



TALESPINNER

JOINT BASE SAN ANTONIO-LACKLAND, TEXAS • Vol. 71 No. 6 • February 14, 2014

Before the afterburn



Photo by Airman 1st Class David R. Cooper

An F-16 Fighting Falcon jet engine is tested during an intake inspection Feb. 4 at a hush house on Joint Base San Antonio-Lackland. The hush house is where jet engines are tested and pushed to maximum capability to ensure engines can withstand extreme pressure during training and deployed operations.

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502nd ABW kicks off JBSA energy campaign

By Mike Joseph
JBSA-Lackland Public Affairs

The 502nd Air Base Wing launched an energy campaign designating 2014 as an Energy Action Year throughout Joint Base San Antonio during a ceremony Feb. 6 at JBSA-Fort Sam Houston.

Brig. Gen. Bob LaBrutta, 502nd ABW and JBSA commander, signed a proclamation focusing an energy campaign throughout JBSA on reducing consumption and creating efficiencies.

"I call this a 'campaign' for a reason," LaBrutta said. "It's going to take all of us in Joint Base San Antonio – every single person is going to be part of this energy campaign and together we can make a significant difference in reducing utility costs so that those savings can be used for other higher priority requirements."

"Everybody can participate whether it's turning on/off lights in their facilities and the computer peripherals or getting involved in one of these great energy programs we've got coming to a location near you," he said.

LaBrutta called the JBSA energy action campaign one of his top priorities for 2014. He said that in a resource-constrained environment there is a responsibility to maximize available resources.

"We also have an obligation to the American taxpayer to be as efficient as we possibly can within our installations—that includes energy," he said. "I also know the benefits we can gain from this campaign are in real dollars – they come back into our coffers."

LaBrutta was 72nd Air Base Wing commander at Tinker Air Force Base, Okla., from June 2010 to January 2012 when a similar energy awareness campaign was kicked off.

Later in 2012, Tinker signed an \$80.6 million energy efficiency project with Honeywell to

"... I know this energy campaign plan can make a positive difference and generate huge savings!"

– Brig. Gen. Bob LaBrutta
502nd ABW and JBSA commander

improve operations and cut utility costs. The retrofit project is expected to generate more than \$170 million in savings over 20 years, which is also guaranteed by Honeywell through an energy savings performance contract.

"Tinker was able to save \$2 million in utilities costs last year," he said.

Efforts to increase energy awareness at JBSA began last May when LaBrutta took over command.

On arrival, LaBrutta requested some changes be implemented at the 502nd ABW headquarters building on JBSA-Fort Sam Houston in June 2013 to help reduce its energy consumption. Those changes included raising set points to meet energy policy on average, taking advantage of daylight, reducing hallway interior lighting to safety levels, turning off lights and equipment during off duty hours, and reducing exterior lighting.

Those small changes garnered big savings even though summer months were hotter and winter months were colder in 2013 compared to 2012.

The normalized energy savings for electric and gas were \$840 a month or \$5,880 total, when consumption was compared from June-December 2013 to June-December 2012.

"If everybody gets on board and does their part, just think how many dollars we can save in utility costs across JBSA in a year," LaBrutta said.

The campaign identified six strategic energy goals for implementation across JBSA. The goals are based on executive order mandates, applicable law provisions and Air Education and Training Command directives.

Executive Order 13423 was issued in 2007 to strengthen energy conservation and improve efficiency across all federal agencies, and an extension and expansion of that order (Executive Order 13514) was signed in 2009. The Air Force then tasked all commands to follow the '20/20 by 2020' initiative, which requires a reduction in facility footprint by 20 percent, and utility and sustainment costs by 20 percent by 2020.

According to Ruben Ramos, JBSA-Randolph energy manager and a member of the joint base energy team, the JBSA strategic energy goals provide a framework of objectives and priorities that can be used to develop unit specific initiatives representing the tactical elements of the program.

JBSA's six strategic energy goals:

► **Increase Energy and Water Conservation Awareness:** The success of the JBSA water and energy conservation program is absolutely dependent on eliciting the support of the entire joint base populace. This can only be realized by creating a culture where energy conservation is "a consistent and serious consideration in everything we do."

► **Incorporate Energy and Water Conservation in Operations, Maintenance and Design:** Every unit has a part in achieving this goal. The following are items to be considered in developing units' specific energy and water conservation programs – maintain proper climate control per JBSA energy policy, implement adequate facility lighting controls, implement workplace policies that support JBSA energy conservation efforts, and find

ways to "slow the spin" on the meter.

► **Reduce Water Consumption Intensity:** The JBSA populace can help by promptly reporting any water drips or leaks to the 502nd Civil Engineer Squadron, facility maintenance. During any renovations, the 502nd CES will ensure low-flow faucets and toilets have been installed.

► **Install Facility Metering:** As per the saying, "we can't manage what we can't measure," the 502nd CES must play a key role in realizing this objective in an orderly fashion. In particular, the 502nd CES must assess JBSA facilities and develop a carefully prioritized schedule for meter installation based on facility energy consumption and the potential for near-term facility demolition or major refurbishment.

► **Implement Renewable Energy Options:** JBSA continues to actively investigate potential renewable energy production means. Technologies at this point in time are not favorable for implementation of on-site generation due to economic feasibility imitations. It is both fortunate and limiting to be the recipients of relatively low electrical rates. The average rate of electricity per kilowatt hour is in the range of \$0.073. However, partnerships and new technology is rapidly changing and helping JBSA to add renewable energy to its site.

► **Conduct Facility Audits:** Facility managers can greatly support JBSA on this strategic goal by completing their annual audit checklist and returning it to one of the JBSA energy managers.

"We're also going to leverage our partnership with the City of San Antonio, in particular our great relationship with CPS Energy, to help us achieve our goals," LaBrutta said.

"Again, by getting involved, doing our part, and implementing these efficiency measures ... I know this energy campaign plan can make a positive difference and generate huge savings!"

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

News in Brief

Compiled by Mike Joseph, JBSA-Lackland Public Affairs

FEB. 25-28

JBSA COMMAND CHIEF ENLISTED CALLS

Chief Master Sgt. Alexander D. Perry, 502nd Air Base Wing and Joint Base San Antonio command chief master sergeant, will conduct enlisted calls at all three JBSA locations.

The dates, locations and times are: Feb. 25, JBSA-Lackland, Inter-American Air Forces Academy conference center, building 7356, 9 a.m. for Airmen, 1 p.m. for NCOs and 3 p.m. for senior NCOs; Feb. 26, JBSA-Fort Sam Houston, building 247, second floor conference room, 10 a.m. for Airmen, NCOs and senior NCOs; Feb. 28, JBSA-Randolph, Fleenor Auditorium, 9 a.m. for Airmen, 10:30 a.m. for NCOs and 1 p.m. for senior NCOs.

FEB. 24-25

DEFENSE THREAT REDUCTION AGENCY COURSE

The Defense Threat Reduction Agency's Defense Nuclear Weapons School will hold an awareness-level course at the San Antonio Fire Training Academy, 300 South Callaghan.

The free course, "Introduction to Radiological and Nuclear Incident Response," was developed to increase confidence and skill in responding to and mitigating the consequences of radiological accidents and terrorist weapons of mass destruction events.

For details, contact Master Sgt. Jared Ray at 505-846-6313 or Staff Sgt. Nicholas Martin at 505-853-6372.

FEB. 28

59TH MDW ANNUAL AWARDS BANQUET

The 59th Medical Wing annual awards banquet is Feb. 28 at the Gateway Club. Social hour begins at 5:30 p.m.

The event's guest speaker is retired Chief Master Sgt. Robert D. Gaylor, fifth chief master sergeant of the Air Force. Tickets are \$35 each.

For information or tickets, contact Master Sgt. Meoka Crowder at 221-4638, Master Sgt. Simone Lewis-Livous at 671-9894, Tech. Sgt. Harmony Prisk at 292-7303, Tech. Sgt. Morgan Northcutt at 671-9876, Tech. Sgt. Christine Trejo at 671-9876, Master Sgt. Katrina Bowers at 292-7047, Staff Sgt. Brandi Campbell at 295-4822, Tech. Sgt. Courtney Amaker at 292-6633 or Staff Sgt. Brooke Alf at 292-5989.



Photo by Olivia Mendoza

Brig. Gen. Bob LaBrutta (left), 502nd Air Base Wing and Joint Base San Antonio commander, signed a proclamation that designates 2014 as an Energy Action Year in JBSA during a ceremony Feb. 6 at JBSA-Fort Sam Houston. Representing the JBSA energy team at the signing were Ruben Ramos (second from left), JBSA-Randolph energy manager; Andy Hinojosa, JBSA-Lackland energy manager; Ray, the JBSA energy mascot; James Wimberley, JBSA chief of portfolio optimization; and Lauriebeth Smith, JBSA energy manager section chief.



Joint Base San Antonio 2014 Energy Action Year Proclamation



WHEREAS, the 502nd Air Base Wing is committed to ensuring a smaller energy footprint by implementing energy efficiency actions; and

WHEREAS, Joint Base San Antonio is blessed with low energy costs, yet we are the installation with the highest energy consumption in DOD; and

WHEREAS, energy efficiency, resource development, and renewable energy offer employment opportunities, mission growth, and potential long-term development benefits for JBSA; and

WHEREAS, JBSA must implement a comprehensive installation energy policy to address its energy issues for coming years through the pursuance of reducing its demand

load, enacting a culture change and investigating new renewable energy technologies; and

WHEREAS, by making energy efficiency a priority and executing conservation efforts, JBSA can help reduce the burden of energy costs on its operation budget; and

WHEREAS, every individual at Joint Base San Antonio must think and act with energy conservation in mind, seeking to Power the Force and Fuel the Fight to conserve energy and water that will foster a brighter future for all individuals; and

WHEREAS, 502nd Air Base Wing and our Mission Partners are proud to be part of this Energy Action Year and urge all to do their part to promote energy and water conservation; now

THEREFORE BE IT RESOLVED, that I, Brigadier General Robert D. LaBrutta, Commander 502nd Air Base Wing and Joint Base San Antonio, in our tradition to honor and care for our Earth's natural resources during everyday actions and throughout the year, do hereby proclaim 2014 as...

Energy Action Year at Joint Base San Antonio!

ROBERT D. LABRUTTA
Brigadier General, USAF
Commander

African American



Joint Base
San Antonio-Lackland African
American Heritage Committee's
fashion show, 7-11 p.m., Arnold
Hall Community Center. Adults
\$10, children under age 5 free.

Feb. 26
JBSA annual expo,
11 a.m. to 2 p.m., building 171,
JBSA-Kelly Field Annex

scholarship banquet.

vice commander,

BMT HONORS

Congratulations to the following 68 Airmen for being honor graduates among the 687 Air Force basic military trainees who graduated today:

320th Training Squadron*-Flight 133*

Troy Charlesworth
Collin Clarke
William Dejesus
Enoque Panzo
-Flight 134
Justin Chung
Thane Covert
Stephen Hunt
Steven James
Roland Kaaialii
Derek Niederer
Jacob Richards
Jason Shook
Joshua Strouse

321st Training Squadron*-Flight 135*

Travis Bearden

John Boughton
Christian Davis
Wyatt England
Christopher Key
Richard Palmer
Mark Paule
Romee Stephens
Steven Zomermaand
-Flight 136
Christina James
Stephanie Rivera
Maggie Ryan
-Flight 143
Avery Beauter
Kyle Berchem
Jeremy Deadwiley
Matthew Linder
Ben Vidal
-Flight 144
Benjamin Childers
Castro Davila
Kyle Evans
David Guerrero-Suarez
Jeffrey Jackman Jr.
Robert Link
Corey Mayo
Henry Uthmeier

322nd Training Squadron*-Flight 145*

Edward Abe
Daniel Bert
Nicholas Delvillano
Marco Godoy-Gomez
Odin Stevens
Jackson Wise
-Flight 146
Rio Golo
Tiffany Laurie
Kristin Moore
Maria Rivera
Leigh Spurling
Elizabeth Welch

323rd Training Squadron*-Flight 139*

Cody Emery
Ryan Stover
-Flight 140
Gregory Council
Matthew Fegley

326th Training Squadron*-Flight 141*

Skyler Bluemel

Christian Durham

-Flight 142

Erin Batchelor
Rebecca Chamberlain
Anna-Kay Ellis
Nichelle Fraiser
Samantha Friedman
Sasha Klock
Leah Mitchell
Taylor Moberg
Ashley Saylor

331st Training Squadron*-Flight 137*

Joseph Froehner
Alexander Roberts
-Flight 187
Billy H. Johnson

Top BMT Airman

Jeremy Deadwiley
321st TRS, Flight 143

Most Physically Fit*-Male Airman*

Barry Fernandez Jr.
331st TRS, Flight 137

Angel Sanchez

321st TRS, Flight 144

Tyler McSharry

320th TRS, Flight 134

-Female Airmen

Lachae Brown

326th TRS, 142

Toney Jennifer

321st TRS, 136

Brenda Johnstone

321st TRS, 136

-Male Flights

320th TRS, Flight 133

320th TRS, Flight 134

331st TRS, Flight 138

-Female Flights

326th TRS, Flight 142

321st TRS, Flight 136

322nd TRS, Flight 146

Top Academic Flights

320th TRS, Flight 134

321st TRS, Flight 135

321st TRS, Flight 136

326th TRS, Flight 142

323rd TRS, Flight 139

321st TRS, Flight 143

Will you be ready?

Radiological incidents: Not a matter of if but when

By Leslie Finstein
JBSA-Lackland, Public Affairs

An ear-splitting BOOM rocked the earth, suddenly transforming a beautiful day into chaos. Some are wounded while a few lay dead from the unexpected blast. Some might have wondered if there would be more detonations or whether the explosions were radiological or nuclear. Those impacted by the attack would not know for a while.

Then the first responders roll in ...

This was the scene during the famed Boston Marathon in April 2013 when two pressure-cooker bombs went off at the highly populated annual event.

Though they were non-radiological, training and preparation provided by the Defense Threat Reduction Agency's Defense Nuclear Weapons School - Reserve Component located at Kirtland Air Force Base, N.M., ensured that local first responders from the National Guard were prepared.

The 24th National Guard Weapons of Mass Destruction Civil Support Team from New York and the Massachusetts CST were among the first responders that day, and just months prior to the attack both units were trained to respond to radiological and nuclear incidents by the DTRA-RC.

Introduction to Radiological Nuclear Incident Response is the course that those first responders completed.

"IRNIR is a two-day awareness level course developed to



increase confidence and skill in responding to and mitigating the consequences of radiological events, as well as weapons of mass destruction," said Maj. Bruce Hill, DTRA-RC Public Affairs officer.

DTRA-RC is the Department of Defense's go-to organization for this type of awareness training worldwide and the course will be offered in San Antonio Feb. 24 and 25.

The training will be held from 8 a.m. to 4 p.m., Feb. 24 and 25 at the San Antonio Fire Training Academy located at 300 South Callaghan, San Antonio, Texas 78227. It is free to all registered participants. Course materials are provided. For more information and to register, call 505-846-6313 or 505-853-6372.

The course will also be taught in Austin, Feb. 27 and 28 and is accredited by the American Council on Education as a continuing education course.

"It is primarily for all U.S. military, federal, tribal, state, and local emergency planners, managers and responders," said Hill. "San Antonio is a great venue because of the large population, and the number of military and emergency responders in the area."

DTRA-RC brings the IRNIR course to San Antonio to provide various agencies an opportunity to better prepare themselves and their respective communities.

It is not the first time DTRA-RC been in the San Antonio area.

"It's getting harder to find places we haven't been," Hill said. "Over the past year alone our Reserve mobile training teams have taught more than 1,000 first responders, military and executives worldwide. Examples include some members of

NATO Forces, Secret Service, FEMA, U.S. Customs and Border Protection and components of Army North located in the San Antonio area."

The threat of a radiological or nuclear attack exists everywhere, which is why the DTRA-RC emphasizes the IRNIR course and teaches it to audiences worldwide.

"Responders need to know how to deal with it," Hill said. "To have this awareness training means you are that much more prepared. Any accident or incident can pose a potential radiological threat."

AROUND JBSA-LACKLAND



Photo by Airman 1st Class David R. Cooper

Staff Sgt. Brandon Miller, 149th Fighter Wing aerospace propulsion technician, removes an oil pump from an F-16 Fighting Falcon jet engine during a routine inspection on Feb. 4 at Joint Base San Antonio-Lackland. After the test cycle, a sample of oil is taken to a non-destructive inspector to be analyzed for various elements.

WORD ON THE STREET

"Money saving tips"

Photos and story by Airman Justine K. Rho



U.S. Navy
Seaman
Hailey M. Lucas
Master at Arms
technical student

"One of my big money savings tips is to know what you need when you are shopping. Go in, get it and get out. Remember to get what you need and not what you want."



U.S. Air Force
Airman First Class
David Cooper
Third Combat
Camera photojournalist

"One of my money saving tips would be: when you get paid, set aside a small portion of your paycheck so you can accumulate a fair amount of funds."



U.S. Air Force
Airman First Class
Erica Sardon
59th Medical Wing
surgical technician

"(My tip is to) keep a record of your spending in a log so you can keep track of your spending according to your budget."



U.S. Marine Corps
Private First Class
Jodson B. Graves
2nd Marine Wing
Headquarter Squadron Two
Combat Camera
photo journalist

"I save money by using allotments. I use certificates of deposit to set some money aside and immediately out of my account and out of my hands."

New online GI Bill comparison tool now available

The Department of Veterans Affairs launched today an online GI Bill Comparison Tool to make it easier for veterans, service members and dependents to calculate their Post-9/11 GI Bill benefits and learn more about VA's approved colleges, universities and other education and training programs across the country.

"We are pleased that post-9/11 veterans are taking advantage of this significant benefit program," said Under Secretary for Benefits Allison A. Hickey. "The new GI Bill Comparison Tool will help future beneficiaries as they make decisions about what education or training program best fits their needs."

The GI Bill Comparison Tool provides key information about college affordability and brings together information from more than 17 different online sources and three federal agencies, including the number of students receiving VA education benefits at each school.

The GI Bill Comparison Tool is one item in a series of resources VA is launching in response to President Obama's Executive Order 13607, which directs agencies to implement and promote "Principles of Excellence" for education institutions that interact with Veterans, service members and their families; and to ensure beneficiaries have the information they need to make educated choices about VA education benefits and approved programs.

Recently, VA also instituted a GI Bill online com-

plaint system, designed to collect feedback from veterans, service members and their families who are experiencing problems with educational institutions receiving funding from federal military and veterans educational benefits programs, including benefits programs provided by the Post-9/11 GI Bill and the DOD Military Tuition Assistance Program.

The executive order, signed April 27, 2012, directs federal agencies to provide meaningful cost and quality information on schools, prevent deceptive recruiting practices and provide high-quality academic and student support services. The VA works closely with partner institutions to ensure the needs of GI Bill beneficiaries are met. More than 5,000 education institutions have agreed to the "Principles of Excellence."

The Post-9/11 GI Bill is a comprehensive education benefit created by Congress in 2008. In general, veterans and service members who have served on active duty for 90 or more days since Sept. 10, 2001, are eligible.

Since 2009, VA has distributed over \$30 billion in the form of tuition and other education-related payments to more than one million veterans, service members and their families, and to the universities, colleges and trade schools they attend.

The GI Bill Comparison Tool can be found at: <http://benefits.va.gov/gibill/comparison>.

(Source: U.S. Department of Veterans Affairs)

February is



What you can do to protect your teen

By Norma Leal

JBSA-Fort Sam Houston Family Advocacy Outreach Manager

The statistics are startling.

- 33 percent of female teens in dating relationships have feared for their safety;
- 25 percent of female teens report having been pressured to go further sexually than they wanted;
- 20 percent of female teens in a relationship say they have been hit or beaten by a boyfriend;
- 40 percent of teen girls say they know someone their own age who has been hit or beaten by a boyfriend.

The most alarming statistic is that 66 percent of teens tell no one!

Dating violence comes in many forms. It can be constant name calling and put downs, pressure to use alcohol or drugs, or demands to be constantly available.

Pressure to have sexual contact and even rape are not unusual. A favorite tactic is isolating the teen from friends, family and activities that don't include

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GEEKBUS visits sixth graders at Lackland ISD



Mark Burnett, an instructor with the Geekbus program, helps students navigate a software program during a visit to Lackland Elementary School Jan. 29. During the classroom portion of the visit, students learned problem solving techniques through video game design and creating controllers from cardboard and metal tape. The Geekbus travels to schools in San Antonio to get students interested in science, technology, engineering and mathematics.

Photos by Staff Sgt. Marissa Tucker

By Mike Joseph
JBSA-Lackland Public Affairs

Sixth graders at Lackland Elementary School became the first students in the San Antonio area to use a 37-foot mobile technology education unit when it visited the campus Jan. 29-30.

Operators of the Geekbus, a 21st century high-tech shop-class on wheels, hope to spark students' interest in science, technology, engineering and math pathways by giving them an interactive experience.

"It was a motor home used for technology demonstration that we've converted for teaching," said Scott Gray, founder and chairman of the non-profit organization that operates the Geekbus, San Antonio Science, Technology, Engineering and Mathematics Connector.

The bus formerly belonged to Rackspace, a San Antonio-based company that specializes in open-source cloud operating systems. The 80/20 Foundation, established by Rackspace co-founder and chairman Graham Weston, provides a matching grant to fund Geekbus operations.

"I've always loved the idea of Geekbus; now I know it's undoubtedly in the right hands to take the vision to its true potential," Weston told the San Antonio Business Journal.

Aboard the Geekbus are five STEM pathways: Renewable energy, ro-



The Geekbus visited Lackland Independent School District Jan. 29-30 as part of an initiative created by San Antonio Science, Technology, Engineering and Mathematics Connector to motivate and inspire students to explore careers in STEM fields. Aboard the bus, students learn about advances in technology, renewable energy and computer programming, with an in-class portion where they learn video game software and build controllers from common materials. Lackland IDS was the initial stop for the Geekbus program.

botics, 3-D printing, video game design and python programming with a raspberry pi computers. While on the bus, students discussed emerging technologies and the importance of STEM studies. They were also shown a video that detailed how one organization's use of 3-D printing aided citizens of a war-torn area in Africa. The video enlightened the students on how technology and one person's passion can change the course of many lives.

"Our goal is to expose kids to STEM," Gray said. "It helps them to become critical thinkers and problem solvers."

After the bus tour, small groups of students worked together in a classroom setting where Mark Barnett, SASTEMIC's only paid employee, helped the students design their own game on SASTEMIC computers. They also built controllers out of cardboard and metal tape.

"They were able to play their game (with the controllers they built)," Gray said.

How Lackland Elementary became the Geekbus' first stop was a twist of fate.

Gray had been asked several months ago to serve on the Lackland Independent School

District strategic planning committee. Gray happened to sit next to Terry Leija, Lackland Elementary School principal, at a recent planning meeting when he brought up the Geekbus.

"I knew we were getting the bus," Gray said. "I asked her, 'what do you think about us bringing out this really cool bus?' They got so excited about it and that's why we're here."

Gray said the Geekbus programs are geared for about 60 children a day. He thought the size of Lackland's sixth grade would be just right for a test drive.

"We've never done

this before; this is our guinea pig run," Gray said. "With STEM pathways, we know to affect a child - for them to really get into it - they have to have at least two or three hours of very hands-on learning."

Patrick Felty, a SASTEMIC board member, said not only can the Geekbus curriculum be tailored for specific education levels, it's like a field trip for the students.

"This reverse field trip aspect is somewhat unique," Felty said. "It's cost effective for the schools and with less risk because you're not taking 30 to 60 kids off campus; we come to you."

Additional information on the Geekbus and its programs can be found at <http://www.geekbus.com>.



Sixth grade students work together to design a computer game using a program called Scratch during a visit from the Geekbus staff Jan. 29 at Lackland Elementary School. The Geekbus program provides a reverse field trip service to schools, where the staff teaches children about science, technology, engineering and mathematics through practical applications. During the visit, the students learned software design, the basics of 3-D printing and more.

Joint Base San Antonio-Lackland is on

Share your JBSA-Lackland photos
by tagging us @JBSALackland



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



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>.

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

DATING from Page 8

the abuser.

Digital abuse includes constant texting and instant messaging, use of social media to intimidate and stalking through cell phones. Scratches, bruises and other marks are signs of physical abuse.

Indicators a teen may be involved in an abusive relationship include unexplained physical injuries and changes in dress to cover injuries, making excuses for their partner, and emotional outbursts.

Falling grades, use of drugs or alcohol, changes in activities or friends can all be cause for concern.

Parents should also be looking for changes in mood or personality, the onset of depression/sadness or constant worrying about what the partner will think. Physical indicators may include changing the way they dress, wear their hair, or talk to make the partner happy.

What can parents do? Educate yourself about dating violence. Talk, talk, talk with your teen or preteen.

Let them know you are aware of the prevalence of dating violence and how serious it is. Make sure your teen knows they can call you for a ride home

without recrimination if they find themselves in an uncomfortable position – even if alcohol or drugs are involved.

Make sure you know where your teen is going and with whom and know the cell phone numbers of their friends.

Most of all, listen. If your teen is telling you something is going wrong in their life, make the time to carefully listen. Resist the urge to offer advice or put down the boyfriend/girlfriend. That can make the teen defend him/her. Seek help from professionals.

If you are interested in more information about helping your tween/teen make healthy decisions, consider taking the class Active Parenting of Teens through the Family Advocacy Prevention Program. This class focuses on effective communication with your teen, developing courage/self-esteem, and helping your teen learn to make good choices.

The three primary concerns of all parents of pre-teens and teens are drugs, sexuality, and violence. This class addresses these concerns.

Call Family Advocacy at 292-5967 for more information on upcoming classes. Other helpful resources are located at <http://www.loveisrespect.org> and <http://www.loveisnotabuse.com>.

LOCAL BRIEFS

Compiled by Mike Joseph, JBSA-Lackland Public Affairs

FRIDAY-SATURDAY

'EDUCATION OF ANGELS' DINNER SHOW

The Lackland Performing Arts Group will present a dinner show, "Education of Angels," Friday and Saturday at Arnold Hall Community Center.

Dinner begins each night at 6:30 p.m.; doors open at 6 p.m. Ticket prices are general admission, \$25; 65 and over, \$20; technical training students, \$10; and children 12 and under, \$5.

For more details, call 671-2619.

TUESDAY

CUSTOMER SUPPLY TRAINING

The 502nd Logistics Readiness Squadron's Equipment Accountability Element conducts three classes the third Tuesday each month in building 5160, second floor conference room.

The classes and start times are: Block I General Supply Training, 8 a.m.; Block II Bench Stock Training, 8:45 a.m.; and Block III Equipment Custodian Supplemental/Refresher Training, 9:30 a.m.

For information or registration, contact Ray Holland or Eugene

Owens at 925-1140 or 671-3801.

FEB. 21

PARENTING ORDER LEGAL CLINIC

A parenting order legal clinic will be held from 11 a.m. to 1 p.m. Feb. 21 in conference room 029, located in the basement of building 2484.

Legal personnel from the 502nd Installation Support Group, Judge Advocate office as well as representatives of the Texas Attorney General Child Support Division will be present to answer questions about court orders involving parents and their children.

All active-duty service members, retirees, and all military dependent identification card holders are invited to attend the clinic. Court orders, along with a list of questions, should be brought to the clinic for specific questions. While information will be distributed and questions will be answered, no legal advice will be provided.

For more specific information about the clinic, visit the legal office in building 2484, room 134. To meet with a JBSA-Lackland legal assistance attorney, walk-in hours are 8:30-9:30 a.m. Monday through Thursday or call 671-3362 to

schedule an appointment.

FEB. 22

JBSA-FORT SAM HOUSTON BASURA BASH

The fourth annual Joint Base San Antonio-Fort Sam Houston Basura Bash will be held from 9 a.m. to noon Feb. 22 at Salado Creek Park. Volunteer check in begins at 8 a.m. followed by a safety briefing at 8:45 a.m.

The annual cleanup of Salado Creek is held in conjunction with the city-wide cleanup effort for the tributaries of the San Antonio River.

All volunteers must have military identification or common access card and sign a waiver to participate. To register, visit <http://www.basurabash.org> or call Tray Cooper at 652-0181 for more details.

ANNUAL TEEN POETRY SLAM

The Joint Base San Antonio Family Advocacy Program will host its fourth annual Stand, Speak, Listen, Teen Poetry Slam from 6-9 p.m. Feb. 22 at the JBSA-Fort Sam Houston Military and Family Readiness Center, building 2797.

The event recognizes February as Teen Dating Violence Awareness Month. Military dependent teens

ages 14 to 18 are eligible to perform or read their original poetry and compete for prizes. Preregistration is required for participants.

For additional information, contact JBSA-Lackland Family Advocacy Outreach at 292-3501 or 292-0400.

FEB. 25-28

SENIOR NCO ENHANCEMENT SEMINAR

A mandatory supplemental Joint Base San Antonio senior NCO professional enhancement seminar for master sergeant selects and newly promoted master sergeants is from 8 a.m. to 3 p.m. Feb. 25-28 at Arnold Hall Community Center.

The seminar is designed to provide newly selected master sergeants with an in-depth view of their increased supervisory, leadership, and managerial responsibilities. It also provides assistance in making the transition to senior NCO status more effective.

Contact Master Sgt. Tracette Abney at 671-1575 or Master Sgt. Sanelle Romero at 652-2525.

MARCH 6-8

WORLD WAR II MEDICAL SYMPOSIUM

The U.S. Army Medical Department Museum Foundation, in

association with the Uniformed Services University of the Health Sciences, will sponsor the World War II Medical Symposium March 6-8 at the medical museum on Joint Base San Antonio-Fort Sam Houston.

Detailed information and the registration form for the symposium is available at www.ameddmuseum-foundation.org.

INFORMATIONAL

STAFF SERGEANT TESTING MOVED

The 2014 staff sergeant testing window has been moved up 30 days. The new window is April 1 to May 16. For more information, call 671-8764.

NEW ONLINE TOOL FOR SPOUSES

Military spouses who need guidance on education and careers have a new online tool, MyICP (My Individual Career Plan), through the Spouse Education and Career Opportunities program on the Military OneSource website.

MyICP helps spouses build a virtual career roadmap based on their specific goals and objectives.

For more information, visit <http://www.militaryonesource.mil/seco> or call 800-342-9647.

CHAPEL SERVICES

—PROTESTANT

- Freedom Chapel – building 1528 Ê 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 Ê 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 Ê 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.
- ▶ AMVETS national service officer available by appointment only. For information, call 773-354-6131.

MONDAY

- ▶ Family readiness briefing, mandatory for personnel deploying longer than 30 days or going on remote assignments, 10:30-11 a.m.
- ▶ Post-deployment briefing, required for all Airmen returning from deployment, 502nd Logistics Readiness Squadron IDRC briefing room, 2:30-3:30 p.m., building 5160.
- ▶ AMVETS national service officer available by appointment only. For information, call 773-354-6131.

TUESDAY

- ▶ 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.
- ▶ Resume writing techniques, noon to 2 p.m.
- ▶ AMVETS national service officer available by appointment only. For information, call 773-354-6131.

WEDNESDAY

- ▶ Newcomer's orientation briefing, mandatory for personnel new to JBSA-Lackland, Gateway Club, 8 a.m. to 2:30 p.m.
- ▶ Force shaping pre-separation, 8 a.m. to 1 p.m.
- ▶ Awana Clubs, 6-8 p.m., Freedom Chapel.

THURSDAY

- ▶ Pre-separation briefing, mandatory for all members separating voluntarily, pre-registration required, 9 a.m. to noon.
- ▶ Federal resume process, noon

to 2 p.m.

- ▶ Air Force Basic Military Training spouse and parents seminar, BMT Reception Center, building 7248, 1 p.m. For information, call 773-354-6131.
- ▶ AMVETS national service officer available by appointment only. For information, call 773-354-6131.

FEB. 21

- ▶ Understanding the Veterans Administration benefits, 10 a.m. to noon.
- ▶ Interview with confidence, noon to 2 p.m.
- ▶ AMVETS national service officer available by appointment only. For information, call 773-354-6131.

FEB. 24

- ▶ Five-day Transition Assistance Program, mandatory pre-separation briefing and Form 2648 are required prerequisites, 7:45 a.m. to 4 p.m.
- ▶ Family readiness briefing, mandatory for personnel deploying longer than 30 days or going on remote assign-

ments, 10:30-11 a.m.

- ▶ Saving and Investing 101, 11:30 a.m. to 1 p.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 information, call 773-354-6131.

FEB. 25

- ▶ 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.
- ▶ Thrift Saving Plan, 11:30 a.m. to 1 p.m.
- ▶ Exceptional Family Member Program, contents of the IEP, 12:30-1:30 p.m., building 3850.

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

A new beginning...



Photo by Josh Rodriguez

U.S. Air Force Senior Master Sgt. Lance Hopping proposes to Casey Waterhouse at his retirement ceremony Feb. 7. Hopping's children, Alissa (left) and Nathan, were just as surprised as his fiancée.

By Mike Joseph
JBSA-Lackland Public Affairs

On a day that was supposed to be about him, a senior master sergeant's retirement ceremony at the 323rd Training Squadron on Joint Base San Antonio-Lackland Feb. 7 turned into him plus one.

Senior Master Sgt. Lance Hopping used the occasion to hit a home run for romantics clear out of the park. That's when Hopping stunned Casey Waterhouse – the couple had been dating nine months – by popping the question: Will you marry me?

Hopping's set up line – “what better way to end an amazing adven-

ture than to start one that's even better” – worked perfectly.

“She had no idea,” Hopping said. “I wanted to make it special, to do something that you just don't see every day. I didn't want to do the typical ‘let's do it on Valentine's Day or down at the beach.’ I wanted it to be a special event for both of us.”

Mission accomplished.

To pull off the surprise, only three people knew what Hopping planned to do. They didn't include his daughter, his son or Casey's son. They were all as shocked as Casey.

“The kids were very surprised and happy,” said Hopping, who served more than 22 years. “They love her to death.”

Social Media helps unite Hearts Apart

By Airman Justine K. Rho
JBSA-Lackland Public Affairs

Military members and their families understand the commitment and dedication that is asked of service members; service which occasionally requires deployments. That is why support groups, such as the Hearts Apart program, have such an impact on so many military families and their troops.

Through the use of blogs and social media sites, such as Facebook, the Hearts Apart support group has reached more than 207,000 people, said the program leader, Master Sgt. Jose Ontiveros, 802nd Force Support Squadron Military Family Readiness and Support Center NCO. The social media sites not only promote base events, but also seek to inspire and positively uplift their followers.

The Hearts Apart program was created as a U.S. Air Force-wide deployment support group for families who are separated from their military member because of deployment or remote assignments.

Early in 2012 when Ontiveros came on board with the Joint Base San Antonio-Lackland Hearts Apart program, social media was reaching about 76 spouses, said Ontiveros. By the end of 2012, MFRC volunteers and program leaders had 15,581 individual contacts with those spouses. That number has expanded to 26,750 contacts and the program's audience has grown to more than 800 members Air Force wide.

The Hearts Apart team is using the networks to get direct feedback from their members and tailor the events and programs to meet families' needs, said Ontiveros. Without social networking it would be impossible to know what our members are looking for, he said.

At JBSA-Lackland, Ontiveros has a team of 15 volunteers, made up of

junior enlisted Airmen and NCOs, who correspond with the Hearts Apart members and work to make the program benefit as many families as possible. Without the efforts of the volunteer team, the amount of informative correspondence would be significantly lower.

“I reach out to (junior enlisted Airmen and NCOs) specifically because I want to show them the value of this program early on in their careers,” said Ontiveros. “We currently have five spouses who are going through a deployment on our volunteer staff.”

The MFRC team uses the insight they gain from social networking with the military family members and the personal connection the volunteers have to the program to develop specific Hearts Apart projects.

“People love free things and they want to feel supported; they want to feel connected,” said Ontiveros. “That's what we've been able to accomplish. Our social media usage is a testament to that.”

One of the projects developed through feedback is called JBSA for “Jelly Bean Start Amenities.” The JBSA kits include basic items for taking care of a newborn baby. Correspondence with Hearts Apart members let volunteers know that expecting parents appreciate support during these exciting times.

Volunteers from the Lackland Enlisted Spouses Club come in once a week to build these bundles, said Ontiveros. The JBSA kits consist of 10 diapers, a toiletry kit and a personalized onesie that sports the Hearts Apart logo. Infants that are born while the military member is deployed will have shirts that say “I've been waiting my whole life to meet you.”

Another Hearts Apart project is

See **HEARTS** Page 17

WATER CONSERVATION TIPS!

- Take a shower instead of a bath. Showers with low-flow shower heads often use less water than taking a bath.
- Reduce the level of water used in a bathtub by one or two inches if a

- shower is not available.
- Use a pan of water (or place a stopper in the sink) for washing and rinsing pots, pans, dishes and cooking utensils, rather than turning on the water each time to rinse.

- Never run the dishwasher with less than a full load. This practice will save water, energy, detergent and money.
- Check all water line connections and faucets for leaks. A slow drip can

waste as much as 170 gallons of water each day, or 5,000 gallons a month, which adds to the water bill.

(Compiled by 502nd Civil Engineer Squadron)

Airmen 'spin' their way to successful PT tests



Photo by Benjamin Fiske

Tech Sgt. Jennifer Chiles, Headquarters Air Force Security Forces Center, noncommissioned officer in charge of inmate management, leads a spin class Feb. 4 at the Warhawk Fitness Center at Joint Base San Antonio-Lackland.

By Jose T. Garza III
JBSA-Lackland Public Affairs

A technical sergeant from Headquarters Air Force Security Forces Center gets her unit moving with lyrical help from the "King of Pop" and other musicians.

To the beat of Michael Jackson and artists of different genres, Tech. Sgt. Jennifer Chiles hosts spin classes Tuesdays and Thursdays at 10:30 a.m. at the Joint Base San Antonio-Lackland Warhawk Fitness Center.

"I like to play fun music that will help people get their mind off of what their body is doing and get them into the zone," she

said. "I play hip hop, pop, and old school R&B. I play music that is tailored to the rides we are doing."

As a spin instructor for the runners' improvement program on JBSA-Lackland, the NCO in charge of inmate management was asked by members of her unit if she could conduct personal sessions for them since the program's class was usually packed.

Chiles obliged and has been teaching the class for a year and a half.

"Spin class can help you with your physical training test," Chiles explained. "We have interval, strength, and endurance rides; so, the class has a big impact on the run portion of

the PT test."

Participants sit and stand while peddling through hill, flat road, jump and sprint exercises on the bikes for a total body workout.

To test their endurance while also building morale and camaraderie, Chiles officiates a tap-out competition to see who can complete the exercises without sitting down.

"We go as hard and fast as we can at our own level of resistance," she noted. "We keep the contest going until the last person is standing."

The spin class helped one master sergeant recover from an injury as well as pass his PT test.

Master Sgt. James Butler, HQ

AFSFC, tore his Achilles tendon in March 2012 and went through a year of physical therapy.

To get back into shape, he joined Chiles's spin class in April 2013.

The master sergeant credits her for helping him pass his PT test with a score of 87 the following September, leading to him getting promoted.

"She definitely helped save my career," Butler said.

Because of his achievement, he recommends the spin class for active duty service members and retirees.

"I think everyone should suffer equally," Butler joked. "It's a good workout all around. If you're in the military, you need to stay fit."

Chiles also welcomes civilian personnel to her sessions if they are recovering from injuries or looking to be more physically active.

"Any and everybody is welcome," she said. "I've heard a lot of people say they have had knee injuries. I got into spin class because I have had two knee surgeries where I have had screws put in my knees.

"The class is low impact on the knees and back. I make sure to give proper instruction on how to ride correctly and, as we are riding, I can help if you are struggling or putting too much of your body weight on the bike. If you are stressing any part of the body, I can help you make corrections on the spot."

HEARTS from Page 16

Operation Sweet Dreams. The project asks volunteers to print photographs of deployed parents onto a pillowcase, so when children lay down on the

pillow at night they can look at mom or dad. These simple, yet personalized projects reflect the sensitivity the Hearts Apart team has for their members.

The program is constant-

ly evolving, said Ontiveros. There is no end goal to the Hearts Apart program, as long as families continue to use its services.

"Even though we don't sell a product, we do sell resiliency

and a connection to the base, which is, ultimately what we are trying to do," said Ontiveros. "We are directly taking care of the families of the war fighters. Social media allows us to capture and show that

what we're doing is worth the time invested."

For more information on the Hearts Apart program and upcoming events, please visit their Facebook page at Hearts Apart JBSA.