



WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

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**Security forces
advises on
safeguarding
valuables**



Photo by Melissa Peterson



Photo by 1st Lt. Jose R. Davis

Women in combat, pages 2 and 16



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COMMENTARY

WOMEN IN COMBAT

Paving the way for Battlefield Airmen

By an anonymous volunteer in the Physical Fitness Tests and Standards Study
Air Education and Training Command
Public Affairs

(Editors note: The following is a commentary by a female who completed a Physical Fitness Tests and Standards study at Joint Base San Antonio-Lackland. The Airman was a volunteer in the fitness study, which supports the Air Force's Women in Service Review. The study aims to scientifically establish occupationally specific, operationally-relevant physical fitness standards for Battlefield Airmen. Since the study is ongoing, involving human subjects, the anonymity of volunteers is mandated by the Institutional Review Board.)

There has been a lot of debate about whether or not females are capable of being successful in the last few "male only" combat career fields. Reasons for skepticism range from doubts over physical capabilities, to concerns over how it would change unit cohesion, to how pregnancy might affect military readiness.

These uncertainties are not unique to today's debate; they are the same concerns that have been raised throughout the history of women in combat.

In 1975, during debates over allowing women into the military academies, Lt. Gen. Albert P. Clark, Air Force Academy superintendent, said women were a potential threat to productivity and cohesion and that integration would lead to marriages, pregnancies and abortions.

In 1991, Congress voted to amend the law that barred women from flying combat missions, but according to an article in the New York Times, senior military officers were opposed because they claimed combat forces required superior physical strength and endurance.

Even as recently as 2012, just before the Direct Ground Combat Definition and Assignment Rule was rescinded, the argument was made that allowing females in these roles would create "disruptions to cohesion and high rates of attrition," according to congressional research conducted by David F. Burrelli,



Photo by 1st Lt. Jose R. Davis

A female subject drags a 185-pound simulated casualty as she is assessed June 19 by a researcher from the Air Force Fitness Testing and Standards Unit, which supports the Physical Fitness Tests and Standards study at Joint Base San Antonio-Lackland.

specialist in military manpower policy.

There will always be people who think women aren't combat capable, but for two weeks, I got to spend my time sweating, bleeding and pushing myself with some of the most capable

women I have ever met. Women who proved that no matter what standard is set or obstacles put in front of them, they will persevere.

See **WOMEN IN COMBAT P17**

WINGSPREAD

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September is National Preparedness Month

By Brig. Gen. Bob LaBrutta
502nd Air Base Wing
and Joint Base San Antonio commander

September is National Preparedness Month and this year's theme is "Don't Wait. Communicate. Make Your Emergency Plan Today."

This theme reminds us that we must take the necessary steps now to be prepared not just today, but throughout the year.

As you're fully aware, our daily local and national news broadcasts highlight emergencies and/or disasters that occur across our nation and around the world. Whether it's a natural or man-made disaster, or a technological phenomenon, these major events threaten the safety of our personnel and jeopardize our ability to accomplish the mission.

National Preparedness Month is a time to prepare ourselves and those around us for the hazards which may affect our community.

Accordingly, the Air Force's "Be Ready," the Army's "Ready Army" and the Navy's "Ready Navy" awareness

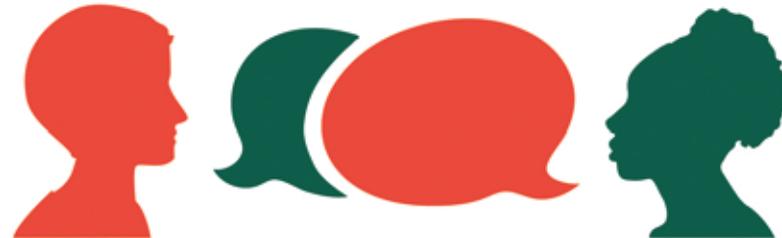
campaigns were established to ensure our military and civilian members have the knowledge they require to enhance their resilience, to equip their readiness and to increase our security by being prepared to respond and recover from any emergency situation that occurs in Joint Base San Antonio.

Our end goal is to foster a culture of preparedness across our installation. Therefore, I encourage every Soldier, Sailor, Marine, Airman, Coast Guardsman and Department of Defense civilian to learn about the potential hazards that could occur in the Joint Base San Antonio area; to develop emergency response plans in our units and at home; and to join in local efforts to become a partner in our overall preparedness.

Moreover, I encourage every commander, staff agency lead, supervisor and unit emergency management representatives to promote our awareness campaigns by including emergency preparedness information in your staff meetings, commander's calls and other venues this month.

Our installation's Office of Emergency

**DON'T WAIT. COMMUNICATE.
MAKE YOUR EMERGENCY PLAN TODAY.**



SEPTEMBER IS NATIONAL PREPAREDNESS MONTH!



FEMA

AMERICA'S
PrepareAthon!



Ready®

Courtesy graphic

Management has a variety of information and products available to support your efforts.

I urge you to make use of those

items and the talents of our emergency management professionals by contacting them at 671-2260 or 502ces.cex.inbox@us.af.mil.

NEWS

Cadell: 'Core values pave road to success'

By Airman 1st Class Stormy Archer
Joint Base San Antonio-Randolph
Public Affairs

Integrity first, service before self and excellence in all you do are more than just the Air Force core values to Chief Master Sgt. Stanley Cadell, 502nd Air Base Wing and Joint Base San Antonio command chief master sergeant. They are words he lives by.

"I expect our Airmen to embrace and epitomize the Air Force core values," Cadell said. "If we do, we will undoubtedly be the premier joint base in the Department of Defense."

Cadell assumed the role of top senior enlisted member for the 502nd ABW June 15, serving as the principal advisor to the commander for installation support functions across all JBSA locations, supporting more than 90,000 military and civilian employees.

"In my short time here I have already seen the strong dedication this team of professionals puts forward to ensure the success of our 266 mission partners," Cadell said. "I will work with the entire team to look for new and innovative ways to accomplish our mission better, faster, safer and smarter. We can never be satisfied with the status quo. We should always be looking for ways to step up our game."

Cadell's experiences during his 23 years of service include numerous positions in the aircraft maintenance career field and leadership roles as a first sergeant at the squadron, group, numbered air force and major command levels. These experiences shaped his leadership style and how he approaches challenges.

"We are provided opportunities throughout our careers that help prepare us for increased levels of responsibility," Cadell said. "If we learn from these opportunities we and our units will be better for it. I have learned many valuable les-



Photo by Joel Martinez

son in previous assignments, but one that sticks with me the most is the value of a highly motivated team working to accomplish a shared goal. I believe if you provide a motivated team with guidance and resources they need, and get out of their way, you will be amazed with their results."

His advice to the entire joint team is simply, to be your best.

"No matter your service – Army, Navy, Marine Corps, Air Force or Coast Guard – or position – military or civilian – we need your best effort everyday," Cadell said.

"Always exceed standards. If you are a sergeant, you should strive to be the best sergeant. Don't be concerned with what is next, fo-

cus on being the best in your current position and the next rank or position will come soon enough."

The chief is also not afraid to tackle challenges head on and believes in taking care of each other.

"I believe challenges are really just opportunities in disguise, and the attitude we approach them with will often determine the outcome," he said. "I have always tried to focus my efforts of taking care of teammates and their families and they will take care of the mission." This is the true measure of success.

Cadell was previously the command chief master sergeant at the 436th Airlift Wing at Dover Air Force Base, Del.



Chief Master Sgt. Stanley C. Cadell

Chief Master Sgt. Stanley C. Cadell comes to JBSA

Chief Master Sgt. Stanley C. Cadell is the Command Chief Master Sergeant of the 502nd Air Base Wing and Joint Base San Antonio. He serves as principal advisor to the commander for installation support functions to three primary locations, JBSA-Fort Sam Houston, JBSA-Randolph and JBSA-Lackland, supporting 90,000 military and civilian employees within the largest single installation support enterprise in the Department of Defense.

As the command's senior enlisted leader, Cadell partners with senior enlisted leaders from the United States Army, Navy, Air Force and Marines ensuring force readiness and quality of life across the Joint Base San Antonio. Additionally, Cadell presents the JBSA commander a mission and combat ready enlisted force.

Cadell entered the Air Force in April 1992. His experiences include numerous duties in the maintenance career field and various leadership roles as a first sergeant at the squadron, group, numbered Air Force and major command levels.

His assignments include bases in the United Kingdom, Germany, South Dakota, Italy, Nebraska, South Carolina and Illinois. Cadell also deployed in support of Operations Deny Flight (Bosnia-Herzegovina), Provide Promise (Bosnia), Iraqi Freedom (Southwest Asia) and New Dawn (Southwest Asia). Prior to assuming his current position, Cadell served as the Command Chief Master Sergeant at the 436th Airlift Wing, Dover Air Force Base, Del.

Joint Base San Antonio announces Air Force Birthday Ball

Airman Elijah Grenier (left), 502nd Communications Squadron, and retired Lt. Col. Ramon Horinek, former Vietnam Prisoner of War, cut the cake during the 2014 Air Force Birthday Ball in San Antonio. The 2015 Joint Base San Antonio Air Force Birthday Ball takes place Sept. 18 at the J.W. Marriott San Antonio Hill Country Resort and Spa. Social hour begins at 6 p.m. with dinner at 7 p.m. Attire is mess dress or semi-formal uniform for military members and formal (black tie and tuxedo) for civilians. For tickets, visit <https://einvitations.afit.edu/inv/anim.cfm?i=256363&k=0064440A7D54>. Ticket prices are \$70 for E-8, E-9, O-4 through O-10 and GS-11 and above; \$60 for E-7, O-1 through O-3 and GS-7 through GS-10; \$40 for E-5 and E-6, GS-5 and GS-6; and \$25 for E-1 through E-4 and GS-1 through GS-4. For more information, email 502abw.ccc.jbsaball@us.af.mil.

Photo by Desiree Palacios



How to maximize privacy settings on Facebook

By Priscilla Rey
U.S. Army Garrison Bavaria Public Affairs

In a survey conducted last year by the Pew Research Center, Facebook remains by far the most popular social media site. As a member of the military, and for family members of service members, it is more important than ever to remain vigilant of operational security.

Sharing information on your Facebook timeline may seem harmless but can be dangerous to loved ones and fellow service members.

Never accept a friend request from someone you don't know, even if they know a friend of yours. Don't share information that you don't want to become public. Someone might target you for working in the Department of Defense, so be cautious when listing your job, military organization, education and contact information.

Providing too much information in your profile can leave you exposed to people who want to steal your identity or sensitive operational information.

Understanding what you can and cannot post on Facebook goes a long way in protecting yourself online, but more can be done by adjusting your privacy settings.

There are a lot of ways to protect your privacy on Facebook, a lot of people are not aware that most information is available for everyone. We did some research on how to set your settings into the highest security level.

Here to set the highest security settings on your Facebook profile.

Choose who can view your Facebook posts

(1) Log into Facebook. Go to "Set-



tings, Privacy."

(2) There you have three subjects: "Who can see my stuff," "Who can contact me" and "Who can look me up."

(3) To maximize the security on your page, choose "Only me" or "Only friends." This prevents other people from seeing stuff you post.

(4) Under "Who can look me up," Facebook will ask, "Do you want other search engines to link to your timeline?" Do not let other search engines link to your timeline.

Maximize privacy of your timeline and prevent tagging

(1) When you post pictures on your timeline, you can change the settings on who can see, comment or add things to it. You can also determine who is allowed to post stuff on your timeline.

(2) Log into Facebook. Go to "Settings, Timeline" and "Tagging."

(3) There you have three subjects:

"Who can add things to my timeline," "Who can see things on my timeline" and "How can I manage tags people add, and tagging suggestions."

(4) The best thing to do is to just make this public to just you or your friends only. Don't have friends of friends put stuff or comments on your pictures and keep this as private as you can.

(5) When you're "tagged" in a post, it means that someone has created a link to your profile. You can turn on "Tag Review" to review tags friends add to your content before they appear on Facebook. In the "How can I manage tags people add and tagging suggestions" section, click edit and click the disabled button and change its setting to enabled.

Prevent others from commenting on your profile picture

(1) With a recent Facebook update, anyone can see your full-size profile picture.

(2) Through Photoshop, Microsoft paint or any other photo editing software, you can change the size to 180 by 180 pixels. This will make it a square image and smaller. Save this and use this one as your profile picture on Facebook.

Stop Facebook from sharing your location

(1) Geotagging is the process of adding geographical identification to photographs, videos, websites and shot message service, or SMS, messages. It is the equivalent of adding a 10-digit grid coordinate to everything posted

on the Internet. You can prevent Facebook from sharing your location.

(2) Geotagging is typically done automatically on your tablet or mobile phone. When you first installed Facebook on your tablet or mobile phone, it probably asked for permission to use your phone's location services so that it could provide you with the ability to "check in" at different locations and tag photos with location information. Revoke this permission in your phone's location services settings area.

(3) There are also apps to strip the geolocation. Koredoko, deGeo (iPhone) or Photo Privacy Editor (Android) are just a few.

(4) If you post to Facebook, you may see a light-gray location description in the lower left of the status box. Always check to see if the location is posted. If it is, remove it. Simply hover your cursor or finger over the location and click the X.

The Army's Social Media Handbook provides information on safe networking, how to register your unit site, Army branding and standards and Facebook reference guides. It's available at <http://www.us.army.mil/suite/doc/43167236> (AKO login required) or <http://www.slideshare.net/usarmy-socialmedia> (login blocked on government computers).

The Air Force Social Media Guide is available at <http://www.af.mil/shared/media/document/AFD-120327-048.pdf>

Always remember: think before you post. Stay safe.

Security forces officials advise on safeguarding belongings

By Robert Goetz

Joint Base San Antonio-Randolph
Public Affairs

Smartphones and other personal electronic devices have become indispensable items in this century, but they can sometimes fall in the wrong hands due to the lack of attention of their users.

Thefts of cellphones and wallets filled with credit cards and money at Joint Base San Antonio-Randolph's Rambler Fitness Center – five so far this year – have prompted 902nd Security Forces Squadron officials to be concerned and encourage people to better safeguard their personal belongings in public places and in their vehicles.

“We want people to know there are precautions they can take to avoid being the victims of theft,” Tech. Sgt. Mark Fox, 902nd SFS NCO in charge of police services, said.

Fox said most of the thefts at the fitness center have occurred in the gymnasium when basketball and volleyball games are played and when patrons place belongings on bleachers

or the floor.

“Don't put your personal items in plain view,” he said. “Lock them in a locker or leave them with someone you trust.”

Fox said the locker rooms at the fitness center are equipped with lockers with built-in digital locks and standard lockers that people can secure with their own locks.

“Locker rooms are vulnerable to theft, especially when valuable items are in plain view,” he said. “In addition, gym bags are susceptible to pilfering.

“When you use a locker room, use a lock so your items are secured,” Fox said. “Bring your own lock if the locker doesn't have one.”

Thefts often occur when the fitness center is busiest – in the mid- to late afternoon, Fox said.

“The more people that are there, the more chance of items becoming missing, especially if they're not secured,” he said.

Fox also offered advice for people who leave valuable items in their vehicles.

“Don't leave them where they can be

seen,” he said. “There are two phases of security – lock your vehicle's doors and keep your belongings in a locked glove compartment or center console. Leaving items in plain view can be an invitation to theft.”

Tech. Sgt. Matthew Brown, 902nd SFS NCO in charge of operations, said the squadron has stepped up its walk-through patrols at the fitness center.

“Officers are looking for suspicious activity,” he said. “They're also looking for unsecured items and educating people about locking up those items.”

Fox said the fitness center is equipped with security cameras, but those alone are not a deterrent to theft. It's up to people to secure their belongings.

“Our job is to let people know that they should be mindful of their property at all times and use every precaution necessary to ensure its safety,” he said.

Fox also said people who use the fitness center or go to other public places can play a role in crime prevention.

“If you see something suspicious, notify the on-duty staff or security forces,” he said.



Photo by Melissa Peterson

Staff Sgt. Johnathan Royce, 902nd Security Forces Squadron military working dog handler and his military working dog, Ramon, patrol the Rambler Fitness Center Aug. 20 at Joint Base San Antonio-Randolph.

POW★MIA

POW/MIA Week events

The 12th Flying Training Wing at Joint Base San Antonio-Randolph hosts POW/MIA Week Sept. 15-17.

The observance kicks off with a breakfast Sept. 15 hosted by Col. Matthew Isler, 12th FTW commander. The breakfast begins at 8 a.m. at the Parr Club. For ticket information, call 565-3815.

A 5K Remembrance Run takes place 7 a.m. Sept. 16 at the Rambler Fitness Center. This event is free and strollers and leashed pets are welcome. For more information, call 652-4931.

The POW/MIA Retreat ceremony hosted by Col. Matthew Isler, 12th FTW commander, takes place 5 p.m. Sept. 17 in Washington Circle in front of the Taj Mahal, building 100. For more information, call 565-4904.

Courts-martial, crimes and punishment at Joint Base San Antonio

From Joint Base San Antonio Judge Advocate General

The Joint Base San Antonio Judge Advocate General completed three Air Force courts-martial in the month of July, with one that began in June and ended in July. The results of a court-martial are not final until the clemency and/or appeals process is completed.

All courts-martial are open to the public and upcoming courts-martial can be viewed at the United States Air Force Judge Advocate Generals website at <http://www.afjag.af.mil/docket/index.asp>.

Capt. Evan G. Smith, 59th Medical Operations Squadron, JBSA-Lackland, was tried by a general court-martial consisting of a military judge from July 6-13 at JBSA-Lackland. Contrary to his pleas, Smith was found guilty of three charges and three specifications of misconduct in violation of Article 128, Uniform Code of Military Justice, striking his child on the buttocks and thighs; Article 131, UCMJ, perjury) and Article 134, UCMJ, being culpably negligent regarding his son by throwing and dropping him. He was sentenced to a dismissal.

Airman Cody D. Bond, 59th Medical Specialty Squadron, JBSA-Lackland, was tried by a general court-martial consisting of officer members from June 25 to July 2. Bond pled guilty to wrongfully buying a car with a \$20,000 bad check in violation of Article 134, UCMJ. Contrary to his pleas, Bond was also convicted of violations of Article 120, UCMJ, aggravated sexual assault; and Article 134, UCMJ, making threats on multiple occasions. The panel sentenced him to 10 years confinement and a dishonorable discharge.

Details regarding the third court-martial will be published later this year.

In July, JBSA Air Force commanders administered 19 non-judicial punishment actions under Article 15 of the UCMJ.

The punishments imposed reflect the commander's determination of an appropriate punishment after considering the circumstances of the offense



and the offender's record. Officers may not be reduced in rank as a punishment. A suspended punishment does not take effect unless the offender engages in additional misconduct or fails to satisfy the conditions of the suspension. The suspension period usually lasts for six months unless a lesser amount is specified.

JBSA-Lackland:

The Article 15 actions from JBSA-Lackland include, but are not limited to:

- False official statement and forgery – A master sergeant forged a signature of another individual on a physical assessment test and lied to leadership when questioned. The member received a reduction to the grade of technical sergeant, suspended forfeitures of \$1,836 pay per month for one month and a reprimand.
- Dereliction of duty and assault consummated by a battery – An airman first class unlawfully consumed alcohol inside the dormitory and intentionally punched another technical trainee in the face with his fist. The member received a reduction to the grade of Airman, forfeitures of \$404 pay per month for one month, 14 days restriction, 14 days extra duty and a reprimand.
- Dereliction of duty by willful and provoking gestures – An airman first class in technical training failed to remain inside the dormitory between the hours of 10 p.m. and 4 a.m. and verbally threatened another technical training student. The member received a reduction to the grade of airman, forfeitures of \$404 pay per month for one month, 14 days restriction, 14 days extra duty and a reprimand.
- Dereliction of duty, willful – Three airmen first class in technical training failed to remain inside the dormitory between the hours of 10 p.m. and 4 a.m. They all received 14 days restriction, 14 days extra duty and a reprimand and one also received forfeitures of \$333 pay per month for one month.
- Dereliction of Duty, willful – An airman first class in technical training copied answers from the technical training student directly next to them during a block examination. The member received a reduction to the grade of airman, forfeitures of \$404 pay per month for one month, 14 days restriction, 14 days extra duty and a reprimand.
- Larceny – An airman first class in technical training stole a pair of shoes, beige suspenders and After Bite itch eraser from the Army and Air

Force Exchange Service. The member received a reduction to the grade of airman, suspended forfeitures of \$404 pay per month for one month, 14 days restriction, 14 days extra duty and a reprimand.

- Assault consummated by a battery – An airman first class in technical training unlawfully punched another training student in the chest. The member received a reduction to the grade of airman, suspended forfeitures of \$404 pay per month for one month, 14 days restriction, 14 days extra duty and a reprimand.

- Failure to obey – An airman first class in technical training consumed alcohol inside the dormitory. The member received forfeitures of \$425 pay per month for one month, 14 days restriction, 14 days extra duty and a reprimand.

- Absent without leave, failure to obey, false official statement and wrongful use of marijuana - An airman left work without the proper authority and the member failed to return the next duty day as directed by his commander. When the member returned several days later, the airman admitted to using and possessing marijuana. The member received a reduction to the grade of airman basic and a reprimand.

- AWOL and false official statement – An airman left work without the proper authorization. When the member was questioned, they lied to leadership on diverse occasions. The member received a reduction to the grade of airman basic, 30 days restriction, 30 days extra duty and a reprimand.

- Failure to obey – Four airmen basic in technical training failed to remain inside the dormitory between the hours of 10 p.m. and 4 a.m. They each received 14 days restriction, 14 days extra duty and a reprimand; three also received forfeitures of \$333 pay per month for one month.

- AWOL – An airman basic in technical training failed to report to a mandatory physical training exercise as directed. The member received forfeitures of \$360 pay per month for one month, 14 days restriction, 14 days extra duty and a reprimand.

- Disrespect to an NCO – An airman basic in technical training made disrespectful and derogatory comments towards a staff sergeant. The member received forfeitures of \$360 pay per month for one month, 14 days restriction, 14 days extra duty with excess of seven days suspended and a reprimand.

JBSA – Randolph:

The Article 15 action consists of:

- Fraternalization, failure to obey a lawful order – A lieutenant colonel fraternized with an enlisted member on terms of military equality by engaging in inappropriate physical contact and inappropriate communications with that member. When ordered to cease contact, the lieutenant colonel failed to obey that order. Punishment consisted of forfeiture of \$2,200 pay per month for two months and a reprimand.



Joint Base San Antonio

FORCE SUPPORT SQUADRON

Monthly Events

September

Bowling

Renovations roll on

The JBSA-Randolph Bowling Center has limited lanes available for use during renovation. For more information, call 652-6271.

Fall leagues are starting

Sign up now for the JBSA-Fort Sam Houston Bowling Center fall bowling leagues. Leagues run Tuesday through Saturday for 32 weeks and begin after Labor Day. For more information, call 221-3683.

The JBSA-Lackland Bowling Center is also taking sign-ups for fall bowling leagues. For more information or to sign up, call 671-1234.

Sign up at the JBSA-Randolph Bowling Center to participate in the following fall leagues:

Sunday First Nighters begins Sept. 13, 6 p.m., and is a four-players mixed format with two men and two women.

Sunday Youth Sport begins Sept. 13, 6 p.m., and is for single youth players only, age 15 and older.

Monday Extramurals begins Sept. 14, 5:30 p.m., and has a five-player mixed format.

Tuesday Ladies Early Birds begins Sept. 8, 9:30 a.m., and has a four-player format.

Tuesday Night Mixed Doubles begins Sept. 8, 6:30 p.m., and has a four-player mixed format with two ladies and two men.

Wednesday Rowl Ladies begins Sept. 9, 9:30 a.m., and has a three-player format.

Thursday Morning Ladies begins Sept. 10, 9:30 a.m., and has a four-player format.

Thursday Night Mixed begins Sept. 10, 6:30 p.m., and has a four-player mixed format.

Friday Pioneer Senior League begins Sept. 11, 11 a.m., and has a four-player mixed format consisting of members 55 years and older.

Saturday Ben Friedli Youth Memorial League begins Sept. 12, 10 a.m., and is for youth ages 5 and older.

Actual start dates are subject to change. For more information, call 652-6271.

Summer ends with a Labor Day celebration

Join the JBSA-Randolph Bowling Center for a special cosmic bowling event Sept. 5, 8-11 p.m. Enjoy music provided by a DJ, games, prizes and food specials. Cost is \$10 per adult and \$5 per child, 10 years and younger. Prizes include a bowling ball and bag, bowling shoes, bowling pin bank, games of bowling and more. This event is sponsored by Randolph-Brooks Federal Credit Union. No federal endorsement of sponsor intended. For more information, call 652-6271.

Bowlers partake in a Labor Day weekend special

Bowl at the JBSA-Randolph Bowling Center Sept. 5-7 at the special rate of \$2.50 per game, per person. This special excludes the "Labor Day End-of-Summer Celebration." Shoe rental is \$2.50. For more information, call 652-6271.

Families bowl together

Bring the family to the JBSA-Fort Sam Houston Bowling Center Sundays, noon to 5 p.m., for lots of bowling fun. Families with a group of two to six people can get a bowling lane for one hour, a large one-topping pizza, sodas and bowling shoes for \$50. For more information, call 221-3683.

Grandparents are honored with a bowling special

Bring the grandparents to the JBSA-Randolph Bowling Center for fun and companionship Sept. 13, 1-4 p.m. Bowling and shoe rental are free for grandparents. Cost is \$2.50 per game, per person with a \$2.50 shoe rental for all other participants. For more information, call 652-6271.

Catfish are found at Bowling Center

Susie's Kitchen at the JBSA-Lackland Bowling Center serves catfish plates for lunch and dinner. Choose a variety of catfish selections including catfish baskets and catfish sandwiches alongside the new breaded pickle spears and breaded mushrooms. For more information, call 671-1234.

Clubs

Bingo players get lucky

Play bingo at the JBSA-Randolph Kendrick Club Sept. 3 for "Labor Day Bingo Extravagana" with \$16,500 in total bingo jackpots, a complimentary buffet at 5 p.m. and Early Bird Bingo at 6 p.m.

"Bingo Extravagana" is held Sept. 7 and 21 at the JBSA-Randolph Kendrick Club with \$15,000 in total bingo jackpots, a complimentary buffet at 5 p.m. and "Early Bird Bingo" at 6 p.m.

The JBSA-Randolph Kendrick Club hosts "Birthday Bingo" Sept. 15. All birthday members receive one free machine, cake and champagne. This event is for JBSA-Randolph club members only and ID and club card are required. For more information, call 652-3056.

Fight night at the club is a frenzy

"Fight Night Frenzy" is held in Gil's Pub at the JBSA-Randolph Kendrick Club Sept. 5 and is open to all Department of Defense ID cardholders. Watch the fight on the club's seven large-screen televisions for a chance to win a trip for two to a live Ultimate Fighting Championship® fight in Las Vegas. Patrons must be a club member to win. The cost to attend "Fight Night Frenzy" is \$5 for nonmembers and free for members. Every table receives

a complimentary bowl of chips and salsa. This program is sponsored by Budweiser. No federal endorsement of sponsor intended. For more information, call 652-3056.

Nighttime is entertaining at the club

Visit the JBSA-Randolph Kendrick Club for a pre-Labor Day all-nighter Sept. 5, 5 p.m., with great drink specials after 10 p.m.

Enjoy great jazz and rhythm and blues at the JBSA-Randolph Kendrick Club Sept. 18 on the Nite Club patio. For more information, call 652-3056.

The football season kicks off

Watch the New England Patriots versus the Pittsburgh Steelers game at the JBSA-Randolph Kendrick Club Sept. 10, 6:30 p.m. A meal of an 8-ounce rib-eye steak, fries and vegetables is available for \$6.45 for members and \$8.45 for nonmembers. The evening also includes \$1 off all Budweiser beverages, door prizes and a visit from the Budweiser girls. Attendees are entered to win tickets to a regular season National Football League game for the next season. During halftime, enjoy samples of the new football season menu. Must be a club member to win prizes. This event is sponsored by Budweiser and Randolph-Brooks Federal Credit Union. No federal endorsement of sponsor intended. For more information, call 652-3056.

The chef has specials for every palate

The JBSA-Lackland Gateway Club hosts a Chef's Dinner Special Sept. 11 and 18, 5-8 p.m. The Sept. 11 menu features bacon-wrapped filet mignon with Bearnaise sauce, sautéed jumbo shrimp, twice-baked Dutchess potatoes, roasted asparagus with red peppers and a house salad. The Sept. 18 menu features prime rib au jus, twice-baked Dutchess potatoes, green beans with red peppers and house salad. Cost is \$16.95 for members and \$18.95 for nonmembers. For more information, call 645-7034.

Nightlife is full of fun at the club

The JBSA-Lackland Gateway Club invites patrons to celebrate the middle of the month at the "We're Half Way There" celebration Sept. 18, 5-8 p.m., in the Maverick Lounge. Music is provided by DJ LJU.

"Karaoke Night" is Sept. 19, 8 p.m. to midnight, at the JBSA-Lackland Gateway Club. Music is provided by DJ Dee Dee. For more information, call 645-7034.

Club shows appreciation

The JBSA-Lackland Gateway Club hosts "Customer Appreciation Night" Sept. 22, 5-8 p.m., in the Fiesta Ballroom. The menu features a build-your-own salad bar, beef tenderloin with port wine sauce, shrimp Alfredo with

angel hair pasta, chicken breast stuffed with cornbread dressing, potatoes, rice pilaf, succotash, cauliflower, baked rolls, cherry cobbler with vanilla ice cream and fresh fruit. Cost is \$10.50 for members and \$12.50 for nonmembers. Entertainment is provided by Doggin' Dave Productions. For more information, call 645-7034.

Club closes out the year

The JBSA-Lackland Gateway Club hosts a "Fiscal New Year's Buffet" Sept. 24, 11 a.m. to 3 p.m. Cost is \$9.95 per person. The buffet features fried chicken, seafood Newburg with white steamed rice, Jack Daniels barbecue brisket, potatoes with brown gravy, parsley red potatoes, macaroni and cheese, corn O'Brien, spinach, baked rolls, soup and salad bar and desserts. For more information, call 645-7034.

Surf and turf pleases patrons

Join the JBSA-Lackland Gateway Club Sept. 25, 5-8 p.m., for "Surf and Turf Night." The menu includes lobster tail, rib-eye steak, potatoes, asparagus spears, baked rolls, salad and lemon sorbet with mixed berries. Cost is \$25 for members and \$27 for nonmembers. For more information, call 645-7034.

The club celebrates the new fiscal year

The JBSA-Lackland Gateway Club hosts a "Fiscal New Year Party" in the Lone Star and Maverick Lounges Sept. 25. Entertainment at the Lone Star Lounge is provided by DJ LJU, 5-6 p.m., and the Fourth Quarter Band performs 6-9 p.m. Then DJ LJU closes out the night 9 p.m. to 1 a.m. Doggin' Dave Production provides entertainment at the Maverick Lounge, 5-8 p.m. Admission is free and open to both members and nonmembers. For more information, call 645-7034.

Community Programs

Shoppers look for a bargain in the warehouse

Take a shopping adventure at the JBSA-Randolph Bargain Warehouse Sept. 9. For more information, call 652-5142.

Bargain hunters find treasures

Buy or sell household items at the JBSA-Randolph Flea Market Sept. 19, 8 a.m. to 1 p.m. Head to Information, Tickets and Travel, building 895, to rent a 6-foot table for \$15 and join in at the Child Development Program, building 1072. Selling of firearms, animals, arts and crafts or food and beverage items is not permitted. For more information, call 652-5142.

Equestrian Center

Riders ride and relax at the Equestrian Center

The JBSA-Fort Sam Houston Equestrian Center offers horseback riding lessons for beginners and advanced riders, 7 years and older, in English and Western style riding. Therapeutic riding lessons are also available. Horses, saddles and tack for lessons are provided if needed. Cost is \$60 per hour for a private lesson, \$175 for five group lessons, \$225 for five partially private lessons and \$250 for five private lessons.

Trail rides are available Saturdays and Sundays at the JBSA-Fort Sam Houston Equestrian Center. Departure times are 8:30 a.m., 10 a.m., 12:30 p.m. and 2 p.m. Reservations must be made in advance and participants must be 7 years or older to ride. Cost is \$30 per person and adults must accompany children younger than 12 years. Riders must be at least 4 feet, 6 inches and weigh less than 200 pounds. For more information, call 224-7207.



Fitness

Softball teams form and compete

The JBSA-Lackland Gateway Fitness Center hosts the "All Air Force Men Softball Trial Camp" Sept. 2-18 at the Warhawk Softball Field. Members compete to make the All Air Force team and compete in the Armed Forces Softball tournament. Practices are free and open to base personnel. For more information, call 671-1348.

Strong men and women participate in a challenge

The JBSA-Lackland Kelly Fitness Center hosts a free "Bench Press Challenge," Sept. 11, 6 a.m. to 3 p.m. Males lift 135 pounds and females lift 55 pounds. Winners are determined by how many repetitions each contestant can achieve within a two-minute time limit. For more information, call 925-4848.

Freedom is honored during a remembrance run

The JBSA-Randolph Rambler Fitness Center hosts a 5K run or walk Sept. 11, 7:30 a.m., at Eberle Park in remembrance of 9/11 and in celebration of freedom. For more information, call 652-7263.

Racquetball players compete to win

All Department of Defense ID cardholders, 16 years and older are invited to participate in the JBSA-Fort Sam Houston Jimmy Brought Fitness Center "Single-Elimination Racquetball Tournament" Sept. 12, 9 a.m. The deadline to enter is Sept. 7. For more information, call 221-1234.

Basketball training camp

The Armed Forces Men's Basketball Team hosts a "Pre-Conseil International du Sport Militaire" training camp Sept. 12-30 with practices and games at the JBSA-Lackland Chaparral Fitness Center. For more information, call 671-2401.

Gym goers stay fit with an indoor triathlon

Join the JBSA-Randolph Rambler Fitness Center for an indoor triathlon Sept. 14-18, during normal business hours. Each participant must complete a 15-mile treadmill or indoor track run or walk, a 30-mile stationary bike ride and a 5-mile row. Pick up an indoor triathlon challenge tracking booklet from fitness center staff and have them initial each completed item before beginning a new one. Once the challenge is complete, return the booklet to staff members. For more information, call 652-7263.

Golf

Golfers compete in a scramble

Golfers are invited to play in the monthly "Warrior Four-Person Scramble" at the JBSA-Fort Sam Houston Golf Course Sept. 4, 12:30 p.m. Cost is \$25 for members and \$35 for nonmembers. Fees include 18 holes of golf, green fees, golf cart, dinner and gift certificates for the winners of the longest drive and closest to the pin. The first-, second- and

third-place winners also receive gift certificates. For more information, call 222-9386.

Tournament determines course champion

The JBSA-Lackland Gateway Hills Golf Course hosts the "Championship Golf Tournament" Sept. 5-7, 8 a.m. Cost for this individual stroke play tournament is \$75 a player and includes a tee gift, food and beverage on the last day. Green and cart fees must be paid each day. For more information, call 671-3466.

Labor Day is a great time for golf

Participate in the Labor Day golf tournament at the JBSA-Randolph Oaks Golf Course Sept. 7, with 7-9 a.m. tee times. This is a low-net, low-gross tournament. The cost is \$10 plus green fees and cart rental. For more information, call 652-4653.

Gateway golf course closes for maintenance

The JBSA-Lackland Gateway Golf Course is closed for play Sept. 14-15 for maintenance of the greens. For more information, call 671-3466.

Golfers compete to be the best

Compete in the JBSA-Randolph "Championship Golf Tournament" Sept. 19 and 20, with 7-9 a.m. tee times, as the best golfers at JBSA-Randolph are identified. This is a flighted individual tournament based on a Golf Handicap and Information Network handicap or another verifiable handicap. The cost is \$30 plus green fees and cart rental. Entry fees include gift certificates for the winners and hors d'oeuvres. For more information, call 652-4653.

Information, Tickets and Travel

Summer fun is not over yet

The JBSA-Randolph Information Tickets and Travel office has SeaWorld® tickets available and the park is open weekends through Sept. 27. This is a great time to enjoy the park without the heat and large crowds. Purchase daily passes to SeaWorld® at ITT in the Community Services Mall, building 895. Cost for adult and children passes is \$45. Prices are subject to change.

Purchase Six Flags® Fiesta Texas tickets from the JBSA-Randolph ITT and have Texas side fun on weekends through Dec. 20. The park is also open daily Dec. 21 to Jan. 2, excluding Dec. 24-25. Daily passes for everyone 3 years and older are \$39.65. Prices are subject to change. For more information, call 652-5142.

Dallas Cowboy ticket packages available

Reserve 2015-2016 "Tailgate Getaway All-Inclusive" packages for Dallas Cowboy home games starting at \$399 per person at the JBSA-Lackland Information, Tickets and Travel office. Price includes deluxe motor-coach transportation, one hot breakfast buffet, transportation to stadium, Texas barbecue buffet, a tailgate party with unlimited beverages, live entertainment, an autograph session with a Dallas Cowboy legend, a 400-level game ticket and refreshments en route. For more information, call 671-3059.

Disney is waiting

Disney has extended the special admission ticket for active-duty military and retirees until Dec. 17. The limit of tickets that can be purchased has increased from six to 12 per military member or retiree. Military members must accompany the group to the gate to activate the tickets. JBSA-Lackland Information, Tickets and Travel has four-day park hopper tickets for \$175.50 or a four-day park hopper with four additional days for Disney water parks and Disney Quest for \$250.50. The additional four-day admissions must be used within 13 days of the original tickets. ITT also carries three-day park hopper admission tickets for \$130. For more information, call 671-7111.

Tickets available for local attractions

The JBSA-Fort Sam Houston Information, Tickets and Travel office is open Saturdays and has tickets for just about anything and everything. For more information, call 221-5863.

2015 TRAVEL EXPO
Sept. 25
10 a.m. to 1 p.m.

JBSA-Lackland
 Arnold Hall
 Community Center
 1560 Stewart St.,
 Bldg. 5506

Travel industry experts will be onsite to offer specials and discuss hotels, attractions & more!

Grand Prize Giveaway
 Grand Prize: Five-day cruise to the Caribbean for two
 \$800 Value (Gratuities and cruise line insurance excluded)
 Prizes given throughout the event

JBSA-Lackland Information, Tickets & Travel
 671-7111 · www.jbsatravel.com

Plan now for spring travel

JBSA-Lackland Information, Tickets and Travel can help customers book 2016 Spring Break adventures in Europe. Payment plans are available for the London, Paris and Rome 10-day group tour with prices starting at \$3,500 and the "Simply Italy" eight-day group tour starting at \$3,000. For more information, call 671-7111.

Cruise the sea with Mickey

JBSA-Lackland Information, Tickets and Travel has tickets to travel with Disney on a seven-day Eastern Caribbean cruise that leaves Galveston, Texas, and goes to Key West, Fla., Nassau, Bahamas and Castaway Cay

Bahamas Nov. 27 - Dec. 4. Rates start at \$4,617 for an inside cabin, based on two adults and two children, 10-12 years. Gratuities are not included. Full payment and a \$10 service fee are due at booking. For more information, call 671-7111.

Library

Language courses available

For an innovative way to learn a different language, drop by the JBSA-Fort Sam Houston Keith A. Campbell Memorial Library and check out "Mango Languages" with more than 60 foreign languages and 17 English courses available. These online courses offer flexibility and mobility along with free mobile applications. Come by the library for assistance or log on to <http://www.jbsalibraries.com> and click on the eResources/research tab to begin. For more information, call 221-4702.

Libraries offer more than books

The JBSA libraries offer a variety of resources for the military and their families including books, audiobooks, magazines, newspapers, videos, music, video games and more. A computer lab with printing and scanning capabilities and conference rooms are also available. E-resources such as e-books, e-audiobooks, e-subscriptions and informational databases are available in person and online at <http://www.jbsalibraries.org>. For more information, call the JBSA-Fort Sam Houston Keith A. Campbell Memorial Library at 221-4702, the JBSA-Lackland Library at 671-2673 and the JBSA-Randolph Library at 652-5578.

Children enjoy interactive story times

Enjoy a story or two and an activity to follow at the JBSA libraries. Story time is hosted at the JBSA-Fort Sam Houston Library Thursdays, 10 a.m., the JBSA-Lackland Library Tuesdays, 10 a.m. and the JBSA-Randolph Library Wednesdays, 10 a.m. No registration is required. For more information, call the JBSA-Fort Sam Houston Keith A. Campbell Memorial Library at 221-4702, the JBSA-Lackland Library at 671-2673 and the JBSA-Randolph Library at 652-5578.

Military & Family Readiness

Key spouses attend training

Learn about the Key Spouse program Sept. 9, 8:30 a.m. to 3:30 p.m., at the JBSA-Lackland Military & Family Readiness Center. This is mandatory for newly appointed Key Spouses and recommended for Key Spouse mentors. JBSA military spouses interested in the program or volunteering are welcome to attend. Registration is required. For more information, call 671-3722.

Service members make a transition

All service members transitioning or considering transitioning from military to civilian life are encouraged to attend the JBSA-Fort Sam Houston Transition Information Program Sept. 10, 8 a.m. to 4 p.m., held at the Military & Family Readiness Center. Speakers from the Military and Veteran Community Collaborative, Texas Veterans Commission, Veterans Service Program and the Work Force Solutions Alamo are on site to discuss

networking opportunities, education benefits, health care, employment tips on career transitions, housing and property markets and more. This is free and open to all Department of Defense ID cardholders and spouses. Registration is required. For more information, call 221-1213.

Spouses receive guidance

Spouses are invited to attend the quarterly spouses orientation program Sept. 10 and 23, 8:30 a.m. to 2 p.m., at the JBSA-Randolph Military & Family Readiness Center. Receive information about available resources and programs located on JBSA and the surrounding area. Spouses have the opportunity to network and learn about Air Force customs, courtesies, ranks and acronyms. Lunch and a guided tour of the Taj Mahal are included. Limited child care vouchers are available. For more information, call 652-5321.

Car buyers learn to shop the smart way

The JBSA-Randolph Military & Family Readiness Center hosts a car buying class Sept. 15, 2-3:30 p.m. Learn how to avoid overpaying for a vehicle and for needless vehicle costs such as repairs. This course is designed to help save money and avoid hassles. For more information, call 652-5321.

Veterans attend hiring fair

All military spouse, veterans and service members are encouraged to attend the JBSA-Fort Sam Houston Military & Family Readiness Center two-day workshop Sept. 23, 6:30-8:30 p.m., at the USAA® Federal Savings Bank, 10750 McDermontt and at the M&FRC Sept. 24, 10 a.m. to 1 p.m. Participants prepare for the hiring fair with tips on resumé writing, social media and networking and ways to stand out against other candidates. For more information, call 221-2705.

Leadership is listening

The Armed Forces Action Plan gives service members, retirees, Reservists, Department of Defense civilians, survivors, teens and family members the chance to identify critical issues concerning welfare and morale and present them to senior leadership for action and resolution. It gives commanders a gauge to validate concerns and measure satisfaction, which results in legislation, policies, programs and services that strengthen readiness and retention. Submit issues, concerns, ideas or suggestions to usaf.jbsa.502-abw.mbx.502-fss-volunteer@mail.mil, no later than Sept. 15 for the 2015 AFAP Conference. To volunteer or learn more about AFAP, visit <http://go.usa.gov/3vSph> or call 221-2380.

Outdoor Recreation

Handgun Licenses are acquired with training

The JBSA-Camp Bullis Rod-N-Gun Recreation Center provides Concealed Handgun License classes Sept. 5 and 19. Successful completion of the class is required to apply for a Texas CHL. For more information, call 363-2332.

Archers compete

The JBSA-Camp Bullis Rod-N-Gun Recreation Center

hosts a three-dimensional archery competition Sept. 26-27, 8 a.m. to 1 p.m. Registration is 8-10 a.m. and the course needs to be completed by 1 p.m. Cost is \$15 for the fun shoot, \$5 for children 12 years and younger and \$20 for the competition shoot. For more information, call 295-7529.

Skylark swimming is ongoing

JBSA-Lackland Skylark Aquatics Center has lap swimming Monday, noon to 1 p.m. and Tuesday-Friday, 11 a.m. to 1 p.m. Open swimming is Monday-Friday, 4-7 p.m., and Saturday, 12:30-4:30 p.m. Swim lessons are available for children 3 years and older and a swim team for youth, 7 years and older. For more information, call 671-3780.

Horse stalls are available

The JBSA-Lackland Saddle Club has stalls available for \$60 per month along with membership dues of \$25 per month. For more information, call 837-6741.

Eberle Park has rentals

Be sure to consider JBSA-Randolph Eberle Park when planning the next gathering or party. Rent each pavilion for \$35, the grill and serving house for \$20 each and the entire park for \$50. Reservations are required. Visit Outdoor Recreation in the Community Services Mall, building 895, to make reservations. For more information, call 652-5142.

Equipment rentals are available

The JBSA-Randolph Community Services Mall, building 895, has plenty of various types of equipment available for rent. For more information, call 652-5142.

Youth and Children

Parents get a break

JBSA-Lackland Youth Programs presents Give Parents A Break Sept. 12, 1-5 p.m. Parents drop off children, 5-12 years, at Youth Programs for activities, entertainment and snacks. The enrollment fee is \$25 per youth with multiple child discounts or free with Give Parents a Break referral. Parents can enjoy quality time worry free without the little darlings. Preregistration is required. Parents with children 6 months to 5 years old should call 671-3675 to make reservations. For more information, call 671-2388.

JBSA-Randolph Youth Programs hosts Give Parents a Break/Kids Adventure Night Sept. 18, 6-10 p.m. Registration is Sept. 1-16. This event is held at the Child Development Programs Annex for children 2 years and younger and at Youth Programs for children 3 years and older. Cost for GPAB waiver holders is free and all others pay \$25. There is a multiple-child discount. For more information, call 652-4946.

Parents enroll children for enrichment program

Register children, 3-5 years, for the JBSA Part Day Enrichment Program. This program is designed to help children learn to work in a group setting and they are exposed to many preschool and kindergarten scenarios including learning colors, numbers and shapes, following directions, taking turns and sharing space. For more information, call 221-4871 for JBSA-Fort Sam Houston, 671-3675 for JBSA-Lackland and 652-1140 for JBSA-Randolph.

Youth programs available for free

Youth may participate in JBSA-Randolph Youth Programs during Sept. 7-12 for free. There is no membership card needed to participate during this week. Youth Programs has a lot of activities, programs, camps and classes for children to enjoy all year long. Stop by Youth Programs, building 585, to learn more. For more information, call 652-3298.

Children drop the electronic devices for a day of play

JBSA-Lackland Youth Programs holds a Worldwide Day of Play Sept. 19, 10 a.m. to 1 p.m. Attendees are invited to play games and be active to encourage physical fitness and a healthy lifestyle. This event is free for children, 5-12 years. For more information, call 671-2388.

Join the JBSA-Randolph Youth Programs for Nickelodeon's 11th annual Worldwide Day of Play Sept. 25, 4-6 p.m. This special event is designed to influence children to turn off televisions, be active and healthy. Join Youth Programs for fun and games. For more information, call 652-3298.

Instructional classes available through Youth Programs

The JBSA-Fort Sam Houston School Age Services provides instructional classes to the home school community. Available classes include Tae Kwon Do, drum lessons, guitar lessons and tumbling. Class times and pricing varies. For more information, call 221-3381.

JBSA-Lackland Youth Programs offers classes for youth covering a variety of interests. All classes are held at the JBSA-Lackland Youth Center throughout the week and at various times. Classes include dance, guitar, piano, Kinder Jam, tang soo do, karate and violin. Enrollment is at the front desk Monday-Friday, 8:30 a.m. to 5:30 p.m. For more information, call 671-2388.

Now that school is back in session, youth are encouraged to get involved in one of the JBSA-Randolph Youth Programs instructional classes for children 18 months to 18 years. There is something for everyone including classes in dance, music, martial arts, piano and gymnastics. For more information, call 652-3298.

Children are made to feel safe

JBSA-Lackland Youth Programs continues to register youth, 5-12 years for before- or after-school care. Children can participate in fun activities in a safe and convenient location. Cost varies according to household income. For more information, call 671-2388.

STAY CONNECTED

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

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



JOINT BASE SAN ANTONIO SAFETY MESSAGE

E-cigarettes and explosions: An emerging danger

Joint Base San Antonio-Lackland fire emergency crews recently responded to an alarm activation in a base housing area. Upon arrival, fire alarms were sounding and the facility was being evacuated. The initial report indicated a smoke detector had been activated within the facility.

After inspection, it was found an individual smoking an e-cigarette caused the smoke detector to go off. With these items now in regular use almost everywhere, it presents a new problem to firefighters and users alike.

Although fires and explosions caused by electronic cigarettes are rare, according to an article published by the U.S. Fire Administration in October 2014 (<http://www.usfa.fema.gov/prevention/outreach/smoking.html>), more than 2.5 million Americans are using them and this number is growing rapidly.

The article states that 25 separate incidents of explosion and fire involving an e-cigarette were reported in the United States media between 2009 and August 2014, resulting in nine injuries, two being serious burns when the devices exploded in the user's mouth. In addition, 20 of the incidents occurred while the battery was charging. It's likely that there were additional incidents not reported to the fire department and/or reported in the media.

The e-cigarette, also called a personal vaporizer or electronic nicotine delivery system, is a battery-powered device that simulates tobacco smoking by producing a heated vapor which resembles smoke. These devices have become an alternative to smoking, including among a growing number of individuals who have never been smokers, but who enjoy the many flavors and/or the experience of using e-cigarettes.

Patented in 2003, e-cigarettes have been sold in the U.S. since 2007. According to a 2014 Department of Family and Preventative Medicine at the University of California, San Diego (http://tobaccocontrol.bmj.com/content/23/suppl_3/iii3.short) there were 466 brands of e-cigarettes and 7,764 unique flavors available for sale. They also state the number of products has been increasing at a rate of 10.5 brands and 242 new flavors per month.

Annual e-cigarette sales have reached \$2.5 billion dollars nationally and the Statistic Brain website (<http://www.statisticbrain.com/electronic-cigarette-statistics/>) reports that as of July 13, 2014, there were 2.5 million e-cigarette smokers in America.

The devices have a heating element (an atomizer or cartomizer) which vaporizes a liquid solution. Solutions (also called "juice") usually contain a mixture of propylene glycol (which increases flavor), vegetable glycerin (which increases vapor), nicotine and flavorings. Some juices provide flavored vapor without nicotine.

"Automatic" e-cigarettes activate the heating coil when a user takes a drag from the device. Manual e-cigarettes have a switch that the user depresses



Courtesy graphic

to energize the heating element to make the heated vapor.

Most manufactured devices have built-in timeout features that prevent overheating and many have locking features to prevent the switch from being activated in a pocket or purse. A light-emitting diode to simulate a cigarette's glow on the end is also common in e-cigarettes.

Media reports generally characterize these incidents as explosions. The event occurs suddenly and is accompanied by a loud noise, a flash of light, smoke, flames and often vigorous ejection of the battery and other parts. Many of the media reports state that the battery or other components of the device were ejected under pressure and "flew across the room," often igniting combustible items where they landed.

Most of the incidents resulted in ignition of nearby contents, such as carpets, drapes, bedding, couches or vehicle seats. Users were usually nearby when the incident occurred and they were able to extinguish the fires while they were still small. One incident resulted in the loss of a bedroom.

Eighty percent of the incidents reported occurred while charging. A variety of charging sources were reported, such as laptop universal serial bus ports, auto USB adapters, desktop computer USB ports and wall adapter USB ports.

Not all USB ports are created equal, as the voltage and current provided by USB ports can vary

significantly. As a result, plugging an e-cigarette into a USB port or power adapter not supplied by the manufacturer may subject the battery to higher current than is safe, leading to thermal runaway that results in an explosion and or fire.

Concern has been raised that the heating element inside the e-cigarette could become an ignition source. Manufactured personal vaporizers typically have built-in circuits to limit the time that the heating element can be turned on, which prevents overheating and possible fires or injuries.

In the absence of independent safety testing of the e-cigarettes, no assurance that these circuits will reliably perform their safety function is available.

E-cigarettes are increasingly common and sales are growing rapidly. The lithium-ion batteries used to power the devices can fail. Battery failures, manifested as small explosions and fires, have occurred. Considering the vast number of products in the field that use lithium-ion batteries, however, it is clear that the failure rates are low.

For more information on smoking and fire safety, visit www.usfa.fema.gov.

(Sources: U.S. Fire Administration; Department of Family and Preventative Medicine at the University of California, San Diego; Statistic Brain; Federal Emergency Management Agency; Ricardo S. Campos, Joint Base San Antonio public fire and life safety educator, also contributed to this article.)

JBSA Sexual Assault Prevention, Response

To report a sexual assault, call the 24/7 Joint Base San Antonio Sexual Assault Prevention and Response Hotline at 808-7272 or the Department of Defense Safe Helpline at 877-995-5247.

Joint Base San Antonio-Randolph News Briefs

JBSA 9/11 Remembrance Run

The Robert D. Gaylor NCO Academy hosts the Joint Base San Antonio 9/11 Remembrance Run at the JBSA-Lackland Medina Annex from 7 a.m. to 4:11 p.m. Sept. 11. Registration is free and open until Sept. 4. To register, call 671-3766 or 969-4466. For more information, call 671-8144.

Munitions office closes for inventory

The 12th Flying Training Wing munitions offices and munitions storage area will be closed to normal business Sept. 14-18 to conduct its semi-annual 100 percent inventory of ammunition and explosives. Only emergency issues can be honored during this period. Contact 12th FTW munitions at 652-6780/3361 for any questions or concerns.

JBSA 5K Run For Life

The 2015 5K Run For Life takes place at all Joint Base San Antonio locations. Free registration is at 7 a.m. with the run beginning at 8 a.m. on the following dates:

- Sept. 13 at Worth and Stanley Roads at JBSA-Fort Sam Houston
- Sept. 12 at Eberle Park at JBSA-Randolph
- Sept. 26 at the Gillum Fitness Center on JBSA-Lackland.

The event promotes suicide prevention awareness and the resources available to assist service members and their families with fitness and resiliency. There are awards for the top three male and female runners and all participants receive an "I Run For Life" reflective belt and finisher's dog tag, while supplies last.

For more information, visit <http://www.facebook.com/JBSArunforlife> and <http://www.facebook.com/JointBaseSanAntonio>.

JBSA Sustainability Expo

Learn more about the Department of Defense Sustainable Procurement Program and how to comply with DOD and federal regulations and directives at the Joint Base

San Antonio Sustainability Expo from 9:30 a.m. to 1:30 p.m. Sept. 17 at the Gateway Club, 1650 Kenly Ave., JBSA-Lackland. The free expo features vendors and organizations that supply bio-preferred, recycled content, as well as energy-efficient, water-efficient and "green" services. Workshops are offered at 10, 10:45 and 11 a.m. by the U.S. Army Public Health Command to help organizations understand their responsibilities under the program. For more information, email sgreenspan@fdaexpo.com.

Airmen Powered By Innovation

Have an innovative idea that can launch efficiencies and increase cost savings across the Air Force? You can submit your ideas online to the Airmen Powered by Innovation website at <https://ipds.afpc.randolph.af.mil> or through the Air Force Portal.

Your ideas should describe, in sufficient detail, the current method, proposed method, expected benefits and cost of implementation to support the idea. The API website provides tools that can help refine and enhance potential submissions. Submitters can query previously submitted API ideas, search to see if an idea has been submitted already, see what ideas have been approved and check status.

Once the idea is submitted, an API Idea Cell analyst will review the idea. Depending on the content, the idea will be categorized and processed. If necessary, the API Idea Cell may contact you to request more information. Submitters can ask their local Manpower Office for assistance with documentation of process improvement ideas, to ensure current method, proposed method, expected benefits and cost of implementation are fact-based proposals.

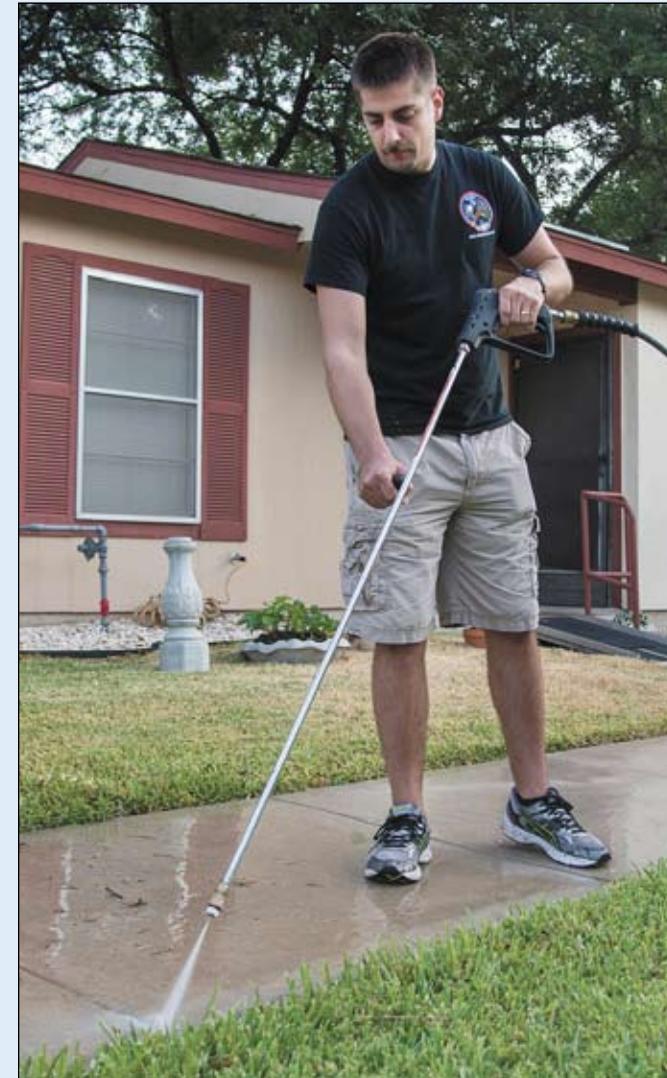
For assistance with the documentation of process improvement ideas, contact the 802nd Force Support Squadron Manpower Office at 652-8953 or 652-8954.

435th Fighter Training Squadron members clean up community



Photos by Master Sgt. Sean Worrell

Above: Second Lt. Mohammed Alshaikh (left), a 435th Fighter Training Squadron Saudi Arabian exchange student, and Maj. Todd Bender, 435th FTS instructor, shovel mulch into a wheelbarrow during a community service project Aug. 14 at the Veterans' Memorial Plaza in Schertz, Texas. The project was a partnership effort between members from Joint Base San Antonio-Randolph and the City of Schertz to clean up the Veterans' Memorial Plaza and Schertz Housing Authority and to serve a meal to the seniors at the Schertz Senior Center. Right: First Lt. Benjamin Baumann, 435th Fighter Training Squadron student, uses a power washer to clean a walkway during a community service project Aug. 14 at the Schertz Housing Authority in Schertz.



Enlisted to Medical Degree Preparatory Program intent to apply due Oct. 2

By Staff Sgt. Ian M. Hoachlander
Air Force Personnel Center Public Affairs

Eligible active-duty enlisted Airmen interested in pursuing a medical degree must submit their intent to apply emails to the Air Force Personnel Center no later than Oct. 2.

The Enlisted to Medical Degree Preparatory Program offers active-duty enlisted members an opportunity to complete the preparatory coursework for admission to medical school while maintaining active-duty status and full pay and benefits. The program, which incurs a three-year active-duty service commitment, will include coursework in a traditional classroom setting with structured prehealth advising and formal medical college admission test preparation, with classes slated to begin August 2016.

Airmen selected for the program will transfer on

permanent change of station orders to Bethesda, Md., where they will attend school full time at the Uniformed Services University of the Health Sciences.

Following successful completion of the 24-month program, graduates will apply for acceptance to the USUHS medical school and/or civilian medical schools.

Once accepted for an approved medical school, participants will be commissioned as second lieutenants in the Medical Service Corps. As fourth-year medical students, those lieutenants will be eligible to apply for medical residencies approved by the Air Force Health Professions Education Requirements Board.

The program is open to active-duty enlisted members from all Air Force specialty codes who meet eligibility criteria. Applicants must be younger than 33 as of June 30, 2016, have at least 36 months but no more than

10 years of time-in-service as of Sept. 30 and have a Bachelor of Arts or Bachelor of Science degree in any discipline from an accredited institution. For more information about the criteria, go to the myPers Enlisted to Medical Degree Preparatory Program page.

Applicants who meet all eligibility criteria must email an intent to apply statement to the Physician Education Branch by Oct. 2. Applicants will be notified by Oct. 23 whether or not they have been released from their career field to compete for selection. Once notified of their eligibility, Airmen must submit their application for the Enlisted to Medical Degree Preparatory Program by Dec. 4.

For more information, visit the myPers website at <http://www.mypers.af.mil>. Individuals who do not have a myPers account can request one by following the instructions on the Air Force Retirees Services website at <http://www.retirees.af.mil>.

First female Rangers believe experience makes them better leaders

From Army News Service

For the first two women who earned the Ranger tab, attending the Ranger School was all about honing leadership skills and being better leaders for the Army.

1st Lt. Shaye L. Haver and Capt. Kristen M. Griest, both graduates of the U.S. Military Academy at West Point, N.Y., were among the 96 Soldiers who graduated Ranger School at Fort Benning, Ga., Aug. 21.

"I knew how badly I wanted to go to Ranger School when I was a second lieutenant, before I became a platoon leader," Griest said, during an Aug. 20 press conference. "I was hoping to go to this course because it is the best training the Army can provide, and I wanted to have that training before I had a platoon."

Haver, an AH-64 Apache pilot, said she wanted to go to Ranger School because she knew it would make her a better leader for her Soldiers.

"The reasons I chose to come were the same as the men here: to get the experience of the elite leadership school ... and to give me the opportunity to lead my Soldiers the best that I can," Haver said. "I think if females continue to come to this course, they can be encouraged by what we have accomplished, but hopefully they're encouraged by the legacy that the Ranger community has left."

Maj. Gen. Austin S. Miller, commander of the U.S. Army Maneuver Center of Excellence, said during a news conference that the two women accomplished every trial and test, both physically and mentally, that was exacted upon the 94 men who also finished.

"Up front, what we've been very consistent on is we've said there will be no change to the standards ... and there weren't," he said. "We also said ... we're going to be professional and objective as we work our way through this process, which is exactly what you would expect from a Ranger-qualified instructor or anybody else in the Army."

While Griest and Haver are the first two women to graduate Ranger School, they said it was evident from their male classmates that their performance in the school – and as teammates – was more important than their gender.

Haver said that during the course, it might have been a natural assumption that the female students would have wanted to band together for support, but that was not the case. Instead, she said, support came from those Soldiers closest to them – as it would be in combat.

"We immediately integrated in our squad and became teammates that way," Haver said. "It was never about the women trying to beat the men through Ranger School, or the women banding together for any reason in Ranger School. When you are sucking, it's the person immediately next to you that you rely on. And how we were dispersed throughout the companies didn't afford for a woman to be there. And quite frankly, I didn't think we needed that support. We needed support from our Ranger buddies next to us. We intentionally tried to rely on our squad mates, because they are the closest to us, and not the females around us."

Fellow Ranger School graduates said they were im-



Photo by Patrick A. Albright

Capt. Kristen M. Griest (center) answers a reporter's question about her 62-day journey through Ranger school during a press panel Aug. 20 at Fort Benning, Ga.

pressed with Griest and Haver's abilities and that it didn't make a difference that they were women.

2nd Lt. Erickson D. Krogh, an infantry officer, said "at the end of the day, everyone was a Ranger and it was the same throughout as long as the team pulled through and accomplished the mission."

"When we were given resupply and you're given 2,000 rounds of machine-gun ammo, the last thing you're caring about is whether your Ranger buddy is a man or a woman – because you're not carrying all 2,000 rounds by yourself," added 2nd Lt. Michael V. Janowski, also an infantry officer.

Spc. Christopher J. Carvalho, who serves as a medic, also earned his Ranger tab. He said that he saw that the two women had finished some tasks ahead of the men.

"I know my first experience with the women in Ranger School was during RAP week. One event in particular was the 12-mile ruck march in which we had about 50 pounds-plus whatever weight we carried in water on our backs," Carvalho said. "These two women finished well ahead of some of the males and well ahead of 60 other men who didn't complete their ruck march. So right then and there, that's what validated it for me ... these women are for real, they're here to stay, and they're doing the same stuff we are. That really solidified it for me."

For the future, Griest said she wants to consider further roles in combat arms that might one day open to women. Already she said she is looking into civil affairs, a part of the special operations community. She said she is open to doing more.

"I am interested to see what new doors open to women," Griest said. "I think Special Forces is something I would definitely be interested in, if my timeline permits for that. Currently I am trying to pursue civil

affairs, which is under the special operations umbrella, and which is open to women. But there are also several other options out there. I am honestly not very decided about it. It is something I am looking at pursuing if more opportunities open to women."

Haver said she wants to stay in aviation, to be the best she can be, and to go as far as she can.

"I think in the past decade ... females have served in those combat roles. I myself am attack aviation, which I plan to continue to serve in, in my role as an aviator. I can't speak to what other females will decide to do if those doors are opened. But I can say I plan to stay with aviation as far as that will let me go, and hope to serve as far as leadership will let me in my position."

Griest says for other women that want to attend Ranger School – and she knows a few – perseverance and confidence is the key to making it through.

"I personally know a lot of women interested in going, and for whatever reason, whether it is timing or deployment or they are in some school at this point in time, they weren't able to go to this assessment," she said. "But I know many very qualified women that I can think of that could pass the course or at least make a very good attempt. I would encourage them to go. And I would say keep doing what they are doing. They are motivated. It is definitely more of a mental challenge than physical. If you mentally know you want to get through – and you have to want to get through – than you will make it."

Since Ranger School opened in 1950, only 77,000 Soldiers have earned the Ranger tab. Of the 4,057 Soldiers who attempted the course in 2014, just 1,609 tacked on the tab.

The Army plans to run another Ranger School assessment in November which will also be open to women.

Air Force staff sergeant selects named for JBSA



Photo by Joel Martinez



Photo by Johnny Saldivar

Above: Air Force staff sergeant selects at Joint Base San Antonio-Randolph gather in front of the Taj Mahal Aug. 20. Below: Air Force staff sergeant selects gather at JBSA-Lackland for a group photo Aug. 20.

WOMEN IN COMBAT from P2

Currently there are still six career fields in the Air Force that are closed to women known as Battlefield Airmen specialties: Special Tactics Officers, Combat Rescue Officers, Special Operations Weather Enlisted, Combat Control, Tactical Air Control Party and Pararescue. Recently, I had the chance to participate in an Air Force study to develop an operationally relevant fitness standard for these Battlefield Airmen.

Participants in the study were from all different career fields, male and female, but several were already Battlefield Airmen taking part to provide their feedback on the relevancy of the different exercises and how well the simulations mimicked combat situations.

Regardless of gender, career, ethnicity, age or any other extraneous factor, all participants were held to the same standard. We were given the same amount of weight to carry, the same distance to run, and the same objectives to meet.

It was not easy. There was one point where I literally hit a wall. It was the last day of the study and I had already pushed myself further than I thought possible. My heart was racing, my clothes were dripping with sweat, my feet were bleeding and that five foot wall seemed like an impossible obstacle.

As I stood there looking at this wall, trying to catch my breath and wondering how on earth I was going to do this, I heard someone yell out "come on, you're bigger than that wall is!" They were right; I was bigger than the wall, and I was bigger than the pain I was experiencing in that moment. I gathered what little I had left in me and hoisted myself up and over that seemingly impossible roadblock ... only to come face to face with an eight-foot wall.

Sometimes I succeeded and sometimes I failed, but so did everyone. What got us through was that we did it together. Nobody cared if you were male or female, or what career field you were in; they cheered for you

and motivated you to do your best as if we had been working together for years.

Opening the last few career fields to women should not be about whether females are physically capable or how pregnancy might affect operational readiness. It should be about maximizing our military capability by pulling from the most diverse group of qualified individuals we can to accomplish the mission.

Throughout history, women have proven that they have the ability, qualifications and drive to be included in combat roles. Those last six career fields are no different. During my two weeks participating in the Air Force's study, success was not gender based; both men and women excelled.

The Air Force is dedicated to validating and maintaining the high standards for becoming a Battlefield Airman. At the end of the day, it's not about whether you're a man or a woman; it's about allowing qualified individuals to make a difference for our nation.