



TALESPINNER

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37th TRW chief hangs up his blues



Courtesy photo

Chief Master Sgt. Craig Recker speaks to Airmen and family members assembled at the Air Force Ball in September 2011. Recker retires Friday in a ceremony after a 30-year Air Force career, in which he spent his final three years at Joint Base San Antonio-Lackland as the 37th Training Wing command chief master sergeant. **See story page 3.**

Obituary

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71st anniversary*
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Attention – *The Joint Base San Antonio-Lackland Luke Gate Visitor Control Center will reopen Monday. The Valley Hi Gate VCC will be closed until further notice.*

IN MEMORIAM

Former AFPC commander loses battle with cancer

By Paige Hughes
Air Force Personnel Center public affairs chief

Maj. Gen. A.J. Stewart, who had an illustrious 32-year military career, most recently as the commander of Air Force Personnel Center, died March 9. He was 55.

Stewart lost his battle with brain cancer, which he fought for more than two years. He wrote openly about his battle in a highly publicized commentary "Never saw this coming: Lessons learned in trying times," published March 12, 2012.

During his career, the general was driven to create a better Air Force for all Airmen. His passion for military service, integrity and excellence was reflected in his daily actions. He often remarked that his steadfast commitment to serve was ignited every time he looked at the American flag.

A beloved military leader and sought-after speaker, Stewart captured the hearts and minds of his audiences with his vivid stories and candid references about the military, his career and life lessons.

Stewart began his military career as an Air Force Academy cadet, graduating in 1981 and going on to become a mobility pilot, flying the KC-135 Stratotanker and the C-17 Globemaster, among others. He logged more than 3,000 flying hours, according to his Air Force

biography.

Throughout his career, Stewart commanded an air refueling squadron, an operations group and a flying training wing. He flew air refueling missions in support of the U.S.-led invasion of Grenada in 1983 and deployed to Southwest Asia in support of Saudi Arabia during the Iran and Iraq war in 1985. He also deployed as Combined Air Operations Center director of Mobility Forces in support of the wars in Iraq and Afghanistan.

In June 2008, he came to Joint Base San Antonio-Randolph and took command of Air Force Recruiting Service, Air Education and Training Command, where he was responsible for more than 2,600 Airmen and civilians in more than 1,200 recruiting offices across the United States and abroad.

Stewart epitomized the recruiting spirit as he frequently lauded the Air Force's emphasis on quality of character and quality of effort.

"If you want to be a part of something special, if you want to go as far as you can possibly go in an unconstrained environment, there's nothing else like it. It's a phenomenal service," the general said of the Air Force in 2011.

In August 2010, Stewart took over as commander of AFPC, where he oversaw 10 subordinate units and more than 3,600 personnel responsible for opera-

tions of Airmen and their family members.

Stewart commanded AFPC at a time when significant personnel initiatives were underway. Those included transforming personnel services delivery for the total force, merging three commands into a single integrated organization and managing the force to meet congressionally mandated end strength.

The general believed in being fit, healthy and strong. He was an active member of the Air Force Cycling Team and rode with the team in 2011 and 2012 at Register's Annual Great Bike Ride Across Iowa.

However, his true passion was golfing. He golfed every weekend and often found solace from a difficult day on the links in the early evenings.

His military honors and decorations include the Distinguished Service Medal, Legion of Merit and Defense Meritorious Service medal.

Stewart was born March 6, 1959 in rural Dinwiddie County, Va. and was raised in Baltimore by a single mother who checked his homework each night, kept books in the house and attended parent-teacher meetings, he said in an Air Force video in December 2011.

Growing up with a working mother and three sisters, he found male role models through the Big Brothers Big Sisters program.



Maj. Gen. A.J. Stewart

Later in life, he became an advocate for that program, frequently remarking on the positive impact BBBS had on his early life.

According to General Stewart, his life changed at age 16 when an Air Force Academy recruiting team visited his high school. He knew from that day forward, he wanted to serve his country as an Airman.

"We have the world's most respected and feared Air Force. The secret to our success is not in our hardware or software, but it is our Airmen," said the general in 2010.

Stewart is survived by his wife, Areetha Carter-Stewart; two sons, Brian Vincent Stewart and John Calvin Stewart II; his mother, Sandra Stewart; his stepmother, Lillian Stewart and four sisters: Gwen Williamson, Dawn Stewart, Tracy Stewart and Lisa Campbell. He is preceded in death by his father, John C. Stewart.

A celebration of his life will be held Monday beginning at 9:45 a.m. with a military fly-over, at the Community Bible Church, 2477 North Loop 1604 East, San Antonio. In lieu of cards and flowers, donations in Stewart's memory may be made to the American Brain Tumor Association (<http://hope.abta.org/goto/AJStewart>).

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Deadline for story submissions is noon Wednesday the week prior to publication.

EXERCISE WEDNESDAY

All Joint Base San Antonio locations will be participating in an exercise Wednesday in order to educate the community on actions necessary to protect themselves from the affects of severe weather, such as tornado activity. For information, call 221-0714.

JBSA Sexual Assault Prevention and Response

JBSA SEXUAL ASSAULT HOTLINE • 808-SARC (7272)
DOD SAFE HELPLINE • (877) 995-5247

JBSA CRISIS HOTLINE • 367-1213
JBSA DUTY CHAPLAIN • 365-6420

NEWS IN BRIEF

Compiled by Mike Joseph, JBSA-Lackland Public Affairs

MARCH 31

WOMENS HISTORY MONTH LUNCHEON

A luncheon 11 a.m.-1 p.m. March 31 at the JBSA-Randolph Parr Club concludes the month-long celebration with guest speaker Mary Saunders, retired Air Force major general, who was selected as the Texas Woman's University Leadership Institute's executive director to prepare young men and women for positions of leadership.

502ND AIR BASE WING ENLISTED

PROMOTION CEREMONY

The 502nd Air Base Wing monthly enlisted promotion ceremony is at 3 p.m. March 31 at the Bob Hope Theater on Joint Base San Antonio-Lackland. Noise-makers are highly encouraged.

APRIL 4

AARP SMART DRIVING COURSE

An AARP Smart Driver course is from 12:30-5 p.m. April 4 at Air Force Village 2. The course covers driving strategies, new laws and challenges with local driving.

Participants will receive a certificate, good for three years.

The cost is \$15 for AARP members and \$20 for non-members.

INFORMATIONAL

EDUCATION APPOINTMENT SCHEDULING

All education counseling appointments must now be scheduled through customer service by calling 671-8711/8712.

STAFF SERGEANT TESTING MOVED

The 2014 staff sergeant testing window has been moved to April 1-May 16. For additional information, call 671-8764.

CLEP REGISTRATION PROCEDURES

National Test Centers – including all Joint Base San Antonio education centers – now require a registration ticket for admittance to College Level Examination Program testing. This does not apply to Digit Symbol Substitution Test exams. To sign up for a CLEP exam, go to <https://clepportal.collegeboard.org/myaccount>, create an account, register for the exam and print the generated ticket. Present it during your scheduled test appointment.

For information, call 671-8697.

37th TRW command chief retires

By Mike Joseph
JBSA-Lackland Public Affairs

When the 37th Training Wing command chief master sergeant arrived at Joint Base San Antonio-Lackland in the fall of 2011, his message to the enlisted corps was “enjoy what you’re doing.”

Chief Master Sgt. Craig Recker has spent 30 years in the Air Force living by that message he’s delivered to numerous young Airmen. He’ll express it to graduating Airmen one last time as the wing’s senior enlisted leader at Friday’s Air Force Basic Military Training parade before his retirement ceremony later in the day.

“I will never, ever be this lucky again,” Recker said. “I’ve had a fantastic Air Force career.

“I get to go out on top in an organization that makes a difference every day in the lives of our Airmen,” he said. “I could never ask in a million years to have the level of success that I’ve had in the Air Force. If I could do it again, I wouldn’t change a darn thing.”

Recker has come full circle at Lackland with his retirement. He graduated BMT in 1984, and then spent the next five years in BMT as a personnelist. Over the next 22 years, he served in a variety of NCO leadership assignments before returning to Lackland two and a half years ago as command chief of the largest training wing in the Air Force.

Upon his return, he used “awesome” to describe the state of BMT.

“When I left here in ‘89, I thought we had it right then,” Recker said at the time. “Today, we could pluck an Airman straight out of BMT and

send them off to expeditionary operations and they would succeed. Basic training today is more relevant to what we need than when I graduated in 1984.”

Asked to describe today’s BMT, Recker said “inspirational” would be his one-word choice.

“I’m inspired by how dedicated the NCO corps is, how quickly they realized we had a problem and how most of them rushed in to be part of the solution,” he said, referring to an Air Force investigation of trainee sexual assault by military training instructors.

“It was inspirational to me that NCOs were rushing toward the guns, not running away,” Recker said. “The majority of our NCOs were indignant that some among them had damaged the institution through their disregard for our core values. Quite honestly, they were embarrassed.

“I have no doubt our institution is better because of what we’ve gone through,” he said.

The command chief called his final assignment the best ever.

“We get to reshape the Air Force here every day,” Recker said. “This is an amazing opportunity. Not only are we reshaping the Air Force, we’re reshaping the world.

“We’ve got students from 110 countries in Defense Language Institute English Learning Center learning English,” he said. “They have witnessed the professionalism this wing offers. In Inter-American Air Forces Academy, we have Latin American countries using our professional military education as a baseline to develop their own enlisted corps. We are shaping the hemisphere, the world



Chief Master Sgt. Craig Recker

and the Air Force.”

Recker admitted his first day out of uniform will be an adjustment.

“I can’t imagine what it’s going to be like,” he said. “For 30 years, every morning I got up thinking, ‘I can’t believe I’m fortunate enough to put on this uniform.’ I think it will be one of those mixed emotion days.

“I’ll be excited to have graduated from the Air Force, but I’ll be saddened not to be an active part of this great organization,” he said. “I’m proud of everything we accomplished and I’m excited that we have a great team behind us to pick up the mantle, but I think I’m going to feel a little lost.”

Air Force Assistance Fund Installation Project Officers

Joint Base San Antonio
installation project
officer:
1st Lt. Amy Torres

JBSA assistant IPO:
Master Sgt. Roland Thomas

JBSA-Lackland IPO:
Capt. Drew Cutler

JBSA-Lackland assistant IPO:
Master Sgt. Justin Tischler

JBSA-Randolph IPO:
Capt. Christopher Osborne

JBSA-Randolph assistant IPO:
Master Sgt. Chadwick Burke

JBSA-Fort Sam Houston IPO:
Vacant

JBSA-Fort Sam Houston
assistant IPO:
1st Lt. Julie Casanova

Cyber supports Red Flag like never before



Photo by Senior Airman Brett Clashman

U.S. Army Chief Warrant Officer 2 Michael Lyons (left), Joint Tactical Communications Office communications operator assigned at Joint Base San Antonio-Fort Sam Houston, looks through information on a workstation inside the Combined Air and Space Operations Center-Nellis during Red Flag 14-1 Feb. 5, at Nellis Air Force Base, Nev. This is the first exercise that truly integrates advanced operational and tactical air, space and cyber training in a live, virtual, constructive environment.

By 2nd Lt. Meredith Hein
24th Air Force Public Affairs

For the first time in Red Flag's nearly 40-year history, the Cyber Mission Force construct was used in conjunction with kinetic Air Force forces.

Red Flag, an Air Combat Command-sponsored exercise held four times annually at Nellis Air Force Base, Nev., combines a series of complex scenarios and a robust simulated Integrated Air Defense Systems which challenge exercise participants to collaboratively plan and execute missions in support of operational and tactical objectives, according to Michael Connolly, 90th Information Operations Squadron director of operations.

24th Air Force, as the Air Force component to U.S. Cyber Command, played a significant role in the CMF construct as it pertains to Red Flag. In fact, for the first time, the 24th AF had simultaneous participation in Red Flag from all of its major units, to include the 67th and 688th Cyberspace Wings, 624th Operations Center and 5th Combat Communications Group.

The goal for 24th Air Force in Red Flag 14-1 was to demonstrate Air Forces Cyber's progress in implementing U.S. Cyber Command's CMF construct through the employment of Combat Mission Teams from the 91st and

315th Network Warfare Squadrons and Cyber Protection Teams from the 92nd Information Operations Squadron, supported by the 177th Information Warfare Aggressor Squadron of the Kansas Air National Guard. Red Flag also provided an opportunity for operational test and evaluation activities associated with cyber, which is a huge cost savings to the Air Force.

Cyber Mission Teams provided full-spectrum cyber capability for combatant commanders. They are more offensive in nature than Cyber Protection Teams, which protect a specific target and provide mission assurance. In the case of Red Flag, the CPTs protected the combined air operations center at Nellis AFB. Though CPTs have been used in the past, this was the first time that CMTs were used in this configuration for Red Flag.

"This is an asymmetric capability that we're scratching at the surface to employ. We are more engaged with Red Flag, allowing more opportunities to provide mission effects at the point of our choosing and at the drop of a hat for joint force commanders to use," said Brig. Gen. Robert J. Skinner, AFCYBER deputy commander.

In addition to the CMTs and CPTs provided by 24th AF, the 33rd Network

See **CYBER** Page 13

BMT HONORS

Congratulations to the following 72 Airmen for being honor graduates among the 728 Air Force basic military trainees who graduated today:

320th Training Squadron*-Flight 191*

Ryan Bowen
Matthew Duffer
Justin Glownia
Justin Metcalf
Garrett Olson
-Flight 192
Nicholas Denton
Michael Ince
Brandon Jones
Conner Kendall
Benjamin Mckee
Lee Milligan
Joshua Sims

321st Training Squadron*-Flight 193*

Dakota Broderick
Robert Calvo
Matthew Emblidge
Jeremy Johnson
Grant Krause
-Flight 194
Elizabeth Baranishyn
Tamara Gensel
-Flight 201
Darryl Jones Jr.
Ryan Mosqueda
Shane Mudd
Cedric Murphy
Nicholas Okpysh
Forrest Short
Conor Sullivan
Charles Tamblyn
-Flight 202
Ralph Carios
William Cox
Connor Donahue

Joshua Felice
Benjamin Fisher
Michael Legault
Jared Schroeder
Robert Stroud

323rd Training Squadron*-Flight 203*

Alexander Bryenton
Dalton Hurn
Gerell Johnson
Andy Nguyen
Zachariah Smith
-Flight 204
Raven Wagner
Te'lisha Weeks

324th Training Squadron*-Flight 198*

Anny Hernandez
Alexandria Macfarlane

326th Training Squadron*-Flight 195*

Zachary Bowie
Cameron Cates
Eugene Gross
Eric Hornfeck
Tanner Tryon
-Flight 196
Jonathan Bradley
Bradley Cool
Dwayne Holman
Cody Huff
David McCloskey
Haden Odom
-Flight 199

Eric Berger
Austin Ellsworth
Matthew Glancy
Blake Lewis
Kevin Ramirez
Ryan Richardson
Emanuel Romero
Jonathan Rosa
Tyler Ruchert

-Flight 200

Kevin Dirkzwager
Joe Durham
Steven Hinojosa-Rodriguez
David Hoback
Matthew Hurst
Alexander Mccandless
Tuan Trinh
Logan Young

Top BMT Airman

Eric Berger
326th TRS, Flight 199

Most Physically Fit*-Male Airman*

Yahya Elgazar
326th TRS, Flight 195
Cameron Blair
326th TRS, Flight 196
Frank Dominguez
324th TRS, Flight 197

-Female Airmen

Taylor Hatfield
323rd TRS, Flight 204
Tamara Gensel
321st TRS, Flight 194
Ashley Cadwell
321st TRS, Flight 194

-Male Flights

320th TRS, Flight 192
320th TRS, Flight 191
326th TRS, Flight 199

-Female Flights

321st TRS, Flight 194
324th TRS, Flight 198
323rd TRS, Flight 204

Top Academic Flights

321st TRS, Flight 201
326th TRS, Flight 196
323rd TRS, Flight 203
321st TRS, Flight 202
320th TRS, Flight 192
326th TRS, Flight 199

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



One of the best things about ICE is that people can let service providers know when they do a great job, not just for poor service. It takes 5 minutes or less to submit a comment at <http://ice.disa.mil>.

59th MDW Top III supports Liberia literacy efforts

By Airman Justine K. Rho
JBSA-Lackland, Public Affairs

In the face of large humanitarian needs, it can be difficult to understand how small actions can make a difference. A group of senior NCOs and Airmen on Joint Base San Antonio-Lackland learned firsthand how their small actions made an impact in the lives of others.

The 59th Medical Wing's Top III organization collected more than 1,000 books and school supplies and donated them to the Liberia Teach Training Program.

The books and supplies are used to develop reading programs in schools in Harper City, Liberia, said Top III President Master Sgt. Christopher Gage 59th Medical Wing Logistic Readiness Squadron, section

chief of quality insurance, clinical engineering flight.

The books and school supplies collected by the Top III helped establish the community's first children's library and are used by LTTP teachers to educate their students, continued Gage.

The 59th MDW leadership was approached by Annette Jacobson, an American citizen on an assignment to teach at a local university in Liberia, who was requesting aid for the impoverished students of Harper City, Liberia.

The Top III saw this is as a great opportunity to aid in the literacy efforts of the community, said Gage.

Aiding and supporting communities is an important part of the Top III's mission.

"The 59th MDW Top III council is a private organization of senior NCOs

belonging to the Air Force's largest medical unit," said Gage. "The primary goal of the Top III is to promote the Airmen through professional development and community outreach programs and show recognition of things that they do day in and day out."

The organization led a wing and base-wide book drive that took place August 2013. The books and supplies were then shipped to the community around November 2013 and used by the LTTP.

The mission of the LTTP is to better prepare and equip teachers with capacity-building activities to improve early-grade reading and mathematics, said LTTP team leaders.

One of the programs developed by the LTTP team helps local elementary teachers incorporate storybook readings into their daily lesson plan.

The students enjoy the reading time and are exposed to important reading skills.

"These projects are important because they help tell the Air Force story and promote good will," said Gage. "It is also very satisfying for our members to know that these books were used to help set up a school system in another country. The Top III continues to look for these endeavors."

The 59th MDW Top III encourages their members to show leadership by initiating a volunteer opportunity or fundraiser.

"It doesn't take a group of senior NCOs to want to do an initiative like this," said Gage. "I challenge anyone to take the initiative to drive a campaign. I also ask their supervisors to be supportive and encourage humanitarian efforts abroad and here at home."

SAMMC garage relighting project saves money, no cost to JBSA

By Steve Elliott
JBSA-Fort Sam Houston Public Affairs

As the result of a phone call from a concerned citizen, the San Antonio Military Medical Center's multi-story parking facility is getting a major energy conservation facelift starting Monday.

"A local resident called to say he was seeing the bright lights on in the SAMMC garage during the day. He thought it was a waste of money and energy," said Frank Thomas, Joint Base San Antonio resource efficiency manager.

"I went to check it out, contacted Brooke Army Medical Center leadership and then conducted a light system audit. An energy conservation project was initiated as a result."

After the garage opened several years ago, there was a noticeable uptick in energy costs of approximately \$300,000 a year to BAMC, with another \$150,000 in annual lighting maintenance, Thomas said.

"When the garage was originally planned, it was designed with older, less efficient lighting. This is sometimes the case with a project that takes many years to come to fruition," Thomas added. "The lighting industry is evolving at a very rapid pace and



Photo by Frank Thomas

The San Antonio Military Medical Center's multi-story parking facility is getting a major energy conservation facelift starting Monday and will come at no cost for Joint Base San Antonio-Fort Sam Houston.

new and improved efficiencies are hitting the market continually."

Anyone who has parked in that garage knows there are thousands of lights in there. So how much will this lighting upgrade cost?

"This is what is incredible! It will come at no cost for JBSA-Fort Sam Houston!" exclaimed Thomas. "It originally had an independent government estimate of \$1,586,000. An Air Force Productivity Enhancing Capital Investment grant was awarded for \$978,200, coordinated by Craig Henry, the resource efficiency manager at the time.

"The relighting project became the inaugural energy conservation project partnered locally with CPS Energy and JBSA," Thomas said. "The JBSA energy team and contracting office employed the area-wide Public Utility Contract for Electricity, Natural Gas, and Regulated Energy Management Services and CPS Energy's bid for the project came in at an amazing \$581,647."

After the project wraps up May 23, it will save an estimated 11,223,800 Btu or 3,288,573.4 kilowatt-hours annually. There will also be an annual savings of \$252,233 in energy and from \$100,000 to \$150,000 in maintenance costs. "This project will pay for itself in a very short time," Thomas added.

By using CPS Energy's energy con-

servation rebate program, the local utility company will rebate up to 60 percent of the cost of the project, or approximately \$230,000.

"Federal funding came through a manpower arena program called Productivity Enhancing Capital Investment or PEI," Thomas said. "It's an Air Force Program established in 1977 that uses self-sustaining funds to purchase equipment or facilities."

Facility Solutions Group of San Antonio, a subcontractor to CPS Energy, will carry out the project and Thomas said SAMMC visitors won't notice any lack of parking spaces during the refitting project.

"Only half of a floor will be closed off at a time and no parking areas will be closed off," he said. "Patrons will not be affected in a negative way at all. They may notice that an area is not as bright, but they won't see unnecessary lights on, when daylight is adequate."

If anything, Thomas notes, lighting throughout the garage will be more efficient. The new fixtures are more reliable, relight instantly and the lamps last longer. In addition, energy-saving LED lighting will be used on the roof.

"I guess you can say that one phone call was the first step towards a major energy savings for Joint Base San Antonio," Thomas said.

Alamo Wing members impress bosses on employer day

By Tech. Sgt. Carlos J. Trevino
433rd Airlift Wing Public Affairs

The 433rd Airlift Wing hosted close to 20 employers on Employer Orientation Day March 8. The goal of employer's day is to help employers better understand the Air Force mission, to see their employees perform their military duties and to strengthen the employer and reservist relationship.

Employers began arriving at Joint Base San Antonio-Lackland at 7 a.m. The early start was to let the employers experience the reality of showing up for the weekend drill after a five-day workweek.

Employer Orientation Day, which is co-hosted by the Texas Employer Support for the Guard and Reserve, is designed to give employers a first-hand look at what their employees do on unit training assemblies or drill weekends, annual tours and deployments.

After a continental breakfast at the 433rd AW headquarters building, Col. Aaron Vangelisti, 433rd AW commander, welcomed the employers and gave them a mission briefing that covered the wing's worldwide mission capabilities, the financial impact on the local community and resources the "Alamo Wing" utilizes in today's Air Force.

The employers toured the C-5A Galaxy aircraft, escorted by pilots, flight engineers and loadmasters from the 68th Airlift Squadron. The group then saw cargo loading and unloading performed by the 74th Aerial Port Squadron. Aerial port squadrons provide responsive global cargo and pas-

senger movement operations.

Other units that participated in the Employer Orientation Day were the 433rd Aeromedical Evacuation Squadron, the 433rd Airlift Control Flight and the 433rd Civil Engineering Explosive Ordnance Disposal Team.

"It was both informative and educational," said Dave Saylor, owner of Acadiana Café, a Cajun Restaurant in San Antonio. "I learned things about what the Reserves do and what the Air Force does. I had no idea."

"What impressed me the most was the quality of your personnel," Saylor said, "Especially the aeromedical evacuation squadron and the C-5A."

Employer Orientation Day concluded with lunch. Representatives from the ESGR briefed the purpose of their program and explained the Uniformed Employment and Reemployment Rights Act.

"You folks that are getting ready to join the Reserves, if you don't know about this, you will hear about it as you go through your career. There are laws to protect you in your military career and your civilian bosses," said Caryl Hill, the ESGR representative.

They then offered the employers an opportunity to sign ESGR Statements of Support, which many signed after lunch.

"Thank you," Col. Vangelisti said to the ESGR representatives. "You are making sure our Airmen are taken care of and that our employers out there are all working together as a partnership."

The ESGR is an agency of the Department of Defense that helps

to promote cooperation and understanding between Reserve Component

Service members and their civilian employers.



Photo by Tech Sgt. Carlos Trevino

(From left) Angelica White, an employer from United Services Automobile Association, San Antonio, and Todd Reddic from U.S. Army Medical Department Center and School, Joint Base San Antonio-Fort Sam Houston, listen to Col. Aaron Vangelisti, 433rd Airlift Wing commander, JBSA-Lackland, as they visit the cargo load training facility. Civilian employers saw what their employees do when they put on the military uniform on a Unit Training Assembly weekend.

National Women's History Project

CELEBRATING WOMEN OF CHARACTER, COURAGE & COMMITMENT

March 21

Clothing Drive
8 a.m. to noon
Wilford Hall Ambulatory
Surgical Center

March 31

Volunteer Event
7:45 - 9 a.m.
Women/Children Shelter

March 28

Federal Women's
Week Luncheon
11 a.m. to 1 p.m.
Gateway Club

For more information, contact
Master Sgt. Marygail Harmon,
marygail.harmon@us.af.mil

'Can I Kiss You?'

Critically acclaimed program coming to Joint Base San Antonio

By Larry Coffey
Navy Medicine Education and
Training Command Public Affairs

The San Antonio-area Navy Sexual Assault Prevention team is hosting a lively and unique program April 1 called "Can I Kiss You" as part of Sexual Assault Awareness Month activities.

The program features critically acclaimed speaker, author and executive director of "The Date Safe Project Inc." (<http://www.date-safeproject.org>) Mike Domitrz, described as

an interactive and entertaining expert on dating and intimacy.

Two presentations are being offered at Joint Base San Antonio-Fort Sam Houston and one at JBSA-Lackland.

The 8 a.m. session is open to Navy Master At Arms students only and is being held at JBSA-Lackland's Carter Hall at the Security Forces Academy, 1325 Harmon Drive.

The 1:30 p.m. session at JBSA-Fort Sam Houston is open to all branches of the military and is being held

at the Student Activity Center located across from Medical Instruction Facility 3 and 4, next to the Navy student barracks. The 6:30 p.m. session is for Navy Hospital Corps students only and is being held at the MIF 4, Anderson Hall Auditorium.

Navy San Antonio and Houston-area Sexual Assault Response coordinator Seletha Willis said the Navy is limited to offering one presentation to all service members due to space.

"Mike Domitrz is a very dynamic and



Photo by Petty Officer 1st Class Eric Dietrich

Mike Domitrz (right) delivers the interactive show "Can I Kiss You?" to service members March 6 at Camp Lemonnier, Djibouti. Domitrz is presenting the show April 1 at two Joint Base San Antonio locations, to discuss how to make good choices in personal relationships, including making smarter choices with partners, asking for consent, supporting sexual assault survivors and intervening in dangerous situations or when alcohol is involved.

entertaining speaker and will be presenting this program to all 15 Navy bases in the southeast Navy region, including Guantanamo Bay, Cuba," Willis said.

"The Navy was only able to bring him in for one day. The program is required for Navy students in the area, so due to the time and space constraints, the only option is to open one showing for all branches of the military."

During his presentation, Domitrz teaches audience members how to ask for what they want sexually or intimately – without having to play any of the games.

"Before you kiss, do you ask?" Domitrz said. "Will it ruin the moment? Will you feel like an idiot? Most people do not ask their partner before engaging in intimacy. Yet, the far majority of individuals love being asked! Why?

Asking takes away all the pressures and eliminates potential confusion. Plus, when you learn how easy it is, you discover how sexy and romantic asking can be."

Domitrz reveals a fun and revolutionary approach to ensuring each person's boundaries are respected, according to information provided by The Date Safe Project.

"While he presents one of the cleanest shows, Mike holds nothing back. Males and females from all cultures, backgrounds, sexual orientations and diverse populations appreciate his sincerity and honesty."

For more information, call 221-1496 or 241-3511.

Squadron, group command applications due April 18

By Staff Sgt. Ian Hoachlander
Air Force Personnel Center Public Affairs

Eligible line officers interested in 2015 command opportunities must complete and submit senior rater endorsed statements of intent to the Air Force Personnel Center in time to meet the April 18 deadline, AFPC officials said.

Development teams from various Air Force specialties will convene between May and August 2014 to consider line eligible officers for projected squadron and deputy group command positions.

In addition to functional command opportunities, officers may also apply for recruiting, student, training or air base squadron command consideration.

While time on station and date eligible for return from overseas are not limiting eligibility factors, they should be considered in the nomination and selection process, said Joseph Marchino, AFPC line special assignments branch.

In general, officers serving contiguous United States or overseas long tours are expected to have two years TOS prior to their projected departure date for command, or be in an otherwise must-move status, such as intermediate or senior developmental edu-

cation graduates or an overseas short tour DEROS in calendar year 2015.

Senior raters should consider nominating officers with less TOS for projected command vacancies at their current or already projected duty locations, or for deployed TDY command opportunities. Officers currently assigned to joint duty positions are eligible, but must be able to complete at least 24 months of a 36-month joint duty assignment tour, preferably prior to June 1, 2015, but no later than their projected departure date.

Grade criteria vary among the different specialties, so interested officers should visit their respective career field web pages on the AFPC myPers website.

DT panel results will be released in late September 2014. Officers selected for the command candidate lists are considered volunteers for worldwide opportunities, including extended deployment command opportunities.

A personnel services delivery memorandum with DT schedules, suspenses and guidance on communicating intentions on the Airmen Development Plan SOI is available on the myPers website at <https://mypers.af.mil>. Enter "Consolidated Line Squadron/Deputy Group Commander" or "PSDM 14-17" in the search window.

WATER CONSERVATION TIPS!

- Use a pool cover to reduce evaporation and heat loss when the pool is not being used. About 95 percent of pool water that is lost can be saved with the use of a cover.
- Apply water, fertilizer or pesticides to your landscaping only when needed. Look for signs of wilt before watering established plants.
- When washing dishes, keep dishwashing liquid to a minimum to reduce the amount of rinse water needed. If using an automatic dishwasher, scrape dishes before placing in the dishwasher instead of pre-rinsing them.
- Do not run the kitchen faucet continuously while washing dishes. Use one sink for washing and another, or a separate tub, for rinsing.
- Compost appropriate food scraps from your meals instead of running the garbage disposal.

Compiled by 502nd Civil Engineer Squadron

Joint Base San Antonio-Lackland is on

Share your JBSA-Lackland photos with us
by tagging us @JBSALackland





IAAFA celebrates 71st Birthday

Photos by Airman Justine K. Rho

1. The Inter-American Air Forces Academy celebrates its 71st birthday with a 5k race on Joint Base San Antonio-Lackland, Texas March 14. More than 100 IAAFA students and instructors participated.

2. Participants of the Inter-American Air Forces Academy 5k race push themselves from the beginning to the finish line March 14. Runners and viewers help celebrate IAAFA's 71st birthday with a race and ceremony at Joint Base San Antonio- Lackland, Texas.

Photos by Airman 1st Class Krystal Jeffers

3. Col. Marc Stratton, Inter-American Air Forces Academy commandant, and IAAFA faculty and students run a 5k celebrating IAAFA's 71st anniversary March 14 as IAAFA students cheer them on. There are more than 200 students representing 11 different countries attending IAAFA.

4. Members of the Inter-American Air Forces Academy ran a 5k in celebration of the school's 71st anniversary March 14. The school was originally founded March 15, 1943 in Panama as Central and South America Air School. When it first opened it had a student capacity of 400 per year and now the school graduates more than 600 students every year.



Videographers tell service stories in real-time



Photo by Joel Martinez

Tony Hearst, Joint Base San Antonio-Randolph videographer, documents the reassembly of a C-130 Hercules aircraft March 11 at JBSA-Camp Bullis. The three-person video team covers all three JBSA locations and produce about 30 videos each quarter.

By Alex Salinas
JBSA-Randolph Public Affairs

If photographers capture moments in time and graphic artists create artwork and images, then 502nd Air Base Wing videographers record life, keeping the Joint Base San

Antonio community informed. From readiness exercises at JBSA-Randolph to military training at JBSA-Lackland to educational medical instruction at JBSA-Fort Sam Houston, the current three-person video crew's tight schedule includes planning,

filming and editing projects for customers throughout JBSA.

The team generates about 30 video products each quarter. The video services division mission is to provide documentary and production videos. Videos are in support of education and training, mission

operations and heritage, plus, senior leader communication and news pieces.

"We're cameramen, sound and lighting crew, film editors and more," Wayne Cooper, 502nd ABW public affairs video services division chief, said. "For each production we wear many hats. It's a constant balancing act with our manpower and workload."

Using the latest in equipment and software, videographers split their time between being out on "shoots" and back at the office editing and preparing footage.

While demand is up for their services, these videographers get satisfaction from serving each customer. "We know our work is valued and we know that people are naturally drawn to digital storytelling," he said. "Video stories often show what's motivating an event as it unfolds."

"The joy in a customer's face when a video exceeds their expectations is the best part of my work," Tony Hearst, 502nd

ABW/PA audiovisual production specialist, with 30 years video experience, said. "That never gets old."

The team admits that being out of the office and learning about different specialties and being a part of preparing training videos that normally affect an entire military service is a motivator that keeps things new and exciting every day.

"Getting out on the field with military members during training is always a good time," Cooper said. "Getting up close to an event and seeing how it happens and knowing it affects so many people is a great job to have."

To request video services, call 652-4876. Customers can also reach the video services section by calling the JBSA-Randolph Public Affairs customer service desk at 652-4226.

For more information, visit www.jbsa.af.mil, scroll over "Library" and click on "Multimedia."

Subway's spokesperson shares weight loss story with Airmen

By Jose T. Garza III
JBSA-Lackland Public Affairs

Subway's famous spokesperson shared his story about how "eating fresh" changed his life March 13 at the Arnold Hall Community Center ballroom as part of National Nutrition Month.

During a 20-minute speech in front of Basic Military Training Airmen, Jared Fogle talked about how eating two low-fat sandwiches twice a day along with exercise led to him losing 245 pounds in one year.

To demonstrate how morbidly obese he used to be, Fogle exhibited the 60-inch waist pants he used to wear. He became a Subway spokesperson 15 years ago after his weight loss was chronicled in his alma ma-

ter Indiana University's school newspaper.

Fogle said it was gratifying to share his weight loss journey with Airmen who are required to be physically fit.

"It was really important that they heard the message because they are going to have to make choices everyday when they are on or off base," he added. "There are a lot of restaurant concepts that they can choose from, but they have to pick in moderation.

"If they eat too many burgers, fries, pizzas, fried chicken, etc., they could find themselves in trouble especially as they get older. Hopefully, they took the message to heart."

His message was heard loud and clear.

Airman Jessica McClendon,

324th Training Squadron, said she needs to pack away the Nintendo when she returns to her hometown, Phoenix, and spend more time outdoors.

"There's a lot of things I should change like consuming less dessert during meal time," she elaborated. "I need to push myself more when it comes to exercise because being inactive is not going to get me anywhere."

Her fellow Airman from the 324th TRS, Airman Jacqueline Farber, thought "it was really cool" to hear his story.

Like McClendon, she learned that she needed to make better eating choices and improve her exercise routine, which she noted was almost non-existent before arriving to basic military training.



Photo by Jose T. Garza III

Jared Fogle, Subway's famed spokesperson, speaks with Airmen at the Arnold Hall Community Center ballroom March 13 about how he shed 245 pounds in one year by eating Subway sandwiches twice a day along with exercising.

"I think we all have trouble with that sometimes," she explained. "You can lose weight if

you want to. It is all about what you put into it. I have had to exercise every single day since I have been at camp so I just want to keep that going."

When told that Airmen were inspired by his speech, Fogle was touched by the kind words.

"It is an honor to speak to the Airmen," he concluded. "I have one of the coolest jobs in the world by just being me. Because of these guys defending our country, I have the chance to do this 'knucklehead' job that I have."

For more information about nutrition, call the Wilford Hall Ambulatory Surgical Center Outpatient Nutrition Clinic at 292-7578/7587 or visit [http://www.whasc.af.mil/departments\(clinics\)/nutrition-almecine.asp](http://www.whasc.af.mil/departments(clinics)/nutrition-almecine.asp).

Cellular therapy and apheresis section saves lives at SAMMC

By Mark Salcedo
ASBP Blood Donor Recruiter JBSA-Fort Sam Houston

Each year, more than 12,000 people are diagnosed with diseases that require an infusion of stem cells, but more than 70 percent of patients are unable to find an appropriate match within their own family and will require an unrelated donor, according to the C.W. Bill Young Department of Defense Marrow Donor Program website (<https://www.salutetolife.org>).

The San Antonio Military Medical Center is the only Department of Defense medical facility collecting autologous and allogeneic transplants for patients. Autologous cells are obtained from the same individual, while allogeneic trans-

plants are collected from a genetically similar, but not identical, donor.

Tucked away in the corner of the fourth floor of the facility is blood services' cellular therapy and apheresis section – the only one of its kind for the DOD. With a staff of eight military and civilian employees, the section has had a direct impact on the long-term quality of health for military beneficiaries being treated at SAMMC.

“Most patients seen by the cellular therapy and apheresis team have been diagnosed with leukemia, multiple myeloma, Hodgkin’s disease or non-Hodgkin lymphoma,” said Linda Weigand, technical supervisor and program quality assurance manager. “We generally provide this service to patients



Photo by Mark Salcedo

A patient's hematopoietic stem cell product before cryopreservation and storage.

who have tried other therapies which were not successful.

“Our nursing staff collects autologous and related (family member) allogeneic hematopoietic progenitor cells using an automated apheresis procedure,” Weigand added. “The progenitor cell processing lab is responsible for processing, packaging, labeling and cryopreservation of hematopoietic progenitor cells, stem cells and sometimes bone marrow. We can also receive and ship products for transplant to and from oth-

er hospitals around the United States.”

Hematopoietic progenitor cells are immature cells located in the bone marrow and, to a lesser extent, in the bloodstream. These specialized cells create more blood-forming cells or mature into the body's red blood cells, white blood cells and platelets.

For SAMMC patients, transplant or “engraftment” procedures usually happen within a couple months after

See **CELLULAR** Page 13

CYBER from Page 4

Warfare Squadron and the 26th, 83rd and 561st Network Operations Squadrons acted as the Cyber Defense Service Provider, which located general threats against the network and practiced enterprise protection.

One of the other key cyber components for Red Flag was the 318th Cyberspace Operations Group, Detachment 2, whose daily mission is to establish cyber operations as credible, replicable combat capability across air, space and cyberspace domains.

The detachment worked with the U.S. Air Force Warfare Center community to integrate cyber into the Red Flag scenarios, which allowed cyber operators to fully participate in the exercise. In order for this to happen, effective ranges were built to represent the operating environment for U.S. and coalition forces and intelligence was created to fulfill the needs of the exercise.

The detachment worked closely with providers such as the 346th Test Squadron to build a replica of the Air Force Network for the "blue team" to defend during the exercise, as well as create targets for the "red forces" to attack.

In addition, Det. 2 worked with intelligence units, such as the 547th Intelligence Squadron at Nellis AFB, to

create a realistic back story for the cyber operators to work under.

Red Flag is truly an integration exercise, said Maj. Robert Biggers, 318th COG, Det. 2 commander. "Operators participated from planning to execution and all forces – air, space and cyberspace – worked as a collective body to understand how each of their actions affects one another and the mission."

The U.S. Air Force Warfare Center fundamentally changed how Red Flag is being carried out this year in an effort to fully integrate non-kinetic operations and intelligence, surveillance and reconnaissance capabilities.

Changes to the Red Flag construct, which now links scenarios across several days, allowed intelligence to be gathered in a more realistic world setting. This Red Flag was also the first time 24th AF has been fully integrated with the Air Force Intelligence, Surveillance and Reconnaissance Agency.

"Developments happening with cyber and ISR are all in preparation for operations in a contested environment," said Capt. Andrew Caulk, spokesman for AFISRA. "We train like we fight."

"We had to look at how everything complemented each component. How can you effectively use the tools you have to accomplish the mission?" said Mr. Michael Homsy, Cyber Range

Coordinator, 24th AF.

In addition, the Red Flag model integrated cyber operations as it would other operations. The red forces and blue forces engaged in a campaign plan against one another, "... two thinking, near-peer adversaries tactically engaged in combat with one another, responding and adjusting to each other as they would in a real-world conflict," said Biggers.

Cyber was utilized in conjunction with kinetic operations through different mission problems each day of the exercise.

"Lessons were learned and operators applied what they learned from day to day to refine how we can most effectively operate together," said Biggers. "This is exactly the type of advanced training cyberspace operators need today."

Running the cyber portion of Red Flag was a collective effort, involving operators from six different locations. 24th AF sent 17 personnel to Nellis AFB for Red Flag and another 30 from the various 67th and 688th Cyberspace Wing units participated in the San Antonio area.

Other 24th AF units also played a role in Red Flag for the first time. The 51st Combat Communications Squadron, part of the 5th Combat Communications Group, stood up a forward operating base at the exercise range and provided

air traffic control advisories for air operations as well as support for combat search and rescue operations during the exercise.

The Air Force was not the only service which provided cyber support to Red Flag. Army Cyber Command brought a CMT and coalition forces participated as well.

"Not only did each country bring their own weapon systems to be integrated into the fight, but they brought unique perspectives and expertise. The reality is that we fight alongside our coalition brothers and sisters every day. I am glad we are training together at this level, in the Air Force's largest and most advanced exercise," said Biggers.

The integration of these different units, branches and partner nations has far-reaching effects.

"We use Red Flag for advanced training to hone our skills, and we continue to learn great lessons to employ in the next one. You can see us taking advantage of operations to become better, faster and leaner," said Skinner. "The expertise, professionalism and teamwork displayed throughout the activities, teams that don't normally work together, watching them be an integrated team shows how far we have come to provide effects for our mission and operations."

CELLULAR from Page 12

their collection. The two major transplant approaches used are autologous, which uses the patient's own cells, and allogeneic, which uses cells from related or unrelated donors, peripheral stem cell collection.

For autologous transplant patients, the patient's stem cells are collected between cycles of high-dose chemotherapy given before the patient receives chemotherapy to destroy the cancerous cells. In the process, the chemotherapy also destroys the patient's bone marrow.

After chemotherapy or radiation therapy is completed, stem cells are transfused back into the patient where they travel back to the bone marrow to produce mature blood cells and platelets.

During the next several days to weeks, transplant patients are dependent on blood donors and available blood products until their bone marrow fully recovers.

Allogeneic stem cells are donated by another person – a family member or a volunteer donor identified by one of the national marrow programs.

Donors must be screened and qualified through a medical questionnaire and tissue typing. The donor's tissue typing or human leukocyte antigen type needs to closely match the patient's type to help prevent the risk of graft versus host disease, a potential major complication following the engraftment procedure. This disease occurs when a donor's cells recognize the patient's cells as foreign and attack them.

"Several months ago, the program performed an allogeneic transplant with one identical twin donating for the other – a synergistic transplant – this was rare," Weigand noted. "The product was almost the same as an autologous. There was virtually no chance for a graft versus host reaction for the patient."

Once the stem cells have been collected, the progenitor cell processing lab removes any excess plasma and prepares it for a cryopreservation procedure. Cryopreservation is essential to improve cell storage and ensure the quality of the product for later infusion. Preparation removes excess plasma and adds a cryoprotectant to the product.

The staff then uses a control rate freezer to freeze the product steadily, but quickly, down to minus 150 degrees Celsius. Once frozen, the products are transferred into storage vats using either liquid nitrogen or liquid nitrogen vapor and can be stored up to 10 years.

The bone marrow transplant program at the Brooke Army Medical Center and the then-Wilford Hall Medical Center – a joint program at the time – was first accredited in 1988 by the Foundation for the Accreditation of Cellular Therapy. FACT is the only accrediting organization that addresses all quality aspects of cellular therapy treatments to include clinical care, donor management, cell collection, cell processing, cell storage and banking, cell transportation, cell administration, cell selection and cell release.

"The lab undergoes an inspection for re-accreditation every three years. For the years it's not inspected, staff members are required to submit documentation on procedures, registration, labeling, staff qualifications and training," Weigand said.

Additionally, the lab must also meet

regulatory and accrediting requirements of the Food and Drug Administration, the College of American Pathologists, the American Association of Blood Banks and the Joint Commissioning requirements, making it one of the most regulated sections within the SAMMC.

For more information or questions about how to sign up to be a blood donor or a potential bone marrow/stem cell donor, call the Akeroyd Blood Donor Center blood donor recruiter at 295-4655 or 295-4989.

Walk-in donors are always welcome at the Akeroyd Blood Donor Center. The center is open from 7:30 a.m. to noon, Monday through Friday. The center is located at B1240 Harney Road, behind Budge Dental Clinic on Joint Base San Antonio-Fort Sam Houston.

To find out how to can help the Armed Services Blood Program or to schedule an appointment to donate, visit <http://www.militaryblood.dod.mil>. To see photos or get the latest news, visit <http://www.facebook.com/militaryblood>, <http://www.flickr.com/militaryblood> or <http://www.twitter.com/militaryblood>.

LOCAL BRIEFS

Compiled by Mike Joseph, JBSA-Lackland Public Affairs

SATURDAY

DIAMONDS AND DENIM DINNER

The Wilford Hall Auxiliary will host its third annual Diamonds and Denim dinner and charity auction at 6 p.m. Saturday. Tickets are \$40 for the event, which will be held at Oak Hills Country Club, 5403 Fredericksburg Road.

WEDNESDAY

ENLISTED ASSOCIATION MEETING

Chapter 80 of the Enlisted Association meets at 1 p.m. on the fourth Wednesday of each month at the Gateway Club. Call 658-2344.

MARCH 27-28

JBSA JOINT NCO SEMINAR

A Joint Base San Antonio joint NCO professional development seminar will be held March 27-28 from 8 a.m. to 4 p.m. each day in the Medical Education and Training Campus auditorium, building 1467, at JBSA-Fort Sam Houston.

The two-day course, sponsored by Security Hill Top III, is designed to build a joint interoperability mindset for all JBSA NCOs by introducing

them to sister and joint service performance reporting, award writing, career progression, physical fitness standards and finish with Project X.

For more information, contact 977-2073 or 977-5723.

MARCH 29

ANNUAL FAMILY CAMPOUT

The annual Joint Base San Antonio family campout will be held March 29 at Canyon Lake.

The cost is \$35 per family, which includes a tent, sleeping bags on request, a spot at the campsite and an activity. The preregistration deadline is Wednesday.

For additional information, call 671-2388.

APRIL 2

VOLUNTEER RESOURCE FAIR

The Joint Base San Antonio-Lackland Military and Family Readiness Center will host a volunteer resource fair from 9 a.m. to noon April 2 at Arnold Hall Community Hall.

Volunteer organizations or their point of contact interested in participating can call the MFRC at 671-3722 for information.

APRIL 15

WHASC TRANSITION WORKSHOP

The Wilford Hall Ambulatory Surgical Center chapel will conduct a workshop on transitioning from military to civilian life from 8 a.m. to 4:30 p.m. April 15. The registration deadline is April 10.

The workshop will help participants become familiar with new Veterans Administration programs designed for their assistance.

For additional information or registration, contact 292-7373.

INFORMATIONAL

AAFES' UNILEVER SWEEPSTAKES

Now through April 7, the Army and Air Force Exchange Service is offering shoppers world-wide the opportunity to enter the Unilever Sweepstakes to win one of six \$2,500 Exchange gift cards to use towards the purchase of a big screen TV.

"This is a great opportunity for families to score that big screen television they've been eyeing," said Col. Tom Ockenfels, the Exchange's chief of staff. "Now they have the chance to catch all of the excitement of their favorite sports events."

To enter, shoppers can visit their local Exchange, locate the Unilever Sweepstakes display and fill out an entry form. Entrants must be 18 years or older with a valid driver's license.

Six winners will be notified on or about May 5. No purchase is necessary and there is a limit of one entry per family.

DLIELC SEEKS VOLUNTEERS

The Defense Language Institute English Language Center seeks volunteers for its American Members of Goodwill to Others program.

AMIGOs help DLI international students become acquainted with American culture and way of life. AMIGOs also give DLI students an opportunity to practice speaking English.

To volunteer, contact the AMIGO program manager, at 671-7700.

AAFES REWARDS GOOD GRADES

The Army & Air Force Exchange Service will reward military students in grades 1-12 who maintain a "B" or better average with the "You Made the Grade" program.

The program has rewarded school

children around the world for the past 13 years with a coupon booklet of free products and discount offers. In addition, qualifying students can register for a semiannual sweepstakes to win a \$2,000, \$1,500 or \$500 gift card.

Students can receive a "You Made the Grade" booklet by presenting a valid military ID and proof of an overall "B" average at the Lackland Exchange customer service desk or the general manager's office in building 1251.

Those eligible may receive one coupon booklet for each qualifying report card.

For additional information, call 674-6465.

502ND LRS CUSTOMER SERVICE

The 502nd Logistics Readiness Squadron Customer Service is the primary focal point for all supply-related questions, concerns, complaints, Zero Overpricing Program and Defense Reutilization and Marketing Office transactions.

For additional information contact customer service at 671-2575/3611/3801, 925-1490/1049/1048, or email 502lrs.customerservice@lackland.af.mil.

CHAPEL SERVICES

—PROTESTANT

- Freedom Chapel – building 1528
- Contemporary Service Sun. 9:30 a.m.
- Religious Education Sun. 11 a.m.
- Gospel Service Sun. 12:30 p.m.
- Spanish Service Sun. 3 p.m.
- AWANA Wed. 6 p.m.
- Gateway Chapel – building 6300
- Liturgical Service Sun. 11 a.m.

—DENOMINATIONAL

- BMT Reception Center – building 7246
- Church of Christ Sun. 7:30 a.m.
- Gateway Chapel – building 6300
- Seventh-day Adventist Sat. 12:30 p.m.
- Education Classroom – building 5200
- Room 108
- Christian Science Sun. 7:30 a.m.

—PENTECOSTAL RE

- Gateway Chapel – building 6300
- Pentecostal RE Sun. 2:30 p.m.

—ORTHODOX CHRISTIAN

- Gateway Chapel – building 6300
- Divine Liturgy Sun. 8 a.m.

—WICCA

- BMT Reception Center – building 7246
- Military Open Circle Sun. 12:30 p.m.
- Freedom Chapel – building 1528
- Military Open Circle First Tues. 6 p.m.

—REFUGE STUDENT CENTER

- building 9122 (Tech Training & TDY Students)
- Wednesday Bible Study 6:30 p.m.
- Thursday 6 – 8 p.m.
- Friday 6 – 11 p.m.
- Saturday Noon to 9 p.m.
- Sunday 11 a.m. to 5 p.m.

—THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

- Gateway Chapel – building 6300
- Religious Education Tues. 6:30 p.m.
- LDS Institute Thurs. 6:30 p.m.
- LDS Service Sun. 1 p.m.

—JEWISH

- Gateway Chapel – building 6300
- Sabbath & Kiddush Fri. 4:30 p.m.
- Religious Education Sun. 1:30 p.m.

—ROMAN CATHOLIC

- Freedom Chapel – building 1528
 - Religious Education Sun. 9 a.m.
 - Reconciliation Sun. 10 a.m.
 - Mass Sun. 11 a.m.
 - Sun. 5 p.m.
 - Reconciliation Sun. 4:15 p.m.
 - Gateway Chapel – building 6300
 - Daily Mass Mon., Tues. and Thurs. 11:30 a.m.
- Note: Reconciliation(s) may be scheduled by appointment

—ISLAMIC

- Global Ministry Center – building 7452
- Jummah Prayer Fri. 12:45 – 1:15 p.m.
- Religious Education Sun. 9 a.m.

OTHER FAITH GROUPS

- BMT Reception Center – building 7246
- Buddhist Sun. 10 a.m.
- Gateway Chapel – building 6300
- Eckankar
- First, third and fifth Saturdays 12:30 p.m.
- Baha'i
- First, third and fifth Saturdays 11 a.m.

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

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

WHAT'S HAPPENING

Family Support Events

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

FRIDAY

- ▶ Understanding the Veterans Administration Claims Process, 10-11:00 a.m.
- ▶ Parenting For One, 11:30 a.m. to 1:00 p.m., Freedom Chapel.
- ▶ Interviewing with Confidence, noon to 2 p.m.
- ▶ AMVETS national service officer available by appointment only. Call 773-54-6131.

MONDAY

- ▶ Five-day Transition Assistance Program, mandatory pre-separation briefing and Form 2648 are required prerequisites, 7:45 a.m. to 4 p.m.
- ▶ Family readiness briefing, mandatory for personnel deploying longer than 30 days or going on remote assignments, 10:30-11 a.m.
- ▶ Post-deployment briefing, required for all Airmen returning from deployment, 502nd Logistics Readiness Squadron IDRC briefing room, 2:30-3:30 p.m., building 5160.

- ▶ AMVETS national service officer available by appointment only. For information, call 773-54-6131.

TUESDAY

- ▶ Transition Assistance Program, 7:45 a.m. to 4 p.m.
- ▶ Navigating the Exceptional Family Member Program process, 1:30-3:30 p.m., JBSA-Randolph Military and Family Readiness Center.
- ▶ AMVETS national service officer available by appointment only. For information, call 773-354-6131.

WEDNESDAY

- ▶ Transition Assistance Program, 7:45 a.m. to 4 p.m.
- ▶ Newcomer's orientation briefing, mandatory for personnel new to JBSA-Lackland, Gateway Club, 8 a.m. to 3 p.m.
- ▶ Awana Clubs, 6-8 p.m., Freedom Chapel.
- ▶ AMVETS national service officer available by appointment only. For information, call 773-354-6131.

- ▶ available by appointment only. For information, call 773-354-6131.

THURSDAY

- ▶ Transition Assistance Program, 7:45 a.m. to 4 p.m.
- ▶ Exceptional Family Member Program support group meeting, noon to 1:30 p.m., building 38.50.
- ▶ Air Force Basic Military Training spouse and parents seminar, BMT Reception Center, 1 p.m., building 7248. For additional information, call 773-354-6131.
- ▶ AMVETS national service officer available by appointment only. For additional information, call 773-54-6131.

MARCH 28

- ▶ Transition Assistance Program, 7:45 a.m. to 4 p.m.
- ▶ AMVETS national service officer available by appointment only. For more information, call 773-54-6131.

MARCH 31

- ▶ 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, 502nd Logistics Readiness Squadron IDRC briefing room, 2:30-3:30 p.m., building 5160.
- ▶ AMVETS national service officer available by appointment only. For additional information, call 773-54-6131.

INFORMATIONAL

- ▶ The JBSA-Lackland Military and Family Readiness Center has added additional classes to the Transition Assistance Program beginning in March. All retiring or separating members must have completed the mandatory pre-separation briefing (Department of Defense Form 2648) prior to TAP enrollment. For details, contact the MFRC at 671-3722.

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.lacklandesc.org>.

MILITARY COUNCIL OF CATHOLIC WOMEN

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

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

Compiled by Mike Joseph,
JBSA-Lackland Public Affairs

SECURITY FORCES SQUADRON HOSTS OPEN HOUSE



Photos by Airman 1st Class Krystal Ardrey

Tech. Sgt. Brian Arrington, 802nd Security Forces Squadron NCO in charge of intelligence fusion cell, helps his son Shawn Morgan, age 14, try on various protective equipment issued to security forces members at the 802nd SFS open house March 15 at Joint Base San Antonio-Lackland.



Staff Sgt. Brad Pousha, 802nd Security Forces Squadron military working dog handler, guides Venice, 802nd SFS military working dog, through an obstacle course March 15 on Joint Base San Antonio-Lackland. The demonstration was part of a 802nd SFS open house that was attended by security forces members as well as their family and friends.

Brain Injury Awareness Month

Know the signs of TBI, get plenty of rest and keep an eye out for vision problems

By Shayna Brouker

U.S. Army Garrison Wiesbaden Public Affairs

Blurry vision, dizziness, mood swings, sleep problems and memory problems: These are all symptoms of traumatic brain injuries, or TBIs, and can last from a few days to a lifetime, depending on the treatment and severity.

March is Brain Injury Awareness Month. A brain injury can happen anytime, anywhere, to anyone. Brain injuries do not discriminate. Approximately 2.4 million people sustain brain injuries in the United States each year. An injury that happens in an instant can bring a lifetime of physical, cognitive, and behavioral challenges.

"It's a multi-system dysfunction that also affects the family," said Col. Debra McNamara, optometrist and TBI specialist at the Wiesbaden Army Health Clinic in Germany. "The quicker you get treatment, the quicker Soldiers and their families rehabilitate."

A brain injury can affect a person physically and psychologically, and sometimes the symptoms – like memory problems or emotional and behavioral changes – don't appear immediately.

Everyone in the family is affected by TBI and changes in relationships, behavior, finances and social life can add stress to family life.

For example, if a child isn't sleeping well, he or she will be sleepy in school and grades might slip, causing stress for the child and his or her parents. Early and adequate access to care will

greatly increase overall quality of life for the patient as well as the family members, who play an important role in the care and rehabilitation of individuals with TBIs.

Vision therapy is an integral part of treatment for post trauma vision syndrome, a problem of up to 75 percent of people with a TBI experience. Brain swelling can disrupt ocular motor nerves in the brain, preventing eyes from moving in the same direction at the same time.

When this happens, patients will often tilt their head to avoid seeing double, sending poor information to the vestibular system. The result is poor balance, dizziness and headaches.

Post trauma vision syndrome is often overlooked. Until the vision problems are treated, patients may find reading, computer work, driving and shooting difficult. They might see perfectly with one eye, but not so well with both.

"People will tell me, 'I thought I was crazy – I didn't know how to explain something was wrong with my vision,'" recounted McNamara.

Most of the time, the problem can be fixed with a pair of glasses, prism and/or vision training. Some of the near-focusing problems resolve after systemic medications are discontinued. Headaches also will disappear.

"Alleviating vision problems significantly improves quality of life, so optometry is a rewarding role to play in TBI rehabilitation," she said.

Other common problems associated with mild TBI include changes in sleep, mood, energy, behavioral and

cognitive patterns.

During the height of combat, the numbers of service members who experienced a TBI increased by approximately 10,000 per quarter and the majority of these (80 to 85 percent) have been classified as mild TBI, or mTBI.

Although most patients with mTBI recover completely within three months of injury, some patients experience persistent symptoms and have trouble rehabilitating, particularly when they have co-occurring conditions, like Post-Traumatic Stress Disorder – or suffer another TBI soon after.

As the war winds down, most new TBIs result from fights and ski, bicycle, and other sports accidents.

"If you take a fall and hit your head while snowboarding and end up with a headache, the worst thing you can do is get back on the board and risk taking another fall on the slopes," said McNamara.

Brains need darkness and rest. In Afghanistan, she said, TBI patients would rest in "TBI tents" for up to 72 hours to let their brains heal.

The Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury Information & Referral hotline (1-866-966-1020) is staffed 24 hours/day, every day of the year, as is the Crisis Intervention line (1-800-273-8255).

Visit the Defense and Veterans Brain Injury Center online at dvhic.dcoe.mil or <http://www.brainlinemilitary.org> for more information.

Ten facts to keep in mind about Traumatic Brain Injury:

- 2.4 million people suffer a TBI in the U.S. every year.
- Blasts are a leading cause of TBIs in a war zone. Otherwise, falls account for 35 percent of TBIs; motor vehicle crashes, 17 percent.
- TBIs are a contributing factor to one third of all injury-related deaths in the U.S.
- TBIs can increase the risk for epilepsy, Alzheimer's disease and Parkinson's disease.
- Males are about 1.5 times as likely as females to sustain a TBI.
- Children birth to 4 years, teens aged 15 to 19 years, and adults aged 65 years and older are most likely to sustain a TBI.
- Having a concussion increases the risk of having another, and those with multiple concussions take longer to recover.
- Kids who suffer a concussion may have a much slower recovery if they've sustained one or more blows to the head in the past, according to studies.
- Studies have also shown that kids who have the most mental activity after a concussion took the longest time to fully recover – an average of 100 days.
- Bicycling, football, playground activities, basketball and soccer are associated with the greatest number of TBI-related emergency room visits. (Information courtesy of the Brain Injury Association of America and <http://www.webmd.com>)

TRICARE simplifying life for beneficiaries with online options

By Joe Bela

59th Medical Wing Public Affairs

While walk-in services will no longer be available at local TRICARE Service Centers nationwide starting April 1, eligible beneficiaries now have access to a full range of services both on the web and by telephone.

With TRICARE's self-service web

options, available at www.tricare.mil, customers get access to a wide variety of online features designed to simplify life and help manage medical needs. Services include:

- Enroll in or purchase a plan
- File or check a claim
- View referrals and prior authorizations
- Find a doctor

- Change your primary care manager
- See what's covered
- Compare plans
- Manage prescriptions

Beneficiaries also have access to many self-service features at Humana-Military.com where customers can create accounts, make payments, chose a primary care provider, verify eligibility, and check on

referrals or claims.

By visiting <http://milconnect.dmdc.mil>, eligible beneficiaries can update e-mail and mailing addresses in DEERS, and also view eligibility and enrollment information, enrollment cards, and other important information about their benefits.

A self-service option is also available by phone at 800-444-5445.

UPCOMING

PERFORMANCE NUTRITION SEMINAR

Facing obstacles trying to lose weight, get lean, or build muscle, or having a tough time getting started? Learn how to get lean and what to eat for optimum performance before and after a workout. A registered dietician will be available for a question and answer session from 1-2 p.m. Friday at the Wilford Hall Ambulatory Surgical Center Auditorium. For information, call 292-7578.

VOLUNTEER COACHES NEEDED

Volunteer coaches are needed in support of the Joint Base San Antonio-Lackland Youth Baseball program in the 5-6 and 7-8-year-old divisions. Practices begin the week of April 7. The season starts April 26 and ends in early June. Call 671-2388 for more details.

FIRST STEPS BASEBALL REGISTRATION

Baseball registration will be held from March 31-April 4. A sports physical is due at time of registration. The First Steps instructional program is for all Department of Defense children on and off base ages 3-5 years old. First Steps teaches the basic fundamentals of baseball in harmony with the gross motor movements of preschool and early age school children. For more information, call 671-2388.

SPURS MILITARY TICKETS

Spurs military discount tickets are available for the second half of the season at 20 percent off plus no service fees. For more information, call 671-3059 for more details.

SPINNING

Spin those legs and burn calories in Spin Class at the Warhawk Fitness Center Mondays, Tuesdays, and Thursdays at 5 a.m. Call 671-2016 for more information.

AF parents rejoice in son's football journey

By Jose T. Garza III
JBSA-Lackland Public Affairs

A technical sergeant from the Air Force Medical Operations Agency tears up at the thought of the day some mothers hope for but don't want to come too soon: their child leaving home to attend college.

However, some mothers don't have a child who is an All-American football player that ESPN ranked as the eighth best high school defensive end in the country, and had elite colleges like the University of Alabama, Louisiana State University and Texas A&M aggressively recruiting him.

With local and national press in attendance at area Brennan High School, Derick Roberson, a senior, signed with the University of Texas in Austin Feb. 4. He is the stepson of Kimberley, the AFMOA medical services directorate, NCO in charge. His father Erick is an AFMOA medical lab tech who is also a Reservist and the NCO in charge for the 926th Aerospace Medicine Squadron Laboratory at Nellis Air Force Base, Nev.

"We are proud and excited for him," said Kimberley. "Everything he had worked so hard for has paid off, and he is able to see and feel what that success through hard work feels like."

Like any concerned parent, Kimberley worries about how her son will handle his first semester of college.

"The UT coaching staff told me to give it a month after he starts school, and he will grow into a mature man who can take care of himself," the sergeant added. Those words settled her worries.

Derick started to catch UT football coaches' eye after he and his family moved to San

Antonio and he made the varsity football team the following year where he began to put together quite the resume as a defensive end.

He accumulated numerous accolades, including All-District 28-4A honors, Express-News All-Area Sub-5A football first team honors and Express-News Sub-5A All-Area defensive linemen honors. He was also named Express-News All-Area football Defensive Player of the Year and Associated Press Class 4A Texas Defensive Player of the Year in 2013.

Derick attributes his successful high school career to hard work in practice and participation in football camps during the offseason. He also credits his parents' sacrifices for his success.

"If it wasn't for them, I wouldn't be able to get to the level I am at," said the pass rusher. "They always made sure I was doing good in school."

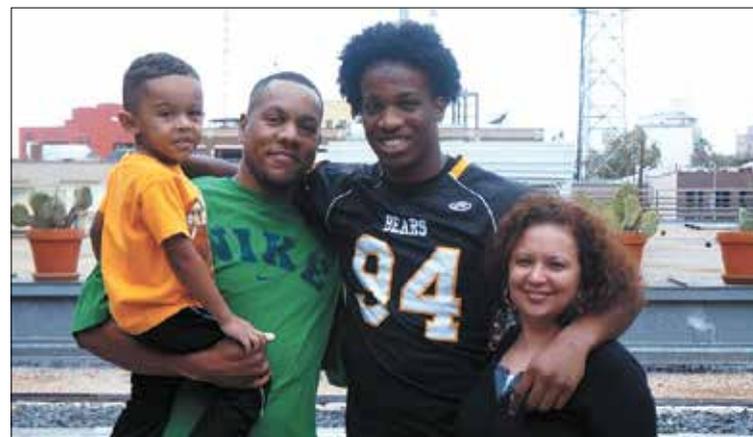
Derick's parents have been with him through every step of his football journey from taking their son to practice after work in his younger years to watching him perform at the Under Armour All America High School Football Game in January.

Kimberley said it was overwhelming at times.

"We never had downtime because it seemed like there was always something to do," she added about Derick's football commitments.

However, Kimberly also believes the time spent helping Derick grow as a football player and person was well worth it.

"We always knew Derick was gifted when it came to football, and we knew that if we provided him the opportunity to play, he would compete and excel."



Courtesy photo

Derick Roberson (center-right), a Brennan High School senior, is photographed with his parents, Erick and Kimberley, and 5-year-old brother, Torian, at the San Antonio Express-News building in 2012 after he received Express-News All Area Team honors. Roberson, who is an All-American high school football player, will attend the University of Texas in Austin on a football scholarship this fall. Erick is an Air Force Medical Operations Agency medical lab tech as well as a Reservist and NCO in charge for the 926th Aerospace Medicine Squadron Laboratory at Nellis Air Force Base, Nev. Kimberley is the AFMOA medical services directorate, NCO in charge.

The Robersons supported Derick again when he faced a decision to honor his commitment to Texas or go to another school after Texas head coach Mack Brown, who recruited him, resigned in December 2013.

When Charlie Strong, former University of Louisville head football coach was announced as Brown's replacement Jan. 5, he made Derick's decision easy by calling and visiting with the family to reassure them that he wanted to keep him on the team.

Now that Derick has officially signed with Texas, Kimberly said she can't wait to drive up Interstate 35 North to Austin in the fall to see how "the next phase of his career plays out."

"I couldn't be more proud of him," she added.

The Robersons expect their son to make a smooth transition into college football.

"He likes competition, and

he knows that if he wants to make a difference on the team then he needs to work hard," said Erick.

"The most important thing I want for him is to excel and graduate. He can enter the NFL Draft, but I want him to get his degree first," his wife added.

For the 6-foot-3-inch football player, entering his first year of college does not make him nervous.

"I just have to go out and turn people's heads as a freshman athlete," Derick said. "I am going to try and make a name for myself as soon as possible so I can get as much playing time as I can. Hopefully, I can turn pro after college. If I don't, I hope to fall back on whatever career field I choose in college."

Just like during high school and before, Kimberley said she and her husband plan on attending every Longhorns home game and even a few practices.