



TALESPINNER

JOINT BASE SAN ANTONIO-LACKLAND, TEXAS • Vol. 72 No. 37 • SEPTEMBER 18, 2015



9/11 REMEMBRANCE RUN

Photo by Senior Airman Krystal Wright

Tactical Air Command and Control Schoolhouse instructors and students run Sept. 11 during the 9/11 Remembrance Run at JBSA-Lackland Medina Annex. They were joined by members of Joint Base San Antonio in honor of the 2,996 fallen, which included 343 New York City firefighters, 23 New York City police officers and 37 Port Authority officers.

Your right to privacy in your residence

By E. Stephanie Hebert

502 ISG/JA, JBSA-Lackland Legal Assistance Attorney

Imagine this scenario: You have just moved to Joint Base San Antonio. You sign a 12-month lease and move your family into the home.

One month later, the property manager places a "For Sale" sign in the front yard and a key box on your front door. He apologizes, but tells you that your lease permits entry into the house at all reasonable hours.

You bring your lease to your installation legal assistance office and ask, "How can this be possible?"

Your attorney reads your lease and explains that paragraph 14 of the lease authorizes such entry.

You further complain that the property manager has been taking photographs in your bedroom. And just last night, the property manager brought prospective buyers to look at the house during your family's dinner hour.

"Can't this behavior be stopped?" you ask. "Surely we have a right to privacy – we just signed the lease!" you say. "Can the homeowner really sell the house after we've just moved in?" you ask in an incredulous tone.

Leases are written to protect the landlord, not the tenant. Notwithstanding, an implied promise of "peaceful and quiet enjoyment" exists in every lease.

If you've signed a Texas Association of Realtors lease or a Texas Apartment Association lease, however, you've agreed that your absolute rights to peace and possession are conditioned upon your landlord's right to enter your home under certain circumstances.

Other standardized leases contain similar entry provisions. Is this fair to tenants? Of course not, but if you sign the lease without first reading it, without first asking questions or without first seeking legal advice, you could literally be stuck with a revolving front door during the entirety of your lease.

Your lease dictates exactly when



Courtesy graphic

a landlord can enter your home, and how much (if any) notice he must give you before entering.

As a courtesy, a landlord should try to contact a tenant before entering the property. But, depending on the language in the lease, they can also enter at "reasonable times" and without notice to (a) make emergency and non-emergency repairs, (b) show the property to other prospective tenants or buyers, inspectors, fire marshals, lenders, appraisers or insurance agents, (c) check on the condition of the property and take photographs of the condition, (d) leave written notices and (e) seize property if the tenant breaks the lease.

Most privacy issues arise during the last 60 days of the leasing period, during which time the landlord or property manager may show the residence to prospective tenants who will lease the residence when you move out.

The easiest way for such persons to access your home is through the use of a key box, but even TAR admits that the

key box "involves risk such as unauthorized entry, theft and property damage."

So how do you keep complete strangers out of your home during the last 30 or 60 days of your lease?

Some leases allow tenants to pay a certain amount of money (usually equivalent to one month's rent) in order to keep prospective tenants from entering the residence during the last month or two. But if you didn't negotiate that provision into your lease and you don't have the additional funds to "buy" your privacy, what are your options?

Re-read your lease. Know exactly what the landlord can and cannot do with regard to entry onto the property.

Try to negotiate privacy provisions into the lease by agreement.

Install security cameras inside and outside of the property. Even though this may be a costly approach, you'll be able to see who is coming and going.

Assuming that the entry into your home has been previously scheduled, ensure that someone you trust is present when a landlord or his agent is present.

If you believe your landlord is entering your residence for the purpose of harassment, discuss your options with an attorney.

The best way to protect your privacy inside your home is to negotiate the privacy terms before signing the lease. Cross out and initial any provision that allows anyone to enter your residence without your permission. If the landlord will not agree, don't sign the lease. Move somewhere else. In the alternative, insist upon the shortest possible time period that a landlord will have access to the residence.

If you have questions regarding a lease you've already signed, or are about to sign, call your installation legal office to schedule an appointment with an installation Legal Assistance Attorney. At JBSA-Lackland, call 671-3362; at JBSA-Randolph, call 652-6781; and at JBSA-Fort Sam Houston, call 221-2282.

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

**Straight
Talk Line**

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

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

JBSA Sexual Assault Prevention and Response

JBSA SEXUAL ASSAULT HOTLINE • 808-SARC (7272)

DOD SAFE HELPLINE • (877) 995-5247

JBSA CRISIS HOTLINE • 367-1213

JBSA DUTY CHAPLAIN • 365-6420

News in Brief

ELIGIBLE CIVILIANS CAN APPLY FOR OUT-OF-CYCLE DEVELOPMENTAL EDUCATION

Eligible Air Force civilians interested in out-of-cycle opportunities to enroll in the Air Command and Staff College Online Master's Program or attend Civilian Acculturation Leadership Training can apply through Sept. 30 for a 2016 slot.

The ACSC master's program and CALT are two of many developmental education programs open to civilian employees that support the continuum of learning. Developmental education ensures civilians have the tools necessary to support the mission and to achieve their personal and professional goals.

ACSC-ONLINE MASTER'S PROGRAM

The 33-semester-hour ACSC Online Master's Program includes 11 eight-week courses that explore modern Air Force operations and leadership. Program graduates earn a master of military operational art and science degree. Program information is available at <https://myPers.af.mil> and <https://acsc.maxwell.af.mil>

Applicants must have completed their bachelor's degree and have been a permanent GS-12 or GS-13 for at least two years. Employees who have completed both a master's degree and ACSC or Air War College are not eligible.

CIVILIAN ACCULTURATION LEADERSHIP TRAINING

CALT is a two-week in-residence course similar to Officer Training School. It introduces employees to the Air Force culture and prepares them for future leadership roles. Program information is available on myPers and at the Jeanne M. Holm Center for Officer Accessions and Citizen Development site.

Applicants must have completed their bachelor's degree, have between two and five years of continuous federal civil service by Oct. 1, and have be a permanent GS-7 through GS-13 or equivalent. Employees with prior military service or professional military education are ineligible.

Complete requirements and application instructions are available on the myPers civilian force development page.

For more information about Air Force personnel programs go to the myPers website. Individuals who do not have a myPers account can request one by following the instructions on <http://www.retirees.af.mil>.

NCO RETRAINING APPLICATION WINDOW OPEN THROUGH OCT. 9

Eligible NCOs have through Oct. 9 to apply for retraining under Phase I of the Fiscal Year 2016 NCO Retraining Program,

See NEWS IN BRIEF Page 7

Suicide prevention: how 1 person can make a difference

By Katie Lange
DOD News, Defense Media Activity

Thoughts of suicide are not necessarily something people explicitly announce to the world, which means loved ones often have no idea that their friend or family member is contemplating it.

But there are signs and risk factors, and while you might be thinking you can't make a difference by yourself, you're wrong. Experts say that's sometimes all it takes.

That's the point of the "Power of 1" Campaign, launched by the Defense Department and Department of Veterans Affairs in observance of National Suicide Prevention Month.

"One smile, one conversation, one comment, one caring gesture toward somebody at risk can make a difference in their experience and perhaps instill hope and get them to help," said Dr. Keita Franklin, Defense Suicide Prevention Office director.

The No. 1 thing to know: suicide is preventable.

Warning signs are just missed sometimes.

"Inevitably, we always know that somebody has told somebody that they were struggling," Franklin said of her office's research. "Unfortunately, that person may not have known the extent of the risk."

To be better prepared, here are some of the signs you can look for:

- Expressing sadness often
- Anxiety and agitation
- Deteriorating physical appearances and neglect of personal welfare
- Sleeping all the time, or having trouble sleeping
- Withdrawing from friends and family
- Losing interest in hobbies; loss of appetite
- Performing poorly at work or school
- Dramatic and frequent mood changes
- Acting recklessly; showing violent, self-destructive behavior
- Expressing feelings of guilt, shame or failure
- Desperation and feeling like there's no way out or no

solution to the problem

- Giving away prized possessions

- Making out a will or otherwise getting his or her affairs in order

- Trying to secure weapons, pills or other things that can be used for harm

Common risk factors for suicide include relationship, financial or legal struggles.

Franklin said a big part of suicide prevention in the military is making sure those at risk feel like they belong and are valued in their roles. That means making sure the at-risk person knows his or her chain of command cares and is willing to help – that it's OK to not be OK.

"Leaders need to be able to convey to their units that people can bounce back from their stress issues and that they're not always terminally broken," Franklin said.

She said it's important for at-risk people to know that getting help with mental health issues is a sign of strength, not weakness.

"It's a big first step, and

it can save a life, whether you're the person at risk or the person helping the person at risk," Franklin said.

She said service members are also provided peer-to-peer training that focuses on them looking for signs and risk factors and, more importantly, asking the question, "Are you thinking of killing yourself?"

"We won't know if people are at risk until then," Franklin said.

For more resources on how to support military members and veterans in crisis, visit <http://www.Veteranscrisisline.net> or the Defense Suicide Prevention Office website at <http://www.dspo.mil>.

Service members and veterans who need help can call the Military Crisis Line and speak to a counselor by dialing 800-273-TALK and pressing 1.

DOD statistics show that in 2014, there were 268 confirmed suicides among active-duty military members, 79 confirmed in the reserves and 87 in the National Guard.

2015 5K RUN FOR LIFE AT JOINT BASE SAN ANTONIO

Photo by Ed Dixon

Brig. Gen. Bob LaBrutta, 502nd Air Base Wing and Joint Base San Antonio commander, and 502nd ABW Command Chief Stanley Cadell (center), were joined by hundreds of military members, civilian personnel and family members, as they run down Stanley Road during the 2015 5K Run For Life at JBSA-Fort Sam Houston Sunday. Another run took place at Eberle Park on JBSA-Randolph Saturday and the final run is at the Gillum Fitness Center on JBSA-Lackland, with free registration at 7 a.m. and the run beginning at 8 a.m. Sept. 26. The events promote awareness of the resources available to assist service members and their families with fitness, resiliency and suicide prevention. The top three male and female runners will win awards and all participants receive an "I Run For Life" reflective belt and finisher's dog tag, while supplies last. For more information, visit <http://www.facebook.com/JBSArunforlife> and <http://www.facebook.com/JointBaseSanAntonio>.



Suicide prevention starts with you: Learn to identify and act on warning signs

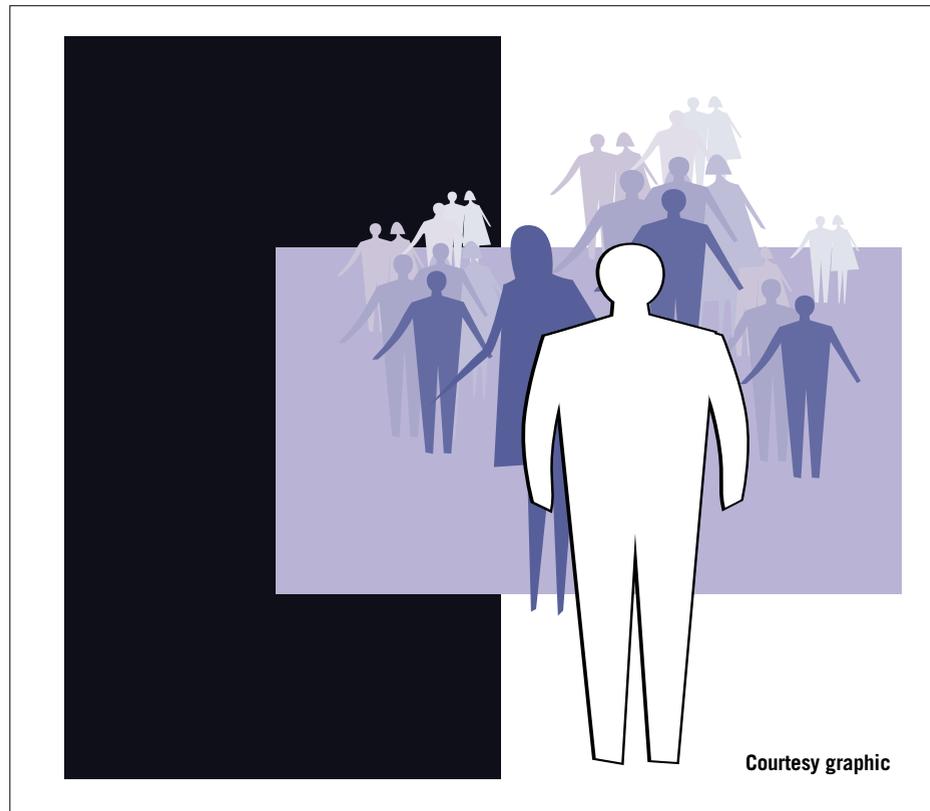
By Anita Spiess
Dr. Eren Watkins and
Lt. Col. David Bowerman
Aberdeen Proving Ground, Md.
Army Public Health Center (Provisional)

Your boss gives you a poor performance review. Your girlfriend says, "That's it. I'm gone." You're afraid your pay won't stretch to cover both your rent and your credit card bill. We have all experienced blows to our self-esteem, problems at work, losses of people important to us and anxiety about how to pay our bills. So if these things are happening to a friend, you can understand how they are feeling. But how do we recognize when that friend is considering suicide?

Here are some scenarios that illustrate warning signs and some stressors that might put someone at risk for suicide:

Mike was always punctual, safe and careful. These days he is often late to work and has been missing meetings. He's also driving his motorcycle irresponsibly as if it was a game, cutting in and out of traffic. He had set his sights on Ranger school but recently learned he was not accepted. Major changes in behavior and reckless behavior may signal that a person is contemplating suicide.

Jane usually has a glass of wine with dinner. Now she is putting away a pint of bourbon every night. It's solitary drinking; she is not hanging out with



friends like she used to. Her mother died a couple of months ago, so maybe it is related to that. Withdrawal from friends may be a sign of suicidal ideation, and self-medication with alcohol or drugs increases the risk of negative moods and impulsive behavior.

Recently, every conversation with

George ends up with a story of some death he has heard about. He even tried to give his guitar to Graham. That seems weird: he used to talk about how proud he was to have such a beautiful instrument. His wife has been threatening divorce this last year. Brooding on death may indicate

suicidal thoughts and giving away treasured possessions suggests the threat of suicide is imminent.

Warning signs of suicide

- Changes in behavior
- Increases in drug or alcohol use
- More frequent talk about death
- Mood swings
- Reckless behavior or risky activities
- Anxiety or agitation
- Giving away possessions
- Withdrawal from friends
- Rage, desire for revenge
- Hopelessness
- Feeling trapped
- No reason for living, no sense of purpose

purpose

Suicidal intent or behavior often occurs following a number of stressful events and circumstances. There is no magic solution or special indicator to determine when someone is suicidal.

However, learning to identify and act on warning signs can be the first line of defense for a battle buddy who may be in need of extra support during a difficult time.

Although Army leadership continues to implement programs and strategies to address this issue, the pulse of the force remains at the grass roots level.

Suicide prevention starts with you and your attention to the Soldiers you know best. You may not know why someone is having problems, but you are close enough to Ask, Care, and Escort if necessary.

CSAF sees cyber, ISR as future major command



Photo by William B. Belcher

General Mark A. Welsh III, U.S. Air Force chief of staff, addresses members of the 24th and 25th Air Forces at the Pfingston Basic Military Training Center at Joint Base San Antonio-Lackland, and praises their work in the cyber and intelligence, surveillance and reconnaissance domains.

By 24th and 25th Air Force Public Affairs

Air Force Chief of Staff Gen. Mark A. Welsh III and his wife, Betty, visited 24th and 25th Air Forces Aug. 25-27 to gain a first-hand look at cyber and intelligence, surveillance and reconnaissance mission synergy.

During an all call, which included members from both numbered air forces and the Air Force Installation and Mission Support Center, Welsh emphasized the future of cyber and ISR.

“In about 10 to 12 years, I think we should have a major command focused on information. It should be about collecting it, processing it and disseminating it,” he said. “With 24th and 25th Air Force, we’ve just stood up the first two building blocks.”

He continued that the number of people and organizations in the cyber and ISR mission areas will continue to expand.

“It’s an institution we have to build, we have to fund, we have to develop, and we have to be thinking about long term,” Welsh said. “Cyber and ISR are the two biggest growth areas in our Air Force and they’ll continue to be the biggest growth areas in the joint force for years. What you do is critically important every day to everything the United States military does. You know that; you should know that everybody else knows it too.”

To reinforce the importance placed on ISR, specifically, Welsh highlighted the approximately 35,000 people who now support the ISR enterprise.

“It’s the people, the skills, the sensors, the architecture; it’s everything that collects, moves, processes, analyzes, and shares data and information,” he said. “It’s fantastic and how far you’ve come is just remarkable. Keep charging. We’ve got a long way to go.”

659th ISR Group stands up fourth new cyber squadron

By Staff Sgt. Dillon White

70th Intelligence Surveillance and Reconnaissance Wing Public Affairs

Lt. Col. Becky Beers assumed command of the 75th Intelligence Squadron from Col. Parker Wright, 659th ISR Group commander during an activation ceremony Aug. 20 at Arnold Hall on Joint Base San Antonio-Lackland.

This is the fourth of four new cyber ISR squadrons activated within the last year by the direction of the Secretary of the Air Force to include the 41st, 37th and 5th IS as part of the 2015 Department of Defense Cyber Strategy.

Beers said the 75th IS can clearly trace its mission to the DOD's 2015 Cyber Strategy strategic goal of building and maintaining viable cyber options and the plan to use those options to control conflict escalation and to shape the conflict environment at all stages.

When asked what has been the most rewarding part of standing up the 75th IS, she replied, "The people. We are truly a total force. We are a model for total-force integration with our military, civilian, Reserve and contractors."

"I'd like to thank all the 75th IS plank holders as well as the 35th IS members that worked and are still working to complete our independence. It is a testament to members of both squadrons that we could stand up in an accelerated period of time."

Wright said during the activation ceremony that

while the squadron is new, the mission is not.

"The National Security Act of 1947 established the Air Force's five core missions, one of which was intelligence ... what we call today global-integrated intelligence, surveillance and reconnaissance," Wright said. "While the name has changed, the mission is the same as it was when the Air Force was born. Nearly a decade ago, then-Secretary of the Air Force Michael Wynne added the domain of cyberspace to our Air Force operating environment. Today, the men and women of the 75th IS are performing the Air Force Core Mission of ISR in and through cyberspace."

Wright said Beers was the "number one draft pick" to be the squadron's first commander.

Beers is a graduate of the Joint Military Intelligence College and this tour will be her second squadron command.

"She is the physical manifestation of the cross-career field, cross organizational collaboration that marks Air Force Cyber," Wright said. "She has the leadership pedigree, cyberspace expertise, and intelligence community experience that makes her the perfect fit for the challenge of leading this new squadron."

Beers shared her thoughts about being the first officer to accept the reactivated unit's guidon.

"It is always an honor to be selected for command," Beers said. "However, there really is something special about being the first commander and crew of a new squadron. We are very excited to put processes



Photo by William Belcher

Col. Parker Wright (left), 659th ISR Group commander, and Lt. Col. Becky Beers (right), 75th Intelligence Squadron commander, pause for a photo Aug. 20, during the 75th IS activation ceremony in Arnold Hall at Joint Base San Antonio-Lackland.

and strategies in place in a way that makes sense for our mission."

The 75th IS traces its lineage to the 75th Radio Squadron Mobile, which was activated June 20, 1953, at Brooks Air Force Base, Texas. Airmen of the 75th RSM conducted signals intelligence, to include ground-based direction finding and Soviet Union traffic analysis while maintaining monitoring sites in Turkey.

The 659th ISR Group was activated in 2010 and is now comprised of six squadrons, increasing its manpower two-fold during the past year.

802nd SFS defenders host National Night Out Oct. 6

By Staff Sgt. Marissa Garner

502nd Air Base Wing Public Affairs

The 802nd Security Forces Squadron is scheduled to host a National Night Out event from 6-8 p.m. Oct. 6 at the Balfour Beatty Community Center on Joint Base San Antonio-Lackland.

National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to help make neighborhoods safer, said Staff Sgt. Michelle Aberle, 802nd SFS noncommissioned officer in charge of physical security and one of the planners for the event.

"Here in Texas, National Night Out is a very big deal and the police departments take pride in getting to know the people in their community," said Aberle, who has been a defender for 11 years. "Here at JBSA-Lackland, we want people to come out to have a good time, meet their neighbors and become familiar with the helping agencies around the base."

Although the event is hosted by the 802nd SFS, they are partnering with

the helping agencies from around the base such as the 502nd Civil Engineer Squadron Fire Department and the 59th Medical Operations Squadron, which includes the emergency medical services team, to educate the community on services available," said Tech. Sgt. Jacob See, 802nd Security Forces Squadron security manager and a planner of the event.

"Some of the big takeaways we want people to get from the event are that law enforcement and emergency services are not just here for when something bad happens," See said. "Along with law enforcement and emergency fire and medical services also comes education. National Night Out serves a way to meet the people who are here to serve you on a day-to-day basis, and might possibly save you one day."

Scheduled activities include a performance from the Band of the West, free refreshments, information booths, a weapons display, a firearms registration table to ease the process of those who would like to register their firearms and

much more. Several members of security forces will be in attendance to answer questions, address any concerns on community safety and to get to know those who live and work at JBSA-Lackland.

"Law enforcement hasn't been viewed very positively over the last two years, and here at JBSA-Lackland, we want the community to see us in a different limelight," See said. "It's not all about writing tickets, because that's not even half of what we do. We're not just here to pull you over; we're here for your protection. From ensuring each staff member at the Child Development Center undergo strict background checks to vetting every single person who attends graduation events weekly, we're here to serve you."

Aberle encourages people who recently arrived to the base to, at the very least, attend to meet their neighbors and some security forces defenders.

"It gives you a better sense of community and family if you can put name to a face of the people who are there to help you around the base," she said. "We're the people who show up if there

is a disturbance in your area, if something is stolen from your home or if your child is missing. We want the community to know we are here for them and not against them.

While the event is open to all with access to the JBSA-installations, there is a special incentive for the Lackland community to participate.

"We're competing against other police units, including JBSA-Randolph and Fort Sam Houston for the best event," Aberle said. "While we want our event to be the best, the most important goal is to have as many members of the community attend as possible, and have them enjoy themselves while becoming familiar with the base helping agencies. Winning is important, but we want you to get something out of it when you attend and leave feeling safer and more connected to your community. We don't just say we're the Air Force family for fun, we really mean it."

For questions, concerns or to make a suggestion for an activity for National Night Out, call 671-1601.

Add fruits and veggies to diet for better nutrition



By Justine Springer
Army Public Health Center Provisional

Today's consumer is constantly bombarded with food messages, from companies boasting "the ultimate performance food" to celebrities endorsing "the next miracle cure."

With all of these competing messages, it can be hard to know which foods to choose for optimal health.

Yet nutrition doesn't have to be confusing or complicated and you can start to improve your diet today with one simple action: Eat more fruits and veggies!

It may seem obvious, but according to a new study from the U.S. Centers for Disease Control and Prevention, as much as 80 percent of Americans do not get the daily-recommended amount of these essential foods.

Why fruits and veggies?

According to the Dietary Guidelines for Americans, fruits and vegetables should be consumed more than any other food group because of their many benefits.

First, fruits and vegetables are low in calories and high in fiber. Fruit and vegetables fill you up and keep you feeling full longer, making them the perfect choice to help you reach or maintain a healthy weight.

Second, fruits and vegetables are great sources of key nutrients linked to a reduced risk of developing certain chronic diseases. They are loaded with fiber to help with digestion and keep the digestive system operating optimally.

A balanced diet including lots of fruits and vegetables promotes energy, endurance, stamina and muscle growth.

The Army Surgeon General's Performance Triad initiative encourages

Army leaders to promote proper nutrition (as well as sleep and physical activity) as an important pillar in improving readiness and increasing resiliency of Soldiers as well as our civilians.

Fruits and vegetables are loaded with carbohydrates, natural antioxidants, vitamins and minerals that enhance recovery and support a healthy immune system. They are important for fueling an active and ready Army force.

How to get more?

- Buy fresh fruits and vegetables in season. In season, produce generally cost less and are more likely to be at their peak flavor.

- Buy fruits and vegetables that are easy to prepare. Fruits and vegetables are nutritious in a variety of forms. Stock up on frozen or canned fruits and vegetables for options that have a longer shelf life and that are quick and easy to prepare. Just watch out for added sodium and sugars in canned products.

- Buy fresh fruits and vegetables such as bagged lettuce, baby carrots, grape tomatoes and whole fruits that don't require cutting (such as berries, bananas, apples, grapes etc.) so you can have a quick healthy meal or snack.

- Add vegetables to main dishes at meals and choose fruits as snacks. Try a vegetable stir-fry or adding chopped vegetables to pasta sauces.

- Try something different. Varying your fruit and vegetable consumption is not only essential for getting a variety of nutrients, but it will also make them more appealing by making the plate colorful and preventing boredom with the same repeated foods. The goal is to make half of the plate fruits and vegetables at every meal.

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implemented Aug. 31.

The two-phase program is used to balance and sustain the enlisted force. Phase I allows eligible Airmen to volunteer for another career field.

During Phase I hundreds of eligible staff sergeant-selects through master sergeants in identified fields will be able to voluntarily apply for retraining into one of approximately two dozen open fields this year. The list, available in the myPers enlisted retraining advisory, is updated in real-time. The advisory identifies fields that people can train out of, and fields that Airmen can train into (see "Type" column in the advisory).

If retraining objectives are not met through the voluntary phase then a mandatory retraining phase - Phase II - may become necessary. Phase II is scheduled for Oct. 12-Nov. 13. Airmen who may be considered for mandatory retraining and who meet retraining eligibility criteria will be notified.

To apply for NCORP retraining, Airmen must be on their second or subsequent enlistment,

be a staff sergeant (or staff sergeant-select) through master sergeant, and have a minimum 5 skill level in their control Air Force Specialty Code (or a 3 skill level, for those AFSCs where a 5 level does not exist). In addition, staff sergeants must have fewer than 12 years of active service as of Sept. 30, and technical and master sergeants may have no more than 16 years of active service by Sept. 30.

Retraining applicants must have or be able to obtain at least 24 months of retainability upon completion of their new career field technical school.

Retraining information is available on the myPers retraining page. In addition, a live chat feature is available for Airmen on the NCO Retraining Program page. To chat live with a Total Force Service Center representative, go to the page and allow about a 30 to 60 seconds to enable a representative to come on line.

For more information about Air Force personnel programs go to the myPers website. Individuals who do not have a myPers account can request one by following these instructions on the Air Force Retirees Services website.

Joint Base San Antonio-Lackland is on

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



Air Force general takes charge of San Antonio Military Health System

Air Force Maj. Gen. Bart Iddins assumed the role of market manager of the San Antonio Military Health System from Army Brig. Gen. Barbara Holcomb Tuesday.

As market manager of the San Antonio Military Health System, Iddins integrates a medical system that has a collective operating budget of \$1.2 billion and provides health care for more than 240,000 beneficiaries who visit the system's 10 medical facilities in the San Antonio metropolitan area.

Iddins, who also commands the 59th Medical Wing headquartered at Joint Base San Antonio-Lackland, becomes the fourth market manager in the organization's six-year existence. The positions of market manager and vice market manager rotate between the U.S. Air Force and the U.S. Army every two years.

The SAMHS is one of six Department of Defense multi-service markets that integrate military health care between the services. Together, the market manager and medical commanders at local military treatment facilities partner to coordinate health and wellness programs with a clear focus on optimizing patient-centered care and safety, while maintaining the global readiness of U.S. forces throughout the globe.

"I am honored to serve all Joint Base San Antonio mission partners and our 240,000 beneficiaries as the SAMHS market manager. Our over-arching goal is to treat your mission as our mission; your family as our family and your hardships as our hardships," Iddins said. "SAMHS medical personnel are relentlessly focused on exceeding all expectations regarding access to health care services, patient safety, health care quality, education, training, research, and combat readiness! Moreover, all components of the SAMHS health care enterprise are rapidly transforming into a so-called 'high-reliability organization' by leveraging innovation, standardization, modern process/quality improvement methods, and the dedication and talents of our extraordinary medical personnel."

Brig. Gen. Barbara Holcomb, who



Maj. Gen. Bart Iddins

continues to command the Southern Regional Medical Command at JBSA-Fort Sam Houston, said, "Our goal at SAMHS is to make the military health care system the primary health system of choice for our beneficiaries.

"Over the past year we have worked purposefully to improve timely access to care, patient safety, and quality outcomes across the market by collaborating together and focusing on common processes and procedures. The partnership efforts of our local Army and Air Force medical units throughout SAMHS have resulted in more efficient uses of resources, better patient outcomes, and streamlined, standard processes," Holcomb said.

"There are still many areas we can improve but the most important focus is on our patients and their families to ensure they are provided the best possible care when ill or injured and receive the best health education to prevent illness and injury," she added.

The SAMHS reached full operating capability Oct. 1, 2014. Over the past year, local medical commanders and their subordinate senior leaders created the first unified business performance plan.

This five-year plan refines the approach to standardizing processes, reducing health care costs and ensuring that the patient gets exceptional access to quality services.

(Source: San Antonio Military Health System)

commentary

Mouthguards: Use them or lose them (your teeth)



Photo by Airman 1st Class Siuta B. Ika

Mouthguards should be worn during training and sporting activities that can place the face and mouth in danger of trauma as a result of head-to-head contact, hazardous falls, teeth clenching or blows to the mouth.

By Senior Airman Derek Heers
59th Dental Group

Imagine what you would look like if you lost some of your front teeth.

More importantly, imagine what it would be like to talk and eat without them. Losing your front teeth would make it impossible to pronounce certain words correctly and extremely difficult to bite into your favorite foods.

If you play contact sports or engage in activities like bike riding, skateboarding or gymnastics, you should consider wearing a mouthguard to protect your teeth.

According to the American Dental Association, athletes are 60 times more likely to suffer harm to the teeth if they're not wearing a mouthguard. Participants in non-contact activities are at a higher risk for dental injury as well.

Also called mouth protectors, mouthguards help cushion any impact to your lips, cheeks, tongue and teeth if you accident-

tally take a hit to the face. They absorb the shock that would otherwise be suffered by your mouth.

It's a simple precaution you can use to reduce the risk of injury and it is inexpensive.

If you want to go beyond the basic sports guard, your dentist can make a custom mouthguard for you. A custom mouthguard gives a more precise, comfortable fit, which can provide more protection. While custom mouthguards are more expensive, if you participate in sports or other physical activities frequently, they are highly recommended.

The 59th Medical Wing's Dunn Dental Clinic is planning an event to make free custom mouthguards for members of all services, their dependents and

Department of Defense civilian employees. More details – including time, date and location – will be shared as soon as they are available.

For more information about mouthguards and other dental health topics, visit <http://www.mouthhealthy.org>.

BMT HONORS

Congratulations to the following 74 Airmen for being selected as honor graduates among the 744 Air Force basic military trainees who graduated today:

320th Training Squadron

-Flight 487
Clayton Colson
Adam Flaucher
-Flight 488
Kendall Dane
Dustin Dozler
Jack Hamilton
Adam Jurek
Charles Roller
Gavin Rook
Tyler Rose
Alec Spillum
Michael Winkler
-Flight 499
Alex Anderson
Tanner Keefer
Dmitry Perliev

321st Training Squadron

-Flight 495
Michael Martin II
-Flight 496
Ryan Rodgers
Joshua Sweetman

322nd Training Squadron

-Flight 489
Benjamin Benton
Keegan Biasi
Joshua Chaplain
Samuel Hanson
Trent Hunking
Kaden King
Brett Yoakum
-Flight 490
Zachary Dail
Alva De
Elijah Hendrix
-Flight 501
Ivener Alexi
Craig Baker
Robert Behan
Ian Bradley
Cody Chancellor
Rocky Daleno Duma
Alejandro Florez-
Mercedes

Matthew Hamilton
Matthew Heimerman
Sean Lear
Welson Nguyen
Joshua Quinto
Daniel Resner
Drew Sterling
Jai Thomas
Toby Treece
Justin Ward
David White
-Flight 502
Kaila Fowler
Megan Janke

323rd Training Squadron

-Flight 493
Brett Cox
Keinan Johnson
-Flight 494
Clare K. Handy
Erin Tlougan

331st Training Squadron

-Flight 491
Jahlil Burns
Brent Picord
Paul Satala
Dane Stone
-Flight 492
Kasey Bullard
Maggie Kolmer
Kathryn Puza
Melissa Sterling
-Flight 497
Derek Collins
Trevor Evans
Braxton Harris
Charles Henderson
James Holmes
Austen Jarboe
Noah Kaiser
Corey Keleher
Joseph Laurenti
Hunter Lecates
Kaleb Marquis
Justin Ochinero
-Flight 498
Roberto Cebreros
James Kowalczyk
Andrew Monroe

Top BMT Airman
Craig Baker
322nd TRS, Flight 501

Most Physically Fit

-Female Airmen
Aimee Derr
322nd TRS, Flight 502
Clare Handy
323rd TRS, Flight 494
Melissa Sterling
331st TRS, Flight 492
Rebekah Coutts
322nd TRS, Flight 502
-Male Airmen
Matthew Hamilton
322nd TRS, Flight 501
Shane Wright
322nd TRS, Flight 489
Sergio Jurado
322nd TRS, Flight 490
James Hopp
322nd TRS, Flight 501

-Female Flights

331st TRS, Flight 492
322nd TRS, Flight 502
320th TRS, Flight 500
323rd TRS, Flight 494

-Male Flights

331st TRS, Flight 497
322nd TRS, Flight 501
322nd TRS, Flight 489
331st TRS, Flight 491
322nd TRS, Flight 490
320th TRS, Flight 488
323rd TRS, Flight 493
321st TRS, Flight 495
320th TRS, Flight 487
331st TRS, Flight 498
321st TRS, Flight 496
320th TRS, Flight 499

Top Academic Flights

322nd TRS, Flight 501
331st TRS, Flight 497
322nd TRS, Flight 489
320th TRS, Flight 488
320th TRS, Flight 499
321st TRS, Flight 495
320th TRS, Flight 487
331st TRS, Flight 491
323rd TRS, Flight 493
322nd TRS, Flight 502
331st TRS, Flight 492
321st TRS, Flight 496
323rd TRS, Flight 494
331st TRS, Flight 498
322nd TRS, Flight 490
320th TRS, Flight 500

SENATOR VISITS JBSA-RANDOLPH



Photo by Johnny Saldivar

Col. Matthew Isler (left), 12th Flying Training Wing commander and Brig. Gen. Bob LaBrutta (center), 502nd Air Base Wing and Joint Base San Antonio commander, welcome Texas State Sen. Donna Campbell, M.D., chair of Veteran Affairs and military installations, during a visit at JBSA-Randolph Sept. 9. The senator and her staff visited JBSA-Randolph to learn about the 12th Flying Training Wing's mission impact on national security, as well as being briefed on mitigating encroachment issues. Members of the 12th FTW are responsible for combat systems officer training, pilot instructor training, as well as remotely piloted aircraft pilot and basic sensor operator training.

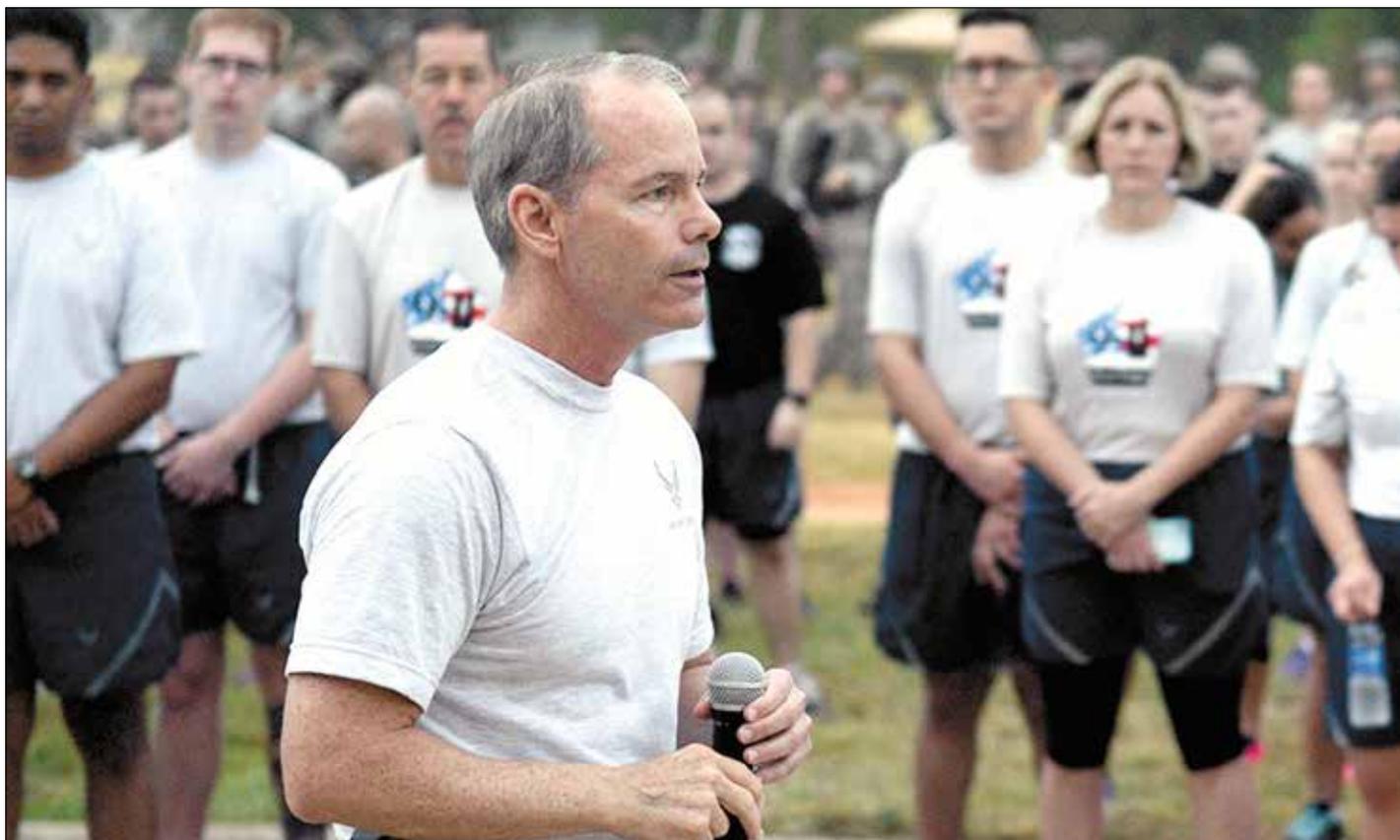
FOSTER a PUPPY



The Department of Defense Dog Breeding Program needs families to foster puppies for three months. Potential foster families need: time and patience to raise a puppy age 12 weeks to six months, a stimulating and safe home environment, and a desire to help raise a military working dog.

Call 671-3686

RGNCOA hosts 9/11 remembrance run



Brig. Gen. Bob LaBrutta, 502nd Air Base Wing and Joint Base San Antonio commander, speaks during the 9/11 Remembrance Run opening ceremony Sept. 11 at JBSA-Lackland Medina Annex. Following his speech and the kick start of the run, the 2,977 names of the fallen were read.

By Staff Sgt. Marissa Garner
502nd Air Base Wing Public Affairs

Noncommissioned officers from the Robert D. Gaylor NCO Academy hosted their 5th Annual 9/11 Remembrance Run Friday at the Medina Fitness Center at Joint Base San Antonio-Lackland's Medina Annex.

A tradition within the academy since 2009, servicemembers, Department of Defense civilians and family members gathered to honor the memory of the victims of the 9/11 terrorist attacks through running or walking around the one-mile track. From small children to retired military members, more than 400 people attended the event.

"What makes this run so significant is that for most military members, depending on their age, they can remember exactly where they were when 9/11 happened," said Master Sgt. Ivory Alarcon, the lead organizer of the event and director of resources at the RGNCOA. "It was very impactful for us. There were so many lives lost

and it changed the way we live in a lot of ways. We don't want it to ever be forgotten."

Brig. Gen. Bob LaBrutta and Command Chief Master Sgt. Stanley Cadell, 502nd Air Base Wing and JBSA commander and command chief, respectively, gave opening remarks reflecting on the worst terrorist attack on American soil and acknowledging the sacrifice of all of those who lost their lives in support of freedom.

"Throughout the run, volunteers solemnly read the names of those who lost their lives on 9/11 at the World Trade Center, the Pentagon and aboard Flight 93 in Shanksville, Pa. Each name was spoken to acknowledge each life that was taken that day and the years after," said Master Sgt. Nicole Walton, an instructor trainer at the NCO academy JBSA-Lackland.

"It's extremely important for us to continue honoring the victims who died that day and those who died in the years after," Walton said. "In the military, we do a lot of 5K runs for

causes, but this event in particular honors those lost in the worst terrorist attack on American soil. It's extremely personal."

Runners and walkers lined the track, some carrying flags, others pushing small children in strollers completed several laps under the afternoon sun. Some participated in groups and others had clear goals in mind of how many laps they wanted to complete. The spirit of remembrance was thick in the air as participants quietly completed their laps as the names of the fallen echoed in the background.

"I didn't know anyone directly affected by 9/11 when it happened, but over the years traveling, I met several people who were there or lost a relative," said Alice Carmichael, who lives on Medina annex and participated in the event. "The stories are really devastating, and every year when we see the news, you kind of relive it, seeing the news coverage. I think it's absolutely necessary to see it. This event just gives us a chance to make a small physical



Photos by Senior Airman Krystal Wright

Tactical Air Command and Control Schoolhouse instructors and students ruck march Sept. 11 during the 9/11 Remembrance Run at Joint Base San Antonio-Lackland Medina Annex in honor of the 2,996 fallen. Of the fallen, 343 were New York City firefighters, 23 were New York City police officers and 37 were Port Authority officers.

sacrifice in remembrance of their lives. It really could have been any of us, I think when people realize that, it makes them more thankful for what they have."

Members of the planning committee cite a duty to remember as one of the reasons they plan to continue hosting the run in the years to come, hoping to gain even more participation in the future from mission partners and members of the JBSA community.

"At NCOA, one of the longer lessons we teach is airmanship, which includes teachings on the profession of arms, a breakdown of the oath of enlistment and the core values," Alarcon said. "A large part of that is understanding service to others, which is the very backbone of who we are as Airmen. Showing that we, not only as Airmen but Americans that witnessed the tragedy, make it a point to stop and remember while creating a space for others to do so also takes it a

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Joint Base San Antonio Combined Federal Campaign underway

By Steve Elliott

JBSA-Fort Sam Houston Public Affairs

The 2015 San Antonio Area Combined Federal Campaign is in full swing, with military members and federal civilians being asked to make a difference in the lives of those less fortunate by making a donation to their favorite charity.

The Combined Federal Campaign is the once-a-year workplace campaign available to federal employees which eliminates year-round on-the-job solicitations, while allowing employees a convenient way to give to the charitable organizations of their choice. The San Antonio area campaign is made up of 167 local military and federal organizations with more than 66,000 employees.

It is also the only authorized solicitation of federal employees in their workplaces. The Office of Personnel Management regulates the CFC and provides guidance and oversight to the local campaigns. OPM is accountable for assuring federal employees that their designations are honored and distributed to the charitable organizations of their choice and maintains strict eligibility and public accountability criteria that all participating CFC charities must meet.

In 2014, contributions from Joint Base San Antonio members totaled \$3,365,812, making San Antonio the ninth largest CFC campaign in the world. For 2015, the goal has been set at \$3.8 million.

"As with all CFC campaigns, the overall goal is to ensure that all eligible military and federal employees are given the opportunity to make a pledge to the charity or charities of their choice," said Rick Robel, CFC director for the United Way of San Antonio and Bexar County. "While we have set a monetary target this year of \$3.8 million, we will continue to focus on efforts to ensure 100 percent of the personnel are contacted. If done properly, the overall amount raised will take care of itself."

There are new ways people can contribute and get information about CFC-approved charities, Robel

noted, in addition to the traditional contributions by check and cash. If desired, contributions can also be made anonymously.

For example, there is now a "search charities" tool on the San Antonio Area CFC website at <http://www.cfcsanantonio.org> that connects to an online database – identical to the printed charity brochure – where donors can review more than 2,800 charities by name, location, category, fundraising rates and more.

The database can display national, international and local organizations that have met CFC eligibility requirements. Key elements include: the organization's new five-digit CFC code, the legal name in parentheses shown if it is "doing business as" under another name, the employer identification number, a 25-word statement of purpose (except in abbreviated listings), its administrative and fundraising expense rate and its service categories (taxonomy codes).

Military members and DOD civilians can also make payroll deductions directly from their myPay accounts as well by using the San Antonio Area CFC website's direct link to the myPay website (<https://mypay.dfas.mil>) and instructions on how to contribute.

"For 2015, we are excited to continue an on-line payroll deduction pledge option for all military and DOD civilians through myPay," Robel said. "This option allows employees to make their pledge directly with Defense Finance and Accounting Services, thus eliminating the need for coordinators to physically walk paper pledge forms to finance."

Donors can contribute to charities that work around the world or right in their backyard. In the San Antonio area, there are 175 local participating charities, including three local federations.

"Thanks to the generosity of JBSA contributors in 2014, we were ranked No. 1 in Texas and No. 9 out of 151 CFC campaigns worldwide," Robel said. "The CFC belongs to you – the federal employee. It doesn't belong to the federal government, the United Way or to the charitable organizations that



Photo by Staff Sgt. Marissa Garner

Brig. Gen. Trent Edwards signs a pledge for the Combined Federal Campaign. The CFC is the once-a-year workplace campaign available to federal employees which eliminates year-round on-the-job solicitations.

benefit from it. You control where your gift will go.

"You don't have to go far to find people in need. Many of your family members, friends and neighbors will at some point benefit from the services of charities participating in the CFC,"

Robel added. "Whether it's advances in medicine provided by research, support for our aging parents, disaster assistance or the opportunity for a child to participate in after school programs – we all have something to gain by supporting the campaign."



Photo by Steve Elliott

Brig. Gen. Bob LaBrutta (center), commander of the 502nd Air Base Wing and Joint Base San Antonio, signs his Combined Federal Campaign form with the assistance of 2nd Lt. Christina Muncey (left) and Master Sgt. Elliott Velez. Muncey is the wing staff agency CFC project officer and Velez is the installation project officer. The CFC season started Tuesday and runs through Nov. 15. The JBSA goal for this year's campaign is \$3.06 million, Velez said. For additional information, contact unit CFC representatives or visit <http://www.cfcsanantonio.org>.

Understanding ICE: how to make Interactive Customer Evaluation work for you

By Amanda Sanchez
502nd Air Base Wing ICE Site Administrator

Customers who use services provided on Joint Base San Antonio, such as the bowling alleys, the ID card facilities, the child development facilities and many others, have been submitting complaints, compliments and suggestions for improvement via the Interactive Customer Evaluation, or ICE, system this lets managers and leaders know what is working well throughout JBSA and should be continued, as well as what services provided on the installations could use improvement.

If you haven't submitted an ICE comment yet, you are missing your chance to be the voice of major change for JBSA.

Submitting an ICE comment is quick, easy and can be done at any time from any computer or device with internet access at <http://ice.disa.mil>.

Want to make sure JBSA leadership hears your voice loud and clear? Here are some tips for making the most of your ICE comments:

Comment often

Try to comment on each and every service you use throughout JBSA. Whether you receive service at the gate, a childcare facility, the bowling alley or one of the numerous other services on JBSA, we want to hear about your experience.

Managers and leaders depend on constant feedback to continually improve services and best meet their customers' needs. Since ICE comments take little time to submit, you can make a list of services you have used on the installation and



submit them once a week, or submit them as you visit the service.

Don't just complain ... compliment! Submit ICE comments when you receive great service, not just when you have a complaint. Doing this helps managers know what is working well and should be continued. It also helps managers and leaders give those employees who are providing great service the recognition they deserve.

Give the benefit of the doubt when commenting about employees and service

Everyone has a bad day now and then. Sometimes service providers are at the mercy of others to fix problems with their facilities. Maybe a service provider is short staffed due to circumstances out of their control. However, if you visit the same service numerous times and encounter the same issue repeatedly, it is probably time to submit an ICE comment.

Always give your name and contact info and request follow-up if you would like an update

There will probably be some situations when you won't feel like giving your name, but rest assured that when you submit contact information, it is – per Department of Defense ICE Policy – not to be used

for retaliation.

By giving your contact information and requesting a follow-up, you are telling management this is something important to you.

If you're commenting on an issue you need help with, receiving follow-up ensures you get the help you need.

For example, if you submit an ICE comment regarding a problem with a travel voucher, but don't leave contact information, management can't look into your situation further or provide you a response or update concerning your situation.

If you are complaining about something less life changing – such as an area of grass you believe needs to be mowed or overflowing trash bins – you give the message to the reader that this is something you really want to see fixed.

If you don't say something, others might not either and the problem will likely never be fixed

If everyone depends on someone else to speak up, managers and leaders may never become aware of an issue. Managers should know what their employees are doing and what kind of service their organization is providing, but since they can't be everywhere all the time, they rely on your help to know if something needs improvement.

By using these simple tips when submitting your ICE comment card, you can provide thorough feedback which can be critical in making changes in services provided to everyone at JBSA.

You can be the voice of change. For questions or more information about ICE, call 221-2543.

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step further.”

“The events on 9/11 completely changed the way we do a lot of

things, but it did not break the American spirit,” Walton said. “It's apparent every year here when we see hundreds of people sacrificing time out of their day

to read thousands of names, or making a physical sacrifice by running or walking in the honor of the victims. We won't forget. We can't afford to.”

Beware the blister: a 'minor injury' that can slow you down with serious pain

By Veronique Hauschild
Army Public Health Center

Most of us have experienced the pain of having a friction blister.

Friction blisters form when an object (such as a sock, shoe or strap) is repeatedly moved across the skin with enough force to cause the layers of skin to release heat.

The heat causes redness and a separation (or 'cleft') between the outermost layer of the skin and rest of the skin layers. The cleft fills with fluid causing a raised area on the skin. They typically form on the toes, feet and ankles but can also occur on the hands or other places where there is repeated rubbing such as on the torso from the straps of a heavy backpack.

Because these injuries often only cause discomfort and don't require medical treatment, they are sometimes described as "just a blister."

However, some blisters become serious and temporarily debilitating for Soldiers and athletes. Blisters can force you to restrict your activity and limit physical training. In some cases, friction blisters develop into infections that require antibiotics and medical treatment.

As one of the most common injuries among active duty military, friction blisters can have a notable adverse impact to military readiness.

Activities such as marching and running are the most common causes of blisters in the military.

A recent review of injuries associated with marching or hiking showed that heavy load carriage increases your risk of foot blisters.

You may not be able to avoid activities that put you at risk of developing blisters. However, there are things you can do to minimize the likelihood of developing a blister and/or reduce the severity of any blisters you develop.

You may already be aware that some individuals are more prone to develop blisters than others who perform the same activities. While the science is not substantial, studies do provide evidence that some people may have a higher risk of developing blisters.

For example, having no foot arch or flat feet, or being of an ethnicity other than African American/Black, can increase your risk of getting a blister. While these factors cannot be changed, other factors that increase risk of blister can be modified.

For instance, wearing cotton socks, especially if socks or feet are moist and using tobacco (including smokeless tobacco) can increase chances of developing blisters.

In addition, various "best practices" for preventing blisters are also recommended by medical professionals and professional and amateur athletes. While there is limited scientific evidence validating the effectiveness of most tactics among



Courtesy photo

large populations, try some of the tactics below to determine what works best for you in avoiding the pesky but painful blister.

Start with this (best supporting scientific evidence):

ADAPTATION:

- Start slowly and build up to activity and equipment to help your skin become more resistant.
- Increase duration and intensity of blister-causing activities slowly over time.
- Use the same shoes, gloves or load weight/shape as you increase activity.

SOCKS:

Use synthetic moisture wicking blends (no cotton) to keep skin dry:

- Synthetic socks made from acrylic, nylon or polyester that ventilate and wick moisture away from the feet are recommended over cotton socks, to prevent blisters, especially during long distance marching or running.

Some people advocate wearing a double layer of socks (non-cotton), since a second layer stops the first from rubbing against the skin. However, others prefer a single layer loop-stitched sock, as less heat is generated than with 2 layers. Scientific evidence does not clearly indicate which is best – this may vary with individual risk factors.

SHOES:

- Ensure proper fit and maintenance
- Minimize contact between your foot and shoe
- Make sure toes do not touch end of shoe while walking, and consider a wide toe box with room for toes to wiggle.
- Purchase shoes later in the day since foot size may swell half a size throughout the day or after activity.

Do not leave shoes/boots on radiators or near heaters since this can cause them to shrink and seams to protrude.

TAPING AND SKIN COVERINGS:

Certain skin coverings have been shown to help absorb friction during movement which can reduce blister occurrence or severity.

Zinc Oxide tape has been anecdotally reported in running communities to prevent blisters from forming or minimizing further injury to an existing blister. Other products referred to as "blister plasters" will expand in response to friction and thus protect the area from blisters forming or getting worse.

Less or no supporting scientific evidence:

INSOLES

A closed-cell neoprene insole was found to reduce the incidence of blisters in U.S. Coast Guard recruits.

Anecdotal reports suggest properly fitting insoles can reduce blisters, though ill-fitting insoles can increase them.

COATINGS

Inexpensive products, such as petroleum jelly, used to coat areas to reduce friction and prevent chafing and blisters have been commonly advocated by various athletes to prevent blisters on feet, under arms, bra straps or between legs.

While prior study suggested antiperspirants may reduce blisters, there is a risk of skin irritation, so it is not specifically recommended. Potentially less irritating coatings include products such as "Vaseline," or of more recent popularity, longer lasting non-oily coatings such as "BodyGuide." Anecdotal reports suggest these products prevent blisters without causing skin reactions, but no scientific study has validated their effectiveness.

("Use of trademarked name does not imply endorsement by the U.S. Army, but is intended only to assist in identification of a specific product.")

To advertise in the Talespinner, call 250-2440 for classifieds or contact Michelle Bogue at 250-2052 for retail ads

LOCAL BRIEFS

WEDNESDAY

HIRING OUR HEROES

MILITARY SPOUSE PROGRAM

All military spouses, service members and veterans are encouraged to attend this two-day hiring workshop.

From 6:30-8:30 p.m. Wednesday, patrons will gather at 10750 McDermott Freeway for a free networking reception to speak with local and national recruiters, review ways that will help you stand out as a candidate and assistance in tailoring your resume. Free professional photos for LinkedIn will also be available.

From 10 a.m. to 1 p.m. Thursday, patrons will have the opportunity to meet and connect with employers committed to hiring military spouses at the Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center. Job seekers and employers must register online at <http://www.hiringourheroes.org>.

THURSDAY

SPIRITUAL RESILIENCE

Spiritual resilience training course, 10-11:30 a.m. at the JBSA-

Fort Sam Houston Military & Family Readiness Center, building 2797. Understand how this skill fits into the domains and tenants, what influences your spiritual resiliency, and how to provide meaning and purpose during times of adversity. For details or to register, call 221-2418.

SEPTEMBER 26

CLEAR YOUR MEDICINE CABINET OF OLD MEDICATION

The Drug Enforcement Agency is sponsoring a prescription medication "Take Back" throughout Joint Base San Antonio. The collection site for JBSA-Lackland is between the BX and Commissary in the Satellite Pharmacy parking lot. Collection hours are 10 a.m. to 2 p.m. Participants may dispose of medication in its original container or by removing the medication from its container and disposing of it directly into the disposal box. It is encouraged to remove any identifying information from the prescription label. Call 292-8409, 671-2262 or 671-9470/83.

INFORMATIONAL

KARATE CLASS

Karate classes are from 6-7 p.m. for ages 5-12 and from 7-8 p.m.

for ages 13 and above on Wednesdays. Sessions consist of 10 classes offered once a week with a \$60 session fee.

Family groups of three or more will receive a group discount rate of \$150 per session fee. Call 671-2388.

KINDERJAM CLASS

Kinderjam is a class that combines music movement, instruction and fun for infants to preschoolers, ages 1-5 (must be walking). The class is held 10 a.m. every Wednesday at Youth Programs, building 8420.

The cost for the class is \$35 per month per child. Call 671-2388.

SCHOOL LIAISON OFFICE

The School Liaison Office assists parents with children in grades K-12. The SLO can help with the transition between schools, provide information about local school systems, policies, programs and more. Call 671-3722 for additional information.

PERSONAL FINANCIAL READINESS

Personal Financial Readiness offers guidance to aid with financial matters such as budgeting, debt

reduction and basic investment planning. Services are designed to address money management issues and range from basic spending plans to long-term investments. For details, call 671-3722

MILITARY & FAMILY LIFE COUNSELORS

Military & family life counselors help service members, their families, significant others, and Department of Defense 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 details, call 540-5025.

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.

VIOLIN CLASSES

Violin classes are offered 10 a.m. to 3 p.m. on Mondays for ages 5-up weekly at the Youth Programs, building 8420. Four monthly 30-minute private lessons and one 60-minute group lesson will be provided for \$125 per month. Call 671-2388.

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.

—BUDDHIST

New BMT Reception Center – Building 6330

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

—ECKANKAR

Gateway Chapel – Building 6300

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

—BAHA'I

Gateway Chapel – Building 6300

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

—THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

Gateway Chapel – Building 6300

Religious Education Tues. 6:30 p.m.
LDS Institute Thurs. 6:30 p.m.
LDS Service Sun. 1:00 p.m.

JBSA-LACKLAND

KEY FAMILY SUPPORT RESOURCES

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

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

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

DIAMOND SHARP

Airman 1st Class Kimberly N. Barnes
Unit: 690th Intelligence Support Squadron
Duty title: Core systems technician
Time in service: 1 year 7 months
Hometown: Houston



"Airman 1st Class Kimberly N. Barnes is a Core Systems Technician assigned to the 690th Intelligence Support Squadron. As a systems technician, she is responsible for administering, troubleshooting and maintaining 77 servers spanning three classified networks supporting more than 6,000 users. Barnes led a three-man team responsible for eliminating more than 16,000 cyber vulnerabilities on 2,500 computers, saving the Air Force 933 man-hours in manual updates. Additionally, she piloted the execution of the Unit's Emergency Action Plan during an unexpected HVAC outage. Her actions prevented the catastrophic mission failures of both the 24th and 25th Air Force while preserving a \$37 million dollar enterprise operation center. She aggressively pursued her 5-level and completed upgrade training two months ahead of schedule, and continued to excel by earning her Community College of the Air Force degree in information systems technology. Barnes continues to distinguish herself as a leader amongst her peers and is a true asset to the 690th Intelligence Support Squadron; she is undoubtedly worthy of this Diamond Sharp Award."

– **Tech. Sgt. Michael G. Krause**
 690th ISS, Additional Duty First Sergeant

Senior Airman Montgomery Manning
Unit: 502nd Contracting Squadron
Duty title: Contract specialist
Time in service: 2 years, 4 months
Hometown: Esbon, Kan.



"Upon Senior Airman Montgomery Manning's entry into the squadron's Civil Engineer and Services Flight in October 2014, he has managed 14 contracts totaling at a value of \$30 million. These actions also include sustainment and regional support to custodial, aircraft and water plant maintenance acquisitions valued at \$7.5 million. Manning was able to complete the Acquisition Professional Development Program Level I certification during this time including the completion of more than half of his APD Program Level II certification 15 months ahead of schedule. Additionally, he was hand selected to assist with acquisition sourcing for C-5 aircraft maintenance service valued at \$3.0M, which prevented a major gap in the 433rd Maintenance Group mission operations. He revitalized a JBSA-Fort Sam Houston facility and saved \$2,000 in government costs. Additionally, he completed Harvard Business courses and Defense Acquisition University Continuous Learning Classes. Furthermore, he completed essential business and humanities courses for six credits towards the completion of his Community College of the Air Force and bachelor's degree."

– **Senior Master Sgt. Jamie Williams**
 502nd Comptroller Squadron, First Sergeant

Staff Sgt. Ciara Brown
Unit: Air Force Public Affairs Agency
Duty title: NCO in charge, military personnel
Time in service: 9 years
Hometown: Monroe, La.



"Staff Sgt. Ciara Brown is a stellar NCO and leader. She selflessly volunteered to augment a subordinate unit's Commander's Support Staff during a manning shortage, thus guaranteeing zero disruption in their customer service combat mission. Her 'can do' attitude was instrumental in revamping our sections outdated files plan. In addition, her thorough research of records dispositions ensured 107 special orders were properly staged."

– **Senior Master Sgt. Terry L. Gilbert Jr.**
 Air Force Public Affairs Agency First Sgt.



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>.



ACTIVE SHOOTER EXERCISE AT JBSA-RANDOLPH



Photos by Johnny Saldivar

Master Sgt. Benito Maciel (left) and Staff Sgt. Neal Kiser, both from the 902nd Security Forces Squadron, clear a building as exercise evaluation team members observe during an active shooter exercise at Joint Base San Antonio-Randolph Sept. 8.



Airman 1st Class John Connor and Senior Airman Zachary Hill, 902nd Security Forces Squadron, secure alleged simulated suspects during an active shooter exercise at Joint Base San Antonio-Randolph Sept. 8.



Senior Airman Pedro Rodriguez, (left) 902nd Security Forces Squadron, calls in for help while providing treatment to a simulated victim during an active shooter exercise at Joint Base San Antonio-Randolph Sept. 8. The active shooter exercise tested the threat response time and effectiveness of Joint Base San Antonio's emergency responders and support agencies. The exercise replicated possible real-world events and was designed to enhance training and readiness of JBSA emergency responders during threats to the installation and units.

Protecting your credit when you're away from home

By Holly Petraeus

Consumer Financial Protection Bureau Office of Servicemember Affairs

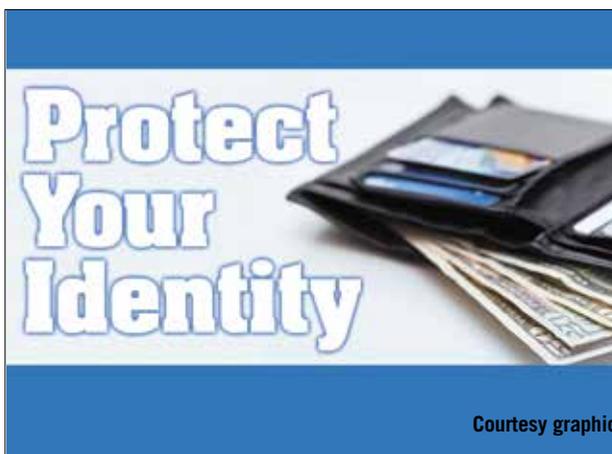
If you're a service member, you know you're part of a special group – those who have answered the call to serve our country. You also know that being in the military may mean long periods of time away from home, as well as your finances.

Being away and mission-focused means you won't be able to regularly check your accounts or credit report, so you may be at increased risk for fraud or identity theft.

We recently released our Fraud Alert Fact Sheet (http://files.consumerfinance.gov/f/201508_cfpb_fraud-protection-tools-to-help-safeguard-servicemembers.pdf), which provides you with the information you need to know about getting protective alerts inserted into your credit reports when you're away.

Since October 2012, more than 650 active-duty service members have submitted complaints to the CFPB about their credit reports and one in six of those complaints involved reports of identity theft or account misuse.

However, out of those many complaints, less than one percent reported putting an Active Duty



Courtesy graphic

Alert in place before leaving for active duty.

Having an Active Duty Alert on your credit file will notify companies of your military status and ensure that they take reasonable steps to verify the identity of a person who is requesting new credit in your name. The alert will also generally prohibit credit reporting agencies from providing your name for new prescreened credit offers for two years.

In addition to the Active Duty Alert, federal law also permits you to have notices added to your credit files if you believe you are (or might become) a victim of credit reporting fraud or identity theft. And setting up any of these alerts doesn't cost you a cent.

Another choice is a security freeze – a protection that varies from state to state and tends to come with a small fee. But it completely blocks the release of your credit file to new lenders, giving you increased protection and increased peace of mind that no one can borrow in your name while the security freeze is active.

All of these are valuable tools, and I encourage you to think about using one of them when duty takes you to distant places. Take a look at our Fraud Alert Fact Sheet so you can learn about all your options and choose the protection that will work best for you when you're away from home.

You can follow these tips to keep an eye out for identity theft at <http://www.consumerfinance.gov/askcfpb/1359/how-can-i-spot-identity-theft.html>.

If you have a problem with a consumer financial issue or know a service member, veteran or military spouse who does, a complaint can be submitted online (<http://www.consumerfinance.gov/complaint/>).

OPM awards contract to protect data theft victims

By Amaani Lyle

DOD News, Defense Media Activity

U.S. Office of Personnel Management officials recently awarded to ID Experts a contract encompassing a comprehensive suite of identity theft and credit monitoring services for compromised victims, agency officials announced Sept. 1 during a media conference call.

Beth Cobert, OPM acting director, said the most recent data breach was one of the largest cyber crimes ever carried out against the U.S. government and she pledged to provide impacted parties individualized notices about obtaining additional credit monitoring services at no cost.

All 21.5 million impacted individuals and their minor dependent children "are now covered for identity theft insurance and identity restoration services," she said.

"Once notifications have been received," Cobert added. "I hope people will take advantage of the comprehensive identity theft and fraud protection services we are providing to the victims of these crimes."

These notifications, she said, will begin by the end of September and continue over the following weeks.

Navy Rear Adm. Allie Coetzee, DOD principal deputy for defense procurement and acquisition, said the contract immediately covers individuals with \$1

million in insurance, as well as restoration services in cases following discovery of further compromise to information or identity.

"Individuals who elect to can sign up for three years of credit monitoring and identity theft protection through contractor services," Coetzee said.

OPM has partnered with experts across government to take significant strides in securing IT systems and guarding against future attacks, the admiral explained.

"OPM is committed to helping those whose personal information was stolen by providing them with high-quality identity theft and credit protection services free of charge," she said.

Colbert noted that due to the nature of breached information, OPM offers individuals the option to enroll their minor dependent children for credit monitoring and other services.

OPM's acting director noted that she has a personal stake in the matter as part of OPM's commitment to protecting the security federal employees and contractors' information.

"As one of the millions of people who had their own personal information stolen, I completely understand and share the concern and frustration people are feeling," she said. "I'm sorry about the concern this breach has caused and want to assure everyone impacted that we are doing all in our power to support those individuals victimized



Courtesy graphic

by this cybercrime."

Cobert praised the collaboration between the U.S. General Services Administration and the Defense Department in the development and execution of the contract.

"The DOD in particular is best positioned to deliver the quality and volume of support to these cybercrime victims," she said.

UPCOMING

ARMED FORCES MEN'S BASKETBALL CAMP

The Armed Forces Men's Basketball Team hosts a pre-Conseil International du Sports Militaire training camp with practices and games Saturday through Sept. 30 at the Chaparral Fitness Center. Practices are free and open to the public.

WEDNESDAY BOWLING SPECIAL

Visit the Skylark Bowling Center to bowl for \$1 per game and \$1 shoe rental Wednesdays all day long. Call 671-1234 for additional information.

ZUMBA

Improve balance, flexibility and range of motion with Zumba at 11:30 a.m. Mondays and Wednesdays at the Kelly Fitness Center. Get lost in the music, fun and fast-paced dance moves while getting into shape. For additional information, call 925-4848.

YOGA

Yoga is ideal for improving flexibility, strength and balance while enhancing your posture, coordination and mental focus. The class is offered Mondays at 6 p.m., Thursdays at 9 a.m., and Wednesdays and Saturdays at 11 a.m. at the Medina Fitness Center and it is \$3 per person, per class. Call 671-4477 for more details.

CORE CUTUP CLASS

Core fitness levels from beginners to advanced are tested during this class at 11:30 a.m. Tuesdays and Thursdays at the Gateway Fitness Center. For additional information, call 671-2565.

Warhawks progress towards Defenders Cup

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

The Joint Base San Antonio-Lackland Warhawks men's varsity soccer team made progress toward being Defenders Cup Military Varsity Soccer contenders.

The team advanced to the tournament's quarterfinals for the first time since 2011, losing to Barksdale Air Force Base, La., 1-0, Sept. 6 at the South Texas Area Regional Soccer Complex.

Coach Spencer Spriesterbach, 802nd Force Support Squadron force management technician, was proud of his team for being resilient throughout the three-day tournament despite enduring several injuries that forced them to play short-handed.

"We showed a lot of grit," he said. "There was no quit in our team and we kept going at our opponents. They gave everything they had on the field."

Warhawk's forward, Andrae Blake, 59th Dental Training Squadron dental technician, said the team's Defenders Cup run boosted their confidence entering next year.

"We got into a rhythm and got used to playing with each other," he explained.

Spriesterbach believes continuing to build rhythm and trust in one another is what will propel the Warhawks further into the Defender's Cup.

"Players e-mailed me to assure me they were pumped up to build on their success from the tournament," he said.

Blake is one player who is ready to help the team achieve greatness.

"We are definitely excited about next year," Blake said. "We played well together and we will continue develop our rhythm and our familiarity with each other."



Joint Base San Antonio-Lackland Warhawks men's varsity soccer forward Andrae Blake, 59th Dental Training Squadron dental technician, splits between two Cannon Air Force Base, N.M., defenders to scurry to the ball during a Defenders Cup Military Varsity Soccer first round matchup Sept. 6 at the South Texas Area Regional Soccer Complex. The Warhawks defeated Cannon AFB, 1-0.

Spriesterbach mentioned the Warhawks need to improve on their endurance.

He added that he provided players a four-week sprint workout program consisting of 20 sprints for 20 yards, 20 sprints for 40 yards, 15 sprints for

60 yards, 10 sprints for 80 yards and eight sprints for 100 yards to put them in the best shape of their lives.

Warhawks soccer tryouts in preparation for the Defender's Cup start in July 2016.

LACKLAND GATEWAY THEATER SCHEDULE

Friday

- 6 p.m. Fantastic Four (PG-13)

Saturday

- Noon Mission Impossible: Rogue Nation (PG-13)
- 3 p.m. Fantastic Four (PG-13)
- 6 p.m. The Man from U.N.C.L.E. (PG-13)

Sunday

- Noon The Man from U.N.C.L.E. (PG-13)
- 3 p.m. Vacation (R)

Thursday

- 4 p.m. Fantastic Four (PG-13)

FRIDAY THROUGH THURSDAY

Movie Line: 671-3985 or View schedules at: <https://www.shopmyexchange.com/reel-time-theatres/>

Program Note
Locate the Day of the Week and Read across for specific show times.
We have one movie screen, one movie per show time. Doors open 30 minutes prior to each show time.

