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LACKLAND TALESPINNER

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STANDING UP AGAINST VIOLENCE

Photo by Johnny Saldivar

Nate Burke, Green Dot senior trainer, addresses military and civilian participants during Green Dot training Feb. 25 at Joint Base San Antonio-Lackland's Arnold Hall. Green Dot is the Air Force's first step in arming Airmen for violence prevention. **See story page 3.**

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You don't need a cell phone to be distracted

By John E. McLaughlin
Traffic Safety Program Manager
502nd Air Base Wing Safety Office

Distracted driving has become the number one cause of fatal car accidents and pedestrian deaths due to motor vehicles in the United States.

In 2014, 4,223 pedestrians in the United States were killed by vehicles, with 487 of those in Texas.

Here is my story about how distracted driving affected me.

Back in 1997, I was in high school and life was going great. I had a pretty girlfriend, lots of good buddies to hang out with and a wonderful 1988 Chevy S-10 pickup truck.

I loved that truck.

My uncle worked for the local cable television company and they would auction off their old inventory every year.

One Saturday afternoon, my dad, uncle and I went and purchased two S-10s. Our intent was to combine them into one great looking and running vehicle. It took us about a month to get the trucks taken apart and put back together. Finally, after a lot of hard work, I had my beautiful S-10.

Two months go by and my friend George and I are hanging out at his place playing video games, when hunger strikes. We ventured out to the local pizza place.

It was raining and overcast, but we got in and out of the store quickly and started driving back. We didn't have time to wait; that pizza was so enticing that I had to get a slice of it right away.

There I was, slice of pizza in one hand and steering wheel in the other; on a rainy day heading through the busy streets of Cleveland. I didn't like the song playing on the radio, so I went to put in a CD.

George yelled, "STOP!" An F-350 had slammed on its brakes in front of me.

In my current state of pizza and CD-induced distracted haze, I was unable to react with enough time to stop. We rear-ended the F-350; the trailer hitch went through my engine block and my beautiful truck was totaled.

The F-350 had stopped abruptly to avoid running over a child playing in the street. I was lucky. Yes, I destroyed my beautiful truck, but I am happy that I had that accident. If that truck had not been there that day, I would have killed that child.

All of this could have been avoided if I had not been driving while distracted. Thankfully, that didn't happen, but it happens all too often on our roads.

In 2014, more than 3,500 people died on Texas roads. There were 100,825 traffic crashes during this time and 468 of the fatalities have been attributed to distracted driving.

Courtesy photo

Distracted driving is the act of driving while engaged in other activities – such as looking after children, texting, talking on the phone or to a passenger, eating or reading – that take the driver's attention away from the road. All distractions compromise the safety of the driver, passengers, pedestrians and those in other vehicles.

The big picture here is that nothing should be more important, while behind the wheel, than driving.

As pedestrians and parents of small pedestrians, we need to also keep in mind the dangers of distracted drivers and roadways. Here is where the pedestrian numbers come into play.

In San Antonio alone, 54 pedestrians were hit and killed by motor vehicles in the past year. Over the past six years, 135 pedestrian-vs.-motor-vehicle mishaps have been recorded in the Air Force mishap database. Of those, 58 were on duty, 77 were off duty and 18 were fatal. Here at Joint Base San Antonio, we have had eight pedestrians hit by motor vehicles recorded.

While crossing streets, running, jogging, biking or walking in and around roadways, be mindful of traffic. Wear reflective clothing at low-light times, don't wear headphones around traffic and make sure that oncoming traffic is aware of you and reacts to you when crossing a street.

Do not blindly enter a roadway just because you are in a crosswalk. In 10 years of investigating accidents, in every pedestrian-vs.-motor-vehicle accident I have investigated, the pedestrian was in a crosswalk. This year, we have already had two such accidents on JBSA-Lackland.

Be careful out there. Pay attention while driving and be mindful of traffic when you are on the road.

Straight Talk Line

For current, automated information during a natural disaster, crisis or emergency, call your local Straight Talk line.

• JBSA-Fort Sam Houston: 466-4630
• JBSA-Lackland: 671-6397 • JBSA-Randolph: 652-7469

JBSA Sexual Assault Prevention and Response

JBSA SEXUAL ASSAULT HOTLINE • 808-SARC (7272)
DOD SAFE HELPLINE • (877) 995-5247

JBSA CRISIS HOTLINE • 367-1213
JBSA DUTY CHAPLAIN • 365-6420

ICE

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

LACKLAND TALESPINNER

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

News in Brief

GLOW IN THE PARK

A "Glow in the Park" run is scheduled for 7 p.m. Saturday at Joint Base San Antonio-Fort Sam Houston's MacArthur Park.

The run starts on the east side of MacArthur Field, near the intersection of Worth and Stanley Roads.

Pre-race party begins at 5 p.m., people will start lining up at 6:45 p.m. and the first wave of runners start at 7 p.m. Runners will be released in waves of 250 people. Packet pick-up will be 3-7 p.m. Friday at the Fort Sam Houston Golf Clubhouse at 1050 Harry Wurzbach. There will be a limited number of packet pickups available at the event starting at 4 p.m.

Cost is $15.

All participants will need a Department of Defense ID card or be sponsored by a DOD ID card holder to participate in this event. Visit http://nsplit.com/glow-run-jbsa/event-details/ for more information.

USO 2016 SERVICE MEMBER OF THE YEAR NOMINEES SOUGHT

Air Force officials are accepting nominations for the 2016 USO Service Member of the Year award

The award, sponsored by the USO, recognizes specific acts of heroism by E-5 or below enlisted members from each branch of the military.

Organizations and base-level personnel must contact their major command, field operating agency, direct reporting unit or major command equivalent for suspense dates and nomination procedures.

Each MAJCOM, FOA and DRU may submit only one nomination, which are due to Air Force Personnel Center by April 4.

For more information, go to https://mypers.af.mil/. Individuals who do not have a myPers account can request one by following the instructions at http://www.retirees.af.mil/mypers/index.asp.

WORKING TO FORM A MORE PERFECT UNION: HONORING WOMEN IN PUBLIC SERVICE, GOVERNMENT

Joint Base San Antonio-Lackland Women's History Month Committee would like to invite Department of Defense employees, retirees and dependents to participate in 2016 celebration of Women's History.

This year's theme will bring tribute the women who have made great strides in the realm of public service to the U.S.

Join the Women's History Month

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Green Dot training gives Airmen tools to prevent abuse

By Jeremy Gerlach
JBSA-Lackland Public Affairs

Photo by Johnny Saldivar
(From left) Tech. Sgt. Michelle Falcon, Master Sgt. Rebekah Virtue, Mary-Catherine Grinda, Staff Sgt. John Toms and Araceli Mendoza, all Green Dot program implementers, participate in a Green Dot training exercise Feb. 25 at Joint Base San Antonio-Lackland's Arnold Hall.

More than 100 program implementers wrapped up Green Dot training at Joint Base San Antonio–Lackland Feb. 25 as part of the Air Force's newly implemented violence and abuse prevention initiative.

These implementers, along with 1,400 other Airmen who have attended 22 Green Dot prep sessions worldwide, are on the front lines of a five-year strategy to decrease interpersonal violence across the Air Force.

This program isn't the first step the Air Force has taken to address issues of sexual abuse and violence, but it is the most promising one so far, said Steven B. Mayfield, Air Force Personnel Center, Directorate of Airmen and Family Care community readiness analyst.

"The goal here is to curb instances of violence, sexual abuse, assault, things of that nature that are occurring within the Air Force," Mayfield explained. "We've had a number of programs to address these issues - somewith a modicum of success - but this is a new initiative, a new tool to put in our toolbox to address these violence-related issues."

Green Dot training is built on a grassroots, or ground-up, method of decreasing instances of violence.

In this initiative, program implementers use a mapping system of green and red dots to keep track of positive and negative actions at each installation.

Green dots represent positive actions and behaviors of every Airman – as opposed to top-down actions from leadership - who are trying to correct and intervene in negative situations, such as stalking and domestic or sexual violence.

Red dots, on the other hand, represent negative actions. From there, the program simply aims to increase the ratio of green dots to red ones, according the Green Dot website.

During fiscal year 2016, most Airmen will get about 50 minutes of training, while about 10-15 percent will receive four hours of Green Dot training, as mandated by the Sexual Assault Prevention and Response Office because this new curriculum will now fulfill the annual SAPR training requirement.

This training will consist mostly of group discussion and a variety of interactive scenarios where Airmen learn how to identify and stop abuse.

This time requirement actually represents a decreased training load across the board compared to SAPR requirements from fiscal year 2015, Mayfield said.

"This is a different approach – it's not death by PowerPoint, and it's really more about trying to get community involvement," Mayfield noted. "We're having everybody recognize that they play both an individual and collective role in intervening and addressing violence-related issues."

That's what makes the Green Dot effective: emphasis on small but vital action from the ground up, rather than the top down, Mayfield said.

"In the Air Force, we talk about wingmen concepts and taking care of our wingman," he explained. "This program coincides with that."

Master Sgt. LaTonya Parker, 802nd FSS MPS superintendent, is one of many program implementers who will be tasked with bringing the Green Dot's message to their respective units.

"The biggest piece for me is to help bystanders know how to intervene," she explained. "People see things that happen all the time and they don't really know how to interact. This training will help people know what to say and what to do, whether it's in a dorm room, workplace, movie theater or in any kind of environment. This will help the individual know how to react."

Essie Whitworth Nurse, JBSA community support coordinator and violence prevention strategist, compared the Green Dot program to a public health model for innoculation.

"We're training imple-

See GREEN DOT Page 9

Vice Chairman: military services Can learn from each other, strengthen trust

By Lisa Ferdinando
DOD News, Defense Media Activity

Trust is at the heart of military professionalism, and the services can learn from each other ways to improve leadership and better communicate the military's values, the Joint Chiefs of Staff vice chairman said.

"I think the common theme across all of our services and the common theme across military professionalism is the concept of trust," Air Force Gen. Paul J. Selva said in an interview recorded for the inaugural Department of Defense military professionalism summit.

The meeting, which took place Feb. 23 and 24 at the U.S. Air Force Academy at Colorado Springs, Colo., brought together the military's centers of excellence to spur dialogue, share what works, and create a community of practice.

Professionalism is "incredibly important to the foundation of who we are," Selva said.

The conference, he said, is an "inspired event" in which subject-matter experts from the Air Force, Army, Navy, Marines and Coast Guard can come together and discuss military professionalism.

"It's really important that we are able to compare notes, that we are able to build on strengths, and then we are able to share the things that work across that whole enterprise," said Selva, the second highest-ranking U.S. military officer.

Leadership skills can be strengthened throughout a career, he said, adding that there is always room for improvement.

"At the foundation of military professionalism is the trust that our young men and women in service have in our ability to provide sound leadership," he said. "We owe it to them to continue to explore what that means."

Selva said he is encouraging participants to think critically about the differences and commonalities among the services in leading their people. That can help build the core of professionalism of military leadership, he explained.

An important step in the journey to improve leadership, Selva said, is to learn how best to communicate the values of the military to the men and women who serve.

Senior and mid-level leadership of the services have to constantly strive to be able to communicate the value of trust and leadership to all members, he said.

"We can all be better as leaders," he added. "I would suggest that none of us are born to leadership; we're taught how to be leaders, and that's a skill we can continue to hone through our entire military career."

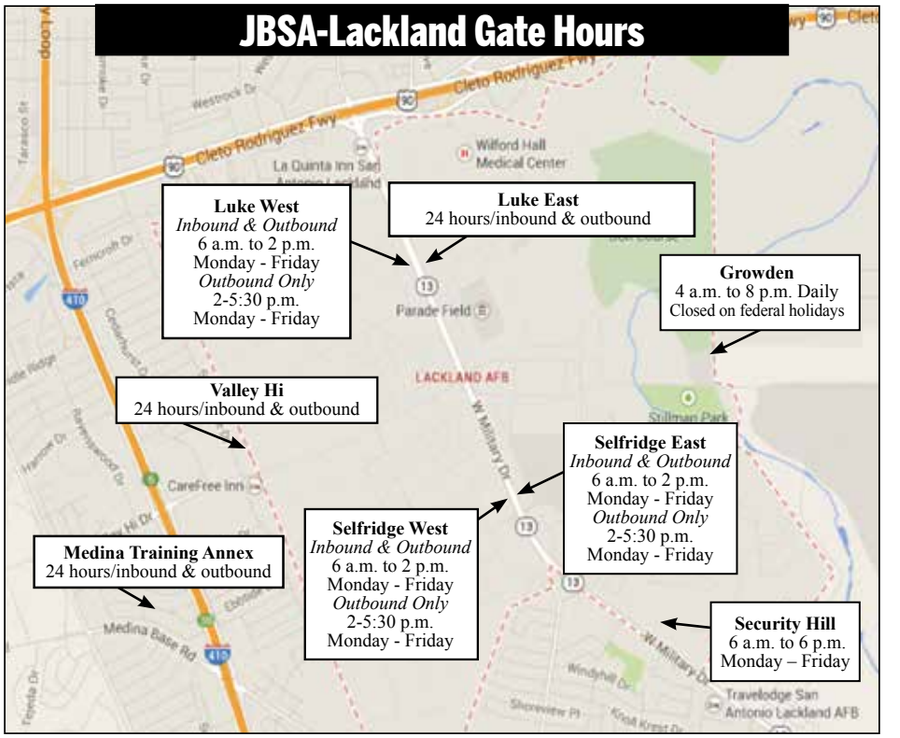
The professionalism summit is a "tremendous opportunity for collaboration and insight sharing," said Navy Rear Adm. Margaret Klein, who led the conference.

Klein, who is the senior advisor to the secretary of defense for military professionalism, spoke in an interview earlier this month to preview the conference.

"It's a great way for DOD to come together and bring the best that they have to solve challenges common to all the services – things in the area of values-based leadership of character and leadership development," she said.

It also can serve as a foundation for infusing fresh ideas into the force and getting all members to recognize their responsibilities in promoting trust and respect, she said.

"If we get culture right, then some of these other problems will stand out very quickly in stark contrast," she added.



U.S. Senate confirms Disbrow as undersecretary of the Air Force

By Senior Airman Hailey Haux
Secretary of the Air Force Public Affairs
Command Information

The U.S. Senate recently confirmed Lisa S. Disbrow as the new undersecretary of the Air Force to ensure efficient and effective management of Air Force resources.

In this position, Disbrow oversees the Air Force's annual budget of more than $120 billion and serves as the co-chair of the top Air Force corporate decision-making body, the Air Force Council.

"Being prior Air Force and having walked in those shoes helps me understand and appreciate the challenges and stresses our Airmen face on a daily basis," Disbrow said. "I know when we are creating visions of how it will be implemented in the field, because I have been there. We have incredibly bright people in the Air Force and I get a sense of how valuable every single person is and how hard they work."

Working with the chairman of the Joint Chiefs of Staff and the vice chairman prior to her current position, Disbrow gained a lot of understanding of the issues the service leaders faced.

"That insight will help me enormously in my new position because I saw things across the full spectrum of issues, and to see and understand the joint operations side is a huge benefit for me," Disbrow said. "The insight to processes like, budgeting and programming, (just to name a few) is invaluable to me here and I am completely amazed at the people who come from outside and can do this job; it's a lot of complex, moving pieces."

Disbrow discussed her top priorities, starting with ensuring Airmen know and feel like they are part of something bigger than themselves.

"The work we do is important and I want every Airman to know how much they matter," Disbrow said. "The vice chief and I want to make sure Airmen who are separated or retired with symptoms of post-traumatic stress disorder get what they need.

Lisa S. Disbrow

Taking care of Airman has been the number one priority for the secretary of the Air Force since she took charge and one of the best ways to do that is by growing the force.

"We just got approval to plus up our numbers so the question we need to ask is, as we grow, how do we bring capable and diverse people into our ranks?" Disbrow asked. "We need a wide range of skills and a diverse group of people with different ways of thinking. It will help our Airmen out enormously to grow quick, but we need to make sure we are growing with the right people."

She also wants to push hard for top-line dollars the Air Force needs to support the Department of Defense and the nation.

"I want to make sure we get what we need to focus on getting the mission done," Disbrow said. "I also want to invest in our IT infrastructure because it supports every mission we have. We need to be able to modernize that so it can continue to support the growing needs of the Air Force."

As undersecretary of the Air Force, Disbrow is also charged with

See DISBROW Page 9

Joint Base San Antonio fire response crews red-hot at AETC's February awards

By Jeremy Gerlach
JBSA-Lackland Public Affairs

Joint Base San Antonio's fire response community won big at the Air Education and Training Command 2015 annual awards, which were announced in February, with the 502nd Civil Engineering Squadron's fire emergency services flight and two individual firefighters taking home some top honors.

The fire emergency services flight won the Fire Department of the Year in the large department category, while Darren Fehlinger, 502nd CES firefighter, took home Civilian Firefighter of the year and Senior Master Sgt. Timothy Walsh, 502nd CES deputy fire chief, was the Military Fire Officer of the year.

The departmental award didn't come as a surprise – seeing as the squadron was the only one in the running for the "large" category – but the 502nd CES still had an exceptional year, said Mark Ledford, fire emergency services flight chief.

The flight, comprised of 211 firefighters that support eight wings, protected 86,000 personnel during more than 3,000 emergencies in 2015, all with $0 in facility fire loss.

"That's a pretty huge deal considering the amount of property and resources we provide protection for at all the locations," said Ledford, who also praised JBSA's corps of civil engineers for helping prevent fires in the first place. "We've got such a fantastic fire prevention program here with the civil engineers doing such a great job building facilities with fire safety features."

Senior Master Sgt. Timothy Walsh
Military Fire Officer of the year

Darren Fehlinger
Civilian Firefighter of the year

Ledford's team came in above standard in training hours, advanced courses taken and certifications earned. The flight was also involved in several public education efforts, fundraisers, and innovation initiatives centered on enhanced drone, security camera and robotic detection capabilities, according to a department release.

"We've got such a unique, diverse workforce," Ledford said. "There are civilians, military, female firefighters here and while many outside departments are specialized, we're well-rounded. We all are CPR certified, HAZMAT trained, so it's really neat that we can respond to a number of situations from any of our locations."

Ledford said Fehlinger and Walsh represent the strength of this civilian-military partnership.

Walsh, who is deployed and was unavailable for comment as of press time, has worked at JBSA-Lackland since 2014. He led the successful, multi-department response to a large steel mill fire in 2015, while also helping his squadron secure funding for several educational courses. Walsh was one of about 25 individuals nominated for Military Fire Officer of the Year, Ledford noted.

"He's a great leader, a great role model, and a great example for all our personnel, both military and civilian, to emulate," Ledford said of Walsh. "He does a great job of keeping both our civilian and military workforces engaged and working together."

Fehlinger, in his 12th year at JBSA-Randolph, has led a number of successful responses to emergencies in 2015. He helped shut down a natural gas hazard at a residential complex, mitigated a T-1 Jayhawk aircraft fire while preserving both the crew and aircraft and helped save an anaphylactic patient.

"Mr. Fehlinger is extremely positive," Ledford noted. "He volunteers a lot, and does a great job working with the military for their qualification training – helping people prepare for careers down the road."

Despite a successful 2015, Ledford said his department needs to continue to improve in the face of "unique challenges" the future will bring.

"We just want to continue with a very aggressive and progressive fire prevention program," Ledford said. "We also want to continue to have our response times down to the lowest possible (time) for all those who live and work at JBSA, and that's about seven minutes. That's pretty dadgum outstanding – the guys do a great job on that."

LACKLAND GATEWAY THEATER SCHEDULE

Friday
- **6 p.m.** Pride & Prejudice & Zombies (PG-13))

Saturday
- **Noon** Kung Fu Panda 3 (3D) (PG)
- **3 p.m.** Pride & Prejudice & Zombies (PG-13)
- **6 p.m.** Dirty Grandpa (R)

Sunday
- **Noon** Pride & Prejudice & Zombies (PG-13)
- **3 p.m.** Kung Fu Panda 3 (3D) (PG)

Thursday
- **4 p.m.** Pride & Prejudice & Zombies (PG-13)

FRIDAY THROUGH THURSDAY

Movie Line: 671-3985 or view schedules at: https://www.shopmyexchange.com/reel-time-theatres/
We have one movie screen, one movie per show time.
Doors open 30 minutes prior to each show time.

Tax changes could affect service members, families, DOD official says

By Terri Moon Cronk
DOD News, Defense Media Activity

Several tax law changes could significantly affect how service members and their families file their 2015 income tax returns.

"It's probably the biggest set of changes in many years" said Army Lt. Col. Samuel W. Kan, executive director of the Department of Defense's Armed Forces Tax Council, which oversees the military's Volunteer Income Tax Assistance program.

For example, this is the first year service members received an IRS Form 1095-C, which documents their 2015 minimum essential health care coverage and shows their compliance with the Affordable Care Act.

"People haven't seen these forms before," Kan said, adding that service members must keep the 1095-C with their tax records, and bring it with them if they use a tax preparer. Service members who entered or left the military in 2015 or had other life-changing circumstances that created a health care coverage lapse have an issue that must be addressed with a tax preparer, he added. Those members might have multiple 1095s, depending on their individual circumstances.

Taxpayers without minimum essential health care can incur IRS penalties, Kan said. In addition, taxpayers who enrolled in the Health

Courtesy graphic

Insurance Marketplace and had advance payments of the Premium Tax Credit paid directly to insurance companies on their behalf, such as members who worked in the civilian sector and then joined the military in the middle of the year, will need to file their tax return to reconcile those advance payments.

Service members should be aware that certain "tax extenders" – once temporary measures to stimulate the economy – have become permanent, Kan said. Some of those important permanent changes include the state and local general sales tax deduction, especially for those members from states without a state income tax, the educator expense deduction for members who teach and incur expenses, and the American Opportunity Tax Credit, for members with college expenses, he said.

Many resources exist for service members to file their 2015 tax returns, whether they are stateside or deployed, Kan said.

The online IRS Publication 3, the Armed Forces Tax Guide, addresses a wide range of issues that might affect members of the military, Kan said. In addition, state tax guides will soon be available through Military OneSource, installation tax centers and legal assistance offices.

Visit a tax center and learn what documents to bring to a tax preparer before scheduling an appointment, Kan advised, adding that it's essential to bring last year's income tax return to ensure that members get all the tax benefits to which they may be entitled.

Free tax-filing and preparation assistance for service members is available in a variety of ways, he said. First, "brick-and-mortar" tax centers on installations educate military members, while VITA certified tax preparers accurately prepare and file the member's income tax returns while they wait. Legal assistance offices also can give advice on other tax services provided at nearby installations, even though they may be operated by other armed services, Kan said.

Second, Military OneSource tax kiosks are available at some installation tax centers and offer self-service computers so service members can prepare and file their own tax returns, assisted by VITA certified tax preparers who are onsite to help.

Third, members can use Military OneSource from home, assuming they are filing very simple tax returns without such deductions such as passive loss carryovers on rental property, he noted. Service members who want to use Military OneSource from home should be sure to read the instructions before starting a return to make sure they don't waste their time by starting a return and then realizing that the return cannot be properly prepared, Kan noted.

Although service members can prepare their own tax returns and do the necessary research by using search engines and the IRS web site, Kan said, due to the many changes in this year's tax code, self-filers should show their returns to an tax preparation expert at an installation tax center to make sure they haven't missed any benefit to which they are entitled. Few things are worse than leaving your own money on the table, he added.

For additional information, call the Joint Base San Antonio-Lackland tax center at 671-3362.

Falsifying income to claim tax credits on the IRS "Dirty Dozen" list of tax scams

By Lea Crusberg
IRS Media Relations

The Internal Revenue Service warned taxpayers to avoid schemes to erroneously claim tax credits on their returns, which is on the annual list of tax scams known as the "Dirty Dozen" again for the 2016 filing season

"Taxpayers should not falsify their income or other information on their tax returns to improperly claim tax credits," said IRS Commissioner John Koskinen. "Misrepresenting facts is cheating and taxpayers are legally responsible for all the information reported on their tax returns."

Compiled annually, the "Dirty Dozen" lists a variety of common scams that taxpayers may encounter anytime but many of these schemes peak during filing season as people prepare their returns or hire professionals to do so.

Illegal scams can lead to significant penalties and interest and possible criminal prosecution. IRS Criminal Investigation works closely with the Department of Justice to shut down scams and prosecute the criminals behind them.

Some people falsely increase the income they report to the IRS. This scam involves inflating or including income on a tax return that was never earned, either as wages or as self-employment income, usually in order to maximize refundable credits.

Just like falsely claiming an expense or deduction you did not pay, claiming income you did not earn in order to secure larger refundable credits such as the Earned Income Tax Credit could have serious repercussions. This could result in taxpayers facing a large bill to repay the erroneous refunds, including interest and penalties. In some cases, they may even face criminal prosecution.

Taxpayers may encounter unscrupulous return preparers who make them aware of this scam. Remember: Taxpayers are legally responsible for what's on their tax return even if it is prepared by someone else. Make sure the preparer you hire is ethical and up to the task.

It is important to choose carefully when hiring an individual or firm to prepare your return. Well-intentioned taxpayers can be misled by preparers who don't understand taxes or who mislead people into taking credits or deductions they aren't entitled to in order to increase their fee.

Every year, these types of tax preparers face everything from penalties to even jail time for defrauding their clients.

Here are a few tips when choosing a tax preparer:

• Ask if the preparer has an IRS Preparer Tax Identification Number (PTIN). Paid tax return preparers are required to register with the IRS, have a PTIN and include it on your filed tax return.

• Inquire whether the tax return preparer has a professional credential (enrolled agent, certified public accountant, or attorney), belongs to a professional organization or attends continuing education classes. A number of tax law changes, including the Affordable Care Act provisions, can be complex. A competent tax professional needs to be up-to-date in these matters. Tax return preparers aren't required to have a professional credential, but make sure you understand the qualifications of the preparer you select.

• Check the preparer's qualifications. Use the IRS Directory of Federal Tax Return Preparers with Credentials and Select Qualifications at http://irs.treasury.gov/rpo/rpo.jsf. This tool can help you find a tax return preparer with the qualifications that you prefer. The directory is a searchable and sortable listing of certain preparers registered with the IRS. It includes the name, city, state and zip code of:

- Attorneys
- CPAs
- Enrolled agents
- Enrolled retirement plan agents
- Enrolled actuaries
- Annual filing season program participants

• Check the preparer's history. Ask the Better Business Bureau about the preparer. Check for disciplinary actions and the license status for credentialed preparers. For CPAs, check with the State Board of Accountancy. For attorneys, check with the State Bar Association. For enrolled agents, go to http://www.IRS.gov and search for "verify enrolled agent status" or check the directory at http://irs.treasury.gov/rpo/rpo.jsf.

• Ask about service fees. Preparers are not allowed to base fees on a percentage of their client's refund. Also avoid those who boast bigger refunds than their competition. Make sure that your refund goes directly to you – not into your preparer's bank account.

• Ask to e-file your return. Make sure your preparer offers IRS e-file. Paid preparers who do taxes for more than 10 clients generally must offer electronic filing. The IRS has processed more than 1.5 billion e-filed tax returns. It's the safest and most accurate way to file a return.

• Provide records and receipts. Good preparers will ask to see your records and receipts. They'll ask questions to determine your total income, deductions, tax credits and other items. Do not rely on a preparer who is willing to e-file your return using your last pay stub instead of your Form W-2. This is against IRS e-file rules.

• Make sure the preparer is available. In the event questions come up about your tax return, you may need to contact your preparer after the return is filed. Avoid fly-by-night preparers.

• Understand who can represent you. Attorneys, CPAs and enrolled agents can represent any client before the IRS in any situation. Non-credentialed tax return preparers can represent clients before the IRS in only limited situations, depending upon when the tax return was prepared and signed. For all returns prepared and signed after Dec. 31, 2015, a non-credentialed tax return preparer can represent clients before the IRS in limited situations only if the preparer is a participant in the IRS Annual Filing Season Program.

• Never sign a blank return. Don't use a tax preparer that asks you to sign an incomplete or blank tax form.

• Review your return before signing. Before you sign your tax return, review it and ask questions if something is not clear. Make sure you're comfortable with the accuracy of the return before you sign it.

• Report tax preparer misconduct to the IRS. You can report improper activities by tax return preparers and suspected tax fraud to the IRS. Use Form 14157, Complaint: Tax Return Preparer. If you suspect a return preparer filed or changed the return without your consent, you should also file Form 14157-A, Return Preparer Fraud or Misconduct Affidavit. You can get these forms on IRS.gov.

To find other tips about choosing a preparer, better understand the differences in credentials and qualifications, research the IRS preparer directory and learn how to submit a complaint regarding a tax return preparer, visit http://www.irs.gov/choosetaxpro.

Remember, taxpayers are legally responsible for what is on their tax return even if it is prepared by someone else. Make sure the preparer you hire is up to the task.

Relief act helps with financial, legal obligations

By Maj. David Coggin
Air Force Recruiting Service Staff Judge Advocate

The Service Members Civil Relief Act was passed to provide protection to service members who have difficulty meeting their financial and legal obligations because of their military service.

As part of that protection, the SCRA allows service members required to PCS or deploy with military orders to terminate automotive or residential leases early. The SCRA affords you this right regardless of what your lease says.

Residential Leases

Your deployment must be for at least 90 days for you to terminate your residential lease. To do so, provide the landlord (1) written notice (verbal notice is not sufficient), and (2) a copy of your orders; if you don't have orders yet, a letter from your commander also works.

Your termination notice will be effective "30 days after the first date on which the next rental payment is due and payable after the date on which the notice is delivered."

In other words, if you want to terminate your lease at the end of June (for example), you must provide notice to your landlord before your June 1 rent is due. If you don't provide notice until after you've paid June's rent, your lease won't end until the end of July.

Courtesy graphic

Both your written notice and your orders/letter from your commander must be provided to your landlord for the notice to be legally complete. Using the above example, if you provide your written notice on May 29 but don't provide your orders/commander letter until June 3, your termination notice is not legally complete until June 3, and your lease will therefore terminate at the end of July.

Your landlord must not demand any type of penalty for early termination, and refund your security deposit (minus any damages) within 30 days of the date the lease was terminated.

Automotive Leases

Your deployment must be for at least 180 days in order for you to terminate your automotive lease. You may also terminate the lease if you're moving from stateside to overseas, or vice versa.

Finally, you may terminate a lease that you entered into prior to coming onto active duty at any time. These rights apply to vehicles used by both you and your dependents.

As with residential leases, you must provide written notice along with your orders or a letter from your commander. Automotive lease terminations are effective on the date the notice and orders/commander letter are provided to the lessor, along with the vehicle.

For additional information, call David Coggin at 565-4736 or Master Sgt. Lashundra Howard at 565-4734.

GREEN DOT from Page 3

menters who go talk to their section." Nurse said. "Eventually, you reach everyone and the disease stops growing. The message of Green Dot, that everyone can intervene, is a message you can take anywhere. That's how we give you the 'vaccination.'"

Even Airmen who don't experience these problems can recognize how they affect the Air Force's mission to fly, fight and win, Nurse said.

"In order for us to be ready, we have to stamp out anything that's causing an issue that keeps us from meeting that mission, and this kind of violence keeps us from being mission-ready," she concluded. "The programs we've implemented in the past haven't gotten us to zero. Domestic violence, suicide, sexual assault and workplace violence all still have statistics. We have to get these to zero."

For more information on the Green Dot program and SAPR standards, visit http://www.livethegreendot.com and http://sapr.mil.

DISBROW from Page 5

providing for the welfare of more than 664,000 active-duty, Guard, Reserve and civilian Airmen and their families.

"Every morning when I walk in through the (Pentagon) River Entrance, I pause and think about the enormity of the things going on here and how I play a role in all of that – it's very exciting," Disbrow said.

Disbrow also discussed the role every Airman plays in the overall Air Force mission.

"Every person, no matter the rank, (has) a critical role to play in the mission and we need them to think about ideas on how they can make things better for the next person or for the next mission," Disbrow said. "Our people are highly valued. Airmen for life – that's what I want them to think. I want them to know they are part of something really important and we need their ideas. Every single person is mission critical."

By Capt. Audra Blasi
359th Aerospace Medicine Squadron Public Health Officer

Have you ever heard of the Zika virus?

Up until about a month ago, unless you were studying rare tropical diseases, probably not. Now, you can't turn on the TV or surf the web without seeing an article. So what's the real story behind this virus that is spreading in South, Central America and the Caribbean?

Zika Virus is closely related to dengue, chikungunya and yellow fever. It was first discovered in the forests of Uganda in 1947 and in early 2015, it made its way to Brazil.

Since then, it has continued to spread with local transmission now confirmed in most South and Central American countries and the Caribbean. For the most up-to-date listing of affected countries, visit http://www.cdc.gov.

An infection by the Zika virus typically goes unnoticed by 80 percent of people that become infected and is usually non-fatal. Those that do show symptoms generally have a mild illness lasting a week or less and rarely seek medical attention. Once a person recovers from infection, they are likely to be protected from re-infection.

The virus is typically spread through the bite of infected Aedes mosquitos commonly known as the Asian Tiger Mosquito and Yellow Fever mosquito. These mosquitoes are aggressive daytime biters and prefer to live in and around homes where they can easily feed on people. The virus, while rare, has also been demonstrated to spread from mother to fetus, through blood transfusion and through sexual activity.

The CDC recommends women who may be pregnant or are trying to become pregnant avoid or postpone travel to areas that may have current Zika transmission.

This is out of an over-abundance of caution as the relationship between the virus and microcephaly is uncertain. Microcephaly occurs when the baby is born with a small brain and skull due to abnormal brain development. Zika virus, similar to other viruses, is also suspected to be linked to Guillain-Barre syndrome.

There are currently studies underway to characterize the relationship between Zika virus, congenital microcephaly and GBS.

How can you protect yourself and others? Prevention is the first and vital step.

If you are planning on being outside for any length of time, wear long sleeves and pants, ideally one that have been treated with permethrin and use an EPA-registered insect repellent on exposed skin. This combination has been shown to reduce mosquito bites by 99 percent.

Look around your house and remove any mosquito breeding sites. This species is a master of exploiting man-made breeding areas and will lay eggs and develop in things such as abandoned tires, flower pots, buckets, cans and even bottle caps.

If you are traveling to an affected country, along with following the recommended mosquito personal protective measures, stay in accommodations that are air-conditioned and have screened windows and doors.

If this is not possible, sleep under a treated bed net. When you return, if you do feel ill, rest, drink lots of fluids, take Tylenol for fever or pain and stay indoors to avoid being bitten by mosquitos.

While no local mosquito-borne transmission has been identified in the United States, we do have the mosquitos here that can transmit the virus. Because the virus remains in the blood of an infected person for up to 10 days, returning travelers will most likely be the source of introduction of this virus to the country.

If you are pregnant, and you or your spouse has traveled to an affected country, talk to your healthcare provider. They can provide guidance with the most up -to-date recommendations.

The CDC also recommends that men who have lived in or traveled to an area with active transmission should abstain from sex or consistently use condoms, especially if their significant other is pregnant. It currently is not known how long the virus remains in the semen, possibly up to 10 weeks, but the CDC does not recommend screening of men at this time.

U.S. health officials do not anticipate widespread local transmission of the virus in the U.S. This is in part due to the lifestyle and culture here in the United States, and based on our experiences with dengue and chickungunya.

Every year, we see cases of these viruses in returning travelers with very limited local transmission. We anticipate Zika will act in the same way. The American Association of Blood Banks is also preventing spread through blood transfusions by deferring any donations from anyone who has traveled to an affected country with 28 days of donation.

Joint Base San Antonio, in coordination with the city, will continue to protect members at all locations. Mosquito trapping and testing for not only Zika virus, but West Nile, dengue and chikungunya will resume in late March when mosquito populations start to rise and the risk of transmission is the greatest.

Education is a top priority and all deployers are briefed on how to protect themselves and their families. JBSA health care professionals are also educated and remain ready to address any concerns.

Air Force actively monitoring ongoing Zika virus infection

The Air Force is closely monitoring the emergence of Zika virus infection in the Americas, Oceania, and Africa to help inform and protect Airmen and their families.

The Department of Health and Human Services, with its Centers for Disease Control and Prevention, is leading the U.S. response to the worldwide Zika outbreak with support from multiple other U.S. federal departments and agencies including Department of Defense.

"What we know about Zika virus continues to evolve, and we're focused on providing consistent, science-based guidance to protect our Total Force Airmen and their family members," said Col. (Dr.) John Oh, Chief of Preventive Medicine, Air Force Medical Support Agency. For example, CDC recently reported that sexual transmission of Zika virus is possible. Colonel Oh said Zika virus updates have been communicated to Air Force Medical Service staff to quickly prevent, detect, and respond to any potential cases in patients.

Humans become infected by Zika virus primarily through the bite of an infected mosquito. Only about one in five persons infected with Zika virus becomes ill. Symptoms may include fever, rash, joint pain, conjunctivitis (red eye), muscle pain, and headache. Most infections are mild, lasting several days to a week, with complete recovery the norm, according to CDC. There is new evidence of a potential link between Zika virus infection during pregnancy and a particular birth defect.

"There may be a link between Zika virus infection during pregnancy and the

See MONITORING Page 11

DOD: Training, awareness critical in human trafficking fight

By Lisa Ferdinando
DOD News, Defense Media Activity

The signs of human trafficking could be all around Department of Defense personnel: a subcontractor withholds passports and delays payment to its employees or a company forces potential workers to pay a large fee to obtain a contract job on a DOD installation.

The DOD is highlighting the issue and its efforts to fight trafficking, said Army Col. Joshua Burris, Mission and Installation Contracting Command deputy chief of staff and DOD's 2016 Operational Contract Support Joint Exercise executive director.

Human trafficking is modern-day slavery, Burris said, adding that DOD has zero tolerance for violations.

DOD wants its service members, civilians, contractors and others associated with the agency to be able to recognize the signs of human trafficking and know how to report suspected violations, he said.

Human trafficking includes using force, fraud or coercion to compel a person to provide labor, services, or sex, Burris said. It is a violation of basic human rights. It is a global problem; it happens in the United States and around the world.

"This is a heinous, awful thing that happens. It's very important that we eradicate it," he said.

The three most common forms of trafficking are labor trafficking, sex trafficking, and child soldiering, according to the DOD's Combating Trafficking in Persons office.

DOD relies on contractors at installations around the world, Burris said. The human trafficking violations the agency sees most often, he said, are labor abuses involving debt bondage.

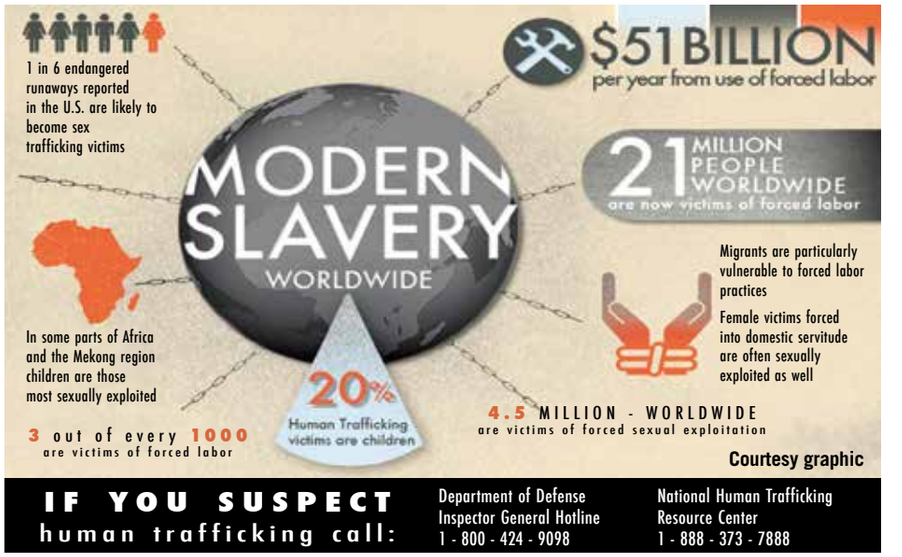
Debt bondage is when a person is required to pay a large fee to obtain a job, putting the person in extreme debt in which the individual works a year or more just to pay off the debt, Burris explained.

The contract workers on bases are the ones who make meals, pump gas or do other tasks to support the military, he pointed out. They face dangers as well including indirect fire at installations in warzones. They must be treated fairly and in accordance with laws and DOD regulations.

Five hundred people, including service members from Army and Air Force South, U.S. Special Operations Command and the 1st Armored Division and Acquisition and Financial Management professionals, will take part in a joint interagency exercise in March and April at Fort Bliss, Texas.

A focus of the Operational Contract Support Joint Exercise includes scenarios in human trafficking, Burris said. The exercise will evaluate current policies and approaches via the DOD supply chain.

"It's especially important because it is happening worldwide," Burris said. "It's something that we need to take a look at and make sure our people know."



Courtesy graphic

The exercise includes Army South partner nations. They will observe human trafficking and Operational Contract Support training to incorporate lessons into U.S. Southern Command's PANAMAX, he said. Scenarios are based on coalition forces responding to an armed conflict and follow-on stabilization operations.

The exercise will use role player scenarios so participants will better recognize signs of human trafficking, and what actions should be taken, Burris noted.

"We have to keep an eye out and be able to identify these signs, and that's why the training presents this in our exercise," he said.

The signs of labor trafficking include an employer confiscating identification documents or forging legal documents, subjecting a person to unsafe working conditions, providing inadequate living conditions, or denying the worker medical care, Burris said.

Members of the military and DOD civilian personnel are required to take at least one Combating Trafficking in Persons training course every fiscal year. Specialized training is available for service members, law enforcement personnel, senior leaders and contracting professionals.

Signs are posted around military bases so workers know their rights, Burris said. DOD has supplemental exercises each year on fighting human trafficking.

DOD officials emphasize that everyone can do their part in fighting trafficking. Incidents of human trafficking can be reported to the DOD Inspector General hotline at 800-424-9098, 703-604-8799 or http://www.dodig.mil/hotline.

MONITORING from Page 10

baby having microcephaly, which is a birth defect where the baby's head is smaller than expected. Babies with microcephaly often have smaller brains that have not developed properly," said Oh. "It's understandable that people are concerned. You have a virus that people have never heard of, it's spread by mosquitoes, which makes all of us feel vulnerable, and there may be a link with a devastating outcome in babies," he said.

The CDC recently advised women who are pregnant to consider postponing travel to any area where Zika virus transmission is ongoing, and women who are trying to get pregnant should consult their healthcare provider before traveling. So far, the few Zika virus infections diagnosed in the Continental United States have occurred in travelers to countries or territories with ongoing Zika virus spread, according to CDC, and there has not been local Zika infections spread by mosquitoes in CONUS.

For those who are in areas with ongoing Zika virus spread, Oh said the best way to prevent infection from Zika virus and other mosquito-borne viruses, such as dengue and chikungunya, is to prevent mosquito bites by using air conditioning or window and door screens when indoors, wearing long sleeves and pants, using permethrin-treated clothing and gear, and using insect repellants when outdoors. When used according to product label, insect repellants registered by the Environmental Protection Agency are safe to use in pregnant women and children.

To prevent Zika virus from spreading to CONUS, particularly in the southern states that have the mosquito species which carries Zika, dengue, and chikungunya, Oh said we must remove standing water where mosquitoes can breed, such as buckets, birdbaths, dog bowls, old tires, gutters, and other containers.

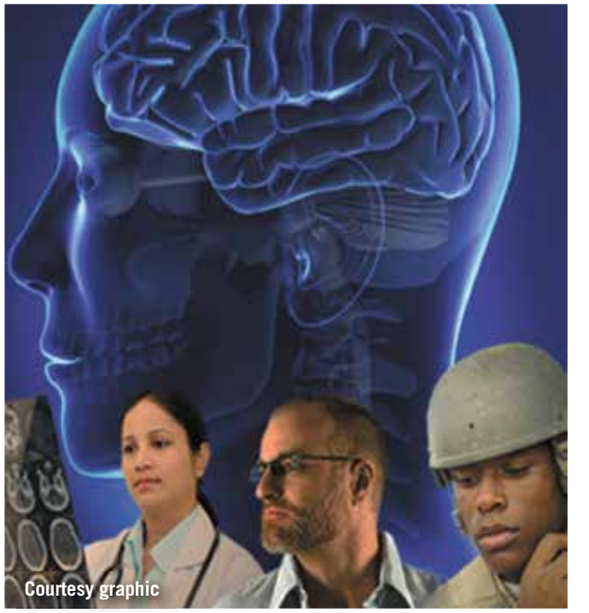
To prevent sexually transmitted Zika infection, according to CDC, men who live in or have traveled to an area with Zika infection and who have a pregnant partner should abstain from sexual activity or consistently and correctly use condoms for the duration of the pregnancy.

For more information and the latest public health updates on Zika virus, visit http://www.cdc.gov/zika/. The CDC travel health notices are updated at http://wwwnc.cdc.gov/travel.

(SOURCE: Air Force Surgeon General Public Affairs Office.)

March marks Brain Injury Awareness Month

By Karen S. Guice, M.D., M.P.P.
Principal Deputy Assistant Secretary of Defense for Health Affairs


Courtesy graphic

Often called one of the "invisible wounds of war," traumatic brain injury, or TBI, is the result of a blow or jolt to the head that disrupts the normal function of the brain.

Anyone can suffer a TBI, it can happen on the sports field, at home, or on the job.

During March, the Military Health System is focusing its talent and efforts on the issue of TBI. They will provide tools and resources to educate Department of Defense employees, retirees and their families about the prevention and treatment of TBI, while highlighting ongoing MHS research and breakthroughs.

Each year 1.7 million people are diagnosed with a brain injury. The most common form of TBI, even for the military, is mild TBI (also referred to as a concussion) and the vast majority occurred at home, according to the Centers for Disease Control and Prevention.

The Defense and Veterans Brain Injury Center reported that more than 313,000 service members were diagnosed with TBI from 2000 to 2014 and most of these were mild.

MHS research has produced several breakthroughs that improve the lives of our patients, beneficiaries, and all Americans who sustain TBIs. The MHS' work is even examining the impact of TBIs on college athletes.

The NCAA and the DOD are currently sponsoring the "Mind Matters Challenge," a landmark initiative to enhance the safety of student-athletes and service members. The partnership is the most comprehensive study of concussion and head impact exposure ever conducted.

For TBI patients, TRICARE covers rehabilitative services provided by physicians, psychologists, physical therapists, occupational therapists, and speech-language pathologists. The DOD offers a variety of products such as clinical recommendations, tool kits, and mobile applications to assist health care providers in the diagnosis, evaluation, and treatment of patients with mild TBI.

One of the most important steps in TBI treatment is rest, which allows the brain to physically and mentally recover, and removes the risk of suffering another concussion while the brain is healing. Early diagnosis of TBI, as well as evaluation, and treatment can shorten return-to-duty time and lead to the best possible outcome for those entrusted to our care.

Along with our partnerships and cutting-edge research, MHS is making great progress in improving and prolonging the quality of life for those living with TBI.

Air Force implements DOD-wide changes to maternity leave

Editor's note: The Office of the Secretary of Defense clarified the expanded maternity leave effective Feb. 2.

Active-duty female Airmen will now receive up to 12 continuous, non-transferable weeks of fully paid maternity leave in accordance with Department of Defense-wide changes to the policy outlined in Defense Secretary Ash Carter's Force of the Future announcement Jan. 28.

This new policy applies to all Airmen in the active-duty component, and those Reserve component service members on orders to active service for a continuous period of at least 12 months.

"This change, like many others we've made, will help ensure our high-performing female Airmen can continue to serve both their families and the Air Force," said Secretary of the Air Force Deborah Lee James. "In this case, these Airmen can concentrate on their family without the undue stress or pressure associated with returning to their job on a short timeline. This change in policy carefully

See MATERNITY Page 13

New policies for breastfeeding as an active duty Soldier

By Sgt. Alexandria Adkins
Health Care Specialist
Tripler Army Medical Center, Honolulu, Hawaii

Breastfeeding on active duty, or in any workplace, can be stressful.

The Army has implemented a policy to be incorporated into Army Regulation 600-20, the "Army Command Policy," supporting active duty Soldiers who are breastfeeding.

For active duty Soldiers, the mission always comes first, but this new policy means Soldiers do not have to sacrifice breastfeeding as part of their infant care.

Army Directive 2015-43, dated Nov. 10, 2015, Breastfeeding and Lactation Support, includes new guidance on workplace lactation support for postpartum Soldiers.

To develop the new policy, the Army Deputy Chief of Staff, leveraged the clinical support and expertise of Army Medicine subject matter experts to conduct a comprehensive review of current Army guidance, services' policies and best practices, and current civilian healthcare postpartum literature to develop the Army Breastfeeding and Lactation Support policy for Commanders to implement.

The directive will be incorporated into the next revision of AR 600-20.

Breastfeeding is already law under the U.S. Patient Protection and Affordable Care Act, which has specific provisions requiring businesses to implement basic lactation support. This support includes reasonable break time and a private place, other than a bathroom, for nursing mothers.

Sgt. Alexandria Adkins

I exclusively used the pump method which means I didn't have to find a place to breast-feed my daughter. Although it is time consuming and exhausting, the benefits for me and my daughter are apparent every day.

One of the main benefits that I observe is that my daughter is almost 10 months old and is rarely sick. She also has put on weight at an appropriate level.

Extensive medical research has shown that breastfeeding has significant health, nutritional, immunologic, developmental, emotional, social and economic benefits for both mother and child.

It is important for Soldiers to understand their options when they become pregnant and make themselvesf familiar with Army Regulation 635-200, Active Duty Enlisted Administrative Separations.

Commanders also have responsibilities to breastfeeding Soldiers. They are responsible for notifying all Soldiers of the breastfeeding and lactation support policy within the regulation.

The commander will counsel all pregnant Soldiers as required by AR 635-200 to include information regarding the TRICARE policy that covers breast pumps. Commanders will also provide information to Soldiers about breastfeeding and lactation support via the work plan memorandum during the initial pregnancy counseling.

That counseling will address the command providing a private, designated space, with locking capabilities that includes an electrical outlet, access to a safe water source and a sink for breastfeeding Soldiers.

My command is as supportive as they can be when it comes to breastfeeding. The real issues I have faced are old military buildings and operational taskings that do not account for breastfeeding Soldiers. When that happens, I keep the current mission in mind, do what I can, and drive on.

There are many mothers who have breastfed while on active duty and the Army is beginning to understand that breastfeeding Soldiers have improved postpartum weight loss and miss work less often.

One-day absences to care for sick children occur more than twice as often for mothers of formula feeding infants. Therefore, Soldiers will be available for duty more often.

I encourage new mothers to seek support from their command, read the regulations and the law and make an informed decision if you choose to breastfeed your infant.

FOSTER a PUPPY

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

Potential foster families need:
- Time and patience to raise a puppy age 12 weeks to six months.
- A stimulating and safe home environment.
- A desire to help raise a military working dog.

Call 671-3686

NEWS IN BRIEF from Page 3

Committee in reflecting on the drive and resolve of a multitude of inspirational women determined to prove themselves equals, remolding cultures and asserting the value of women both worldwide and in the U.S.

Women's History Month events:

- Friday, 11 a.m. to 1 p.m.

Kickoff Luncheon at the Gateway Club, Fiesta Ballroom

- March 10, 17, 24 and 31

Kids' story time at the Child Development Centers

- March 18, 10 a.m. to 4:30 p.m.

Flag Football Tournament at the Warhawk Football Field

To participate, individuals should contact their group representative to get a team together

- March 25, 9 a.m.

Basic Military Training Women's History Month parade at the parade grounds

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balances mission effectiveness with our ongoing efforts to retain talent."Airmen who are currently on maternity leave will automatically be granted a 42-day extension. Those Airmen currently on approved ordinary leave in conjunction with their maternity leave are authorized to convert their regular leave to non-chargeable maternity leave, not to exceed a total of 12 weeks.

Commanders may not disapprove maternity leave, which begins immediately following a birth event or release from hospitalization following a birth event for a continuous 12-week period. This policy in no way restricts unit commanders or medical professionals from granting convalescent leave in excess of 12 weeks if a medical authority deems that leave is warranted.

A birth event refers to any birth of a child or children to a female service member wherein the child or children are retained by the mother. Multiple children resulting from a single pregnancy will be treated as a single event so long as the multiple births occur within the same 72-hour period.

For more information, go to https://mypers.af.mil/. Individuals who do not have a myPers account can request one by following the instructions at http://www.retirees.af.mil/mypers/index.asp.

(Source: Secretary of the Air Force Public Affairs)

Local Briefs

FRIDAY

JOINT BASE SAN ANTONIO WOMEN'S HISTORY MONTH LUNCHEON

The Women's History Month Committee is hosting the Women's History Month Luncheon 11 a.m. at the Gateway Club's ballroom.

The guest speaker is Col. Kendra S. Matthews, 37th Training Wing vice commander.

Dress attire for military will be clothing of the day and business casual for civilians.

The tickets per person are $13.54 for club members and $15.54 for nonmembers.

For more information, call 671-3853.

MARCH 11

CONFLICT MANAGEMENT AND INTERPERSONAL PROBLEM SOLVING

The 59th Medical Wing and Gateway Performance System are hosting a professional development course: Conflict Management and Interpersonal Problem Solving. It will be held 8 a.m. at Wilford Hall Ambulatory Surgical Center, Innovation Center, Room 1C31. Register at https://cs3.eis.af.mil/sites/OO-ED-AE-25/Pathways/Registration/Registration.aspx. Walk-ins are welcomed.

MARCH 17

INTERVIEW, DRESS FOR SUCCESS

Learn how to make a first good impression when networking, being interviewed and in daily work life interactions 10 a.m. to noon at Joint Base San Antonio-Lackland Military & Family Readiness Center, building 1249. Review expected guidelines of what to wear and how to prepare for an interview and how to make a connection with your interviewer. Call 671-3722 for more information.

PARENTING ORDER LEGAL CLINICS

Have questions about paternity, child support or parenting time? Joint Base San Antonio-Lackland Legal Office is hosting a free clinic for legal information with the support of Texas Attorney General 11 a.m. to 1 p.m. at 1701 Kenley Ave, building 2484, in the conference room, room 029. Their staff will answer questions about family care plans, visitation, paternity and child support. However, they cannot provide legal representation or legal advice.

Attendees should bring any prior court orders. In addition, please do not bring children.

For additional information, call 671-5789.

MARCH 23

RESUME WRITING TECHNIQUES

Everyone needs a resume when job hunting. Learn which resume formats to use when writing a non-Federal resume 8-10 a.m. at Joint Base San Antonio-Lackland Military & Family Readiness Center, building 1249. Please bring a copy of your current resume. Call 671-3722 for more information.

INTERVIEW WITH CONFIDENCE

Review interviewing techniques, creating a great first impression through appropriate attire, and a clear knowledge of shared interest and values 10 a.m. to noon at Joint Base San Antonio-Lackland Military & Family Readiness Center, building 1249. Call 671-3722 for additional information.

FEDERAL EMPLOYMENT PROCESS

Learn how to apply for a federal job by reviewing the civilian hiring process 1-3:30 p.m. at Joint Base San Antonio-Lackland Military & Family Readiness Center, building 1249. Patrons will learn about terminology, how to navigating through http://www.USAJobs.gov, federal resume writing tips, the Application Manager, checking on the status and rating process. Bring a copy of your resume. Call 671-3722.

DRESS FOR SUCCESS

Learn how to make a first good impression while networking, interviewing and in daily work life interactions 3:30-4 p.m. at Joint Base San Antonio-Lackland Military & Family Readiness Center, building 1249. Attendees will learn what, when, where and how to wear thing the right way. Bring a tie. Call 671-3722.

MARCH 24

COUPONING

Cut the grocery bill by learning tips for gathering and organizing coupons. Review couponing terms and local grocery store policies to maximize promotions, stacking coupons and more. This workshop will be held 11:30 a.m. to 1 p.m. at the Wilford Hall Ambulatory Surgical Center Annex, building 4600. For more details, call 671-3722.

MARCH 25

WHAT YOU NEED TO KNOW BEFORE YOU REENLIST

The 59th Medical Wing and Gateway Performance System are hosting a professional development course. It will be held 7:30 a.m. at Wilford Hall Ambulatory Surgical Center's Auditorium. Register at https://cs3.eis.af.mil/sites/OO-ED-AE-25/Pathways/Registration/Registration.aspx. Walk-ins are welcomed.

MARCH 31

EFMP SUPPORT GROUP

The exceptional family member program support group will focus on the Understanding Functional Behavior and Assessment and Behavior noon to 1:30 at CAMP facility, building 3850. Review the necessary data for a thorough behavioral assessment and how to use that data to develop an appropriate behavior intervention plan. Attendees will leave with a better understanding of how these supplements can be implemented in the school setting. Call 671-3722.

CHAPEL SERVICES

—PROTESTANT WORSHIP SERVICES

Freedom Chapel – Building 1528

Contemporary Service	Sun.	9:30 a.m.
Religious Education	Sun.	11:00 a.m.
Gospel Service	Sun.	12:30 p.m.
Youth Ministry	Mon.	6:00 p.m.

LITURGICAL SERVICE

Airman Memorial Chapel – Building 5432

Sun. 8:00 a.m

—CHURCH OF CHRIST

New BMT Reception Center – Building 6330

Sun. 7:30 a.m. (Rm. 175)

—SEVENTH - DAY ADVENTIST

Gateway Chapel – Building 6300

Sat. 12:30 p.m.

—CHRISTIAN SCIENCE

New BMT Reception Center – Building 6330

Sun. 7:30 a.m. (Rm. 112)

—ORTHODOX CHRISTIAN

Airmen Memorial Chapel – Building 5432

Sun. 9:30 a.m.

—PENTECOSTAL

Religious Education Building 6330

Sun. 8:00 a.m. (Rm. 112)

—WICCA

New BMT Reception Center – Building 6330

Sun. 9:00 – 11:00 (Auditorium)

Freedom Chapel – Building 1528

Wicca Open Circle 1st Tues. 6 – 7 p.m.

—REFUGE STUDENT CENTER

Building 9122 (Tech Training & TDY Students)

Wednesday	6 – 8 p.m.
Thursday	6 – 8 p.m.
Friday	6 – 11 p.m.
Saturday	12 – 9 p.m.
Sunday	11 – 5 p.m.

—JEWISH

Airmen Memorial Chapel – Building 5432

Sabbath & Kiddush	Fri.	4:30 p.m.
Religious Education	Sun.	1:30 p.m.

—ROMAN CATHOLIC

Freedom Chapel – Building 1528

Religious Education	Sun.	9:00 a.m.
Adult Religious Education	Sun.	9:15 – 10:15 a.m.
Mass Sat. 5:00 p.m.	Sun.	11:00 a.m.
Youth Ministry	Sun.	4:00 p.m.
Reconciliation	Sat.	4:00 – 4:45 p.m.
Daily Mass	Mon., Tues. & Thur.	11:30 a.m.

Note: Reconciliation(s) may be scheduled by appointment

—ISLAMIC

Global Ministry Center – Building 7452

Jumu'ah Prayer Fri. 1:30 p.m. – 2:30 p.m.

—BUDDHIST

New BMT Reception Center – Building 6330

Sun. 10 a.m. (Rm. 175)

—ECKANKAR

Gateway Chapel – Building 6300

1st, 3rd, and 5th Saturdays 12:30 p.m.

—BAHA'I

Gateway Chapel – Building 6300

1st, 3rd, and 5th Sun. 11:00 a.m.

—THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

Gateway Chapel – Building 6300

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

—LUTHERAN CHURCH MISSOURI SYNOD

Gateway Chapel Building 6330

Every third Sun. 3:30 p.m.

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

JBSA-LACKLAND KEY FAMILY SUPPORT RESOURCES

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

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

BMT HONORS

Congratulations to the 70 Airmen selected as honor graduates among the 702 Air Force basic military trainees who graduate today:

321st Training Squadron
–Flight 189
Justice Caban
Alec Cantner
George Merusi
Brian Roppolo
–Flight 190
Christian Anderson
Zachary Boling-Segura
Joshua Callejo
Zachary Kill
David Parker
Joseph Thoms
–Flight 191
Noah Villa
Michael Wittrien
–Flight 192
Leanna Key
Samantha Sigmund

322nd Training Squadron
–Flight 185
Brian Braine
Scott Hawthorne
–Flight 187
Jacob Cushatt
Malachi Fairfield
Nicolas Jesuitas
Stephen Palmier
Spencer Sinkhorn
Kenneth Swallows III
Tyson Thomas
–Flight 188
Tonya Helstowski
Kelly Kulesza
Morgan Revels
Stephanie Sawina
Cykia Stephens

323rd Training Squadron
–Flight 181
AJ Arteaga
Steven Hamby
Jacob Herrin
Johnathon Mosier
Landes Rangel
Mitchell Sauer
–Flight 182
Peter Deoliveira
Zachary Hiscock
Charles Hoffman
Zachary Jansen
Francisco Munoz
Joshua Sloniker
–Flight 183
Derek Davies
Christopher Dawson
Matthew Edwards
Ian Gregor
Anthony Herrera
Keegan Jordan
Alex Reeter
Cody Sandford
–Flight 184
Tiffany Brooks
Savanna Greene
Jatoya Latham
Marisela Moreno
Joanna Savidge
Adina Ungureanu

331st Training Squadron
–Flight 177
Jackson Dean
Cody Lewis
Charles Nelson III
Brian Sanders
Tyler Stuhan
–Flight 178
Dennis Bell
Anthony Sandt
James Sewell
Devin Timmons
–Flight 179
Mary Bailey
–Flight 180
Daniela Jackson
Corrina Little
Regan Morris
Adriya Osinski
Sydney Sherman

Top BMT Airman
Adriya Osinski
331st TRS, Flight 180

Most Physically Fit
–Female Airmen
Norma Cruz
331st TRS, Flight 180
Kathleen Dellorto
323rd TRS, Flight 184
Hannah Gooding
331st TRS, Flight 180
Sara Basiliere
331st TRS, Flight 180
–Male Airmen
Brian Sanders
331st TRS, Flight 177
Nicholas Mariner
331st TRS, Flight 178
Jorge Grajales
323rd TRS, Flight 181
Devin Timmons
331st TRS, Flight 178
–Female Flights
331st TRS, Flight 180
323rd TRS, Flight 184
321st TRS, Flight 192
322nd TRS, Flight 188
–Male Flights
331st TRS, Flight 177
331st TRS, Flight 179
323rd TRS, Flight 181
323rd TRS, Flight 182

Top Academic Flights
321st TRS, Flight 191
323rd TRS, Flight 182
331st TRS, Flight 178
321st TRS, Flight 190
331st TRS, Flight 179
323rd TRS, Flight 181
331st TRS, Flight 177
322nd TRS, Flight 187
321st TRS, Flight 192
321st TRS, Flight 189
322nd TRS, Flight 188
323rd TRS, Flight 184
322nd TRS, Flight 186
323rd TRS, Flight 183
331st TRS, Flight 180

DIAMOND SHARP

Staff Sgt. Scott Gentry

Unit: *Inter-American Air Forces Academy*
Duty title: International student manager
Time in service: 5 years
Hometown: Anacortes, Wash.

"Staff Sgt. Scott Gentry, Inter-American Air Forces Academy international student manager, is responsible for 250 international students' welfare, awards and ceremonies among other programs. In the past month, he executed the field student program, a world-class event that the 37th Training Wing's leadership and Colombian chief of staff of the air force praised. Gentry also out-processed and transported 248 foreign mission partners' students to the airport in seven separate missions. Additionally, he is pursuing his Community College of the Air Force degree in intelligence studies with a 3.9 GPA. Lastly, he secured for the location for IAAFA summer picnic event, which is unique opportunity for camaraderie and enjoyment for IAAFA personnel and their families. Gentry represents the best of the academy and the future leaders of the U.S. Air Force and is truly 'Diamond Sharp!'"

– Master Sergeant Michelle Sieh
IAAFA First Sergeant

Senior Airman Michael Garza

Unit: *802nd Security Forces Squadron*
Duty title: Security forces investigator
Time in service: 3 years
Hometown: Houston

"Senior Airman Michael Garza is an investigator assigned to the 802nd Security Forces Squadron and he demonstrates the highest caliber in leadership and professionalism. He led a joint operation with Air Force Office of Special Investigations and helped recover more than $1.5 million for the Air Force in an embezzlement case. With his tireless work ethic and desire to accomplish the mission, he logged more than 60 hours of surveillance operation with local and federal law enforcement to stop human trafficking. These distinctive accomplishments and his fly, fight and win attitude, separates Garza from his peers and makes him especially deserving of the prestigious Diamond Sharp award."

– Senior Master Sgt. Jason Fitts
802nd SFS First Sergeant

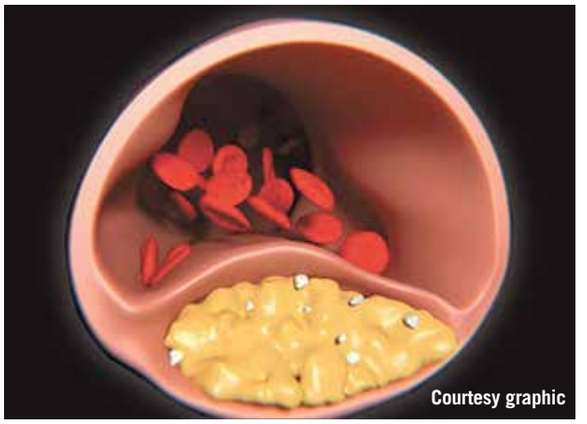
Cholesterol and your heart's health

Cholesterol plays an important role in the health of your heart. A build-up of cholesterol and other deposits can block arteries and lead to coronary artery disease – the most common type of heart disease in the United States.

Knowing if you have high cholesterol is important because it is one of a number of factors that determine your risk for CAD. According to the Centers for Disease Control and Prevention, for some people, the first sign of CAD is a heart attack. Certain lifestyle choices such as smoking, physical inactivity and diet also increase your risk.

Currently, TRICARE covers cholesterol testing every 5 years in adults age 20 and over, as recommended by the National Heart, Lung and Blood Institute. Beneficiaries should talk to their primary care manager for more information on preventive screenings, and what their specific needs are in order to stay heart healthy.

Beneficiaries using TRICARE Standard should note that cholesterol screenings are covered only when combined with an immunization, breast, cervical, colorectal or prostate cancer screening.


Courtesy graphic

Prime beneficiaries may receive clinical preventive services from their primary care manager or any network provider without a referral or authorization at no cost.

Your liver makes enough cholesterol for your body's needs, but we often get more from the foods we eat. If we take in more cholesterol than the body can use, the extra cholesterol can build up in the walls of the arteries, including those of the heart. A blood test can detect the amount of cholesterol and triglycerides (a related kind of fat) in your blood.

For more information about coronary artery disease, visit http://www.cdc.gov/heartdisease/coronary_ad.htm. For more information about your covered preventive services, go to http://www.tricare.mil/CoveredServices/IsItCovered/PreventiveServices.aspx

(Source: http://www.TRICARE.mil)

Make time to focus on you and your health

By Matthew R. Petrone
Mosier Troop Medical Clinic
Fort Lee, N.J.

OK ... we're past the holidays and several months into the New Year. We've entertained guests and hosted family visits. Now it's time to focus on ourselves and enjoy a little "me time."

No, that doesn't mean binge-watching one's favorite TV shows on the couch. It's time to ponder what's being done to take care of you. Are you getting enough sleep? Eating healthy? Exercising regularly? Maybe you need to battle buddy to help you stay accountable. The point is to make a plan and here are some tips to get it started.

• Any type of exercise is better than no exercise. A simple goal could be doing a 10-minute brisk walk once a day. The benefits of just 10 minutes of exercise are reduced blood pressure, decreases in overall weight and actually increasing your energy. Split this up in five-minute bursts twice a day if you are a desk worker and you virtually reverse the effects of sitting all day, according to one study. People who exercise together are more likely to stick to the plan, so don't do it alone.

• For a better night's sleep, 30 minutes of resistance exercise can help individuals get to sleep faster, no matter what time of day it's performed. In one study, groups were assigned to measure quality of sleep depending on when they performed their resistance training at either 7 a.m., 1 p.m. or 7 p.m. The study found that all groups had better quality of sleep. Poor quality of sleep has been associated with cardiovascular disease, diabetes and obesity, to name a few health risks.

• Exercise also can also lead to high-cognitive function. Some people would like to be smarter. In a few recent studies, there is a risk reduction of dementia directly related to the amount of exercise. Exercise sessions were performed three times per week for a minimum of 30 minutes each. But, this doesn't mean if people cannot do 30 minutes, they shouldn't try.

According to the study, any exercise will help as it is a complex relationship of exercise and brain function with a plethora of varying influences. Those who exercised more than the minimum 30 minutes a day for five days a week had better outcomes.

Photo by Kimberly Fritz

Any type of exercise is better than no exercise. A simple goal could be doing a 10-minute brisk walk once a day.

Technological devices that measure amount of steps, time exercising or how long you slept can also encourage you to keep up healthy habits.

UPCOMING

JBSA HALF-MARATHON REGISTRATION

Registration for the third annual Joint Base San Antonio Half-Marathon is underway. The race is April 24 at JBSA-Randolph, and starts and finishes at Harmon Drive next to Heritage Park. Registration is $25, and cash or check payments can be made at JBSA-Lackland Health and Wellness Center, JBSA-Randolph Rambler Fitness Center, the JBSA-Fort Sam Houston Jimmy Brought and METC Fitness Centers. Deadline to register is April 20. Interested participants can print out a registration form at http://www.myjbsa-fss-mwr.com/NM/articlefiles/717-JBSA HalfMarathonRegistrationForm 2015.pdf.

FRIDAY $1 DAY

Bowl for $1 per game and rent shoes for $1 every Friday at the Skylark Bowling Center. Call 671-1234 for more details.

COMBAT HAPKIDO

Engage in this modern form of martial arts adopted from the traditional Korean Hapkido from 6-7:30 p.m. Mondays. Students learn numerous unique movements crucial to self-defense and how to use effective striking from the ground to dominate an attacker. The class is $60 per person, per month. For more information, call 671-2016.

TOTAL BODY TONING CLASS

Pack in a lunchtime workout during Total Body Toning class Mondays, Wednesdays and Fridays. The high-energy class will help you shed pounds while improving strength and cardiovascular fitness. Each class runs from 11:30 a.m. to 12:30 p.m. Call 977-2354.

CORE CUTUP CLASS

Core fitness levels from beginners to advanced levels are tested during this class Tuesdays and Thursdays at the Gateway Fitness Center. Classes begin at 11:30 a.m. and are free. Call 671-2565.

SPIN CYCLING

Cycle your body to new an improved form during Spin Cycling classes Tuesdays at 5 a.m., Tuesdays and Thursdays at 5:30 p.m. and Wednesdays at 5:15 p.m at the Warhawk Fitness Center. The cost is $2 per person, per session. Call 671-2016 for more details.

Choosing the right personal trainer

Personal trainers can help you safely start and maintain an exercise routine. They can keep you motivated and accountable when it comes to reaching your fitness goals.

Finding the right trainer can be challenging but important. Think of it like a date: get to know your potential trainer to find out if you're compatible. Here are a few things to look for:

• Education/Certifications: These days, anyone can become a personal trainer with a few mouse clicks. Is this person certified through one of the National Commission for Certifying Agencies such as National Federation of Personal Trainers, American Council on Exercise, American College of Sports Medicine, or National Academy of Sports Medicine? These are widely accepted certifications. Better yet, does the trainer have a 4-year degree in kinesiology or exercise science? Is he/she certified in CPR and first aid?

• **Experience**: We all have to start somewhere, but experience is helpful. How long has this person been a certified personal trainer? What types of clients does the trainer usually work with? Does he/she have expertise in sports conditioning, pre-natal fitness, or post-rehabilitation? If possible, ask clients (past and/or present) about their personal experiences.

• **Personality**: You have to enjoy spending time with your trainer so that you're fully committed to your training routine. Do you prefer a female or a male trainer? Someone close to your age? Choose somebody you like—someone who can motivate you.

• **Business practices/Liability**: Before you begin, make sure you understand all payment policies and procedures. Are your schedules compatible? What's the cancellation policy? Does the trainer carry professional liability insurance?

• **Fees**: Personal trainers can be worth the money, but make sure you understand what you're paying for. What are the costs? How long is each session? How often will you meet? Is it cheaper if you buy more sessions up front? Will you need to purchase a gym membership?

(Source: Health.mil)

531st IS captures base intramural basketball title

By Jose T. Garza III
JBSA-Lackland Public Affairs

The 531st Intelligence Squadron defeated the Navy Information Operations Command–Texas Gold team 44-34 Feb. 25 at the Chaparral Fitness Center and won the 2015 Joint Base San Antonio-Lackland Intramural Basketball Championship.

Staff Sgt. Brandon Hawkins, 531st IS project manager, led the team in scoring with 16 points and Staff Sgt. Mike Stevenson, 531st IS cyber operator, chipped in 11 points.

Hawkins sealed the team's first championship since 2012 by nailing five of the team's 10 final free throws and said that he knew the game was over when NIOC started fouling him down the stretch.

"They were trying to get some easy short possessions and hope we miss free throws," he added. "In my head, I just thought it's time to knock down free throws and if I can knock down most of them it is over (for them)."

Stevenson laid the groundwork for the team's run, as he scored eight of his 11 points within the rectangular area inside the key during the first half.

"He was what we needed; having somebody who gets rebounds and blocks as a big man is vital and made things easier." Hawkins said about Stevenson's defensive ability.

The 531st IS entered the second half with an 18-13 lead. A 3-pointer from Senior Airman Vincent Garza, 531st IS cyber operator, jumpstarted a 10-0 run that culminated with Hawkins's 3-pointer for a 34-24 score.

Garza scored seven points total in the second half, which included a second 3-pointer.

"At the beginning of the game, I wasn't able to knock down shots, but my teammates told me to shoot so we could break away with the championship and that is what I kept on doing," Garza said.

Hawkins credited the team for being active throughout the game.

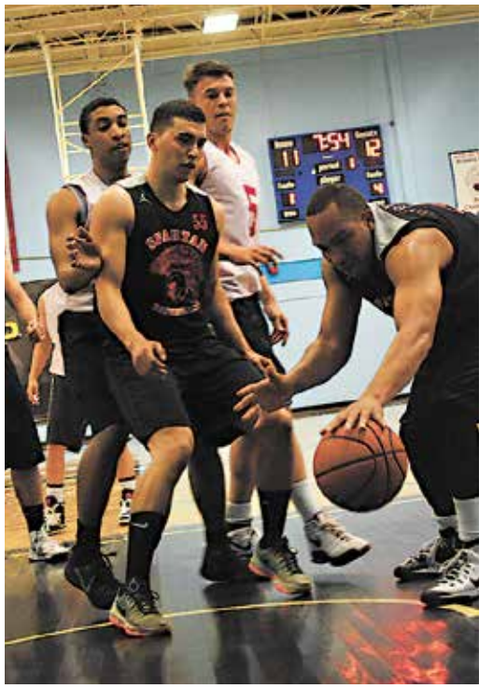
"Most of the teams play a zone defense, but we stuck to making things hard for NIOC's individual players," he said. "Our mantra was to not let any of their shots get open and put them in uncomfortable positions to turn the ball over."

For example, the team's strong defense that Stevenson contributed to forced five NIOC turnovers in the finale.

Ensign Kevin Doran, NIOC Texas battle war captain, led his team with 11 points and he praised 531st IS's defense.

"A lot of us didn't get those easy scores that we normally get when we play offensively," he said. "We had to adapt by driving and getting fouled. They were well kept on defense."

As a result of the 531st title win, the team is advancing to the 2015 JBSA Intramural Basketball Championship, which is scheduled for March.



Tech. Sgt. Travis Stevenson, 531st Intelligence Squadron cyber operator, goes for a loose ball during the squadron's matchup against the Navy Information Operations Command-Texas Gold intramural basketball team during the Joint Base San Antonio-Lackland Intramural Basketball Finals Feb. 25 at the Chaparral Fitness Center. The squadron won their second JBSA-Lackland Intramural Basketball Title in five years.