



TALESPINNER

JOINT BASE SAN ANTONIO-LACKLAND, TEXAS • Vol. 71 No. 21 • May 30, 2014



324th 'Knights' end 61 years of excellence

Photo by Johnny Saldivar

Col. Deborah J. Liddick, 737th Training Group commander, receives the 324th Training Squadron guidon from Lt. Col. Frederick Gearhart, former 324th TRS commander, during an deactivation ceremony held May 23 at Joint Base San Antonio-Lackland. For more than 61 years, the 324th TRS transformed more than 340,000 ordinary citizens into extraordinary Warrior Airmen of Character by embedding Air Force core values and the training standard of excellence into all aspects of basic military training.

CSAF provides 'initial feedback' to all commanders

By Staff Sgt. Torri Ingalsbe
Air Force Public Affairs Agency

All supervisors are required to provide subordinates with an initial feedback outlining expectations, standards and goals they can both work together to achieve.

Air Force Chief of Staff Gen. Mark A. Welsh III led the way by introducing the new Air Force Instruction 1-2 "Commander's Responsibilities" May 8 for commanders Air Force-wide.

AFI 1-2 is a six-page document that details the general's priorities and expectations for those officers who hold command positions. Topics range from conduct and responsibilities to Welsh's overall intent.

"It's important for all of us to be on the same page, especially when it comes to standards and conduct," Welsh said. "Our single most important job as

commanders is to take care of the sons and daughters our nation has entrusted to us. This outlines how to accomplish that while keeping consistency across all commands."

In addition to AFI 1-2, the Air Force inspection system has been in development for the last three years, the Secretary of the Air Force Office of Inspector General Chief of Policy Integration, Maj. Justin Longmire explained. "One of the biggest focuses was on what really mattered to commanders."

"For the first time, the Air Force now has an instruction which sets the minimum standard for successful command," said Lt. Gen. Stephen Mueller, the inspector general of the Air Force. "A great byproduct of this instruction is a standardized template for evaluating and inspecting all Air Force commander's along four



Gen. Mark A. Welsh III
Air Force Chief of Staff

common major graded areas."

The AFI shows the specific expectations Welsh has for his commanders, especially in the realm of commander conduct.

According to the AFI, "com-

manders are required to display exemplary conduct as outlined in U.S. law." In addition, "commanders must be above reproach, both morally and ethically and exemplify Air Force Core Values and standards in their professional and personal lives."

The AFI also delves into the responsibilities of commanders, from training and equipping Airmen, to resource management. Commanders are expected to execute the mission, lead people, manage resources and improve the unit, according to the AFI.

"AFI 1-2 provides 'commander's intent' and outlines the expectations for commanders," Longmire said. "The Air Force Inspection System provides a congruent means of inspecting to those standards."

AFI 1-2 can be found online at http://www.af.mil/Portals/1/documents/csaf/afi1_2.pdf.

Take 'FIVE' to get free money for your TSP account

By Janis El Shabazz
Air Force Personnel Center

The Thrift Savings Plan has launched the "Take FIVE for Your Future" educational campaign encouraging civilian employees to take advantage of free government TSP matching contributions by putting at least 5 percent from each paycheck into their account.

"Employees who fail to do

this are losing out on thousands of dollars that can help them down the road when they get ready to retire," said Carlos Colon, Air Force Personnel Center benefits and entitlements technical oversight team lead.

The government provides matching contributions on the first 5 percent of pay contributed each pay period. All civilian employees automatically receive a 1 percent govern-

ment contribution. The first 3 percent will be matched dollar-for-dollar; the next 2 percent will be matched at 50 cents on the dollar. If employees stop making regular employee contributions, the matching contributions will also stop.

The campaign, which also includes a YouTube video, highlights the plan's five core funds and five life-cycle funds available for

employee investments.

For employees who are unsure which funds to select, the TSP offers lifecycle funds which automatically manage TSP contributions based on an employee's target retirement date. Each L fund is invested in a combination of the five individual TSP funds to maintain an optimal balance of investment risks and

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

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NEWS IN BRIEF

JUNE 19

HOME BUYERS' SEMINAR

There will be a home buyers' seminar from 1:30-4 p.m. June 19 in the Fellowship Room at Freedom Chapel.

Seminar topics include the home buying process, how much money is needed, current market conditions, mortgage basics, information about the Veterans Administration and Texas Veterans loan programs, credit information/tips, and a question-and-answer session.

For reservations and more information, call 375-5149.

JUNE 20

BAH MASS RECERTIFICATION

A mass recertification for Joint Base San Antonio-Lackland Airmen on the service-wide basic allowance for housing entitlements recertification process is from 8 a.m. to 1 p.m. June 20 in building 5616, room 118.

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

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

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

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

Finance offices will be closed June 6 and open only from 1-3 p.m. June 17.

INFORMATIONAL

PASS AND REGISTRATION MOVE

The Pass and Registration Office has relocated to building 9504, next to the Valley Hi gate, from building 5616.

BMT training squadron deactivated



Photo by Johnny Saldivar

Senior Master Sgt. Jason Dahlquist, 324th Training Squadron first sergeant, and Chief Master Sgt. James Biggerstaff, 324th Training Squadron superintendent, furl the unit's guidon during an deactivation ceremony May 23 held at Joint Base San Antonio-Lackland. For more than 61 years, the 324th transformed more than 340,000 ordinary citizens into extraordinary Warrior Airman of Character by embedding Air Force core values and the Training Standard of Excellence into all aspects of Basic Military Training.

By Mike Joseph
JBSA-Lackland Public Affairs

The 37th Training Wing deactivated the 324th Training Squadron in a ceremony May 23 at the Jacobson Training Com-

plex on Joint Base San Antonio-Lackland where the squadron was housed.

The squadron was originally designated and organized March 1, 1953 as the 3704th Basic Military Training Squadron. It was

redesignated the 324th Basic Training Squadron Aug. 25, 1992 and became the 324th TRS April 1, 1994.

Senior 37th TRW leaders said current and future medical holdover Airmen in the squadron will

be assigned to the 737th Training Support Squadron.

Seven Air Force Basic Military Training Squadrons remain in the 737th Training Group following the deactivation.

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rewards for a particular time horizon.

Colon said a common reason for employees hesitating to make the 5 percent contribution stems from not understanding how TSP works or not wanting to part with the money from each paycheck

"While wanting to keep the extra money each month is understandable," he said, "employees should consider the impact that these contributions can have over the course of a career working

for the government."

Colon said according to TSP, an employee earning \$50,000 per year who contributes 5 percent to their TSP, about \$95 per paycheck, and earns an average annual rate of return of 6 percent can potentially have a TSP account worth as much as \$418,000 after 30 years.

"The old financial adage about 'paying yourself first' definitely applies to TSP contributions," said Colon. "The earlier you begin to save for your retirement, the easier it will be to

weather short-term market fluctuations and gain the maximum savings benefit."

To learn more about the TSP "Take FIVE for Your Future" campaign, visit the following links:
Website: <https://www.tsp.gov/whatsnew/plan/plan-News.shtml#takefive>.

Video: <http://www.youtube.com/watch?v=V9fy7oE5Af8>.

Air Force civilians can make TSP elections through the Employee Benefits Information System.

For more information about other personnel issues, visit the myPers web-

site at <https://mypers.af.mil>. To access EBIS select the link under the 'I would like to' section. Log into the site with your social security number and EBIS personal identification number

New users who do not have a PIN must click the "new user" option to create one. Employees, who have forgotten their PIN can reset it by providing six pieces of previously established information. After answering the security questions select, the "forgot login" link and enter the requested information.

JBSA now has one phone number for facility repair requests

By Robert Goetz

Joint Base San Antonio-Randolph Public Affairs

Joint Base San Antonio has one telephone number for people at all locations to call when their facilities require maintenance or repairs.

Effective May 16, JBSA's customer service number is 671-5555, which is located at JBSA-Lackland.

"That is the only number all JBSA customers will have to remember for customer service both during and after duty hours," Deborah Gonzalez, 502nd Civil Engineer Squadron requirements chief, said. "The phones will automatically transfer to our after-duty service call at 4:30 p.m. each weekday and on weekends and holidays."

Customers who call the new number are directed to press the appropriate number for the location they are calling - 1 for JBSA-Lackland, 2 for JBSA-Fort Sam Houston and 3 for JBSA-Randolph, Gonzalez said.

"Initially, all calls will be directed to the original customer service representatives that sat at your location," she said. "Once all customer service representatives are familiar with answering calls from all of JBSA, the phone directory will be removed and anyone answering the phone will be able to help you."

The response process will not change, Gonzalez said.

"An emergency will be dispatched immediately," she said. "We will have telephonic contact with all our shop superintendents as well as our section chiefs."

Anyone can call the customer service number to report an emergency situation, Gonzalez said, but only facility managers are authorized to place other service calls.

"We are usually the first call people make when they're trying to find out whom or what shop in civil engineering to call for a specific issue they may have," she said.

JBSA locations receive a combined total of some 5,300 customer service requests per month, Gonzalez said.

Most of the requests are for minor maintenance and repairs; problems include stopped-up toilets, no air conditioning, leaks in the ceiling and ants in rooms.

Each location has its own maintenance staff, including carpenters, plumbers and electricians, to handle minor issues, Antonio Matos, 502nd CES project management team chief, said. For construction projects that are more expensive or complex, a bid process is required.

Joint Base San Antonio
502 Comptroller Squadron
Financial Services Office

Customer Service Walk In Location:

JBSA-Fort Sam Houston 2250 Engineer St. Bldg 4196	JBSA-Lackland 1561 Stewart St. Suite 1 Bldg 5616
---------------------------------------------------------	--------------------------------------------------------

JBSA-Randolph
550 D St. East Suite 2
Bldg 399

Email or Call our Financial Service Contact Center:

Email: finance.callcenter@us.af.mil
Phone: 652-1851 DSN "487"

Normal Hours of Operation:

8 a.m. to 3 p.m. on Monday-Friday
8 a.m. to 2 p.m. Wednesday

Important Dates for the Month of June:

June 6 502 ABW SAPR Stand-Down Day

Financial Services Office will be closed

June 17 502 CPTS Change of Command Ceremony

Open from 1-3 p.m.

June 20 JBSA - BAH Mass Recertification (JBSA-Lackland, Bldg 5616, Rm 118)

Contact Center, JBSA-Randolph and JBSA-Fort Sam locations will continue to have normal operations.

***For emergencies please contact your First Sergeants when we are closed*

6 x 9.75

Animal behavioral resident expands specialized field

By Mike Joseph
JBSA-Lackland Public Affairs

Several years ago, an animal behavioral specialist at the Daniel E. Holland Military Working Dog Hospital on Joint Base San Antonio-Lackland jokingly called his specialized career field “an Army of One” since he was the only behavioral specialist in the Department of Defense.

Now, a resident in animal behavioral at JBSA-Lackland might also be considered as part of that “Army” while following the path of Dr. Walter Burghardt, the original “Army of One.”

“I’m the only animal behavioral resident in the DOD,” said Army Capt. (Dr.) Desiree Broach, a University of Georgia Veterinary School graduate. “I’ve had an interest in animal behavioral since vet school. As luck would have it, the residency was offered the year I could apply and I was fortunate to be selected.”

Broach has been mentored the past two years by Burghardt, the chief of Behavioral Medicine and Military Working Dog studies at Holland Hospital. She manages behavioral cases and develops treatment plans for those cases under Burghardt’s supervision.

Individuals with access to the JBSA-Lackland veterinary treatment facility who use animal behavioral services get a meaningful service at a substantial discount. Because behavioral examinations are not specified in the military veterinary services price structure, those appointments are priced at a veterinary examination fee of \$25.

“In the civilian sector, a veterinary behavioral appointment with a resident or behavioralist will run between \$200 and \$400, more for larger animals,” Broach said.

And since adding the only animal behavioral technician in DOD – Army Staff Sgt. Craig Prewitt Sr. – to the program six months ago, Broach’s case load to see government and privately-owned animals has increased 30 percent.

“Military working dogs are the brunt of our work,” Broach said. “However, I do see privately-owned animals for behavioral appointments at the JBSA-Lackland veterinary treatment facility once a week. Every other week at the



Photos by Josh Rodriguez

Army Capt. (Dr.) Desiree Broach, an animal behavioral specialist resident at the Daniel E. Holland Military Working Dog Hospital, and Army Staff Sgt. Craig Prewitt Sr., an animal behavioral technician, work with privately-owned dogs Gabe and Heidi during a recent evaluation.

JBSA-Fort Sam Houston VTF, I see mainly cats for both medical and behavioral appointments.”

Broach works out of the Holland MWD Hospital as an American College of Veterinary Behaviorists and American Board of Veterinary Practitioners resident, a four-year program. Prior to her residency, she had been assigned to the veterinary corps at JBSA-Fort Sam Houston.

“My goal is to become a resource for other veterinarians in the military when it comes to MWD behavior and also for privately-owned animals,” Broach said. “The residency program is an opportunity for me to become board certified in behavioral.”

In dealing with privately-owned animals, mostly dogs and cats, Broach said a lot of times a behavioral issue stems from a medical issue but it’s the behavioral presentation the owner sees.

“We look for medical issues first,” she said. “If we can’t find anything medical or if another veterinarian has covered those issues, we’ll go into the behavioral part.”

“We cover the entire behavioral history, anything they’ve tried to change the behavior, any outside training, how the house is set up; specific stimuli that starts it.”

Broach said most behavioral problems happen in the home. She said any number of environmental changes – bringing home a new baby, losing a pet or family member, a child moving out – can trigger direct responses such as a pet’s decreased appetite or becoming very clingy.

Other behavior problems can include aggression, fear, anxiety, hyperactivity, inappropriate elimination and tail chasing.

“Permanent change of station is a huge stressor on family pets,” Broach

said. “They’re in a car for a couple of days or on a plane; they see boxes being packed up or brought in. That’s a change in their environment. They don’t quite understand what’s going on.”

Only two behavioral appointments per week for dogs are available at JBSA-Lackland. Appointments can last from one to three hours as Broach and Prewitt spend time getting as many details as possible.

Those details include medical history and record reviews. Broach and Prewitt also take time to educate the client, explain or demonstrate treatment techniques and provide information on behavioral history or issues.

And whatever the behavioral case may be, Broach said “no problem is too small.”

For more information on animal behavioral services or to schedule an appointment, call 671-3631.



Air Force launches new program to capture innovative ideas

Air Force officials announced the creation of a new program April 4, designed to harness Airmen's innovation.

Airmen Powered by Innovation, or API, will replace three existing Air Force "good idea" programs - the Innovative Development through Employee Awareness, Productivity Enhancing Capital Investment and Best Practices programs - expand this role of Air Force Smart Operations for the 21st Century.

"API will consolidate the benefits of each program and simplify the process for submitting ideas, making it easier for our Airmen at the lowest levels to effect change across the entire Air Force," said David Tillotson, Air Force deputy chief management officer.

Installations' manpower offices will be responsible for assisting and supporting Airmen as they submit ideas. In addition to gaining efficiencies by consolidating existing programs, API will also offer Airmen increased access to assistance prior to submitting ideas and institute a top-down tracking requirement, which includes confirming and documenting savings realized from implementing Airmen's ideas.

"The requirement for us to track

these ideas from the top down recognizes the importance we place in having an environment that fosters and rewards innovation at all levels," said Gen. Larry Spencer, Air Force vice chief of staff. "In this fiscally-constrained environment, we need every Airman engaged in finding smarter ways to do business."

API will serve as a follow-on program to institutionalize the success of the 2013 Every Dollar Counts campaign. During the campaign, 302 ideas submitted by Airmen were implemented by the Air Force, generating savings of \$71 million and 24,000 hours annually.

"Our Airmen are the finest in the world and care about making sure our Air Force remains the best in the world," Spencer said. "I wasn't at all surprised by how many good ideas they had and as leaders, we owe it to them to make sure their ideas are heard. API will ensure their ideas can be implemented."

Airmen who wish to submit ideas through API may do so by going online to <https://ipds.afpc.randolph.af.mil> or by working with their local AFSO21 office.

(Source: Secretary of the Air Force Public Affairs)

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JBSA-LACKLAND ON THE SOCIAL NETWORKING SCENE



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Lackland-JBSA



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



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



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

151 JBSA E-6s selected for master sergeant promotion



Photo by Benjamin Faske

Joint Base San Antonio-Lackland technical sergeants selected for promotion to master sergeant pose for a photo May 22 at the JBSA-Lackland Parade Grounds.

JBSA-Lackland

Noe Abad
Benjamin Ackerman
Ivory Alarcon
Latasha America
Brian Arrington
Richard Babcock
Andrew Baines Jr.
Cruz Baquero
Christopher Bates
Tennille Benton
Aleshia Berryhill
Robert Black III
Delainah Borgonia
Joshua Breazeale
Annamaria Brown
Lashunda Burgess
James Carman
Daniel Castro
Renee Cenov
Eric Chaney
Alexis Chapa
Keith Chase
Sandra Cichon

Lebaron Cooley
William Copeland
Joey Crowell
Autum Curran
Stephen Dangel
David Demeter
Christopher Dion
Robert Donaldson
Shawn Donnell
Thomas Doyle
Adam Dunn
Richard Duvall
Dominic Edginton
Gina Escanes
Edward Esposito
Jason Estrada
Robert Everly
Laurie Flores
Stephanie Forbes
Kellie Ford
Timothy Fuller
Samuel Gaare
Jason Gaddis

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MSGTs from Page 8

Demetrio Garcia Jr.
Gonzalo Garcia III
Luis Garcia
Justin Gholston
Richard Gilbert
Douglas Greene
Randy Guerra
Carol Gutierrez
Jackso Haltiwanger
Walter Harden Jr.
Elizabeth Harris
Darrance Hearn
Eric Hernandez
Shaun Herron
Jewell Hicks Jr.
Marco Hill
Nicholas Hilliard
Larilyn Holland
Kelly Hons
Jon Hutchins Jr.
Curtis Jackson
Jerrold Jackson
Jonathon Jackson

Stephen Jensen
Deon Johnson
Joshua Joll
Jonathan Jones
Scott Karter
Michael Kienholz
Dale King
Joshua Kookan
Christopher Korwes
Matthew Lamanna
Joshua Lavene
Carmeisha Layton
Dean Le
Leach Troy
Robert Lealiiie
Susan Liebig
Brian Litterer
Frederick Littles
Melody Lockhart
Gerardo Lopez
Daniel MacFarlane
Floyd Manley III
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Joshua Weaver
James Wentzel
China Werner
Michael Wetzel
Melissa Wiest
Tamara Winter



Dr. Andrew Greller, a veterinary optometrist, poses with one of his military working dog patients after a successful eye exam at the Lt. Col. Daniel E. Holland Military Working Dog Hospital May 22, at Joint Base San Antonio-Lackland.



U.S. Army Maj. Eric Storey, 341st Training Squadron veterinary optometrist, and Jose Garcia, 341st Training Squadron kennel attendant, give eye drops to Jewel, a military working dog.

Service by sight:

Military Working Dogs receive vision care

Photos by Benjamin Faske



U.S. Army Maj. Eric Storey, 341st Training Squadron veterinary optometrist, veterinary technician Kris Ridder, and kennel attendant, Jose Garcia perform a eye exam on Jewel, a military working dog.



Joint Base San Antonio FORCE SUPPORT SQUADRON

Monthly Event

June

ARTS & CRAFTS

Framing needs fulfilled at Arts & Crafts

The graphics shop in the JBSA-Lackland Arts & Crafts Center closed its doors for business in May but the frame shop continues to provide custom framing for art work, memorabilia, photographs and more. Patrons should take their items to the frame shop where a professional will assist them in making molding and matte selections. For more information, call 671-2515. The JBSA-Randolph Frame Shop also has expert framers ready to help customers pick out the perfect custom frame for sports awards, special achievements, graduations, etc. They can also help customers pick out a suitable frame for any piece of artwork or memorable photograph. The frame shop will match any off-base price on a comparable custom framing job and customers will not pay sales tax. For more information, call 652-5142.

Bowling

Construction wraps up at bowling center

The renovation of the JBSA-Lackland Skylark Bowling Center is expected to be complete in early June. All lanes will be operational and normal business hours will resume. Patrons are asked to stay tuned for announcements regarding the grand reopening in the Hotline newsletter, Daily Bulletin, Facebook and other media outlets. The celebration will feature bowling specials and more. For information, call 671-1234.

Youth get the ball rolling with Hook-Up-to-Bowling

Youth are introduced to bowling in the Hook-Up-to-Bowling class held at the JBSA-Randolph Bowling Center on Wednesdays in June, 10-11:30 a.m. The cost is \$125 and includes a bowling ball (fee for drilling not included) and a single ball bag. For more information or to sign up, call 652-6271.

Patrons take part in "9 Pin, No Tap Sweeper" tournament

The JBSA-Fort Sam Bowling Center hosts a "9 Pin, No Tap Sweeper" June 14, 1 p.m. The format of the tournament is five games of nine pin no-tap across five pairs of lanes, with bowlers moving one lane to the right after each game. The entry fee is \$30 with \$10 going to lineage and \$20 to the prize fund. For more information, call 221-3683.

Have a ball with Dad on Father's Day

Devote a day to Dad by taking him bowling on Father's Day, June 15. Dads are treated to a free game of bowling and \$1 shoe rental, noon to 5 p.m. at the JBSA-Fort Sam Houston Bowling Center. For more information, call 221-3683.

Take Dad bowling at the JBSA-Randolph Bowling Center for three free games of bowling and \$2.35 shoe rental. The rest of the family can bowl at the special Father's Day rate of \$2.50 per person, per game with \$2.35 rental shoes. For more

information, call 652-6271.

Music and lights entertain customers while bowling

The JBSA-Randolph Bowling Center offers "Cosmic Bowling" Saturdays, 8-11 p.m. Patrons may select and play their own music on an on-line juke box and can enjoy a light show while bowling. For more information, call 652-6271.

Bowlers roll with the pros

The JBSA-Lackland Skylark Bowling Center hosts "Roll with the Pros" in August. In order to participate, patrons are encouraged to join one of the designated "Roll with the Pros" summer leagues. Bowlers receive their choice of a Storm high-end bowling ball or a Storm entry-level ball and a two-bag roller combo. Participants also have the opportunity to meet professional bowlers and receive a free entry into the Storm Pro-Am 9-pin No Tap tournament for a chance to bowl with the top male and female professional bowlers. For more information, call 671-1234.

Community Programs

Harlequin Theatre presents "Don't Dress for Dinner"

The JBSA-Fort Sam Houston Harlequin Dinner Theatre presents "Don't Dress for Dinner" through June 21. See the drama unfold when an evening of hilarious confusion ensues. For more information, call 222-9694.

Adults enjoy fun and games at community center

Adults have the opportunity to relive childhood fun during the JBSA-Lackland Arnold Hall Community Center's "Play Date" June 7, 7 p.m. to midnight. The evening boasts Top 40 music, fun and games like musical chairs and twister for patrons 21 and older. Admission is \$10 with food and beverages available for purchase. For more information, call 671-2619 or 671-2352.

Community center hosts amateur beer making contest

The JBSA-Lackland Arnold Hall Community Center hosts the annual JBSA Master Brewer Competition June 20, 6-7:30 p.m. Winners are selected from the entries in brown ale, blond ale, India Pale Ale, stout and pilsner America. A few lucky attendees will have a chance to sample the beers and select their favorites. The Lackland Performing Arts Group provides live entertainment featuring a variety of music. Admission is free with food and beverages available for purchase. For more information, call 671-2619 or 671-2352.

Force support appreciates all customers

Force Support appreciates its customers at the Parr Club deck June 27, 5-9 p.m., with a free buffet for adults and kids, free swimming, live music, games, face painting, and inflatables. Performing live on stage from 6-9 p.m. is the diverse musical stylings of San Antonio's premiere entertainment experience, Wednesday Ball and The Show. Available games include a

rock climbing wall, a video entertainment gaming theater and an archery "hover ball" shooting gallery. Admission to the Center Pool is free after 5 p.m. As a special thanks to all customers, \$6 Regal movie tickets (limit of 5 per DOD ID card) will be available for purchase at the Community Services Mall (building 895) June 27. The event is sponsored by Gunn Automotive Group, Randolph-Brooks Federal Credit Union and Budweiser. No federal endorsement of sponsors intended.

Clubs

Kendrick Club host buffet and bingo

The JBSA-Randolph Kendrick Club hosts Bingo Extravaganza June 2 and 16. A complimentary buffet begins at 5:30 p.m. and Early Bird bingo begins at 6 p.m. Total jackpots for this event are \$15,000. For more information, call 652-3056.

Celebrate June birthdays with bingo

JBSA-Randolph club members with birthdays in June get one free machine, cake and lots of fun June 10. ID and club card are required. All birthday bingo players can enter their name for a drawing at the end of the bingo session for \$30 in Randolph Club Bucks that can be used at either club. For more information, call 652-3056.

Monte Carlo Night tickets available for purchase

The JBSA-Lackland Gateway Club hosts Monte Carlo Night July 11, 6:30-11 p.m. The evening includes \$2,000 in chips, light refreshments from 6:30-8:30 p.m. and gaming from 7-10 p.m. so patrons can try their luck at blackjack, craps, roulette or poker. Following the gaming, patrons use their play winnings to bid for the various prizes. Patrons interested in participating in Texas Hold 'Em must reserve a spot in advance due to limited seating. For more information, call 645-7034.

Dads treated to pre-celebration buffet

The JBSA-Lackland Gateway Club honors dads with an early Father's Day lunch buffet in the food court June 12, 11 a.m. to 3 p.m. Dad is treated to a variety of delicious entrees such as blackened catfish, fried chicken, shrimp and sausage jambalaya, Jack Daniel barbecue ribs, barbecue brisket, sides, build-your-own salad, desserts and more. Dads feast for \$8.95 and all others for \$9.95. For more information, call 645-7034.

Clubs honor dads while tempting their taste buds

The JBSA-Randolph Parr Club and the JBSA-Lackland Gateway Club are hosting Father's Day buffets June 15. The JBSA-Lackland Gateway Club buffet is from 10:30 a.m. to 2:30 p.m. in the Fiesta Ballroom and entertainment is provided by DJ Stevie Mac Dance Machine. The buffet features

JBSA FSS

rib-eye steak with sautéed onions and sliced mushrooms, blackened catfish fillets, Memphis-style barbecue ribs, rosemary roasted turkey served by a carver, grilled chicken with avocado, tomato and cheese, crawfish boil, stuffed pork chops and barbecue beef brisket. The buffet also includes a build-your-own omelet bar, breakfast bar, sides, salads and desserts. The price of the buffet is \$18.95 for adult members and trainees, \$9.95 for members' children, ages 6-11, \$21.95 for nonmembers and \$10.95 for nonmembers' children, ages 6-11. Children 5 and younger eat for free. To purchase tickets, call 645-7034.

The JBSA-Randolph Parr Club buffet is from 10 a.m. to 1:30 p.m. This event is open to all DOD ID cardholders. The cost is \$27.95 for nonmembers, \$14.95 for children of nonmembers, 6-12 years old, \$22.95 for adult club members, \$12.95 for club members' children and children 5 and younger eat for free. All dads and grandpas can enter their names in a drawing for club gift certificates to be given away on Monday. Reservations are recommended for parties of 10 or more. For more information or to make reservations, call 652-4864 or 658-7445.

Kendrick Club hosts rhythm and blues and jazz music

Join the JBSA-Randolph Kendrick Club June 20, 6-10 p.m., on the Nite Club Patio for some rhythm and blues and jazz music from the Black Ties band. A themed buffet is available for \$10.45 a person and club members receive \$2 off the buffet price. For more information, call 652-3056.

Parr Club celebrates June birthdays with a free dinner

Club members with June birthdays are invited to celebrate their birthday at the JBSA-Randolph Parr Club June 25, 4:30-7:30 p.m., with a free buffet. The buffet includes salad, two vegetables, two starches, two entrées, soup and birthday cake with ice cream. The cost is \$13.95 for adult guests and \$7.95 for their children 6-12 years old. Club members that are not celebrating are invited as well and the cost is \$11.95 for adults, \$5.95 for children 6-12 years old and kids 5 and younger eat for free. For more information, call 645-7034.

Club features Thursday night dinner special

The JBSA-Lackland Gateway Club hosts an all-you-can-eat buffet every Thursday, 4-7:30 p.m., in the food court. The buffet includes items like fried catfish and hush puppies, barbecue pork ribs, Salisbury steak, seasoned steak fries, sides, salads, desserts and beverages. The cost is \$8.95 per person. For more information, call 645-7034.

Fitness and Sports

Students sign up for intramural league play

The JBSA-Fort Sam Houston Fitness Center on the Medical Education and Training Campus is accepting letters of intent for unit teams interested in league play. Team entry requires a letter of intent from the unit or organization signed by the sports representative or commander. Units may have more than one team and no player roster is required. Cadre must be present at all games. Letters of intent must be received by June 2. A coaches/rules meeting is scheduled for June 5, noon, at METC. For more information, call 808-5709.

Two-person teams run 10K relay

Grab a teammate and head to Eberle Park at JBSA-Randolph, June 7, 7:30 a.m., for a two-person team 10K relay

run. The first team member must complete the 5K run route in order for the second member to tag off and start running the next 5K. This event is sponsored by Randolph-Brooks Federal Credit Union. No federal endorsement of sponsor intended. For more information, call 652-7263

Fitness center challenges patrons to tug-of-war

The JBSA-Lackland Gillum Fitness Center hosts a tug-of-war competition June 13, 7:30-9 a.m., with a 1,400 pound team limit. Each team must have at least one female. The sign up deadline is June 12. For more information, call 977-2353.

Athletes lead the way to summer testing endurance

Patrons are encouraged to test their endurance and take part in the summer kickoff triathlon June 15, 7 a.m., at the JBSA-Fort Sam Houston Aquatic Center. Pre-registration is required and the cost is \$20. The registration deadline is June 9. For more information, call 221-4887.

10-mile marathon training run

The JBSA-Randolph Fitness Center welcomes all runners training for a marathon to Eberle Park June 21, 7 a.m., to run a 10-mile course. This is the first of three marathon training runs. This event is sponsored by Randolph-Brooks Federal Credit Union. No federal endorsement of sponsor intended. For more information, call 977-2353.

Fitness centers offers Zumba® classes

Patrons dance calories away and get into shape to the heart-pumping beat of Latin music. The JBSA-Lackland Warhawk Fitness Center classes are Monday through Friday, 4:15-5:15 p.m. The cost to participate is \$2 per class. For more information, call 671-2016.

The JBSA-Fort Sam Houston Fitness Center on the Medical

Education Training Campus holds Zumba® classes Monday, 6-7 p.m., and Tuesday through Thursday, 5-6 p.m. The cost is \$3 per class. For more information, call 808-5709.

Patrons get into shape with free classes

The JBSA-Lackland Gateway Fitness Center offers a variety of free classes during the week. The strength and cardio class held Wednesday and Friday, 11:30 a.m. to noon, burns calories and strengthens muscles through the use of weights, kettle bells and cardio. The TRX Suspension Training® class, held Tuesday and Thursday at 10 a.m., incorporates suspension training using leverage and the user's body weight to tone and strengthen. The Tuesday and Thursday, Core Cut Up class at 10:30 a.m., challenges patrons with a core-concentrated workout. For more information, call 671-2565.

Massage therapy helps patrons relax

The JBSA-Lackland fitness centers has massage therapy available by appointment. Patrons can choose from Swedish, deep tissue, chair and prenatal massages with varying prices. For more information, call 671-4477.

Fitness center offers 24-hour access

The JBSA-Kelly Fitness Center allows patrons with a Department of Defense common access card 24-hour access to the facility. Staff is present Monday through Friday, 6 a.m. to 3 p.m. Members must register their DOD CAC at the JBSA-Kelly Fitness Center to gain access after normal hours. A statement of agreement must be signed at time of registration. Retired military must present a DD Form 2 that includes a DOD identification number versus social security number to register for access. For more information, call 925-4013.

Fitness center offers yoga class

The Hatha Yoga class held at the JBSA-Fort Sam Houston Fitness Center on the Medical Education Training Campus helps build strength, flexibility, lung capacity, balance and mindfulness. Classes are held Mondays, 4:30-5:45 p.m. and Thursdays, 6:15-7:30 p.m. For more information, call 808-5709.

Golf

Warriors invited to scramble

Golfers are invited to play in the monthly "Warrior Four-Person Scramble" June 6 with a 12:30 p.m. shotgun start time. The cost is \$25 for members and \$35 for nonmembers. The cost for the scramble includes 18 holes of golf, green fees, golf cart, dinner, gift certificates for the winners of the longest drive and the closest to the pin and for first, second and third place. For more information, call 222-9386.

Golf course hosts US Open Blind Draw Tournament

Join JBSA-Randolph June 14 for the US Open Blind Draw Tournament. Tee times are from 7-9 a.m. This is an individual low net/low gross tournament. We will draw a PGA professional from the US Open for you to combine your score with. The entry fee is \$10 dollars plus green fees and cart fee. For more information or to sign up, call 652-4653.

Youth and parents have fun golfing

Parents and youth share a fun afternoon together at the Parent/Child Golf Tournament June 15 at the JBSA-Randolph Oaks Golf Course. This is a two-person scramble with tee times from noon to 1 p.m. Lunch is served before the round. The cost is \$20 and includes the green fee and cart rental. For more information or to sign up, call 652-4653.

Youth learn the basics of golf

The JBSA-Randolph Golf Course conducts a Junior Golf Camp June 16-20. Classes are Monday through Thursday, 8-10:30 a.m. and Friday, 9 a.m. to 1 p.m. The cost is \$125 for youth that need clubs, which are his or hers to take home at the conclusion of the camp, or \$50 for youth that already have clubs. The first four days are devoted to lessons on chipping, putting and hitting. Friday is pizza and tournament day. For more information or to sign up, call 652-4653.

Military receive snack bar discount

The snack bar at the JBSA-Lackland Gateway Hills Golf Course has a wide variety of breakfast and lunch menu items. Uniformed military personal who dine at the snack bar receive \$1 off their breakfast or lunch entrée. Call-in orders for pickup are welcome. For more information or to place an order, call 671-3466.

Basic military training graduates receive special discount

Basic military training graduates and their families are eligible to play golf at the JBSA-Lackland Gateway Hills Golf Course for a discounted rate of \$30. The special includes green fee, cart rental and clubs. For more information, call 671-2517.

Patrons custom fit clubs for a better game of golf

Golfers in the market for a new set of Ping clubs are in

luck. JBSA-Randolph Oaks Golf Pro Shop is certified for Ping custom club fitting. Custom fitting for other golf clubs is also available. To schedule your personalized fitting, call 652-4653.

Information, Tickets and Travel

Discount amusement park tickets available

JBSA-Lackland Information, Tickets and Travel offers discounted tickets to the Wizarding World of Harry Potter-Daigon Alley at Universal Studios in Orlando, Fla. This new attraction opens this summer as an addition to the Harry Potter adventure. ITT sells one-day park-to-park adult admission tickets for \$136 and \$130 for children ages 3-9 years old. Two-day park-to-park tickets cost \$164.80 for adults and \$155.40 for children ages 3-9 years old. For more information, call 671-3133.



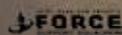
Youth Horsemanship Camp

Available June through August

Fort Sam Houston Equestrian Center

Youths ages 7 - 17 will learn basic horsemanship skills in this five-day camp, Monday - Friday, 9 a.m.-3 p.m.

Call today, 224-7207. Space is limited!



www.FortSamMWR.com



Group tour to Choctaw Casino

JBSA-Lackland Information, Tickets and Travel offers a group casino trip to Choctaw located in Grant, Okla., June 29-30. Cost is \$87 per person based on double occupancy or \$127 per person for single occupancy. The cost includes transportation, one night hotel stay, tax, \$20 in casino cash and discounted meals. Patrons are encouraged to book early as limited spots are available. For more information, call 671-3133.

Information, Tickets and Travel sells circus tickets

Discount tickets to the Ringling Brothers Barnum and Bailey Circus are available at Information, Tickets and Travel

facilities located at JBSA-Lackland and JBSA-Randolph. Performances are July 2-6. Patrons are encouraged to shop early for best seat selection. For more information, call JBSA-Lackland at 671-3133 or JBSA-Randolph at 652-5242.

Explore Alaska with Princess Cruises

JBSA-Lackland Information, Tickets and Travel invites patrons to explore Alaska aboard the Princess cruise liner Grand Princess, Sept. 14-21. The eight-day cruise begins in Seattle moving on to Tracy Arm Fjord, Ketchikan for scenic cruising, then on to Juneau, Skagway and Victoria, British Columbia. Rates start at \$1,464 per person and gratuities are not included. Transfers are \$48 per person based on round-trip. A 20 percent cruise fare per person and \$10 booking fee are due at time of deposit. Final payment is due June 25. For more information, call 671-7111.

Summer fun begins at local theme parks

San Antonio's favorite local theme parks are open for the summer season. Get your discounted tickets to Six Flags, Schlitterbahn Water Park and Sea World at JBSA-Randolph Information, Tickets and Travel. For information, call 652-5242, option 1.

Patrons get ready for football

JBSA-Lackland Information, Tickets and Travel sells all-inclusive Dallas Cowboy packages with transportation from JBSA-Lackland ITT to Arlington, Texas. The packages include one night's accommodations at the Holiday Inn, Fort Worth South with room tax based on double occupancy, full hot breakfast, transportation between the hotel and game and tailgate party with complimentary full buffet. Packages are available for every home game with prices at \$379 for double occupancy, \$440 for single occupancy and \$359 for triple or quadruple occupancy. For more information, call 671-3059.

Information, Tickets and Travel offers trips to casino

The JBSA-Randolph Information, Tickets and Travel office offers several trips to the Grand Casino Coshatta in Kinder, La., throughout the year. Remaining trips are scheduled for July 15-16, Sept. 16-17 and Nov. 18-19. Each trip includes round-trip motor coach transportation, hotel accommodations and a voucher for \$23 from the casino. The bus departs at 7:30 a.m. and returns at approximately 9:30 p.m. the next day. Cost is \$60 for double occupancy or \$120 for single occupancy. For more information or to sign up, call 652-5242, option 1.

Library

Adults, teens and children enjoy reading over summer

The library "Paws to Read" reading program begins at all three JBSA locations. Sign ups for the program begin June 1 at JBSA-Lackland, June 5 at JBSA-Randolph and June 6 at JBSA-Fort Sam Houston. Children, as well as teens and adults, are invited to enjoy reading and a chance to earn great prizes throughout the summer. Special activities begin June 17 at 10 a.m. JBSA-Lackland, June 18 at 10 a.m. at JBSA-Randolph and June 19 at 10 a.m. at JBSA-Fort Sam Houston. Check

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with the individual libraries for details. For more information, call JBSA-Fort Sam Houston at 221-4702, JBSA-Lackland at 671-3610 and JBSA-Randolph at 652-5578.

Gamers meet their match at monthly gaming day

The JBSA-Fort Sam Houston Keith A. Campbell Memorial Library hosts its monthly gaming day June 13, 5:30-7 p.m. Gamers can choose from Xbox, Wii, PS3 and classic board games. For more information, call 221-4702.

Military & Family Readiness Center

Special needs families benefit from workshop

A two-day specialized training for military families with special needs children takes place June 2-3 at the JBSA-Fort Sam Houston Military & Family Readiness Center, building 2797. This workshop will guide families with special needs children through multiple complex systems that exist in the military, educational programs and within their community. To register or for more information, call 221-0497

Patrons learn about credit scores

The JBSA-Randolph Military & Family Readiness Center is holding a class on the importance of credit scores June 17, 9-10:30 a.m. During this class, attendees learn about credit scores and how they can affect all aspects of life, how to interpret credit reports and how to identify and correct common errors. For more information, call 652-5321.

Patrons learn interview techniques

The JBSA-Randolph Military & Family Readiness Center hosts "Interview with Confidence," June 19, 10 a.m. to noon. The class covers different types of interviews, what to expect and common questions. For more information, call 652-3321.

Youth and dads play basketball

The JBSA-Fort Sam Houston Military & Family Readiness Center is hosting a Father's Day basketball tournament June 13, 6-8 p.m., at the Middle School Teen Center. There are eight-minute quarters followed by a winner's game. A fitness expert provides a short presentation and light healthy snacks are available. Patrons must be a DOD ID cardholder to participate and must sign up by June 6. Prizes will be awarded to the winners. For more information, call 221-0349.

Camps available to special needs children

Joint Base San Antonio offers free, entertaining four-day camps for Exceptional Family Member Program special needs children, ages 6 to 18. The camps take place at the JBSA-Fort Sam Houston Elementary School, June 23-26 and July 21-24 from 9 a.m. to noon, the JBSA-Lackland Freedom Chapel, June 9-12 from 9 a.m. to noon and the JBSA-Randolph Chapel Fellowship Hall, July 8-10 from 9 a.m. to noon. To register, call 221-1616 or 221-2962 for JBSA-Fort Sam Houston, 671-7636 for JBSA-Lackland and 652-5321 for JBSA-Randolph.

Outdoor Recreation

Youth gallop their way to summer horse camps

The JBSA-Fort Sam Houston Equestrian Center offers summer camps. Youth, ages 7-17, are taught horsemanship skills in a fun environment. The first camp starts June 9

and the last camp starts Aug. 4. The cost is \$275 with a \$50 non-refundable deposit required at registration. For more information, call 224-7207.

Leave the traffic behind and get away on a horse

The JBSA-Fort Sam Houston Equestrian Center offers one-hour trail rides Saturday and Sunday for patrons, ages 7 and older. Adults must accompany children under age 13. Riders must be at least 54 inches tall and weigh no more than 200 pounds. Reservations are required and may be made in person or by phone. For more information, call 224-7207.

Season pools passes available for purchase

Season pool passes are available at all JBSA locations. The cost for an individual season pool pass is \$45, a student season pool pass is \$35 and a family (three-persons) season pool pass is \$85 with a \$10 for each additional family member. Season pool passes may be purchased at the JBSA-Fort Sam Houston Aquatic Center, the JBSA-Lackland Skylark Aquatics Center and the JBSA-Randolph Community Services Mall. For more information, call 221-4887 for JBSA-Fort Sam Houston, 671-3780 for JBSA-Lackland and 652-5142 for JBSA-Randolph.

Annual pass saves money at Canyon Lake

Purchase a one-year JBSA Recreation Park at Canyon Lake annual pass for \$65 and enjoy the lake all summer. This pass gets you into the Sunny Side and Hancock Cove sides of the park. Annual passes include a vehicle and boat/trailer pass and are not charged the boat launch fee. Without an annual pass, the daily entry fee for the park is \$7 per visit. For more information, call 830-226-5357.

Equipment for summer recreation available for rent

All JBSA equipment rental centers have a wide variety of equipment available for summer picnics, camping trips, water fun and more. For more information, call the JBSA-Fort Sam Houston Outdoor Recreation at 221-5224 or 221-5225; the JBSA-Lackland ORC at 925-5532 or 952-5533 or the JBSA-Randolph ORC, call 652-5142.

Salado Creek Park available for summer fun

The JBSA-Fort Sam Houston Salado Creek Park is perfect for family fun and events. The 13-acre park is adjacent to Salado Creek and is open daily from 8 a.m. to 9 p.m. Ten picnic areas are available to rent for \$15 and accommodate 25 people. Two large patio areas, accommodating 50 or more people, are available for \$30 and a covered pavilion is available for \$45. Reservations can be made up to a year in advance at the Outdoor Equipment Center and includes picnic tables and the barbecue stand. The park also features a volleyball court and playground areas. For more information, call 221-5224.

Boaters learn safety before getting on the water

Boater's safety certification is required for all boats rented at the JBSA Recreation Park at Canyon Lake. Outdoor Recreation in the Community Services Mall, building 895, offers the classes for only \$2 per person. Allow at least two hours to complete this course. For more information, call 652-5142.

Archery range hosts 3-D archery competition

The JBSA-Camp Bullis Archery Range hosts a 3-D competition June 28-29, 8 a.m. to 1 p.m. Registration is from 8-10 a.m. and the course needs to be completed by 1 p.m. There

is a \$10 fee for the fun shoot or a \$15 fee for the competition shoot. For more information, call 295-7577.

Youth and Children

Dunking and donuts with Dad

JBSA-Randolph Youth Programs hosts a father and son outing June 7, 10 a.m., to help celebrate Father's Day. Share a delicious donut breakfast with Dad and enjoy some quality time together playing basketball. This free breakfast is open to families with sons 5 years and older. To sign up, call 652-3298 by June 4.

Parents have a chance for a fun and relaxing time

JBSA-Lackland Youth Program and JBSA-Lackland Child Development Program has "Give Parents a Break/Parents' Night Out" child care June 14, 1-5 p.m. The fee is \$15 per child or free with a GPAB referral. For more information, call 671-2388 for Youth Programs or 671-1072 for the CDP.

Earn extra income caring for children

JBSA-Lackland Family Child Care offers military spouses the opportunity to add to family income by becoming a Family Child Care provider for infants, toddlers, preschoolers and school-aged children in their own home. There is special need for children in the Extended Child Care program and children with special needs and chronic health problems. Training is provided with courses offered monthly. For more information, call 671-3376.

Instructional programs available for youth

JBSA-Lackland Youth Programs offers instruction in dance, guitar, piano and martial arts. Class dates and times vary according to age. Enrollment is ongoing and limited space is available. For more information, call 671-2388.

Registration for British Soccer Camp continues

JBSA-Lackland Youth Programs continues to accept registration for British Soccer Camp through June 30. The camp takes place at Youth Programs July 21-25 and is provided by Challenger Sports. Activities include individual foot skills, technical drills, tactical practices, small-sided games, coached scrimmages and more. Children ages 3-16 are encouraged to participate in age targeted sessions: First Kicks, age 3; Mini Soccer, ages 4-5 years and Half Day Camp, ages 6-16 years. Prices range from \$89-\$137 depending on age category. Visit <http://www.challenger.mycustomervent.com> to register and make payments. For more information, call 671-2388.

[HTTP://WWW.RANDOLPHFSS.COM](http://www.randolphfss.com)
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[HTTP://WWW.FORTSAMMWR.COM](http://www.fortsammwr.com)



Congratulations to JBSA Community College of the Air Force graduates

Joint Base San Antonio held a commencement ceremony May 22 at JBSA-Lackland for all JBSA service members graduating from the Community College of the Air Force and from other distance learning programs.

CCAF graduates:

Staff Sgt. Antonio Acosta
 Staff Sgt. Shanay Adams
 Tech Sgt. Ricky Alaniz
 Staff Sgt. Carlos Alaniz
 Tech Sgt. Terry Allgood
 Senior Airman Eduardo Alvarez
 Airman 1st Class Joseph Alvarez
 Senior Airman Katrina Alvarez
 Tech Sgt. Latasha America
 Staff Sgt. Alexander Amstutz
 Staff Sgt. Shane Andersen
 Staff Sgt. Rahman Anderson
 Staff Sgt. Arjel Antolin
 Staff Sgt. Marcia Armour
 Staff Sgt. Jesse Armstrong
 Master Sgt. Joseph Ashwood
 Staff Sgt. Simon Assefa
 Staff Sgt. Mario Ayala Zuniga
 Tech Sgt. Richard Babcock
 Master Sgt. Kodi Bailey
 Staff Sgt. Tavaris Banks
 Staff Sgt. Ebonee Banks
 Master Sgt. Marlon Barabin
 Staff Sgt. Nathan Barclay
 Staff Sgt. Derrick Barker
 Staff Sgt. Jonathan Barnes
 Staff Sgt. Deshunn Barnes
 Master Sgt. Christopher Barta
 Staff Sgt. Melanie Bedwell
 Tech Sgt. Jason Belcher
 Senior Airman Lisha Belt
 Staff Sgt. Eric Bentley
 Staff Sgt. Devin Blue
 Staff Sgt. Michael Bombarger
 Tech Sgt. Robert Bonnett
 Staff Sgt. Juan Botero
 Staff Sgt. Adam Braatz
 Staff Sgt. Kayne Brady
 Staff Sgt. Kristyna Brady
 Staff Sgt. Tameka Brand
 Staff Sgt. Jacqueline Brill
 Tech Sgt. Mary Briseno
 Tech Sgt. Duwayne Brown
 Master Sgt. Eddie Brown
 Master Sgt. Keila Brown
 Master Sgt. Paul Buchanan III
 Senior Airman Saksitt Buksoontorn
 Staff Sgt. Darrell Burt
 Staff Sgt. Charles Calhoun
 Senior Airman Freddie Camacho
 Staff Sgt. Javier Camacho
 Tech Sgt. Nerissa Campbell
 Master Sgt. Shane Campbell
 Staff Sgt. Scott Cappel
 Tech Sgt. Kyle Capps
 Staff Sgt. Spencer Carlson
 Master Sgt. Joseph Carpenter
 Master Sgt. James Carter
 Staff Sgt. Mark Carver

Senior Master Sgt. Johnny Castilleja
 Staff Sgt. Brian Cebulski
 Master Sgt. Mark Chamberland
 Tech Sgt. Alexis Chapa
 Master Sgt. Jesse Childers
 Tech Sgt. Brad Church
 Tech Sgt. Joshua Clements
 Staff Sgt. Cassandra Cline
 Staff Sgt. Zachary Coggin
 Senior Airman Danika Coleman
 Senior Airman Octavia Coleman
 Master Sgt. Barry Collins
 Tech Sgt. Rebecca Composano
 Tech Sgt. Jose Contreras
 Tech Sgt. Selena Converse
 Staff Sgt. Anthony Cook
 Staff Sgt. Alissa Corallo
 Staff Sgt. Jesse Cornell
 Airman 1st Class Adam Cote
 Staff Sgt. Antonio Cruzarroyo
 Master Sgt. Heath Culbertson
 Tech Sgt. Christopher Cunningham
 Tech Sgt. Autum Curran
 Tech Sgt. Derek Curry
 Master Sgt. Monti Cutlip
 Staff Sgt. Brittany Daigne
 Staff Sgt. Jason Daly
 Staff Sgt. Kotrina Daniel
 Staff Sgt. Demond Darden
 Staff Sgt. Carlton Davis
 Senior Airman Karla Davis
 Staff Sgt. Cecilia de la Rosa
 Senior Airman Blake Demers
 Senior Airman David Deters
 Master Sgt. Sean Devine
 Tech Sgt. Dorothy Dingba
 Senior Airman Patrick Diven
 Tech Sgt. Gregory Doryl
 Staff Sgt. Kristen Dube
 Staff Sgt. Igor Dufrene
 Staff Sgt. Falon Durgin Rodriguez
 Tech Sgt. Richard Duvall
 Staff Sgt. Whitney Eaton
 Tech Sgt. Eumiko Eginis
 Staff Sgt. Lacey Elko
 Staff Sgt. William Ellis
 Staff Sgt. Joseph Erdmann
 Tech Sgt. Jamon Ervin
 Staff Sgt. Maria Escobar
 Tech Sgt. Jason Estrada
 Staff Sgt. Ronald Farris
 Senior Airman Frank Favuzza
 Master Sgt. Benny Fields
 Staff Sgt. Justin Fleegle
 Staff Sgt. Daniel Flenniken
 Staff Sgt. Roberto Flores
 Tech Sgt. Vanessa Flores
 Staff Sgt. Christopher Florida
 Master Sgt. Tanya Fogg
 Staff Sgt. Floyd Ford

Master Sgt. Carlo Franco
 Tech Sgt. Kelly Franklin
 Staff Sgt. Joseph Franze
 Master Sgt. Jeremy Frappier
 Tech Sgt. Lester Frye
 Staff Sgt. Rita Funderburg
 Master Sgt. Christopher Gage
 Staff Sgt. Terrence Galamison
 Senior Airman Jonathan Galvez
 Tech Sgt. Crystal Garcia
 Senior Airman Pete Garcia
 Senior Airman Shawn Garrick
 Staff Sgt. Matthew Garza
 Staff Sgt. Matthew Giacona
 Tech Sgt. Marisa Gibson
 Senior Airman Daniel Glass
 Staff Sgt. Autumn Gomez
 Tech Sgt. Melissa Gonzalez
 Master Sgt. Jacob Gonzalez
 Staff Sgt. Nicholas Gooden
 Staff Sgt. Johnmark Goodman
 Senior Airman Elizabeth Gordon
 Staff Sgt. David Gordon
 Senior Airman Mitchell Gorham
 Master Sgt. Paul Gray
 Master Sgt. Ronald Greeness
 Tech Sgt. John Grice
 Staff Sgt. Wesley Grile
 Senior Airman Ethan Grubert
 U.S. Army Sgt. Alfredo Guajardo
 Staff Sgt. Alan Hailey
 Tech Sgt. Cynthia Hall
 Master Sgt. Rodney Hall
 Staff Sgt. Darryn Hamilton
 Senior Airman Tiffany Hammond
 Tech Sgt. Anthony Harder
 Staff Sgt. Mason Harris
 Senior Airman Danielle Harris
 Tech Sgt. John Hartline
 Staff Sgt. Jasen Haslund
 Staff Sgt. Tia Hawk
 Staff Sgt. Robert Hawkins
 Senior Airman Steven Hedgepeth
 Tech Sgt. Christopher Hemgesberg
 Tech Sgt. Christopher Henry
 Tech Sgt. Matthew Hernandez
 Master Sgt. George Hernandez
 Staff Sgt. Kaleyann Herrera
 Tech Sgt. Kori Hillman
 Master Sgt. Valeria Hills
 Tech Sgt. Steven Hilton
 Staff Sgt. Anton Hinrichsen
 Tech Sgt. Kimberly Hoh
 Master Sgt. Dexter Howard
 Staff Sgt. Yue Yan Huang
 Staff Sgt. Joshua Hunter
 Staff Sgt. Raymond Hyson
 Staff Sgt. Savana Hyson
 Master Sgt. Jason Icmat
 Staff Sgt. Stephen Iles

Master Sgt. William Indalecio
 Staff Sgt. David Infante
 Tech Sgt. Carlos Isaac
 Staff Sgt. Steveison Ivory
 Tech Sgt. Sakinah Jackson
 Staff Sgt. Curtis Jamison
 Staff Sgt. Eric Jaramillo
 Staff Sgt. David Jewell
 Tech Sgt. Ryan Johnston
 Staff Sgt. Ronnie Jones
 Staff Sgt. Kenneth Keith
 Staff Sgt. Christopher Kelly
 Tech Sgt. Daniel Kenna
 Staff Sgt. Ceegee Keye
 Staff Sgt. Joshua Keyes
 Master Sgt. Timothy Kimbrell
 Staff Sgt. Robert Kirk
 Master Sgt. Brandon Kline
 Tech Sgt. Michael Knudsen
 Tech Sgt. Mark Kroll
 Staff Sgt. Jeremy Kyner
 Senior Airman David Lake
 Master Sgt. Brandon Lambert
 Staff Sgt. Amber Langsteiner
 Staff Sgt. Krystal Lanham
 Staff Sgt. Ryan Leatherman
 Staff Sgt. David Leon
 Tech Sgt. David Lester
 Tech Sgt. Jacob Lewis
 Tech Sgt. Christina Linscott
 Senior Airman Jonathan Litton
 Staff Sgt. Christopher Louzau
 Tech Sgt. Brandaun Love
 Tech Sgt. Reginald Lucious
 Tech Sgt. Nathan Lujan
 Staff Sgt. William Lyon
 Staff Sgt. Kristopher Mack
 Senior Airman Nicholas Mahan
 Staff Sgt. Allison Maitland
 Staff Sgt. James Maitland
 Tech Sgt. Floyd Manley
 Staff Sgt. David March
 Staff Sgt. Jennifer Marker
 Staff Sgt. Carlos Marques Waren
 Staff Sgt. Madaleno Martinez
 Tech Sgt. Ricardo Martinez
 Tech Sgt. Salvador Martinezvaquera
 Staff Sgt. Michael Mathiesen
 Staff Sgt. Craig Matta
 Master Sgt. Alan Matthews
 Master Sgt. Jason Mccash
 Tech Sgt. Shawn Mckellop
 Master Sgt. Omar Mckenzie
 Tech Sgt. Justin Meece
 Staff Sgt. Jay Mejia
 Staff Sgt. Stephen Mellon
 Master Sgt. Danna Menard
 Staff Sgt. Felix Miranda
 Staff Sgt. Corey Mitchell
 Master Sgt. Tyrone Moody

Tech Sgt. Aaron Moore
 Senior Airman Lloyd Morris
 U.S. Army Sgt. 1st Class Robert E Mosley
 Staff Sgt. Mitchell Moss
 Staff Sgt. Gabriel Muller
 Tech Sgt. Heather Mummery
 Master Sgt. Bryan Munday
 Staff Sgt. Casey Murphy
 Staff Sgt. Ricardo Nava
 Staff Sgt. Fabien Neeley
 Cpl. Christopher Newcomer
 Staff Sgt. Joel Nieves Dodd
 Tech Sgt. Justin Nixon
 Senior Airman Matthew Nixon
 Staff Sgt. Christy Nixon
 Staff Sgt. Naudy Portalatin
 Senior Airman Brett Olsson
 Master Sgt. Leah Onell
 Master Sgt. Harry Orr
 Tech Sgt. Nicholas Pace
 Senior Master Sgt. Vickie Padello
 Tech Sgt. Ericka Padro
 Staff Sgt. Patrick Paez
 Tech Sgt. Rashaan Paine
 Senior Airman Yvette Pantig
 Staff Sgt. Julio Parada Guzman
 Staff Sgt. Lamar Parrett
 Staff Sgt. Ashley Pascas
 Tech Sgt. Michael Patterson
 Staff Sgt. Leif Paulin
 Senior Airman Kareem Pedro
 Staff Sgt. Stephen Pelle
 Tech Sgt. Jason Pena
 Tech Sgt. Michael Pendleton
 Staff Sgt. Janice Penuelaz
 Tech Sgt. James Peoples
 Staff Sgt. Kirk Perry
 Master Sgt. Timothy Petch
 Tech Sgt. Akesa Peterson
 Senior Airman Catherine Pettigrew
 Tech Sgt. Ray Phillips
 Staff Sgt. Gregory Phillips
 Airman 1st Class Jordan Pickell
 Staff Sgt. Emily Pieper
 Staff Sgt. Nakenya Portela Bailey
 Tech Sgt. Anthony Pounds
 Tech Sgt. Joshua Power
 Master Sgt. Ruth Presto
 Tech Sgt. Darren Pretlow
 Tech Sgt. Antonio Quinonez
 Tech Sgt. Kenneth Rains
 Tech Sgt. Christopher Rashall
 Master Sgt. Carlos Recoder
 Staff Sgt. Jeffrey Reed
 Tech Sgt. David Reifenberg
 Tech Sgt. David Reifenberg
 Master Sgt. Andrew Rickert
 Tech Sgt. Jerry Riddle

GRADS from Page 15

Master Sgt. Shaun Rieth
 Tech Sgt. Michael Riley
 Airman Basic Jonathann Ritzo
 Staff Sgt. June Rivas
 Staff Sgt. Regina Robertson
 Master Sgt. Robert Robinson
 Tech Sgt. Ernest Rock
 Staff Sgt. Emanuel Rodriguez
 Staff Sgt. Alexander Rodriguez
 Staff Sgt. Ivan Rodriguez
 Staff Sgt. Demetrice Rogers
 Tech Sgt. Jerry Rose
 Senior Airman Lauren Rose
 Staff Sgt. Kurt Rotzler
 Staff Sgt. Jessica Rumsley
 Senior Airman Spence Russi

Tech Sgt. Christopher Ryals
 Airman 1st Class Aaron Salazar
 Tech Sgt. Francis San Luis
 Staff Sgt. Victor Sanez
 Staff Sgt. Raymond Santiago
 Staff Sgt. Jose Santos
 Master Sgt. Johnette Schubert
 Staff Sgt. Brittany Scott
 Staff Sgt. Bradley Secraw
 Master Sgt. Robert Semen
 Tech Sgt. Michael Shaw
 Senior Airman Jramika Sherman
 Staff Sgt. Matthew Shultz
 Master Sgt. Clay Sigler
 Senior Airman Christopher Silva
 Master Sgt. William Simmons
 Tech Sgt. Deonna Simon

Senior Master Sgt. Mendy Singleton
 Tech Sgt. Jeffrey Skalsky
 Senior Airman Mikhail Slavin
 Tech Sgt. Yarden Smash
 Tech Sgt. Kelly Smith
 Senior Airman Chelsey Smith
 Tech Sgt. Curtis Sondag
 Master Sgt. Ricky Southerland
 Staff Sgt. Shawna Spears
 Staff Sgt. Shawna Spears
 Master Sgt. Anthony Stevenson
 Master Sgt. Sean Stewart
 Tech Sgt. Samuel Strawbridge
 Tech Sgt. Chananyah Stuart
 Master Sgt. Joseph Stuart
 Senior Airman Bryan Sundstrom
 Master Sgt. Rebecca Sutton

Senior Airman Richard Synger
 Staff Sgt. Kelly Taylor
 Staff Sgt. Mitchell Terral
 Staff Sgt. Moreno Thomas
 Staff Sgt. Bryan Thomas
 Tech Sgt. Kimberly Tillman
 Staff Sgt. Julia Tovar
 Tech Sgt. Jason Towns
 Senior Airman Rogers Turner
 Staff Sgt. Stephen Tyler
 Tech Sgt. Melvin Underwood
 Tech Sgt. Edward Valdez
 Staff Sgt. Brian Vance
 Tech Sgt. Theron Vanmeter
 Tech Sgt. Eric Vasquez
 Tech Sgt. Jonathan Vaughn
 Tech Sgt. Kevin Veneman

Tech Sgt. Gary Verduco
 Senior Airman Jamella Versher
 Tech Sgt. Paul Vestal
 Tech Sgt. Nelvin Vinluan
 Airman 1st Class Michael Wagaman
 Staff Sgt. Anthony Wainwright
 Staff Sgt. Aaron Warner
 Tech Sgt. Adam Warren
 Master Sgt. Shaneika Washington
 Master Sgt. Michael Watson
 Tech Sgt. Mary Weaver
 Staff Sgt. Reuben Weeks
 Staff Sgt. Matthew Wester
 Tech Sgt. Michael Wetzel
 Staff Sgt. Jared Whalen
 Staff Sgt. Michael Whitman
 Senior Airman Peter Wilder
 Staff Sgt. Elizabeth Willhite
 Staff Sgt. Shanequa Williams
 Staff Sgt. Marvin Williams
 Staff Sgt. Christopher Williamson
 Staff Sgt. Michael Willman
 Tech Sgt. Rochelle Wilson
 Staff Sgt. Billy Wilson
 Tech Sgt. Pelencio Witherspoon
 Staff Sgt. Aaron Withey

Senior Airman Jennifer Wong
 Master Sgt. Wallace Wood
 Tech Sgt. Eduardo Zarraga
 Tech Sgt. Jaired Zavatter
 Tech Sgt. Cathy Zimmerman
 Master Sgt. Jolie Zygluski

Distance learning program degree recipients:

Master Sgt. Adrian Arrieta,
University of Maryland
 Senior Master Sgt. Charles Butergaugh,
Grantham University
 Mrs. Crystal Calloway,
University of Alaska at Fairbanks
 Master Sgt. Leif Gisselberg,
Bellevue University
 Mrs. Felisha Glover,
California University of Pennsylvania
 Senior Master Sgt. Juan Rodriguez,
University of Maryland-University College
 Staff Sgt. Robert Strong,
University of Maryland

Eligible officers may apply for advanced degree, experience programs

By **Debbie Gildea**

Air Force Personnel Center Public Affairs

Eligible active duty officers interested in 2015 advanced academic degree and experience broadening opportunities can apply for various developmental programs, Air Force Personnel Center officials announced May 20. Some officers may also be eligible to apply for instructor pipeline programs with the U.S. Air Force Academy and Air Force Institute of Technology.

“The Advanced Academic Degree and Special Experience Exchange Duties program helps us deliberately develop Airmen by focusing on the right education, training and experience at the right time in their careers,” said Sophia Barnard, AFPC staff and special duty assignments branch. “It also helps us foster warfighting competencies in world-class leaders.”

Some of the available programs include the Air Force Institute of Technology or Naval Postgraduate School, Education with Industry, Space Lift Education and Cross-over Program, Acquisition and Intelligence Experience Exchange Tour, Acquisition and Logistics Experience Exchange Tour, Program for Acquisition and Contracting Exchange, Logistics Career Broadening Program, Financial Management and Contracting Exchange Program, Missile Operations among others.

Officers must submit a completed Air Force Form 3849, PME/AFIT/RTFB Officer Worksheet, to the appropriate agencies by suspense dates identified in the 2015 AAD/SPEED Guide, available on the myPers website.

For more information and complete application instructions, go to myPers at <https://mypers.af.mil>, select “search all components” in the drop down menu and enter “AAD/SPEED” in the search window.

Pulse on AF force management

The most recent force management update focuses on the chief master sergeant retention board, voluntary separation pay, officer reduction in force boards, quality force review board, civilian force management and total force opportunities in a continued effort to bring Airmen the latest, most accurate information concerning the complex and dynamic force management programs.

Three retention boards cancelled

Based on voluntary and other mandatory retirement losses; the Air Force has met the overall end strength goal for chief master sergeant. There is no longer a need to conduct a chief master sergeant retention board this year.

Based on voluntary retirements received, there is no longer a need to conduct a major nurse corps or biomedical science corps enhanced selective early retirement board.

Voluntary separation pay

The Air Force Personnel Center continued processing officer and enlisted VSP applications for the window that closed May 1, with 3,427 enlisted and 932 officer applications approved. Notifications were sent out to those Airmen and their

commanders.

Additional temporary early retirement authority window

The additional TERA window for deployed Airmen and those serving overseas closed May 13. AFPC received 123 eligible officer and enlisted TERA applications. AFPC used the latest overage assessments to maximize approvals. Notifications of the decisions are being sent to Airmen.

Updated voluntary and involuntary matrices

Based on the number of approved separations and retirements, updated enlisted voluntary and involuntary matrices were posted to myPers and officer voluntary and involuntary matrices will be posted soon. Airmen will see considerable changes based on the large number of approved voluntary retirements and separations. For example, 38 Air Force specialty codes by grades were removed from the enlisted voluntary matrix. This includes involuntary programs, in which another 32 cell groups closed out on the enlisted retention boards since the April matrix was published. Since the initial voluntary and involuntary matrices were

posted in January, 392 enlisted AFSCs/grade groups and 232 officer AFSCs/grade groups have closed.

Officer reduction in force board

The officer RIF board is scheduled to convene Oct. 1 at AFPC. The RIF matrices are available on myPers under "FY15 Officer Force Management Program Matrices." These will be updated with the latest round of voluntary separation approvals for eligible AFSCs, grades and year groups. The Air Force remains committed to providing voluntary opportunities prior to subjecting Airmen to an involuntary board. As a reminder, the VSP and TERA window scheduled to run May 22-June 30 will be open to officers eligible to meet the RIF and officers whose AFSC and year group remain eligible (blue) on the voluntary matrix.

Civilian force management - voluntary early retirement authority and voluntary separation incentive pay

Results from VERA/VSIP round 2 remained unchanged. AFPC will continue to work with the installation civilian personnel sections to assess the need and timing, if necessary, for an additional round of VERA/VSIP.

Going forward

The quality force review board con-

cluded and results will be released to senior raters in June. Airmen not selected for retention by the QFRB will separate Sept. 29, or retire, if eligible, Oct. 1. Additionally, the enlisted retention boards and the enhanced selective early retirement boards are scheduled to convene next month.

Continued service in the Guard and Reserve

Palace Chase and Palace Front offer Airmen a unique opportunity to continue serving while filling critical total force needs in an Air Reserve component. The Air Force Reserve and Air National Guard have numerous positions available. Interested Airmen should first contact their local in-service recruiter for information. If unable to locate the local ISR, call 800-257-1212 or go to <http://afreserve.com> for the AFR and call 800-TOGOANG, or go to <http://GOANG.com/careers> for the ANG.

Resources

Updates to information on force management and other personnel programs will continue to be available on myPers. Airmen can use the new force management graphic on the Air Force Portal which will take them to updated matrices and force management program details.

Source: Secretary of the Air Force Public Affairs

LOCAL BRIEFS

FRIDAY

WORKSHOP FOR NEW DADS

The JBSA-Lackland Health and Wellness Center will hold a "Dads: The Basics" workshop from 1:30-4:30 p.m. Friday at the HAWC, building 2513.

The workshop will provide basic information about becoming a dad and a father's role. Participants gain helpful lists, guides and information related to pregnancy, labor and delivery, communicating with your spouse, caring for an infant and managing family issues.

For additional information or registration, call 292-5967.

IAAFA, DLIELC BLOOD DRIVE

The Inter-American Air Forces Academy and the Defense Language Institute English Learning Center host a blood drive from 10 a.m. to 1 p.m. Friday.

The Joint Base San Antonio-Lackland Blood Bank Mobile Unit will be parked in front of building 7356, 2431 Carswell Avenue, by the IAAFA circle of flags.

For information, call

671-5592 or 671-4571.

JBSA-LACKLAND LEGAL OFFICE CLOSURES

The Joint Base San Antonio-Lackland Legal Office is closed Friday for Wingman Day.

The legal office will also be closed June 6 for Sexual Assault Prevention and Response Stand Down Day and June 13 for an official function.

For additional information, call 671-3362.

JUNE 7

SKYLARK QUARTERLY FLEA MARKET

The Skylark quarterly flea market is from 8 a.m. to noon June 7. Reserved spaces are \$10 or \$15 with a table.

For additional information, call 671-3191.

JUNE 13

PARENTING ORDER LEGAL CLINIC

The Joint Base San Antonio-Lackland Legal Office and the Texas Attorney General's Office will host a parenting order legal clinic from 11 a.m. to 1 p.m. June 13 in building 2484, 1701 Kenly Avenue, room 029. Issues to be discussed will

include custody, child support, DNA testing, paternity, parent-child visitation and modification of court orders. Attendees may bring lunch to the clinic but are asked not to bring children.

For additional information, call 671-3362.

JUNE 13-15

SINGLE PARENT CARE RETREAT

The Wilford Hall Ambulatory Surgical Center chapel will sponsor a free retreat for single parents of children ages 3-17 June 13-15 at the Flying L Dude Ranch in Bandera. The retreat starts at 5 p.m. June 13 and ends at noon Sunday.

For additional information or to register, call at 292-7373.

JUNE 19

JBSA-LACKLAND JUNETEENTH EXPO

The Joint Base San Antonio-Lackland African American Cultural Association will host a Juneteenth Expo from 11 a.m. to 1 p.m. June 19 in building 171 on Port San Antonio.

Juneteenth is the oldest nationally celebrated commemoration of the ending of slavery in the United States.

Free food samples will be served,

local vendors will introduce their goods and services (no selling), and artists will display their talent through praise dancing and singing.

JUNE 25

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 for additional information.

INFORMATIONAL

502ND LRS CUSTOMER SERVICE

502nd Logistics Readiness Squadron Customer Service is the primary focal point for all supply-related questions, concerns, complaints, Zero Overpricing Program and Defense Reutilization and Marketing Office transactions.

For information, contact customer service at 671-2575/3611/3801, 925-1490/1049/1048, or email 502lrs.customerservice@lackland.af.mil.

BALFOUR BEATTY HOUSING

Balfour Beatty Communities is accepting applications for two and three-bedroom housing for qualified

members in Frank Tejada West.

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

Contact the Balfour Beatty Community leasing office at 674-9366.

LANCE P. SIJAN AWARD NOMINATIONS

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

The Sijan Award recognizes the accomplishments of officers and enlisted members who have demonstrated the highest quality of leadership in the performance of their duties and their personal lives. Nominees will be rated on their scope of responsibility, professional leadership, leadership image and community involvement between July 1, 2013 and June 30.

For additional information, visit the mypers website at <https://mypers.af.mil>.

CHAPEL SERVICES

—PROTESTANT

• Freedom Chapel – building 1528
 Contemporary Service Sun. 9:30 a.m.
 Religious Education Sun. 11 a.m.
 Gospel Service Sun. 12:30 p.m.
 Spanish Service Sun. 3 p.m.
 AWANA Wed. 6 p.m.
 • Airmen Mem. Chapel – building 5432
 Liturgical Service Sun. 8 a.m.

—DENOMINATIONAL

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

—PENTECOSTAL RE

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

—ORTHODOX CHRISTIAN

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

—WICCA

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

—REFUGE STUDENT CENTER

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

—THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

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

—JEWISH

• Airmen Mem. Chapel – building 5432
 Sabbath & Kiddush Fri. 4:30 p.m.
 Religious Education Sun. 1:30 p.m.

—ROMAN CATHOLIC

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

—ISLAMIC

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

OTHER FAITH GROUPS

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

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

JBSA-LACKLAND

KEY FAMILY SUPPORT RESOURCES

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

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

WHAT'S HAPPENING

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

FRIDAY

▶ 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 details, call 773-354-6131.

TUESDAY

▶ Transition Assistance Program,

7:45 a.m. to 4 p.m.

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

WEDNESDAY

- ▶ Transition Assistance Program, 7:45 a.m. to 4 p.m.
- ▶ 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.
- ▶ Air Force Basic Military Training spouse and parents seminar, BMT Reception Center, 1 p.m., building 7248. For details, call 773-354-6131.
- ▶ AMVETS national service officer

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

JUNE 6

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

JUNE 9

- ▶ Exceptional Family Member Program camp, Start with the Arts, 9 a.m. to noon
- ▶ Family readiness briefing, mandatory for personnel deploying longer than 30 days or going on remote assignments, 10:30-11 a.m.
- ▶ Resume writing techniques, noon to 2 p.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.

JUNE 10

- ▶ 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.
- ▶ Exceptional Family Member Program camp, Start with the Arts, 9 a.m. to noon
- ▶ AMVETS national service officer available by appointment only. For details, call 773-354-6131.

JUNE 11

- ▶ Newcomer's orientation briefing, mandatory for personnel new to JBSA-Lackland, Gateway Club, 8 a.m. to 3 p.m.
- ▶ Four to Go, 9 a.m. to 3 p.m.
- ▶ Exceptional Family Member Program camp, Start with the Arts, 9 a.m. to noon

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>

JBSA-Lackland Gate Hours



Fraud, Waste, or Abuse

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

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

502 ABW/IG FWA Hotline 808-1000, <http://www.jbsa.af.mil/fwa.asp>
 DOD Hotline 1-800-424-9098, <http://www.dodig.mil/hotline>

Fire Safety is Everyone's Business

Protect your home and community from wildfire

Wildfires are a serious threat to lives and property. Drought, high winds, and dry plants and trees can increase the chance of a fire. Promote and practice wildfire safety in your community.



Homeowners should be aware of these simple steps to prepare for the wildfire season:

- Remove pine needles and dry leaves from within five feet of your home.
- Sweep porches and decks to clear pine needles and leaves.
- Keep wood piles 30 feet from homes.
- Develop and practice a home evacuation plan and create a family communication plan.

This will help everyone know what to do if there is a fire. Did you know Wildfires burned more than 4.3 million acres in 2013?



(Information provided by the U.S. Fire Administration and the Federal Emergency Management Administration, <http://www.usfa.fema.gov>)

Image courtesy of the National Interagency Fire Center

BMT HONORS

Congratulations to the following 66 Airmen for being honor graduates among the 668 Air Force basic military trainees who graduated today:

320th Training Squadron*-Flight 341*

Eric Coetzee
Paul Georgelas
Zachary Leming
Amarong Ros
Kyle Schirmer
Adam Wheeley
-Flight 342
John Arcarola
Alexander Benko
Eric Franco
Jordan Lemmer
Colton Rintala

321st Training Squadron*-Flight 343*

Aaron Czeizinger
Phillip Dade
Ezekiel Herman
Samuel Johnson
Tyler Klotz

Ka Mak
-Flight 344
Diego Amat
Patrick Cullen
Alexander Cummings
Michael Rucker Jr.
Joshua Sprinkle
Nathan Storm
Nicholas Swanson

322nd Training Squadron*-Flight 353*

Gordon Annereau
Jason Cliff
Trevor Griffith
Samuel Roberts
Taylor Stump
Brandon Sublett
Reuben Sweeney
Hunter Thurston
-Flight 354
Summer Bishop
Rebecca Studstill

323rd Training Squadron*-Flight 347*

Mario Mascitelli
Matthew McIntire

Kevin Merkley
Timothy Miller
Kyle Walker
-Flight 348
Michelle Smith
Elizabeth Womack
-Flight 351
Marshall Grundy
Stephen Hunt
Benjamin Thelander
-Flight 352
Devin Doyle
Christen Tada

326th Training Squadron*-Flight 345*

Joseph Crick
Gabriel Day
Phillip Easter
Matthew Grogan
Rodney Huntley Jr.
Joshua King
Jason Stanley
-Flight 346
Brianna Belisle
Ashley Hudson
Rashila Petteway
Ann Robusto

Leah Wilson
-Flight 349
Andrew Chen
Mason Hudson
Nicholas Pacheco
Aaron Ustaszewski
-Flight 350
Ty Hollimon
Taylor Howe
Juan Martinez De La Cruz
Jared Meland

Top BMT Airman

Reuben Sweeney
322nd TRS, Flight 353

Most Physically Fit*-Male Airman*

Torrell Grier
323rd TRS, Flight 351
Nicholas Pacheco
326th TRS, Flight 349
Mykola Shpota
326th TRS, Flight 349
Gordon Annereau
322nd TRS, Flight 353
-Female Airmen
Ifeyinwa Anene

323rd TRS, Flight 348
Theresa Ulloa
322nd TRS, Flight 354
Jessie Mceachern
322nd TRS, Flight 354
Kathleen Bopha
322nd TRS, Flight 354
-Male Flights
320th TRS, Flight 342
326th TRS, Flight 349
322nd TRS, Flight 353
326th TRS, Flight 345
-Female Flights
322nd TRS, Flight 354
323rd TRS, Flight 348
323rd TRS, Flight 352
326th TRS, Flight 346

Top Academic Flights

323rd TRS, Flight 351
326th TRS, Flight 350
323rd TRS, Flight 347
321st TRS, Flight 344
320th TRS, Flight 342
320th TRS, Flight 341
322nd TRS, Flight 353
321st TRS, Flight 343
323rd TRS, Flight 352

324th TRS MTI trains to make it to WWE

By Jose T. Garza III
JBSA-Lackland Public Affairs

For some aspiring wrestlers on the independent wrestling scene, their goal is to get experience in front of various small crowds around the country in hopes of one day performing on the World Wrestling Entertainment stage.

However, individuals need more than wrestling skills to make it to the WWE. Size, charisma and other traits are evaluated to determine whether a wrestler can make it.

Staff Sgt. Greg Gauntt, a 324th Training Squadron military training instructor at Joint Base San Antonio-Lackland who wrestles for local River City Wrestling as Ryan Oshun, is well aware of that.

After making an appearance on WWE Raw in March as a hired henchman for on-air authority figure Triple H, Gauntt continues to work his way up the ranks in RCW and trains diligently at the gym

to make it as a full-time wrestler.

In this question and answer session, the military training instructor shares his training and nutrition regimen, what he has learned about wrestlers' training style since breaking into the business and the hardest part about staying in shape for wrestling.

Q: How has fitness changed for you since you became a wrestler?

A: Before wrestling, I did semi-pro football, so there was a lot of running, conditioning and, of course, weightlifting for size. I was a lineman so I was trying to be as big as I could and eat as much as I could. After football, I was trying to get into bodybuilding, but I realized that I am too tall and my limbs are too long. I was not doing cardio at the time.

With wrestling, there is a difference between running three miles and keeping up in the ring. There is in-ring cardio, which comes from doing squats, running the ropes and practicing the matches.

Now when I train, I use weights every day. I don't take any days off unless I have to. I don't train on show days or the day after because I'm sore.

I do high interval training where I speed up or decrease my heart rate to mimic wrestling a match. The training works best on an elliptica. I will go as fast as I can for 30 seconds then take a minute and work at a normal speed.

Q: What is your normal training schedule?

A: During work, I don't take a lunch break like everybody does. I go to the gym during that time. If I can't, I go in the evening after my wife gets home. I find a way to go to the gym whether it is in the morning or the evening.

Q: What kind of training do you incorporate to stay in shape for wrestling and the Air Force?

A: Obviously for the Air Force, running a mile and half for the physical training test is a little difficult for me be-

cause of my weight. Pushups and situps come naturally to me due to my weight training. The cardio that I do basically keeps me in shape for running.

As far as other training and nutrition, I do more bodybuilding-style workouts. I usually switch it up every couple of weeks where I might do arms one day, chest the next, back on its own day, etc. but lately I have been doing chest and triceps one day, back and biceps another day and a day for legs and shoulders.

The main thing I learned from bodybuilders is to rest training major muscle groups like chest and back for at least three days. For small muscle groups like arms, 48 hours of rest is advised. If there is a day where I miss a workout, I don't just get right back on schedule; I take the workout that I missed and I will incorporate it into the workout schedule for that next day. If I miss back and biceps

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and the next day is chest and triceps then not only am I doing chest and triceps exercises that day, but I am also doing half of a back and half of a bicep workout as well. It still keeps the days on track because I don't want to miss a day or two then purposefully push other exercises back.

Q: What is your eating regimen?

A: I don't really follow any kind of regimen. I'm a big guy and in decent shape – but I'm not cut like a bodybuilder. I see so many people post on Facebook about their meal preparations and how many meals they eat a day; I look at every single one of them and they don't look like bodybuilders.

I am 6 feet 4 inches tall and weigh 240 pounds year round, but I only eat maybe three to four meals a day and have protein shakes in between. I know personally of bodybuilders who have won national qualifying competitions and International Federation of Bodybuilding and Fitness pro cards, and only eat three full meals a day and shakes in between.

Nutrition for me is having a good breakfast, lunch and dinner. I will try to fit in a fourth meal and maybe a fifth if I do a lot of wrestling that day. I try to eat a lot of protein and minimal carbohydrates. Sometimes when I have chicken, I like to put it on bread and make a chicken sandwich. About 70 percent of the time I like to put steak or chicken in a flour tortilla and put a little cheese on it for taste. I also may put a little salsa on it, because it has multivitamins.

The big thing for me with nutrition is to eat more protein and less carbs. I don't even watch my fat intake because if you eat healthy then you shouldn't worry about it.

Q: What are some other things you have to do to look the part of a wrestler that no one thinks about?

A: Since I wear wrestling trunks when I wrestle, I need to get even color all over. So I spray tan to look my best. As a wrestler, you look better when you're tanned. It is sad that a lot of independent wrestlers don't tan. It seems more of a WWE mentality. I tan because I want to make it to WWE. People have told me that if there is one wrestler from River City Wrestling or on the independent scene who looks like they could make it there, it would be me.

Q: What are some misconceptions you have learned about how wrestlers train?

A: When I was younger, I would see guys like the (legendary tag team) Road Warrior, Hulk Hogan and the Ultimate Warrior, and I would think all they did

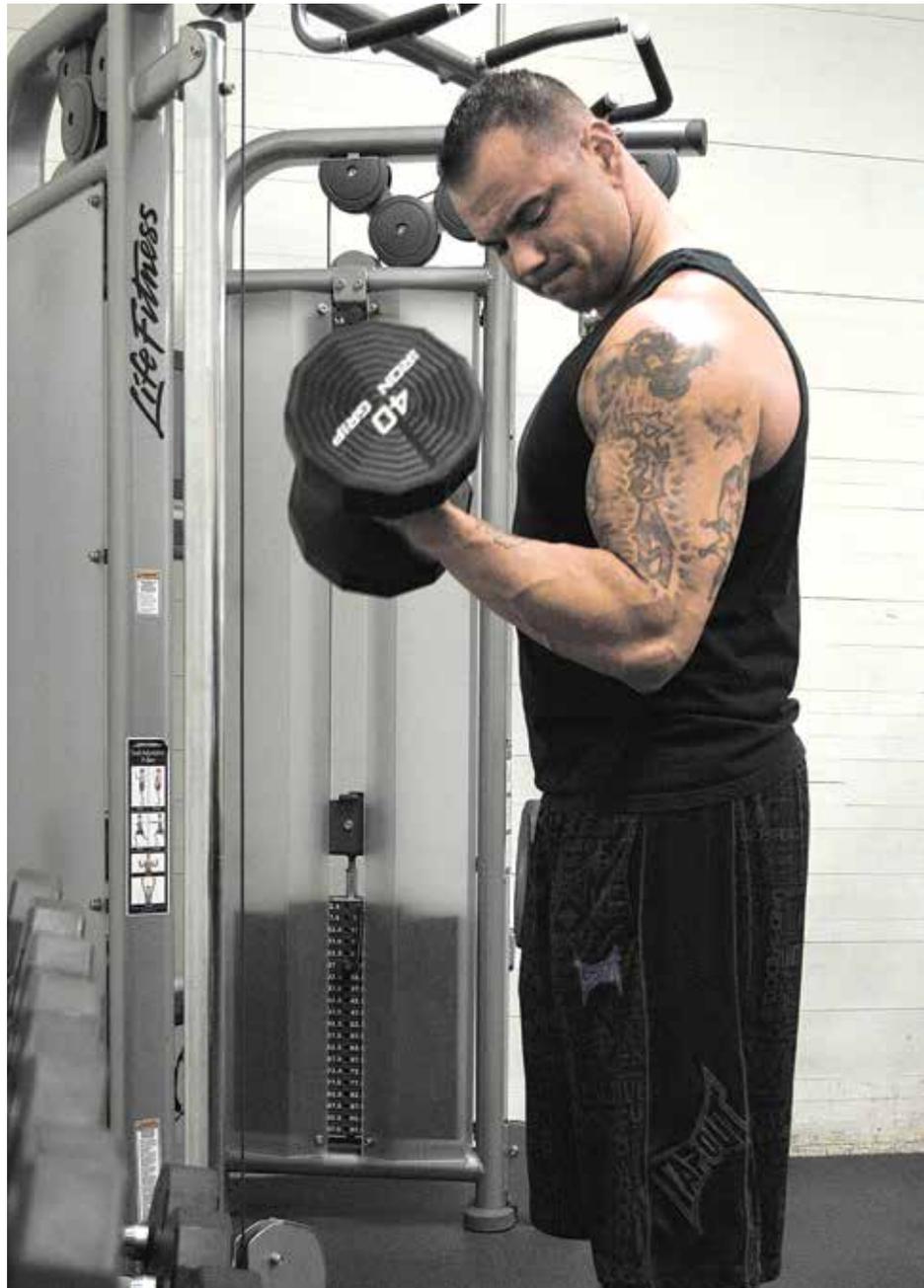


Photo by Jose T. Garza III

Staff Sgt. Greg Gauntt, a 324th Training Squadron military training instructor who competes on the independent wrestling scene as Ryan Oshun, executes dumbbell bicep curls at the Warhawk Fitness Center.

was bodybuilding. I realized that some of the bigger wrestlers are not doing just bodybuilding workouts, but they are incorporating cardio exercises. I know of some who do bodybuilding and CrossFit exercises.

Every wrestler does his or her own thing. Everyone's body is different and they have their own way of working out to get in the shape they need to be in. There is no cookie cutter gym workout that you need to follow to be a wrestler.

Q: Since you grew up admiring Hulk Hogan and other notable wrestlers, was

there someone whose body type you looked at and said 'I would like to have the same body type as that guy?'

A: Bill Goldberg, because he is a little bit taller than me. He is thick and doesn't have abs like I do. He has hair on his chest like I do. He also has big trapezoids, and I started working on my traps because of him. He still has the shoulder size advantage, but if my shoulders grew a little bigger than I would almost have a Goldberg-like appearance where I am not fat but not skinny.

His arms weren't huge, but he had

big shoulders and traps. With my height, that body type would be perfect for me. There was no other wrestler that I said I wanted to look like other than Goldberg.

Q: What is the hardest part about staying in shape for wrestling?

A: Injuries. I'll give you a prime example: I was doing a match during training and I speared (a move where you run toward an opponent full force and tackle them with your arms and shoulders) someone – a good spear at that. I landed on my shoulder and tweaked it a little bit. I was not able to bench press for four months because of the weight and pressure at a certain angle when I was laying down on a flat bench. I felt like I was getting stabbed in the shoulder.

I am not a believer in going to the doctor if it is not an emergency. I don't like to waste people's time. If I know the injury can heal over time and I can take some Motrin for it, then I don't like to waste a doctor's time when someone else could use their time. The shoulder pain never felt like anything I needed to see a doctor for, even though it lasted for so long.

I have been working out steadily since 2006, and there are times when my weight has fluctuated. These past couple of years I have been at my most consistent when it comes to exercise. As a wrestler, you have to learn to work through injuries.

Q: You made an appearance on WWE Raw in March. Did you seek any wrestlers' advice on training and nutrition?

A: I talked to William Regal because I worked primarily with him and didn't want to bother anybody else. He talked about basic exercises like squats. However, he was very keen on new school exercises. One of the things he told me he hates is when older wrestlers start off conversations with 'back in my day' or 'back when I was coming up' because everything evolves.

The one piece of advice I took from him was that he told me to wrestle as many matches and opponents as I can in front of people. He told me to wrestle as many nights as I can because nothing would get me better at wrestling than actually doing it. He said I can train and go over spots to perform all I want, but if I'm not physically and mentally performing matches then I am not going to get better. Repetition would get me comfortable, let my character develop in front of audiences and be comfortable in the ring.