



WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

No. 25 • JUNE 27, 2014



Peter Crevisto, Transient Alert program manager, directs a fully restored P-51 Mustang piloted and owned by Bruce Winter, a former F/A-18 Hornet pilot in the U.S. Navy, to its final parking spot June 20 at Joint Base San Antonio-Randolph.

Photos by Johnny Saldivar

Ace pilots visit JBSA-Randolph



Capt. Erik Lugo-Escobar (left), 560th Flying Training Squadron, describes capabilities of a T-38 Talon to Jim Calvert June 20 at Joint Base San Antonio-Randolph.

Maj. Aaron Milledge (left), 435th Fighter Training Squadron, listens to Charles Cleveland, a retired Air Force lieutenant general and flying ace, share his flying experiences June 20 while at Joint Base San Antonio-Randolph.

COMMENTARY

SAPR: More than Air Force acronym

By Col. Scott Sauter

315th Airlift Wing commander, Joint Base Charleston, S.C.

As an Airman and a senior leader in the Air Force Reserve, I've seen firsthand the devastating impacts of sexual assault on an Air Force organization.

Regardless of your unit or military status, active or Reserve, no one is immune to these impacts nor absolved of their responsibility to combat the instances of sexual assault that continue to threaten our service. These actions are heinous crimes and are still prevalent in our military today.

The solution is a challenge for our Total Force – all of us, regardless of rank or service affiliation; Active Duty, Reserve, civilian, contractor or dependent, have a moral responsibility to stop these offenses.

We all play a key role as individuals; but more importantly, as a team, to eliminate sexual assault from our Air Force. These roles and responsibilities should not be taken lightly. In fact, this very issue calls for bold leadership and increased situational awareness that empowers and encourages others to action.

Start by understanding that "SAPR" is more than just another important Air Force acronym. SAPR means "Sexual Assault Prevention and Response." Sometimes relying on an ac-

ronym desensitizes us from its meaning. Saying "Sexual Assault Prevention and Response" out loud reminds us of our individual and team responsibilities to this program – in other words, understanding the full spectrum of offenses that comprise "sexual assault;" the full set of tools and actions required for "prevention;" and all resources available (restricted or unrestricted) for "response" if these offenses occur.

Our ability to combat and eliminate instances of sexual assault requires everyone to understand the vital role they play.

But, taking a stand against sexual assaults is more than a simple verbal commitment to do better. It requires, and even demands, real action on our part. Believe me, this will not always be easy – taking action means courageously confronting our peers and friends head on when we identify inappropriate behavior or commentary both in and out of the workplace. Inaction, on the contrary, leaves these damaging acts unchecked and can allow them to continue – this hurts our Air Force and its members.

Until we take deliberate steps as a team to change this culture into one where dignity and trust are our foundation, we will never reach our full potential. So I ask today that each one of you make a commitment to "Sexual Assault Prevention and Response," to take real action and confront this issue head on.

Less than truthful performance reports a disservice

By Master Sgt. Ethan Peters

65th Medical Group first sergeant,
Lajes Air Field, Azores

I was not a very good Airman in the early days of my Air Force career. I was passably good at my job and very bad at the Air Force.

Here is an actual quote from one of my early Enlisted Performance Reports, "Improved responsibility in off-duty affairs would quickly set this top-notch performer above the rest."

Literally translated it says, "Stop being an idiot all the time and you might have a promising future in the Air Force."

Harsh, but true, I promise. Luckily for me, my supervisors saw some well-hidden potential. They cut me some slack on my EPRs. Did they do the right thing? I'm not sure.

I would not have survived the force shaping our Air Force faces currently and in the years to come. Actually, I may have survived, but only because my supervisors were afraid to rate me appropriately. Don't get me wrong. I had some great supervisors early on. They taught me about my shortcomings and what I needed to do to be successful. However, when EPR time came around, they wrote me "4s" and

likely slept well thinking I got what I deserved. But did I?

Was I "above average?" My record was littered with letters of counseling, admonition and reprimand for repeated indiscretions like tardiness, disrespect to superiors and financial struggles. While I may have been a "top-notch performer," I was anything but "above average" in the Airman department.

Truthfully reflecting, I desperately "needed improvement." So why didn't my supervisors say that on my EPR? They told me as much in counseling and feedback sessions, but they did not want to "hurt my career."

How many times have you heard that? That philosophy is a disservice to our Airmen and our Air Force. Here's why.

A little over two months ago, I sat down with my command team to prepare for the upcoming retention boards. Our aim was to advise our commander on appropriate completion of the Enlisted Retention Recommendation Forms for 117 Airmen; approximately one-third of our unit. Each one needed a retention recommendation and stratification.

The difficulty of the task became clear when I reviewed their records. While the very best and very worst Airmen were easily identifiable, nearly

100 Airmen fell somewhere in the middle and all of the records looked identical. On paper they were all clones of each other because supervisors failed to rate them honestly.

Our job should not have been so difficult. Had supervisors been consistently honest with their subordinates, we could have better made our decisions.

The bottom line is when we rate every Airman the same it becomes increasingly difficult to separate those individuals truly worthy of distinction.

You cannot control what the rest of the Air Force does or how other supervisors rate their subordinates. You can control your piece of the Air Force – your immediate sphere of influence. As long as you provide appropriate guidance, counseling and feedback, you can never "hurt their career."

Give your Airmen the tools they need to succeed and then rate them honestly and accordingly. When you refuse to make the tough calls at your level it merely pushes the decision up the chain, to someone less informed about your Airman. That's not helping anyone.

Make the tough calls, never pass the buck and take care of your piece of the Air Force.

ON THE COVER

Thirteen ace pilots visited Joint Base San Antonio-Randolph June 20. The American Fighter Aces Association was founded in 1960 to recognize the 1,450 combat pilots who received the special distinction of becoming an ace by destroying five or more hostile aircraft in air-to-air combat. *Photos by Johnny Saldivar*

WINGSPREAD

Joint Base San Antonio-Randolph
Editorial Staff

Brig. Gen. Bob LaBrutta

502nd Air Base Wing/JBSA Commander

Todd G. White

502nd ABW/JBSA Public Affairs Director

Marilyn C. Holliday

JBSA-Randolph Public Affairs Chief

Airman 1st Class Alexandria Slade

Editor

Airman 1st Class Kenna Jackson

Robert Goetz, Alex Salinas

Staff Writers

Maggie Armstrong

Graphic Designer

Wingspread Office

1150 5th Street East

JBSA-Randolph, Texas 78150

Phone: (210) 652-4410

Wingspread email

randolphpublicaffairs@us.af.mil

Wingspread Advertisement Office

EN Communities

P.O. Box 2171

San Antonio, Texas 78297

(210) 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 Joint Base San Antonio-Randolph, Texas. This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the Wingspread 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 nonmerit factor of the purchaser, user or patron.

Editorial content is edited, prepared and provided by the Public Affairs Office of JBSA-Randolph. All photos, unless otherwise indicated, are U.S. Air Force photos.

The deadline for submissions is noon Wednesday the week prior to publication. All submissions can be emailed to randolphpublicaffairs@us.af.mil.

Summer reading program kick-off



Photo by Desiree Palacios

The Joint Base San Antonio-Randolph Library kicked off its Summer Reading Program June 18 at JBSA-Randolph. The goal of this event was to encourage children to read during their summer vacation from school. The event featured 10 animals from Happy Tails Entertainment. Some of the animals brought in included an alpaca named Kuzco, a rabbit named Mufasa, a porcupine named Hasani and a ball python named Duke.

NEWS

AETC commander visits 12th FTW



Photos by Johnny Saldivar

Tom O'Sullivan (right), a fuels maintenance technician with the 12th Flying Training Squadron Maintenance Directorate, Joint Base San Antonio-Randolph, briefs Gen. Robin Rand (center), Air Education and Training Command commander; Col. Gerald Goodfellow (left), 12th FTW commander; and Chief Master Sgt. Gerardo Tapia, AETC command chief master sergeant, on how a fuel level control valve works on the T-38 aircraft, June 13 during a 12th FTW site visit.



Gen. Robin Rand, Air Education and Training Command commander, holds an "all call" in the Fleenor Auditorium June 13 at Joint Base San Antonio-Randolph with members of the 12th Flying Training Wing. Rand and Chief Master Sgt. Gerardo Tapia, AETC command chief master sergeant, met with leadership and toured several 12th FTW squadrons during a site visit.

Edwards takes command of 37th Training Wing

By Mike Joseph
JBASA-Lackland Public Affairs

The Air Force's newest Airmen helped welcome the new 37th Training Wing commander in a change of command ceremony that was folded into the June 20 Air Force Basic Military Training graduation parade at Joint Base San Antonio-Lackland.

Maj. Gen. Leonard Patrick, 2nd Air Force commander, presided over the ceremony in which Col. Trent Edwards assumed command of the Air Force's largest training wing from Col. Mark Camerer in front of 488 graduating Airmen and more than an estimated 2,000 people in the stands.

"Today is a remarkable day in many ways," Patrick said prior to passing the 37th TRW guidon to Edwards. "I've got a commander and his spouse (Camerer and his wife Julie) we are getting ready to send on a new journey for their second command.

"I've got another commander (Edwards) whose getting ready to start his second command in a new Air Force journey," Patrick said. "It just doesn't get any better than that."

In bidding farewell, Patrick called Camerer's leadership at JBASA-Lackland the past 21 months as noble, professional and said "I'm proud to call you a Wingman."



Photo by Benjamin Faske

Col. Trent Edwards addresses the crowd June 20 after assuming command of the 37th Training Wing during a change of command ceremony.

"You and Julie are an incredible Air Force couple and I can't wait to see you wearing those stars," Patrick said. Camerer was promoted to brigadier general at JBASA-Randolph following the 37th TRW change of command ceremony. Patrick, a former 37th TRW and 502nd Air

Base Wing and JBASA commander, called Edwards and his wife Vanessa another fantastic Air Force couple during his welcome remarks to the new commander.

"Trent's been watching the last couple of weeks on what this wing does, not only on the parade field but throughout the rest of the (five) training groups," Patrick said. "He's ready."

Edwards comes to the 37th TRW after spending the past two years as commander of the 42nd Air Base Wing at Maxwell Air Force Base, Ala.

He was responsible for all base operating support, infrastructure and services supporting for 42,000 active-duty, Reserve, civilian and contractor personnel, students and families at Maxwell and Gunter Annex in direct support of Air University.

In addressing the crowd after assuming command, Edwards said Camerer's leadership and commitment to the training mission made a big difference across the wing and throughout the Air Force.

"Vanessa and I look forward to building on your success," Edwards said. "To General Rand (Gen. Robin Rand, Air Education and Training Command commander) and General Patrick, I am honored and humbled for this privilege to command the 37th TRW.

"Thank you for your trust and confidence in my leadership," he said. "This is the opportunity of a lifetime."

JBSA-Randolph Chapel Regular Schedule

PROTESTANT

Sunday

8:15 a.m. service, Main Chapel

11 a.m. service, Religious Activity Center (building 975)

CATHOLIC

Monday-Thursday

11:30 a.m. daily Mass, Main Chapel

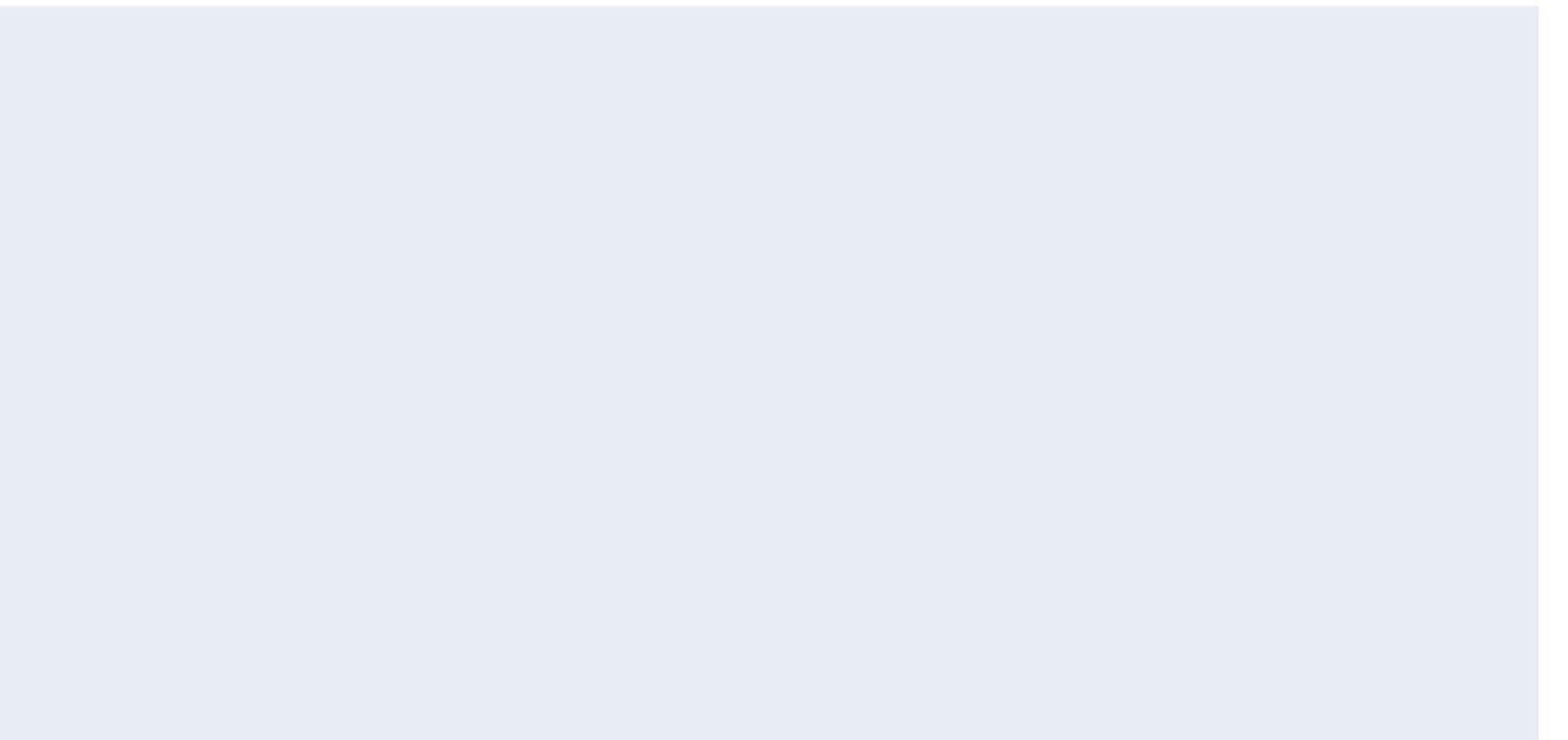
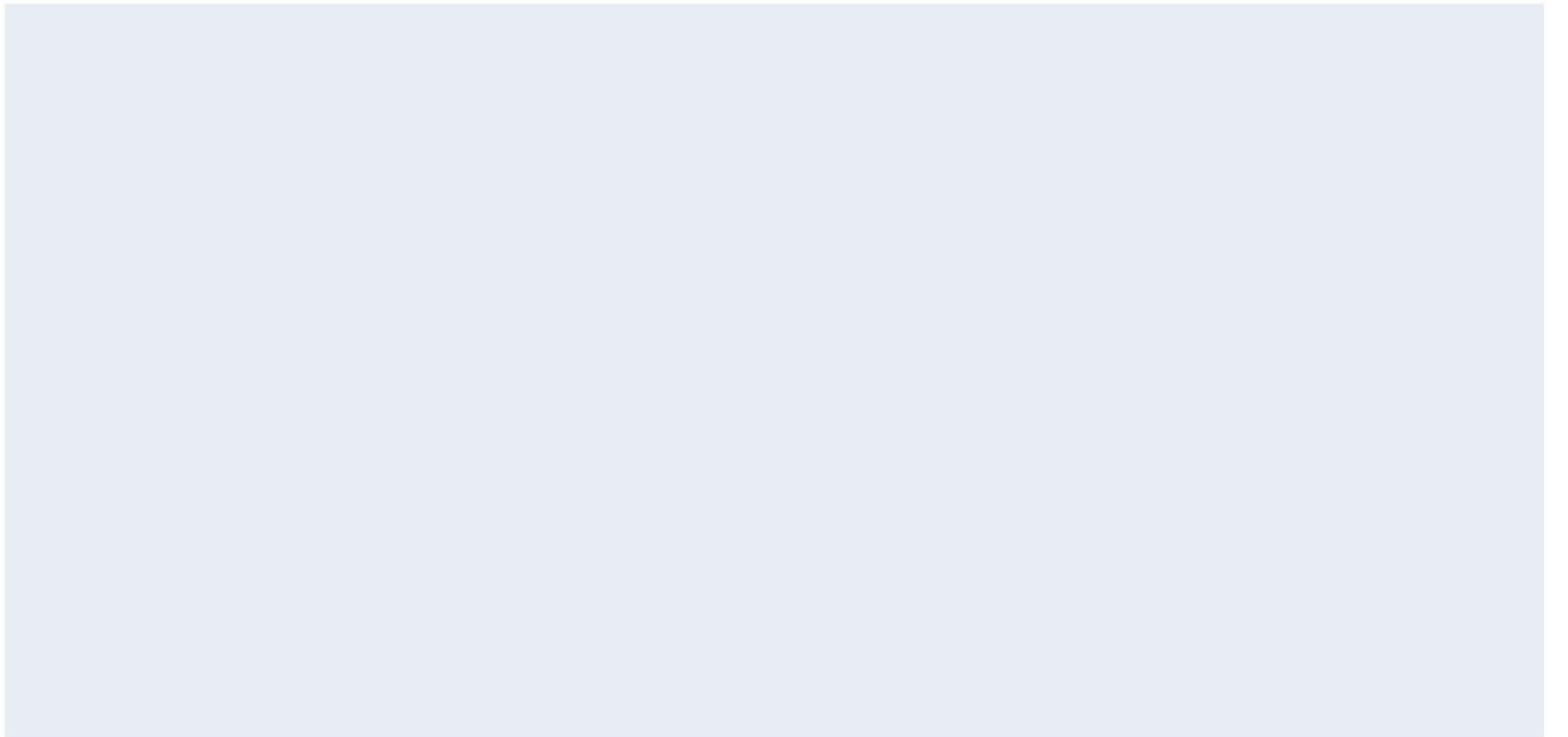
Saturday

5:30 p.m. Mass, Main Chapel

Sunday

8:30 a.m. Mass, Religious Activity Center (building 975)

11:30 a.m. Mass, Main Chapel



JBSA observes National PTSD Awareness Day

Friday has been designated National PTSD Awareness Day to bring greater awareness to the issue of Post Traumatic Stress Disorder.

Joint Base San Antonio, the San Antonio Military Health System, the Department of Defense and the Veterans Administration have resources that offer information on PTSD and treatment options. Those resources are available to service members, veterans, military/veteran families, and the general public.

San Antonio Area

- San Antonio Military Medical Center
<http://www.sammc.amedd.army.mil>
- Wilford Hall Ambulatory Surgical Center Outpatient Mental Health Clinic - 292-7361
- WHASC Alcohol and Drug Abuse Prevention and Treatment - 292-4452
- WHASC Chaplain Services - 292-7373
- JBSA-Lackland Family Advocacy - 292-5967
- JBSA-Fort Sam Houston Soldier & Family Assistance Center - 916-7322
- JBSA-Fort Sam Houston Army Community Service - 221-2705
- JBSA-Randolph Family Advocacy - 652-5321

JBSA websites

- JBSA Chapel
<http://www.jbsa.af.mil/jbsachapel/index.asp>
- JBSA Family Advocacy
<http://www.jbsa.af.mil/needhelp/familyadvocacy.asp>

Information resource: The South Texas Research Organizational Network Guiding Studies on Trauma and Resilience, or STRONG STAR - <http://www.strongstar.org>

- SAMMC
<http://www.jbsa.af.mil/library/jbsamedicalservices/index.asp>

- Military and Family Readiness
<http://www.jbsa.af.mil/military&familyreadiness/index.asp>

- JBSA Helping Agencies
<http://www.jbsa.af.mil/needhelp/>
- JBSA Mental Health
<http://www.jbsa.af.mil/library/jbsamedicalservices/mentalhealth.asp>

STRONG STAR

562-6742, <http://www.strongstar.org>
Strong Star is funded by DOD and the VA. It specializes in treating combat-related PTSD. Strong Star conducts research to develop the most effective treatments for military members and veterans with PTSD.

Education classes

- WHASC Mental Health Clinic, fourth floor:
WHASC Mental Health Clinic, fourth floor: The walk-in class meets the second Wednesday of the month. Participation is open to all TriCare beneficiaries, including service members who have not yet been diagnosed with PTSD, as well as family members of those with PTSD. No advance sign up, and participants do not need to be seen in the clinic to attend. For more information, call 292-7361.

National Resources

- National Center for PTSD
<http://www.ptsd.va.gov>
- The Association for Behavioral and Cognitive Therapists - <http://www.abct.org>
- Department of Defense, Defense Center of Excellence for Psychological Health and Traumatic Brain Injury - <http://www.dcoe.health.mil>
- Military OneSource
<http://www.militaryonesource.com>
- Military Pathways
<http://www.militarymentalhealth.org>
- SAMSHA's National Mental Health Information Center
<http://mentalhealth.samhsa.gov>
- Afterdeployment.org
<http://www.afterdeployment.org>
- Deployment Health Clinical Center
<http://www.pdhealth.mil>
- TRICARE - 1-888-874-9378
- Veterans Administration Mental Health Benefits Information - 1-800-827-1000,
<http://www.mentalhealth.va.gov>
- Tragedy Assistance Program for Survivors 1-800-959-TAPS (8277) - <http://www.taps.org>
- U.S. Army Center for Health Promotion and Preventive Medicine - 1-800-222-9698
<http://chppm-www.apgea.army.mil>

Bioenvironmental engineers take samples; ensure water's safe for consumption

By Alex Salinas
Joint Base San Antonio-Randolph Public Affairs

Billions of gallons of water are used annually by the Joint Base San Antonio community and, as such, measures are implemented to conserve it and ensure every drop is safe for consumption.

At JBSA-Randolph, water sampling is conducted by 359th Medical Group bioenvironmental engineers, who test for common contaminants such as bacteria, lead and copper.

"We collect samples from 10 separate locations, usually from faucets," Senior Airman Nicolle Sanchez, 359th MDG bioenvironmental technician, said. "We make sure the chlorine (in the water) is up to par, the pH levels are balanced and that the water is drinkable."

During each collection, water is stored in two small jars and sodium thiosulfate is added to remove chlorine to better reveal the water's quality, Airman 1st Class Tyler Brantley, 359th MDG bioenvironmental technician, said.

The two samples are then sent to a local lab for examination. Within three to five business days, the group receives results to compile for an end-of-year JBSA water quality report.

According to Sanchez, JBSA-Randolph's water "meets or exceeds" the Texas Commission on Environmental Quality's drinking water standards.

To preserve good water quality, the 359th MDG suggests people avoid rinsing and flushing materials with a high concentration oxygen demand. This includes household cleaning products and household grease from

meat fats, lard and cooking oil.

Also, residents should prevent pet waste and trash from entering waterways.

Keeping water clean is paramount to public health, but conserving it, especially as temperatures rise, is equally important, Benjamin Martinez, JBSA-Randolph utility manager, said.

"It's all about being smarter and considerate when using this resource," he said. "The more we become educated and aware of how valuable water is, the more we will consider saving it."

A few water-saving activities people can do daily are limiting showers to five minutes or less, turning off running water when brushing teeth, soaking pots and pans instead of letting the water run while cleaning them and keeping a pitcher of drinking water in a refrigerator. When combined, these activities can save more than 1,000 gallons of water per month.

Under the JBSA Critical Period Management Plan, Stage III water restrictions are active across JBSA, which states watering is now limited to once every other week with watering times from 7-11 a.m. and 7-11 p.m. No watering is allowed on weekends. To view the contents of the plan online, including what day residents can water based on their address, visit <http://www.samhouston.army.mil/pao/announce-event/pdf/JBSACriticalMgtPlan2013.pdf>.

"Every second that water flows from an outlet and isn't used is waste," Martinez said. "Water conservation must become a way of life for everybody."

To view JBSA-Randolph's water quality report, visit <http://www.jbsa.af.mil/library/environmentalinformation.asp>.



Photo by Desiree Palacios

Airman 1st Class Tyler Brantley, 359th Medical Group bioenvironmental engineering, tests the pH levels in a water sample June 19 at Joint Base San Antonio-Randolph.

Recruiting NCO to receive Bronze Star Medal

By Annette Crawford
Air Force Recruiting Service Public Affairs

People first. It's more than just a phrase for Master Sgt. Michael Staggs. It was the philosophy that saw him through a year-long deployment to Afghanistan.

Staggs filled several roles, primarily as the senior enlisted advisor for the Defense Contract Management Agency, a joint-service unit that covered all of Afghanistan.

Working upwards of 14 hours a day, seven days a week, Staggs ensured the more than 200 Airmen under his over-

sight had what they needed to get the job done. He was also known as a Blue Line Warrior, serving as the liaison between the Air Force and DCMA, and finally, as DCMA operations superintendent.

While Staggs feels he was just doing his job, his actions earned him the Bronze Star Medal, which was presented June 4 at Headquarters Air Force Recruiting Service.

The 20-year veteran and Cincinnati native was working as the AFRS NCO in charge and Basic Military Training Liaison at Joint Base San Antonio-Lackland when he was tagged

to deploy. Before departing in April 2013, he attended an advanced combat skills training course at Joint Base McGuire-Dix-Lakehurst, N.J., for 34 days, where he was immersed in field conditions, communications and navigation.

The training readied him for the mission in Afghanistan, a position unlike anything he had done before in his Air Force career. His previous deployment experience was in Port-au-Prince, Haiti, for two months in support of Operation Uphold Democracy.

"I traveled the whole area of re-

sponsibility as the commander's point man," Staggs said. "I had operational oversight of all the personnel and property, and also helped with any Air Force-specific issues."

To visit the nearly 40 locations, Staggs traveled on more than 230 ground convoy missions and 190 helicopter and fixed wing flights.

"I took at least six direct fire attacks and 50-plus indirect fire attacks while I traveled around the AOR," he said.

See BRONZE STAR P17



Joint Base San Antonio

FORCE SUPPORT SQUADRON

Monthly Event

July

Arts and Crafts

Framing needs fulfilled at Arts & Crafts

The JBSA-Lackland and JBSA-Randolph Frame Shops have professionals that will provide custom framing for art work, memorabilia, photographs, sports awards, special achievements, graduations and more. For more information about the Lackland Frame Shop, call 671-2515. In addition, the Randolph Frame Shop will match any off-base price on a comparable custom framing job and customers do not pay sales tax. For more information, call the JBSA-Randolph Frame Shop at 652-5142.

Bowling

Kids beat the heat with bowling

The JBSA-Lackland Skylark Bowling Center offers a Beat the Heat program to school-aged youth during July. Youth can bowl as many games as desired Monday through Friday, 1-5 p.m., as long as lanes are available. Register by showing a recent report card. Participation in the "Beat the Heat" program costs \$40. For more information, call 671-1234.

Cool off at the bowling center

The JBSA-Randolph Bowling Center offers special bowling rates July 4, 1-8 p.m., in celebration of the holiday. The cost is \$2.35 per game, per person (does not include shoe rental.) The Spare Time Grill special for the day is .50 cent hot dogs (while they last. For more information, call 652-6271.

Patrons enjoy special Colorama bowling

Enjoy Colorama Bowling at the JBSA-Randolph Bowling Center July 18, 7 p.m. The entry fee is \$15 with optional side pots available. For more information, call 652-6271.

Patrons enjoy great deals at the bowling center

The JBSA-Fort Sam Houston Bowling Center offers \$1 games and shoe rentals Tuesday to Friday, 11 a.m. to 2 p.m. Enjoy "Red Pin" bowling Wednesday and Friday, 11 a.m. to 2 p.m. For more information, call 221-3683.

Sunday bowling fun for the entire family

Families get a bowling lane for one hour, a large pizza and bowling shoes for \$45 every Sunday, noon to 4 p.m., at the JBSA-Fort Sam Houston Bowling Center. For more information, call 221-3683.

Patrons take part in fall bowling league

JBSA-Fort Sam Houston Bowling Center has fall leagues for ladies, senior citizens, Christian fellowship, youth and couples beginning the end of August. Leagues play at various times, Tuesday through Friday. For more information, call 221-3683.

Bowling center hosts 3-4-5 special

The JBSA-Lackland Skylark Bowling Center hosts 3-4-5 Tuesdays giving bowlers the opportunity to bowl three games with shoes for \$5 every Tuesday in July. For more information, call 671-1234.

Community Programs

Fiesta Noche del Rio celebrates diverse cultures

Enjoy a patriotic salute to San Antonio's diverse culture July 3-5 at Fiesta Noche del Rio, the longest-running open-air musical venue of its kind in the United States. Fiesta Noche del Rio is an outdoor musical extravaganza featuring the music and dance of Mexico, Spain, Argentina and Texas. This event takes place Fridays and Saturdays through Aug. 16 at 8:30 p.m. at the Arneson River Theatre. Stop by JBSA-Randolph's Information, Tickets and Travel in the Community Services Mall, building 895, to pick up your discounted tickets. Tickets are \$13.75 for ages 15 and older and \$6.85 for children 6-14. For more information, call 652-5142.

Community Center hosts Lackland talent contest

The JBSA-Lackland Arnold Hall Community Center invites talented singers to bring their talent to Lackland Idol July 18, 6-8:30 p.m. Participants may sign up through July 7. Auditions are July 8 and 9, 5:30-7:30 p.m., and open to contestants ages 14 and older. Participants may sing to a karaoke CD, sing a capella or self-accompaniment instrumental. Each vocalist is limited to three to five minutes. The first-place winner receives \$300, the second-place winner gets \$200 and the third-place winner receives \$100. For more information, call 671-2619.

Families enjoy free movie night

Families are invited to a free movie night at the JBSA-Fort Sam Houston Military & Family Readiness Center July 19, 7 p.m. Free popcorn, cotton candy and snow cones are also available during the movie. For more information, call 221-1718.

Patrons participate in Community Extravaganza Fair

The Community Extravaganza Fair takes place July 29, 9-11 a.m., at the JBSA-Fort Sam Houston Golf Club, 1050 Harry Wurzbach Road. All JBSA team members are invited to visit with representatives from post agencies and local businesses to learn more about JBSA and the San Antonio area. For more information, call 221-2307.

Harlequin Theater presents Encore

The JBSA-Fort Sam Houston Harlequin Dinner Theater presents "Encore," a Broadway revue featuring more than 25 award-winning musicals, through Aug. 23. The show takes place on Thursdays, Fridays and Saturdays. Dinner is at 6:15 p.m. and the show starts at 8 p.m. This production is sponsored by AT&T and the Gunn Automotive Group. No federal endorsement of sponsors intended. For more information or reservations, call 222-9694

Clubs

Kendrick Club offers bingo for patrons

Patrons are encouraged to wear patriotic attire and compete for best dressed patriot at bingo July 3 at the JBSA-Randolph

Kendrick Club. First place wins \$50 in club bucks, second place wins \$35 in club bucks and third place wins \$25 in club bucks.

The JBSA-Randolph Kendrick Club also hosts Bingo Extravaganza July 7 and 21. Total jackpot for each event is \$15,000 with a complimentary buffet at 5:30 p.m. and Early Bird bingo at 6 p.m.

JBSA-Randolph club members with July birthdays can get one free machine, cake and champagne at bingo July 8. Randolph members only. ID and club card required. For more information on these events, call 652-3056.

Chef prepares special dinner

The JBSA-Lackland Gateway Club hosts a special chef's dinner July 11 and 18, 5-8 p.m. The July 11 dinner features bacon-wrapped filet mignon, fried tail-on jumbo shrimp, twice-baked potatoes, asparagus spears and house salad. The July 18 dinner features New York strip steak, rosemary potatoes, string beans and house salad. The price for these dinners is \$16.95 for members and \$18.95 for nonmembers. For more information, call 645-7034.

Fun-loving dancers learn to swing in free class

The JBSA-Lackland Arnold Hall Community Center offers free East Coast Swing dance instruction every Friday, 6-8 p.m. The first hour features beginner lessons. During the second hour, patrons have the opportunity to try out what was learned in a fun and upbeat dance session. For more information, call 671-2619 or 671-2352.

Club members gather for Appreciation Night

The JBSA-Lackland Gateway Club hosts Appreciation Night July 15, 5-8 p.m. The buffet dinner features prime rib, rosemary crusted Cornish game hens, baked tilapia, whipped potatoes, parsley red potatoes, roasted asparagus, salad bar, French onion soup, rolls and miniature chocolate chip cheese cake with berries. The cost is \$10.50 for members and \$12.50 for nonmembers. For advance-sale tickets, call 645-7034.

Air City Bar and Grill celebrates another year

Join the celebration at the two-year anniversary of JBSA-Randolph Air City Bar and Grill July 16, 11 a.m. to 1:30 p.m. The first 10 customers get to draw from a basket of goodies with complimentary gift certificates. For more information, call 652-4864.

Black tie attire not required for great music

The Black Ties Band plays great rhythm and blues and jazz July 18, 6-10 p.m., on the Nite Club Patio at the JBSA-Randolph Kendrick Club. There will be theme buffets available for \$10.45 per person from 5-8:30 p.m. Club members receive \$2 off the buffet price. Coupons are not accepted for this event. For more information, call 652-3056.

JBSA FSS

Relax and indulge in good music

The Tobias Band performs at JBSA-Randolph Sky Lounge July 18, 6:30-10:30 p.m., with complimentary hors d'oeuvres from 5-6 p.m. For more information, call 652-4864.

Live entertainment featured at Gateway Club

The JBSA-Lackland Gateway Club hosts an evening of live entertainment featuring the Fourth Quarter Band July 25, 6-9 p.m. in the Lonestar Lounge. Enjoy a great bar menu, beverage specials and music. For more information, call 645-7034.

Clubs celebrates July birthdays

JBSA-Randolph club members can celebrate July birthdays July 30, 4:30-7:30 p.m., at the Parr Club with a free buffet. The buffet includes salad, two vegetables, two starches, two entrées, soup and birthday cake with ice cream. The cost is \$13.95 for adult nonmember guests and \$7.95 for children ages 6-12 years old. Club members not celebrating are invited as well and the cost is \$11.95, adults; \$5.95, children 6-12 years old; children 5 and younger eat free. For information, call 652-4864.

Fitness

Celebrate our freedom with a 5K

Celebrate freedom at the "Stars and Stripes" 5K run or walk at JBSA-Randolph's Eberle Park July 3, 7:30 a.m. Participation is free. This run is sponsored by Randolph-Brooks Federal Credit Union. No federal endorsement of sponsor intended. For more information, call 652-7263.

Run the hill with a bang

Participation is free at the JBSA-Lackland Gillum Fitness Center Firecracker Run-the-Hill 5K fun run or walk, July 11, 6:45 a.m., at Stapleton Park on Security Hill. Sign-ups are ongoing until race day. For more information, call 977-2353 or 977-2354.

Patrons test fitness skills

Patrons are invited to test fitness skills at the JBSA-Fort Sam Houston Jimmy Brought Fitness Center Challenge Combine July 12, 9 a.m. Activities include a vertical jump, 300-yard shuttle run, bench press repetitions and other agility drills. For more information, call 221-1234.

Patrons challenged at indoor biathlon

An indoor biathlon takes place July 14-18 during normal business hours at the JBSA-Randolph Rambler Fitness Center. Participants must complete a 15-mile run and 30-mile bike ride in order to finish. The challenge booklets can be picked up at the front counter. A fitness team member must initial each item when it is completed before the participant moves to the next one. Completed booklets should be turned in to the fitness center staff. This event is sponsored by Randolph-Brooks Federal Credit Union. No federal endorsement of sponsor intended. For more information, call 652-7263.

Half-marathon run available to runners

Runners can participate in a half marathon July 19, 6:30 a.m., at the JBSA-Randolph Eberle Park. This is a great run for runners that prefer running the half-marathon distance or as a training run for those preparing for a full marathon. This run is sponsored by Randolph-Brooks Federal Credit Union. No federal endorsement of sponsor intended. For more information, call 652-7263.

swim July 13 7 a.m.
Triathlon bike run
behind the Aquatic Center
For more info, call 221-4887.
JBSA-Fort Sam Houston

Get the family moving

Families are invited to the JBSA-Randolph Rambler Fitness Center July 23, 7-9 p.m., for a lot of fun fitness activities. This is a great opportunity for families to have fun together, show off their fitness level and get a little exercise. This event is sponsored by Randolph-Brooks Federal Credit Union. No federal endorsement of sponsor intended. For more information, call 652-7263

Racquetball tournament open to everyone

The JBSA-Fort Sam Houston Jimmy Brought Fitness Center hosts a racquetball tournament July 26 and 27, 9 a.m. This event is open to all interested patrons ages 16 years and older. For more information, call 221-1234.

Patrons stay cool while exercising

Get in shape while staying cool with water aerobic classes at the JBSA-Fort Sam Houston Jimmy Brought Fitness Center Monday, Wednesday and Friday 9-10 a.m. and 5-6 p.m. For more information, call 221-1234.

Start the morning sculpting your body

Tighten your glutes, sculpt your arms and strengthen your core in this 50-minute hard core muscle toning class at the JBSA-Fort Sam Houston Fitness Center on the Medical Education and Training Campus. Free classes are held every Tuesday and Thursday, 6:30 a.m., and are open to everyone. For more information, call 808-5709.

Patrons enjoy Zumba® classes

Raise your heart beat in a one-hour Zumba® class every Monday from 6-7 p.m. and Tuesday through Thursday from 5-6 p.m. for just \$3 per class. Classes are held at the JBSA-Fort Sam Houston Fitness Center on the Medical Education and

Training Campus and are open to all. For more information, call 808-5709.

Fitness center offers Hatha Yoga class

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

Intense class drums up a sweat

The JBSA-Kelly Fitness Center hosts Pound Fitness Monday and Wednesday, 11:30 a.m. Pound Fitness fuses the most challenging series of core, leg and upper body conditioning moves with cardio-interval training to the beat of a drum. Classes cost \$2 per person. For more information, call 925-4848.

Fitness center offers 24-hour access

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

Golf

Celebrate July 4 at the golf course

The JBSA-Fort Sam Houston Golf Course hosts a Red, White and Blue Scramble July 4 with a 12:30 p.m. shotgun start time. The cost is \$25 for members and \$35 for nonmembers. The

11 JULY 6:30 DOORS OPEN 7-10 PM GAMES 10-11 PM AUCTION
JBSA-LACKLAND GATEWAY CLUB CASINO GAMES PRIZES
HORS D'OEUVRES ENTERTAINMENT PAY-AS-YOU-GO BAR
MONTE CARLO NIGHT
BLACKJACK ROULETTE CRAPS TEXAS HOLD 'EM \$20 PRESALE \$25 AT DOOR
Air Force Mobile

scramble includes 18 holes of golf, dinner, gift certificates for the winners of the longest drive and the closest to the pin and for first, second and third place. For more information, call 222-9386.

Join the JBSA-Randolph Golf Course July 4 for the Red, White and Blue Tournament with tee times from 7-9 a.m. Teeing locations will alternate; red on hole one, white on hole two and blue on hole three and that order will be kept until the round is complete. The entry fee is \$10 plus green fee and cart rental. To sign up, call 652-4653 or stop by the Pro Shop.

Golfers compete in British Open Blind Draw Tournament

Join the JBSA-Randolph Golf Course for the British Open Blind Draw Tournament July 19 with tee times from 7-9 a.m. This is an individual low net/low gross tournament. The golf course staff will draw a PGA Pro from the British Open for each participant to combine scores with. The entry fee is \$10, plus green fee and cart rental. To sign up, call 652-4653.

Military in uniform receive discount

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

Secure tee times at pro shop

Golfers desiring tee times during scheduled tournament play at JBSA-Lackland Gateway Hills Golf Course are encouraged to call the pro shop prior to arrival for available tee times. For more information, call 671-2517.

Custom fit clubs for a better game of golf

Golfers in the market for a new set of Ping clubs are in luck. The JBSA-Randolph Oaks Golf Pro Shop is certified for Ping custom club fitting. Custom fitting for other golf clubs is also available. To schedule your personalized fitting, call 652-4653.

Information, Tickets and Travel

Discount tickets offered to customers

The JBSA-Fort Sam Houston Ticket Office, located in the Sam Houston Event Center, sells discount tickets Tuesday to Friday, 9 a.m. to 4 p.m. For more information, call 808-1378.

Win a Dallas Cowboys all-inclusive package

Customers are invited to enter in the JBSA-Lackland Information, Tickets and Travel Cowboys package drawing July 18. One winner receives an all-inclusive package for two to the Dallas Cowboys versus San Francisco 49ers game Sept. 7. The prize package includes deluxe motor coach transportation from JBSA-Lackland to Arlington, one night stay at the Holiday Inn Fort Worth South, room tax, a full hot breakfast, 400-level game tickets, transportation to and from the stadium, pre-game tailgate party with a full buffet, unlimited beer, wine, soft drinks and more. The winner can choose to upgrade tickets to a 200-level ticket for \$175 per person. For more information, call 671-3059.

Get discount tickets for Texas State versus Navy game

All JBSA Information, Tickets and Travel offices offer discounted tickets to the Texas State Bobcats versus the Navy Midshipmen football game at the Texas State stadium Sept. 13. The discounted ticket price is \$7.75. Military personnel and families

are invited to arrive before the game for complimentary food and drinks at the military appreciation tailgate. For more information, call 808-1378 at JBSA-Fort Sam Houston, 671-3059 at JBSA-Lackland and 652-5142 at JBSA-Randolph.

Don't get left out in the cold for Disney's "Frozen"

JBSA-Lackland Information, Tickets and Travel has tickets to Disney on Ice "Frozen" at the Alamodome April 3-5, 2015. Tickets are anticipated to sell out. Prices are \$20, \$26 and \$47 per seat with limited availability. Purchase early for best seating. For more information, call 671-3059.

Explore the Western Caribbean with Carnival Cruises

JBSA-Lackland Information, Tickets and Travel invites patrons to explore the Caribbean with Carnival Cruises Jan. 17-22. The five-day cruise begins in Galveston, Texas and travels to Progreso and Cozumel. Rates start at \$343 per person. Gratuities are not included. Payments require a \$50-per-person deposit plus a \$10 service fee at time of booking. A payment of \$150 per person is due Aug. 15 with final payment due Nov. 14. For more information, call 671-7111.

SCUBA diving

Learn to dive for a third of the cost outside the gate!

Get your international certification (NAUI or PAD) through **JBSA-Randolph Outdoor Recreation** for only **\$340**.

You save approximately \$1,000 by taking the course with us.

Course Dates
 July 12-13 • South Pool & Canyon Lake
 July 19-20 • Canyon Lake
 Aug. 9-10 • South Pool & Canyon Lake
 Aug. 16-17 • Canyon Lake

All you need is your swimsuit, towel & provide your own transportation. All other gear is supplied.

Explore Italy on nine-day tour

Explore Rome, Venice, Pisa and Florence through JBSA-Lackland's Information, Tickets and Travel's nine-day Trafalgar group tour March 7-15, 2015. Rates start at \$3,200 per person including airfare with additional discounts available. Payment plans are available with a \$200 non-refundable, land-only deposit per person and a \$10 service fee per traveler due at time of booking. Airfare purchased through Trafalgar requires a \$350 non-refundable deposit, also due at time of booking. Final payment is due Dec. 19. For information, call 671-7111.

Enjoy the summer at local theme parks

Get your discounted tickets to Six Flags, Schlitterbahn Water Park and Sea World at all JBSA Information, Tickets and Travel offices. For more information, call 808-1378 at JBSA-Fort Sam Houston, 671-3059 at JBSA-Lackland and 652-5142, option 1 at JBSA-Randolph.

Bet on a great time at Grand Casino Coshatta

JBSA-Randolph Information, Tickets and Travel offers several trips to the Grand Casino Coshatta, Kinder, La. throughout the year. Remaining trips are scheduled for July 15-16, Sept. 16-17 and Nov. 18-19. Each trip includes round-trip motor coach transportation, hotel accommodations and a voucher for \$23 from the casino. The bus departs at 7:30 a.m. and returns at approximately 9:30 p.m. the next day. Cost is \$60 for double occupancy or \$120 for single occupancy. For more information or to sign up, call 652-5142, option 1.

Library

Library continues summer reading program

JBSA-Lackland Library continues with the summer reading program "Paws to Read" festivities. Patrons are invited to special events encompassing the program's theme in July. The library features the Fire Department with a special appearance from Sparky the Firedog July 1; Texas Parks and Wildlife July 8 and the City of San Antonio Animal Care Services July 15. Dinosaurs are the highlight of "Dinosaur Extravaganza" on July 22. On July 29, the library presents the service dog program. For more information, call 671-3610.

Military & Family Readiness Center

Learn to write a federal resume

Learn how to write a competitive federal resume and navigate the USA Jobs website at the Federal Employment Process class July 1, 9-11:30 a.m., at the JBSA-Fort Sam Houston Military & Family Readiness Center or July 24 at the JBSA-Randolph Military & Family Readiness Center. A properly written federal resume is important and results in either "Not Qualified" or "Best Qualified and Referred" status. To register for this class, call 221-0516 or 221-2507 at JBSA-Fort Sam Houston or 652-5321 at JBSA-Randolph.

Patrons learn to write a non-federal resume

Learn the correct way to prepare a non-federal style resume July 8, noon to 2 p.m., at the JBSA-Lackland Arnold Hall; July 9, 9:30-11 a.m., at the JBSA-Randolph Military & Family Readiness Center or July 16, 9-11:30 a.m., at the JBSA-Fort Sam Houston Military & Family Readiness Center. To register for the class, call 221-2705 at JBSA-Fort Sam Houston, 671-3722 at JBSA-Lackland and 652-5321 at JBSA-Randolph.

Learn the basics to running a small business

The Small Business Administration offers a two-day intensive training workshop which will enhance future business planning efforts. After completion of the workshop, participants will be given the opportunity to participate in an eight-week on-line training program offered by Syracuse University and its affiliated University instructors/partners. Classes take place July 22 and 23, 8 a.m. to 4 p.m., at the JBSA-Randolph Military & Family Readiness Center. Participants must have attended the Transition Assistance Program Goals

Plans and Success workshop prior to registering for this two day workshop. To sign up, call 652-5321.

Patrons learn budgeting basics

Patrons are invited to the Budget Basics class July 15, 2-3:30 p.m., at the JBSA-Randolph Military & Family Readiness Center. Participants create a personalized spending plan, learn where their money is going and how to save for the future. To register for the class, call 652-5321.

Outdoor Recreation

Wide variety of equipment for rent

JBSA Outdoor Recreation Centers have equipment rentals for everyone to include camping, water fun, fishing boats, speed boats, sports, hiking, barbecue, party and gardening equipment. In addition, they have an RV Storage Area and Lemon Lot. For more information, call JBSA-Fort Sam Houston Outdoor Recreation at 221-5224 or 221-5225; the JBSA-Lackland ORC at 925-5532 or 952-5533 or the JBSA-Randolph ORC at 652-5142, option 2.

Archers take aim

The JBSA-Camp Bullis Archery Range is open Thursday through Monday, 8 a.m. to 4 p.m. Targets range from 10-60 yards. The cost is \$5 for a daily pass or \$40 for an annual pass. They also host a 3-D archery competition every fourth weekend of the month. The cost is \$15 for the fun shoot, \$20 for the competition shoot and \$5 for kids 12 years and younger. For more information, call 295-7577.

Patrons take aim at Sportsman's Range

The JBSA-Camp Bullis Sportsman's Range is available for shooting and target practice every Saturday and Sunday, weather permitting, 8 a.m. to noon, during the summer. The cost to shoot is \$10 per Department of Defense ID cardholder and \$15 per non-DOD ID cardholders. DOD ID cardholders can purchase an annual pass for \$60. All DOD ID cardholders are allowed to sponsor two non-DOD ID cardholder guests. For more information, call 295-7577.

Leave the traffic behind and get away on a horse

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

Season pool passes available for purchase

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

Annual pass saves money at Canyon Lake

Purchase an annual pass for JBSA Recreation Park at Canyon Lake for \$65 and enjoy the lake all summer. This pass gets you into the Sunny Side and Hancock Cove sides of the

park. Annual passes include a vehicle and boat/trailer pass and card holders are not charged the boat launch fee. Without an annual pass, the daily entry fee for the park is \$7 per visit. For more information, call 830-226-5357.

Salado Creek Park available for summer fun

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

Boaters learn safety before getting on the water

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

Youth and Children

Youth Programs conducts sports registration

JBSA-Lackland Youth Programs has registration for flag football and soccer for children ages 5-14, July 1-11. The cost is \$50 per child to participate. A current sports physical is required at sign up. For more information, call 671-2388.

JBSA-Randolph Youth Programs conducts sports registration for flag football, volleyball, cheer leading and Lil Renegades soccer July 1 to Aug. 15. The cost is \$50 for flag football, ages 5-6 and \$55 for ages 7 and older; \$45 for cheer leading, ages 5-18, \$50 for volleyball ages 9-14; and \$35 for Lil Renegades Soccer, ages 3-4. For more information, call 652-3298.

Teens participate in Teen Talk

Teens are invited to participate in Teen Talk at the JBSA-Fort Sam Houston Middle School Teen Center. Teens learn about managing money July 7, 9-10 a.m. or 1-2 p.m.; communication July 21, 9-10 a.m. or 1-2 p.m.; and building leadership qualities July 28, 9-10 a.m. or 1-2 p.m. For more information or to register, call 221-0349.

Special camp for special kids to enjoy art and dance

The Exceptional Family Member Program has a free arts and dance camp for special needs children ages 6-18 years old July 8-10, 9 a.m. to noon, at the JBSA-Randolph Fellowship Hall and July 21-24, 9 a.m. to noon, at the JBSA-Fort Sam Houston Elementary School. To register, call JBSA-Fort Sam Houston at 221-1616 or 221-2962 and JBSA-Randolph at 652-5321.

Parents get a night off

JBSA-Lackland Youth Programs and JBSA-Lackland Child Development Program has "Give Parents a Break/Parents' Night Out" child care July 18, 7-11 p.m. The fee is \$15 per child or free with a GPAB referral. For more information, call 671-2388 for Youth Programs or 671-1072 for the Lackland CDP.

Youth Programs hosts movie night

JBSA-Lackland Youth Programs has a movie night July 18, 7-9 p.m. for youth ages 9-12 years old. Admission is \$3 per person and includes a beverage and snack. The movies shown are to be announced. For more information, call 671-2388.

Registration for Before/After School Programs

Registration for the 2014-2015 Before and After School program at JBSA-Randolph Youth Programs is July 21 for Priority 1 (single/dual military assigned to JBSA and wounded warriors) and July 22 for priority 2 (active-duty military or Department of Defense civilians assigned to JBSA with working spouse or attending school full-time). Registration for Priority 3-4 is July 23-25, if slots are available. Paperwork can be picked up at youth programs beginning July 15. Children must be age 5 and enrolled in kindergarten. For more information, call 652-3298.

Instructional programs available for youth

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

Earn extra income caring for children

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

Part-day enrichment program available for children

This is a great program for families with children between the ages of 3-5. Through this program children are exposed to many of the things they will encounter in pre-school and kindergarten, such as colors, numbers, shapes, following directions, waiting your turn and sharing space. The program follows the Randolph Field Independent School District school calendar schedule and starts Sept. 8. Registration begins July 30. For more information, call the JBSA-Randolph Child Development Program at 652-1140.

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



Spend Fourth of July weekend firework injury-free

By Airman 1st Class Kenna Jackson
Joint Base San Antonio-Randolph Public Affairs



It's a week before July 4, a holiday that includes fireworks, big and small.

The first celebration of Independence Day was in 1777, six years before Americans knew whether the new nation would even survive the war. According to the National Geographic, the use of fireworks was to ignite the population; to get them to believe they could be their own nation.

Now it's a day that many celebrate by taking off work, grilling outdoors and watching fireworks displays.

Don't let patriotic enthusiasm ruin the celebration by carelessly using fireworks.

"Fireworks are great fun and are an exciting way to celebrate our nation's freedom, whatever your age, but it's important to remember that they are not toys," Staff Sgt. Gary Lund, 502nd Air Base Wing ground safety technician. "They are explosives and the injuries they can cause, especially to the eyes, can be devastating."

According to the Centers for Disease Control and Prevention, about 7,000 people were treated in emergency departments for fireworks-related injuries in 2011. The CDC reported that the highest injury rates occurred in children 10-14 years old. The majority of injuries involved hands, fingers, eyes and legs. Extreme cases resulted in the loss of fingers, limbs and vision.

"Good preparation is crucial for a successful and safe

display," Lund said.

The following tips about fireworks can help avoid injury and encourage an injury-free Fourth of July.

When using fireworks, use common sense

- Never use fireworks in your home. Always set them off outside on a driveway or sidewalk
- Obey local laws. If fireworks are not legal where you live, do not use them.
- Always have copious amounts of water handy.
- Be aware of other people around you and make sure they are out of range of the fireworks you are using.
- Never point or shoot fireworks at another person.
- Use common sense. Spectators should keep a safe distance from the shooter, and the shooter should wear safety glasses.
- Do not try to re-ignite a "dud" as it could explode near your face or hands.
- Only light one at a time.
- Do not try to make your own fireworks.
- Read fireworks instructions before igniting it.
- Never drink and use fireworks.

Lund notes that even if the holiday isn't spent setting off personal fireworks but watching them at a public event, there can still be risks, especially ear injuries to young children.

Here are a few tips to heighten safety during public firework displays.

Fireworks shows

- Be aware of increased vehicle and pedestrian traffic.
- Be cautious of other drivers and people who may

have been drinking.

• Be prepared and bring chairs or blankets, plenty of water to drink, sunscreen for the day and bug repellent for the night.

• Bring earplugs for every family member. You can find them at drug stores or sporting goods stores for a few dollars or less. But, for children 7-8 years old these earplugs may be too big, so consider child-size earmuffs. Ear protection must fit properly in order to provide adequate protection.

"When attending public fireworks displays, sit at least 500 feet from where the fireworks are launched," Staff Sgt. Justin Lee, 359th Aerospace Medical Squadron NCO in charge of the readiness element, said. "The noise from fireworks, for spectators 800 feet away, ranges from 88 to 126 decibels. However, from 10 feet away, it's 155 decibels – louder than a military jet takeoff."

Lee added if an adult or child experiences a ringing or buzzing in the ear then it's best to move farther away or spend time in a quieter environment.

With these tips in mind, Joint Base San Antonio residents can help eliminate fireworks-related injuries this year and declare independence from accidents with fireworks safety.

"Remember to make smart decisions when using fireworks and to take proper precautions as indicated on the labels," Lund said. "If you or someone with you is injured by fireworks, seek immediate help or dial 911."

For more information, call the Joint Base San Antonio-Randolph's 502nd Air Base Wing safety office at 652-1842.

Feds Feed Families helps San Antonio Food Bank feed South Texas

By Steve Elliott
JBSA-Fort Sam Houston Public Affairs

With the Agriculture Department's annual "Feds Feed Families" food drive underway, the Department of Defense has once again been asked to help with logistical support and food donations.

The campaign, which runs through August, is a voluntary effort undertaken by federal employees to bring nonperishable food items to their offices for distribution to local food banks.

"The 2013 food drive was overwhelmingly successful, as food donations across the federal government totaled 9 million pounds, with DOD alone contributing more than 1.9 million pounds of food," said Deputy Defense Secretary Bob Work in a memo to Defense Department leaders.

So where does the food collected during the campaign go? Who benefits?

"San Antonio is Military USA and whether you are active duty, retired,

civil service or a family member ... our support comes from the community," said Eric Cooper, president and chief executive office of the San Antonio Food Bank, located on Highway 151 just north of Joint Base San Antonio-Lackland. "This campaign is an important strategy to bring awareness about the food bank to federal employees and military families as well as bringing tons of food and grocery products to those who need it most.

"When I think of our military, they are always taking care of business and taking care of the needs of the people and the nation," Cooper said. "There is no more basic need than food. This campaign is a way to help build a safety net, which some military members and federal employees needed during last year's government shutdowns. A lot of people are often just one emergency or one unexpected bill away from not being able to put food on the table."

The San Antonio Food Bank pro-

vides food and grocery products to more than 500 partner agencies – such as food pantries, shelters, churches, soup kitchens, senior center and shelters – in 16 counties through South Texas, helping almost 60,000 people. The SAFB service area reaches north to Kerrville, south to LaSalle County, west to Uvalde, and east to Seguin.

In fiscal year 2013, the SAFB provided nearly 50 million pounds of food. It relies on the generosity and support of local businesses, churches, foundations, corporations, government, civic groups and individuals in order to successfully continue serving Texans who are at risk of going hungry.

Who receives emergency food assistance? According to the SAFB, 36 percent of their clients are children under the age of 18 years old, 46 percent of households include at least one employed adult, 67 percent have incomes below the federal poverty level during the previous month and 8 percent are homeless.

Hunger crosses all societal lines as about 22 percent of SAFB clients are non-Hispanic white, 7 percent are non-Hispanic black, 69 percent are Hispanic and the rest are from other racial groups.

"This campaign is a great way for the military community to impact the community in a positive way," Cooper said. "It brings awareness to the issue of hunger and awareness helps spur action."

Cooper added that the SAFB's iconic red barrels should start showing up at locations throughout Joint Base San Antonio any day. The most critical non-perishable food items needed include rice, beans, peanut butter, tuna, macaroni and cheese, chili, canned stews and soup, canned luncheon meats, pop-top food items and full meals in a can or box.

For more information about the Feds Feed Families campaign, visit <http://www.usda.gov/fedsfeedfamilies>. For more information about the San Antonio Food Bank, visit <http://www.safbank.org>.

Joint Base San Antonio-Randolph News Briefs

M&FRC teaches federal resume writing

Joint Base San Antonio-Randolph Military & Family Readiness Center will teach attendees how to write a competitive federal resume and navigate the USA Jobs website from 9-11:30 a.m. Tuesday, during the Federal Employment Process at JBSA-Randolph M&FRC. For more information or to register, call the JBSA-Randolph M&FRC at 652-5321.

Swim/bike/run triathlon

Joint Base San Antonio-Randolph Youth Programs will conduct sports registration for flag football, volleyball, cheer-leading and Lil' Renegades' soccer from Tuesday to Aug. 15. For more information, call 652-3298.

Volunteer Opportunity

The Senior NCO Induction Sabre Team is looking for volunteers for the SNCO Induction August 22. Volunteers must be a SNCO. For more information, email Master Sgt. Ryane Smith at ryane.smith@us.af.mil.

Feds Feed Family campaign

The sixth annual Feds Feed Families campaign is running through August 27. This year's theme is "Help Knock Out Hunger."

The national food drive helps supplement food banks across the nation. The Alamo Federal Executive Board will provide barrel delivery in the next week and pick-up food items Monday, July 31 and August 26. For more information, call 565-1860.

CHECK US OUT . . .

- Facebook: Joint Base San Antonio; JBSA-Fort Sam Houston; Lackland JBSA and JBSA-Randolph
- Twitter: @JBSA_Official; @JBSAFSH; @JBSALackland and @JBSARandolph
- YouTube: Joint Base San Antonio



JBSA Sexual Assault Prevention, Response

To report a sexual assault, call the 24/7 Joint Base San Antonio Sexual Assault Prevention and Response Hotline at 808-7272 or the Department of Defense Safe Helpline at 877-995-5247.

JBSA-Randolph Holiday Hours

The Joint Base San Antonio-Randolph Main Gate will be open 24 hours July 4-7. The South Gate will be open from 6 a.m. to noon July 5.

For the complete list of 502nd Force Support Squadron, Army Air Force Exchange Service and other base services holiday hours visit <http://www.jbsa.af.mil/library/announcements/closures.asp>

To advertise in the Wingspread, call 250-2440.

Fitness program to test Airmen physically, mentally

By Staff Sgt. Ian Hoachlander
Air Force Personnel Center Public Affairs

Airmen at 18 installations will see a new era of physical fitness as the Air Force Personnel Center Directorate of Services introduces the Air Force Team Cohesion Challenge.

The pilot program, built around special operations training, is designed to teach leadership, promote unit cohesion and inspire teams to perform their best.

“This program was developed to provide Airmen the opportunity to participate in a team-based event which incorporates the five Cs of comprehensive Airmen fitness – caring, committing, connecting, communicating and celebrating,” said Benjamin Evers, Air Force Personnel Center outdoor recreation specialist. “It will not only challenge Airmen physically but also demand they work as a unit to tackle both physical and mental obstacles.”

“This program is physically demanding which promotes a ‘hard work in, positive results out,’ attitude and we have specifically selected this event for the military relevance and focus on group and team dynamics.”

Benjamin Evers

Air Force Personnel Center outdoor recreation specialist

The challenge involves two elements: a base-wide 5K run and the rucksack challenge. The 5K run is open to everyone on base and is mandatory for all participants who registered for the main event.

Airmen can sign up for the rucksack challenge individually or with their friends and coworkers. Once registered, the force support squadron places members on a 30-person team, known as their GoRuck family.

“The 5K run creates awareness for the new program and is also an icebreaker for the GoRuck family,” Evers said. “We highly encourage participants in the 5K run to work as a unit so as to mimic the GORUCK Light. For example, teams could hold a rope during the entire run or run in some sort of formation.”

The day following the 5K, members who registered for the rucksack challenge will participate in a four- to five-hour team event during which a special forces veteran, called a cadre, will lead the team in military-inspired challenges and missions, including basic training calisthenics, swimming, lifting and marching. Throughout the event, participants will wear a backpack filled with 30 to 40 pounds of equipment.

“This program is physically demanding which promotes a ‘hard work in, positive results out’ attitude and we have specifically selected this event for the military relevance and focus on group and team dynamics,” explained Evers.

The Team Cohesion Challenge is a centrally developed and centrally funded program which builds upon the current popularity of adventure and mud races. The AFPC Directorate of Services partnered with GoRuck to provide trained cadre for each event. GoRuck is a veteran-owned enterprise consisting of former special forces members who strive to provide a rewarding fitness experience.

Installations participating in the pilot program include Altus Air Force Base, Okla.; Beale AFB, Calif.; Buckley AFB, Colo.; Cannon AFB, N.M.; Eglin AFB, Fla.; Grand Forks AFB, N.D.; Holloman AFB, N.M.; Joint Base San Antonio, Texas; Little Rock AFB, Ark.; March Air Reserve Base, Ga.; Minot AFB, N.D.; Mountain Home AFB, Idaho; Patrick AFB, Fla.; Robins AFB, Ga.; Scott AFB, Ill.; Vance AFB, Okla.; Westover ARB, Mass.; and Whiteman AFB, Mo.

Airmen interested in testing their abilities can sign up for the Air Force Team Cohesion Challenge at participating force support squadrons.

For more information about the Air Force Team Cohesion Challenge contact participating force support squadrons. For more information about Air Force Services activities and programs visit <http://www.myairforcelifelife.com> or <http://www.usafservices.com>.



Photo illustration by Maggie Armstrong

BRONZE STAR from P8

Staggs had operational experience with heavy construction equipment during five years in the civil engineering career field, which helped him identify a volatile situation with ill-equipped non-tactical vehicles shortly after he arrived in country. He traded in the inadequate vehicles for superior ones. His action in this regard saved six lives when one of his teams was hit by a suicide vehicle-borne improvised explosive device.

The convoy was hit only five feet away from the first vehicle. According to the Bronze Star Medal narrative, the team also incurred small arms fire after the blast but pressed on and returned fire. Of the six casualties, one needed to be medically evacuated, and “without hesitation Sergeant Staggs jumped on the medical evacuation helicopter with his troop to Bagram Airfield.”

Staggs, who is now the HQ AFRS superintendent of BMT Liaison at JBSA-Lackland, said that working in a joint environment was a learning experience.

“Having the other U.S. and other countries’ services around was interesting to see how they do business

and deal with certain issues for the enlisted members,” Staggs said.

“I’ve known Master Sergeant Staggs since he was a staff sergeant assigned as an operations NCO in the 362nd Recruiting Squadron,” said Senior Master Sgt. Pedro Colon Jr., superintendent of enlisted accessions at HQ AFRS.

“Even then, he was an acknowledged expert and trusted leader,” Colon added. “I was extremely pleased to know I would be working with him again at AFRS – he makes my job very easy.”

Staggs, who became a recruiter in May 1999, said the deployment changed the way he looks at life.

“I will never take for granted the time we have here on earth and what is really important. I’m tailoring that mindset into my everyday life at work and home,” said Staggs, the father of three sons.

“I will look at situations in a different light, and mentor and guide people to what is most important to accomplish, whether personally or professionally,” he added. “Always do a great job, but never lose who you are and what is most important in life.”



Courtesy photo

Master Sgt. Michael Staggs aboard an aircraft May 30, one of the many he traveled on as part of his job for the Defense Contract Management Agency in Afghanistan.