



TALESPINNER

JOINT BASE SAN ANTONIO-LACKLAND, TEXAS • Vol. 70 No. 20 • May 24, 2013

Air Force Under Secretary welcomes newest Airmen



Commentary

Meaning of Memorial Day

Page 2

New leadership

502nd ABW to change commanders

Page 3

Sports

Zumba till you drop

Page 19

Photo by Benjamin Faske

Under Secretary of the Air Force Eric Fanning addresses a basic training graduating class May 17, at Joint Base San Antonio-Lackland. Fanning visited with members of JBSA May 16 and 17 with stops at JBSA-Randolph, Lackland, and Fort Sam Houston. Story, Page 4.

Memorial Day: A Day of Remembrance

By Col. Daniel Higgins
2nd Bomb Wing Staff Judge Advocate

As Memorial Day weekend is approaching, a television station asked people in a shopping mall, "What is Memorial Day and why do we observe it?" Do you know what the cities of Normandy, Inchon, or Al Khafji have to do with Memorial Day? Have you ever heard of Crispus Attucks, Deborah Simpson, Alvin York, Forrest Vosler, Roy Benavidez, or Dakota Meyer?

Not one person could answer these questions. Many of our young Americans seem to have forgotten our past and just live for the present.

Remembering our military heroes, past and present, who gave their lives so that others may have freedom, is a responsibility for all Americans. These heroes paid the ultimate sacrifice for our freedom we take for granted each day. This day is to honor them.

Memorial Day isn't just a day off work to go shopping or have a picnic with the family. It's a day to take the time to thank all military veterans, especially those who served our country when it needed them most. It's a day to tell our children about the battles in our proud American history and more importantly it is a day to thank those heroes who

sacrificed for us.

Our departed military heroes paid the ultimate price for all Americans, present and future, to live in freedom in our great nation. This Memorial Day please take the time to listen for the sounds of service and answer the call to recognize all those who have served in our military services. These sounds can be as saddening as Taps or as uplifting as a John Philip Sousa march.

We Americans should be thankful to our veterans and never forget our heroes who knew the risks, yet they still answered our country's call to serve in our military services.

Everyone should honor Memorial Day, especially those who wear the military uniform today. Our military personnel set the example for children and fellow Americans by participating in Memorial Day activities. Participation can include anything from visiting local Veterans hospitals or cemeteries to display American flags on gravesites as a demonstration of thanks to our departed heroes. At a minimum, we should at least pause for a moment of silence this Memorial Day to pay the upmost respect to remember our departed heroes. We need to get down on our knees to thank God for sending such brave men and women who defended our great country.

It's very important that we Ameri-

cans never forget our country's history. Freedom isn't free and history can reveal the path for the future.

The Russians never let their children forget how their country was invaded by Germany during World War II, and how millions of their comrades died defending the Motherland. We Americans should never forget the past nor the debt owed to those who risked their lives for our freedom.

My Dad, a World War II veteran, often passed on stories of his experiences during D-Day and the Battle of The Bulge as well as serving under General George Patton. He said he volunteered to fight because he loved our country. I'll never forget my dad for his service as a 17 year old soldier during WWII. Today, my son, a U.S. Marine, proudly serves for the same reasons.

Memorial Day is a day set aside for everyone throughout our nation to remember what our departed heroes have done for our country and pay them the ultimate respect they deserve.

Hopefully, when we Americans are asked why Memorial Day is celebrated, our chest will swell with pride as we remember what our heroes did for us and we pay them the respect they richly deserve.

God Bless America – God Bless our military veterans and their families

LAIDLAND
TALESPINNER

Joint Base San Antonio
Lackland
Editorial Staff

BRIG. GEN. THERESA C. CARTER,
JBSA/502ND AIR BASE WING,
COMMANDER

TODD G. WHITE,
JBSA/502ND AIR BASE WING
PUBLIC AFFAIRS DIRECTOR

OSCAR BALLADARES,
JBSA-LACKLAND PUBLIC AFFAIRS CHIEF

ALEX DELGADO
INTERNAL COMMUNICATIONS CHIEF
MANAGING EDITOR
671-4111

MIKE JOSEPH,
SENIOR WRITER

JOSE T. GARZA, III,
SPORTS/STAFF WRITER,

DOROTHY LONAS,
DESIGN/LAYOUT

Office

1701 Kenly Ave. Suite 102
Lackland AFB, Texas
78236-5103
671-2908;
(fax) 671-2022

Email: tale.spinner@us.af.mil

Commander's Action Line:
actionline@lackland.af.mil.

Straight Talk: 671-6397 (NEWS)

For advertising information:

Prime Time Military Newspapers
2203 S. Hackberry,
San Antonio, Tx 78210
210-534-8848

This newspaper is published by Prime Time Military Newspapers, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with JBSA-Lackland, Texas. This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the Talespinner are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense, or the Department of the Air Force.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force or Prime Time Military Newspapers, of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

Editorial content is edited, prepared and provided by the Public Affairs Office of the 502nd Air Base Wing. All photos, unless otherwise indicated, are U.S. Air Force photos.

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



JOINT BASE SAN ANTONIO COMMANDER'S ACTION LINE

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

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

If you leave your name and telephone number or email address, you will receive a reply.

Your contact information allows us to obtain more information, if needed, to help resolve your issue.

To submit an Action Line comment, email the JBSA-Lackland Public Affairs Office at actionline@lackland.af.mil.

For issues related to the Wilford Hall Ambulatory Surgical Center, call the WHASC Action

Line at 292-4567, or email your request to 59mdw.pa@us.af.mil.

For issues related to basic training or technical training, email the 37th Training Wing at 37TRW.PA.INBOX@us.af.mil.

Items of interest may be printed in the Lackland Talespinner.

Anonymous inquiries will not be published.

NEWS IN BRIEF

SUNDAY

GATEWAY BRASS TO PERFORM

The U.S. Air Force Band of the West's Gateway Brass will perform Sunday, 1 p.m., at San Antonio Botanical Garden, 555 Funston Place. The hour-long concert is free with park admission.

For more information, visit <http://www.bandofthewest.af.mil>.

WEDNESDAY

502ND, JBSA CHANGE OF COMMAND

Brig. Gen. Robert D. LaBrutta will assume command of the 502nd Air Base Wing and Joint Base San Antonio from Brig. Gen. Theresa C. Carter Wednesday.

The change of command ceremony begins at 9 a.m. on JBSA-Fort Sam Houston at the MacArthur Parade Field.

INFORMATIONAL

HOLIDAY WEEKEND OPERATING HOURS

Most 802nd Force Support Squadron facilities will be closed Friday through Monday in observance of Air Education and Training Command Family Day and Memorial Day.

For a list of facilities remaining open, visit <http://www.lacklandfss.com>.

TRAVEL SERVICES CHANGEOVER

Beginning June 1, TRAVCO will assume CTO services for JBSA-Lackland and JBSA-Randolph.

Alamo Travel will ticket approved reservations for departures through June 3.

TRAVCO cannot make changes to reservations ticketed by Alamo Travel or initiate refunds for unused tickets issued by Alamo Travel.

All unticketed reservations for travel beginning June 4 will be transferred to TRAVCO.

After June 1, Alamo Travel cannot reissue tickets for reservation changes. Travelers who need to change reservations ticketed by Alamo Travel must contact TRAVCO to make new reservations, then Alamo Travel to cancel and initiate refunds on previously ticketed reservations.

To contact Alamo Travel for refunds, call 593-0084 between 8 a.m. and 5 p.m., Monday through Friday, or email refunds@alamotravel.com.

To request copies of ticket invoices, email receptionist@alamotravel.com.

For information, call 652-1154.



Photo by Mike O'Rear

Brig. Gen. Theresa C. Carter, Joint Base San Antonio and 502nd Air Base Wing commander, will relinquish command during a ceremony at MacArthur Parade Field on JBSA-Fort Sam Houston at 9 a.m. Wednesday.

Carter says farewell to Joint Base San Antonio team

By Lori Newman
JBSA-Fort Sam Houston Public Affairs

Brig. Gen. Theresa C. Carter took command of Joint Base San Antonio and the 502nd Air Base Wing in July 2011, only eight months after the newly-formed joint base hit full operating capability.

"In the joint basing evolution, the Department of Defense set up two phases for standing up the 12 joint bases," Carter explained. "Those were dates on a calendar to coincide with the

legal requirement to finish the Base Realignment and Closure implementation by September 2011 rather than a reflection of the full readiness of the joint base to begin operation."

The general faced many challenges trying to establish the critical path ahead for JBSA.

New positions which were added or were transferred from the Army were still vacant. A hiring slowdown became a hiring freeze.

"I had the responsibility to perform certain actions,

but I didn't necessarily have the people to accomplish them, so that was a big challenge," Carter explained.

Another challenge was combining three geographically separated locations into one single entity.

"That required different thinking, different processes, that weren't yet fully developed," she said.

"I think there's a lack of understanding about joint basing throughout the greater Department of Defense and because of

that lack of understanding, there's confusion about if there is really a joint base in San Antonio," the general said thoughtfully.

When people don't understand joint basing, decisions or policies may be made in isolation, Carter explained, saying if there was a greater understanding of joint basing principles, those decisions or policies may have been done differently.

"I really tried to focus

See **FAREWELL** Page 10

Under Secretary of the Air Force visits Joint Base San Antonio

By Alex Delgado
JBSA Public Affairs

Eric Fanning visited with Airmen at Joint Base San Antonio May 16 and 17 during his first base trip as the under secretary of the Air Force.

His two-day visit to JBSA included stops at Randolph, Lackland and Fort Sam Houston, where he met with Airmen and got an overview of the military operations taking place in San Antonio.

“What a great way to begin my career in the Air Force by witnessing firsthand the very training environment that brings young men and women into the ranks as Airmen,” Fanning said.

He also thanked Airmen for their daily contributions to the Air Force mission. “Your role in providing critical training, professional education and vital medical care is crucial to the success of our Air Force.”

Fanning began his visit with a meeting with Gen. Edward A. Rice Jr., commander of Air Education and



Photo by Benjamin Faske

Under Secretary of the Air Force Eric Fanning congratulates recently graduated Airmen May 17, at Joint Base San Antonio-Lackland. The under secretary is responsible for Air Force matters on behalf of the Secretary of the Air Force to include the organizing, training, equipping and providing for the welfare of its Total Force Airmen and their families.

Training Command, who gave him an overview of the many things going on in JBSA. While on JBSA-Randolph, he was also briefed on pilot instructor

training at the 559th Flying Training Squadron and got a close-up view of a T-38 Talon, a two-seat, twin-engine supersonic jet trainer.

At JBSA-Fort Sam Houston, the newly appointed under secretary visited with Air Force wounded warriors, where he heard some of the Airmen's personal stories.

Fanning had breakfast with Airmen at JBSA-Lackland May 17 before attending a Basic Military Training graduation parade where he served as the reviewing official.

He addressed the graduates briefly before administering the oath of enlistment and reflected on the major accomplishment the Airmen have achieved over the past eight weeks.

“You are joining the best Air Force the world has ever known and we have no doubt you will make it better.” Fanning said. “Commit to treating each other and yourself with respect and dignity, serve with integrity and you will accomplish more than

See VISIT Page 24

6 x 4.75

Hagel announces fewer furlough days for DOD employees

By Nick Simeone and Karen Parrish
American Forces Press Service

After weeks of review, Defense Secretary Chuck Hagel has concluded budget cuts will require most of the department's civilian employees to be furloughed beginning in July, but because of other efforts to deal with the shortfall, only half of the 22 days originally envisioned as temporary layoffs will now be necessary.

During a town hall meeting May 14 at the Mark Center in Alexandria, Va., Hagel told Defense Department employees that most will be required to take 11 furlough days beginning July 8, one per week, through the end of the fiscal year, Sept. 30.

Hagel noted that when he took the oath of office less than three months ago, post-sequester plans called for 22 furlough days. Congress allowed the department to shift or reprogram some funds in March that cut that number to 14.

Now, he said, as maintenance, training, flying hours and ship deployments are increasingly affected, he had no choice but to authorize the furloughs.

"We kept going back. And finally, we got to a point where I could not responsibly go any deeper into cutting or jeopardizing our formations, our readiness and training," he said.

In a memo to senior department leaders, Hagel said he had "very reluctantly" concluded that major budgetary shortfalls triggered by a \$37 billion cut in defense spending for fiscal year 2013 forced a decision he said he deeply regrets, and one that he acknowledged will disrupt lives and impact DOD operations.



Photo by Erin A. Kirk-Cuomo

Defense Secretary Chuck Hagel speaks to Department of Defense employees at the Mark Center in Alexandria, Va., about civilian furloughs.

However, he credited congressional passage of a defense appropriation bill in March in part for helping to reduce the number of days civilians would be temporarily laid off by half.

It may be possible later in the year to "knock that back" to an even lower number, the secretary said,

but he emphasized that he could not promise such an outcome.

"I won't promise that," Hagel said. "You deserve fair, honest, direct conversation about this, and I'm not going to be cute with you at all. This is where we are. We'll continue to look at it, (and) we'll continue to do everything we can."

Hagel said the furloughs will affect every military department and almost every agency, with limited exceptions.

"We will except civilians deployed to combat zones and civilians necessary to protect life and property," he wrote in his memo, adding that others will be excepted if forcing them to stay off the job would not free up money for other needs.

Employees set to be furloughed will begin receiving written notification June 5.

In March, defense officials had told civilian employees to expect as many as 22 furlough days during the current fiscal year, part of department-wide efforts to slash spending in response to across-the-board budget cuts known as sequestration.

In the time since, Hagel has been working to avoid or reduce the temporary layoffs, saying he had sought advice from department leaders and agencies, both civilian and military, but found no other way to help in closing the budget gap.

In his memo, Hagel said if the budget situation eases, he would strongly prefer to end the furloughs early.

"That is a decision I will make later in the year," he added.

Sequestration places limits on gate access at JBSA-Fort Sam Houston

By Matthew Barido
Deputy Director, 502d Security Forces Squadron

The Department of Defense and the armed services recently issued guidance and directives for operating under sequestration.

These directives restrict our ability to sustain installation support services at current levels of performance due to overtime limitations, potential civilian furloughs and reduced levels of funding.

We don't anticipate the fiscal situation improving anytime in the near future.

Unfortunately, these fiscal limitations have direct impact on the JBSA-Fort Sam Houston community and will come in the form of reduced operating hours at Entry Control Points (gates), as well as some gate closures and the possibility of reduced security patrols in lower risk areas on JBSA-Fort Sam Houston.

We will implement these reductions and closures in three phases (as outlined below) over the next 45 days:

Phase 1 (Goes into effect June 2):

- Wilson Gate will operate Monday through Friday from 6 a.m. to 10 p.m. and will be closed on week-

ends and holidays.

- The San Antonio Military Medical Center Beach Gate will operate Monday through Friday from 6 a.m. to 7 p.m. and will be closed on weekends and holidays.

- Harry Wurzbach West Gate will be closed until further notice.

- New Braunfels Gate (outbound only) will operate Monday through Friday from 3:30 to 5:30 p.m.

Phase 2 (Goes into effect June 16):

- Holbrook Gate will be closed until further notice.

- Nursery Gate will operate daily from 6 a.m. to 10 p.m.

- Winans Gate will operate daily from 6 a.m. to 10 p.m.

- Jadwin Gate posting will be reduced and privately owned vehicles will no longer be allowed to access at this location.

Phase 3 (Goes into effect June 30):

- Personnel posted at all remaining gates will be reduced.

- Security patrols may be reduced as available manpower dictates.

We realize these phases represent a dramatic change for our customers and are sensitive to the impacts. Therefore, as each phase is implemented, we will continually assess the impact to base traffic and the surrounding San Antonio community.

Should we determine the impact of our implementation to be adverse, we may be able to adjust our plan within the fiscal limits dictated to us.

Finally, in conjunction with Phase 3, we will begin implementation of visitor center operations at JBSA-Fort Sam Houston. This move is the next step in the implementation of Public Law and Department of Defense directives requiring us to properly vet and credential contractors, vendors and visitors accessing JBSA-Fort Sam Houston.

As this phase is implemented, people without authorized access credentials will be required to stop at a visitor center prior to entering JBSA-Fort Sam Houston.

Personnel with military, dependent and government civilian identification cards can sponsor visitors to JBSA-Fort Sam Houston or any location within JBSA. For more information regarding visitor rules and procedures, call 221-0213 or 221-2570.

BMT HONORS

Congratulations to the following 59 Airmen for being selected as honor graduates among the 634 Air Force basic military trainees who graduated today:

320th Training Squadron

Flight 367
 Stephen Aldama
 Daniel Bennett
 Matthew Crew
 Matthew Dixon
 Kyle Harris
 Darryl Wright Jr.
Flight 368
 Zachary Andrews
 Justin Eash
 Robert Hall
 Nicholas Mcneil
 Christian Mulcahy
 Bryce Peterson

321st Training Squadron

Flight 355
 Justin Alva
 Chase Boyer
 Bradley Crittenden
 Nathan Landavaso

Eric Myers
 Vincent Peltzer
Flight 356
 Cooper Davis
 Adam Tobrocke

322nd Training Squadron

Flight 357
 Andrew Bryan
 Adam Harkins
 Michael Hicks
 Thomas Young
Flight 358
 Stephen Mangum
 Geoffory Riley
Flight 365
 Jeffrey Baldwin
 Vincent Faucher
 Devon Powell
 Trevor Shoemaker
 Steven Trent
Flight 366
 Kaylee Nagel
 Juliet Pradier

323rd Training Squadron

Flight 363
 Wade Stephens
 Brandon Suprenant

Flight 364
 Katlyn Corson
 Jessica Martin

324th Training Squadron

Flight 361
 Jose Garcia-Dominguez
 Jared Johnson
 Jared Rogosienski
Flight 362
 Cartier Aquino
 Aaron Jenne

331st Training Squadron

Flight 359
 Quinten Crawford
 Joshua Geoghegan
 Ryan Gildehaus
 Josiah Hamernick
 Nathan Ireland
 Tyler Lirette
 Jonathan Marsh
 Lawrence Mercer
 Joshua Sanders
 Luis Vazquezcenteno
 Christopher Watford
 Jordan Wheeler
Flight 360
 Jennifer Billings

Cheyenne Gibson
 Rebecca Macchio
 Catelyn Rose
 Veronica Sanks

Top BMT Airman

Tyler Lirette
 332st TRS, Flight 359

Most Physically Fit**Male Airmen**

Austin Dye
 322nd TRS, Flight 357
 Victor Williams
 321st TRS, Flight 356
 Lakota Nez
 322nd TRS, Flight 358
 Zachary Bledsoe
 320th TRS, Flight 368

Female Airmen

Ashley Rogina
 322nd TRS, Flight 366
 Shannon Steffy
 331st TRS, Flight 360
 Mary Marcos
 322nd TRS, Flight 366
 Jennifer Billings
 331st TRS, Flight 360
Male Flights
 331st TRS, Flight 359

322nd TRS, Flight 358
 324th TRS, Flight 361
 322nd TRS, Flight 357
 323rd TRS, Flight 363
 320th TRS, Flight 368
 321st TRS, Flight 356
 320th TRS, Flight 367
 324th TRS, Flight 362
 321st TRS, Flight 355
 322nd TRS, Flight 365

Female Flights

331st TRS, Flight 360
 322nd TRS, Flight 366
 323rd TRS, Flight 364

Top Academic Flights

331st TRS, Flight 359
 320th TRS, Flight 368
 331st TRS, Flight 360
 322nd TRS, Flight 365
 324th TRS, Flight 361
 322nd TRS, Flight 366
 321st TRS, Flight 355
 320th TRS, Flight 367
 322nd TRS, Flight 357
 324th TRS, Flight 362
 323rd TRS, Flight 363
 322nd TRS, Flight 358
 321st TRS, Flight 356
 323rd TRS, Flight 364

6 x 4.75

FAREWELL from Page 3

folks on not thinking about the joint base in terms of their service or their location, but rather collectively by the diverse and important set of missions accomplished on a daily basis across all JBSA locations,” she said.

There are five missions performed across Joint Base San Antonio that transcend service boundaries.

The first is training – basic training, technical training, flying training and medical training. About 80,000 service members go through some type of training at JBSA each year.

Second is education – service members attend Airman Leadership School, while both the Army and the Air Force operate NCO Academies. World-class medical education is conducted through residency programs at Wilford Hall Ambulatory Surgical Center and San Antonio Military Medical Center, along with graduate programs offered at the Army Medical Department Center and School.

Third is 24/7 operational support provided by service component commanders for multiple combatant commanders, including U.S. Army North, U.S. Army South, and 24th Air Force,

which is the Air Force’s component to U.S. Cyber Command. There are also multiple intelligence capabilities such as the Air Force Intelligence, Surveillance and Reconnaissance Agency; the Army’s 470th Military Intelligence Brigade and the Texas Cryptology Center.

The fourth area is installation management – the Army’s Installation Management Command headquarters is located at JBSA-Fort Sam Houston and provides support to over 180 garrisons around the world. At Port San Antonio, there is a collection of field operating agencies like the Air Force Public Affairs Agency, Air Force Medical Operations Agency, Air Force Civil Engineer Center and the services division of the Air Force Personnel Center.

The final component is health care – medical providers deliver world-class care to wounded warriors, service members, retirees and military dependents, as well as the San Antonio Military Healthcare System which provides TRICARE administration in support of more than 250,000 beneficiaries in San Antonio.

“If you look at the joint base in terms of those five ‘big rocks,’ collec-

tively, I don’t think there is another installation – and certainly not another location – within DOD that can rival that,” Carter stated proudly.

The general also initially focused on improving command and control and the way in which the crisis action team interfaced with three emergency operations centers.

Synchronizing the activities of three geographically separated EOCs without necessarily having a robust communication structure or processes in place was difficult.

As the installation commander, Carter needed effective command and control over the resources at each location and to ensure those resources could respond appropriately during an emergency.

To accomplish this, multiple exercises were conducted over the past two years.

The efforts paid off; one of the emergency management exercises earned an “outstanding” rating during an Air Force compliance inspection. This is only the second time in 14 years that an Air Education and Training Command installation earned an outstanding rating.

The general says progress is being

made in many areas across JBSA.

Most of the construction projects have been completed or are nearly complete such as the new Walters Street access control point and the Medical Education and Training Campus at JBSA-Fort Sam Houston, along with the Airmen Training Complex facilities at JBSA-Lackland.

“That’s a way to see visible progress; but if you look deeper, I think you can see things have matured,” she said.

“We were in the beginning stages of setting up some new processes to combine three entities into one. It’s now starting to operate more smoothly. A big part of that is changing the view of how folks look at Joint Base San Antonio,” Carter said.

“I have seen a lot of forward progress in this area. People are really starting to pull together, irrespective of the uniform they wear or the location at which they work,” the general added.

“We have started to see a lot of enthusiasm for events that we do as a Joint Base San Antonio family,” she said, citing some examples such as

FAREWELL con't Page 19

6 x 4.75

Beneficiaries must sign up for TRICARE automatic payment by May 31

Beneficiaries enrolled in TRICARE Reserve Select or TRICARE Retired Reserve who pay monthly premiums by check must switch to an electronic form of payment by May 31 to avoid losing coverage.

TRICARE will only accept monthly premium payments using recurring automatic payments by credit or debit card, or by recurring electronic funds transfer from a linked bank account. To avoid confusion, beneficiaries should verify that their bank sends EFT payments electronically.

The Defense Manpower Data Center notified current TRR and TRS beneficiaries directly by email, and new benefi-

ciaries were informed in their welcome package information when enrolling.

Electronic payments streamline account management and en-



sure continuous coverage for beneficiaries. Failure to pay premiums by the due date results in termination of coverage.

Beneficiaries can contact their regional con-

tractor to set up automatic payments and get more information.

“There are still a considerable number of Air Force reservists in the west region who have yet to establish their automated payment option with TRICARE for their monthly TRS/TRR premiums,” said James F. Walsh, the Air Force Reserve chief of Benefits and Entitlements Policy. “Those members who do not have this requirement established by the deadline will have their coverage suspended and possibly terminated for 12 months come June 1.”

Contact information for each region is available online at www.TRICARE.mil/contacts.

3 x 4.75

3 x 4.75

3 x 4.75



Risk awareness, management integral to motorcycle safety on JBSA

(Right) Senior Airman Mackenzie Orgren negotiates a turn during a motorcycle safety rally held at the Joint Base San Antonio-Lackland Medina Annex April 12.



Terry Ashcraft, 802nd Civil Engineer Squadron, polishes the windshield on his motorcycle. Ashcraft has been a motorcycle enthusiast for 48 years.



About 75 motorcycle riders took part in a motorcycle safety rally held during Wingman Day at the Joint Base San Antonio-Lackland Medina Annex.

Photos by Robbin Cresswell



Air Force Master Sgt. John Carter (standing), 937th Training Wing, instructs Air Force Staff Sgt. David Wilson of the 668th Alteration and Installation Squadron before he participates in a motorcycle safety rally.

By L.A. Shively
JBSA-FSH Public Affairs

Revvng engines and warmer weather are signals that motorcycle enthusiasts are hitting the highways in droves. May is Motorcycle Safety Month and an opportunity for riders to review and prepare for the risks they face on road.

Although helmets are optional in Texas, wearing one with proper protective gear is mandatory for military personnel on and off Joint Base San Antonio.

The results of a study published online in the *Journal of the American College of Surgeons* show that helmeted riders were 22 percent less likely to suffer cervical spine injury. Helmets are estimated to prevent 37 percent of crash deaths among motorcycle riders and 41 percent of crash deaths for motorcycle passengers according to the Centers for Disease Control and Prevention.

Wearing proper gear reduces injury and can save a rider's life. Retired Army National Guard Master Sgt. Martin Barrett wrote about an accident he experienced where his protective gear saved his life and prevented losing a foot.

"An elderly man in a small pickup crossed three lanes of traffic," Barrett recalled in his post on the Defense Department's Military Rider website. The driver didn't see the motorcyclist as he crossed lanes and Barrett collided with the truck just behind its cab. Barrett's left foot struck the side of the truck and the impact flipped his body violently into the air.

"I hit the ground on the opposite side of the truck and came to an abrupt stop," Barrett wrote. "My left foot was at about a 45-degree angle to my leg. I had shattered the left fibula and broken my left tibia. The surgery to repair my ankle took about five hours and I spent five days in the hospital.

"Fortunately, after another surgery and a year of rehab, I was able to ride again. However, I now have an eight-

inch titanium plate and eight screws holding my ankle together."

Barrett said the over-the-ankle boots he was wearing kept his foot attached to his leg.

"I was also glad I had spent the extra money to purchase a quality helmet," Barrett noted. "Even though it shattered on impact, it protected my head when it struck the road. My long pants and a leather riding jacket protected my body from road rash and my hands were spared by my gloves."

The high-visibility vest Barrett wore helped other drivers avoid him while he lay injured on the road until police and emergency personnel could get to him.

Along with a Department of Transportation-approved helmet, active duty military motorcyclists must wear long pants, long sleeves, full-fingered gloves and sturdy, over-the-ankle footwear.

"We strongly recommend they wear leathers that will protect them from all kinds of abrasions and road rash," said Terry Todd, JBSA-Fort Sam Houston's safety manager.

Eye protection must meet the American National Standard Practice for Occupational and Educational Personal Eye and Face Protective Devices standards for safety and be stamped with Z87.1-2003 or the ANSI Z87.1-2010 update. Safety glasses or a face shield on the helmet is fine Todd said, but prescription glasses and/or a motorcycle windshield alone do not constitute proper eye protection.

Licensing is required for all motorcycle operators and a reflective vest must be worn at night.

"Active duty people are (on duty) 24/7 and must protect themselves at all costs. If one person gets hurt or dies, then the mission is degraded and someone else picks up the slack," explained Steve Sinatra, Army Medical Command's safety program manager and a retired Air Force master sergeant who has been riding motorcycles for more than 40 years.

"Safety rules are there to minimize the risk of an accident," Sinatra

stressed.

Civilians must have a state-issued motorcycle operator's license and wear proper protective equipment when coming onto JBSA.

"We strongly encourage (civilians) to continue to wear the proper protective equipment off the installation," said Jewell Hicks, 502nd Air Base Wing's chief of safety. "We want them to be safe out there. We want them to come back to work the next day in one piece."

Not wearing proper safety equipment can result in tragedy.

Several weeks ago, a woman died and the man she was riding with is in critical condition following a late-night motorcycle wreck just outside of San Antonio. The driver lost control and hit a retaining wall. The female passenger was thrown over the wall and died at the hospital. The male driver was in very critical condition at last report. Neither wore helmets.

Education is an important part of risk offset on JBSA, Hicks explained. Permanent change of station and temporary duty personnel receive a local conditions briefing or short course of training on arrival. Programs such as the "Critical Days of Summer" campaigns, rallies and annual briefings help keep safety a priority message for motorcyclists.

"Even though motorcycles are a small percentage of vehicles, they are about half of the privately-owned vehicle mishaps we have," Hicks said. "You just don't have the same protection on a motorcycle that you do in a vehicle. Your chances of being seriously injured increase significantly on a motorcycle."

Formal training gives motorcyclists a heightened awareness of hazards



Bill James, JBSA-Lackland traffic safety manager, runs through a motorcycle safety course aboard a three-wheel motorcycle during a motorcycle safety rally at the Joint Base San Antonio-Lackland Medina Annex April 12.

on the road and provides techniques to manage those risks, explained Bill James, JBSA-Lackland traffic safety manager.

Properly managing those risks resulted in a total of only five motorcycle mishaps on JBSA-Lackland and Randolph in the last three years. JBSA-Fort Sam Houston reported zero mishaps during the same time frame.

Four Motorcycle Safety Foundation courses are offered regularly at JBSA-Lackland. The Basic Rider Course, a two-day class for beginners, required for licensing, is offered twice weekly, while the Basic Rider Course 2, a one-day advanced course, is offered once per week.

The Military Sportbike Rider Course, also a one-day advanced course, is given twice monthly. Courses include hands-on training and a knowledge-based evaluation, James said.

Motorcycle Safety Foundation-certified volunteers teach classes in Building 7065, room 208B, JBSA-Lackland and at the motorcycle training range on the Medina Annex.

For more information, call the Joint Base San Antonio-Lackland safety office at 671-5028 or DSN 473-5028. Class schedules and registration information can be found at <https://afkm.wpafb.af.mil/Traffic>.

Pre-deployment dental care is more important than most realize

By Staff Sgt Firas Zako
59th Dental Group

While it is easy to understand the importance of meeting the medical readiness standards for deployment, many fail to realize the importance of pre-deployment dental care.

When deployed, you must focus on accomplishing the mission, not correcting any dental issues that may arise. Spare yourself the pain of trying to address dental problems downrange – dental care in the field isn't what it is stateside.

Common dental emergencies in the theater are due to problems associated with third molars, more commonly

referred to as wisdom teeth. These teeth often do not develop or surface normally, and can often end up becoming partially impacted – meaning half way in and half way out of the gum tissue. This creates an environment in which food debris and bacteria can easily become trapped between the gums and the newly erupting teeth, making it very difficult for the individual to keep the area clean.

Receiving the surgical care necessary to remove these teeth is much more difficult in a deployed environment – all the more reason for Airmen to receive their pre-deployment dental screening, whether they are experiencing symptoms or not.

During the screening, the dentist also carefully examines all the teeth to identify any cavities. Cavities have the potential to lead to an infection, which is also difficult to handle in a deployed environment. As a result, the individual may experience severe toothaches, discomfort when biting or chewing, and even swelling.

Dental treatment is often limited and not ideal in the deployed environ-

ment, so it is important to have any cavities treated prior to deploying.

In order to prevent the development of cavities during a deployment, Airmen should continue practicing good oral hygiene. Brushing at least twice a day - especially before bed, and daily flossing are two basics everyone should practice regularly.

Additionally, when Airmen are deployed, they normally work 12 to 14 hour shifts and experience stresses they are not accustomed to at their home station. To overcome fatigue, many of them consume energy drinks or sugary snacks. This repeated snacking leads to a constant sugar attack on the teeth, which weakens tooth enamel, so don't sip on a soda or energy drink all day. Chewing sugarless gum that contains Xylitol, an agent which strengthens enamel, can help prevent cavities from developing between brushing.

To schedule a pre-deployment dental exam, deploying active duty members contact 292-7251. More information about improving your oral health is available at <http://usaphcapps.amedd.army.mil/CRAT/>.

3 x 4.75

4 x 4.75

2 x 2

ARMED FORCES RIVER PARADE



Photo by Robbin Creswell

Lt. Gen. Douglas H. Owens, Air Education and Training Command vice commander, Chief Master Sgt. Gerardo Tapia, AETC command chief master sergeant, and their spouses wave at spectators along the San Antonio River Walk during the America's Armed Forces River Parade Saturday. Owens was the grand marshal of the parade. Military leaders from across Joint Base San Antonio took part in the second annual parade sponsored by the Paseo del Rio Association. Twenty-five professionally decorated floats travelled down the River Walk, themed according to their participants, which included all branches of the armed forces, veterans of recent conflicts and military support groups. The floats featured live entertainment from military and civilian ensembles, including the San Antonio Fire Department band pictured.

3 x 4.75

6 x 4.75

LOCAL BRIEFS

TUESDAY

HOME BUYERS' SEMINAR

A home buyers' seminar is Tuesday, 1:30-3:30 p.m., in the Fellowship Room at Freedom Chapel.

Seminar topics include how to apply for a loan; loan criteria and the purchase process; how to choose the right home and a broker-real estate agent; and frequently asked questions for first-time home buyers.

For reservations and more information, contact Elvira Martinez at 210-375-5149.

MAY 31

AAPHA HERITAGE MONTH CEREMONY

The closing ceremony for JBSA Asian-American Pacific Heritage Month at Lackland is May 31, 11:30 a.m. to 1 p.m., at Arnold Hall Community Center.

Free food and entertainment will conclude the month's activities on this year's theme, "Building Leadership: Embrace the Cultural Values and Inclusion."

For additional information, contact Senior Airman Alexa Jaime at 292-8410 or Master Sgt. Paul

Bell at 925-1714.

JUNE 11

DROP-IN DENTAL SCREENINGS

Drop-in dental screenings are offered to children of active-duty members and retirees by the JBSA-Lackland Pediatric Dental Department at the Dunn Dental Clinic, 8-10:30 a.m., June 11. No appointment is necessary.

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

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

Call 210-671-9836.

JUNE 18

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 June 18 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 26

RETIRED ENLISTED ASSOCIATION MEETING

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

For details, call 658-2344.

INFORMATIONAL

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.

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 details, e-mail Starbase Kelly or contact Ron Jackson at 925-5397.

FITNESS CENTER RENOVATIONS

Major renovations at the Warhawk Fitness Center continue through Aug. 9.

The basketball court, women's locker room, one men's locker room and the family fitness room will be closed during the renovation.

All fitness classes will move to the Chaparral Fitness Center with the same class time schedules.

However, the weight room, cardio room and the main men's locker room will remain open during the project and the fitness assessment cell will continue as scheduled.

For information, call 671-2016.

RESIDENCY PROGRAM SEEKS PATIENTS

The Wilford Hall Ambulatory Surgical Center Endodontic Residency Program, Air Force Postgraduate Dental School Department of Endodontics is offering free treatment for patients who require root canal therapy.

The service is available to military retirees, their immediate family members and family members of active duty service members. Patients must have been diagnosed recently with an endodontic condition requiring root canal therapy.

Eligible patients should obtain a written consultation from their referring dentist and bring it to the dental clinic during normal duty hours, or fax it to 292-6431. Patients will be selected based on the needs of the endodontic training program.

For details, call 292-7831/3974.

CHAPEL SERVICES

PROTESTANT

Freedom Chapel -Building 1528

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

Hope Chapel -Building 10338

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

Airmen Memorial Chapel -Building 5432

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

DENOMINATIONAL

BMT Reception Center -Building 7246

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

Gateway Chapel -Building 6300

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

Education Classroom -Building 5200

Rm. 108

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

ROMAN CATHOLIC

Freedom Chapel -Building 1528

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

Hope Chapel -Building 10338

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

ORTHODOX CHRISTIAN

Airmen Memorial Chapel -Building 5432

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

WICCA

BMT Reception Center -Building 7246

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

Freedom Chapel -Building 1528

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

JEWISH

Airmen Memorial Chapel -Building 5432

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

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

ISLAMIC

Global Ministry Center -Building 7452

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

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

BMT Reception Center -Building 7246

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

Gateway Chapel -Building 6300

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

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

OTHER FAITH GROUPS

THE CHURCH OF LATTER-DAY SAINTS

Hope Chapel -Building 10338

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

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

<i>Sunday</i>	LDS Service	8 a.m.
---------------	-------------	--------

JBSA-LACKLAND

KEY FAMILY SUPPORT RESOURCES

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

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

WHAT'S HAPPENING

Family Support Events

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

FRIDAY

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

MONDAY

- ▶ The Airman and Family Readiness Center is closed for Memorial Day.

TUESDAY

- ▶ An American Veterans national service officer is available by appointment, 8 a.m. to noon.

For additional information, call 773-354-6131.

- ▶ Navigating the Exceptional Family Members Program process, 1:30-3:30 p.m.

WEDNESDAY

- ▶ Newcomer's orientation briefing, mandatory for personnel new to JBSA-Lackland, Gateway Club, 8 a.m. to 2:30 p.m.

- ▶ Interview With Confidence, 11:30 a.m. 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.

MAY 31

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

JUNE 3

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

JUNE 4

- ▶ American Veterans national service officer available by appointment, 8 a.m. to noon.
- ▶ For details, call 773-354-6131.
- ▶ Transition Assistance Program, 7:45 a.m. to 4 p.m.

JUNE 5

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

JUNE 6

- ▶ 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 7

- ▶ 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.

JUNE 10

- ▶ Family readiness briefing, mandatory for personnel deploying longer than 30 days or going on remote assignments, 10:30-11 a.m.

- ▶ The Federal Employment process, taught by Office of Personnel Management, 1-4 p.m.

- ▶ Post deployment briefing, required for all Airmen returning from deployment, 802nd Logistics Readiness Squadron IDRC briefing room, Building 5160, 2:30-3 p.m.

JUNE 11

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

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

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>

6 x 4.75

FAREWELL from Page 10

the annual JBSA awards ceremony held in March and the recent Mission Breakfast at JBSA-Fort Sam Houston May 14.

Current budget constraints and sequestration have had an impact, the general admits.

"We will have about \$48 million less than we anticipated for fiscal year 2013, so that's driving us to pretty much reevaluate everything we are doing," Carter said.

There is also the potential for a civilian furlough to help the Defense Department meet its bottom line.

"It looks like the furlough is going to happen," she said. "That's very difficult not only from the standpoint

of our ability to continue providing service to 200-plus mission partners, but also the personal impact it will have on our employees."

Carter understands that many employees will be affected by the furlough.

"That's very difficult. Some employees live paycheck to paycheck or are dual-civilian couples," she said. "Will they have the resiliency and backup plans to accommodate that loss of income?"

Carter said she was encouraged by the willingness of civilian employees to watch out for one another, and she noted there are resources available to assist employees with financial counseling or other support, as needed.

"The key to continued success at JBSA is to recognize when we all work together we can get a heck of a lot done," she said. "In this limited resource environment, having duplicate and triplicate processes really doesn't get us anywhere.

"The tight budget forces people to be creative," the general said. "It forces them to look at their work processes and say 'How can we do this differently?'"

"We need to continue to focus on building an identity as Joint Base San Antonio," Carter said, "while also recognizing that the heritage and legacy of our former installations will never change, that's always going to be part and parcel of the evolution of JBSA," she explained.

"It is an evolution, and I think together there isn't anything the collective JBSA team can't do."

As the major general-selectee prepares for her new assignment as Air Force The Civil Engineer, Headquarters U.S. Air Force, Washington, D.C., she said she will miss the people at the 502nd ABW and throughout the joint base, as well as the San Antonio community. In her new position, Carter will be responsible for installation support functions and civil engineering activities at 166 Air Force bases worldwide.

"I look forward to seeing how things continue to evolve over the next few years. JBSA will definitely have a big cheerleader in the Pentagon," Carter concluded.

Some Joint Base San Antonio fitness centers revise hours

Due to mandatory budget cuts associated with sequestration, the operating hours at certain fitness centers throughout Joint Base San Antonio will adjust their hours beginning Saturday. Only the facilities listed will change hours; those not listed will remain the same.

JBSA-LACKLAND

Gateway Fitness Center Building 10330

Monday to Friday: 5:30 a.m. to 1:30 p.m.
Saturday/Sunday: *Closed*
Holidays/family days: *Closed*

Warhawk Fitness Center Building 2418

Monday to Friday: 4:30 a.m. to 10 p.m.
Saturday/Sunday: *Closed*
Holidays/family days: *Closed*

Medina Fitness Center Building 199

JBSA-Lackland Training Annex
Monday to Friday: 5 a.m. to 9 p.m.
Saturday/Sunday: *Closed*
Holidays/family days: *Closed*

Kelly Fitness Center Building 210, Port San Antonio

Monday to Friday: 5 a.m. to 5 p.m.
Saturday/Sunday: *Closed*
Holidays/family days: *Closed*

Chaparral Fitness Center Building 7346, Port San Antonio

Monday to Friday: 4:30 a.m. to 9 p.m.
Saturday/Sunday: 8 a.m. to 4 p.m.
Holidays/Family Day: 8 a.m. to 4 p.m.

JBSA-FORT SAM HOUSTON

Jimmy Brought Fitness Center Building 320

Monday to Friday: 4 a.m. to 10 p.m.
Saturday: 8 a.m. to 4 p.m.
Sunday: *Closed*
Holidays/family days: *Closed*

Jimmy Brought Fitness Center Pool Building 320

Monday to Friday: 5 a.m. to 8:30 p.m.

Saturday: 8:30 a.m. to 3:30 p.m.
Sunday: *Closed*
Holidays/family days: 8:30 a.m. to 3:30 p.m.

Fitness Center at the Medical Education and Training Campus Building 1369

Monday to Friday: 5 a.m. to 9 p.m.
Saturday: *Closed*
Sunday: noon to 9 p.m.
Holidays/family days: noon to 9 p.m.

JBSA-RANDOLPH

Rambler Fitness Center Building 999

Monday to Friday: 5 a.m. to 10 p.m.
Saturday: 8 a.m. to 4 p.m.
Sunday: noon to 5 p.m.
Holidays/family days: 8 a.m. to 4 p.m.

Connect With Us!

JBSA-LACKLAND HAS ENTERED THE SOCIAL NETWORKING SCENE



Follow us on Twitter at:
http://twitter.com/Lackland_JBSA



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



Follow us on Facebook at:
<https://www.facebook.com/pages/Lackland-JBSA/114646985221400>



E-mail us at: Lackland.jbsa@gmail.com



Photo by Robbin Cresswell

More than 30 patrons performed three hours of ceaseless Zumba during the Zumba Jam celebrating May Fitness Month at the Chaparral Fitness Center May 18.

Patrons get energy boost with nonstop Zumba

By Jose T. Garza III
JBSA-Lackland Public Affairs

More than 30 patrons did not have to wait until the night time to get their dance on.

They turned the Chaparral Fitness Center into their own discoteca during the Zumba session celebrating May Fitness Month May 18.

With sweat being visible all over their workout clothes, participants moved their arms and swung their legs to the electric beats of reggaeton, salsa, and bachata music for three continuous hours while dancing to the instruction of the various Zumba instructors who teach the dance class weekly at Joint

Base San Antonio-Lackland's fitness centers.

Attendees were supplied bananas during the session to boost their energy which helped most of them last the event's entire duration.

The energy boost came in handy for Alice Maldonado who said she was very sweaty and tired after the three-hour dance session. She enjoyed the club-like experience that gave her a strength and cardio workout.

"If you can't go to the club, go to Zumba," said Maldonado, who attends Zumba classes on Mondays at the Chaparral Fitness Center.

Laura Nalls and Minnie Reeves, who take Zumba together three days a week at the Medina Fitness

Center, relish taking the class because it keeps them energized, motivated, and healthy.

"I love dancing and hearing the music," said Reeves, who's lost 13 pounds after taking the class for three years. "It gives you energy, relaxes your brain and you learn different moves from taking the class. It doesn't feel like you're working out."

"I love to Zumba for the fun of it," said Nalls. "It gives you great energy and the instructors are great."

Benita Fager, one of the instructors, said the event was energetic.

"(Today's event) was awesome, had lots of energy, and it was hot," Fager said.

VISIT from Page 4

you can imagine.”

After the graduation parade, Fanning paid a visit to the 341st Training Squadron, where he received an overview of the Military Working Dog program. The squadron provides trained military working dogs used in patrol, drug and explosive detection, and specialized mission functions for the Department of Defense and other government agencies.

Fanning, escorted by Maj. Gen. Suzanne Vaurtricot, 24th Air Force commander, toured the 24th Air Force headquarters facility and operations center where he was briefed on the Air Force’s cyber mission.

A subordinate unit to Air Force Space Command headquartered at Peterson Air Force Base, Colo., the 24th Air Force mission is to extend, operate and defend the Air Force portion of the Department of Defense network and provide full spectrum capabilities for the Joint warfighter in, through and from cyberspace.

Fanning concluded his trip with a visit to the 323rd Training Squadron where he met with trainees and toured a newly constructed Airman Training Complex.

Prior to his departure, Fanning also received a JBSA mission briefing from Brig. Gen. Teresa Carter, 502nd Air Base Wing and Joint Base San Antonio commander.



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



3 x 9.75

3 x 6