of the leadership that is molding me into the great airman I am becoming.”



**Osceola, from page 6**

know how large the nugget really WAS. At today’s price of \$1,350 an ounce for gold the nugget, in gold value only, would be worth about \$650,000!

Osceola was a good business town because of its location near the cattle and grain ranches and gardens in Spring Valley to the west and Snake Valley to the east.

Famous mines in the district were The Cumberland, Osceola, Crescent and Eagle, Verde, Stem-Winder, Guided Age, Grandfather Snide, Red Monster, and the Saturday Night.

The town reached its peak in the mid-1880s when it had more than 500 residents. It was one of the first towns in Nevada to have electric lights and the first telephone in White Pine County.

But, there were several fires in the late 1880s and the population was down to about 100 by 1900. A fire in the 1950s destroyed most of the remaining buildings. The camp produced nearly \$5 million primarily in gold with some silver, lead and tungsten.

From Ely, take U.S. 50 south for 34 miles. Bear right off of U.S. 50 and continue for 3 miles to Osceola.

The cemetery is certainly the highlight of a visit to the site. Though it is sad to read the stories on the gravestones, they do reveal the interesting history of Osceola and the surrounding area. Intermittent mining continues and there is one local resident -- please respect private property in the area.



**DID YOU KNOW?**

Anyone can submit an article for publication in the High Roller News. All we ask is that you give us editorial rights and get it to us before the deadline. Yes, everyone wants to know what is going on in your unit! If you, or someone you know, is involved in the community, or you know of interesting “happenings” involving a fellow guard member, please send them to: [152aw.highroller@ang.af.mil](mailto:152aw.highroller@ang.af.mil). Please include photos. Depending on the space we have, we will include the article and photos. If we don’t receive the article by the deadline, we will try to include it in the next issue.

**HIGH ROLLER NEWS DEADLINES  
2014 DEADLINES**

Please submit your items NLT...

<b>this date for the next issue:</b>	<b>2014 ISSUES:</b>
<b>By Apr. 16</b>	<i>Apr. Drill</i>
<b>By May 7</b>	<i>May Drill</i>
<b>By June 4</b>	<i>June Drill</i>
<b>By Aug. 6</b>	<i>Aug. Drill</i>
<b>By Sept. 10</b>	<i>Sept. Drill</i>
<b>By Oct. 15</b>	<i>Oct. Drill</i>
<b>By Oct. 29</b>	<i>Nov. Drill</i>
<b>By Nov. 26</b>	<i>Dec. Drill</i>

**March Lodging**

Lodging for this UTA is at the Best Western from Friday to Sunday. 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 WG/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](mailto:152aw.lodging@ang.af.mil).

## Chaplain's Corner



*Capt. Michael Engfer,  
152nd Airlift Wing Chaplain*



Last month we presented a formula that we all know works for physical health.

Eat Healthy + Healthy Portions + Exercise + Rest = Physical Health

Everyone would agree that this formula is the best and only true way to be physically fit and this formula can be sustained with effort for all of our lives. I believe that we can apply this formula to other areas of our life in order to be healthy and resilient as well.

Let's apply this formula to our mental health. What we take into our minds needs to be healthy. There are countless unhealthy options for our minds. Media, negative thoughts, and unhealthy entertainment can all be junk food for the mind. We all snack occasionally in our physical and mental lives. Just as our bodies can't handle constant harmful foods, so our mind needs the nutrients of healthy influences such as reading great books, art, healthy music, and healthy entertainment such as sports, games, and hobbies. Healthy mental intake

leads to a healthy mind and learning which is helpful both personally and professionally. In addition to enjoying the right mental food, we have to control our quantities. We have to make sure we are snacking only occasionally and receiving the healthy learning that our minds need to grow and improve. Quality and quantity of intake has to go hand in hand.

Mental exercise is crucial to mental health. Positive outlets to use what we learn and to learn more are healthy and helpful. Flexing our mental muscle through classes and continuing education not only look good on a resume but also provide training for the mind. Puzzles, problem solving, writing, journaling, creating art, conversations, and reading are just a few of the ways that we can exercise our minds and achieve mental health.

We can't forget rest! Mental rest is important for balance in our lives. Physical rest affects mental health and so does mental rest. Taking breaks between studies, classes, and

problems have all been proven to recharge our mental batteries. Mental rest may take the form of reading the comics, meditation, spending time with family or watching a little mindless television. Rest for our minds should be done intentionally but not consume too much of our time and life.

Think of some ways that you can apply this formula to your personal and professional life. Health, in any area of our lives, doesn't just happen. We must be informed and intentional. Your mental health will impact you, your family, and your work. 

If you have suggestions or critique of the High Roller News, please feel free to email us at:

152aw.highroller@ang.af.mil

Also, if there are items that you feel may be helpful to include, we want to hear about it!

Thanks for reading!

152nd Airlift Wing Public Affairs

# COFFEE FOR TROOPS

## NV ENERGY EMPLOYEE VOLUNTEER EFFORT GAINS ONE THOUSAND POUNDS OF COFFEE FOR DEPLOYED TROOPS




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*By Lt. Col. Jo Meacham  
152nd Mission Support Group Commander*

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Walking into the office each morning, and often in the afternoon, the smell of freshly brewed coffee is strong as co-workers fill steamy mugs. A small luxury taken for granted with the endless supply found in office cafeterias and on every street corner. A luxury many troops replace with instant powders while serving. Thanks to the NV Project, NV Energy, Hub Coffee Roasters and Think Kindness some of our deployed troops enjoy their morning brewed-coffee routine again. Instant powders can't compare to the premium roasting methods used by local Hub Coffee Roasters who donated over 1,000 pounds of coffee to the NV Energy employee volunteer initiative.

NV Project sent the first of many shipments of roasted coffee in boxes containing Girl Scout cookies to members in the Air National Guard, a hospital in Germany where wounded troops reunite with family, as well as to the Pat Tillman Memorial USO in Afghanistan. Another shipment of 90 pounds is expected to be sent between now and March

21. "If not for the encouragement and dedication to community involvement of NV Energy, the NV Energy Volunteer Committee and generous NV Energy employees the NV Project would not be what it is today—an organization tirelessly supporting troops and their families serving our great nation," Melissa Fritz, NV Project co-founder, said.

As an NV Energy employee volunteer group, the NV Project was started in 2011 by JoAnn Meacham, a Lt. Col. in the Air National Guard, and Melissa Fritz, mother of a deployed Airman. Since its inception, the project has grown in size and has shipped more than 650 boxes to deployed troops. NV Project hosts supply drives and "packing parties" in our office throughout the year. The next drive is March 3-21 (packing party: March 21st) to compile toiletry care packages for troops.

For more information about the NV Project and volunteer opportunities contact JoAnn Meacham at [JMeacham@NVEnergy.com](mailto:JMeacham@NVEnergy.com) or Melissa Fritz at [MFritz@NVEnergy.com](mailto:MFritz@NVEnergy.com). 

**From SrA Sean Bird:**

For Sunday of March UTA the friendly folks over at services will be serving us breakfast from 830-1030. With that in mind, Brother's BBQ will be here from 1100-1300, in front of SANGA to provide as a lunch option. Take care and have a great weekend people.

**NV EANGUS State Caucus****April 25, 2014 at SANGA**1700 Cocktails  
1730-1830 Conference

1830 Free Dinner

**POC Caroline Cousineau 788-4684****RSVP at Nevadaeangus.org**


**myPers**




**MyBiz**

**PRDA EBIS**

*Visit [mypers.af.mil](http://mypers.af.mil) to access online personnel services*

## Finance Forum

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

### **HOT! HOT! HOT! MILITARY PAY SYSTEM CHANGES – READ THIS!!**

Effective February 6, 2014, **EACH MEMBER WILL BE REQUIRED TO ELECTRONICALLY SIGN** their pay orders in the AROWS Orders System. Your orderly room will no longer have the capability to sign pay orders for individuals. Due to this very recent pay processing mandate, all members need a CAC reader at home, if planning to electronically sign their orders from home.

Step-by-step instructions (with pictures and video) are available on the NVANG Sharepoint: <http://131.60.64.30/AW/Finance/FM%20FORMS/Forms/AllItems.aspx>

If YOU do not sign YOUR pay orders using this new process, **YOU WILL NOT RECEIVE PAY** for these orders.

### **Are you a Certifying or Authorizing Official for Military Pay and/or Travel documents??**

REMINDER: you may be held pecuniary liable for any and all pay documents that you sign. This means that if an audit were to happen, and a false payment was made with your authorization, funds may be collected from YOUR pocket!

Make sure you thoroughly review each document you sign! Are the dates correct? Is this a legal payment? Did the member actually perform the duty on this day? Is all the information filled out correctly and legibly?

Taking a few extra minutes to read over what you are putting your name on can save members and yourself time and money!

### **TRAVELLING ON MILITARY ORDERS? USE COMMERCIAL TRAVEL OFFICE (CTO)**

Per the JFTR, U2400 and U2415, it is required for all to use the designated Commercial Travel Office (CTO) - SATO, to procure required travel carriers. If a member chooses not to book their airfare and rental vehicles through SATO, those costs will be limited to reimbursement up to the cost that SATO would have paid. Anything above that amount will be the member's responsibility! Book your SATO reservations via DTS or Comm 1-855-794-4927.

**REMEMBER: ~ YOUR PAY, YOUR RESPONSIBILITY!!**



# Kudos to SNCOA

*By Master Sgt. Jason Aceves  
152nd Security Forces Squadron*

The highest level of enlisted professional military education available to Air Force enlisted members is the Senior Non-Commissioned Officer Academy (SNCOA). The mission of the SNCOA is to expand the leadership capabilities of senior enlisted leaders in today's Air Force, and to reinforce a commitment to the profession of arms. There is only one SNCOA, it's 7 weeks long and is located at the Maxwell – Gunter Annex in Montgomery, Ala.

Unlike our Active Duty counterparts, Air National Guard (ANG) members have to go through a selection process that involves submitting a packet to the State Command Chief Master Sergeant (CCM) for approval, and then on to National Guard Bureau for possible selection. Simply put, it is a privilege for ANG members to attend. The Career Development Course (CDC) has useful information, but in-residence attendance offers so much more learning possibilities that the CDC's just can't give you.

Additionally, while at the Academy, you have the opportunity to hear and interact with speakers such as: the current Chief Master Sgt. of the Air Force (CMSAF) James Cody, the current ANG CCM James Hotaling, the 9th CMSAF James Binnicker, the 5th CMSAF Robert Gaylor, and Maj. Gen. Garrett Harencak, the assistant chief of staff for Strategic Deterrence and Nuclear Integration.

Overall, the course was a great learning experience and I highly recommend that any Master Sgt. or Senior Master Sgt. apply. I have attended Airman Leadership School and Non-Commissioned Academy in-residence, and this was, far and away, the best course. The time for submitting packets will be here soon, so the best time to start is now. If you have any questions, feel free to contact me. I am sure that any past SNCOA attendee would be more than happy to give their input and information.

For more information, you can go to the AF Portal and click on Education/Training/Force Development, and then click on the AF Senior NCO Academy. 

## TICKETS FOR VETERANS

Here the link for a site that takes donated tickets, from sporting events to ballet, and offers them to Veterans. The only cost is shipping (\$9.95). They do have a donation process, but is not required.

<http://www.VetTix.org/ref/171766>

A member was able to get 4 tickets to a University of Tennessee football game (\$29.95; \$9.95 shipping and \$20.00 donation). They do ask for documentation to prove your status. They are also listed as a CFC donation site, so they are safe to provide that information to.

### **Governor**

Brian Sandoval

### **The Adjutant General**

Brig. Gen. Bill Burks

### **152nd AW Public Affairs Officer**

Capt. Jason Yuhasz

### **Layout/Editor**

Master Sgt. Paula Macomber

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Master Sgt. Paula Macomber

Master Sgt. Suzanne Connell

Tech Sgt. Eric Ritter

Tech Sgt. Rebecca Palmer

Staff Sgt. Melinda Mier

Senior Airman Ashif Halim

**MR. RAMON BARBOZA, ONE OF THE DIVERSITY CHAMPIONS INSTRUCTORS, WILL BE SPEAKING TO THE STUDENT FLIGHT ON SATURDAY OF THE MARCH UTA FROM 1200 TO 1300 IN THE AUDITORIUM. HE WILL BE COVERING THE "5 WHYS OF DIVERSITY." ALL ARE WELCOME TO ATTEND.**

# Air Force News

By Capt. Jen Richard,  
Air Education and Training Command Public Affairs

## New apps provide Airmen mobile medical education and tools

JOINT BASE SAN ANTONIO - RANDOLPH, Texas (AFNS) -- Two free mobile applications produced by the Center of Excellence for Medical Multimedia, or CEMM, are now available for Airmen and all military health system beneficiaries.

The CEMM Virtual Medical Center app and a pregnancy app called "My Pregnancy A to Z Journal" are available for free download from the iTunes store as well as the Android Market.

"These applications were built to provide the ease and speed of information to patients so they can have these resources at their fingertips," said Lt. Col. Constance Smith, the CEMM director.

The CEMM Virtual Medical Center app includes three main elements: a military treatment facility locator, a TRICARE plan finder and a section on patient education.

Within the patient education section, app users can look up immunization information, see lists of common health questions, view animations of medical terms or diseases, access an extensive CEMM library and even list and track their own prescriptions.

"The CEMM VMC app features a medication reminder system; this is a valuable tool especially for patients who have difficulties remem-

bering to take their medication," Smith said. "Patients can input what medication they are taking and what time they need to take the medication, and the mobile app can remind them when they need to take it."

The pregnancy app includes a variety of features, including a tool for uploading and sharing photos or images such as ultrasounds, a mobile journal, an events log and a health statistics tracker. The app can also be programmed to push notifications to expectant mothers depending on their stage of pregnancy.

"For example, if a mother is at her second trimester we can push information to her mobile device providing medical recommendations that she may need at that time," Smith said.

Both apps are the first two mobile applications created by the CEMM. The CEMM is an Office of the Air Force Surgeon General initiative, located on the United States Air Force Academy, Colo., with the mission of providing interactive multimedia medical patient education throughout the military health system.

The development and rollout of the pregnancy app involves not only the CEMM, but also the U.S. Department of Veterans Affairs, the Uniformed Services University of the Health Sciences, and other ser-

vice branches.

The CEMM is already planning the release of their next mobile application, an app called "eWellness" that is scheduled to be available for download in summer 2014. The wellness app will allow users to track and learn more about aspects of their general health as well as certain medical conditions.

"If eWellness app users are diabetic, for example, they will be able to track their insulin levels," Smith said. "The app features seven tools, to include a weight and fitness tracker, so patients are able to track their calorie count and body mass index."

By developing apps such as these, the CEMM provides interactive, engaging tools aimed to reach patients with their educational programs.

"Our main goal, of course, is to help patients stay well," Smith said. "We are focused on educating today's Airmen, who are tech-savvy and accustomed to accessing knowledge at their fingertips, so they can be fit to accomplish their respective parts of the Air Force mission."

To find and download the CEMM VMC app and the "My Pregnancy A to Z Journal" app, Airmen can visit the CEMM library and click on the "Mobile Apps" tab on the left.






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*Information Submitted by Master Sgt. Jessica Bean  
152nd Medical Group Public Health  
from the Centers for Disease Control and Prevention*

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### ***Terrie's Story***

[http://www.youtube.com/watch?v=\\_th5U5hRu8k&feature=player\\_embedded](http://www.youtube.com/watch?v=_th5U5hRu8k&feature=player_embedded)  
[http://www.youtube.com/watch?v=EyVLKHEqTu0&feature=player\\_embedded](http://www.youtube.com/watch?v=EyVLKHEqTu0&feature=player_embedded)

Terrie talks about her own teen years and the heartache she later felt when she saw teenagers smoking.

Terrie started smoking in high school; by age 25, she had a sore throat that never seemed to go away. When she was 40, doctors found cancer and removed her voice box.

In time, Terrie could no longer smell cake baking in the oven or coffee brewing. She couldn't sing lullabies to her grandchild, and her cancer returned again and again. But she used her unique voice to warn others about smoking. She wanted to prevent people from suffering as she and her family had. Her new—and final—ads were filmed shortly before she died in September 2013 at age 53. In these compelling ads, Terrie urges people to quit smoking—once and for all.

### ***New Cancer Dangers From Smoking Revealed***

The list of cancers that you can get from smoking continues to get longer—and the risk for lung cancer today is much greater than it was 50

years ago. Back then, the first word that many smokers heard about cancer came from the first Surgeon General's Report on smoking and health (Smoking and Health: Report of the Advisory Committee to the Surgeon General of the Public Health Service), which was released on January 11, 1964.

This year's 50th anniversary report (The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General) reveals that:

- Smoking causes colon, rectal, and liver cancer. These add to more than a dozen cancers already known to be caused by smoking, including a type of blood cancer (leukemia).

- Smokers are more likely to get lung cancer today than in 1964, even though they don't smoke as many cigarettes. One possible reason is that filters and vent holes in today's cigarettes may lead smokers to inhale more deeply. This may pull dangerous chemical farther into your lungs.

- Smoking keeps cancer treatments from working as well as they should for those who continue smoking.

### ***More Information***

- People who stop smoking can greatly reduce their risk for disease and early death. The younger you are when you quit, the better your chances of avoiding health problems. The following resources can help you quit smoking:

- Smokefree.gov
- 1-800-QUIT-NOW (1-800-784-8669)
- 1-855-DÉJELO-YA (1-855-335-3569)
- Women.Smokefree.gov
- Teen.Smokefree.gov
- Espanol.smokefree.gov
- Help for Smokers and Other Tobacco Users [PDF - 180KB]
- Tips From Former Smokers
- BeTobaccoFree.gov
- Quit Tobacco—Make Everyone Proud (for military staff, veterans, and families)



## PERSONNEL SERVICES VIDEOS

Need help on a personnel service? Electronic Learning Tools (eLTs) are videos designed to give an overview, or in some cases details, of a particular service or personnel process and provide instructions on what to do. They are available on the myPers website, [mypers.af.mil](http://mypers.af.mil), under the "I Would Like To..." section, at the link "View Personnel Services Videos [eLTs]," or the Air Force Portal, Career and Training Tab, [www.my.af.mil](http://www.my.af.mil).

There are two types of eLTs: mini and extended. Mini eLTs run from 3-5 minutes; providing a quick overview and a follow-along "how to." Extended eLTs are longer as they have more information and include "guide me, try me, and show me" features. Extended eLTs are on the Advanced Distance Learning System (ADLS) and include additional access requirements of a .mil computer and a CAC log on.

The eLT library includes topics such as an introduction to myPers, submitting online service requests, checking statuses of requests, correcting your military records, awards and decoration nominations, DD Form 214 procedures, and information on retiring and the retirement process. Check often for new ones. If you would like to suggest a topic, send an email to [ngb.a1xo.kbm@us.af.mil](mailto:ngb.a1xo.kbm@us.af.mil) with your recommendation.

## 49th Annual Western States Invitational Golf Tournament

**25-27 July 2014  
Las Vegas, Nevada**

**The 49th Annual Air National Guard Western States Invitational Golf Tournament will be played at Angel Park and Legacy Golf Clubs on 25-27 July 2014 (Friday thru Sunday) in Las Vegas, NV. This tournament is an individual stroke play tournament and open to all levels of golfers with or without golf handicaps.**

**This year's tournament will be sponsored by the 162nd Fighter Wing, Arizona Air National Guard and in coordination with the Nevada Air National Guard. The tournament is open to all active members, retirees, spouses, dependents, and family members of the Air National Guard.**

**The tournament location has moved to Las Vegas and the dates of tournament play have moved to a weekend venue. We anticipate a full field of 144 players and as such registration will be based on a first come first served basis. Registration closes 15 June 2014. Please do not wait until last minute to register. We will do our best to accommodate all entries submitted before 15 June 2014.**

**The cost for this year's tournament is \$150.00. An optional practice round and skins game is scheduled to be played on Friday July 25th (\$40 additional cost and a \$10 gross and net optional skins game) followed by the official two days of tournament play on the 26-27 July 2014.**

**For more information visit the tournament's official website @ [www.angwesterninvitational.com](http://www.angwesterninvitational.com)**

**REGISTRATION DEADLINE IS 15 June 2014  
(This field will be limited to 144 Players)**

Month of the Military Child

# Spring Fling

a FREE celebration to honor our Military Children

April 12, 2014

11:00 am – 2:00 pm

NORTH LAS VEGAS Readiness Center  
6600 Range Road, NORTH Las Vegas

April, Month of the Military Child Celebration

Open to ALL Branches of the Military, Military ID required

Active, Guard, Reserve, Retired, Wounded Warriors, Survivor Families, Veterans

Pre-REGISTRATION required at

<https://www.surveymonkey.com/s/2014MOMCSpringFling>

For more information, contact Delana Cardenas

Lead Child & Youth Program Coordinator, Nevada National Guard

702-694-4476 [delana.j.cardenas.ctr@mail.mil](mailto:delana.j.cardenas.ctr@mail.mil)

- FREE BBQ LUNCH ▪ BALLOONS ▪
- FACE PAINTING ▪ GAMES ▪
- CRAFTS ▪ PETTING ZOO ▪ TRAIN RIDES ▪
- ACTIVITIES ▪ ARCHERY ▪ PRIZES ▪
- ENTERTAINMENT ▪ MUSIC ▪
- Hero Certificates for each Child/Youth ▪



National Guard Family Assistance





## Pilot/Navigator Hiring Board

Are you good enough to fly the greatest and most capable Tactical airlift aircraft in the history of aviation? Can you handle the stresses of flying high performance aircraft and graduate from the best flying training in the world? If so, we want you. The 152nd Operations Group is looking for Airmen who aspire to the highest levels of Air Force and Air National Guard excellence and who desire to reside at the tip of the Air Force spear.

We will be holding a Hiring Board for C-130 Pilots and Navigators over April Drill. We are looking for highly motivated, hard-charging individuals who want to join the best. You must be willing to undertake and excel at Undergraduate Pilot Training or Undergraduate Navigator Training and possess the integrity and leadership to wear the rank of an Officer in the Nevada Air National Guard.

If you are interested in the opportunity to be the best and having the privilege of supporting our soldiers, sailors, airmen and marines fighting on the ground, contact the Board President, Maj. Frank Magee or Capt. Reed Kobernik in the Ops Group. (788-9306)



**Hot off the Press!**  
**Anheuser-Busch Announces**  
**Here's to the Heroes**  
**JANUARY 1- DECEMBER 31, 2014**

\* "Here's to the Heroes" is an Anheuser-Busch tribute to the men and women of our armed forces. Active duty and reserve soldiers, airmen, Marines, sailors and Coast Guardsmen, as well as foreign military personnel serving with U.S. units, qualify.

\* Each service member receives a single free admission to any one SeaWorld or Busch Gardens park or Sesame Place for himself/herself and one each for as many as three direct dependents. The offer is valid for one park and one visit only from JANUARY 1- DECEMBER 31, 2014.

\* Military personnel can register online at [www.herosalute.com](http://www.herosalute.com) or fill out a registration form at the park. A valid DOD photo ID and the printed form you receive at time of registration must be presented at the gate.

\* Dependents can visit the parks without their sponsor. Registration procedure and gate requirements are the same as above. Only the spouse of a service member is permitted to register. Minor dependents must redeem their ticket with an adult.

\* Those not qualified for "Here's to the Heroes" can purchase discounted tickets to Sea World or Busch Gardens at the Leisure Travel Services.

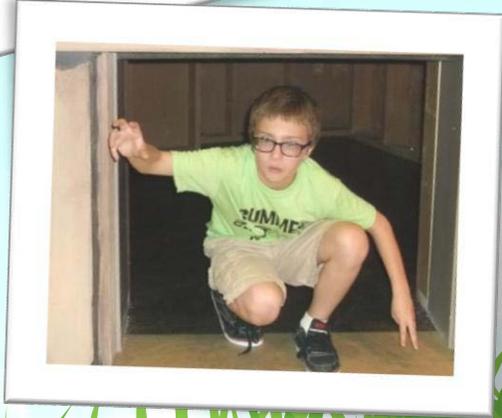
FOR MORE INFORMATION,  
CALL Leisure Travel Services 255-2997



Nevada National Guard Child & Youth Program presents...

# Spring Day Camp

come see what you'll discover...



## Who

- Dependent children and youth of the Nevada National Guard
- Between the ages of 6 to 18 (1<sup>st</sup>-12<sup>th</sup> grades)

## When & Where

- Northern Nevada 31 March - 4 April 2014  
Plumb Lane Armory  
685 E Plumb Lane, Reno
- Southern Nevada 15-18 April 2014  
North Las Vegas Readiness Center  
6600 Range Road, North Las Vegas

**FREE!**

**PRE  
Registration  
Required**

**Space is  
limited**



For Spring Day Camp information and registration, contact your CYP team:

**Delana Cardenas**  
Lead Child & Youth Program Coordinator  
702-694-4476, Las Vegas  
Delana.j.cardenas.ctr@mail.mil



**Jeremy Murphy**  
Child & Youth Program Coordinator, North  
775-384-5805  
Jeremy.p.murphy8.mil@mail.mil

# The 2014 152d AW Biggest Loser Competition!!!

## Participation Rules:

### POCs:

- MSgt Shay Gilliam [shay.gilliam@ang.af.mil](mailto:shay.gilliam@ang.af.mil)
- Ms. Gina Cafarelli [optimumpformance@ymail.com](mailto:optimumpformance@ymail.com)

- **This competition is completely FREE!!! No entry fees, no buy-in to participate!**

- **Have Fun, Eat Healthy and Exercise!!!**

- The registration and initial weigh-in period will be 25 January 2014 through 23 February 2014

- You go by the percent of body weight loss. The calculation: you take your actual weight (today) and subtract it from your initial weight. Then, divide that number by your initial (starting) weight. Take that number and multiply it by 100 and you get your weight loss percentage.

$$((IW-AW)/IW) \times 100 = \text{weight loss percentage}$$

So, if I start at 211, and I lose 5lbs in a month and end up at 206.

That would be  $211 - 206 = 5\text{lbs}$ . Take 5lbs and divide by my starting weight (211).  $5/211 = 0.023697$

Take that number and multiply it by 100.  $0.023697 \times 100 = 2.37\%$

- You can join at any time during the registration period

- All weigh-ins will be in gym shorts and T-shirts, no shoes...no uniforms. Though there is no set time to weigh-in, it is suggested to attempt to weigh in at the same time each time to get the best results.

- Weigh-ins will occur every other Tuesday in the Intel Orderly Room (take a left and first office on the left). See MSgt Gilliam or TSgt Kristine Mireles to log your biweekly activity. If you are a DSG, your weigh-in will be on the UTA week-ends.

- There will be a penalty applied if your weight stays the same.

- There will be a penalty if you miss weighing in.

- There will be a penalty for each pound gained (i.e. Gain 3 pounds, you owe 3 penalties)

- The final weigh-in and prize announcements will be on 18 May 2014 (Sunday of the May UTA).

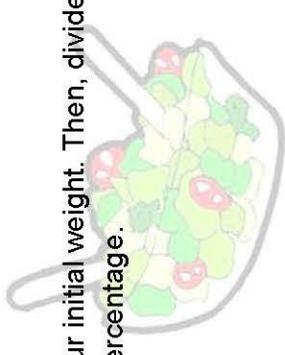
- The person at the end of the competition who loses the most percentage weight will earn a prize sponsored by the chapel and physical trainer.

## Penalties:

- Penalties will be at the discretion of the winner for the week/month. The winner is the person who loses the most percentage of body weight for the week. People incurring a penalty must do whatever embarrassing thing the winner suggests, as long as it is clean, fun and will not cause bodily or any type of physiological damage.

## Strategy:

- Weight loss is easier when it is done as part of a team and in competition. It is encouraged that you use "survivor" rules to form alliances or team and/or subvert one another's efforts to win the ultimate prize. We're talking about \$100 here people!! Also, Gina is available to help you get the upper-hand in losing weight effectively.



### Prizes!

-1<sup>st</sup> Prize: **\$100.00**

-2<sup>nd</sup> Prize: **\$50.00**

-3<sup>rd</sup> Prize: **\$25.00**

PLEASE JOIN US TO CELEBRATE  
THE CAREER *& Retirement!* OF



FRIDAY, 21 MAR 14 *(A.D.)*

at

**SANGA**

**6PM-?**

*BBQ provided by*



Dinner Tickets \$15 available in the Intel Squadron orderly room 788-8707/8710

# PERSONALLY IDENTIFIABLE INFORMATION

## PROTECT YOUR INFORMATION

**BECAUSE...**

**IF YOU DON'T  
THERE IS  
SOMEONE  
THAT WILL TAKE  
IT!**

FIRST AND LAST NAME

SOCIAL SECURITY NUMBER

FACE, FINGERPRINTS, OR HANDWRITING

USER NAMES AND PASSWORDS

IP ADDRESS

VEHICLE REGISTRATION PLATE NUMBER

DRIVER'S LICENSE NUMBER

CREDIT CARD NUMBERS

DIGITAL IDENTITY

DATE OF BIRTH

BIRTHPLACE

GENETIC INFORMATION

AGE

GENDER OR RACE

NAME OF THE SCHOOL OR WORKPLACE

COUNTRY, STATE, OR CITY OF RESIDENCE

GRADES, SALARY, OR JOB POSITION

CRIMINAL RECORD

# 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 <sup>st</sup> day of use by 12/31/13)	\$498.00 All ages 3+		\$499.00	
Premium Annual Pass (1 <sup>st</sup> 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	
Tickets must be special ordered and can take up to 10 days for delivery.	
<b>Walt Disney World</b> 'Magic Your Way' allowing for options!	Prices vary based on the options you choose!!
<b>Universal Orlando -Special Military Salute tickets now available! Ask for details!</b>	
<b>Sea World / Aquatica / Bush Gardens</b>	Prices vary based on the options you choose!!

<b>NEVADA and CALIFORNIA Attractions</b>	<b>MWR PRICES</b>		<b>GATE PRICES +tax</b>	
<b>Wild Island Water Park in Sparks</b> <b>Wild Island Attractions: High Ballocity, Laser Maze, Outdoor Mini Golf, Black Light Golf, Indy Cars</b>	\$21.75 (ages 4+) \$4.50		\$27.99 \$5.00-\$6.50	\$21.99
<b>Churchill Arts Council Special Events-</b> Various Dates	\$18.00		\$20.00	
<b>Reno Aces Infield Reserved Seating Regular Season</b> <b>Mid July: Fan Fest, Home Run Derby &amp; All Star Game!</b>	\$15.25 \$6.00/\$14.00/\$18.00		\$16.00-20.00 \$8.00/\$18.00/\$23.00	
<b>MS Dixie/ Tahoe Queen Emerald Bay Sightseeing</b> <b>MS Dixie/ Tahoe Queen Sunset Dinner Cruise</b>	\$37.00 \$60.00	\$9.00 (3-11) \$23.00 (3-11)	\$47.00 \$75.00	\$10.00 \$25.00
<b>Discovery Museum in Reno Ages 1-99</b>	\$6.00		\$8.00	
<b>Century Theaters Movie Tickets</b> Save \$\$\$ for prime time showings after 6pm!	\$8.25		\$9.75	
<b>GOLF (Tickets must be purchased by Active Duty)</b> <b>Fallon Golf Course</b> <b>Fallon Golf 10 rounds Punch Card</b> <b>Dayton Valley Golf Club</b>	\$21.00 \$210.00 \$36.00		\$35.00 \$250.00 \$45.00	
<b>See's Candy Gift Certificates (1 lb)</b>	\$14.75		\$21.10	
<b>Great America San Jose CA</b>	\$35.75 (All ages 3+)		\$59.99	\$39.99
<b>Knott's Berry Farm</b> - expiration: 12/31/13 (Ch: 3-11; less 48"/Seniors 62+)	\$32.50	\$25.00	\$62.00	\$33.00
<b>Legoland</b> (San Diego Area) - <b>Buy 1 day get the 2<sup>nd</sup> day FREE!</b> 2nd day must be used by 7days of first use. Expiration 12/31/13	\$49.75 (All ages 3+)		\$98.00	\$88.00
<b>Legoland Resort Hopper</b> - Lego/Sealife/Waterpark PLUS <b>FREE 2<sup>nd</sup> day.</b> 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
<b>Medieval Times Buena Park CA</b> - 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
<b>Monterey Bay Aquarium</b> 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	
<b>Sea World</b> Active Duty? Free + 3 @ <a href="http://www.herosalute.com">www.herosalute.com</a>	\$63.75 (All ages 3+)		\$78.00	\$70.00
<b>San Diego Safari Park</b> – 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
<b>San Diego Zoo</b> – 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
<b>Santa Cruz Boardwalk</b> Unlimited Rides All Day + 2 attraction visits	\$32.50		\$40.90	
<b>Six Flags Discovery Kingdom Vallejo CA</b>	\$36.50 (All ages 3+)		\$59.99	\$39.99
<b>Six Flags Magic Mountain Valenica CA</b>	\$36.50 (All ages 3+)		\$64.99	\$39.99
<b>Universal Studios Hollywood</b> – 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	



# WALT DISNEY WORLD

## New US Military Special Ticket Offers

### Disney 4-Day Ticket with Park Hopper \$169.00

**Military Promotional Tickets available September 29, 2013 - September 24, 2014**

- ONLY Eligible Service Members or their spouses (but not both) with military identification, can purchase up to six tickets for themselves and other family members and friends for \$169.00 per person.
- "Eligible Service Members" include active or retired members of the U.S. military, including the National Guard, Reservists and the U.S. Coast Guard.
- No more than six (6) Disney Military Promotional Tickets may be purchased and (if applicable) activated by any Eligible Service Member or spouse (regardless of the place of purchase and whether purchased by that person or that person's spouse), and all six (6) must be purchased at the same time.
- These Tickets may not be otherwise transferred, distributed, or resold.
- One of the six (6) Tickets purchased must be for use by the Eligible Service Member or his/her spouse.
- Disney Military Promotional Tickets must be activated by September 24, 2014, and expires September 27, 2014.
- In addition, Disney 4-Day Military Promotional Tickets (including any options) for the Walt Disney World may not be used on the following block out dates: December 20, 2013 through December 31, 2013 and April 13-20, 2014, at all Walt Disney World Theme Parks and Water Park Fun & More locations; and July 4, 2014 at Magic Kingdom Park only.

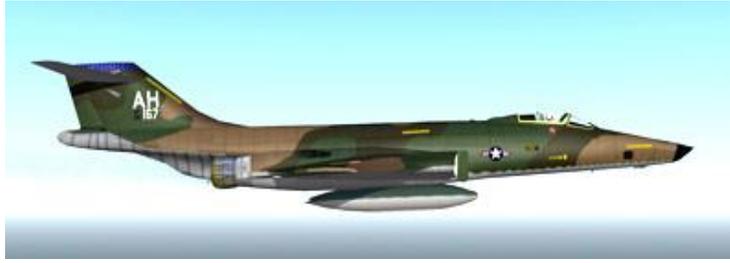
**Active and Retired U.S. military personnel can save up to  
40 % discount on rooms at select Walt Disney World Resorts!  
Contact the Leisure Travel office to book these rooms.**

This offer is valid for stays most nights now through September 27, 2014, but is not valid at all November 28-30, 2013, December 23-31, 2013, and April 14-19, 2014 at Walt Disney World.

**Contact the Fort Rucker Leisure Travel office for more information.  
334-255-9517/2997**

**[www.ftruckermwr.com/lodging/leisure-travel/](http://www.ftruckermwr.com/lodging/leisure-travel/)  
Information is also available at [www.disneyworld.com/military](http://www.disneyworld.com/military)**





## **Invitation to all Nevada Air National Guard ex-RF-101 Pilots**

**For the**

### **RF-101 Voodoo Pilot Reunion 2014.**

**Grand Sierra Resort APRIL 14-17 (Monday-Thursday)**

Events:

Hospitality room – The hospitality room is in the Diplomat Suite. It will be open Monday through Wednesday from around 8am until 10pm. Donations accepted.

Tuesday 15 April – 1800 no host cash bar, 1900 Buffet dinner \$50.00

Wednesday 16 April – 1800 no host cash bar, 1900 Dinner served \$55.00

Dressy casual. Ties nice but optional

Guest Speaker was a CIA test pilot for the A-12 and SR-71

Dinner choices with Dessert

Chilean Sea Bass with citrus Beurre Blanc or a Combo plate of boneless chicken breast and grilled filet mignon

This group includes several retired generals, commanders, and squadron pilots who have flown the RF-101 in the Regular Air Force. They have flown in the Korean and Vietnam conflicts and range in age from 75 to 90 years old. Some were also pilots in the RF-4 after Vietnam. The group has been meeting yearly since around 1977 and the last time they had a reunion in Reno was in 1997. We are hoping to have 70-75 attendees.

Lt. Col. (Ret) Gordy Newman has arranged this gala affair. Come by and rub elbows with some very special individuals.

Spouses, friends are welcome too! Marv Reed will be also be here!

If you want to attend the dinners, send me your attendee's names and meal choices with a check for the amounts before April 7<sup>th</sup> and I will get you on the list.

Col. (Ret) Bill Shepherd, 3850 Plumas St., Reno, NV 89509

phone 826-0388 or [billshp@sbcglobal.net](mailto:billshp@sbcglobal.net)

# NV CITIZENS helping TROOPS PROJECT

Citizens, Businesses, & Schools Supporting Nevada Service Men and Women

## Spend Your Lunch Hour Supporting Troops!

### Volunteer to Fill Care Packages

Friday, March 21

NV Energy Sierra Plaza Auditorium

### Available shifts

#### 10 to 11:30 a.m.

Pre-packing party: help retrieve items from storage, organize tables with packable items, bag smaller items and general set-up.

#### 11:30 a.m. to 1:00 p.m.

*(Recommended time for outside guests to attend, please RSVP)*

Packing Party: Stuff boxes with items for the troops.

#### 1:00 to 2:00 p.m.

Packing Party Clean-up: deliver boxes to storage area and general clean up

If you would like to donate items, please bring:

- **Hard Candy**
- **Individual sized snacks**
- **Small tissue packages**
- **Individual drink mixes**
- **Floss**
- **Gum**
- **Chap stick**
- **Art Supplies**

For Tax Deductible Monetary Donation please contact JoAnn Meacham,

[jmeacham@nvenergy.com](mailto:jmeacham@nvenergy.com)

Make checks payable to: David J Drakulich Art Foundation: For Freedom of Expression

**Sign up on Volunteer Match for any shift compatible with your schedule.**

NV Energy Employees may contact Jessica Rice at [jrice@nvenergy.com](mailto:jrice@nvenergy.com). Outside guests please contact JoAnn Meacham at [jmeacham@nvenergy.com](mailto:jmeacham@nvenergy.com) to RSVP.

# Unwelcome viral trend: Social media misuse

Please keep the following in mind when posting to social media sites like Facebook or Twitter:

## Once it's out there, it's there forever

- When you post something on social media, you can't "get it back." Even deleting the post doesn't mean it's truly gone, so consider carefully before you hit enter.

## No classified information

- Don't post classified or sensitive information (for example, troop movement, force size, weapons details, etc.) If in doubt, talk to your supervisor or security manager. "Think OPSEC!"

## Uniform Code of Military Justice in effect

- **Be extremely conscientious of your social media use while in uniform, on duty and while on orders!**

Soldiers and Airmen who use social media must abide by the terms outlined in the Uniform Code of Military Justice. Five articles in the UCMJ deal specifically different aspects of inappropriate behavior in public. They are Articles 88, 89, 91, 133 and 134. The specified articles cover contempt toward officials, disrespect toward superiors, insubordinate conduct toward superiors and conduct unbecoming of an officer and a gentleman. Examples of this last include posting an obscene photo or linking to inappropriate material. Article 134 is a general article covering offenses such as disloyal statements and anything to the prejudice of good order.

## Use your best judgment

- What you write may have serious consequences. If you're unsure about a post, discuss your proposed post with your supervisor. Ultimately, you bear sole responsibility for what you post.

## Avoid the offensive

- Don't post any defamatory, libelous, vulgar, obscene, abusive, profane, threatening, racially and ethnically hateful or otherwise offensive or illegal information or material.

## Don't violate copyright and trademarks

- Don't post any information or other material protected by copyright without the permission of the copyright owner.

## Don't violate privacy

- Don't post any information that would infringe upon the proprietary, privacy or personal rights of others.

## No endorsements

- Don't use the military to endorse or promote products, political positions or religious ideologies.

## Stay in your lane

- Discussing issues related to your career field or personal experiences are acceptable and encouraged, but you shouldn't discuss areas of expertise where you have no firsthand, direct experience or knowledge.

## Be cautious with the information you share

- Be careful about the personal details you share on the Internet. Maintain privacy settings on your social media accounts, change your passwords regularly and don't give out personally identifiable information. Also, be mindful of who you allow to access your social media accounts.





## NEVADA NATIONAL GUARD ENLISTED ASSOCIATION

**P.O. BOX 20595  
RENO, NV 89515-0595**

**The Nevada EANGUS  
MSgt Michael T. Landsberry  
Memorial Educational Scholarship**

The NVEANGUS will be awarding one \$750 scholarship for the 2014 academic year. The scholarship will be for a dependent of a current member of the Nevada National Guard.

All scholarship applications must be sent to: **NVEANGUS, ATTN: Scholarship Chairperson, P.O. Box 20595, Reno, NV 89515-0595**. Applications must be postmarked by **April 11, 2014**.

Scholarship Requirements/eligibility:

- Children of a NVEANGUS members (member must have a current paid membership)
- Spouses of NVEANGUS members (member must have a current paid membership)
  
- Applicants must be enrolled in college, university, trade or business school.
- Must submit a completed scholarship application
- Must submit one letter of recommendation verifying the application and giving general personal traits (high school principal, counselor, dean, professor, minister, employer, etc.)
- Former recipients of a NVEANGUS scholarship are not eligible to apply

An impartial panel of judges will rank the scholarship applications. One scholarship of \$750 will be awarded to the highest ranked applicant.

For application please contact Rosie Marston 788-4690 [rosemarie.marston@ang.af.mil](mailto:rosemarie.marston@ang.af.mil) or visit our website at <http://nevadaeangus.org/>



## SCHOLARSHIP APPLICATION

The Nevada EANGUS  
MSgt Michael T. Landsberry  
Memorial Educational Scholarship

Name \_\_\_\_\_ Date \_\_\_\_\_  
*Last First Middle*

Home Address \_\_\_\_\_  
*Number Street P.O. Box*

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_ Phone ( ) \_\_\_\_\_

Cell Phone \_\_\_\_\_ Email Address \_\_\_\_\_

Date of Birth \_\_\_\_\_ Sex \_\_\_\_\_ Marital Status (S/M) \_\_\_\_\_

Member/Sponsor EANGUS # (Parent or Spouse – Must be a NVEANGUS member) \_\_\_\_\_

Applicants Status: (check one) High School ( ) Business / Trade School ( ) College ( )

School / College & Grade / Term \_\_\_\_\_

Applicant's Occupation \_\_\_\_\_ Spouse's Occupation \_\_\_\_\_

Children (include ages) \_\_\_\_\_

Family Income: Under \$25,000 ( ) \$25-\$39,999 ( ) \$40-\$49,999 ( ) Over \$50,000 ( )

Have you received any other scholarships? (If so, specify) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

List Activities (School, Community, Church) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

List offices which you have held in any organization \_\_\_\_\_  
\_\_\_\_\_

List Honors which you have been awarded (School, Athletics, Citizenship, etc.) \_\_\_\_\_

List College / Trade / Business School you plan to attend (Include address) \_\_\_\_\_  
\_\_\_\_\_