



Of a higher order

Courtesy photo

Army Col. Kyle Campbell, commander of Brooke Army Medical Center, presents the Order of Military Medical Merit medal to Air Force Maj. Gen. Byron Hepburn, 59th Medical Wing commander and deputy director of the San Antonio Military Health System.

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Defense Secretary thanks warriors, staff at Brooke Army Medical Center

By Maria Gallegos
Brooke Army Medical Center Public Affairs

Chuck Hagel, the 24th Secretary of Defense and the first enlisted combat veteran to lead the Department of Defense, made his first official visit to Brooke Army Medical Center Jan. 8.

Hagel was welcomed by BAMC Commander Col. Kyle Campbell and Command Sgt. Maj. Mark Pumphrey at San Antonio Military Medical Center, followed by a meet-and-greet with wounded warriors service and staff members at the medical center.

"You inspire me," said Hagel during his conversation with 1st Lt. Micah Andersen, who was rehabilitating at the U.S. Army Institute of Surgical Research burn center rehabilitation gym. Andersen was injured by an improvised explosive device while on foot patrol in Afghanistan June 1, 2013.

"BAMC offers the best care in the world," Hagel told him as they were discussing his injuries and the care he was receiving at the medical center.

"I know, this is the best place to be," Andersen replied.

Following the visit at the medical center, the secretary met with Col. Donald Gajewski, director of the Center for the Intrepid, for a tour of the out-patient rehabilitation facility.

Hagel then spoke at a town hall meeting with service members, their families and staff to thank them for their service and sacrifice.

"I'm here to first better understand the tremendous work you do here and what this place represents," he said.

"It's about hope," Hagel said. "It's about hope for a better life for you and your families and all our people. It's about how each of you are inspiring others who are with you now but will come after you - families inspire, you inspire, people who work here, docs and all of his team, they are an inspiration.

"I want to acknowledge that because we occasionally tend to drift over that element of what is done in a tremendous facility like this."

He said that even with all the advances



Photo by Robert Shields

(From left) Defense Secretary Chuck Hagel greets Col. Kyle Campbell, commander of Brooke Army Medical Center, and BAMC Command Sgt. Maj. Mark Pumphrey upon his arrival Jan. 8 at San Antonio Military Medical Center. During his first official visit to BAMC, Hagel visited with wounded service members, presented coins to outstanding staff members and spoke at a town hall meeting with service members, their families and staff at BAMC's Center for the Intrepid.

in medical technology, it is the people who make a difference.

Hagel also touched on the new law for future retirement benefits for veterans and assured medically disabled veterans will be exempt from the new budget cuts.

"Let me assure you that all disabled families - all of you in this room - will be exempt from any adjustments in the rate of growth," Hagel said to the group. "We're not going to do anything that would inhibit the progress of this institution."

The new law suggests that working-age military retirees would see their pensions increase at a slower pace, with cost-of-living adjustments pegged to the rate of inflation minus 1 percentage point. Once they turned 62, they would go back to receiving adjustments pegged to the full rate of inflation.

He stated that the law will not take effect until 2016 and that the administration and Congress have two years to fix the law and grant an exemption for disabled vets.

"We'll make it work. We'll fix it- and we'll do it so it doesn't hurt."

LACKLAND
TALESPINNER

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Lackland
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P.O. Box 2171,
San Antonio, Texas 78297
250-2440

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Editorial content is edited, prepared and provided by the Public Affairs Office of the 502nd Air Base Wing. All photos, unless otherwise indicated, are U.S. Air Force photos.

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

NEWS IN BRIEF

Compiled by Mike Joseph, JBSA-Lackland Public Affairs

SATURDAY

MLK BIRTHDAY CELEBRATION

A dinner celebrating Dr. Martin Luther King Jr.'s birthday begins at 6 p.m. Saturday in the Gateway Club.

Mayor Frank Jackson of Prairie View, Texas, will be the guest speaker and Marvin Hurst, a local television reporter, will serve as master of ceremonies.

For information, contact David Hill at 355-1775 or Van Johnson at 364-8317.

THURSDAY

502ND ABW/JBSA COMMUNITY TOWN HALL

Brig. Gen. Bob LaBrutta, 502nd Air Base Wing and Joint Base San Antonio commander, will hold a community town hall meeting 6 p.m. Thursday, Jan. 23 in the Bob Hope Theater on JBSA-Lackland to discuss issues currently affecting JBSA.

LaBrutta will also conduct town halls 6 p.m. Tuesday, Jan. 21 6 p.m. in the Evans Theater on JBSA-Fort Sam Houston, and 6 p.m. Wednesday, Jan. 22 in the Fleenor Auditorium on JBSA-Randolph.

FEB. 1

AAHC ANNUAL GOSPEL FEST

The Joint Base San Antonio-Lackland African American Heritage Committee's annual gospel fest is 6 p.m., Feb. 1, at the Gateway Chapel. The program is free and open to the public.

FEB. 24-25

DEFENSE THREAT REDUCTION AGENCY COURSE

The Defense Threat Reduction Agency's Defense Nuclear Weapons School will hold an awareness-level course Feb. 24-25 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.

The target audience includes all personnel who are expected to perform in a support capacity during an incident or event and is beneficial to Department of Defense CBRNE Enterprise Forces, and military and civilian emergency responders.

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

Stage II water restrictions in effect for JBSA



For JBSA
Water
Conservation
Tips
see page 17

Stage II water restrictions are now in effect at all Joint Base San Antonio military installations.

The aquifer level at the Bexar County index well J-17 read 643.5 feet above sea level Tuesday. Stage II restrictions are enforced when water levels in the Edwards Aquifer drop below 650 feet.

Stage II restrictions include adherence to home and professional conservation guidelines.

Housing residents and facility managers must ensure that lawns are watered only once a week. The major difference between Stage I and Stage II restrictions is that watering is now only allowed between 7-11 a.m. and 7-11 p.m. on designated watering days.

Watering days are based on the last digit of addresses or facility building numbers:

- If address/facility number ends in 0 or 1, Monday is the watering day.
- If address/facility number ends in 2 or 3,

Tuesday is the watering day.

- If address/facility number ends in 4 or 5, Wednesday is the watering day.
- If address/facility number ends in 6 or 7, Thursday is the watering day.
- If address/facility number ends in 8 or 9, Friday is the watering day.

Other major notes for Stage II restrictions include: new landscaping should be avoided unless material is already on order, government vehicles washing is allowed only twice per month and personally owned vehicles may be washed only on landscape watering days. Drip and bucket watering are allowed, but only during the times specified above.

For more information, visit the San Antonio Water System conservation website at <http://www.saws.org/conservation>. To report misuse, call the JBSA Water Conservation Hotline at 466-4420.

Source: 502nd Civil Engineer Squadron

59th Medical Wing leader named to prestigious military medical society

By Nathan Simmons

59th Medical Wing Public Affairs

The 59th Medical Wing commander was recently selected as an honorary member of the Order of Military Medical Merit, a group of esteemed contributors to military medicine.

Maj. Gen. Byron Hepburn, who also serves as the deputy director of the San Antonio Military Health System, was honored during a ceremony at the Marriott Riverwalk Hotel in downtown San Antonio Dec. 14, 2013.

"I received this on behalf of the 12,000 military medi-

cal professionals of our Military Health System who are dedicated to the health of our men and women in uniform," Hepburn said.

Membership in the order recognizes individuals who have clearly demonstrated the highest standards of integrity and moral character, displayed an outstanding degree of professional competence, served in the Army Medical Department for a minimum of 10 years with selflessness and made a sustained contribution to the betterment of Army Medicine.

Hepburn's holistic contribution to military medicine allowed for his induction into this respected order, one typically reserved for Army medical professionals.

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

BMT HONORS

Congratulations to the following 69 Airmen for being honor graduates among the 697 Air Force basic military trainees who graduated today:

320th Training Squadron*-Flight 077*

Anthony Bable
Hans Eggert
Devin Ehret
Andrew Jacquay
Justin Laks
Sean Landkamer
Jarred McLarty
Alex Sawyer
Noah Young
-Flight 078
Joyce Burnett
Carina Cabello
Alexandrya Huntenburg
Kristen Lehberger
Lindsay Pfeffer
Melinda Poppen

321st Training Squadron*-Flight 089*

Brady Evans
Erick Niemann

-Flight 090

Natalie Anderson
Lorenzo Manueles
Jessica Roberts

322nd Training Squadron*-Flight 079*

Christopher Cabrales
Nicholas Cooper
Dylan Engle
Vyacheslav Kuvila
Anura Moore
-Flight 080
Cory Bergen
Harold Charles
Nathaniel Grenz
Benjamin Pieper
Jefferson Smith
Saul Vasquez

323rd Training Squadron*-Flight 083*

Kevin Benavides
Patrick Mars
Sylvester Ruggiero
John Santos
A K. Sosa K
Benjamin Wingfield
-Flight 084
Allison Swart

324th Training Squadron*-Flight 087*

Joshua Ein
Joey Minear
-Flight 088
Casey Clark
Cole Lewis
Jonathan Ramos
Kyle Wild

326th Training Squadron*-Flight 085*

Jose Alfaro
Henry Baldwin
Brandon Barrick
Matthew Beuligmann
Joshua Bryant-Thomas
Jake Flores
Sean French
Thomas Jones Jr
Jacob Mulholland
Zachary Para
Devin Rath
Arthur Sims
Joshua Smith
Robert Toth III
-Flight 086
Ethan Anderson
Cody Morrison

Matthew Reske

David Williams

331st Training Squadron*-Flight 081*

Adam Cibarich
Adam Clements
Julian Edington
Joseph Stern
Jacob Suprano
Andrew Zacharias
-Flight 082
Eric C. Ayotte

Top BMT Airman

Andrew Jacquay
320th TRS, Flight 077

Most Physically Fit*-Male Airmen*

Dominic Luka
322nd TRS, Flight 080
Benjamin Eells
326th TRS, Flight 085
Joshua Smith
326th TRS, Flight 085
-Female Airmen
Hailey Gibbs
320th TRS, Flight 078

Jessica Hubbard

320th TRS, Flight 078

Joyce Burnett

320th TRS, Flight 078

-Male Flights

320th TRS, Flight 077
322nd TRS, Flight 080
322nd TRS, Flight 079
331st TRS, Flight 082
-Female Flights
321st TRS, Flight 090
320th TRS, Flight 078
323rd TRS, Flight 084

Top Academic Flights

326th TRS, Flight 085
331st TRS, Flight 081
326th TRS, Flight 086
324th TRS, Flight 088
320th TRS, Flight 077
322nd TRS, Flight 079
321st TRS, Flight 089
323rd TRS, Flight 083
324th TRS, Flight 087
322nd TRS, Flight 080
331st TRS, Flight 082
321st TRS, Flight 090
320th TRS, Flight 078
323rd TRS, Flight 084



JBSA selects 2014 Military Ambassadors

By Airman 1st Class Kenna Jackson
Joint Base San Antonio-Randolph Public Affairs

Ten service members from across the three Joint Base San Antonio locations were chosen to represent their respective military services as part of the 2014 Military Ambassadors program.

"Military ambassadors are representatives of the military community," Bill Gaines, 502nd Air Base Wing civic outreach chief, said. "The program strengthens military relationships with the local community while educating the public about the armed services and their missions. They are chosen for their communication skills, demonstrated self-confidence and outgoing personalities. In short, they promote an outstanding image of JBSA and their service organizations."

Throughout the year, the 10 service members represent their service and JBSA at events throughout South Texas, including nearly the 50 activities associated with Fiesta San Antonio April 10-27.

According to Gaines, Fiesta, which began in 1891, is one of the nation's premier festivals, with an economic impact of more than \$284 million for the Alamo City.

"Taking part in the event not only allows the military ambassadors to play integral roles for the installation's community relations program, but it permits the continuation of a tradition that goes back to 1891 when the granddaddy of Fiesta events, The Battle of Flowers, began, Gaines said.

"During the event, the Army provided its band to lead the first parade in horse-drawn carriages and supplied a number of carriages for others participating in the parade," Gaines said. "In the 1960s, both the Fiesta San Antonio Commission and local military commanders decided there should be a single point of contact – a military coordinator."

This year's military coordinator is U.S. Air Force Gen. Robin Rand, Air Education and Training Command commander.

Although the program is aimed primarily at Fiesta, the ambassadors are traditionally invited to parades, federal holiday ceremonies, pageants, hospital visits, and other significant events.

The ambassadors' first event is Feb. 14, for the National Salute to Veterans Day at the Audie Murphy Veterans Hospital.

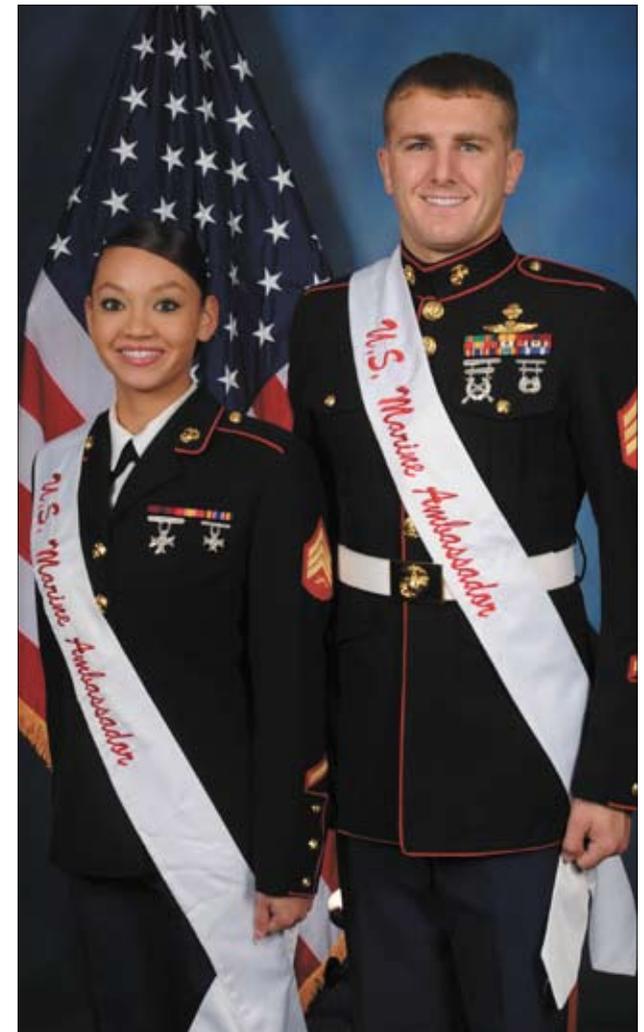
"Being named an ambassador for my service is an honor and a privilege," Tech. Sgt. Daniel Anderson, 323rd Training Squadron military training instructor and Air Force military ambassador, said. "As ambassador I want to reinforce public trust in the military services. I can't wait to get started."



2014 Army military ambassadors

Sgt. Doreen Suerte Fajota, who hails from Bacolod City, Philippines, is assigned to Company C, Brooke Army Medical Center as the NCO in charge of the Obstetrics and Gynecology Department at San Antonio Military Medical Center. Fajota's job is to oversee the day-to-day operations of all clinical services, assist in clinical procedures for approximately 31,200 patients annually, manage placement, accountability, readiness, training and administrative actions for 168 military and civilian staff members.

Sgt. 1st Class John Gurisko, who hails from River Rouge, Mich., is assigned to the Army South G-3 Exercises Humanitarian and Civic Assistance Branch as the NCO in charge. Gurisko is responsible for support to the HCA Branch by planning for two operational planning teams, tracking training requirements, accountability and performance within the section, and supporting the branch chief in day-to-day functions of the branch as needed.



2014 Marine Corps military ambassadors

Sgt. Dawn Callaway, who hails from Princeton, Texas, is assigned to the 4th Reconnaissance Battalion as a financial manager. Callaway is responsible for performing accounting, budgeting and all other financial management relevant duties for appropriated funds in support of the 4th Reconnaissance Battalion. She also provides leadership guidance, supervision and counseling to junior Marines and financial guidance to outlying companies within the battalion.

Sgt. Dustin Johnson, whose hometown is Brodhead, Wis., is assigned to the 4th Reconnaissance Battalion as a battalion dive and amphibious chief. Johnson plans and executes dives and amphibious operations and also maintains the equipment relevant to those operations.



2014 Navy military ambassadors

Petty Officer 2nd Class Luz Vazquez, who hails from Lamont, Calif., is a Navy enlisted recruiter. Vazquez is responsible for the enlistment of officers and enlisted members for active service in the regular and reserve Navy components.

Petty Officer 1st. Class Joseph Fountain Jr., who hails from Callahan, Fla., is the mission NCO in charge. Fountain provides daily leadership and administration oversight for about 30 members who support the national mission.

Staff Sgt. Kathryn North, who hails from Greenfield, Ind., is assigned to the 382nd Training Squadron Diagnostic Imaging Section as an instructor. North provides instruction on theory of basic electricity, atomic theory, production of X-rays, radiographic technique, radiographic film and chemical processing, radiographically oriented anatomy and physiology, theory of and practice in operation of fixed and mobile radiologic equipment, routine and special radiographic positioning, theory of and practice in accomplishment of, special radiographic techniques and introduction to special radiographic procedures and the associated equipment. As an instructor, she also continues the professional development of 121 Air Force trainees.

Tech. Sgt. Daniel Anderson, who hails from Belmont, N.H., is assigned to the 323rd Training Squadron as a military training instructor, where he conducts basic military training and shifts civilians into the Air Force way of life. Anderson is also responsible for training newly assigned military training instructors who have completed the Military Training Instructor School.



**2014 Air Force
military ambassadors**



2014 Coast Guard military ambassadors

Chief Petty Officer Wanda Tarasiuk, who hails from Fajardo, Puerto Rico, is assigned to Coast Guard Cryptologic Unit in Texas. Tarasiuk analyzes and reports highly technical information of strategic and tactical importance to fleet commanders and national intelligence agencies while deployed on board Coast Guard vessels.

Petty Officer 2nd Class Jim Chance is a San Antonio native and production recruiter for the Recruiting Office San Antonio. Chance's main duties as production recruiter consist of processing applicants for accessions into the Coast Guard, marketing the Coast Guard to potential recruits and the public, representing the Coast Guard in various military ceremonies and conducting military funeral honors.

AROUND JBSA-LACKLAND

Wing leadership delivers surprise promotion.

Photo by Airman Justine Rho

Kristen Dube, (center) 802nd Security Forces Squadron canine handler, is promoted to technical sergeant by 502nd Air Base Wing and Joint Base San Antonio commander, Brig. Gen. Bob LaBrutta, (left) and 502nd ABW and JBSA command chief, Chief Master Sgt. Alexander Perry, (right) during a commander's call Monday at the Bob Hope Theater. Dube was promoted under the Stripes for Exceptional Performers or STEP program, which allows outstanding Airmen to be promoted to the next rank outside of the Weighted Airman Promotion System by the installation commander. According to Perry, Dube has deployed seven times in support of various operations and is known as a stellar NCO throughout the squadron for her commitment to duty and leadership. During the commander's call, LaBrutta recognized more than 100 stellar performers and shared information about the unit climate assessment, upcoming programs and force management.



Integrity's Wingman

Commentary by Chief Master Sgt. William Cavanaugh
Air Force Recruiting Service command chief

"If your friends jumped off a bridge, would you do that, too?"

That's what my mom used to ask me when I was a kid and in trouble for doing something I shouldn't have done. Somehow I thought explaining that my friends did it as well made it OK.

I was wrong - boy, was I wrong! I alone was responsible for my actions because I knew better. I knew right from wrong but couldn't find the courage to "do the right thing." It's funny how this dynamic still applies to us as adults - as Airmen.

The first obligation of every Airman is to do the right thing. I've said this before in emails, blogs and tweets that I've sent out. In fact, as I've discussed integrity during flight chief and health professions courses, as well as squadron annuals this year, I've become convinced that the Airmen of Air Force Recruiting Service understand and have internalized this message. It's understood that we should do the right thing and that we should do it even when "no one else is looking."

But what about when others are looking ... participating ... LEADING even?

Leading a fellow Airman astray is one of the most despicable things an informal or formal leader can do. We all must understand however, that the Airman being led is, as I was as a kid, responsible for his or her own actions. Despite what someone else may be doing, he or she must do the right thing. Integrity alone won't always help see an Airman through this type of challenge though. This type of challenge requires Airmen to find a way to summon integrity's wingman - courage.

You see it's a lot easier to make the right call when you are the only one

"Despite what someone else may be doing, he or she must 'do the right thing.'"

– Chief Master Sgt. William Cavanaugh
Air Force Recruiting Service



affected by the decision. It's actually a lot easier to do the right thing when no one else is looking. It's extremely difficult, however, for many Airmen to "do the right thing" when a fellow Airman is leading them down the wrong path. It takes courage to hold one's integrity together under these circumstances, but that's exactly what must be done - courage enables and strengthens integrity.

No one has the right to force you to compromise your integrity and if someone puts you in that situation then he or she certainly doesn't have your best interest at heart. Good wingmen and especially good leaders don't operate that way. If it happens though, your personal obligation as an Airman does not change.

Your actions, however, will require courage because unfortunately you will not only have to abstain but you will also have to report any wrong doing you are aware of. It will be difficult, your first obligation is to summon integrity's wingman and do the right thing - great Airman first!



Photo by Staff Sgt. Christopher Boitz
U.S. Air Force Staff Sgt. Nikki Fratzke, left, and Capt. Tyson Kindness review the Uniform Code of Military Justice March 1, 2010, at the Area Defense Counsel on Eielson Air Force Base, Alaska.

New Law Brings Changes to Uniform Code of Military Justice

By David Vergun
Army News Service

WASHINGTON—The National Defense Authorization Act passed last month requires sweeping changes to the Uniform Code of Military Justice, particularly in cases of rape and sexual assault.

“These are the most changes to the Manual for Courts-Martial that we’ve seen since a full committee studied it decades ago,” said Lt. Col. John L. Kiel Jr., the policy branch chief at the Army’s Criminal Law Division in the Office of the Judge Advocate General.

Key provisions of the UCMJ that were rewritten under the NDAA for Fiscal Year 2014 – signed Dec. 26, 2013, by President Barack Obama – are Articles 32, 60, 120 and 125.

Article 32

The law now requires the services to have judge advocates serve as Article 32 investigating officers. Previously, the Army was the only service in which judge advocates routinely did not serve

as Article 32 investigating officers.

Article 32 hearings – roughly equivalent to grand jury proceedings in the civilian judicial system – are held to determine if there’s enough evidence to warrant a general court-martial – the most serious type of court-martial used for felony-level offenses such as rape and murder.

Congress decided that the services needed to have trained lawyers – judge advocates – consider the evidence, since in their view, trained lawyers often are in the best position to make determinations to go forward with general courts-martial, Kiel said. Judge advocates didn’t always serve as Article 32 investigating officers in the Army “largely because we try four times the number of cases of any of the other services,” he explained – an issue of not having enough judge advocates for the high volume of cases.

Army officials asked Congress to consider its resourcing issue, he said, so the legislators wrote an exception, stating that “where practicable, you

will have a judge advocate conduct the Article 32 investigation.”

Kiel explained what “where practicable” means, citing a number of circumstances where it could apply.

Many courts-martial were conducted over the years in Iraq and Afghanistan where soldiers were deployed and some of those involved war crimes, he said. In these cases, the Army found it sometimes was best to have line officers be the Article 32 investigating officers, because they could best put themselves in the shoes of the accused.

Those line officers “understood what it’s like to make decisions in the heat of battle better than a lawyer without those experiences,” Kiel said. “They added a level of judgment that sometimes judge advocates could not.”

Another example, he said, might be travel fraud.

“In the case of complex (temporary duty) fraud, for instance, you might want to have a finance officer as the IO,” Kiel said.

Besides subject-matter experts be-

ing in the best position to be Article 32 investigating officers, he said, there simply might not be enough judge advocates in the area of the installation. For example, U.S. Army Forces Command would have enough judge advocates to do Article 32 hearings, Kiel said, but if a number of hearings came up at once at U.S. Army Training and Doctrine Command installations – a smaller major command – they might come up short.

That might jeopardize the right of an accused to a speedy trial if the clock runs out, he noted. And, if a judge advocate is flown in from another installation, travel costs would be incurred.

“Those are very real situations that could impact the ability to get it done expeditiously and cost effectively,” Kiel said.

Other attorneys on an installation cannot always be tapped for Article 32 investigating officer work, he said. On larger installations, “we have operational law attorneys that potentially could cover down on some of these areas, but we don’t have a lot of

those,” he added.

On other installations, Kiel said, administrative law attorneys might have conflicts of interest if they’ve previously rendered some kind of legal review on a case.

“And, our administrative law attorneys are always busy reviewing various sorts of investigations and helping the command deal with such things as ethics and family readiness issues,” he continued.

“Then we have our criminal law advocates, trial counsels and defense counsels,” Kiel added. “They’re all conflicted out from being IOs, because they’re actually tasked with presenting evidence during the [Article 32 hearing] as they’re acting as counsel to the government or to the accused.”

The fiscal 2014 National Defense Authorization Act gives the services one year to phase in this change to Article 32, stipulating that where practicable, judge advocates conduct the investigations. This one-year time period provides needed time for the staff judge advocates to figure out if they have enough judge advocates to fill the requirement to cover down on all the Article 32 hearings and determine which installations are struggling to meet the requirements, Kiel said.

Another impact to courts-martial practice is the new requirement for a special victims counsel to provide support and advice to the alleged victim, Kiel said. For example, the special victims counsel must inform the victim of any upcoming hearings – pretrial confinement, parole board, clemency and so on – and inform the victim that he or she can choose to attend any of those. The victim also will be notified in advance of trial dates and be informed of any delays.

Furthermore, Kiel said, the special victims counsels may represent the alleged victims during trial, ensuring their rights are not violated, as under the Rape Shield Rule, for example. The Rape Shield Rule, or Military Rule of Evidence 412, prevents admission of evidence concerning sexual predisposition and behavior of an alleged victim of sexual assault.

Kiel provided an aside regarding the Rape Shield Law and how a high-visibility case a few months ago involving football players at the U.S. Naval Academy influenced changes to Article 32 by Congress.

In that case, the defense counsel had the victim on the stand for three days of questioning about the alleged victim’s

motivations, medical history, apparel, and so on during the Article 32 hearing, he related. The cross-examination was perceived by the public and Congress to be disgraceful and degrading, and potentially violating the federal Rape Shield Rule. With passage of the fiscal 2014 National Defense Authorization Act, alleged rape and sexual assault victims are no longer subject to that kind of interrogation at the Article 32 hearing, he said.

Before the new law, alleged victims of sexual assault were ordered to show up at Article 32 hearings and frequently were asked to testify during those hearings as well.

“Congress thought that wasn’t fair, since civilian victims of sexual assault didn’t have to show up or testify,” Kiel said.

“Now, any victim of a crime who suffers pecuniary, emotional or physical harm and is named in one of the charges as a victim does not have to testify at the hearing,” he added.

Article 60

Like Article 32 changes, modifications to Article 60 are to be phased in over the course of 12 months. Article 60 involves pretrial agreements and actions by the convening authority in modifying or setting aside findings of a case or reducing sentencing. A convening authority could do that in the past, and some did, though rarely.

Changes to Article 60 were influenced last year by a case involving U.S. Air Force Lt. Col. James Wilkerson, a former inspector general convicted of aggravated sexual assault, Kiel said. The convening authority, U.S. Air Force Lt. Gen. Craig Franklin, overturned the findings of guilt.

“That got Congress stirred up,” Kiel said.

In the new law, legislators said the convening authority can no longer adjust any findings of guilt for felony offenses where the sentence is longer than six months or contains a discharge. They cannot change findings for any sex crime, irrespective of sentencing time.

One way a commander still can modify a sentence is, “if the trial counsel comes forward and says, ‘This particular accused was very helpful in securing evidence or cooperating with the government in prosecuting someone who was accused of committing an offense under the UCMJ.’ That is a trigger for the convening authority to be able to modify a sentence,” Kiel said.

The other way a convening authority

can modify a sentence, even involving rape and sexual assault, is if a pretrial agreement is in place, he said, meaning that the case could close, but the pretrial agreement would still take effect.

Congress realized that Article 60 was still needed to continue the option for pretrial agreements, Kiel said. Had Article 60 been done away with altogether, he added, that “would have likely meant all courts-martial would have gone to full contest, and that would have bottlenecked the entire process.”

Voiding Article 60 also would have meant that all alleged victims of sexual assault likely would have to testify.

“Sometimes, victims supported the pretrial agreement, supported the potential sentence and supported the fact that they didn’t have to testify – when it was in their best individual interest,” Kiel said.

Other changes to courts-martial practice were made.

Prior to the new law, the convening authority could consider the military character of the accused in considering how to dispose of a case, Kiel said. Congress decided that should have no bearing on whether or not the accused has committed a sexual assault or other type of felony.

Also, he said, previous to new law, “sometimes the [staff judge advocate] would say, ‘Take the case to a general court-martial,’ and the convening authority would disagree and say, ‘I’m not going forward.’” Now, he said, “if the convening authority disagrees, the case has to go to the secretary of the service concerned, [who] would have to decide whether to go forward or not.”

In the case of an alleged rape or sexual assault in which the staff judge advocate and the convening authority decide not to go forward because of a lack of evidence or for any other reason, that case has to go up to the next-highest general court-martial convening authority for an independent review, Kiel said.

So if the case occurred at the division level in the Army, for example, and a decision were made at that level not to go forward, then the division would need to take the victim’s statements, its own statements for declining the case, and forward them and the entire investigative file to the next level up – in this case, the corps.

At the corps level, the staff judge advocate and the corps commander would then review the file, look at the evidence and make a determination whether or not to go forward, Kiel explained.

If it’s decided to move forward the case would be referred at the corps level instead of sending it back down to the division, he added. This, he explained, avoids unlawful command influence on the case’s outcome.

Articles 120 and 125

The UCMJ’s Articles 120 and 125 now have mandatory minimum punishments: dishonorable discharge for enlisted service members and dismissal for officers, Kiel said. Article 120 deals with rape and sexual assault upon adults or children and other sex crimes, and Article 125 deals with forcible sodomy. In addition, the accused now must appear before a general court-martial with no opportunity to be tried at a summary or special court-martial, Kiel said.

A summary court-martial is for relatively minor misconduct, and a special court-martial is for an intermediate-level offense.

Furthermore, Congress highly encouraged the services not to dispose of sexual assault cases with adverse administrative action or an Article 15, which involves nonjudicial punishment usually reserved for minor disciplinary offenses, Kiel said.

Rather, Kiel said, Congress desires those cases to be tried at a general court-martial and has mandated that all sexual assault and rape cases be tried only by general court-martial.

Prior to the fiscal 2014 National Defense Authorization Act, there was a five-year statute of limitations on rape and sexual assault on adults and children under Article 120 cases. Now, there’s no statute of limitations, he said.

Congress repealed the offense of consensual sodomy under Article 125 in keeping with previous Supreme Court precedent, Kiel said, and also barred anyone who has been convicted of rape, sexual assault, incest or forcible sodomy under state or federal law from enlisting or being commissioned into military service.

What’s Ahead

Congress could make even more changes that address sexual assaults in the military as early as this month, Kiel said. And later this year, changes to the Manual for Courts-Martial should be signed by the president after review by the services, the national security staff, the Defense Department and other agencies, he added. The updated manual would codify all the changes, although some already are in effect, he said.



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 five minutes or less to submit a comment at <http://ice.disa.mil>.

Tax filing season opens Jan. 31; IRS encourages e-file or Free File

By **Lea C. Crusberg**
Internal Revenue Service

The Internal Revenue Service plans to open the 2014 filing season Jan. 31 and encourage taxpayers to use e-file or Free File (<http://www.irs.gov/Filing>) as the fastest way to receive refunds.

The new opening date for individuals to file their 2013 tax returns will allow the IRS adequate time to program and test its tax processing systems. The annual process for updating IRS systems saw significant delays in October following the 16-day federal government closure.

“Our teams have been working hard throughout the fall to prepare for the upcoming tax season,” IRS Acting Commissioner Danny Werfel said. “The late January opening gives us enough time to get things right with our programming, testing and systems validation. It’s a complex process, and our bottom-line goal

is to provide a smooth filing and refund process for the nation’s taxpayers.”

The government closure meant the IRS had to change the original opening date from Jan. 21 to Jan. 31. The 2014 date is one day later than the 2013 filing season opening, which started on Jan. 30, 2013, following January tax law changes made by Congress on Jan. 1 under the American Taxpayer Relief Act. The extensive set of ATRA tax changes affected many 2012 tax returns, which led to the late January opening.

Many software companies are expected to begin accepting tax returns in January and hold those returns until the IRS systems open Jan. 31.

The IRS cautioned that it will not process any tax returns before Jan. 31, so there is no advantage to filing on paper before the opening date. Taxpayers will receive their tax refunds much faster by using e-file or Free File

with the direct deposit option.

The April 15 tax deadline is set by statute and will remain in place. However, the IRS reminds taxpayers that anyone can request an automatic six-month extension to file their tax return. The request is easily done with Form 4868, which can be filed electronically or on paper.

IRS systems, applications and databases must be updated annually to reflect tax law updates, business process changes and programming updates in time for the start of the filing season.

The October closure came during the peak period for preparing IRS systems for 2014. Programming, testing and deployment of more than 50 IRS systems is needed to handle processing of nearly 150 million tax returns. Updating these core systems is a complex, year-round process with the majority of the work beginning in the fall of each year.

About 90 percent of IRS op-

erations were closed during the shutdown, putting the IRS nearly three weeks behind its tight timetable for being ready to start the 2014 filing season.

JBSA-LACKLAND TAX CENTER SCHEDULES FEB. 3 OPENING

The Joint Base San Antonio-Lackland Tax Center, which prepares and e-files federal and state tax returns free of charge for active duty, Reserve, National Guard, retirees and military dependents, will open Feb. 3.

The center will be located in the basement of building 2484 (37th Training Wing headquarters, 1701 Kenly Avenue), room 041.

Operated by volunteers, it will be open for walk-ins only from Feb. 3 through April 15. Hours of operation during that time period will be Monday through Thursday, 8 a.m. to 4 p.m., and Friday, 8:30 a.m. to 3 p.m.

For more information, call 671-8331/8475. To volunteer at the center, call 671-5736.

SPOTLIGHT ON MILITARY JUSTICE

The 502nd Installation Support Group Office of the Staff Judge Advocate processed the following judgments on Joint Base San Antonio-Lackland through December 2013.

- A master sergeant from the Air Force Intelligence, Surveillance and Reconnaissance Agency was found guilty of violating Article 92 of the Uniform Code of Military Justice, for being derelict in the performance of his duties by failing to report being under law enforcement investigation, which affected his security clearance being suspended. The individual received a punishment of suspended reduction to the rank of technical sergeant and a reprimand.

- A master sergeant from the 3rd Field Investigation Squadron, Office of Special Investigations, was found guilty of violating Article 86, UCMJ, for failing to go to his appointed place of duty. The individual received a punishment of suspended reduction to the rank of technical sergeant, forfeitures of \$1,825 pay for two months, and a reprimand.

- A technical sergeant from the 318th Cyber Operations Group was found guilty of violating Article 86, UCMJ, for failing to go to a scheduled appointment. The individual received a punishment of suspended reduction to the rank of staff sergeant and a reprimand.

- An airman basic from the 342nd Training Squadron was found guilty violating Article 121, UCMJ, by stealing a watch from the Base Exchange. The individual received a punishment of forfeitures of \$758 pay for two months, restriction to base for 45 days, 45 days extra duty and a reprimand.

- An airman basic from the 342nd TRS was found guilty violating Article 134, UCMJ, for underage drinking. The individual received a punishment of forfeitures of \$758 pay for two months, restriction to base for 45 days, 45 days extra duty and a reprimand.

- An airman from the 343rd TRS was found guilty of violating Article 134, UCMJ, for an unauthorized ID offense by wrongfully altering the date of birth on her common access card. The individual received a punishment of reduction to the rank of airman basic, forfeitures of \$758 pay, restriction to base for 10 days, 10 days extra duty and a reprimand.

- An airman from the 343rd TRS was found guilty of violating Article 92, UCMJ, for failing to obey a lawful order by violating curfew. The individual received a punishment of forfeitures of \$758 pay for two months, with one month suspended, restriction to base for 30 days and a reprimand.

- An airman basic from the 343rd TRS was

found guilty of violating Article 92, UCMJ, for being derelict in the performance of his duties by refusing to continue to train in his career field. The individual received a punishment of forfeitures of \$758 pay for two months, restriction to base for 15 days, 20 days extra duty and a reprimand.

- An airman first class from the 343rd TRS was found guilty of two violations of Article 128, UCMJ, for assault by rubbing members' ear and poking a member in the chest. The individual received a punishment of suspended reduction to the rank of airman, restriction to base for 7 days, 14 days of extra duty and a reprimand.



- An airman from the 343rd TRS was found guilty of two violations of Article 121, UCMJ, for stealing a bottle of cologne and a pair of jeans. The individual received a punishment of reduction to the rank of airman basic, forfeitures of \$758 pay for two months, restriction to base for 30 days, 30 days of extra duty and a reprimand.

- An airman basic from the 344th TRS was found guilty of violating Article 92, UCMJ by for failing to obey a lawful order by violating curfew. The individual received a punishment of forfeitures of \$758 pay for two months, with one month suspended, restriction to base for 30 days and a reprimand.

- An airman first class from the 344th TRS, Detachment 1, was found guilty of violating Article 134, UCMJ by contributing alcohol to minors. The individual received a punishment of reduction to the rank of airman, forfeiture of \$849 pay and a reprimand.

- An airman basic from the 345th TRS was found guilty of violations of Article 92 and 107, UCMJ, for being derelict in the performance of his duties by missing accountability and falsely signing the charge of quarters log. The individual received a punishment of forfeiture of \$758 pay for two months and a reprimand.

- An airman first class from the 37th TRS was found guilty of violating Article 134, UCMJ, for an unauthorized ID offense by wrongfully altering another Airman's common access card. The individual received a punishment of reduction to the rank of airman, restricted to base for 30 days, 14 days extra duty and a reprimand.

- An airman first class from the 37th TRS was found guilty of violating Article 134, UCMJ, for an unauthorized ID offense by wrongfully possessing an altered common access card. The individual received a punishment of restriction to base for 30 days, 14 days extra duty and a reprimand.

- A captain from the 59th Emergency Medical Squadron was found guilty of violating Article 86, UCMJ, for failing to go to his place of duty. The individual received a punishment of forfeiture of \$3,120 pay for two months and a reprimand.

- An airman from the 59th Medical Operations Squadron was found guilty of violating Article 112, UCMJ, for testing positive for D-amphetamine. The individual received a punishment of reduction to the rank of airman basic and a reprimand.

- An airman first class from the 59th Medical Support Squadron was found guilty of violating Article 112, UCMJ, for wrongful use of marijuana. The individual received a punishment of reduction to the rank of airman and a reprimand.

- A staff sergeant from the 690th Network Support Squadron was found guilty of violating Article 86, UCMJ, for being absent without leave by failing to report to work on time. The individual received a punishment of suspended reduction to the rank of senior airman and a reprimand.

- A technical sergeant from the 802nd Contracting Squadron was found guilty of violating Article 92 and 107, UCMJ, for failing to obey a lawful order by leaving quarters without authority and lying about cancelling an appointment. The individual received a punishment of suspended reduction to the rank of staff sergeant and a reprimand.

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, 10:30-11:30 a.m.
- ▶ Post-deployment briefing, required for all Airmen returning from deployment, 502nd Logistics Readiness Squadron IDRC briefing room, 2:30 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 a.m.,

building 5160.

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

WEDNESDAY

- ▶ Key Spouse workshop, 9 a.m. to 2 p.m.
- ▶ Consumer awareness workshop by the Better Business Bureau of San Antonio, 10-11:30 a.m.
- ▶ Thrift savings plan, 1:30-3 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 by the Office of Personnel Management, noon - 2 p.m.
- ▶ Air Force Basic Military Training spouse and parents seminar, BMT

Reception Center, building 7246, 1 p.m. For information, call 773-354-6131.

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

JAN. 24

- ▶ Interview with confidence, noon - 2 p.m.
- ▶ AMVETS national service officer available by appointment only. For information, call 773-354-6131.

JAN. 27

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

2:30 p.m., building 5160.

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

JAN. 28

- ▶ 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 a.m., building 5160.
- ▶ Intervention strategies for aggressive children, noon to 1:30 p.m., JBSA-Lackland Youth Center.
- ▶ AMVETS national service officer available by appointment only. For information, call 773-354-6131.

JAN. 29

- ▶ Transition Assistance Program, 7:45 a.m. to 4 p.m.
- ▶ AWANA Clubs, 6-8 p.m., Freedom Chapel.

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

Resolve to live safely in 2014

New Year's and resolutions are like Christmas and presents: It's hard to have one without the other.

The most popular resolutions year after year include vowing to lose weight, get fit, save money and manage stress. This year, consider adding safety to the list, both at home and the workplace. It might change your life or even save it.

Being healthy and safe goes a long way towards making other resolutions achievable. Resolve in 2014 to . . .

Be a safe driver

Always wear a seat belt, never drink and drive, observe the speed limit, drive more defensively and less aggressively and don't text while driving.

Knowledge is power

Read the owner's manual before

operating machines or equipment, learn how the machine or equipment works prior to using it, inspect equipment and tools for damage and pay attention to the safety cautions and warnings.

An ounce of prevention

Guard your eyes, ears, hands and feet with protective equipment when operating mowers and power tools.

Learn CPR, first aid and how to swim. Take a boating or motorcycle safety course, and enroll in defensive driving.

Make a difference

As a Wingman, get more personally involved, be a more responsible friend, have the courage to intervene when a fellow Wingman is in peril.

Courtesy of the 688th Cyberspace Wing safety office.

**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

LOCAL BRIEFS

Compiled by Mike Joseph, JBSA-Lackland Public Affairs

TUESDAY

CUSTOMER SUPPLY TRAINING

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

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.

WEDNESDAY

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.

JAN. 29

AFRICAN AMERICAN HISTORY MONTH OPENING

Joint Base San Antonio marks the start of African American History Month with a ceremony at 3 p.m. on

Jan. 29 at the Wilford Hall Ambulatory Surgical Center Auditorium on JBSA-Lackland. Oliver Hill, president of the San Antonio chapter of the NAACP, is the guest speaker.

FEB. 7

AARP SMART DRIVING COURSE

An AARP Smart Driver program will take place from 12:30-5 p.m. Feb. 7 at Air Force Village 2. The course covers driving strategies, new laws and challenges with local driving.

Participants will receive a certificate, good for three years. By completing the class, some insurance companies may offer driver discounts for class completion.

The cost is \$15 for AARP members and \$20 for non-members.

Contact Allen Wesson at 557-2173 or via email awesson@earthlink.net for more information and to register.

FEB. 11

AIRMAN'S VOICE MEETING

Airman's Voice meets every second Tuesday of the month in the enlisted dining room at the Gateway Club.

The group's purpose is to develop

airmen into responsible, capable, and motivated future Air Force leaders through volunteers, mentorship and networking.

For information, contact Airman 1st Class Louis Vincent Cubillas.

INFORMATIONAL

COMMITTEE SEEKS EVENT PARTICIPANTS

The Joint Base San Antonio-Lackland African American Heritage Committee needs singers of all ages for its 2014 gospel choir and models for a fashion show.

The choir will perform at 6 p.m. Feb. 1 in the Gateway Chapel. Active duty or retired military members from any branch, civilians and dependents are eligible to participate.

Rehearsals at Gateway Chapel are scheduled for Friday, 5:30-7 p.m.; Monday, 5:30-6:45 p.m.; Jan. 24, 5:30-7 p.m.; Jan. 27, 5:50-6:45 p.m.; and Jan. 31, 5:30-7 p.m.

For additional information, contact Tech. Sgt. Anna Ricks at 671-0723 or Master Sgt. Tiwanda Griffin at 671-4906.

Male and female models are needed for a fashion show Feb. 21 at Arnold Hall Community. For additional information, contact Shirley Jones at 872-5748 or Capt. Jasmine

Beauchamp at 619-248-0963.

WEINGARTEN RIGHTS FOR UNION EMPLOYEES

The Labor Relations statute entitles a bargaining unit employee to representation by the union during an examination, by an agency representative, in connection with a matter under official investigation if that employee reasonably believes disciplinary action may result. If the employee requests union representation, no further questioning will take place until a representative is present.

For those stationed at Joint Base San Antonio-Lackland, call Patricia Chaplin at 671-4528; at JBSA-Randolph, call Todd Dallas at 652-4658; and at JBSA-Fort Sam Houston, call Charles Brady at 808-0205.

MOTORCYCLE SAFETY CLASS

The Air Force Safety Office has contracted with Cape Fox Professional Services to hold a Motorcycle Safety Foundation class in mid-March at Joint Base San Antonio-Lackland to train volunteer military motorcycle instructors.

Bill James, JBSA traffic safety manager, said the eight-day Rider-

Coach preparation class will be held between March 17 and March 26.

James said a prospective RiderCoach candidate must be a licensed motorcyclist who currently rides frequently, has several years of varied riding experience, good communication skills, provide a current driving record, and a commander or supervisor's approval to attend the course and also teach a minimum of four basic RiderCourse classes per year.

Classes will be held in building 7065 at JBSA-Lackland. Class hours will be 7:30 a.m. to 4:30 p.m. with additional time on the Lackland riding range.

For additional information, contact James at 671-6274.

502ND LRS CUSTOMER SERVICE

The 502nd Logistics Readiness Squadron Customer Service is the primary focal point for all supply-related questions, concerns, complaints, Zero Overpricing Program and Defense Reutilization and Marketing Office transactions.

Contact customer service at 210-671-2575/3611/3801, 925-1490/1049/1048, or email 502lrs.customerservice@lackland.af.mil.

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 Religious Education Fri. 4 p.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.

—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

Time for some new moves? JBSA-Lackland fitness trainer provides exercises

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

After consuming various meals and beverages throughout the holidays, some people's New Year's resolutions consist of shedding those carb calories in hopes of getting fit.

Before attempting to achieve those fitness goals, one must have a plan on how they want to attain them.

Jodi Hilliard, a fitness trainer at Joint Base San Antonio-Lackland, provided four exercises for people looking to strengthen and tone their bodies.



Flutter Kicks: Lie flat on your back and place your hands at the base of your lower back. Lift your feet six inches off the floor and tuck your chin in. In an alternating motion, quickly move your feet up and down while keeping your legs straight. Flutter kicks target the abs, legs and hip flexors.



Cross Over Crunch: Start lying on the ground with your knees bent 45 degrees. As you exhale, use the muscles in your core to lift your upper body off the ground. Instead of raising your shoulders directly toward the ceiling, as is done in a traditional crunch, cross them at a diagonal in front of your body and bring your elbow toward your left knee. The cross over crunch is a great beginning exercise that targets the abdominal and oblique muscles, as well as the muscles in the lower back. This basic exercise not only is effective in strengthening those muscles, but also can aid in the treatment and prevention of lower back pain.



The Plank: The exercise consists of holding the top position of a push up, except you are on your elbows instead of your palms. Since you're in a horizontal position when performing a plank, your abs will have to work considerably harder to keep your body properly aligned than when you are standing or walking. Though the plank is held while balancing on your elbows and toes, it can be modified to suit all fitness levels. Novices can begin on their knees instead of their toes. Intermediate-level trainees can try lifting up an arm, a leg or both.



Side Plank: Lie on your right side and rest on your forearm. Your elbow should be directly under your shoulder and your body should be in a straight line from head to toe. Gently contract your abdominals and lift your hips off the floor. Keep your hips square and your neck in line with your spine. Hold for 20 to 40 seconds and lower. Repeat two to three times, alternating sides. If it is too challenging, start with your knees bent.

WATER CONSERVATION TIPS!

- Choose new water-saving appliances, like washing machines that save up to 20 gallons per load.
- Turn off the water while shampooing and conditioning your hair and save more than 50 gallons a week.
- Aerate your lawn. Punch holes in the lawn about six inches apart so water will reach the roots rather than run off the surface.
- Select the proper size pans when cooking. Large pans require more water for cooking than may be necessary.
- Turn off the water while shaving. This can save more than 100 gallons per week.

(Compiled by 502nd Civil Engineer Squadron)