



TALESPINNER

JOINT BASE SAN ANTONIO-LACKLAND, TEXAS • Vol. 72 No. 8 • February 27, 2015

502nd LRS fly manatee home



Photo by Staff Sgt. Marissa Garner

Members of the 502nd Logistic Readiness Squadron use a forklift to transport a manatee from SeaWorld San Antonio onto an aircraft Feb. 16 at Joint Base San Antonio-Kelly Field Annex. The manatee, named Trinity, was previously housed at SeaWorld San Antonio for medical treatment after being spotted in Trinity Bay, Texas. Coast Guard pilots from Air Training Station Mobile, Ala., transported the animal back to Orlando where he originated during a joint mission with the U.S. Fish and Wildlife Service.

SLAP your Airmen daily

By Chief Master Sgt. Lisa Arnold

Lajes Field, Azores 65th Mission Support Group superintendent

Have you ever wanted to SLAP your Airmen? Have you ever wanted to SLAP them in hopes of teaching them a lesson? Have you ever wanted to SLAP them, but feared going to jail? If you answered yes to one or all of these questions, here is a way to accomplish it – legally.

A good hard SLAP to your Airman's face will go a long way for a supervisor and the member and will ensure the Air Force is in good hands. Understanding the concept of a strong SLAP will cement an understanding of expectations and create an environment of good order and discipline. If you SLAP your Airmen often, they will gain a level of knowledge and confidence that will ensure they in turn SLAP their Airmen allowing this behavior to be passed down from generation to generation.

Of course, I am not talking about physically slapping individuals; rather, a proverbial SLAP of standards, leadership, accountability and professionalism.

The first step in a forceful SLAP is to hit your Airmen with standards. This sets the tone for how members carry out the Air Force's mission and vision.

Establishing standards provides a clear boundary of acceptable and unacceptable actions and should leave no question in your Airman's mind of what is expected.

Setting standards is the inaugural action of effective leadership and if not accomplished immediately, can cause a

“Why waste time slapping your Airmen with standards if you aren't going to follow it up with accountability.”

break down in discipline. In our line of work, this cannot happen.

No doubt standards are needed to maintain a structured environment, but Airmen also need to be slapped with a dose of positive guidance to ensure those standards are met.

In order for your Airmen to feel the sting of the SLAP, you need to hit them hard with leadership. Leading by example is unequivocally the most important aspect of strong leadership.

The best leaders will lead with their actions as well as their words. Actions themselves can set a silent standard about what is right and what is wrong; understanding that followers learn from observation is key to effective leadership.

For example, a leader can knowingly or unknowingly set the expectation for a uniform standard by consistently wearing ribbons when it's not required. Airmen will watch, learn and imitate what

leaders do. It's vitally important that we are continuously aware of our own actions on and off duty.

It has been said that great leaders SLAP their Airmen daily, but this cannot be done properly unless accountability is in place. Why waste time slapping your Airmen with standards if you aren't going to follow it up with accountability.

Holding members accountable for their actions secures an Airman's understanding of acceptable and unacceptable behaviors and allows them to make necessary changes if needed. However, it is important to understand that in order to hold someone accountable leaders may need to reflect on their own accountability as well.

This means if the duty day starts at 7:30 a.m., supervisors also need to be on time to ensure the standard is being met. If you can't observe the behavior yourself, how can you hold someone accountable?

Hitting individuals with standards, leadership and accountability will instill the final step to an effective SLAP: professionalism.

The way in which one acts and presents themselves can create lasting impressions impacting those we lead. Airmen of all ranks need to understand that we are all servants responsible for the defense of our nation.

When Airmen have high standards of professionalism, it creates a perception of credibility and reliability and this, in itself, is what continues to make us the No. 1 Air Force in the world.

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NEWS IN BRIEF

75 DAY LEAVE CARRYOVER ENDS SEPT. 30

Effective Sept. 30, military members will no longer be able to carry more than 60 days of leave into the next fiscal year, in accordance with 2013 National Defense Authorization Act requirements.

Unless they are approved for special leave accrual, Regular Air Force and Active Guard Reserve - or AGR - members who have more than 60 days of leave must use it or lose it by Oct. 1.

The 2010 NDAA included a provision that allowed members to carry up to 75 days of leave forward to the new fiscal year because of limited leave opportunities tied to deployments and other mission requirements. The 2013 NDAA extended that provision through the end of fiscal year 2015.

Some reserve members could be affected as well.

Members who have approved special leave accrual are exempted from the use-or-lose rule, Strickland said. Special leave accrual approval is for members who couldn't use their leave because of national emergency, crisis, catastrophe or national security situations.

For more information about military benefits, like leave or 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 www.retirees.af.mil/shared/media/document/AFD-120510-068.pdf.

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 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

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Photo by Scott M. Ash

Air Force Chief of Staff Gen. Mark A. Welsh III delivers his "Air Force Update" to attendees of the Air Force Association's annual Air Warfare Symposium and Technology Exposition Feb. 12, in Orlando, Fla.

AF chief of staff: Call to the future

By Staff Sgt. Torri Ingalsbe
Secretary of the Air Force Public Affairs Command Information

Air Force Chief of Staff Gen. Mark A. Welsh III shared his thoughts on where the Air Force is, where it's going and how it's going to get there with an audience of Airmen, industry representatives and Air Force supporters during his speech at the Air Force Association's annual Air Warfare Symposium and Technology Exposition Feb. 12 in Orlando, Fla.

"One of the great things about this job is I get to spend a lot of time talking to Airmen," Welsh said. "There've been lots of distractions - it is an unending stream of things that have kind of grabbed our consciousness and, while we continue to fight the fight really well while we're deployed and the folks who support it from home station focus all day long on fighting do fantastic work, as soon as you step away from that environment, or you 'redeploy,' the conversations turn to this stuff."

Welsh said the questions he gets the most from Airmen revolve around things like sequestration, compensation packages and health care. His call to the Air Force is to refocus on the primary mission of the Air Force.

"We need to refocus on the things that really matter to us as members of this service and this profession," he said. "I think we have to start with a refocus on our mission - and our primary job which is to fight and win the nation's wars. All that other discussion will still happen - we'll still include our Airmen in it - but that shouldn't be the focus of every conversation we have."

The operations both around the world and in the U.S. should remain the primary focus for the Airmen who per-

form and support those operations, Welsh explained. Having a distracted military can lead to serious problems if it continues over time.

"We've also been refocusing on our core values," he said. "We've kind of been reminded that if these three simple words with elegant meaning, [integrity, service, excellence] if they're really going to be foundational values for our service then they have to be cared for and sustained. They have to be embraced; they have to be discussed over and over and over."

Welsh talked about the importance of not only being a professional, but being a member of the profession of arms - being an Airman first.

"This is a different business," he said. "It's an ugly business sometimes, and somebody's got to be good at it - and the people who are, need leaders who care. Everything we teach in terms of those core values, leadership and supervision, has to be in context of the profession of arms."

The Air Force is standing up the new Profession of Arms Center of Excellence at Air Education and Training Command. This center will ensure the concept and culture of the profession of arms is taught at every level of leadership and supervision.

Welsh tied culture to understanding and appreciating the vast area of responsibility in which the Air Force operates, by showing the audience a picture of the Earth.

"Every centimeter of it is covered by air, and surrounded by space, where you operate," he said. "I don't even want to begin to figure out how to determine how much terrain is in the cyber environment that surrounds all of that."

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This is our AOR.”

Welsh talked about the decreasing size of the Air Force and the evolution behind every major shift in priorities throughout the Air Force’s lifespan. Air power has consistently changed and adapted to the needs and challenges placed before it and resets about every 25 years, learning lessons along the way.

“We made Operation Desert Storm look ridiculously easy,” Welsh said. “It wasn’t that easy, but we were that good – and that large. But any weapon, no matter how technically proficient – no matter how functionally advanced or functionally capable, can be too small to accomplish its desired purpose – and so can air forces.”

There are a few areas Welsh sees a specific need for a reset: infrastructure, space, cyber, total force integration and the Air Force’s self-image.

“As the leading service proponent of innovation, we were born from it,” he said. “It should be in our DNA, and I think it is – we’re just kind of hesitant to brag about it. Let’s talk this up. Every Airman should be, can be, I believe must be innovative if we’re to

succeed in the future.”

Commanders can’t be intimidated by that; supervisors shouldn’t be scared of it. We ought to be embracing it.”

The Air Force has implemented new processes in decision making and developmental planning, and has given Airmen a roadmap for the future.

“Our vision is who we would like to be some day,” Welsh said. “It’s something that just keeps calling us forward. Global reach, global vigilance and global power – it’s what we do for America. A Call to the Future – the lead document in our strategic document series – this is who we are going to be 20 years from now. New Air Force Concept of Operations is how we’re going to operate once we get to that point. It gives us a target. It gives us a concept of how capabilities will fit together. The new Single Air Force Master Plan is the game plan to make the Call to the Future and Concept of Operations a reality.”

Throughout his speech, Welsh shared the amazing things Airmen are doing and the stories of individuals who inspire him. He said finding balance is one of the best ways to refocus the force and to ensure the Air Force remains the best in the world into the future.

Texas switches to single sticker for vehicle registration, inspection March 1

By Jewell Hicks

Joint Base San Antonio Safety Office

After March 1, vehicle inspections and vehicle registrations will no longer be independent of each other and drivers will no longer be issued an inspection sticker for their windshield.

Vehicles will still be required to be inspected. However, once the vehicle passes inspection, inspection results will be entered into a statewide data base available in real time. Also, vehicle owners will be issued a certificate upon their vehicle passing inspection.

Vehicle registration renewal can be accomplished online, by mail or in person. Either way, it will require verification of the vehicle passing inspection.

Once the registration process is complete, drivers will be issued a blue-bordered vehicle registration sticker which will serve as proof of both the inspection and registration.

Authorities have indicated the "Two Steps, One Sticker" is designed to reduce fraud, improve safety and boost compliance. House Bill 2305 was passed during Texas' 83rd Legislative Session, eliminating the inspection sticker, resulting in a single-sticker



Inspection & Registration – Together At Last!

system and makes vehicle registration dependent on obtaining a passing vehicle inspection.

The program's first year could be unwieldy as Texas synchronizes their inspections and registrations. The state is using the one-time grace period of March 1 to Feb. 29, 2016, to get everyone synced.

There will be drivers whose registration expires in a different month than the inspection, such as a driver whose registration expires in April, but whose inspection expires in September. They will renew the registration in April like normal and then won't have to have to get a new inspection until April 2016.

On the other hand, a driver whose vehicle driver inspection expires in April, but whose registration

expires in September would get an inspection for the vehicle in April, but will not receive an inspection sticker. The vehicle owner will renew their registration like normal in September and then won't have to get another inspection until September 2016.

If the vehicle is from out of state and the owner is unable to complete a Texas vehicle inspection in order to renew the registration, the owner will be able to self-certify that the vehicle is out-of-state and will be permitted to register. The self-certification process will be limited to active duty military, full-time students, seasonal Texans, recreational vehicle owners, apportioned vehicles and elected Congressional officials. For additional information, visit <http://txdmv.gov/tax-assessor-collectors/county-tax-offices>

For multi-year registration, only new passenger cars and light trucks purchased from a dealer which have two years of initial inspection will be eligible to receive two years of initial registration at the time of title. Multi-year registrations will remain valid until it expires. However, the requirement to pass an annual vehicle inspection still stands.

After March 1, vehicle inspection stations will no longer collect the state's portion of the inspection fee. At the time of inspection, the vehicle owner will pay only the inspection station's portion of the fee. The state's portion of the inspection fee will be collected at the time of registration or renewal.

For additional information regarding vehicle inspections and registration, visit <http://twostepsonesticker.com>.

25th AF training breakthrough seen as 'game' changer

By Wayne Amann
25th Air Force Public Affairs

(Editor's Note: This is the first in a series on how 25th Air Force is paving the way in intelligence training and analysis across the enterprise and beyond.)

Visionaries at 25th Air Force are merging advances in technology with innovation and creative thinking to revolutionize how Airmen are educated, trained and developed in the intelligence community.

Their competency and proficiency based approach does not involve slight-of-hand, but it is MAGIC.

The eyebrow-raising acronym stands for Mobile Apps & Games for Intelligence Courses, which marries state-of-the-art presentation technology with graphics, text, voice, video, sound effects and animation to create effective, engaging learning experiences.

"We found there was a need to more effectively reach our target student population," said Frank "Chip" von Heiland, chief of the Force Development and Training Division and Senior Language Authority for 25th Air Force. "A lot of research was done to ensure this approach was right, including some very sophisticated peer research."

Of the approximately 12,000 Air Force enlisted intelligence professionals, 70 percent of those Airmen have less than five years of service and are millennials. MAGIC's premise centers on game-based learning (serious games) targeting the training needs of the millennial generation, coupled with mobile learning (m-learning).

"Another factor that drove the need is the migration of Air Force Special Operations Command Airmen to Electronic Flight Books," von Heiland said. "This meant our 361st Intelligence, Surveillance and Reconnaissance Group Airmen would all be carrying iPads on their missions."

This "gamification" teaching method enables instructors to challenge Airmen with realistic scenarios that require students to employ detailed analysis and problem-solving skills to meet specific learning goals and objectives.

The unique technique leverages



Photo by William Belcher

Mobile Apps and Games for Intelligence Courses combine state-of-the-art presentation technology with graphics, text, voice, video, sound effects and animation to create effective, engaging learning experiences.

simulation technologies with immersive learning, enabling trainees to re-enact exact circumstances multiple times, reviewing the consequences of different actions. This gives a more in-depth learning experience,

the important takeaways of which are improved retention and critical thinking skills.

MAGIC gives students more training time to practice and apply what they've learned instead of sitting

through instructor-led training in a classroom.

"We started two years ago by taking the Air Education and Training Command approved curriculum for the Airborne Cryptologic Operator course at Goodfellow Air Force Base, Texas, including materials for very complex subjects like electromagnetic wave propagation, network fundamentals, radio wave propagation and super heterodyne multiplexing and converted them from Power Point and text presentations to fully inter-active apps and games for students," von Heiland said.

The mobile, or m-learning, aspect of MAGIC literally plays into the hands of today's ISR-focused Airmen.

Millennials prefer mobile training devices thanks to their accessibility and affordability. Mobile learning affords self-directed Airmen access to information via their smart phones, iPads or tablets, around the clock, fostering a more conducive learning atmosphere.

The ability to access learning anytime, anywhere through distributed mobile learning is a methodology the Air Force is increasingly looking into. Successful implementation of MAGIC is seen by young intelligence professionals as the direction their training is headed.

"The feedback we're getting from Airmen is that this is the delivery method of the future for intelligence education and training, and they want more every day," von Heiland said.

This capability mirrors the 25th Air Force Education and Training Vision for the Intelligence Professional, "to develop and maintain skilled ISR analysts and operators capable of meeting the challenges of operational adaptability in an era of persistent, complex, conflict and change."

Besides its accessibility upside, MAGIC utilizes a more adaptable and instructional design, creating training that's more operationally relevant and individually tailored.

MAGIC proponents see this modern approach as a 'game' changer in the way education and training is delivered to intelligence professionals, better positioning them to meet the ever-changing landscape of warfare.

Please be a good neighbor

By Bryan M. Gillespie
Director, 502nd Security Forces Squadron

No one likes speeding vehicles in their neighborhood. Speeders make for an unsafe environment for the residents, their children, guests, pets and property.

Recently Joint Base San Antonio-Fort Sam Houston Security Forces received complaints from residents living around the post that JBSA-Fort Sam Houston employees are speeding through their neighborhoods.

An area of particular concern is Brahan Street, which is accessed via departure from the Wilson gate

and making a right-hand turn just after the gate. This residential area receives heavy traffic from the post and multiple speeding incidents and dangerous driving episodes have been reported.

As a result, the JBSA-Fort Sam Houston Security Forces Squadron notified the San Antonio Police Department and asked them to step up speed monitoring activities in the neighborhoods around the post. Please be a good neighbor and JBSA-Fort Sam Houston representative; slow down, contribute to the safe environment of others and save yourself a ticket at the same time.

To find out **WHAT'S HAPPENING**

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President signs Clay Hunt Act, says 'stigma has to end'

By Claudette Roulo
DOD News, Defense Media Activity

President Barack Obama signed into law the Clay Hunt Suicide Prevention for American Veterans Act, or SAV Act, Feb. 12 in Washington, D.C.

The act is aimed at reducing military and veteran suicides and improving their access to quality mental health care.

Hunt was a decorated Marine veteran who struggled with post-traumatic stress. He deployed to Iraq and Afghanistan and was wounded in Anbar Province, Iraq, and witnessed the combat deaths of close friends.

Two years after his discharge and after repeated setbacks in his medical care, Hunt took his own life.

"By all accounts, he was selfless and he was brave," Obama said of Hunt. "And when he died in 2011, it was a heartbreaking loss for his family, his fellow Marines and our nation, because Clay had already done a great deal of good in the world. And the truth is – he was just getting started."

Through unimaginable grief, Hunt's family, friends and fellow veterans made it their mission to spare other families the pain they endured, the president said.

"So they shared Clay's story far and wide," Obama said. "And they reached out to members of Congress. And they lobbied and they testified and made personal appeals. And thanks to their tireless efforts – and we are particularly grateful to Clay's family, being able to transform grief into action – today, I will sign the Clay Hunt SAV Act into law."

The president said the best way to honor Hunt "is to make sure that more veterans like him are here for all the years to come and able to make extraordinary contributions, building on what they've already done for our safety and our security."

The act builds on efforts still in progress to improve Veterans Affairs mental health care access by:

- Requiring annual third party evaluations of VA's mental health care and suicide prevention programs;
- Creating a centralized website with

resources and information about the range of mental health services available from the VA;

- Conducting a three-year pilot program using peer support to assist veterans transitioning from active duty; and
- Encouraging collaborative suicide prevention efforts between the VA and non-profit mental health organizations.

The president's proposed 2016 budget also includes more than \$7 billion for the VA to continue its focus on expanding and transforming mental health services for veterans, including treatment for post-traumatic stress, ensuring timely access to mental health care, and treatment for military sexual trauma.

"This law will not bring Clay back, as much as we wish it would," Obama said, "but the reforms that it puts in place would've helped, and they'll help others who are going through the same challenging process that he went through."

It's time to eliminate the stigma and barriers that face those who seek help, the president said. Asking for help is

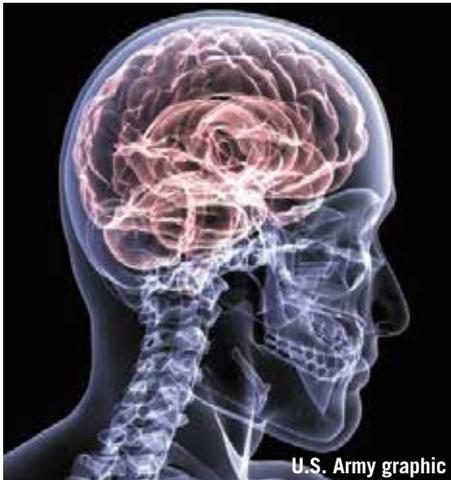
hard enough, he said, particularly when you are used to helping others.

"Today, we say again to every person in uniform, every veteran who has ever served, we thank you for your service. We honor your sacrifice. But sometimes, you know, talk is cheap. And sometimes, you know, particularly at a time when we've got an all-volunteer force and so often we can celebrate them at a ball game, but too many are insulated from the impacts," the president said.

"We've got to also act," Obama said. "We can't just talk. So we're ready to help you begin the next chapter of your lives. And if you are hurting, know this: You are not forgotten. You are not alone. You are never alone. We are here for you. America is here for you. All of us. And we will not stop doing everything in our power to get you the care and support you need to stay strong and keep serving this country we love."

"We need you. We need you. You make our country better," the president said.

Traumatic Brain Injury Awareness Month highlights resources



By Staff Sgt. Joseph Hill
Aberdeen Proving Ground, Md.

Throughout the year, we designate specific months to remind us of varying topics that are important to our well-being and/or culture. Often times we forget or overlook the significance of these awareness months due to their repetitious nature.

March is intended to remind us of the serious impact of traumatic brain injuries, or TBI, throughout our population. You may ask yourself, "Why is this important to me?"

The Centers for Disease Control and Prevention reports that approximately

2.5 million emergency room visits, hospitalizations, or deaths were associated with a singular TBI or a combination of a TBI and additional sources of injury.

Traumatic brain injuries are responsible for an estimated 50,000 deaths per year. The Department of Defense and Veterans Brain Injury Center tracks the total number of Service members throughout the DOD whom have been diagnosed with a TBI.

Since 2000, more than 313,000 Service members have been diagnosed with a TBI. These statistical numbers reflect the relevance of TBI. But why should we be concerned about a TBI?

Traumatic brain injury-associated costs within the United States are estimated at a staggering \$56 billion annually. The DOD spends an estimated \$1.1 billion dollars annually on TBI education and treatment. There are more than five million Americans living with a TBI that has resulted in a permanent need for assistance in daily functioning.

These TBI survivors are left with severe behavioral, cognitive, and communicative impairments. TBIs pose a significant public health problem especially for children aged 5 years and younger, male adolescents and young adults ages 15 through 24, and the elderly who are 75 years or older. This form of injury is

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Ash Carter takes office as 25th defense secretary

By Cheryl Pellerin
DOD News, Defense Media Activity

Ash Carter became the 25th secretary of defense Feb. 17 after having served previously as deputy defense secretary, defense acquisition chief and assistant secretary for global strategic affairs.

When President Barack Obama nominated Carter for the position – calling Carter an innovator and a reformer who knows the Defense Department inside and out – the president said, “On Day One, he’s going to hit the ground running.”

At his Feb. 4 Senate Armed Services Committee confirmation hearing, Carter described the work that lies ahead for him and the department.

“I think we are in a time,” he told the Senate panel, “where the number and severity of risks is something I’ve not seen before in my life.”

For Carter, the job will include dealing with coalition responsibilities in Afghanistan and Iraq, and what he described as “the malignant and savage terrorism” emanating from turmoil in the Middle East and North Africa.

He’ll also take on what has become a reversion to what he’s called old-style security thinking in parts of Europe, long-standing tensions and rapid changes in Asia, a continuing imperative to counter the spread of weapons of mass destruction and dangers in new domains such as cyber.

Carter’s own expertise, experience, travels and interests in defense and national security have prepared him precisely to deal with these challenges and more.

As former U.S. Sen. Joe Lieberman said in introductory remarks during Carter’s hearing, “It would really be hard to find someone to serve as secretary of defense who combines as much practical Pentagon experience with so deep a background in national



Department of Defense photo

Vice President Joe Biden swears in Ash Carter as the 25th defense secretary Feb. 17 as Carter’s wife, Stephanie, looks on during a private ceremony at the White House.

security policy as Ash Carter.”

Over his career, Carter has developed important relationships among military and foreign policy leaders of U.S. partners and allies in NATO. In 2013, as part of an expert panel at the 49th Annual Munich Security Conference, Carter explored DOD’s strategic approach to 21st-century threats for an audience of international foreign and defense ministers and security policy officials.

“I think our strength in Europe is our alliance with NATO and the political solidarity that represents, which is very important when it comes to the Baltic states and the response in Ukraine,” he said during his confirmation hearing.

Carter told members of the Senate Armed Services Committee that economic and political pressure on Russia and President Vladimir Putin has to remain the center of gravity in the U.S. effort to push

back against the incursion of Russian troops into Ukraine.

Carter was present and involved in the 1994 signing in Hungary of the Budapest Memorandum on Security Assurances. In the diplomatic document signed there by Ukraine, Russia, the United States and the United Kingdom, Ukraine agreed to remove all Soviet-era nuclear weapons from its territory, send them to Russian disarmament facilities and sign the Nuclear Nonproliferation Treaty, all of which it did.

Russia, the United States and the United Kingdom agreed to accept Ukraine as an independent sovereign state.

“I was in Ukraine the day the last nuclear weapon rode across the border from Ukraine into Russia,” Carter said. “That agreement provided for Russia to respect the territorial integrity of Ukraine, which it obviously has not done.”

In that agreement, the United States took on a commitment

not only to respect, but also to assure, “the ability of Ukraine to find its own way as an independent country,” he added. “That is at stake today.”

Warfighters’ needs – for weapons, equipment, training and more – were a driving force in Carter’s nine official trips to Afghanistan during the International Security Assistance Force combat mission there.

Carter spent some of his last days as deputy defense secretary in Afghanistan over the Thanksgiving holiday in 2013. On Thanksgiving Day, after meeting with U.S. and Afghan military leaders and shaking hands with 150 troops at Forward Operating Base Gamberi in eastern Afghanistan’s Laghman province, Carter and his wife, Stephanie, got behind the dining facility’s steam tables and happily served turkey to the men and women in uniform.

At several stops, Carter was honored as a champion for

troops in moving the Pentagon acquisition process beyond bureaucracy and into the life-saving business with a range of tools produced in a timely way.

These included mine-resistant, ambush-protected vehicles; unmanned aerial systems; counter-roadside-bomb equipment; persistent surveillance by way of the aerostat, or an immobile balloon-type structure filled with a lifting gas – what Carter called “a poor man’s Predator unmanned vehicle” – and medical advances produced during the long wars in Iraq and Afghanistan.

“The Afghanistan campaign has been close to my heart for all the time that I’ve been associated with the Department of Defense,” he said during his confirmation hearing.

“I think success is possible there, but ... requires the United States to continue its campaign and finish the job,” he added, noting that he supports the president’s plan for Afghanistan but will recommend changes if he sees a need for them.

In the Middle East region, Carter told the Senate panel, “I think we have two immediate, substantial dangers – one is the Islamic State of Iraq and the Levant, or ISIL, and one is Iran,” he said.

Carter called Iran’s role a “serious complication” in the region and in the coalition fight against ISIL being waged in Iraq and stretching across the border into Syria.

During his hearing, in answer to a question about reports of Iran’s recent use of a two-stage rocket to place another satellite in orbit, Carter said continued Iranian development of ballistic missile technology is “a threat not only to the United States but friends and allies in the region, and it’s just one of the things Iran is doing that is dangerous.”

“That’s one of the reasons

CARTER from Page 10

why we need to keep our missile defenses and especially our [intercontinental ballistic missile] defenses current, capable and large enough in size to deal with both the prospective Iranian threat and the also very real North Korean ICBM threat," Carter explained.

On the international fight against ISIL, Carter said that regional partners in the fight will help the United States make sure the defeat inflicted on ISIL is lasting, and that it keeps ISIL from creating breeding grounds for its "malignant and vicious kind of terrorism." U.S. involvement is essential and necessary, he added, but not sufficient by itself for lasting victory.

During his Jan. 20 State of the Union address, Obama said the United States is modernizing alliances in the Asia-Pacific region while making sure other nations play by the rules in how they trade, resolve maritime disputes and work to meet common international challenges like nonproliferation and disaster relief.

A big part of the transition is the military rebalance to the region, where Carter traveled extensively as deputy secretary to explain the rebalance and to reassure political and military leaders there that budget cuts would not affect the U.S. commitment.

In 2013, a March trip to Asia included visits to defense and government officials in Japan, South Korea, Indonesia and the Philippines. In Indonesia, as part of an international panel at the third Jakarta International Defense Dialogue, Carter said the United States is serious about its commitment to the region and detailed elements in motion of a rebalance called for in the department's 2012 Defense Strategic Guidance.

Carter called the rebalance a commitment to continue the pivotal American military role in the Asia-Pacific theater, a presence that for decades has kept peace and stability there, and created an environment

for explosive economic growth.

At his confirmation hearing, Carter said the United States could rebalance to the Asia-Pacific region while keeping its commitments in the Middle East and Europe.

"My view is that we can and must," he added. Though ISIL and events in Ukraine are critically important and require much attention, "we have to remember that half the population of the world and half its economy is in the Asia-Pacific region," he said.

Multilaterally, Carter has said, DOD recognizes the importance of strengthening regional institutions such as the Association of Southeast Asian Nations, which plays a critical role in maintaining regional stability and resolving disputes through diplomacy.

The rebalance is a transition not only to the Asia-Pacific but within the region, Carter told the Senate panel. As former Defense Secretary Chuck Hagel's deputy, Carter's portfolio included serving as the department's point man in defense relations with India.

"India is, in my view, destined to be a strategic partner of the United States," Carter said, characterizing the nation as a large democracy that shares many U.S. political values and the values of pluralism.

"I think that destiny will bring us together, but I'm for hastening that," he added, with collaborative efforts in military-to-military relations and defense and technology cooperation.

For all their economic relations, India and every other country in South Asia depend on peaceful relations and trade with one another, Carter observed at the time.

"The top priority of all those governments, they'll tell you, is economic prosperity," he added, "and that can't be had without security within their borders and with their neighbors with whom they have to trade."

One tenet of the 2012 defense strategy was to pursue the very newest in technology and operational art, Carter

said many times in his role as deputy defense secretary.

"Investments in this area target special operations forces, capabilities in space and in intelligence, surveillance and reconnaissance, and cyberspace," he said.

In 2012, during a keynote address to participants at the annual RSA Conference on cryptography and information security in San Francisco, Carter said DOD is deeply involved in and committed to cybersecurity and the department's responsibility to defend the nation.

"That explains, for us – and in this I speak for the defense secretary and the chairman of the Joint Chiefs of Staff and other department leadership – our real sense of urgency about cyber and our willingness, indeed eagerness, to be a leading part of, where appropriate, the march to cybersecurity that we're all just beginning."

On cyberspace, Carter said during his confirmation hearing that the federal government has a role in protecting the country from cyberattacks in the same way it has a role in protecting the country from other kinds of attacks.

"I think [the government] can do a lot more to exercise that responsibility without causing concerns over invasions of people's privacy," he added.

The government can share information and knowledge it has collected about threats to private networks with those private parties, for example, if proper legal safeguards are provided, Carter said. And these have less to do with privacy than they do with things such as antitrust and other important legal aspects, he added.

"I think the government can sponsor and conduct [research and development] that improves the tradecraft in network defense for the good of the country," he said. "So I think there's a lot we can do, and we're not anywhere near where we should be as a country."

Carter often characterized

as a strategic crossroads the department's transition from wars in Iraq and Afghanistan to a renewed political and economic focus on the Asia-Pacific region and the need to absorb defense budget reductions.

"These two great historical currents are coming together," Carter said in 2013, "and it's my view that they can, if managed properly, reinforce one another."

During a November 2013 address on national security leadership in Annapolis, Maryland, Carter detailed for 250 U.S. Naval Academy midshipmen the strategic tasks facing the Defense Department as the 21st century unfolds.

One of these was to maintain a technological edge over U.S. adversaries, and Carter – who holds a doctorate in theoretical physics from Oxford University, where he was a Rhodes Scholar – said maintaining a technological edge over competitors is the surest way to deter conflict.

The nation, he added, must continue to invest in technologies that will be essential to 21st-century defense, and the president and the department have focused on protecting critical investments, even in times of budget austerity.

DOD is increasing investments in the cyber domain because of growing threats to national security and critical infrastructure, Carter said. In the space domain, the department is rebalancing its portfolio to better defend against threats, degrade enemy space capabilities and operate in a contested environment.

The department also is investing in intelligence, surveillance and reconnaissance and unmanned assets, he said, including platforms that launch from land and sea, and operate well above the Earth's surface and deep under the sea.

"I would say," Carter said during his confirmation hearing, "that the world continues to pose serious challenges to international order, and that the United States is indispensable to the solution of those challenges."

NEWS IN BRIEF from Page 3

"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>.

TxDOT, JBSA PARTNER ON TRAVEL OPTIONS STUDY

The Texas Department of Transportation and Joint Base San Antonio have partnered on a study of employee commute preferences to better understand regional congestion patterns. The Active Travel Demand Management Travel Options Study is sponsored by TxDOT to promote travel option programs to employers, employees and other stakeholders along the most congested corridors in the San Antonio area. The goal is to describe the benefits, both for employers and employees, of alternative scheduling such as telecommuting, flextime, compressed work weeks, and ridesharing options such as carpooling, vanpooling and using public transportation. The project team will document strategies already in place, and provide recommendations and a framework for the travel options that will work best for employees. The commuter survey portion of this study is a means of understanding individual commute patterns, such as how long it takes and how individuals go about meeting their travel needs on a daily basis. As congestion increases in the San Antonio metro area, the TxDOT and JBSA are interested in learning about what other options you might be interested in. Input from customers is the foundation of the study and will also let us know how we can better support our employees. The survey is anonymous and only takes a few minutes to provide valuable feedback. The survey link is <http://tinyurl.com/JBSAcommute>. For more information, call 652-3477 or 652-5307.

(Source: 502nd Logistics Readiness Squadron)

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



BMT HONORS

Congratulations to the following 63 Airmen for being selected as honor graduates among the 639 Air Force basic military trainees who graduated today:

320th Training Squadron*-Flight 111*

Cameron Collins
 Drake Collison
 John Dimicelli
 David Frattarelli
 Anthony Perrotti
 Tyler Poole
 Warren Robertson
 Stephen Slavsky
 Antonio Valencia
-Flight 112
 Caitlin Carnes
 Tatiana Okubara
 Heather Reed
 Teresa Sanchez

321st Training Squadron*-Flight 113*

Christopher Chung

Deangelo Wallman-Sims

-Flight 114

Matthew Baruffi
 Nathaniel Forrider
 Quiroz Meza
 Vincent Sandoval
 Jacob Smith
 Shimin Zhu
-Flight 117
 Keith Barnes
 Chad Baumunk
 Christopher Cooper
 Matthew Hinds
 Matthew Hopkins
 James Mathis
-Flight 118
 Piotr Groszek
 Mitchell Hiltz
 Jeffery Smiley

322nd Training Squadron*-Flight 119*

Mitchell Davis
 Robert Dickinson
 Solomon Hancsak
 Randin Ley
 Justin McGovern

Nicholas Rennels

Adam Sanders

Levi Schena

James Shreve

Nicholas Wood

-Flight 120

Cody Myers

Steven Obrien

-Flight 121

Eric Crandell

Patrick Petty

Parker Young

-Flight 122

Megan Ammons

Tiffany Corwin

Brianna Diamond

Rachel Schwartz

Rachel Southworth

331st Training Squadron*-Flight 115*

Ryan Ingrassia

Israel Powers

William Price

Oleksandr Prudnikov

Cody Seiber

Dayton Shanahan

Ryan Siebert

Justin Stephens

Kyle Williams

Zachary Wilson

-Flight 116

Angel Ayala

Michael Baricuatro

Charles Galloway Jr

Top BMT Airman

Chad Baumunk

321st TRS, Flight 117

Most Physically Fit*-Female Airmen*

Olivia Garcia-Mendez

320th TRS, Flight 112

Willita Wynne

320th TRS, Flight 112

Shayla Therriault

322nd TRS, Flight 122

Ashley Romero

322nd TRS, Flight 122

-Male Airmen

Everett Oshier

331st TRS, Flight 115

Kevin St. George

331st TRS, Flight 115

Ryan Ingrassia

331st TRS, Flight 115

David Frattarelli

320th TRS, Flight 111

-Female Flights

322nd TRS, Flight 122

320th TRS, Flight 112

-Male Flights

331st TRS, Flight 115

331st TRS, Flight 116

320th TRS, Flight 111

322nd TRS, Flight 119

Top Academic Flights

322nd TRS, Flight 121

331st TRS, Flight 116

321st TRS, Flight 117

331st TRS, Flight 115

322nd TRS, Flight 120

322nd TRS, Flight 119

322nd TRS, Flight 122

320th TRS, Flight 111

321st TRS, Flight 114

321st TRS, Flight 118

320th TRS, Flight 112

321st TRS, Flight 113

TRAUMA from Page 9

the most common cause of death and acquired disability among children and adolescents in the United States.

Dr. Carolyn Caldwell, a neuropsychologist assigned to Kirk U.S. Army Health Clinic at Aberdeen Proving Ground, Md., is far too familiar with the effects that TBI has on an individual and their loved ones. On a daily basis, she treats the survivors of these traumatic injuries and the aftermath it creates within their occupational, social, family, and interpersonal environment. She has published multiple peer-reviewed articles on the subject.

Caldwell said the mechanism of injury in a mild TBI, the most common severity type, may be different. For example, a Service member might be involved in an improvised explosive device, or IED, blast, an adolescent might take a hard hit in a football game, or an elderly person might experience a fall, but the impact on the individual is similar.

The nerves or neurons in our brain can be compared to silly putty. They are very elastic and stretch easily; however, if they are stretched too far, they can break. When neurons are stretched too far, the normal chemical and electrical functions of

the brain are disrupted. This disruption can cause an individual to experience physical cognitive and emotional symptoms.

For example, following a mild TBI, it is common for individuals to experience headache, sleep disturbance, difficulty with balance, reduced attention/concentration, reduced memory ability, irritability and/or mood swings. Regardless of age or type of injury, there is one common treatment for everyone following TBI and that is physical and cognitive rest. With adequate rest, the brain will recover its normal chemical and electrical balance. Most individuals will recover from a mild injury within days to a few weeks.

“The nerves or neurons in our brain can be compared to silly putty. They are very elastic and stretch easily; however, if they are stretched too far, they can break,” Caldwell said.

Traumatic brain injuries pose a serious health concern not only for us as individuals, but our loved ones as well. As a community we must remain cognizant of the seriousness of a TBI. It is within this awareness that we find a greater chance of preventing these injuries.

Resources for education, treatment, and prevention are available

at the CDC website at <http://www.cdc.gov/traumaticbraininjury/index.html> and the Defense and Veterans Brain Injury Center's website at <http://dvbic.dcoe.mil/resources>.

LOCAL BRIEFS

SATURDAY

AAHC SCHOLARSHIP BANQUET

Brig. Gen. Bob LaBrutta, 502nd 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.

TUESDAY

ATTENTION 502 LRS MUNITIONS CUSTOMERS

The 502nd Logistics Readiness Squadron Munitions Flight at JBSA-Lackland will be closed Tuesday through Friday for semi-annual inventory. Munitions custodians must identify all munitions requirements now to cover requirements for this timeframe and submit issue requests. 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. For additional information, call 671-4265 or email Lackland.

FV3047@Lackland.af.mil.

MARCH 13

GLOW FOR THE GOLD 5K

The Joint Base San Antonio Lackland 5/6 will host a 5K glow run and 1K glow walk at 8 p.m. at the Security Hill trail. The cost for the 5K is \$20 before Saturday and includes a T-shirt and a glow product. The 1K is \$10 before Saturday and \$15 after. To sign up, visit <http://glow-forthegold.eventbrite.com>.

INFORMATIONAL

DINING FACILITIES PRICE CHANGE

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 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.

SEE THE SPURS WORK THEIR MAGIC

Spurs 2015 game tickets are on sale at Joint Base San Antonio ITT offices. Come by the offices to get the tickets without the fees or go to <http://www.spurs.com/lacklanditt> and use the promo code LACKLAND, <http://www.spurs.com/fortsamhoustonitt> and use the promo code FORTSAM or <http://www.spurs.com/rampholpitt> and use the promo code RANDOLPH. Call JBSA-Fort Sam Houston at 808-1378, JBSA-Lackland at 671-3059 and JBSA-Randolph at 652-5142.

NEW CLASSES AT FREEDOM CHAPEL

Three new women's studies are being offered at the Freedom Chapel Monday mornings and Wednesday evenings. For childcare reservations or details, email lacklandsistersin-christ@gmail.com.

VANPOOL SEEKS NEW DRIVERS

The vanpool is actively seeking new drivers. Vanpool departs from Randolph Park & Ride at IH35 and 410 at 5:45 a.m. and drops riders off at Wilford Hall Ambulatory Surgical Center and the Defense Language Institute at Joint Base San Antonio-Lackland. Contact Mary Hokana, vanpool coordinator, at mary.hokana@us.af.mil for details.

PROFESSIONAL FRAMING AVAILABLE

Need artwork, memorabilia or photographs framed? The Joint Base San Antonio-Lackland Frame Shop professionals are available to assist patrons in making the best selection to frame personal items. For more information, call 652-5142.

VEHICLE INSPECTIONS AVAILABLE

The Joint Base San Antonio-Lackland Auto Hobby Shop performs Texas vehicle safety inspection for

\$14.50, pass or fail. Call 671-3549.

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/fitblue or call the study team at 855-FIT-NOW.

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.

—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

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

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

Learn how to prevent electrical fires at home

By Ricardo S. Campos

Public Fire and Life Safety Educator
Joint Base San Antonio Fire Emergency Services

Flipping a light switch, plugging in a laptop computer or charging your mobile phone ... these actions are second nature for most of us. Electricity makes our lives convenient.

However, we need to be careful and keep electrical safety in mind, since there is plenty of electricity being used across Joint Base San Antonio.

According to the National Fire Protection Association, electrical fires remain one of the leading causes of home structure fires. The electrical fires report (<http://www.nfpa.org/research/reports-and-statistics/fire-causes/electrical>) calculates that an electrical failure or malfunction factored in 45,000 to 55,000 home structure fires reported to the U.S. fire departments every year since 2000.

These fires, which account for 13 percent of total home structure fires, resulted annually in 455 civilian deaths, 1,500 civilian injuries and \$1.5 billion in direct property damage from 2007-2011.

Any type of equipment that uses electrical power can have an electrical failure or malfunction. Electrical distribution or lighting equipment accounted for 48 percent of home electrical fires from 2007-2011. The leading other types of equipment involved in ignition were fans (6 percent), washers or dryers (6 percent), space heaters (4 percent), air conditioning equipment (4 percent), wa-



ter heaters (3 percent) and ranges (3 percent).

Halogen lights have a higher risk of fire than incandescent lights, which have a higher risk than fluorescent lights. Compact fluorescent lights now account for more than two-thirds of all fluorescent lights in residential usage. Incandescent lights are due to be phased out in favor of fluorescent lights, but as of 2010, incandescent lights still outnumbered fluorescent lights by nearly 2-to-1 in residential usage.

Electric safety tips:

- Have all electrical work done by a qualified electrician.
- When you are buying or remod-

eling a home, have it inspected by qualified electrician.

- Only plug one heat-producing appliance (such as a coffee maker, toaster, space heater, etc.) into a receptacle outlet at a time.

- Major appliance (refrigerators, dryers, washers, stoves, air conditioners, etc.) should be plugged directly into the wall receptacle outlet. Extension cords and plug strips should not be used.

- Arc fault circuit interrupters are a kind of circuit breaker that shuts off electricity when a dangerous condition occurs. Consider having them installed in your home. Use a qualified electrician.

- Use ground fault circuit interrupters to reduce the risk of shock. GFCIs shut off an electrical circuit when it becomes a shock hazard. They should be installed inside the home in bathrooms, kitchens, garages and basements. All outdoor receptacles should be GFCI protected.

- Test AFCIs and GFCIs once a month to make sure they are working properly.

- Check electrical cords to make sure they are not running across doorways or under carpets. Extension cords are intended for temporary use. Have a qualified electrician add more receptacles outlets so you won't have to use extension cord.

- Use light bulbs that match the recommended wattage on the lamp or fixture. There should be a sticker that indicates the maximum wattage light bulb to use.

Contact a qualified electrician or your landlord if you have:

- Frequent problems with blowing fuses or tripping circuit breakers
- A tingling feeling when you touch an electrical appliance
- Discolored or warm wall outlets
- A burning or rubbery smell coming from an appliance
- Flickering or dimming lights
- Sparks from an outlet

To learn more about electrical safety, visit the National Fire Protection Association's website at <http://www.nfpa.org/education> or contact any of the JBSA Fire Prevention Division offices. For JBSA-Fort Sam Houston, call 221-2727; at JBSA-Lackland, call 671-2921; and at JBSA-Randolph, call 652-6915.

UPCOMING

COMBAT HAPKIDO

Combat Hapkido is a modern form of martial arts adapted from traditional Korean Hapkido. Students learn to engage in numerous unique movements crucial to self-defense and use effective striking from the ground to dominate an attacker. The class starts at 6 p.m. on Mondays, and costs \$60 per month. Call 671-2016 for additional information.

SPIN CYCLING

Patrons can cycle their way into a healthier, fit lifestyle during Spin Cycling sessions from 5-6 p.m. Tuesday and at 5:15 p.m. Wednesday. The cost is \$2 per person, person session. Call 671-2016 for additional information.

LUNCHTIME WORKOUTS

Pack a lunchtime workout in Total Body Toning class at 11:30 a.m. Monday, Wednesday and Friday. There also is a Standup Fighters class at 11:30 a.m. Tuesday and Thursday at the Gillum Fitness Center. Total Body Toning targets strength and cardiovascular fitness. Students go a few rounds and work a combination of mixed martial arts, basic boxing, Muay Thai and ground defense boxing techniques during Standup Fighters class. The classes are free. Call 977-2353 for additional information.

TRX

The Gateway Fitness Center conducts TRX suspension training at 10 a.m. Tuesday and Thursday. The training leverages gravity and the user's bodyweight to accomplish exercises that develop strength, balance, flexibility and core stability simultaneously. Call 671-1348 for additional information.

UltimateMe helps warfighters and their families track fitness goals

By: Health.mil staff

A new program being tested at 14 Defense Department sites is already showing some very positive results for those striving to improve their health and well-being.

UltimateMe, a part of Operation Live Well's long-term Healthy Base Initiative, lets service members, their families, Department of Defense civilians and retirees track goals and helps them set personal benchmarks for health and nutrition.

Preliminary data shows more than 90 percent of those who joined the program reported engaging in moderate or vigorous physical activity at least five days a week, and a considerable percentage of new users sought new ways to improve their diet and sleeping habits.

If successful, the pilot program could be continued and expanded to other military installations in the coming years.

"Our forces and our families face more stress than ever before, so we



need to take one more stressor off the table for our folks – an unhealthy lifestyle," said U.S. Public Health Service Capt. Kimberly Elenberg, Defense Health Agency manager of population health.

Elenberg added that users can also take a fitness assessment to find out what activities and lifestyle changes can improve their health.

"We encourage all members of the Defense community to join UltimateMe and discover how they can take

charge of their health, achieve better performance, look and feel their best, and ultimately maintain or lower their health assessment age (as opposed to their actual, chronological age)."

Users can also earn a Presidential Active Lifestyle Award during the months of February through May. This can be done by logging activity on the site and installations will be able to earn celebrity events and health resources.

Officials say the new

wellness site will have an immediate impact on the health and well-being of service members and their families and reduces health care costs in the long run.

The results of UltimateMe provide timely information back to leaders that shows the effect of education campaigns as well as any additional programming needs that could help beneficiaries improve their health.

"There is nothing more important to our military's success

than the readiness of our servicemen and women," said Army Lt. Gen. Mark Hertling, member of the President's Council on Fitness, Sports and Nutrition, an initiative that educates, engages, and empowers Americans to adopt a healthy lifestyle that includes regular physical activity and good nutrition. "A big part of readiness is the physical and emotional health and wellness of our force and the health and wellness of their families."

Hertling said DOD must encourage healthy and active lifestyles in all military communities and one way commanders can do this is to promote, and then earn the Presidential Active Lifestyle Award. "UltimateMe will help achieve personal and unit goals, and as a former commander I recommend this web site to all those who want to ensure their personnel and their communities are healthy and strong."

Additional features of Ultimate Me include medical experts who are available to answer questions regarding personal health, fitness, nutrition and sleep tracking programs, allowing users to monitor progress. In addition, it provides a social networking community to connect with and find support.

**Fraud, Waste
or Abuse**

Members of the public, military members, Department of Defense civilian and contractor employees may report suspicious activity concerning fraud, waste or abuse and employee or management misconduct.

Report suspected FWA to your local inspector general, the 502nd Air Base Wing IG or the DOD FWA Hotline.

502 ABW/IG FWA Hotline 808-1000, <http://www.jbsa.af.mil/fwa.asp>

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

JBSA-Lackland to host two All-Air Force Sports camps, Armed Forces Men's Basketball Team in 2015

By Jose T. Garza III
JBSA-Lackland Public Affairs

Joint Base San Antonio-Lackland continues to be a destination for military sports programs.

The military installation is slated to host the All-Air Force Men's Soccer camp April 24 through May 11 at the Warhawk Football Field and the All-Air Force Men's Softball Camp Aug. 26 through Sept. 11 at the Warhawk Softball Field.

The Armed Forces Men's Basketball Team, who won the 2014 SHAPE International Basketball Championship in December 2014, will also conduct their training camp on JBSA-Lackland Sept. 12-30 at the Chaparral Fitness Center.

The training camp is part of the team's preparation for the Conseil International du Sport Militaire World Games in South Korea, is scheduled for Oct. 2-15.

JBSA-Lackland will host the All-Air Force Men's Softball Camp for the fourth consecutive year and the All-Air Force Men's Soccer Camp for the second time in three years. The Armed Forces Men's Basketball Team will practice on base for the first time since 2011.

Additionally, JBSA-Lackland is the annual home to the All-Air Force Boxing Team.

Fitness and Sports Director Dwayne Reed, who has been a member of the department since 2007, said his goal is for the base to eventually be the home to every single Air Force sports program.

"Whether it is volleyball, soccer, basketball, boxing,

etc., I want to host them all," he said. "Sports give Airmen a chance to relieve stress from the everyday grind."

Reed credits 502nd Force Support Squadron leadership for supporting military sports programs, and the staff at JBSA-Lackland's six fitness centers for volunteering their services to accommodate the teams with anything they need.

"I have a great staff who love sports and are willing to make the camps successful," he explained. "Our staff members are willing to pick up Air Force coaches and athletes at the airport or make Gatorade for them at practices."

For more information on Air Force Sports, visit <http://www.myairforcelife.com/Sports>.

JBSA OFFICERS SELECTED FOR PROMOTION



Photo by Staff Sgt. Marissa Garner

Twenty-five lieutenant colonels and captains selected for promotion to the next rank, along with several members of Joint Base San Antonio leadership, are pictured Feb. 20 at the Gateway Club on Joint Base San Antonio-Lackland. More than 90 JBSA officers were selected for promotion.