



# WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

No. 43 • OCTOBER 30, 2015



## U.S. Air Force Thunderbirds arrive at JBSA-Randolph

PAGE 4

Photo by Johnny Saldivar



Photo by Diane Koford

Moving, deploying with pets, page 2



Courtesy graphic

FSS schedule of events, pages 9-12



Courtesy graphic

Randolph High School football, page 17

# What pet owners should know when moving/deploying

By Katie Lange

DOD News, Defense Media Activity

If you have a dog, cat or other furry friend in the family, figuring out what to do with them when you deploy or move can be time consuming and complicated. Whether you're taking them with you or leaving them behind, you need to start planning early.

Here are some tips for what you can do when stuck in three difficult situations.

## If you're deploying, training or can't take care of your pet in the short term:

Family and friends will sometimes take care of your animals, but they can't always, or they might not be the right fit.

Many organizations provide support through volunteer services to board military pets in foster homes.

Here are a few organizations that do that: Pets For Patriots (<http://petsforpatriots.org/>), Guardian Angels for Soldier's Pet (<http://guardianangelsforsoldierspet.org/>), Pact For Animals (<https://pactforanimals.org/pacts-work/military-foster-program/>) and Loving Paws Inc. (<http://www.lovingpawsinc.org/military/>).

## If you get PCS orders and can bring your pet:

Permanent change of station orders can be issued abruptly. Regardless of where you're going, be sure to microchip, photograph and get an ID tag for your pet before you go.

If you're moving in the U.S., contact the state you're moving to at <https://www.aphis.usda.gov> under "State Regulations for Importing Animals," so you can learn their pet importation rules. Make sure to have up-to-date vaccination and health papers.

If you're moving to Hawaii, contact the Animal Quarantine Station (<http://hdoa.hawaii.gov/ai/aqs/animal-quarantine-information-page/>) for an information packet about their strict quarantine laws.

If you have to ship your pet, know the regulations (<http://www.state.gov/m/fsi/tc/34594.htm>).



Photo by Marine Corps Sgt. Valerie Eppler

Aaliyah, 1, shares a special moment with her new furry family member at the Camp Pendleton Animal Shelter during an annual adoption event.

Most pets will need:

- An International Standards Organization-compatible microchip (this can be read by most scanners).
- Proof of rabies vaccination with the microchip's number on it.
- A health certificate that's endorsed by your state's Department of Agriculture Animal and Plant Health and Inspection Service office. If you can't physically get to the office, your veterinarian may have to send for the endorsement.

Some pets will need:

- A Fluorescent Antibody Virus Neutralization (FAVN) blood test
- An import form
- Flea and tick preventative
- Dewormer

These things are time-consuming, and your pet might be in quarantine for a while. It also might be costly, but there are opportunities for pet relocation financial assistance (<http://spcai.org/get-involved/military-support/operation->

[military-pets/operation-military-pets-assistance-application1/](#)).

If you're flying:

- Research airline instructions, prices and procedures for pets before you settle on one.
- Before you book, check to see if veterinary airline employees work weekends. If they don't, book a weekday flight.
- Pick a flight that's nonstop or only has one layover. Try to keep the entire trip to less than 12 hours.
- Many pets have to ride in cargo holds that aren't temperature regulated. Your pet will need an acclimation letter that specifies the temperatures that are safe for them.
- Buy a crate that meets your airline's specifications, and give your pet time to get used to it. Have your name, your pet's name and your new address clearly marked on the crate, and have water bowls and food attached and accessible.

See PETS P16

## WINGSPREAD

**Joint Base San Antonio-Randolph  
Editorial Staff**

**Brig. Gen. Bob LaBrutta**

502nd Air Base Wing/JBSA Commander

**Todd G. White**

502nd ABW/JBSA Public Affairs Director

**Marilyn C. Holliday**

JBSA-Randolph Public Affairs Chief

**Airman 1st Class Stormy Archer**

Photojournalist Journeyman

**Senior Airman Alexandria Slade**

Photojournalist Journeyman

**Robert Goetz, David DeKunder**

Staff Writers

**Maggie Armstrong**

Graphic Designer

### Wingspread Office

1150 5th Street East

JBSA-Randolph, Texas 78150

Phone: 210-652-4410

### Wingspread email

[randolphpublicaffairs@us.af.mil](mailto:randolphpublicaffairs@us.af.mil)

### Wingspread Advertisement Office

#### EN Communities

P.O. Box 2171

San Antonio, Texas 78297

210-250-2052

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

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

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

Editorial content is edited, prepared and provided by the Public Affairs Office of JBSA-Randolph. All photos, unless otherwise indicated, are U.S. Air Force photos.

The deadline for submissions is noon Wednesday the week prior to publication. All submissions can be emailed to [randolphpublicaffairs@us.af.mil](mailto:randolphpublicaffairs@us.af.mil).

**Check us out on** • Facebook: Joint Base San Antonio,

JBSA-Fort Sam Houston, Lackland JBSA and JBSA-Randolph

• Twitter: @JBSA\_Official, @JBSAFSH, @JBSALackland and @JBSARandolph

• YouTube: Joint Base San Antonio • Flickr: Joint Base San Antonio Public Affairs



# Construction projects abound on BAMC campus

By Dewey Mitchell  
Brooke Army Medical Center  
Public Affairs

New construction of two facilities and renovation work at the Center for the Intrepid are keeping construction workers busy on the Brooke Army Medical Center campus and have resulted in the temporary loss of more than 200 patient parking spaces.

A new shuttle bus is delivering staff from the parking garage to free up more spaces for patients' convenience, allowing them to park closer to San Antonio Military Medical Center for their appointments.

In parking lot D, construction began in September on a new fire station. The new facility will serve to protect the patients and staff of the BAMC campus and will be operated by the 502nd Civil Engineering Squadron Emergency Services.

The fire station will be about 13,000 square feet and is expected to be completed next September.

Also under construction just outside SAMMC's main entrance is a hyperbaric facility addition, which is also about 13,000 square feet. Construction is expected to be completed next July.

Hyperbaric medicine provides treatment for wound care, decompression sickness, arterial gas embolisms, carbon monoxide poisoning and provides the only active duty hyperbaric fellowship program.

At the Center for the Intrepid, construction of transition space was recently completed, so the fabrication unit could move to temporary quarters while the second floor is renovated for the expanded IDEO operation. Renovation work is expected to be complete next April.



Courtesy photo

An area near Brooke Army Medical Center's main entrance is fenced off for construction of the hyperbaric facility addition.

# USAF Thunderbirds land at JBSA-Randolph for air show

The U.S. Air Force Thunderbirds demonstration team arrived Monday at Joint Base San Antonio-Randolph in anticipation of the 2015 JBSA Air Show and Open House taking place Saturday and Sunday.

The Thunderbirds begin their ground show rehearsal with a reenlistment ceremony at 1:25 p.m. today and will perform for the public at 3 p.m.

Saturday and Sunday.

Since the team's inception in 1953, 325 officers have worn the distinguished emblem of "America's Ambassadors in Blue." Through selfless dedication, a desire to excel and a constant commitment to improvement, these leaders have channeled their efforts into

making the Thunderbirds what they are today.

For base access information and air show schedule, visit <http://www.jbsa.mil> or <http://www.facebook.com/jbsarandolph> and follow us on Twitter at @JBSARandolph.



Photo by Johnny Saldivar



Photo by Airman 1st Class Stormy Archer

The U.S. Air Force Aerial Demonstration Squadron "Thunderbirds" team members arrive at Joint Base San Antonio-Randolph Monday prior to the 2015 Joint Base San Antonio Air Show and Open House.



Photo by Johnny Saldivar

# MFLC program supports military families in confidential setting

By Robert Goetz

Joint Base San Antonio-Randolph Public Affairs

More than 10 years ago, the Army initiated a confidential counseling program that helps military members and their families cope with the stresses of deployment and other issues unique to the military lifestyle.

Administered by Magellan Health Inc., a health care management company, and MHN Inc., a mental and behavioral health services company, the Military and Family Life Counselor Program is now entrenched on installations throughout the armed services, including Joint Base San Antonio, which is home to more than 30 licensed clinical providers known as MFLCs.

"The program provides short-term, situational, problem-solving, nonmedical life counseling services to active-duty military members, as well as the National Guard and Reserve, and their family members," Brian Dougherty, JBSA-Fort Sam Houston Military & Family Readiness Center director, said.

"It's a non-threatening way for service members and their families to talk to someone in a comfortable setting," he said.

Dougherty said military members and their families may meet MFLCs in an office at a military and family readiness center, a restaurant, a coffee shop or any place that is convenient for them.

Confidentiality is a key feature of the program, Vonda Ware, JBSA-Lackland M&FRC director, said.

"By far, the biggest attraction of the MFLC program is that those seeking nonmedical counseling through this program are granted confidential and off-the-record counseling, except when mandated to report in cases of preventing harm to self or others, which means they experience no career repercussions or impacts as a result of seeking help," she said.

Dougherty said service members are often reluctant to seek help because they believe their careers will be affected.

"But in this program, there are no records kept unless there is an indication of child abuse, domestic abuse or other duty-to-warn situations," he said.

Those cases must be reported to the proper authorities, which, depending on the situation, include the

*"The program provides short-term, situational, problem-solving, nonmedical life counseling services to active-duty military members, as well as the National Guard and Reserve, and their family members. It's a non-threatening way for service members and their families to talk to someone in a comfortable setting."*

**Brian Dougherty**

*Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center director*

M&FRC director, military police or security forces, and family advocacy and behavioral health professionals.

MFLCs, who have a master's degree or doctorate in a mental health-related field such as social work, psychology, and marriage and family therapy or counseling, help military members and family members address a variety of issues, Dougherty said.

Some issues stem from the military lifestyle, including deployment stress, coping skills, homesickness, relocation adjustment, reintegration, separation, resiliency and dealing with sadness, grief and loss, while life skill issues range from anger management, communication and relationships to conflict resolution, parenting and decision making.

Dougherty said JBSA has 13 MFLCs for adults, including seven at JBSA-Fort Sam Houston, four at JBSA-Lackland and two at JBSA-Randolph.

Three of JBSA-Fort Sam Houston's MFLCs for adults are embedded in two brigades and one battalion, two support the student population and two are assigned to the M&FRC. JBSA-Randolph's M&FRCs have two counselors, while JBSA-Lackland has two counselors assigned to the M&FRC and one each embedded in the 802nd Security Forces Squadron and 59th Medical Wing.

The Child and Youth Behavioral Counseling Program is an extension of the MFLC program specifically for young family members. JBSA has 19 MFLCs for children distributed among the schools and youth centers.

"For embedded units, one of the most common issues at JBSA is work-related stress," Dougherty said. "At military and family readiness centers, common issues are primarily family- and deployment reintegration-related."

Issues at schools and youth centers relate to child behavior for young children and relationship concerns for older teens and youth, he said.

Statistics show that service members and their families are using MFLC services. In July alone, 1,307 counseling services were provided at JBSA-Fort Sam Houston, 677 at JBSA-Lackland and 149 at JBSA-Randolph. Similar numbers were posted in May and June.

Heavy use of MFLC services is occurring at JBSA-Fort Sam Houston training schools, where students experience increased stress due to personal, professional and academic issues, Dougherty said.

"Students are under tremendous pressure, but there are a lot of success stories," he said.

Master Sgt. Joe Ugarte, JBSA-Randolph Military and Family Readiness NCO in charge, said the program especially helps families cope with the absence of their loved ones during deployments.

"I believe this program is successful because no records are kept and people can meet up with MFLCs at our local coffee shop," he said. "Sometimes people don't have anyone to talk to and our MFLCs can provide those short-term solution-focused counseling sessions."

Dougherty said using MFLC services can also lead to long-term care.

"In my experience, the MFLC program serves as a bridge between service members seeking behavioral health services and not seeking those services," he said.

Dougherty called the MFLC program "one of the most valuable Department of Defense programs that supports service members and their families.

"It's like a blessing to them," he said.





## Hearts Apart program gives support to military families

Maiko Yarborough (right) and her sons, Chance and Marshall, decorate a pumpkin during the Halloween-themed "Hearts Apart" event Monday at Joint Base San Antonio-Randolph's Eberle Park. The Hearts Apart program, offered by the Military & Family Readiness Centers, supports spouses and children experiencing separation due to deployment, remote assignment or extended temporary duty. The program provides families with social activities that allow them to come together, build friendships and ease the strain of separation from their loved ones. The next Hearts Apart event is Nov. 19 at the JBSA-Randolph M&FRC. For more information, call 652-5321.

**Photo Melissa Peterson**

## VIA to offer express service to air show at JBSA-Randolph

VIA Metropolitan Transit is providing express service to the air show at Joint Base San Antonio-Randolph Saturday and Sunday. VIA's JBSA Express routes 16 and 65, which provide trips between JBSA-Fort Sam Houston, JBSA-Lackland and the downtown USO San Antonio office on weekends, are being modified with supplemental service to also provide trips to the Air Show.

The supplemental trips to JBSA-Randolph will begin at 8:25 a.m. both days from the bus stop by the USO at 203 W. Market St. and each subsequent trip to the air show will leave the USO at 50 minutes after the hour until 3:50 p.m. Return trips will also run at 50 minutes after the hour with the last trip to downtown leaving JBSA-Randolph at 6:50 p.m.

Members of the public who board the bus at the USO will be dropped off at the visitor center at the JBSA-Randolph Main Gate, where they can board the JBSA Air Show Shuttle to the general public entry. VIA will have accessible vans available to complement the shuttle on the grounds of JBSA-Randolph.

The fare for the express service to the JBSA Air Show is \$2.50 each trip with discounted fares available for children, seniors, and students. Riders can also purchase a \$4 day pass on the VIA bus to use for all of their public transportation trips that day.

## SAFETY

# Have fun, stay safe on Halloween

By Ricardo Campos

JBSA Fire Emergency Service Fire and Life Safety Educator

Halloween is supposed to be a fun, safe and happy holiday for you and your kids. By following a few simple safety tips, you'll look forward to many happy years of Halloween fun.

By establishing great memories for your kids, they'll be more likely to carry on the traditions that you have instilled in them for future generations to come.

This year, make sure you have an extra safe Halloween night with these trick-or-treat tips:

- If buying a costume, make sure the label says "flame resistant." Flame resistant means it will be difficult for the costume to catch fire. If it does, the fire will go out fast.
- If making a costume, use flame-resistant fabrics, such as polyester and nylon. These materials will resist burning if exposed to a flame.
- Tell kids to stay away from candles and jack-o-lanterns that may be on steps and porches. Their costumes could catch fire if they get too close.
- Kids should never carry candles when they are trick-or-treating. Always use a flashlight, flameless candle or a light stick.
- Tell kids to let you know right away if they see other kids playing with matches or lighters.
- Don't use candles for decorations. They're dangerous, especially when left unattended.

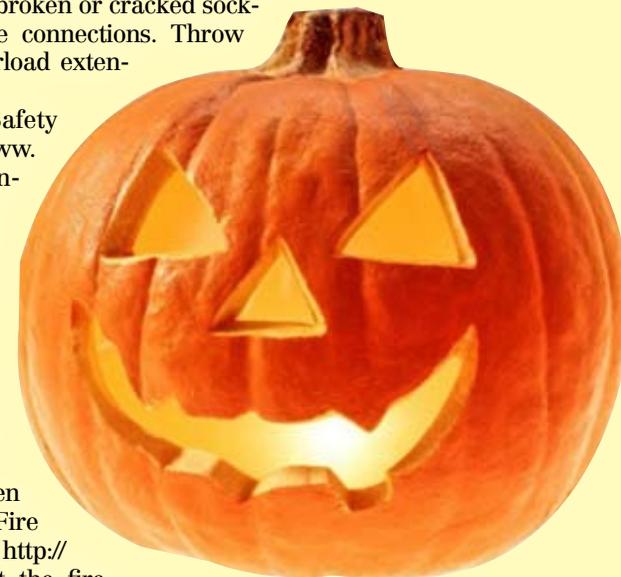
- Use only decorative lights tested for safety by a recognized testing laboratory. Check lights for broken or cracked sockets, frayed or bare wires or loose connections. Throw away damaged sets and don't overload extension cords.

- Visit the Consumer Product Safety Commission's website at <http://www.cpsc.gov> for the latest on Halloween-related consumer product recalls.

- If you have a Halloween party, check for cigarettes under furniture cushions and in areas where people were smoking before you go to bed.

- Remove any materials around your home or property, such as garbage or excess vegetation, which an arsonist could use to start a fire.

To learn more about Halloween fire safety tips visit the National Fire Protection Association's website at <http://www.nfpa.org/education> or contact the fire prevention offices at Joint Base San Antonio-Fort Sam Houston at 221-2727, JBSA-Lackland at 671-2921 or JBSA-Randolph at 652-6915.



Courtesy graphic

## Driving around Washington Circle safely

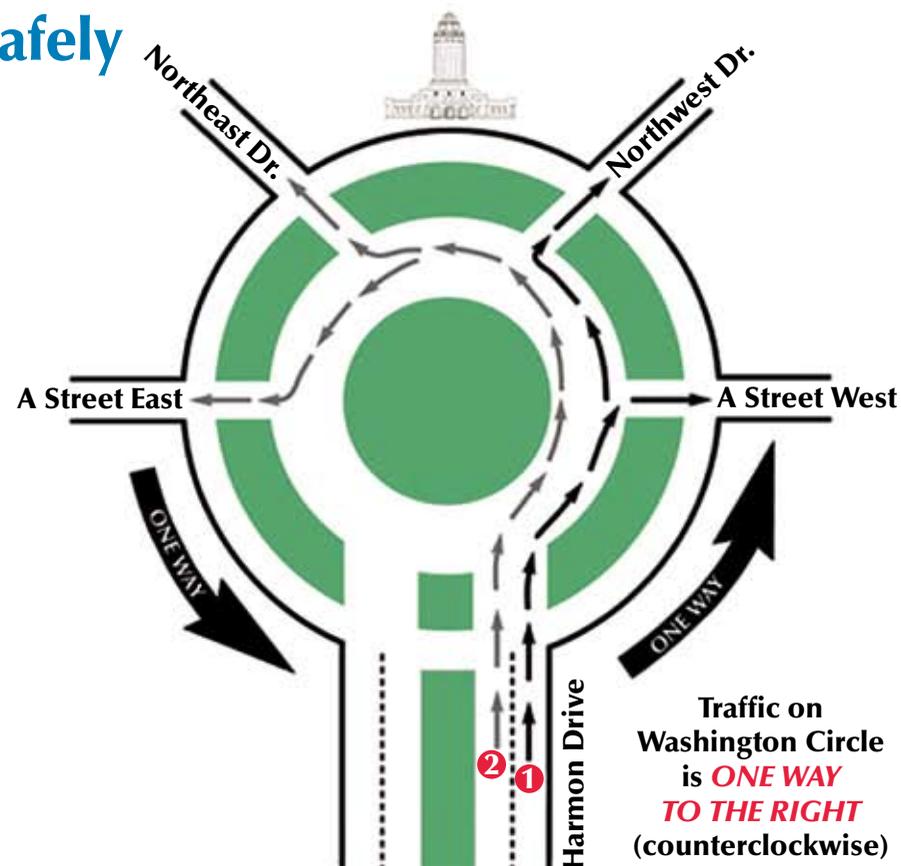
Base safety and security officials want people to be aware of the procedures for driving in and out of Joint Base San Antonio-Randolph's Washington Circle.

Officials want to ensure motorists know which lanes they should be in when entering and exiting the circle.

The biggest safety issue occurs when vehicles try to directly exit the circle from the left lane instead of moving to the right lane in advance of their exit turn. Officials urge people to drive defensively and use caution in and around Washington Circle.

### TRAFFIC RULES FOR WASHINGTON CIRCLE

- Traffic entering the circle must yield to traffic already in the circle.
- When entering the circle:
  - 1 If you are exiting at the first or second exit, stay in the outside lane or right lane.
  - 2 If you are exiting at the third exit or beyond, use the inside or left lane until ready to exit
- If two vehicles are side by side, the vehicle in the outside lane has the right of way.
- All traffic must signal for turns when exiting the circle.





# Joint Base San Antonio FORCE SUPPORT SQUADRON

## Monthly Events

## November

### Bowling

#### Bowlers participate in turkey shoot out

Bowl at the JBSA-Fort Sam Houston Bowling Center Nov. 10-13, 11 a.m. to 2 p.m. Each game bowled qualifies as an entry into a drawing for a turkey awarded Nov. 13. For more information, call 221-4740.

#### Bowling special offered for Veterans Day

Come to the JBSA-Randolph Bowling Center Nov. 11, 10 a.m. to 4 p.m., to celebrate Veterans Day. The special bowling rate is \$2 per game, per person, with a \$2.50 shoe rental. For more information, call 652-6271.

#### Candy madness happening at the Bowling Center

Purchase a burger basket from Susie's Kitchen at JBSA-Lackland Bowling Center during November, 11 a.m. to 1 p.m., and receive a free Snickers® candy bar. For more information, call 671-1234.

#### Prizes are presented at Thanksgiving tournament

Join the JBSA-Randolph Bowling Center for the annual Thanksgiving Bowling Tournament Nov. 25, 6 p.m. This is a scratch match game format and cost is \$50 per person. Prizes are presented to the first-, second- and third-place winners. For more information, call 652-6271.

#### Bowling center closes for Thanksgiving

The JBSA-Randolph Bowling Center is closed Nov. 26. For more information, call 652-6271.

#### Black Friday deals are at the Pro Shop

Stop by the JBSA-Randolph Bowling Center Pro Shop for the third-annual Black Friday sale Nov. 27, 9 a.m. to noon. Door prizes are drawn on the hour and prices are slashed up to 75 percent on bowling balls, bags, shoes and accessories. For more information, call 652-6271.

#### Families bowl together

Bring the family to the JBSA-Fort Sam Houston Bowling Center Nov. 27-29, noon to 5 p.m., for \$1 games and \$1 shoes. For more information, call 221-4740.

Treat the family to a fun-filled day at the JBSA-Randolph Bowling Center and take advantage of the Rent-A-Lane Special Nov. 27, 1-4 p.m. This special includes two hours of bowling, a 16-ounce soda for each person and a large pizza for \$50. Shoe rental is not included. For more information, call 652-6271.

#### Thanksgiving specials are at the Bowling Center

Visit the JBSA-Randolph Bowling Center Nov. 27, 28 and 29 to celebrate Thanksgiving and bowl at the special rate of \$2.50 per game, per person, with a \$2.50 shoe rental. Cosmic Bowling is not included.

Join the bowling fun at the JBSA-Randolph Bowling

Center Nov. 28, 8-11 p.m. and enjoy unlimited Cosmic Bowling for a party of four or more. Cost is \$20 per person and includes Cosmic Bowling, shoe rental, a 16-ounce soda and a large pizza. For more information, call 652-6271.

#### Detox for a better game

Resurrect bowling balls at the JBSA-Lackland Bowling Center Pro Shop with the detox machine. Avoid the cost of a new ball by removing oil from deep in the surface using warm water, a mild cleaning agent and high energy bubbles. Cost is \$20 per ball. For more information, call 652-1234.

### Clubs

#### Club hosts bingo events

Join bingo extravaganza at the JBSA-Randolph Kendrick Club Nov. 2 and 16 with \$15,000 in total jackpots, a free buffet at 5 p.m. and Early Bird Bingo at 6 p.m.

Celebrate November birthdays with bingo at the JBSA-Randolph Kendrick Club Nov. 10. Birthday members get one free machine, cake and lots of fun. This is for Randolph club members only. ID and club card required.

Pre-Thanksgiving bingo is held at the JBSA-Randolph Kendrick Club Nov. 25. Win door prizes and a chance to win a cooked turkey or ham.

The JBSA-Randolph Kendrick Club hosts a Mini Bingo Extravaganza Nov. 30 with \$5,000 in jackpots and a complimentary buffet at 5 p.m. For more information, call 652-3056.

#### Chef prepares specials for every palate

The JBSA-Lackland Gateway Club creates a special dining experience in the Mesquite dining room, 5-8 p.m. The Nov. 13 menu features prime rib au jus, baked potatoe, asparagus with peppers and house salad. The Nov. 20 menu includes a porterhouse steak with mushrooms and onions, baked potato, grilled corn on the cob and a house salad. Cost is \$16.95 for members and \$18.95 for nonmembers. For more information, call 645-7034.

#### Club celebrates Thanksgiving early

Join the JBSA-Lackland Gateway Club for a pre-Thanksgiving feast Nov. 19, 11 a.m. to 3 p.m. Cost is \$10.95 per person and the buffet features roast turkey with cornbread dressing, cranberry sauce, honey-glazed ham, tilapia with lemon dill, fried chicken, pork chops Marsala, brandied yams, macaroni and cheddar salad, fresh fruit, pasta salad, ambrosia, desserts and beverage. For more information, call 645-7034.

#### November birthdays are celebrated with food

The JBSA-Randolph Parr Club offers a complimentary buffet for people with November birthdays Nov. 4. The buffet includes salad, two vegetables, two starches, two

entrées, soup and birthday cake. There is no cost for birthday members. Cost is \$11.95 for members, \$5.95 for members' children, 6-12 years, \$13.95 for nonmembers and \$7.95 for nonmembers' children, 6-12 years. Children 5 years and younger eat for free. For more information, call 652-4864.

#### The club prepares Thanksgiving dinner to go

Relax this Thanksgiving and let the JBSA-Randolph Parr Club do the cooking. Choose from an 18-20 pound deep-fried, smoked or roasted turkey or a quarter pit baked ham. Orders are accepted beginning Nov. 4 and must be picked up by Nov. 25, 5 p.m.

Cost for the turkey is \$45 for members and \$55 for nonmembers. Cost for the turkey meal is \$95 for members and \$105 for nonmembers. Cost for the ham is \$55 for members and \$65 for nonmembers. Cost for the ham meal is \$105 for members and \$115 for nonmembers. Both meals feed five to six people and include cornbread dressing, mashed potatoes, gravy, green beans, candied yams, cranberry sauce, bread and pumpkin or pecan pie. Cost to have all food preheated is \$15. Coupons, club bucks and gift certificates are not accepted as payment for this promotion. For more information, call 652-4864.

#### Nightlife is at the club

The JBSA-Lackland Gateway Club is the hot spot on base for night time fun all month:

Kick off the month Nov. 6 at the Maverick Lounge with Doggin' Dave Productions 5-8 p.m. Enjoy bar food, cold drinks, good friends and great music.

Karaoke Night is Nov. 7 and 21, 8 p.m. to midnight, with music provided by DJ Dee Dee. Sing or be entertained and enjoy a beverage in the Lone Star Lounge.

Check out variety nights in the Lone Star Lounge Fridays, 5 p.m. to 1 a.m., and Saturdays, 6-11 p.m. DJ LJU entertains Nov. 6, Doggin' Dave Productions provides the music Nov. 13 and DJ J Rock entertains Nov. 14 and 20. For more information, call 645-7034.

#### Club shows appreciation to veterans

Veterans Day is celebrated at the JBSA-Randolph Parr Club Nov. 8. Veterans receive half off the cost of brunch. Club card and military ID are required. For more information, call 652-4864.

#### Sky Lounge provides musical entertainment

Stop by the Sky Lounge on the second floor of the JBSA-Randolph Parr Club for music and hors d'oeuvres. DJ Stevie Mac plays Nov. 6 and the Tobias Band entertains Nov. 20. Cost is \$3 for members and \$5 for nonmembers. For more information, call 652-4864.

## Fly-in turns old school

Join old school camaraderie at the JBSA-Randolph Parr Club Auger Inn Nov. 6 and 20, 5 p.m., with free refreshments and a live band. For more information, call 652-4864.

## Community Programs

### Theater goers take in a play

Come to the JBSA-Fort Sam Houston Harlequin Dinner Theatre now through Nov. 14 to see "Blithe Spirit." Charles is a novelist and arranges for an eccentric medium to hold a séance. The medium inadvertently summons Charles' late wife, Elvira, which leads to a hilarious array of miscommunication. This show is sponsored by THE GUNN AUTOMOTIVE GROUP. No federal endorsement of sponsor intended. For more information, call 222-9694.

### Bargains are found at the flea market

The JBSA-Lackland Skylark Community Center hosts a flea market at the Warhawk Fitness Center, building 2418, parking lot Nov. 7, 8 a.m. to noon. Sellers can set up wares for buyers looking for a bargain. Reservations for space are available for \$10. Tables to rent cost \$15 and payment for reservations must be paid in cash and in person at the Skylark Community Center, building 6576. For more information, call 671-3191.

### Veterans are celebrated

Come to the JBSA-Fort Sam Houston MacArthur Parade Field to show appreciation and honor veterans with the 502d Force Support Squadron Nov. 13, noon to 2 p.m. Food and entertainment are provided and attendees are entered to win prizes such as a large screen television, gift cards and more. For more information, call 652-5763.

### The Christmas spirit is spreading at the theatre

Stop by the JBSA-Fort Sam Houston Harlequin Dinner Theatre Nov. 27 to Dec. 26 to view the play "Tinsel Town," a Christmas music revue featuring songs from favorite Christmas movies including "White Christmas," "The Polar Express," "How the Grinch Stole Christmas," "It's a Wonderful Life" and more. This high-energy show is fun for all ages and is sponsored by THE GUNN AUTOMOTIVE GROUP. No federal endorsement of sponsor intended. For more information, call 222-9694.

### Squadrons show holiday spirit in a big way

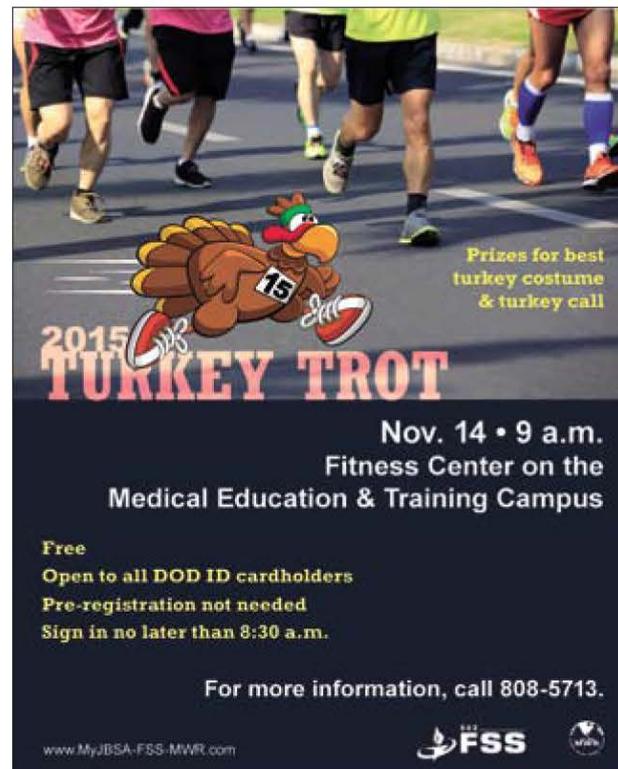
The JBSA-Lackland Arnold Hall Community Center hosts the Giant Holiday Card Challenge Dec. 1. Get together and submit a giant holiday card representing squadron spirit and win \$500 in club bucks for the next unit event at the Gateway Club. Sign up by Nov. 13. Winners are announced at the JBSA tree-lighting ceremony. For more information, call 6712941.

## Equestrian Center

### Horseback riding lessons offered

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. For more information, call 224-7207.



Prizes for best turkey costume & turkey call

## 2015 TURKEY TROT

Nov. 14 • 9 a.m.  
Fitness Center on the  
Medical Education & Training Campus

Free  
Open to all DOD ID cardholders  
Pre-registration not needed  
Sign in no later than 8:30 a.m.

For more information, call 808-5713.

www.MyJBSA-FSS-MWR.com

## Fitness

### Swimmers participate in Modern Pentathlon

Participate in a 200-meter free-style competition Nov. 6, 1 p.m., at the JBSA-Fort Sam Houston Jimmy Brought Swimming Pool. Swimmers with a posted time of 2 minutes and 30 seconds or faster may be invited to join the Modern Pentathlon team. For more information, call 221-1234.

### Veterans are appreciated

The JBSA-Randolph Rambler Fitness Center hosts an open house for veterans Nov. 10, 11 a.m. to 1 p.m. Tour the fitness center and learn how quality of life can improve. The fitness center offers top-of-the-line equipment and excellent programs. Fitness center staff is on hand to answer questions. For more information, call 652-7263.

### Athletes are faced with a new challenge

The JBSA-Fort Sam Houston Jimmy Brought Fitness Center hosts the Firefighter Challenge, Nov. 14, 9 a.m. This event includes a firehose carry, buddy drag, fire truck pull and other endurance trial events. This is a free event and open to all Department of Defense ID cardholders 18 years and older. For more information, call 221-1234.

### Runners participate in Turkey Trot

Support The Great American Smoke Out with the JBSA-Randolph Rambler Fitness Center Turkey Trot 5k run or walk Nov. 19, 11:30 a.m., at the fitness center jogging trails.

All participants are entered in a drawing to win a turkey for the holidays. For more information, call 652-7263.

### Skylark swimming is ongoing

The JBSA-Lackland Skylark Aquatics Center has lap swimming Monday, noon to 1 p.m., Tuesday - Friday, 11 a.m. to 1 p.m., and open swimming Monday - Friday, 4-7 p.m., and Saturday, 12:30-4:30 p.m. Swim lessons are available for swimmers 3 years and older. And children 7 years and older may join the Youth Swim Team. For more information, call 671-3780.

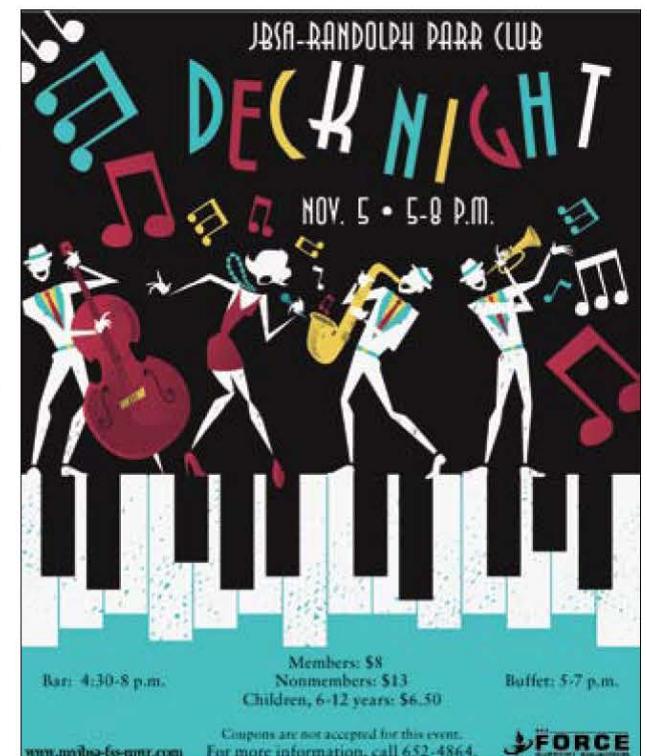
## Golf

### Warrior Golf Scramble

Golfers are invited to play in the monthly JBSA-Fort Sam Houston Golf Course Warrior Four-Person Scramble Nov. 6, with a 12:30 p.m. shotgun start. Cost is \$25 for members and \$35 for nonmembers. The fee includes 18 holes of golf, green fees, golf cart, dinner and gift certificates for the winners of longest drive and closest to the pin. The first-, second- and third-place winners also receive gift certificates. For more information, call 222-9386.

### Golf course looks for a champion

Sign up now for the rescheduled JBSA-Lackland Gateway Hills Golf Course Championship, Nov. 7-8, 8 a.m. shotgun start. Cost for the individual stroke play tournament is \$50 per player and includes a tee gift and food and beverages. Prizes are awarded to the winners and the tournament is open to all JBSA annual fee payers, Department of Defense ID card holders and civilians. Participants must have a verifiable handicap to be flighted and pay green and cart fees daily. Golfers must secure their own base access. For more information, call 671-3466.



JBSA-RANDOLPH PARR CLUB

## DECK NIGHT

NOV. 5 • 5-8 P.M.

Bar: 4:30-8 p.m. Members: \$8 Nonmembers: \$13 Children, 6-12 years: \$6.50 Buffet: 5-7 p.m.

Coupons are not accepted for this event. For more information, call 652-4864.

www.myjbsa-fss-mwr.com

## Golfers take home the turkey

The JBSA-Lackland Gateway Hills Golf Course hosts a turkey shoot Nov. 2-22. Cost is \$10 per day. Prizes are awarded to winners. For more information, call 671-3466.

## Veterans Day is honored with a tournament

Join the JBSA-Randolph Oaks Golf Course for an individual low-net, low-gross Red, White and Blue tournament Nov. 11 with 7-9 a.m. tee times. Cost is \$10 plus green and cart fees. For more information, call 652-7263.

## Golf gets competitive

Come to the JBSA-Randolph Golf Course Nov. 20, 12:30 p.m. shotgun start, to compete in the JBSA Force Support Squadron Golf Classic, a four-person scramble. Cost is \$50 per person and includes lunch, green and cart fees and gift certificates for the winning teams. This event is sponsored by Randolph-Brooks Federal Credit Union and Silver Eagle Distributors. No federal endorsement of sponsor intended. For more information, call 652-4653.

## Golf course closes for Thanksgiving

The JBSA-Randolph Oaks Golf Course facility is closed Nov. 26. For more information, call 652-7263.

## Golfers save on shoes

The JBSA-Lackland Gateway Hills Golf Course offers 10 percent off all golf shoes in stock throughout November. For more information, call 671-3466.

## Information, Tickets and Travel

### Dallas Cowboy ticket packages available

Reserve 2015-2016 "Tailgate Getaway" all-inclusive Two Night packages for Dallas Cowboy home games starting at \$399 per person. Price includes deluxe motor-coach transportation, one breakfast buffet per person, transportation to stadium, Texas barbecue buffet party with unlimited beverages, live entertainment, an autograph session with a Dallas Cowboy, a 400-level game ticket and refreshments en route. For more information, call 671-3059.

### Theme park fun is ongoing

JBSA-Randolph Information Tickets and Travel, located in the Community Services Mall, building 895, has daily passes to SeaWorld®. Adult passes are \$60 and passes are \$50 for children 3-9 years. The park is open weekends through Dec. 31 and the Waves of Honor™ promotion is offered to active, retired and veterans. This promotion ends Nov. 8 for veterans and retirees and Dec. 31 for active duty.

JBSA-Randolph ITT also has discount passes to Six Flags®, open weekends Nov. 24 to Jan. 3, 2016. For more information, call 652-5142.

### Sail to the ultimate destination for relaxation

Make reservations with JBSA-Lackland Information, Tickets and Travel to cruise the Eastern Caribbean Jan. 27 to Feb. 6, 2016. The cruise travels from San Juan, Puerto Rico to St. Thomas, St. Kitts, St. Maarten, Antigua, Grand Turk, Half Moon Cay, in the Bahamas and back to Galveston, Texas. Rates start at \$900 per person. Gratuities and airfare are not included. A \$250 per person deposit and a \$10 service fee is due at time of booking with final payment due Nov. 13. For more information, call 671-7111.

## Library

### More than just books

The JBSA Libraries offer a variety of resources for the military and their families to include: books, audio-books, 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 also available in-person and online at <http://www.jbsalibraries.org>.

Enjoy a story or two and an activity at the JBSA libraries. Story time is hosted at the JBSA-Fort Sam Houston Keith A. Campbell Memorial Library Thursdays, 10 a.m., the JBSA-Lackland Library Tuesdays, 10 a.m. and the JBSA-Randolph Library Wednesdays, 10 a.m. Registration is not 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.

JBSA-Lackland Gateway Club

**DELICIOUS**

**Holiday Meals To Go**

Save time during  
the holidays and let the  
**Gateway Club Cook for You!**  
Nov. 1 to Dec. 19

Choose between a Baked Turkey or Glazed  
Ham only or order the entire meal!

Meals include cornbread stuffing, whipped potatoes, gravy,  
sweet potatoes, corn, green beans, cranberry sauce & apple pie.

Prices range from \$45 to \$90

For more information, call the  
JBSA-Lackland Gateway Club, 645-7034.

## Military & Family Readiness

### Workshop provides holiday stress management tips

Sign up for the Managing Holiday Stress workshop at the JBSA-Fort Sam Houston Military & Family Readiness Center Nov. 2, 2-3 p.m., or the JBSA-Lackland M&FRC Nov. 4, 1-2:30 p.m. The holiday season is full of unique stressors, review methods to identify symptoms and management techniques. Define holiday expectations and strategies to guide children through the holidays with

minimal stress. For more information, call the JBSA-Fort Sam Houston M&FRC at 221-2830 or the JBSA-Lackland M&FRC at 671-3722.

### Classes help improve computer skills

The JBSA-Fort Sam Houston Military & Family Readiness Center offers Microsoft Office 2013 foundational classes for Word, PowerPoint and Excel. Each course has two parts and provides a basic overview to help users become proficient and improve work flow. Trainings are 8 a.m. to noon. Microsoft Word dates are Nov. 3 and 5, PowerPoint is Nov. 10 and 12 and Excel is Nov. 17 and 19. For more information, call 221-2380.

### Buyers can become prepared for shopping

A representative from the Better Business Bureau hosts a Smart Consumers workshop at the JBSA-Lackland Military & Family Readiness Center Nov. 4, 9-11 a.m. Receive information to help learn to avoid identity theft, use credit wisely and shop online. Also, discuss financial planning, budgeting and saving. For more information, call 671-3722.

### Workshop focuses on strengthening marriages

Challenge previous notations about what marriage should be and learn to appreciate all that is right now and future potential. This four-part workshop, Nov. 9-10 and 16-17, 5-7 p.m., must be attended in order. For more information, call 221-2418.

### Spouses receive guidance

Military spouses are invited to attend the quarterly spouse orientation, Heart Link, at the JBSA-Lackland Military & Family Readiness Center Nov. 4, 9-11 a.m., or the JBSA-Randolph M&FRC Nov. 12, 8:30 a.m. to 1:30 p.m. Receive information about resources and programs on JBSA and the surrounding area. Learn military customs, courtesies, ranks and acronyms. For more information, call the JBSA-Lackland M&FRC at 671-3722 or the JBSA-Randolph M&FRC at 652-5321.

### Parents review academic accommodations

The Exceptional Family Member Program monthly support group provides an overview of grading and progress monitoring for students with disabilities Nov. 5, 11 a.m. to 12:30 p.m. at the JBSA-Randolph Military & Family Readiness Center. Review practices for evaluating academic performance on grade-level standards, with accommodations, modified curriculum, and prerequisite levels. For more information, call 652-5321.

### Key spouses attend training

Key Spouse training is held Nov. 12, 8:30 a.m. to 3 p.m. and is mandatory for all newly appointed Key Spouses and highly recommended for new Key Spouse members. Topics include program roles, Sexual Assault Prevention and Response training, resiliency and suicide prevention. For more information, call 221-2418.

### Retirement is on the way

Service members planning retirement or in the last re-enlistment period before retirement are encouraged to sign up for the JBSA-Lackland Military & Family Readiness Center Four to Go workshop, Nov. 13, 9 a.m. to 1 p.m.

Subject matter experts present information on finance, post-retirement, legal issues, employment, veteran's benefits and survivor benefits. For more information, email [802fss.fsf@us.af.mil](mailto:802fss.fsf@us.af.mil) or call 671-3722.

## Single parents connect

The JBSA-Randolph Military & Family Readiness Center hosts a brown-bag forum Nov. 19, noon to 1 p.m., to bring single parents together and share helpful resources and ways to overcome challenges. Focus on stress management relaxation techniques followed by an open discussion. Registration is not required. For more information, call 652-5321.

## Outdoor Recreation

### Boat rates are reduced all season

The JBSA-Lackland Equipment Rental offers half-price weekend boat rentals now through February. Prices vary depending on the size and type of boat. Weekend rentals begin Fridays, 8 a.m. to 3 p.m. and end Mondays, 3 p.m. For more information, call 925-5533.

### Bikers gear up for the fall motorcycle ride

The JBSA-Lackland Outdoor Recreation invites all JBSA personnel to enjoy a 200-mile ride Nov. 7, 10 a.m. to 5 p.m. with fellow motorcyclists. The starting point is Port San Antonio. For more information, call 925-9112.

### Concealed Handgun License Class offered

The JBSA-Camp Bullis Rod-N-Gun Recreation Center provides concealed handgun license classes Nov. 7 and 14, 8 a.m. to 1 p.m. Successful completion of this class is required for a Texas CHL. Cost is \$65. Students must be 21 years old and older or active-duty military 18 years old and older to participate. For Department of Defense ID cardholders only. For more information, call 363-2332.

### Archery takes on another dimension

The JBSA-Camp Bullis Rod-N-Gun Recreation Center hosts a three-dimensional archery competition Nov. 21-22, 8 a.m. to 1 p.m. Registration is 8-10 a.m. and the course must be completed by 1 p.m. The fun shoot is \$15, the competition shoot is \$20 and children 12 years and younger participate for \$5. For more information, call 295-7529.

### JBSA recreation park closes for Thanksgiving

The JBSA Recreation Park @ Canyon Lake is closed Nov. 26. For more information, call 830-964-3576.

### Boat rentals are half price

Rent any boat at the JBSA Recreation Park @ Canyon Lake for half price during November. Cost includes safety equipment; fuel is not included. Rentals are on a first-come, first-serve basis and completion of the Boater's Safety Course through the state of Texas, a JBSA Outdoor Recreation office or JBSA Recreation Park @ Canyon Lake is mandatory. For more information, call 830-226-5357.

### Cottages are discounted

Rent a cottage at the JBSA Recreation Park @ Canyon Lake for \$75 a night Monday through Thursday during the month of November. Cottages include three bedrooms with a queen-size bed in each room, a full bathroom, a full kitchen, a fully furnished living room with a television and

a Blu-ray DVD player. Each cottage accommodates up to eight people and linens are provided. For more information, call 830-226-5357.

## Youth and Children

### Youth attend Thanksgiving holiday camp

The JBSA-Fort Sam Houston Thanksgiving Camp runs Nov. 23-25 for youth in kindergarten through seventh grade. Preregistration is required and cost is based on family income. Register children at Parent Central through Nov. 11. For more information, call 221-4871.

Register youth for the JBSA-Randolph Youth Programs Thanksgiving Holiday Camp Nov. 2-13. Camp runs Nov. 23-25 and is open to youth in kindergarten to sixth grade or 5-12 years. Fees are based on total family income and all required paperwork must be on file including pay stubs and shot records. For more information, call 652-3298.

### Holiday child care available

Parents working through the holidays are invited to enroll children 5-12 years in the JBSA-Lackland School Age Program for safe, fun activities Nov. 23-27. Sign ups made after Nov. 9 are subject to availability and a \$15 late fee. Camps include field trips and are closed during observed holidays and have reduced hours on Air Education and Training Command family days. For more information, call 671-2388.

### Volleyball camp keeps youth active

Youth 9-18 years can sharpen sports skills at the JBSA-Lackland Youth Programs volleyball camp, Nov. 23-25. Cost is \$50 per child with lunch included. Sign ups made after Nov. 9 are subject to availability and a \$15 late fee. For more information, call 671-2388.

### Families attend dinner and program

KLRN and Curious George visit building 1703 at JBSA-Fort Sam Houston Nov. 6, 4-6 p.m., to provide information about family programming offered by KLRN. For more information, call 221-5151.

### Youth sports registration is ongoing

Register children for JBSA-Fort Sam Houston basketball now through Nov. 6. Cost for youth 5-14 years is \$50 per child and youth 3-4 years is \$45 per child. All sports registrations are processed at Parent Central, building 2530 on Funston Road. For more information, call 221-5513.

### Youth programs available for free

Bring youth to participate in membership free week in celebration of Month of the Military Family Nov. 9-13 at the JBSA-Randolph Youth Programs. No membership is needed to participate in clubs, activities or open recreation. This program does not include instructional classes, league sports and School Age Programs. Regular membership is \$36 per year. For more information, call 652-3298.

### Parents get a break

JBSA-Lackland Youth Programs presents Give Parents A Break Nov. 12, 1-5 p.m. Parents drop off children 5-12 years at Youth Programs for activities, entertainment and snacks. Cost is \$25 per child with multiple child discounts or free with a GPAB referral. Preregistration is required. Parents with children 6 months to 5 years call 671-3675 to make

reservations. For more information, call 671-2388.

JBSA-Randolph Youth Programs hosts Give Parents a Break/Kids Adventure Night Nov. 14, 6-10 p.m. Registration is Nov. 1-11. This event is at the Child Development Programs Annex for children 2 years and younger and at Youth Programs for children 3 years and older. Cost is \$25 with a multiple-child discount and free for GPAB waiver holders. For more information, call 652-4946.

### Families are invited to spaghetti dinner

Join the JBSA-Randolph Youth Programs for a free appreciation spaghetti dinner Nov. 12, 5-6 p.m. at building 585. For more information, call 652-3298.

### Middle school dance glows through the night

The JBSA-Fort Sam Houston Glow in the Dark Dance is Nov. 13, 7-10 p.m. at the Youth Center, building 1630. Middle-school youth in sixth to eighth grade may attend the dance. Cost is \$3 or \$1 with two cans of food. For more information, call 221-3502.

### Children learn home-alone safety tips

Join the JBSA-Randolph Youth Programs for a Home Alone class Nov. 19, 5-6 p.m., at the JBSA-Randolph Military and Family Readiness Center, building 693. This class gives children the basic tools and knowledge to confidently stay home alone. Registration ends Nov. 17. For more information, call 652-3298.

### Volleyball madness leads to nutrition

Youth in 6th-12th grade, are invited to play a round robin of volleyball at the JBSA-Fort Sam Houston Youth Center Nov. 20, 7-10 p.m. Youth also learn facts about nutritious snacks. This is a coed activity. For more information, call 221-3502.

### Basketball lasts until midnight

The JBSA-Fort Sam Houston Youth Programs hosts Midnight Basketball Nov. 21, 7 p.m. to midnight, for youth 11 years and older. It is free to attend and healthy snacks are provided. Youth in 6th-8th grade, play until approximately 9 p.m. and youth in 9th-12th grade play until midnight. For more information, call 221-3502.

### Facilities close for holidays

The JBSA-Fort Sam Houston Youth Centers, Middle School, Teen Center and School age Programs are closed Nov. 26-28. For more information, call 221-3502.

## STAY CONNECTED

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

Visit and "like" us on Facebook as 502d Force Support Squadron JBSA-Randolph.

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



# Tips to safeguard mobile devices, social media sites

By Katie Lange

Department of Defense News

It's 2015. Most of us have computers, smartphones, tablets, even smartwatches. But are you taking the right precautions to keep the personal information that's stored there safe?

According to a Pew Research Center 2015 report, 64 percent of Americans own a smartphone, while many rely on them heavily for Internet access. About the same percentage of American adults also use social networking sites.

A constantly connected world is great – especially for cybercriminals. Since October is National Cyber Security Awareness Month, we're doing our best to make our military families more #cyberaware. Here are some ways to keep your important communications tools secure.

## Mobile phones

Be sure to set personal identification numbers and passwords. This is your first line of defense in case your phone is lost or stolen. Also, set your phone to lock automatically between 30 seconds to 5 minutes after it's idle.

**Only install apps from trusted sources.** Check an app's reviews, confirm the legitimacy of the app store, and compare the app sponsor's official website with the app store link to make sure they're the same. Many apps from untrusted sources contain malware that can steal information and install viruses.

**Understand app permissions before accepting them.** Check the privacy settings for an app before you install it. Be cautious about what access to your personal information you give apps.

**Be smart on open Wi-Fi networks** (<https://www.us-cert.gov/ncas/tips/ST05-003>). If unsecured, cybercriminals within range of the connection can get to your personal information. It's wise to not use an open network unless you really have to.

**Wipe data on your old phone before getting rid of it.** Your personal information is private for a reason, and you want to keep it that way when it's in someone else's hands. Reset it to its factory settings before you donate, resell or recycle it.

**Report stolen smartphones.** Did you know there's a stolen phone database? Well, there is, so be sure to report the theft to local law enforce-

ment, then register it with your wireless service provider. Other providers will be alerted, and they can set up remote "bricking" so it can't be used without your permission.

**Don't modify your smartphone's security settings.** This undermines the built-in security features and can make the device more susceptible to attack.

**Backup and secure your data.** Contacts, documents and photos should be stored in the cloud, on a computer or on a portable storage device so you can restore the information if it gets erased, lost or stolen.

**Install security that enables remote location wiping.** This might be a default on your phone or an app. It can remotely locate and erase all of the data on your phone if it's stolen or lost. Some apps also offer loud alarms to find your phone (even if it's on silent), as well as to help locate lost devices.

**Access updates and patches to your software.** Set these up to automatically update so you reduce the risk of exposure to cyber threats.

## Social media sites

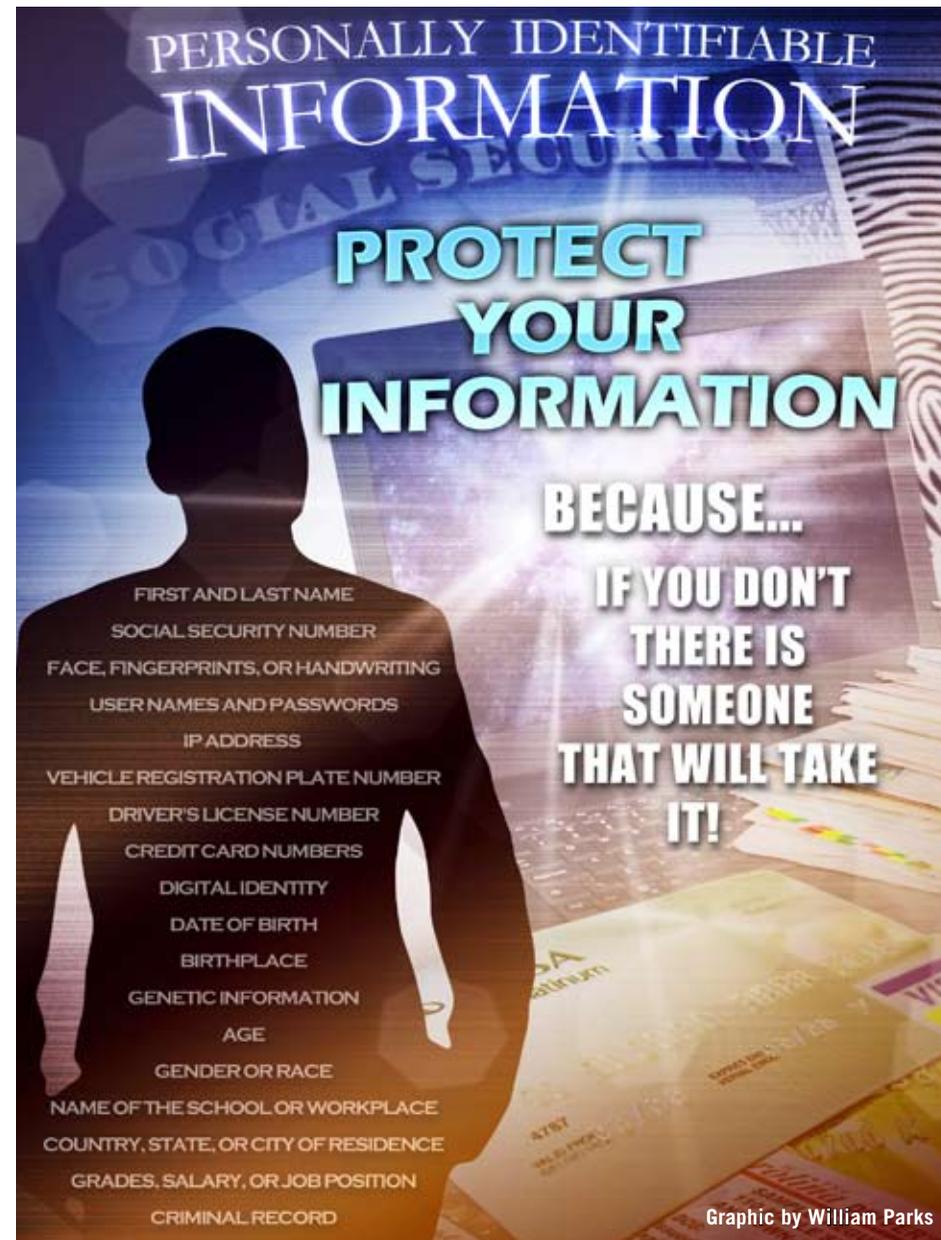
Limit the personal information you post. Do you want a stranger to know how long you're going on vacation? Probably not, so don't post it on social media. Make sure your connections don't, either.

**Remember that the Internet is a public resource.** Same basic concept as above – if you think your job would frown on something you're planning on posting, don't post it. Only post what you're comfortable with everyone seeing. If you do post something controversial, know that even if you remove it, saved or cached versions may still exist.

**Be wary of strangers.** The Internet is full of weirdos and people misrepresenting themselves. Consider limiting who you allow to contact you on social media, and be cautious about what info you reveal.

**Be skeptical.** Don't believe everything you read online. There is a lot of false and misleading information out there, so try to verify details before taking any action.

**Take advantage of privacy settings.** Most sites have default settings that let anyone see your profile, but you can easily add more restrictions. Check up on these settings occasionally, too, since sites change their options from time to time.



**Be wary of third-party applications.** Candy Crush. Farm Heroes. They might be fun, but they often require a lot of your personal information. Be wary of any that seem suspicious, and modify your settings so you limit what information they can access.

**Use strong passwords.** This is pretty standard for anything online, but it stands to be repeated. You don't want your password to be compromised, so pick a good one. Some tips on how to do that can be found at <https://www.us-cert.gov/ncas/tips/ST04-002>.

**Check privacy policies.** Some sites will share your information, including

email addresses and user preferences, which can increase spam. To reduce that, consider hiding your email address or changing the settings so that only a few people you trust can see it (<https://www.us-cert.gov/ncas/tips/ST04-007>). Also, check out the site's referral policy so you don't unintentionally sign up your friends to get spam.

Hopefully some of these tips were new and useful to you. More tips for non-techie computer users can be found at <https://www.us-cert.gov/ncas/tips> and social media tips for students and parents at [http://www.dhs.gov/sites/default/files/publications/Social%20Media%20Guide\\_2.pdf](http://www.dhs.gov/sites/default/files/publications/Social%20Media%20Guide_2.pdf).

## JBSA Air Show, Open House rehearsal takes place today

In preparation for the 2015 Joint Base San Antonio Air Show and Open House Saturday and Sunday, a rehearsal will be held today at JBSA-Randolph for Department of Defense cardholders, Wounded Warriors and Gold Star families.

The lineup includes:

- 10:30 a.m. – Wings of Blue and a Team JBSA flyby
- 11 a.m. - 1 p.m. – Civilian aerobatic acts, U.S. Army Golden Knights and the U.S. Air Force Academy glider demo

- 1:25 p.m. – U.S. Air Force Thunderbirds
- 4 p.m. – U.S. Air Force and U.S. Army bands
- 6:30 p.m. – Twilight air show
- 8 p.m. – Fireworks

*(All times subject to change.)*

Food vendors will be available from 2-8 p.m. and pilots will be at their static display aircraft from 12:30-3:30 p.m.

For more information on base access, performers and the full schedule for Saturday and Sunday, visit <http://www.jbsa.mil> and click on the air show logo in the far right column.

## Joint Base San Antonio-Randolph News Briefs

### 2015 CFC underway

The 2015 Combined Federal Campaign is underway. The CFC is the once-a-year workplace campaign available to federal employees which eliminates year-round on-the-job solicitations, while allowing employees a convenient way to give to the charitable organizations of their choice. Organizational project officers and key workers will be reaching out to each JBSA member to personally inform them about this year's CFC.

### Scholarship opportunity

All high school seniors whose parents work at Joint Base San Antonio-Randolph are eligible to apply for two \$1,000 JBSA-Randolph National American Indian Heritage Month scholarships. Applications must include a 1,000-word essay and are due by 4 p.m. Nov. 6.

The National American Indian Heritage Month theme this year is "Growing Native Leaders: Enhancing Seven Generations" and the essay must answer the following questions and tie them together with the theme:

- Briefly explain the American Indian Warrior ethics of service as a form of leadership.
- What does the "Seven Generations" mean?
- What service have you done within your community these past four years?
- Why was your community service important and how did it benefit you and the

society you served?

The essay can be a maximum of 2000 words and must be single spaced in Times New Roman 12 point font.

Students must also provide the following information on a single page attached to the essay:

- Student's name, high school, school guidance counselor's name and phone number
- Student's planned college of attendance
- Student's parent or legal guardian information including name, unit and contact number

For information on submitting an application with essay, call 652-1196.

### Airmen Powered By Innovation

Airmen can submit innovative ideas that increase cost savings across the Air Force to the Airmen Powered by Innovation website at <https://ipds.afpc.randolph.af.mil> or through the Air Force Portal.

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, call the 802nd Force Support Squadron Manpower Office at 652-8953 or 652-8954.

## 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.

# Obama adjusts troop levels for continuing Afghanistan mission

By Cheryl Pellerin

DOD News, Defense Media Activity

President Barack Obama announced at the White House Oct. 15 that he will keep U.S. troops in Afghanistan through 2016 and a lesser number into 2017 to sustain coalition efforts to train and strengthen Afghan forces.

Joining Obama at the podium were Vice President Joe Biden, Defense Secretary Ash Carter and Marine Corps Gen. Joseph F. Dunford Jr., chairman of the Joint Chiefs of Staff.

As part of a four-step plan that he said would best ensure lasting progress in Afghanistan, Obama said he would maintain the current posture of 9,800 troops in Afghanistan through most of 2016.

Rather than reduce troop levels to a normal embassy presence in Kabul by the end of 2016, Obama said the United States will maintain 5,500 troops and a small number of bases, including at Bagram and Jalalabad in the east and Kandahar in the south.

The mission in Afghanistan will not change, the president said.

“Our forces ... will remain engaged in two narrow, but critical, missions,” the president said, “training Afghan forces and supporting counterterrorist operations against the remnants of al-Qaida.”

Obama said he decided on new troop levels after a request in March by Afghan President Ashraf Ghani for continued support and following consultations with his national security team, international partners and members of Congress, and with Ghani and Afghan Chief Executive Abdullah Abdullah.

“America’s combat mission in Afghanistan is over, but the commitment to Afghanistan and its people endures,” Obama said.

The final parts of Obama’s plan are to work with allies and partners to align the U.S. plan with their own presence in Afghanistan after 2016, and to continue to support Ghani and the national unity government as they pursue critical reforms.

“In Afghanistan,” Obama said, “we are part of a 42-nation coalition, and our NATO allies and partners can continue to play an indispensable role in helping Afghanistan strengthen its security forces, including respect for human rights.”

In a conversation with Ghani and Abdullah, Obama said, he told the Afghan leaders that their efforts to deliver progress and justice for the Afghan people will continue to have strong U.S. support. They also discussed American support of an Afghan-led reconciliation process, he added.

Said sanctuaries for the Taliban and other terrorists must end, the president said.

“Next week, I’ll host Prime Minister Nawaz Sharif of Pakistan,” Obama added, “and I will continue to urge all parties in the region to press the Taliban to return to peace talks and to do their part in pursuit of the peace that Afghans deserve.”

This afternoon at the Pentagon, Carter said Afghan forces have proven themselves capable and resilient

*“It’s the most solemn decision that I make. I know the wages of war in the wounded warriors I visit in the hospital and in the grief of Gold Star families. But as your commander in chief, I believe this mission is vital to our national security interests in preventing terrorist attacks against our citizens and our nation.”*

**President Barack Obama**

*U.S. President and Commander-in-Chief*



**Senior Master Sgt. Adrian Cadiz**

Defense Secretary Ash Carter speaks with reporters Oct. 15 during a Pentagon press briefing about the U.S. troop posture in Afghanistan.

fighters who can provide security for their nation.

“They have performed admirably this fighting season, the first for which the responsibility to fight the Taliban has fallen squarely on their shoulders,” the defense secretary said. “But Taliban advances in parts of the country underscore the reality that this is and remains a difficult fight.”

Afghanistan still needs help, he continued, and through NATO’s Resolute Support mission, the Defense Department is working closely with the Afghan national defense and security forces and the country’s security ministries to ensure they’re prepared to protect the Afghan people and set conditions for stability in the region.

“This extends beyond our U.S. military presence and includes the important financial commitments we will need to make in support of the Afghan security forces,” Carter said.

The U.S. military’s presence and financial sustainment will send a strong message to the international community that the United States is committed to Afghanistan and is intent on fostering long-term stability, he added.

“We anticipate that the U.S. commitment will in turn garner the commitment of other members of the coalition that U.S. forces have operated with,” Carter said.

“I have already initiated consultations with key allies to secure their continued support for this mission.”

Over time, he added, “we will reduce our footprint in Afghanistan, but not our commitment to the country and its people.”

In a statement from Kabul, Army Gen. John F. Campbell, commander of U.S. forces in Afghanistan, said Obama’s decision “provides us the ability to further develop a lasting strategic relationship with our Afghan partners, and allows us to counter the rise of violent extremism in a volatile part of the world.”

He added, “Our continued efforts to stabilize Afghanistan will benefit the entire region and in turn offer greater security for the U.S. homeland and Americans abroad and at home.”

Before Obama left the podium, he spoke directly to the Afghan people, to the men and women in uniform and to the American people.

To U.S. service members, the president said he doesn’t send them into harm’s way lightly.

“It’s the most solemn decision that I make,” Obama said. “I know the wages of war in the wounded warriors I visit in the hospital and in the grief of Gold Star families. But as your commander in chief, I believe this mission is vital to our national security interests in preventing terrorist attacks against our citizens and our nation.”

# Lady Ro-Hawks headed to the playoffs

By David DeKunder

Joint Base San Antonio-Randolph Public Affairs

This season, the Randolph High School Lady Ro-Hawks volleyball team has met or surpassed most of its goals, including returning to the playoffs.

While Randolph is happy they are back in the postseason, the Lady Ro-Hawks are hoping to accomplish one of their other goals – winning a playoff match.

The Lady Ro-Hawks are awaiting the first round of the Class 3A playoffs, which begin Monday. Randolph's first round opponent will be determined later this week.

Randolph concluded the regular season at 26-13, an eight-game improvement over last year's 18-13 record. The Lady Ro-Hawks finished second in District 26-3A with a 7-3 district record, behind district champion Marion. Randolph was able to improve on its third place finish from last year.

The Lady Ro-Hawks are in the playoffs for the sixth consecutive season, a streak that started in 2010. In their previous five playoff trips, Randolph lost in the first round.

Randolph coach Candace Peche-Aguirre said the experience and leadership of the team's starters have helped the Lady Ro-Hawks improve their play on the court. Three of the six starters played last year and two of those players, outside hitter Taylor Romero and middle blocker Brooke La Mantia, are juniors and



Courtesy photo

The Randolph High School Lady Ro-Hawks play a district game against Natalia High School Lady Mustangs. The Lady Ro-Hawks lost to the Lady Mustangs, three games to one.

three-year starters.

The rest of the starting lineup includes setter Hannah Gould, junior; middle blocker/outside hitter Kyana Gayden, junior; outside hitter Brianna Gomez, sophomore; setter Claire La Mantia, freshman; and defensive specialist Megan Duenas, senior.

"They have become better leaders on the court because they are older," Peche-Aguirre said. "They have become more vocal."

Romero is Randolph's offensive force at the net, leading the team with 384 kills,

followed by Gayden, 195 kills, and Brooke LaMantia, 165 kills.

Running the offense are setters Gould and Claire LaMantia, who have combined for 821 assists.

Peche-Aguirre said every player on the court is involved with the offense. "Everybody has a role to play on offense," the coach said. "We have gotten better at running different plays."

One of the team's goals before the season started in August was to play better defense. Peche-Aguirre said the Lady Ro-Hawks have followed through on that

objective, using their defense to set up their offensive attack.

"Defensively we're moving quicker," Peche-Aguirre said. "We are covering our positions better."

Five Lady Ro-Hawk players have at least 100 or more digs on defense, including Romero 217, Brooke LaMantia 203, Gomez 187, Gould 163, and Claire LaMantia 124. Brooke LaMantia has a team high 38 blocks followed by Romero, 27.5, and Gayden, 24.

Defensive specialists Claudia Salas and Brianna Mirarchi and middle blocker Sarah Adams, all seniors, have contributed in backup roles. Salas has 98 digs.

Peche-Aguirre said the team's youngest starters, Claire LaMantia and Gomez, have both contributed to the team's play. The coach said Claire LaMantia has handled the pressure of being a setter and playing alongside her sister, Brooke, very well.

Gomez has been a consistent player on both offense and defense, Peche-Aguirre said.

"I can count on her," she said. "She is pretty consistent in whatever she is doing. She does whatever she is supposed to do."

Peche-Aguirre said the Lady Ro-Hawks have also improved on the mental part of the game, coming from behind several times to win matches and making smarter decisions on the floor. She said, though, the team needs to do a better job of maintaining their leads, keeping its focus and finishing games consistently.

## PETS from P2

- Verify your pet is listed for the flight at the airport, and be sure to mention it to a crew member once you're on board, even though they're probably aware.

Get more travel tips at Military One Source at [http://www.militaryonesource.mil/moving?content\\_id=270449](http://www.militaryonesource.mil/moving?content_id=270449).

### **If you have to relinquish your pet for good:**

If you just can't keep your pet and have to give them up, know it takes time to find a new home that's right for them. To prepare, take them on one last veterinary trip for a check-up, vaccinations and to make sure they're spayed/neutered.

First, try to find friends, family or co-workers to take care of your pet. Ask them to ask around, too, so you know your pet will go to someone trustworthy. Dog trainers and walkers might know of good homes, too.

If you can't find anyone you know personally, advertise around your neighborhood or through a reputable online website like Petfinder.

- Be sure to screen candidates carefully to make sure they're a good fit and don't have malicious intent. Don't advertise that your animal is free – that's just asking for trouble.

- Come up with important questions to ask potential adopters. Some good examples can be found at <https://www.petfinder.com/pet-care/giving-up-your-pet/tips-finding-home-pet/>.

- Be sure to share all of your pet's behaviors, good or bad, including what they have problems with, whether they work well with kids and other pets, what their endearing qualities are, etc.

Contact rescue groups who can find a foster parent to take your pet. This way, you know your pet is going to be in good hands. If you have a purebred pet, or close to it, contact a breed rescue organization (<http://www.akc.org/dog-breeds/rescue-network/>) to see if they'll foster it or let you post its adoption information on their website.

If those options don't work, research animal shel-

ters thoroughly. Visit the kennels, meet the staff and familiarize yourself with their policies. Do they have a big play area for dogs to run? How often do pets get one-on-one time with people?

While no-kill shelters might sound like the best bet, consider whether your pet will be able to deal with the possibility of living their life in a cramped kennel.

If you feel uneasy about an adoption applicant or a shelter, go with your gut and make a different decision.

If your animal has ever been aggressive:

If your pet has bitten or nipped at someone, get a professional behavioral evaluation before giving them away. Also, check state and local laws about the liability that comes with giving a pet away that has a history of aggression.

Lastly, never let your pet into the wild. The chances of their survival are slim and if they're not spayed/neutered, it will likely just lead to more unwanted animals being born.

# Ro-Hawks' football team closing in on playoff spot

By David DeKunder

Joint Base San Antonio-Randolph Public Affairs

The Randolph High School Ro-Hawks football team will be hoping to clinch a playoff spot when they take on rival Cole High School Cougars tonight at 7:30 p.m. at Joint Base San Antonio-Fort Sam Houston.

The Ro-Hawks are aiming for one of the four playoff spots in District 13-3A Division I with two games left in the regular season.

Despite their 54-21 loss to the Comfort Bobcats Oct. 23 at Ro-Hawk Stadium, Randolph (3-4, 1-2 in district) could still secure a playoff spot with a win over Cole (3-5, 0-3 in district).

"One of our goals is to get into the playoffs," Randolph coach Pete Wesp said. "Right now we are still in the driver's seat."

After losing their first district game to the Luling Eagles, 33-0, Oct. 9, the Ro-Hawks were able to get playoff contention with a 36-22 road win over Ingram Moore Oct. 16. Justin Thomason rushed for 120 yards and scored two touchdowns, including a 75-yard kickoff return, to lead Randolph to the victory.

Thomason's kickoff return broke a 14-14 tie and helped put Randolph up 28-14 at halftime.

"That was the play of the game," said Wesp of Thomason's kickoff return. "Ingram had just gone down and scored and tied it up at 14. That was a major shift as far as the momentum at that time of the game. It was nice to go in at halftime being ahead. That was a huge play."

Even though Randolph gave up 225 yards to Ingram, Wesp said the Ro-Hawks were able to come up with several defensive stops that helped preserve the win. Brown, who is also a free safety, recovered a fumble and Jayden Maturey and Sebastian Goldsworthy each had a sack. Defensive end Cody Kuhl, linebacker Eddie



Courtesy graphic

*"One of our goals is to get into the playoffs. Right now we are still in the driver's seat."*

**Pete Wesp**

*Randolph High School  
football coach*

Lopez and Brown each had 10 tackles.

The Ro-Hawks are led by the running back combo of seniors Lopez and Thomason, who have combined for 1,320 yards rushing and eight touchdowns. Sophomore quarterback Devin Brown has seven rushing touchdowns.

Randolph is averaging 196 yards rushing per game.

Defensively, entering the Comfort game, Lopez had a team high 62 tackles. He was followed by Brown, 49, and linebacker Mayan Holmes, 45.

In their final two regular season games, Wesp said the Ro-Hawks will need to play more physical on defense.

The Ro-Hawks final regular season game is Nov. 6

against Marion at Ro-Hawk Stadium.

Wesp said the Ro-Hawks have held up pretty well considering the circumstances they had to deal with before the season began.

In August, the Ro-Hawks dealt with the tragic death of one of their teammates, sophomore Jakobus Beamer, who died in a drowning accident at Canyon Lake Aug. 7. The 15-year-old started on the defensive line his freshman year and would have started on both the defensive and offensive lines this season.

The Ro-Hawks have dedicated the season in honor of Beamer and retired his jersey number 70.