



TALESPINNER

JOINT BASE SAN ANTONIO-LACKLAND, TEXAS • Vol. 71 No. 16 • April 25, 2014

Guiding Lights



Photo by Staff Sgt. Jonathan Snyder

Tech. Sgt. Larry Esquivel, 149th Aircraft Maintenance Squadron electroenvironmental technician, reviews technical orders for an F-16 Fighting Falcon at Davis-Monthan Air Force Base, Ariz., April 13. Coronet Cactus exercise provides realistic combat training for student fighter pilots from air-to-air combat to dropping inert and live ordnance. **More photos on page 10**

Changed forever, never the same

By Allen Blair

JBSA-Fort Sam Houston and JBSA-Randolph
Sexual Assault Response Coordinator

I was only 15 years old when it happened. "It" didn't happen to me, but I could've stopped it from happening to someone else. I was the bystander who had chance to stop a sexual assault, but I didn't. That decision continues to haunt me.

It was 1991 and I was a freshman in high school. I had a regular group of guy friends and one night we decided to go to a dance club. At one point, I was lucky enough to be on the dance floor with an extremely attractive girl.

While we were dancing, one of my friends tapped me on the shoulder. He said, "Hey, you want to go outside with us," at which time he pointed to my friends and a girl named Sarah.

I noticed Sarah looked drunk, which was not a surprise to me as I heard she and her friends were drinking before coming to the club.

At the time, I really wanted to stay with the girl I was dancing with so I told them to go ahead. They left and I kept dancing.

At the end of the night, I was walking back to our car when I saw Sarah crying. When I asked her what was wrong, she could only say, "They hurt me."

I was confused and worried. I found my friends a few minutes later and asked them what happened. They said they just hung out in the parking lot. I asked them again, specifically about what was wrong with Sarah, but they said nothing happened.

The next morning, I found out that Sarah didn't go home. Instead, she went to the police station. She reported that my friends brutally raped her that night in the parking lot.

I was stunned and shocked. To think I was friends with these guys. I recounted the night's events and realized that when they asked me to go outside, I had a strange feeling that something

wasn't right.

However, instead of asking questions, I convinced myself things were fine, as I didn't want to stop dancing.

I did nothing for Sarah. If I'd chosen differently, I may have prevented a sexual assault. I could have spared Sarah the pain she endured.

Some people tried to make me feel better by saying that I was just young and stupid, and that I couldn't have known that Sarah was going to be raped. But I am not so quick to forgive myself, even after 23 years.

I often wonder how Sarah is doing today. I heard through friends that she had a very rough time both physically and emotionally thereafter. Her physical injuries were such that she would never be able to conceive. Emotionally, the brutality she suffered caused her to withdraw and disappear.

She was changed forever. So was I.

I hope this story will also change lives, but hopefully with a different ending.

Did you know the first commander of U.S. Fifth Army – U.S. Army North's predecessor – actually liberated Rome two days before D-Day?

DID YOU KNOW?

Lt. Gen. Mark Clark did something on June 4, 1944, that none of his contemporaries had been able to achieve – liberate a capital city from fascist control.

Clark, a third-generation Soldier and 1917 West Point graduate, had a distinguished career before this important event, including being named deputy supreme commander for the Anglo-American campaign in North Africa in 1942.

His efforts helped the Allies gain control of North Africa, which was then under Axis control. In recognition of this, he became the youngest three-star general in the

Army at age 46.

When the United States created its first field Army overseas – the newly activated Fifth Army in 1942 – Clark was made its commanding general. In this position, he had the responsibility of holding French Morocco and Algeria.

Less than a year later, Clark led his Army on to the beaches of Salerno and began the trek up the Italian peninsula.

Clark was appointed commander of Allied ground troops in Italy in December 1944 and became the youngest American to be named to general in March 1945. After accepting the German surrender in May of the same year, he became the Commander of Allied Forces in Italy, and

later the commander in chief of U.S. Forces of Occupation in Austria.

Clark's last assignment was commander of the United Nations Command during the Korean War. After retiring from the Army in 1954, he served as president of The Citadel in Charleston, S.C., until 1965. He died in Charleston, S.C. April 17, 1984 and was buried at The Citadel. April 17 marked the 30th anniversary of Clark's death.

For more information on Joint Base San Antonio-Fort Sam Houston history, visit the Fort Sam Houston Museum at the Quadrangle when it reopens later this year.

(Source: U.S. Army North (Fifth Army) public affairs)



Army courtesy photo

World War II period image of then – Lt. Gen. Mark Clark, the first commander of the Fifth Army, taken while in Italy.

TALESPINNER

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

NEWS IN BRIEF

Compiled by Mike Joseph, JBSA-Lackland Public Affairs

FRIDAY

WAR DOG MEMORIAL DEDICATION

An informal dedication for the Nemo War Dog Heroes Memorial is at 1 p.m. Friday at the U.S. Air Force Security Forces Museum. The museum is located at the corner of Carswell Avenue and Femoyer Street on the basic training side of Joint Base San Antonio-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.

SATURDAY

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. Saturday 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. Event partners are JBSA-EFMP family support, the JBSA-Lackland First Sergeant Association and the Operation Warmheart Council.

INFORMATIONAL

BAH RECERTIFICATION

The Air Force has started the recertification process mandating that every Airman provide their servicing finance office with documentation for all dependents by Dec. 31.

The recertification is part of Air Force audit readiness for 2015 as required by the 2010 National Defense Authorization Act. The one-time process allows the Air Force to validate the \$5.4 billion spent annually on BAH entitlements and also ensures the money spent on BAH is fully auditable.

For information, call 652-1851 or email finance.callcenter@us.af.mil. The finance office at Joint Base San Antonio-Lackland is located in building 5616, Suite 1; on JBSA-Randolph, the finance office is in building 399, Suite 2; and on JBSA-Fort Sam Houston, the finance office is in building 4196.

The finance offices are open to walk-in customers Mondays, Tuesdays, Thursdays and Fridays from 8 a.m. to 3 p.m., and Wednesdays from 8 a.m. to 2 p.m. Appointments are not required.

AF Surgeon General aims to help cyber Airmen

By 2nd Lt. Meredith Hein
24th Air Force Public Affairs

Lt. Gen. (Dr.) Thomas Travis, Surgeon General of the Air Force, visited 24th Air Force April 10 in an effort to learn about ways that the medical community can support cyber operators.

"AF Medicine is here to support operations," said Travis. "We need to provide the right support for Airmen and their families. I wanted to start this conversation with cyber."

In many areas, including cyber, there is high stress related to the high tempo of operations, noted Travis. With so much at stake, there is a need to go directly to the operator.

"We are aiming to customize access, customize prevention, and customize care for this growing operational capability" said Travis.

The general discussed an initiative he began which aims to either embed or dedicate the right type of medical support for operational units.

This practice has been in the works for several years in special operations, intelligence, surveillance and reconnaissance, remotely piloted aircraft and explosive ordnance disposal career fields.

"People have to be healthy and fit to be effective," said Travis. "If we can help people with injuries or men-

tal health issues in the near term, or prevent them to begin with, mission success and Airman wellness is far more likely."

Mental health practitioners have been particularly useful in at-risk, high-pressure jobs, including ISR and RPA career fields, where operators may be more comfortable discussing issues before they become a real problem, said Travis.

These providers have the right clearances to be adjacent and available to these operators in their workplace. They know the individuals and the mission, and the individual knows and trusts them. A trip to the clinic may not even be necessary. But if it is, they go see "their doc," much like we have been doing in flight medicine for many decades

"The members of the units know their doctors. That breaks down the stigmas and barriers to care," said Travis. "It helps to know somebody who you can talk to who has the right clearance to hear what you have to say."

The special operations community, for instance, has specialists who train operators in advance of deployments to prevent injuries and mental health issues. These same providers then provide care for any problems when the operators return from deployment, enabling them to get better quicker.

In some cases, such as EOD, flights are enrolled to a provider, who works and trains with the flight to get a sense of the physical and emotional stresses the operators are facing, said Travis.

"This program also gives a sense of mission and purpose to providers like some have never had before," said Travis. The goal is to teach providers to understand the missions that they are supporting in order to provide the best level of care.

Travis noted that line mission commanders have been actively seeking the support the Air Force Medical Service has been working to provide through these programs, and he hopes to be able to extend this initiative into the cyber domain to help cyber operators.

"Cyber is growing in importance, and the Airmen doing this mission perform brilliantly," said Travis. As such, we are trying to adapt to this new brand of operators. We have to provide a new kind of support that allows these Airmen to have better access to the help they need."

The general was impressed with the mission carried out by these cyber operators each day.

"Being here has reaffirmed to me that cyber is clearly operational" said Travis. It is more than network support. It's projecting power where it is needed. Cyber is no doubt part of air power dominance."

Air Force Assistance Fund Installation Project Officers			
Joint Base San Antonio installation project officer: 1st Lt. Amy Torres JBSA assistant IPO: Master Sgt. Roland Thomas	JBSA-Lackland IPO: Capt. Drew Cutler JBSA-Lackland assistant IPO: Master Sgt. Justin Tischler	JBSA-Randolph IPO: Capt. Christopher Osborne JBSA-Randolph assistant IPO: Master Sgt. Chadwick Burke	JBSA-Fort Sam Houston IPO: Vacant JBSA-Fort Sam Houston assistant IPO: 1st Lt. Julie Casanova

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

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

Correction to Error in Fact

In the April 18 edition of Joint Base San Antonio newspapers, there was an error in fact in the privately-owned firearms policy article. Only civilian police, federal police and investigative agency members on official business are allowed to carry firearms on JBSA locations. Individuals who aren't JBSA residents will be told to proceed directly to the security forces armories at JBSA-Randolph and JBSA-Lackland or the Base Defense Operations Center at JBSA-Fort Sam Houston to store their firearms, regardless of their duration of stay. We apologize for any confusion this may have caused.

AF Reservists conduct emergency preparedness training with Army

By Tech. Sgt. Carlos J. Trevino
433rd Airlift Wing Public Affairs

Despite the cold winds, rain and fog, a training exercise between the 74th Aerial Port Squadron and Army North's Task Force-51 from Joint Base San Antonio-Fort Sam Houston proved to be invaluable training for the Airmen and Soldiers April 5-6.

The units, Air Force Reserve's 74th APS and 68th Airlift Squadron, and U.S. Army North's (Fifth Army) Joint Task Force-51, took advantage of being in the same area to train. The training goal was to improve unit preparedness to move Task Force-51's vehicles onto a C-5A Galaxy aircraft to deploy in case of a natural or manmade disaster anywhere in the United States.

Task Force-51 is a full-time deployable command post, who assists local, state and federal responders with disasters in the United States, who have seen catastrophic natural or manmade disasters that exceed their capabilities.

"This is the first time we are doing a joint training exercise with Army North here in a Reserve capacity," said Chief Master Sgt. Debra Kelly, 74th APS superintendent. "The aerial porters are learning about the Army's vehicles and training the Soldiers on center of balance, and how to prepare



Photo by Tech Sgt. Carlos J. Trevino

"The Sentinel", a command, communications and control vehicle from Joint Base San Antonio-Ft. Sam Houston's Army North's Task Force-51 drives onto a C-5A Galaxy on April 6. Air Force Reservists and active duty Soldiers trained to load and offload Task Force-51's vehicles onto a C-5A Galaxy.

Air Force documents, such as shippers declaration for when they need to go on a mission."

In addition, the aerial porters trained the Soldiers on making load plans, safety, weighing vehicles and coordinating with loadmasters on the first day. In a real world scenario, it is common for both services to work together.

"We always say the Army is our biggest customers because we move most of their cargo," said Senior Airman David Castro, a 68th AS loadmaster. "Training like this is great. It helps both of us see what we could do better and what needs to be worked on more. There is always something new, especially with new equipment. It helps us build camaraderie because we don't get to work and train together a lot."

On the second day of training, the biggest challenge was loading "The Sentinel." It is an ominous, dark-colored truck which houses a command, communications and control module. It was the first time the units attempted to load it on a 433rd Airlift Wing C-5A.

Loadmasters from the 68th AS, who provide the pilot with precise weight and balance calculations to determine the plane's center of gravity, scurried back and forth to place shoring, small wooded tiles, under the vehicle's rear tires to lift

See RESERVISTS Page 9

Agency works hard, plays hard at inaugural event

By Wayne Amann
Air Force ISR Agency Public Affairs

The anatomy of any successful unit function is like an automobile engine – all parts have to be in synch to run smoothly.

The inaugural Air Force Intelligence, Surveillance and Reconnaissance Agency Field Day and Family Picnic at Security Hill's Stapleton Park April 5 at Joint Base San Antonio-Lackland was running on all cylinders thanks to a behind-the-scenes team of coordinators who turned a casual get-together into a memorable event with a purpose.

That purpose was to give back to those who've sacrificed so much.

"We've had so many people deployed over the last 10 years of war and these families have paid a heavy price for that," said Maj. Gen. John Shanahan, Air Force ISR Agency commander. "This is a chance for everybody to enjoy a little time with each other outside the workplace, get to know each other better and

thank our families for all they've put up with our deployed Airmen. It's the AFISRA family."

The event committee project officer, Capt. Katherine Couron, orchestrated the vectors of various committee members.

"I was here less than 60 days when we started this, so I absolutely relied on the points of contact for everything," Couron said. "Everyone stepped up enthusiastically from day one. I couldn't have done it without each of the point of contacts."

Besides prepping the park to accommodate the event, the committee team divided the event into five major areas of responsibility: activities, kids, supplies, food and safety. Each of the five required specific items, making for plenty of moving parts to track.

In addition, event attendees could box up deployment care packages to agency deployed members. Donations included cereal bars, chap sticks, sun-screen, books, games, Easter goodies plus items from the



Photo by William Belcher

(Left to right,) Chief Master Sgt. Arleen Heath, Senior Airman Thomas Westrick and Maj. Gen. John Shanahan hoist the torch to open the inaugural Air Force Intelligence, Surveillance and Reconnaissance Agency Field Day and Family Picnic April 5 at Joint Base San Antonio-Lackland Security Hill's Stapleton Park. The event is the unit's way of saying thanks to all who have sacrificed on its behalf.

Airman Family Readiness Center at JBSA-Lackland for family members

with children.

"We have a variety of items to fill whole boxes plus the money to cover shipping," said Laura Shanahan of the Agency Spouses Group. "We want our deployed members and their families to know they never left us. They're still part of the family and we're here for them."

One member's family which benefitted first hand from the tight-knit support the agency family provides is Maj. Steven Hovsepian, his spouse Nila Mistli, son Hayden and daughter Jasmine. The major returned home the day after Thanksgiving in 2013, following a six-month deployment to Kabul, Afghanistan. He gives the agency's family-oriented mindset a glowing recommendation.

"This event shows appreciation for our families, whether you're deployed or doing shift work," the major said. "They get to enjoy the Air Force community atmo-

See INAUGURAL Page 19

It did just happen

322nd TRS instructor selected MTI of the Year



Photos by Benjamin Faske

Staff Sgt. Eddie Glover, 322nd Training Squadron military training instructor, insures a flight of basic trainees are properly aligned in formation at the 322nd TRS April 17, at Joint Base San Antonio-Lackland. Glover was named the 2014 Military Training Instructor of the Year.

By Mike Joseph
JBSA-Lackland Public Affairs

“That did not just happen.”

It’s a phrase hundreds of trainees in the 322nd Training Squadron have heard Staff Sgt. Eddie Glover say while leading flights as a military training instructor.

In fact, one trainee eventually told Glover that when he heard the instructor say “that did not just happen,” he knew the eagle-eyed MTI had just spotted a trainee’s unnecessary movement, no matter how minute.

Glover’s catchphrase, albeit under totally different circumstances, might have been appropriate when he learned of his selection as Air Education and Training Command’s 2014 MTI of the Year.

While he didn’t use those exact words, they were close.

“I was completely shocked,” Glover said. “I knew the other MTIs up for the award. I knew their qualifications and I knew how good they were. That’s why it was such a shock.”

Glover understands there is no “I”

in “team.” Teamwork is one cornerstone of basic military training that MTIs use to mold civilians into warrior Airmen of character.

“When someone around the squadron congratulates me, I feel like they should pat themselves on the back,” he said. “I was recognized because of the entire squadron’s work.”

Glover is the third MTI in a row from the 322nd TRS to be honored by AETC. He follows Tech. Sgt. Joshua Hite, last year’s MTI of the Year winner, and Tech. Sgt. Brian Fisher, who won in 2012.

Glover and Hite were in the same MTI School class in 2009 and Fisher was a week ahead of the pair at MTI School. In addition to the AETC honors, the trio has another common thread. They’ve been the past three Blue Ropes of the Year, which signifies the best of the best among MTIs. Blue ropes are master instructors and chosen from the top 10 percent of the MTI Corps regardless of rank.

“It seems like Hite and I have always been together,” said Glover. “I was his alternate when he was mili-

tary drill and ceremony NCO in charge for the squadron in 2012 and I took over last year when he left to become an instructor at MTIS.”

Since coming to the 322nd TRS as a senior airman almost five years ago, Glover has led 21 flights and trained four instructors before spending the last year and a half as MDC.

“My job as MDC was to make sure instructors were prepared for graduation ceremonies and lend as much help as humanly possible, help train instructors and have a pulse on the squadron,” Glover said. “The real work came from the ones who stood behind me.”

During the award year, Jan. 1 through Dec. 31, 2013, Glover was in constant motion. Not only was he Blue Rope of the Year, he was also the MDC when Gen. Edward Rice retired as AETC commander, performed staff positions in seven BMT graduation parades, codified tracking for MTI best practices, organized the eighth annual Tiger Stripe Ball for more than 200 attendees, led 15 BMT tours, was hand-selected for the U.S. Air Force



Staff Sgt. Eddie Glover, 322nd Training Squadron military training instructor, inspects a flight of trainees at the 322nd TRS April 17 at Joint Base San Antonio-Lackland.



Staff Sgt. Eddie Glover, 322nd Training Squadron military training instructor, delivers commands to flight of basic trainees at the 322nd TRS April 17 at Joint Base San Antonio-Lackland.

Association Leadership Program and conducted 605 checklist reviews/

See MTI Page 8

American Democracy and the Rule of Law: Why Every Vote Matters'

By Col. Mark T. Allison
502nd Air Base Wing Staff Judge Advocate

Did you know that a national day has been set aside to celebrate the rule of law? Law Day was established in 1958 when President Dwight D. Eisenhower designated May 1 as a day of national dedication to the principles of government under law and Congress.

This year's Law Day theme is "American Democracy and the Rule of Law: Why Every Vote Matters." This theme highlights the importance of voting, as the right to vote is at the very root of government by the people.

Throughout the history of our country, protecting the right to vote, and expanding this right to all facets of our citizenship, has been a central theme of our nation.

In the Gettysburg Address, President Abraham Lincoln described that our new nation was conceived in liberty, and dedicated to the proposition that all men are created equal.

He ended his speech with the phrase, "That government of the people, by the people, for the people, shall not perish from the earth." This iconic speech, coupled with Lincoln's earlier Emancipation Proclamation, ultimately led to the 15th amendment to the U.S. Constitution.

In the wake of the Civil War, the 15th amendment was ratified in 1870. It provides that "the right of citizens of the United States to vote shall not be denied or abridged by the United States or by any State on account of race, color, or previous condition of servitude," and it gives Congress the

"power to enforce this article by appropriate legislation."

Unfortunately, the right to vote still did not apply to all citizens. In 1872, Susan B. Anthony was arrested, tried and convicted for attempting to vote merely because she was a woman.

However, Anthony was not sentenced to jail and she later traveled around the country in support of women's right to vote (known as suffrage), giving nearly 100 speeches per year. Her efforts would lead to the passage of the 19th amendment to the U.S. Constitution in 1920, giving women the right to vote.

While the 15th amendment mandated the right to vote regardless of race, "Jim Crow" laws in the southern states were systematic attempts to deprive African Americans of the right to vote. This type of racial discrimination was outlawed with the passage of the Voting Rights Act of 1965, which was enacted to address entrenched racial discrimination in voting.

Finally, in 1971, the voting age was lowered to 18 with the passage of 26th Amendment. This occurred during the Vietnam War and as a result of the draft. Supporters of this amendment argued that if you are old enough to fight and die for your country, you should be old enough to vote.

Today, every U.S. citizen who is at least age 18 (without a felony conviction) owns the right to vote. This year's Law Day theme calls upon us to reflect on the importance of the right to vote and the challenges we have faced throughout our history to ensure all citizens are given the opportunity to vote.

MTI from Page 6

evaluations that resulted in the squadron earning five honor flights and eight warrior flights.

In his spare time, he co-chaired a golf tournament, coordinated a 737th Training Group 5K run and mentored 21 first-grade children during "Read Across America."

Little wonder he calls his assignment to the 322nd TRS an incredible experience.

"The absolute greatest time of being an MTI is being a trainer to instructors," Glover said. "In addition to having trained 21 flights of Airmen (more than 1,100) who are now operational in the Air Force, each MTI student that I trained also has a piece of me in them.

"BMT gives you a unique opportunity," he said. "All the long days and

all the Airmen make it mean more because you have a vested stake in them. I've already got four staff sergeants active duty, which makes me proud," before adding with laughter, "I need to make some rank before they pass me."

In a little more than a month, Glover will head back to his career field. However, the 322nd TRS won't be out of sight or out of mind.

He'll be able to step outside the Transport Management Office in building 5616 – "booking household goods and airline tickets," Glover said with a grin – and gaze to the west, where in the skyline he'll see the structure that's created a lifetime of memories.

"You have to train to restock the Air Force," he said, "so I feel like mission accomplished."

Which, to borrow some of Glover's words, really did happen.



One of the best things about ICE is that people can let service providers know when they do a great job, not just for poor service. It takes 5 minutes or less to submit a comment at <http://ice.disa.mil>.



AIR FORCE BAND OF THE WEST
April 25-26
 Ceremonial Marching Band – Fiesta Parades

April 27
 Brass in Blue – All Veterans Memorial – 12:45 p.m.

MARINE CORPS BAND NEW ORLEANS

April 25
 Field Band – Battle of Flowers Parade – 4 p.m.

April 26
 Field Band – Fiesta Flambeau Parade – 7:15 p.m.

<https://www.facebook.com/marinecorpsbandneworleans>
<http://www.marforres.marines.mil/GeneralSpecialStaff/MarineCorpsBandNOLA.aspx>

Medical Education and Training Campus students observe Sexual Assault Awareness Month

By Ben Paniagua
Student Activity Center

More than 300 Army, Navy and Air Force Medical Education and Training Campus students observed Sexual Assault Awareness Month at the Student Activity Center April 4. Activities included a "Wet Paint" blackout party with games, disk jockey, refreshments, giveaways, dance contests and prizes.

Dr. Charlotte Moerbe, JBSA's Sexual Assault Response Coordinator, motivated the students who donned black T-shirts with the "Wet Paint" logo. She led them on a march through the training campus carrying placards that read: "Give Me Life, Give Me Pain, Give Me Myself Again," "Let's Prevent Sexual Assault," "Rape Doesn't Just Happen" and "In The U.S. Every 2 Minutes Someone Is Sexually Assaulted."

The students' march ended at the Student Activity Center where the facility was decorated with black lights, highlighting white T-shirts decorated with fluorescent paint. The shirts were designed by student members of the Peers for Change. This created a glowing atmosphere that covered the dance floor while the students danced and enjoyed the night's festivities.

"The purpose of the Blackout Party was to culminate the Student March Against Sexual Assault," said Allen Blair, 502nd ABW Air Force sexual assault coordinator. "As part of the



Photo by Jermaine Coleman

More than 300 Army, Navy, and Air Force Medical Education and Training Campus students observed Sexual Assault Awareness Month at the Student Activity Center April 4. Dr. Charlotte Moerbe, Joint Base San Antonio's Sexual Assault Response Coordinator, motivated the students who donned black T-shirts with the "Wet Paint" logo and led them on a march through the training campus carrying anti-sexual assault messages.

event, students were given the opportunity to partake in games that highlighted the issue of sexual assault and ways to prevent it."

The program was as a collaborative effort between PAC, the Sexual Assault Response Coordinator and Student Activity Center staff.

"The PAC-led event was a huge success," said Airman Kerry Brown, a PAC member. "Students were requesting more events like this one."

RESERVISTS from Page 4

the monstrous truck onto the C-5A's front ramp.

"It ('The Sentinel') is built on a Freightliner (cargo truck chassis)," said Army Maj. Jamaal A. Mack, Task Force-51's logistics planner. "We have practiced loading it onto a C-17 Globemaster III, but we didn't know if the top would clear (the top) of the C-5. It cleared it by five inches."

Task Force-51 usually travels to disaster stricken areas within the continental United States. The exercise was an opportunity for the Army and the Air Force to practice loading

the aircraft in case they need to use airlift.

"For us, we don't often use an aircraft, so having everything together like our hazardous declarations, labeling and marking, gives us that practice we need," Mack said. "I really think this gives good training for both the Army and the Air Force. It gives our Air Force brothers great training for whenever Task Force-51 is called, we can get out the door."

"On a Reserve weekend, we don't have this kind of equipment here to train our members, so this was a win-win opportunity to train with the Army," Kelly said.

149th Fighter Wing put to the test at Coronet Cactus

Coronet Cactus at Davis Monthan Air Force Base, Ariz., is a seven-day event designed to train members of the Texas Air National Guard 149th Fighter Wing, 182nd Fighter Squadron from Joint Base San Antonio-Lackland's Kelly Field Annex. The 149th FW mission is to support, maintain and expedite mobility for the 182nd FS, whose mission is to train student F-16 pilots. Coronet Cactus is the final test for the F-16 pilots to evaluate their knowledge and skills before graduating and proceeding on to the next phase of F-16 training. The exercise, which took place April 6 - 15, incorporated all 149th FW Airmen, who train in maintenance, loading, support, communications and other aspects of the flying mission.

Photos by Staff Sgt. Jonathan Snyder

First Lt. John Nygard, 182nd Fighter Squadron F-16 Fighting Falcon student pilot, participates in Coronet Cactus exercise at Davis-Monthan Air Force Base, Ariz., April 9.



First Lt. Jayme Liggett, 182nd Fighter Squadron, conducts a pre-flight check in an F-16 Fighting Falcon prior to a combat training sortie at Davis-Monthan Air Force Base, Ariz., April 8. Coronet Cactus exercise provides realistic deployment experience for F-16 student pilots.



An F-16 Fighting Falcon from the 182nd Fighter Squadron conducts low-level combat training during Coronet Cactus exercise near Davis-Monthan Air Force Base, Ariz., April 10.



Two F-16 Fighting Falcons from the 182nd Fighter Squadron release flares while conducting low level combat training during Coronet Cactus exercise near Davis-Monthan Air Force Base, Ariz., April 10.

During tough times, 'be brilliant in the basics'

Torch Magazine

Multiple sexual assault incidents, academic cheating accusations, sequestration, less money, and people worrying about whether or not they will have a job tomorrow are all adding stress to a force already being stretched by a high volume of deployments. Since increased stress and distractions are known to contribute to increased mishaps, the Air Force's chief of safety has his hands full in trying to ensure these distractions don't turn into more people getting hurt or equipment getting destroyed.

Torch magazine recently sat down with Maj. Gen. Kurt Neubauer, who serves as both the Air Force's chief of safety in Washington D.C. and the commander of the Air Force Safety Center at Kirtland Air Force Base, N.M., to discuss some of the safety issues facing him during his first year in office.

Q: *The Air Force chief of staff has expressed concern with an increase in mishaps that indicate lack of compliance and decision making as causal. On the flying side of the house, how are we addressing these concerns in such areas as flight discipline?*

A: Each major command commander is going from tooth to tail looking at these exact issues. Really – whether flight, ground or weapons safety – it comes down to a reinforcement of being brilliant in the basics. Whether it's a seasoned pilot or the youngest Airman on the flight line, anyone can make an error. And if the error is not caught fast enough, it can tumble into something catastrophic. Regardless of how experienced an Airman may be, regardless of what the phase of flight or maintenance work it is, there are certain rules of the road that must be abided by – not only from the standpoint of being able to effectively execute the mission, but also from the standpoint of being able to execute it safely. That structural integrity of mission accomplishment and safety is all one piece. Safety isn't a sideshow, it's an integral part of performance. We have to balance the scale of risk and reward. Even though we know we are going to be executing a risky mission or task, we have to continuously offset that risk with equipment, training and habit patterns.

Q: *On the ground side, what steps are we taking to encourage Airmen to obey rules established to help keep them safe (i.e., speed limits, wearing helmets, strapping on seat belts, no texting and driving, no drinking and driving, etc.)?*

A: When it comes to ground mishaps, leaders have to be present – involved and interested in what their subordinates are doing, not only their on-the-job duties but also regarding what they are doing with their off-duty time as well. What are their hobbies and interests? What are their long-term goals? Are they enamored with extreme sports? We have to make each Airman understand how important they are. Without Airmen, you don't

get airpower. So they have to not only train hard and work hard, but when they play hard, they have to do it smartly and make those right risk-versus-reward decisions so they can come back safely after their leave or long weekend and be ready to get after it again.

Q: *When it comes to safety, what is the Air Force's biggest strength?*

A: Whether ground, flight or weapons safety, our Air Force is doing a good job overall. You see that success by virtue of the fact that we're in a very high-risk business, whether it's in the air, on the ground or in the weapons storage area; yet, regardless of where we work or what we are doing, the number of mishaps, although not yet at zero, are much lower if you look at them in the context of the sheer number of operations we have going on worldwide. This success is a testament to the discipline of our Airmen, discipline of purpose, discipline of method, use of tech data, and abiding by our standards and practices. It's a testament to how we teach and train our Airmen both in professional military education and on the job. And, finally, it's a testament to the discipline of doing things the right way the first time.

Q: *How do we continue to improve upon our strengths and reverse any negative trends in the areas that challenge us?*

A: It's going to take repetition. If you use the gym as an analogy, it's about sets and repetitions. In the gym, it's three to five sets, three to five reps, three to five times a week. That's how you stay fit and build strength. Using that same philosophy, we have to continue to remind Airmen, regardless if they are new or the most seasoned Airman in the squadron, about good habit patterns and safety practices three to five times a day, three to five times a week. We have to get them to the point that they are thinking about it as a matter of habit. Because when they are thinking about it, they talk about it. Their actions will soon reflect those discussions. Those actions become habit patterns. Those habit patterns forge our destiny. And that destiny means mission success. So it's not only the initial training of showing Airmen what to do and how to do it, but then going back periodically and rechecking and refreshing that to ensure we are staying on task, strengthening and building solid habits.

Q: *Each year Air Education and Training Command basically teaches "young pedestrians" how to aviate and graduates tens of thousands of basic trainees – mostly teenagers – who think they are bulletproof. What do you think is the best way to reach this group to prevent mishaps and instill risk management into their professional development and lifestyles?*

A: They need to hear it not only from leadership, but peer to peer. Airman-to-Airman videos (like the ones produced at the safety center)

are priceless. Because when an Airman in his or her young 20s hears from another Airman in his or her young 20s, I think that is incredibly valuable. For example, "This is what happened to me, this is the mistake I made and this is the lesson I learned," a lesson we can all learn from. Peer-to-peer feedback helps them to understand there are other Airmen out there who are dealing with the same choices, the same dilemmas, the same challenges. They are just in a different location. And you can learn from their mistakes before you make the same error.

Q: *What types of mishaps trouble you the most?*

A: Any preventable mishap is troubling. First of all, our country invests a tremendous amount in our Airmen and our equipment. So whenever we lose an Airman, bend metal or break equipment, it's a huge loss for our Air Force and for our country. And perhaps most importantly, there's the effect of that loss on family, friends and co-workers. The real challenge is how to reach zero mishaps; that's the goal we're shooting for, a quest for zero. It's a very elusive quest and although we may not see it soon, I think with consistent reinforcement of good habits and understanding how to offset the risks we must take, we will make good headway.

Q: *What mishaps have you witnessed or reviewed that stick out in your mind?*

A: There have been several. Any loss of an Airman is tragic. But the mishaps that were clearly preventable either through better decision making or by ensuring compliance with our established methods and guidance – those are the ones I find most troubling. The real tragedy, though, is not just the loss of the Airman or the equipment, it's the second and third order effects that happen as a result of the mishap – how it affects the families, how it affects the squadron. I have dealt with grieving family members, and there is nothing you can do for those folks to fill the hole in their heart after losing a loved one. That's why I'm passionate about the quest for zero. This is personal for me, this is part of our Air Force family business.

Q: *If there were a single thing people could do or a single bit of advice you could give that would save the most lives, what would it be?*

A: Be fit, be ready and be able to do your mission. And on any given day, if you're not fit, ready or able for your mission, be man or woman enough to fess up and tell your leadership that today is not your day. Take the time to recharge, refit and reinvigorate, and then reattack that mission the following day. Don't try to force things – it's not worth the risk.

Culture change is key to sexual assault prevention

By Staff Sgt. Torri Ingalsbe

Air Force Public Affairs Agency Operating Location-P

Secretary of the Air Force Deborah Lee James and Air Force Chief of Staff Gen. Mark A. Welsh III spoke candidly with top Air Force leaders about sexual assault prevention and response April 14, during the Three-Star Summit at Andrews Air Force Base, Md.

“Eliminating sexual assault is a huge priority,” James said. “It is a top priority for me; job one is taking care of people and this is part of that. We need to do everything that we can to protect the sons and daughters of America who come to us for service in the Air Force.”

James thanked the leaders at the summit for the focus they have given in support of sexual assault prevention. She spoke about her effort to

speak to local sexual assault response coordinators, special victim counsels and victim advocates during her travels. She said she is encouraged by the increase in reporting, and the firm emphasis placed on both the prevention of sexual assault, and the treatment of survivors.

“What we want is the reports going up and the incidents going down,” James said. “The vision of the future is to have none of this, and that’s what we’re all working toward.”

Although there have been exceptional advances in the treatment and care of victims, as well as the judicial process, there is still a lot to learn, Welsh explained.

“Unprofessional work environments, unprofessional relationships

See CULTURE Page 19

Eight reasons to switch to TRICARE Home Delivery for medication needs

By Maj. Brian Sydnor

San Antonio Military Health System

With Tricare Pharmacy Home Delivery, patients can order medications online or over the phone and have their prescriptions sent right to their door.

People have used Tricare benefit to fill prescriptions at a civilian retail pharmacy and have likely enjoyed the convenience factor these for-profit pharmacies can offer. This convenience, however, does come at a cost - copays, and an increased cost of over \$100 million annually to the taxpayer.

With Tricare Pharmacy Home Delivery, beneficiaries have significantly lower copays while also lowering costs to the taxpayer, and sustaining health-care benefit for future service members and their families. The typical cost for a 90 day supply at a retail pharmacy is \$51, compared to \$13 for Home Delivery. Here are a few more advantages of Tricare Pharmacy Home Delivery:

- Registration is extremely simple, and can be completed online at [www.](http://www.tricare.mil/homedelivery)

www.tricare.mil/homedelivery or by phone at 877-882-3335, which reaches a live representative.

- To transfer a retail prescription online to Home Delivery, just find that prescription in the users’ online profile and click the “transfer” button next to it.

- Users can schedule automatic refills so medications never run out.

- When out of refills, the Tricare Home Delivery staff will contact the provider to request a prescription renewal, if desired.

- Users can add several addresses in their profile, to ensure prescriptions get delivered to a current location.

- A smartphone app is available for both Apple and Android devices. It can be found here <http://www.expresscripts.com/mobile>

- A convenient E-prescribing option is available for providers. Visit <http://www.tricare.mil/homedelivery> to learn more.

If people currently getting prescriptions filled for free at a military pharmacy may continue to do so.

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 264*

Jackson Dancy
 Nicholas Frontino
 Joseph Huffman
 Tyler Humble
 Brayden Kerr
 Kerry Mcguire
 Benjamin Murphree
 Alexander Nona
 Jose Quendo
 Aaron Parris
 Richard Tucker
-Flight 262
 Caitlin Gonzalez
 Jenna Henchey
 Andrea Keene
 Whitney Kerns
 Abigail Pippen
 Jennifer Tarango

-Flight 269

Jeremiah Hartbarger
 Ken Isham
 Tyler Plake
 Levi Shanks
 Brett Shepherd
 Kyle Teach
-Flight 270
 Aaron Hutchens

321st Training Squadron*-Flight 263*

Seth Broghammer
 Scott Estes
 Bryan Kelps
 Brian Leatherman
 Damian Ray
 Trevor Seegmiller
 Justin Viele
-Flight 264
 Cassidy Draper
 Zachary Drozda

322nd Training Squadron*-Flight 273*

Garrett Faught
 Davis Johnson

Stephen Kennedy
 Christopher Schumacher
-Flight 274
 Katlyn Smegelsky

320th Training Squadron*-Flight 267*

Eamon Shannon
-Flight 268
 Brittney Clark
-Flight 271

Justin Bermender
 James Dupuy
 Bryce Gorang
 Timothy Holcomb
 Aaron Sanford
 Brandon Vandyke
-Flight 272

Jesse Amason
 Brandon Dunwoodie
 Terrell Ellis
 Joseph Francis
 Bryan Harper
 Scott Kruschke
 Dakota Powell
 Michael Segelhurst
 Donavhan Warrington

Samuel Wehrle

331st Training Squadron*-Flight 265*

Patrick Chuba
 Collin Cooper
 Jordan Hamilton
 Benjamin Lowe
 Jason Mitchell
 Izaiah Ortega
-Flight 266

Jeromy Eilert
 Joshua Hargis
 Sean Horan
 Nikalus Mendoza
 Joshua Neubert
 Tyler West

Top BMT Airman

Izaiah Ortega
 331st TRS, Flight 265

Most Physically Fit

-Male Airman
 Marquavius Sims
 320th TRS, Flight 269
 Chase Arnold
 326th TRS, Flight 267

Bryan Harper
 326th TRS, Flight 272
-Female Airmen

Sarah Mueller
 326th TRS, Flight 268
 Amanda Harper
 320th TRS, Flight 262
 Hannah Berry
 322nd TRS, Flight 274
-Male Flights

320th TRS, Flight 261
 326th TRS, Flight 272
 320th TRS, Flight 269
-Female Flights
 320th TRS, Flight 262
 322nd TRS, Flight 274
 326th TRS, Flight 268

Top Academic Flights

326th TRS, Flight 272
 320th TRS, Flight 261
 321st TRS, Flight 263
 331st TRS, Flight 266
 320th TRS, Flight 269
 331st TRS, Flight 265
 326th TRS, Flight 267
 320th TRS, Flight 262

LOCAL BRIEFS

Compiled by Mike Joseph, JBSA-Lackland Public Affairs

WEDNESDAY

ATHLETE OF THE YEAR NOMINATIONS

Nominations for the Air Force Military Athlete of the Year are due Wednesday 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 can be picked up at installation fitness centers. Each installation is limited to one male and one female candidate.

For details, visit <http://www.USAFsports.com> or email sports@myairforcelifelife.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.

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

MAY 8

DLI INTERNATIONAL FEST

The Defense Language Institute English Language Center will hold its third annual International Festival from 8:30 a.m. to 2 p.m. May 8 in the Gateway Club at Joint Base San Antonio-Lackland.

DLI students will display cultural artifacts, traditions and dress, geography and also answer questions about their country.

For details, call 671-2818.

MAY 10

JOINT SERVICES PT MEET

The fourth annual Joint Services physical training meet is from 8 a.m. to 3 p.m. May 10 at D.W. Rutledge

Stadium in Converse, sponsored by the Judson High School Air Force Junior ROTC program.

Active-duty volunteers are sought from each military service branch to assist with the meet. Last year, 127 teams totaling 160 youth participated. Volunteers will receive breakfast snacks and lunch.

For more information, contact Judson AF JROTC, at 945-1137.

MAY 28

ENLISTED ASSOCIATION MEETING

Chapter 80 of the Enlisted Association meets at 1 p.m. on the fourth Wednesday of each month at the Gateway Club.

Call 658-2344 for additional information.

JUNE 6

AARP SMART DRIVING COURSE

An AARP Smart Driver course is from 12:30-5 p.m. June 6 at Air Force Village 2. The cost is \$15 for AARP members and \$20 for non-members.

The course covers driving strategies, new laws and challenges with local driving. Participants will receive a certificate, good for three years.

Call 557-2173 for additional information and registration.

INFORMATIONAL

123 MAGIC FOR PARENTS

The 123 magic program for parents will be held from 9-11 a.m. May 2, May 9, May 16 and May 23 at the Health and Wellness Center, building 2513.

The program provides practical and easy-to-learn parenting techniques for children ages 2-12, in three steps: control obnoxious behavior, encourage good behavior, and strengthen relationships.

To register or for additional questions, call 292-5967.

STARBASE KELLY SUMMER PROGRAM

Starbase Kelly, sponsored by the 433rd Airlift Wing, offers a free summer educational program to children who are associated with Joint Base San Antonio-Lackland and who have completed either the fourth or fifth grade and have not attended before.

The program includes aircraft tours, scientific experiments, rocket building and launching, computer aided design, computer flight simulation and teamwork and goal setting activities.

Two sessions are offered, July 14-18 or July 21-25. The sessions are held at the 433rd AW ramp, building 909. Program hours are 9 a.m. to 2:30 p.m. each day. Children need to bring lunch.

Register via email by submitting the child's name, address, home telephone and grade completed this year. Include the sponsor's name, organization and duty phone, and the session requested to starbase@clear.net.

For details, call 925-5397.

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 details, call 221-7780.

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
- Jumma 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

JBSA outdoor rec centers modify pricing

By Alex Salinas
JBSA-Randolph Public Affairs

Rental fees at all Joint Base San Antonio outdoor recreation centers modify April 1, so patrons no longer have to shop around for the best deal.

While each center has its own price guide because of different equipment, charging the same for items found at multiple locations such as grills, sporting gear and watercraft “eliminates the need to compare prices,” Trever Gilman, 502nd Force Support Squadron Community Services Flight assistant chief, said.

“We’ve been a joint base for a while, so we’ve merged four locations and are operating as one force support squadron,” he said.

Included in the modification are recreational vehicle storage lot prices, which are now

\$40 per month, \$100 per quarter and \$300 for a year.

Some equipment fees increased, but others decreased as well, Gilman added.

“We gauged what other centers in the Army and Air Force charge to ensure our products are competitively priced,” he said. “About 70 to 80 percent of our equipment (at each location) was purchased within the last three years, so we also ensure our products are quality.”

By becoming uniform, outdoor recreation centers additionally ended the practice of customers giving their business to one location over another based on equipment prices.

“It’s similar to how we (at JBSA) sell theme park and other attraction tickets,” MariAnne Clark, JBSA-Randolph Community Services



Courtesy photo

Mall manager, said. “It’s the same cost across the board, which means people won’t have to drive out of their way to get a cheaper item.”

However, Gilman suggested checking each center’s price guide and contacting them be-

fore stopping by to guarantee a desired item is on the list.

To view a price guide for JBSA-Fort Sam Houston, visit www.fortsamwr.com/recreation/outdoor-equipment-center.html and click “Rental Items & Pricing.” For JBSA-

Randolph and JBSA Recreation Park at Canyon Lake, visit <http://www.randolphfss.com/cm/templates/skills.asp?articleid=34&zoneid=19> and click the hyperlink below “NEW JBSA Brochure.” For JBSA-Lackland and JBSA-Camp Bullis, visit www.lacklandfss.com/loac.html and click “Randolph Equip Checkout Brochure” at the bottom of the page.

Eventually, one force support squadron website with a single price guide for all JBSA locations will become available, Gilman said.

To contact an outdoor equipment center, call 221-5224/5225 for JBSA-Fort Sam Houston; 925-5532/5533 for JBSA-Lackland; 652-5142 for JBSA-Randolph; 295-7577 for JBSA-Camp Bullis; and 830-964-3576 for JBSA Recreation Park.

INAUGURAL from Page 5

sphere we all share, a common bond. My wife had no experience with the military before we got married. Now it’s an enriching part of our lives. It helps out that way.”

For the record, the Plans,

Programs, Requirements and Assessments directorate won the basketball, volleyball and tug-of-war tournaments and finished second to Front Office Team 2 in dodgeball, to easily take top overall sports honors in the form of gold medals.

Meanwhile, Crock Pot Cook Off pulled pork category laurels went to Capt. Hannah McDaniels from protocol and to Angel Knapp for her creamed corn which topped the “all others” category.

Competition results aside, the key to ensuring

this event’s success can be traced to the painstaking preparations made right up until the agency commander jogged into the park carrying a torch to signify the festivities to begin.

“The set up support we had this morning was be-

yond what I expected,” Couran said. “We doubled, maybe tripled the volunteers I anticipated. People came out of the woodwork genuinely happy to help. They really wanted to be out here and that made a difference in my morning.”

CULTURE from Page 16

and harassment are all things that can lead to sexual assault,” Welsh said. “We are responsible for making sure those things don’t happen.”

He lauded the Air Force’s efforts with the Special Victims Counsel Program, which provides individual legal support to victims of sexual assault, calling it a “game changer.”

But, “we need game changers in every part of the spectrum, from prevention to life-long care for the survivors,” Welsh said. “The solution is about focusing on one victim; thinking about the impact on that individual, and multiply that by a couple thousand. We have got to change this.”

Ignoring the issue will not make it go away, he added.

Welsh also emphasized the importance of relationships; ensuring commanders, supervisors and coworkers alike truly know the people they work with.

“Why is it that, on the worst day of their life, 84 percent of the people who we swore to fight and die beside, if necessary, don’t feel comfortable coming to us for help?” Welsh asked.

Brig. Gen. Gina Grosso, the Air Force Sexual Assault Prevention and Response director, gave commanders a “where we are” picture, recapping the time from when the SAPR office began in 2005 to the present day.

“Despite our efforts, at the end of the day, we still haven’t been able to prevent this,” Grosso said.

As such, she outlined major ongoing and upcoming initiatives her office

is leading to ensure victims have the support they need throughout the reporting process and beyond.

Experts from several fields, including law enforcement, legal and behavioral science were present to give their insight and take questions. Two sexual assault survivors were also addressed the group, and took their questions.

“Since the audience is three-star generals, they hold the reigns of leadership,” said Staff Sgt. Noah Lubben, a 25th Intelligence Squadron, Detachment 2, airborne crypto logic language analyst direct support operator. “I hope they execute with precision, and I hope (my story) reaches people who are victims.”

He opened up about how important his leaders had been in empowering him as a victim.

“I hope if there have been victims, they understand the Air Force has their back,” Lubben said. “Somewhere up the chain, eventually (their story) is going to get to someone who cares. These leaders are trying to stop sexual assault, and they’re trying to change the culture.”

Open and candid discussion was the cornerstone of the day, and the top Air Force leaders were recognized for all the work they’ve done so far, and pushed to continue to make sexual assault prevention a top priority.

“As leaders, we have it in our power to put an end to this in our Air Force,” James said. “We ask that each of you take it seriously, and really take it personally every day to do your utmost to make sure that this does not happen on your watch.”

AF wounded warriors selected for Warrior, Invictus Games

By Senior Airman Jette Carr
Air Force News Service

Air Force Wounded Warrior program officials announced the names of the athletes to represent the Air Force during the 2014 Warrior Games and the Invictus Games at the closing ceremony for the Air Force Trials, in Las Vegas, April 11.

The Air Force Trials gave injured, ill and wounded Airmen a chance to compete in Paralympic-style events. From a pool of more than 100 athletes, 40 were chosen as members of the Air Force Warrior Games team to compete at the U.S. Air Force Academy, Colo., Sept. 28 through Oct. 4. Another 22 athletes were selected for a team competing in the Invictus Games in London, England, Sept. 10 through 14.

During the games, athletes will participate in seven different sports, to include cycling, air rifle and pistol shooting, archery, seated volleyball, track and field, swimming, and wheelchair basketball.

This is the fourth year Airmen have competed in the Warrior Games and athlete participation has grown exponentially.

"In 2010, we had six applications and after a lot of cold calls, we ended up with a team of 21," said Maj. James Bales, the head coach for the Warrior Games Air Force team. "In 2011, we had a team of 27. In 2012, we had a team of 28. In 2013, we had a team of 50. This year we are capped with a team of 40, but we have more than 100 athletes competing to make our 2014 Warrior Games team."

Members selected for the Warrior Games team are:

Master Sgt. Chris Aguilera
Tech. Sgt. Leonard Andersen
Retired Senior Airman Tim Babb
Retired Master Sgt. Kyle Burnett
Retired Tech. Sgt. Corey Carter
Tech. Sgt. Jason Caswell
Senior Airman Gideon Connelly
Retired Staff Sgt. Daniel Crane
Staff Sgt. Christopher D'Angelo
Retired Staff Sgt. Nicholas Dadgostar
Retired Tech. Sgt. Darryl Dutton
Retired Staff Sgt. Jason Ellis
Capt. Sarah Evans
Tech. Sgt. Andrew Evans
Retired Senior Airman Ryan Gallo
Staff Sgt. Melissa Garcia
Master Sgt. Axel Gaud-Torres
Retired Capt. Wesley Glisson
Retired Capt. Jeff Haugh
Senior Master Sgt. Jason Hoover
Tech. Sgt. Lara Ishikawa
Capt. Mitchell Kieffer
Retired Maj. Jen Kyseth
Retired Staff Sgt. Steven Malitz
Retired Staff Sgt. Thomas Martineau
Airman 1st Class Kamee Mayfield
Retired Staff Sgt. Jeremiah Means



Photo by Airman 1st Class Thomas Spangler

Wounded Warrior athletes huddle up for motivation and camaraderie before the track and field portion of the Air Force Trials April 8 at Rancho High School, Las Vegas. During the trials, injured, ill and wounded Airmen competed in Paralympic-type events to identify which members would be selected for the Warrior Games and Invictus Games teams.

Senior Airman Charles Ming
Retired Staff Sgt. Daniel Neill
Staff Sgt. August O'Neill
Lt. Col. Daniel Oosterhous
Retired Senior Airman Orion Orellana
Retired Senior Airman Scott Palomino
Staff Sgt. Seth Pena
Retired Staff Sgt. Tatiana Perkins
Retired Tech. Sgt. Eric Pinney
Retired Senior Airman Jarvitz Richmond
Tech. Sgt. Joshua Robistow
Retired Staff Sgt. Kieth Sekora
Retired Staff Sgt. Kevin Taylor

Alternates are:

Capt. Lewis Barasha
Retired Master Sgt. Matthew Burke
Retired Staff Sgt. Larry Franklin

Senior Airman Michael Napier
Senior Airman Jonathan Olds
Retired Senior Airman Dwayne Parker
Retired Senior Master Sgt. Michael Sanders
Retired Staff Sgt. Matt Sanders
Retired Senior Airman Jennifer Stone
Members selected for the Invictus Games team are:

Master Sgt. Chris Aguilera
Capt. Lewis Barasha
Retired Master Sgt. Matthew Burke
Retired Senior Airman Cody Caraker
Staff Sgt. Melissa Coduti
Retired Staff Sgt. Daniel Crane
Staff Sgt. Christopher D'Angelo
Retired Staff Sgt. Nicholas Dadgostar
Staff Sgt. Derrick David
Retired Senior Airman Colby Dean
Capt. Sarah Evans
Master Sgt. Paul Horton
Staff Sgt. Mark Johnson
Tech. Sgt. Chad Lukkes
Retired Staff Sgt. Jeremiah Means
Senior Airman Jonathan Olds
Lt. Col. Daniel Oosterhous
Retired Senior Airman Scott Palomino
Retired Senior Airman Dwayne Parker
Retired Staff Sgt. Tatiana Perkins
Retired Tech. Sgt. Eric Pinney
Retired Senior Airman Marianne Reilly
Alternates are:
Senior Airman Gideon Connelly
Staff Sgt. Melissa Garcia
Retired Staff Sgt. Thomas Martineau
Staff Sgt. August O'Neill
Retired Senior Airman Orion Orellana

Fire Safety is Everyone's Business

PORTABLE FIREPLACE SAFETY

There is nothing like sitting by an open fire on a cool night. Indoor and outdoor portable ethanol burning fireplaces have become more popular in recent years. While these products provide ambiance and a little warmth, keep in mind the fuel, device and open flame can be dangerous.

Fireplace Safety

- A portable ethanol burning fireplace, and the fuel, should only be used by adults.
- Clean up any fuel spillage and be sure all liquid has evaporated before lighting the fireplace.
- Light the fireplace using a utility lighter or long match.
- An adult should always be present when a portable fireplace is burning.
- Place the fireplace on a sturdy surface away from table edges.
- It's a good idea to crack a window open for fresh supply of air.
- Never try to move a lit fireplace or one that is still hot.
- Don't pour ethanol fuel in a device that is lit or not completely

cool. It may result in a fire or injury.

- Allow the device to cool down for at least 15 minutes before refueling.
- Extinguish the flame when you leave the room, home or go to sleep.

General Fire Safety

- Keep anything that can burn, children and pets at least 3 feet from the fireplace.
- Store lighters and matches out of reach of children, in a locked cabinet.

Ethanol Fuel Smarts

- Ethanol is a plant-based product that does not release new carbon dioxide into the air.
- Store ethanol fuel in a closed container, away from the fireplace and out of reach of children.
- It may not be easy to see the ethanol fuel flame.
- Always close the lid or use a snuffer to be sure extinguished

(Reference NFPA Safety Tip Sheet www.nfpa.org/education)

UPCOMING

SPIN INSTRUCTORS NEEDED

Joint Base San Antonio-Lackland's fitness centers are looking to fill two open positions for its spin class. Applicants must have their spin certification from an accredited institution, and a CPR and Automated External Defibrillator card. Call the aerobics programs coordinator, at 671-2401 to apply.

FITNESS ASSESSMENT CELL TESTING

The Fitness Assessment Cell is currently testing Monday through Friday at 8, 9 and 10 a.m. the Tuesday and Friday 10 a.m. sessions are reserved for those needing to take the two kilometer walk test. Members testing solely on the abdominal circumference component may walk in at any of the regular scheduled times. All other members must register for their assessment at <https://131.44.122.38/fitness-test/>. The testing schedule is subject to change from month to month and will be posted approximately one month in advance. Call 671-2725, for more FAC-related questions.

KELLY FITNESS CENTER OPEN 24 HOURS

Fitness access is offered at the Kelly Fitness Center. To gain 24-hour access to the gym, register your Department of Defense card and sign the Statement of Understanding agreement at the fitness center Monday through Friday from 6 a.m. to 2 p.m. Contact the Kelly Fitness Center staff at 925-4848/4013 for additional information.

INTRAMURAL SOFTBALL BEGINS MAY 5

The 2014 Joint Base San Antonio-Lackland intramural softball season starts May 5. Contact your unit sports representative or the base intramural sports office at 671-2725 for additional information.

Baseball team building camaraderie even in defeat

By Jose T. Garza III
JBSA-Lackland Public Affairs

The weather is brisk April 19 at Mission Academy Fields and chants of encouragement can be heard from Joint Base San Antonio-Lackland Warhawks baseball players as they cheer on their teammates during a game against the San Antonio Reds.

There has not been much to be cheerful about this season. The Warhawks are 1-5 in San Antonio Men's Senior Baseball League competition; their 17-1 loss to the Reds was their worst defeat of the season.

The losing record doesn't impact the players' team spirit. For outfielder Ralph Ivy, a military spouse, he is enjoying the opportunity to crank up the bat again after being out of the game for 20 years.

"Playing on the Warhawks gives me the opportunity to play some fast pitch baseball," he said. "My teammates are pretty good guys, and we have good camaraderie amongst each other."

Shortstop and Petty Officer 2nd Class Namon Richardson, Navy Information Operations Command, Texas, agreed with his teammate about the team's comradeship.

"We are one," he said about the team, which consists of active duty, reservists,



Photo by Airman 1st Class
Justin Wright

The Joint Base San Antonio-Lackland Warhawks are 1-5 in San Antonio Men's Senior Baseball League play. With 14 games left in the season, the team looks to continue building its camaraderie while improving its play.

and civilians. "As the season progresses, we have to continue to build trust and brotherhood amongst us."

With only six games under their belt, building that team chemistry is a process. As the season advances, he said that the players need to trust each other and head coach Ron Moore to reverse their fortunes, Richardson said.

The Warhawks have 14 games left to improve their season.

"I try to keep my head up high and remain upbeat," the shortstop explained.

"One thing I tell the guys is that you can either lay down or battle. It is not too late to turn things around."

Moore loves the team's positive attitude.

"We have a good bunch of guys on this team," Moore said. "They love being around each other on and off the field. They all have great enthusiasm and energy even in defeat. It can be a difficult chore to keep your enthusiasm when losing, but I feel we can be competitive in every ball game."

The Warhawks' next game is at 11 a.m. Saturday in Blanco, Texas.

Flex etiquette muscles toward fellow gym patrons

By Jose T. Garza III
JBSA-Lackland Public Affairs

When at the gym, do you have to wait awhile to use equipment? Does it annoy you when people are conversing and not working out?

Employees from Joint Base San Antonio-Lackland's fitness centers have the same concerns that you have, and provided advice on how to maintain proper gym courtesy toward fellow gym users.

Consider these guidelines before you enter the gym pumped to put in a vigorous workout.

Don't drop the weights

Gently put down those 50-pound dumbbells after use. Don't throw them down after using them intensely for 10 repetitions because the weights themselves could break.

You also disrupt the workouts of other individuals.

Clean the equipment

The wipes available at the fitness centers "kill 99.99 percent of the bacteria" left on the equipment after a workout, according to Mike White, Gateway Fitness Center trainer. Wiping down can also thwart the MRSA virus.

Re-rack the weights

Employees agree that re-racking the weights after use should be the No. 1 priority for patrons. Maurice Jenkins-Day, Chaparral Fitness Center trainer, said that putting the weights back where you got them is the "be all, end all" of gym etiquette.

Limit your time on the treadmill

Exercise on the treadmill for no more than 30 minutes if the gym is packed and people are waiting to use it.

Don't scream

Some people like to prove how strong they are by screaming or groaning loudly when lifting weights. Nancy Talbot, Gillum Fitness Center trainer, insists

that they use good breathing techniques instead. "Focus on breathing better instead of screaming and scaring everyone away," Talbot said.

Don't stand around

Do not stand around and have conversations with other people around equipment. When the gym is crowded, there will be people who want to use the squat machine, leg press machine, etc.

Wear headphones while listening to your own music

Not everybody is into Tim McGraw, Jay-Z or any other artist that you prefer. "You can disrespect someone by blasting music they might not approve of," said Talbot.

Wear a towel in the sauna

Show common courtesy by covering yourself when relaxing in the sauna after a workout.

When following these guidelines, you make things easier not only for the fitness center employees but for your fellow gym rats as well.