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LACKLAND TALESPINNER

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Medical readiness

Photo by Benjamin Faske

Senior Airman Charles Smack, 59th Medical Operations Squadron paramedic and Senior Airman Ashley Stinger-Drum, 59th Medical Wing aerospace medical service technician, ensure the ambulance is properly stocked Aug. 5 at Joint Base San Antonio-Lackland.

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ONLINE | http://www.JBSA.mil

By Lt. Gen. Mark A. Ediger
Air Force Surgeon General

Dear Air Force Medical Professionals:

I am deeply honored to serve the Airmen and families of the world's best Air Force as the 22nd Air Force Surgeon General.

I could not be more proud of the outstanding medical professionals with whom I serve – officers, enlisted and civilian Airmen – and those who laid the foundation for today's Air Force Medicine.

Our Air Force faces many challenges that require Airmen, including medical professionals, to be innovative, knowledgeable, adaptive, resilient and disciplined.

As we enter this crucial time in our history, we must prepare for and strive to deliver our vision of the best patient-centered, full-spectrum care to a rapidly changing and evolving Air Force.

The people we serve place their trust in us every day – from permitting us to treat their wounds to delivering their babies and dispensing medication. That trust is something we must earn every day by keeping our duty to those we serve at the forefront and committing ourselves to Excellence in All We Do.

We have the solemn responsibility to support and enhance the health and performance of Airmen, the Joint Team and their families as we all meet these current and future challenges.

I am excited about working with you as the Air Force Medical Service and the Military Health System continuously adapt our capabilities and performance to meet a dynamic mission.

I thank each of you for the care and support you provide to those we serve – your professionalism, resourcefulness, and expertise make "Trusted Care Anywhere" a reality each and every day.

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

News in Brief

ACTIVE SHOOTER EXERCISE

The 37th Training Wing will hold an active shooter exercise from 6 a.m. to noon Sept. 12 at the parade field. The event is a training exercise for the 737th Training Group and will not affect any base operations. Members of the community are asked to avoid the parade field area until the exercise is over. For more information, call 671-2128.

FREE PROFESSIONAL AIRMEN'S CONFERENCE COMING TO SAN ANTONIO

The Air Force Sergeants Association Professional Airmen's Conference will be held at the Grand Hyatt-San Antonio, Saturday through Wednesday at the Grand Hyatt-San Antonio.

The conference is free to military and Department of Defense civilians and is scheduled to feature senior leadership perspective speakers to include Air Force Chief of Staff Gen. Mark A. Welsh III and Chief Master Sgt. of the Air Force James A. Cody, a command chief panel and a panel of former chief master sergeants of the Air Force.

The event is also scheduled to host a Marine, Airmen, Soldiers and Sailors event to include a transitioning workshop and hiring fairs which are designed to help military members looking to transition into civilian life. For more information on the conference, consult the AFSA website at: http://www.hqafsa.org/.

AIR FORCE MILITARY AMBASSADOR PROGRAM ACCEPTING APPLICATIONS

Two articulate, self-confident Air Force, Air Force Reserve or Air National Guard members are needed to serve as military ambassadors at community events to represent Joint Base San Antonio in 2016.

One male and one female ambassador are chosen each year to represent the Air Force at many community events and promote the military's commitment and relationship with the local community around South Texas.

All E-4 to E-7 Air Force members, who are 21 years old and older and assigned to Joint Base San Antonio are eligible to apply to be a military ambassador. Nomination packages will be distributed to public affairs offices across JBSA Sept. 1. Once nominated, candidates appear before a selection board of chief master sergeants and former Air Force ambassadors.

The selection panel reviews applications, conducts interviews and selects the ambassadors.

Nomination deadline is Oct. 16. For more information, call 808-0002.

Air Force welcomes new vice chief of staff

Photo by Scott M. Ash

Gen. David L. Goldfein is given the oath of office by Chairman of the Joint Chiefs of Staff Gen. Martin E. Dempsey during his promotion ceremony in Washington D.C. Aug. 6. Goldfein, who most recently served as the director of the Joint Staff, will become the Air Force's 38th vice chief of staff.

By Tech. Sgt. Dan DeCook
Secretary of the Air Force Public Affairs Command Information

The Air Force welcomed an Airman to the rank of four-star general and announced the appointment of the new Air Force vice chief of staff during a ceremony at Joint Base Anacostia-Bolling, Washington, D.C. Aug. 6.

Air Force Chief of Staff Gen. Mark A Welsh III presided over the ceremony for Gen. David L. Goldfein in front of a crowd of more than 1,000 Airmen and distinguished visitors that included Chairman of the Joint Chiefs of Staff Gen. Martin E. Dempsey, several U.S. ambassadors, current and former members of the 720th Special Tactics Group and first responders from the New York City Fire Department among others.

"Gen. Goldfein knows this isn't a reward, it's a challenge," Welsh said. "He respects the opportunity; he is not intimidated by it, and he also acknowledges the unbelievable privilege it represents. He deserves this promotion, and more importantly, the Air Force deserves his leadership."

As the previous director of the Joint Staff at the Pentagon, Goldfein assisted the chairman of the Joint Chiefs of Staff in fulfilling his responsibilities as the principal military adviser to the president and secretary of Defense. He developed and provided strategic direction, policy guidance and planning focus to the Joint Staff and fostered clear communication among the president, secretary of Defense, unified commands and the services.

With more than 4,200 flying hours since his commission from the U.S. Air Force Academy in 1983, Goldfein has flown combat missions in operations Desert Shield, Desert Storm, Northern Watch, Allied Force and Enduring Freedom.

During the ceremony, Col. J.J. Johnson, the commander of the 720th STG, made several presentations to recognize Goldfein's history with the special operations unit that started nearly two decades ago behind enemy lines.

"For those of you who don't know it, Gen. Goldfein was shot down over Kosovo," Johnson said. "Sixteen years, three months and four days ago, a rescue team from the 23rd Special Tactics Squadron went in, got him and brought him back. Every year on the anniversary of that day, he sends the unit a bottle of scotch. Today, we want to return the favor."

After thanking those in attendance and remembering the heroes who helped him during his career, Goldfein ended the ceremony with a promise.

"It's not about what we do, but who we are," he said. "My promise to you, with this fourth star, is that I will do my best to be a better man, husband, father and a better officer for the Air Force."

Don't get burned; follow these summer safety tips

With summer in full swing, who doesn't want to be outside, sunbathing, swimming, playing catch on the beach or just barbequing in the backyard?

While summer means fun in the sun, make sure you're not getting too much of a good thing. Avoid the consequences of overexposure to the sun like sunburns, premature aging of the skin, wrinkling, and skin cancer, including melanoma by practicing proper sun protection.

The hours between 10 a.m. and 4 p.m. are the most hazardous for ultraviolet exposure in the continental United States. UV rays are the greatest during the late spring and early summer in North America.

The Centers for Disease Control and Prevention recommends easy options for sun protection:

Sunscreen

• Use sunscreen with sun protective factor, or SPF15, or higher, and both UVA and UVB protection.
• Sunscreen wears off. Put it on again if you stay out in the sun for more than two hours, and after you swim or do things that make you sweat.
• Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than three years, but its shelf life is shorter if it has been exposed to high temperatures.

Clothing

• Wear clothing to protect exposed skin.

• Loose-fitting long-sleeved shirts and long pants made from tightly woven fabric offer the best protection from the sun's UV rays.
• A wet T-shirt offers much less UV protection than a dry one.
• Darker colors may offer more protection than lighter colors.
• If wearing this type of clothing isn't practical, at least try to wear a T-shirt or a beach cover up. Keep in mind that a typical Tshirt has an SPF rating lower than 15, so use other types of protection as well.

Hats

• Wear a hat with a wide brim to shade the face, head, ears, and neck.
• For the most protection, wear a hat with a brim all the way around that shades your face, ears and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays.
• Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection.
• If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, using sunscreen with at least SPF 15 or by staying in the shade.

Sunglasses

• Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.
• Wear sunglasses that wrap around and block as close to 100 percent of both UVA and UVB rays as possible.
• Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses sold in the United States, regardless of cost, meet this standard.

Shade

• Seek shade, especially during midday hours.
• You can reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree or other shelter before you need relief from the sun. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside, even when you're in the shade.

For more information, visit http://www.cdc.gov/cancer/skin/basic_info/prevention.htm or call 800-CDC- INFO, (800-232-4636).

(Source: Centers for Disease Control and Prevention)

'This is your Air Force'

By Secretary of the Air Force Public Affairs Command Information

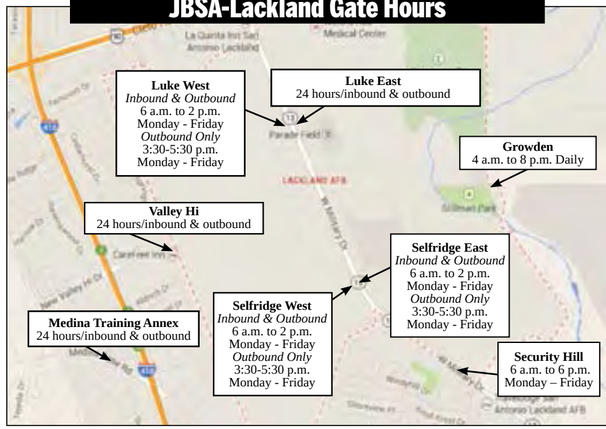
The Air Force senior enlisted Airman released the latest installment of Roll Call, urging Airmen to follow the example of the ninth Chief Master Sgt. of the Air Force James Binnicker, who passed away March 21. Binnicker was laid to rest Aug. 14 at Arlington National Cemetery, Va.

Binnicker "left behind a legacy of leadership that always encouraged and challenged Airmen to shape the future," Chief Master Sgt. of the Air Force James A. Cody wrote in his Roll Call. "He wasn't OK with neglect, apathy or simply passing the buck. He demanded action, ownership, innovation … and a commitment to professionalism in our chosen Profession of Arms."

Cody encourages Airmen to take on the challenge and commit to doing their very best.

"Each and every Airman is critical to the projection of airpower and owns a stake in our future success," Cody wrote. "It is through your leadership that we create and strengthen partnerships to leverage increased wisdom and perspective. It is you who we count on to effectively and efficiently strengthen our team and accomplish our mission."

JBSA-Lackland Gate Hours



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Much-traveled military children enjoy opportunities, face challenges

By Amaani Lyle
DOD News, Defense Media Activity

Military children may have opportunities to live in interesting places but they also face unique challenges that can affect their education, the commander of U.S. Pacific Command said July 31 at the Military Child Education Coalition seminar in D.C..

Navy Adm. Harry B. Harris Jr. said the MCEC offers customized tools and information to give military children the greatest opportunity for a successful education, with long-term impact.

"Our people, not our platforms, are the real foundation of our military – just as it's the foundation of our nation," Harris said.

The admiral reflected on 14 years of relentless combat that have created historically high levels of stress on military families, as many high school graduates have known nothing other than back-to-back deployments and individual augmentation and mobilization by their parents.

"Children of military parents repeatedly face the challenges of engagement, disengagement, and reengagement as they move to new schools every two or three years," Harris said.

The admiral acknowledged that while being a military child affords uncommon opportunities to travel and experience other cultures, it also poses unique challenges, which fall not only on service member parents, but upon educators and support networks.

"It's no surprise that studies have shown that children of military parents are often more vulnerable to fear and anxiety, and that those stressors manifest themselves behaviorally and academically," the admiral said.

Harris elaborated on inherent challenges that much-traveled military children face, such as delayed school enrollment, inappropriate grade-level placement, exclusion from educational programs and extracurricular activities, and delayed graduation.

"Our educational system simply isn't designed, much to its discredit, to support the lifestyle that accompanies a career of service," he said.

Photo by Staff Sgt. Bennie J. Davis III

Master Sgt. Rodolfo Gamez and his wife, Tech. Sgt. Christina Gamez, hold their children, Tomas, 4, and Eva, 3, for a portrait outside of their home. The pair is set to deploy to two different locations for year-long deployments later this year.

As a combatant commander, Harris said he realizes the gravity of military obligation and the flexibility of needing to mobilize on a moment's notice.

"Our sailors, soldiers, airmen and Marines sacrifice a great deal when they decide to put on the cloth of their nation," Harris said. "But the last thing they should have to accept is that their children will receive anything but the very best educational experience during the most formative period in their lives."

According to Harris, on average, a college graduate will accrue more than 90 times the wealth during their lifetime than an individual who did not complete high school.

"It isn't just about earning power," he said. "The average lifespan of a high school graduate is nine years longer than a dropout."

But, statistics, Harris asserts, only tell a small portion of the story.

Education is Essential to Nation's Future

"Simply put, education does not only enhance our individual lives, but it is essential to the future of our nation," the admiral said. "We only have to look at our country's history to see the immense value of education on our society."

Harris cited the Servicemen's Readjustment Act, a historical piece of legislation enacted more than 60 years ago that he said initially met lukewarm reception and later generated significant controversy.

The admiral described the legislation, better known as the GI Bill, as "one of the greatest pieces of legislation ever passed by our government."

With World War II ending, then-President Franklin D. Roosevelt faced the potentially damaging economic impact of 15.7 million veterans returning home, looking for scarce jobs and even scarcer housing. His dilemma, Harris explained, was how to support almost 16 million veterans without keeping them dependent.

President Roosevelt's solution was to provide troops with greater access to loans to purchase homes and start businesses, but most importantly, the GI Bill provided financial assistance for the education of returning veterans.

"Of the 15.7 million returning veterans, 2.2 million GIs attended college and 5.6 million received vocational training," Harris said. "This had a tremendous impact on our nation's higher educational system as well as our post-war economy."

After Congress passed the GI Bill, colleges and universities expanded, Harris said, to meet the new demand and U.S. college attendance skyrocketed, doubling in just two years and generating jobs not only for teachers, but for engineers, construction workers, and others.

"Eight million new professionals would help spur America's post-war economic growth, which would continue for the next 25 years."

The GI Bill would enable 14 Nobel laureates, 12 Pulitzer Prize winners, three Supreme Court Justices to receive a college education and three Presidents of the United States, the admiral said.

The educational investment after World War II profoundly impacted the United States, Harris said.

"We have expanded that benefit to be transferrable to the children of those who have served post-9/11," he said, "so that the next generation of military dependents has the opportunity to go to college."

Harris said service members' children deserve nothing less.

"It all starts with giving them the support structures, character development, and academics to help our military children achieve their goals."

Back-to-school tools for military familes

By Rosemary Freitas Williams
Deputy Assistant Secretary of Defense
for Military Community and Family Policy

Summer vacation should never end, says every kid, and it's hard to blame them. But telling your child it's time to come inside and get ready for school doesn't have to be bad news. As my friends at Sesame Street recently reminded me, school is a great place to make friends.

With that number in mind, there are two other things I'd like to share as you begin to plan for the new school year.

First, if you are one of the many who recently moved to a new school district, please know that school liaison officers can be a huge help. They work with relocating families and local schools to assist with the transfer of a student's credit to their new school district for courses already completed. School liaison officers serve all relocating families, regardless of the member's branch of service, ensuring a smooth transition to their new civilian schools.

For a military family, back to school is not just about the annual gathering of school supplies. It can also include a host of other challenges, such as deployment or learning how to register your child in a new school in a new community. Military OneSource (http://www.militaryonesource.mil/) offers information and resources to help during the back-to-school season. Here's a short list of what's available:

- Digital library resources are available on Military OneSource after you log in. Children, youth and teens will find TumbleBooks, the Student Resource Center, tutoring services, CultureGrams for Kids, resources for geography, current events, the arts, science, sports, government, history and more. You can also visit your local installation library for additional learning resources.
- Tutor.com (http://military.tutor.com) connects eligible students in military families to a live tutor online at any time 24/7 for one-to-one expert help with homework, test prep, proofreading and more in 40-plus academic subjects. Traditional drilling/part-time Reserve and National Guard families are once again eligible to the Tutor.com through the Yellow Ribbon Reintegration Program.
- MilitaryINSTALLATIONS (http://www.militaryinstallations.dod.mil) is Department of Defense's global directory where you can search for programs and services at a particular installation, or you can search for resources within a state or ZIP code.
- The Education Directory for Children With Special Needs (http://www.militaryonesource.mil/family-and-relationships/special-needs) provides detailed information about schools throughout the country to help you make informed decision and ease the transition. Military OneSource specialty consultants also provide information and resources to help you become familiar with educational rights and ease those first-day-of-school jitters for you and your kids.
- Are you homeschooling? At Military OneSource, you'll find a variety of resources, from youth programs and military support services to virtual classes offered by the DOD Education Activity and non-DOD schools.
- Child and youth behavioral military and family life counselors are available to speak with a child who may need help adjusting to a new environment or handling grief, fear, loss or separation issues. These counselors understand the issues military children face. With your permission, they can help your child to address these issues in a healthy way.

Military OneSource offers confidential help at no cost for parents who need help balancing the challenges of military life.

Confidential non-medical counseling gives you the tools you need to effectively manage parenting challenges, stress, grief and loss, deployment, and relationships at home and work.

Military OneSource has the tools you can use to help you get started with the back-to-school season, whether it's practical information about a Sure Start, special education or available scholarships or perhaps your child's first bus ride already makes you teary.

For everything else you need, Military OneSource has the information to help make this the best school year yet.

See more at: http://www.dodlive.mil/index.php/2015/08/back-to-school-tools-for-military-families/#sthash.auuDZMCc.dpuf

Boys Scouts visit the Alamo Wing, learn mission

By Tech. Sgt. Carlos J. Trevino
433rd Airlift Wing Public Affairs

Despite temperatures in the 100s,10 Cub and Boy Scouts from Troop 375, along with their leaders and family members. braved the heat to tour 433rd Airlift Wing's C-5A Galaxy at Joint Base San Antonio- Lackland Aug. 6. After the tour, the Scouts visited the Wing's wash rack hanger where a United States Flag was on display to recite the Pledge of Allegiance.

The troop, which hails from St. Gregory the Great Catholic Church in San Antonio, toured the aircraft's exterior with Staff Sgt. Raymond Gonzalez, Inter-American Air Force Academy aircraft maintenance instructor.

"I think it's important for the Scouts to see what the military does for us," said Patrick Noonan, a father of two of the Scouts.

"This was fun for me too," he said. Noonan, who does flight testing in the civilian aviation industry for a major aircraft manufacturer. "It was nice to see a military aircraft, and be able to compare it to a private aircraft," he said.

"They get to see the planes that fly over the house, this tour gives them an up close and personal perspective," Noonan said.

After a tour of the exterior of the aircraft, Tech. Sgt. Jesse Sanchez, 68th Airlift Squadron loadmaster, led the group into the aircraft to explain some of the interior features, specifically the cargo carrying capabilities and the flight deck.

"I want them to see that everything is doable as a team. Not one person can do everything, you have to rely on others as teamwork, camaraderie and brotherhood to make things happen," Mike Aleman, Scout Leader, said.

"The tour was an eye opening experience for the Scouts to see how the military works, and especially the teamwork that goes into a tour like this. They saw the teamwork aspect, the camaraderie and brotherhood and the respect the military has for each other," Aleman said.

"They got to see what it actually takes to get a C-5A to fly. I want these boys to understand how much goes into running an operation like this so they don't take it for granted," he said.

"We appreciate the Air Force doing this for us. It's a privilege to be out here on a tour. We want them to know that we keep the military and those that serve and protect our country in our daily prayers," the Scout leader said.

Photos by Tech. Sgt. Carlos J. Trevino

Staff Sgt. Raymond Gonzalez, Inter-American Air Force Academy aircraft maintenance instructor at Joint Base San Antonio-Lackland, points out the tail of the C-5A Galaxy to the Scouts from Troop 375 Aug. 6. The Scouts also went aboard the C-5A to see the cargo area and flight deck.

Landen Noonan, a Wolf Pack Cub Scout from Troop 375, handles the controls of a C-5A Galaxy Aug. 6 at Joint Base San Antonio-Lackland. Landen was one of 10 Scouts who were given a tour of the C-5A.

Liam Noonan, a Webelos Cub Scout from Troop 375, handles the yoke of a C-5A Galaxy Aug. 6 at Joint Base San Antonio-Lackland.

Department of Defense announces recruiting, retention numbers through June 2015

By DOD News, Defense Media Activity

The active-duty Navy, Marine Corps, and Air Force met or exceeded their fiscal year-to-date 2015 accession goals through June, Defense Department officials announced Aug. 4.

The active-duty Army missed its goal by 4,696, officials said.

Here are the active-component recruiting numbers for fiscal year 2015 through June:

- Army: 38,918 accessions, 89.2 percent of its goal of 43,614;
- Navy: 25,380 accessions, 100.0 percent of its goal of 25,380;
- Marine Corps: 21,025 accessions, 100.1 percent of its goal of 21,005; and
- Air Force: 17,495 accessions, 100.1 percent of its goal of 17,480.

The Army, Air Force, Navy, and Marine Corps exhibited strong retention numbers for the ninth month of fiscal year 2015.

Five of the six reserve components met or exceeded their fiscal year-to-date accession goals through June 2015. The Army National Guard missed its goal by 3,527. All six of the reserve components met or exceeded the DoD quality benchmarks.

Here are the reserve-component accession numbers for fiscal year 2015 through June:

- Army National Guard: 32,654 accessions, 90.3 percent of its goal of 36,181;
- Army Reserve: 20,897 accessions, 100.6 percent of its goal of 20,773;
- Navy Reserve: 4,042 accessions, 100 percent of its goal of 4,042;
- Marine Corps Reserve: 5,995 accessions, 100.9 percent of its goal of 5,941;
- Air National Guard: 6,810 accessions, 100 percent of its goal of 6,810; and
- Air Force Reserve: 5,213 accessions, 104.4 percent of its goal of 4,994.

Each of the six reserve components met their fiscal year attrition goals. Current trends are expected to continue. This indicator lags by 1 month due to data availability.

JBSA-Lackland hosts spouse employment forum Friday

By Senior Airman Westin Warburton
JBSA-Lackland Public Affairs

The Military & Family Readiness Center will host a spouse employment forum from 9 a.m. to 4 p.m. at Arnold Hall on Joint Base San Antonio-Lackland Friday.

The forum focuses on helping military spouses by providing information on the Priority Placement Program, federal employment guidelines and networking within the San Antonio community, said Osa Elaiho, M&FRC community readiness consultant.

The spouse employment forum was developed to help spouses familiarize themselves with the job market in San Antonio and to better understand what employers are looking for, said Elaiho.

"Spouses are in a unique situation, it can be very frustrating sometimes," Elaiho said, "Usually when you go to a new place, you don't have any idea where to start."

Although the forum is designed for informational purposes, on the spot job interviews are possible from some participating agencies. Business casual attire is encouraged and children should not attend. Resumes are not required but are good to have on hand.

The goal is to help military spouses around JBSA by providing knowledge that will give them the competitive edge they need to be successful, Elaiho said. They will learn vital skills for entry or re-entry into the workforce and will be able to enhance their current occupational skills and qualifications.

Agencies attending include the civilian personnel office, non-appropriated funds, Texas workforce commission, Texas veteran commission, and private industry representatives.

Participants will have the opportunity to have their questions and concerns addressed by subject matter experts said Elaiho.

Service members separating or retiring soon are also encouraged to attend to polish their interviewing skills.

The M&FRC provides several programs monthly such as transition assistance, college tutoring, financial counseling, and employment services. For more information on the employment forum or to learn about the various programs available, call 671-3722/3723.

Photos by Tech. Sgt. Carlos J. Trevino

Senior Airman Cory Irwin (left), 37th Training Squadron combat weapons instructor, helps Raphael Webb don a Ghillie suit, at the weapons display at Joint Base San Antonio-Lackland's Operation Junior Expeditionary Team on July 31. The children also got to climb aboard a Humvee and tour a C-5A Galaxy aircraft.

JBSA kids get a taste of deployment at Operation JET

By Tech. Sgt. Carlos J. Treviño
433rd Airlift Wing Public Affairs

The 802nd Military and Family Readiness Center at Joint Base San Antonio-Lackland held its annual Operation Junior Expeditionary Team (Operation JET) event July 31, to give children of service members the chance to experience a mock deployment.

More than 200 children from the JBSA community participated in a mock deployment, that included processing stations, touring a C-5A Galaxy, learning Self-Aid and Buddy Care 433rd, and many other events geared for them to experience the deployment process first hand.

At registration, children received uniforms, an olive-drab Operation JET T-shirt, deployment orders on Air Force letterhead and dog tags.

They were assigned to a squadron, with names such as Bulldogs, Tigers and Vipers.

The first thing they experienced was the military adage of "Hurry up and wait," where they were given a briefing by one of the event coordinators,Tech. Sgt. Oscar Gonzalez, 802nd Military and Family Readiness Center readiness NCO.

"This program is important for the kids to build resiliency," Gonzalez said. "This can show the children what mom and dad would experience. It gives them a little understanding of what their parents would go through when they deploy."

"I really like this opportunity for the kids to see what their parents are doing," said Ivelisse Morales, mother of two children participating in the event.

Because her husband, Juan, has been deployed, she has brought their children to this program once before and they enjoyed it.

"This program gives them a glance of what parents are going to experience. The volunteers make it very enjoyable for the kids, everything is very coordinated, and I really appreciate that," she said as she watched her two children eat their Operation JET-issued sack lunch.

At the end of the deployment exercises, participants were welcomed back and dismissed with high fives and handshakes by Brig. Gen. Bob LaBrutta, 502nd Air Base Wing and Joint Base San Antonio commander and Command Chief Master Sergeant Stanley Cadell, 502nd ABW and JBSA.

"It gives them a perspective of what their parents go through, and helps them support their families as they go through a deployment," Cadell said. "It gives them a better idea of what their stresses are that their families go through. Hopefully it gives them an idea of what goes on with mom and dad when they are deployed."

"This is one of the best programs that we have," LaBrutta said.

"Making sure that the children understand what their moms and dads are doing for the nation, there is nothing better. When we bring together of how to deploy and what to expect, not only does it inform the children, it takes some of the anxiety on those deployments when they occur," he said.

LaBrutta went on to say, "Another thing that is great is these children need to understand how important they are to United States Air Force, because their love and support and everything they do for their moms and dads allows them to serve our nation"

"This is a monumental step in the right direction for our children that are here at JBSA," he said.

Photo by Tech. Sgt. Carlos J. Trevino

Brig. Gen. Bob LaBrutta, 502nd Air Base Wing and Joint Base San Antonio commander, made the closing remarks at Operation Junior Expeditionary Team for almost 200 children at JBSA-Lackland, July 31. The general then left the stage to give high fives and to shake hands with the children to thank them for supporting their parents when they deploy.

Photo by Minnie Jones

Children participating in Operation Junior Expeditionary Team learned how to carry a patient on a litter at Joint Base San Antonio-Lackland July 31. Children also learned how to apply pressure bandages and make slings for an injured arm. Operation JET teaches military children first-hand what parents experience while deployed.

Photo by Tech. Sgt. Carlos J. Trevino

Blake Taylor applies a pressure bandage to Tech. Sgt. Cassandra Dickerson, 433rd Aeromedical Staging Squadron, after learning the proper technique from her and why it is used. Blake was one of 200 children who participated in Operation Junior Expeditionary Team at Joint Base San Antonio-Lackland July 31.

World War II Airman's remains identified

DOD News, Defense Media Activity

The remains of a serviceman, missing since World War II, have been identified and are being returned to his family for burial with full military honors, said the Defense POW/MIA Accounting Agency in a Department of Defense news release issued Aug. 6.

U.S. Army Air Forces 2nd Lt. Stephen V. Biezis of Chicago was buried Aug. 14 in Arlington National Cemetery, according to the release. His co-pilot, 1st Lt. James F. Gatlin of Jacksonville, Fla., was buried Jan. 30, in Bushnell, Fla.

On Dec. 23, 1944, Biezis and his crew of five were assigned to the 575th Bombardment Squadron, 391st Bombardment Group, 9th Air Force and were deployed to Germany, the release said.

Biezis was the co-pilot of a B-26C Marauder that crashed after being struck by enemy fire while on a bombing mission against enemy forces near Ahrweiler, Germany. Biezis, Gatlin and three other crew members were reported killed in action. His remains were not recovered during the war.

One of the crew members parachuted from the aircraft but was captured and held as a prisoner of war by German forces, the release said. Following his release, he reported to U.S. officials that he had no knowledge of the fate of the remaining crewmen.

Following the war, the American Graves Registration Command conducted investigations on the loss of Biezis and his crew and successfully located the crash site, near Manderscheid and Bettenfeld, the release said. The remains of two crewmen were recovered.

On May 27, 1999, a U.S. team investigating World War II losses in Germany visited a crash site near Bettenfeld, according to the release. Two German nationals had researched the crash site and showed the team artifacts that were found and turned over remains collected from the site. Those remains were identified as Army Air Forces Staff Sgt. Joe R. Sanchez, 20, of Los Nietos, Calif. He was accounted for in March 2011, and returned to his family for burial with full military honors.

Between 2011 and 2014, the DOD teams traveled to Bettenfeld and conducted operations at the crash site, the release said.

To identify Biezis' remains, scientists from DPAA and the Armed Forces DNA Identification Laboratory used forensic identification tools to include mitochondrial DNA, which matched his sister and cousin, according to the release.

Of the 16 million Americans who served in World War II, more than 400,000 died. Today, more than 73,000 are unaccounted for from the conflict, the release said.

Protecting yourself, family against infectious diseases

By Abimbola Adeola
U.S. Army Public Health Command

The recent measles outbreak at Disneyland along with the rate of vaccine refusal by parents has started a national debate on immunizations (also known as "vaccines" or "shots").

These events have raised questions, such as: Am I protected/immune to diseases? How do I develop protection/immunity? Are there vaccines to prevent me from getting diseases?

Vaccines against disease are said to be one of the greatest public health interventions of the 20th century. Although vaccination is seen as a major achievement in health and wellness around the world, the discussion about vaccines continues.

There is a distinct difference between vaccination and immunization, although the terms are often used interchangeably.

In a nutshell, vaccines cause immunization. Vaccination is the injection of a killed or weakened organism like a virus, bacteria or parasite that causes a particular disease or set of diseases. It produces immunity (protection) in the body against the organism so it cannot cause illness or it decreases the seriousness of an illness.

Immunization is the process by which an individual becomes immune or protected from diseases. This can happen when an individual comes in contact with the organism causing a disease or when an individual receives antibodies.

Antibodies are proteins in the body that attack disease-causing organisms naturally like through breast milk or through human intervention such as getting a vaccine. It is important to note that vaccines are not available for all diseases.

No one can predict when and where the next disease outbreak will occur, so make sure that you and your family members are protected by being up-to-date on vaccines.

The U.S. Centers for Disease Control and Prevention and its Advisory Committee on Immunization Practices currently have recommendations for different vaccines for all ages to help prevent against many, but not all infectious diseases. Vaccination schedules and recommended vaccines are outlined below for each age group:

Children (birth through 6 years old): http://www.cdc.gov/vaccines/parents/downloads/parent-ver-sch-0-6yrs.pdf

Preteens and teens (7 through 18 years old): http://www.cdc.gov/vaccines/who/teens/downloads/parent-version-schedule-7-18yrs.pdf

Adults: http://www.cdc.gov/vaccines/schedules/downloads/adult/adult-combined-schedule.pdf

Remember to always ask your health provider any questions that you have about your immunization status, recommended vaccines and booster shots.

It's also important to work with your health care provider, as not everyone may be eligible to receive all the recommended vaccines depending on their current health status or medical history.

Remember the famous saying, "An ounce of prevention is worth a pound of cure," so make sure you take the necessary steps to ensure you and your family members are protected. If you plan to travel, check the travel alerts and vaccine requirements.

VIPER Clinic: *Improving lives of current and future USAF recruits*

By Staff Sgt. Michael Ellis
59th Medical Wing Public Affairs

There's a small clinic with a not-so-average mission tucked away in an unassuming building and it impacts the lives of all Air Force Basic Military Training and many technical school trainees on Joint Base San Antonio-Lackland.

With just a handful of staff members, the 59th Medical Wing's Versatile Injury Prevention and Embedded Reconditioning, or VIPER, Clinic is on pace to treat 66,000 patients this year alone. It's the only sports medicine clinic in the Air Education and Training Command and the brainchild of Capt. Nate Nye, 559th Trainee Health Squadron, fellowship-trained primary care sports medicine physician.

Nye sought to establish a specialized unit devoted to treating and preventing the running and performance-related injuries that are so common in basic and technical training.

"Musculoskeletal injuries are the number one health problem across all military services," he said, explaining that the injuries cause 25 million days of limited duty annually.

"In BMT alone, the cost of musculoskeletal injuries amounts to $34.8 million per year, most due to replacing lost personnel. Smaller, but more physically demanding, training units such as the 342nd Training Squadron (battlefield Airmen) incur more than $25 million annually due to injuries," Nye said.

Operational since November 2014, the VIPER Clinic is adapted from the athletic training room/team physician model in college and professional sports, which has been very successful in getting high-performance athletes back on the court or field as rapidly and safely as possible. Despite its infancy, the clinic is already making an impact.

Among its accomplishments, the clinic revamped the basic training fitness program and is working to improve the entry-level fitness of new recruits, a move projected to save up to $10 million annually, according to Nye.

About 90 percent of the injuries seen in the VIPER Clinic are of the lower extremities. These injuries often result in large part from poor fitness levels and previously sedentary lifestyles of incoming trainees, said Capt. Andrew McCampbell, VIPER physician assistant and a former NCAA Division I track coach.

Every day, the clinic writes personalized exercise prescriptions for injured trainees. The VIPER team also performs video and observational analysis to assess patients' running form and give them gait training.

"The video recording allows patients to see themselves run and, through biofeedback, helps them understand corrective cues and make the necessary changes. By correcting their movement patterns, the VIPER staff is able to eliminate many major causes of these lower extremity injuries," McCampbell explained.

In the past, trainees in medical-hold status would become less fit from inactivity during the healing and recovery process. Now, personal care at the VIPER Clinic empowers trainees to maintain their fitness with low-impact cross-training and core strengthening, and has sped the average recovery time.

For many trainees, one important aspect of recovery is a progressive walk-to-run program. The patients are guided as they steadily increase their running distances over two to four weeks until they fully recover.

"The VIPER Clinic has contributed to a decrease in the average time spent on medical hold by each trainee from 32 days to approximately 15 days, lowering the monthly census," McCampbell said.

To help prepare new recruits for the physical requirements of basic military training, the clinic is also producing a 16-week fitness program video for the Air Force Recruiting Service. Called "Couch to BMT" and slated for release early next year, the video will feature phased workout plans and well-honed fitness instruction intended to guide and motivate previously sedentary recruits as they prepare themselves before entering the Air Force.

"Better fitness in our incoming recruits and better fitness training during BMT will directly translate into a healthier and more resilient Air Force in the long-term, and that's everyone's goal," Nye said.

Capt. Andrew McCampbell, right, physician assistant with the 59th Medical Wing Versatile Injury Prevention and Embedded Reconditioning Clinic, assesses Airman 1st Class Justin Zeedyk at Joint Base San Antonio-Lackland Aug. 3.

Photo by Staff Sgt. Michael Ellis
Airman Basic Christopher Robbins receives gait video and observational analysis at the 59th Medical Wing Versatile Injury Prevention and Embedded Reconditioning Clinic Aug. 3 at Joint Base San Antonio-Lackland. Gait analysis helps patients optimize their form.

Comprehensive Airman Fitness develops life skills

By Robert Goetz
JBSA-Randolph Public Affairs

Nearly four years ago, a Chairman of the Joint Chiefs of Staff Instruction introduced a paradigm for building and maintaining health, readiness and performance in the armed forces.

Known as Total Force Fitness, it comprises eight domains ranging from physical and environmental to spiritual and social, and views optimal performance as a holistic concept requiring a connection among mind, body, spirit and relationships.

The Air Force has developed its own version of Total Force Fitness called Comprehensive Airman Fitness that provides an integrated framework for seeking fitness in four domains, or pillars: mental, physical, social and spiritual.

"Comprehensive Airman Fitness focuses on developing life skills that Airmen can use throughout their careers and in their lives," Essie Whitworth-Nurse, Joint Base San Antonio resilience and community support coordinator, said. "It provides a framework of cross-functional education and training, activities and programs that play a big role in ensuring that all Airmen stay fit, resilient and force-ready."

Air Force Instruction 90-506, which was released in April 2014 and governs Comprehensive Airman Fitness, notes that CAF is not a standalone program or specified training class, but "a cultural shift in how we view and maintain fitness in a more comprehensive manner and enables Airmen to hold each other accountable against Air Force Core Values."

Whitworth-Nurse said CAF incorporates resilience and risk management efforts recommended following the November 2009 mass murder at Fort Hood, Texas, where an Army major fatally shot 13 people and injured more than 30 others.

CAF, which is designed to enhance the resilience of individuals, families and communities, is now part of the culture at JBSA, where master resilience trainers, or MRTs, and resilience training assistants, or RTAs, deliver individual resiliency skills to Airmen, she said. AFI 90-506 defines resilience as "the ability to withstand, recover and grow in the face of stressors and changing demands."

CAF's education component is managed at the U.S. Air Force Expeditionary Center at Joint Base McGuire-Dix-Lakehurst, N.J., where the MRT Trainer Course is conducted, Whitworth-Nurse said. Once MRTs complete the two-week course, they return to their installations to train and certify RTAs.

"It's important to get people inside the unit trained so they can deliver training within the unit," she said. "We have at least 70 MRTs at JBSA, but that's not enough. We need one for every 200 people in a unit."

Whitworth-Nurse said JBSA has about 600 RTAs.

"They can only conduct small groups, 10 people or less," she said. "But we have a waiver so they can educate up to 25 people."

JBSA's MRTs and RTAs teach 11 resiliency skills – which include "Count Your Blessings," "Good Listening," "Spiritual Resiliency," "Physical Resiliency" and "Balance Your Thinking" – at locations throughout the installation on a regular basis, Whitworth-Nurse said.

Base- and unit-level training, which addresses everyday stressors, consists of Individual Resilience Skills Training, or IRST, based on the MRT course curriculum, according to AFI 90-506.

Whitworth-Nurse said each active-duty Airman must complete four hours of IRST per calendar year, which "may be conducted in conjunction with or independently of Wingman Days and/or other CAF or resilience activities," AFI 90-506 states.

Resilience training is also included as an eight-hour block during the First Term Airman Course.

In addition to education, CAF has a leadership component, Whitworth-Nurse said.

Installation commanders "are responsible for establishing and

See INITIATIVE Page 16

BMT HONORS

Congratulations to the following 55 Airmen for being selected as honor graduates among the 551 Air Force basic military trainees who graduated Aug.14:

320th Training Squadron
–Flight 431
Jacob Cranston
Joshua Heaps
Lucanus Henk
Anthony Martinez
Alexander Radeback-Larson
–Flight 432
Jacob H
A
De
Ry
–Fli
Jaco
–Fligh
Jackie
Carmin

321st Tr
–Flight 4
Michael C
Ryan Eger
Joseph Fro
Michael Rand
Joseph Wirick
–Flight 428
Caleb Prince
Matthew Timmons
–Flight 441
Jeffrey Andrews
Timothy Aulner
Matthew Block
Sean Brown
Bryan Fajardo
Kennedy Humphrey
Lee Jarzembak
Jacob King
Spencer Pascuzzi
Kevin Tan
–Flight 442
Brandi Clinard
Elfie Diltz
Rebecca Eldred
Moneque English
Ambyr Freestone
Jina Miller
Rachel Pardue
Brittany Pickman
Katelyn Tountasaki
Marjani W
Nicholas Wolfe
–Flight 439
Ryan Carney-Mogan
Nickolas Heitkamp
Paul Lloyd
Joshua Rice

Top BMT Airman
Ryan Carney-Mogan
323rd TRS, Flight 439

Most Physically Fit
–Female Airmen
Moneque English
321st TRS, Flight 442
Tesa Jepson
321st TRS, Flight 442
Jennifer White
321st TRS, Flight 442
Tiffany Gay
321st TRS, Flight 442

–Male Airmen
Brandon Padilla
323rd TRS, Flight 439
Jesse Herd
321st TRS, Flight 437
Jo
435
439
2
431
TRS, Flight 433
321st TRS, Flight 437
320th TRS, Flight 432
321st TRS, Flight 438
323rd TRS, Flight 434

Top Academic Flights
321st TRS, Flight 441
323rd TRS, Flight 433
323rd TRS, Flight 434
321st TRS, Flight 438
321st TRS, Flight 437
323rd TRS, Flight 439
320th TRS, Flight 431
321st TRS, Flight 442
320th TRS, Flight 432
320th TRS, Flight 436
320th TRS, Flight 435
323rd TRS, Flight 440

BMT information does not arrive until Wednesday

FOSTER a PUPPY

The Department of Defense dog breeding program needs families to foster puppies for three months.

Potential foster families need:

- time and patience to raise a puppy from the age of 12 weeks to six months,
- a stimulating and safe home environment, and
- a desire to help raise a military working dog.

Call 671-3686

LOCAL BRIEFS

MONDAYS

VIOLIN CLASSES

Classes are offered 10 a.m. to 3 p.m. for ages 5 and up weekly at the Youth Programs, building 8420. Four monthly 30-minute private lessons and one 60-minute group lesson will be provided for $125 per month. For more information, call 671-2388.

TUESDAY

FEDERAL APPLICATION PROCESS

Review the federal employment process and careers offered within the Federal government during a class 1-4 p.m. at the Military & Family Readiness Center. Learn about resources that support the Veterans Employment Program, skill translators, resume builders and more. For details, call 671-3722.

WEDNESDAYS

KARATE CLASSES

Classes are from 6-7 p.m. for ages 5-12 and from 7-8 p.m. for ages 13 to adult. 10 classes offered once a week with a $60 session fee. Family groups of three or more will receive a group discount rate of $150 per session fee. The next session is Sept. 9. Call 671-2388.

KINDERJAM CLASSES

Kinderjam is a class that combines music movement, instruction and fun for infants to preschoolers, ages 1-5 (must be walking). The class is held 10 a.m. weekly at the Youth Programs, building 8420. The cost for the class is $35 per month, per child. Call 671-2388.

THURDAY

UNDERSTANDING SELF-INJURY

The Exceptional Family Member Program support group will focus on understanding self-injury from noon to 1:30 p.m. at CAMP, building 3850 with special guest Beth Confer, Clarity Child Guidance Center director of community relations. Review why children and teenagers may engage in this practice and learn about coping strategies, as well as tips for teachers, parents and mental health professionals who work with children that self-injure. For more information, call 671-3722.

FRIDAY

MENTOR TRAINING

A student mentor training class will be held 10 a.m. to noon at the Military & Family Readiness Center. Volunteer mentors spend time with young people and encourage positive choices, promote high self-esteem and encourage academic achievement. Participants who complete the requirements will be placed within a Southwest Independent School District school. Call 671-3722.

AUG. 29

PARENTS' NIGHT OUT

This program provides children ages 5 (in kindergarten)-12, activities, games, entertainment and snacks for an enrollment fee of $25 per youth with multiple child discounts or free with "Give Parents a Break" referral. Program runs from 6:30-10:30 p.m. and late pickup is subject to $5 fee for first five minutes then $3 for every minute after that. Call 671-2388.

AUG. 30

TOPS IN BLUE PERFORMING IN SAN ANTONIO

The Air Force Tops in Blue will be hosting a free performance 5 p.m. at Trinity University's Laurie Auditorium. Tops in Blue is an all active duty Air Force Expeditionary Entertainment Unit composed of 35 to 40 vocalists, musicians, dancers, and technicians. They perform approximately 75 performances over a seven-month period in more than 20 countries, including shows for deployed military members in Southwest Asia. For more information, call (210) 623-0509 or (210) 395-7237.

INFORMATIONAL

TANG SOO DO

The martial arts classes are held Tuesdays and Thursdays at various times at the Youth Programs, building 8420. Cost is $50 for ages 4-7 and $55 for ages 8-15.

SCHOOL LIAISON OFFICE

The School Liaison Office assists parents with children in grades K-12. SLO can help with the transition between schools, provide information about local school systems, policies, programs and more. For information, call (210) 671-3722

PERSONAL FINANCIAL READINESS

Personal Financial Readiness offers guidance to aid with financial matters such as budgeting, debt reduction, and basic investment planning. Services address money management issues. Call 671-3722.

MILITARY FAMILY LIFE COUNSELORS

Military and family life counselors help service members, their families, significant others, and Department of Defense civilian staff address issues from deployment and reintegration, marriage and relationships, family issues, communication challenges, stress and anxiety, depression, grief and loss, and daily life issues. Consultations are anonymous, no records are kept. For information, call 540-5025.

502 LRS MUNITIONS FLIGHT CLOSED

The 502 LRS Munitions Flight (DoDAAC FV3047) will be closed from Sept. 1-15 for semi-annual Inventory. Customers are advised to identify all munitions requirements as soon as possible, as no munitions will be issued during this period. If you require munitions during the semi-annual Inventory, you must submit an emergency issue request in writing and approved by 502nd Security Forces and Logistics Support Group commander. Submit your issue requests as soon as possible for munitions to be picked up between Tuesday through Aug. 31. Call 671-8391/8393 or e-mail Lackland.FV3047@Lackland.af.mil with questions.

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.

—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.mil
My Air Force Life	http://www.MyAirForceLife.com

Stage 2 water restrictions implemented across JBSA

By Benjamin Martinez
JBSA Water Conservation Manager

The 10-day average of the Bexar County index well J-17 has dropped below 650 feet mean sea level as of Friday. Stage 2 water restrictions for all Joint Base San Antonio locations is triggered when the J-17 drops below 650 feet.

The J-17 well serves as the official well for recording groundwater elevations in the San Antonio Pool of the Edwards Aquifer, according to the Edwards Aquifer Authority website (http://www.edwardsaquifer.org).

The JBSA Base Civil Engineer declared Stage 2 water restrictions effective immediately, in accordance with the current JBSA Critical Period Management Plan and Biological Opinion issued by the U.S. Fish and Wildlife Service.

The biological opinion limits JBSA's water draw from the Edwards Aquifer in order to protect eight endangered species which live in the aquifer and its associated springs. These species can only survive when aquifer levels and spring flows are adequately maintained.

The restrictions within Stage 2 facing base residents and personnel are substantial and all must comply with the JBSA Critical Period Management Plan.

All the Stage 1 restrictions in addition to Stage 2 water restrictions are in place:

- Continue practices from Stage 1, except as noted

or replaced by Stage 2 rules.

- Landscape watering with an irrigation system, sprinkler or soaker hose is allowed only once a week from 7-11 a.m. and 7-11 p.m. on your designated watering day, as determined by your address or facility number.
- Watering with drip irrigation or five-gallon bucket is permitted any day, but only between 7-11 a.m. and 7-11 p.m.
- Watering with a hand-held hose is allowed any time on any day. Use of fountains, waterfalls or other aesthetic water features – outdoors or indoors – is prohibited, unless a variance has been granted for 100 percent non-potable water use.
- Installation of new landscape plantings or turf is prohibited unless included in contract deliverables, required to repair damage resulting from maintenance or construction actions, or authorized by the base civil engineer.
- Irrigation of new turf or landscape outside of the allowed times requires base civil engineer approval. Irrigation of athletic fields is permitted only as required to maintain the turf viability/safety. Athletic fields may water between the hours of 3-8 a.m. and 8-10 p.m. once per week on the days from Table 2. Government vehicle washing allowed twice a month, during the first (full) and third weeks.

In Stage 2, the watering days are as follows if address/facility number ends in: 0 or 1, Monday; 2 or 3, Tuesday; 4 or 5, Wednesday; 6 or 7, Thursday and 8 or 9, Friday.

All water restriction measures and details are listed in the JBSA Critical Period Management Plan available at www.jbsa.af.mil/shared/media/document/AFD-130809-013.pdf.

JBSA personnel should not confuse the JBSA water restrictions with the SAWS restriction levels. The JBSA water restrictions are more stringent and begin sooner than SAWS restrictions.

Contact the JBSA water conservation manager at 671-5337 for the reporting of water abusers. Those found not abiding with the JBSA Critical Period Management Plan may face potential disciplinary measures. Reports will remain anonymous.

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executing CAF" in compliance with AFI 90-506 and ensuring that "CAF efforts, activities and emphasis for Airmen and families are implemented locally," according to the instruction.

"All leaders get introduced to CAF at commanders' courses and command chief courses," Whitworth-Nurse said. "They are expected to include resiliency skills in their everyday interaction with Airmen."

Commanders also choose the CAF domain for Wingman Days, she said.

CAF is being added to the curriculum for military training instructors, Whitworth-Nurse said.

"MTIs are certified to be at least RTAs, and some may be MRTs," she said.

Helping agencies such as military and family readiness centers, chaplain services, mental health flights and family advocacy programs also play key roles in Comprehensive Airman Fitness.

"Community readiness consultants at M&FRCs support the lifestyle and culture of Comprehensive Airman Fitness," Criselda Guerrero-Smith, JBSA-Randolph M&FRC community readiness consultant, said. "Consultants are versed and trained to assist Airmen and their families in various life transitions.

"Whether the situation presents itself as a short-notice permanent change of station, deduction of pay, employment for a spouse or even separating from the military, consultants stand ready to empower and educate our Airmen to be resilient," she said. "Comprehensive Airman Fitness is a lifestyle promoting a proactive approach to life situations and we here at the M&FRC stand ready to assist."

Whitworth-Nurse called CAF "a great initiative" for active-duty members and their families as well as Department of Defense civilians and contractors.

"We want to make sure people have all the tools in their toolbox to cope with life and life's issues," she said. "Resiliency skills help them deal with traumatic events and everyday stressors."

LACKLAND GATEWAY THEATER SCHEDULE

MOVIE LISTINGS

Friday
- **6 p.m.** Trainwreck (R)

Saturday
- **Noon** Minions (3D) (PG))
- **3 p.m.** Ant-Man (3D) (PG-13)
- **6 p.m.** Trainwreck (R)

Sunday
- **Noon** Ant-Man (3D) (PG-13))
- **3 p.m.** Trainwreck (R)

Thursday
- **4 p.m**. Ant-Man (3D) (PG-13)

FRIDAY THROUGH THURSDAY

Movie Line: 671-3985 or View schedules at:https://www.shopmyexchange.com/reel-time-theatres/

Program Note
Locate the *Day of the Week* and *Read* across for specific show times.
We have one movie screen, one movie per show time. Doors open 30 *minutes* prior to each show time.

UPCOMING

RAMBLER 120 TEAM CHALLENGE

Joint Base San Antonio's premiere adventure race, the Rambler 120 Team Challenge, is coming to the JBSA Recreation Park at Canyon Lake Sept. 19. Assemble a team and start training for the 22-mile bike race through the Texas Hill Country, six-mile run across Canyon Lake dam and two-mile raft event along the shoreline.

The registration fee is $120 for Xtreme teams and $180 for Relay teams.

Interested participants can register and pay online at https://www.athleteguild.com/adventure-racing/canyon-lake-tx/2015-rambler-120-team-challenge.

FIRST STEPS SOCCER

First Steps is an instructional development program with parental participation with their children at all times.

Register children ages 3-5 at the Joint Base San Antonio-Lackland Youth Center Monday through Friday from 6 a.m. to 6 p.m. Parents must have current immunization records and completed physical forms at registration.

Cost is $35 and is due at registration. Sessions are held Monday through Thursday at the track located behind Lackland Elementary School. For more information, call 671-2388 or 671-2510.

BOWLERS APPRECIATION

The Skylark Bowling Center will show appreciation to all bowlers Saturday with $1 hot dogs, $1 small fries and $1 sodas. Shoe rental is not included in the special.

CORE CUTUP CLASS

The Gateway Fitness Center offers core fitness training from beginner to advanced levels. For details, call 671-2565.

59th DG knocks out competition en route to intramural soccer title

Courtesy photo

Tech. Sgt. Richard Bonsra, (center) 322nd Training Squadron military training instructor and 59th Dental Group defensive midfielder, takes control of the ball while Master Sgt. Salvador Lopez, 624th Operations Center, positions himself on defense during the Joint Base San Antonio-Lackland intramural soccer finals Aug. 9 at the Warhawk Field. The 59th DG defeated the 624th OC, 6-4, to become inaugural JBSA-Lackland intramural soccer champions.

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

The 59th Dental Group became the inaugural Joint Base San Antonio-Lackland intramural soccer champions by defeating the 624th Operations Center, 6-4 Aug. 9 at Warhawk Field.

They went undefeated in group play earning a 3-0 mark before defeating the 802nd Force Support Squadron to advance to the tournament finals.

Defensive midfielder, Tech. Sgt. Richard Bonsra, 322nd Training Squadron military training instructor, lead the team in scoring with three goals. Forward, Master Sgt. Dominic Edginton contributed two goals and midfielder/forward, Staff Sgt. Andrae Blake, 59th Dental Training Squadron dental technician, added a goal.

The 59th DG scored four of their six goals in the first half and went into halftime with a 4-1 lead.

"We relaxed and passed the ball around a lot," said Blake. "We were focused on quick passes and getting the ball under control."

The 624th OC rallied in the second half to score two straight goals to narrow their deficit to one goal. Striker, 1st Lt. Joel Vandevrede, AFIN Mission Assurance Center, headed the effort by scoring both goals and led the team in scoring with three goals.

Midfielder, Kirk Theophanous, 624th Operations Center technical director and one of the tournament's organizers, who also added a goal, said the team adjusted its positioning on defense by creating more openings in their backfield to stop plays and create counterattacks.

"The first couple of goals, they scored off of our attacks," he explained. "We would shoot, they would save and our midfielders were too far up the field. They were faster than us so they were able to score."

The 59th DG became complacent down the stretch due to their lead, Blake said, while adding fatigue set in due to the heat.

The 59th DG regained their composure and scored two of the game's last three goals.

"We had to hustle when we realized they were coming back," Blake said. "We didn't want to lose."