



TALESPINNER

JOINT BASE SAN ANTONIO-LACKLAND, TEXAS • Vol. 69 No. 47 • November 23, 2012

Handle with care

Safety tips to prevent fires when using holiday candles

PG 02

Helping homeless

Service members support Veterans Day Stand Down

PG 03

Leaders take stand

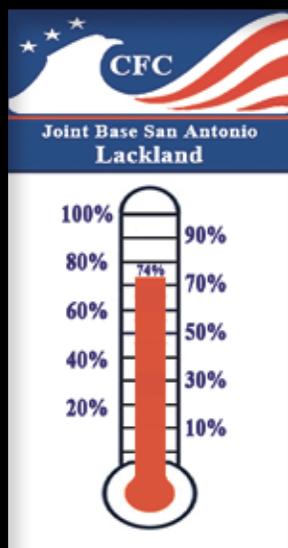
'Letter to Airmen' targets sexual assault prevention

PG 6

Paying dividends

Holdover Airmen benefit from development program

PG 10



Giving Back

Airmen lend a helping hand to homeless veterans

Photo by Senior Airman Courtney Moses

Airmen from the San Antonio Military Health System hand out clothing items during the Veterans Day Stand Down at the American GI Forum Nov. 9 in San Antonio. See Page 3.

Candle with care

Safety tips to help brighten the holidays

By Airman 1st Class Krystal Tomlin
Air Force Public Affairs Agency

Candle related home fires peak in December according to the U.S. Fire Administration. The administration reports Christmas Day, Christmas Eve and New Year's Day to be the top three days for candle fires.

Fortunately, Michael A Guzman, assistant Fire Chief at Joint Base San Antonio-Lackland Fire Emergency Services, says there haven't been any candle related incidents on base during the holidays or any other time of year since he started working here 11 years ago.

"I think the Air Force and the Department of Defense fire safety programs are the best in the world," Guzman said. "Each month we have a message related to the season and we do a good job of getting the word out."

Several years ago, Guzman was welcoming a family into on-base housing and pointing out some fire safety tips specific to their new home, he said. While they were talking in the living room, the family cat got a little too close to a lit candle and sparked a small flame on the end of its tail.

The flame died quickly as the cat darted across the room and nobody was hurt, but it was a reminder that candles are open flames and should be respected as such Guzman said.

"CANDLE WITH CARE"

Think about using flameless candles in your home. They look and smell like real candles.

If you do burn candles, make sure that you:

- Never leave a child alone in a room with a burning candle. Keep matches and lighters up high and out of children's reach, in a locked cabinet.
- Blow out all candles when you leave the room or go to bed.
- Avoid the use of candles in the bedroom and other areas where people may fall asleep.
- Keep candles at least 12 inches away from anything that can burn.
- Use candle holders that are sturdy, and won't tip over easily.
- Put candle holders on a sturdy, uncluttered surface.
- Light candles carefully.
- Keep your hair and any loose clothing away from the flame.
- Don't burn a candle all the way down — put it out before it gets too close to the holder or container.
- Never use a candle if oxygen is used in the home.
- Have flashlights and battery-powered lighting ready to use during a power outage. Never use candles.



FACTS

- On average, a candle fire in the home is reported to a U.S. fire department every 40 minutes.
- More than one-third of home candle fires started in the bedroom.
- More than half of all candle fires start when things that can burn are too close to the candle.

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Lackland
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JOINT BASE SAN ANTONIO COMMANDER'S ACTION LINE

The Action Line is your avenue for addressing issues you've been unable to resolve through your chain of command or an appropriate agency.

It also allows you to give feedback and recognize outstanding people and units.

If you leave your name and telephone number or email address, you will receive a reply.

Your contact information allows us to obtain more information, if needed, to help resolve your issue.

To submit an Action Line comment, email the JBSA-Lackland Public Affairs Office at actionline@lackland.af.mil.

For issues related to the Wilford Hall Ambulatory Surgical Center, call the WHASC Action Line at 210-

292-4567, or email your request to 59mdw.pa@us.af.mil.

For issues related to basic training or technical training, email the 37th Training Wing at 37TRW.PA.INBOX@us.af.mil.

Items of interest may be printed in the Lackland Talespinner.

Anonymous inquiries will not be published.

NEWS IN BRIEF

TOPS IN BLUE AUDITIONS

Air Force Tops in Blue is conducting its annual world-wide talent search for the 2013 cast. The online application and video submission deadline is Dec. 14.

Tops in Blue needs performers in various categories. They include vocalists, instrumentalists, dance and non-musical variety (comedians, magicians and dramatists). Audio, video, lighting and stage technicians, and driver spots are also available.

For additional information, call Percy Lewis at 210-671-2619 or visit <http://www.topsinblue.com>.

CHILDREN'S HOLIDAY PARTY AT KELLY

The Joint Base San Antonio-Lackland Top III and the Hope Foundation are sponsoring a children's holiday party Dec. 15, noon to 4 p.m., at Kelly Hangar 1610.

All Department of Defense card holders and their families are invited to attend. Children 12 years of age and younger can meet with Santa Claus to receive a gift. Other activities include face painting, games, and crafts along with music, food, and a caricature artist.

Reservations with children's ages and gender are due by Dec. 11. To make reservations, contact Tech. Sgt. Latasha America at 210-671-6511, Master Sgt. Jason Resler at 210-671-9414, Jade Phiasiripanyo at 210-671-8348 or Tech. Sgt. Bonnie Cunningham at 210-671-9889.

SALVATION ARMY SEEKS VOLUNTEERS

The Salvation Army needs volunteers for its Red Kettle campaign in various locations around San Antonio during the holiday season.

The Red Kettle campaign enables the Salvation Army to provide food, toys and clothing to over 6 million people and helps more than 34 million Americans recovering from all kinds of personal disasters nationwide.

For more information, contact Robert Martinez, Salvation Army San Antonio Metropolitan Area Command volunteer coordinator, at 210-352-2000 or via email robert_martinez@uss.salvationarmy.org.

FEDERAL BENEFITS OPEN SEASON

Federal benefits open season for Air Force civilian employees continues through Dec. 10.

For details, contact Donna Leeth at 210-671-0005.



Airmen from the San Antonio Military Health System prepare meals for homeless veterans during the Veterans Day Stand Down at the American GI Forum Nov. 9 in San Antonio.

Stand down event helps homeless veterans

Story and photo by Senior Airman Courtney Moses
59th Medical Wing Public Affairs

More than 60 service members from the San Antonio Military Health System recently joined with the American GI Forum National Veterans Outreach Program to assist homeless veterans in need of a helping hand.

Airmen and Soldiers from both Wilford Hall Ambulatory Surgical Center and the San Antonio Military Medical Center volunteered to support the 15th

annual American GI Forum Veterans Day Stand Down Nov. 9 in downtown San Antonio.

The Veterans Stand Down is geared toward helping local homeless veterans by providing medical aid, clothing, dental supplies and various other personal items homeless veterans might need to make it through the winter without shelter.

"Seeing volunteers, made up of the two services, both officer and enlisted, working to bring hope to our homeless

veterans was an awesome sight," said Master Sgt. Alan Weary, career assistance advisor for the 59th Medical Wing at Joint Base San Antonio-Lackland.

During war, a stand down means a brief break from the fighting; troops get much needed rest, warm meals, relief from battle fatigue and peace of mind.

"Anyone who has worn a U.S. military uniform honorably deserves a warm meal, shelter, clothing, medical

See **HOMELESS** PG5

HOMELESS from PG03

care and the opportunity to receive benefits,” Weary said.

In addition to clothes and dental supplies, veterans living on the streets in San Antonio were provided boots, sleeping bags, jackets, haircuts and a warm meal.

A homeless veteran is something our nation must never allow, said Carlos Martinez, president of the National Veteran’s Outreach Program.

“We have made great strides in reducing the numbers of veterans living on the streets over the past decade,” Martinez said, “but we received 497 fellow veterans who are still homeless at this year’s event. That’s telling us our job is not yet done.”

According to the Department of Veterans Affairs, the initial Veterans Stand Down event was organized in 1988 by a group of Vietnam veterans in San Diego, Calif. Since then, stand downs have been used as a tool to reach out to homeless veterans each year. The event has reached more than 200,000 veterans and family members between the years 1994 to 2000. Multiple stand downs have been held or are scheduled monthly throughout the U.S.

“We commit to continue the effort, every year, until we hear ‘homeless veterans’ no more,” Martinez said. “This is our way of saying that fellow veterans do not leave our own behind.” For more information on how to make a donation or volunteer with the American GI Forum call at 210-354-4892.



Photo by Senior Airman Courtney Moses

Honor Guard members of Veterans of Foreign Wars Post 76 present the colors during the Veterans Stand Down in San Antonio Nov. 9.



WASHINGTON (AFNS) – Secretary of the Air Force Michael B. Donley, Chief of Staff of the Air Force General Mark A. Welsh III and Chief Master Sergeant of the Air Force James A. Roy issued a tri-signature “Letter to Airmen” Nov. 16.

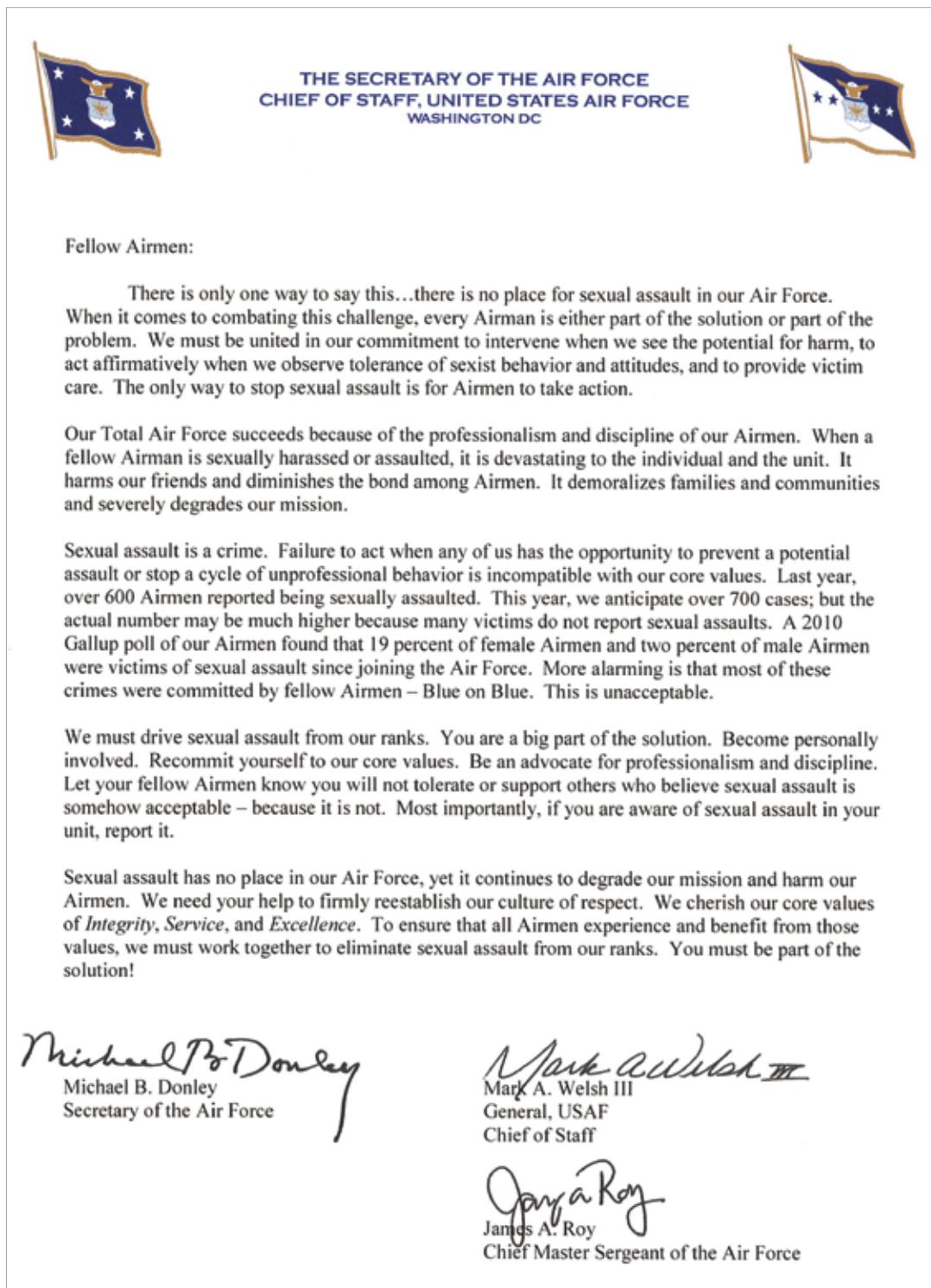
As part of an effort to increase awareness of sexual assault, the Air Force’s top three leaders reminded Airmen that individual efforts do have an effect on reducing the incidence of assaults and risk to service members.

“There is no place for sexual assault in our Air Force. When it comes to combating this challenge, every Airman is either part of the solution or part of the problem. We must be united in our commitment to intervene when we see the potential for harm, to act affirmatively when we observe tolerance of sexist behavior and attitudes, and to provide victim care. The only way to stop sexual assault is for Airmen to take action. ... Become personally involved. Recommit yourself to our core values. Be an advocate for professionalism and discipline. Most importantly, if you are aware of sexual assault in your unit, report it.”

To assist in creating awareness of sexual assault in the military, the Department of Defense Sexual Assault Prevention and Response Office offers a comprehensive listing of DOD laws, regulations and available training at sapr.mil.

For more information on the Air Force Sexual Assault Prevention and Awareness Program, visit <http://www.afpc.af.mil/library/sapr/index.asp>.

Top AF leaders target sexual assault in ‘Letter to Airmen’



Michael B. Donley



Gen. Mark A. Welsh III



CMSAF James A. Roy

Gait analysis helps avoid injuries

By Airman 1st Class Courtney Moses
59th Medical Wing Public Affairs

For an athlete seeking to improve his or her running technique, or a non-athlete looking to avoid injuries while running or walking, the Health and Wellness Center has the answer – a gait analysis.

A gait analysis assesses the bio-mechanics – movements of the body while running or walking – enabling Wellness Center staff to identify imbalances such as rolling or flattening of the feet (pronation), improper movement of the feet (supination), and improper move-



Photo by Airman 1st Class Courtney Moses
Anthony Milunas watches Capt. Allison Murray during the running portion of her gait analysis at the Health and Wellness Center.

ment of the ankles and hips.

The Wellness Center's gait analysis uses separate video recordings of each foot while a person walks or runs on a treadmill, both barefooted and wearing running shoes. The videos are played side by side on a computer screen where slow motion and freeze frames are used to evaluate foot strike and ankle movement.

"Using the video cameras I can break it down to slow motion, which captures the foot alignment and degree of rotation," said Anthony Milunas, a health fitness specialist with the 559th Aerospace Medicine Squadron.

"We look at what's going on with your foot and together we can determine what the problem is and offer some tips on how to become a more efficient runner," explained Milunas.

"Many people come to the HAWC unsure of themselves, but leave knowing they are one step closer to becoming a more efficient runner," he added.

"I think this is a fantastic service. I don't consider myself an avid runner, but it definitely makes sense to have someone analyze your gait and give you recommendations for shoe styles and ways to improve your running," said Capt. Allison Murray, nurse manager with the 59th Medical Operations Squadron.

Gait analysis is offered on a walk-in basis, Tuesdays and Thursdays from 8 a.m. to 10 a.m. To request more information about the gait analysis and other services provided by the HAWC, call 210-671-0566.

New process helps prevent adverse civilian pay, records impact

By Debbie Gildea
Air Force Personnel Center Public Affairs

Civilian employees' supervisors will now get automatic email reminders 45 and 20 days before personnel actions are due to help prevent adverse impact on civilian pay and records, Air Force Personnel Center officials said.

Automatic notifications will go out for various actions, including when a supervisor must certify a step increase, complete an appraisal for a step increase or certify a career promotion. Supervisors and second line supervisors will also be notified when temporary or limited appointments or temporary promotions are near expiration.

"Supervisors may not be aware that an action is due, or an immediate supervisor position may be vacant, so email notifications will also go to second line supervisors to help prevent problems that occur because of late personnel actions," said Eva Askins, AFPC Civilian Future Operations Branch.

The new capability was implemented Nov. 11, but it will not replace



the existing process.

Civilian Personnel Sections have access to nightly generated notices and weekly suspense action reports that they use to manage workflow, as well as ensuring requests for personnel action submissions are timely, Askins explained.

That won't change. Even after the new process is implemented, those

weekly reports and nightly notices will continue. The new process just involves supervisors earlier, so they will be better prepared to take actions when they are due, Askins said.

"Supervisors have actions they must take in each case and if they delay, they may find themselves unable to retain an employee, and employees may find themselves out of work or being paid

erroneously," she said. "The automatic notification not only reminds them that an action is due, but gives them direction on how to accomplish the task."

Notifications will be sent to those people identified as first- or second-level supervisors, based on the Defense Civilian Personnel Data System Position Hierarchy Tool.

"If there isn't a first- or second-level supervisor identified with a valid email address in DCPDS, a notification won't be generated. Maintaining the Position Hierarchy Tool is vital to support current and future Air Force initiatives, and it is imperative that DCPDS accurately reflects supervisory data," said Askins.

Supervisors can now view actions due in the suspense folder in MyWorkplace, accessible via the myPers website and the Air Force Portal.

For more information about civilian career opportunities and other personnel issues, visit the myPers website at <https://mypers.af.mil>. Civilian career opportunity information is also available at <http://www.afciviliancareers.com> and <http://www.usajobs.gov>.

Members of the Hold-over Airmen Development Program drill team practice marching in preparation for an upcoming 37th Training Group drill down competition. The holdover Airmen team finished second in the group's October drill down.



New program helps develop holdover Airmen



By Mike Joseph
Senior Writer

Airmen placed on hold in the 324th Training Squadron are benefiting from a new program established earlier this year.

Typically, Airmen in a hold status have already completed basic training and are awaiting orders or assignment to technical school. There may be medical reasons for a hold status according to squadron leaders, but other factors may also result in assignment to the 324th TRS.

The new program, known as the Holdover Airmen Development Program, focuses on personal and professional development; giving Airmen in a hold status options to further their careers.

The program has been successful.

Airmen interested in broadening their educational goals accumulated more than 1,000 credit hours to date in the College Level Entrance Program or CLEP through the program.

Several community service projects in and around Joint Base San Antonio-Lackland were completed by Airmen in the program. Holdover Airmen organized a drill team with the aim to compete in the quarterly 37th Training Group drill down competition, and established two "rope programs": the chaplain-based White Ropes and an Airman Leadership program of study.

"We understand when holdover Airmen come to the 324th TRS, this is the last place they want to be," said Lt. Col. Paul Lips, 324th TRS commander. "We wanted them to utilize their time here to grow and develop as Airmen so they could reach their maximum potential."

"We wanted to develop a sense of belonging and worth for those Airmen," said Master Sgt. Ricardo Chavez, a 433rd TRS master military training instructor assigned to the 324th TRS, who developed the program.

"Our goal was to create an environment (similar to) technical training school," Chavez said, "but with the restrictions of being in a BMT squadron, because they do live around trainees."

In the dormitory, they follow the same guidelines as expected of a basic trainee, Chavez explained, adding that holdover Airmen do have exclusive areas in the dorm, including a day room, lounge, access to personal electronics, and computers for studying.

Since the program simulates a technical school environment,

Airmen also earn transitional credits.

"We worked hard to get the transition program established so they would get credit for their time in holdover," Lips said. "That's been a huge morale boost for them and we're getting positive feedback from the tech training schools about the Airmen who have been through our program."

Senior Master Sgt. David Milne, 324th TRS superintendent, said the program has turned an obstacle into an opportunity for holdover Airmen assigned to the squadron.

"We needed to make them feel like they were Airmen," Milne said. "They had already marched down the bomb run and graduated from basic training. That's why we wanted this program to mirror tech training so when they arrived at their tech training squadron they would be an asset."

In addition to simulating a technical training environment, Chavez said two military training leaders – Master Sgt. Robert Thurman and Tech. Sgt. Joseph Green – mentor, guide and manage the holdover Airmen.

Green said their role as an MTL is to help with the transition from the controlled environment of BMT to a tech training atmosphere.

He said one charge is to develop the holdover Airmen, who also have weekly professional development briefings with senior leaders, into professional Airmen.

"We've instilled tech training programs and empowered them to run (those) programs alongside (noncommissioned officers)," Green said. "We get them out of a trainee mentality so they can start thinking like Airmen. They are very hard working and very motivated."

Airman 1st Class Jenny Duenas was one of the longest-tenured Airmen in the program. An Air Force reserve recruit from Guam, Duenas had been on hold for medical reasons since graduating BMT nearly five months ago.

"I didn't want to go home until I had tried everything I could to stay in the Air Force," Duenas said.

She took advantage of her time in the holdover program to work her way through the leadership rope program, earning the top rank of "red rope." The leadership program includes the colors green, yellow and red ropes.

Earning a red rope signifies Duenas is in a position of leadership for the holdover Airmen.

"I absolutely benefited from the program," Duenas said. "It enhanced my leadership skills, and I feel like I helped a lot of Airmen who came through here."

"The program definitely makes Airmen better and I think they are more prepared on a professional level. A lot of Airmen I've heard from who transitioned from here to tech school are very grateful for their time here."

Lips said the Airmen have taken it upon themselves to raise the standard.

"The motivation and excitement levels of the Airmen are through the roof," he said. "The Airmen in the program have created a culture of excellence here, and now they bring those new holdover Airmen into that culture."



Airman 1st Class Taryn Lehner finishes assembling a "newbie bundle" for arrivals to the 324th Training Squadron. Packaging the bundles of blankets and linens for new arrivals is a weekly assignment for Airmen in the Holdover Airmen Development Program.



Airman 1st Class Matthew Stephens inspects inventory at the 324th Training Squadron. The Holdover Airmen Development Program helps in managing the squadron's inventory.



Staff Sgt. Gabriela Sales congratulates Airman Basic Cory Nichols after he relinquished his Holdover Airmen Development Program green rope. Nichols stepped down from his leadership position after being cleared to attend technical training.



Photos by
Alan
Boedeker

Airman 1st Class Kantrell Gray, left, and Airman 1st Class Connor McCormack deliver a daily briefing and detail assignments to Airmen in the 324th Training Squadron's Holdover Airmen Development Program.

LOCAL BRIEFS

PROTESTANT WOMEN'S GROUP MEETING

The Protestant Women of the Chapel will meet Nov. 27, 6-7 p.m., in the Freedom Chapel Fellowship Hall.

The meeting includes a report about the recent Women of Faith conference at the Alamodome.

QUARTERLY COMMUNITY YARD SALE

The Joint Base San Antonio-Lackland Family Housing quarterly community-wide yard sale is Dec. 1, 8 a.m. to 12:30 p.m.

There is no sign up for the event, and housing residents may set up at their individual homes.

For more information, email Claudia Moreno at CMoreno@bbcgrp or call 210-674-9366.

HOPE CHAPEL CHRISTMAS CONCERT

A Christmas concert featuring John Angotti is Dec. 13, 5 p.m., at Joint Base San Antonio-Lackland's Hope Chapel.

The concert, "Preparing the Way: A Christmas Concert," will also be held at JBSA-Fort Sam Houston's Gift Chapel Dec. 12, 5 p.m.

For more details, call Brian Merry at 210-221-5006.

FLU SHOTS AVAILABLE AT WHASC

The flu vaccine fast track program is open in the Wilford Hall Ambulatory Surgical Center atrium for active-duty personnel and Department of Defense beneficiaries. Active-duty members are required to receive the vaccine.

The vaccine is available Monday, Tuesday, Wednesday, and Friday, 7:30 a.m. to 4 p.m., and Thursday, 7:30 a.m. to 3 p.m. Active duty in uniform have priority.

Patients with booked appointments may receive the vaccine from their primary care manager. Medical contractors not TRICARE eligible need to receive their vaccine off base and bring proof to the Public Health Office.

For additional information on medical employee health, contact Staff Sgt. Shayna Alisis at 210-292-3138. For details on the fast track program, contact the Allergy and Immunizations Clinic at 210-292-4278.

CHOLESTEROL IN CHECK CLASS

The Family Health Clinic has

scheduled two "Getting Your Cholesterol in Check" classes for December. The interactive classes are Dec. 6 and Dec. 13, 1-3 p.m., at the Family Health Clinic.

Risks, warning signs, and how to improve your cholesterol are class topics.

To register for either class, call 210-292-2795/7684.

802ND LRS SUPPLY TRAINING

The 802nd Logistics Readiness Squadron's Equipment Accountability Element conducts three customer supply training classes on the third Wednesday of each month in the second floor conference room of Bldg. 5160.

The classes and start times are Block I General Supply Training at 8 a.m., Block II Bench Stock Training at 8:45 a.m., and Block III Equipment Custodian Supplemental/Refresher Training at 9:30 a.m.

For additional information, call Ray Holland or Rain Virgino at 210-925-1140/2514.

BLOOD PRESSURE CLASS

The Family Health Clinic has set two blood pressure classes for December. The interactive classes,

"Getting Your Blood Pressure in Check," are Dec. 5 and Dec. 12, 9-11 a.m., at the Family Health Clinic.

Risks, warning signs, and how to improve your blood pressure are class topics.

To register for either class, call 210-292-2795/7648.

LOSC SCHOLARSHIP APPLICATIONS

Lackland Officers' Spouses' Club scholarship applications are available online at the LOSC website. High school students or spouses of military officers and enlisted personnel permanently assigned to Lackland are eligible.

Submission deadline is March 1, 2013. To download the application, visit <http://www.lacklandosc.org>.

RETIRED ENLISTED MEETING

Retired Enlisted Association, Chapter 80, meetings are held at the Gateway Club every fourth Wednesday of the month at 1 p.m.

For additional information, call 210-658-2344.

802ND LRS CUSTOMER SERVICE

The 802nd Logistics Readiness Squadron Customer Service

is the primary focal point for all supply-related questions, concerns, complaints, Zero Overpricing Program and Defense Reutilization and Marketing Office transactions.

For additional information, contact the 802nd LRS customer service office at 210-671-2575/3611/3801, 925-1490/1049/1048, or email 802lrs.customerservice@lackland.af.mil.

PREGNANCY PROFILE REQUIREMENT

All expectant active duty and civilian women working at Joint Base San Antonio-Lackland must report to the Public Health Office, Bldg. 6612, for a pregnancy profile within 24 hours of a confirmed pregnancy by a health care provider.

Individuals are seen on a walk-in basis Monday through Friday, 7:30 a.m. to 3 p.m., except the third Thursday of the month.

Supervisors are responsible that employees are aware of and comply with all Fetal Protection Program requirements, including reporting to the Public Health Office.

For additional information on the pregnancy profile requirement, contact the Public Health Office at 210-671-9667/2690.

CHAPEL SERVICES

Christian

Catholic

Monday-Friday:

Freedom Chapel

Daily Eucharist, 11:30 a.m.

Saturday:

Freedom Chapel

Eucharist, 5:30 p.m.

Reconciliation after Eucharist

Sunday:

Freedom Chapel

Religious Ed., 9 a.m.

Eucharist, 11 a.m.

Orthodox

Reader's Service

Sunday:

Airmen Memorial Chapel

(Classroom)

8 a.m.-10 a.m.

Protestant

Saturday:

Gateway Chapel

Seventh-Day Adventist

Service, 12:30-2:30 p.m.

Sunday:

Airmen Memorial Chapel

Liturgical Service, 8 a.m.

Freedom Chapel

Contemporary Service,

9:30 a.m.

Gospel Service,

12:30 p.m.

Children's Church provided

Religious Ed., 11 a.m.

Wednesday and Thursday:

Bible Study, 6 p.m.

Protestant family Sunday school, a one-hour youth and adult Christian Bible study, every Sunday at Freedom Chapel, 11 a.m. For details contact Freedom Chapel at 671-4208.

Sunday:

Hope Chapel

The Church of Jesus Christ of Latter Day Saints, 8-10 a.m.

Islamic

Friday:

Global Ministry Center,

Bldg. 7452

Jummah Prayer,

12:45-1:45 p.m.

Sunday:

Religious Ed., 9-11 a.m.

Jewish

Friday:

Airmen Memorial Chapel

Sabbath Eve Service, 4 p.m.

Sunday:

Religious Ed., 12:30 p.m.

Wicca

1st Tuesday of each month:

Freedom Chapel

Room 8, San Antonio Military

Open Circle, 6 p.m.

Sunday:

Arnold Hall, Bldg. 5506

12:30-2:30 p.m.

Buddhist

Sunday:

BMT Reception Center

Bldg. 7246, 2nd Floor

10 a.m. to noon.

Eckankar

Every first, third,

fifth Saturday:

Gateway Chapel

12:30-1:30 p.m.

Baha'i

Every first, third,

fifth Sunday:

Gateway Chapel

11 a.m. to noon

Church of Christ

Sunday:

BMT Reception Center,

Bldg. 7246, 2nd Floor

7:30 a.m.-9:30 a.m.

Christian Science

Sunday:

BMT Processing Center,

Bldg. 5725, 1st Floor

7:30 a.m.-9:30 a.m.

JBSA-LACKLAND

KEY FAMILY SUPPORT RESOURCES

| | |
|-----------------------------------|--------------|
| Air Force Aid Society | 671-3722 |
| Airman & Family Readiness Center | 671-3722 |
| Airman's Attic | 671-1780 |
| Base Post Office | 671-1058 |
| Bowling Center | 671-2271 |
| DEERS | 800-538-9552 |
| Exceptional Family Member Program | 671-3722 |
| Family Child Care | 671-3376 |
| Legal Office | 671-3362 |
| Library | 671-3610 |
| Medical Appointment Line | 916-9900 |
| MPF ID Cards | 671-6006 |
| Outdoor Recreation | 925-5532 |
| TRICARE Info | 800-444-5445 |
| Thrift Shop | 671-3608 |

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|-------------------------|---|
| Enlisted Spouses' Club | http://www.lacklandesc.org |
| Force Support Squadron | http://www.lacklandfss.com |
| ISD | http://www.lacklandisd.net |
| Officers' Spouses' Club | http://www.lacklandosc.org |
| Public website | http://www.jbsa.af.mil |
| My Air Force Life | http://www.MyAirForceLife.com |

For more details, contact Freedom Chapel - 671-4208 • Gateway Chapel - 671-2911 • Hope Chapel - 671-2941

What's Happening

Family Support Events

NOV. 26

FAMILY READINESS BRIEFING

A mandatory family readiness briefing for personnel who are deploying is from 10:30-11:30 a.m. at the Airman and Family Readiness Center. The briefing is for personnel who are deploying longer than 30 days, or who are going on remote assignments.

For additional information, call 210-671-3722.

RETURN, REUNION SEMINAR

A return and reunion seminar is from 2:30-3:30 p.m. at the Airman and Family Readiness Center.

The seminar is an informal forum for family members who wish to talk about their individual experiences and the stress caused by deployment-related separations.

For additional information, call 210-671-3722.

NOV. 26-30

TRANSITION ASSISTANCE PROGRAM

A five-day transition assistance program for separating or retiring military personnel is from 7:45 a.m. to 4 p.m. each day at the Airman and Family Readiness Center.

Pre-separation briefing attendance and a completed Department of Defense Form 2648 are prerequisites for the seminar.

For additional information, call 210-671-3722.

NOV. 27

AMVET REPRESENTATIVE

An American Veterans national service officer is available by appointment only to help with disability claims from 8 a.m. to noon at the Airman and Family Readiness Center.

For additional information or to schedule an appointment, call 210-699-5087.

Monthly Meetings

ENLISTED SPOUSES' CLUB

The Lackland Enlisted Spouses' Club meets every third Tuesday of the month at the Balfour Beatty Community Center, 6:30-8:30 p.m. For more information, visit www.lacklandesc.org.

OFFICERS' SPOUSES' CLUB

The Lackland Officers' Spouses' Club meets monthly. For dates and times, or more information, visit www.lacklandosc.org.

MILITARY COUNCIL OF CATHOLIC WOMEN

The Military Council of Catholic Women meets the first Friday of the month, 9:30 a.m., at Freedom Chapel. For information, call 210-671-4208.

On the web www.lacklandfss.com

NOV. 28

RIGHT START ORIENTATION

Right Start Orientation, a class designed for Joint Base San Antonio-Lackland newcomers, is from 8 a.m. to 3 p.m. at the Gateway Club. Preregistration is required.

For additional information, call 210-671-3722.

NOV. 29

FREEDOM CHAPEL STUDY GROUP

A women's Bible study group meets from 9:30-11:30 a.m. at Freedom Chapel.

For additional information on the weekly women's Bible study group that meets at Freedom Chapel, call 210-671-4208.

NOV. 30

BMT FAMILY SEMINAR

The Air Force Basic Military Training Family Seminar begins at noon in the BMT Reception Center, Bldg. 7246.

The seminar provides information on the Air Force and its benefits to family members of graduating Airmen.

For details, call 210-671-3722.

DEC. 3

FAMILY READINESS BRIEFING

A mandatory family readiness briefing for personnel who are deploying is from 10:30-11:30 a.m. at the Airman and Family Readiness Center. The briefing is for personnel who are deploying longer than 30 days, or who are going on remote assignments.

For additional information, call 210-671-3722.

RETURN, REUNION SEMINAR

A return and reunion seminar is

from 2:30-3:30 p.m. at the Airman and Family Readiness Center.

The seminar is an informal forum for family members who wish to talk about their individual experiences and the stress caused by deployment-related separations.

For additional information, call 210-671-3722.

DEC. 4

AMVET REPRESENTATIVE

An American Veterans national service officer is available by appointment only to help with disability claims from 8 a.m. to noon at the Airman and Family Readiness Center.

For additional information or to schedule an appointment, call 210-699-5087.

RESUME WRITING TECHNIQUES

A class on writing an effective resume is from 11:30 a.m. to 1:30 p.m. at the Airman and Family Readiness Center.

For details, call 210-671-3722.



Leopoldo Ruiz, an airman basic with the 343rd Training Squadron, attempts to lock Ultimate Fighting Championship competitor Reuben Duran into submission during a seminar Nov. 16 at the Warhawk Fitness Center.

UFC displays moves and appreciation for airmen

Story and photo by Jose T. Garza III
Sports Editor

Mixed martial arts competitors have the privilege of entertaining thousands of people in arenas around the world.

For some, the freedom to ply their trade and support their family could not

be possible without the sacrifices made from the United States Armed Forces. Six Ultimate Fighting Championship competitors showed their appreciation for the troops when they visited wounded soldiers at San Antonio Military Medical Center Nov. 15.

UFC competitors Reuben Duran, Jeremy Stephens, Ian McCall, Fran-

cisco Rivera and Ulysses Gomez then held a seminar for permanent party airmen Nov. 16 at the Warhawk Fitness Center and for technical training students Nov. 17 at the Combatives Building.

The UFC competitors demonstrated various MMA techniques to those in attendance.

“What if we were able to save one of these guys lives with combat training?” Stephens said. “I know we don’t shoot guns or anything, but if it came down to a situation where they get attacked with a knife, there’s a lot of skills and techniques that they may not know such as, choking a guy out or a

See UFC PG16

UPCOMING

BOWL WITH THE GRINCH

Bring your kids to bowl with the Grinch Dec. 8 from 10 a.m.-2 p.m. at the Skylark Bowling Center.

Cost is \$7 per person, and the purchase comes with a snack and a goody bag.

Call 210-671-1234 for details.

TAE KWON DO DEFENSE

The Warhawk Fitness Center offers a Tae Kwon Do defense class Tuesdays and Thursdays at 7:15 p.m. Call 210-671-2016 for details.

GRIDLOCKS GUESTS

If you wish to test your NFL knowledge against our team of prognosticators in a future edition of GRIDlocks, contact *Talespinner* sports editor Jose T. Garza III at 210-671-0478 for more details.

UFC from PG15

certain type of kick to keep the assailant away from a weapon."

The session was especially helpful for Leopoldo Ruiz, an airman basic with the 343rd Training Squadron, who is training to be a cop. He said he developed an appreciation for the various martial arts techniques after applying and being applied on moves like the armbar and the guillotine.

"I learned that with just a little bit of leverage, I could choke someone out," he said. "Once I got put in a hold, I felt the tension and it made me tap out."

After learning from the experienced combatants, Ruiz said he would never forget how to apply those techniques while on the job.

"I'm in security forces, so if I ever encounter someone, who is looking to take my weapon or trying to kill me, I can put them in an armbar or the guillotine to put them at bay until my partner comes to help me."

Jericho Guerrero, an airman 1st class with the 59th Medical Wing who attended the Nov. 16 session, said he would like to continue mixed martial arts training after

unexpectedly attending the session. He said a friend persuaded him to attend the session while he was on his way to workout at the Warhawk.

"I've been wanting to take classes, but I just didn't want to pay the money for it," Guerrero said. "Now that I've done martial arts moves hands on, it feels different."

Guerrero and Ruiz learned their techniques from the likes of five-year professional competitor Gomez, who said it was his first time visiting the armed forces.

He said he would like to visit the troops again in the near future.

"I'm a firm believer in that they do so much for us and they help us out in so many ways that I want to help them out anyway I can," Gomez said. "I believe that I'm the best in the world at what I do, and they are the best in the world at what they do."

"Obviously, their jobs are a lot harder, but if there is anything I can do that helps them take their mind off stress or become a better person than I'm all for it."

Gomez has a better outlook on life after visiting with the wounded warriors at SAMMC.

"I've learned so much from them than

they have learned from me," he said. "We visited the wounded warriors, and they were so positive about life."

"When I lost my last fight, I was down on myself and bummed out. When I met those guys, I realized that any day above ground is a good day. If the worse thing I do in life is lose one fight then I've lived a good life and that is what I learned from those guys."

Stephens, a 10-year professional fighter, said he has trained with military personnel outside his home in San Diego, Calif.

Visiting the wounded warriors gave him a different experience after seeing what they could do with their physical limitations.

After seeing their positive mindset, he would like to participate in similar events in the future.

"I was surprised at their mindset," Stephens said. "They said they wanted to get back with their unit and to help and inspire people."

"They inspired me because they were so strong mentally. The (wounded soldiers) were super excited to see us and telling us, 'you guys rock.' It was them that opened up my eyes."

"I know the Cowboys and Texans played on Thanksgiving, but it's going to be a weird Sunday without neither one of those teams on my television set."

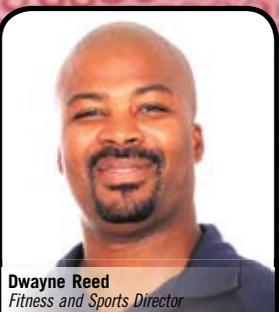
— Jose T. Garza III



Jose T. Garza III
Talespinner Sports Editor



Joe Bela
Director of Public Affairs,
59th Medical Wing



Dwayne Reed
Fitness and Sports Director



Oscar Balladares
JBSA-Lackland Public Affairs Chief



Lt. Samantha Nees
Deputy Director of Public Affairs

NFL - WEEK 12

| | 11-2 | 11-2 | 8-5 | 9-4 | GRIDlocks GUEST |
|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|-----------------|
| Tennessee at Jacksonville, Sun | Tennessee | Jacksonville | Tennessee | Jacksonville | Tennessee |
| Atlanta at Tampa Bay, Sun | Atlanta | Atlanta | Atlanta | Atlanta | Atlanta |
| Oakland at Cincinnati, Sun | Cincinnati | Cincinnati | Oakland | Cincinnati | Cincinnati |
| Minnesota at Chicago, Sun | Chicago | Chicago | Chicago | Chicago | Chicago |
| Seattle at Miami, Sun | Seattle | Seattle | Seattle | Miami | Seattle |
| St. Louis at Arizona, Sun | St. Louis | Arizona | St. Louis | Arizona | St. Louis |
| Buffalo at Indianapolis, Sun | Indianapolis | Buffalo | Indianapolis | Indianapolis | Indianapolis |
| Baltimore at San Diego, Sun | Baltimore | San Diego | Baltimore | San Diego | Baltimore |
| Denver at Kansas City, Sun | Denver | Denver | Denver | Denver | Denver |
| San Fran at New Orleans, Sun | New Orleans | New Orleans | San Francisco | San Francisco | San Francisco |
| Pittsburgh at Cleveland, Sun | Cleveland | Pittsburgh | Pittsburgh | Pittsburgh | Pittsburgh |
| Green Bay at N.Y. Giants, Sun | Green Bay | N.Y. Giants | N.Y. Giants | N.Y. Giants | Green Bay |
| Carolina at Philadelphia, Mon | Carolina | Carolina | Carolina | Philadelphia | Philadelphia |
| | OVERALL: 96-52-1 (.644) | OVERALL: 95-53-1 (.638) | OVERALL: 87-61-1 (.584) | OVERALL: 91-57-1 (.611) | |

GRIDlocks