



# TALESPINNER

JOINT BASE SAN ANTONIO-LACKLAND, TEXAS • Vol. 70 No. 26 • July 5, 2013

## Celebrating 237 years of Freedom

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come prepared*  
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# 'Lucky' people take personal responsibility for their own success

By Lt. Col. Mickey Evans  
55th Communications Squadron commander

"She's so lucky!" "He has all the luck!" Just like you, I hear these phrases thrown around from time to time.

I've often been taken somewhat by surprise when I hear one of these comments. Don't get me wrong, I think there are times when truly random events of good fortune happen.

Take for instance the lady that recently won \$590 million in the Powerball lottery! That's got to be luck, right?

However, I've watched some "lucky" people and noticed a few common traits and characteristics.

Lucky people are prepared. They show up for work ready to fulfill their role in the mission. If there was research to be done to prepare for a task, they've done it. If there's a pertinent Air Force instruction, they've read it. They know when their physical fitness assessment and their performance report is due and what ancillary training they have to complete.

Lucky people don't procrastinate. Their career development course needs to get accomplished - check. Signed up for a primary military education course by cor-

respondence as early as possible - check. Service dress needs to be squared away for an event next week - check. The fact is, the pace of our daily mission is so fast, we usually don't know what curve ball is going to be sent our way tomorrow. Lucky people understand this and take care of what they can today.

Lucky people seem to have a plan. Those people with whom I work closely, often hear me say, "Hope is not a plan." For me, hope is a four-letter word. Most of the time when I hear this word, it tells me the person talking really has no idea what they're talking about.

Perhaps unbeknownst to them, lucky people seem to have the same philosophy. They know how many pages of the Professional Development Guide they have to study each week to be ready for their promotion test; they don't 'hope' to get through it. They know what they want to score on their next physical fitness assessment and have a plan to get there; they don't 'hope' to do well. They have a plan with definite goals and milestones and they stick to it.

Lucky people take personal responsibility for their own success. They don't wait for their supervisor to tell them what to

do or wait until the squadron sends out a roster of overdue ancillary training. They are aware of what is required and take care of it. If they fail, they take responsibility for it and perhaps most importantly, learn from it, and move on.

Lucky people are disciplined and balanced. It's very easy to let one facet of our lives overwhelm the others. Most of us have many titles such as spouse, father, supervisor, student, et cetera. By capitalizing on those traits, lucky people self-regulate their time to ensure each facet of their lives gets the attention it requires.

Finally, I think lucky people have a heightened sense of situational awareness and take full advantage of it by being fully engaged and armed with information. They listen to their peers and mentors and follow their advice. They know where to find information and stay on top of the latest news and opportunities. Because they are informed, they often seem one step ahead of everyone else.

Lucky people get that choice opportunity or assignment because when the eye of the Air Force looked around for qualifying candidates, these people have taken personal responsibility for their success and taken care of everything in their control.

Lucky people don't need to get ready when an opportunity presents itself; they are ready because they took care of business as early as possible.

It boils down to this: good fortune, or luck, is usually the result of focused hard work and dedication that resulted in a level of ability that was available when an opportunity presented itself.

Best of 'luck' to you all!

## 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



## JOINT BASE SAN ANTONIO COMMANDER'S ACTION LINE

The action line is your avenue for addressing issues you've been unable to resolve through your chain of command or an appropriate agency.

It also allows you to give feedback and recognize outstanding people and units.

Please leave your name and telephone number or email address so we may be able to obtain more information to help resolve the issue.

To submit an Action Line comment, email your local public affairs office:

JBSA-Fort Sam Houston:  
usaf.jbsa.502-abw.mbx.fsh-public-affairs-office@mail.mil

JBSA-Lackland: 502abw.paola.inbox@us.af.mil

JBSA-Randolph: randolphpublicaffairs@us.af.mil

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

## NEWS IN BRIEF

### JULY 5-6

#### BAND OF THE WEST CONCERTS

The United States Air Force Band of the West concert band will perform "Celebrating America" concerts Friday and Saturday at SeaWorld San Antonio. The concerts are free with park admission at 8:20 p.m. each night.

For additional information, call the Band of the West at 671-3934.

### JULY 23

#### RETIREMENT PLANNING SEMINAR

A seminar for employees in the Federal Employee Retirement System seminar is July 23, 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 details, visit <http://sanantoniofeb.org>.

### 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 more 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.

### INFORMATIONAL

#### NEW SYSTEM AT URGENT CARE CENTER

The Wilford Hall Ambulatory Surgical Center Urgent Care Center has implemented an appointment-based system.

Results from a recent survey indicated that an overwhelming majority of patients preferred an appointment-based system. The new system will allow patients to pinpoint the time they would like to be seen for acute and non-emergency treatment, reducing wait time.

For more details, call the Consult and Appointment Management Office at 916-9900.

# JBSA readiness exercise tests first responders' capabilities

By Robert Goetz

Joint Base San Antonio-Randolph Public Affairs

Simulated blasts triggered by improvised explosive devices planted inside vehicles at two Joint Base San Antonio locations tested the emergency preparedness of active-duty members and civilian employees during an exercise last week.

The fictitious incidents at JBSA-Randolph and JBSA-Fort Sam Houston, as well as the presence of an unexploded device inside a vehicle at JBSA-Lackland, provided the scenarios June 27 for exercise JBSA 13-02, which demonstrated the professionalism of emergency responders.

"The first responders were very skilled and had a sense of urgency," Henry King, 502nd Air Base Wing exercises and assessments chief, said. "The explosive ordnance disposal personnel were extremely proficient and professional."

Frank Hawley, 502nd ABW exercises and assessments assistant chief, said emergency response is one of JBSA's "greatest strengths" and was again displayed in this exercise.

"They were able to effectively respond to and neutralize all incidents, and cordoned off the incident sites," he said. "They handled their duties extremely well and maintained mission continuation."

The exercise involving the use of CBRNE, or chemical, biological, radiological, nuclear and explosive substances, for terroristic purposes began shortly after 9 a.m. with the report of a vehicle explosion and the emission of potentially hazardous chemicals in the Randolph BXtra parking lot.

Casualties included a deceased person just 35 feet from the blast site and four persons working on a beautification detail 150-200 feet from the site who were contaminated by acetic acid dispersed in the explosion and were treated at a hospital, Hawley said.

A few minutes after the blast was reported at Randolph, an unexploded device was found between buildings 7290 and 7291 at Lackland. Emergency responders arrived on the scene and established a 1,000-foot cordon. EOD specialists prevented the IED from detonating and decontamination

was required at the site because of the dispersion of acetic acid.

That same morning, a vehicle explosion, including the dispersion of acetic acid, was reported near buildings 890 and 895 at Fort Sam Houston, but with no casualties.

The exercise, which concluded shortly after 2 p.m., also involved the apprehension of the perpetrator and the simulation of shelter-in-place and Force Protection Condition Delta at all JBSA locations.

King said the exercise was led at Lackland by the JBSA Disaster Response Force consisting of the crisis action team, emergency operations center, unit control center and specialty teams.

"We were able to pull resources from all three locations," he said.

Exercises test military installations' ability to respond to life-threatening situations ranging from airplane crashes and active shooter incidents to chemical spills and natural disasters on a regular basis, laying the groundwork for improved force protection and safeguarding the active-duty and civilian population.

## 24th Air Force Change of Command

By Master Sgt. Dorian Chapman  
24th Air Force Public Affairs

Joint Base San Antonio-Lackland hosted a change of command and retirement ceremony at the Gateway Club June 25, recognizing the 24th Air Force's newest commander, Maj. Gen. Kevin McLaughlin, and signifying the retirement of Maj. Gen. Suzanne Vautrinot after 31 years of service. General William L. Shelton, commander of Air Force Space Command, headquartered at Peterson Air Force Base, Colo.,

officiated both the change of command and retirement ceremonies.

"I'm very proud to be taking command of the 24th Air Force," said McLaughlin at the change of command ceremony. "We have many challenges ahead and we'll face them all as a team and as a family," he added.

General McLaughlin's previous assignment was Space Operations director at the U.S. Air Force headquarters in Washington D.C.

A 1983 graduate of the U.S. Air Force Academy in Colorado Springs, Colo., he

earned a Bachelor of Science degree in general studies. He earned a master's degree in space systems management from Webster University in 1987.

On Oct. 6, 2008, the U.S. Air Force announced that a numbered air force, the 24th Air Force, would gain the cyber warfare mission as part of Air Force Space Command. The 24th Air Force was activated on Aug. 18, 2009, achieved Initial Operating Capability in January, 2010, and Full Operational Capability on Oct. 1, 2010.



Courtesy photo

Gen. William L. Shelton (left), Commander of Air Force Space Command passes the 24th Air Force guidon to Maj. Gen. Kevin McLaughlin after Maj. Gen. Suzanne Vautrinot relinquished command.

# Keep food safety paramount during summer season

Staff Sgt. Marissa Tucker  
502nd Air Base Wing Public Affairs

Nothing puts a damper on a summer cookout like the tuna salad that spent too much time in the sun and is now churning in the stomachs of your guests.

While symptoms of foodborne illnesses can be just a minor inconvenience for some, each year there are more than 3,000 food poisoning-related deaths in America. Some incidences are unavoidable, but there are common issues that cause most of the cases.

“The main culprit for food sicknesses during the summer is improper storage of ready-to-eat foods such as potato or macaroni salad,” said U.S. Army Staff Sgt. Jerome Montoya, Non Commissioned Officer in charge of the preventive medicine department at Brooke Army Medical Center. “The close second is the consumption of under cooked food.”

Below are tips to help decrease the chances of food-born illnesses while enjoying summer cookouts.

## Keep Hot Foods Hot & Cold Foods Cold

While transporting foods such as meats and easily perishable items, coolers are recommended to help maintain safe temperatures before cooking or serving. Montoya says leaving foods at an unsafe temperature for too long can

quickly lead to food poisoning because bacteria multiply rapidly between 40 degrees and 139 degrees Fahrenheit.

“If foods are not kept at a safe temperature they can grow bacteria and spoil, making the items a breeding ground for a foodborne illness outbreak,” Montoya said. “The general rule is the same room temperature that humans like to dwell in is the same that bacteria thrive in.”

By using the smallest containers possible and properly using methods such as dry ice or food heaters, outdoor chefs can ensure food safety before, during and after cooking.

## Cross contamination

An issue with cooking outdoors is that many times the food is transported in the same cooler or bags, increasing the chances of cross contamination. Also, due to limited surface space, raw and cooked foods are sometimes very close. Montoya offers a few solid words of advice: keep it separate, or you are sure to get sick.

“When storing items in a cooler full of ice make sure that the containers of food are secured properly,” Montoya said. “If contaminated water from dirty hands/items seep into the food, you can also cross contaminate your foods.”

According to the Center for Disease Control, even after you’ve cleaned your hands and surfaces thoroughly, raw meat, poultry, seafood, and eggs can

still spread illness-causing bacteria to ready-to-eat foods—unless you keep them separate. Use separate cutting boards, plates, and utensils for raw produce, uncooked meat, poultry, seafood and eggs.

## Be a watch dog for washing hands and all utensils

Ensure soap and hand sanitizer is readily available for individual use. Running water may not be available depending on the location, so Montoya suggests bringing water, soap and sanitizing wipes whenever cooking outside.

“The most important thing that can be done to prevent foodborne illness during the summer is good personal hygiene and food handling practices,” Montoya said.

The CDC recommends washing surfaces and utensils with hot, soapy water. Surfaces and cutting boards should be cleaned with a bleach solution.

## Even the best chefs use a food thermometer

“During the summer many people like to barbeque and while we all like to be the masters of the grill, we need to incorporate a few important safety measures,” Montoya said. “You want to ensure that you are cooking all food to the proper temperature.

Just visually inspecting it doesn’t mean that it has reached the proper temperature.

The temperature standards for various meats include:

- Beef, veal and lamb steaks, roasts and chops, 145 ° (Steaks can be safely cooked to medium because harmful bacteria in beef are found on the surface of the steak, not in the interior like in ground meats)
- All cuts of pork, 160 °
- Ground beef, veal and lamb, 160 °
- All poultry, 165 °
- Heat hot dogs and any leftover food to 165 °

It is also important to clean the thermometer after each use to prevent cross contamination.

While the above tips can certainly help prevent food poisoning or food-related illness, Montoya said, it is still fairly common to get, and people should practice good judgment on when to seek treatment.

“Many people actually acquire a foodborne illness at least once in their lifetime and usually realize it rather quickly but do nothing to combat it,” Montoya said. “The signs and symptoms to look for are nausea, bloody diarrhea, temperatures of 101 °F or higher, or diarrhea for longer than a three-day period. Many foodborne illnesses will pass through the body without treatment, but it is best if you feel any of the symptoms listed to seek medical attention.”

## DEPLOYED AIRMAN SPOTLIGHT

Wilford Hall Airmen provide care during ‘New Horizons’ training exercise

Photos by Capt. Holly Hess

U.S. Air Force Staff Sgt. Rosalinda Alfaro, biomedical equipment technician from the 59th Medical Wing at Wilford Hall Ambulatory Surgical Center at Joint Base San Antonio-Lackland, speaks with Roy Mencias, biomedical technician for the Northern Regional Hospital, regarding the hospital’s steam sterilizer June 6, in Orange Walk, Belize. Alfaro is repairing medical sterilizers throughout Belize in the towns of Belmopan, Orange Walk and Dangriga.



U.S. Air Force Maj. (Dr.) Matthew Caldwell, cornea and refractive surgeon from the 59th Medical Wing at Wilford Hall Ambulatory Surgical Center at Joint Base San Antonio-Lackland, performs cataract surgery on a patient June 5, at the Southern Regional Hospital in Dangriga, Belize. Military medical professionals from the U.S. and Canada have provided free medical treatment throughout Belize as part of an exercise known as New Horizons.



**JBSA-Lackland****Phase I - began June 17****Base Operations**

Automated PIN code access entry only  
**Growden Gate** 4 a.m. to 8 p.m. daily

**Phase III - began June 21****Luke West**

Inbound 6 a.m. to 2 p.m.  
 Monday through Friday  
 Outbound 3:30 to 5:30 p.m.  
 Monday through Friday

**Security Hill**

Inbound 6 a.m. to 2 p.m.  
 Monday through Friday  
 Outbound 3:30 to 5:30 p.m.  
 Monday through Friday

**Phase IV - begins Monday****Selfridge West** Closed**Selfridge East**

Inbound 6 a.m. to 2 p.m.  
 Monday through Friday  
 Outbound 3:30 to 5:30 p.m.  
 Monday through Friday

**JBSA-Randolph****Begins Monday****Main Gate** (no change) 24/7**East Gate** (no change)

Inbound 6:30 to 8:30 a.m.  
 Monday through Friday  
 Outbound 3:30 to 5:30 p.m.  
 Monday through Friday

**West Gate** 6 a.m. to 6 p.m.  
 Monday through Friday  
 Closed Weekends and Holidays

**JBSA-Fort Sam Houston****Phase I - began June 2****Wilson Gate** 6 a.m. to 10 p.m.

Monday through Friday  
 Closed weekends and holidays

**SAMMC Beach Gate** 6 a.m. to 7 p.m.

Monday through Friday  
 Closed weekends and holidays

**Harry Wurzbach West Gate** Closed

**New Braunfels** Outbound only 3:30 to 5:30 p.m.

Monday through Friday

**Phase II - began June 16****Holbrook Gate** Closed**Nursery Gate** 6 a.m. to 10 p.m. daily**Winans Gate** 6 a.m. to 10 p.m. daily,

open by a patrol 4:30 to 6 a.m. to allow house residents access to Harry Wurzbach. Winans and Nursery new hours have no impact to the elementary school bus route.

**Jadwin Gate** Posting reduced and no privately owned vehicles**Phase III - Begins Sunday**

Personnel posted at all remaining gates will be reduced. Security patrols may be reduced as available manpower dictates.

## SecDef: DOD welcomes Supreme Court decision

Defense Department officials will move forward in making benefits available to all military spouses, Defense Secretary Chuck Hagel said in a statement issued after the U.S. Supreme Court struck down the Defense of Marriage Act, which had prevented federal agencies from offering all of the same benefits to spouses in same-sex married couples that they provide to other spouses.

Here is the secretary's statement:

The Department of Defense welcomes the Supreme Court's decision today on the Defense of Marriage Act. The Department will immediately begin the process of implementing the Supreme Court's decision in consultation with the Department of Justice and other executive branch agencies. The Department of Defense intends to make the same benefits available to all military spouses - regardless of sexual orientation - as soon as possible. That is now the law, and it is the right thing to do.

Every person who serves our nation in uniform stepped forward with courage and commitment. All that matters is their patriotism, their willingness to serve their country and

their qualifications to do so. Today's ruling helps ensure that all men and women who serve this country can be treated fairly and equally, with the full dignity and respect they so richly deserve.

# RAMADAN: The Islamic Month of Fasting

By (Capt.) Sharior Rahman  
U.S. Air Force Chaplain

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Ramadan, the Islamic month of fasting, begins either Tuesday or Wednesday pending the sighting of the new moon. One may ask: why the uncertainty of the start and end of Ramadan? Ramadan is the ninth month on the Islamic calendar, which is based on the lunar system. The months on the lunar calendar begin and end with the sighting of the new moon. Because of this, the beginning of Ramadan rotates throughout every month of the standard Gregorian calendar from year-to-year.

Ramadan is a month which Muslims all over the world look forward to. The entire month is spent fasting, praying and reading the Qur'an. In fact, Ramadan is a month in which Muslims commemorate the Qur'an. The religion of Al-Islam is based on five pillars: Belief in one God and Prophet Muhammad as the Messenger of God; Prayer; Alms; fasting during Ramadan; and Pilgrimage to Makkah, at least once in a lifetime.

The Ramadan fast is applicable to all Muslims who have reached the age of puberty. The fast begins daily at dawn and

continues until sunset. During the daylight hours, those who are fasting must abstain from food, drinks and intimate relationships. Immediately after sunset those observing the fast are required to break the fast by eating and drinking; however, one is not to overindulge in these activities. While the daylight hours are spent fasting, much of the night is spent in prayer and reading the Qur'an.

The Ramadan fast is for the benefit of the total person—spiritually, mentally and physically. While fasting, a Muslim is conscious of the need to appreciate and respect both mankind and the outer world as creations of the Almighty God.

Three days of celebration and thanksgiving follow the completion of the month of Ramadan. This celebration is known as Eid-al-Fitr. This fast-breaking celebration will begin approximately Aug. 8 or 9, depending on the sighting of the new moon, with a congregational prayer service to be held at the Global Ministry Center, building 7452 at 9:30 a.m. followed by fellowship. All are welcome to partake in this cultural and religious event.

For more information, contact Chaplain (Capt.) Sharior Rahman at 671-2941.



By Mike Joseph  
JBSA-Lackland Public Affairs

Two words sum up Space A travel: Available and Free.

Active duty, dependents, Guard/Reserve service members and retirees have access to fly at no cost using Space Available, or Space A seats aboard Department of Defense cargo planes through the Joint Base San Antonio-Lackland Passenger Terminal at Kelly Field Annex.

There is also a passenger terminal at JBSA-Randolph, although the majority of Space A travel in San Antonio originates through the Kelly terminal. On average, about 600 people take advantage of the service each month.

The aircraft used for Space A travel falls under the Air Mobility Command, and local passenger service at Kelly is supported by the 802nd Logistics Readiness Squadron.

"There are a lot of people in the active-duty and retiree communities who don't realize they can fly on military aircraft free of charge," said Master Sgt. Jesus Hernandez, JBSA-Lackland Air Terminal superintendent. "We had a master sergeant show up recently who had no idea we were here (on the Kelly Field Annex) or the service we provide, and she works right down the street in Building 171."

In addition to flying free, passengers are allowed two checked bags, a carry-on and terminal parking at no cost. The only expense is an optional meal, and those are inexpensive, at \$4.60 each.

"The Air Force wants to have full utilization of these aircraft and provide a service for its members," said Salvador Flores, JBSA-Lackland Air Terminal operations element chief. "These aircraft are mainly on cargo missions.

"The catch is you pay commercial airlines to fly to their cities," said Flores. "With us, you fly where we fly – but it's free. And being in the middle of the country, we can get you to one of the major ports on the East Coast or West Coast."

Flights from Kelly are usually bound for March Air Force Base in Riverside, Calif.; Dover AFB, Del.; and Jackson International Airport, Miss. Other mission-dependent flights to additional destinations also come through Kelly. Those flights are varied and unscheduled.

While the price is right, Space A travel does require persistence and planning. Passenger sign up through phone or email is good for 60 days and is first come, first serve by category. Active duty members must be on leave status before signing up for a Space A flight and the leave dates must be valid throughout their requested travel dates.

Flores said flexibility is a key to Space A travel since flight schedules or mission requirements can change.

"We have unscheduled flights come in," he said. "That's why we have retirees who call in during the middle of the night to see what's available."

"We constantly update our flight recording, have a flight system in our building, and a Facebook page that includes a frequently asked questions section," said Senior Airman Andrew Stoneberger, passenger service agent. "We also have flight packets with numbers to other bases so passengers can call ahead."

Along with planning and adaptability, Stoneberger added there's another important element for Space A travelers.

"Have a backup plan," said Stoneberger. "Have enough funds for hotels, taxis and a commercial ticket home. Just in case, be prepared."



Photo by Capt. Jeremy Angel

## Space A priority movement

**Category 1:** Emergency leave (unfunded)

**Category 2:** Environmental moral leave

**Category 3:** Ordinary leave, house hunting

**Category 4:** Unaccompanied environmental moral leave

**Category 5:** Unaccompanied dependent, permissive temporarily deployed

**Category 6:** Retired, Reserve/Guard, ROTC

Space A travelers are placed in a category based on their status and situation. In each category, transportation is furnished on a first-in, first-out basis. There is no guaranteed space for any traveler.

Source: Air Mobility Command general travel information



Courtesy photos/Flo Flippo-Hopkins

Travelers flying through the Space Available program usually fly on military cargo aircraft in "jump seats" lining the sides of the aircraft. Although the JBSA-Lackland terminal does not usually offer overseas flights, travelers have the option of planning trips using several Space A flights to arrive at their destination. Flo and Joe Hopkins (right photo) visited Japan using Space A at several locations to arrive at their destination.

**FYI**

**Cost:** Free

**Who's eligible:** Active duty, family members, dependents, retirees

**Location:** JBSA-Lackland Passenger Terminal, 407 S. Frank Luke Dr., Kelly Field Annex

**Operating hours:** Monday, noon to 4:30 p.m.; Tuesday-Friday, 7:30 a.m. to 4:30 p.m.

**Flight schedules:** Call 925-8715/8714 or visit <http://www.Facebook.com/JBSAPAXTERMINAL>

**Sign up:** Call 925-8714 or email [space@lackland.af.mil](mailto:space@lackland.af.mil)

**BMT HONORS**

Congratulations to the following 70 Airmen for being selected as honor graduates among the 700 Air Force basic military trainees who graduated today:

**320th Training Squadron***-Flight 429*

Dylan Aldrete  
Fernando Alvarez  
Michael Combs  
*-Flight 430*  
Alexander Baker  
Jordan Cannon  
Andrew Flanagan  
Jai'hodge  
Tanner Jors  
Kevin Reese  
Cameron Sowle  
Jacob Whalen

**321st Training Squadron***-Flight 431*

Nicholas Bertell  
Marcus Davis  
Mark Jackson  
Shelby Motschman  
Jonathan Spooner  
Aaron Walsh

*-Flight 432*

Osman Baa-Ang  
Justin Burke  
Benjamin Kinley  
Graham Meagher  
Jimmy Nguyen  
Jeremy Nilsen  
Ryan Stinson  
Ryan Vandebush  
Michael Wranosky

**322nd Training Squadron***-Flight 442*

Daniel Guerrero  
Krista Briggs  
Deborah Fair  
Ryan Jordan  
Elizabeth Rogers  
Tiffany Thompson

**323rd Training Squadron***-Flight 435*

Baldwin Roger  
Gonzales Kyle  
Natalello Michael  
Puckett Michael  
Benjamin-Joseph Sanchez  
Jasim Shah  
*-Flight 436*  
Lucien Croisetiere Jr

Yaroslav Rovnov  
Garrett White

**326th Training Squadron***-Flight 439*

Bjork Greysen  
Jeremy D Crosby  
Ryan Fitzgerald  
Nicholas Hoffer  
Judson K Lee  
Miall Newcomb  
Kerryn Sarwansingh  
*-Flight 440*  
Jill Dona  
Priscilla Melo  
Julia Smith  
Courtney Womack

**331st Training Squadron***-Flight 433*

Aaron Baer  
Darren Pack  
Evan Pena  
Dominique Ramirez  
Jayd Strachanowski  
*-Flight 434*  
Katrina Burgi  
Julianna Divett  
Natasha Donley  
Shamiya Hill

Anastasia Larson

Taylor Loving  
Lindsay Mcguire  
Michelle Moen  
Paige Naumann  
*-Flight 437*  
Edward Piotrkiewicz  
*-Flight 438*  
Aaron Heinitz  
Matthew Nightingale  
Christopher Pittius

**Top BMT Airman**

Mark Jackson  
321st TRS, Flight 431

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

Michael Combs  
320th TRS, Flight 429  
Dylan Graham  
320th TRS Flight 430  
Kerryn Sarwansingh  
326th TRS, Flight 439  
Daniel Cummings  
320th TRS, Flight 429  
*-Female Airmen*  
Roxanne Kennedy  
331st TRS, Flight 434  
Ramos Melissa

331st TRS, Flight 434  
Rebekah Chase  
326th TRS, Flight 440  
Taylor Ross  
326th TRS, Flight 440  
*-Male Flights*  
320th TRS, Flight 430  
331st TRS, Flight 433  
326th TRS, Flight 439  
321st TRS, Flight 432  
*-Female Flights*  
331st TRS, Flight 434  
326th TRS, Flight 440  
322nd TRS, Flight 442

**Top Academic Flights**

320th TRS, Flight 430  
331st TRS, Flight 433  
321st TRS, Flight 432  
326th TRS, Flight 439  
322nd TRS, Flight 441  
323rd TRS, Flight 435  
320th TRS, Flight 429  
331st TRS, Flight 437  
321st TRS, Flight 431  
331st TRS, Flight 438  
323rd TRS, Flight 438  
322nd TRS, Flight 442  
331st TRS, Flight 434  
326th TRS, Flight 440



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

## LOCAL BRIEFS

### JULY 15

#### VACATION BIBLE SCHOOL

Freedom Chapel will hold vacation Bible school July 15-19, 5:30-8:30 p.m.

Registration is being accepted for children ages kindergarten through fifth grade.

For additional information, contact Rev. Beth Key at 671-6208.

### JULY 16

#### DROP-IN DENTAL SCREENINGS

Drop-in dental screenings are offered to children of active-duty members and retirees by the JBSA-Lackland Pediatric Dental Department at the Dunn Dental Clinic, 8-10:30 a.m., July 16. No appointment is necessary.

Children under 13 years of age will receive a dental screening exam, an assessment of the child's dental condition, and appropriate treatment recommendations or alternatives.

Parents should bring a copy of the child's treatment plan or referral letter from their private dentist.

For additional information, call 671-9836.

### JULY 17

#### CUSTOMER SUPPLY TRAINING

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

Classes and start times for July 17 are: Block I General Supply Training at 8 a.m., Block II Bench Stock Training at 8:45 a.m. and Block III Equipment Custodian Supplemental/Refresher Training at 9:30 a.m.

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

#### INFORMATIONAL

##### STARBASE KELLY SUMMER PROGRAM

Starbase Kelly, sponsored by the 433rd Airlift Wing, offers a free summer educational program to children who are associated with Joint Base San Antonio-Lackland, and who have completed either the fourth or fifth grade.

The program includes aircraft tours, scientific experiments, teamwork and goal setting, rocket building and launching, computer aided design, and computer flight

simulation.

Two sessions are offered, July 15-19 or July 29-Aug. 2. Program hours are 9 a.m. to 2:30 p.m.

The sessions are held at the 433rd AW ramp in Building 909. Children need to bring lunch.

Register via email by submitting the child's name, address, home telephone and grade completed this year. Include the sponsor's name, organization and duty phone, and the session requested to starbase@clear.net.

For additional information, e-mail Starbase Kelly or contact Ron Jackson at 925-5397.

#### 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.

#### LACKLAND THRIFT SHOP CLOSURE

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

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

#### 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.

#### SAPR OFFERS ANNUAL TRAINING

The JBSA-Lackland Sexual Assault Prevention and Response office offers annual training every Wednesday.

The annual training is in addition to the training Community Advocates offer to units.

The classes are at 10 a.m. and 2 p.m. in the SAPR classroom, Building 9020, Room 204.

Attendees must pre-register; walk-ins are not permitted.

To register, email 37TRW.CVK@us.af.mil.

For additional information, call 671-7273.

#### PTSD EDUCATION CLASSES

The Wilford Hall Ambulatory

Surgical Center Mental Health Clinic conducts Post Traumatic Stress Disorder education classes every first and second Wednesday of the month, 3-4:30 p.m.

The walk-in, two-part classes teach participants how to recognize normal reactions to trauma and the signs of possible PTSD. Classes also provide information on what to expect with the various treatment options available.

Classes are open to service members who may or may not have yet been diagnosed with PTSD. The classes are also open to family members who are TRICARE beneficiaries of service members who may have PTSD.

No advance sign-up is required and participants do not need to be seen at the clinic to attend. Check in at the clinic's front desk on the fourth floor.

For additional information, call Senior Airman Ashlee Thoryk at 292-7361.

#### NEW MAIN EXCHANGE HOURS

The Main Exchange's new hours of operation are 8:30 a.m. to 9 p.m. For additional information, call 674-6465.

## 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.

### 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>

For more details, contact Freedom Chapel - 671-4208 • Gateway Chapel - 671-2911 • Hope Chapel - 671-2941

# 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

- ▶ The Airman and Family Readiness Center is closed for Air Education and Training Command Family Day.

### MONDAY

- ▶ 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

- ▶ American Veterans national service officer available by appointment, 8 a.m. to noon. 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 2:30 p.m.

- ▶ Officers' first duty station personal financial readiness briefing, mandatory within 90 days of arrival at JBSA-Lackland, 9-11 a.m.

### THURSDAY

- ▶ Pre-separation briefing, mandatory for all members separating voluntarily, pre-registration required, 9 a.m. to noon.
- ▶ 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 12

- ▶ Air Force Basic Military Training spouse and parents' seminar, BMT Reception Center, Building 7246, noon. For details, call 800-973-7630.

### JULY 15

- ▶ Family readiness briefing, manda-

tory for personnel deploying longer than 30 days or going on remote assignments, 10:30-11 a.m.

- ▶ Resume writing techniques, 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 16

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

### JULY 17

- ▶ Newcomer's orientation briefing, mandatory for personnel new to JBSA-Lackland, Gateway Club, 8 a.m. to 3 p.m.
- ▶ Federal employment process by the Office of Personnel Management, 1-4:30 p.m.

### JULY 18

- ▶ 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 19

- ▶ 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.

### JULY 22

- ▶ 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.

## 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>

# 247 JBSA NCOs selected for technical sergeant

More than 5,600 staff sergeants were informed June 27 of their selection for promotion to technical sergeant, according to Air Force Personnel Center officials.

Officials selected 5,654 of 37,608 eligible staff sergeants for promotion at a 15.03 percent selection rate.

The average score

for those selected was 340.17, with an average time in grade of 5.52 years and time in service of 10.78 years.

The average score was based on the following: 132.58 for enlisted performance reports, 5.97 for decorations, 72.63 for the promotion fitness exam and 63.40 for the specialty

knowledge test.

Those selected for technical sergeant will be promoted according to their promotion sequence number beginning in August. Selections are tentative until the data verification process is complete, which is no later than 10 days after the promotion release date.



Photo by Benjamin Faske

More than 100 staff sergeants from Joint Base San Antonio selected for promotion to technical sergeant.

## Joint Base San Antonio NCOs selected for promotion included:

### JBSA-Lackland

Escobar Galindo  
Pablo Rafe Garcia  
Timothy M. Johansen  
Dedrick D. Mayers  
Cynthia Atilano  
Christopher A. Pina  
Albert Coronado  
Erica L. Johnson  
Jeremy Cunningham  
Matthew Giacona  
Matthew Wester  
Kimberly Y. Gore  
Shercanda F. Weaver  
Francisco Estrada  
Ray Lee Phillips  
Wesley K. Corbin  
Robert Lee Walters  
Daniel Raschke  
James V. Maloy  
Clayton Greene  
Isidoro Astran  
Chandra D. Dingman  
Nitizia Millis  
Richard Lynn Weiss  
Mel Tadina Flores  
Thomas Perez  
Isaac Sandoval  
Samuel J. Finch  
Daniel Lenigar  
Cory Autmon  
Brian K. Cantu  
Lillian Lee Stibor  
James B. Clark  
Nicholas Duarte  
Kevin M. Williams  
Bobby McCrary  
Rodney L. Gray  
Juan G. Dominguez  
Brandon Davis  
Jason Belcher  
Zambrana Zayas  
Sean David Scott

Regina A. Robertson  
Brandon L. Ritchie  
Morgan A. McCormick  
James Lee Martin  
Garrett Machon  
Arturo Garcia  
Shahid Joseph Din  
Stephen Cook  
Jared Dean Coles  
Galby Celestin  
Shawn Campbell  
April Renee Anders  
Joshua Lee Hite  
Bryan J. Isham  
Corey B. Norris  
Michael Patterson  
Raymund Rasing  
Cortney Leon Velez  
Wilder J. Rua  
Adrian Jones  
Juan G. De La Rosa  
Michelle M. Chopin  
Courtney J. Amaker  
Sean Dailey  
Eric Bentley  
Erica Lee Brown  
Gretchen Alphabet  
Darrell D. Davis  
Kris Knickerbocker  
Jennifer A. Lake  
Ricky M. Penuelaz  
Leslie M. Hernandez  
Gareth Neil Price  
Lloyd Thomas Brock  
Mytien Thi Pham  
Samantha K. Terry  
Heidi Quigley  
Steven North  
Jesus Martinez-Ortiz  
Natalie R. Fountain  
Brett Deweese  
Corliss Harris  
Jonathan G. Robles

Jason Michael Utt  
Dominick Petersen  
Gregory A. Mobley  
Gary E. Magnelli  
Aaron S. Lee  
David Wayne Garver  
Juan F. Garcia  
Alanz Buenaventura  
Corey Farr  
Dustin Kyle Walker  
Mark Velasquez  
Nicholas S. Smith  
Crystal Sanchez  
John Richardson  
Jamie R. Patton  
Casey Murphy  
Felix Miranda  
Samuel Mercedes  
Michael S. Kenitzer  
Holly Renee Jones  
Anton J. Hinrichsen  
Darrin D. Henderson  
Aaron Goldsmith  
Nicolas Esparza  
Timothy J. Donelson  
Amadi O. Dingba  
Dax D. Dayton  
Albert Cruz  
Hayden G. Crawford  
Jonathan K. Cavezza  
Brent Douglas Bott  
Jarred David Baker  
Kevin Segreti  
William Alcedo  
Melissa Sue Kanet  
Kendall R. Anderson  
Joshua L. Fields  
Jeffery L. Hanson  
Kristine Jones  
David Lester  
Travis A. Mitchell  
Shaun P. Pumphrey  
Aaron Werley

Daniel McStay  
Christopher Logan  
Benjamin S. Leedy  
Gary E. Hymel  
Andrew Todd Davis  
Markita Aaron  
David Vasquez  
Jennifer L. Thurman  
Nicole Melander  
Roberto Luciano  
Margie Gonzalez  
James Cushman  
Gerald Lee Cole  
Andrew Allen Cohen  
Pamela Brodman  
Dean E. Copper  
Michael Mathiesen  
Ryan David Montoya  
Kenneth K. Randolph  
David A. Reyes  
Phillip E. Smith  
Rebecca A. Stephens  
Frederick Fuhrman  
Dylan R. Bolander  
David Lee Clark  
Jasen Haslund  
Jaqueline Lujan  
Nathan P. Drumm  
Nicholas R. Pace  
Daxton S. Newberry  
Pamela McLarty  
Rickey L. Logan  
Sariel D. Gonzalez  
Kenneth Gates  
Kevin S. Corder  
Reginald D. Mann  
Robert D. Sisco  
Brian Scott Wooten  
Bryan S. Moore  
Pascal Cheslow  
Adam David Vera  
Christopher Volitis  
Christina L. Taylor

Kenneth Maldonado  
Charles E. Thompson  
Derek Traywick  
Edward Augustyniak  
Derek A. Bennett  
Mark Daniel Smith

### JBSA-Lackland/Kelly Field

Jennifer Fitzsimmons  
John M. Ruiz  
Nicholas John  
Stephen B. Barnett  
Krystal Hughes  
Larmetric D. Naylor  
Kaszya L. Saldana

### JBSA-Randolph

Alyssa M. Rouse  
Jacqueline Yanez  
Victor T. Thome  
Ramey Lane Moist  
Ronald D. James Jr.  
Darrin Paul Bower  
Marcus T. Donald  
Jeremy J. Brown  
Haley Czerniak  
Ana M. Garcia  
Janna Rawls  
Michael E. Reid  
Demond D. Darden  
Victor M. Pulido  
Joshua Nix  
Dominick Monacelli  
Brandi Lynn Davis  
Justin A. Hernandez  
Deen L. Herron  
Javier A. Martinez  
Gary Robert Messer  
Andria C. King  
Alan David Hailey  
Jason Sloan Brown  
Nicholas A. Reese

Kuehn Deleon  
Joshua Clements  
Carlos Carlo  
Devin Wayne Blue  
William Everett  
Taylor Hydrick  
Charles Grant Jr.  
Michael James Bunt  
Steven R. Kuberek  
Hillary Stonemetz  
Anthony Lowe Jr.  
Natca N. Moye  
Cynthia Ann Perez

### JBSA-FortSam Houston

Lashawne Dunlap  
Marcus D. Hughes  
Yvette Morales  
Christy Nixon  
Mandy R. Reece  
Roberto Rangel  
Lakisha Mosley  
Vanessa Lopez  
Katrina Jenkins  
Jacqueline Hardiman  
Mary Jaque Briseno  
Carmeilla A. Bethay  
Asante Duncan  
Bobby Flores  
Carmen A. Henson  
Wes Lee Parker  
Ashley Nicole Smith  
Waldemar Sudol  
Anthony Wainwright  
Manuel MacArag

### JBSA-Camp Bullis

Eric Ryan McMurray  
Dennis Sierens  
Earl Fisher Jr.  
Ramoim S. Ponder  
Brent A. Spotts

# Prenatal care group delivers more physician face time

By Staff Sgt. Josie Walck  
59th Medical Wing Public Affairs

Expectant mothers have the option for a special kind of prenatal care at the two major military treatment facilities here in San Antonio.

“Centering Pregnancy” is a method of prenatal care in which families choose to receive their care in a group environment instead of through one-on-one appointments. Centering Pregnancy groups are available at Wilford Hall Ambulatory Surgical Center and the San Antonio Military Medical Center.

“You can read stuff in a handout or in the pregnancy booklet you’re given, but it makes it more real when people actually vocalize the same concerns you’re having,” said Annaliese Cothron, wife of retired Marine Staff Sgt. Mathew Cothron.

Each group consists of roughly six to 12 mothers, and each session begins with a short one-on-one visit with the provider. The physician then facilitates discussion that covers everything from feeling first kicks to dealing with



Photo by Staff Sgt Josie Walck

Expectant mothers meet and discuss their prenatal care during a Centering Pregnancy appointment at Wilford Hall Ambulatory Surgical Center's OBGYN Clinic June 12. Centering Pregnancy is a group method of prenatal care which combines both educational materials and discussion with medical checkups. The group is facilitated by Col (Dr.) Merlin Faussett, chief of obstetrics at WHASC.

postpartum depression.

“You walk into an environment that’s very open and honest, so it’s easy to join the group discussion and

add your experiences, questions or concerns. Our physician was also very candid and didn’t make things awkward when we talked about what really happens during childbirth,” added Cothron.

Fathers participate in the discussions as well and are able to bond with the other soon-to-be dads and discuss the changes occurring in their lives. Col (Dr.) Merlin Faussett, chief of obstetrics and maternal fetal medicine at Wilford Hall Ambulatory Surgical Center, said bonding with others who are experiencing these major life changes is a big plus, but there is more to it.

“Patients in Centering receive 10 times more face time with their provider than they would in a one-on-one appointment,” said Faussett. “Centering is my favorite method of delivering care and most moms really enjoy it as well.”

More face to face interaction with your provider allows for more questions to be answered and more issues to be addressed.

“I initially felt like my questions weren’t being answered in one-on-one sessions,” said Cothron. “Centering gave me a road map to be able to find answers to questions I hadn’t thought about.”

For information on Centering Pregnancy please contact the WHASC OB/GYN Clinic at 292-6104 or the SAMMC OB/GYN Clinic at 916-2168.

# 688th IOW has turnaround season

Photo and story by Jose T. Garza III  
JBSA-Lackland Public Affairs

Even with temperatures in the near-blazing 100s June 27, the 688th Information Operations Wing had a blast on the softball diamond.

It was all smiles and laughter for the team, as they joked with each other and even with their opponents, the 624th Operations Center.

An 8-7 defeat from its opposition could not turn the 688th’s smiles into frowns.

The team has plenty of reasons to be joyful this season after it had plenty of reasons to be sour last season.

The 688th IOW is currently over .500 with a 6-5 record after a dreadful season in which it went 1-15.

The team also attributes its success to more players coming out to play and committing time to practice. The team added seven new players to its 15-man roster this season.



Utility player Juan Munoz of the 688th Information Operations Wing attempts a swing in the team’s 8-7 loss to the 624th Operations Center June 27. The 688th IOW are currently 6-5 in National League play after going 1-15 last season.

“We’ve had a lot of fun and heart on our team,” 688th IOW coach and pitcher Christopher Panalez said.

“When you are in a cyber unit, there is not a whole lot of time to play sports,” said third baseman Turner Phillips.

The team is currently in sixth place in the National League after their loss to the 624th OC.

Whether they miraculously make the playoffs or not, the 688th IOW is still proud of its season.

“The games are all about having fun,” Panalez said. “We were looking for more wins, but we knew that would come with time and practice, so we did what we could and came out successful.”

“Whether win, lose or draw, it’s all about having fun,” said catcher Martin Carmona.

Phillips is hopeful his teammates can come back next year and produce an even better season.

“We are getting used to how each other plays, how to coach each other, and what type of motivation we need to get going,” he said.