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A PUBLICATION OF THE 502nd AIR BASE WING



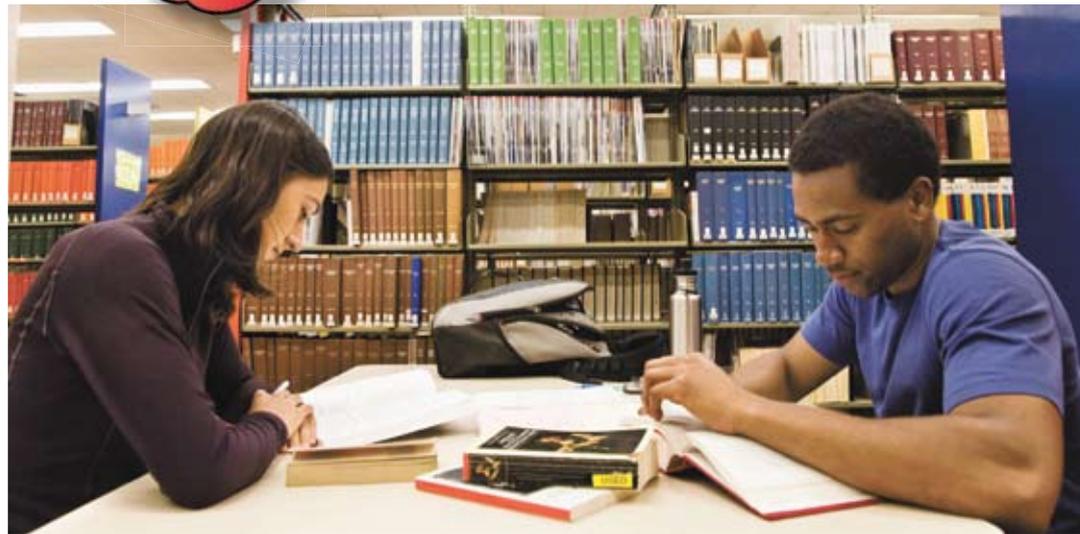
JOINT BASE SAN ANTONIO-LACKLAND, TEXAS • Vol. 70 No. 31 • August 9, 2013

CIVILIAN FURLOUGH DAYS REDUCED FROM 11 TO 6 ...page 2



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Cover design by Dorothy Lonas

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

Hagel: Civilian Furlough Days reduced

By American Forces Press Service

WASHINGTON, Aug. 6, 2013 – Hundreds of thousands of Defense Department civilian employees who have had to take a weekly unpaid day off from work since July 8 are getting some relief, as the total number of furlough days has been reduced from 11 to six, Defense Secretary Chuck Hagel announced today.

Here is the complete text of the secretary's announcement:

When I announced my decision on May 14 to impose furloughs of up to 11 days on civilian employees to help close the budget gap caused by sequestration, I also said we would do everything possible to find the money to reduce furlough days for our people. With the end of the fiscal year next month, managers across the DoD are making final decisions necessary to ensure we make the \$37 billion spending cuts mandated by sequestration, while also doing everything possible to limit damage to military readiness and our workforce. We are joined in this regard by managers in non-defense agencies who are also working to accommodate sequestration cuts while minimizing mission damage. As part of that effort at the Department of Defense, I am announcing today that, thanks to the DoD's efforts to identify savings and help from Congress, we will reduce the total numbers of furlough days for DoD civilian employees from 11 to six.

When sequestration took effect on March 1, DoD faced shortfalls of more than \$30 billion in its budget for day-to-day operating costs because of sequestration and problems with

wartime funding. At that point we faced the very real possibility of unpaid furloughs for civilian employees of up to 22 days.

As early as January, DoD leaders began making painful and far reaching changes to close this shortfall: civilian hiring freezes, layoffs of temporary workers, significant cuts in facilities maintenance, and more. We also sharply cut training and maintenance. The Air Force stopped flying in many squadrons, the Navy kept ships in port, and the Army cancelled training events. These actions have seriously reduced military readiness.

By early May, even after taking these steps, we still faced day-to-day budgetary shortfalls of \$11 billion. At that point I decided that cutting any deeper into training and maintenance would jeopardize our core readiness mission and national security, which is why I announced furloughs of 11 days.

Hoping to be able to reduce furloughs, we submitted a large reprogramming proposal to Congress in May, asking them to let us move funds from acquisition accounts into day-to-day operating accounts. Congress approved most of this request in late July, and we are working with them to meet remaining needs. We are also experiencing less than expected costs in some areas, such as transportation of equipment out of Afghanistan. Where necessary, we have taken aggressive action to transfer funds among services and agencies. And the furloughs have saved us money.

As a result of these management initiatives, reduced costs, and reprogramming from Congress, we have determined that we can make some improvements in training and readiness

and still meet the sequestration cuts. The Air Force has begun flying again in key squadrons, the Army has increased funding for organizational training at selected units, and the Navy has restarted some maintenance and ordered deployments that otherwise would not have happened. While we are still depending on furlough savings, we will be able to make up our budgetary shortfall in this fiscal year with fewer furlough days than initially announced.

This has been one of the most volatile and uncertain budget cycles the Department of Defense has ever experienced. Our fiscal planning has been conducted under a cloud of uncertainty with the imposition of sequestration and changing rules as Congress made adjustments to our spending authorities.

As we look ahead to fiscal year 2014, less than two months away, the Department of Defense still faces major fiscal challenges. If Congress does not change the Budget Control Act, DoD will be forced to cut an additional \$52 billion in FY 2014, starting on October 1. This represents 40 percent more than this year's sequester-mandated cuts of \$37 billion. Facing this uncertainty, I cannot be sure what will happen next year, but I want to assure our civilian employees that we will do everything possible to avoid more furloughs.

I want to thank our civilian workers for their patience and dedication during these extraordinarily tough times, and for their continued service and devotion to our department and our country. I know how difficult this has been for all of you and your families. Your contribution to national security is invaluable, and I look forward to one day putting this difficult period behind us.

Thank you and God Bless you and your families.

Obama nominates James to become Air Force secretary

By American Forces Press Service

WASHINGTON (AFNS) -- President Barack Obama announced Aug. 1 that Deborah Lee James is his choice to become the next Secretary of the Air Force.

"Deborah's strong record of public service and leadership in the private sector makes her uniquely qualified to be my nominee for Secretary of the Air Force," Obama said in a White House news release. "I look forward to working with her to keep our Air Force the very best in the world and to keep faith with our extraordinary Air Force

personnel and their families."

If confirmed by the U.S. Senate, Lee will succeed previous Secretary of the Air Force Michael B. Donley, who served as Air Force's top civilian for the past five years. Donley retired June 21 after 35 years of public service.

Eric Fanning, undersecretary of the Air Force, is serving as acting Air Force Secretary until Donley's replacement is confirmed.

James is president of the technology and engineering sector at Science Applications International Corporation, a position

she has held since 2013. From 2004 to 2013, she was the senior vice president of the C4IT Business Unit and then the executive vice president of communications and government affairs at SAIC.

From 2000 to 2001, James was the executive vice president and chief operating officer at Business Executives for National Security. From 1998 to 2000, she was the vice president with the international operations and marketing division at United Technologies. From 1993 to 1998, James served as the assistant secretary of defense for

reserve affairs at the Department of Defense. She began her career in national security as a professional staff member in the U.S. House of Representatives on the House Armed Services Committee from 1983 to 1993.

James is currently a committee member of the Defense Department Advisory Committee on Women in the Services, an Advisory Board Member of the Women in Military Service Memorial Foundation's Science, Technology, Engineering, and Math Campaign, and an advisory board member of The Citadel School of Engineering. James received a B.A. from Duke University and an M.A. from Columbia University.

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

News in Brief

Compiled by Mike Joseph, JBSA-Lackland Public Affairs

FRIDAY

SENIOR NCO INDUCTION CEREMONY

The Joint Base San Antonio-Lackland senior NCO medallion and induction ceremony is Friday at the Gateway Club.

The medallion ceremony begins at 5:30 p.m. followed by a social at 6 p.m. and dinner at 7 p.m.

For details, contact Master Sgt. Daniel Henry at 977-5673 or Staff Sgt. Tanisha White at 977-2524.

SEPT. 20

AIR FORCE BALL

The 2013 San Antonio Air Force Ball, "Into the Wild Blue Yonder: Proud Past . . . Promising Future," is Sept. 20 at the Grand Hyatt Hotel in downtown San Antonio.

The social hour begins at 6 p.m.

Ball attire for the military is mess dress/semi-formal; and civilians, formal/black tie.

To purchase tickets at Joint Base San Antonio-Lackland, contact Tech. Sgt. Araceli Alarcon at 473-3560, Master Sgt. Fordham Terrill at 977-5893 or Master Sgt. Anthony Foremski at 969-5416.

INFORMATIONAL

CAC/ID CARDS APPOINTMENTS

Appointment times at the main DEERS ID Card/Common Access Card issuance facilities at Joint Base San Antonio are about three weeks out due to high volume. Emergency walk-in wait times can range between one and three hours.

All military members, retirees, dependents, DOD civilians and contractors needing new or updated CAC/ID cards are encouraged to schedule appointments. CAC cardholders who receive email notification that their card is within 60 days of expiration need to make an appointment immediately.

Appointments are scheduled in 20-minute intervals between 8 a.m. and 3 p.m., Monday through Friday. Customers can schedule appointments at <https://rapids-appointments.dmdc.osd.mil>.

For details, call 671-4178.

TALESPINNER SUBMISSION DEADLINE

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

AETC vice commander retires after 33 years of service

By **Dona Fair**
Air Education and Training
Command Public Affairs

A desire to fly fueled a military career for Lt. Gen. Douglas H. Owens, now the vice commander of Air Education and Training Command is set to hang up his uniform after more than 33 years of service.

Owens has proudly continued a family legacy that began during World War

II with his father, Billy H. Owens, an Army noncommissioned officer, who also served in Korea and Vietnam.

His family was stationed at Fort Carson when the Air Force Academy came into being in the 1950s, which in turn helped inspire him to join the Air Force. The general is a 1975 graduate of Northwest High School and 1980 graduate of the Air Force Academy. He is also

a graduate of the National War College and holds two masters degrees.

After achieving his dream as a 1980 graduate of the academy, Owens looked forward to pilot training and a career as an Air Force officer.

"I can honestly say that I have enjoyed all of my more than 33 years in the Air Force," the Clarksville, Tenn., native said. "Along with my wife, Teresa, whom I married a week after graduating from the academy, we have had the great opportunity of serving all around the world and we enjoyed it all."



Lt. Gen. Douglas H. Owens
Vice commander, Air Education
and Training Command

Owens is a command pilot with more than 3,100 flying hours. He flew com-

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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

AROUND JBSA

688th IOW change of command



Photo by William Belcher

Maj. Gen. Kevin McLaughlin, 24th Air Force commander, officiates the 688th Information Operations Wing change of command ceremony July 23, as Col. Michael C. Harasimowicz reports having assumed command. The ceremony was held at the Joint Base San Antonio - Lackland Gateway Club. Chief Master Sgt. William Jones, 688th IOW command chief, acts as the guidon bearer for the ceremony, a symbol of the authority being vested in the incoming commander. Col. Paul A. Welch, the outgoing commander, moves to the position of 24th Air Force vice commander.

AFPC change of command



Courtesy Photo

Maj. Gen. Peggy Poore (right) accepts the Air Force Personnel Center guidon from Lt. Gen. Darrell Jones, the Air Force deputy chief of staff for manpower, personnel and services, during the AFPC change of command ceremony Aug. 1, at Joint Base San Antonio-Randolph. Relinquishing command was Maj. Gen. A.J. Stewart, who commanded AFPC since Aug. 6, 2010.

BMT HONORS

Congratulations to the following 48 Airmen for being selected as honor graduates among the 482 Air Force basic military trainees who graduated today:

321st Training Squadron*-Flight 497*

Nicholas Barger
Nathan Browning
Samuel Burton
Brandon Keys
Joseph Payne
Jared Piubeni
Ryan Poarch
Gilberto Salinas

-Flight 498

Nathalie Hamilton
Holli Soule
Courtney Young

323rd Training Squadron*-Flight 501*

Angel Angeles

Ryan Black
Erik Handwork
Eric Lucia
Bradley Matheney
Andre Turner
Jeffrey Wells

-Flight 502

Ryan Custodio
Brandon Ybarra

324th Training Squadron*-Flight 503*

Corbin Allen
Beau Brown
Eric Carey
Carlos Castillo
Tyler Halonen
Bradley Harder
Kyle Reiss

-Flight 504

Nash Camden
Ryan Chong
Aaron Galvez

Carson Gorman
Jonathon Simpson

326th Training Squadron*-Flight 505*

James Godwin
Oliver Hughes
Myles Mason
Justin Nesser
Joseph Sade
Jonathan Zinski

-Flight 506

Annie Doyle

331st Training Squadron*-Flight 499*

Joshua Ashworth
Jacob Dressler
Donald Henes
Lucas Rigdon
Matthew Webb
Scott Weir
Zackary Wilkinson
Shawn Willoughby

-Flight 500

Sarah Acero

Top BMT Airman

Beau Brown
324th TRS, Flight 503

Most Physically Fit*-Male Airmen*

Kyle Reiss
324th TRS, Flight 503
Eric Lucia
323rd TRS, Flight 501
Kyle Lutz

324th TRS, Flight 504

Landon Giles

331st TRS, Flight 499

-Female Airmen

Amber Wilson
326th TRS, Flight 506
Shannon Hickman
326th TRS, Flight 506
Nathalie Hamilton
321st TRS, Flight 498
Bethany Hill

331st TRS, Flight 500

-Male Flights

331st TRS, Flight 499
324th TRS, Flight 503
321st TRS, Flight 497
323rd TRS, Flight 501
324th TRS, Flight 504
326th TRS, Flight 505
323rd TRS, Flight 502
321st TRS, Flight 498
326th TRS, Flight 506
331st TRS, Flight 500

Top Academic Flights

321st TRS, Flight 497
326th TRS, Flight 505
323rd TRS, Flight 501
331st TRS, Flight 499
324th TRS, Flight 504
326th TRS, Flight 506
324th TRS, Flight 503
323rd TRS, Flight 502
321st TRS, Flight 498
331st TRS, Flight 500

6 x 4.75



253 JBSA-Lackland Airmen selected for Staff Sgt.

More than 11,000 senior airmen were informed Aug. 1 they had been selected for promotion to staff sergeant, according to Air Force Personnel Center officials.

Officials selected 11,212 of 34,078 eligible senior airmen for promotion to staff sergeant for a 32.90 percent selection rate.

The average score for those selected was 291.07, with an average time in grade of 1.98 years and time in service of 4.51 years.

The average score was based on the following: 131.48 for enlisted performance

reports, 0.98 for decorations, 64.77 for the promotion fitness exam and 63.48 for the specialty knowledge test.

Those selected for staff sergeant will be promoted according to their promotion sequence number beginning in September. Selections are tentative until the data verification process is complete, which is no later than ten days after the promotion release date.

Joint Base San Antonio-Lackland Airmen selected for promotion included:

JBSA-Lackland

Brianne Acheson
Piero Adams
Cameron Adelman
David Aguilar
Carlos Aguiniga
Alysha Alexander
Jose Alvarado
Salvador Alvarado
Houston Anderson
Mark Anderson
Kristin Arbaugh
Blanes Arce
Logan Armga
Andre Austin
Sean Awaldt
Christian Bagtas
Derrick Banks
Tyler Bartlett
Zachary Battle
Scott Bax
Richard Beauchamp
Abraham Beery
Christopher Beyer
Tiffani Biss
Quentin Blash
Anthony Bliton
Kavon Blossom
Christopher Bradley
Edith Bradley
Brandi Brady
Travis Briseno
Stanley Brodnicki
Johnga Brown
Anthony Browne
Tiffany Butto
Brianna Callahan
Freddie Camacho
Jessica Camacho
Justin Canaday
Travis Carlson
Eric Carter
Mark Carver

Luis Casas
Jennifer Castillo
Charlotte Catlin
Joseph Cersosimo
Elizabeth Childress
Christopher Chu
Thomas Clarke
Dante Collins
Michael Cook
Mayra Cortes
Maribel Cortez
Zachary Cripe
David Cummings
Jesse Curtis
Justin Czerniak
James Davidson
Richard Dehonney
Stephanie Dejong
Breanna Demasters
Mark Devine
Devon Dobbins
Kristyn Doctor
Marcus Dudley
Steve Dulya
Katlyn Dumancas
Daandrea Dupree
Zachary Eaton
Odette Esho
Jerald Evans
Pricious Evans
Johnson Everitt
Michael Farrar
Jeremy Fawcett
Eric Fazzini
Daniel Fitzpatrick
Krista Fitzpatrick
Negrón Flores
Vernus Foster
Nicole Fourman
Amanda Fowler
Matthew Fredericks
Adrian Fuentes
David Garcia

Derek Garcia
Pete Garcia
Daniel Gaudette
Marissa Gaytan
Scott Gentry
Timothy George
Yoshiko George
Shaun Gilbert
Daniel Glass
Andrew Goettman
Brittany Gomez
Catherine Gonzales
Antionette Graham
Jared Greaves
Leron Green
Benjamin Griess
Ethan Grubert
Ernesto Gutierrez
Christina Guzman
Jonathan Guzman
Chad Haley
Matthew Hammond
Christopher Hamula
Brandon Harris
Darick Harris
Obed Hassell
Kasie Hays
Derek Hinson
Raymond Hogan
Joseph Howery
William Huber
Adam Humphrey
Andrew Hunt
Rodriguez Isales
Nicole Jasper
Evan Jones
Samuel Jones
Mark Jordan
Steven Kauten
Brett Kearns
Patrick Kilgore
Patrick Kohler
Steven Koster

Matthew Kramer
Jael Laborn
Christopher Laplant
Alan Le May
Leah Lee
Dariely Lemay
Reece Lewellen
Edward Lewis
Christopher Lickman
Shawn Linne
Mark Lopez
Michael Lopez
Emily Loring
Kevin Lynch
Dominique Manipol
Terence Manson
Micah Martin
Jose Martinez
Cory Massey
Lane Mathis
Lamar Mattison
Joshua Mcghee
Casey Meeds
Brock Metscher
Nathan Metzger
Chase Meyers
Ciera Miley
Brock Miller
Jason Miller
Stephan Mimms
Anna Moore
Agustin Moran
Veronica Moreno
Victoria Morin
Brooke Mortensen
Cody Morton
Derrick Mosley
Veronica Mosley
Mohsin Mothana
April Mullens
William Mullins
Andrew Nelson
Kristina Nichols

William Nigh
Matthew Nixon
Kinga Nowicka
Aaron Nuesca
Heather Opie
Samantha Orosco
Marla Palacios
Kieron Parker
Marcus Patrick
Una Paul
Elaina Pea
Guy Pearson
Steve Pearson
Kailihao Pedro
Dominique Phillips
Judd Poor
Markeith Porter
Kyle Pretti
Adam Rademacher
Ragadio Jevack
Danielle Recoder
Justin Rice
Marc Riley
Michelle Rivera
Angela Roames
Jamie Robey
Rene Rocha
Kelsey Rupert
Gregory Satterlee
James Scales
Nicole Schuning
Andrew Sertich
Kevin Siebert
Tera Sizemore
Kayla Smith
Tremain Smith
Deandre Snow
Jessica Spaits
Gerald Spence
Dejon Stallings
Andrew Stephan
Barret Stewart
Leslie Svoboda

Amanda Sweeney
Richard Synger
Guadalupe Tabares
Nathan Tarbox
Jason Terry
Payton Terry
Justen Tjarks
John Torres
Brandon Touchet
Tristan Traore
Justin Trogdon
Brett Tucker
Rogers Turner
Katheryn Tusly
Brian Valencia
Brittany Vanpelt
Jesse Velasquez
Jamella Versher
Holly Villanueva
Kimberly Villarreal
Philip Vivas
Christopher Vu
John Walent
Jessica Walker
Ted Washington
Demarcus Way
John Westerlund
Rona Whitehorn
Aaron Williams
James Williams
Nickolas Williams
Richard Woods
Kristy Wright
Miles Young
Noelle Zako

JBSA-Lackland/Kelly
Pablo Buenroostro
Steven Hedgepeth
Jacob Malone
Brandon Taylor

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

DOD Guidance on Federal Benefits for Same-Sex Spouses

The Defense Civilian Personnel Advisory Service has issued guidance, to include an "Employee Handout" which addresses changes in Federal benefits coverage of same-sex spouses due to the recent ruling on the Defense of Marriage Act.

To view the DCAPS guidance via myPers go to:

https://gum-crm.csd.disa.mil/app/answers/detail/a_id/25427/p/1%2C2

Employees married prior to June 26, 2013 have until Aug. 26, 2013 to enroll eligible family members in these program areas. Employees married after June 26, 2013 will have 60 days from the date of marriage to enroll. Benefits that may be extended to same-sex spouses and eligible family members include health insurance, life insurance, dental and vision insurance, long-term care insurance, survivor annuities, and reimbursement of medical expenses if the employee is enrolled in a flexible spending account.

Currently the Employee Benefits Information System is not capable of processing same-sex FEHB enrollments. Air Force employees must contact the Total Force Service Center by phone at 1-800-525-0102, select option 2. More information can be found on myPers, https://mypers.af.mil/app/answers/detail/a_id/12808

Life insurance changes are made through EBIS, <https://w20.afpc.randolph.af.mil/AFPCSECURENET20/CheckPortal.aspx>

Additional information on dental and vision insurance, long-term care insurance and flexible spending accounts can all be found on the myPers Benefits and Entitlements website, <https://gum-crm.csd.disa.mil/app/categories/p/1%2C2/c/89>

Any other questions and concerns about federal employee benefits can be directed to the Benefits and Entitlements Service Team at 1-800-525-0102.

FOSTER a PUPPY



Call
671-3686



**SEAT BELTS SAVE LIVES!
BUCKLE UP AND WEAR YOURS!**

2 x 2

Gate Changes

Effective Aug. 19, the Luke West Gate will be closed and the Selfridge West Gate will be open Monday through Friday from 6 a.m. to 2 p.m. for inbound and outbound traffic. From 3:30 to 5:30 p.m. it will be open for outbound traffic only. The gate will be closed weekends and holidays.

3 x 3

3 x 7

LACKLAND INDEPENDENT SCHOOL DISTRICT

2013-14



Kindergarten

- one set watercolors
- one large box of tissues
- 10-12 glue sticks
- one backpack
- two boxes of 16-count Crayola crayons
- one box of quart size Ziploc bags
- one box of gallon size Ziploc bags
- two red plastic pocket folders
- two pink Pearl erasers
- one 8-count washable markers (classic colors, broad line)
- one pair metal blade Fiskars scissors
- one 1/2-inch 3-ring binder
- one package dividers
- 10 No. 2 pencils, sharpened
- one small plastic school box
- two 8-ounce bottles of hand sanitizer
- one container of disinfecting wipes (no baby wipes)

Grade 1

- one backpack, child size, no wheels
- one plastic supply box no larger than 9"x6"
- four plastic pocket folders, plain with brads (1 red, 1 blue, 1 yellow, 1 green)
- four boxes of 24-count crayons
- 50 No. 2 plain pencils, sharpened, per semester
- one pair of Fiskars scissors
- 10 glue sticks, white only
- two large pink erasers
- two large boxes of tissues
- one box of Ziploc bags (gallon size for boys, quart size for girls)
- two 8-ounce bottle of hand sanitizer
- one package of Lysol disinfecting wipes

- (no baby wipes)
- one composition book for SFA (100 pages wide lined)

Grade 2

- 20 No. 2 pencils
 - one 8-ounce bottle of hand sanitizer
 - one pair of Fiskars scissors
 - one box of 24-count crayons
 - two large boxes of tissues
 - two packages of wide-ruled notebook paper
 - two large pink erasers
 - two low odor black dry erase markers
 - one clear, 12-inch ruler (no wooden rulers)
 - one small school box
 - four plastic folders with brads and pockets (1 yellow, 1 blue, 1 red, 1 green)
 - four spiral notebooks
 - one large glue stick
 - one box of Ziploc bags (gallon size for boys, quart size for girls)
 - one bottle of glue
 - one spiral notebook for music
- Label all items with a permanent marker
Please do not send markers, mechanical pencils or small pencil sharpeners*

Grade 3

- three boxes of tissues
- six plain folders with brads and pockets (2 red, 1 yellow, 1 green, 1 blue, 1 purple)
- one pair of Fiskars scissors
- one package wide-ruled notebook paper
- 50 No. 2 pencils (no decorative or mechanical pencils)
- two boxes of 24-count crayons
- four wide-ruled spiral notebooks (no decoration): 1 subject, 70 sheets
- two composition books
- one box of 12 colored pencils
- two large glue sticks
- one 8-ounce or larger pump bottle hand sanitizer
- two jumbo stretchy book covers
- one hard school box
- one spiral notebook for music

Grade 4

- two glue sticks
- one bottle of Elmer's glue
- two boxes of 12-count Crayola colored pencils
- two boxes of 24-count Crayola crayons
- 48 No. 2 pencils
- two large boxes of tissues
- four 70-page, wide-ruled spiral notebooks (1 green, 1 purple, 1 blue, 1 red)
- two composition books
- one pair of Fiskars scissors
- two packages of wide-ruled notebook paper
- 2-inch binder
- one package of dividers
- five solid colored folders with brads and pockets (1 red, 1 blue, 1 green, 1 yellow, 1 purple)
- one 8-ounce hand sanitizer (boys)
- one package of disinfecting wipes (girls)
- two large pink erasers

- one box of Ziploc bags (quart size for girls, gallon size for boys)
 - five jumbo stretchy book covers
 - one package of 3"x5" index cards
 - headphones for laptops
 - one package of four dry erase markers
 - one composition book for SFA
 - one spiral notebook for music
- No mechanical pencils*

Grade 5

- one 3-ring, 2-inch binder with zipper
- one soft pencil pouch with three holes (for storage in binder)
- one package of 5-subject dividers
- five folders with brads and pockets (1 red, 1 orange, 1 green, 1 blue, 1 purple)
- three packages of wide-ruled notebook paper
- one package of blue or black pens (no gel, colors or sparkles)
- two packages of red pens
- three packages of No. 2 pencils
- one package of dry erase markers
- one dry rag/old sock for dry eraser
- one package of construction paper
- three composition books
- three spiral notebooks (2 green)
- one personal sharpener (no mechanical)
- one spiral notebook for music
- one package of colored pencils
- one package of crayons
- one ruler (customary and metric)
- one pair of scissors
- one box of Ziploc bags (quart size for girls, gallon size for boys)
- one container of disinfecting wipes
- one roll of paper towels
- one-two boxes of tissues
- headphones (earbuds)

Grade 6

- one 24-pack of No. 2 pencils
- Post-it flags for SFA (any color)
- one package of red pens
- one box of 12-count Crayola colored pencils
- one package of water-based markers (10 count)
- one pair of iPad compatible earbuds
- one iPad stylus
- one pocket folder with brads for Science Fair (any color)
- one backpack
- six 100-page composition books
- one plastic accordion-type divided portfolio (8-divider minimum, 12-divider preferred), built-in tabs, closes with flap or elastic band
- two boxes of tissues
- one roll of paper towels
- one 8-ounce hand sanitizer
- one container of disinfecting wipes
- two 250-page packages of loose-leaf notebook paper
- one box of quart/gallon Ziploc bags
- one spiral notebook for music

Sales Tax Holiday- August 9-11

All items should be replenished as needed. For pre-kindergarten, life skills and PPCD supply lists, visit www.lacklandisd.net

JBSA health care providers stress importance of vaccines



Photo by Airman 1st Class Alexandria Slade
Photo illustration by Maggie Armstrong

By Robert Goetz
JBSA-Randolph Public Affairs

National Immunization Awareness Month is observed each August to “highlight the need for improving national immunization coverage levels,” according to the Centers for Disease Control and Prevention.

Improving immunization coverage is an emphasis at the Joint Base San Antonio medical clinics, where health care professionals promote immunization awareness throughout the year – stressing the importance of vaccines during regular wellness visits with their patients.

Vaccines play a key role in health care, Senior Airman Kelly Boos, 359th Aerospace-Medicine Squadron medical technician at JBSA-Randolph, said.

“Because of vaccines, there has been a dramatic decline in the number of children who suffer from diseases such as polio, chickenpox, hepatitis B and

whooping cough,” she said. “Vaccinating children with all recommended vaccines is one of the safest and most advanced means of preventing infection.”

Other diseases that childhood vaccines prevent include diphtheria, human papillomavirus, measles, German measles, mumps and tetanus, according to the CDC.

In addition to being effective, vaccines have also proven to be safe, Tech. Sgt. Brandon Smyer, 359th Medical Operations Squadron Family Health Clinic NCO in charge, said.

“All vaccines undergo years of testing before they are licensed for public use,” he said. “Vaccines that are in public use are closely monitored. The Vaccine Adverse Event Reporting System is used to report and track any adverse reactions caused by vaccines. This data is used to report any adverse reaction trends and to provide information to patients, health care providers and vaccine manufacturers.”

Smyer also said all patients are carefully screened before receiving any immunizations to ensure that the risk of an adverse reaction is minimized.

“The most common side effects from vaccines include soreness and redness at the injection site,” he said. “Serious reactions are rare.”

Recommended immunizations for children in the first 18 months of their lives are the initial doses of the vaccines for tetanus, diphtheria and pertussis; polio; mumps, measles and rubella; and chickenpox; booster doses of these vaccines should be given between 4 and 6 years old. Recommended vaccines for 11- and 12-year-olds are Tdap and meningococcal disease.

Adults should also remain current with their immunizations, including vaccines for influenza; Tdap; zoster, or shingles; and pneumonia.

Vaccines for HPV, the most common sexually transmitted virus in the United States, are recommended for members of both sexes between the ages of 11 and 26 years old, Boos said. Typically administered to girls, the vaccines are also approved for boys.

“Almost every sexually active person will acquire HPV at some point in their lives,” she said. “The HPV vaccine helps protect against genital warts and cancers of the anus, vagina and vulva.”

HPV vaccines offer the best protection to girls and boys who receive all three doses, which are administered over six months, and have time to develop an immune response prior to becoming sexually active, Boos said.

Although many parents wait until late July and August to have their school-age children immunized – when the immunization clinic is busiest – it’s best to follow health care providers’ recommended schedule, she said.

“The schedule recommends vaccinations at age 4 and 11 for these children,” Boos said. “Once children have had their birthday at these ages, it is a good idea to bring them in to receive them. If children are on a catch-up schedule, it is highly recommended not to wait until the last minute prior to school registration.”

Smyer said following the recommended schedules allow patients to avoid long waits during late July and August.

JBSA immunization clinic hours at the three installations are as follows:

JBSA-Fort Sam Houston immunization clinic’s morning hours are 7:30-11:15 a.m. Monday-Thursday, afternoon hours are 1:15-3:45 p.m. only on Mondays, Tuesdays and Thursdays. No immunizations will be given on Fridays. Children and adults ages 6-and-up only. Phone number; 916-3011, option 2.

JBSA-Lackland immunization clinic is open from 7:30 a.m. to 4 p.m. Monday-Wednesday and Friday, 7:30 a.m. to 3 p.m. on Thursdays. It is walk-in only. Phone number; 292-2345.

JBSA-Randolph immunization clinic’s morning hours are 7:30-11:45 a.m. Monday-Friday; afternoon hours are 1-4:15 p.m. Monday, Wednesday and Thursday, and 1-3 p.m. Tuesday and Friday. Phone number; 652-6403, option 1, option 4.

Bicycling: CDOS puts the pedal to safety

By Airman 1st Class Alexandria Slade
JBSA-Randolph Public Affairs

Warm weather and clear skies are conditions that encourage many people to begin biking to and from work or simply for fun; an activity that, because it involves risk of injury or worse, merits being addressed in this year’s Air Force Critical Days of Summer campaign.

“Biking is a good fitness activity to participate in, something fun for you and the family to do during the warm summer months,” Staff Sgt. Gary Lund,

502nd Air Base Wing ground safety technician, said.

Yet despite the ways in which biking activities are beneficial to a person’s health, sharing the roads with other vehicles can entail significant dangers such as bicyclists and motorists colliding.

The best way to avoid such mishaps, Lund said, is to “ride to be seen.”

Collisions are usually caused by bikers and motorists not yielding to each other, inattention, and not following traffic rules and signs, he added.



Photo by Airman 1st Class Kenna Jackson
Photo illustration by Maggie Armstrong

Darkness and reduced visibility conditions from things like fog and rain increase the chance of motorists colliding with bikers, he explained. Wearing reflective gear – on both the rider and the bike – reduces these chances,

and wearing a helmet can prevent serious injury or death in the event of an accident.

Accidents from any form of transportation usually result from inattention, Tech. Sgt. Cathy Zimmerman, 502nd ABW ground safety technician, said. It is essential to be aware of surroundings and stay focused.

One distraction is trying to use a cell phone while riding, a practice Joint Base San Antonio-Randolph does not tolerate, Lund said. Other distractions include fatigue, interesting objects, buildings or sights, and

See **BICYCLING** Page 16

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bat missions in the first A-10 squadron deployed to Operations Desert Shield and Desert Storm, commanded at the squadron, group and wing levels, and has served in many senior leadership positions. His tours of duty included five assignments in the Pacific theater where he also served as vice commander of Pacific Air Forces.

During his career, the general said he has been fortunate to work with some great Airmen, both active duty and civilian, and has had the privilege of serving under remarkable leaders.

Those leaders helped prepare him for his greatest challenge as the 36th Wing Commander, Andersen Air Force Base, Guam. There, Owens was faced with several tests and challenges, but he said his wing was able to rise to the occasion in every instance and accomplish great things.

"Through all those things, my wing just came

together in such a way that made me extra ordinarily proud to be part of such a great organization," Owens said. "To know that I helped create the environment where their response was so professional in every respect was great."

During his tenure as AETC vice commander, Owens oversaw many projects, including the military's first operational F-35 flights at Eglin AFB, Fla., and the decision to base F-35s at Luke AFB, Ariz; the challenge of meeting mission requirements during sequestration; and the merge of three San Antonio military installations into one joint base.

"The leadership team here has worked diligently on tough issues," said Owens. "I feel we have set AETC on a good, prudent course that will lead us into the future."

There are no regrets for Owens as he heads into retirement.

"I've had the privilege of watching my family grow. I've had the privilege over the last nine years of serving alongside my sons, and I have had the

greater privilege since being a general officer of being in a position of influence that has helped shape in some small fashion the Air Force that my boys will grow to be senior leaders in themselves."

Owens' advice to Airmen is simple. "Always reflect and serve in a way that makes you proud of everything you do. If our individual Airmen take pride in what they do, then that will show in the results of their actions, and that's what we need in today's Air Force."

The family legacy that began in WWII now passes to his two sons, John and Mike, who are both Air Force officers and fly B-52s. "I'm extremely proud of my two sons who survived the ups and downs of military life," said Owens. "Our family legacy is entrusted to them."

The Owens family will settle in the San Antonio area and they look forward to spending more time with their four grandchildren and other opportunities to serve.

Airman aces medical logistics technical training

By Mike Joseph
JBSA-Lackland Public Affairs

A technical training student in the medical logistics program at Joint Base San Antonio-Fort Sam Houston recently recorded a perfect score in the course for the first time in 10 years.

Airman 1st Class Jamie Cushman achieved 100 percent test scores during the six-week course, which she completed June 3. The course's last perfect score came when medical education training was under the 882nd Training Group at Sheppard Air Force Base in Wichita Falls, Texas.

The 882nd TRG transitioned into the 937th TRG here as a new organization under JBSA-Lackland's 37th Training Wing in October 2011 after the relocation from Sheppard was completed. The move to San Antonio was part of the 2005 Base Realignment and Closure Commission law, which required the consolidation of medical training for all service branches at Fort Sam Houston.

"I had never heard of a perfect score out of that tech training course," said Lt. Col. Sarah Coors-Davidson, 937th Training Support Squadron commander.

Coors-Davidson processes all incoming squadron permanent party members. She found out about the technical training achievement when interviewing Cushman, now a customer service representative for medical logistics at the Medical Education and Training Campus.

"When someone comes in with a really high score, it not only reflects positively on them but it also reflects positively on METC and the 937th TRG," the commander said. "It means they understand what we're teaching."

Cushman said reaching 100 percent in the course was her goal shortly after arriving for



Photo by Brian Davidson

Moving medical supplies is one part of the job for Airman 1st Class Jamie Cushman, a medical logistics customer service representative assigned to the 937th Training Support Squadron at JBSA-Fort Sam Houston. Cushman scored 100 in the technical training medical logistics program before being assigned to the 937th TRSS.

technical training.

"The second or third day, we attended graduation for the class before us," the young Airman said. "They announced the 'Log Dog' (the top medical logistics course graduate), and she got 98 percent. She only missed one question in the course.

"I told one of my buddies we're going to beat that, we're going to ace this course," she said. "The first test we both got 100, but the next PT (physical training) he didn't and I did. I told myself, 'Nope, I'm going to do it.' I had to prove it to myself, and I did. (Reaching that goal) feels amazing."

Learning and studying comes naturally to Cushman, who grew up in Michigan. She earned 30 college credits as a junior and senior in high school by taking dual credit courses.

She even taught herself calculus.

"I love to learn," Cushman said. "My punishment (growing up) was taking away my books."

She attended Western Michigan University after high school set on becoming an aeronautical engineer. Admitting physics classes got the best of her, she switched majors to occupational therapy.

Burned out from school and working three jobs at the same time led her to the Air Force after her sophomore year. However, she was only following a familiar family path.

Her father is a retired chief master sergeant, her mother is a Reserve staff sergeant, one brother is a retired master sergeant, another brother is a senior airman, and one sister is an airman first class. Cushman's youngest sister will complete the chain when she enters Air Force Basic Military Training at the end of August.

"I always knew I was going to come (into the Air Force), it was just a question of when," she said. "Having everyone in the service is awesome. It's truly an honor to be able to serve arm-in-arm with my blood brothers and sisters."

Cushman is already taking aim at her next set of goals. She wants to complete her development courses, get her Community College of the Air Force degree, then apply for the physician's assistant program.

Acceptance into the physician's assistant program would mean officer's training and a commission. From there her dream is to become a doctor, eventually specializing as a heart surgeon.

"If I became an officer, I'd be the first one in my family," she said. "That would be so cool."

US students stand out in IAAFA courses

By Mike Joseph
JBSA-Lackland Public Affairs

Two U.S. Air Force Airmen took top honors in their leadership courses at the Inter-American Air Forces Academy mid-year graduation banquet July 31 at the Gateway Club.

Capt. Chris Travelstead was selected the top graduate in the International Squadron Officers School leadership course and Tech. Sgt. Marivel Rodriguez-Regalado was the recipient of the John L. Levitow award in the International NCO Academy Leadership Course.

The eight-week ISOS and INCOA Professional Military Education leadership courses are taught entirely in Spanish on the IAAFA training campus.

Travelstead and Rodriguez-Regalado were two of 218 students representing 14 different countries, including 13 Latin America partner nations, to graduate from 19 different IAAFA officer and NCO courses.

"I was surprised, but more than



Photo by Senior Airman Cory D. Payne
Chief Master Sgt. David Pantojas (left), Inter-American Air Forces Academy superintendent, presents Tech. Sgt. Marivel Rodriguez-Regalado her IAAFA award.

anything, I was honored to be rec-

ognized," said Travelstead, who has a classified Air Force assignment. "The quality of the people that were here is really impressive. They are the best from every country and you could see it every day."

Rodriguez-Regalado, too, was surprised by the award recognition.

"I was humbled," she said before heading back to her PME assignment in the 60th Force Support Squadron, Travis Air Force Base, Calif.

"The course was very different, very enjoyable and you learn a lot," Rodriguez-Regalado added.

More than 400 people attended the formal affair, which featured retired Marine Corps Maj. Gen. David Garza as the guest speaker. Garza's remarks focused on "Lead Your Ship" and how each letter of the phrase had a word associated with leadership.

"He really connected with them (the graduates)," said Col. Marc Stratton, IAAFA commandant, about Garza, who retired to New Braunfels last year. "He continues to be a great friend to IAAFA."

IAAFA Class 2013 B Award Winners

Instructor of the Class:
Tech. Sgt. Rene Anderson, U.S. Air Force

Guest Instructor of the Class:
Senior Master Sgt. John Duarte, El Salvador

Outstanding Student Affairs Professional:
Staff Sgt. Nitzia R. Millis, U.S. Air Force

Commandant Gen. Fernando Melgar Award, Officer:
Capitan (Av.) Francisco Galvan Pena, Uruguay

Commandant Gen. Fernando Melgar Award, Enlisted:
Suboficial Mayor Jose E. Orellana Corral, Chile

Highest Academic Award, Officer:
Capitan (Av.) Francisco Galvan Pena, Uruguay

Highest Academic Award, Enlisted:
Cabo Primero Christian A. Martillo Sanchez, Ecuador

International Squadron Officer School Award:
Capt. Chris C. Travelstead, U.S. Air Force

John Levitor Award:
Tech. Sgt. Marivel Rodriguez-Regalado, U.S. Air Force

To find out

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LOCAL BRIEFS

Compiled by Mike Joseph, JBSA-Lackland Public Affairs

FRIDAY

AAFES CUTEST KIDDO CONTEST

The Army & Air Force Exchange Services' online 'Color Me' Cutest Kiddo" contest ends Friday.

Exchange patrons worldwide can post photographs of their children holding a completed coloring page to the Exchange Facebook page. Contestants can choose one of four coloring pages, along with rules and regulations, online at <http://www.shopmyexchange.com/Community/PatriotFamily/>.

The grand prize winner will be awarded a seven-night resort stay and an \$800 gift card.

An additional \$5,000 in gift cards will be divided among first-, second-, third- and fourth-place winners in each age category, who will be selected by an online poll Aug. 19-23, of the Top 10 artists as selected by a panel of judges. Winners of the contest will be announced after Aug. 30.

WEDNESDAY

PARENTING ORDER LEGAL CLINIC

The 802nd Mission Support Group

Judge Advocate and the Office of the Attorney General of Texas Child Support Division will host a free parenting order legal clinic for military parents Wednesday, 11 a.m. to 1 p.m., at the Airman and Family Readiness Center.

The clinics are for military parents who have questions about their legal rights as parents, problems seeing or locating their children, changing their visitation plan, etc.

Family law attorneys and representatives from the Office of the Attorney General of Texas will be available to discuss common questions and concerns.

Contact the Lackland Legal Assistance Office at 671-3363.

AUG. 19-20

SPECIAL NEEDS WORKSHOP

A two-day workshop for military parents of children with special needs is Aug. 19-20, 8:30 a.m. to 4:30 p.m. each day, at Arnold Hall Community Center.

The specialized training of military parents workshop will cover special education laws in the Department of Education, the Individual Education Program, Supplemental Security Income,

TRICARE and Enhanced Care Health Option, permanent change of station, networking, refining advocacy and communication skills, and the latest information about education for students with disabilities.

For reservations, call 671-3722 or 671-7636.

AUG. 20

HOME BUYERS' SEMINAR

A home buyers' seminar is Aug. 20, 1:30-3:30 p.m., in the Fellowship Room at Freedom Chapel.

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

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

CUSTOMER SUPPLY TRAINING

The 802nd Logistics Readiness Squadron's Equipment Accountability Element conducts three classes on the third Tuesday each month in the second floor conference room of Building 5160.

The Aug. 20 classes and start times are: Block I General Supply

Training, 8 a.m.; Block II Bench Stock Training, 8:45 a.m.; and Block III Equipment Custodian Supplemental/Refresher Training, 9:30 a.m.

For details or to register, contact Ray Holland or Eugene Owens at 925-1140 or 671-3801.

AUG. 28

RETIRED ENLISTED ASSOCIATION MEETING

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

For details, call 658-2344.

SPOUSES CLUB MEMBERSHIP ROUND-UP

The Lackland Officer's Spouses' Club will hold a membership round-up Aug. 28 from 11 a.m. to 1 p.m. at the Gateway Club. There will be membership information and applications, "Get to Know You" activities, LOSC Special Activities information and sign-up tables, complimentary finger foods and beverages. <http://www.lacklandosc.org>.

SEPT. 28

DAR MEMBERSHIP WORKSHOP

A membership workshop for Daughters of the American Revolu-

tion, Green Mountain Boys Chapter, is Sept. 28, 1-3 p.m., 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 Sept. 23

Call Mary Fletcher at 492-9414 or Jean Kanter at 497-2412.

INFORMATIONAL

802ND LRS CUSTOMER SERVICE

The 802nd Logistics Readiness Squadron Customer Service is the primary focal point for all supply-related questions, concerns, complaints, Zero Overpricing Program and Defense Reutilization and Marketing Office transactions.

Contact customer service at 671-2575/3611/3801, 925-1490/1049/1048, or email 802lrs.customerservice@lackland.af.mil.

CHAPEL SERVICES

PROTESTANT

Freedom Chapel -Building 1528

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

Hope Chapel -Building 10338

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

Airmen Memorial Chapel -Building 5432

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

DENOMINATIONAL

BMT Reception Center -Building 7246

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

Gateway Chapel -Building 6300

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

Education Classroom -Building 5200

Rm. 108

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

ROMAN CATHOLIC

Freedom Chapel -Building 1528

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

Hope Chapel -Building 10338

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

ORTHODOX CHRISTIAN

Airmen Memorial Chapel -Building 5432

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

WICCA

BMT Reception Center -Building 7246

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

Freedom Chapel -Building 1528

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

JEWISH

Airmen Memorial Chapel -Building 5432

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

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

ISLAMIC

Global Ministry Center -Building 7452

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

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

BMT Reception Center -Building 7246

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

Gateway Chapel -Building 6300

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

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

OTHER FAITH GROUPS

THE CHURCH OF LATTER-DAY SAINTS

Hope Chapel -Building 10338

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

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

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

JBSA-LACKLAND

KEY FAMILY SUPPORT RESOURCES

Air Force Aid Society	671-3722
Airman & Family Readiness Center	671-3722
Airman's Attic	671-1780
American Red Cross	844-4225
Base Post Office	671-1058
Bowling Center	671-2271
DEERS	800-538-9552
Exceptional Family Member Program	671-3722
Family Child Care	671-3376
Legal Office	671-3362
Library	671-3610
Medical Appointment Line	916-9900
MPF ID Cards	671-6006
Outdoor Recreation	925-5532
TRICARE Info	800-444-5445
Thrift Shop	671-3608
Enlisted Spouses' Club	http://www.lacklandesc.org
Force Support Squadron	http://www.lacklandfss.com
Lackland ISD	http://www.lacklandisd.net
Officers' Spouses' Club	http://www.lacklandosc.org
JBSA Public website	http://www.jbsa.af.mil
My Air Force Life	http://www.MyAirForceLife.com

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

Local boxing trainer shows students the ropes

Story and photo by Jose T. Garza III
JBSA-Lackland Public Affairs

With the scent of sweat circulating in the Chaparral Fitness Center boxing gym, there is a man with a raspy but stern voice instructing students how to throw jabs.

The man wearing a beige T-shirt, Adidas pants and a black bandana tells them not to put their hands down or turn their back on anybody.

Keeping their guard up is all part of a boxer's self defense so they don't get knocked down.

"The primary rule in boxing is to never drop your hands lower than your cheekbones," said Robert Perez, who teaches boxing at the Chaparral on Mondays and Tuesdays at 6 p.m. "No matter where you are at or what happens in the ring, never drop your hands because you are waiting to get hit. I always teach students to put their hands up to their cheekbones.

"If you don't feel your cheekbones, your hands are wrong."

Perez is a former amateur

boxer who amassed a 57-7 record with 22 knockouts that included the Air Training Command Lightweight Championship and the Air Force Worldwide Featherweight Championship while serving in the Air Force.

Even with the impressive record, Perez was not immune to looking up at the lights. He said he got knocked down twice in his amateur career.

"I learned quickly to keep my hands up," he said. "Everybody's watching you while you get up off the canvas."

The astute trainer was sharing his ring knowledge with aspiring fighters at the local San Fernando Gym for 18 years before being hired to train students at the Chaparral in 2011.

"When you love the game, it is in your blood," Perez said.

His students learn the mechanics of the game, such as combination punches and defensive skills, utilizing various punching bags and mitts.

They then transition into performing 17-station plyometrics that include dips, pushups, high knees and hurdles. The

full body workout leaves the students drenched in sweat.

Perez gets great satisfaction from passing his 30 years of boxing experience to students.

"When you learn something and learn it well, there is a pride in teaching someone else how to do it well and the right way. It's like watching a flower grow. You plant the seed, water it, and you see the sprouts of it," Perez said. "When you see the weeds, you pull them out, nurture them, and straighten them out. By then, it is a flower and it is beautiful. That is the reward."

One student, who trained under Perez years ago, has taken his class again to knock off ring rust and relearn the fundamentals.

John Acosta, a Navy reservist, boxed at the amateur level before stopping completely six years ago. After leaving the ring, he was training at the gym by himself before signing up for Perez's class a month ago.

"(Perez) gave me an opportunity to have someone else who can critique me from the outside and help me change some of my bad habits from when I



John Acosta works on his fighting stance as boxing trainer Robert Perez looks on at the Chaparral Fitness Center. Perez trains students Mondays and Tuesdays at 6 p.m.

was training by myself," Acosta said. "I can train on my own Wednesday through Friday, and on Mondays and Tuesdays, Mr. Perez helps fine tune my techniques.

"When we work with mitts, we work with footwork in the ring, and with the cushion, it wears on my legs. You're not in control of your rhythm because he is telling you what to do. It helps your timing out. If you're training by yourself, you can take a break whenever, but

when you're on mitts, you've got someone pushing you to complete the round."

Acosta enjoys the camaraderie in the class while continuing to improve his boxing techniques. Meeting new acquaintances and sharpening his skills aren't the only benefits he has obtained from taking Perez's class.

He feels he's leaned down in size, but since he's no longer competing, he doesn't monitor his progress.

"(Shedding weight) gives me a good reason to come to the class," Acosta said. "I can't slack off."

Acosta says that prospective clients will get their money's worth by taking the class because it provides a good cardio workout.

"The class is good for all aspects, whether it's for conditioning or strength," he said. "You can even use it for self-defense."

Prospective students may sign up for Perez's class at the Chaparral Fitness Center. The class fee is \$50 a month per person. Call the Chaparral at 671-2401 for details.

Swimming to the Top

By Senior Airman Lynsie Nichols
JBSA-Lackland Public Affairs

The Manta Rays youth swim team at Joint Base San Antonio-Lackland competed in the Texas Amateur League State Championships in Corpus Christi, Texas on July 27.

To qualify for the competition, a swimmer must make the top two in their event at the San Antonio Region

15 swim meet. Out of the eight JBSA-Lackland swimmers that competed in the Region 15 swim meet, six made it to the competition in Corpus Christi.

Stephanie Soto, head swim coach for the Manta Rays, built the team from the ground up.

"We started with all new girls that had little to no experience," Soto said. "In less than two months they made it to the state championships."

To qualify for the team, a member must be between the ages of six and 17, be able to compete in a 25-meter freestyle, a 25-meter backstroke and be capable of treading water for a minimum of 30 seconds.

"I am extremely proud of these kids and couldn't ask for anything more," said Soto. "This is a great accomplishment.

This is not the first time Soto has coached a swim team that made it to state.

"Each year I have been a coach, the majority of my swimmers have made it to state," said Soto. "This

year, I worked with all new swimmers."

Although the team did not place in the top three, the Manta Rays placed in the top 25 at the competition. The team hopes to improve that placement at next year's state championships, which will be held at Texas A&M University in College Station, Texas.

"I personally feel proud that these kids have dedicated themselves to swimming," said Soto. "So much progress has been made since day one, I am extremely proud of how far they have come."

BICYCLING from Page 11

neighboring vehicles.

Another potential threat to bikers is exposure to the elements.

"Dress for the weather, but also dress for the activity," Zimmerman said. "En-

sure that if it is going to be 100 degrees outside and you are going on a long bike ride, you are not wearing just a tank top and shorts, and leaving yourself in danger of getting severe sunburn."

While Air Force members are free to enjoy riding the open road at will,

those who prefer trails over pavement shouldn't do so until they're properly cleared by their leadership.

Mountain biking, Zimmerman said, falls into the high-risk activity category. Airmen wanting to go mountain biking will need to fill out an Air and Educa-

tion Training Command Form 410, sign it, and have both their supervisor and unit commander sign off on it, then receive a high-risk activity briefing.

For information about places to bike around the San Antonio and local areas, visit <http://sabikerides.com/>.