A PUBLICATION OF THE 502nd AIR BASE WING

LACKLAND TALESPINNER

JOINT BASE SAN ANTONIO-LACKLAND, TEXAS • Vol. 73 No. 24 • June 17, 2016

Building renamed for fallen hero

Photo by Johnny Saldivar

Family members of the late Tech. Sgt. Michael P. Flores (from left), including Emilia, mother; Eliana, daughter; Michael, son; and Dr. Leopoldo R. Flores, father, unveil the name of the 350th Battlefield Airman Training Squadron building during a dedication ceremony June 9 at Joint Base San Antonio-Lackland Medina Annex. The building was dedicated in honor and memory of Flores, U.S. Air Force pararescueman, who died June 9, 2010 near Forward Operating Base Jackson, Afghanistan, in a HH-60G Pave Hawk helicopter crash.

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ONLINE | http://www.JBSA.mil

Shattering the silence

By Anonymous
Robins Air Force Base, Ga.

At a recent Green Dot leadership training session, I was asked to write down on a piece of paper an action that I would do as a leader to help implement culture change.

I wrote, "Write a commentary on domestic assault which I experienced."

Experiencing domestic abuse took my voice away and during the thick of it, I didn't even recognize myself anymore. Well, I have my voice back and I'm breaking my silence.

According to the training, red dots represent an act of power-based personal violence or the choice to tolerate, justify or perpetuate violence. My whole life at one point was a red dot where my body and boundaries were abused, but I turned to my green dots – family, colleagues and leadership – for help.

It's through programs like Green Dot that the Air Force is changing toxic red dots to green.

I clung to these green dots and they helped pull me out of the toxic fog of a life I had been living. A green dot is any behavior, choice, word or attitude that promotes safety for all our citizens and communicates utter intolerance for violence.

Walking on eggshells just to keep the peace isn't living. Making excuses for explosive behavior in public isn't living. And neither is being called names that cut you to the core. There are people in this world who only feel good if they're causing someone else pain. That is not love, and that was the hell I lived in until I clawed my way out, re-establishing my boundaries and understanding that what I experienced was abuse.

Courtesy graphic

Moving on from abuse, I keep a quote from Maya Angelou close to my heart as a baseline of my boundaries.

It reads, "When someone shows you who they are, believe them the first time."

I ignored the red flags, lost my voice and had my world shattered. Sharing this story, I am your green dot.

If you're experiencing life living around red dots, I hope these words reach you. I hope they empower you to reach out to the green, to an already established safety net that will catch you, help you and give you your voice back.

The momentum of the Green Dot program needs to not only propel its way through our service, but throughout our society, establishing healthy boundaries that banish toxic red dots.

Editor's note: The author's name was redacted to protect their identity.

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- JBSA-Fort Sam Houston: 466-4630
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Deadline for story submissions is noon Wednesday the week prior to publication.

News in Brief

SAVE THE DATE FOR THE ANNUAL AIR FORCE BALL

The Air Force hosts it's annual ball, which is scheduled for Sept. 16 at the Hyatt Hill Country Resort, 9800 Hyatt Resort Dr. This year's theme is "You are what makes our Air Force Diverse!" Social hour will begin at 6 p.m. with the main event to follow at 7 p.m. Ticket prices and sales contacts are still undetermined.

TEST PILOT SCHOOL PH.D. PROGRAM ACCEPTING APPLICATIONS

The U.S. Air Force Test Pilot School is accepting graduate applications through July 31 for the Air Force Institute of Technology in-residence engineering Ph.D. program.

The primary purpose of the program is to ensure the TPS curriculum and research programs reflect the state of the art in aeronautical science and to create a cadre of officers who combine current flight test experience with a high level of theoretical knowledge.

The TPS Ph.D. program is open to all active duty Air Force officers who meet the eligibility criteria; interested officers should also contact their Air Force Personnel Center core assignment team and obtain a release to compete prior to submitting an application.

For eligibility and application instructions, search the keyword "graduate" on the myPers website. For more information, go to http://www.myPers.mil. Individuals can request a myPers account by following instructions at http://www.retirees.af.mil/mypers/index.asp.

AIR FORCE SEEKS 2016 GEICO MILITARY SERVICE AWARDS NOMINATIONS

Air Force officials are accepting nominations through Sept. 12 for the 2016 Government Employees Insurance Company (GEICO) Military Service Awards. The GEICO Military Service Awards annually recognize enlisted Total Force members from all branches of service for contributions to military or civilian communities.

The three award categories are drug and alcohol abuse prevention; fire safety and fire prevention; and traffic safety and accident prevention. The accident prevention category applies only to vehicle- or motorcycle-related accomplishments.

The award period is Oct. 1, 2015 to Sept. 30, 2016. Contributions may also span a period of several years, be ongoing, or have been accomplished during the award period.

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JBSA-Lackland pararescue training building dedicated to fallen Airman

By Jeremy Gerlach
JBSA-Lackland Public Affairs

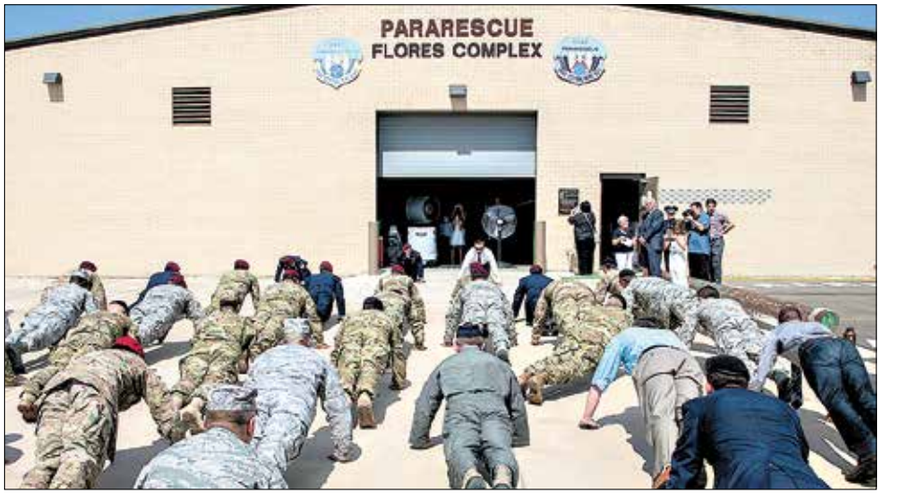

Photo by Johnny Saldivar

Active duty, retired and prior service members fell into formation to complete memorial push-ups during the 350th Battlefield Airman Training Squadron building dedication ceremony June 9 at Joint Base San Antonio-Lackland Medina Annex.

The pararescue training building at Joint-Base San Antonio-Lackland Medina Annex has always been adorned with the words "these things we do, that others may live," a phrase demonstrating the sacrifices of the Air Force's premiere special operations rescue branch.

Now, after being dedicated in memory of Tech. Sgt. Michael Flores, the Flores Pararescue Building will have a name to match the motto.

In June 2010, Flores died providing support to British troops during a medical-evacuation mission in Helmand Province, Afghanistan. Family, friends and former Air Force teammates honored the fallen pararescueman June 9 during a dedication ceremony.

Flores, 32, joined in 2000 and during his service and 10 deployments, he earned the Distinguished Flying Cross, 11 Air Medals and a Purple Heart, according to military records.

Chief Master Sgt. Ronald Thompson, 37th Training Wing superintendent of Det. 1, oversaw the ceremony.

"Flores was and will always be part of our family," Thompson said. "The legacy that he has left won't just be looking backwards, but will continue to shape an amazing future that I can't even imagine."

Renaming the pararescue building is more than a memorial act – it will serve as an inspiration to future PJs as well be a reminder of the sacrifice the Air Force may ask of service members who pass through those doors, Thompson said.

"Putting Flores's name on a building is a small, small gesture of the love we have for him," Thompson added. "Our past, our present and our future as pararescuemen are embodied in everything that Michael stood for."

Flores was survived by his parents, Emilia and Dr. Leopoldo R. Flores; his wife, Senior Master Sgt. Marisa Flores, 15th Maintenance Group quality assurance superintendent; and his two children, Michael and Eliana Flores, as well as several other family members.

While Marisa is stationed at Joint Base Pearl Harbor-Hickam, Hawaii, and was unable attend the ceremony, she said in an email that her family remembers Michael every day.

"After he died, people kept telling me about how he was a hero," said Marisa, noting that Flores spoke very little about his missions or awards despite having an accomplished service record. "But he was the kids' hero and my hero as a dad."

Flores' parents said their son was like a "guardian angel," protecting the family at home and abroad.

"We'd go on vacation with Michael and never worry; we had a pararescueman with us," Leopoldo said.

"Flores was – and continues to be – a gift to his family and to his combat brothers," Emilia said.

"We lost Michael when he was young," she added. "But I still see him in his children, our grandkids, every day."

As emotional as the ceremony was for Flores' blood relatives, it was equally so for the Airmen who served alongside him.

In a speech, retired Staff Sgt. Doug Dicken, former pararescueman and pararescue apprentice course instructor at Kirtland Air Force Base, N.M., gave attendees a glimpse into Flores' life as a pararescueman.

"He was the calm before a storm," said Dicken before recalling a mission where his team got separated along a river embankment and Flores ended up under duress hundreds of yards away. "When we finally found him, I could see from a hundred yards away that he was smiling, so we knew instantly that he was all right. It calmed us down, just seeing him smiling like that."

Flores might have been "quiet and reassuring," but that didn't compromise his leadership style.

"He was easygoing, but he was not a pushover," Dicken said. "He ran more than 220 missions and he didn't like to brag … but he was my hero."

For all of Flores' awards, deployments and memorials, Dicken said he wanted future pararescue teams to think of the building dedication as a call to action.

"Flores' reputation might be set in stone, but ours aren't yet," Dicken noted. "As you go through these doors, remember that Flores is looking down on you – and you owe him nothing less than your best."

(Staff Sgt. Marissa Garner, Joint Base San Antonio-Lackland Public Affairs, contributed to this article.)

JOINT BASE SAN ANTONIO FRONT AND CENTER

Master sergeant recognized as MTI of the Year

By Jose T. Garza III
JBSA-Lackland Public Affairs

Master Sgt. Raul Hernandez Jr., 326th Training Squadron acting superintendent, is not big on awards.

When he found out he earned the Air Education and Training Command Military Training Instructor of the Year, the native of Goliad, Texas, said he was humbled. "Out of the 506 MTI's in Air Force Basic Military Training, I think any of them could have won the award," Hernandez said. "It just happened to be my turn and I'm proud to represent them."

To earn the recognition, the master sergeant wrote the policies and procedures for Airmen's Week, a one-week course following BMT for graduates that reinforces core values and what it means to be an Airman before they head to technical school. In addition, Hernandez dedicated 28 hours to Habitat for Humanity, mentored 27 troubled youth and organized two security events as a North East Independent School District Bulldog Dad.

Lt. Col. Meghan Doherty, 326th TRS commander, commended him for shaping the Airmen's Week curriculum since its inception in March 2015.

"He is basically the focal point of the policy changes and how we communicate policy to our Airmen," she said. "Not only has he shaped Airmen's Week, but he has had a lot to do with our training group being successful in how we went about preparing it. He started from scratch on how to evaluate the course and is creating the standards for it and the Air Force. He always goes above and beyond."

That arduous work ethic stems from being around his grandfather and parents. His grandfather was a ranch hand while his father was, an oil mechanic and his mother was a retail salesperson, Hernandez explained.

"They are not flashy people," Hernandez said of his family. "They are 'do the best with what you can' folks. When I entered the Air Force, my family didn't know what to expect because they hadn't been in the service. They told me 'do what you can and we will be proud,' and that is what I tell my Airmen."

The master sergeant hopes to continue grooming future Airmen to inherit his work ethic and take it with them for the rest of their Air Force careers.

"I tell my Airmen when they get here their past doesn't matter," Hernandez said. "They can be anything and everything they want to be, and I am going to give them the tools and time to be successful. You don't have to be the troublemaker that you may have been before. Instead be the guy or girl who does everything right because this is a new start."

Photo by Senior Airman Lynsie Nichols
Master Sgt. Raul Hernandez Jr., 326th Training Squadron acting superintendent, poses for a photo June 13 at Joint Base San Antonio-Lackland. Air Education and Training Command recognized him as the 2015 Military Training Instructor of the Year.

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GEICO will select recipients in each category from all nominees submitted by each of the branches of service. Those recipients will be honored at a ceremony in Washington, D.C., next spring.

Search for eligibility and application procedures on myPers with the keyword "GEICO." For more information, go to http://www.myPers.mil. Individuals can request a myPers account by following instructions at http://www.retirees.af.mil/mypers/index.asp.

NOMINATIONS SOUGHT FOR 2016 SIJAN AWARD

The Air Force Personnel Center is currently accepting nominations until Aug. 31 for the 2016 Lance P. Sijan U.S. Air Force Leadership Award. The award recognizes the accomplishments of total force officers and enlisted leaders who demonstrate the highest qualities of leadership in the performance of their duties and personal conduct.

Nominees will be rated in several areas to include their scope of responsibility, professional leadership and leadership image. The award categories are senior officer, junior officer, senior enlisted and junior enlisted.

The award period is July 1, 2015, to June 30, 2016. Each major command, forward operating agency or direct reporting unit may submit one nomination in each of the four categories.

The Sijan Award, established in 1981, is named in honor of the late Capt. Lance P. Sijan, the first U.S. Air Force Academy graduate to receive the Medal of Honor.

He was posthumously awarded for his determination while evading capture by the North Vietnamese and during his subsequent captivity as a prisoner of war after being shot down Nov. 9, 1967.

For more information, go to http://www.myPers.mil. Individuals can request a myPers account by following instructions at http://www.retirees.af.mil/mypers/index.asp.

2016 AIR FORCE CLUB SCHOLARSHIP PROGRAM

Over the past seventeen years, the Air Force Club Scholarship Program has provided college tuition assistance to more than 440 Air Force Club members and their family members. The Air Force Club Scholarship Program is offering this program again this year.

In the past, entrants were asked to submit an essay. Although this option is still available, this year applicants are highly encouraged to submit a video instead. The topic for either the 1,000-word essay or five-minute video is "your Air Force story." The judges want to hear how the applicant has been impacted by the best Air Force.

Entrants can go to http://www.myairforcelife.com/Clubs/Scholarship.aspx to complete their entry form, submit their essay or video link, and upload two letters of recommendation.

DON-SAPRO Visits NTTC Lackland

Story and photo by
Chief Petty Officer Natalie Dymond
Master-At-Arms Naval Technical Training Center
Lackland Public Affairs

Dr. Paul Garst, Department of the Navy Sexual Assault Prevention and Response Office, or DON-SAPRO, deputy director, and his team made a site visit to Naval Technical Training Center Lackland at Joint Base San Antonio-Lackland June 7.

Dr. Paul Garst, Department of the Navy Sexual Assault Prevention and Response Office (DON-SAPRO) deputy director, and his team conducted a site visit June 7 at Naval Technical Training Center Lackland at Joint Base San Antonio-Lackland.

The DON-SAPRO serves as the Secretary of the Navy's subject matter expert and primary advisor on sexual assault prevention and response, or SAPR, matters. One of the office's key functions is to maintain visibility and oversight of SAPR programs and activities across the Navy and Marine Corps.

The office conducts site visits worldwide which often include leadership meetings, interviews with key stakeholders and focus group conversations with Sailors and Marines. The insights gained from site visits are critical to developing DON policies and initiatives.

"For Team Lackland and our Sailors to have the ability to talk and discuss sexual assault with the experts from Washington D.C. on our campus today is a big step forward in eliminating sexual assault," Cmdr. Jeffrey Martin, NTTC Lackland Commanding Officer, said while welcoming the DON-SAPRO Team. "Having daily candid conversations about sexual assault, from our most junior Sailors to the most senior military and civilian officials, will help ensure our deck plates cultivate an atmosphere of treating each other with dignity and respect. Our Navy and Marine Corps Team is better equipped to combat sexual assault today, thanks to the hard work of the DON-SAPRO team."

The visit included discussions with command leadership, SAPR Victim Advocates and the command Sexual Assault Response Coordinator. The visit also included a walk-through of the barracks and training facilities, as well as focus groups for Sailors E-4 and below.

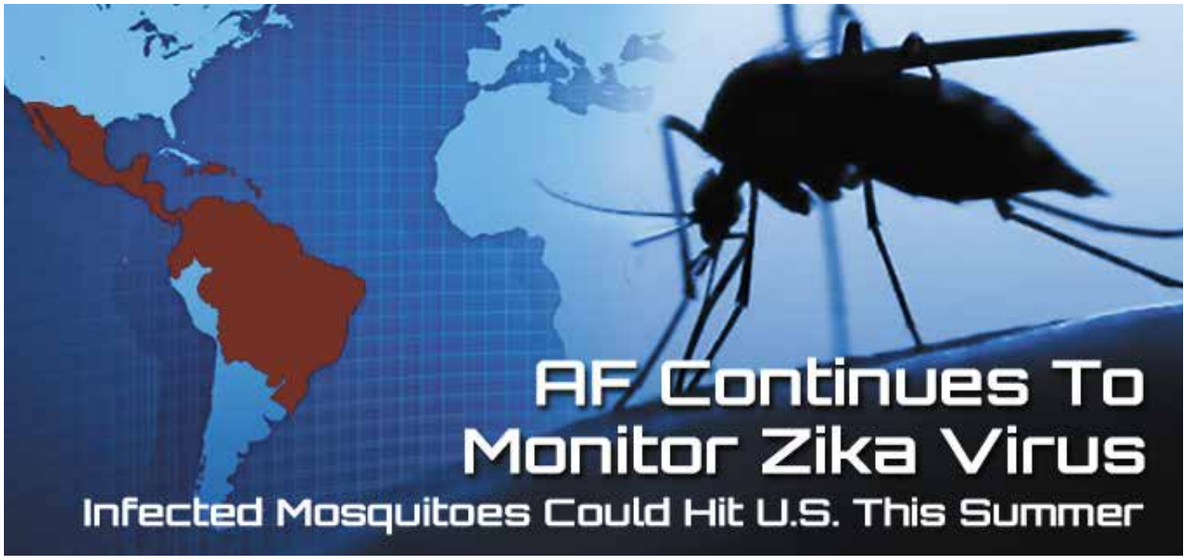
"You guys have a lot to be proud of; keep doing what you are doing," Garst said. "The challenge is sustaining that level of effort. Especially in training environments where you have so much turnover that makes it a massive effort you cannot let up on. It's all about protecting Sailors from harm, helping them develop and succeed, and building the most capable Navy for the future."

Garst also pointed out the master-at-arms community is a vital Navy community and one that must embody integrity, reliability and the Navy's core values of honor, courage and commitment. He cited these qualities as being at the heart of how Navy and Marine Corps personnel must work together to prevent sexual assault.

"We must never be tolerant of sexual assault," Garst said. "In addition, while it's important to combat sexual assault in its own right, it also turns out the most critical tools for preventing sexual assault are really the values, attitudes and personal behaviors that have even broader importance for both our Navy and our society."

"Honor, courage and commitment are more than just words," Garst added. "We have a responsibility to protect each other from harm, to support people who have been harmed, to act responsibly with alcohol, and to embody healthy relationships both at work and in our intimate personal lives. Those are keys to preventing sexual assault, and they are also keys to succeeding in life."

For more details about the Department of the Navy Sexual Assault Prevention and Response Office, visit http://www.secnav.navy.mil/sapro/pages/default.aspx. For more about the Navy Sexual Assault Prevention and Response Program, visit http://www.public.navy.mil/BUPERS-NPC/SUPPORT/21ST_CENTURY_SAILOR/SAPR/Pages/default2.aspx.



AF Continues To Monitor Zika Virus

Infected Mosquitoes Could Hit U.S. This Summer

By Prerana Korpe
Air Force Surgeon General Public Affairs

As the potential for infected mosquitoes to reach the U.S. rises, the Air Force continues to closely monitor the emergence of Zika virus infection to help inform and protect Airmen and their families. According to the Centers for Disease Control and Prevention, all at-risk communities should prepare for possible Zika virus activity.

As of Feb. 1, Zika virus has been declared a Public Health Emergency of International Concern, by the World Health Organization.

The Zika virus is primarily transmitted by Aedes mosquitoes. Unlike other mosquitoes, Aedes mosquitoes are aggressive day biters, but can also bite at night, explained Col. (Dr.) John Oh, Air Force Medical Support Agency chief of preventive medicine.

Almost all cases of Zika virus infection within the U.S. have come about as a result of a mosquito vector obtained through living and traveling in Zika infected areas, Oh said.

"The number of countries and territories with Zika transmitted locally is growing. There are over 45 now, including countries in Central America, South America, the Caribbean, Asia and Africa," he added.

It is also possible for the Zika virus to be sexually transmitted from males to females. Thus far there have been no reported sexual transmissions from female to male.

"The symptoms of Zika virus infection are similar to dengue, another mosquito born infection, and include fever, skin rashes, headaches and joint pain," Oh said. "However, unlike dengue, Zika symptoms are usually mild, and many infected people don't have any symptoms."

"Evidence now supports that there is a risk of birth defects from Zika virus," Oh explained. "There is enough evidence that it is causal. However, there is still a lot we don't know about birth defects and Zika. Eighty percent of cases are asymptomatic."

Pregnant women are advised to take every precaution to prevent mosquito bites, especially in the first trimester.

In response to Zika virus, the Air Force has developed policy guidance for relocation of pregnant Air Force members and dependents from outside the continental U.S., in areas where there is active

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DIAMOND SHARP

Staff Sgt. Vincent Scott
Unit: *343rd Training Squadron*
Duty title: Security Forces Apprentice Course instructor
Time in service: 7 years, 1 month
Hometown: Marion, Ind.

"During Staff Sgt. Vincent Scott's seven years of service, he has proven to be an integral part of training future security forces defenders and his experience has ignited change from within the 343rd Training Squadron. His unyielding knowledge assisted in validating 18 training objectives, 15 evaluations and two tests for the new security forces apprentice "delta" course. Scott's willingness to go above and beyond during more than 1,000 teaching hours ensured the graduation of 540 defenders. Continuing to strive for excellence in education and professional development, Scott has earned his Community College of the Air Force degree and is obtaining his second CCAF in military instruction as well as earning 12 semester hours toward a bachelor's degree in criminal justice. Scott is dedicated to giving back to the local community, by leading a six-person team that processed more than 3,000 attendees for the San Antonio United Way Kids Festival. His hard work and unparalleled dedication to this unit, local community and the Air Force make him the perfect candidate for the Diamond Sharp award."

– Master Sgt. Nathan M. Pigza
343rd TRS First Sergeant

Airman 1st Class Kawika E. Bailey
Unit: *Air Force Life Cycle Management Center, Cryptologic and Cyber Systems Division*
Duty title: Receiving apprentice
Time in service: 1 year, 1 month
Hometown: Wahiawa, Hawaii

"Airman 1st Class Kawika Bailey has supported communication security, signal intelligence and satellite ground stations for the National Security Agency. He directed the product quality deficiency report program for the division's distribution and accountability branch. He received 27 signal intelligence units and analyzed their trends to prevent more than $200,000 in replacement costs. He showed tremendous aptitude and mastered his skills by earning his five-skill level six months ahead of schedule for his supply management career field. Bailey currently leads 32 military members as his branch's physical training leader. His dedication to fitness resulted in three members scoring "excellent" on their tests. Bailey has been pivotal to the success of the division's national operations capability and has consistently and strongly displayed the Air Force core values throughout the performance of his duties. The efforts of this hard-charging Airman shows true excellence in the profession of arms."

– Master Sgt. Rannell D. Boykin
AFLCMC, Detachment 6 First Sergeant

Staff Sgt. Darvell Wilson
Unit: *559th Aerospace Medical Squadron*
Duty title: NCO in charge of Medical Employee Health Program
Time in service: 6 years, 4 months
Hometown: Radcliff, Ky.

"Staff Sgt. Darvell Wilson designed a fitness improvement program which was turned into a Joint Base San Antonio fitness research study in February 2016. In the study, he lead 16 physical training leaders and 28 Joint Base San Antonio members for 20 physical training sessions a week, which resulted in a 100 percent increase of the fitness test's pass rate. He coordinated a ground-up re-write of the Joint Base San Antonio Tuberculosis, Blood-borne Pathogen and Medical Employee Health Program's exposure control plans, which effectively protects more than 3,500 healthcare workers from disease. As the group point of contact for the Warrior Medic Challenge, he helped to enhance 59th Medical Wing's esprit de corps by coordinating different sporting events garnering recognition from the 59th MDW commander, 59th MDW command chief master sergeant and 559th Medical Group commander. Wilson's dedication to the mission and Airmen are truly valued among leaders and the embodiment of the Air Force core values."

– Master Sgt. Robert P. Semen
559th Medical Group First Sergeant

Air Force increases access to behavioral health care

By Prerana Korpe
Air Force Surgeon General Public Affairs

Nearly half of people with a treatable behavioral health disorder do not seek help from behavioral health professionals, according to the U.S. Department of Health and Human Services. However, 80 percent of this population does visit a primary care manager at least once a year.

The Air Force Behavioral Health Optimization Program seeks to bridge this gap by providing behavioral health care in a primary care setting.

The Behavioral Health Optimization Program, or BHOP, integrates behavioral health personnel into primary care clinics, to provide "the right care, at the right time, in the right place." Beneficiaries with behavioral health concerns can seek care directly through their primary care manager.

Issues such as compounding stress can lead to depression, post-traumatic stress disorder, or general anxiety disorders. Often times, problems resulting in adverse mental health effects can be addressed by primary care providers through the support of behavioral health services.

"We are there to address the concerns that would have otherwise been brought to the primary care manager," said Maj. Elizabeth Najera, chief of Behavioral Health Optimization Program, Air Force Medical Operations Agency.

For instance, when a patient suffering severe headaches sees a primary care manager, it is determined whether the patient needs to be referred to neurology or requires additional examination from primary care. BHOP visits function in the same manner and patients are screened to help identify the right level of care.

Only one out of 10 patients seen requires referral to specialty care, Najera said. Mild depression, anxiety or grief may not require specialty mental health services. While specialty care is beneficial when that is the appropriate level of care, it may not be necessary for a normal process like bereavement. Even if a patient visit warrants a specialty care referral, time required for specialty care is reduced by BHOP intervention.

"BHOP is an excellent first step in seeking care if [someone has] any behavioral health concerns with either a medical or lifestyle component," Najera said. "Everyone can consider at least one BHOP encounter appropriate, while not everyone may require a second visit."

BHOP consultations typically do not require more than four visits. A BHOP appointment lasts approximately 25 minutes and patients leave with some form of same-day intervention. Patients are triaged to ensure they get the appropriate resources and providers determine what level of care is needed.

BHOP helps to address a wide range of health related behaviors which can worsen medical conditions, including diabetes, chronic pain, sleep problems and hypertension.

Another benefit of BHOP is the ease of use. Half of all scheduled visits are same-day appointments. BHOP seeks to address a large patient volume with same-day care.

The goal is to address patient needs as they arise rather than having patients wait, Najera said.

"A BHOP visit is considered a primary care appointment and there is no difference in how it is treated in a patient's electronic health record," Najera said.

BHOP offers two types of services; patients will either see Internal behavioral health consultants, known as IBHCs, or behavioral health care facilitators, known as BHCFs. IBHCs include both psychologists and social workers who provide focused assessments and recommendations to help primary care providers with decisions about patients' behavioral health concerns. BHCFs are nurses who work directly with patients who have been prescribed psychotropic medications by their primary care provider for depression, anxiety or post-traumatic stress disorder.

The goal of BHOP is to help patients and providers reach desired and realistic behavioral health outcomes. This includes improving quality of life or returning to a level of functioning closer to a patient's goal. Some patients may walk away learning to manage chronic conditions, while having improved day-to-day functioning.

In a 2015 survey of 631 patients, 89.5 percent reported being very or extremely satisfied with the BHOP experience and 95.3 percent stated they would probably or definitely recommend BHOP to a friend or family member.

Patients who received care through BHOP were asked if they would have sought behavioral health services if BHOP had not been available. Of those surveyed, 30 percent reported they would not have sought any care if not for BHOP.

Those with behavioral health concerns are encouraged to speak to their primary care provider. BHOP emphasizes that seeking help is a sign of strength and prevention is key. For those in need of behavioral health care, seeking care could help prevent a negative life impact.

Any individuals experiencing escalated behavioral health issues including thoughts of harming themselves should go to the nearest hospital emergency room and seek help immediately.

BHOP is available at 72 of the 76 Air Force military treatment facilities. The program is open to all military beneficiaries and walk-ins are accepted. BHOP does not require a referral. To schedule a BHOP appointment, call the appointment line at 916-9900.

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transmission of the Zika virus.

"When considering this policy, we really encourage pregnant women to consult with their health care providers," Oh said. "Health care providers can help to assess individual risk of Zika infection, factoring in the home environment, for a shared decision between patients and their providers."

Oh encourages pregnant women diagnosed with Zika virus to enroll in the U.S. Zika Pregnancy Registry.

The registry follows those enrolled and data collected helps to improve prevention of Zika virus infection during pregnancy and update clinical care recommendations.

[Everyone can help prevent Zika by getting rid of standing water where the mosquito vector can breed. We all need to pay careful attention to our surroundings," Oh said.

According to the Air Force Integrated Mosquito Management publication, any container that holds water for five to seven days can breed mosquitoes.

Breeding areas include:

- Discarded cans and plastic containers
- Glass bottles or any broken bottles
- Tires and tarps
- Obstructed roof gutters
- Plant pot saucers
- Holes in unused construction blocks or bricks
- Pipes
- Rain barrels or other storm-water collection containers should be treated with mosquito larvicides or mosquito fish to prevent mosquito development

Outdoor equipment tips:

- Bird baths should be drained and re-filled at least weekly
- Pet food and water bowls should be emptied and filled daily
- Flower pots with bases that hold water should have excess water drained if left outdoors
- Yard equipment should be stored so as not to collect water

Features of Aedes mosquitoes:

- Lives outdoors, but comes indoors
- Egg to larva to adult in one week or less
- May lay eggs indoors
- Rests in low, shaded areas such as under tables and chairs
- Silent flier, with no buzzing

Protect yourself:

- Use Environmental Protection Agency-registered insect repellant, according to product label
- Treat clothing with permethrin insecticide
- Stay inside air-conditioned or screened buildings
- Wear long-sleeved shirts and long pants
- Empty containers of water weekly

"Any beneficiary who has a question about travel health or Zika is encouraged to visit Public Health, even before a planned trip," Oh said. "Take advantage of this resource."

59th Medical Wing's Mom Strong program brings group approach to prenatal care

The 59th Medical Wing's new routine prenatal care program is moving expectant mothers out of the exam room and into a group setting.

The new program, called Mom Strong, brings together expectant women and couples with similar due dates for regular two-hour meetings. Held through pregnancy and birthing, the meetings provide parents with information on standard prenatal care, and participants get to share information related to pregnancy, childbirth, parenting, and personal growth.

Practitioners also provide the standard services – listening to the baby's heartbeat, assessing uterine growth, and talking individually about specific problems and concerns. Importantly, health care providers get the opportunity to share information with their patients while spending more time getting to know them.

"Women will still have their initial prenatal appointment with their provider in the clinic, but are also offered the opportunity to enroll in the Mom Strong program for follow-up counseling and care," said Maj. Aimee Alviar, women's health nurse practitioner.

The clinic staff redesigned previous prenatal care support programs to incorporate Veterans Affairs and Department of Defense Clinical Practice Guidelines. The initiative resulted in incorporating new curriculum and goal-oriented care into the Mom Strong program

Photo by Staff Sgt. Kevin Linoma

Expectant mothers attend a Mom Strong program session at the Wilford Hall Ambulatory Surgical Center, Joint Base San Antonio-Lackland.

The first Mom Strong group met November 2015.

"The reception has been positive and, for military families, the extra support available through Mom Strong is especially valuable," Alviar said.

"Mom Strong provides a support network through the deployment of a spouse, and is a great way to approach prenatal care in the military community. Through the program, a model is being developed that empowers and educates couples about pregnancy and provides support to military-unique families," she explained.

Thirty mothers are currently participating in the program and, according to Alviar, attendees value the individual attention as well as the enriching group discussions encouraging mothers to share experiences and gain a better understanding of the phases of pregnancy.

"The program provides for better interaction between the doctor and expectant mothers," said Tabitha Dahmen-Redd, Mom Strong member.

"It's the interaction. You get more personal time versus coming in to see the doctor during the regular checkups. You get information that you normally wouldn't receive during a regular checkup, (such as) guest speakers who talk to you about different things like breast feeding," Dahmen-Redd said.

The 59th MDW has Mom Strong groups at the Wilford Hall Ambulatory Surgical Center's Obstetrics and Gynecology Clinic on JBSA-Lackland and at the San Antonio Military Medical Center on JBSA-Fort Sam Houston.

"It's more like a support group than a regular doctor's visit. There are times when you may not know what to ask, but another expectant mother may ask for you. It's good to have a group instead of only going to see a doctor," Dahmen-Redd added.

Expectant mothers can enroll in Mom Strong at the Women's Health Clinics; for more information, call the Women's Health Clinic at WHASC at 292-6104 or SAMMC at 916-7002.

(Source: WHASC Women's Health Clinic)

Local Briefs

FRIDAY

PROFESSIONAL DEVELOPMENT COURSES

The 59th Medical Wing and Gateway Performance System are hosting the professional development course Leading, Coaching, Mentoring, and Empowering Effective Team Members 8 a.m. at Wilford Hall Ambulatory Surgical Center's Innovation Center, room 1C31. Register at https://cs3.eis.af.mil/sites/OO-ED-AE-25/Pathways/Registration/Registration.aspx. Walk-ins are welcomed.

PEER-TO-PEER SUPPORT

Caregivers have the opportunity to build a peer support network, share experiences and information with a safe place to talk. A light lunch will be provided. The group meets 11:30 a.m. to 12:30 p.m. at the Airman Medical Transition Unit on the fifth floor of Wilford Hall Ambulatory Surgical Center. The next meeting will be July 22. Call 557-2018.

SATURDAY

PARENTS' NIGHT OUT

Youth Programs can give parents a break from their children through the Give Parents a Break/Parents' Night Out program 1-5 p.m. Kids, ages 5 (in kindergarten) to 12 years old, will be provided snacks and entertained with activities and games. The cost is $25 per child with a multiple-child discount or free with Give Parents a Break referral. For details, call 671-2388.

TUESDAY

EFMP FAMILY MOVIE EVENT

The Exceptional Family Member Program and the Military & Family Readiness Center invite Joint Base San Antonio families to a sensory friendly showing of the Peanut Movie. The free showing will be 1:30 -3:30 p.m. at Arnold Hall. Call 671-3722 for details.

BOOTS TO BUSINESS

The Small Business Administration is hosting a 2-day entrepreneurial education workshop, Boots to Business. The class will discuss the opportunities and challenges of business ownership, review steps for evaluating business concepts, foundational knowledge required to develop a business plan, and information on SBA resources available to help access start-up capital and additional technical assistance. It will be held 8 a.m. to 4 p.m. Tuesday and Wednesday at the Military & Family Readiness Center, building 1249.

WEDNESDAY

BUNDLES FOR BABIES

For expecting parents assigned to JBSA-Lackland. The class covers a variety of topics to include the cost of raising a child, Women, Infants and Children, Family Advocacy, New Parent Support Programs, Pediatric Dental Clinic and car seat safety. Active duty and active duty spouses from Air Force, Navy, Marine Corps, and Coast Guard receive a free gift at the end of class. It will be held 1-4:30 p.m. at the Military & Family Readiness Center, building 1249.

THURSDAY

PROFESSIONAL DEVELOPMENT COURSES

The 59th Medical Wing and Gateway Performance System are hosting professional development courses at Wilford Hall Ambulatory Surgical Center's Innovation Center, room 1C31. "Preparing for the Public Speech" CLEP/DSST is 2 p.m. Thursday and June 30 while "Building a Toolkit for Effective Bullet Writing - Painting a Performance Word Picture" is 8 a.m. June 24.

Register at https://cs3.eis.af.mil/sites/OO-ED-AE-25/Pathways/Registration/Registration.aspx. Walk-ins are welcomed.

JUNE 24

TROOPS TO TEACHERS

Troops to Teachers assists eligible military personnel in pursuit of teaching as a second career. Topics include counseling, referral and placement assistance, identifies required certifications and employment opportunities. It will be held 1-3:30 p.m. at the Military & Family Readiness Center, building 1249.

JUNE 28

TRAVELING LEGO MAKERSPACES

MakerSpaces allows students put their imagination to the test with Legos, robots and circuits. It will be 4 p.m. at Joint Base San Antonio-Lackland Library. Admission is free, reservations are not required. Visit http://www.jbsalibraries.org.

HIRING FAIR

All Department of Defense ID cardholders are welcomed to attend a hiring fair 9 a.m. to 1 p.m. at Arnold Hall. Patrons should bring copies of their resume and dress to impress. To register, call 671-7322.

JULY 12

INVESTING FOR YOUR FUTURE

Join the Military & Family Readiness as they debunk the common myths associated with investing and explain how to begin investing for retirement while on a budget. The Air Force Federal Credit Union is facilitating this workshop from 11:30 a.m. to 12:30 p.m. at Wilford Hall Ambulatory Surgical Center Annex, building 4600. Call 671-3722 to register or for more information.

JULY 13

INTRODUCING A NEW BABY

Parents will review ways to introduce a new baby to their other children during the class. Discuss accommodating developmental considerations when introducing a new baby to their siblings, understanding a child's reaction to a new sibling and preparing a child for their new sibling. The workshop will be 1-2:30 p.m. at Wilford Hall Ambulatory Surgical Center Annex, building 4600. Call 540-5025 or 540-5030.

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.	9:45 a.m
Religious Education	Sun.	10:45 a.m.

—CHURCH OF CHRIST

New BMT Reception Center – Building 6300

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 6300

Sun. 7:30 a.m. (Rm. 113)

—ORTHODOX CHRISTIAN

Airmen Memorial Chapel – Building 5432

Sun. 8:00 a.m.

—PENTECOSTAL

Religious Education Building 6300

Sun. 8:00 & 9:30 a.m. (Rm. 112)

—WICCA

New BMT Reception Center – Building 6330

Sun. 9:00 – 11:00 a.m. (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.

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. 10:45 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 6300

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 following 66 Airmen for being selected as honor graduates among the 662 Air Force basic military trainees who graduate today:

320th Training Squadron
–Flight 415
Blake Brownlie
Aubrey Hand
Jeffery Herron
Edward Hill
Kody Kittrell
Dakotah Moffa
Kyle Moorman
Adam Reinhart
Taylor Strickland
–Flight 416
Alex Adelman
Tyler Brickner
Cyrus Cordero
Devin Hagen
Stephen Mayo
Ian Reynolds
–Flight 417
Daniel Aguilar-Castillo
Benjamin Anderson
Quinton Bullock
Aaron Clark
Dean Gwinn
Oronde Jones II
–Flight 418
Erika Andresen
Erica Martinez
Karen Palmieri
Ashley Ramirez
Brice Rushing

322nd Training Squadron
–Flight 423
Robert Agan
Jeffrey Archer
Kenneth Brandon
Justus King
Reed Mcewen
Moshe Rubin
–Flight 424
Matthew Ampudia
Austin Bishop
L Iniguez-Ramirez
John Linskens
Jacob Rice
Connor Smith
Nathanial Smith
–Flight 425
Dayson Carpenter
Jefferson Dunn
Jonathan Magaletti
Steven Papadopoulos
Brian Parker
Evan Sarrett
-Flight 426
Sarah Allen
Madison Hemenway

323rd Training Squadron
–Flight 419
Evan Carter
Grayton Savickas
–Flight 420
Joseph Fasen
Tucker Plunkert
Gabriel Vasquez
–Flight 421
Jordan Hennings
Nicholas Moore
–Flight 422
Erika Essman
Courtney Krause

Top BMT Airman
Aaron Clark
320th TRS, Flight 417

Most Physically Fit
–Female Airmen
Roslyn Lack
320th TRS, Flight 418
Sarah Allen
322nd TRS, Flight 426
Courtney Krause
323rd TRS, Flight 422
Monica Deabay
323rd TRS, Flight 422
–Male Airmen
Genaro Castillo
320th TRS, Flight 417
Dayson Carpenter
322nd TRS, Flight 425
Nathanial Smith
322nd TRS, Flight 424
Carlos Jones Jr.
323rd TRS, Flight 419
–Female Flights
322nd TRS, Flight 426
323rd TRS, Flight 422
320th TRS, Flight 418
-Male Flights
320th TRS, Flight 417
320th TRS, Flight 416
322nd TRS, Flight 425
323rd TRS, Flight 419
322nd TRS, Flight 423
323rd TRS, Flight 420

Top Academic Flights
320th TRS, Flight 417
323rd TRS, Flight 420
320th TRS, Flight 415
322nd TRS, Flight 425
322nd TRS, Flight 424
322nd TRS, Flight 423
323rd TRS, Flight 421
320th TRS, Flight 418
323rd TRS, Flight 419
320th TRS, Flight 416
323rd TRS, Flight 422
322nd TRS, Flight 426

Distracted walking; heads up, phones down

By Terry L. Todd
JBSA-Fort Sam Houston occupational safety manager

As the joke goes, some people can't chew gum and walk at the same time. Apparently, a large number of us can't walk and text at the same time, either. Unforgiving lessons are learned from the deaths and pointless injuries that occur due to the failure of individuals to exercise sound personal risk management.

As the Joint Base San Antonio-Fort Sam Houston Occupational Safety Manager, my staff and I have a lot of opportunities to observe people's behavior.

One thing we have noticed is an increase of people – civilian, military and family members alike – spending a large amount time looking down. No, they are not looking at their feet to see if their shoes are untied, they're are looking at their cell phones. These individuals are participating in a very dangerous habit, texting while walking.

You may be unaware that distracted walking, or texting while walking, injuries are on the rise. It has become such a big problem in recent years that Injury Facts® 2015, the statistical report on unintentional deaths and injuries published by the National Safety Council, included statistics on cell phone distracted walking for the first time. You may be surprised by their findings.

Illustration courtesy of the American Academy of Orthopaedic Surgeons

Unintentional injuries are the fourth leading cause of death in the U.S. Take the time to look around your unit, the installation, or even your home, and almost every individual you see has some form of cellular communications device. That makes this issue much more serious.

Fifty-two percent of distracted walking incidents involving cell phones happen at home – not near roadways as many might believe, according to a study in the Journal of Safety Research. Fifty-four percent are people ages 40 or younger, while 21 percent of those injured were 71 and older.

Talking on the phone accounted for 62 percent of injuries, the most common of which were dislocations or fractures, sprains or strains and concussions. Nearly 80 percent of the injuries were due to a fall.

The increase in cell phone distracted walking injuries parallel the eight-fold increase in cell phone use in the last 15 years.

It is just as important to walk cell-phone-free as it is to drive using hands-free devices. Pedestrians and drivers using cell phones are both "impaired and too mentally distracted" to fully focus on their surroundings, according to the National Safety Council.

For pedestrians, this distraction can cause them to trip, cross roads unsafely or walk into stationary objects such as street signs, doors, furniture, walls or even parked cars.

Here are a few tips from National Highway Traffic Safety Administration and National Safety Council for children and adults of all ages:

• Look left, right and left again before crossing the street. Looking left a second time is necessary because a car can cover a lot of distance in a short amount of time.

• Make eye contact with drivers of oncoming vehicles to make sure they see you.

• Be aware of drivers even when you're in a crosswalk; vehicles have blind spots.

• Don't wear headphones while walking.

• Never use a cell phone or other electronic device while walking.

• If your view is blocked, move to a place where you can see oncoming traffic.

• Never rely on a car to stop.

• Children younger than 10 should cross the street with an adult.

• Only cross at designated crosswalks.

• Wear bright and/or reflective clothing.

• Walk in groups.

To stay safe as you and your family walk across the Joint Base San Antonio commissary, exchange, work center or roadway parking lots, remember "Distracted Walking (Texting while Walking) is Dangerous Walking."

Common sense says, "Just Don't Do It." Keep heads up, phones down.

For military unique requirements of walking and texting in uniform, refer to your branch- and unit-specific uniform wear regulations.

Stay safe around water this summer

By Jose T. Garza III
JBSA-Lackland Public Affairs

Ten people die daily from unintentional drowning, which ranks fifth among leading causes of unintentional injury and death in the United States, according to the Centers for Disease Control and Prevention.

Of the 10 who succumb to drowning, roughly two are 14 and younger while another five receive emergency department care for nonfatal submersion injuries.

In Texas, drowning is a deep concern this summer as 35 children have died this year, accounting for nearly half of last year's total of 75, according to the Texas Department of Family and Protective Services.

In recognition of the Summer Safety Campaign – a Department of Defense-wide initiative from Memorial Day to Labor Day weekend that targets on and off-duty risk management of summer activities – Scotty Johns, 502nd Air Base Wing occupational safety and health specialist, imparted water safety tips for adults and children with the goal of reducing water casualties this summer.

"We have had a lot of rain lately," he said, referring to the torrential downpours that have flooded South Texas recently. "The currents are moving at a different pace and with flash floods you want to get out of the water because you don't know how fast water levels are going to rise. Lightning is also a killer."

"Also, be aware of your surroundings because there are critters out in water areas and they can jump off trees," he added.

According to the CDC, some of the factors that influence the drowning risk include:

• Lack of swimming ability among adults and children.

• Lack of barriers such as pool fencing to prevent young children from accessing pool areas without supervision.

• Lack of close supervision; drownings can happen quickly and quietly anywhere there is water such as bathtubs, swimming pools, buckets, and even in the presence of lifeguards.

• People of different ages drown in different locations. For example, most children ages 1-4 drown in home swimming pools. The percentage of drownings in natural water settings – including lakes, rivers and oceans – increases with age.

• Failure to wear life jackets. In 2010, 672 people died from drowning during a boating adventure. Eighty-eight percent were not wearing a life jacket.

• Alcohol use; 70 percent of water recreation deaths amongst adults and adolescents involved alcohol use.

• Seizure disorders; drowning is attributed as the most common cause of unintentional injury and death for people with seizure disorders.

Johns stressed the importance of swim lessons and life jacket safety while discouraging alcohol use during water recreation.

"Drinking and swimming is bad news. Never drink and swim, period," he added.

Even without drinking, some people struggle being in the water for various reasons like lack of boating knowledge or inability to swim.

"All of our Joint Base San Antonio pools offer swim lessons," he said. "This is the perfect time to learn because the water is beginning to warm up. Also, JBSA Outdoor Recreation offers boating lessons if you want to rent a boat. Bottom line is, at some point you can get pressured to jump into a pool or go tubing. Most of people are not going to admit they can't swim, but will go along with it and perhaps put

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All-Air Force Women's Basketball Camp tips off Tuesday

By Jose T. Garza III
JBSA-Lackland Public Affairs

The All-Air Force Women's Basketball Trials and Camp start Tuesday at Joint Base San Antonio-Lackland's Chaparral Fitness Center.

Lee McGlown, 502nd Civil Engineering Squadron boiler mechanic, will serve as the team's head coach for the third consecutive year.

Twenty-one Airmen out of 28 applicants were invited to the trials to compete for an All-Air Force Women's Basketball Team roster spot. Four of the scheduled attendees – Capt. Lauren McCormick, 23rd Training Squadron; Master Sgt. Rebeca Mendoza, 433rd Medical Squadron; Staff Sgt. Courtnie Williams, 59th Medical Operations Squadron; and Senior Airman Brittney Smith, 433rd Aircraft Maintenance Squadron – are stationed at JBSA installations.

Airmen selected for a spot on the 12-person team will compete in the Armed Forces Women's Basketball Championships against All-Army, All-Marine Corps and All-Navy women's basketball teams June 30 through July 8. The tournament is also scheduled to take place at the Chaparral Fitness Center.

"Gold is the ultimate goal," said McGlown, who coached the team to a silver medal in 2014. "It will take a unique group of ladies who want to play together and put in the effort of understanding basketball. This is the military version of the Olympics for us. They have to understand the mission of why we are here and I expect them to conduct themselves as ladies and prioritize the mission."

McGlown called the player search process tough due to the diligent research he has conducted since May 1, which was the deadline for all Air Force Form 303s for camp consideration to be turned in.

"There are no paper champions," he said. "You have to do your history on what you read. Thank God for social media and Google because you can look up players' stats and information or call ex-coaches about their strengths and weaknesses. Those things are something I can look at and measure to decide what I want to do going forward."

"The hardest part is cutting them during camp because they train hard to be here," he added. "You have to know what you're looking for, how they fit in to your system and if they can they fit in what you're looking for going forward."

The competition exhibited throughout camp and the tournament fosters morale throughout the Air Force, McGlown said.

Dwayne Reed, JBSA-Lackland Fitness and Sports director, echoed the sentiment.

"I like the International Military Sports Council because it is friendship through sports," he said. "Everyone comes together and becomes friends on and off the court. You can't put a price on that. This is an experience participants will remember for the rest of their lives."

The JBSA community is encouraged to attend practices and the tournament to understand what it takes to compete at a military sports level.

"Military sports offer camaraderie amongst the different service members" he said. "You build friendships and remain competitive while understanding patriotism."

For All-Air Force Women's Basketball Camp schedule information, call 671-2632 or 671-2401.

JBSA plays volleyball in recognition of LGBT Pride Month

By Jose T. Garza III
JBSA-Lackland Public Affairs

The 59th Medical Operations Squadron defeated the 326th Training Squadron, 18-21, 21-10, 22-10 in a "friendly" volleyball game in observance of Lesbian, Gay, Bisexual and Transgender Pride Month Friday at the Gillum Fitness Center.

The game served as a platform for Joint Base San Antonio community members to recognize equality among all service members and build morale.

"Equal rights means equal rights for everyone," said Tech. Sgt. Michelle Dominguez, 326th TRS military training instructor facilitator. "We are not treating anyone different in regards to race, color and creed. We are saying that not any person is better than another."

Master Sgt. Julius Levy, 326th TRS MTI facilitator, interim supervisor and event's organizer, shared his co-worker's sentiments.

"Equal rights allows all service members know they are part of the Armed Forces mission and are needed to get it done," he said. "Everyone wants to feel that they are equal to each other and have rights that safeguard them from attacks at any angle. They want to know that they have the right to protect themselves and are protected."

Despite temperatures in the 90s, the 59th MDOS and 326th TRS mixed competitiveness and banter throughout the contest. At one point, one individual joked about his inability spike the ball due to having carpal tunnel.

Levy praised both teams for braving the heat to play a competitive volleyball game in support of LGBT Pride Month.

"I'm glad people were able to come out and enjoy themselves," he said. "It will go back to the whole LGBT community and reflect inclusiveness and diversity. Regardless of orientation, it's great to know that people will come out and have a good time."

Senior Airman Jessica Hubbard, 59th MDOS medical technician, said it was "amazing" to be amongst her fellow Airmen in support of the LGBT community. She called the game a "morale booster."

"I loved being with my friends and goofing off with another squadron," Hubbard said. "This was one of the rare opportunities to get off work and blow off steam."

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on a life vest or not.

Swimming lessons, which are $65 per session, and offered to youth ages 3 and up. JBSA-Lackland Skylark Aquatics Center offers classes Tuesday through Friday and JBSA Randolph South Pool offers lessons from 8-11 a.m. Mondays through Thursdays while JBSA-Fort Sam Houston offers them Monday through Friday.

For more information, call the JBSA-Fort Sam Houston Aquatic Center, located at building 3300 on Winans Road, at 221-4887; Skylark Aquatics Center, building 6482, at 671-2413; and JBSA Randolph South Pool, building 980 next to the Rambler Fitness Center, at 652-2053.

The JBSA Canyon Lake Recreation Park, located at 698 Jacobs Creek Park Road, Canyon Lake, Texas, offers a boating safety class weekdays between 8:30 a.m. and 1:30 p.m. It is open to all Department of Defense ID cardholders. Call 830-964-3576 or 800-280-3466 for more information.

The JBSA-Lackland Outdoor Adventure Center offers a 95-minute course on basic boating procedures Mondays and Thursdays at 1 p.m., and Tuesdays and Fridays at 9 a.m. Call 925-5532 for more information.

A Texas Parks and Wildlife-sanctioned boater's safety course is offered daily Monday-Friday between 9 a.m. and 2 p.m. at JBSA-Randolph Community Services Mall, building 895, in Outdoor Recreation. The cost for the course is $2 per person and takes about 1 1/2 hours to complete. Call 652-5142, option two, to sign up.