



# WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

No. 15 • APRIL 17, 2015

A large photograph showing two men in blue work shirts and white gloves working on a large tire. One man is pointing at the tire's rim while the other looks on. They are in a workshop setting with various tools and equipment visible in the background.

**12th FTW maintenance team  
keeps flying mission aloft**

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## COMMENTARY

# Security awareness: What's your social thumbprint?

By Staff Sgt. Jessica Hines

U.S. Air Forces in Europe-Air Forces Africa  
Public Affairs

We've all done it; in a vain sense of curiosity to see if our social presence has made any kind of impact on the world. Just admit it – you've Googled yourself.

Since entering the golden age of social media, it seems that now it's not hard to gather a handful of information on just about anyone, even ourselves.

But isn't that the point? It's why we blast pictures of high school graduations, trips to Europe, and all our favorite music and movie "Likes" on our profiles. We want to be heard and seen, we want to share our accomplishments and victories and find support when life gets hard.

Social media has allowed us to network and reach across the barriers of time and space to share our story, build partnerships and connect with people from around the world we may never have had the chance to.

It's not hard to get caught up in the exchange of information and let our guard down, especially when we believe our information is safe. Generally, the information we share is harmless.

We start to run into trouble when the information we share across various social networks is strung together like pieces of a puzzle, creating a larger snapshot of our lives than we realize. When coupled with public records and open-source content, the information we share online can create vulnerabilities in our personal and professional lives.

But, where do we draw the line? When does information sharing become too much of a good thing?

Just as you would lock the front door of your home or secure your wallet, social media users should aim to lockup and secure their online personal information and do regular checkups of their social thumbprint.

This should include Googling yourself to not just see how awesome and popular you are, but to see what information is readily available or associated with your name. From there, you can take the necessary steps to protect or remove potentially revealing information.

Another important social checkup habit people should practice is digging

into a website's privacy and security settings. All social media sites require users to accept and Privacy Act agreements and terms of use guidelines. Unfortunately, nearly everyone accepts these terms without every reading what they agreed to. This is probably one of the biggest culprits of overexposing personal information.

The agreements between social networking sites and users are designed to help keep personal information safe. However, it's our responsibility to ensure we use them to their fullest potential and not blindly accept new security settings without checking to see if our information is still secure.

The below list includes some additional best practices for keeping your social thumbprint safe and secure:

- **Think before you post:** A good rule of thumb is if you wouldn't say it in front of your boss or grandmother, then you probably shouldn't say it online. Remember, the Internet is permanent with a long memory of our actions. Even if you delete something, someone else may have already seen, copied and shared the information. When in doubt, keep it to yourself.

- **Be selective, be e-selective:** Having a thousand-plus friends might look cool, but it isn't realistic. It's important to scrutinize who you add as a "friend" and ensure that you actually know them. Don't be fooled by fake profiles and marketing schemes.

- **Geo-tag this:** While you may have disabled location settings within a specific app or website, be sure to check the privacy settings within your smartphone, tablet and personal computer. You may be broadcasting your location without realizing it.

- **Log on, log off:** It's easy to keep login information stored in a browser for faster access and simply "X-out" once done; however, this practice makes it easy for someone to follow behind and gain access to your account.

- **Once forgotten, twice exposed:** With each new networking site or app, our information quickly becomes duplicated across multiple platforms; however, just because you moved on, doesn't mean your information did. Keep note of what sites you still use and delete old accounts you don't use such as an old dating profile, registry or blog.

- **The guessing game:** How easy would it be for someone to guess your password or answer your security questions? Compare these passwords and questions against your profile and ensure you're not unintentionally giving away the answers. It may be easy to remember your favorite football team or superhero as a password, but how easy would it be to get that information on your personal profile and gain access to your account?

- **Cookie monsters:** Internet cookies work to tag and track computers and user behavior. This information is used by marketers to target specific groups of people and tailor advertising. It's important to only allow cookies from trusted sites and regularly clear your browser and machine using a cookie cleaner.

- **Go phish:** Online confidence scams, otherwise known as phishing, is a way for hackers or companies to gain access to personal and sensitive information such as usernames, passwords and credit card numbers. This is done through what seems to be legitimate online communications such as games, chatrooms, online payments, Wi-Fi hotspots, news links and more.

The best way to avoid becoming a victim of phishing scams is to closely scrutinize the source of information, and never disclose personal information such as credit card numbers, passwords or addresses over the internet without double checking the security of the website. Again, when in doubt, keep it to yourself.

- **All the world is a stage:** It may seem harmless to keep our personal social media pages open for public viewing, however, by leaving the virtual door open to the whole world we leave ourselves vulnerable to unwanted attention. Take control of your default privacy settings and limit the viewing power of your audience to a personal VIP list.

- **The buck starts, stops with you:** Ultimately, you control what information is available about you. Don't give online scammers, predators or hackers a free ticket to your personal information. Take control, take action and help keep the Internet a safe place to socialize.

For more information on ways to stay informed on social media, visit: <http://www.defense.gov/socialmedia/education-and-training.aspx/>.

## ON THE COVER

Roy Spencer (left), 12th Flying Training Wing Aerospace Ground Equipment Branch tire shop technician trainer, explains a bolt pattern for the T-1 Aircraft nose wheel to Crist San Juan, 12th FTW AGE tire shop technician, March 16 at Joint Base San Antonio-Randolph. For the complete story, see page 9. **Photo by Harold China**

## WINGSPREAD

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## SEXUAL ASSAULT AWARENESS AND PREVENTION MONTH

# *Sexual assault victim advocates – why they serve*

By Tech. Sgt. Christopher Dion  
802nd Security Forces Squadron flight chief

I often get asked why I am a sexual assault victim advocate. The answer is simple and it begins with a personal connection – my sister, Teresa.

As children, Teresa, as well as my older brother Richard and I, were all victims of physical abuse. Teresa was also sexually molested at a very young age.

I saw the impact this had on her then and throughout her life. She struggled as an adult in relationships, married a man who abused her physically, mentally, emotionally and sexually for more than 20 years.

I remember the helplessness and frustration of hearing stories of what she had to endure and being unable to do anything for her because she lived so far away from me.

She was alone; unable to break the grip of control her abusive husband held on her, which was reinforced by all those around her who did not understand the truth of what constituted rape and sexual assault as we know it today.

I saw my sister struggle for years. Many times she did escape, only to have her abusive husband convince her to return utilizing a variety of emotional methods.

Only after a second divorce did my sister finally turn her back on the past and come home. In 2011, she finally left Tennessee to come live with me.

Since that time, my sister has risen from the ashes of her past. She confronted her past and now has self respect and forgiveness for herself and others. She has learned that the difference between victim and survivor is the power we give to the events and the people who have hurt us.

After suffering from child abuse

and witnessing what happened to my sister, I decided to use the evil we endured for good.

I now seek to help others. In 2005, while deployed to Al Dhafra Air Base in the United Arab Emirates, I was offered an opportunity that has changed my life. A chaplain, advertising the new sexual assault prevention and response, was seeking out volunteers to help victims of sexual assault.

That chaplain said something that has stayed with me: Serving was an opportunity to change the world one survivor at a time. He said we may not end assault, but we can diminish it. We will take the power away from the perpetrator by empowering those whom they victimized. We will educate those around the situation and make them more aware of how they enable this crime.

In the end, we will gauge our success by the single victim turned victor. If you can save the one, you can change the world.

Since then, I have served as a SAPR victim advocate, Joint Base San Antonio SAPR community advocate, cheerleader and educator. I was one of the first to attend the Bystander Intervention Train-the-Trainer Course and I returned to produce commercials and radio spots for the program.

I have had the honor to assist several victims in taking their first steps to becoming survivors and it has meant the world to me.

Edmund Burke once stated that “all evil needs to prevail is for good men to do nothing.”

So I ask you, what will you do to stop evil people, both male and female, from sexually victimizing others? You cannot save them all but you can save the one and life is all about the one whose life you changed.



### **JBSA Sexual Assault Prevention, Response**

To report a sexual assault, call the 24/7 Joint Base San Antonio Sexual Assault Prevention and Response Hotline at 808-7272 or the Department of Defense Safe Helpline at 877-995-5247.



## SEXUAL ASSAULT AWARENESS AND PREVENTION MONTH

## SURVIVOR SPEAKS OUT

## AF sexual assault prevention: Moving in the right direction

By Tech. Sgt. Terri Paden  
15th Wing Public Affairs

"I was raised in a household where you take responsibility for your own actions and don't blame others for your downfalls," said Tech. Sgt. Kathleen Thorburn. "Instead of seeing a crime that had occurred, all I could see were my mistakes. Why did I go to that party? Why did I accept the drink? Why did I laugh at their jokes? Why didn't I scream?"

Thorburn was sexually assaulted by a co-worker she trusted shortly after joining the Air Force. She'd been invited to a party by one of her instructors and encouraged to drink and take shots of alcohol, even though she was underage. Although she can't remember all the details from the night, she clearly remembers her ride leaving, being led into a bedroom and waking up with someone on top of her.

"The next day I woke up in a haze ... confused by missing clothes, where I was and what had happened," she said. "I was very aware of the fact that someone had been inside of me and it hurt down there."

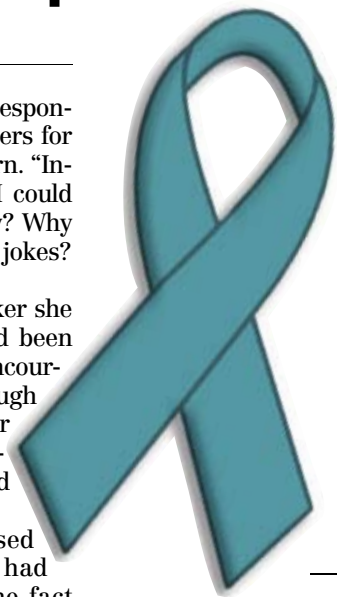
She was convinced by a friend to report the incident to her chain of command, which ultimately resulted in an investigation by Air Force Office of Special Investigations and a letter of reprimand for underage drinking. This was before the Sexual Assault Prevention and Response program had really been implemented, so after the paperwork, she was switched to a new team and no one spoke with her about the incident again.

"At the time, that's what I wanted," she said. "I was a brand new Airman. I had only been in the shop for a couple of weeks and I just wanted this to go away. Sometimes when I think about it, I feel guilty that I didn't do more and 'let' him walk away, because who knows if he might have done the same thing to someone else."

Shortly after this incident, the options of restricted and non-restricted reporting of sexual assaults were introduced to the Air Force; a concept Thorburn believes really helped change the way the service deals with victims and sexual assault for the better.

"After that happened to me, not one person asked if I needed to talk to a counselor ... not one person suggested I go to medical for a checkup, but that was fine with me because at the time I just wanted it to go away," she said. "But two months later, they announced restricted and non-restricted reporting and I thought, 'That would have been helpful a few months ago.' I think going restricted would have been a good option for me."

She said the changes in reporting protocols also came with additional training and education about how to assist victims, which she believes



*"Air Force training has become more assailant based and it's great that it's shifted focus from victim blaming. Assailant based training, I think, addresses so many questions about what happens to people after the assault and what happens to the assailant and I think that's a good way to go. We're moving in the right direction, working toward prevention and not just response."*

**Tech. Sgt. Kathleen Thorburn**  
Active-duty Airman and sexual assault survivor

helped change the culture.

"When I think about my leadership at the time and how little training and experience they must have had dealing with sexual assault and how much training everyone receives today ... I think today we are much better equipped to deal with it," she said. "There is a greater understanding of sexual assault."

Thorburn said the culture at the time made it easy for her to pretend her assault didn't happen, which is what she tried to do.

Hurt, angry, frustrated and confused following the assault, she said she began to try to move on with her life. It wasn't until she was approached by her new supervisor, who offered moral support and empathy, that she realized what had happened to her was wrong, but that she could rise above it.

"It took me a long time to even admit to myself or agree with the fact that I had been raped," she said. "I could agree verbally, but I could not fully accept it. Years went by and it was constantly in the back of my mind, yet I was always ignoring it and pretending it didn't happen. Slowly, but surely, I began to come to terms with what happened."

Right around that time, the sexual assault response coordinator began to look for victim advocates to support the new program and assist in victim recovery, and Thorburn took her first step toward recovery.

"No one was really there for me when I needed help, and a VA may have been just the person that could have helped me," she said. "I wanted to take what I learned and gained from this horrific event in my life and help someone else."

Before she would be able to fully help someone else, she knew she would need to face her own

past head on.

"I'm not very good at journaling, but I do believe in spoken word," she said. "I no longer fully believed that it was my fault, but I knew I that I could never help someone else if I could not admit what happened to me. I was a seeing a counselor at the time and one day I just sat down in her office and explained my story from beginning to end — it was liberating. I told a couple of my best friends and it was even more liberating. No longer did I have this secret to hide."

After that defining point in her life, Thorburn joined the SAPR Program and became an active participant.

"With each new event I became more and more confident in myself," she said. "I think the feelings I have, I will have for the rest of my life, but it gets better."

As part of her work as an advocate against sexual assault, she speaks out against myths regarding alcohol use and sexual assault.

"Sexual assault is not a side effect of drinking," she said. "Just because you've been drinking does not equal rape. Dizziness, headaches and nausea are all side effects of drinking, but rape is not one of them."

Thorburn said it's important to teach Airmen about responsible drinking practices and being good wingmen, but it's just as important, if not more so, to talk to them about sexual assault and respecting other people.

"Air Force training has become more assailant-based and it's great that it's shifted focus from victim blaming," she said. "Assailant-based training, I think, addresses so many questions about what happens to people after the assault and what happens to the assailant and I think that's a good way to go. We're moving in the right direction, working toward prevention and not just response."

## 'Taj' goes teal for Sexual Assault Awareness and Prevention Month

In recognition of April being Sexual Assault Awareness and Prevention Month, throughout April the Taj will be bathed in teal lighting. The goal of SAAPM is to raise public awareness about sexual violence and to educate communities on how to prevent it. Teal is the official color of SAAPM, and the teal ribbon is the symbol of sexual violence prevention. For articles and commentaries about SAAPM, visit <http://www.jbsa.af.mil> or <http://www.af.mil>.

Photo by Joel Martinez



### ***AFAF campaign in full swing***

Joint Base San Antonio points of contact for the 2015 Air Force Assistance Fund campaign are:

• **JBSA Project Officer:**

Master Sgt. LaTonya Parker, 808-1394

• **JBSA-Fort Sam Houston Installation**

**Project Officers:**

Capt. Enisa Derivisevic, 808-0169

Linda Green, 295-8516

• **JBSA-Lackland Installation Project Officers:**

Master Sgt. Jacelyn Duvall, 925-5844

Master Sgt. Mason Wilson, 671-8272

• **JBSA-Randolph Installation Project Officers:**

Capt. Eliot Peace, 652-7185

Master Sgt. Elmer Smith, 652-1646

New this year is an updated Air Force Assistance Fund website at <http://www.affassstancefund.org> that features information about all of the affiliate charities, a link to the donation forms, videos, assistance stories and questions.



# Stay safe with proper spring-cleaning fire safety tips

By Ricardo Campos  
502nd Civil Engineer Squadron Public Fire and Life Safety educator

With the arrival of spring comes blue skies, blooming bluebonnet flowers and of course – spring-cleaning.

This is the perfect time for a refresher on fire safety tips that should be followed all year long. Keeping fire safety in mind when doing things around the house, such as cleaning a dryer's lint filter after each load of laundry, will help prevent fires.

## Smoke alarm facts:

- Working smoke alarms reduce the risk of reported home fires.

- Ensure smoke alarms are installed inside every bedroom, outside each sleeping area and on every level of the home, including the basement.

- Test smoke alarms at least once a month by pushing the test button.

- Replace batteries in all smoke alarms at least once a year. If an alarm “chirps,” the battery is low and should be replaced immediately.

## Dryer lint facts:

- The leading cause of home clothes dryer fires is failure to clean dryer lint filters.

- Clean the lint filter before or after each load

of laundry. Remove lint that has collected around the drum.

- Keep the area around your dryer clear of things that can burn like boxes, cleaning supplies and clothing.

## Cooking fire facts:

- Most cooking fires in the home involve the stovetop.

- Keep anything that can catch fire – oven mitts, wooden utensils, food packaging, towels or curtains – away from your stovetop.

- Always stay in the kitchen when frying on the stovetop.

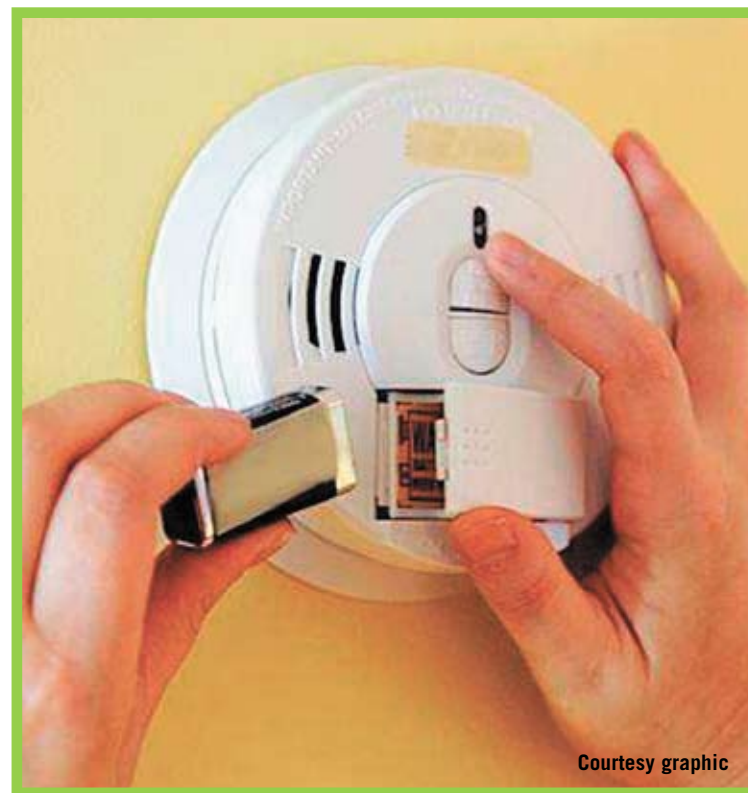
## Extension cord facts:

- Extension cord fires outnumbered fires beginning with permanent or detachable power cords by two times.

- Check electrical cords to make sure they are not running across doorways or under carpets. Extension cords are intended for temporary use.

- Have a qualified electrician add more receptacle outlets so you don't have to use extension cords.

To learn more about spring cleaning home fire safety tips, call the fire prevention offices at Joint Base San Antonio-Fort Sam Houston at 221-2727, JBSA-Lackland at 671-2921 or JBSA-Randolph at 652-6915.



Courtesy graphic

## Total force SMSgt evaluation static closeout date July 31

By Debbie Gildea  
Air Force Personnel Center Public Affairs

Enlisted evaluation and promotion changes announced in July 2014 continue with establishment of a July 31 enlisted performance report static closeout date for regular Air Force, Air National Guard and Air Force Reserve senior master sergeants, effective April 3, Air Force Personnel Center officials said.

Also effective April 3, change of reporting official EPRs has been eliminated for all active duty senior master sergeants. Air National Guard and Air Force Reserve senior master sergeants will follow the same guidance starting in 2016.

Active duty senior master sergeants whose EPRs closed out before April 3 will get another EPR closing out July 31 that will cover performance during the months between their most recent EPR and July 31.

For example, a senior master sergeant whose EPR closed out March 31 will get that EPR and another July 31 that will cover performance between April 1 and July 31.

Active duty senior master sergeants whose EPRs

would have closed out between April 3 and July 31, including those who sew on after April 3, will not get an EPR until the July 31 SCOD. Active duty senior master sergeants whose EPRs would have closed out after July 31 will have their EPR closeout date moved to July 31. For ARC senior master sergeants, this same process will take place in April 2016 (although the new evaluation form will be mandatory beginning July 31 for all required evaluations).

ANG senior master sergeant drill status guardsmen, to include technicians, will receive an initial evaluation for July 31, 2014 through July 31, 2016. Active Guard Reserve and statutory tour personnel migration will be in accordance with ANG specific guidance provided through the National Guard Bureau Director for Manpower, Personnel and Services.

Additional enlisted evaluation and promotion system changes will be announced as they are approved for implementation.

For more information about Air Force personnel programs, go to myPers at <https://mypers.af.mil>. Individuals who do not have a myPers account can request one at <http://www.retirees.af.mil/shared/media/document/AFD-120510-068.pdf>.



Brig. Gen. Bob LaBrutta (right), 502nd Air Base Wing and Joint Base San Antonio commander, stands with Jeffrey Arndt, VIA Metropolitan Transit president and chief executive officer, in front of a VIA Vanpool Van and the newly renamed "JBSA Express" VIA hybrid bus that provides round-robin express bus service from the USO in downtown San Antonio to JBSA-Fort Sam Houston and JBSA-Lackland.

Photo by Olivia Mendoza



## The 'JBSA Express': A community transportation partnership

By James Williams

502nd Logistics Readiness Squadron Deputy Director

The 502nd Air Base Wing and VIA Metropolitan Transit officials recently partnered to expand weekend Express service from Joint Base San Antonio-Lackland and JBSA-Fort Sam Houston to the downtown USO Saturdays and Sundays. The new bus routes were recently renamed the "JBSA Express."

The routes and hours of operation are:

JBSA Express Route 16 service to JBSA-Fort Sam Houston

- Saturday from 8:45 a.m. to 10:30 p.m. (every 30 minutes and once an hour for the last three hours).
- Sunday from 9:45 a.m. to 7 p.m. (once an hour).

JBSA Express Route 65 service to JBSA-Lackland

*More than 1,000 JBSA personnel are using the service every week and it has proven to be a viable alternative to driving a personal vehicle downtown and dealing with traffic congestion and parking. JBSA leadership is hopeful everyone will continue to take advantage of the JBSA Express, so it can remain in place for years to come.*

- Saturday from 8:15 a.m. to 10:30 p.m. (every 30 minutes and once an hour for the last three hours).
- Sunday from 9:15 a.m. to 7 p.m. (once an hour).

The cost is \$2.50 each way or \$4 for an all-day pass.

Tickets can be purchased – with exact change – at the bus. VIA bus service to other routes (including local theme parks) is available with stops just outside the gates at both JBSA locations.

More than 1,000 JBSA personnel are using the service every week and it has proven to be a viable alternative to driving a personal vehicle downtown and dealing with traffic congestion and parking. JBSA leadership is hopeful everyone will continue to take advantage of the JBSA Express, so it can remain in place for years to come.

For more detailed information, visit <http://www.viainfo.net>. The JBSA-Fort Sam Houston route can be viewed at <http://www.viainfo.net/Shared/ViewAttachment.aspx?AttachmentId=6774>, while the JBSA-Lackland route is at <http://www.viainfo.net/Shared/ViewAttachment.aspx?AttachmentId=6781>.



One of the best things about ICE is that people can let service providers know when they do a great job, not just for poor service. It takes five minutes or less to submit a comment at <http://ice.disa.mil>.

# Airmen may choose retirement plan at 14 1/2-year mark

By Debbie Gildea

Air Force Personnel Center Public Affairs

The Air Force Personnel Center has developed an automatic notification process that sends a message directly to regular Air Force and headquarters Active Guard Reserve members when they reach 14½ years of active service. The new process will help ensure eligible military members are aware of their options in choosing a retirement plan with ample time to make an educated decision.

Prior to implementation of the new process, only about 52 percent of Airmen acknowledged the notification message, and during the new process preliminary testing, 95 percent of Airmen responded to the message.

The Career Status Bonus – or REDUX – program was implemented in 1986. It allows Airmen who initially entered service Aug. 1, 1986 or later the option to choose either the REDUX retirement plan or the high three plan once they have 14 ½ to 15 years of active service. In 2000, a \$30,000 bonus was approved for Airmen who choose REDUX.

Information about each retirement plan, including a link to a retirement calculator, is available on the myPers website.

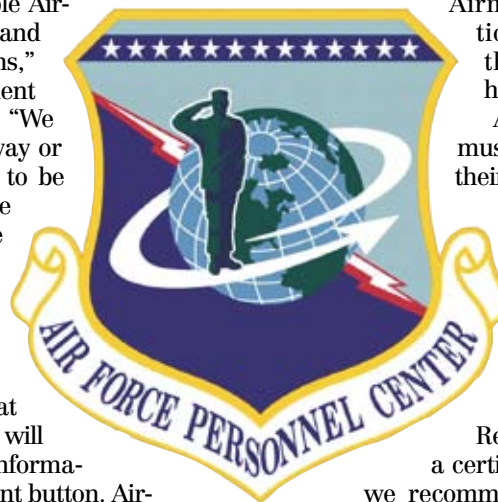
Go to <https://mypers.af.mil> and enter Career Status Bonus or REDUX in the search window.

“Our goal is to ensure all eligible Airmen know what their options are and are able to make informed decisions,” said Ann Lacey, military retirement policy and procedures branch. “We don’t want to steer Airmen one way or the other, but we do want them to be aware that they have reached the decision eligibility point. So, we also use the notification message to point them to resources that will help them choose the most beneficial plan for them.”

Under the new notification process, Airmen will get an email at their 14½-year mark. The email will include an embedded link to an information page with an acknowledgement button. Airmen must click the acknowledgement button to let AFPC know they are aware of their options. Doing so will take them to a page that includes in-depth information about each option.

“Acknowledging that you’ve been notified does not mean you are accepting the REDUX plan or rejecting it,” said Lacey. “It just lets us know that you are aware. For Airmen who are unable to respond to the initial notification, we’ll send three follow-up reminders.”

The default plan is the high three retirement, so once



Airmen have acknowledged the option to choose, if they do nothing, they will automatically get the high three plan.

Airmen who want the REDUX plan must complete the election form, have their commander sign it, and then submit it to AFPC by their 15 years of active service date.

Because of significant differences between the two plans, Air Force officials recommend Airmen seek financial counseling before they make a decision.

“Every Airman and Family Readiness Center is required to have a certified financial counselor on staff, so we recommend that all Airmen contact their local center for assistance before they make their retirement plan decision,” said Jeffrey Nelson, AFPC community readiness analyst.

“Every Airman’s situation is different, and our counselors won’t direct Airmen one way or the other. What they will do is work with each Airman to help them understand the impact their decision will have, short-term and long-term.”

For more information about Air Force personnel programs go to myPers at <https://mypers.af.mil>.

## Fathers, daughters forge bond, increase awareness

Master Sgt. Tom Curran, Headquarters Air Education and Training Command/A4MA F-16 functional manager, and his daughter, Olivia, take part in the "Because We Have Daughters" event April 9 at the Joint Base San Antonio-Randolph Youth Center. "Because We Have Daughters" is a workshop that uses activities to help fathers and daughters forge new bonds and find ways to discuss challenging issues and is one of the featured Sexual Assault Awareness and Prevention Month events at JBSA-Randolph.

Photo by Airman 1st Class Stormy Archer





# 'AGE Rangers' provide ground power for airborne mission

By Robert Goetz

Joint Base San Antonio-Randolph Public Affairs

The mission of the Air Force is to "fly, fight and win ... in air, space and cyberspace," but a group of technicians who call themselves "AGE Rangers" prove that air superiority is not possible without earthbound support.

At Joint Base San Antonio-Randolph, 24 AGE Rangers are assigned to the Aerospace Ground Equipment Branch in the 12th Flying Training Wing Maintenance Directorate's Component Maintenance Division.

"Our motto is no airpower without ground power," Richard Sanchez, AGE production controller, said. "We maintain the equipment flightline crews need to maintain and service aircraft."

Sanchez said the equipment AGE technicians maintain provides the 12th FTW's training aircraft with electricity, hydraulic pressure and air pressure while they are readied for flight.

"Whatever the ground crews need, we work hand in hand with them," Sanchez said.

AGE branch technicians receive messages from ground crews through the Maintenance Operations Center, he said.

The technicians assigned to JBSA-Randolph are civilians – including active Air Force reservists and retired Air Force and Air Force Reserve members – with years of AGE knowledge, Patrick Felan, AGE powered support system mechanic supervisor, said.

"We are known as AGE Rangers and stories have been written over the years on how we got our name and our motto, DINSTAAR – 'Danger Is No Stranger To An AGE Ranger,'" he said.

One of those stories is that the name "AGE Ranger" and the "DINSTAAR" motto date back to an incident in the Vietnam War, when AGE workers repelled the enemy and protected aircraft from damage.

The Air Force AGE workforce, more than 5,000 strong, also comprises active-duty members. They prepare for their career field at the AGE technical school at Sheppard Air Force Base, Texas, where they learn a variety of skills, from soldering techniques and mastering the principles of electronics, refrigeration, hydraulics, power generation, pneumatics and heating to servicing, inspecting, repairing and maintaining generator sets, air con-



Photo by Harold China

Luis Cisneros, 12th Flying Training Wing Aerospace Ground Equipment Branch mechanic, replaces worn out ball joints on an aircraft power generator March 16 at Joint Base San Antonio-Randolph. The equipment AGE technicians maintain provides the 12th FTW's training aircraft with electricity, hydraulic pressure and air pressure while they are readied for flight.

ditioners, hydraulic test stands, air compressors, heaters and other support equipment.

Felan said he believes AGE is the "tip of the spear because we provide the 'AGE muscle' to our fellow aircraft maintainers and most importantly our future and current Air Force pilots."

In addition to maintaining more than 700 pieces of support equipment, the AGE branch, which is headquartered in Hangar 16, provides "muscle" through the Centralized Aircraft Support System, or CASS, a more efficient way of delivering air and electrical power to the 12th FTW's training fleet. CASS' operations hub is located in Hangar 5.

"AETC has used CASS since the late 1970s," Scott Goad, AGE powered sup-

port system mechanic, said. "Instead of using portable electric and compressed air carts that eat up gallons of fuel, 400-hertz electrical power and compressed air are fed underground to service stations located on the flightline."

Goad said CASS technicians maintain two different types of service stations on JBSA-Randolph's east ramp.

"These service islands are used to support the 90 T-38C Talon aircraft that use underground compressed air and electrical power for starts and maintenance repair," he said. "There are 45 T-38C CASS stations, including the sound suppressor behind the hush house."

In addition, 55 28-volt rectifiers are used to support 20 T-1 Jayhawk and 60 T-6 Texan aircraft, Goad said.

Another component of the AGE branch

is the aircraft wheel and tire shop, where workers receive wheels from the flightline after each landing and follow a process of cleaning, inspection and reassembly or replacement. The shop processes 250 to 450 wheels per month.

Tires are replaced when necessary, typically at a rate of 25 landings for the T-38, 60 landings for the T-6 and 100 landings for the T-1.

Felan said AGE branch technicians are proud of their heritage.

"The AGE career field is not just a job, but a brotherhood of mechanics that challenges us to become highly skilled troubleshooters and repairers of air conditioning, heating, hydraulic, diesel and gas turbine powered equipment with a dash of nonpowered equipment," he said.

## JBSA-Randolph Chapel Schedule

### PROTESTANT

#### **Sunday**

8:15 a.m. service, Main Chapel

11 a.m. service, Religious Activity Center (building 975)

### CATHOLIC

#### **Monday-Thursday**

11:30 a.m. daily Mass, Main Chapel

#### **Saturday**

5:30 p.m. Mass, Main Chapel

#### **Sunday**

8:30 a.m. Mass, Religious Activity Center (building 975)

11:30 a.m. Mass, Main Chapel

## Joint Base San Antonio-Randolph News Briefs

### **JBSA Half Marathon**

The Joint Base San Antonio Half Marathon takes place at 7:30 a.m. April 26 at JBSA-Randolph. The race begins to the right of the Main Gate. Registration must be completed by Wednesday and forms can be found online at <http://www.myjbsa-fss-mwr.com>. The entry fee is \$25 and can be paid by cash or check. Payment and registration forms can be picked up at the Rambler Fitness Center on JBSA-Randolph, the Medical Education Training Campus Fitness Center at JBSA-Fort Sam Houston or the JBSA-Lackland Health and Wellness Center.

To maintain the safety of the racers during the start of the event, Harmon Drive and Washington Circle will be closed to traffic 6:30-8 a.m.

For more information, call 652-7263.

### **Fiesta in Blue concert**

The U.S. Air Force Band of the West will perform during the annual Fiesta in Blue concert 7 p.m. Tuesday at the Laurie Auditorium in San Antonio. For ticket information, call 652-5640.

### **Red Cross seeks volunteers**

The Red Cross is looking for volunteers to serve the Joint Base San Antonio-Randolph community within their medical treatment facility. Those interested would be serving a minimum of four hours per week.

For more information, call the Red Cross Desk at 652-6372 or stop by the patient administration office at the JBSA-Randolph medical clinic across from the radiology office.

### **Bowling alley closed for renovation**

The JBSA-Randolph bowling center will close for renovation through May 31. For more information, call 652-6271.

### **Volunteers recognized**

The 2015 Volunteer Appreciation Program honoring all Joint Base San Antonio-Randolph volunteers takes place noon to 1:30 p.m. Wednesday at the JBSA-Randolph Military & Family Readiness Center. Light refreshments will be served. For more information or to make a reservation, call 652-5321.

### **JBSA-Randolph DFAC**

The Joint Base San Antonio-Randolph dining facility will close for about six months of renovation beginning June 1. After reopening in the fall, the DFAC will have more efficient seating, a wider range of food offerings and will be open to any individuals with base access.

For more information, visit <http://www.jbsa.af.mil/news/story.asp?id=123444536>.

### **Airmen Heritage Museum hours**

The new hours of operation for the United States Air Force Airmen Heritage Museum and Enlisted Character Development Center at JBSA-Lackland are as follows:

- Monday-Tuesday: 9 a.m. to 3 p.m.
- Wednesday: Closed
- Thursday: 10:30 a.m. to 5:30 p.m.
- Friday: 9 a.m. to 3 p.m.
- Saturday and Sunday: Closed



# Air Force focuses on recycling this Earth Day

As the nation celebrates the 45th annual Earth Day this Wednesday, the Air Force is re-emphasizing its standing commitment to environmental stewardship and encouraging its military and civilian workforce to promote recycling both at home and on the job, and asking them to leverage available opportunities to “Conserve Today – Secure Tomorrow.”

Installations across the enterprise are taking action to meet the Department of Defense’s strategic sustainability performance plan goal of diverting 55 percent of non-hazardous solid waste and 100 percent of electronics waste, this fiscal year and beyond.

Meeting these goals requires diligence and participation from everyone, from the recycling center manager looking for new ways to expand services, to office workers taking advantage of all available opportunities to recycle and not throwing out items like paper, plastic, aluminum cans and cardboard.

This year, the Air Force is once again asking Airmen and their families to logon to the “Blue Acts of Green” Facebook page at <http://www.facebook.com/blueactsofgreen> to share recycling and other environmentally-friendly practices they commit to perform everyday as well as learn what other families are doing across the country to protect one of Earth’s most precious natural resources.

For more information on the Air Force’s Earth Day efforts, visit <http://www.afcec.af.mil/news/earthday>.

*(Courtesy of Air Force Civil Engineer Center)*



- Recycling just 48 cans is the energy equivalent of conserving one gallon of gas.
- Since 1990, the paper recovered through U.S. recycling efforts would fill 200 football stadiums to a height of 100 feet.
- The most recycled consumer product in America is the automobile, with 26 cars being recycled every minute.
- Every ton of recycled paper saves 17 trees and 462 gallons of oil.
- One pound of newspaper can be recycled into 6 cereal boxes or egg cartons.

## Earth Day 2015 Recycling Facts

- In the U.S., we toss more than 100 million cell phones in the trash every year.
- EPA reports that more than 112,000 computers are discarded every single day, in the U.S. alone. That’s 41.1 million desktops and laptop computers per year.
- Only 30 percent of electronic waste is disposed of and recycled properly.
- Recycling just one aluminum beverage can saves enough energy to run a 100-watt bulb for 20 hours, a computer for 3 hours or a TV for 2 hours.
- Recycling 125 aluminum cans saves enough energy to power one home for a day
- Recycling one ton of cardboard:
- Saves 390 kWh of energy
- Saves 1.1 barrels (46 gallons) of oil
- Saves 6.6 million BTUs of energy.
- If everyone in the U.S. was able to reduce their 10.8 pieces of junk mail received each week, we could save nearly 100 million trees each year.
- If every household in the U.S. replaced one roll of non-recycled

paper towels with a roll of 100 percent recycled paper towels, we would save 864,000 trees and 3.4 million cubic feet of landfill space.

- If 10,000 people switched from zero to 100 percent post-consumer recycled office paper for a year, the collective annual impact is equivalent to taking 230 cars off the road for a year.
- A typical disposable lunch, with items like single-serve yogurt, Ziploc bags and juice boxes creates 4 to 8 oz. of garbage every day. In a year, this could generate up to 67 pounds of waste.
- Between Thanksgiving and New Year’s, Americans throw away one million extra tons of garbage every week.
- The average U.S. citizen uses 200 pounds of plastic per year and only percent is recycled. Glass makes up 6 percent of all the items in a landfill and it takes over 1 million years to decompose.
- An average of 220 tons of computers and other e-waste is dumped annually.

## Sexual assault awareness and prevention training event

Josh Jasper, Mentors in Violence Prevention Program facilitator, briefs military and civilians on sexual assault prevention April 10 at Joint Base San Antonio-Randolph’s Fleenor Auditorium. During the event, Jasper led a discussion through a multimedia presentation called the ‘Power of the Pyramid’ using dozens of media and pop culture examples to illustrate how seemingly harmless behavior can progress to violence. The presentation was part of a series of Sexual Assault Awareness Prevention Month events being held throughout April across JB SA.

Photo by Harold China



# Tax center volunteers 'make it happen' during tax season

By David DeKunder

Joint Base San Antonio-Randolph Public Affairs

Manning issues forced the Joint Base San Antonio-Randolph Tax Center in building 202 to cut back to 3½ of operation this year, but its volunteers remain a constant in the face of change – as dedicated to their task as ever.

Because the tax center's days of operation have been reduced from five in 2013 to four in 2014, to 3½ this year, the number of returns processed has declined. However, volunteers still helped customers complete more than 1,000 returns, saving them more than \$200,000 in preparation fees and delivering some \$1.5 million in refunds, LaMarr Queen, tax center coordinator, said.

Volunteers provide quality assistance free of charge to military members, retirees and family members, Queen said.

"They're the best – the place wouldn't run without them," he said. "They make it happen. They give of themselves freely to help others and are always in a good mood."

Thirty volunteers devoted their time to the tax center this year, a cross-section of the JBSA-Randolph community that included active-duty members, retirees, spouses and other family members, and civilian employees. They're accommodating to customers, meeting them face to face or taking returns home with them.

Queen said all volunteers are trained according to the Internal Revenue Service Volunteer Income Tax Program site standards. They are typically trained in December, he said, but this year the week-long session took place in January.

The biggest change in the tax laws this year was the Affordable Care Act, the reform of the United States health care and health insurance system that was signed into law by President Barack Obama in 2010.

"But there were not many instances where that came into play since most filers here are under TRI-CARE," Queen said.

Volunteers are asked for one four-hour shift per week, but some work 12 hours a week or more, he said.

"It amazes me how much they're willing to give," Queen said.

Capt. Randy Turner, Air Force Security Assistance Training Squadron foreign military sales training program manager, completed his first tax season as a volunteer.

"I love being a volunteer," he said. "I've met some great people, and worked with great people. I've also learned a great deal about taxes."

Tax preparation runs in his family, Turner said, but he didn't have an opportunity to volunteer until this tax season.

"My family owns a tax business," he said. "My mother does taxes and so did my grandmother. I've been wanting to volunteer for some time, but couldn't ever make it happen due to TDYs or deployments."

Turner met Queen at the 502nd Security Forces and Logistics Support Group Office of the Staff Judge Advocate, where the tax center coordina-

*"They're the best – the place wouldn't run without them. They make it happen. They give of themselves freely to help others and are always in a good mood."*



LaMarr Queen

Joint Base San Antonio-Randolph tax center coordinator



Photo by Harold China

Michael German, Joint Base San Antonio-Randolph certified volunteer tax consultant, prepares taxes for Dorian Henley, spouse of retired Navy Senior Chief Jesse Henley, March 19 at the JBSA-Randolph tax center.

tor works as a paralegal, and an opportunity to volunteer presented itself.

"I just happened to be filling out a will at the legal office the week before the training, was able to meet LaMarr, and it's been history ever since," he said.

In contrast to Turner, Col. Richard Roessler, Air Education and Training Command Readiness Division chief, has been a volunteer tax preparer for more than a decade.

"The first year that I assisted with taxes was around 2002 or 2003 at Scott Air Force Base," he said. "I have been able to help off and on for about five or six tax years since."

Roessler, who volunteers at the tax center four hours a week but sometimes takes work home, said helping with returns keeps his "mathematical mind" working.

"I have specialized in medical readiness, which is not primarily a financial function," he said. "Doing taxes helps keep some of my finance skills – I majored in accounting way back when I was an undergraduate – up to speed."

Roessler said he enjoys talking with the customers. "They often give me more advice than I give them," he said. "I also enjoy the challenges of unique tax returns, but the challenges are great parts about being a tax volunteer."



# Preventing child abuse is everyone's responsibility

By Amaani Lyle

Department of Defense News, Defense Media Activity

The Department of Defense observes April as the Month of the Military Child, and also recognizes this time of year as it pertains to a more sobering topic: National Child Abuse Prevention Month.

In a recent DOD news interview, Barbara Thompson, the director of the DOD's Office of Family Readiness, stressed that anyone aware of red flags and potential cases of abuse has an obligation to bring the concerns to light.

Learning how to support parents, identify risks, and mitigate those risks are critical elements in child abuse prevention, she added.

"We have a role, each and every one of us, to support children's health and safety," Thompson said. "Parenting is one of the hardest jobs and responsibilities that we'll ever have, and the one that also has the most love."

DOD has taken a multipronged approach to help parents provide a safe, healthy, nurturing environment for their children, Thompson said. Through military treatment facilities, perinatal nurses and doctors can support military families' unique needs.

Pediatricians are among the most trusted sources of information for parents, she noted.

Thompson also discussed the New Parent Support Program, in which parents can seek help through fam-

ily advocacy and even in-home visits to reinforce safety and help them avoid risks of neglect or abuse.

"You're moving every two to three years," she said. "You're away from your extended family, or service members are deployed, which means we now have a stay-at-home parent who's by himself or herself, and we want to make sure the resources are available to strengthen their parenting skills."

The National Center for Telehealth and Technology's website offers tips and tools to help military and veteran parents during different stages of their children's growth and development, Thomson said.

Military OneSource offers confidential, nonmedical counseling that helps parents learn communication skills to better identify and understand behavioral changes in their children, particularly those in the toddler stages, she added.

"(That phase) is sometimes called 'The Terrible Twos,' but I like to call it 'The Terrific Twos,' because children's budding personalities are developing," she said, acknowledging that, "it can be challenging when they're saying 'no' to you all the time."

Parents equipped with skills to offset children's challenging behaviors often develop confidence and openness to additional resources that foster long-term readiness and flexibility, Thompson said.

"Children are very different," she pointed out, "so what works for one of your children will not necessar-

ily work for another one."

Parents who return from deployments with visible or invisible injuries may particularly benefit from DOD and Military OneSource resources tailored to their specific needs, Thompson said.

Research and empirical evidence indicate that certain protective factors buffer and mitigate risks military families could experience, and working with schools, pediatricians, chaplains and child development staff members is key to keeping those avenues of communication open, Thompson said.

"We want to make sure that ... parents are aware how important it is to foment a nurturing, attached relationship with their young children ... and manage expectations from both the child's perspective, as well as their perspective," she said. "We know (having this information) reduces the risk of committing abuse, because you have these tools to help you catch yourself before it happens."

Officials are seeking to eradicate the stigma behind identifying and reporting child abuse, Thompson said, and to promote communities' greater familiarity with the National Child Abuse Hotline and other resources designed to help parents who may be struggling with appropriate nurturing and disciplinary roles with their children.

"Each one of us has to take a stand to protect not only military children, but all children," Thompson said.

## Students learn about human physiology during flight

Staff Sgt. Miriam Hernandez (standing), 359th Aerospace Medicine Squadron aerospace and operational physiology technician, lectures students on the use of altitude chamber equipment and procedures to ensure their comfort and safety during training April 8 at Joint Base San Antonio-Randolph. Any students with Air Force specialties including enlisted aircrew, pararescue, remotely piloted aircraft, introduction to fighter fundamentals or pilot instructor training must first learn about human performance in airborne operations at the 359th Aerospace Medicine Squadron Aerospace and Operational Physiology Flight at JBSA-Randolph. A few tools used to train students include a Barany chair to help combat the motion sickness that comes with flying aircraft, an altitude chamber to familiarize students with hypoxia and a flight simulator for night vision goggle training.

Photo by Joel Martinez

