

JBSA

LEGACY

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JOINT BASE SAN ANTONIO

APRIL 21, 2017

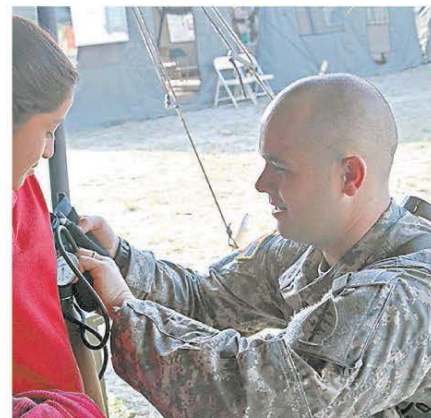


A member of the Army #1 team races to the finish line carrying a 60 pound bag during the "Survivor's Challenge" April 13 at Joint Base San Antonio-Randolph in observance of Sexual Assault Awareness and Prevention Month.

SAPR event challenges members

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PHOTO BY SEAN WORRELL



Soldiers, Marines set up clinic for patients in Belize
Page 8



Air Force Assistance Fund campaign in full swing
Page 14

Ending sexual assault must be a year-round, constant effort

By Chief Master Sgt. of the Air Force Kaleth O. Wright

The truth is, the vast majority of Airmen we serve alongside have never — and will never — sexually assault another person in their lifetime. But the ability and the responsibility to stop sexual assault does not begin and end here. Every survivor and every Airman who has ever served in a unit impacted by these acts can tell you first hand it has the same effect as a natural disaster. It's very real, very devastating and leaves a trail of total destruction in its wake. Airmen are the heart of our Air Force. With Airmen, the mission will never fail and sexual assault deeply and

severely impacts our ability to perform the mission. Every Airman, on their own or in a group, has the ability to stop this behavior in its tracks. April is Sexual Assault Awareness and Prevention Month, but putting an end to this devastation within our ranks requires each of us to be engaged, every day, all year round. Every Airman who demands professionalism in their workplace and in their unit, who insists their fellow Airmen treat each other with dignity and respect, and who enforces professionalism through their words and their deeds is taking action to eliminate assault. Every Airman who embodies our core values

every day, on and off duty, in and out of uniform, is supporting a survivor, whether they realize it or not. Our Airmen are our best asset for stopping a sexual assault before it happens. Their professionalism and dedication is what generates airpower and allows us to fly, flight and win. That same dedication, when applied to taking care of their fellow Airmen, is what will eliminate this damaging behavior from our ranks. People sometimes define integrity as “doing what's right when no one is looking.” Integrity is also doing what's right when everyone is looking. Understanding how to recognize opportunities for

intervention is what stops unsafe or unacceptable behavior. Speaking up when no one else does — that's the hard part. But I promise you, when a situation arises that just doesn't “feel right” or when someone isn't doing what's right, there are other Airmen hoping someone will speak up. That someone is you. Your fellow Airmen are looking to you to have the courage to speak up, to do the right thing when no one else will. Today, tomorrow and every day. I'm counting on you to be the one who puts an end to sexual assault in our Air Force. I have your back in this fight and I'm asking you to have mine ... not just in April.

JBSA members compete in first SAPR Survivor's Challenge

By Senior Airman Stormy Archer
502ND AIR BASE WING
PUBLIC AFFAIRS

Members from across Joint Base San Antonio gathered to compete in the first JBSA Sexual Assault Prevention and Response Survivor's Challenge April 13 at JBSA-Randolph. The event was called the SAPR Survivor's Challenge because it incorporated challenges a survivor of sexual assault might go through, including both mental and physical obstacles. “It's great to have a joint event to tackle the problem of sexual assault in our military,” said Brig. Gen. Heather Pringle, 502nd Air Base Wing and JBSA commander. “It cuts all ranks, it cuts all services and it's great to have you all on our team fighting this together. It's not just April. This is the momentum that we are going to carry all year around to stop sexual assault.”



SEAN WORRELL

The 902nd Security Forces Squadron “Survivor's Challenge” team poses with Brig. Gen. Heather Pringle, 502nd Air Base Wing and Joint Base San Antonio commander, after winning first place during the competition April 13 at Joint Base San Antonio-Randolph.

The theme of this year's Sexual Assault Awareness and Prevention Month is: “Protecting our people protects our mission.” Sexual assault can impact an individual and a unit's ability to perform its mission. A whole team effectively preventing and responding to sexual assault effects the health, morale and welfare of a unit and is essential to unit readiness. The event began with a

mental challenge requiring contestants to visit organizations at JBSA-Randolph that help survivors of sexual assault and answer questions about the resources available to them. After the mental portion of the event, teams gathered at the Rambler Fitness Center track and field to compete in a relay obstacle course that included carrying sandbags, dragging a weight on a rope,

flipping a “tire,” pushing a sled and running a lap around a quarter-mile track while wearing body armor. The physical challenge involved characteristics a survivor would have to possess to overcome a sexual assault like endurance, flexibility, strength and resilience, said Allen Blair, JBSA-Randolph sexual assault response coordinator. “We want to make people understand what a survivor of sexual assault goes through,” said Blair. “We also want people to be aware that it takes a team to help someone who has been sexually assaulted, and it takes a team to come together to fight and put an end to sexual assault.” Teams competed for the SAAPM championship belt and were scored on how quickly they completed each task and how many questions they answered correctly. The winning team was the 902nd Security Forces Squadron with a time of 26:04.

JBSA LEGACY

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and JBSA Commander
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ADVERTISEMENT OFFICE
EN COMMUNITIES
P.O. BOX 2171
SAN ANTONIO, TEXAS 78297
210-250-2052

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Bassoonist brings performance credentials to United States Air Force Band of the West

By Robert Goetz

502ND AIR BASE WING
PUBLIC AFFAIRS

About a year ago, a website advertisement for a chair in the Air Force Band of the West caught the eye of a young woman who was on her way to earning a doctor of musical arts degree.

A few months later, following a successful audition, the position was offered to her and basic military training awaited at Joint Base San Antonio-Lackland.

A bassoon player since she was in sixth grade, Airman 1st Class Laura McIntyre is now playing the woodwind instrument as a member of the 60-piece United States Air Force Band of the West. She also plays in the band's Spectrum Winds ensemble, a quintet with a repertoire of compositions rooted in genres ranging from chamber music, jazz and pop to marches and other patriotic favorites.

"It's absolutely amazing to be able to use my talents as a musician to serve the country and help make our community a better place," McIntyre said. "Music is a really powerful tool for connecting with people, whether it's to inspire them to greater patriotism or to honor those fighting for our country, and I feel really lucky to be a part of that mission."

McIntyre had a few music and military influences in her early years. Her mother played the piano for fun and her grandmother served in the Navy's Women Accepted for Volunteer Emergency Service, better known as the WAVES, during World War II.

The Virginia native's musical journey began when she decided to join her middle school band when she was 11. She admitted she sounded bad on all the instruments she tried,



ANDRÉ ASKEW

Airman 1st Class Laura McIntyre, U.S. Air Force Band of the West bassoonist, preforms for Gulf Coast residents and travelers at the Biloxi Visitor's Center in Biloxi, Miss., in February.

but she was drawn to the bassoon, a low-sounding double-reed woodwind instrument characterized by a long U-shaped conical tube connected to the mouthpiece by a thin metal tube.

"I thought it would be cool to play the bassoon," she said. "I really loved it right away."

McIntyre persevered, inspired by a teacher who started giving her private lessons a few years later.

"She was an awesome teacher; she was very encouraging," she said. "She was a big part of why I stayed with it."

McIntyre's playing continued to flourish, leading her to membership in the American Youth Philharmonic Orchestras when she was 16. She also played with her high school band.

Following high school graduation, McIntyre continued her music studies, majoring in bassoon performance at the Cleveland Institute of Music, a conservatory with 400 stu-

dents.

"When I was a high school senior, I wanted to study chemistry or music, but I decided on music," she said.

About halfway through her undergraduate studies, McIntyre sought a different direction.

"I wanted to give back to others by teaching or through public service," she said. "I felt it was selfish practicing alone just to make yourself better."

Joining other musicians, McIntyre took part in community outreach concerts at psychiatric hospitals, nursing homes and juvenile detention centers, a practice she began in Cleveland and continued when she pursued her master's degree in bassoon performance at Arizona State University.

McIntyre's next stop was the University of Texas at Austin, where she began work on her doctor of musical arts degree.

When she was weighing whether she should audition

for the Band of the West bassoon chair, her husband, Hudson Lanier, whom she met at Arizona State, encouraged her, telling her structure suits her.

Joining the Air Force musical organization also allowed her to devote more time to public service through a commitment to her country.

"I love the job and the people I work with," said McIntyre, who is looking forward to performing with the Band of the West at the Fiesta in Blue Concert on April 25 in Trinity University's Laurie Auditorium.

Staff Sgt. Kathleen Keese, Band of the West Concert Band and Spectrum Winds operations representative, said McIntyre's nine years of rigorous professional and academic training helped her make a seamless transition from civilian life to military musician.

"Airman McIntyre was able to blend right in — musically and personally," she said. "She contributes her creativity and

"Music is a really powerful tool for connecting with people, whether it's to inspire them to greater patriotism or to honor those fighting for our country, and I feel really lucky to be a part of that mission."

**Airman 1st Class
Laura McIntyre**

Band of the West upcoming April performances

APRIL 24

TEXAS CAVALIERS RIVER PARADE

Top Flight performs at 4:30 p.m.

APRIL 25

FIESTA IN BLUE CONCERT

The Band of the West will be performing a free Fiesta in Blue concert at Trinity University. The concert begins at 7 p.m. in the Laurie Auditorium at 1 Trinity Place in San Antonio.

Visit www.bandofthewest.af.mil for free tickets.

APRIL 28

BATTLE OF FLOWERS PARADE

The Ceremonial Marching Band performs in downtown San Antonio

APRIL 29

FIESTA FLAMBEAU PARADE

The Ceremonial Marching Band performs in downtown San Antonio

musical leadership in a way that helps the quintet achieve a higher standard of musicality."

502ND AIR BASE WING HONORARY COMMANDERS RECOGNIZED



OLIVIA MENDOZA

Members of the 2017-2019 502nd Air Base Wing Honorary Commanders' Program gather following the organization's official hail and farewell ceremony April 13 at the Joint Base San Antonio-Fort Sam Houston Golf Course. The ceremony honored those civilian honorary commanders whose two-year tenure with the program had ended and welcomed the new honorary commanders replacing them. The Air Force program fosters strong community ties, and promotes understanding of JBSA by pairing civic leaders from the San Antonio metropolitan area with military commanders and senior leaders from the 502nd ABW.

April honors sacrifices of military children

By Senior Airman Krystal Wright
502ND AIR BASE WING
PUBLIC AFFAIRS

As part of military service, active-duty members make numerous sacrifices, but they are not the only ones. Their children, who face unique challenges and difficulties, make sacrifices of their own. April is designated as the Month of the Military Child, underscoring the important role military children play in the armed forces community. It is a time to recognize military children for the daily sacrifices they make and the challenges they overcome, according to the Department of Defense Education Activity. "The purpose of the Month of the Military Child is to recognize America's youngest warriors," said Lori Phipps, 802nd Force Support Squadron School Liaison Office military child education specialist. "It brings attention to the trials these kids go through just by being a part of a mil-

itary family. They serve too, even though they don't wear a uniform." Some of those challenges include having a parent deployed at times, the uncertainty of the future and, if the parent returns as a wounded warrior, the recovery process and lifestyle changes associated with that. In addition, they move away from friends, family and everything they know when permanently changing duty stations with their parents. They also are faced with possible cultural and language differences, depending on where they relocate. The average child in a military family will move six to nine times during a school career, an average of three times more frequently than nonmilitary families, according to DODEA. Along with the regular stress that is associated with moving, relocation has additional challenges for children in regards to a student's education, according to Phipps. To ease this stress, all 50

states have signed an Interstate Compact on Educational Opportunity for Military Children that ensures children of military families are afforded the same opportunities for educational success as other children and are not penalized or delayed in achieving their educational goals such as graduation or progression to the next grade because of frequent moves, according to DoDEA. Through this law, military students transferring schools at any time will not lose any credits or classes toward graduation and educational institutions must work with the child's previous school and local military school liaison to accomplish this. While important, education is not the only challenged associated with the military life. Social and emotional factors also come into play. They may miss tryouts for sports for that year or the new school may not have their favorite classes, clubs or sports, Phipps said, but there are many more benefits to life



GRAPHIC BY RYAN D. WYNKOOP

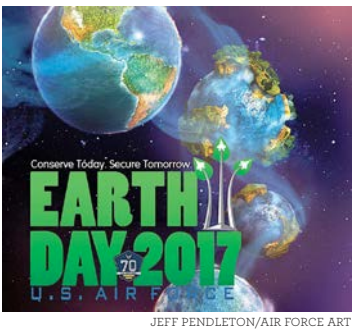
in a military family. "They can have a cultural experience like no other," Phipps said, adding that living

in different locations gives children more exposure to different cultures and expands
APRIL continues on 17

Civil engineers to celebrate Earth Day with SmartFlower installation

By Jeremy Gerlach
502ND AIR BASE WING PUBLIC AFFAIRS

The 502nd Civil Engineer Squadron will be demonstrating new SmartFlower solar technology and sharing information about environmental awareness across Joint Base San Antonio in celebration of Earth Day April 22. The SmartFlower and environmental awareness presentations will be displayed at the JBSA-Fort Sam Houston Post Exchange April 19, the JBSA-Lackland Base Exchange April 20, and the JBSA-Randolph Base Exchange April 21. Displays will be up 10 a.m. - 4 p.m. all three days and demonstrations will occur 10:30 a.m., 1:00 p.m. and 3:30 p.m., said Adam Murdaugh, 502nd CES engineering technician. "The SmartFlower is an all in one solar device that has petal-shaped solar panels," according to Murdaugh. "Whenever the sun comes out it will



unfold and track the sun on a dual axis." "We're hoping to make the occupants and tenants in JBSA aware of what we're trying to do for former President Barack Obama's initiative on reducing energy usage," said Dwight Wellons, a mechanical engi-

neer with the 502nd CES here. "Earth Day this year is going to be a little bit different because this equipment that were having has never been in the U.S.," said Wellons. "We're going to be the first ones to put it on a base and when we install it into our buildings, we're going to be the first ones in the continental U.S. to install this piece of equipment." Wellons added that the presentation will give an opportunity to teach young people why it's important to reduce global footprints and the resources being used around the 502nd Air Base Wing. "We figure if we can get people to look at it and touch it, they'll become more aware and turn around and say, what can I do?" said Wellons. "How do I as an American help in this endeavor?" Wellons imparted that it's important to do things such as turn lights off when not in use, recycle soda cans and look to

conserve water when possible. "In my house when I brush my teeth I don't run the water. I wet my toothbrush and then just brush my teeth," said Wellons. "And that's really all conserving energy is about, simple stuff like that." "We waste a lot of energy, every day," said Wellons. "Anybody that cuts off a light switch all feeds into a bigger goal." For the 502nd ABW as a whole, Murdaugh explained that the 502nd CES is trying to replace outdated heating, ventilation and air conditioning systems and things that are not energy efficient. Also, the 502nd CES will be installing the Smartflower into eight buildings around JBSA. "In the future, we're replacing incandescent light bulbs with LED bulbs," said Murdaugh. "If everybody is mindful about cutting light switches off and such it will go a long way toward our energy saving goals."

JBSA FRONT & CENTER

Health promotions coordinator helps Airmen, civilians with fitness needs, lifestyle choices

By Robert Goetz

502ND AIR BASE WING
PUBLIC AFFAIRS

On any given day, Aracelis Gonzalez-Anderson can be seen around Joint Base San Antonio-Randolph attending to duties such as consulting with the commissary manager about healthful items offered at the facility and conducting body fat analyses.

Although enlisted Airmen, officers and other members of the JBSA community are ultimately responsible for achieving their own physical fitness through diet and exercise, she is one of their greatest advocates in attaining their goals.

Gonzalez-Anderson serves as 359th Aerospace Medicine Squadron health promotions coordinator at the JBSA-Randolph Health Promotions Office, formerly known as the Health and Wellness Center.

"As health promotions coordinator, I evaluate, coordinate and advance health promotions across the installation," she said.

At her office just south of the Rambler Fitness Center, Gonzalez-Anderson facilitates body fat analyses with the use of a bod pod, an egg-shaped chamber that measures the body mass and volume of the person sitting inside it, and provides an environment for people who use the massage chairs in the facility's relaxation room.

"Upon request, I offer one-on-one nutritional advice," she said. "I also coordinate with sister services to bring classes to the health promotions office so that members within our installation can take the nutritional and fitness class that can suit their health care needs."

Gonzalez-Anderson, whose active-duty career was devoted to operational medicine as an Air Force Medical Service tech-



SEAN WORRELL

Claudia Smith (left), commissary store manager, and Aracelis Gonzalez-Anderson, Health Promotions Program coordinator, discuss the contents of a can of tomatoes April 11 at the Joint Base San Antonio-Randolph Commissary.

nician, now finds herself "on the other side of the fence."

"During my time as a medical service technician, I helped assist patients with disease management," she said.

Now she helps people prevent diseases by making better lifestyle choices.

Gonzalez-Anderson's background as a technician gives her greater insight into the health issues and concerns of her clients, while the master of business administration degree she earned allows her to sell a product.

"I'm promoting something," she said. "I'm selling them their health care. I'm selling them a renewed sense of wanting to have a healthier lifestyle."

The challenges Gonzalez-Anderson faces require her to be innovative, she said.

"The challenges I face in my work are probably the same that many of us face in our day-to-day jobs around the installation — manning and resources — so we have to be innovative on how we approach health promo-

tions," she said. "That's why making lasting connections with different agencies and community services around base is important so that we can make health promotions work."

The facilities on base that contribute to health promotions include the fitness center and youth center, Gonzalez-Anderson said.

"I reach out to them because of the uniqueness they bring to the table," she said. "The fitness center can help me motivate individuals into being more active with the events they hold; the youth center can help me get the kids more involved in being outside and teaching them healthy eating."

Another resource, the behavioral medicine clinic, helps people find and overcome roadblocks in their quest to be fit and provides them with stress-management tools.

Gonzalez-Anderson also connects with partners outside the base community, such as the FitCity SA initiative of the San Antonio Mayor's Fit-

ness Council.

"Community partners contribute to the success of the health promotions program," she said.

Gonzalez-Anderson reaches out to leadership at all levels.

"I'm here to assist them with targeting unit-specific wellness worksite plans so they're more successful in helping the people in their units make healthy patterns the social norm," she said. "I want them to know that it's not a cookie-cutter-type program that I want to give them. I want to go in, do a worksite assessment and tailor a specific program to their unit because we can't make health care a one-shoe-fits-all."

Another important aspect of Gonzalez-Anderson's job is conducting research for the base community and telling people where they can find the resources that will help them develop healthy behaviors.

"I'm here checking out the commissary and seeing where the healthy food options are," she said. "I'm looking into your

"I work for the people on this installation, and when I see their faces brighten up with the changes they're making and establishing positive behaviors, it makes me feel as if I'm actually having a huge impact on their health care."

Aracelis Gonzalez-Anderson, 359th Aerospace Medicine Squadron health promotions coordinator

shoppettes so I can point out where you can find a quick-fix meal."

Gonzalez-Anderson is passionate about her job.

"I don't just like my job, I love what I do for the people that I work for," she said. "I don't just work for commanders or units. I work for the people on this installation, and when I see their faces brighten up with the changes they're making and establishing positive behaviors, it makes me feel as if I'm actually having a huge impact on their health care."

Lt. Col. Vincent Falls, 359th AMDS commander, said Gonzalez-Anderson plays an important role in health care by promoting wellness.

"The Air Force Medical Service has a goal of having the healthiest and highest-performing population," he said. "Ms. Gonzalez-Anderson is leading the charge of establishing a new social norm for healthy living by interacting with base leadership and driving the message of healthy choices being the rule, not the exception."

FORT SAM HOUSTON

Beyond the Horizon 2017 provides free medical services to Belize population

By Staff Sgt. Fredrick Varney
31ST MOBILE PUBLIC AFFAIRS
DETACHMENT

U.S. Soldiers and Marines worked together to open a free medical clinic in Ladyville, Belize, April 9, as a part of Beyond the Horizon 2017.

BTH 2017 is a partnership exercise between the government of Belize and U.S. Southern Command that will provide three free medical service events and five construction projects throughout the country from March 25 until June 17.

Members of the Utah National Guard's Medical Command were on site to provide several different basic medical procedures and health care services to the local Belizean population.

"We are providing dental services, vision exams, general medicine, a women's health clinic and a pediatric clinic," said Lt. Col. Erin Merryweather, deputy commander of clinical services with the Utah MEDCOM.

Merryweather said the free medical clinic was open at the Ladyville Recreation Center until April 21, with a break in operation April 14-16 over the holiday weekend.

"Past experiences have shown there is the potential to treat up to 600 or 700 patients a day during this event," Merryweather said.

Merryweather added that some of the common ailments and illnesses the health care providers are seeing has included issues related to high blood pressure, diabetes, dermatological issues, dental prob-

lems and the common cold.

Spc. Braydon Berger, a combat medic assigned to the Utah MEDCOM, said his experience had been very humbling since arriving in Belize.

"I have spent a great deal of time today encouraging females to visit the women's health clinic," Berger said. "Women's health is a very important issue that needs to be addressed and I am glad our professionally trained Soldiers are here to help the people of Belize."

Berger said this was his first overseas training mission and he was very happy to see all the smiling faces leaving the medical clinic today.

"It's a true blessing to be a part of this medical mission," said Sgt. Johnny Noles, a combat medic assigned to the 128th Medical Company based in Ashland, Alabama. "Our Soldiers want to do well for this community and create a good positive vibe for what the U.S. military can and will do for the people of Belize."

Access to quality healthcare is a key component to the mission of BTH 2017, as well as strengthening ties with the Belizean government and its people.

Noles said offering the free medical clinic was a great way to help build positive relationships with the Belizean community.

"We are truly impacting and we are treating people," Noles said. "So anytime that you treat people, they are going to come away with not only the treatment, but a good positive outlook of what we are about."



PHOTOS BY STAFF SGT. FREDRICK VARNEY

1st Lt. Dallin Peterson, Utah National Guard's 19th Special Forces Group preventative medicine officer, checks vitals on a young patient April 9 during a free medical event held in Ladyville, Belize, as a part of Beyond the Horizon 2017.



Spc. Braydon Berger, Utah National Guard Medical Command combat medic who is participating in Beyond the Horizon 2017, prepares to check vital signs on a local Belizean woman.

MICC small business contract awards top \$600M for fiscal year

By Daniel Elkins

MICC PUBLIC AFFAIRS

More than \$614 million in contracts were awarded to small businesses throughout the nation during the first two quarters of this fiscal year by contracting officials with the U.S. Army Mission and Installation Contracting Command at Joint Base San Antonio-Fort Sam Houston.

"American small businesses are the engine of the economy and play an increasing role in the readiness of our Soldiers," said Mark Massie, assistant director for MICC Small Business Programs at JBSA-Fort Sam Houston, Texas. "The contributions by small businesses are critical in not only training and equipping today's force but also bringing fourth advances in newer technology and innovative approaches to meet the service's needs."

In fiscal 2016, the MICC awarded \$2.1 billion in contracts to small businesses. Massie said the number of contract awards in the fourth quarter historically as organizations supported by the MICC finalize their mission requirements, and he anticipates the same increase in the remaining months of fiscal 2017.

The MICC Small Business Programs consists of personnel around the country who provide aid, advice and counsel on behalf of small business interests. In addition to providing advice to individual small businesses, the program also advocates within the com-

mand's 31 contracting offices to ensure small businesses have the maximum opportunity to compete for Army contracts awarded by those activities.

MICC officials and small business specialists across the command continue to conduct acquisition forecast open house events at installations around the country during the spring and fall. The next available MICC acquisition forecast open house takes place April 20 at Fort Irwin, California. Registration for that event is open until noon April 14. Find more information at www.fbo.gov.

Dollars awarded to small-business contractors help support the achievement of annual government-wide goals required by the Small Business Act. MICC small business professionals monitor each small business category throughout the fiscal year to ensure contracts are awarded in each of the following small business categories:

- » Small disadvantaged business
- » Service-disabled veteran-owned small business
- » Woman-owned small business
- » Historically underutilized business zone small business

The MICC is made up of about 1,500 military and civilian members who are responsible for contracting good and services in support of Soldiers as well as readying trained contracting units for the operating force and contingency environment when called upon.

Headquartered at JBSA-Fort Sam Houston, MICC



BRAD LOSH

Colette Carrizales, director for contracting at Mission and Installation Contracting Command at Fort Bragg, N.C., addresses industry representatives during a MICC acquisition forecast open house March 29 in Fayetteville, N.C.

contracts are vital in feeding Soldiers every day, providing many of the daily base operations support services at installations, preparing conventional force members, training almost a half million students each year, and maintaining government lands and structures across the United States and Puerto Rico.

Safety Week activities bring awareness to BAMC staff

By Lori Newman
BAMC PUBLIC AFFAIRS

Brooke Army Medical Center held its annual Patient Safety Week March 12-18 to draw attention and heighten awareness of patient safety within the organization. Safety is also key in BAMC's journey to becoming a high reliability organization.

"Our daily operations are inundated with tasks and it is easy to lose sight of the reason why we do some of them," said Robin Francis, BAMC patient safety manager. "The purpose of this week is to reorient the organization to the cornerstone of patient care – patient safety – and recognize those staff members who make patient safety their priority every day."

BAMC's Safety Week was filled with different safety themed events.

The main event was a safety gauntlet exercise. The gauntlet involved seven timed patient safety exercises performed in teams of two from the same departments or wards.

Sylvia Ringmacher, BAMC's department of quality services performance improvement coordinator, said this was her second Patient Safety Week and felt that this year's event definitely had more engagement than in the past.

"Patient safety is the benchmark in HRO, so this was an energizing way to focus on some of the areas that need constant attention," Ringmacher said.

Patient Safety Week culminated with BAMC Commanding General Brig. Gen. Jeffrey Johnson presenting awards, coins and certificates of recognition to staff members who helped put the event together. Additional Safety Awards:

Coin: Army Sgt. Jacob Hetterley for infectious disease tracking system

Coin: Renee Malone for improving patient and access to care in the Emergency Department

Super HeRO Trophy: NICU in recognition of overall multidisciplinary camaraderie in a patient centered approach

Poster Competition first place: Air Force Capt. (Dr.) Brandon Kuiper, "Incorporation of Electronic Order Set to Improve Compliance with Osteoporosis Treatment Following Hip Fracture."

Poster Competition second place: Air Force Maj. (Dr.) Kathryn Edwards, "Improving Anaphylaxis Rates in the Allergy Clinic."

Poster Competition third place: Air Force Capt. (Dr.) Scott Penney, "Pediatric Rapid Response Team: Vital Sign Based System vs. Pediatric Early Warning Score System."

FORT SAM HOUSTON BRIEFS

Survivor Outreach Services new location

As of April 17, Survivor Outreach Services has moved from building 131 on Stanley Road to the Soldier and Family Assistance Center, or SFAC, located at 3931 Okubo Barracks, on the Brooke Army Medical Center Campus. The new desk phone number to the Survivor Outreach Services Support Coordinator is 210-916-4397. The number to the National Guard Survivor Outreach Services Coordinator is 210-916-6462.

Scott Road construction

Beginning April 10, Scott Road (between Wilson Way and Henry T. Allen Road) will be closed for construction. The construction is scheduled to take up to 90 days. Traffic entering the post through Walters ACP will only be able to turn left or right at the intersection. Drivers can expect an increase in traffic congestion and delays.

M&FRC new hours of operation

The Military & Family Readiness Center, building 2797, has extended its hours of operation to Monday through Friday from 7 a.m. to 4:30 p.m. and closes every first and third Thursday from 1-4:30 p.m. For more information, call 210-221-2705.

Home Buying 101

Date/Time: April 21, 10:30 a.m. to 12:30 p.m.
Location: Military & Family Readiness Center, building 2797
Participants learn about renting vs. owning, loan types, real estate agents, budgeting and more. To register, call 210-221-2705

Employment Readiness

Date/Time: Mondays, 9-11 a.m.
Location: M&FRC, building 2797
Speak to an Employment Readiness Consultant to learn about services and resources to help navigate the local workforce marketplace. For more information, call 210-221-2418.

Exhibit explores role of World War I Army medical personnel

By David DeKunder

502ND AIR BASE WING
PUBLIC AFFAIRS

A temporary exhibit focusing on the role of the U.S. Army Medical Department during World War I in treating wounded soldiers on the battlefield and the lessons they learned from the war opens at 10 a.m. April 28 at the U.S. Army Medical Department, or AMEDD, Museum located at Joint Base San Antonio-Fort Sam Houston.

The exhibit, "Scientific War: Human Price," will include 55 artifacts on display from the war and stories from Army medical personnel who served in the conflict. The opening of the exhibit will mark the 100th anniversary of the U.S. entry into World War I and run until November 2018, the 100th anniversary of the signing of the Armistice between the U.S. and the Allies and Germany that ended the war.

The museum, located at the corner of Harry Wurzbach and Stanley Roads at JBSA-Fort Sam Houston, is free and open to both Department of Defense cardholders and the public from 10 a.m. to 4 p.m. Monday-Saturday.

Visitors who want to come to

the museum but do not have DOD access to get into JBSA-Fort Sam Houston should refer to the JBSA website, jbsa.af.mil/library/visitor-information.asp, for base entry requirements.

The museum will mark the opening of the exhibit on May 1 with a living history event from 9 a.m. to noon with additional activities throughout the day. The living history event includes a group of volunteers dressed in WWI period Army medical uniforms.

The AMEDD Center for History and Heritage, which is located at the museum, is helping to put the exhibit together.

"Our exhibit is going to talk about Army medicine at the start of the war," said Angelique Kelley, AMEDD Center of History and Heritage museum specialist, "and how when we went into the war, we weren't necessarily prepared for such a large-scale encounter. And then from there it goes into how we adapted, overcame struggles and how we made a successful Army that could survive the war."

Dr. Sanders Marble, senior historian at the AMEDD Center for History and Heritage and head exhibit curator, said the exhibit will cover how Ar-

my medical personnel treated and cared for wounded soldiers and how what they learned from World War I was used to improve care in later conflicts.

One of the innovations that came as a result of the war was to develop a bandage and metal tin case to keep it in so that it would not become contaminated on the battlefield, said Marble. The bandage and tin case, known as the Carlisle bandage tin, was developed after World War I at the Carlisle Barracks Army medical equipment laboratory in Carlisle, Pennsylvania.

Marble said WWI was the first conflict in which medical enlisted personnel, known as an aid man, were permitted to go to the battlefield to treat the wounded.

"Instead of waiting and having the doctor be the person that did everything, they pushed some enlisted guys forward into the trenches, which is the roots of the combat medic," Marble said.

Other displays include the chain of evacuation that was set up for transporting a wounded soldier from the battlefield to the hospital back to the U.S.

"We will hit on the chain of



DAVID DEKUNDER

Christopher Goodrow (left) and Angelique Kelley, U.S. Army Medical Department Museum AMEDD Center of History and Heritage museum specialists, read information accompanying a gas mask used in World War I to be displayed in an exhibit opening April 28 at the AMEDD Museum.

evacuation, how immense it was," said Christopher Goodrow, AMEDD Center of History and Heritage museum specialist. "We will cover that from the point of entry all the way to long-term care in the U.S."

Goodrow said the chain of evacuation display will include a trench line with a stretcher bearer and a makeshift field hospital.

In addition, the exhibit will include information about the Army Ambulance Service and Army Nurse Corps and tell about their roles in caring for and treating wounded soldiers.

Marble said the exhibit collection contains stories of medical personnel who served drawn from letters, diaries and

memoirs and looks into the legacy of the 300,000 men and women who served in the Army Medical Department during the war, including the lasting tributes and memorials to those medical personnel who gave their lives in the conflict.

"The AMEDD soldiers cared about their fellow comrades," he said. "Thousands of veterans contributed to the plaques honoring their own fallen comrades."

Once it opens, "Scientific War: Human Price" will be located in the area of the museum for temporary exhibits, which is at the end of the museum gallery.

For more information, call the museum at 221-6358.

BAMC receives high marks for surgical care on ACS report

By Lori Newman

BAMC PUBLIC AFFAIRS

Brooke Army Medical Center has received highest marks for surgery and post-surgical care, according to a recent report from the American College of Surgeons.

The report is issued by ACS' National Surgical Quality Improvement Program, or NSQIP, a voluntary program that gauges the quality of surgical programs across the nation. NSQIP is the largest and most

comprehensive database comparing surgical outcomes across the globe.

The aim is to help surgeons better understand their quality of care compared to similar hospitals with similar patients. While the program is voluntary, the Department of Defense requires all military hospitals to participate in NSQIP.

ACS analyzes rates of death after surgery and complications from surgery, such as pneumonia, surgical site infections, urinary tract infections, sepsis

and readmissions. This benefits patients because the results are used by surgeons and hospitals to improve care.

BAMC achieved an exemplary rating in 12 surgical areas and the best possible rating for mortality after surgery.

"More than 800 hospitals participate in this data-collecting program," said Army Lt. Col. Alex Mckinlay, staff otolaryngologist and NSQIP surgeon champion. "We are in the top 10 percent when it comes to our patients' survival rate after

surgery. This is a gigantic accomplishment for our surgical department."

BAMC has two surgeon champions to oversee the program's implementation, but many personnel are involved in the data collection process and quality improvement initiatives.

The report also places BAMC in the upper half of hundreds of esteemed hospitals throughout the nation when looking at complications after surgery.

"There is a large contingent of surgeons and professionals

within the hospital who are devoted to quality improvement," Mckinlay said. "One way we use NSQIP is to better target the areas we can improve."

"Both the acuity and the complexity of surgical cases performed at BAMC are comparable to the leading hospitals throughout the nation," Mckinlay said. "The results of this report tell our patients that they should be confident the care they receive here is top-notch."

LACKLAND

59th MDW hosts motorcycle safety event

By Staff Sgt. Kevin Inuma
59TH MEDICAL WING
PUBLIC AFFAIRS

The 59th Medical Wing hosted its 6th annual All Motorcycle Riders Call April 7 for all Joint Base San Antonio motorcycle riders at the Wilford Hall Ambulatory Surgical Center auditorium.

Sponsored by the 59th MDW Safety Office, the motorcycle safety briefing emphasized personal risk management, motorcycle awareness and aggressive mishap prevention efforts prior to the start of the riding season. Attendance satisfied the Air Force requirement for riders to have a pre-season motorcycle safety briefing.

"This is a really good step in appreciating motorcycle safety," said Brig. Gen. John DeGoes, 59th Medical Wing vice commander.

"It is about making good decisions by weighing the risks versus benefits of riding. You



STAFF SGT. KEVIN INUMA

Joint Base San Antonio members prepare to go out on a ride April 7 during the All Motorcycle Riders Call at Wilford Hall Ambulatory Surgical Center.

need to maximize the benefits and mitigate the risks."

Throughout the hour-long briefing, the main focus was education and proper training. After the briefing, riders had an opportunity to join safety monitors on a 58-mile course

that provided slower speed limits and 90-degree turns so participants could practice proper riding skills.

Senior leaders and representatives from the safety office shared their personal experiences and gave practical

advice on how to remain safe and vigilant while riding in the seventh largest city in the United States.

Col. Kyle Pelkey, 59th Dental Group commander, emphasized the term ATGATT (all the gear, all the time). The

better the coverage, the safer the life; but riding is still a high-risk activity, he explained.

"If it's too hot to wear the full gear, then it's too hot ride. Do not dress for the ride, dress for the slide," Pelkey said.

It may feel great to ride, but always be aware of your surroundings and wear your PPE all the time, he added.

Riders are encouraged to reach out to their unit motorcycle safety monitors — in place throughout the wing — if they have any questions about riding or safety. The monitors organize and develop mishap prevention efforts.

"(We) are ready to help," said Tech. Sgt. Lonnie Simmons, a motorcycle safety monitor and medical lab technician with the 59th Diagnostics and Therapeutics Squadron.

For more information about motorcycle safety, including a list of motorcycle safety monitors, contact the wing safety office at 292-6594.

24th Air Force showcased during Community Open House

By 1st Lt. Lauren Woods
24TH AIR FORCE PUBLIC AFFAIRS

The 24th Air Force opened its doors to the community April 6 at Port San Antonio, showcasing to local civic and industry leaders the great work its Airmen accomplish daily.

The event, which drew more than 60 local leaders, began with a welcome and mission presentation from Maj. Gen. Chris Weggeman, 24th AF commander. His remarks were followed by comments from

Bexar County Judge Nelson Wolff.

After the presentation guests were free to mingle and speak with Airmen of the 24th AF and its sub-units, who were on hand to share their experiences.

The theme of the presentation was the 24th AF "BOS-DEE" lines of effort. BOSDEE, an abbreviation for "build, operate, secure, defend, extend and engage," details the six ways the 24th AF manipulates cyberspace to ensure mission success for the Air Force.



STAFF SGT. MARISSA GARNER

2nd Lt. Nathaniel Hicks (from left), 33rd Network Warfare Squadron, and Tech. Sgt. Kayla Bilger, 624th Operations Center, speak with a guest during the 24th AF Community Open House April 6 at Port San Antonio.

433RD AW COMMANDER VISITS RADIO PROGRAM



BENJAMIN FASKE

Col. Thomas Smith, 433rd Airlift Wing commander, is interviewed by John Thurman, Heart of Texas Realty; Bjorn Dybdahl, Bjorns Audio Video; and Klaus Weiswurm, Innovation Technology Machinery, on the San Antonio's Movers and Shakers radio program April 8 at the 930 AM The Answer studios. The program provides an in-depth look into the education, business, civic, and public leaders who keep the entrepreneurial spirit alive in San Antonio. Col. Smith spoke about how his father's service in the U.S. Army influenced him as a child. He later became a distinguished graduate of the United States Air Force Academy.

AFAF IN FULL SWING AT JBSA-LACKLAND



STAFF SGT. MARISSA GARNER

Col. Roy Collins (right), 37th Training Wing commander, signs a contribution slip for the Air Force Assistance Fund as Master Sgt. Joseph Aponte, 323rd Training Squadron military training instructor and project officer for the 37th TRW AFAF campaign, looks on April 10 at Joint Base San Antonio-Lackland. The AFAF campaign is comprised of four charities, Air Force Villages Inc., Air Force Aid Society Inc., Air Force Enlisted Village Inc. and the General and Mrs. Curtis E. LeMay Foundation, which solely assists active duty, reserve and retired Airmen and their families. The various charities provide low to no-cost retirement homes for Airmen and family members, emergency funds and travel arrangements, scholarships, grants and more.

LACKLAND BRIEFS

Strategic writing

Date/Time: April 21, 8 a.m. to 12:30 p.m.

Location: First Term Airman Course, building 5612

This professional development course is designed to improve bullet-writing skills. Walk-ins are welcome.

Peer-to-peer support group

Date/Time: April 21 and May 19, 9-11 a.m.

Location: Airman Medical Transition Unit Conference Room, 5th floor of building 4600
Caregivers can build a support network and share experiences. For more information, call 210- 557-2018.

JBSA Homeschool workshop

Date/Time: April 21, 5:30-7:30 p.m.

Location: Lackland ISD – Lyon Center

Meet with other homeschooling parents and community partners to learn about dual placement programs, CLEP and DANTES testing, online schools, summer opportunities and more.

CCAF Graduation

Date/Time: May 4, 3 p.m.

Location: Fleenor Auditorium, building 100, Taj Mahal

Graduation for Community College of the Air Force

EpiPen recall

A recall is being conducted due to a potential defect that could make the device difficult to activate in an emergency (failure to activate or

increased force needed to activate). This may have significant health consequences for a patient experiencing a life-threatening allergic reaction.

The incidence of the defect is extremely rare and testing and analysis across the potentially impacted lots has not identified any units with a defect. However, the recall is being expanded to include additional lots as a precautionary measure out of an abundance of caution.

The recall impacts the 0.3 mg and 0.15 mg strengths of EpiPen Auto-Injector. None of the recalled lots include the authorized generic for EpiPen Auto-Injector, which is also manufactured by Meridian Medical Technologies. For more information go to <https://www.fda.gov/Safety/Recalls>

TRICARE Dental Program Beneficiaries

Date/Time: Effective May 1

The Defense Health Agency continues to offer a comprehensive dental care option available for purchase by eligible active duty family members and National Guard and Reserve members and their families. Effective May 1, United Concordia Companies, Inc. (United Concordia) will assume responsibility for administering the TRICARE Dental Program, replacing the outgoing dental contractor, MetLife. Your monthly premium rate will also change and you may need to find a new dental provider. For more information about premium rates, benefit information and changes, and to find out who is in the provider network, visit <http://www.tricare.mil/tdp> and <http://www.uccitdp.com>.

CPR training helps ‘Team Curtis’ save life of elderly man

By Jeremy Gerlach

502ND AIR BASE WING
PUBLIC AFFAIRS

What was supposed to be a relaxing holiday at home for Lt. Col. Joshua Sean Curtis, Air Force Medical Operations Agency electronic health record branch chief, and his wife, Anne, a nurse practitioner, ended up being one of the most stressful situations for any medical professional — resuscitating a dying man.

“I never thought, on Presidents Day, in the early afternoon, that I’d suddenly be giving mouth-to-mouth to a man dying of a heart attack,” Curtis said. “But there I was.”

Curtis was out for a

“The man was turning gray, gasping for air. His eyes were turning pale and staring off into the distance like he had no idea we were even there.”

Lt. Col. Joshua Sean Curtis
Air Force Medical Operations Agency
electronic health record branch chief

walk near his home, just after lunchtime, when he noticed the woman who runs a nearby grounds-keeping company calling for help. She was bent over, cradling one of her employees — an elderly man who was convulsing and gasping on the grass next to the sidewalk.

As an Air Force Medical Service Corps officer, Curtis describes himself as a “business-type” medic who doesn’t usually treat patients directly. On that day, as Curtis raced over to the scene, his life-saving instincts kicked in.

CPR continues on 19

RANDOLPH

Air Force legend's daughter joins in annual Freedom Flyer Reunion

From the 12th Flying Training Wing

Known as a renegade, Brig. Gen. Robin Olds was more than an Airman with a regulation-pushing mustache.

"He was born to fly," said Christina Olds, remembering her late father. "He knew from the moment he was conscious that he wanted to fly, that was the whole atmosphere around him."

Robin Olds was the son of Maj. Gen. Robert Olds, a World War I pursuit pilot who would become the first B-17 squadron commander, and he grew up surrounded by pioneers of aviation such as Billy Mitchell, Henry A. "Hap" Arnold and Carl A. Spaatz among others. After graduating from the U.S. Military Academy at West Point, Olds made a name for himself as an ace pilot with 12 victories during World War II. He also commanded the 434th Fighter Squadron as a major at the age of 22.

"He was a brilliant fighter pilot and tactical thinker within that aircraft, but he's even more known for his leadership style which was very hands-on," Olds said. "He never asked someone to do something he wouldn't do himself first."

Despite a rising career, Robin was not content with a desk job in the Pentagon. Instead he sought to get back to flying and leading Airmen. He got his chance when he took command of the 8th Tactical Fighter Wing at Ubon Royal Thai Air Force Base in the fall of 1966. Under his charismatic leadership, he



Christina Olds, daughter of Brig. Gen. Robin Olds, holds a photograph presented to her by the 560th Flying Training Squadron March 30 at Joint Base San Antonio-Randolph.

transformed the unit into the U.S. Air Force's top MiG-killing wing in Southeast Asia, though he didn't always follow orders in getting results.

"He stood by his principles," said Olds. "He sometimes didn't obey orders when something was wrong and he trusted his instincts. Some people still have the WWOD — 'What would Robin Olds do?'

— stenciled on their aircraft."

It was while serving as the commander of the 8th TFW that Olds donned his trademark mustache that inspires today's Airmen to celebrate Mustache March. While Olds already had a reputation for pushing the limit, he kept his mustache as a sign of defiance against military leadership who he felt were out of touch with

"His deepest mission was to bring everybody home safely. He wanted more than anything to let them know that they weren't forgotten."

Christina Olds, daughter of Brig. Gen. Robin Olds

the daily realities of combat in the Vietnam War.

"[The mustache] became sort of a rallying cry," Olds explained. "Airmen would say, 'Hey the old man is bucking the system for our benefit. He's changing the tactics to make the mission more successful, and telling Washington you're crazy for having us bomb day after day at the same time, at the same level, at the same targets.'"

While in Thailand, Olds held a tactics conference to get aircrews flying combat missions over Vietnam on the same page. This event laid the foundation for the Red River Valley Fighter Pilots Association that supports prisoner-of-war families. After Olds retired from active duty, he continued to tour the country giving talks about the Air Force and pushing for support of the POW/MIAs of the Vietnam War.

"His deepest mission was to bring everybody home safely," Olds said. "He wanted more than anything to let them know that they weren't forgotten. They were going to come in and get them out. America wasn't going to abandon them in any way shape or form. It became almost a mission with-

in the war to get the POWs out."

This mission makes it fitting that Olds' daughter, Christina, attended the 44th annual Freedom Flyer Reunion at Joint Base San Antonio-Randolph to share her father's stories. While some of the Freedom Flyers may have personally known Robin Olds, Christina's memories of her father gave a younger generation of pilots an insight into the deep brotherhood they have joined.

"Robin Olds was one of my heroes," said 2nd Lt. Sebastian Meintel, 558th Flying Training Squadron remotely piloted aircraft pilot. "He has been a big inspiration in me joining the Air Force. I really enjoyed getting to hear the history from someone who actually got to live it."

The reunion provided an opportunity for repatriated Vietnam War POW pilots to celebrate their homecoming. The annual event also offers a "freedom flight" for those who never received the opportunity to take their final flight.

"He would say welcome home," Olds said reflecting on what her father would tell the Freedom Flyers. "You made it back and I'm so proud of you."

APRIL

From page 6

ed knowledge. "They become more resilient and patriotic. Military children are known to be more studious, disciplined and well-rounded. They are leaders who step up and volunteer."

At JBSA-Lackland, David Zulli, son of Lt. Col Daniel Zulli, 502nd Air Base Wing chaplain, learned to thrive off the unique challenges of growing up in a military family and was recently awarded the Texas State Military Youth of the Year Award for excel-

lence in public speaking, academics and character.

David shared that though he enjoyed moving frequently, he experienced a difficult time fitting in at each school and credits other military children at the Boys and Girls Club in San Antonio for helping him find a sense of community.

"They helped me overcome that anxiety, that social fear, and now I'm a better leader, a better student, and I'm more involved in my community," David noted. "I found out how to be resilient, and that's the most important charac-

ter trait for any military kid. At the age of three, it's hard to understand why you're moving around, but when you get older, you've had a lot of change happen during your formative years, so you need to find a way to process that."

Their adaptability and resiliency skills have earned them recognition through endearing terms like "military brat."

"There is also now another term: 'chameleon kids,' because they move, adapt and move forward," Phipps said. "Also, the flower for military children is the dandelion because no

matter where they are blown, they are able to put down roots and grow."

Providing children and families with quality services and support to help them succeed in the mobile military lifestyle is important, according to DODEA.

To provide that support, the military has a range of resources available for military children. Installation youth centers offer numerous clubs, sports and after school activities. Military & Family Readiness Centers also have military family life counselors, who provides confi-

dential non-medical counseling one-on-one or for the entire family. Military OneSource provides similar services in addition to online, video and telephonic counseling.

There is also the Exceptional Family Member Program for children with special needs and the SLO, which helps solve any complications or difficulties that may arise from transferring school to school. In addition, there is <http://militarykidsconnect.dcoe.mil/>, an online community that provides access to age-appropriate resources to support

children dealing with the unique psychological challenges of military life, according to the website.

To contact the Youth Center, call 210-671-2388 for JBSA-Lackland, 210-221-3502 for JBSA-Fort Sam Houston or 210-652-3298 for JBSA-Randolph. To contact MFLC, call 210-540-5025 for JBSA-Lackland, 210-221-2705 for JBSA-Fort Sam Houston or 210-627-1223 for JBSA-Randolph. To contact EFMP, call 210-292-2775 for JBSA-Lackland, 210-916-5721 for JBSA-Fort Sam Houston or 210-652-5321 for JBSA-Randolph.

JBSA-RANDOLPH MEMBERS SUPPORT AFAP



SENIOR AIRMAN STORMY ARCHER

Lt. Col. Tamona Bright (center), 502nd Security Readiness Group staff judge advocate, signs her Air Force Assistance Fund pledge with Joint Base San Antonio AFAP installation project officers, unit project officers and key workers April 10 at Joint Base San Antonio-Randolph. The AFAP campaign, made up of Air Force Villages Inc., Air Force Aid Society Inc., Air Force Enlisted Village Inc. and the General and Mrs. Curtis E. LeMay Foundation, helps eligible recipients with emergencies, educational support or securing retirement homes for widows or widowers of Air Force members in need of financial assistance.

JBSA HALF MARATHON

Date/Time: April 30/7:30 a.m.
Location: JBSA-Randolph Heritage Park

The cost of the Joint Base San Antonio half marathon is \$30 and all participants will receive a T-shirt. Those who finish the event will receive a medal. The top female and male runner in each category will also receive a trophy. To register, visit www.IAAPweb.com. The deadline for registration is April 26. Early packet pick-up is encouraged and starts April 29 from 10 a.m. to 2 p.m. at the JBSA-Randolph Rambler Fitness Center. This event is open to all DOD ID cardholders. For more information, call 210-652-7263.



COREY BENOIT

Joint Base San Antonio members will have a chance to enjoy free workout sessions, learn tips on staying healthy and win prizes during the JBSA Aerobathon May 6 from 8 a.m. to 1 p.m. at JBSA-Randolph's Rambler Fitness Center.

JBSA to come together for health and wellness at Aerobathon

Event to be held at Joint Base San Antonio-Randolph

By Ashley Palacios
502ND AIR BASE WING
PUBLIC AFFAIRS

Joint Base San Antonio will have a chance to enjoy free workout sessions, learn tips on how to stay healthy and win prizes May 6 from 8 a.m. to 1 p.m. at JBSA-Randolph's Rambler Fitness Center.

This year's Aerobathon, which is open to all active-duty members, dependents, retirees and Department of Defense ID cardholders 16 and older, will feature special guest Ally Davidson, co-founder and co-CEO of Camp Gladiator.

"The Aerobathon is a day to promote health and wellness across JBSA members to see what programs and resources are available to them," said Ashley Lopez, 502nd Force Support Squadron community programs and partnership specialist. "The Aerobathon is a chance for all three JBSA locations to come together and help each other achieve their healthy lifestyle goals."

Some of the classes offered this year are kickboxing, Zumba and cycling, said Cofie Asare, 502nd Force Support Squadron community

programs and partnership specialist.

"People are sometimes intimidated to try a new class by themselves, but by coming to the Aerobathon and experiencing the workouts in an open comfortable setting, people can feel more confident about joining a class," Asare said.

Lopez also felt the Aerobathon would be beneficial for parents wanting to teach their children healthy habits.

"As parents, being physically active and learning new ways to improve your health sets the example to your kids about taking a proactive

approach with your health," Lopez said. "Teaching your children how to make healthy decisions and establishing healthy patterns will last a lifetime."

While participants do not have to register for the event, those wanting to take part in Ally Davidson's Camp Gladiator workout class will need to register with the community programs office ahead of time, Asare said.

For more information about the Aerobathon or fitness classes, contact the community programs offices at 652-5763 or the Rambler Fitness Center at 652-7263.

RANDOLPH BRIEFS

Effective immediately

Due to pedestrian traffic in the area, personnel should refrain from performing U-Turns and/or left-hand turns at the intersection near the Main Circle and East St. West. "No U-Turn" and "No Left-Hand Turn" signs are posted at the location. Failure to follow this traffic advisory may result in a citation.

EpiPen recall

A recall is being conducted due to a potential defect that could make the device difficult to activate in an emergency (failure to activate or increased force needed to activate). This may have significant health consequences for a patient experiencing a life-threatening allergic reaction.

The incidence of the defect is extremely rare and testing and analysis across the potentially impacted lots has not identified any units with a defect. However, the recall is being expanded to include additional lots as a precautionary mea-

sure out of an abundance of caution.

The recall impacts the 0.3 mg and 0.15 mg strengths of EpiPen Auto-Injector. None of the recalled lots include the authorized generic for EpiPen Auto-Injector, which is also manufactured by Meridian Medical Technologies.

For more information go to <https://www.fda.gov/Safety/Recalls>

Reser's Fine Foods Macaroni Salad recall

Reser's Fine Foods, Inc. of Beaverton, OR is voluntarily recalling 529 cases of 16 ounce Reser's Macaroni Salad because they contain two undeclared allergens: milk and soy. People who have an allergy or severe sensitivity to milk or soy run the risk of serious or life-threatening allergic reaction if they consume this product.

The product was sold to grocery retailers and distributors in AL, CO, GA, KS, LA, MD, MO, MS, NY, OK, PA, TX, and WI.

The affected product can be identified by the Use By Date (found on the edge of the lid) and the UPC number (found on the side panel of the package) as listed in the chart and photographs below.
Product Size: 16 oz. Container
Product Name: Reser's Macaroni Salad
Use By Date: April 24, 2017
Individual Package UPC: 711719007

JBSA Half Marathon

Date/Time: April 30/7:30 a.m.
Location: JBSA-Randolph Heritage Park

The cost is \$30 and all participants receive a T-shirt. The top female and male runner in each category will receive a trophy. To register, visit www.IAAP-web.com. The deadline for registration is April 26. Early packet pick-up is encouraged and starts April 29 from 10 a.m. to 2 p.m. at the JBSA-Randolph Rambler Fitness Center. This event is open to all DOD ID cardholders. For more information, call 210-652-7263.

CPR

From page 15

"The man was turning gray, gasping for air," Curtis said. "His eyes were turning pale and staring off into the distance like he had no idea we were even there."

Curtis quickly took charge of the situation. His first spotted a young girl nearby with a cell phone walking her dog. He instructed her to call 911 and remain on the phone until an ambulance arrived.

Then he called out to Anne to help him. Anne, 28 weeks pregnant at the time, was able to dash outside and assessed the man's vitals.

Both Curtis and Anne are CPR certified, and that training proved invaluable, Curtis explained.

"We found no pulse, so Anne started chest compressions and I started mouth to mouth," Curtis

said. "It was really odd. It never really crossed my mind that I was mouth-on-mouth with this older man, giving him breaths. It was just muscle memory."

When emergency responders arrived on the scene shortly after, the man was still unconscious, but gasping reflexively as if his body was still fighting, Curtis recalled. The EMS team put an automated chest compression device on the patient, and transported him in the ambulance.

Later on, Curtis found out from the emergency room provider that the man would have died had Curtis and his fellow helpers not administered aid so quickly.

"To this day, the man has no memory of what happened, but he is alive, living his life," Curtis added. "But when you're talking about a heart attack, that's probably a good thing to forget."

To this day, the Airman credits his wife as equally responsible for the man's survival, chalking up the event as a victory for "Team Curtis."

Curtis ultimately credits his CPR training as the deciding factor in the man's survival.

"It was a surreal experience to be in that situation, and literally have it just click into place, and know what you're supposed to do because you've practiced (CPR) over and over and over."

Even though the encounter lasted a few minutes, Curtis hopes he never has a similar experience again. He recommends every person with the time and resources become CPR certified.

"You never hope to have to use CPR," Curtis said. "But to have that knowledge, that ability on tap, was just a really rewarding experience. That man was saved by the CPR training that we had."