



TALESPINNER

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JBSA-Lackland honors Black History Month



Photo by Senior Airman Lysie Nichols

Col. Trent Edwards, 37th Training Wing commander, speaks to attendees of the Joint Base San Antonio-Lackland 2015 African American Heritage Month luncheon at the Gateway Club, Feb. 11. In 1976, the U.S. government officially recognized February as Black History Month to honor the accomplishments of African Americans in every area of endeavor throughout American history. The theme for this year's observance is "A Century of Black Life, History and Culture."

Air Force medicine: a vision for the future

By Lt. Gen. (Dr.) Thomas W. Travis
Air Force Surgeon General

The United States Air Force's core missions are air and space superiority, intelligence surveillance and reconnaissance, rapid global mobility, global strike, and command and control. These are almost identical (but in different terms) to the missions the USAF had in 1947. But we now do these missions in three domains: Air, Space and Cyberspace.

In the Air Force I grew up in, the „operators“ were primarily pilots and navigators. There are many more types of operators these days, as airpower is projected through the various domains in very new ways. Air Force medicine is adapting and innovating to better support the Airmen who safeguard this country 24/7, 365 days a year.

In that regard, Air Force medicine is now focusing on human performance. This is not a huge shift for us. Since the Air Force Medical Service began in 1949, Air Force medics have focused on occupational and population health and prevention. We are simply taking it to the next level.

Our AFMS strategy embraces this, and to focus on this as a priority, we recently changed the AFMS vision:

“Our supported population is the healthiest and highest performing segment of the U.S. by 2025.”

This is an audacious but achievable goal, which is focused on health rather than health care and is clearly connected to the imperative to assure optimal performance of Airmen. Every Airman (or other service member) has human performance demands placed on them by virtue of their operational and mission tasks. These demands have changed, rather than decreased, due to the technologies employed in current mission environments.

In view of the evolving Air Force, the AFMS is evolving to ensure that as many of our supported service members are available to their commander as possible, and are able to perform the exquisite set of skills that are now required of them. Health in the context of mission equates to performance and every medic or health care team must know how the mission might affect the health of the individual, or unit, and how medical support affects the mission.

I think this is just as relevant for other

beneficiaries – to include family members and retirees, who also have performance goals in their day-to-day activities. Toward that goal, we have begun either embedding or dedicating medics to directly support missions such as special operations, remotely piloted aircraft, ISR and explosive ordnance disposal, which have had a clearly positive impact on those Airmen, their mission effectiveness and their families. We are moving rapidly to make this “mission specific” support a more widespread practice.

At the clinic level, our intent is to provide customized prevention, access and care for patients, recognizing specific stresses associated with career specialties. Our goal is to prevent physical or mental injuries where possible, and, if we are unable to prevent, then to provide rapid access to the right team for care and recovery to full performance. As a result, mission effectiveness and quality of life should improve, and long-term injuries or illnesses are mitigated to provide for a healthier, more active life, long after separation or retirement. Concordantly, long-term health care costs and disability compensation should also decrease.

Patient safety and quality care are foundational to supporting our beneficiaries in their quest for better health and improved performance. In order to improve both safety and quality, we are committed as part of the Military Health System to becoming a high-reliability health care system. This is a journey being undertaken by health care systems across the country. To achieve this goal, we need a focused commitment by our leadership and staff, instilling a culture of safety and quality, and a constant measurement of the care we provide, combined with robust process improvement at all levels.

These key tenets will enable the AFMS to achieve the principles of high reliability seen in the aviation and nuclear communities, and are aimed at eliminating medical errors. To that end, we are committed to strengthening our performance-improvement programs and training all medics as “process improvers.” This will require advanced training for key leaders and staff, driving process improvement activities from the executive suite down to the front lines of our clinics and wards. A great example of this is Wilford Hall Ambulatory Surgery Center’s “Gateway Academy,” designed to equip mid-and

senior-level leaders with the knowledge and skills to lead in an innovative environment.

Another area where we are pursuing process improvement is obstetric care. All military treatment facilities with maternal-fetal care have implemented standardized checklists and operating instructions created by a team of AFMS obstetric care subject matter experts. The consistency provided by these clinically proven guidelines allows medical staff to work in any Air Force OB department, with the confidence that the processes are the same regardless of location. Additionally, these experts have worked with Air Force Medical Modeling and Simulation Training to implement state-of-the-art mobile emergencies simulator training for all staff that cares for OB patients. This technology promotes teamwork and communication, enabling a systematic approach aimed at managing infrequent, yet high-risk, obstetric emergencies. Air Force Intensive Care Unit representatives also are working on updated checklists and bundles to ensure standardized evidence-based practices and soon will begin to work hand in hand with the other military branch’s medical services to decrease variability throughout the entire MHS.

In addition, we are working to enhance communication across the AFMS. Because medical errors often involve miscommunication between medical staff, our inpatient facilities have teamed with the Joint Commission’s Center for Transforming Healthcare to develop a comprehensive strategy using a Targeted Solutions Tool to prevent patient handoff communication failures. All AFMS inpatient facilities are participating in this program. Coupled with this initiative are programs such as TeamSTEEPPs and Time Outs, which our staffs use to facilitate open feedback and training. A culture of safety requires that all AFMS members are empowered and understand their responsibility to report any unsafe condition or error.

After more than 13 years of war, in which the MHS attained the lowest died-of-wounds rate and the lowest disease/non-battle injury rate in history, the AFMS is envisioning future conflicts and adjusting our concepts of operations to prepare to provide medical support in situations that could be very different than what we

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

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NEWS IN BRIEF

SAMMC COMMERCIAL, MAIN GATE CLOSURES

The San Antonio Military Medical Center main gate entrance closes at 10 p.m. Friday until 10 p.m. Sunday. The SAMMC Commercial Gate will close as usual for this weekend. The George C. Beach Avenue Gate will be open during this time and the SAMMC marquees will direct people to that gate. These closures will allow necessary safety tests for the denial barriers at the main gate and commercial access drives.

FIT BLUE LOOKING FOR VOLUNTEERS

The Fit Blue research study is enrolling active duty personnel who are overweight.

Fit Blue is a tailored weight loss program for active duty members and is based on the successful evidence-based weight loss program, called Look AHEAD, that was used with civilians.

The Fit Blue study will compare outcomes from two groups; one group will receive a 12-month phone-based intensive counselor-initiated weight loss intervention and the other group will receive a 12-month phone-based self-paced weight loss intervention.

Researchers are enrolling more than 200 active duty military personnel stationed at Joint Base San Antonio-Lackland who wish to lose weight and keep it off. Participants who qualify for the study will receive free tools and support to help them lose weight.

The Fit Blue weight loss study is the result of a partnership between the University of Tennessee Health Science Center and the Wilford Hall Ambulatory Surgical Center.

To learn more, go to www.uthsc.edu/fit-blue or call the study team at 855-FIT-NOW.

AIR FORCE FITNESS MANAGEMENT

SYSTEM II UP, ACCESSIBLE

The new Air Force Fitness Management System is up and accessible via the Air Force Personnel Center Secure Application, Air Force Personnel Center officials said.

AFFMS II enables Airmen to review their fitness history and records through July 2010.

AFFMS II improves accessibility and fitness program managers' ability to manage fitness program records. In addition, it features more stringent security controls to protect members' information from unauthorized changes.

During the system downtime, base fitness assessment centers and unit fitness program managers maintained hard copies of fitness score sheets for Airmen who tested

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Photo by U.S. Navy Petty Officer 1st Class Tom Ouellette

U.S. Army Capt. Courtney Legendre (right), a physician assistant with the 411th Civil Affairs Battalion in support of Combined Joint Task Force-Horn of Africa, examines a child with the help of U.S. Air Force Maj. Andrew A. Herman, a medical planner in the CJTF-HOASurgeon Cell in Kakute, Uganda, April 23, 2013.

Measles outbreak reinforces need for vaccines

By Health.mil staff

The current measles outbreak in California underscores the need for vaccines as important tools to protect individual health and the overall health of a population.

While the highly contagious disease was considered eliminated from the United States 15 years ago, 644 cases of measles cropped up in 27 states last year, with more than 120 cases of the disease in 17 states so far this year.

"The vaccine helped eliminate measles in the United

States, and people may forget how dangerous the disease is," explained Air Force Lt. Col. Amy Costello, Chief of Immunization Healthcare Operations for the Defense Health Agency. "Keeping vaccination rates high is the best way to keep the disease from reemerging."

So how contagious is the measles virus? Measles spreads from person to person in respiratory droplets released into the air by sneezing and coughing. These droplets can linger on objects, surfaces, or in the air, remaining alive for hours.

Costello added immunization is important in developing "herd immunity," which occurs when most people in a community are immune to a disease. The herd effect benefits infants under 12 months of age who are not yet vaccinated, and it also protects those with compromised immune systems or who have had severe allergic reactions to a previous dose.

"High levels of immunity can prevent contagious diseases from spreading within the community and can protect people who are not able to be vaccinated."

Measles is still a threat in many parts of the world and can be brought back to the United States by unvaccinated Americans traveling overseas.

This can lead to outbreaks among unvaccinated groups of people, as measles is highly contagious and can be transmitted for several days before people know they are

sick. Vaccination is a safe and effective means of preventing the disease.

The measles, mumps and rubella vaccine is given in two doses, starting at 12 months of age, with a booster at four years of age.

Adults who aren't sure if they've been vaccinated against measles should check with their primary care manager to obtain a copy of their shot record. Studies have shown that about 93 percent of people who receive one dose of MMR vaccine will be protected from measles, and 97-99 percent of people will be protected after a second dose.

Find out more about the measles virus and how to protect yourself at <http://www.cdc.gov/measles/index.html> or <http://www.vaccines.mil>. To locate your primary care manager or get additional vaccine information, visit us at www.tricare.mil/vaccines.

Show your heart some love for American Heart Month

By Maj. Jasmine Peterson
U.S. Army Public Health Command

Did you know your heart beats more than 100,000 times a day, pumping nearly 1,900 gallons of blood? This means your heart is beating almost 42 million times and pumping about 700,000 gallons of blood a year.

February is American Heart Month, a time to bring awareness to the risks of heart disease and ways to stay “heart healthy.” So, show your heart some love this month.

One of the first steps to cherishing your heart is to know and understand your heart health numbers:

- Monitor and know your blood pressure. High blood pressure or hypertension is often called the “silent killer” because many do not know they have it; and it is one of the leading causes of death within the United States. A healthy blood pressure is a systolic pressure (the top number, pressure when the heart is beating) below 120 and a diastolic pressure (the bottom number, pressure when the heart rests between beats) below 80.

- Check your cholesterol. Cholesterol is a waxy fat-like material that your body needs. However, too much of it puts you at risk for heart disease and stroke. You can check your cholesterol through a simple blood test. Get your cholesterol checked every five years, unless your healthcare provider recommends more frequent checks, ensuring that your heart is pumping as smoothly as possible.

- Track your weight. Maintain a healthy weight. Being overweight or obese can increase your risk for

heart disease.

Be passionate about your heart's health by putting some prevention into play:

- Get a yearly check-up. Work with your healthcare team even if you feel healthy. This is a great way to check for and control conditions that may be putting you at risk for heart disease such as hypertension or diabetes.

- Eat healthy. Eat foods high in fiber and low in saturated fat, trans fat, salt and cholesterol. Aim to eat at least five servings of fruits and vegetables a day. Choosing to eat a healthy diet can help you avoid heart disease.

- Exercise. One of the best ways to make your heart strong is to work it out. Getting at least 150 minutes of exercise a week, like brisk walking, can help you stay at a healthy weight and lower your cholesterol and blood pressure.

- Don't smoke. If you smoke, quit. If you don't, do not start. Smoking cigarettes greatly increases your risk for heart disease. Your healthcare team can help you quit, so give them a call if you smoke or use tobacco products.

- Limit your alcohol. Drinking too much alcohol over time can increase your risk for heart disease. If you are a woman, stick to no more than one alcoholic beverage a day and if you are a man, no more than two.

So, go ahead and make your heart your valentine this month and try these tips. As always, contact your healthcare provider before starting any diet and exercise program as well as to get more information about improving your heart health.

Military Saves Week runs Monday through Feb. 28

By **Gen. Martin E. Dempsey**,
Chairman of the Joint Chiefs of Staff and
Sgt. Maj. Bryan B. Battaglia,
Senior Enlisted Advisor to the Chairman of the Joint
Chiefs of Staff

The 2014 Military Saves Campaign made many service members and their families aware of the tremendous power of saving and setting financial goals for the future.

To kick off the 2015 Military Saves Campaign, the Department of Defense has designated Feb. 23-28 as Military Saves Week. As part of the larger nationwide America Saves Campaign, the Military Saves Campaign is conducted in cooperation with the Consumer Federation of America, one of the DOD's official financial readiness nonprofit partners.

The Military Saves Campaign is a Total Force command program. It provides an excellent opportunity for leaders at all levels and in all components – active duty, National Guard and Reserves – to motivate and educate service members and their families. We are asking our

military members to commit to a goal of financial fitness.

The Military Saves Campaign is a year-long effort. Military Saves Week is an opportunity for our military community to come together with federal, state and local resources, including military banks and credit unions, to focus on the financial readiness of military members and their families and help them reduce debt and save their hard-earned money.

The America Saves Campaign slogan, "Start Small, Think Big," is shared by Military Saves and refers to the long-term benefits of saving a little each month.

It is particularly important to engage our military spouses, who play a vital role in ensuring the financial well-being and stability of military families. Furthermore, by learning good financial habits early in life, our children will strengthen their financial fitness for the future.

In support of Military Saves, encourage your people to access <http://www.militarysaves.org>, take the "Saver Pledge" and support the 2015 theme, "Set a Goal, Make a Plan, Save Automatically."



Gen. Martin E. Dempsey



Sgt. Maj. Bryan B. Battaglia

*For Military Saves week events, please see
the community briefs section on page 12.*

Internal or external: Finding the motivation to train

By Tech. Sgt. Joshua Strang
Air Education and Training Command Public Affairs

“Physical training test” may be a polarizing phrase in the Air Force language for Airmen

While some Airmen look at the PT test as just another workout in a weekly routine of strength building and cardio training, others cringe in anticipation of what a possible test failure can do to their performance reports and careers.

Some Airmen dislike training and the PT test. However, one simple fact remains: the PT test isn’t going anywhere. Physical fitness is an integral part of Air Force culture and it helps Airmen embrace the physical domain.

A part of the Comprehensive Airman Fitness culture, the physical domain, focuses on taking care of Airmen and their families by providing for their physical fitness needs. By definition, the military is a physically demanding profession and PT helps prepare for deployments to austere environments. Taking part in physical training is not only healthy on the physical front, but a mental one as well.

According to the Anxiety and Depression Association of America web page, <http://www.adaa.org>, exercise helps improve physical condition, fight disease, maintain mental fitness, reduce stress and fatigue, improve alertness and concentration, and enhance overall cognitive function.

However, for Airmen who dislike PT, the key to increased physical activity may not be to stress the health benefits, as the pain of training doesn’t always feel very healthy. The key to success may lie in associating training with a goal that is enjoyable and motivates the member.

“Find a way to make training enjoyable on some level,” said Master Sgt. Jake Parker, Joint Operations Superintendent at Fort George G. Meade,

Maryland. “Sometimes just the feeling you get afterward is enough to make the experience enjoyable.”

For years, Parker said he continually struggled to get in shape right before a PT test, but a severe back injury and subsequent surgery made him realize he needed to get in shape and stay consistently fit.

“Fortunately, the surgery went well and I’m able to maintain an active lifestyle,” Parker said. “I do have limitations that add certain challenges, so lifting weights has become yoga and Pilates.”

Parker’s wife, Jennifer, suggested training for a half-marathon. Initially thinking she was crazy, Parker said he went with her suggestion to train in order to support her in making healthy choices.

“She introduced me to the run and walk method to train for distance runs,” Parker said. “I was surprised how easy a long run became. My first time out I made it four miles; farther than I had ever run before.”

Parker currently enjoys Run Disney events and uses their allure as motivation to keep his fitness goals.

“They set courses through the parks, there are a lot of people cheering you on, and they have character meet and greets as well as bands and DJs along the routes,” Parker said. “And let’s be honest, there is also the allure of a shiny medal at the end.”

Parker says training with his spouse also helps keep him motivated. However, some couples don’t always have time to train together.

“Our schedules don’t really allow us to do PT together on a regular basis,” said Angela Adkins, an Air Force spouse stationed at Eglin Air Force Base, Fla. “My husband and I try to do local runs together when our schedules allow.”

Adkins, who has completed multiple

fitness events, says that having someone present to cheer her on helps keep her motivated.

“I have done local charity runs, color runs, and even a mud run that included obstacles at night,” Adkins said. “If one of us doesn’t want to do a race, then we make sure the other one is at the finish line to cheer each other on.”

A former Airman herself, Adkins adds that Airmen should think outside the box when it comes to PT.

“You don’t always have to run. Instead, mix things up and try new exercises,” Adkins said. “We have done kickboxing, basketball, tennis, paddle boarding and many other exercises over the years. Don’t get stuck in a rut where you think PT has to always be the same thing all the time.”

Parker adds that you don’t need to be in a relationship to have someone with which to train.

“Find friends who have the same interests and train with them,” Parker said. “A friend of mine is single and met people at races from other areas. They chat online about their training and meet up at races. There are always options.”

Finding someone to train with may help in finding personal motivation, but deciding to take PT seriously can be the pivotal step in changing an Airman’s life.

“Training is life changing in many aspects,” said Rob Wieland, a retired senior master sergeant and a triathlon athlete. “Not only does improving your PT score help your professional career, being physically fit is proven to add years to your life. My fitness goals have always been tied to my longevity; I want to live to 100 and still be able to exercise.”

Wieland said he has competed in more than 100 triathlons including six Ironman triathlons, and was recently selected to represent the United States at the International Triathlon Union World Championships in Chicago later this year. He said he couldn’t

have done it alone.

“It was all made possible with the help of hundreds of people that continue to support and provide me with positive energy,” Wieland said. “My biggest fan and supporter is my wife, Jenny.”

Wieland says that good physical fitness isn’t something that will happen instantaneously, but takes time and a positive attitude.

“One day 25 years ago, I ran around the block and that was all the further I could go,” Wieland said. “Six months later, I finished a marathon, my first race ever, in 3 hours and 18 minutes.”

Wieland added that Airmen shouldn’t rush into a training program.

“It is vital to your health that you take a very structured approach to beginning fitness,” Wieland said. “This includes checking with your doctor and finding a qualified coach or PT leader to build a proper training program.”

Wieland says his motivation to train comes from an internal force.

“My driving force to continue competing in triathlons is the idea of continuous self-improvement,” Wieland said. “I also have the desire to get faster, even as I get older.”

Whatever motivates Airmen to begin training, they need to set achievable, realistic goals and hold themselves accountable to exceeding them. Physical training is a part of Air Force culture and ensures Airmen are mission ready.

“Fitness is directly linked to our mission and readiness,” said Chief Master Sgt. Gerardo Tapia, Air Education and Training Command command chief. “It is always a great time for you to make a culture change involving your fitness. Make it a part of who you are as a warrior and valued family member.”

Airmen and their families who are ready to make a fitness change can begin by consulting the Human Performance Resource Center website at <http://hprc-online.org/>

Cody gives enlisted perspective at AFA

By Staff Sgt. Christopher Gross
Air Force News Service

Chief Master Sgt. of the Air Force James A. Cody outlined his top priorities for the enlisted force during

the Air Force Association’s annual Air Warfare Symposium and Technology Exposition in Orlando, Fla., Feb. 12.

Cody talked to those in attendance and focused on key areas such as

enlisted development, resiliency for Airmen and their families, and advancing the force.

He talked about the anticipation over the new enlisted evaluation and promotion systems, and explained

that it won’t change who gets promoted, rather the order in which they’re promoted.

“We’re getting after a lot of things our Airmen have been asking for and that creates some uncertainty,” Cody said. “Because they knew where they fell before – where everybody else

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have faced in the current long war. Among many efforts, we are focusing on en route care (aeromedical and critical care evacuation), expeditionary medical operations and support to personnel during combat operations. Future contingencies may require longer transport times of more acute casualties without the benefit of stabilization in fixed facilities, as we have had in Iraq and Afghanistan. We have to consider worst-case scenarios, which will prepare us well for less challenging circumstances. By enhancing clinical skills through partnerships with busy, high acuity civilian medical centers, such as our training programs

in Baltimore, Maryland; Cincinnati, Ohio; St. Louis, Missouri; and, most recently, Las Vegas, Nevada, regular sustainment training for all team personnel and developing new medical capabilities, we are committed to being just as ready or more ready at the beginning of the next war as we were at the end of the current one. Our nation expects no less – and our warriors deserve no less.

With our vision of health and performance in mind, the Air Force Medical Service is committed to providing the best prevention and care possible to a rapidly changing Air Force, both at the home base and deployed. I am confident that we are on course to ensure medically fit forces, provide

the best expeditionary medics on the planet and improve the health of all we serve to meet our nation's needs.



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>.



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IRS Completes the “Dirty Dozen” Tax Scams for 2015

The Internal Revenue Service added to the 2015 “Dirty Dozen” list of tax scams today with a warning to taxpayers about aggressive telephone scams continuing coast-to-coast during the early weeks of this year’s filing season.

The aggressive, threatening phone calls from scam artists continue to be seen on a daily basis in states across the nation. The IRS urged taxpayers not give out money or personal financial information as a result of these phone calls or from emails claiming to be from the IRS.

Phone scams and email phishing schemes are among the “Dirty Dozen” tax scams the IRS highlighted, for the first time, on 12 straight business days from Jan. 22 to Feb. 6. The IRS has also set up a special section on <http://IRS.gov> highlighting these 12 schemes for taxpayers.

“We are doing everything we can to help taxpayers avoid scams as the tax season continues,” said IRS Commissioner John Koskinen. “Whether it’s a phone scam or scheme to steal a taxpayer’s identity, there are simple steps to take to help stop these con artists. We urge taxpayers to visit <http://IRS.gov> for more information and to be wary of these dozen tax scams.”

Illegal scams can lead to significant penalties and interest for taxpayers, as well as possible criminal prosecution. IRS Criminal Investigation works closely with the Department of Justice (DOJ) to shutdown scams and prosecute the criminals behind them. Taxpayers should remember that they are legally responsible for what is on their tax returns even if it is prepared by someone else. Make sure the preparer you hire is up to the task.

For the first time, here is a recap of this year’s “Dirty Dozen” scams:

- **Phone Scams:** Aggressive and threatening phone calls by criminals impersonating IRS agents remains an ongoing threat to taxpayers. The IRS has seen a surge of these phone scams in recent months as scam artists threaten police arrest, deportation, license revocation and other things. The IRS reminds taxpayers to guard against all sorts of con games that arise during any filing season.

- **Phishing:** Taxpayers need to be on guard against fake emails or websites looking to steal personal information. The IRS will not send you an email about a bill or refund out of the blue.

Don’t click on one claiming to be from the IRS that takes you by surprise. Taxpayers should be wary of clicking on strange emails and websites. They may be scams to steal your personal information.

- **Identity Theft:** Taxpayers need to watch out for identity theft especially around tax time. The IRS continues to aggressively pursue the criminals that file fraudulent returns using someone else’s Social Security number. The IRS is making progress on this front but taxpayers still need to be extremely careful and do everything they can to avoid becoming a victim.

- **Return Preparer Fraud:** Taxpayers need to be on the lookout for unscrupulous return preparers. The vast majority of tax professionals provide honest high-quality service. But there are some dishonest preparers who set up shop each filing season to perpetrate refund fraud, identity theft and other scams that hurt taxpayers. Return preparers are a vital part of the U.S. tax system. About 60 percent of taxpayers use tax professionals to prepare their returns.

- **Offshore Tax Avoidance:** The recent string of successful enforcement actions against offshore tax cheats and the financial organizations that help them shows that it’s a bad bet to hide money and income offshore. Taxpayers are best served by coming in voluntarily and getting their taxes and filing requirements in order. The IRS offers the Offshore Voluntary Disclosure Program to help people get their taxes in order.

- **Inflated Refund Claims:** Taxpayers need to be on the lookout for anyone promising inflated refunds. Taxpayers should be wary of anyone who asks them to sign a blank return, promise a big refund before looking at their records, or charge fees based on a percentage of the refund. Scam artists use flyers, advertisements, phony storefronts and word of mouth via community groups and churches in seeking victims.

- **Fake Charities:** Taxpayers should be on guard against groups masquerading as charitable organizations to attract donations from unsuspecting contributors. Contributors should take a few extra minutes to ensure their hard-earned money goes to legitimate and currently eligible charities. IRS.gov has the tools taxpayers need to check out the status of charitable organiza-

tions. Be wary of charities with names that are similar to familiar or nationally known organizations.

- **Hiding Income with Fake Documents:** Hiding taxable income by filing false Form 1099s or other fake documents is a scam that taxpayers should always avoid and guard against. The mere suggestion of falsifying documents to reduce tax bills or inflate tax refunds is a huge red flag when using a paid tax return preparer. Taxpayers are legally responsible for what is on their returns regardless of who prepares the returns.

- **Abusive Tax Shelters:** Taxpayers should avoid using abusive tax structures to avoid paying taxes. The IRS is committed to stopping complex tax avoidance schemes and the people who create and sell them. The vast majority of taxpayers pay their fair share, and everyone should be on the lookout for people peddling tax shelters that sound too good to be true. When in doubt, taxpayers should seek an independent opinion regarding complex products they are offered.

- **Falsifying Income to Claim Credits:** Taxpayers should avoid inventing income to erroneously claim tax credits. Taxpayers are sometimes talked into doing this by scam artists. Taxpayers are best served by filing the most-accurate return possible because they are legally responsible for what is on their return.

- **Excessive Claims for Fuel Tax Credits:** Taxpayers need to avoid improper claims for fuel tax credits. The fuel tax credit is generally limited to off-highway business use, including use in farming. Consequently, the credit is not available to most taxpayers. But yet, the IRS routinely finds unscrupulous preparers who have enticed sizable groups of taxpayers to erroneously claim the credit to inflate their refunds.

- **Frivolous Tax Arguments:** Taxpayers should avoid using frivolous tax arguments to avoid paying their taxes. Promoters of frivolous schemes encourage taxpayers to make unreasonable and outlandish claims to avoid paying the taxes they owe. These arguments are wrong and have been thrown out of court. While taxpayers have the right to contest their tax liabilities in court, no one has the right to disobey the law or disregard their responsibility to pay taxes. The penalty for filing a frivolous tax return is \$5,000.

Additional information about tax scams is available on IRS social media sites, including YouTube <http://www.youtube.com/irsvideos> and Tumblr <http://internalrevenueservice.tumblr.com>, where people can search “scam” to find all the scam-related posts.

(Source: Internal Revenue Service)

NEWS IN BRIEF from Page 3

while the system was down.

To access AFFMS II, go to the AFPC secure application and click on AFFMS II or go to the Air Force Portal at <https://my.af.mil>, select “Life and Fitness” and then select AFFMS II from the drop down menu.

For more information about the fitness management system and other personnel issues, go to myPers at <https://mypers.af.mil>. Air Force retirees who do not have a myPers account can find instructions to create an account at <https://www.retirees.af.mil/shared/media/document/AFD-120510-068.pdf>.

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

vESD 2.0 rolls out Air Force wide

By Air Force Space Command Public Affairs

A brand-new version of the Virtual Enterprise Service Desk is now available on unclassified computer desktops on the Air Force network.

The vESD is an application on the desktop that empowers computer users to resolve minor information technology issues on their own, no longer requiring users to call the Enterprise Service Desk.

The application also automatically generates a remedy ticket for any issues it can't resolve, providing faster service to users. vESD also allows users to check on the status of any trouble ticket and update personal information through MyGal, the Air Force's global address list.

Similar to the previous version, vESD 2.0 assists users in resolving problems with Outlook email, Blackberry smartphones and iPhones. However, version 2.0 provides further support for network, hardware and software issues with a workstation.

Additional features of vESD 2.0 include assistance with mapping network drives, troubleshooting Common Access Card and CAC reader issues, resolving website issues, and help with common peripherals (keyboard, monitor, printer, etc.).

If vESD doesn't resolve the issue, users can still create a trouble ticket so an Air Force Network Support technician can provide assistance. In addition to problem-solving, vESD also allows users

to check the status of existing trouble tickets.

For account management, users will still contact their local information assurance officer and work with their Information Assurance Officer for any account management issues, such as modifying security groups or access to SharePoint or share drives.

Any changes to the network will still require the user to contact their local base change sponsor and submit that request for change through Remedy.

"Using automated tools to resolve common issues follows industry best practices and provides superior service to our Air Force users," said Lt. Col. Mark Reith, the 690th Network

Support Squadron commander. "Our goal is to help ensure daily disruptions due to routine computing issues are limited to the max extent possible."

The days of being able to surge additional manpower to resolve an issue are long past. Through maximum usage of the automated tools the Air Force can let automation take some of that workload.

"We all know that resources are scarce, and the future doesn't look any better," said Brig. Gen. Kevin Wooton, the Air Force Space Command Integrated Operations principal deputy director. "The Air Force must provide capabilities the nation needs while becoming smaller. This means our workforce and installations of the future must operate differently and more efficiently. The ESD transformation is one step towards reducing overhead costs and increasing efficiencies, while improving service and effectiveness for all Air Force personnel."

Texas launches toll-free number to help older Texans, people with disabilities

By Melissa Gale

Texas Department of Aging and Disability Services

The Texas Department of Aging and Disability Services has launched a toll-free number to help qualifying Texans connect with long-term care services.

The telephone number is 855-937-2372. It has been set up to help older adults (60 and up) who currently receive Medicaid and/or Medicare, people of all ages with disabilities and caregivers.

The growing population of aging Tex-

ans, in addition to the approximately four in 10 Texans who have some type of disability, has created demand for the new number. According to the 2010 census, Texas has the third largest aging population (65 and older) in the United States. More than 3 million Texans are over the age of 65 and that number is expected to more than double to 7.5 million by 2040.

The new number streamlines the process for those seeking information about long-term care services, which include

personal care, nursing care, help around the house, and help for caregivers.

"Texans who take advantage of the new number will speak with a trained professional who can help identify their needs and put them in touch with service providers in their area," said Jon Weizenbaum, DADS commissioner. "We think this approach will help Texans receive the services they are eligible for much more efficiently."

When Texans call the number, they will be routed to a representative at the

nearest Aging and Disability Resource Center based on the ZIP code they enter. ADRCs provide information and help connect individuals to state and federal benefits. They are linked to hundreds of service providers statewide and can help Texans enroll for services if requested. This service is free and ADRC representatives are available from 8 a.m. to 5 p.m. Monday through Friday.

Additionally, the new number will help existing Medicare/Medicaid recipients ensure they are receiving all the long-term care services they are eligible for.

Unlike the Texas 2-1-1 number, which provides broad referral services for all Texans seeking assistance, this new toll-free number is dedicated to older adults, people with disabilities and caregivers who need long-term care services.

CODY from Page 6

fell. Now, people are going to kind of fall in a little different order."

Cody also spoke to his vision of the developmental pyramid, which Airmen should see as a model for career progression. The different layers and sides of the pyramid represent different stages or opportunities in an Airman's career, and serve as stepping stones to progress higher.

That progression doesn't come without resiliency, something Cody said is the "critical link" for Airmen and their families.

"You just can't care enough - resiliency is not a program, (it's) a core strength," Cody said.

One of the ways the Air Force is instilling good resiliency practices is by starting from square one.

"We're doing a lot as we move forward to kind of build that resiliency from the ground up," Cody said. "So what better place for us to look at this (than basic military training)."

Cody said the first group of Airmen that will go through the Capstone Week just recently arrived at basic military training. After seven and a half weeks of intense and rapid

training and being transformed from trainees to Airmen, they will attend a final week where they can decompress and consider what it means to be an Airman.

The week is set aside to focus on building character skills, "that are going to be essential," for those Airmen to succeed, Cody said.

Cody said it's a time "to understand what they're a part of, to really internalize those core values (and) to help them understand that character is important."

Being resilient will allow Airmen to not only bounce back but to also

be innovative and move the force forward.

Cody said we "have always been an Air Force of innovative Airmen." He said today's Airmen are more innovative than ever, mainly because the Airmen joining today are smarter than ever.

He said the key to continue being an innovative Air Force is for leadership to ensure they're not stifling those Airmen with good ideas. Rather they need to take the time, listen and be supportive, because that's the only way we're going to continue to move forward.

Leaders discuss Combat Air Forces future at symposium



Photo by Scott M. Ash

Gen. Lori J. Robinson provides the Pacific region's perspective during a panel discussion on Combat Air Forces at the Air Force Association's annual Air Warfare Symposium and Technology Exposition Feb. 12, in Orlando, Fla. Robinson, the Pacific Air Forces Command commander, shared the panel with (from left) Air Combat Command commander Gen. Hawk Carlisle, U.S. Air Forces in Europe-Air Forces Africa commander Gen. Frank Gorenc and Global Strike Command commander Lt. Gen. Stephen Wilson.

By Mike Meridith
Air Combat Command Public Affairs

Four senior Air Force leaders gathered in Orlando, Fla. Feb. 12, to discuss the key issues facing the nation's Combat Air Forces.

Gen. Hawk Carlisle, the commander of Air Combat Command, joined Gen. Frank Gorenc, the commander of U.S. Air Forces Europe-Air Forces Africa; Gen. Lori Robinson, the commander of Pacific Air Forces; and Lt. Gen. Stephen Wilson, the commander of Air Force Global Strike Command, on a CAF panel at the Air Force Association's annual Air Warfare Symposium.

During the hour-long discussion, the leaders touched on a variety of issues including budget concerns, ongoing operations against the Islamic State of Iraq and the Levant terrorist group, the future of fifth-generation fighters like the F-22 Raptor and F-35A Lightning II and the challenges of emerging cyber-based threats.

With the Budget Control Act still the "law of the land," the leaders were unanimous in their concerns about its potential future impact on the Air Force based on what they saw during the 2013 sequestration.

"An important thing we learned about operating in a sequestered environment was the effect of not flying airplanes," Gorenc said. "If you have a squadron sit down for a month, it takes an exponential effort to get it back to readiness. The corrosive effect of having squadrons not flying can't be un-

derstated ... it does long term damage to our Air Force."

Carlisle reinforced the point, noting that although the Air Force is better prepared than in 2013 in terms of planning, operating at BCA-level budgets would have a significant impact on the CAF's capabilities.

"We have to produce the very best Air Force we can, given the resources the American people give us," he said. "If we live through BCA-level budgets into the next decade, we will not be able to do what we do today."

Robinson added that beyond lost capabilities, the cost of sequestration extended to international relationships.

"We did pay a price in partnerships when we had to cancel exercises and TDYs," she said. "It is a concern for the long-term commitment, trust and confidence of our partners and allies."

Collectively, the leaders pointed out that at least one positive impact of sequestration was that it highlighted Air Force capabilities to the American public, serving as a reminder of the importance of the service's mission. The point was made especially clear by Wilson as he discussed America's nuclear enterprise.

"Most people don't think much about the ICBM leg of the [nuclear] triad. Our missiles are foundational to our national security because they prevent an out-of-the-blue attack on the U.S.," he said, reaffirming the Air Force's commitment to ensure a credible strategic deterrence for the nation which became all the more important when

planes were not flying.

Combat operations against ISIL took center stage during the panel discussion with audience members questioning the effectiveness of air power in Operation Inherent Resolve. Carlisle expressed some frustration with the perception by some that air power was "not working," noting that substantial impacts had been made against ISIL.

"Air power is actually very effective," he said. "We have changed the way they [ISIL] operate. Their ability to mass, communicate, and control their forces has been degraded significantly."

The general also noted that while there is still talk of "an influx of [ISIL] fighters," they can't be as effective if their command and control is interrupted.

In praising the effectiveness of airpower in OIR, Carlisle highlighted the important role the F-22 has played, noting the fifth-generation fighter has "exceeded expectations". In particular, he noted how the aircraft's capabilities enhance the effectiveness of other aircraft operating with it.

"When you have F-22s in a strike package, every aircraft in the package does better," he said.

Discussion of the F-22 also raised questions about the future of the Air Force's other fifth-generation aircraft, the F-35. Carlisle addressed concerns about whether the aircraft would reach its initial operating capability, projected between August and December 2015.

While Carlisle noted issues with maintenance manning were compelling, he believed the Air Force would reach IOC as projected. However, he added that IOC was "merely the beginning" of important issues the service would need to face moving forward.

"The Air Force is not getting any bigger," he said. "We have to figure out how to retire aircraft as we bring the F-35s online. Maintenance is just one part of the equation."

The officers also addressed the growing threat of cyber-attacks and the need for the U.S. to grow its own capabilities to address them.

"One of the things I think that is interesting is the integration of cyber and kinetic effects. We're good at predicting the result of kinetic actions, not as good with cyber," Gorenc said. "The problem is the ability to predict creates so many branches and sequels it exceeds the capacity of the Air Operations Center to do the work, particularly in a high-speed conflict."

Robinson echoed those concerns adding that she also worried about the problem of degraded communications versus merely the loss of them. "We'll either have comms or we won't. But I am worried about degradation and how we can detect it."

The leaders drew their discussion to a close by noting that while the CAF faces a challenging future, the future is still bright as its success is ultimately secured by its greatest asset: the men and women who daily carry out their missions in defense of the country.

BMT HONORS

Congratulations to the following 62 Airmen for being selected as honor graduates among the 622 Air Force basic military trainees who graduated Feb. 13:

320th Training Squadron*-Flight 099*

Jordan Brown
Caleb Langel
Jonathon Lavelle
Zachary Pollard
Adam Vaclavik
-Flight 100
Vanessa Alonso
Dayziona Daniels
Ana Flores
Kala Judd
Krystal Moulton
Madison Smith
Cheyenne Unis
Ashley Yarnell

322nd Training Squadron*-Flight 109*

Alexander Acosta

Eric Bilton
Daniel Cook
Ryan French
Travis Gantt
Tanner Hearren
Casey Hopkins
Joseph Mulvihill
Alvarado Rivera
-Flight 110
Kathryne Corrigan
Kendra Irwin
Grace Twohig

323rd Training Squadron*-Flight 101*

Taylor Blackwell
Joseph Clawson III
Robert Evans
Aaron Podoll
Logyn Shea
Derick Singleton
-Flight 102
Blake Bolton
Daniel Carver
Zachery Dunkin
William Fennewald
Jason Ligon

Aaron Ricketts
-Flight 105
Tanner Bisel
Thomas Butchko
Oscar Diaz
-Flight 106
Emily Faragher
Lauren Pratt
Mariana Sanchez
Katharina Schmolly
-Flight 107
Jeremy Glunt
Vincent Ruiz
Shawn Schelble
-Flight 108
Steven Alamond
Stephen Badeaux
David Bernard
Darrin Deleon
Alvin Johnson III
Jeremy Kinard

331st Training Squadron*-Flight 103*

Bryan Gilmore
Joseph Johnson
Nkosi Jones

Zarek Kneuss
Austin Morley
Kendrik Ogren
-Flight 104
Christopher Mcgrath
Matthew Pope
Morgan Smith

Top BMT Airman

Lauren Pratt
323rd TRS, FLT 106

Most Physically Fit*-Female Airmen*

Crystal Moss
323rd TRS, Flight 106
Mckenzie Russell
322nd TRS, Flight 110
Jezica Plasencia
320th TRS, Flight 100
Ana Flores
320th TRS, Flight 100
-Male Airmen
Johnathan Cullar
322nd TRS, Flight 109
Kory Saucedo
320th TRS, Flight 099

Tanner Sturm
320th TRS, Flight 099
Jonathon Lavelle
320th TRS, Flight 099
-Female Flights
320th TRS, Flight 100
322nd TRS, Flight 110
323rd TRS, Flight 106
-Male Flights
320th TRS, Flight 099
322nd TRS, Flight 109
323rd TRS, Flight 102
331st TRS, Flight 103

Top Academic Flights

323rd TRS, Flight 108
322nd TRS, Flight 109
323rd TRS, Flight 107
320th TRS, Flight 099
323rd TRS, Flight 105
323rd TRS, Flight 101
323rd TRS, Flight 102
331st TRS, Flight 104
331st TRS, Flight 103
322nd TRS, Flight 110
320th TRS, Flight 100
323rd TRS, Flight 106

**Straight
Talk Line**

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

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

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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

LOCAL BRIEFS

FRIDAY

KEY SPOUSE FINANCIAL BRIEF

Lean debt management tools, how to read your credit report and receive your credit score at the Family Readiness Center, building 1249, from 10 a.m. to 2 p.m.

LET IT SNOW, LET IT SNOW, LET IT SNOW

Joint Base San Antonio turns the Lackland Amphitheater into a snowy downhill slope for Snow Fest from 4:30 to 7:30 p.m. The free event includes two snow slides, a climbing mountain, an interactive obstacle course, a large snow play area and a bouncy house. Food and beverages are available for purchase. For more information, call 221-1718.

SATURDAY

BASURA BASH

The fifth annual JBSA-Fort Sam Houston Basura Bash will be held at Salado Creek Park from 9 a.m. to noon with volunteer check-in at 8 a.m. and safety briefings at 8:45 a.m. The cleanup of Salado Creek is held in conjunction with

the city-wide cleanup effort for the tributaries of the San Antonio River. Volunteers are encouraged to wear long pants, sturdy shoes, gloves, hat and sunscreen. They can bring their own cleanup gear such as waders, trash-grabbers, nets, etc. All participants under 18 must have a parent or guardian onsite; drop-offs will not be allowed. All participants must have an ID or Common Access Card and sign a waiver to participate. Volunteers can register online at <http://www.basurabash.org>. For more information, call 388-2067.

TUESDAY

FREE CREDIT REPORT AND SCORES

Learn how to improve your credit score at the Joint Base San Antonio-Lackland Airman and Family Readiness Center, building 1249 from 12:30 to 2:30 p.m.

WEDNESDAY

FRONTLINE SUPERVISOR COURSE

This course for new supervisors (NCOs, civilians and officers) provides in-depth training for helping Airmen in distress. Per Air Force Instruction 90-505, the training is mandatory for supervisors in Security Forces, Intel and manned Aircraft

Maintenance and must occur within 90 days of assuming supervisory duties. Supervisors in any other career field and those who have previously attended but want a refresher can also register. Register at <https://cs3.eis.af.mil/sites/oo-ed-ae-15/default.aspx>.

Course will be at the Wilford Hall Ambulatory Surgical Center, building 4550, room 4A45 (fourth floor) from 1 to 4 p.m.

ARE YOU A SMART CONSUMER?

Class will be held at the Joint Base San Antonio-Lackland Airman and Family Readiness Center, building 1249 from 10:30 to 11:30 a.m. and 1:30 to 2:30 p.m.

THURSDAY

USING CREDIT WISELY

This class will offer basic guidelines on investment strategy tips and what it takes to reach your financial goals. Class will be hosted at the Joint Base San Antonio-Lackland Blood Donor Center, building 3425 from 9 a.m. to noon.

FEB. 28

AAHC SCHOLARSHIP BANQUET

Brig. Gen. Bob LaBrutta, 502 Air

Base Wing and Joint Base San Antonio commander, will be the guest speaker for the African American Heritage Committee Scholarship Banquet at the Gateway Club from 6 to 9 p.m. Call 292-6403.

MARCH 3

ATTENTION 502ND LRS MUNITIONS CUSTOMERS

The 502 Logistics Readiness Squadron Munitions Flight (Joint Base San Antonio-Lackland) will be closed March 3 through 7 for semi-annual inventory. Munitions custodians must identify all munitions requirements now to cover requirements for this timeframe and submit issue requests. Items must be signed for by custodians on or before Feb. 27. In the event an emergency comes up during the semi-annual inventory and munitions are required, an emergency issue request memo approved by the 502nd Security Forces and Logistics Support Group commander must accompany the standard issue request form. Call 671-4265 or email Lackland.FV3047@Lackland.af.mil.

INFORMATIONAL

The below rates apply to dining facilities not using the a la carte

pricing system: Slagel, Rocco, B5107, B5105, Medical Readiness DFAC, and all BMT facilities.

Breakfast = \$3.45
Lunch = \$5.55
Dinner = \$4.85

In addition, Meals-Ready-to-Eat and flight meals are priced at \$5.55 each. For details on dining facilities to include hours, contact information and address, visit <http://www.jbsa.af.mil/library/diningfacilities.asp>.

THE LACKLAND GATEWAY THEATER IS OPEN

For upcoming movie dates and times, call the movie line at 671-3985 or view the schedules online at <https://www.shopmyexchange.com/reel-time-theatres/Lackland-AFB>.

THERE IS SOMETHING FISHY AROUND HERE

The San Antonio Aquarium is now open and JBSA-Lackland Information, Tickets and Travel has discount tickets. Experience this attraction that has exhibits low enough for children of all ages to reach out and touch stingrays. See a variety of sharks, starfish, reptiles and more. It is an interactive, educational experience. Call 671-3059 for additional information.

CHAPEL SERVICES

—PROTESTANT WORSHIP SERVICES

Freedom Chapel – Building 1528

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

LITURGICAL SERVICE

Airman Memorial Chapel – Building 5432

Sun. 8:00 a.m.

CHURCH OF CHRIST

New BMT Reception Center – Building 6330

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

SEVENTH - DAY ADVENTIST

Gateway Chapel – Building 6300

Sat. 12:30 p.m.

CHRISTIAN SCIENCE

New BMT Reception Center – Building 6330

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

—ORTHODOX CHRISTIAN

Airman Memorial Chapel – Building 5432

Sun. 9:30 a.m.

—WICCA

New BMT Reception Center – Building 6330

Sun. 9:00 – 11:00 (Auditorium)

Freedom Chapel – Building 1528

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

—REFUGEE STUDENT CENTER

Building 9122 (Tech Training & TDY Students)

Wednesday 6 – 8 p.m.

Thursday 6 – 8 p.m.

Friday 6 – 11 p.m.

Saturday 12 – 9 p.m.

Sunday 11 – 5 p.m.

—JEWISH

Airman Memorial Chapel – Building 5432

Sabbath & Kiddush Fri. 4:30 p.m.

Religious Education Sun. 1:30 p.m.

—ROMAN CATHOLIC

Freedom Chapel – Building 1528

Religious Education Sun. 9:00 a.m.

Mass 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.af.mil
My Air Force Life	http://www.MyAirForcelife.com

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

Master sergeant aims for perfection

By Jose T. Garza III
JBSA-Lackland Public Affairs

Master Sgt. Kandice Butelli, 382nd Training Squadron career development course diet therapy writer, is a competitive person.

Whether it was as a basketball player in junior high school, a majorette in high school or as a roller derby player in the San Antonio Derby League, Butelli has constantly strived to do the absolute best in everything she does.

Before she retires from the Air Force in July, Butelli would like to compete with her co-workers and score 100 on her physical training test.

"I don't want them to beat me," said Butelli, who noted her co-workers PT scores were in the mid to high 90s. "We have a good competitive group of folks in our unit and we get along real well."

Prior to March 2014, earning a perfect score would have been a lofty goal for the master sergeant.

Butelli gained 30 pounds after returning home from a deployment in 2008. She attributed the weight gain to eating frequently at fast food restaurants and infrequent exercise.

"I didn't take care of myself quite as well as I did when I was deployed," Butelli recalled. "I went back to a normal routine when I returned from deployment. The added weight snuck up on me and I knew I had to do something about it."

She kicked her fast food habits and began using a phone app to track her daily calories.

Butelli also started performing high-intensity interval trialing exercises with co-workers during lunch hours. During this period, she lost 20 pounds and five inches around her waistline.



Photo by Jose T. Garza III

Master Sgt. Kandice Butelli, 382nd Training Squadron career development diet therapy course writer, performs a flip-flop crunch exercise as part of the P90x workout program. Butelli began using P90x in March 2014 and lost 22 pounds in three months. She aims to make a perfect score on her physical training test before she retires in October.

Her improved fitness paid off when she scored a 96 on her PT test in June. While Butelli noted that performing high-intensity interval training exercises were a struggle initially, she credits the program for whipping her into shape.

"High-intensity interval trialing exercises has given me a boost of energy, and I don't feel as lazy as I did when I gained weight after my deployment," she said. "I feel more motivated, and I fit into clothes that I haven't worn in years. It's

a morale booster."

Butelli has been active in the local community as a member of the San Antonio Derby League since 2011.

Butelli said her endurance and core body strength are enhanced since she started playing.

"My endurance has gone up so much that now I am able to do 30 laps around the skating rink in five minutes," she explained.

Butelli also runs two days a week and looks to incorpo-

rate Tabata training (20-second sprints and 10 seconds of rest), into her workout regimen to increase her run speed in preparation for her last PT test in June.

While she strives for a perfect score, Butelli won't beat herself up if she does not achieve it.

"I won't be disappointed if I don't get it because I have come so far," she said. "But, I'll be happy with an excellent score on my PT test at age 42."

Butelli has one person in her

corner who believes she can achieve her goal – her boss, Maj. Scott Black, program director for the Air Force and Army Diet Technician technical school.

"There is no doubt in my mind she can score 100. The only reason she has done so well for herself is because she made fitness a part of her life," he said. "She works hard every single workout and doesn't make excuses. She also considers failures lessons learned and improves."