



TALESPINNER

JOINT BASE SAN ANTONIO-LACKLAND, TEXAS • Vol. 70 No. 28 • July 19, 2013



Heart beats

News

LaBrutta ready for JBSA challenge

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MTI of the Year

Honor humbles Hite

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Sports

White-tail deer stand drawing

Page 16

Photo by Staff Sgt. Kevin Iinuma

Capt. (Dr.) Michelle Lawson checks the ears of Jenna Long, 3 months old, June 26 at Wilford Hall Ambulatory Surgical Center. Lawson is a 959th Clinical Support Squadron pediatric resident and her husband, Capt. (Dr.) Bryan Lawson, is a resident orthopedic surgeon assigned to the 59th Orthopedic and Rehabilitation Squadron. The Lawsons first met in 2006 when both were selected for a U.S. Air Force Academy summer research program with the Clinical Research Division at WHASC and the rest is history. **Story, Page 10.**

Conservation critical

JBSA Stage 3 water restrictions in effect

By Steve Elliott
JBSA-Fort Sam Houston Public Affairs

The Bexar County index well J-17 – the official well for recording groundwater elevations in the San Antonio Pool of the Edwards Aquifer – fell to 640.2 feet mean sea level as of Monday.

This was the trigger that sent all three Joint Base San Antonio locations into Stage 3 water restrictions.

The J-17 well is actually housed in a nondescript building on Fort Sam Houston, just off Harry Wurzbach and near the Fort Sam Houston National Cemetery. It serves as the official well for recording groundwater elevations in the San Antonio Pool of the Edwards Aquifer, according to the Ed-

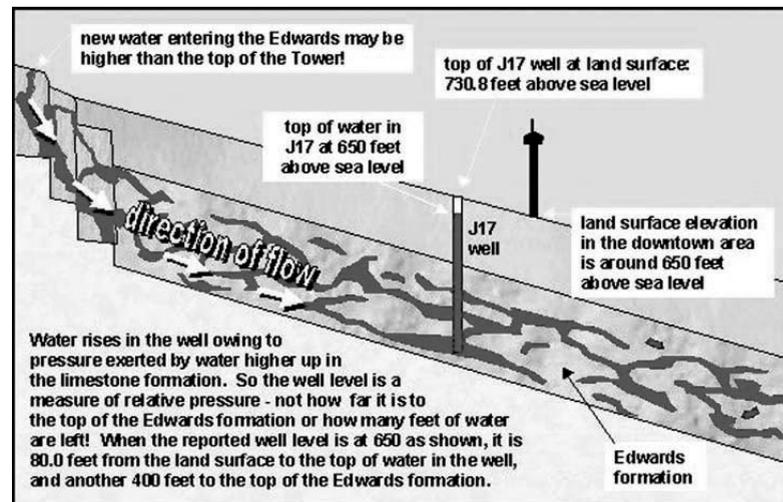


Illustration courtesy Edwards Aquifer Authority

wards Aquifer Authority website (<http://www.edwardsaquifer.org>).

J-17 is the most cited and recognized in a network of ob-

servations wells maintained by the Edwards Aquifer Authority to monitor aquifer conditions in Uvalde, Medina, Bexar, Comal and Hays counties. Water level

readings at J-17 are continuously recorded and monitored by the Edwards Aquifer Authority, the website stated.

The JBSA base civil engineer declared Stage III in accordance with the current JBSA Drought Management Plan and Biological Opinion issued by the U.S. Fish and Wildlife Service.

The Biological Opinion limits JBSA's water draw from the Edwards Aquifer in order to protect eight endangered species which live in the aquifer and its associated springs. These species can only survive when aquifer levels and spring flows are adequately maintained.

The changes facing homeowners off base and residents of on-base housing from Stage

See **STAGE 3** Page 13

LACKLAND
TALESPINNER

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

Congratulations to the following 22 Noncommissioned Officers for being distinguished graduates among the 219 students who graduated from the Robert D. Gaylor NCO Academy at Joint Base San Antonio- Lackland June 28.

Special Award Winners:

John L. Levitow Award -

TSgt Jacob Galan,
Joint Base San Antonio-Lackland

Commandant Award -

TSgt Greg Reyes,
Joint Base San Antonio-Lackland

Academic Achievement Award -

TSgt Benjamin Hutchings,
Vandenberg AFB

Distinguished Graduates Tech. Sgts.

Joseph Cook,
Kirtland AFB
Benjamin Hutchings,
Vandenberg AFB

Joshua Sjöholm,
Holloman AFB

Steven Rutledge,
Vandenberg AFB

Chi Pang Cheung,
Kirtland AFB

Nicholas Morehouse,
Goodfellow AFB

Robert Wade Anthony Ognibene,
Beale AFB

Ronald Eppers,
Mountain Home AFB

Travis Hogan,
Joint Base San Antonio-Lackland

Troy Swenson,
Mountain Home AFB

Crystal Beckham,
Joint Base San Antonio-Lackland

Nathan Dagele,
Holloman AFB

Joshua Reigelsperger,
Mountain Home AFB

Anna Garrett,
Holloman AFB

Richard Jay,
March AFB

Jose Alvarez,
Cannon AFB

Danyail Lawton,
Beale AFB

Lakisha Shannon,
Holloman AFB

Tupe Godinet,
Cannon AFB

Timothy Saxongwara,
Kirtland AFB

Straight Talk Line

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

TUESDAY

RETIREMENT PLANNING SEMINAR

A seminar for employees in the Federal Employee Retirement System is Tuesday, 8:30 a.m. to 4 p.m., at Education Services Center 20, 1314 Hines Avenue.

The seminars provide information on the federal retirement system, Thrift Savings Plan, Social Security benefits, Federal Employees' Group Life Insurance and survivor benefits.

For additional information, visit <http://sanantoniofeb.org>.

JULY 31

502ND ABW RECOGNITION EVENT

The 502nd Air Base Wing promotion ceremony is July 31, 3 p.m., in the Parr Officers Club at Joint Base San Antonio-Randolph.

For additional information, contact Master Sgt. Christina Warner at 671-5149.

AUG. 5-9

SNCO PROFESSIONAL ENHANCEMENT

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

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.

Registration is on the Air Force portal and the deadline to register is July 26.

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.

To make online reservations, visit <https://einvitations.afit.edu/inv/index.cfm?i=160221&k=0367420B7956>.

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

Commander shares 'game plan' for JBSA

By Airman 1st Class Lincoln Korver
JBSA-Randolph Public Affairs

Though some commanders would have lost a bit of optimism when faced with sequestration, civilian furloughs and a real-world active shooter incident that occurred on Joint Base San Antonio-Fort Sam Houston on the eighth day of his new assignment, Brig. Gen. Bob LaBrutta, JBSA and 502nd Air Base Wing commander, is "completely honored and excited to have this opportunity to serve."

As a former 37th Mission Support Group commander at what was then Lackland Air Force Base (presently JBSA-Lackland), LaBrutta helped develop the "game plan" and was in the initial construct meetings for what would be JBSA, the largest joint base in the Department of Defense.

"I knew this job was going to be big and complex because I was part of the team that formulated how JBSA would work," LaBrutta said. "However, I didn't know the magnitude and scope of responsibility that I'd really have until I got here and sat in the seat."

As the JBSA and 502nd ABW commander, LaBrutta is responsible for supporting all missions within JBSA, which encompasses four primary locations, more than 200 mission partners and 80,000 employees.

Despite fiscal constraints, LaBrutta said he looks forward to working with the outstanding professionals who are making the mission happen throughout JBSA.

The best perspective comes from having "boots on the ground," LaBrutta said.

"I need to make sure I get to each of the JBSA locations and understand the work forces' perspective so that I can provide them with the tools, equipment and resources they need to be successful," he said.

LaBrutta said he believes that JBSA



Photo by L.A. Shively

Brig. Gen. Bob LaBrutta, Joint Base San Antonio and 502nd Air Base Wing commander, said he looks forward to working with the professionals throughout JBSA.

can be "the lead" for all joint bases.

"I am aware there are skeptics regarding joint basing," he said. "My job is to find the problems and disconnects that are occurring, then figure out solutions that will make joint basing as effective at delivering installation support to our mission partners as possible. I firmly believe that if we can propel the 502nd Air Base Wing and Joint Base San Antonio into being more successful, then the other 11 joint bases will learn from our efforts and improve as well."

Along with streamlining processes and providing installation support, LaBrutta is dedicated to making sure all 502nd ABW and JBSA members are prepared for every situation.

Referring to the real-world active shooter incident June 10 at JBSA-Fort Sam Houston, LaBrutta said, "It was a real eye opener."

"However, our intense Exercise and Training programs prepare us to respond," he said. "This is the lifeblood of what we do in the military. We exercise and train so that we are ready to fight."

Even though LaBrutta had taken command for only a few days before the shooting, he said that he had total trust in the team who, together with their San Antonio Police Department partners, made great calls and appropriate response decisions that led to the quick

apprehension of the suspect and proactive medical treatment for the victim.

"In my other wing and group command jobs, I had never dealt with a real-world active shooter, and it was certainly a different experience," he said. "Now that we have this incident under our belts, we hope that it doesn't ever happen again, but it's actually reassuring to know that we are prepared if it does."

LaBrutta, while recognizing there will likely be a few bumps in the road, says he feels ready for this assignment.

"I am very fortunate, lucky, privileged and honored to be able to command again," he said.

"I know the challenges are significant, so we're just going to have to do things differently than we have in the past," LaBrutta said. "Because of the fiscal constraints, we'll have to be more creative, find alternative approaches to getting the job done and focus our limited resources on our highest priorities. The bottom line is that although we may have to do less, we are not going to execute our mission less well."

LaBrutta, who is an outspoken advocate of the Air Force core values, says all uniformed and civilian members, regardless of service, should know they are leaders and should never lose the sense of pride they felt when they first raised their hand and swore to serve and support their nation.

"My definition of a leader is not rank," LaBrutta, a prior-enlisted Airman, said. "I believe a leader is a person who regardless of pay grade or position is someone I want to follow willingly because they are passionate about their mission and people, and because they understand how critically important the mission is for our nation. Whatever level you're at in an organization, you're a leader and you can make a powerful, positive difference."

Determined to never stray from his definition of a leader, LaBrutta says he will always treat everyone with dignity and respect.

"I'm not the type to say 'I will give 110 percent,' because all I have is 100," he said, "but I can guarantee that I'm going to give every bit of that 100 percent every single day. I love what I do and I feel grateful to be serving in this capacity. I hope to bring a positive impact from a leadership perspective – encouraging and inspiring others to join me in executing this great installation support mission we have."

Iron Man Stars in Fifteenth Free Exchange-Exclusive Marvel Comic Book

Iron Man, the world-famous Armored Avenger, joins the U.S. Military to defend America from the dastardly dragon Fin Fang Foom in Marvel Comics' fifteenth free, military-exclusive comic book, available at the Lackland Exchange. In the all-new 36-page comic, an evil energy conglomerate awakens the ancient beast while illegally drilling in the Alaskan ocean. When the enraged creature makes its way to Seattle to wreak havoc on the citizenry, it's up to Iron Man, the U.S. Military and Tony Stark's allies Pepper Potts and Col. James Rhodes – also known as Iron Patriot – to stop the monster's path of destruction.

The issue, created by the team of writer William Harms, penciler Tom Grummett, inker Cory Hamscher, colorist Chris Sotomayor, letterer Joe Sabino and cover artist Adi Granov, will be the first Iron Man title in the series, which began in 2005. One million comics will

See **EXCHANGE** Page 13

Beat the Heat with Summer of Savings at Exchange Restaurants

As temperatures heat up this summer, the discounts inside direct operated Army and Air Force Exchange Service restaurants are getting cooler for Military Star TM Card holders.

From July 5 to Sept. 21, every food or drink order made with a Military Star TM Card will be discounted by 20 percent – a full 79 days of savings.

“With all of the other great discounts and contests available to Exchange customers, this is truly shaping up to be a summer of savings,” said the Exchange's Senior Enlisted Advisor Chief Master Sgt. Tony Pearson. “The Military StarTM Card already provides its members with many year-round discounts, so promotions like these are just another added perk and ‘thank you’ for shoppers’ service and sacrifice.”

Military StarTM Card users are also entitled to a year-round five-cent discount on Express fuel purchases. For information on the Military Star TM Card, visit www.shopmyexchange.com.

BROOKE ARMY MEDICAL CENTER HOSTS A

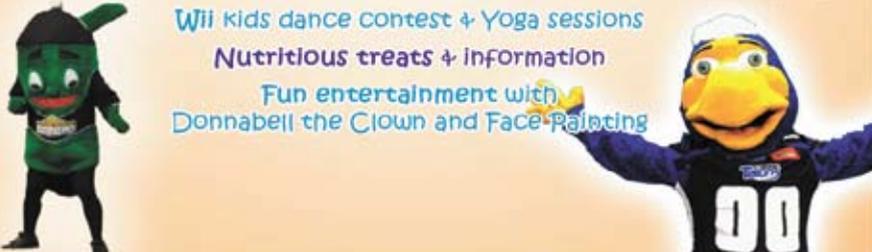
BACK 2 SCHOOL HEALTH FAIR

WITH ON-SITE IMMUNIZATION CLINIC

July 26 from 10-2 in the Pediatric hallway
(1st floor, new tower) at San Antonio Military Medical Center

Event will feature:

- Immunization Clinic:** On-site shot record review
+ back to school immunizations for beneficiaries!
- Enrollment + referral information
- Play ball with
SA Talons, SA Missions (and Mascots), among others!!
- Q+A sessions on childhood obesity, healthy eating + parenting challenges
- Wii kids dance contest + Yoga sessions
- Nutritious treats + information
- Fun entertainment with
Donnabell the Clown and Face-Painting



All military kids are invited to attend this FREE event!

For more information, Call 916-5118/5142.

Living his dream

MTI of the Year just wanted to be an instructor



A flight of Airmen graduating from the 322nd Training Squadron listen to Staff Sgt. Joshua Hite, their military training instructor during Air Force Basic Military Training.

By Mike Joseph
JBSA-Lackland Public Affairs

Staff Sgt. Joshua Hite's dream after graduating Air Force Basic Military Training was to come back as a military training instructor.

He got his wish in 2009 when he returned to Joint Base San Antonio-Lackland as an MTI in the 322nd Training Squadron.

Now as his four-year MTI tour in the 737th Training Group winds down, Hite finds himself at the top of his profession, selected as the 2012 Air Education and Training Command MTI of the Year.

In addition to garnering the AETC award, Hite was also chosen as the 737th TRG 2012 Blue Rope of the Year. He capped off an amazing few weeks by learning in late June of his selection for promotion to techni-



A trainee gets his instructions loud and clear from Staff Sgt. Joshua Hite after arriving at the 322nd Training Squadron for basic military training.

cal sergeant.

"Seriously, I don't know what I did to deserve all of this: Blue Rope of the Year, MTI of the Year, line number for technical sergeant, getting my Community College of the Air Force degree – all in the last few months," he said. "It's kind of crazy.

"(The awards) were a sur-

prise," he said. "The Blue Rope competition itself . . . we all know each other, we all work together and a lot of us came in at the same time. I thought at the time just to be among these individuals was awesome. To compete for Blue Rope of the Year is something I never dreamed about when I came here."

Hite spent part of the award year (January through December 2012) leading flights in the 322nd TRS before becoming the squadron's Master of Drill and Ceremonies NCOIC. He moved to the Military Training Instructor School last February as an instructor.

"I love it here (at MTIS)," he said. "This is the tip of the spear for MTIs. In the squadrons, we touch 50 to 60 trainees every eight weeks. Here, every seven weeks you're putting out 15

MTIs that individually are going to touch 50 to 60 lives as well every eight weeks.

"When you look at the big picture, it's more satisfying to me when you think about it that way. To have an effect like that is pretty cool."

During the award year, Hite implemented guidon training, developed a Dorm/Professional of the Month program, revamped drill, mentored three U.S. Air Force Academy cadets during an Academy summer leadership program, was selected as the BMT spokesman to brief an Air Force Under Secretary and designed the BMT Week Eight brief.

He was also selected as a JBSA military ambassador, coordinated the 737th TRG Santa Claus Shuffle that raised \$15,000 for the Wounded Warrior Fund, served as secretary



Staff Sgt. Joshua Hite looks over the uniform of a graduating Airman from the 322nd Training Squadron.

of the Blue Rope Association, organized seven high school Junior Reserve Officer Training Corps regional drill meets and mentored 1,800 grade school children.

And he still found time to complete his CCAF degree.

"He's one of those individuals that you point in a direction and he'll go above and beyond," said Senior Master Sgt. James Clark, 322nd TRS training superintendent. "From the moment I got into the squadron, he was the 'go-to guy.'

"He's a hard worker who could see and read what leadership's vision is, then make his decisions in line with it," Clark said. "He's someone who does not require a lot of leadership involvement. He's just a great, great NCO and it was awesome to have him."

Hite is humbled by the recognition. After all, his dream was only to be a training instructor.

"All I wanted to be was an MTI," he said. "The MTI Corps is made of nearly 500 people. To be selected No. 1 out of the most exceptional people in the Air Force just blows me away. I still don't think I can fathom it; I still haven't grasped it yet. It's very humbling."

AROUND JBSA-LACKLAND

DLI change of command



Photo by Benjamin Faske
Col. Mark Camerer, left, and Col. James A. Garrett, right, applaud as Col. Rich Anderson, center, assumes command of the Defense Language Institute English Language Center during a change of command ceremony at Joint Base San Antonio-Lackland, Texas, July 12. Camerer is the 37th Training Wing commander and Garrett is the outgoing DLIELC commander who will retire later this year.

CDOS campaign highlights boating safety

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

Highlighted in this year's Critical Days of Summer campaign, safe boating depends on preparation and following common rules.

Boating activities involve anything using a watercraft, to include kayaking, fishing, knee boarding and jet skiing, Marvin Joyce, 502nd Air Base Wing safety and occupational health specialist, said.

Dangers associated with boating include inclement weather, navigational problems, collisions and drowning, Staff Sgt. Gary Lund, 502nd ABW ground safety technician, said.

In order to avoid small mistakes that could cost lives, "make a plan," Joyce said. "It's always important to let someone know where you will be."

"Make sure you get training and have a good first aid kit on the boat," he said. "Whether you are on a motorized

or nonmotorized boat, it's recommended that everybody take a boater's safety course."

Other essential safety items include life jackets, lights, horns or bells, maps, drinking water, sunglasses, hats and sunscreen, Lund said.

To maintain safety, alcohol should always be avoided during water activities.

While boating, people are usually exposed to a lot of wind and sun, contributing to the risk of dehydration, Joyce said. A small amount of alcohol can be a dangerous addition to these factors.

With or without alcohol, there are times when it is less safe to go boating; there is also a limit to how long the human body can handle the recreational stresses of boating.

It takes three to nine hours on the water to tire most people, so make sure to plan outings accordingly, Lund said.

Despite how careful one might be, accidents still can happen, he said.

If involved in a boating accident, the first priority is to call 911 to get in contact with emergency personnel, such as harbor police or the Coast Guard, Lund said. Once ashore, the process is similar to an automobile accident; insurance companies need to be contacted and the first sergeant of the member's unit should be notified of the situation.

For more information on needed supplies, boating laws and boating qualification sources, visit <http://www.tpwd.state.tx.us/fishboat/boat>, <http://www.boaterexam.com/usa/texas>, and <http://checklist.com/boating-checklist/>.



Photo by Benjamin Faske
Jonathan Clifton, 902nd Force Support Squadron park manager, drives one of the ski boats back to the marina April 8 at Joint Base San Antonio Recreation Park at Canyon Lake.



**Be Responsible!
Seat Belts Save Lives!
Buckle Up And Wear Yours!**





Photos by Staff Sgt. Kevin Iinuma

Capt. (Dr.) Bryan Lawson prepares for a wrist arthroscopy June 11 at Wilford Hall Ambulatory Surgical Center. Lawson is assigned to the 59th Orthopedic and Rehabilitation Squadron as a resident orthopedic surgeon.

Rx

Perfect script

Air Force, medicine bring couple together

By Mike Joseph
JBSA-Lackland Public Affairs

The story of this Air Force couple is like a Hollywood script: Meet by chance, begin dating, one changes careers, they fall in love, get married, live happily ever after.

That's essentially the script for Capt. (Dr.) Bryan and Michelle Lawson.

The couple met by chance in the summer of 2006 when both were juniors at the U.S. Air Force Academy. The Lawsons were two of four students selected that year for a cadet summer research program with the Clinical Research Division at Wilford Hall Medical Center, now the Wilford Hall Ambulatory Surgical Center.

If not for that program, the Air Force might be one doctor short today.

"The research facility was a great experience," said Bryan. "I had been pursuing a career in flying but we got to see the medical side here. I got to know Michelle here. She was dead set on applying to medical school. Long story short – by the time summer was over I had given back my pilot's slot."

Prior to the summer that changed his life, Bryan had wanted to keep his career options open, which included the chance to follow in his father's footsteps as an Air Force pilot.

A bio-chemistry major at the academy, it was working with Dr. Robert DiGeronimo in the research division that convinced Bryan to pursue a career in



medicine, instead.

"(The influence of) Dr. DiGeronimo was probably the biggest (reason I became a doctor)," Bryan said.

"He really did take us under his wing," said Michelle. "We can't say he got us into med school but he definitely helped us get accepted."

Meeting Michelle also didn't hurt as Bryan decided on his future.

They continued dating through their senior year at the academy. After graduation, Bryan was off to Harvard Medical School in Boston, and Michelle began attending the Uniformed Services Medical School in Bethesda, Md.

"When we started dating, it was by no means thinking, 'This is the one,'" Michelle said. "We continued (dating) and it just grew from there. We had already applied for medical school before we met at Lackland. We were just fortunate to both end up on the East Coast."

Was fate intervening again?

"It was fate we were in the research program," Bryan said. "Everything else, we decided."

That included deciding to marry in December 2010 during their third year of medical school. Bryan and Michelle were also determined to apply and get accepted to residency programs so they could be recognized for their medical abilities, not as a couple.

"We worked hard to be strong candidates," Michelle said. "We wanted to be accepted because they wanted us and we both deserved the opportunity, not because we were joint spouses."

As it turned out, the San Antonio military medical community would give them both that opportunity.

They were assigned to residency programs in the 959th Medical Training Squadron at nearby Joint Base San Antonio-Fort Sam Houston – Bryan in orthopedics, Michelle in pediatrics.

"We were fortunate enough to get stationed together and we count our blessings for that," said Michelle.

She finishes her three-year residency this year while Bryan has two more years left in his five-year residency program.

"We joke that our long distance relationship prepped us for residency," Michelle said. "At most (in med school) we saw each other once a month. Now, we see each other once, twice, three times a week; at the minimum, once a week.

"It does get difficult," she said. "It's kind of like we're perpetually dating. But we understand and it's worth it."

And the Air Force is a doctor up and one pilot short because of it.



Capt. (Dr.) Michelle Lawson tests the reflexes of 3-month-old Jenna Long June 26 at Wilford Hall Ambulatory Medical Center. Lawson is a 959th Clinical Support Squadron pediatric resident.

BMT HONORS

Congratulations to the following 64 Airmen for being selected as honor graduates among the 645 Air Force basic military trainees who graduated today:

320th Training Squadron

–Flight 461

Jared Basham
Aaron Blackmon
Mark Gonzalez
Angel Martinez
Rogerito Miravete
Brett Tarkalson

–Flight 462

Joshua Colonna
Matthew Descoteaux
Adam Palmer
Aaron Robertson
James Thurman
Carlton Wilson

322nd Training Squadron

–Flight 469

Paul Anderson
Robert Lummus III
Jeremy Reed

–Flight 470

Lyndsay Beavers
Danielle Massengill
Judith Neubauer
Monica Pare
Ronlea Peterson
Alaina Pritz
Amanda Quintana
Tiffanie Trainer
Alli Wilde

323rd Training Squadron

–Flight 459

Christopher Bower
Adam Dyess
Michael Golden
Adam Loso
Jamal Shakeenab
Jonmichael Silva
David Smith
Clinton Walsh
Christian Winget

–Flight 460

Philip Biggs
Johnny Cruz
Beau Grider
Cassey Hornberger
Jacob Laramore

–Flight 466

Cassandra Flemming
Chae Reid

326th Training Squadron

–Flight 467

Victor Alexander
Preston Balicki
Austin Gause
Micah Moore

–Flight 468

Tyler Dean
Jerraine Griffin
Christopher Malone
Alexander Molina
Damon Shimabukuro
Zachariah Smith
Justin Vidal

331st Training Squadron

–Flight 463

James Cason
Jacob Charneski
Ian Heikkila
Daniel Romans
Brian Windsor

–Flight 464

Raquel Densmore

Rochelle Densmore
Jasmine Derrick
Catherine Stanton

–Flight 465

Patrick Long
Nicholas McClary
Jacob Walker
Adam Williams

Top BMT Airman

Casey Hornberger
323 TRS, Flight 460

Most Physically Fit

–Male Airmen

Phillip Wise
332nd TRS, Flight 469
Alexander Volberding
320th TRS, Flight 461
James Bowen
323rd TRS, Flight 459
Edwin Argueta-Hernandez
326th TRS, Flight 467

–Female Airmen

Ashlynn Herbert
322nd, TRS, Flight 470
Ashley Pinson
323rd, TRS, Flight 466

Ronlea Peterson
322nd, TRS, Flight 470
Nicolette Sheridan
322nd, TRS, Flight 470

–Male Flights

331st TRS, Flight 463
320th TRS, Flight 461
320th TRS, Flight 462
326th TRS, Flight 468
326th TRS, Flight 467
322nd TRS, Flight 469

323rd TRS, Flight 459

–Female Flights

322nd TRS, Flight 470
331st TRS, Flight 464
323rd TRS, Flight 466

Top Academic Flights

322nd TRS, Flight 470
323rd TRS, Flight 459
331st TRS, Flight 465
322nd TRS, Flight 469
326th TRS, Flight 468
323rd TRS, Flight 460
320th TRS, Flight 461
331st TRS, Flight 464
326th TRS, Flight 467
320th TRS, Flight 462
331st TRS, Flight 463
323rd TRS, Flight 466

STAGE 3 from Page 2

2 are substantial.

“All the Stage 2 restrictions are still in place. In addition, irrigation is now once every other week with watering times from 3 to 8 a.m. and 8 to 10 p.m.,” said Aaron Farmer, 502nd Civil Engineer Squadron. “This will be done with an irrigation system, sprinkler or soaker hose, and only on your designated watering day.

In Stage 3, the watering days are:

- Address/facility number ends in 0 or 1, Monday is the watering day;
- Address/facility number ends in 2 or 3, Tuesday is the watering day;
- Address/facility number ends in 4 or 5, Wednesday is the watering day;
- Address/facility number ends in 6 or 7, Thursday is the watering day;
- Address/facility number ends in 8 or 9, Friday is the watering day.

“Use of portable yard pools is prohibited, as well as fire hydrant and sewer flushing,” Farmer added. “Government-operated vehicles are allowed to be washed once per month and no new planting is allowed.”

Additionally, there will be no watering on weekends with a sprinkler, soaker hose or irrigation system.

According to the SAWS website (<http://www.saws.org/conservation/droughtrestrictions/StageThree>).

cfm), use of fountains, waterfalls, or other aesthetic water features – outdoors or indoors – is prohibited, unless a variance has been granted for 100 percent non-potable water use.

Watering rules must be strictly adhered to and people found in violation of these measures will be held accountable, Farmer stressed. The Joint Base San Antonio Drought Management Plan is on the 502nd Air Base Wing website at <http://www.jbsa.af.mil/shared/media/document/AFD-120516-024.pdf>.

“JBSA personnel should not confuse the JBSA water restrictions with the SAWS restriction levels,” Farmer stressed. “The JBSA water restrictions are more stringent and begin sooner than SAWS restrictions.

“JBSA Stage IV of water restrictions will occur when the J-17 level reaches 640.5 feet,” Farmer added. “As we get into these more severe stages, we’ll need everyone’s help to conserve.”

The JBSA Conservation Hotline at 466-4H20 (466-4426) allows for reporting of water abusers and will bring potential disciplinary measures to violators, Farmer said.

This water point of contact will respond to calls, investigate, annotate abuse and inform the resident, facility manager or responsible individual of the problem, Farmer said. The POCs will then report the problem to the 502nd ABW, with further action coordinated from this point.

For people who live off base, SAWS has an online form to report water wasters at <http://www.saws.org/conservation/waterwaste/reportform.cfm>.

These offenses can lead to citations and fines for homeowners and businesses not following the rules.

To report off-base water and sewer emergencies, including main breaks, any time of day or night, call 704-SAWS (7297) for an immediate response.

For more water-saving tips, check out these websites: <http://www.WaterUseItWisely.com> (111 ways to conserve), <http://www.EPA.gov> and <http://SAWS.org> (more information on water conservation).

EXCHANGE from Page 4

be distributed to Exchanges worldwide.

“We are excited to bring the fifteenth military-exclusive Marvel comic book to service members and military families worldwide,” said the Lackland Exchange’s Main Store Manager, Mandi Kruse. “It’s hard to believe this partnership started eight years ago, but if the reception to the prior comics is any indication, we should have another winner with this latest, action-packed publication.”

“A one hundred foot tall, rampaging dragon! Not one but two armored heroes! This one has it all!” said Marvel Custom Solutions Editor Bill Rosemann. “Everyone here at Marvel truly appreciates the men and women of the US military, so we pulled out all the stops to top ourselves and deliver an action-packed adventure starring the world’s most popular movie star! Who will win the Battle for Seattle? Stop into your local Exchange and find out!”

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

- ▶ Federal resume process, 11:30 a.m. to 1:30 p.m.
- ▶ Air Force Basic Military Training spouse and parents' seminar, BMT Reception Center, Building 7246, noon. Call 800-973-7630 or 671-4057.

MONDAY

- ▶ 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.

TUESDAY

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

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

WEDNESDAY

- ▶ Transition Assistance Program, 7:45 a.m. to 4 p.m.
- ▶ Newcomer's orientation briefing, mandatory for personnel new to JBSA-Lackland, Gateway Club, 8 a.m. to 3 p.m.

THURSDAY

- ▶ 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. Call 800-973-7630 or 671-4057.

JULY 26

- ▶ 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.

Call 800-973-7630 or 671-4057.

JULY 29

- ▶ 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.

JULY 30

- ▶ 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.

JULY 31

- ▶ Newcomer's orientation briefing,

mandatory for personnel new to JBSA-Lackland, Gateway Club, 8 a.m. to 3 p.m.

AUG. 1

- ▶ Air Force Basic Military Training spouse and parents' seminar, BMT Reception Center, Building 7246, 1 p.m. Call 800-973-7630 or 671-4057.

AUG. 2

- ▶ Air Force Basic Military Training spouse and parents' seminar, BMT Reception Center, Building 7246, noon. Call 800-973-7630 or 671-4057.

AUG. 5

- ▶ 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.

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

LOCAL BRIEFS

Compiled by Mike Joseph, JBSA-Lackland Public Affairs

MONDAY

BEFORE, AFTER SCHOOL CARE

Registration for before and after school care begins Monday and continues through Aug. 9. Parents can sign up Monday through Friday, 6 a.m. to 6 p.m., at the JBSA-Lackland Youth Center. Fees vary based on household income.

Registration after Aug. 9 is subject to a \$15 late fee.

Call 671-2388 for additional information.

WEDNESDAY

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 additional information, call 658-2344.

PARENT ADVISORY BOARD MEETING

An advisory board meeting for parents of children enrolled in a child development center or family child care on JBSA-Lackland or the Kelly Field Annex is Wednesday, noon, in the Gateway Club

Enlisted Lounge.

For more information, contact Tech. Sgt. Shane Stanke at 395-1806.

THURSDAY

VETERANS AGRICULTURE WORKSHOP

A free agriculture workshop for military veterans is Thursday, 8 a.m. to 4:30 p.m., at the 4h Reconnaissance Battalion, 3837 Binz Engleman Road.

Workshop topics include agriculture business start-up, business plan development, ranching/farming with a disability, funding sources, and resources to support agriculture business operations.

Registration is available online at <http://www.txagravity.tamu.edu>.

For information, call Master Sgt. Ruben Villarreal at 223-1551, ext. 365, or 979-845-3727.

JULY 26

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 July 26, 7-11 p.m.

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

JULY 27

VOLUNTEER OPPORTUNITY

The Airman's Voice needs volunteers for Keep San Antonio Beautiful on July 27 at 10 a.m. For more information, contact Airman 1st Class Stephanie Clark at 916-6631 or 912-536-9744.

JULY 29

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 July 29, 10 a.m., at Arnold Hall.

For more information, call 671-2619/2388.

AUG. 1

ARTS & CRAFTS CENTER HOURS

The Arts & Crafts Center operating hours will change beginning Aug. 1. New hours will be Tuesday

through Thursday, 9 a.m. to 6 p.m.; Friday, 9 a.m. to 5 p.m.; and Saturday through Monday, closed.

For additional information, call 671-2515.

AUG. 3

PARKING LOT FLEA MARKET

A flea market in the Warhawk Fitness Center parking lot will be 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. 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 on 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.

SEPT. 20

RAMBLER 120 TEAMS

Joint Base San Antonio's premiere adventure race, the Rambler 120, takes place Oct. 5 and participants can register now through Sept. 20.

Entry forms are available at the JBSA-Randolph Rambler Fitness Center, Building 999, and the Community Services Mall, Building 895. Participants can also print a registration packet, which is available online at <http://www.randolphfss.com>.

For additional information, call 267-7358.

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>.

CHAPEL SERVICES

PROTESTANT

Freedom Chapel -Building 1528

<i>Sunday</i>	
Contemporary Service	9:30 a.m.
Religious Education	11 a.m.
Gospel Service	12:30 p.m.
<i>Wednesday</i>	
AWANA	6 p.m.

Hope Chapel -Building 10338

<i>Sunday</i>	
Contemporary Service	11 a.m.
Spanish Service	12:30 p.m.

Airmen Memorial Chapel -Building 5432

<i>Sunday</i>	
Liturgical Service	8 a.m.

DENOMINATIONAL

BMT Reception Center -Building 7246

<i>Sunday</i>	
Church of Christ	7:30 a.m.

Gateway Chapel -Building 6300

<i>Saturday</i>	
Seventh-day Adventist	12:30 p.m.

Education Classroom -Building 5200

Rm. 108

<i>Sunday</i>	
Christian Science	7:30 a.m.

ROMAN CATHOLIC

Freedom Chapel -Building 1528

<i>Sunday</i>	
Religious Education	9 a.m.
Mass	11 a.m.
<i>Monday - Friday</i>	
Daily Mass	11:30 a.m.

Hope Chapel -Building 10338

<i>Saturday</i>	
Reconciliation	4:30 p.m.
Mass	5:30 p.m.

ORTHODOX CHRISTIAN

Airmen Memorial Chapel -Building 5432

<i>Sunday</i>	
Religious Education	8 a.m.

WICCA

BMT Reception Center -Building 7246

<i>Sunday</i>	
Military Open Circle	12:30 p.m.

Freedom Chapel -Building 1528

<i>1st Tuesday</i>	
Military Open Circle	6 p.m.

JEWISH

Airmen Memorial Chapel -Building 5432

<i>Friday</i>	
Sabbath & Kiddush	4 p.m.

<i>Sunday</i>	
Religious Education	12:30 p.m.

ISLAMIC

Global Ministry Center -Building 7452

<i>Friday</i>	
Jummah Prayer	1:15 p.m.

<i>Sunday</i>	
Religious Education	9 a.m.

BMT Reception Center -Building 7246

<i>Sunday</i>	
Buddhist	10 a.m.

Gateway Chapel -Building 6300

<i>First, third and fifth Saturdays</i>	
Eckankar	12:30 p.m.

<i>First, third and fifth Saturdays</i>	
Baha'i	11 a.m.

OTHER FAITH GROUPS

THE CHURCH OF LATTER-DAY SAINTS

Hope Chapel -Building 10338

<i>Tuesday</i>	
Religious Education	6:30 p.m.

<i>Thursday</i>	
LDS Institute	6:30 p.m.

<i>Sunday</i>	
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	http://www.lacklandesc.org
Force Support Squadron	http://www.lacklandfss.com
Lackland ISD	http://www.lacklandisd.net
Officers' Spouses' Club	http://www.lacklandosc.org
JBSA Public website	http://www.jbsa.af.mil
My Air Force Life	http://www.MyAirForcelife.com



White-tailed deer stand drawing coming up at JBSA-Camp Bullis

By Steve Elliott
JBSA-Fort Sam Houston Public Affairs

The annual white-tailed deer stand drawing at Joint Base San Antonio-Camp Bullis is scheduled for 9 a.m. Aug. 3 at the Air Force Reserve Command drill hall, Building 5044.

"This is a single consolidated archery and rifle drawing," said Bryan Hummel, a natural resource technician with the 502nd Civil Engineer Squadron. "Anyone interested in hunting white-tailed deer must be present on this drawing date to assign individual hunting areas."

Individuals will be issued a unique identification number between 8 to 8:45 a.m. Those who don't have a ticket by 8:45

a.m. will not be allowed to participate in the drawing. The natural resource manager will keep the official time.

"In the event of inclement weather or training priority, the drawing will still continue, rain or shine," Hummel said. "An alternate building location will be determined based on availability at that time."

To hunt at JBSA-Camp Bullis, a person needs to have a valid Department of Defense identification card, a hunter's education certificate, a valid Texas hunting license and a JBSA-Camp Bullis annual permit and activity card.

Texas Parks and Wildlife offers bow and gun hunter's education courses. For class schedules and locations, check their

website at <http://www.tpwd.state.tx.us/outdoor-learning/hunter-education> or call 800-799-1112 or 512-389-4800.

Individuals may draw for no more than one hunting stand location per year. Youth hunters between 12 and 16 years of age may draw for their own individual stand at their parent or legal guardian's discretion.

All youth hunters under 12 years of age will hunt from their parent or legal guardian's stand.

In the event a hunter cannot attend, they may designate a proxy to select their location, providing that the proxy has the proper identification.

Once an individual stand is assigned, it remains that individual's for the entire white-tailed deer season

unless they voluntarily turn it in or if it is forfeited due to a violation.

Hunters' names drawn for a gun or archery stand must purchase their permit no later than Sept. 1. Any stand not paid for by this date will be offered to persons on the standby list starting Sept. 2.

"If a stand is offered to a 'stand-by-hunter' they will have 21 days from the notification date to pay or that stand will be offered to the next person on the list," Hummel added.

The Armed Forces Reserve Center is located building number 5044. Parking will be in the "G" designated parking lot immediately in front of the building. Hunters can enter through the main entrance facing the parking lot and follow the signs to the drill hall.

Numbers will be drawn in random order until all stands are issued. As an individual's number is drawn, they will choose from the remaining stands identified on a single map.

Individuals can choose either a rifle or an archery stand from the ones available, but may only hunt with the weapon type for the stand selected. There is no archery hunting in rifle designated areas or vice versa.

If more than 218 individuals are present, an additional 25 numbers will be drawn to determine a stand goes unclaimed or becomes available later in the season.

In the event there are more than 25 unclaimed stands, they will then be offered on a first-come, first-serve basis until all are filled.

Permits will not be sold on the day of the annual drawing, but will be sold during the dates and timeframes identified previously in the hunting guide.

Additional information on this and other hunting opportunities can be found in the complete hunting guide available by contacting the Outdoor Recreation Center at 295-7577.

Fitness trainer walks with co-worker on health journey

Jose T. Garza III
JBSA-Lackland Public Affairs

There are times when a person looks to a co-worker to help them with personal issues outside of the workplace.

After having knee replacement surgery on Feb. 8, 2011 that resulted in inefficient therapy, Marie Mendez looked to her co-worker, Dwight Jackson, a certified personal trainer and certified lifestyle weight-management specialist, to help her get fit and return to walking without assistance. Both work at Wilford Hall Ambulatory Surgical Center in facility management.

She went to Jackson for help after hearing him talk with other people about fitness.

"I just felt like I was going to end up in a wheelchair, and I was hoping he was going to be the answer. It

took about six months before I started to change and feel strength, but it was scary at first. I had to build confidence in him."

"You start with a client by giving them basic things that they can do so they can feel success," Jackson said.

After putting trust in Jackson, Mendez started out exercising with assistance, attempting to sit down and stand up from a bench. Jackson then incorporated exercises that would strengthen her legs and improve her stability.

Mendez slowly progressed to where she gained the confidence to walk and complete exercises on her own.

Her hard work paid off.

Since being under the tutelage of Jackson, Mendez lost 60 pounds, lowered her cholesterol from 240 to 170 and her blood sugar from 5.7 to 5.2.

But they haven't stopped there. The current focus is to increase Mendez's cardiovascular strength and endurance.

"He's very proactive with you. He wouldn't ask you to do anything that he hasn't done himself. He's right there with you the whole way."

"I cannot tell you the anxiety that I had when I first started out with (Dwight)," she said. "I would shake and cry after trying to simply sit down on a bench. I

couldn't balance myself.

After overcoming her jitters about exercise and making progress in her rehabilitation, Mendez has a positive outlook on her future that includes aging gracefully and living a healthy, productive life with minimal health issues.

"Now, it's been awhile since I've had an anxiety attack, so I'm looking to do new exercises everyday. I used to see my future in a wheelchair, and now I don't see that anymore. My grandchildren love it because I can pick them up and play with them."

Jackson works with several other clients, but seeing Mendez's progress through the past year and a half has been the most rewarding.

"There are some people who may already be fit and just want to improve on that. My job, in that case, is easier because I don't have to prepare as much to help them," said Jackson.

"When I see someone who cannot be mobile without holding on, step off a sidewalk, and walk up the stairs and you help get them to the point where they can do that... I walk away from that experience knowing I did my job."

If you would like to inquire about Jackson for personal training, visit the Joint Base San Antonio-Lackland 802nd Force Support Squadron website in the fitness center section for his personal contact information.