

LACKLAND

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TALESPINNER



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Photo by Staff Sgt. Jonathan Snyder, 3rd Combat Camera Squadron

Staff Sgt. Stephaun McKinley, right, encourages his teammates Gregory Adams, left, and Chad Jureczek, top, during the Rescue Athlete training clinic Aug. 23 at Joint Base San Antonio-Lackland. See photo story, Page 6.

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ONLINE | <http://www.jbsa.af.mil>

Lackland ISD achieves high marks on STAAR exam



By Jose T. Garza III
JBSA-Lackland Public Affairs

Lackland Independent School District is the only school district in Bexar County to have all its schools receive distinction designations from the Texas Education Agency based on their performance on the 2012-2013 State of Texas Assessments of Academic Readiness exam.

Lackland Elementary School and Stacey Junior/Senior High School earned designations in student achievement, student progress and closing the achievement gap. Stacey also earned a designation in post-secondary readiness.

Lackland ISD Superintendent Bernie Roper was pleasantly surprised that his

schools surpassed TEA's Met Standards, the performance criteria that the state uses to measure schools' performances on the first year the test went into effect.

The superintendent credits the teachers for their dedication to helping students succeed.

Roper said teachers followed the Texas Essential Knowledge and Skills curriculum to prepare students for the STAAR. If students do not perform well on a subject's assessment test, teachers would re-educate students on the subject. At the high school level, students are required to attend a learning lab if they did not perform well on a subject's assessment test.

"I have to have great teachers in the classroom in order for good instruction to take place," Roper said. "I have excellent principals, leaders of the campuses, and instructional leaders, who are there to serve as a resource for teachers to provide them what they need so they can be successful."

While he is proud of the students' performances on the STAAR, Roper said he

does not try to be concerned about test scores. He would rather focus on preparing students for their future.

"(Students) have to prepare for a future differently than the one I had to prepare for," Roper said. "We have to prepare children for a future where jobs don't even exist yet. What I'm stressing with my faculty is that we have to prepare kids on how to be critical thinkers and how to collaborate and work with people because rarely these days' do students work individually."

"They usually work in teams so they have to know how to communicate effectively with people and how to communicate ideas effectively."

To keep students engaged in learning, Roper said the district sends teachers to a project-based learning seminar.

He also advises instructors to make their lessons exciting and interesting so students will stay engaged.

"We don't want to just teach students facts because then it goes into one ear and out the other," Roper said.

BAMC staff offers comfort, final memento to families

By Elaine Sanchez
Brooke Army Medical Center Public Affairs

Amy Beyer cradles a tiny plaster model of an infant's hand in her palm, gently sanding each crease, wrinkle and fingernail. After several moments, she takes a step back to survey her work, tilting her head and squinting slightly as she hunts for imperfections.

"They'll like this," she said at last with a sigh of relief, referring to parents who had lost their baby just weeks prior.

Beyer, a social worker in the neonatal intensive care unit, spends hours each month meticulously crafting 3-D models of hands, feet and even faces in the hopes of bringing a measure of comfort to family members who have lost a child at San Antonio Military Medical Center.

"We do this to preserve memories for families, and to show them that we care deeply about them in their time of loss," she said.

Beyer first learned of the program while working for the NICU at (then-)Wilford Hall Medical Center in 2007. When the department moved to SAMMC in 2011, Beyer and a former co-worker, Air Force Capt. Crystal



Photo by Robert Shields

Social worker Amy Beyer displays a model of an infant's foot in the neonatal intensive care unit at San Antonio Military Medical Center. Beyer creates these models to bring comfort to families who have lost a child.

Gomez, sought to keep the program's momentum going here.

Since that time, Beyer, along with a hand-

ful of other staff members, has painstakingly created hundreds of these models – from impressions to pouring plaster to sanding and glazing – for babies who are born as early as 20 weeks gestation and teens up to age 17.

Always striving for more lifelike perfection, she has painted fingernails a perfectly matched shade of red, carefully captured the nuances of a cherished ring or the individual curve of a tiny toenail.

"For the occasional newborns who are unable to survive their illness, our focus and purpose as care providers shifts from the baby to helping the family through the painful loss of their child," explained Air Force Lt. Col. Daniel Dirnberger, chief and director of Neonatal Medicine Services at SAMMC.

"Having a tangible three-dimensional replica of their baby's hands and feet gives them something that photos can never satisfy," he said. "They can touch and hold their baby's hand, and it keeps their connection tangible and real."

To broaden the scope of the program, Beyer has partnered with the Department

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

See MEMENTO Page 12

NEWS IN BRIEF

Compiled by Mike Joseph, JBSA-Lackland Public Affairs

WEDNESDAY

9/11 MEMORIAL OBSERVANCE

A 9/11 memorial observance is 9 a.m., Wednesday, at the San Antonio 9/11 Memorial.

The San Antonio 9/11 Memorial is located east of JBSA-Lackland on the U.S. Hwy. 90 access road, adjacent to the campus of New Life Christian Center.

Retired Air Force Col. Thomas C. Carter will be the guest speaker for the event, which also includes a wreath laying ceremony. For more information, call Peter Onofre or Mariann Durbin at 675-4023.

INFORMATIONAL

FLU SHOTS AVAILABLE AT WHASC

The flu vaccine is available at the Wilford Hall Ambulatory Surgical Center atrium. Flu vaccinations are mandatory for all active-duty members and all hospital employees. The shots will be administered from 7:30 a.m. to 4 p.m., Mondays, Tuesdays, Wednesdays and Fridays; and 7:30 a.m. to 3 p.m., Thursdays.

The Immunizations Clinic is closed weekends, federal holidays and family days. For more details, 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 more 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.

Air Force Sergeants Association conferences encourages, informs

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

The strength and impact of the non-commissioned officers corps was the theme for the night as Acting Secretary of the Air Force Eric Fanning served as the keynote speaker for the Air Force Sergeants Association Convention and Professional Airmen's Conference banquet Aug. 28 in San Antonio.

Several guests of honor attended the annual event, including Gen. Phillip Breedlove, commander, U.S. European Command and NATO Supreme Allied Commander Europe, Chief Master Sgt. of the Air Force James A. Cody, and Cody Etchburger, son of the late Chief Master Sgt. William Etchburger who posthumously received the Medal of Honor recently, and several former chief master sergeants of the Air Force.



Photos by Senior Airman DeAndre Curtiss
Acting Secretary of the Air Force Eric Fanning speaks to the audience of the 2013 Air Force Sergeants Association Professional Airmen's Conference and International Convention at the Grand Hyatt in San Antonio Aug. 28. Fanning was the guest speaker at the Air Force banquet and spoke about his experiences while he's been the acting SecAF.

Fanning spoke about the necessity of AFSA to help senior leaders understand the scope of their decisions about Airmen. As the former deputy undersecretary of the Navy/deputy chief management officer, he expressed his excitement about being part of the Air Force and constantly learning about the complex global missions supported by Airmen every day.

"The Air Force offers something that no other service does," Fanning said.



Chief Master Sgt. of the Air Force James A. Cody speaks to the audience during the 2013 Air Force Sergeants Association Professional Airmen's Conference and International Convention at the Grand Hyatt in San Antonio Aug. 28.

"[General Welsh] talks about global reach, global power and global vigilance. To me that means, if you move, we will see you. If you hide, we will find you. And if you deserve it, we will punish you. We give the president the ability to hold targets at risk, all over the world, 24/7. No other service can do that."

Before handing out the Chief Master Sergeant of the Air Force Awards, Cody spoke on the accomplishments of each of the Airmen in attendance, conveying his thanks to them for carrying on the legacy of the Air Force and their resilience and dedication to duty.

"(Airmen should know) how inspiring the men and women, our Airmen, are to your Air Force leadership," he said. "Your attributes, work ethic and commitment to service that each and every one of you display every day gives us without question, no matter what happens in the future, the confidence to know that we're in the world's greatest Air Force."

In following with the AFSA tradition of recognizing outstanding military leaders, Breedlove, the EUCOM commander, received the Excellence in Military Leadership Award for his outstanding commitment to improve the quality of life for the Air Force community at a strategic level during uncertain economic times.

In its 52nd year of operation, AFSA strives to represent the professional and personal interests of all Airmen and their families. According to the AFSA

website, to do this, AFSA leaders work with the Department of Veterans Affairs and the White House to help pass legislation to benefit members of the armed forces, and when needed, to fight laws that may problematically affect them.

As the conference came to a close, the acting secretary praised the NCO corps on being the backbone of the military stating "we are what we are as a military and an Air Force because of our NCO corps — we couldn't do it without you." Looking forward to the force reduction stemming from sequestration, Fanning told attendees, "there are great uncertainties ... but there is one thing I do not doubt and that's the [Air Force's] NCO corps."



The 2013 San Antonio Air Force Ball will take place Sept. 20 at the Grand Hyatt, 600 E. Market Street in downtown San Antonio. Social hour begins at 6 p.m., the event starts at 7 p.m. Military dress is mess dress or semi-formal attire. Civilians dress is formal or black tie.

Hosting the event is Lt. Gen. James Holmes, vice commander, Air Education and Training Command. Retired Maj. Gen. Alfred Flowers is the guest speaker.

Tickets are \$40 and can be purchased online at <http://2013afball.ecwid.com/>. A \$1.50 surcharge per ticket will be added.

For cash payments, airmen through Tech. Sgt., contact Tech. Sgt. Araceli Alarcon, 671-3506. Top 3 contact either Master Sgt. Fordham Terrill, 977-5839 or Master Sgt. Anthony Foremeski, 977-5416. Officers contact 1st Lt. Sara-Grace Ramos, 671-6706.

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

San Antonio Metropolitan Planning Organization conducts 'Mobility 2040' public meetings

By Joint Base San Antonio Public Affairs

The San Antonio and Bexar County Metropolitan Planning Organization will hold eight public meetings Sept. 23 through Oct. 3 to get input on their 25-year metropolitan transportation plan.

According to MPO, the San Antonio metro area population is expected to grow by 1.5 million people by 2040 bringing the area population to approximately 3.4 million people. The 'Mobility 2040' plan will provide a vision and goals to meet the needs of the metropolitan area's transportation system going forward from 2015 through 2040. San Antonio and Bexar County residents are encouraged to attend a meeting in their area where they will be asked to review and provide input on this plan.

Meetings by area are scheduled as follows:



- Northeast Meeting – 6-8 p.m., Sept. 23 at Woodlake Hills Middle School, 6625 Woodlake Parkway, San Antonio, Texas.
- Northwest Meeting – 6-8 p.m., Sept. 24 at Leon Valley Community Center, 6421 Evers Road, Leon Valley, Texas
- Southwest Meeting – 6-8 p.m., Sept. 25 at Indian Creek Elementary School, 5830 Pearsall Road, San Antonio, Texas
- Southeast Meeting – 6-8 p.m., Sept. 26 at Highland Hills Elementary School, 734 Glamis Ave, San Antonio, Texas
- Central Meeting – 9 to 11 a.m.,

Sept. 28 at VIA Community Room, 1021 San Pedro Ave, San Antonio, Texas

- Seguin Meeting – 6 to 8 p.m., Oct. 1 at Seguin – Guadalupe County Coliseum, 950 S. Austin St., Seguin, Texas.

- New Braunfels Meeting– 6 to 8 p.m., Oct. 2 at New Braunfels Civic Center, 375 S Castell Ave, New Braunfels, Texas

- Boerne Meeting – 6 to 8 p.m., Oct. 3 at Boerne Civic Center, 820 Adler Road, Boerne, Texas

Public comments can also be made online at <http://www.mobility2040.org>.

MPO meetings are accessible to persons with disabilities. To request special assistance or an interpreter, please call 227-8651 or TDD 1-800-735-2989 (Relay Texas) at least five working days in advance.

For additional information, call 227-8651.

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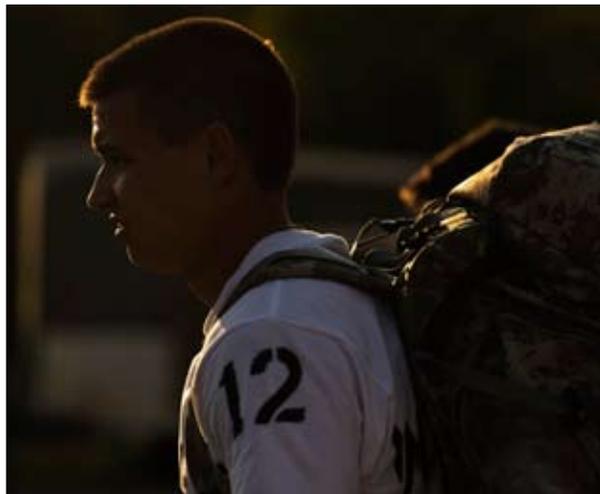
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Staff Sgt. Stephaun McKinley treads water during the Rescue Athlete training clinic Aug. 23 at Joint Base San Antonio-Lackland.



Ethan Weltens prepares for a ruck run during the Rescue Athlete training clinic Aug. 24 at Joint Base San Antonio.



Staff Sgt. Stephaun McKinley swims laps during the Rescue Athlete training clinic Aug. 23 at Joint Base San Antonio-Lackland. McKinley participates in this 36-hour training clinic to help achieve his goal of cross training from security forces into the Combat Control team career field.



Jake Jones swims during the water confidence portion of the Rescue Athlete training clinic Aug. 24 at Joint Base San Antonio-Lackland.

PUT TO THE TEST

JBSA-Lackland Rescue Athlete clinic

Photos by Staff Sgt. Jonathan Snyder,
3rd Combat Camera Squadron

Military members and civilians wanting to become battlefield Airmen took part in a 36-hour Rescue Athlete training clinic in August at Joint Base San Antonio-Lackland. The clinic tests physical and psychological performance through proven battle-tested methods preparing participants for the Air Force special operations 9-week indoctrination course. The clinic is designed and taught by current special operators.



Steven McDonald, left, and Travis Taylor, right, practice buddy breathing during water confidence portion of the Rescue Athlete training clinic Aug. 24 at Joint Base San Antonio-Lackland.



Chief Master Sgt. Doug Isaacks, Pararescue Indoctrination Course commandant, instructs participants on proper buddy breathing during the water confidence portion of the Rescue Athlete training clinic Aug. 24 at Joint Base San Antonio-Lackland.



Steven McDonald (center) low crawls through a creek during Rescue Athlete training Aug. 24 at Joint Base San Antonio-Lackland. Individuals participating in RA clinic prepare themselves for the rigors of the Air Force special operations 9-week indoctrination course.



Travis Taylor does pushups with his teammates during Rescue Athlete training clinic Aug. 24 at Joint Base San Antonio-Lackland. The RA clinic tests the physical and psychological performance of each participant through proven battle tested methods.

'Nothing in the world is worth suicide... no matter how bad it is'

By L.A. Shively
JBSA-FSH Public Affairs

When Staff Sgt. John Martinez got the call "Shots fired!" he and a fellow private first class responded instantly.

What they found when they arrived at the barracks was gruesome. A Soldier had fired a bullet into his skull and was lying in a pool of blood, moving and gurgling, his body still trying to breathe as they entered his room.

"You could taste the blood as soon as you walked in – there was so much. Have you ever put a penny in your mouth? It tastes like – that," Martinez said darkly, remembering the ghastly scene.

The pair of Fort Polk, La., military police immediately began giving first aid to the Soldier, securing his weapon and searching for brass casings and other evidence. The search led to a set of dog tags on a bureau.

Until he read the dog tags, Martinez did not know the injured soldier was a coworker and a buddy.

"I looked at the dog tags and – holy crap."

Martinez said he suddenly became paralyzed and could not focus, his mind filled with scores of questions: What happened? When? How did it happen? Why? Why?

Last year was a record year with military officials reporting 516 suicides across the services. The Army also set a record with 325 suicides, nearly two-thirds of the total. From 2000 to 2010, Joint Base San Antonio-Lackland reported 20 suicides, while JBSA-Randolph reported one. Officials reported a total of 18 suicides from 2006 to 2012 at JBSA-Fort Sam Houston.

An increase in military suicides

over the last decade does coincide with escalated operational tempo, according to a 2010 Defense Department task force report on suicide prevention. But the report also identified a multitude of contributing factors such as relationship issues, substance abuse, financial setbacks and other physical, mental and spiritual stressors.

Although a failed relationship is most often cited as the reason for suicidal thinking, no single explanation can account for all self-destructive acts, explained Army Lt. Col. (Dr.) Marshall Smith, deputy chief, Department of Behavioral Medicine, Brooke Army Medical Center.

The doctor said that suicidal thinking begins as a person weighs the options available to him or her in order to deal with a situation while looking for a final solution to stop the pain, or resolve circumstances that seem impossible to work out.

Suicidal thinking can also be associated with mental illness, depression, or post-traumatic stress disorder that, once those conditions are treated, will often go away, Smith said.

"Even the toughest individual can experience the kind of thinking that might lead to suicide," he said.

"A suicidal frame of mind includes thoughts like, 'No matter what I do, it won't get me past this point in my life; so I might as well end it,'" said Lisa Martinez, Suicide Prevention Program manager at JBSA-Fort Sam Houston. Lisa Martinez is married to Staff Sgt. Martinez.

Mrs. Martinez also explained that suicidal thinking may lead to

the faulty belief that taking one's life helps family and friends, or that others will not be affected. That is not the case she said.

The Soldier who shot himself did not make it and her husband was profoundly affected. The sergeant felt tremendous guilt and blamed himself for not seeing the signs.

"It was very personal at that point. There was no way (Martinez) could keep it from his own psyche," explained Army Chaplain (Maj.) George Hammil. "Guilt is pretty common in this situation and can be overwhelming, whether it is necessary or not. It can be consuming."

After his tour at Fort Polk, Martinez was deployed to Afghanistan where he received indirect fire and sustained a concussion.

He finished the deployment and accepted an assignment at JBSA-Lackland where Martinez began to experience irritability, unrestrained anger and intense headaches. He also began having nightmares that had nothing to do with combat.

"My dreams were about my daughters always getting hurt, falling down stairs, breaking their heads open," said Martinez, a Bronze Star recipient who served multiple deployments in Iraq as well as Afghanistan.

He couldn't make sense of his dreams and his mood swings began to affect his family life. Often, he would be in a good mood when something set him off.

"It's like a light switch," Martinez said, snapping his fingers. "I become a totally different person right then and there and blow up. We had a dog – I was a dog lover, but now I hate dogs. I can cause harm to a dog. That's why we got rid of the family dog."

The military police Soldier decided to seek therapy and doctors at JBSA-Lackland finally put the puzzle together.

Along with combat-related traumatic brain injury, Martinez was diagnosed with PTSD as a result of the Fort Polk Soldier's suicide. His dreams were a product of the shock of finding his buddy with a self-inflicted gunshot wound to the head.

"My deployments and my injury

downrange didn't bother me. I know that's part of combat, but it's not supposed to happen at home. I can't get rid of that horrific, disturbing image in the barracks," Martinez said.

"When he was dealing with the issues himself, it wore him down. After he reached out, he got that relief and felt stronger," Mrs. Martinez said.

The therapeutic benefit of reaching out to others has clinical support, Hammil said. He explained that the brain deals with trauma differently, storing those memories, usually in raw form complete with smells, strong feelings and physical

sensations in an area that is disassociated with everyday functions.

Speaking with others and sharing in a safe and caring environment such as with a counselor, chaplain, friend, or family member can bring about healing, a sort of touching or knocking on that painful place where traumatic memories are stored.

Healing reconnects disassociated memories and allows both sides of the brain to function together as one entity again, Hammil explained.

"It actually feels good in the group therapies," Martinez said.

Some warning signs a person may be considering suicide

(Courtesy various sources)

- Talking about wanting to die or to kill oneself.
- Looking for a way to kill oneself such as searching online or buying a gun.
- Feeling hopeless or having no reason to live.
- Feeling trapped or in unbearable pain.
- Talking about being a burden to others.
- Increasing use of alcohol or drugs.
- Acting anxious or agitated; behaving recklessly.
- Sleeping too little or too much.
- Withdrawing or isolating oneself.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

RESOURCES

• **JBSA Links**
<http://www.jbsa.af.mil/library/resiliency/>

• **Army Substance Abuse Program**
Call 295-6345
<http://www.acsap.army.mil/ss0/pages/public/get-help/soldiers-cr.jsp>

• **Military Crisis Line**
Call 1-800-273-TALK (8255)
<http://www.veteranscrisisline.net/ActiveDuty.aspx>

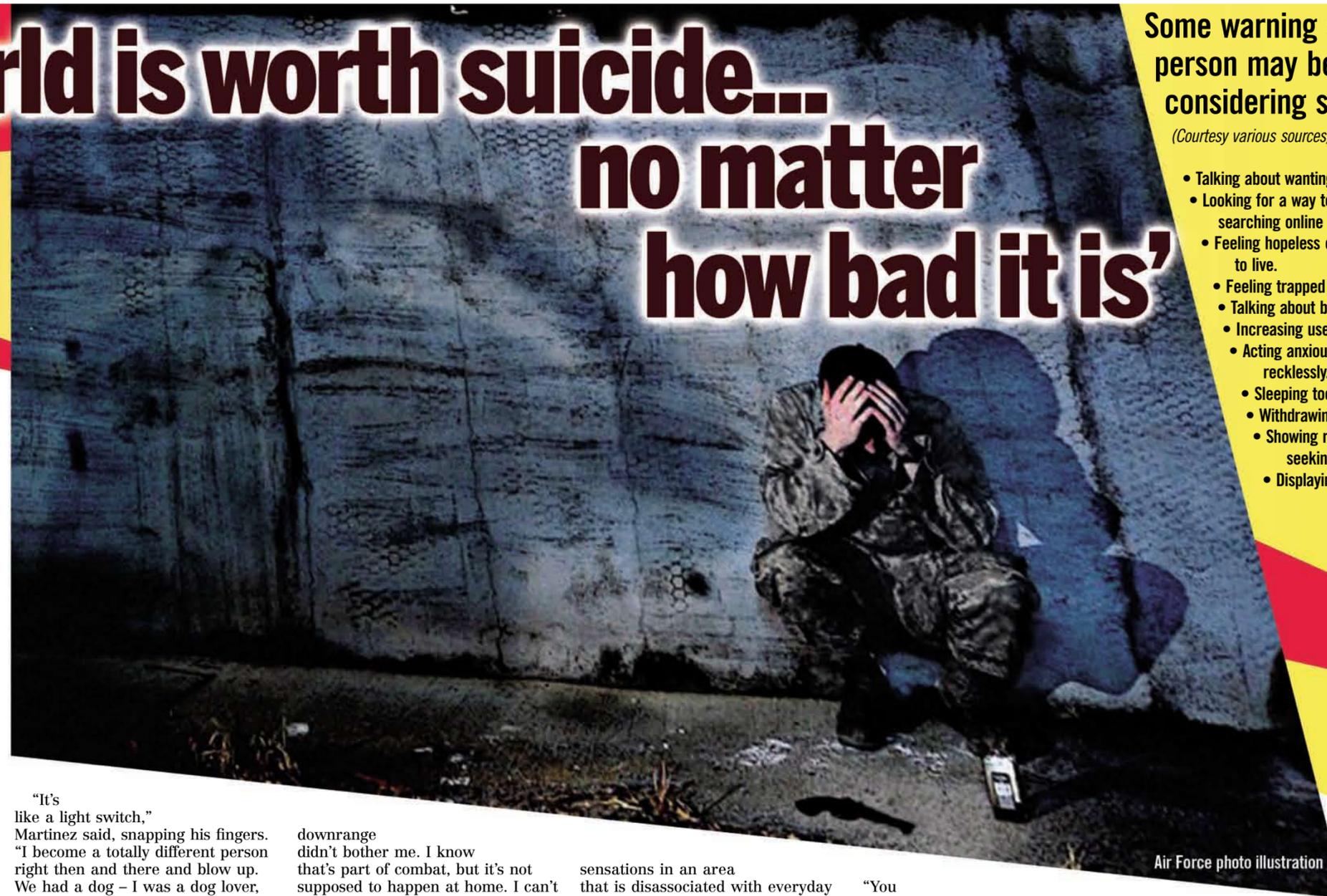
• **Military One Source**
Call 1-800-342-9647
<http://www.militaryonesource.mil/>

• **National Suicide Prevention**
Call 1-800-273-8255
<http://www.suicidepreventionlifeline.org/>

• **After Deployment**
Call 1-866-966-1020
<http://www.afterdeployment.org/>

• **Real Warriors + Real Battles**
Call 1-866-966-1020
<http://www.realwarriors.net/>

• **Chaplains' Offices**
JBSA-Fort Sam Houston 221-5007
JBSA-Lackland 671-5842
JBSA-Randolph 652-4376



Air Force photo illustration

and what time it is at. I don't need to know what the appointment is for," Martinez said.

"Reaching out showed his Soldiers and subordinates that it was OK to seek help," Mrs. Martinez said.

Martinez feels he has recovered from the trauma he experienced as a first responder to his buddy's suicide, but he will never forget it.

"There are things that remind me of that individual – a first name, the

car he drove, a graphic movie with somebody getting their head shot."

Nothing in the world is worth suicide. No matter how bad it is," Martinez stressed. "Even if you're in trouble or you know you're going to get so many years in prison, killing yourself is not worth it."

(Editor's note: September is National Suicide Prevention Month.)

FROM MEMENTO Page 2

of Maxillofacial Prosthetics at SAMMC, a department skilled at making impressions and crafting models. They will assist with making the models using dental stone, a harder, more durable material than plaster and will offer a wider range of options, including blue and pink models, explained Air Force Col. Alan Sutton, director of maxillofacial prosthetics.

“This collaboration will improve the quality and durability of our keepsakes, and will help us help our families that much more,” Dirnberger said. “This is one way that Ms. Beyer takes our perinatal loss program beyond what I see anywhere else in San Antonio and throughout the Defense Department.”

For Beyer, the hours of meticulous work melt away when she sees the gratitude in a family member’s eyes – mixed emotions of sadness and joy. “They hold the hand or foot for the first time and point out the little creases or the toenails, and they are so happy to have something of their baby,” she said.

Beyer recalls one Mom, Nikki Pinto, whose son, Matteo, passed away here when he was 51/2 months old. She created handprints, along with multiple 3-D models of his hands and feet – enough to pass on to parents, grandparents and in-laws.

Pinto said she treasures her models, proudly displaying them in her curio cabinet. “I love my pictures of Matteo, but these models are something tangible I can touch and cherish,” she said. “The detail is amazing;

every wrinkle and fingernail is perfect.

“To know that his foot or hand touched the mold ... it’s priceless,” she added. “It’s so much more than just a picture – it’s a piece of him.”

Beyer said another mom was speechless for several moments as she examined the models while sitting on a hospital bed in the NICU. “That’s my baby,” she finally said, tears streaming down her cheeks.

“Soon we were all crying and hugging, and I knew we had made a world of difference,” Beyer said. “We had given her something tangible of her baby to take home.

“These models aren’t a big gift -- they’re not expensive and take just a few hours to make,” she said. “But they will live on for these families for years to come.”

AROUND JBSA

Photo by Annette Janetzke, Defense Language Institute

Colombian army Brig. Gen. Mario Augusto Valencia Valencia, Task Force Pegasus commander, is greeted by U.S. Air Force Lt. Col. Hector Gonzalez, commander of the International Operations Squadron at the Defense Language Institute at Joint Base San Antonio-Lackland Aug. 26. Valencia arrived on the DLI campus with approximately 62 Colombian army war college students. During this annual visit, the visitors received the DLI mission brief in Spanish by Nate Wolfson, general English supervisor, and toured the DLI campus.

BMT HONORS

Congratulations to the following 43 Airmen for earning honor graduate status among the 437 Air Force basic military trainees graduating today:

320th Training Squadron*-Flight 539*

Jameson Baehler
Jason Clever
Eric Contreras
Cheyne Hansen
Michael Hentz
Douglas Peterson

-Flight 540

Kellie Clark
Jessica Eloja
Kathrine Geary
Estrella Rodriguez
Katherine Steel
Angel Thornton

Jordyn Whiteaker

322nd Training Squadron*-Flight 537*

Michael Batson
Matthew Harrison
Joshua Hines
Thabit Jubran
Esteban A. Miranda
Ryan M. Parker
Grant A. Saylor-Perkins

-Flight 538

Jacob Laflash
Jacob Mickelson
Eric Smith
Christopher Wilkie Jr.
Derrick Young

323rd Training Squadron*-Flight 541*

Alan Mccutcheon
Kyle Saunders

-Flight 542

Collin Bourque
Ethan Bozgoz
Jeremy Dubeck
Anthony Holmes
Kenneth Mcdougall
Maxwell Meyer
Tyrone Scott
Javier Villalba

326th Training Squadron*-Flight 543*

Noah Barton
Nathan Clapper
Taylor Moore
Christian Ostrander
David Waligora

-Flight 544

Sarah Dana
Myrissa Fulgione
Maryann Tran

Top BMT Airman

Eric Smith
322nd TRS, Flight 538

Most Physically Fit*-Male Airmen*

Deamontee Cawley
323rd TRS, Flight 542
Logan Carlson
322nd TRS, Flight 537
Forrest Carle
323rd TRS, Flight 542
Jacob Collins
320nd TRS, Flight 539

-Female Airmen

Jesse Reese
320th TRS, Flight 540
Krystal Broady
320th TRS, Flight 540
Myrissa Fulgione
326th TRS, Flight 544

Jimbell Gray

320th TRS, Flight 540

-Male Flights

322nd TRS, Flight 537
323rd TRS, Flight 541
323rd TRS, Flight 542
320th TRS, Flight 539
322nd TRS, Flight 538
326th TRS, Flight 543

-Female Flights

320th TRS, Flight 540
326th TRS, Flight 544

Top Academic Flights

323rd TRS, Flight 542
322nd TRS, Flight 538
323rd TRS, Flight 541
320th TRS, Flight 539
320th TRS, Flight 540
322nd TRS, Flight 537
326th TRS, Flight 543
326th TRS, Flight 544

**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:

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

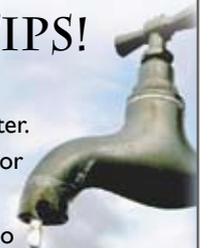
502nd Mission Support Group:
Manny Henning, 221-1844
Alternate: Duane Dunkley, 221-2207

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

WATER CONSERVATION TIPS!

- » When washing dishes by hand, don't let the water run while rinsing. Fill one sink with wash water and the other with rinse water.
- » Evaporative coolers require a seasonal maintenance checkup. For more efficient cooling, check your evaporative cooler annually.
- » Check your sprinkler system frequently and adjust sprinklers so only your lawn is watered and not the house, sidewalk, or street.
- » Run your washing machine and dishwasher only when they are full and you could save 1,000 gallons a month.
- » Avoid planting turf in areas that are hard to water such as steep inclines and isolated strips along sidewalks and driveways.

**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**

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.

MONDAY

- ▶ Spouse career days, 8:30 a.m. to 2:30 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.
- ▶ AMVETS national service officer available by appointment only. For additional information, call 773-354-6131 for details.

TUESDAY

- ▶ Spouse career days, 8:30 a.m. to 2:30 p.m.
- ▶ Pre-separation briefing, mandatory for all members retiring, pre-registration required, 9 a.m. to noon.
- ▶ AMVETS national service officer available by appointment only.

For additional information, call 773-354-6131.

WEDNESDAY

- ▶ Newcomer's orientation briefing, mandatory for personnel new to JBSA-Lackland, Gateway Club, 8 a.m. to 2:30 p.m.
- ▶ Understanding the Veterans Administration claims process, 10 a.m. to noon.
- ▶ AMVETS national service officer available by appointment only. For additional information, call 773-354-6131.

THURSDAY

- ▶ Pre-separation briefing, mandatory for all members separating voluntarily, pre-registration required, 9 a.m. to noon.
- ▶ Federal employment process by the Office of Personnel Management, 1-4:30 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. 13

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

- ▶ Consumer awareness seminar on planning, saving and budgeting taught by the Better Business Bureau, 10 a.m. to noon.

SEPT. 16

- ▶ 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 assign-

ments, 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 additional information, call 773-354-6131.

SEPT. 17

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

SEPT. 18

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

Monthly Meetings

ENLISTED SPOUSES' CLUB

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

OFFICERS' SPOUSES' CLUB

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

MILITARY COUNCIL OF CATHOLIC WOMEN

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

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

Compiled by Mike Joseph,
JBSA-Lackland Public Affairs

LOCAL BRIEFS

Compiled by Mike Joseph, JBSA-Lackland Public Affairs

MONDAY

SPEED MENTORING FOR AIRMEN

Speed mentoring designed for airmen basic to senior airmen is from 9-11 a.m., Monday, at the Robert D. Gaylor NCO Academy.

The mentoring session features subject matter experts in areas of professional development. Topics include special duty, promotions, retraining, off-duty education, commissioning opportunities and enlisted force structure. Breakfast is provided.

For details or reservations, call Tech. Sgt. Martin Venegas at 671-3766.

NEW LEGAL OFFICE HOURS

The Joint Base San Antonio-Lackland Legal Assistance Office begins new hours of operation Monday.

The new hours are: Monday, Tuesday, Thursday and Friday, 8:30 a.m. to 3:30 p.m.; Wednesday, 8:30 a.m. to 12:30 p.m.; and closed Wednesday afternoon for training.

Other service hours include: walk-in assistance, Monday through Thursday, 8:30-9:30 a.m.; notary and

power of attorney services, Monday, Tuesday, Thursday and Friday, 8:30 a.m. to 3 p.m.; and Wednesday, 8:30 a.m. to 12:30 p.m.

For more information, call 671-3362.

TUESDAY

MUNITIONS MANAGEMENT FLIGHT CLOSURE

The 802nd Logistics Readiness Squadron flight begins its semianual closure for stock record account inventory Tuesday. The flight closure runs through Sept. 24.

Only justified emergency issue requests submitted in writing and approved by a group commander or equivalent will be accepted during the shut down.

Call 671-9030/4265 or email FV3047.Lackland@us.af.mil.

SISTERS IN CHRIST KICKOFF

The Joint Base San Antonio Sisters in Christ fall kickoff is from 6-8 p.m., Tuesday, at Freedom Chapel.

The event includes preregistration for morning and evening Bible studies and a light meal.

WEDNESDAY

SAXOPHONE QUARTET PERFORMANCE

The Air Force Band of the West's

Horizons Saxophone Quartet will give a free performance at 2 p.m., Wednesday, in the San Antonio Memorial Branch Library, 3222 Culebra Road.

Call Rhonda Davila at 207-9144 or visit <http://www.bandofthewest.af.mil>.

AWANA CLUBS REGISTRATION

Registration is underway for AWANA Clubs at Freedom Chapel, which begins Wednesday.

The clubs are divided into six groups: Puggles, 2-year-olds; Cubbies, 3 and 4 year olds; Sparks, 5 to 7 year olds; Truth and Telling, 8 to 11 year olds; Trek, 12 and 13 year olds; and Journey, 14 to 17 year olds.

Meetings are from 6-8 p.m. Wednesdays at Freedom Chapel, and run Sept. 11 through May 2014. Background checks will be run and extensive training is provided for all volunteers. Contact Rev. Beth Key at 671-4208.

SEPT. 14

MONTHLY THRIFT SHOP SALE

The Lackland Thrift Shop's monthly \$5 bag sale is 10 a.m. to 2p.m., Sept. 14, at One Stop, Building 5460. Proceeds from all

thrift shop sales support scholarships for military dependents and military-connected organizations at JBSA-Lackland.

For more information, call 671-3608.

SEPT. 16

FLIGHT RECORDS OFFICE HOURS

The Aviation Resource Management Office (flight records) will only accept emergency walk-ins from 7:30-9 a.m., Monday through Friday, beginning Sept. 16.

To schedule an appointment between 9 a.m. to 4 p.m., Monday through Friday, call 925-6913/6911.

SEPT. 17

DIMENSIONS IN BLUE PERFORMANCE

The Air Force Band of the West's Dimensions in Blue Jazz Ensemble will perform free at 6:15 p.m. and 7:20 p.m., Sept. 17, in Travis Park for Jazz 'S'Alive.

The park is located at the corner of Pecan and Navarro Streets.

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

SEPT. 18

JOINT PROFESSIONAL DEVELOPMENT

The Security Hill 5/6 at Joint Base

San Antonio-Lackland will sponsor a joint professional development seminar for junior enlisted military members in all services from 8 a.m. to 12:30 p.m. Sept. 18 at Mitchell Hall.

The class focuses on working in a joint environment, inter-service communications and service related cultural differences. Register online at <http://go.usa.gov/DcBF>. The registration deadline is Sept. 13. For more details, contact Tech. Sgt. Tamisha Rutledge at 395-0131 or Tech. Sgt. Jason Gaddis at 969-4278.

INFORMATIONAL

WHASC E-HEALTH GUIDE ONLINE

The Wilford Hall Ambulatory Surgical Center e-Health Guide is available online at <http://www.whasc.af.mil/shared/media/document/AFD-130827-039.pdf>.

The new guide for military beneficiaries is a source for information on a variety of military health care services and online resources. It includes TRICARE, MiCare and RelayHealth programs.

The guide also has instructions on how to enroll in several health care programs and a directory for frequently called numbers.

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	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

Warhawks soccer team suffers early exit from Defender Cup

By Jose T. Garza III
JBSA-Public Affairs

The Joint Base San Antonio-Lackland Warhawks suffered their second consecutive first-round defeat in the annual Air Force Defender Cup Varsity Soccer Tournament, losing 2-1 to Moody Air Force Base, Ga., Sunday.

The Warhawks lost to Wright-Patterson Air Force Base, Ohio, in the 2012 tournament.

With under a minute remaining in the match, the Warhawks attempted one last shot on goal to tie the game but the ball sailed over the net, and the team's aspirations came crashing down.

Assistant coach Spencer Spriesterbach, who took over coaching duties so head coach Nana Saahene could play with the team, wasn't going to make any excuses about a game that was physical from the start.

Spriesterbach said injuries during practice and group play the day before the tournament befell the team. He realized he was going into a do-or-die situation with the players that were available to play

"Moody looked very good and I give them credit, but we had some opportunities that we missed offensively and defensively," Spriesterbach said. "Bottom line is we needed to play better defense, and our marking was not what it should have been.

"We play a system where our outside midfielders have to stay wide and keep the play in front of them,



Photo by: Staff Sgt. Vernon Young, 3rd Combat Camera Squadron

Warhawks warm up for their first round match Sunday versus the team from Moody Air Force Base in the Air Force Defender Cup soccer tournament.

and they have to transfer the ball using the width of the field."

Spriesterbach said the team played strong in the first half, but fatigue became a factor as the game progressed.

"It took us awhile to really do some adjusting, but we never got the attack going like I wanted," he said.

Spriesterbach would like to coach the Warhawks again next year. He was head coach two years ago

before taking a sabbatical last year to help raise his grandson.

He sees a lot of potential in this team to find success next year.

"The guys that we have here are learning (how to play well as a team)," he said. "The more time we have together, the better they will know the system we play and the drills that I put them through will sharpen their skills."

All AF Softball Team begins road back to glory

By Jose T. Garza III
JBSA-Lackland Public Affairs

Last year, the All Air Force Men's Softball Team did not achieve the "four-peat" it desired in the 2012 Armed Forces Softball Championships.

After winning three consecutive Armed Forces Softball Championships in 2009, 2010 and 2011, the Army claimed the 2012 title by virtue of holding the tiebreaker over the Air Force in the triple round-robin tourney that included teams from the Navy and Marine Corps. The Army handed the Air Force its only two losses.

This year, with eight rookies joining seven returning veterans, the All-Air Force Men's team is prepping for the tournament at Joint Base San Antonio-Lackland's Warhawk Field. Training Camp officially began Aug. 28 and concludes Sept. 13.

Head coach Steve Shortland said the team's sights are not set on just beating the Army. The goal is to return to prominence after attaining seven gold medals in a decade prior to last year.

"Historically, the Armed Forces Softball Tournament has come down between the Air Force and the Army, but when you start ignoring the other teams and

concentrate on one team that you think is going to be your competition, that's when you start losing games you shouldn't lose," Shortland said. "When you set the bar real high (after winning seven gold medals) and it becomes the standard, anything less becomes unacceptable.

"Second place is a slap in the face to us because we've been accustomed to winning."

Shortland believes the team's second place finish may have provided it an inspiring lesson during training camp to carry over into the tournament, which begins Sept. 14 at Fort Sill, Okla.

"If it took a loss to get us to refocus and realize that the winning doesn't come easy, now they know it," the coach said. "They now have to work a little bit harder."

Shortland said he doesn't coach his group of veterans and rookies any differently just because last year's squad came up short. The team gelling as a unit on the field is what is important to him.

"If they don't get along, we are in trouble," he said.

On offense and defense, Shortland feels the team doesn't have much to improve on from last year.

He is not going to "reinvent the wheel" just because they went 7-2 last year but lost the head to head tiebreaker to the Army.

If losing becomes a pattern, he might have to consider changes to the team.

"We are always tweaking things to make our program better," Shortland said. "When we are practicing, I tell my players to not take plays off. I always ask the team how many one run games have they lost in their lives. Everybody has tons of them.

"Can they look in the mirror and say if they worked a little bit harder in practice, the outcome would be different? If you're going to practice, make it worthwhile."

The Air Force softball team's athleticism and enthusiasm to earn Armed Forces supremacy will be its reason for success, Shortland said.

Success hinges on being mentally focused and gelling as a team. The team participates in bonding functions off base to build morale and ensure a tight knit unit when they get to Fort Sill.

"After two weeks of training camp, they become brothers," Shortland said. "If the team can become family, that is half the battle."