



# TALESPINNER

JOINT BASE SAN ANTONIO-LACKLAND, TEXAS • Vol. 71 No. 46 • November 21, 2014



# Happy

# Thanksgiving

Photo by Airman 1st Class Clifton Doleza/Photo Illustration by Dorothy Lonas

Joint Base San Antonio-Lackland wishes everyone a happy and safe Thanksgiving. For holiday safety tips, visit the JBSA Fire Emergency Services website at <http://www.jbsa.af.mil/library/jbsafireemergencyservices>. Inside, the commanders of 25th Air Force, the 37th Training Wing and the 149th Fighter Wing extend their holiday wishes to all service members and families, **see Holiday Messages Page 2.**

# Happy Thanksgiving from 25AF, 37TRW, 149FW

Two of the most powerful words in the English language are often “Thank You.”

The mere exchange of the phrase between two people extends beyond the typical brief reflexive response. It expresses heartfelt gratitude and appreciation that transcends the words themselves.

The phrase once again takes center stage at Thanksgiving as our nation reflects on the bountiful freedoms we enjoy – freedoms which we enjoy thanks in large part to the military that preserves them.

As guardians of our nation’s freedom through constant vigilance, the 25th Air Force is indeed our nation’s “Liberty’s Eyes and Ears.” We owe nothing less than our best to our fellow Americans. We are entrusted with their security and there’s no higher calling than this.

Thank you for answering that lofty call. Thank you for choosing a career path that demands selfless service and sacrifice. All of us serve because we can, not because we have to.

Thank you for sharing your respective talents, continuing the tradition of all Airmen who served before you throughout the 66-year history of our storied organization. Your contributions are lasting, but often unheralded, earning all of you the well-deserved Silent Warrior call sign.

Never forget, it’s what you do and how you do it that provides critical decision advantage to combatant commanders and our nation’s decision makers. For those who currently serve and those who served before us, this day of thanks assumes special meaning – well beyond the trappings and the tryptophan. No matter what Service we belong to, as brothers and sisters in arms we share the common bond of selfless sacrifice and a deep understanding and appreciation of service. As Airmen, we can always turn to each other and to our fellow Soldiers, Sailors, Marines and Coastguardsmen and say with heartfelt appreciation: Thanks for being my Wingman!

My deepest thanks to each of you for all you do as American Airmen, Wingmen and Silent Warriors!

**Maj. Gen. John Shanahan**  
25th Air Force, Commander

On behalf of the 37th Training Wing leadership, Chief Orrie and I wish you all a very safe and happy Thanksgiving holiday. We have much for which to be thankful. I’d like to start by thanking you, the men and women who serve our great nation.

We are thankful for your service, excellence and commitment. Because of you, our nation is a safer place to live, work and play.

Our Airman, Sailors, Soldiers, Marines and Coast Guardsmen stand at the ready around the globe. You provide the blanket of freedom, safety and security that allows our citizens to sleep peacefully in their beds at night. You provide peace and stability in distant lands and bring hope and optimism to far reaches of the world. You conduct humanitarian and peacekeeping operations to citizens of the world affected by natural disasters or tyrannies rule. The people you have helped are thankful for your service and sacrifice, and so too are Chief Orrie and I.

Thanksgiving marks the start of the holiday season. Our

military and civilians and their families take this time to relax and give thanks for the many blessings we enjoy. Many of you will travel around the world to be with family or friends. Please be safe. Whether you are traveling by air, rail, ground or sea, please take the time to apply proper risk management throughout your travels. We know you are anxious to be with family and friends, but slow down and “arrive alive.”

We also ask that you look out for your wingman, battle buddy, shipmate and fellow office mate. Each of you are valued members of our team. While the holiday season is a time of joy and happiness for most people, that may not be the case for everyone. Please keep your antenna’s up for signs of holiday stress and depression in our trainee, student and permanent party teammates. Suicide occurs in all social groups. It occurs among young, middle-aged and older people; men and women; rich, middle class and poor; all ethnic and religious groups; married and single people; the employed and unemployed, the healthy and the sick and among the military and civilians. Please take the time to check in and connect with each other.

We are extremely proud of everything you do for our 37th Training Wing team, our families and our nation. Again, from our family to yours, enjoy a very well-deserved Thanksgiving holiday.

**Col. Trent H. Edwards**  
37th Training Wing, Commander

Thanksgiving – for every one of us it is a time when our emotions seem to be magnified. For many, Thanksgiving brings wonderful memories of family gatherings and the joy of making new memories for the future. For others, it brings depression and sorrow, questions of self-worth and questions of purpose. Every one of us, no matter your emotional state, should take a moment and reflect on what you have to be thankful for and for those who are thankful for you. I suggest you look at the American flag while doing this.

If you wear the uniform, there are literally millions of Americans thankful for you, for your sacrifice and service to this great nation. You mean a great deal to this nation and to your family and friends. You are not alone and you are essential, to others and to the mission. For those of us in uniform, we are thankful for our families, who have allowed us to serve and who “hold down the fort” while we enjoy the privilege of serving. For those of us who will enjoy Thanksgiving at home, we should be very thankful for our brothers and sisters who are deployed, standing guard while we share time off with family and friends.

Look at the American flag. It is the symbol of our great nation and a reminder of the many blessings we enjoy as Americans. You are part of that legacy and an architect of its future. Whether you wear the uniform or support the ones that do, thank you for your service and sacrifice. Your individual and collective worth to this nation cannot be overstated. I hope this Thanksgiving finds you happy and healthy, full of peace, and sharing the company of those who love you. Happy Thanksgiving to you all.

**Col. John F. Kane, TXANG**  
149th Fighter Wing, Commander-

## Joint Base San Antonio- Lackland Editorial Staff

BRIG. GEN. BOB LABRUTTA  
502ND AIR BASE WING/JBSA  
COMMANDER

TODD G. WHITE  
502ND AIR BASE WING/JBSA  
PUBLIC AFFAIRS DIRECTOR

OSCAR BALLADARES  
JBSA-LACKLAND PUBLIC AFFAIRS CHIEF

LESLIE E. FINSTEIN  
INTERNAL COMMUNICATIONS CHIEF  
MANAGING EDITOR  
671-4111

SENIOR AIRMAN LYNISIE NICHOLS  
EDITOR

JOSE T. GARZA, III  
SPORTS/STAFF WRITER

DOROTHY LONAS  
PAGE DESIGN/ILLUSTRATOR

### Office

2230 Hughes Ave.  
JBSA-Lackland, Texas  
78236-5415  
671-2908;  
(fax) 671-2022

Email: tale.spinner@us.af.mil

Straight Talk: 671-6397 (NEWS)

For advertising information:  
EN Communities  
P.O. Box 2171  
San Antonio, Texas 78297  
250-2440

This newspaper is published by EN Communities, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with JBSA-Lackland, Texas. This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the Talespinner are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense, or the Department of the Air Force.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force or EN Communities, of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

Editorial content is edited, prepared and provided by the Public Affairs Office of the 502nd Air Base Wing. All photos, unless otherwise indicated, are U.S. Air Force photos.

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

## NEWS IN BRIEF

### BENEFITS CLAIM PROCESS FOR VOLUNTARY SEPARATEES

Records for all Airmen separated or retired under the fiscal year 2014 Voluntary Separation Pay program were updated Nov. 5 to reflect eligibility for transitional medical benefits.

Those separating under the fiscal year 2014/15 VSP program are authorized transition benefits, including 180 days of premium-free TRICARE coverage for the separatee and any eligible family members. Emails and registered letters are being sent to all Airmen affected by these changes.

Airmen who are still within 180 days from separation should visit a military ID card issuance facility to obtain the appropriate forms for use of the benefits. Find a location through the RAPIDS site locator at <http://www.dmdc.osd.mil/rsi>.

Information about filing TRICARE claims, including applicable deadlines, is available at <http://www.TRICARE.mil/claims>.

Airmen can contact the Air Force Total Force Service Center at 565-0102 for questions concerning benefit eligibility or ID card issuance.

### FEHB OPEN SEASON DATES SET

Open season for the Federal Employees Health Benefits Program and the Federal Flexible Spending Accounts Program runs through Dec. 8.

During open season employees and retirees will have the chance to review their current plans and make any changes they desire for the following year. Eligible employees who are not a part of FEHB may enroll during open season.

The average premium rate for the Federal Employees Health Benefits Program will increase by 3.2 percent in 2015, according to U.S. Office of Personnel Management officials.

"There are two significant changes to health care and limited expense spending accounts," said Erica Cathro, AFPC Human Resources Specialist. "For the first time employees will be able to enroll in the flexible spending account program for a \$100 minimum deposit and can carry over \$500 in their health care and flexible spending accounts."

The first opportunity for carry over will be at the end of 2015. Current participants will not be able to carry over funds from 2014 to 2015; however they will still have a grace

# Airman saves man from burning building



Courtesy photo

Senior Airman Christopher Taylor, assigned to the 802nd Security Forces Squadron at Joint Base San Antonio-Lackland, proved an Airman is never off duty after he pulled a disabled man out of a burning building, Nov. 3.

By Senior Airman Lynsie Nichols  
JBASA-Lackland Public Affairs

Senior Airman Christopher Taylor recently proved an Airman is never off duty.

The Airman, assigned to 802nd Security Forces Squadron at Joint Base San Antonio-Lackland, was getting ready for work on the morning

of Nov. 3, when someone started banging on his door and ringing the doorbell repeatedly.

"I went to see what the commotion was about and saw that it was my neighbor from across the street," Taylor said.

The neighbor frantically informed him that their

house was on fire and their disabled uncle was trapped inside.

"When I heard the news, I didn't hesitate," Taylor said. "I had to get in there and save this man."

The moment the Airman entered the house, he was overcome by thick smoke, so he dropped to his knees and

started crawling in search of his neighbor's uncle.

"When I found him, he was in the center of the house, approximately 20 feet from the door," he said.

As the fire continued to burn, the Airman only had one thought on his mind, "We were going to get out of there; no one was dying on my watch."

By the time Taylor got the man out of the house and dragged him to safety, the fire department had already been notified and was on their way.

Taylor's husband, James, couldn't be more proud of him.

"Christopher's action speak much louder than my words, he has always been so selfless," James said. "He didn't stop to think about himself, he just went in to save this man's life."

The man was admitted to the San Antonio Military Medical Center where he remains for treatment due to minor burns on the left side of his body and severe smoke inhalation.

## AETC LEADERS VISIT 149TH FW, REVIEWS REPAIR OPERATIONS

J.C. Robinson, left, a structural technician with the depot field team from the 309th Aircraft Maintenance Group from Hill Air Force Base, Utah, briefs Brig. Gen. Stephen Linsenmeyer, right, United States Air Force Reserve deputy director of Intelligence, Operations and Nuclear Integration, Headquarters Air Education and Training Command and Gilbert Montoya, center, Director of Logistics, Installations and Mission Support, HQ AETC, Nov. 12. Tech. Sgt. Wesley Tandy, team chief, Master Sgt. Carla English, lead structures technician, and Robinson are working an F-16 canopy issue which grounded several of the 149th Fighter Wing's planes and others across the Air Force. The DFT has also partnered with the 149th Maintenance Group at Joint Base San Antonio-Lackland to train 149th maintenance personnel which will qualify the members to be a part of the DFT making them subject matter experts as well and allowing them to travel to other units completing these repairs.

Photo by Staff Sgt. Rebekkah Jandron



## HONORING THE PAST



**Photo by Steve Elliott**

Brig. Gen. Bob LaBrutta, commander, 502nd Air Base Wing and Joint Base San Antonio, speaks at the Bexar County Buffalo Soldiers commemorative ceremony Nov. 11 at the San Antonio National Cemetery. The history of the Buffalo Soldiers dates back to after the Civil War, when Congress authorized the creation of six black regiments in the regular Army. The ceremony was part of the Celebrate America's Military events centered on Veterans Day. More than 100 military members, veterans and members of the community attended the ceremony.

# Family tradition: Siblings start AF career together



From left to right, Frankie, Frank, Brian, Brittany, Trevor and Wendy Petrine stand together in front of the Pfingston Reception Center Nov. 7 at Joint Base San Antonio-Lackland. Brian and Trevor are twins and graduated that day from basic military training with their younger sister Brittany.

**Story and photo by Staff Sgt. Delia Marchick**  
Air Force Public Affairs Agency

Among the 649 Airmen who graduated basic military training Nov. 7, a set of twin brothers and their younger sister became the newest members of the Air Force in their family.

Brian and Trevor Petrine, 19, and their younger sister Brittany, 18, were assigned to three different flights under the 323rd Training Squadron during their time at BMT. Brian and Trevor were in brother flights and said that the Military Training Instructors would occasionally get the twins confused, but caught on after a few weeks.

Brittany, who celebrated her 18th birthday while in BMT, said she would look for her brothers at the squadron and that the females in her flight probably thought she was looking at the guys.

"We saw each other a lot but the only time we really had time for small talk was during physical training," said Brittany.

The twins made an effort to spend as much PT time together as possible.

"Whenever we were doing PT, I would literally sprint around everybody just to catch up to Trevor and we would run together," Brian said.

Trevor agreed.

"I would purposefully run slow so he could catch up," Trevor said.

They will all continue their training, together, at Sheppard Air Force Base, Texas to be crew chiefs for the F-22 Raptor. After that, the siblings will join up with their Air National Guard unit at Joint Base Langley-Eustis, Va.

Their graduation marked the day all four of the Petrine siblings are in the Air National Guard.

Their older brother Frank, 20, graduated BMT in March and is now a security forces Airman with the National Guard at Joint Base Langley-Eustis, Va.

"It's actually going to be really nice because we live 2.5 hours from the base we report to because we are in the Guard. We will get to carpool, spend time together and catch up," Frank said.

The Petrine children are the not the first in their family to join the military. Their father was an active duty Airman for 11 years and their mother joined the Air National Guard when her children were toddlers.

Frankie Petrine was an electronic warfare officer in the Air Force, who then served in the Air Force Honor Guard, at Bolling Md. Their mother, Wendy Petrine, served in the District of Columbia National Guard for six years and worked in information management.

Frankie, Wendy and Frank Petrine all came out to Joint Base San Antonio-Lackland to attend the graduation of Brian, Trevor and Brittany. Their parents expressed their pride in their children as they transition into adulthood.

"I think it is one of the best things that any parent can see of their children. It helps reinforce the morals and values that you raised them with and sets them up for success. I am very proud of them," Frankie said.

Wendy felt that graduating basic training and joining the military is even more special because it's an experience both parents and children share.

"It's amazing because we have gone through it too. To understand the adversities that you experience going through this process and knowing that you've raised children that were strong enough to do it as well, feels so gratifying. It's the most ecstatic moment to know how amazing your kids are," Wendy said.

Their parents are proud of their choice to join the Air National Guard.

"It's the transition to true adults and that's not something that I take lightly. It's an amazing pride that any parent would have, knowing that they are willing to put themselves in harm's way in order for the rest of us to be able to have the choices that we have in life," Frankie said.

# Chaplain finds healing, direction through his faith

By Chaplain (Capt.) Sean P. Burson  
JBSA-Lackland 323rd Training Squadron

At 19, I saw joining the Air Force as a way to serve my country and become someone better than I was. Additionally, I didn't have many options. After growing up in an abusive environment, I had struggled emotionally and financially for a year and a half after leaving my parent's home.

When I arrived at Basic Military Training, it felt like a fresh start. Somehow, the shaving of my head and donning of battle dress uniforms gave me hope that there was a new and better life waiting for me on the other side of this rite of passage.

One of the parts of this new life was that I attended worship services every Sunday in BMT, even though I wasn't raised in church and didn't consider myself religious. As we endured each day of training and sang together each Sunday, the men and women next to me began to feel like family and my curiosity about faith grew.

As a jet engine mechanic at my first duty station, faith became an integral part of my life. I began leading worship at the contemporary service on base while connecting closely with chaplains who mentored me and patiently helped me work through the many questions I had.

I grew closer to my parents during this time as well. Through my faith, I found healing and forgiveness for the pain of my past.

I decided to attend a yearlong school of ministry through my civilian church, culminating in a summer mission trip to the Philippines, where I felt called to full-time ministry.

When I returned to my duty station, my spirits were elevated until I learned that my mother had been diagnosed with breast cancer. A few days later, I watched the World Trade Center towers fall.

It was in the midst of this gut punch and seeing the many Airmen around me going through similar questions and pain, that I felt that the place God was calling me to ministry was in the Air Force.

As I started working towards this goal, a new singer named Kristin joined our band one day. We quickly became close friends, sharing a passion for our faith and music.

Every day I knew her, I thought she



Photo by Joshua Rodriguez

Chaplain (Capt.) Sean Burson (right), assigned to the 323rd Training Squadron at Joint Base San Antonio-Lackland, speaks with basic military training recruits.

was more and more beautiful. We led a group of single Airmen through many snowboarding and camping trips, until one day while camping with a group in Colorado, Kristin received a voicemail from her physician that they needed to talk ... it was cancer.

I was beginning terminal leave in order to finish my degree and visit potential seminaries when Kristin had her first surgery and began chemotherapy and radiation. This time off allowed me to be present for every doctor's visit and to care for the woman who had become my best friend. She taught me how to truly love another person unconditionally and it was the most I had ever felt or received love from another person. We quickly knew that we wanted to spend the rest of our lives together, however long her life would be.

When Kristin finished her cancer treatment, we were both excited to put the months of being in hospitals and feeling terrible behind us and start a new chapter of our lives. I had seen my mother recover from her battle with cancer and we hoped that Kristin would have the same outcome. We were soon married in our local church and began our life together with hearts full of joy and gratitude for the future ahead of us.

Sadly, the joy did not last. A few months after our wedding, Kristin began to feel pain in her back and it was

discovered that her cancer had returned. This time, the tumor was inoperable and the only option was to try experimental chemotherapy to attempt to shrink the tumor. We tried every chemo they gave us and held countless evenings of prayer with friends, but nothing worked.

We made the decision to keep living life together while we could, so we continued our plans to move to Kansas City where we attended seminary. My love for her grew every day as she continued chemotherapy and we took classes together.

In the midst of everything, we still found moments to laugh and dance in our small seminary apartment. We had a difficult, yet beautiful, year together before Kristin died during finals week of our first year of seminary.

After Kristin died, I was devastated. After a difficult start to life, I had believed that I was in a new phase of joy and happiness and yet I was in the midst of the most pain I had ever felt.

After the funeral, I was also faced with a difficult decision of whether or not to attend commissioned officer training in two weeks, joining the Air Force Chaplain Candidate Program, or give up on a dream in the midst of grief. I knew that Kristin would want me to hold on to my dream that she had supported me in, so I decided to go.

As I stood in the middle of the parade

field at graduation as the wing adjutant and academic award winner, I was filled with the pride of accomplishment and tears of grief that Kristin wasn't able to be there.

As the wing adjutant, I was tasked with calling out the name of the top graduate of our class, Rebecca Stenersen, who was a medical student at Des Moines University. I knew her name well because we had become close friends during COT while playing music together in the base chapel. She had recently lost her best friend in a plane crash. We bonded over a love of music and the ability to identify with each other in our grief.

Becky's medical school was only two-and-a-half hours away from my seminary, so we maintained a friendship over the next two years as we studied, wrote songs and both wrestled with our grief, trying to make sense of our losses in the context of our faith. During that time, I became very close with Kristin's father, Steve, and he became like a father to me. Two years later, he was the best man when Becky and I were married.

After graduating medical school in 2009, Becky was stationed in San Antonio for residency in psychiatry. I also graduated seminary that year and followed her to San Antonio and served in the Air Force Reserve. I also completed a yearlong clinical pastoral education residency at Baptist Health System and began working in a hospice in Fredericksburg, Texas.

I thought it would be too difficult to work in hospice because of the memories of the many hours spent there with Kristin, but in helping others face saying good bye and grieve their loved ones, I found healing in my own grief.

While wrestling with the hard questions of faith and loss with others, I found a new depth to my own faith that wasn't destroyed by hardships, but refined. I even had the privilege of writing a book for those facing end-of-life decisions that is given for free to families facing terminal diagnoses.

In 2012, I left hospice for a one-year Reserve backfill at BMT, where I was picked up on active duty to complete an 11-year dream of becoming an active duty Air Force chaplain.

I often think back on how I

## JBSA PROUD WEEK



Photo by Olivia Mendoza

Brig. Gen. Bob Labrutta, commander, 502nd Air Base Wing and Joint Base San Antonio recognizes the efforts of Company F, 232nd Medical Battalion Nov. 10 during JBSA 2014 Fall Proud Week, which was held Nov. 10 through Friday. The Soldiers of Foxtrot Company led the charge as they officially "adopted" Salado Creek Park. Under the JBSA Adoption Initiative, Foxtrot Company took ownership of Salado Creek Park in October to conduct general area cleanup and minor maintenance to promote pride within their unit and pride across JBSA. Their efforts are in keeping with the charter to and maintain high appearance standards throughout JBSA.



Photo by Melissa Peterson

Tech. Sgt. Nelly Hensley, Joint Base San Antonio-Randolph 502nd SFLSG/JA, takes part in Proud Week by trimming the bushes in front of the JBSA-Randolph Taj Mahal.



Courtesy photo

Richard Lantz, 502nd Civil Engineering Squadron, operations, rakes leaves alongside his coworker as part of Joint Base San Antonio Proud Week at JBSA-Lackland.

## USAF BAND OF THE WEST SALUTES VETERANS



Photo by Staff Sgt. Marissa Garner

U.S. Air Force Band of the West Commander and Conductor Capt. Rafael Toro Quiones, center, directs the USAF Band of the West Concert Band and the Texas Children's Choir during the Veterans Day Evening of Music Nov. 11 at the Majestic Theater in San Antonio. More than 1,000 people attended the concert, which paid tribute to local veterans through song and by acknowledging their service and sacrifice throughout the program. The Texas Children's Choir, a nationally acclaimed chorus that has performed at various venues throughout the nation, including the White House, was featured during concert.

To find out  
WHAT'S  
**HAPPENING**  
contact Military & Family Readiness  
at 671-3722 or  
email 802fss.fsfr@us.af.mil

Joint Base  
San Antonio-Lackland  
is on →



Share your JBSA-Lackland photos with us by tagging us @JBSALackland



## Celebrate America's Military 2014's Last Event



The schedule for Celebrate America's Military in San Antonio continues through Nov. 22. Since 1970, the San Antonio Chamber of Commerce has organized an annual tribute to our nation's military. During CAM, the San Antonio community expresses appreciation to the men and women who serve and have served. It is one of the oldest and largest community-wide celebrations of the military throughout the U.S. and why San Antonio is known as "Military City USA."

### Saturday, 8 p.m.

*San Antonio Symphony Veterans Day Concert "Salute to Service,"* Laurie Auditorium, Trinity University, 1 Trinity Place. The San Antonio Symphony will again partner with the Air Force Band of the West for their annual patriotic "Salute to Service" show in San Antonio. This event has grown in years past, and space is limited. This concert is free and open to the public. Call 554-1004 or visit <http://www.sasymphony.org/> for more information.

"The appearance of hyperlinks does not constitute endorsement by the 502nd Air Base Wing, the United States Air Force, or the Department of Defense of the external website, or the information, products, or services contained therein."

## 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



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 five minutes or less to submit a comment at <http://ice.disa.mil>.



**SEAT BELTS SAVE LIVES!  
BUCKLE UP AND  
WEAR YOURS!**

## JBSA Sexual Assault Prevention and Response

JBSA SEXUAL ASSAULT HOTLINE • 808-SARC (7272)

DOD SAFE HELPLINE • (877) 995-5247

JBSA CRISIS HOTLINE • 367-1213

JBSA DUTY CHAPLAIN • 365-6420

## LOCAL BRIEFS

### SATURDAY

#### PRE-THANKSGIVING DINNER FOR WOUNDED WARRIORS, FAMILIES

The African American Cultural Association at Joint Base San Antonio-Lackland, along with other organizations and businesses, will prepare pre-Thanksgiving Dinner for wounded warriors and their families Saturday at the Warrior and Family Support Center on JBSA-Fort Sam Houston. Dinner will be served at 2:20 p.m. Call 872-5748.

#### JBSA SECURITY FORCES "TURKEY BOWL" FLAG FOOTBALL TOURNAMENT

The 343rd Training Squadron hosts the third annual Joint Base San Antonio Security Forces "Turkey Bowl" flag football tournament Saturday at the Warhawk fitness center, football field. This is an 8-on-8, no-contact, flag football competition. The first game will start at 9 a.m., opening remarks will be at 8:45 a.m.

### THURSDAY

#### THANKSGIVING MEALS ON BASE

Active duty family members, retirees and their immediate dependents

are authorized to eat Thanksgiving dinner at the JBSA-Lackland Training Annex Dining Facility, building 124. The hours of operation for the traditional Thanksgiving Day dinner at the dining facility is 11 a.m. to 5 p.m. Prices are a la carte and reservations are required.

### DEC. 3

#### OMBUDSMAN BASIC TRAINING

The JBSA-Fort Sam Houston Military and Family Readiness Center provides the required Ombudsman Basic Training to all command ombudsmen. Navy family ombudsmen are professional volunteers appointed by commanders to liaison between command and military families while supporting their command mission. They are trained information and referral specialists that maintain confidentiality. Training will take place 7:30 a.m. to 4:30 p.m., Dec. 3-5 at Jaenke Hall, building 1475, room 1354.

For information or to register, call 221-0946/2418.

### DEC 5

#### CFC FUNDRAISING EVENT

The 559th Medical Group is hosting a Combined Federal Campaign fundraising event from 2-4 p.m.

Dec 5 at the Gateway Hills Golf Course at Joint Base San Antonio-Lackland. For details, call 671-9425.

### HOLIDAY PARTY

The Joint Base San Antonio Hearts Apart Holiday Party is from 6-8:30 p.m. Dec. 5 at the JBSA-Randolph Military & Family Readiness Center. This event is for families of deployed or geographically separated service members. RSVP by Dec. 1. For JBSA-Randolph, call 652-5321, for JBSA-Fort Sam Houston, call 221-2418 and for JBSA-Lackland, call 671-3722.

### DEC. 6

#### HOLIDAY IN BLUE CONCERT

The Air Force Band of the West hosts the annual Holiday in Blue concert 3 p.m., Dec. 6 at the Edgewood ISD Theatre for the Performing Arts. Another concert will also be held Dec. 8 at 7 p.m. Tickets are available at <http://www.bandofthewest.af.mil> or at Joint Base San Antonio-Lackland and Randolph ITT offices as well as the JBSA-Fort Sam Houston MWR office.

### INFORMATIONAL

#### OPERATION HOME COOKING

Families wanting to host two Air-

men or basic trainees for Thanksgiving can call 671-5453, 5454 or 3701. The phone banks will take calls beginning Monday. Calls will be answered weekdays from 8 a.m. to 3 p.m. Reservations are required to host the Airmen and trainees.

### FIT BLUE RESEARCH STUDY

Active duty participants are needed for a research study conducted by Wilford Hall Ambulatory Surgical Center in partnership with the University of Tennessee Health Science Center. The FIT BLUE research study aims to help active duty members with body mass index greater than 25 to lose weight. Participants enrolled in this evidence-based program will receive free weight loss tools and support. To learn more, call 855-FITT-NOW (855-342-2663) or visit <http://www.uthsc.edu/fitblue>.

### ADAPT CLINIC RELOCATES

The Alcohol and Drug Abuse Prevention and Treatment (ADAPT) Clinic at Wilford Hall Ambulatory Surgical Center is now located on the fifth floor. Visitors should proceed to Room 5B29 to check in.

Call 292-4452 for additional information.

### 502ND LRS CUSTOMER SERVICE

502nd Logistics Readiness Squadron Customer Service is the focal point for supply-related questions, concerns, complaints, Zero Overpricing Program and Defense Reutilization and Marketing Office transactions. Call 671-2575/3611/3801 for additional information.

### BIG CHANGE TO STORAGE FOR CONTINGENCY/DEPLOYMENT ENTITLEMENT

Effective immediately, storage for contingency/deployments of 90 days or longer is not authorized, if the member concurrently receives basic allowance for housing in the commuting area of the permanent duty station, per Air Force Instruction 24-501, Personal Property Moving and Storage, paragraph 1.6.2.2, dated Oct. 10. Any future requests received by the installation transportation officer from commanders for storage based on a deployment must reflect member is not receiving BAH for local housing.

For information call the Personal Property Processing Office JBSA-Lackland at 671-2821, PPO-JBSA Fort Sam Houston at 221-1605 or PPO-JBSA Randolph at 652-1848.

## CHAPEL SERVICES

### —PROTESTANT WORSHIP SERVICES

#### Freedom Chapel – Building 1528

Contemporary Service Sun. 9:30 a.m.  
Religious Education Sun. 11:00 a.m.  
Gospel Service Sun. 12:30 p.m.  
Spanish Service Sun. 3:00 p.m.

#### LITURGICAL SERVICE

#### Airmen Memorial Chapel – Building 5432

Sun. 8:00 a.m.

#### CHURCH OF CHRIST

#### New BMT Reception Center – Building 6330

Sun. 7:30 a.m. (Rm. 175)

#### SEVENTH - DAY ADVENTIST

#### Gateway Chapel – Building 6300

Sat. 12:30 p.m.

#### CHRISTIAN SCIENCE

#### New BMT Reception Center – Building 6330

Sun. 7:30 a.m. (Rm. 112)

### —ORTHODOX CHRISTIAN

#### Airmen Memorial Chapel – Building 5432

Sun. 9:30 a.m.

### —WICCA

#### New BMT Reception Center – Building 6330

Sun. 9:00 – 11:00 (Auditorium)  
Freedom Chapel – Building 1528  
Wicca Open Circle 1st Tues. 6 – 7 p.m.

### —REFUGEE STUDENT CENTER

#### Building 9122 (Tech Training & TDY Students)

Wednesday 6 – 8 p.m.  
Thursday 6 – 8 p.m.  
Friday 6 – 11 p.m.  
Saturday 12 – 9 p.m.  
Sunday 11 – 5 p.m.

### —JEWISH

#### Airmen Memorial 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. 9:00 a.m.  
Mass Sun. 11:00 a.m.  
Reconciliation Sun. 10 a.m. & 4:15 p.m.

Daily Mass Mon., Tues. & Thur. 11:30 a.m.

Note: Reconciliation(s) may be scheduled by appointment

### —ISLAMIC

#### Global Ministry Center – Building 7452

Jumu'ah Prayer Fri. 1:30 p.m. – 2:30 p.m.

### —BUDDIST

#### New BMT Reception Center – Building 6330

Sun. 10 a.m. (Rm. 175)

### —ECKANKAR

#### Gateway Chapel – Building 6300

1st, 3rd, and 5th Saturdays 12:30 p.m.

### —BAHA'I

#### Gateway Chapel – Building 6300

1st, 3rd, and 5th Sun. 11:00 a.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. 1:00 p.m.

## JBSA-LACKLAND

### KEY FAMILY SUPPORT RESOURCES

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

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

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



## UPCOMING

## TURKEY TROT 5K RUN

Looking for a challenge and a chance to win a free turkey for Thanksgiving? Participate in the Turkey Trot 5K Run/Walk at 3 p.m. Monday at the Gillum Fitness Center. There is no fee to participate. Turkeys are presented to the first-place finishers in both men's and women's divisions (under 40 and 40 and older age group). The run starts at Stapleton Park on Security Hill. Runners can sign up the day of the vent. For more information, call 977-2354.

## 37TH ANNUAL JOE HALL MEMORIAL BASKETBALL TOURNAMENT

Joint Base San Antonio-Lackland hosts the Joe Hall Memorial Basketball Tournament Dec. 6 and 7 at the Warhawk and Chaparral Fitness Centers, and is open to the first 10 paid men's teams. A maximum of 12 players are allowed on each team, and the tournament is a double elimination format with NCAA rules. The cost is \$400 per team. For more information, call 671-2632.

## ALAMO BOWL DISCOUNT TICKETS

The Alamo Bowl takes place at 5:45 p.m. Jan. 2 at the Alamodome. Get discounted tickets for \$28.50 (normally \$51 and up). Don't wait until participating teams are announced, as they may be sold out by then. A limited number of tickets are available at the Information, Tickets & Travel office. For more details, call 671-3059.

## CORE CUT UP

This core class challenges all levels of core fitness from the beginner to the advanced. For more information, call 671-1348.

# Technical sergeant exceeds expectations, earns first place honors at Lackland Classic

By Jose T. Garza III  
JBSA-Lackland Public Affairs

When Tech. Sgt. Dorothy Dingba appeared on the Bob Hope Performing Arts Center stage as a finalist for the Bikini A and Bikini Military categories at the 34th annual Lackland Bodybuilding Classic – her first bodybuilding show – Nov. 8, her body shook and her mouth went dry as she smiled for the judges.

Under the show's bright lights, the 67th Cyberspace Wing manpower analyst was a nervous wreck as she wondered whether her hard work waking up at 2:30 a.m. six days a week to work out while balancing school and work, was actually going to pay off.

Not expecting to be successful in her first show, Dingba exceeded her expectations and earned first-place honors in the Bikini Military category and placed third in the Bikini A division.

"For me, it was just an accomplishment to get on the stage," Dingba said. "When I got called to the stage as a finalist, it was exciting. I could tell that the other girls were nervous as well; I could feel the energy."

"I feel so blessed. It was cool that the judges thought I brought forth a good package because I do work hard, and working out is what I like to do. The coolest part is being rewarded for something you like to do."

Dingba has been a fitness fiend since joining the Air Force 11 years ago. Her passion for it was boosted when she met her now husband, Tech. Sgt. Amadi Dingba, 343rd Training Squadron military training leader, three years ago while working in the same squadron.

"After we started working out together, he encouraged me to lift heavier than I was at the time," she said. "When I began lifting heavier, I became more confident about my body and pushing myself. He encouraged me and told me I was stronger than I thought I was. It meant a lot."

"Sometimes you have moments where you feel down and not so confident. He told me that I could push myself in the gym because I always push myself in school and at work. It means a lot because it lets me know that he has my back and we are able



Photo by Senior Airman Lynsie Nichols  
Tech. Sgt. Dorothy Dingba, 67th Cyberspace Wing manpower analyst, poses with the trophies she won during the 34th annual Lackland Bodybuilding Classic, Nov. 8.

to live this life together."

Knowing friends who were also into bodybuilding, Dingba was intrigued by the sport and signed up in September to participate in the Classic since it took place at her permanent duty station. She began seriously prepping for the Classic in October by researching online meal plans, following bodybuilders on Instagram and asking them questions about the sport.

She also viewed YouTube videos of various bodybuilding shows and studied how the competitors walked and posed.

"YouTube was my best friend," the Centreville, Va. native said.

In addition to her research, Dorothy Dingba performed 40 minutes of weight training six days a week followed by 40 minutes of cardio three days a week. She also practiced her show routine in her kitchen and then sent a video of it to her friend for critiquing.

"My friend said I looked like a robot and the goal is to not look like a robot," Dorothy Dingba explained. "It helped to have someone coach me on what I am supposed to do."

The bikini competitor also credits her husband for making sure she maintained a clean healthy eating regimen, including not indulging in a cheat meal every Saturday.

"Once I started my prep, I wanted to make sure that I went into the competition clean and worked as hard as I could to achieve my goal," Dingba said.

Amadi is proud of his wife for the time and effort she put into prepping for the Lackland Classic.

"She worked harder in the gym than some of the guys," the 343rd TRS military training leader said. "Dorothy is one of the most driven people I know and she is very independent. When it comes to lifting weights, she wants to do it herself first."

With one bodybuilding show on her resume, Dorothy Dingba said her next goal is to eventually earn a professional bodybuilding card. However, at present time, she is focused on completing her doctorate in education online at North Central University and hopes to teach online criminal justice classes some day.

When's she not working, working out and studying, Dorothy Dingba mentors teens at San Antonio high schools.

"I would like to continue educating teens and help build futures in San Antonio," she said.

Her work ethic comes from having her priorities straight, having a solid foundation of values and goals and improving herself on a daily basis.

"You have to ask yourself, 'is this going to get me closer to my goals or not?'"

# 688th CW proves their legitimacy, wins base intramural flag football championship

By Jose T. Garza III  
JBSA-Lackland Public Affairs

Late in the season, Brad Clinger considered himself “the lucky quarterback” of the 688th Cyberspace Wing intramural flag football team.

Clinger thought a “little luck” would carry them to the Joint Base San Antonio-Lackland Intramural Flag Football Championship.

During the JBSA-Lackland Intramural Flag Football Playoffs, the 688th CW proved that they relied on talent rather than luck.

After defeating the 737th Training Group, 21-13 and the 502nd Logistics Readiness Squadron, 13-6 to advance to the finals, the 688th CW defeated the 59th Dental Group, 33-27 Nov. 13 to claim the base intramural flag football title.

“We got hot at the right time of the season,” said Clinger, who threw five touchdowns in the finale. “We were able to play together as a team and not deviate from our scheme.”

“I was given the privilege of being the quarterback and leader of a wonderful group of men who competed every night and never gave up no matter what the scoreboard said.”

After the 59th DG scored on its opening drive, 688th CW responded with an eight-play touchdown drive followed by an extra point to tie the game 7-7.

Clinger threw two touchdowns on the team’s next two possessions to increase the lead to 19-7 and the team’s



Photo by Jose T. Garza III

The 688th Cyberspace Wing team poses with the Joint Base San Antonio-Lackland Intramural Flag Football trophy with JBSA-Lackland Intramural Sports Director Brett Cannon (center), after defeating the 59th Dental Group, 33-27, Nov. 13.

defense held the dental group to 35 total offensive yards and capitalized on a few botched snaps to maintain the lead going into halftime.

The cyberspace wing opened the second half with a four-play scoring drive from Clinger to wide receiver, Roshawn Hunter, followed by an extra point to increase the score to 27-7. The 59th DG Quarterback Ricky Guajardo scored two consecutive touchdowns

for team’s first points since the first half to narrow the deficit to 27-20.

The 688th CW suppressed the late rally, after Clinger linked up with wide receiver Justin Delavergne for a touchdown. Delavergne caught five passes for 70 yards and scored two touchdowns.

Determined not to give up, even though they had already clinched the game, Guajardo found wide receiver

Brett Manz in the end zone for a 15-yard score before the end of regulation.

“We respected Dental’s offense enough to know we didn’t want them having the ball, which is evident when they scored on two consecutive drives,” Clinger said. “When it came down to the final plays and attempting to kill the clock, I just had to trust in myself and my teammates.”

## CHAPLAIN from Page 10

entered the Air Force with nothing, but in contrast my life feels so rich from the growth and strength that has come from each challenge.

It is with this mindset that when I

speak to the thousands of trainees that come to the contemporary service I pastor on base or to counseling during the week to trainees that are struggling in BMT that I remind them, “Two things in this life that will never happen at the same time are comfort and growth.”

When life is hardest, there is the greatest possibility for your character to be shaped.

Holocaust survivor Victor Frankl once said, “Despair is suffering without meaning.” Though I have experienced deep sorrow, I have never fallen into de-

spair or given up because I know that I would not have the marriage I have today if I hadn’t lost Kristin to cancer. I wouldn’t have the faith I have if it was never tested. I wouldn’t be the man or the chaplain I am today without the hardships I have faced in my life.

## NEWS IN BRIEF from Page 3

period through March 15. Dependent care FSAs will continue to have a grace period each year, but participants cannot carry over funds from one year to the next.

There are no significant changes to the Federal Employee Dental

and Vision Insurance Program.

In other FEHB news, some plans are opting out of the program and terminating their enrollment codes or reducing their service areas. Employees can find a listing of these plans, premium costs, comparison guides and individual plan brochures on the OPM website at <https://www.opm.gov/insure/openseason/index.asp>.

For more information about this and other personnel issues, visit the myPers website at <https://mypers.af.mil>.

For detailed information on making open season elections, select “search all components” from the drop down menu and enter “7665” in the search window.