

LACKLAND

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TALESPINNER



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Photo by Staff Sgt. Kevin Iinuma

U.S. Air Force Maj. Gen. Byron Hepburn speaks with U.S. Air Force retired Brig. Gen. Michael Miller at Wilford Hall Ambulatory Surgical Center, on Joint Base San Antonio-Lackland June 6. Miller was honored with an official self portrait that will be hung in the Heritage Hallway within the health services administration school house at JBSA-Fort Sam Houston. Hepburn is the 59th Medical Wing commander and director of the San Antonio Military Health System. Miller was the 18th Chief of the Medical Services Corps. **Story, Page 10.**

What's your Air Force relationship status?

By Chief Master Sgt. Tamala Hartz
97th Security Forces Squadron

How are things between you and the Air Force these days? Would you say the two of you are in a committed relationship? Are you happy with the Air Force? Is the Air Force happy with you? Are either of you thinking of ending the relationship?

These may sound like silly questions, but when you really think about it, your relationship with the Air Force is a lot like your relationships with friends and loved ones. A career in the Air Force will require work, maintenance and sacrifice similar to those efforts given to our personal associations.

Just like any extensive time spent with a person, extended time spent with the Air Force will mean a series of good times and not-so-good times. There will be times when you'll wonder why you're in this relationship, and there will be times when you can't imagine yourself without the Air Force.

Like all other relationships, the Air Force will give and take. A few of the great opportunities you have in the Air Force that you may not find in civilian companies include: the sense of being part of an organization bigger than yourself, travel, fair promotion opportunities, competitive pay and benefits, protection from unfair work practices, and other quality of life options for you and your family.

Just like in other relationships, in order to have the great things you must make some sacrifices. Throughout your career, you will be afforded the opportunity to work long hours, take multiple deployments, go on remote assignments, and be exposed to harsh work environments.

It's going to mean understanding your time in the Air Force as a process of give and take, just like you do in any successful relationship.

When you think about the key components in a successful long term relationship you'll find it requires strength

of character, putting the other person's needs before yours, and a predominant desire for exceptionalism that makes you unique to a person.

Does any of that sound familiar? It should. It basically means integrity first, service before self, and excellence in all you do. When you swore your oath of allegiance to enter the Air Force you essentially changed your relationship status to reflect a committed relationship to the Air Force and these are the requirements of that relationship.

As we move forward through challenges and endeavors, work on and treat your career as you would a relationship with a friend or loved one. Some days it will seem like you are facing the most difficult times of your life, and other times you will feel like you are truly living the best days of your life. At the end of a career whether it is four or 30 years, I hope your relationship with the Air Force is a positive one that improved your life and you as a person. Thank you, for what you do every day.

Resiliency: learning to thrive in any situation

By Meg Reyes
502nd Air Base Wing Director of Integration and Acting
Community Support Coordinator

"What's that word again?"

"Resiliency!"

"Oh, yes...I think I've heard about it before..."

Just like the two people conversing above, I am sure you've heard that word too: resiliency!

It's is a word used a lot throughout the Air Force, but not many take to heart. Many see it, specifically Comprehensive Fitness, as just a program, but it's much more.

Resilience is defined as "an ability to recover from or adjust easily to misfortune or change."

I believe resiliency is all about Total Force Fitness. Resiliency reinforces the actions required to thrive in any situation.

It reflects the essence of what we expect

in strong Battle Buddies, Devil Dogs, Shipmates and Wingmen. Individuals become stronger when they seek help, have compassion for others and celebrate success.

Total Force Fitness provides a structural and behavioral element to teach service members and families how to be stronger individuals while becoming more deeply connected to one another.

The Leadership Pathways Tiger Team, a team composed of NCOs and senior NCOs from across Joint Base San Antonio, has initiated a JBSA-wide resiliency program, that includes leadership pathways, the Comprehensive Fitness program and a Master Resiliency Training program, it is essentially a formal program that provides all the resources JBSA offers to support help service members and their families be resilient.

These resources include mental health, Alcohol and Drug Abuse Prevention and Treatment, Army Substance Abuse Pro-

gram, readiness centers, chaplain services, equal opportunity, health and wellness, Sexual Assault Prevention and Response, fitness and social activities.

JBSA is the fourth installation in the Department of Defense to implement this program.

Various resources are available across all locations of JBSA for service members, civilians and their families. Check the website at <http://www.jbsa.af.mil/library/resiliency/> to see the available programs.

The most effective way to ensure our service members are equipped to effectively manage the stresses associated with military life and deployment is to build their resiliency. Resilience is the ability to withstand, recover and/or grow in the face of stressors and changing demands.

It is possible to develop and strengthen resiliency by focusing on the four pillars

See **RESILIENCY** Page 4

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

NEWS IN BRIEF

WEDNESDAY

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 at 671-7273.

INFORMATIONAL

LACKLAND ISD FOUR-DAY WORK WEEK

Lackland Independent School District, including Lackland Elementary School and Stacey Junior-Senior High School, has started 4-day work weeks through Aug. 1. Summer hours are Monday through Thursday, 7 a.m. to 5 p.m.

For additional information, contact Lackland ISD at 357-5000.

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.

TALESPINNER SUBMISSION DEADLINE

To submit items for community briefs, email tale.spinner@us.af.mil by noon Friday the week prior to publication.



Courtesy Photo

The Inter-American Air Forces Academy at Joint Base San Antonio-Lackland exists to train and educate military forces to build and enable partner nation capacity that supports global security and stability. Service members from Latin American militaries are invited to attend the institution, which is staffed by bilingual Airmen.

Qualified captains sought for Inter-American Air Forces Academy Squadron Officer School program

By Debbie Gildea

Air Force Personnel Center Public Affairs

Active duty captains proficient in Spanish may be eligible to attend the Inter-American Squadron Officer School at the Inter-American Air Forces Academy, Joint Base San Antonio-Lackland, Air Force Personnel Center officials said.

"The ISOS program is designed to develop dynamic Airmen ready to lead air, space and cyberspace power in an expeditionary war-fighting environment," said 2nd Lt. Kyle Seifert, Air Force Personnel Center Force Development Support Branch chief. "Students practice leadership and managerial skills,

using lessons on leadership, military ethics, Air Force core values and human rights."

Commander – endorsed applications are due July 26, and interested Airmen are advised to start their applications early.

"The course requires specific language proficiency levels and fitness standards, so interested captains should begin preparing now to make sure they have time to complete all the required documents and coordinate the application for their commanders' endorsements," Seifert said.

ISOS mirrors the SOS in-residence course at Maxwell Air Force Base, Ala., but additional objectives devel-

oping inter-American awareness and developing a cadre of potential Latin American regional affairs specialists, Seifert explained. Program graduates will earn primary developmental education credit through Air University.

Captains from any AFSC are eligible if they have between 4-7 years of total active federal commissioned service as of course start date, have the required Spanish language proficiency levels, and meet physical fitness standards. SOS completion by distance learning is also recommended.

AFPC and IAFAA will host a webinar to provide more information about the program. To access the webinar, go to <https://connect.dco.dod.mil/r13749722>.

Air Force changes military funeral honors requirements

By Capt. Lindsey Hahn
Secretary of the Air Force Public Affairs

Due to the impact sequestration has on resources, Air Force Services is adjusting requirements for military funeral honors of retirees.

Air Force policy will revert to requiring a minimum of two personnel for retiree MFH details, consistent with statute and DoD policy.

The Air Force historically went a step further by providing a seven-member detail for all retiree funerals.

"We cherish the service and sacrifice of our retirees," said Brig. Gen. Eden Murrie, Director of Air Force Services.

"While we had to adjust the Air Force requirement as a result of sequestration, commanders still have latitude to provide seven-member

details if local resources permit."

The two-person team will continue to fold and present the interment flag and play Taps. If a seven-person team is able to support, the detail will also act as pallbearers and the firing party. Additional support for retiree funeral honors remain available from authorized providers such as Veteran Service Organizations or Reserve Officer Training Corps units, as resources permit.

"Unfortunately, this is a necessary decision," said Murrie. "However, we remain dedicated to honoring our current and former Airmen to the greatest extent possible."

MFH details for veterans and active duty members will remain unchanged. Funeral honors for veterans consist of two-person teams while active duty funeral honors are performed by a 20-person detail.

See **RESILIENCY** Page 2

of wellness, which encompass social, emotional, spiritual and physical dimensions. Leaders and supervisors should be familiar with these dimensions and understand how each can be leveraged to assist service members and their families manage reintegration and military life.

Resilient service members tend to take responsibility, use positive and empowering attitudes, bounce back and move through obstacles and challenges more effectively.

Leadership Pathways is a program comprising several helping agencies that have come together to help the JBSA community receive specialized

training in areas that affect service members and their families every day. These classes are proven to help service members and their families become resilient.

Please click on a pathway to see what classes are offered.

In addition, supervisors can nominate their people for JBSA recognition after they complete five Leadership Pathways classes. Along with making such programs available, Leadership Pathways will also recognize those members who utilize the resources most-as submitted by supervisors.

We hope you and those around you take advantage of this great opportunity, become more resilient and help others thrive.

Connect With Us! — **JBSA-LACKLAND HAS ENTERED THE SOCIAL NETWORKING SCENE**



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E-mail us at:

Lackland.jbsa@gmail.com



Follow us on Twitter at:

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Or just go to our website at:
www.jbsa.af.mil
and look for social media.

Joint Base San Antonio Gate Hours

JBSA-Lackland

Phase I - starting Monday

Base Operations

Automated PIN code access entry only

Growth Gate 4 a.m. to 8 p.m. daily

Phase II - starting June 24

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 III - starting July 8

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

Starting July 8

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 - as of 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 - starting Sunday

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 - starting June 30

Personnel posted at all remaining gates will be

reduced. Security patrols may be reduced as available

manpower dictates.

D-DAY VETERAN



Photo by Benjamin Faske

Ken Ganther, World War II and D-Day veteran, recently served as the distinguished visitor at the Air Force Basic Training Graduation Parade June 7, at Joint Base San Antonio-Lackland. Ganther served as a flight engineer as part of the U.S. Army Air Corps. The nation recently commemorated the 69th anniversary of the June 6, 1944, D-Day invasion of Normandy.

Safety officials say poor decisions at root of vehicular accidents

By Robert Goetz

Joint Base San Antonio-Randolph Public Affairs

The Air Force has lost 15 members in four-wheel private motor vehicle accidents during the Critical Days of Summer since 2010, underscoring the importance of safe driving habits.

A Joint Base San Antonio safety official said drivers should realize that operating a vehicle is a very important responsibility.

"Any time you take your mind or eyes off the task at hand, or take your hands off the wheel, you are irresponsible and increase your chances of being in an accident," Ron Kirby, JBSA-Lackland ground safety manager, said.

Poor decision making is a major cause of vehicle accidents, Kirby said.

Examples of poor decision making include operating a cellphone to make a call or text, driving after consuming alcohol, speeding, not paying attention to road and weather conditions and driving while fatigued, he said.

Other examples are aggressive and reckless driving, running red lights and stop signs, and making unsafe lane changes and improper turns, Marvin Joyce, 502nd Air Base Wing safety and occupational health specialist, said. Not using seatbelts puts drivers and passengers more at risk of injury or death in the event of an accident.

Using a cellphone or smartphone is an example of distracted driving, which Joyce called "a dangerous epidemic" on America's roads.

"In 2011 alone, more than 3,000 people were killed in distracted driving crashes," he said.

According to National Highway Traffic Safety Administration data from 2011, 10 percent of fatal crashes and 17 percent of injury crashes were distracted-affected, Kirby said.

Using a cellphone isn't the only example of distracted driving, Joyce said. Others are eating and drinking, talking to passengers, grooming, reading, using a navigation system and watching a video.

"The three types of distracted driving are manual, visual and cognitive," he said. "Text messaging is by far the most alarming distraction because it requires manual, visual and cognitive attention from the driver."

Joyce said alcohol continues to be a factor in a large number of accidents.

"In 2011, there were 32,367 fatalities, and 9,878, or 38 percent, were alcohol-related," he said. "Texas led the nation in vehicle fatalities with 2,998; 1,450 were alcohol-related."

There are many ways drivers can keep themselves and their passengers out of harm's way on the road, safety officials said.

"One way is to drive within the posted speed limit and adjust according to road and weather condi-

tions," Kirby said. "Another way is to always drive defensively and keep a safe distance – the two-second rule – between you and the vehicle in front of you."

Courtesy plays an important role in safe driving, Joyce said. Examples are giving pedestrians the right-of-way in crosswalks, making room for bicycles and not engaging in dangerous behaviors such as tailgating, passing on shoulders and playing the stereo so loud it distracts other drivers.

Seatbelt usage is another important component of safe driving.

"Even if you take all the necessary safety measures, you can still be in an accident because of another unsafe driver, and the most important way you can keep you and your passengers safe is to always wear your seatbelts," Kirby said. "Seatbelts save lives, so wear it every time for every trip. Remember that a majority of vehicle accidents occur within 20 miles of the operator's home."

Joyce offered another recommendation in regard to private motor vehicle safety that is especially pertinent during CDOS.

"During hot weather, heat build-up in a closed or nearly closed car can occur quickly and intensely," he said. "Children and pets can die from heat stroke in a matter of minutes when left in a closed car. Never leave anyone in a parked car during periods of high summer heat."

Protective measures allow 'Hot Fun' in the sun

By Alex Salinas

Joint Base San Antonio-Randolph Public Affairs

As temperatures rise and summer activities are in full swing, using personal risk management remains the No. 1 way to stay cool and beat the heat, which is the theme behind a Critical Days of Summer weekly topic called "Hot Fun in the Summertime."

Of popular summer activities that include barbecuing, visiting parks, swimming and motorcycling, exposure to sunlight is the common denominator, Marvin Joyce, 502nd Air Base Wing safety and occupational health specialist, said.

"Sunburn, heatstroke and other heat-related illnesses may not cause a fatality, but can cause lost work days and days of pain," he said. "A simple, effective way to prepare is by having a list of necessities for all your activities."

At the top of the list are applying

sunblock, wearing proper clothing and staying hydrated.

All sunblocks have a sun protection factor rating, which indicates how long they will remain effective on skin, but choosing one can get complicated, Staff Sgt. Jason Boyd, 359th Aerospace-Medicine Squadron aerospace and operational physiology craftsman, said.

"You can determine how long your sunblock will last by multiplying the SPF factor by the length of time it takes for you to get sunburned when not wearing sunblock," he said.

For example, an SPF rating of 15 will give a person who sunburns without sunblock in 10 minutes about 150 minutes of protection.

"It's important to try several different brands to find which one works and feels the best for your skin type," Boyd said. "As a recommendation, use

a sunblock with an SPF of at least 30 with reapplications about every two hours," primarily because swimming or sweating causes them to lose effectiveness.

When it comes to being outdoors, proper attire depends on the activity, but in general, "think light and loose," Boyd said.

"When you get hot, you sweat, and to cool off, you need that sweat to evaporate," he said.

"It's evaporation that drains heat from your body. So if you're exercising in the heat, wear as little as possible."

When motorcycling, wearing a long sleeve cotton shirt not only keeps the body cool, but prevents it from overexposure to ultraviolet rays, especially on the arms, Joyce said.

"Loose clothing allows air to pass

along the skin and exit, thus speeding evaporation and carrying off excess heat," Boyd said.

Whatever the body loses in sweat must be put back with water.

"Water makes up more than half of your body weight and staying hydrated can become an issue," Boyd said. "Most people have been told they should drink six to eight 8-ounce glasses of water per day."

"However, different people need different amounts to sufficiently stay hydrated."

To practice good hydration, make it a habit to keep a water bottle with you throughout the day and to drink water before, during and after exercise, Joyce said.

"With any summer activity, always bring an extra bottle of water or two, just in case," Joyce added. "Water is a big part of us and we need it to cool off, function properly and to maintain normal temperature."



Who will be AETC King of the Hill?

By Tech. Sgt. Beth Anschutz
Air Education and Training Command Public Affairs

A new game focused on the Air Education and Training Command's Cost Conscious Culture initiative is adding a fourth "C" to C3 - competition.

King of the Hill is an online game in which AETC members can vote for their favorite AETC C3 ideas. Voting opened June 10 and runs for 42 days. Each day two cost-saving ideas will compete against each other for votes. At the end of the game, the voter who chooses the winning idea the most will be named King of the Hill.

"The Airmen and civilians of AETC have submitted so many great ideas since the inception of the C3 initiative and this is a great way to showcase those ideas and receive feedback," said Lt. Col. Michael Clark, AETC Command Action Group Director. "We can only get better with more participation; the more input we receive to improve the way we train, recruit and educate, the better AETC will be."

Here's how it works. Airmen and AETC civilians log into the King of the Hill site with their Common Access Card and pick their respective base from a drop down menu. The CAC login allows AETC to track individual votes and base participation. Two

ideas will appear in boxes and after a quick read of the descriptions, voters can choose which idea they like the most.

The ideas will compete for 24 hours and each voter gets one vote during that time. Ideas will face double elimination, allowing them to compete at least twice. The game will track per voter, the accuracy of selecting the same ideas that end up winning each day, throughout the game. At the end of the game, the voter with the most winning votes will be named King of the Hill. Additionally, the AETC base or organization with the highest participation by percentage of its population will win the Organizational King of the Hill title.

The site also contains links to other C3 resources where Airmen can submit cost-saving ideas and read more about the initiative.

"This game is designed to spread the C3 message, share ideas and solicit feedback on those ideas. The site will also serve as an avenue for new idea submissions and a feeder to other C3 resources," Clark said. "Our main goal is awareness for the C3 initiative."

The King of the Hill game is accessible through the AETC Financial Management C3 portal or by visiting: <https://www-r.aetc.af.mil/sc/c3/wp/main.asp>.



BMT HONORS

Congratulations to the following 59 Airmen for being selected as honor graduates among the 621 Air Force basic military trainees who graduated today:

**320th Training Squadron
Flight 397**

Austin Angel
Sean Atkinson
Patrick Bullard
Mark Graebner
Jordan Guidry
Andrew Mccrary
Ricardo Naranjo
Levi Pacsuta
Justin Page
Jared Rebeor
Joshua Sanders

Flight 398

Abigail Buonomo
Mary Dean
Hannah Gill
Joy Huether
Briana Lanagan
Rachel Sharp

Ashlee Todd
Marissa Venegas
Ramona Weary

321st Training Squadron

Flight 401
Hudson Bell
Zachary Frasure
Donald Haring
Matthew Mcpherson
Zachary Olson
Vitaliy Poprozhuk
Raymond Rodriguez
Karl Tesch
Jason Townes

322nd Training Squadron

Flight 395
Shane Evans

Flight 396

Andrew Bartko
Tyler Brantley

323rd Training Squadron

Flight 403
Andre Cliff
Peter Dooley-Jordan

Matthew Rebold
John Sheridan
Lane Sullivan
Ryan Verduzco

Flight 404

Dalton Brenner
Preston Fisher
Thomas Light
Justin McClain
Mark Perna
Kolton Rottinghaus
Dakota Vawter
Daniel Wagner

326th Training Squadron

Flight 400
John Bumpas
Brent Gordon
Garrett Grove
Anthony Mccowan
Luis Mendoza II
Cameron Spendlove

Flight 405

James Cook
Justin Crews
Patrick Lechtenberg

Flight 406

Cori Barboza
Hannah Minton
Brittany Moses
Anna Plyukhina

Top BMT Airman

Donald Haring
321st TRS, Flight 401

Most Physically Fit

Male Airmen
Stephen Jeffries Jr.
326th TRS, Flight 400
Carlos Martinez Jr.

326th TRS, Flight 399

Joshua Farr
326th TRS, Flight 389
Daniel Sowell

321st TRS, Flight 401

Female Airmen

Nicole Godschall
320th TRS, Flight 398
Amanda Apodaca
321st TRS, Flight 402
Abigail Buonomo
320th TRS, Flight 398
Brittany Coleman

320th TRS, Flight 398
Male Flights

320th TRS, Flight 397
326th TRS, Flight 400
326th TRS, Flight 399
321st TRS, Flight 401
322nd TRS, Flight 396
326th TRS, Flight 405
322nd TRS, Flight 395
323rd TRS, Flight 403
323rd TRS, Flight 404

Female Flights

320th TRS, Flight 398
326th TRS, Flight 406
321st TRS, Flight 402

Top Academic Flights

323rd TRS, Flight 404
323rd TRS, Flight 403
320th TRS, Flight 397
321st TRS, Flight 401
322nd TRS, Flight 396
326th TRS, Flight 400
320th TRS, Flight 398
326th TRS, Flight 399
322nd TRS, Flight 395
326th TRS, Flight 406
326th TRS, Flight 405
321st TRS, Flight 402

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AF med service's senior enlisted leader discusses career issues at 59th Medical Wing

By Alexis Culver
59th Medical Wing Public Affairs

The Air Force Medical Service's top enlisted advisor visited with Airmen from the 59th Medical Wing to discuss career issues during an enlisted call at the Wilford Hall Ambulatory Surgical Center auditorium June 6.

Chief Master Sgt. Kevin Lambing, Chief of the Medical Enlisted Force and personal advisor to the Air Force Surgeon General, met with the enlisted Air Force medical community in San Antonio to address matters of welfare, readiness, morale and career progression.

Held at Joint Base San Antonio-Lackland, the gathering was video-teleconferenced to personnel at JBSA-Randolph.

Lambing began the enlisted call by explaining how the Air Force needs to return to an expeditionary mindset and how they will execute it.

"I need everyone to prepare themselves, and others, with the proper training and in bringing people to face the reality of what duties in Afghanistan are like," Lambing said. "Just as we came in as an expeditionary force, we will start to go out the same way."

Lambing continued by sharing a familiar adage.

"Invest yourselves in the lives of those you've



Photo by Staff Sgt. Josie Walck

Chief Master Sgt. Kevin Lambing briefs at Wilford Hall Ambulatory Surgical Center on Joint Base San Antonio-Lackland June 6. He addressed welfare, readiness, morale, and career progression within the Air Force Medical Service. Lambing is the Chief of Medical Enlisted Force and personal advisor to the Air Force Surgeon General.

been blessed to lead and blessed to serve," Lambing said. "We all got to where we are because someone took the time to invest themselves in our lives."

The chief challenged Airmen to continue with that investment to restore the Air Force's foundation as a respected institution. He also called for all Airmen medics to confront their "comfort zone" and help find solutions to the greatest challenge the Air Force Medical Service is facing this year – a reduced budget.

"We, as the AFMS, were told we needed to cut \$450 million out of our budget," Lambing said. "So we had to really think about how we were going to manage this and we took some cuts in some key areas."

AFMS made cuts in all but one uncompromising area – world class health care, he added.

"There's one thing we commit to, and it's the one thing I need you to stay committed to – that's the support and delivery of world class health care to our beneficiaries every day," Lambing said. "They deserve it – each and every one of them."

Although the Air Force faces many obstacles, the progression of professional education for the medical enlisted force remains firm.

For the past year, Lambing said he has been working with the Uniformed Services University of the Health Sciences, the federal academic health center, on behalf of the medical enlisted force.

The school prepares graduates for service in the medical corps. Enlisted Airmen who are U.S. citizens younger than 31, and have their five-level skill training and a baccalaureate degree can apply within the next month.

"The board will meet in October to select candidates, and the first class will start July 2014," he added.

With the positive steps toward conquering enlisted issues, Lambing left the Airmen with a few words of advice.

"You have to be able to communicate. Invest yourself in your people, develop your people and make sure they have what they need. Education is so valuable to us," he said. "We have to invest ourselves in educating and developing our people."



AF Surgeon General lauds military medicine in S.A.

General Travis keynote speaker for SAUSHEC awards ceremony

By Joe Bela
59th Medical Wing Public Affairs

Calling their accomplishment another chapter in a long history of success for military medicine in San Antonio, the U.S. Air Force Surgeon General honored more than 250 physicians and allied health care graduates during the San Antonio Uniformed Services Health Education Consortium awards and graduation ceremony June 7 at the Lila Cockrell Theatre in downtown San Antonio.

"It's one of the greatest achievements for any medical professional," said Lt. Gen. Thomas W. Travis, U.S. Air Force Surgeon General who served as keynote speaker for the event. "San Antonio has a long tradition of producing outstanding military medical professionals and leaders. Many of us are products of that tradition. Graduates, today you become part of that tradition."

One of the largest graduate medical education programs in the nation, the SAUSHEC is a respected institution with over 35 programs and more than 600 residents in training. Its residents are among the nation's top-rated in board certification. The SAUSHEC is responsible for all military graduate medical education in San Antonio with two major training sites at the San Antonio Military Health System's two flagship medical treatment facilities – Wilford Hall Ambulatory



Photo by Richard McFadden

U.S. Air Force Lt. Gen. Thomas Travis delivers opening remarks at the San Antonio Uniformed Services Health Education Consortium graduation ceremony at the Lila Cockrell Theatre June 7. SAUSHEC is one of the largest graduate medical education programs in the nation with over 35 programs and more than 600 residents in training.

Surgical Center at Joint Base San Antonio-Lackland, and San Antonio Military Medical Center at JBSA-Fort Sam Houston.

SAUSHEC also maintains a close partnership with the University of Texas Health Science Center at San Antonio and other medical partners.

The annual ceremony marks the culmination of years of postgraduate training for Air Force, Army, Navy, civilian physicians, and related allied health care providers. Many remain here to provide health care services to the more than 230,000 Department of Defense beneficiaries who visit military medical treatment facilities in the area.

"For many, the graduation is a culmination of anywhere from 20 to 28 years of formal education. The training each graduate receives directly results in ensuring high-quality patient care at military treatment facilities," said SAUSHEC Manager Richard Boggs.

"These graduates are now specialty trained and have a deeper fundamental knowledge in medicine," said Boggs. "We hire our graduates, so these individuals will train those behind them."

The training of inter-service medical professionals is not new to military medicine in San Antonio, ac-

ording to Maj. Gen. Byron C. Hepburn, 59th Medical Wing commander and SAMHS director.

"You've learned a lot here in San Antonio, and a key part of that has been teamwork – teamwork across all the disciplines, across all the military services," said Hepburn, who also served as host for the event.

"Medicine is a team sport – physicians, technicians, allied health professionals, and don't forget our enlisted force, our professional civilians and mission partners. They are all a key part of mission success," he said.

"We are standing on a record of combat-proven effectiveness. We're a joint medical team that has shown the significance of great medical care," said Travis. "SAMHS, with the 59th Medical Wing and BAMC (Brooke Army Medical Center), is an outstanding example of how this joint team works together to provide great health care and tremendous training."

"I've been in the Air Force 37 years, and at no time in my career have I seen a time when military medicine was considered more of an operational capability for this nation than it is right now," he added. "We have to be proud of that."

Military clothing store transitions to Rip-Stop

As the Air Force transitions from the Airman Battle Uniform to the Rip-Stop Airman Battle Uniform, the Army & Air Force Exchange Service will no longer be able to order the ABU once the Defense Logistics Agency's stock is depleted and will sell only the RABU.

"While the ABUs will still be authorized for wear, they will not be carried in Exchange Military Clothing Stores as the RABU will completely replace the older, heavier ABU," said the Exchange's Senior Enlisted Advisor Chief

Master Sgt. Tony Pearson.

The RABU is a lighter, nylon/cotton blend that has been available for Airmen at Military Clothing Stores since June 2012. The RABU is also cooler than the ABU and features a wrinkle-resistant finish.

Military members can access the Exchange's Military Clothing Store at <http://www.shopmyexchange.com> by clicking "Military Clothing Store" under the Store Locator link at the bottom of the page.

Edwards Aquifer Level

in feet above sea level

STAGE II

CURRENT LEVEL
653.5'

Normal - above 660'
Stage I - 660'
Stage II - 650'
Stage III - 642'
Stage IV - 640.5'
Stage V - 637'

For water restrictions, visit www.jbsa.af.mil

LOCAL BRIEFS

FRIDAY

GOSPEL MUSIC CONCERT

A free JBSA-Lackland gospel music concert is Friday, 7 p.m., at Gateway Chapel.

Contact Pat Westbrook at 414-4261 or Angie Lee at 643-1227.

SUNDAY

LIBRARY OPERATING HOURS TO CHANGE

New JBSA-Lackland Library hours begin Sunday.

The new operating hours will be: Monday-Wednesday, 9 a.m. to 8 p.m.; Thursday, 9 a.m. to 7 p.m.; Friday, 9 a.m. to 6 p.m.; Saturday, 11 a.m. to 5 p.m.; and Sunday, closed.

The library has also consolidated all services to the main branch, including the patient library located at Wilford Hall Ambulatory Surgical Center. Call 671-3610.

MONDAY

SPECIAL 'MAN OF STEEL' SCREENING

Alamo Drafthouse Cinema West-lakes, 1255 SW Loop 410, will host a special benefit screening for the new Superman movie, "Man of Steel," Monday, 6:30 p.m.

All ticket sales will benefit the Air Force Sergeants Association, Chapter 1076, which will donate the proceeds to the construction of a new USAF Airman Heritage Museum.

TUESDAY

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 Tuesday 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.

JUNE 28

BAND OF THE WEST CONCERTS

The United States Air Force Band of the West concert band will perform free Independence Day tribute concerts in the local area.

The schedule includes:

June 28 – New Braunfels Civic/Convention Center, 7 p.m., doors open at 6 p.m.;

June 30 – Kerrville Cailloux Theater, 6 p.m. Tickets are available at all Bank of the Hills walk-in locations;

July 2 – Schertz Civic Center, 7 p.m., doors open at 6 p.m. Tickets are available at the Schertz Civic Center, Monday through Friday, 8 a.m. to 5 p.m.; and

July 5 and July 6 – SeaWorld San Antonio, free with park admission, 7 p.m. each night.

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

JULY 1

URGENT CARE CENTER NEW SYSTEM

The Wilford Hall Ambulatory Surgical Center Urgent Care Center will implement an appointment-based system beginning July 1.

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.

To make UCC appointments

starting July 1, call the Consult and Appointment Management Office at 916-9900.

JULY 15

VACATION BIBLE SCHOOL

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

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

For details, contact Rev. Beth Key at 671-6208.

INFORMATIONAL

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>.

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.

CARSWELL AVENUE DETOUR

All lanes of Carswell Avenue between Luke Boulevard and Building 9129 will be closed until July 31 for installation of a troop bridge to connect the Airman Training Complex east campus to the ATC west campus.

North-south traffic on Carswell will be routed west of Building 9129 and the softball complex.

CHAPEL SERVICES

PROTESTANT

Freedom Chapel -Building 1528

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

Hope Chapel -Building 10338

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

Airmen Memorial Chapel -Building 5432

Sunday
Liturgical Service 8 a.m.

DENOMINATIONAL

BMT Reception Center -Building 7246

Sunday
Church of Christ 7:30 a.m.

Gateway Chapel -Building 6300

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

Education Classroom -Building 5200 Rm. 108

Sunday
Christian Science 7:30 a.m.

ROMAN CATHOLIC

Freedom Chapel -Building 1528

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

Hope Chapel -Building 10338

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

ORTHODOX CHRISTIAN

Airmen Memorial Chapel -Building 5432

Sunday
Religious Education 8 a.m.

WICCA

BMT Reception Center -Building 7246

Sunday
Military Open Circle 12:30 p.m.

Freedom Chapel -Building 1528

1st Tuesday
Military Open Circle 6 p.m.

JEWISH

Airmen Memorial Chapel -Building 5432

Friday
Sabbath & Kiddush 4 p.m.

Sunday
Religious Education 12:30 p.m.

ISLAMIC

Global Ministry Center -Building 7452

Friday
Jummah Prayer 1:15 p.m.

Sunday
Religious Education 9 a.m.

BMT Reception Center -Building 7246

Sunday
Buddhist 10 a.m.

Gateway Chapel -Building 6300

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

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

OTHER FAITH GROUPS

THE CHURCH OF LATTER-DAY SAINTS

Hope Chapel -Building 10338

Tuesday
Religious Education 6:30 p.m.

Thursday
LDS Institute 6:30 p.m.

Sunday
LDS Service 8 a.m.

JBSA-LACKLAND KEY FAMILY SUPPORT RESOURCES

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

Enlisted Spouses' Club	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

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

- ▶ Resume writing, 11:30 a.m. to 1:30 p.m.
- ▶ Air Force Basic Military Training spouse and parents' seminar, BMT Reception Center, Building 7246, noon.

MONDAY

- ▶ Central Intelligence Agency career information, 10-11:30 a.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

- ▶ American Veterans national service officer available by appointment, 8 a.m. to noon. For additional information, call 773-354-6131.
- ▶ Exceptional Family Members

Program, "My Child's Future," noon to 1:30 p.m.

THURSDAY

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

JUNE 21

- ▶ Air Force Basic Military Training spouse and parents' seminar, BMT Reception Center, Building 7246, noon.

JUNE 24

- ▶ 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 deploy-

ment, 802nd Logistics Readiness Squadron IDRC briefing room, Building 5160, 2:30-3 p.m.

JUNE 25

- ▶ Transition Assistance Program, 7:45 a.m. to 4 p.m.
- ▶ American Veterans national service officer available by appointment, 8 a.m. to noon.

JUNE 26

- ▶ 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 2:30 p.m.

JUNE 27

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

800-973-7630 or 671-4057.

JUNE 28

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

JULY 1

- ▶ 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.

JULY 2

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

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>



Courtesy Photo

Staff Sgt. Anthony Valentin, as his wrestling persona AJ Summers, runs the ropes against fellow Texas wrestler Carson in their tag team match at Ring Of Honor's debut at the San Antonio Shrine Auditorium June 1. Valentin teamed with Rudy Russo to defeat Carson and Ricky Starks.

NCO successful in ROH Wrestling debut

By Jose T. Garza III
JBSA-Lackland Public Affairs

When this staff sergeant walks out in front of Texas wrestling audiences as his wrestling persona AJ Summers, he relishes the jeers as he antagonizes the rowdy crowd.

During his Ring of Honor debut show at San Antonio's Shrine Auditorium, Staff Sgt. Anthony Valentin from the 624th Operations Center had to perform a task that he was not accustomed to. As he walked out the curtain with his tag team partner, local Texas wrestler Rudy Russo, sporting short black and blue trunks with black and white tassels on his knee pads, his task was to get the same rabid, passionate local fans who regularly boo him to cheer him.

The Brooklyn, N.Y., native was successful in his role as good guy, teaming with Russo to defeat fellow local wrestlers Carson and Ricky Starks during a tryout bout for ROH, a company regarded as the No. 3 wrestling promotion in North America.

"It was kind of a bittersweet thing, but you make the most of what (management) wants and hopefully I played the best way that I could," said Valentin, a cyber operations controller. "I hope I gave the fans

what they wanted."

The opportunity to wrestle for ROH was six years in the making for Valentin, who began training to be a professional wrestler while in Georgia. He said he has been a fan of the promotion since its inception in 2002.

"This was a company that I saw start from the ground up," he said. "I was in high school when they started so I have been a fan since the first show.

"To finally be booked on a show for a company that you have always wanted to work at is a dream come true. (Getting a tryout with ROH) was gratifying because of all the hard work and all the times I was told no or the times I was told I wasn't going to make it. At first, it was surreal and I couldn't believe it was happening. Once I saw people support me, it was well worth the road traveled to get there."

Although his body was gyrating with anxiety before stepping through the curtain to impress ROH management, wrestlers and fans, he felt a sense of relief after his entrance music started.

"Everything was calm and cool," Valentin said. "I really don't have the words to explain what it was like to see Ring of Honor logos everywhere as I walked out. I was at a place where I wanted to be.

"I tried to soak in the moment because I didn't know if there was going to be another opportunity that I would get."

Valentin said the camaraderie between he and the other participants was one of the best parts of the experience.

"This is what we all worked hard for. Hopefully, we get to experience it again," he said.

Management gave Valentin and his peers positive feedback about their match, appreciating the way they got the crowd involved.

"(The ROH booker) really enjoyed the stuff we did out there," he said. "He didn't have anything bad to say, which was a very humbling thing on our part."

Having ROH on his wrestling resume could lead to more opportunities on the horizon.

"(Having that tryout) shows that you have what it takes to make it to the big stage," Valentin said. "When I go to other wrestling promotions, and they ask where have you been and what have you done, I can say that I worked for Ring of Honor.

"It's something that is going to be looked highly upon and possibly will open some more doors for me."

Admiring 'The Admiral's' core values

By Wayne Amann

Air Force ISR Agency Public Affairs

With all the local hoopla these days surrounding the San Antonio Spurs "Drive for Five," as in their fifth National Basketball Association championship, I thought the time was right to resurrect an opinion I penned back in 2005 about the team's iconic big man David Robinson.

For the record, I am NOT a Spurs fan, apologist or shill. My favorite pro basketball team is my hometown Chicago Bulls. I mention that because you don't have to bleed silver and black to admire what the former Spurs stand out center represents.

In 1993 I covered Robinson's personal appearance at the Skylark Bowling Center here. He was promoting education to 60 A-B honor roll students at a

Young American Bowling Alliance tournament. After obliging waves of eager autograph seekers, he gave me a quote that was vintage Robinson.

"Whether it's money, whether it's time, whether it's love, I'm going to try to share it with everyone," he said.

Talk about a guy who walks the walk. That's why I would follow "The Admiral" into battle. He does things for the right reasons.

If he had attended the Air Force Academy instead of the Naval Academy his 7-foot frame may not have fit into a cockpit, but he would have more than measured up to the Air Force core values. His public persona is the prototype for Integrity First, Service Before Self and Excellence in All We Do.

I called Robinson an All-Pro role model then, and stand by

those words today, because his accomplishments as a Navy officer, citizen, person, husband and father transcend his athletic prowess. Albeit his basketball exploits were all-world: three-time Olympian, two-time NBA champion, perennial all-star, the list goes on.

His detractors labeled him "soft." Translation: he didn't play aggressively enough or mean enough to suit them. He simply went about his game in a workmanlike way proving nice guys don't always finish last.

He deserves a lot of credit for that. Because in the fantasy world of the NBA, it's all too common for players to get caught up in the Madison Avenue hype promoting outrageous behavior, on and off the court.

Robinson always stood above

that, and not just because of his height. The combination of a solid Navy family upbringing, coupled with the discipline of an academy education and subsequent military service molded him into someone you'd want your kids to emulate.

He's put his money where his mouth is. He contributed \$11 million in 2001 to start the Carver Academy, a school for Alamo City pre-kindergarten through second graders, regardless of their economic background.

Robinson is passionate about self-improvement through education.

"Our vision is to not only prepare children to work, but for success in family, relationships and the community," he said on the Carver Academy web site. "We hope the Carver Academy will spark the hunger to serve

in our children and provide an oasis of learning for parents and the community."

When the Spurs won their second NBA title and San Antonio celebrated, I couldn't care less, except for David Robinson.

Finally, a man who deserves cheers, not only for winning championship rings, but for knowing what's really important in life, his core values.

I could go on and on about the positive impact his legacy has made. Instead, I'll just say thanks. Thanks for the few minutes this sports celebrity took out of his busy schedule 20 years ago in a back room of a military bowling alley so I could do my job.

To paraphrase the Simon & Garfunkel song from the 1967 movie, "The Graduate"... "and here's to you, Mr. Robinson."

717th MI Battalion holds field day

By Gregory Ripps

470th Military Intelligence Brigade Public Affairs

When Soldiers with the griffin patch on their left shoulders show up at Columbia Heights Elementary School, the children know the day is going to be special.

"They know what's coming," said Sgt. Terrence Aursby, 717th Military Intelligence Battalion "They really look forward to it."

For three years, Soldiers of the 717th Military Intelligence Battalion have been going to the Harlandale district school south of downtown San Antonio for three or four events during the school year. When the end of the school year approaches, the children anticipate it's time for a field day with the Soldiers.

May 31, the Soldiers treated

Columbia Heights third, fourth and fifth-graders to two Army-style relay races, a soccer game, and litter carry. Maj. Tim Hunt, 717th MIB operations officer, said that he, Aursby and Staff Sgt. Juanita Maclauchlan organized the events and about 45 of the Soldiers ran them.

"We had a lot of volunteers from the 717th," Hunt said. "We had to turn some back."

The day's events opened with the posting of the colors in the school gymnasium by the 717th MIB Honor Guard, which frequently performs ceremonies not only for the battalion but also for other units subordinate to the 470th MI Brigade. The children stood still and remained amazingly quiet during the ceremony, but as soon as the honor guard had marched out of sight, they exuberantly filed outdoors for the



Photo by Gregory Ripps

Spc. Dalton Fosbenner (left) and Staff Sgt. Curtis Langley monitor four girls as they transport a "casualty" by stretcher during Columbia Heights Elementary School's field day May 31. The Soldiers belong to the 717th Military Intelligence Battalion.

activities to begin.

Not everything happened outdoors, however. Inside the gym, three officers from the Department of Nutritional Medicine at Brooke Army Medical Center provided a presentation on healthy eating.

Santos Flores, the school's vice principal, noted that the field day reinforced what the school's coach emphasize to the children - to develop healthy habits such as eating right, exercising and staying active. Flores also said he was impressed with the Soldiers' community spirit.

"We really appreciate the sense of citizenship the Soldiers have," Flores said. "They are excellent role models."

"It's pretty fun," said Aursby, who counted this as his second field day at Columbia Heights. "I love it here."