



WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

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Sudan Lost Boy joins AF to give back

Page 11



Secretary of the Air Force Deborah Lee James talks to a gathering of uniformed and civilian Airmen during her first town hall meeting as the Air Force's senior most civilian leader Jan. 9, in the Pentagon auditorium, Washington, D.C. President Barack Obama nominated James to be the top Air Force civilian in August 2013 and she was sworn in as the 23rd Secretary of the Air Force on Dec. 20, 2013.

Photo by Jim Varhegyi

"SEIZE THE OPPORTUNITY"

New SecAF to Airmen: With change comes opportunity

By Staff Sgt. David Salanitri
Air Force Public Affairs Agency

The Air Force's most senior leader gave insight into her life and shared career advice with Airmen across the Air Force during her first town hall Jan. 9.

Speaking from the Pentagon auditorium, Secretary of the Air Force Deborah Lee James spoke about her 32 years of defense experience, passing on lessons she's learned, and encouraging Airmen to view challenges as opportunities.

James, who grew up along the New Jersey shore, originally came to Washington D.C. with her lifelong dream of becoming a diplomat for the State Department.

But that dream job never happened.

"I prepared all these years, and now the dream was busted," James said. "... boy, was it devastating."

With a signed lease, James had to stay in the city and figure out a way to move on with her career.

"You have to pull up your socks and get on with it," James said. "That was when my dream shifted. I had to zig-zag in life."

In 1981, James began her career in the field of defense.

"Now, more than three decades later, that is where I have spent my professional

life," James said of her experience, which includes everything from working for the Department of Defense to a related private sector industry.

James said her swearing in as the Air Force's 23rd secretary is "the culmination of that period," noting that not receiving what she thought was her dream job may have been a blessing in disguise.

James offered her story as an opportunity to talk to Airmen about how they approach their own career challenges today, particularly in the face of significant personnel cuts, forcing many to reconsider career opportunities.

"The projections are up to 25,000 reductions in personnel and hundreds of aircraft will come down as well," James said.

With these cuts, James encourages commanders and supervisors to go make the first move, and help their Airmen.

"Reach out to them, go on the offense, and give them some advice," said James, who encouraged mentorship throughout her address.

A theme in James' short tenure as secretary has been opportunity. Opportunity is what set James on the path of working for the Department of Defense.

"One door closes, another door opens," James said.

For Airmen who are looking to retire early or separate, or are worried they may be selected for involuntary separation, James encourages them to be proactive in their career, and to "own it."

"If you don't have enough information about your specialty and what is likely to happen in your career field, go on the offensive and ask questions until you get answers," James said.

Although budget uncertainty means the numbers remain fluid right now, James pledged that senior leaders will strive to be as open with information as possible. Her goal is to disclose as much information as possible, as quickly as possible.

"We're going to be transparent," James said. "That's our job. And get you as much information as possible so you can make those career decisions."

James, who was formally sworn in Dec. 20, 2013, implores Airmen to own their careers, whether that's as a member of the Air Force, or outside of the service.

"Manage your own career and take the reins so you can make a good judgment and proceed in your career," James said. "Seize the opportunity. Don't be afraid of the opportunity. You'll be better off for it."

ON THE COVER

Gen. Robin Rand, Air Education and Training Command commander, congratulates Airman 1st Class Dominic Luka for graduating basic military training Jan. 17 at Joint Base San Antonio-Lackland. Airman 1st Class Luka was one of thousands of Sudan Lost Boys who were evacuated to a Kenyan refugee camp in 1997. For the complete story, see page 11.

Photo by Benjamin Faske

WINGSPREAD

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Air Education and Training Command updates mission, vision statements

By Tech. Sgt. Beth Anschutz

Air Education and Training Command Public Affairs

The Air Education and Training Command has updated its mission and vision statements, focusing on its roots – recruiting, training, educating and innovation.

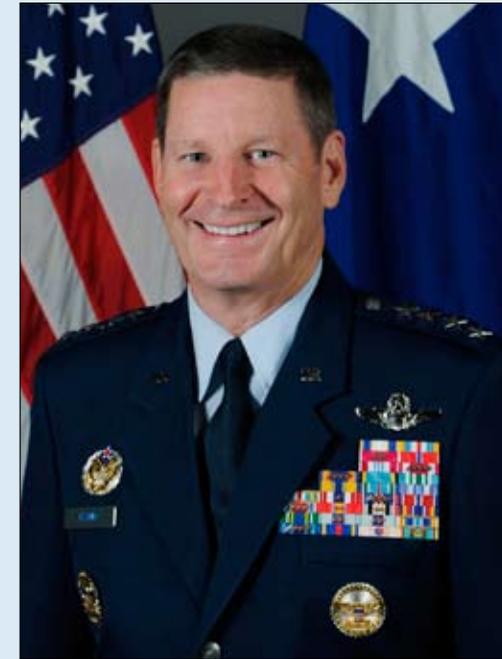


The new mission statement, "Recruit, train and educate Airmen to deliver airpower for America," speaks to the charge of the Air Force's First Command and the vital stake it holds in the future of the U.S. Air Force.

The new vision statement, "Forging innovative Airmen to power the world's greatest Air Force," keeps innovation in the forefront, highlighting the importance of AETC finding effective and efficient ways to ensure Airmen are fully prepared to fly, fight and win.

"AETC holds the cherished responsibility of producing the highest quality Airmen – strong men and women who adhere to our core values, maintain our standards, value our heritage, and perform at exceptional levels," said Gen. Robin Rand, AETC commander. "We're part of the world's greatest Air Force, but it's not a birthright. All of us must find innovative and technical solutions to the many challenges our Air Force faces. Therefore, innovative Airmen are our most valuable asset."

The new mission statement brings AETC Airmen – officers, enlisted and civilian members – back to basics while its new vision focuses them on the lofty task of ensuring mission readiness around the globe through total preparation of warfighters.



U.S. Air Force Gen. Robin Rand
Air Education and Training Command
commander

NEWS

12th Flying Training Wing undergoes inspection



Above: Air Force Col. Ken Frollini (center), Air Education and Training Command inspector general superintendent, briefs Air Force Col. James Gifford (left), 12th Flying Training Wing vice commander, and Air Force Col. Gerald Goodfellow, 12th FTW commander, Jan. 15 at Joint Base San Antonio-Randolph during the 12th FTW 2014 Headquarters AETC Combined Unit Inspection.



Photos by Melissa Peterson
Air Force Chief Master Sgt. Paul Figueroa (right), Headquarters Air Education and Training Command inspector general superintendent, inspects the work of Paul Wieland, 12th Flying Training Wing Maintenance Directorate program manager, Jan. 15 during the 12th FTW's 2014 Headquarters AETC's Combined Unit Inspection.



Right: Air Force Col. Ken Frollini (right), Air Education and Training Command inspector general superintendent, briefs staff members of the 12th FTW Jan. 15 during the 12th FTW 2014 Headquarters AETC Combined Unit Inspection.

Air Force Medical Service seeks enlisted commissioning applicants for nurse corps



Photo illustration by Maggie Armstrong

By Debbie Gildea
Air Force Personnel Center Public Affairs

Eligible active-duty enlisted Airmen interested in pursuing a nursing commission has until Feb. 28 to submit their intent to apply, Air Force Personnel Center officials said Jan. 7.

The Nurse Enlisted Commissioning Program offers eligible members an opportunity to earn a bachelor's degree in nursing and an Air Force commission, said Sandra Bruce, of the AFPC non-line officer management division.

"The selection board will convene in mid-May, but there are a variety of requirements that must be met prior to that, so interested Airmen should act now to ensure they complete their package and interview in time," Bruce said.

Applicants selected for the program must begin classes during the fall 2014 term.

Applicants must be United States citizens with current security clearance, senior airmen or above and able to earn a commission by age 42.

Applicants stationed in the contiguous United States must have one year on station by the board date, and applicants overseas on a short tour must have at least nine months time on station. Overseas long-tour Airmen may not apply without prior approval from their AFPC career field functional man-

ager. All applicants must be world-wide qualified.

Applicants must select a school that has an Air Force Reserve Officer Training Corps detachment on the campus or a school that has a cross-town agreement with an AFROTC detachment.

Schools must be nationally accredited and applicants must be able to complete their program within 24 months. Tuition and fees are limited to \$15,000 per academic year.

Application suspense dates:

Feb. 28

- Notification of intent to apply
- Gain release from career field functional manager

ager

March 28

- Complete all prerequisites (prerequisites cannot be waived)

- Submit transcripts for academic evaluation

April 11

- Submit chief nurse interview

April 28

- Submit completed application (applications must be coordinated through the chain of command)

For complete eligibility criteria and application instructions, go to the myPers website (<http://mypers.af.mil>) and enter "Nurse Enlisted Commissioning Program" in the search window.

To advertise in
the Wingspread,
call 250-2240.

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.

Straight Talk Line

Call the local Straight Talk lines for current, automated information during a natural disaster, crisis or emergency. JBSA-Randolph: 652-7469; JBSA-Fort Sam Houston: 466-4630; JBSA-Lackland: 671-6397.

Joint Base San Antonio-Randolph News Briefs

Technology Exposition at JBSA-Randolph Parr Club

The 502nd Communications Squadron hosts a technology exposition 10 a.m. to 2 p.m. Tuesday at the Joint Base San Antonio-Randolph Parr Club. For a list of exhibitors contact Candice Lee at 443-561-2412 or Lee@ncsi.com. To pre-register, visit <http://www.FederalEvents.com>.

12th FTW conducts month-long evening engine runs

The 12th Flying Training Wing will conduct engine runs during January from 10 p.m. to 6 a.m. in order to meet student production requirements. For more information, questions or concerns, contact the 12th FTW Public Affairs Office at 652-1272 or email 12ftw.pa.1@us.af.mil.

The JBSA-Randolph tax center opens

The Joint Base San Antonio-Randolph tax center opens Feb. 3, located at building 202. Tax center hours are 8 a.m. to 4 p.m. Monday-Thursday and 8 a.m. to 2 p.m. Friday. Appointment scheduling for active duty members, retirees and family members starts Jan. 27. For more information or to schedule an appointment, call 652-1040.

Free parenting legal information clinic at JBSA-Randolph MFRC

There will be a free legal information clinic for military parents who have questions about paternity, child support and other legal information 11 a.m. to 1 p.m. Feb. 4 at the Joint Base San Antonio-Randolph Military and Family Readiness Center. Children are not permitted to attend. For more information, call the JBSA-Randolph Legal Assistance Office at 652-6781.

Public invited to Land Use Study interactive workshop

The public is invited to participate in an interactive workshop in support of developing the Joint Land Use Study 6-8 p.m. Feb. 12 at the Schertz Civic Center Bluebonnet Room. The JLUS is a cooperative planning effort between Joint Base San Antonio-Randolph and surrounding community members. The objective of the study is to develop a set of recommendations that will promote well-suited community growth and economic development compatible with military training and operations being conducted at JBSA-Randolph, JBSA-Seguin Auxiliary Airfield, and Stinson Municipal Airport. The purpose of the second public workshop is to provide an update on the JLUS project, present the JBSA-Randolph military mission footprint, and to obtain input from members of the public on prioritizing the compatibility issues such as land use, noise and vibration, aircraft safety zones, vertical obstructions and interagency coordination.

JBSA-Lackland to host motorcycle safety instructor classes

The Air Force Safety Office is working with Cape Fox Professional Services to host a Motorcycle Safety Foundation class for mid-March at Joint Base San Antonio-Lackland to train volunteer military motorcycle instructors. The eight-day Rider-Coach preparation class will be held from 7:30 a.m. to 4:30 p.m., with additional time on the Lackland riding range, March 17-26 in building 7065 at JBSA-Lackland. Prospective Rider-Coach candidates must be a licensed motorcyclist who currently rides frequently and has several years of varied riding experience, good communication skills. Candidates must also provide current driving record and a commander or supervisor's approval to attend the course and also teach a minimum of four basic Rider-Course classes per year. For more information, contact Bill James, JBSA traffic safety manager, at 671-6274.

Water Conservation Tips

- When giving a pet fresh water, don't throw the old water down the drain. Use the water for house plants.
- If you accidentally drop ice cubes when filling your glass from the freezer, don't throw them in the sink. Drop them in a potted houseplant instead.
- To save time and water, wash your face or brush your teeth while taking a shower.
- While staying at a hotel or even at home, reuse your bath towels.
- For hanging baskets, planters and flower-pots, place ice cubes under the moss or dirt to give your plants a cool drink of water and help eliminate water overflow.



(Source: 502nd Civil Engineer Squadron)

Arrive alive, don't drink and drive

SHIRT'S CORNER

Little Blue Book: Pocket-sized guide of Air Force values, regulations



By Master Sgt. Jason Hill
Headquarters Air Force Reserves Squadron first sergeant

There are some who are familiar with Air Force Instruction 1-1, "The Little Blue Book." Those who have been in the Air Force some 20-30 years may have even seen it. However, most people may not have any idea what prompted the Air Force Chief of Staff to launch this initiative.

In 1983, the Air Force published Air Force Regulation 30-1, Air Force Standards. Referred to as "The Little Blue Book," widely distributed throughout the Air Force and small enough to carry around in the uniform pocket, it was used by commanders to enforce standards.

During the early 90s, the Air Force made the transition from regulations to instructions, resulting in AFR 30-1 becoming obsolete.

A recent scrub of all AFIs in preparation of the repeal of the Don't Ask Don't Tell policy revealed that no current AFI addressed 'public display of affection.'

After some research, it was discovered the PDA prohibition existed in AFR 30-1, but was never incorporated into any other AFI. This reminded the Air Force of the previous use of

AFR 30-1, which brought about a revision of "The Little Blue Book."

This new AFI models the older AFR, but it also addresses contemporary issues. These issues include: use of social media, Wingman concept, resiliency, Sexual Assault Prevention and Response Program, joint ethics regulation, religion and government neutrality and tattoos and body piercings.

The CSAF, who felt it was important Airmen understood the content of this AFI, approved it as it represented Air Force leadership.

To emphasize this point, a new AF publication series was created called Series 1. AFI 1-1 is the only instruction in that new series.

The AFI consolidates the various standards of conduct.

Although it is a guide for all Airmen, it is designed to be a tool for first-line supervisors, assisting them in addressing issues with subordinates. It can also be used in feedback sessions or counseling sessions to address what is expected of Airmen.

If you don't have a "Little Blue Book" of your own, contact any first sergeant and we will ensure that you receive one.

Online Air Force library provides Airmen education, entertainment resources

By Staff Sgt. Ian Hoachlander
Air Force Personnel Center Public Affairs

Need assistance working on a class project, learning a new language or fixing an engine? Look no further than the online Air Force library, where Air Force library staff work to meet customers' needs.

The online Air Force library offers resources such as electronic books, audio books, digital magazines, music, movies and much more.

"These resources are available to total force Airmen, civilians, retirees and family members," said Marjorie Buchanan, Air Force Personnel Center libraries branch chief. "Offering these materials online helps nurture ongoing self improvement and can contribute to academic success."

To access the online Air Force library click on the library tab on the Air Force Portal's navigation bar. Programs include OverDrive, Zinio Digital Magazines, MyiLibrary eBooks, Safari Books Online,

OneClickDigital, CultureGrams, MorningStar, Peterson's Education Resource Center, Transparent Language Online, Universal Class and more.

Programs like OverDrive and Zinio Digital Magazines provide users a way to borrow reading material just like a library.

OverDrive provides users 24-hour-a-day access to an online collection of electronic books, audio books, videos and music. Following the creation of an account, users are just a click away from borrowing a title which suits their interest. Members and dependents who do not have a ".mil" email address must visit their nearest Air Force joint base or Air Force base library for account access.

"OverDrive is very similar to an Air Force base library online catalog," explained Buchanan. "Once a customer sets up an account, they have a variety of resources available. The OverDrive digital library includes downloadable audio books, eBooks, music and videos. These titles are used on a variety of devices includ-

ing computers, iPods, eBook readers, MP3 players and more. The collection includes fiction, nonfiction, and young adult titles. Additionally, Air Force users can customize their checkout time to fit their needs with maximum 14-day checkouts on most titles. OverDrive also provides a free OverDrive application allowing users to access the Air Force collection on the go."

Zinio Digital Magazines has more than 650 popular news and special interest digital magazines online available to download to a personal computer, app-enabled tablet or smartphone. Items can be downloaded and read offline.

"The Air Force Library Program databases, Zinio and OverDrive, are vital to the military community by providing a central location where Air Force members can access titles regardless of where they are stationed or the time of day," said Buchanan. "The Air Force Library OverDrive collections are tailored to the Air Force community providing the current and past chief of staff reading lists and several self-help topics while offering

current bestsellers recommended by the New York Times and Wall Street Journal for personal enhancement."

The online Air Force library also offers a wealth of knowledge through education, special interest and news programs.

"Programs like Universal Class Program offer more than 540 online courses in 30 different subject areas," Buchanan explained. "Other offerings include Encyclopedia Britannica – Academic Edition online for research, auto repair references for those who like to do repairs on their own, and even a database to inform the reader about detailed cultural information on more than 200 countries."

To register and access these online programs, go to the Air Force Portal and click on the word "Library" in the navigation bar, or visit your installation library.

For more information about Air Force libraries and other quality of life programs, go to <http://www.usafservices.com> or <http://www.myairforcelife.com>. For information about other personnel issues, visit <https://mypers.af.mil>.

Recruiter overcomes adversity on road to success

By Annette Crawford

Air Force Recruiting Service Public Affairs

As a teenager, Jeffrey Trueman was drawn to the Air Force because he felt it would get him on the right track. He hoped for some stability in his life, after a childhood of bouncing from one home to the next.

Looks like he found it. The enlisted accessions recruiter with the 319th Recruiting Squadron was promoted to technical sergeant Dec. 19 through the Stripes for Exceptional Performers program.

Master Sgt. David Bushnell, the E-Flight chief, called Trueman Dec. 18, 2013 and told him to be flexible with his schedule the following day. Trueman was going to be recognized by his squadron leaders for several awards, including being an Operation Blue Suit XXXV winner, and nabbing honors for the fourth quarter and 2013 as the command's top enlisted accessions recruiter.

Trueman, his wife and son were invited to dinner in Fairfield, Conn., along with Bushnell; Lt. Col. Anthony Stroup, 319th RCS commander; Chief Master Sgt. Brad Buening, 360th Recruiting Group superintendent; Senior Master Sgt. Thomas Farrill, 319th RCS production superintendent; and his first sergeant, Master Sgt. Kevin Walker.

"They had presented me with all of the awards, or so I thought," Trueman said. "Just as I was headed back to my seat, the commander called me back and handed me one of those Air Force blue folders. Inside was the STEP certificate. I was speechless, and that doesn't happen often."

Originally from Redondo Beach, Calif., Trueman joined the Air Force in September 2003. He spent his first six years as a firefighter, and was stationed at Ramstein Air Base, Germany, and Barksdale Air Force Base, La. He also deployed twice.



Courtesy photo

Tech. Sgt. Jeffrey Trueman holds up the Stripes for Exceptional Performers certificate he received at his surprise promotion ceremony Dec. 19, 2013.

When the opportunity came up to become a recruiter, he jumped at it. He said that his recruiter, then Tech. Sgt. Stephen Beauregard, made a big impression on him when he came to talk to his Marine Corps Junior ROTC unit.

"I knew how much the Air Force had helped me, and how it could change people's lives. Recruiting is an awesome way to be a part of your community," said Trueman, who recruits in Fairfield, Conn.

"I stayed in touch with Sgt. Beauregard my first two years in the Air Force," Trueman said. "I did the Recruiter Assistance Program with him when I graduated from the fire protection course and I let him know how

grateful I was for that opportunity."

Trueman has earned two associate degrees from the Community College of the Air Force in fire protection and human resources. He is also close to completing his bachelor's degree in fire science from American Military University, and earned a spot on the National Society of Collegiate Scholars list with a GPA of 3.76.

"If you work hard and stick to your guns, you'll be rewarded," Trueman said. "This promotion has made me realize how important it is to take care of your Airmen."

"Sergeant Trueman is a genuine superstar whose selfless service has had a profound impact on the command's mission to recruit the brightest men and women into the United States Air Force," Stroup said.

"It's been a real pleasure watching him engage and mentor our future generation of Airmen and he's definitely deserving of this STEP promotion," Stroup added. "I'm convinced the Air Force will continue to reap huge dividends from Jeff's inspiring leadership."

In May, Trueman will head off to Goodfellow AFB, Texas, to be an instructor at the Department of Defense Fire Academy. Even though he's leaving recruiting, he said the lessons he learned the last four years will stick with him throughout his career.

"I think that the most important thing that I learned from my time in recruiting is to give 100 percent effort as Colonel Stroup always says," Trueman said. "It can be a very new and stressful experience for someone to make a life-changing decision like joining the Air Force. Being a professional guidance counselor and taking the time to know our applicants is critical to helping our future Airmen develop into our future leaders. I hope to carry this mentality forward with my students in the fire protection course and for the rest of my career."

TRICARE to end walk-in administrative services April 1

By Jim Garamone

American Forces Press Service

TRICARE military health plan service centers will end administrative walk-in services in the United States April 1.

The decision impacts all TRICARE service centers located at military treatment facilities in the San Antonio Military Health System, including those at the Wilford Hall Ambulatory Surgical Center on Joint Base San Antonio-Lackland and nearby facilities like the San Antonio Military Medical Center on JBSA-Fort Sam Houston and the Randolph Clinic on JBSA-Randolph. TRICARE service centers at all three medical facilities will close March 31.

However, beneficiaries will be able to accomplish any administrative task online at <http://www.tricare.mil> or by

phone, said Pentagon spokesman Army Col. Steve Warren.

"The change will not – let me repeat that – will not affect any TRICARE medical benefit or health care service," Warren said. "What it will do is allow the department to save \$250 million over the next five years, allowing TRICARE to invest in more important services."

Fifty percent of the visits to the centers are for in- and out-processing and requests to change primary care providers and the rest involve billing-related questions, officials said.

The Defense Department spends roughly \$50 million a year on these services and this type of customer service can be handled more efficiently by phone or online.

TRICARE beneficiaries can manage

their benefits online by going to the "I want to..." section of the TRICARE website. Online services include:

- Enroll in or purchase a plan
- File or check a claim
- View referrals and prior authorizations
- Find a doctor
- Change primary care managers
- See what's covered
- Compare plans
- Manage prescriptions

TRICARE gets about 38,000 hits per day on its website. Officials have run tests to ensure the website and call center can handle the expected increase in volume.

When walk-in service ends April 1, beneficiaries can call HUMANA Military at 800-444-5445 or visit <http://www.tricare.mil> for enrollment and

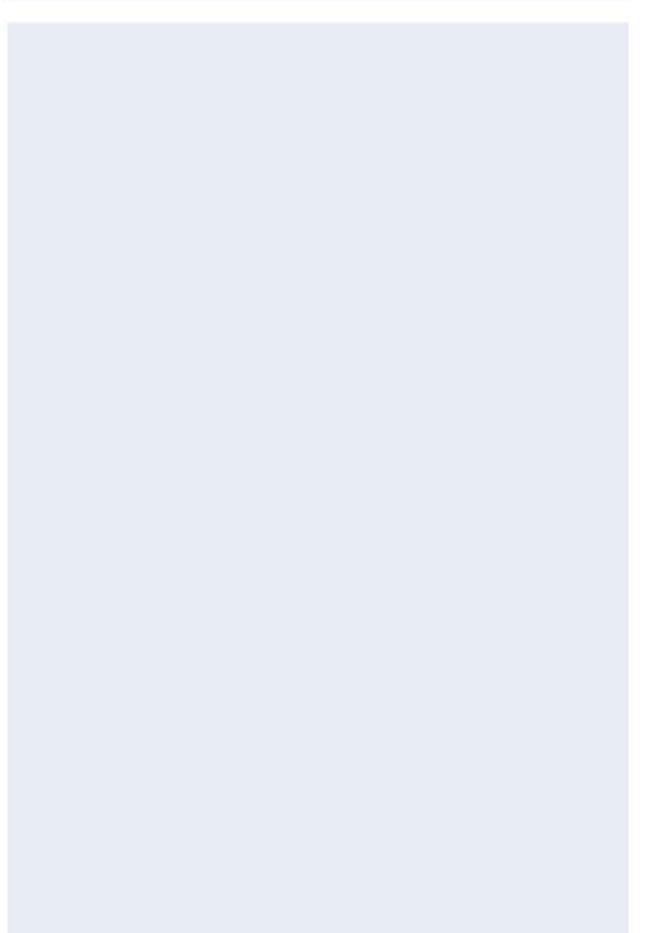
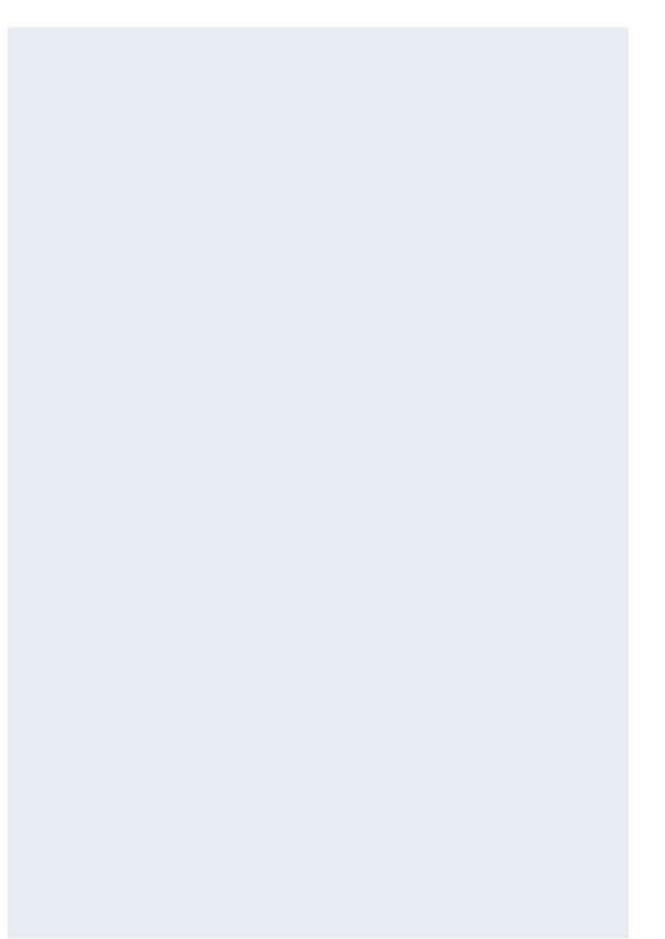
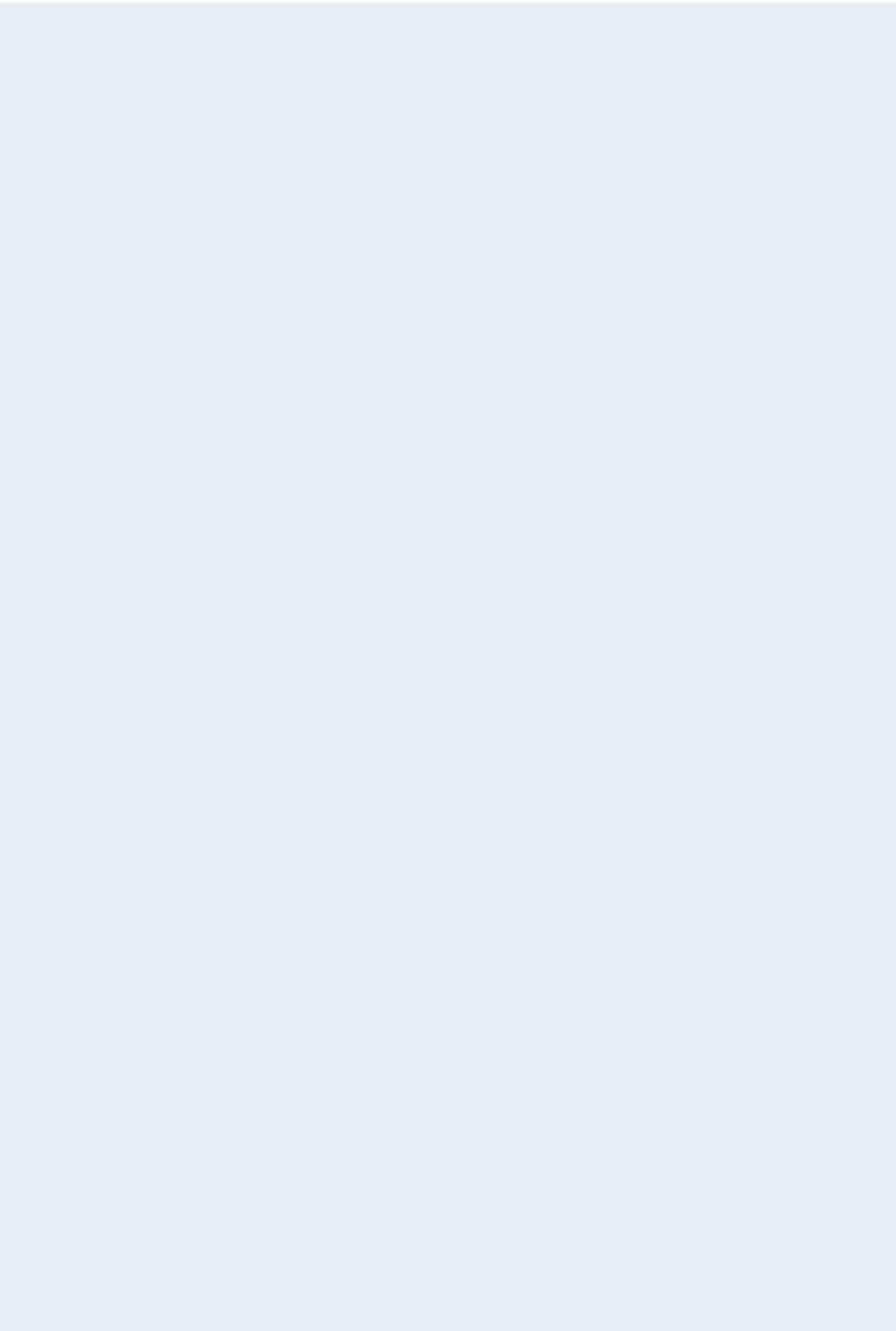
benefit assistance.

Beneficiaries can also contact their regional contractor for inquiries about health care benefits, to get answers to TRICARE questions and for enrollment assistance.

Warren said that although TRICARE service centers have been around since the 1990s, the decision to close them was driven by the fact that technology has improved significantly over the years.

Beneficiaries can make enrollment and primary care manager changes at <http://www.tricare.mil/enrollment>. All health care, pharmacy, dental and claims contact information is located at <http://www.tricare.mil/contactus>.

Beneficiaries can get more information and sign up for updates at <http://www.tricare.mil/tsc>.



Sudan 'Lost Boy' becomes an American Airman

By Master Sgt. Jake Chappelle
446th Airlift Wing Public Affairs

Most U.S. teenagers who rebel against their parents, share a sibling rivalry, complain about their living conditions, or whine about the "slow" Internet connection on their smart-phone haven't met Dominic Luka.

In the late 1990s, he lost his father in the civil war between the central Sudanese government and the Sudan People's Liberation Army. At age 11, Luka lost two of his brothers, a sister, and stepmother due to illness.

No one could have predicted this "Lost Boy" of the Sudan would end up enlisting into the Air Force Reserve. He graduated Air Force Basic Military Training Jan. 17 at Joint Base San Antonio-Lackland as an airman first class and the top physical fitness scoring trainee in his class.

"Trainee Luka has been exception-

al," said Lt. Col. Dat Lam, 322nd Training Squadron commander. "He is an amazing young man and we are lucky to have him as part of our great Air Force. He's been a mentor for his flight mates, using his life experiences to help them mature, grow and develop into warrior Airmen."

An altar boy during the civil war, Luka was one of thousands of Sudan Lost Boys who were evacuated to a Kenyan refugee camp in 1997. It would be his home, and the boys his family until a German nun, Sister Louise, undertook a role as the Lost Boys' caregiver.

One day, she gave the boys the chance of a lifetime - the chance to "live." She had them write letters to various embassies, requesting the opportunity visit the countries so they could be made whole and escape the lives of deterioration as refugees.

"I got a call from the U.S. Embassy

and passed my interviews," Luka said. "In May 2001, I came to the U.S."

Luka's first step into American society was in New York City. "I got to the U.S. and it was culture shocked," Luka said. "Everything was different. I had a hard time adjusting."

Luka was adopted by the Rogers family at age 16. "They're a great family and I had a great time living with them. They provided help and resources to get me through high school and college."

Luka began his American education as a 10th grader. He admits he had a lot on his plate with school work, in addition to participating in varsity cross country and track and field. But after catching up with his academic work and excelling in sports, the track star's work and training earned him a full scholarship to run at Norfolk State University, Va.

Luka completed a bachelor's degree in Management Information

Systems and returned to New York to help his foster parents in the house-flipping business while he looked for a job.

It was during a family vacation in Key West, Fla., that he met his future wife Laura. "I kinda felt like we knew each other for a long time," Luka said.

He and Laura made their home in Oregon. It was at this point that he chose to go for a career in the military. The Air Force seemed like the right choice.

When he completes technical training at Keesler Air Force Base, Miss., in March, he'll start a new career with the 446th Force Support Squadron.

"I feel like I made the right decision to be (in the Reserve), learning a lot of different things every time--giving back to this great country," said the 28-year-old Luka. "I always wanted to do something in the service."

(Linda K. Garza, 37th Training Wing Public Affairs, contributed to this story)

Military OneSource offers free tax services to military families

By Nick Simeone
American Forces Press Service

If it hasn't arrived yet, your 2013 W-2 wage and tax statement likely is on its way, and with it the countdown toward the April 15 tax filing deadline.

As preparations begin for the upcoming tax season, military families are being offered a no-cost to the customer service to ensure they can meet that deadline from anywhere they may be stationed around the world.

Military OneSource, partnering with H&R Block, is offering all active duty, Guard and reserve forces help in preparing their taxes and in filing their federal and state returns, in addition to the variety of other financial planning services it already provides free of charge.

"No matter where you are, when you call 800-342-9647 or go to [the Military OneSource website], you can access the programs and services," Tony Jackson,

a military community and family policy analyst for the service told American Forces Press Service.

The program is designed to address the unique tax requirements and issues affecting military personnel and their families, Jackson said.

With many still likely dealing with holiday credit card bills, the April tax deadline may seem far off. But with many military families having to file multiple state tax returns in addition to federal taxes, beginning the work now on gathering tax-related documents can prevent headaches later.

"Now is the time to prepare, to gather your documents and your questions," Jackson said, "and [you can] speak to a tax consultant at no cost at Military OneSource."

Additional paperwork at tax time for those living outside their home state who may have rental property or may be subject to taxes where they are currently deployed is a common additional burden, he noted. Military

OneSource will provide help filing a federal tax return, as well as up to three state returns, at no charge.

Jackson said some 224,000 federal and state tax returns were prepared for military families last year.

The program's tax experts are able to help military families navigate changes in tax laws that may have a particular impact on or benefit for members of the military - as well as any tax implications related to military benefits, he added.

"They are nationally certified financial planners, so they are definitely qualified to assist families and service members," regardless of the topic, Jackson said.

Reserve component members are eligible for the free service regardless of their activation status, as are veterans within 180 days of being discharged, retired or separated.

The Defense Department established Military OneSource in 2002 to provide comprehensive information on military life at no cost to military families.

Planning helps people meet holidays' financial demands

By Robert Goetz
Joint Base San Antonio-Randolph Public Affairs

The holiday season is over for another year, but many people will be feeling its financial effects for months to come.

However, that monetary hangover can be averted with proper planning, Joint Base San Antonio-Randolph Military and Family Readiness Center financial counselors said. Preparing for the holiday shopping season should be a part of an individual's and family's budget process.

"Once you realize you have an issue, make an appointment to see us," Bob Williams, JBSA-Randolph Military and Family Readiness Center community readiness consultant, said. "That's the biggest step. Once that is done, we provide you with a budget worksheet and other documents through email."

The next step for clients is to meet with a community readiness consultant, who helps them identify their essential and nonessential expenses with the help of the budget worksheet, Williams said.

"When they see it on paper, it gives them a clear picture of their spending habits and where their money is going," he said.

The consultant will then help clients develop a plan, Williams said.

"That provides a guide to go by," he said.

Williams said clients learn about the emotional aspect of spending – such as giving money to family members or getting "caught up in sales" when their budget won't support it.

"Those sale items may be 50 percent off, but it's still money that's coming out of your pocket," he said.

Clients can stretch their budgets – and set aside money for those holiday purchases – by cutting back on "nonessential items" such as cable TV and eating out on a regular basis, Williams said.

Although utilities are an essential expense, clients can reduce those bills by lowering their thermostats in the winter and raising them in the summer, he added.

Community readiness consultants also recommend that their clients come in for monthly reviews, Williams said.

"We'll sit down with them and see how things are going and if they're moving toward their goals," he said. "By setting a monthly appointment, it encourages them to stay with their plans. Once they continue to manage their funds in a good



way, it becomes a habit."

People who overspend during the holidays and face immediate financial consequences should also visit a community readiness consultant, Williams said.

"We discourage people from going off-base for help," he said. "They should see us because we can help them."

Resources such as the Air Force Aid Society can help with essential items such as rent, utilities and car loans, Williams said.

For more information, contact the MFRC at 652-5321, or visit the Air Force Aid Society website at <http://www.AFAS.org>.

Achieving healthy weight depends on nutritious diet, exercise

By Robert Goetz
Joint Base San Antonio-Randolph Public Affairs



One of the most common new year's resolutions is to lose weight, but many people try to reach this goal by opting for fad diets, which are often unhealthy and fail to produce long-term results.

During Healthy Weight Month in January, 359th Medical Group professionals recommend that people combine a healthy diet with exercise in their quest to lose weight.

Tech. Sgt. Helen Schlemper, Joint Base San Antonio-Randolph Health and Wellness Center NCO in charge of health promotions, said people can achieve and maintain a healthy weight by following MyPlate, the U.S. Department of Agriculture's latest nutrition guide.

"People who want to change their eating habits should do it one step at a time," she said. "In our Nutrition 101 class, we teach the MyPlate concept."

MyPlate, which replaced the USDA's food pyramid, depicts a place setting divided into five food groups with fruits and vegetables making up half of a meal and whole grain and proteins the other half, with low-fat or fat-free dairy on the side.

People sometimes try to lose weight by eating less or

skipping meals, but Schlemper said that is an unhealthy approach.

"Your body needs fuel," she said. "If we don't eat, our bodies won't go."

Schlemper recommended that people eat more often – three meals and three healthy snacks a day – but limit their portion sizes.

"We as Americans take in way too many calories and are not active enough," she said. "We encourage people to eat one serving from each food group at each meal."

A serving is no more than an amount that can fit in the palm of the hand, usually 3-4 ounces.

Careful planning can help people make healthy choices, whether they're preparing their own meals or going to a restaurant, Schlemper said.

Restaurants typically serve portion sizes that are much larger than a serving, so diners should ask that half their meal be placed in a to-go box before they are served, she said.

"You don't have to have big meals," Schlemper said. "It's the quality of the meal that counts."

Schlemper also recommended healthy substitutions, such as asking for a salad rather than fries and forgoing fried foods.

She said people who wish to attain and maintain a

healthy weight should also monitor their calories by reading nutrition information on food labels.

"What we eat impacts calories, which impacts our weight," Schlemper said.

Maintaining a healthy weight is especially important as people age, Jennifer Wetzel, 359th MDG health management registered nurse, said.

"Overweight and obese adults are at greater risk for developing health problems such as diabetes, heart disease, sleep apnea and some types of cancers," she said. "Those adults with a body mass index greater than 30 are considered to be obese."

The medical group's clinical interventions to address obesity include dietary recommendations, exercise and behavior modification, Wetzel said.

"Some patients with a BMI greater than 40 or greater than 35 with obesity-associated conditions may be referred for a bariatric surgery assessment," she said. "All patients are encouraged to exercise at least 150 minutes per week and follow a well-balanced diet. Nutritional supplements and programs that promise quick or effortless weight loss provide only temporary results, if any, and may be unsafe."

During Healthy Weight Month, Nutrition 101, which covers serving sizes, healthy eating, food labels and other topics, will be offered 8-9 a.m. Jan. 28 at the HAWC.

Joint Base San Antonio-Randolph

Word on the Street

"What is your New Year's resolution?"



Ray Lott

502nd Logistics Readiness Squadron
Vehicle Operator Records and Licensing
Hometown: Willacochee, Ga.

"My resolution is to further my education and complete my degree in business management."



Staff Sgt. Brianna Harris

359th Medical Operating Squadron
family health clinic template manager
Hometown: Chicago, Ill.

"My New Year's resolution is to not eat at fast-food restaurants."



Joe Haggerty

359th Medical Group Clinic Humana Military
health system manager
Hometown: Biloxi, Miss.

"My resolution is to reach out to help others in need. I feel like I've been blessed and that I can reach out to those less so."



Master Sgt. Troy May

937th Training Support Squadron superintendent
for Joint Base San Antonio-Camp Bullis
medical readiness center
Hometown: Versailles, Ind.

"My New Year's resolution is to be financially prepared for my retirement."

Photos by Airman 1st Class Kenna Jackson