A PUBLICATION OF THE 502nd AIR BASE WING

LACKLAND TALESPINNER

JOINT BASE SAN ANTONIO-LACKLAND, TEXAS • Vol. 69 No. 48 • November 30, 2012

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All 'spruced' up: *JBSA-Lackland decorates for Christmas*

Photo by Robbin Cresswell

Marty Ingleston, a high voltage lineman from the 802nd Civil Engineer Squadron, places a ribbon on the Joint Base San Antonio-Lackland Christmas tree in front of the Gateway Club.

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Cell Phone The Not So Silent Killer

By Staff Sgt. Jason Bowers
37th Training Wing Safety Office

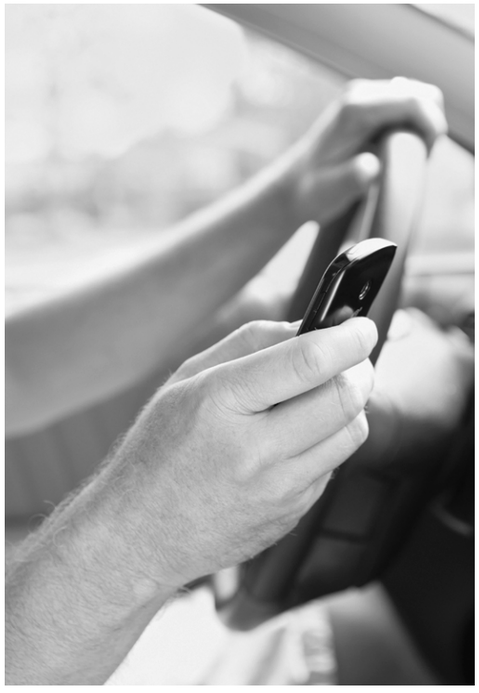
It's the end of the work day and all you can think about is beating the traffic home. You jump in your car, ready to leave the base. Little do you know, as you exit the gate, you are pulling onto a road (Military Highway) that is a powder keg set to explode in the form of a vehicular mishap.

The bumper-to-bumper traffic is not what you need to be aware of. A driver cognizant of the surroundings can avoid a fender bender with a little patience and observation during rush hour traffic; however, it's the blindfolded drivers around you that you need to be on the lookout for. I don't mean people are literally driving around blindfolded, but when you text and drive, that's essentially what you're doing.

The National Highway Traffic Safety Administration reports sending or receiving a text takes a driver's eyes from the road for an average of 4.6 seconds. At 55 mph, that's the equivalent to driving the length of a football field – blind!

Additionally, NHTSA shows text messaging creates a crash risk 23 times higher than driving while not distracted. Although driving distractions are not limited to texting, the vast majority are cell phone related. Roughly 6,000 deaths and 500,000 injuries are caused by distracted drivers every year.

So what's being done to combat this growing deadly trend?



State Rep. Tom Craddick, R-Midland, filed House Bill 63 Nov. 12, the first day state lawmakers could pre-file legislation for the upcoming 83rd Legislative Session, which convenes Jan. 8. The bill introduces a common sense safety measure to ban the use of a wireless communication device to read, write or send a text-based communication while driving, except when a vehicle is stopped.

The former House speaker's bill does not apply to dialing a number on a hand-held device, using GPS on a hand-held device, or using voice-operated or hands-free technology.

Current Texas state law has a statewide ban on texting while driving law for drivers under 18; school bus drivers are not allowed to use cell phones when children are present; and drivers are prohibited by law from using a handheld device in school zones where signs are posted.

Craddick's proposal, the Alex Brown Memorial Act, is named for a high school senior who died in a single car accident on her way to school, caused by texting while driving. Since their daughter's death, the Brown family has formed the Remembering Alex Brown foundation to raise awareness about the dangers of texting while driving.

However, no piece of legislation will substitute for effective risk management and good situational awareness.

Safety may start with an "S," but it begins with YOU. Don't be so quick to whip out that cell phone as soon as you exit the gate like I see every day on my way home.

We need to put the cell phones away, and not contribute to this growing, deadly epidemic. No phone call or text is worth dying for; just ask the 6,000 families each year that spend the holidays without loved ones who died from distractions.

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.

TALESPINNER

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Deadline for submissions is noon Thursday the week prior to publication.

News in Brief

HOLIDAY IN BLUE CONCERTS

Three performance dates are set for the U.S. Air Force Band of the West's annual Holiday in Blue concerts. Performances are Dec. 7, 7 p.m.; Dec. 8, 3 p.m.; and Dec. 9, 3 p.m. All shows are at the Edgewood Theatre of Performing Arts, 607 SW 34th Street.

This year's Holiday in Blue concert features holiday classics, a narrated story with illustrations provided by local third grade classes, and a variety of vocal and jazz favorites.

Required tickets for the free Holiday in Blue performances are available online at the USAF Band of the West's website, http://*www.bandofthewest.af.mil*, or for pick up at the Joint Base San Antonio-Lackland and JBSA-Randolph Information, Tickets and Travel offices, the JBSA-Fort Sam Houston Morale, Welfare and Recreation Office, and the San Antonio Fiesta Commission office.

Doors for the general public open one hour prior to the show, and seats not claimed 15 minutes before performance time will be open to non-ticket holders.

For additional information, visit http://*www.bandofthewest.af.mil* or http://*www.facebook.com/bandofthewest*.

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.

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.

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

Virginia Allred Stacey Junior/Senior High School receives college readiness award

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

Joint Base San Antonio-Lackland's Virginia Allred Stacey Junior/Senior High School was recently presented the 2012 College Readiness Award recognizing a significant increase in its ACT composite score, and the number of students tested during the past five years by the Texas ACT Council.

The ACT council recognized, in an announcement letter, that the hard work of the school's staff and faculty made a positive difference for students preparing for college

and the workforce.

Virginia Allred Stacey Junior/Senior High School is among the top 9 percent of all Texas high schools to be selected for the award.

"Every child will do something wonderful after high school," said Gail Horn, principle of Virginia Allred Stacey Junior/Senior High School. "We want to make sure they're ready for whatever they choose to do."

Parent involvement is a big player in our students' success, said Horn. The parent-school connection is important in getting children's college goals and careers ready; which is especially true for military families, she emphasized

The high turnover rate among students that is inherent in military families' lifestyles is challenging, but Horn thinks her school has done a good job of overcoming those issues.

Horn said faculty and staff at her school endeavor to sit down, one-on-one, with every new parent to develop a schedule ensuring each student is headed in the right direction and accumulating all the proper credits necessary for graduation.

In addition, we talk about steps to take for college and career preparation, Horn said.

"These Texas high schools should be proud of their faculty, staff and students," said Karen Pennell, assistant vice president and ACT southwest regional manager. "Congratulations!"

2013 Scholarships for Military Children opens Dec. 3

By Tammy Reed
DeCA Public Affairs

Applications for the 2013 Scholarships for Military Children Program will be available Dec. 3 at commissaries worldwide, or online at *http://www.commissaries.com* and at *http://www.militaryscholar.org*.

To apply for a scholarship, the student must be a dependent, unmarried child, younger than 21 – or 23, if enrolled as a full-time student at a college or university – of a service member on active duty, reservist, guardsman, retiree or survivor of a military member who died while on active duty or survivor of a retiree.

Eligibility is determined using the Defense Enrollment Eligibility Reporting System database. Applicants and sponsors should ensure enrollment in the DEERS database and have a current military ID card. The applicant must also be planning to attend or already attending an accredited college or university, full time, in the fall of 2013 or be enrolled in a program of studies designed to transfer directly into a four-year program.

Applicants must submit an essay on a topic chosen by the Fisher House. The essay topic will be available Dec. 3 on *http://www.militaryscholar.org*. Applications must be turned in to a commissary by close of business Feb. 22, 2013.

Scholarship awards will be based on funds available, but the program awards at least $1,500 per commissary. If there are no eligible applicants from a particular commissary, funds designated for that store will be awarded as an additional scholarship at another store.

The scholarship program was created to recognize military families' contributions to the readiness of U.S. armed forces and to celebrate the commissary's role in the military community.

"DeCA is focused on supporting a good quality of life for our military and their families," said Defense Commissary Agency Director and CEO Joseph Jeu.

"We do that by delivering a great commissary benefit, while our industry partners and public donations help the scholarship program provide money for higher education to many worthwhile students," Jeu said.

The program is administered by Fisher House Foundation, a nonprofit that provides assistance to service members and their families. Scholarship Managers, a national, nonprofit, scholarship-management services organization, manages and awards these scholarships. If students have questions about the program application, call 856-616-9311 or send email to *militaryscholar@scholarshipmanagers.com*.

No government funds are used to support the Scholarships for Military Children Program. Commissary vendors, manufacturers, brokers, suppliers and the general public donate money to fund the program. Every dollar donated goes directly to funding the scholarships.

In 2012, the Scholarships for Military Children Program celebrated a major milestone as it reached more than $10 million in scholarships awarded to 6,742 students from around the globe.

Marijuana use illegal on military bases

Colorado amendment changes nothing for servicemembers

By Staff Sgt. Nicholas Rau
460th Space Wing Public Affairs

Although the state of Colorado voted to legalize marijuana Nov. 6, its use is still against federal law and the Uniform Code of Military Justice, even for servicemembers stationed in or visiting the state.

This should come as no surprise to military members. The use of narcotics, in or out of uniform, is illegal. For family members and civilians with access to the base, they need to remember one crucial fact: if they do participate in recreational marijuana use – marijuana is not allowed on any military base.

"Once they cross that threshold and enter a federal installation, they are under our jurisdiction and will be prosecuted," said 1st Lt. David Bruton, 460th Security Forces Squadron

acting commander. "There is no give, no fine line; it's black and white."

There are many scenarios that could place an Airman in the crossfire when it comes to marijuana exposure, especially now that use by civilians may increase in Colorado.

Military members should continuously be cautious of their surroundings. If they're at a house where the drug is present, be aware if marijuana is baked into food; know if an establishment they're in allows recreational use of the drug. All of these situations are potential pitfalls for a servicemember, but Bruton offers advice to Airmen to avoid trouble.

"Play it smart and just stay away from it," explains the 460th SFS acting commander. "Be aware of your situations and who you hang out with, because it is usually that other person that gets you in trouble."

Colorado's new amendment has no effect on the Drug Demand Reduction Program and random drug testing will continue as scheduled to ensure individuals comply with the UCMJ.

"(Colorado's) Amendment 64 does not change the UCMJ," said Chief Master Sgt. William Ward, 460th Space Wing command chief.

"If our members engage in the use of marijuana and are found out through random urinalysis or other investigative means, I would expect commanders to bring the full force of the UCMJ. Marijuana use immediately jeopardizes their continued service in the United States Air Force."

With a drug that is federally illegal, tested regularly and ends military careers, the best option is to simply avoid marijuana Ward emphasized.

"You're saving yourself a lot of trouble by just staying away from it all together," said Capt. Eric McCutchen, 460th Space Wing Judge Advocate Office chief of military justice.

BMT HONORS

Congratulations to the following 62 Airmen for being selected as honor graduates among the 620 Air Force basic military trainees who graduated Nov. 30:

320th Training Squadron
Flight 021
Brandon Burchfield
Kyle Koski
Avery Pears
Matthew Scott
Clayton Smith
James Thorne
Alexander Trippett
Joseph Yannizze
Flight 022
Markus Cuellar
Mykal Thomas
Martin Ugalde
Jesse Vanpatten

321st Training Squadron
Flight 013
Michael Chacon
Jesus Ramos
Calvin Ussery
Gertgen Wheeler
Zachary Zang
Flight 014
Jonathan Ashby
William Dubord
Thomas Fontaine
Zachery Jenkins
Noah Jensen
Peytonphillips
Matthew Taylor

322nd Training Squadron
Flight 019
Quinton Hoover
Ian Rayfield
Corey Turner
Flight 020
Frank Barbarino Jr.
Zachary Chariton
Kyle Lacy II
Matthew Nguyen
Ryan Rife
Willie Tran

323rd Training Squadron
Flight 023
Daniel Benoit
Samuel Fulton
Russel Hernes
Nicholas Horsley
Flight 024
Katherine Burke
Heaven Carroll
Alicia Fortes
Kara Nemeth
Christina Rodriguez

326th Training Squadron
Flight 015
Tarik Badour
Darryl Jones
Flight 016
Benjamin Engelbrecht
Matthew Moler
Joshua Mousaw
Justin Welsh
Kyle Yeager

331st Training Squadron
Flight 017
Enrique Caceres
Ryan Dunn
Brady O'neill
John Semones
Wesley White
Flight 018
Maria Cichowski
Katherine Dyke
Charlene Jarrell
Kristina Santos
Alicia Sims
Crystal Starner
Samantha Van Vynck

Top BMT Airman
Corey Turner,
322nd TRS, Flight 019

Most Physically Fit
Male Airmen
Brian Lecea,
321st TRS, Flight 013
Ruben Saenz III,
321st TRS, Flight 013
Ronny Smith,
320th TRS, Flight 022
Denzel Hull,
320th TRS, Flight 021

Female Airmen
Alicia Sims,
331st TRS, Flight 018
Samantha Van Vynck,
331st TRS, Flight 018
Katherine Dyke,
331st TRS, Flight 018
Misty Ryan,
323rd TRS, Flight 024

Male Flights
321st TRS, Flight 013
322nd TRS, Flight 019
322nd TRS, Flight 020
321st TRS, Flight 014
320th TRS, Flight 022
320th TRS, Flight 021
331st TRS, Flight 017
326th TRS, Flight 015
326th TRS, Flight 016
323rd TRS, Flight 023

Female Flights
323rd TRS, Flight 024
331st TRS, Flight 018

Top Academic Flights
323rd TRS, Flight 023
320th TRS, Flight 021
321st TRS, Flight 013
322nd TRS, Flight 020
331st TRS, Flight 018
321st TRS, Flight 014
326th TRS, Flight 016
331st TRS, Flight 017
322nd TRS, Flight 019
323rd TRS, Flight 024
320th TRS, Flight 022
326th TRS, Flight 015

Born in the Caribbean, raised in the Bronx, siblings stick together even at IAAFA

By Mike Joseph
Senior Writer

They share a passion for volunteering, running, New York Giants football and Yankees baseball. Yet they are on opposite sides of the military spectrum. She is a captain and he is a sergeant in the U.S. Air Force.

But, like the Starbucks coffee each has most mornings, they say "blended perfectly" describes their relationship. One sibling starts a sentence or thought; the other finishes without missing a beat. They are as close as a brother and sister can be – each other's best friend.

Although strong familial ties and a close relationship benefit the siblings outside the military, they affirm their closeness is not an obstacle to good order and discipline within the military structure; and while Capt. Omayra Genao and Master Sgt. Aldomar Genao are with the 837th Training Squadron, their chain of command is different.

Capt. Genao directs the Inter-American Squadron Officers School program at the Inter-American Air Forces Academy, Joint Base San Antonio-Lackland.

Master Sgt. Aldomar Genao is the Intelligence and Cyber Operations flight chief at IAAFA.

IAAFA offers technical military courses in Spanish and English to students from more than 22 Inter-American partner nations.

"It's not first names at work like a brother and sister because it's important to establish a distinction between work and home," said Sgt. Genao. "I always address her as Capt. Genao and she addresses me as Master Sgt. Genao."

Has the captain ever pulled rank on her brother, the sergeant?

"Sometimes, but it's more like he keeps me in check. I learned from him the importance of the enlisted corps. I think that's why I can connect," Capt. Genao said.

"I still think he has all the fun as enlisted," she added laughingly.

Her assignment to IAAFA was providence explained Capt. Genao.

"I wanted to come as a student, was selected, and then applied for and was chosen as an instructor."

Perhaps their dual assignments to IAAFA were a result of a lucky break, but the closeness the brother and sister developed as children continued as they got older, especially after Sgt. Genao joined the U.S. Air Force.

Capt. Omayra Genao and Master Sgt. Aldomar Genao

The sergeant, a member of the Air Force for 16 years, has watched over his younger sister since they were children growing up in the Dominican Republic, and then in the Bronx, New York.

"She's been the one constant in my life," Sgt. Genao said. "Wherever I'd go, she'd visit. Growing up in a divorced home made us rely on each other more. Everything right or wrong in our lives, we either celebrated together or held on and supported each other."

Her brother and an uncle encouraged Capt. Genao to complete her education and come into the U.S. Air Force as an officer. She agreed, enrolled into ROTC as she worked her way through college, and was commissioned five years ago.

"They kept harping on me to finish," Capt. Genao said, "and everything just fell into place."

"My guys (fellow Airmen) always loved her," he said. "Throughout her career, she's always asked for the enlisted perspective and that's something I've always really admired about her. You could say she grew up enlisted and then was commissioned."

However close and sharing; the siblings do have a few differences.

"I've got the baseball package and he has the NFL package," Capt. Genao said.

"She's more outgoing than I am," said Sgt. Genao. "At times I will be more reserved. She's really lively."

"Animated," Capt. Genao quickly chimed in.

"Yeah, animated," said Sgt. Genao with a big smile. "You can hear that in her voice."

He said he was truly thankful for the opportunity to work with his sister at IAAFA.

"No where else would we have had the chance to work in the same unit," Sgt. Genao said. "I get to see her every day. It's a blessing for me."

Along with working together, the siblings also live near each other. Sgt. Genao recently bought a house in the same neighborhood as his sister.

"I'd already told him he could have the guest room at my house," said Capt. Genao, adding with a laugh, "So the first question I asked was, 'Where's my room?'"

BMT HONORS

Congratulations to these 46 Airmen selected as honor graduates among the 582 Air Force basic military trainees who graduated Nov 23:

320th Training Squadron
Flight 005
David Hinton
Ethan Irvin
Ryan Mccormack
Joshua Mcintyre
Alex Newman
Johnathon Schneider

Flight 006
Lauren Cecil
Betty Chevalier
Jezzebelle Rodas

321st Training Squadron
Flight 011
Cody Birnschein
Tyler Bivens
Christopher Hull
Ian Jerls
Jeremy Jernberg
Joshua Laskowski
Jordan Vignon
Jordan Ware

Flight 012
Lianne Blackburn
Sabrina Burch
Vanessa Rutherford
Lucile Sanborn
Nikole Warn
Leslie Wilson

322nd Training Squadron
Flight 003
Andrew Harrison
Matthew Hurless
Elling Von W
Flight 004
Daniel Hoffman
Forrest Lane
Benjamin Taylor
Trevin Taylor

324th Training Squadron
Flight 002
Sandra Byers
Sierra Conley
Autumn Foster
Allysa Rhodes
Stephanie Steele

326th Training Squadron
Flight 009
Robert Stiles
Aaron White

Flight 010
James Blankenship
Brock Mcardle
Joseph Nunez

331st Training Squadron
Flight 007
Bryan Hollederer

Flight 008
Daniel Anderson
Michael Lasater
Benjamin Martin
Steven Matias
Spencer Watson

Top BMT Airman
Nikole Warn,
321st TRS, Flight 012

Most Physically Fit

Male Airmen
Michael Willis,
322nd TRS, Flight 004
Jordan Ware,
321nd TRS, Flight 011
Aaron Sakaye,
326th TRS, Flight 010
Andrew Lammers,
320th TRS, Flight 005

Female Airmen
Kendra Snowball,
320th TRS, Flight 006
Lianne Blackburn,
321st TRS, Flight 012
Elizabeth Shull,
321st TRS, Flight 012
Rachel Smith,
320th TRS, Flight 006

Male Flights
321st TRS, Flight 011
320th TRS, Flight 005
331st TRS, Flight 008
326th TRS, Flight 010
331st TRS, Flight 007
326th TRS, Flight 009
322nd TRS, Flight 004
324th TRS, Flight 001
322nd TRS, Flight 003

Female Flights
320th TRS, Flight 006
321st TRS, Flight 012
324th TRS, Flight 002

Top Academic Flights
320th TRS, Flight 005
321st TRS, Flight 011
322nd TRS, Flight 004
326th TRS, Flight 009
322nd TRS, Flight 003
326th TRS, Flight 010
321st TRS, Flight 012
331st TRS, Flight 008
331st TRS, Flight 007
324th TRS, Flight 001
320th TRS, Flight 006
324th TRS, Flight 002

Edwards Aquifer Level
in feet above sea level

CURRENT LEVEL

648.2'

STAGE II

Normal - above 660'
Stage I - 660'
Stage II - 650'
Stage III - 642'
Stage IV - 640.5'
Stage V - 637'

For water restrictions, visit *www.jbsa.af.mil*

Our Puppy Program is looking for enthusiastic foster parents!

Worldwide need for detection dogs has increased dramatically. The Department of Defense Military Working Dog Breeding program breeds to meet the growing requirement for security at home and abroad.

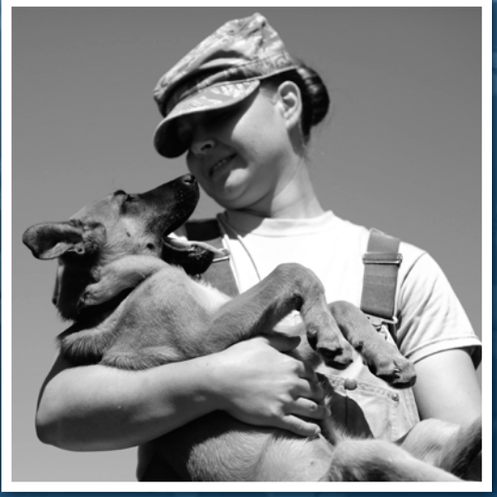
A large part of the success of this program is dependent upon volunteers to provide temporary homes for developing puppies.

The 341st Training Squadron at Joint Base San Antonio-Lackland operates a breeding program for military working dogs in support of the Department of Defense Military Working Dog program. These dogs are a vital part of our national defense and serve in Army, Navy, Air Force and Marine Corps units around the globe.

You can become part of this important effort by volunteering your home and time to raise a military working dog.

Who can help? We are looking for families who:

- have the time and patience to raise a young puppy from eight weeks to seven months of age,
- have a home that will provide a stimulating and safe environment for a young puppy, and
- have the desire and interest to learn how to raise a future military working dog.



Department of Defense Military Working Dog Breeding Program

If you are interested in becoming a part of our foster family or would like more information on this great program, please contact us!

Call us at 210-671-3686, or email us at 341TRSPP@lackland.af.mil

THE UNITED STATES AIR FORCE
BAND OF THE WEST
JOINT BASE SAN ANTONIO-LACKLAND, TEXAS
Presents
Holiday in Blue
December 7th ~ 7pm
December 8th & 9th ~ 3pm
Edgewood ISD
Theatre of Performing Arts
607 SW 34th Street
San Antonio, TX 78237
http://WWW.BANDOFTHEWEST.AF.MIL

OPERATION Homecooking

Photo by Collen McGee

Airman Nathan Worthley holds a placard he received from a student in Katherine Pentz's fifth-grade class at Driggers Elementary School in San Antonio, while he and other Airmen wait to be matched with families who will share Thanksgiving dinner with them.

Airmen, trainees, international students enjoy a taste of home for Thanksgiving

By 37th Training Wing Public Affairs

Area families expressed their warmth and hospitality to Airmen, trainees and international students Nov. 22 at Joint Base San Antonio-Lackland by inviting them to Thanksgiving dinner through "Operation Homecooking."

In its 37th year, the program provided an opportunity for families to share a taste of home with Airmen and military students, recognizing that many of them are away from home for the first time.

This year participation grew to 4,716 Airmen and trainees. Last year, local residents hosted 4,889 Air Force members for Thanksgiving.

"I was so appreciative to see all the hosts willing to provide a home away from home for our trainees and students," said Col. Vincent Fisher, vice commander, 37th Training Wing. "Operation Homecooking was a success!"

See HOMECOOKING PG15

Joint Base San Antonio
FORCE SUPPORT SQUADRON

Monthly Events December

Service Member and Family Readiness

Tips on writing effective resumes

Lackland Airman and Family Readiness holds a Resume Writing Class Dec. 4, 11:30 a.m.-1:30 p.m. Resume formats, what items to include and how to write cover letters and reference lists will be discussed. To sign up, call 671-3722.

Spouses offered orientation

Heart Link, the official Air Force spouse orientation, takes place at Lackland Airman and Family Readiness Center Dec. 5, 8:30 a.m.-2:30 p.m. Spouses new to the military or Lackland are encouraged to attend. A light meal and free childcare are provided. Pre-registration is required. For more information, call 671-3722.

Deployment support group meets

Hearts Apart, a deployment support group, meets Dec. 5, 4:30 p.m., at Lackland Airman and Family Readiness Center. Members meet to socialize, network and receive the latest base community information. To sign up, call 671-3722.

Attendees get prepared for job interviews

Randolph Airman and Family Readiness Center to hold an Interview Workshop Dec. 6, 10 a.m.-noon. Attendees will learn how to research prospective employers, how to answer questions and how to dress. For details, call 652-5321.

New VA claims class held

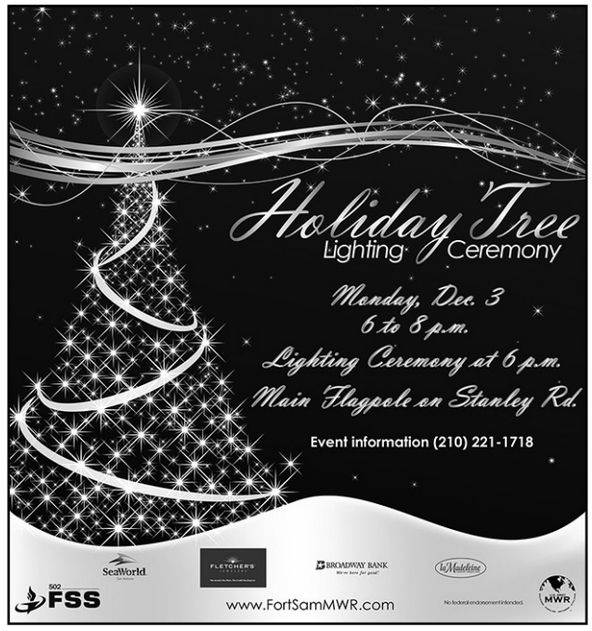
Lackland Airman and Family Readiness offers Understanding the VA Claims Process class Dec. 19, 10 a.m.-noon. Topics include how the claim process works, electronic benefits, how to fill out claim forms and the power of attorney process. For more information, call 671-3722.

Spouses offered reintegration workshop

Randolph Airman and Family Readiness Center is offering spouses of returning military members a reintegration workshop Dec. 19, 1-2 p.m. The class will cover resiliency skills and resources. Registration is required. For details, call 652-5321.

Airmen provided financial training

The next Financial Readiness class takes place at Randolph Airman and Family Readiness Center Dec. 21, 11 a.m.-12:30 p.m. The class helps prepare today's Airmen for financial challenges through financial education and training. Topics include spending plans, goal setting, credit management, credit reports/scores, financial readiness for deployment and much more. For details, call 652-5321.



Playgroup offers interactive fun for mother and child

A playgroup for parents and children up to age 5, Helping Us Growing Securely, meets each Tuesday, 9-11 a.m., at the Middle School Teen Center, Funston Rd., building 2515, on Fort Sam Houston for interactive and fun play. Registration is not required. For more information, call 221-0349.

Classes focus on computer skills

Patrons can take advantage of Microsoft Office classes including Word Level 1, Dec. 4, Excel Level 1, Dec. 6, Word Level 2, Dec. 11 and Excel Level 2, Dec. 13. Classes are held at the Roadrunner Community Center, building 2797, 8 a.m.-noon, on Fort Sam Houston. Registration is required. For more information or to sign up, call 221-2518/2705.

Citizenship and Immigration Services hosts forum

The monthly U.S. Citizenship and Immigration Forum takes place Dec. 11, noon-2 p.m., at the Roadrunner Community Center, building 2797, on Fort Sam Houston. The forum is an opportunity for service members and their families to ask important questions and speak directly to representatives from USCIS. For more information, call 221-2418.

Arts and Crafts

Make a mini holiday wreath

Lackland Arts and Crafts Center holds a holiday wreath class Dec. 6, 5:30-7 p.m. The class fee is $8 and all materials will be provided to complete an eight-inch mini wreath. Sign up no later than Dec. 3. For more information, call 671-2515.

Learn to etch wine glasses

Lackland Arts and Crafts Center holds a wine glass etching class Dec. 11, 5:30-7:30 p.m. Students will use stencils and etching solution to create a set of holiday wine glasses. The fee is $8 per person and is open to ages 13-adult. Registration is required by Dec. 6. For details, call 671-2515.

Learn to make wine glass charms

A wine glass charm class takes place Dec. 12, 5:30-7:30 p.m., at the Lackland Arts and Crafts Center. A variety of beads and other materials will be used to make four charms. The session is open to ages 13-adult and the fee is $8. Sign up by Dec. 7. For more information, call 671-2515.

Bowling Center

The Grinch bowls at Skylark

Lackland Skylark Bowling Center holds the annual Bowl with the Grinch event Dec. 8, 10 a.m.-2 p.m. The package price of $7 per person includes one game, a snack and goody bag. For details, call 671-1234.

Skylark offers free winter break passes

Lackland Skylark Bowling Center offers free game passes valid Dec. 17-30. Customers receive one free pass per day at the front counter. For details, call 671-1234.

Tune up your bowling game

Randolph Bowling Center hosts a Military Bowling Championship Tune-Up Tournament, Dec. 27, 7 p.m. The tournament is a four-game singles format with handicap and scratch divisions. Cost is $25 and prizes will be given for first, second and third place winners. For more information, call 652-6271.

Pro shop offers holiday gift sale

The Randolph Bowling Center Pro Shop is offering 10 to 25 percent off selected balls, bags and shoes until Dec. 23. For more information, call 652-6271.

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Bowling livens up the holidays

The Randolph Bowling Center offers discounted bowling Dec. 24-28 (excluding Christmas day), 10 a.m.-4 p.m. The cost is $2 per game, per person with $2 shoe rental. For more information, call 652-6271.

Bowling Centers offer New Years celebrations

Lackland Skylark Bowling Center hosts a New Year's Eve bowling party Dec. 31, 9 p.m. The package price is $20.13 per person, which includes bowling, pizza and entertainment. For more information, call 671-1234.

Celebrate the end of 2012 at the Randolph Bowling Center, Dec. 31, 8 p.m. There will be three games of Colorama Bowling with cash prizes. The cost is $30 per person and includes a complimentary glass of Champagne and breakfast afterwards. For more information, call 652-6271.

Clubs

Holiday meals available for take-out

Lackland Gateway Club offers holiday meals for take-out through Dec. 22. Patrons may choose a 9-11 pound turkey or 12-14 pound ham, if they want only the main entrée. Also available is a meal package with the turkey or ham, stuffing, whipped potatoes with gravy, sweet potatoes, corn, green beans, cranberry sauce and a choice of pecan or apple pie. Orders must be placed at least two days in advance. The last day to order is Dec. 17. Pick up time is Monday-Friday, 2-6 p.m. For more information, call 645-7035.

Bingo members honored at Kendrick Club

The Randolph Kendrick Club hosts a Bingo Appreciation Party, Dec. 27, 5 p.m. There will be a complimentary dinner, which consists of 10-ounce prime rib, two crab legs, baked potato, chef's choice of vegetable and a dessert bar with assorted cheesecakes and pies. Participants must have proof of bingo packages/cards purchased or a ticket to receive the complimentary meal. For more information, call 652-3056.

Community center shows NFL Sunday football

NFL Sunday Ticket is showing every week at the Sam Houston Community Center, building 1395 Chaffee Rd. on a choice of several 70-inch flat screen TVs. Game-time beverages, snacks and food are available in the community center at the Java Café. Call 224-2721, for more information.

Get your holiday celebration catered

The Sam Houston Community Center and the Fort Sam Houston Golf Club are taking holiday orders for elegant meals to delight families and loved ones. The Sam Houston Community Center will cater to locations and homes on Fort Sam Houston or offer their own facilities with space for 400 guests. The Golf Club can host up to 300 guests and also offers pick-up services. To reserve a holiday party meal today, call 224-2721 or 221-2723 for the Sam Houston Community Center and 221-5675 for the Golf Club.

Community Programs

Tree lighting illuminates holidays

The annual Randolph Holiday Tree Lighting is Nov. 30, 5 p.m., in Washington Circle. It includes holiday treats, children's activities and a visit with Santa. Parking is available in the Commissary, BX and Housing Office parking lots.

Theatre hosts Operation Rising Star finals

The twelve finalists selected from military installations worldwide will compete in the 2012 Operation Rising Star Finals Dec. 8, 10, 12, 14 and 15, 7 p.m., at the Army Entertainment Theatre. Admission is free. Patrons and their guests have an opportunity to be part of the live televised audience. Visit www.oprisingstar.com for more information or call 466-2020.

Harlequin Dinner Theatre presents holiday show

The Harlequin Dinner Theatre presents "In the Mood ... for Christmas" Thursdays-Saturdays through Dec. 22, with dinner at 6:15 p.m. and curtain at 8 p.m. Featuring big band songs and Christmas classics, the ever-popular Harlequin regulars will get the audience in the holiday spirit. For the ticket office, call 222-9694.

Holiday gift wrapping fundraiser

Private organizations, unofficial activities and informal groups authorized to operate on Fort Sam Houston can raise funds for their causes while spreading some holiday cheer. The Fort Sam Houston Exchange invites organizations to wrap up some extra funds at the annual community gift wrap program. The program runs through Dec. 24. Organizations are asked to provide their own tape, ribbons, bows and scissors. To sign up, call 221-0010.

Fitness and Sports

Holiday 10-mile ride offered for bikers

The Rambler Fitness Center hosts a 10-mile holiday bike ride Dec. 1, 8 a.m., starting at Eberle Park. This event is sponsored by Randolph Family Housing. For more information, call 652-7263.

Marathon running goes indoors

The Rambler Fitness Center hosts an indoor marathon, where participants complete 26.2 miles running or walking within one week, Dec. 10-14. Participants may pick up their cards to log their mileage at the front desk. This is a self-monitored program based on the honor system. For more information, call 652-7263.

Intramural bowling coaches to meet

Coaches signed up for the Intramural Bowling League will meet Dec. 11, 1 p.m., at the fitness center on the Medical Education Training Campus. The season begins Jan. 7 at the Fort Sam Houston Bowling Center, building 2521, Schofield Rd. For more information, call 808-5710.

Ring in the new year with a run

Runners hoping to get a great start in 2013 are invited to the New Year's Eve 5K Dec. 31, midnight, at the Jimmy Brought Fitness Center on Fort Sam Houston. Runners can ring in the new year with healthy beverages and snacks. For more information, call 221-1234.

Golf

First Friday golf tournament

The monthly Wounded Warriors Four-Person golf tournament, Dec. 7, 12:30 p.m., at the Fort Sam Houston Golf Club, 1050 Harry Wurzbach Rd. offers 18 holes and camaraderie for service members, their families and guests. The tournament costs $35 for nonmembers and $25 for members. The fee includes dinner and an entry to win prizes at the pro shop. The Golf Club is open daily 6 a.m.-8:30 p.m. The illuminated driving range is open daily 6 a.m.-8 p.m. The Golf Pro Shop is open daily 6:45 a.m.-8 p.m. Mulligan's Snack Bar is open daily 6:45 a.m.-6 p.m. For details, call 222-9386.

Find a bargain at holiday sale

Lackland Gateway Hills Pro Shop holds an annual holiday sale Dec. 15-16. Customers purchasing at least $50 in merchandise can enter to win free products or up to 50 percent savings toward their purchase. For single purchases of $150 or more, patrons will have a chance to win additional discounts. For more information, call 671-3466.

Gateway Hills hosts turkey shoot

Lackland Gateway Hills Golf Course hosts a holiday turkey shoot Dec. 22. Morning tee times are available. The entry fee is $8. Cart and green fees are not included. For more information, call 671-3466.

Pro Shop offers great holiday deals

Randolph Oaks Pro Shop offers fantastic gifts for that special person on anyone's list. Gift certificates are available and also make great gifts for that hard-to-shop-for person. During December customers will receive a raffle ticket with the purchase of $10 in merchandise for a drawing to possibly win a set of irons, driver, putter or bag. For more information, call 652-4570.

Information, Tickets and Travel

Travel with ITT to the Hill Country

Lackland Information, Tickets and Travel holds a Hill Country Holiday Lighting tour Dec. 8, 11 a.m.-11 p.m. Patrons will spend time in Fredericksburg for shopping and dining, in Burnet for the Walk through Bethlehem, in Johnson City for their light show and Marble Falls for the famous Walk of Lights. The price is $32 per person. Advance reservations are required. For more information, call 671-3133.

Casino trip scheduled for January

Travel with Lackland ITT to the Choctaw Casino in Grant, OK. The bus departs Jan. 20, 7 a.m. and returns Jan. 21, 11 p.m. The price is $87 per person, double occupancy and $127 per person for single occupancy. Transportation, entertainment and snacks on the bus, one night hotel stay, one meal and $10 in casino cash are included. The trip is open to ages 18 and older. Call 671-3133 to make a reservation.

Great gifts available at ITT

Randolph ITT in the Community Services Mall, building 895, has great gift options for the holidays. Patrons can choose from IMAX and Regal Theaters, Natural Bridge Caverns, Natural Wildlife Ranch, season passes to their favorite theme park, Entertainment Books, Disney World/Disney Land tickets or even tickets to a Broadway play. They also have gift certificates available in various amounts, redeemable for any service or merchandise offered at ITT. For more information, call 652-5142.

Ticket office sells discount tickets

The Ticket Office in the Fort Sam Houston Community Center, building 1395 Chaffee Rd., is selling discount tickets for the winter showings of the Moscow Ballet, Dec. 28, 7 p.m. and Dec. 29, 2 p.m. and 7 p.m. In addition, discount tickets are available for the Nutcracker, Dec. 21, 7:30 p.m., Dec. 22, 2 p.m. and 7:30 p.m. and Dec. 23, 2 p.m. The ticket office also has discount tickets for the San Antonio Spurs, the Alamo Bowl, Dec. 29 and for Disney on Ice "Rockin' Everafter," April 10-14 and. For more information, call 808-1378.

Library

Library provides virtual and traditional entertainment

Patrons are welcome to enjoy some virtual fun at Gaming Day Dec. 2, 2:30-5:30 p.m., at the Keith A. Campbell Memorial Library, building 122, Harney Path on Fort Sam

Santa to attend Parr Club brunch

Have brunch with Santa, Dec. 16, 10 a.m.-1 p.m., at the Randolph Parr Club. Santa will be available for photos, will have candy canes for the children and of course listen intently to their Christmas wishes. The brunch costs only $19.75 for members or $21.75 for nonmembers and guests. Everyone is invited to enter for prize drawings. For more information, call 652-4864.

Clubs offer New Years celebrations

Lackland Gateway Club offers three options to celebrate New Year's Eve. A party in the Lonestar Lounge takes place 9 p.m.-2 a.m. The package price is $30 for members and $35 for nonmembers. Included are light hors d'oeuvres, party favors, Champagne, breakfast and music.

The Fiesta Ballroom package, 8 p.m.-1 a.m., is $65 for members and $75 for nonmembers. Included are heavy hors d'oeuvres, dinner, party favors, access to the Lonestar Lounge, Champagne, beverages throughout the night, breakfast and live music by The Show band.

For patrons who prefer a quiet dinner, the Mesquite dining room will serve 6-9 p.m. A choice of beef tenderloin, salmon filet or chicken Wellington is available. Meals are accompanied by side dishes, a glass of house wine and dessert. The price is $24.95 for members and $26.95 for nonmembers.

Reservations are required for all three events. Tickets are on sale in the cashier's cage. Events are open to ages 18 and older. For more information, call 645-7034.

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Ring in the new year at the Randolph Kendrick Club, Dec. 31, 9 p.m.-1 a.m., in the Nite Club. Enjoy Champagne, party favors and breakfast at midnight for $15 per person or $25 per couple. For more information, call 652-3056.

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Houston. The library offers X-Box 360, PS3 and Wii, along with a host of old-fashioned board games. For more information, call 221-4702.

Library hosts special pajama story time

The Lackland Library hosts a pajama story time Dec. 8, 3:30-5 p.m. Featured are a special reading of the book "Polar Express," hot chocolate, Christmas caroling, cookie decorating and a surprise. For more information, call 671-3610.

Craft time offered for young readers

The Randolph Library hosts a Young Readers Craft Time Dec. 13, 3:40 p.m. Patrons can view new juvenile and young adult books, provide suggestions and create a bracelet, necklace or key chain (one per person). For more information, call 652-2617.

Holiday story time features festive books

Books featuring tales of the season will be the centerpiece of the annual Holiday Story Time and Cookies for Troops, Dec. 15, 2-3 p.m. at the Keith A. Campbell Memorial Library, building 122, Harney Path on Fort Sam Houston. For more information, call 221-4702.

Youth holiday craft project

The Lackland Library hosts a holiday ornament craft project Dec. 21, 1-6 p.m., for young children. The project can be assembled in the library to display on the facility's tree or it can be taken home. For more information, call 671-3610.

Library rolls out e-magazine

Zinio for Libraries is now available to patrons at the Keith A. Campbell Memorial Library, building 122, Harney Path on Fort Sam Houston. Zinio for Libraries provides a quick and easy way for patrons to read digital copies of their favorite magazines through a digital platform that recreates magazines page-for-page, including full-color pictures. Simply by using the code provided by their Air Force library, patrons will be able to read, interact with and explore the largest selection of magazines anywhere. For details, call 221-4702.

Outdoor Recreation

Archery deer hunting season continues at Camp Bullis

Archery hunting season for deer is open Friday-Sunday, 5:30 a.m.-dark, at Camp Bullis. Hunters must have preselected permit to hunt deer. Scouting of preselected hunting areas continues. Hunting will close Dec. 24-26 and Dec. 31-Jan. 2 for the holiday break. For more information, call 295-7577.

Ski boats available at half price

Rent a ski boat for $20 per hour, $47.50 for half a day or $90 all day at JBSA Recreation Park at Canyon Lake during December. The price includes skis and vests but not fuel. Now is your chance to take advantage of a less crowded lake and save money too. Renters must have taken the Boater's Safety Course thru the State of Texas, at Joint Base San Antonio (JBSA) Recreation Park at Canyon Lake or Outdoor Recreation in building 895 on Randolph. For more information, call 800-280-3466.

Bunkhouse, bungalow available at half price

Rent a bunkhouse for $12.50 or a bungalow for $17.50, Monday-Thursday, at JBSA Recreation Park at Canyon Lake during December. Enjoy the cool crisp air at the lake during the day and at night bask in the warmth of the cozy one-room bunkhouse or bungalow. To make a reservation, call 800-280-3466.

Santa suits available for rent

Randolph Outdoor Recreation in the Community Services Mall, building 895, has Santa Claus costumes available for rent for $25 per day. Reservations must be made in person. For more information, call 652-5242.

Lackland Outdoor Recreation has Santa, Mrs. Claus, elf and Grinch costumes available to rent. For details, call 925-5532.

Rent boats at a discount during winter

Lackland Outdoor Recreation offers boat rental discounts during the winter season. Patrons will receive a 25 percent discount through Dec. 31 on ski and pontoon boats. During Jan. 1-Feb. 28, a 50 percent discount is available on all types of boat rentals. For more information, call 925-5532.

Youth Programs

Youth play flag football

The Middle School Teen Center hosts the Army vs Air Force flag football game at the Fort Sam Houston Youth Center football fields, next to building 1630, Dec. 1, 1 p.m. The competition is open to youth in junior high and high school. For more information, call 221-3630.

Teen center offers college prep class

Junior high and high school students can get a head start on their higher education plans at a College Prep Class Dec. 6, 5-7 p.m., at the Middle School Teen Center, building 2515, on Fort Sam Houston. For more information, call 221-3630.

Teens dance into the holidays

The Middle School Teen Center, building 2515 on Fort Sam Houston will transform for a festive teen dance Dec. 7, 8-11 p.m. The dance is open to junior high and high school students registered with Child, Youth and School Services. For more information, call 221-3630.

Kids get artsy at craftapalooza

Randolph Youth Programs hosts Winter Craftapalooza Dec. 8, 11 a.m.-2 p.m., for youth ages 5 and older. Participants will also be able to wrap their gifts. For details, call 652-3298.

Parents get a night off

Lackland Youth Programs and the Gateway Child Development Center hold two Give Parents a Break/Parents' Night Out events during December. Childcare is available Dec. 8, 1-6 p.m. and Dec. 14, 6:30-11:30 p.m. The fee is $10 per child at the youth center and $15 at the child development center. Fees may be waived with a Give Parents a Break referral. Advance registration is required. Call 671-2388 for the youth center and 671-1052 for the CDC.

Register for First Steps basketball

Lackland Youth Programs holds First Steps Basketball registration Dec. 10-14 for ages 3-5. This sports program teaches the fundamentals of the game using age-appropriate gross motor movements and parental participation. The fee is $35. Sessions meet one hour per week for six weeks. A current physical and immunization record are required at the time of registration. For more information, call 671-2388.

Lock-in opens up conversation and fun

Junior high and high school students are invited to a lock-in at the Fort Sam Houston Youth Center, building 1630, Dec. 14, 10 p.m.-7 a.m. Students will enjoy, music, food, games and sports. For details, call 221-3630.

Bowling party strikes up fun for teens

A bowling party Dec. 14, 8-10 p.m., offers teens a fun and exciting way to pass the time. Youth meet at the Middle School Teen Center, building 2515, before heading over to the Fort Sam Houston Bowling Center, building 2521, Schofield Rd., for some food and fun on the lanes. For more information, call 221-3630.

Youth invited to winter ball

Randolph Youth Programs hosts a Winter Ball Dec. 14, 6-9 p.m. This event is for youth, ages 9-12 years old, and costs $2 for members or $3 for nonmembers. Light snacks will be provided. For details, call 652-3298.

Teen center entertains during winter break

Things will stay busy at the Fort Sam Houston Middle School Teen Center, building 2515, during the winter break Dec. 21-Jan 7, 1-7 p.m. Crafts, sports, TV, music and gaming will be in full-swing with open recreation. For more information, call 221-3630.

Registration opens for winter camps

Patrons get a holiday break with the Child, Youth and School Services Winter Camp on Fort Sam Houston which runs Dec. 24-Jan. 4, 6 a.m.-6 p.m. Registration is available at Parent Central, building 2797 for youth in grades 1-12. For more information, call 221-4871.

Lackland Youth Programs holds two holiday break camps during the upcoming school vacation. Registration must be completed by Dec. 10 for the Dec. 24-28 session and by Dec. 17 for the Dec. 31-Jan. 4 session. Fees will be assessed on late registration. Camp fees vary based on household income. For more information, call 671-2388.

Babysitters receive training

Lackland Youth Programs hosts a Red Cross babysitter's course Dec. 27-28. Open to ages 11-15, students may choose either the 8 a.m.-noon or 1-5 p.m. session. Topics include First Aid, CPR, how to make responsible decisions, basic care such as diapering, feeding and dressing, handling bedtime issues and how to find and interview for babysitting jobs. Upon successful completion, students receive a babysitter's certification. The course fee is $55. For details, call 671-2388.

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HOMECOOKING from PG10

Courtesy photo

Chief Master Sgt. Jose Lopez and his family hosted two Air Force basic trainees from Lackland, and two Soldiers from JBSA-Fort Sam Houston for Operation Homecoming last year. From left to right are: Army combat medics Pfc. Benjamin Markland and Pfc. Albert Macias, daughter Saleena, son Cory, Chief Lopez, Airman Brittany Osgood, wife Debra, and Airman Allie Skallerud.

Photo by Collen McGee

Families meet Airmen and trainees who will share Thanksgiving dinner with them.

Photo by Alan Boedeker

Air Force basic military trainees wait to be paired with host families who will take them home for Thanksgiving last year at the BMT Reception Center. Operation Homecooking gives local families an opportunity to invite military trainees into their homes for Thanksgiving so they may share in a traditional holiday meal.

Photo by Alan Boedeker

Debbie Germany waits her turn to sign out and host Air Force basic trainees Jessica Bernard and Stephanie Davidson, 344th Training Squadron, Flight 026, for Thanksgiving last year.

Local Briefs

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.

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.*

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, contact Claudia Moreno at 210-674-9366.

COMMUNITY THEATER AUDITIONS

The Lackland Performing Arts Group will hold auditions Dec. 6-7, 5-7 p.m. each day, at Arnold Hall Community Center for its March musical, "Back to the '80s."

For more information, call 210-671-2619.

HOPE CHAPEL CHRISTMAS CONCERT

A Christmas concert featuring John Angotti is Dec. 13, 7 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, 7 p.m.

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

AAHC FISH FRY FUNDRAISER

The Joint Base San Antonio-Lackland African American Heritage Committee's annual fish fry is Dec. 14, 11 a.m. to 2 p.m., at Arnold Hall Community Center.

The $8 plate includes fresh fried catfish, potato salad, baked beans and slaw.

Proceeds from the fish fry go to the African American Heritage scholarship fund.

INDOOR-OUTDOOR FLEA MARKET

The Joint Base San Antonio-Lackland Family Housing holiday indoor-outdoor flea market is Dec. 8, from 8 a.m. to noon, at the Balfour Beatty Community Center, 2254 Brian McElroy St.

For more information, contact Claudia Moreno at 210-674-9366.

DROP-IN DENTAL SCREENINGS

The Joint Base San Antonio-Lackland Pediatric Dental Department will offer dental screenings for children of active-duty members and retirees Dec. 11, 8-10:30 a.m., at the Dunn Dental Clinic. No appointment is necessary.

Children under 13 years of age will receive a dental screening exam, an assessment of the child's dental condition, and appropriate treatment recommendations or alternatives.

Parents should bring a copy of the child's treatment plan or referral letter from their private dentist.

For additional information, call 210-671-9836.

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.

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.

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

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

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

What's Happening

Family Support Events

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 additional information, 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.

The class teaches commonly used formats, guidelines on how to prepare and what to include, and how to write cover letters and reference lists.

For details, call 210-671-3722.

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*

DEC. 5

HEART LINK ORIENTATION

Heart Link, the Air Force's official orientation program for spouses, is from 8:30 a.m. to 2:30 p.m. at the Airman and Family Readiness Center.

Heart Link is an interactive program targeted at all spouses new to Lackland or the military, as well as fiancées and other service branch spouses assigned to the base.

Heart Link is designed to increase awareness of the mission, customs, traditions, protocol and support resources in the Air Force. Reimbursable childcare is offered.

For information, call 210-671-3722.

HEARTS APART MEETING

A Hearts Apart meeting for family members of deployed Airmen begins at 4:30 p.m., at the Airman and Family Readiness Center.

The group meets once a month to socialize and receive up-to-date base community information.

For additional information, call 210-671-3722.

AWANA CLUBS MEETING

Awana Clubs, a Bible-based children and youth ministry offering games and challenges, meets Wednesday, 6-8 p.m., at Freedom Chapel.

For additional information about Awana Clubs, contact Freedom Chapel at 210-671-4208.

PERFORMING ARTS GROUP MEETING

The Lackland Performing Arts Group meets from 6-7 p.m. at Arnold Hall Community Center. "Expressions," an open microphone forum, follows the meeting from 7-9 p.m.

For additional information, call 210-671-2619 or 210-671-2352.

DEC. 6

KEY SPOUSE TRAINING

Training for new appointees in the Key Spouse Program is 8 a.m. to 1 p.m. at the Airman and Family Readiness Center.

The Key Spouse Program is an Air Force readiness program supporting Airmen and their families during deployments, separations and emergencies as a quality of life initiative, and provides peer-to-peer Wingman support. For additional information, call 210-671-3722.

Power and vindication

Nursing consultant adds another feat to the books

Andre Gholson, critical care air transport consultant from the 59th Medical Wing, won a gold medal in the Masters One 40-49-year-old category during the International Powerlifting Masters World competition in October in Killeen.

Story and Photo by Jose T. Garza III
Sports Editor

Andre Gholson doesn't need to display his powerlifting gold medals at his office at Wilford Hall Ambulatory Surgical Center or at home.

All that matters to the Critical Care Air Transport Team nursing consultant from the 59th Medical Wing is that the record books show he is a world champion.

Gholson added another milestone to his record in October when he won the overall gold medal in the International Powerlifting Federation's World Masters Powerlifting Championships for the 40 to 49-year-old category in Killeen, Texas.

He also took gold in squat (815 pounds) and deadlift (661 pounds).

Gholson said his wins in the other categories were surprising because his original goals were to hone his skills in only bench pressing.

After taking advice from his first trainer, Ray Baxter, who believed Gholson could be a powerlifter, he decided to compete in powerlifting competitions at Joint Base San Antonio-Fort Sam Houston beginning in 2006.

The champion powerlifter actually lost a few of his competitions before he won.

While training, Gholson was looking for a formula for success and noticed other lifters wore a type of shirt that helped them push weight more easily.

Powerlifters wear weightlifting shirts that help them push more weight and help take pressure off their joints.

Baxter also introduced him to Gene Bell and Ennis White, who were accomplished powerlifters in their own rights.

It was Bell who helped Gholson get on track, putting him on the elliptical.

"He helped me get into shape," Gholson said. "He helped me out with a lot of my technique and form."

Gholson also said Bell helped him curtail several bad habits.

"Instead of going to the bar, yelling and jerking the weights, Bell told me to calm down and use my energy on my lifts."

Gholson found both success and heartbreak during his journey to being a world champion.

He went to the USA Powerlifting Masters Nationals in 2011 where he won in his 275-pound weight class. As a result of winning that competition, Gholson was chosen to represent Team USA at the IPF World Masters Powerlifting Championships in Canada.

In Canada, Gholson was disqualified due to bringing the bar too close to his abdomen.

"They called it a belly bench," he said. "The judges said I touched the belly instead of the chest.

"I bombed out, and I didn't get one qualifying bench in. If you can't get one qualifying bench in, you are out of the show entirely."

Gholson was devastated. The loss didn't bother him as much as knowing his family was watching a live stream of the event.

The powerlifter didn't lift weights

See POWERLIFTER PG20

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.

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 or via e-mail at *talespinnersports@gmail.com* for more details.

POWERLIFTER from PG19

for two months after the Canadian competition. But he got back into the gym last December and trained like he never trained before for future competitions.

"I did lifts that I've never done before," Gholson said. "People were asking me why I was lifting so much weight, and I told them that the extra weight was going to be what it takes to win.

"I could not leave any doubt in the judges' minds that my lift was good."

Gholson trained with fellow powerlifter Ron Lloyd, who continued to help him fine tune his weightlifting,

Lloyd helped him prepare for the 2012 USA Powerlifting Masters Nationals in Colorado, where Gholson won the 264-pound weight class in the 40-year-old division.

As a result of winning in Colorado, Gholson qualified for the world championships in Killeen.

To prepare for Killeen, Gholson had to lift and squat between 500 and 750 pounds through several repetitions. He also had to perform triceps and biceps exercises with dumbbells.

Gholson trained hard - three times a week and sometimes on Saturday.

His wife and two children attended the Killeen event, along with co-worker, Maj. William Moore, CCATT pilot unit manager for the 59th Medical Wing.

"It took everything in me not to start crying," Gholson said about the support of his family and friends. "The world judges don't care about you crying. They are waiting for you to make your attempt to lift.

"But it's hard to hold back when you know that people you care for are watching you."

Gholson said that winning the IPF masters competition in Killeen was vindication for what happened in Canada. He said it was the third biggest accomplishment behind getting married and seeing his children being born.

"I told myself when I started training for this event was that I'm not going to lose in Texas," Gholson said. "I would have to be injured in order for my competition to beat me at home."

Since his win last month, Gholson has taken a break and not lifted. He has lost more than 100 pounds and follows a healthy, holistic regimen, where he drinks lots of water and consumes no junk food.

He plans on going back to the gym in December, but at this time, he is undecided if he is going to compete in the future.

If Gholson does decide to come back, he said he is leaning toward the men's open nationals competition.

He said he would still like to compete in the men's masters competition as well.

He said his goals would be to be a dual champion in the open and masters categories at the national and world levels.

Both events at both levels will be here in the States.

"If there is a chance I can be a national and world champion in the open and masters categories, how can I pass that up?" Gholson said.

"I am proud of Andre - he is an amazing person and an amazing athlete," Bell said of his protege.

GRIDlocks

"If the Buccaneer's Secondary shows up to challenge Denver this week they will show the NFL that they are a serious NFC contender. Let's go BUCNATION!!!"
– Payton Barnett

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

Payton Barnett
JBSA-Lackland Safety Office

NFL - WEEK 13	9-4	7-6	9-4	9-4	GRIDlocks GUEST
Seattle at Chicago, Sun	Chicago	Chicago	Chicago	Chicago	Chicago
Jacksonville at Buffalo	Jacksonville	Jacksonville	Buffalo	Buffalo	Buffalo
Houston at Tennessee, Sun	Houston	Houston	Houston	Houston	Houston
Tampa Bay at Denver, Sun	Denver	Denver	Denver	Denver	Tampa Bay
Cleveland at Oakland, Sun	Cleveland	Cleveland	Cleveland	Oakland	Cleveland
Minnesota at Green Bay, Sun	Green Bay	Green Bay	Green Bay	Green Bay	Green Bay
New England at Miami, Sun	New England	New England	New England	Miami	New England
Arizona at N.Y. Jets, Sun	N.Y. Jets	Arizona at N.Y. Jets	Arizona	N.Y. Jets	Arizona
Indianapolis at Detroit, Sun	Indianapolis	Detroit	Detroit	Indianapolis	Indianapolis
Cincinnati at San Diego, Sun	Cincinnati	Cincinnati	San Diego	San Diego	San Diego
Carolina at Kansas City, Sun	Carolina	Carolina	Carolina	Kansas City	Carolina
San Francisco at St. Louis, Sun	San Francisco	San Francisco	San Francisco	San Francisco	Sam Francisco
Pittsburgh at Baltimore, Sun	Baltimore	Baltimore	Baltimore	Baltimore	Baltimore
Philadelphia at Dallas, Sun	Dallas	Dallas	Dallas	Philadelphia	Dallas
N.Y. Giants at Washington, Mon	N.Y. Giants	N.Y. Giants	Washington	N.Y. Giants	N.Y. Giants
	OVERALL: 105-56-1 (.625)	OVERALL: 102-59-1 (.618)	OVERALL: 96-65-1 (.581)	OVERALL: 100-61-1 (.603)	

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