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LACKLAND TALESPINNER

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Major media network features Air Force military working dog handler

Photo by Senior Airman Lynsie Nichols

A crew member of Black Entertainment Television interviews Staff Sgt. Candace Colburn for a network feature on African American History Month. Colburn, a 502nd Security Forces military working dog handler stationed at Joint Base San Antonio-Lackland, is being recognized for her outstanding achievements. She recently completed Special Weapons and Tactics School and has been tasked on several occasions in support of Secret Service to provide protection to both the president and vice president of the United States. The feature will air on the BET network in mid-February.

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ONLINE | http://www.jbsa.af.mil

My journey as a victim advocate

By Staff Sgt. Maria Bowman
375th Air Mobility Wing Public Affairs

When I was a teenager, I saw a movie about a college student who was raped by her brother's fraternity brother at a party.

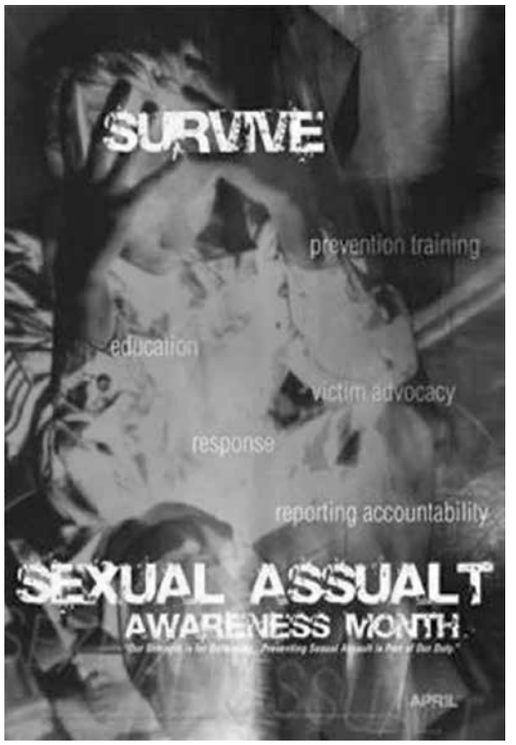
I remember being saddened by what happened to her; not only by the act of sexual assault, but by how the school's administrators and students treated her when she decided to come forward. The school didn't want to believe her, because her rapist was loved by the school. Other students stared at her and judged her behavior that night.

That movie and its message have stuck with me for more than 15 years. I have wanted to be able to help victims of sexual assault for a long time – I just wasn't sure how.

Then, I learned about the Sexual Assault Prevention and Response program. After learning about the victim advocacy program, I immediately signed up because I wanted to make a difference.

Last year, I received a phone call from the Sexual Assault Response program coordinator saying someone would be coming in the next day to fill out a report. After hanging up the phone, I began to pray that I would be able to provide the right amount of comfort and support she would need throughout this entire process.

The next day, I met my first client. My anxiety was up and I was feeling very nervous because this was my first time doing this outside of a training environment. This person mattered and I wanted to show her empathy and compassion during this difficult time. Her trust in another person had been violated, and I was trying to show her that she could trust me. I knew that would not be an easy task to accomplish, but it was important to be there through this very scary time.



Graphic by Billy Smallwood

Even with all the training I went through, nothing would have prepared me for that first encounter. I was looking at someone who had survived one of the most difficult experiences to live through. Feelings of anger and sadness arose within me. Words and thoughts flooded my brain, but I was finding it difficult to say them out loud.

Fortunately, I wasn't going through this alone. The SARC was there, being my guide and mentor, walking us both through the process. Her presence and guidance helped put my mind and body at ease, knowing I would have someone to turn to when problems or questions came up.

When we went to the hospital, it was the first opportunity to sit with my new client and talk with her alone. While we waited for the nurse to come collect evidence, I struggled to find words that would begin to build her trust in me. She didn't know me – why should she possibly trust a complete stranger? I tried to come up with the right things to say, but the only thing I tell her was that I would be her rock and that I was here for whatever she needed on her road to recovery.

By the time we met with the Office of Special Investigations the next day, I was beginning to feel like my presence beside her was a blessing. I started to feel hopeful and I started to believe that my time spent advocating on her behalf would be successful. Throughout that long day of interviews and listening to her talk about what had happened to her, I began to fully understand how strong she was. I knew I needed to be strong for her too.

When that was completed, the focus shifted to the relationship I would build with her. After hearing her talk about herself and the struggles she was having, I began understanding her. No longer nervous that I would mess things up, my confidence in my abilities grew.

Over the next year, we would talk about how her case was progressing. Whenever she had a question I didn't know, I felt really comfortable talking it over with the SARC or the Special Victims Council. The SVC was her legal advisor when it came to anything concerning her victim rights or the upcoming court martial.

Having the SARC and the SVC as resources made it a lot easier to successfully advocate for her and make sure she was getting what she needed. Since the SVC was located nearby, it was easy for me to talk with her and get advice. It also helped to build trust in her, because I could see that she really cared about helping my client in

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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

ICE

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

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

News in Brief

AIR FORCE FITNESS MANAGEMENT SYSTEM II UP, ACCESSIBLE

The new Air Force Fitness Management System is now 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 "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 www.retirees.af.mil/shared/media/document/AFD-120510-068.pdf.

DOD AND DOL PARTNER TO BETTER SERVE WOUNDED, ILL, AND INJURED SERVICE MEMBERS

The Department of Defense and the Department of Labor have signed a Memorandum of Understanding to foster and formalize collaboration between the two departments. Signed by Dr. Jonathan Woodson, assistant secretary of defense for Health Affairs and Keith Kelly, assistant secretary for Department of Labor's Veterans' Employment and Training Services, the MOU ensures that wounded, ill, and injured service members and those enrolled in the Disability Evaluation System receive referrals to DOL American Job Centers and Disabled Veterans' Outreach Program specialists. This agreement marks a collaboration milestone and reaffirms both departments' commitment to providing education and employment assistance to wounded, ill and injured service members.

For more information on the Education and Employment Initiative, visit: http://www.health.mil/warriorcare

Joint Base San Antonio selected to host AFIMSC headquarters

By Secretary of the Air Force Public Affairs
Command Information

Joint Base San Antonio was selected as the host base for the Air Force Installation and Mission Support Center Headquarters.

Air Force officials chose the installation after analyzing operational considerations, installation attributes, economic and environmental factors at four candidate locations.

"Following site surveys at the four candidate locations, we ultimately selected Joint Base San Antonio because almost 50 percent of AFIMSC's subordinate unit personnel currently reside at the installation," said Timothy Bridges, deputy assistant Secretary of the Air Force for Installations. "In fact, two of AFIMSC's primary subordinate units will share the same building with the headquarters. We believe co-locating AFIMSC with a large percentage of its subordinate staff will allow the Air Force to harness operational synergy as the headquarters matures into full operational capability."

The Air Force expects the first personnel assigned to AFIMSC will begin reporting by summer 2015 with most of the staff expected to be in place by fall of 2016.

The decision culminates a deliberate process that included a review of environmental impacts. During detailed, on-the-ground-site surveys of each candidate base, a site survey team led by Headquarters Air Force Materiel Command evaluated the bases against operational requirements, potential impacts to existing missions, housing, infrastructure and manpower.

The site survey teams also developed cost estimates to bed down the center for each candidate base. The results of the surveys were briefed to the Secretary of the Air Force Deborah Lee James and Air Force Chief of Staff Gen. Mark A. Welsh III, who made the selection.

"The new AFIMSC aligns Air Force-wide installation support authorities, responsibilities and resources under one accountable commander. The consolidation will drive standardized processes, reduce overhead and drive down costs," said Timothy K. Bridges, the Deputy Assistant Secretary for Installations. "It makes good business sense to centralize installation support the way we already centralize other support functions such as science and technology, test and sustainment."

AFIMSC, which reports to AFMC, will consolidate installation management functions currently being performed at every major command and will serve as the single intermediate-level headquarters for the delivery of installation support capabilities.

On Oct. 1, 2014, AFMC became the parent organization for several primary subordinate units (formerly field operating agencies) to include the Air Force Security Forces Center, Air Force Civil Engineer Center, Air Force Installation Contracting Agency, Air Force Financial Management Center of Expertise, Air Force Financial Services Center and the Air Force Services Activity. These entities are currently attached to AFIMSC (Provisional).

SecAF, CSAF discuss future of the Air Force

By Tech. Sgt. Natalie Stanley
Secretary of the Air Force Public Affairs
Command Information

Senior leadership addressed the key issues, priorities, initiatives and challenges facing the Air Force during the State of the Air Force press briefing, Jan. 15 at the Pentagon.

Secretary of the Air Force Deborah Lee James and Air Force Chief of Staff Gen. Mark A. Welsh III focused on the Air Force's highest priorities and said they have been working hard to balance resources and preserve combat capability in a tough fiscal environment.

"Everyone wants more Air Force," James said. "We're meeting those demands with the smallest force in our history. Couple a smaller force against the backdrop of austere budgets, and you have a total force that is under significant strain: active duty, Guard, Reserve, civilian and their families."

Welsh had the same concern.

"It's about some very tough decisions we have to make to recapitalize on the Air Force for the threat 10 years from now," Welsh said. "We don't have enough money last year or this coming year to fund all the things that we currently have in our force structure."

While fiscal year 2015 still presents some enormous budget challenges for the Air Force, James and Welsh strongly agree enough is enough when it comes to force shaping and stated Airmen will see no involuntary boards in 2015.

"We cannot go any lower," Welsh said. "We are getting too small to

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Smoke alarms and fire extinguishers – the perfect combination

By Ricardo S. Campos
Joint Base San Antonio Fire Emergency Services
Fire Prevention Office

A common feature in American homes that's taken for granted is the smoke detector.

Telephone surveys, conducted for National Fire Prevention Association by Harris and a Consumer Product Safety Commission's found that 97 percent of the households surveyed reported having at least one smoke alarm. Based on these surveys, that means almost five million households do not have any smoke alarms at all.

About 3,500 people in the United States die each year in fires and another 18,300 are injured, according to the Federal Emergency Management Agency. If they had learned what to do if there was a fire, many of them might be alive today. Working smoke alarms in the home are vital.

If there is a fire in your home, smoke spreads fast and you need smoke alarms to give you time to get out. Having a working smoke alarm cuts the chances of dying in a reported fire in half. Three of every five home fire deaths resulted from fires in homes with no smoke alarms or no working smoke alarms, according to the NFPA.

Courtesy graphic

Follow these tips:

- Choose a smoke alarm that bears the label of a recognized testing laboratory.
- Install smoke alarms in every sleeping room, outside each separate sleeping area and on every level of your home, including the basement.
- Interconnect all smoke alarms throughout the home for the best protection. When one sounds, they all sound. Make sure you can hear the sound of the smoke alarm.
- Replace all smoke alarms, including alarms that use 10-year batteries and hard-wired alarms, when they are 10 years old or sooner if they do not respond properly when tested.
- Test your smoke alarms at least every month using the test button.
- Smoke alarms with non-replaceable long-life batteries are designed to remain effective for up to 10 years. If the alarm chirps, warning that the battery is low, replace the entire smoke alarm. For smoke alarms with any other type of battery, replace batteries at least once a year. If that smoke alarm chirps, replace only the battery.
- An ionization smoke alarm is generally more responsive to flaming fires, while a photoelectric smoke alarm is generally more responsive to smoldering fires. For the best protection, or where extra time is needed to awaken or assist others, both types of alarms, or combination ionization and photoelectric alarms, are recommended.

Another effective method in curbing the loss of property is the usage of fire extinguishers. The time to purchase a fire extinguisher or learn to use one is not after a fire starts.

However, a majority of adults have not had fire extinguisher training and may not know how and when to use one. Using a fire extinguisher correctly can be a life-and

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American Bar Association Military Pro-Bono Project assists service members in finding free legal representation

By E. Stephanie Hebert,
Legal assistance attorney 502nd Installation Support Group/Judge Advocate, JBSA-Lackland

Most service members know their installation legal office offers legal assistance services, but in-court representation in civilian courts is not normally one of the services provided. Even when it is authorized, in-court representation is very rare.

"We can't afford to leave our offices because we have such a high demand for services here," said Capt. Zachary West, chief of legal assistance at Joint Base San Antonio-Lackland. "In addition, not all judge advocates and Department of Defense civilian attorneys are licensed to practice law in the state where they are stationed for work."

"Fortunately, there are other options available to service members when independent legal representation is needed but is otherwise unaffordable or unavailable," West stated.

The need for pro-bono legal services for service members and veterans is recognized by national, state and local bar organizations. One such organization is the American Bar Association Military Pro-Bono Project. The ABA MPBP offers to search for and find private lawyers who are willing to volunteer their time and represent service members in legal disputes when they cannot afford to pay for those services.

Certain eligibility requirements must be met, and the need for free legal services must be established. Members at the pay grade of E-6 and below are presumed financially eligible for the program.

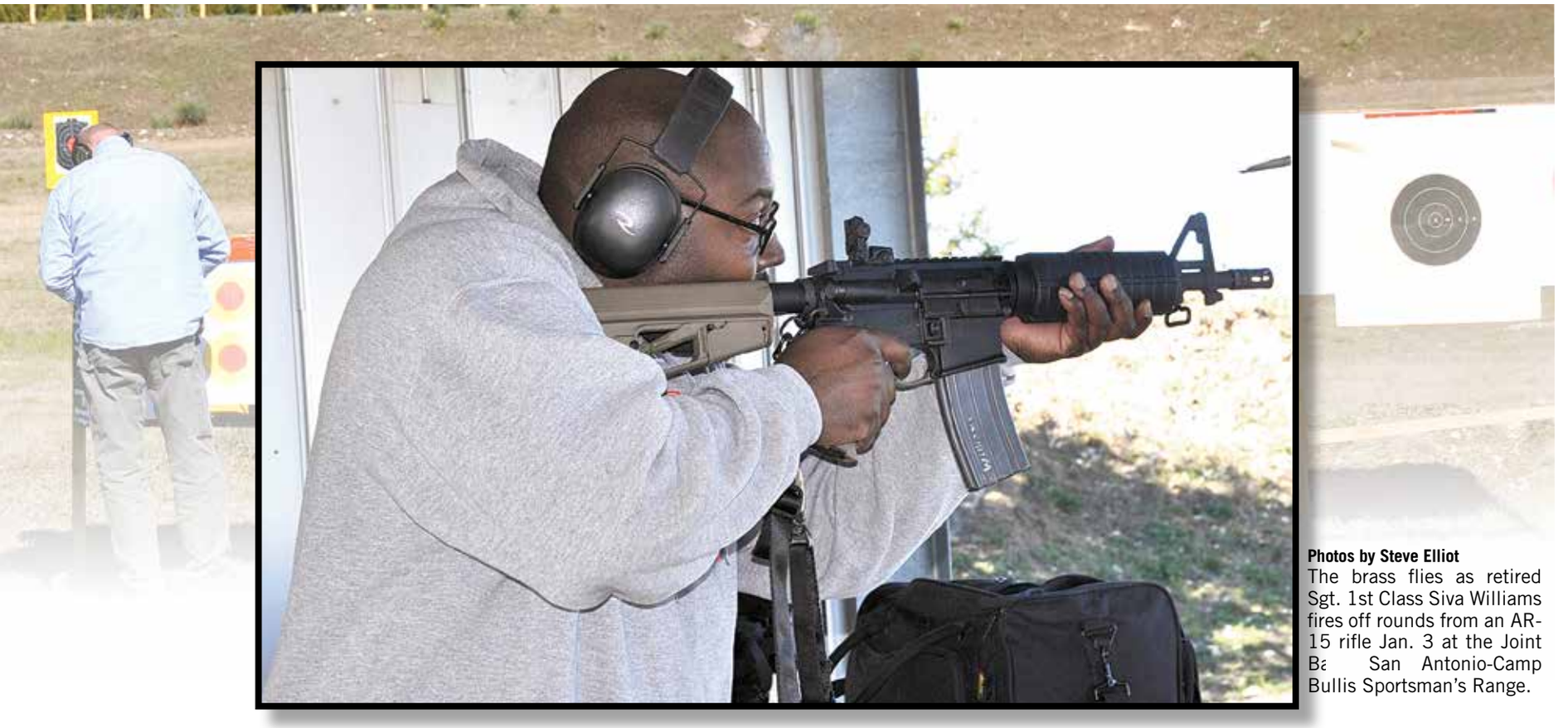
After an eligibility determination is made by an installation legal assistance attorney, all relevant documents must be gathered, scanned and uploaded to the ABA website and attached to an application prepared by the attorney. Both the client and the attorney must verify they have exhausted all available resources including self-help resources.

Once the application is submitted, an Air Force supervising attorney will approve or deny the application. If approved, the ABA MPBP will immediately begin its search for an attorney. There's no guarantee that the ABA will find an attorney willing to volunteer his or her time, but that is the MPBP's primary objective.

The ABA MPBP accepts applications for almost any civil matter, including family law, consumer law, Uniformed Services Employment and Reemployment Rights Act (USERRA), bankruptcy, guardianship, landlord/tenant, probate and tax law.

Family law matters must meet one of the following criteria: (a) the service member is deployed but needs representation in the U.S., (b) the opposing party is represented by an attorney, (c) the service members Civil Relief Act is implicated, (d) the physical custody of the service member's child is at issue or (e) the service member has been the victim of domestic violence and is in need of family court orders. If custody of a child is at issue, the client must meet additional eligibility criteria.

Make an appointment with a legal assistance attorney to determine whether you are eligible to apply for a pro-bono attorney through the ABA MPBP or another pro-bono organization. For more information about how your legal assistance office can assist you, call 671-3362.



Photos by Steve Elliot
The brass flies as retired Sgt. 1st Class Siva Williams fires off rounds from an AR-15 rifle Jan. 3 at the Joint Ba San Antonio-Camp Bullis Sportsman's Range.

ON TARGET | Sportsman's Range offers shooters variety of options

By Steve Elliott
JBSA-Fort Sam Houston Public Affairs

Located a few miles past the main gate of Joint Base San Antonio-Camp Bullis on the city's northwest side is a unique shooting range for local gun enthusiasts to enjoy on the weekends.

The Sportsman's Range is open to all Department of Defense ID cardholders to fire their personally-owned firearms – pistols, rifles and shotguns 7.62 caliber or less. Targets range from 7 to 25 yards for pistols and 25 to 125 yards for rifles.

The range does not rent out firearms or sell ammunition, so all shooters must bring their own. They should also bring their own hearing protection, which is required before stepping foot on the range. Foam ear protection is available at the firing line when requested.

"One side of the range is for rifle shooting and the other side is for pistols," said Andy Sanchez, the JBSA-Camp Bullis outdoor recreation supervisor. "The biggest thing for us here is gun and range safety. Families come out together to shoot together; mom, dad and the kids."

All firearms must first be registered at the Outdoor Recreation Center, located in building 6215. Daily range fee is $10 per person, an annual pass for the gun range is $60 and a combined archery and gun range annual pass is $75.

Each person with a DOD ID card can escort up to two non-DOD ID cardholder guests, as long as they are 10 years of age or older. The cost for guests is $15 each per day and guests have to register their weapons at the Outdoor Recreation Center.

The gun range may close due to inclement weather or unit training, so it is best to call 295-7577 or 295-7529 before coming out to JBSA-Camp Bullis to use the range. For example, if the cloud ceiling is below 1,300 feet, the range will not be in service.

"I just moved to San Antonio and today was my first time actually shooting a handgun," said Maj. Maribel Morgan, a neonatologist assigned to the San Antonio Military Medical Center at JBSA-Fort Sam Houston. "I think it's a great skill to have and I hope to get to the range at least once a month."

Morgan, who was there with her husband, Julius Morgan and friend, Arthur Salazar, shot several different .45 caliber pistols. Her husband and Salazar helped her learn about how to properly hold, load, aim and fire the weapon.

"Shooting is a great sport," Morgan said. "It pays to be prepared these days, especially when it comes to home protection."

Retired Marine Corps Col. Ron Yowell, now a teacher at Robert G. Cole High School at JBSA-Fort Sam Houston, said the Sportsman's Range offers shooting opportunities other ranges in area do not.

"At any other non-military shooting range, you can only shoot from a sitting position and only one round at a time," Yowell said. "At the Sportsman's Range, I can do rapid-fire training from a standing or crouching position. I can't do that anywhere else."

In his rapid-fire shooting exercise, Yowell uses his AR-15 rifle, a popular lightweight, intermediate cartridge magazine-fed, air-cooled rifle that can accommodate a variety of small-caliber rounds.

He loads two magazines with two rounds each, then brings the rifle up

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and fires off two rounds in quick succession. He then drops the magazine out and quickly slams in the second, firing off another two fast rounds.

"It's a holdover from my Marine Corps training," Yowell said. "The Sportsman's Range is the only place to practice that kind of craft."

The retired colonel also noted that while the JBSA-Camp Bullis range may be limited on hours and weather availability, it more than makes up for it on its affordability and flexibility.

"It's a great asset," Yowell said.

It's also an asset many who have been stationed in San Antonio are already familiar with.

"I shot here while I was on active duty," said retired Sgt. 1st Class Siva Williams, who was shooting at AR-15 and a .45 pistol and last stationed at Fort Hood, Texas. "The prices here are very good compared to civilian ranges. I get out here every weekend if the weather permits."

While the Sportsman's Range doesn't have any type of shooting competitions, they are in the process of standing up a rod and gun club, which in the near future, might be holding such events, Sanchez said.

The range also got a new lease on life recently, when funding issues threatened its existence.

"We were being looked at as a possibility of being closed, but somehow we were granted the opportunity to continue to operate," Sanchez said. "We started to allow DOD ID cardholders to sponsor two non-DOD guests and raised the fees to allow our range to continue to stay open. It's working out pretty well.

The Sportsman's Range is just one option in a variety of outdoor activities available at JBSA-Camp Bullis. There is also seasonal hunting and an outdoor archery range available as well.

JBSA-Camp Bullis Outdoor Recreation also offers recreational vehicle storage, a picnic area, primitive camp grounds and the lodge for special occasions.

For more information on outdoor activities and the costs associated with each activity, call 295-7577, 295-7529 or visit http://www.fortsammwr.com/recreation/camp-bullis.html.

Army Maj. Maribel Morgan (center) gets some tips Jan. 3 on how to properly hold a .45 automatic pistol from friend Arthur Salazar (right) and her husband, Julius (left), at the JBSA-Camp Bullis Sportsman's Range.

There are a variety of targets shooters can take aim at while at the JBSA-Camp Bullis Sportsman's Range. Shooters must bring their own firearms and ammunition.

Retired Marine Corps Col. Ron Yowell fires a .45 automatic pistol Jan. 3 at the JBSA-Camp Bullis Sportsman's Range.

Joint Base San Antonio-Lackland is on

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

Biomedical Sciences Corps marks 50th anniversary

By Lt. Col. David A. Eisenach
Wilford Hall Ambulatory Surgical Center

The Air Force recognizes the achievements of the men and women who comprise the Biomedical Sciences Corps by designating Jan. 26–30, as BSC Appreciation Week. This year is noteworthy because it marks the 50th anniversary of the BSC.

The BSC's mission is to enhance Air Force combat capability and effectiveness by providing world-class customer service and scientific expertise, resulting in peak force performance, productivity, and quality healthcare to our beneficiary population.

Comprised of 15 primary specialty codes, the BSC is the most diverse corps in the Air Force Medical Service.

With 2,400 officers, supported by 5,800 enlisted members in parallel career fields, BSC members can be found at 81 locations around the world and also in multiple settings.

The BSC encompasses physical therapy, optometry, podiatry, physician assistants, audiology, speech pathology, clinical psychology, clinical social work, occupational therapy, aerospace and operational physiology, dietetics, bioenvironmental engineers, public health, medical entomology, pharmacy, biomedical laboratory, healthcare facilities architects/engineers and health and medical physics.

In addition to specialty roles within medical treatment facilities, BSC officers are embedded within operational units, serve at every level of medical command, and lead on staffs of the MAJCOMs, forward operating agencies and Headquarters Air Force. The Biomedical Sciences Corps is also heavily invested in research and a host of other vital roles to meet the demands of the Air Force mission.

The BSC's roots date back to 1917 when the U.S. Army Sanitary Corps was established to combat infectious diseases. The Army Medical Administrative Corps followed three years later. In 1949, the Air Force Medical Service was officially established.

The Air Force Medical Service continued to expand over the next two decades and in 1965, the Biomedical Sciences Corps was born.

Over the past 50 years, the BSC continued to expand its range of personnel to include a wide variety of medically trained professionals.

Join the Air Force in celebrating the 50th anniversary of the Biomedical Sciences Corps and recognizing the contributions of these outstanding men and women who dedicate their lives to improving health, maximizing performance and providing trusted medical care to support our most vital resource, our Airmen.

EXTINGUISHERS from Page 4

property-saving tool.

Different types of fires require different types of extinguishers. For example, a grease fire and an electrical fire require different extinguishing agents to be effective. Basically, there are five different types of extinguishing agents. Most fire extinguishers display symbols to show the kind of fire on which they are to be used.

Class A extinguishers put out fires in ordinary combustible materials such as cloth, wood, rubber, paper and many plastics.

Class B extinguishers are used on fires involving flammable liquids, such as grease, gasoline, oil and oil-based paints.

Class C extinguishers are suitable for use on fires involving appliances, tools or other equipment that is electrically energized or plugged in.

There are also multi-purpose fire extinguishers such as those labeled "B-C" or "A-B-C" that can be used on two or more of the above types of fires.

Portable fire extinguishers are valuable for immediate use on small fires. For example, when a pan initially catches fire, it may be safe to turn off the burner, place a lid on the pan and use an extinguisher.

But if the fire has spread beyond the pan into other areas of the stove, kitchen or house, only trained firefighters can safely extinguish the blaze.

Some people have physical limitations that might diminish or eliminate their abilities to properly use a fire extinguisher. People with disabilities, older adults or children may find that an extinguisher is too heavy or too difficult to exert the pressure in order to operate it.

Sound decision making, training and maintenance are required to safely control a fire with an extinguisher. The U.S. Fire Administration recommends that only those trained in the proper use and maintenance of fire extinguishers consider using them.

To learn more about smoke alarms and fire extinguishers visit the National Fire Protection Association's website at http://www.nfpa.org/education or contact one of the Joint Base San Antonio fire prevention offices. At JBSA-Fort Sam Houston, call 221-2727; for JBSA-Lackland, call 671-2921 and at JBSA-Randolph, call 652-6915.

Weingarten rights

Union representation during investigatory interviews

The Labor Relations Statute entitles a bargaining unit employee to representation by the union during an examination, by an agency representative, in connection with a matter under official investigation if that employee reasonably believes disciplinary action may result. If the employee requests union representation, no further questioning will take place until a representative is present. For those stationed at Joint Base San Antonio-Randolph, call Todd Dallas at 652- 4658, Joint Base San Antonio-Lackland call Patricia Chaplin at 671-4528 and at Joint Base San Antonio-Fort Sam Houston call Charles Brady at 808-0205.

BMT HONORS

Congratulations to the following 44 Airmen for being selected as honor graduates among the 441 Air Force basic military trainees who graduated today:

320th Training Squadron

–Flight 079
Zachary Baca
Justin Busch
Jeremy Devlin
Joshua Dunn
Cory Germanoff
Renzo Lanham
Alexander Levenson
Kaleb Potter-Rivera
Chance Pruitt
Michael Saltenberger
Tyler Thomas
Colin Tyler

–Flight 080
D'artagnan Fabean
Henry Tate Jr

322nd Training Squadron

–Flight 087
Trenton Hawks
Eric Leishman
Reagan Mcleroy
Jance Renteria
Aaron Shaddock

–Flight 088
Nasia Brown
Kathryn Demory
Cassandra Rogers
Min Shim
Brylee Sparks

323rd Training Squadron

–Flight 081
Michael Castle
Garrett Kidd
Timothy Mahana

–Flight 082
Heather Rubischko

–Flight 083
Justin Blair
Austin Brown

–Flight 084
William Darmon
Reed Donovan
Grant Jaccoud
Corey Pettis
Brady Runk

–Flight 085
Spencer Allen
Daniel Limpert

–Flight 086
Jacob Brongil
Chad Gordon
Shane Lawson
Kenneth Leedham
Gary Mcgowan
Michael Robledo
Justin Wilder

Top BMT Airman
Allen Spencer
323rd TRS, Flight 085

Most Physically Fit

–Female Airmen
Brylee Sparks
322nd TRS, Flight 088
Mackenzie Richardson
323rd TRS, Flight 082
Min Jung Shim
322nd TRS, Flight 088
Hardy Jasmine
322nd TRS, Flight 088

–Male Airmen
Donald Zimak
320th TRS, Flight 080
Dominic Pacheco
323rd TRS, Flight 081
William Darmon
323rd TRS, Flight 084
Justin Wilder
323rd TRS, Flight 086

–Female Flights
322nd TRS, Flight 088
323rd TRS, Flight 082

–Male Flights
320th TRS, Flight 079
320th TRS, Flight 080
322nd TRS, Flight 087
323rd TRS, Flight 086
323rd TRS, Flight 081
323rd TRS, Flight 083
323rd TRS, Flight 084
323rd TRS, Flight 085

Top Academic Flights
320th TRS, Flight 079
323rd TRS, Flight 086
320th TRS, Flight 080
323rd TRS, Flight 084
323rd TRS, Flight 082
323rd TRS, Flight 085
323rd TRS, Flight 083
323rd TRS, Flight 081
322nd TRS, Flight 088
322nd TRS, Flight 087

Be Responsible!
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Buckle Up And Wear Yours!

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WHAT'S HAPPENING
Visit http://www.lacklandfss.com

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whatever way she could.

Then the court martial began. I knew I had to be emotionally ready to take care of my client through a very stressful time in her recovery. While I sat in silence during other people's testimony, my mind was working hard to stay focused and not get upset.

When my client took the stand to talk about what had happened to her, an array of emotions came flooding in, but mostly, I felt proud. I knew her hard times over the past year had paid off and she was standing up for herself, saying what had happened to her was not right.

When the trial concluded and I heard the verdict, my only concern was for my client. This was another chapter in her life, and it was closing. The stress of the pretrial hearings and the court martial were over. I knew she would be able to continue down her path toward being a survivor.

Throughout my experience this past year, I have felt thankful for the people I have worked with. The SARC and the SVC were always available and willing to talk me through any questions I had. They always made sure my needs were being taken care of as well. The commanders and first sergeants I met with took our concerns or needs very seriously and worked hard to make sure they were met. The legal office always took time to discuss the case in great detail, so we would know what to expect in the courtroom.

Because of what I went through last year and knowing the people and resources available to me and my client, I have faith in our SARC's office and the VA's who volunteer to make a difference in someone's life. They have changed me and given me confidence in my abilities, which helped me reach out when my client needed someone to be in her corner and believe her story.

I know my client is a survivor and I have faith that she will continue to thrive even after she is standing on her own. I am proud to have been a part of this organization. I feel good about helping someone during a difficult time in her life – we are both stronger today because of what we went through together.

Local Briefs

FRIDAY

AETC ANNUAL AWARDS LUNCHEON

Headquarters Air Education and Training Command Annual Awards Luncheon at The International Ballroom, 11 a.m. at the Parr Club, Joint Base San Antonio-Randolph. Dress is as follows:

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

SATURDAY

GOSPEL CONCERT

The African American Heritage Committee will host a gospel concert at the Gateway Chapel, 6 p.m. Call 671-4906 for more information.

MONDAY

AFRICAN-AMERICAN HERITAGE/BLACK HISTORY MONTH OPENING CEREMONY

Chief Master Sgt. Lashawn Wilson, dental career field manager, will be the guest speaker for the opening ceremony of the African-American Heritage/Black History Month at 3 p.m. Entertainment will be provided by the Air Force Band of the West. Call 671-9894 for additional information.

CDC READING

Volunteers are needed to participate to read at the Joint Base San Antonio-Lackland Child Development Centers from 9- 10 a.m. Call 977-4995.

FEB. 6

6TH ANNUAL AFRICAN-AMERICAN HERITAGE COMMITTEE BASKETBALL CLINIC

Ages 5-9 (60 max) 4:30 – 6 p.m. Ages 10-15 (60 max) 6-7:30 p.m.

Camp registration runs through Feb. 5. For additional information and to register, call JBSA-Lackland youth programs at 671-2611/2388.

502ND AIR BASE WING ANNUAL AWARDS BANQUET CEREMONY

Social begins at 6 p.m. and dinner is served at 7 p.m. Ceremony is at Gateway Club Ballroom, JBSA-Lackland.

FEB. 11

AAHC LUNCHEON

Col. Trent Edwards, 37th Training Wing commander, will be the guest speaker for the African American Heritage Committee luncheon at the Gateway Club from 11 a.m. to 1 p.m. For more information, call 671-1754.

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 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. 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. Volunteers can register online at http://www.basurabash.org. For more information, call 388-2067.

FEB. 28

AAHC SCHOLARSHIP BANQUET

Brig. Gen. LaBrutta, 502 Air Base Wing commander, will be the guest speaker for the African American Heritage Committee Scholarship Banquet at the Gateway Club from 6- 9 p.m. For details, call 292-6403.

INFORMATIONAL

The below rates apply to dining facilities not using the a la carte pricing system: Slagel, Rocco, B5107, B5105, Medical Readiness DFAC, and all BMT facilities.

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

In addition, Meals-Ready-to-Eat and Flight Meals are priced at $5.55 each.

For details on dining facilities to include hours, contact information and address, visit http://www.jbsa.af.mil/library/diningfacilities.asp

THE LACKLAND GATEWAY THEATER IS NOW 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.

THERE IS SOMETHING FISHY AROUND HERE

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

SEE THE SPURS WORK THEIR MAGIC

Spurs 2015 game tickets are now on sale at JBSA Information, Tickets and Travel offices. Save on tickets plus pay no TicketMaster fees. 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/randolphitt 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 on Monday mornings and Wednesday evenings. For childcare reservations or details, email lacklandsistersinchrist@gmail.com.

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:oo – 4:45 p.m.
Daily Mass	Mon., Tues. & Thur.	11:30 a.m.

Note: Reconciliation(s) may be scheduled by appointment

—ISLAMIC

Global Ministry Center – Building 7452
Jumu'ah Prayer Fri. 1:30 p.m. – 2:30 p.m.

—BUDDIST

New BMT Reception Center – Building 6330
Sun. 10 a.m. (Rm. 175)

—ECKANKAR

Gateway Chapel – Building 6300
1st, 3rd, and 5th Saturdays 12:30 p.m.

—BAHA'I

Gateway Chapel – Building 6300
1st, 3rd, and 5th Sun. 11:00 a.m.

—THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

Gateway Chapel – Building 6300

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

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

JBSA-LACKLAND KEY FAMILY SUPPORT RESOURCES

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

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

Air Force BMT introduces innovative Capstone Week

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

Air Force Basic Military Training at JBSA-Lackland has restructured its current eight-and-a-half-week course to make room for a new five-day program called Capstone Week, beginning with trainees who entered BMT Tuesday.

"Our Basic Military Training today does a tremendous job developing young men and women into Airmen," said Chief Master Sgt. of the Air Force James A. Cody. "But as we looked at the current structure, we saw an opportunity to further enhance those Airmanship skills with a final week focused entirely on character development. These are core skills every Airman needs to be successful in our Air Force."

The first Capstone Week, which will culminate the BMT experience, begins March 23.

Capstone week's purpose is to give the Air Force one more critical tool to further develop professional, resilient Airmen who are inspired by heritage, committed to its core values, and motivated to deliver airpower. While BMT will still provide new Airmen the same high level of military and physical training, Capstone Week serves to specifically concentrate on character building.

"We developed Capstone Week to better prepare Airmen for their first assignments by reinforcing our core values of integrity, service and excellence through an interactive environment emphasizing character development, the profession of arms, and our Air Force heritage," said Gen. Robin Rand, commander of Air Education and Training Command. "The course focuses on the importance of every Airman treating each other with respect and dignity, better preparing them to become skilled warriors ready to do our nation's business."

Photo by Staff Sgt. Vernon Young Jr.

Airmen repeat the oath of enlistment at a basic training graduation ceremony, at Joint Base San Antonio-Lackland.

Capstone Week will provide instruction and promote discussion among Airmen in a more interactive forum than the highly-structured BMT curriculum, according to Kevin Adelsen, AETC Capstone Week program manager. Some key areas that Capstone Week will cover include wingmanship, resiliency, leadership and followership, sexual assault prevention and response, the warrior ethos, and how Airmen can balance their personal and professional lives.

Adelsen said BMT schedule adjustments allowed for condensing the current training to make room for the Capstone transition period.

"We'll retain all current BMT requirements in the first seven-and-a-half weeks and use the Capstone Week to reinforce and expand on previous training," said Adelsen.

Following the traditional Airman's parade at the end of BMT's first seven-and-a-half weeks, trainees will transition that weekend to a Capstone squadron. Airmen will move into a revamped training facility on JBSA-Lackland and experience Capstone Week in an environment far different from that of the first part of BMT, according to Adelsen.

Capstone will be a BMT graduation requirement, Adelsen said. Immediately following Capstone, Airmen will travel to their designated technical training locations across the United States.

"BMT's Capstone Week will ensure Air Force basic training remains a center of excellence and our Airmen remain the best fighting force in the world," said Chief Master Sgt. Gerardo Tapia, AETC command chief. "It's a fantastic and innovative way to ensure we prepare Airmen to become men and women of character – great wingmen, leaders, citizens and warriors. This is not going to be the 'last' week of BMT, but rather the first week of the rest of their Air Force careers."

FUTURE from Page 3

succeed as opposed to too big to fail."

James said challenges with the budget in no way minimalize the responsibilities of the Air Force.

"As Air Force demands around the world continue to increase," she said. "We cannot afford to get smaller and sacrifice capability."

One of greatest demands James and Welsh addressed was intelligence, surveillance, and reconnaissance requirements.

"Not only do combatant commanders want more ISR, they want the globally-integrated, persistent ISR that Air Force capabilities provide," the secretary said.

James and Welsh acknowledged the significant stress the high operations tempo has placed on its experienced operators. To combat that, they have developed a plan to meet combatant commander warfighting requirements while relieving some of the unrelenting strain felt by operators.

The intentions of the ISR goals outlined by James and Welsh will provide near-term relief to stressed crews by implementing a number of options to immediately increase manning.

The future of the Air Force continues its focus on balancing today's readiness with tomorrow's modernization.

"The American people expect our Air Force to fly, fight and win against any advisory," James said. "It is important that we continue to afford our nation the Air Force capability it needs well into the future by appropriately investing in our people and in our platforms.

Don't fear the flu season

By Health.mil staff

Every year during flu season, many of us start ducking and dodging to avoid the coughs and sneezes of family, friends and strangers. Influenza, more commonly known as the flu, is a highly contagious respiratory illness that wreaks havoc during the fall and winter months. But one of the easiest ways to avoid the flu is to get vaccinated yearly.

Why do we have to get the flu shot annually? According to the National Institutes of Health, there are two reasons a flu vaccination is needed every year:

• First, the body's immune response from vaccination declines over time, so an annual vaccine is needed for optimal protection.

• Second, the formulation of the flu vaccine is reviewed each year and updated to keep up with the ever-changing flu viruses.

"When a person is exposed to an influenza virus, whether by infection or vaccination, their immune system will produce specific antibodies against the antigens [surface proteins] on a particular virus," said Army Col. Margaret Yacovone, director of the Immunization Healthcare Branch at the Defense Health Agency.

Each year, approximately 2,000 influenza virus strains are compared for similarities with those that make up the current flu vaccine. They are monitored for changes or mutations in the viruses. Experts rely on the study for information about the vaccine's ability to create an immune response, and that helps determine what virus strains to include in the next seasons' flu vaccine.

Yacovone says this year's vaccine protects against several flu viruses. However, there can be significant differences, or "drift," among the various strains, she said. While vaccine effectiveness can be reduced through drift, it still provides protection against the non-drifted strains.

"That's why getting vaccinated with the influenza vaccine helps protect against getting the flu, even when the strains vary."

The influenza virus is spread through aerosolized respiratory droplets during close contact with an infected person, animal or contaminated object. The incubation period is commonly two days, but that can range from one to four days.

Because the incubation period is short, flu outbreaks can be volatile. People who have the flu experience fever, chills, cough, sore throat, runny nose, muscle aches, headaches and fatigue.

Photo by Kemberly Groue

For some people, the recovery period can take a few days, but for others, it can last up to two weeks. Complications can develop from the flu, including bronchitis, sinus and ear infections and pneumonia, which can be life-threatening, warned Yacovone.

There are two vaccines available: a flu shot or a nasal spray mist. There are common side effects associated with both vaccines. Depending on which vaccine you get, mild side effects may occur. They include soreness and redness at the injection site, cough, nasal congestion, sore throat and chills, but most resolve within 24-48 hours. Flu vaccines are safe and are not able to infect you with the flu because the vaccines contain killed or weakened viruses.

• To learn more about the flu vaccine and where you can get it, visit http://www.flu.gov/prevention-vaccination/index.html.

• To learn more about TRICARE's coverage for the flu vaccine, visit http://www.tricare.mil/healthwellness/preventive/fluresources.aspx.

Behavioral health consultant services now available at Wilford Hall

By Maj. Elizabeth Najera
59th Medical Operations Squadron

Patients who are seeking assistance for emotional or behavioral issues now have easier access to care at the Wilford Hall Ambulatory Surgical Center.

Behavioral health consultants located in primary care clinics will serve as the focal point for beneficiaries seeking mental health care.

"The primary care clinics will now be the gateway for the majority of patients seeking mental health care," said Col. John Andrus, 59th Medical Operations Group commander.

Consultants are licensed mental health providers who work with primary care managers and patients to highlight a more comprehensive view of health incorporating the biological, psychological and social aspects of each person.

Consultants may offer interventions on a number of issues including those related to sleep, weight, chronic pain, depression, anxiety, post-traumatic stress disorder, relationship issues, and more.

Consultants are part of the Behavioral Health Optimization Program, also known as BHOP, which began in 2000.

While many active-duty service members, retirees and dependents currently utilize the service, Air Force Mental Health aims to expand its use, in hopes to help increase access to care and reduce stigma, said Col. Kevin Blakely, 59th Medical Wing Department of Behavioral Medicine chair.

This view of health has shifted both providers' and patients' views towards mental health care and has fostered further organizational insight into the need of psychological services for the Air Force population.

During an initial assessment, patients will be interviewed by a BHC in the family health clinic at the WHASC to collaboratively decide on the best course of care. Appointments with the BHC will be specifically tailored to address each patient's behavioral and/or emotional concerns.

Patients requiring higher, specialized level of care may be referred to the mental health clinic or a network provider.

The WHASC Mental Health Clinic will remain the point of contact for acutely suicidal patients, security clearances, and other military-specific mental health evaluations.

By providing quicker and more efficient access to mental health care we hope to improve continuity of care and maximize opportunities for our diverse population of active-duty, reserve, guard, retiree, and dependents, said Andrus

To schedule an appointment with a behavioral health consultant, call the BHOP office at 292-1159.

UPCOMING

WEIGHT LOSS CHALLENGE

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

The weight loss challenge runs through 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.

JOINT BASE SAN ANTONIO LADY WARHAWKS SOFTBALL TRYOUTS

The Lady Warhawks softball tryouts take place Monday and Wednesday from 5:30 to 7:30 p.m. and Feb. 7 and 8 from 1 to 3 p.m. For information, call 977-2133 or 671-2694.

INTRAMURAL VOLLEYBALL

The JBSA-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 Monday. A mandatory meeting for coaches will be held at 4 p.m. Feb. 9 at the Chaparral Fitness Center. For information, call 671-2401.

WARHAWKS BASEBALL TRYOUTS

JBSA Warhawks baseball tryouts are scheduled Feb. 16, 18, and 21 from 5 to 7 p.m. The tryouts are open to any active duty, reservists, Air National Guard personnel, civilians and contractors with Department of Defense identification cards and dependents 18 years of age in Joint Base San Antonio. Participants must bring their own gloves, batting gloves, bats, cleats and other equipment. Call 315-790-3387.

837th TRS instructor adopts healthy lifestyle, scores 100 on physical training test

By Jose T. Garza III
JBSA-Lackland Public Affairs

Across from Tech. Sgt. Julian Carlos' desk, at his office in the 837th Training Squadron building is a shelf containing pictures of his family. Among the people in those photos are his wife, Mariah, and his two daughters, Savannah, 11, and Isabella, 9.

To Carlos, an 837th TRS instructor for the Inter-American Air Forces Academy, being a father means being a part of his kids lives full time, not just a provider.

In 2011, comments about his waistline made the Guatemala City native realize he needed to make a healthy lifestyle change not just for himself, but for his family as well.

While being measured for his uniform during a deployment to Qatar, Carlos was told he had a "big waist," which he attributed to poor eating habits and lack of exercise.

"I felt embarrassed and fat," recalled Carlos, who entered the Air Force in 1998. "I came to the conclusion that this is not healthy for me. My kids were my motivation and I wanted to set a good example for them."

Carlos began working out every day, losing 35 pounds in six months.

His workout routine consisted of running three miles and weight training three days a week. His eating regimen included egg whites, fruits, vegetables and white meat.

"Within three months of my deployment, I felt different," said Carlos, who now weighs 165 pounds. "I was in really good shape the last three months of my deployment."

Carlos' improved fitness paid off when he ran a mile and a half in 9 minutes, 31 seconds and scored a 100 on his physical training test.

He said his perfect PT score ranks in his top five accomplishments because it was a goal that he set for himself when he entered the Air Force.

"You don't see a lot of people score 100 in the Air Force," he said. "I wanted to prove that I could get it done and prove to myself that anything is possible. The hardest part was losing weight. Now, I feel like I can do anything."

Carlos continues to maintain a healthy lifestyle by running two and a half to three miles three days a week. He also ensures his family maintains a healthy lifestyle.

"I always go on bike rides with my kids and try to keep up with them," Carlos said. "We also go on walks; I try to get them out as often as possible."

Carlos' annual PT test takes place Wednesday and he aims for a perfect score once again.

"The mind is very powerful," he explained. "If the mind tells you that you can do something, you're going to do it."

Photo by Joshua Rodriguez

U.S. Air Force Tech Sgt. Julian Carlos runs around the track in the early morning as part of his daily workout routine.