



TALESPINNER

JOINT BASE SAN ANTONIO-LACKLAND, TEXAS • Vol. 71 No. 2 • January 16, 2015



37th TRW Commander walks in shoes of defender

Photo by Senior Airman Keith James

Col. Trent Edwards, 37th Training Wing commander, provides cover for Capt. Ralph Johnson, 343rd Training Squadron operations officer, during the Security Forces' Basic Officer Course at Joint Base San Antonio-Camp Bullis Jan. 8. Throughout the course, Edwards conducted individual tactical movements such as high crawls, low crawls, rush and rolls and casualty treatment while under simulated enemy attacks. Edwards spent the day learning about a day in the life of a Security Forces personnel officer.

It's 1700 somewhere



By Capt. David Liapis
92nd Air Refueling Wing Public Affairs

Its side effects can range from confusion to induced sprinting for cover, to feelings of pride. It has the power to stop people in their tracks and causes self-induced paralysis for nearly two minutes at a time.

Reveille and retreat ceremonies occur on most military installations across the

U.S. at the beginning and the end of the duty day, typically at 7 a.m. and 5 p.m. Some include playing ceremonial music over the installation public address system.

While it's easy to follow commands given while in the vicinity of the flag pole, what about while across base at the running track or while driving down the road on base?

The general rule is to cease all activities and render honors when the music is played (unless you're taking an Air Force fitness assessment or it would otherwise cause a safety hazard).

While some reading this might be thinking, "well, duh." there is a reason for this commentary. It seems that many people have forgotten their customs and courtesies or choose to ignore what to do when the music is played.

In spite of some vehicles stopping and people standing still and saluting, some people don't clue into the fact something is happening that requires their attention. This ignorance, willful or not, bothers me and many other military members.

I spent two years in Turkey, where the only U.S. flags I saw were either the one in front of the wing headquarters building on base, the one at the U.S. embassy or the ones being burned

by protesters.

The sweet sound of the Star Spangled Banner rang through the air only once a year at this base. I can tell you this, that once-a-year treat sent chills down my spine and brought tears to my eyes. To quote an old song, "you don't know what you've got 'til it's gone."

Our flag is special and deserves our respect. It flies all over our great land reminding us of the freedoms we love. It's carried into battle to inspire those willing to fight for it. It drapes the caskets of our fallen heroes who gave their all for it.

Remember the above reasons next time the music starts and you're tempted to keep driving, run into the nearest building or duck into your vehicle. Take advantage of that minute or two while standing and showing honor to the flag and think about those who have defended it and those who still defend it.

Rather than turning up the radio and pretending to ignore the music so you don't get two minutes behind schedule, stop and roll down your window and think of how privileged you are to live in this great nation.

So, since I'm already quoting song lyrics, how about "it's time we stop, hey what's that sound." next time you realize "it's five o'clock somewhere."

The Air Force issued me my 'kids'

By Staff Sgt. Nicholas Rau
460th Space Wing Public Affairs

While I've decided to live the child-free lifestyle, the Air Force, in its infinite wisdom, saw the need to issue me two kids. They are both straight out of technical training and brand new to the Air Force –

and one is still too young to accept an adult beverage.

Let's be honest: as children do, they totally cut into my "me time."

In all seriousness though, these Airmen are bright, young women with an incredible future ahead of them and I am duty-bound to ensure that doesn't change.

Perhaps like many supervisors, sometimes I feel like a parent. I am responsible for these ladies and their development as Airmen. I have a vested interest in their success and a powerful role in their morale.

Sometimes that responsibility is easy,

See KIDS Page 5

Straight Talk Line

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

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

JBSA Sexual Assault Prevention and Response

JBSA SEXUAL ASSAULT HOTLINE • 808-SARC (7272)
DOD SAFE HELPLINE • (877) 995-5247

JBSA CRISIS HOTLINE • 367-1213
JBSA DUTY CHAPLAIN • 365-6420



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>.

Joint Base San Antonio-Lackland Editorial Staff

BRIG. GEN. BOB LaBRUTTA
502ND AIR BASE WING/JBSA
COMMANDER

TODD G. WHITE
502ND AIR BASE WING/JBSA
PUBLIC AFFAIRS DIRECTOR

OSCAR BALLADARES
JBSA-LACKLAND PUBLIC AFFAIRS CHIEF

LESLIE E. FINSTEIN
INTERNAL COMMUNICATIONS CHIEF
MANAGING EDITOR
671-4111

SENIOR AIRMAN LYNISIE NICHOLS
EDITOR

JOSE T. GARZA, III
SPORTS/STAFF WRITER

DOROTHY LONAS
PAGE DESIGN/ILLUSTRATOR

Office

2230 Hughes Ave.
JBSA-Lackland, Texas
78236-5415
671-2908;
(fax) 671-2022
Email: tale.spinner@us.af.mil
Straight Talk: 671-6397 (NEWS)

For advertising information:
EN Communities
P.O. Box 2171
San Antonio, Texas 78297
250-2440

This newspaper is published by EN Communities, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with JBSA-Lackland, Texas. This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the Talespinner are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense, or the Department of the Air Force.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force or EN Communities, of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

Editorial content is edited, prepared and provided by the Public Affairs Office of the 502nd Air Base Wing. All photos, unless otherwise indicated, are U.S. Air Force photos.

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

NEWS IN BRIEF

TXDOT, 502ND ABW PARTNER ON TRAVEL OPTIONS STUDY

The Texas Department of Transportation and the 502nd Air Base Wing 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, flex-time, 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 the 502nd ABW 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)

ASSISTANCE FUND CAMPAIGN KICKS OFF IN FEBRUARY

The annual Air Force Assistance Fund campaign kicks off Feb. 2 at 78 Air Force and joint bases worldwide, Air Force Personnel Center officials announced.

The campaign, in its 42nd year, will be conducted for six-week periods through May 1. Most Air Force bases will begin and end their campaigns during one of three designated periods: Feb. 2-March 13, March 2-April 10 and March 23-May 1.

Contributions, which are tax deductible, go to support four different

See NEWS IN BRIEF Page 7

Legislation changes UCMJ for victims of sexual assault

By David Vergun
Army News Service

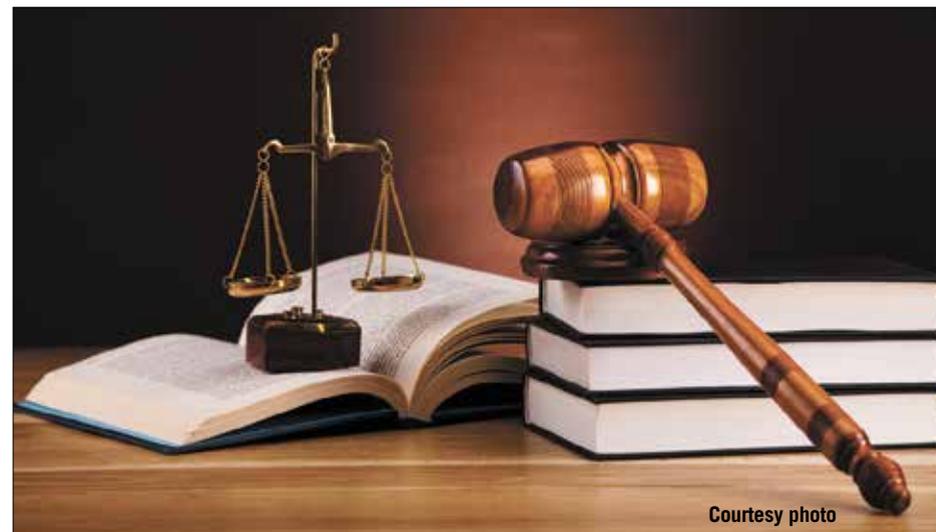
The fiscal year 2015 National Defense Authorization Act, or NDAA, signed into law in December 2014, significantly changes the Uniform Code of Military Justice, known as UCMJ, in cases pertaining to rape and sexual assault.

All of the UCMJ amendments contained in the NDAA pertain to investigating and prosecuting sexual assault crimes and victim care, said Lt. Col. John Kiel Jr., Office of the Judge Advocate General chief of policy branch, criminal law division.

A big change involves Article 32 preliminary hearings, Kiel said. First, some background:

The purpose of an Article 32 investigation was at one time "to provide discovery to the defense," he said. Then, the FY2014 NDAA directed that the purpose of an Article 32 be "to determine whether probable cause exists to believe that an offense under the UCMJ has been committed and that the accused committed it."

Article 32 hearings are now modeled after preliminary hearings in the federal



Courtesy photo

criminal system, Kiel said. The FY2015 NDAA requires that the preliminary hearing be conducted by a preliminary hearing officer who is a judge advocate and that qualifying victims, as defined in the statute, have a right not to testify at the hearing should they so choose. This right applies to both military and civilian victims.

More than a year ago, the defense secretary directed that each of the ser-

vices create a special victims' counsel program, whereby each victim of sexual assault would be entitled to free legal counsel to represent them during all phases of the investigation and court-martial proceedings.

"By all accounts, the services and Congress are pleased with the success achieved by these programs

See UCMJ Page 7

DOD releases 2015 military pay, compensation rates

The Defense Department announced the 2015 military pay and compensation rates for service members Dec. 22, with most service members receiving a 1 percent increase in basic pay.

The new rates for basic pay, basic allowance for housing, basic allowance for subsistence and the cost of living allowance rates for the contiguous U.S. took effect Jan. 1.

Basic pay for service members will increase 1 percent, except for gen-

eral and flag officers who will not see an increase in 2015.

BAH rates for service members in 2015 will increase on average \$17 per month, or 0.5 percent. Rates are calculated using median current market rent and average utilities (including electricity, heat, and water/sewer) for each pay grade, both with and without dependents.

Two changes were made to BAH rate computations for 2015: renter's insurance, which contributed an

average of 1 percent to rates, was eliminated, and the fiscal year 2015 National Defense Authorization Act reduced housing rates on average 1 percent for service members.

However, individual rate protection for service members remains an integral part of the BAH program. Even if BAH rates decline – including through the elimination of renter's insurance and the reduction in the calculated

See DOD Page 11

New San Antonio 'hands free' ordinance affects all drivers

By Jewell Hicks
Chief, 502nd Air Base Wing Safety Office

The San Antonio City Council has passed a 'hands free' ordinance – which went into effect Jan. 1 – that makes it illegal to drive while using any handheld mobile device to talk or text. The ordinance allows drivers to still use cell phones – they just can't hold them. Drivers must now use hands-free technology such as Bluetooth, speaker phone or earbuds to engage in phone calls.

The new ordinance also contains some exemptions, including on-duty public safety personnel and drivers who are reporting illegal activity to a law enforcement agency; or communicating with an emergency response operator, a fire department, law enforcement agency, a hospital, a physician's office or a health clinic regarding a medical or other emergency.

The ordinance included a 30-day grace period, which began Jan. 1 and expires Feb. 1. After that date, a motorist can be fined up to \$200 for a violation. In addition to enforcement by a peace officer of the city of San Antonio, this section of the ordinance may be enforced by a peace



Courtesy photo

officer of another entity, including those employed by school districts, and those duly authorized to issue traffic citations within the City of San Antonio.

Even though this ordinance is new to San Antonio, military members and civilians working for the military are

reminded that driving while using cell phones has not been allowed on military installation.

All persons while driving any vehicle are prohibited from using government-supplied electronic devices for text messaging or other hand-held uses. All persons

on official government business while driving are prohibited from text messaging or using any hand held electronic device. Additionally, all persons driving any government owned or leased vehicle are prohibited from text messaging or using any hand held electronic device.

Exceptions include when the vehicle is safely parked off the roadway; when using a single ear bud hands-free device, where allowed by law; motorcycle operator/passenger intercom devices, where allowed by law; receiving or placing calls in the performance of duties from tactical or emergency vehicles or other mission critical duties; or law enforcement use of in-car mobile data terminals and other in-car electronic devices as required in performance of official duties.

All military installations having school and child development centers will evaluate the need to establish a cellular phone-free (including hands-free devices) school zone in accordance with applicable federal, state, local and host nation laws. However, keep in mind that it is also illegal to use a cell phone while driving in any San Antonio school district.

According to the new law, an offense under this ordinance is not a moving violation and may not be made a part of a person's driving record or insurance record.

To view a copy of the new San Antonio City ordinance, visit <https://sanantonio.legistar.com/LegislationDetail>.

Joint Base San Antonio-Lackland Community Council on Restoration (CCR) Meeting

Wednesday, January 21, 2015 • 6:30 p.m. to 8:00 p.m.

Best Western Plus Atrea Hotel and Suites
635 Crooked Trail San Antonio, TX 78227

The JBSA-Lackland CCR is an independent, nonpartisan organization that provides recommendations and advice regarding environmental restoration issues to the leadership of JBSA and JBSA-Lackland.

Public is welcome to observe.
There is a time during the meeting for the public to address the Board.

For more information about the CCR, call Public Affairs at 671-2908.

Base Aérea San Antonio-Lackland Reunión para el Consejo Comunitario de Restauración

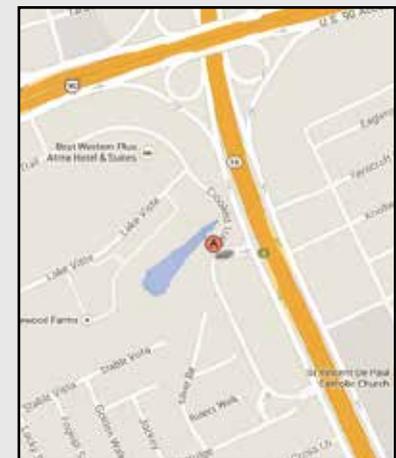
Miércoles, 21 de enero 2015 • 6:30 p.m. to 8:00 p.m.

Best Western Plus Atrea Hotel and Suites
635 Crooked Trail San Antonio, TX 78227

JBSA-Lackland CCR es una organización independiente, sin afiliaciones políticas, que ofrece recomendaciones y asesoría a líderes de la Base Aérea de JBSA-Lackland, sobre temas de restauración ambiental.

El público general está invitado cordialmente a observar.
Habrá una oportunidad durante la reunión en la cual el público podrá dirigir sus preguntas hacia el comité.

Para más información acerca del Consejo Comunitario de Restauración, por favor comuníquese al 671-2908.



commentary

KIDS from Page 2

but sometimes that responsibility bolts me into action in the middle of the night.

One of my Airmen called me from the side of the busiest highway in Denver, nearly in tears, and told me that she had just been in her first car accident.

Like any good parent would do, I jump out of bed in my pajama pants and head out the door without thinking twice. In a flurry of hands-free phone calls to our first sergeant and my Airman, who is now backing up the highway for miles, we square everything away and get her back to base with the help of the police and a tow truck driver.

It was after everything was taken care of and she was back in her room that I truly realized being a supervisor was about more than solving a problem.

It was time to listen. She had been through her first car accident ever. She was in a brand new city. She was on her own for the first

time. All things combined, I understood why she was so distraught. For me, this was a challenge to overcome; but for her, this may have been one of her most terrifying experiences. I knew I had to listen.

This experience taught me two valuable lessons. One, if my Airmen are in trouble, I need them to know that they can trust me to take care of them. And two, I need a new pair of pajama pants because crushed blue velvet went out of style two decades ago.

But how do I get these young Airmen to trust me? I am nearly 10 years older and an entire generation separates my interests from theirs. How can I relate?

I became the next Sherlock Homes, paying attention to the little details to find common ground. My investigative eye was on overdrive as I tried to learn more about my other Airman.

She is quieter and a bit less outspoken, but she is unbelievably artistic. Her talent with a drawing pencil makes me look like a preschooler with a crayon. What do a young, female Michelangelo and I

have in common? During a dorm room inspection, I observe pop culture posters on the walls and spot her video game system. I can relate to that.

Paying attention to my Airman allowed me a glimpse into her life. Still, was this enough to get her to connect with the oldest person in her work center?

It came down to what my dad did with me for our father-son bonding. He introduced me to Star Wars and Star Trek, engrained classic rock into my head and shared outlandish stories of his past. These moments brought me closer to him, so I thought it might work with my Airmen.

Well, now they know more 1980s music than they ever thought they would and they have heard more “old-man” stories than they probably wished to hear. It took willingness from both sides to adapt, but at the end of the day, we built that Airman-supervisor connection.

I honestly feel they can trust me. They can come to me with not only problems I can listen to or help solve, but also with the successes they have achieved.

Hearing they won an award or were lauded by the commander gives me the same level of joy and pride as they have. I am proud of my Airmen and they have become more than a required responsibility to me.

The best thing I have found is that every supervisor can come to feel this way. All it takes is a desire to be a part of their Airmen’s lives and a genuine interest in their well-being. Find your connections, build them and adapt as necessary and don’t give up on your Airmen.

For me, regardless of whether or not these young ladies are my blood, I wish only the best of success for my “daughters.”

**Joint Base
San Antonio-Lackland is on**



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

Military ambassadors chosen for 2015

Military ambassadors from the Army, Marine Corps, Navy, Air Force and Coast Guard will represent their respective services at San Antonio-area community events, including nearly 150 activities associated with Fiesta San Antonio. They also participate in parades and visit local schools, nursing homes and retirement facilities throughout the year.



**Sgt. Danielle Ogburn
and Sgt. 1st Class Frederick McDuffy**

Sgt. Danielle Ogburn, from Boston, Mass., is a human resources sergeant with the 106th Signal Brigade at Joint Base San Antonio-Fort Sam Houston. She serves as the personnel advisor to the brigade S1 administration directorate on human resource matters.

Sgt. 1st Class Frederick McDuffy, from Jonesboro, Ark., serves as Army Entertainment's U.S. Army Soldier Show noncommissioned officer in charge of the U.S. Army Installation Management Commands G9 Morale, Welfare and Recreation directorate at JBSA-Fort Sam Houston. He is responsible for a live, 90-minute, Broadway-style production in support of Army and joint garrisons world-wide.



**Sgt. Courtney Holliday
and Cpl. Benjamin Jones**

Sgt. Courtney Holliday, from Raleigh, N.C., is assigned as the supply NCO for Marine Corps Recruiting Station San Antonio.

Cpl. Benjamin Jones, from Des Moines, Iowa, is assigned to the Headquarters and Service Company, 4th Reconnaissance Battalion in San Antonio. His responsibilities include being a parachute rigger and combat marksmanship coach.

Photos by Ed Dixon



**Petty Officer 2nd Class Shantal Zavala and
Petty Officer 2nd Class Daniel Morales**

Petty Officer 2nd Class Shantal Zavala, from Playas de Rosarito, Mexico, is a urology service lead/instructor at the Navy Medicine Training Support Center at JBSA-Fort Sam Houston.

Petty Officer 2nd Class Daniel Morales, from Manila, Philippines, is rated as an aviation mechanic and is assigned as a recruiter with the Navy Recruiting District San Antonio at JBSA-Fort Sam Houston. As a Navy recruiter, he is responsible for providing leadership, motivation and training to 25 future Sailors and the procurement of qualified officers and enlisted personnel for active service in the regular and reserve components of the U.S. Navy.



**Staff Sgt. Stephanie Hall
and Tech. Sgt. Juan Flores III**

Staff Sgt. Stephanie Hall, from Sault Ste. Marie, Mich., is a formal schools specialist assigned to the 149th Force Support Squadron, Texas Air National Guard, at JBSA-Lackland. She manages the formal schools program for the wing, providing all members of the 149th FSS mission-essential training and assists with new Air National Guard Airmen.

Tech. Sgt. Juan Flores III, from San Antonio, is a Texas Air National Guard production recruiter assigned to the 149th Fighter Wing at JBSA-Lackland. Flores organizes and conducts programs to recruit quality personnel to satisfy the requirements for units and states, as well as coordinates recruiting information and establishes effective relations with local communities.



**Petty Officer 3rd Class Stephanie Pendergraft and
Petty Officer 1st Class Shawn McCann**

Petty Officer 3rd Class Stephanie Pendergraft, from Healdsburg, Calif., is an intelligence specialist currently assigned to deploy on Coast Guard assets leaving from San Antonio to support national and maritime security. She also supports national entities with tactical information and partners with schools to assist with educational opportunities for local children.

Petty Officer 1st Class Shawn McCann, from Philipsburg Mont., is assigned to the Coast Guard Recruiting Office San Antonio. McCann is responsible for processing qualified applicants into the U.S. Coast Guard, as well as representing the Coast Guard in military ceremonies and funerals as part of the Coast Guard Recruiting office color guard.

UCMJ from Page 3

thus far," Kiel said.

The FY2015 NDAA made three additional modifications

First, Congress directed that the military rules of evidence be amended to reflect that wherever a victim has a right to be heard, the victim may exercise that right through his or her counsel, he said.

Second, Congress directed the service secretaries to publish procedures to ensure that special victims' counsel receive adequate notice of the scheduling of hearings, trials, and other courts-martial proceedings.

Third, victims may now petition the service court of criminal appeals for a writ of mandamus in cases where the victim believes the military judge erred in a ruling pertaining to rape shield evidence under Military Rule of Evidence, known as MRE, 412 or violating the psychotherapist-patient privilege under MRE 513. Writ of mandamus is an order from a superior court to a subordinate government court to do or refrain from doing something.

Regarding MRE 513, Kiel said the NDAA requires that the existing privilege between a psychotherapist and patient be expanded to include other licensed mental health professionals. It also requires that before any protected information may be released, a military judge conduct a closed hearing and apply a number of legal factors first before ordering the production or disclosure of any information.

In the FY2014 NDAA, Congress required that commanders who have the discretion to dispose of offenses committed under the UCMJ can no longer consider the general military character of the accused in doing so. In this year's NDAA, Congress went even further by

prohibiting the consideration of general military character during the findings phase of courts-martial proceedings except for a limited number of enumerated offenses where that kind of character evidence would be relevant to the charged offense(s), Kiel said.

Congress also created a system in the FY2014 NDAA whereby any decision not to refer a sexual assault offense to court-martial by a convening authority will be reviewed by a superior competent authority, he said.

In the case where the convening authority and his or her staff judge advocate disagree about the referral decision, the case will then be sent to the service secretary for review. In the case where both the convening authority and the staff judge advocate agree not to refer, the case will be reviewed by the next higher convening authority.

The FY2015 NDAA created an additional review mechanism, Kiel said. It mandates that in any case where a convening authority decides not to refer a sex assault offense, the chief prosecutor of the service may request that the service secretary review it, and if such a request is made, the secretary must review it. The judge advocate general of each service may designate a chief prosecutor for purposes of this provision if such a position does not already exist within their respective service.

Two other changes in the FY2015 NDAA apply to the treatment and care of victims of sex assault.

The first mandates that victims of sexual assault crimes be given an opportunity to express a preference as to whether their case is tried by the military or by the local prosecutor, Kiel said. If the victim chooses the latter, the convening authority must ensure that the local prosecutor is made aware of the

victim's preference, understanding that the preference is not binding on the prosecutor. The convening authority must inform the victim about the prosecutor's decision to prosecute or not.

Second, he said, Congress recognized that in the past, some victims of sexual assault may have been discharged from the service and given a discharge less than honorable.

The FY2015 NDAA directs that the service secretaries develop a confidential review process utilizing boards for the correction of military records to review the characterization of the discharge or separation of any individual who wants to challenge the characterization of their discharge on the grounds that it was adversely affected by the individual being the victim of a sex-related offense.

Finally, there are some congressionally-appointed panels and a panel

appointed by the defense secretary to study various aspects of sexual assault in the military and the military justice system in general, Kiel said.

"Those panels have and will continue to make recommendations in an effort to continue to improve our system. It is important to note that the military remains cognizant of that fact and continues to seek ways to improve itself," he said.

"A number of the most significant reforms contained in the FY2013, FY2014 and FY2015 NDAAs originated in the Department of Defense," Kiel continued. "Congress codified them later. The military will continue to seek ways to improve how it handles the investigation and prosecution of sexual assault crimes and how it cares for the victims of such crimes. It will also remain vigilant in protecting the constitutional rights of the accused as it does so."

NEWS IN BRIEF from Page 3

charities:

- The Air Force Aid Society provides Airmen and their families worldwide with emergency financial assistance, education assistance and various base-level community-enhancement programs.

- The Air Force Enlisted Village supports Teresa Village in Fort Walton Beach, Florida and Bob Hope Village in Shalimar, Florida, near Eglin Air Force Base. The fund provides homes and financial assistance to retired enlisted members' widows and widowers who are 55 and older. It also supports Hawthorn House (in Shalimar) which provides assisted living for residents, including 24-hour nursing care.

- Donations to The Air Force Villages Charitable

- Foundation support independent and assisted living needs for retired officers and their spouses, widows or widowers and family members. Communities are located in San Antonio, Texas.

- The General and Mrs. Curtis E. LeMay Foundation provides rent and financial assistance to widows and widowers of officer and enlisted retirees in their homes and communities through financial grants of assistance.

For more information about the AFAF affiliated charitable organizations visit <https://www.afassistancefund.org>.

For more information about other personnel issues go to myPers at <https://mypers.af.mil>. Air Force retirees who do not have a myPers account can request one at <https://www.retirees.af.mil/shared/media/document/AFD-120510-068.pdf>.

Flying from the heart: Bringing a fellow Airman's legacy home

By L.A. Shively
JBSA-Fort Sam Houston Public Affairs

A challenging journey, fraught with bad weather and detours, ended well Dec. 12 when Air Force Capt. Manuel Ochoa and Air Force Staff Sgt. Matthew Perroux landed the single-engine aircraft they flew from Spokane, Wash., to Boerne Air Field in Boerne, Texas, and delivering it to Wayne and Marcy Voss.

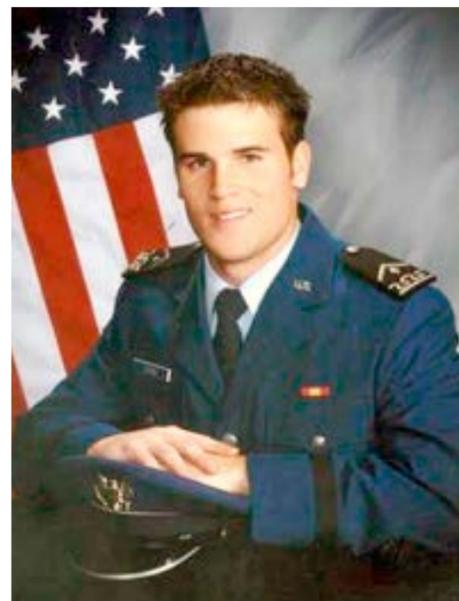
Originally belonging to Air Force Capt. Mark "Tyler" Voss, Ochoa and Perroux flew the Vans RV-8 two-seater aircraft to Boerne to present it to the captain's parents, in an act of kindness and esteem.

"My heart's racing because we're being reunited with a piece of our son," Marcy Voss said, as tears welled up in her eyes. "This airplane was his baby. He loved it. It represented an exciting part of his life."

Tyler Voss had been attached to the 93rd Air Refueling Squadron, Fairchild Air Force Base, near Spokane. He was one of three Airmen who perished in a KC-135 Stratotanker accident while deployed to the Transit Center at Manas, Kyrgyzstan last year.

The Vans RV-8 is an experimental aircraft – a special project – Voss was working on.

While at Fairchild, Voss recruited Perroux, a 373rd Training Squadron, Detachment 5 aircraft maintenance instructor, to help rebuild and update the wiring, panel and instrument systems on his aircraft, but the work had not been completed



Air Force Capt. Mark "Tyler" Voss

when Voss deployed. So, Perroux continued rewiring and updating the aircraft coordinating with Voss via email.

When the news of the accident reached Perroux, he vowed to finish the aircraft as a tribute to his friend. He completed the update and planned delivery with Ochoa's help.

"This was for Wayne, Marcy and Tyler," Perroux said, after the plane landed in Boerne.

The seats of the Vans RV-8 experimental, single-engine aircraft that belonged to Air Force Capt. Mark "Tyler" Voss are embroidered with his name, rank and unit patch.

The aircraft was delivered to Voss's parents, Marcy and Wayne Voss at the Boerne Air Field in Boerne, Texas, Dec. 12, as a sign of kindness and esteem after Voss perished in a KC-135 Stratotanker accident while deployed to the Transit Center at Manas, Kyrgyzstan last year.

Photo by L.A. Shively



Marcy Voss tears up while looking at the seats of the Vans RV-8 experimental, single-engine aircraft that belonged to her son Air Force Capt. Mark "Tyler" Voss. The seats are embroidered with Tyler Voss's name, rank and unit patch.

Photo by L.A. Shively

"It didn't seem right leaving it empty and giving it back to them. It didn't seem right at all."

"It was a big surprise because I didn't realize what all Matt had done," said Wayne Voss. "It's part of our closure."

Ochoa, a pilot currently with the 1st Reconnaissance Squadron, Beale Air Force Base, Calif., met Voss while he was with the 93rd Air Refueling Squadron. Both Texans, they shared the love of flying, country music and good times.

Occasionally Ochoa would turn a wrench or two with Voss and Perroux on the experimental aircraft or fly in the RV-8 with Voss.

"When I was asked to fly the plane (to Boerne), it was my privilege. It's giving something special back," Ochoa said, adding the RV-8 is a lot of fun to fly.

So much fun, that in fact, Ochoa recently purchased a new Vans RV-8 kit for himself.

"It's in my shop now," Perroux said with a wry grin.

Flying was also a passion for the Voss family. Marcy and Wayne met and married while each was working on a pilot's license and the couple flew often in their Super Cub Tail Dragger aircraft. Tyler Voss was flying before he could walk.

"I have a picture of Tyler at 6 months old sitting in the airplane," Marcy remembered. "We were taking him for a flight."

Tyler Voss's zeal for flying continued into adulthood. He graduated from the Air Force Academy and earned his pilot's wings at Laughlin Air Force Base, Texas. After receiving additional training on



Photo by L.A. Shively

From left, Air Force Staff Sgt. Matthew Perroux, Marcy Voss, Wayne Voss and Air Force Capt. Manuel Ochoa share a happy moment after Perroux was presented a plaque from Marcy Voss. The plaque commemorated his and Air Force Capt. Manuel Ochoa's act of kindness and esteem; bringing their son's plane back to them.



Photo by L.A. Shively

Marcy Voss waves a greeting to Air Force Capt. Manuel Ochoa and Air Force Staff Sgt. Matthew Perroux as they arrive Dec. 12 at the Boerne Air Field in Boerne, Texas. Ochoa and Perroux piloted the Vans RV-8 experimental, single-engine aircraft just over 2,000 miles from Spokane, Wash., to deliver it to Marcy and her husband Wayne Voss.

the KC-135, Voss was stationed at Fairchild prior to deploying.

"He lived his dream," Marcy said. "Not many people get to do that. While his life was short, he lived every minute of it to the fullest and he got to do what he dearly loved doing – flying."

Wayne and Marcy plan to keep the aircraft.

"The neat ending to this is that we are taking the plane to La Grange (Texas), where Tyler earned his private pilot's license," Marcy said adding that a friend will help store the plane and that Tyler's sister Morgan and brother Forrest are both considering getting their pilot's licenses.

Air Force Capt. Mark "Tyler" Voss looks over his shoulder while piloting the Vans RV-8 two-seater aircraft he was upgrading before his deployment to the Transit Center at Manas, Kyrgyzstan.

Courtesy photo



Photo by L.A. Shively

Marcy Voss greets Air Force Capt. Manuel Ochoa, who piloted her son's plane, a Vans RV-8 experimental, single-engine aircraft just over 2,000 miles from Spokane, Wash., to Boerne Air Field in Boerne, Texas, Dec. 12.

LOCAL BRIEFS

FRIDAY

MESO 5K RUN/WALK

Registration begins at 2:30 p.m. at Security Hill 5k trail. Cost is \$15.

SATURDAY

20TH ANNUAL DR. MARTIN LUTHER KING JR. BIRTHDAY CELEBRATION

6 p.m. at the Joint Base San Antonio-Lackland Gateway Club, building 2490, 1650 Kenly Avenue. The evening will consist of dinner, a guest speaker and special entertainment.

This is a formal/semi-formal event. For tickets or additional information, call 355-1775 or 364-8317.

TUESDAY

ARMED FORCES COMMUNICATIONS AND ELECTRONICS ASSOCIATION MONTHLY LUNCHEON

The AFCEA Alamo chapter sponsors monthly luncheons and other networking events designed to promote the free and ethical exchange of information between the uniformed military services, government civilians and private industry – with a particular focus on the cyber, medical IT, training and intelligence,

surveillance and reconnaissance career fields.

The monthly luncheons are free to the military, and you don't have to be an AFCEA member to attend. Military members also earn two continuing education credits towards their 8570 certification by attending.

Luncheon will be hosted at the Double Tree Hotel, 37 NE Interstate 410 Loop, San Antonio. Registration and networking are from 11 to 11:30 a.m. Program and lunch will be from 11:30 a.m. to 1 p.m.

To register, visit https://afcea.site-ym.com/events/event_list.asp.

JAN 23

COED WALLYBALL

Coed wallyball teams of six people (at least one female per team) are invited to sign up for a free tournament 7 a.m. at the JBSA-Lackland Gillum Fitness Center.

The tournament is open to Department of Defense ID card holders 18 and older. Sign up by noon Jan. 22. Call 977-2353 for more information.

JAN 24

POLAR BEAR 5K

Registration begins at 7 a.m. at

Pfingston Reception Center building. 6330). Cost is \$10. Call 671-3026.

JAN. 26

NEW CLASSES AT FREEDOM CHAPEL

Freedom Chapel will be offering three new women's studies on Monday mornings and Wednesday evenings starting Jan. 26. For childcare reservations or more information, email lacklandsistersinchrist@gmail.com.

JAN. 30

HEADQUARTERS AIR EDUCATION AND TRAINING COMMAND ANNUAL AWARDS

Headquarters Air Education and Training Command Annual Awards Luncheon at The International Ballroom, Parr Club JBSA-Randolph. Dress is as follows:

Military: uniform of the day
Military nominee: service dress
Civilian: casual
Civilian nominee: business suit, pant/shirt/dress.

RSVP by Jan. 23. Call 652-2263 or 652-8026.

FEB. 6

6TH ANNUAL AFRICAN-AMERICAN HERITAGE COMMITTEE BASKETBALL CLINIC

Ages 5-9 (60 maximum) 4:30 –

6 p.m. Ages 10-15 (60 maximum) 6 – 7:30 p.m. Camp registration starts Jan. 2 through Feb. 5.

For additional information and to register, contact JBSA-Lackland youth programs at 671-2611/2388.

FEB. 21

BASURA BASH

The fifth annual Joint Base San Antonio- 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 annual 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 and can bring their own cleanup gear, such as waders, trash-grabbers, nets, etc.

Trash bags will be provided. All participants under 18 must have a parent or guardian onsite and drop offs will not be allowed. All participants must have an ID or CAC and sign a waiver to participate. Community service vouchers will be available.

Volunteers can register online at

<http://www.basurabash.org>. For additional information, call 388-2067.

INFORMATIONAL

Effective Jan. 1, 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>

THERE IS SOMETHING FISHY AROUND HERE

The San Antonio Aquarium is open and JBSA-Lackland Information, Tickets and Travel has discount tickets. Experience this unique hands on attraction with exhibits low enough for children of all ages to reach out and touch stingrays, a variety of sharks, starfish, reptiles and more. This is a very interactive, educational experience for everyone.

For additional information, call 671-3059.

CHAPEL SERVICES

—PROTESTANT WORSHIP SERVICES

Freedom Chapel – Building 1528

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

LITURGICAL SERVICE

Airman Memorial Chapel – Building 5432

Sun. 8:00 a.m.

CHURCH OF CHRIST

New BMT Reception Center – Building 6330

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

SEVENTH - DAY ADVENTIST

Gateway Chapel – Building 6300

Sat. 12:30 p.m.

CHRISTIAN SCIENCE

New BMT Reception Center – Building 6330

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

—ORTHODOX CHRISTIAN

Airmen Memorial Chapel – Building 5432

Sun. 9:30 a.m.

—WICCA

New BMT Reception Center – Building 6330

Sun. 9:00 – 11:00 (Auditorium)
Freedom Chapel – Building 1528
Wicca Open Circle 1st Tues. 6 – 7 p.m.

—REFUGE STUDENT CENTER

Building 9122 (Tech Training & TDY Students)

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

—JEWISH

Airmen Memorial Chapel – Building 5432

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

—ROMAN CATHOLIC

Freedom Chapel – Building 1528

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

Daily Mass Mon., Tues. & Thur. 11:30 a.m.

Note: Reconciliation(s) may be scheduled by appointment

—ISLAMIC

Global Ministry Center – Building 7452

Jumu'ah Prayer Fri. 1:30 p.m. – 2:30 p.m.

—BUDDHIST

New BMT Reception Center – Building 6330

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

—ECKANKAR

Gateway Chapel – Building 6300

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

—BAHA'I

Gateway Chapel – Building 6300

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

—THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

Gateway Chapel – Building 6300

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

JBSA-LACKLAND

KEY FAMILY SUPPORT RESOURCES

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

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

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

BMT HONORS

Congratulations to the following 57 Airmen for being selected as honor graduates among the 577 Air Force basic military trainees who graduated today:

320th Training Squadron -Flight 057

Tyler Bisogno
James Holliday
Maxwell Mccluskey
Conner Mckenzie
Nicholas Vanderbusse
-Flight 058
Shaina Post

321st Training Squadron -Flight 059

Colby Cook
Carlo Di N
Russell Hubach
Jacob Phillips
Nicholas Phillips-Gleave
Casey Sweet
Jacob Wright
-Flight 060
Jordan Coaliron
Flight 065
Cory Gardner
Brian Schmalzriedt
John Schreiner
-Flight 066
Julia Craig
Eva Knight
Chanell Um
-Flight 068
Emily Carter
Stacey Knapek
Sydney Lowe
Amy Perez

322nd Training Squadron -Flight 067

Joseph Eddy

Clayton Hess
Zachary Reynolds

326th Training Squadron -Flight 063

Joshua Arrington
Joseph Cius
Ian Crase
Bransyn Motley
Joshua Rawls
Andrew Rotter
Gregory Salopek
Jackson Schultz
-Flight 064
Justin Crocker
Javier Gonzalez
Aaron Heekin
Kristoph Livingston
Grant Mccandless
Edward Racke
Joshua Wangler
Nathan Yockman

331st Training Squadron -Flight 061

Tyler Bennink
Jovan Fuselier
Juan Herrera
Mark Kilness
Bradley Livengood
Jared Maddox
Charles Maynor
Brandon Mcfadden
Brendan Miller
Eric Selle
-Flight 062
William Barbour
Brett Bizokas
Bradley Cornett
Jacob Davis

Top BMT Airman

Cole Di Carlo
321st TRS, FLT 059

Most Physically Fit -Female Airmen

Lawanda Brown
321st TRS, Flight 068
Maya Turner
320th TRS, Flight 058
Kaylan Short
320th TRS, Flight 058
Sydney Uhlhorn
321st TRS, Flight 066
-Male Airmen
Jensen Orlow
321st TRS, Flight 060
Zachory Dominique
326th TRS, Flight 063
Taylor Lockett
321st TRS, Flight 060
Vernon Datu
320th TRS, Flight 057

-Female Flights

321st TRS, Flight 068
321st TRS, Flight 066
320th TRS, Flight 058

-Male Flights

320th TRS, Flight 057
326th TRS, Flight 064
326th TRS, Flight 063
321st TRS, Flight 059
321st TRS, Flight 060
321st TRS, Flight 065
331st TRS, Flight 062
322nd TRS, Flight 067
331st TRS, Flight 061

Top Academic Flights

321st TRS, Flight 060
331st TRS, Flight 061
326th TRS, Flight 064
321st TRS, Flight 059
320th TRS, Flight 057
321st TRS, Flight 066
326th TRS, Flight 063
321st TRS, Flight 065
331st TRS, Flight 062
322nd TRS, Flight 067
320th TRS, Flight 058
321st TRS, Flight 068

DOD from Page 3

rate – a service member who maintains uninterrupted BAH eligibility in a given location will not see a rate decrease. This ensures that service members who have made long-term commitments in the form of a lease or contract are not penalized if local housing costs decrease.

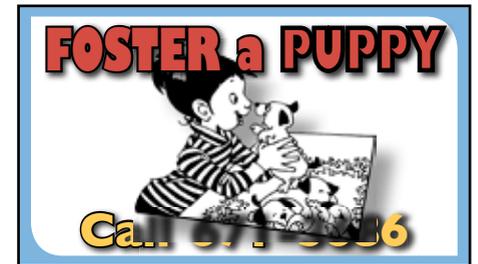
Service members can calculate their BAH payment by using the BAH calculator at <http://www.defensetravel.dod.mil/site/bahCalc.cfm>.

The 2015 BAS rates for military members will increase by 2.9 percent over last year. The new rates are \$367.92 per month for enlisted members and \$253.38 per month for officers.

The annual adjustments to BAS – a monthly nontaxable cash payment to military members intended to be used to buy food – are linked to changes in food prices as measured by the annual change in the U.S. Department of Agriculture Cost of Food at Home Index. From the beginning of October 2013 through the end of September 2014, the index rose by 2.9 percent, forming the basis for the increased BAS rates.

The DOD also released its 2015 CONUS COLA rates. Roughly 12,000 members will see a decrease in their CONUS COLA payments, while some 7,000 members will see an increase or no change and 4,000 members will no longer receive a CONUS COLA payment.

CONUS COLA is a taxable supplemental allowance designed to help offset higher prices in high-cost locations, and rates vary based on location, pay grade, years of service and dependent status. Rates can increase or decrease depending on the prices in a specific duty location compared to prices in an average CONUS location. Service members can calculate their allowance by using the CONUS COLA calculator at <http://www.defensetravel.dod.mil/site/conusCalc.cfm>.



Be Responsible!
Seat Belts Save Lives!
Buckle Up
And Wear Yours!

Practice hand hygiene at the gym

By Tech. Sgt. Ralph S. Wylie
59 Dental Group Infection Control, JBSA-Lackland

So you had a long day and want to include some physical activity into your day. What better way than going to the gym?

You change into your gym attire and head out the door.

Do you stop to consider the infectious risks that may be waiting for you at the gym? Hand hygiene plays an important role in keeping you safe while visiting the gym.

From bacteria to viruses to fungal infections, gyms are breeding grounds for all types of germs.



Courtesy graphic

"Germs and bacteria are found everywhere, including gyms," said Jack

Foley, director of sports medicine at Lehigh University. "The last thing you want when exercising is to get ill from your gym or exercise facility."

Some of the common acquired skin infections that can be transmitted at the gym are ringworm, athlete's foot and methicillin-resistant Staphylococcus aureus bacterial infections. MRSA is the most serious germ lurking in locker rooms and gyms.

According to the U.S. Centers for Disease Control and Prevention, MRSA is a type of staph bacteria that is resistant to certain antibiotics. Outside of hospitals, most MRSA infections are skin infections. More severe or potentially

life-threatening MRSA infections can occur if the bacterium enters the body through cuts, scrapes and abrasions.

When using gym equipment you should always wipe it down with a disinfectant before and after each use. Sanitize hands upon entering and leaving the gym. Use no-touch sinks or towel dispensers whenever possible and always wash your hands before and after using the restroom.

The next time you plan on working out, ensure good hand hygiene practices are used to minimize the spread of germs and infections. It would also be wise to evaluate your gym on its cleanliness.

Items to look for include: disinfectant wipes/spray (for equipment), soap in the soap dispensers and hand sanitizer. These simple steps will make your workout safe and healthy.

First year all-AF coach expects team to bring heart to camp

Photo and story by Jose T. Garza III
JBSA-Lackland Public Affairs

The All-Air Force Boxing Team returns to Joint Base San Antonio-Lackland, Saturday for a training camp.

First-year head coach, Tech. Sgt. Bobby De Leon expects them to show up with one important ingredient, heart.

The team will hold their yearly camp at the Chaparral Fitness Center in preparation for the San Antonio Regional Golden Gloves and possibly, the Texas State Golden Gloves. Regional preliminary competition for open (10 bouts or more) and novice (fewer than 10 bouts) fighters takes place Feb. 16 through 19 at Woodlawn Gym, 1103 Cincinnati Ave.

The novice championships are scheduled on Feb. 20 at Woodlawn and the open championships Feb. 21 at the Scottish Rite Auditorium, 308 Avenue E. If each open boxer wins their respective weight division championship, they advance to the Texas State Golden Gloves Feb. 25-28 in Fort Worth, Texas.

"Heart is something I can't teach or coach someone," De Leon said, who took over the Air Force



First year All-Air Force Boxing Coach Bobby De Leon, a flight chief for the 90th Missile Security Forces Squadron at F.E. Warren Air Force Base, Wyo., spars with Senior Airman Kenneth De Jesus-Cruz, a 9th Aircraft Maintenance Squadron cyber transport technician at Beale Air Force Base, Calif., during All-Air Force Boxing training camp Jan. 24, 2013, at the Chaparral Fitness Center. The team begins its annual training camp Saturday at the Chaparral Fitness Center.

Boxing program from long-time coach Steven Franco when he retired from the Air Force in 2014. "Without heart, you are already defeated in your mind. Heart brings determination, will, want and courage to get past the hard things in life."

The boxing team will be comprised of nine fighters, six of them returning from previous camps. One of the returning boxers, Senior Airman Dustin Southichack, is a Reservist stationed at JBSA-Lackland.

"I'm super happy to get back to

camp because of my team members," said Southichack, a 433rd Civil Engineer Squadron pest management specialist. "Those guys are like family to me and I'm looking forward to the good training that comes out of the camp."

Southichack and his teammates have plenty of training exercises to look forward to.

De Leon, a flight chief for the 90th Missile Security Forces Squadron at F.E. Warren Air Force Base, Wyo., plans to implement anaerobic exercises that will help prepare the boxers for all levels of competition.

"You are performing at such a high intensity when you're in the mix of a fight and seldom keep your heart rate at a steady beat," the coach said about the anaerobic training. "Playing with the heart rate and beats per minute is key to effective training."

De Leon said this year is a rebuilding year because of the short roster he has to work with, but the coach still expects his team to win. His familiarity with the team's veteran boxers gives him confidence that they will do well in this year's Regional Golden Gloves.

"I know their experience and what they are capable of doing against the high level of competition San Antonio has to offer," De Leon said.

UPCOMING

WEIGHT LOSS CHALLENGE

The Gillum Fitness Center wants to see who can lose the most weight in three months.

The weight loss challenge takes place until April 1. Contestants must weigh in every two weeks at the Gillum following registration. Prizes will be awarded to the top male and female winners April 1. The contest is open to all Department of Defense cardholders ages 18 and up. Call 977-2353.

MEN'S SOFTBALL TRYOUTS

Tryouts for the Joint Base San Antonio-Lackland men's softball team take place Jan. 25-29 at the Warhawk Field. Call 539-7225 for information.

JOINT BASE SAN ANTONIO INTRAMURAL VOLLEYBALL

The Joint Base San Antonio-Lackland intramural volleyball league season tentatively begins Feb. 16. Letters of intent must be signed and returned to intramural sports director Brett Cannon no later than Feb. 2. A mandatory meeting for coaches will be held at 4 p.m. Feb. 9 at the Chaparral Fitness Center. Call 671-2401 for more information.

LADY WARHAWKS SOFTBALL TRYOUTS

Joint Base San Antonio Lady Warhawks softball tryouts take place Feb. 3 and 5 from 5:30-7:30 p.m. and Feb. 7 and 8 from 1-3 p.m.

For more details, call 977-2133 or 671-2694.

ZUMBA

Join this high-energy class at 3:30 p.m. Tuesdays and Thursdays at the Gillum Fitness Center.

For more details, call 977-2353.

Fitness class provides enjoyable experience for performing abs

Photo and story by Jose T. Garza III
JBSA-Lackland Public Affairs

By the third core exercise in the first set of a three-set, seven-exercise workout during Core Cut Up class, a couple of people tell Charlie Jew, Gateway Fitness Center recreational aide and fitness trainer, that they "hate him" while they collect their breath in preparation for the next workout.

Even though they have another 18 exercises to go, they jest about their hatred for Jew, who conducts the free Core Cut Up sessions at 11:30 a.m. Tuesdays and Thursdays.

The exertion put forth in the class has benefited one student.

Tech. Sgt. Jose Zayas Zambrana, 344th Training Squadron career enlisted aviator instructor, became physically inactive and gained 21 pounds during and after his wife's pregnancy with their 5-month-old son. He attributed the weight gain to eating out three days a week and work and family stressors.

"Those types of issues pile up and you think to yourself 'I'll put off working out until the next day and then the following day then next thing you know a month goes by.'"

Zayas Zambrana's co-worker, Tech. Sgt. Jesse Morey, 344th TRS career enlisted aviator instructor, was a participant in the class and told him about the class. Zayas Zambrana enrolled in the class in December 2014.

The Puerto Rico native said he lost two pounds and an inch on his waistline since his enrollment in the class. He also credits dieting and eating out less for his small achievements.

"Making tweaks to your diet like minimizing fat and carbohydrates, increasing protein intake and lowering caloric intake makes a huge difference," Zayas Zambrana said.

The technical sergeant's ability to complete more than one rep of various exercises has improved, he noted, as he remembered barely performing one vertical situp when he started the class.

Zayas Zambrana's back pain, which stemmed from injuries during deployments and weight problems, have lessened and



Brittenye Westmoreland, spouse of Senior Airman Jeffrey Westmoreland, Cryptologic Cyber Systems Division depot-level radio frequency repair journeyman, and Rick Campos, 502nd Contracting Squadron procurement technician, perform flutter kicks during a Core Cut Up session Jan. 8 at the Gateway Fitness Center. The 45-minute class is taught at 11:30 a.m. Tuesdays and Thursdays.

his goal is to eliminate pain all together as he advances in the class.

Eliminating back pain is only one goal.

"My second goal is to slim down and max out the situps portion of the physical training test," he said. "Overall, I want to establish a healthy lifestyle and a workout routine."

Zayas Zambrana expressed gratitude to Jew for his motivational skills.

"You don't have to worry about motivating yourself if you can't that day," he said. "Some days we may not feel like exercising, but when you come in here, he's telling you what you have to do and he sets limits for you. All you have to do is focus on meeting that limit."

Morey, who said he joined the class because he "doesn't want to be fat," credits Jew for making abdominal workouts fun.

"If I do my abs on my own, I'm going to do five minutes of situps, then get bored

and quit," he explained. "When he tells me what to do during a workout then that is his plan."

Jew, who has been teaching Core Cut Up for seven months, said it's amazing to see people reach their goals and benefit from the class.

"Some of them come in and they are not sure if they want to do the class because they are insecure about working out for the first time," he said. "My goal is to put them at ease and make their experience in the class enjoyable."

Jew incorporates different abdominal exercises each day to keep the class from being monotonous with the goal of helping everyone achieve their goals.

"I am always looking to make everyone improve and get better," he said.

For more information on Core Cut Up and other fitness classes at the Gateway Fitness Center, call 671-2565.