



# TALESPINNER

JOINT BASE SAN ANTONIO-LACKLAND, TEXAS • Vol. 71 No. 24 • June 20, 2014



## 37th TRW to change leaders

Photo by Benjamin Faske

Col. Mark Camerer, 37th Training Wing commander, shown addressing the audience during a recent Air Force Basic Military Training graduation parade, will pass command of the 37th TRW to Col. Trent Edwards in a change of command ceremony Friday. **See story Page 3**

# Leadership: 'presence' matters

By Chief Master Sgt. Alexander D. Perry  
502nd ABW/JBSA Command Chief Master Sergeant

We've all heard the phrase, "the squeaky wheel gets the grease." However, as leaders, we often find ourselves challenged with both numerous demands on our time, and generational gaps in our sections.

One key ingredient in our leadership of today's Air Force is our presence – it transcends all miscommunication and generational differences. Your presence is powerful, and puts attention to those areas that are important to you, your organization and your team(s).

If we aren't present, and aware of what's going on in the lives of our people, we're missing opportunities to influence and lead.

In each and every NCO and senior NCO professional development seminar, company grade officer council, and squadron or group commander course I have engaged with, 50 percent or more of the leaders don't know their people.

Many have never been to the dorms to see how their Airmen live, how their transition to the Air Force lifestyle is going, and don't know what motivates and inspires their people.

JBSA recently experienced an alleged assault in one of our dormitories. As leaders reflected on the contributing factors, they provided a list of recommendations to prevent future assaults. The list of recommendations included things like charge of quarters, dry dorms and increased controls; yet one key ingredient was missing – the presence of leaders in the dorms.

If I had to reprioritize that list, it would look like this:

1. Set and communicate your expectations. It begins on day one and is reinforced every day during your leadership tenure. When your people know what you expect and what they can expect from you,

they know how to lead.

2. Expect your subordinate leaders to communicate your expectations to their people, and include their own. Connecting the expectations from senior levels of leadership through the chain of command reinforces positive behavior. Conversely, failing to pass on expectations, or worse, openly disagreeing with senior leaders gives tacit approval for your people to do the same to your decisions.

3. Be visible! If your people see you out from behind your desk and they know you will occasionally pop by the dorm, in their work center, or may even show up at the intramural softball game, it shows that you care.

4. Define and reinforce what "right" looks like. Periodically participate in dorm inspections so your Airmen stay on their toes. Whether someone has demonstrated professionalism in some way, delivered excellent customer service, or looks sharp in uniform, take time to acknowledge them so you're reinforcing positive behavior.

5. Hold people accountable by embracing mistakes and punishing crimes.

If someone is giving it their best but comes up short, help them embrace their mistakes so they can improve. On the other hand, your people must understand that if they commit a crime, they will do the time.

Your responses to first-time minor infractions should be different than when those mistakes are repeated. As leaders, we must fully evaluate the circumstances and respond accordingly when the pattern of behavior becomes repetitive or begins to have a greater impact on the mission. Swift responses are imperative when the offenses are serious.

6. Adjust your approach to fit the situation. Your leadership style cannot be one size fits all – each individual is unique. If an Airman is late to work for the first time, the right approach might be to inquire as



Chief Master Sgt. Alexander D. Perry  
502nd ABW/JBSA Command Chief

to why and remind them of your expectations.

If the behavior is repetitive, it's time to up the ante. If you have Airmen living in the dorms who are constantly having loud parties, destroying government property and disturbing others, they must know that behavior will not be tolerated.

When responding, consider the facts, the member's past performance, and what you can do to affect change. If you pull out the tack-hammer for every infraction, you will destroy trust, confidence and communication in your unit. On the other hand, if Airmen run awry and aren't held accountable, you will be perceived as a pushover and it will affect good order and discipline, unit morale and esprit de corps.

7. Be firm, fair and consistent. Sometimes people wonder why the Airman of

See COMMENTARY Page 7

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

## NEWS IN BRIEF

### FRIDAY

#### JBSA BAH MASS RECERTIFICATION

A mass recertification for Joint Base San Antonio Airmen on the service-wide basic allowance for housing entitlements recertification process is from 8 a.m. to 1 p.m. Friday at JBSA-Lackland, building 5616, room 118.

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

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

For additional information, call 652-1851, email [finance.callcenter@us.af.mil](mailto:finance.callcenter@us.af.mil) or visit a local AF finance office. The finance office at JBSA-Lackland is located in building 5616, Suite 1; on JBSA-Randolph, the finance office is in building 399, Suite 2; and on JBSA-Fort Sam Houston, the finance office is in building 4196.

The finance offices are open to walk-in customers Monday, Tuesday, Thursday and Friday from 8 a.m. to 3 p.m., and Wednesday from 8 a.m. to 2 p.m. Appointments are not required.

### JUNE 27

#### PRIDE MONTH RUN

A "Run Towards Diversity" in observance of Joint Base San Antonio Pride Month is June 27.

The run begins at 7 a.m. at the Gillum Fitness Center, building 2086, on Security Hill.

For more information, visit <https://www.facebook.com/JointBaseSanAntonioJsbaLgbtPride>.

### JULY 1

#### IAAFA 5K FUN RUN

The Inter-American Air Forces Academy will host a 5K fun run July 1.

The run starts at 8 a.m. by the IAAFA Circle of Flags, corner of Selfridge and Carswell Avenues. Participants can run in distinctive flag colors or carry a flag.

Pre-race registration is \$10 or \$12 on the day of the run. For additional information, call 671-0215.

## Not just any Friday

# 37th TRW change of command to bid Camerer farewell, welcome Edwards

By Mike Joseph

JBSA-Lackland Public Affairs

For many Fridays during the past 20 months, a constant on the 37th Training Wing commander's calendar is attendance at the Air Force Basic Military Training graduation parade at Joint Base San Antonio-Lackland.

The senior leader's attendance for this Friday's parade won't change, but the day will definitely be different.

Col. Mark Camerer will hand over the reins of the Air Force's largest training wing to Col. Trent Edwards in a 37th TRW change of command ceremony prior to the graduation parade for the service's newest Airmen. Edwards has been the 42nd Air Base Wing commander at Maxwell Air Force Base, Ala., the past two years.

"The wing is lucky to get Colonel Edwards, he's a phenomenal leader," Camerer said. "He will pick up where I left off and lead the wing to the next level. He's the perfect officer to continue the transition the wing has been under the last two years."

Then, only hours after that time-honored military tradition, Camerer will become the Air Force's newest general officer when he is promoted to brigadier general in a ceremony at JBSA-Randolph. Gen. Robin Rand, Air Education and Training Command commander, will preside over the ceremony.

"Leaving a command is



Col. Mark Camerer

bittersweet," said Camerer, whose next assignment, at Ramstein Air Base Germany, is with United States Air Forces in Europe, Air Forces Africa staff as director of requirements, strategic plans and programs and analysis.

"You look forward to what's in the future and on the horizon, but you'll always look back at the people and the mission, the importance of the work that was done here," he said. "I'll miss the people. I'll reflect back and think about how dedicated they are to getting the mission done."

"Air Education and Training Command is a special place, it sets the foundation for so many things. It is a critical mission and being a part of it has been awe inspiring for me."

Prior to Camerer's arrival in September 2012, a group of military training instructors were being



Col. Trent Edwards

investigated for sexual assaults against trainees. Subsequent investigations have led to 27 MTIs convicted by court martial, two MTIs are pending courts martial, one MTI acquitted, and five MTIs who received Article 15s.

In addition, AETC issued 46 recommendations to reshape BMT into a more safe and secure training environment.

The wing has successfully implemented the AETC recommendations and is well on the way to institutionalizing them, he said, adding there have been "no serious reports of instructor misconduct" in the past 20 months.

"I said from the onset that if every Airman strictly adhered to our core values, if they put integrity first, service above self, and showed excellence in all they do, then you don't have issues with discipline,"

Camerer said. "It's impossible to adhere to the core values and break laws. I thought it was the simplest way to explain where I expected us to be."

"At the end of the day, we're the undisputed heavyweight champ," he said. "We're the best Air Force in the world – second place isn't even close. We have the finest NCOs our nation has to offer molding and training our newest Airmen. They're the ones doing the job day in and day out, and they're doing it spectacularly. The proof is in the Airmen we're producing."

While basic military training is always associated with JBSA-Lackland, other missions fall under the 37th TRW, Camerer said. On any given day, the 37th TRW has 16,000 students in nine different states, 10 different training locations and 30 different sites around the world in training.

"This is a dynamic and diverse organization," said Camerer. "It's a great group of colonels and chiefs that run their individual groups and academies, a great group of commanders that run their individual squadrons and a great group of Airmen that just job away every day and get the mission done. That is what's impressive to me."

He described what the other groups in the 37th TRW had been through during his time at JBSA-Lackland.

See 37TH TRW Page 7

# DOD focused on combating human trafficking

By William L. Hurt  
502nd Air Base Wing antiterrorism officer

With more than an estimated 12 million human trafficking victims worldwide and an estimated 600,000 to 800,000 new victims each year, human trafficking is a problem that has plagued humanity throughout its existence.

From the indentured servants of the Middle Ages to today's sex industry, human history is full of heinous examples of humans enslaving humans.

The Trafficking Victim Protection Act defines trafficking in persons as the use of force, fraud or coercion to compel a person to provide labor, services or commercial sex.

The crime can run the gamut of exploitation, and includes elements of recruiting, harboring, transportation, providing or obtaining a person for the purpose of exploitation.

The three most common forms of trafficking are labor trafficking, sex



Illustration courtesy Department of Defense

trafficking and child soldiering.

The Department of Defense Combating Trafficking in Persons program is a program focused on the eradication of Trafficking in Persons within the Department of Defense structure, both domestically and overseas.

The DOD is concerned with human trafficking not only because it is illegal, but also because trafficking in

persons is dangerous to our troops.

The job of the Department of Defense is to protect the security of our country. Combating trafficking in persons serves as an essential line of defense in protecting the United States.

To report human trafficking, call the DOD Inspector General hotline at 800-424-9098 or click on [\[www.dodig.mil/hotline/hotlinecomplaint.html\]\(http://www.dodig.mil/hotline/hotlinecomplaint.html\).](http://</a></p>
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To contact the National Human Trafficking Resource Center, call 888-373-7888 or click on <http://www.state.gov/j/tip/id/domestic/index.htm>.

For details locally, call 652-8474.

*(Editor's Note: Information for this article was derived from DOD information papers.)*

# Texas mobility Airmen impress AFRC logistics director

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

Brig. Gen. Gary Blaszkiewicz, director of logistics, Headquarters Air Force Reserve Command, visited the 433rd Logistics Readiness and the 26th and 74th Aerial Port Squadrons June 7-8 at Joint Base San Antonio-Lackland.

His tour began with a mission briefing at the 433rd LRS. Afterwards, he addressed the Airmen and presented Senior Master Sgt. Elizabeth N. Lopez, 433rd LRS quality assurance superintendent, with one of his coins.

Lopez rebuilt a program which had failed a recent inspection. When the program was re-inspected, not only did it pass, it was recognized as a benchmark for the entire Air Force Reserve.

"I was very impressed that he made a conscientious effort to ensure that Airmen are recognized," Lopez said.

In addition, members of the 26th and 74th Aerial Port Squadrons



Photo by Tech Sgt. Carlos J. Trevino

Brig. Gen. Gary Blaszkiewicz, director of logistics, Headquarters Air Force Reserve Command, receives high fives as he exits the 26th and 74th Aerial Port Squadron June 8 at Joint Base San Antonio-Lackland. Blaszkiewicz briefed the aerial porters on deployments, capabilities and training.

demonstrated their skills for Blaszkiewicz on using and loading vehicles to place palletized cargo on aircraft.

"You seem to be managing it pretty well," Blaszkiewicz said after watching the port dogs, as they are known, demonstrate their talent.

"I am glad he took the time to come see us. Out of all the units, he picked ours," said Senior Airman Orlando Garcia, 74th APS. Garcia, flawlessly placed a loaded pallet on a "K Loader", under the watchful eyes of the general during the demonstration.

"I was nervous because I had so many people watching me, but it was good to practice our skills and show that we know safety and procedures," he said.

"It was good to see effective training for what they do on a day to day basis, I enjoyed it a lot," Blaszkiewicz said.

"I am very proud of the port dogs and the LRS. They continue to be battle ready," he said.

# Deployed local Air Force doctor finds ways to give back

By Sgt. Kali L. Gradishar  
12th Air Force Public Affairs

Deployed in support of New Horizons Belize 2014, a multifaceted exercise providing training opportunities for Belizean and U.S. medical professionals, an Air Force urologist is finding ways to give back.

For Air Force Maj. (Dr.) Forrest Jellison, who is assigned to the 959th Medical Group at Joint Base San Antonio-Fort Sam Houston, it's all about giving back, "because I know I'm fortunate for what I have. I believe you have to give back to be able to have something worthwhile."

Following a number of family members into the military, Jellison said, he considered enlisting before deciding on a career path that would take him to places he never anticipated going in uniform.

He graduated from Pacific

Union College in Napa Valley, Calif., and followed his undergraduate education with medical school at California's Loma Linda University Medical Center, where he also completed his residency. Jellison then completed a urology fellowship at the University of California-Los Angeles. He was commissioned in 2001.

After years of schooling, learning, teaching and traveling, Jellison deployed in support of New Horizons. Along with a urology and surgery team, he performed some life-saving surgeries with the assistance and coordination of the nation's sole urologist and other staff at the Karl Heusner Memorial Hospital.

"I'm very fortunate that this is part of my job," Jellison said. "This is something that I do and want to continue doing outside of where I'm tasked to go in



the military."

Jellison has previously traveled on his own dime and his own time – to Honduras once and Mexico more than a handful of times – for humanitarian missions

In addition to humanitar-

ian missions with his church, Jellison is afforded the opportunity to operate and train in an environment with fellow Air Force urologists, as well as offer a valuable training opportunity to a fourth-year urology resident.

U.S. Air Force Maj. (Dr.) Forrest Jellison, urologist, works with his surgery team at the Karl Heusner Memorial Hospital in Belize City, Belize. A U.S. Air Force surgical team deployed to Belize for two weeks during a New Horizons Belize 2014 surgical readiness training exercise in coordination with the KMHM urologist and hospital staff. The urology surgery team conducted approximately 20 procedures during the training.

Photo by Tech. Sgt. Kali L. Gradishar

"We've seen some complex issues and developed treatment plans with the urologist here," he said. "Every country is different, so adapting to what we have available has been a valuable training opportunity."

Overall, Jellison said, he is just glad to help.

"I like helping people," he said. "Medicine is what I do best, so this is the best way I can help."

## WORD ON THE STREET

*What is your favorite summertime activity?*

Photos and story by Airman Justine K. Rho



**Oscar Guerrero**  
Customer Service  
Base Exchange

"I like to go outside and play basketball. I enjoy staying active because I don't like staying in one place too much."



**Courtney Bennett**  
Counter Manager  
for Estee Lauder

"My favorite summertime activity is lying out by the pool."



**Captain  
Shane D. Riggs**  
Psychiatry Resident  
59th Medical Wing

"My favorite summertime activity is gardening."



**Captain  
Stephen Marcoux**  
Psychiatry Resident  
59th Medical Wing

"I have a hard time choosing, but my favorite summertime activity has to be golfing."

**37TH TRW from Page 3****937th Training Group**

"The 937th Training Group at JBSA-Fort Sam Houston has trained 98 percent of all new medics in the Air Force. They've teamed with METC (Medical Education & Training Campus at Fort Sam) to become the premier training campus in the world. The lives saved on the battlefield are the direct result of the training they're doing in the 937th Training Group."

**37th Training Group**

"The 37th Training Group is the largest training group in the Air Force. Roughly 40 percent of all the Airmen that graduate from basic training go through the 37th TRG, which has a very dynamic and diverse set of air force specialty codes.

"In that group and the 937th TRG, we've incorporated all the lessons learned from BMT to help our Airmen and insure them a safe and secure environment in technical training. (The 37th TRG) has been through turmoil themselves. They have been through severe budget constraints, civilian furlongs and they're in the midst of complete battlefield airmen training reorganization, the size and complex-

ity which has not been done in at least 20 years."

**Defense Language Institute English Learning Center**

"DLI is not only training thousands of international students, they are implementing the largest foreign military sales case ever in support of Saudi Arabia's buying the F-15 program. It's a \$29 billion sale and we're teaching English to all the maintainers who then go back to Saudi Arabia to work on them. Every day there are 400 Saudis here learning English.

"All the while, DLI is going through an organizational change that will make them a stand alone group. That's a huge project in and of itself that's going on behind the scenes."

**Air Advisory Academy**

"The Air Advisory Academy has been through a defunding and refunding. They have been through turmoil the last year and yet continue to train Airmen to go down range in harm's way. What they've done has been a phenomenal example of steadfast devotion to their mission, a mission that is critical and literally saving lives."

**Inter-American Air Forces Academy**

"IAAFA is another important international mission. They've hosted

chiefs of air forces here and they've trained more than 2,500 South and Latin American students in the last two years. They've done it with a dwindling budget and reduced manpower and they've never missed a beat. The importance of the mission that they do can't be understated to our national security and the peace that we enjoy in our hemisphere."

Camerer also said San Antonio deserved the moniker "Military City

**COMMENTARY from Page 2**

the Year gets a letter of reprimand, while the more problematic Airman gets a harsher response. It's simply about the frequency of normal behavior. The Airman of the Year doesn't always cause problems or commit crimes, but the problematic Airman does. As leaders, we are charged with discerning the difference.

8. Progressively increase controls, when lesser levels have failed. If you've ever been around aircraft maintainers, their technical orders are very precise and describe how to accomplish each task – tasks as simple as how much to tighten a screw on the jet. If you don't tighten enough, things

USA" because of the community's unwavering military support.

"Our brand-new Airmen put on their uniform and walk downtown on Fridays after graduation and are bombarded by great Americans who say 'thank you for your service,'" he said. "That doesn't happen everywhere, but it happens here. When they say 'thank you for your service' to me, my response is always 'thank you for your support.'"

fall off. If you tighten too much, things break. Progressively increase and adjust controls until you reach a level that drives home your message.

To remain true to my message, I would ask (rhetorically): Do your people know your expectations? Are they being reinforced? Have you, your chief or the supervisors of your Airmen who live in the dorms been to see the rooms where your Airmen live? Have they inspected them?

In my experience, one's presence communicates, and far too many leaders are absent in the dorms yet prefer other controls which have little to no effect on changing behavior.

Your presence matters – make it count!

# AF implements new feedback process July 1

By Debbie Gildea  
Air Force Personnel Center Public Affairs

In a recent message to Airmen, Chief Master Sgt. of the Air Force James Cody and Chief of Staff Gen. Mark A. Welsh III announced plans to begin implementing a more comprehensive Air Force evaluation system for officers and enlisted members.

The first step in the process will be the July 1 implementation of the Airman Comprehensive Assessment Worksheet performance feedback tool, Air Force officials said in a June 9 release.

The ACA Worksheet, tested in 2012 by 45,000 Airmen, introduces a tool and a process designed to improve communication between supervisors and subordinates while reminding Airmen of the importance of Air Force core values and the role they play in accomplishing the mission, said Evaluation and Recognition Programs Branch Chief Will Brown, Air Force Personnel Center.

Of significance, the ACA form and process require Airmen to assess them-

selves prior to a face-to-face feedback session with their supervisor.

"This gives Airmen the opportunity to reflect on their own knowledge and awareness of our responsibility, accountability and our core values, and enables them to identify areas where they need more information and education," Brown explained. "An Airman will complete the self-assessment portion of the worksheet and provide it to the supervisor two or three days before the feedback session, which gives the supervisor time to tailor the session to that Airman's specific needs."

To be effective, however, all Airmen must follow the process and use the form as it is intended to be used.

"During the test phase, Airmen who used the form and process as intended saw notable improvement in communication, morale and productivity," Brown said. "Clearly, this is an opportunity for supervisors and their Airmen to grow together, but it will only work if we use it." The new form and process illustrate the emphasis the Air Force places on

communicating for success. According to Chief Master Sgt. of the Air Force James Cody, a proper feedback is the most important element of a strong evaluation system.

"It is the only way we can cultivate a culture that drives performance. Airmen must know what we expect of them. We owe them direction and guidance so they can reach their fullest potential and capitalize on opportunities. If we fail at feedback, we fail our Airmen," Cody said.

Learning to use the form won't be hard, according to Brown. Form numbers are the same (AF Form 931 for airmen basic through technical sergeants, AF Form 932 for master through chief master sergeants and AF Form 724 for lieutenants through colonels), and the implementation guidance memo includes clear details and tables.

"This is about more than using a form, though," said Brown. "This is about developing strong relationships with our Airmen. This is about talking to them, caring about what they need and want, showing them how to succeed and

teaching them to make good choices."

The essence of successful evaluation is captured in worksheets that focus on standards like responsibility, accountability, understanding the Air Force culture and understanding and meeting performance expectations.

In addition, the form requires the rater to clarify the Airman's role in support of the mission.

"When an Airman can see how he or she directly impacts the mission, that's motivational. Too often, young Airmen don't know how their work impacts the end goal," Brown said. "It's tough to be motivated and excited when you don't know if your job matters, so this section will help us educate and motivate our Airmen."

The new form also includes an individual readiness index identifying whether or not an Airman is deployable.

"Ours is a mobile force, so this addition helps us remind Airmen that we have global responsibilities,"

**See FEEDBACK Page 9**

**BMT HONORS**

Congratulations to the following 48 Airmen for being honor graduates among the 488 Air Force basic military trainees who graduated today:

**322nd Training Squadron***-Flight 389*

Arland Aurello  
Brandon Dahl  
Brandon Lee  
Johnathan Petricini  
Tajh Smith  
Joseph Thompson  
Tyler Wagner

*-Flight 390*

Valle Dell  
Brittany Kitchens  
Barbara Ng  
Kira Shoemaker

**323rd Training Squadron***-Flight 383*

Joshua Brown

Joshua McLane  
Richard Wood

*-Flight 384*

Joseph Bedford  
Robert Capella  
Seth Klem

**326th Training Squadron***-Flight 385*

Sean Ames  
Matthew Bouvier  
Dustin Minton  
Charles Uthe  
Charles Winkler

*-Flight 386*

Michelle Cordova  
Tara Maloney  
Nicole Rich

**331st Training Squadron***-Flight 381*

Jose Acosta-Andujar  
Mejia Castro

Steven Flynn  
Mario Forte  
Chase Garcia  
Ross Laurel  
Rodney Leenerts  
James Muhs  
Britt Odom  
Gaige Padgett  
Matthew Parker  
Nathaniel Pletcher

*-Flight 382*

Jennifer Blanchard  
Carvalho De  
Paige Yenke

*-Flight 387*

Kyle Featherston  
George Greig-Dunn  
Joshua Leary  
Jake Riss  
J H. Russell

*-Flight 388*

Michael Glover

Marco Perez  
Nicholas Tweter

**Top BMT Airman**

Tajh Smith  
322nd TRS, Flight 389

**Most Physically Fit***-Male Airmen*

Marcus Rhodeman  
322nd TRS, Flight 389  
Chaeden Luebberke  
331st TRS, Flight 388  
Richard Wood  
323rd TRS, Flight 383  
Skyler Hawkins  
326th TRS, Flight 385

*-Female Airmen*

Kira Shoemaker  
322nd TRS, Flight 390  
Aleah Meade  
322nd TRS, Flight 390  
Roxana Suteu-Furman  
322nd TRS, Flight 390  
Raven Sims

322nd TRS, Flight 390  
*-Male Flights*

331st TRS, Flight 381  
326th TRS, Flight 385  
322nd TRS, Flight 389  
323rd TRS, Flight 383  
331st TRS, Flight 387  
323rd TRS, Flight 384  
331st TRS, Flight 388  
*-Female Flights*

**Top Academic Flights**

326th TRS, Flight 385  
331st TRS, Flight 381  
323rd TRS, Flight 383  
331st TRS, Flight 388  
322nd TRS, Flight 390  
322nd TRS, Flight 389  
323rd TRS, Flight 384  
331st TRS, Flight 382  
326th TRS, Flight 386  
331st TRS, Flight 387

**FEEDBACK from Page 8**

said Brown.

The performance feedback section is the most familiar part of the form. It requires the rater to tell the Airman specifically how well he or she is doing in job knowledge, leadership skills, resource management, communication and more.

"This section has far more depth than the old feedback forms," Brown said. "We want to be crystal clear on what the expectations are and how well Airmen are doing. Airmen want to succeed and here's where we tell them how."

Also new to the feedback process is the "knowing your Airman" section. Although discussion driven by this section isn't for evaluation purposes, it enables raters and supervisors to talk about Airmen's goals and

dreams, to vector Airmen toward achieving those goals and dreams, and to help their Airmen find a mentor, and become a mentor.

"We have amazing, talented Airmen in our service, and every day, enthusiastic, smart kids make a commitment to join us. They are offering us their lives. We have an obligation to honor that fact by teaching them

how to be great Airmen, and that starts with open, honest, regular communication. That's what this form and process are for," said Brown.

To review the guidance memo explaining how to use the ACA worksheet, go to the e-Publishing website at <http://www.e-publishing.af.mil> and enter AFI36-2406 in the search window. To review the new ACA worksheets,

select the forms tab in e-Publishing and enter AF931, AF932 or AF724A in the search window.

For more information about enlisted evaluations, and other personnel issues, visit the myPers website at <https://mypers.af.mil>. Select "search all components" from the drop down menu and enter "Enlisted: Evaluations Home Page" in the search window.

# Before defending the force



U.S. Air Force officers participating in the 343rd TRS BOC perform pushups prior to shooting during FITS training June 6 at JBSA-Camp Bullis. Instructors used purple smoke in order to familiarize them with operating in stressful situations.



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Capt. Phillip Werner, 343rd TRS BOC trainee, fires an M4 carbine rifle June 6 at JBSA-Camp Bullis. Werner was put through a series of exercises physically and mentally demanding exercises prior to shooting to simulate firing in a combat environment.



U.S. Air Force officers participating in the 343rd TRS BOC perform sprints during FITS training June 6 at JBSA-Camp Bullis. The training simulated operating in a combat environment by pushing the officers to physical and mental limits.

# 543rd ISRG promotes volunteer culture

By Wayne Amann  
Air Force ISR Agency Public Affairs

Back in the day, service members were conditioned not to volunteer, for fear of having to do something

distasteful, they would have to be "volun-told" to do something.

These days it's commonplace for military members to eagerly volunteer for a variety of reasons, foremost among them the core value of service

before self in the community.

The Air Force Intelligence, Surveillance and Reconnaissance Agency's 543rd ISRG Group exemplifies that core value in each of its four squadrons.

Col. Robert Krause, 543rd ISRG commander, says volunteering is a self-motivating mindset among the men and women assigned to the 93rd Intelligence Squadron, 543rd Support Squadron, 668th Alteration and Installation Squadron and 743rd Intelligence Support Squadron.

"I push hard and my squadron commanders push hard, but not because these are mandatory events. No one is forced to participate," Krause said. "The atmosphere we try to create is to have folks believe this is part of their own responsibility. It's what they want to do. That's why you see the massive involvement across all four squadrons in various community events."

From Nov. 15 to March 17, the squadrons participated in 37 community outreach projects.

Some of the more notable volunteer efforts during that period included 93rd IS Airmen contributing 40 hours to the San Antonio Parks and Recreation Department to help build a park in one day. Alamo City District 3 council representative Rebecca Viagran said the project would benefit more than 100,000 local residents.

These Airmen also assisted in the Spay-Neuter-Inject-Project San Antonio. Their support contributed to the successful sterilization and vaccination of 294 dogs and cats, saving impoverished families approximately \$88,000.

"The 93rd has been jumping on all kinds of things," Krause said. "Its 'Lightning Flight' is special. They're new energized Airmen who want to contribute to the community and the Air Force any way they can. They're on a kind of casual status, just having completed their school and waiting for another clearance level based on who we work with. Some folks are there a couple months, so they'll get involved in the community."

Meanwhile the 543rd SPTS "Spartans" accepted the challenge of cleaning up San Antonio's Gilbert Garza Park. One hundred thirty-two volunteer hours later their "adopted" park sported seven repainted picnic tables, two bridges

and multiple culverts. For good measure, they collected 16 50-gallon bags of trash.

The "Spartans" efforts were lauded in the Winter 2013 Park Roots Newsletter. "A big thanks to the Lackland Air Force Base 543rd SPTS volunteers! They did an amazing job in volunteering for three days before the holiday break. They brought in 32 volunteers resulting in 96 volunteer hours WOW!"

Since 1999, the 668th ALIS has taken its construction skills on the job to partner with Habitat for Humanity of San Antonio to improve living conditions for local low-income families. Most recently, a team of 25th ALIS Airmen framed three homes and helped establish a 750-site community.

Earlier, 15th ALIS Airmen volunteered their culinary skills to support the Meals On Wheels Program by preparing 250 meals for elderly San Antonians. Another 10 Airmen volunteered 40 hours to the San Antonio Food Bank to unload 8,000 pounds of food targeted for Thanksgiving.

Adoption was the buzzword recently for 743rd ISS volunteers. A 10-member team cleaned up a two-mile stretch of highway in support of the Texas Adopt-A-Highway initiative. They collected 24 bags of trash in the process.

Elsewhere, 743rd ISS Airmen spent two days supporting a local animal shelter by cleaning the 11,000-square-foot facility for 30 dogs, plus they helped arrange animal adoptions, which saved \$320 in fees to rescue three animals.

Volunteering in the community has become such a major focus for the 543rd ISRG that a community service recap is included in the four squadrons' weekly updates to their group commander.

"It's very pleasing to me because I don't like to see folks waiting around to see how things develop," Krause said. "I want them out there aggressively looking for ways they can actively contribute."

Fueled by their "can-do" attitude, the 543rd not only takes care of what's important to their parent organization and host installation, they're always thinking outside the gates.

"As part of Military City USA, we love the fact we can be visible players in what's happening locally," Krause said.

"This is part of being an Airman, part of what we do. It's part of our responsibility to make the area we live in better, to make sure those who served before us are honored and to make this a better environment for the whole JBSA Team."

## Inter-American SOS candidate applications due in July

By Debbie Gildea

Air Force Personnel Center Public Affairs

Active duty captains proficient in the Spanish language may be eligible to attend the Inter-American Squadron Officer School at the Inter-American Air Forces Academy, Joint Base San Antonio-Lackland, Air Force Personnel Center officials said.

“The ISOS program is designed to develop dynamic Airmen ready to lead air, space, and cyberspace power in an expeditionary war-fighting environment,” said 1st Lt. Kyle Seifert, AFPC force development support chief. “Students practice leadership and managerial skills, using lessons on leadership, military ethics, Air Force core values and human rights.” Commander endorsed applications are due July 25.

“The course requires specific language proficiency levels and fitness standards, so interested captains should begin preparing now to make

sure they have time to complete all the required documents and coordinate the application for their commanders’ endorsements,” Seifert said.

ISOS mirrors the SOS in-residence course at Maxwell Air Force Base, Ala., but additional objectives include developing inter-American awareness and a cadre of potential Latin American regional affairs specialists, Seifert explained. Program graduates will earn primary developmental education credit through Air University.

Fiscal year 2015 class dates will be Oct. 9-Dec. 10; Feb. 17-April 15, 2015 and June 8-Aug. 5, 2015.

For more information about developmental opportunities and other personnel issues, visit the myPers website at <https://mypers.af.mil>. To review ISOS application procedures and eligibility criteria, select “search all components” from the drop down menu, enter “ISOS” in the search window and select PSDM 14-48.

## AF test pilot school applications due in June

By Debbie Gildea

Air Force Personnel Center Public Affairs

The 2014 USAF Test Pilot School selection board will convene at Joint Base San Antonio-Randolph Aug. 5-8 to consider candidates for July 2015 and January 2016 classes, Air Force Personnel Center officials said.

Applications must reach Headquarters Air Force Materiel Command Air, Space and Information Operations by Monday, 4 p.m. Eastern Daylight Time.

The board will select applicants for fighter, multi-engine aircraft, helicopter and remotely piloted aircraft pilot, combat systems officer (including navigators, electronic warfare officers and weapons system officers) and military and civilian engineer opportunities.

TPS trains pilots, combat systems officers and engineers to develop, test and evaluate the newest aircraft and weapons systems in the fighter, multi-engine, helicopter and remotely piloted aircraft categories.

The 48-week course consists of

four closely related curricula: experimental test pilot, experimental test combat systems officer, experimental test remotely piloted aircraft pilot and experimental flight test engineer.

“Selection for a test pilot school position is very competitive,” said Maj. Miles Middleton, AFPC test pilot functional manager. “TPS graduates are future senior leaders who will be in high demand in an era of increasing combat technological advancements on the battlefield.”

Program requirements change slightly every year so interested applicants must submit a new electronic application (and waivers if necessary) for this year’s board, Middleton explained.

For more information about developmental opportunities other personnel issues, visit the myPers website at <https://mypers.af.mil>. To review test pilot school application instructions and eligibility criteria, select “search all components” from the drop down menu, enter “USAF Test Pilot School” in the search window and select PSDM 14-50.

## LOCAL BRIEFS

### SATURDAY

#### FREE CHRISTIAN MUSIC CONCERT

A free Christian music concert begins at 6:30 p.m. Saturday at the Refuge Student Ministry Center.

The concert features recording artist Living Water Sound.

For more information, call 830-765-2476.

### WEDNESDAY

#### 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.

### THURSDAY

#### SECURITY HILL TECHNOLOGY EXPO

The Security Hill technology exposition, hosted by the Joint Information Operations Warfare Center, is from 10 a.m. to 2 p.m. Thursday at the Kisling Community Center.

More than 30 exhibitors will demonstrate the latest in satellite imagery, network forensics, information security, mobility solutions, technol-

ogy training, cyber security solutions, supply chain management, system integration, certification programs, test equipment radios, touch panels, signal management solutions and test and measurement.

The expo is free and open to all military, civilian and Department of Defense contractors.

Visit <http://www.FederalEvents.com> to pre-register for the event.

For additional information, call 443-561-2458.

### JULY 1

#### MARRIAGE ENHANCEMENT LUNCHEON

The Joint Base San Antonio-Lackland Chapel will hold a marriage enhancement luncheon from 11:30 a.m. to 1 p.m. July 1 in the Gateway Club's Alamo Room.

The luncheon's topic is "Moving from Conflict to Connection" and is free with lunch provided. Seating is limited.

For more information or registration call Gateway Chapel at 671-2911.

### INFORMATIONAL

#### LACKLAND THRIFT SHOP CLOSURE

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

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

### WHASC CART DRIVERS NEEDED

The 59th Medical Wing Volunteer Service Office needs licensed drivers, who are at least 20 years of age, for its step saver program.

Qualified volunteers will transport patients to and from clinic entrances and parking lots in the vicinity of the Wilford Hall Ambulatory Surgical Clinic. Carts operate from 8 a.m. to 4 p.m., Monday through Friday. Training is available.

For additional information, call 292-6591.

### SAFETALK TRAINING CLASSES

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

The classes teach how to recognize persons with suicidal thoughts and assist them in seeking help 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.

The JBSA-Randolph class at the chapel annex is Monday, 8:30 a.m. to noon.

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.

### LANCE P. SIJAN AWARD NOMINATIONS

The Air Force Personnel Center will accept nominations for the 2014 Lance P. Sijan U.S. Air Force Leadership Award through Aug. 29.

The Sijan Award recognizes the accomplishments of officers and enlisted members who have demonstrated the highest quality of leadership in the performance of their duties and their personal lives.

### 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 information, contact customer

service at 671-2575/3611/3801, 925-1490/1049/1048, or email [502lrs.customerservice@lackland.af.mil](mailto:502lrs.customerservice@lackland.af.mil).

### CCAF DIPLOMA PICK UP

Community College of the Air Force graduates have until July 31 to pick up diplomas before they will be returned to CCAF.

Diplomas are available in the Education Services office, building 5725, room 143.

### BALFOUR BEATTY HOUSING

Balfour Beatty Communities is accepting applications for two and three-bedroom housing for qualified members in Frank Tejada West.

Applications are open to active duty, active Reserve, accompanied and single service members, Department of Defense contractors, retirees, federal civil service employees, retired federal civil service employees, foreign military members and medical officer students.

For more information, contact the Balfour Beatty Community leasing office at 674-9366.

## 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	<a href="http://www.lacklandesc.org">http://www.lacklandesc.org</a>
Force Support Squadron	<a href="http://www.lacklandfss.com">http://www.lacklandfss.com</a>
Lackland ISD	<a href="http://www.lacklandisd.net">http://www.lacklandisd.net</a>
Officers' Spouses' Club	<a href="http://www.lacklandosc.org">http://www.lacklandosc.org</a>
JBSA Public website	<a href="http://www.jbsa.af.mil">http://www.jbsa.af.mil</a>
My Air Force Life	<a href="http://www.MyAirForcelife.com">http://www.MyAirForcelife.com</a>

# 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

- ▶ Transition Assistance Program, 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.

### MONDAY

- ▶ Five-day Transition Assistance Program, mandatory pre-separation briefing and Form 2648 are required prerequisites, 7:45 a.m. to 4 p.m.
- ▶ Family readiness briefing, mandatory for personnel deploying longer than 30 days or going on remote assignments, 10:30-11 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 more

information, call 773-354-6131.

### TUESDAY

- ▶ Transition Assistance Program, 7:45 a.m. to 4 p.m.
- ▶ Pre-separation briefing, mandatory for all members retiring, pre-registration required, 9 a.m. to noon.
- ▶ Pre-deployment briefing, required for all airmen preparing to deploy, 502nd logistics readiness squadron IDRC briefing room, 9-9:30 a.m., building 5160.

### WEDNESDAY

- ▶ Transition Assistance Program, 7:45 a.m. to 4 p.m.
- ▶ Key spouse training, 9 a.m. to noon.
- ▶ AMVETS national service officer available by appointment only. For more information, call 773-354-6131.

### THURSDAY

- ▶ Transition Assistance Program, 7:45 a.m. to 4 p.m.

- ▶ Pre-separation briefing, mandatory for all members separating voluntarily, pre-registration required, 9 a.m. to noon.
- ▶ Exceptional Family Member Program parent support group, noon to 1:30 p.m.
- ▶ AMVETS national service officer available by appointment only. For information, call 773-354-6131.

### JUNE 27

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

### JUNE 30

- ▶ 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 more information, call 773-354-6131.

### JULY 1

- ▶ 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 information, call 773-354-6131.

### JULY 2

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

### JULY 4

- ▶ The Military Family and Readiness Center will be closed for the Fourth of July holiday.

## 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.lacklandesc.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>

# Suntan leads to skin cancer

By John Franklin  
Brooke Army Medical Center

Getting summer-tanned skin is not what it used to be. Take it from me, who is missing parts of my ear and nose due to achieving that “beautiful tan” when I was younger.

There are a lot of things that you really don’t understand until you are older and wiser. For example, a nice suntan seems neat at the time, but later in life you may develop a skin cancer that requires a long-term relationship with your dermatologist.

This is one of life’s lessons that many people don’t realize, especially among the younger crowd. Skin cancer is a killer.

Sorry, there is no waiver for ultraviolet radiation. Skin cancer is the most common cancer in the United States. Most cases of melanoma – the deadliest kind of skin cancer – are caused by exposure to ultraviolet light from the sun.

I want to share a few lessons I have learned through the years and wished I’d listened to when I was younger.

First, mothers, don’t let your babies turn brown. The most vulnerable skin to UV radiation is the soft, smooth baby skin we so adore to touch. Apply sunscreen on your baby – lots of it – and keep them covered with long-sleeved shirts and hats that protect their ears, nose and neck. If you love your child, make sure you help them with early prevention and protection. Lather them up with sunscreen.

Sunscreen is not like fine wines or aged bourbon ... it does not get better with age! If your sunscreen is old, like from last summer, it is no longer effective. Get rid of it and don’t waste your time; you might as well be rubbing cooking oil on yourself. Don’t scrimp on sunscreens. If you are going to “sunbathe,” wear plenty of sunscreen and reapply frequently.

Applying just a little sunscreen is like wearing just a half of a life jacket.

Sunscreen works by absorbing, reflecting, or scattering sunlight as the sun hits your skin. It has chemicals that will help protect your skin from harmful effects of ultraviolet radiation. Different manufacturers use different chemicals, so try different products to see which one you like best. Sunscreen is also deteriorated by heat, so sunscreens left in a hot car will deteriorate faster. The chemicals have a short shelf life. Replenish them often.

The chemicals also have different degrees of effectiveness and these are referred to as the Sun Protection Factor or SPF. The higher the SPF, the more protection against UV rays. Although manufacturers advertise their products as “waterproof,” it is wiser to reapply when you get out of the water or have been involved in a strenuous, sweaty activity.

For those who like to wear a shirt in the water, wear a dark-colored and densely weaved fabric with long sleeves to protect your skin. Some clothing now has an SPF rating on the tag. The higher the rating, the better. Wearing a hat with a brim all the way around is the next best defense. Wear sunglasses that filter out UV rays, which can damage your eyes and promote the formation of cataracts. Also stay out of the tanning beds! You can get more than a tan from them.

To sum it up, keep it simple. The sun’s UV rays are not good for you. Protect yourself and wear protective clothing and lots of sunscreen. Parents, take special care of your children, they have the most vulnerable skin and they need your help to protect them.

Now get out there and enjoy summer. Just don’t overdose on UV rays.

For more information, go to the Centers for Disease Control and Prevention website at [http://www.cdc.gov/cancer/skin/basic\\_info](http://www.cdc.gov/cancer/skin/basic_info).

**the Truth about Tanning**  
Your natural skin color is great the way it is!

**2014 Cancer Day of Science**

**Truth:** "I have to get a tan to look good."  
Fine Lines and Wrinkles, Sagging Skin, Cataracts, Brown Spots

**Truth:** You should know your skin will pay a price!

**Truth:** "Only old people get cancer."  
Young women are getting skin cancer more often. The risk is real!

**Truth:** Every time you tan, you increase your risk of melanoma.

**Truth:** "Having a good base tan will protect my skin from the sun."  
A tan is a sign of damaged skin.

**Truth:** "Tanning beds are a good way to get vitamin D."  
Tanning beds are risky, and most people get enough vitamin D from food and sunlight during daily activities.

**Truth:** You can get more than a tan from a tanning bed.  
If the tanning bed isn't clean, you could pick up a serious skin infection with symptoms like:  
Genital warts, Skin rashes, Skin warts, Flaky, discolored patches on your skin

**National Centre for Chronic Disease Prevention and Health Promotion  
Division of Cancer Prevention and Control**

**CDC**

## UPCOMING

### 9/11 COMMEMORATIVE RUN

The Robert D. Gaylor NCO Academy will be hosting a 9/11 remembrance run from 7 a.m. to 4 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.

### FLAG FOOTBALL TRYOUTS

Joint Base San Antonio-Lackland Varsity Flag Football tryouts take place from noon to 2 p.m. every Saturday during the month of June at the Warhawk Football Field. For more information, call 314-749-3559 or 434-426-8033.

### IAAFA 5K

Join in a fun run hosted by the Inter-American Air Force Academy at 8 a.m. July 1 at the Circle of Flags. You can run with your distinctive flag colors, carry a flag or simply represent your heritage. Preregistration is \$10 or \$12 on the day of the event. Call 671-0215 for more details.

### COMBAT HAPKIDO

Learn self-defense to incorporate a variety of strikes, kicks, joint locks, pressure points, ground survival and disarming techniques in Combat Hapkido class, which takes place at 6 p.m. on Mondays. The class is \$60 per month. For details, call 671-3490/2016

### 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.

# JBSA-Lackland youth baseball coaches enjoy the satisfaction of teaching



Claire Snarr, 11, throws the ball infield in the fourth inning of the JBSA-Lackland Phoenix 11-12 year old baseball team's matchup versus Joint Base San Antonio-Randolph Saturday. Snarr is the daughter of Maj. Jed Snarr, 273rd Information Operations Squadron, Texas Air National Guard.

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

The Joint Base San Antonio-Lackland youth baseball team rallied from a three-run deficit at the bottom of the fourth inning to tally four runs and defeat JBSA-Randolph's youth baseball team 9-8, in their regular season finale Saturday. The team concluded its season with a 3-2-2 record.

For coaches Petty Officer 2nd Class Namon Richardson, Navy Information Operations Command Texas logistics specialist; and Airman 1st Class Travis Marler, 543rd Support Squadron regional server support technician, coaching the team of 11 and 12 year olds is not about attaining wins and losses.

It is about the instant gratification each gets from seeing children have fun on the field – some of them playing baseball for the first time - and watching them progress as baseball players.

"Watching the players get their first hit, pitchers get their first strike out and making their first out on base drives me as a coach," said Richardson, who became a volunteer coach six months after moving to JBSA-Lackland from Naval Support Activity Bahrain. "I also enjoy the parents cheering and encouraging their children."

"I like seeing the progression that's transpired on the team," Marler explained. "When these kids came in, they had never played before. From when they first started until now, there is a lot of pro-

gression. They can hit, catch and throw." For Marler, being a coach gives him the opportunity to see children enjoy the game just like he did when he was younger.

"I can take time out of my schedule to teach some kids how to get into baseball, and maybe one day they can be future professional baseball players," the 18-year-old said. "Knowing that I coached a kid that went on to play at a high level would make me feel good."

Both coaches said they will most likely coach in the base youth baseball program next year.

For additional information on how to volunteer as a coach or enroll children in the JBSA-Lackland Youth Sports programs, call 671-2388/2510.