

LACKLAND

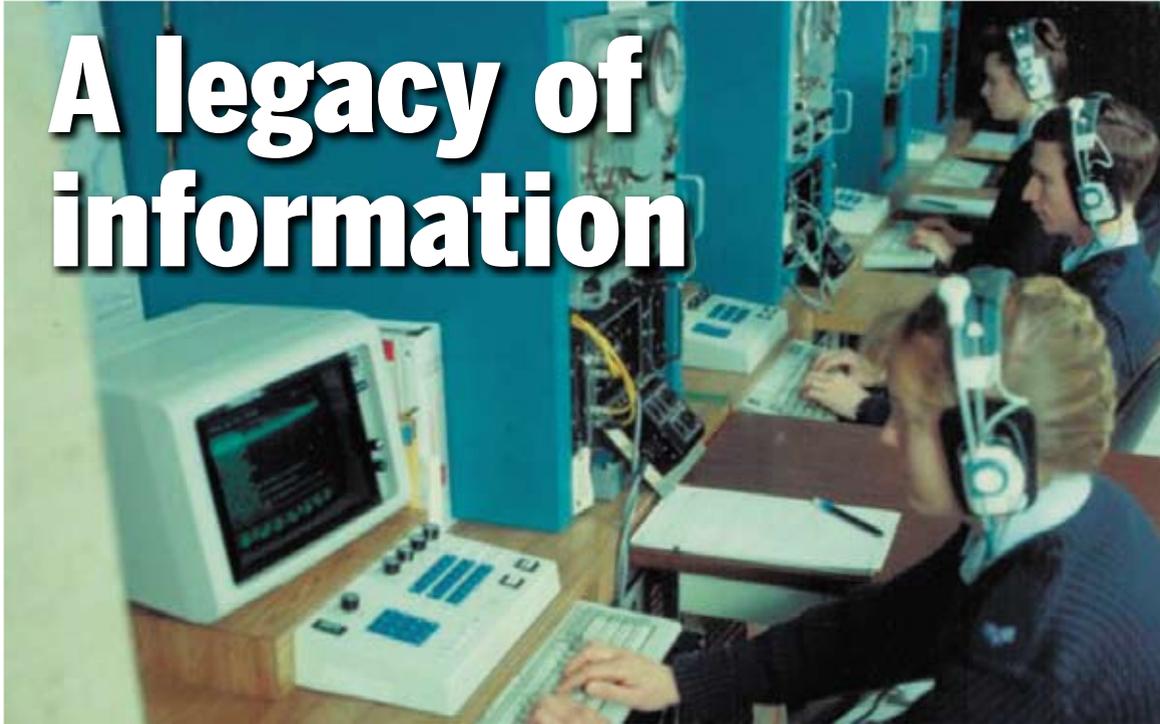
A PUBLICATION OF THE 502nd AIR BASE WING

# TALESPINNER



JOINT BASE SAN ANTONIO-LACKLAND, TEXAS • Vol. 70 No. 37 • September 20, 2013

## A legacy of information



Photos courtesy Air Force Intelligence Surveillance Reconnaissance Agency History Office  
Electronic Security Command operators perform duties at a field site circa 1989. See commentary Page 2.



An Electronic Security Command intelligence operator tunes a RACAL radio receiver, circa mid-1980s.



An Electronic Security Command analyst mans an operations communications terminal at a field site, circa early 1980s.

An Air Force Security Service radio maintenance technician repairs an R-390 receiver at a field site, circa mid-1970s.

### COMMENTARY

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*Proper running form*

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# AF, AF ISR Agency legacies roll on together

By Wayne Amann

Air Force Intelligence, Surveillance and Reconnaissance Agency Public Affairs

As the U. S. Air Force and the Air Force Intelligence, Surveillance and Reconnaissance Agency approach their 66th and 65th birthdays respectively, they will remain works in progress.

Neither one has ever been satisfied with the status quo. They've undergone decades of change for the better. They constantly strive to accomplish their missions in the most effective ways possible. Their continuing evolution is their legacy.

This legacy of change is anchored by a commonality of service to the nation and each other.

"Except for a six-year period as a subordinate unit to Air Combat Command, our organization has worked directly for Headquarters Air Force," said Phil Myers, the agency's chief historian. "That service includes 45 years as a major command and 14 years as an agency working for an Air Staff directorate."

He added that, among all the organizations under the Air Force umbrella, "AFISRA is the fourth oldest major organization and third most prestigious based on years of service and awards."

Through the years the agency and its predecessors have been key players in Air Force operations.

In 1950, the 1st Radio Squadron Mobile detachment of the U.S. Air Force Security Service provided invaluable intelligence on the movements of major North Korean army units which allowed United Nations air and naval units to stop the enemy advance. Another detachment allowed American F-51 and F-86 fighters to inflict heavy losses on the enemy in June 1951.

In Vietnam, the USAFSS airborne radio direction finding systems aboard EC-47 aircraft provided crucial intelligence to U.S. and friendly tactical commanders



throughout Southeast Asia during the 1960s and 70s. Those efforts got the attention of Military Assistance Command Vietnam Commander, Gen. William Westmoreland.

"Success in many of our recent operations can be attributed directly to the increased number of and reliability of these fixes," Westmoreland said.

Fast forward to 1991 and Operation Desert Storm/Desert Shield when Electronic Security Command, most notably the 6948th Electronic Security Squadron, provided intelligence information enabling relentless air strikes that killed Iraq's command and control systems long before the ground war began.

That brings us to the War on Terror, initiated after 9/11. In the midst of that focus, the Air Intelligence Agency transformed into the Air Force ISR Agency in 2007.

"The transformation will allow us to treat intelligence as an Air Force-wide enterprise, coordinate and integrate ISR capabilities and present those capabilities to joint war fighters and national users," said the last AIA commander and

first AF ISR Agency commander, Maj. Gen John C. Koziol as he announced the transformation.

One of the largest transformations with possibly the greatest impact on prosecution of combat operations occurred after the Distributed Common Ground System was gathered under one organization for the first time to make it a globally-linked, regionally focused weapon system.

The critical importance of Air Force ISR to the overall Air Force mission since 9/11 cannot be overstated.

Air Force Chief of Staff Gen. Mark A. Welsh III made that clear in his vision for the Air Force when he placed ISR immediately after top-ranked air and space superiority when it comes to his services' enduring contributions.

Welsh went on to say technological advances have enabled the Air Force to graduate from snapping black-and-white photos of enemy troop positions, to Airmen controlling remotely piloted aircraft which capture thousands of hours of full motion video daily.

In the 12 years following 9/11, America has relied on ISR more than ever.

Maj. Gen. John Shanahan, Air Force ISR Agency commander, recently said, "With the beginning of combat operations in Afghanistan in October 2001, its [ISR] prominence skyrocketed. Within the last six years alone more than \$13 billion worth of ISR was sent to Afghanistan. Some day Operation Enduring Freedom will also be known as 'The ISR War.'"

The combined Air Force and AF ISR Agency heritages continue to be legendary for one important reason, as Shanahan made clear.

"ISR doesn't happen without the great people of the United States Air Force doing it," he said. "Great Airmen figure out how to get this done every day. We need to listen to their ideas, incorporate them to change the enterprise and make sure we're postured for the future."

LOOKING  
TALESPINNER

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

## Straight Talk Line

For current, automated information during a natural disaster, crisis or emergency, call your local Straight Talk line.

JBSA-Fort Sam Houston: 466-4630

JBSA-Lackland: 671-6397

JBSA-Randolph: 652-7469

## NEWS IN BRIEF

Compiled by Mike Joseph, JBSA-Lackland Public Affairs

### SEPT. 30

#### 502ND ABW PROMOTION CEREMONY

The 502nd Air Base Wing monthly enlisted promotion ceremony is 3 p.m. Sept. 30 in the Bob Hope Theater at Joint Base San Antonio-Lackland.

### INFORMATIONAL

#### LIMITED FLU VACCINE AVAILABLE AT WHASC

A limited amount of influenza vaccine is available at the Wilford Hall Ambulatory Surgical Center atrium.

The vaccine is prioritized for active-duty deployers, 59th Medical Wing personnel and high-risk patients. All others should await further announcements about vaccine availability. Flu vaccinations are mandatory for all active-duty members and all hospital employees.

Medical personnel at JBSA-Randolph and JBSA-Fort Sam Houston should plan to get vaccines at those locations, as well as non-risk groups who receive primary care at those other locations.

Vaccination hours are 7:30 a.m. to 4 p.m. Mondays, Tuesdays, Wednesdays and Fridays; and 7:30 a.m. to 3 p.m. Thursdays.

For more information, call 292-4278.

#### UTILITY DEPOSIT WAIVER

Active-duty military members who rent or buy in the local community can apply for a utility deposit waiver from CPS Energy, the San Antonio Water System and Grey Forest utilities.

Waiver requirements include: the active-duty military member must be the primary customer on the utility account, permanent change of station orders verifying U.S. active-duty permanent-party assignment to JBSA-Lackland and the utility account number must be provided in person to the JBSA-Lackland Housing Referral Office, 2254 Brian McElroy.

For information, call 375-5148/9.

#### CAC/ID CARDS APPOINTMENTS

Department of Defense Common Access Card/ID cardholders in need of new or updated cards are encouraged to make appointments online.

Appointments are scheduled in 20-minute intervals between 8 a.m. and 3 p.m. Monday through Friday.

To make an appointment, visit <https://rapids-appointments.dmdc.osd.mil> or call 671-4178.

# Joint Base San Antonio honors 9/11 victims with commemorative run



Photos by Ben Faske

More than 800 people took part in this year's Joint Base San Antonio 9/11 Commemorative Run at the Joint Base San Antonio-Lackland 1.5-mile track. Throughout the run, volunteers read the names of the nearly 3,000 people that died that day in 2001 at the World Trade Center, the Pentagon and in Shanksville, Pa.

By Jose T Garza III

JBSA-Lackland Public Affairs

More than 800 people participated in the Joint Base San Antonio 9/11 Commemorative Run at the JBSA-Lackland 1.5-mile track Sept. 11.

Rain was sporadic throughout the day, but it did not stop the participants from honoring the 3,000 people who tragically lost their lives at the World Trade Center, the Pentagon and near Shanksville, Pa.

"We owed it to the victims of 9/11 to be out here and honor them, regardless," said Tech. Sgt. Douglas Greene, an instructor at the Robert D. Gaylor NCO Academy at JBSA-Lackland and the commemorative run's organizer.

The event began with opening words from Chief Master Sgt. Arlene Keith, Air Force Intelligence, Surveillance and Reconnaissance Agency, and closed with remarks from JBSA and 502nd Air Base Wing Commander Brig. Gen. Bob LaBrutta. Various Airmen read the names of the deceased throughout the nine-hour run.

"Whether it was at the World Trade Center in New York City, the Pentagon in our Nation's Capitol, or the lonely field in Shanksville, Pa., today's event was established as 'our way' to pay tribute to the thousands of men, women and children who lost their lives on that fateful September day in 2001. We are also

here to honor those who have paid the ultimate sacrifice by giving their lives so valiantly on the battlefields of Iraq, Afghanistan, and other lands throughout the world to defend our way of life, LaBrutta said.

"I am so proud of our country for its resiliency and I consider myself extremely privileged to be at this incredible venue as a fellow warrior to memorialize 9-11, the proceeding 12 years of war, and to stand by your side to publically state, 'never again, not on our watch.'"

One senior airman ran in honor of her husband, Senior Airman Wesley Channell, 93rd Intelligence Squadron, who has been deployed three months as of Sept. 10.

Senior Airman Olivia Channell, a 59th Medical Diagnostics and Therapeutics Squadron lab technician, said her husband is expected to return to the United States before Christmas.

"It is killing me," Channell said about her husband's deployment. "I can't wait to see him. I'm counting down the days until he gets here."

A Cincinnati native, Channell remembers being in fifth-grade science class when the attacks occurred. She was worried that her father would not be able to retire from the Air Force after the tragedy. He was set to retire a week later.

"I thought we were going to have to move and he was going to have to

deploy and have to fight the bad guys," she said.

Participating in the event also helps Channell "become a better Airman," she said. "At least I can do something to help show support more than I do already," she said.

Channell's fellow Airmen from the 59th MDTs participated in the event, including her supervisor, Tech. Sgt. Monique Monteiro.

This run was personal for Monteiro, who had a family friend who was in the World Trade Center Sept. 11, 2001. Monteiro said her friend left behind three children.

"It's nice that I'm able to do a little something to remember them," she said.



Joint Base San Antonio and 502nd Air Base Wing Commander Brig. Gen. Bob LaBrutta gave the closing remarks at the JBSA 9/11 Commemorative Run at the JBSA-Lackland 1.5-mile track.

## AROUND JBSA-LACKLAND



**Photo by Debbie Aragon, Air Force Civil Engineer Center Public Affairs**

Air Force Civil Engineer Center Argonauts first mate Tonda Saltee and team captain Capt. Graham Auten paddle their way across the Warhawk Pool Sept. 6 during the 2013 Lackland Cardboard Boat Regatta. The Argonauts were one of four JBSA-Lackland teams that used cardboard and duct tape to construct vessels worthy of judging and sailing across the base's Warhawk Pool for trophies and bragging rights. When the paddling, splashing and near sinkings ended, Team Mayo Monkeys came in first place, the 59th Training Squadron's Teenage Mutant Ninja Turtles second and the AFCEC Argonauts third.

## BMT HONORS

Congratulations to the following 48 Airmen for being honor graduates among the 488 Air Force basic military trainees who graduated today:

### 320th Training Squadron

*-Flight 555*  
Cameron Fredette  
Andrew Hall  
Bryce Hill  
Thomas Jenkins IV  
Mitchell Jennings  
Matthew Lester  
Brandon Meraz  
Codee Potts  
Thomas Sweeten  
*-Flight 556*  
Brendan Cavanaugh  
Austin Garcia  
Keifer Hinrichs  
Jacob Huesman  
Bradley Hutchison  
Jessob Neyhart

Scott Plough  
*-Flight 565*  
Christopher Cavassa  
James Hess  
*-Flight 566*  
Jonathan Cleghorn  
Keith Marasigan  
Keefer Marler  
Asa Moore

### 323rd Training Squadron

*-Flight 561*  
Bareece Carter  
Craig Harvey  
Andrew Sprott  
Michael Williams Jr.  
*-Flight 562*  
Logan Gunter  
Benjamin Lewis  
Caleb Lynch  
Mckenna Roberts  
Daniel Tyrrel  
*-Flight 563*  
Colin Prutch

*-Flight 564*  
Sarah Chandler  
Sierra Windom

### 326th Training Squadron

*-Flight 559*  
Bryan Holland  
*-Flight 560*  
Michelle Dubriel  
Rasheedah Muhammad  
Chelsey Varela  
Caroline Willingham

### 331st Training Squadron

*-Flight 557*  
Perry Boyd  
Christopher Heskett  
Brandon Lamontagne  
Jesus Lopez  
Ian Phillips  
Nicholas Puleo  
Keith Robinson  
Guadalupe Vargas

*-Flight 558*  
Jessica N. Pearce 331/558

### Top BMT Airman

Perry Boyd  
331st TRS, Flight 557

### Most Physically Fit

*-Male Airmen*  
Kenneth Sepulveda  
320th TRS, Flight 555  
Adam Lopez  
331st TRS, Flight 557  
Brendan Cavanaugh  
320th TRS, Flight 556  
Keifer Hinrichs  
320th TRS, Flight 556  
*-Female Airmen*  
Jacqueline Forsyth  
326th TRS, Flight 560  
Justine Rho  
323rd TRS, Flight 564  
Brittany Gordon  
323rd TRS, Flight 564

Jessica Pearce  
331st TRS, Flight 558  
*-Male Flights*  
320th TRS, Flight 556  
323rd TRS, Flight 563  
320th TRS, Flight 555  
*-Female Flights*  
323rd TRS, Flight 564  
331st TRS, Flight 558  
326th TRS, Flight 560

### Top Academic Flights

320th TRS, Flight 566  
331st TRS, Flight 557  
320th TRS, Flight 556  
320th TRS, Flight 555  
323rd TRS, Flight 562  
323rd TRS, Flight 561  
331st TRS, Flight 558  
320th TRS, Flight 565  
323rd TRS, Flight 563  
323rd TRS, Flight 564  
326th TRS, Flight 560  
326th TRS, Flight 559

# Airmen saddle up for volunteer effort



Volunteer Airmen trim tree branches at the Lackland Saddle Club as part of a Sept. 7 cleanup at the stables.

By Mike Joseph  
JBSA-Lackland Public Affairs

Airmen who live in a Joint Base San Antonio-Lackland dormitory found a productive way to spend a recent Saturday morning.

Sixteen Airmen assigned to the 433rd Airlift Wing's 733rd Training Squadron and the 59th Medical Wing helped with a four-hour work call Sept. 7 at the Lackland Saddle Club stables.

"With the member turnout and 16 Airmen, we accomplished what would normally take three work calls," said Gary Murrell, stable manager. "It was great having the extra bodies."

The saddle club has 37 horses in its stables. Membership is open to active-duty military members and their dependents assigned to JBSA-Lackland, Reserve, retirees and Department of Defense civilians and their dependents.

Working alongside 20 club mem-



Courtesy photos

Airmen from the 733rd Training Squadron and 59th Medical Wing volunteered Sept. 7 for a four-hour work call at the Lackland Saddle Club stables.

bers, the volunteers helped move horse partitions, clear rocks from a field, restore a building damaged by flood waters in May, trimmed trees and

general cleanup.

"We got a lot done," said Airman 1st

See **SADDLE** Page 9

## Japanese pilot reflects on Defense Language Institute experience



Photo provided by Defense Language Institute

Recent Defense Language Institute, English Language Center graduate 1st Lt. Misaki Ohhira pilots her aircraft in a simulated mission in DLIELC's Aviation Lab. Ohhira is one of only a few women in the field of aviation serving in the Japan Air Self-Defense Force. She has had some cockpit experience flying the T-7 propeller aircraft and is looking forward to flying

the T-6 and T-1A. As a student pilot, she studied aviation English at the DLIELC, graduating in June 2013. When asked what she took away from her time at DLIELC, Ohhira said, "relationships, it is such a rare opportunity presented at DLIELC to meet such a variety of people, cultures and military members from so many career fields."

**SADDLE** from Page 6

Class Mike Niccoll, 733rd TRS, who organized the volunteers. "The dumpster down there is full. Nothing else could go into it.

"It was one of the best experiences I have ever had," he said. "I know it was the same for some of the Airmen because they told me they wanted to volunteer again."

Niccoll volunteers at the stables

several times a week. He spread his enthusiasm about volunteer work at the stables to Airmen in the dorm and when the members scheduled a work day, they were more than willing to assist.

"It makes you feel good," Niccoll said about volunteering. "You feel like you made a change and helped the community."

All of the volunteers enjoyed themselves."

## WATER CONSERVATION TIPS!

- » Minimize evaporation by watering during the early morning hours, when temperatures are cooler and winds are lighter.
- » Wash produce in the sink or a pan that is partially filled with water instead of running water from the tap.
- » Use a layer of organic mulch around plants to reduce evaporation and save hundreds of gallons of water a year.
- » Use a broom instead of a hose to clean your driveway or sidewalk and save 80 gallons of water every time.
- » If your shower can fill a one-gallon bucket in less than 20 seconds, then replace it with a water-efficient showerhead.



# National Night Out activities planned at JBSA locations

By Robert Goetz

Joint Base San Antonio-Randolph Public Affairs

National Night Out, a neighborhood crime and drug prevention event that unites law enforcement agencies and communities, will be observed at 6 p.m. Oct. 1 at Joint Base San Antonio locations with a variety of activities.

A motorcade led by 502nd Mission Support Group and 502nd Security Forces Squadron representatives as well as Sparky the Fire Dog and McGruff the Crime Dog will be one of the highlights of JBSA-Fort Sam Houston's National Night Out, while the Randolph High School Marching Band, Sparky, McGruff and mascots from the 902nd Force Support Squadron and 902nd Civil Engineer Squadron will be featured at the JBSA-Randolph event.

All JBSA locations will create a block party atmosphere by setting aside areas for activities such as games, food, refreshments, music, military working dog demonstrations, and police vehicle and fire truck displays.

JBSA-Fort Sam Houston's National Night Out activities are planned at three sites: Lincoln Resident Center, Building 407, Dickman Road; Harris Heights Community Center, 3751 Patch Road; and Watkins Terrace Community Center, 5840 Frazier Road. The main housing office, 2254 Brian McElroy St., will be the site of JBSA-Lackland's National Night Out. JBSA-Randolph's NNO site will be North Park Street immediately north of the Parr Club.

Steven Dews, 502nd SFS crime prevention officer, said the goals of National Night Out are to "heighten crime and drug prevention awareness, generate support for and participation in local anti-crime programs, and strengthen neighborhood spirit and police-community partnerships."

Staff Sgt. Edward Grant, 902nd SFS NCO in charge of police services, said NNO is law enforcement's "way of giving back to the community."

"It's also a way of telling the community we're on their side," he said. "National Night Out has definitely put a sense of trust between the public and first responders."

Staff Sgt. Jason Kempel, 802nd SFS, said NNO sends a message to criminals.

"It lets them know that neighborhoods are organizing and fighting back against crime and drug activity," he said.

JBSA National Night Out coordinators said support for the locations' NNO events continues to grow.

"With JBSA-Lackland being involved since 2008, we have really gotten a good grasp on things," Kempel said. "We continue to add more events and more organizations are stepping up and participating to make this better and better as we go on. Knowing that we have expanded our housing community, we expect a greater turnout and even bigger community involvement."

Grant said "constant growth" has characterized JBSA-Randolph's NNO event.

"It has continued to grow and evolve," he said. "We have added new ideas and new activities that have fostered law enforcement-community interaction."

## 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**



### COMBINED FEDERAL CAMPAIGN POINTS OF CONTACT

The 2013 Combined Federal Campaign runs through Dec. 15.  
The following is a list of points of contact for Joint Base San Antonio:

502nd Air Base Wing:  
1st Lt. Amanda McGowin, 221-4321  
Alternate: Master Sgt. Mason Wilson, 671-6705

502nd Mission Support Group:  
Manny Henning, 221-1844  
Alternate: Duane Dunkley, 221-2207

802nd MSG:  
1st Lt. Brandon Langel, 671-2528  
Alternate: Master Sgt. Robert Brinson, 671-5511

902nd MSG:  
Matt Borden, 652-3797  
Alternate: Master Sgt. Ennis Fowler, 652-6915  
Alternate: Master Sgt. Shawn Waghorn, 652-3088

To access the 2013 San Antonio Area Combined Federal Campaign charitable agency brochure online, visit <http://www.cfsanantonio.org>.

**JBSA  
Social  
Media**



On Facebook: Joint Base San Antonio,  
JBSA-Fort Sam Houston, Lackland JBSA  
and JBSA-Randolph



On Twitter: @JBSA\_Official, @JBSAFSH  
@JBSALackland and @JBSARandolph



On YouTube: JointBaseSanAntonio.

# Shipping your privately owned vehicle



By Capt. Chanelle Linson

JBSA – Lackland Personal Property Processing Office

Changing duty stations can be a stressful time for many military families and the addition of shipping your privately owned vehicle can make this time a little more challenging. However, with advanced planning, you can ensure a successful POV shipment.

The first thing to keep in mind when preparing to ship your POV is that although you are entitled to ship your vehicle there are some restrictions. Those restrictions are listed below.

1. Only one POV, per Department of Defense member, may be shipped to your new duty station at government expense.

2. The POV is not to exceed 20 measurement tons.

3. If you desire to ship an additional POV commercially, at your expense, consult your sponsor and local Personal Property Processing Office for specific details and restrictions.

4. You must review the Personal Property Consignment Instruction Guide and determine if vehicle restrictions/prohibitions exist to import POVs into the country you are moving to. (Failure to do so may result in shipping delays and/or additional costs to you.) Additionally, there are time restrictions for when you can ship your POV. If the overseas tour is longer than one year, your vehicle must be shipped within 90 days after your departure.

If the overseas tour of duty is less than one year, your vehicle must be shipped within 30 days of your departure.

It is imperative that you contact your servicing vehicle processing center well in advance of your shipment date to receive all necessary shipping information and requirements, in order to ensure your POV will be shipped without delay or any additional stress for you or your family.

If you have any questions regarding the shipment of your POV, call or visit your local PPPO counselor at JBSA-Lackland 671-2821/JBSA-Randolph 652-1848/JBSA-Ft Sam 221-1605. For additional valuable moving information, visit <http://www.move.mil/>.



Doing laundry is most likely part of your every day routine. But did you know how important taking care of your clothes dryer is to the safety of your home? With a few simple safety tips you can help prevent a clothes dryer fire.

- » Have your dryer installed and serviced by a professional.
- » Do not use the dryer without a lint filter.
- » Make sure you clean the lint filter before or after each load of laundry. Remove lint that has collected around the drum.
- » Rigid or flexible metal venting material should be used to sustain proper air flow and drying time.
- » Make sure the air exhaust vent pipe is not restricted and the outdoor vent flap will open when the dryer is operating. Once a year, or more often if you notice that it is taking longer than normal for your clothes to dry, clean lint out of the vent pipe or have a dryer lint removal service do it for you.
- » Keep dryers in good working order. Gas dryers should be inspected by a professional to make sure that the gas line and connection are intact and free of leaks.
- » Make sure the right plug and outlet are used and that the machine is connected properly.
- » Follow the manufacturer's operating instructions and don't overload your dryer.
- » Turn the dryer off if you leave home or when you go to bed.

**AND DON'T FORGET...**

Dryers should be properly grounded.

Check the **outdoor vent** flap to make sure it is not covered by snow.

Keep the area around your dryer **clear** of things that can burn, like boxes, cleaning supplies and clothing, etc.

Clothes that have come in contact with **flammable substances**, like gasoline, paint thinner, or similar solvents should be laid outside to dry, then can be washed and dried as usual.

### FACT

! The leading cause of home clothes dryer fires is failure to clean them.

[www.nfpa.org/education](http://www.nfpa.org/education)



Your Source for SAFETY Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

# Shopping the JBSA-Lackland Exchange pays dividends

The JBSA-Lackland Exchange is paying dividends in more ways than one as military members and their families exercise their benefits by dining and shopping at Exchange facilities. Activities last year generated dividends of \$620,321.

These funds are critical to Air Force Service's ability to enhance local programs and facilities including the Skylark Bowling Center, the Gateway Hills Golf Course and all of the JBSA-Lackland fitness centers.

"Historically, roughly two-thirds

of Exchange earnings are paid to morale, welfare and recreation programs with the other third used to build new stores or renovate existing facilities," Lackland Exchange's general manager, Ken Klein said. "This structure means that authorized customers are essentially our 'investors.' Fortunately, thrifty shoppers rediscovering the value the Exchange offers allowed us to provide a healthy return on their investment."

With a mission to provide quality goods and services at competitively

low prices and generate earnings to support quality-of-life efforts, the dual benefit the Exchange provides military families goes far beyond clothes, electronics and snacks on shelves.

Shoppers who visit the Exchange, either online at <http://www.shopmyexchange.com> or in person help make the military community a better place to live and work.

In fact, purchases made in the past 10 years have provided more than \$2.4 billion to mili-

tary programs such as Youth Services, base functions, gyms and aquatic centers.



**EXCHANGE**

**Connect With Us!**

**JBSA-LACKLAND ON THE SOCIAL NETWORKING SCENE**



*Follow us on Facebook at:  
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*Go to our website at:  
[www.jbsa.af.mil](http://www.jbsa.af.mil)  
and look for social media.*



*E-mail us at:  
[Lackland.jbsa@gmail.com](mailto:Lackland.jbsa@gmail.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

- ▶ Transition Assistance Program, 7:45 a.m. to 4 p.m.
- ▶ AMVETS national service officer available by appointment only. For information, call 773-354-6131.

### MONDAY

- ▶ Family readiness briefing, mandatory for personnel deploying longer than 30 days or going on remote assignments, 10:30-11 a.m.
- ▶ Post-deployment briefing, required for all Airmen returning from deployment, 802nd Logistics Readiness Squadron IDRC briefing room, Building 5160, 2:30-3 p.m.
- ▶ AMVETS national service officer available by appointment only. For details, call 773-354-6131.

### TUESDAY

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

- ▶ Resume writing techniques, 11:30 a.m. to 1:30 p.m.
- ▶ AMVETS national service officer available by appointment only. For additional information, call 773-354-6131.

### WEDNESDAY

- ▶ Officers' first duty station personal financial readiness briefing, mandatory within 90 days of arrival at JBSA-Lackland, 9-11 a.m.
- ▶ Newcomer's orientation briefing, mandatory for personnel new to JBSA-Lackland, Gateway Club, 8 a.m. to 2:30 p.m.
- ▶ AWANA Clubs, 6-8 p.m., Freedom Chapel.
- ▶ AMVETS national service officer available by appointment only. For information, call 773-354-6131.

### THURSDAY

- ▶ Home buying seminar, 10 a.m. to 1 p.m.
- ▶ Air Force Basic Military Training

spouse and parents' seminar, BMT Reception Center, Building 7246, 1 p.m. Call 800-973-7630 or 671-4057 for more information.

- ▶ AMVETS national service officer available by appointment only. For additional information, call 773-354-6131.

### SEPT. 27

- ▶ AMVETS national service officer available by appointment only. For additional information, call 773-354-6131.

### SEPT. 30

- ▶ Family readiness briefing, mandatory for personnel deploying longer than 30 days or going on remote assignments, 10:30-11 a.m.
- ▶ Interview with Confidence, 11:30 a.m. to 1:30 p.m.
- ▶ Post deployment briefing, required for all Airmen returning from deployment, 802nd Logistics Readiness Squadron IDRC briefing room,

Building 5160, 2:30-3 p.m.

- ▶ AMVETS national service officer available by appointment only. For information, call 773-354-6131.

### OCT. 1

- ▶ AMVETS national service officer available by appointment only. For information, call 773-354-6131.

### OCT. 2

- ▶ AWANA Clubs, 6-8 p.m., Freedom Chapel.
- ▶ AMVETS national service officer available by appointment only. For information, call 773-354-6131.

### OCT. 3

- ▶ Air Force Basic Military Training spouse and parents' seminar, BMT Reception Center, Building 7246, 1 p.m. Call 800-973-7630 or 671-4057 for more information.
- ▶ AMVETS national service officer available by appointment only. For information, call 773-354-6131.

## Monthly Meetings

### ENLISTED SPOUSES' CLUB

The Lackland Enlisted Spouses' Club meets every third Tuesday of the month at the Balfour Beatty Community Center, 6:30-8:30 p.m. For more information, visit <http://www.lacklandesc.org>.

### OFFICERS' SPOUSES' CLUB

The Lackland Officers' Spouses' Club meets monthly. For dates and times, or more information, visit <http://www.lacklandosc.org>.

### MILITARY COUNCIL OF CATHOLIC WOMEN

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

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

Compiled by Mike Joseph,  
JBSA-Lackland Public Affairs

## LOCAL BRIEFS

Compiled by Mike Joseph, JBSA-Lackland Public Affairs

### MONDAY

#### BAND OF THE WEST PERFORMANCES

The Air Force Band of the West has scheduled two recital performances free and open to the public.

The first performance is 7 p.m. Monday at Village Parkway Baptist Church, 3002 Village Parkway. The second performance is 11 a.m. Wednesday at the Northwest Vista College Palmetto Center for the Arts.

For details, contact Staff Sgt. Laura Kluga at 945-8763 or visit <http://www.bandofthewest.af.mil>.

### WEDNESDAY

#### RETIRED ENLISTED ASSOCIATION MEETING

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

For information, call 658-2344.

### THURSDAY

#### HOME SELLER'S SEMINAR

A home seller's seminar is 1:30-3:30 p.m. Thursday, in the fellowship room at Freedom Chapel.

The seminar covers home seller's information, determining a sales

price, staging, saving equity, an overview of the closing and title process and working with a realtor.

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

#### SAFETALK TRAINING CLASS

A SafeTALK training class is 8 a.m. to noon Thursday at Freedom Chapel. The class teaches Airmen to recognize suicide warning signs.

Pre-registration is required. To register, call 671-4208 or email [natalia.guajardo.ctr@us.af.mil](mailto:natalia.guajardo.ctr@us.af.mil).

### SEPT. 28

#### DAR MEMBERSHIP WORKSHOP

A membership workshop for Daughters of the American Revolution, Green Mountain Boys Chapter, is from 1-3 p.m., Sept. 28 at the Universal City Library.

The DAR was founded in 1890 and is a non-profit, non-political volunteer women's service organization. Its mission is to promote patriotism, preserve American history and secure America's future through better education for children.

Membership is open to women 18 years and older able to trace their family back to an ancestor

who aided in achieving American Independence.

The workshop reservation deadline is Monday.

For details, call Mary Fletcher at 492-9414 or Jean Kanter at 497-2412.

### OCT. 1

#### FIRST SERGEANT SYMPOSIUM

Registration is underway for the Joint Base San Antonio-Lackland and JBSA-Fort Sam Houston Additional Duty First Sergeant Symposium Oct. 1-4 at Forbes Hall on the JBSA-Lackland Medina Training Annex.

The symposium is for prospective and current additional duty first sergeants. Attendees must coordinate with their first sergeant, group chief enlisted manager or command chief prior to registration.

For details, call Master Sgt. Jamie Williams at 671-5929.

To register, visit <https://invitations.afit.edu/inv/anim.cfm?i=165627&k=0367470F7950>. The registration deadline is Monday.

### OCT. 4

#### AARP DRIVER SAFETY PROGRAM

An AARP safe driver program is from 12:30-5 p.m. Oct. 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, by completing the class. Some insurance companies may offer driver discounts for class completion.

Call B.J. Laymon at 671-4208 between 1-6 p.m. Monday through Friday for details or registration.

#### PARENTS' PROGRAM CHANGED

Give Parents a Break/Parents' Night Off at the JBSA-Lackland Youth Center, kindergarten to age 12, and the Lackland Child Development Center, 6 weeks to age 5, has been moved to Oct. 4 from Oct. 18, 7-11 p.m.

The date is listed incorrectly in the September/October Spotlight magazine.

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

### OCT. 18

#### SECURITY FORCES MEMORIAL MARCH

Joint Base San Antonio Security Forces will honor fallen defenders with its fourth annual memorial road march Oct. 18 at JBSA-Camp Bullis'

"3 Bears" course.

Ruck weigh-in and T-shirt distribution begins at 5:30 a.m., followed by the memorial march at 6:30 a.m. The 4.5-mile event is open to individuals or teams of four.

Categories include light (hydration backpack) and heavy (ruck/backpack with 30 percent of an individual's body weight).

For information, contact Tech Sgt. Joseph Petruzzi at 295-7797.

### INFORMATIONAL

#### SUICIDE AWARENESS MONTH

September is Suicide Awareness Month, which emphasizes Air Force Instruction 1-1.

AFI 1-1, about being a good Wingman, means taking care of fellow Airmen, and taking action when signs of trouble are observed, especially in situations where Airmen appear as if they are about to make a poor decision, are in despair or show signs of hurting themselves or others.

Remember to ACE: Ask your Wingman, Care for your Wingman and Escort your Wingman.

For more information on suicide prevention, visit <http://www.wingmanonline.org>.

## CHAPEL SERVICES

### PROTESTANT

#### Freedom Chapel -Building 1528

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

#### Hope Chapel -Building 10338

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

#### Airmen Memorial Chapel -Building 5432

*Sunday*  
Liturgical Service 8 a.m.

### DENOMINATIONAL

#### BMT Reception Center -Building 7246

*Sunday*  
Church of Christ 7:30 a.m.

#### Gateway Chapel -Building 6300

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

#### Education Classroom -Building 5200 Room 108

*Sunday*  
Christian Science 7:30 a.m.

### ROMAN CATHOLIC

#### Freedom Chapel -Building 1528

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

#### Hope Chapel -Building 10338

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

### ORTHODOX CHRISTIAN

#### Airmen Memorial Chapel -Building 5432

*Sunday*  
Religious Education 8 a.m.

### WICCA

#### BMT Reception Center -Building 7246

*Sunday*  
Military Open Circle 12:30 p.m.

#### Freedom Chapel -Building 1528

*First Tuesday*  
Military Open Circle 6 p.m.

### JEWISH

#### Airmen Memorial Chapel -Building 5432

*Friday*  
Sabbath & Kiddush 4 p.m.

*Sunday*  
Religious Education 12:30 p.m.

### ISLAMIC

#### Global Ministry Center -Building 7452

*Friday*  
Jummah Prayer 1:15 p.m.

*Sunday*  
Religious Education 9 a.m.

#### BMT Reception Center -Building 7246

*Sunday*  
Buddhist 10 a.m.

#### Gateway Chapel -Building 6300

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

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

### OTHER FAITH GROUPS

#### THE CHURCH OF LATTER-DAY SAINTS

#### Hope Chapel -Building 10338

*Tuesday*  
Religious Education 6:30 p.m.

*Thursday*  
LDS Institute 6:30 p.m.

*Sunday*  
LDS Service 8 a.m.

## JBSA-LACKLAND

### KEY FAMILY SUPPORT RESOURCES

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

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

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

## UPCOMING

## CARDIO KICKBOXING

Work up a sweat during Cardio Kickboxing Mondays at 5:30 p.m. at the Medina Fitness Center. The class is recommended for all fitness levels. Cost is \$2 per class. Call 671-4477 for information.

## R.I.P.P.E.D

The Medina Fitness Center offers a total body, high intensity R.I.P.P.E.D class Wednesdays at 5:30 p.m. Cost is \$2 per class. Call 671-4477.

## BEGINNER'S BOXING

The Chaparral Fitness Center offers Beginner's Boxing at the Chaparral Fitness Center Mondays and Tuesdays from 6-8 p.m. Call 671-2401.

## WOMEN'S SELF DEFENSE

Build self-confidence, speed, power, agility, awareness and response in Women's Self Defense class Mondays and Wednesdays at the Chaparral Fitness Center. Class starts at 4:30 p.m. Call 671-2401.

## TOTAL BODY TONING

Get a full body workout during Total Body Toning class Mondays, Wednesdays, and Fridays at the Gillum Fitness Center. Class starts at 11:30 a.m. Call 977-2353 for details.

## WARHAWK FITNESS CENTER REOPENING

The Warhawk Fitness Center's entire facility, which includes family room, women's locker room and aerobic room, will reopen Oct. 7. The facility's cardio, weight rooms and men's locker are currently open for use. Call 671-2016.

## JBSA WOMEN'S VARSITY SOCCER

A newly formed Joint Base San Antonio Women's varsity soccer team is looking for players. The team is open to active duty, civilians, DoD cardholders and dependents from all three JBSA locations. Contact Airman 1st Class Karen Torres at 292-5103.

# Running evaluations reveal improper running and unnecessary injuries

By Alex Salinas

JBSA-Randolph Public Affairs

Recent gait analysis evaluations of 20 Airmen at the Joint Base San Antonio-Randolph Health and Wellness Center revealed a potentially large Air Force problem: incorrect running often goes unnoticed and can lead to fatigue, decreased performance and serious injury.

Karl Leonard, HAWC exercise physiologist, arrived at JBSA-Randolph in August and hit the ground running by analyzing and assessing walking and running forms of military members – a cost-free service to them and their dependents Leonard said few know about.

“My goal is to assess a handful of people a day and teach them proper running techniques, which they can share with others,” Leonard said. “An objective is for Airmen to run efficiently and injury-free so they can pass the physical training test and avoid unnecessary injuries and surgeries.”

Improper running form, most commonly identified as heels striking the ground first, can create a “kinetic chain of events that radiate from the feet up the body,” meaning the knees and back are at risk for damage, Leonard said.

“The majority of people we’ve seen are bad runners, and they’re in shape too,” Leonard said. “This is important for our young Airmen, especially those coming out of basic training, who may be put on profile (limiting or prohibiting physical activity) from improper running.”

When improper running persists for long periods, “the body will only tolerate so much the older we get,” Leonard said.

Master Sgt. Brenda Greer from Air Education and Training Command, who’s been

on profile for seven years since she’s been at JBSA-Randolph, was evaluated by the HAWC Sept. 4.

Based on a customer satisfaction survey response, Greer discussed her gait evaluation.

“The information provided was new and relevant,” she said. “I prefer to be shown how to improve my technique rather than be told I cannot perform an activity.”

Greer underwent plantar fasciitis surgery, but said she “could have graduated off of a profile and remained physically limited” had she addressed her improper running years prior.

What Leonard hopes to achieve is a mindset shift from running as fast and far as possible to running the right way.

Senior Airman Jessica Aulenbacher, Air Force Personnel Center Air Force training quota manager, who runs five to six miles every other day and up to eight miles on the weekends, ran into a health issue shortly before summer began.

She ran until one day she could barely walk due to pain in her right foot.

“I was really stubborn about the pain at first,” Aulenbacher said. “When I had my foot examined by a doctor, I learned I was tearing microfibers in my Achilles tendon. I had to completely stop running for two weeks and was close to being put on profile.”

She pleaded not to be put on profile in order to continue physical activity – something she loves to do.

“Before the injury, I was more concerned with distance and pace than running mechanics,” Aulenbacher said. “Now I’m thinking about how I run differently.”

Leonard’s self-described motto is “prehab before rehab” – practicing correct running before pain strikes – “which can start as simple tendonitis and then lead

to larger issues like meniscus tears, arthritis and disc herniation in the back,” he said.

An ideal running form is landing on the ball of the foot with a slightly forward lean at a pace of 180 beats per minute, Leonard said.

“At this cadence, stride length is shortened,” he added. “A metronome can help reinforce this quick cadence and landing on the balls of your feet.”

A tell-tale sign of erroneous running is loud foot strikes.

“Runners should not be heard,” Leonard said. “Running should sound like ‘tap, tap, tap,’ not ‘thud, thud, thud.’”

Footwear plays a major role in how people run, Leonard said.

“The majority of shoes in the market have elevated heel lifts, which cause the person to land on the heel,” Leonard said. “The flatter the shoe is the better.”

By correctly altering running form, people usually experience sore calves, Leonard said, but that’s OK because they are conserving energy in the long run.

During an Air Force study while at Altus Air Force Base, Okla., Leonard discovered Airmen who participated in a running program that evaluated their gait and educated them on effective running shaved two minutes off their PT test.

Real-world results in the form of injury prevention, improved performance and better runners are what Leonard plans to bring to the JBSA community.

The HAWC is scheduled to host a running clinic Oct. 30.

Initial gait evaluation appointments at the HAWC last about an hour.

For more information or to set an appointment, call the HAWC at 652-2300. Appointments via email may be made at karl.leonard@us.af.mil.



# FOSTER A PUPPY

The Department of Defense Dog Breeding Program needs families to foster puppies for three months.

**Potential foster families need:**

- time and patience to raise a puppy age 12 weeks to six months
- a stimulating and safe home environment
- a desire to help raise a military working dog

**Call 671-3686**



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