



TALESPINNER

JOINT BASE SAN ANTONIO-LACKLAND, TEXAS • Vol. 71 No. 37 • September 19, 2014



JBSA REMEMBERS 9/11 WITH MEMORIAL RUN

Photo by Staff Sgt. Marissa Garner

More than 500 people took part in this year's Joint Base San Antonio 9/11 Commemorative Run at the Joint Base San Antonio-Lackland Medina Annex track. Lackland's annual Sept. 11 memorial run allows Airmen to come together in military service as they honor the day's fallen Americans. **See story page 10.**

A storied legacy fueled by innovation

By Wayne Amann

Air Force ISR Agency Public Affairs

For those who subscribe to the saying, “The more things change the more they stay the same,” it should come as no surprise that for nearly seven decades in the United States Air Force, flexibility has been the key to air power.

The Air Force turned 67 years young Sept. 18 and continues to build its legacy on the shoulders of its Airmen who are bound together not only by their warrior ethos and core values, but perhaps most importantly by their innovative approach to problem solving.

It’s the culture of innovation, the ability to rapidly adapt to meet evolving global challenges that defines today’s Air Force as it sets a course for future success.

The Air Force continues to pursue game-changing innovations. For example, every day more than 60 intelligence, surveillance and reconnaissance remotely piloted aircraft take flight, capturing 1,200 hours of full-motion video to support combatant commanders on the ground.

ISR is an Air Force core mission rooted in its original roles and responsibilities forged on Sept. 18, 1947.

Today, the Air Force ISR Agency, whose silent warriors have supplied world class ISR to combatant commanders and the nation since its inception as the U.S. Air Force Security



U.S. Air Force graphic

The United States Air Force observed its 67th Birthday Sept. 18. It continues a legacy of Airmen bound together by warrior ethos, core values and innovative problem solving, exemplified by the silent warriors of the Air Force Intelligence, Surveillance and Reconnaissance Agency.

Service Oct. 20, 1948, is on the cusp of innovation once again.

On Sept. 29, the unit will be re-designated as 25th Air Force under the Air Combat Command.

The Air Force’s newest numbered Air Force headquarters will remain at Joint Base San Antonio-Lackland.

The establishment of 25th Air Force will combine ISR platforms with analysis and targeting capabilities, with ACC presenting the forces to combatant commands and national decision makers.

“This is a historic moment for the Air Force ISR Agency,” said Maj. Gen. John Shanahan, current AF ISR Agency commander and future 25th Air Force commander. “(The reorganization is) as significant and far reaching, in fact, as any moment within the last 25 years.”

Once the re-designation is executed, key analytic and warfighting-enabling capabilities will be organizationally aligned with ISR forces from the 9th Reconnaissance Wing, Beale Air Force Base, Calif., the

55th Wing, Offutt AFB, Neb., and the Air Force Targeting Center, Langley AFB, Va.

The new organization will create an opportunity for greater operational synchronization and greater integration of Air Force ISR products and analysis for the National Intelligence Community.

The newest NAF will also provide an organizational link to strengthen full-spectrum targeting and threat warning to Air Force and Joint Force commanders through ACC.

“For the first time in U.S. Air Force history, ISR will have a four-star leader with the mandate, force structure and resources to truly maximize the entirety of the vast Air Force ISR enterprise,” Shanahan said.

As it has in its previous five iterations through its 66-year history, this operationally focused NAF will continue to present forces and capabilities based on warfighter needs in all phases across the spectrum of conflict.

“With our new focus on ISR operations, we have the opportunity for more significant improvements to global integrated ISR than at any time in our history,” Shanahan said. “The single most important reason why this reorganization will work is because Air Force, joint and coalition warfighters and national leaders are counting on us.”

The newest NAF’s bumper sticker says it all: “25th Air Force: Shaping the Future, Honoring Our Legacy.”

TALESPINNER

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 KRISTAL M. JEFFERS
EDITOR

MIKE JOSEPH
SENIOR WRITER

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.

Straight Talk Line

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

• JBSA-Fort Sam Houston: 466-4630

• JBSA-Lackland: 671-6397 • JBSA-Randolph: 652-7469

JBSA Sexual Assault Prevention and Response

JBSA SEXUAL ASSAULT HOTLINE • 808-SARC (7272)

DOD SAFE HELPLINE • (877) 995-5247

JBSA CRISIS HOTLINE • 367-1213

JBSA DUTY CHAPLAIN • 365-6420



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

DEPENDENT DOCUMENTATION REQUIRED

By Dec. 31, every Airman will be required to provide their servicing finance office with documentation for all dependents as part of Air Force audit readiness efforts.

Beginning this month and continuing through December, Air Force finance offices will contact Airmen across the total force by email to notify them of their responsibility to provide dependent documentation.

For additional information, call 652-1851 or email finance.callcenter@us.af.mil. The finance office at JBSA-Lackland is located in building 5616, suite 1, and is open to walk-in customers Monday, Tuesday, Thursday and Friday from 8 a.m. to 3 p.m. and Wednesdays from 8 a.m. to 2 p.m. Appointments are not required.

REDESIGNED DEPLOYMENT CONSTRUCT BEGINS OCT. 1

The Air Force will deploy Agile Combat Support Airmen under its redesigned air expeditionary force construct Oct. 1. The primary purpose of the redesign was to look at ways to deploy more ACS Airmen with their units and standardize dwell times across the Air Force as much as possible.

While it was approved in April 2013, the first deployments under this construct will be in October. Under the revised AEF construct, installations will deploy larger numbers of Airmen from the same unit under a 1:2 deploy-to-dwell ratio.

The revised construct establishes an 18-month battle rhythm where an Airman may deploy for six months and be home for 12. This will allow wings to more effectively posture their forces to meet global mission requirements as well as continue home station training.

SQUADRON OFFICER COLLEGE SHORTENS TERM LENGTH

To align with the chief of staff of the Air Force's vision to give more company grade officers the opportunity to attend Squadron Officer School, Squadron Officer College is changing the school's course term length from eight to five weeks starting in fiscal year 2015.

Changing the class length will provide an opportunity for 100 percent of active duty captains to attend SOS. The increase also allows a greater allocation of slots for Air National Guard, Air Force Reserve, DOD civilians and international officers.

Currently, SOS graduates about 3,600

See **NEWSBRIEFS** Page 8

Port dogs welcome new commander

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

Lt. Col. James A. Hearn assumed command of the 74th Aerial Port Squadron from Lt. Col. Laurence B. Harris at a change of command ceremony Sept. 7 at Joint Base San Antonio-Lackland.

Col. Craig S. Petersen, 433rd Mission Support Group commander, presided over the ceremony.

"I didn't have to go far to find a new commander for the 74th Aerial Port Squadron. He was right here in my own backyard," Petersen said. "I have enormous trust and confidence in Jim's leadership. He is a warrior who understands the mission.

"He has been waiting for the opportunity to return to the world of port dogs," he said.

Hearn was commissioned through the Air Force Re-



Photo by Tech Sgt. Carlos J. Trevino

Col. Craig S. Petersen (left), 433rd Mission Support Group commander, presents the guidon for the 74th Aerial Port Squadron to Lt. Col. James A. Hearn (right) at the change of command ceremony Sept. 7 at Joint Base San Antonio-Lackland.

serve Officer Training Corps in December 1995 at Angelo State University, San Angelo, Texas. He has served in a variety of transportation and

logistics readiness positions at the detachment, squadron and MAJCOM levels. He separated from active duty in October 2007 and became

a Reservist in June 2009. Previously, he was the 433rd Logistics Readiness Squadron commander.

"I would like to thank my family for supporting my career. I wouldn't be the person, leader, husband, father or the Airman I am today without your steady influence and love," Hearn said.

"Men and women of the 74th Aerial Port Squadron, I am ready to get to work. I had four hours off today and that was plenty. I am ready to go," he said to the amusement of the crowd.

Aerial port responsibilities include cargo processing, aircraft loading/unloading, joint inspection, mobility functions, load-team supervision, engine running on-loads/off-loads, manning the home station and deployed air terminal operations centers, airlift control element, transportation control unit and air departure arrival control group operations.

JBSA honors POW/MIA's with vigil, run

By Gloria Kwizera
JBSA-Lackland Public Affairs

Members of the 37th Training Wing, along with other Joint Base San Antonio-Lackland organizations, honored Americans held as prisoners of war and those still missing in action Thursday through Friday morning with the sixth annual POW/MIA 24-hour remembrance run.

The event, which coincided with National POW/MIA Recognition Day, began at 8 a.m., Thursday and continued for 24 hours, with participants continuously running while carrying a baton on one of seven



Photo by Staff Sgt. Vernon Young Jr.

U.S. Air Force basic trainees assigned to the 324th Training Squadron, Joint Base San Antonio-Lackland, stand in formation prior to a silent run honoring prisoners of war and those still missing in action, Sept. 20, 2013.

JBSA-Lackland tracks.

The batons were presented to families of POW/MIA members during an annual social at the JBSA-Lackland Gateway Club.

"It's just a small piece of sacrifice to pay tribute and honor the thousands of former prisoners of war and individuals still missing in action," said Lt. Col. Chad Gallagher, 323rd Training Squadron commander and event organizer. "The way we look at it is that POW/MIA individuals indulged great hardship over the years that they were in captivity. There is a certain amount of pain and effort that goes with running for even 30 minutes for some, and in some cases, for three hours."

See **POW/MIA** Page 6

Cyber warrior recognized for combat leadership in Afghanistan

By Senior Master Sgt. Dorian Chapman
24th Air Force Public Affairs

Lt. Col. William Rondeau, the chief of the strategy division within the 624th Operations Center at Joint Base San Antonio-Lackland, received a Bronze Star Medal July 25 for his role as 966th Air Expeditionary Squadron commander, part of the 9th Air and Space Expeditionary Task Force in Afghanistan.

From November 2012 to November 2013, Rondeau led 1,200 Airmen across 45 forward operating locations in support of Operation Enduring Freedom.

Regarded as a from-the-front lead-

er by those under his command, he transited the battle space frequently to keep his finger on the pulse of operations and to make face-to-face contact with Airmen at the tactical level.

Under his command, Rondeau's explosive ordnance disposal teams conducted 625 combat missions, cleared 17,000 miles of supply routes, destroyed 72 improvised explosive devices and ultimately removed 102,000 pounds of Taliban explosives from the battlefield.

Furthermore, Rondeau's combat medics performed 45 aeromedical evacuations, 175 convoys totaling more than 20,000 miles and lifesaving response to 76 vehicle-born im-



Photo by Senior Master Sgt. Dorian Chapman

Maj. Gen. J. Kevin McLaughlin (left), commander, 24th Air Force, presents the Bronze Star Medal to Lt. Col. William Rondeau (right) at a medal ceremony July 25. Rondeau was recognized for his role as 966th Air Expeditionary Squadron commander, part of the 9th Air and Space Expeditionary Task Force in Afghanistan.

proved explosive device attacks.

"This medal is certainly not only about me or what I did," Rondeau said. "It's a representation of the determination and accomplishments of

the combat Airmen I had the opportunity to lead."

Rondeau received the medal at a ceremony at 24th Air Force headquarters on JBSA-Lackland.

Aeromedical Evacuation Squadron presented portrait of medics in action

Story and photo by Tech. Sgt. Carlos J. Trevino
433rd Airlift Wing Public Affairs

A copy of an oil painting by Maj. Warren Neary, an Air Force Space Command individual mobilization augmentee historian, commissioned by the Air Force Reserve Command's history office, was presented to the 433rd Aeromedical Evacuation Squadron by Tech. Sgt. Kim Herrera, 433rd Airlift Wing historian.

The painting depicts two Air Force Reservists on a medical evacuation flight with the call sign "Bandage 33." Capt. Adriana Valadez and then-Senior Airman Amanda Torres are immortalized in the painting, saving the life of an Air Force combat controller.

Valadez and Torres, both from the 433rd Aeromedical Squadron, Joint Base San Antonio-Lackland, were deployed to Afghanistan with the 651st Expeditionary Aeromedical Evacuation Squadron at Kandahar Airfield, Afghanistan.

"It was an honor. It is a reminder for all of us of why we do what we do. Valadez made all the right calls. She is a great role model," said Torres, now a staff sergeant and an aeromedical evacuation technician.

According to Herrera, the original portrait hangs in the office of the Chief of the Air Force Reserve, Lt. Gen. James Jackson, at the Pentagon. Additional copies hang at AFRC Headquarters at Robins Air Force Base, Ga.



Senior Airman Michael Romer, a 433rd Aeromedical Evacuation Squadron flight medic, holds the "Bandage 33" portrait at the presentation Sept. 7 at Joint Base San Antonio-Lackland. With him are Tech. Sgt. Kim Herrera, 433rd Airlift Wing historian (left), Staff Sgt. Amanda Torres, 433rd Aeromedical Evacuation Squadron flight medic, and Col. Anthony Pena, 433rd Medical Squadron commander, who is Torres' father.

"Most of the big works are kept in collections like Headquarters Air Force Reserve Command," Herrera said. "For us, it is an honor to have a copy here at

the wing. It is something that we are not always able to see."

The portrait will be on display in the 433rd AES building.

AF cyber pros get their hands dirty

By Senior Master Sgt. Dorian Chapman
24th Air Force Public Affairs

Pallets of sod were stacked chest high in the driveway while busy hands used shovels, wheelbarrows and buckets to spread rich, dark topsoil in the front yard of a brand new, modest home in San Antonio, Aug. 22.

Those hands, usually tasked with using a keyboard to defend the Air Force computer network in cyberspace, belonged to a group of 21 dedicated Airmen from the 26th Cyber Operations Group, 33rd and 68th Network Warfare Squadrons and 426th NWS (a Reserve-associated unit to the 33rd NWS) at Joint Base San Antonio-Lackland, who volunteered to support a local Habitat for Humanity project.

Just a few weeks earlier on July 15, a different group of volunteers broke ground on the empty lot to build the home for Hugo and Sandra Gonzalez and their two daughters, Valeria and Vanessa, the family Habitat for Humanity selected to build their own home with assistance from local volunteers.

Now, as the yard was quickly being sodded and finished, the Gonzalez family was preparing for the home's dedication ceremony.

Each Habitat homeowner in San Antonio contributes at least 300 hours of "sweat equity" to build their own home along with community volunteers. The finished homes are sold to them at no profit and with no interest charges. Principal from mortgage payments comes back into Habitat to help pay to build additional homes.

"We learned that a lot of the volunteers working on our home were in the military," said Sandra Gonzalez. "We are very grateful for their hard work and time and know we wouldn't have a home now without their help."

All family members expressed their excitement about owning their first home, especially six-year-old Valeria,

who said she looks forward to having her own room and a safe backyard.

The organizer of the group of military volunteers was Staff Sgt. Adam Harris, a cyber operator from the 33rd NWS. Though just having arrived at JBSA-Lackland in April, Harris is no stranger to volunteering or to Habitat for Humanity projects.

"I was 16 the first time I volunteered for Habitat," said Harris, whose father, a retired architect, became deeply involved with Habitat for Humanity in the Savannah, Ga., area. "At a young age I learned about the value of community service and when I joined the Air Force I was glad to see that serving the community was a part of our culture," he said.

While previously stationed at Vandenberg Air Force Base Cal., Harris found opportunities to volunteer his time with that community as well, so he said he feels like he fits right in with the volunteer culture within the 26th COG and its squadrons.

"We support Habitat about four times a year," Harris said. "We support many other community programs as well. It's inspiring."

So far this year, the units have collectively volunteered more than 850 hours with Habitat for Humanity projects alone, including hundreds of additional hours dedicated to various other volunteer programs across San Antonio.

Harris' sentiment was echoed by Airman 1st Class Nicole Pimienta, an information manager with the 26th COG.

"It's good to get out of the office and do something for other people. It's nice to know this family will be getting a home like they've never had before."

Pimienta said she used to volunteer with her father before he retired from the U.S. Army and recognizes the effect her volunteerism has had on her sense of community. She said she encourages others to look for opportunities to serve the community.

"It's an experience," Pimienta ex-



Photo by Senior Master Sgt. Dorian Chapman

Staff Sgt. Adam Harris (left) and Tech. Sgt. Carlos De La Cruz (right) work their way through a pallet of sod to put the finishing touch on a Habitat for Humanity project Aug. 22 in San Antonio.

plained. "Everyone can find something that they enjoy doing that helps others in need."

Harris said he parallels the Air Force core value of service before self to serving the community, quoting Woodrow Wilson who said, "Loyalty means nothing unless it has at its heart the absolute

principle of self-sacrifice."

"Volunteering is, of course, voluntary," Harris explained. "But that's important. Everyone's time is valuable and when you spend your time doing something you enjoy that helps people, that's when you realize you've really done something worthwhile."

POW/MIA from Page 3

Those not able to participate in the run can still be part of the event by purchasing commemorative T-shirts, which were also worn by the runners.

The T-shirts are available for sale throughout JBSA with proceeds going to the National League of POW/MIA Families fund through the Combined Federal Campaign.

"For the last five years, we have

raised between \$15,000 and \$25,000," said Gallagher. "Just to know that money is going to help those individuals and those families, our goal is to raise even more money than we did last year."



The 2014 Combined Federal Campaign began Sept. 1.

COMBINED FEDERAL CAMPAIGN POINTS OF CONTACT

The following is a list of points of contact for Joint Base San Antonio:

502nd Air Base Wing:

Master Sgt. Thomas Shockley
 Alternates:
 Master Sgt. Kerry Thompson,
 Tech. Sgts. Mark Barnette and
 Angelica Guerrero, Staff Sgts.
 Christopher Sutherland,
 Gary Lund & Henry Roberson.

502nd Force Support Group:

Maj. Steven Parker
 802nd Force Support
 Squadron:
 Capt. Linda Aria
 502nd Force Support
 Squadron:
 Chris Neubeck

502nd Installation Support Group:

Michael Guzman
 502nd Civil Engineering
 Squadron:
 Joseph McCullough

502nd Communication Squadron:

Staff Sgt. Rodney Hill
 502nd Operations Support
 Squadron:
 Staff Sgt. Kerry Prado

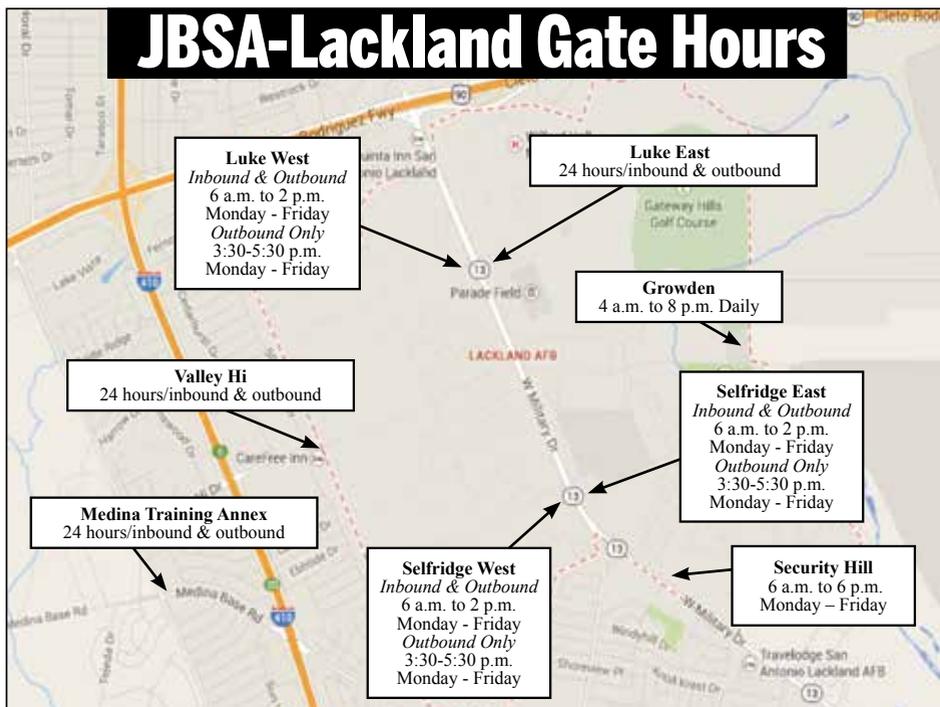
502nd Security Forces and Logistic Support Group:

Master Sgt. Peter Esparza
 902nd Security Forces
 Squadron:
 Master Sgt. Orlando Bowman
 502nd Logistics Readiness
 Squadron:
 Tech. Sgt. Joan Dixon-Scott



To access the 2014 San Antonio Area Combined Federal Campaign charitable agency brochure online, visit <http://www.cfcsanantonio.org>.

JBSA-Lackland Gate Hours



Critical POV shipping concerns are being addressed

By Victor D. Wherry

502nd Logistics Readiness Squadron

Over the past several months, service members shipping their privately owned vehicles have experienced some challenges in obtaining the most up-to-date information regarding their vehicle's location and some service members have experienced significant delivery delays.

As a result, the U.S. Transportation Command and the Military Surface Deployment and Distribution Command are working with International Auto Logistics Inc. to provide a means for our customer's privately owned vehicle issues to be addressed. IAL is a special-purpose company designed and built to provide automotive transportation and logistics services to the U.S. government and related services.

On May 1, IAL assumed responsibility for the Global Privately Owned Vehicle Contract, also known as GPC III. Under the terms of the contract, IAL is responsible for processing, transporting and storing vehicles owned by military personnel and Department of Defense civilian employees bound for or returning from overseas duty locations.

Personal property shipping offices across Joint Base San Antonio have been contacted by custom-

ers about the issues they face with delivery and shipment of their POVs. The majority of customer concerns are a result of missing or incomplete in-transient visibility data, failure to meet delivery dates and unanswered emails and phone calls.

In-transient visibility, or ITV, is an organization's capability to provide its customers with maximum visibility and near real-time status on the movement of all classes of supply, from origin to destination.

To address these concerns, the easiest way for customers to check the status of their POV is by visiting <http://www.pcsmypov.com> and entering the shipping instruction number provided by International Auto Logistics, Inc. or by calling 855-389-9499, option 2.

In the event customers do not receive their POV on the required delivery date and cannot resolve their issue through IAL channels, they can contact the USTRANSCOM Inspector General's team directly at usarmy.scott.sddc.mbx.pov-ig-response@mail.mil to assist with POV inquiries.

The Military Surface Deployment and Distribution Command wants customers to know they are aware of and understand the performance issues experienced while shipping privately owned vehicles and solving those issues is their No. 1 priority.

NEWSBRIEFS from Page 3

students annually. With the change to five weeks, more than 4,700 U.S. Air Force and international officers and Department of Defense civilians will now graduate from the school. In addition to the increase in throughput, the change to five weeks will also save the Air Force \$1.9 million annually.

ENLISTED MEDICAL DEGREE PREP PROGRAM DEADLINE

Eligible active duty enlisted Airmen interested in pursuing a medical degree must submit their application for the Enlisted Medical Degree Preparatory Program by Dec. 1, and an "intent to apply" email by Oct. 3, Air Force Personnel Center officials said last week.

The Enlisted to Medical Degree Preparatory Program offers active duty enlisted members an opportunity to complete the preparatory coursework for admission to medical school while maintaining active duty status and full pay and benefits.

The program, which incurs a three-year active duty service commitment, will include coursework in a traditional classroom setting with structured pre-health advising and formal medical college admission test preparation, with classes slated to begin in July 2015.

Applicants must send the "intent to apply" email to the AFPC physician education organizational account (afpc.dpame@us.af.mil) by Oct. 3. Those who do so will be notified by Oct. 24 whether or not they have been released from their career field to compete for selection. Once notified of their eligibility to compete, Airmen may submit their application to AFPC by the Dec. 1 deadline.

BMT HONORS

Congratulations to the following 58 Airmen for being selected as honor graduates among the 582 Air Force basic military trainees who graduated today:

320th Training Squadron*-Flight 533*

Michael Brandt
Nathan Fischer
Lloyd Lenormand
Christopher McGinley
Adam Spinner

-Flight 534

Leigh Conto
Annaliese Fisher
Jennifer Landrum
Kelsey Robbins

-Flight 537

Corey Batts
Michael Bentley
Sean Copko
Sean Gresham
Jesse Hernandez
Trae Hill
Robert Miralles

Maxxten Motter
Caleb Stephens
-Flight 538
Donald Durst
Chad Graham
Jordan Landstrom
Joshua Weinbauer

321st Training Squadron*-Flight 535*

Nicholas Arnold
Zackary Crocker
Kevin Le
James Medrano
Rodriguez L. Sanchez G

-Flight 536

Seth Blazucki
Charles Burns
Jacob Hartmann
Robert Herrera

-Flight 541

Luke Miller
Timothy Morris
Jacob Anglin
John Malsky
Robin Sagun
Gabriel Stuart

-Flight 542

Caleb Baumgartner
Kyle Black
Theron Haskin

326th Training Squadron*-Flight 543*

Daniel Rinard
Johnathan Smith
-Flight 544
Kerry Harris
Taleah McClintock
Tenisha Nixon
Mari Takahashi

331st Training Squadron*-Flight 539*

Jeffrey Agre
Corey Ahrens
Damian Dankert
Brandon Hines
David Hogan
Christopher Schrader
Hunter Smith
-Flight 540
Jacobson Fakler
Shea Hamrick

William Kelbaugh
Aaron Moskovich
Cory Robertson

Top BMT Airman

Hunter Smith
331st TRS, Flight 539

Most Physically Fit*-Female Airmen*

Taleah McClintock
326th TRS, Flight 544
Jairitza Deisenmann
326th TRS, Flight 544
Kristin Nelson
326th TRS, Flight 544
Lynsey Anttila
320th TRS, Flight 534

-Male Airmen

William Digman III
320th TRS, Flight 537
Joshua Pettit
331st TRS, Flight 539
Trent Wyland
320th TRS, Flight 537
Jocelin Cartier
320th TRS, Flight 538

-Female Flights

320th TRS, Flight 534
326th TRS, Flight 544

-Male Flights

320th TRS, Flight 538
320th TRS, Flight 537
320th TRS, Flight 533
321st TRS, Flight 536
326th TRS, Flight 543
331st TRS, Flight 540
321st TRS, Flight 535
331st TRS, Flight 539
321st TRS, Flight 541
321st TRS, Flight 542

Top Academic Flights

321st TRS, Flight 535
321st TRS, Flight 541
331st TRS, Flight 540
321st TRS, Flight 542
320th TRS, Flight 537
331st TRS, Flight 539
320th TRS, Flight 533
321st TRS, Flight 536
326th TRS, Flight 544
320th TRS, Flight 538
326th TRS, Flight 543
320th TRS, Flight 534

JBSA remembers 9/11 during commemorative run

By Jose T. Garza III
JBSA-Lackland Public Affairs

The Joint Base San Antonio-Lackland community honored the victims of the Sept. 11, 2001 tragedies during the JBSA 9/11 Commemorative Run Sept. 11 at the Medina Fitness Center.

Individuals, families, friends and co-workers paid tribute to more than 3,000 people who lost their lives at the World Trade Center in New York City, the Pentagon in Washington, D.C., and near Shanksville, Pa.

For the Antu family, participating in the run was an opportunity to show their patriotism and reflect where they were 13 years ago.

"It's one of those bittersweet moments where it's sad because of the bad things happen, but at the same time, it's good to see people remember and never forget this day," said U.S. Army Sgt. 1st Class Eric Antu, a Reservist with the 75th Training Division in Houston and a 502nd Communications Squadron civilian cyber transport technician.

"I was about 18 years old when this happened and being my age now it hurts more and is more meaningful. At the same time, I am grateful to be alive and be here with my wife and kids. Seeing the other Airmen and Soldiers pay their respects is bittersweet. My heart hurts more since that time, but it pumps better."

"Participating in this run means I am supporting my husband who is still in the military, as well as being with others who have the respect and memory of the past and want to see the future change for the better," said Antu's wife, Jaime, a retired Army sergeant.

"Sept. 11, 2001 was a coming of age and being here today is a reminder of that coming of age and to look to the future,"



Photos by Johnny Saldivar

502nd Air Base Wing and Joint Base San Antonio commander Brig. Gen. Bob LaBrutta gives closing remarks at the JBSA 9/11 Commemorative Run in this year's Joint Base San Antonio 9/11 Commemorative Run at the Joint Base San Antonio-Lackland Medina Annex.

she added. "When you look at the future, you can't forget the past."

The couple, accompanied by their 2-year-old daughter Jocee, remembers where they were on 9/11 like it was yesterday.

Eric recalls being in government class in college and his professor walking in, announcing that the first plane hit the north tower of the World Trade Center.

Moments later, while talking with peers at the school's cafeteria, the Army reservist said he saw live television news video footage of the second plane crashing into the south tower of the World Trade Center.

"After school, I remember driving past JBSA-Lackland and seeing the traffic," said the San Antonio native who carried an American flag depicting the names of the firefighters, police officers and civilians who died Sept. 11, 2001. "I remember the fear and panic. It was the first time I cried for people I didn't know. I still remembered it like it was yesterday."

Jaime recalls being in political science class at Sam Hous-

ton State University in Huntsville, Texas, when the events occurred.

"The professor walked in and told us that something is happening to the United States, so you better go home and watch the news," she said. "It was terrifying because we didn't know what was going on at that point. I was watching the news and thinking this is real. We were going to war during my lifetime."

Reflecting and honoring the Sept. 11 victims with the JBSA community provided Eric a sense of camaraderie, he said.

"We feel the American spirit again," the Army Reservist said. "Everybody in the military or who has been in the military comes together as one."

Staff Sgts. Calvin Simpson and Steven Hedgepeth, JBSA-Lackland Airman Leadership School instructors, also participated in the 9/11 run to reflect on the events 13 years ago.

"It means a great deal," Simpson said. "I personally feel it's one of the many ways to commemorate the events that unfortunately happened. It fu-



Staff Sgt. Fernando Avila, member of the Inter-American Air Forces Academy commander support staff, runs with a U.S. flag with the names of those who perished in the Sept. 11, 2001 terrorist attacks during the 9/11 remembrance run Sept. 11 at Joint Base San Antonio-Lackland Medina Annex.



Tech. Sgt. Benjamin Funk, left, and Staff Sgt. William Vernon, and Tech. Sgt. Miriam Hernandez, members of the 319th Training Squadron, took part in this year's Joint Base San Antonio 9/11 Commemorative Run at the Joint Base San Antonio-Lackland Medina Annex. The annual Sept. 11 memorial run allows Airmen to come together in military service as they honor the day's fallen Americans.

els me everyday to understand that I am here for a reason."

"I appreciate everyone's motivations and willingness to continue remembering," Hedgepeth added.

"Being able to put ourselves in a position where we are humbled again and not get ahead of ourselves about remembering the past is extremely important."

Civil Air Patrol goes cyber in new training

By Richard Erickson
JBSA-Lackland Public Affairs

Thirty-eight Civil Air Patrol cadets participated last month in the first-of-its-kind computer security training at Joint Base San Antonio-Lackland.

Then, taking their final series of tests, the cadets headed back to their home squadrons across the nation to teach others the lessons they learned.

Like the Space Familiarization Course at Peterson Air Force Base, Colo., the Cyberspace Familiarization Course was designed to give CAP cadets an introduction to defensive cyberspace operations.

The goal is to familiarize cadets with Air Force defensive cyber operations and develop CAP teams to participate in the CyberPatriot national youth cyber education program and competition beginning in fall 2015.

CyberPatriot was created in 2009 by the Arlington, Va.-based non-profit Air Force Association to inspire high school and middle school students to pursue careers in cyber security or a related science, technology, engineering and mathematics field.

The competition, focused on five-member cadet teams defending virtual networks from a professional IT "aggressor," is divided into two divisions, one for all high schools and one specifically for military service organizations including JROTC, Naval Sea Cadet Corps and CAP.

The problem was there was a lack of formalized training in computer security and information assurance for potential CAP CyberPatriot competitors.

"A lot of squadrons all over the nation have taken it upon themselves to find experts in the field and develop the curriculum and training," explained Jacob Stauffer, 33rd Network Warfare Squadron director of operations support flight and chief of the forensic and malware analysis section. "But that's only a piecemeal effort."

"In the open division, schools tend to set up classes and formal courses throughout the year, giving students at least an hour a day or a couple of hours a week throughout all of the school year," he explained. "CAP cadets would get maybe a few hours a month of instruction. So the gap was significantly large."

Stauffer, a 16-year CAP member



Photo by Joshua Rodriguez

Jacob Stauffer, commandant of the Cyber Defense Training Academy, addresses students during the final qualification stage of the week-long event Aug. 15 at Joint Base San Antonio-Lackland.

and commander of the Lackland Cadet Squadron based at JBSA-Lackland and Kelly Field Annex, decided to do something about that.

"I had started teaching CyberPatrol courses about three years ago," he said. "One of the things I realized was that I was teaching the same material every year, and it was all basic. It's very hard to get one team going and have them return to compete every year."

He decided to create the Cyber Defense Training Academy with the sole mission of educating CAP cadets in computer security and information assurance. Then with Air Force and CAP leadership support, he developed the week-long Cyberspace Familiarization Course which, in its inaugural year, received National Cadet Special Activity credit.

CAP National Cadet Special Activities are weeklong programs designed to give cadets hands-on experience in specific fields, usually related to aviation, but this targets computer security in preparation for the national CyberPatriot competition.

"This is designed to be a nationwide program to get CAP units together in one place and level the playing field," Stauffer said. "The idea is that, once they go back to their squadrons and their individual teams, they can focus on little things like developing checklists and honing their skills for certain

parts of the competition. It gives them the tools beforehand to be effective."

Tentatively setting the class at 10 to 20 students, Stauffer secured funding for food and lodging for the cadets through a \$6,600 donation from the Armed Forces Communications and Electronics Association. That was important, he noted, because some other NCSAs are expensive, costing as much as \$1,500 for a week's instruction.

"When I grew up as a cadet, my parents didn't have that much money to blow on one activity," he explained. "I worked very hard to whittle it down to about \$50, not including travel expenses."

Additional help came in the form of the Inter-American Air Forces Academy agreeing to the use of its barracks for lodging at no cost to the cadets and the 802nd Force Support Squadron allowing cadets to use its dining facility at a reduced cost to the academy.

The idea was that the course would be held in some remote location, probably with a room filled with borrowed laptops. That plan in place, Stauffer discussed it with Lt. Col. Joy Kaczor, 33rd NWS commander.

"She literally told me, 'We're having it here.'"

The squadron also volunteered to provide a facility for the cadets' training.

Overall, 36 military, reservists and civilian personnel from 11 24th Air Force

units provided curriculum development, mission briefs and mentoring sessions for the cadets attending the course.

That conversation grew into a briefing with then-Maj. Gen. James McLaughlin, who at the time was commander of 24th Air Force.

"I began to talk and the first thing out of his mouth was, 'You're pitching it to me, but that's pretty much a formality. I'm approving it,'" Stauffer said. "From what I gather from other CAP members, this is the first time a general, whether a one star or four star, actually endorsed a CAP activity."

Approved as a NSCA, more than 60 cadets from all over the nation applied for the program.

"If I could have taken 60, I would have, but we could only take 40," he added. "The average NCSA is about 20 cadets, so the fact we have nearly 40 indicates how successful it has been in its inaugural year. That's a pretty big deal."

The fully developed course had cadets, in addition to receiving daily cyber unit mission briefs and tours, participating in four days of academic instruction in computer networking, operating system theory, and computer and network security, all taught by Air Force cyber operators.

On the fifth day of the course, cadets, in teams of six, competed against each other in a "Cyber Defense Competition" designed to be a practical application for lessons learned throughout the week.

Five other senior CAP members, usually former cadets 18 or older who help support and manage CAP squadrons, volunteered to pay their own expenses, left their jobs in Arkansas, Oklahoma and Texas for a week and came to JBSA-Lackland to help Stauffer with the program and chaperone the 38 cadets from 16 states.

The cadets selected acknowledged the week was tough. Each day began at 5:30 a.m. with physical training and uniform inspections and ended each night with long sessions studying the 400-page course curriculum book Stauffer and 33rd NWS personnel created with a test on the previous day's material every morning. The reaction to the course was overwhelmingly positive.

"We tried to make a CyberPatriot group at my squadron, but we didn't

commentary

Suicide prevention: What you can do

By Capt. Relinda Hatcher
31st Medical Operations Squadron

Sept. 8 through Sunday was National Suicide Prevention Week. However, many people are hesitant to get involved in the discussion on the topic of suicide prevention.

This is troubling because the ability to get involved and intervene is critical to saving lives.

Suicide and suicidal behavior affects all people, regardless of gender, race, sexual or religious orientation. Suicide is a problem of epidemic proportions that spans across the globe.

There are roughly 39,000 suicides annually in the United States and the number increases to

a million worldwide. Suicide is the third-leading cause of death in the U.S. among individuals aged 15-24.

Many individuals that have contemplated and completed suicide erroneously believe their death will not impact others; but the truth is suicide impacts entire communities.

In fact, it is estimated that for every suicide there are at least six survivors. Not only does suicide impact others, it very often shatters and devastates the lives of family and friends for years to come.

Another common misconception about suicide is that, if people want to kill themselves, there is nothing anyone can do about it. This is not true. Experts believe that most suicidal individuals do

not want to die. They just want to end the pain they are experiencing. Experts also know that crisis tends to be brief. When suicidal intent or risk is detected early, lives can be saved.

Major depression is the psychiatric diagnosis most commonly associated with suicide. Leading mental health psychologists emphasize the strongest risk factor for suicide is depression, but the good news is that depression is treatable and 80 percent of people who seek help for depression are treated successfully.

Other risks factors include relationship problems, other mental illness, substance abuse, previous suicide attempts, hopelessness, access to lethal means, recent loss of loved ones and unemployment.

By promoting positive self-esteem, connectedness, resiliency and recognizing individual achievement, family members, co-workers, friends and wingmen can play a vital role in preventing suicides.

If someone mentions they are thinking about committing suicide, never keep this information a secret because physicians, mental health providers, chaplains, first sergeants and commanders can expedite resources to assist individuals who are exhibiting severe depression or suicidal behaviors.

With this in mind, it is also important to understand that people who seek help will not get into any trouble for seeking help. Since suicidal behaviors are considered medical emergencies, these individuals should see a doctor or mental health professional without delay.

If a suicidal person has a plan, or is in the process of carrying out a plan, to commit suicide, contact emergency assistance immediately. On base, contact security forces or the command post. For emergencies that occur off base, dial 911 or your local equivalent.

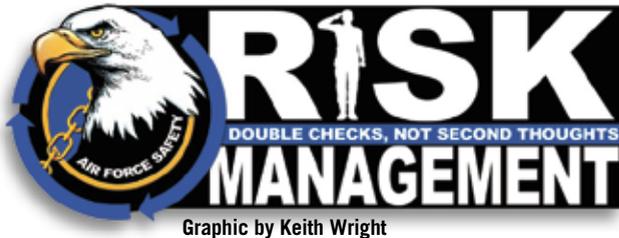
As Airmen, we live and breathe the Wingman concept. As such, it is imperative that we look out for one another at all times, no matter the circumstance.

How can we do this? By situational awareness, talking and listening to one another, getting to know co-workers, celebrating each other's accomplishments and by caring and encouraging one another.

Awareness, education and treatment are the keys to suicide prevention.

If someone mentions they are having thoughts about suicide, always take thoughts or plans seriously. If you are in a position to help, do not assume your presence is unwanted or intrusive. Your wingman needs your help, so stay vigilant, ask, care and escort.

For other resources, visit <http://www.airforce-medicine.af.mil/suicideprevention/>.



Graphic by Keith Wright

Critical Days of Summer ends; focus on risk management heightens

By Natalie Eslinger
Air Force Safety Center Public Affairs

During the last holiday weekend of Critical Days of Summer, the Air Force lost two Airmen, one in a private aircraft mishap and the other in a motor vehicle-pedestrian mishap.

There were 17 fatalities during the entire CDS period, May 23 through Labor Day weekend, down from 20 for the same period last year.

“Fortunately, losses were lower this year, but that’s not good enough,” said Bill Parsons, the Air Force Chief of Ground Safety. “We have to be unrelenting in our ‘Quest for Zero.’

“As we move into fiscal year 2015, our focus will continue to be on our Airmen. We intend to help every Airman understand how risk management factors into everything they do — on and off duty,” Parsons added.

According to safety professionals, most fatalities are preventable. Air Force Ground Safety initiatives for fiscal 2015 include an increased awareness of risk management.

“When we all concentrate on every task at hand and consciously consider every risk associated with each task, every one of us becomes central to saving lives and preventing injuries,” Parsons said. “Supervisors should continue to stress the use of the risk management tools and the guidance available for every activity.

“We need every Airman to weigh every risk before they act, and remember: my job, my life, my choice,” Parsons said.

CAP from Page 11

have the funding or computers at the time,” explained Cadet 2nd Lt. Honorette Remling from CAP’s Pennsylvania Wing and a high school junior. “Now we’ve found that funding and now, with my experience, we can start this training.”

“These are skills that I enjoy learning and can grasp — as long as I ask the right questions,” added Cadet Senior Master Sgt. Sam Collins, a high school junior who is part of CAP’s Florida Wing. “We’re learning about the Linux operating system. You have to do a lot of command line work and I’m not a big fan. But it’s easier once you learn what all the dashes and backslashes mean.”

While familiarizing cadets and senior members with the Air Force units conducting defensive cyberspace operations, the focus of most of the instruction was computer and network fundamentals, operating system theory and how to secure Windows and Linux systems from malicious users.

The national CyberPatriot com-

petition supplied the program with “virtual-image,” representations of operating systems with known flaws or security vulnerabilities. The goal was to find and fix the flaws while, at the same time, keeping specified computer functions like email working.

On the final day of the activity, armed with what they learned, the cadets, broken into teams, attempted to secure those workstations within a five-hour time period.

Some cadets who already had some computer training were named “staff members,” and helped other cadets during the week as mentors, even while being responsible for their own work and passing all of the same tests.

Cadets took an initial assessment before the course and an exit assessment at its conclusion. The result was a 27-percent average increase in test scores, and a 100-percent graduation rate.

“The Cyberspace Familiarization Course was a groundbreaking event that provided Civil Air Patrol cadets with a foundational understanding of defensive cyberspace operations,” Kaczor noted. “I’m so

proud that the 33rd NWS was able to host the course in our alternate operations floor because it provided the cadets with the opportunity to learn first hand from Air Force cyber operators in a real operations environment.”

Last year’s CyberPatriot competition saw more than 1,500 teams participate. This year, state competitions, including one for Texas, take place in October. Regionals come next and in March the winners of those contests meet in Washington, D.C., for the national finals. In addition to national recognition, the winners are eligible for scholarships.

“I’m hoping this becomes sort of like a train-the-trainer exercise,” Stauffer said. “I hoping they will take this information, including the 400-page book, and use it to train their own teams back at their home squadrons. It is one thing for them to come here and maybe go over a few PowerPoint slides and take a few labs. But this is something more tangible they can take back with them and really use.”

To learn more visit, <http://www.cyberdefensetrainingacademy.org>.

LOCAL BRIEFS

WEDNESDAY

EMPLOYMENT INFORMATION SEMINAR

The 2014 Military and Veterans Employment Information Seminar "Closing the Loop" is from 9 a.m. to 4 p.m. at Texas A&M University-San Antonio's Central Academic building, One University Way.

The event is a full day of information, education and employment opportunities designed for transitioning service members, veterans, Reservists and hiring managers, including breakout sessions from the Texas Veterans Commission, the U.S. Department of Veterans Affairs, Job Search Strategies and the Military & Veterans Community Council, among others.

For additional information, call 916-9252. Register online at <http://www.eventbrite.com/office-of-personnel-management-2955782645?s=26794003>.

HISPANIC HERITAGE MONTH MIXER

The Inter-American Air Forces Academy is presenting a Hispanic Heritage Month mixer from 6-10 p.m. at Mitchell Hall, building 2300. A mandatory sponsor briefing will

kick off the mixer at 6-6:30 p.m., followed by a night of dancing and refreshments. Music will be provided by the 323rd Army Band, "Fort Sam Houston's own."

For reservations call 977-6873.

THURSDAY

SAFETALK TRAINING CLASSES

SafeTalk training classes begin Thursday at Joint Base San Antonio-Lackland.

The classes teach how to recognize persons with suicidal thoughts and help them in seeking assistance and resources. The program concentrates only on recognition and referral.

The JBSA-Lackland classes will be held at Freedom Chapel, building 1528, from 8-11:30 a.m. and 1-4:30 p.m. The maximum class size is 30.

To register for the class or for additional information, call 691-2911.

SEPT. 27

RETIREE APPRECIATION DAY

The 2014 Military Retiree Appreciation Day is from 8 a.m. to noon for retirees and family members of all armed services members at building 2841, Joint Base San Antonio-Fort Sam Houston. The event will include

representatives from legal services, the Texas Veteran's Commission, South Texas Veterans Affairs, the Texas Department of Insurance and others.

A San Antonio Military Medical Center Health Fair will also be held to provide flu shots and accept unwanted or expired medications.

Call 221-9004 or 671-2728 for details.

RUN/WALK FOR LIFE

The Joint Base San Antonio 5K Run/Walk for Life will take place at the Gillum Fitness Center on JBSA-Lackland.

Open to valid DOD ID cardholders, the event will raise money for JBSA suicide awareness and prevention campaigns. Participants should check in at 7 a.m. The race begins at 8 a.m.

The \$15 registration fee includes a T-shirt for every participant. Register on the day of the event or online at www.athleteguild.com/group/joint-base-san-antonio/event.

OCT. 3

5K GLOW RUN, FUN WALK 1K

JBSA-Lackland 5/6 will host their inaugural 5K Glow Run and Fun

Walk 1K Oct. 3 at the JBSA-Lackland 1.5-mile track.

A preregistration discount of \$20 for the 5K and \$15 for the 1K walk is available through Sept. 22. After Sept. 22, the entry costs for each increase by \$5.

Sign in, late registration and T-shirt pickup begins at 6:30 p.m. race day. The walk begins between 7:30 and 8 p.m.; the run starts at 8:10 p.m. Children who complete the Fun Walk 1K will earn a medal.

For additional information, visit <https://www.eventbrite.com/e/jbsa-lackland-56-fun-walk-1k-glow-run-5k-tickets-12259130389>.

INFORMATIONAL

FLU SHOTS FOR ACTIVE-DUTY SERVICE MEMBERS

The flu vaccine is available now at the Wilford Hall Ambulatory Surgical Center Immunizations Clinic to all active-duty personnel. Active-duty service members are required to receive the vaccine by Nov. 21.

Flu shots are currently available to all Department of Defense beneficiaries at the WHASC atrium. Flu shots will be administered Monday through Friday from 7:30 a.m. to 4 p.m.

Active duty members will have

priority.

Patients with booked appointments may receive the vaccine from their primary care manager.

The immunizations clinic's Mobile Flu Unit will also administer the vaccine at active-duty job locations across the base, to include the Lackland Training Annex. Dates, times and locations will be announced. For additional information, call 292-4278.

BLOOD RESEARCH VOLUNTEERS NEEDED

Volunteers are being sought by the U.S. Army Institute of Surgical Research at Joint Base San Antonio-Fort Sam Houston to donate a small amount of time and blood to advance battlefield trauma care through blood research.

Volunteers' blood and blood products will be used to help advance the medical care that saves lives around the world, and they could be compensated up to \$50 for their time. Standard deferments do not apply.

For additional information or to register for the program, call 539-1810 or email usarmy.jbsa.medcome-air.list.blood-request@mail.mil.

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

Airman 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.

—BUDDHIST

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	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

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

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

MONDAY

- ▶ Pre-separation briefing, mandatory for all members retiring, pre-registration required, 9 a.m. to noon.
- ▶ Federal resume writing techniques, noon to 2 p.m., Arnold Hall Community Center.
- ▶ AMVETS national service officer available by appointment only. For more information, call 773-354-6131.

TUESDAY

- ▶ Pre-separation briefing, mandatory for all members retiring, pre-registration required, 9 a.m. to noon.
- ▶ AMVETS national service officer available by appointment only. For additional information, call 773-354-6131.

WEDNESDAY

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

THURSDAY

- ▶ Pre-separation briefing, mandatory for all members separating voluntarily, pre-registration required, 9 a.m. to noon.
- ▶ AMVETS national service officer available by appointment only. For more information, call 773-354-6131.

SEPT. 26

- ▶ Interview with confidence, noon to 2 p.m., Arnold Hall Community Center.
- ▶ AMVETS national service officer available by appointment only. For more information, call 773-354-6131.

SEPT. 29

- ▶ Transition GPS, 7:45 a.m. to 4 p.m.
- ▶ AMVETS national service officer available by appointment only.

For information, call 773-354-6131.

SEPT. 30

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

OCT. 8

- ▶ AMVETS national service officer available by appointment only. For more information, call 773-354-6131.
- ▶ Pre-separation briefing, mandatory for all members retiring, pre-registration required, 9 a.m. to 3 p.m.

OCT. 14

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

OCT. 15

- ▶ AMVETS national service officer

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

- ▶ Federal resume writing techniques, review of civilian hiring process, noon to 2 p.m. Arnold Hall Community Center.

ONGOING IN OCTOBER

- ▶ Pre-deployment briefings, mandatory for all Airmen scheduled to deploy, go TDY longer than 30 days, or on a remote assignment, are held Tuesdays 9-9:30 a.m., building 5160.

- ▶ Post-deployment (reunion/reintegration) briefings, mandatory for all Airmen returning from deployment, are held Mondays 2:30-3:30 p.m., building 5160. Spouses are highly encouraged to attend.

- ▶ Personal and family readiness briefings, mandatory for personnel deploying longer than 30 days or on remote assignments, are Mondays 10:30-11 a.m.

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.lacklandesc.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>

Pregnancy brings changes to oral health

By Staff Sgt. Jessica Lau
59th Dental Squadron

Many significant changes occur to a woman's body when she becomes pregnant. Adjusting to the physical and emotional changes can be difficult. Aside from the obvious phadisease to premature, low birth weight babies. There are a few things that every expectant mother should be prepared for.

The American Dentists' Association states that it is common for pregnant women to experience an increase in tenderness, swelling, bleeding and inflammation of the gums.

These symptoms are usually related to the hormonal changes experienced during pregnancy, increasing the risk of gingivitis and periodontitis, which is a more severe form of a gum disease.

Pregnant women may also notice changes in their eating habits such as strange cravings and increased snacking. Though these changes don't necessarily spell trouble for the pregnancy, it may lead to increased chances of the mother developing cavities.

According to the ADA, these dietary changes may place the mother at an increased risk for developing cavities.

Another common pregnancy symptom that can negatively affect oral health is morning sickness.

Morning sickness and vomiting can create an issue because the acidity from the stomach attacks

tooth surfaces, the ADA states.

If morning sickness and frequent vomiting occurs, the ADA recommends rinsing the mouth with water or with a teaspoon of baking soda and water to prevent stomach acid from attacking tooth surfaces.

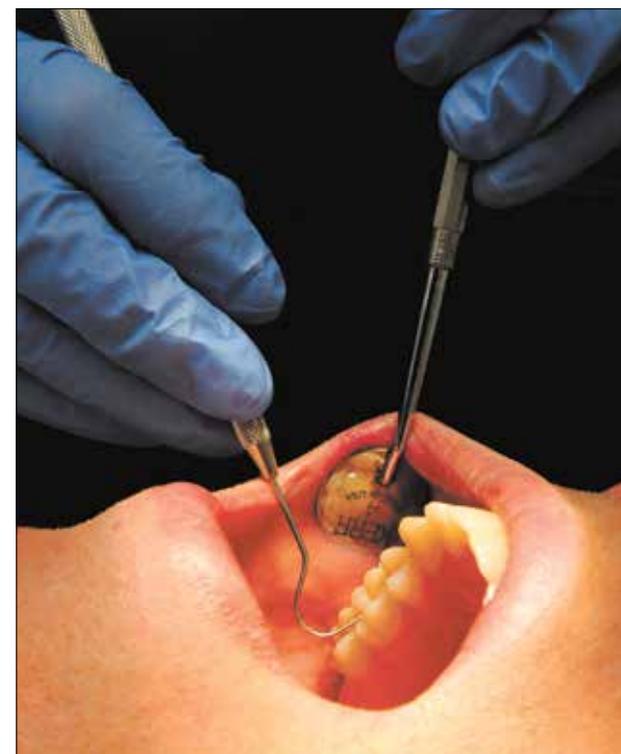
The best way to protect teeth and gums during pregnancy is through an optimal dental care routine and regular examinations and cleanings.

Dentists recommend brushing twice daily with a soft-bristled toothbrush, flossing daily and rinsing with an antimicrobial mouth rinse.

Dental examinations and cleanings are especially important during pregnancy, said Col. Mark Wallace, 59th Dental Squadron director of dental operations.

During pregnancy, dentists may decide to avoid taking dental X-rays until after the baby is born. In some instances, radiographs may be necessary if there is a dental emergency or situation that requires them. In that case, a lead apron with a thyroid shield can be provided to protect the patient and the baby. If other dental care is needed, treatment during the second trimester is generally safest and will likely be the most comfortable for the mother.

This special time can be a stressful with all the changes physically and emotionally. But taking a few minutes throughout the day to take care of one's oral health can help ensure a healthy start



Courtesy photo

for babies. For questions about oral health during pregnancy, contact a general dentist.

Computer messages help prevent heat-related illnesses

By Robert Goetz
JBSA-Randolph Public Affairs

During the hottest months of the year, computer users throughout Joint Base San Antonio receive email messages from the 502nd Air Base Wing Command Post that play an important role in mission safety and efficiency.

The messages let supervisors know it's time to protect their Airmen and other workers from the effects of oppressive heat by announcing the wet bulb globe temperature index, a combination of temperature measurements that factor dry air temperature, air movement, relative humidity and radiant heating.

"It's all done to protect the workers," Maj. Alfred Doby, 359th Aerospace-Medicine Squadron bioenvironmental engineering flight commander, said. "It ensures that supervisors are providing them with the proper rest cycles to combat heat illness and heat stroke."

Five "flag conditions" are based on the WBGT index, Airman 1st Class Tyler Brantley, 359th

AMDS bioenvironmental engineering technician, said.

Flag conditions, displayed in five colors, range from white for a WBGT of 78 to 81.9 degrees to black for a WBGT of 90 degrees or more, but messages are not typically relayed to computer users until the flag condition is red, or 88 to 89.9 degrees, he said. Other flag conditions are green, 82 to 84.9 degrees, and yellow, 85 to 87.9 degrees.

A device called a thermal environment monitor, which is placed in an unshaded location behind the JBSA-Randolph Medical Clinic at the beginning of the day, measures the WBGT, Brantley said. The monitor includes three temperature elements – a white "wet bulb" that measures humidity and air movement, a black dry "globe" that measures radiant heat from the sun and a shielded thermometer that records ambient temperature.

"It's all done through a digital medium," he said. "In addition, the new device we use does not require water."

Readings are relayed to a remote display inside the bioenvironmental engineering flight and are

announced to the JBSA command post when they reach the yellow flag WBGT, Brantley said.

At JBSA, flag conditions are sent via email messages from the command post, but some installations also use actual flags, Giant Voice notifications, and cellphone texts and voice messages, Doby said. Examples are Air Combat Command and Pacific Air Forces bases.

"That's ultimately where we want to be," he said. "They're pushing the envelope because of their missions."

The flag conditions are especially important for Airmen and civilians who are subjected to heat on a regular basis, Brantley said. They include people who work in shops on the flightlines, security forces, firefighters and groundskeepers, as well as Airmen who take part in physical training and others who exercise outdoors.

Supervisors monitor the different flag conditions so they can implement work/rest cycles and water intake based on guidance in Air Force Pamphlet 48-151, he said. Taking these measures helps prevent heat-related illnesses.

Married couple trains for life



Photo by Johnny Saldivar

Staff Sgt. Nick Yankosky, 381st Training Squadron medical readiness instructor, and his wife, Staff Sgt. Kelly Yankosky, 59th Orthopedics and Rehabilitation Squadron orthopedic technician, participate in a high-interval functional training workout together Aug. 27 at the Warhawk Fitness Center at Joint Base San Antonio-Lackland.

By Jose T. Garza III
JBSA-Lackland Public Affairs

At the Warhawk Fitness Center on Joint Base San Antonio-Lackland, a married military couple performs pushups, kettle bell swings, Olympic lifts and pull-ups, all part of a high-interval functional training workout. Staff Sgts. Nick and Kelly Yankosky have been performing and teaching this kind of training at a local gym since 2011.

The exercises make Kelly, 59th Surgical Operations Squadron orthopedic technician, feel like she can “pick up a bus.” They provide her husband, Nick, 937th Training Support Squadron Medical Readiness Training Center instructor, “a euphoric feeling,” especially when others who participate in the exercise cheer him on.

“You are pushing yourself to that second wind, and everyone is cheering you on like you’re Superman,” he said. “When the adrenaline kicks in, I feel like I’m in the zone, and that I can pick up a bus or run forever.”

The Yankoskys started incorporating their adrenaline pumping workouts in 2010, after working out with Kelly’s brother, Staff Sgt. William Barth, when he was assigned to what was then Bolling Air Force

Base, Washington D.C. and now Joint Base Anacostia Bolling.

Nick remembers how he felt after he did the workouts for the first time.

“I felt like I got hit by a truck the next day,” said the San Antonio native. “I kept up with my brother-in-law, and I thought I was doing pretty good. The next day, I couldn’t move. I didn’t know if I could do the exercise anymore.”

Kelly knew she could perform high interval functional training. “I am very competitive. I love the training because I can compete with myself or with people. In every single workout, I push myself as hard as I can and at the end of it I feel like I’m about to die.”

The couple said that they try to get in at least five “WODs” or “workouts of the day” a week and pack in cardio and lifting once or twice a week. The WODS can take up to 20 minutes.

There is one workout called “Fran,” the Yankoskys noted, where they perform 21, 15 and nine repetitions of thrusters and pull-ups in three minutes. It pushes them to exhaustion.

“It is known to make people throw up by the end of the workouts,” Nick said. “You can do 45 reps of each exercise in three minutes, and in the end, you

feel that you just ran a marathon and benched 500 pounds. You just feel destroyed, but the next day you feel better and you go back to training and do better.”

The training not only keeps the couple in shape, but it helps them with everyday life.

Kelly said exercises like a “Farmers Carry” – walking with heavy dumbbells at the side – helps improve her strength to be able to do things that can be difficult for others.

“I can use my strength to carry all my grocery bags instead of making five trips to the car,” the Culpeper, Va., native said. “The workouts make you push past your threshold and do things you thought were hard and now are easy. Climbing to the ninth floor of Wilford Hall is not a problem if you workout all the time.”

Nick said the training helped improve his job performance as a medical readiness instructor – which requires him to teach students basic heavy lifting techniques – and rehabilitate lingering back issues dating back to when he joined the Air Force 11 years ago.

“I can do things by myself that normally takes two or three people, because of the strength and endurance I attained from doing high interval functional training,” he said. “Since incorporating Olympic lifting and working on functional movement, I have learned how to rehabilitate myself, make myself stronger and bounce back from an injury in a week.”

While the workouts are intense and can have people gasping for breath, the Yankoskys have their personal favorites that challenge them.

Nick favorite workout, he revealed, is “Grace” – 30 clean and jerks – because he is good at weightlifting and it tests his fitness.

Kelly’s favorite exercise is more personal. The staff sergeant said she loves performing “Murph” – a hero WOD consisting of a one-mile run, 100 pullups, 200 pushups and 300 squats followed by a final one-mile run – because it is a long workout and people at gyms across America do it on Memorial Day in tribute to Lt. Michael Murphy, a sailor who was killed in Afghanistan in 2005.

Her husband fondly remembers this year’s Memorial Day workout.

“We were doing pushups and squats outside in the rain, and there was water above our ankles,” Nick said. “We were running down the street in the rain. It was a horrific downpour and we were soaked, but we thought it felt great.”

The couple recommends that Airmen experience the fun and variety that high-interval functional training offers.

“The training covers everything you need for fitness such as bodyweight movements, gymnastics and rowing,” Kelly said. “People are not going into the gym and having to do the workouts. They enjoy them.”

Nick again cited his own experience on how the training can help Airmen improve.

“It takes me a couple of sledgehammer swings versus 30 to drive stakes into the ground at work,” said the staff sergeant. “For someone who is strong, they can change a tire real quick. The workouts carry over into work and personal life.”