A PUBLICATION OF THE 502nd AIR BASE WING

LACKLAND TALESPINNER

JOINT BASE SAN ANTONIO-LACKLAND, TEXAS • Vol. 71 No. 17 • May 2, 2014

24th Air Force leadership participates in Fiesta's Pilgrimage to the Alamo

Photo by Joel Martinez

Maj. Gen. J. Kevin McLaughlin (left), 24th Air Force commander, and Chief Master Sgt. Brendan Criswell, 24th AF command chief, render a salute during the Pilgrimage to the Alamo event April 21. The event is a solemn memorial to those who fell at the Alamo and it is a part of San Antonio's annual Fiesta celebration. Also pictured are: Col. Michael Harasimowicz, 688th Cyberspace Wing commander; Staff Sgt. Lance Mayfield, executive assistant to the 24th AF director of Cyber Systems; and Senior Airman Amber Ragas, 24th AF knowledge operations specialist. **More photos on page 10**

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Today's MTIs through an old Airman's eyes

By Chief Master Sgt. Gerardo Tapia
Command Chief Master Sergeant,
Air Education and Training Command

I normally don't jump into the fray of Internet social commentary, but as Air Education and Training Command's senior enlisted Airman, I felt compelled after seeing many readers' comments stemming from a March 31 news article on the court-martial of a former military training instructor.

The article highlighted the former MTI's guilty actions and quoted an anonymous MTI source to suggest how soft Basic Military Training has become and how much power basic trainees wield over their instructors.

I spend much of my time at Joint Base San Antonio-Lackland, the 37th Training Wing and at BMT. There, I talk to many Airmen, both in and out of training. I also look and listen from afar, when my presence isn't always known, because situational awareness is my job. But I'm also not so naïve to believe we live in a perfect world.

BMT is a demanding environment and is not for everyone. We've spent time and effort creating an atmosphere safe to train in, while conducive to preparing our newest Airmen to begin learning how to deliver lethal combat air power. I don't need to remind anyone of where we've been and where we will never go again.

At last count, 35 NCOs who ignored their core values and hurt Airmen, put a nasty shiner on the eye of our great Air Force. Since then, we've taken major steps to restore the trust and confidence this nation has in our Air Force. This is why I write today.

You can be proud of the Air Force MTI corps. It's my job to represent these Airmen and it bothers me to think some believe we've thrown the baby out with the bathwater.

I can hear the naysayers. "Chief, because of where you sit, Airmen will tell you what they think you need to hear versus what's really happening." To that I reply, I've invested my time wisely and find that most of our Airmen, MTIs and leadership trust me. I've been fortunate to serve 29 years and realized long ago that trust is hard to earn but easy to lose. So for me, not having trust is a deal breaker in any relationship. I make that known up front.

I've listened long to our MTIs' concerns. I've found clear distinctions between a small minority who may feel powerless and those who clearly acknowledge they are comfortable operating in this environment.

What the anonymous news source failed to mention was that those same critique boxes he or she referred to in the article are mostly stuffed with notes of praise for their MTIs and this institution we cherish. I've read them. The prevailing theme is one of pride and gratitude. In fact, the notes are a running testimony to how these trainees will never forget the names of their MTIs and the difference these superior NCOs have made in their lives.

We can't lose sight of the fact that the overwhelming majority of our MTI corps "gets it." They give fully of themselves, their families sacrifice, and they train our newest Airmen hard. It's what we expect of them and they deliver every day.

Never forget that many of these young trainees may soon find themselves in harm's way.

Our goal at BMT is producing a tough-skinned, resilient, respectful Airman ready to fight tonight. If you need any further proof, I extend a personal invitation to you to join my boss, Gen. Robin Rand, commander of Air Education and Training Command, and me any Friday morning at 9 a.m. at JBSA-Lackland to witness a BMT graduation ceremony.

I was taught early on to carry my freight, so I gladly remain un-anonymous. I'm Airman Gerardo Tapia, command chief of AETC, and I proudly stand beside my Airmen and MTIs.

Straight Talk Line

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

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

JBSA Sexual Assault Prevention and Response

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

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TALESPINNER

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

News in Brief

Compiled by Mike Joseph, JBSA-Lackland Public Affairs

FRIDAY-SATURDAY

PHILIPPINE SCOUTS REUNION

The Philippine Scouts Heritage Society's 30th national reunion is Friday and Saturday at the La Quinta Inn and Suites Convention Center, 303 Blue Street.

The reunion is held annually to preserve the history, heritage and legacy of the Philippine Scouts, who served under Gen. Douglas MacArthur during World War II. For information, call 667-0460, 674-7007, 573-8036, 473-4616 or 415-4797.

MAY 13-14

MILITARY SPOUSE HIRING FAIR

A military spouse program hiring fair is May 14 from 10 a.m. to 1 p.m. at Mitchell Hall on Joint Base-San Antonio-Lackland. The fair is sponsored in part by Hiring for Heroes, a U.S. Chamber of Commerce Foundation.

A networking reception sponsored by USAA prior to the fair is from 7-9 p.m. May 13 at 10750 McDermott Freeway.

Both events are free and open to all military spouses including active duty, Guard, Reserve, veterans and Gold Star spouses.

For more information, visit http://www.hiringourheroes.org/milspouse.

INFORMATIONAL

BAH RECERTIFICATION

The Air Force is conducting a 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 information, call 652-1851 or email finance.callcenter@us.af.mil. The finance office at Joint Base San Antonio-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 Mondays, Tuesdays, Thursdays and Fridays from 8 a.m. to 3 p.m., and Wednesdays from 8 a.m. to 2 p.m.

AF opens additional TERA, VSP windows

The Air Force will open two new fiscal year 2014 force management temporary early retirement authority application windows, and a new voluntary separation pay application window, Air Force Personnel Center officials said April 14.

Commonly referred to as the 15-year retirement, TERA eligibility will be based on the updated matrices posted on myPers and will apply to Airmen who have between 15 and 20 years of active service.

April 15 - May 13 TERA Window

The first window, planned for April 15-May 13, is for Airmen who were unable to apply during the original application window that ended March 26 due to unwaiverable active-duty service commitments, or ADSC, deployment status or a short tour assignment.

"Some Airmen who were interested in applying were unable to do so because their service commitment couldn't be waived," said Col. Joe Atkins, AFPC operations division chief. "AFPC was recently granted expanded ADSC waiver authorities after the first TERA window closed. Opening a second window helps ensure that those Airmen are treated equitably."

Air Force officials also reviewed and revised the policy affecting Airmen whose deployment or short tour return dates were after the original required separation or retirement date. The revised policy makes an exception for those Airmen, allowing them to apply and, if approved, have the ability to separate or retire based on their circumstances.

"A deployed Airman could request a retirement date up to four months after returning to their home station,"Atkins said. "For an Airman on a short tour assignment, their requested retirement date must correspond with their date eligible to return from overseas."

Eligible Airmen must apply through the Virtual Military Personnel Flight application, of vMPF, accessible via the Air Force Portal or the myPers website. Approved Airmen not on a deployment or short tour mentioned earlier must be retired by Sept. 1.

May 22- June 30 TERA/VSP Window

Another TERA window opens May 22-June 30 for officers eligible to meet the October reduction-in-force board. At the same time, a second voluntary separation pay window will be open for these RIF-eligible officers.

These TERA and VSP windows ensure all officers who may be subject to the involuntary board in October have an opportunity to apply and be considered for a voluntary program. These opportunities have adjusted retirement or separation dates allowing time for affected Airmen to plan and prepare.

Eligible officers approved for the RIF-only TERA must retire by Jan. 1, 2015, and if approved for the RIF-only VSP, must separate by Dec. 31.

Detailed instructions on the TERA and VSP windows for RIF-eligible officers will be published in early May.

For full application instructions and eligibility requirements, go to the myPers website at http://mypers.af.mil and enter "Active Duty: FY14 Force Management Programs" in the search window, select the link to the program page and select the officer or enlisted force management programs link.

Information courtesy of Air Force Personnel Center Public Affairs

Joint Base San Antonio-Lackland Gate Hours

To help alleviate traffic issues at JBSA-Lackland gates, 802nd Security Forces reminds base personnel of inbound and outbound base access options

Luke East
24 hours/inbound & outbound

Luke West
6 a.m. to 2 p.m., inbound & outbound, M-F
3:30-5:30 p.m., outbound only, M-F

Growden
4 a.m. to 8 p.m. daily

Selfridge East
6 a.m. to 2 p.m., inbound & outbound, M-F
3:30-5:30 p.m., outbound only, M-F

Selfridge West
6 a.m. to 2 p.m., inbound & outbound, M-F
3:30-5:30 p.m., outbound only, M-F

Security Hill
6 a.m. to 6 p.m., M-F

Valley High
24 hours/inbound & outbound

Medina Training Annex
24 hours/inbound & outbound

LAST DAY TO CONTRIBUTE

Joint Bas
installatior
1st Lt. Amy T

JBSA a
Master Sgt. Polar

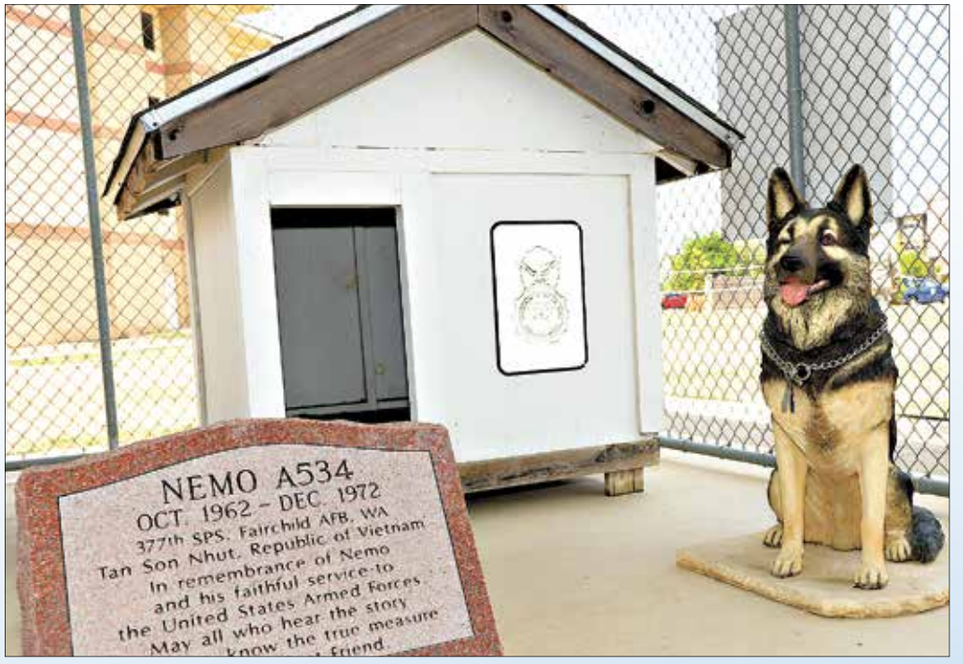
VOLUNTEERS HONORED FOR SERVICE TO LOCAL COMMUNITY

Photos by Lori Newman

Christa Bienko (center), from the Wilford Hall Ambulatory Surgical Center at Joint Base San Antonio-Lackland, was presented with the Volunteer Excellence Award for volunteering for 22 years, accruing 7,771 hours, saving WHASC $172,050. Col. Steven Toft (left), 502nd Force Support Group commander and Robert R. Naething (right), deputy to the commanding general, U.S. Army North (Fifth Army) presented the award. The annual Volunteer of the Year Awards ceremony April 22 at the JBSA-Fort Sam Houston Military & Family Readiness Center tributed the thousands of volunteers who contribute more than 100,000 hours of service each year to help the JBSA and local communities. A total of 52 individuals and groups were nominated for awards this year.

Col. Steven Toft (left), 502nd Force Support Group commander and Robert R. Naething (right), deputy to the commanding general, U.S. Army North (Fifth Army) present Huguette Page, Wilford Hall Ambulatory Surgical Center, the Volunteer Excellence Award for serving 14 years and accumulating 5,498 volunteer hours equating to $121,725.72 of savings for WHASC.

WAR DOG HEROES MEMORIAL REDEDICATED



The Nemo War Dog Heroes Memorial was originally dedicated in 2005 at the then 37th Security Forces Squadron kennel compound. The memorial was moved to the Security Forces Museum last year with the projected move of the 802nd SFS military working dog kennels to the Medina Training Annex.

Photos by Benjamin Faske
Former military working dog handler Bob Sullivan speaks during the rededication ceremony of the Nemo War Dog Heroes Memorial at the Security Forces Museum April 25 at Joint Base San Antonio-Lackland.

Founding members of the Nemo War Dog Heroes Memorial committee unveil the Nemo historical plaque.

DIAMOND SHARP

Tech. Sgt. Martin Rhinehart

Unit: *91st Network Warfare Squadron*
Duty title: NCO in Charge of Client Support
Time in service: 10 years, six months
Hometown: Gaffney, S.C.

"Tech. Sgt. Martin Rhinehart provides front-line cyber support for the 91st Network Warfare Squadron mission. In April, he led the squadron joint worldwide intelligence communications system computer and user account migration for 145 unit members, coordinated a network switch tech refresh and provided communication capability to the inspector general inspection team. In addition to his primary duties, he has spent countless hours mentoring and maturing his subordinates. Of particular note, Rhinehart expertly responded to an Airman who expressed a desire to physically harm himself; he immediately got the member medical treatment, facilitated follow-up care and provided periodic situational awareness updates to his chain of command. Rhinehart wants to use his experiences to one day become an effective first sergeant. "

-Master Sgt. Sean Stewart
First Sergeant, 91st NWS

Staff Sgt. Jaime Rivera

Unit: *37th Training Support Squadron*
Duty title: Combat Arms Instructor
Time in service: 12 years
Hometown: Perth Amboy, N.J.

"Staff Sgt. Jaime Rivera was coined by the Headquarters Air Force Security Forces Center commander for identifying errors and potentially fatal flaws with the new Security Forces Management Information System during its test phase. He was appointed the combat weapons flight self-inspection monitor, and maintained and ensured max adherence for more than 231 inspectable items. His efforts were instrumental to the 37th Training Wing Compliance Inspection "Excellent" rating.

As the unit voting assistance officer, he advised and briefed 150 members on voting opportunities. Rivera is also the flight ancillary and weapons qualification monitor for 67 cadre. He has tracked 25 classes and has zero discrepancies. He also coached the Spurs League and Youth League basketball team where he mentored 11 youths. Lastly, Rivera is a committee member for Air Force Airman Against Drunk Driving. There were zero DUI's reported during his watch."

-Master Sgt. Naomi Copeland
First Sergeant, 37th TRSS

Staff Sgt. Dino Legg

Unit: *802nd Security Forces Squadron*
Duty title: Unit Deployment Manager
Time in service: Seven Years, four months
Hometown: Vineland, N.J.

"Staff Sgt. Dino Legg is more than deserving of being a 'Diamond Sharp' Airman for the 802nd Security Forces Squadron. Since his arrival to the unit he has proven to be a consummate professional who mentors both Airmen and peers. As the unit deployment manager, he organized short-notice deployment assignments for four teams within five days with zero discrepancies ensuring that his fellow security forces defenders were geared up and ready. Legg volunteered and was selected to become a wing-certified master resiliency instructor. He utilized his new skills to assist more than 130 Airman on combat-related stressors. Legg is a huge supporter of the Defender's Association and an advocate of the veterans in the local community. He led more than 100 fellow defenders during the Texas Motor Speedway and "Feed the Vets" events across San Antonio raising more than $6,000 for those in need. Legg is an excellent Airman and I wish we had more just like him. He is our Diamond Sharp."

-Senior Master Sgt. Jamie Williams
First Sergeant, 802nd SFS

Airman 1st Class Michael Moore

Unit: *453rd Electronic Warfare Squadron*
Duty title: Electronic Warfare Systems Programmer
Time in service: 1 year
Hometown: Newark, Del.

"Airman 1st Class Michael Moore, an Air Force Basic Military Training honor grad assigned to the 453rd Electronic Warfare Squadron, consistently exceeds standards set for junior enlisted Airman. Moore's technical proficiency allowed him to reprogram a vital intelligence software tool to load 120 times faster. After earning an outstanding 98.8 percent on his Air Force fitness assessment, Moore organized a flight physical fitness improvement program which resulted in a squadron 99 percent pass rate. He is currently enrolled at Park University where he earned 31 credit hours and met all Community College of the Air Force Associate Degree in Computer Science requirements. Moore makes time to volunteer within and outside of the Air Force. He regularly volunteers at the Airman's Attic, U.S. Air Force Heritage Museum and Meals on Wheels program. He also served as a mentor to children while helping at a local elementary school's field day. As a victim advocate, Moore supports the Joint Base San Antonio Sexual Assault Response office 24/7, the largest in the Air Force. Moore is Diamond Sharp and a stellar role model for all junior Airmen."

-Master Sgt. Jonathan Darrigo
First Sergeant, 453rd EWS

Staff Sgt. Adrian Rodriguez
Staff Sgt. Keyona Campbell
Senior Airman Ronald Hill
Airman 1st Class Charanika Richard
Airman 1st Class Kio Ahmed
and Airman 1st Class Micheal Madrigal

Unit: *543rd Intelligence Surveillance Reconnaissance Group Consolidated Commander's Support Staff*

"The 543rd Intelligence, Surveillance and Reconnaissance Group Consolidated Commander's Support Staff, composed of Airmen from 93rd Intelligence Squadron and 543rd Support Squadron, embodies the Diamond Sharp Award by exemplifying the Air Force Core Values in their daily operations and going above and beyond to accomplish their mission. The 543rd ISRG Consolidated CSS provides personnel services to three units: the 543rd ISRG, 543rd SPTS and the 93rd IS. Being personnel experts, the team alerted the 802nd Force Support Squadron of an issue identified during an Air Force Specialty Code pre-conversion meeting that would save 180 intelligence Airmen $10.8 million in bonuses while converting 280 AFSCs.The Consolidated CSS scheduled Weighted Airmen Promotion System testing for 260 E-5s one month in advance resulting in zero errors, which is a first for Joint Base San Antonio-Lackland. The newest project they're working on is the 93rd IS "Dorm Room Survival Kit Drive." The intent is to put together packages with "survival" items for inbound Airmen from basic military training who would be attending technical school and give them a peace of mind in their transition. Without a doubt, this team is the epitome of integrity, service and excellence that doesn't cut corners, takes care of their people and frees up our leadership to drive our units."

-Master Sgt. Michael Manchee and James Pamplin
First Sergeants, 543rd ISRG

MISSION PARTNER IN ACTION

Photo by Senior Master Sgt. Miguel D. Arellano

Master Sgt. Stephen Dobles, 149th Fighter Wing, Texas Air National Guard aircraft maintenance technician, exchanges maintenance practices with his counterpart with the Fuerza Aerea de Chile during Feria Internacional del Aire y del Espacio, an international trade air and space show, March 26 in Santiago, Chile. Members of the Texas Air National Guard were in Chile as part of the National Guard Bureau's State Partnership Program. Read more about the 149th FW experience in Chile online at http://www.149fw.ang.af.mil/news/story.asp?id=123406535

Fire Safety is Everyone's Business

Smoke Alarm Safety at Home

Smoke ns are an important part of a home fi cape plan. When there is a fire, smok reads fast. Working smoke alarms gi u early warning so you can get outsid ickly.

AFETY TIPS

Install ke alarms inside every bedroom, out each sleeping area and on every level e home, including the basement.

Larger nes may need additional smoke ala to provide enough protection.

For the t protection, interconnect all smoke ala so when one sounds they all sound.

An ionization smoke alarm is generally more responsive to flamin fires and a photoelectric smoke alarm i generally more responsive to smoldering fires. For the best protection, both types of alarms or combination ionization and p otoelectric alarms (also known as dual sen or alarms) are recommended.

Smoke alarms should be ist lled away from the kitchen to prevent fa e alarms. Generally, they should be at leas 10 feet (3 meters) from a cooking applian e.

Replace all smoke alarms wh n they are 10 years old.

(Reference NFPA Safety ip Sheet http://www.nfpa.org/education

FACTS

Roughly two-thirds of home fire deaths happen in homes with no smoke alarms or no working smoke alarms.

Working smoke alarms cut the risk of dying in reported home fires in half.

Sailors wipe out graffiti during Fiesta

Photo by Chief Petty Officer J.P. Odasz

Sailors from the Master-at-Arms "A" School at the Naval Technical Training Center at Joint Base San Antonio-Lackland and the Navy Medicine Training Support Center at JBSA-Fort Sam Houston gave up an early morning April 11 to help remove graffiti that marred the appearance of a fence in a local neighborhood near JBSA-Lackland.

By L.A. Shively
NMETC Public Affairs

Removing graffiti from a local neighborhood was quick work for a team of Navy volunteers as part of the Fiesta San Antonio celebration recently.

This year marks Fiesta San Antonio's 124th anniversary, making it the third longest running festival in the U.S. behind Mardi Gras in New Orleans and the Festival of Roses in Southern California. Fiesta is also the 10th largest annual event in the nation, now averaging more than 3.5 million participants per year.

Fiesta is also a golden opportunity for Navy volunteers to reach out to their communities, offering Sailors a chance for face-to-face contact with residents in a land-locked city far from fleet concentration areas.

Sailors from the Master-at-Arms "A" School at the Naval Technical Training Center at Joint Base San Antonio-Lackland and the Navy Medicine Training Support Center at JBSA-Fort Sam Houston gave up an early morning April 11 to help out a local community recently.

"More than 35,000 square feet of a graffiti-vandalized fence bordering a residential neighborhood was painted over," explained Chief Petty Officer J.P. Odasz, the leading chief petty officer and master training specialist coordinator for NTTC.

Odasz planned and executed the mission for his ten volunteers who met at JBSA-Lackland and traveled to the site together. The team took only two to three hours to complete the graffiti clean-up.

Typically, Odasz and his team clean up graffiti once a month for the last three years through a city program known as "Graffiti Wipeout." Individuals and groups volunteer through a city sign-up page. The city provides paint, supplies and a location for the volunteers to clean up.

"The presence of graffiti often gives a negative connotation to a neighborhood and is a costly nuisance to both the general public and the businesses that have been affected," said Lisa Mackenzie, neighborhood services coordinator and graffiti within the city's Code Enforcement Services Department, during an interview in an online news article.

"It costs the United States more than $8 billion per year to clean up graffiti," Mackenzie said.

"It's vandalism and it is illegal," Odasz said, adding that it is important for him and his Sailors to be involved and lend a hand to neighbors. "Giving back to the city feels satisfying."

1

Photos 1, 2, 3, 6 and 8 by Airman 1st Class Krystal M. Jeffers

2

3

JBSA-LACKLAND Marches to the Fiesta beat!

4

5

6

Photos 4, 5 and 7 by Benjamin Faske

7

8

9

Photo by Josh Rodriguez

1. Tech. Sgt. Chuck Lawyer, a member of the United States Air Force Band of the West from Joint Base San Antonio-Lackland, plays the bongos during the annual concert, Fiesta in Blue April 22 at the Edgewood Theatre for the Performing Arts.

2. The U. S. Air Force Band of the West performed its annual Fiesta in Blue tribute to San Antonio's Fiesta 2014 April 22 at the Edgewood Theatre for the Performing Arts.

3. Basic Military Training instructors present the colors during the concert, Fiesta in Blue, performed by the U.S. Air Force Band of the West, April 22 at the Edgewood Theatre for the Performing Arts.

4. 502nd Civil Engineer Squadron Explosive Ordnance Disposal technicians from JBSA-Lackland demonstrated their equipment and methods of bomb disposal April 21 during San Antonio's Fiesta 2014 Air Force Day at the Alamo.

5. A Department of Defense military working dog breeding program, foster puppy program representative explains the unique capabilities and vital mission of military working dogs April 21 at the Alamo. Foster families play a critical role families in saving lives and resources at home and deployed locations.

6. The Marine Corps Band New Orleans performs a concert April 24 at the Alamo in tribute to San Antonio's Fiesta 2014.

7. Joint Base San Antonio-Lackland Drum and Bugle Corps, comprised of musical talent from 37th Training Wing basic military trainees who have been in the Air Force less than eight weeks, contribute to San Antonio's Fiesta 2014 attractions during Air Force Day at the Alamo April 21.

8. The Ballet Tesoro de San Antonio troupe dances during the annual Band of the West concert, Fiesta in Blue, April 22 at the Edgewood Theatre for the Performing Arts.

9. Col. Mark Camerer, 37th Training Wing commander, presents the 37th TRW's Fiesta medal to El Rey Feo LXVI Jimmy Green, a member of San Antonio's Fiesta royalty. Green along with Fiesta President Jack Hebdon and Fiesta's King Antonio XCII De Miller took part in the took part in the graduation parade for basic military trainees April 11 at JBSA-Lackland.

Fiesta® is an annual tradition that offers a safe, educational celebration of the diverse heritage, culture and spirit of San Antonio for its residents and visitors. It was started in 1891 as a way to honor those who fell at the Alamo. Originally, Fiesta® was only one day but today it has expanded to two weeks to includes civic and military observances, street and river float parades, exhibits, sports, music and food representing the spirit, diversity and vitality of San Antonio. For more than a century, Fiesta® has grown into a celebration of San Antonio's rich and diverse cultures.

BMT HONORS

Congratulations to the following 64 Airmen for being honor graduates among the 649 Air Force basic military trainees who graduated today:

321st Training Squadron
–Flight 277
Tyler Bergquist
Anthony Bryant
John Harris
Andres Piedra
Tay Robinson
–Flight 288
Trandon Sowell
Jordan Tackett

322nd Training Squadron
–Flight 283
William Clark
William Ivey
–Flight 284
Michael Houseknecht
Dylan Koller
Leonardo Laguna
Joseph Lasalvia
Hunter Madera
Luke Trissel
–Flight 287
Kevin Carlton
Travis Deshong
Kasey Gibson
Joshua Haydt
Derek Leuzinger
James Osborne
Treavor Owens
James Randall
John Santos-Henes
Pacheco Sarabia
–Flight 288
Malorie Allen
Chayla Hisel
Raven Santiago

323rd Training Squadron
–Flight 279
Michael Bentley
Thomas Gallagher Jr
Kirby Karr
Justin Mroz
Maxwell Powell
–Flight 280
Matthew Gleaton
Angus Macintosh
Xavier Ochoa
Marshall Wilson
–Flight 282
Anne Lepillez 323/282

331st Training Squadron
–Flight 275
Nathanael Banden
Alexander Corbett
Joseph Cygan
Dalton Dritz
Cody Grantham
Shane Jones
Tron Le
Bailey Martin
Dalton Monceaux
John OConnell III
Rudolph Young
–Flight 276
Angel Bradford
Monica Lloyd
–Flight 285
Ian Edwards
Cory Grodi
Brandon Jurls
John Lambert
Nickolaus Munguia
Andrew Yamriska
–Flight 286
Caleb Devault
Nathaniel Guzman
Yamato Hart
Ryan Kendall
Brandon Reeves
Adrian Sahagun
Terry Wallace Jr.

Top BMT Airman
Chayla Hisel
322nd TRS, Flight 288

Most Physically Fit
–Male Airman
Eric O'Connor
321st TRS, Flight 278
Devon Loftin
331st TRS, Flight 285
Jedadiah Floyd
323rd TRS, Flight 279
Fabian West
322nd TRS, Flight 283
–Female Airmen
Chayla Hisel
322nd TRS, Flight 288
Emily Peil
323rd TRS, Flight 282
Erica Sims
322nd TRS, Flight 288
Malorie Allen
322nd TRS, Flight 288
–Male Flights
331st TRS, Flight 275
322nd TRS, Flight 283
331st TRS, Flight 286
–Female Flights
322nd TRS, Flight 288
323rd TRS, Flight 282
331st TRS, Flight 276

Top Academic Flights
331st TRS, Flight 275
323rd TRS, Flight 280
321st TRS, Flight 277
321st TRS, Flight 278
322nd TRS, Flight 284
322nd TRS, Flight 283
331st TRS, Flight 285
331st TRS, Flight 286
323rd TRS, Flight 281
323rd TRS, Flight 282
322nd TRS, Flight 287

JBSA-Lackland Legal Office sets Law Day 2014 art contest

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

The Joint Base San Antonio-Lackland Legal Office will celebrate Law Day 2014 with an art contest sponsored by the 502nd Installation Support Group and Judge Advocate.

All contest entries must relate to this year's Law Day theme, "American Democracy and the Rule of Law: Why Every Vote Matters."

The contest is open to active duty, Air National Guard or Reserve members and their children who are stationed at JBSA-Lackland along with Department of Defense civilians who work at JBSA-Lackland and their children.

All entries must be hand-delivered to the legal office, 1701 Kenly Avenue, building 2484, room 125. The entry deadline is no later than 3 p.m. May 15. However, the legal office can make arrangements to pick up art work on base for groups of 20 or more participants.

The largest group expected to participate in this year's contest is the JBSA-Lackland Youth Center. All entries submitted by students at the youth center will be picked up by the legal office prior to the deadline for the convenience of the youth center staff, students and parents.

"We are always excited when a new opportunity for our youth to participate and receive recognition for their work comes along," said Jennifer Morrow, an art teacher at the Youth Center. "Entering this contest will inspire our youth to share their vision of what it means to them to be a part of a democracy."

Only one 8½-by-11 inch piece of paper will be accepted from each participant, and no entry may exceed the 8½-by-11 inch measurement. One side of the page must contain the completed entry form, and the reverse side of the page will be used to create your art using common art supplies (crayons, pencils, markers, charcoal, acrylics and chalk).

Entry forms can be picked up at the Legal Office or the Youth Center and may be copied or shared with other eligible participants. Forms and contest rules are also posted on the JBSA-Lackland Facebook page, which can be accessed through the social media link at http://www.jbsa.af.mil.

Each participant must certify they created the art work; entry forms for minors must be certified by a parent. If the entry form/art does not conform to the rules, the entry will be disqualified.

Participants will be judged in the following age categories: 5-10, 11-20, 21-40 and 41-up. First, second, and third-place ribbons will be awarded in each age category. Winners will be notified by personal email address or by phone. Winners must agree to allow their art to be published in any medium (news print, social media, etc.).

Winning entries will be displayed in the JBSA–Lackland Legal Office for the month of June. All remaining art work will be available for pick up 1–3 p.m. June 5-6. Any art work remaining thereafter will be discarded.

For morel details call 671-5789.

LOCAL BRIEFS

Compiled by Mike Joseph, JBSA-Lackland Public Affairs

FRIDAY

EXCHANGE PET PHOTO CONTEST

The Army & Air Force Exchange Service's household or outdoor pets photo contest begins Friday and runs through May 24.

The "Just Say Treat" pet photo contest for authorized Exchange shoppers offers a first-place prize of a $500 gift card, a $100 Exchange gift card for two second-place winners, and a $50 Exchange gift card for four third-place winners.

Entry forms are available at http://www.shopmyexchange.com/patriotfamily or on the Exchange Facebook page at http://www.facebook.com/AAFES.BX.PX. Contestants can also email their pet's photograph plus a description of the pet in 50 words or less to PatriotFamily@aafes.com.

Winners will be chosen on or about June 6.

TUESDAY-WEDNESDAY

TOTAL FORCE SUPERVISOR'S COURSE

A two-day facilitator-led supervisory workshop for civilian leads/supervisors who supervise military members and military members who supervise civilians is Tuesday and Wednesday at Arnold Hall Community Center. The workshop begins at 8 a.m. each day.

For information, contact Master Sgt. Tracette Abney or Quency Henson via email. Army email address recipients must contact Abney or Henson.

THURSDAY

DLI INTERNATIONAL FEST

The Defense Language Institute English Language Center will hold its third annual International Festival from 8:30 a.m. to 2 p.m. Thursday in the Gateway Club at Joint Base San Antonio-Lackland.

DLI students will display cultural artifacts, traditions and dress, geography and also answer questions about their country.

For details, call 671-2818.

STEPFAMILIES 101

The Joint Base San Antonio-Lackland Health and Wellness Center will start a four-week workshop on stepfamilies Thursday.

Stepfamilies 101, which runs each Thursday in May from 2-4 p.m. in building 2513, will discuss changing family dynamics, evolving roles and joys that can come from a stepfamily.

To register, call 292-5967.

MAY 10

THRIFT SHOP BAG SALE

The Lackland Thrift Shop $5 bag sale is from 10 a.m. to 2 p.m. May 10.

Operated by the Lackland Officers' Spouses' Club, the thrift shop is located in One Stop, building 5460, on the corner of Walker and Selfridge Avenues.

For additional information, call 210-671-3608 or visit http://www.lacklandosc.org.

JOINT SERVICES PT MEET

The fourth annual Joint Services physical training meet is from 8 a.m. to 3 p.m. May 10 at D.W. Rutledge Stadium in Converse, sponsored by the Judson High School Air Force Junior ROTC program.

Active-duty volunteers are sought from each military service branch to assist with the meet. Last year, 127 teams totaling 160 youth participated. Volunteers will receive breakfast snacks and lunch.

For more information, contact Judson AF JROTC at 945-1137.

MAY 14

5 LOVE LANGUAGES OF COUPLES

A Joint Base San Antonio-Lackland Health and Wellness Center workshop on love language is from noon to 4 p.m. May 14 in building 2513.

"The 5 Love Languages of Couples" class teaches how to identify love language and learn ways in which using that language can improve couple communication.

To register or for additional questions, call 292-5967.

JUNE 6

AARP SMART DRIVING COURSE

An AARP Smart Driver course is from 12:30-5 p.m. June 6 at Air Force Village 2. The cost is $15 for AARP members and $20 for nonmembers.

The course covers driving strategies, new laws and challenges with local driving. Participants will receive a certificate, good for three years.

Call 557-2173 for details and registration.

INFORMATIONAL

STARBASE KELLY SUMMER PROGRAM

Starbase Kelly, sponsored by the 433rd Airlift Wing, offers a free summer educational program to children who are associated with Joint Base San Antonio-Lackland and who have completed either the fourth or fifth grade and have not attended before.

The program includes aircraft tours, scientific experiments, rocket building and launching, computer aided design, computer flight simulation and teamwork and goal setting activities.

Two sessions are offered, July 14-18 or July 21-25. The sessions are held at the 433rd AW ramp, building 909. Program hours are 9 a.m. to 2:30 p.m. each day. Children need to bring lunch.

Register via email by submitting the child's name, address, home telephone and grade completed this year. Include the sponsor's name, organization and duty phone, and the session requested to starbase@clear.net.

For details, call 925-5397.

CHAPEL SERVICES

—PROTESTANT

• Freedom Chapel – building 1528

Contemporary Service	Sun.	9:30 a.m.
Religious Education	Sun.	11 a.m.
Gospel Service	Sun.	12:30 p.m.
Spanish Service	Sun.	3 p.m.
AWANA	Wed.	6 p.m.

• Airmen Mem. Chapel – building 5432

Liturgical Service	Sun.	8 a.m.

—DENOMINATIONAL

• BMT Reception Center – building 7246

Church of Christ	Sun.	7:30 a.m.

• Gateway Chapel – building 6300

Seventh-day Adventist	Sat.	12:30 p.m.

• Education Classroom – building 5200 Room 108

Christian Science	Sun.	7:30 a.m.

—PENTECOSTAL RE

• Gateway Chapel – building 6300

Pentecostal RE	Sun.	2:30 p.m.

—ORTHODOX CHRISTIAN

• Airmen Mem. Chapel – building 5432

Divine Liturgy	Sun.	9:30 a.m.

—WICCA

• BMT Reception Center – building 7246

Military Open Circle	Sun.	12:30 p.m.

• Freedom Chapel – building 1528

Military Open Circle	First Tues.	6 p.m.

—REFUGE STUDENT CENTER

• building 9122 (Tech Training & TDY Students)

Wednesday Bible Study	6:30 p.m.
Thursday	6 – 8 p.m.
Friday	6 – 11 p.m.
Saturday	Noon to 9 p.m.
Sunday	11 a.m. to 5 p.m.

—THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

• Gateway Chapel – building 6300

Religious Education	Tues.	6:30 p.m.
LDS Institute	Thurs.	6:30 p.m.
LDS Service	Sun.	1 p.m.

—JEWISH

• Airmen Mem. Chapel – building 5432

Sabbath & Kiddush	Fri.	4:30 p.m.
Religious Education	Sun.	1:30 p.m.

—ROMAN CATHOLIC

• Freedom Chapel – building 1528

Religious Education	Sun.	9 a.m.
Reconciliation	Sun.	10 a.m.
Mass	Sun.	11 a.m.
	Sun.	5 p.m.
Reconciliation	Sun.	4:15 p.m.

• Gateway Chapel – building 6300

Daily Mass Mon., Tues. and Thurs. 11:30 a.m.

Note: Reconciliation(s) may be scheduled by appointment

—ISLAMIC

• Global Ministry Center – building 7452

Jummah Prayer	Fri.	12:45 – 1:15 p.m.
Religious Education	Sun.	9 a.m.

OTHER FAITH GROUPS

• BMT Reception Center – building 7246

—Buddhist	Sun.	10 a.m.

• Gateway Chapel – building 6300

—Eckankar

First, third and fifth Saturdays 12:30 p.m.

—Baha'i

First, third and fifth Saturdays 11 a.m.

For more details, contact

Freedom Chapel - 671-4208 • Gateway Chapel - 671-2911

JBSA-LACKLAND KEY FAMILY SUPPORT RESOURCES

Air Force Aid Society	671-3722
Airman & Family Readiness Center	671-3722
Airman's Attic	671-1780
American Red Cross	844-4225
Base Post Office	671-1058
Bowling Center	671-2271
DEERS	800-538-9552
Exceptional Family Member Program	671-3722
Family Child Care	671-3376
Legal Office	671-3362
Library	671-3610
Medical Appointment Line	916-9900
MPF ID Cards	671-6006
Outdoor Recreation	925-5532
TRICARE Info	800-444-5445
Thrift Shop	671-3608

Enlisted Spouses' Club	http://www.lacklandesc.org
Force Support Squadron	http://www.lacklandfss.com
Lackland ISD	http://www.lacklandisd.net
Officers' Spouses' Club	http://www.lacklandosc.org
JBSA Public website	http://www.jbsa.af.mil
My Air Force Life	http://www.MyAirForceLife.com

WHAT'S HAPPENING

Family Support Events

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

FRIDAY

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

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

TUESDAY

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

▶ Spouse career days, 8:30 a.m. to 2:30 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.

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

WEDNESDAY

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

▶ Spouse career days, 8:30 a.m. to 2:30 p.m.

▶ Officers' first duty station personal financial readiness briefing, mandatory within 90 days of arrival at JBSA-Lackland, 9-11 a.m.

▶ Awana Clubs, 6-8 p.m., Freedom Chapel.

▶ AMVETS national service officer available by appointment only. For 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.

▶ Air Force Basic Military Training spouse and parents seminar, BMT Reception Center, 1 p.m., building 7248. For additional information, call 773-354-6131.

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

MAY 9

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

▶ Troops to Teachers, 1-3 p.m.

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

MAY 12

▶ Five-day Transition Assistance Program, mandatory pre-separation briefing and Form 2648 are required prerequisites, 7:45 a.m. to 4 p.m.

▶ First Term Airman Center, 9:30 a.m. to 3:15 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 information, call 773-354-6131.

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

First JBSA CBRN Challenge administered at Camp Talon

By A1C Kenna Jackson
Joint Base San Antonio-Randolph Public Affairs

More than 30 Airmen from Joint Base San Antonio-Randolph and JBSA-Lackland demonstrated their specialized war and homeland readiness skills as bioenvironmental engineers and emergency management technicians during the first JBSA Chemical, Biological, Radiological and Nuclear Challenge at JBSA-Randolph's Camp Talon April 23-25.

"If a real-world situation happened on one of our installations, we'd need to be able to provide expert support to the incident commander on-scene," Maj. Tre Doby, 359th Aerospace Medicine Squadron Bioenvironmental Engineer Flight commander, said. "The JBSA CBRN Challenge honed the skills of the bioenvironmental and emergency management career fields and measured the effectiveness of emergency response procedures at the installation level. With JBSA integrating policies and plans, we need to integrate response training to strengthen professional bonds and gain priceless experiences."

The idea to coordinate the JBSA CBRN challenge originated with two NCOs who had worked together at a prior assignment, Staff. Sgt. Justin Lee, 359th AMDS Bioenvironmental Engineer Flight readiness element NCO in charge, and Tech. Sgt. Markus Manuel, 559th AMDS NCO in charge of radiation. They discussed ideas with the lead from 502nd Civil Engineer Squadron emergency management, Greg Wilson on how to put together a joint training opportunity for the 559th AMDS at JBSA-Lackland, 359th AMDS at JBSA-Randolph and 502nd Emergency Management, that was both "cool" and "effective."

Using the former Air Force BEE CBRN challenge – a weeklong event during which responders employed homeland defense and expeditionary CBRN detection equipment in realistic scenarios – as a blueprint, Doby's AMDS team and their 502nd CES EM counterparts, planned, organized and successfully executed their JBSA-specific CBRN challenge.

Three months after the planning process for the challenge event began, participants were pitted against each other in competing teams for a series of timed events. The teams rotated daily for three days through the scenarios, each lasting three hours.

Scenarios included a "Clandestine Lab," or a meth lab; "Emergency Management," a scenario set in a simulated deployed location where the enemy attacks with an unknown chemical agent; and "Warehouse with Radioisotopes."

Throughout the challenge, evaluators – two from emergency management and four from bioenvironmental – judged the teams on efficiency, time and knowledge assessment, including equipment operation and safety checks.

Although the "Clandestine Lab" and "Emergency Management" were challenging, Doby said the toughest one was "Warehouse with Radioisotopes."

Doby said teams were not only evaluated on identifying potential isotopes, but on how well they prepared a health risk assessment for the incident commander.

"We looked at what detection equipment they brought and if it was properly calibrated," Doby said. "We also checked to make sure the appropriate gear was worn correctly – ensuring it protected them from radioactive exposure."

Lee echoed Doby's judgment.

"Radiation is not visible, not tangible, and it's probably one of the most detailed jobs Airmen in our career field are faced with," Lee said. "The checklist is very long, from accurately identifying what type of radiation it is, acknowledging and documenting what those hazards present, delivering the assessment of the area to responders so they will have the right protective gear on and making sure everyone else on-scene is aware and prepared with protective equipment, or is at a safe distance."

"Dealing with radiation is not clear-cut and it's not like a physical barrier can just be put between people and the radiation," he added.

Lee said the point of the challenge was to get Airmen to use all the different skills they would need to identify bioenvironmental hazards, whether at home station or in a warfare situation, and it was thanks to Doby, Maj. Ernest Scott Jr., 559th AMDS Flight commander, and Master Sgt. Thomas Terry, 559th AMDS Flight chief, who facilitated the event.

On the last day, players competed in a relay race, land navigation course and a bioenvironmental engineering knowledge game modeled after the "Jeopardy" TV quiz show.

"I think this challenge was great training," Senior Airman Jerry Shackelford, 359th AMDS bioenvironmental technician said. "It gave us the opportunity to work on our abilities, get better at our job. If we end up doing this next year too, I definitely want to do it again."

59th MDW career assistance advisor promotes Comprehensive Airman Fitness

By Jose T. Garza III
JBSA-Lackland Public Affairs

Do you feel tired after an eight-hour workday and don't have the energy to work out? Do long workdays affect your relationship with your family?

Since 2011, there has been an Air Force-wide initiative to combat and manage the daily stresses in one's life to improve their health. A 59th Medical Wing senior master sergeant wants to continue pushing the concept throughout Joint Base San Antonio.

As a master resilience trainer since 2013, Senior Master Sgt. Alan Weary, 59th MDW career assistance advisor, has educated Airmen at various flight levels on the Comprehensive Airman Fitness program. For two months, he has been training some of them to be resilience trainer assistants so they can continue informing others about the program's benefits.

The purpose of CAF is to help Airmen and their families make decisions that are geared toward strengthening their relationships, improving job performance and accomplishing goals with the idea that better decision-making leads to improved physical fitness.

"We need someone who can brief the concept to their fellow Airmen in a way that will make them embrace it," Weary said.

Under CAF, there are four pillars that define someone as being fit: physical, mental, social and spiritual.

The physical pillar is the ability to adopt and sustain healthy behaviors needed to enhance health and fitness. There are four tenets that drive the physical pillar: endurance, strength, nutrition and recovery.

The mental pillar is the capability to effectively cope with unique mental stressors and challenges needed to ensure mission readiness. Its four tenets are awareness, adaptability, positive thinking and decision-making.

The social pillar facilitates engaging in healthy social networks that promote overall well-being and optimal performance. Connectedness, teamwork, social support and communication are its four tenets.

The spiritual pillar is the ability to strengthen a set of beliefs, principles, or values that sustain an individual's sense of well-being and purpose. Purpose, core values, perseverance and perspective drive this pillar.

"CAF is all about creating individuals who can manage various things including their fears, disappointment and anger to generate the broaden-and-build theory of believing they can control their beliefs and thoughts on past experiences," the senior master sergeant explained.

"By understanding that they can control that, they can make decisions that have positive consequences, whether it be in their social relationships or about how they feel physically, emotionally, etc."

Via his RTA classes, Weary said he teaches the Airmen how to tie the four pillars together to improve health through goal setting for those they will one day coach.

"CAF is truly a balance to say mentally I am going to be resilient to understand that I am aware of taking action and accepting those actions. I, then, tie my mental acumen to my physical pillar and making goals that compliment it."

For more information about CAF, call Weary at 292-4308.

UPCOMING

SPIN INSTRUCTORS NEEDED

Joint Base San Antonio-Lackland's fitness centers are looking to fill two teaching positions for its spin class. To be an eligible applicant, applicants must have their spin certification from an accredited institution, and a CPR and Automated External Defibrillator card. Call Brett Cannon, aerobics programs coordinator, at 671-2401 to apply.

FITNESS ASSESSMENT CELL TESTING

The Fitness Assessment Cell is currently testing at 8, 9, and 10 a.m., Monday through Friday. The Tuesday and Friday 10 a.m. sessions are reserved for those needing to take the two kilometer walk test. Members testing solely on the abdominal circumference component may walk in at any of the regular scheduled times. All other members must register for their assessment at https://131.44.122.38/fitnesstest/. The testing schedule is subject to change from month to month and will be posted approximately one month in advance. Call Daniel Ayon at 671-2725 for more FAC-related questions.

KELLY FITNESS CENTER OPEN 24 HOURS

Fitness access is offered at the Kelly Fitness Center. To gain 24-hour access to the gym, register your Department of Defense card and sign the Statement of Understanding agreement at the fitness center Monday through Friday from 6 a.m. to 2 p.m. Contact the Kelly Fitness Center staff at 925-4848/4013 for details.

YOUTH SUMMER BASKETBALL REGISTRATION

Registration for summer youth basketball ends May 15 at the Joint Base San Antonio-Lackland Youth Center. Registration is from 9 a.m. to 6 p.m. Proof of a physical exam is required to sign up. Call 671-1245 for more details.

JBSA-Lackland presents May Fitness Month

By Jose T. Garza III
JBSA-Lackland Public Affairs

To celebrate May Fitness Month, Joint Base San Antonio-Lackland's six fitness centers have an array of events planned.

See if you have a great 3-point shot like that of San Antonio Spurs guard Manu Ginobili or Miami Heat guard Ray Allen in a beyond the arc shootout, participate with co-workers in some 3-on-3 basketball or test your strength against others in a bench press competition. Those are just some options.

Here is a list of events, along with times and dates, taking place at each fitness center.

Chaparral Fitness Center

• Racquetball Tournament, 4 p.m., May 12-15
– 1st, 2nd and 3rd place winners receive locker privileges.

• Wallyball Tournament, 6:30 a.m., May 23
– Teams of four compete in the indoor volleyball tournament set in a racquetball court. Teams can sign up no later than May 21.

• Bench Press Competition, 4:30 p.m., May 28
– Participants can show off their strength against other competitors in this strongman competition.

Gateway Fitness Challenge

• TRX Atomic Pushup Competition, 5:30 a.m. to 1:30 p.m., Tuesdays
– Participants can improve core strength during this weekly competition.

Gillum Fitness Center

• 3-on-3 Basketball Tournament, 11 a.m. to 1 p.m., May 9
– Four players are allowed on each participating team. Sign up no later than 12 p.m. Thursday.

• Football Combine Challenge, 7:30-8:30 a.m., May 15 and 16
– The combine consists of an individually timed 40-yard-dash, three-cone burst, vertical leap, agility course and a 185-pound bench press.

• Team triathlon, 7:30 a.m., May 31
– The triathlon consists of performing on a spin bike for two miles, an obstacle course and a 1.5-mile run. Teams must register no later than May 29.

Kelly Fitness Center

• Max Pullup Challenge, 6 a.m. to 3 p.m. every Monday
– Participants are tested to see how many pullups they can perform.

• Max Situps Challenge, 6 a.m. to 3 p.m., every Wednesday
– Participants situp power is tested.

• Indoor Triathlon, 6 a.m. to 3 p.m., May 9
– The competition is comprised of a five-mile jog, 10-mile bike ride and two-mile row exercise.

• Bench Press Competition, 2 p.m., May 14
– Test your strength against other competitors on the bench press.

• 3-point Shootout, 11 a.m., May 16
– Display your behind the arc shooting skills during this contest.

• Tug of War, 4 p.m., May 23
– Find some co-workers who want to combine their strengths and test them against different teams.

• TRX 40, 40, 40 Challenge, 11 a.m., May 28
– These challenges will test core and upper body strength.

• May Squat Press Competition, 2 p.m., May 30
– Work those backside muscles in the squat press competition.

Medina Fitness Center

• Daily Sports Trivia Questions,
– Test your sports history knowledge daily in May.

• Pushup Challenge, 11 a.m., Monday

• Situp Challenge, 11 a.m., Wednesday

• Pullup Challenge, 11 a.m., May 9

• Team Fitness Challenge, 11 a.m., May 14

• "Strong As You Wanna Be" Bench Press Challenge, 11 a.m., May 21
– Participants can strengthen against other competitors in this strongman competition.

• Beach Theme Fun Run, 11 a.m., May 30
– Dress in beach wear and get some exercise while having some fun in the (if weather permits) sun.

Warhawk Fitness Center

• 3-Point Shoot Out, 10 a.m. to noon, Wednesday
– Walk in entries are allowed day of event.

• Situp-A-Thon, 2-4 p.m., May 15-16
– Top male and female winners will be decided by who can do the most situps in one minute.

• 3-on-3 Basketball Tournament, 10 a.m. to 1 p.m., May 22
– Teams of four can participate in this tournament. Sign your team up no later than May 20.

• Zumba and Zumba Toning, 4-6 p.m., May 23
– Get your dance on and burn some calories during this free event.

For more information about these events, call the Chapparal Fitness Center at 671-2401, the Gateway Fitness Center at 671-2565, the Gillum Fitness Center at 977-2353, the Kelly Fitness Center at 925-4848, the Medina Fitness Center at 671-4525 and the Warhawk Fitness Center at 671-2016.