



TALESPINNER

JOINT BASE SAN ANTONIO-LACKLAND, TEXAS • Vol. 71 No. 26 • July 4, 2014



Happy Fourth of July from Joint Base San Antonio

Fourth of July Weekend Base Service Closures.
Find holiday closure information for July 4 and 7 for all Joint Base San Antonio locations online.

<http://www.jbsa.af.mil/library/announcements/closures.asp>

Courtesy illustration

Demonstrate inspired leadership

By Lt. Col. Scott M. Foley
Commander, 802nd Security Forces
Squadron JBSA-Lackland

While serving in Iraq with the Multinational Corps-Iraq in 2008, I came across a memorandum titled "Demonstrate Inspired Leadership."

This memorandum had a profound effect on me and would greatly influence my leadership philosophy going forward and would be a foundation of my command of three security forces squadrons. I will take a moment to summarize it and how it has changed my leadership philosophy.

The memorandum from the MNC-I commanding general was a philosophy he imparted onto all coalition forces serving under his leadership. It spelled out clearly and concisely the challenging and difficult missions every Soldier, Sailor, Marine and Airman in the coalition forces were tasked to perform as we pursued a free Iraq for the Iraqi people.

He expected integrity, the warrior ethos and up holding honor while respecting the dignity and human rights of every person by his subordinates. He demanded the highest ethical standards at all times, including while serving on the battlefield.

Some of my favorite lines of the memorandum go something like this "...our commitment to the moral and ethical standards of our profession of arms in a democratic society is an important strength we enjoy over a dishonorable and savage enemy. As you maintain the moral high ground in this demanding environment, I remind you that our conscience, family, friends and legal codes demand nothing less. The moral superiority and credibility of our nations and their armed forces are too valuable of a commodity to squander."

As I read this memorandum in 2008, I thought how the meaning of his words captured the essence of serving and belonging to a larger cause than me. Keep in mind; I had already been serving our country and the best Air Force in the world for the last 20 years of my life.

But no matter how long you have served it is never too late to refocus and strive to be a better person and leader for the men and women you have been honored to lead. I challenge all readers of this article with making that a personal goal. Never stop learning and striving to better yourself.

Back to 2008 ... at this point in time I decided right then that "demonstrating inspired leadership" would be the foundation of my leadership and commander's intent for the Airmen at my future assignments, which included 96th SFS at Eglin Air Force Base, Fla.; 633rd SFS at Joint Base Langley-Eustis, Va.; and today the 802nd SFS.

I would, and have, continued to challenge my defenders to live on the moral high ground while ensuring we are professional, we know our jobs and we do our jobs.

We have a philosophy here in the 802nd SFS and that is to live with honor and to leave a legacy of excellence, as an individual, team, section, flight and as a squadron family.

I believe demonstrating inspired leadership is vital to the success of our military and our nation. We must do our part.

Daily, every officer, civilian leader, senior noncommissioned officer and NCO must teach each other to embody the warrior ethos, to remember that the efforts of the U.S. Air Force and other services; must remember we are a member of a distinct and long history of American warriors who col-

lectively have dedicated their life or even just an enlistment to bettering the profession of arms, their service and our country.

Freedom has never been free. We must remember the membership is larger than ourselves, that we collectively represent the profession of arms who must uphold honor while respecting each other, those serving and those we provide a service too. The highest ethical standards must guide our actions at all times and at all places.

I believe each individual who signs on the dotted line and, most importantly, raises their right hand and pledges to protect and serve our great country must know that unethical behavior and an undisciplined military member reduces our effectiveness and ability to ensure unhindered operations.

We must treat each other, the general public and our adversaries with dignity and respect as this is a necessary component in maintaining the sole care, control and custody of all Joint Base San Antonio personnel, facilities and assets assigned.

Unethical behavior does nothing but detract from our efforts. Indeed, our moral compass separates us as Soldiers, Sailors, Airmen, Marines and Coast Guardsmen from our civilian communities that we swore to protect.

If we demonstrate inspired leadership at all levels, we, as a team, can leave a chapter in history for JBSA as a legacy of excellence. We know any unethical behavior on our part, no matter how minor, destroys our legitimacy and needlessly creates a lack of confidence in our abilities to protect and serve. Our adversaries would like nothing more than for us to abandon our warrior ethos. We can never give in or stoop to



Lt. Col. Scott M. Foley

their level.

For the defenders I humbly lead, every day they are making significant progress toward our goal of being a combat effective defender team built on trust, commitment, competence and cohesion.

As you maintain the moral high ground in this demanding environment, I remind you that our conscience, family, friends and legal codes demand nothing less.

We cannot, and will never accept behavior which is legally, morally or ethically questionable. The moral superiority and credibility of our JBSA family is too valuable a commodity to squander.

Now go forth, practice demonstrating inspired leadership and I will see you on the high ground! Carpe Diem!



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

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

NEWS IN BRIEF

INFORMATIONAL

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 for the Veterans in Blue program or to learn more, contact the Joint Base San Antonio-Lackland Public Affairs office at 671-2907. Nominations are due by July 21.

LISD ACCEPTING HIGH SCHOOL TRANSFERS

The Lackland Independent School District is accepting a limited number of student transfers at Stacey High School, grades 9 through 12 only, for the 2014-2015 school year.

Transfer acceptance will be based on the number of available slots at each grade level and will be filled on a first-come, first-served basis. Potential transfer students must meet transfer eligibility criteria in order to be considered.

Complete transfer application packets are available at the Stacey Junior-Senior High School office from 8 a.m. to 4 p.m., Monday through Thursday.

For more information, call 357-5100.

ENLISTED ACCESSIONS AGE LIMIT RAISED

The Air Force has raised its enlisted accessions age limit from 27 to 39 in accordance with a Department of Defense Instruction.

The change has been implemented and affects all 130-plus enlisted career specialties.

For additional information, call a local recruiter or an Air Force online advisor at 1-800-423-USAF.

LACKLAND THRIFT SHOP CLOSURE

The Lackland Thrift Shop will be closed for the entire month of July.

For information, call 671-3608 or visit <http://www.lacklandosc.org>.

254 JBSA staff sergeants selected for promotion



Of the 38,344 staff sergeants eligible for promotion to technical sergeant, 6,684 were selected, a 17.43 percent selection rate, Air Force officials said June 26.

The average score for those selected was 337.23. Selectees' had an average time in grade of 5.30 years and time in service of 10.53 years. The aver-

age enlisted performance report score was 133.02 and the average decoration score was 6.01. Selectees' average promotion fitness examination score was 68.89 and the average specialty knowledge test score was 66.32.

Airmen selected for technical sergeant will be promoted according to their promotion sequence number be-

ginning in August. Selections are tentative until the data verification process is complete, which is no later than 10 days after the promotion release date. Personnel officials will notify Airmen, via military personnel sections, if their selection is in question.

(Information courtesy of Air Force Personnel Center Public Affairs)

JBSA-Lackland

Kenneth Adams
Nicole Allumsball
Russell La Almanza
Jesus Amador
David Amor Jr.
Arjel Antolin
Mark Antoniou
Jose Aponte Jr.
Reinier Arteaga
William Ashe
Jason Atoigue
Anastasia Avelar
Shanna Averyhart
Michael Ayers
Lawrence Bach
Jason Baer
Jamie Barbeau
Victoria Bassett
Kianna Becoat
Joseph Bedson II
Lynette Marie Bell
Shamikah Beyah
Neal Blackburn
Berenice Blair
Kayne Brady
Marquita Brown
Lavelle Burgess
Darnell Campbell

Johnny Cardona
Kristopher Carroll
Christopher Carwile
Garret Chambless
Jacob Chesser
Jon Clemenson
Kelly Clevenger
John Coddington
Gerald Cole
Larry Crosby
George Daggett
Brittany Daigre
Michael Davis
Trey Dejong
Richard Dickey
Rufus Dixon
Joshua Doane
David Dunaway
Jessica Eastman
Alexander Edgett
Jason Ehler
Kenneth Elwood
Marc Engelbach
Margaret Eriacho
Amanda Esparza
David Evans
Julie Everly
Jason Fatjo
Justin Fleegle

Christopher Florida
Deandra Flowers
Floyd Ford
Brett Fowler
Shakira Franco
Kyle Frear
Brice Gaston
Matthew Gibson
Paul Goldsmith
Debra Gomez
Angela Gonzales
Wesley Grile
Robert Haley
Brandon Hampton
Falon Harris
Tia Hawk
Robert Hawkins
Melinda Hayes
Matthew Henderson
Thomas Hernandez
John Herrera
Joshua Hewitt
Joshua Higby
Rodney Hill
Stefan Hobbs
Derrick Hodge
Krystle Holk
Dominic Holley
Brian Hudon

Federico Hudson
Nichola Hutchinson
Savana Lee Hyson
Latoya Jackson
Veronica Jackson
H. L. Jett Jr.
Tiona Jones
Matthew Jordan
Marvin Kelker
Derrick Kenning
Joshua Keyes
Katica Kight
Jeremy King
Eric Klink
Gary Kozlovsky
Jay Kreider
Allan Laitan
Lindy Leggett
Elsie Lengyon
Nathaniel Levesque
Russell Linden
Timothy Lisenby
Richard Lowe
Chip Luchte
Timmy Lui
Robert Maertens
John Maher

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AF ISR Agency historians among top in Air Force

By Wayne Amann

Air Force ISR Agency Public Affairs

For the fourth consecutive year the Air Force Intelligence, Surveillance and Reconnaissance Agency History Office sports one of the top history programs in the Air Force.

The HO staff garnered its fourth straight Brig. Gen. Brian S. Gunderson Excellence in History Programs Award (in the Field Operating Agency/Direct Reporting Unit category), announced May 23 by Walter Grudzinskas, acting director, Air Force History and Museums Policies and Programs.

The Gunderson Award is a comprehensive honor covering all aspects of a history program.

The 2014 accolade gives the headquarters agency historians seven trophies in the last four years. They collected three straight Air Force Heritage awards prior to that streak

ending last year.

"I seriously thought our string of successes would end this year," said Phil Myers, Air Force ISR Agency chief historian. "There's a proverb that says all good things must come to an end. With that in mind the announcement of our 2014 award was a tremendous surprise."

The office's sustained excellence is impressive considering the classified nature of the organization's mission prohibited them from submitting publications and histories until 2010. Now, its products compete against four DRUs and 27 other FOAs for the Gunderson Award and the Air Force Heritage Award.

The key to the history office's four-year trophy run is easy for Myers to pinpoint.

"Experience and dedication," he said. "My staff (Assistant Chief Historian John Williamson and Historian Gabe Mar-

shall) and I collectively have 85 years of experience in Air Force history. We dedicate ourselves to the old Air Force slogan, 'Aim High.' We always strive to produce the best possible history and heritage products for our agency, and we succeed."

Among their many noteworthy accomplishments in 2013, they were singled out by the National Security Agency/Central Security Service History, Literature and Museum Advisory Board as a model intelligence history office for the other military services.

They also researched and wrote a 271-page, four chapter classified agency history for 2012 which included 81 chronology entries with details on dozens of key multi-intelligence topics, 88 illustrations, seven appendices and 599 carefully selected supporting documents.

Therein lies the biggest challenge for these historians who

are chartered to write a history of agency activities, regardless of classification - figuring out what to include?

"We have too many topics to cover," Myers said. "Last year we tried to narrow our discussions to major topics and events. We still ended up with a 300-page history with more than 600 supporting documents."

Their heritage efforts were highlighted by the construction of a wall-mounted display commemorating the 50th anniversary of President John F. Kennedy's last official trip through Texas leading up to his assassination the next day.

Administratively, the agency historians provided timely support to 758 requests for information involving 582 hours for research, writing and other admin functions.

Despite the time-consuming nature of their job, they still

found time to assist various field units and other agencies.

Notable among these was their contribution of more than 100 photos and extracts from histories to build a new display showcasing the EC-47 Airborne Direction Finding program in the Vietnam War. The display will be unveiled in the 17th Training Wing Headquarters Building at Goodfellow Air Force Base, Texas, later this year.

What does this multiple award-winning history office do for an encore in 2014?

"So far this year, our schedule has been dominated by organizational discussions and a need to develop several new heritage exhibits," Myers said. "Besides writing another big history, we'll be publishing a new heritage pamphlet and creating new displays on Air Force history, with a particular emphasis on surveillance and reconnaissance."

When it comes to chronicling the legacy of ISR, their track record speaks for itself.

Global Lightning electrifies the joint fight



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

Multiple units from 24th Air Force participated in the U.S. Strategic Command's Global Lightning 14, a combatant command-level exercise May 12-16.

"Global Lightning provided a great opportunity to work with the USSTRATCOM team to integrate cyberspace operations into larger operational efforts," said Maj. Gen. J. Kevin McLaughlin, 24th AF commander. "We also strengthened our partnership with the 8th Air Force team to defend their key mission systems. From the tactical level through operational command and control, we were able to exercise both supported and supporting roles while conducting defensive cyber operations."

This year's exercise was the first time 24th AF operated as a Joint Force Headquarters—Cyber in support of a combatant commander during a large joint exercise, said Lt. Col. Shane Ducommun, 24th AF deputy director of cyberspace operations and plans.

"In our JFHQ-C role, we were the command and control authority for directing assigned cyber forces," said Ducommun. "We also performed our Air Force Cyber role as the service component to U.S. Cyber Command during the exercise."

"We demonstrated a level of cyberspace integration and execution that has never been accomplished before," said Maj. Kris Barcomb, 24th AF chief of cyberspace strategy, who led a team of cyberspace experts deployed to USSTRATCOM during the exercise. "The team was able to help drive the totality of the effort from strategic planning to tactical execution and reporting."

Defensive cyber operations, specifi-

cally, were utilized to defend Air Force Global Strike Command's 608th Air Operations Center from a simulated threat.

Air Force Global Strike Command is a service component to USSTRATCOM, and the 608th AOC plans, directs and assesses daily operations which employ both kinetic and non-kinetic capabilities in support of USSTRATCOM.

"The sharing of cyber threats, intelligence information, tactics, techniques and procedures are essential to stay ahead of threat actors and adversaries," said Lt. Col. Tom Richardson, 67th Cyberspace Wing director of operations. "Exchanging important cyber threat information and mitigation strategies across our sister services, other Department of Defense agencies, private sector and even across borders allows us to pool our resources to counter this rapidly changing threat."

Critical to the cyber defense was the 33rd Network Warfare Squadron of the 67th CW, which worked to defend against simulated enemy activity on the Air Force network. The 33rd NWS sent three operators to Barksdale Air Force Base, La., in addition to participating in the exercise from Joint Base San Antonio-Lackland.

Other units from the 67th CW also played an instrumental role in the exercise. The 26th, 83rd and 561st Network Operations Squadrons from Maxwell Air Force Base, Ala.; Joint Base Langley-Eustis, Va.; and Peterson Air Force Base, Colo., respectively, participated in the exercise by enabling and preparing their own pieces of the network so the 33rd NWS was better able to defend it.

"Network defenders need to have the opportunity to find, fix and engage the adversary to decipher enemy intentions and allow our cyber warriors to develop new counter tactics and mitigation techniques," Richardson said.

"It is important to practice how we would defend the network if an adversary would try to attack," said 1st Lt. Luke Travis, operations training chief and mission commander for Global Lightning in the 33rd NWS. "In the case of this exercise and the 608th AOC, it enables Air Force Global Strike



Photo by Senior Airman Joseph A. Pagan Jr.

A B-52H Stratofortress takes off from Barksdale Air Force Base, La., May 14, during U.S. Strategic Command's Global Lightning 14 held May 12-16. The Air Force Global Strike aircraft were launched as part of an exercise designed to train and assess the command's ability to support its conventional and nuclear missions. Global Lightning 14, held in coordination with other combatant commands, services and appropriate government agencies, exercised U.S. Strategic Command's ability to deter and detect strategic attacks against the U.S. and its allies.

Command to continue its mission. We are practicing important defensive capabilities for use in plausible real world scenarios."

Global Lightning exercises are designed to challenge and validate the responsiveness and flexibility of the strategic military capabilities assigned to USSTRATCOM and to showcase the agility of space and cyber forces to respond to uncertainties and defend U.S. assets.

"We use this exercise as a basis for evaluation for previously untested capabilities," said Travis. "We were defending an enclave critical to command and control, which is necessary to keep the mission going."

The 688th Cyberspace Wing also got in on the action for Global Lightning 14. Teams from the 90th and 92nd Information Operations Squadrons worked to deploy Cyber Protection Teams and integrate real-time operations and innovation processes into the exercise.

"The exercise aided in the continuing development of CPT deployment and employment by identifying the methods by which USSTRATCOM will

task CPTs to deploy in support of operations," said Shawn Taylor, 688th CW chief of current operations. "The 688th CW gained a wealth of information from being integrated into the tasking process. In the future, this will allow for more efficient deployment of CPTs in exercises and operations."

In addition to these units, the 624th Operations Center played a key role in command and control of Air Force Cyber forces.

"The exercise provided an opportunity to defend both secure and unsecure networks," said Mark Waite, Combat Operations Division deputy chief. "It helped us to streamline processes and was a good learning experience."

"As network defenders, we know we are only as strong as our weakest link, so it behooves us to participate in exercises like this to challenge our operators to think outside of the box," Richardson said. "Proper training, education and the ability to exercise that expertise in a real-time environment is a critical element that ultimately determines mission success in the cyber battle space."

SERGEANTS from Page 3

James Maitland
 Christopher Manrique
 Ian Manseau
 Waren Marques
 Navon Martin
 John McNary
 David Mcanulty
 Rory McBride
 Luther Mcdaniel Jr.
 Michael Mckenney
 Ashleymar Mckerlie
 Thomas Mckerlie
 Brian Medley
 Adrian Mejia
 Stephen Mellon
 Timothy Mertz
 Kelvin Miller
 Jauron Myles
 Anthony Napolitano
 Ricardo Nava
 Nathan Neal
 Jason Nicholson
 Matthew Noah
 Chad Oliver
 Marcus O'Sullivan
 Ostolaza Otero
 Adam Pagan
 Guzman Pagan

Wayne Page II
 Jenny Patterson
 Jaclyn Peck
 Donald Perdue
 Joshua Perdue
 James Poole
 Rocky Portell
 John Potter
 Kendall Priest
 Erika Provencher
 Donnie Reed
 Kyle Reed
 Montejano Requesnes
 Ruben Reyes
 Tara Reyna
 Lacey Rich
 Anthony Richardson
 Jaime Rivera
 Eric Roberts
 Johnathan Roberts
 Michael Robinson
 Albert Romain
 Dewon Rucker
 Eric Ruiz
 Marcelino Ruiz
 Gabriela Sales
 Nicolas San
 Laura Sanders
 Victor Sanez
 Robert Sechler

Joshua Shoemaker
 Durriyyah Simpson
 Rozalin Simpson
 Brandon Slavens
 Andre Smith
 William Sparks
 Tyler Stemler
 Christopher Strunk
 Anna Taylor
 Michael Thomas
 Brian Thompson
 Matthew Thompson
 Jake Thunderbolt
 Leonard Tillman
 Janel Travis
 Christine Tuazon
 Gregory Tuckey
 Amanda Turnbo
 Clennon Turner
 Stephen Tyler
 Oliver Uluave
 Edwar Vaillancourt
 John Walker
 Stephanie West
 Joshua Wheatley
 Dal Whelpley
 Tanisha White
 Jackie Wolfe
 Christopher Woller
 Larry Wrenn Jr

Donald Xavier
 Kandice Yoder
 Chingshiang Young
 Christopher Young
 Tara Zbikowski
 Crystal Zitek
 Angela Zuniga

JBSA-Lackland Kelly Annex

Cheryl Evangelista
 Willie Garland
 Vanessa Hardaway
 Vedran Ogramic
 Ebony Resurreccion
 Jeremy Stokes

JBSA-Camp Bullis

Eric Bookout
 Christopher Demery
 Ernest Perez
 Steven Saenz
 Bryan Thompson

JBSA-Randolph

Clinton Atkins
 Jessica Baker
 Kristal Baudier
 Christina Blake
 Richard Bush

Kelvin Cameron
 Jessica Cardenas
 Erika Castro
 Cory Fagan
 Randal Flatt
 Nichlas Fuentes
 Terrence Galamison
 James Gill
 Alicia Gopee
 Darryn Hamilton
 Danielle Harris
 April Horton
 Steven Horton
 James McKinney
 Emmett McNamara
 Joshua Moore
 Judd Nichols
 Annette Portell
 Cassandra Ramirez
 Justin Rivera
 Nefertari Rivera
 Clarissa Spangler
 Mitchell Terral
 Caine Trabeau
 Lavon Tucker
 Tiffany Walker
 Misty Wilcox
 Marvin Williams
 Rosalyn Wright
 Jonathan Zavala

JBSA community supports diversity in Pride Month run

By Jose T. Garza III
JBSA-Lackland Public Affairs

Joint Base San Antonio-Lackland celebrated Lesbian, Gay, Bisexual and Transgender Pride Month with the Run for Diversity 5K June 27 at the Gillum Fitness Center.

Pride Month is observed across the United States every June to commemorate the anniversary of the 1969 Stonewall Riots in New York City, an event regarded as the catalyst for LGBT civil rights in the country.

The event brought out a father-daughter tandem who recently discovered running as their new bonding activity.

Staff Sgt. Russell Southard, 344th Training Squadron operations specialist instructor, competed with his daughter Annabelle Southard, 6, who earned first-place honors in the women's 30 and under category with a time of 31:34.

After going on a run together three weeks ago, Southard informed his

daughter about the race.

"She liked running, so I told her that there was this 5K run coming up, and she asked to come along," said Russell. "I told her that it was going to be tough, but she did it."

With one race under her belt, Annabelle has the urge to compete in more.

Hoisted on her father's shoulders and clutching her first, place medal, the six year old excitedly said she wants to participate "in every single one in Texas."

"I couldn't be more proud of her," Russell said.

Besides spending quality time with his daughter, the run allowed the staff sergeant to demonstrate support for equality in the military.

"We can all offer the military a lot of diverse things and equality lets everyone offer their absolute best contributions to the military," he explained.

Bridget Delarosa-Lopez, who won first place in the women's 30 and over category with a time of 20:10, also par-



Photo by Jose T. Garza III

Staff Sgt. Russell Southard and his daughter Annabelle, 6, run toward the finish line at the Lesbian, Gay, Bisexual, and Transgender Pride Month Observance-Run Toward Diversity 5K June 27 at the Gillum Fitness Center.

ticipated in the run in support of diversity with her friend Edie Davis, Sexual Assault Response and Prevention Office director of student programs at JBSA-Fort Sam Houston.

She wore rainbow-colored socks and had streaks of purple hair to espouse the cause and display her own distinct personality.

"I have a lot of friends who are in the military or who have served. My father is retired Air Force and my husband,

Roger, is in the Army National Guard at JBSA-Camp Bullis," said Delarosa-Lopez. "I'm also a school teacher so diversity is really important to me because I see it as an everyday thing especially working with children.

"I believe that if people are going to serve their country, it shouldn't matter about their color, gender, nationality, etc. As long as we are coming together and working as one to find success in something, those things shouldn't matter."

Tech Sgt. Rebecca Stephens, Air Force Intelligence, Surveillance and Reconnaissance Agency knowledge operations manager and the event coordinator, said her goal was to give people a platform to be themselves while promoting equality. She revealed that some of her friends were discharged from the military due to the "Don't Ask, Don't Tell" policy, which was repealed in 2010.

Stephens was appreciative of the participation and support for the run from the JBSA community.

"This year we had the JBSA-Lackland First Sergeants Council and JBSA-Lackland Top III organization support the cause and JBSA-Randolph personnel helped as well," the technical sergeant said. "It was phenomenal."

Lackland Idol auditions begin Monday

Gloria Kwizera

JBSA-Lackland Public Affairs

Open auditions for the 2014 Lackland Idol competition are scheduled for Monday and Tuesday at the Arnold Hall Community Center on Joint Base San Antonio-Lackland.

The auditions are slated for 5:30 – 7:30 p.m. both days in search of singing talent in the Joint Base San Antonio community to compete in the Lackland Idol contest July 18. The top three contestants will receive cash prizes: \$300 for first place, \$200 for second and \$100 for third.

The auditions are open to all members of the JBSA community and family members ages 14 and up.

“The contest is open to anyone with access to the base and their dependents,” said Percy Lewis, Arnold Hall Community Center programmer.

Each contestant is allowed to sing one song and all performances have a time limit of 3 minutes and 30 seconds. A karaoke CD or instrument



for those performing self-accompanied is allowed; however, the contes-

tant's song must be the only track on the CD.

“Furthermore, no lead vocals are allowed on tracks, just background vocals only. Singers are also welcome to sing a cappella if they wish,” said Lewis.

All participants must submit a completed and signed registration form by 5:30 p.m. Monday. Registration packages are available at Arnold Hall.

To compete in Lackland Idol, selected individuals must also be available for a photo shoot July 14 or 15 at 6 p.m. Lewis also said there will be a mandatory dress rehearsal at 6 p.m. July 17.

The Lackland Idol competition is set for 6 p.m. July 18 at Arnold Hall. Admittance is free and open to all of JBSA and doors open at 5:30 p.m.

“This is a great annual event that brings JBSA together to showcase the talent in our community while giving aspiring singers the opportunity to perform,” Lewis said.

For more information, call at 671-2619.

BMT HONORS

Congratulations to the following 55 Airmen for being selected as honor graduates among the 554 Air Force basic military trainees who graduated today:

321st Training Squadron*-Flight 403*

Maxwell Dauenbaugh

Austin Hicks

Steven Mednick Jr.

Shane Mourtgos

Mason Recla

Nathen Rice

Scott Ruther

Jon Staton

Harrison Whipple

-Flight 404

Grant Caine

Sebastian Cruz

Matthew Keefer

Dakota Klocek

Francisco Lanas Jr.

Jason Latchem

Jack Robbins Jr.

Van Fossan

322nd Training Squadron*-Flight 407*

Asad Bukhari

Antonio Burtley

Jeffrey Coleman

Samuel Gonzalez

Peter Melough

Marc Tinker

Thaddeus Umlah-Williams

-Flight 408

Olushino Bolden Jr.

Darno Dejohnette II

John Evans

Marcus Lollis

Michael Rafael

-Flight 411

Jan Almasy

-Flight 412

Shana Hudson

323rd Training Squadron*-Flight 405*

Chad Anglin

Caleb Beverly

Anthony Hess

-Flight 409

Cameron Conrad

Samuel Derrick

Duhamel Diaz-Figueroa

Glenn James

Joseph Mcguire

Brent Peacock

-Flight 410

Karla Cabada

Annette Cruz

Ali Greenwood

Vanessa Herrera

Stephanie Karr

331st Training Squadron*-Flight 401*

Darrell Holmes Jr.

Jacob Ott

Christopher Parker

Alexander Vogel

Michael Wuest

Dylan York

-Flight 402

Stephanie Blazzi

Sydney Dunnahoo

Kaeley Ryan

Top BMT Airman

Shane Mourtgos

321st TRS, Flight 403

Most Physically Fit*-Male Airmen*

Brandon Benedetti

331st TRS, Flight 401

Michael Nganga

331st TRS, Flight 401

Joseph McFatter

331st TRS, Flight 401

Branch Lackes

331st TRS, Flight 401

-Female Airmen

Shana Hudson

322nd TRS, Flight 412

Sydney Dunnahoo

331st TRS, Flight 402

Samantha Frydenlund

323rd TRS, Flight 410

Elijah Netjes

331st TRS, Flight 402

-Male Flights

331st TRS, Flight 401

321st TRS, Flight 404

323rd TRS, Flight 405

322nd TRS, Flight 408

-Female Flights

331st TRS, Flight 402

322nd TRS, Flight 412

323rd TRS, Flight 410

Top Academic Flights

323rd TRS, Flight 409

322nd TRS, Flight 407

321st TRS, Flight 403

321st TRS, Flight 404

323rd TRS, Flight 410

322nd TRS Flight 408

323rd TRS, Flight 405

322nd TRS, Flight 411

331st TRS, Flight 402

323rd TRS, Flight 406

331st TRS, Flight 401

322nd TRS, Flight 412

DIAMOND SHARP



Airman 1st Class Daniel Fernandez

Unit: 3rd Combat Camera Squadron

Duty title: Broadcast Journalist

Time in service: 10 months

Hometown: Modesto, Calif.



“Airman 1st Class Daniel Fernandez demonstrated strong leadership and professionalism even as an Airman. His keen attention to detail and intimate knowledge of Air Force drill and commands allowed him to be an invaluable advisor in 3rd Combat Camera Squadron’s first open ranks inspection. Additionally, Fernandez was an integral part of productions that shadowed the 343rd Training Squadron’s officer security forces training programs. He helped produce the aptly named “3 Bears Ruck” video that chronicled a grueling 4.2-mile endurance ruck march. Fernandez also highlighted grenades and other explosives in helping in the video story “Things that go boom.” His efforts showcased the vital training conducted on Joint Base San Antonio-Lackland every day. Fernandez is without a doubt a vital part to the success of the 3rd Combat Camera Squadron.”

-Tech. Sgt. Rico L. Sison

Additional Duty First Sergeant, 3rd CTCS

Staff Sgt. Jose Guevara-Cortez

Unit: 59th Dental Training Squadron

Duty title: Dental Assistant

Time in service: 5 years, 9 months

Hometown: Colorado Springs, Colo.



“Staff Sgt. Jose Guevara-Cortez serves as an assistant NCO in charge in the Department of Defense’s largest dental organization and the Air Force’s largest advanced education in general dentistry two-year residency program. He co-directed daily operations of 18 personnel, driving the delivery of \$245,000 in quality comprehensive care to 427 Joint Base San Antonio beneficiaries. His keen oversight was instrumental to the 59th Dental Group achieving a 96.8 percent dental readiness rating for five wings and directly contributed to 160 hours of clinical and didactic training for nine resident graduates. An experienced clinician, he assisted a senior resident in 730 clinical procedures garnering \$39,000 in productivity and was a key contributor in the provider meeting the program requirements and successfully graduating in June 2014. Guevara-Cortez was by-name selected to provide the AEGD program brief to the incoming dental career field manager during her recent immersion brief, highlighting the \$12 million AEGD program and dynamic training offered in seven dental specialties. As the flight physical training leader for 56 members, Guevara-Cortez implemented a monthly mock testing system, leading the flight fitness assessments to soar to an unprecedented 96 percent pass-rate! He is a definitive Air Force asset and consummate professional who demonstrates leadership beyond his years. A true Diamond Sharp NCO!”

-Master Sgt. Jason Fitts

First Sergeant, 59th Dental Group

Staff Sgt. Matthew Thompson

Unit: 90th Information Operations Squadron

Duty title: Cyber Defense Flight NCO in Charge

Time in service: 11 years, 3 months

Hometown: Thorntown, Ind.



“Staff Sgt. Matthew Thompson has been a central part of the flight’s day-to-day operations and ensured the successful release of six new capabilities in the last four months. He has overhauled the training and functional evaluation programs, ensuring the flight is ready to respond to requirements in operationally relevant timeframes. As a capability team lead, Thompson led a major release of a defensive cyber framework supporting the Cyber Protection Team mission. As the project lead, he has collaborated with the Air Force Research Laboratory’s defensive counter cyber framework effort and ensured seamless integration of the two capabilities. Thompson’s efforts were recognized by the Air Force Space Command Command Chief when he was coined for his work.”

-Master Sgt. John Quitta

First Sergeant, 318th Cyber Operations Group

Tech. Sgt. Philip Carey

Unit: Air Force Intelligence, Surveillance and Reconnaissance Agency

Duty title: 9S100 Training Manager

Time in service: 13 years

Hometown: Fairbanks, Alaska



“Tech. Sgt. Philip Carey’s maturity and expertise was recognized when he was nominated for the selectively manned Master Sergeant Career Field Training Manager position; managing the training programs for the only non-Air Force specialty code enlisted career field—the scientific applications specialist, reporting identifier 9S100. Carey regularly liaises with air staff, major commands and combatant commands to direct timely and relevant cradle-to-grave training of 503 RI 9S100 members, across 22 formal courses; supporting 39 units across the globe. As part of his duties, he monitors the technical curriculum of those formal courses, evaluates just-in-time training requirements and organizes utilization and training workshops. Further, Carey schedules all permanent change of station training required by the reporting identifier, during which he takes all actions necessary to ensure units get the right people with the right training to forward locations, bolstering the U.S. Atomic Energy commission’s detection system mission. Additionally, he facilitated the recent Sexual Assault Prevention Stand Down, fostering an environment of zero tolerance. Finally, Carey’s technical expertise was called on, again, when he was recently handpicked to serve on the contract review team for the \$10 million language portal contract, supporting more than 50,000 Department of Defense members.”

-Senior Master Sgt. Brian Jumper

First Sergeant, Headquarters Air Force ISR Agency

Master Sgt. Ana Vizcarrondo

Unit: 837th Training Squadron,

Inter-American Air Forces Academy

Duty title: Assistant Flight Chief, International Logistics and Training Management Flight

Time in service: 14 Years

Hometown: Santiago, Chile



“Master Sgt. Ana Vizcarrondo has stepped with both feet into teaching on-the-job training and basic instructor courses in Spanish as she transitions into the role of flight chief for the international logistics and training management flight. Her professionalism is characterized by the words she expressed when she graduated her first on-the-job-training course June 13. Twelve international students from Colombia and Paraguay agreed when the class leader said during the graduation speech: ‘We will all be honored to go to war with you anytime, any day.’ It is with this type of feedback that Vizcarrondo’s character inspires partner nation personnel from Latin America to continue to come to IAAFA. Her contributions as an IAAFA instructor and Air Force leader impact our international students on a personal level.”

-Master Sgt. Juan Cosme Santiago

First Sergeant, IAAFA

Tech. Sgt. Ivory Alarcon

Unit: Robert D. Gaylor Noncommissioned Officer Academy

Duty title: Professional Military Education Instructor

Time in service: 17 years, 3 months

Hometown: Alexandria, La.



“Tech. Sgt. Ivory Alarcon amassed more than 3,000 teaching hours and earned the Community College of the Air Force Instructor Certification Level II while pursuing her bachelor’s degree. Her work ethic and proficiency behind the podium has led to her consistently being selected to lead in-service training to sharpen the staff’s lesson facilitation. Her expertise was relied upon when she was handpicked to train a new instructor. Utilizing skills from her primary specialty and being fiscally minded, she has saved us more than \$5,000 in reproduction costs of lesson plans and student guides. Appointed by the commandant as an alternate test control officer, she maintained the integrity of the curriculum by safeguarding 833 controlled items, which was instrumental in the unit’s program management review inspection result of good standing. Dedicated to professional development, she’s briefed 270 Joint Base San Antonio Airmen and NCOs and 60 Texas National Guard. Her efforts led to her being awarded the Thomas N. Barnes Center for Enlisted Education NCO of the fourth quarter for 2013 and she was recently selected for promotion to master sergeant. Without a doubt Alarcon is a true asset to the Gaylor NCO Academy family.”

-Master Sgt. Clifton Staples

Additional Duty First Sergeant, RGNCOA

Senior Airman Stephanie Christiansen**Unit:** 318th Operations Support Squadron**Duty title:** Knowledge Operations Manager**Time in service:** 4 years, 4 months**Hometown:** Las Vegas, Nev.

“Senior Airman Stephanie Christiansen manages knowledge operations and commander support staff programs for 110 squadron members across 21 Air Force Specialty Codes that support all facets of the 688th Cyber Wing mission. Christiansen also assists squadron members with daily operations flow such as tracking unclassified and classified tasks. Christiansen monitors suspenses, performance reports, awards and decorations. In her time at the 318th Operational Support Squadron, Christiansen created the commander support staff site, which was implemented wing wide. As a key member of the wing content management team, Christiansen implemented a new wing process which cut processing steps from five to three, saving 83 man hours. Finally, Christiansen facilitated development of collaboration sites identified as benchmarks during an Air Force Space Command inspection.”

-Master Sgt. John Quitta*First Sergeant, 318th Cyber Operations Group***Staff Sgt. Arjel Antolin****Unit:** 59th Medical Logistics & Readiness Squadron**Duty title:** NCO in charge, Receiving**Time in service:** 9 years**Hometown:** Panorama, Calif.

“Staff Sgt. Arjel Antolin exemplifies the Air Force core values: Integrity First, Service Before Self and Excellence In All We Do. He is a great NCO and would make an excellent future senior NCO. He supervises and mentors 11 Airmen and manages Air Force Medical Service largest warehouse which receives 98,000 line items worth \$51.8 million. With his leadership and dedication, he secured medical care for 240,000 people. According to Air Force Instruction 36-2618 para 4.1.1: “NCOs must accept and execute all duties, instruction, responsibilities and lawful orders in a timely and efficient manner. Leads and develops subordinates and exercises effective followership in mission accomplishment. Places the requirements of their official duties and responsibilities ahead of their personal desires.” Antolin accepts and executes all duties that he is given efficiently and timely. He has continually exceeded all expectations.”

-Master Sgt. Tory Noggle*First Sergeant, 59th Medical Support Group***Staff Sgt. Megan Spacher****Unit:** 802nd Security Forces Squadron**Duty title:** Installation Patrol Leader**Time in service:** 4 years 8 months**Hometown:** Clinton, Iowa

“Staff Sgt. Megan Spacher is more than deserving of being a “Diamond Sharp” Airman for the 802nd Security Forces Squadron. Since her arrival to the unit she has proven to be a consummate professional that mentors and leads Airmen. As one of our instal-

lation patrol leaders, she has trained several newly assigned Airmen on patrol procedures with all receiving 100 percent pass ratings on the quality control checks. This ensured that all were able to begin rotations in daily operations. Spacher also monitored more than 1,000 alarm points which allowed her to ensure security of \$10 billion worth of base assets and resources. She is a huge supporter of the Big Brother and Big Sister program and the Defender’s Association. Recently, Spacher led a ninth-grade class of “littles” during a “give-back” event for the Big Brother and Big Sister program in spite of her hectic work schedule. Spacher is an excellent Airman, supervisor and young leader and I wish we had more just like her. She is our Diamond Sharp.”

-Senior Master Sgt. Jamie Williams*First Sergeant, 802nd Security Forces Squadron***Senior Airman Samantha Webber****Unit:** 59th Medical Operations**Squadron, 59th Mental Health Flight****Duty title:** Mental Health Technician**Time in service:** 2 years, 10 months**Hometown:** Moncks Corner, S.C.

“Senior Airman Samantha Webber is a motivated, proactive and valued member of the Wilford Hall Ambulatory Surgical Center’s Outpatient Mental Health Clinic. She is highly respected by her supervisors and peers alike. She exceeds standards in dress, appearance and customs. and courtesies. Her reliability and consistent display of leadership have set her apart from her peers. As a result, she has been placed in charge of schedules and daily assignment management for 14 technicians and admin staff, a position historically held by an NCO. Taking a leading role in Pennsylvania State University’s post traumatic stress disorder treatment research, Webber volunteered to both review treatment records and obtain consent for over 200 patients. Her dedication to service drove her to attend professional development training on topics of both development and leadership. She then took the time to impart this knowledge on both junior and senior members within her flight. Webber has proven herself amongst her peers to be Diamond Sharp.”

-Senior Master Sgt. Sharon Struble*Additional Duty First Sergeant, 59th MDOS***Staff Sgt. Christopher Taylor****Unit:** 91st Network Warfare Squadron**Duty title:** Cyber Operations Analyst**Time in service:** 8 years 5 months**Hometown:** Port Hueneme, Calif.

“Staff Sgt. Christopher Taylor is the first ever to provide direct analytical support to a multi-agency event, this provided him a unique opportunity to create and establish tactics, techniques, and procedures in support of the Air Force cyber mission. Taylor developed a command, control, communications, computers and intelligence multi-network map and a supplemental excel document to provide a “quick-look” database. Additionally, Taylor identified a squadron software deficiency. Upon extensive research, he obtained a program providing a visualization database to display social links and information systems. Moreover, he briefed an advanced cyber mission presentation for 24th AF leadership and developed a training briefing that outlined and fulfilled six training objectives for current and future network analysts. Lastly, he recently completed six credits hours towards his bachelors in intel-

ligence studies and facilitated fundraising events, which raised more than \$500 in clothes and toys for local children.”

-Master Sgt. Sean Stewart*First Sergeant, 91st NWS***Staff Sgt. Federico Hudson****Unit:** Inter-American Air Forces Academy**Duty title:** International Student Manager**Time in service:** 12 years**Hometown:** Colón, Panamá

“Staff Sgt. Federico Hudson is an international student manager at the Inter-American Air Forces Academy. Hudson is responsible for the welfare of 205 international students from 21 Latin American countries. He consistently displays exemplary leadership and customer service skills allowing the development of programs designed to meet the essential needs and interests of the international students. His work ethics and professionalism enables him to manage a solid and dynamic field studies program valued at \$204,000. This congressionally mandated program grants the students the opportunity to immerse in U.S culture and values. He facilitated a leadership dialogue panel where students were able to interact with U.S Air Force enlisted and officer members. The panel emphasized the impact of human rights, global partnerships and the U.S enlisted/officer professional relationships. Hudson is dedicated to fostering enduring Inter-American engagement, exhibiting unparalleled drive and competence.”

-Master Sgt. Juan Cosme Santiago*First Sergeant, IAAFA***Airman 1st Class Robert Hoffmann****Unit:** 690th Intelligence Support Squadron**Duty title:** Cyber Transport Technician**Time in service:** 1 year, 7 months**Hometown:** Raleigh, N.C.

“Airman 1st Class Robert Hoffmann is a well-rounded technician and one who brings the complete package to his unit, community and the Air Force as a whole. Hoffmann is an outstanding technician dedicated to furthering his professional development. In addition to completing his upgrade training five months ahead of schedule, he is also only three classes short of finishing his Community College of the Air Force degree. His technical prowess was a vital part of the unit earning a “highly effective” rating in its most recent inspection. His design and implementation of a network monitoring solution aided in the detection and elimination of over four thousand potential network vulnerabilities. Additionally, Hoffmann has dedicated countless hours to the betterment of his unit and local community. He has served as the squadron booster club secretary, organizing more than twenty fundraising events to support morale functions for 120 squadron personnel. Hoffmann also took charge of the unit’s involvement with the wounded warrior program, an organization that has helped over seventeen thousand warfighters return home. With his drive and take-charge attitude, Hoffmann fully exemplifies the core values and sets a flawless example for his peers.”

-Master Sgt. David Owens*First Sergeant, 690th ISS*

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 HOTLINE
 • 808-SARC (7272)
DOD SAFE HELPLINE • (877) 995-5247
JBSA CRISIS HOTLINE • 367-1213
JBSA DUTY CHAPLAIN • 365-6420

Grill safety tips:

Keeping flames on the grill

By Airman 1st Class Kenna Jackson
 JBSA-Randolph Public Affairs

According to a 2013 study conducted by the Hearth, Patio and Barbecue Association 80 percent of all U.S. homes have a grill or smoker. Ninety-seven percent of grill owners have used their grill in the past year and about 14 million new grills were shipped in 2013.

“Fire in the grill, under hot dogs and burgers, is a welcome sight at the family cookout,” Staff Sgt. Gary Lund, 502nd Air Base Wing ground safety technician, said. “But fire anywhere else can make your barbecue memorable for all the wrong reasons.”

National Fire Prevention Association records show grill-related fires cause an average of 15 deaths, 120 injuries and \$75 million in property loss and damage each year. More than a quarter of the fires was started in courtyards, patios, terraces and screened-in porches. Twenty-four percent start on exterior balconies and open porches.

In hopes of ensuring safety and eliminating fatalities and injuries, the 502nd Air Base Wing ground safety office and fire department issues these safety reminders:

Propane Grill Safety Tips

- Make sure grill propane tanks are not leaking
- When turning off grill, make sure to turn off the bottle first and let the gas run out

- Never leave grill unattended

Charcoal Grill Safety Tips

- Before leaving, make sure coals are completely burned out
- When discarding coal or embers,

make sure they are completely burned out before throwing them away in a metal container

- Never leave grill unattended

General Grill Safety Tips

- Make sure grill is relatively clean before using
- Never use grill indoors, which includes garages, breezeways, carports, porches or under any surface that will burn
- Keep grill at least 10 feet away from houses or buildings
- Keep fire extinguisher nearby
- Keep children and pets at least three feet away from grill
- Before leaving grill, make sure flames are fully extinguished
- Never leave grill unattended

Cody Fein, 502nd Civil Engineer Squadron Fire Emergency Services assistant fire prevention chief, urged JBSA residents to make safe cooking a priority at every cookout, no matter how experienced the chef.

“Safety is very important, and we’re not putting these tips out there because we feel that you don’t know them,” Fein said. “We issue them because we find a lot of people are overly confident and have grown complacent.”

So, before taking out the franks and patties, remember these few simple tips and be safe while grilling, Fein said.

For more information on grill safety, visit the JBSA Fire Emergency Services page at <http://www.jbsa.af.mil/library/jb-safireemergencyservices/index.asp> or call the JBSA-Randolph Fire Prevention Office at 652-6915, the JBSA-Lackland Fire Prevention Office at 671-5253 or the JBSA-Fort Sam Houston Fire Prevention Office at 221-3465.

Summer recreation activities open to service members, families

By Terri Moon Cronk
American Forces Press Service

With summer just beginning, Defense Department officials want to remind service members and their families that low- to no-cost fitness and recreation opportunities exist to maintain military family readiness.

Chris Wright, morale, welfare and recreation program analyst with the DOD military community and family policy office, emphasized how feeling healthy and fit contributes to personal and professional success, which is essential to national security.

Morale, welfare and recreation “has been linked to readiness — it helps build resilience in service members and family members and builds esprit de corps within units,” Wright explained. “That’s tied directly to staying fit and promoting healthy lifestyles and to [help] the service member fight mentally and physically.”

The summer activities program also is open to DOD civilians, he added.

Within the United States and at overseas installations, MWR offers services and equipment for travel, camping, boating, events and other services,

Wright said.

Some of the free summer activities include passes to active-duty members and their families at any federal park in the United States, and free access to 1,800 museums across the nation through Blue Star Museums, in cooperation with the National Endowment for the Arts.

DOD’s Online Library, open year-round, 24 hours a day and seven days a week, is a summer resource for education and recreational purposes and offers Internet access.

Equipment rentals from MWR include camping equipment with all the necessities, jet skis, canoes, kayaks and other boats and water-sports equipment, depending on installation location.

DOD summer camps are conducted across the country for youth, teens and adults for camping trips, outdoor adventure programs and kayaking and canoeing for adults. Day camps are offered for children.

“We encourage people to check out the programs,” Wright said. “[DOD] has a big focus on healthy living with opportunities to get involved in local MWR programs. There is a lot available to service members and families, from good nutrition to fitness.”

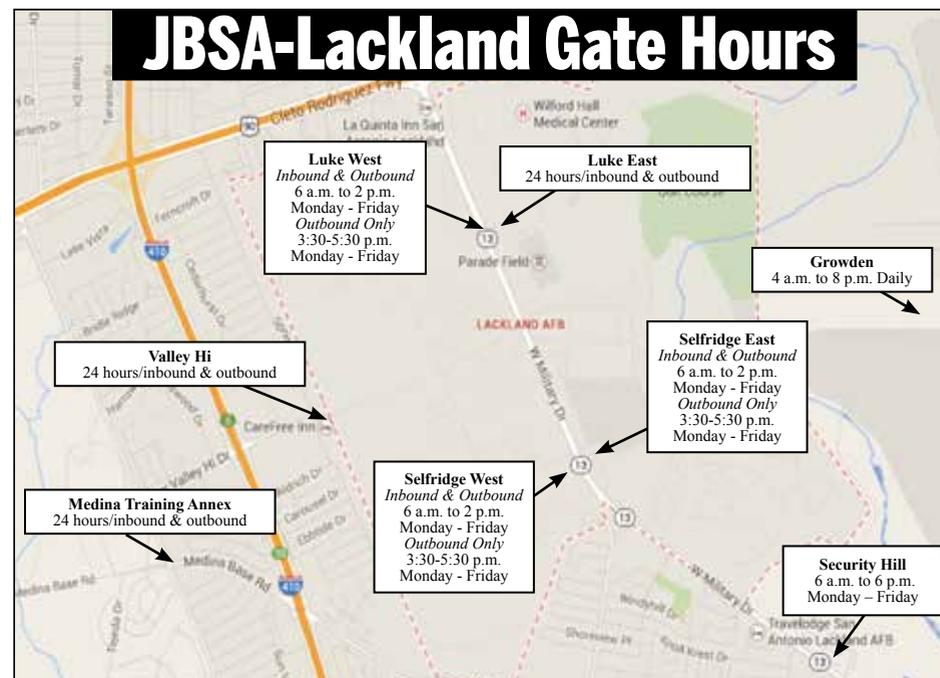
Links

- * Morale, Welfare and Recreation on Military OneSource - <http://www.militaryonesource.mil/mwr>
- * Family Readiness System - http://www.militaryonesource.mil/phases-new-to-the-military?content_id=266979
- * Blue Star Museums - <http://arts.gov/national/blue-star-museums>
- * National Parks and Federal Recreational Lands Military Pass - <http://www.nps.gov/findapark/passes.htm>
- * Department of Defense Online Library - <http://www.militaryonesource.mil/mwr/libraries>
- * Best Kept Secrets on Military OneSource - <http://www.militaryonesource.mil/12038/MOS/Misc%20Files/Best%20Kept%20Secrets091609.pdf>
- * Camps on Military OneSource - http://www.militaryonesource.mil/cyt?content_id=268111
- * Special Report: Off-duty Military Life - http://www.defense.gov/home/features/2013/0913_offduty/

Local Resources

Service members, civilians and their families at Joint Base San Antonio can turn to the 502nd Force Support Squadron at each location for equipment rentals, tickets, travel and more.

JBSA-Fort Sam Houston – <http://www.fortsammwr.com>
 JBSA-Lackland – <http://www.lacklandfss.com>
 JBSA-Randolph – <http://www.randolphfss.com>



Fraud, Waste, or Abuse

Members of the public, military members, Department of Defense civilian and contractor employees may report suspicious activity concerning fraud, waste or abuse and employee or management misconduct.

Report suspected FWA to your local inspector general, the 502nd Air Base Wing IG or the DOD FWA Hotline.

502 ABW/IG FWA Hotline 808-1000, <http://www.jbsa.af.mil/fwa.asp>
 DOD Hotline 800-424-9098, <http://www.dodig.mil/hotline>

LOCAL BRIEFS

JULY 17

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 July 17, 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

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

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 www.olmsted-foundation.org. For complete eligibility requirements 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. Amba-

sador 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.

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

RESIDENCY PROGRAM SEEKS PATIENTS

The Wilford Hall Ambulatory Surgical Center Endodontic Residency Program, Air Force Postgraduate Dental School Department of Endodontics is offering free treatment for patients who require root canal therapy.

The service is available to military retirees, their immediate family

members and family members of active duty service members.

Patients must have been diagnosed recently with an endodontic condition requiring root canal therapy.

Eligible patients should obtain a written consultation from their referring dentist and bring it to the dental clinic during normal duty hours, or fax it to 292-6431.

Patients will be selected based on the needs of the endodontic training program.

For additional information, call 292-7831/3974.

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.

For additional information about LRS programs, contact a customer service representative at 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.
- 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

- ▶ The Military Family and Readiness Center is closed July 4.

MONDAY

- ▶ The Military Family and Readiness Center is closed for Air Education and Training Command Family Day.

TUESDAY

- ▶ Pre-deployment briefing, required for all Airmen preparing to deploy, 502nd Logistics Readiness Squadron IDRC briefing room, 9-9:30 a.m., building 5160.
- ▶ Resume writing techniques, noon-2 p.m., Arnold Hall Community Center.
- ▶ AMVETS national service officer available by appointment only. For information, call 773-354-6131.

WEDNESDAY

- ▶ Entry Level Separation, Technical Training, 8-9 a.m.
- ▶ Newcomer's orientation brief-

ing, mandatory for personnel new to JBSA-Lackland, Gateway Club, 8 a.m. to noon.

- ▶ Positive Parenting, 10 a.m. to noon, JBSA-Lackland Health and Wellness Center.
- ▶ Federal resume writing, noon to 2 p.m., Arnold Hall Community Center.
- ▶ Dating 2.0, 2-4 p.m., JBSA-Lackland Health and Wellness Center.
- ▶ Entry Level Separation, Basic Training, 2:30-3:30 p.m.
- ▶ AMVETS national service officer available by appointment only. For information, call 773-354-6131.

THURSDAY

- ▶ Interview With Confidence, noon to 2 p.m., Arnold Hall Community Center.
- ▶ AMVETS national service officer available by appointment only. For additional information, call 773-354-6131.

JULY 11

- ▶ AMVETS national service officer

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

JULY 14

- ▶ 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 15

- ▶ 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.

JULY 16

- ▶ 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.

JULY 17

- ▶ Transition GPS, 7:45 a.m. to 4 p.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>

UPCOMING

WARHAWKS VARSITY SOCCER TRYOUTS

Joint Base San Antonio-Lackland Warhawks varsity soccer tryouts take place at 5:30 p.m. Tuesday and Thursday at the Warhawk Field located next to the Warhawk Fitness Center. Call 292-7115 for more details.

MEDINA AND WARHAWK FITNESS CENTERS OPEN ON WEEKENDS

The Warhawk and Medina Fitness Centers are now open from 8 a.m. to 5 p.m. on weekends to better serve the Joint Base San Antonio-Lackland community.

FIRECRACKER 5K FUN RUN/WALK

The Firecracker 5K Fun Run/Walk takes place at 6:45 a.m. July 11 at the Gillum Fitness Center. The race is free and runners can sign up on the day of the event. The run will start at Stapleton Park on Security Hill and finish at the Gillum Fitness Track. Call 977-2353 for more information.

AF SPIRIT AND PRIDE 5K

This fun run hosted by the Joint Base San Antonio-Lackland First Sergeants Council takes place at 8 a.m. July 26 at the Basic Military Training Reception Center. The run is an opportunity for all Airmen to demonstrate Airmanship and Air Force pride. Pre-registration is \$15 and \$20 on day of the event. Call 671-0481 for more information.

9/11 COMMEMORATIVE RUN

The Robert D. Gaylor NCO Academy will be hosting a 9/11 remembrance run from 7 a.m. to 4:11 p.m. Sept. 11 at the Medina Fitness Center. The event is open to all JBSA Department of Defense cardholders and dependents. Call 671-3766 for registration. Registration closes Sept. 1.

Fitness tips for looking 'sizzlin,' this summer

By Jose T. Garza III
JBSA-Lackland Public Affairs

Summer is officially here and some out there might be worried that they are not beach body ready or "hot" enough to catch people's eye this summer as social occasions bring lots of people out and about.

It is not too late to transform that body into one that will make people take notice.

Spencer Berry, a professional bodybuilder and civilian employee at the Defense Language Institute English Language Center on Joint Base San Antonio-Lackland, demonstrated various exercises that could help people get fit.

1. Leg press: 12-15 reps — Sit firmly with the back rested on the upper pad and glutes firmly on the seat. Feet should be shoulder width apart on the press. The seat should be put up close enough to the press so the knees are bent at more than 90 degrees. Be sure to push off the heel and not the toes because it puts stress on the knees. Exhale and press all the way out without locking the knees and inhale while going down.

2. Pulldowns: 12-15 reps — Bring the body out to the front pad area and grab onto the handle. Either have an outward or inward grip. Shoot the bar up with a slight arch in the back. When pulling up, make sure arms are straight and not locked out. When pulling down, make sure to contract the back muscles.

3. Chest press: 12-15 reps — Adjust the seat to ensure the bar is lined up to about the middle of the chest. Engage the grip and bring the hands out to the mid-portion of the grip. Lean back — elbows should be up — and shoot up, press out, and press back down. Always keep the elbows up so as to keep the chest engaged into the workout. If the elbows are dropped down, it is going to turn into a triceps exercise.

4. Triceps extensions: 10-12 reps — Lower the seat enough to where there is enough space to execute the exercise with perfect form. Sit low enough to where the armpits are resting comfortably on the arm pad. Keep the arms on the top portion of the pad, so as not to take tension off the muscle. Lift the bar up and lower it down. Make sure the wrists are straight and keep a good

grip when contracting the triceps on the way out.

5. Cable curls: 10-12 reps — Keep arms and elbows tucked to the side so that tension remains in the biceps. When pulling the bar up, don't let the elbows go outward. When the elbows go out, the tension comes off the biceps and instead it goes to the shoulders. A lot of people think they are not getting the full range of motion because the bar is coming up to their chest, but they actually are. Keep the arms locked to the side, stretch them down and contract the biceps on the way in. When doing this exercise, keep the knees loose. When knees are locked, it causes tension on the whole body and inhibits proper balance.

6. Decline sit-ups: 15-20 reps — Make sure feet are secure under the pads and the back of the knees are on the top part of the pads. Start from the upright position with either arms folded across the chest or with hands behind the head. Keep the chin down to avoid stressing the neck and so that a nice curve is kept in the spine and tension is in the abdominals as you go up. When going back down on the bench, do not go all the way back with the shoulders hitting the bench. Have the lower back touch and go back up to contract the abdominals.

7. Cardio: 20 minutes — Choose whatever form of exercise is comfortable. Interval training, using an inclined treadmill, step mill or adding resistance to an elliptical adds more impact to the workout. Perform at a level that is comfortable to get the heart going.

Spencer Berry demonstrates



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Injuries decline following military doctors' warnings

By Beth Schwinn
Defense Health Agency

A serious injury caused by extreme overtraining or heat exhaustion is occurring less often among service members after warnings by military doctors.

Cases of exertional rhabdomyolysis, kidney damage caused by physical exertion or heat stress, more than doubled between 2005 and 2011, peaking at 430 cases annually per 100,000 service members in 2011, according to the Armed Forces Health Surveillance Center.

Since then, however, "rhabdo" cases have declined by 24 percent.

No one knows for sure what caused the spike in rhabdo cases or the subsequent decline, but doctors suspect one factor may have been the growth in extreme workouts.

Military doctors noticed a spike in rhabdo about five years ago, as the popularity of a type of high-intensity interval workout increased. While high-intensity workouts have been around for decades, the new workouts sold on DVDs or offered in commercial gyms simulated the look and feel of a military workout, with a "drill sergeant" leading multiple repetitions of strenuous exercises, with very limited recovery time between sets.

The widely popular workouts can help burn calories, build muscle, decrease body fat, increase strength

and stamina, and improve coordination and agility. But when people push themselves too hard to keep up — an attitude many adherents encourage — problems occur. Devotees brag of exercising till they puke.

"It's the military ethos that you've got to push, potentially to exhaustion and injury, in particular when exercising in groups," said Dr. Francis O'Connor, associate director of the Uniformed Services University Consortium for Health and Military Performance.

O'Connor, a former college gymnast, said he is troubled to see complex and challenging skills such as handstand pushups and muscle ups on the rings [pulling oneself from a hanging position to a position above the rings] demonstrated with limited explanation of form or technique.

"When you introduce high repetition with complex skills, it invites injury as fatigue sets in and form becomes compromised," he said.

The consortium partnered with the American College of Sports Medicine to produce a paper in 2011 on the risks of extreme workouts, which led to a round of media attention. The military's Human Performance Resource Center also posted advice online.

At the same time, the military officials, who were working to reduce training injuries, noted the popularity of extreme workouts and incorporated into their

programs high-intensity interval training that focused on proper form and gradual increases in the number of repetitions and amount of weight used.

"An 18-year-old Marine coming straight out of boot camp might or might not be educated in terms of lifting techniques and the biomechanics necessary to prevent injuries," Marine Corps combat fitness program manager Ryan Massimo, who helped develop the High Intensity Tactical Training workout, told Athletic Business magazine in 2011. "There are a lot of progressions that go into this program. We start out slow and progress at the Marine's level of experience."

Army physical therapists working with a light infantry brigade developed the Advanced Tactical Athlete Conditioning Program, which is a train-the-trainer program that combines high-intensity aquatic exercises, agility training, core conditioning for the back and abdominal muscles, and interval speed training. The idea is to give trainers the tools for a workout that is tough but safe.

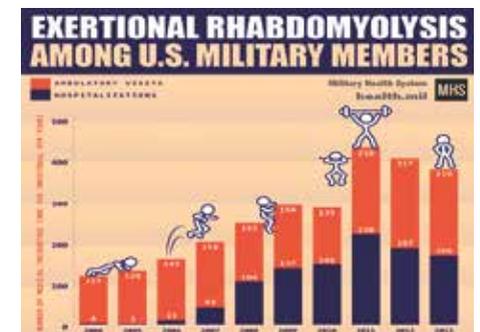
Many factors contribute to rhabdo, but two of the most common are excessive physical exertion and heat stress. Rhabdo occurs when muscle is damaged, releasing myoglobin protein into the bloodstream to be filtered out of the body by the kidneys. Myoglobin breaks down into substances that can damage kidney cells. People who are sickle cell

carriers are potentially at greater risk for rhabdo and should exercise caution, particularly when beginning a new exercise program.

Other injuries doctors may encounter as a result of extreme workouts include dislocated shoulders, torn ligaments, torn muscles, stress fractures and tendinitis.

Service members who develop rhabdo may report seeing brownish colored urine and experiencing weakness, swelling and limited mobility. Most recover, but in some cases, more serious consequences such as kidney failure may result.

Warfighters often can't tell if they've overtrained until after they complete a workout, O'Connor said. However, they can help prevent problems by introducing new activities gradually, avoiding energy drinks before a workout and being sure they're well hydrated.



Courtesy graphic

Beat the heat with proper hydration

By Jose T. Garza III
JBSA-Lackland Public Affairs

San Antonio Spurs fans recently had fun at Miami Heat forward LeBron James' expense, ridiculing him for not playing the last five minutes of the fourth quarter of Game 1 of the NBA Finals after going down with leg cramps.

Whether it was hurling insults via social media, creating huge cutout boards depicting him crying, or mocking the scene in which he was carried off the court in an Internet craze called "Lebroning," they were relentless in their mockery of the two-time

NBA champion for his inability to play the rest of the game in the non-air-conditioned AT&T Center.

However, when people experience muscle cramps of their own, they realize that it is no joke.

Muscle cramps are involuntary, forcibly contracted muscles that do not relax and can last anywhere from a few seconds to a few minutes.

Like James, people can suffer cramps from excessive fluid loss from perspiration after participating in vigorous physical activities under warm conditions.

With San Antonio temperatures in the 90-100 degree range this summer, it is

vital that military personnel and civilians are aware of the proper hydration methods to combat the heat as the Spurs did in the Finals.

Staff Sgt. Lyndsay Moen, 59th Medical Wing nutritionist, provided the following hydration guidelines to help people not succumb to torrid conditions.

Drink sips of water constantly

Consume sips of water every 15 minutes to stay hydrated. "If people have reached the point where they feel thirsty, it already too late. They are already dehydrated," Moen said.

Replenish body with electrolytes

"People overuse Gatorade. They

shouldn't really use it until after more than an hour of exertion," she explained.

Hydrate before physical activity

Drink 16 ounces of water two hours prior to participating in physical activity. Consume another 16 ounces of water after completion to replenish the body.

Don't overuse caffeinated beverages

Think cautiously about consuming caffeinated beverages before engaging in exercise. "Stay away from caffeinated beverages if you're exerting yourself because they are diuretic," the nutritionist advised.

Maintain proper nutrition

Eat balanced meals containing good protein, carbohydrates and fats with fruits and veggies before and after working out.

For additional hydration and nutrition tips, call 292-5999.