

UPCOMING

TURKEY TROT 5K RUN

Looking for a challenge and a chance to win a free turkey for Thanksgiving? Participate in the Turkey Trot 5K Run/Walk at 3 p.m. Monday at the Gillum Fitness Center. There is no fee to participate. Turkeys are presented to the first-place finishers in both men's and women's divisions (under 40 and 40 and older age group). The run starts at Stapleton Park on Security Hill. Runners can sign up the day of the vent. For more information, call 977-2354.

37TH ANNUAL JOE HALL MEMORIAL BASKETBALL TOURNAMENT

Joint Base San Antonio-Lackland hosts the Joe Hall Memorial Basketball Tournament Dec. 6 and 7 at the Warhawk and Chaparral Fitness Centers, and is open to the first 10 paid men's teams. A maximum of 12 players are allowed on each team, and the tournament is a double elimination format with NCAA rules. The cost is \$400 per team. For more information, call 671-2632.

ALAMO BOWL DISCOUNT TICKETS

The Alamo Bowl takes place at 5:45 p.m. Jan. 2 at the Alamodome. Get discounted tickets for \$28.50 (normally \$51 and up). Don't wait until participating teams are announced, as they may be sold out by then. A limited number of tickets are available at the Information, Tickets & Travel office. For more details, call 671-3059.

CORE CUT UP

This core class challenges all levels of core fitness from the beginner to the advanced. For more information, call 671-1348.

Technical sergeant exceeds expectations, earns first place honors at Lackland Classic

By Jose T. Garza III
JBSA-Lackland Public Affairs

When Tech. Sgt. Dorothy Dingba appeared on the Bob Hope Performing Arts Center stage as a finalist for the Bikini A and Bikini Military categories at the 34th annual Lackland Bodybuilding Classic – her first bodybuilding show – Nov. 8, her body shook and her mouth went dry as she smiled for the judges.

Under the show's bright lights, the 67th Cyberspace Wing manpower analyst was a nervous wreck as she wondered whether her hard work waking up at 2:30 a.m. six days a week to work out while balancing school and work, was actually going to pay off.

Not expecting to be successful in her first show, Dingba exceeded her expectations and earned first-place honors in the Bikini Military category and placed third in the Bikini A division.

"For me, it was just an accomplishment to get on the stage," Dingba said. "When I got called to the stage as a finalist, it was exciting. I could tell that the other girls were nervous as well; I could feel the energy."

"I feel so blessed. It was cool that the judges thought I brought forth a good package because I do work hard, and working out is what I like to do. The coolest part is being rewarded for something you like to do."

Dingba has been a fitness fiend since joining the Air Force 11 years ago. Her passion for it was boosted when she met her now husband, Tech. Sgt. Amadi Dingba, 343rd Training Squadron military training leader, three years ago while working in the same squadron.

"After we started working out together, he encouraged me to lift heavier than I was at the time," she said. "When I began lifting heavier, I became more confident about my body and pushing myself. He encouraged me and told me I was stronger than I thought I was. It meant a lot."

"Sometimes you have moments where you feel down and not so confident. He told me that I could push myself in the gym because I always push myself in school and at work. It means a lot because it lets me know that he has my back and we are able



Photo by Senior Airman Lynsie Nichols
Tech. Sgt. Dorothy Dingba, 67th Cyberspace Wing manpower analyst, poses with the trophies she won during the 34th annual Lackland Bodybuilding Classic, Nov. 8.

to live this life together."

Knowing friends who were also into bodybuilding, Dingba was intrigued by the sport and signed up in September to participate in the Classic since it took place at her permanent duty station. She began seriously prepping for the Classic in October by researching online meal plans, following bodybuilders on Instagram and asking them questions about the sport.

She also viewed YouTube videos of various bodybuilding shows and studied how the competitors walked and posed.

"YouTube was my best friend," the Centreville, Va. native said.

In addition to her research, Dorothy Dingba performed 40 minutes of weight training six days a week followed by 40 minutes of cardio three days a week. She also practiced her show routine in her kitchen and then sent a video of it to her friend for critiquing.

"My friend said I looked like a robot and the goal is to not look like a robot," Dorothy Dingba explained. "It helped to have someone coach me on what I am supposed to do."

The bikini competitor also credits her husband for making sure she maintained a clean healthy eating regimen, including not indulging in a cheat meal every Saturday.

"Once I started my prep, I wanted to make sure that I went into the competition clean and worked as hard as I could to achieve my goal," Dingba said.

Amadi is proud of his wife for the time and effort she put into prepping for the Lackland Classic.

"She worked harder in the gym than some of the guys," the 343rd TRS military training leader said. "Dorothy is one of the most driven people I know and she is very independent. When it comes to lifting weights, she wants to do it herself first."

With one bodybuilding show on her resume, Dorothy Dingba said her next goal is to eventually earn a professional bodybuilding card. However, at present time, she is focused on completing her doctorate in education online at North Central University and hopes to teach online criminal justice classes some day.

When's she not working, working out and studying, Dorothy Dingba mentors teens at San Antonio high schools.

"I would like to continue educating teens and help build futures in San Antonio," she said.

Her work ethic comes from having her priorities straight, having a solid foundation of values and goals and improving herself on a daily basis.

"You have to ask yourself, 'is this going to get me closer to my goals or not?'"

688th CW proves their legitamacy, wins base intramural flag football championship

By Jose T. Garza III
JBSA-Lackland Public Affairs

Late in the season, Brad Clinger considered himself “the lucky quarterback” of the 688th Cyberspace Wing intramural flag football team.

Clinger thought a “little luck” would carry them to the Joint Base San Antonio-Lackland Intramural Flag Football Championship.

During the JBSA-Lackland Intramural Flag Football Playoffs, the 688th CW proved that they relied on talent rather than luck.

After defeating the 737th Training Group, 21-13 and the 502nd Logistics Readiness Squadron, 13-6 to advance to the finals, the 688th CW defeated the 59th Dental Group, 33-27 Nov. 13 to claim the base intramural flag football title.

“We got hot at the right time of the season,” said Clinger, who threw five touchdowns in the finale. “We were able to play together as a team and not deviate from our scheme.”

“I was given the privilege of being the quarterback and leader of a wonderful group of men who competed every night and never gave up no matter what the scoreboard said.”

After the 59th DG scored on its opening drive, 688th CW responded with an eight-play touchdown drive followed by an extra point to tie the game 7-7.

Clinger threw two touchdowns on the team’s next two possessions to increase the lead to 19-7 and the team’s



Photo by Jose T. Garza III

The 688th Cyberspace Wing team poses with the Joint Base San Antonio-Lackland Intramural Flag Football trophy with JBSA-Lackland Intramural Sports Director Brett Cannon (center), after defeating the 59th Dental Group, 33-27, Nov. 13.

defense held the dental group to 35 total offensive yards and capitalized on a few botched snaps to maintain the lead going into halftime.

The cyberspace wing opened the second half with a four-play scoring drive from Clinger to wide receiver, Roshawn Hunter, followed by an extra point to increase the score to 27-7. The 59th DG Quarterback Ricky Guajardo scored two consecutive touchdowns

for team’s first points since the first half to narrow the deficit to 27-20.

The 688th CW suppressed the late rally, after Clinger linked up with wide receiver Justin Delavergne for a touchdown. Delavergne caught five passes for 70 yards and scored two touchdowns.

Determined not to give up, even though they had already clinched the game, Guajardo found wide receiver

Brett Manz in the end zone for a 15-yard score before the end of regulation.

“We respected Dental’s offense enough to know we didn’t want them having the ball, which is evident when they scored on two consecutive drives,” Clinger said. “When it came down to the final plays and attempting to kill the clock, I just had to trust in myself and my teammates.”

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entered the Air Force with nothing, but in contrast my life feels so rich from the growth and strength that has come from each challenge.

It is with this mindset that when I

speak to the thousands of trainees that come to the contemporary service I pastor on base or to counseling during the week to trainees that are struggling in BMT that I remind them, “Two things in this life that will never happen at the same time are comfort and growth.”

When life is hardest, there is the greatest possibility for your character to be shaped.

Holocaust survivor Victor Frankl once said, “Despair is suffering without meaning.” Though I have experienced deep sorrow, I have never fallen into de-

spair or given up because I know that I would not have the marriage I have today if I hadn’t lost Kristin to cancer. I wouldn’t have the faith I have if it was never tested. I wouldn’t be the man or the chaplain I am today without the hardships I have faced in my life.

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period through March 15. Dependent care FSAs will continue to have a grace period each year, but participants cannot carry over funds from one year to the next.

There are no significant changes to the Federal Employee Dental

and Vision Insurance Program.

In other FEHB news, some plans are opting out of the program and terminating their enrollment codes or reducing their service areas. Employees can find a listing of these plans, premium costs, comparison guides and individual plan brochures on the OPM website at <https://www.opm.gov/insure/openseason/index.asp>.

For more information about this and other personnel issues, visit the myPers website at <https://mypers.af.mil>.

For detailed information on making open season elections, select “search all components” from the drop down menu and enter “7665” in the search window.