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LACKLAND TALESPINNER

JOINT BASE SAN ANTONIO-LACKLAND, TEXAS • Vol. 72 No. 30 • JULY 31, 2015

SHOW ME YOUR HANDS!

Photo by Benjamin Faske

Inter-American Air Force Academy Students conduct a close quarters raid on an aircraft during a simulated hostage rescue July 28, at Joint Base San Antonio-Lackland.The IAAFA students practiced close quarters contact as part of the Aircraft Interdiction Course.

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ONLINE | http://www.JBSA.mil

Fifth Annual Build-A-Backpack program to run through Wednesday

By Gloria Kwizera
JBSA-Randolph Public Affairs

The fifth annual Build-a-Backpack program, which provides school supplies to children on base and in the local community, kicked off July 20 at Joint Base San Antonio-Lackland and JBSA-Randolph.

Anyone interested in donating a backpack with school supplies is welcome to do so through Wednesday.

"The goal of this program is to give the children of military and local community families the opportunity to start school with the supplies they need to be successful," said Angela Green, JBSA-Randolph School liaison.

Active-duty Airmen in the ranks of E-5 and below, or E-6 and above with more than three dependents, are eligible to sign up to receive backpacks. Also eligible are children of service members currently deployed, on extended temporary duty or on a remote tour of duty and members experiencing unique circumstances or hardships.

"This is a great program that has truly helped many of our families and children. The smiles on the children's faces when they pick up their backpacks are priceless," Green said. "Some of the things we may take for granted each day are some of the very same things that some of our families struggle so very hard to obtain."

First sergeants should contact the JBSA school liaison office at jbsa.slo@us.af.mil with names of potential families to receive a donated backpack. Information must include the squadron, sponsor's name and the age group and gender of the child or children who will receive the backpack.

Photo by Senior Airman Krystal Wright

Senior Master Sgt. Jadirra Walls, 737th Training Support Squadron 1st sergeant, carries donated backpacks full of school supplies July 15 to the Military Family Readiness Center at Joint Base San Antonio-Lackland as part of the annual Build-a-Backpack program. The program, which kicked off July 20, provides school supplies to children on base and in the local community and collection of donations continues until Aug. 5.

To donate, pick up a list at the school liaison office or print one at http://www.jbsa.af.mil/shared/media/document/AFD-130731-032.pdf. Choose either 'List A' for grades kindergarten through grade 5 or 'List B' for grades 6 through 12. Purchase all of the items on the list for that age group. Place the shopping list of the selected age group and gender in the backpack for identification purposes. Drop off the backpack at either JBSA-Lackland or JBSA-Randolph's Military & Family Readiness Center or libraries, Monday through Friday from 10 a.m. to 3 p.m.

"Last year's event helped more than 600 children start off the school year on the right foot," said Lori Phipps, JBSA-Lackland school liaison. "With seven boxes of school supplies and more than 480 backpacks donated and distributed last year, it was the largest and most successful drive since the program began."

More than 150 military families received backpacks and 200 additional backpacks were donated to local area schools.

"The remainder of the supplies was given to incoming families who arrived in the middle of the school year and had not received their household goods," Green said.

Backpack distribution is tentatively scheduled for the week of Aug. 10-14.

"The goal for this year's drive is to exceed the number of backpacks collected last year and to reach more families that are in need," Green said. "The community can help with the drive by donating and spreading the word about the program."

For more information, contact the JBSA School Liaison Office at 671-3722 or 652-5321.

LACKLAND TALESPINNER

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

Roberson takes command of AETC

By Tech. Sgt. Beth Anschutz
Air Education and Training Command Public Affairs

Lt. Gen. Darryl Roberson took command of the Air Education and Training Command in a ceremony at Joint Base San Antonio-Randolph July 21.

Outgoing commander Gen. Robin Rand handed Roberson the reigns before heading to his new assignment as the Commander of Air Force Global Strike Command at Barksdale Air Force Base, La.

The ceremony was officiated by Air Force Chief of Staff Gen. Mark A. Welsh III.

"To the 62,000 men and women of the First Command, who recruit, train and educate the more than 660,000 Airmen of our Total Force, thank you for inspiring me," Welsh said. "Your efforts uphold all of our people programs. It blues and reblues everyone in this unstoppable force. Despite political uncertainty and waning budgets, you infallibly develop our most valuable asset: the Airmen you educate and train. You build Airmen and there is no more sacred task in our Air Force."

Welsh highlighted some of the accomplishments of Rand during his tenure, to include the stand-up of the Profession of Arms Center of Excellence, or PACE, the addition of Airmen's Week to Basic Military Training, and other changes to the way the Air Force recruits, trains and educates through its First Command.

"Our Air Force simply can't fly fight and win without you," Welsh said to the men and women in attendance.

Rand took the floor and passed the praise to the Airmen of AETC.

"These great Airmen did all the hard work and I'm so darn proud of them," Rand said. "Thank you, Chief, for the opportunity to command them."

Rand used his time at the podium to thank the numerous distinguished visitors, commanders, civic and Air Force leaders in the audience. He encouraged the Airmen of AETC to keep up the hard work.

"You do something no other major command does: you produce, educate and train the future leaders of our Air Force. The next Air Force Chief of Staff, Command Chief Master Sergeant of the Air Force and all other leaders and commanders start in AETC," Rand said.

Rand passed the command flag to Roberson and the newest AETC commander took a moment to speak to the Airmen of AETC for the first time.

"There are a few words to express how I'm feeling today: humbled, honored and extremely excited. I'm excited because of what AETC does for our Air Force and to be able to continue to serve among such stellar teammates and warriors who have pledged their lives to the defense of our great country," Roberson said. "The mission of our command is vital to the success of our Air Force and the American way of war, since Air Power is such a core piece of how we fight. Air Power starts here."

Roberson ended the ceremony with a call to action for the command.

"To Air Education and Training Command members, I am excited to serve alongside you and I promise to give you my best effort every day. I will focus on motivational mission accomplishment, compassionate care of our Airmen and families, innovation and leadership," Roberson said. "What I would ask of you is a commitment to excellence each day as we forge innovative Airmen to power our Air Force."

Photo by Johnny Saldivar

Air Force Chief of Staff Gen. Mark A. Welsh III (left) passes the Air Education and Training Command guidon to Lt. Gen. Darryl Roberson, commander of AETC, during a change of command ceremony at Joint Base San Antonio-Randolph, July 21. The ceremony represents the formal passing of responsibility, authority and accountability of command from one officer to another.

News in Brief

VOLUNTEERS NEEDED FOR TV ANNOUNCEMENT

Headquarters Air Force Recruiting Service is looking for volunteers to act in an upcoming public service announcement titled, "Say Yes." The 30-second TV spot will receive national exposure and is aimed at motivating kids to "Say Yes" to a drug-free life and all filming will take place in and around San Antonio. Candidates will be 16-21 years old, both male and female.

Acting experience preferred but is not necessary. Please send a photo and resume if you have one to afrs.broadcasting@gmail.com. AFRS will contact you if you are in consideration for one of the parts. For questions or additional information, call 665-0524 or 665-0525

TELL US WHAT YOU THINK

Have an idea or suggestion that can improve the military family, welfare or quality of life? Can you identify a critical issue affecting the readiness or morale at Joint Base San Antonio?

Submit suggestions by September 15. Be a part of this powerful process. Volunteers are needed, call 221-2380 or email usaf.jbsa.502-abw.mbx.502-fssvolunteer@mail.mil for more information.

VIRTUAL CAREER LIBRARY

The virtual library features a full range of career guidance and employment services for free to all Joint Base San Antonio personnel and their families who participate in the Employment Readiness Program.

Online resources include educational e-books, employment guides, school/college finders, e-learning courses, virtual job data cards, employer news and more. The resources may be accessed at http://www.VirtualCareerLibrary.com/lacklandafb.

INFORMATION & REFERRAL

Information and Referral located at Military & Family Readiness Center, Bldg. 1249, is a one-stop information and referral center for Department of Defense ID cardholders and their families. One of its major functions is linkage ensuring personnel and their families are connected with the appropriate service on and off JBSA. Call 671-3722 for more information.

624th Operations Center welcomes new commander

By Master Sgt. Luke P. Thelen
24th Air Force Public Affairs

The men and women of the 624th Operations Center welcomed their new commander, Col. Michael P. Dombrowski, and bid farewell to Col. Bradley L. Pyburn during a change of command ceremony on JBSA-Lackland, July 1. Maj. Gen. Ed Wilson, 24th Air Force commander, presided over the ceremony.

"Today, I stand before all of you, grateful to follow a visionary as talented as Col. Pyburn," Dombrowski said about his predecessor. "A man who has matured cyber more in two years than generations of Airmen matured airpower in two decades," he added.

"I stand in awe of everything you and your team has accomplished in just a short two years and I promise to do everything in my power to keep cyber on the fast track you've established as we mature this domain."

Dombrowski takes command of the 624 OC after a short tour as director of communications for 25th Air Force, an assignment that directly followed the successful completion of a National Security Fellowship at the Harvard University John F. Kennedy School of Government, Cambridge, Mass.

A career Air Force space and cyberspace officer, Dombrowski earned a bachelor of science degree in computer science from the University of New Hampshire in 1993 was commissioned into the Air Force. In 1999 Dombrowski earned a master of science degree in information systems from Western International University and later was a Distinguished Graduate of the Advanced Communications Officer Training Course in 2002. Dombrowski also holds a master of military arts and sciences degree from the Army Command and General Staff College, Fort Leavenworth, Kan.

"History tells us that the fight is won when the commander is engaged first hand to develop a plan," said Dombrowski. "Our job is to help the commander formulate his strategy in support of myriad operational plans in every theatre of operations."

Photo by Benjamin Faske

Col. Michael P. Dombrowski (right) accepts the 624th Operations Center guidon from Maj. Gen. Ed Wilson, 24th Air Force commander ,during a change of command ceremony July 1 at Joint Base San Antonio-Lackland. The 624th OC's mission is to establish, plan, direct, coordinate, assess, command and control full spectrum cyberspace operations and capabilities to support Air Force and joint requirements.

59th MDW veterinarian named AVMA Distinguished Diplomat

By Joe Bela
59th Medical Wing Public Affairs

Dr. Thomas Cropper, the director of Trainee Health Surveillance at the 559th Medical Group, was honored recently by the American Veterinary Medical Association for his significant contributions to the specialty of veterinary preventive medicine.

Cropper was named a Distinguished Diplomat of the AVMA's specialty college, the American College of Veterinary Preventive Medicine, July 12 during the AVMA's annual meeting in Boston.

"I am humbled to be selected for the 2015 American College of Veterinary Preventive Medicine Distinguished Diplomat Award," Cropper said. "I appreciate the many contributions of my teachers and military and professional co-workers over my career who helped make this award possible. Previous recipients of this award have been my role models in the fields of Veterinary Preventive Medicine and Public Health and it is a great honor to have my name included with theirs."

Cropper, who joined the Air Force as part of the Veterinary Corps in 1974, was recognized for various distinguished contributions, which include leading a team of public health and entomology professionals in determining the presence of Chagas disease in military working dogs and wildlife and in determining the presence of the kissing bug species, its infection rate and source of blood meals. The findings led to effective preventive health measures now used in protecting military trainees.

The Director of Trainee Health Surveillance since 2008, Cropper serves as a mentor for veterinarians who agree to serve in the Air Force after veterinary school. He also facilitates Air Force physician Master of Public Health students' access to military data to analyze for health trends and issues.

Photo by Staff Sgt. Jerilyn Quintanilla
Dr. Thomas Cropper (left) and Lt. Col. Edward Wozniak, Texas State Guard chief public health officer, discuss the effects of Chagas disease on the base population July 17 at the Reid Clinic on Joint Base San Antonio-Lackland. Cropper is the 559th Medical Group Trainee Health Surveillance director and was recently named Distinguished Diplomate by the American Veterinary Medical Association.

39TH IOS ESTABLISHES DETACHMENT 1

Photo by Johnny Saldivar
Capt. Judson Dressler (right) assumes command of the 39th Information Operations Squadron Detachment 1, July 10 at Joint Base San Antonio-Lackland. Col. Timothy Franz, 318th Cyberspace Operations Group commander, presided over the ceremony. The detachment will serve as an extension of the 39th IOS schoolhouse at Hurlburt Field, Fla., teaching cyber warfare operations and cyber vulnerability assessment/hunt courses to Air Force cyber operators.

Straight Talk Line

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

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

JBSA Sexual Assault Prevention and Response

JBSA SEXUAL ASSAULT HOTLINE • 808-SARC (7272)
DOD SAFE HELPLINE • 877-995-5247
JBSA CRISIS HOTLINE • 367-1213
JBSA DUTY CHAPLAIN • 365-6420

688th Cyberspace Wing conducts change of command ceremony

By 1st Lt. Carly A. Costello
688th Cyberspace Wing Public Affairs

The 688th Cyberspace Wing officially welcomed its new commander during a change of command ceremony July 16 at Joint Base San Antonio-Lackland.

Col. Michelle Hayworth took command of the 688th Cyberspace Wing from Col. Michael Harasimowicz, who has commanded the wing since July 2013.

Maj. Gen. Ed Wilson, 24th Air Force commander, presided over the ceremony and said Hayworth was the perfect fit for the wing.

"Hayworth is absolutely the right person to take over the helm of the 688th," Wilson said.

This is Hayworth's fourth tour in the San Antonio area. She started her Air Force career as an enlisted computer programmer before going to Officer Training School at Medina Annex in San Antonio.

This is also not her first time in the 24th Air Force, having served as the commander of the 690th Network Support Group, now the 690th Cyberspace Operations Group, from July 2011 to July 2013.

"It's always comforting when you have a wing commander coming in who has a history with the organization they are taking over," Wilson said. "It's reassuring as a commander that we've got top-notch talent with experience."

At her last assignment as the communications director for Headquarters U.S. Air Forces in Europe-Air Forces Africa, Hayworth experienced the talent of the 688th Cyberspace Wing.

"I saw firsthand the high demand for all the capabilities the 688th brings to the fight," Hayworth said. "I look forward to the important work we have ahead to continue to grow this mission set."

This was Harasimowicz' last command and job on active duty as he prepares for retirement.

"Harasimowicz has done an amazing job," Wilson said. "If you look at the unit, it has been setting all kinds of records. I don't think there has ever been a time in our Air Force that warfighters are seeing cyber capabilities at the pace, the scale and the scope of what we are seeing today. One of the primary reasons is because of the 688th. We are desperately going to miss you. We entrusted you with a tremendous unit. It's grown by leaps and bounds, and you have really inculcated it with a special culture, caring for our Airmen, getting the mission done and innovation. You've taken it to the next level, which is amazing, and you should be proud."

Harasimowicz served more than 25 years in the Air Force as an intelligence officer working in information and cyberspace operations.

Photo by Johnny Saldivar

Col. Michelle Hayworth, 688th Cyberspace Wing commander, shakes hands with Col. Michael Harasimowicz, former 688th Cyberspace Wing commander, during the wing's change of command ceremony July 17 at Joint Base San Antonio-Lackland. Harasimowicz relinquished command after two years with the wing and retired from the Air Force.

"This has been a phenomenal unit and it's only going to go faster, funnier and even better," Harasimowicz said. "You are making history and it's been fantastic to watch. The history that we have had in the past and where we are going to go in the future is bright. It has been my absolute honor to serve you as your wing commander."

Heyworth echoed the dedication and success of the wing upon taking command.

"To the men and women of the 688th, I cannot thank you and your families enough for your dedication," she said. "The continued success of this outstanding organization is due to the hard work and the commitment of each and every member of this team. I value each of you and I don't take any of what you do or your contributions for granted. It is truly an honor to be your commander."

Legal Assistance Day for 67th and 688th Cyberspace Wings is Monday

By Capt. John Kalis
Chief of Cyber Operations Law, 67th Cyberspace Wing

Is your legal house in order? Would you be ready if you were tasked with a short-notice deployment? Do you have a will and an advanced medical directive? Are your powers of attorney up-to-date?

If you answered no to any of these questions, you are not alone. Many people put off planning for life's uncertainties. The 67th Cyberspace Wing legal office would like to help.

The legal office is setting aside Monday for members of the 67th and 688th Cyberspace Wings to come in for legal assistance. No appointment will be necessary. Members can walk in throughout the day and receive legal assistance on a first-come, first-served basis.

The August 3 legal assistance day is an opportunity for wing members to take care of legal issues that they may have been putting off addressing, such as wills, powers of attorney, notaries, etc.

According to Tech Sgt. Eduardo De La Torre, 67th Cyberspace Wing Legal Office non-commissioned officer in charge, the goal of having one day devoted entirely to legal assistance is "to get our operators back to accomplishing the Air Force mission with minimum interruption."

Maj. Jeffrey Biller, 67th Cyberspace Wing staff judge advocate, agreed stating that providing direct support of the mission of the 67th and 688th Cyberspace Wings is the goal of the legal assistance day.

As an added convenience to minimize time spent in the legal office, members are highly encouraged to complete worksheets online for many common legal documents before coming in on Monday. The documents will then be finalized by the legal office. These worksheets can be found on the Air Force legal assistance website at https://aflegalassistance.law.af.mil.

Full legal assistance services are available for active duty, activated National Guard, activated Reservists, dependents and veterans. Services for civilians and contractors are limited.

Per Air Force Instruction 51-504, if a civilian employee or contractor does not also fall under one of the serviced categories, such as veteran or dependent, the legal office can only provide deployment-related assistance.

The 67th Cyberspace Wing legal office is located in building 2169, room 202, on Security Hill, Joint Base San Antonio – Lackland. For geographically separated units, your local installation legal office can provide a full range of legal assistance services.

Lackland-based personnel who are not able to come Monday can schedule an appointment by calling 977-6411 or the Lackland installation legal office at 671-3367.

433rd AMXS learns lesson in giving back

Story and photo by Capt. Cris Medina
433rd Airlift Wing Public Affairs

Members of the 433rd Aircraft Maintenance Squadron accomplish two important objectives once a month. They meet their training goals by completing block training and they spending time volunteering to help those in need.

During block training, aircraft maintainers spend four days reviewing and practicing basic skills in addition to completing mandatory ancillary training. One of those days they dedicate to the San Antonio Food Bank.

"We've been getting out once a month for what we call, 'block training.' During that week, we incorporate one day, usually in the afternoon, to volunteer our time at the food bank," Master Sgt. Michael Vaquera, 433rd Aircraft Maintenance Squadron, said.

Eric S. Cooper, president and CEO of the San Antonio Food Bank expressed appreciation for the helpful hands that showed up to assist.

"With summer being our greatest time of need during the year, it's critical that the community steps forward and helps us ensure no child goes hungry," Cooper said.

According to the food bank's website, a quarter of children in Bexar County face hunger on a daily basis. During the summer, the situation becomes even worse, as school-sponsored programs are not available for these families.

The San Antonio Food Bank provides food and grocery products to more than 500 partner agencies in 16 counties throughout Southwest Texas. In 2013, the San Antonio Food Bank provided nearly 50 million pounds of food. The mission of the SAFB is to fight hunger in Southwest Texas through food distribution, programs, education and advocacy.

"Our members really get a lot out of their time spent helping those in need. It's what we do in the Air Force; Service before self," Vaquera said.

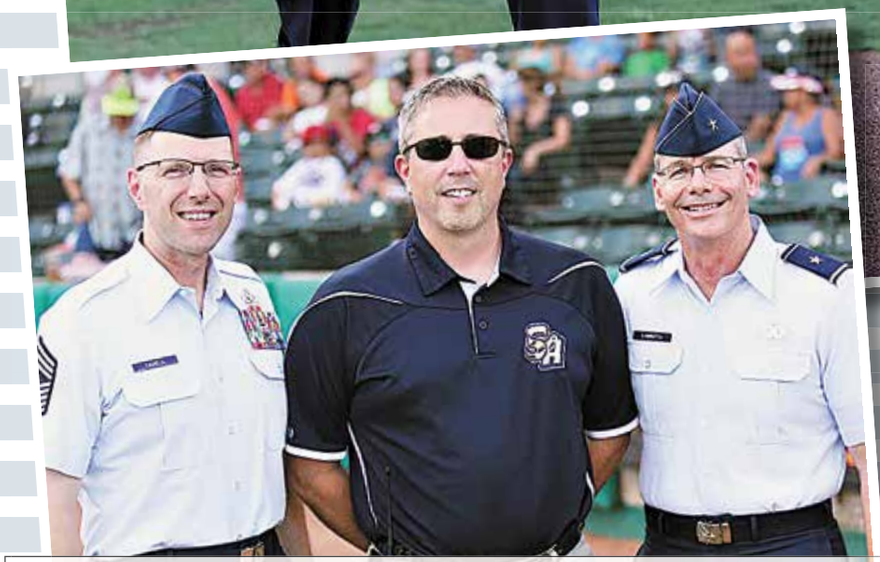
Members of the 433rd Airlift Wing Aircraft Maintenance Squadron at Joint Base San Antonio-Lackland, separate food items for distribution to local needy families July 18 during block training. The San Antonio Food Bank distributes food items to 16 counties in the South Texas area.

Air Force takes part in Military Night at the Missions

Brig. Gen. Bob LaBrutta, 502nd Air Base Wing and Joint Base San Antonio commander, throws the ceremonial first pitch during Military Night at the San Antonio Missions minor-league baseball game July 22 at the Nelson Wolff Stadium in San Antonio. The Missions players honored the men and women in the U.S. military by wearing commemorative camouflage uniforms and camouflage hats. More than 4,800 people attended the game against the Frisco Roughriders.

The Joint Base San Antonio-Lackland Color Guard provided the flag presentation as part of the opening ceremonies at Military Night at the San Antonio Missions minor-league baseball game July 22 at the Nelson Wolff Stadium in San Antonio.

Photos by David Michael



Dave Gasaway (center), San Antonio Missions minor league baseball team general manager, poses with Command Chief Master Sgt. Stanley Cadell (left), Chief Master 502nd Air Base Wing and Joint Base San Antonio, and Brig. Gen. Bob LaBrutta, 502nd ABW and JBSA commander, prior to the start of Military Night at the San Antonio Missions minor-league baseball game July 22 at the Nelson Wolff Stadium in San Antonio.

Staff Sgt. Eden Meadows, U.S. Air Force Band of the West vocalist, sings the National Anthem before the start of Military Night at the San Antonio Missions minor-league baseball game July 22 at the Nelson Wolff Stadium in San Antonio.

Texas Wing are ambassadors to the Americas

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

Close to 50 students and their instructors from the Inter-American Air Forces Academy visited the 433rd Airlift Wing July 8 at Joint Base San Antonio-Lackland to learn about the C-5A Galaxy, and how the Reservist maintainers keep their aircraft in the fight.

The IAAFA students are military personnel from the Americas, who are maintenance officers and superintendents that come to the United States to participate in the academy's 10-week course in aircraft maintenance management.

One of the main points of the academy is "building partnerships for tomorrow."

"I like to share the experience and see their excitement about a different type of airplane than what these gentlemen fly," Lt. Col. Kari L. Hill, 68th Airlift Squadron pilot, said.

"I found it interesting that although there are language barriers, we all could communicate about aviation with the same terminology and share the differences and similarities of our airframes," Hill said.

IAAFA's mission is "Fostering enduring Inter-American engagement through education and training," its website says.

"They are very impressed with the C-5A Galaxy because it has more capabilities than the aircraft they have, "said Tech Sgt. Sergio Estrada, a PT-6 and J-85 engine instructor at IAAFA.

"This tour shows the unity between the countries in building partnerships," said Estrada, who was formerly an engine mechanic on the A-10 Warthog.

"I'm a pilot, it was better to be on the flightline than in the classroom," Lt. Col. Mao Gomez, A-29B Super Tucano pilot with the Dominican Air Force, said referring to the C-5A Galaxy.

Photos by Tech. Sgt. Carlos J. Trevino

Master Sgt. Carlos Medrano Jr. (right), aircraft engine supervisor with the 433rd Maintenance Squadron, Joint Base San Antonio-Lackland, talks about engine maintenance and repairs on the C-5A Galaxy to students from Inter-American Air Forces Academy at JBSA-Lackland, July 8.

"This airplane is huge," he said when comparing the plane he flies to the C-5A Galaxy. His turboprop aircraft is a twin-seat multi-role, fixed wing aircraft that can provide air-to-ground capability, aerial reconnaissance and support counterinsurgency operations.

"It's nice that the maintainers can make the parts to fix the airplanes themselves rather than spending money buying spare parts from the aircraft manufacturer," Gomez said about the maintenance shops.

"This was a good experience," he said. "Hopefully, pilots and maintainers that come to the next class can get to see this tour."

Westover Medical Home to open in August

By Lori Newman
BAMC Public Affairs

The Westover Medical Home on the Northwest side of San Antonio is scheduled to open in August.

TRICARE beneficiaries who would like to enroll or move to the new Westover location can visit https://www.humanamilitary.com/ or call 1-800-444-5445. For beneficiaries age 65 or older, call 210-808-2721 for more information. People are encouraged to call soon as enrollment opportunities are limited.

Beneficiaries who sign up for care at the new clinic will need to see their provider at the Fort Sam Houston Clinic or the Taylor Burk Clinic at Camp Bullis until the clinic opens.

"We hope that the addition of this new patient-centered medical home on the Northwest side of San Antonio will be of great value to our military beneficiaries on that side of town," said Anthony O'Bryant, clinic administrator.

The 12,500-square-foot community-based medical home will house 13 board-certified providers with varied backgrounds and a multitude of experience to serve their patients. People will also have the benefits of on-site laboratory capabilities and a pharmacy with a drive-thru.

"We use a team approach to health care with licensed vocational nurses, registered nurses and physicians all working together to take care of our patients," O'Bryant said. The clinic will see patients from two-weeks old and up.

"We want our military beneficiaries to take advantage of what military medicine offers. We want to be their first choice for health care," he added "Our intent is always to provide the best access to military medicine for our beneficiaries."

Westover is one of nearly a dozen military medical clinics across San Antonio, and one of several community-based medical homes designed to offer convenient, high quality care to military families throughout the region.

The address is 10010 Rogers Crossing, which is located off State Highway 151 and Westover Hills Boulevard.

Local Briefs

AUG 7

HOW TO START A SMALL BUSINESS

The Small Business Development Center will teach a class 1-4 p.m. at the Military & Family Readiness Center on starting a small business. They will provide information on writing effective business plans, market research, selecting a good location, time management and other important topics. For more details, call 671-3722.

PARENTS' NIGHT OUT

This program provides children ages 5 (in kindergarten)-12, activities, games, entertainment and snacks for an enrollment fee of $25 per youth with multiple child discounts or free with "Give Parents a Break" referral. Program runs from 6:30-10:30 p.m. late pickup is subjet to $5 fee for first five minutes then $3 for every minute after that. for more information, call 671-2388.

AUG 12

BUNDLES FOR BABIES

The Military & Family Readiness Center will be holding a Bundles for Babies class 1-4:30 p.m. Active duty expecting parents are encouraged to attend this class. Information will be provided on financial planning from conception to college, support programs offered within the community, and parenting skills. For more details, call 671-3722.

AUG 14

TROOPS TO TEACHERS

Troops to Teachers assists eligible military personnel in pursuit of teaching as a second career in public schools and will be from 9 a.m. to 3 p.m. at the Military & Family Readiness Center. Troops to Teachers provides counseling, referral and placement assistance, identifies required certifications and employment opportunities. For more information, call 671-3722.

AUG 25

FEDERAL APPLICATION PROCESS

Review the Federal employment process and careers offered within the Federal government during a class 1-4 p.m. at the Military & Family Readiness Center. Learn about resources that support the Veterans Employment Program, skill translators, resume builders and more. For additional information, call 671-3722.

AUG 27

UNDERSTANDING SELF-INJURY

The Exceptional Family Member Program support group will focus on understanding self-injury Noon to 1:30 p.m. at CAMP, Building 3850 with special guest Beth Confer, Director of Community Relations at Clarity Child Guidance Center. Review why children and teenagers may engage in this practice and learn about coping strategies, as well as tips for teachers, parents and mental health professionals who work with children that self-injure. For more information, call 671-3722.

INFORMATIONAL

24-7 FITNESS ACCESS

Fitness Center after-hours access is available for authorized patrons 18 years and older at the following participating centers: Rambler Fitness Center, Jimmy Brought Fitness Center and the Chaparral Fitness Center. Registration for access is taken at the front desk for those with Department of Defense Common Access Cards. Registration for all other DOD ID cards will begin at a later date. For more information, see front desk personnel.

GATEWAY GOLF COURSE GRILL CLOSING

The golf course grill, located at the Gateway Hills Golf Course on Joint Base San Antonio-Lackland is closed for renovations. Construction is estimated to last until October. The golf course continues to operate as usual. Snacks and drinks available at the pro-shop. For any questions, contact 671-3466.

CAR SEAT CLINIC

Family Advocacy is partnering with SafeKids USA to provide a child safety seat clinic at the Joint Base San Antonio-Lackland Fire Station, located at 1910 Kenly Ave., building 2325, Thursday from 9:30 –11:30 a.m.

Safety seat check ups, installation education and recall checks are included.

Only military ID cardholders are eligible and the child must be a dependent. New car seats are provided only if the current seat is outdated or on the recall list.

Children must be present and under 4 feet 9 inches or 100 pounds. Only one seat will be replaced per child. Registration is required; and no walk-ins.

Provide the following information: child's name and age, weight and height, number of children and make and model of vehicle.

To register, call 292-5967.

JBSA FAMILY ADVOCACY PROGRAM CARE LINE

Assistance is available to those in need of services related to the prevention of family maltreatment in the community.

To report incidents of spouse or child abuse and to coordinate an emergency response for victims of domestic violence, call 292-5967. This line is monitored 24 hours per day, seven days a week.

MILITARY & FAMILY LIFE COUNSELORS

Military & Family Life Counselors help service members, their families, significant others, and DOD civilian staff address issues from deployment and reintegration, marriage and relationships, family issues, communication challenges, stress and anxiety, depression, grief and loss, and daily life issues. Consultations are anonymous, no records are kept. For more information, call 540-5025.

CHAPEL SERVICES

—PROTESTANT WORSHIP SERVICES

Freedom Chapel – Building 1528

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

LITURGICAL SERVICE

Airman Memorial Chapel – Building 5432

Sun. 8:00 a.m

CHURCH OF CHRIST

New BMT Reception Center – Building 6330

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

SEVENTH - DAY ADVENTIST

Gateway Chapel – Building 6300

Sat. 12:30 p.m.

CHRISTIAN SCIENCE

New BMT Reception Center – Building 6330

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

—ORTHODOX CHRISTIAN

Airmen Memorial Chapel – Building 5432

Sun. 9:30 a.m.

—WICCA

New BMT Reception Center – Building 6330

Sun. 9:00 – 11:00 (Auditorium)

Freedom Chapel – Building 1528

Wicca Open Circle 1st Tues. 6 – 7 p.m.

—REFUGE STUDENT CENTER

Building 9122 (Tech Training & TDY Students)

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

—JEWISH

Airmen Memorial Chapel – Building 5432

Sabbath & Kiddush	Fri.	4:30 p.m.
Religious Education	Sun.	1:30 p.m.

—ROMAN CATHOLIC

Freedom Chapel – Building 1528

Religious Education	Sun.	9:00 a.m.
Mass Sat. 5:00 p.m.	Sun.	11:00 a.m.
Reconciliation	Sat.	4:00 – 4:45 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.

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

JBSA-LACKLAND KEY FAMILY SUPPORT RESOURCES

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

Enlisted Spouses' Club	http://www.lacklandesc.org
Force Support Squadron	http://www.lacklandfss.com
Lackland ISD	http://www.lacklandisd.net
Officers' Spouses' Club	http://www.lacklandosc.org
JBSA Public website	http://www.jbsa.mil
My Air Force Life	http://www.MyAirForceLife.com

Stay hydrated while outdoors during the summer

By Jose T. Garza III
JBSA-Lackland Public Affairs

Whether it's getting wet at the water park or working on the lawn, people enjoy doing a variety of outdoor activities during the summer.

However, planning outdoor activities without taking the higher temperatures into account could lead to heat-related injuries including heat exhaustion and heat stroke, as a result of the body overheating.

Heat stroke is the most serious form of heat injury and occurs when the body's temperature rises rapidly, the sweating mechanism fails and the body is unable to cool down. Death or permanent disability can result without emergency treatment, according to the Centers for Disease Control and Prevention.

Symptoms may include an extremely high body temperature (above 103°F, orally), throbbing headache, rapid pulse, dizziness, confusion, lack of sweating despite heat, red, hot and dry skin, muscle weakness, nausea and unconsciousness.

Heat exhaustion can develop during the course of several days of exposure to high temperatures and lack of proper hydration, and is considered a milder form of heat-related illness according to the CDC.

Symptoms can include heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea and fainting.

Edward Meza, 502nd Air Base Wing safety specialist, recommends eating certain foods that help keep the body hydrated while outdoors.

Those foods include seaweeds, leafy greens, carrots and seafood such as salmon and tuna. He also said to add olive oil, nuts and foods high in minerals such as broccoli, kale and collards.

"Eating fruits and vegetables that have high water content is also a plus, especially if you anticipate spending continuous hours working or playing in direct sunlight," Meza said. "Eat fruits and vegetables such as pineapple, cucumbers, apples, pears, tomatoes and oranges. Watermelon is especially beneficial in hydrating your body, and you can eat it in chunks."

Meza also advises individuals drink at least six glasses of plain filtered water per day to keep hydrated and to also drink water when thirsty, as thirst is a sign of dehydration.

Just as there are healthy foods that keep people hydrated, Meza advises individuals to stay away from foods that lead to dehydration.

"Avoid consuming food that contains caffeine, because it will act as a diuretic prompting your body to urinate, thus getting rid of valuable fluids," Meza said.

While is it important to eat nutritious food for hydration, Meza also recommends individuals get acclimated to the weather and take it easy during the hottest periods of the day.

"Alter patterns of outdoor exercise to take advantage of cooler times such as early mornings or late evening," he said. "If workout time changes are not optional, scale it down by decreasing time, walk instead of run and lower your level of exertion."

For additional information on outdoor summer safety, call 671-5028.

Connect With Us!

JBSA-LACKLAND ON THE SOCIAL NETWORKING SCENE

Follow us on Twitter at: *http://twitter.com/JBSALackland*

Or just go to our website at: *http://www.jbsa.mil* ***and look for social media.***

Follow us on Facebook at: *Lackland-JBSA*

E-mail us at: *Lackland.jbsa@gmail.com*

BMT HONORS

Congratulations to the following 67 Airmen for being selected as honor graduates among the 675 Air Force basic military trainees who graduated today:

321st Training Squadron
–Flight 403
Bryce Baker
Tyler Eckman
Sequan Gill
James Nolde
Andrew Palmeri
Samuel Riley
Michael Vetter
–Flight 404
Tyler Bates
Taylor Crider
Dannielle Garcia
Cydney Howell
Mindy Klask
Alyssa Pizzo

322ndTraining Squadron
–Flight 395
Coleman Brown
John Hall
Cameron Hill
Dylan Miles
–Flight 396
Daniel Edgar
Jordan Gazdik
Garrett Gray
Donald Guy
Dwan Holman
Matthew Malanga
Robert Obrien
Andrew Sopko
–Flight 399
Samuel Barton
Logan Dirks
Robert Goss
Joshua Hock
Benjamin Kimbrell
Adam Lincoln
Dean Mclean
Clay Newsom
Joshua Rymiszewski
Ian Schechert
Jordan Williams
–Flight 400
James Bryant
Mikhail Falk

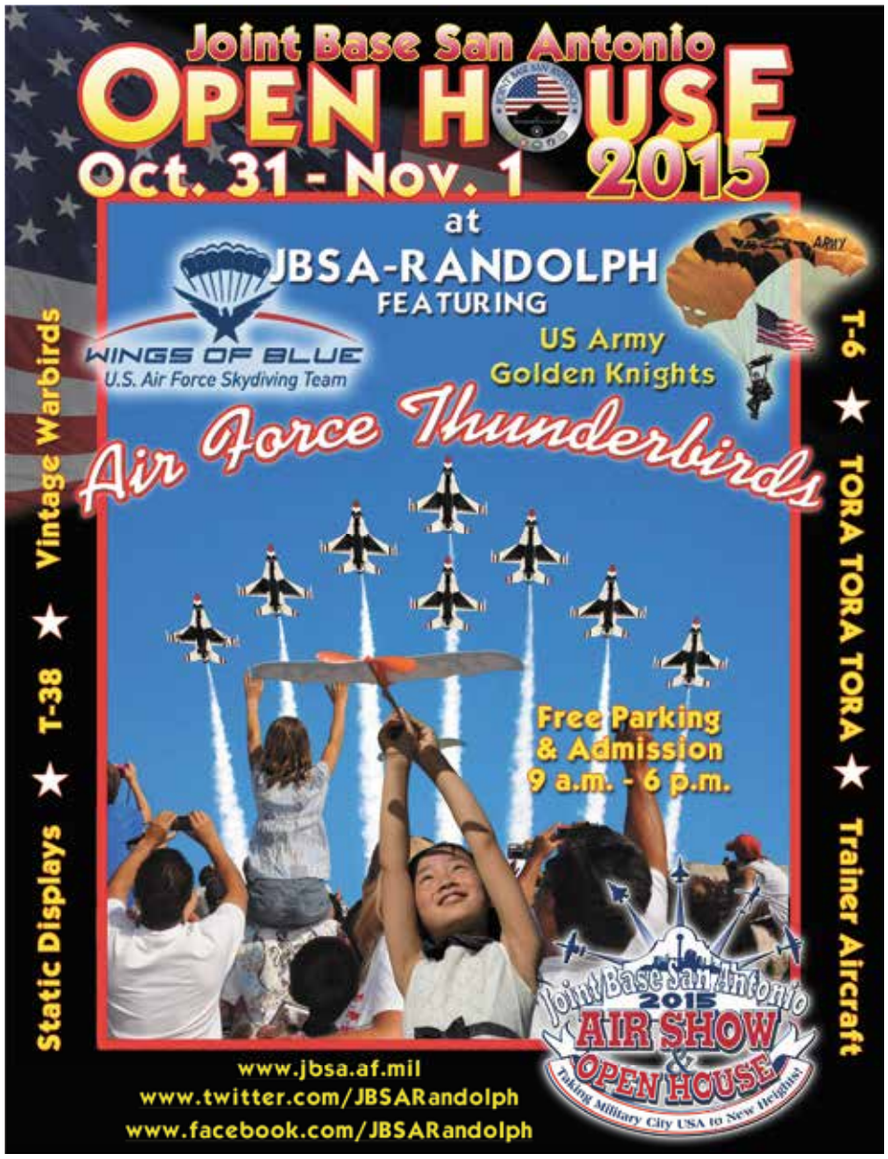
323rd Training Squadron
–Flight 401
Bryce Bartholomew
Juan Castano
Peter Fischer
Dennis Kreis
Eric Ledesma
Chanin Timbal
Skyler Weber
–Flight 402
Brianna Bowen
Augustine Ward

331st Training Squadron
–Flight 393
Raymond Baskins
Zachary De Marco
Lukas Gaines
–Flight 394
Joshua Buell
Drew Dransfield
Austin Hutchins
Tristen Larson
David Ronces-Morales
Joshua Sparks
Alex Stout
Dillon Wills
–Flight 397
Mitchel Mead
Mitchell Meyer
Terry Stromatt
–Flight 398
Emily Juarez

Top BMT Airman
Zachary De Marco
331st TRS, Flight 393

Most Physically Fit
–Female Airmen
Heather Fitzhenry
323rd TRS, Flight 402
Cheyanne Bernier
321st TRS, Flight 404
Mary Florkiewicz
323rd TRS, Flight 402
Brittany Robertson
331st TRS, Flight 398
–Male Airmen
Anthony Cooper
331st TRS, Flight 394
Creighton Raabe
331st TRS, Flight 394
Ethan Murtha
331st TRS, Flight 379
Tyler Hill
331st TRS, Flight 380
–Female Flights
323rd TRS, Flight 402
321st TRS, Flight 404
331st TRS, Flight 398
–Male Flights
331st TRS, Flight 394
322nd TRS, Flight 396
331st TRS, Flight 393
322nd TRS, Flight 395
322nd TRS, Flight 400
322nd TRS, Flight 399
321st TRS, Flight 403
323rd TRS, Flight 401
331st TRS, Flight 397

Top Academic Flights
323rd TRS, Flight 401
321st TRS, Flight 403
331st TRS, Flight 393
322nd TRS, Flight 395
322nd TRS, Flight 399
322nd TRS, Flight 396
331st TRS, Flight 394
322nd TRS, Flight 400
331st TRS, Flight 397
321st TRS, Flight 404
323rd TRS, Flight 402
331st TRS, Flight 398



Joint Base San Antonio-Lackland is on

Instagram

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

New Joint Base San Antonio website

The Joint Base San Antonio website has a new look and includes easier access to family-related resources.
Visit the new site at http://www.JBSA.mil.

ICE
Interactive Customer Evaluation

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

UPCOMING

JBSA-LACKLAND INTRAMURAL SOCCER TOURNAMENT

Joint Base San Antonio-Lackland is looking to build up interest in an intramural soccer program via tournament featuring unit teams. The base will host the tournament Aug. 7, 8 and 9, and games will be seven on seven. Teams can have a maximum of 12 members on the team. If teams don't have enough players to fill a team, they can select three players from the player's pool. For roster and player's pool forms and information, call Brett Cannon at 671-2401/2361.

Scoreboard

SOFTBALL

NATIONAL LEAGUE

NL WEST	W	L
1. 502nd FSG	10	2
2. NTTC	7	3
3. 624th OC	7	4
4. 717th MI Bn	5	6
5. 502nd OSS	5	9
6. 59th MLRS	0	14
NL CENTRAL	**W**	**L**
1. 343rd TRS-SB	10	2
2. 37th TRSS	9	4
3. 802nd SFS-Blue Team	7	4
4. 341st TRS	4	7
5. 502nd CONS	2	12
NL EAST	**W**	**L**
1. AFLCMC	11	0
2. 453rd EWS	8	4
3. 149th FW	6	4
4. 502nd LRS	5	5
5. 688th CW	4	10
6. CGCU-TX	1	11

AMERICAN LEAGUE

AL EAST	W	L
1. NIOC-TX	11	1
2. 737th TRG	9	2
3. 802nd SFS-White	8	3
4. 369th RCG	6	6
5. 92nd IOS	2	9
AL WEST	**W**	**L**
1. DISA	8	5
2. 35th IS	6	4
3. 33rd NWS	6	7
4. Lady Warhawks	4	9
5. IAAFA	1	13
6. 433rd AMXS	0	14
AL CENTRAL	**W**	**L**
1. 690th COG	9	2
2. 543rd ISRG	8	2
3. 502nd CEF	9	3
4. 543rd SPTS	7	6
5. 668th ALIS	6	7
6. 559th MDG	3	10

Junior Golf Camp improves children's game

Brandon Ellis, Gateway Hills Golf Course manager, provides golf instruction to Camille Hanson, 9, during the Junior Golf Camp July 16 at the Gateway Hills Golf Course at Joint Base San Antonio-Lackland.

Story and photo by Jose T. Garza III
JBSA-Lackland Public Affairs

The 502nd Force Support Squadron sponsored a junior golf camp at the Gateway Hills Golf Course July 13-17.

The camp was open to dependent children ages 4 to 14 and to children sponsored by a Department of Defense identification card holder.

Dave Stewart, an assistant golf professional with the 502nd FSS, provided instruction on golf, course etiquette and the basics of the golf swing.

Stewart said the concept of the week-long camp was to increase the children's interest in golf.

"They have an opportunity to be exposed to golf," he said. "We are trying to get these kids to continue playing the game."

Camille Hanson and Michael Stidham played for the first time during the camp and have developed an interest in continuing to play.

Camille, 9, said she became interested in the game because it is fun and challenging.

"You have to hit the ball in the right spot so it will go far and where you need it to go," she said.

Michael, 14, said his golf game improved throughout the week and he believes he can continue to get better.

"I learned how to swing back and forth, how to hold the club steady and pacing," he said.

Involvement in different activities such as golf is "the greatest thing in the world," said Christopher Hanson, Camille's father and retired Air Force master sergeant. He added that his two oldest daughters have also participated in golf camps and he and Camille have played putt-putt at home.

"This is a great experience for the kids," Hanson said. "They may or may not become professionals, but if they take a liking to it and want to do it then you have introduced them to something that they haven't done to before."

Stewart said he sees potential in some of the students and believes they could become good golfers at the high school level if they stick to it.

"I see their athleticism transferring over to golf and helping them out," Stewart said. "I definitely see the next good high school golfer."

For more information on camps and leagues at the Gateway Hills Golf Course, call 671-3466.