



TALESPINNER

JOINT BASE SAN ANTONIO-LACKLAND, TEXAS • Vol. 71 No. 9 • March 7, 2014

Herculean effort: Retired C-130 transported to new home



Photo by Dan Solis

An Air Force C-130 Hercules cargo aircraft makes its way up Texas State Highway Loop 1604 to its final destination at Joint Base San Antonio-Camp Bullis Sunday. It took about four hours to transport the aircraft across San Antonio. The C-130 was diverted from decommissioning by the Puerto Rico Air National Guard and is now set to be a simulator trainer for about 1,300 students per year participating in the aeromedical evacuation and patient staging course at the Medical Readiness Training Center at JBSA-Camp Bullis. See story Page 3.

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Troops for Teens connects Airmen, students

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

Troops for Teens, a mentoring and tutoring partnership between 24th Air Force and South San Antonio Independent School District, kicked off Feb. 22 with an event for students and mentors.

"We have an opportunity to make a difference in these students passing their standardized tests, moving to the next grade level, making positive career choices and even staying in school," said Capt. Dacia Sexton, 24th AF A8/9 senior cyber analyst and head of volunteers for the 24th AF staff.

The Troops for Teens program seeks to foster an environment of education, mentorship and leadership opportunities for students in San Antonio, according to Maj. Gen. J. Kevin McLaughlin, 24th AF commander.

"This program allows Airmen to give back to the community by exercising 'Service before Self' and molding the future leaders of America," Sexton said.

Through the program, mentors will meet with students at their school to help with tutoring in basic subjects, including algebra, biology, English, geography and geometry. In addition, the students will be invited to base events to see what life in the military is like.

The two-part program aims to successfully mold students into well-rounded individuals armed with the skills and knowledge needed to make



Photo by 2nd Lt. Meredith Hein

Maj. Gen. J. Kevin McLaughlin, 24th Air Force commander, speaks to students from South San Antonio Independent School District during the kickoff event for the Troops for Teens program. Troops for Teens is a mentoring program which seeks to foster an environment of education, mentorship and leadership opportunities for students in San Antonio.

educated career decisions, according to Sexton.

"This is such a great opportunity for both the mentors and the kids involved," said Lt. Col. Roy Jones III, A5/6 deputy director and head of 24th AF's efforts in the program. "We're grateful for the chance to give back to our local community in a way that is mutually beneficial."

The kickoff event, held Feb. 22 at the McLaughlin home, included lunch and games which gave a chance for students and mentors to get to know each other.

During the event, McLaughlin thanked the mentors, stu-

dents and educators involved in the program.

"We're so happy to have you here, and thankful for the chance to build this relationship," said McLaughlin. "This is just the starting point of a great partnership."

There are hundreds of children in the South San Antonio ISD who are eligible for this program and school officials are working to get as many students as possible involved.

Currently, 30 mentors from 24th AF are involved in the program, with tutoring scheduled to begin in March.

"I'd call on anyone who is interested in helping out to get

with their unit POCs and find a way to be involved," said Jones. "Every action on our part can make an impact on a kid's life."

For information on how to get involved in the Troops for Teens program, contact unit POCs:

- » 24th Air Force: Capt. Dacia Sexton
- » 67th Cyberspace Wing: Chief Master Sgt. Rhonda Buening
- » 688th Cyberspace Wing: Maj. Pablo Juarez
- » 624th Operations Center: Capt. Erica Fuller
- » For anyone outside of 24th AF, contact 24th AF public affairs at 395-0296.

Joint Base San Antonio-Lackland Editorial Staff

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COMMANDER

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EDITOR

MIKE JOSEPH
SENIOR WRITER

JOSE T. GARZA, III
SPORTS/STAFF WRITER

DOROTHY LONAS
PAGE DESIGN/ILLUSTRATOR

Office

1701 Kenly Ave. Suite 102
JBSA-Lackland, Texas
78236-5103
671-2908;

(fax) 671-2022

Email: tale.spinner@us.af.mil

Commander's Action Line
<http://go.usa.gov/jhXh>

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EN Communities
P.O. Box 2171,
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- JBSA-Fort Sam Houston: 466-4630
- JBSA-Lackland: 671-6397
- JBSA-Randolph: 652-7469

NEWS IN BRIEF

Compiled by Mike Joseph, JBSA-Lackland Public Affairs

MONDAY

MUNITIONS MANAGEMENT FLIGHT CLOSURE

The 502nd Logistics Readiness Squadron's Munitions Management Flight will be closed through March 17 for its semiannual stock record account inventory.

Only justified emergency issue requests submitted in writing and approved by the 502nd Security Forces/Logistics Support Group commander will be accepted during the shutdown. For information, call 671-9030/4265 or email FV3047.Lackland@us.af.mil.

MARCH 14

IAAFA CELEBRATION FUN RUN

The Inter-American Air Forces Academy will celebrate its 71st anniversary with a 5K fun run at 9 a.m. March 14. The \$12 registration fee deadline is Thursday.

The run will start from the IAAFA circle of flags on the corner of Selfridge and Carswell avenues on the basic military training side of Joint Base San Antonio-Lackland. For more information, contact Tech. Sgt. Mauricio Moya at 671-0215.

MARCH 17

MORAL INJURY/PTSD WORKSHOP

The Wilford Hall Ambulatory Surgical Center chapel will conduct a moral injury/post-traumatic stress disorder workshop from 8-11:30 a.m. March 17.

Workshop participants will become familiar with moral injury, PTSD, major depression and other mental health disorders. Contact Victor Walker at 292-7373. The reservation deadline is March 12.

INFORMATIONAL

STAFF SERGEANT TESTING MOVED

The 2014 staff sergeant testing window has been moved up 30 days. The new window is April 1 to May 16.

For information, call 671-8764.

ADDITIONAL TAP CLASSES

The JBSA-Lackland Military and Family Readiness Center has added additional classes to the Transition Assistance Program for March.

All retiring or separating members must have completed the mandatory pre-separation briefing (Department of Defense Form 2648) prior to TAP enrollment.

For details, call 671-3722.

Hercules travels by road

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

While common to see military aircraft in the sky, San Antonio drivers shared the road Sunday with a retired, partially disassembled Air Force C-130 Hercules cargo aircraft as it was towed on highways between Joint Base San Antonio-Lackland and the Medical Readiness Training Center at JBSA-Camp Bullis.

The aircraft's four-hour road trip was successfully accomplished through combined efforts of members from the 502nd Trainer Development Squadron at JBSA-Randolph, JBSA-Lackland Security Forces, San Antonio Police Department, Texas Highway Patrol and World Wide Aircraft Recovery.

"The move was definitely a team effort, one that took us about five months to plan and execute," Reimo Estrada, 502nd Trainer Development Squadron project manager, said. "Everything came together though, and we delivered the aircraft with no issues."

Once equipped to immerse the medics in a combat environment, the aircraft will become a vital training tool used by the 937th Training Group's aeromedical evacuation and patient staging course students. AEPS is a week-long course where instructors teach students to load, transport and treat patients aboard a C-130 in contingency, humanitarian and disaster relief environments.

Sunday's move of this 116' asset entailed only the



U.S. Air Force photo by Dan Solis

An Air Force C-130 Hercules cargo aircraft maneuvers under Texas State Highway Loop 1604 and Interstate 10 to its final destination at Joint Base San Antonio-Camp Bullis Sunday. It took about four hours to transport the aircraft across San Antonio. The C-130 was diverted from decommissioning by the Puerto Rico Air National Guard and is now set to be a simulator trainer for about 1,300 students per year participating in the aeromedical evacuation and patient staging course at the Medical Readiness Training Center at JBSA-Camp Bullis.

fuselage of the bulky aircraft. According to Kevin Haley, 502nd TDS director, other major parts of the C-130 were transported to JBSA-Camp Bullis since Feb. 12.

"For the replacement aircraft to be prepared and moved the contractor had to remove the C-130's engines, wings, and horizontal and vertical stabilizers to facilitate overland transportation to Camp Bullis," Haley said. "There, the contractors will re-assemble the aircraft and restore it to its non-flying original electrical, electronic and mechanical, functional and operational status."

According to Lt. Col. Charles Cambron, 937th Training Support Squadron, MRTC flight commander, the required plane was scheduled for decommissioning from the Puerto

Rico Air National Guard and it was diverted to JBSA-Camp Bullis, by way of JBSA-Lackland. Utilizing designated funds from the Readiness Training Oversight Committee, 502nd TDS fabricators will reconfigure the plane into a state-of-the-art trainer.

"Students in the AEPS course will practice loading and unloading patients on our flightline, as well as putting their clinical skills to the test while running patient scenarios during in-flight simulations," Cambron said. "The C-130 is equipped to simulate the sounds, sights, feel and even smells of actual flight to better prepare our deployers to be more effective for our patients down-range."

About 1,300 students will be trained each year during the course, accord-

ing to Cambron. He also said that several medical specialties, to include doctors, nurses, administrative staff, medical technicians, officers and enlisted will take the course.

The simulation project is expected to take another two months to complete.

In the next few weeks, the team will be busy putting the C-130 back together and ensuring that everything works properly before beginning the process to simulate explosions, smoke and even temperature changes, according to Estrada.

"All the players' determination, whether active duty, civilians or contractors have made this project a success, and their efforts will directly affect the lives of our patients we're sent to bring home," Cambron said.

433rd Security Forces Squadron, AFRC's Tenant Unit of the Year

By Senior Master Sgt. Minnie Jones
433rd Airlift Wing

The 433rd Security Forces Squadron at Joint Base San Antonio-Lackland is the Air Force Re-

serve Command winner of the 2013 Outstanding Security Forces Tenant Unit of the Year. The award recognizes the most outstanding unit, individual achievements and performance at a tenant or associate AFRC unit.



Photo by Tech. Sgt. Carlos Trevino

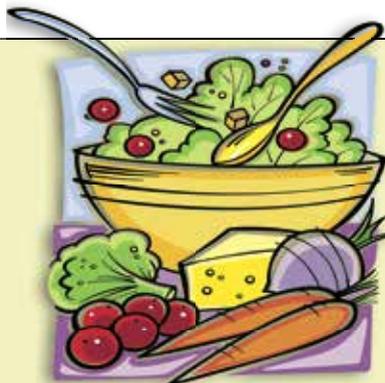
Airmen of the 433rd Airlift Wing demonstrate their capabilities at a recent operational readiness exercise. Security Forces and firefighters working together secured an area under attack and put out a simulated fire during the ORE.



Courtesy Photo

433rd Security Forces Squadron deploy to Bagram Air Field, Afghanistan, in 2014, in support of Operation Enduring Freedom.

National Nutritional Month



The Wilford Hall Ambulatory Surgical Center Outpatient Nutritional Medicine Clinic is sponsoring events in March for National Nutritional Month.

The events provide information on the importance of making informed food decisions and developing healthy eating and physical activity habits.

For more information, contact the WHASC Nutritional Medicine Clinic at 292-7578 or Senior Airman Catherine Scholar at 292-5743.

Friday

Free breakfast bags while supplies last, 6:30 a.m., Warhawk Fitness Center entrance

March 21

Performance nutrition seminar, questions and answers with a registered dietitian, 1-2 p.m., WHASC auditorium

March 27

Nutritional health fair, 8 a.m. to 2 p.m., WHASC atrium

Correction – The article “Will you be ready? Radiological Incidents: Not a matter of if but when” printed in the Feb. 14 issue of the Lackland Talespinner was misattributed. The article is by Maj. Bruce Hill, Defense Threat Reduction Agency Reserve Component public affairs officer. The quotes in the article are from Maj. Michael G. Schlueter, DTRA officer in charge.

DIAMOND SHARP



Staff Sgt. Samuel Mercado
Unit: *Air Force Life Cycle Management Center, Detachment 6*
Duty title: Commander's Support Staff Technician
Time in service: 5 years, 1 month
Hometown: San Antonio



"Staff Sgt. Samuel Mercado exemplifies Air Force core values and demonstrates daily what it means to be an Airman and Wingman. He leads the day-to-day operations of Detachment 6's command support staff that oversees personnel management actions for more than 990 personnel in one group, 13 squadrons, at three geographical separated units. Mercado flawlessly orchestrates the Detachment 6 commander's staff meeting, enabling strategic guidance and key operational information to be disseminated to eight organizations. In addition, he supervises two Airmen who corrected and updated the Military Personnel Data System that provides an accurate and timely flow of data. Additionally, Mercado passed his career development course with an 80 percent and is now seven level certified ... seven months ahead of schedule. Lastly, on his own time and using his own vehicle, he instructed one of his troops on the fundamentals of motor vehicle operations; ensuring his troop was primed to pass the driving exam. Mercado is a true 'fire and forget' staff sergeant whose passion and drive made his selection to lead the command support staff clear-cut. His actions and work ethic make him deserving of the February 2014 Diamond Sharp Award."

-Master Sgt. Eric Rascoe

First Sergeant, Air Force Life Cycle Management Center/Detachment 6

Tech. Sgt. Melvin Rosario
Unit: *Inter-American Air Forces Academy*
Duty title: Instructor Supervisor
Time in service: 13 years
Hometown: Puerto Rico



"Tech. Sgt. Melvin Rosario is an instructor at the Inter-American Air Forces Academy. Through his duties and responsibilities of educating and training international students from Latin America, Rosario fosters Inter-American engagement with professionalism in-and-around his class, unit and beyond. He displays superb customer service skills, customs and courtesies and professional manner with all whom he comes in contact with. Rosario is one of the reasons why IAAFA sustains and delivers on the Air Force core function of building partnerships with 21 Latin American nations as "Airpower's Gateway to the Americas."

- Master Sgt. Rafael Meneses

First Sergeant, Inter-American Air Forces Academy

Airman 1st Class David Cooper
Unit: *3rd Combat Camera*
Duty title: Combat Photojournalist
Time in service: 1 year, 9 months
Hometown: Columbia, S.C.



"Airman 1st Class David Cooper leads by example through Airmanship and professionalism in all he does. Cooper led three Airmen during a C-5 maintenance photo shoot, exposing them to airfield documentation techniques and training four Airmen on skills learned from military veteran photographers during the San Antonio Shoot-off. He delivered expert documentation of military veterans for the Veterans in Blue program, earning over 1,300 hits world-wide in the first month. Cooper also selflessly devoted more than 25 hours in community involvement, aiding underprivileged families with new homes and collecting clothes to improve the quality of life for local foster children. Cooper is a significant asset to the 3rd Combat Camera Squadron and holds a promising career in the Air Force."

-Master Sgt. Antonio Propst

First Sergeant, 3rd Combat Camera Squadron

Staff Sgt. Frank Harris
Unit: *502nd Communications Squadron*
Duty title: Client Systems Technician
Time in service: 11 Years
Hometown: New Orleans



"Staff Sgt. Frank A Harris, client systems technician from the 502nd Communications Squadron, is a consummate professional and has been a rock-steady "go-to" communications warrior. Harris created a streamlined process for major communication outage notifications across all of Joint Base San Antonio. This process allowed for expeditious notification of all major mission partners and tenant units when a major communication failure occurs. The notification process reduces the call volume to both the enterprise service desk and the communications focal point and provides information updates to the base leadership as the problem is worked towards resolution.

Recently, Harris formulated and briefed at the quarterly client support technicians meeting. He informed more than 600 CSTs on policy changes and provided refresher training on ticket submissions/routing and the importance of keeping tickets up to date. His briefing reduced the number of misrouted tickets and decreased wait time on resolution of computer issues by ensuring tickets were not stagnant. His professionalism and positive attitude demonstrates all three Air Force core values – Integrity First, Service before Self, and Excellence in All We Do – which makes him the Diamond Sharp Airman this month."

-Tech. Sgt., Russell Mullens

First Sergeant, 502nd Communications Squadron

Tech. Sgt. Christopher Dion
Unit: *341st Training Squadron*
Duty title: Team Chief
Time in service: 15 years, 1 month
Hometown: Belchertown, Mass.



"Tech. Sgt. Christopher Dion is a consummate professional whose drive for mission accomplishment stands out. As a military working dog handler course team chief, Dion leads a team that provides exceptional training to future military working dog handlers for the entire Department of Defense. Off duty, he is highly involved in the Joint Base San Antonio 5/6 Council, organizing events and promoting membership throughout the area. His leadership in the council resulted in him being selected as the Lackland 5/6 Council's "Outstanding Technical Sergeant of the Year" for 2013. In addition, as a voting representative, master instructor, sexual assault victim's advocate and a recent recipient of the Presidential Volunteer Service Award, Dion is a key player in sharing a wealth of knowledge with every Airman he comes in contact with. His positive energy and never-fail attitude makes him an asset and solid example to his peers. These are just a few reasons why Dion is Diamond Sharp."

-Master Sgt. Kerry Carr Jr.

First Sergeant, 341st Training Squadron

Staff Sgt. Marvin Kelker
Unit: *802nd Security Forces Squadron*
Duty title: Supply NCO
Time in service: 12 years
Hometown: Killeen, Texas



"Staff Sgt. Marvin Kelker is more than deserving of being a 'Diamond Sharp' Airman. Since his arrival in the unit a year and a half ago, he hit the ground running by ensuring that his fellow security force defenders were geared up and ready to deploy. He also coordinated more than 195 travel vouchers and ensured all were financially prepared to complete the mission. Kelker is a huge supporter of the Defender's Association and an advocate of the local community. He led several fellow defenders to be personal security during the Miss San Antonio and Miss San Antonio Teen competition at the 2014 Army All-American Bowl. Finally, when called upon by the 502nd Air Base Wing commander to step up for a tiger team aimed at answering problems with 'supervisory support' in the ranks he jumped at the opportunity. Kelker is an excellent Airman and a model for others to emulate. He is our Diamond Sharp."

-Master Sgt. Jamie Williams

First Sergeant, 802nd Security Forces Squadron

Be safe at the stove! JBSA fire department urges home cooking safety



Photo by Joshua Rodriguez

Cooking can be a relaxing and enjoyable activity but the JBSA Fire Department wants everyone to remember that safety is always on the menu. Make sure to take proper precautions when cooking to prevent stove fires.

By Michael A. Guzman
Assistant Fire Chief

Cooking brings family and friends together, providing an outlet for creativity and relaxing, but if not done safely it can be dangerous.

Home fires, as a result of cooking, continue to be the most common type of fire experienced in U.S. households. They are the leading cause of home fire injuries. Most cooking fires

in the home involve the stovetop

Across Joint Base San Antonio, there has been a recent increase in stove fires.

Following a few kitchen safety tips can prevent these fires and keep individuals and families safe.

Cook with caution

- Never leave cooking unattended. Stay in the kitchen, especially if cooking in grease or if the oven is at a high

heat. Turn off the burner or oven if it's necessary to leave the house.

- Keep combustibles (dish towels, pot holders, paper towels, etc.) away from the stove.

- Keep appliances serviced and clean. Dump the crumb tray and clean out the crumbs periodically from the toaster or toaster oven. Wipe out the microwave. Clean the oven.

- Unplug electric appliances when not in

use. Toaster ovens, mixers and coffee makers continue to draw electricity even when they're not on. If the wiring is old or faulty a fire could break out.

- Install a smoke detector near, but not in the kitchen. Small amounts of smoke or steam that cooking sometimes generates could trigger the alarm frequently, placing it nearby allows it to sense a kitchen fire.

- Use caution when lighting the pilot light or burner on a gas stove. Follow the manufacturer's instructions
- Don't use metal in the microwave. The sparks can seriously damage your microwave or start a fire.

- Don't overfill cooking utensils with cooking oil. The oil can splatter

and cause a fire.

- Wipe up spills and don't cook on a dirty stove. Grease buildup is flammable. A clean stove is a fire-free stove.

- Always roll up long sleeves and tie back long hair when cooking. Don't allow clothing or hair to catch fire!

- Have a "kid-free zone" of at least 3 feet around the stove and areas where hot food or drink is prepared or carried.

If there is a fire

- Just get out! Close the door to help contain the fire.

- Call 911 after escaping the home.

- If attempting to fight the fire, be sure others are getting out and there is a clear way out.

- Keep a lid nearby while cooking to smother simple grease fires. Smother the fire by sliding the lid over the pan and turn off the stovetop. Leave the pan covered until it is completely cooled.

- For an oven fire, turn off the heat and keep the door closed.

For more fire safety information review the National Fire Protection Association Public Education Division at www.nfpa.org/education.

For local questions regarding kitchen fire safety please contact your Joint Base San Antonio Fire Prevention Office, 671-2921 JBSA-Lackland, 221-5452 JBSA-Fort Sam Houston, or 654-8110 JBSA-Randolph.

AF NEWS

SecAF outlines top priorities during 'State of The Air Force' address

By Rich Lamance
Air Force News Service

After her second month in office, Secretary of the Air Force Deborah Lee James laid out her top three priorities as part of a "state of the Air Force" address, during the final day of the 30th annual Air Force Association Warfare Symposium and Technology Exposition Feb. 21.

James laid out the path she, and other senior leaders, feel the Air Force needs to pursue, both in the short term, as well as the years ahead, basing her priorities upon an Air Force that faces dwindling budgets, resources and people.

She feels the Air Force's No. 1 priority, above aircraft, weapons or equipment, is its people. "Having the right people in the right job at the right time, who are trained and developed should be our number one priority."

The secretary added that, "taking care of people means to me recruiting, retaining and reshaping our force, so that we have the right people in the right jobs for the immediate future, as well as thinking ahead to the longer term. We are going to be smaller. We will be going through a force-shaping set of procedures, which will include mostly voluntary measures. We may do some involuntary as well, but this will be a big deal over the next year or two."

James said the other part of taking care of people is compensating people fairly. She believes compensation has escalated over the last dozen years or so, but she expects to see a leveling off in the years ahead. She also believes that to grow Airmen, the Air Force needs to be more diverse.

"Taking care of people also means growing our leadership, developing our people, and getting more diversity of thought at the table. That includes people who come from diverse backgrounds. People with diverse backgrounds have different approaches to problems, and I'm convinced we will get better solutions if we have that diversity of thought."



Photo by Scott M. Ash

Secretary of the Air Force Deborah Lee James delivers her keynote speech during the 30th Annual Air Force Association Air Warfare Symposium and Technology Exposition, Feb. 21 in Orlando, Fla. James described the Air Force as the "nation's go-to force, ready at a moment's notice to answer the president's call, providing global vigilance, global reach and global power."

James also stressed that family programs, along with a good balance of work and family time are key to growing better and more productive Airmen.

"It means protecting family programs, achieving a work-life balance, which is hard for a lot of people in the Air Force, because there is a lot of work and it's hard to get that work-life balance in there. It means leveraging the best talents of our active, Guard, Reserve and civilian teams. We also need to ensure a climate of dignity and respect for all, all of the time, period, whether you are on duty or off duty."

While most of what she sees in the Air Force is extremely positive, James said there are important Airman issues that need to be improved. In the past two months, she has traveled to eight states, as well as the District of Columbia, and has put time and effort into addressing some of those issues

"One of the things I'm tracking on is sexual assault and sexual harassment. I'm listening and watching to see what changes have been made over the last

year or two, and I'm impressed with what I've seen. I get that our top leaders, without question, get the importance of it; they're on it, we're working it and that's the way it needs to remain – persistent focus will create an atmosphere throughout the Air Force that that behavior won't exist."

The second Airman issue involved 92 missile crewmembers at Malmstrom Air Force Base, Mont, who had some level of involvement in the cheating incident involving a monthly proficiency test on nuclear weapons.

"Some of these officers were directly involved with the cheating, others knew something about it, but for whatever reason, they failed to stop it and they failed to report it. I went out to the missile fields because I wanted to talk to some of the people involved and learn more about it."

James traveled to the missile bases, along with the Global Strike Command headquarters, and came away with a sense that the Air Force nuclear mission is in good hands, after receiving

command briefs, tours, and more importantly talking to Airmen.

"I am convinced after all of this that, number one, our nuclear mission is safe and secure. One test does not make or break anything, and there are plenty of outside evaluations and inspections which demonstrate to me that these Airmen know their job, they are performing it well, so our nuclear mission is safe and secure"

James' No. 2 priority is balancing today's readiness with tomorrow's modernization. "When it comes to today's readiness, I have the utmost confidence in our Air Force. If they are called upon tonight to do a mission half way across the globe, they will step up and do a magnificent job.

"With that said, I wouldn't be truthful with you if I didn't tell you readiness has slipped in recent years. Last year, during sequestration, was a particularly difficult time. We had to stand down some of our flying squadrons. So readiness has slipped. And we need to reverse this. The Chief is committed, I'm committed, we are all committed to returning the Air Force to higher levels of readiness than we have today. We owe it to our Airmen, we owe it to our country and that's what we're going to do."

James said that with the immediate relief the Air Force has been provided in fiscal years 14 and 15, "we're going to take most of that and we're going to beef up our readiness. It doesn't mean it will be perfect, it doesn't mean that will fix it, it doesn't mean that we wouldn't like to do more – but it will be a top priority moving forward.

"That's today's readiness. Then there's tomorrow's readiness, which is my way of talking about modernization and the need to recapitalize our platforms to ensure we stay ahead of the threats, and be able to control the skies, project power and extend global reach for the years to come."

The Secretary said the top three priorities for modernization remain the newest fifth generation fighter, the F-35

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DOD NEWS

Hagel outlines budget reducing troop strength, force structure

By Nick Simeone
American Forces Press Service

Defense Secretary Chuck Hagel has proposed cuts in military spending that include further reductions in troop strength and force structure in every military service in the coming year as part of an effort to prioritize U.S. strategic interests in the face of reduced resources after more than a decade of war.

At a Pentagon news conference today detailing President Barack Obama's proposed Pentagon budget for fiscal 2015, Hagel called the reductions – including shrinking the Army to its smallest size since before World War II and eliminating an entire fleet of Air Force fighter planes – “difficult choices” that will change defense institutions for years to come, but designed to leave the military capable of fulfilling U.S. defense strategy and defending the homeland against strategic threats.

Under a Pentagon budget that will shrink by more than \$75 billion over the next two years – with deeper cuts expected if sequestration returns in fiscal 2016 – Hagel and other senior defense and military officials acknowledged that some of the budget choices will create additional risks in certain areas.

Some of that risk, Hagel said, is associated with a sharp drawdown in the size of the Army, which the proposed budget calls for reducing to as low as 440,000 active-duty soldiers from the current size of 520,000, while ensuring the force remains well trained and equipped.

The cuts are made with the assumption the United States no longer becomes involved in large, prolonged stability operations overseas on the scale of Iraq and Afghanistan.

“An Army of this size is larger than required to meet the demands of our defense strategy,” Hagel said. “It is also larger than we can afford to modernize and keep ready.”

But, he said, the smaller force still would be capable of decisively defeating aggression in one major war “while also



Photo by Marine Corps Sgt. Aaron Hostutler

Defense Secretary Chuck Hagel briefs reporters on his recommendations to President Barack Obama for the fiscal 2015 budget Feb. 24 at the Pentagon.

defending the homeland and supporting air and naval forces engaged in another theater against an adversary.”

The budget request calls for special operations forces to grow by nearly 4,000 personnel, bringing the total to 69,700, a reflection of the asymmetrical threats the nation is likely to face in the future, Hagel said.

The restructuring and downsizing are in line with a two-year budget agreement that the president and Congress worked out in December, which limits defense spending to \$496 billion. Hagel warned Feb. 24, that if the budget for fiscal 2016 returns to the steep, automatic spending cuts imposed by sequestration, “we would be gambling that our military will not be required to respond to multiple major contingencies at the same time.”

Asked to define that increased risk, a senior Defense Department official expressed it simply. “If the force is smaller, there’s less margin for error,” the official said. “Let’s face it – things are pretty uncertain out there.”

The proposed budget also envisions a 5 percent reduction in the Army National Guard and Army Reserve. “While it is true that reserve units are less expensive when they are not mobilized, our analysis shows that a reserve unit is roughly the same cost as an active-duty unit when mobilized and deployed,” Hagel said.

In addition, the Army Guard’s Apache attack helicopters would be transferred to the active force, while Black Hawk helicopters would be transferred to the National Guard, part of a broader realignment of Army aviation designed to modernize the fleet and increase capability.

Within the Air Force, the defense budget calls for saving \$3.5 billion by retiring the A-10 Thunderbolt II fleet and replacing it with the F-35 Lightning II by the early 2020s.

“The A-10 is a 40-year old, single-purpose airplane originally designed to kill enemy tanks on a Cold War battlefield,” Hagel said. “It cannot survive or operate effectively where there are

more advanced aircraft or air defenses.”

In addition, the service also will retire the 50 year-old U-2 Dragon Lady surveillance plane in favor of the unmanned Global Hawk.

Hagel warned that much deeper cuts in Air Force structure and modernization will be necessary if sequestration is not avoided in 2016.

Among other proposals in the budget request:

- The Army will cancel the Ground Combat Vehicle program;
- The Navy would be able to maintain 11 carrier strike groups, but any steep future cuts could require mothballing the aircraft carrier USS George Washington;
- Half of the Navy’s cruiser fleet, 11 ships, will be placed in reduced operating status while they are modernized and given a longer lifespan;
- The Navy will continue buying two destroyers and attack submarines per year;
- The Marine Corps will draw down from about 190,000 to 182,000, but would have to shrink further if sequestration returns;
- An additional 900 Marines will be devoted to securing U.S. embassies; and
- The Defense Department is asking Congress for another round of base closings and realignments in 2017.

Hagel said most of the recommendations in the budget were accepted by senior military officers. Addressing reporters alongside him, Army Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, said the spending plan reflects a balancing of the military while ensuring it remains the world’s finest.

“It reflects in real terms how we’re reducing our cost and making sure the force is in the right balance,” Dempsey said.

Dempsey and Hagel will testify on the budget before Congress next week. Lawmakers will have the final say on spending decisions.

“This is the first time in 13 years we will be presenting a budget to Congress that is not a war footing budget,” Hagel noted.

BMT HONORS

Congratulations to the following 72 Airmen for being honor graduates among the 723 Air Force basic military trainees who graduated today:

320th Training Squadron*-Flight 163*

Zachary Benedetti

Jacob Hill

Adrian Hughes

Nicholas Kirincich

Justin Manen

Gene Noel

-Flight 164

Adam Armstrong

Kawika Baugher

Qadry Burrage

Adam Christudoss

Joseph Fitchett

Steven Gross

Deion Montana-Graham

David Whisenhunt

Steven Wojtkowiak

322nd Training Squadron*-Flight 165*

Austin Humphres

Jacob Rogers

Jason Ware

-Flight 166

Nathan Aschliman

Jeffrey Colmyer Jr.

Neal Hansen

Brenton Tate

Antwan Tutt

-Flight 173

Christopher Bryant

Andrew Conner

Joel Hellberg-Zarders

Stuart Layton

Taylor Sessoms

-Flight 174

Ciben Edwards

Logan Hershberger

Clayton Ledbetter

Damon Powell

Christopher Stinson

Benjamin Wong

323rd Training Squadron*-Flight 167*

Connor Marth

Joseph Todd

-Flight 168

Erin Babis

Cameron Brecht

324th Training Squadron*-Flight 171*

Dominic Camblin

Christopher Carlson

Andrew Ferguson

Angel Gazca

Drake Gomez

David Jimenez

Jeremy Loehr

Derek Melville

Kaline Sowell

Patrick Sweeney

-Flight 172

Mariah Burns

Shianne Conner

Kathilee Harrell

Lizette Molina

Chelsi Nahrgang

Alexandra Sherman

Hannah Walsh

Ashley Weir

326th Training Squadron*-Flight 169*

Ethan Downing

Mayson Madden

Alexander Maldonado

-Flight 170

Manuel Castro

John Childress IV

Korey Humberston

-Flight 175

Cameron Bentz

Matthew Blake

Jacob Demarree

Octavio Muniz

Emilio Nazario

Quinn Robinson

Michael Zastrow

-Flight 176

Emily Kenney

Shirley Lavareda

Denesha Pruitt

Top BMT Airman

Deion Montana-Graham

320th TRS, Flight 164

Most Physically Fit*-Male Airman*

Clay Clark

326th TRS, Flight 175

Jerome Scurry Jr

320th TRS, Flight 164

Jeffrey Bellew

320th TRS, Flight 163

-Female Airmen

Tanea Lehman-Mcclure

326th TRS, Flight 176

Mychaela Cammack

326th TRS, Flight 176

Sienna Sams

326th TRS, Flight 176

-Male Flights

320th TRS, Flight 163

326th TRS, Flight 175

322nd TRS, Flight 166

-Female Flights

324th TRS, Flight 172

326th TRS, Flight 176

323rd TRS, Flight 168

Top Academic Flights

324th TRS, Flight 171

326th TRS, Flight 169

324th TRS, Flight 172

322nd TRS, Flight 173

322nd TRS, Flight 166

322nd TRS, Flight 165

326th TRS, Flight 175

320th TRS, Flight 164

322nd TRS, Flight 174

SECAF from Page 10

Lightning II, the new KC-46 tanker, recently named the Pegasus, and the Long Range Strike Bomber.

James third priority is to make every dollar count, and said added value to the taxpayer is important in everything we do. "We need to make sure our programs are on budget and on schedule. We need to be able to deliver auditable books of how we allocate and spend our money."

She said the details on how she plans to advance these priorities will be revealed as early as next month.

"The details on how we'll do all that will be rolled out in March in the 2015 budget. Shortly thereafter, General Welsh and I will go to Capitol Hill and we'll start the posture hearings, talk to Congress and explain our point of view."

She mentioned that like all give and take, there may be things we don't like, with hard choices that have to be made, citing possible retirements of complete fleets of aircraft among others. "I mentioned force shaping measures, there will be headquarters reductions, there will be a number of areas where we will be reducing. I'm telling you this now

to get you prepared and ask for your help in telling the total story on how we can achieve these savings, sometimes in very unpopular ways. So we can take some of those savings and reinvest them in some of the key areas – people, readiness and modernization."

While there will be tough decisions to be made in the months and years ahead, James looks at the Air Force in a positive light. "Our future is very, very bright ... whether we're flying an aircraft to project visible airpower capability, or launching a satellite from Florida to provide GPS for the nation, or whether we're guarding a missile silo in the Great North, or refueling an airlifter over the Pacific, or providing close air support in Afghanistan, our security depends on these amazing Airmen.

"And, the more time I spend with them, the more I see them carry out these indispensable missions, the more proud of them I am, and of their families. From the sacrifices they endure, sometimes in remote locations around the world, our Airmen are very dedicated professionals, they are steadfast to their commitment to America, and they are living our legacy every day."

**Connect With Us!**

JBSA-LACKLAND ON THE SOCIAL NETWORKING SCENE



Follow us on Facebook at:
Lackland-JBSA



Go to our website at: www.jbsa.af.mil
and look for social media.



Follow us on Twitter at:
<http://twitter.com/JBSALackland>



E-mail us at: Lackland.jbsa@gmail.com

LOCAL BRIEFS

Compiled by Mike Joseph, JBSA-Lackland Public Affairs

TUESDAY-THURSDAY

SHOP CLOSED FOR SPRING BREAK

The Lackland Thrift Shop will be closed Tuesday through Thursday for spring break. The shop will resume its normal business hours of 10 a.m. to 2 p.m., Tuesday through Thursday, on March 18.

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

MARCH 15

EXPRESS/CLASS SIX HOURS CHANGE

The Army & Air Force Exchange Services Express/Class Six, building 2306, next to Popeye's chicken, will begin new hours of operation March 15. The new hours will be 5 a.m. to midnight daily.

MARCH 18

CUSTOMER SUPPLY TRAINING

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

The classes and start times are: Block I General Supply Training, 8 a.m.; Block II Bench Stock

Training, 8:45 a.m.; and Block III Equipment Custodian Supplemental/Refresher Training, 9:30 a.m.

Contact Ray Holland or Eugene Owens at 925-1140 or 671-3801.

MARCH 22

DIAMONDS AND DENIM DINNER

The Wilford Hall Auxiliary will host its third annual Diamonds and Denim dinner and charity auction at 6 p.m. March 22. Tickets are \$40 for the event, which will be held at Oak Hills Country Club, 5403 Fredericksburg Road. Email rsvpwha@gmail.com by March 16 for reservations.

MARCH 26

ENLISTED ASSOCIATION MEETING

Chapter 80 of the Enlisted Association meets at 1 p.m. on the fourth Wednesday of each month at the Gateway Club. Call 658-2344.

MARCH 27-28

JBSA JOINT NCO SEMINAR

A Joint Base San Antonio joint NCO professional development seminar will be held March 27-28 from 8 a.m. to 4 p.m. each day in the Medical Education Training Campus auditorium, building 1467, at JBSA-Fort Sam Houston.

The two-day course, sponsored by Security Hill Top III, is designed to build a joint interoperability mindset for all JBSA NCOs by introducing them to sister-and joint-service performance reporting, award writing, career progression, physical fitness standards and finish up with Project X. The registration deadline is March 19. For more information, contact Master Sgts. Donnie Pleasant at 977-2073 or Alberto Maldonado at 977-5723.

APRIL 2

VOLUNTEER RESOURCE FAIR

The Joint Base San Antonio-Lackland Military and Family Readiness Center will host a volunteer resource fair from 9 a.m. to noon April 2 at Arnold Hall Community Hall. Volunteer organizations or their point of contact that are interested in participating can call the MFRC at 671-3722 for information.

INFORMATIONAL

EXCHANGE REWARDS GOOD GRADES

The Army & Air Force Exchange Service will reward military students in grades 1-12 who maintain a "B" or better average with the "You Made the Grade" program.

The program has rewarded school children around the world for the past 13 years with a coupon booklet of free products and discount offers. In addition, qualifying students can register for a semiannual sweepstakes to win a \$2,000, \$1,500 or \$500 gift card.

Students can receive a "You Made the Grade" booklet by presenting a valid military ID and proof of an overall "B" average at the Lackland Exchange customer service desk or the general manager's office in building 1251. Those eligible may receive one coupon booklet for each qualifying report card. For additional information, call 674-6465.

NEW NORTH TROOP STORE HOURS

The North Troop store, building 10345, has changed its hours of operation. The new operation hours are 7 a.m. to 8:30 p.m., seven days a week.

DLIELC SEEKS VOLUNTEERS

The Defense Language Institute English Language Center needs volunteers for its American Members of Goodwill to Others program.

AMIGOs help DLI international students become acquainted with

American culture and way of life. AMIGOs also give DLI students an opportunity to practice speaking English. To volunteer, contact Dawna Hollie, AMIGO program manager, at 671-7700.

502ND LRS CUSTOMER SERVICE

The 502nd Logistics Readiness Squadron Customer Service is the primary focal point for all supply-related questions, concerns, complaints, Zero Overpricing Program and Defense Reutilization and Marketing Office transactions. For information contact customer service at 671-2575/3611/3801, 925-1490/1049/1048, or email 502lrs.customerservice@lackland.af.mil.

MOTORCYCLE SAFETY CLASS

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

Bill James, JBSA traffic safety manager, said the eight-day Rider-Coach preparation class will be held between March 17-26.

For information, call 671-6274.

CHAPEL SERVICES

—PROTESTANT

- Freedom Chapel – building 1528
- Contemporary Service Sun. 9:30 a.m.
- Religious Education Sun. 11 a.m.
- Gospel Service Sun. 12:30 p.m.
- Spanish Service Sun. 3 p.m.
- AWANA Wed. 6 p.m.
- Gateway Chapel – building 6300
- Liturgical Service Sun. 11 a.m.

—DENOMINATIONAL

- BMT Reception Center – building 7246
- Church of Christ Sun. 7:30 a.m.
- Gateway Chapel – building 6300
- Seventh-day Adventist Sat. 12:30 p.m.
- Education Classroom – building 5200
- Room 108
- Christian Science Sun. 7:30 a.m.

—PENTECOSTAL RE

- Gateway Chapel – building 6300
- Pentecostal RE Sun. 2:30 p.m.

—ORTHODOX CHRISTIAN

- Gateway Chapel – building 6300
- Divine Liturgy Sun. 8 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

- Gateway Chapel – building 6300
- Sabbath & Kiddush Fri. 4:30 p.m.
- Religious Education Sun. 1:30 p.m.

—ROMAN CATHOLIC

- Freedom Chapel – building 1528
 - Religious Education Sun. 9 a.m.
 - Reconciliation Sun. 10 a.m.
 - Mass Sun. 11 a.m.
 - Sun. 5 p.m.
 - Reconciliation Sun. 4:15 p.m.
 - Gateway Chapel – building 6300
 - Daily Mass Mon., Tues. and Thurs. 11:30 a.m.
- Note: Reconciliation(s) may be scheduled by appointment

—ISLAMIC

- Global Ministry Center – building 7452
- Jummah Prayer Fri. 12:45 – 1:15 p.m.
- Religious Education Sun. 9 a.m.

OTHER FAITH GROUPS

- BMT Reception Center – building 7246
- Buddhist Sun. 10 a.m.
- Gateway Chapel – building 6300
- Eckankar
- First, third and fifth Saturdays 12:30 p.m.
- Baha'i
- First, third and fifth Saturdays 11 a.m.

For more details, contact
Freedom Chapel - 671-4208 • Gateway Chapel - 671-2911

JBSA-LACKLAND

K

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

Family Support Events

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

FRIDAY

- ▶ Heart Link orientation, 9 a.m. to 1:30 p.m.
- ▶ AMVETS national service officer available by appointment only. For information, call 773-354-6131.

MONDAY

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

TUESDAY

- ▶ Pre-deployment briefing, required for all Airmen preparing to deploy, 502nd Logistics Readiness Squadron

IDRC briefing room, 9-9:30 a.m., building 5160.

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

WEDNESDAY

- ▶ Officers' first duty station personal financial readiness briefing, mandatory within 90 days of arrival at JBSA-Lackland, 9-11 a.m.
- ▶ Federal resume process, noon to 2 p.m.
- ▶ Awana Clubs, 6-8 p.m., Freedom Chapel.
- ▶ AMVETS national service officer available by appointment only. For information, call 773-354-6131.

THURSDAY

- ▶ Air Force Basic Military Training spouse and parents seminar, BMT Reception Center, 1 p.m., building

7248. For more information, call 773-354-6131.

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

MARCH 14

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

MARCH 17

- ▶ 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.

Call 773-354-6131.

MARCH 18

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

MARCH 19

- ▶ Force Management Shaping, retirement pre-separation briefing, 9 a.m. to noon.
- ▶ Force Management Shaping, separation pre-separation briefing, 1-4 p.m.
- ▶ Thrift savings plan, 1-2:30 p.m.
- ▶ Awana Clubs, 6-8 p.m., Freedom Chapel.

Monthly Meetings

ENLISTED SPOUSES CLUB

The Lackland Enlisted Spouses' Club meets every third Tuesday of the month at the Balfour Beatty Community Center, 6:30-8:30 p.m. For more information, visit <http://www.lacklandesc.org>.

OFFICERS SPOUSES CLUB

The Lackland Officers' Spouses' Club meets monthly. For dates and times, or more information, visit <http://www.lacklandosc.org>.

MILITARY COUNCIL OF CATHOLIC WOMEN

The Military Council of Catholic Women meets the first Friday of the month, 9:30 a.m., at Freedom Chapel. For additional information, call 671-4208.

On the web
<http://www.lacklandfss.com>

Compiled by Mike Joseph,
JBSA-Lackland Public Affairs

Electronic cigarette use increasing among Airmen

From: Air Force Medical Support Agency Health Promotions

Electronic cigarette use is becoming a popular alternative to traditional cigarettes, but the upward trend is becoming a concern for health care providers.

The battery-operated products, known as e-cigarettes, are designed to deliver nicotine, flavor, and other chemicals as a vapor that is inhaled by the user. According to data from the 2011 Department of Defense Survey of Health Related Behaviors, e-cigarettes have been tried by 5 percent of Airmen and 2.2 percent of Airmen have used e-cigarettes in the past year.

"Airmen are using e-cigarettes at a level comparable to the civilian adult population. But e-cigarettes use is rapidly growing among youths and have been used by 10 percent of high school students," said Col. (Dr.) John Oh, Chief of Health Promotion, Air Force Medical Support Agency, citing data from the Centers for Disease Control and Prevention.

While e-cigarettes have been advertised as a "safer" alternative to conventional cigarettes, studies have found potentially harmful ingredients are



contained in the product, including nitrosamines, diethylene glycol and animal carcinogens. Colonel Oh cautioned Airmen against using e-cigarettes as a substitute for smoking.

"Not enough is known about the long-term safety of e-cigarettes to definitely state that they are safe," he said.

The Food and Drug Administration categorizes

e-cigarettes as a tobacco product. Regulatory guidance, however, is pending, so e-cigarettes are marketed without any of the restrictions of conventional cigarettes, and they may be sold to minors, advertised widely, and marketed without warning labels.

"There is a real concern that unfettered access to, and marketing of, e-cigarettes will create a generation of youths hooked on nicotine— and this trend could lead to greater traditional cigarette or other smokeless tobacco use," said Oh.

Air Force Instruction 40-102, Tobacco Use, establishes tobacco policy in the Air Force and explicitly includes e-cigarettes under the definition of tobacco, subjecting the product to all the restrictions implemented for cigarettes, cigars, and smokeless tobacco. The Air Force is the first service to establish an e-cigarette policy.

Although e-cigarettes have passionate devotees, the Air Force position is to treat e-cigarettes as any other tobacco product. Oh said future changes to policy will be made based on the scientific evidence and in consultation with subject matter experts, both within and outside the Department of Defense.

WASTE

- Use drip irrigation systems for bedded plants, trees and shrubs or turn soaker hoses upside down so the holes are on the bottom. This helps avoid evaporation.

- Use only a little water in the pot and put a lid on it for cook-

ing most food method save more nutrients. Minerals are not drain with the

- When possible, water level se



WORD ON THE STREET

"What's your favorite book?"

Photos and story by Airman Justine K. Rho



U.S. Air Force
Airman First Class
Zachary Spreizer
93rd Intelligence Squadron

"My favorite book would be George Orwell's '1984'. It was an eye opening look at what our world could be under certain circumstances, in my opinion, that are definitely coming to light today."



U.S. Air Force
Airman First Class
Nathan Carnahan
59th Medical Wing
surgical technician

"My favorite book is 'Phantoms' by Dean Koontz, because the author keeps his readers on the edge. The story is fiction, but true historical events are mixed in to create a believable story."



Melinda Ortega
military spouse

"I really enjoyed reading 'Being: Your Happiness, Pleasure and Contentment' by Dr. Don Lucas. I took a psychology course that was instructed by Dr. Lucas. The book gave me a lot of tips to create a happier life; it was a recipe for happiness."



U.S. Air Force
Airman First
Class John Pate
93rd Intelligence
Squadron Spanish linguist

"My favorite book is 'One Hundred Years of Solitude' by Gabriel Garcia Marquez. I remember reading it for the first time my senior year of high school. The book has such rich language, as an English translation, and its genre is magical realism. I love that mix of not knowing what's real and what's not."

San Antonio reservist competes in regional Golden Gloves tourney

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

When pest management specialist Senior Airman Dustin "Spydaman" Southichack, of the 433rd Civil Engineer Squadron, Joint Base San Antonio-Lackland, is not busting bugs, he's throwing punches in the ring as the only Reservist on the Air Force Boxing Team.

Like the superhero, Spiderman, Southichack is weaving a web that will carry him to the next level in boxing.

Southichack finished with one win and one loss in a new weight class during the San Antonio Regional Golden Gloves Tournament held at the Woodlawn Gym in San Antonio Feb. 18-22.

His 2-1 win over John Van

Meter from Uvalde, Texas, as a light welterweight, helped the Air Force team finish second out of over 20 teams from around the San Antonio area.

This year, Southichack added new tactics and raised his conditioning level to fight in the super lightweight class at 141 pounds.

"I used a different style and came forward, using counter punches," Southichack said. "I mixed it up. Coaches Bobby Deleon and Steven Franco had us running more."

"He has gotten better. From long-range and from the outside, his combinations have improved. He has gotten better. As a southpaw (left handed), he is slick," said Air Force Boxing Coach Steven Franco. "That is an advantage he has over his



Photo by Tech Sgt. Carlos J. Trevino

Senior Airman Dustin Southichack warms up prior to his fight at the San Antonio Regional Golden Gloves Feb. 20 at the Woodlawn Gym. Southichack, the only Reservist on the All Air Force boxing Team, is a pest management specialist with the 433rd Civil Engineer Squadron, Joint Base San Antonio-Lackland.

opponents."

"He is going to be a Golden Gloves champion," said Franco, who is also a San Antonio Regional Golden Gloves Hall of Fame coach.

In the semifinals, Southichack lost a 3-0 decision to Henry

Arredondo, from the Parks and Recreation Boxing Team.

"That (loss) will make me train twice as hard; it was a learning experience," he said.

On the national level, most fighters have at least eight years of amateur experience.

Southichack, who has been boxing for three years, vowed to come back next year.

Southichack has two years left on his enlistment, and plans to reenlist in the Air Force Reserve and eventually earn a professional boxing contract as well.

Mean, lean and clean: Practice proper gym hygiene

By Jose T. Garza III
JBSA-Lackland Public Affairs

At the gym, some people have a penchant for not wiping down their workout stations after use.

What these patrons may not be aware of is that they are potentially spreading viruses to the people who use the equipment after.

"The biggest concern for public health is sanitizing the common areas and the equipment," said Jorge Rodriguez, 559th Aerospace Medicine Squadron community health manager. "Questions about sanitizing are generally, 'do we wipe down just the seats

or do we wipe down the bar or the pin?'"

As the flu season reaches its peak, the 559th Medical Group public health department provided some answers on how to maintain proper gym hygiene.

Wipe down every part of the gym equipment before and after working out. Clean every part of the equipment ideally before working out. Even if someone cleans the equipment following use, take extra precaution and wipe down to decrease the chances of catching the flu. As a standard policy, clean after use as well.

Wear shower shoes inside locker rooms: Locker room and shower floors can be con-

taminated with fungi.

Have good cough etiquette: Cover mouths while coughing and use hand sanitizer immediately.

Use clothing as a barrier when exercising: For example, use a T-shirt to cover the neck when performing squats so the bar does not come into contact with skin.

1st Lt. Brianna Meek, 559th Medical Group public health officer, recommends that the fitness centers ensure that sanitizer wipes are abundant so that people can finish their workouts in a timely manner and take less rest periods if conveniently placed nearby.

"People don't want to walk

across the gym to get wipes because they are afraid of losing their spot," she said. "There are a lot of barriers in the gym when there are two wipe down stations that are on opposite ends."

Besides the flu, Rodriguez noted that patrons can catch upper respiratory diseases, notably ethicillin-resistant Staphylococcus aureus and ringworm, if they don't thoroughly sanitize the machines.

"MRSA is potentially dangerous if you get a cut or sore where you can get an infection and can't treat it because it is resistant to multiple antibiotics," he explained. "It can be prevented if you wipe down

the equipment."

He added that people can get infected by ringworm from touching weightlifting bars that have textured grips leading to dead skin cells coming off.

The community health manager advises JBSA-Lackland fitness center staff to be knowledgeable of the different diseases customers can catch.

In regards to the flu, he recommends staff and patrons get the flu shot if they haven't received it, as it can be contagious year round.

"It is never too late to get the flu shot," Rodriguez said. "We recommend getting the shot every year."