



TALESPINNER

JOINT BASE SAN ANTONIO-LACKLAND, TEXAS • Vol. 71 No. 38 • September 26, 2014

AIRMEN HONOR POW/MIA



Photo by Benjamin Faske

A group of Air Force trainees lead the Airmen's Run wearing shirts honoring prisoners of war and service members missing in action while families of Air Force basic military trainees observe a moment of silence Sept. 18, at Joint Base San Antonio-Lackland. This moment of silence marked the start of a 24-hour remembrance run, **See story and photos page 3.**

HISPANIC Heritage Month

A legacy of history

By Cadet 2nd Class Steven Luna
U.S. Air Force Academy

America is great for a vast number of reasons and although we can point out many reasons why our country is so remarkable, I say we owe our success largely to our diverse backgrounds and culture within our nation.

This history of diversity has cast adaptability within our nation while forging the strength our country bears today.

The Defense Department, the Air Force and the Academy recognize that diversity is the key to success. This is why we recognize Hispanic Heritage Month, Sept. 15-Oct. 15, along with all our other special cultural observances.

The observation of Hispanic Heritage began in 1968 as Hispanic Heritage Week, under President Lyndon B. Johnson, and was later extended to 30 days by President Ronald Reagan in 1988.

The theme for this year's Hispanic Heritage Month, "A legacy of history, a present of action and a future of success." This theme resonates with me personally because it encompasses my family's personal story, as well as the stories of many others of Hispanic origin here at the Academy.

Both my parents were born in Mexico and migrated to the U.S. as teenagers. My father, the oldest of eight children, would travel with my grandfather to work as a migrant during his summer breaks. My mother, the oldest of three children, would

work all the hours she was able at a local convenience store. She would then give my grandparents her paycheck to keep a roof over their heads.

Their strong work ethic is very humbling to me and continues to encourage me to chase my dreams.

Even to this day, my parents continue this legacy. My father retired as a senior master sergeant after 21 years of active-duty service, and my mother earned a variety of professional degrees.

"A legacy of history, a present of action and a future of success," incorporates a presence of action, and this is where my Academy classmates and I currently reside.

This foundation of humility is something we carry close as a constant reminder of how far we have come and

how far we intend to go.

Our diverse backgrounds are the fuel to continue to reach for our ambitions whether dealing with the challenge of freshman year or the unfamiliarity of moving away from home. Our humble beginnings are what make us who we are today: individuals working hard through the past to become better for tomorrow.

This leads to the last clause of the theme "...a future of success." Our future continues to build on itself as more Hispanics pave roads to success for younger generations to follow.

We want to proceed on our track of progression founded by our legacy of history. This legacy entangled with present actions allows for the future successes through the incorporation of diversity. It is the melting pot of cultures which allows for the differing thoughts and ideas to be present at the table of the U.S.

The diversity for some is part of their heritage, their daily lives and, for others, a hopeful future. But for cadets it is our strength – an essential component to making our country the greatest nation on Earth.

news

Enlisted evaluation and promotion systems implementation timeline

In July, the chief of staff and chief master sergeant of the Air Force announced a series of incremental changes to the Enlisted Evaluation and Weighted Airman Promotion Systems scheduled for implementation from August of 2014 through January 2017.

These evaluation and promotion systems changes are slated

for implementation in a phased manner across several stages for the regular Air Force over the next 18 months and, for the Air Reserve components, over the next 30 months.

The announced changes focus on ensuring the Air Force accurately documents duty performance and uses performance as the driving factor in selecting

Airmen for promotion.

"We understand there is naturally a thirst for information on this topic," said Lt. Gen. Samuel D. Cox, deputy chief of staff for manpower, personnel and services. "With a roll-out of this magnitude, it's important that we synchronize the release of information with implementation of the changes. We're committed

to providing clear guidance and advance notice to our Airmen, supervisors and commanders for each phase of this dynamic program. To that end, we've carefully scheduled a phased roll out over the next 30 months."

Airmen can expect periodic updates and additional information on each phase of the new program prior to the actual execution or implementation date. Information will be provided in a timely and standard manner to cover the main areas of these program changes. The

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

See **TIMELINE** Page 15

NEWS IN BRIEF

HONORARY COMMANDERS VISIT 433RD MSG

A group of honorary commanders toured the 433rd Mission Support Group Sept. 6 at Joint Base San Antonio-Lackland, along with their pertinent squadron commanders.

The tour began at the 433rd Airlift Wing headquarters, where honorary commanders were greeted by Col. William Whittenberger, 433rd AW commander, and the host for the day, Col. Craig Petersen, 433rd MSG commander. Also in attendance were Maj. Joshua Kovacic, 433rd Civil Engineering Squadron commander; Lt. Col. Jason Exum, 26th Aerial Support Squadron; Lt. Col. Laurence Harris, 74th Aerial Support Squadron; Lt. Col. James Hearn, 433rd Logistics Readiness Squadron and Maj. William Danis, 433rd Security Forces Squadron.

Throughout the rest of the day, honorary commanders were treated to demonstrations from squadrons that fell under the control of the 433rd MSG. The 802nd Security Forces Squadron personnel helped with the tour providing a military working dog demonstration.

CONSTRUCTION OF NEW WHASC REACHES MILESTONE

Construction on the 59th Medical Wing's newest medical facility reached a significant milestone Sept. 9, when 32 crew members and 62 concrete trucks rolled in to pour over 600 yards of concrete on what will become the health center's west end parking lot.

The recent concrete pour covers 30,000 square feet of surface area and follows previous work done on the south end parking lot, which was completed in August.

"The west end concrete pour marks approximately 60 percent completion of the roadways, parking and access around the facility," said Will Ewing, Air Force health facilities program manager.

A 681,000-plus square-foot, state-of-the-art facility, the new Wilford Hall Ambulatory Surgical Center will replace the existing building, which opened in 1957 and was named after Maj. Gen. (Dr.) Wilford Hall on March 2, 1963.

Site work for finalizing all infrastructure needs to include drainage, curbs and roadways will continue through late fall 2014. The most noteworthy connection, Loop Road is the next scheduled milestone. The new infrastructure will provide ample, convenient access to the new facility.

37th TRW presents batons to former POWs



Photo by Johnny Saldivar

Tech. Sgt. Mitchell Martinez, 323rd Training Squadron military training instructor trainer, thanks former prisoner of war Korean War veteran Jose Rodriguez during a POW/MIA Remembrance Ceremony at Joint Base San Antonio-Lackland. More than 7,000 people took part in a 24 hour baton relay run, hosted by the 37th Training Wing's 323rd Training Squadron, to honor service members that were prisoners of war or are missing in action.

By Gloria Kwizera

JBSA-Lackland Public Affairs

More than 7,000 members of the Joint Base San Antonio community came together to pay tribute, honor and recognize prisoners of war and service members who are missing in action in the 37th Training Wing's Sixth Annual POW/MIA remembrance run Sept. 18-19.

The event, which coincided with National POW/MIA Recognition Day, began at 8 a.m., Sept. 18 and continued for 24 hours, with participants continuously running while carrying a baton on one of seven JBSA-Lackland tracks.

"It's a great event; it's for former prisoners of war and those still missing in action. People who either gave the ultimate sacrifice or were captured and had enough faith, hope and belief that they will one day become free and they were so it was just me paying tribute and honor to them," said Tech. Sgt. Terrace Gill, 323rd Training Squadron, Military Training Instructor trainer.

The batons were presented to former POWs during an annual luncheon at the JBSA-Lackland

See POW/MIA Page 6

NATO PANELS VISIT JBSA-LACKLAND



Photo by Johnny Saldivar

Members from NATO's Food & Water Safety & Veterinary Support Panel and Military Working Dog Countering Improvised Devices Panel visited Joint Base San Antonio-Lackland Sept. 17. (Above) The panel members visited the Military Working Dog Teams' National Monument and toured the 341st Training Squadron, home of the Department of Defense Military Working Dog School. (Left) At the 341st TRS, Braulio Fulp, 341st TRS Breeding Program training instructor, demonstrated bite work training techniques. The visiting panels, comprised of members from 19 NATO countries, meet annually to leverage each other's strengths and share resources for militaries to work together effectively and accomplish shared goals of employing healthy working dogs.

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



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



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

JBSA-LACKLAND HOSTS 5K RUN FOR LIFE



Airman 1st Class Austin Lofgreen, 59th Inpatient Squadron mental health technician, takes the lead at the start of the 5K Run for Life Saturday at Joint Base San Antonio-Lackland.



Participants of the 5K Run for Life check their run times.



Photos by Benjamin Faske

Col. John Andrus, 59th Medical Operations Group commander, delivers opening remarks at the 5K Run for Life.



1st. Lt. Jenneva Barrett, 59th Operations Group staff social worker, hands out a T-shirt at the registration table of the 5k Run for Life.



Senior Airmen Treg Davis and Samantha Webber, 59th Medical Operations Group mental health technicians, sprint towards the finish line at the 5K Run for Life.

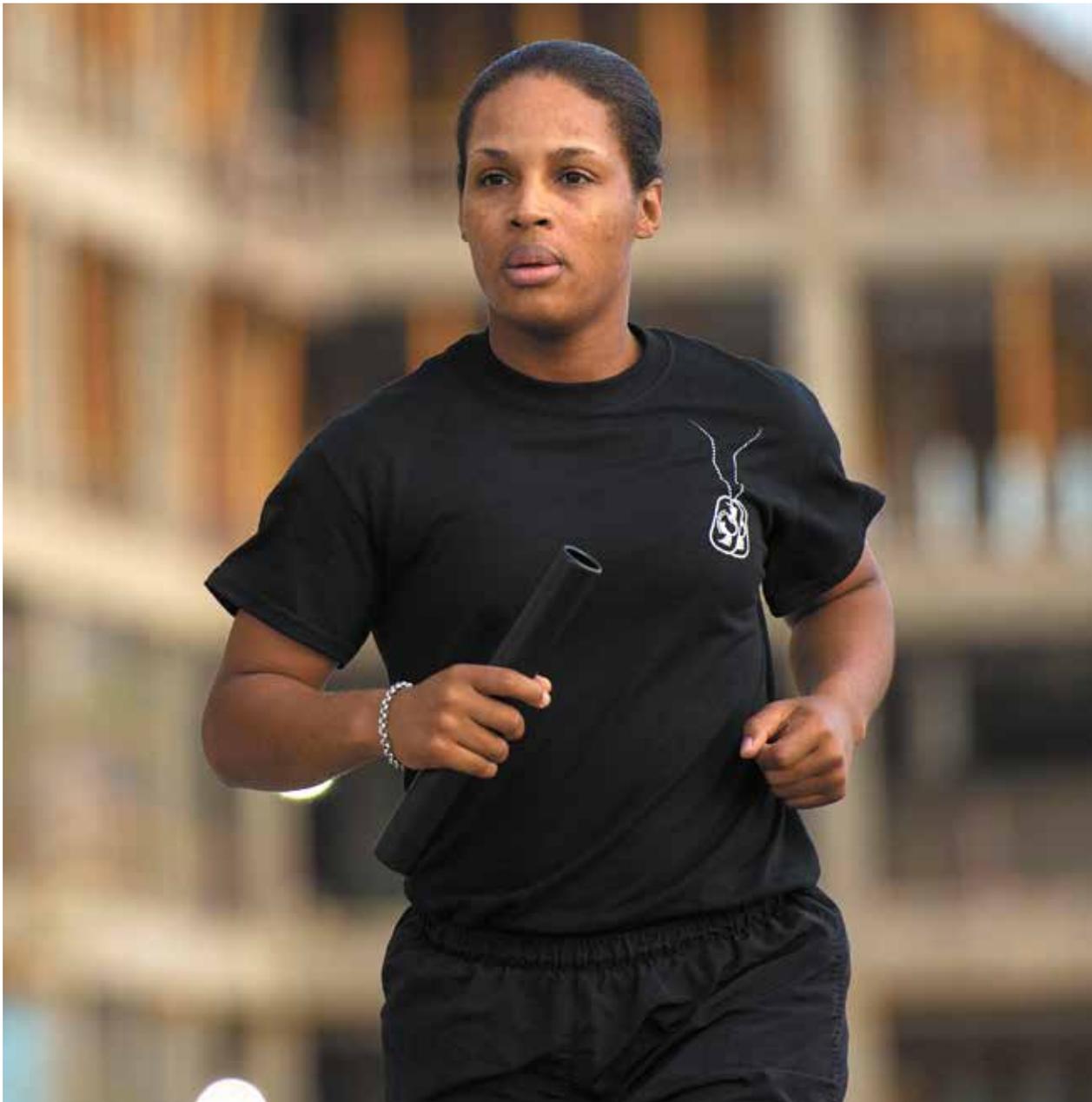


Photo by Benjamin Faske

Staff Sgt. Katrevious Swift, 323rd Training Squadron military training instructor, begins her leg of the Sixth Annual POW/MIA Remembrance Run Sept. 18, at Joint Base San Antonio-Lackland.



Photo by Amn Justine Rho

Staff Sgt. Daniel Villalon, a 502nd Security Forces Logistic Support Group unit deployment manager, runs with a baton during the Sixth Annual POW/MIA Remembrance Run at Warhawk Fitness Center track Sept. 18 at Joint Base San Antonio-Lackland Texas. Military members, civilians and family members participated in the run on one of seven tracks across JBSA for 24 hours to honor service members still listed in POW or MIA status.

POW/MIA from Page 3

Gateway Club hosted by the South Texas Veterans Health Care.

“On this day we remember and recognize those former prisoners of war veterans who suffered unjust imprisonment and tribute over their adversarities by our remembrance and recognition of their cruel suffering and victories liberation we honor them and give their life and tribute struggle deeper meaning,” said Chaplain (Capt.) Juliana Lester at the luncheon.

“And for all of us as a nation, as we remember that freedom is not free for the great price that our former POWs paid we are grateful for their suffering and refusal to give up,” Lester said.

Present at the luncheon were more than 30 POW/MIA families.

Former POW Jose Rodriguez, captured on April 25, 1951, in North Korea, was surrounded by family members as he shared his story.

“I feel honored that they do this for all us and think about what we must have gone through. It was a very long time ago and I try to not remember it” Rodriguez shared. “It’s a great and special day to meet again and talk with others.”

To his left was his son, Randy Rodriguez. “I think it’s great that they recognize their service to this country. I am very proud of my dad!

“I can’t put into words, as far as heroes goes, the sacrifice that he gave for our country and I am just glad that he came home alive,” said Randy.

Across the room, Tillman Rutledge, survivor of the Bataan Death March and Japanese prisoner for 3 1/2 years shared his memories of liberation and thoughts on the event.

“This event means a lot to us of course, it’s getting smaller and smaller every year but is nice for people to do this,” said Rutledge. “Freedom is not free and some people do not really realize that they are walking around because of the military.”

Tech. Sgt. Mitchell Martinez, 323rd TRS MTI trainer, presented batons to the former POWs and felt proud to be a part of the ceremony and run, which started at the 323rd TRS in 2009.

“(Honoring POW/MIAs) is part of our tradition, it’s part of our legacy; we always go back to the Airman creed when we talk to our new Airmen; you have to know where you come from,” Martinez said. “In order to understand who you are and where we need to go as an Air Force.”

Be Responsible!



Seat Belts

Save Lives!

Buckle Up

And Wear Yours!

THE AIR FORCE BIRTHDAY BALL



Photo by Desi Palacios

Members from Joint Base San Antonio celebrated the Air Force's 67th birthday during a birthday event in San Antonio Saturday. Cutting the cake during the event were Airman Elijah Grenier (left) from the 502nd Communications Squadron and retired Lt. Col. Ramon Horinek, former Vietnam War prisoner of war who retired in 1983. The Air Force is comprised of more than 680,000 Airmen, made up of active duty, Guard, Reserve and civilians. Today more than 25,000 Airmen are deployed to more than 90 locations.

2014 Rambler 120 draws 27 teams



Photo by Airman 1st Class Stormy Archer



Photo by Senior Airman Krystal Jeffers



Photo by Johnny Saldivar



Photo by Johnny Saldivar

For more photos from the Rambler 120, visit our Facebook pages at JBSA-Fort Sam Houston, JBSA-Randolph, Lackland JBSA and Joint Base San Antonio.

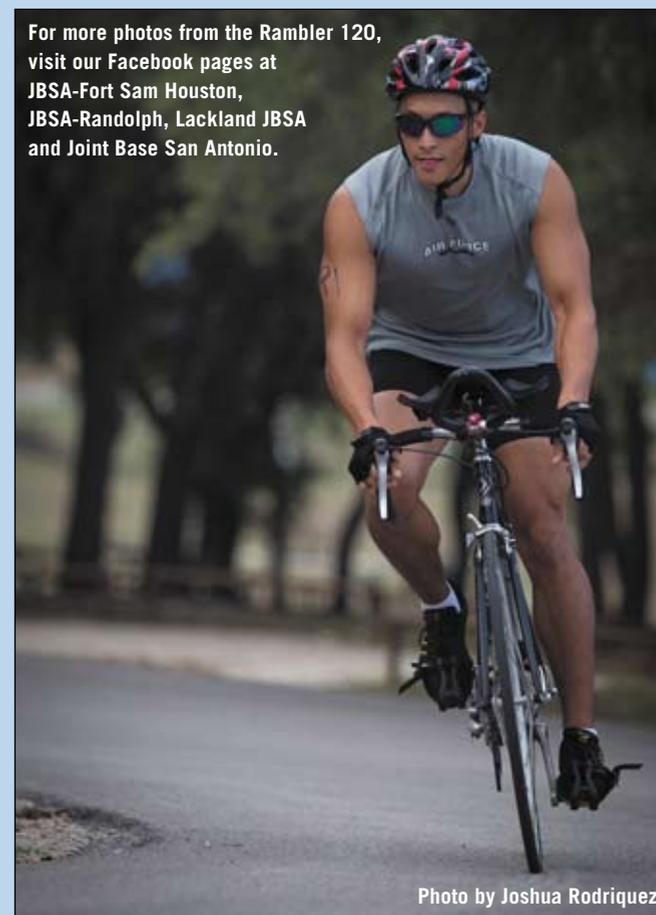


Photo by Joshua Rodriguez

Clockwise from top left: Competitors from across Joint Base San Antonio and beyond gather for a safety briefing before competing in JBSA's premiere 2014 adventure race, the Rambler 120, Saturday at JBSA Recreation Park at Canyon Lake. Participants run the 6-mile trek that included a stretch over Canyon Lake Dam. Teams paddle two miles during the rafting portion of the race. Capt. Marcus Orallo, 433rd Logistics Readiness Squadron, competes in the 22-mile bike course, which meandered throughout the park. All competitors line up at the starting line of the biking portion of the race, the first event of the day. The winning teams were: **ALL MALE XTREME**: Gold - Awesome Sauce from 59th Medical Wing and 47th Medical Group; Silver - Grey Poupon from 91st Network Warfare Squadron; and Bronze- AARP Can Wait from Air Education and Training Command Commander Support Staff; **ALL FEMALE XTREME**: Gold- Diamonds in the Rough from 12th Flying Training Wing; **COED XTREME**: Gold- Rough Riders from Medical Education and Training Campus Medical Lab; Silver - DDR from 91st Network Warfare Squadron; **COED RELAY** and **OVERALL FASTEST RELAY GOLD**: 99th Panthers from 99th Flying Training Squadron; **COED RELAY SILVER** - Roadrunners from UTSA AFROTC Det 842 and **COED RELAY BRONZE**: THA Gunfighters from 149th Fighter Wing; **FINISHER'S AWARD**: Can't Stop, Won't Stop from 319th Training Squadron; **TRIED HARD AWARD** - Beast from 331st Training Squadron.

Air Force announces basing criteria for Installation, Mission Support Center HQ



The Air Force released the criteria it will use to select candidate bases, which include Joint Base San Antonio, for the Air Force Installation and Mission Support Center headquarters Sept. 15. The Air Force will use its strategic basing process to identify a location that best serves the AFIMSC mission.

The secretary and chief of staff of the Air Force approved basing criteria that includes mission, capacity, environmental and cost factors.

AFIMSC, which will report to Air Force Materiel Command, will consolidate installation management functions currently being performed at every major command and will serve as the single intermediate-level headquarters for the delivery of installation support capabilities.

“The new AFIMSC aligns Air Force-wide installation support authorities, responsibilities and resources to one accountable commander. The consolidation will drive standardized processes, eliminate overhead and drive down costs,” said Timothy K. Bridges, the deputy assistant secretary for installations. “It makes good business sense to centralize installation support the way we already centralize other support functions such as science and technology, test and sustainment.”

AFIMSC will also become the parent organization for several existing field operating agencies to include the Air Force Security Forces Center,

Air Force Civil Engineer Center, Air Force Installation Contracting Agency, Air Force Cost Accounting Agency/Financial Management Center of Expertise, Air Force Financial Services Center, and the Services Directorate of the Air Force Personnel Center.

All continental U.S.-based major command headquarters, any CONUS installation with an existing installation support FOA with more than 50 authorizations and the National Capital Region will be evaluated as potential candidates to host the AFIMSC headquarters.

In addition to Joint Base San Antonio, the installations include Barksdale Air Force Base, La.; Ellsworth Air Force Base, S.D.; Hurlburt Field, Fla.; Joint Base Andrews, Md.; Joint Base Langley-Eustis, Va.; Peterson Air Force Base, Colo.; Scott Air Force Base, Ill.; Tyn-dall Air Force Base, Fla.; and Wright-Patterson Air Force Base, Ohio.

“The Air Force is committed to a

deliberate and open process to address AFIMSC headquarters basing,” Bridges said. “As we progress through the basing process, we will share information so interested communities are aware of what to expect.”

The Air Force will evaluate the 10 installations against the approved criteria and expects to identify candidate bases for the AFIMSC headquarters this fall. After the release of the candidate bases, the Air Force will conduct site surveys at each candidate base.

Site survey teams will use a range of operational and facility requirements to assess each location. Based on the results of these efforts, the Air Force plans to announce AFIMSC headquarters preferred and reasonable alternatives and begin the Environmental Impact Analysis Process in early 2015.

As reported in August, Air Force officials activated the Air Force Installation and Mission Support Center (Provisional) at Joint Base Andrews, Md., and named Maj. Gen. Theresa Carter as its provisional commander. Carter is a former commander of the 502nd Air Base Wing and Joint Base San Antonio.

(Source: Air Force News Service)

TIMELINE from Page 2

information will be communicated in a variety of ways to include webpage posts (myPers, AF Portal, AF.mil and Air Force Personnel Command) and social media question-and-answer sessions.

Additionally, to help answer more detailed questions and provide base level expertise, AFPC will also publish change management messages and will hold webinars for combatant commander personnel staff, major command personnel staff and force support squadron personnel to educate them on the specific changes associated with each phase of the roll-out.

Cox went on to say the AF has now provided an implementation timeline to help shape expectations and let Airmen know when they should see information covering each phase of the roll-out.

A pictorial version of the timeline can be found at <https://mypers.af.mil>. The following is the implementation timeline showing when information on each topic will be available:

Near term (August – October):

- Eliminate RegAF technical sergeant

change of reporting official (CRO) reports – announced Aug. 15

- Establish RegAF technical sergeants static close out date (SCOD) of Nov. 30; announced Aug. 15

- Publish 2015 master sergeant promotion testing window

- Establish/Publish new master sergeant promotion eligibility cut-off date

- Establish/Publish technical sergeant promotion eligibility cut-off date

- Establish RegAF staff sergeants static close out date (SCOD)

- Eliminate RegAF staff sergeant change of reporting official (CRO) reports

- Announce changes to the Weighted Airman Promotion System (WAPS) calculations for E5 through E9 promotions

- Announce new master sergeant evaluation board details

- Announce changes to enlisted performance report calculations for SNCO promotions

Mid Term (November – March 2015):

- Eliminate senior airman and below CRO reports

- Establish RegAF senior airman and below SCODs

- Release new chief master sergeant performance report (AF Form 912)

- Eliminate RegAF and ARC chief master sergeant CRO reports

- Establish RegAF and ARC chief master sergeants SCODs

- Eliminate RegAF senior master sergeant CRO reports

- Establish RegAF senior master sergeants SCOD

Spring 2015:

- Release new master sergeant/senior master sergeant performance report (AF Form 911)

- Announce stratification restrictions for RegAF senior master sergeant and master sergeant reports

- First promotion release with WAPS changes in effect (2015 technical sergeants)

- Eliminate RegAF master sergeant CRO reports

- Establish RegAF master sergeants SCOD

Summer 2015:

- Release new RegAF airman basic through technical sergeant performance report (AF Form 910)

- Announce force distribution guid-

ance for RegAF airman basic - technical sergeant

Fall 2015:

- Establish ARC senior airmen and below SCODs

- Eliminate ARC senior airman and below CRO reports

Spring - Fall 2016:

- Eliminate ARC senior master sergeant CRO reports

- Establish ARC senior master sergeant SCOD

- Eliminate ARC technical sergeant CRO reports

- Eliminate ARC staff sergeant CRO reports

- Establish ARC technical sergeant SCOD

“Our commitment to the entire force is to be completely transparent and provide the details of each phase a few months prior to implementation,” Cox said.

For more information, visit myPers, select “search all components” from the drop-down menu and enter “enlisted evaluations” or “enlisted promotions” in the search window.

(Source Armed Forces News Service)

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

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 DOD Hotline 800-424-9098,
<http://www.dodig.mil/hotline>

AF to change instructions for oaths

From Secretary of the Air Force Public Affairs Office

The Air Force has instructed force support offices across the service to allow both enlisted members and officers to omit the words "So help me God" from enlistment and officer appointment oaths if an Airman chooses.

In response to concerns raised by Airmen, the Department of the Air Force requested an opinion from the Department of Defense General Counsel addressing the legal parameters of the oath. The resulting opinion concluded that an individual may strike or omit the words "So help me God" from an enlistment or appointment oath if preferred.

"We take any instance in which Airmen report concerns regarding religious freedom seriously," said Secretary of the Air Force Deborah Lee James. "We are making the appropriate adjustments to ensure our Airmen's rights are protected."

The Air Force will be updating the instructions for both enlisted and commissioned Airmen to reflect these changes in the coming weeks, but the policy change is effective now. Airmen who choose to omit the words "So help me God" from enlistment and officer appointment oaths may do so.

The language in previous instructions was based on an Air Force legal interpretation of 10 U.S.C. 502, 5 U.S.C. 3331 and Title 32, which contain the oaths of office.

The Air Force requested the review following a ceremony at Creech Air Force Base, Nev., in which an enlisted Airman struck out the words, "So help me God" on the DOD Form 4 and did not include them in his verbal oath. The Airman's unit was unable to process his paperwork due to the guidance in Air Force Instruction 36-2606, Reenlistment in the United States Air Force, which prohibited any omissions. Now that the DOD General Counsel has provided an opinion, the Airman's enlistment paperwork will be processed to completion.

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

(Information courtesy of the Secretary of the Air Force Public Affairs Office)



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LOCAL BRIEFS

FRIDAY

SCHOOL DISTRICT SEEKS TRUSTEE

Officials at Lackland Independent School District are requesting resumes for upcoming openings on the district's board of trustees.

In order to be eligible to fill a seat, the applicant must be living at or employed by Joint Base San Antonio-Lackland.

Trustees must take an official oath of office and serve without compensation.

Those interested should submit a resume to the School Liaison Office via email at Lackland.slo@us.af.mil by Friday.

SATURDAY

RETIREE APPRECIATION DAY

The 2014 Military Retiree Appreciation Day is Saturday from 8 a.m. to noon for retirees and family members of all armed services.

To take place 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 additional information.

TUESDAY

VEHICLE SERVICE STATIONS CLOSURE

All Joint Base San Antonio government vehicle service stations will close from 9-11 a.m. Tuesday for 502nd Logistics Readiness Squadron fiscal year 2014 closeout.

All ground fuel support of organizational fuel tanks will be suspended at 9 a.m., fill up fuel tanks before then.

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.

Preregistration discount is \$20 for the 5K and \$10 for the 1K walk.

Sign in, late registration and T-shirt pickup begins at 6:30 p.m. on 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>.

ENLISTED MEDICAL DEGREE PREP PROGRAM

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.

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.

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 com-

mitment, 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.

OCT. 23

JBSA JOINT NCO PROFESSIONAL DEVELOPMENT SEMINAR

The JBSA NCO Professional Development Seminar is 7:30 a.m. to 4:30 p.m. Oct. 23-24 at Forbes Hall building 147, Medina Annex.

The two-day course is designed to build a joint interoperability mindset for all JBSA NCOs by introducing them to sister-and joint-service performance reporting, award writing, leadership and physical fitness standards.

Register no later than Oct. 15 by calling either with 977-2073 or 977-6228.

INFORMATIONAL

GUTCHECK PROGRAM LAUNCHES

The Outpatient Nutrition Clinic introduces the Gutcheck Program, a new six-week nutrition course designed to teach ways to make the lifestyle changes to help reach individual goals.

The program answers nutrition questions and provides access to a strong support team consisting of diet therapists, registered dietitians, nurses, the psychology department and a personal trainer/fitness instructor.

Call the Outpatient Nutrition at 292-7578 for additional information and to register.

All TRICARE beneficiaries welcomed.

BLOOD RESEARCH VOLUNTEERS NEEDED

Volunteers are being sought by the U.S. Army Institute of Surgical Research 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

Airman 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

Airman 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	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

commentary

When leaders earn their keep

Col. Sean McKenna

Air Education and Training Command

It's no secret that a key to being a good leader, military or otherwise, is taking care of your people. I strongly believe Airmen aren't able to perform at their peak if their personal lives are in disarray. Whether financial woes, marital issues, illnesses or other troubles, it's tough to be at your best when life throws you a nasty curveball.

For leaders, the challenging times their Airmen face present golden opportunities to rise up and make lasting impacts. While it's relatively simple to care for people when things are good, it's those rare tough times when leaders truly earn their keep.

A few years back I was scheduled to travel from Colorado to Los Angeles for an Inspector General inspection, departing on a Sunday and returning the following weekend. However, the Saturday morning before my flight, my healthy 3-year-old daughter suffered a massive grand mal seizure while watching TV on our couch.

The frightening incident required an immediate paramedic response, followed by a frantic ambulance trip to the nearest emergency room. Once our daughter was stabilized and out of immediate danger, my first phone call from the hospital was to my boss, a colonel.

I relayed to him what had happened and told him that doctors were considering keeping our daughter in the hospital overnight. I asked if he would consider approving a delay in my IG trip so I could stay with my family through the ordeal.

Without hesitation, the colonel said my whole focus needed to be on my family, not to worry about the temporary duty, and he would notify my alternate that she would go on the inspection in my place. Immediately, I felt a ton of weight lifted off my shoulders.

Ninety minutes later, as my wife and I waited nervously in the ER receiving updates on our daughter's condition, my boss and his wife entered the

*“For leaders,
the challenging times
their Airmen face
present golden
opportunities to
rise up and make
lasting impacts.”*

room, wanting nothing more than to make sure our family was OK. I hadn't asked for them to come; I didn't even think of it, to be quite honest. He just knew instinctively, as a leader, this was the right thing to do.

They had even had stopped off at the local Disney store and purchased a stuffed “Tigger” animal so that our daughter would have something familiar to bring her comfort.

My wife and I were floored by their kindness and generosity during our darkest hour.

I've never forgotten that day, first because of my daughter's life-threatening emergency (Note: she's now a healthy 14-year-old and still cherishes the Tigger) and, just as much, because of my boss' selfless compassion.

I learned a valuable lesson in leadership that day, one I know has made me a better leader.

Several times since, I've drawn on his wonderful example of service before self to care for Airmen and their families.

So next time life throws one of your Airmen a curve, step up with confidence and hit a homerun.

BMT HONORS

Congratulations to the following 64 Airmen for being selected as honor graduates among the 646 Air Force basic military trainees who graduated today:

320th Training Squadron*-Flight 545*

Loren Baum
Patrick Johnson
Scott Mueller
Michael Nomura
Johnathan Williams
-Flight 546
Matthew Gregoire
Dewey Keeney
David King
Michael Lapham
Steven Piper

321st Training Squadron*-Flight 547*

Nicholas Carlson
Zachary Gines
Francis Gregorio
Zeshan Mahmood
Sean Riggs
-Flight 548
Gary Chen
Kenneth Kennedy II
Jacob Mercier
Ryan Nichols
Tyler Pavey
Stefan Torres
-Flight 553
Jacob Baughman
Jeric Borces
Skylar Braden
Jonathan Schneider
Taylor Vann
-Flight 554
Jessica Linsday

322nd Training Squadron*-Flight 557*

Matthew Erickson
Jacob Fjellman
Raul Guirado

Brayton Johnson
Jonathan Larkin
Alexander Mannion
Torin Murphy
Gage Tressitt
Timothy Winkler
-Flight 558
Jenna Cepe

Danielle Fuhriman
Jacqueline Gonzalez
Leah Opyrchal
Amanda Ritchie
Rachel Sarkozi
Madison Walther
Vanessa Weaver

323rd Training Squadron*-Flight 549*

Trenton Butcher
-Flight 550
Sonya Alexander
Anna Ford

Meg McPadden
Bethany Reisner
-Flight 551
Nelson Bell
Eli Gober
Trevon Johnson
Blake Murrain
-Flight 552
Dakota Asselyn
Aaron Buttermore
Sebastian Henry
Calvin Kim
Gunnar Lund
Weldon Noble
Charles Stackhouse
-Flight 555
Dallas Brown
Morgan Grewell
Alan Hooper
Jose Madera-Chaves

Top BMT Airman

Gary Chen
321st TRS, Flight 548

Most Physically Fit

-Female Airmen
Cristina Tust
322nd TRS, Flight 558

Jacqueline Gonzalez
322nd TRS, Flight 558
Lindsay Greninger
322nd TRS, Flight 558
Amanda Ritchie
322nd TRS, Flight 558

-Male Airmen

Nathan Smith
323rd TRS, Flight 555
Skyler Hostetler
320th TRS, Flight 545
Hunter Hostetler
320th TRS, Flight 545
Jacob Mercier
321st TRS, Flight 548

-Female Flights

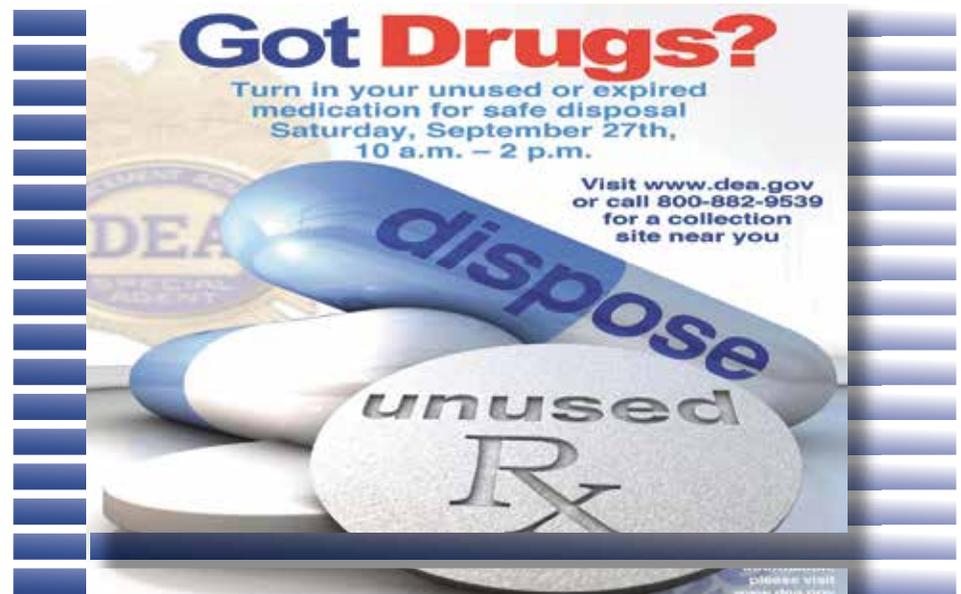
322nd TRS, Flight 558
323rd TRS, Flight 550
321st TRS, Flight 554

-Male Flights

321st TRS, Flight 548
321st TRS, Flight 547
320th TRS, Flight 545
323rd TRS, Flight 556
323rd TRS, Flight 549
322nd TRS, Flight 557
323rd TRS, Flight 555
323rd TRS, Flight 551
323rd TRS, Flight 552
320th TRS, Flight 546
321st TRS, Flight 553

Top Academic Flights

322nd TRS, Flight 557
322nd TRS, Flight 558
323rd TRS, Flight 556
323rd TRS, Flight 552
323rd TRS, Flight 555
320th TRS, Flight 545
323rd TRS, Flight 549
321st TRS, Flight 548
323rd TRS, Flight 551
321st TRS, Flight 547
321st TRS, Flight 553
320th TRS, Flight 546
323rd TRS, Flight 550
321st TRS, Flight 554



DEA makes change to improve patient safety

By Maj. Frances Bartz
59th Medical Wing

The Drug Enforcement Agency has decided to move hydrocodone and hydrocodone-containing medications such as Vicodin, Lortab and Norco from a Schedule III controlled substance to Schedule II controlled substance. The policy will come into force nationwide on Oct. 6. Reasons the DEA has made this change include improving patient safety and reducing chances for drug diversion.

Hydrocodone is usually combined with acetaminophen, also known as Tylenol. Acetaminophen is known to be one of most common causes of emergency room visits due to poisoning, in the United States. The narcotic properties of hydrocodone, in combination with acetaminophen can lead to acetaminophen overdose, either intentional or accidental.

The new controlled schedule of hydrocodone and hydrocodone containing products means that all prescription refills for hydrocodone containing products will be invalid after Oct. 6 and new prescriptions (paper or electronic) for hydrocodone containing products will expire 21 days from the date it was originally written.

It can be dangerous to keep un-

wanted or unused medications such as narcotics around the house. Joint Base San Antonio will participate in the DEA Drug Take-Back Day on Saturday. This is a great opportunity to dispose of those meds and make your home safer for your visitors, children and pets.

Drugs will be collected from 10 a.m. to 2 p.m. at collection sites across JBSA.

Three collection sites will be located at JBSA-Fort Sam Houston. The first is at the medical mall in the San Antonio Military Medical Center. The second is at the community pharmacy, located at corner of Scott and Allen Roads, near the main exchange. Another location is available during the Military Retiree Appreciation Day at building 2841 from 8 a.m. to noon.

There will also be collection sites at the JBSA-Randolph Exchange refill pharmacy located in the main exchange. At JBSA-Lackland, the satellite pharmacy, across from the main exchange, will collect medications. The service is free and anonymous.

All medications should be emptied into a zip-lock or zip-top plastic bag and only the bag should be brought to the collection site. Medication bottles can be disposed of through local recycling programs.



FOSTER a PUPPY
Call 671-3686

Staff sergeant doesn't shy away from fitness stage

By Jose T. Garza III
JBSA-Lackland Public Affairs

A self-described shy person, Staff Sgt. Miceala Simmons, 59th Medical Wing learning resource administrator, attributes her bashful personality to genetics.

"My biological father is shy and an introvert," she said. "When I was younger, I liked keeping to myself and being alone.

But since 2013, Simmons has trained for a sport that requires her to be very much in the public eye and in the presence of large crowds that gaze at her every move: bikini modeling.

After a year of training, she made her bikini-modeling debut at the Adela Garcia Classic June 21 in Pflugerville, Texas, and placed fifth in the Bikini Class D category.

In the audience was a select group of people invited to cheer her on: 3-year-old daughter Angelica, co-worker Master Sgt. Melissa Wiest and Wiest's husband, Joe.

The learning resource administrator said she was shaking as she stepped out in front of the crowd.

"I tried to block the crowd out and keep my eyes on the judges," Simmons said. "I was nervous and shaking so bad when I was on stage."

Wiest, 59th Medical Wing Airman Medical Transition Unit section chief and a competitive bodybuilder herself, said she encouraged Simmons to compete in the event, adding she was proud to see her on stage for the first time.

"I told her that she's a winner regardless of where she finished because she beat out individuals who didn't have the courage to get on the stage," Wiest said. "I applauded her and shouted out her name then gave her a hug after the show."

For Simmons, getting through her first contest was the culmination of a 15-week "emotional roller coaster."

"It was like my mind was playing tricks on me," she said. "I looked in the mirror and asked myself, 'Am I good enough or am I going to be competitive enough?' Eating is the worst sometimes because you just want to go out and eat ice cream, but I couldn't because I was preparing myself for the show. I love to eat steak and burgers, but I got to a point to where I couldn't have those foods."

The staff sergeant also worried about related details.

"Who is going to watch my daughter while I'm on stage? Is my suit going to fit because I ordered it online? Is something going to pop out of place?" Simmons said. "I just wanted to be perfect on that day."

Being involved in a sport that demands a strict training and diet commitment is a complete 180-degree turn for the staff sergeant who previously considered herself an "anti-workout" person.

Fitness training piqued Simmons' interest, while de-



Photo by Benjamin Faske

Staff Sgt. Miceala Simmons, 59th Medical Wing learning resource administrator, does an upper body workout routine in preparation for a fitness competition that took place Sept. 16, at Joint Base San Antonio-Lackland.

ployed in Balad, Iraq, in 2009. She met a fellow Airman who was a bodybuilding competitor at the gym. The staff sergeant attended a bodybuilding show with her new friend in Balad and immediately decided to pursue bodybuilding when she returned to Moody Air Force Base, Ga., her permanent duty station at the time, in the summer of 2010.

But just as Simmons was about to embark on her fitness journey, she encountered a detour, or a blessing, she said. She learned that she was pregnant with Angelica while in the process of transferring to Joint Base San Antonio-Lackland.

Simmons gave birth to her daughter in April 2011 and developed postpartum depression following the pregnancy.

"I had issues dealing with everything alone as a single parent, having no support system and getting acclimated to a new place," the staff sergeant said.

After two years of overcoming depression, the fitness competitor decided to go back to the gym and pursue her goals so she could be a better role model for Angelica.

"I didn't want to use my daughter as an excuse for not being able to do anything," Simmons said. "I didn't want to be one of those people who didn't work out because they had kids. I believe you can still work out, take care of a family and go to school.

"I was a full-time student at the time, while I was preparing for the competition. I was doing a lot at one time and it was very motivating to get myself back together and do things that I wanted to do in the beginning."

Placing in the top five of her category has boosted her confidence to compete at a higher level as she tries to become a nationally qualified bodybuilder.

"The hard work and emotional roller coaster I went through as a single mom to get through that point lets me know that I can compete and go into the next competition stronger," Simmons said. "I know what areas I can do better at and go in stronger next time."

The staff sergeant aims to compete at Houston's Phil Heath Classic in March 2015 and is currently taking a short break from her competition training. However, Simmons said she keeps up with her workout routine which consists of a random body workout on Mondays, legs on Tuesdays, cardio and plyometrics training on Wednesdays, back and biceps on Thursdays, triceps and chest on Fridays, legs on Saturdays and back, biceps and shoulders on Sundays.

"I am worried about my legs because they are long, but small," Simmons noted. "I focus on different parts and work on tightening up my body."

Simmons said she is undecided on whether she wants to continue competing as a bikini model or enter figure competition. Whatever category she enters in, she will be prepared.

"The diets are different," Simmons said. "When I get closer to show prep and I make my decision on what I want to do, it will help me decide what I am going to be eating."

In addition to her training, the learning resource administrator said she went to National Physique Committee workshops to gain more knowledge about the sport.

"A lot of people don't take bikini competition seriously, but I felt like I did," the staff sergeant explained. "Some competitors think they can just put on a bikini and be dolled up, but it is much more than that. I do a lot of research and make sure that I am ahead of the game."

She has two people in her corner who know she can excel in the sport – the Wiests.

"Simmons now has the experience and knows what to do to get better," said Melissa Wiest. "She knows her weaknesses and what she has to work on to do better next time. She is going to do well."

"She's got great genetics," said Joe, a bodybuilding competition coach. "She just has to continue putting in the time and commitment to preparation and she will do very well."

6 x 9.75

6 x 9.75

6 x 9.75