



# TALESPINNER

JOINT BASE SAN ANTONIO-LACKLAND, TEXAS • Vol. 70 No. 29 • July 26, 2013

## SILVER STARS



Photo by Staff Sgt. Vernon Young Jr.

Tech. Sgt. Ismael Villegas (right), who is assigned to the 24th Special Operations Wing and works as a liaison for the Air Force Recruiting Service in San Antonio, and Staff Sgt. Dale Young (left), 342nd Training Squadron combat control instructor, pose for a portrait after being awarded Silver Stars Monday at Joint Base San Antonio-Lackland. Villegas and Young were awarded Silver Stars for their actions against enemy forces in Afghanistan. **Story, Page 3.**

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# Program offers civilian employees free confidential counseling

By Lori Newman  
JBSA-Fort Sam Houston Public Affairs

Mike, a civilian employee, needed help to cope with some personal and professional issues. He self-referred to the Employee Assistance Program at Joint Base San Antonio-Fort Sam Houston.

"I have been diagnosed with depression," he said quietly.

Mike suffers from something called survivor's guilt. He said he was depressed because even though he retired from the military after 30 years he never served in combat.

There were other issues weighing on Mike. His wife is a breast cancer survivor, he has a child with autism; he was dealing with an aging parent and the loss of a beloved pet.

He was also taking prescription medications for chronic back pain.



Mike realized he had a problem he couldn't deal with alone, so he contacted Steve Henry, an Employee Assistance Program coordinator at JBSA-Fort Sam Houston.

"It was the only safe and non-threatening place where I had no fear of reprisal," Mike said.

In the beginning, Mike saw Henry on a daily basis.

"Looking back I was probably taking the medication more than I should have," Mike said. "But I legitimized it by telling myself that if a doctor prescribed it, I could take it.

"Steve was able to talk to me about that. He was able to help get me off the prescription pills and help me arrange for other professional counseling," Mike said.

Michelle's supervisor thought she had a problem managing her anger in the workplace and was taking her stress out on her co-workers.

When she first went to see Henry, she said she wasn't happy about being sent there.

"I was sitting on the edge of my seat, all tense and shaking my legs back and forth," she said.

"Mr. Henry took it upon himself to find the right words to

calm me down," she remembered. "When I walked out of there I was laughing and having a good time."

"I went in not knowing what they had to offer," Michelle said. "When I got there Mr. Henry explained what the program was all about. I just kind of opened up and I told him what had happened."

She had a confrontation with one of her co-workers. Michelle said she felt like they were cornering her and not giving her a straight answer.

"Mr. Henry was able to help me out with my stress levels, my anger issues, my frustration," she explained.

Henry helped Michelle realize she can't control what other people think or say and how they act and feel.

See PROGRAM Page 10

## Voluntary fiscal 2014 force management programs announced

By Debbie Gildea  
Air Force Personnel Center Public Affairs

The Air Force will implement several officer and enlisted force management programs for fiscal 2014, officials said July 18.

Force management programs enable the Air Force to both size and balance the force, with the goal of meeting mandated end strength numbers in the right career fields and at the right grades, said Lt. Col. John Barlett, the Air Force Personnel Center operations division chief.

Officials anticipate ending fiscal 2013 within or marginally over the 329,460 authorized end strength, but also expect fiscal 2014 authorizations to drop.

"Air Force leaders are working hard to ensure we meet end strength restrictions without harming the mission or the Airmen who accomplish it," Barlett said. "Force management programs help us do that - they enable us to offer retirement and separation incentives and options that Airmen wouldn't otherwise have. Every approved volunteer is one fewer Airman we may

have to lose to a non-volunteer program."

Enlisted members in non-critical career fields will be able to apply for limited active duty service commitment waivers, a waiver of up to two years on their current enlistment contract, a waiver of all but six months of promotion-related ADSC, or the expanded Palace Chase program (reduced commitment to the Air Reserve Component of one year for each year of ADSC waived), Barlett said.

Eligible officers from overmanned fields will be able to apply for time in grade waiv-

ers, limited ADSC waivers, the Expanded Palace Chase Program, and the 10-vs-8 Commission Waiver Program (allowing prior enlisted officers to retire with eight years of commissioned time versus 10).

Interested, eligible Airmen must apply online via the virtual Military Personnel Flight, with application windows open through July 1, 2014. Those approved must separate by Sept. 30, 2014, and approved retirements must be no earlier than Oct. 1, 2013 and no later than Sept. 1, 2014,

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LACKLAND  
TALESPINNER

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Lackland  
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Deadline for submissions is noon Thursday the week prior to publication.

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For current, automated information during a natural disaster, crisis or emergency, call your local Straight Talk line.

JBSA-Fort Sam Houston: 466-4630

JBSA-Lackland: 671-6397

JBSA-Randolph: 652-7469

## NEWS IN BRIEF

Compiled by Mike Joseph, JBSA-Lackland Public Affairs

### MONDAY

#### CHILDREN'S THEATER AUDITIONS

Registration is under way for students entering grades 1 through 12 to audition for the Missoula Children's Theater. Pre-registration is at Arnold Hall Community Center or the Lackland Youth Center.

Auditions for "Snow White and the Seven Dwarfs" are Monday, 10 a.m., at Arnold Hall. Call 671-2619/2388.

### WEDNESDAY

#### 502ND ABW RECOGNITION EVENT

The 502nd Air Base Wing promotion ceremony is Wednesday, 3 p.m., in the Parr Officers Club at Joint Base San Antonio-Randolph.

For more details, contact Master Sgt. Christina Warner at 671-5149.

### AUG. 5

#### FREEDOM CHAPEL WOMEN'S SOCIAL

Freedom Chapel will host a social for women in the Joint Base San Antonio-Lackland community on Aug. 5, 6-8 p.m., to detail upcoming Bible studies and events. Contact 671-4208.

### AUG. 5-9

#### SNCO PROFESSIONAL ENHANCEMENT

A mandatory professional enhancement seminar for all master sergeant-selects is Aug. 5-9. The registration deadline is Friday.

The seminar is designed to provide newly-selected master sergeants with an in-depth view of their increased supervisory, leadership and managerial responsibilities. It also provides assistance in making the transition to senior NCO status more effective.

For additional information, contact Master Sgts. Tracette Abney at 671-1575, Terri Harmon at 652-2525, Shokia Turner at 977-2040 or Alan Weary at 292-4308.

### AUG. 9

#### SENIOR NCO INDUCTION CEREMONY

The Joint Base San Antonio-Lackland senior NCO medallion and induction ceremony is Aug. 9 at the Gateway Club.

The medallion ceremony begins at 5:30 p.m. followed by a social at 6 p.m. and dinner at 7 p.m.

For more details, contact Master Sgt. Daniel Henry at 977-5673 or Staff Sgt. Tanisha White at 977-2524.

# Two Special Operations Airmen receive Silver Star decoration

By Mike Joseph

JBSA-Lackland Public Affairs

Two Air Force Special Operations Command combat controllers currently stationed in San Antonio were each presented a Silver Star for gallantry in combat during a ceremony Monday at Joint Base San Antonio-Lackland.

The two combat controllers, Tech. Sgt. Ismael Villegas and Staff Sgt. Dale Young, were decorated by Lt. Gen. Eric E. Fiel, commander, Air Force Special Operations Command, Hurlburt Field, Fla. The Silver Star is the third highest award exclusively for combat valor.

"Gentlemen, your bravery and tenacity epitomize what being a warrior is all about," Fiel said during the ceremony. "Your brave actions under hostile fire at great risk to your lives not only decimated the enemy but also saved lives of your teammates. Your unwavering gallantry and devotion to duty are an example for all of us to follow."

It was the second Silver Star awarded to Villegas, currently the only active-duty two-time recipient in the Air Force. Villegas is assigned to the 24th Special Operations Wing at Hurlburt Field who presently works as a recruiting liaison for the 369th Air Force Recruiting Group at



Photo by Staff Sgt. Vernon Young Jr.

Tech. Sgt. Ismael Villegas and Staff Sgt. Dale Young hold their Silver Stars after Monday's ceremony at Joint Base San Antonio-Lackland. Villegas and Young were awarded Silver Stars for their actions against enemy forces in Afghanistan.

JBSA-Lackland.

Young is assigned to the 342nd Training Squadron at JBSA-Lackland as an instructor in the initial course of entry for combat control and special operations weather. The 342nd TRS is home to all Air Force Battlefield Airman entry-level training for para-rescue, combat control, special operations weather, and tactical air control party.

Both recipients were humbled and honored by the award.

"I was surprised," Young said. "It was submitted as a Bronze Star with Valor and after statements from some of my team members, different boards recommended an upgrade to Silver Star. It's an honor."

Villegas, a 16-year veteran with eight deployments, used "surreal and shock" to de-

scribe his reaction.

"It's surreal," he said. "The first one (in 2011) you don't even expect – that in itself is a shock. To receive two – that's even more incredible. For me to be awarded a second one is even more of a shock."

Both men received their awards for gallantry in action during separate military operations near Helmand Province, Afghanistan.

Villegas' citation said he risked his life from Feb. 6-24, 2011 during nonstop enemy engagements. In an 18-day mission riddled with trench warfare battles, Villegas controlled 40 aircraft that delivered more than 32,500 pounds of precision ordnance. The air strikes resulted in 21 enemy confirmed killed in action, and destroyed eight fighting positions and two communication

repeaters.

During the mission, Villegas gathered intelligence from fortified insurgent positions at great risk. He also protected, covered, then pulled to safety, a teammate hit by shrapnel.

From May 19-23, 2009, near Helmand Province, Young's citation said he served as the primary combat control joint terminal attack controller assigned to an Army Special Forces team. Young's element was under continuous enemy fire for 94 hours.

Young controlled up to 11 coalition aircraft, and ensured safe and effective fires on enemy positions despite small arms and rocket fire within 10 meters of his position. The mission also destroyed over \$1 billion in black tar opium.

During his remarks, the AFSOC commander cited the humility and training of Special Operations Airmen.

"Special Operations is a community of quiet professionals," Fiel said. "If you ask these men or any one who wears our berets their thoughts about decorations, I think they would all say, 'I was just doing what I was trained to do.'"

"The citations detail your amazing acts of heroism and bravery," he said. "Your stories are truly inspiring."

## Public health continues mosquito trapping

By Robert Goetz

JBSA-Randolph Public Affairs

Public health of-

ficials at Joint Base San Antonio locations have not trapped any West Nile virus-posi-

tive mosquitoes so far this year, in contrast to a year ago.

Last year, West Nile-virus positive mosquitoes were identified at all four JBSA locations, starting with samples

found at JBSA-Fort Sam Houston in mid-July.

However, ongoing surveillance has yielded nothing positive for West Nile virus at JBSA-Fort Sam Houston or JB-

SA-Camp Bullis in 2013, said Capt. Caesar Sarmiento, U.S. Army Medical Command/Brooke Army

See WEST NILE

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**BMT HONORS**

Congratulations to the following 62 Airmen selected as honor graduates among the 627 Air Force basic military trainees who graduated today:

**321st Training Squadron***-Flight 473*

Carey Carroll  
Raymond Cronce  
Tyler Farrell  
Alex Hein  
Calvin Payne  
Jason Sullivan  
Erik Winters

*-Flight 474*

Kino Anderson  
Chaz Barti  
Peter Dye  
Fernando Elliott  
Brandon Fernandez  
Seth Morris  
Damian Padilla  
Zade Vadnais

**322nd Training Squadron***-Flight 479*

Brandon Brown  
Justin Cagle

David Frey  
Mark Jones  
Seungwoo Jung  
William Mosman  
Jeffrey Nelson  
Skylar Tutt  
Christopher Wilson Jr

**323rd Training Squadron***-Flight 471*

Nicholas Masse  
Tyrone Roberts  
Patrick Schultz  
Francisco Vasquez

*-Flight 472*

Brendan Comiskey  
Adam Copley  
Dylan Dry  
Casey Dye  
Ryan Ramshaw

*-Flight 477*

Zachary Cacia  
Joshua Gosserand  
Kimo Lagapa-Talbott  
Louie Landin  
Dhananjay Patel  
Owen Stech  
Evan Stull

Robert Wahrab

*-Flight 478*

Samantha Rush

**324th Training Squadron***-Flight 481*

Travis Dougherty  
Wesley Shults  
Erik Wierschem

*-Flight 482*

Boe-Parreno Berkeleigh S B C  
Shelby Bowling  
Adrienne Davis  
Elizabeth Portela-Hampton  
Tessy Schwab

**331st Training Squadron***-Flight 475*

Justin Cline  
Steven Foesel  
Joshua King  
Mark Mitchell  
Stephen Surgent  
Travis Thompson  
Christopher Toombs T

*-Flight 476*

Alexandra Cresswell

Melanie Grotenrath O  
Stephanie Keller  
Ashley Olmstead  
Mariah Summers

**Top BMT Airman**

Kimo Lagapa-Talbott  
323rd TRS, Flight 477

**Most Physically Fit***-Male Airmen*

Zechariah Killingbeck  
331st TRS, Flight 475  
Penafiel Ajila  
331st TRS, Flight 475  
Kwame Cole  
323rd TRS, Flight 477  
Najee Holverstott  
323rd TRS, Flight 471

*-Female Airmen*

Ashley Olmstead  
331st TRS, Flight 476  
Makayla Knight  
323rd TRS, Flight 478  
Kelly Tomfohrde  
331st TRS, Flight 476  
Liebe Bishop-Garcia  
323rd TRS, Flight 478

*-Male Flights*

331st TRS, Flight 475  
323rd TRS, Flight 477  
321st TRS, Flight 474  
321st TRS, Flight 473  
323rd TRS, Flight 471  
323rd TRS, Flight 472  
324th TRS, Flight 481  
322nd TRS, Flight 480  
322nd TRS, Flight 479

*-Female Flights*

331st TRS, Flight 476  
323rd TRS, Flight 478  
324th TRS, Flight 482

**Top Academic Flights**

323rd, TRS, Flight 471  
323rd, TRS, Flight 477  
324th, TRS, Flight 481  
323rd, TRS, Flight 472  
331st, TRS, Flight 475  
321st, TRS, Flight 473  
322nd, TRS, Flight 479  
321st, TRS, Flight 474  
323rd, TRS, Flight 478  
324th, TRS, Flight 482  
322nd, TRS, Flight 480  
331st, TRS, Flight 476

6 x 4.75

# CDOS campaign addresses sports and recreational safety

By: Airman 1st Class Alexandria Slade  
JBSA-Randolph Public Affairs

Sports and recreation safety are important topics in this year's Critical Days of Summer campaign.

Summertime offers an increased amount of opportunities to stay fit through outdoor activities, so it's important everyone knows how to stay safe, Linda Howlett, 502nd Air Base Wing ground safety manager, said.

Running and playing sports are fun ways Airmen and their families can stay healthy during the summer, Staff Sgt. Gary Lund, 502nd ABW ground safety technician, said.

"I think any activity a person is passionate about can keep them physically fit," Howlett said. "The main thing is to stay active and to know your limits."

Due to transitional weather, physical limitations and excessive exertion, "any sport can have a mishap victim," Lund said.

Despite the inherent risk of physical team activities, participating in a sport does not mean one should be

competitive to the point of injury, Howlett said.

To avoid injuries, participants should stretch prior to activities and never consume alcohol during recreation or fitness, Lund said.

To remain safe in the sun, stay hydrated and nourished before, during and after participating in exercise, he said. Use sunblock, wear a hat and be aware of how much time has passed.

Another potential danger with outdoor activity is a motorist colliding with a cyclist or runner.

"Dress to be seen," Howlett said.

Runners and cyclists should wear bright clothing and reflective gear to catch motorists' attention on the roads, she said. Drivers, runners and cyclists must always remain alert and focused.

If an Airman is injured, the initial step is to seek medical attention, Lund said. Afterward, they must fill out an Air Education and Training Command Form 435, or mishap reporting worksheet, initiated and signed by his or her supervisor, unit safety representative and unit commander.

arate or retire earlier than you had expected, but not all applicants will be approved. As the Air Force meets targets, some career fields will be removed from the list, so if you wait, you may be denied.

Members selected for voluntary and non-voluntary FM programs must attend an Air Force Transition Assistance Program seminar before separating or retiring, as well, so applying early will help ensure they are able to get into a seminar, Barlett said.

In addition to those voluntary FM programs, the Air Force will implement additional programs and measures through the fiscal year, as necessary to bring end strength numbers within requirements.

For additional information about voluntary FM programs, go to the myPers website at <https://mypers.af.mil>. Enter "PSDM 13-64" in the search window for enlisted programs and "PSDM 13-65" for officer programs.

## MANAGEMENT from Page 2

Barlett said.

While eligible Airmen may apply for available waivers, some Airmen, depending on their circumstances, may be required to repay the Air Force for benefits received including tuition assistance and transferring Post 9/11 GI Bill benefits to dependents.

"Airmen need to carefully review the eligibility criteria and recoupment information before they apply for a force management program," Barlett said. "Some ADSC waivers don't require repayment, like permanent change of station and technical training, but others do; so you'll want to be prepared. And do look into the Palace Chase option; you may be excused from all repayment."

Eligible, interested members should apply early, as well, Barlett said.

"Force management programs may provide you with opportunities to sep-

## MILITARY TRAINING INSTRUCTOR SCHOOL

### Class 130606 Graduates

#### Congratulations to the graduates

<b>Master Sgt.</b> Babatonji Akande	Rica Lehrer Latrisha Moore Andrea North Trenner Sears Andrew Westbay
<b>Tech. Sgts.</b> David Berryman, Jr. Jacob Breed Angelly Cardoza Christopher Collazo Gerald Davidson	<b>Staff Sgts.</b> Matthew Kuchera Kevin Gray

*Excellence in Instruction* - Staff Sgt. Matthew Kuchera

*Commandants Award* - Staff Sgt. Matthew Kuchera

*Distinguish Graduate* - Tech Sgt. Jacob Breed

## AROUND JBSA-LACKLAND

Under secretary visits



Photo by Benjamin Faske

The Honorable Jessica L. Wright, acting under secretary of defense for personnel and readiness, gives the oath of enlistment at the basic military training parade July 19, at Joint Base San Antonio-Lackland.

**PROGRAM** from Page 2

"I can only control myself," she said. "By speaking to him, I've been able to be more at ease when an issue arises.

Michelle's supervisor also went to talk to Henry.

"I think we have a better understanding of each other now," Michelle said.

Now she refers co-workers to EAP because she thinks it will help them.

The EAP provides civilian employees assistance with issues such as stress management, marriage and family counseling, substance abuse, depression, dealing with loss and interpersonal problems with co-workers.

Any JBSA employee can utilize these services at JBSA-Fort Fort Sam Houston whether they are Army, Air Force or Navy. That includes retired civilian employees and their spouses, on a space available basis.

"I don't turn anybody away," Henry said.

"The program is strictly confidential," Henry said. "But, I strongly urge people to talk to their supervisor and let them know what's going on because their supervisor can also provide resources to help them."

"My responsibility is the safety and security of the individual and to the area where they work," he said.

EAP also offers short-term one-on-one counseling on job performance.

"Regardless of why you go there, whether it is for a serious incident or you're trying to manage your stress, the program is excellent," said Amy, another civilian employee.

"It really helps balance the workplace and your home life. It's holistic; it should be part of a wellness program."

JBSA-Fort Sam Houston employees can call 221-0133 to speak to a counselor.

JBSA-Randolph and JBSA-Lackland have a similar program; however the services are only available to appropriated fund civilian employees and counseling is conducted at VESA Health's satellite office at 10010 San Pedro Ave., Suite 610.

Counseling is provided in private, confidential sessions where employees can be seen individually, as a couple or as a family.

"I provide individual and family counseling services," said Graci Ortiz, licensed professional counselor. "They get five free sessions per employee and per family member."

JBSA-Lackland and JBSA-Randolph appropriated fund employees can call 213-6454 to set up an appointment.

"The patient calls in and gives me their name, telephone number and their office symbol. Then I call civilian personnel to verify they are an employee of Lackland or Randolph," Ortiz said.

"Once their employment is verified, I call the patient back and I start services with them."

At the end of the five free sessions, patients can continue services under their health insurance and there may be a co-payment.

The JBSA-Fort Sam Houston EAP website offers employees and supervisors tips and information on several topics at [http://www.samhouston.army.mil/hra/asap/EAP\\_Training.aspx](http://www.samhouston.army.mil/hra/asap/EAP_Training.aspx).

(Editor's note: Employee's names have been changed to protect their privacy.)



Photo by Joshua Rodriguez

U.S. Air Force Airmen and Colombian students from the Inter-American Air Forces Academy held an Independence Day celebration July 18 to commemorate the day Colombia gained independence from Spain.

# Colombian students celebrate Independence Day at IAAFA

Staff Sgt. Marissa Tucker  
JBSA-Lackland Public Affairs

Colombian students at the Inter-American Air Forces Academy held an Independence Day celebration July 18 to commemorate the day Colombia gained independence from Spain.

The ceremony, held in the IAAFA auditorium, celebrated the rich heritage of Colombia, the efforts of their military forces and honored those who lost their lives in the fight for independence. Honoring the fallen is a tradition in the Colombian military, said Lt. Col. Juan Mosquera, the high-

est ranking Colombian student at IAAFA and the organizer of the ceremony.

It was important for the students to celebrate Colombian Independence Day while attending IAAFA, said Mosquera, who believes it shows pride in their home country and their predecessors for gaining independence from Spain July 20, 1810. By celebrating with Americans, it shows dedication to their country and gratitude to IAAFA for hosting the courses that will help improve their military for years to come, he said.

Activities included a

speech from Mosquera on the history of Colombia and several videos that captured the essence of the South American country by discussing its resources and accomplishments, and displaying how Colombian armed forces protect citizens against crime.

Colombian students organized the entire event with support from the IAAFA staff, which facilitates all celebrations and memorials for the partner nation countries, said Master Sgt. Andrew Salazar, IAAFA student affairs flight chief. Supporting each nation's cultural tradi-

tions helps strengthen the bond between the students and the staff, which in turn fosters better relations with South American partners.

The mission of IAAFA is to train and educate military forces to build and enable partner nation capacity that supports global security and stability. The school's primary focus is to provide noncommissioned officers and squadron officer candidates from South American countries leadership skills that will enhance their tactics and processes and strengthen the working relationship between the nations.



# Joint Base San Antonio FORCE SUPPORT SQUADRON

## Monthly Events

## August

### Arts and Crafts

#### Arts and Crafts implements new operating hours

The JBSA-Lackland Arts and Crafts Center has new operating hours. The facility is open Tuesdays-Thursdays, 9 a.m.-6 p.m., and Fridays, 9 a.m.-5 p.m. For more information, call 671-2515.

### Bowling

#### Patrons pay a penny a pin

Patrons can bowl for a penny a pin every Sunday in August from 1-9 p.m. at the JBSA-Randolph Bowling Center. For more information, call 652-6271.

#### Patrons take the stage at open microphone night

The JBSA-Lackland Skylark Bowling Center hosts open microphone night Aug. 10, 8-11 p.m., in Primo's Lounge. All singers, musicians and poets are invited to take the stage and perform. For more information, call 671-1234.

#### Back to school bowling special

The JBSA-Randolph Bowling Center offers the last bowling outing before school starts. Head to the bowling center Aug. 5-9 (Monday-Friday) and Aug. 12-16, 10 a.m. to 4 p.m., and enjoy bowling for only \$2 per game, per person with \$2.25 shoe rental. For more information, call 652-6271.

#### League bowlers offered special rate

The JBSA-Randolph Bowling Center offers league bowlers a chance to tune up their game at the special "Welcome Back League Bowlers" rate of \$1.75 per game, per person Aug. 12-16, 10 a.m.-4 p.m. For more information, call 652-6271.

#### Bowlers treated to sports and attraction tickets

The JBSA-Lackland Skylark Bowling Center hosts the Diamonds-to-End Zones program every Wednesday during open bowling through Aug. 14. Bowlers can play for \$1 per game, per person and \$1 shoe rental. Bowlers have the chance to win tickets to sporting events, area attractions and other prizes. For more information, call 671-1234.

#### Bowling to Win concludes this month

The JBSA-Fort Sam Houston Bowling Center offers bowlers the opportunity to win great prizes. Receive Bowling to Win entry forms with every paid game through Aug. 23. Drawings will be held Aug. 26 during Bowler Appreciation Week. For more information, call 221-4740.

#### There's a league for everyone

There is a league for everyone to include ladies only, senior

citizens, Christian fellowship, youth and mixed three-, four- and five-person team leagues at the JBSA-Fort Sam Houston Bowling Center. Leagues play at various times, Tuesday through Saturday. For more information, call 221-4740.

#### Sweetheart deals at the Bowling Center

The JBSA-Fort Sam Houston Bowling Center offers \$1 games and shoe rentals Sunday, Tuesday, Wednesday and Thursday. For lunchtime bowling fun Wednesday and Friday, knock down a red pin between 11 a.m.-1 p.m. and get a free game. For more information, call 221-4740.

#### Bowlers go cosmic

Cosmic bowling with glow-in-the-dark balls and pins, laser lights and music takes place every Friday, 9 p.m.-midnight, and Saturday, 7 p.m.-midnight, at JBSA-Lackland Skylark Bowling Center. A DJ plays music the third Saturday of the month. For more information, call 671-1234.

### Clubs

#### Chef prepares special dinner

The JBSA-Lackland Gateway Club presents a special chef's dinner Aug. 2, 5-8 p.m., featuring t-bone steak with sautéed mushrooms, fried shrimp, baked potato, broccoli and salad. The price is \$16.95 for members and \$18.95 for nonmembers. For more information, call 645-7034.

#### Patrons enjoy prime rib buffet

The JBSA-Lackland Gateway Club holds a prime rib buffet Aug. 9, 5-8 p.m. Entrées of prime rib, stuffed pork chops and baked tilapia with white wine sauce are on the menu along with side dishes, soup, salad and bread pudding with bourbon sauce for dessert. The price is \$17.95 per person for members and \$19.95 for nonmembers. For more information, call 645-7034.

#### Lonestar Lounge hosts karaoke fun

The JBSA-Lackland Gateway Club hosts karaoke Aug. 10 and 24, 8 p.m.-midnight, in the Lonestar Lounge. For more information, call 645-7034.

#### Club members gather for Appreciation Night

The JBSA-Lackland Gateway Club hosts Members' Appreciation Night Aug. 20, 5-8 p.m. Patrons will dine on a buffet dinner with beef, chicken and fish entrées. Big band music and a ballroom dance contest are also featured. The price is \$10.50 for members and \$12.50 for nonmembers. For more information, call 645-7034.

#### Patrons enjoy 2-4-1 steak

The JBSA-Randolph Parr Club brings the 2-4-1 steak back every Friday night in August. If a patron purchases a 10-ounce NY strip

for \$17.95 or an 8-ounce rib eye for \$13.95, they will get another one of equal or lesser value free. The a la carte menu will also be available. Dinner includes tossed salad, steak fries and steamed Catalina blend vegetables, coffee and iced tea. Coupons will not be accepted. For more information, call 652-4864.

#### Patrons enjoy Champagne brunch

Sunday brunch takes place at the JBSA-Randolph Parr Club every Sunday from 10 a.m.-1 p.m. It includes a carving station, oysters, mussels and salmon. The cost is \$20.75 for club members or \$22.75 for nonmembers. For more information, call 652-4864.

### Community Programs

#### Missoula Children's Theater Performs "Snow White"

The JBSA-Lackland Bob Hope Performing Arts Center hosts the Missoula Children's Theater performance of "Snow White and the Seven Dwarfs" Aug. 2, 3 p.m. Featured actors are JBSA students who were chosen by audition. The show is free and open to everyone. No tickets or reservations are needed. For more information, call 671-2619.

#### Don't miss the August flea market

The JBSA-Fort Sam Houston Flea Market is Saturday, Aug. 3, 7 a.m.-1 p.m. Sellers are advised to arrive no later than 6:30 a.m. to set up. The sale is open to the public. For more information, call 221-5224.

#### These shoes were made for walking

Enjoy a walking tour of historic downtown San Antonio, Aug. 29, 9 a.m.-1:30 p.m. The tour includes the world-famous Riverwalk, Alamo Plaza, Hemisphere Plaza, La Villita and Market Square. Transportation is provided to and from the USO downtown. The bus leaves JBSA-Fort Sam Houston Military and Family Readiness Center, building 2797, at 9 a.m. For more information, call 221-2418.

#### Performing arts group presents variety show

The JBSA-Lackland Performing Arts Group presents a variety show Aug. 30, 5:30-7:30 p.m., at Arnold Hall. Entertainment includes singers and dancers performing hits from the 1970s to the present. Admission is free. Food and beverages are available for purchase. For more information, call 671-2619.

#### Reminisce at the Harlequin Dinner Theatre

"Let's Go to the Movies" is on stage at the JBSA-Fort Sam Houston Harlequin Dinner Theatre until Aug. 31. This musical revue features songs from Grease, Saturday Night Fever, Wizard of Oz, Footloose and others. Doors open at 5:30 p.m., dinner is at 6:15 p.m. and the show is at 8 p.m. For information and reservations, call 222-9694.

# JBSA FSS

Your kids can be in the show!  
Do so:  
[www.FourPalsandClub.com](http://www.FourPalsandClub.com)  
to find out how!



Magik Theatre Presents  
**Four Pals Get Fit!**  
In Cooperation with:  
  
August 24 at JBSA Lackland!  
Location: Bob Hope Performing Arts Center  
Time: 3 p.m.  
Join the Fun - Free Show - See The Award Winning Four Pals  
Your kids will learn the importance of eating healthy and staying physically active!  
Free tickets Available at ITT—Seating is Limited  
Characters and show created by a military spouse  
No federal endorsement of sponsors, products or services intended.

## Talent workshop hones performance skills

The JBSA-Lackland Arnold Hall Community Center offers a talent workshop Tuesdays, 6-7 p.m. Patrons learn microphone techniques, stage presence, showmanship, wardrobe selection and basics of the entertainment business. The fee is \$15 per session. To sign up, call 671-2619.

## Fitness and Sports

### 10K bike ride challenges patrons

The JBSA-Randolph Rambler Fitness and Sports Center challenges patrons to go the distance by biking a 10K Aug. 3, 7:30 a.m., at Eberle Park. For more information, call 652-7263.

### Gillum Fitness Center hosts 5K run

The JBSA-Lackland Gillum Fitness Center holds Run-the-Hill, Aug. 16, 6:30 a.m. Patrons will start the run at Stapleton Park. For more information, call 977-2354.

### Blacklight Zumba® Fest is the hottest ticket in town

JBSA-Fort Sam Houston METC Fitness Center hosts the Blacklight Zumba® Fest Aug. 17, 10 a.m.-noon. The registration fee is \$12. Patrons can register at the METC or Jimmy Brought Fitness Centers. The first 100 registrants will receive a backpack. Open to all DOD cardholders 13 and older. For more information, call 808-5709.

### Intramural letters of intent are due

Letters of intent for Student Intramural Flag Football are due no later than Aug. 23. Send letters to the Sports Office, METC Fitness Center, building 1369, Williams Rd., or call 808-5710.

### Runners invited to last marathon training run

The JBSA-Randolph Fitness Center is hosting an 18-mile run for all runners training for a marathon Aug. 24 at 6 a.m. at Eberle Park. This is the last of the three marathon training runs. This event is sponsored by Randolph-Brooks Federal Credit Union and Randolph Family Housing. For more information, call 652-7263.

### Athletes meet the challenge

Don't miss the final triathlon on Aug. 25, 6:30 a.m., starting at the JBSA-Fort Sam Houston Aquatic Center. Participants will swim 600 meters, bike 15 miles, and run 3 miles. The registration deadline is Aug. 18 and the fee is \$20. For more information, call 221-1234.

### Two person teams participate in a biathlon

The JBSA-Randolph Fitness Center urges patrons to get a team mate and meet at Eberle Park Aug. 31 at 7:30 a.m. The first team member must complete the 10-mile bike route in order for the second team member to start running the 5K. For more information, call 652-7263.

### Parents and toddlers enjoy some exercise

JBSA-Fort Sam Houston Fitness Center on the METC offers parents with strollers use of the indoor track, Monday-Friday, 9-11 a.m. A personal trainer will be available 9-10 a.m. to assist with training needs. For more information, call 808-5709.

### Aquatic Center is open daily

Cool off at the JBSA-Fort Sam Houston Aquatic Center daily, noon-8 p.m. Pool passes are still available. For more information, call 221-4887.

### Experience virtual fitness classes

JBSA-Fort Sam Houston Fitness Center on the METC offers Fitness on Request, an innovative fitness system providing virtual, state-of-the-art classes to patrons throughout the day. Classes range from 20 to 60 minutes and include Step Aerobics, Yoga Fusion, Kinetics, Dance Aerobics, Indoor Cycling and more. New classes continue to be added. For more information, call 808-5709.

### Fitness centers offer on-demand workout videos

The JBSA-Randolph, the JBSA-Lackland Medina and JBSA-Lackland Kelly Fitness Centers offer on-demand workout kiosks. The new system allows patrons to choose from a large variety of videos featuring instructor-led workouts. Patrons may also select the level of intensity and duration for each chosen workout. For more information, call Medina Fitness Center at 671-4525, Kelly Fitness Center at 925-4848 or Rambler Fitness Center at 652-7263.

## Golf

### Golfers hit the links

The JBSA-Lackland Gateway Hills Golf Course holds the Four-Club Tournament Aug. 11, 8 a.m. Participants are allowed to bring their choice of three clubs plus a putter to use during the tournament. The fee is \$25, which includes a goody bag, a meal and tickets for drawing prizes. Green and cart fees are not included. To sign up, call 671-3466.

### Gateway Hills holds course championship

The JBSA-Lackland Gateway Club holds the annual Gateway Hills Championship Aug. 31-Sept. 2. Play begins with an 8 a.m. shotgun start each day. The event is a 36-hole, stroke play with championship, open, senior and super senior flights. Registration is \$50 per person, which includes a tee prize, a meal on the last day and gift certificate prizes. Green and cart fees are not included. The tournament is open to JBSA-Lackland players. To sign up, call 671-3466.

### Family golfers offered special price

Starting at 6 p.m. Monday-Friday (except for holidays) families can golf together for the low price of \$3 per person for adults and \$2 per person for children. Call the JBSA-Randolph Golf course at 652-4653 for more information.

### Custom club fitting available

The JBSA-Randolph golf club is a certified Ping, Nike, Taylor Made and Callaway Custom Club fitting pro-shop. To schedule a free personalized fitting, call Clay at 652-4653.

### Golfers improve swing

The JBSA-Randolph Golf Course offers golfers the opportunity to make personal appointments with Brian Cannon or Charles Bishop (PGA). Participants can improve their game, lower scores and enjoy the game more. For more information, call 652-4653.

## Information, Tickets and Travel

### Great music available at Fiesta Noche del Rio

Fiesta Noche del Rio is an outdoor musical extravaganza featuring the music and dance of Mexico, Spain, Argentina, and Texas. This event takes place Fridays and Saturdays through Aug. 10 at 8:30 p.m. at the Arneson River Theatre. Tickets are \$9 for ages 15 and older and \$5 for children 6-14. Be sure to stop by the JBSA-Randolph ITT to pick up your tickets. For more information, call 652-5142, option 2.

### Free baseball tickets hit a home run

All JBSA locations offer complimentary tickets to watch the San Antonio Missions play against the Corpus Christi Hooks July 31 and the Frisco Rough Riders Aug. 31. All games start at 7:05 p.m. Tickets can be picked up at the ticket office in the JBSA-Fort Sam Houston Community Center, ITT in JBSA-Lackland's Arnold Hall and ITT in the JBSA-Randolph Community Services Mall. For more information, call 808-1378 at Fort Sam Houston, 671-3133 at Lackland and 652-5142, option 1 at Randolph.

### ITT offers Military Sundays water park discount

Both JBSA-Lackland and JBSA-Randolph ITT's sell Schlitterbahn Military Sundays discount tickets. Admission is \$34 per person for ages 3 and older. The discount applies to military personnel and their families. For more information, call 671-3133 for Lackland or 652-5142, option 1 for Randolph.

### Patrons head to Las Vegas

The JBSA-Lackland ITT office offers a three-night trip to Las Vegas Sept. 16-19. Accommodations are at the Excalibur Hotel. Rates start at \$309 per person, double occupancy. Round trip airport

transfers are included. Additional travel dates are available. For more information, call 671-7111.

#### Make the most of summer with discount tickets

The JBSA-Fort Sam Houston MWR Ticket Office in the Sam Houston Community Center sells discount tickets and often has free tickets to local events. For more information, call 808-1378.

### Library

#### Story time is a hit with preschoolers

Stories, crafts and songs are all part of the weekly story time at the JBSA-Fort Sam Houston Keith A. Campbell Memorial Library, every Thursday, 10 a.m. This month's story time dates are Aug. 1, 8, 15, 22 and 29. For more information, call 221-4702.

#### Library hosts wrap-up for the summer reading program

The summer reading program, Have Book Will Travel, continues at the JBSA-Fort Sam Houston Keith A. Campbell Memorial Library, Aug. 1, 1:30-3 p.m. The final frontier is outer space. The Wrap-up Party and Back to School event is Aug. 10, 9-11 a.m. For more information, call 221-4702.

#### Gaming Day moves to second Friday

The JBSA-Fort Sam Houston Keith A. Campbell Memorial Library has changed its monthly Gaming Day to the second Friday of every month to accommodate more players. This month's gaming day is Aug. 9, 2:30-5:30 p.m. Gamers can choose from Xbox, Wii, PS3 and classic board games. For more information, call 221-4702.

### Outdoor Recreation

#### JBSA Recreation Park at Canyon Lake offers sunset cruise

JBSA Recreation Park at Canyon Lake offers a sunset cruise every Saturday evening in August. The cruise starts from the Hancock Cove Marina at 7:30 p.m. and lasts approximately 1.5 hours as patrons tour the lake and watch the sunset over the beautiful hillside. The cost for this relaxing evening is \$10 for adults and \$6 for children under 12. They also conduct private tours and family outings Sunday through Thursday with a minimum of eight participants and five days notice. Guests may bring drinks and snacks but no styrofoam containers. To make a reservation, call 800-280-3466.

#### Catfish Pond is open for the fishing season

Now through Sept. 15, the JBSA-Camp Bullis Catfish Pond is open 8 a.m.-1 p.m., Saturday-Sunday but closed during inclement weather. No license is required. The pond operates on an "you caught it, you bought it" basis. Caught fish is \$3 per pound. All DOD patrons and their guests are eligible to participate. For more information, call 295-7577.

#### Sportsman Range is open for target practice

The JBSA-Camp Bullis Sportsman Range is open Saturday-Sunday, 8 a.m.-noon, through the last weekend of September. The range offers DOD ID cardholders a place to shoot their personal pistols, rifles and shotguns. Firearms must be registered at JBSA-Camp Bullis. The range may close unexpectedly due to weather or troop use. For range availability and information, call 295-7577.

#### Patrons draw for deer season hunting stands

This year's drawing for deer season hunting stands at the JBSA-Camp Bullis is Aug. 3, at the Armed Forces Reserve Center drill hall, building 5044. Parking is available in lot G. Tickets will be issued 8-8:45 a.m. only. The Natural Resources Manager will be the official timekeeper. Hunters who are not issued a ticket by 8:45 a.m. will not be allowed to participate. In the event of inclement weather or a priority training requirement, an alternate location will be made available. For more information, call 295-7889.

#### Proper information required for storage renewal

All patrons using JBSA-Camp Bullis for vehicle, RV, boat and trailer storage are reminded to provide updated registration and insurance information upon renewal. For more information, call 295-7577.

#### Outdoor Equipment Center has rentals for everyone

The JBSA-Fort Sam Houston OEC has equipment rentals to meet all needs. OEC has camping, trailer and towing, water fun, sports, biking, barbecue, party and lawn equipment. For more information on equipment availability and prices, call 221-5224 or 221-5225.

### Service Member and Family Readiness

#### Learn how to navigate the dating scene

Dating 2.0 teaches the ins and outs of dating. Whether single or reentering the dating scene, these sessions provide participants an

opportunity to enhance relationship-building skills. This three-par series occurs Aug. 8, 15 and 22, 5-6:30 p.m., at JBSA-Fort Sam Houston Military and Family Readiness Center, building 2797. For more information, call 221-0349 or 221-2418.

#### U.S. Citizenship and Immigration Service offers assistance

The San Antonio Field Office for USCIS will be at JBSA-Fort Sam Houston Military and Family Readiness Center, building 2797, Aug. 13, 12-2 p.m., to assist military and family member with issues and questions pertaining to immigration and citizenship. For more information, call 221-1372/9698/2418.

#### Patrons learn resume techniques

The JBSA-Lackland Military and Family Readiness Center conducts a resume writing class Aug. 13, 11:30 a.m.-1:30 p.m. Resume formats, what to include and how to write cover letter and reference lists will be discussed. To sign up, call 671-3722.

The JBSA-Randolph Military and Family Readiness Center staff teaches new techniques for developing a resume Aug. 7 9-10:30 a.m. For more information, call 652-5321.



**FAMILY NIGHT**  
AT THE PARR  
Aug. 8 from 5-8 p.m.  
Dinner • 5-7 p.m.  
DJ • 6-8 p.m.

\$12.95 for club members  
\$15.95 for nonmembers  
Children up to 12 eat FREE

- DJ Derrick
- Dance competitions ages 2-6 years old 7-12 years old
- Hula Hoop Contest
- Musical chairs
- Twister
- Fire Department and Sparky
- Bouncy castle
- Bungee run.

**RANDOLPH-BROOKS**  
FEDERAL CREDIT UNION

No federal endorsement of sponsor intended. This event is open to all DOD ID cardholders and their children.

For more information, call 652-4864.



**Fort Sam Houston Bowling Center**

SUNDAY, TUESDAY  
WEDNESDAY & THURSDAY  
\$1 PER GAME PER PERSON  
\$1 SHOE RENTAL

RED PIN  
WEDNESDAY & FRIDAY  
11 A.M. TO 1 P.M.  
KNOCK DOWN A RED PIN  
GET A FREE GAME

www.fortsammwr.com

#### Exceptional Family Member Program supports families

The EFMP Support Group meets Aug. 15, 11:30 a.m.-12:30 p.m. at the JBSA-Fort Sam Houston Military and Family Readiness Center, building 2797. The group fosters new friendships networking, and helps members share common experiences unique to special needs. Come share ideas for future events. For more information, call 221-2962 or 221-2418.

### Child safety seats to be inspected

The JBSA-Fort Sam Houston Fire Department, building 3830, inspects children's safety seats Aug. 15, 9:30-11:30 a.m., for recalls, functionality and proper installation. One seat will be provided per child to replace those that are deemed unserviceable. Registration is required. Children must be present for proper weight and height measurements. For registration and information, call 221-0349 or 221-2418.

### Class focuses on Veteran Affairs claim process

The JBSA-Lackland Military and Family Readiness Centers offers an Understanding the VA Claim Process class Aug. 19, 10 a.m.-noon. Topics include electronic benefits, how to fill out claim forms and the power of attorney process. To sign up, call 671-3722.

### Learn to be financially prepared

The JBSA-Randolph Military and Family Readiness Center offers a financial readiness class Aug. 20, 9-10:30 a.m., aimed at preparing today's Airmen for financial challenges through financial education and training. The class offers attendees ways to enhance money management skills. For more information, call 652-5321.

### Spouses learn reintegration and resiliency skills

The JBSA-Randolph Military and Family Readiness Center is offering spouses of returning military members a pre-reintegration workshop called Open Arms Aug. 21, from 1-2 p.m. The class will cover solutions to the various challenges specific to couples and families reuniting and provide resiliency skills and resources. Seating is limited and registration is required. To register, call 652-5321 or email randolphafrc@us.af.mil.

### Parents learn techniques to overcome power struggles

The JBSA-Randolph Military and Family Readiness Center offers a workshop Aug. 22, 3-4 p.m., on power struggles. Individuals will discuss several ways to reduce power struggles with their children and learn methods of having their children cooperate without intimidation or giving in. To sign up, call 652-5321.

### Members learn car buying tips

The JBSA-Lackland Military and Family Readiness Center holds a car buying class Aug. 23, 10 a.m.-noon. Topics include the dangers of pay day lenders, how to purchase a car at the best price and what is available from financial institutions. To sign up, call 671-3722.

### Master Resiliency Training is for all DOD ID cardholders

Active Constructive Responding (ACT) and Praise will be presented Aug. 27, 9-11:30 a.m., at the JBSA-Fort Sam Houston Education Center, trailer 4011A, 2427 Hood St. Respond to others in ways that build strong relationships and learn how to use praise. For more information, call 221-0946 or 221-2418.

### Getting a job requires more than a good resume

Interview Skills and Dress for Success teaches job seekers how to put the shine on the all-important interview. The class is offered Aug. 28, 9 a.m., at the JBSA-Fort Sam Houston Military and Family Readiness Center, building 2797. Reservations are required. To sign up or for more information, call 221-0946 or 221-2418.

### Family Readiness Group offers two-day class

FRG personnel in key positions are invited to attend a two-day FRG Leadership Academy, Aug. 28-29, 8 a.m.- 4 p.m., at JBSA-Fort Sam Houston Military and Family Readiness Center, building 2797. Learn roles and responsibilities, how to establish a network of resources and how to properly communicate. To register or for more information, call 221-0946 or 221-2418.

### Financial Readiness is important for everyone

Multiple classes to include Credit and Debt Management, Budgeting, Saving and Investing and Consumer Awareness help arm service members and their families with the information needed to face an uncertain financial future. All classes are offered at JBSA-Fort Sam Houston Military and Family Readiness Center, building 2797. Registration is required for all these classes. For information on dates and times or to register, call 221-2380 or 221-2418.

## Youth Programs

### Little renegades soccer opens for registration

Little Renegades is a parent/child program that helps build confidence in children 3-5 years old while they are having fun and learning basic soccer skills. Register at the JBSA-Randolph Youth Programs (building 585) through Aug. 16. The cost is \$35 per child. A sports physical is required. For more information, call 652-3298.

### Fall sports registration ends Aug. 16

The JBSA-Randolph Youth Programs registration for fall sports ends Aug. 16. All youth must have a current annual physical and sports registration form on file. The cost is \$45 per child for flag football; ages 5 yrs and older, volleyball; ages 9 yrs and older and cheerleading; ages 5 and older. For more information call, 652-3298.

### Parents register for before and after school care

JBSA-Lackland Youth Programs conducts registration for before and after school care through Aug. 9. The program is open to ages 5-12. Fees vary based on household income. Parents may sign up Monday-Friday, 6:30 a.m.-6:30 p.m. For more information, call 671-2388.

Registration for before and after school care at JBSA-Fort Sam Houston begins Aug. 1, 8 a.m.-5 p.m., at Parent Central, building 2797, and will continue until the program is full. For more information, call 221-4871.

### Youth enjoy the end of summer bash

JBSA-Randolph Youth Programs offers kids a chance to say goodbye to summer with lots of fun filled games and activities Aug. 22 from 2-5 p.m. Activities include, face painting, arts and crafts, relay races, and lots more. This event is sponsored by Randolph-Brooks Federal Credit Union. For more information, call 652-3298.

### Youth celebrate back to school

Tweens and teens are invited to celebrate going back to school Aug. 23, 5-8 p.m., at the Middle School Teen Center, building 2515, Funston Rd. Youth must be registered at JBSA-Fort Sam Houston Parent Central, building 2797, to participate in Middle School Teen Center activities. For registration information, call 221-4871. For MST information, call 221-3164.

### Preschool soccer registration underway

JBSA-Lackland Youth Programs holds First Steps soccer registration Aug. 26-30. The program teaches the fundamentals of soccer focusing on age-appropriate gross motor skills training for children ages 3-5. Parents are required to participate as an extension of the instructor. For more information, call 671-2388.

### Parents get a night off

JBSA-Lackland Youth Programs and JBSA-Lackland Child Development Center hold Give Parents a Break/Parents' Night Out Aug. 30, 7-11 p.m. Care is provided for children ages 6 weeks to 12 years old. Preregistration is required. The fee is \$15 per child. Fees may be waived with a Give Parents a Break referral. To sign up, call the JBSA-Lackland Youth Programs at 671-2388 or the JBSA-Lackland CDC at 671-1052 by August 28.

### Splash pad has limited hours

The splash pad is an area of splashing fountains for kids to have fun, get wet, but not swim. The splash pad is open to everyone after 3 p.m. until dark Monday-Friday, and on weekends 9 a.m. until dark. To reserve the splash pad, call 221-3502.

### Child, Youth & School Services offers classes and activities

Parents can enroll children in fun, exciting and safe activities by visiting [www.FortSamMWR.com/youth.html](http://www.FortSamMWR.com/youth.html) for JBSA-Fort Sam Houston Youth programs and contact phone numbers. There is also a link to WebTrac, which provides lists of all activities and offers parents the option to pay online.

### Registration for football and cheerleading ends Aug. 30

JBSA-Fort Sam Houston football and cheerleading is open to youths 5-12. Parents and guardians can register children at Parent Central, building 2797. Fee is \$85. For more information, call Parent Central at 221-4871 or Youth Programs at 221-5519.

### Volunteers are needed

Football Fun Day will be a day filled with football scrimmages. If you wish to volunteer for this event, contact JBSA-Fort Sam Houston Youth Sports at 221-3502.



# In An Instant

*Former Defense Language Institute, English Language Center Commander Col. James Garret shares his eyewitness account of motorcycle accident*

By Col. James Garret  
Former Defense DLI commander

It was a perfect morning for fishing. The temperature was down just a little from the last few days of intense heat, and although it was humid, it wasn't turning into the scorcher we expected. The drive along the river to the shop had been pleasant enough, although I had forgotten just how many people come out to camp this time of year. Every wide spot along the banks was full of tents and trailers, with families spread all along the river. The traffic along the road was still light, with a few pedestrians and cyclists out for their morning workout. Even the 20 mph speed limit seemed fast at times with the twists and blind turns that often hid pedestrians from sight until the last minute. The motorcycles we saw along the way prompted a discussion between

my wife and I about whether or not we would be getting a motorcycle again with my retirement. We've both ridden for years, and only recently found ourselves without a bike.

We started our fishing trip off with a lesson in the shop. Discussions about fly fishing equipment, about selecting baits, even a little instruction on how to cast before we made our way down to the river. It's funny the things you realize in hindsight. I never really caught our instructor's name. His style was casual and relaxed, instantly putting my wife and I at ease. We were both looking forward to our time on the river and eagerly made our way down the hill and around the curve to the crooked path that led us down to the water. Our entry point was about 50 yards upriver from the bridge, and we stood slightly up the slope for a few minutes discussing the water flow

and the places that trout would prefer to hide and rest. When we entered the water, it was quiet and peaceful, eerily so, looking back.

Our instructor handed us each a rod and began to instruct us on our first cast. In that moment, life became a collection of instants. The instant we heard the tires squealing and sliding on pavement. The instant when the squealing stopped. The instant when the sound of metal and Plexiglas against concrete shattered the air. The instant that I saw a man hurtling over the side of the bridge in a direct line toward us while his Yamaha tumbled along the bridge and into the water. The instant black running shoes, black shorts, and a white t-shirt with large block print were frozen in my memory. The instant I realized there would be no helping him, because also frozen in my memory was the realization that although there were no marks on his body as he traveled through the air, the cloud of blood and tissue surrounding his impossibly misshapen head meant that there would be no rescue. The instant when a young pregnant wife and mother lost her husband. The instant her two daughters lost their father. The instant another young veteran lost his life. In an instant it no longer mattered that he had survived the Army and Afghanistan.

He came to rest about 25 yards down river from us, lying on his back in shallow

water, head tilted back, his face perfectly serene and clear of the surface. Our instructor started toward him, and in that instant I knew it was useless. "Don't", I tried to say, but he had already reached his side. He looked down for an instant, then back to me, emotionless and expressionless and said "most of his head is gone." In an instant.

A few minutes later I stood on the bridge as EMS covered his body with a bright yellow tarp. There were smaller yellow cloths along his flight path covering various pieces that should have been in his skull. I heard a paramedic tell his riding buddy that his wife was being transported along with the victim's wife. I heard that his riding partner's vocabulary had been reduced to a single profane utterance, over and over again. In an instant, his wife's life changed, his riding partner's life changed, our instructor's life changed. His didn't. It simply ended. In an instant.

The crash is still being investigated. They were camped along the river. It was just a short ride to check out the road, no need for gear. From the skid, it appeared that he entered the turn too fast, braked hard and slid the bike momentarily before "high siding" and being ejected into the side of the bridge. No helmet. No chance. In an instant. He won't see 22. He won't see his third child born.

## WEST NILE from Page 3

Medical Center entomologist.

He advised military members who venture into damp areas during training or exercises to "leave mosquito traps alone."

"Wear protective equipment, uniforms treated with DEET and use insect repellent on exposed skin," Sarmiento said. DEET, or diethyl toluamide, is a substance used in repellents.

At JBSA-Lackland, no positive samples for West Nile virus have been found, Jorge RodriguezCatalan, 559th Aerospace-Medicine Squadron Public Health Flight community health manager, said, "but that does not mean there are no mosquitoes carrying the virus.

"It just means we have not been able to catch any," he said. "Everyone should continue to use precautions such as using DEET; limiting activities during dusk and dawn, while mosquitoes are biting; wearing long sleeves and pants; and eliminating breeding sites."

RodriguezCatalan said mosquito activity at Lackland has been consistent for the last couple of years.

"This year is no exception," he said. "When it rains, expect mosquitoes as early as three days after a good rain."

Tyrone Toombs, 359th AMDS Public Health



Photo by Rich McFadden

Senior Airman Shannon Anderson, 359th Aerospace Medicine Squadron public health technician, collects mosquitoes July 11 near the Joint Base San Antonio-Randolph Child Development Center. Once collected, the mosquitoes are tested for West Nile virus.

Flight technician, called the mosquito problem at JBSA-Randolph "worse than last year, but none of the mosquitoes we have trapped have been carriers of the West Nile virus."

This year, weekly mosquito monitoring at JBSA-Randolph, which consists of setting up traps at two high-risk locations, began April 2, nearly two weeks earlier than usual, Toombs said. Monitoring typically ends in early October.

"We started hitting the threshold breach of 50 mosquitoes per trap in May," Senior Airman Shannon Anderson, 359th AMDS Community Health Element preventive medicine technician, said. "The average in May was about 150, and the average in June was comparable."

Randolph "didn't go over the threshold at all last year," Toombs said, but the greater issue was that mosquitoes at all four locations tested positive for West Nile virus. Most people bitten by West Nile virus-infected mosquitoes have no symptoms, but others develop symptoms ranging from headache, nausea and vomiting to more serious conditions such as meningitis, encephalitis and paralysis.

RodriguezCatalan said Lackland's vector surveillance program typically runs from April through September, though it began in March this year.

"Climatic conditions determine the need to tweak our programs and geographical changes such as new construction, existing and new training sites or procedures, and customer complaints all factor into our decision to set out traps and where to set


**WEST NILE**  
 from Page 15

them," he said.

Sarmiento said mosquito surveillance at JBSA-Fort Sam Houston and JBSA-Camp Bullis occurs every week.

"At a minimum we put out two traps, but given our low capture results, I am increasing the number of traps I put out," he said.

Sarmiento said he chooses areas "where there is high potential for human contact," including training, housing and recreational areas.

Housing residents can help mitigate the mosquito problem by finding and eliminating breeding sites, public health officials said.

"Make sure you don't have standing water in your yard," Toombs said.

Possible breeding sites range from children's wading pools and plastic containers such as garbage cans and pet dishes to bird baths and boats.


 $3 \times 4.75$ 
 $2 \times 2$ 
 $2 \times 3.5$ 
 $3 \times 4.75$ 
 $3 \times 3$

## LOCAL BRIEFS

Compiled by Mike Joseph, JBSA-Lackland Public Affairs

### FRIDAY

#### PARENTS' NIGHT OUT

Give Parents a Break/Parents' Night Off at the Joint Base San Antonio-Lackland Youth Center, kindergarten to age 12, and the Lackland Child Development Center, 6 weeks to age 5, is Friday, 7-11 p.m.

Registration ends Wednesday. For details, call the Youth Center at 671-2388 or the Lackland CDC at 671-1052.

### AUG. 3

#### PARKING LOT FLEA MARKET

A flea market in the Warhawk Fitness Center parking lot is Aug. 3, 8 a.m. to noon.

Vendor spots are \$10 or \$15 with table.

Call the Skylark Community Center at 671-3191 to register or for additional information.

### AUG. 9

#### AAFES CUTEST KIDDO CONTEST

Entries continue through Aug. 9 for the Army & Air Force Exchange Services' online "Color Me' Cutest

Kiddo" contest.

Exchange patrons worldwide can post photographs of their children holding a completed coloring page to the Exchange Facebook page. Contestants can choose one of four coloring pages, along with rules and regulations, online at [www.shopmyexchange.com/Community/PatriotFamily/](http://www.shopmyexchange.com/Community/PatriotFamily/).

The randomly chosen grand prize winner will be awarded a seven-night resort stay and an \$800 gift card.

An additional \$5,000 in gift cards will be divided among first-, second-, third- and fourth-place winners in each age category, who will be selected by an online poll Aug. 19-23, of the Top 10 artists as selected by a panel of judges. Winners of the contest will be announced after Aug. 30.

### AUG. 14

#### PARENTING ORDER LEGAL CLINIC

The 802nd Mission Support Group Judge Advocate and the Office of the Attorney General of Texas Child Support Division will host a free parenting order legal clinic for military parents Aug. 14, 11 a.m. to 1 p.m., at the Airman and Family

Readiness Center.

The clinics are for military parents who have questions about their legal rights as parents, problems seeing or locating their children, changing their visitation plan, etc.

Family law attorneys and representatives from the Office of the Attorney General of Texas will be available to discuss common questions and concerns.

For more information, contact the Lackland Legal Assistance Office at 671-3363.

### AUG. 20

#### CUSTOMER SUPPLY TRAINING

The 802nd Logistics Readiness Squadron's Equipment Accountability Element conducts three classes on the third Tuesday each month in the second floor conference room of Building 5160.

The Aug. 20 classes and start times are: Block I General Supply Training, 8 a.m.; Block II Bench Stock Training, 8:45 a.m.; and Block III Equipment Custodian Supplemental/Refresher Training, 9:30 a.m.

For additional information or to register, contact Ray Holland or Eugene Owens at 925-1140 or 671-3801.

### AUG. 28

#### RETIRED ENLISTED ASSOCIATION MEETING

Retired Enlisted Association Chapter 80 meetings are held at the Gateway Club every fourth Wednesday of the month at 1 p.m.

For details, call 658-2344.

### INFORMATIONAL

#### LACKLAND THRIFT SHOP CLOSURE

The Lackland Thrift Shop is closed for the month of July, and will reopen Aug. 6.

For additional information, call 671-3608 or visit <http://www.lacklandosc.org>.

#### 802ND LRS CUSTOMER SERVICE

The 802nd Logistics Readiness Squadron Customer Service is the primary focal point for all supply-related questions, concerns, complaints, Zero Overpricing Program and Defense Reutilization and Marketing Office transactions.

For details, contact customer service at 210-671-2575/3611/3801, 925-1490/1049/1048, or email [802lrs.customerservice@lackland.af.mil](mailto:802lrs.customerservice@lackland.af.mil).

#### 37TH TRW MONTHLY PHOTO CONTEST

Tech. Sgt. Thomas Kessler, 344th

Training Squadron, Detachment 1, Port Hueneme, Calif., is the June winner of the 37th Training Wing Public Affairs Office's monthly photo contest.

The June theme was "At the Core" in a photo that depicts the core values as they relate to an organization's mission.

The August theme is "Absolute Professionalism: It's in the Details" in a photo that interprets the 37th TRW. All entries will be displayed on the web and the winners will be chosen by a rotating panel of judges each month.

August submissions must be emailed to [37TRW.PA.INBOX@us.af.mil](mailto:37TRW.PA.INBOX@us.af.mil) by close of business Aug. 30. Entrants must be 37th TRW military, civilian employees, family members, permanent party, students or alumni.

#### FIT BLUE RESEARCH STUDY

Active-duty service members with a Body Mass Index greater than 25 may qualify for the Fit Blue research study, a partnership between the Wilford Hall Ambulatory Surgical Center and the University of Tennessee Health Science Center.

For information, call 855-FIT-NOW.

## CHAPEL SERVICES

### PROTESTANT

#### Freedom Chapel -Building 1528

*Sunday*  
Contemporary Service 9:30 a.m.  
Religious Education 11 a.m.  
Gospel Service 12:30 p.m.  
*Wednesday*  
AWANA 6 p.m.

#### Hope Chapel -Building 10338

*Sunday*  
Contemporary Service 11 a.m.  
Spanish Service 12:30 p.m.

#### Airmen Memorial Chapel -Building 5432

*Sunday*  
Liturgical Service 8 a.m.

### DENOMINATIONAL

#### BMT Reception Center -Building 7246

*Sunday*  
Church of Christ 7:30 a.m.

#### Gateway Chapel -Building 6300

*Saturday*  
Seventh-day Adventist 12:30 p.m.

#### Education Classroom -Building 5200

#### Rm. 108

*Sunday*  
Christian Science 7:30 a.m.

### ROMAN CATHOLIC

#### Freedom Chapel -Building 1528

*Sunday*  
Religious Education 9 a.m.  
Mass 11 a.m.  
*Monday - Friday*  
Daily Mass 11:30 a.m.

#### Hope Chapel -Building 10338

*Saturday*  
Reconciliation 4:30 p.m.  
Mass 5:30 p.m.

### ORTHODOX CHRISTIAN

#### Airmen Memorial Chapel -Building 5432

*Sunday*  
Religious Education 8 a.m.

### WICCA

#### BMT Reception Center -Building 7246

*Sunday*  
Military Open Circle 12:30 p.m.

#### Freedom Chapel -Building 1528

*1st Tuesday*  
Military Open Circle 6 p.m.

### JEWISH

#### Airmen Memorial Chapel -Building 5432

*Friday*  
Sabbath & Kiddush 4 p.m.

*Sunday*  
Religious Education 12:30 p.m.

### ISLAMIC

#### Global Ministry Center -Building 7452

*Friday*  
Jummah Prayer 1:15 p.m.

*Sunday*  
Religious Education 9 a.m.

#### BMT Reception Center -Building 7246

*Sunday*  
Buddhist 10 a.m.

#### Gateway Chapel -Building 6300

*First, third and fifth Saturdays*  
Eckankar 12:30 p.m.

*First, third and fifth Saturdays*  
Baha'i 11 a.m.

### OTHER FAITH GROUPS

#### THE CHURCH OF LATTER-DAY SAINTS

#### Hope Chapel -Building 10338

*Tuesday*  
Religious Education 6:30 p.m.

*Thursday*  
LDS Institute 6:30 p.m.

*Sunday*  
LDS Service 8 a.m.

## JBSA-LACKLAND

### KEY FAMILY SUPPORT RESOURCES

Air Force Aid Society	671-3722
Airman & Family Readiness Center	671-3722
Airman's Attic	671-1780
American Red Cross	844-4225
Base Post Office	671-1058
Bowling Center	671-2271
DEERS	800-538-9552
Exceptional Family Member Program	671-3722
Family Child Care	671-3376
Legal Office	671-3362
Library	671-3610
Medical Appointment Line	916-9900
MPF ID Cards	671-6006
Outdoor Recreation	925-5532
TRICARE Info	800-444-5445
Thrift Shop	671-3608

Enlisted Spouses' Club	<a href="http://www.lacklandesc.org">http://www.lacklandesc.org</a>
Force Support Squadron	<a href="http://www.lacklandfss.com">http://www.lacklandfss.com</a>
Lackland ISD	<a href="http://www.lacklandisd.net">http://www.lacklandisd.net</a>
Officers' Spouses' Club	<a href="http://www.lacklandosc.org">http://www.lacklandosc.org</a>
JBSA Public website	<a href="http://www.jbsa.af.mil">http://www.jbsa.af.mil</a>
My Air Force Life	<a href="http://www.MyAirForceLife.com">http://www.MyAirForceLife.com</a>

# WHAT'S HAPPENING

## Family Support Events

ALL CLASSES, SEMINARS, MEETINGS AND EVENTS ARE HELD AT THE AIRMAN AND FAMILY READINESS CENTER, BUILDING 1249, UNLESS NOTED BELOW. CALL AFRC AT 671-3722 FOR ADDITIONAL INFORMATION.

### FRIDAY

- ▶ Transition Assistance Program, 7:45 a.m. to 4 p.m.
- ▶ Air Force Basic Military Training spouse and parents' seminar, BMT Reception Center, Building 7246, noon. For additional information, call 800-973-7630 or 671-4057.

### MONDAY

- ▶ Family readiness briefing, mandatory for personnel deploying longer than 30 days or going on remote assignments, 10:30-11 a.m.
- ▶ Interview with Confidence, 11:30 a.m. to 1:30 p.m.
- ▶ Post deployment briefing, required for all Airmen returning from deployment, 802nd Logistics Readiness Squadron IDRC briefing room, Building 5160, 2:30-3 p.m.

### TUESDAY

- ▶ American Veterans national service officer available by appointment, 8 a.m.

to noon. For additional information, call 773-354-6131.

- ▶ Pre-separation briefing, mandatory for all members retiring, pre-registration required, 9 a.m. to noon.

### WEDNESDAY

- ▶ Newcomer's orientation briefing, mandatory for personnel new to JBSA-Lackland, Gateway Club, 8 a.m. to 3 p.m.

### THURSDAY

- ▶ Air Force Basic Military Training spouse and parents' seminar, BMT Reception Center, Building 7246, 1 p.m. For more information, call 800-973-7630 or 671-4057.
- ▶ Bundles for Babies, 1-4:30 p.m.

### AUG. 2

- ▶ How to Start a Small Business, 1-4 p.m.
- ▶ Air Force Basic Military Training spouse and parents' seminar, BMT Reception Center, Building 7246, noon.

For more information, call 800-973-7630 or 671-4057.

### AUG. 5

- ▶ Five-day Transition Assistance Program: mandatory pre-separation briefing and Form 2648 are required prerequisites, 7:45 a.m. to 4 p.m.
- ▶ Family readiness briefing, mandatory for personnel deploying longer than 30 days or going on remote assignments, 10:30-11 a.m.
- ▶ Post deployment briefing, required for all Airmen returning from deployment, 802nd Logistics Readiness Squadron IDRC briefing room, Building 5160, 2:30-3 p.m.

### AUG. 6

- ▶ Transition Assistance Program, 7:45 a.m. to 4 p.m.
- ▶ Pre-deployment briefing, required for all Airmen being deployed, 802nd Logistics Readiness Squadron IDRC briefing room, Building 5160, 9-9:45 a.m.

- ▶ American Veterans national service officer available by appointment, 8 a.m. to noon. Call 773-354-6131 for more information.

### AUG. 7

- ▶ Transition Assistance Program, 7:45 a.m. to 4 p.m.

### AUG. 8

- ▶ Transition Assistance Program, 7:45 a.m. to 4 p.m.
- ▶ Air Force Basic Military Training spouse and parents' seminar, BMT Reception Center, Building 7246, 1 p.m. For additional information, call 800-973-7630 or 671-4057.

### AUG. 9

- ▶ Transition Assistance Program, 7:45 a.m. to 4 p.m.
- ▶ Air Force Basic Military Training spouse and parents' seminar, BMT Reception Center, Building 7246, noon. For more information, call 800-973-7630 or 671-4057.

## Monthly Meetings

### ENLISTED SPOUSES' CLUB

The Lackland Enlisted Spouses' Club meets every third Tuesday of the month at the Balfour Beatty Community Center, 6:30-8:30 p.m. For more information, visit <http://www.lacklandesc.org>.

### OFFICERS' SPOUSES' CLUB

The Lackland Officers' Spouses' Club meets monthly. For dates and times, or more information, visit <http://www.lacklandosc.org>.

### MILITARY COUNCIL OF CATHOLIC WOMEN

The Military Council of Catholic Women meets the first Friday of the month, 9:30 a.m., at Freedom Chapel. For additional information, call 671-4208.

**On the web**  
<http://www.lacklandfss.com>

Compiled by Mike Joseph,  
JBSA-Lackland Public Affairs

3 x 4.75

3 x 4.75

# Teams, volunteers needed for Rambler 120 Team Challenge

By Alex Salinas  
JBSA-Randolph Public Affairs

As the annual Rambler 120 Team Challenge approaches its eighth year of putting participants through their paces in a 22-mile bike ride, 6-mile run, 2-mile rafting trip and a mystery event Oct. 5 at Joint Base San Antonio Recreation Park at Canyon Lake, teams are encouraged to register for the competition early and start practicing.

"Cost increases have forced us to raise the registration fees," Steve Knechtel, JBSA-Randolph community programs manager, said. "However, this doesn't take effect until Aug. 24. Signing up before that date locks in last year's lower fees."

Early bird fees are \$100 for four-person "Xtreme" teams and \$150 for five- to eight-person relay teams. After Aug. 24, Xtreme teams must pay \$120 and relay teams \$180. The last day to sign up is Sept. 20.

Teams, which are all-male, all-female or coed, can earn first-, second- or third-place awards based on their category and type. In 2012, 35 teams contended in the Rambler 120; this year, Knechtel said his goal is to have 50 teams.

"During the first six years, eligibility was limited to Department of Defense ID cardholders such as active duty, family members, retirees and DoD civilians," Knechtel said. "For the second year in a row, we're expanding eligibility to include any federal government agencies.

"Last year we had teams from Homeland Security, the Navy and ROTC."

Also for the second year, children ages 5-12 can register for the Iron Kid, a youth biathlon event happening on the same morning of the Rambler 120. The fee is \$8 and registration includes a commemorative T-shirt, barbecue lunch and awards.

The advantage of assembling a team early is getting a head start with practice, which means "if you can handle 100-degree weather in July and August, your team should be confident to compete in October."

Practicing early is also a chance for teams to get everyone on the same pace, especially when biking and rafting. Maj. Peter Springirth, 433rd Logistics Readiness Squadron operations officer, who's

competed in the Rambler 120 twice, said.

His team came in first place in the coed relay division in 2012.

"Some teams are really competitive while others are not," he said. "But the Rambler experience is however hard you want it to be; if you find people with similar skill levels, it makes competing more enjoyable (since teams must cross



Courtesy photo

Last year 120 participants took part in this endurance competition at Canyon Lake, Texas.

the finish line together)."

Eighty to 100 helpers across JBSA are needed to support the community event, "so if you don't compete but want to be part of it, you can select a specific activity or task as a volunteer and work various two- to four-hour shifts," Knechtel said.

Volunteers receive a free lunch and a T-shirt.

Minors ages 16 and 17 can join a team with a parent or guardian. One non-federal employee is permitted per team.

To download entry forms, visit [www.randolphfss.com](http://www.randolphfss.com) or pick them up at the JBSA-Randolph Community Services Mall, building 895, or at the Rambler Fitness Center, building 999.

For more information, call Steve Knechtel at 267-7358 or email him at [stephen.knechtel.1@us.af.mil](mailto:stephen.knechtel.1@us.af.mil).

# UV Safety Month Are you being "Sun Smart"?

By Jose T. Garza III  
JBSA-Lackland Public Affairs

Skin cancer is the most common type of cancer in the United States. More than 3.5 million non-melanoma skin cancers are diagnosed in more than 2 million people each year.

Skin cancer is commonly caused by ultraviolet rays from the sun.

July's UV Safety Month educates people on skin cancer and gives them tips on how to protect themselves from it.

Lt. Col Jason Arnold, staff dermatologist at Wilford Hall Ambulatory Surgical Clinic, advises people to practice safe sun activities.

"If possible, you should avoid times of day when the sun is going to be the most intense, so if you can, avoid activities from 10 a.m. to 4 p.m."

Arnold suggests people protect themselves with plenty of sunscreen and wear sun protective clothing if they want to be outside during those hours.

This advice pertains in particular to athletes who are active outdoors.

Arnold advises bike riders to wear long-sleeve shirts and gloves due to the arm area receiving the most exposure from the sun. Runners should protect

their faces at all times by applying sunscreen 20 to 30 minutes before they go out so it can absorb into the skin.

Athletes and non-athletes should wear sunscreen with a sun protective factor of 30 or higher. The protective wear should also be labeled "broad spectrum" because it may not protect against UVA rays, which are another form of harmful UV radiation from the sun.

"If you're going to be out in the sun for prolonged periods, you should reapply sunscreen," Arnold said. "A lot of people don't use enough sunscreen. You need to read the labels and put a generous amount on. You should work to rub (the sunscreen) in."

Arnold doesn't have any particular brands of sunscreen he would recommend to anybody, but he suggests they experiment with different types that may be resistant to sweat.

For people who enjoy getting a tan indoors through a tanning bed, Arnold counsels them not to use it due to its ultraviolet light potentially being a cause for melanoma, the most serious form of skin cancer.

"If melanoma is left untreated or diagnosed at a later stage, it can be deadly," Arnold said.

## JBSA Spouse Appreciation Social



Courtesy Photo

The Joint Base San Antonio community gathered July 20 at JBSA-Fort Sam Houston Community Center to thank military spouses. Unit first sergeants and chief petty officers from the Army, Navy, and Air Force nominated those spouses who have distinguished themselves for their unselfish contributions to service members and families' quality of life. The event was attended by senior leaders from across the joint base. Music was provided by the Band of the West and attendees had the opportunity to learn about programs tailored to benefit military families. Pictured are: Gen. Edward A. Rice Jr., commander, Air Education and Training Command and his wife Teresa; Misty Lopez, 502 ABW/902 SFS; Shannel Barnhill, 688 IOW/90 IOS; Donna Gardner, Navy Medicine Training Support Command, and her friend; Brooke Poole, 37 TRW/321 TRS; Carmelita Rocourt, HQs Bn., Army North; Laura Cada, AF Life Cycle Management Center Det 6; Alice Tapia, AETC command chief's spouse; Leslie LaBrutta and Brig. Gen. Robert LaBrutta, commander, JBSA and 502nd Air Base Wing.

# Airman takes one more step toward pro basketball level

By Jose T. Garza III  
JBSA-Lackland Public Affairs

A senior airman with the 737th Training Support Squadron was in Las Vegas for six days, but he wasn't there to check out the city's glamorous casinos and nightspots.

Instead, Joseph Easley was looking to accomplish a lifelong dream—earn a contract to play professional basketball.

The Airman was one of 24 individuals who looked to impress pro basketball scouts and officials at the Hoop Expo Pro Evaluation & Exposure Camp July 13 and 14.

The Expo gave aspiring collegiate and international level basketball players the opportunity to showcase their skills in hopes of obtaining contracts to play for the NBA Development League and overseas.

"It was two days of hard work and good competition," Easley, a basic military training receiving personnel specialist, said.

Easley, an All Air Force basketball player who played semipro basketball with the Corpus Christi Clutch this year, said experienced NBA trainers conducted the tryouts.

They had the prospects go through running drills to see who was in shape and ready to work. He felt he went to the Expo prepared for the challenges they threw his way.

Those challenges included running sprints where players had to touch nine lines in 35 seconds and shooting drills on the first day of camp.

Players split up into teams of two and scrimmaged against each other the next day.

When he wasn't on the court impressing the scouts, he had opportunities to mingle with NBA stars Vince Carter, Paul Millsap, and Lou Williams. He viewed a sample of how an NBA team practices to compete against elite level competition by watching the Atlanta Hawks summer league team practice.

"I am more determined than I've ever been (to make it at a pro level)," Easley said.

Easley could be one step closer to making it to the pros.

He said expo officials told him they liked his game and to continue to be aggressive on both ends of the court.

"(Officials) said just keep working; you are not too far from making it," Easley said. "I took that as a sign that all the

time that I put into the gym is paying off for me."

His commitment to making it at the pro level comes with very little rest.

Easley works Monday through Friday from 4:30 p.m. to 2 a.m. After his shift concludes, he runs at the Warhawk Fitness Center track for an hour and a half. He goes home to sleep before coming back on base around 10:30 a.m. to work on his game.

"If I had it my way, I would be working on my game 24/7, but I have a job to do and a country to serve," Easley said. "I got to take care of business, but I know with the little time I had, I made an impact.

"I'm just thankful to my leadership for being on board and supporting my dreams. Right now, we are just playing the waiting game (on my pro status)."

Expo officials are currently reviewing film of the two-day weekend to select the 20 best players who will earn pro-level contracts. Easley hopes to hear something back in the upcoming weeks.

"My goal is to be blessed with one of those contracts," he said. "I want to dedicate myself to a pro team just like I dedicated myself to the Air Force with the goal of making it to the NBA."

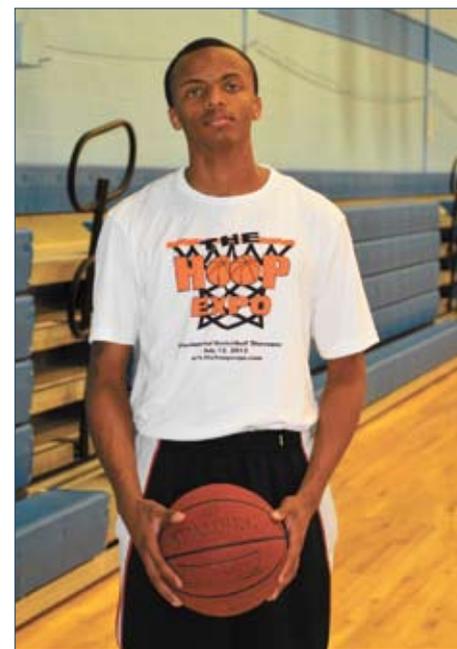


Photo by Jose T. Garza III

Senior Airman Joseph Easley, 737th Training Support Squadron, participated in the Hoop Expo Pro Evaluation and Exposure Camp July 13 and 14 in Las Vegas. Easley was one of 24 men vying for contracts to play in the NBA Development League as well as overseas.

## Recruiter trades stress for squats

Staff Sgt. Marissa Tucker  
JBSA-Lackland Public Affairs

The mercury is creeping past 100 degrees on the thermometer as the horn sounds and shrieks, groans, moans and maybe a few choice words echo through the area as athletes compete in an intense, five-hour CrossFit competition under the Texas sun.

One Airman, almost overtaken by the heat, takes a swig of fluid, and presses on, beating his biggest competitor: himself.

Staff Sgt. Christian Chavez, a recruiter with the 341st Recruiting Squadron at Joint Base San Antonio-Lackland, finds the intense and sometimes painful CrossFit training a release from his day-to-day activities. Also, because he is geographically separated from a base it helps him find a sense of community.

"Things I was never able to do like rope climbing and lifting these heavy weights, it comes naturally to me now," he said. "We cheer each other on and you begin to do things you never thought you could."

While stationed in Conroe, Texas, Chavez began to get bored with his regular workout routine and wanted something different. Working long hours and meeting stressful deadlines to meet his requirements in acquiring quality candidates for the Air Force took a toll on his physical fitness, and he decided to make a big change.

After speaking to one of his friends, he decided to try using a CrossFit gym. After his first training session, he was both tired and hooked on the program. The difficulty and the complexity of the exercises fascinated him, and Chavez began to see changes in himself that let him know this was for him.

"I got a lot of bruises, I fell a few times, but you just have to get back up. It comes with the territory," Chavez said. "But it's still fun," he said with a laugh. "My idea of fun is different from others, but it

keeps me in shape, keeps my self-esteem up and keeps me motivated."

The motivation doesn't just stop with himself, though.

The recruiting office holds conditioning sessions for participants in the delayed entry program to prepare for basic training and Chavez incorporates some of his exercises into the sessions. Not too much though - he doesn't want to scare them away.

"I take it easy on the newer people, and I kind of push the ones who are about to leave," he said.

Although the Air Force does not endorse CrossFit, Chavez implements many of the exercises into helping prepare incoming recruits for basic training and beyond. Currently, there are several openings for Special Forces Airmen, a field where the washout rate is historically high.

Because Chavez has a duty to recruit based on the needs of the Air Force, he trains harder to be an example for these recruits.

"I can't expect the recruits to understand how important physical fitness

is unless I lead by example and show them," he said. "I also understand how hard it can be. I had to lose 60 pounds to join the Air Force. I know what hard work looks like. The body is capable of so much. Physical strength has a lot to do with it, but you also have to be mentally strong."

As he trains for a competition in August, Chavez hopes to stay focused and break his own personal records, and maybe beat some of the other competitors. His wife, who cheers him on at every event, and is an athlete in her own right, provides most of his motivation, he said.

"My wife is a big motivator. She's five months pregnant and she's still in the gym training. She's a bulldog."

Chavez offers a few words of motivation for anyone who has gotten bored in their routine, wants to improve their fitness level, or just wants to try something new.

"Find somebody who can help you and motivate each other," he said. "My motivation was my family and wanting to feel better and live longer. Find yours."