

JBSA

LEGACY

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JOINT BASE SAN ANTONIO

MARCH 10, 2017



PHOTO BY AIRMAN DILLON PARKER

Members of the 59th Training Group drill team from Joint Base San Antonio-Fort Sam Houston perform drill movements during the 37th Training Wing Drill Down Invitational Feb. 25 at Joint Base San Antonio-Lackland. The 59th TRG took first place for the second consecutive year in the competition.

37th Training Wing hosts Drill Down Invitational

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JBSA-Camp Bullis site of controlled burn

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AETC Airman earns command logistics award

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Electrical safety essential to daily life

By Richard Campos

502ND CIVIL ENGINEER SQUADRON

To use modern conveniences in this day and age means flipping an electrical switch and in an instant, you have power.

The concept that electricity in your home or office will operate without failure is often taken for granted. But what if you enter a room, flip the light switch and instantaneously smell something burning? What is the safe, proper response?

When using electrical appliances, extension cords, light bulbs and other devices, safety tips should be observed by family members.

Appliances

Appliances are an essential part of every modern household. Follow these safety tips to keep appliances operating safely:

- ▶ Any appliance purchased should be approved by Underwriters Laboratories, or UL, or another reputable consumer laboratory.
- ▶ Unplug unused appliances and stow cords safely out of reach of pets, young children or hazardous situations.
- ▶ Appliances that generate heat, such as clocks, televisions and

computer monitors, should be monitored. Do not drape clothes, toys or other items over warm appliances.

- ▶ Always follow appliance instructions carefully and do not attempt amateur repairs or upgrades.
- ▶ Keep all electrical appliances away from water sources such as sinks, bathtubs, pools or overhead vents that may drip.
- ▶ Make sure electrical appliances near a water source is plugged into a Ground-Fault Circuit-Interrupter (GFCI) receptacle outlet (i.e. hairdryer, curling iron, coffee pot, etc.)
- ▶ Do not operate any electrical appliance with wet hands or while standing in water.
- ▶ Keep clothes, curtains, toys and other potentially combustible materials at away from radiators, space heaters, heating vents and other heat sources.

Cords

To increase the range of electrical outlets, many homes use extension cords for electrical appliances. To help keep cords in good condition for safe operation, follow these safety tips:

- ▶ Before each use, check cords for frays, cracks or kinks, including power tool cords, holiday lights and extension cords.

- ▶ Cords should never be used for anything other than their intended purpose.
- ▶ Cords should be firmly plugged into outlets. If the cord is loose and can pull out easily, choose a different, tighter outlet.
- ▶ Do not staple or nail cords in position at any time.
- ▶ Cords should not be placed beneath rugs where they can become a trip hazard or where frays will not be noticeable. Additionally, covering a cord will prevent it from keeping as cool as possible.
- ▶ Do not make modifications to a cord's plug at any time — do not clip off the third prong or attempt to file down a wider prong to fit in a different outlet.
- ▶ Extension cords are a temporary solution only and their use should be minimized whenever possible.
- ▶ Use the proper weight and length of extension cord for the appropriate task and be sure the cord is rated for indoor or outdoor use, whichever is required.
- ▶ When unplugging a cord, pull on the cord at the outlet rather than tug on the cord itself.
- ▶ Do not "daisy chain" surge protectors or extension cords.

Electrical Safety Tips

When an electrical short or

spark occurs, it is vital to understand what action to take to prevent or put out an electrical fire. Call 911 or other appropriate emergency services immediately in case of electrical injury or fire. The United States Fire Administration, or USFA, or the Federal Emergency Management Agency, or FEMA, offers the following tips:

- ▶ Do not allow children to play in proximity of any electric appliance.
- ▶ Discard any tools that put off even mild electric shocks.
- ▶ Exchange light switches that have a tendency to flicker.
- ▶ Exchange any light switches that are hot to the touch.
- ▶ Do not overload extension cords, sockets or plugs.
- ▶ Never force a three-prong plug into a two-receptacle socket.
- ▶ Know where fuse boxes and circuit breakers are located and how to operate them.
- ▶ Have a professional certified electrician make electrical repairs.

For more information visit nfpa.org/education, usfa.gov/prevention or fema.gov or call a JBSA fire prevention office at: JBSA-Fort Sam Houston, 221-2727; JBSA-Lackland, 671-2921; or JBSA-Randolph, 652-6915.

JBSA LEGACY

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ARE YOU PCSING OR DEPLOYING OVERSEAS?

AF members subject to new program covering moving expenses now tied to GTCC accounts

From the 502nd Comptroller Squadron

In August 2016, Air Mobility Command began a pilot program to charge Military Transportation Authorization to Individual Government Travel Charge Card accounts. The program was a success and will be immediately implemented Air Force-wide. As a traveler, military members and their

dependents will incur a cargo shipment expense that was previously funded from a centrally billed account. However, members can position themselves for seamless travel prior to departure by ensuring GTCCs have sufficient credit. Members should complete the following steps in advance of official travel:

1. Visit the United States Transportation Command web-

site to determine individual tariff charges. Charges vary based on a variety of factors, so it's important that members independently validate. Fiscal year 2017 tariff charges are located at: ustranscom.mil/dbw/rates.cfm.

2. If individual GTCCs do not have enough credit to cover anticipated travel expenses and the tariff charge, members must contact unit agency program

coordinators and complete a GTCC credit limit increase form.

3. For deploying members, their unit APCs must place their GTCC in "Mission Critical" status. This action extends billing timelines so members can complete deployments without concern over GTCC payments.

For more information or questions, contact the JBSA financial services office at finance.callcenter@us.af.mil.

First military flight remembered at JBSA

By Senior Airman Stormy Archer

502ND AIR BASE WING
PUBLIC AFFAIRS

Members of the JBSA community gathered to celebrate the 107th anniversary of military aviation on March 2 at the JBSA-Fort Sam Houston MacArthur Parade Field.

On March 2, 1910, then U.S. Army Lt. Benjamin Foulois became the first person to make a military flight, from a military facility, in a government owned plane flown by a military-trained pilot.

"It's truly an honor to be here to talk about this momentous event and our shared history," said Brig. Gen. Heather Pringle, 502nd Air Base Wing and JBSA commander. "This is an event that brings us together as a joint fighting force and is the legacy you will all be taking forward."

Foulois was sent to San Antonio from Washington, D.C., with the task of assembling a new aircraft and learning how

to fly. After some instruction from Wilbur Wright, Foulois, who had never flown solo or attempted a landing, flew the 30-horse power, two-propeller biplane a total of seven-and-a-half-minutes, and attained a height of 200 feet, circling the field at a speed of 30 mph.

"On this spot 107 years ago, military flight came into being in its infancy," retired Air Force Col. Howard Ham said. "A measly 20 years later, we had many different types of military flying machines. Warfare and its planning, as well as its conduct, would never be the same. This iconic event remains branded into history with our presence."

The ceremony ended with a wreath laying and a performance of Taps by the Floresville High School Air Force Junior ROTC chorale in honor of the accomplishments made by Foulois and his team, and to remember how military aviation was born in San Antonio.



SENIOR AIRMAN STORMY ARCHER

From left: Brig. Gen. Heather Pringle, 502nd Air Base Wing and Joint Base San Antonio commander, retired Army Col. Stewart Wyland and retired U.S. Air Force Col. James Humphries lay a wreath March 2 at the memorial honoring Army Lt. Benjamin Foulois' first military flight.

Adding muscle: how much protein do you need?

By 2nd Lt. Jennifer West
BROOKE ARMY MEDICAL CENTER

In the pursuit of building muscle quickly, many athletes have made dietary changes to arrive at the perfect recipe for optimum muscle gain.

In recent years, many diets have been studied to identify what the ideal portion of fat, protein and carbohydrate combination is for muscle gains and performance boosts. The goal is to not overeat protein or elim-

inate carbohydrates.

The concept of a high-protein and low-carbohydrate diet comes from the idea that eating high amounts of protein will lead to muscle growth, while a low carb diet will lead to fat loss.

While in theory this sounds good, it does not paint a complete picture. In practice, it might not lead to the gains athletes are expecting.

Some research supports the use of a high-protein diet for

preserving lean body mass in older adults. However, it appears that eating more protein at the expense of carbohydrates can hinder workout ability and training intensity.

Carbohydrates are needed to fuel workouts. Even body builders, who are known for chiseled and lean physiques, don't cut carbs while trying to build muscle mass. They would not have the energy for training if carbohydrate intakes were too low.

For muscle growth, two

things are needed: adequate protein intake and strength training.

Carbohydrates provide the fuel for strength training while protein is used for muscle building and repair. For athletes looking to improve strength and physique with muscle mass gains, research supports a meal plan where protein is spread throughout the day with an intake between 20-40 grams three to four times per day.

If you are trying to build

muscle for strength or simply want to look good by the pool, a diet moderate in carbohydrate and protein can help. A diet too low in carbohydrate can leave you feeling tired and frustrated with subpar results.

A registered dietitian can help fine-tune your nutrition plan to help you reach your physique goals. Call the Brooke Army Medical Center outpatient nutrition clinic at 808-2232/3609 to schedule an appointment.

Congratulations to 2017 senior master sergeants selects

FROM 502ND AIR BASE WING
PUBLIC AFFAIRS

The Air Force released its 2017 senior master sergeant promotion list March 2. A 1,391 were Airmen were selected for promotion with a 11.8 percent selection rate Air Force wide.

Selectees from JBSA:

JBSA-Lackland

Sherina Ali
Eleanor Amiscosa
Robert Barton II
Alfredo Benavides
Joshua Bertolotti
Nathanael Blanquie
Kaden Brooks
Chadwick Burke
Holly Burke
Martha Burkhead
Julie Depriest
Michael Ellis Jr.
Michael Esquer

Jeremy Frappier
Brian Gracey
Koby Harding Jr
Gregory Harris
Jeremy Holcomb
Nicholas Hoppe
Charleen Jones
Jason Keys
Brandon King
Molly Klos
Davis Kolasa
Caleb Lloyd
Carma McCall
Nicole Merrill
Amy Miller
David Moore
Marsha Moore
John Quitta
William Reisner
Garry Russell Jr.
Richard Shoemaker
Michelle Sieh
Brian Simkins
Robert Smith Jr.
Amy Steagall
Sean Stewart

Nathaniel Striplin
Frank Triola
Joshua Turner
Carl Vogel
Eric Vonholdt
Courtney Walker
Antoine Washington

JBSA-Lackland

Kelly Field Annex

Brian Bowler
Jennie Carmichael
Brian Cool
Justin Gholston
Wyman Herring II
Nichola Pospischil
Nils Stinson
Rebecca Sutton
Joshua White

JBSA-Fort Sam Houston

Odulia Ashby
Nicanor Barboza Jr.
James Gardner
Sheryl Stone
Marcia Swenson
Rebekah Virtue

SMSGT continues on RW19

FORT SAM HOUSTON

Controlled burn rids JBSA-Camp Bullis of vegetation prone to causing wildfires

By David DeKunder

502ND AIR BASE WING
PUBLIC AFFAIRS

Firefighters from the 502nd Civil Engineer Squadron, the U.S. Fish and Wildlife Service, Joint Base San Antonio Fire Emergency Services and two area fire departments conducted a controlled burn at JBSA-Camp Bullis Feb. 22-24 to clear the installation of vegetation that could ignite a wildfire.

Twenty-two firefighters helped to burn more than 600 acres at the installation during the three-day period, enduring hot, dry and windy conditions, along with temperatures that soared into the 90s.

Rustin Tabor, 502nd CES natural resources manager at JBSA-Camp Bullis, said two years in a row of wet weather during spring has increased the amount of vegetation, or fuel loads, at the installation, including grasses and small shrubs that can be easily ignited and start a wildfire.

"We're trying to reduce fuel loads out here," Tabor said. "Right now we just have them in excess due to the wet springs, early summers. With that much fuel on the ground, if there is a wildfire, our ability to contain it is greatly diminished. It'll move too fast, eat up a lot of fuel. Our ability to actually try to suppress that fire is not very good."

In August 2016, a wildfire burned 90 acres at JBSA-Camp Bullis. No structures were damaged in the fire.

Conducting a controlled burn also helps in protecting

structures and training areas within JBSA-Camp Bullis and the adjacent residents and communities that surround the 28,000-acre installation, Tabor said.

"We are surrounded on three sides by residences, churches, businesses, schools and parks," he said. "In a wildfire, there is definitely the potential for it to move into a community or at least outside of our fence line. If we can reduce wildfire, there's less risk to the community, there's less risk to Airmen and Soldiers training in the field and less risk to infrastructure there."

Another objective of the burn was to keep ashe juniper, an evergreen shrub or small tree also known as mountain cedar that grows in the Texas Hill Country and JBSA-Camp Bullis, from encroaching into native grassland and oak savannah areas, which are used for training missions on the installation.

In addition, Tabor said there are environmentally sensitive areas located at JBSA-Camp Bullis that need to be protected, including an 8,500-acre habitat for the golden-cheeked warbler, an endangered bird species, and 2,000 acres of karst preserve areas, which are cracked limestone formations that allow water to filter into the Edwards Aquifer. The preserve areas are set around caves in which two endangered species of ground beetles live in.

Tabor said there are 12,500 acres at the installation, each divided into units, or areas,

that will be burned on a controlled basis. Each unit will be burned on a five- to seven-year rotation.

"It gives us some leeway," he said. "If one part of the base gets more rain, it needs attention first. We can get to that area in five years instead of seven years to be able to cut down on wildfire incidents."

Carl Schwope, U.S. Fish and Wildlife Service fire management officer, oversaw the prescribed burn and led the fire-fighting crew who worked it. He said planning for and conducting the controlled burn involved cooperation between U.S. Fish and Wildlife Service, 502nd CES and JBSA.

Putting the controlled burn plan together was a year-long process that involved many components, including the burn objectives outlined in the JBSA natural resources plan, what areas to burn, onsite resources, the number of firefighters that were needed, the amount of time it would take to conduct the burn and smoke impact on areas surrounding JBSA-Camp Bullis, Schwope said.

Schwope said several precautions were taken to make sure a controlled burn was done properly and safely. Those precautions included taking into account weather conditions, igniting the burn in a way that fire personnel were able to control it, techniques for setting the fire that make it burn itself out, having firefighters ready to put out fires that get out of the burn area and burning away from sur-



DAVID DEKUNDER

Firefighters burn vegetation during a controlled burn Feb. 23 at Joint Base San Antonio-Camp Bullis.

rounding communities based on wind direction to reduce smoke impact on nearby residents.

In addition, Schwope said firefighters need to have proper training and be physically fit to be able to work on a controlled burn, which includes a lot of walking in sometimes hot and windy conditions.

Schwope said the coordination between the three organizations involved in the controlled burn — the 502nd CES, U.S. Fish and Wildlife Service, JBSA Fire Emergency Services and the help of firefighters from San Antonio and Boerne fire departments — provided for a successful outcome.

"It took everybody to get that

job done," Schwope said.

Scott Ridenour, JBSA Fire Emergency Services deputy chief at JBSA-Fort Sam Houston Camp Bullis Operating Location, said JBSA firefighters were there to provide support if a fire from the burn were to get out of control.

Working a controlled burn can be demanding for a firefighter, which is why they need to be properly hydrated and be in good physical condition, Ridenour said.

"It's hot, so there is a toll on your body," he said. "It's just nasty, dirty, hard work. You are in it, breathing in the smoke. Personally, it's some of the hardest firefighting that you do compared to everything else."

Navy hosts underwater robotics challenge

By Burrell Parmer

NAVY RECRUITING DISTRICT
SAN ANTONIO PUBLIC AFFAIRS

The U.S. Navy Recruiting Command Southwest Region City Outreach Program, in cooperation with Northeast Lakeview College and Navy Recruiting District San Antonio, or NRD-SA, from Joint Base San Antonio-Fort Sam Houston, hosted a regional SeaPerch Underwater Robotics Challenge Competition at Palo Alto College's Aquatic and Athletic Center Feb. 25.

Twenty-six teams from high schools, home schools and boys' and girls' clubs from South and West Texas, as well as Louisiana, competed to advance to the National SeaPerch Championships to be held at Georgia Tech University in Atlanta May 19-20.

The first-place team was Team Think Outside the Box Epsilon from Harmony Science Academy of El Paso, coached by Kassandra Rodriguez. The second-place team was Team Parche of John Paul Stevens High School in San Antonio, coached by Manuel Gonzalez, while in third place was Team Tiger Sharks of Harmony School of Innovation in El Paso,

coached by Maribel Marquez. The top two teams advance to the national competition.

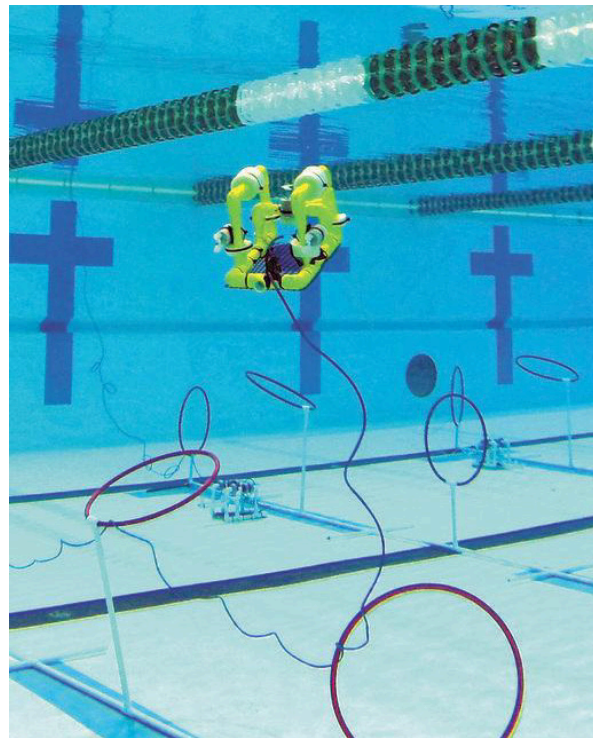
The competition consisted of three evolutions consisting of a poster/notebook presentation and interview, speed obstacle course and the challenge course.

"This event was important because we were able to unite a diverse group of students from all different backgrounds and educational levels," said Lt. Diana Tran-Yu, Navy City Outreach Southwest Region officer. "It also built teamwork amongst the students from the construction of their underwater remotely operated vehicles to competing in the regional competition."

According to Tran-Yu, participating in SeaPerch demonstrates that the students are committed to having a future in science, technology, engineering and mathematics, or STEM.

"These students will have a great future and with the Navy's mentorship and guidance, very possibly, some of them will seek service in America's Navy," Tran-Yu said.

Earl Bullock, a SeaPerch instructor with Northeast Lakeview Col-



CHRIS CONNELLY

U.S. Navy Recruiting Command (NRC) Southwest Region City Outreach Program hosted a Regional SeaPerch Underwater Robotics Challenge Competition Feb. 25 at Palo Alto College's Aquatic and Athletic Center. The top two winners, which include a San Antonio team, go to national competition in Atlanta in May.

lege, has been involved with SeaPerch for the past five years.

"We are more inland than some of the other cities and we felt it was important to bring something new to the area since most robotic programs were land-based," said Bullock, a retired school administrator. "After the seeing the

movie 'Spare Parts,' it ignited additional interest in getting our middle school and high school students involved with underwater robotics."

Sebastian Torres of Team Epsilon recalled when Tran-Yu visited his school in January.

"Lt. Tran-Yu shared her whole life story with us; how she joined the

Navy and how persistent she was, which really inspired us," Torres said. "She's one of the reasons why we came to the competition to demonstration that we are capable of doing something great."

Tran-Yu first visited Harmony Science Academy in El Paso in November 2016, expecting only to train 10 educators on SeaPerch, but to her surprise more than 50 were in attendance.

"I received a call from Dal Ali, one of the schools science coordinators, regarding interest in SeaPerch," Tran-Yu said. "It was beautiful. Some of the attendees were college students who were committed to being SeaPerch coaches."

According to Tran-Yu, the school specifically asked for a Navy representative to return in January to speak with their students.

"The outreach coordinator informed me that the school wanted their students to know that there is nothing wrong with seeking a career in the Navy or any other military service," Tran-Yu added. "Additionally, that the culture of those who graduate college in the El Paso area is not to venture outside the city for careers."

Navy Lt. Chris Laird, operations officer for NRD San Antonio officers programs, said having the youth involved and interested in the STEM fields help sets up Navy recruiting for future success.

"This was not only a great event for STEM awareness but it provided a venue for our recruiters to connect with the youngest and brightest minds in our area," Laird said. "As judges of the competition, our recruiters were available for the students to ask questions and receive some insight regarding STEM-related careers in the Navy."

SeaPerch is an innovative underwater robotics program that equips teachers and students with the resources they need to build an underwater remotely operated vehicle, or ROV, at an in-school or out-of-school setting.

Students build the ROV from a kit comprising low-cost, easily accessible parts, following a curriculum that teaches basic engineering and science concepts with a marine engineering theme. For more information on the SeaPerch Program, visit seaperch.org.

School systems serving JBSA families receive sizable grant

From 502nd Air Base Wing
Public Affairs

JOINT BASE SAN ANTONIO

The National Math and Science Initiative, or NMSI, in collaboration with the Alamo Area Council of Governments, or AACOG, announced a \$5 million grant Feb. 27 to support

expanded math and science educational opportunities at school systems serving families stationed at Joint Base San Antonio.

The grant is provided by funds appropriated to NMSI in support of the Department of Defense's ongoing efforts to improve education outcomes in

science, technology, engineering and mathematics at schools educating dependents of uniformed personnel.

Dallas-based NMSI has implemented its highly effective, evidence-based College Readiness Program in more than 1,000 high schools across 34 states since its founding in 2007.

The specific mission to support military families began in 2010 and has resulted in implementation of the College Readiness Program for Military Families at 160 military-connected high schools in 29 states around 75 defense installations of all four armed services.

Other Texas military installa-

tions, including Dyess Air Force Base, Fort Bliss, Fort Hood and Sheppard Air Force Base, already have employed the NMSI program. Program implementation around Joint Base San Antonio begins in five area school systems, to be announced individually at a later date, within the 2017-18 school year.

ARMY EMERGENCY RELIEF CAMPAIGN KICKS OFF AT JBSA-FORT SAM HOUSTON



SGT. 1ST CLASS SHELMAN SPENCER

Lt. Gen. Jeffrey S. Buchanan, U.S. Army North (Fifth Army) commander, spoke on the importance of Army Emergency Relief, or AER, during the campaign kickoff event March 1 at the Joint Base San Antonio-Fort Sam Houston Theater. AER is the Army's own emergency financial assistance organization and is dedicated to "Helping the Army Take Care of its Own." AER financial assistance is conducted within the Army structure by mission commanders and garrison commanders through AER Sections located at U.S. Army installations worldwide. The general referenced several cases where AER assisted Soldiers with financial needs. Of all the Army values, he said contributing to AER to assist fellow Soldiers is the most selfless act of service anyone can do and also highlighted the importance for every Soldier to know about AER and the services they provide. In addition, this year marks the 75th anniversary of AER, a program of Soldiers helping Soldiers since 1942.

FORT SAM HOUSTON BRIEFS

Moms Fit-2-Fight

Active-duty women stationed at JBSA who are expecting may sign up for this program, which assists in pre- and post-natal weight management. Enrollment is limited. Mother must be less than 12 week's gestation. To qualify, call 413-5946 or visit momsfit2fight.uthsc.edu.

Blended Retirement System

Date/Time: March 13, 9-10 a.m.
Location: Military & Family Readiness Center, building 2797
Review the basic features and concepts of the new Blended Retirement System and how it compares to the traditional retirement pension. BRS takes effect Jan. 1, 2018. Additional training and information are available at <https://jkodirect.jten.mil>.

Sensory-friendly movie

Date/Time: March 13, 1-3 p.m.
Location: M&FRC, building 2797
The Exceptional Family Member Program and the Family Life Program welcome JBSA

families to a sensory friendly showing of Disney's "Zootopia." Call 221-2418.

Transition Information Program

Date/Time: March 20, 8 a.m. to 12:30 p.m.
Location: Sam Houston Community Center
JBSA members separating or retiring from active duty are welcome to and meet with representatives from the Military and Veteran Community Collaborative, Texas Veterans Commission, Veterans Service Programs, Workforce Solutions Alamo and more. To register, visit march20tip.eventbrite.com.

Warrant Officer Association

Date/Time: March 20, 5:30 p.m.
Location: Longhorn Café, 1003 Rittiman Road
The March meeting of the Lone Star Silver Chapter of the U.S. Army Warrant Officer Association is open to all active duty, retired, Reserve, National Guard warrant officers and family members of current or retired

warrant officers. For details, call 808-256-5128.

Hiring Heroes

Date/Time: March 22, 9 a.m. to 2 p.m.
Location: Sam Houston Community Center, 1395 Chaffee Road
Career opportunities for wounded, ill, injured and transitioning Service members, Veterans, military spouses and primary caregivers will be covered. For more information, call 571-372-2123.

Military, family campout

Registration deadline: March 21
Event: April 7-9 at Canyon Lake
Key spouses, Family Readiness Groups, Ombudsman, Hearts Apart, Warriors in Transition and their families will disconnect from their devices and reconnect as a family with team building activities, games, a nature hike, and more with an overnight campout. Space is limited, registration is required. Call 221-2418 or visit go.usa.gov/x9hYJ to register.

ARMY NORTH TASK FORCE 51 SOLDIERS TRAIN AT KELLY ANNEX



SGT. 1ST CLASS SHELMAN SPENCER

Soldiers assigned to Task Force 51, U.S. Army North (Fifth Army) conduct Emergency Deployment Readiness Exercise, or EDRE, training Feb. 22-24 at Joint Base San Antonio-Lackland's Kelly Annex. An EDRE is designed to exercise the movement plans of a unit to deploy to a theater of operations. All deployable units normally conduct an annual EDRE. TF-51 is ARNORTH's contingency command post and conducts a Defense Support of Civil Authority, or DSCA, homeland defense and theater security cooperation in order to promote the defense and security of the United States. This training better prepares TF-51 for an exercise next month in Atlanta. In that scenario, local, state, federal and Department of Defense agencies will come together to work out issues that surround hurricane disasters and relief along the eastern coastline.

BAMC Soldiers train in Ghana

By Staff Sgt. Shejal Pulivarti
U.S. ARMY AFRICA PUBLIC AFFAIRS

Fifteen American Soldiers traveled to Ghana to conduct U.S. Army Africa's Medical Readiness Training Exercise, or MEDRETE, Feb. 5-24.

The MEDRETE team included 12 active-duty Soldiers from Brooke Army Medical Center at Joint Base San Antonio-Fort Sam Houston and three North Dakota Army National Guard Soldiers assigned to the state medical detachment in Bismarck.

Comprising officers and non-commissioned officers across various medical concentrations, the team worked alongside medical personnel from the Ghanaian Armed Forces at the 37th Military Hospital. During

the exercise, the team conducted 86 surgeries and treated more than 330 patients with their Ghanaian counterparts.

"We are actually working in a team environment. So we are here working with the National Guard as well as with active Army and partnering with medical professionals in Ghana," said Capt. Annie Gerhardt, nurse practitioner for the North Dakota National Guard.

The combined team worked alongside their Ghanaian counterparts for the duration of the MEDRETE. The exercise challenged the team to apply their medical processes and treatment capabilities in a safe but resource-limited environment.

"The Ghanaians are in the lead and our presence here is to learn their system and work



STAFF SGT. SHEJAL PULIVARTI

U.S. Army Maj. Keith Lathrop, nurse anesthetist assigned to Brooke Army Medical Center, helps unload and inventory medical supplies the U.S. Army is donating following the closing ceremony of Medical Readiness Training Exercise 17-2 Feb. 22 at the 37th Military Hospital in Accra, Ghana.

within the confines of their equipment and resources," said Maj. Frank Agyapong, BAMC emergency room nurse. "We have a plethora of resources and diagnostic tools in the United States, so coming here is a little different. You have to rely on your fundamental assessment skills instead of diagnostics for

everything. Home in on your assessment skills and then use diagnostics to enhance your clinical assessment."

The team learned early in the first week to go back to the basics and sharpen their foundational techniques.

"I've learned that it's hard to use a stethoscope in the ER

because of all the noise, so I've learned other ways to examine a patient by watching my counterparts," Gerhardt said. "The Ghanaian doctors are extremely good at clinical exams and working around their restrictions but not compromising the level of care provided to their patients."

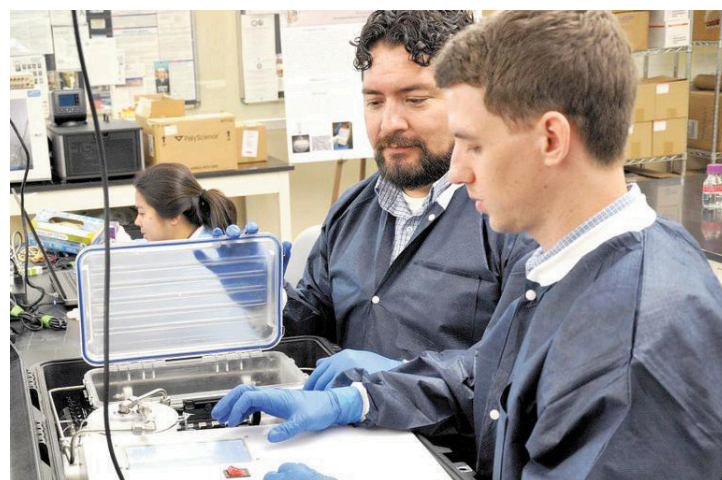
Navy researchers developing portable sterilizer for field use

By David DeKunder
502ND AIR BASE WING
PUBLIC AFFAIRS

Researchers at the Naval Medical Research Unit San Antonio, or NAMRU-SA, at Joint Base San Antonio-Fort Sam Houston are developing a portable sterilizer that can be used in military field operations.

The prototype ozone sterilizer would enable military medical personnel to sterilize medical and dental instruments in areas that do not have infrastructure to support electrical power, and is less heavy to transport, said Roy Dory, head of the Biomedical Systems, Engineering and Evaluation Department, Combat Casualty Care Directorate, at NAMRU-SA.

"The goal of the project is to develop a truly self-sufficient, portable sterilizer that can be



NAMRU-SA PUBLIC AFFAIRS

Roy Dory (right), Naval Medical Research Unit San Antonio Biomedical Systems Engineering and Evaluation Department head and biomedical engineer, and Dr. Luis Martinez, team member, prepare to test the prototype of the field-ready portable ozone sterilizer.

operational from battery power," Dory said.

Dory said the prototype will replace the bulkier sterilizer

systems used in field operations.

In contrast, the ozone sterilizer can be used in austere

settings that have no reliable sources of power and a limited supply chain because it can operate on backup battery power for up to six hours.

"The main things that we have tried to address with this system are size, weight, portability and minimizing energy requirements," Dory said.

Unlike current sterilizing devices, the ozone sterilizer doesn't need any consumable resources that must be converted and transported to the field for sterilization to occur. The sterilizer uses ozone gas, which is a strong oxidizing agent formed from oxygen and ambient air that kills pathogens and bacteria from forming on medical and dental instruments.

The device contains compartments for the battery and sterilization system.

Researchers and scientists at NAMRU-SA have been work-

ing on the prototype sterilizer for three years. Initial testing was conducted to determine whether ozone was a good sterilizing agent for medical and dental instruments.

Dory said having portable ozone sterilizers would enable military medical units stationed near combat zones to have sterilized instruments readily available for use.

"It would certainly fill a gap in taking that sterilization capability to more austere environments, which could potentially get that care closer to the casualty," he said.

In the future, Dory said the ozone sterilizer could be used by civilian medical personnel in remote places of the world, including humanitarian missions, natural disasters, outbreaks of diseases, pandemics and in other situations people need medical care.

LACKLAND

37th TRW hosts Drill Down Invitational

By Airman Dillon J. Parker
502ND AIR BASE WING
PUBLIC AFFAIRS

Drill teams from around Air Education and Training Command gathered for the 37th Training Wing Drill Down Invitational at the Pfingston Reception Center at Joint Base San Antonio-Lackland Feb. 25. The 59th TRG won first place in the competition that included five teams of Airmen currently in technical training. The 37th TRW commander, Col. Roy Collins, was the host of the event, which was created to display Airmen's military drill and ceremony procedures and creativity and promote esprit de corps and morale.



PHOTOS BY AIRMAN DILLON PARKER

Members of the 343rd Training Squadron drill team perform drill movements in the regulation round of the 37th Training Wing Drill Down Invitational Feb 25 at Joint Base San Antonio-Lackland. The competition consisted of an open ranks inspection, a regulation drill performance and a freestyle drill performance from each team.



Col. Roy Collins (left), 37th Training Wing commander, and Col. Bridget Gigliotti (right), 37th Training Group commander, award the first-place trophy to a representative from the 59th Training Group drill team during the 37th TRW Drill Down Invitational Feb. 25 at Joint Base San Antonio-Lackland. The 59th Training Group drill team traveled from JBSA-Fort Sam Houston to JBSA-Lackland for the competition.

AED training kicks in as Airman saves friend's life

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

Heart racing, hands shaking, and eyes teary, Senior Master Sgt. Brandy Sharp waited for the small machine to start up. "Start CPR," the machine announced.

Seeing a few people around a fellow Airman on the ground at the Joint Base San Antonio-Randolph Rambler Fitness Center, Sharp quickly ran to assist a few moments earlier. It was then she realized the person in need was a co-worker and friend, Master Sgt. Ernest Winston.

Winston, a 359th Medical Group medical technician, was suffering from sudden cardiac arrest.

"I (squeezed his hand) and tried to get him to respond to my voice. I tried everything I could think of to get him to respond," Sharp said. "He was moving very unnaturally up to this point, then he stopped all movement. He was not responding."

Training kicked in for the 359th Medical Support Squadron superintendent. Since she had attended multiple trainings over the years on how to use an automated external defibrillator, she



STAFF SGT. KEVIN IINUMA

Senior Master Sgt. Brandy Sharp (left), 359th Medical Support Squadron superintendent, holds the automated external defibrillator she used to save the life of Master Sgt. Ernest Winston (right), who suffered sudden cardiac arrest.

knew exactly what to do.

An AED is a lightweight, portable device that delivers an electric shock through the chest to the heart, according to the American Heart Association. The shock can stop an irregular heart rhythm and allow a nor-

mal rhythm to resume following sudden cardiac arrest, an abrupt loss of heart function that can lead to death within minutes. AEDs are portable, easy to use and feature voice prompts to guide anybody, even non-medical personnel, through

the process of saving a life.

"Once the (electrode pads) were placed, it told me exactly what to do and when to do it," said Sharp, a medical administrator.

Before she could complete the first round of CPR, the Randolph Fire Department arrived and took over.

"I was extremely grateful (to help)," she said.

The 359th Medical Group's leadership is also grateful for Sharp's heroic and decisive actions.

"Who better to have with you than somebody familiar with (lifesaving procedures) and willing to jump in first," said Lt.

Col. Patrick Pohle, 359th MDG Deputy Commander and 359th Medical Operations Squadron commander.

"I am very thankful that she happened to be the one at the scene. It's awesome."

These are the moments when fast and decisive action can save lives, he continued.

"I'm glad I'm getting one of my guys back. Like any other unit, he is part of the family. Losing any part of your family would have been just horrific. As soon as we found out he was conscious and talking, we knew we got him back. It was huge," Pohle said.

LACKLAND BRIEFS

Moms Fit-2-Fight

Active-duty women stationed at JBSA who are expecting may sign up for this program, which assists in pre- and post-natal weight management. Enrollment is limited. Mother must be less than 12 week’s gestation. To qualify, call 413-5946 or visitmomsfit2fight.uthsc.edu.

Social Security & You

Date/time: March 14, 10 a.m. to noon
Location: M&FRC, building 1249
Participants learn about changes to Social Security benefits and how it may affect their decision to retire. Call 671-3723 for details.

Peer-to-peer support group

Date/Time: March 17, 9-11 a.m.
Location: Airman Medical Transition Unit Conference Room, 5th floor of building 4600
Caregivers will build a support network, share experiences and information. For more information, call 557-2018.

Internet safety

Date/Time: March 29, noon to 1:30 p.m.
Location: M&FRC, building 1249
Attendees will discuss popular mobile apps and resources to help keep children safe while online and more. Call 671-3722 for details.

EFMP support group

Date/Time: March 30, 1-1:30 p.m.
Location: Children Achieving Maximum Potential, or CAMP facility, building 3850
Exceptional Family Member Program attendees will share helpful resources, discuss overcoming challenges with a different topic each month. The March meeting will focus on phases of puberty. Call 671-3722 for more information.

Let’s Talk Getting Hired

Date/Time: March 30, 4-6 p.m.
Location: Lackland Independent School District Lyon Center
Youth can obtain the tools needed to prepare for a summer job and future careers. The class includes how to complete a job application, dressing for success, résumé building, interview preparation and more, and is open to all military dependents, ages 13 to 22 years old. Call 671-3722 to register.

Youth hiring fair

Date/Time: March 31, 5-7 p.m.
Location: Youth Center
Attendees can get a jump start on the hunt for employment and volunteer opportunities at this hiring fair for Department of Defense ID cardholders ages 13-22. Various agencies will showcase available positions. Call 671-2388 for details.

JBSA

HOTLINES

DOD Safe Helpline

877-995-5247

Suicide Prevention

800-273-Talk (8255)

Sexual Assault Hotline

210-808-SARC (7272)

Domestic Abuse Hotline

210-367-1213

Duty Chaplain

210-221-9363

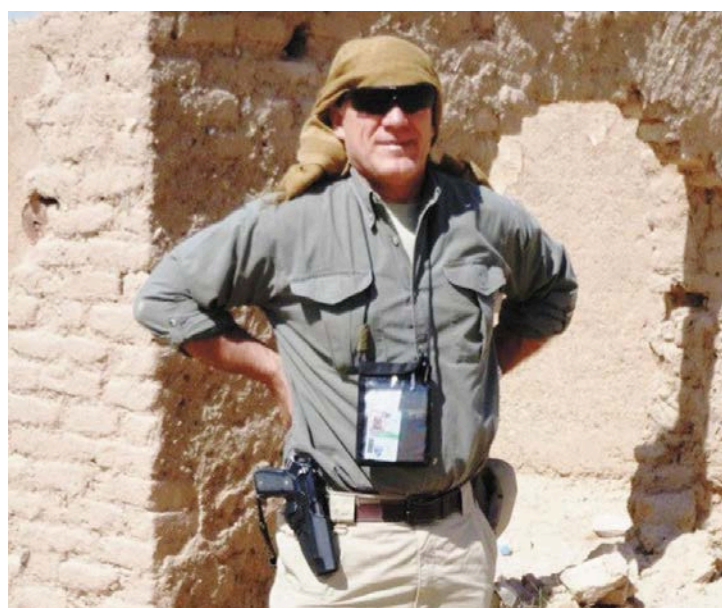
Civilian honored for heroism during deployment

By Breanne Smith
AFCEC PUBLIC AFFAIRS

“There’s no way anyone could have survived,” Greg Gangnuss thought as he pushed through a whirlwind of dust, smoke and debris toward the hazy silhouette of a mangled helicopter.

A hand reached out from a small window under the helicopter’s rotor shaft — the first sign of life. Gangnuss climbed atop the downed British Puma MK2, removed the door and began clearing a path into the collapsed passenger compartment. He spent the next two hours on his stomach, working in thick smoke, dust and leaking fuel, carefully extracting survivors and the deceased from the wreckage.

A civilian member of the Air Force Installation and Mission Support Center, Gangnuss, on a voluntary deployment to Afghanistan as a senior environmental advisor for the Ministry of Defense Advisor Program, was present when a helicopter carrying nine coalition members crashed after striking a cable while landing at the NATO Resolute Support Mission headquarters in Kabul on Oct. 11, 2015. Five passengers



COURTESY PHOTO

Greg Gangnuss in the field during his March 2015 to April 2016 deployment to Afghanistan.

were killed in the crash.

Gangnuss and Army Maj. Reuben Trant were two buildings away when they heard the crash. Trant grabbed a fire extinguisher and rushed outside.

“You couldn’t see the helicopter through all the smoke and dust,” Trant said.

As the dust cleared, he saw the helicopter lying on its right

side in a pool of fuel and Gangnuss was already inside.

“Greg ran in there before he could fully see what he was running into,” Trant said.

“There wasn’t time for shock or an emotional response. We knew the helicopter was carrying coalition forces and they needed help.”

Gangnuss vividly recalls the second person he helped free

from the wreckage, U.S. Air Force Col. Laurel Burkel.

“When we first opened the door, all we could see were boots sticking out,” Gangnuss said. “The medic was taking toe pulses as we worked to free them. When we pulled her out, I saw she was an American colonel and I thought, ‘This is one of ours.’”

Rescue efforts continued as darkness fell. Trant held a portable light so Gangnuss and others could see within the cabin.

Ninety-eight minutes after impact, Gangnuss emerged from the wreckage with the final casualty. Soaked in fuel, sweat and blood, Trant and Gangnuss walked back to their building where they cleaned up. They didn’t find out how many people had lived or died until several days later.

Burkel, one of the four survivors, has no memory of the crash.

“My last real memory is a sensation of the helicopter tumbling forward, and then a general dream-like feeling of chaos, confusion and yelling before I came to in a (hospital) bed,” Burkel said.

She suffered a broken vertebra, her second cervical neck

vertebra, an often deadly injury referred to as a hangman’s fracture. In Burkel’s case, her injuries nearly caused an internal decapitation.

“By all accounts, I should not be alive today,” Burkel said. “It was remarkable anyone survived the crash. The fact that four of us survived is in no small part thanks to Greg and all the other first responders who put their lives on the line.”

Gangnuss returned to his Air Force Civil Engineer Center Base Realignment and Closure program management work at Joint Base San Antonio in May 2016.

Gen. Ellen Pawlikowski, commander of Air Force Materiel Command, presented Gangnuss with the Air Force Civilian Award for Valor Feb. 22 in recognition of his heroism. The award is reserved for heroism and courage exhibited by individuals who voluntarily risk personal safety beyond the call of duty.

Gangnuss attributes his actions that day to compassion.

“I didn’t know if anyone could be saved, but I knew fellow human beings were in need of assistance and comfort,” he said.

FORMER LOAD MASTER TOURS C-5M SUPER GALAXY

Master Sgt. Dave Delgado (far left), 356th Airlift Squadron load master, explains the different load configurations of a C-5M Super Galaxy aircraft to Jon Walker (left), Family Motor Coach Association senior vice president, and Charlie Adcock, FMCA president, Feb. 21 at Joint Base San Antonio-Lackland. Adcock, a retired Air Force load master, stopped by the 433rd Airlift Wing to view the unit’s new C-5M Super Galaxy, which arrived in June.



BENJAMIN FASKE

RANDOLPH

AETC Airman earns command logistics award

By Robert Goetz
502ND AIR BASE WING
PUBLIC AFFAIRS

A master sergeant assigned to Air Education and Training Command whose 16-year career has been primarily devoted to materiel management has been honored for his efforts.

Master Sgt. Ryan Love, AETC equipment manager, is the command's Outstanding Air Force Logistics Readiness Enlisted Staff of the Year.

"Any recognition is humbling," said Love, who came to AETC headquarters last May. "You feel that your team deserves it."

Love was recognized in January along with three other JBSA team members: Tech. Sgt. Kevin Hong, 502nd Logistics Readiness Squadron NCO in charge of cargo movement, Outstanding Air Force Logistics Readiness NCO of the Year; Pierre Anderson, 502nd LRS compliance and operations manager, Outstanding Logistics Readiness Civilian of the Year Category II; and James Williams, 502nd LRS director, Outstanding Logistics Readiness Civilian of the Year Category III.

Michael Young, AETC vehi-



Master Sgt. Ryan Love (left), Air Education and Training Command equipment manager, speaks with Sharon Walker, 502nd Logistics Readiness Squadron, as work is completed on a T-38 C Talon II Feb. 27 at Joint Base San Antonio-Randolph.

cles and equipment branch chief, said Love brings high energy to his job, with a focus on supporting the training mission or any task presented to him.

"Here is a well-rounded senior NCO who just graduated from the enlisted career-broadening materiel management

program at Hill Air Force Base, Utah," he said. "He has relevant base-level and centralized materiel management experience to support global operations.

"He puts himself in our customer's position to chase the parts and equipment as if he needed them himself," Young continued. "That is an internal

drive we like to see."

Love said the greatest challenge of his job is "the sheer magnitude and volume that we deal with."

He and other AETC equipment managers are tasked with the management of thousands of pieces of equipment throughout the command.

"Equipment management covers every career field," Love said. "We not only manage the support equipment, we make sure it's procured."

Recent projects Love discussed included the movement of 2,300 pieces of F-16 aircraft equipment from Hill AFB to Holloman AFB, New Mexico, and providing support equipment to a Waco contractor for the repair of T-1A aircraft damaged by hail at Laughlin AFB last year.

Another challenge facing equipment managers is the lengthy procurement time on new pieces of support equipment, Love said.

"It's something the customer needs right away, so we typically go to other commands for an equipment loan," he said.

Command equipment managers work with base-level custodians, Love said.

"We give them the tools to do their jobs," he said.

Love said he finds his job "very fulfilling."

"I enjoy supporting the everyday Airman as well as warfighters, GS (general schedule) employees and contractors," he said. "They can't do their mission without us."

Annual Joint Base San Antonio Half Marathon set for April 30

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

The fourth annual Joint Base San Antonio Half Marathon is set to begin at 7:30 a.m. April 30 at JBSA-Randolph.

The 13.1-mile race will take runners through many of JBSA-Randolph's scenic and historic areas like the Taj,

around Perimeter Road, base housing and Heritage Park.

"This is a great event that promotes fitness and well-being," said Kim Rennert, 502nd Force Support Squadron operations assistant. "It's amazing to see the look of accomplishment on people's faces as they cross the finish line."

The deadline for registration is April 26 and can be complet-

ed at www.raceit.com/search/event.aspx?id=39684. The registration cost is \$30 plus a \$3.30 processing fee.

Age categories for the race are 12-17, 18-29, 30-39, 40-49, 50-59 and 60 and older.

Paying participants will receive a bag, commemorative T-shirt, a food and refreshment ticket and all finishers will receive a medal. The top female

and male in each category will also receive a trophy.

The starting line for the race will be located to the immediate left after entering the JBSA-Randolph Main Gate. Free parking will be located at Heritage Park, Randolph-Brooks Federal Credit Union and the Base Exchange Parking lot.

The event is open to all DoD ID cardholders. Friends and

family may also take part in the event, but will need to be sponsored by a DoD ID cardholder for base access.

Volunteers are still needed for the event. For information on volunteer opportunities contact aetc.randolphafbcbgoc@us.af.mil.

For more information about the JBSA-Randolph Half Marathon call 652-7263.

12th Maintenance Group hosts Job Shadow Day

By Nicholas De La Peña
502ND AIR BASE WING
PUBLIC AFFAIRS

Students from Judson High School Science, Technology, Engineering and Mathematics Academy visited with the 12th Maintenance Group Feb. 2 at Joint Base San Antonio-Randolph.

Thirty eighth-grade students took part in the 2017 Job Shadow Day sponsored by San Antonio Works, which partners with more than 100 employers and nearly 3,000 students across San Antonio and Bexar County.

The trip allowed students to gain first-hand experience on what it takes to keep aircraft, such as the T-38C Talon, soaring high.

Judson High School's STEM Academy visit was



Dr. Robert Hamm (left), 12th Maintenance Group deputy director, speaks to Judson High School Academy students about aircraft maintenance Feb. 2 at Joint Base San Antonio-Randolph.

led by Robert Hamm, 12th MXG deputy director.

Hamm said that introducing young students to the wide scope of the 12th MXG mission is important.

"This is a large organi-

zation and we employ about 475 folks in the aircraft maintenance trades here, and we're constantly looking for talent," said Hamm. "The 12th MXG is comprised of an entirely civilian crew."

The students began with an overall mission brief given by Robert West, 12th MXG director, followed by a flightline tour where students saw how active the runway was.

Aircraft could be seen taking off, landing and taxiing as the yellow school bus progressed toward a large aircraft maintenance hangar. There, beyond the large metal and glass hanger doors, many aircraft were parked in various states of repair.

The students were split into three groups and rotated through areas where aircraft were undergoing maintenance. One station gave the students a chance to touch and see inside the cockpit of a T-6 Texan II.

Nolan Sorrell, Judson High School STEM Academy student, was eager to be around aircraft like the T-6.

"Just to be there in front of it and to be able to realize that this goes over my head every day at school, and to be so up

close and personal and touching it was really awesome," said Sorrell.

Chances like these provide an opportunity not only for the 12th MXG to share with the community what goes on behind the gates of the base, but also gives young students like Sorrell a glimpse of how STEM fields apply at JBSA-Randolph and the military as a whole.

Joseph Jacobson, a Judson High School STEM Academy teacher, says this profession can be a real possibility for them.

"STEM is all about hands-on application of technology," said Jacobson. "We have the children study science, technology, engineering and math, and this shows them the real-world applications those studies would bring."

JBSA members earn honors from Air Force Medical Service

By Robert Goetz
502ND AIR BASE WING PUBLIC AFFAIRS

The Air Force Medical Service honored eight active-duty members and two units from Joint Base San Antonio with its 2016 individual and team awards, which were announced last month by the Air Force Surgeon General.

The awards recognized the honorees' expertise, leadership and commitment across the full breadth of the support the AFMS provides to the Air Force mission and the joint team.

Individual honorees from JBSA-Fort Sam Houston were Master Sgt. Kenneth Steinbeck, 959th Clinical Support Squadron, Diet Therapy NCO of the Year; and Senior Airman Megan Thibodeaux, 959th CSPS, Diet Therapy Airman of the Year.

Individual award winners

from JBSA-Lackland were Capt. Maira Malhabour, 59th Medical Support Group, Biomedical Specialist Category II Officer of the Year; Staff Sgt. Jesenia Vega-Rivera, 59th Radiology Squadron, Air Force Diagnostic Imaging Airman of the Year; and Staff Sgt. Leona Rodriguez, 59th RSQ, Diagnostic Imaging NCO of the Year.

JBSA-Randolph's individual award winners were Capt. Melanie Johnson, Air Force Personnel Center Medical Personnel Reliability Program Cell, Competent Medical Authority of the Year; Tech. Sgt. Casey Berry, 359th Medical Operations Squadron, Physical Medicine NCO of the Year; and Tech. Sgt. Jennifer Deinhardt, AFPC Medical PRP Cell, Outstanding PRP Technician of the Year.

JBSA units earning team awards were the 59th Medical Wing Medical Resource Man-

agement Flight at JBSA-Lackland, Outstanding Resource Management Team of the Year; and the AFPC Medical PRP Cell at JBSA-Randolph, PRP Team of the Year.

Malhabour, director of lab operations at Wilford Hall Ambulatory Surgical Center, said she owes the award to her family and medical teams at Fairchild AFB, Washington, Bagram Air Base, Afghanistan, and JBSA-Lackland.

"I couldn't do it without the people: family, supervisors, coaches, mentors and co-workers," she said. "They pushed me every day so I can reach my max potential, and I learned that patience is really a virtue."

Malhabour, who supervised more than 100 team members during the award time period, said she motivates through "the gift of attention."

"Really listening and un-

derstanding people establishes trust and empowers them at the same time," she said.

Rodriguez, mammography section supervisor at Wilford Hall and a mammography course instructor, said she felt honored to be recognized.

"But I realize that I did not achieve this recognition alone," she said. "I've been surrounded by excellent leadership and very strong and supportive mentors."

Rodriguez said she was thrilled that an Airman she supervises, Vega-Rivera, also won the Air Force-level award.

"I think both of our awards together speak volumes about what our team is accomplishing overall," she said.

Thibodeaux, a diet technician at JBSA-Fort Sam Houston, said she was "extremely happy" about her award.

"It was not because of getting

credit for what I accomplished this past year, but for my leaders noticing and taking the time out of their schedules to put me up for the award," she said.

Thibodeaux said her job allows her to have a lasting effect on a patient.

"Some of my patients see me on a monthly basis and I am more excited than the patients are when they reach their goal," she said. "Everyone knows the basics of nutrition and can point out items that they should not be eating, but as diet technicians, we get to explain the reason behind it."

Berry, who supervises 13 staff members for a flight that handles 1,800 to 2,000 appointments per month, said his award was an accomplishment for the team.

"I love helping people, whether it be my Airmen or patients," Berry said.

March observance emphasizes poison prevention

By Robert Goetz

502ND AIR BASE WING
PUBLIC AFFAIRS

An estimated 2.2 million calls were made to poison centers across the nation in 2015, according to the National Poison Center, proof that exposure to dangerous or potentially dangerous substances is a common occurrence in the United States.

During National Poison Prevention Awareness Month in March, health and safety officials across the country — including those at Joint Base San Antonio — are emphasizing the need for people to handle toxic substances with caution and to ensure young children do not have access to these substances, especially everyday items.

More than 90 percent of exposures reported to poison centers occur in the home, according to the Centers for Disease Control and Prevention, and most involve young

children.

“The most common calls nationally involve children under the age of 6 years old,” said Staff Sgt. Thomas Powell, 502nd Air Base Wing occupational health and safety specialist. “Those accounted for 47 percent of calls in 2015.”

Personal care products rank at the top for children’s exposure to dangerous substances, Powell said.

“These are items such as shampoo, hair spray and other hair care products, and cosmetics —

things that people leave on the counter,” he said. “Children may accidentally spray some of these products in their eyes or taste them.”

Household cleaners and other chemicals also pose a hazard, Powell said.

“People should lock up household chemicals or use child-proof latches on doors and drawers,” he said. “If chemicals are placed in a bottle, they should be labeled. That’s prevention by identification. People have to know what they’re working

with.”

Pain relievers, prescription drugs and sedatives are other substances that are often too accessible to children and may endanger the adults who are using them.

“Medications accounted for 57 percent of calls made to poison centers in 2015,” Powell said. “Some of it is abuse. It could also be lack of knowledge or instances of accidental overdose.”

People should be knowledgeable about the medications they are taking, especially if they

have multiple prescriptions, Powell said.

“People should talk to their doctors and see if it’s all right to mix different medications,” he said. “It’s also important for adults not to refer to their pills as candy around their children. They shouldn’t put that idea in their kids’ heads.”

Most exposures reported to poison centers occur in the home, but precautions must also be taken in the workplace, especially where hazardous materials are common. At JBSA, communication and education are emphasized.

Maj. Crystal Brown, 559th Aerospace-Medicine Squadron Bioenvironmental Engineering Flight commander, said the flight communicates risk regarding workplace hazards, including hazardous materials, to the working population of JBSA-Lackland and JBSA-Medina Annex.

“Our sister flight at JBSA-Randolph performs

these same duties at their location, and Army Preventative Medicine communicates with personnel at JBSA-Fort Sam Houston and JBSA-Camp Bullis,” she said. “Our communication starts with a shop visit to identify the hazards present. We then work with the shop to educate workers and reduce or eliminate their exposures.”

Brown also offered advice regarding exposure to hazardous materials.

“Hazardous materials can be as common as the bleach under your sink or rarer like the paint for a jet,” she said. “The key is to recognize what is in your area and to learn the basics of safe use, personal protection and emergency actions if needed.”

The CDC advises people to keep the poison help number, 1-800-222-1222, near their home telephones or stored on their cell phones. The line is open 24 hours a day, seven days a week.



COURTESY GRAPHIC

JBSA-Randolph Chapel 2017 Lent, Easter schedules

Catholic Mass Times

- March 1 – 11:30 a.m. Ash Wednesday (Chapel)
- March 6 – 7 p.m. Penance Service (Chapel)
- April 9 – Palm Sunday
8:30 a.m. (RAC) & 11:30 a.m. (Chapel)
- April 13 – 5 p.m. Holy Thursday (Chapel)
- April 14 – 11:30 a.m. Good Friday (Chapel)
- April 15 – 5 p.m. Easter Vigil (Chapel)
- April 16 – Easter Sunday
8:30 a.m. (RAC) & 11:30 a.m. (Chapel)

Stations of the Cross/ Lenten Supper

- Every Friday in Lent beginning
- March 3 and ending April 7
- Stations: 5:30 p.m. (Chapel)
- Potluck Supper: 6 p.m. (Chapel Center)

Protestant Service Times

- April 9 – Palm Sunday
8:15 a.m. (Chapel) & 11 a.m. (RAC)
- April 16 – 7 a.m. Sunrise Service (Chapel)
11 a.m. Easter Service (RAC)

San Antonio Missions Pilgrimage

- April 8 – 8 a.m. to 3 p.m.
Depart from the Chapel Center at 8 a.m. to visit local San Antonio Missions. Lunch at Market Square before returning. Bus transportation provided.
- RSVP by March 20 to the Chapel Center.

For more information, call the JBSA-Randolph Chapel Center at 652-6121.



RANDOLPH BRIEFS

502 SFLSG is now 502 SRG

Effective March 1, the 502nd Security Forces and Logistics Support Group has changed its name to the 502 Security and Readiness Group.

Moms Fit-2-Fight

Active-duty women stationed at JBSA who are expecting may sign up for this program, which assists in pre- and post-natal weight management. Enrollment is limited. Mother must be less than 12 week’s gestation. To qualify, call 413-5946 or visit momsfit2fight.uthsc.edu.

Healthful rally

Date/Time: March 25/9:30-11:30 a.m.
Location: JBSA-Randolph Heritage Park
The 59th Medical Wing is hosting this Family Fun Fit 5K and Competitive 9K Run. Check-in time begins at 9 a.m. for runners. Registration is free. Call 652-2448 for more information.

Retiree Appreciation Day

Date/Time: April 8/8:15 a.m.-noon
Location: Kendrick Club
The Randolph Retiree Appreciation Day honors military retirees and spouses in the San Antonio area. Ceremonies begin at 8:30 a.m. Representatives from more than 35 organizations will provide information on products and services available to retirees. For details, call 652-6880.

Life Cycle Risk Management

Date: April 25-27
Location: JBSA-Randolph, building 208, room 26
The course is targeted for anyone involved in new acquisitions, sustainment of systems or management of services. However, it is broadly applicable to many DOD career fields. Visit AFIT at atrrs.army.mil/channels/afitnow/ to register for the class. 785-7777, ext. 3202 or 3164, for more information.

Dental Program beneficiaries

Date: 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. Monthly premium rates will change and participants may need to find a new dental provider. For more information, visit tricare.mil/tdp or uccitdp.com.

Coaches needed

Individuals who wish to volunteer to coach youth baseball or softball may contact the JBSA-Randolph Youth Center at 652-3298. Coaches are needed for T-ball, coach pitch and regular baseball/softball for youth ages 5 and up. An application and background check are

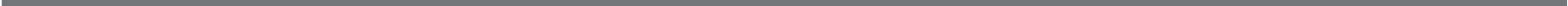
required. Applicants may apply through mid-March.

Fleenor Theater Schedule

The Taj Mahal movie theater in the Fleenor Auditorium at Joint Base San Antonio-Randolph is open. To view the upcoming movie schedule, visit: aafes.com/exchange-stores/Movie-Guide/.

BAMC Bariatric Clinic

Bariatric surgery can improve quality of life for individuals who are obese or have obesity-related conditions, such as type II diabetes, hypertension (high blood pressure), obstructive sleep apnea, asthma, hyperlipidemia (high cholesterol), gastroesophageal reflux disease. Bariatric surgery is the most successful long-term treatment of obesity. The Brooke Army Medical Center Bariatric Clinic also accepts referrals from primary care managers. Call 916-9023 for details.



SMSGT

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JBSA-Randolph

Aaron Akridge
Nyel Aquino
Gregory Austin
Taryn Doane
Eumiko Ekins
Joshua Fawbush
Jeremy Field
Sheneke Harris
Nicole Hicks
Kelli Jackson
Tasha Lilley
Mark Moore
Brian Rodgers
Elizabeth Sabeh
Elizabeth Sewell
Lakisha Shannon
Keyonna Smith
Virginia Snyder
Lisette Spencer
Rodrick Taylor
Mark Teusch
Ernest Willich



Senior Airman Krystal Wright

The 2017 Joint Base San Antonio-Lackland senior master sergeant selects gather for a photo March 2 at JBSA-Lackland.



Joel Martinez

The 2017 Joint Base San Antonio-Randolph senior master sergeant selects gather for a group photo March 2 at JBSA-Randolph.

