



WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

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12th Flying Training Wing welcomes new commander

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Maj. Gen. James B. Hecker (left), 19th Air Force commander, presents the unit guidon to Col. Joel L. Carey during the 12th Flying Training Wing assumption of command ceremony, June 30 at Joint Base San Antonio-Randolph.

Photo by Johnny Saldivar



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COMMENTARY

INTEGRITY FIRST

Standing side-by-side, standing tall with LGBT

By Senior Airman Krystal Wright
Joint Base San Antonio-Lackland

Recently, there has been much tragedy, death and sorrow. Not long ago, there was the tragic shooting in Orlando, Fla., and another potentially dangerous situation was averted due to our men and women in blue and concerned citizens when a man with plans to attend the Los Angeles Pride Parade was arrested with a cache of weapons June 12.

The purpose of the attack in the Orlando night club and other similar attacks was to inspire fear and suppress those who do not fit into the perpetrators' certain "ideal" image – whether it is in regards to sexual orientation, religious preferences or other differences that make each of us unique.

I know several people who are gay, lesbian and bisexual. They are my friends and family. Some are military members, while others are not. Some are crossdressers, some are sweethearts and some I can only describe as tough, no-nonsense people.

But each one has welcomed me with open arms despite my own flaws and each one has a huge caring heart. I have seen them struggle with criticism and hate in addition to being on the receiving end of some nasty "jokes," yet still find love and laughter within themselves. I am in awe of their self-preservation and optimism, and how they find strength to stand with dignity and confidence despite facing ridicule and so much hate.

I remember once a friend "came out" by telling us who he had a crush on and some of the others in our group were shocked. One person, seeing I was struggling with something or thought I simply

did not understand, whispered loudly to me "he means he's gay," like it was a big deal. I told her I didn't care about that. My problem was he had poor taste in men, which was just simply appalling; even now I shake my head. I think that shocked her more than the friend's announcement, who just laughed at me and seemed relieved.

People may come and go during the course of our lives, but the impact each individual has on us lingers. Do we support them and lift them up or become a chain that attempts to pull them down?

In my almost five years of service, the Air Force – which is really a brotherhood of Airmen, past and present – has also taught me a great many things, including some important life lessons. It also provided tools to be successful, like wingmanship, the core values and a creed to live by.

It taught me that we are guardians of freedom and justice. We are our nation's sword and shield; its sentry and avenger. These are not just pretty words in our creed that we recite to raise morale, but a promise to ourselves, our brothers and sisters in arms, our countrymen and our allies.

It is a promise we will do what is right. We will do everything in our power to protect lives and to protect each person's rights. And if something terrible happens, we will stand for them. We will be their shield to protect them from harm. We will be their sword to fight for them and defend them. It doesn't matter who they are. We will stand for every American citizen, whether they are black or white, straight or otherwise, an English speaker or not.

We do not cower in the face of adversity, hate or terrorism, nor do we standby to cruelty or suffering. This isn't the time to shy away or

lose confidence, but the time to find the steel in our back and stand with pride. While I am not lesbian, gay, bisexual or transgender myself, I stand beside them.

When I learned wingmanship, I learned you stand with your brothers and sisters no matter who they are, where they come from, what they believe or the fire raining down upon us.

The core values teach integrity or "adherence to moral and ethical principles;" service before self, which is standing up for your country no matter the cost; and excellence means always putting the best effort forward no matter what or for who.

Every time other Airmen and I say the creed, we promise to defend our country with our lives, a promise I intend to honor if it is ever asked of me.

I believe our country isn't the land, but its people; they are the heart and soul of the nation – and the United States is a beautifully diverse nation.

Being in the military, I have traveled from one end of the country to the other, from Washington State to Washington D.C., from Minnesota to Texas and each part is so different from another. We have people of every shade, culture, religion and set of beliefs. We have people who like men, women or both. The USA – the land of opportunity – is a unique country of diversity that should be celebrated and cherished.

And I, with my brothers and sisters in arms, have sworn to defend each person's right to believe what they wish and love who they wish.

We will never leave an Airman – or American – behind. We will stand strong against hate and any attack. We will never falter in our mission and we will not fail.

WINGSPREAD

Joint Base San Antonio-Randolph
Editorial Staff

Brig. Gen. Bob LaBrutta

502nd Air Base Wing/JBSA Commander

Todd G. White

502nd ABW/JBSA Public Affairs Director

Dan Hawkins

JBSA-Randolph Public Affairs Chief

Senior Airman Stormy Archer

Photojournalist Journeyman

Airman 1st Class Lauren Ely

Photojournalist Journeyman

Robert Goetz, David DeKunder

Staff Writers

Maggie Armstrong

Graphic Designer

Wingspread Office

1150 5th Street East

JBSA-Randolph, Texas 78150

Phone: 210-652-4410

Wingspread email

randolphpublicaffairs@us.af.mil

Wingspread Advertisement Office

EN Communities

P.O. Box 2171

San Antonio, Texas 78297

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The deadline for submissions is noon Wednesday the week prior to publication. All submissions can be emailed to randolphpublicaffairs@us.af.mil.

JBSA hosts hiring event to fill positions

Joint Base San Antonio is hosting a Hiring Event 9 a.m. to 3 p.m. Wednesday at Workforce Solutions Alamo, 1499 Hillcrest Dr. Dozens of positions need to be filled across JBSA. We are actively seeking candidates to fill positions in the following areas: police officer, firefighter, civil engineer, mechanical engineer, electric engineer, environmental engineer, air conditioning mechanic, plumber, maintenance mechanic, child development, fork lift operator, computer assistant (A+), accounting & budget, supply, transportation, procurement, materials handler, and fuel distribution. Help with Federal resume preparation and navigating the application process will be available at the event.

Class focuses on minimizing stress, enhancing time management

By David DeKunder

Joint Base San Antonio-Randolph Public Affairs

Finding out the causes of stress and using time management strategies to reduce stress is the focus of a class by the 359th Medical Operations Squadron Mental Health Flight from noon to 2 p.m. Thursday at the Human Performance Resource Center in building 999.

The Life Skills class, "Stress and Time Management," will be facilitated by Gina Ramirez, 359th MDOS Mental Health Flight outreach resiliency coordinator. Ramirez said the class will examine the physiology of stress, the mind and thought processes that keep individuals stressed and how time management skills can be used to reduce stress.

"We really look at a holistic approach to stress and time," she said. "We are looking at the mind, body and behaviors of the stress response. The class focuses on how stress affects the physiology of the body and what happens if you stay stressed for long periods of time. Not all stress is negative. Stress can be positive by keeping us motivated to reach our goals. But we shouldn't stay in a heightened state of stress for a prolonged period of time."

Class discussions will explore the thought processes that contribute to individuals being stressed and behaviors that can reduce stress, including exercise, sleep, proper eating habits, meditation, mindfulness and gratitude.

A values-based framework will be used for discussing stress and time manage-

ment, Ramirez said.

"We all have core beliefs that are central to who we are and how we make decisions," she said. "We talk about those values that are important to you and how you live your life based on those core values. Then we take a look at time management based on that same framework of values."

Spending time on areas of life that you value can help in living a balanced life, Ramirez said.

"People, in my mind, need to step back and take a look at what's important to them and spend time on that," she said. "When you spend time on things and people that you value, your stress level comes down."

Ramirez said active-duty members have to deal with stressors which are unique to the military, including deployments, temporary duty assignments and work. The class will have information on the types of resources available to active-duty members and civilians who work at JBSA locations.

"Even though we have unique stressors, we also have an abundance of unique resources," she said.

At the end of the two-hour class, Ramirez said attendees will participate in a relaxation meditation exercise.

"We do a nice relaxation imagery technique that really focuses on using your mind to relax your body," Ramirez said.

The class is free and open to all Department of Defense ID cardholders. To register for the class, call 652-2448.

NEWS

Col. Carey assumes command of 12th Flying Training Wing

By Randy Martin

12th Flying Training Wing Public Affairs



A native Texan assumed command of the 12th Flying Training Wing during a ceremony June 30 in Hangar 41 at Joint Base San Antonio Randolph.

Col. Joel L. Carey received the unit's guidon from Maj. Gen. James B. Hecker, 19th Air Force commander, on a stage while hundreds of Airmen, family members and community leaders watched.

In his remarks, Hecker thanked family and friends for their support to Carey beginning with his childhood in Midlothian, Texas, and continuing through college at Baylor University and his subsequent 25-year career as an Air Force officer and pilot.

"You are about ready to have a family of 2,500," Hecker said referring to the Airmen, civilians and contractors that comprise the 12th FTW in three groups and a maintenance directorate dispersed from JBSA-Randolph to the U.S. Air Force Academy in Colorado and Naval Air Station Pensacola in Florida.

Hecker lauded the accomplishments of Brig. Gen. Matthew Isler, who relinquished command following his promotion at the end of May, and the interim 12th FTW commander, Col. Michael Snell, who now resumes his duties as the wing's vice commander.

"I'm incredibly impressed with the Airmen of the 12th FTW, both uniformed and civilian, and the overwhelming support from the local community that I've seen thus far," Carey said. "My family and I are excited about being part of this amazing team."

The 12th FTW is responsible for four single-source aviation pipelines. These pipelines include combat systems officer training, pilot instructor training, as well as remotely-piloted aircraft pilot and basic sensor operator training.

The wing manages all airmanship programs for the U.S. Air Force Academy and serves as the single screening point for all hopeful aviators to include pilots, RPA pilots and CSOs. The wing also hosts the introduction to fighter fundamentals program as well as conducts electronic warfare training for the U.S. Air Force and multi-national forces.

"I'm incredibly impressed with the Airmen of the 12th FTW, both uniformed and civilian, and the overwhelming support from the local community that I've seen thus far."

Col. Joel L. Carey

12th Flying Training Wing commander



Col. Joel L. Carey, 12th Flying Training Wing commander, addresses the crowd during the 12th FTW assumption of command ceremony June 30 at Joint Base San Antonio-Randolph.



Col. Mike Snell, 12th Flying Training Wing vice commander, leads 12th FTW Airmen on the traditional first salute during the assumption of command ceremony June 30 at JBSA-Randolph.

Photos by Johnny Saldivar

Summer Safety Campaign focuses on dangers of UV radiation

By Robert Goetz

Joint Base San Antonio-Randolph Public Affairs

Sunlight has many benefits, including its ability to boost Vitamin D production and increase serotonin levels in the human body, but too much exposure to the sun can also have unwanted consequences.

The Air Force's Summer Safety Campaign draws attention to the dangers of overexposure to the sun, including the most serious problem – skin cancer.

“Skin cancer is the most common cancer in the United States, affecting one in five Americans,” said Maj. (Dr.) Thomas Beachkofsky, 59th Medical Specialty Squadron dermatologist. “In fact, it is estimated that more than 8,500 people are diagnosed with skin cancer every day, and one person dies of melanoma, the deadliest form of skin cancer, every hour.”

Fortunately, there are steps people can take to reduce their skin cancer risk, Beachkofsky said.

“When the ultraviolet index is moderate to extreme, seeking shade is the best option,” he said. “Here in San Antonio that can be a good portion of the day, so if this is not possible, wearing sunscreen, sunglasses and protective clothing are recommended options.”

The UV index number starts at 0-2 for low exposure level and goes all the way up to 11 and above for extreme exposure level, according to the Environmental



Photo by Joel Martinez

Maj. (Dr.) Thomas Beachkofsky, 59th Medical Specialty Squadron dermatologist, checks a patient for abnormal skin growths June 7 at the Joint Base San Antonio-Randolph Medical Clinic. The 59th Medical Wing at JBSA-Lackland has expanded dermatology services to the JBSA-Randolph Medical Clinic. Located in the family health clinic, the dermatology clinic is open from 8 a.m. to noon Tuesday and Thursday.

See SUMMER SAFETY P7

DEPARTING FOR NEXT ADVENTURE

Welsh bids farewell to Air Force after 4 decades

By Senior Airman Hailey Haux

Secretary of the Air Force Public Affairs Command Information

Stealing a moment of silence, looking into the eyes of his wife, he takes a deep breath and prepares for what's to come.

Standing tall and proud, Air Force Chief of Staff Gen. Mark A. Welsh III walks into a hangar in front of hundreds of onlookers, all there to bid him farewell.

After 40 years of service, Welsh retired from the Air Force during a ceremony June 24 at Joint Base Andrews, Md.

Welsh's journey began at the age of 23 when he graduated from the U.S. Air Force Academy, donning his father's second lieutenant bars.

He became a pilot, accumulating more than 3,300 flight hours in the F-16 Fighting Falcon, A-10 Thunderbolt II, T-37 Tweet and TG-7A motorized glider, and leaves behind a legacy of pride.

"As Mark and Betty depart for their next adventure in life, the good news is they're leaving behind a fantastic legacy, a legacy which is the core values of the Air Force themselves - integrity, service before self and excellence in all that - they have done over the course of four decades," Air Force Secretary Deborah Lee James said of the general and his wife.

"And the best thing any Airman can ever really hope for is to find the right wingman in service to America," she continued. "And I have to say, I certainly found such a wingman in the fantastic partnership of Mark and Betty Welsh."

Through his service, Welsh inspired service members across all branches of the armed forces, even capturing the attention of his youngest son and influencing his decision to join the Marine Corps.

In a sea of Air Force blue, the olive green Marine Corps uniform of 1st Lt. Matthew Welsh stood out as the young officer took the stage to retire his father.

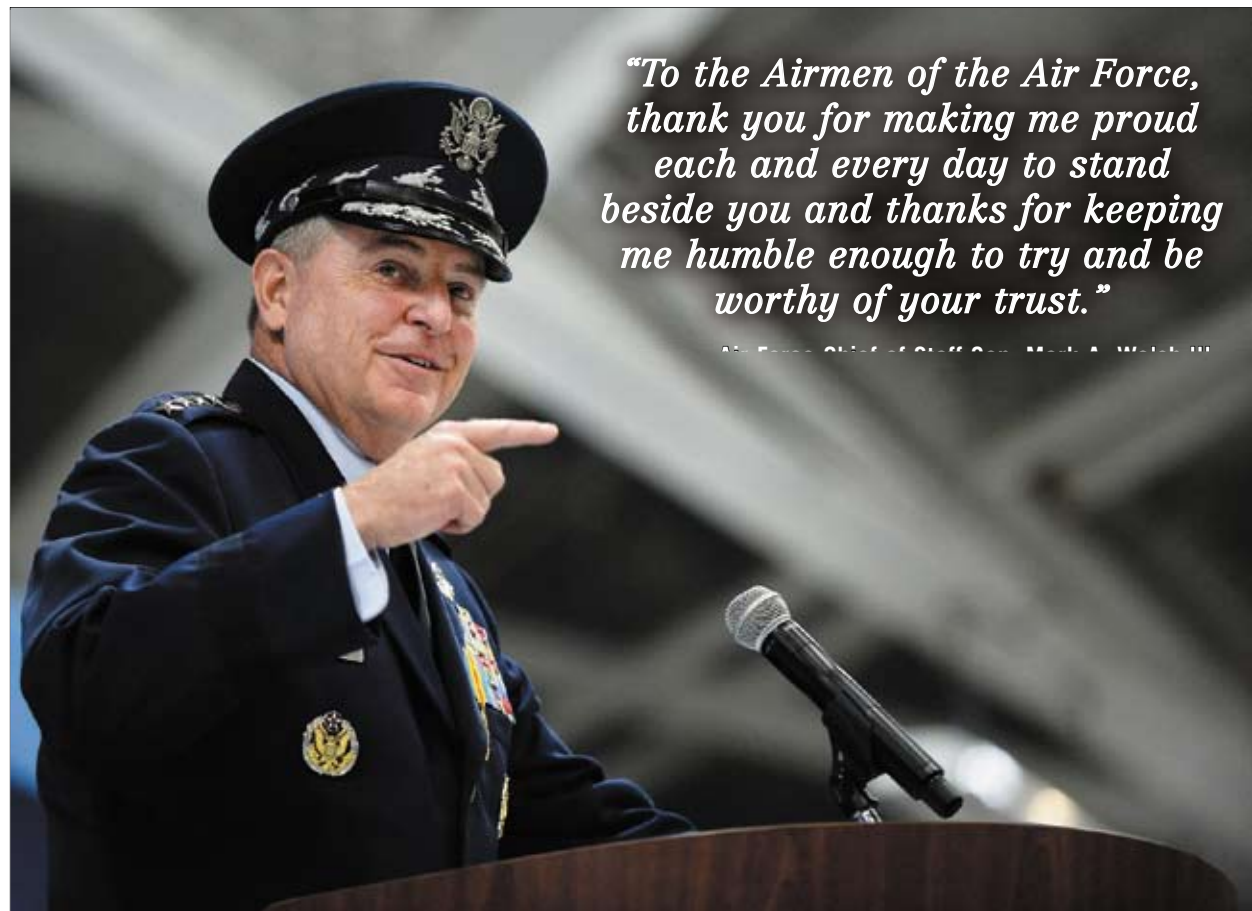
"Dad's an extremely nice, personable man," Matthew said. "When people meet him they are taken aback and wonder, 'Is dad really that nice?' The answer is, 'Yes!' But make no mistake about it, underneath all that is a barrel-chested, red-blooded, God-fearing American that's been swinging the war hammer for the last 40 years for this country."

Matthew said his father taught him everything he needed to know about being a man and a leader.

"Leaders stand in the pocket and they take the hits, regardless of what is fair and what's not," he said. "They take the insults and the direction from wherever it comes ... and they do what is right by the team, by the men and women. Leaders carry the respect of their organization and protect it at all costs."

Matthew gave a unique perspective on the wealth of experience his parents accumulated throughout their years of service.

"What people don't realize is that mom and dad are richer than most," Matthew said. "This is a unique profession where value and success are not determined by



"To the Airmen of the Air Force, thank you for making me proud each and every day to stand beside you and thanks for keeping me humble enough to try and be worthy of your trust."

Air Force Chief of Staff Gen. Mark A. Welsh III

Photo by Tech. Sgt. Joshua L. DeMotts

Air Force Chief of Staff Gen. Mark A. Welsh III thanks his family during his retirement ceremony June 24 at Joint Base Andrews, Md. Welsh has served as the 20th chief of staff since 2012.

fame or political gain - their currency is one of a different kind ... earned through the blood of their brothers and sisters, forged through the sweat and tears of combat, compounded by the daily actions and subsequent pride developed through the men and women of our armed services, and solidified by the deep respect they have earned through their brothers- and sisters-in-arms and their own family."

With an A-10 and F-16 anchored in each corner, and the U.S. Air Force Honor Guard in formation under an oversized American flag draped from the ceiling, Welsh addressed the crowd as if he knew every single person in the room.

"As American Airmen we serve in the greatest Air Force in history and we serve in the mightiest joint force anyone has ever seen and we serve the greatest nation and the greatest citizens on earth," Welsh said. "What a privilege it has been to stand beside you, thanks for allowing me to do so."

"To the Airmen of the Air Force, thank you for making me proud each and every day to stand beside you and thanks for keeping me humble enough to try and be worthy of your trust," he continued. "You are magnifi-

cent, no one has committed more to the fight over the past 25 years, no one is more critical to warfighting success and no one is prouder to serve than an American Airman. It has been the honor of my life to represent you. Thank you for who you are. I'll miss you."

Reflecting on his career, one thing stayed constant through all the moves and changes - the support of his family, and most importantly, his wife.

"I have had an embarrassingly wonderful and blessed life," Welsh said. "I grew up in the greatest family ever, I had the best mom any child has ever had, a father who is still the greatest role model I have ever met and who I know is very proud as he looks down on us today. I had the best brother and sisters on earth and better friends than I deserved. Then I met Betty, and my world was complete. She is everything; she is the story of my life, and I can't wait to write the next chapter."

As a drum beats loudly, signaling the start of one final march, flights of Airmen pass by, culminating the ceremony. Welsh then takes the hand of his beloved and leaves the hangar arm-in-arm to start off on their next adventure.

SUMMER SAFETY from P5

Protection Agency. For moderate exposure, the UV index number ranges from 3 to 5. Real-time information regarding the UV index at any location in the U.S. via smartphone can be found at <https://www.epa.gov/enviro/uv-index-mobile-app>.

Choosing the correct strength of sunscreen is an important consideration in protecting the skin from UV rays, Beachkofsky said. Sunscreen strength is designated by the sun protection factor, or SPF.

“The American Academy of Dermatology recommends use of a broad-spectrum sunscreen of at least SPF 30,” he said. “Broad spectrum means a sunscreen protects the skin from ultraviolet A and ultraviolet B rays, both of which can cause skin cancer. In general, sunscreens should be reapplied every two hours and more often if you are exposed to water or are sweating as sunscreens are neither waterproof nor sweat-proof.”

Protecting the skin of children is especially important since an estimated 40 to 60 percent of sun exposure occurs before age 20, Beachkofsky said. Unprotected sun exposure is even more dangerous for children who have moles, freckles, very fair skin and light hair, or a family history of skin cancer.

Statistics show melanoma is the second most common

form of cancer for young adults 15 to 29 years old and the incidence of melanoma in children 11 to 19 years of age has increased almost 3 percent per year from 1973 to 2001.

People should also know the signs of skin cancer so they can detect it in its earliest stages, when it is most treatable, Beachkofsky said.

“Warning signs of melanoma include changes in size, shape or color of a mole or other skin lesion, or the appearance of a new growth on the skin,” he said.

The three most common skin cancers are basal cell, squamous cell and melanoma, Beachkofsky said.

“Basal cell and squamous cell carcinomas are the two most common forms of skin cancer, but are easily treated if detected early,” he said. “Both basal cell carcinoma and squamous cell carcinoma have cure rates approaching 95 percent if detected early and treated promptly. However, approximately 75 percent of skin deaths are from melanoma. The major risk factor for melanoma is exposure to ultraviolet light.”

Too much UV radiation causes other problems in addition to skin cancer.

“We have all seen that 40-year-old person walking around with tanned, wrinkling, saggy, spotty skin that

makes them look much older than their real age,” Beachkofsky said. “That is photo-aging. While there are many factors associated with the appearance of aging skin, UV radiation is well-known to induce wrinkles and age spots.”

Tanning beds are another source of harmful UV radiation.

The American Academy of Dermatology opposes sunlamps and sunlamp products, otherwise known as indoor tanning beds and booths, and supports prohibiting the sale and use of sunlamp products, Beachkofsky said.

“The United States Department of Health and Human Services and the World Health Organization classify UV radiation from sunlamps as carcinogenic to humans,” he said. “Use of sunlamp products represents a significant and avoidable risk factor for the development of both melanoma and non-melanoma skin cancers. Other adverse effects of sunlamp use include burns, premature aging of the skin, infection and exacerbation of certain serious light-sensitive conditions including lupus.”

More information regarding skin cancer and skin protection from UV radiation can be found at the American Academy of Dermatology’s website, www.aad.org.

To advertise in the Wingspread, call 250-2052.

Military and family readiness centers promote financial awareness

By Robert Goetz

Joint Base San Antonio-Randolph Public Affairs

Military and family readiness centers throughout the Air Force provide an array of programs and services that promote self-reliance and contribute to mission readiness.

One of the most important and practical ways M&FRC community readiness consultants and professionals from the civilian community can positively impact the lives of active-duty members and their families, as well as retirees and civilian employees, is through classes, programs and one-on-one counseling that focus on their finances.

“Active-duty members’ pay is a valuable resource that is needed to provide them and their families with the essentials and prepare them for the future,” said Bob Williams, Joint Base San Antonio-Randolph M&FRC community readiness consultant. “Successfully managing money is crucial to the mission. Those in a financial crisis can’t focus on the mission because their minds are elsewhere.”

Financial counseling starts at the beginning of officers and enlisted members’ careers, when it is mandatory, and continues through their active-duty years and even after they have separated or retired from the service.

“Every enlisted person and officer is required to go through a basic financial course at their first duty station,” Williams said.

A four-hour financial training session for second lieutenants, first lieutenants and captains assigned to JBSA-Randolph as their first duty station is conducted at the M&FRC, he said. They learn about pay, entitlements, insurance, credit management, the Thrift Savings Plan and other aspects of finances.

First-duty-station enlisted members receive their initial financial training when they attend the First Term Airman Center.

“The mandatory classes can help prevent financial crises later on,” Williams said. “After those classes, we try to encourage them to take the other classes we offer here or come here for counseling.”

Because financial preparedness is so crucial to the mission, commanders often request presentations for their Airmen and civilians, Williams said.

“Community readiness consultants are available to reach out if a unit wants us to provide a financial course or seminar,” he said. “That happens on a regular basis. A lot of times we’re asked to provide basic financial planning and investing.”

Classes that focus on financial topics such as car buying, credit scores and investing are offered on a periodic basis at the M&FRC.

A class presented in March and June, “Social Security and You,” has proved to be one of the center’s most popular offerings, Williams said. Forty people attended the first class, while nearly 60 came to the second one.

“We have an older population at JBSA-Randolph – active-duty members and civil service employees who need to know more about how Social Security

“Active-duty members’ pay is a valuable resource that is needed to provide them and their families with the essentials and prepare them for the future. Successfully managing money is crucial to the mission. Those in a financial crisis can’t focus on the mission because their minds are elsewhere.”

Bob Williams

Joint Base San Antonio-Randolph Military & Family Readiness Center community readiness consultant



Photo by Sean Schroeder

Criselda Smith, Joint Base San Antonio-Randolph Military & Family Readiness Consultant, works with a client to explore investment options for the Thrift Savings Plan Feb. 10 at JBSA-Randolph.

works,” he said. “They’re concerned about Social Security and how it affects them. It’s important because Social Security is one of the stools of the three-legged stool for retirement.”

Just as the mandatory financial sessions prepare first-duty-station officers and enlisted members for handling finances during their careers, the mandatory Transition Assistance Program helps separating or retiring Airmen ease into civilian life, Williams said.

“It’s a four-hour class that presents the financial issues they will face,” he said.

Another important resource is the Air Force Aid Society, which assists active-duty members in times of financial emergencies with grants or interest-free loans, Williams said.

“What companies provide workers with interest-free loans in times of crisis?” he asked.

The JBSA-Randolph M&FRC, like military and family readiness centers at the other JBSA locations and throughout the Air Force, also devotes an entire week to financial matters during Military Saves Week, an annual event that is held in February.

Representatives from the two financial institutions at JBSA-Randolph and other financial professionals join M&FRC team members in presenting topics of interest to the community, Williams said.

“There’s a tremendous emphasis on saving during that week,” he said. “It kicks off the new year to get people thinking about money management.”

Williams said M&FRC community readiness consultants are always ready to help.

“We have a great staff that works together,” he said. “Our goal is to do what we can to support the military and their families.”

PTSD Awareness leads to positive treatment

By J.D. Levite

Air Force Surgeon General Public Affairs

Post-Traumatic Stress Disorder can be debilitating in some patients, but thanks to advancements in research and the continued training of mental health providers, treatments are getting better all the time.

Maj. Joel Foster, Chief of Air Force Deployment Mental Health, said treating PTSD has improved dramatically in the last 20 years.

“Twenty years ago we didn’t really know what PTSD was and didn’t know what to do with patients who had PTSD,” Foster said. “We tried to treat it like other anxiety problems. We put people in various types of therapy groups which weren’t always very helpful. What we didn’t realize back then was that this approach was not effective in treating PTSD.”

Mental health providers use evidence-based trauma-focused therapies. Two of these therapies are prolonged exposure and cognitive processing therapy, which are taught to all mental health providers in the Air Force. Part of the reason these treatments work is because they treat the cardinal symptom of PTSD – avoidance of memories and reminders of the traumatic event.

“What these treatments do is break the cycle of avoidance,” Foster said. “We work with the patient to expose them to the stimuli they are afraid of gradu-

“For most patients, the therapy is not as bad as they think it’s going to be. Nearly every person I’ve worked with has told me that the anxiety and fear they have before treatment is always much worse than going through the treatment.”

Maj. Joel Foster

Chief of Air Force Deployment Mental Health

ally over time and in a supportive environment, the person undergoing treatment gets comfortable, gains confidence, and resumes their normal activities which helps them to make use of social supports for even greater improvements in their symptoms and overall satisfaction with life.”

“Most patients can make substantial improvement within 6-12 weeks with dramatic reductions in distress and symptoms,” Foster said. “For most patients, the therapy is not as bad as they think it’s going to be. Nearly every person I’ve worked with has told me that the anxiety and fear they have before treatment is always much worse than going through the treatment.”

“People with PTSD who don’t get help end up having behavioral problems over time,” Foster said. “In fact, untreated PTSD almost always leads to additional problems such as depression, substance abuse and domestic violence.”

The symptom of avoidance keeps many people from

seeking help; however, PTSD doesn’t typically get better on its own and can really affect all areas of a person’s life as well as their quality of life if left untreated.

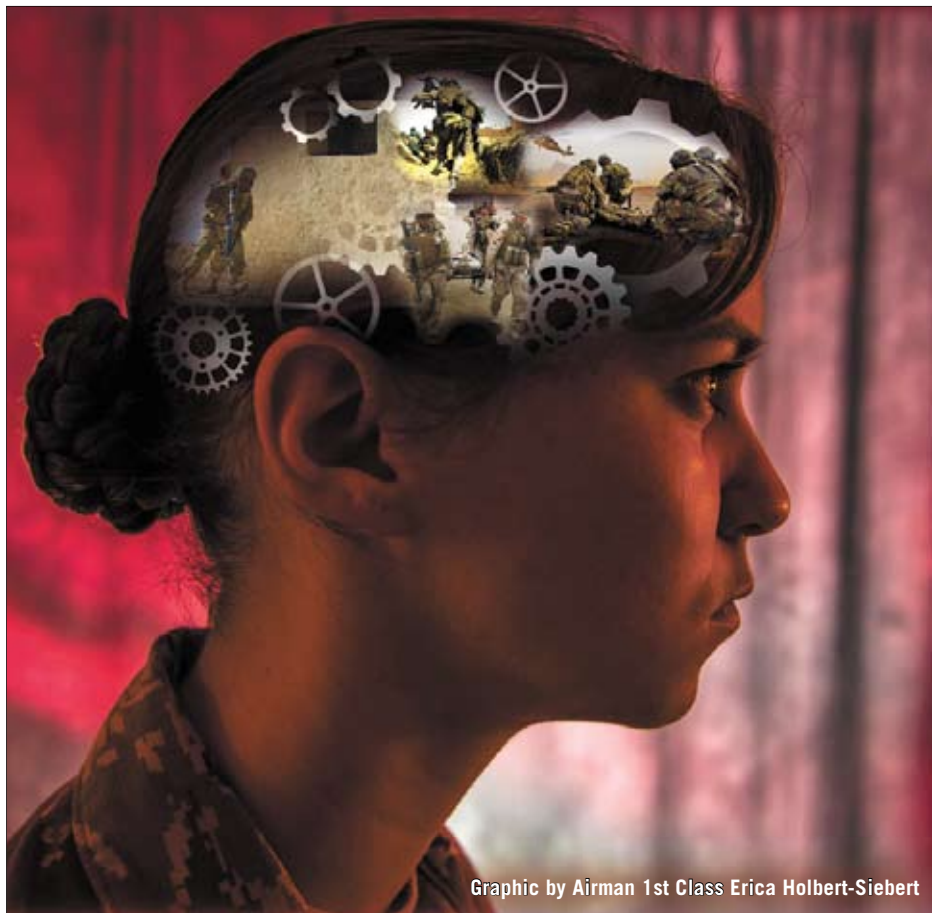
He said one of the big fears of service members with PTSD is it could end their career, but that’s not the case today.

“After treatment and even during treatment service members can generally go back to work and resume enjoying their normal activities and routine,” Foster said.

PTSD awareness has improved a lot in recent years because more people are aware of what it is and education about PTSD is spreading. The more people talk about it and understand PTSD, the better equipped they are to identify it and the more likely people struggling with it are to get the treatment they need.

“I think things are getting better. People are utilizing services more frequently and there is greater acceptance of help-seeking while mental health stigma is decreasing. We have more work to do, but I think we’re in a much better position than we were just ten years ago,” Foster said.

If you, or someone you know, has been through a traumatic event, seek out a mental health provider and request a screening. PTSD does not usually go away on its own and the earlier you seek help the sooner you can start feeling better and return to the life you want to lead.



Graphic by Airman 1st Class Erica Holbert-Siebert

EXERCISE ... EXERCISE ... EXERCISE

There will be an active-shooter exercise Tuesday from 8 a.m. to 3 p.m. in the vicinity of the Air Force Personnel Center. Base personnel can expect delays in accessing the installation, as well as possible gate closures.

Cybersecurity Training Track Blends Two National Programs

SANS Institute, in collaboration with the Institute for Veterans and Military Families and Onward to Opportunity, or O2O, announced that the SANS VetSuccess Academy will offer a cybersecurity training track in the O2O program at Joint Base San Antonio. O2O is a career skilling program connecting transitioning service members, active duty military spouses, and members of the National Guard and Reserve to high-demand careers in customer service excellence and information technology. Applications for those interested in the O2O/SANS cybersecurity track at JBSA runs through Aug. 8. Participants are required to take the qualifying exam and complete the application process before enrolling in O2O and SANS courses that begin in mid-September. Cybersecurity track participants will complete the Onward to Your Career course delivered by O2O and then progress through three training courses taught by the SANS Institute. Following the completion of each course, participants will take the associated Global Information Assurance Certification exam. For more information, visit <http://onward2opportunity.com/> or <https://www.sans.org/cybertalent/immersion-academy>. To apply, contact the JBSA O2O program manager at 844-8154.

Joint Base San Antonio-Randolph News Briefs

Post-Deployment: Reintegration

All military members returning from a deployment are required to attend a briefing offered 8-9 a.m. Tuesdays at the Joint Base San Antonio-Randolph Military & Family Readiness Center. The brief reviews reintegration into home life and provides resources to deal with associated stressors. Military spouses are encouraged to attend. For more information, call 652-5321.

Chapel center hours

The JBSA-Randolph Chapel Center, located at 2 Washington Circle, building 103, announces new weekday office hours today. Chapel offices are open Monday, Wednesday and Friday from 8:30 a.m. to 3:30 p.m. Tuesday office hours are 7:30 a.m. to 4:30 p.m., and Thursday from 7:30 a.m. to noon for unit training requirements and/or unit visitation.

The Chaplain Corps ensures the free exercise of religion for active and reserve, retiree, and civil service members. For facility usage, submit requests to 12ftw.hc@us.af.mil at least seven days prior to the event. For details, call 652-6121.

Air Force Ball

The Air Force is hosting their annual ball Sept. 16 at the Hyatt Hill Country Resort. This year's theme is "You are what makes our Air Force Diverse!" Social hour begins at 6 p.m. with the main event to follow at 7 p.m. Ticket prices and sales contacts are still undetermined.

Dining facility to re-open

The Joint Base San Antonio-Randolph Dining Facility is scheduled to re-open Aug. 11.

Legal Assistance Office

The 502nd Security Forces and Logistics Support Group Judge Advocate Legal Assistance Office has moved from building 202 to the Taj, building 100.

Also, the 502nd SFLSG/JA Legal Assistance Office will offer walk-in legal assistance two days a week. Tuesdays from 9-10 a.m. will be walk-in legal assistance for all eligible ID cardholders. However, no will consultations will be completed for retirees on a walk-in basis. Thursdays from 9-10 a.m. will be walk-in legal assistance for active duty only.

Additionally, the 502nd SFLSG/JA Legal Assistance Office will offer morning appointments Mondays and Wednesdays. Appointments can be scheduled in person or over the phone at 652-6781. These appointments are open to all eligible ID cardholders. Retiree will consultations will only be completed during appointments.

Powers of attorney and notary services hours remain the same and are Monday through Friday, 8-11:30 a.m. and 1-3 p.m.

JBSA-Randolph Library

The Joint Base San Antonio-Randolph Library hours are Monday-Thursday: 9 a.m. to 7 p.m.; Friday: 11 a.m. to 6 p.m.; Saturday-Sunday: closed; Story Time: Wednesday at 10 a.m.

Healthy lifestyle choices essential in preventing, managing heart disease

By Robert Goetz

Joint Base San Antonio-Randolph Public Affairs

Heart disease is the leading cause of death among men and women in the United States, claiming more than 600,000 lives each year, according to the Centers for Disease Control and Prevention.

Although some risk factors are unmodifiable, such as age, gender and family history, the impact of modifiable risk factors – which include high blood pressure, high low-density lipoprotein cholesterol, obesity, excessive alcohol use and smoking – can be mitigated with the right lifestyle choices.

“Some of the ways to prevent heart disease are through regular exercise and diet,” said Capt. Brenda Robinson, 359th Medical Operations Squadron family nurse practitioner. “People should eat more fruits and vegetables and avoid diets with high meat protein content because they are associated with cardiovascular disease.”

Robinson and other Joint Base San Antonio-Randolph health care professionals tout the benefits of regular exercise and a healthy diet – along with limited alcohol use and not smoking – because these choices can bring high blood pressure, or hypertension, under control and can also lower high LDL cholesterol and combat obesity and diabetes. Medication also plays a role in managing blood pressure and cholesterol levels and can reduce the risk of heart attack, stroke and kidney disease.

Capt. Katie Lam, 359th MDOS physician assistant, explained how exercise and diet help prevent and manage heart disease.

“Physical activity, specifically cardiovascular activity such as running, swimming and biking, increase high-density lipids, or HDLs,” she said. “These types of lipids serve as a protective effect for one’s arteries and can reduce overall risk of cardiovascular disease.”

According to the American Heart Association, Lam said, “Just 40 minutes of aerobic exercise of moderate to vigorous intensity done three to four times a week is enough to lower both cholesterol and high blood pressure. Brisk walking, swimming, bicycling or a dance class are examples.”

Changes in diet are also key to lower bad cholesterol, Lam said.

“The American Heart Association advises eating a diet with predominantly

fruits, vegetables, whole grains, low-fat dairy products, poultry, fish and nuts,” she said. “Limiting red meat, fried foods, sugary foods and beverages will help to reduce low-density lipids, or LDLs, a form of bad cholesterol.”

Robinson called hypertension “one of the most underrated causes of heart disease.”

“It’s a silent killer, but it’s controllable,” she said.

Hypertension is dangerous because it can overburden the heart and blood vessels and cause disease, she said. Hypertension can lead to coronary heart disease, heart failure, stroke, kidney failure and other health problems. Factors associated with hypertension are genetics, excessive sodium intake, excessive alcohol consumption, obesity, weight gain and a sedentary lifestyle.

Blood pressure should be less than 140/90 for most people but less than 130/80 for diabetics, Robinson said.

Blood pressure numbers, measured in millimeters of mercury, include systolic and diastolic pressures. Systolic pressure, the first number in the measurement, is the pressure when the heart beats while pumping blood; diastolic pressure is the pressure when the heart is at rest between beats.

Robinson said the three predominant cardiovascular conditions are hypertensive heart disease, which is linked to high blood pressure and certain diseases or infections, ischemic heart disease and inflammatory heart disease.

“Ischemic heart disease is caused by plaque buildup in the arteries,” she said. “Inflammatory heart disease can be caused by many things, especially infections.”

Men are particularly vulnerable to heart disease, Robinson said.

“For males, it’s the ‘macho effect’ – not being able to express their emotions, reluctance to seek help and alcohol abuse,” she said. “They’re also more prone to suicide and premature death.”

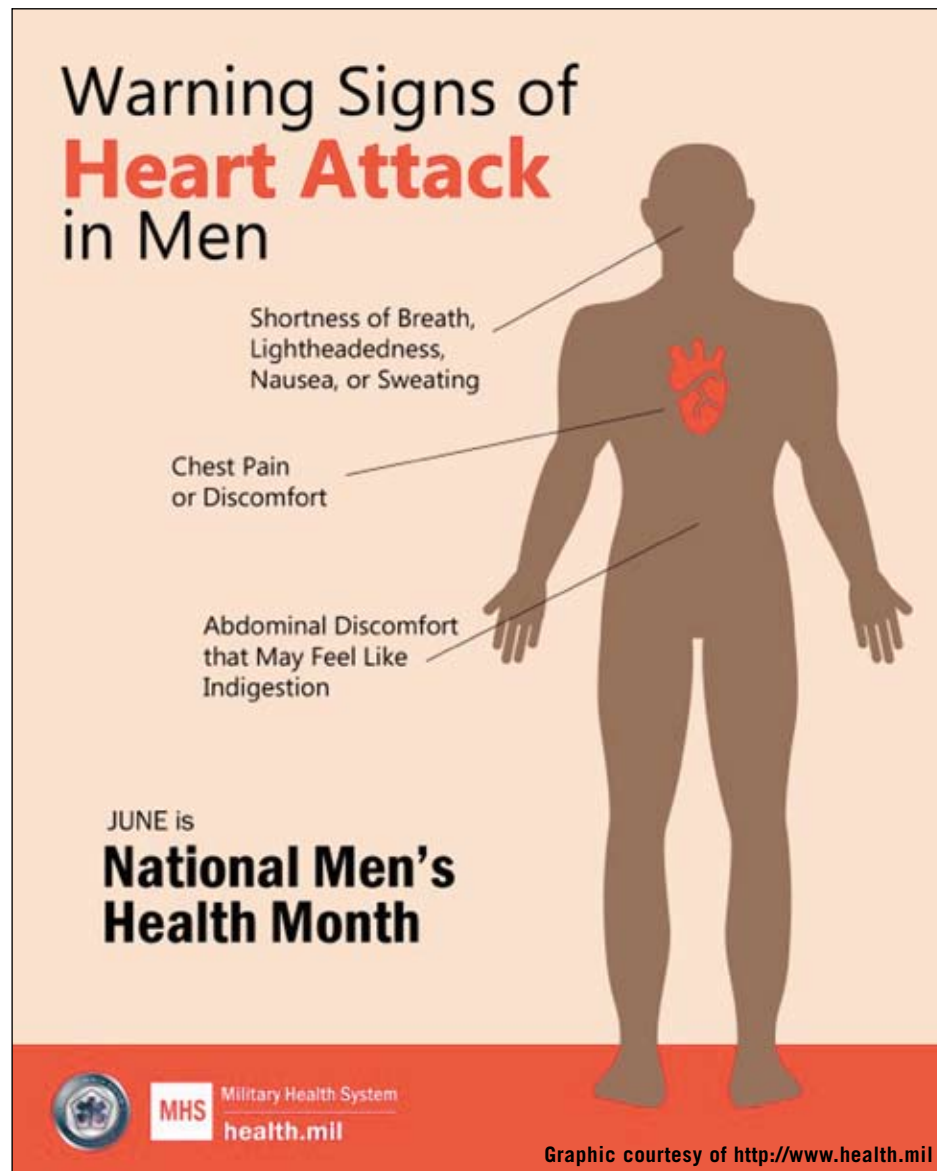
Although some heart attacks are sudden and intense, most heart attacks start slowly, with mild pain or discomfort, Robinson said. Warning signs include chest discomfort; discomfort in other areas of the upper body such as one or both arms, the back, the neck, the jaw or the stomach; shortness of breath; breaking out in a cold sweat; nausea and lightheadedness.

Chest pain or discomfort is the most

“Some of the ways to prevent heart disease are through regular exercise and diet. People should eat more fruits and vegetables and avoid diets with high meat protein content because they are associated with cardiovascular disease.”

Capt. Brenda Robinson

359th Medical Operations Squadron family nurse practitioner



common symptom, but women are more likely than men to experience symptoms such as shortness of breath, nausea and back or jaw pain, she said.

Robinson said there are a number of ways to diagnose coronary heart disease, including a coronary angiogram,

which uses a dye inserted into arteries and an X-ray to see how blood flows through the heart, and an electrocardiogram, or EKG, which records the electrical activity of the heart.

“Our job is to get to the root of the cause,” she said.

Taking dietary supplements? Think safety first

By Prerana Korpe

Air Force Surgeon General Public Affairs

While dietary supplements may provide health benefits, consumers should be aware of potential health risks associated with the use of supplements and keep in mind practices for safe consumption. Supplement safety is a vital consideration for people of all ages, at all levels of health and physical fitness.

The Food and Drug Administration advises that dietary supplements are not approved as safe and effective. The FDA is not authorized to evaluate dietary supplements before they reach the market, therefore supplements are not FDA tested before they hit the shelves. Manufacturers are responsible for ensuring the safety of these products before they are sold and supplements may not include warnings about potential adverse effects.

According to the National Institutes of Health, dietary supplements, including vitamins and minerals, may be toxic when consumed over an extended period, in high enough quantity or when taken in combination with certain other chemical substances.

Adverse reactions to dietary supplements can happen. For example, it is important to take into consideration climate when using supplements. Research shows certain supplements could exacerbate dehydration and lead to a serious health consequence such as kidney failure.

According to the New England Journal of Medicine, adverse events associated with dietary supplement use result in approximately 23,000 emergency room visits in the United States each year.

In 2015, the Department of Justice and its federal partners conducted a nationwide sweep to identify possible unsafe or contaminated dietary supplements. Through this effort, it was determined that tainted products were being marketed as dietary supplements, which resulted in criminal actions against 117 supplement manufacturers and distributors.

In addition, the NIH reports that combining supplements or taking supplements with medications (both prescription and over-the-counter) could create damaging and sometimes life-threatening effects. Certain supplements can increase the potential for internal bleeding, reduce the effectiveness of medications or cause physiological changes which could harm the body.

Even before considering dietary supplements however, it is important to evaluate your diet.

Capt. Denise Campbell, registered dietitian, 52nd Aerospace Medicine Squadron, Spangdahlem Air Base, Germany, explains, "it is important to have a good, well-rounded diet first, before turning to supplements."

Dietary supplements are just that – supplements. Intended to enhance certain diets to promote optimal health, dietary supplements should not be used to replace a balanced, nutritious diet. Supplements are not a substitute for healthy eating.

"People need to be their own best advocate. Just be-



OPERATION SUPPLEMENT SAFETY (OPSS) is a joint initiative between the Human Performance Resource Center and the DOD to educate service members and retirees, their family members, leaders, health care providers and DOD civilians about dietary supplements and how to choose supplements wisely.

cause a product works for a co-worker, spouse, brother or friend, does not mean it is right for everyone," Campbell said. "We all have different eating and sleeping habits and it is important to evaluate supplement use with our lifestyle in mind –not just by the word of a friend. To effectively evaluate the safety of dietary supplements, it is important to remain a smart consumer in general."

When selecting a dietary supplement, ask yourself: Is this product effective?

- Does the supplement's claim sound too good to be true?

- Will this supplement help me to meet my goals?
- Is this product safe; are there any recalls related to this product or the ingredients found in the product?

- Is the product adulterated? (Be extra careful with weight loss or body building products.)

- Has the product undergone third-party verification? Third-party verification tests the identity, strength or disintegration – benefit/absorption – factor.

Operation Supplement Safety provides information and FAQs about dietary supplement safety. If certain supplement information is not listed, individuals can submit questions to request additional information. Operation Supplement Safety is offered through the Human Performance Resource Center, a Department of Defense initiative under the force health protection and readiness program (<http://hprc-online.org/dietary-supplements/opss>).

Keep in mind:

- Evaluate what you are eating first to decide if you need a particular dietary supplement.

- Use of any dietary supplement should be discussed with a health care provider.

- Natural products can interact with prescription drugs and can enhance or inhibit effects of prescription drugs.

- Environment can play a role in the effect of supplements. (For example, in hot climates, take extra care to remain adequately hydrated.)

- Red flag: proprietary blends or delivery systems include a "secret sauce" recipe, which is some combination of ingredients that a particular manufacturer will put together and label only the total amount (i.e. 1,200

milligrams) but will not indicate how much of each ingredient is included in the product. This may increase risk for toxicity.

- Supplements which require being mixed with water should only be mixed with water –not sports drinks, sodas, etc.

- There can be too much of a good thing. Stacking supplements (taking multiple products) can be harmful or toxic to the body.

- High doses of vitamins or minerals may compete for absorption by the body

- Be aware when introducing new supplements to your routine, or a new combination of medications with existing supplement use. Look out for symptoms of adverse effects, such as dizziness, flushed skin, pins and needles in extremities, passing out, chest pain, rapid heart rate or heartburn. Also look out for some new inexplicable change (if so, stop taking supplements) which could be an adverse reaction to the supplement

If you experience any adverse effects, consult your health care provider.

Consideration for common supplements:

- A dose of daily vitamins should contain less than 200 percent of the recommended daily value. One hundred percent or less of the daily value is optimal.

- Caffeine intake should not exceed 600 milligrams (mg) per day. A dose of 200 mg (approximately a cup and a half or two cups of drip coffee) can be effective for enhancing performance without overdosing. An overabundance of caffeine can increase heart rate, cause tremors, nervousness or irregular heartbeat.

- Gummy vitamins are vitamins too. Keep in mind toxicity and do not consume more than is recommended on the container or by a health care professional.

- Adhere to labels recommending consumption of food with the supplement.

To help "decode" the dietary supplement industry, check out the Human Performance Resource Center's three-minute video "Decoding The Dietary Supplement Industry" at <https://www.youtube.com/watch?v=zif44rgp5tw&feature=youtu.be>.

For more information on supplement safety, visit your local medical treatment facility.

Know your supplements, it could cost you

By Bo Joyner

Air Force Reserve Command

Military members should be careful when taking dietary supplements, not only because of the potential health risks, but also because they could lead to a positive urinalysis test result, according to officials with Air Force Reserve Command Medical Services Directorate and staff judge advocate's office.

"You really need to do your homework and check with your doctor before taking any kind of supplement," said Dr. Don Jenrette, AFRC Drug Demand Reduction Program manager. "You should know all of the ingredients that are in any supplement you might be taking."

Dietary supplements are intended to provide nutrients that may otherwise not be consumed in sufficient quantities. The most common supplements are vitamins. Other popular supplements promise help in gaining or losing weight, or in improving athletic or sexual performance.

Jenrette said he and his DDR specialists in the field are often asked if there is a list of dietary supplements that are banned or illegal for use by military members.

He said that Air Force Instruction 90-507, "Military Drug Demand Reduction Program," specifically bans any supplement that contains hemp and hemp seeds or hemp seed oil, but there is not a comprehensive list of banned supplements by name. He did say, however, that the Department of Defense is clear about what substances are banned for use by U.S. military service members.

According to the DOD's Human Performance Resource Center website, substances banned for use by Airmen, Soldiers, Sailors, Marines and Coast Guard members include:

- Anything on the Drug Enforcement Agency's controlled substance list – this includes spice, marijuana, synthetic cannabinoids, amphetamines, mood-altering substances and anabolic steroids

- Any substance the Food and Drug Administration has declared "illegal" or "not allowed" for use in dietary supplements – such as ephedra/ephedrine alkaloids, DMAA, DMBA and BMPEA

- Salvia divinorum, commonly known as diviner's sage

- Any prescription drug without a current prescription written specifically for the individual

TAKING A DIETARY SUPPLEMENT? EAT REAL FOOD INSTEAD!

SUPPLEMENT:	FOODS THAT HELP YOU LOSE WEIGHT AND BOOST ENERGY:
• Weight Loss or Energy Booster	<ul style="list-style-type: none"> • Water • Whole-grain foods • Fruits and vegetables • Green tea
SUPPLEMENT:	FOODS THAT PROMOTE MUSCLE GROWTH:
• Bodybuilding	<ul style="list-style-type: none"> • Chicken • Fatty fish and other seafood • Eggs • Oysters • Beans • Nuts and seeds
SUPPLEMENT:	FOOD SOURCES OF BCAAs:
• Branched-Chain Amino Acids	<ul style="list-style-type: none"> • Cottage cheese • Fish and other seafood • Meat and poultry • Nuts and seeds • Dried whole lentils
SUPPLEMENT:	FOODS WITH WHEY OR CASEIN:
• Whey or Casein Protein	<ul style="list-style-type: none"> • Milk • Cottage cheese • Ricotta cheese • Yogurt

Real foods contain essential nutrients — including vitamins and minerals — plus fiber, antioxidants, and other natural components that work together to promote health.

OPSS HPRC QR Code hprc-online.org/dietary-supplements/OPSS TA-212-1113 Approved for public release. Distribution unlimited.

"Military members who take supplements that contain any of the illegal or illicit drugs on this list are in danger of testing positive during routine urinalysis screening," Jenrette said.

He added some supplement companies may not list all of the ingredients in their products.

"Positive urinalysis results due to dietary supplement use can occur because products on the market may contain undeclared drug ingredients – that is, controlled substances that are not stated/ listed on the product label," according to the HPRC website.

"The FDA has found that many dietary

supplements – especially weight-loss, bodybuilding and sexual-enhancement products – contain undeclared drug ingredients that could be potentially harmful and/or produce unwanted urinalysis test results," according to the website.

Jenrette said Airmen need to pay especially close attention to supplements that contain hemp seed or hemp seed oil. Hemp is the plant that naturally contains the substance tetrahydrocannabinol, or THC, the psychoactive ingredient in marijuana.

According to AFI 90-507, "Studies have shown that products made with hemp seed and hemp seed oil may contain varying levels of THC, an active ingredient in marijuana that is detectable under the Air Force Drug Testing Program. In order to ensure military readiness, the ingestion of products containing or products derived from hemp seed or hemp seed oil is prohibited."

Having a positive drug test due to the ingestion of hemp seed products can be detrimental to an Airman's career, explained Maj. Ryan Haslam, an attorney with AFRC's staff judge advocate's office.

"Arguing that you popped positive for THC due to hemp seed use can still get you discharged because it is a failure to observe the prohibitions in AFI 90-507 and, as a result, a violation of Article 92 of the Uniform Code of Military Justice," he said.

Military members should be mindful that products containing hemp seeds or hemp seed oil can be found at health food stores, including those located on military bases.

"Military members need to read the product label prior to consumption to make sure it doesn't contain hemp seed or hemp seed oil," Jenrette said.

Studying the label is good advice for anyone thinking of taking a supplement. Buying only from reputable, well-established supplement manufacturers is also recommended. Getting a doctor's opinion is another piece of good advice.

"Common sense is key when we talk about supplements," Jenrette said. "The best policy for Airmen is to be vigilant about what you put into your body. If you're not 100 percent sure that what you are taking is safe and does not contain any illegal ingredients, stay away from it."