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WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

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Emergency management office keeps JBSA prepared

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Photo by Senior Airman Alexandria Slade

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COMMENTARY

435th FTS learns from world-class leaders

By Col. Mark Schmidt
435th Fighter Training Squadron commander

"Thanks to the hard work of the squadron's flight commanders for doing the legwork to make these interviews happen. We listened and learned from these great Americans."

Over the past year, the 435th Fighter Training Squadron conducted several interviews and hosted guest lectures by military, political, academic and civic leaders concerning two important topics – leadership and wisdom.

Thanks to the hard work of the squadron's flight commanders for doing the legwork to make these interviews happen. We listened and learned from these great Americans. I want to take a moment to pass on the highlights.

From former Florida State football coach Bobby Bowden (the winningest head football coach in NCAA history): Loyalty and free agents – they are important parts of a great team. Loyalty is one of the most important qualities in his players and coaches. A second takeaway was how much Bowden believes he learned from his non-scholarship walk-on players. Their passion for football was tangible and distinct, which created a competitive environment for his teams.

From former University of Texas head football coach and NCAA Division I champion Mack Brown: "You have to develop yourself as a leader every day; leadership is something you are always developing in your people." Brown believes effective leaders continuously learn and develop their leadership skills.

From Buckshot McKinney, a 435th F-4 pilot who scored two gun kills on MiG-17s in Vietnam: "Don't forget about the people who pack your parachute." Three months before Buckshot scored those two gun kills, he had to eject from his F-4. Ironically, before stepping out late to his aircraft for that fateful combat mission, Buckshot had to wait for a young Airman to correct an error with his parachute rigging. Fortunately, Buckshot relied on his team and did not interrupt the Airman while she finished her work, surviving the ejection thanks to that Airman.

From retired Lt. Col. Dick Cole, who was retired Gen. Jimmy Doolittle's co-pilot during the Doolittle Raid on Tokyo: "Never underestimate the will of a great leader." Cole remembered Doolittle's ability to make people believe they could accomplish anything. He believed it was Doolittle's will that inspired the Doolittle Raiders to successfully accomplish their mission.

From Dr. Dan Haybron, professor of philosophy at the University of Saint Louis: "Live in pursuit of happiness verses living a virtuous life." Haybron discussed that if the only thing you seek is happiness, you will lead an empty life. He challenged us to live a life focused on others and the greater good, which will lead to a life that leaves us fulfilled, no matter what your circumstances.

From retired Maj. Gen. "Doug" Pearson, an Air Force F-15C pilot who shot down a satellite during his tenure as a test pilot: "Your Air Force is awesome!" Pearson discussed his satellite shoot down and how it took a massive amount of coordination with multiple Air Force agencies. He said he would do anything to be in the shoes of our future fighter wingmen because they are part of the greatest Air Force ever.

From Congressman Lamar Smith, who has served 14 terms: "How to deal with difficult people." Deal with difficult people by searching for common ground and co-opting their strengths to your cause. Smith stressed how important it is to find commonality with everyone; you can discover something you like or admire in everyone. Often this common understanding produces great allies in difficult times.

From Dr. Monika Ardelt, a University of Florida professor and leading academic on wisdom development: "Wisdom is the essential quality in military leadership." You don't have to be old to be wise. Ardelt emphasized three areas where wise people are more skilled: cognitive skills, the ability to show compassion and the ability to reflect on events. She believed that the essential quality of a great leader was being a reflective, wise warrior.

From Dan "Noonan" Rooney, an F-16 pilot and founder of "Folds of Honor:" "Make the most of your opportunities and do not give up." Noonan has earned millions of dollars for our wounded warriors and their families through his organization. He capitalized on his legacy as an Airman who flew F-16s and never gave up, even when the answer was "no."

From Big Dee Simmonds, a 435th F-4 pilot who scored two gun kills on a MiG 17 in Vietnam: "Always be ready." Big Dee was five days from getting sent home and getting kicked out of the Air Force. Rather than dwelling on his return trip to the United States, Big Dee stayed vigilant and was ready for his opportunity to record two gun kills. He stayed in the game!

From Pastor Robert Emmitt, a local community leader and author: GFCI (Ground Fault Circuit Interrupter or God Family Career In that order). "Keep your priorities straight. God (faith) first, family second, career third. If you do not keep your priorities straight, your life will be rudely interrupted." Robert emphasized that if you keep your priorities straight, you will live a life worth living.

In summary, our unit learned wise warriors live a life focused on others, focused on their tribe. Second, all of the speakers impressed upon us that humility and gratitude are essential qualities of wise warriors and leaders. Finally, wisdom can be better than weapons of war. The quiet words of the wise should be heeded.

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Stay hydrated while outdoors during summer heat

By Jose T. Garza III
Joint Base San Antonio-Lackland Public Affairs

Whether it's getting wet at the water park or working on the lawn, people enjoy doing a variety of outdoors activities during the summer.

However, planning outdoor activities without taking the higher temperatures into account could lead to heat-related injuries including heat exhaustion and heat stroke, as a result of the body overheating.

Heat stroke is the most serious form of heat injury and occurs when the body's temperature rises rapidly, the sweating mechanism fails and the body is unable to cool down. Death or permanent disability can result without emergency treatment, according to the Centers for Disease Control and Prevention.

Symptoms may include an extremely high body temperature (above 103 degrees Fahrenheit, orally), throbbing headache, rapid pulse, dizziness, confusion, lack of sweating despite heat, red, hot and dry skin, muscle weakness, nausea and unconsciousness.

Heat exhaustion can develop during the course of several days of exposure to high temperatures and lack of proper hydration, and is considered a milder form of heat-related illness according to the CDC.

Symptoms can include heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea and fainting.

Edward Meza, 502nd Air Base Wing safety specialist, recommends eating certain food that help keep the body hydrated while outdoors.

Those foods include seaweeds, leafy greens, carrots and seafood such as salmon and tuna. He also said to add olive oil, nuts and foods high in minerals such as broccoli, kale and collards.

"Eating fruits and vegetables that have high water content is also a plus, especially if you anticipate spending continuous hours working or playing in direct sunlight," Meza said. "Eat fruits and vegetables such as pineapple, cucumbers, apples, pears, tomatoes and oranges. Watermelon is especially beneficial in hydrating your body, and you can eat it in chunks."

Meza also advises individuals drink at least six glasses of plain filtered water per day to keep hydrated and to also drink water when thirsty, as thirst is a sign of dehydration.

As there are healthy foods to keep people hydrated, Meza advises individuals to stay away from the following foods.

"Avoid consuming food that contains caffeine, because it will act as a diuretic prompting your body to urinate, thus getting rid of valuable fluids," Meza said.

While is it important to eat nutritious food for hydration, Meza also recommends individuals to get acclimated to the weather and take it easy during the hottest periods of the day.

Courtesy graphic

"Alter patterns of outdoor exercise to take advantage of cooler times such as early mornings or late evening," he said. "If workout time change is not optional, scale it down by decreasing time, walking instead of running and lower your level of exertion."

For more information, call 671-5028.

Air Force vice chief of staff retires, reflects long career

By Tech. Sgt. Chris Powell
Airman Magazine

Air Force Vice Chief of Staff Gen. Larry O. Spencer reflects on his 44 year Air Force career July 30 at his childhood home in Washington, D.C.
Photo by Staff Sgt. Vernon Young Jr.

(This feature is part of the "Through Airmen's Eyes" series. These stories focus on individual Airmen, highlighting their Air Force story.)

In the early 1970s, America was at a crossroads. The Vietnam War raged on, seemingly with no end in sight, and many Americans felt forced to choose to either support the administration or protest the conflict, which left many families across the nation bitterly divided.

In 1970, when U.S. forces launched an invasion into Cambodia to attack North Vietnamese bases, widespread peace protests ignited across America. As protesters flocked to Washington D.C., and veterans spoke out against the war, there was arguably never a more unpopular time for America's youth to join the military.

But somehow, in 1971, a young Larry O. Spencer found himself walking into Iverson Mall in Temple Hills, Md. A few months after graduating from Central High School, where he excelled in athletics, in Prince George's County, Spencer caught the attention of many college football coaches. Letters poured into the Spencer mailbox with scholarship offers and the phone continually rang with excited coaches on the other end who described visions of Spencer playing football for their university. Instead, Spencer spurned every offer and opted to play football for a nearby semi-professional football team.

As he strolled through the mall, he found himself looking up at the Air Force recruiter's sign. To this day, Spencer can't recall the reason he opened the doors and walked in, but when he walked out a few hours later, he had enlisted in the Air Force.

"Amongst all of my friends, most of us didn't want to join the military, but it was one of those things that if you're going to join one service, join the Air Force," said Spencer, who will soon retire as the Air Force's vice chief of staff after a 44-year career.

Understandably, Spencer's parents, Alfonzo and Selma, were shocked when their son broke the news.

"I had an Afro like you wouldn't believe, and I never shaved at all in high school. I fit the part of a hippie," Spencer said. "They thought I was a lost cause."

Spencer's parents didn't realize it at the time, but the seeds of their son's future success had been planted years before.

The tobacco farm

Spencer's father, Alfonzo, was raised in southwestern Va., about 20 miles south of Appomattox, where he and his siblings worked tirelessly on their father's tobacco farm. As Spencer described it, his father's only escape was to join the military. As soon as he was able, Alfonzo enlisted in the Army, where he was trained as a heavy equipment operator and was assigned to an Army post in Japan before the Korean War.

When the war began, Alfonzo deployed to Korea, and one day, while driving a bulldozer to the town of Yechon, Korea, Alfonzo somehow fell underneath the machine. During the fall, his left hand was caught in the gears, causing severe injuries. Alfonzo was stranded for several days before being rescued; his hand became infected, eventually causing gangrene. He fell into a coma and was shipped back to Japan, where he was put in an iron lung and doctors were forced to amputate his injured hand.

Unlike many service members at the time, Alfonzo was allowed to remain on active duty and was reassigned to Forest Glenn Annex, near Walter Reed Army Medical Center in Washington, D.C., and worked with military doctors in prosthetics. During this time, Alfonzo received a rudimentary prosthetic hook that restored some of the abilities he'd lost when his hand was amputated. Despite the loss of his hand, Alfonzo didn't let the disability impede him from carrying out his duties as a Soldier and from fixing things around the house.

"I wish I were as talented as he was, in terms of the things he could do," Spencer said. "He was a mechanic, a carpenter, a plumber – he could fix anything."

It was during this time that Spencer, still a child, first noticed his father's uncompromising work ethic. Alfonzo left the house every morning before sunrise at 5 a.m. to work his Army job, and then headed to the base's NCO club, where he worked a second job, and didn't make it home until well after midnight.

"There were many days where I never saw him," Spencer said. "That work ethic really wore off on me and not by accident. We had to wash cars and cut the grass. He wasn't mean, but he was disciplined. Even though our house was in Southeast Washington and in a tough neighborhood, our house looked good compared to all the other houses there. He taught us to work."

In fact, Spencer even spent his summers on his grandfather's tobacco farm, where he and his brothers, like their father before them, worked the fields.

Instilled with his father's determination, Spencer was on a plane to then-Lackland Air Force Base, San Antonio, just a couple days after he broke the news of his enlistment to his unsuspecting parents.

Back on the field

Spencer enjoyed his work in the Air Force, but his connection to football wasn't severed when he left his semi-pro team and donned the Air Force uniform.

As a young Airman, Spencer played on his squadron's intramural flag football team. During one game, his team was having trouble stopping opposing defensive linemen. When his team huddled up to strategize, one of Spencer's teammates, frustrated with the opposing players, yelled the N-word in a curse-filled tirade.

Spencer, one of the only African-American players on the team, was so shocked he did not know how to react.

"I literally froze and was hurt by that, because I was in the Air Force and you think that stuff doesn't happen here," he said. "He will never understand how much that hurt. It cut through me to hear him use that word in that way and almost look through me as if I wasn't even there."

Spencer's teammates admonished the player for using the word, and the game's referee, an active-duty NCO, ejected the player from the game and had him report to his first sergeant. The following day, at work and across the base, players on

See SPENCER P13

Emergency management members keep JBSA community ready

Photo by Senior Airman Alexandria Slade
An Airman tightens the seal around his gloves during a chemical, biological, radiological and nuclear warfare training class hosted by 502nd Civil Engineer Squadron emergency management specialists Aug. 6 at Joint Base San Antonio-Randolph.

By Senior Airman Alexandria Slade
Joint Base San Antonio-Randolph Public Affairs

In times of crisis, first responders such as firefighters, police and medical professionals are ready to react. At Joint Base San Antonio, emergency management members plan for emergency response installation wide with regular instruction and training.

Part of emergency preparation includes training JBSA military members how to respond to emergencies such as inclement weather, active shooters and terrorist use of chemical, biological, radiological and nuclear weapons.

"Our mission is to support JBSA military members, the installation commander and the local community through training and awareness of emergency procedures and the local risks in San Antonio and the surrounding areas," William Volpenhein, 502nd Civil Engineer Squadron emergency management specialist, said.

To accomplish this across the many varied missions and individuals within JBSA, emergency management representatives are assigned to each unit to relay information from templates tailored to the local area to help that group establish a checklist of tasks to ensure an efficient and safe outcome.

"There is an emergency management representative for each unit in JBSA who passes on preparedness and safety information we provide," David Little, 502nd CES emergency management specialist, said. "We have a share-point site where we release quarterly newsletters addressing seasonal hazards and we regularly gather for meetings and working groups to keep the installation populace trained and informed."

During September, which is National Preparedness Month, emergency management specialists refresh their knowledge on emergency preparedness procedures and increase outreach efforts within the base community about readiness and response education.

Day to day, JBSA emergency preparation can be broken down into four main functions: training, operations, planning and programming.

"The typical emergency management daily activities include creating installation response plans for the base, checking emergency equipment and teaching CBRN, active shooter, and base emergency preparedness orientations," Volpenhein said.

An important aspect of the emergency management mission is establishing a communication plan for individuals who sit at the emergency operation center and crisis action team during emergencies.

"When an event occurs, the EOC and CAT activate using representatives from pertinent base agencies to support those directly handling the situation with strategic and tactical support," Little said.

As for threats within the local area, Volpenhein said the main concern is Texas weather.

"Not only is it hotter than people usually expect, but a substantial amount of rain can cause serious flooding," he said.

For additional information on emergency preparedness procedures and classes, call 671-2260.

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Intramural flag football season kicks off in September

By David DeKunder
Joint Base San Antonio-Randolph Public Affairs

The Rambler Fitness Center at Joint Base San Antonio-Randolph is gearing up for the intramural flag football season starting in September.

Teams who want to participate in flag football can contact Rikk Prado, 502nd Force Support Squadron Rambler Fitness Center sports programmer, at 652-7272. Active-duty service members and Department of Defense cardholders age 18 and up are eligible to play.

The season kicks off Sept. 15 at the football field across from the Rambler Fitness Center. Games will be on Tuesday and Thursday evenings, starting at 5:30 p.m. The season will last for 10 games plus the playoffs. The top two teams in the playoffs advance to the JBSA intramural flag football tournament held October or November at JBSA-Fort Sam Houston.

During games, each team must have eight players on the field, Prado said. Teams can put as many players on their roster as they want.

Prado said many spectators come and watch the games during the season.

"We have such an open area and because the weather is so nice, you have a lot of people watching the game," Prado said.

The Air Force Personnel Center won last year's flag football regular season title. AFPC coach Allen Batiste said his team wants to repeat as flag football champions, adding to AFPC's intramural titles in other sports last year, including basketball and softball.

"It's definitely a sense of pride for AFPC," Batiste said. "Overall, it's been sports dominance for us. We're trying to keep that going."

Batiste, in his second year as AFPC coach, said he has enjoyed coaching the team. "It was a lot of fun," he said. "We had a lot of talented players on the team."

Henry Sorsby, coach of the 359th Medical Group team, is hoping his team can make it back to the JBSA intramural football tournament for the fourth straight year.

Last year, the 359th MDG was one of two teams, including AFPC, which advanced to the JBSA intramural football tournament. The 359th MDG advanced to the tournament championship game before losing to the 59th Dental Group from JBSA-Lackland.

It was the third straight year 359th MDG had advanced to the JBSA tournament championship game, each time losing to the 59th Dental Group.

Sorsby, a player-coach, said each year he looks forward to playing flag football. "It keeps me active, it's outdoors and it's exciting," Sorsby said.

Courtesy photo
The Air Force Personnel Center flag football team holds a trophy after winning first place in the 2014 JBSA-Randolph flag football playoffs.

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Courtesy graphic

Has safety been incorporated into your back-to-school preparations?

By Gilbert Resendez
502nd Air Base Wing JBSA-Lackland Safety Office

As summer vacations end and parents rush to get school supplies to start their children off on the right foot this coming school year, let's not forgot the most important tool: safety.

Parents need to go over basic safety rules with their children every year, whether it will be the first time the children will be allowed to walk home or not.

The following are some things parents need to know and consider so their kids may get to school and home safely.

Parents should take the time to educate their children about safety, regardless of their age.

Although some kids mature faster than others, there is no right age for children to start walking or riding their bicycles to school alone or with a friend.

Let your children know drivers and cars are their No. 1 threat on the street. When crossing the street, they should stop on the crosswalk, look to the left, then to the right, and then to the left again before proceeding across the street.

If they ride bicycles, children should never ride across a busy intersection. Let them know it is best to get off the bicycle and walk their bikes next to them as they cross the street. Remember, not all intersections have traffic lights and many times, there are no crossing guards at these intersections.

As parents, make your children understand the importance of playing it safe and using common sense. A safe route needs to be drawn out, but don't forget that an alternate route is just as important. Talk with your children and develop a simple route. One thing to consider is children will be safer with fewer street crossings and intersections.

In addition, make sure they wear the proper bicycle headgear and obey all traffic laws.

If your children ride the school bus, some basic rules to follow are:

• Children must wait for the school bus to come to a complete stop before approaching it from the curb. Never let your children run toward the bus. The bus driver may not see them and this could lead to a tragedy.

• Tell your children they are to remain seated at all times and keep their hands and heads inside the bus while it is in motion.

• Today's busses come equipped with seatbelts. Make sure your kids use them, just like they do when they ride in the family car.

• When the bus comes to a stop, your children should exit the bus in an orderly manner and look for oncoming traffic.

Children should also be reminded to be active pedestrians and bike riders by not texting and being preoccupied with modern mobile devices.

And an additional safety measure: Children should know their home telephone number, their address and, if possible, a parent's work telephone number. It's also good for children to know the number of a trusted adult who has been designated for notification in case of an emergency.

With back-to-school plans, there is no reason why your children can't enjoy another school year – safely. Remember: school and safety goes hand-in-hand.

Randolph Field Independent School District supply list, K-5

Parents are asked to not label supplies with child's name. For the supply lists for grades 6-8, visit http://www.rfisd.net.

Kindergarten

- Backpack w/o wheels
- 1 pair 5" scissors
- 3 doz. #2 pencils, sharpened
- 1 (4-pack colors) Expo Dry Erase Markers
- 2 Elmer's brand only glue, 4 oz. washable
- 4 Mead Composition Books
- 1 ea. red, blue and yellow plastic two-pocket folder
- 1 Ziploc storage bags (boys/slider gallon size & girls/100 ct. sandwich size.)
- 3 Crayola brand crayons, 24 count
- 1 baby wipes and • 2 hand sanitizers
- 2 Crayola markers, 8 ct. classic colors, broad tip
- 1 Clorox Wipes (for PE)
- 1 Crayola brand washable watercolor paints, 8 colors
- 5 Elmer's brand washable glue sticks, purple
- 4 pack boxes Kleenex tissues (1 for CLAMS)
- 1 package of 50 plain white paper plates – Boys only – (not Styrofoam)
- 1 package of paper lunch sacks – Girls only – (any color)

First Grade

- 1 plastic school box and • 2 large pink erasers
- 2 yellow highlighters
- 1 5" scissors
- 5 wide-ruled notebooks (1 ea. red, blue, green, yellow and black)
- 4 plastic pocket folders w/brads (1 ea. red, blue, grn, yellow)
- 8 black Expo Dry Erase Markers
- 10 Elmer's washable glue stick, purple
- 2 doz. #2 pencils (Dixon Ticonderoga preferred)
- 1 box Ziploc storage bags, gallon (boys only)
- 1 8 ct. Crayola markers, washable classic colors
- 1 box Ziploc storage bags, quart size (girls only)
- 4 boxes 24 ct. Crayola crayons
- 3 8 oz. hand sanitizer and • 3 boxes Kleenex
- 2 carton disinfectant wipes (1 for CLAMS)
- 1 pk/150 count wide ruled notebook paper
- 1 pk. 3" x 3" Post-it Notes (3 count) any color

Second Grade

- Backpack w/o wheels
- 5 wide-rule Spiral notebooks, 70 ct., (1 ea. green, blue, red, yellow and purple)
- 1 80 ct. Huggies baby wipes
- 1 1" 3-ring binder, clear view, white
- 8 washable glue sticks
- 5 plastic pocket folders with brads (1 ea. green, blue, red, yellow and purple)
- 2 Crayola markers, classic color, washable, 8 ct. (broad tip)
- 1 scissor, 5" pointed tip
- 2 box Ziploc freezer bags (boys, quart size; girls, gallon size) (for CLAMS and Art)
- 2 Crayola crayon, 24 ct.
- 2 large boxes Kleenex tissues
- 3 dz. Paper Mate pencils, pre-sharpened
- 1 pencil box, transparent plastic aprox. 8"x5"x2"
- 6 pink erasers
- 1 box Band-aids, latex free
- 1 pkg. wide-rule filler paper, 150 ct.
- 1 set of earbuds
- 2 8 oz. hand sanitizer (1 for CLAMS)
- 2 Expo low-odor dry erase markers, black only

Third Grade

- 8 Elmer's glue sticks, purple dries clear
- 2 plastic pocket folders w/brads
- 4 box Kleenex tissues, 200 ct. & 1 hand sanitizer (1 for CLAMS)
- 1 box Ziploc freezer bags (girls, quart size and boys, gallon size)
- 1 wood ruler, 12 inch with centimeters
- 1 Crayola markers, classic colors, washable, 8 ct. (broad tip)
- 1 Crayola crayons, 24 ct.
- 2 pink erasers and 2 pkg. pencil cap erasers
- 1 plastic pencil box
- 1 wide-rule filler paper, 150 ct.
- 6 pocket folders w/brads and pockets
- 1 scissors, 5" pointed tip
- 1 Crayola colored pencils, 12 ct.
- 5 doz. pencils, #2, all wood (1 for Spanish)
- 2 highlighters
- 5 composition notebooks
- 2 permanent marker fine point black felt tip pens • 1 pkg cardstock
- 1 pencil sharpener (pencil & crayon) dbl. barrel canister
- 1 pair of earbuds or headphones
- 1 Band aides
- 2 Black sharpie markers (for Art)

Fourth Grade

- 1 hand sanitizer (boys)
- 2 Clorox anti-bacterial wipes (girls)
- 1 pkg. wide-rule filler paper, 150 ct.
- 2 zippered canvas pencil pouches with 3 holes (no plastic boxes)
- 1 scissors, 5" with pointed tip
- 2 large boxes Kleenex tissue
- 4 glue sticks, washable
- 2 pkgs. of 5-tab plastic dividers
- 1 12" plastic ruler with centimeters and center holes
- 6 doz. pencils, #2, preferred all wood & pre-sharpened
- 3 pkg. pencil cap erasers, 12 ct.
- 3 pkg. asst. dry erase markers, low odor/4 ct. (1 thin point and 2 chisel point)
- 1 pkg. colored pencils, 12 ct., asst. colors
- 2 Highlighters, any color
- 1 composition notebook, any color
- 2 pkg. Crayola markers, classic, washable, 8 ct. (broad tip)
- 1 box of Ziploc storage bags (boys, quart size and girls, gallon size)
- 4 permanent markers (black fine point)
- 9 plastic pocket folders w/brads, assorted solid colors
- 2 sharpeners, pencil & crayon, dbl. barrel canister
- 5 spiral notebooks, wide rule, 70 ct. (1 ea. red, blue, green, yellow and black)
- 1 pkg. 3" x 3" Post-It Notes (3 count) any color
- 1 2" 3-ring binder w/pockets
- 1 5-tab plastic dividers – (You may substitute zippered binder/Trapper Keeper)
- 1 pkg. of sheet protectors (plastic sleeves) 10 count
- 1 clear protractor (4 inch)
- **optional** earbuds / Stylus
- 4 black Sharpie Markers (2 for Art)

Fifth Grade

- 2 3-ring binders, 1" white, clear front
- 1 pkg. 3 black pens
- 1 pkg. 10 blue pens
- 4 highlighters, any color
- 1 pkg. sheet protectors
- 2 pkg. dry erase markers
- 1 Crayola crayon, 24 ct.
- 1 pkg. lined index cards
- 6 doz. Pencils #2, all wood
- 1 pkg. disinfectant cleaning wipes
- 2 pkg. cap erasers and 1 pink bar eraser
- 1 zippered pencil pouch (optional)
- 1 set of headphones (will stay at school)
- 3 glue sticks, washable
- 1 3-ring binder, 2" OR large expandable file
- 2 scissors, 5" pointed tip
- 1 pkg. Crayola markers
- 3 large boxes Kleenex tissues
- 4 fine pt. Sharpie marker
- 1 pkg. colored pencils, 12 ct.
- 4 enclosed pencil sharpeners (non-battery)
- 1 box Ziploc qt. storage bags (boys only)
- 1 box Ziploc gal. storage bags (girls only)
- 2 hand sanitizer (1 for CLAMS)
- 3 pkg. Post-It notes, 3" x 3"
- 3 pkg. wide-rule filler paper, 150 ct.
- 6 wide-rule spiral notebooks, 70 ct.
- 7 pocket folders with brads
- 2 Black Sharpie markers (for Art)

JBSA Sexual Assault Prevention, Response

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

Joint Base San Antonio-Randolph News Briefs

JBSA 9/11 Remembrance Run

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

Professional Airmen's Conference Aug. 22-26

Airmen and Department of Defense civilians in the San Antonio area are invited to hear senior leaders speak at a series of professional development forums during the annual Professional Airmen's Conference Aug. 22-26. The conference is hosted by the Air Force Sergeant's Association and takes place at the Grand Hyatt in San Antonio. Speakers include Air Force Chief of Staff Gen. Mark Welsh; Chief Master Sgt. Of the Air Force James Cody; Gen. Robin Rand, commander of Global Strike Command; Sloan Gibson, Deputy Secretary of Veteran Affairs; and a panel of former chief master sergeants of the Air Force. Unit commanders can authorize Permissive TDY for Airmen to attend the national conference. Details can be found in AFI 36-3003, 12.7, Table 7.

Air Force Military Ambassador Program accepting applications

Two articulate, self-confident Air Force, Air Force Reserve or Air National Guard members are needed to serve as military ambassadors at community events to represent Joint Base San Antonio in 2016.

One male and one female ambassador are chosen each year to represent the Air Force at many community events and promote the military's commitment and relationship with the local community around South Texas. All E-4 to E-7 Air Force members who are 21 years old and older and assigned to JBSA are eligible to apply to be a military ambassador. Nomination packages will be distributed to public affairs offices across JBSA Sept. 1.

Once nominated, candidates appear before a selection board of chief master sergeants and former Air Force ambassadors. The selection panel reviews applications, conducts interviews and selects the ambassadors. Nomination deadline is Oct. 16.

For more information, call 808-0002.

Westover Medical Home opens

The Westover Medical Home on the Northwest side of San Antonio is open.

TRICARE beneficiaries who want to enroll or move to the new Westover location can visit https://www.humanamilitary.com or call 800-444-5445. For beneficiaries age 65 or older, call 808-2721 for more information. People are encouraged to call soon as enrollment opportunities are limited.

Beneficiaries who sign up for care at the new clinic will need to see their provider at the Joint Base San Antonio-Fort Sam Houston Clinic or the Taylor Burk Clinic at JBSA-Camp Bullis until the clinic opens. The 12,500-square-foot community-based medical home will house 13 board-certified providers with varied backgrounds and a multitude of experience to serve their patients. People will also have the benefits of on-site laboratory capabilities and a drive-through pharmacy. The address is 10010 Rogers Crossing, which is located off State Highway 151 and Westover Hills Boulevard.

Check us out on . . .

• Facebook: Joint Base San Antonio, JBSA-Fort Sam Houston, Lackland JBSA and JBSA-Randolph • Twitter: @JBSA_Official, @JBSAFSH, @JBSALackland and @JBSARandolph • YouTube: Joint Base San Antonio

Lady Ro-Hawks volleyball team loaded with talent, leadership

By David DeKunder
Joint Base San Antonio-Randolph Public Affairs

With eight players returning, the Randolph High School Lady Ro-Hawks volleyball team is aiming for higher expectations in 2015, including making a run at the District 26-3A title.

Randolph has made the playoffs five years in a row, including last year when they went 18-13 and finished third in District 26-3A. The Lady Ro-Hawks were eliminated by Comfort in the first round of the playoffs.

District 26-3A includes Randolph, Marion, San Antonio Brooks Academy, Cole, Natalia and Fox Tech.

Bolstered by a talented and experienced group of players, Randolph coach Candace Peche-Aguirre said the Lady Ro-Hawks have set their sights on winning the district title.

"I'm really excited for this season," Peche-Aguirre said.

Entering her second year as the Randolph coach, Peche-Aguirre is counting on a nucleus of four returning starters to lead the Lady Ro-Hawks. Those starters include Taylor Romero, junior, outside hitter/middle blocker; Brooke LaMantia, junior, middle blocker/outside hitter; Hannah Gould, junior, setter; and Sarah Adams, middle blocker, senior.

Romero and LaMantia are three-year starters, while Adams and Gould have lettered for three years. Romero and LaMantia were first team all-district selections last season, while Gould made second team all-district.

Peche-Aguirre said all four players provide strong leadership for the rest of the team, and are versatile players with good skills.

"They are all strong communicators," she said. "They are good motivators. They keep the team jelled, up and together."

Romero, the team leader in kills last season as a sophomore, is a quiet leader who leads by her actions, said Peche-Aguirre.

"She's a strong middle blocker," the coach said. "She's a strong hitter. She's a smart player."

Peche-Aguirre said LaMantia is a strong vocal leader who is able to get the Lady Ro-Hawks to do what they need to do during a game. LaMantia possesses good passing and defensive skills.

The four remaining returning players are outside hitter/middle blocker Kyana Gayden, junior, defensive specialists Claudia Salas and Brianna Mirachi, seniors, and rightside hitter Angela Posada, senior.

Peche-Aguirre has coached several of the Lady Ro-Hawks' eight returning players since they were freshmen or sophomores.

"It's always interesting to watch them kind of grow up right before you," Peche-Aguirre said. "There's always a difference from when they were freshmen to when they are juniors and seniors. I'm interested to see how they change into leaders."

One of Peche-Aguirre's goals this season is to make Randolph into a better defensive unit so that they will have a better chance of contending for the District 26-3A title."

"We will be working a lot on defense," she said. "It's something we stress. We just want to get better at it. Offensively, we are good. We have strong hitters. Defensively, we need to get stronger."

The Lady Ro-Hawks opened the season Aug. 12 against St. Anthony in San Antonio. Today and Saturday they will compete in a tournament at Cole High School, located at Joint Base San Antonio-Fort Sam Houston.

Randolph will play at D'Hanis on Aug. 18 and in the Floresville High School tournament, Aug. 21-22, before hosting Schertz John Paul II Catholic High School, Aug. 25, at Ro-Hawk Gym at 7 p.m.

Courtesy photo
Brianna Gomez, Lady Ro-Hawk volleyball team member, hits the ball during practice Aug. 5 at Randolph High School gym. The team started their season Wednesday.

National Drug Take-Back Day

Everyone is invited to turn in unused or expired medication for safe disposal 10 a.m. - 2 p.m. Sept. 26 at the Joint Base San Antonio-Randolph BX Satellite Pharmacy. All medications should be in zip lock or plastic bags prior to disposal.

A lifetime of steadfast service, commitment

By Annette Crawford
Air Force Recruiting Service Public Affairs

Courtesy photo

Master Sgt. John E. "Jack" Burns and his family at his Air Force retirement ceremony in December 1981.

It's a common practice among Air Force members, both active duty and civil service, to brag about how long they've been assigned somewhere, and it's no different in Air Force Recruiting Service.

But for anyone who thinks they hold the record at AFRS, they better check with John "Jack" Burns first. He retired July 1 with 60 years of service to the U.S. Air Force – 41 of those with recruiting.

Born and raised in Youngstown, Ohio, Burns enlisted Oct. 10, 1955 – before Alaska and Hawaii became states. It was also before then-Lackland Air Force Base became the sole Air Force Basic Military Training base; he completed his training at Sampson Air Force Base in Geneva, N.Y.

His first assignment was at Kinross Air Force Base in the upper peninsula of Michigan where he served as an administrative clerk. Then it was off to the U.S. Territory of Alaska at Eielson Air Force Base.

"Recently I viewed photos of Eielson Air Force Base and the only building I recognized was the huge flight hangar. Unknown to us at the time, it was the highly top secret U2 spy airplane that would land at night and park in that hangar. During my two years assigned to Eielson and for many years after, base Airmen never knew of this highly classified mission," Burns said.

After reenlisting in 1959, he served at Selfridge Air Force Base, Mich., and then to Minnesota, where he met his wife, Mary.

"I met Mary when I first got assigned to the air base in Duluth, Minn., in April of 1961," Burns said. "Mary was a nurse who worked at St. Mary's Hospital Emergency Room. We were married in 1964 and had a wonderful 49 years and seven months of marriage until she passed in 2013."

Later assignments included Etain Air Base, France; Royal Air Force Alconbury, England; and Minot Air Force Base, N.D., before he volunteered for a one-year tour in Vietnam. He was assigned to the Military Assistance Command, Vietnam – Construction Directorate adjacent to Tan Son Nhut AB on the outskirts of Saigon.

When he returned stateside to K.I. Sawyer Air Force Base, Mich. Burns volunteered for special duty with AFRS. He was selected to be an administrative supervisor in Pittsburgh in August 1971, starting his extraordinary 41-year stint with the command. Six years later, he was handpicked for the position of executive assistant in the command section at AFRS, Randolph Air Force Base.

"Back in 1977, Headquarters AFRS was located at the back of the base where the base gym is now located. We were housed in five World War II open bay barracks," Burns said. "When we moved the headquarters to its present location in July 1978, we were impressed. I have probably worked in 20 different offices in the headquarters since 1978, all in the operations division."

Burns retired from active duty in December 1981, then began his civil service career in November 1982 with the Military Personnel Center at Randolph. He rejoined AFRS in March 1984 and initially worked in the enlisted accessions branch. A year later, he moved to officer accessions. In 1995, the line officer and health professions officer accessions programs were combined, and in 2003, he was assigned exclusively to processing applications for all health profession programs.

"My strength is not high-tech, but I'm on Facebook and the amount of data I have entered in the line officer and health professions data bases is really impressive, even if I have to say so myself," he said.

"Sixty years of service is hard to fathom for most of us," said Col. Robert W. Trayers Jr., chief of the Operations and Marketing Division at AFRS. "After a distinguished active duty career and retirement, most move on to other things. Not Jack ... he loves his Air Force too much to leave."

Trayers said it's been an honor to serve alongside Burns and hear some of his great stories.

"We always say that the Air Force keeps right on rolling when any of us leave or retire, but there is no doubt in my mind the Air Force is losing a treasure next month," Trayers said.

But as many years as he served in recruiting, Burns consider the most exciting day of his career was in the summer of 1956. He was only 17 years old.

"I was a clerk working for the chief of maintenance in the fighter interceptor squadron. This lieutenant walks in my office and says to me, 'Come with me. We are going for a ride.' He gets me issued a parachute, get on a runway taxi and arrive at the T-33 trainer jet. Off we go into the wild blue yonder," Burns remembered.

"For two hours and five, minutes we are flying all over northern Michigan. We get up to 32,000 feet. When we dropped down to 28,000 the lieutenant has me in control of the aircraft. That lieutenant's name was Pete Knight. On Oct. 3, 1967, Pete Knight set a world aircraft speed record for manned aircraft by piloting the X-15 to 5,520 miles per hour – a record that still stands today," he said.

"He flew 257 combat missions over Vietnam and flew more than 7,000 flight hours. I was Col. Pete Knight's co-pilot. It does not get any better than that."

Burns' plans for retirement include traveling back to Ireland; he and his wife visited there for two weeks in 1999. He also hopes to visit family and friends all across the United States.

His eldest daughter, Ann Stefanek, did the honors of retiring her father in a ceremony at Joint Base San Antonio-Randolph July 10. She is a senior civil service public affairs executive in the office of the Secretary of the Air Force. She served nine years on active duty and recently retired as a colonel from the Air Force Reserve.

His daughter, Diana, is a vice president at Randolph-Brooks Federal Credit Union, and son, John, is a senior information technology executive at USAA in San Antonio.

"My family and I are so proud of my dad for his six decades of service to this great nation," Stefanek said. "His quiet commitment and steadfast service have been an inspiration to us and the Airmen he has helped over countless years in recruiting. His children, a host of my ROTC brethren and many OTS selects are a testament to my dad's guidance and counsel."

Stefanek said her father helped navigate many people through their "firsts" in their military journeys.

"My dad's heart has always been in mentoring young people, in the military and the Randolph community," she said. "I don't think he will ever realize just how many lives he has touched."

AF implements restricted endorsement, stratification for senior master sergeant EPRs

By Debbie Gildea
Air Force Personnel Center Public Affairs

Restricted senior rater endorsement and stratification for senior NCO enlisted performance reports were implemented in conjunction with the July 31 senior master sergeant EPR close-out date.

Endorsement and stratification restrictions for senior NCOs are part of ongoing Air Force enlisted evaluation and promotion system changes underway since July 2014.

Announced in June, restrictions will limit the number of endorsements a senior rater may give to their promotion-eligible master sergeants and senior master sergeants. Senior raters will be restricted to endorsing only the top 20 percent of their senior master sergeants eligible for promotion to chief master sergeant and the top 10 percent of their master sergeants eligible for promotions to senior master sergeant.

This percentage correlates with historical promotion rates for each grade.

In addition to endorsements, senior raters have the option to include written stratification in their optional comment or "push-line" in the final evaluator's comments section on Air Force Form 911, the EPR for master sergeant through senior master sergeant, which was released July 31.

Senior rater endorsement and stratification authorizations are based on the total number of time-in-grade and time-in-service promotion-eligible master sergeants and senior master sergeants a senior rater has. Senior raters will no longer be authorized to stratify their promotion-eligible senior NCOs based on the joint service population and grade.

For example, if a senior rater has 200 senior master sergeants, but only 100 are TIG/TIS promotion eligible, the senior rater may endorse up to 20 of the eligible senior master sergeants by marking the appropriate block on the EPR form. The senior rater can also provide a written stratification in the push-line like "my #1 of 100 SMSgts" if the rater chooses. Senior raters also have the option to endorse a member without including stratification.

Only the senior rater may include written stratification on EPRs for senior NCOs they endorse. Lower-level stratification and stratification by deputy and intermediate evaluators is prohibited, to include lower-level stratification on those evaluations endorsed by the senior rater.

Additional information on restricted endorsement and stratification, and other changes to the evaluation and promotion systems, are available on the myPers Enlisted Evaluation System and Weighted Airman Promotion System changes page at http://www.gum-crm.csd.disa.mil.

For more information about Air Force personnel programs go to the myPers website at http://www.mypers.af.mil. Individuals who do not have a myPers account can request one by following the instructions on the Air Force Retirees Services website at http://www.retirees.af.mil.

SPENCER from P4

both sides of the ball apologized to Spencer for what had happened – including the offending player.

"That's one of those moments in your life you never forget," Spencer said.

As a young buck sergeant with a wife and two children, Spencer was nearing the end of his first enlistment while stationed at Charleston Air Force Base, S.C., and struggling with the decision of whether or not to re-enlist. But football wasn't through with him yet.

Out of the blue, Spencer crossed paths with Clemson University's head football coach, who offered him a scholarship – he could play the sport he loved and receive a college education.

"I couldn't see myself picking up and going to college with a wife and two kids. I couldn't think of where we were going to live, how we'd afford groceries and medical care," he said. "I just couldn't see it, so I told him I couldn't do it. But I promised myself that when I came up on my next re-enlistment at eight years, I was going to have a college degree and a plan to get out."

Remaining committed to his goal, Spencer dedicated himself to education, and, in 1979, received his Bachelor of Science degree in industrial engineering technology from Southern Illinois University at Carbondale.

Spencer was stationed at Pope Air Force Base, N.C., when the last days of his enlistment were quickly approaching. He was ready to see what life outside of the Air Force offered, when a chief master sergeant presented him with the idea of pursuing officer training school.

Spencer said he thought it was a long shot to be accepted into OTS, but despite his doubts, he applied anyway. To his surprise, he was accepted and would soon be returning to a familiar place to become an officer.

Becoming an officer

A year later, in 1980, Spencer was a distinguished graduate from OTS at then-Lackland Air Force Base and became a comptroller officer. The hard work and determination his father taught him would continue to play a significant part in his life, but the realization years earlier that the Air Force still struggled with racial issues would shape the leader he'd become.

"I have really tried to bend over backwards to make sure everyone is treated appropriately; everyone is mentored the same, everyone gets the same opportunities to progress if they have the talent, drive and initiative," he said. "Everywhere I've gone, I've tried to have a diverse office because I personally think diversity is strength and results in better decisions and a stronger organization."

During more than 30 years as an Air Force officer, Spencer has led the charge in conserving resources and efficient spending at every assignment he's had, from group commander to where he now sits as the Air Force's vice chief of staff.

During the three years he's served as the Air Force's second officer in command, Spencer has introduced several initiatives to further cultivate an innovative and cost-saving culture throughout the service.

"I believe that part of our jobs as leaders is not to just consume resources, but consume them in the most efficient and effective way we can," Spencer said. "For a long time, there was a notion that we're warfighters and our job is to fight wars and it doesn't matter how much it costs. I don't agree with that; I don't think they're mutually exclusive. I think you can be a strong warfighter as well as a smart consumer of resources."

One such program was the "Airmen Powered by Innovation" initiative, which charged Airmen to submit cost-saving ideas that could be implemented to save money that could then be used elsewhere. In just one month, May 2013, Airmen submitted more than 11,000 ideas to the program, resulting in millions of dollars in savings.

"Everywhere I go, Airmen tell me how much money they've saved and their ideas," he said. "Not only have we saved a lot of money, but to watch the ideas flowing in has been incredible."

As tirelessly as Spencer has worked at improving the fiscal responsibility in the Air Force, his true passion has been in ensuring Airmen treat each other with dignity and respect. Spencer's memory of that day on the football field when his teammate bellowed the N-word remains as vivid as ever, but while some might let that incident inspire hate, Spencer has turned it into a positive force.

In 2013, Spencer introduced "Every Airman Counts," an initiative aimed at ensuring Airmen treat each other respectfully and fostering communication between Airmen and senior leaders about preventing sexual assault.

"You shouldn't look at a person and see them as someone you can take advantage of, but as wingmen and wingwomen and how you help and support each other," Spencer said.

A lasting legacy

Although Spencer will soon retire, his legacy will live on in the form of the Gen. Larry O. Spencer Innovation Award that was unveiled by Secretary of the Air Force Deborah Lee James late June. The award will annually recognize Airmen who come up with creative and efficient ways to save money and time.

"The award is new, but what's not new is the laser focus on innovation and the passion that Gen. Spencer has brought to us in many ways," James said. "Gen. Spencer has put much of his personal time into innovation and efficiency."

Today, Spencer's passion is the Air Force and its Airmen, but there are times, occasionally, when he can't help but think back to his first passion – football. And even though the thought of donning a Clemson Tiger uniform and racing onto Memorial Stadium's field in front of 81,000 screaming fans is exhilarating, he has no regrets about walking through the Air Force recruiter's door 44 years ago, when so many of America's youth would not do the same.