



TALESPINNER

JOINT BASE SAN ANTONIO-LACKLAND, TEXAS • Vol. 71 No. 14 • April 11, 2014



Maj. Gen. (Dr.) Hepburn makes his last round

Photo by Staff Sgt. Kevin Iinuma

U.S. Air Force Airman 1st Class Jabrier Lee speaks about his condition with Air Force Under Secretary Eric Fanning and U.S. Air Force Maj. Gen. (Dr.) Byron Hepburn, 59th Medical Wing commander and deputy director of the San Antonio Military Health System, May 16, 2013, at the San Antonio Military Medical Center on Joint Base San Antonio-Fort Sam Houston. Maj. Gen. Hepburn retires Friday after a 38-year Air Force career. **See story page 3.**

Integrity:

What does it mean?

By Airman 1st Class Krystal Jeffers
JBSA-Lackland Public Affairs

One of the first things an Airman is taught is the Air Force's core values: "Integrity First," "Service before Self" and "Excellence In All We Do." The very first one, I believe, is the hardest to master and embody and is the foundation for the other two.

It is hard to be known as a person with integrity and it is very easy to lose one's reputation – it only takes one mistake. Right now the Air Force's integrity is in question because of the cheating scandal at Malmstrom Air Force Base, Mont., and misconduct at basic military training.

The actions of a few have tarnished the integrity of the group.

But what exactly is integrity? The dictionary answer is "the adherence to moral and ethical principles; soundness of moral character; honesty." The simple answer is "doing the right thing."

But what does that really mean? How does that actually apply to life?

Several weeks back, I am ashamed to admit, I accidentally bumped into another car when I was backing up into a parking space. There was a loud "CRUNCH" as someone's car acquired a dent the size of two fists above their back tire.

There were a lot of excuses I could give myself to not do anything. There was no one there to see that I did anything. The driver had no idea who did it. I was running late and if I left a note then I would be even later. I could have just walked away.

To be honest, I stood there frozen with indecision. Finally, I admitted to myself what I would expect if the roles were reversed. I admitted that I would be ashamed of my actions if I did nothing; it would be wrong to walk away. I would not be living up to the core values I swore to uphold.

I knew I was going to be late, my insurance would probably go up and I would be in trouble. However, I can proudly say that I left my information. I did the right thing and stayed true to the Air

Force and my values.

Later, my insurance guy heard what I did from the victim of the accident and made a big fuss, calling me an "honest person" like it was unusual, when it should be the norm and I find that incredibly sad.

Can we all say, no matter the circumstances, that we would do the right thing? I strive to be a person who can truthfully say yes without hesitation.

However, I believe integrity is even simpler than that; simpler than not cheating on a test or admitting fault to a huge mistake.

Life throws us choices every day. Some are easy while others can be challenging to make. What I find surprising is how many people I see take the easy way out instead of doing the right thing on these supposedly easy life choices.

For example, when you see a car trying to merge in front of you, do you slow down to let them over or speed up? When there are two car lanes merging into one and the line is backed up, do you immediately try to merge over or wait until the last minute, cutting the line?

Do you hold the door open for not only the elderly and disabled but also everyone else or go straight inside? At the gas station, do you leave the car at the pump despite being done with it to shop inside or do you move even when the parking lot is full?

It is hard to admit this, but ask yourself and be truthful: do you do what is easiest for you? Or do you do the right thing even if no one is there to see it, even if everyone else is doing it wrong and pushing you to do the same?

I know that I am only an Airman 1st Class and that I still have so much to learn in regards to the Air Force. However, that is no excuse for not trying to be the best I can be. I work every day to live and embody each core value even when it is difficult.

It is hard. It is a struggle every day. Some days I do better than others, while others leave me disappointed in myself.

However, I strongly believe that doing the right thing with small everyday choices makes it easier and more natural to do the right thing when faced with some of life's harder choices. It becomes a habit and our habits define us.

I don't know about everyone else, but I desire to be known as someone people can depend on; someone people can trust to do the right thing no matter what, even if that means I get the short end of the stick. I want to be known as person with integrity.

What about you?

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

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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

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Prevention and Response

JBSA SEXUAL ASSAULT HOTLINE • 808-SARC (7272)
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295-4985

NEWS IN BRIEF

Compiled by Mike Joseph, JBSA-Lackland Public Affairs

FRIDAY

LISD BOARD OPENING

The resume submission deadline for an upcoming opening on the Lackland Independent School District Board of Trustees is Friday.

Anyone living or employed at Joint Base San Antonio-Lackland is eligible to apply for the opening. Trustees must take an official oath of office and serve without compensation.

Resumes must be submitted electronically to the JBSA-Lackland School Liaison Office at Lackland.slo@us.af.mil.

For information, call 671-3722.

APRIL 18

502ND FSG AWARDS CEREMONY

The 502nd Force Support Group first quarter awards ceremony will take place 2 p.m. April 18 at Arnold Hall Community Center.

For Airmen who require transportation from a current duty location, contact Senior Master Sgt. Stephanie Rountree at 671-9158 or Staff Sgt. Tara Zbikowski at 671-2045.

APRIL 26

JBSA SPECIAL NEEDS RESOURCE FAIR

The Joint Base San Antonio Special Needs Resource Fair and Fun Day event will take place from 11 a.m. to 2 p.m. April 26 at Morgan's Wonderland, 5523 David Edwards Drive.

The event is open to JBSA Exceptional Family Member Program participants and immediate military family members. EFMP families will have the opportunity to learn about support agencies and programs, both military and civilian, that are available in the greater San Antonio area.

APRIL 25

WAR DOG MEMORIAL DEDICATION

An informal dedication for the Nemo War Dog Heroes Memorial is at 1 p.m. April 25 at the United States Air Force Security Forces Museum. The museum is located at the corner of Carswell Avenue and Femoyer Street on the basic training side of JBSA-Lackland.

Completed in late 2005 at the then 37th Security Forces Squadron kennel compound, the Nemo War Dog Heroes Memorial was moved to outside the Security Forces Museum last summer.

The move was facilitated by the projected relocation of the 802nd Security Forces Squadron MWD kennels to the Medina Training Annex.

A journey remembered...

Maj. Gen. Hepburn retires

By Mike Joseph
JBSA-Lackland Public Affairs

The commander of the Air Force's largest medical wing has spent more than four decades fulfilling two childhood loves: aviation and medicine.

The melding of these two passions for the past 38 years on active duty reaches its conclusion Friday morning when Maj. Gen. (Dr.) Byron Hepburn, 59th Medical Wing Commander and Deputy Director of the San Antonio Military Health System, retires.

"It's been 42 years, if you add my four years at the Academy, and it's gone by in a flash," said Hepburn, a 1976 U.S. Air Force Academy distinguished graduate. "The special experiences I've had and the personal joy for Debby (his wife of 30 years) and me in the Air Force have been amazing."

The general said he has enjoyed the diversity of his career as a pilot and physician and in leadership roles.

"It's been a great journey. I couldn't imagine a more rewarding career," he said.

Hepburn took command of the 59th MDW in late 2010, before changes brought on by the 2005 Base Realignment and Closure Act would integrate Air Force and Army medical services into what is now the San Antonio Military Health System. The 59th MDW's Wilford Hall Medical Center was transformed from a Level 1 trauma center to an ambulatory surgical center.

He said he knew the assignment would be a challenge.

"Before I took this job, I

realized it was going to be a fairly significant change for both the Air Force and the Army," Hepburn said.

This was an opportunity, Hepburn said, to lead the wing through transformation in a positive, professional manner with near and long-term objectives.

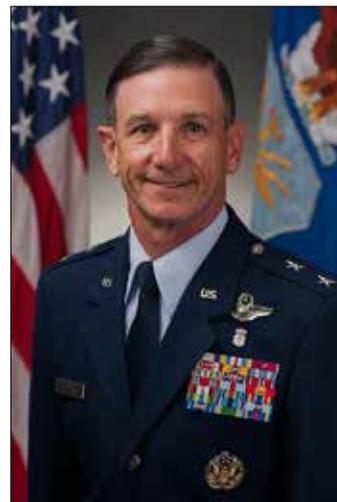
His goals were defined: to keep morale up and build team spirit; to keep the wing focused on patient safety and the delivery of quality health care; and to effectively accomplish the wing's education, training, research, and readiness missions.

"It has been a perfect job to finish out. As an Academy graduate, it's an honor and a privilege to command the largest medical wing in the Air Force as my last assignment," he said. "The active-duty members, civilians, contractors and volunteers have done an outstanding job in a period of unprecedented change. They have excelled and been professionals – dedicated every step of the way."

A Virginia native, Hepburn grew up with a love of aviation and also with a love of biology and anatomy.

"I knew I was going to be a pilot and, I also felt at some point I'd be in medicine."

After graduating the Academy, he spent a year in Switzerland getting a master's degree in European studies before becoming a C-9A copilot and aircraft commander flying medical evacuation missions. He spent 2½ years in Germany before moving to Scott Air Force Base, Ill., as a C-9A instructor pilot. During his two years at Scott,



MAJ. GEN. (DR.)
BYRON C. HEPBURN

Hepburn studied pre-med in night school, and was ultimately accepted as a medical student at the Uniformed Services Health University in Bethesda, Md.

Following a three-year residency in family medicine at Andrews AFB, Md., Hepburn became a staff physician and medical director of the physician assistant training program at the USAF Academy Hospital, Colorado Springs, Colo.

After leaving the program in 1998, it was on to a number of leadership assignments in Europe and across the United States before arriving at the 59th MDW four years ago.

His assignments included what Hepburn called "the culminating event" in his career. Hepburn was the 86th Aerospace Medicine Squadron commander at Ramstein Air Base, Germany, when 17 American Sailors were killed and 39 injured in an October

2000 suicide attack on the USS Cole while harbored in Aden, Yemen.

"During the USS Cole evacuation," he said, "I had the honor of being on the great crew that brought those Sailors back to Germany. It took my knowledge of medicine, aviation, international relations, French and leadership to help save the lives of those Sailors. I happened to be in a place, at a time when I could bring all those tools together."

During his tenure at the 59th MDW, Hepburn focused on developing future Air Force leaders.

"The No. 1 responsibility for a leader is to create future leaders. We've put a lot of focus on leadership development for our Airmen, NCOs, officers, and to some extent, our civilians," he said.

"We've also emphasized taking care of our families," he added. "We're a wing that works hard and plays hard. We're working with great people. We need to celebrate that and take good care of each other."

When talking about taking care of Airmen, Hepburn was quick to praise his wife.

"I've been blessed to have a great wife," he said. "She was an Air Force flight nurse and I'd say she loves the Air Force as much, if not more, than I do. She's a very giving person and really has made a difference wherever we've been."

And as for the future, the general said, "Debby and I will be cheering on the wing and SAMHS to continued success."

AETC OFFICIALS ANNOUNCE 2014 OUTSTANDING AIRMEN OF THE YEAR

Air Education and Training Command Public Affairs

Air Education and Training Command officials announced nine Airmen selected as the command's 2014 AETC Outstanding Airmen of the Year.

The award distinguishes AETC's enlisted Airmen for their leadership, job performance, community involvement and personal achievements.

"We congratulate these fantastic Airmen – great men and women – who deserve the heartiest congratulations for their contributions and achievements as leaders in our Air Force," said Gen. Robin Rand, AETC commander. "Their influence shapes our Air Force and our nation. We wish them all the luck at the top."

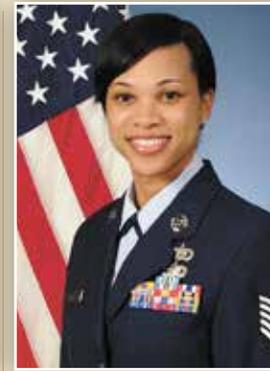
AETC Command Chief Master Sgt. Gerardo Tapia praised the winners for their outstanding efforts.

"I'm so proud of the accomplishments these Airmen have shown, setting the example through their diligence and hard work," he said. "They truly represent the best of the United States Air Force."



Airman of the Year

**Senior Airman
Jessica Paulson**
97th Civil Engineering Squadron
Altus AFB, Okla.



NCO of the Year

**Tech. Sgt.
Latoria Ellis**
502nd Contracting Squadron
JBSA-Lackland



Senior NCO of the Year

**Master Sgt.
Jason Trickey**
71st Operations Support Squadron
Vance AFB, Okla.



First Sergeant of the Year

**Master Sgt.
Phillip Brandley**
71st Mission Support Group
Vance AFB, Okla.



*Honor Guard
Member of the Year*

**Airman 1st Class
James Gianotti**
690th Network Support Squadron
JBSA-Lackland



*Honor Guard Program
Manager of the Year*

**Master Sgt.
David Teets Jr.**
502nd Force Support Group
JBSA-Randolph



*Military Training
Leader of the Year*

**Master Sgt.
Malcom Summers II**
37th Training Support Squadron
JBSA-Lackland



*Military Training
Instructor of the Year*

**Staff Sgt.
Eddie Glover**
322nd Training Squadron
JBSA-Lackland



*Recruiter
of the Year*

**Tech. Sgt.
Jeffrey Trueman**
319th Recruiting Squadron
Bridgeport, Conn.

JOINT BASE SAN ANTONIO

Active Shooter Process

IMMEDIATE DANGER (SEE)

If you find yourself in immediate danger during a shooting incident within your work center, ESCAPE/EVACUATE from the scene, HIDE or as a last resort, TAKE ACTION.

ESCAPE/EVACUATE: Plan your route, leave your stuff behind and exit with your hands visible. Security Forces personnel may mistake you for the shooter.

HIDE: If you HIDE, contact Security Forces as soon as possible and safe to do so.

TAKE ACTION: If you find yourself in IMMINENT DANGER, take action as a last resort. Attempt to incapacitate or act with physical aggression and throw items at the active shooter.

RISK OF DANGER (HEAR)

If you find yourself in risk of danger, such as you hear shooting, but are not being immediately threatened.

LOCKDOWN: Secure yourself and your location. Once secured, position yourself in a place clear of direct fire. You should be able to observe the "way in" and "way out" routes. This will include the process of facility lockdown and mitigating the room vulnerabilities. Mitigation will start with locking the doors and windows and barricading access with anything available. Turn off the lights and make your location appear

unoccupied. Monitor communications i.e. phone, computer, radio.

NOTIFY AUTHORITIES: Call Security Forces. If a phone is within your secure location, dial your local emergency number and provide as much information as possible. Law Enforcement officials will ask direct questions to include locations, number of shooters, weapons involved, and descriptions.

STAY PUT: Until the authorities instruct you to move or you have been released,

DO NOT MOVE: Persons milling about increases confusion and the likelihood of injury.

BASE NOTIFICATION

Lockdown takes precedence over all other security related actions to include the administrative function of Force Protection Condition changes. Once the hostile situation is resolved and lockdown is terminated, all other security related actions should resume to include any Force Protection Condition changes. Only security forces move during lockdown.

ACTIVE SHOOTER RESOLUTION

ALL CLEAR: Lockdown ends when installation command authority declares the incident over and the situation safe. This order may be transmitted through local command or notification systems.

EMERGENCY DIAL 911

Security Forces:

JBSA-Fort Sam Houston/Camp Bullis • JBSA-Lackland • JBSA-Randolph

221-2222

671-201

8652-5700

Fire Safety is Everyone's Business

Grilling Safety:

There's nothing like outdoor grilling around the corner many are grilling up their barbeques again. But, a grill is anything that can burn is a fire hazard. Very hot, causing burn injuries. Follow these simple tips and you will be on the way to safe grilling.

- Propane and charcoal BBQ grills should only be used outdoors. The grill should be placed



the home, deck railings and out from under eaves and overhanging branches.

- Keep children and pets at least three feet away from the grill area.
- Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
- Never leave your grill unattended.
- Always make sure your gas grill lid is open before lighting it.

JBSA leaders send stern message about sexual assault

By Steve Elliott
JBSA-Fort Sam Houston Public Affairs

Military leaders from throughout Joint Base San Antonio joined together at the Evans Theater Friday to sign a proclamation declaring April 2014 as Sexual Assault Awareness Month, with the theme "Live Our Values: Step Up to Stop Sexual Assault."

"Sexual assault is a scourge on all our military services," said Army Lt. Gen. Perry Wiggins, commander, U.S. Army North (Fifth Army) and senior Army commander for JBSA-Fort Sam Houston and JBSA-Camp Bullis. "We tend to put a face on our enemy and, in this case, the enemy is us."

"Sexual assault changes people. It scars people," Wiggins continued. "They may not be physical scars, but these scars run deep. We cannot accept people in our military who commit sexual assault upon another person. It is going to take action to combat this systemic problem in the military."

"This is not a time for silence on sex-

See MESSAGE Page 17



Photo by Joshua Rodriguez

Military leaders from throughout Joint Base San Antonio joined together at Evans Theater Friday to sign a proclamation declaring April 2014 as Sexual Assault Awareness Month. Taking part in the signing were (from left) Army Lt. Gen. Perry Wiggins, commanding general, U.S. Army North (Fifth Army) and senior Army commander for JBSA-Fort Sam Houston and JBSA-Camp Bullis; Air Force Brig. Gen. Bob LaBrutta, commander, 502nd Air Base Wing and JBSA; Navy Capt. Martin Gale, commander, Navy Medicine Education and Training Command; and Marine Maj. Martin Gale, executive officer for the 4th Reconnaissance Battalion.

JBSA takes back unwanted prescription drugs April 26

By Capt. Heather Kincaide
59th Diagnostics and Therapeutics Squadron

People can help prevent pill abuse and theft by ridding their homes of potentially dangerous expired, unused and unwanted prescription drugs from 10 a.m. to 2 p.m. April 26 at National Prescription Drug Take Back Day locations throughout Joint Base San Antonio.

Two collection sites will be located at JBSA-Fort Sam Houston at the medical mall in the San Antonio Military Medical Center and at the satellite pharmacy. There will also be a collection site at the JBSA-Randolph Exchange refill pharmacy and another at the near the JBSA-Lackland Exchange satellite pharmacy. The service is free and anonymous.

Last April, Americans turned in 742,000 pounds of prescription drugs at more than 5,800 sites operated by the Drug Enforcement Administration and its thousands of state and local law enforcement partners. In its six previ-

ous "Take Back" events, the DEA and its partners took in more than 2.8 million pounds of pills.

This initiative addresses a vital public safety and public health issue. Medicines that languish in home cabinets are highly susceptible to diversion, misuse and abuse.

Rates of prescription drug abuse in the U.S. are alarmingly high, as are the number of accidental poisonings and overdoses due to these drugs. Studies show that a majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet.

In addition, Americans are now advised that their usual methods for disposing of unused medicines – flushing them down the toilet or throwing them in the trash – pose potential safety and health hazards.

The DEA is in the process of approving new regulations that implement the Safe

See TAKEBACK Page 9

JBSA SAAM EVENTS

"Drive OUT Sexual Violence" Golf Tournament

April 24, 12:30 p.m. tee time, Fort Sam Houston Golf Course. Join the JBSA community in "Driving out Sexual Assault" during this year's SAAM golf tourney. Show support for those affected by sexual assault while raising awareness on the course. Tickets are \$50 per person, which will include a T-shirt and goodie bag. Call Bill Hall at 671-7273 or email 502abw.cvk.ola@us.af.mil.

"Choose Respect" Teen Dance

April 25, 8-11 p.m., JBSA-Randolph Youth Center, building 584 and 585. Teens, ages 13-18, are invited a dance and lock-in. Emphasis will be on self worth, respect and healthy relationships. Free refreshments, door prizes and games. Requires parent permission slips. Slips available at JBSA Youth Centers. Call 652-4386.

Healing Hands Art Project

Throughout April. Several art pieces created by survivors of sexual

assault will be displayed at various locations and SAAM events. Each healing hands artwork is unique to the survivor who created it. Artwork represents the experiences including the trauma, recovery and ultimate healing of those who suffered through sexual violence. For information, call 808-6316.

Sexual Assault Awareness Information Tables

Sexual assault awareness information will be distributed at various JBSA locations throughout April. Staff will share information about sexual assault realities, victim services and prevention tips.

Sexual Assault Awareness Ribbon Displays

Teal is the color representing Sexual Assault Awareness Month. All JBSA locations will have teal ribbons or special teal lighting to demonstrate support to those JBSA survivors recovering from sexual assault or abuse.

JBSA mission partners team up, make history



Photo by Senior Airman Colville McFee

Staff Sgt. Jonathan Snyder, 3rd Combat Camera Squadron aerial combat photojournalist, waves as he begins to take-off down the flight line in an F-16 Fighting Falcon March 28 on the Joint Base San Antonio-Lackland Kelly Field Annex. Snyder is the first member from the 3CTCS to take a familiarization flight from the 182nd Fighter Squadron in an F-16C Fighting Falcon. Pilots are stationed here during training at the 182nd FS to take their basic F-16 course, also known as B-course.

By Senior Airman Cory D. Payne
3rd Combat Camera Squadron

For the first time in its history, an Airman from the 3rd Combat Camera Squadron took flight with the 149th Fighter Squadron March 28 at Joint Base San Antonio-Lackland.

Staff Sgt. Jonathan Snyder, 3rd CTCS aerial combat photojournalist, flew in an F-16D Fighting Falcon in an ongoing effort to familiarize combat camera Airmen with documenting fighter operations.

"It was my first fighter jet experience," said Snyder. "I was very excited about being the first 3rd CTCS Airman to have an opportunity to fly and train with the 149th."

Maj. Christopher Moore, 3rd CTCS commander, shared Snyder's excitement on the training with 149th FS.

"The 149th is one of our Air National Guard partners here, and they're very good at what they do. They know the area and they've been doing this for a long time," said Moore. "We looked into seeing if they could help us with our training requirement and in turn

we could help tell their story with our imagery."

Snyder will continue to tell the 149th FS story by documenting "Coronet Cactus," the 149th FS's annual training exercise for student F-16 pilots at Davis-Monthan Air Force Base, Ariz., later this week.

However, student pilots will not be the only Airmen who are training to perform under combat conditions while flying during this exercise.

"As aerial combat photojournalists, we have to train for any situation," said Snyder. "The 149th FS has been nothing but supportive in helping us get the training we need to document our warfighters doing what they do best."

"We love working with our partners here on JBSA-Lackland and feel like my Airmen can be ready for anything due to the partnerships we have here at JBSA," echoed Moore. "We hope to keep working with them as well as other JBSA units to help them meet their mission needs with the visual products we provide."

See related photos Page 8

Combat Camera Airman honored at DOD level

From JBSA-Lackland Public Affairs

The Department of Defense Annual Military Photographer of the Year competition announced the winners April 12 of the 2013 competition, and a local public affairs Airman was honored with several accolades.

Staff Sgt. Jonathan Snyder, 3rd Combat Camera Squadron aerial combat photojournalist, took home first place in the feature photography category with his photo titled "First Class Flight Home."

Snyder also picked up honorable mentions in the news and portrait/personality categories.

The MILPHOG awards are part of the Visual Information Awards Program designed to recognize outstanding work from across the DOD in the fields of photography, graphic arts and video production. The program operates under the office of the Assistant Secretary of Defense for Public Affairs and is administered by the Defense Information School at Fort Meade, Md.



First Place Feature

U.S. Army Capt. Jade Verge, Army Test and Evaluation Command, gets some rest on a return trip from Afghanistan on a U.S. Air Force C-130H Hercules Feb. 9, 2013, over Southwest Asia. The 746th EAS provides tactical airlift, airdrop and aero medical evacuation, creating an air bridge for personnel, equipment and supplies.



Honorable Mention News

U.S. Air Force Capt. Ryan Gers, searches through the rubble of a leveled home May 23, 2013, looking for anything salvageable after a tornado ripped through parts of Moore, Okla., May 20, which damaged more than 13,000 homes. More than 600 Airmen from the greater Oklahoma area volunteered to assist in the relief efforts.

Honorable Mention Portrait/Personality

Retired Col. Gail Halvorsen, the Candy Bomber, who was known to drop candy with attached parachutes to children during the Berlin Airlift, poses for a photo during a Veterans Day event at Hondo Municipal Airport, Texas, Nov. 9, 2013. The Texas Children's Choir is hosting this event and will be taking a trip to Normandy, France, where they will sing for the 70th anniversary of D-Day next year.



Service members required to get Hep B immunization

59th Medical Wing Public Affairs

The Department of Defense recently updated its immunization guidelines, requiring all service members to receive the hepatitis B virus immunizations. Hepatitis B is a potentially fatal liver disease spread by contaminated blood or body fluids.

Since 2002, the Air Force has administered the vaccination to new recruits. Most deploying

Airmen and health care workers have also received the vaccination. However, about 10 percent of the active-duty force has not yet been vaccinated.

The hepatitis B vaccine is given in 3 doses.

- Dose 1 is given.
- Dose 2 must be given at least 30 days after dose 1.
- Dose 3 must be given at least 60 days after dose 2, and at least 120 days after dose 1.

The Aeromedical Services Information Management System has been updated to comply with this requirement. The requirement for a hepatitis B vaccination began appearing on service members' individual medical readiness lists March 28. Members have 365 days to complete the three-shot series before they are flagged for non-compliance.

Commanders should

ensure their unit health monitors notify members of this requirement. Immediate action is recommended because it takes at least four months to complete the series.

Hepatitis B immunizations are available at the Wilford Hall Ambulatory Surgical Center Immunizations Clinic on the first floor. The clinic is open Mondays through Wednesdays and Fridays from 7:30 a.m. to 4 p.m., and on Thurs-

days from 7:30 a.m. to 3 p.m. The clinic is closed weekends, federal holidays and on family down days. Service members

can check their IMR status online by visiting the Air Force Surgeon General's website at <https://imr.afms.mil/imr/MyIMR.aspx>.

GlaxoSmithKline recalls all products due to tampering

The Defense Commissary Agency has reported that GlaxoSmithKline is recalling all alli® weight loss products because some were tampered with, according to a letter from the company March 26.

GSK found that some of the products purchased had a bottle that was similar in both color and size as the alli® product but did not have a bottle label and may or may not have had an authentic tamper evident seal. In some bottles, the alli® product had been removed and an unknown product was placed inside.

Tampered products have been sold in Alabama, Florida, Louisiana, Mississippi, New York, North Carolina and Texas.

The Defense Commissary Agency has publicized this recall notice to all its stores, said Chris Wicker, a public health advisor for DeCA headquarters at Fort Lee, Va. Whenever a commissary has a recalled or withdrawn product in its inventory, the product is immediately removed

from store shelves.

"We have confirmed that DeCA only carries two of the products," Wicker said. "Customers should still be very vigilant about their products."

The following recalled products have been pulled from commissary shelves:

- Diet Starter Pack - GTIN: 00353100468004, UPC Code: 353100468000
- Diet Supply Refill Pack - GTIN:00353100469254, UPC Code: 353100469250

Commissary customers can return recalled products to the store of purchase for a full refund.

For the latest food safety alerts and product recalls affecting military commissaries, visit <http://www.commissaries.com> and click on the "Food & Product Recalls" box on the front page. For general food safety information, visit the website, choose the "News & Info" tab and select "Food Safety" from the drop-down box.

(Source: Defense Commissary Agency)

TAKEBACK from Page 6

and Responsible Drug Disposal Act of 2010, which amends the Controlled Substances Act to allow an "ultimate user" (a patient or pet or their family member or owner) of controlled substance medications to dispose of them by delivering them to entities authorized by the Attorney General to accept them.



Courtesy photo

The Act also allows the Attorney General to authorize long term care facilities to dispose of

their residents' controlled substances in certain instances.

Officials ask that all

pills be emptied into a zip-lock or plastic bag and that only the bag of pills be brought to the collection site. Medication bottles can be disposed of through local recycling programs.

For more information, call 671-2262, 671-9638 or 671-9471/87. Additional local "Take Back" locations can be found at <https://www.deadiversion.usdoj.gov/NTBI/>.



'Xeri' sum game

Landscaping for water conservation

By Alex Salinas
Joint Base San Antonio-Randolph Public Affairs

When it comes to rainfall and lawn care, the grass is not always greener on the other side for Texas residents. Sometimes, there isn't much residents can do with the amount of water they are allowed to use during dry months.

But there are measures that can be taken to maximize water usage while reducing how much of it is used when taking care of lawns.

The 502nd Civil Engineer Squadron suggests xeriscaping – the creation or adjustment of landscape to require little water – which they said is gaining popularity.

Xeriscaping is applied by using soil, turf grass, mulch and plants that best accommodate regional weather conditions.

"A common misconception people have is xeriscaping automatically means the use of cactus and rocks," said Bruce Dschuden, 502nd CES resource efficiency manager. "While cactus and rocks are great tools for xeriscaping, design choices are not limited to them."

St. Augustine and Bermuda grasses are widely used in Texas, but lack some of the xeriscape features of other grasses. For example, Buffalo grass is a Texas-native alternative that has excellent drought resistance and can stand well against high temperatures. Zoysia grass is another alternative that is versatile, and maintains well during a drought and in the shade.

Mulches are a principle component of xeriscaping that help retain water in soils, and are a great addition to plants and shrubbery.

Xeriscape plants also require less watering – one deep soaking every two or three weeks – as opposed to the more frequent water-

ing needed for non-xeric plants.

Planning and designing a landscape is perhaps the most important xeriscaping principle. "There are a lot of options out there," Dschuden said. "You just need to be educated as a consumer. Any of your big box stores like Home Depot or Lowe's, and local nurseries as well, will help you get in tune with your plants' needs."

Dschuden also suggested the Internet as a perfect launching pad for anyone wanting to look up registries about different types of grasses, shrubs, trees, etc.

Considering the state's susceptibility to drought, Joint Base San Antonio is on board to reduce water usage.

The Air Force Personnel Center at JBSA-Randolph and the 502nd Air Base Wing headquarters building at JBSA-Fort Sam Houston are examples of water-efficient design in action on JBSA.

More buildings across JBSA locations are likely to implement water-saving design features, in turn reducing the amount of energy it takes to pump the water across the base.

Since 2007, the Air Force requires an annual 2 percent reduction in water usage, Dschuden said.

To meet these needs, Dschuden asked for the help of base residents to change their mindset when it comes to water and energy usage. However, his advice applies to all beyond the gates of JBSA.

"Texas is a semi-arid climate, and xeriscaping can reduce water consumption by 25 percent, which is significant in a drought situation," Dschuden said. "Xeriscaping might tend to be more of a dollar-saving plan for homeowners, but when you cut back your dollar amount in water costs, you actually help save resources."

"As a civilian or active-duty military member, saving resources is the right thing to do," he said. "Xeriscaping is one small part in helping change the culture of how we use our resources."



Photos by Benjamin Faske

The Air Force Post Graduate Dental School and Clinic on Joint Base San Antonio-Lackland uses xeriscaping as a low cost, low water alternative to traditional landscaping.

Ground rules for xeriscaping

Xeriscaping is an approach to landscaping that emphasizes activities and plant selection to minimize the use of water. Xeriscaping comes from the Greek word xeros, meaning dry, and was first used in Denver in 1978.

Over time this approach evolved into a set of seven principles:

- Planning and design
- Soil analysis
- Practical turf areas
- Appropriate plant selection
- Efficient irrigation
- Use of mulches
- Appropriate maintenance

Probably the most important of these principles is planning and design. Since so much of xeriscaping – in fact, all of the subsequent principles – depends on deciding beforehand how a facility will install and maintain its lawns and open spaces, this principle is critical to success.

Properly done, a plan should begin with a soil analysis to determine what types of plants are appropriate. Is the soil sandy? Mineral rich? Compact? The answers to these questions will determine the types of ground cover, plants and trees that are most likely to thrive with minimal water use in that environment.

When selecting plants for a xeriscape, local conditions must

be taken into account as not all xeriscaping is the same across the country. The drought resistant ground cover used in San Antonio will probably not be appropriate for grounds in colder climate. Carefully choosing plants suited to the local area will contribute to the success of a xeriscaping project.

Water tip

Water lawns and outdoor plants in the early morning or late in the day to reduce evaporation.

Since lawns are such huge users of water, consideration of practical turf areas will affect future costs. Does an entire area have to be sodded, or can decorative flagstones or rock placements be used for variety? How can walkways be chosen to minimize the area devoted to lawns?

Possibly the most significant of xeriscaping issues is efficient irrigation. Is it better to use sprinklers or drip irrigation? What technologies are available to determine when an irrigation system should operate? (Perhaps irrigation can be completely secured during the winter months). Is the irrigation system installed to avoid the wasteful watering of hardscape

(e.g., driveways and sidewalks)?

After an efficient system of irrigation is installed what can be done to ensure that the water is best used for efficient plant growth? One of the techniques that can be used to retain moisture around plants is mulching. Whether organic, such as wood chips or compost, or inorganic, such as limestone or lava rock, mulches are effective in preventing the evaporation of water once applied to plants.

But xeriscaping doesn't end with the installation of a lawn, trees and plant life. Effective maintenance is necessary to ensure that the landscaping continues to thrive using a minimum of water. For example, different grass varieties should be mowed at different lengths: St. Augustine grass and Buffalo grass, three inches; Bermuda, one inch; and Zoysia grass, two inches.

It might seem like there are a lot of things to keep in mind for successful xeriscaping. But with some planning up front, the selection of appropriate turf and plant life, and applying some water conservation measures to reduce water costs in the home or business, applying these principles will almost certainly make the effort worthwhile.

(Originally published by the Marine Corps Base Hawaii E-notes newsletter)

Every dollar counts in developing a Cost Conscious Culture at JBSA



By **Claudia McFadden**
502nd Air Base Wing Plans and Programs

If you have driven past a flightline, building or group of people, have you ever witnessed something that caused you to think “Well, that’s a waste of money!”

Congratulations! You have a “Cost Conscious Culture” mindset. Did you have an idea on how to eliminate that waste? Don’t let that idea get away, because the 502nd Air Base Wing and Joint Base San Antonio needs you to identify any wasteful practice you see via a C3 submission.

A Cost Conscious Culture, or C3, mindset occurs when every JBSA member makes cost considerations a part of everything they do. If we can make an adjustment to, or eliminate waste in, what we’re doing, save resources and still accomplish our mission – then we want to hear about it.

Here’s what you need to do:

1) Recognize a wasteful process,

method, activity or program.

2) Gather as much data as reasonably possible.

3) Determine, as best you can, in what functional area your idea might apply

4) Identify what sort of actions or impacts this change might have.

5) Go to the C3 link and submit your idea.

It’s really that simple!

Submit your C3 idea at <http://www.jbsa.af.mil/library/jbsa-c3.asp>. This is a public domain to allow access to all our JBSA community to include Air Force, Army, Navy, Marines and Coast Guard mission partners, as well as DOD civilians, family members and all others who use or live on our installation.

C3 is increasingly important as we face future reductions in available resources across the Department of Defense. Good ideas are needed to achieve savings at all levels. Don’t let that idea get away.

EASTER & HOLY WEEK SERVICES

—Catholic

All services at Freedom Chapel

• Sunday

Blessing of the Palms, 10:45 a.m.

Mass of the Passion of the Lord, 11 a.m.

• Thursday

Mass of the Lord’s Supper, 6 p.m.

• April 18

Community’s Via Crucis, 11:30 a.m.

Veneration of the Cross, 3 p.m.

• April 19

Easter Vigil Rites, Easter Mass, 8 p.m.

• April 20

Easter Sunday Community Mass, 11 a.m.

—Protestant

• Sunday

Palm Sunday Services, Freedom Chapel:

Contemporary, 9:30 a.m.

Gospel, 12:30 p.m.

• April 20

Sunrise Easter Service, Basic Military Training Parade Field, 7 a.m., followed by breakfast at Mitchell Hall, 8 a.m.

Easter egg hunt, Freedom Chapel Contemporary and Gospel during children’s church

JEWISH PASSOVER SEDERS

• Monday

JBSA-Lackland BMT Reception Center, trainees only, 5 p.m.

Jewish Community Center, 12500

NW Military Hwy, 7 p.m.

• Tuesday

JBSA-Fort Sam Houston main chapel, 1605 Wilson Way, building 2200, 7 p.m.

(Space is limited for the two community seders. Contact Dr. Norton Schectman at 379-866 for seating availability.)

Fiesta Feasting in moderation

It's April in San Antonio, which means it's Fiesta time. Participants will don colorful clothing and consume a variety of foods from diverse cultures. However, some patrons might be looking to keep those calories in check.

Senior Airman Catherine Scholar, 59th Medical Wing Outpatient Nutritional Medicine Clinic diet technician, provided guidelines on how to indulge in moderation the fine cuisine of Fiesta.

- ☞ Choose options that are either baked or grilled instead of fried or refried because they will be lower in fat.

- ☞ Select soft tacos instead of fried hard tacos. Chimichangas are fried, but burritos are not.

- ☞ Avoid adding salt. Many traditional Mexican foods likely contain a good amount of sodium, whether naturally or the way it was prepared.

- ☞ Consume guacamole, sour cream, cheeses and chips in moderation.

- ☞ Choose lean meats such as fish and white meat chicken instead of high-fat meats.

- ☞ What people don't consider calorie laden are their alcoholic beverages. Long Island Ice Teas range up to 780 calories for a seven ounce drink, while a margarita is ranked No. 2 with 740 calories for an 8.5 ounce glass, according to data from <http://www.CalorieKing.com>.

For more nutritional advice, call 292-7578.

Fiesta Safety Tips

By Airman Justine K. Rho
JBSA-Lackland Public Affairs

The annual Fiesta San Antonio began Thursday and continues through April 27 and festivity participants are encouraged to party responsibly.

According to the San Antonio Police Department, Bexar County accumulated 332 driving while intoxicated arrests in 2013 and is rated number one in Texas for the most Driving While Intoxicated charges. Intoxicated and irresponsible driving is especially prominent during Fiesta San Antonio. As a precaution Joint Base San Antonio-Lackland 502nd Air Base Wing Safety office wants to remind everyone of the importance of planning ahead and how to avoid drinking and driving.

To avoid becoming another DWI statistic, Fiesta participants are encouraged to designate a sober driver for a safe ride home.

If all plans to appoint a sober driver fail, the Armed Forces Against Drunk Driving program

can help. The AFADD's main mission is to provide all active duty, Guard, Reserve and Department of Defense civilians an anonymous free ride should their primary plan fail and they are unable to drive sober. The AFADD number is 309-8767.

Another contact is Fiesta Safe Ride at 222-2222 or 422-2222.

Arranging a safe and sober ride home is important; equally significant is drinking responsibly.

Never leave a drink unattended, hydrate with water and have a wingman.

Military leadership encourages Airmen to make responsible choices on alcohol intake and to keep track of their adult beverages.

Making these choices can prevent alcohol related injuries and save individuals from becoming a victim of sexual predators.

Fiesta events may cloud your better judgment, but having a trustworthy wingman can make all the difference between a safe night out and a tragic incident.

LOCAL BRIEFS

Compiled by Mike Joseph, JBSA-Lackland Public Affairs

FRIDAY

AIRMAN SPEED MENTORING

Joint Base San Antonio-Lackland Airman speed mentoring is Friday at Arnold Hall Community Center.

Breakfast is from 8:30-9 a.m. and the mentoring session runs from 9-10:45 a.m.

Airmen will be mentored for 10 minutes per topic. Topics include feedbacks and communication, enlisted performance reports, whole person concept, off duty education, Community College of the Air Force, tuition assistance, promotion testing, cross training, special duty assignments, deployments and leadership.

For additional information, call 395-0325.

SATURDAY

THRIFT SHOP BAG SALE

The Lackland Thrift Shop's \$5 bag sale is from 10 a.m. to 2 p.m. Saturday. For information, call 671-3608.

TUESDAY

'PURPLE UP' FOR MILITARY KIDS

"Purple Up" Day for military children is Tuesday in recognition of

April as the Month for the Military Child.

Wearing purple, a color that symbolizes all branches of the military, will show visible support of military youth for their sacrifices and challenges of being a military child.

WHASC TRANSITION WORKSHOP

The Wilford Hall Ambulatory Surgical Center chapel will conduct a workshop on transitioning from military to civilian life from 8 a.m. to 4:30 p.m. Tuesday.

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

For information call 292-7373.

THURSDAY

JBSA-LACKLAND EDUCATION FAIR

The Joint Base San Antonio-Lackland Career Assistance Office will host an education fair from 10 a.m. to 2 p.m. Thursday at Arnold Hall Community Center.

More than 50 colleges and universities will be in attendance with their school coordinators available to answer questions. For additional information, call 671-1575.

APRIL 30

ATHLETE OF THE YEAR NOMINATIONS

Nominations for the Air Force Military Athlete of the Year are due April 30 to the Air Force Personnel Center.

The program allows the Air Force to recognize outstanding male and female athletes and highlight their athletic performance and accomplishments throughout the last year.

Nomination packets must include background information on each candidate, as well as full name, military address, home address, home phone number, work phone number and a photograph of the member.

Nomination packets can be picked up at installation fitness centers. Each installation is limited to one male and one female candidate.

For additional information, visit <http://www.USAFsports.com> or email sports@myairforcelife.com.

MAY 6-7

TOTAL FORCE SUPERVISOR'S COURSE

A two-day facilitator-led supervisory workshop for civilian leads/supervisors who supervise military members and military members who supervise civilians is May 6-7 at Arnold Hall Community Center. The workshop begins at 8 a.m. each day.

The course provides civilian leads, new supervisors and seasoned supervisors four additional soft skills courses: Supervising Others, Mentoring and Coaching, Influencing and Leadership and Middle Management. In addition, there will be face-to-face interaction with numerous agencies who work hand-in-hand with supervisors.

The course is limited to 50 participants. To register, visit <https://cs3.eis.af.mil/sites/00-ED-AE-15/default.aspx>.

For details, contact Master Sgt. Tracette Abney or Quency Henson via email. Army email address recipients must contact Abney or Henson.

INFORMATIONAL

HOMEWARD BOUND GIVEAWAYS

The Army & Air Force Exchange Service is offering a variety of giveaways as part of its Homeward Bound campaign, celebrating the homecoming of America's warfighters and honoring those who serve.

From Friday to Thursday, one winner will take home a \$5,000 Exchange gift card courtesy of Xbox. From April 18-30, shoppers can enter to win a 173-bottle wine refrigerator and a dinner party for 10 with David

Mirassou, a sixth-generation wine maker. Three runners-up will receive a 28-bottle capacity platinum wine cooler.

Finally, from April 25-May 1, a Waterford Crystal Eagle valued at approximately \$300 will be given away.

More information about Homeward Bound, including additional upcoming promotions, can be found at www.shopmyexchange.com/homewardbound.

INTUITIVE EATING RESEARCH STUDY

Participants are needed for a 10-week intuitive eating research study in person or as an online program.

The study will focus on intuitive eating: a new way of looking at weight, health and why we eat. Participants will receive nutrition advice and education, a free nutrition assessment and use an innovative activity monitor to improve fitness.

For additional information, call 221-7780 or 253-968-1148.

CHAPEL SERVICES

—PROTESTANT

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

—DENOMINATIONAL

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

—PENTECOSTAL RE

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

—ORTHODOX CHRISTIAN

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

—WICCA

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

—REFUGE STUDENT CENTER

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

—THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

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

—JEWISH

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

—ROMAN CATHOLIC

- Freedom Chapel – building 1528
Religious Education Sun. 9 a.m.
Reconciliation Sun. 10 a.m.
Mass Sun. 11 a.m.
Sun. 5 p.m.
Reconciliation Sun. 4:15 p.m.
- Gateway Chapel – building 6300
Daily Mass Mon., Tues. and Thurs. 11:30 a.m.

Note: Reconciliation(s) may be scheduled by appointment

—ISLAMIC

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

OTHER FAITH GROUPS

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

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

JBSA-LACKLAND

KEY FAMILY SUPPORT RESOURCES

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

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

WHAT'S HAPPENING

Family Support Events

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

FRIDAY

- ▶ Transition Assistance Program, 7:45 a.m. to 4 p.m.
- ▶ Thrift savings plan, 1-2:30 p.m.
- ▶ AMVETS national service officer available by appointment only. For more information, call 773-354-6131.

MONDAY

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

For additional information, call 773-354-6131.

TUESDAY

- ▶ Transition Assistance Program, 7:45 a.m. to 4 p.m.
- ▶ Pre-deployment briefing, required for all Airmen preparing to deploy, 502nd Logistics Readiness Squadron IDRC briefing room, 9-9:30 a.m., building 5160.
- ▶ 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 information, call 773-354-6131.

WEDNESDAY

- ▶ Transition Assistance Program, 7:45 a.m. to 4 p.m.
- ▶ Consumer awareness, 10-11 a.m.
- ▶ Awana Clubs, 6-8 p.m., Freedom Chapel.
- ▶ AMVETS national service officer

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

THURSDAY

- ▶ Transition Assistance Program, 7:45 a.m. to 4 p.m.
- ▶ Pre-separation briefing, mandatory for all members separating voluntarily, pre-registration required, 9 a.m. to noon.
- ▶ Air Force Basic Military Training spouse and parents seminar, BMT Reception Center, 1 p.m., building 7248. For additional information, call 773-354-6131.
- ▶ AMVETS national service officer available by appointment only. For additional information, call 773-354-6131.

APRIL 18

- ▶ Transition Assistance Program, 7:45 a.m. to 4 p.m.
- ▶ Federal employment process taught by the Office of Personnel Management,

1-2:30 p.m.

- ▶ Parenting for One, 11:30 a.m. to 1 p.m.
- ▶ AMVETS national service officer available by appointment only. Call 773-54-6131.

APRIL 21

- ▶ Five-day Transition Assistance Program for senior leadership and management positions, master's degree required, 7:45 a.m. to 4 p.m.
- ▶ Family readiness briefing, mandatory for personnel deploying longer than 30 days or going on remote assignments, 10:30-11 a.m.
- ▶ Post-deployment briefing, required for all Airmen returning from deployment, 502nd Logistics Readiness Squadron IDRC briefing room, 2:30-3:30 p.m., building 5160.
- ▶ AMVETS national service officer available by appointment only. For 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

BMT HONORS

Congratulations to the following 60 Airmen for being honor graduates among the 603 Air Force basic military trainees who graduated today:

320th Training Squadron*-Flight 219*

Nicholas Barrett
Brian Devereaux
Philip Hastings
Aj Juarez
Justin Knight
Michael Moran
Jonathan Tinsley
-Flight 234
Jennifer Chang
Brittany Smith

321st Training Squadron*-Flight 235*

Caleb Galuppi
Christopher Hardin
Matthew Larson
Alexander Niccum
-Flight 236
Joshua Aujero

Donald Bianchi Jr.

Oleg SLYsenko

Nathan Smith

322nd Training Squadron*-Flight 245*

Aaron Burke
Tyler Grace
Justin Stamps
James Sumiel Jr.
Kurtis Turner
Kong Wong
-Flight 246
Tiffany Dodier
Avery Klein-Cloud
Stefanie Sadowski
Charnita Walker

323rd Training Squadron*-Flight 237*

Alex Butler
Nicholas Farland
Stephen Johns
Nathan McCunn
-Flight 238
Philip Clapin
Tyler Ellingson

Dakotah Kingfisher

Derek Mann

Christopher Orzech

Nathan Ritter

-Flight 241

Anthony Giannoulis

Wesley Guerra

Jacob Romanyak

James Scharf

-Flight 242

Rya Kopp

Nigel Lane

Jordan Mach

Cody Nelson

Sterling Turnage

324th Training Squadron*-Flight 243*

Dylan Bodnar
Vincente Morffi
-Flight 244
Denzel Henderson

331st Training Squadron*-Flight 239*

Daniel Andreas
Ryan Bert

Sean Jenkins

Jacob Myers

Coby Nette

-Flight 240

Sara Herrmann

Amy James

Jennifer Molchan

Jennifer Pearson

Victoria Robertson

Brittney Yockey

Top BMT Airman

Nathan McCunn
323rd TRS, Flight 237

Most Physically Fit*-Male Airman*

Jonathan Smith
323rd TRS, Flight 238
Jonathan Tinsley
320th TRS, Flight 233
Michael Riley
321st TRS, Flight 235
Kurtis Turner
322nd TRS, Flight 245
-Female Airmen
Jennifer Pearson

331st TRS, Flight 240

Amy James

331st TRS, Flight 240

Charnita Walker

322nd TRS, Flight 246

Taylor Gibson

320th TRS, Flight 234

-Male Flights

320th TRS, Flight 233

322nd TRS, Flight 245

321st TRS, Flight 236

-Female Flights

331st TRS, Flight 240

322nd TRS, Flight 246

320th TRS, Flight 234

Top Academic Flights

323rd TRS, Flight 242

322nd TRS, Flight 245

323rd TRS, Flight 238

321st TRS, Flight 235

323rd TRS, Flight 241

320th TRS, Flight 233

321st TRS, Flight 236

331st TRS, Flight 239

322nd TRS, Flight 246

320th TRS, Flight 234

Army tightens personal appearance, tattoo policy

By David Vergun
Army News Service

The number, size and placement of tattoos have been dialed back under revised Army Regulation 670-1, which governs the Army's grooming standards and proper wear of the uniform.

The revised regulation was published yesterday, along with Department of the Army Pamphlet 670-1, outlining the new standards. Effective dates for the various changes can also be found in All Army Activity message, or ALARACT 082-2014.

Sgt. Maj. of the Army Raymond F. Chandler III addressed why the changes were made.

"The Army is a profession, and one of the ways our leaders and the American public measure our professionalism is by our appearance," he said. "Wearing of the uniform, as well as our overall military appearance, should be a matter of personal pride

for all Soldiers.

"Every Soldier has the responsibility to understand and follow these standards," he continued. "Leaders at all levels also have a responsibility to interpret and enforce these standards, which begins by setting the example."

Some of the changes include:

TATTOOS

Tattoos cannot be located anywhere on the neck or head above the lines of a T-shirt. They also cannot be located anywhere below the wrist bone.

Visible band tattoos cannot be longer than two inches wide. There can be no more than one visible band tattoo. Sleeve tattoos on arms or legs are not allowed.

Each visible tattoo below the elbow or knee must be smaller than the size of the wearer's extended hand. There cannot be more than four total tattoos below the elbows or knees.

Soldiers who currently violate

these revisions can be grandfathered in as long as commanders validate their current tattoos. Also, each year, commanders must check each Soldier for new tattoos that might be prohibited. The checks will be done when Soldiers are in their physical fitness uniform and do not include tattoos that might be hidden by the shorts or T-shirts.

Prohibited tattoos include those just mentioned, as well as ones that could be deemed extremist, indecent, sexist or racist.

UNIFORMS

Soldiers on official travel and traveling by commercial carrier are no longer allowed to wear the Army Combat Uniform, or ACU. Instead, they must either wear civilian attire or the service uniform.

The only ACU exceptions are when Soldiers are deploying, on rest and recuperation leave to and from theater and when authorized to do so by commanders for emergency leave or

casualty assistance duties.

Identification tags must be worn at all times while on duty in uniform unless otherwise directed.

Soldiers can carry plain, black umbrellas only during inclement weather when in service, dress and mess uniforms. However, umbrellas are not allowed in formations or when wearing field or utility uniforms.

Revisions also cover the wearing of badges and tabs, the carrying of bags, sewing on of nametapes, U.S. Army tape and grade insignia; wearing of insignia representing regimental affiliation, windbreakers, all-weather coats and other garments.

MALE GROOMING

Fancy-style haircuts, including the "tear drop," "landing strip" or "Mohawk," and "horseshoe" are no longer authorized.

Sideburns cannot extend below the bottom of the ear opening and can-

See APPEARANCE Page 17

MESSAGE from Page 6

ual assault,” the general said. “You are part of a team that does not know the meaning of the word ‘defeat.’ This will not defeat us.”

The proclamation ceremony was one of numerous events planned throughout JBSA to highlight the fact that sexual assault is criminal conduct that falls well short of the standards America expects of its men and women in uniform and is a violation of military core values.

“Sexual assault is a crime and Sexual Assault Awareness Month is an annual reminder of the values we live by all year long,” said Navy Capt. Gail Hathaway, commander, Navy Medicine Education and Training Command. “We must all be personally committed to a climate of respect to our fellow service members.”

Putting a human face on the crime of sexual assault was guest speaker Air Force Master Sgt. Amanda Caldwell, a victim of sexual assault both inside and outside the military, who is now stationed at JBSA-Lackland.

“My story is hard to tell ... but there are thousands more out there suffering in silence.” Caldwell began.

The sergeant, a former Fiesta military ambassador who has won numerous awards for excellence throughout her career, noted that she keeps herself detached while talking about her past, mainly as a coping mechanism to help her get through speaking about it.

Caldwell spoke in detail about being assaulted by a trusted family member when she was a teenager working at a Minnesota summer camp.



Photo by Joshua Rodriguez

Air Force Brig. Gen. Bob LaBrutta, commander, 502nd Air Base Wing and Joint Base San Antonio, signs the commanders' proclamation for Sexual Assault Awareness Month at the Evans Theater on JBSA-Fort Sam Houston Friday.

Prevention and Response office.

“These events are burned into my memory for the rest of my life,” the sergeant said. “To survivors, I hope my story gives you hope.”

Brig. Gen. Bob LaBrutta, commander, 502nd Air Base Wing and JBSA, wrapped up the event.

“If you take a look at the perpetrators of these crimes, you usually see they have done this before,” he noted. “They build trust and then they betray that trust.”

“We had better start now – right here and right now – by committing ourselves to eliminating our military services of this crime,” LaBrutta said. “We all have to be part of the solution. Our challenge is to put our outstanding sexual assault response coordinators out of business!”

The JBSA Sexual Assault Prevention and Response office serves the entire military community and collaborates with all service branch SAPR programs.

JBSA maintains a report hotline at 808-SARC (7272) for all service personnel 24 hours a day, seven days a week. The Department of Defense Safe Helpline is also available at 877-995-5247.

For more information about Sexual Assault Awareness Month events, visit <http://www.jbsa.af.mil/library/jbsa-sapr.asp>.

“My whole life changed when this happened. I felt like I had no one to talk to about it,” she said. “Looking back, I see how it changed my attitude and the way I acted. I started drinking and other destructive behavior. I ended up turning myself into the perfect victim.”

The sergeant said she was also raped at a college party, again by someone she had trusted. After joining the Air Force and getting stationed at Elmendorf Air Force Base, Alaska, Caldwell said she was sexually assaulted in a dormitory by a fellow Airman – one that was a mentor to her.

“I didn’t think anyone would believe me if I reported it,” Caldwell said. “In May 2006, a close friend of mine com-

mitted suicide. I knew she had had the same thing happen to her with the same airman. After all the female Airmen in the unit were interviewed, I finally told the truth about what had happened to me. Unfortunately, the male Airman took a plea bargain and didn’t serve any jail time.”

Caldwell said when she was assigned to JBSA-Lackland in 2010, she changed her mind set about her past.

“I looked in the mirror and saw a survivor. I focused on improving myself,” she said. “I’m still me and I’m still strong.”

Caldwell has put her past experiences into action, becoming a victim advocate for the JBSA Sexual Assault

APPEARANCE from Page 16

not be flared or tapered to a point, and the length of the sideburn hair cannot exceed one-eighth of an inch.

A mustache cannot extend past the corners of the mouth and no portion can cover the upper lip line or go higher than the lowest portion of the nose.

Fingernails cannot extend past the tip of the finger and nail polish cannot be worn.

FEMALE GROOMING

Hair must be neatly and inconspicuously fastened or pinned. Bangs are now authorized, as long as they don’t fall below the eyebrows. “Bulk of hair,” measured from the scalp up,

as opposed to the length of hair, will not exceed two inches, except for a bun, which can protrude three inches from the scalp. The bun cannot be wider than the width of the head.

Also hair needs to be properly secured, cannot be unbalanced or lopsided and parting of hair must be in a straight line.

Hair extensions and wigs are now authorized as long as they have the same general appearance as the natural hair and conform to all other hair regulations.

During physical training, women can now wear the full length of their hair in one pony tail that’s centered on the back of the head.

Fingernails cannot exceed 1/4 inch from the tip of the

finger and only clear nail polish is authorized with all uniforms.

OTHER

Soldiers cannot mutilate their bodies in any manner, such as tongue bifurcation.

Tooth caps or veneers of any unnatural color, design, shape or texture cannot be worn.

Jewelry or objects cannot be attached to, through or under the skin or other body part. This applies to all Soldiers on or off duty. The only exception is that female Soldiers can wear authorized earrings.

Commanders can authorize the wearing of sunglasses in formations or field environments. Glasses of any type cannot be worn on top of the head.

Soldiers cannot walk in such a way as to interfere with saluting, giving salutations or in a manner that detracts from a professional image. Examples include walking while eating, using electronic devices and smoking. All restrictions that apply to cigarettes also apply to tobacco-free cigarettes.

Personnel in civilian clothing, whether on-duty or off-duty, on or off post, must dress in a way that does not detract from the profession.

The wearing of wireless and non-wireless devices such as earpieces while in uniform is prohibited. However, hands-free devices used in a vehicle or bicycle are allowed as long as they are not prohibited by policy or civilian law.