

LACKLAND

A PUBLICATION OF THE 502nd AIR BASE WING

TALESPINNER



JOINT BASE SAN ANTONIO-LACKLAND, TEXAS • Vol. 73 No. 16 • APRIL 22, 2016



JBSA honors fallen Airman

Photo by Johnny Saldivar

Members of 342nd Training Squadron and Joint Base San Antonio stand in formation to show their respect to the family of Lt. Col. William A. Schroeder, 342nd TRS commander who died April 8, during his memorial service April 15 at Joint Base San Antonio-Lackland's Gateway Chapel.

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<http://www.JBSA.mil>

A survivor speaks about sexual assault

To whom it may concern,

The mere fact you are reading this article attests to your will and power to complete even daily skills in the face of adversity. You are strong and powerful because you are here today living, breathing and moving forward.

For example, you woke up this morning, brushed your teeth and put on your uniform. You drove to work, walked into your office or workspace and began your workday.

One would say you're in the military and it is your duty to get up and come to work.

However, if others could imagine being betrayed by someone in the same uniform that you wear, maybe they'd understand you better. You feel hurt, embarrassed, persecuted, branded, belittled, ashamed, threatened, afraid, lonely and mentally sickened to different degrees at different times.

The amount of strength it takes for you just to wake up, put on the uniform of the military and ultimately breathe. You walk to work with your head high and announce to leadership, peers and subordinates, if you can do it, others can too.

I, too, am not only a survivor, but an overcomer.

Unfortunately I am not the only survivor; many in our ranks remain silent and hidden behind the scars of sexual assault and rape. These horrible acts did not begin with you or me.

According to the Rape, Abuse and Incest National Network (<https://www.rainn.org/>) – the nation's largest anti-sexual assault organization – there are an average of 293,066 victims, age 12 or older, of rape and sexual assault each year.

These facts do not suggest I am small or just a number; this means that the problem is so big that it cannot be solved in one awareness month.

A solution will require consistent efforts from every mother, father, sister, brother, friend, coworker, battle buddy, Soldier, Airmen, Sailor, Marine and Coastguardsman. We can create a way of life and a culture in which we raise our children to respect the boundaries of others and eliminate sexual assault at its core.

The problem may never end 100 percent in the military and United States ... good and evil will always coexist. But the good

we exhibit on a daily basis will always overshadow evildoers and predators.

You and I can win because we survived; we are overcomers. Merely because one morning after we were raped or sexually assaulted, we had the strength just to wake up and get out of bed, look ourselves in the mirror, brush our teeth, put on the uniform of the military and ultimately breathe. We can walk to work with our heads high and announce to leadership, peers and subordinates that if we can do it, then so can you. You are not only a survivor, you are an overcomer.

If you are reading this and you are not a male or female survivor of sexual assault, use this as a reminder of those who walk next to you who are or who could be next.

Help solve the problem by intervening, supporting and enlisting others to help. Do not be a "what if I had done something different" person. Be a military member who said, "I did that" or "I took action to prevent sexual assault".

Eliminate sexual assault. Know your part. Do your part.

*Very Respectfully,
Overcomer, USN*

#NotJustApril: Know your part, do your part

By Lorinda Pirrie

Sexual assault response coordinator
Peterson Air Force Base, Colo.

Working in the field of sexual assault prevention and response, it's presumable that I think about the subject more frequently than the average person. As such, my children have been subjected to a plethora of discussions regarding risk reduction and effective bystander intervention – far too many "lectures" if you ask them.

In fact, before my daughter left for college, she and her five closest friends gathered in my living room to discuss dorm room decorating ideas, class schedules, sororities and other important college freshman issues.

As I eavesdropped on their conversation and observed their enthusiasm and excitement, it occurred to me that statistically one of these vibrant young women could likely be a victim of sexual assault.

According to the Rape, Abuse and Incest National Network, 1 out of every 6 American women will be the victim of an attempted or completed rape at some point in her lifetime.

Let's think about this for a minute. Picture six women you know: 1 in 6. Picture your unit's holiday party, a family reunion, or a retirement ceremony: 1 in 6. Your softball team, bowling league or scrapbooking club: 1 in 6.

As my son prepares to enlist in the Air Force, it also occurs to me that at least one young man in his basic training flight might be the victim of sexual assault. RAINN reports that 1 in 33 American men will be the victim of an attempted or completed rape at some point in his lifetime.

The media would have me believe that he is at a much higher risk in the military, yet the statistics would suggest otherwise. Neither one of my children is at higher risk than the rest of our society simply because of their career path.

This crime does not discriminate and knows no boundaries. It can occur regardless of gender, rank, age, race, religion, income, ability, profession, ethnicity or sexual orientation.

There is a good chance that someone you know has been or may be sexually assaulted in their lifetime, yet 68 percent of victims will not report the crime.

If a survivor trusts you enough to share their experience, how will you respond? Will you believe them? Will you be empathic and supportive?

Social norms often direct questions of clothing choices, alcohol consumption or promiscuity; will you dare to challenge those norms, to hold offenders, not survivors, accountable for their actions?

The objective during Sexual Assault Awareness and Prevention Month (and all year round) is to focus on creating the kind of culture that does not accept

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Editorial content is edited, prepared and provided by the Public Affairs Office of the 502nd Air Base Wing. All photos, unless otherwise indicated, are U.S. Air Force photos.

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

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News in Brief

JBSA CELEBRATES MILITARY SPOUSE APPRECIATE WEEK

The Military & Family Readiness Center is offering a variety of activities in celebration of Military Spouse Appreciation Week.

- The military spouse: commander and chief on the home front class; May 4, 1 – 4:30 p.m. at Wilford Hall Ambulatory Surgical Center Annex, building 4600
- Spouse appreciation and information fair; May 5, 10 a.m. to 1 p.m. at M&FRC, building 1249
- Military OneSource overview on scholarships and tuition; May 6, 10 – 11 a.m. at Wilford Hall Ambulatory Surgical Center Annex, building 4600
- Walk-in resume reviews; May 2-6, 7:30 to 4 p.m. at M&FRC, building 1249

MAKE MONEY STAYING HOME

The Family Child Care office is looking for individuals interested in caring for children. All startup materials and training is provided by the Family Child Care Office.

The FCC program is looking for individuals that can care for children in the extended child care program as well as individuals who can care for children with special needs, chronic health problems including HIV positive individuals.

Providers are needed to care for infants and children with special needs such as asthma, allergies, cerebral palsy and physical impairments, etc.

They need providers to care for children in the evenings, weekends, swing and midnight shifts, extended duty hours and for the Expanded Child Care program. For information, call 671-4987 or stop by building 8210.

REFRESH RELATIONSHIPS WITH MARRIAGE CHECKUP

Behavioral health consultants at the Wilford Hall Ambulatory Surgical Primary Care Clinic are offering a marriage checkup as part of a research study sponsored by the U.S. Army Medical Research and Materiel Command. It is offered to military members and their spouses who would like to find out more about the health of their marriage. Marriage Checkup will give participants the tools and resources to strengthen their connection. Couples may receive compensation for participating in the study. Call 446-8857 or email marriagecheckupusaf@gmail.com for more information.

Airmen get first-hand look at pioneer Del Toro

By Jeremy Gerlach

JBSA-Lackland Public Affairs

In 2006, an improvised explosive device explosion in Afghanistan left Master Sgt. Israel Del Toro, Air Force Academy 10th Force Support Squadron world class athlete, with 3rd-degree burns over 80 percent of his body.

Though doctors gave him a 15 percent chance to live, death was the last thing he was afraid of.

“I had this fear that my son was going to run away from me when he saw me,” said Del Toro, who fought through a four-month coma. “Seeing myself in the mirror for the first time after the explosion, that was my darkest hour. If a 30-something-year-old man sees himself and thinks he’s a monster, what’s a three-year-old kid going to think?”

The wounded warrior was invited as the guest speaker for chapter two of the Enlisted Character Development series, which focused on resiliency.

During the lecture, held April 13 at Pfingston Center, Del Toro, a Bronze Star and Purple Heart recipient, told Airmen in attendance he found the resiliency to push through an “excruciatingly painful” rehabilitation by focusing on his son and family. The process wasn’t easy as Del Toro admits initially feeling so ashamed of his appearance that he wished doctors had let him die after the bombing. The decision to keep fighting through the pain of recovery paid off.

“I remember seeing my son stop when he saw me – I had so many bandages on that I looked like a mummy,” said Del Toro, recalling, when he finally got to see his family again months after the injury. “He tilted his head and said, ‘Papi?’ and I go, ‘It’s me, son,’ and he runs over and hugs me. It was the best hug of my life.”

That embrace represented more than acceptance to Del Toro; it was vindication after a life that presented him with plenty of chances to fall.

Born into a tough neighborhood on the South Side of Chicago, Del Toro lost his dad and his mother within the same year at age 12. After only two years of college, he had to return home to care for a grandfather who suffered a stroke and a grandmother with cancer. After joining the Air Force as a tactical air control party commander and struggling with the separation from his family while deployed, the IED explosion



Photo by Senior Airman Lynsie Nichols

Master Sgt. Israel Del Toro, the first 100 percent disabled Airman to re-enlist in the Air Force, speaks about resilience to a group of service members from Joint Base San Antonio-Lackland April 13 at the Pfingston Reception Center. Del Toro, former Tactical Air Control Party instructor, was severely wounded by a roadside bomb blast in Afghanistan in late 2005. He is a wounded warrior athlete who trains in Colorado Springs, Colo.

occurred.

Instead of mourning, Del Toro said he’s always looked at these misfortunes as a series of tests that helped prepare him to fight through obstacles like the one he found in Afghanistan.

“The whole time during rehab, I wanted to show my son, ‘yeah, dad got jacked up, but he’s not going to quit. He’s going to keep fighting,’” Del Toro said.

Like many Airmen, family has been the source of Del Toro’s resiliency. The term “family,” however, isn’t limited to Del Toro’s blood relatives.

“My teammates came from all over the world to help us out during my recovery,” said Del Toro. “My wife, Carmen, wasn’t a U.S. Citizen, so they went across the border to Mexico just to help get her into the U.S. so she could come see me in the hospital.”

While Del Toro’s Air Force story could have ended after his discharge from the hospital, the same instinct that helped him keep fighting through rehab kicked his career back on track, too.

In 2010, just four years after his injury, Del Toro made headlines as the first 100 percent disabled Airman to re-enlist. Since then, he’s become an advocate

for improving the Air Force’s care and rehabilitation of burn victims. He’s now a world-class para-athlete who’s training at the Air Force Academy in Colorado Springs, Colo., in hopes of competing as a decathlete in the 2016 Summer Paralympics at Rio de Janeiro, Brazil.

“That’s not bad for someone who spent 30 seconds as the equivalent of the ‘Human Torch’ from the Fantastic Four,” Del Toro said.

“That’s how my son first described what I’d been through,” he shrugged. “But now we have a different saying: ‘through these flames, I am stronger.’”

Master Sgt. Jorge Cotijo, Enlisted Character Development Center manager, said Del Toro’s resiliency makes him a strong example for Airmen who might go through trying times in the Air Force.

“Del Toro, when he was trying to re-enlist, he wondered whether his face was the best thing for new Airmen to see,” Cotijo said. “But he embodies resilience – and that’s something Airmen need to lean on when life throws you a curveball.”

The Enlisted Character Development Series takes place quarterly; chapter three is slated for June. Call 671-6799 for more information.

342ND TRS HONORS FALLEN COMMANDER



Members of Joint Base San Antonio and Airmen in basic military training line the roads to show their respect and honor the family members of Lt. Col. William A. Schroeder, 342nd Training Squadron commander, who died April 8, by rendering a salute as the family arrives for the memorial service April 15 at Joint Base San Antonio-Lackland's Gateway Chapel.



Photos by Johnny Saldivar

Members of 342nd Training Squadron and Joint Base San Antonio perform push-ups in honor of Lt. Col. William A. Schroeder, 342nd TRS commander who died April 8, to show their respect to his family during his memorial service April 15 at Joint Base San Antonio-Lackland's Gateway Chapel.

New urgent care pilot program for TRICARE Prime beneficiaries

The Department of Defense is launching an Urgent Care Pilot Program for TRICARE Prime beneficiaries. This program allows Prime enrollees two visits to a network or TRICARE authorized provider without a referral or prior authorization.

The Urgent Care Pilot Program, scheduled to begin May 23 is for:

- Active duty family members enrolled in TRICARE Prime or TRICARE Prime Remote
- Retirees and their family members who are enrolled in TRICARE Prime within the 50 United States or the District of Columbia
- Active duty service members enrolled in TRICARE Prime Remote and stationed overseas but traveling stateside

Active duty service members enrolled in TRICARE Prime are not eligible for this program as their care is managed by their service. This pilot also excludes Uniformed Services Family Health Plan enrollees.

TRICARE Overseas Program enrollees

can receive an unlimited number of urgent care visits, but only when they are traveling stateside and seeking care.

There are no point of service deductibles or cost shares for these two urgent care visits, but network copayments still apply.

Once you receive urgent care, you must notify your primary care manager within 24 hours or the first business day after the urgent care visit. Authorization requirements have not changed for follow up care, specialty care or inpatient care.

When you are not sure of the type of care you need or you require care outside of standard business hours, call the Nurse Advice Line at 800-TRICARE (874-2273), option 1.

If the NAL recommends an urgent care visit and a referral is submitted, that visit will not count against the two pre-authorized visits allowed under the Urgent Care Pilot.

However, if you call the NAL and get a referral to a military hospital or clinic and you go elsewhere for care, that visit will count against your two preauthorized visits.

Visit the Urgent Care Pilot Program web page at <http://www.tricare.mil/Plans/SpecialPrograms/UrgentCarePilot.aspx>.

(Source: TRICARE)

JBSA hosts Live*Work*Play Expo



Photos by Senior Airman Krystal Wright

Col. Alexander Smith, 502nd Installation Support Group commander, kicked off the the "Investing in You: Live*Work*Play Expo - Reimagine Your Future" event April 13 at Joint Base San Antonio-Lackland's Gateway Club. He said the event was "about taking care of our own people."



Rodney Leonard, Office of Personnel Management, hosts a seminar during the "Investing in You: Live*Work*Play Expo - Reimagine Your Future" event April 13 at JBSA-Lackland's Gateway Club. The seminar covered information pertaining to navigating USAJobs(<http://www.usajobs.gov>) and civilian government career proression and development.



Nina Watson, 59th Medical Specialty Program certified diabetes educator, measures the mass, muscle and body fat percentage of Gerald Gooding, 502nd Force Support Squadron operations officer, during the "Investing in You: Live*Work*Play Expo - Reimagine Your Future" event April 13 at JBSA-Lackland's Gateway Club.



JBSA members attended the installation-wide "Investing in You: Live*Work*Play Expo - Reimagine Your Future" event April 13 at JBSA-Lackland's Gateway Club. The event highlighted the benefits of a civilian career at JBSA and the 502nd Air Base Wing, while allowing civilian and military personnel to learn about the wide array of quality of life services available across the joint base's 11 operating locations.

JBSA legal office offers assistance with property damage after hail storm

By Chad Haugse
JBSA-Fort Sam Houston legal office
Paralegal specialist

The claims offices at Joint Base San Antonio-Fort Sam Houston legal office have established a claims process for service members and federal civilian employees who suffered hail damage to their personal property April 12.

The Military Personnel and Civilian Employees Claims Act provides an avenue for compensation for damage to personal property caused by extraordinary acts of nature, like severe weather events. Ultimately the legal office determines whether a weather event is sufficiently "unusual" to trigger the act.

Damage from regularly occurring hail storms is not typically covered. However, the storm April 12 was severe enough to invoke the protections of the act. In other words, not all hail storms are designated as warranting compensation.

The act provides assistance to

service members and federal civilian employees but not contractors or non-appropriated fund personnel. It does not provide insurance coverage and is not designed to make the United States a comprehensive insurer of personal property on a military installation.

To qualify, the damage to the property must have occurred incident to military service or employment. For example, if a car was damaged anywhere on base, such as the commissary, fitness center or on-base housing, the owner may be able to file a claim. However, if it was damaged at the claimant's off-base residence, the owner is less likely to qualify for a claim.

To successfully file a claim, a claimant must first file a damage or loss claim with their private insurer. This insurance settlement paperwork will be part of the government claim.

Because the act is not a substitute for private insurance, recovery under

See HAIL Page 13

AETC's 66th TRS teams with canine search and rescue organizations

Story and photo by
Airman 1st Class Lauren Ely
JBSA-Randolph Public Affairs

(Editor's note: The last names of some individuals in this story have been removed for security purposes.)

The 66th Training Squadron partnered with civilian volunteer canine search and rescue organizations for a training exercise April 2 on JBSA-Lackland's Medina Annex.

The event was the first time the organizations, Alpha Search and Rescue and Seeker Dogs, have worked alongside military personnel in a training environment at JBSA, said Maj. Bryan, Air Force Material Command senior research chemist.

Bryan said the goal of the training exercise was to cultivate a relationship between all of the organizations so large-scale exercises could

continue to occur.

"Training with canine organizations is always a challenge logistically," Bryan said. "To simulate lost people we need to place a person in an isolated area for an extended period of time to provide the canine with a realistic search scenario.

"In the unlikely event that an incident did occur on JBSA that necessitates outside resources, these would be two local teams that would be called on first to assist and you never want the first interaction to be at a real event."

A total of 20 canines and their handlers, as well as JBSA Fire and Emergency Services, joined to complete more than 90 different training scenarios directed to personnel recovery, which included man-trailing, large area search and human remains detection, Bryan said.

The designated training zone on Medina Annex comprised of an unused housing develop-

ment, as well as an urban simulator, which included wooded areas and unused trailers. The sparsely populated areas created a beneficial setting for seeker dogs and Alpha SAR's dog handlers to work with their dogs, said Kristin Smaltz, Alpha SAR president.

"It's really great getting to work in different types of environments, different terrains," Smaltz said. "This abandoned neighborhood is really great because we get to work with the dogs without having to worry about traffic or other people and property lines, so it gives us a lot of opportunities."

The training environment also allowed 33 JBSA volunteers, including some students from the 66 TRS, to experience personnel recovery firsthand.

Airman 1st Class Cody Thaler, 66 TRS student, said being able to see the capabilities of a trailing dog and how it can track a human's scent was "

extremely beneficial."

"The ones that have graduated the selection course - it's good for them to know later on when they're providing instruction," Thaler said. "It's going to be helpful for them when they have to give country specific briefs to pilots or any other person that may need the training."

Although it was the first interaction on base between the SAR agencies and the 66 TRS, all the participants involved were eager to continue a working relationship, Bryan said.

"We were hoping to get an exposure for each group to their potential counterparts," Bryan said. "Some of the dogs did have issues throughout the day, but all of the training scenarios were successfully completed by multiple dogs, showing the depth of these teams to be able to assist in the event of a real-life event."



Wesley Willoughby, Alpha Search and Rescue trailing handler, and his dog Ehrlich Vormund, prepare to hit a 24-hour trail during a training exercise at Joint Base San Antonio-Lackland's Medina Annex April 2. A 24-hour trail consists of scents from the missing person that are up to 24 hours old.

JOINT BASE SAN ANTONIO FRONT AND CENTER

Airman 're-blued' by honoring past service members

Story and photo by Airman 1st Class Stormy Archer
JBSA-Randolph Public Affairs

The creed of the Air Force Honor Guard embodies the pride, history and professionalism of what it means to be an honor guard member.

"Hand-picked to serve as a member of the United States Air Force, my standards of conduct and level of professionalism must be above reproach, for I represent all others in my service.

Others earned the right for me to wear the ceremonial uniform, one that is honored in a rich tradition and history. I will honor their memory by wearing it properly and proudly.

Never will I allow my performance to be dictated by the type of ceremony, severity of the temperature or size of the crowd. I will remain superbly conditioned to perfect all movements throughout every drill and ceremony.

Obligated by my oath, I am constantly driven to excel by a deep devotion to duty and a strong sense of dedication.

Representing every member, past and present, of the U. S. Air Force, I vow to stand sharp, crisp and motionless, for I am a ceremonial Guardsman!"

For one Airman, the long hours perfecting facing movements and performing ceremonies at Joint Base San Antonio have helped reinforce a sense of pride and duty in the Air Force.

"It's a really satisfying and fulfilling mission we do," said Senior Airman Adam Fiddler, JBSA Honor Guard member. "It definitely gives you a sense of duty. It reminds you why you



Photo by Airman 1st Class Stormy Archer

Senior Airman Adam Fiddler, Joint Base San Antonio Honor Guard member, and a fellow honor guard member fold an American flag during a funeral ceremony Oct. 10 at the Fort Sam Houston National Cemetery. The Honor Guard's primary mission is to pay respect to fallen service members and support ceremonial functions.

do what you do, why you are here and why you signed up for this.

"Joining the honor guard 're-blued' me in a sense. It definitely rejuvenated me as an Airman and as a person. I wouldn't say this is fun, this is a duty, a mission that needs to get done regardless of any obstacle."

Fiddler joined the JBSA honor guard in September 2014 and has performed everything from funerals to color details and POW/MIA ceremonies.

However, the most satisfying part of the job is handing the flag off to a family member while performing honors at a service member's funeral, Fiddler said.

As a member of the JBSA Honor Guard, Fiddler represents all service members past and present; including members of his own family who served in World War II and the Vietnam War.

"I really wanted to do it because I have family that served in the Air Force," Fiddler said. "My grandfa-

ther was a technical sergeant during World War II at Kelly Field training tail gunners. My other grandfather was part of the 1st Infantry during Vietnam, and my dad was in the Army too, so there is definitely a family legacy.

"I remember going to my grandfather's funeral and seeing the honor guard perform, and it made a lasting impact on me. Now I've come full circle, and I am able to repay that service to the families of other service members."

Royal Review bridges gap between Fiesta and Joint Base San Antonio-Lackland

By Jeremy Gerlach
JBSA-Lackland Public Affairs

King Antonio, El Rey Feo and other Fiesta dignitaries gave Airmen a taste of Fiesta's pageantry, culture and traditions during the Royal Review at Joint Base San Antonio-Lackland's basic military training graduation ceremony April 15.

The Royal Review – a military tradition dating back to at least 1950, according to base records – allows Fiesta Royalty to tour JBSA-Lackland each April and attend a BMT graduation ceremony.

The two chief members of this delegation, King Antonio and El Rey Feo, are annually appointed residents of San Antonio who serve as grand marshals at Fiesta's numerous celebrations.

While JBSA-Lackland holds 50 graduations each year, the Royal Review adds some extra pomp to the proceedings and is one of many military-related events that the Fiesta delegation attends, said King Antonio XCIV, Hunt Winton III.

"All our military-related events are special, but watching these young new Airmen graduate makes this visit really special," he noted. "We hope that people (the graduating Airmen's families) stay in town this week and attend all the events, and we would hope that our Airmen just jump in and have a blast with our community."

King Antonio is selected by the Texas Cavaliers – a local non-profit of about 500 local business, civic and community leaders. The king acts as the official face of Fiesta and serves as an ambassador during events like the Royal Review.

El Rey Feo, Spanish for "the ugly king," is generally considered to be the common man's representative during Fiesta, according to the Fiesta Commission website at <http://www.fiesta-sa.org>. The El Rey Feo non-profit, founded in 1947 by the League of United Latin American Citizens, determines its annual king through a fundraising campaign where candidates raise money to support educational scholarships for local high school students.

Darren Casey, 2016 El Rey Feo, raised a record-setting \$500,000 for



Photos by Johnny Saldivar
Brig. Gen. Trent Edwards, 37th Training Wing commander, shakes hands with King Antonio XCIV Hunt Winton III during the Royal Review of the Basic Military Training graduation April 15 at Joint Base San Antonio-Lackland.

Brig. Gen. Trent Edwards, 37th Training Wing commander, shakes hands with Darren Casey, 2016 El Rey Feo, during the Royal Review of the Basic Military Training graduation April 15 at Joint Base San Antonio-Lackland.

(From right) Lt. Gen. Darryl Roberson, Air Education and Training Command commander, and Brig. Gen. Bob LaBrutta, 502nd Air Base Wing commander, greet Darren Casey, 2016 El Rey Feo, before the Royal Review of the Basic Military Training graduation April 15 at Joint Base San Antonio-Lackland. The Royal Review is a military tradition dating back to at least 1950 that allows Fiesta Royalty, to include King Antonio and El Rey Feo, to tour JBSA-Lackland each April and attend a BMT graduation ceremony.

the foundation.

His campaign's motto, "It takes grit to be great," fits in with San Antonio's military culture, Casey said.

"This is Military City, USA," he said. "We're patriotic people and that's what we do here in San Antonio – we support our military first and foremost. I'm extremely humbled to be able to witness this graduation today and I'm proud of all the graduates."

Since the Royal Review is typically the first taste of Fiesta for the majority of trainees, Casey made a point of mingling with trainees, posing for pictures and shaking hands with several Airmen after the graduation ceremony ended. Casey said he couldn't wait for these service members to experience more Fiesta events.

"We've got Fiesta going on and that's the pride and joy of San Antonio,"

he explained. "This is a world-class celebration and it's exciting for us to share it with people who've never been here before. It's a wonderful gift that we have as residents of San Antonio to embrace our military during this special time of year. I mean, who couldn't have fun at Fiesta?"

For additional information visit <http://www.fiesta-sa.org/events> or call the Fiesta Commission at 227-5197.

U.S. Air Force Honor Guard Drill Team performs for Fiesta, local students



Photos by Johnny Saldivar

The United States Air Force Honor Guard Drill Team performed during the Basic Military Training Coin and Retreat Ceremony April 14 at Joint Base San Antonio-Lackland's Pflugston Reception Center. The drill team is the traveling component of the honor guard and they promote the Air Force mission by showcasing drill performances at public and military venues to recruit, retain and inspire Airmen. The men and women of the Air Force Honor Guard represent every member, both past and present, of the Air Force.

By Jeremy Gerlach
JBSA-Lackland Public Affairs

Graduating Airmen at Joint Base San Antonio-Lackland's coin and retreat ceremony got a first-hand look at the precision and discipline of the U.S. Air Force Honor Guard Drill Team April 14.

The honor guard was invited to perform for Fiesta events, an annual celebration that commemorates the Alamo and the Battle of San Jacinto.

While in San Antonio, the team brought their unique drill routine – where slick shoes click together, heels turn on a dime and bayoneted rifles fly through the air in careful choreography – to several area events.

The group was particularly excited to perform at the JBSA-Lackland coin ceremony, given the size of the audience, said 1st Lt. Kenda Gusme, U.S. Air Force Honor Guard director of operations.

Basic military training weekly graduates on average 700 to 800 Airmen.

"This is a phenomenal opportunity to be here

performing," Gusme said. "As a commander, you've just got adrenaline rushing, because you're making sure the group is going at 100 percent for the spectators."

The drill team is stationed at Joint Base Anacostia-Bolling, Washington D.C.

Knowing that JBSA-Lackland is where all enlisted Airmen are first introduced to the high standards of the Air Force during basic military training, Gusme said the drill team couldn't have picked a better place to make a first impression on these Airmen.

"We're representing every Airman and we want to make sure we convey exactly what we stand for as Airmen with these performances," she said. "That means we need to display discipline and precision."

Airman 1st Class Kosei Carty and Senior Airman Angela Mitchell, U.S. Air Force Honor Guard Drill Team ceremonial guardsmen, talked about their experiences during basic training.

"I feel like it's changed quite a bit," Carty said. "It's really cool coming back and being able to experience – all over again – what we came through here."



Mitchell agreed, noting that it was an honor to perform for Airmen who were taking the same steps towards an Air Force career that she did.

"It's an awesome feeling being here," she said. "This is these Airmen's biggest day. It's the first time they get to see their families again and the first time they feel like they're Airmen instead of trainees, so it's cool to be able to perform for them."

The honor guard performed at other Fiesta events such as the Taste of New Orleans Sunday. They will also be visiting local colleges and high schools such as the University of Texas at San Antonio, Samuel Clemens High School, Sam Houston High School and Sidney Lanier High School.

For more information about the honor guard, visit <http://www.honorguard.af.mil>.

APRIL from Page 2

sexual assault or any acts of interpersonal violence. This requires a personal commitment from all service members at every level, our civilian counterparts, as well as our families and friends. Together, we can collectively take action to promote safety, respect and equality. We all have a part in combating sexual assault and April offers an excellent opportunity to focus attention on our individual roles. You speak with your actions. What are you saying?

Know your part. Do your part. #NotJustApril

DIAMOND SHARP

**Airman 1st Class
Brendan Wiskow**

Unit: 743rd Intelligence
Support Squadron

Duty title: Computer systems
programmer

Time in service: 1 year

Hometown: Wentzville, Mo.



“Airman 1st Class Brendan Wiskow continually sets the example with his outstanding professionalism and belief in the Air Force core values. Wiskow is a motivated, selfless and highly valued member of the special programs flight. He completed his career development course four months early and was selected as a developer for a \$27 million Department of Defense-level tactical 3D modeling application used for training at the United States Air Force Weapons School and for enemy analysis for 27 global missions. He not only shows motivation and commitment to his primary duties, he is also heavily involved in the local community by heading the 743rd Intelligence Support Squadron’s Meals on Wheels program. Wiskow represented the 25th Air Force at the Joint Base San Antonio Air Show by manning the Air Force Heritage booth and wearing a vintage uniform. He is a dedicated member of the 25th Air Force and is an important part of the 743rd ISS.”

– **Master Sgt. Martha Burkhead**
743rd ISS First Sergeant

Staff Sgt. Quenton J. Howard

Unit: 502nd Security

Forces Squadron

Duty title: NCOIC, Supply
and Logistics

Time in service: 8 years

Hometown: Oakland, Calif.



“Staff Sgt. Quenton Howard serves as NCO in charge of supply and logistics for the 502nd Security Forces Squadron at Joint Base San Antonio-Fort Sam Houston. In the last month, Howard managed three logistics accounts worth more than \$25 million. His meticulous attention to detail resulted in him developing a robust tracking system for high-value items while completing an inventory spanning five work sections and involving more than 300 personnel and 641 individual items. He single-handedly led the Defense Material Reutilization Office turn in process between three security forces units, turning in more than \$1 million in aged assets and simplifying the technical refresh process of more than \$750,000 in equipment. As the 502nd Security Forces Logistics and Readiness Group’s representative for the land mobile radio systems, he corrected two critical National Incident Management system errors which enhanced communication across three major commands, five wings, and three geographically separated units. It is for these reasons that Howard is ‘Diamond Sharp’ and truly deserving of this recognition.”

– **Master Sgt. Orlan McClellan**
502nd Security Forces Logistics and Readiness Group First Sergeant

HAIL from Page 7

the act will come after recovery under a private insurance policy, if appropriate.

There is a two-year filing deadline, starting from the date of the incident or when the claimant discovered or reasonably should have discovered the damage.

For Airmen, the process is started online at <https://claims.jag.af.mil>. The Air Force Claims Service Center can be reached at (877-754-1212 for Airmen, 221-1973 for Soldiers, or (757-440-6315 for Sailors. Marines may call (703-784-9533 or email hqmc.claims@usmc.mil.

Got Drugs?

Members of Joint Base San Antonio can turn in unused or expired medication for safe disposal 10 a.m. to 2 p.m. April 30. The medicine can be dropped off at San Antonio Military Medical Center Medical Mall or Community Pharmacy at JBSA-Fort Sam Houston. Medication with syringes/needles will not be accepted. For more information visit <http://www.dea.gov> or call 800-882-9539.

LOCAL BRIEFS

FRIDAY

TUG-OF-WAR CONTEST

Teams are invited to sign up for a tug-of-war contest 7 a.m. at the Gillum Fitness Center. Teams will have a 1,400-pound limit and must have at least one female participant. Sign up no later than noon Thursday to join this free event.

For information, call 977-2353.

PRETEEN SPRING SOCIAL

Kids, ages 9-12, are invited to join Youth Programs 7-9 p.m. on a scavenger hunt, cookie decorating, springtime games and activities. The cost is \$3 per youth.

For details, call 671-2388.

SATURDAY

JBSA-LACKLAND EVENTS

FOR MILITARY CHILD MONTH

The Family Minute to Win It Day is a free family event that takes place today from 3:30-5 p.m. at the Joint Base San Antonio-Lackland Youth Center.

The Lights Camera Action Club will perform for the Kelly Field Child Development Center from 3:45-

4:30 p.m. April 30 at the Joint Base San Antonio-Lackland Youth Center.

COUPLES' WORKSHOP

The Clinical Psychology Residency Program and Chaplain Corps are sponsoring their annual Couples' Workshop 8 a.m. to 4 p.m. April 23 at Joint Base San Antonio-Lackland's Freedom Chapel, 2200 Truemper Street, building 1528.

All Department of Defense and contract employees, retirees and their spouses are eligible to attend.

A light breakfast, lunch and workshop materials will be provided. Additionally, all participants will be entered to win one of three raffle prizes.

Childcare will not be available.

To enroll or request additional information, email Lackland CouplesWorkshop2016@gmail.com or call 292-7361.

APRIL 29

LINT THE MUSICAL

Phoebe has a problem: no matter where she goes she finds herself in a musical.

Joint Base San Antonio-Lackland performing arts group presents Lint the musical, which will take the

audience on a musical journey April 29-30, and May 6-7 at Arnold Hall. Doors open at 7:15 p.m. and show starts at 8 p.m.

The cost is \$20 for adults, \$15 for seniors, \$5 for children and \$10 for basic military training graduates and Airmen in technical training school.

Light snacks will be served. Note: the show contains adult language. For additional information, call 671-3466.

SPRING MAMMOGRAPHY SCREENING

The Wilford Hall Ambulatory Surgical Center is offering free mammography screening 8 a.m. to 3 p.m. April 29.

The routine screening will be performed on walk-in basis; appointments are not required nor a referral if the patient's primary care doctor is in the San Antonio Military Health System.

Patients must be a least 40 years old and present no symptoms or problems.

The patient's last mammogram must be more than 12 months ago.

If the patient had screenings outside the SAMHS must provide previous images.

For information, call 292-6718.

MAY 4

HOLOCAUST REMEMBRANCE COMMEMORATION

668th Alternations and Installations Squadron and Joint Base San Antonio's Equal Opportunity office will be hosting Holocaust remembrance commemoration 4:30 p.m. May 4 at the Bob Hope Performing Arts Center, 1560 Stewart Street, building 5508.

The ceremony is part of Holocaust Remembrance Week May 1-5, which is themed Learning from Holocaust Acts of Courage.

INFORMATIONAL

FIRST STEPS BASEBALL REGISTRATION

First Steps instructional program March 28 - April 1 is open to all Department of Defense children on and off base between the ages of 3-5 years old.

First Steps teaches the basic fundamentals of baseball in harmony with the gross motor movements of preschool and early school age children. In addition, parents are required to participate as an extension of the instructor so the element of fear is eliminated.

Cost is \$35 per child. Have a

current copy of the child's sports physical and immunization record when registering.

Call 671-2388 for additional information or to register.

CHILDREN'S STORY TIME

Books, songs, rhymes, movement activities and more will be available during Children's Story Time 10 a.m. every Tuesday at Joint Base San Antonio Lackland's library.

Story time helps reinforce a lifelong love of learning in children as well as offer parents, caregivers and children reading techniques and new ideas about how to fully engage with reading.

Story time is open to the whole family, but a parent or caregiver must remain in the library during it.

For information, call 671-2673.

MAY 13

MONTE CARLO NIGHT

Take a chance and play your cards right at the JBSA-Lackland Gateway Club 6:30-11 p.m. for a night of gaming, food and the chance to win lots of fantastic prizes such as a large flat screen TV, gift cards, wireless fitness trackers and much more.

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.

—REFUGEE 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.

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

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

Know the left and right limits of your participation in partisan political activities

By Cherish T. Gilmore

Army Materiel Command Public Affairs
Huntsville, Ala.

As the presidential election nears, personnel should re-visit the regulations that govern military and all Federal civilian employees concerning their participation in the political process.

The Hatch Act restricts the political activity of Federal civilian employees, including Department of the Army Civilians. The law was amended in 1993 to allow most employees to engage in certain types of political activity while in their personal capacity. Department of Defense Directive 1344.10 outlines rules governing political activity by members of the armed forces.

“Neither the Hatch Act nor the DOD Directive 1344.10 restrict civilian employees and military members from exercising their right to vote,” said Lawrence J. Wilde, Army Materiel Command’s ethics counselor.

The restrictions pertain to participation in partisan political activities.

“We encourage voting,” Wilde said. “Know the left and right limits of your participation in partisan political activities. If you’d like to become involved with a political campaign, it’s a good idea to seek advice from your legal office first.”

Understanding what restrictions can apply depends on your status as a federal employee. The Hatch Act classifies employees into two groups: a “less restricted” group and “further restricted” group.

“The vast majority of DOD employees are classified as less-restricted employees,” explained Wilde. “Further restricted employees include career senior executive service employees, political appointees, and employees of certain federal agencies like the National Security Agency, Federal Bureau of Investigation and Defense Intelligence Agency.”

Less restricted employees may actively participate in partisan political activities such as making phone calls for a candidate in a partisan election, working for a political party to encourage voting or handing out campaign literature.

The Hatch Act dictates, however, that none of these activities may be done while on duty or by using their official position, in a federal building or vehicle, while wearing a federal uniform or insignia, or by using official resources, like computers.

“Although employees may contribute money to candidates, no federal employee, military or civilian, may solicit or accept campaign contributions at any time,” said Wilde. “So, for example, if a civilian employee is working the phone bank for a candidate, they may not read any part of a script that solicits contributions even though the employee is off duty and totally anonymous to the potential voter.”

This also applies in the world of social media.

“Employees may not forward by email or social media any websites or posts that solicit or contain a

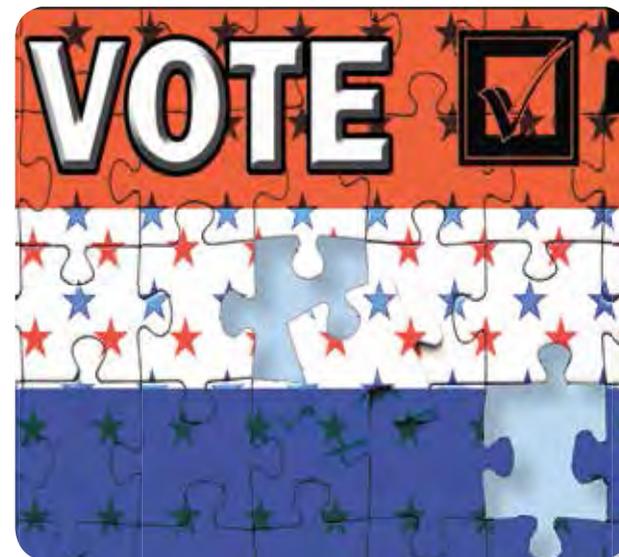
link for campaign donations,” Wilde said.

The rules for further restricted civilian employees and military personnel are stricter. Both must refrain from any political activity that could associate DOD with a partisan political candidate, group or activity.

“This means that military personnel may not campaign for a political candidate in a partisan election, speak at a partisan political gathering, hand out campaign literature or solicit campaign contributions,” Wilde said. “They may not place a political sign on the lawn of their government quarters. On social media, they may follow, friend or like a party or a candidate, but may not post, forward, share, or re-Tweet links and comments from them. If a member of the military or a further restricted civilian employee ‘likes’ a candidate or political group, the privacy settings on social media sites should be changed to preclude others from seeing these preferences.”

Wilde singled out four rules to keep handy for all federal employees and military members:

- Do not solicit campaign donations on or off duty.
- Do not wear campaign buttons on duty, in a federal facility or in uniform.
- Do not forward partisan political articles, websites, or political cartoons while on duty, in a federal building



or using a government computer.

- Do not invite subordinates to political events, or use your rank or official position in any way to influence the political process.

Violations of the Hatch Act are investigated by the Justice Department of Office of Special Counsel. Punishments include the full range of administrative disciplinary action, to include removal. Members of the military may face discipline for violating DOD Directive 1433.10 and pertinent provisions of the Uniform Code of Military Justice.

Be careful when firing up the BBQ grill

By Ricardo S. Campos

Public Fire and Safety Educator 502nd Civil Engineer Squadron

After months of being cooped up inside the home, it's time to enjoy the warmer weather and fire up that barbecue grill.

The smell of mesquite wood burning on the grill tends to filtrate the backyards, especially in my neighborhood. Then when the food is placed on the grill, the additionally smell of steaks, chicken and fajitas get the taste buds dancing.

Outdoor grilling is one of the most popular ways to cook food. However, a grill placed too close to anything that can burn is a fire hazard. They can be very hot, causing burn injuries. Follow these simple tips and you will be on the way to safe grilling.

- Propane and charcoal barbecue grills should only be used outdoors.
- The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.



- Keep children and pets at least three feet away from the grill area.
- Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
- Never leave your grill unattended.

- Always make sure your gas grill lid is open before lighting it.

- There are several ways to get charcoal ready to use. Charcoal chimney starters allow you to start the charcoal using newspaper as a fuel.

- If use a starter fluid, use only charcoal starter fluid. Never add lighter fluid, gasoline or any other flammable liquids to the fire.

- Keep charcoal fluid out of reach of children and away from heat sources.

- There are also electric charcoal starters, which do not use fire. Be sure to use an extension cord for outdoor use.

- When you are finished grilling, let the coals completely cool before disposing in a metal container.

To learn more about grilling safety 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.

How to enjoy Fiesta while balancing proper nutrition

By Jose T. Garza III

JBSA-Lackland Public Affairs

Fiesta San Antonio has evolved from a one-parade event celebrating the heroes of Battle of San Jacinto to an

11-day event that attracts regional, national and even international visitors for approximately the last 125 years.

One thing visitors attending Fiesta have the opportunity to experience is the different cultural foods offered at the events such as the creole and Cajun dishes at Taste of New Orleans.

One potential party stopper for active-duty service members wanting to enjoy the festivities can be the fret of weight gain due to tasting the various cuisines.

To reduce their worries, Staff Sgt. Catherine Scholar, 59th Medical Wing Outpatient Nutrition Clinic diet technician, provided the following tips on balancing proper nutrition and Fiesta fun:

- Opt for low-fat options such as baked and grilled foods instead of fried



and refried options.

- Elect for soft tacos instead of fried hard tacos.

- Avoid adding salt. Traditional Mexican foods will most likely contain a good amount of sodium whether naturally or

prepared.

- Use moderate amounts of guacamole, sour cream, cheeses and chips. Two tablespoons of guacamole equals 50 calories and one tablespoon of sour cream equals 26 calories. (Note: number of calories may differ depending on brand or preparation.)

- Choose leaner meats such as fish and white meat chicken instead of high-fat meats like pork, processed meats and beef cuts.

- Drink alcohol in moderation. According to the Calorie King website, <http://www.calorieking.com>. Long Island Iced Teas contain the highest calories for alcoholic beverages, ranging up to 780 calories for a seven ounce drink. Margaritas trail at No. 2 with 740 calories in an 8.5 ounce glass.

For more advice, call 292-1452.

JBSA professionals help military families cope with stress

By Jose T. Garza III

JBSA-Lackland Public Affairs

Every April since 1992, health care professionals and experts across the United States have educated people on the dangers of stress, successful coping strategies in dealing with it and misconceptions about stress as part of the Stress Awareness Month campaign.

There are organizations in Joint Base San Antonio who regularly help military members and their dependents tackle different stressors in their lives.

Family Advocacy Program staff help guide first-time parents on routine parental responsibilities such as whether to breast-feed or feed a baby formula and how to change diapers. In addition to providing parental responsibility guidance, they help families with pre-and post-deployment transitioning. The FAP can also direct patrons to other resources that are equipped to handle their specific situation.

"Depending on the situation, we might refer them to Military and Family Life Counselors or, if their situation is of a spiritual nature, then we refer them to the chaplains," said James Price, 59th Medical Wing FAP outreach manager.

"We tell individuals to think of us as a Google map of resources because there are a lot of resources that people don't know about."

Master Sgt. Adam Miller, 59th Diagnostics and Therapeutics Squadron first sergeant, counsels service members and technical training students on their respective stressors.

Stressors service members bear usually include marriage, family, financial and disciplinary issues. On the technical training side, students deal with academic issues, interaction with permanent party service members and dormitory residence, he elaborated.

Each Airman's situation is different and has to be approached differently, Miller said.

"I have to sit down, talk and get to know them, and dig through their issues," he said. "Entities like the MFLC, FAP and first line supervisors have to ask those direct questions. For example, 'Why are you upset?' and 'What is your spouse doing to upset you?' If the stress gets really bad, where the Airman feels there is no way out, then we have to ask if they are going to hurt themselves

See STRESS Page 17

Master Sergeant strives to break personal record

By Jose T. Garza III
JBSA-Lackland Public Affairs

Veterans Day 2012 was the “perfect day and powerful” for a master sergeant to return to competing in marathon.

On the exact date three years earlier in 2009, Master Sgt. Leonor Branch, 344th Training Squadron recruiter supervisor, suffered a seizure, forcing her to be to be inactive from physical activity for a year.

After gradually training to return to running competitively, she signed up for the San Antonio Rock-N-Roll Marathon with the goal of moving forward and ditching the past.

The Chicago native received some help when nearing the finish line as her then-5-year-old daughter, who was cheering her mother on, ran out and aided Branch in crossing the finish line. Her finish time was four hours, 28 minutes.

“I never expected my daughter to cross the finish line with me,” Branch said. “That was made that day much more emotional. Later on, when she sees that picture of her and I at the finish line, she is going to ask questions and I am going to tell her my story, but one way or another she is going to say ‘that’s my mom.’”

Branch seeks to add another accomplishment to her racing resume and break her half-marathon personal record of two hours at the third annual Joint Base San Antonio Half-Marathon April 24. The race starts at 7:30 a.m. and begins at Harmon Drive next to Heritage Park on JBSA-Randolph.

Since the 2012 Rock-N-Roll Marathon, Branch said she has sporadically ran relay races while focusing more on weight training due to having knee issues following the race, which has since improved.

Branch signed up for the half-marathon immediately after hearing about it. However, she is uncertain about the possibility of achieving her goal.

“I haven’t been able to run as much as my training plan says I should,” said Branch, who began running in 2009 while stationed at Ramstein Air Base, Germany, and was a member of the U. S.

Air Forces in Europe marathon team. “At this point, I am happy to be competing, plus I have motivated a few people from work to join me. As long as we cross the finish line and continue motivating each other I will feel good about the race.”

Tech. Sgt. Nicole Turner, who has known Branch for 10 years and was stationed with her at Osan Air Base, South Korea, from 2006-2007, believes Branch will do great at the event, describing her as a “tough competitor” who constantly sets goals.

“Everything she does is always to the best of her abilities,” Turner said. “There is no holding her back. She is like a lion and is dedicated to doing things as best as she can.”

To prepare for the half-marathon, the master sergeant said she runs between three to four days a week, averaging three to four miles each day, and performs high-intensity functional training on non-running days.

It would be a great sense of accomplishment if she were to break her personal record, Branch added.

“I know if I really dedicate myself to something then I can do it,” she said. “Maybe I would take a break from running half-marathons if I break my record; then again, maybe not. Running is in my blood and it keeps me fit.”

In the future, Branch hopes to maintain fitness on another stage: the sprint triathlon, which are short-distance races that are suited for competitors new to the sport.

“Resilient” was used to describe Branch as she goes from being physically inactive for a long period of time following her seizure to looking to compete in sprint triathlons.

“It’s up to you what you want to do,” she said. “You can let a hardship take over you and your future or you can do something with that experience. It would have been easy for me to say ‘boohoo, this happened to me’ and have everybody feel sorry for me than to overcome it and do something better.”

Turner shares those sentiments.

“Branch’s resiliency lets me know that nothing is impossible,” she said. “Seeing her do these races gives me hope and spiritual strength that anything is possible.”

Air Force Service Activity promotes undead summer bowling league

By Steve Warns
Air Force Civil Engineer Center Public Affairs

The theme of the Air Force Services Activity’s summer bowling league will be based on AMC’s “The Walking Dead,” a popular TV series that revolves around life after a zombie apocalypse.

“We have created a fun, healthy and competitive activity for our Airmen that provides positive social interaction,” said Don Freund, Air Force Bowling Program manager. “Bowling is a lifetime sport that has no barriers to participate.”

Organizers hope the hit TV series will draw large crowds this summer.

“In the bowling business, it’s all about increasing frequency visits,” Freund said. “By partnering with ‘The Walking Dead,’ we’re able to drive more traffic to our facilities.”

The cost to participate is determined by the ball or pin the player selects and is based on the location, Freund said, adding that bowlers can join as individuals and the manager will find them a spot on a team.

This year, participants will receive a

licensed Walking Dead bowling ball and/or pin. The league champions from the Category B (16 lanes or less) and Category C (17 lanes and more) bowling centers that sign up the most participants per lane will go on a cruise Feb. 3-6, 2017.

As an added bonus, a random drawing will be conducted of all installation bowling centers that participated in the Walker Stalker Summer League. The league champions from the winning installation will also join the cruise.

Last year, 29 installations and 656 bowlers participated in a Ultimate Fighting Championship promotion exclusive to the armed forces, where bowlers received UFC-themed bowling balls. The league winners from Robins Air Force Base, Ga., and Wright-Patterson Air Force Base, Ohio, traveled to Las Vegas to watch Conor McGregor defeat Jose Aldo Dec. 12.

While the UFC promotion was successful, Freund said, “We’re trying to partner with the latest trends to generate more interest among our Airmen and their families.”

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or somebody else because they feel they have to in order to deal with the situation.”

The Behavioral Health Consultation Service also individualizes each patient’s situation, which can range from long-term family separation due to deployments and relationship issues.

The staff conduct slow breathing and muscle relaxation exercises to alleviate stress by specifically focusing on heart palpitations and muscle tension. Patients utilize guided imagery where they imagine being in different places like the beach, forest or park, said Capt. Abby Fields, 59th Medical Operations Squadron BHOP chief.

“We help people try to reconnect to things they’ve done before,” Fields said. “We come up with plans for them to get back into things they had been doing and maybe avoiding things that aren’t great coping skills such as alcohol and eating.”

Overall, each professional recommends service members and their

families to seek any form of help if they are combating stress.

Price encourages them to exercise and seek counseling, specifically mentioning an first sergeants as a good resource for help.

“Go outside for a couple of minutes and listen to some music while performing deep breathing exercises,” he said. “Take a walk around the block; it doesn’t cost you money.”

Fields urges military families to be aware of their stress levels.

“Stress is a normal part of life,” she said. “We are all going to experience changes and our body has the built in systems to respond to those changes. Be aware of when you’re stress is reaching an all-time high. At that point do things that work for you to destress, whether that’s taking a vacation, practicing relaxation exercises or having lunch with friends. Be aware of your own limits and have knowledge of things that work best for you.”

To schedule an appointment, call 292-5967 for JBSA-Lackland’s FAP and 292-1159 for JBSA-Lackland’s BHOP.