



# TALESPINNER

JOINT BASE SAN ANTONIO-LACKLAND, TEXAS • Vol. 72 No. 12 • March 27, 2015



## History in the making



Photos by Joshua Rodriguez

Airmen from the 737th Training Readiness Group graduate from Basic Military Training at Joint Base San Antonio-Lackland Thursday. This graduation is significant because this class of 1,060 trainees consisted of the last 8.5-week and first 7.5-week BMT class. The 7.5-week graduates will go on to be part of the first week, called Capstone, in which they will cover topics such as ethical decision-making wingmanship, resiliency, respect and sexual assault prevention and response. The graduation was the largest ceremony in BMT history.

# Rosie the Riveter and me

By Staff Sgt. Alexandra M. Longfellow  
509th Bomb Wing Public Affairs, Whiteman Air Force Base, Mo.

As we recognize Women's History Month this March, I am struck by the thought that heroes and role models do not have to be one single person but, in fact, can be several people. For me, this truth is especially relevant.

During World War II, many women opted to take on male dominated trades to support their families while their husbands fought in the war. This was a stark change from an era in which women typically held positions as housewives.

It was during this time that "Rosie the Riveter" was born. In 1942, Veronica Foster, who had the previous year become the face of Canadian women in the war effort as "Ronnie the Bren Gun Girl," donned the red bandana and rolled up her sleeves for Canada's neighbors to the south.

"Rosie the Riveter," as she was known in the U.S., was soon the iconic image of women entering the workplace and taking up industrial jobs in support of their nation.

Originally, it was meant to represent the millions of women employed at shipyards and manufacturing plants who were developing the nation's military arsenal and assembling war supplies. The poster itself evolved into a multi-dimensional inspiration.

Shortly thereafter, Redd Evans and John Jacob Loeb wrote a song in tribute to Rosie, which became very popular.

"All the day long,  
Where rain or shine  
She's part of the assembly line.  
She's making history,  
Working for victory  
Rosie the Riveter"



Graphic by Maureen Stewart

Even today, Rosie's signature expression and inherent strength are an inspiration to millions of Americans, myself included.

I first learned about Rosie when I was seven. My mom handed me a magazine to look through and I saw the bright yellow and blue background overlaid with a girl showing her muscles. I was so intrigued by the girl in the red polka-dot bandana.

From that moment on, I constantly asked my parents who she was, what she did and why she did it. I wanted to be exactly like her when I grew up.

I pushed myself hard in high school. During those years, we learned my mother had brain cancer, while my father's health would go from bad to worse. I needed to learn to support myself in any and every way possible. I needed to be independent. I applied myself at school, extra-curricular activities and several different jobs.

My parents signed the papers for me to enter the Air Force at the age of 17. Three weeks after I graduated high school, I was on a plane headed to San Antonio for basic military training.

Although I do not get my hands dirty on

an assembly line every day the way Rosie did, I still pull my hair back tight and use my hands to get the job done for our military and to provide for my family.

Every time I felt I could not do something, whether in BMT or at my duty station, I remembered the millions of women who rose above and conquered what others thought they could not.

My mother passed away while I was at my first duty station and shortly after that my father passed. During those times, I kept a positive attitude. I needed to; it was who I was and who I needed to be.

I had a can-do attitude and knew I was not alone. Thinking of Rosie helped me get back up on my feet and continue to do good things with my life and become a better Airman, a better me.

I am a single mother of two children, full-time student and a military career woman. I give 100 percent in every aspect in my life. I am a real-life Rosie.

I have a tattoo of Rosie on my right arm as a symbol of how I became who I am today. Rosie taught me that all people, not just women, can do anything they want as long as they set their minds to it – and history shows that.

World War II represented a major turning point for women as they eagerly supported the war effort. The long-term significance of the change brought about by the war provided the foundation for the contemporary women's movement.

Although women have made tremendous progress during the past 50 years, Rosie the Riveter still stands as a beacon of inspiration and determination.

The "We Can Do It" poster means so much to women in America – a symbol that illustrates both a proud legacy and the challenges they will continue to face and conquer in the future.

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## NEWS IN BRIEF

### 502ND AIR BASE WING COMMANDER'S CALLS

Brig. Gen. Bob LaBrutta, 502nd Air Base Wing and Joint Base San Antonio commander, is holding a series of commander's call at JBSA locations. The first is at 10 a.m. Friday at the Bob Hope Theater on JBSA-Lackland. The next is at 1 p.m. Monday at Fleenor Auditorium on JBSA-Randolph. The final commander's call is at 10 a.m. April 3 at the Evans Theater on JBSA-Fort Sam Houston.

### TXDOT, JBSA PARTNER ON TRAVEL OPTIONS STUDY

The Texas Department of Transportation and Joint Base San Antonio have partnered on a study of employee commute preferences to better understand regional congestion patterns. The Active Travel Demand Management Travel Options Study is sponsored by TxDOT to promote travel option programs to employers, employees and other stakeholders along the most congested corridors in the San Antonio area. The goal is to describe the benefits, both for employers and employees, of alternative scheduling such as telecommuting, flextime, compressed work weeks, and ridesharing options such as carpooling, vanpooling and using public transportation. The project team will document strategies already in place, and provide recommendations and a framework for the travel options that will work best for employees. The commuter survey portion of this study is a means of understanding individual commute patterns, such as how long it takes and how individuals go about meeting their travel needs on a daily basis. As congestion increases in the San Antonio metro area, the TxDOT and JBSA are interested in learning about what other options you might be interested in. Input from customers is the foundation of the study and will also let us know how we can better support our employees. The survey is anonymous and only takes a few minutes to provide valuable feedback. The survey link is <http://tinyurl.com/JBSAcommute>. Call 652-3477 or 652-5307. (Source: 502nd Logistics Readiness Squadron)

### AIR FORCE COOL PROGRAM KICKS OFF

The Community College of the Air Force officially launched the Air Force Credentialing Opportunities On-Line program March 16.

Air Force COOL is a pathway for enlisted

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# Step Up, Step In: What's a line of duty determination?

By Staff Sgt. Ryan Crane  
USAFE-AFACRICA Public Affairs

During the last five years, the Air Force notified the families of 232 Airmen that their sons or daughters died.

Although most anyone can tell you the military can be a dangerous job and being put in harm's way is often just part of the commitment, the most disturbing part about that statistic is 212 of those Airmen died while off duty.

Even more upsetting is that because of the circumstances surrounding the deaths, some families were paid no benefits. In every case, the deciding factor came down to the line of duty determination.

A line of duty determination investigation is conducted anytime a member acquires a debilitating disease, incurs a significant injury or dies under unusual circumstances, according to Capt. Mikal Nuhn, U.S. Air Forces in Europe and Air Forces Africa judge advocate. The findings determine whether or not death benefits are paid.

"When a military member is seriously injured or dies, certain statutory rights or benefits accrue to the member or their family," Nuhn explained. "But only if the disability or death was attributed to military service, and in the line of duty."

There are four possible outcomes of an LOD determination:

1. Condition existed prior to service and was not aggravated by service.
2. In the line of duty, not due to servicemember's own misconduct.
3. Not in the line of duty



Courtesy photo

and not due to the servicemember's own misconduct.

4. Not in the line of duty and due to the servicemember's own misconduct.

Nuhn explained how to avoid the fourth outcome in very simple terms.

"Always behave in a reasonably safe manner because your actions could have unintended negative consequences for your loved ones," he said.

This doesn't mean you shouldn't take a trip to Switzerland to go bungee jumping or hit the slopes to shred some powder. As long as you take all safety precautions these activities would likely be considered "in the line of duty" and you or your family would

receive benefits.

However, a scenario that would likely not provide death benefits to family is one that involves alcohol. An example is when an Airman drives drunk and puts himself and his family at risk, even if it is not his intention.

Making good choices and taking personal responsibility are key. The wingman concept is a great safety net, but in the end, every individual is responsible for his or her actions and consequences.

"By definition, all mishaps are preventable," said Master Sgt. James Musgrave, USAFE-AFACRICA mishap prevention manager.

Accidents happen, but there are always ways to minimize or eliminate risk in

everything you do.

"While younger Airmen have a good portion of the mishaps, no age or rank is immune to mishaps," Musgrave explained. "It's more of a psychology issue than an age issue. 'It will never happen to me' is a common jinx if the speaker is not risk conscious."

As the Air Force Safety Center motto states: "Safety is no accident."

"Be risk aware, not inattentive," Musgrave said. "One of the leading factors of mishaps is inattention, which sometimes is a result of boredom or a perceived absence of a threat. If Airmen are aware of the risks, they can control the ones that are controllable."

# AF leaders: End sequestration or lose tomorrow's fight

By Staff Sgt. Torri Ingalsbe

Secretary of the Air Force Public Affairs Command Information

The devastating effects of continued sequestration-level funding were the topics of discussion during a House Armed Services Committee hearing with the senior leaders of all military branches March 17.

"I believe sequestration is going to place American lives at greater risk both at home and abroad," said Secretary of the Air Force Deborah Lee James. "In fact, if sequestration remains the law of the land, we will not, in the United States Air Force, simultaneously be able to defeat an adversary in one part of the world, deny a second adversary the objectives they seek in a second part of the world, as well as defend the homeland. That, of course, is our national strategy, and I'm telling you we won't be able to do it under sequestration."

The service secretaries and chiefs were asked by members of the committee to "speak plainly" about the strain of sequestration-level funding and the future impacts it will have.

"The fundamental issue is going to be that the American people cannot expect their military to do what we've been asked to do in the past, if we stay at these funding levels," said Air Force Chief of Staff Gen. Mark A. Welsh III.

While all services are seeking different funding



Photo by Jim Varhegyi

Secretary of the Air Force Deborah Lee James gives her opening statement during a House Armed Services Committee hearing March 17 on Capitol Hill, Washington, D.C. The committee convened to ask the senior leaders of the military departments questions about the fiscal year 2016 President's Budget Request.

levels to invest in different areas, they all agree these levels will only help maintain the current commitments and requirements of the U.S. military. The Air

Force acknowledged these levels are still less than ideal, but will help to repair the damage already caused by sequestration.

"Here's a shocking statistic, I think," James said. "More than half of our combat air forces are not sufficiently ready today for a high-end fight – meaning a fight in which the enemy has the capacity to shoot back at you, to shoot you down, to interfere with you through integrated air defenses and the like. More than half of our forces are not sufficiently ready for such a fight."

Even with the requested additional \$10 billion, it will still take the Air Force eight to 10 years to recover that readiness, Welsh said. The Air Force also has requested to retire the A-10 Thunderbolt II and slow the growth of military compensation in the proposed budget.

"We know these are not popular decisions or popular choices," James said. "But we ask you to keep in mind that, if you don't like these choices, hold on to your hats because under sequestration it gets uglier and uglier and uglier. For example, under sequestration, our Air Force would not only have to retire the A-10 as well as slow the growth in military compensation, but in addition, we would be facing the following actions: divest the U-2, the Global

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Airmen to earn industry recognized professional certifications and licenses to enhance their active-duty work and to prepare them as they transition to the civilian job market after they leave the service.

CCAF manages the program, which is similar to the Army and Navy's programs.

Found on the Air Force Portal, Air Force COOL has a credential mapping of 642 professional certifications and licenses for 190 enlisted Air Force specialty codes. The credentials are at the national and state levels and from industry.

Complete Air Force COOL program details, application procedures, eligibility requirements

and AFSC listings are located on the Air Force Portal or by visiting <http://www.afvec.langley.af.mil/afvec/public/COOL/default.aspx>.

**ATTENTION ALL PERSONNEL**

The 59th Medical Wing Commander regrets to announce the death of Master Sgt. Sheilah Player, assigned to 59th Medical Operations Squadron, Joint Base San Antonio-Lackland, who died Feb. 12. To settle the estate of the deceased, Capt. Evan Smith, assigned to 59th Medical Operations Squadron, JBSA-Lackland, has been appointed as summary courts officer. Anyone having a claim for or against the estate of Player should call 292-5647 or email [evan.smith.4@us.af.mil](mailto:evan.smith.4@us.af.mil).

## Fraud, Waste or Abuse

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

Report suspected FWA to your local inspector general, the 502nd Air Base Wing IG or the DOD FWA Hotline at 502 ABW/IG FWA Hotline at 808-1000, <http://www.jbsa.af.mil/fwa.asp> or the DOD Hotline at 800-424-9098, <http://www.dodig.mil/hotline>

# Airman volunteer earns National acclaim, again

By Sharon Singleton  
25th Air Force Public Affairs

Airman 1st Class Ryan Rosado, from the 35th Intelligence Squadron at Joint Base San Antonio-Lackland, earned the President's Volunteer Service Award for the third time in the last four years, in January.

The accolade recognizes United States citizens and lawfully admitted, permanent residents of the United States, who have achieved a required number of service hours in a 12-month span or cumulative hours during a lifetime.

After earning two bronze level awards, representing 100 service hours apiece, Rosado's certifier challenged her to go for the gold level by totaling more than 250 volunteer service hours.

The Lindenhurst, N.Y., native took the challenge in stride because for her the award takes a back seat to the life experiences she gets in return.

"I've received free construction skills from Habitat for Humanity and rescued a puppy while spending time at the Humane Society, both lasting memories," Rosado said. "I spend my weekends happier than anyone else when I do these things on a



Photo by William Belcher

Airman 1st Class Ryan Rosado proudly holds her 2014 Presidential Service Award, her third such award in the last four years.

routine basis."

Rosado received her first Presidential Service Award while attending high school. Her volunteer mindset has served her and others well during her Air Force career.

She's assisted families at the Fisher House, built homes with Habitat for Humanity and fed the homeless with "Taking It to the Streets," among other civic outreach endeavors.

Rosado admits volunteering so many hours after working a full week can be daunting.

"It's something I've made part of my lifestyle," she said.

She's now a resource and a point of contact for others who want to get involved through volunteering.

Along with the honor of Presidential recognition, award recipients receive a personalized certificate, an official pin, medallion or coin, a congratulatory letter from the President of the United States and a certificate from the President of the Points of Light.

Rosado has her sights set on the Lifetime Award by volunteering 4,000 service hours.

If anyone can reach that goal, it's this Airman, who lives by the Air Force Core Value of Service Before Self.

## New Air Force Medical Service plan will dramatically change today's health systems

By Larine Barr  
Air Force Surgeon General Public Affairs

With the goal to move from healthcare to health, the Air Force Medical Service has created a dynamic plan which promises to revolutionize health and human performance systems as they exist today.

The Human Performance Concept of Operations, created by Air Force medical planners, strives to not only prevent or ameliorate disease, but to promote performance.

The plan centers on three pillars of human performance: sustainment, optimization and enhancement and will serve Total Force beneficiaries, to include retirees and family members.

"I consider this plan to be foundational for the future of the AFMS, as it will help establish how we support a changing and evolving Air Force," said Lt. Gen. Thomas Travis, Air Force Surgeon General.

According to project manager, Col. Anthony Tvaryanas, 711th Human Systems Integration Directorate, Wright-Patterson Air Force Base, Ohio, the plan was driven by the emerging view that health is more than achieving some degree of health status, such as avoiding or controlling communicable and chronic diseases, and beneficiaries now want health as a resource for doing the things they want or need to do to perform.

"To provide the best health outcomes and maximal value to the nation, we must move from episodic, dis-

ease-centric care structures to population health oriented systems, and within these population health systems there must be a focus on human performance," Tvaryanas said.

"Performance within working populations can be defined as human availability, being present and fit for duty," Tvaryanas said. "Within many non-active duty populations performance may translate to more individually targeted goals. For instance, performance may mean fitness for work in non-military jobs, quality of life or activities of daily living."

The new framework will reorganize AFMS in-garrison healthcare around three new and integrated

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### SEQUESTRATION from Page 4

Hawk Block 40, and the KC-10 (Extender) fleets. We would have to reduce our combat air patrols – our Reapers and our Predators – up to 10 orbits. We would defer 14 F-35 (Lightning II's), which would drive up the costs. We would cancel the adaptive engine program, and then we would have to reduce our investments in space and cyber and nuclear and science and technology and readiness and people."

The panel of witnesses was asked to break down the overall effects of sequestration in a

simple, digestible explanation.

"When you hear terms like 'high risk' or 'significant risk' come from a military leader, you should translate that as 'not guaranteed success,' because that's what it means to us," Welsh said.

A U.S. military not able to guarantee the success of its endeavors fails to meet the National Security Strategy and ultimately becomes irrelevant and ineffective.

"Our National Security Strategy requires that we be able to do three very important things in near simultaneous fashion. We cannot do them in that

sort of fashion under sequestration," James said. "I worry that we will have Airmen who will needlessly die and become injured. I worry that we will be slower to respond. Ultimately we could lose in trying to reach our objectives."

She explained with the constant strain of sequestration-level funding, 'something's got to give.'

"I think everything is threatened under sequestration," James said. "And most of all I fear that American lives would be at risk. I just hope and pray it doesn't take a catastrophe in this country to wake up."



# Scalding injuries can happen at any age

By Ricardo S. Campos

Joint Base San Antonio Fire Emergency Services  
Fire Prevention Office

His name was Manual Amador, a bright, young, active and handsome child. He was the son of my wife's grandmother and grandfather. Being the first-born child of the family, he was the apple of everyone's eye.

During the early 1900s, washing clothes was done in a hot iron pot outside and the clothes were hung to dry on a string across two trees or poles. My wife's grandmother was hanging the clothes when she heard a horrific cry coming from the direction of the boiling pot.

The worst-case scenario caught her eye as her son had fallen into the boiling pot. She frantically rushed to him and cradled him. At the same time, her husband ran over and immediately grabbed his son from the arms of his wife. The frantic couple ran more than two miles to the nearest country doctor.

Unfortunately, the child passed away the next day.

A scalding injury can happen at any age. Children, older adults and people with disabilities are especially at risk. Hot liquids from bath water, hot coffee and even microwaved soup can cause devastating injuries. Scald burns are the second-leading cause of all burn injuries.

According to the National Fire Prevention Association, there were 70,800 scalding non-fire burn injuries reported to hospital emergency rooms in 2012, up from 68,700 in 2011.

The National Scald Prevention Steering Committee notes that children are at particularly high risk for burn injuries due to their immature motor and cognitive skills, inability to self-rescue and dependence on adults for supervision and danger-avoidance interventions. Older adults are similarly more vulnerable due to decreased reac-



tion time, impaired mobility and effects of pre-existing health conditions.

**The NFPA provides the following safety tips to prevent scalding injuries:**

- Teach children that hot things can burn. Install anti-scald devices on tub faucets and shower heads.
- Always supervise a child in or near a bathtub.
- Test the water at the faucet. It should be less than 100 degrees Fahrenheit, or 38 degrees Celsius.
- Before placing a child in the bath or getting in the bath yourself, test the water.
- Test the water by moving your hand, wrist and forearm through the water. The water should feel warm – not hot – to the touch.
- Place hot liquids and food in the center of a table or toward the back of

a counter.

- Have a “kid-free zone” of at least three feet around the stove and areas where hot food or drink is prepared or carried.

- Open microwaved food slowly, away from the face.

- Never hold a child while you are cooking, drinking a hot liquid or carrying hot foods or liquids.

- Never heat a baby bottle in a microwave oven. Heat baby bottles in warm water from the faucet.

- Allow microwaved food to cool before eating.

- Choose prepackaged soups whose containers have a wide base or, to avoid the possibility of a spill, pour the soup into a traditional bowl after heating.

**Scalding treatment:**

- Treat a burn right away.
- Cool the burn with cool water for three to five minutes.
- Get medical help if needed.

See SCALDING Page 17

# Air Force taking applications for summer jobs

By Janis El Shabazz

Air Force Personnel Center Public Affairs

The Air Force will hire hundreds of students and others through the summer hire program which kicked off March 13. There are 300-plus positions available locally throughout Joint Base San Antonio-Randolph, JBSA-Fort Sam Houston, JBSA-Lackland and even a few at Canyon Lake.

Participation in the program varies from base to base, but all listings will be posted at <https://www.usajobs.gov/>. The summer hire program will end Sept. 25.

Clerical, lifeguard, recreation aid, computer clerk, general laborer positions and more are available. Most summer hire positions are open to people eligible for the Pathways Summer Intern Program, but some may be open to Veteran Recruitment Appointment, 30 percent or more disabled veterans, reinstatement, military spouse and disability-eligible applicants or to the general public.

“Program participants will gain

valuable real world experiences and job skills that can make landing that first permanent job much easier,” said Robbie Brown, AFPC Civilian Force Integration Directorate.

Student applicants must be enrolled in an accredited high school or enrolled/accepted for enrollment as degree-seeking students, taking at least a half-time course load in an accredited technical, vocational, two- or four-year college or university, or graduate or professional school. All Pathways summer interns will be required to complete a Pathways participant agreement.

VRA applicants must be disabled veterans or veterans who served on active duty in the armed forces during a war, or in a campaign or expedition for which a campaign badge has been authorized, or veterans who - while serving on active duty - participated in a United States military operation for which an armed forces service medal was awarded, or a recently separated veteran.

To qualify under the veterans’ 30

percent disabled hiring authority, individuals must have served in the military, be able to produce proof of service and disability (DD Form, Certificate of Release or Discharge from Active Duty, 214 Member 4 copy and Veterans Affairs Disability Rating), and have a service-connected disability of 30 percent or more.

Announcement Info:

- **Clerical - GS-0399-01/05 - Job Announcement Number: SUM-AFPC-1356764-EAT**

This position is being re-announced. Applicants who applied under announcement SUM-AFPC-1351423- LJD must reapply

- **Student Trainee (Lead Recreation Aid Lifeguard), GS-0199-04 - Job Announcement Number: SUM-AFPC-1356209-LAP**

- **Student Trainee (Lifeguard), GS-0199-02/04 - Job Announcement Number: SUM-AFPC-1357435-LAP**

This vacancy is being re-announced. Candidates who applied for Announcement # SUM-AFPC-1349696-LJD must

self-nominate for this Announcement in order to receive consideration

- **Laborer – Summer Hire, WG-3501-01/04 - Job Announcement Number: SUM-AFPC-1356909-EAT**

This position is being re-announced. Applicants who applied under announcement SUM-AFPC-1348133-LJD must reapply

Job seekers should call 800-525-0102 (if hearing impaired, call TTY/TTD 800-382-0893) for more information. Applicants located outside the U.S. will first dial a toll-free AT&T direct access number for the country they are in, then 800-525-0102. When the phone system answers, press 2 for civilian employees, then follow the prompts. For a list of the AT&T toll free access numbers, go to <http://www.usa.att.com/traveler/index.jsp>. For more information about Air Force personnel programs go to myPers at <https://mypers.af.mil>. Individuals who do not have a myPers account can request one at [www.retirees.af.mil/shared/media/document/AFD-120510-068.pdf](http://www.retirees.af.mil/shared/media/document/AFD-120510-068.pdf).



## Second Air Force commander tours Joint Base San Antonio- Lackland

Photos by Joshua Rodriguez

Senior Master Sgt. Christopher McCool, 344th Readiness Squadron recruiting superintendent, gives Maj. Gen. Mark A. Brown Second Air Force Commander, a tour of the recruiting schoolhouse March 18, at Joint Base San Antonio-Lackland.

Maj. Gen. Mark Brown, Second Air Force commander, visited Joint Base San Antonio-Lackland for a three-day tour during which he toured the 344th Readiness Squadron recruiting school house. While at the school house, Brown addressed students going through the initial training course and was the guest speaker at the recruiting graduation. During his visit, Brown took the time to personally present Tech. Sgt. Laurel Maples, 37th Training Support Squadron military training leader, with the 2014 Second Air Force NCO of the Year Award.



# Joint Base San Antonio

## FORCE SUPPORT SQUADRON

### Monthly Events

### April

#### Arts and Crafts

##### Professional framers to the rescue

JBSA has professional framers to assist customers in making the best selection to frame personal items at JBSA-Lackland and JBSA-Randolph. For more information, call 671-5503 for JBSA-Lackland and 652-5142 for JBSA-Randolph.

#### Auto Hobby Shop

##### Technicians help make car ownership easy

Technicians at the JBSA-Lackland Auto Hobby Shop perform Texas vehicle safety inspections for \$7 (pass or fail) and issue a certificate to present when vehicle registration is due. The shop also performs tire alignments starting at \$65 and vehicle air conditioning system servicing starting at \$40. For more information, call 671-3549.

##### Vehicles shine at the car wash

Keep vehicles looking great at the 24-hour car wash located between the JBSA-Lackland Auto Hobby Shop and the Mini-Mall, building 7025. This coin-operated facility features a do-it-yourself pressure wash area plus vacuums. For more information, call 671-3549.

##### Spouses of deployed members receive free car care

The JBSA-Lackland Military and Family Readiness Center gives spouses of deployed members free vouchers for a free basic oil change and vehicle safety inspection at the JBSA-Lackland Auto Hobby Shop. For more information, call 671-3549.

#### Bowling

##### The Easter Bunny bowls with children

Kids are invited to the JBSA-Lackland Skylark Bowling Center to bowl with the Easter Bunny April 4, 11 a.m. to 2 p.m. The cost is \$6 per child and includes one game of bowling, shoe rental and a goody bag. For more information, call 671-1234.

##### Bowlers celebrate Month of the Military Child

Children ages 12 and younger bowl for free at the JBSA-Randolph Bowling Center April 5 and 12, 1-4 p.m., when accompanied by an adult 18 and older that bowls an equal amount of games. This special does not include shoe rental. For more information, call 652-6271.

##### Bowling centers make improvements

The JBSA-Randolph Bowling Center is closed for renovation April 13 to May 31. For more information, call 652-6271.

The JBSA-Fort Sam Houston Bowling Center is closed for installation of a fire suppression system. It is expected to reopen in late June. For more information, call 221-4740.

#### Community Programs

##### Country music takes over the theater

Attend the country music revue "Deep in the Heart of Texas" at the JBSA-Fort Sam Houston Harlequin Dinner Theatre through April 25. The show spans the decades with hits from all-time country greats such as Patsy Cline, Hank Williams, Loretta Lynn, Kitty Wells, Johnny Cash, Kenny Rogers, Dolly Parton, The Dixie Chicks, Reba McEntire and more. This show is sponsored by THE GUNN AUTOMOTIVE GROUP. No federal endorsement of sponsor intended. For more information, call 222-9694.

##### Shoppers find a warehouse of bargains

Shop the JBSA-Randolph Bargain Warehouse April 8 in building 1139. E1-E6 can start shopping from 8-9 a.m. All other customers shop 10 a.m. to 2 p.m. Only checks and cash are accepted as payment. A limited number of people are allowed in the building at one time, so participants should be prepared to stand in line. For more information, call 652-5142, option 2.

##### Spouses invited to information fair

The JBSA-Fort Sam Houston Military & Family Readiness Center holds a free Military Spouse Information Fair April 9, 9 a.m. to noon, in building 2797. During this event, newly arrived spouses and family members can meet with support agencies from JBSA. For more information, call 221-2705.

##### Buyers spring clean and save

JBSA-Randolph Outdoor Recreation hosts a flea market April 11, 8 a.m. to 1 p.m., at the JBSA-Randolph Child Development Program parking lot. Sellers can rent a space for \$15 which includes one six-foot-long table. Additional tables cost \$4. Sellers may reserve space at Outdoor Recreation located in the Community Services Mall. The selling of firearms, animals, arts and crafts or food and beverage items is not permitted. For more information, call 652-5142.

##### Community hosts information fair

The JBSA-Fort Sam Houston Golf Club hosts a Community Extravaganza Fair April 28, 9-11 a.m. All Department of Defense ID cardholders are welcome to visit with representatives from various agencies and local businesses to learn more about JBSA and the surrounding area. For more information, call 221-2606.

#### Clubs

##### Get an early start at the pre-Easter buffet

Guests are invited to the JBSA-Lackland Gateway Club Food Court April 2, 11 a.m. to 3 p.m., to enjoy

delicious Easter food for \$9.95 per person. Chow down on champagne-basted turkey with cranberry chutney, baked ham with orange glaze, baked tilapia with white wine sauce, fried chicken and rosemary garlic roasted beef and several sides. For more information, call 645-7034.

##### Guests love night life at the club

The JBSA-Lackland Gateway Club has a wide variety of entertainment available all month. Kick the month off at the Maverick Lounge April 3, 5-8 p.m., featuring DJ LJU Sounds. Variety Nights take place in the Lone Star Lounge April 3, 10, 17 and 24, 5 p.m. to 1 a.m. DJ Doggin' Dave Productions plays a wide variety of music while patrons hit the dance floor or hang out on the patio with pool tables and big-screen televisions. Patrons may also sing karaoke with DJ Dee Dee or enjoy the entertainment and a frosty beverage in the Lone Star Lounge April 4 and 18, 8 p.m. to midnight. Patrons are invited to celebrate mid-month April 10, 5-8 p.m., in the Maverick Lounge with DJ LJU Sounds. Spend the last Friday of the month at the Maverick Lounge April 24, 5-8 p.m., with music featuring DJ LJU Sounds. Reminisce about the good old days at Oldies Night at Lone Star Lounge April 25, 6-11 p.m., while enjoying music by Doggin' Dave Productions. For more information, call 645-7034.

##### Enjoy Easter brunch with the family

Attend Easter brunch at JBSA-Lackland's Gateway Club April 5, 10:30 a.m. to 2:30 p.m. The menu features rosemary crusted prime rib au jus, champagne-based turkey with cranberry chutney, bourbon-glazed ham, port-glazed roasted Cornish hen, roasted pork loin with maple-mustard crust and seafood lasagna. Enjoy a variety of sides, salads and desserts. Prices are \$19.95 for adult members, \$21.95 for adult nonmembers, \$9.95 for members' children (ages 6-11), \$10.95 for nonmembers' children and children 5 and younger eat for free. To purchase tickets or for more information, call 645-7034.

Make reservations now for the Easter buffet at the JBSA-Randolph Parr Club April 5. Seating times begin at 10:30 a.m. and are every 30 minutes until 2:30 p.m. The price is \$24.95 for adult members, \$12.50 for members' children (ages 6-12), \$27.95 for adult nonmembers and \$14.50 for nonmembers' children. Children 5 and younger eat for free. Reservations and prepayments are required. The Easter Bunny makes an appearance to hand out candy. Children ages 12 and younger may enter a drawing to win an Easter basket. For more information, call 652-4864.

# JBSA FSS

## Mothers are treated to brunch

Make reservations for a Mother's Day brunch at the JBSA-Randolph Parr Club beginning April 8. The brunch is May 10 and seating times begin at 10 a.m. and are every 30 minutes until 2:30 p.m. The cost is \$24.95 for adult members, \$12.50 for members' children (ages 6-12), \$27.95 for adult nonmembers and \$14.50 for nonmembers' children. Children 5 and younger eat free. Mothers and grandmothers are entered into a drawing to win a spa treatment gift certificate. Reservations and prepayments are required. For more information, call 652-4864.

## Kendrick Club hosts bingo fun

JBSA-Randolph Kendrick Club hosts a bingo extravaganza April 6 and 20 with \$15,000 in total jackpots, a complimentary buffet at 5:30 p.m. and early bird bingo at 6 p.m. For more information, call 652-3056.

Join the JBSA-Randolph Kendrick Club for birthday bingo April 14. JBSA-Randolph club birthday members get one free bingo machine, cake and complimentary champagne. ID and club card are required. Birthday bingo players may enter a drawing for \$30 worth of Randolph Club Bucks.

## Clubs celebrate administrative professional day

Bring office staff to Gil's Pub in the JBSA-Randolph Kendrick Club or Air City Bar & Grill in the JBSA-Randolph Parr Club for lunch April 22, 11 a.m. to 1:30 p.m., and receive \$5 off the entire ticket (when \$25 or more is spent). For more information, call 652-3056.

## Gamers take a chance at Monte Carlo night

All Department of Defense ID cardholders are invited to the JBSA-Randolph Parr Club Monte Carlo Night April 24, 6:30-11 p.m. The cost is \$20, which includes light refreshments from 6:30-8:30 p.m., \$2,000 in chips (no real money is used during the event) and two tickets to play Plinko for a chance at additional chips. At 10 p.m. patrons may use their winnings to bid on prizes such as a LED Smart TV, X-Box 1 Connect Bundle, tablet, e-reader, Go Pro, Beats wireless headphones and much more. Reservations and prepayments are required. Refunds are not issued after 4 p.m. April 21. This event is sponsored by THE GUNN AUTOMOTIVE GROUP, Randolph-Brooks Federal Credit Union, First Command and Silver Eagle Distributors. No federal endorsement of sponsors intended. For more information, call 652-4864.

## The club honors members

The JBSA-Lackland Gateway Club honors club members with a special buffet dinner in the Fiesta Ballroom April 28, 5-8 p.m. Entertainment is provided by Doggin' Dave Productions. Cost is \$10.50 for members and \$12.50 for nonmembers. For more information, call 645-7034.

## Fitness

### April brings runners/walkers for 5K

Join the JBSA-Lackland Gillum Fitness Center's "Run the Hill" 5K April 1, 3 p.m. The 5K begins at Stapleton Park and ends at Gillum track. To sign up or for more information, call 977-2354.



Come for the coffee, stay for breakfast or lunch.  
Open Monday through Friday, 7 a.m. to 1 p.m.  
and  
Saturday, from 8 a.m. to noon.

Sam Houston Community Center  
Bldg. 1395 Chaffee Road  
JBSA-Fort Sam Houston

We Proudly Brew  
STARBUCKS COFFEE



## Customers are appreciated

Join the JBSA-Randolph Rambler Fitness Center April 2, 11 a.m. to 1 p.m., as they show their appreciation to customers. Tours of the facility will be available so that patrons can become familiar with the workout areas and join the fitness staff in celebrating a fit tomorrow. For more information, call 652-7263.

## Patrons get fit with circuit

Spring into fitness at the JBSA-Fort Sam Houston Jimmy Brought Fitness Center's Circuitron April 7, 11:30 a.m. to 1:30 p.m. Circuit training is a form of conditioning that works well for developing strength, endurance, flexibility and coordination. For more information, call 221-1234.

## Experts share fitness tips

"Ask the Expert" to get fitness advice at the JBSA-Fort Sam Houston's Jimmy Brought Fitness Center April 7, noon to 1 p.m. Stop by the desk across from the weight room to consult with a sports dietitian about nutrition, dietary supplements, hydration and other fitness health related questions. For more information, call 221-1234.

## Families stay fit together

Bring the family to the JBSA-Randolph Rambler Fitness Center for Military Family Fitness Night April 8, 6-8 p.m. Enjoy half-court basketball, volleyball and other military fitness activities. For more information, call 652-7263.

## Participants take time to shine in a color run

Join JBSA-Fort Sam Houston's Fitness Center on the Medical Education and Training Campus for a Color Run/Walk April 11, 9 a.m. The cost is \$10 and the event is open to all Department of Defense ID cardholders 16 and older. Pets are welcome. For more information, call 808-5709.

## Craftsmen team up and ship off

Compete in the Fiesta Cardboard Regatta at the JBSA-Fort Sam Houston Jimmy Brought Fitness Center's indoor pool April 18, 9 a.m. Teams consist of four participants and one alternate. Prizes are given for first and second place winners. Individual awards are given in the following divisions: Titanic Award (most spectacular sink), Pride of the Fleet Award (most creative design), Team Spirit (most enthusiastic) and Ugly Duckling (ugliest boat). Entry fee is \$15 per boat and special rules and regulations apply to boat designs. This event is open to all Department of Defense ID cardholders ages 13 and older. Teams must register by April 11. For more information, call 221-1234.

## Power lifters compete for the win

The JBSA-Fort Sam Houston Fitness Center on the Medical Education and Training Campus hosts a combined lift competition April 18, 10 a.m. Lifters compete in bench, squat and dead lift. Cost is \$5 and the event is open to all Department of Defense ID cardholders 16 and older. For more information, call 808-5709.

## Basketball players compete in a shoot-out

The JBSA-Lackland Kelly Fitness Center holds the "Hot Shot" challenge April 24, 11 a.m. This is a free event that tests basketball shooting skills with a one-minute timed basketball shoot-out. The winner earns the "Hot Shot" title. For more information, call 925-4848.

## Runners take part in the JBSA Half Marathon

The JBSA-Rambler Fitness Center is hosting the JBSA Half Marathon April 26, 7:30 a.m. The one-way, flat route takes runners across scenic and historical JBSA-Randolph. The course starts on Harmon Drive, goes by the Taj

**FIESTA & FIREWORKS**  
JBSA-FORT SAM HOUSTON  
MACARTHUR PARADE FIELD  
**APRIL 1-9 P.M.**  
For more information, please call 652-5763.

Mahal, around Perimeter Road, winds through housing and concludes at Air Heritage Park. The cost is \$25 and all paid participants receive a commemorative T-shirt and all finishers receive a medal. The top female and male runners in each category receive trophies. Registration forms can be picked up from any JBSA fitness center. Completed registration forms can be dropped off at the JBSA-Randolph Rambler Fitness Center, the Fitness Center on the Medical Education and Training Campus and Jimmy Brought Fitness Center on JBSA-Fort Sam Houston and the JBSA-Lackland Health and Wellness Center. The deadline for registration is April 22. Packets may be picked up April 25, 10 a.m. to 2 p.m., at the JBSA-Randolph Rambler Fitness Center or from 6-7:15 a.m. April 26 at the beginning of the event inside the main gate of JBSA-Randolph. This event is open to all Department of Defense ID cardholders. For more information, call 652-7263.

#### Students join spring soccer league

The JBSA-Fort Sam Houston Medical Education and Training Campus Student Intramural Sports Office is accepting letters of intent for teams interested in the Spring Coed Soccer League. Team entry requires a letter of intent from the unit organization signed by the sports advisory representative and must be submitted by April 27. Units may have more than one team; no play roster is required. Cadre must be present at all games. The coaches and rules meeting is April 30, noon, in room 115. League play begins May 5 and all games are played at Pershing Ball Park. For more information, call 808-5707.

#### Golf

##### Golfers get 2015 annual memberships

JBSA-Lackland Gateway Hills Golf Course's annual membership renewal begins April 1. Members receive free handicap services, preferred tee times, no green fees for club sponsored events, merchandise discounts and reciprocal play at other JBSA golf courses. For more information, call 671-2517.

##### Warriors take on golf scramble

Golfers are invited to play in JBSA-Fort Sam Houston Golf Course warrior four-person scramble April 3, 12:30 p.m. The cost is \$25 for members and \$35 for nonmembers and includes 18 holes of golf, green fees, golf cart and dinner. Gift certificates are presented to the winners of the longest drive and the closest to the pin. First-, second- and third- place winners also receive gift certificates. For more information, call 222-9386.

##### Golfers team up with the masters

Sign up for the JBSA-Lackland Gateway Golf Course Masters Golf Tournament April 11 and 12, with tee times starting at 8 a.m. Cost is \$30 plus green and cart fee. Partners are drawn from competitors making the cut in the 2015 Masters Golf Tournament. Entry deadline is April 8, 5:30 p.m. For more information, call 671-2517.

Head to the JBSA-Randolph Oaks Golf Course for the Masters Blind Draw Tournament April 11, 7-9 a.m. Partners are drawn from competitors making the cut in the 2015 Masters Golf Tournament. Entry fee is \$10 per person plus green fees and cart rental. To sign up, call 652-4570.

#### Pro shop provides re-gripping discount

Stop in at the JBSA-Lackland Gateway Hills Golf Course Pro Shop and check out the selection of golf grips. Receive an additional 10 percent discount when re-gripping 10 or more clubs during the month of April. Receive 15 percent off with a valid membership card. For more information, call 671-2517.

**JBSA-LACKLAND  
SPRING RIDE  
APRIL 25**



 Free commemorative patch. Limited quantity.

10 a.m. departure from Kelly Field Club, Bldg. 1676, Port San Antonio. All motorcycles are welcome on this free, 200-mile ride to Leaky, Texas. Gas and lunch are at riders expense. Event is open to all military active duty, retirees and Department of Defense ID holders and their guests. For information call 925-5532 or on line to <http://www.myjbsa-fss-mwr.com>.

#### Information, Tickets and Travel

##### Tourists take trips around the world

JBSA-Lackland Information Tickets and Travel offers a Las Vegas deal April 20-23. This package includes Las Vegas Strip accommodations for three-nights (four-days), airfare and airport transfers. Rates start at \$540 per person. Full payment and a \$10 service fee are due at booking, and cancellation protection is available.

Take a Memorial Day getaway with JBSA-Lackland Information Tickets and Travel to Costa Rica with an all-inclusive package May 21-25. Travel is from San Antonio to Guanacaste Beach Resort area, via Liberia Airport, Costa Rica. This package includes round trip airfare, transfers, all inclusive hotel accommodations and travel protection. Rates start at \$1,340 per person. A \$400 deposit and \$10 service fee is due at booking and the final payment is due April 3.

Enjoy a tour of Spain and Portugal with JBSA-Lackland Information Tickets and Travel June 26 to July 9. Travel to Barcelona, Valencia, Granada, Costa Del Sol, Seville, Lisbon and Salamanca. Rates start at \$3,500 per person (includes airfare). Additional discounts are available. Payments include a \$200 non-refundable land only deposit per person and a \$10 service fee per booking. If airfare is

purchased via Trafalgar, a \$350 non-refundable air deposit is required at the time of booking. Final payment is due April 17. For more information, call 671-3059.

#### Check the out-of-town attractions

Don't feel like staying in town, then visit the JBSA-Fort Sam Houston Ticket Office to check out the available tickets for attractions like Disneyland, Disneyworld, Universal Studios and Bush Gardens. For more information, call 808-1378.

#### Amusement seekers look for a thrill

Take a short drive to Seguin to experience ZDT's Amusement Park with unlimited fun year-round. The park offers large exciting thrill rides, go-karts, roller coaster simulator, silo climb, bungee trampoline, rock climbing wall and video games. Children, ages 2 and younger, are free to play in the Toddler Zone and Jungle Play land. JBSA Information, Tickets and Travel offices have "Extreme Wristbands" for everyone age 3 and older for \$21. For more information, call JBSA-Fort Sam Houston at 808-1378, JBSA-Lackland at 671-3059 and JBSA-Randolph at 652-5142, option 1.

#### Visit local historical caverns

Pick up tickets at the JBSA-Fort Sam Houston's Ticket Office for the Natural Bridge Caverns' Discovery Tour, which offers a high-energy, educational, fun and family oriented experience. Patrons can pan for precious stones, take the ultimate leap of faith from the Canopy Challenge, go caving on one of the adventure tours or just experience nature. Active-duty military members are eligible for a free tour. Purchase tickets for family and friends for \$16.75 for adults and \$10 for children ages 3-11. For more information, call 808-6262.

#### Water lovers head to Schlitterbahn

Schlitterbahn New Braunfels features world famous attractions, river adventures, kids' water playgrounds, and beautiful spots to relax and share a picnic. The JBSA-Fort Sam Houston Ticket Office has discounted season passes for \$134 per adult and \$90 for youth 3-11 and individuals 55 and older. For more information, call 808-1378.

#### Library

##### Story time is a hit with preschoolers

Join the JBSA-Fort Sam Houston Keith A. Campbell Memorial Library for weekly story time, Tuesdays, 10 a.m. During story time preschoolers listen to stories, do arts and crafts, sing songs and participate in fun-filled age-appropriate activities. For more information, call 221-4702.

#### Outdoor Recreation

##### Kids take a dive for Easter eggs

The JBSA-Lackland Skylark Aquatic Center holds the annual underwater Easter Egg Hunt April 4, 11 a.m., for youth ages 5-11. Children, 5-7 years participate 11 a.m. to noon; youth 8-10 years participate noon to 1 p.m. and youth 11-13 years participate 1-2 p.m. Two different egg hunts take place for each age group with prizes for all participants and a special visit from the Easter Bunny. Cost is \$2 per participant. For more information, call 671-3780.

# JBSA FSS

## Archers compete for the win

The Camp Bullis Rod-N-Gun Recreation Center hosts a 3-D archery competition April 25-26, 8 a.m. to 1 p.m. Registration is 8-10 a.m. and the course needs to be completed by 1 p.m. There is a \$15 fee for the fun shoot, a \$5 fee for kids 12 years and younger or \$20 fee for the competition shoot. For more information, call 295-7529 or 295-7577.

## Sportsmen participate in a spring fling

JBSA-Camp Bullis Rod-N-Gun Recreation Center invites all sportsmen to the Spring Fling April 25, 10 a.m. to 2 p.m. The event includes free hot dogs, hamburgers, drinks and equipment displays by various outdoor vendors. In addition, there are displays of types of rental equipment available from JBSA-Fort Sam Houston Outdoor Recreation Center such as boats, RV campers, bikes kayaks and camping equipment. The archery range is also available during this event so visitors can take aim at the 3D targets. For more information, call 295-7529.

## Fishermen hit the lake

Rent a fishing boat for half price during April at the JBSA Recreation Park at Canyon Lake. Patrons can bring a favorite fishing pole or purchase equipment during business hours. Live minnows, worms, catfish dough bait and chicken livers are available for purchase. The boater safety course is required to operate any boat from the marina. The course can be taken at guest reception at the lake for \$2 per person. Allow at least two hours to review the video and take the test. For more information, call 830-964-3576 or 800-280-3466.

## Student Activity Center

### Students gather at the club for DJ night

All JBSA-Fort Sam Houston Medical Education and Training Campus students are invited to enjoy the greatest sounds of today's music, featuring a live DJ in Club Zero April 10 and 17, 6:30-10 p.m. Club Zero has a large dance floor and comfortable sitting areas. This is sponsored by The Gunn Automotive Group. No federal endorsement of sponsor intended. For more information, call 466-5049.

## Youth and Children

### Renegades register for t-ball

Little Renegades is a parent-child program that helps build confidence in children 3-5 years old while having fun and learning basic baseball skills. Registration takes place at JBSA-Randolph Youth Programs, building 585, April 1-30. Children must be 3 by May 1. The cost is \$35 per child and the program starts in mid-May. Youth Sports is sponsored by THE GUNN AUTOMOTIVE GROUP. No federal endorsement of sponsor intended. For more information, call 652-3298.

### Youth attend a job fair

The JBSA-Fort Sam Houston Military and Family Readiness Center, building 2797, holds a teen and young adult job fair April 3, 1-4 p.m. Teens and young adults meet face-to-face with employers, learn about the available jobs and discover new resources. This is free and open to dependants of active-duty military, Reservists, Guard,

retirees and Department of Defense civilians. Registration is required. For more information, call 221-2962.

### Children register for baseball

JBSA-Lackland Youth Programs is taking registration for children ages 3-5 through April 3 for "First Steps" baseball Monday through Friday, 8 a.m. to 5:30 p.m. at the front desk of building 8420. "First Steps" is an instructional program for all Department of Defense children on- and off-base. The program teaches basic fundamentals of baseball in harmony with the gross motor movements of preschool and early school-age children. Parents are required to participate as an extension of the instructor. The registration fee is \$35 per child, and children must have a current physical and shot records at the time of registration. For more information, call 671-2388.

### No membership needed to participate

There is no membership needed to participate in clubs, activities or open recreation April 6-11 at JBSA-Randolph Youth Programs. Check out the preteen game room, the Teen Zone or join in activities and club meetings. The free week does not include instructional classes, league sports or school age care programs. Membership is \$36 per year. For more information, call 652-3298.

### Preteens attend spring social

JBSA-Lackland Youth Programs offers preteens, ages 9-12, a safe and friendly environment to hang out, enjoy games, have fun and listen to music April 10, 7-9 p.m. Snacks are available for purchase and admission is \$3. For more information, call 671-2388.

### Parents take a well-deserved break

JBSA-Lackland and JBSA-Randolph Youth Programs staff understand parents could use some time alone, away from work and away from the kids. The Give Parents a Break/Parents' Night Out program does just that.

JBSA-Lackland's program, April 10, 6:30-10:30 p.m., is \$25 per child or free with a GPAB referral and is for children ages 5 (in kindergarten) to 12. Preregistration is required. Late pickup is subject to an additional \$5 fee for the first five minutes and \$3 for every minute after that. For more information, call 671-2388

JBSA-Randolph's program is April 18, 6-10 p.m., and costs \$25 per child or is free with a GPAB waiver. The event takes place at the Child Development Center Annex for children 2 years and younger and at Youth Programs for children 3 years and younger. Register by April 15. For more information, call 652-3298.

### Military children are celebrated

JBSA-Fort Sam Houston hosts the baseball opening ceremony at Pershing Ball Park April 11, 9 a.m., to celebrate Month of the Military Child. Pizza, games, children's activities and other fun events are provided for youth and families. This event is sponsored by THE GUNN AUTOMOTIVE GROUP and Lenny's Subs. No federal endorsement of sponsors intended. For more information, call 221-3381.

### Youth programs presents a festival for families

In celebration of Month of the Military Child, JBSA-Randolph Youth Programs hosts the annual spring

Famaganza for Department of Defense ID cardholders April 11, 10 a.m. to 2 p.m. Activities include face painting, inflatables, games, arts and crafts and entertainment as well as information booths with giveaways, demonstrations and handouts. Famaganza is free and includes lunch. This event is sponsored by THE GUNN AUTOMOTIVE GROUP and Randolph-Brooks Federal Credit Union. No federal endorsement of sponsors intended. For more information, call 652-3298.

### Families enjoy the outdoors

JBSA-Lackland Youth Programs host the annual Family Camp Out April 11-12. Families have an opportunity to enjoy the outdoors while camping with activities that includes games and a family style cookout. Cost is \$35 per family and includes the park entrance fee, tent and various supplies. Registration is required by April 3. For more information, call 671-2388.

### Guests attend a celebration fair

JBSA-Lackland Youth Programs celebrates the Month of the Military Child with the Celebrate Kids Fair April 18, 10 a.m. to 2 p.m. Families join the free fun and games at the Youth Center. This event is sponsored in part by THE GUNN AUTOMOTIVE GROUP, Air Force Federal Credit Union and Security Service Federal Credit Union. No federal endorsement of sponsors intended. For more information, call 671-2388.

### Children have a blast during summer

Register kids for the JBSA-Randolph Youth Programs Summer Camp 9 a.m. to 3 p.m. Priority one families (single or dual active duty assigned to JBSA-Randolph) register April 20-24. Priority two families (active duty or Department of Defense employees assigned to JBSA-Randolph; both parents must be employed full time or a full-time student enrolled for at least six hours or actively seeking employment) register April 27-May 1. Priorities three through six register May 4 until registration is full. Registration packets are available April 1 and summer camp take place June 8-Aug. 21. For more information, call 652-2088.

### Parents attend council meeting

Parents are invited to join the JBSA-Fort Sam Houston Child Development Program's Parent Advisory Council April 21, 11:30 a.m. to 12:30 p.m. This meeting provides an environment for parents to voice concerns about children related issues. For more information, call 221-5002.

## STAY CONNECTED

Stay current on Joint Base San Antonio  
502d Force Support Squadron events,  
specials and daily activities.

<http://www.myjbsa-fss-mwr.com>





Photos by Joshua Rodriguez

Maj. Gen. Mark A. Brown, 2nd Air Force commander, talks to prospective recruiters at the 344th Training Readiness Squadron recruiting schoolhouse during a tour March 18 at Joint Base San Antonio-Lackland.



Brown talks to students in the 344th Training Readiness Squadron material management course during a tour of the schoolhouse March 18 at JBASA-Lackland.



Brown awards Tech. Sgt. Laurel Maples, 37th Training Support Squadron military training leader, with the 2014 Second Air Force NCO of the Year Award, March 18 at JBASA-Lackland.

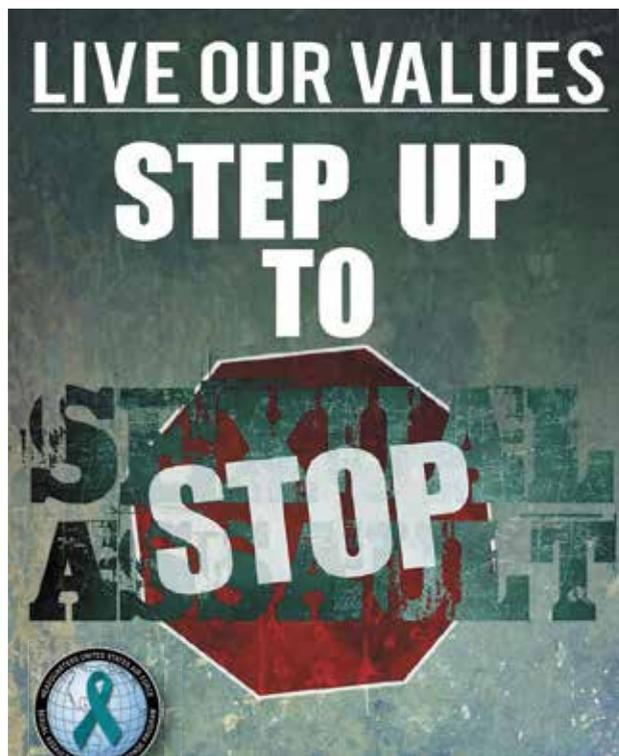
## JBSA Sexual Assault Prevention and Response

JBSA SEXUAL ASSAULT  
HOTLINE  
808-SARC (7272)

DOD SAFE HELPLINE  
(877) 995-5247

JBSA CRISIS HOTLINE  
367-1213

JBSA DUTY CHAPLIN  
365-6420



Courtesy Graphic

Sexual Assault Awareness Month is observed nationally during the month of April. The Department of Defense theme this year is, "Live Our Values: Step Up To Stop Sexual Assault." The underlying message is simple; everyone has a role in preventing sexual assault. Remember that bystander intervention is an effective tool for reducing opportunities to commit this crime.

## Air Force Sexual Assault Prevention and Response training released

By Karen Izdepski  
JBSA Sexual Assault Prevention and Response Advocate  
Programs Director

The Air Force Sexual Assault Prevention and Response program recently released the new Air Force requirements for annual SAPR training.

The Air Force's goal for fiscal year 2015 SAPR training is to generate increased peer-to-peer, commander-to-unit, and sexual assault response coordinator-to-military member engagement on the topic of sexual assault prevention throughout the year.

To foster change, the annual training format has been modified with the intent to generate continuous dialogue about sexual assault prevention and response within the Air Force community.

To that end, Air Force Sexual Assault Prevention and

See SAPR Page 19

## BMT HONORS

Congratulations to the following 62 Airmen for being selected as honor graduates among the 621 Air Force basic military trainees who graduated today:

### 320th Training Squadron

*-Flight 175*  
Justin Acevedo  
Paul Vanderpool  
Garrett Woods

*-Flight 176*  
Carmen Kacharos  
Leeann Kearney  
Amanda Ptacek

*-Flight 179*  
Andrew Dadig  
Stone Moses

*-Flight 180*  
Cullen Brant  
Jonathon Mizzell  
Justin Riding  
Nathaniel Turley  
Nathan White  
Shannon Williams

### 321st Training Squadron

*-Flight 177*  
David Ketter  
Kaleb Rodgers  
Nazariy Romanyuk

*-Flight 178*  
Benjamin Burrows  
William Cooper Jr.  
Logan Franks  
Medina Gonzalez  
Julian Lopez III  
Jared Mcalpin  
Connor Ross  
Cy Tschirgi

### 322nd Training Squadron

*-Flight 185*  
Cody Berns

Brian Elton  
Christian Fiore  
William Moore  
Royce Needham  
Ryota Seki  
Raeshaun Stephens  
Logan Stuart  
Charles Tomlinson Jr.  
Zackery Waitkus

*-Flight 186*  
Marie Baldessari  
Audrey Byrum  
Tiffany Thornhill  
Janelle Viana  
Shannon Vos  
Sara Webb  
Katie Wineman  
Kimberly Witka  
Brittanie Young

### 323rd Training Squadron

*-Flight 181*  
William Brunz  
Jonathan Hansen  
Jacob Mckague

*-Flight 182*  
Ryan Bauknight  
Jarid Kerwin  
Joseph Odell  
Reginald Pamintuan

### 331st Training Squadron

*-Flight 183*  
Jalin Gray  
Dalton Mancini  
Joshua Matteson  
Andrew Obrien  
Phillip Osborne  
Daniel Schur  
Gianni Young

*-Flight 184*  
Hannah Baker  
Chloe Ingram  
Diana Perez  
Kayla Schoettle

**Top BMT Airman**  
Jonathon Mizzell

320th TRS, FLT 180

**Most Physically Fit**  
*-Female Airmen*  
Brittany Sanchez  
320th TRS Flight 176  
Dusty Calhoun  
331st TRS, Flight 184  
Jessica Ortiz-Villa  
331st TRS, Flight 184  
Rachel Sutphin  
331st TRS, Flight 184

*-Male Airmen*  
Dylan Raines  
320th TRS, Flight 180  
Ethan Nolte  
322nd TRS, Flight 185  
Ryan Eyler  
320th TRS, Flight 175  
Caleb Mosher  
321st TRS, Flight 177

*-Female Flights*  
331st TRS, Flight 184  
322st TRS, Flight 186  
320th TRS, Flight 176

*-Male Flights*  
320th TRS, Flight 180  
320th TRS, Flight 179  
331st TRS, Flight 183  
322nd TRS, Flight 185  
321st TRS, Flight 177  
323rd TRS, Flight 182  
320th TRS, Flight 175  
321st TRS, Flight 178  
323rd TRS, Flight 181

**Top Academic Flights**  
323rd TRS, Flight 181  
323rd TRS, Flight 182  
321st TRS, Flight 178  
320th TRS, Flight 179  
322nd TRS, Flight 185  
322nd TRS, Flight 186  
331st TRS, Flight 183  
320th TRS, Flight 180  
321st TRS, Flight 177  
320th TRS, Flight 176  
320th TRS, Flight 175  
331st TRS, Flight 184

Joint Base  
San Antonio-Lackland  
is on



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**MED SERVICE from Page 6**

systems: the Air Force Medical Home; Human Performance Operations Center and the Clinic Innovation, Test, and Evaluation System. The concept of operations lays out key components that will be needed to understand the performance requirements of populations served by the AFMS, evidence-based interventions to sustain human performance, and the type of delivery platform required to carry out the mission.

“This re-design effort, conducted using a systems engineering approach, also provides a significant opportunity to address the human systems integration of our medical personnel within our health delivery systems, thereby optimizing their performance,” Tvaryanas said.

As described in the plan, beneficiaries will be identified as members of sub-populations that have shared health and performance risks and/or needs. Future Air Force Medical Home primary care teams will be tailored to specifically meet these needs and address the full cycle of care.

Similar to an Air Operations Center, the Human Performance Operations Center will gather, analyze and disseminate information and maintain a strategic view of population health and performance. It will also enable teams to deliver integrated sets of evidence-based interventions as well as coordinate the efforts of the primary care team with other AFMS capabilities.

The Clinic Innovation, Test, and Evaluation System will ensure that the Air Force Medical Home is focused on continuous learning and process improvement.

Critical to the success of the Air Force Medical Home, is a human performance integration team, a voice at each installation, which will ensure two-way communication between the base and the HPOC.

The integrator will maintain continuous situational awareness of population health and human performance, coordinate preventive and performance services, and facilitate a community approach to population health and human performance sustainment.

In February, planners rolled out the first stage of the effort, called the Base

Operational Medicine Cell (BOMC 1), which will restructure Flight and Operational Medicine Air Force wide into separate primary care and occupational medicine clinics. Additional BOMC iterations in BOMC 2 and 3 will be orchestrated over the next three years, and result in creating two value streams: occupational medicine and Airman availability.

“BOMC is essential for the success of the new system,” said Lt. Col. Lynn Berry, chief of Flight and Operational Medicine Standardization, Air Force Surgeon General, and AFMS Air Force Medical Home team lead. “It’s the first of many iterative steps to evolve the current MTFs to the Air Force Medical Home, which is the backbone of the plan at the base level.”

Planners set up feasibility test sites for the BOMC 1 concept at Seymour Johnson Air Force Base, N.C., Joint Base McGuire-Dix-Lakehurst, N.J., and at Ramstein Air Base, Germany, to validate standard clinic products created at Keesler Air Force Base, Miss., which is serving as the innovative test bed experimenting with future iterations of BOMC.

“Initially there will be little change

noted by beneficiaries, but when BOMC is fully implemented, they will see proactive, streamlined, and patient-centered exam workflows,” Berry said. “Additionally, complete operational dispositions will be performed by a dedicated staff to improve quality and unit/mission responsiveness. Lastly, return to work and case management programs will be implemented for service members with significant duty limitations. In other words, there will be a dedicated, highly trained team performing all the military assessments and examination with a return to work function.”

Once established, the new system will help to change Air Force culture and lead to realizing the new AFMS vision: “Our supported population is the healthiest and highest performing segment of the United States by 2025.”

“Our goal is longevity with good function, and the challenge for the AFMS is not only preventing disease and overcoming it when it occurs, but also helping our beneficiaries achieve that goal. Patient and mission-driven performance goals become the organizing construct for planning and delivering health services,” Tvaryanas said.

**SCALDING from Page 8**

- Cover the burn with a clean, dry cloth.

NFPA safety officials also warn that prepackaged microwavable soups are a frequent cause of scald burn injuries (especially noodle soups) because they can easily tip over, pouring hot liquid (and noodles) on the person.

Officials at the NSPSC said hot water will burn skin at temperatures much lower than its boiling point of 212 degrees Fahrenheit or 100 degrees Celsius. It only takes two seconds of exposure to 148 degrees Fahrenheit/64 degrees

Celsius water to cause a burn serious enough to require surgery. They recommend that water heaters be set at 120 degrees Fahrenheit/48 degrees Celsius, or just below the medium setting. A safe bathing temperature is 100 degrees Fahrenheit.

To learn more about scalding prevention, visit the NFPA website at <http://www.nfpa.org/education> or the National Scald Prevention Steering Committee website at <http://www/flashsplash.org> or call the local fire prevention offices at Joint Base San Antonio-Fort Sam Houston at 221-2727; at 671-2921 for JBSA-Lackland and at 652-6915 for JBSA-Randolph.

## LOCAL BRIEFS

### FRIDAY

#### DOGGIES ENJOY AN EGG HUNT

The Joint Base San Antonio-Lackland Arnold Hall Community Center hosts the annual Doggie Easter Egg Hunt March 27, 6-7:30 p.m., at building 5506, outside in the courtyard and surrounding area. This event is free and open to all JBSA members. Dogs hunt for Easter eggs filled with treats and prizes. Water and snacks are provided for animals, pet owners and families. All dogs must be leashed and up to date with shots. Shot records are required to participate. Call 671-2619 or 671-2352.

#### PARENTING ORDER LEGAL CLINIC

This clinic is for those who need guidance on custody orders, paternity, child support, family care plans and more. Class will be from noon to 2 p.m. at the Military & Family Readiness Center building 693, at Joint Base San Antonio-Randolph.

### SUNDAY

#### HCE DAY AT THE WITTE

DiscovEARy Zone, a collaborative

event between the U.S. Air Force Hearing Center of Excellence and the American Academy of Audiology, will take place Sunday, March 29, noon to 5 p.m., at The Witte Museum in San Antonio, Texas.

The event focuses on education military service members, retirees and their families on the significance hearing conservation. The event features an interactive exhibit for children on "Hearing Loss Prevention and Ear Health". The event will also feature educational information and the Comprehensive Hearing Health Program (CHHP). The Witte Museum is offering no-cost general admission to any valid DOD ID cardholder, active-duty military member, retiree and their family.

### INFORMATIONAL

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

Breakfast – \$3.45

Lunch – \$5.55

Dinner – \$4.85

In addition, Meals-Ready-to-Eat and flight meals are priced at \$5.55 each. For details on dining facilities

to include hours, contact information and address, visit <http://www.jbsa.af.mil/library/diningfacilities.asp>

### THE LACKLAND GATEWAY THEATER IS OPEN

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

### THERE IS SOMETHING FISHY AROUND HERE

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

### SEE THE SPURS WORK THEIR MAGIC

Spurs 2015 game tickets are on sale at Joint Base San Antonio ITT offices. Come by the offices to get the tickets without the fees or go to <http://www.spurs.com/lacklanditt> and use the promo code LACKLAND, <http://www.spurs.com/fortsamhoustonitt> and use the promo

code FORTSAM or <http://www.spurs.com/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 for additional information.

### VANPOOL SEEKS NEW DRIVERS

The vanpool is seeking new drivers. Vanpool departs from Randolph Park & Ride at IH-35 and Loop 410 at 5:45 a.m. and drops riders off at Wilford Hall Ambulatory Surgical Center and the Defense Language Institute at JBSA-Lackland. Call the vanpool coordinator, at 671-3772.

### SHAPE UP WITH FREE WORKOUT CLASSES

The JBSA-Lackland Gillum Fitness Center offers high-energy cardio programs guaranteed to get gym enthusiasts in great shape. The total body toning classes Monday, Wednesday and Friday, 11:30 a.m. to 12:30 p.m., target strength and cardiovascular fitness. The stand-up fighter workout Tuesday and Thursday offers a combination of mixed martial arts, basic boxing, Muay Thai and ground defense boxing techniques focusing on cardiovascular aerobics and stress relief. These classes are free.

For more information, call 977-2353 or 977-2354.

### SPECIAL MEMORIES DESERVE

#### CUSTOM FRAMES

The Joint Base San Antonio-Lackland Frame Shop is available to assist patrons in making the best selection to frame personal items. For more information, call 652-5142.

JBSA-Randolph's Community Services Mall is also available to help create the perfect custom frame for special certificates, artwork or photographs. The Frame Shop offers 25 percent off selected frames March 2-27 and there is no sales tax. Call 652-5142, for details.

### BOWLERS GET GREAT DEALS

Bowlers get three games and shoes for \$5 all day, Tuesdays during March at the JBSA-Lackland Skylark Bowling Center. Call 671-1234, for additional information.

### NEW CLASSES AT FREEDOM CHAPEL

Three new women's studies are being offered at the Freedom Chapel Monday mornings and Wednesday evenings. For childcare reservations or details, email [lacklandsistersin-christ@gmail.com](mailto:lacklandsistersin-christ@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. 4:00 – 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	<a href="http://www.lacklandesc.org">http://www.lacklandesc.org</a>
Force Support Squadron	<a href="http://www.lacklandfss.com">http://www.lacklandfss.com</a>
Lackland ISD	<a href="http://www.lacklandisd.net">http://www.lacklandisd.net</a>
Officers' Spouses' Club	<a href="http://www.lacklandosc.org">http://www.lacklandosc.org</a>
JBSA Public website	<a href="http://www.jbsa.af.mil">http://www.jbsa.af.mil</a>
My Air Force Life	<a href="http://www.MyAirForcelife.com">http://www.MyAirForcelife.com</a>

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

## NOTICE TO ALL JBSA FACILITY MANAGERS...

Joint Base San Antonio facility manager training is scheduled for the following dates and places:

- **JBSA Fort Sam Houston** at 8:30 a.m.  
Tuesday in building 4197, civil engineer training room;
- **JBSA-Lackland** at 8:30 a.m.  
Wednesday in building 7356, auditorium at IAAFA Training Center;
- **JBSA-Randolph** at 8:30 a.m.  
Thursday in building 100, Fleenor Auditorium.

The training is for all primary and alternate facility managers who require initial and annual refresher training. If unable to attend the training session at your location, facility managers are asked to attend one of the other sessions. This is an annual requirement.

Facility managers are asked to bring an updated letter of designation signed by the appointing official to training.

For questions or concerns, contact Monica Trevino at 671-3485.

### SAPR from Page 16

Response has developed a curriculum titled "Respect the Red Line." Fiscal year 2015 SAPR training has two components which must be completed by Sept. 30 – a large group module and three small group modules.

The large group module is led by SAPR-trained personnel and is approximately 90 minutes. The small group modules (10-15 airmen per session) are unit led and are approximately 20 to 30 minutes each.

These small group modules are led by unit facilitators selected by the unit commander. At least two of the three (minimum) modules must include "Male Victimization" and "How to Talk to a Survivor." There are 10 optional topics such as "Rape Culture," "Bystander Intervention," "Neurobiology of Trauma," and "Successful Convictions," to name a few, that a unit may choose from to complete the minimum of three total small group modules.

A schedule for the large group modules and register can be found by using the Share Point sites listed below. All JBSA locations will offer these large

group modules for the remainder of the fiscal year. Unit facilitators of the small group modules can also find training materials on these sites, along with other supportive materials.

Annual training is mandatory for all Air Force military members, Department of Defense civilians and non-appropriated fund employees. DOD contractors are highly encouraged to attend.

Individuals who are uncomfortable receiving SAPR training may work with their unit training managers and their local SAPR advocacy center to complete training or to request a waiver. SAPR advocacy centers can be reached by calling 671-7273 at JBSA-Lackland, 808-8990 at JBSA-Fort Sam Houston or 652-4386 at JBSA-Randolph.

To register for the Air Force SAPR large group modules and to find Air Force SAPR small group module curriculums, visit [https://jbsa.eis.aetc.af.mil/SAPR/jbsa-rnd\\_sapr\\_trng/default.aspx](https://jbsa.eis.aetc.af.mil/SAPR/jbsa-rnd_sapr_trng/default.aspx) for JBSA-Randolph; [https://jbsa.eis.aetc.af.mil/SAPR/jbsa-fsh\\_sapr\\_trng/default.aspx](https://jbsa.eis.aetc.af.mil/SAPR/jbsa-fsh_sapr_trng/default.aspx) for JBSA-Fort Sam Houston; and [https://jbsa.eis.aetc.af.mil/SAPR/jbsa-lak\\_sapr\\_trng/default.aspx](https://jbsa.eis.aetc.af.mil/SAPR/jbsa-lak_sapr_trng/default.aspx) for JBSA-Lackland.

# CIA chief: terrorism morphing into different threats

By Jim Garamone  
DOD News, Defense Media Activity

Terrorism is morphing into different types of threats, including cyberattacks that can impact nations across the globe, the director of central intelligence said in New York March 13.

John Brennan told the Council on Foreign Relations that terror attacks in Europe, the Middle East, Africa and Central Asia show the terror threat is changing. The CIA working with foreign partners is key to defeating the terror threat, he added.

"These attacks underscore a disturbing trend that we have been monitoring for some time—the emergence of a terrorist threat that is increasingly decentralized, difficult to track and even more difficult to thwart," Brennan said.

Though the United States and its partners have had considerable success in attacking core al-Qaida, affiliates have risen, said Brennan,

pointing to al-Qaida groups in Libya, Egypt, Somalia, Nigeria "and especially Yemen where al-Qaida in the Arabian Peninsula has demonstrated a capability to plot attacks well beyond Yemen's borders, including in our homeland."

But the heartland of terror, the director said, now operates in Syria and Iraq where the Islamic State of Iraq and the Levant is waging a campaign of unspeakable brutality against the local population and anyone who does not share its ideology.

Left unchecked, ISIL poses a serious danger not only to Syria and Iraq, but to the wider region and beyond, including the threat of attacks on the U.S. homeland and the homelands of its partners, Brennan said.

The intelligence chief echoed Department of Defense leaders in saying the fight against ISIL will be a long one.

"If there is one thing we have learned over the years, it is that success against terrorism requires pa-

tience and determination," he said. "Clearly our country will be dealing with terrorism in one form or another for many years to come."

Modern communications technologies complicate the fight against ISIL and its ilk, Brennan said.

"New technologies can help groups like ISIL coordinate operations, attract new recruits, disseminate propaganda and inspire sympathizers across the globe to act in their name," he said.

"The overall threat of terrorism is greatly amplified by today's interconnected world where an incident in one corner of the globe can instantly spark a reaction thousands of miles away, and where a lone extremist can go online and learn how to carry out an attack without ever leaving home."

The cyber domain brings tremendous benefits, but also brings tremendous dangers, he said.

"Threats in the cyber realm are an urgent national security priority,

as America has no equivalent to the two wide oceans that have helped safeguard our country's physical, maritime and aviation domains for centuries," Brennan added.

Nations, terrorist organizations, criminals and hackers are trying to penetrate U.S. digital networks, he said.

"Government institutions are under constant assault, and private companies are spending enormous sums of money to defend against hacking attempts, denial of service attacks and other efforts to disrupt their networks," Brennan said.

The North Korean attack on Sony last year highlighted the cyber threat, he said.

"CIA is working with our partners across the federal government to strengthen cyber defenses, to share expertise and to collaborate with the private sector to mitigate these threats," Brennan said. "Together we have advanced our understanding of the threats in the cyber realm."

## TRICARE revises compound drug coverage



By TRICARE.mil Staff

Starting May 1, Express Scripts, the TRICARE pharmacy contractor, will screen all ingredients in compound drug claims to ensure they are safe and effective, and covered by TRICARE. This screening process is like the one TRICARE already uses for other prescription drugs, but it will now apply to the ingredients in compound drugs.

Compound drugs are a combination of drug ingredients prepared by a pharmacist for a patient's individual needs. TRICARE beneficiaries taking a compound drug likely to be impacted by the change will soon receive a letter explaining the new process for screening compound drugs, and what steps they should follow.

Use of compound drugs has increased greatly in recent years. However, some compound drug ingredients have limited or no evidence that they

are safe and effective. If a compound does not pass an initial screen, the pharmacist can switch a non-approved ingredient with an approved one, or request the doctor write a new prescription.

If this is not possible, the doctor may ask Express Scripts to consider other evidence by requesting a prior authorization.

The Defense Health Agency's highest priority is to provide our beneficiaries safe and effective care while being responsible stewards of taxpayer dollars.

Many compound drugs will still be covered because they include ingredients proven to be safe, and most beneficiaries will experience no delay in getting their prescriptions.

For more information about TRICARE coverage of compound drugs, visit the TRICARE Compound Drugs page.

## Protect your retirement pension

By Consumer Financial Protection Bureau

Many retirees fall prey to financial scams that target specific groups. The Consumer Financial Protection Bureau is a government agency that was created to help educate consumers about issues such as this. If you fall prey to a financial scam, contact the JBSA-Lackland legal assistance office by calling 671-3362.

A pension advance is a loan or cash advance in exchange for all or part of your pension.

Many pension advance companies charge consumers high interest rates and fees. These costs can really add up. Pension advances can quickly strip away pension income.

If you are considering a pension advance, follow these dos and don'ts:

- Don't give anyone access or control over your monthly pension payments.

Pension advance lenders sometimes arrange for monthly payments to be automatically deposited in a newly created bank account and then debited to pay back the loan, fees and interest charges. This allows the company to withdraw

payments and fees directly from your account.

- If you're asked to sign up for life insurance with the pension advance company as your beneficiary, be cautious.

Pension advance companies sometimes require consumers to sign up for life insurance with the company as the consumer's beneficiary. You could end up footing the bill for the insurance.

- Don't be fooled by patriotic-sounding names, logos or claims of government-backing.

Some companies try to trick consumers into thinking that their pension advance loan is endorsed by a federal or state government agency. Don't fall for this.

Do look at other options.

If you're turning to pension advances because you're having financial difficulties, consider getting financial coaching or counseling from a professional. Many non-profit credit counseling agencies charge sliding-scale fees so consumers who need help can afford their services.

To learn more, visit <http://www.consumerfinance.gov>.

# Tae Kwon Do class teaches self-defense skills and discipline

By Jose T. Garza III  
JBSA-Lackland Public Affairs

Amidst the thunderous spiking during volleyball play and the swatting of a racquetball at the Chaparral Fitness Center are sounds of swift kicks on a kick and punch pad during Tae Kwon Do class.

Under the instruction of retired chief master sergeant Antulio Garza, students practice self-defense skills. Tae Kwon Do takes place from 6:30 to 8 p.m. Tuesdays and Thursdays and is open to ages six and up with a Department of Defense identification card.

"It is a good sport for all ages because it builds an individual's body strength and keeps them fit," Garza said. "Along with the physical skills learned, there is a mental state that people develop. You have to have the physical and spiritual strength to handle yourself in an endangered situation."

In addition to martial arts skills, students perform full body workouts such as jumping jacks, pushups and high leg raises that help enhance their posture. Discipline is also enforced in the class.

"We also enforce courtesies," Garza explained. "We bow in a certain way, and those are oriental courtesies. In the military, we say 'yes sir,' 'no sir,' 'yes ma'am' and no ma'am.' We reinforce those manners here. Sometimes, a parent might bring their child to the class to learn discipline."

Lucas Ferguson, 13, began taking the class a little more than a year ago with the goal of building up his integrity, pride and responsibility.

He has been successful so far.

Ferguson said his grades have improved – earning A's in math and reading – and he does his chores at home, which include washing the dishes and emptying the litter box.

The seventh grader is not done improving himself as a person.

"I want to build up responsibility to the point where I can become more of a man, because I still feel like a kid," Ferguson explained. "My dad says if I become more responsible, I'll become more of a man."

Other students have goals of com-



Photos by Jose T. Garza III

Lucas Ferguson (left), thirteen, demonstrates a turning back kick with instructor Antulio Garza during Tae Kwon Do class March 17 at the Chaparral Fitness Center. Garza has been instructing the class at Joint Base San Antonio-Lackland for 20 years.

peting and winning.

Chase Gavino, seven, said he is eager to win a gold medal in both the forms and fight categories after earning a silver medal for fighting last year at a local Tae Kwon Do competition.

He is ready to compete immediately. "I am ready (to compete), earn points and win a gold medal."

For Garza, helping students gain discipline and achieve goals is all part of giving back to the military. He discovered Tae Kwon Do while stationed in the Philippines in 1967.

"Tae Kwon Do has been a very important part of my life. It is a sport that I have passed down to my children, and (they) have passed it down

to their children," Garza said. "I am doing my part in a sense to bring Tae Kwon Do to JBSA-Lackland and share it with the community."

Garza said students test every three months, or when he feels they are ready, for yellow and orange belts – beginner levels – and green and blue belts – intermediate levels.

They test for red belt a year later and first-degree black belt the following year.

"I tell people up front before they sign up for the class that they test when I know they have acquired the skills for every level," Garza said.

Call the Chaparral Fitness Center at 671-2401 for more details.



Chase Gavino, seven, defends against Lucas Ferguson, thirteen, on a frontal attack while instructor Antulio Garza looks on during Tae Kwon Do class March 17 at the Chaparral Fitness Center.