



TALESPINNER

JOINT BASE SAN ANTONIO-LACKLAND, TEXAS • Vol. 71 No. 27 • July 11, 2014

Air power at work



Photo by Senior Airman Justin Wright

An F-16C Fighting Falcon from the 182nd Fighter Squadron takes off on a training mission June 12 from Joint Base San Antonio-Lackland, Kelly Field Annex. The F-16 provides a relatively low-cost, high-performance weapons system for the United States and its allies.

Who receives the SGLI proceeds: spouse or former spouse?

By E. Stephanie Hebert
502nd Installation Support Group/Judge Advocate

Payment from a Servicemembers' Group Life Insurance policy may be the largest sum of money that your family receives if you die while on active duty.

That's why it's important to make sure your SGLV 8286 form – the SGLI Election and Certificate – is accurate and up-to-date. Otherwise, it could lead to a \$400,000 mistake and there's nothing you'll be able to do about it when you're no longer here.

When was the last time you looked at your SGLV 8286 form to confirm your beneficiary designations?

Service members usually name their spouses as primary beneficiaries and their children as secondary beneficiaries.

If you name someone other than your spouse as your primary beneficiary, or you remove your spouse as a beneficiary, your spouse will be notified in writing.

The most recent edition of the SGLV 8286 form (August 2013) requires your agreement to the following statements:

"I am free to name anyone I want as my beneficiary. I certify that I understand if I have designated someone other than my spouse or child as my beneficiary, the person I have named is the person I intend to receive my insurance proceeds. I also understand that if I am married, my spouse may be notified that he/she (or my child) is not my designated beneficiary."

Assuming that your wife is named as your primary beneficiary, what happens to your SGLV designation after a divorce? According to Texas law, a divorce will nullify a state life insurance beneficiary designation in favor of your former spouse.

But SGLI doesn't work that way.



Courtesy photo

If you fail to remove your former spouse's name from your SGLV 8286, before or after a divorce, your former spouse will receive the proceeds when you die. And there's nothing that your subsequent spouse, your children or your mother can do to change that fact.

Notwithstanding the unambiguous statutes and case law, spouses and former spouses still fight over the proceeds. Let's save them the time, effort and expense of litigation. Even if you think you know who your SGLI beneficiary is, check again.

Ensure that the beneficiaries are clearly identified. Ensure that you give a copy of the SGLV 8286 to your personnel clerk or S-1. Ensure that you keep a copy of your SGLV 8286 with your estate planning records.

As with any life changing event, you should review your SGLV 8286 to determine whether a particular event justifies

or requires a change in beneficiaries. For example, if you have another child and want that child to receive a share of your SGLI proceeds, you must prepare a new SGLV 8286 because "beneficiaries are not automatically changed by life events." SGLV 8286, page 3.

Many military spouses separate, but remain legally married for years. They often do so for financial reasons (increased BAH), or to afford civilian spouses (or their children) medical benefits that they would not otherwise have. This is especially true when the spouse or her children are seriously ill.

If you find yourself in this situation, have questions about SGLI beneficiary designations, or have questions about your estate, please see your installation Legal Assistance Attorney.

Joint Base San Antonio-Lackland: 1701 Kenly Ave., building 2484, room 134. Call 671-3362. The Legal Office offers walk-in assistance 8:30-9:30 a.m., Monday through Thursday, and scheduled appointments Monday through Friday 9:30 a.m. to noon.

JBSA-Fort Sam Houston: 2271 Reynolds Road. Call 808-0169. The Legal Office offers appointments on Mondays, Wednesdays and Fridays. Walk-in legal assistance is available on Tuesdays from 8:30-10:30 a.m. (for eligible ID card holders), and Thursdays from 8:30-10:30 a.m. (for active duty military members only).

JBSA Randolph: Taj Mahal, building 100, suite 6. Call 652-6781. Walk-in legal assistance is available every Tuesday from 8:30-10:30 a.m. Deploying personnel receive priority and can be seen for wills either by appointment or through the walk-in service.

(Stephanie Hebert is chief of legal assistance at JBSA-Lackland)

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

Straight Talk Line

For current, automated information during a natural disaster, crisis or emergency, call your local Straight Talk line.

- JBSA-Fort Sam Houston: 466-4630
- JBSA-Lackland: 671-6397
- JBSA-Randolph: 652-7469

JBSA Sexual Assault Prevention and Response

JBSA SEXUAL ASSAULT HOTLINE • 808-SARC (7272)

DOD SAFE HELPLINE • (877) 995-5247

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NEWS IN BRIEF

JULY 21

VETERANS IN BLUE SEEKING NOMINEES

The Air Force is looking for veterans that want to share the Air Force experience of the past with the Airmen of the future.

Through the 2014 Veterans in Blue Program, stories, photos and videos of nominated veterans will be archived online and displayed on the fifth floor of the Pentagon to be revealed on Veterans Day.

Nominations should highlight positive attributes of service while in the U.S. Air Force and nominees must be able to affirm their service via DD Form 214, Active Duty Discharge (verification of duty) and be honorably discharged.

To nominate an Air Force veteran, contact the Joint Base San Antonio-Lackland Public Affairs office at 671-2907. Nominations are due by July 21.

SEPT. 9

CONVERSION OF DEGREE PLANS REQUIRED

Students with degree plans on file must convert their current plan to an E-Degree prior to Sept. 9.

To request conversion, email 802fss.fs-dee@us.af.mil.

SEPT. 11

GAYLOR ACADEMY TO HOST 9/11 RUN

The Robert D. Gaylor NCO Academy will host a Joint Base San Antonio 9/11 remembrance run from 7 a.m. to 4:11 p.m. Sept. 11 at the Medina Annex gym.

The event pays tribute to those who died during the 9/11 attacks and is open to JBSA Department of Defense cardholders and dependents. Both individual and team participation is allowed.

The registration deadline is Sept. 1.

For details or to register, contact the Gaylor Academy.

INFORMATIONAL

CONSUMER CONFIDENCE WATER REPORTS

The 2013 consumer confidence reports on the quality of drinking water at Joint Base San Antonio-Lackland and the JBSA-Lackland Training Annex are available at <http://www.jbsa.af.mil/library/environmentalinformation.asp>.

The reports show the drinking water at JBSA-Lackland and the training annex is safe for consumption with no health risks associated with the base water system.

For more information, call 671-7061.

502nd ISG to change commanders

By Mike Joseph

JBSA-Lackland Public Affairs

The 502nd Installation Support Group will change senior leaders during a change of command ceremony Friday at the Joint Base San Antonio-Lackland Gateway Club.

Col. Alexander Smith will assume command of the group from Col. William Eger III, who heads to Fort Meade, Md., to become deputy director of network services at the Defense Information Systems Agency.

Eger said his time at JBSA-Lackland has flown by since arriving in August 2012 to command the 802nd Mission Support Group, the 502nd ISG's predecessor.

"It has been a very quick two years," he said. "It's gone by in the blink of an eye."

Eger guided the group through its transformation from a traditional wing structure to a functional structure when the 502nd Air Base Wing reorganized JBSA support areas to improve command and control, simplify operations and reduce overhead. The reorganization took effect last December.



Col. William Eger III
Outgoing commander

The 802nd MSG had been JBSA-Lackland specific in its support functions while also assisting its partners at JBSA-Randolph and JBSA-Fort Sam Houston. The new realignment streamlined support functions into one organization with customer service centers at each JBSA location.

Consolidated under the 502nd ISG at JBSA-Lackland were civil engineering, communications and operations support squadron functions and sustainment for all JBSA locations. In addition, the group was also responsible for airfield operations support at JBSA-Lackland.

"There's never been a

dull moment with what went on," Eger said. "Through the transformation, we lost some organizations, but the mission set grew immensely.

"We had people come to Lackland from Randolph, Fort Sam Houston and Camp Bullis to help solve problems," he said. "That to me is a true sense of what we do. It wasn't just taking care of the location you were assigned to; it was going where you're called to go. They were true professionals all around."

Although the past two years have been fast paced, Eger said it's been an enjoyable time.

"Even though there were issues, there was a lot of laughter," he said. "I couldn't be more proud of what we've done. I'd like to give a heartfelt warm thanks to all that were here. The folks were just fantastic."

Smith, who graduated from John F. Kennedy High School in San Antonio, comes to JBSA-Lackland from the Pentagon after spending the last year at Headquarters Air Force as chief of the Joint Information Environment Division, Cyberspace Operations Directorate.

How will you respond to an active shooter incident?

By Bill Hurt

502nd Air Base Wing Force Protection

About 237 active shooter incidents have occurred in the United States between 1966 and 2010. Joint Base San Antonio has established guidelines and procedures necessary to help save lives and maintain order in the wake of these kinds of events.

An active shooter is any person who is engaged in killing or attempting to kill

people in a confined or populated area. In most cases, armed active shooters show no pattern or method to their selection of victims.

This is often an unpredictable, rapidly evolving situation that demands an immediate response from security forces in order to terminate the life-threatening situation.

The first patrolmen to arrive on scene must locate the shooter or shooters and take aggressive action to

help protect lives. Rescue efforts will be delayed until the danger can be mitigated or eliminated.

Because active shooter situations often are over within 10 to 15 minutes, before law enforcement arrives on the scene, individuals must be prepared, mentally and physically, to deal with an active shooter situation and follow directions.

JBSA will declare an immediate lockdown during an active shooter incident.

Giant Voice and other available forms of communications will be used to notify the base populace that an active shooter or similar threat is imminent, and that a lockdown is in effect.

Hearing this term from credible sources should solicit the following reaction. Once secured, position yourself in a place clear of direct fire. You should be able to observe the "way in"

See SHOOTER Page 12

Reserve Airmen support CNET News, highlight cyber mission

By Senior Master Sgt. Minnie Jones
433rd Airlift Wing Public Affairs

CNET News senior writer Daniel Terdiman visited the 346th Test Squadron at Joint Base San Antonio-Lackland June 26 to view the unit's mission in action.

The 346th TS is responsible for ensuring that all electronic emissions onboard military aircraft are secure.

The test squadron used one of the 433rd Airlift Wing's C-5A Galaxy aircraft as a backdrop and to test aircraft to assist technicians in dem-

onstrating to CNET News how they provide that protection.

"It was great to show CNET and the public how the Air Force is committed to protecting our aircrew. The Air Force fleet needs to be hardened even against unintended information leakage," said Lt. Col. Brendan Casey, commander 346th TS.

"The 346th Test Squadron was able to show our role in assessing this leakage so decision makers can weigh the risks. I want to thank the 433rd Airlift Wing for providing an aircraft for this demonstration."



Photo by Senior Master Sgt. Minnie Jones

Maj. Anil Hariharan (center), 346th Test Squadron, activates a demonstration of a program on a laptop for Daniel Terdiman, a CNET News senior writer. The program which has a sample output of random letters forming the outline of an "E". The goal of the demo is to capture electromagnetic emanations from the equipment on the 433rd Airlift Wing's C-5A Galaxy aircraft.

688TH CYBERSPACE WING LENDS A HAND



The 688th Cyberspace Wing hosted their quarterly luncheon June 27 for families staying at the Joint Base San Antonio-Lackland Fisher House. The Fisher House provides free housing for families of patients receiving treatment at Wilford Hall Ambulatory Surgical Center and San Antonio Military Medical Center. Left to Right: Kristie Greene, 688th Cyberspace Wing, Senior Airman Marissa Morrison, 318th Cyberspace Operations Group, Master Sgt. Shenica Trammell, 688th CW, and Tech. Sgt. Alexander Toro, Master Sgt. Patrick Garrett and Col. Matteo Martemucci, 318th COG.

Courtesy Photos

Volunteers from the 688th Cyberspace Wing prepare a variety of Asian cuisine for families lodging at the Joint Base San Antonio-Lackland Fisher House. Left to Right: Master Sgt. Patrick Garrett (cooking - rear), Tech. Sgt. Alexander Toro and Staff Sgt. Christopher Powell, 318th Cyberspace Operations Group. Also cooking (front) Master Sgt. Shenica Trammell, 688th Cyberspace Wing and Senior Airman Marissa Morrison, 318th Cyberspace Operations Group.

MTL of the Year

Award winner still finds it hard to believe

By Mike Joseph
JBSA-Lackland Public Affairs

When a Military Training Leader in the 37th Training Support Squadron decided it was time to make a career path change, he had no idea that he'd leave Joint Base San Antonio-Lackland as an award winner.

After almost 12 years as an MTL, including duties at Goodfellow Air Force Base, Texas, Keesler AFB, Miss., and the last four at JBSA-Lackland, Master Sgt. Malcolm Summers II takes a 2014 Air Education and Training Command Outstanding Airman of the Year Award and AETC Senior MTL of the Year with him to his new assignment at Beale AFB, Calif., as a civil engineer operations manager.

"I am humbled and I truly still don't believe it," said Summers about being chosen the top MTL. "This was something I dreamed about in my younger years as an MTL. But, as you grow in rank, you learn it's about the team and their success. I give all the credit to my commander (Lt. Col. Charmine Martin, 37th TRSS commander), my teammates in the Airman Transition Assistance Flight, and my family for their love and support.

"It wasn't me who won this ... I see it as a team award," he said. "It's a testament to the amazing things ATAF has done and continues to do and Lt. Col. Martin supporting us with her time, energy and leadership to make a difference in the lives of the Airmen assigned; she's an amazing commander and leader."

Summers said when he found out he'd won at the wing level, it surprised him because "they are a lot of great senior NCOs doing great things" in the 37th Training Wing.

Summers spent the first part of the award year at the Defense Language Institute English Language Center as International Operations Squadron superintendent before moving to the 37th TRSS Airman Transition Assistance Flight as flight chief.

The flight is the 37th TRW's focal point for processing Airmen who are

"It wasn't me who won this ... I see it as a team award"

— Master Sgt. Malcolm Summers II
Senior MTL of the Year,
37th Training Support Squadron

pending discharge from the Air Force during technical training, for reasons ranging from medical reasons to disciplinary issues to course failure.

In both positions, developing cost-cutting programs were among the highlights in Summers' award package.

He served as the DLI liaison to the Royal Saudi air force country liaison officers and as an advisor to them on how to implement military training within the F-15 training project. He taught and developed the initial training course lesson plans for the contractor staff, cutting the F-15 training project training to four days and saving \$120,000.

After moving to ATAF, Summers transformed and expedited the 37th TRW discharge process for non-prior service students, which saved the Air Force \$1.5 million. He also developed his ATAF team implementing its Transition Education Program, helping avoid \$456,000 in tuition assistance costs.

"ATAF is unique because we're processing individuals for discharge, but yet still continue to grow them as Airmen and individuals," Summers said. "We do everything we can for those Airmen who are transitioning out of the Air Force to set them up for success after they leave.

"Seven out of 10 Airmen who come through ATAF say they want to go to college. The Transition Education



Master Sgt. Malcolm Summers II

Program focuses on those Airmen taking the College Level Examination Program while they're still here. In six months, we had more than 1,364 college credits earned by Airmen on their way out. That's amazing."

Summers completed his re-training in early June, graduating at the top of his class in technical training school at Sheppard AFB, Texas. In a few days, the 17-year service member and his family will begin the trek to California and a new career.

"To start from scratch in a new career field is scary but exciting," he said. "I'm excited to take all the life lessons, experience and knowledge I've learned as an MTL and put it to the test."



Courtesy photo

AF to every Airman: Tell us your story



U.S. Air Force graphic

Nobody tells the Air Force story like Airmen! Shoot a 30-second maximum video about your story of service or unique mission. Upload the video to your personal YouTube account, and email a link to usafvideos@us.af.mil. Video entries must be received by July 29.

By Staff Sgt. Torri Ingalsbe
Air Force Public Affairs Agency

Air Force leaders want Airmen to share their stories with the world and designed the 2014 American Airman Video Contest with that purpose in mind.

“Every Airman has a story — and smartphone technology now allows those Airmen to share those stories to a wider audience than ever before,” said Air Force Chief of Staff Gen. Mark A. Welsh, III.

The contest, which began July 1, asks Airmen to shoot a selfie video where they share individual stories of service and showcase the unique missions they do every day.

“I think we’ll get some really creative, cool videos that together, tell the larger Air Force story,” Welsh said.

Airmen who want to participate should upload their video, which should be no longer than 30 seconds, to a personal YouTube account and email a link to the Air Force Social Media team at usafvideos@us.af.mil.

The videos will be reviewed to ensure they don’t inadvertently violate any security, policy or propriety guide-

lines before they are released for public viewing on the AFBlueTube channel on YouTube.

After review, each major command will select a winner within the command. The 10 finalists’ videos will be available on AFBlueTube for public voting from Aug. 12 to 22. Voters can “like” their favorite videos and the video with the most “likes” will win.

The winning video will be shown at the September Air Force Association conference in Washington, D.C., which attracts thousands of visitors annually and receives heavy media attention.

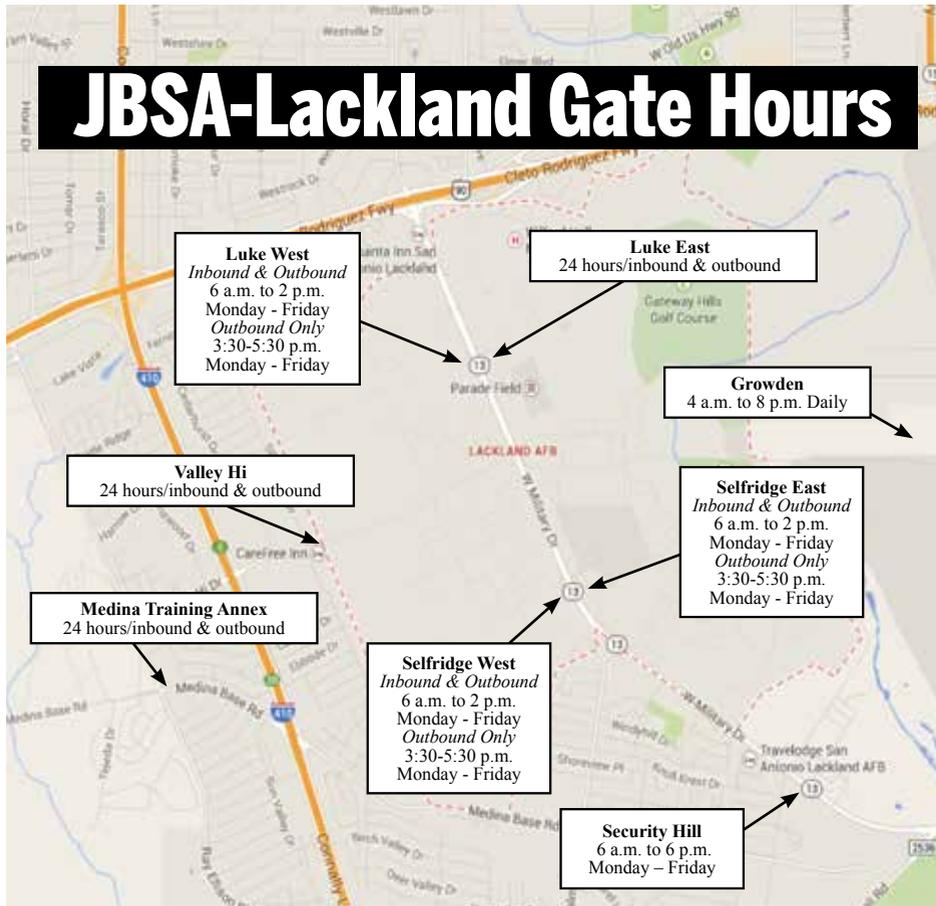
Contest officials said there are important rules participating Airmen should follow, including:

- The contest is open to Guard, Reserve and active-duty Airmen to participate
- Finalists must be in good standing without any adverse administrative actions

For more details and complete contest rules, visit <http://airforcelive.dodlive.mil/contest>.

“Our Airmen are an amazing communication resource,” Welsh said. “No one tells the Air Force story like they do.”

JBSA-Lackland Gate Hours



Active Shooter Exercise Notification

The 502nd Air Base Wing will conduct an Active Shooter Exercise July 15 from 10 a.m. to 3 p.m. and July 16 from 9 a.m. to 3 p.m. in and around Joint Base San Antonio. The purpose of this exercise is to conduct realistic law enforcement training in response to a simulated active shooter incident, improving staff coordination, validating post incident management planning and emergency response management operations.

During the exercise, there will be additional police, security and fire personnel activity. People should not be alarmed by the sound of sirens and a possible exercise-related temporary lock-down of access control points around the area.

The 502nd ABW will perform Giant Voice speaker mass notification announcements as part of the exercise. There is no cause for alarm and no actions need to be taken by anyone not directly involved with the exercise. The messages will be preceded by the announcement "Exercise, Exercise, Exercise."

Joint Base San Antonio-Lackland

is on



Share your JBSA-Lackland photos by tagging us @JBSALackland

BMT HONORS

Congratulations to the following 59 Airmen for being selected as honor graduates among the 597 Air Force basic military trainees who graduated today:

320th Training Squadron*-Flight 413*

Jeramy Bell
Johnathan Bevans
Scott Francisco
Brooks Heckart
Tyler Ingram
Adam Mack
Jayme Staggs
Richard Temple
Tyler Varner
Stephen Weber
Layton Welsh
-Flight 414
Hannah Orloff
Delaney Preston
Maria Rella
-Flight 421
Ryan Disney
Aiden Soriano
-Flight 422
Dylan Cavanagh
Derek Conduff
Michael Magee
Raymond Taft
Todd Thrower
Cody Wells
Nathan Zwally

321st Training Squadron*-Flight 415*

Samuel Anderson
Matthew Barricklow
Nicholas Curee

Joshuah Ganney
Matthew Holl
Bennie Lowe
Kevin Rankin
-Flight 416
Austin Carolin
Justin Hodge
Tyler Mcneal
Adrian Morales
Travis Outlaw
Shea Prewitt
Gatlin Wheaton

323rd Training Squadron*-Flight 419*

Emanuel Dealba
Jason Johndrow
Zachery Walker
-Flight 420
Stephanie Kreofsky
Brechara Lee
Cardona Lopez

326th Training Squadron*-Flight 417*

Stephen Arnold
Forest Davis
Zachary Henesy
Matthew Mullins
-Flight 418
Christopher Delong
Robert Levens
Adam Moore
David Phillips
Isaac Saunders
Andrew Stevens
Jeffrey Vander Voort
Ada Yang
-Flight 423
Timothy Giles
Gregory Hanshaw
Robert Sneed

-Flight 424

Cheree Voto

Top BMT Airman

Jeffrey Vander Voort
326th TRS, Flight 418

Most Physically Fit*-Male Airmen*

Raymond Taft
320th TRS, Flight 422
Ty Coleman
326th TRS, Flight 418
Matthew White
326th TRS, Flight 417

-Female Airmen

Brianna Ziolkowski
323rd TRS, Flight 420
Christina Brandon
326th TRS, Flight 424
Michelle Ganoy
326th TRS, Flight 424

-Male Flights

320th TRS, Flight 413
320th TRS, Flight 422
326th TRS, Flight 418

-Female Flights

323rd TRS, Flight 420
320th TRS, Flight 414
326th TRS, Flight 424

Top Academic Flights

320th TRS, Flight 413
321st TRS, Flight 415
326th TRS, Flight 423
323rd TRS, Flight 419
326th TRS, Flight 418
320th TRS, Flight 422
320th TRS, Flight 414
326th TRS, Flight 417
320th TRS, Flight 421
321st TRS, Flight 416
326th TRS, Flight 424
323rd TRS, Flight 420

FOSTER a PUPPY

The Department of Defense dog breeding program needs families to foster puppies for three months.

Potential foster families need:

- time and patience to raise a puppy
- age 12 weeks to six months,
- a stimulating and safe home environment, and
- a desire to help raise a military working dog.

Call 671-3686





The Perfect Edge

By Tech. Sgt. Matthew Bates
Airman Magazine

Latest Airman magazine issue now available

The July/August issue of Airman magazine is available to download and view through a web browser.

The cover story, titled "The Perfect Edge," is presented here.

Airman magazine's May/June issue for tablets can be downloaded at:

- Apple version - <https://itunes.apple.com/us/app/airman-magazine/id566041850?mt=8>
- Android version - <https://play.google.com/store/apps/details?id=com.airman.newairmanmagazine>
- Kindle version - http://www.amazon.com/AIRMAN-Magazine-Kindle-Tablet-Edition/dp/B00A7EJGC2/ref=sr_1_1?ie=UTF8&qid=1373900792&sr=8-1&keywords=airman+magazine

Airman magazine provides an interactive experience for tablet readers and a limited interactive version is viewable in web browser format.

To read this issue on your PC/Mac go here, <http://contentviewer.adobe.com/s/AIRMAN%20Magazine/c31b3f6bf51348f280a8bf8e57d33ee4/2014-04/COVER.html>

For more stories, visit Airman Online, <http://airman.dodlive.mil/>, the website for the official magazine of the United States Air Force

It was June 1995, and then-Capt. Scott O'Grady was tired, hungry and alone. A few days earlier, his F-16 Fighting Falcon was shot down over Bosnia, and he'd spent the last 48 hours or so on the move, evading Serbian paramilitary forces.

He knew he was lucky to be alive – a Serbian ground-to-air missile battery had locked on to his F-16 as he flew a patrol to enforce a no-fly zone over Bosnia-Herzegovina.

The first missile exploded between O'Grady and his wingman's planes, but a second hit O'Grady's F-16 dead on and the plane broke apart immediately. He was able to safely eject from the disintegrating plane and parachute to the ground.

O'Grady's problems were far from over, though, as a group of Serbian paramilitary troops converged on his position.

In his book, "Return With Honor," O'Grady recounts his ordeal and how he used his survival training to evade capture. He remembered that running usually led to capture, so he found a spot to hide and hunkered down until he was sure he was alone and then began moving during the night and sleeping and hiding during the day.

He eluded capture for six days in the Bosnian countryside, drinking rain water and eating plants and bugs.

O'Grady finally made radio contact with friendly forces and was rescued by a group of Marines that took him out of Bosnia at dawn of his sixth day on the run.

"He survived on what he brought with him from home: lots of courage and training," said U.S. Navy Adm. Leighton Smith, then the commander of NATO's Southern Command, during a press conference after O'Grady's rescue. "Whatever else he had, he had a lot of guts to go with it."

What O'Grady also had were survival skills learned during a nearly three-week course at Fairchild Air

Force Base, Wash. Called Survival, Evasion, Resistance, and Escape, or SERE, the course teaches aircrew members of every service how to survive on their own in any environment, should their plane go down.

"Basically, we give them skills and tools they can use to build shelters, forage their own food and water and evade capture," said Senior Airman Joseph Collett, a SERE specialist.

"They are just-in-case skills. We hope students never have to use them in real life, but if they do find themselves in a situation where they need them, they'll have them."

In his book and in subsequent interviews, O'Grady often talks about how the training he received in SERE was invaluable, and he directly credited this training with saving his life.

The course, which belongs to the 336th Training Group at Fairchild AFB, lasts 19 days and consists of physical and psychological stresses of survival, hands-on training in post-ejection procedures and parachute landing falls, survival medicine and recovery device training and equipment procedures.

"One of the most important aspects of this training is teaching students how to survive a crash or aircraft incident," Collett said. "Once you get out of an aircraft, you have to know what to do."

One part of the training puts students through a "dunker," a mock-up of a helicopter that simulates a water crash and teaches them how to get out of an aircraft that crashes into and submerges under water. Students have to be able to remove their safety restraints and find an exit point, all while blindfolded and having to feel their way out.

"It's intense, but learning how to do this in a training setting could potentially save my life if it happens for real," said Airman 1st Class Michael Salvaggio, a SERE student who is training to become a SERE specialist.

This, ultimately, is the goal of SERE: Put students in stressful situations and teach them how to be self-sufficient, so if it happens to them for real, their chances of survival are

significantly increased.

"You're going to be scared, cold, tired, hungry and dehydrated. And if you don't know what to do, you'll potentially die," said Airman 1st Class Tyler Gillespie, a SERE specialist. "So, it's our job to teach students what they need to know to stay alive and get back home."

This includes learning how to build a fire, how to build a shelter that provides cover from the elements, and how to find and prepare their own food and water. Students also receive training that includes day and night navigation techniques, evasion travel and camouflage techniques, and how to use ground-to-air signals and aircraft vectoring procedures to help them get rescued.

"Ultimately, the goal is to survive, elude capture and get rescued," Collett said.

That isn't always a possibility, though, so SERE also teaches students what to do if they are captured. This part of the training focuses on the code of conduct and what instructors call "returning with honor."

"We give students a taste of what to expect in captivity and teach them how to deal with it mentally and physically," Collett said.

While it is tough, the training is appreciated by the students.

"For many of us, this is the first time we've ever been in situations like this," said 2nd Lt. Adam Corey, a SERE student from the 4th Fighter Wing at Seymour Johnson Air Force Base, N.C. "So, knowing that if I do find myself out in the middle of nowhere with just myself and a knife I can survive, that's pretty cool."

Then, just like O'Grady, who did what he had to do to survive six days in the mountains of Bosnia, students who graduate from the SERE course can do their jobs knowing they now have the resources to get through any situation they may find themselves in.

"That's why we're here," Collett said. "We're giving people the tools to turn a horrible, desperate situation into a survivable one."

Training teaches Airmen how to survive, evade, resist, escape



Photos by Tech. Sgt. Bennie J. Davis III

A completed survival, evasion, resistance and escape inspired custom knife by SERE instructor Senior Airman Joseph Collett. Collett likens the molding and shaping of steel in creating a knife with the same goal of SERE, to molding and shape stronger Airman through survival training.



SERE instructors prepare to take off for free-fall jump training from a UH-1 Huey helicopter at Fairchild Air Force Base, Wash.



SERE students train to escape a modular egress training system, which lowers students underwater and simulates a water crash landing scenario during the water survival portion of SERE training at Fairchild Air Force Base, Wash.



A U.S. Air Force SERE instructor slowly falls toward his drop zone after a free-fall jump from a UH-1 Huey helicopter during jump training at Fairchild Air Force Base, Wash.

688th Cyberspace Wing Airmen aid community honoring World Refugee Day

By Senior Airman Krystal M. Jeffers
502nd Air Base Wing Public Affairs

Joint Base San Antonio supported the San Antonio community in honoring World Refugee Day June 20 at the St. Francis Episcopal church.

In addition to providing 100 cases of water to keep participants hydrated, the 688th Cyberspace Wing Top III led a group of JBASA volunteer Airmen to support the logistics of the event, which included planning, staging, set-up, serving meals and clean up of the event.

"World Refugee Day is a time for the community to pull together and bridge ethnic and religious lines," said Master Sgt. Robert Hobbs, 688th CW inspector general. "It allows the San Antonio community to engage with refugees living here and let them know that they are welcomed. It also links the refugees and their family members with resources including job placement, education and training."

The non-denominational event was sponsored by the San Antonio Food Bank, Center for Refugee Services, Family Service Association and other local agencies.

"It's a day that is celebrated globally to recognize the plight of refugees — people who have been displaced in various parts of the world," said Ria Baker, Center for Refugees Services founder and board president. "To be defined as (a refugee), they must have a well-founded fear of persecution or fear of death and can't go back to their home country. As of June 19, there are 50 million people who are currently displaced."

Refugees have settled in San Antonio from countries all over the world, including Rwanda, Somalia, Sudan, Tanzania, Thailand and Turkey.

"Every year, there are anywhere from 700 to 800 refugees resettled here," said Margaret Costantino, CRS director, "In the last five years, more than 4,000 refugees have settled in San Antonio. That does not account for refugees who moved from other states to be with their family members because those numbers are hard to track."

Volunteers at the event spoke passionately about the importance for refugees to be resettled.

"Some families lived in refugee camps for 15 to 20 years or more," Costantino explained. "It becomes imperative for them to be resettled be-



Photo by Krystal M. Jeffers

Terry (middle) and Karen (far right) Ryan speak to participants at the World Refugee Day June 20 at the St. Francis Episcopal church in San Antonio about the non-profit organization, Nourish the Children, that creates and donates nutritionally sound meals for growing children to families worldwide. Airmen from the 688th Cyberspace Wing volunteered to support the international day of recognition to refugees' plight, helping with setup for the event. According to the Center for Refugees Services, there are 50 million refugees worldwide as of June 19 and 700 to 800 are relocated to San Antonio every year.

cause there is no future in a refugee camp."

One reason for resettling refugees is for their safety.

"By supporting refugees, we help prevent additional acts of violence," Hobbs said. "For example, refugee camps existed in Rwanda and Darfur; however, because they were so close to the violence (in the area), the camps became epicenters of disease and murder. By providing a safe haven for the refugees, it keeps innocent people out of the way of war."

The event kicked off with a non-religious prayer for refugees, which was then translated in turns by participants, some of whom were refugees, in their native language. Numerous people also came to the event in the traditional clothing of their home culture.

"This is a venue for people to come in their native dress, to be proud of who they are and of the contributions they are making to our culture," Costantino said. "This gives refugees the chance to display their rich cultures and traditions."

Various groups who support refugees opened stalls at the event like the American Red Cross; Nourish the Children, which creates and donates nutrient-rich meals for children; CRS which supports the integration of refugees in the local community; Education First Foundation for Foreign Study, an international student exchange program; along with authors and photographers who

document the plight of refugees, including Jacob Nammar, author of "Born in Jerusalem, Born Palestinian: A Memoir," who had a display of photos of Palestinian refugees.

Airmen at the event spoke about how they enjoyed supporting the event and found it educational.

"My favorite part was engaging in the wide range of cultural activities and food," Hobbs said. "I learned how to say 'hello' and 'thank you' in Burmese."

The Airmen weren't the only ones who spoke highly of the event.

"I love going around meeting everyone and seeing all the different cultures," said William Martian, a San Antonio resident. "These events create awareness that people are struggling everywhere and need a little help."

Some San Antonio residents participate every year.

"I love seeing people all over the world — all these cultures — coming together, having a good time and enjoying each other's company," said Carol Andrews. "I come out every year and I am glad to see so many people out here this year. This (event) makes the refugees here more visible. People don't realize what the refugees are going through and what support they need."

For information about volunteering to support San Antonio refugees, contact CRS at 949-0062.

LOCAL BRIEFS

THURSDAY

SAFETALK TRAINING CLASSES

SafeTALK training classes are scheduled over the next three months at Joint Base San Antonio-Lackland.

The classes teach how to recognize persons with suicidal thoughts and assist them in seeking help and resources. The program concentrates only on recognition and referral.

The JBSA-Lackland classes will all be held at Freedom Chapel, building 1528. The dates are Thursday, 8-11:30 a.m. and 1-4:30 p.m.; Aug. 7, 1-4:30 p.m.; and Sept. 25, 8-11:30 a.m. and 1-4:30 p.m.

To register for the class or for additional information, call 691-2911.

Maximum class size is 40 except for the Aug. 7 class, which has a maximum size of 30.

JULY 23

RETIRED ENLISTED ASSOCIATION MEETING

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

For additional information,

call 658-2344.

INFORMATIONAL

EDUCATION PROGRAM SUSPENDED

The Air Force Education Leave of Absence program has been suspended indefinitely and no new applicants are being accepted.

Currently active AFELA students are to continue in the program until reviewed on a case-by-case basis and notified for termination by their commander and the Air Force Personnel Center.

For more information, email 802fss.fsdee@us.af.mil.

DENTAL PROGRAM SEEKS PATIENTS

The Dunn Dental Clinic is screening patients for dental care limited to surgical treatment of gum diseases and defects.

All military beneficiaries are eligible to be screened for potential treatment as teaching cases.

Patients who have been informed by a general dentist that they require extensive periodontal therapy, such as advanced gum treatment or gum surgery, are eligible for evaluation. Routine dental cleanings are not accepted.

To schedule an evaluation

appointment, call 671-9364.

OLMSTED SCHOLAR PROGRAM

The Olmsted Scholar Program is an opportunity for Air Force line officers to study in a foreign language at a university overseas.

Candidates selected for the program will experience cultural immersion in the selected country, including university study in the native language.

Applicants must be line officers with at least three years of commissioned service, but no more than 11 years of total active service by April 1, 2015. Applicants must be released by their career field managers and meet minimum academic and language requirements as well. Application packages are due to Air Force Personnel Center by Aug. 15.

For additional information, visit the George and Carol Olmsted Foundation website at <http://www.olmstedfoundation.org>.

For complete eligibility requirements and application instructions, go to myPers at <https://mypers.af.mil>.

WHITE HOUSE FELLOWS PROGRAM

The White House Fellows Program provides promising leaders with first-hand experience in the American government process. Selected candidates work for a year as special assistants or senior executives to cabinet-level agencies or in the executive office.

A nonpartisan program, participants experience the process of governing the nation, working with high-level public servants and participating in roundtable discussions with notable private sector and public leaders.

Selectees must be available for reassignment and be released by their Air Force Personnel Center assignment officer prior to applying. Nomination packages are due by Aug. 15 for the 2015-2016 program.

For details, visit <http://www.whitehouse.gov/about/fellows>. For complete eligibility criteria and application instructions, go to myPers at <https://mypers.af.mil>.

MANSFIELD FELLOWSHIP EXCHANGE PROGRAM

Airmen who are interested in cultural immersion in Japan can look into the Mansfield Fellowship Exchange Program. Named after former

U.S. Ambassador Mike Mansfield, the program enables federal employees to develop in-depth understanding of Japan and its government and to develop relationships with their Japanese counterparts.

Program participants will have a seven-week home-stay and intensive Japanese language program in the Ishikawa Prefecture, followed by a 10-month placement in Tokyo. Mansfield Fellowship opportunities are also open to officers and enlisted members who meet program criteria.

Nomination memos are due to the Air Force Personnel Center by Aug. 15.

Visit <https://www.mansfieldfdn.org>. For complete eligibility criteria and application information, go to myPers at <https://mypers.af.mil>.

502ND LRS CUSTOMER SERVICE

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.

Call 671-2575/3611/3801 or 925-1490/1049/1048 for more information.

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.
- Airmen Mem. Chapel – building 5432
- Liturgical Service Sun. 8 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

- Airmen Mem. Chapel – building 5432
- Divine Liturgy Sun. 9:30 a.m.

—WICCA

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

—REFUGE STUDENT CENTER

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

—THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

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

—JEWISH

- Airmen Mem. Chapel – building 5432
- 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

Military & Family Support Events

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

FRIDAY

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

MONDAY

- ▶ Transition GPS, 7:45 a.m. to 4 p.m.
- ▶ Personal and family readiness briefing, mandatory for personnel deploying longer than 30 days or going on remote assignments, 10:30-11 a.m.
- ▶ Post-deployment briefing, required for all Airmen returning from deployment, 502nd Logistics Readiness Squadron IDRC briefing room, 2:30-3:30 p.m., building 5160.
- ▶ AMVETS national service officer available by appointment only. For additional information, call 773-354-6131.

TUESDAY

- ▶ Transition GPS, 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.

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

WEDNESDAY

- ▶ Transition GPS, 7:45 a.m. to 4 p.m.
- ▶ Entry Level Separation, Technical Training, 8-9 a.m.
- ▶ Newcomer's orientation briefing, mandatory for personnel new to JBSA-Lackland, Gateway Club, 8 a.m. to noon.
- ▶ Veterans Administration benefits briefing, 8 a.m. to 3 p.m.
- ▶ Entry Level Separation, Basic Training, 2:30-3:30 p.m.
- ▶ AMVETS national service officer available by appointment only. For additional information, call 773-354-6131.

THURSDAY

- ▶ Transition GPS, 7:45 a.m. to 4 p.m.
- ▶ AMVETS national service officer available by appointment only. For information, call 773-354-6131.

JULY 18

- ▶ Transition GPS, 7:45 a.m. to 4 p.m.
- ▶ Parenting for One, 11:30 a.m. to 1 p.m.
- ▶ AMVETS national service officer available by appointment only. For information, call 773-354-6131.

JULY 21

- ▶ Transition GPS, 7:45 a.m. to 4 p.m.
- ▶ Personal and family readiness briefing, mandatory for personnel deploying longer than 30 days or going on remote assignments, 10:30-11 a.m.
- ▶ Post-deployment briefing, required for all Airmen returning from deployment, 502nd Logistics Readiness Squadron IDRC briefing room, 2:30-3:30 p.m., building 5160.

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

JULY 22

- ▶ Transition GPS, 7:45 a.m. to 4 p.m.
- ▶ Pre-deployment briefing, required for all Airmen preparing to deploy, 502nd Logistics Readiness Squadron IDRC briefing room, 9-9:30 a.m., building 5160.
- ▶ Pre-separation briefing, mandatory for all members retiring, pre-registration required, 9 a.m. to noon.
- ▶ AMVETS national service officer available by appointment only. For more information, call 773-354-6131.

JULY 23

- ▶ Career technical training track, 7:30 a.m. to 4:30 p.m.
- ▶ Transition GPS, 7:45 a.m. to 4 p.m.
- ▶ Entry level separation, technical training, 8-9 a.m.

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>

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Summer Safety for Pets

By Senior Airman Krystal M. Jeffers
502nd Air Base Wing Public Affairs

During the summer season there are a range of dangers to household pets such as hot weather, insects, wild animals and even plant-life.

Dr. Donna DeBonis, Joint Base San Antonio-Lackland Veterinary Clinic veterinarian, provided tips and information to keep pets safe from a wide variety of dangers that occur during the summer season.

Pets that are new to the area need to acclimate to the warmer temperatures. In addition, they are not familiar with local wildlife and may not know what is dangerous, according to DeBonis.

Heat

"I think one of the biggest problems we have is that people travel with their pets around town as they do errands and they forget that their car gets hot in just a few minutes," DeBonis said. "It is safer to leave their pets at home. If they are going to take their dogs out to somewhere like the dog park, then they should make it a round trip to the park and back home. Pets shouldn't be left in the car for any amount of time."

A study by San Francisco State University's department of geoscience, where the outside temperature ranges from 72 to 96 degrees, showed that the interior temperature of vehicles parked in outside temperatures rose steadily as time increased and cracking the windows had little effect. In 10 minutes, the temperature rose 19 degrees and within an hour it rose 45 to 50 degrees.

The summer sun warms up more than cars; asphalt and sand is also affected, which can burn animals' paws. Instead of taking dogs to run on pavement, DeBonis recommends taking them somewhere grassy like a dog park.

Heated cars and cement aren't the only challenges pets face. They also need to stay properly hydrated.

"People get used to leaving out a certain amount of water for their pets and not realizing they are going to go through more water during the summer time," DeBonis said.

The veterinarian suggested that owners not only leave out more water, but also have multiple sources of water in case the pet knocks over or spills one.

In addition, sunburns, heat exhaustion and heat stroke can occur if pets are outside for long periods without some type of shade to cool off under. For that same reason, DeBonis advises people who run with their dogs to do so in the early mornings before for it get too hot. The heat doesn't dissipate immediately after the sun sets so the evenings could still be too warm.

Swimming

"People like to take their dogs swimming with them," DeBonis said. "If they take them, they have to make sure to teach their pets how to swim."

Some dogs however, can be unsuited for swimming for a number of reasons.

High bone density can make it difficult for some animals, like bulldogs and boxers, to float. Also, if they are short-faced, or brachycephalic, they could have breathing difficulties, which would cause them to panic, become disoriented and drown, DeBonis elaborated.

Even if owners teach a dog how to swim, there are dangers they must be aware of.

"They might be good at swimming, but if they go underwater for a moment and are unable to breathe they could panic, which will cause them to get disoriented," the veterinarian said. "If they get disoriented or panicky, then they will run out of energy quickly and drown."

For people with pools DeBonis provides the following tips:

- Don't allow a dog to have unsupervised access to a pool.
- Show them the stairs.
- Put something to identify the steps like a colorful towel, the pet will notice when it is in panic.

Wild life

"Something people don't always realize is that insects are more prevalent in the summer time," DeBonis said. "Dogs might try to eat them or they might accidentally lay down in a red ant pile."

"Puppies are very silly and will try to catch (a bee)," she continued. "If they get it in their mouth, it can sting them and leave the stinger. Owners need to look into the mouth and try to remove the stinger, and then get them to the emergency room as quickly as possible if they are swelling up. Typically one side is going to be more swollen than the other."

Other dangers from insects can come from fleas, ticks and mosquitos which can carry heartworm disease. Owners are advised to place pets on flea, tick and heartworm preventative medicine.

In addition to insects, owners should watch for snakes, even if they live in city. Some common poisonous snakes in Texas include the copperhead, cottonmouth, various types of rattlesnake and harlequin coral snake.

The South Texas Poison Center advises people and pets to stay out of tall grass and underbrush and to remain on hiking paths as much as possible. Also, avoid snakes that appear to be dead because they are able to strike up to one hour after death.

If bitten and unable to immediately seek medical attention, wash the bite with soap and water, immobilize the bitten area and keep the area lower than the heart. Do not apply oral suction to the bite, cut into or incise bite marks with a knife. Apply either hot or cold packs, apply a tourniquet and try to kill, bag or bring in the snake in question, according to South Texas Poison Center.

To protect pets from snakes and insects, DeBonis recommends that owners thoroughly examine their backyards for any potentially harmful creatures, such



Keep pets safe this summer by watching out for hazards from heat, bugs and plants.

as snakes, wasps, bees, scorpions and hornets, and fix holes in fencing that could make it easier for pets to get out or for unwanted animals to come in.

Plant life

Another danger to consider is plants, some of which could be harmful to pets if ingested. Some plants poisonous to pets include aloe vera, amaryllis, apples (leaves, stems and seeds), oleander, callas, lilies, daffodils, ivy, garlic, hydrangea and tomato leaves. A more complete list of poisonous plants can be found at <http://www.aspca.org>.

"Common signs of problems with plants are vomiting, diarrhea, shaking, shivering or outright seizures, where they fall to their side and begin waving their legs around uncontrollably," DeBonis explained. "If they are not showing any signs but you suspect they ate something they shouldn't, then call the poison control. You're going to want to describe what (they came in contact with) because the treatment could change depending on what it was."

She also advised that pet owners have the name, address and phone number of the closest emergency veterinary clinic available.

For more information about pet summer safety, contact the JBSA-Fort Sam Houston Veterinary Treatment Facility at 808-6101 or 808-6104, the JBSA-Lackland Veterinarian Treatment Facility at 671-3631 or 671-2245 or the JBSA-Randolph Veterinary Clinic at 652-3190.

The American Society for the Prevention of Cruelty to Animals, also known as ASPCA, animal poison control center can also be contacted at 888-426-4435.

Fitness on Request kiosk available at two JBSA-Lackland fitness centers

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

Can't make it to any of Joint Base San Antonio-Lackland's six fitness centers classes due to work and other commitments?

Two of the fitness centers on base have a system available for individuals to take part in classes at their convenience.

The Fitness on Request kiosk is accessible at the Kelly and Medina Fitness Centers, and can be used anytime during business hours.

Patrons can access programs that feature Zumba, cycling, yoga, step aerobic and kickboxing workouts. Within each program, customers can choose six to eight exercises that span up to 50 minutes.

Once a program is selected, a projection screen rolls down displaying the video of the exercise.

"You don't need to wait for a teacher," said Patricia Arroyo, Medina Fitness Center trainer. "Customers can come here in the morning, afternoon or at night, and it will always be available."

For more information on the kiosk, call the Medina Fitness Center at 671-4477 and the Kelly Fitness Center at 925-4848.



Patricia Arroyo, Medina Fitness Center fitness trainer, demonstrates how to use the Fitness On Request kiosk July 1.

WORD ON THE STREET

What is your favorite summertime food?

Photos and story by Senior Airman Krystal Jeffers



Army Pvt. Greg Grubbs
701st Military Police Battalion, K-9 handler

"It's home-cooked steak because I like putting the work into grilling it and it tastes better than one from a restaurant."



Army PFC. Steven Cantoran
701st Military Police Battalion, K-9 handler

"Mine is chicken wings from local restaurants. Everyone can enjoy them and it's messy, so people don't have to be all proper while eating them."



Air Force Tech. Sgt. Andrea Cherry
320th Training Squadron military training instructor

"I like frappuccinos because it is really hot out there and it cools me down."



Staff Sgt. Jeremy Jolin
543rd Support Squadron cyber transport supervisor

"Hot dogs and burgers; I like getting together with friends and family to grill and eat them."