

JBSA

LEGACY

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JOINT BASE SAN ANTONIO

NOVEMBER 16, 2018



PHOTO BY MASTER SGT. JACOB CALDWELL

Soldiers from the 289th Quartermaster Company, 553rd Combat Sustainment Support Battalion, launch a convoy Nov. 5 from Joint Base San Antonio-Fort Sam Houston in support of U.S. Northern Command. USNORTHOM is providing military support to the Department of Homeland Security and U.S. Customs and Border Protection to secure the southern border of the United States.

# 1st Cavalry Soldiers launch convoy from JBSA-FSH

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BMT curriculum changes  
inspire, develop Airmen  
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JBSA-Randolph student  
receives full scholarship  
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## COMMENTARY

# ‘Tis the season to be resilient

**By Maj. Gen. Sean L. Murphy**  
AIR FORCE DEPUTY SURGEON  
GENERAL

This is supposed to be the “hap-happiest season of all,” but in reality, the holidays sometimes leave us stressed out, white elephant parties out, and overall worn out as November heads into December and finally the New Year.

If we are not careful, our holiday season itineraries can bury us into exhaustion. If that happens, our effectiveness and attention to detail at work could suffer.

Building resiliency is one of the best ways we maintain our commitment to delivering Trusted Care, Anywhere.

You may believe resiliency is just a character trait that someone has or doesn’t have. I would suggest resiliency is something we can improve within ourselves by intentionally slowing things down, taking a moment to evaluate the situation, and

making a logical decision when confronted with adversity or overwhelming demands. Resiliency is the ability to recover quickly after something goes wrong.

Besides holiday season demands, Air Force Medicine continues to work through organizational changes. Medics at all levels are evaluating, planning, and implementing changes that are transforming the AFMS and our mission.

On Oct. 1, we transitioned administrative and management responsibilities of four Air Force military treatment facilities to the Defense Health Agency, with the remaining facilities preparing to do the same in the coming years. Likewise, some MTFs have already gone through another major change by implementing MHS Genesis, a new electronic health record.

Finally, medics at some bases are leaving the MTF setting and embedding in squadrons as operational support teams. These teams are doing their part

to revitalize squadrons and integrate healthcare in the operational setting to help warfighters avoid illnesses and injuries before they occur.

These changes force us to slow down, learn different programs, and adjust to new processes and routines. With so much going on, we risk becoming overwhelmed unless we make a concerted effort to build resilience. Resiliency enables us to provide the Trusted Care our beneficiaries expect and deserve.

High reliability organizations are learning organizations. However, when processes, programs, and missions change things could go wrong. Mistakes will happen because nobody is perfect. It’s what we do afterwards that defines who we are as an organization.

We must learn to ask the right questions when an incident occurs. We should ask “why,” not “who.” We should get to know our wingmen, understand their strengths and weaknesses,

and ask for help, or offer help.

During change we should implement operational pauses, gather as a team, and discuss how to move forward. Commitment to resiliency means working together, rather than in a vacuum. We are a stronger Air Force when we combine our efforts to tackle problems.

Resiliency is vital to our ability to handle seasonal stress, implement organizational change, and deliver Trusted Care. We have the power to choose a positive mindset, make healthy choices, and react to stress in a controlled methodical way.

Our commitment to resiliency empowers us to handle anything thrown our way. I believe we have the best medical force in the world because of our Trusted Care culture. On behalf of Lt. Gen. Dorothy Hogg, Chief Master Sgt. Steve Cum and the entire AFMS team, thank you for your service. We wish you a happy holiday season!

# Training prepares Air Force members to confront interpersonal violence, suicide

**By Robert Goetz**  
502ND AIR BASE WING  
PUBLIC AFFAIRS

Nearly three years ago, the Air Force contracted with Alteristic Inc. and introduced Green Dot training as the primary prevention education program to reduce power-based interpersonal violence affecting its military and civilian members and families. In 2018, self-directed violence — suicide — was added to the curriculum.

The Air Force’s contract with Alteristic expired at the conclusion of fiscal 2018, but the service’s efforts to reduce interpersonal violence and

prevent suicides will continue.

“Green Dot training was the Air Force’s primary training directed at violence prevention and was adopted as a result of the 2015 Sexual Assault and Response Strategy Report,” said Marlo Bearden, 502nd Air Base Wing violence prevention integrator. “It will be replaced with Integrated Sexual Assault Prevention and Response and Suicide Prevention Training, which was organized based on the Department of Defense release of the 2014-2016 Sexual Assault Prevention Strategy.”

Violence prevention remains a hallmark of the training.

“The purpose of Integrated SAPR and Suicide Prevention

Training is to reduce the number of interpersonal and self-directed violence incidents across the Air Force by providing Air Force members the tools and skills required to prevent incidents before they occur,” Bearden said.

Annual training for service members and DOD civilians also is a constant of the program.

“For those who have not completed training in 2018, mandatory completion is required by Dec. 31,” Bearden said.

Integrated SAPR and Suicide Prevention Training includes three classes: a 90-minute foundational class

for Airmen arriving to their first duty station and civilian new hires; a 60-minute refresher class for those who have already taken the foundational class; and a four-hour peer influencer class for those socially influential personnel selected by their commanders to be “unexpected messengers” and “change agents.”

“The training consists of one or two implementers instructing as many as 50 personnel on the culture change, skills in responding to high-risk situations and practical application of

**TRAINING continues on 22**

**JBSA** **LEGACY**

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# Feedback Fridays

By Brig. Gen. Laura Lenderman

COMMANDER, 502D AIR BASE WING

Feedback Fridays are weekly forums that aim to connect the 502d Air Base Wing with members of the Joint Base San Antonio community. Questions are collected during commander's calls, town hall meetings and throughout the week. If you have a question or concern, please send an email to [RandolphPublicAffairs@us.af.mil](mailto:RandolphPublicAffairs@us.af.mil) using the subject line "Feedback Fridays." Questions will be further researched and published as information becomes available.

## Personnel Issues

**Q.** I work/live on Joint Base San Antonio-Lackland, but am stationed at JBSA-Randolph. I have to drive all the way to JBSA-Randolph for all my medical appointments. Are we really JBSA?

**A.** Thank you for your feedback. Across JBSA, we strive to afford convenience for our personnel. Air Force active duty members may request a Primary Care Manager (PCM) at the location where they work so they do not have to commute to a different operating location for medical care. Additionally, it is highly encouraged that your PCM is at the base where you work for exactly the reason you highlighted: in order to save valuable time and resources.

Personnel can change their PCM through TRICARE at <https://tricare.mil/changepcm>. Members can also contact call 210-652-6101 with any further questions.

**Q.** How do we document asbestos exposure in our medical records? The building I work in has asbestos and my coworkers and I are exposed daily.

**A.** Thank you very much for your question. JBSA Civil Engineers inspect, sample, identify and maintain facility reports that track building hazards to include asbestos.

Given the age of most facilities on JBSA, it is not uncommon to work in a facility that has asbestos in it. It is most commonly found in flooring, mastic on walls, insulation and in attics. As long as the material is undisturbed and not airborne, it does not pose a health risk to occupants. The question building occupants typically ask is "when will it be removed/abated?" Any disturbed material is abated during renovations or large repairs, or when it has been



COURTESY GRAPHIC

deemed to be an active risk and encapsulation is not an option.

Personnel concerned about potential risks should first speak with their facility manager to report or learn about any identified hazards. Facility managers will then contact Bioenvironmental Engineering, who will perform an occupational health assessment and provide documentation of any identified hazards.

**Q.** How will the Occupational Camouflage Pattern (OCP) uniform policy work for our wing?

**A.** Great question! Starting Oct. 1, the Air Force Chief of Staff authorized Airmen to wear the OCP uniform. Airmen can wear previously owned, serviceable OCPs, or they may purchase new OCPs at authorized Military Clothing Stores.

OCPs may be worn with current patches and badges. Currently, Airmen may purchase OCPs at Aviano AB, Charleston AFB, Shaw AFB, MacDill AFB, and Hurlburt Field. On or about April 1, 2019, AAFES will expand in-store sales of OCPs to additional locations with the goal of OCPs being available for purchase online to ensure we're able to stay ahead of the April 1, 2021, Mandatory Wear Date.

We encourage you to review Air Force Instruction 36-2903, Dress and Appearance, for proper wear of the OCP. In accordance with Air Force guidance, the U.S. flag spice brown color criteria is mandatory beginning June 1, 2020, and all other Air Force patches must be converted to spice

brown color by April 1, 2021.

The CSAF and AF/A1 provided The Institute of Heraldry (TIOH) a priority list for organizational patch submissions: (1) MAJCOMs, (2) Deployed Units, and (3) all others are to be determined. AETC is working with TIOH to produce our MAJCOM patch. If an organization already has an approved official emblem that has been digitized by TIOH, it will be provided to us via the wing history office. If an organization does not have an official emblem digitized by TIOH, the unit should inform the wing history office and work with TIOH and to order the new patch.

## Miscellaneous

**Q.** What is your greatest concern and mitigation for the next chapter in the 502 ABW's history?

**A.** Thank you for your question. An area I'm focusing a significant amount of time and energy is integrated base defense. The safety and security of our JBSA team is my top priority. To that end, experts from across the wing have been working hard on a number of initiatives. Earlier this year, we realigned squadrons to create a group solely focused on integrated defense and security ... the 502d Security Forces Group (SFG), a first for JBSA, and only the sixth SFG in the USAF. We developed plans for gate renovations and security improvements across JBSA, many of which are scheduled to begin construction at the end of 2018. We also took a hard look at our JBSA

defense plans and security instructions, updating important processes and procedures. We partnered with off-base local, state, and federal law enforcement agencies to leverage intelligence and information sharing and analysis capabilities to better address risk. And, we looked closely at our security forces manpower to ensure we're posturing forces effectively, and doing everything we can to fill civilian and military vacancies. JBSA's integrated defense doesn't stop there though. We need your help too. We need everyone to be mindful of their surroundings, take the right steps to protect resources and information, and report anything suspicious. Remember if you see something, say something!

**Q.** Does Joint Basing actually work, or are we simply pretending that it does?

**A.** Thank you for your question. Overall, joint basing is working, but it does have challenges. As a joint base, we have worked to reduce duplication of efforts, consolidate and optimize service contract requirements resulting in lower costs to the government, and achieve greater efficiencies through economies of scale. Joint basing has also provided JBSA the unique capability to surge resources in support of Hurricane Harvey relief efforts, emergency fire responders at JBSA-Camp Bullis, and recent military support to civilian border patrol operations.

However, we recognize gaps and challenges exist and are committed to working towards positive solutions in support of our Joint Base mission partners. We are collaborating with the Tri-Service Joint Basing Team to address the challenges at JBSA. Some of the issues we are working on include service funding and manpower requirements.

**Service Funding:** Supporting (Army, Marines and Navy) organizations are limited by fiscal law constraints and augmentation of funding rules prohibit joint bases to pool together financial resources to fund certain requirements.

**Manpower Requirements:** We require special consideration when applying Air Force manpower standards due to multi-service and multi-location missions.

We stand committed to providing consistent and effective delivery of installation support and services while enhancing war fighting capabilities to our Mission Partners.



# TRICARE open enrollment gives plan choices to beneficiaries

By David DeKunder

502ND AIR BASE WING PUBLIC AFFAIRS

Beneficiaries of TRICARE who want to make changes to their health care coverage are now able to do so during the TRICARE enrollment period that started Nov. 12.

TRICARE Open Season gives enrollees in the TRICARE Prime or TRICARE Select plans the opportunity to review their health care options and make changes in coverage based on their needs.

The enrollment period ends Dec. 10.

Vice Adm. Raquel Bono, Defense Health Agency director, said the TRICARE Open Season enrollment period gives beneficiaries a choice in what they want to do with their health care coverage.

Bono spoke about the new enrollment period process during a news conference in San Antonio on Nov. 10.

“In this enrollment period, people have the opportunity to choose or elect to either stay with the plan that they’re on, or they can switch,” Bono said. “So if they were in TRICARE Prime and they have a changing health need that would make it more advantageous for them to switch to TRICARE Select, they can do that during open enrollment season.”

Information on TRICARE plans and enrollment is available at [TRICARE.mil/openseason](http://TRICARE.mil/openseason). Enrollment changes made in TRICARE plans take effect Jan. 1.

TRICARE beneficiaries who are satisfied with the plan they currently have don’t need to take any action during the enrollment period. Their plans will be enrolled automatically.

Other changes in TRICARE include retiree dental coverage



*Vice Adm. Raquel Bono, Defense Health Agency director, says the TRICARE Open Season enrollment period allows beneficiaries to choose what they want to do with their health care coverage. Bono spoke about the new enrollment period process during a news conference in San Antonio on Nov. 10.*

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and vision coverage for military family members.

On Dec. 31, the TRICARE Retiree Dental Program will end. Retirees can continue dental coverage by enrolling in the Federal Employees Dental and Vision Insurance Program during the Federal Benefits Open Season, which is from Nov. 12 to Dec. 10.

Bono said retirees who enroll in FEDVIP will have a choice of 10 dental plans to choose from, instead of just the one offered in the TRICARE

Retiree Dental Program.

“They can select that plan that best meets their family’s needs,” Bono said.

In addition, Bono said beneficiaries will be able to select plans whose costs are based on individual or family coverage and they will be able to calculate those costs and enrollment fees into their household budgets.

On average, retiree dental plans in San Antonio through FEDVIP cost from \$20 to \$40 per month for an individual

plan, and \$60 to \$120 a month for a family plan. These costs are compared to the TRICARE Retiree Dental Program, which is \$32.25 per month for an individual and \$115 for a family plan.

Starting next year, military family members who are enrolled in TRICARE will be eligible for vision coverage, also through FEDVIP. Family members of both active-duty and retirees can enroll for vision coverage during the Federal Benefits Open Season

period.

Bono said TRICARE provides vision services for family members, but on a limited basis. Once vision coverage is switched to FEDVIP, beneficiaries will have a choice of four vision carriers to select from.

“Like dental, families have different vision needs as well,” Bono said. “I think that the great thing is they can actually look at plans and select one that’s really tailored made for them, their unique vision needs within their family.”

Information on FEDVIP plans and costs is available at <http://www.TRICARE.benefeds.com>. Information on the open season for FEDVIP is at <http://www.TRICARE.mil/openseason>.

Enrollment changes made during the Federal Benefits Open Season in both retiree dental coverage and vision for family members will go into effect Jan. 1.

Bono urged TRICARE beneficiaries who want to make changes in their health care coverage to do so as early as possible and not wait until the last day of the enrollment period.

“We do want to make sure people sign up early so that they have ample time to make sure their new plan takes effect Jan. 1,” Bono said.

There are 248,000 TRICARE beneficiaries in the San Antonio area, including active-duty, retirees and military family members.

Currently, 750,000 households nationwide are covered through the TRICARE Retiree Dental Program, totaling 1.4 million beneficiaries.

Overall, the TRICARE program covers 9.5 million beneficiaries, including active-duty, retirees and family members both in the U.S. and overseas.

# Staying safe in the kitchen during Thanksgiving

By Richard S. Campos

JBSA-FIRE EMERGENCY SERVICES

The focal point of any American home during Thanksgiving will be the kitchen. This can be one of the most perilous rooms in the home if sound practices in cooking are not observed.

The U.S. Fire Administration, or USFA, estimates 2,000 Thanksgiving Day fires in residential structures occur yearly in the United States. The leading culprit in these fires is cooking. These unattended fires most commonly transpire during the afternoon hours from noon to 4 p.m. Twenty percent of the time during Thanksgiving smoke alarms were not present or not operational in an occupied home.

## USFA safety tips for Thanksgiving



GRAPHIC COURTESY OF THE INTERNATIONAL ASSOCIATION OF FIRE FIGHTERS

►► Make sure you have a smoke alarm on every level of your home, outside each sleeping area and in every bedroom. Test smoke alarms monthly and replace them if they are 10 years old or older.

►► Keep a close watch on cooking. Never leave cooking

food unattended.

►► Heat cooking oil slowly and watch it closely; it can ignite quickly.

►► Don't wear loose sleeves while working over hot stove burners. They can melt, ignite or catch on handles of pots and pans spilling hot oil and other

liquids.

►► Have a "kid-free zone" of least three feet around the stove and areas where hot foods or drinks are prepared or carried.

►► Keep a lid nearby to smother small grease fires. Smother the fire by sliding the lid over the

pan and turn off the stovetop. Leave the pan covered until it is completely cool.

►► Be sure electric cords from an electric knife, coffee maker, plate warmer or mixer are not dangling off the counter within easy reach of a child.

►► Make sure kids stay away from hot food and liquids. The steam or splash from vegetables, gravy or coffee could cause serious burns.

►► Keep matches and utility lighters out of the reach of children.

## Activities for kids

The National Fire Protection Association, or NFPA, recommends have activities that keep kids out of the kitchen during this busy time. Keep them busy by having games, puzzles or books. Kids can get involved in

COOKING continues on 22



# FORT SAM HOUSTON

## Veterans honored during BAMC ceremony



JASON W. EDWARDS

Brooke Army Medical Center Commanding General Brig. Gen. George Appenzeller (left) and Command Sgt. Maj. Thomas Oates unveil a plaque dedicating a tree to military veterans during the third annual Veterans Day Celebration Nov. 2 at BAMC.

**By Lori Newman**  
BAMC PUBLIC AFFAIRS

Brooke Army Medical Center held its 3rd annual Veterans Day Celebration Nov. 2 featuring patriotic music, performances by a local high school marching band and drill team, a health fair and lunch.

BAMC Commanding General Brig. Gen. George Appenzeller provided the opening remarks, welcoming veterans of all generations.

He spoke about the history of Veterans Day, formerly known as Armistice Day, which was originally set as a U.S. legal holiday to honor the end of World War I, which officially

took place on Nov. 11, 1918.

"A lot has changed in the last 100 years," Appenzeller said. "But what has not changed is the dedication, service and honor of our service members and their families. We owe a debt of gratitude that cannot be repaid to all of those who have served."

The general said his role models and heroes were his grandfathers, who both served in World War II, Korea and Vietnam.

"They taught me what it meant to be part of a free nation," Appenzeller said. "They taught me about sacrifice and what it meant to be an American, a citizen of this great

nation, and a human being."

Appenzeller stressed the impact veterans have every day on our communities and our youth.

"Every veteran is a national treasure who continues to serve, lead and guide this nation," he said.

Retired Master Sgt. Walter Taylor, a former BAMC Warrior Transition Battalion Soldier, was the guest speaker at this year's event. The former combat engineer was seriously injured in Afghanistan in 2011 when he was struck in the face by a rocket-propelled grenade. As he healed he continued to serve his fellow veterans and their

**BAMC continues on 12**



PHOTOS BY STEVE ELLIOTT

## HUNDREDS TURN OUT TO HONOR VETERANS

Hundreds of supporters ignored chilly temperatures and rainy conditions to honor veterans of the past and present during the annual Veterans Day memorial at the Fort Sam Houston National Cemetery Sunday. The event included a number of musical interludes from the Texas Children's Choir, a naturalization ceremony for eight new U.S. citizens, readings of the service creeds and singing of the service songs. The ceremony ended with three volleys of rifle fire from the Fort Sam Houston Memorial Services Detachment and the playing of "Taps."



# BAMC achieves ‘Most Wired’

**From Brooke Army Medical Center Public Affairs**

For the seventh consecutive year, Brooke Army Medical Center has been named one of the nation’s “Most Wired” medical facilities for its innovative use of health information technology by the College of Healthcare Information Management Executives, or CHIME.

The mission of the CHIME HealthCare’s Most Wired program is to elevate the health and healthcare of communities around the world through the optimal use of information technology. The annual survey is designed to identify and

recognize healthcare organizations that exemplify best practices through their adoption, implementation and use of information technology.

Hospitals and health systems at the forefront of using healthcare IT to improve the delivery of care have maximized the benefits of foundational technologies and are embracing new technologies that support population management and value-based care.

The most successful organizations not only adopt technology but apply it strategically to achieve great outcomes,

according to an analysis of the CHIME HealthCare’s Most Wired survey results.

Army Lt. Col. Peter Huynh, BAMC Chief Information Officer, credits Information Management Division staff for helping to maintain this recognition for the past seven years.

“With the transition of the Most Wired award to CHIME this year, the number of hospitals recognized for Most Wired has been reduced by half from the previous years, making this recognition even more special,” Huynh said.

HealthCare’s Most Wired, now in its 20th year, traditionally tracked the adoption of healthcare IT in hospitals and health systems. CHIME took over the Most Wired program and revised the survey questions and

methodology this year to highlight strengths and gaps in the industry. The goal is to identify best practices and promote the strategic use of healthcare IT to elevate the health and care of communities around the world.

The report found two key areas that emerged in 2018: the use of foundational technologies such as integration, interoperability, security and disaster recovery; and the use of transformational technologies to support population health management, value-based care, patient engagement and telehealth.

As indicated in the CHIME report, BAMC continues to pursue technological innovations to improve health care delivery and provide enhanced patient experience.

“A great example is the formation of the Virtual Medical Center at BAMC,” Huynh said. “This is the Department of Defense’s first virtual health center that enables virtual health capabilities for patients anytime and anywhere.”

Another example is the rapid adoption of a hands-free communication system which allows staff members to use voice-enabled technology to allow instantaneous and secure communication with other members of the care team to include providers, nurses, dietitians, radiologists, and other supporting members.

This system is used throughout BAMC and allows integration with other clinical systems such as the nurse call bell system that will

automatically route the alarm from a patient’s room to an assigned nurse or escalate to the charge nurse as required.



# JBSA hosts German Armed Forces badge competition

By Army Capt. Xyla V. Corpus

UNIVERSITY OF TEXAS AT SAN ANTONIO

ARMY ROTC

Almost 400 Soldiers, Sailors and Airmen from Joint Base San Antonio, Fort Hood in Killeen, Texas; and the U.S. Air Force Academy in Colorado Springs, Colo., competed in the 2018 German Armed Forces Proficiency Badge, or GAFPB, competition hosted by the collaboration of JBSA units at JBSA-Lackland, JBSA-Fort Sam Houston, JBSA-Randolph and JBSA-Camp Bullis Oct. 26-28.

The GAFPB, or Abzeichen für Leistungen im Truppendienst (in German), is a decoration of the Bundeswehr, the Armed Forces of the Federal Republic of Germany.

The decoration can be awarded to all German military. Allied service members, such as from the United States, may also be awarded the badge to wear regardless of rank. The GAFPB is one of the few approved foreign awards in the U.S. military, and it is one of the most sought after awards to achieve.

There are several events throughout the competition that assessed service members' basic fitness level and military training over the course of three days.

One of the events on day one was the pistol competition, in which the participant is given five rounds and must get a minimum of three rounds into



CAPT. XYLA V. CORPUS

*Almost 400 Soldiers, Sailors and Airmen from Joint Base San Antonio, Fort Hood in Killeen, Texas; and the U.S. Air Force Academy in Colorado Springs, Colo., gathered to compete in the 2018 German Armed Forces Proficiency Badge, or GAFPB, competition hosted by the collaboration of JBSA units at JBSA-Lackland, JBSA-Fort Sam Houston, JBSA-Randolph and JBSA-Camp Bullis Oct. 26-28.*

three different targets. The competitor attains bronze-level for getting three rounds into the three separate targets, silver level for four rounds and gold level for hitting the targets with all five rounds.

"Since our weapons training is limited to our scheduled field training exercises, it is very helpful that we were given an opportunity to dry fire before going on the pistol qualification range," said Army

Cadet Staff Sgt. Alexander Torres, University of Texas at San Antonio Army Reserve Officer Training Corps.

Day one also captured the rest of the unit-driven military training events such as the first aid test and the nuclear, biological, and chemical training.

Air Force Master Sgt. Brian Lowe, 343rd Training Squadron military training leader superintendent from JBSA-Lackland, validated the

participants' NBC skills competency in order to proceed with the other activities.

The first day concluded with the 100-meter swim, where the participants wore their military service utility work uniform. Swimmers had a time constraint of four minutes and upon completion of the swim, had to tread water and remove their uniform.

Day two continued with the basic fitness test consisting of an 11x10-meter sprint, a flex arm hang (chin-up test) and a 1,000-meter run. Participants who were not able to shoot their weapons during the first day were also given the opportunity to qualify at this time.

The last day of competition included the 12-kilometer ruck march. Each competitor rucked the distance carrying a 35-pound ruck sack with the goal of completing the course in two hours.

In the end, 161 out of 385 U.S. service members earned the GAFPB – either gold, silver or bronze. Their achievement was recognized at an awards ceremony held at Beethoven Maennerchor in downtown San Antonio Oct. 28.

"It's a good feeling to be able to work and train with my U.S. comrades," said German Army Sgt. Maj. Ronald Schiller, Combined Arms Support Command liaison officer, as he congratulated the award recipients. "I have been doing this for about 30 years and I love it. I am proud of these dedicated men and women's achievement today."

## BAMC

From page 9

families within the WTB in uniform and as a civilian.

"I always wanted to be someone that others would look up to," Taylor said. "As a leader, I always felt my place was right there in front with my Soldiers."

Taylor shared his story with the audience, expressing his gratitude and confidence in the care he received throughout his healing process, from the medics on the battlefield to the staff at BAMC and the WTB. He credited a physician from BAMC for laying out a plan to reconstruct his face after the devastating injury.

"I didn't know who I was

going to be after I got hurt," Taylor said. "I knew my career (in the Army) was possibly over. I didn't know if all the pieces of me could come back together, but thanks to this hospital, I will always be in debt for everything that's been done for me. I'm grateful for everybody here."

Taylor said he looked to the Soldiers within the WTB for inspiration and he took full advantage of all the programs the WTB offered during his four-year recovery. He also talked about how a Vietnam veteran with similar injuries to his inspired him. "I found it so inspirational that he had the same injuries as me."

That Vietnam veteran gave him this advice, "You were a great Soldier and you will

always be a great civilian, no matter what you do ... you can't stop, you got to keep going ... you are always a leader."

Taylor took that advice to heart, and he continues to mentor Soldiers and give back to the community.

"No matter what I do, I will never be able to emulate what you did," he told the veterans in the audience. "Your sacrifice is something that I live with every day and I hope to model every day as a veteran."

He also encouraged Soldiers and veterans of his generation to set the standard for the future.

"By watching these guys and using their inspiration to lead, hopefully we can provide the community the knowledge and the information they need to understand our veterans,"

Taylor concluded.

BAMC Command Sgt. Maj. Thomas Oates thanked Taylor and all the people who participated in the ceremony and the sponsors who provided lunch for the event.

"Veterans have paved the way for us since the Continental Army," Oates said. "Veterans have been and continue to be the bridge builders for those who come after them."

"I stand before you for as one command sergeant major from Brooke Army Medical Center, but I am most proud to stand for the millions of those who have donned the uniform to support and defend the constitution of these United States of America," Oates said. "I give them all the honor and all respect, but most

importantly I give you all a salute."

The ceremony included entertainment from the 323rd Army Band, Sam Houston High School Marching Band, Thomas Jefferson High School Crimson Brigade Drill Team, Steve Griggs Band and Candace Bellamy Music. The BAMC commander and command sergeant major also dedicated a tree as a tribute to all veterans.

"I thought the Veterans Day ceremony was very well done," said Retired Master Sgt. Bob Dickerson, Vietnam veteran and Bronze Star recipient. "As a Vietnam veteran I feel very proud to have been a part of it. I'm thankful to all of the staff at Brooke Army Medical Center who took the time to recognize us for our service."



## 1ST CAVALRY DIVISION SOLDIERS LAUNCH CONVOY FROM JBSA-FORT SAM HOUSTON



PHOTOS BY MASTER SGT. JACOB CALDWELL

*Soldiers from the 289th Quartermaster Company, 553rd Combat Sustainment Support Battalion, are briefed while preparing to launch a convoy Nov. 5 at Joint Base San Antonio-Fort Sam Houston. The Soldiers and equipment are being sent to the U.S. southern border in support of U.S. Northern Command. USNORTHOM is providing military support to the Department of Homeland Security and U.S. Customs and Border Protection to secure the southern border of the United States.*

## MICC successfully closes FY18, looks forward to new fiscal year

**By Brig. Gen. Bill Boruf**

MISSION AND INSTALLATION CONTRACTING  
COMMAND COMMANDING GENERAL

Every day the men and women of the Mission and Installation Contracting Command continue to do amazing things for our supported military partners and Soldiers.

Your work is truly instrumental in sustaining the readiness posture of our Army. In the fourth quarter of the fiscal year, it was your business advice and acumen when weighing in on contract vehicles and executing actions that allowed our customers to develop sound solutions for meeting a critical point with their operational budgets. Congratulations on successfully completing fiscal 2018!

Members of our team understand that the Army must maximize the value of every dollar as we operate transparently and wisely use the resources to which we are entrusted.

As a team, we completed 30,245 contract actions valued at \$4,993,700,452. In addition, we managed 519,256 Government Purchasing Card transactions valued at \$736,427,282. Also noteworthy are the small business specialists' efforts as they met and exceeded all five of our small business goals with

approximately \$1.9 billion awarded to American small businesses.

Again, the MICC surpassed the \$5 billion threshold with a combined \$5.7 billion effort supporting our customers, Soldiers and their families. Outstanding numbers, but what the numbers don't show are the long hours and selfless sacrifices made by our team to accomplish our vital mission. I cannot thank each of you enough for the tremendous support you give to the Army and our nation.

We've made great strides this fiscal year in our centers of excellence efforts as part of the MICC Readiness Initiative. MICC-Fort Sam Houston in Texas is now the center of excellence for full food services and dining facility attendants and will be the focal point for processing contract requirements packages submitted by Army customers throughout the nation.

This is crucial to the Army as these contracts ensure the feeding of more than 200,000 Soldiers every day. As the center of excellence, it will execute all the pre-awards for full food service contracts, and now Army Sustainment Command officials asked us to look at accomplishing post-award administration for these contracts.

Carl Cartwright, the executive director of the ASC Acquisition,

Integration and Management Center, said, "the pre-award work the MICC accomplished for ASC food service contracts has been significant in ensuring we are getting more effective and efficient food service delivered at a reasonable cost across the enterprise."

As for the other centers of excellence, MICC-Fort Eustis in Virginia has been performing well with executing all knowledge management training contracts, MICC-Fort Hood in Texas has been taking care of contracts for the ranges and test centers, and MICC-Fort Knox in Kentucky has masterfully managed the knowledge management professional services contracts with pre- and post-award support.

We recently pilot tested the base operations contract at Fort Belvoir, Va., which marks another step forward in standardizing acquisitions for similar services. Officials from Fort Belvoir, the MICC headquarters and Installation Management Command teamed with industry representatives to develop a standardized performance work statement and evaluation criteria to serve as a template for contracting base operations enterprise wide.

Now we continue to analyze courses of actions to determine which centers of excellence will support all the facilities,

maintenance and construction contracts. This is a critical step because approximately 40 percent of the MICC's workload is related to facilities, maintenance and construction. The intent is for the center of excellence to perform pre-award contract functions for facilities, maintenance and construction contracts with post-award administration going back to the installation.

The Army Contracting Command is determining its organizational structure to best support the Army Materiel Command Shape the Fight initiative, and it is too early to determine if and what impact that decision will have on our organizational structure.

Shape the Fight intends to better align staff functions to operationalize output to the Army leaderships' priorities and combatant commander requirements. Everything we do as an organization must be focused on ensuring the Army is ready to fight tonight and win our nation's wars. I will fully support our higher headquarters' decisions once they are announced.

During my first year in command, I evaluated all our processes to enforce

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# NAMRU-SA project developing tools to detect harmful bacteria

By David DeKunder

502ND AIR BASE WING PUBLIC AFFAIRS

Finding and developing diagnostic tools that can better identify harmful bacterial pathogens in wounded warfighters is the objective of two projects being conducted at Naval Medical Research Unit San Antonio at Joint Base San Antonio-Fort Sam Houston.

The research projects involve the use of surface-enhanced Raman spectroscopy, or SERS, and technological advances to effectively identify and detect bacterial pathogens in the wounds of injured service members in a timely manner so the bacteria can be treated quickly before it spreads.

Dr. Luis Martinez, NAMRU-SA Craniofacial Health and Restorative Medicine research microbiologist and principal investigator for the projects, said microorganisms are capable of causing diseases in the body and include viruses, bacteria, parasites and fungi. Diseases arising from bacterial infection contribute to approximately 35 percent of all combat casualties.

He said bacterial pathogens are able to

enter the wounds of injured service members and, if not treated properly, can cause fatal complications including septic shock, in which internal organs and tissues in the body start to shut down because the bacteria overwhelm the immune system, and bacteremia, the presence of bacteria in the bloodstream.

Martinez said current diagnostic assays and tools that are used to detect and identify bacterial pathogens, including immunoassays and biochemical and molecular assays, require a lab setting, extensive training and personnel.

These assays are also time-consuming, sometimes taking from 18 to 24 hours or up to two weeks to obtain results. To circumvent these lengthy and cost-prohibitive steps, substantial focus has been placed on advancements in the field of Raman spectroscopy, owing to its ability to rapidly identify and characterize microbes as well as their responses to various environmental factors.

SERS can be utilized as a diagnostic technique in which bacteria are adsorbed onto nanostructured gold or silver surfaces and irradiated. Laser interaction

with the metallic nanostructures facilitates dramatically enhanced localized electric fields, which give rise to increased detection thresholds. Interactions with the bacterial cell surface gives rise to scattering events capable of generating unique spectral fingerprints for each bacterial strain.

The use of these spectral fingerprints in combination with various mathematical techniques allow researchers to detect and classify the type of bacterial pathogen in the body.

Martinez said SERS as a diagnostic tool provides many advantages, in particular, the ability to rapidly probe biological specimens adsorbed onto nano-metallic surfaces and detect the presence of pathogens. By using this technique identification of the bacteria can be accomplished within a few hours with minimal processing. Current diagnostic tools involve meticulous processing, often requiring cultures of bacteria to grow overnight or for several days prior to obtaining results.

In addition, SERS-based platforms are often portable and can be deployed to austere environments to provide point-of-care diagnostics to wounded

service members. Once these systems are fully optimized, Martinez said SERS will have the capability to be adapted to hand-held devices and tabletop microscopes.

He said work is being done to create a data library system of bacterial pathogen samples that will be installed in the hand-held tablet device. The data system will identify the type of bacterial pathogens that are scanned onto the device.

“By being able to diagnose or identify the bacteria a lot faster, treatment can be conducted within hours instead of waiting days or even weeks for results,” Martinez said.

NAMRU-SA has been conducting research on diagnostic tools for bacterial pathogens for six years.

Martinez said the next phase of research will focus on developing diagnostic tools for identifying and detecting bacteria in waterborne pathogens. He said he hopes the findings from the next phase can be utilized for future humanitarian missions; for example, treating patients in a natural disaster such as hurricane who may contract bacteria pathogens from water.



# LACKLAND

## Diversity defines 502nd LRS vehicle operations mission

By Airman 1st Class Dillon Parker  
502ND AIR BASE WING PUBLIC AFFAIRS

The 502nd Logistics Readiness Squadron slogan, “Supporting Those Who Serve,” exemplifies the squadron’s vehicle operations element.

“We have a hand in every type of ground transportation that goes on around JBSA,” said Master Sgt. Jimmy Boulware, 502nd LRS vehicle operations superintendent. “From transporting our troops all around Joint Base San Antonio to supporting distinguished visitors to delivering the ammunition to [JBSA] Medina [Annex] and [JBSA] Camp Bullis, we have a pretty robust and varied operation.”

In order to provide this wide-ranging support to 266 mission partners, the vehicle operations element’s active-duty members, Department of Defense civilians and contractors utilize more than 350 vehicles, including buses, sedans, vans, trucks, tractor-trailers, wrecker recovery vehicles and forklifts.

“We have such a diverse fleet,” said Boulware. “We have Hyundais all the way up to 15-ton tractor trailers and our Airmen pride themselves on their ability to drive anything.”



JOEL MARTINEZ

*Jerry Watson, 502d Logistic Readiness Squadron motor vehicle operator, operates a forklift to move a container Aug. 12, 2016, Joint Base San Antonio-Randolph.*

The diversity of the fleet reflects the high-quality training vehicle operators must go through, said Boulware.

“All of our training is on par with the American Association of Motor Vehicle Administrators,” said Boulware. “So, anyone who comes through can earn

their commercial driver’s license.”

In addition to playing a part in all daily ground transportation across JBSA, vehicle operations is a member of the JBSA Emergency Operations Center, coordinating the transportation for the evacuation of active-duty members,

civilians and JBSA personnel from an area during an emergency, whether it’s a fire, or aircraft recovery. Vehicle operations also coordinates the transportation of JBSA emergency personnel to a disaster scene or major operation, said William Cope, 502nd LRS ground transportation supervisor.

“We’re always moving and we’re usually the first ones to start working on a special project,” said Cope. “We’ll work around the clock whenever we’re needed to get the mission done.”

This mindset was on display in August 2017 when the 502nd LRS provided support to the Federal Emergency Management Agency and other organizations in multiple hurricane relief operations.

“They were burning the midnight oil for sure,” said Cope. “Picking up troops, bedding them down and getting them to chow was just some the support provided. We also provided support loading the supplies and gear to keep the operation flowing smoothly.”

The vehicle operations element supported these three large-scale hurricane relief efforts, all the while maintaining daily operations, and supporting those who serve.

## JBSA Cyber Team keeps a watchful eye on security

By Mary Nell Sanchez  
502ND AIR BASE WING PUBLIC AFFAIRS

Inspections are an important part of keeping all Air Force operations running as smoothly as possible and the cyber security team at Joint Base San Antonio is ahead of the curve. Their efforts have earned them the 2017 Air Force Chief of Safety Cyber Safety award.

“I don’t believe in getting ready for inspection. Cyber security is so

important that it should be something we do 24/7,” said Francisco Beatty, JBSA Cyber Security chief, 502nd Communications Squadron.

His team is responsible for keeping approximately 85,000 computers connected and running securely within the JBSA community. Beatty said any user could become a target at any moment.

“This isn’t something that is going to

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COURTESY GRAPHIC

# BMT curriculum changes focused on inspiring, developing Airmen

By Dan Hawkins

AIR EDUCATION AND TRAINING COMMAND  
PUBLIC AFFAIRS

After listening to feedback from the field, a few changes to the Air Force Basic Military Training curriculum will transform trainees into more combat-ready Airmen.

The changes, which began Sept. 4, are entirely focused on readiness and lethality, Airmanship, fitness and warrior ethos.

“The future of BMT focuses on creating disciplined, warrior Airmen who are ready to support our joint partners in conflicts around the globe,” said Col. Jason Corrothers, 737th Training Group and BMT commander. “These changes to refine the basic training experience are about increasing our readiness and lethality while

simultaneously instilling Airmanship and core values from the very beginning.”

Restoring readiness is one of the Air Force’s top priorities. The changes address readiness through a revamped expeditionary skills and weapons training curriculum, said Lt. Col. Jose Surita, 326th Training Squadron commander who has overseen the development of the revamped curriculum.

Basic Expeditionary Airmen Skills Training, or BEAST, which previously took place in week five of training, is re-sequenced to the final training week as the culminating event of BMT. Air Force recruits will also experience a beefed up Self-Aid/Buddy Care regimen, called the Tactical Combat Casualty

**BMT CHANGES** continues on 20



*A major change in body and mind is coming to the way Basic Military Training transitions civilians into Mach-21 Airmen.*



# SECURITY

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happen to the other guy. It could happen to you and you may have no idea that it's going on right now," Beatty added.

While most of the computer systems are pin based with a common access card, there's always going to be a challenge.

"We find people wanting to access wireless more frequently; bluetooth, personal hot spots, ways to provide their own entertainment or access to the internet," said Greg Martin, JBSA Information Systems specialist. He added that it can be a challenge to keep the communication avenues safe for military users.

"We control the wireless spectrum. We scan for rogue systems and rogue wireless connections and we do our best to track it down and find out what it is supporting and how we can secure the connection," Martin said.

"It all comes back to data. If people can get their hands on your information, there's a lot of things they can do to manipulate it to their advantage," Beatty said.

**"You can't plug anything into a computer on the Air Force network. It will trip the land port and just kill all access to your machine. In all cases, it will trigger a security violation and disable your account."**

**Francisco Beatty,  
502nd Communications Squadron  
Cyber Security chief**

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All military internet users must take a cyber training course once a year so they can learn how to keep current threats at bay.

"We're vulnerable. We get attacked thousands of times a day electronically but there's so many different layers of defense that are being put in place that have been even above us at the base level that captures most of that," Martin added.

"You can't plug anything into a computer on the Air Force network. It

will trip the land port and just kill all access to your machine. In all cases, it will trigger a security violation and disable your account," Beatty said.

Simple things can make a big difference in keeping your information secure. Both Beatty and Martin encourage users to keep their anti-virus software up to date, follow good computer use practices such as changing passwords frequently and not opening items you receive through email if it's from someone you don't know.

"The adversary [hacker] – that's his

job. He's doing what he does day in and day out 24/7," Beatty said.

"You can't get complacent. You've always gotta be thinking how someone could be trying to get your data or compromise it," Martin said.

The JBSA cyber team will continue to keep internet systems running safely with as little interruption as possible.

"If we find it [an issue] we work with the team as needed so they can get out and isolate the particular system offline or help the user remediate the system. It's a great team effort," Beatty added.

# Lone Star Gunfighters train future warfighters

By Steven Alvarez

TEXAS MILITARY DEPARTMENT

In 2016, while deployed to Afghanistan, Air Force Maj. Geoffrey Gebhardt received an alert at his base that U.S. forces were in trouble. It is a story he reluctantly explains because he's not a fan of telling "war stories."

"Weather was bad. Nobody was flying and we got a call that 200 miles away there was a base under attack," Gebhardt said.

Within minutes he was airborne, flying the highly maneuverable F-16 Fighting Falcon, a U.S. Air Force workhorse aircraft that has proven itself in combat. The weather, while bad, was no match for the F-16's technology, which can locate targets in inclement weather during non-visual bombing conditions.

As Gebhardt flew to the fight, he communicated with forces on the ground. In the background, he could hear the gunfire, shouting and chaos of the battle below him. Then Gebhardt inserted his aircraft in the airspace over the battlefield.

"As soon as we got on station, the enemy shooting stopped," Gebhardt said. "Our presence overhead made the enemy stop attacking our guys on the ground and that's what it's all about — providing the support to those guys on the ground who are dodging bullets and need to stay safe. Sometimes that means dropping weapons, but other times it simply means being there ready to help."

It is this type of operational experience that makes the Airmen of the 149th Fighter Wing a crucial part of the U.S. Air Force's F-16 pilot training program. Warfighters, in short, can better teach warfighting.

The 149th FW maintains a mobility commitment in many support areas including security forces, medical, civil engineering, services, transportation and military personnel. Instructor pilots like Gebhardt, who has



TECH. SGT MINDY BLOEM

*Maj. Thomas Werner, an instructor pilot assigned to the 149th Fighter Wing, Air National Guard, performs air-to-air drills in an F-16 Fighting Falcon June 25 near Čáslav Air Base in the Czech Republic during Sky Avenger 2018.*

amassed 1,500 hours in the cockpit, can deploy with other units to support combat operations.

"We just had some people get back who deployed with other units," Gebhardt said. "It keeps us fresh in the combat world of the F-16," he said. "It allows us to identify what skills we need to teach students."

The 149th FW, known as the Lone Star Gunfighters, is an F-16 training unit that is a part of the Texas Air National Guard and the Texas Military Department. Based out of Joint Base San Antonio-Lackland, the cornerstone of the 149th FW's flying mission is the 182nd Fighter Squadron, whose role is to take pilots, either experienced aircrew or recent graduates from U.S. Air Force Undergraduate Pilot Training, or UPT, and qualify them to fly the F-16. The unit trains F-16 pilots for the U.S. Air Force, U.S. Air Force Reserve and the Air National Guard.

"We are grateful to have a cadre of instructor pilots whose average time in the jet is somewhere around 1,500 hours," said Air Force Lt. Col. Corey Hermes.

As the chief of safety for the 149th FW, a member of the unit for the past eight years, and an F-16 pilot with 2,600 hours, Hermes speaks with a unique perspective.

"The experience in this group of instructor pilots is matched nowhere else in the USAF F-16 fleet," he added.

Pilots of the 149th FW have a long lineage of combat experience dating back to World War II. The unit, then known as the 396th Fighter Squadron, distinguished itself in the air offensive in Europe, to include operations in Normandy, Northern France, Rhineland, Ardennes-Alsace and throughout Central Europe.

The Texas Air National Guard unit was later called up for the Korean War and it quickly became a widely lauded Air National Guard unit by being the first Air National Guard unit to enter combat, the first Air National Guard unit to shoot down a MiG-15, and the first to successfully demonstrate the applicability of aerial refueling during combat.

Aside from its vital role of being one of three F-16 training units in the U.S. Air Force, the 149th FW is home to the 149th Maintenance Group, 149th Operations Group, 149th Mission Support Group and the 149th Medical Group. In addition, the 149th FW has five geographically separated units: Texas Air National Guard Headquarters, 203rd Security Forces Squadron, 204th Security Forces Squadron, 209th Weather Flight, and 273rd Cyber Operations Squadron.

The 149th FW was officially formed on Oct. 1, 1995, and it became an F-16 training unit in October 1999. The first class of active duty, Air National Guard and Air

**WARFIGHTERS continues on 23**

## BMT CHANGES

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Course.

"We need highly trained and ready Airmen," Surita said. "Readiness is the central theme across the BMT curriculum as we deliver trained and committed Airmen capable of delivering 21st Century airpower."

There is also an increased focus on weapons handling and familiarization, Surita added.

Airmen's Week, which was focused on a values-based "Airmanship 100" curriculum, was taught the week after a trainee completed basic training.

Airmen's Week lessons, which are not being changed,

are now incorporated throughout 8.5 weeks of BMT. This change gives end-to-end ownership of the training to the military training instructor corps, delivering a continuous immersion that accelerates "mind to heart" adoption of the Air Force core values and warrior ethos principles.

"Our Airmen need to be technically capable, but they also need to be motivated," said Master Sgt. Robert Kaufman, military training instructor. "Airmanship 100 lessons focus on their resilience and challenge recruits to commit to holding each other accountable to our core values."

With an emphasis on improving human performance, BMT will also see a bump up in

the overall number of fitness sessions, increasing from 31 to 44 periods throughout training. Workouts will be a balanced mix of cardio, strength and interval training.

"Physical fitness is a critical component of readiness," said Master Sgt. Andrea Jefferson, military training instructor. "By increasing the number of physical training sessions, we build fitness habits that will help recruits perform both in the military environment, and in their personal lives."

BMT curriculum changes also includes a purpose built heritage program that introduces recruits to Air Force heroes, and weaves heritage and warrior ethos throughout training.

"We will be introducing

warrior identity, as well as Air Force history and heroes, every week throughout training," said Master Sgt. Richard Bonsra, military training instructor. "Those topics will then be reinforced during all training events, such as naming physical training sessions after a fallen Airman to cement the experience."

Future changes to how heritage and warrior ethos are ingrained into BMT will include naming obstacles on the "Creating Leaders, Airmen, Warriors," or CLAW, course after Air Force heroes, Bonsra said.

"Over the last 70 years, we have become the most dominant Air Force the world has ever known, but there is no doubt we

must be, and can be better in the future," said Chief Master Sgt. Lee Hoover, 737th TRG superintendent, "The next generation of Airmen will take us there, so it's critical we start them on the right foot. These changes ensure we move in that direction."

Headquartered at Joint Base San Antonio-Lackland, the 737th TRG is the Air Force's largest training group, comprised of nine squadrons and more than 900 permanent party personnel. With an average daily load of 7,000 trainees, more than 37,314 Airmen graduated BMT in fiscal year 2017 and BMT instructors are postured to increase that number to more than 40,200 graduates in fiscal year 2019.



# RANDOLPH

## Randolph student receives full scholarship to UTSA

By Airman Shelby Pruitt

502ND AIR BASE WING  
PUBLIC AFFAIRS

Ariana Gomez, a San Antonio native and Randolph High School student, began recreational league soccer at the age of 4. Little did she know, at the age of 16, her passion for the game would prosper into a full scholarship to the University of Texas at San Antonio.

Ariana's father, Jerry Gomez, Air Force Medical Modeling and Simulation Training operations resource manager, has been working in San Antonio his entire career. After retiring as a technical sergeant two years ago, Jerry took a position at Joint Base San Antonio-Randolph as a Department of Defense civilian.

As the family lived closer to JBSA-Randolph, Ariana was enrolled to Randolph High School and was grandfathered in after her father retired to continue her schooling there.

As Randolph High School doesn't have a soccer program, Ariana has played for multiple premier soccer clubs within San Antonio. Currently she plays for the SA City Soccer Club.

"It is very fun to watch her play; she's amazing when it comes to soccer," said Jerry. "She's so passionate and talks about it all the time."

For Ariana, playing soccer is a stress-free zone.

"When I'm on the field, it's like everything is blocked out, and I don't have to worry about anything," she expressed.

Ariana also had the opportunity to train with the

**"With soccer comes a lot of sacrifice, I do miss out on a lot of my friends' birthdays, sweet sixteens, family time and even my siblings' birthdays. It's kind of hard, but it's what I like doing and I'm willing to do anything to get me to the top."**

Ariana Gomez, Randolph High School student

North Texas Soccer Olympic Development Program from the age of 10 to 14. The junior athlete traveled once a month to Texas A&M University to practice with the elite players of Texas.

Ariana's passion and skill didn't come without sacrifice.

"With soccer comes a lot of sacrifice, I do miss out on a lot of my friends' birthdays, sweet sixteens, family time and even my siblings' birthdays," Ariana said. "It's kind of hard, but it's what I like doing and I'm willing to do anything to get me to the top."

Ariana's time in high school is a continuous balancing act between a social life, soccer, volleyball, school and family.

"I usually manage my homework through the school day," she said. "I try to get it done during lunch, because I know after school I have a two-hour soccer practice."

Jerry agrees, and thinks the family plays a big role in keeping her going and supporting the game.

"Definitely a lot of sacrifice

from herself from not being able to do things that a typical teenager growing up can do," he said. "Teamwork and sacrifices from the family are required as well."

Ariana believes her dad was a huge factor in getting her this far in her soccer career.

"He's really hard on me, but the good kind!" she said. "My dad's been a big part of my soccer career. He's the one that takes me to games, motivates me and even sometimes misses my siblings' birthdays with me."

Starting her journey with UTSA, Ariana was invited to a soccer camp for the team this past July.

After completion of the camp, the coaching staff, who couldn't quite recruit her as she was still technically a sophomore, invited Ariana back for a school visit.

During the visit she was brought in by the freshman UTSA soccer players. Ariana stayed in the dorms with the girls, was showed around the campus and practiced with the



COURTESY PHOTO

Ariana Gomez, a San Antonio native and Randolph High School student, has been offered a full scholarship to the University of Texas at San Antonio.

team.

Ariana and her father share the same excitement about her upcoming career on UTSA's soccer team.

"I'm excited about her going to UTSA, the coaches are super nice and it's a fairly new program, but they've made big strides this year," Jerry said. "Plus she's my baby, so I'm glad she's close to home."

Ariana is undecided on her major with UTSA, but plans to study either psychology or criminal justice.

Although she is nervous about the intensity of the conditioning and competitiveness of moving to the collegiate level, she is confident she can balance it.

"I did talk to UTSA's student

academic counselor and she seems like she's going to have me on the right path," she said. "I can go to this building that's just for athletes and do my homework, so I think I'll be fine."

"I'm not really looking forward to the end of her youth soccer but I'm excited for her to move on to the next stage of her life," Jerry said proudly. "I think if she continues to play the way she plays and continues to develop the way she has developed, I have no doubt in my mind that she could play professionally."

Ariana will graduate Randolph High School in May of 2020 and will be attending UTSA in the fall of that same year.

# TRAINING

From page 2

reactive and proactive skills to reduce interpersonal and self-directed violence,” Bearden said.

More than 360 Joint Base San Antonio personnel are trained to deliver the 2018 Integrated SAPR and Suicide Prevention curriculum, she said.

Implementers are selected by their unit commanders and attend a four-day training conducted by Alteristic staff. JBSA hosted four of these training sessions last year to ensure the installation had a significant cadre of personnel trained to conduct the training.

Staff Sgt. Zhane Herrera Woodall, 502nd Comptroller Squadron budget analyst, attended her first Green Dot training when it was first rolled out. It was not until she

entered implementer training that she realized that interpersonal violence or suicide, directly or by association, affects everyone and that Airmen are expected to learn to get involved in situations when they suspect or know there is abuse.

“As I was joining my new unit here, the current implementer was retiring and saw a passion in me that could help relay the message of Green Dot effectively,” she said. “After taking the four-day course at JBSA-Lackland when the Alteristic trainers came into town, I took the training material more seriously. Everyone in the room who attended the training had time to share how interpersonal violence or suicide awareness is important to them and I realized that this material covered in the Green Dot curriculum is so personal.”

The training is similar to

the Air Force’s leadership courses, such as Airman Leadership School, Woodall said.

“In ALS you learn how to handle feedback with difficult subordinates,” she said. “Green Dot teaches us how to be an active bystander in difficult life situations. Students are not so forthcoming with their personal experiences in the classroom and that’s okay. Most of the time students show up from different units, they’re strangers and I completely understand that there has to be a level of comfort to create a trusting environment to share an experience like the ones we discuss in the class.”

Tech. Sgt. Randy McGinnis, 502nd Contracting Squadron Medical Services Flight noncommissioned officer in charge, said he hopes people who take the training understand they “don’t have to

be a superhero to have an impact.”

“This training gives people the ability to do something when they believe a person needs help,” said McGinnis, who has taught more than 1,800 people as an implementer over the last two years. “The tools provided through this training allows people three different means to do something — distraction, delegation or being direct. This provides them the opportunity to feel safe, while at the same time helping a person that needs help.”

McGinnis said being an implementer gives him a “great sense of accomplishment.” He called the training “the foundation for changing a culture where people seemed to turn a blind eye because they thought someone else would step in and get involved.”

“That mentality created an environment that allowed

more opportunities for perpetrators to commit sexual assault because people wouldn’t get involved and provided a greater opportunity for individuals thinking about committing suicide to think nobody cared or was willing to assist,” he said.

“Now I believe that instead of just having a zero tolerance policy, this training enables people to realize that more people are paying attention to inappropriate situations and are not going to sit back. They are going to step up and are more likely to do something.”

The involvement of everyone to prevent sexual assaults and suicides reflects how the Air Force is going to be effective in preventing incidents in both areas.

“That increases the potential for pre-emptively stopping sexual assaults, suicides and interpersonal violence situations,” McGinnis said.

# COOKING

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Thanksgiving preparations with recipes that can be done outside the kitchen.

## Deep fried turkey

Thanksgiving without the turkey wouldn’t be Thanksgiving. A favorite Thanksgiving ritual in many households is deep-fried turkey. An overloaded fryer can easily tip over and set an entire house ablaze if used improperly.

Helpful tips to backyard chefs who plan to deep-fry a turkey for Thanksgiving, USFA offers the

following tips:

- ▶ Turkey fryers should always be used outdoors a safe distance from buildings and any other flammable materials.
- ▶ Never use turkey fryers in a garage or on a wooden deck.
- ▶ Make sure the fryers are used on a flat surface to reduce accidental tipping.
- ▶ Never leave the fryer unattended. Most units do not have thermostat controls. If you do not watch the fryer carefully, the oil will continue to heat until it catches fire.
- ▶ Never let children or pets near the fryer even if it is not in use. The oil inside the cooking pot can remain dangerously hot hours after use.
- ▶ To avoid oil spillover, do not overfill

the fryer.

- ▶ Use well-insulated potholders or oven mitts when touching pot or lid handles. If possible, wear safety goggles to protect your eyes from oil splatter.
- ▶ Make sure the turkey is completely thawed and be careful with marinades. Oil and water do not mix, and water causes oil to spill over causing a fire or even an explosion hazard.
- ▶ The National Turkey Federation, or NTF, recommends thawing the turkey in the refrigerator approximately 24 hours for every five pounds in weight.
- ▶ Keep an all-purpose fire extinguisher nearby. Never use water to extinguish a grease fire. If the fire is manageable, use your all-purpose fire extinguisher.

If the fire increases, immediately call the fire department for help.

Recognizing that Thanksgiving is a time for food, fun and fellowship with loved ones as you sit down with family and friends, JBSA Fire Emergency Services wants people to be safe.

For more information about Thanksgiving safety, visit the National Fire Prevention Association website at <http://www.nfpa.org/education> or U.S. Fire Administration website at <http://www.usfa.fema.gov> or contact the JBSA fire prevention offices at JBSA-Fort Sam Houston at 210-221-2727, JBSA-Lackland at 210-671-2921 or JBSA-Randolph at 210-652-6915.

# MICC

From page 13

the Army’s top priority of readiness. The MICC Readiness Initiative was implemented to achieve the highest level of success for the MICC, and it outlined my initial vision of how our command could be best postured to support that

priority.

After careful review and analysis recently, I have concluded that transferring a field directorate office to Fort Belvoir is not the optimal path forward for the MICC. Instead staffing for FDO-Fort Sam Houston will be revitalized to support its critical mission. Keeping FDO-Fort Sam Houston is the right strategic approach to integrate and

synchronize operational contracting support for its customers

Fiscal 2019 is off to a great start as our government has an approved defense budget. Having a budget in the first quarter is a new but welcomed challenge for the MICC as now we should move our contracting actions to the left with our customers to work them earlier in the year instead

of the second, third and fourth quarters. We haven’t been able to do that in the past while operating from continuing resolutions.

We need to shift the thinking in the MICC to planning throughout the year, which we haven’t had the fortune to do in the last 10 years due to budgetary constraints. This changes our mission perspectives, but I am

confident that our team will work with our customers to make this our best year yet.

In closing, I thank every MICC employee for all the dedication and professionalism to provide efficient and effective contracting solutions for our Army. I look forward to talking to everyone at the Nov. 20 MICC Town Hall.

Contracting for Soldiers! With honor!



# WARFIGHTERS

From page 20

Force Reserve pilots began training in May 2000.

“About 80 percent of them are from active duty,” Gebhardt said about the student populace.

He has trained about 100 pilots since becoming an instructor pilot in 2009, a role he’s performed on active duty and in the Air National Guard.

In addition to training pilots fresh out of UPT, the 149th FW also trains senior officers on the F-16 who might be assuming command of an F-16 unit and who are not qualified on the aircraft. However, the rigorous nine-month training program is mostly for brand new pilots, but the 149th also trains instructor pilot upgrade students, requalification students, and this year they also trained students from the Pilot Training Next program which leverages virtual and augmented reality in an effort to streamline the Air Force’s effort to get qualified pilots in the air. Roughly 14 students fill each class.

The training starts with about a month’s worth of classroom time and F-16 simulator flying, and then pilots take to the skies.

Approximately 50 trainees attend F-16 training at the 149th FW each year, Hermes ch said, and the 149th FW is one of two Air National Guard units that train pilots on the F-16. There is also an active duty Air Force unit with the same mission.

Chief Master Sgt. John Mead, 149th’s Maintenance Operations Flight superintendent, stated that planning is vital to the unit’s mission of training warfighters.

“We make sure we’re coordinating the maintenance and the flying plan and that they mesh seamlessly so we can have a good game plan each week and we can properly train our pilots and fly our missions,” Mead said.

Maintenance personnel ensure every component of the aircraft functions as expected. It enables the student pilots to experience, in a training environment, the maximum capabilities of the F-16.

“Whenever they return to their units ... they’re ready to step into their warfighting missions and go do the job,” Mead said.

In the military, lessons learned in combat sharpen the skills of future warfighters when they are applied in training by instructors. Pilots like Gebhardt are a critical source of knowledge. Their experience enables

them to better prepare pilots for the future fight.

“Combat experience for our IPs [instructor pilots] is important because it keeps our knowledge relevant for the fight that’s happening now,” Gebhardt said. “Within a year of graduating from our course some of these students will be flying missions in a combat theater and we need to be able to tell our students what they can expect the first time they fly an F-16 over hostile territory.”

The U.S. Air Force’s domestic support missions also provide pilots like Gebhardt unique events his fellow U.S. military aviators in other branches might not get.

In 2008, while on active duty, Gebhardt was on alert status when a claxon sounded giving him several minutes to be airborne. It was Christmas Eve and he was flying toward Camp David to provide air cover protection for the president of the United States.

“The reason I tend to remember it is because I think it perfectly highlights what we do,” Gebhardt said. “I sacrificed my Christmas by sitting on base 24 hours a day ready to get airborne all so the rest of the country could enjoy their Christmas holiday,” he added.

Hermesch understands firsthand of the sacrifices made by Airmen around the world as they train for war. Sometimes aircrew training can be more perilous than combat missions. It is all part of the mantra, train as you fight; fight as you train.

Hermesch was forced to divert his F-16 to Keflavik, Iceland once while on a mission.

“We were 300 miles south of the island in the middle of the Atlantic, and all of a sudden, my single engine can’t produce enough thrust to keep me caught up with the tanker,” Hermes ch said. “It had enough thrust to stay airborne, but not enough to refuel. We diverted to Keflavik, and landed without incident, after saying a few prayers on the way in,” he said.

After landing, Hermes ch had time to reflect about what could have happened had his diversion been unsuccessful. It is one of his more memorable anecdotes as a pilot.

“You can be exceptionally proud of the men and women who call themselves Gunfighters,” Hermes ch said. “They focus on training, on developing people, accomplishing the mission, taking care of families, and serving their community like no other unit I’ve been a part of,” he said.