



WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

No. 15 • APRIL 19, 2013

A nighttime photograph of a traffic jam on a multi-lane road. The scene is illuminated by the headlights of cars and trucks, and the yellow lights of traffic signals. The traffic is backed up significantly, with vehicles stretching far into the distance. The overall atmosphere is one of congestion and delay.

Gate closure affects commute time

INSIDE ... TUITION ASSISTANCE REINSTATED, P3 ... FREEDOM FLYER REUNION, PGS. 7,9 ... BOATING COURSE, P12

COMMENTARY

SEQUESTRATION REALITY

Effects not hitting home, yet

By L.A. Shively

Joint Base San Antonio-Fort Sam Houston
Public Affairs

(Editor's note: this is the first of a three-part series looking at sequestration.)

Although the dreaded sequestration hit March 1, government offices remain open, looming furloughs have been delayed, curtailed military tuition assistance was reinstated and the federal government was funded through the rest of this fiscal year.

As a result, much of the ballyhoo surrounding sequestration seems distant, even unreal, like the clamor rising from heated disputes between opposing political parties over how to manage the federal debt. But make no mistake, the battle is real, lines have been drawn and the outcome is not completely clear yet.

So, what exactly is that dark cloud known as sequestration?

The battle is over how the federal budget – revenue from income taxes, payroll taxes, corporate taxes, customs duties and excise taxes – is spent. Sequestration is an across-the-board series of automatic cuts to federal spending equal to \$109 billion per year originally passed as part of the Budget Control Act of 2011 known also as the debt ceiling

compromise. The intent of sequestration was to reign in federal spending that has reached nearly \$17 trillion.

Sequestration was originally slated to kick in Jan. 1 and cut \$109 billion this fiscal year and for each of the next 10 years. The idea was that these cuts were to be so burdensome that Congress and the president would quickly reach a deficit reduction agreement together. That never happened.

According to Jeffrey Zients, deputy director for management of the Office of Management and Budget, bipartisan majorities in both the U.S. House and U.S. Senate voted for sequestration as a mechanism to force Congress to act on further deficit reduction and sequestration itself was never intended to be implemented.

“Yet, a year and a half has passed and the Congress still has failed to enact balanced deficit reduction legislation that avoids sequestration,” Zients wrote in a letter to House Speaker John Boehner March 1.

Labeling sequestration a “blunt and indiscriminate instrument” Zients described the cuts required as deeply destructive to national security, domestic investments and core governmental functions.

Lawmakers listened and those original \$109 billion in cuts slated for

this fiscal year were lowered via a House continuing resolution that settled on \$85 billion in cuts instead and gave agencies more flexibility with allocating their funds. That legislation expired March 27, but the House passed another resolution providing funding through September.

Both resolutions are good news, but agencies will still have to trim programs and furlough employees in order to balance the federal budget as per sequestration over the next 10 years. Sequester cuts are slated to trim \$109 billion each year through Fiscal Year 2021 and are supposed to amount to \$1.2 trillion in total budget cuts.

No programs are supposed to be cut, only scaled back under sequestration. Cuts are supposed to be distributed evenly between domestic and defense programs, with about half affecting defense discretionary spending such as funds for purchasing weapons, base operations and construction.

Certain low-income programs such as aid for Women, Infants and Children (WIC) and the Low Income Home Energy Assistance Program are subject to cuts.

See SEQUESTRATION P4

ON THE COVER

Drivers wait to turn into the JBSA-Randolph East gate Tuesday morning. With the temporary closure of the inbound lanes at the main gate, Randolph drivers are adjusting to traffic congestion and delays.

Photo by Joel Martinez

WINGSPREAD

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The deadline for submissions is noon Wednesday the week prior to publication. All submissions can be emailed to JBSA-Randolphpublicaffairs@us.af.mil.

Incoming lanes closed at the main gate now through May 3; outbound lanes close May 6-24

Harmon Drive is scheduled to be closed two lanes at a time until May 24 to facilitate an upgrade of the final denial barriers at the main gate. The two inbound lanes are closed until May 3, and the two outbound lanes will be closed May 6-24. Please expect traffic congestion and obey directions from security forces and traffic officials.

To alleviate traffic, alternate gate hours during this upgrade are:

- Main gate: Open to outbound traffic only 6 a.m.-6 p.m. Monday - Friday; Main gate will be open to inbound traffic only beginning May 6-24. Pedestrians (walkers/bikers) will

be able to enter/exit through the main gate 6 a.m.-6 p.m. Monday-Friday.

- West gate: Open 24/7 to inbound and outbound traffic.
- East gate: Open 6-8:30 a.m. to inbound traffic only and to both inbound and outbound traffic 8:30 a.m.-6 p.m. Monday-Friday. Outbound traffic is right turn only.
- South gate: Open 6 a.m.-6 p.m. Monday-Friday, and from 6 a.m. to noon Saturday.

For more information, go to <http://www.jbsa.af.mil/news/story.asp?id=123342015>.

Air Force, Army restart tuition assistance

By Staff Sgt. David Salantri
Secretary of the Air Force Public Affairs

The Air Force and Army have officially restarted military tuition assistance, effective April 10.

The services restarted the program as a result of the Consolidated and Further Continuing Appropriations Act of 2013, where Congress called for the military tuition assistance program to continue in the current fiscal year.

As a result of the restart, the programs will resume the same benefits as before.

Airmen and Soldiers are eligible for up to \$4,500 per fiscal year and a maximum of \$250 per semester hour or quarter hour equivalent to cover tuition and allowable fees, which is unchanged from before.

Military tuition assistance is not available retroactively to cover courses taken and paid for using any other funding source during the suspension of military tuition assistance.

“Military tuition assistance will be the same program service members are used to,” said Russell Frasz, Director of Force Development, Deputy Chief of Staff for Manpower and Services, Headquarters U.S. Air Force. “The same policies and

procedures will be in place.”

With this change, current and future Airmen and Soldiers will be given another tool to develop professionally through advanced education.

“Voluntary education and military tuition assistance programs continue to be integral to the recruiting, retention and readiness of Airmen and contribute to institutional competencies,” said Kim Yates, the Air Force Voluntary Education chief.

“Fiscal constraints create a challenge that Air Force leadership continues to work through,”

**Joint Base San Antonio Education Centers
contact numbers:**

Fort Sam Houston – 221-1907

Lackland – 671-8711

Randolph – 652-5964

Frasz said. “We strive to meet the needs of Airmen and the Air Force.”

According to the Deputy Chief of Staff of the Army, Soldiers can request tuition assistance for the remainder of fiscal year 2013 by accessing the GoArmyEd portal at <https://www.goarmyed.com/Login>.

For more information, call 221-1738 (Air Force) or 221-0853 (Army).

(Information for this article came from the offices of the Secretary of the Air Force for Public Affairs and Deputy Chief of Staff of the Army.)

NEWS

THE IMPORTANCE OF PLANNING AHEAD

Early preparation paves way for smooth PCS

By Alex Salinas
Joint Base San Antonio-Randolph Public Affairs



With military members expected to permanently change stations most often from May to August, they are encouraged to think early about moving, one step at a time.

"The first thing is to be really flexible with your schedule," said Staff Sgt. Ryan Kerkove, 802nd Logistics Readiness Squadron Personal Property Processing Office assistant NCO in charge. "During peak PCS season especially, give yourself time for all appointments."

As soon as members get their orders, the Department of Defense's Defense Personal Property System, or DPS, portal website at <http://www.Move.mil> is a good first stop.

"Members set up their own applications for self-counseling that generate important paperwork to take to PPPOs," said Senior Airman Raymond Hogan, 802nd LRS transportation assistant.

Online self-counseling informs members about monetary allowances to help them decide if they want a government-assisted general household goods shipment or if they want to move themselves, formally called a personally procured move.



U.S. Army photo

As soon as members get their orders, the Department of Defense's Defense Personal Property System portal website at <http://www.Move.mil> is a good first stop.

The website also gives members the option to file and settle a claim directly with transportation service providers, which are moving companies that are listed.

A permanent change of station stateside or overseas may determine what baggage items to take, what items to place in a household goods shipment and what items to store away.

"DPS is a great resource, even before you get orders," said Tech. Sgt. Stacy Parker, 802nd LRS PPPO NCO in charge. "I recommend looking at (<http://www.Move.mil>) before visiting our offices."

Parker said an online session with the DPS portal website is a "proactive approach" that can help other people moving gather questions to ask before the big move.

Along with having a flexible schedule, members should also give themselves at least three weeks to fill out their online moving application, schedule any necessary appointments and work on their separate military personnel flight out-processing checklist among other things, Kerkove said.

Kerkove added that people need to set aside time to clean up by getting rid of unwanted items, holding a yard sale or donating items to charity.

Members should contact PPPO staff immediately when they receive their orders, Hogan said.

For more information, call JBSA-Randolph at 652-1848 or 1849; JBSA-Lackland at 671-2821 or 2823 and JBSA-Fort Sam Houston at 221-2812 or 1605.

Military Personnel Section: Plan ahead for CAC appointments

By Alex Salinas
Joint Base San Antonio-Randolph Public Affairs



Those in need of a Common Access Card/ID card at Joint Base San Antonio locations have been required to schedule appointments since December 2011, with a few exceptions for walk-in customers.

Walk-in visits are reserved for mission-critical purposes, lost or stolen IDs, elderly or incapacitated members and

those arriving from 100 miles or farther.

Otherwise, patrons can schedule appointments at JBSA-Fort Sam Houston's building 367, JBSA-Lackland's building 5616 or JBSA-Randolph's building 399 by visiting <https://rapids-appointments.dmdc.osd.mil> or by calling the desired issuance facility.

Two forms of ID, such as a driver's

license and Social Security card, are required at an appointment.

Military members and civilian employees who lost an ID card must bring two forms of ID and a memorandum endorsed by their unit commander or first sergeant stating that they have made every effort to find their lost card. For contractors, the memorandum must be endorsed by their trusted agent.

To ease the process, 2nd Lt. Lauren Brendel, 902nd FSS Customer Support chief advised customers to plan ahead.

"Expect a two- to three-week wait when scheduling appointments," she said. "Check the expiration date on your ID card to make arrangements ahead of time when renewing your card."

To schedule ID card appointments, call Fort Sam Houston at 221-0415, Lackland at 671-4178 or Randolph at 652-1845.

SEQUESTRATION from P2

Mandatory spending on programs like Social Security, Medicaid, low-income programs like Temporary Assistance for Needy Families or TANF (welfare) and the Supplemental Nutritional Assistance Program (food stamps) are exempt from sequestration.

Military salaries are exempt but some benefits such as TRICARE could be affected.

Federal civilian personnel will be furloughed. According to the Congressional Research Service, sequestration may not reduce the pay rate of a federal employee. But a furlough, which is unpaid time off, is

basically a pay cut and may affect leave accrual.

Widespread economic constriction has not been felt as a result of the sequester. The U.S. stock market recently rose to a record high in March and home prices are rising. Some job growth has been noted in the private sector.

During an April 2 press conference, White House spokesman Jay Carney insisted that the effects of sequestration were hard to measure because the budget cuts were a "moving picture."

"When you're dealing with these kinds of across-

the-board forced budget cuts in the middle of a fiscal year and you're having to make all sorts of adjustments to account for them and to reduce your expenditures accordingly," Carney said adding, "that can be on the plus side where furloughs may take place a little later, or on the minus side where things may be more immediate.

"There are constant adjustments being made at each agency as they deal with their budget in terms of what the impacts of sequester are," Carney said. "But they are real."

Earth Day 2013: Poster contest open to JBSA youth

By Robert Goetz

Joint Base San Antonio-Randolph Public Affairs

Earth Day 2013 will be observed at Joint Base San Antonio with a poster contest open to students at all eight JBSA schools in the Fort Sam Houston, Lackland and Randolph independent school districts.

The contest is a way to draw attention to the Earth Day message, Archie Cooper, JBSA provisional pollution manager, said.

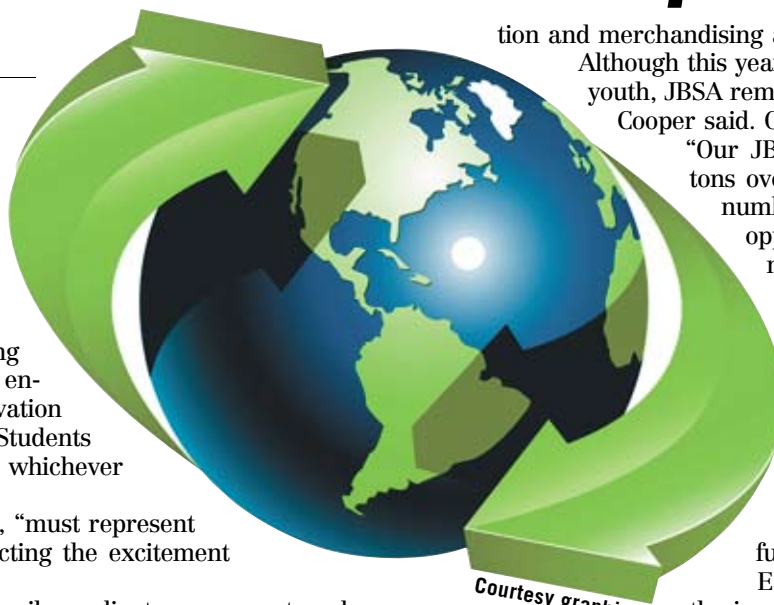
“The purpose is to get young people thinking about the ways they can be better stewards of the environment, whether it’s through recycling, conservation of resources or pollution prevention,” he said. “Students who take part in the poster contest can take it whichever direction they want.”

Submissions, which are due by 5 p.m. April 26, “must represent the unique style and imagery of Earth Day reflecting the excitement and spirit of our bases,” Cooper said.

Posters made with traditional media – including oil, acrylic, tempera, watercolor, illustrations and prints – and computer graphics will be accepted and should be submitted in a vertical format measuring 22 inches wide by 28 inches high, he said.

In addition, entries must be completely original concepts and signed on the back with the artist’s name, teacher, grade and school/JBSA location. Students should turn in their entries at their schools.

Cooper said judges’ criteria will include “concept, artistic integrity, visual presenta-



Courtesy graphic

tion and merchandising adaptation.”

Although this year’s Earth Day observance is focused on outreach to youth, JBSA remains committed to stewardship of the environment, Cooper said. One example is its recycling program.

“Our JBSA program was responsible for recycling 6,288 tons over the course of fiscal 2012,” he said. “While this number sounds very impressive, there are still many opportunities to improve and increase our recycling numbers.”

Cooper said recycling makes “perfect business sense.”

“If we do not recycle these commodities, we have to pay to have them disposed of and they end up in the landfill, which is a negative environmental impact,” he said. “On the other hand, if the commodity is recycled and managed properly, JBSA can be paid in most cases, which will cover the recycling program costs, and remaining funds go to the wing.”

Earth Day, April 22, is observed each year to focus on the importance of preserving the environment for present and future generations. The first Earth Day in 1970 was marked by rallies, protests and demonstrations that called for action to curb the deterioration of the environment and extinction of wildlife.

For more information about Earth Day 2013, contact Thomas Gayer-Brindisi at 413-2539 or Thomas.p.gayer-brindisi.civ@mail.mil, or contact Cooper at 852-1930 or archie.cooper.1@us.af.mil.



To advertise in the Wingspread,
call 534-8848.

Joint Base San Antonio-Randolph News Briefs

Annual SAPR training

The Randolph Sexual Assault Prevention and Response office will offer 2013 annual SAPR training the first and third Wednesday of each month from 9-10 a.m. until Sept. 18. in Classroom 126 Hangar 71, 5th Street West at the deployment readiness center. This training is mandatory for all military and civilians that supervise military. For more information, contact Allen Blair at 652-4386 or allen.blair.2@us.af.mil.

Self defense class

In support of Sexual Assault Awareness Month, a free self defense class is being offered to military members and civilians 4:30-5:30 p.m. Wednesday at the Rambler Fitness Center. Pre-registration is not required, first come, first served. The instructor is Sensei Roy Eby, Martial Arts Hall of Fame member, who specializes in Jeet Kune Do, judo knife fighting and defense tactics. For more information, please call 808-6316.

JBSA Spring 2013 Diploma Recognition Ceremony

The Joint Base San Antonio Spring 2013 diploma recognition ceremony is scheduled for 11 a.m. May 3 at the Fleenor Auditorium. Shuttle service to the ceremony, beginning at 8:30 a.m., is available from the Randolph Home and Garden/ Express parking lot. For more information, contact Master Sgt. De'Lisa Harris at 652-1628.

Outdoor track construction

The infield of the outdoor track in front of the Rambler Fitness Center will be under construction through June. During this time, portions of the running track may be blocked off or closed. All cardio portions of the fitness assessment will take place at Eberle Park throughout the duration of the construction. Please obey all safety and construction signs.

Schedule Air Force Reserve separation briefing

Anyone interested in Palace Chase, Palace Front or are due to separate from active-duty within the next six months, should contact Tech. Sgt. Christopher Moss at 652-7532 or christopher.moss.4@us.af.mil to schedule a Palace Chase briefing or an Air Force Reserve separation briefing.

Financial preparedness class

Officials at the Randolph Airman and Family Readiness Center offers a financial readiness class 9-10:30 a.m. Tuesday aimed at preparing today's Airmen for financial challenges through education and training. For more information, call 652-5321.

Brief submissions

To submit a news or sports brief for publication in the Wingspread, email all information to randolphpublicaffairs@us.af.mil.

JBSA-Randolph Chapel Regular Schedule

• CATHOLIC

Monday-Friday

11:30 a.m. - Chapel 1

Saturday

5:30 p.m. - Chapel 1

Sunday

8:30 a.m. - Bldg. 975

11:30 a.m. - Chapel 1

Confession

Saturday

4:30-5 p.m. - Chapel 1



• PROTESTANT

Traditional

Sunday Service

8:15 a.m. - Chapel 1

Contemporary

Sunday Service

11 a.m. - Bldg. 975

To advertise in the Wingspread, call 534-8848.



A Legacy of Freedom

Left: U.S. Air Force Maj. Mark Fogel and Capt. John Scott, both from the 560th Flying Training Squadron, raise the Prisoner of War flag at Heritage Park April 12 during the flag raising and wreath laying ceremony at Joint Base San Antonio-Randolph. The 560th FTS gave American pilots, who returned in 1973 from imprisonment in North Vietnam, their "freedom flight" to honor their return.

Below: U. S. Air Force Maj. Gen. Timothy Zadalis, director of Intelligence, Operations and Nuclear Integration at Headquarters Air Education and Training Command, Col. Gerald Goodfellow, 12th Flying Training Wing commander, and Tech. Sgt. Dejuan Stanley from the JBSA-Randolph Honor Guard, lay a wreath at the Missing Man Monument April 12 during the annual Freedom Flyers' Reunion at JBSA-Randolph. The reunion is a celebration of repatriated Vietnam prisoners of war.

Photos by Melissa Peterson



Band of the West presents Fiesta in Blue

The Air Force Band of the West presents their free, annual Fiesta in Blue concert 7 p.m. Wednesday at the Joint Base San Antonio-Lackland Bob Hope Theater.

Tickets are available at the Lackland and Randolph ITT offices and the Fort Sam Houston MWR office. Gate access is required for the performance. For more information, visit <http://www.bandofthewest.af.mil> or <http://www.facebook.com/bandofthewest>.

JBSA locations observe Prescription Drug Take-Back Day April 27

By Chanel Weaver
Army Public Health Command Public Affairs

National Prescription Drug Take-Back Day will be observed locally and nationwide April 27.

Sponsored by the Drug Enforcement Administration, the day is specifically set aside to allow an opportunity to empty medicine cabinets, kitchen drawers, purses and pillboxes of unwanted, unused and expired prescription drugs, and take them to authorized collection sites in local communities.

Brooke Army Medical Center will have two locations to turn in prescription drugs from 10 a.m. to 2 p.m. The first is at the San Antonio Military Medical Center medical mall area and also at the Joint Base San Antonio-Fort Sam Houston Refill Pharmacy, located in Building 2401 on Scott and Harney Roads.

At JBSA-Lackland, people can drop off these items from 10 a.m. to 2 p.m. at the Wilford Hall Ambulatory Surgical Center Satellite Pharmacy, located between the main base exchange and the commissary.

At JBSA-Randolph, turn in unwanted prescription drugs from 10 a.m. to 2 p.m. April 27 at the main base exchange satellite pharmacy, Building 1040, in the BX mall area.

There will be certified law enforcement personnel physically present at the drop-off locations for the duration of National Prescription Take-Back Day activities, per DEA protocols

Drug overdoses and brain damage linked to long-term drug abuse killed an estimated 37,485 people in 2009, the latest year for which preliminary data are available, according to a report by the Centers for Disease Control and Prevention.

"Drugs now kill more people than motor vehicle accidents in the U.S.," said Maj. Clifton Dabbs, a physician and epidemiologist at the U.S. Army Public Health Command.

Prescription drug use has increased over the years in the military. About 17 percent of military personnel reported misusing prescription drugs, including stimulants (other than methamphetamine), tranquilizers/muscle relaxers, sedatives/barbiturates, pain relievers, anabolic steroids, and erec-

"In the interests of both health and safety, it's best to rid homes and barracks of unneeded prescriptions. Disposing of old prescriptions through the take-back program removes the risk of misuse and precludes accidental overdose by children or pets."

Maj. Clifton Dabbs
U.S. Army Public Health Command
physician and epidemiologist

tile dysfunction drugs, according to the 2008 Department of Defense Survey of Health-Related Behaviors.

As in the civilian population, pain relievers were the most commonly misused/abused type of prescription drug across the military services and in the Army specifically.

According to the 2011 Substance Abuse and Mental Health Services Administration's National Survey on Drug Use and Health, more than 70 percent of people abusing prescription pain relievers got them through friends or relatives, a statistic that includes raiding the family medicine cabinet.

Dabbs said that the abuse of opiates is becoming more prevalent across the Army.

"Our surveillance shows that there is a rapid increase in the numbers of Soldiers being diagnosed with opiate dependence or abuse since 2005," said Dabbs.

Opiate drugs are narcotic sedatives that depress activity of the central nervous system, reduce pain and induce sleep. When misused, opiates can become deadly.

"Opiates act centrally on the nervous

system and can actually suppress your ability to breathe," said Dabbs.

For this reason, it is important to get rid of painkillers as soon as possible.

"It is highly recommended to flush any narcotic pain killer down the toilet when they are no longer needed for the treatment of pain in which they were prescribed," said Dabbs. "This is because the risk of someone stealing them, taking them by accident, and or the temptation to use them recreationally when drinking is too high and the consequences can be deadly," said Dabbs.

While flushing is not a recommended disposal method for many drugs, Dabbs' advice about opiates is seconded by authorities such as the Food and Drug Administration.

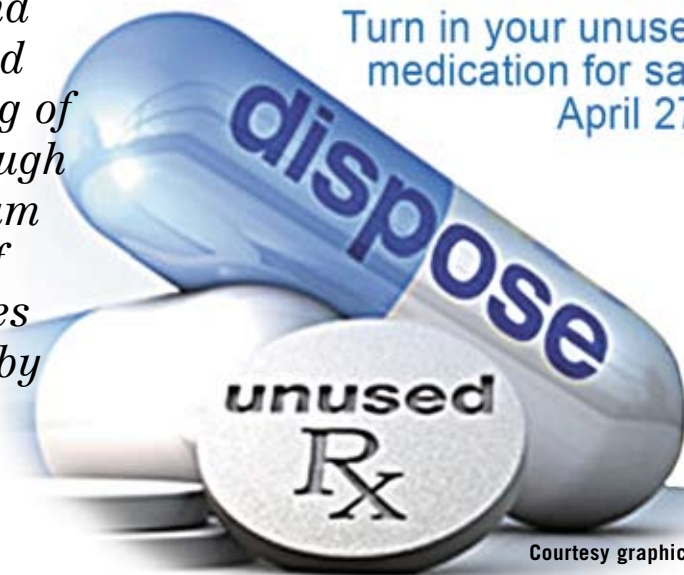
Dabbs also pointed out that drugs can lose potency and effectiveness if they are stored improperly or kept too long.

Since the opportunity to dispose of unwanted and expired medications comes around only once a year, Dabbs thinks it's an opportunity that should be seized.

"In the interests of both health and safety, it's best to rid homes and barracks of unneeded prescriptions," Dabbs said. "Disposing of old prescriptions through

Got Drugs?

Turn in your unused or expired medication for safe disposal
April 27



Courtesy graphic

the take-back program removes the risk of misuse and precludes accidental overdose by children or pets."

For personnel who are unable to visit an authorized collection site, the Food and Drug Administration recommends disposing of prescription medication by taking the medication out of its original container and mixing with kitty litter or used coffee grounds, then double bagging the item, and putting out with the trash.

Past Prescription Drug Take Back-Days have been very successful, according to the DEA. More than 488,000 pounds of unwanted or expired medication was collected at 5,263 take-back sites Sept. 29.

For more information on National Prescription Drug Take-Back Day or to locate a local collection center, visit the Drug Enforcement Administration website at http://www.deadiversion.usdoj.gov/drug_disposal/takeback/index.html or the Food and Drug Administration website at <http://www.fda.gov/downloads/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/UnderstandingOver-the-Counter-Medicines/ucm107163.pdf>.

Freedom Flyers' Reunion

celebrates
repatriation
of
Vietnam
POWs

This portrait of the late Brig. Gen. Kenneth Fleenor is displayed at the entrance of the Fleenor Auditorium, which was dedicated April 12. Fleenor, known as Freedom Flyer #80, was repatriated in 1973, served as the then-Randolph Air Force Base commander, the 12th Flying Training Wing commander and the Headquarters Training Command assistant deputy chief of staff for operations.

Photo by Joshua Rodriguez



U. S. Air Force Maj. General Timothy Zadalis, director of Intelligence, Operations and Nuclear Integration at Headquarters Air Education and Training Command, speaks at the 560th Flying Training Squadron's annual Freedom Flyers' Reunion.

Photo by Joel Martinez



Senior Airman Daniel Thrower, Band of the West trumpet apprentice, performs taps during the wreath-laying ceremony, which was part of the annual Freedom Flyers' Reunion.

Photo by Melissa Peterson



Air Force Capt. Sean Knox, Joint Base San Antonio-Randolph chaplain (second from right), stands with former Vietnam prisoners of war (from left to right), retired Air Force Lt. Col. John Yuill, Lt. Col. Lauren R. Lengyel, Col. Leon Ellis and Col. Ken Cordier during the annual Freedom Flyers' Reunion at the newly-named Fleenor Auditorium at Randolph April 12. The reunion is a celebration of repatriated Vietnam prisoners of war. The 560th Flying Training Squadron gave American pilots, who returned in 1973 from imprisonment in North Vietnam, their "freedom flight" to honor their return.

Photo by Joshua Rodriguez



Self-defense class promotes taking care of self, others

By Robert Goetz

Joint Base San Antonio-Randolph Public Affairs



The last of three free self-defense classes that are part of Joint Base San Antonio's Sexual Assault Awareness Month observance is scheduled 4:30-5:30 p.m. Wednesday at the JBSA-Randolph Rambler Fitness Center.

Led by longtime martial arts instructor Roy Eby, JBSA-Lackland Health and Wellness Center health promotion technician, the class will focus on techniques participants can use in the event of a sexual assault or other form of attack and help them become more aware of their surroundings.

"We asked Mr. Eby to teach the class to raise awareness and promote prevention and self-awareness in regard to the issue of sexual assault," Maj. Daniel Katka, JBSA Sexual Assault Prevention and Response community relations program director, said. "Any time we can help people be more self-aware and be confident in protecting themselves, it's a very good thing."

The class will consist of a lecture, demonstration of techniques and hands-on activities for students. The lecture will include a safety assessment of students' ability levels and physical limitations, and discussion of use-of-force options and situational awareness.

Eby, a member of the International Independent Martial Artists Association Hall of Fame, said student participation will be paced.

"I'll demonstrate the technique, break it down to a small part and allow the student to only perform one small portion until it is performed correctly and then progress to the next portion of that particular technique," he said.

Eby, who taught the class April 10 at Lackland and April 17 at JBSA-Fort Sam Houston, said his approach emphasizes "muscle memory."

"Proper quality trumps quantity," he said.

Discussing what a woman should do when confronted by an attacker, Eby, quoting the late martial arts superstar Bruce Lee, said, "Use what is useful."

"Evaluate the situation you are about to put yourself in and ask yourself, 'Could I be a victim if I continue

this path?'" he said. "Don't put yourself in a circumstance to be a victim."

Eby, who has been teaching martial arts since 1985, said he enjoys teaching a "practical means of self-defense and building up people's feelings of self-confidence."

One of his messages to students is that it is their responsibility to take care of themselves and help others in need.

"Use a sound mind and believe in your inner faith for doing the right thing and you will survive," Eby said.

Although the class is designed for women to prevent or defend against a sexual assault, it can also benefit men, he said.

The class, which has a maximum enrollment of 60, is open to active-duty members and civilians who have a Department of Defense ID card. No registration will be required, and students will be

admitted on a first-come, first-served basis.

For more information about self-defense classes, call 808-6316.



Courtesy graphic

SPORTS - HEALTH - FITNESS



Photo by Benjamin Faske

Jonathan Clifton, 902nd Force Support Squadron park manager, drives one of the ski boats back to the marina April 8, at Recreation Park Joint Base San Antonio-Canyon Lake.

Course issues JBSA-wide boating license

By Alex Salinas
Joint Base San Antonio-Randolph Public Affairs

With summertime approaching, Department of Defense identification cardholders at least 18 years old can get a boating license valid at Joint Base San Antonio's Recreation Park at Canyon Lake by completing a two-hour safety and education course.

The course, offered at all JBSA locations for \$2, consists of an educational movie produced by the Texas Parks and Wildlife Department and a written test of multiple choice and true/false questions.

Jennifer Meyers, 902nd Force Support Squadron recreation assistant, said the course helps to produce a savvy customer base.

"The course assures guests using our equipment are fully knowledgeable in how to operate it," she said.

"When people are prepared, they are

more inclined to be calm and are more familiar with watercraft as they are getting safety briefs when they check out the equipment," said Jonathan Clifton, JBSA Recreation Park general manager.

"The course goes to great lengths to get people familiar with safe practices, rules of the water and how to handle many common situations and problems," Clifton added.

"Additionally, the information in the movie is what will be on the test," Clifton said. "Customers should expect to spend about two hours to accomplish the course."

Upon completion, DOD members receive a two-year license that enables them to rent and operate motorized watercraft at Canyon Lake.

Registration for the course is not required.

"Customers just need to show up within normal business hours, have their

DOD ID card and ample time to complete the course before the testing site closes," Clifton said.

The course is available from 9 a.m. to 2 p.m. Monday through Friday at Randolph's Community Services Mall, Building 895 and 9 a.m. Monday and Thursday and 1 p.m. Tuesday and Friday at JBSA-Lackland's Outdoor Recreation, Building 871.

At JBSA-Fort Sam Houston's Outdoor Equipment Center, Building 1111, the course is available from 11 a.m. to 2:30 p.m. Monday and Wednesday and 8 a.m. to 4:30 p.m. Friday. The course can also be taken starting at 8:30 a.m. every day at the JBSA Recreation Park.

For more information, call JBSA-Fort Sam Houston at 221-5224, JBSA-Lackland at 925-5532, JBSA-Randolph at 652-5640 and the JBSA Recreation Park at 830-226-5065.

Joint Base San Antonio-Randolph *Sports* BRIEFS

Boysville Charity Golf Tournament

The Boysville Charity Golf Tournament is scheduled for May 10 at the Randolph Oaks Golf Course. Registration is at 7 a.m. and the tournament begins with a shotgun start at 8 a.m. Prizes will be awarded to the two teams with the best score and the winner of the longest drive and closest to the pin contests. For more information, contact Master Sgt. Camille Horton at camille.horton.us.af.mil or 565-0363.

T-ball registration

Registration for Lil' Renegades T-Ball takes place in April at Randolph Youth Programs. Children wishing to participate must be 3 years old by May 1. The cost is \$35 per child. For more information, call 652-3298.

Month of the Military Child bowling special

Youth, ages 12 and younger, bowl for free 1-4 p.m. any Sunday in April at the Randolph Bowling Center when accompanied by an adult who also bowls. Shoe rental is not included.

Catfish pond open

The JBSA-Camp Bullis Catfish Pond is open noon-6 p.m. Saturdays and Sundays. No license is required. The cost is \$3 per pound of catch. Bait and sodas are available for purchase. No alcohol is allowed and children must be supervised at all times. Payment by cash or check is accepted. For more information, call 295-7577.

Brief submissions

To submit a brief, email randolphpublicaffairs@us.af.mil.

