



TALESPINNER

JOINT BASE SAN ANTONIO-LACKLAND, TEXAS • Vol. 71 No. 18 • May 9, 2014

Worth the weight



Photo by Senior Airman Cory D. Payne

Pararescue trainees exercise using logs during a 342nd Training Squadron Pararescue Indoctrination Course extended training day April 30 on Joint Base San Antonio-Lackland. The Airmen participating in this highly demanding nine-week course hope to continue on to advanced training to become pararescuemen.

Summer camps help reduce learning loss



Courtesy photo

By Susan Brasel
JBSA-Lackland Youth Center director

Is it better for your child to just “play” all summer or attend a high quality summer program?

The answer is obvious! Organized camps provide an opportunity for youth to practice the skills they have developed during the school year and can help reduce the amount of “summer learning loss.”

What is summer learning loss?

According to information from “School Age Care,” a professional trade magazine, more than half of the achievement gap between lower- and higher-income youth can be explained by unequal access to summer learning opportunities.

One study found during summer, most youth lose about two months’ worth of math skills. Low-income youth also lose more than two months’ worth of reading skills, while their middle-class peers

make slight gains.

Also according to “School Age Care,” by the end of fifth grade, disadvantaged youth are nearly three grade equivalents behind their more affluent peers in reading.

Enrolling in a high-yield summer camp program can reduce the overall amount of summer learning loss.

JBSA camps use the Boys and Girls Club/4-H models, creating high-yield activities in five core areas that help youth develop overall competencies to become well-rounded adults.

The five core programming areas are arts; character and leadership; education and career development; health and life skills; and sports, fitness and recreation. These core areas have been proven to address today’s most pressing youth issues and assist in teaching young people the skills they need to succeed in life.

The cost of high-yield activity planning plus U.S. Department of Agriculture menu meals and vetted background checked staff

can add up to be quite costly in the actual running of a summer camp program.

With themed weekly activities, field trips and supplies, summer camps cost the JBSA-Lackland Youth Center about \$131 for one child per week based on maximum attendance. Youth Center costs increase from the \$131 per child per week when camps are not filled; however, parent fees are set by the Department of Defense and remain the same even when camps are not filled. The set DOD parent fees range from \$58 to \$141 based on total family income.

When you look at the service you receive and the price you pay, pound for pound every dollar received by JBSA-Lackland Youth Center parent fees is returned 100 percent to the child. That, in turn, makes the opportunity to mold a child for self-efficacy – to borrow a phrase – priceless.

For additional information about available JBSA-Lackland summer camps for your children, contact the JBSA-Lackland Youth Center at 671-2388.

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

Straight Talk Line

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

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

JBSA SEXUAL ASSAULT HOTLINE • 808-SARC (7272)

DOD SAFE HELPLINE • (877) 995-5247

JBSA CRISIS HOTLINE • 367-1213

JBSA DUTY CHAPLAIN • 365-6420



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

NEWS IN BRIEF

TUESDAY-WEDNESDAY

MILITARY SPOUSE HIRING FAIR

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

A networking reception prior to the fair is from 7-9 p.m. Tuesday at 10750 McDermott Freeway.

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

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

MAY 16

AFAF FUND RAISING EXTENDED

The Air Force Assistance Fund campaign for Joint Base San Antonio has been extended through May 16 to afford all JBSA personnel an opportunity to contribute.

The campaign had collected \$205,114 through May 2 toward this year's goal of \$363,000.

For information, call 671-5492 or 925-4896.

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. May 16 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 Air Force 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.

Security Forces urges use of all gates

By Mike Joseph
JBSA-Lackland Public Affairs

Safety and security are top priorities for the 802nd Security Forces Squadron when it comes to vehicle access to Joint Base San Antonio-Lackland.

However, a side effect in providing installation protection can be lengthy wait times at two JBSA-Lackland main access points during morning work and school rush hours.

"We understand that people want to go through those gates," said Capt. Joshua Hight, 802nd SFS operations officer, "but we still have to process every person coming on the installation the proper way. If there are any holes or gaps in the verification process, we could potentially allow a threat on the installation and put personnel and assets at risk.

"Our No. 1 priority is to protect the personnel and resources at JBSA-Lackland. That takes precedence over anything else."

To help alleviate traffic congestion at the Luke East and Valley Hi gates, personnel should consider using other gates on Military Drive during peak traffic times.

"Monday through Friday, between 6 a.m. and 2 p.m., we have five gates open on Military Drive," Hight said. "I understand it might take another mile or two and additional minutes in getting to your final destination, but using other gates will help lessen congestion, wait times and minimize accidents due to fewer vehicles in one area."

In addition to using other gates, being a courteous driver will also help ease congestion.

"If you're not the first

in line, wait your turn and don't try to cut in front of others," Hight said. "Respect off-base traffic control measures such as red lights, stop signs and yield signs. If the light is turning yellow or red, don't run it and congest the intersection."

Hight said driver frustration about wait times at the gates is understandable, adding it's also difficult on the security forces Airmen and Department of Air Force police officers as well.

"It's not any more fun for them to stand there and process vehicles than it is for drivers to sit in line and wait," he said. "It's their job and they do it proudly every single day of the year in all kinds of weather.

"Security measures are put in place for your safety and the security of this installation. A little bit of patience goes a long way."

JBSA-Lackland Gate Hours

Luke East
24 hours/inbound & outbound

Luke West
Inbound & outbound
6 a.m. to 2 p.m.
Monday - Friday
Outbound only
3:30-5:30 p.m.
Monday - Friday

Selfridge East
Inbound & outbound
6 a.m. to 2 p.m.
Monday - Friday
Outbound only
3:30-5:30 p.m.
Monday - Friday

Selfridge West
Inbound & outbound
6 a.m. to 2 p.m.
Monday - Friday
Outbound only
3:30-5:30 p.m.
Monday - Friday

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

Valley Hi
24 hours/inbound & outbound

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

Medina Training Annex
24 hours/inbound & outbound

Joint Base San Antonio Pride Week keeps our corner of America beautiful

By Capt. Lesley N. Lilly
Director, Commander's Action Group
502nd Air Base Wing

In an effort to reinforce installation stewardship as a key component of the culture of excellence, Brig. Gen. Bob LaBrutta, 502nd Air Base Wing and Joint Base San Antonio commander, has designated

May 12-16 as "Joint Base San Antonio Pride" Week.

This will be a week for members of Team JBSA to showcase their pride across all locations (JBSA-Randolph, JBSA-Fort Sam Houston, JBSA-Camp Bullis, JBSA-Lackland) and join forces with other JBSA mission partners to improve the appearance of

our installation.

LaBrutta asks that JBSA personnel pitch in by picking up debris and trash that winter and Texas winds have left behind. Moreover, he asks members to also remove weeds and prune bushes and trees around their assigned facilities, dormitories and work spaces.

The severe installation support budget reductions that have occurred as a result of sequestration, the base no longer has funding to perform these types of tasks. Therefore, we'll have to "return to the past" when we used a team approach to accomplish this effort.

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AFAF-EXTENDED TO MAY 16

Joint Base San Antonio
installation project officer:
671-5492

JBSA assistant IPO:
925-4896

Air Force Assistance Fund Installation Project Officers

JBSA-Lackland IPO:
671-2007

JBSA-Lackland assistant IPO:
925-4883

JBSA-Randolph IPO:
652-6849

JBSA-Randolph assistant IPO:
925-3438

JBSA-Fort Sam Houston IPO:
Vacant

JBSA-Fort Sam Houston assistant IPO:
295-4985

2014 National Police Week At JBSA-Lackland



Saturday

Car Show, Dyno competition

The Defenders Association is hosting a car show from 8 a.m. to 6 p.m. at the corner of General McMullen Drive and General Hudnell Drive, Port San Antonio. It is \$25 to register a car or truck on the day of the show and \$20 for bikes.

Monday

Memorial Service

A memorial service will be held 8 a.m. at The Joint Base San Antonio-Lackland K9 Memorial. The guest speaker will be Deputy Chief Mike Dickey, a former security forces defender. For more information, call 671-8240.

Tuesday

Zombie Asylum Shoot House

The 802nd Security Forces Squadron is hosting a Zombie Asylum Shoot House from 8 a.m. to 5 p.m. at JBSA-Lackland, building 1353. It's two floors of live-action role playing where participants try to escape waves of undead.

Wednesday

Golf Tournament

The Defenders Association is hosting a golf tournament 7 a.m. at JBSA-Lackland Gateway Hills Golf Course. Registrations accepted on a first-come, first-serve basis and must be received by Monday. The first 144 players paid in full will receive confirmed reservations. Cost per four-person team is \$60 per individual. All proceeds will go to Defenders Association. For more information, call 671-7310.

Thursday

24-hour Silent Tribute and Proclamation

There will be a 24-hour silent tribute starting at 8 a.m. at the JBSA-Lackland Security Forces Museum to honor security forces members who made the ultimate sacrifice. For more information, call 671-1488.

AF implements DOS Rollback Phase II



By **Debbie Gildea**

Air Force Personnel Center Public Affairs

The Air Force has implemented the 2014 Enlisted Date of Separation Rollback Program Phase II, Air Force Personnel Center officials said May 1.

The program accelerates the date of separation for Airmen who declined to acquire retainability for an assignment, training, retraining or professional military education, and who have fewer than 18 years or 20 years or more of total active federal military service (TAFMS).

Airmen identified for separation un-

der this second phase of the FY14 DOS rollback program must do so by Sept. 29. Those eligible to retire must apply for retirement by May 29 and must be retired by Sept. 1.

Airman can be considered for the DOS rollback only if they meet all of the following eligibility criteria:

- Have fewer than 15 years of TAFMS as of Sept. 29, 2014 or at least 15 but fewer than 18 years of TAFMS as of Aug. 31, 2014; or 20 years or more TAFMS on or before Aug. 31, 2014.

- Have an Aug. 31, 2015 or earlier DOS for those eligible to retire, or a Sept. 29, 2015 or earlier DOS for Airmen ineligible for retirement.

- As of April 30, must have a "3D" or "3E" reenlistment code, a "09" assignment availability code, or "3E" grade status reason the renders them ineligible to reenlist.

Airmen separated or retired under DOS rollback will not be required to repay unearned portions of bonuses, special pays or other monetary incentives, and they will not be entitled to any

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National competition feeds ISR cyber pipeline

By Wayne Amann

Air Force ISR Agency Public Affairs

A nest of unsecured networks, security breaches and outside threats awaited a team of eight U.S. Air Force Academy cyber warriors whose mission was to secure a room of computer systems.

That's the environment the cadets and nine other teams representing universities from throughout the nation experienced during the tenth annual National Collegiate Cyber Defense Competition in San Antonio April 25-27.

It's unique from other cyber competitions because it focuses on the operational aspect of managing and protecting an existing network infrastructure by assuming administrative and protective duties for a "commercial" network.

"There's a lot of industrial espionage by our adversaries who discovered it's much cheaper for them to allow the United States to innovate and steal our innovations than to invest in innovations themselves," said Dr. Martin Carlisle, Director of the Academy Center for Cyberspace Research and cyber team coach.

"Cyber and computer science are critical to our nation's defense because we are so highly dependent on our information systems which have to be secured."

According to the competition web site, teams are scored based on their ability to detect and respond to outside threats, maintain availability of existing services such as mail servers and web servers, respond to business requests such as the addition or removal of additional services and balance security needs against business needs.

"Organized chaos would be putting it mildly; it's more chaotic than organized," said Cadet 1st Class Ryan Zacher, Academy cyber team captain. "We randomly get activity where we'll cordon it off, figure out what happened, take the person off, fix what needs to be fixed, then do the paperwork to make sure everything's done properly."

The techniques and skills the teams master are needed to manage, monitor and secure Air Force networks.

"We're building the pipeline re-



Photo by Wayne Amann

U.S. Air Force Academy Cadet 3rd Class Justin Niquette (left) addresses a computer network issue during the National Collegiate Cyber Defense Competition April 26 in San Antonio. The annual event showcases the top 10 teams from universities nationwide applying their skills against cyber attacks.

quired in our military services to defend our nation and protect our businesses and infrastructure," said Joe Sanchez, Air Force Intelligence, Surveillance and Reconnaissance Agency Directorate of Communications senior advisor and founder of the Center for Infrastructure Assurance and Security at the University of Texas at San Antonio. "The skill sets are used by personnel in cyberspace defense operations and knowledge operations management in the agency and 24th Air Force."

The Air Force ISR Agency engages in various aspects of cyber operations in defense of the nation. Many of the same ISR operations observers might view on the battle field parallel cyber warfare ISR missions.

"First and foremost we must educate and train," said Maj. Gen. John Shanahan, Air Force ISR Agency commander. "Protection training should begin literally in elementary school and receive an appropriate emphasis throughout one's career to include all



Photo by Wayne Amann

U.S. Air Force Academy cyber team captain Cadet 1st Class Ryan Zacher, standing, monitors his team's progress during the National Collegiate Cyber Defense Competition April 26 in San Antonio.

military professional schools (such as service academies), service and joint professional developmental education and technical training."

"The ISR Agency and 24th Air

Force are actively sharing and promoting cyber skills among 85 (San Antonio) area high schools and middle schools," Sanchez said. "(The units) are educating and training two local high schools to earn DOD-required IT certifications plus Linux and Microsoft certifications. We're building the pipeline while building careers."

Second Lt. Christopher Shields, who transitioned from the Air Force Academy cyber team member in 2013 to cyberspace operations officer at the Air Force ISR Agency's 7th Intelligence Squadron at Fort Meade, Md., was a member of the attacking Red Team at this year's NCCDC.

He credits the competition for cultivating a science, technology, engineering and mathematics mindset in participants to successfully navigate the real life scenarios thrown at them.

"A lot of the STEM stuff helps you keep your networks and systems on line at the same time you're doing

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PRIDE from Page 3

“When I was an enlisted airman through staff sergeant, I was required to perform details. During that period, we picked up trash, cigarette butts and took care of not only the grounds but the facilities we occupied. I learned a lot from that time in my career about pride, service and responsibility,” LaBrutta said.

In order to execute this massive effort, the 502nd Civil Engineer Squadron will designate “self-help” loca-

tions at JBSA-Lackland, JBSA-Fort Sam Houston and JBSA-Randolph to provide clean up and appearance improvement items for organizations to use. Rakes, brooms, trimmers, trash bags, wheel barrels, gloves and safety goggles will be provided at the designated locations on a first-come, first-served basis to sign out.

Organizations are asked to augment the items provided to help ensure adequate supplies for JBSA Pride Week. Filled trash bags should be deposited in one of the designated dumpsters

in your area. Additionally, dumpsters will be available for green waste and regular trash.

For items too large for organizations to safely transport, civil engineers will have curbside service available to assist in removing large debris.

Not only will we be taking care of our installation, participation in this “JBSA Pride Week” makes JBSA a champion of the Great American Cleanup which is occurring concurrently across the United States during this time period.

For more information, contact your Civil Engineer Customer Support Team Representatives:

- JBSA-Lackland: 671-2339, Ernesto Guzman, building 5497.
- JBSA-Fort Sam Houston/JBSA-Camp Bullis: 221-3471, Jerome Oliver, building 4196, Bay F-4.
- JBSA-Randolph: 652-2242/3808, Frank Speed or George Smoot, building 891, Benchstock.
- 502nd CES Operations Flight: 671-3015, Antony Person, flight chief or Ben Gauna, deputy flight chief.

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other business activities,” Shields said. “It’s not just defending hackers, it’s triaging to find out what’s most important. What do you do first? You’re multi-tasking like crazy because you’re over-tasked. The competition intentionally makes it so there’s only so many things you can do. You have to prioritize. It was a great experience going into this STEM field.”

“It’s an incredibly exciting time to be in the computer science field and

cyber security,” Carlisle said. “Generals tell us the Air Force desperately needs more people with computer science skills to defend the nation. USAFA is trying to stay on the cutting edge of cyber technology and we hope the high visibility of the cyber team will encourage high school students to think about the Academy and serve their nation with the technical skills they can develop there.”

The Academy graduates about 1,000 cadets every year, of which approximately 50 go into the cyber space

operations career field.

After Zacher’s graduates in May, he heads to Keesler Air Force Base, Miss., for cyber operations training.

“A lot of my friends will be there including the three other seniors on this [cyber] team,” the Parker, Colo., native said. “There’s a lot of information people outside the U.S. want to get their hands on and do damage to. I want to make our nation more secure.”

Shields’ cyber career path is taking him in a similar direction.

“My Academy experience, all my previous training and this competition helped me as soon as I went through the training pipeline and all its different courses. I was set up for success,” he said. “That made it easier to make it to the top, to get an assignment I wanted in the 7th IS, a really sought after location.

I’m eventually headed to the NSA Red Team, where they emulate adversary tactics against our own networks to test our reaction, much like this competition.”

AETC changes approach to SAPR training

By Tech. Sgt. Beth Anschutz

Air Education and Training Command Public Affairs

The Air Education and Training Command will change the approach for this year's annual Sexual Assault Prevention and Response training.

Air Force officials announced the 2014 SAPR training will be broken into two topically-driven modules. The first module will be conducted in the spring and focuses on identifying offenders and the second, delivered in the fall, will focus on understanding victims.

Christine Burnett, Sexual Assault Response Coordinator for AETC, explained that the change in approach is not as much about what information is given or how many days of training is required, but about who is facilitating the training.

"This year we are including intense training for small group facilitators who are not SAPR staff," Burnett said. "Their attendance at facilitator's training will give them a better basis of knowledge and skills to be able to lead, not only as a facilitator, but in the future as a leader where this topic is concerned."

The unit-selected facilitators will lead the training, which will be focused on interaction and discussion. Burnett believes this style of training is the best method of presentation to achieve SAPR goals.

"The desired end state is a change in our Air Force culture, not an accumulation of facts and information on an important topic," she said. "While facts and information do play a part in changing attitudes, values, beliefs and behaviors, a shift is best achieved through thoughtful discussions with peers."

Chief Master Sgt. of the Air Force James Cody chose SAPR as the topic of his latest Roll Call, reinforcing the importance of courage and commitment when it comes to sexual assault prevention.

"We must commit to creating an environment where every Airman is treated with dignity and respect," Cody said. "We must have the courage to admit sexual assault is happening and is a problem, the courage to act when

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Making 'every dollar count' through state lodging tax exemptions

By James L. Sisson
Director, Air Force Banking Division
Joint Base Andrews, Md.

The Air Force encourages you to stop paying taxes.

Well, not your personal taxes, but it turns out that several states exempt uniformed service members and federal government employees from paying state lodging taxes when on official travel orders.

Unfortunately, travelers have to know to ask for these exemptions, and as a result Air Force members pay about \$4.5 million in lodging taxes needlessly in these locations each year. If you are travelling to Florida, Texas, New York, Pennsylvania, Massachusetts, Missouri, or one of seven other states and territories that offer these exemptions, a few simple steps can save your unit and the Air Force money.

Considering today's fiscal challenges coupled with tomorrow's uncertainties, the Air Force is continuously searching for cost-saving initiatives.

In a memo to Air Force comptrollers, Jamie Morin, assistant secretary for financial management, said, "The

vice chief of staff has taken a key step forward with the 'Every Dollar Counts' campaign and we have received a huge response from Airmen around the world. One idea that caught my attention pertains to state lodging tax exemptions, which could save millions for reinvestment in mission needs."

Eleven states, plus Puerto Rico and the U.S. Virgin Islands, exempt U.S. military members and employees of the U.S. government from paying state taxes on hotel lodging charges, which are directly reimbursable by the U.S. government.

This lodging sales tax exemption applies to both TDY and PCS travel paid using the government travel card. All government travelers are already exempt from lodging tax if their lodging bill is paid directly by the government using a centrally billed account.

The General Services Administration maintains a website and map with state tax information at <https://smartpay.gsa.gov/about-gsa-smartpay/tax-information/state-response-letter>. Some states require a form and some

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unpaid portions of bonuses, special pays or other monetary incentives.

Airmen affected by the rollback may also be entitled to separation pay, the colonel said.

Airmen who have between six but less than 20 years of active service who are not first termers may be eligible for full separation pay, if they sign an Individual Ready Reserve Agreement. In addition, Airmen on active duty for 180 days or more will be authorized transition assistance benefits, such as permissive temporary duty, 180 days extended medical care for themselves and their family

members, and two years of commissary and exchange privileges.

Affected Airmen who have at least 15 but fewer than 18 years TAFMS as of Aug. 31, 2014 may request retirement under the Temporary Early Retirement Authority.

For more information about FY14 Force Management Programs, including DOS rollback and TERA, as well as other personnel issues, visit the myPers website at <https://mypers.af.mil>. Select "search all components" from the search window drop down menu, and enter "Active Duty: FY14 Force Management Programs" in the search window.

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a fellow Airman is in danger, and the courage to speak up when we hear or see something that just isn't right. We know what's right, and what's not."

He explained that although sexual assault is a serious issue that destroys

the lives of Airmen and weakens the force, the Air Force will overcome because of the traits that set us apart as Airmen.

"Throughout history we have relied on our commitment and courage to

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Joint venture

Fire emergency services embraces consolidation

By Mike Joseph
JBSA-Lackland Public Affairs

There was a time when a fire or emergency services call might be answered "Lackland Fire Department" or "Fort Sam Houston Fire Department" or "Randolph Fire Department," depending on the San Antonio military installation.

A call for those same services will now generate one response no matter the location: "Joint Base San Antonio Fire Emergency Services."

In fact, the transition into JBSA Fire Emergency Services from three separate units has been transparent. It was recently honored as the 2014 best large-base fire department in Air Education and Training Command.

"The amount of energy into consolidating, transforming and sharing best practices this past year," said Michael Grizer, 502nd Civil Engineer Squadron and JBSA fire marshal, via email to senior JBSA leaders. "It is great to see all that hard work recognized."

Brig. JBSA commander, echoed Grizer's comments in an email response.

"I firm of how to make our joint basing construct work to its fullest extent," LaBrutta said.

The 2 only embraced the concept of joint basing, they used it to

enhance operations at all JBSA locations.

"We were three individual fire departments doing things differently and speaking different languages when Gen. Carter came here in 2011," said JBSA Fire Emergency Services Chief Curtis Williams about Maj. Gen. Theresa Carter, former 502nd ABW and JBSA commander.

"Gen. Carter put us on a timeline to move forward (with the concept of joint basing), and by the time she left in 2013, we were one fire department and one squadron in the making," Williams said. "We're all speaking the same language now. Any fire department can be operating within JBSA and we know exactly where it is based on radio call signs and station number."

Williams said in order for the three locations to operate as at JBSA-Lackland, Houston were re-named designations.

combined front, former are incorporated into a new department shield.

Protection Association compliance.

more than just visual.

ity of each location, the old way of doing chief at JBSA-Fort Sam unity themselves as

Joint Base San Antonio; -Fort Sam Houston, -Lackland or -Randolph is where you happen to work as a firefighter."

To ensure firefighters understand the objectives and mission of joint base, Williams instituted a weekly road show.

"My objective is for every single firefighter in JBSA to receive this briefing and understand the impact that they make, who they touch throughout JBSA, who each and every mission partner is," Williams said. "The road show lets our firefighters know that they touch the lives of every single person on JBSA each and every day: 24/7, 365 days a year."

"The briefing is a tool: it's informative and motivational," he said. "It's given by supervisory firefighters and gives me an opportunity to get feedback right on the spot; not so much about the briefing but how a firefighter feels about what he's doing."

Williams, a retired Air Force chief master sergeant who served 23 years and has 46 years experience in fire safety, also has an additional mission when it comes to JBSA firefighters.

"It drives me to pass on all that I know no matter what level the firefighter, particularly to motivate and mentor," the chief said. "There are people all over this joint base waiting for someone to provide mentorship, and that's the only way I know that we're going to maintain a level of leadership and efficiency in the future."

"Every place I've been - every installation - I've tried to leave it significantly better than when I found it," Williams said. "That's what I'm trying to do here."



							
Fire Station 1 Building 2325 1910 Kenly Ave JBSA-Lackland 671-2921 • 7 a.m. to 4:30 p.m.	Fire Station 2 Building 1027 JBSA-Lackland 671-2921 • 7 a.m. to 4:30 p.m.	Fire Station 3 Building 200 1125 Medina Base Road 671-2921 • 7 a.m. to 4:30 p.m.	Fire Station 4 Building 3830 3201 Schofield Road JBSA-Fort Sam Houston 221-1804 • 7 a.m. to 4:30 p.m.	Fire Station 5 Building 1704 3935 Winans Road JBSA-Fort Sam Houston 808-4006 • 7 a.m. to 4:30 p.m.	Fire Station 7 Building 5020 4716 Wikerson Road JBSA-Camp Bullis 295-7600 • 7 a.m. to 4:30 p.m.	Fire Station 8 Building 700 2080 Fifth Street East JBSA-Randolph 652-6915 • 7 a.m. to 4:30 p.m.	Fire Station 9 Building 415 JBSA-Randolph 652-6915 • 7 a.m. to 4:30 p.m.

Fire Station 6 • Under construction • JBSA-Fort Sam Houston

BMT HONORS

Congratulations to the following 62 Airmen for being honor graduates among the 620 Air Force basic military trainees who graduated today:

320th Training Squadron*-Flight 289*

Collin Belanger
Timothy Bruce
Alan Coget II
Daniel Fisher
Anthony Mann
Justin McBride
Nicholas Michel
Jaron Radebaugh
Elijah Ramirez
Michael Reed
Brian Rettger
Daniel Ryen
Aaron Wroblewski
-Flight 290
Nathan Beck
Caleb Berken
Alberto Gonzalez
Tyler Ingram
Austin Kirwin

Chancellor Mackey
Ross Pynes
Maurice Reznowski
Zarek Tupper

322nd Training Squadron*-Flight 299*

Paul Statham
-Flight 300
Jennifer Hulsey
Stephanie Lopez

323rd Training Squadron*-Flight 295*

Elvis Chagoya
Michael Guido
Jose Parra
Andrew Poole
Andrew Tuchscherer
-Flight 296
Javier Barcena
Edinho Montgomery
Ashley Wigley

324th Training Squadron*-Flight 293*

Thomas Hileman

Martin Inzunza
Jose Torres
-Flight 294
Atira Harris
Amanda Wang

326th Training Squadron*-Flight 291*

Dustin Alfano
Zachary Allen
Jacob Benden
Michael Diehl
Collin Gagnon
Jason Graven
Michael Kosior
Eugene Morris
Austin Obyrne
Amos Phillips
Jason Warren
-Flight 292
Clifford Blackman
Patrick Chittenden
John Prentiss
Christopher Scholer
-Flight 297
Christopher Blackburn
Joshua Hensley

Peter Hogan
Adam Malenick
Aaron Meacham
-Flight 298
Jacob Ashley
Jeffrey Shepler Jr
Richard Straniere
Vincente Villalpando

Top BMT Airman

Brian Rettger
320th TRS, Flight 289

Most Physically Fit

-Male Airman
Seth Labodda
320th TRS, Flight 290
Audrick Anderson
320th TRS, Flight 290
Daniel Rugloski
320th TRS, Flight 290
Ross Pynes
320th TRS, Flight 290
-Female Airmen
Amanda Wang
324th TRS, Flight 294
Jennifer Hulsey

322nd TRS, Flight 300
Stefanie Nugent
324th TRS, Flight 294
Hailey McFall
324th TRS, Flight 294
-Male Flights
320th TRS, Flight 290
320th TRS, Flight 289
323rd TRS, Flight 296
323rd TRS, Flight 295
326th TRS, Flight 292
322nd TRS, Flight 299
326th TRS, Flight 291
326th TRS, Flight 298
324th TRS, Flight 293
326th TRS, Flight 297
-Female Flights
324th TRS, Flight 294
322nd TRS, Flight 300

Top Academic Flights

326th TRS, Flight 297
326th TRS, Flight 291
322nd TRS, Flight 299
322nd TRS, Flight 300
320th TRS, Flight 289
320th TRS, Flight 290

AETC civil engineers: energy savings ongoing despite budget cuts

By Staff Sgt. Clinton Atkins
Air Education and Training
Command Public Affairs

Due to the current harsh fiscal climate and lack of appropriated funds, Air Education and Training Command civil engineers are faced with the daunting challenge to keep pace with federal mandates to reduce energy consumption by 3 percent annually.

The AETC Energy Program has seen a decline in funding from \$11.7 million in fiscal year 2012 to \$7.6 million in fiscal 2013 to no allocated funds in fiscal 2014. But that doesn't mean efforts to improve the energy efficiency of base infrastructure has come to a halt. By using an alternate means called third-party financing to award new energy-saving projects to contractors, civil engineers continue to drive toward energy conservation.

Third-party financing is where a contractor enters into an agreement to make upgrades to improve system efficiencies and absorbs all the costs of the upgrades up front. Over time, the contractor is paid with the savings that are generated by the improvements.

During the current fiscal year, AETC used third-party sourcing to pay for the cost of installing energy conservation measures including energy savings performance contracts with energy service companies and utility energy savings contracts with utility companies.

Lt. Gen. James Holmes, AETC vice commander, stated in a memorandum encouraging use of third-

party financing, "When managed properly, ESPCs and UESCs can be effective tools to help us achieve energy and water savings. AETC installations should use third-party financing options when potential cost savings are verifiable and other funding is not available."

Currently, AETC has awarded third-party financing projects at four separate bases: Joint Base San Antonio-Lackland; Goodfellow Air Force Base, Texas; Maxwell Air Force Base, Ala.; and Altus Air Force Base, Okla.

There are also ongoing efforts at additional bases in the design and review phase. These energy-sav-

ing efforts are projected to save \$1.3 million annually and reduce consumption of electricity, water and natural gas.

The third-party financing projects enabled the bases to make upgrades to energy inefficient systems such as heating, cooling and water, as well as, infrastructure such as interior and exterior lightning.

"Third-party financing is beneficial to the Air Force as it requires no up-front costs and it drives down our energy consumption over time," said Capt. Ben Simon, acting AETC command energy manager. "With limited options to reduce energy consumption, this

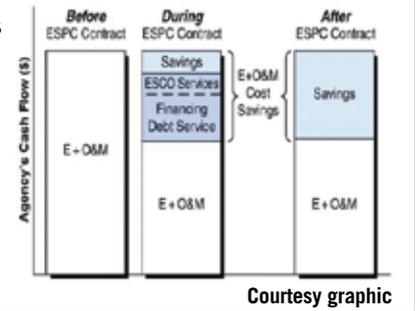
has become our most attractive option to meet reduction in energy consumption goals."

Annual savings of \$2.5 million and \$1.3 million were accrued in fiscal 2012 and fiscal 2013, respectively, through AETC energy-saving projects. However, the savings in fiscal 2014 are expected to be \$1.03 million, if the top 12 projects receive funding.

The managers of the energy-saving program said due to increased pressure to save energy annually and lack of funding to make it happen, it is now even more critical for each Airman to increase their energy conservation efforts.

ESPC Payments

- ESPCs and UESCs ARE paid from guaranteed savings
- Savings must exceed payments in each year
- Measurement & verification is mandatory
- Contract term cannot exceed 25 years



"Individuals can have a tremendous impact on energy," said Bill Kelly, AETC Resource Efficiency manager. "Consider the following example: If every Airman turned off one set of lights for just one hour, once a day, the average base would save around \$15,000 annually."

LOCAL BRIEFS

SATURDAY

THRIFT SHOP BAG SALE

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

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

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

JOINT SERVICES PHYSICAL TRAINING MEET

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

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

For additional information about the meet, call 945-1137.

WEDNESDAY

5 LOVE LANGUAGES OF COUPLES

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

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

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

THURSDAY

LAW DAY 2014 ART CONTEST

The Joint Base San Antonio-Lackland Legal Office celebrates Law Day 2014 with an art contest sponsored by the 502nd Installation Support Group/Judge Advocate. The entry deadline is 3 p.m.

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

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

All entries must be hand-delivered to the legal office, 1701 Kenly Avenue, building 2484, room 125. However, the legal office can make arrangements to pick up art work on base for groups of 20 or more participants.

For information, call 671-5789.

MAY 22

CCAF GRADUATION CEREMONY

The spring Community College of the Air Force graduation and diploma ceremony is 10 a.m. at Arnold Hall Community Center.

For information, call 977-3420.

MAY 28

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.

ANGER, STRESS AWARENESS CLASS

The Joint Base San Antonio-Lackland Health and Wellness Center will hold an anger and stress awareness class from 10 a.m. to noon at HAWC, building 2513.

The one-time class helps

participants be more aware of their anger and stress, and also how to identify and implement management techniques.

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

INFORMATIONAL

FIRING RANGE TRESPASS NOTICE

Trespassing on the Medina Firing Range is illegal and dangerous.

Weapons training is conducted daily at the firing range, located at 900 Patrol Rd. on the Joint Base San Antonio-Lackland Training Annex at Medina.

For details, contact the 37th Training Support Squadron's Combat Weapons Section range control office at 671-2349 or 671-4621.

CAREER DEVELOPMENT OFFICE HOURS

The 802nd Force Support Squadron Career Development office is open Monday through Friday, 7:30 a.m. to 3:30 p.m.

Reenlistment briefs are held 9 a.m. on the first and third Friday of the month. Attendance is mandatory to start the reenlistment or extension process; no appointment is required.

To contact the Career Development office, call 671-9228 for as-

signments; 671-9225 for promotions; 671-9215 for reenlistments/extensions; or 671-9212 for retirements/separations.

STARBASE KELLY SUMMER PROGRAM

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

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

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

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

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.

—REFUGEE 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

- ▶ Transition Assistance Program, 7:45 a.m. to 4 p.m.
- ▶ Troops to Teachers, 1-3 p.m.
- ▶ AMVETS national service officer available by appointment only. For 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.
- ▶ First Term Airman Center, 9:30 a.m. to 3:15 p.m.
- ▶ Family readiness briefing, mandatory for personnel deploying longer than 30 days or going on remote assignments, 10:30-11 a.m.
- ▶ Post-deployment briefing, required for all Airmen returning from deployment, 502nd Logistics Readiness Squadron IDRC briefing room, 2:30-3:30 p.m., building 5160.
- ▶ AMVETS national service officer

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

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 additional information, call 773-354-6131.

WEDNESDAY

- ▶ Transition Assistance Program, 7:45 a.m. to 4 p.m.
- ▶ Newcomer's orientation briefing, mandatory for personnel new to JBSA-Lackland, Gateway Club, 8 a.m. to 3 p.m.
- ▶ Awana Clubs, 6-8 p.m., Freedom Chapel.

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

THURSDAY

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

MAY 16

- ▶ Transition Assistance Program, 7:45 a.m. to 4 p.m.
- ▶ Parenting for One, 11:30 a.m. to 1 p.m.
- ▶ AMVETS national service officer available by appointment only. For more information, call 773-354-6131.

MAY 19

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

MAY 20

- ▶ 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.

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>

Interservice Physician Assistant Program

By Robert Goetz

Joint Base San Antonio-Randolph Public Affairs

In 1971, the Air Force, Army and Navy started training its first physician assistants, medical professionals who are nationally certified and state licensed to practice medicine with the supervision of a physician.

Twenty-five years later, the armed forces combined its PA training to form the Interservice Physician Assistant Program, which continues to provide the services with a critical link in patient care and its practitioners with a rewarding career that pays dividends even after their active-duty days are over.

Based at Joint Base San Antonio-Fort Sam Houston's U.S. Army Medical Department Center and School, the program consists primarily of enlisted active-duty members who, upon graduation, are commissioned as first lieutenants into the officer corps of their service.

"The Interservice Physician Assistant Program is one of the best op-

portunities in the Air Force for young Airmen with a hard science aptitude to get trained on active duty and be credentialed for a medical career," Kevin Smith, Air Force Personnel Center Biomedical Sciences Corps education manager, said.

Physician assistants' versatility makes them valuable in the armed services as physician extenders, he said.

Enlisted Airmen and officers who wish to be considered for the program must begin groundwork early, Smith said, accumulating 60 college credits, including core prerequisites such as biology and chemistry, before they begin their IPAP course work.

Students begin the program with Phase 1, the didactic portion at JBSA-Fort Sam Houston, engaging in a rigorous curriculum of 101 semester hours that lasts only 16 months. They receive a bachelor of science degree upon completion of Phase 1 and also finish a master's degree paper during Phase 1 with final presentation during Phase 2.

During Phase 2, the clinical phase that lasts about 13 months, students are assigned to Air Force or Army medical sites all over the United States and move through a variety of clinical rotations to gain specialty knowledge and experience.

"It is a very difficult program, with 100 college credit hours completed in one year," Capt. Warren Stevens, 359th Medical Operations Squadron family health provider, said. "The most difficult aspect was the time commitment and amount of material to learn in such a short period of time."

Phase 1 comprises nearly 40 courses, which range from biochemistry, microbiology and radiology to orthopedics, rheumatology and dermatology.

Maj. Derrick Varner, IPAP Phase 2 graduate clinical director, said the program was "like no other."

"It was fast and furious, but rewarding," he said. "The continued pace and volume of information, while keeping a balance with family, made it a challenge. Having a supportive spouse was the key."

Applications to the program are accepted no earlier than Oct. 1 and are due by Jan. 25, Smith said. The number of Air Force applicants is typically trimmed from 100 to 60 or less before the IPAP selection board convenes in March annually to choose 36 students for the program; the other service projections are 150 for the Army, 20 for the Navy and four for the Coast Guard.

The selection board features senior officers in the physician assistant career field, Smith said.

"The board members have a difficult job," he said. "We provide as much intel as we can, including letters that attest to the applicants' character."

The applicants' academic background is an important consideration, Smith said. But they must also show the ability to handle a grueling academic workload.

"Our most difficult task is evaluating applicants for the pieces of their personality that will make them do the hard work to get the job done," he said. "They are given so much information so fast. It's trial by fire to see who can make that transition."

Many of the applicants come from the enlisted medical field, Smith said.

"I'd say two-fifths are from the medical field," he said. "They tend to do very well because they already have a medical mindset."

Varner entered the program after serving as a surface freight technician and retraining as a radiology technician; Stevens was an enlisted security forces member at Elmendorf Air Force Base, Alaska, when he was accepted into the program.

Both attested to the impact of the program on their lives.

"I would do it all over again," Varner said. "It has changed the destiny of my family and I get to serve others."

Stevens said he has encouraged several military members to pursue training to become a PA.

"It was definitely an excellent career decision that has opened many doors and opportunities for my future after I separate from active duty," he said.

Smith said a call for candidates for all commissioning programs, including IPAP, is published in June or July each year. Information is available from installation education offices or the Air Force Medical Service Knowledge Exchange website at, <https://kx.afms.mil>.

Fire Safety is Everyone's Business

CLOTHES DRYER SAFETY

Doing laundry is most likely part of your everyday routine. But did you know how important taking care of your clothes dryer is to the safety of your home? With a few simple safety tips you can help prevent a clothes dryer

- Have your dryer inspected and serviced by a professional without a lint filter.
- Do not use the dryer without the lint filter.
- Make sure you clean the lint filter before or after each load of laundry. Remove lint that has collected around the dryer.
- Rigid or flexible venting material should be used to sustain proper air flow and drying time.
- Make sure the exhaust vent pipe is not restricted and the outdoor vent flap will open the lint out once a year, or more often if you notice that it is taking longer for your clothes to dry.
- Make sure the dryer plug and outlet are used and that the machine is connected properly.
- Follow the manufacturer's operating instructions and don't overload your dryer.
- Turn off the dryer when you leave home or when you go to bed.

Don't forget...

- Dryers should be properly grounded.
- Check the outdoor vent flap to make sure it is not obstructed.
- Keep the area around your dryer clear of things that can burn, like boxes, cleaning supplies and clothing, etc.
- Clothes that have come in contact with flammable substances, like gasoline, paint thinner, or similar solvents should be laid outside to dry, then can be washed and dried as usual.

Fact: The leading cause of home clothes dryer fires is failure to clean them.

(Source NFPA, <http://www.nfpa.org/education>)

LODGING from Page 9

do not. Puerto Rico and six states (Texas, Florida, Massachusetts, New York, Pennsylvania and Wisconsin) do require a form, downloadable from the GSA website. The U.S. Virgin Islands and five states (Alaska, Delaware, Kansas, Missouri and Oregon) do not require any special forms.

Travelers should take advantage of this tax savings and be aware of these state laws. If you will be on

official travel to one of these locations, visit the GSA website before traveling and obtain the tax exemption form if applicable.

Travelers should also check with the hotel to verify state tax law compliance. If the hotel does not comply, the traveler should consider another hotel. Approving officials should review travel authorizations and vouchers for strict compliance with this requirement.

By everyone doing their part, the Air Force can save millions of dollars.

Program assists Airmen trying to pass PT test

By Jose T. Garza III
JBSA-Lackland Public Affairs

In the 324th Training Squadron fitness room, six Airmen grimace as they do lunges, pushup-crawls and other strenuous activities from one side of the room to the other every Thursday.

As they get close to reaching the end, the Airmen push each other to not give up and make one last nudge to the finish line.

Giving up is not an option for them if they want to improve their fitness levels and pass their physical training test.

These Airmen are participants in the Get Fit program, a class for Airmen who were held back from moving on to technical school after basic military training because they could not pass their PT test. Once they pass the test, they can advance.

"You have to push past the pain you're feeling," said Airman Basic Teall Tahtinen. "Your end goal is bigger than what you are suffering through. I tell my fellow Airmen that we are going to go home as excellent Airmen, and these exercises are what build it."

Mike White, Gateway Fitness Center trainer, instructs the program at 11 a.m. on Thursdays and trains between six to 20 students a week.

White said he prefers having a small number of students in his class.

"It means I am doing my job," he said.

During the one-hour class, White teaches different exercises depending on what the participants need to improve on.

"I try to separate the students," said the fitness trainer. "If they are weak on doing pushups, I'll try to do some upper body strength training with them. If they are weak in their core, I will work on core exercises to help them reach the next level."

For some Airmen, performing pushups is their "Achilles" heel.

Tahtinen, who has been in the program for three weeks, said she failed her PT test three times because she could only manage to do 10 pushups. The minimum number of pushups women must perform to pass their test is eighteen.

The Williamsburg, Va., native said she has maximized her time in the program.

"After doing the Get Fit training, I feel motivated to continue working out and completing what I need to get done during the day," explained Tahtinen.

Her fellow airman basic, Katie Storm, credits White for helping her improve her pushup form as well as strengthening her core body. The Raleigh, N.C., native has also been in the program for three weeks.

Joseph Quiros, who entered the Air Force 11 weeks ago as an airman 1st class due to having some college courses under his belt prior to joining, said he had trouble with core body training during basic training.



Photo by Jose T. Garza III

Airman Basic Katie Plum, 324th Training Squadron, performs a dumbbell squat exercise during Get Fit training May 1 at the 324th TRS fitness room. The Get Fit program is for Airmen held back after basic training due to not passing their physical training test. Once they pass their physical training test, they advance to technical school.

He noted he has progressed from performing 17 pushups to 27, and 44 situps to 64, adding that he couldn't do the exercises "to save his life" when he first joined the program.

Male Airmen 30 years of age and under must execute a minimum of 42 situps and 33 pushups to pass.

"I may struggle with some exercises here and there, but I believe I have

improved a lot," said. "I have to thank (White) for taking time out of his day to help out."

White said it is gratifying to see students' progress in the class.

"I think of them as my kids," he said. "It is like seeing my kids move on to the next level, advance to technical school and be productive in the Air Force. It is an awesome feeling."

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conquer our enemies, foreign and domestic, seen and unseen," he said. "We cannot allow this enemy from within to continue to exist and define who we are as an Air Force."

Burnett said all Airmen are stakeholders in the prevention of sexual assault, echoing the Chief's message. She is thankful for unit leaders who are proactive in the effort and for the unit facilitators who will bring SAPR messages to life amongst their peers.

"Each new [SAPR] effort is designed

to bring everyone into the circle of responsibility for change," she said. "Whether it's stepping in to help a Wingman who needs it, asking a co-worker to cease making demeaning comments, or by modeling the highest degree of professional behavior each and every day, we can be and are, all part of the solution."

To find out more about the SAPR down day at your base, contact your local Sexual Assault Response Coordinator. For more information about Air Force Sexual Assault Prevention and Response, visit <http://www.sexual->

assaultpreventionresponse.af.mil/.

Editor's Note: This year's Sexual Assault Prevention and Response annual training, also known as SAPR Stand Down, requires an increased number of participants for it to be successful. "This year's training gets many more personnel involved in delivering the message and discussing a solution," Dr. Charlotte Moerbe, Joint Base San Antonio sexual assault response coordinator, said.

"This kind of effort is exactly what we need in the Air Force if we hope to make positive cultural change and pre-

vent sexual assault. We at JBSA SAPR are standing by ready to assist commanders and their designated facilitators as we meet this challenge."

The JBSA SAPR office members have offered, "Train the Facilitator" courses for command-designated facilitators. Designated facilitators are encouraged to sign up early as class size is limited. To register, go to JBSA SAPR Sharepoint site at <https://jbsa.eis.aetc.af.mil/SAPR/default.aspx>, or contact your local SAPR office at JBSA-Fort Sam Houston at 808-6316; JBSA-Lackland at 671-7273; or JBSA-Randolph at 652-4386.